



## 2020 News

### Farewell Year 12 International Students!

At the end of October 2020, we said goodbye to Year 12 international students. The party was held around the open space in front of the gym in order to be socially distanced under the COVID19 restrictions. Balloons were tied and packed 'bento' boxes were ordered. 'Bento' means lunch boxes in Japanese as we wanted to match our party theme as well as to convey more cultural ideas to our dearest teachers! All the students and teachers very much enjoyed this memorable evening. There were many photo opportunities for us to have beautiful memories.

It is wonderful to have this opportunity for Year 12 international students to connect with teachers and farewell each other. Thank you so much for all staff who participated in this delightful gathering! Thanks for the international student captains who helped in this special event. We very much appreciated the IS office staff Fiona and Jessica, for all their hard work in co-ordinating the event and also for buying beautiful gifts for our teachers and our Year12 IS students.

Remote learning has been difficult for everyone, especially international students. Despite the fact that being far away from home is not easy, the lockdown has just made everything even more unfamiliar and unknown. Luckily, thanks to the support from the ISO and teachers, our students have made it through the challenges. Without your support, we might not have got through this year.

Furthermore, congratulations class of 2020! What an extreme challenge year you have faced. Good luck with your upcoming exams and I am sure that all of you will pass it and pass it very well. So please, don't stress yourself! You have got this!

Once again, on behalf of all international students, congratulations to all the year 12s! I wish all the year 12s to be successful and have a thriving future!

*Sammi Yiao*



Farewell to all our year 12 international students

## Super birthday celebrations

International Student Office recently celebrated with 43 of our international students, who had missed out on their birthday celebrations during semester one, due to the pandemic lock down.

Under the gorgeous winter sunshine, the birthday students received their gifts and cards with smiles as music played over the school public address system, adding to the celebratory atmosphere. Many teachers came over to wish them a very happy birthday, and our Principal Ms Harrap gave the school's birthday well-wishes to students and led the singing of "Happy Birthday" which was a highlight for the students.



For the students it was an honor and privilege to have the school Principal cheer for their birthday! The international students were very grateful to the school and their teachers for making them feel at home.

Thanks to staff for assisting with preparation, your dedication and hard work is greatly appreciated.



Super Birthday celebration with Ms Harrap





## Great Debating Success

Our Year 10 International students successfully completed their round 1 debate on Tuesday 23 June. Students formed two teams and debated the topic “we should reduce the number of cars for each household”. With little time to prepare, students were able to deliver high quality arguments and demonstrated strong communication skills. We are very proud of the knowledge and skills they have developed during the remote learning period.

We have had great participation in the International Student debate team at Northcote High School for over eight years. The debate program provides extra opportunities for International Students to practice their English and to learn more debating skills beyond the classroom.

Thanks very much to Mr Ramsay and Lixia for being the adjudicators. Great credit to Mr Ramsay for leading the debate program.



## **Looking after International Students' mental health and wellbeing**

During Term 2, our International Students received a mental health and wellbeing presentation from the school's wellbeing team for their different group level. Thanks to Kat Brissett, Mental Health Practitioner and school nurse Lauren Pilakis.

The sessions focused on addressing mental health problems our International Students may encounter over the pandemic period. Students



gained much knowledge and skills on how to identify those issues, as well as how to deal with them. Students also learned about where to get support and access further resources and services if they needed.

The pandemic hits much harder on young International Students who are away from their families during this extremely difficult time. We are very grateful to the school community for doing its best to look after International Students' mental health and wellbeing to ensure that they stay safe and do well.

### **Health and Safety training**

Our Year 10 international student group recently took their annual health and safety training session run by the school wellbeing team and local police officers. The aim of this session is to raise international students' awareness in youth health and social safety, and to promote healthy lifestyle. The session covered a range of topics including healthy living, general youth wellbeing, mental health, drug and alcohol abuse prevention, social and community safety and protection. The students thoroughly enjoyed the session and have gained valuable knowledge, which will certainly help international students to build a healthy lifestyle and to bear safety in mind all the time.

The students especially showed curiosity and interests in police officer's equipment like capsicum spray, baton, handcuffs, radio etc. The students also had a chance to ask questions about these weapons, especially for the baton.

Many thanks to school nurse Carly for organising this special annual session. Our appreciation also goes to the local police officers from Northcote Police Station.

### **Cyber safety training**

On Thursday 12 March, Year 10 and 11 international students took their annual Cyber Safety Training Session run by Project Rokit. The session aims to raise international student safety awareness on social media and to

promote positive online attitude. The session covered a range of online issues young people face, and explored safe and socially credible strategies for challenging risks.



Cyber safety training

The students thoroughly engaged in the session and gained valuable knowledge, which will empower them to take ownership over core material and create a safe and positive online culture. Leon, Samuel, James, Yarina participated in the activity and Yarina won the prizes!

## **Camp at Marysville**

In February, thirty-five year-11 international students of Northcote High school enjoyed a three-day trip at Marysville organized by the International Student Office. The camp has created exciting memories for the international students who had the chance to experience more teamwork spirit and gain more understanding about Australia and Melbourne.

Campers were organized in three teams with student group leaders, school staff and camp facilitators. Days often started at 6 am and ended at 10 pm with evening campfire that was full of joys, laughs, shouts in friendship and youthful experience.

The first day started by visiting the Bushfire Museum which gave us an awareness of the devastating 2009 Black Saturday bushfires and other fires that have affected Victoria. Then the tour to cultural sites such as Bruno's Sculpture Garden to give international students joys and inspirations with the collection of unforgettable characters lovingly handcrafted by Bruno from clay and fired onsite in his kiln.

The second and the third days were designed for outdoor activities such as cycling, climbing, abseiling, and canoeing to challenge campers and give us some familiarity with survival skills. The fun teamwork games such as dodge ball, hula hoops, and the beast had everyone laughing.



Living full days outdoors on the mountains, cycling uphill and down dale, rowing in strong water streams have nurtured the love of Australian nature among international Asian students. Spending nights in sleeping bags in cabins for five, has tightened the relationship among international students who have just gathered at Northcote from various regions of Vietnam, China, and Korea.

Breakfasts, teatimes, lunches, dinners were also time for sharing reflections, emotions, and understanding about cultural events. Among those funniest moments, campers cannot forget the stop at the Lolly shop at Marysville to buy candies, lollies, ice cream, and coke for refreshments. Various kinds of food such as chicken Vietnamese noodles (phở), hamburgers, lasagne, fried rice were served in the buffet to give the chance for eating and hanging out. All the campers were sad when the camp ended and we had to go back to our schoolwork. We would like to



express our appreciation to the camp organizers and all students hope to have more time together for other camps. Much love to the international student office.

*Jessica Le*



Rock climbing adventure