



PREPARE FOR CHANGE



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Editor's Letter

The past 5 months has rapidly seen the world change the way we go about our lives. We are now familiar with terms such as Zoom, panic buying, lockdown, social distancing and it feels normal to sign in and give contact details when we dine in a café or visit places of business.

Like many people across the world, the SSBEN team have been working from home since March and have had a staggered return to our office in Term 3. We have made changes to the way we operate in line with government guidelines and are a registered COVID Safe business.

The presence and continuous threat of COVID-19 has altered

the way that businesses, schools and universities must operate to protect the health and wellbeing of their employees, customers and students. We explore the impact for current HSC students enrolled in VET courses with mandatory work placements and clarify what some of these changes are on page 2. ■

ADVICE

VET Students and mandatory work placements

Students undertaking VET courses in 2020 will remain eligible for the Preliminary or HSC credit units if they are unable to complete work placement as a result of COVID. Students commencing a VET course in 2020 with a mandatory work placement requirement, will meet the course requirement if they complete 35 hours of work placement by the end of 2021. For most courses this is a reduced requirement from the standard 70 hours. It is anticipated that the placement will be completed in late 2020, or 2021.

With the directive from NESAs in mind, the SSBEN team have been busy contacting schools and host employers to recommence the process of arranging work placements. Students can undertake work placement if the employers, teachers, students, Principal and parents all agree. Health and safety protocols have been added to the coordination of work placements, with students following the Department of Education COVID-19 safe practices and host employers confirming they are following the current Australian Health

Protection Principal Committee (AHPPC) guidelines relevant to their industry.

Some students will also be required to undertake the Department of Health's COVID-19 Infection Control Training prior to attending their work placements, as well as participate in daily temperature checks.

SSBEN will continue to work closely with schools and industry to ensure the health, safety and wellbeing of all our stakeholders, as we continue to navigate a rapidly changing environment. ■



SKILLS

Why volunteer?

Volunteering can help you meet people, learn new skills, advance your career, and feel happier and healthier.

Now is a great time to help people and volunteer for worthwhile causes in our community. If you have lost your job or are working reduced hours due to COVID-19, volunteering can keep you mentally stimulated, provide you with a sense of purpose,

reduce stress and will be a great addition to your resume.

Volunteers can give a couple of hours or something more permanent to support those in need and improve their health and happiness.

It does not need to be a long-term commitment or an inconvenience, you will feel

the benefits of giving as soon as you help just one person or cause in need.

For volunteering ideas check out: www.govolunteer.com.au

Or ask us about becoming a volunteer mock interviewer by emailing: tahlia.morris@ssben.com.au





WELLBEING

How do we stop life going back to crazy?

Is this your new “norm”? Or will you return to the pre-COVID crazy life? Globally we have had to adapt to calmer lives and for many it has been nice to slow down, but coming out of this pandemic how do we keep it this way?

It might not seem like it but being busy is a choice. COVID has been the perfect time to let go of things that you felt you needed to do but in reality, don't.

Have a look at your calendar, what is making you busy and look at what activities need to be done compared to the ones that don't.

What are your priorities? Is it sad to see how much time you allow for yourself? Rethink your definition of self-care.

Start small, start to cut things off your to-do list that you are

comfortable giving up. Learn how to say no gracefully.

At first it will feel weird but the free time you gain is yours to do whatever you please. Create things, relax, learn something you have wanted to learn but never had the time to do.

Don't just de-clutter your calendar, de-clutter your possessions. The more you own the more you need to clean, prioritise and maintain.

Cut down on social media use. So many of us mindlessly scroll through social media for hours on end, it is also worth

keeping an eye on your daily screen time to see if it is out of control.

You can be addicted to being busy, it has become a default state for too many of us. Being busy is a choice, we need to realise that our schedules are determined by us. Each of us can take intentional steps to unbusy our lives.

Schedule rest into your routine. It is okay to be happy about living a calm life.

Let's stop glorifying being busy, let's start to live life mindfully not mindlessly. ■

BECOME A HOST

The Positive Impact of Hosting Students

Employers that agree to host students within their business, are not only supporting and mentoring students by opening their doors, they are:

- Supporting their local community
- Preparing young people for the world of work
- Mentoring the next generation of workers that will strengthen the economy
- Developing the supervisory and management skills of employees

Boosting Team Effectiveness

Young people have great ideas and when allowed to engage in team meetings they can provide valuable input. Young people can also assist with problem solving especially when it comes to modern technology.

It's Free

There is no financial cost to businesses that host students and students are covered by school insurances. Student work placements are unpaid, and the work placement program allows employers to

trial how students integrate within their business.

More Hands-On Deck During Busy Periods

Hosting students during busy periods for your business can free up your team members time, the added support from students allows them to concentrate on completing other tasks.

Learning Journey

Students will learn how to conduct themselves in a professional environment, but the learning opportunities do not stop there. Host employers can also learn from students – students may offer a fresh new perspective on current practices.

Employees For The Future

Hosting students allows host employers to engage with talent before students are exposed to competitors. Host employers can offer training and employment opportunities to the best students – it is like a trial interview!



Flexibility

Host employers can choose the frequency and date of student placements to fit in with their business. You may like to host students for specific events, or an agreed frequency throughout the year.

Support From SSBEN

The SSBEN team offer continuous support to host employers by coordinating and managing all aspects of the program, allowing host employers to focus on their business. ■



BECOME A HOST EMPLOYER. CONTACT US TO BE INVOLVED TODAY.

CALL Ziad Mutasim on **0415 437 740**

OR EMAIL ziad.mutasim@ssben.com.au

What's on?

With COVID-19 restrictions still in place, most face-to-face events are postponed or have moved online. Here are some events that may be of interest:

Employment, Life Skills & Leisure Expo

4th August

An annual event aimed at providing information about supports and available services that may be appropriate for secondary school leavers (in Years 9, 10, 11 & 12) with a wide range of disabilities, and their families.

www.employmentlifeskillsleisureexpo.com.au

Digital Parents Showcase

10th August – 4th September

Support your child's career choices. A free 20-minute video not to be missed as part of SkillsOne "Skills and Thrills Showcase", and a live Q&A Panel discussion on August 26th (evening) on SkillsOne Facebook. Register here:

www.skillsone.com.au/category/skills-thrills

National Skills Week

24th – 30th August

There are different events offered to celebrate National Skills Week, check them out at:

www.nationalskillsweek.com.au/about

Year 13 – Future of Work

24th – 30th August

Year 13's Future of Work Expo is here to give you a better view of what your job could look like in a few years' time, and help you figure out what skills you are going to need in order to get there.

www.year13.com.au/expo/future-of-work

SSBEN VET Excellence Awards

August

This year's event will be a digital! The nominations are in, so follow our socials as we reveal the winners from each school in August.

Good luck students!

[SSBEN Facebook](#) [SSBEN Instagram](#)

HSC and Beyond – The Career Expo

28th – 30th September

Connect with secondary education providers, major universities, TAFE, UAC, VTAC, QTAC, NES, TIS and more!

www.inspired.edu.au/thecareerexpo

Sutherland Shire Local Business Awards

28th September

We are finalists in the Education sector, wish us luck!

www.thebusinessawards.com.au

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