



# RSC NEWSLETTER

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NEWSLETTER VOLUME 25. ISSUE 14 EDITORS: MRS. J ROBERTS & MRS. C FORSTER

9<sup>th</sup> September 2016

What an absolutely beautiful day it was on Thursday to help us celebrate RU – OK day and raise awareness of this important community issue.

**R U OK?'s vision is a world where we're all connected and are protected from suicide. The mission is to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling with life.**

**The goals are to:**

1. Boost our confidence to meaningfully connect and ask about life's ups & downs
  2. Nurture our sense of responsibility to regularly connect and support others
  3. Strengthen our sense of belonging because we know people are there for us
- Be relevant, strong and dynamic

To help us achieve these goals at Rosebud we continually promote the building of positive relationships amongst our entire community. On Thursday this came into greater focus as we invited our students and teachers to wear a splash of yellow as part of their free dress for RU – OK day. The SRC and Year level captains also led some fun games and activities where students and teachers were able to enjoy their lunch in the sunshine with some great music from Mr Jones. Face painting, Human Snakes and Ladders, the RU –OK photo booth and coin toss were enjoyed by all with a great atmosphere throughout the lunch break. A special mention for the magnificent cupcakes from the Year 9 Home Eco classes.

Although this day is a great way to celebrate our friendships, we encourage all our students and their families to take on the mission of RU- Ok and continue to build meaningful connections and take the time to check in and ask RU –OK.

A great day was had by all.



## WHAT'S ON AT RSC

### SEPTEMBER:

- 9-10 State School Spectacular  
Hisense Arena Melb
- 12: **PARENT TEACHER INTERVIEWS**  
12NOON-7:00PM  
**STUDENT FREE DAY**
- 12: Wakakirri Performance
- 13: Girls Group Graduation  
Peninsula Hot Springs
- 13: YR 7 Boys Two Bays Hike
- 13-14: YR 9 OES A
- 13-15: YR 9 Science-Swinburne
- 15-16: YR 9 OES B
- 16: Harmony Day  
**LAST DAY OF TERM**  
**2.12PM DISMISSAL**
- 28-7: YR 9 Central Australia Camp

### OCTOBER:

- 3: **FIRST DAY TERM 4**  
**DAY 6**
- 5-7: Year 12 Practice Exams
- 6: Regional Athletics
- 12-14: Yr 11 OES
- 26: Year 10 OES

**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](mailto: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](http://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

## UNIFORM SHOP HOURS

TUESDAYS: 8:30AM-11:30AM

THURSDAYS: 12:00PM-4:00PM

## 2<sup>nd</sup> HAND BOOKS....

A REMINDER TO ALL PARENTS WHO PLACED BOOKS IN THE 2<sup>ND</sup> 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.

## 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](http://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.

# KEYED PADLOCKS

It is recommended for all students that a keyed padlock is purchased for lockers.

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

Replacement keys will be available for \$10 if needed.





# PRINCIPAL'S NEWS

Hello to the Rosebud Secondary College community. Next week we will hold our Parent / Teacher interviews. This is a great opportunity to discuss your child's progress and look at what support you can put in place to assist them in achieving their goals. Interviews are from 12:00pm-7:00pm on Monday 12<sup>th</sup> September. Reports are now available on the Compass portal.



Next term, I will be on Long Service leave until Jumpstart on the 22<sup>nd</sup> November. I would like to congratulate Geoff Pattison who will be Acting Principal during this period.

This week we had two important events. On Thursday 8<sup>th</sup> September we held RUOK Day with a series of different activities. The SRC had been planning for this day for the past month and each year level ran activities and completed some fundraising. It was pleasing to see that we collected over \$1000.00 to support mental health initiatives. I would like to thank all the students involved, our school nurse, Benjamin Ratcliff and the wellbeing team who ran the day. Last week we were extremely pleased to receive news that the school was successful in gaining funding for the new 'Doctors in Schools' program. The \$43.8 million Doctors in Secondary Schools initiative is delivering on the Government's election commitment to fund general practitioners (GPs) to attend up to 100 Victorian Government secondary schools in disadvantaged areas to provide medical advice and health care to those students most in need. This will further compliment the important work we are doing to support all students and their general wellbeing. Further news will be published once we have a doctor appointed to the school.

On Thursday 8<sup>th</sup> September the College held the annual "Medieval Day" for Year 8 students. This was not only a day of great fun for the students but also educational with various presentations and activities. I would like to thank Jen Feldhofer for her leadership in the humanities KLA and all the staff involved who got into the spirit with dressing up, participating and assisting on the day.

Recently the College completed a review of our wellbeing policy and practices and has approved a **Child Safe Policy** which is now available on the school website policy link. This is a requirement of all schools in response to the recent 'Betrayal of Trust' report. The policy aims to embed best practice in dealing with and having contact with children.

This week we wished our Japan Study Tour students and staff a rewarding and safe trip. Our students will visit our sister school, Gamagori Higashi Senior High School as part of this visit and stay with host families.

Arthurs Seat Challenge is on Sunday 6<sup>th</sup> November this year. Early Bird entries are currently open and we are looking to get as many RSC students involved in the event. **All schools will have until the 6<sup>th</sup> October to register at a discounted rate!** Brent Morrison will be promoting the event participation and assisting with training in the lead up to the event. Money raised through this important event is used to provide the traffic safety program 'Fit To Drive' for Year 11 students. <http://www.arthursseatchallenge.com.au/>

## ORGANISATIONAL MATTERS

**Monday 12<sup>th</sup> September:** Parent / Teacher interview day- students are required to attend their interviews only on this day. Interviews from 12:00pm- 7:00pm. Bookings will open closer to the date.

**Uniform:** We have now completed the uniform review and will soon publish full details to the parent community regarding the introduction of the new recommendations.

One significant change has been the allowing a 'discreet nose stud' under the piercing guidelines. The feedback so far has been very positive regarding this change based on student feedback.



# LIBRARY NEWS

## BOOK WEEK 2016

Costumes, conversations and literary celebrations were the features of this year's Book Week, which follows the **Children's Book Council of Australia's *Book of the Year*** awards each August. Our Year 7s launched the Week, with Monday 22<sup>nd</sup> August providing them with an opportunity to dress up as their favourite story characters. The Mad Hatter, Katniss Everdeen, Captain Jack Sparrow and Tweedle Dum and Tweedle Dee were just a few of the characters who roamed the school that day.



Invited guests attended a luncheon the same day to honour the achievement of Year 7 student Pippa Dowling, who will have her first children's book ***Just Like Molly*** published this month by Mt Eliza-based Empowering Resources. Pippa wrote this story when she was in Grade 4 at Rosebud Primary School and has worked closely with illustrator Sunshine Herbert to turn it into an inspiring book that reassures kids that there is a friend out there perfect for them.

On Tuesday a small group of students learnt how to upcycle old books into beautiful pieces of 3D art and on Wednesday afternoon staff, students and parents gathered in the Library to celebrate the release of English teacher Brendan Murray's first book, ***The Drowned Man***. Brendan is a former RSC student who spent several years researching and writing *The Drowned Man*, which is a true story that explores the alleged murder of a gay sailor aboard the *HMAS Australia* during WWII. He is now writing his second book, another non-fiction work which will be published next year.



Book Week was wrapped up by the **Living Library**, held on the Thursday and Friday, where the books are people and the reading consists of conversations. Across the two days, eight groups of students from Years 7 to 9 were invited to borrow a living 'book' for a short time, to hear their story and ask them questions.

This year's Living Library were a fascinating collection consisting of magician Cath Jamison, artist Justine McNamara, environmentalist Simon Mulvany and Buddhist monk Gen Kelsang Dornying. Three former students, local businesswoman Gemma Linnell and 2016 reality TV contestants Charlie Sartori and Mitch Skvor, shared the highs and lows of life since graduation. Students were able to pick the brains of local actor Carole Patullo, palliative care nurse Heather Wilson and novelist Melinda Devine, and principal Andrew Nicholls chatted to students about his passion for bike racing.

And the winners of the ***Book of the Year*** awards? Fiona Wood's ***Cloudwish*** won the Older Readers category and Morris Gleitzman's ***Soon*** took out prize for Younger Readers. Both books (plus the other nominated titles) are available to borrow from the College Library (as are thousands of other fab books) and make great holiday reading.



# LIBRARY NEWS





# COLLEGE NEWS

## RSC IS GOING GOOGLE!

Have you completed the consent form?

Rosebud Secondary College has decided to provide staff and students with access to Google Apps for Education. This product is a communication, collaboration and productivity suite designed by Google for the education sector. It gives teachers and students access to a variety of tools they can use for teaching and learning.

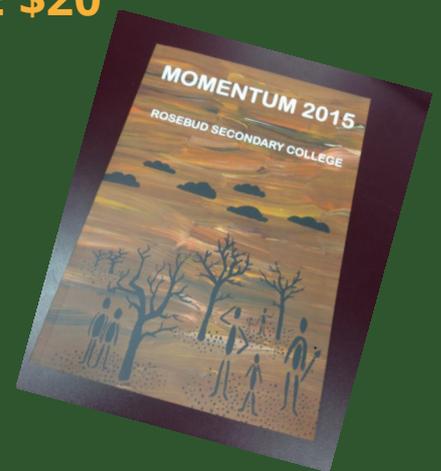
Please find the Google Apps for Education - Privacy Information and Consent document at the following link: <http://bit.ly/rscgoogleappsconsent>. This document outlines relevant privacy information and the terms and conditions of Google Apps for Education.

Please read the linked document above and complete the acknowledgement and consent form available at <http://bit.ly/rscgoogleappsform>. Your child will not be issued an account until the consent is received by the College. As Google Apps for Education will be used as a core part of the College's digital learning environment, it is important you complete the consent form as soon as possible.

If you have already completed the online form already, or in hard copy, thank you for your assistance, no further action is required.

If you have any questions or concerns about Google Apps for Education, please contact Adam Vardanega at the College.

## 2016 COLLEGE MAGAZINE \$20



Payments are now being taken at the front office for any students and family members wishing to purchase this year's College Magazine . It is a fantastic colour publication full of photos, art work and articles celebrating the year's events . It is a wonderful keep sake for \$20 and will be available towards the end of the year.



# COLLEGE NEWS

## SCHOOL YARD BLITZ: WORKING BEE

When – Sunday 16<sup>th</sup> October, starting at 9:00am

Where – Park outside the Hall

We will be developing the shaded area in between the Language centre and the road leading to the Hall. Building of Gabion seats will occur, along with putting in retaining walls, crushed rock, planting of indigenous vegetation and garden mulch.

If you are able to help out with time, tools or products, please contact Glenn Powell on 5986 8595. The more people the better.

It would be great if donations of the following products could be made, including:

- Crushed rock
- Indigenous vegetation
- Mesh Sheets
- River Pebbles
- Hardwood Sleepers
- Concrete

Looking forward to hearing from you. This is the first of many initiatives that the school's new committee 'School Yard Blitz Team', is looking at to improve the look of the school. Students interested in being part of the committee are to see Mr Powell.



Existing Rosebud Secondary College Hall Driveway



Sketch of Proposed Rosebud Secondary College Hallway Garden and Shaded Seating



# CAREERS NEWS

## SCHOOLIES UNEARTHED

In level assembly this week students learned about a schoolies program that will take them to Northern Thailand for an adventure they will never forget. This adventure is planned for early December 2017 and so student will be back before VCE results are released and the change of preference week. Students were encouraged to sign up if interested but if any student decides that they would be interested in going, they can get the information letter from the year 11 coordinators.

### Information session details:

6.00-6.30 pm

Thursday 15<sup>th</sup> September 2015

Library

## VETis PROGRAMS FOR 2017

Students and Parents are reminded that in order to complete their enrolment into a VETis course for 2017 the following is required:

1. Return of completed Enrolment Form with USI details completed
2. Payment of the initial deposit of \$50.00 to the student window by no later than **Thursday 15<sup>th</sup> September 2016**

If you have not completed both requirements, your enrolment in the VET course cannot proceed and an alternative VCE/Year 10 Subject will need to be chosen.

Please note that enrolments into VETis courses for 2017 have now opened at most VETis providers and **some courses are already nearly full.**

## HMAS Cerberus Open Day 2016

<b>Date</b>	23 October 2016
<b>Time</b>	10am to 4pm
<b>Where</b>	HMAS Cerberus, Crib Point, VIC. Entry via South Beach Road (Melways Ref: 194 D1)
<b>Cost</b>	Free

Bring the whole family and enjoy a day out at the Navy's largest training base, [HMAS Cerberus](#). Free parking is available.

Pack a picnic or buy lunch from one of the many food stalls or taste the cuisine of an operational Army field kitchen.

Other activities and displays include:

- Military air shows
- Navy Steam Club
- Childrens activities
- Military/Police Band performances
- Local community displays
- Vintage cars





# CANTEEN NEWS

## Rosebud Secondary College Canteen Menu

### Canteen Meal of the Day - Semester 2/2016

Mon-Tortellini (Beef/veg); Tues-Butter Chicken/Veg Korma & Rice; Wed-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 welcomed but must be made before school and labeled 'Recess'.  
Orders for Lunchtime must be made by 12.00pm to ensure you receive your desired choice.

### BREAKFAST & SNACKS

G Crumpets (2)				\$2.50
G Café Style (extra thick) Raison Toast (2)				\$2.50
G Fruit - by the piece - Fresh or Frozen (seasonal)				\$1.00
G Fruit Salad - Fresh or Frozen (seasonal)	sm	\$2.00	lg	\$3.50
A mini croissant		\$1.50	with jam/nutella	\$2.00
G Egg & Bacon	Roll	\$4.20	Muffin	\$3.90
A Egg, Bacon & cheese toasted wrap				\$4.50
G Cereal* Bowl with milk (*Porridge/nutrigrain/sultana Bran etc)				\$2.00
GIA Deli Yogurt	plain	sm	\$2.00	lg \$3.00
	w. coulis	sm	\$2.50	lg \$3.50
G Up&Go Nutritional milk drink (Choc/van/ban/cara/straw)				\$2.00
G Rice Paper Rolls (2)				\$4.50
G Vegetarian Slice/Frittata				\$3.00
G Nori Rolls (chicken, tuna, californian & veg. - white & brown rice options)				\$3.00
A jelly cup				\$1.00
A Chocolate mousse	sm	\$1.00	lg	\$1.50
A Dip & Bic Pack (dip, carrot/celery sticks, rice crackers)				\$3.00
G Popcorn				\$0.80
G corn on the cob				\$1.00

### SANDWICHES & ROLLS

GIA Sandwiches: wholemeal, multi-grain or white	from	\$3.00
GIA Rolls: wholemeal, multi-grain or white rolls	from	\$3.50
toasted options, spreads (mayo/mustard etc.)		N.C.
<b>Fillings:</b>		
salad items (tom., lettuce, carrot, cucumber, onion, capsicum)	each	\$0.30
full salad (includes all salad items)		\$1.00
cheese - tasty or cheddar		\$0.50
deli meats - ham, salami, silverside, tuna, egg	each	\$0.80
chicken (fresh breast cooked daily); turkey		\$1.00
avocado		\$0.80
<b>Examples: Or - make up your own!</b>		
G Egg & Lettuce	s'wich	\$3.80
G chicken, lettuce and mayo	roll	\$4.30
G chicken and avocado		\$4.00 \$4.50
GIA ham, cheese & tomato		\$4.80 \$5.30
G full salad		\$4.50 \$5.00
GIA ham, cheese and full salad		\$4.00 \$4.50
GIA chicken, cheese and full salad		\$5.30 \$5.80
GIA chicken, cheese, avocado & full salad		\$5.50 \$6.00
		\$6.30 \$6.80

### FOCACCIAS & TURKISH ROLLS

<b>Examples: Or - make up your own from sandwich fillings</b>		
<b>Tandoori</b>		
GIA Chicken, red cap, spin, tandoori dressing (cucumber, carrot & iceberg in wrap)		
<b>Calabrese</b>		
GIA Mild Salami, Red Capsicum, Onion, Tomato, Olives, baby spinach and Cheese.		
<b>Wellington</b>		
GIA Roast Beef, Seeded Mustard, tomato, tasty cheese, baby spinach		
<b>Vegetarian</b>		
GIA Avo, Cap, Onion, SDT/Tomato, cheese & spin (cucumber, carrot & iceberg in wrap)		
GIA Focaccia (+ 50c for Avocado)	reg	\$5.00 large \$6.50
A Schnitzel Focaccia	reg	\$5.00 large \$6.50
GIA Turkish roll fresh or toasted- variety of fillings available		\$6.00

### WRAPS & PANINI POCKETS

GIA Wrap (choice of filling in a tortilla wrap)- (+50c Avocado)	half	\$4	full	\$7.00
GIA Toasted Panini Pocket (choice of filling in a toasted tortilla wrap + 50c Avo)				\$4.50
A Parma Pocket (½ Schnitzel/Napoli/cheese/spinach in toasted tortilla wrap)				\$4.50
A Mexi Pocket (Mexi meat/salsa/cheese/tomato/spinach in toasted tortilla wrap)				\$4.50
A Hawaiian Pocket (Ham/cheese/pineapple/spinach in toasted tortilla wrap)				\$4.50

### SALADS\*\*\*\*

G Garden Salad bowl*	reg.	\$3.50	large	\$5.00
*inc. (celery/cucumber/carrot/tom./lettuce/capsicum/onion/salad dressing +50c avocado)				
G Garden Salad +deli Meat or Egg	reg.	\$4.30	large	\$5.80
G Garden Salad + chicken	reg.	\$4.50	large	\$6.00
G Fruit Salad	reg.	\$2.00	large	\$3.50
ADD - Avo/cheese (inc. Fetta)	reg	\$0.50	large	\$1.00

### HOT FOOD

<b>Pies &amp; Pastries (Education approved range)</b>			
Pies Aussie Schools 4 'n 20			\$3.80 A
4 'n 20 traveller			\$3.50 A
<b>Mrs Mac Good Eating Range</b>			
Good Eating Beef Pie (200g)			\$3.80 A
Good Eating Mini Pie (120 g)			\$2.00 G
Good Eating Snack Pie (50 g)			\$1.00 G
Vegetable Pastie			\$3.80 A
Pies Gourmet varieties			\$4.00 A
Sausage Rolls - 4 'n 20/Mrs Mac			\$2.50 G
Spinach & Ricotta Roll (Mrs Mac)			\$3.00 A
<b>Schnitzels</b>			
chicken schnitzel roll (lettuce & mayo)	half	\$4.00	full \$5.50
chicken schnitzel focaccia	reg	\$5.00	large \$6.50
(cheese, lettuce & mayo)			
<b>Burgers (extras charged by item eg. Cheese = + 50c) from \$4.50</b>			
vegetable burger (includes lettuce and mayo)			A
Lean Beef Burger (100%Lean Beef with lettuce and sauce in wholemeal roll)			G
Chicken Burger (marinated seared breast, honey mustard mayo & lettuce on w/meal bun)			G

### Tasty Treats

Fisherman's Roll (oven baked fish fillet, tartare/mayo & lettuce on long roll)			\$4.50 A
hot roast beef/chicken & gravy roll			\$5.00 A
sweet chilli wrap	half	\$4.00	full \$7.00
sweet chilli roll (2 tender, cheese; lettuce; tomato; s.c.s.in long roll)			\$6.00 A
souvlaki - chicken (includes tomato, lettuce and yogurt dressing)			\$5.00 G
nachos (corn chips/salsa/cheese)			\$3.50 A
add guacomole and/or sour cream			each \$0.50
pizza slice (mediterranean/garden veg./hawaiian/margherita)			\$3.00 A
Pizza Roundas			\$3.00 A
hot dog (inc. sauce)			\$3.00 A
potato wedges (bucket)			\$3.00 A
steamed dim sims			\$0.80
sweet chilli tenders			\$1.50
mini dim sims/hash browns		40c each	or 3 for \$1.00
nuggets (staycrisp full breast)		40c each	or 3 for \$1.00
Soup (seasonal)	cup	\$2.50	mug \$3.00
Pasta Napolitana	reg	\$2.50	large \$3.50

### DRINKS/BEVERAGES/ICE-CONFECTION

Fruit Smoothie (Low Fat Milk)			\$4.00 A
99% Fruit Slushy	baby	\$1.00	small \$2.00 large \$3.00
water 350ml			\$1.00 G
600ml		\$1.50	Cool Ridge 600ml \$2.00
Smart Water			\$3.50 A
Mizone			\$3.70 A
Juice Varieties	Berri (aeroplane)		110ml \$0.80
	Golden Circle varieties		350ml \$2.50 A
	Just Juice varieties		200ml \$1.50
	Berri Juice varieties		350ml \$2.50 A
Milk (plain)	cup	\$1.00	300ml \$1.50
			600ml \$2.00 A
Big M (flavoured)		300ml	\$2.50 600ml \$3.70 A
Diet Soft Drink		375ml	\$2.50 600ml \$3.50 A
Milk Shake (LF ice-cream) Choc/cara/SB/BH			\$3.50 A
Hot Chocolate	reg.	\$2.00	large \$2.50 A
Chai Latte	reg.	\$3.00	large \$3.50 A
Cold Milo	reg.	\$2.00	large \$2.50 A
icy-pole varieties			from \$1.00 A

### Specialty salads

Tandoori	Chicken, carrot, cucumber, red capsicum, lettuce w. Tandoori dressing	reg.	\$4.00	large \$6.00
Mediterranean	Cherry toms, Olives, cucumber, red onion, Fetta w. Balsamic			G
S' Chilli Chicken	Crispy s'chilli chicken, lettuce, cheese, cherry toms w. s.c.s			A
Caesar Salad	Crispy bacon, lett, parmesan, croutons w. Caesar dress			A
Chicken Caesar				A
Brown Rice&Quinoa	inc. c'toms, corn, onion, carrot, spin, peptas w.lemon/herb dress.			G

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

N.Y.A. = Not Yet Available N.C. = No Charge

G= GREEN FOOD OPTION (eat everyday) ; A= AMBER FOOD OPTION (choose carefully)



# COLLEGE NEWS

wellness  
PAVILION



## WELLNESS PAVILION: UPDATE

You will have noticed some very encouraging news recently both on national television and in the local press, concerning the State Governments' strategic plan to halve Victoria's rate of suicide. Our local MP Martin Dixon, has met with Health Minister Martin Foley to outline our plans for the Wellness Pavilion and we are working on a submission to the relevant health departments to be considered for funding support for the building and all the programs to run from it both for school and community benefit. We will be posting updates on the Wellness Pavilion Facebook page <https://www.facebook.com/Rosebud.Wellness.Pavilion> to keep everyone informed on progress.

Other very encouraging news for the project has come in the form of successful grants from community groups and local philanthropic bodies. Previous mention has been made for example of the significant grant from the RE Ross Trust to fund the Wellness Program for our students over the next three years. A major focus is on embedding mindfulness into the curriculum and elsewhere in this newsletter is a feature from Peninsula Health promoting the availability of apps to assist you to practice mindfulness. We are strong supporters of Smiling Mind and can recommend their product.

We recently received the research study data from the work conducted with Smiling Mind last year and the results were very encouraging. Students were surveyed three times during the course of the program and significant improvements were measured across all wellbeing indicators, particularly for those students who had identified a degree of stress and anxiety. Positive gains were made in students in the areas of:

- Improved sleep (a key element for positive mental health, coupled with exercise and good nutrition)
- Improved wellbeing, including ability to manage emotions, concentration and improved school behaviour
- Reductions to bullying and disruptive behaviours in classes

Teachers surveyed through the project also recorded significant improvements to their personal wellbeing, including concentration and sleep quality. Gains were also recorded for lowering of anxiety, tension and stress levels. In a nutshell, mindfulness has had a significant positive impact across the school and we are encouraged to be on the right track with our plans into the future.

We are continuing to submit applications to relevant grants, and with local fundraising ventures so strongly supported by the Parents and Friends and student body, we plan to keep adding to the total raised with a view to turning ground on the project as soon as the end of the year. To do this of course we need the big injection of funds, for to date we have raised approximately \$188,000 towards building, with \$79,000 for programs. Our target is \$400,000 to which we will be aiming to secure pledges of labour and / or materials for the build. It is in this area that we envisage significant savings which of course brings the build date forward. Again, progress along this line will also be advised through the Facebook page, so please "Like" and "Share" the page.

Finally, the next local fundraising event (student fundraising through "RUOK? Day having been completed on Thursday September 8<sup>th</sup>) is scheduled for Saturday October 22<sup>nd</sup>, the second cake stall at Bunnings. The Parents and Friends Association are right in behind to support this, and they can do with more parents to join their group as they grow into an important body in the school community. Please contact Jenny Walker at [rosebudscpfa@gmail.com](mailto:rosebudscpfa@gmail.com)

Be ready to help out with the - as information comes out after the holidays, and we wish the students a well-earned break.



# SPORT NEWS

## YEAR SEVEN HOCKEY

On Wed 31<sup>st</sup> August, Jai, Ben, Connor, Obey, Shaun, Jordan, Zach, Seb, Kye, Jacob L, Jacob S and Dallas represented the school in hockey. With only one person on the bench we had to work extra hard against Dromana. The score was tied so it came down to an intense penalty shootout. Connor, Ben Brown, Jacob L, and Dallas Kuipers all scored goals. Kye Young, our goalie, under intense pressure, was able to stop the opposition's shots so Rosebud defeated Dromana 4 to 3 in an exciting finish to win the Southern Metropolitan Region Flag. Awesome effort considering we were all new to this sport.

By Dallas Kuipers



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## YEAR 7 BASKETBALL

On Wednesday 31<sup>st</sup> of August the Year 7 boys' basketball team were challenged by other local schools on our home turf. The first game was huge, playing arch rivals Dromana, we were able to come away with a well fought victory. With easy wins over Western Port and Mt Eliza the 'Grand Final' was against Mornington. Mornington were just too strong on the day (even had a player who could dunk!)

The boy's on the team did an amazing job which resulted in rosebud secondary college coming second behind Mornington Secondary who were just too strong on the day. A huge shout-out to Jarrod Foehn and thankyou to the Girls basketball team for cheering us on and to Mr. Powell for organising the day.

7 Year 7 girls played Basketball against four different schools. We played Dromana first and unfortunately lost. By the end of the day we finished 3<sup>rd</sup> on the ladder, winning against Mt Eliza (in an epic struggle) and Somerville but losing to Dromana and Mornington. Well done to all girls involved and a big thanks to Tayla and Tara for coaching us.

By Tom and Ellie





# COMMUNITY NEWS

Do you like to



**RUN | JUMP | THROW**

Then athletics is for you

LITTLE ATHLETICS develops motor skills and improves fitness for other sports. Over our summer season you can increase strength, speed, stamina and agility as well as assisting your health and fitness.

OUR ATHLETE PROGRAM rewards individual "Personal Best" performance, encouraging you to run faster, jump higher and throw further as you progress through the season.

CENTRE FACILITIES include double tracks, jump pits and throwing cages that reduce wait between events. Qualified coaches are on hand to develop technique, speed, balance, posture and flexibility.

REGISTRATION costs just \$145 per athlete and covers insurance, ribbons, certificates, medals and trophies throughout the season.

WE COMPETE Friday evenings from 5.00pm for athletes aged U6 - U15 to build confidence, fitness and health in a positive environment. For more information visit:

W [southernpeninsulalac.com.au](http://southernpeninsulalac.com.au)

E [southernpeninsula@lavic.com.au](mailto:southernpeninsula@lavic.com.au)



## How are your bike skills?



Mornington Peninsula Shire is hosting four **FREE** half-day bicycle training courses to improve skills and knowledge of road rules as part of it's 'Towards Zero Municipality' initiative. This caters for both novice and experienced riders.

Sat 27 Aug & 3 Sept 2016  
Two sessions per day  
Rosebud Primary School

Complimentary participants pack for all riders.

Limited places available  
For more information  
[www.mornpen.vic.gov.au](http://www.mornpen.vic.gov.au) | 1300 850 600



MORNINGTON  
PENINSULA  
Shire



REGISTER ONLINE IN 5 MINUTES AT [www.lavic.com.au](http://www.lavic.com.au)

1. Click 'join now' choose 'Southern Peninsula' as your centre.
2. Enter ALL details & make payment via Debit or Credit Card
3. Come to our first athletics evening for the season on Friday 7th October 5.00pm-Trueemans Rd Reserve, Rosebud West

## Peninsula Waves VNL Championship netballers are conducting school holiday **netball clinics** at the Frankston District Netball Association.

WHEN: **Friday, September 23 & Wednesday, September 28**

- Full day clinic run by current VNL Waves players **9am to 3.30pm**
- Tailored for age specific groups
- Prizes and giveaways
- Personalised certificate of Participation
- Have fun, learn new skills and make new friends.

COST: \$60 per person.

For children aged 8-12 years and 12-15 years.

Places are limited for each day, so that a focused skills session can be delivered to participants.

Please **book online:** [peninsulawaves.com.au](http://peninsulawaves.com.au)



[peninsulawaves.com.au](http://peninsulawaves.com.au)



# COMMUNITY NEWS



## We've got something exciting to tell you

For the adventurous or competitive

We are introducing our new Surf Sports Program which is open to anyone over the age of seven. Our program combines the best aspects of our leading nippers and senior programs into one holistic program which caters for recreational and competitive participants. We also have improved our pathways so U14 is no longer the end of your surf sports journey.

We would love you to be a part of it!



Contact [admin@pointleoslsc.com](mailto:admin@pointleoslsc.com) or go to [pointleoslsc.com/join](http://pointleoslsc.com/join)

## MAIN RIDGE CRICKET CLUB

***WE NEED YOU!***

SEASON 2016-17

'Ditterich Reserve' 431 Main Creek Road  
Main Ridge 3928



Located at the most picturesque ground on the Mornington Peninsula and winner of two junior Premierships last season, the Main Ridge Cricket Club is looking for Junior players for the upcoming season.

### U16 Players needed for the coming season.

- Games will be Friday evenings 5.00pm - 8.00pm starting October
- Training will be Tuesday or Thursday afternoons 5.30pm - 7.00pm
- Players must not have turned 16 years of age before September 1<sup>st</sup> 2016 to be eligible for the 16s
- All enquiries please contact Jason Banks 0409 867 802 or Jason Albress 0409 206 112



MAIN RIDGE CRICKET CLUB - HOME OF THE COUGARS

## Mindfulness apps

In a world full of busy, fast-paced environments with little time for a break, Mindfulness provides an opportunity to slow down, rest and recuperate, even when you are on the move.

Mindfulness meditation has been used in the treatment of stress, resilience, anxiety, depression and other physical and mental illnesses.

Mindfulness Apps can help both beginners and advanced practitioners alike.

Apps like "Smiling Mind" (free and available for both iPhone & Android), "Calm" (free, available for iPhone & Android) and "Mindfulness Training App" (free, only on Android) are readily available across a number of devices.

These apps aim to be a quick and efficient way to introduce wellbeing, de-stress and breathing strategies and exercises into your life.

They can also be used for children of all ages.

Smiling Mind is a great app to get you started. It was developed by a team of psychologists with expertise in youth, adolescent and adult therapy, and is recommended by Beyond Blue, Inspire Foundation and The Resilience Project.

Check out mindfulness apps in your app store. You've got nothing to lose but stress!

