

NOVEMBER 2020

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Happy Wednesday!

Today's newsletter has great articles to get you up and moving and engaged in the community. This includes:

- 'Run for a Cause' supporting kids reading - join up now!
- Trans Awareness Week
- UniSports has reopened
- five 'lunch and learn' sessions remaining in 2020
- NAIDOC Week celebrations continue
- get active, stay healthy with daily exercise and meditation

Stay well and have a great Wednesday.



'Run for a Cause' supporting kids reading

Have you signed up for the 2020 Federation University 'Run for a Cause'?

As the largest mass participation fun run/walking event in the region, the **Federation University 'Run for a Cause'** raises much needed funds for 'The Ballarat Imagination Library' – a program within Ballarat Reads – which provides children in Ballarat with a free book every month from the age of 0 to 5. Books are especially chosen for their age and developmental stage, so that when they get to school books are already a part of their life.

Federation University is proud to support this important community event which helps

This year's event organised by the Ballarat Foundation has gone virtual throughout November, raising much-needed funds for the Ballarat Reads Program.

Sign up for this virtual event, **setting your own challenge distance** to run or walk as far as you can during the month of November and help raise funds to support this important cause. We are also encouraging you to throw your support behind the event and join the [Federation University team](#). After winning last year's corporate team challenge, we are hoping to hold onto the title in 2020!

Not able to participate in the virtual challenge? [You can still make a difference by donating here](#). All proceeds will go directly to The Ballarat Reads Program.

You can learn more at the ['Run for a Cause Virtual'](#) or the [Ballarat Foundation](#) websites.



Trans Awareness Week

Trans Awareness Week runs from 13 - 19 November 2020 and is an opportunity to celebrate trans and gender diverse people, raise awareness of discrimination, and learn about being a better ally.

The week concludes with Transgender Day of Remembrance on Friday, 20 November. This day is to remember and honour trans and gender diverse people whose lives have been taken by transphobic violence and discrimination.

During Trans Awareness Week, take the opportunity to learn more:

[Register for the Building your LGBTIQA+ session](#) which will be hosted by Andrew Georgiou from Pride in Diversity.

- [Watch the video from Minus 18 \(5 minutes 18 seconds\) about using pronouns correctly.](#) Examples of pronouns are they/them, she/her, he/him, or something else.
- Familiarise yourself with the work of [Equality Australia](#), including advocacy for trans and gender diverse people's rights.
- Check out [GLAAD's tips for allies of transgender people](#)
- Watch documentaries, for example [Disclosure on Netflix](#) or [ABC's Pride collection on iView](#).
- [Download a virtual background from Minus 18](#) for your meetings during Trans Awareness Week (right click on your chosen background, save to your desktop and [add to Teams](#))
- **Stand against** transphobia when you see it.

Explore these tips on the '[5 positive ways to be a trans ally](#)' as published by the not-for-profit organisation 'Parents, Family and Friends of Lesbians and Gays (PFLAG)'.



Lunch and learn sessions

Check out these great sessions over the coming weeks and register now!

[Register here for any 'lunch and learn' session.](#) A Microsoft Teams link will be sent following registration.

Upcoming sessions include:

12 November 12:30pm - 1:15pm	Building your LGBTIQA+ capacity and confidence <i>Andrew Georgiou, Senior Relationship Manager, Pride in Diversity</i>
18 November 12:30pm - 1:15pm	Optimising your LinkedIn profile for success <i>John Wenborne, Senior Account Director, LinkedIn and Erica Fitch, Lead Customer Success manager (ANZ), LinkedIn</i>
25 November	The pain of paying: practical ways to redesign your approach to

2 December **Disability Awareness and the Disability and Learning Access Unit (DLAU)**
12:30pm - 1:15pm

*Drew Burns, Coordinator, Disability Services, Student Experience and
Baden Cutts, Disability Liaison Officer, Student Experience*

3 December **The good loaf – turning your sour culture into bread**
12:00pm - 1:00pm Brendan Carter, TAFE Teacher, Baking



UniSports has reopened

UniSports is delighted to have reopened, welcoming back very pleased staff, students, Learn to Swim families and community members to the Health and Sports Precinct.

You can [go to the UniSports website to book a session](#) at the Health and Fitness centre and pool, or to get more information on our services.

Don't forget to check out one of our **virtual group fitness classes**, held on a Monday, Wednesday and Friday at 12:00pm. These classes are a great way to break up your working day and will continue running until early December. Check out the '*Get active, stay healthy*' section below.

On-demand fitness classes can also now be accessed at any time via the **FedMoves app**. The classes feature three levels of intensity, are suitable for all fitness levels and range from 10 to 45 minutes in duration. These classes are currently free to staff – simply download the FedMoves app from the [App Store \(iPhone\)](#) and [Play Store \(Android\)](#).

Please feel free to [contact UniSports by email](#) or by phoning 03 5327 9695 to discuss your membership options or to access our great staff membership deals.



NAIDOC Week celebrations continue

NAIDOC Week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander Peoples. NAIDOC is celebrated not only by Indigenous communities, but by Australians from all walks of life.

The **Aboriginal Education Centre (AEC)** in partnership working across each campus has put together a range of opportunities where staff and students can celebrate NAIDOC Week.

Federation University are hosting free virtual events throughout the week for the staff and student community - make sure you register now as spaces are limited. Virtual events remaining this week include:

- **Cultural Rap Music workshop** - Wednesday, 11 November (1:00pm - 2:00pm)
Where you can learn to write a song from scratch, hosted by the AEC's Phil Egan.
[Register for the Cultural Rap Music workshop](#)
- **Cultural Art Therapy workshop** - Thursday, 12 November (1:00pm - 3:00pm)
To learn more about art therapy through drawing, to reconnect to our senses and self, hosted by the AEC's Kathrine Clarke.
[Register for the Cultural Art Therapy workshop](#)
- **Overview of Victorian Aboriginal Languages workshop** - Friday, 13 November (1:00pm - 3:00pm)
Learn more about Victorian Aboriginal Languages including the destruction, revival and reclamation process. AEC Manager Katrina Beer will lead this special event,

Check out the '[Indigenous matters](#)' webpage for more NAIDOC event details.

You can also look for other events and online forums at naidoc.gov.au or vicnaidoc.com.au, your local library or [visit the NGV NAIDOC Virtual Tour](#), [teacher resources at SBS](#), or take your children on the language journey with the [ABC podcast Little Yarns](#).



Get active, stay healthy

Retro style aerobics continues for the next two weeks! Join these sessions by using the existing Zoom link or register by emailing hr@federation.edu.au.

With daily sessions now including retro aerobics, ZUMBA, Pilates, yoga, meditation, body stretch, and HIIT, **all you need is between 15-30 minutes** to add these activities into your daily routine.

Email Human Resources at hr@federation.edu.au with your preferred session(s) and we will send you the relevant Zoom link(s).

- Mondays - 12:00pm - **Body Stretch** | 4:45pm - **Meditation**
- Tuesdays - 9:30am - **Meditation** | 12:00pm - **ZUMBA**
- Wednesdays - 9:15am - **Meditation** | 12:00pm - **HIIT** | 12:30pm - **Yoga**
- Thursdays - 9:15am - **Meditation** | 12:15pm - **Retro aerobics** | 4:45pm - **Meditation**
- Fridays - 9:15am - **Yoga** | 12:00pm - **Pilates** | 12:30pm - **Meditation**

If you have any pre-existing conditions or are new to exercising, please follow the advice of your health professional. It is vital that we prioritise the health and safety of ourselves, family, friends and the community.



Quick Links

[COVID-19 support for staff](#)

[Mental health and wellbeing - information guide](#)

[Health and wellbeing resources](#)



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