Today is our Tech Free Friday and I promise I wrote this article on Thursday to ensure I was setting a good example. We truly believe that all teachers and staff need to take the opportunity to have a break from their screens. While I am incredibly proud of the perseverance our students have exhibited and the dedication of our staff, there are moments when we need to shut down and take a step back to appreciate what we have achieved and to recharge our batteries to get through the coming weeks.

We appreciate that frustration is running high and the unknown can result in increased anxieties. I encourage everyone to shift their thought from what they cannot change to those things that they can influence. We still have choice over who we reach out to, the new activities we try and the goals we set.

The focus of today is about just that. Instead of dismissing our list of activities – I am encouraging our staff and students to get out and try something new just for the sake of it. It might be surprising just how much something new can lift the spirits. As difficult as it is, switch the phone off, the computer, the TV.

One important part of today, and our only exception to the Tech Free requirement, is time each student will spend with their wellbeing mentor to reflect on their Semester 1 Report and set learning goals for the remainder of this year. The opportunity to celebrate success and identify a focus for further learning growth or improvement is incredibly valuable. Regardless of our current circumstances, we can still set goals and discuss how best they can be achieved.

Students are asked to have their completed reflection and learning goals available at the next Parent Teacher Interviews. A stimulus for discussion that will bring greater value to those interviews.

There is no news about what lies ahead for schools but it is becoming clearer that it is unlikely that students will be returning to onsite learning this term but time will tell. Our role and yours as students, parents and guardians is to remain positive and stay focussed on our routines of the day, reach out to each other, be kind and grateful for small successes. I hope you enjoy the photos that have been sent in from our students, sharing new adventures and interests.

Take care

Allison Bennett
Principal

Spring is almost here. New additions to Zoe Fitzpatrick's household
See what some of the students have been doing via remote learning:

**Year 7—9 Physical Education: Virtual Amazing Race**
These classes have been involved in a virtual amazing race and below are their results and how far they have travelled.

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Our third stop is Airlie Beach, QLD, which is 1264 km Byron Bay

Last week we achieved 1250 km as a class, well done!
DVS Sports Academy—AFL
The students in the AFL Academy have been focusing on kicking and marking.

Eyes on ball ✓
Body in line with ball ✓

Hands above head ✓
Fingers outstretched ✓
Ball met in front of your head ✓
Knee up to gain height ✓

Fingers spread ✓

Other knee up to gain momentum ✓

Eyes on ball
Ball pushed
Balanced arm

Hands above your head ✓
Fingers spread apart ✓

Body in line with the ball ✓
Jump off one foot ✓

Statement of Commitment
DVC is committed to Child Safety. We want children to be safe, happy and empowered. We support and respect children, as well as staff and volunteers.
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DVC Art
The Art students have been producing some amazing work in their art classes.
Year 9 Maths
Trigonometric Graphs drawn by Jonathan Webb

Sine Graph

Cosine Graph

Tangent Graph

Amelie Davidson
Amelia interviewing Olympian Jemima Montag

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Lily Alaniz from Year 8 has been cooking up storm making cookies that are from her mother’s home country—alfajores.

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