

Keeping U In the loop



TERM 3

As Term 3 wraps up, we're taking a moment to look back on everything we've achieved and the people who've inspired us along the way. With self-care as our focus, we shared some powerful moments together – from R U OK? Day check-ins to our community BBQs and mentor meet-and-greets. It's been a big term, and while we're all a little tired, we're also recharged by the energy, connection, and support of our community.



IMPORTANT DATES	
First Day of Term 4	Monday 6 th Oct
Gumbuya World 'Wellbeing Day'	Tuesday 21 st Oct
Melbourne Cup Day	Tuesday 4 th Nov
Formal/ Yr 12 Graduation	Thursday 13 th Nov
Year 12's Last Day	Thursday 13 th Nov
Year 11's Last Day	Friday 28 th Nov
Year 10's Last Day	Friday 12 th Dec



Footy Day Raffle

Big shoutout to our Year 11s! They successfully organised and ran Footy Raffle Day and a community BBQ. The event not only raised funds but also highlighted the importance of access to healthy, affordable food. Everyone wore their footy team colours, creating a vibrant atmosphere as the community came together. Students worked collaboratively to plan and deliver a wellbeing-focused experience that fostered connection, teamwork, and community spirit.

Congratulations to Millie! Our raffle winner! 🏆👏



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GRADUATION
& FORMAL

SAVE THE DATE

THURSDAY NOVEMBER 13
@ CHATEAU WYUNA, MT EVELYN

KEEP AN EYE OUT FOR
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Self Care - Wellbeing Day

This term's Wellbeing Day focused on the theme of self-care and connection. The program began with a barbeque breakfast, followed by a keynote presentation from guest speaker Arthur Bolkas, who shared his powerful story of resilience, recovery, and building a fulfilling life. Students engaged thoughtfully with his presentation and asked considered questions.



The afternoon offered a wide range of activities designed to promote wellbeing and teamwork, including:

- Harm minimisation workshop with YSAS
- Grounding walk in the fresh air
- Tongue drum meditation
- Essential oil roller making
- Mindfulness and Smiling Minds activities
- Bracelet making with positive affirmations
- A team-building obstacle course with prizes



The day was a valuable opportunity for students to reflect, connect, and learn practical strategies for looking after their own wellbeing and supporting others.

Year 12 - Mindfulness Posters

As part of Literacy, our Year 12 students took on the challenge of creating a self-care advocacy campaign for their assessment task.

In line with Urban College's Term 3 theme of Self Care, students designed powerful posters promoting wellbeing and positive habits.

We're so proud of their creativity and efforts – their work is now proudly displayed in our College Hub for the whole community to enjoy!

Special acknowledgement to Charli G and Liam B for capturing the spirit of the Mindfulness Advocacy Campaign. Outstanding work!



Year 10 Ninja Park Challenge

Our Year 10 students took on Ninja Park as part of their Health and PE curriculum, challenging their strengths, abilities, and resilience.

It was great to see our students step out of the classroom and support those who benefit from that extra movement to help with focus and engagement.

A number of students showed outstanding skill and determination – we might just have a future Ninja Warrior in our midst here at Urban College!



Equine and Art Therapy Program at Wedgetail Therapy

Four Year 10 and 11 students recently took part in a six-week equine and art therapy program at Wedgetail Therapy in Launching Place. Guided by qualified equine therapists, the program focused on building coping strategies to support anxiety management, emotional regulation, mindfulness, healthy boundaries, self-confidence, and communication skills.

Throughout the sessions, students spent time with horses and dogs, while also having the option to engage in creative art projects around the farm.

One student shared, "I learnt different ways to communicate how I am feeling and that I can express my emotions through artwork."

Another reflected, "I liked that I got to spend time outside and with animals. Animals calm me down and it helped me for the rest of the week at school to not be so anxious."



Loki

Introducing our newest learning Assistants...

Welcome Loki & Neisha!

With their experience and qualifications in youth work, they're an incredible addition to our team. We're lucky to have them on board!



Neisha



Whole school Werribee Open Range Zoo Visit

On Monday 1 September 2025, 60 students from Years 10, 11 and 12 took part in Urban College's whole school excursion to Werribee Open Range Zoo. This annual event provided a unique opportunity for students to apply their classroom learning in an engaging and authentic environment.

The day began with a safari bus tour, where students observed animals in open range habitats and explored ideas of conservation, biodiversity and sustainability.

Each year level then participated in activities tailored to their studies. Year 10 students examined evolution and natural selection, investigating how species adapt to changing environments.

Year 11 students focused on employability and workplace skills through simulated zoo-based tasks, while Year 12 students undertook a self-guided tour to gather material for their Literacy assessments.

The excursion was a valuable experience for all students, blending enjoyment with meaningful learning. Students will continue to draw on their visit to Werribee Zoo in upcoming classwork and assessments, making the day both memorable and academically enriching.



COMMUNITY RESOURCES AND CONTACTS

<p>Eastern Access Community Health (EACH) Child, Youth & Family Mental Health 1300 003 224</p>	<p>Lifeline: Anyone having a personal crisis 13 11 14</p> <p>Suicide Line Victoria 1300 651 251</p>	<p>Child and Youth Mental Health Service (CYMHS)</p> <p>Child and Youth Mental Health Services 0-18 years 1300 342 225</p>
<p>Headspace – Knox Counselling and free GP services 2 Capital City Blvd, Westfield Knox Ozone (03) 9801 6088</p>	<p>Eastern Community Legal Centre Free Legal Advice 1300 32 52 00</p>	<p>Eastern Centre Against Sexual Assault Ringwood East (03) 9870 7337</p>
<p>Knox Infolink Emergency Relief 136 Boronia Road Boronia (03) 9761 1325</p>	<p>Uniting Vic Tas Community Support & Family Services - Homelessness 291A Maroondah Hwy Ringwood (03) 8870 4020</p>	<p>Child Protection CP Box Hill 1300 360 452</p>
<p>Kids Helpline Counselling for young people aged 5 to 25 1800 55 1800</p>	<p>Youth Support & Advocacy Service (YSAS) Mental Health, AOD, Crime Prevention</p> <p>Ringwood – (03) 9890 7855 Dandenong –(03) 9701 3488</p>	<p>LGBTIQA+ Services Rainbow Door 1800 729 367</p>
<p>Sexual Health Vic Sexual Health Care and Education 901 Whitehorse Road Box Hill (03) 9257 0100</p>	<p>Family Violence The Orange Door Croydon - 1800 271 150 Box Hill - 1800 354 322</p>	<p>Aboriginal or Torres Strait Islander Crisis Support 13 YARN (13 92 76) VACCA – Chirnside Park (03) 8727 0200</p>
<p>Outer East Crisis Assessment Treatment Team (CATT) 1300 721 927</p>		<p>Is it an emergency? If you or someone you know is at immediate risk of harm, Call triple zero (000)</p>