



RSC NEWSLETTER

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NEWSLETTER VOLUME 25. ISSUE 9 EDITORS: MRS. J ROBERTS & MRS. C FORSTER

17th June 2016

TAYLOR HUTCHINS

NATIONAL GYMNASTICS CHAMPION

A few weeks ago Taylor competed in the National Women's Artistic Gymnastics (WAG) Championships for level nine. The competition was held at Hisense Arena, Melbourne, consisting of competitors and teams from all over the country. On the first day of the competition, Taylor's team finished second to the Queensland girls. She finished first individually and qualified for the next day of competition. On the final day she maintained her position of first place and finally completed the championship as number one in Australia for level nine, 16 years and over. We would like to congratulate Taylor on her outstanding efforts and wish her luck for any following competitions and her future career in gymnastics. We hope to see her one day in the Commonwealth Games.



Watch out for a fantastic write up about Taylor and her success in the latest edition of the Mornington Peninsula Leader.

WHAT'S ON AT RSC

JUNE:

- 20: Senior Girls Footy
All boys Netball
- 23: Region Cross Country
- 24: **LAST DAY OF TERM 2**
EARLY DISMISSAL 2.12PM
REPORTS AVAILABLE ON COMPASS

JULY:

- 11: **FIRST DAY OF TERM 3**
DAY 6
- 12: YR 10 Course Counselling
(Students to do in class time)
- 14: YR 9 & 10 Course Counselling
Info Evening SPAC
(9's into YR 10 & 10's into YR 11-Jumpstart)
- 20: YR 10 Course Counselling
Interview Afternoon 1
- 21: YR 10 Course Counselling
Interview Afternoon 2
- 23: Bunnings Cake Stall
9:00am until Sold out!
- 26: YR 12 Parent Teacher Interviews
4:00-6:00pm

YR 9 OES: Lake Mountain
- 27: Principals Awards
Lunchtime in the Library
- 28: YR 11 Course Selection

TRUEMANS RD ROAD WORKS

Mornington Peninsula Shire is currently completing road works on Truemans Rd. Part of this work may affect parent parking around the Athletics Reserve and Booran Parade bus stops. Parents please be aware this may affect drop off or pick up of children who catch school buses around these stops leading into and after the holiday break for a short time.

The shire is aware of these stops and is endeavouring to keep any interruption to a minimum.



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

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

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



COLLEGE INFO

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

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

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.

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.

HAVE YOU MOVED HOUSE OR CHANGED YOUR EMAIL?

PLEASE NOTIFY THE COLLEGE OF ANY CHANGES TO FAMILY DETAILS, OCCUPATIONS, QUALIFICATIONS, ADDRESSES, PHONE NUMBERS & EMAILS ETC.

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 are now heading into the end of term two and have moved to semester two this week. Reports will come out next week and it is essential that students and their families reflect on the feedback regarding their progress. It is important to compare the ATL (Attitudes to Learning) grids between reporting periods, as this gives a quick reference to strengths and also to areas for improvement. For a full outline of the new reporting please see the information available at this link:



<http://rsc.vic.edu.au/feature/attitudes-to-learning-atl-reporting-2/>

Last week we were delighted to hear that Assistant Principal Felix Patton has been successful in gaining the Principal position at Koo Wee Rup Secondary College. Felix will be greatly missed, especially in the senior school where he has worked tirelessly in the past few years. Felix has worked in the school for a number of years and will bring great experience to his new school. On behalf of the community, I would like to wish Felix every success in his new role. Glenn Powell will continue in the Acting Assistant Principal role for the remainder of this year.

This week we held a whole school assembly. It was pleasing to see a number of student performances. Our performing arts class at Year 7 & 8 performed a dance and there were a number of songs from other students. It was wonderful to hear how successful a number of students had been in sports in and out of school. Well done to all.

This week you may have seen information regarding changes based on the recommendations of 'The Betrayal of Trust' report. There is some concern as to how this affects volunteering and supervision of staff/people in schools. All schools have to adopt the recommendations this year and we will discuss and approve our policy response at College Council.

You will notice some detailed information provided in this newsletter about the importance of regular reading and how this can benefit students in all studies and future work. While we are consuming many sources of information differently, it will always remain fundamentally important to have strong reading comprehension skills. The article emphasises the importance that families have in encouraging a regular reading habit.

Last week we saw off our World Challenge students on their three week challenge in Cambodia and Laos. We look forward to hearing about this life changing experience from the students. You can follow their travels on their Facebook page.

<https://www.facebook.com/RSCWorldChallenge2016/>

Next week I will be participating in the Overland Track walk with members of Ziggy's walking group. Brooke Picot will also be on this walk with ten of our students over the seven days. This promises to be a great challenge on one of the best walks Australia has to offer. I look forward to reporting on this in my next newsletter article.

I wish you a happy and safe break during the mid-year period.

Organisational matters

24th June: Final day of term: 2:15pm finish

24th June: Reports uploaded to Compass



COLLEGE NEWS

WELLNESS PAVILION UPDATE

We received some outstanding news on Wednesday 15/6, confirmation of a significant donation from the Southern Peninsula Community Fund, to bring our fundraising tally to \$128,000 to date. We wish to thank all contributors including:

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|--|-----------------------------------|---------------------------|
| Rosebud-Rye Rotary | Southern Peninsula Community Fund | PACE Development Group |
| Rosebud CWA | Hocking Stuart, Rosebud | Lions Club of Rye |
| Anglican Parish of All Saints with Saint Katherine | | All Saints Parish Op Shop |

And the staff and students who participated in the Wellness Walk, along with all who donated to this event.

We are also submitting applications to specific grants to support the building and the programs to operate in the Wellness Pavilion. One of these grants has been successful to date, with the Mornington Peninsula Shire Community Grant for the indigenous gardens to surround the building. This process is understandably taking the major focus right now, and news such as we received on the 15th injects significant momentum to the work being done.

Other fundraising events planned in coming months are being coordinated by the Parents and Friends Association, including two cake stalls at Bunnings on July 23 and October 22. A dinner dance scheduled for September 2 will also fundraise for the Wellness Pavilion. A recent email to all parents to promote these events and to gather support for the PFA was sent, and we thank those who have replied already.

To keep up to date with all developments, and to check out information around wellbeing supports, Share and Like us on Facebook (<https://www.facebook.com/Rosebud.Wellness.Pavilion>), encourage contributions in time, materials and money via <http://rsc.vic.edu.au/feature/wellness-pavilion>

HANDS ON LEARNING UPDATE

We have had another busy term up at the HOL shed! The fitness track has had all of the crushed rock spread, the pump track has had a few additions added to it including the giant berm and the run of giant totem! We have also started the fitness track landscaping project and we have been busy spreading truckloads of mulch along the fitness track and installing the painted totems. Next term will see about 2,000 native plants go in to complete these works.

Another project was to help out at the Tootgarook wetlands, removing a wall from the old potting shed and spreading mulch along the trail to help define the walking area. On top of all this we have been preparing for the annual HOL billy cart race with our new machine slowly taking shape. We would like to thank Rosebud Saw Service for donating the mower body we have used as the basis of our billy cart and for the mower bodies they have given to other HOL schools in the area. We will need to step up the pace a bit though, as it needs to be ready by next week!!

There are plenty of projects planned for next term, including some new landscaping and construction projects to provide some new shaded sitting areas around the school.

Cheers,

The HOL team





COLLEGE NEWS

SCHOOL UNLOCKS THE VALUE OF READING

A team of Year 10 students (with a little help from some English teachers) recently transformed some stock standard school furniture into a novel display to promote books and reading.

Three banks of lockers were taken from drab to fab over several weeks after school and on weekends, to become a supersize bookshelf displaying some of the students' favourite fiction.

Having seen photos online of a similar project at an American school, Head of Library Nicolle Brigden approached Acting AP Glenn Powell, who is currently responsible for managing the College's buildings and grounds, about doing something similar at RSC.

Mr Powell loved the idea: "We know that reading is a critical skill for students across all subjects, but with so many distractions nowadays it can be difficult to convince teenagers of the value of sitting down with a good book.

"We believe any initiative that promotes reading is worthwhile and this project has certainly brightened up one of our main corridors."

When the Year 10 students were approached about the idea of renovating the lockers, they were enthusiastic and drew on happy reading memories to suggest titles for each of the 24 'book' spines.

Rosebud Secondary College gratefully acknowledges the support of Bunnings Rosebud, who supported this proposal as a community project and provided paint, painting equipment and professional advice free of charge. Paul Taylor of Super Signs in Carrum Downs, who is married to English teacher Jackie Taylor, also provided and applied the laser-cut adhesive book titles at no cost.

It's hoped the 'bookshelf' inspires all who walk by it to read more and read often.





COLLEGE NEWS

UNIT 1 PSYCHOLOGY BRAIN INVESTIGATION AT EASTBOURNE PRIMARY SCHOOL

Unit 1 Psychology investigates the brain, its internal structures, as well as fostering an appreciation for brain plasticity and the impact of environmental factors on brain development. Specifically, this term our students are being asked to identify current theories for cognitive development from birth to adulthood.

To address these outcomes our Psychology class paired up with the preps and grade 4's from Eastbourne Primary School to investigate Piaget's Theory of cognitive development.

Our students chose six cognitive tests to perform on each pair of primary students to discriminate between Piaget stages cognitive development.

The morning was very successful. Our students conducted themselves with grace and respect and interacted beautifully with the primary students. In turn, the participating primary students were very proud to help the 'big kids'.

From a teaching and learning perspective our senior students were able to directly apply their learning and facilitate their own trial to test current academic theories. In addition, this project was a wonderful opportunity to further strengthen community relationships between our college and Eastbourne Primary School.

Ms. Melissa Mavridis, Year 11 Psychology Teacher





COLLEGE NEWS



VICTORIAN STATE SCHOOLS SPECTACULAR GET YOUR TICKETS!



We are proud and excited to have some of our students participating in the *2016 Victorian State Schools Spectacular: The Elements*.

This year's Spectacular will be held at Hisense Arena on Saturday 10th September, with two shows at 1pm and 6:30pm. The three-hour Spectacular will be filmed for broadcast by Channel 7.

For a fun, family entertainment experience, and to cheer on our students from the audience, be quick to secure discounted tickets.

Talented young skaters, musicians, dancers and singers will feature on stage, while many other students will work behind the scenes, gaining unique, on-the-job, professional experience.

This program, run by the Department of Education and Training, helps to develop each student's performance skills, discipline, perseverance, cooperation and confidence under the training of industry professionals.

General Admission tickets – available from 9am on Tuesday 14th June

Adult – \$40 Concession – \$30 Child Under 15 – \$20

OLIVIA STEVENSON AT A PRE-SCHOOL

Buy 10 tickets and get one adult ticket free (*for group bookings please call 1300 364 001*)

To purchase tickets, visit www.ticketek.com.au or phone Ticketek on **132 849**.

For more information about the event and program, go to the Spectacular Facebook and website page:

<https://www.facebook.com/performingartsunit> <http://www.education.vic.gov.au/spectacular>

TO ALL INTERESTED FAMILIES:

Very soon students and teachers from Gamagori Senior High School, our sister school in Japan, will once again be visiting Rosebud Secondary College. We are now looking for host families for 16 students, aged 15 to 17.



***Is your family interested in being part of this amazing program??
All families are invited to apply.***

The dates are **Tuesday 26th July to Monday 1st August, 2016.**

The homestay is always a valuable and worthwhile experience, for both the Japanese student, and Australian family. Lifelong friendships are formed, and it is a chance for both sides to experience a little of a different culture.

Being a host family requires no previous experience – just a willingness to open your home and share your life with a student from Japan. They will be 'part of the family' and experience whatever you normally do as a family. It is also a fantastic opportunity for the Australian students to practice their Japanese if they study the subject, but students who don't study Japanese are also welcome to apply. It is a great way to gain some first-hand knowledge and experience of the Japanese culture, and gain skills in hosting people from different cultures and for whom English is not their first language.



LIBRARY NEWS

WHY READ EVERY DAY?

If you have been watching the ABC series 'Revolution School', you may have heard literacy specialist Di Snowball talk in last week's episode about the importance of building time into the school day for students to simply read for enjoyment.

This is what the Read Every Day (RED) program, established at RSC more than 10 years ago, is all about. The Read Every Day program encourages students to read regularly for pleasure, and there is a huge volume of research into the benefits of doing so.

For example a 2013 study by the University of London found reading for pleasure during secondary school is even more important to teens' development as learners than being read to as a baby. A 2015 study by the University of Liverpool found reading for pleasure for just 30 minutes each week results in better sleep, improved mental health, heightened creativity, higher self-esteem, better connections with friends and better sense of empathy. Finally, an Italian study released last month found children with easy access to books tend to have higher incomes when they become adults than their counterparts who grow up with few or no books.

With youth unemployment now touching 20 per cent in many regional areas around Australia and the prediction that digital 'disruption' will cause up to 40 per cent of jobs to disappear in the next 20 years, leaving school with sound literacy skills is now more important than ever. Being able to read well is the foundation of being able to learn and re-learn, something current students will need to do as a consequence of entering a job market that will demand constantly-changing skills.

OUR YEAR 8S' READING HABITS

With the change in semester, this week we welcomed the Year 8 students into the RED program, which they will participate in until Jumpstart begins. To get a snapshot of their attitudes to reading and reading habits, we have surveyed about half of our Year 8 students. While almost 20 percent of the students surveyed read for pleasure at least a few times a week, one in three of them never read for pleasure and more than 25 percent have not read a book in the last six months.

Family support is critical if we are to change this. A positive sign from this survey was that two-thirds of students said there is someone in their lives who loves to read and encourages them to do so. We would describe that person as their reading mentor and they play a vital role in that student's success as a learner.

The Library collection provides our students to literally thousands of high-quality texts, written specifically for teens and young adults and covering all abilities and interests. Students in the Year 8 RED program will now come to the Library every week to access the collection. The Year 7 English teachers have also elected to have their classes timetabled into the Library once each fortnight, and they will continue to participate in the Year 7 RED program. The Library is open every day before school, at recess, from 1pm at lunchtime and after school.

If you have a child at RSC, please do as much as you can to encourage them to read regularly; sitting down with a book yourself while your son or daughter reads is a great way to do this. Talk to them about what they're reading and recommend books you remember from when you were their age. Aim to make reading part of your family routine, for the many learning and life benefits it brings.

YEAR 7 AUTHOR VISIT

The Library team is delighted to announce that, in the first week of the new term, we will be hosting a visit from author Scott Norton. Scott's series 'The Otherworldly Operatives' so far includes two novels, 'Flames from the North' and 'Southern Vexations', and is in the fantasy / action genre.

Fans of Derek Landy's 'Skulduggery Pleasant' series and Darren Shan will love Scott's books, which pack many a fright, several chuckles and many 'otherworldly' adventures. All Year 7 students will spend time with Scott during a special incursion on Thursday 14th July, where he will share his love of writing, reading and more.





SPORT NEWS

INTERMEDIATE FOOTBALL

On Thursday 16th June our Intermediate Boys Footballers were part of the Mornington Peninsula Interschool sports. The boys put in a lot of effort early and ran hard on fresh legs knowing they had a seven-man bench. The team played well against Westernport with Billy Swayn leading the boys and kicking three in a well spread 157 point win. Next up was Dromana who put up a strong fight, but not strong enough as we came away with another massive win of 78 points and a star player in Kavan Bendle. We drew Mornington in the last game and were unfortunately riddled with injuries from the previous games and despite Campbell Robbins getting around 50 touches, we lost by 50 points. Bad luck boys but be proud of your efforts!

Campbell Hustwaite.



INTERMEDIATE NETBALL

The Netballers went along to Mornington keen with a strong A & B team. The A grade competition was split into two pools, the winners of each would play in the grand final. The A team started with Westernport and played an awesome game with the shooters Lily Wills and Molly Austin playing great netball and giving us the game win. The B team started with Westernport too, Daekota Corrin was a stand out defender and they won 13-5.



The A's next game was Mornington 2, with Amber Baker playing a solid game putting great pressure on the attackers. They went on to win 27-5. Our B's then drew Mornington, Dromana and Mount Eliza respectively and despite putting up a great fight, were unable to secure another win.

In the grand final the A team played Mornington through the rain. Casey Raphael was able to hold a strong mid-court but in the end it wasn't enough with the team going down 15-8.

A big Thank you to Clorinda & Sam for all their help.

Hollie Dunstan





SPORT NEWS

PRIMARY SCHOOL WINTER LIGHTNING PREMIERSHIPS

As part of our commitment to our local primary schools, 44 eager students took on the big responsibility of officiating in the Primary School's Winter Lightning Premiership on a windy and rather cold day, Wednesday 8th June. We had students officiating in Soccer, Football, Tee Ball and Netball and they did a fantastic job. This is another example of the opportunities that students are given at Rosebud Secondary College to experience that they may never get the chance to do at other schools. The football umpires were students from the Year 9 Football Development Squad.

The following are quotes taken from an email that I was sent from the organiser Mr Kitchin that he had received from other staff members at the venues:

'A massive thumbs up to the referees from RSC who came down today as well, they did a grand job!'

'Brent – Can you please pass on a massive thanks to RSC, the umpires they sent along today were fantastic on the field and were eager to help out as much as possible in their breaks and with clean up and the end of the day. Really impressed with all of them. Thanks so much for organising them for us.'

'Please pass on to your contact at RSC how pleased Michelle and I were with the secondary students yesterday. They were enthusiastic, didn't complain about having to umpire consecutive games, helped to set up and pack up and were very well-mannered.'

'They were really awesome this year.'



Well done to all of the students involved. We will be helping out with the Girls Football and Boys Netball next Wednesday also.

Thank you,

Mr Glenn Powell

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.



COMMUNITY NEWS

Community Dental Online Referral

The rates of poor oral health in Frankston and the Mornington Peninsula show that more people need to take better care of their teeth. This means eating a healthy diet, brushing and flossing regularly and visiting the dentist every 12 months.

An online referral form has been developed by Peninsula Health to help you access public dental care.

Anyone can make a referral to Community Dental with this easy-to-use online form. You can refer yourself, your child or even a friend.

The following people can receive treatment at Community Dental:

- All children up to 13 years of age
- Youth aged 13 to 18 years of age with a Health Care Card or Pension Concession Card or Medicare Child Dental Benefits (All Medicare Child Dental Benefits are bulk billed)
- Adults 18 years of age and older with a Health Care Card or Pension Concession Card

To access to online referral form, go to www.peninsulahealth.org.au/dental

The screenshot shows the Peninsula Health website. The header includes the Peninsula Health logo, the tagline "Building a Healthy Community, in Partnership", and navigation links for Home, Contact Us, and Donate. A search bar is also present. The main navigation menu includes About Us, Services, Patient / Visitor Information, Locations, Careers, Research & Education, Community, Health Professionals, and Media. The "Services" page is active, displaying a breadcrumb trail: Home // Services // Community Health Services // Community Dental Services. The main heading is "Community Dental Services", followed by social media icons for Facebook, Twitter, Email, Pinterest, and a plus sign, with a notification badge showing "51". Below this is the section "About Peninsula Health's Community Dental Services", which states that the program provides dental services for everyone through public and private clinics. A prominent green button says "Make an appointment or referral". The "Public Dental Care" section is titled "Who is eligible for public care" and lists three categories: Adults 18 years of age and older with a Health Care Card or Pension Concession Card; Youth aged 13 to 18 years of age with a Health Care Card or Pension Concession Card or Medicare Child Dental Benefits (All Medicare Child Dental Benefits are bulk billed); and All children up to 13 years of age. At the bottom, there is a link for more information on eligibility and priority groups: <http://health.vic.gov.au/dentistry/public-dental-system.htm>, and a note to contact one of the locations below for more information or to book an appointment.



COMMUNITY NEWS



Saturday 23rd July
9:00am until SOLD OUT

We are asking for volunteers to bake some goodies for us to sell at Bunnings – Rosebud.

- ** No Fresh Cream Please.**
- ** Homemade goods ONLY.**
- ** All ingredients to be listed.**

If you are interested please collect a plate, labels etc... from the RSC Front Office from Monday 18th July.

All goods need to be returned to the RSC Front Office on Friday 22nd July between 8:30am & 3:30pm

If you are able to help out either the Friday afternoon with packaging of baked goods or for an hour or so on the stall on the Saturday, your time and assistance would be greatly appreciated.

Please contact the RSC PFA to confirm your availability.
rosebudscpfa@gmail.com

OR

contact the school on 5986-8595



Share a slice of your life this July - Host a WEP exchange student!

Welcoming an Italian or French-speaking exchange student to your family is rewarding in so many ways. You can share your family's Aussie way of life with a student from another culture, connect to your community in exciting new ways, and bring the world into your home. And for the student you welcome into your family, you're providing a once-in-a-lifetime experience they'll treasure forever.

It's the simple things!

For our exchange students, it's the little things that make their stay so memorable: trying Vegemite for the first time, attending our high school, seeing a kangaroo, koala or cockatoo. Hosting an exchange student doesn't take anything fancy — just a warm, welcoming spirit and the love you'd give to your own family.

WEP is currently looking for families interested in inviting an Italian or French-speaking exchange student this July. If this is of interest to your family, please contact Sylvia Kelly at WEP today to receive detailed program and student information: www.wep.org.au, sylviakelly@wep.org.au, 1300 884 733.





COMMUNITY NEWS

5 steps to smiling better

Visiting the dentist



1. Visit the dentist

- Visiting the dentist can help maintain a healthy mouth
- Peninsula Health Dental Services recommend visiting a dentist at least every 12 months
- Head over to Peninsula Health's online community dental referral form and book an appointment for your family
www.peninsulahealth.org.au

Toothbrushing



2. Brush twice a day

- Brushing at least twice a day helps keep your gums healthy, teeth clean and breath fresh
- Helping children brush their teeth until they are eight years old is important to help keep their baby teeth healthy. It also sets good habits for the rest of their life
- For more information head to www.dhsv.org.au



3. Drink tap water

- Drinking tap water is healthy for your teeth and your body
- Rinsing with tap water after eating helps clean your teeth in-between meals
- Make tap water your number one choice of drink, it hydrates you and has no sugar
- Take the 30 day water challenge www.h30challenge.com.au



4. Eat a healthy diet

- A healthy diet can help keep your teeth healthy
- Aim for five serves of vegetables and two serves of fruit a day
- Avoid sugary foods and drinks as these can damage your teeth
- For more information check out live lighter www.livelighter.com.au



5. Dairy food

- Eating dairy food helps strengthen your teeth and bones
- Dairy foods such as cheese helps reduce acid in your mouth after eating sweet food
- Choose dairy products low in fat with no added sugar or flavouring
- For more information head over to www.eatforhealth.gov.au