



Hellyer College

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Issue 3 - Friday, 4th July 2025

Principal's Report

Student Leadership

Our student leaders have continued to grow in their roles this term, gaining confidence in running our assemblies and participating in school organised events such as our recent Taster Day for over 400 year 10's from across the region. They have also been instrumental in promoting our new college jacket that we hope to make available to the community to purchase as part of our 50th Anniversary Celebrations in 2026. The comfortable and warm varsity jacket has been a welcome addition for students and staff during our recent chilly weather.

Wellbeing

We have welcomed Angela Burns our new social worker to the college wellbeing team this term. She is on campus 3 days per week, and we are so very grateful for her work already in the brief time she has been with us. We have also welcomed Tamara Young our additional school nurse, which means we have access to a school nurse 5 days a week.

Our recent Health Expo for students was a highlight of career and life planning. Students participated well in the event which targeted the specific wellbeing needs of this age group. We expect to continue to grow this event in future years.

Congratulations to our Community Services Certificate 2 students and teacher Jo Richards for raising over \$3000 for MND via Beanie sales and the very chilly 'Ice-Bucket' Challenge. A special thank you goes to our student leadership team for running the BBQ, and to **Dusty and Nathan from YeahTheBoys Burly** for their generous support. Not only did they help our students fill their buckets, but they also donated a massive **250 kilos of ice** to make the event possible!

Safe Travels to Switzerland

Loan Rogge joined us in Term 1 from Switzerland for the experience of a lifetime in Tasmania and Hellyer College. Sadly, it is time for Loan to return to the warmer climate of a Swiss summer, and we wish him safe travels and many wonderful memories of his time with us. Keep an eye out for his farewell message on our social media channels.

Student Success Hellyer students regularly volunteer and participate

fully in the life of the North-West Coast, often in isolated and remote regions. We love to hear of their success and try and recognise and promote the leadership they are showing both at college and in their local communities whenever possible. Congratulations to English Studio students, Alex Norton and Mia Lomas who placed 1st and 2nd respectively in the recent Burnie Eisteddfod Poetry competition. Our Theatre Performance and Drama students performed to sold out audiences in the drama studio last week, presenting a thought-provoking interpretation of "Animal Farm."

Term 2 Holidays

I wish all students a safe holiday break and encourage them to take the time to relax, recharge and connect with family and friends during the next couple of weeks. There will only be 14 academic weeks left in the college year once we commence Term 3. Attendance everyday will support and ensure student achievement at the end of the year.



Shane Cleaver
Principal

Welcome To Nurse Tamara



Hi everyone! I'm Tamara, and I'm thrilled to join the team at Hellyer College as one of your school health nurses. After spending the past nine years as a general practice nurse, I was ready for a new adventure—and here I am!

I completed a Bachelor of Nursing in 2010 and became an authorised nurse immuniser in 2019. Right now, I'm wrapping up my graduate certificate in nursing, further expanding my skills. My true passion

lies in preventative health, and I'm excited to work closely with the amazing students and staff at our school to support their well-being.

A little about me—I'm a proud mum to two wonderful kids. My son is 19, my daughter is 14, and our furry family member, Hank the dog, is 11 and always up for a cuddle. Outside of work, I love bushwalking, camping, catching up with friends over a warm drink, and meeting new people. You'll likely spot me in the hallways with a cup of tea in hand—that's my go-to!

I'd love to get to know you, so please feel free to stop by and say hello. And if you ever have any concerns, don't hesitate to reach out - I'm here to help!

Farewell To Loan Rogge

Loan has been visiting Hellyer College from Switzerland for the past 5 months. He has immersed himself in college life, met some new friends and holidayed in Queensland, New South Wales, and Victoria. His host family have provided him with this wonderful opportunity.



We would like to thank Belinda Young and her family for providing Loan with an experience that he is sure to remember for the rest of his life.

Loan has thoroughly enjoyed his time at Hellyer College and will continue to explore Tasmania with his family until his time to leave arrives.

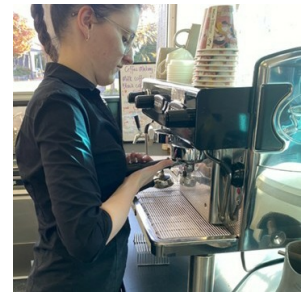
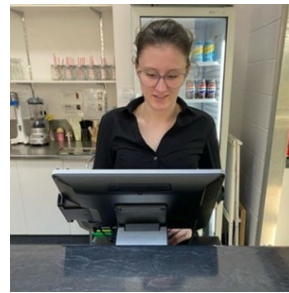
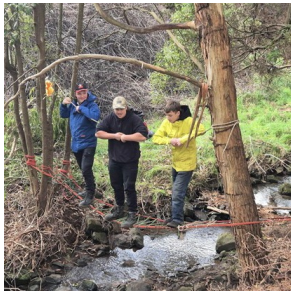
We wish Loan all the best on his return to Switzerland

Outdoor Ed Line 2 & 4 Recent Activities

Term 2 has been a great time for Line 2 Outdoor Ed, diving deep into the skills involved in mountain biking. We have spent

time on campus, Shorewell Creek Mountain Bike Park, Penguin Mountain Bike Park, and Wild Mersey Mountain Bike Park, seeing the difference between networks and different trail types. All students have done well to go outside of their comfort zone and experience an exciting and thrilling outdoor education activity.

Recently we have started working with rope: tying knots, rope activities, and getting ready for our indoor rock-climbing unit



Congratulations To Ronan Douglas

Congratulations to Ronan Douglas who was the very worthy recipient of the 2025 Public Education Foundation Ltd Teachers Health Early Career Scholarship! This Scholarship supports public school teachers in the first three years of their teaching career. Ronan is currently visiting Harvard University in the USA as part of his scholarship.

Teachers Health posted:

"Ronan's dedication to his students and his drive to innovate in the classroom blew us away. He's all about making learning and engaging accessible - so much so that he's using his scholarship to explore new ways to bring learning to life for his students. At Teachers Health, we know that great teachers shape great futures. That's why we're so proud to support early career teachers like Ronan as they inspire the next generation."

Tourism Excursion

Students studying Certificate II in Tourism have had multiple experiences along the coast this term. They have learned about the tourism industry whilst visiting attractions in Stanley, Wynyard, Cape Grim, Devonport & Latrobe.



Tasmanian State Training Awards

Congratulations to Izzy Riley who was recently nominated for excellence in her Certificate II Hospitality class. Izzy has been named as a Finalist in the VET in Schools – Student of the Year Category and will attend the statewide award ceremony in Hobart. Well done on this achievement Izzy!



Congratulations To Alex Stokes

Congratulations to Alex Stokes who, in an awards ceremony at UTAS Hobart last Thursday evening, was awarded a prestigious Australian Council for Educational Leaders early career teacher leadership award.

Alex has emerged as an exceptional early career teacher with remarkable skill and dedication that have significantly improved student outcomes. Alex's improvement mindset and willingness to build meaningful relationships within the school community are standout traits. As he continues to grow in his career, we are sure he will continue to foster a culture of excellence within the school.

Well done Alex!



Students Bring Animal Farm Play To Life

Thank you to the audience members who supported the Drama and Theatre Performance classes this term as they presented Animal Farm. They were supported by our Technical Theatre students who were responsible for the set, sound, lighting, costumes, stage management, publicity and promotion, and front-of-house.

Students enjoyed the challenge of exploring Animal Farm's themes of power and corruption, class and inequality, propaganda and control, the cycle of revolution, and human society and experimenting with new theatre styles, including Brechtian Theatre.

In addition to performing our mid-year plays, students have enjoyed two live theatre excursions this term. A group of students were also involved in the inaugural NW Shine event which showcased the talents of coastal high school and college students.

We are looking forward to focussing on our end of year performance program next term.

Kate Parker - Drama Teacher



"Terry" By Alex Norton

Terry

What if's and memories like Strahan's misty curtain,
we say goodbye, to a man who once touched the
sky.

Ninety-four years lived, with memories that shone
bright,
a Tasmanian, with a heart that beat with love and
light.

The heartbeat of Strahan, the one who made us
whole,
a man of wisdom, with an ever-giving soul.

16 Marsden Court, a haven where we would meet,
testament to his dreams, his love for our
community's beat.

We still remember his laughter, his smile, his guiding
hand,
a life of service, a love that spread across this land.
As memories fill hearts, heart fills mind,
And in our hearts, his legacy shines.



"Unspoken Goodbyes" By Mia Lomas

Unspoken Goodbyes

She did not fade with the autumn season.
While golden leaves changed, falling from a tree.
Her Irish hair, burning with a passion.
Once living lively. Soon, autumn will flee.

Winter came welcoming, cancer did not.
Drowning her body while Jack Frost paints snow.
The trees painted white; her soul left to rot.
Hospital doors close with pity and woe.

Throughout your final days you could not speak.
Since the cancer overpowered your mind.
Your love thrived so strong, though your body weak.
Two souls as one, forever intertwined.

To live this life with you no longer here.
Longing a presence, for you to be near.



Line 5 Outdoor Ed

Throughout Term 2, the Line 5 Outdoor Education class has participated in a range of activities both on campus and in the community. We started the term assisting local council member Phil Hrstich pick up rubbish in Shorewell Creek and pulling weeds at a local beach. This coincided with our in class learning on the documentary - A Plastic Ocean. We then headed to Anniversary Bay in Sisters Beach to complete a bushwalk and learn about the Aboriginal caves in the area.

For the second half of the term, our practical learning included mountain bike riding, shelter building and rock climbing. We were fortunate enough to ride at Hellyer, the Burnie Mountain Bike Park and at Wild Mersey in Latrobe. This gave us a great insight into the many different mountain bike tracks the North-West Coast has to offer.

We are sad to farewell our Swiss exchange student Loan as he returns home after spending the past two months with us. Loan has been an asset to our class and will be greatly missed by all staff and students. We wish him all the best for the future.



Personal Health & Wellbeing

The Personal Health & Wellbeing class have had a busy term learning about their wellbeing and getting outside of their comfort zones. In the first half of the term, we hiked Mount Montgomery in Penguin, completed mountain bike skills at Hellyer and rode to the Burnie Mountain Bike Park. In the second half of the term, we developed our rock-climbing skills, went to a water aerobics and Pilates class at Health Glow and learnt self-defence. Every lesson has involved a different wellbeing activity; life skill or challenge and students have faced each lesson with a positive and determined attitude.

Next term we look forward to further developing our self-defence skills, participating in gymnastics at Zodiacs, learning how to change oil and a tire and gaining skills in basic knitting.



Computer Graphics & Design 2 and 3

Computer Graphics and Design 2 and 3 students have been undertaking a range of projects. Professional Software like Adobe Illustrator and Photoshop, as well as Autodesk 3D Studio Max have been used. Here is a sample of the range of projects completed.

The Duke of Edinburgh Award

The Duke of Edinburgh Award offers students an opportunity to achieve an internationally recognised certificate by doing the things that they love. It provides students with university recognition (priority access, early admissions and can assist with some scholarship applications), many employers recognise it, and it gives students points toward their TCE. Anyone between the age of 14-24 can apply for

the award. It aims to help individuals step outside their comfort zone, and set personal challenges.

There are three awards

Bronze - First level (6 months to complete)

Silver - Second level (6 months to complete)

Gold - Third level (12 months to complete)

Each award has four categories that students must complete.

To complete the award in the minimum amount of time, students must dedicate 1 hour per week to each category.

Voluntary Service (youth work, charity work, umpiring, coaching, helping at breakfast club)

Physical Recreation (team sport, individual pursuit)

Skill (learning a musical instrument, learning to drive)

Adventurous Journey (an overnight experience)

The examples listed above are ideas only - there are hundreds of things students can choose for each category that align with things that they are already doing.

Abby will speak about the award in the next assembly, however, if you would like more information before then you can email - abby.goninon@decyp.tas.gov.au or go and speak with her in person.

Careers Corner

This term students have had many opportunities to explore career opportunities and university pathways. Here are some of the experiences that students have participated in.

Students who attended the Tertiary Information Service Expo at the UTas Cradle Coast campus had the opportunity to talk to student advisors from Mainland universities.

Community Services classes have visited a variety of workplaces this term including Groovy Kids Childcare and Wynyard Sailing Club who have won multiple awards for their All Abilities Sailing Program.

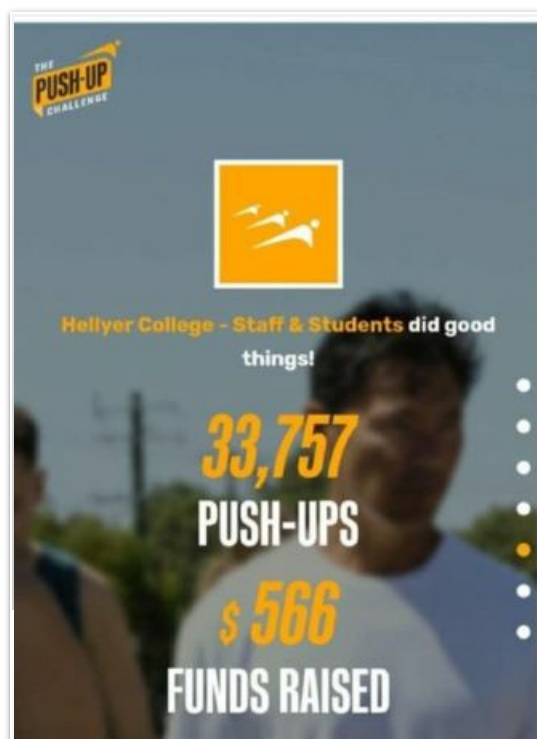
Justine Geason from UTas visited Hellyer to talk to students about the Schools Recommendation Program.



Push-Up Challenge

During the month of June, a team of Hellyer College staff and students completed the Push-Up Challenge completing an incredible 33,757 push-ups and raising \$566 in support of The Push for Better Foundation, Lifeline, and Headspace.

Well done to everyone who pushed for better!



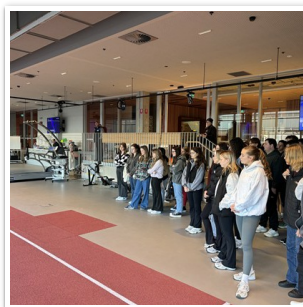
UTAS & Hawthorn Football Club Experience

A group of 37 students exploring tertiary pathways recently had the exciting opportunity to visit the University of Tasmania and the Hawthorn Football Club. The day provided valuable insights into university life and the diverse range of study and career options available after college.

Students toured the UTas Inveresk Campus, including “The Shed” — a remarkable \$100 million development with state-of-the-art facilities. David Cox, State Manager for Hawthorn Football Club, guided the students through the upgraded UTas Stadium. He discussed the numerous career opportunities within professional sporting organisations, such as tourism, business, event coordination, logistics, physiotherapy, and nutrition.

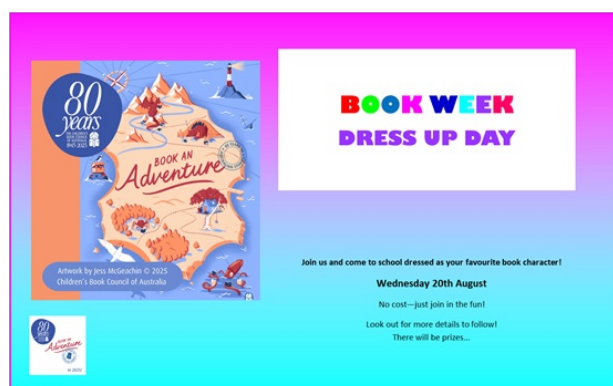
Max Bailey, GM of Football Operations, also spoke to the group about both on-field and off-field roles in the AFL. The students were excited to watch the players practice on the ground behind him.

The experience left our young people feeling inspired and better informed about life beyond college. A special thank you to Justine Geason (UTas), who continues to support students with further guidance every Wednesday at the college.



<https://youtube.com/embed/dT-Vd9mrZDg?autoplay=0&modestbranding=1&rel=0>

Book Week Dress Up Day



Interested in Hosting a Brazilian Student?



Host a student

Every year local high schools and colleges welcome hundreds of international students to Tasmania.

The Tasmanian Government Education International team provides approved homestay accommodation for international students in Tasmanian Government Schools (Year 9-12).

Homestay hosts can be single, a family or empty nesters – and can choose to host for a period of time that suits the preferred lifestyle.

Opening your home to students offers a rewarding learning experience for hosts, as students provide insight into their culture and share their ideas and perspectives.

Support for hosts

Our homestay coordinators are located in Hobart, Launceston, and North-West, and provide assistance and guidance to hosts and students as required.

For out-of-hours emergencies both hosts and students have access to our 24-hour emergency telephone service.

To keep students safe, we support all host families to obtain a registration to Work with Vulnerable People and Child Safeguarding training.

The homestay experience

Hosts are required to provide:

- a safe, supportive and welcoming home
- a private furnished bedroom, with desk, chair and lamp
- all meals, including snacks
- use of facilities (e.g. TV, iron, vacuum cleaner, laundry)
- WiFi / internet access

Our homestay team will provide:

- homestay resources and ongoing support for hosts
- 24-hour emergency telephone service
- an allowance of \$330 per week (single room)

Please visit the [homestay resources](#) for more information.

Study King Island



FINISHING YEAR 12 THIS YEAR?
THINKING ABOUT WHAT'S NEXT?

Study King Island offers a supportive study environment for students completing university or TAFE courses remotely – right from home.

We provide:

- ✓ A dedicated study space with reliable internet and printing
- ✓ Help with enrolment, organisation and motivation
- ✓ Connections to tutors, workshops, and peer support
- ✓ A community of students working toward their future

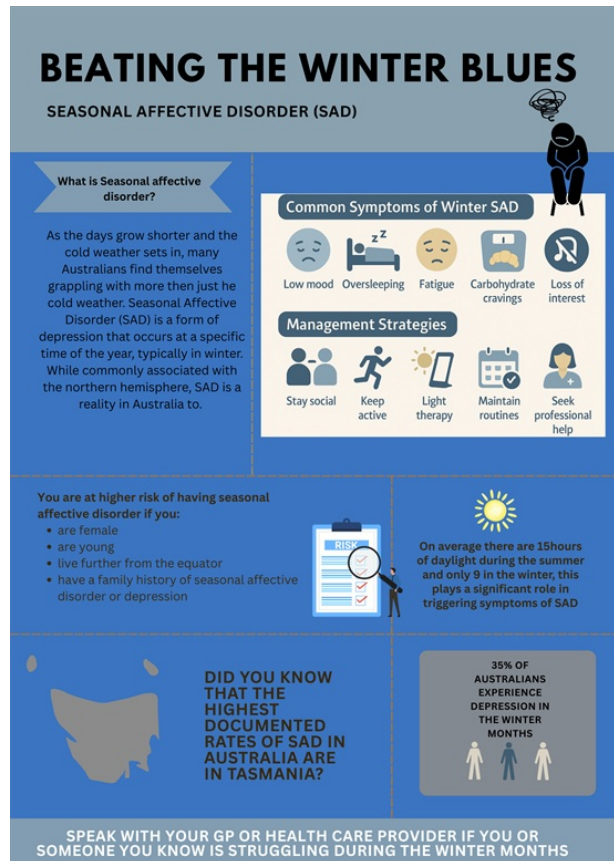
You can stay connected to your goals while reconnecting with your community.

Reach out to learn how Study King Island can support you after Year 12.

For more information contact
Learn@studyki.com.au

STUDY KING ISLAND
KEEPING LEARNING LOCAL

Beating The Winter Blues



BEATING THE WINTER BLUES

SEASONAL AFFECTIVE DISORDER (SAD)

What is Seasonal affective disorder?

As the days grow shorter and the cold weather sets in, many Australians find themselves grappling with more than just the cold weather. Seasonal Affective Disorder (SAD) is a form of depression that occurs at a specific time of the year, typically in winter. While commonly associated with the northern hemisphere, SAD is a reality in Australia too.

Common Symptoms of Winter SAD

- Low mood
- Oversleeping
- Fatigue
- Carbohydrate cravings
- Loss of interest

Management Strategies

- Stay social
- Keep active
- Light therapy
- Maintain routines
- Seek professional help

You are at higher risk of having seasonal affective disorder if you:

- are female
- are young
- live further from the equator
- have a family history of seasonal affective disorder or depression

On average there are 15 hours of daylight during the summer and only 9 in the winter, this plays a significant role in triggering symptoms of SAD

DID YOU KNOW THAT THE HIGHEST DOCUMENTED RATES OF SAD IN AUSTRALIA ARE IN TASMANIA?

35% OF AUSTRALIANS EXPERIENCE DEPRESSION IN THE WINTER MONTHS

SPEAK WITH YOUR GP OR HEALTH CARE PROVIDER IF YOU OR SOMEONE YOU KNOW IS STRUGGLING DURING THE WINTER MONTHS

