

'Seshlamb' Recording Session

Upcoming new band and rising stars of 2021, 'Seshlamb' have defined themselves with an unmistakable style and sound. They've been honing their original style over the past year and a half since forming at the beginning of 2020 here at NCAT.

The group is comprised of a trio of Northcote High School music gurus; drummer Tom Smith, keyboardist and trombonist Sam Stanislawski, singer and guitarist Will Perry-Grange, who came to us here at NCAT for the VET Music Industry Performance course last year and are now completing their second year of the Certificate III qualification. They are joined by NCAT's own Henry Thompson on the bass.

Seshlamb have been performing regularly in Melbourne since the start of the year and are gaining a reputation for being a great live band playing ridiculously catchy songs. With a lively pop rock sensibility, glassy guitar motifs and riffs, trombone solos and a touch of new-wave keyboard synth nuances, these young guys are creating an exciting fresh sound.



Photography by Zac Lister

The band have taken the opportunity to capture this sound at NCAT in the new recording studio under the auspicious guidance of NCAT teacher, engineer and music producer **Zac Lister**, and have cut an A & B side single to be released in a few weeks, a delayed launch due to recent lockdown restrictions.



Good luck with your launch and single release Seshlamb!

Matt Rodd - MUSIC PERFORMANCE/SOUND PRODUCTION



Check them out on:

Instagram: <https://www.instagram.com/seshlamb/?hl=en>

Facebook: <https://www.facebook.com/seshlamb/>

Student Voice & Agency

Adapting to an Ever-Changing Learning Landscape

In true NCAT spirit, members of the college's Student Leadership Team showed commitment and determination during the recent two-week lock down as we reverted to meeting remotely on Zoom on Tuesday lunch time. I would like to extend my thanks to the leaders who attended these meetings and continued to contribute to the important conversation on how to strengthen student voice and agency at the college. At next week's meeting the student leaders will be reviewing the NCAT Dress Code.



Student involvement in learning is greatly valued at NCAT. Our student leaders are great ambassadors of the college and are involved in all whole school events. One key role of the college leaders is the planning and running of whole school assemblies.



Photography by Marcus Newman

Fortunately, the college got in just in time to celebrate NAIDOC Day during a whole school assembly held in the auditorium on Thursday 15th July. Lucinda Gray began proceedings with an Acknowledgement to Country and Amelia Geiss and Jaden Lal (pictured) were the MCs for the event. They all did a brilliant job.



It was wonderful to have our talented former students back at the college. Coree Thorpe, provided a reflection of his time at the school, then Northland Secondary College (NSC). He also spoke of the importance of NAIDOC Day and celebrating aboriginal achievement. Coree's art mural is on display in the college grounds. Former NSC student Denice Hudson, a talented vocalist, sang accompanied by musician Dave Arden. The Principal, Raffaella, provided a college update and



music teacher, Shelley Scown gave an overview of the upcoming musical theatre performances.

As a way of building sustainable practices in the college our next whole school assembly will include an overview of the roll out of two recycling bins provided to us by the City of Darebin. Please support the student leadership initiative of reducing waste by purchasing an NCAT Keep Cup from the front office. These will also be available for purchase during Couch Fest.

Sustainability, student voice and agency in teaching and learning and student wellbeing are the key areas of focus this year. We are currently waiting to hear back from the City of Darebin on the school's application to fund a student wellbeing initiative.

Student Leadership meetings are held every Tuesday lunchtime in B12. This is open to any interested Year 10-12 students who would like to attend. If you have any feedback, suggestions or questions, please join us and be part of the student advocacy process.

Nadia Tomarchio - STUDENT VOICE, AGENCY & LEADERSHIP COORDINATOR

CALENDAR OF COMING EVENTS

Thursday 19th August	Parent/Teacher/Student Conferences - online via Zoom (Year 12VCE & PM VET classes running as usual)
Tuesday 24th August	Year 10 Meningococcal Immunisations
Friday 10th September	Couch Fest
Wednesday 15th Sept	Dance Concert
Friday 17th September	Term 3 ends
Monday 4th October	Term 4 starts
Mon 11th -Tues 12th Oct	VCAL/Pre-App Work Placements

PRINCIPAL'S REPORT

Zoom in and don't lose heart

Here we are back in lockdown again and the lockdown has been extended by another week. Unfortunately, because of the nature of the Delta variant of COVID, to protect everyone, this is the new normal until the majority of the population is vaccinated. This means that there will continue to be periods of online learning.

Given this, it's important that students don't get stressed, don't give up, but follow the school routine at home and maintain a link with their teachers and fellow classmates through the Zoom meetings. This way students and teachers can feel connected, and students can keep up with the required work. Teachers find it difficult to run classes and feel a sense of community if students don't have their video on. So students, pretend you are at school and just participate on Zoom as if it was a normal class. If students are falling behind, they should contact their teachers and seek assistance.

If students do need support, don't forget that Shayne and Leanne, our **Student Wellbeing Team**, can help you develop individualised strategies to address low motivation. Contact them via email – shayne.johnson@education.vic.gov.au and leanne.peros@education.vic.gov.au There are also some great websites students can check out:

Reachout forums & self-help tips <https://au.reachout.com/collections/stressed-about-study-during-coronavirus>

'This way up' has free self-help guide on student wellbeing <https://thiswayup.org.au/how-we-can-help/courses/student-wellbeing/>

Parent Opinion Survey

We are always seeking feedback on what is going well at NCAT and any areas for improvement. Students this year had an opportunity to provide individual teachers feedback on what was working well and what could be improved through the Student Feedback Survey completed at the end of Term 1 and beginning of Term 2. They have also recently completed the Department of Education, Student Attitude to School Survey.

We are now seeking feedback from parents and carers through the Parent Opinion Survey which is run by DET each year. This is done through a selection of a random sample of the college community. Results will be used to inform and direct our future school planning and improvement. If you have been sent an email inviting you to participate, please follow the link and instructions to complete the survey. It should only take about 10-15 minutes.

Online Information Evening

We made an excellent judgement call in deciding our August Information Evening would be online this year. We had several hundred people online for the Years 10-12 session and many more for the Tertiary program sessions. Thank you to the many people involved in making these online sessions such a great success and so very effective. A recording of the Years 10-12 event will be posted on our website soon. If you know of students considering enrolling at NCAT you can refer them to our website. We also have a number of videos on different aspects of the college which are available. If you haven't already seen them, below are the links.

Overview of NCAT <https://youtu.be/mQIOejWVOQM>

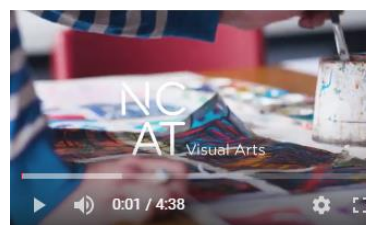
NCAT Performing Arts

<https://youtu.be/XlrIn1dz5vk>



NCAT Visual Arts

<https://youtu.be/9SWgWxr1-YA>



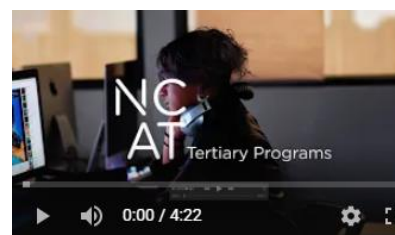
NCAT Technology

<https://youtu.be/CJ6WdVorwUU>



NCAT Tertiary Courses

<https://youtu.be/BQ2s2mu4SAU>



Masks

We are very concerned that some students are not bringing masks to school and others are not wearing them correctly. We have also seen students not wearing masks on public transport. Given how quickly the Delta virus spreads and the fact that they are mandated, it is critical that students wear masks at all times. Every time they don't wear a mask, they put themselves, their friends, their family, their teachers and other students at risk.

There have been a number of schools closed because of infection with Coronavirus. We do not want this to happen to our college. When face to face teaching resumes at NCAT we will expect that all students, unless they have a medical exemption and have informed the college, will bring and wear their mask properly.

Students who repeatedly breach this rule will be sent home until they are ready to come back and comply with the regulation. We cannot have our staff and students placed at risk.



Mobile Phones – must be placed in lockers!

When these were banned at school last year, we had students generally complying with the rule. With the repeated lockdowns we have found that students have become even more attached to their phones and we are having to constantly ask them to put them away in their lockers. We do not want to go back to taking mobile phones from students and asking parents to come and collect them. When we are back at school we want to focus on getting students up to speed and supporting them to have a successful year. We don't want to waste time and energy over mobile phones.

See you in a short while

I do hope to see all students back at school soon. In the meantime, stay safe, stay strong and remember you are not alone.

Raffaella Galati-Brown
PRINCIPAL

NCAT Alumni Where Are They Now?

It's always wonderful when ex-students come back to visit the college and tell us what they are doing now.

At the end of Term 1, Jess Polites (right) and Olivia Little, VCE students who graduated in 2016, visited NCAT to see their former teachers and our wonderful new building and facilities.

Photo by Michelle Andrews

Olivia is studying a Bachelor of Education at Latrobe University after having worked full time for a couple of years. Olivia is also a vocalist and as a result of an independent single that performed well on Spotify, has been signed by Possum Records which is owned by Sony. She will soon be recording an album and doing a promotional tour overseas. You can find Olivia's music clips on Youtube.

Jess has completed a Bachelor of Creative Arts (Honours) at Latrobe and is now studying a Master of Arts by research with a major in screen writing. Jess is also an actress doing regular acting gigs, a children's entertainer and has appeared in a Japanese TV advertisement.

Michelle Andrews
ASSISTANT PRINCIPAL



10T Science - Renewable Energy



During our unit on renewable energy in Term 2, 10T students worked on building an electrical circuit that would conduct solar energy to power a battery for a caravan light and a provide a power source to appliances.

Students investigated the concepts of electrical circuits including wiring, components, conductors, and switches. They worked to understand the safety measures and technical guidelines of creating an electrical circuit before they set out to design their boards.

They worked in pairs to design their board on paper before they entered the workshop, ensuring that they included all the correct wiring and appropriate components, as well as a power meter and charge controller to direct the current.

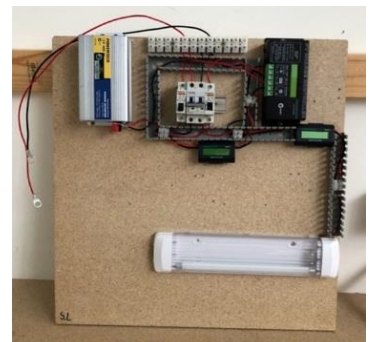
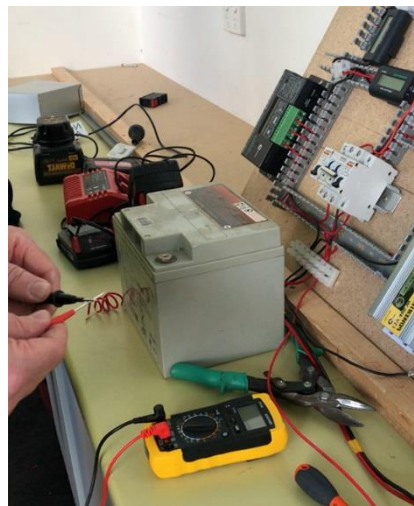
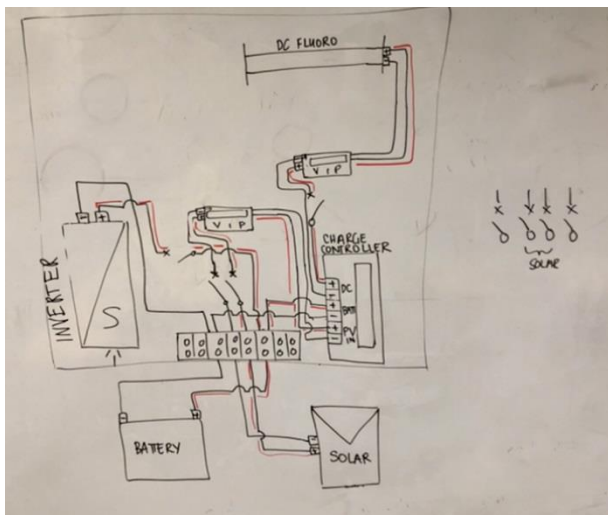
Once in the workshop, students collaborated to solve any design problems as well as connect all wiring with the correct safety switches.

As the students finished the build, they were able to connect their boards to our external solar panels to power their caravan lights, charge a battery and power a pedestal fan. They had to run a safety test to be sure they had connected all wires correctly. We had several student pairs finish the task successfully, with Xavier and Joel completing a very successful board that operated perfectly on their first connection attempt.

Students will now use their knowledge of renewable energy to conduct a home energy audit to see where they can make more environmentally friendly choices in their homes.

Photos by Georgia Carson

Georgia Carson
10T SCIENCE TEACHER



Dance News - Dancetrain Visit

The well-respected national dance magazine, *Dancetrain*, featured NCAT Dance in their May/June 2021 issue. The college received a four-page spread showcasing a day in the life of an NCAT Dance student on Wednesdays when they study their VET Dance Certificate. The shoot featured pictures from the Contemporary and Jazz class as well as 2nd Year VCE VET students rehearsing their VCE solos.

Charlie Caffari



Keira Andrews



Emily Beckett, Keira Andrews and Anja Morrison

Emma Lin and Nina Poletti



Anja Morrison



Anja Morrison

Jaden Lai and Alanah Douglas



Emma Lin



Photo's by Dancetrain editor, Dani Brown

Saara Padgham



Alanah Douglas and Charli Caffari



Alanah Douglas



Jade Lal



Emily Rockett with NCAT Industry teacher Melissa Yvonne Piron



Industry Teacher Palfi Chibi



It is certainly a great honour to be featured in this well-respected magazine.

Lee-Anne Di Stefano
NCAT DANCE COORDINATOR

'Full Stez' VCE Certificate I and II Music Performance



Congratulations and full credit to the amazing talent and teaching skill of our performance and production teacher **Zac Lister**. Pictured here is Zac's Year 11 VCE Music Performance class and Sound Production class recording their live streaming video performances.

Under Zac's expert guidance, students pre-record the event, mix and edit the audio, sync it to the video then they produce a 'live' screening on social media via the **NCATv Facebook** page (this date is yet to be announced). The process is facilitated by the latest broadcast and recording equipment we have here at NCAT.



Photos by Matt Rodd



The event is filmed with multiple cameras and has the audio recorded in full multitrack format directly from the stage. Students are involved with every step of this process, learning film and television techniques and skills, engineering live sound and multitrack recording, controlling a full lighting truss with light mixing board and performing in a state of the art theatre with a fully separate individual fold-back monitoring system. Congratulations to Zac and the NCAT Music team for providing such a multifaceted innovative program.

Matt Rodd - MUSIC PERFORMANCE/SOUND PRODUCTION

Year 12 Building and Construction



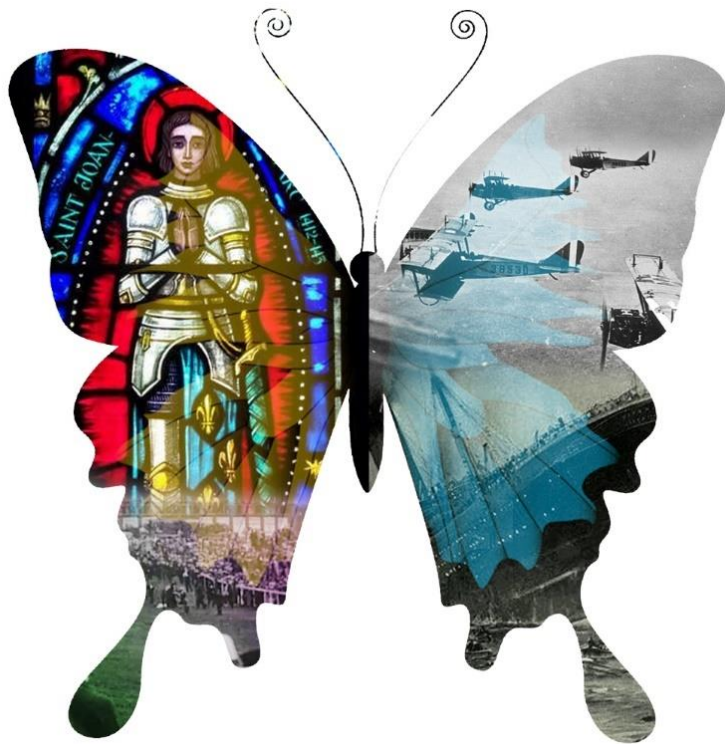
Our Year 12 Building and Construction class have been working steadily towards completing and obtaining their Certificate II in Building and Construction. They have recently been installing specialised internal fixings such as lining boards, mouldings and architraves, hanging internal and external doors and installing associated door furniture.



Photos by Andrew Riley

They will soon be undertaking a construction project, where they will be solely responsible for the complete planning, drawing, estimation and completion of a basic building project.

Andrew Riley - BUILDING & CONSTRUCTION TEACHER



'What If...?' The MOVIE!

So, after our fourth cancellation of this musical, do you think we are daunted?
Somewhat/occasionally/hardly at all!

'Scout Productions' is preparing to record and video the musical so it can be viewed by all of you who bought (and were refunded and re-bought and were re-refunded) tickets to see it in the flesh.

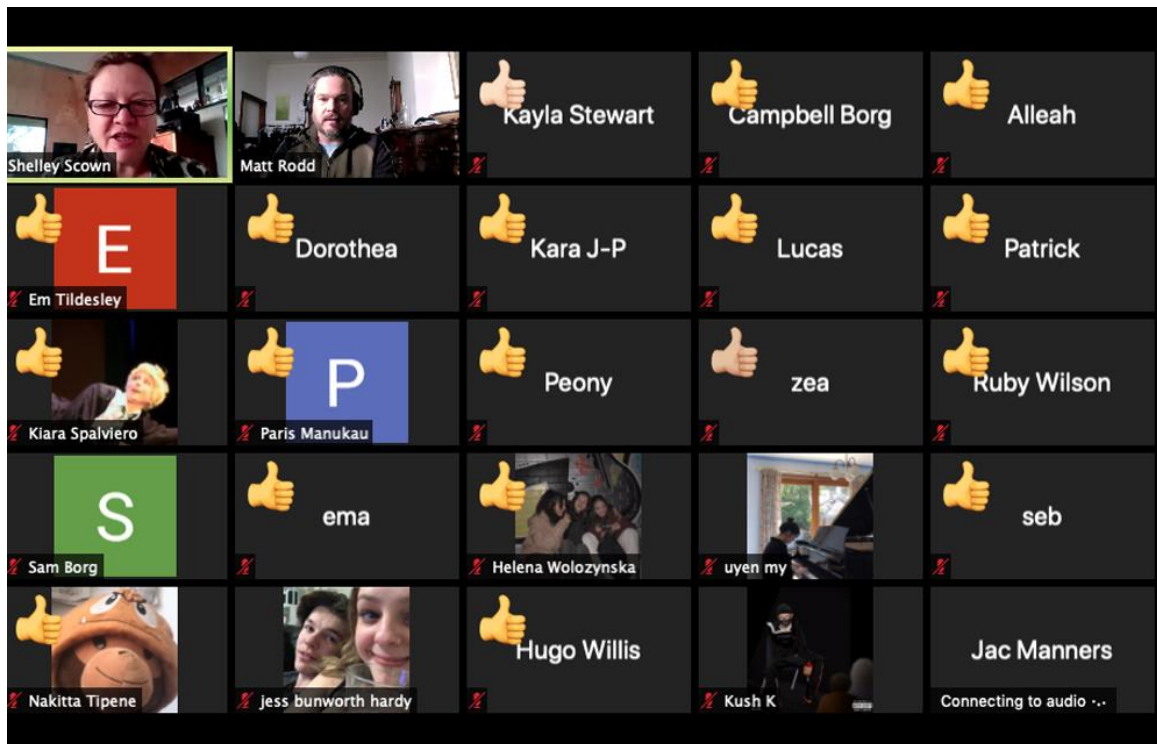
We've scheduled the recording of it once, only to be shut down again, so at this stage it's anyone's guess what will happen. However, if there is ANY WAY we can throw it together in a day, IF we ever get to be in the same building at the same time, we will give it a red-hot crack!

We all feel that it's a bit cursed, so are considering turning our recording of it into a documentary instead, called 'The Saga of the Preston Macbeth'. We will keep you posted!

Thank you for your continued support in trying times, *Shelley*.

Scout Productions Update - Keep Calm and Carry On!

This class have sadly had to postpone their musical theatre work 'What If...' (AGAIN!). But they have persevered and carried on with what can only be described as sheer courage in the face of adversity.



Now having to consider the fate of the live performances of the show, they are turning their skilful hands and creative minds towards the live festival event of the NCAT calendar year 'Couch Fest '21'.

Shelley Scown
NCAT Music & Event Coordinator

Year 11 Theatre Studies Guided Tour & FANGIRLS Performance

On Thursday 29th April, Year 11 Theatre Studies students ventured into the Melbourne CBD for a Guided Theatre Tour and to watch the award winning musical, *FANGIRLS*.



The tour commenced on the steps of Parliament House, guided by Daniel from *I'm Free Walking Tours*. Daniel shared his expertise and knowledge relating to the history of Melbourne's East End and hidden theatres.

Due to COVID restrictions, students were unable to enter the buildings, yet were amazed by the stories linked with each of Melbourne's most popular venues. Also, they were surprised by how many venues existed underground and catered to different styles of performance.

After lunch alongside Southbank, students had the opportunity to sit back and watch the musical performance, *FANGIRLS*.

The play follows the uproarious story of Edna, a plucky misfit scholarship girl who believes that she alone can win the heart of the world's biggest pop star.

With a dazzling cast (including AYDAN from *The Voice*), inexhaustibly witty dialogue, and heart-pumping, infectious songs, it smashed all generational generalisations - leaving students energised and with a huge smile on their faces!

Natalie Gates
THEATRE STUDIES PROGRAM LEADER



Family & Student Wellbeing

Please be aware that there is wellbeing support available for you or if you know someone who may benefit.

Beyond Blue Coronavirus Mental Wellbeing Support Service

Free phone, web chat, and online community forum support. Phone: 1800 512 348 (24 hours a day, 7 days a week) <https://coronavirus.beyondblue.org.au/>



Coronavirus Mental Wellbeing Support Service

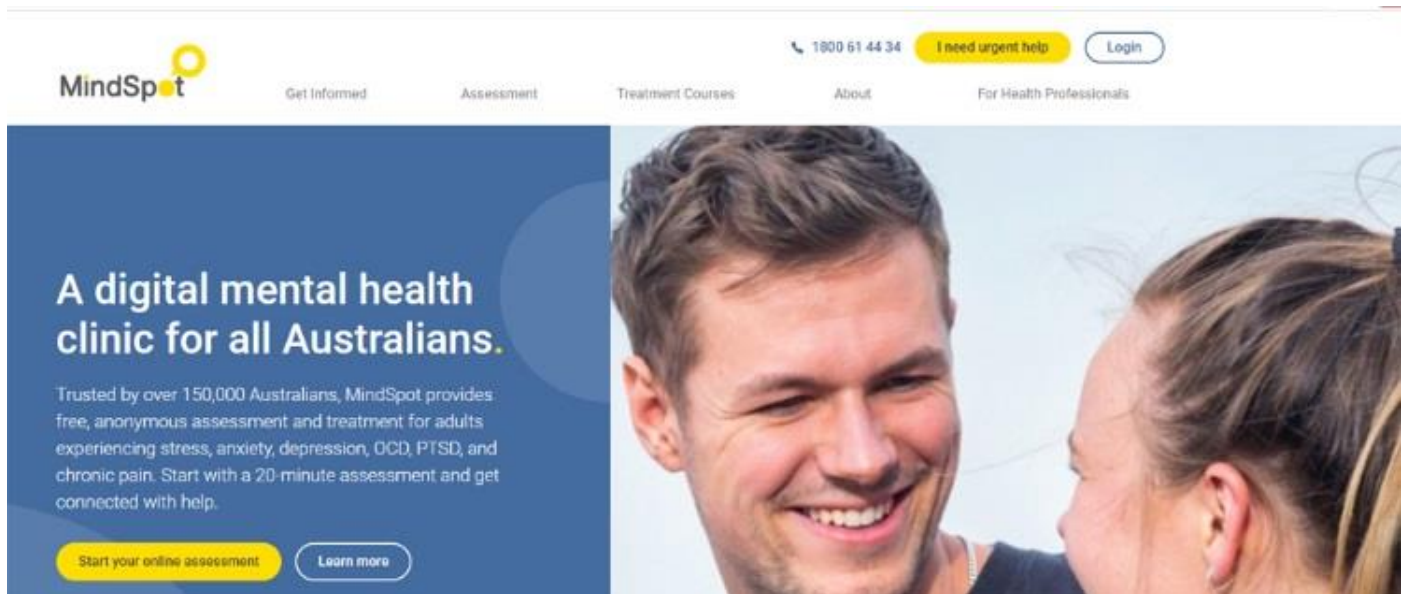
- 1800 512 348
- Online forum
- Chat online



Mindspot

Free telephone and online service for people with stress, worry, anxiety, low mood or depression. It provides online assessment and treatment for anxiety and depression and can help you find local services. Call 1800 61 44 34 (8am - 8pm, Monday - Friday; 8am-6pm, Saturday) <https://mindspot.org.au/>

Coronavirus Mental Wellbeing Support Service



Reachout offer free and confidential support over the phone and online. A professional who is experienced in supporting families will assist you to create an action plan that works for you. <https://parents.au.reachout.com/one-on-one-support>

Parentline - counselling & support for parents and carers <https://www.education.vic.gov.au/parents/services-for-parents/Pages/parentline.aspx>

eheadspace - free phone, online, support and counselling to young people and their families and friends. <https://headspace.org.au/eheadspace/connect-with-a-clinician/>

Shayne Johnston
NCAT MENTAL HEALTH PRACTITIONER



Mental Health Services and Support

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au

headspace

Online support and counselling to young people aged 12 to 25

1800 650 890 (9am-1am daily)
For webchat, visit: headspace.org.au/eheadspace

Kids Helpline

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

1800RESPECT

24/7 support for people impacted by sexual assault, domestic violence and abuse

1800 737 732
1800respect.org.au

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

Suicide Call Back

24/7 crisis support and counselling service for people affected by suicide

1300 659 467
suicidcallbackservice.org.au

Mensline

24/7 counselling service for men

1300 78 99 78
mensline.org.au

QLife

LGBTI peer support and referral

1800 184 527 (9pm-10pm daily)
qlife.org.au (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



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