SCHOOL CAPTAINS 2016

Congratulations to our new school leaders who were recently announced. They are:

Captains: Hamish Swayn and Tasha Lincoln
Vice Captains: Toby Nelson and Georgia Walker
VCAL Leaders: Luke Colombo and Brylee Robinson

I look forward to working with our new leaders throughout the year and seeing them grow into their leadership roles. Student leadership is a significant position within the school and our leaders set the tone for the rest of the student cohort. We will be meeting regularly with our leaders and getting their feedback on various issues across the school. Our leaders will also work with the SRC and represent the school at various events.

Left to Right: LUKE COLOMBO, TOBY NELSON, HAMISH SWAYN, TASHA LINCOLN, GEORGIA WALKER, BRYLEE ROBINSON
STUDENTS WHO ARE UNWELL

A REMINDER TO ALL PARENTS. IF YOUR CHILD IS UNWELL PLEASE KEEP THEM AT HOME UNTIL THEY ARE BETTER, IF YOUR CHILD BECOMES UNWELL AT SCHOOL, 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 teacher’s 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.

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.

UNIFORM SHOP HOURS

TUESDAYS: 8:30-am-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.
Hello to the Rosebud Secondary College community. We are now well into term one and all students should be making sure they are up to date with work. The College recently completed a red alerts process which identifies any students at risk in particular subjects. There will be opportunities given to students to clear these and stay up to date. If you have any concerns, please check the information on Compass regarding your child and use this to contact teachers if you wish to discuss any matters.

Last week we held our first new families night for Year 7 students. Families were welcomed with sausages, conversation with staff and then a short presentation in the SPAC. As always we reinforced that a positive school relationship starts with communicating regularly with the school. If you have any concerns please contact staff via Compass or phone so we can address any issues in a timely manner.

During the past two weeks we have had two groups of students in Year 9 camping in the high country around Falls Creek. They have been based at the Howmans Gap Camp below the summit. This camp has been a wonderful opportunity for our students to participate in a range of outdoor activities and a bushwalk over a number of days. The skills learnt and relationships built will benefit these students for many years to come. I would like to thank the twelve staff from the school who have given up time to attend these seven day camps.

http://rsc.vic.edu.au/year-9-camp/

REMINDER

Recently we sent out new Compass login details to each family. If you have not received one please contact the College ASAP. Compass is the main method of communicating information and will contain other information such as past reports. Eventually we will be using Compass for other tasks such as excursion approvals and report day bookings. One of the main features of Compass that will be of use to students and parents is the ‘Learning Tasks’ module. This module will provide unit work, feedback and assessment on various tasks throughout the semester. This will complement our new ‘Attitudes to Learning’ reporting which focuses on learning habits and progress. More detail on your child’s work such as grades and feedback will be in this part of the portal. Please be aware the rollout of various features will be staged though the year as we fully implement this great program.

Next week we have students participating in the Division Swimming at the Pines Pool in Thursday 3rd March. We wish our students the best of luck representing the school.

Organisational matters

Uniform reminder

Given that we are now well into term one, we expect all students to have non uniform items addressed, such as shoes and pants. We would ask that you plan accordingly for the winter months with regard to school jumpers and spray jackets as non-school tops such as ‘hoodies’ will not be accepted. This year we will be reviewing the uniform items. If there are any changes to school uniform items there will be a period that these are phased in.

Labour Day holiday: Monday 14th March.

Open Night: Tuesday 15th March, 5:00pm- 7:00pm starting in the SPAC
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 this 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.

STUDENT ACCIDENT INSURANCE, AMBULANCE COVER ARRANGEMENTS AND PRIVATE PROPERTY BROUGHT TO SCHOOLS

This is a reminder to parents and guardians of students:
if you do not have student accident insurance and/or ambulance cover, then you are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs.

Private property brought to school by students, staff or visitors is not insured and the Department does not accept any responsibility for any loss or damage.

Student accident insurance/ambulance cover policies are available from some commercial insurers. Should you require assistance in this matter contact an insurance broker or find a suitable personal accident insurer in the Yellow Pages or online.

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

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

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 03 5986 8595.
FOR SALE – STUDENT LAPTOPS

2 available for Immediate pickup /delivery in local area BRAND NEW STILL IN BOXES

Lenovo 11E Yoga Convertible Notebook - $850 each

Purchased through the schools technology partner Edunet but not needed anymore

Both come with 1 Year Depot Warranty

Both come with customized school notebook skin - Free

Also available 2 x Lenovo 11.6” Work-in Case - $38 each

Please call or text Kerry Dell 0403 167 708
Students undertaking Units 3 & 4 participated in various activities both in Melbourne’s CBD and on the Peninsula last week. Wednesday saw students engaged by Steve from the Koorie Heritage Trust telling of his people’s interactions, perceptions and impacts with and on the land, before and after European settlement, how to use a possum skin to protect oneself from the elements and when the best time for Kangaroo Apples is. Then we crossed Fed Square to the NGV where we were privileged to have various artworks, by both indigenous and European artists, interpreted. We learned of the artists’ perspectives, intentions, and perceptions. We witnessed, through art, the impacts of European settlement over time. The Museum of Victoria was the next stop to investigate various populations of Melbourne over time, followed by dinner at Mrs Parma’s before heading to Pt. Leo to camp after meeting up with Mr. Nicholls. Thursday and Friday were packed with local adventures including rock pooling, beach sculptures, a talk from Fisheries, visiting a Western Port RAMSAR site, visiting Gunnamatta, surfing, dolphin swimming with Polperro and Tree-surfing at the Enchanted Garden at Arthur’s Seat. We used our participation in these activities to investigate and deepen our understanding of the commercialisation of outdoor environment, the use of media, social responses to risk taking and the role of primary industries and managing outdoor environments. And finally a big thank you to Ms. Kate Thompson who co-piloted the big three-day adventure.

Mrs. Brooke Picot.
Last Tuesday, Year 12 Theatre Studies students had the opportunity to work with Gerard Van Dyck from KAGE Theatre, Melbourne. KAGE is an exceptional theatre company that makes original and stunning dance theatre. Gerard ran a Physical Theatre workshop to help students develop ideas for their VCE production, Metamorphoses. This is the second time KAGE Theatre has visited Rosebud Secondary College, and we are very lucky to have such a well-known theatre company come and share their skills with us.

Make sure you don’t miss Metamorphoses which is on in May. Stay tuned for more details!

Anthea Mackenzie
Theatre Studies Teacher
THE WORLD’S GREATEST SHAVE

Every year in March, more than 150,000 Australians take part in the World’s Greatest Shave by colouring, shaving or waxing their hair. The money raised goes to the Leukaemia Foundation and is used to help people who have been diagnosed with blood cancers including leukaemia, lymphoma and myeloma. Blood cancers are the third highest cause of death in Australia. Some of the ways that the Leukaemia Foundation supports families are by; providing information packs which explain the illnesses to patients, providing free accommodation to regional families staying close to the treatment facilities and funding blood cancer research programs.

To support such a fantastic cause, I have decided to shave off all of my hair this March. Other students from RSC are also participating in the World’s Greatest Shave. If you would like to sponsor me (or someone else) please go to the website. I would really appreciate your support!

I will also be donating my hair to the organisation Wig’s For Kids. This organisation gives wigs to children who have lost their hair as a result of severe burns, alopecia, chemo therapy and other causes.

Hannah Clayton 11B  https://goo.gl/D2rhCK

STATE SCHOOLS’ SPECTACULAR 2016!

Rosebud Secondary College has 20 students who have registered for the State Schools’ Spectacular show for 2016. This program involves over 3,000 state school students from across Victoria in two sensational show held at Hisense Arena on September 10th.

Their involvement requires 6 rehearsal days with professional photographers and weekly after school rehearsals. The first rehearsal will be on March 10th and the group are eagerly anticipating getting started!


We at Rosebud Secondary College wish all of these ladies the very best with the program!
Congratulations to the students and staff who “survived” the Year 9 Camps last week! It was a challenging, exciting, tiring, adventurous and oh-so rewarding experience. The students and staff were sensational to say the least.

Placed in small groups, we rarely heard any grizzlies despite the many challenges (including one group taking a “detour” which turned a 6km trek into a 20km exploration of the high plains and ski runs). The students stoically carried the heavy packs, balanced over the trenches, forged new friendships and laughed politely at all the "dad" jokes. There was too much food to eat and they got very creative cooking with limited equipment and freeze-dried meat and vegies.

Thank you to the students who were absolutely fantastic, the staff who gave up 7 days to join our students and give them this experience, Melbourne University for choosing Rosebud Secondary College and giving our students the experience, the Outdoor Education Group for their professionalism and experience, the YMCA at Howmans Gap, what a great place to stay and enjoy the fun activities and the parents who allowed their children to have this amazing experience.

We can only hope we get another chance to participate.
In the past fortnight all families should have received a letter in the mail with information regarding our change to the Compass learning management software. This letter included your individual Login details.

The new software includes many of the features you will have become accustomed to in the past years, such as student attendance, report access, Parent teacher interview bookings, and communication.

The new system also has features that allow parents to approve student absence online, update details and in the future approve and pay for school activities such as camps and excursions.

One of the main focus points is the further integration of our 1:1 computer program. Teachers will be progressively loading student classroom resources, learning tasks and assessment outcomes onto the system. These will be available for students and parents to see from their home computers and laptops. This feature will complement our new reports with specific assessment information such as exam assignment results.

If you have not received your login details or have any questions please contact the college.
Late last year the Library team put considerable thought into the design of the space we offer for students and staff, and we made quite a few changes to the Library’s layout. It’s been fantastic to hear so many favourable comments about changes made and to see students making the most of the improvements; charging their laptops safely, reading and relaxing on beanbags and cushions, enjoying a water or mess-free snack while they browse through today’s paper, playing games with friends and generally feeling comfortable and safe in this shared space.

Our lunchtime activities continue to grow as word spreads about what’s on offer. Our College Chaplain and mindfulness enthusiast Daryl McKinlay last week offered students a meditation session (as part of the weekly Thursday Chill). Quite a few students joined in to experience the benefits that even a short meditation offers, while others did colouring-in and listened to music. This week Mrs Furness’ yoga session was equally popular.

In the coming fortnight the College’s three teacher-librarians (TLs) will deliver the first of a series of lessons focussing on important aspects of Digital Citizenship to all junior school students. Through Personal Development classes (Years 7 and 8) and Year 9’s Learning 4 Living program, the teacher-librarians will highlight aspects of appropriate online behaviour, the consequences of careless decisions when online and how to protect your own and others’ privacy when using social media.

While different Key Learning Areas have touched on aspects of Digital Citizenship in the past, this new curriculum approach is being co-ordinated by the College’s TLs to ensure each junior school student is exposed each term to relevant and age-appropriate ideas around what makes a good digital citizen. This is essential for young people today, given that research shows they see little difference between the digital world and what their parents might call the ‘real’ world.

If you are interested in supporting the College’s new Digital Citizenship curriculum as a parent, the following links may be of interest:

WORK EXPERIENCE ORGANISATION 2016.

Congratulations to the students who have found placement for the work experience week. There are still quite a few who have not and these students now need to make every effort to find one.

The dates for Year 10 Work Experience in 2016 is the week of April 18th – 22nd 2016. Any student who has not found one should come and speak to us at the careers office to gain some ideas. For students who are completing Year 11 units – you need to make the decision as to whether you can balance the week out of class. However, gaining real world experience is invaluable when it comes to making decisions about Year 11, 12 and beyond.

****ALL students need to complete a Safe@work OHS General Module in preparation for Work Experience.****

Not all Year 10 students have completed this task at school as a number of students were absent during Jumpstart. Students should check with the Careers Office as soon as possible if they have any doubts about their OHS General Module. **We will organise time in the coming weeks to work with students to complete the most appropriate industry-specific Safe@work certificate. Students cannot participate in Work Experience in 2016 without completing the OHS Modules.**

YEAR 12 NEWS

The careers noticeboard in the study centre has been updated with the latest information and opportunities. For those interested in engineering, physiotherapy and paramedicine, there are some great opportunities over the next month that could help year 12’s decide whether this is a good opportunity for you.

In the last 2 weeks of term we will be launching an activity on Compass that will require students to enquire about potential tertiary studies. This task will then be used to begin the course counselling process. Year 12 students are encouraged to start research early to gain knowledge for the future.

ATTENTION 2016 VET STUDENTS

There were some issues with the enrolment process for some students attending Chisholm courses. We have worked through this and all students are enrolled. It is very important that students are happy with their course as the cut-off date for withdrawal is 4th of March. After this time no refund is possible.

The VET bus is up and running, departing RSC at 11:45am every Wednesday. Any additional student wanting to use this service should come and see us for a bus pass. This pass must be carried and produced when requested. Students will need to find their own way home from their courses.

Any queries contact The Careers Office at Rosebud Secondary College on 5986 8595

Derek Kirk  Jackie Voigt  Heather Mason
## Rosebud Secondary College Canteen Menu

### Canteen Meal of the Day - Semester 1/2016

**Mon:** Tortellini (Beef/veg) / Tuna-Butter Chilies & Rice / Wod-Tuscan Meatballs & Rice; **Thurs:** Bolognese/Veg Pasta; Fri-Fried Rice (prices for meal of the day range from $2.50 – $4.50)

**Orders for Recess are welcome but must be made before school and labeled ‘R’**. Orders for Lunchtime must be made by 12.00pm to ensure you receive your desired choice.

### BREAKFAST & SNACKS
- **Crumpets** (2) $2.50
- **Cafe Style** (extra thick) Rason Toast (2) $2.50
- **Fruit** (by the piece) Fresh or Frozen (seasonal) $1.00
- **Fruit Salad** - Fresh or Frozen (seasonal) sm $2.00 lg $3.50
- **mini croissant** $1.50 with jam/homemade
- **Egg & Bacon** Roll $4.20
- **Egg, Bacon & Cheese** toasted wrap $2.50
- **Consomme** with Fruit $2.00
- **Delight** plain $2.00 w/ coffee $2.50
- **Up & Go** Nutritional milk drink (Choc/strawberry) $1.50
- **Rice Paper Rolls** (2) $4.50
- **Vegetarian Sliced Frittata** $3.00
- **Nori Rolls** (maki, tuna, cream cheese, veg, white & brown rice options) $3.00
- **jelly cup** $1.00
- **Chocolate Mousse** $1.50
- **Dip & Rice Pack** (asparagus, baby leafs, rice crackers) $3.00
- **Popcorn** $0.80
- **Cereal** on the cob $1.00

### SANDWICHES & ROLLS
- **Sandwiches** wholesome, multi-grain or white $3.00
- **Rolls** wholesome, multi-grain or white $3.50
- **Filling Options** (mayo/mustard etc.) $0.75
- **full plate** (includes all salad items) $1.00
- **chicken** / vegetarian / mixed $2.50
- **deli meats** - ham, salami, silverstripe, tuna, egg $1.00
- **chicken** (fresh breast cooked daily), turkey $0.60
- **avocado** $0.40

### Tasty Treats
- Fisherman’s Roll (served with fresh fish, tartare/mayo & lettuce on long roll) $4.50
- Chicken breast & creamy roll $5.00
- Sweet chilli wrap halved $4.00
- Sweet chilli roll (2, chicken, cheese, lettuce, tomato, a.s.o.in long roll) $6.00
- Chicken breast (includes tomato, lettuce and yoghurt dressing) $5.00
- Nachos (corn chips/cracked cheese) $3.50
- Add guacamole/and or sour cream $0.50
- Pizza Rondas $3.00
- Hot dog (inc. sauce) $3.00
- Potato wedges (bucket) $3.00
- Steamed dim sims $0.80
- Sweet chilli Chicken ($1.50 to go tasters) $5.00
- Mini dim sims/hashed browns 40c each or 3 for $1.00
- Cheese sticks (in butter) 40c each or 3 for $1.00
- Soup (seasonal) cup $2.50 mug $3.00
- Pasta Bolognese $3.50

### DRINKS/BEVERAGES/ICE-CONGECTION
- Fruit Smoothie (Low Fat Milk) $4.00
- 99% Fruit Smoothly baby $1.00 small $2.00 large $3.00
- water 350ml 600ml $1.50 Cool Ridge 600ml $2.00
- Smart Water $3.50
- Buxton $3.70
- Juice Varieties
  - Berrin (aeroplane) $1.00
  - Golden Circle variations $0.80
  - Just Juice variations $0.80
  - Berrin Juice Variations $0.80
- Milk (plain) cup $1.00 300ml $3.00
- Diet Soft Drink $2.50 375ml $3.50
- Milk Shake (LF Ice-cream) $4.00
- Hot Chocolate $2.00
- Chai Latte $3.00
- Cold Mocha $2.00
- Ice-cream variations $4.50

### WRAPS & PANINI POCKETS
- **Wrap (choice of filling in a tortilla wrap) + 50c Avocado** half $4.00 full $7.00
- **Toasted Panini Pocket** (choice of filling in a toasted Tortilla Pocket + 50c Avocado) $4.50
- **Paella Pocket** (1 x Schnitzel Napolitana/salad in a toasted tortilla wrap) $4.50
- **Mexi Pocket** (Mini meatball/sauce/tortilla/pickle in a toasted tortilla wrap) $4.50
- **Hawaiian Pocket** (Ham/cheese/chickens/pineapples/spinach in a toasted tortilla wrap) $4.50

### SALADS
- **Garden Salad** bowl $3.50
- **Garden Salad - Meat or Egg** $5.00
- **Garden Salad - Chicken** $6.00
- **Fruit Salad** small $2.00 large $3.50
- All salads bowls + 50c for Avocado or Cheese (inc. Fetta)

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This menu contains only a selection of the items available at the canteen and is subject to change without notice.

G = GREEN FOOD option (eat everyday) A = AMBER FOOD option (choose wisely)
Canteen Spot—February 2016

Hi to all students, parents and staff from the RSC Canteen. It’s been a super start to 2016 with so many students, including lots of new year 7’s, enjoying their canteen experience. In this ‘Canteen Spot’ we thought we would answer the following question as it’s the one we are asked most frequently—‘How do I make a lunch order?’

How to order your LUNCH or recess snack from the CANTEEN

A) Bring an order from home:
1) Use the menu which is published in the newsletter to decide what you would like for lunch and/or recess.
2) Write the order on an envelope clearly specifying which break (recess or lunch) the items are required for and enclose the money (change can be given).
3) Bring the order to the canteen before school or at recess and we will give you a ticket once payment is processed.
Note: If food is required for recess the order must be processed before school (btw 8.15 and 8.45)
4) Return to the canteen at the relevant time (recess or lunch) with your ticket. Line up at the lunch order window and we will give you your order.

B) Visit the canteen before school or at recess:
1) Visit us at the canteen either before school or at recess at the lunch order window and we will write you an order and give you a ticket once payment is processed.
Note: If food is required for recess the order must be processed before school (btw 8.15 and 8.45)
2) Return to the canteen at the relevant time (recess or lunch) with your ticket. Line up at the lunch order window and we will give you your order.

This month’s FEATURED Product is

Sweet chilli wrap:
Delicious sweet chilli strip, tasty cheese, lettuce, tomato, sweet chilli sauce and mayonnaise on a tortilla wrap. See us at the canteen for more information.

Paid Job Opportunity for Year 8 and 9 Students

A unique job opportunity at the College Canteen is available to students in years 8 and 9. This is a paid position and is available to students under working age by departmental approval. Students work at recess and/or lunchtime and gain great skills in customer service and hospitality. These skills are invaluable when students reach working age and wish to apply for a job in the wider community.

Interested students please see canteen staff for more information.

Parents can contact Morgen 0448992868 for more information.
SPORT NEWS

SENIOR GIRLS VOLLEYBALL

Congratulations to our Senior Girls Volleyball team who went through undefeated at the recent senior sport eliminations.

RSC def Mt Eliza 20-13 & 20-10
RSC def Mornington 20-10 & 20-15
RSC def Dromana 20-8 & 20-6
RSC def WPSC 20-16 & 20-18

Well done to Tash 'Skip' Lincoln, Georgia 'Banga' Walker, Brianna 'Giggles' Bond, Sam 'I am' Farquhar, Chloe 'Boomer' Harvey, Ruby 'Pele' Nigro, Ruby 'Cannon' Hotchin and Suede 'fresh airy' Croad. It was a super team effort.

SWIMMING

As reported in the previous newsletter, Lonsdale were once again the victorious house at the annual Inter house competition, contested earlier this month.

The program was full, with a large number of swimmers participating. Some outstanding results were achieved and the calibre of swimmers going to the District Swimming Sports should see some excellent results there.

The Age champions from the day were:

12 and 13 year olds.... Chloe James and Matt White
14 year olds........ Lucy Dennis and Max Dunston
15 year olds ....... Amy Alexandrou and Blake Kuipers
16 year olds....... Hollie Dunston and Cooper Hanley

The District Swimming Sports will be held at the Pines Pool in Frankston on Thursday March 3rd.

Before school training is being held at Colchester Pool with Tuesday 1st being the last training session.

We wish the team all the best in their efforts on Thursday 3rd.

Pat Egan
SPORT NEWS - $10 Charge

Please remember that each time your child goes out of the school for sport there is a $10 charge, payable to the front office before the day. Failing to do this may result in your child not going on the sporting activity.

Rye Netball Club

If you are either 14 or 15 and are thinking about playing netball, come and play at the Rye Netball Club.

We are needing a few extras players to fill our 2nd 15/U team. So, if you are keen, come down to training. Wednesday nights 5:00pm - 6:00pm at RJ Rowley Reserve, Melbourne Rd Rye.

COACH WANTED

For U/12 SPBA girls basketball team (based in Rosebud).

May suit senior student (parents happy to help with transport).

Voluntary role.

Must be available to attend games on Saturday mornings.

Please contact Nicolle Brigden at RSC if interested.

03 5986 8595
COMMUNITY NEWS

Is your child at school or starting next year? Would you like $500 to help pay for uniforms, books, excursions or a laptop?

To be eligible you need to:
- have a Health Care or a Pensioner Concession Card
- have a child at school now or starting next year
- have some form of household income, for example, your partner or yourself may have casual, part-time, full-time or seasonal employment.

Saver Plus can match your savings for school costs, dollar for dollar, up to $500. Saver Plus is looking for new participants so enquire about signing up today!

SCULPTURE EXHIBITION

GEORGE HICKS FOUNDATION

to Celebrate 50 Years!

Join us in the first-ever public opening of

Shoreham Park & Garden
Wander Through a Very Significant Sculpture Collection

and learn about the amazing work the George Hicks Foundation and our community partners do on the Mornington Peninsula

view 2016 – March 6
Shoreham Park
109 Higgins Lane, Shoreham
12:00 to 6:00 PM

Admission: $25/adult $15/concession Under 16 free entry
Booking: www.georgehicksfoundation.org.au

tasting by PETER ROWLAND

Social networking tips for parents

Social networking is a great way to keep in touch with friends and family as well as meeting new people with similar interests and hobbies.

Here are some tips to follow when you feel your child is ready to begin engaging with social networking sites like Facebook, Instagram, and Twitter:

- If you haven’t already got an account, set one up so that you can understand what your child can and can’t do as well as learning how to adjust the privacy settings. You can use fake information if you aren’t comfortable using your own.
- Make sure your child is old enough to use the site. Sites like Facebook and Instagram require users to be 13 years or older.
- Tell your child to keep their passwords secret otherwise other people may log on and pretend to be them. It is important that you know your children’s password however.
- Advise your child to set their account to private so that they will only interact with people they know in real life and aren’t approached by strangers.
- Encourage your child to think carefully before they post any information online. things they post on social networking can have an impact on them even after they delete it and long into the future.
- Help your children to set up their location services on their device so that they aren’t broadcasting their location to strangers.
- Remind children to be careful when making new friends online as some people may not be who they say they are and ensure your children never arrange to meet an online friend unless accompanied by a trusted adult.
- Make sure you know how to report inappropriate content on social networking sites and show your child what they should do if they come across anything inappropriate.

EXPERIENCE A NEW CULTURE
MAKE NEW FRIENDS AND LEARN A NEW LANGUAGE AT HOME
HOST FAMILY OPPORTUNITIES

In June-July 2016, students aged 15 – 18 years from over 25 countries will be arriving in Australia to study at local schools for 3-10 months. Opportunities are available to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis.

Host families help provide each student with the chance to study and experience life in Australia. This is a great way to practice your language skills, share your stories, learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill.

Our students bring with them their own spending money, health insurance and a wonderful attitude and desire to learn about their new host country. Your whole family...and your relatives and friends...will grow and learn as you all get to know your new ‘son’ or ‘daughter’ from another land. If your family can offer a friendly, supportive and caring home environment, contact us today.

To learn more about this opportunity call Student Exchange Australia New Zealand on 1300 135 331 or visit our website. http://studentexchange.org.au/host-a-student

Appropriate attitudes towards alcohol

Did you know that parents have the greatest influence on their children attitudes about alcohol?

As children get older they are also influenced by their friends, the media and what they see on TV and in movies.

For children to develop a healthy attitude towards alcohol it is important to have positive role models.

As a parent, your child will challenge you about your own drinking so it is important to lead by positive example.

Here are some helpful ideas to promote appropriate attitudes towards alcohol:

- Limit the amount of alcohol you consume and encourage non-alcoholic family events
- Be honest with your kids. Talk to them about the importance of drinking alcohol moderately
- Never be afraid to answer their questions. It is a teenager’s desire to be treated like an adult which means discussing alcohol at home
- As a parent it is important to discuss the issue with your children and agree on rules and boundaries when it comes to alcohol.

DrinkWise has created this simple 5 point plan for parents (DELAY):

D - discuss the issue
E - educate by example
L - listen and engage
A - a good relationship
Y - your expectations

More information can be found at www.drinkwise.org.au
Dear Parents

Did you know there is a high rate of depression and anxiety among young people in your community?

Do you have a child 8 to 15 years of age?

Would you like to help us prevent mental health problems in children?

If so, please contact us to be invited to a 1 hour meeting, with other parents, to discuss your views on mental health.

Child and youth-friendly activities will be available if required.

To be held during March at your local community centre.

Please contact Heidi Renner to express your interest in participating.

Heidi Renner, School of Psychology, Faculty of Health, Deakin University, Burwood Campus
Phone: +61 9244 6506 Email: heidi.renner@deakin.edu.au

Thank You!

This is part of a study aimed at improving the mental health and wellbeing of children and youth in the Mornington Peninsula, and is being conducted by Deakin University in partnership with Communities That Care Mornington Peninsula. This project has been approved by Deakin University Human Ethics Advisory Group (Ref: HREC 19H.15, 2021) and the Department of Education and Training (Ref: 2013_002870). If you have any questions regarding this project, please contact Associate Professor Andrew J. Lewis and/or Dr. Bosco Rowland on the following contact details:

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Deakin University CRICOS Provider Code: 00113B

School of Psychology
Faculty of Health
Burwood Campus, 221 Burwood Hwy, Burwood VIC 3125
www.deakin.edu.au
Easter School Holidays
Moonlit Sanctuary Junior Ranger Program

Kids enjoy environmental activities, animal encounters and native animal care.
Day includes: interactions with dingo, python, off-limits animals, feeding animals & food prep, animal enrichment activities, fun and games for ages 7-14 years.

Easter school holiday dates:
Week 1: Tuesday 29th March to Friday 1st April 10am – 4pm
Week 2: Monday 4th to Friday 8th April 10am – 4pm
Cost: $65.00 per day, or $175 for 3 days (pro rata for additional days).
Maximum 16 children per day.

Bookings essential as spaces are limited
Dress for the weather and wear closed-toe shoes, long pants and remember your hat or raincoat. BYO lunch or purchase at the café.

Moonlit Sanctuary
550 Tyabb-Tooradin Rd, Pearcedale
Phone 5978 7935 Web: www.moonlitsanctuary.com.au/juniiorrangers.aspx Open daily between 10am and 5pm