



RSC NEWSLETTER

Ph: 03 5986 8595 rosebud.sc@edumail.vic.gov.au

NEWSLETTER VOLUME 23. ISSUE 18 EDITORS MR. F PATTON, MRS. C FORSTER, MRS. J ROBERTS 27th November 2015

THE MINDFULNESS FESTIVAL LET'S CONNECT AND LIVE HAPPY
 ALL PROFITS GO TOWARDS THE WELLNESS PAVILION AT ROSEBUD SECONDARY COLLEGE
SAT NOV 28TH 2015
 11AM - 5PM . BONEO MAZE AND MINI GOLF
 live music, yoga, meditation, mazes, mini golf and outdoor games

MINDFULNESS FESTIVAL UPDATE

We have been encouraged with the high levels of interest being shown to endorse our Wellness Pavilion project, from right across our community and beyond. Offers of support primarily of "time" have identified the varied uses for the pavilion both in school time and out of hours for community access. These offers have come directly via the registration buttons within the College website (www.rsc.vic.edu.au).

A Facebook page has been created for the Wellness Pavilion (<https://www.facebook.com/Rosebud.Wellness.Pavilion>), and we ask if you could "like, share and follow" this page – and spread the word. Similarly the Wellness Walk page (<https://www.facebook.com/wellnesswalkRS/>) has been attracting a lot of attention as donations come in for the sponsored 24 hour walk to be undertaken by Rhys Edmund, Jason Albress and Brent Morrison. If our parent and student body could help out by sharing these 2 sites in particular, we will make inroads towards achieving our target.

At the Mindfulness Festival (Saturday 28th November) you will get the opportunity to register for a specific donation to the project by purchasing a personalised paving brick, which will be laid in a pathway leading into the Wellness Pavilion. Further details of this fundraising option will appear in following newsletters, and will be available for purchase via reception at the College following the Mindfulness Festival.

All donations of time, materials or money can be made directly through the College website, and all donations of \$2.00 or more are tax deductible.

Raffles: Rosebud-Rye Rotary are seeking helpers for the sale of raffle tickets, the proceeds from will be split 50/50 between the Wellness Pavilion and Parkinson's Disease Research. You can call and leave your name at the office if you are prepared to sell some raffle tickets to these most worthy of causes. Tickets will be on sale between now and Australia Day, 2016. Please get in behind our local Rotary Club. Every little bit of help, helps.

WHAT'S ON AT RSC

DECEMBER

- 2: HoL Excursion
Mills Beach
Surf Life Saving Club
- 3: Year 7 Awards Night
5:30 pm SPAC

Yr 12 OES
M^cCrae Homestead & Beach
- 7-8: Girls Surf Camp
Tidal River
- 8: Year 7 2016
Orientation Day
- 9-11: Yr 7 Camp Phillip Island
- 11: End of Jumpstart
- 14: Yr 8 - 11 Awards Night
SPAC
- 17: Valedictory Dinner
New Peninsula Centre
Mt Martha @ 7:00pm
- 18: Term Ends

CREDIT CARD PHONE PAYMENT AND BPAY ARE AVAILABLE THROUGH THE ROSEBUD SECONDARY COLLEGE OFFICE

At Rosebud Secondary College, Teachers are on bus duty from 8:05 to 8:30am and 3:15 to 4:00pm.

The yard is supervised from 8:20am in the morning until 3:30pm in the afternoon

Rosebud Secondary College 245 Eastbourne Road, Rosebud 3939

Email: rosebud.sc@edumail.vic.gov.au - Tel: 5986 8595 Fax: 5981 2276

Absence line: Leave a message any time day/night if you know your son/daughter will be absent.

Subscribe to our newsletter online and have it delivered to your inbox in colour!

Follow the link at www.rsc.vic.edu.au

OFFICE HOURS: MONDAY-THURSDAY, 8:00AM - 5:00PM; FRIDAY, 8:00AM - 4:00PM



COLLEGE INFO

STUDENTS WHO ARE UNWELL

A REMINDER TO ALL PARENTS (AND STUDENTS TO NOTE). IF YOUR CHILD IS UNWELL THEY ARE TO GO TO SICK BAY **FIRST**

STUDENTS **ARE NOT** TO PHONE THEIR PARENTS. STUDENTS WHO DO WILL BE IN BREACH OF SCHOOL RULES AND THIS WILL LEAD TO CONFISCATION OF MOBILE PHONES

JENNY BUCKLEY, SICK BAY COORDINATOR, WILL CALL PARENTS IF THEIR STUDENT IS UNWELL AND NEEDS TO GO HOME

ROSEBUD SECONDARY COLLEGE HAS A CLEAR MOBILE PHONE POLICY:

Unless directed by a teacher for a specific education purpose, all mobile devices including iPod's & mobile phones should be switched off at school.

Where a teachers direction is not followed, electronic devices will be taken for the day and returned at the end of the day. In the case of repeated transgressions the device will be returned to a parent.

UNIFORM SHOP HOURS

TUESDAYS

8:30AM -11:30AM

THURSDAYS

12:00PM - 4:00pm

2nd HAND BOOKS....

A REMINDER TO ALL PARENTS WHO PLACED BOOKS IN THE 2ND HAND BOOKSTORE TO SELL. PLEASE CONTACT THE BOOKSHOP on 5986-8595 OR DROP IN TO COLLECT CHEQUES OF ANY SOLD ITEMS.

MATHS TUTORING IS

BACK!!!

Free Maths Tutoring Sessions are back every Thursday after school from 3:00 - 4:00pm
Years 7-9 Room 111
Years 10-12 Room 113

Senior tutoring is also available on Wednesday afternoon in Room 111.

Bring your homework or come to get extra help. Any questions, please contact the Maths Department at the College.

SUBSCRIBE TO OUR ELECTRONIC NEWSLETTER

Please note that the RSC Newsletter is only available online.

You can subscribe to receive a fortnightly electronic version through

our Website: www.rsc.vic.edu.au

or directly at <http://eepurl.com/blPcPH>

Hard copies are available at the front office for anyone without internet access.

NEW KEYED PADLOCKS

For students purchasing new laptops in 2016 it is recommended that you purchase a new keyed padlock for their locker.

These cost \$30.00 and are available to purchase from the front office now.

Replacement keys will be available for purchase if needed.





PRINCIPAL'S NEWS

Hello to the Rosebud Secondary College community. We have started Jumpstart this week and it has been pleasing to see the students working so well into their new year level. While Jumpstart is a short period it is important that students complete all set tasks and make the best possible start to the semester.

This week we have been completing report editing and finalising the new end of semester reports. These reports will use the Attitudes to Learning criteria and progress scales for subject specific skills and exams if set for that year level. We will seek feedback on the new format next year.



A few weeks ago we held the semester two Principal Awards for students in Years 7-10. In our list of award winners in the last newsletter this one was not published. Congratulations to **Gracie Plumridge 7B who won the Cross Curricular Award** for her medieval project titled "Useful Knowledge for the Lady of the Manor".

Last week we hosted approximately 400 students over two days from our local feeder primary schools. We held a fun filled day with students completing activities in dance, music, physical education, language and science. The aim of the day was to give primary school students a taste of secondary school life and complete a range of activities they might not be able to in their primary schools. This day followed on from the recently completed 'Active Minds Program' in which 30 primary school students completed a range of extension task activities over four weeks at the school. We look forward to hosting these activities again in 2016. I would like to thank Jovana Rapajic for coordinating the events and all the staff and student leaders who were involved.

<http://www.rsc.vic.edu.au/?p=1915>

We are approaching our **Mindfulness Festival** day at Boneo Maze on 28th November from 11:00am. There has been much preparation put into place for this event led by assistant principal Geoff Seletto and our team of Parents and Friends. The weather is looking good and we are hoping for a great crowd on the day so please spread the word. There will be a great line up of bands, practitioners and fun filled activities for the kids. There are two major raffles running on the day with some great prizes donated by local businesses which include accommodation, spa packages, health and wellbeing goods and more. We will be drawing these on the day at 1:00pm and 4:00pm. We are hoping for a great crowd to promote this important cause and raise funds towards the building of our Wellness Pavilion.

See more information and bookings at: <http://www.rsc.vic.edu.au/?p=1847>

Please support this important community event.

Congratulations to Holly Garac 7F, who was named captain of the Victorian track and field team recently. 130 athletes were competing, so it was a really great honour for Holly to receive the captaincy. Holly has shown great leadership to the students with her general ability and participation in sporting events.

ORGANISATIONAL MATTERS:

Mindfulness Festival: Saturday 28th November 11:00am- 5:00pm
Year 7 Awards Night : Thursday 3rd December 5:30pm in SPAC
End of Jumpstart for Jumpstart Year 11 & 12: Friday 4th December
End of Jumpstart for Jumpstart Year 8, 9 & 10: Friday 11th December

Activities week for Jumpstart Year 8, 9 & 10: 14th & 15th December. There will be a modified program on 16th & 17th December for those students who attend. Sign up letters to be sent home next week.



COLLEGE NEWS

YEAR SEVEN AWARDS NIGHT 5:30PM THURSDAY 3rd DECEMBER

You know when the year is drawing to a close when **Awards Nights** come around. At present we are collating the Year Seven award recipient lists and invitations will be sent home with award winners, to give families an opportunity to attend the event.

Academic awards are being arranged from nominations from all class teachers, who are identifying the top three students per class, based on the record of assessed work over the course of study. In addition, each teacher is nominating a student for "Best Effort", to acknowledge the student who they believe has made the most significant progression in their learning, through the application of their best effort. The student nominated may not necessarily be amongst the top three in the class. Each class will be equally represented on the Awards Night, and special awards focussing on sporting, cultural and citizenship achievements will be recognised also.

It is always a very pleasurable event, running for about 1 hour. To those students invited to the Awards Night, congratulations for your efforts and achievements and to those who didn't make it to the awards list, keep pushing to advance your learning and participation. In many cases, it is through the efforts of the bulk of a class that drives students to achieve higher.

WHITE CARD (CIC – Construction Induction Card) Training for WORK PLACEMENT & WORK EXPERIENCE STUDENTS IN 2016

Students who are planning to complete **Structured Work Placement** as part of their Year 10 Work Placement program **OR** work on a building site for **Work Experience** are required by Work Cover Australia to hold a White Card (often referred to as CIC). This includes occupations such as carpentry, plumbing, electrical, plastering and landscaping on new building sites.

To enable students to achieve this qualification which relates to "*working safely in the construction industry*", Rosebud Secondary College has organised an Accredited Training Organisation to deliver the training at the College on Wednesday February 24th 2016. **We need a minimum of 15 students to run the training**, so we request that interested students organise their work placement as quickly as possible. We need students to sign up in The Careers Pathways Office indicating their intention to participate in the training.

Students will be required to pay \$60.00 to the College Cashier no later than **Friday 17th February 2016**. This is a significantly reduced price and will enable students to complete casual and part time work on building sites in the future. The White Card lasts indefinitely.

STUDENTS WHO DO NOT COMPLETE THE WHITE CARD WILL NOT BE ABLE TO UNDERTAKE WORK EXPERIENCE or STRUCTURED WORK PLACEMENT ON BUILDING SITES AS PER DET GUIDELINES

Any queries contact The Careers Office at Rosebud Secondary College on 59 868595

Janette Pearman

Jackie Voigt

Heather Mason

WANTED FOR HOME ECONOMICS

GLASS VEGEMITE JARS OF ALL SIZES

Please bring to the front office. Thank you





COLLEGE NEWS

THE WELLNESS WALK

wellness
PAVILION



ABOUT THE WALK

We are three teachers from Rosebud Secondary College who have been inspired by the recent launch of the Wellness Pavilion that will be built on the College's grounds in 2016. We want to contribute to the project by raising money and awareness when we complete a gruelling 24 hour 'Wellness Walk'.

The aim of The Wellness Walk requires three teachers - Rhys Edmund, Jason Albress and Brent Morrison to walk for 24 straight hours, unassisted around the Southern Peninsula region. That means no sleep and limited break times. The challenge will be gruelling, not just physically, but also mentally. We will require bucket loads of support to ensure we achieve our goal. The walk will take place over the 10th & 11th of December, 2015.

Our focus will be to raise sponsorship funds and awareness that will support the Wellness Pavilion project. Our sponsorship target will be to raise more than \$5,000.00. This will be achieved with the assistance of our students who will join us over the first 15km of the walk.

We see first-hand the potential benefits the Wellness Pavilion can bring to the lives of our students and families within the Southern Peninsula community that we are all a part of.

HOW YOU CAN HELP

A sponsorship page has been set-up via Go Fund Me. By simply accessing the link below you will be able to contribute to a very worthwhile project that will benefit our local community.

DONATE NOW:  <https://www.gofundme.com/wellnesswalk>

SHARE NOW:  <http://on.fb.me/1QQTjZY>





COLLEGE NEWS

BUS TRAVELLERS 2016

Dear Bus Travellers and Parents/Carers,

The College is required to collect accurate information regarding students utilising the school contract buses.

Previously the College has 'rolled over' bus enrolments from one year to the next requiring only new enrolments and students changing address to complete a bus enrolment form. Due to changes by Public Transport Victoria and the Department of Education and Training this is no longer possible; **students who do not lodge application forms may not have a bus seat allocated to them in 2016.** This applies to eligible and ineligible (fare paying) students residing less than 4.8 km from the college or not in the 'catchment zone'.

'Application for permission to travel' forms are available from the college office if your son/daughter has not brought one home, or can be downloaded from:

<http://www.education.vic.gov.au/school/principals/management/Pages/schoolbus.aspx#link78>

Application forms should be returned to the front office or to the Level Coordinators by:

27th November Years 10 - 12

5th December Years 7 - 9

Thank you for your cooperation with this matter.

MORNINGTON PENINSULA REGIONAL GALLERY SCHOOL HOLIDAY WORKSHOPS & ACTIVITIES

VCE Art & STUDIO ART FOLIO DEVELOPMENT WORKSHOP

Get a head start on your folio with experienced VCE teacher, artists and MPRG Educator Jill Anderson. Gather inspiration, see how other artists develop ideas, and expand your creative thinking and art-making skills as you explore and develop ideas and possibilities for your VCE folio.

Wednesday 20th January, 10:00am–12:00pm

Cost \$12/student

Bookings here: <http://www.trybooking.com/JRPL>

TEEN ZINE WORKSHOP *For ages 13-15

Tuesday 12th January 10:00am-12:00noon

Draw + cut + paste + photocopy = ZINE!

Get with the zine-scene. Use found images, cut up photos, pieces of text and drawing to create your own quirky and unique mini magazine!

Cost \$12/student. All materials provided.

Bookings here: <http://www.trybooking.com/JURJ> and <http://www.trybooking.com/172155>



COLLEGE NEWS

BOOKLIST REMINDER

Online ordering is now open. Go to www.lamontbooks.com.au select Textbooks and Stationery and select Rosebud Secondary College from the list or follow the link on the Rosebud Secondary College website.

HOME DELIVERY: FREE HOME DELIVERY & HANDLING for orders over \$60.00 submitted by 13th December. Home delivery for orders on or after 14th December will be charged postage of \$9.50 for orders under \$100.00 & \$15.00 for orders over \$100.00.

SCHOOL COLLECTION DAY: THURSDAY 21st JANUARY 2016 3:00pm-6:00pm.

Order by 13th December for FREE processing & handling. Orders received between 14th December - 14th January will incur a \$5.00 processing and handling fee. Orders must be placed by 14th JANUARY to be available for school collection.

ONLINE PAYMENT OPTIONS ARE CREDIT CARD, PAYPAL ACCOUNT OR DIRECT BANK DEPOSIT.

1:1 LAPTOP PROGRAM 2016

Following the success of the 1:1 laptop program in Years 7 and 10 in 2015, Rosebud Secondary College is proud to extend the program to **all students** for next year.

It is expected that these devices will be used as a tool for learning in many classes across all year levels, from next year onwards. It is highly recommended for families to purchase a device for their children.

There are two devices available, both are Lenovo 11e Yoga laptops with the advanced option including an active stylus. The devices are available through the College's website by clicking the Edunet logo. You will then be re-directed to the purchasing portal. The direct address is <http://rosebudsc.technologyportal.com.au/>.

The password for access is RSC.



***Lenovo 11E Yoga
Convertible Notebook***

***Lenovo 11E Yoga Convertible
Notebook with active stylus***



***Lenovo 11.6" Work-In Case
*Other case options available***

Financial Assistance

There are several options available if your family requires assistance with the purchase of these devices.

Edunet offers a 12 month payment plan, arranged on ordering

[Good Shepherd](#) offers the No Interest Loan Scheme of up to \$1200

[SaverPlus](#) offers a \$500 assistance through the Brotherhood of St. Laurence.

Further Questions

If you have any questions about the program please either visit the College's website (www.rsc.vic.edu.au) and select the 1:1 Laptop link, or contact Adam Vardanega at the College via phone.



COLLEGE NEWS

WORK EXPERIENCE ORGANISATION FOR 2016

All Year 9 students have just completed an introduction to Career Planning and Work Experience with their L4L teachers and the Careers Pathways Team. At this time students completed a Careers Interest test, research into Career Pathways and a Mapped Individual Pathway Plan online. The focus of these preliminary activities were to encourage students to have conversations with their parents about planning their future pathway in preparation for Year 10 Course Counselling in mid 2016.

The dates for Work Experience are Monday April 18th to Friday April 22nd 2016

Students were given a booklet with information about the Work experience program to take home, including a letter to parents. All students who were present, completed a General OHS Module in preparation for work experience in 2016.

Students who are interested in undertaking their work experience on a construction work site (building, electrical, plumbing, plastering, landscaping) will also need to complete CIC training (Construction Induction Card). This is a requirement of Work Safe Victoria. The CIC will also be able to be used by students in the building and construction industry when they leave school or apply for part time employment. Students need to register their name with the Careers Pathways Office. **The training will be completed in February 2016.** Please note there will be a charge of approximately \$60.00. More information is available on page 4 of this newsletter.

All 2016 Year 10 students should be actively searching for a work placement, hopefully with support and help from their parents. Students need to ensure they return the white slip with their personal and employer details to the Careers Office by Friday 19th February 2016.

Any other inquiries contact the Careers Office on 5986 8595

Janette Pearman Jackie Voigt



VET PROGRAMS IN 2016

Letters to parents confirming your student's choice of VET program in 2016 and the associated costs have been **posted out to parents** during the last week of Term 3. This letter outlined payment costs and due dates, as well as the options for establishing a payment plan with the College.

Students should have already paid their \$350.00 VET fee with materials payment to be made by January 29th 2016.

If you believe your student has included a VET program in their 2016 course and you have not received a VET information letter, please contact the Careers Office as soon as possible.



COLLEGE NEWS

MUSIC EXAM SUCCESS

In August and October this year external music exams were held in Melbourne. The following students passed their flute exams with flying colours. A big congratulations to Kelsey Foehn (Grade 5 Flute), Alexandra Dellaportas (Grade 6 Flute), Zoe Dellaportas (Grade 2 Flute) and Holly Jordan (Grade 5 Flute). Well done girls! Mrs Clough



GIRLS ON FIRE IN ATHLETICS

National Championships await two of our students after their great performances in their respective All School Athletics Titles.

Skyla Lauch qualified for the Nationals in Perth by finishing third in the 15 year old 400m. Her time in the event means that she is eligible to run in the Australian titles that will be held in March.

Skyla's event comes at the completion of the Aths Victoria season, so she will have the opportunity to lower her time even more.



Holly Garac has qualified for the Junior Australian titles by winning both the 100m and the Long Jump in the 12 year old age group. Holly's performance in both events enabled her to be selected as the Victorian State Captain for the Nationals. These titles will be held in Canberra in two weeks.

In 2015, Holly has the amazing distinction of being captain of the Victorian Under 13 Netball team that won the Australian title and now has the honour of captaining a second state team at the National Titles. Super effort Holly!!

Congratulations to both girls on your amazing efforts and true reward for the training and application that goes into achieving these results.

Pat Egan



COMMUNITY NEWS

THE MINDFULNESS FESTIVAL

LET'S CONNECT AND LIVE HAPPY

A community picnic at Boneo Maze and Mini Golf with family-friendly live music, yoga, meditation, mazes, mini golf and outdoor games

ALL PROFITS FROM THE DAY GO TOWARDS THE BUILDING OF THE WELLNESS PAVILION AT ROSEBUD SECONDARY COLLEGE

TICKET PRICES: Adult: \$25pp | Children: \$20pp | Seniors: \$23pp | Family \$80.00 (2 Adults + 2 Children)
Additional Children at \$15pp (incl Mini Golf). Access to the Adventure Zone an additional \$5 per ride at the door

LIVE MUSIC WITH:

- The Warrains
- SugaTree
- Drew Bowden
- The Daddios
- Lady and the Tramps
- Rosebud Secondary College bands
- Plus more great local artists

MINDFULNESS AND WELLBEING FOR THE FAMILY:

- Mindfulness & mental health speakers: Dr Craig Hassed - Co-author of Mindful Learning, Dr Geoff Toogood - Beyond Blue Ambassador, Ian Ward - Inward Healing & MC Andrew Gill
- Meditation, massages & yoga workshops
- Nutrition & wellbeing stalls
- Yummy food to complement your picnic hampers
- Face painting & family fun
- BYO picnic hamper & have a happy day with the kids

SAT NOVEMBER 28TH 2015

11AM - 5PM . BONEO MAZE AND MINI GOLF, LIMESTONE ROAD, BONEO MORNINGTON PENINSULA

FOR INFORMATION & BOOKINGS

Call Boneo Maze on Tel **5988 6385** to pre-purchase your ticket or order on line via www.southernpeninsulaartscentre.com

PROUDLY SUPPORTING



OUR EVENT PARTNERS





COMMUNITY NEWS

**ROSEBUD SECONDARY COLLEGE WOULD LIKE TO THANK
OUR SPONSORS FOR THE RAFFLE AND ASK THAT
YOU SUPPORT THESE LOCAL BUSINESSES.**

Moonah Links Golf and Resort

Golf for 4, including carts
B & B accommodation for 2



Peninsula Hot Springs

Bath houses passes x 10



Endota Spa

Body Nourishment bags x 2
Massage or Facial x 2
Skincare pack
Cleansing Smudge Stick



Alien Fitness

1 Month membership vouchers x 10



Blues at the Briars

Tickets for 2 for 2016 event



Nepean Country Club and Day Spa

1 hour relaxation massage



Nepean Country Club
Mornington Peninsula

Waterfull Gully Fruit and Veg

Hamper of goods



Naturally Well Chiropractic

Chiropractic Pillow
Chiropractic vouchers x 10



Jo Hafey- Yoga

Yoga classes for 1 term @ Blairgowrie
Yacht Squadron
Ezense Skincare products





COMMUNITY NEWS

HOST FAMILIES URGENTLY NEEDED FOR JAPANESE EXCHANGE STUDENT

We are hoping to find voluntary host families for Japanese exchange students, who would like to be placed with a family interested in them. The students are aged 15, 16 or 17, and are all excellent academic students as well as being outgoing and being keenly interested in activities and mixing with people, according to their profiles. The hosting would be for anywhere between 3 and 10 months from early February 2016 and you have a choice of boy or girl. If you are at all interested in reading the profiles for yourself, which might help you make up your mind, please contact Klaus Schumann on 03 9758 4279 to have a chat, or email schumann.klaus.k@edumail.vic.gov.au

MPYS School Holiday Program January 2016

Tuesday
January 5

**Tshirt Tie Dye
@
The
Corner**



Thursday
January 7

**Tattoo Art &
Tshirt Tie Dye
@
Shed11**



Friday
January 8

**Movie day
@
Shed 11
and The
Corner**



Tuesday
January 12

**Combined
Council
Activity @
Phillip Island
(beach day)**



Thursday
January 14

**Outdoor Laser
Tag + BBQ
lunch @ The
Corner**



Wednesday
January 20

Luna Park



Thursday
January 21

**Tshirt Tie Dye
@
YLounge**



Friday
January 22

**BBQ
@
Shed 11
and The
Corner**



Drop In Monday - Friday @

Shed 11, YLounge & The Corner

10am - 5pm

(closed for lunch between 1pm and 1.30pm)

Open to young people aged 10-17 years old

Excursions are open to young people aged 10-17 years old

- ▶ Online bookings are essential - see our website mpys.com.au
- ▶ Bookings open 9am, Monday November 30
- ▶ Bookings close 5pm, Friday December 11
- ▶ Gold Coin donation required for all excursions

Youth Centre Locations

- ▶ Shed 11 Youth Centre - 11 Marine Parade, Hastings
- ▶ YLounge Youth Centre - 1 Nepean Plaza, Rosebud
- ▶ The Corner Youth Centre - 91 Wilsons Road, Mornington

Consent forms required for all activities (including Drop In)!

See mpys.com.au for consent forms

▶ Need more info? Call us on 5950 1666, or send us a message on Facebook - [facebook.com/mornpenyouth](https://www.facebook.com/mornpenyouth)



**Mornington
Peninsula Shire
Youth Services**



COMMUNITY NEWS

LET'S TALK ABOUT MENTAL HEALTH

In Australia, one in six young people aged 16 to 24 years currently experiences anxiety and one in 16 young Australians currently experiences depression.

The University of Melbourne, with funding from BeyondBlue, has developed guidelines to help parents reduce the risk of depression and anxiety in their children. Some of the key things parents can do are:

- Establish and maintain a good relationship with your child
- Establish family rules and consequences
- Encourage good health habits: diet, exercise, appropriate screen time and sleep
- Minimise conflict in the home
- Help your child to manage emotions
- Help them to set goals and solve problems
- Provide support when something is bothering them
- Encourage professional help when needed



More information about the guidelines and other tips can be found at www.parentingstrategies.net/depression or www.beyondblue.org.au.



Peninsula
Health

Building a **Healthy**
Community, in Partnership

SORRENTO FOOTBALL & NETBALL CLUB

SORRENTO



SHARKS

You are invited to try out for the Sorrento Football & Netball Club - Netball teams in 2016
We are holding try-out for all teams - U17's, C,B, and A grades.

Open to all players - current members & new player welcome

Thursday 10th December 5:30pm until approx 7:30/8:00pm (includes a fitness session) at Sorrento Netball Club courts (next to Sorrento Community House)

PLEASE register by email to sorrentofnc@hotmail.com with your name, birthdate, preferred playing positions (2), email address and mobile phone number.

Current SFNC Players in the 2015 competition only need to send their name by the 1st December 2016

If you cannot come on the night but still want to register ring Katy Watts on 0418 840 921



COMMUNITY NEWS



ROSEBUD BUDDING ART COMP

An open art competition for young people ages 13-16 and 17-20

FREE \$50
Art material vouchers

Seawinds Community Hub in conjunction with Rosebud Plaza invite submissions depicting.. **'LIFE IN ROSEBUD'**

Show off your work and win **GREAT PRIZES!**

***ENTRY FORMS & DETAILS AVAILABLE AT**
Rosebud Plaza Centre Management Office
Seawinds Community Hub, 11A Allambi Ave, West Rosebud
Adworks Creative, 851 Pt Nepean Road, Rosebud

ENTRY FORMS MUST BE RECEIVED BY 12TH FEBRUARY 2016
ENTRIES LIMITED TO THE FIRST 50 ENTRY FORMS RECEIVED

*Terms and Conditions apply. Details on Entry Forms or at www.rosebudplaza.com.au or www.seawindscommunityhub.com.au
FOR FURTHER INFORMATION CONTACT: 5982 2204 Email: artcomp@seawindscommunityhub.com.au




RYE JFC

2016 REGISTRATION

To register for the 2016 Junior Football Season go to ryejfc.vcfl.com.au and click on the link.

All registrations are to be completed online and registration fees are to be paid at time of registration.

2016 Teams include:-
BOYS - U10, U11, U12, U13, U14, U15, U17
GIRLS - JNR(9-11yo), INTERMEDIATE(12-14yo) & YOUTH(15-17yo)

2016 REGISTRATION FEES
\$210.00 individual / \$390.00 a family (2 or more players)

OR

EARLY BIRD -
\$190.00 individual / \$350.00 a family (2 or more players)
IF PAID BY 31ST DECEMBER 2015

NEW PLAYERS WILL NEED TO PROVIDE A COPY OF THEIR BIRTH CERTIFICATE.

***All fees include a team photo and our NEW Under 10 boys & JNR girls will receive a junior footy.**

For further information please contact the club:
Registration Officer: Jenny Walker: ryejfcrgos@gmail.com
Or the club at email: ryejfc@gmail.com

Red Hill

CRICKET CLUB

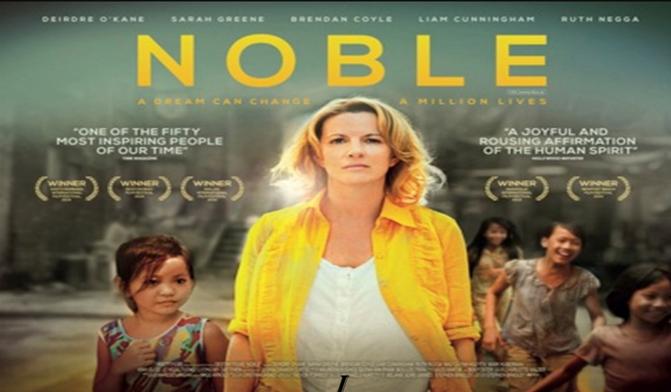
TWILIGHT MARKET

at Red Hill Recreation Reserve

NOVEMBER 27
5PM-9PM



CRAFT/FOOD/ART/JEWELLERY/GIFTS/CHILDREN'S ENTERTAINMENT



NOBLE

A DREAM CAN CHANGE A MILLION LIVES

"ONE OF THE FIFTY MOST INSPIRING PEOPLE OF OUR TIME"

"A JOYFUL AND ROUSING AFFIRMATION OF THE HUMAN SPIRIT"

INSPIRING TRUE LIFE STORY!

*AIM: To raise \$1500 for the Christina Noble Children's Foundation

*VENUE: Rosebud Hotel, The Sand Bar
Point Nepean Rd, Rosebud

*DATE: Sunday 29TH November, 2015 7pm
*TICKETS: \$30

(Includes CHAMPAGNE on arrival, chocolate fountain and a door prize)

HEAD TO FACEBOOK TO BOOK YOUR TICKET.
Christina Noble Movie Night
<https://www.facebook.com/events/915381528499063/>