FROM THE PRINCIPAL

An award winning school!

Heathmont College is the proud recipient of the Victorian School Gardens Award. This is the result of the work that Mrs. Sayer and Mrs. Lopez have been doing at the College with the “Edible Garden” they are building. The monetary aspect of this award will go to the establishment of the garden to be built as part of the VCAL program at the College. This is in addition to Mrs Sayer’s success at obtaining an infrastructure grant from Bunnings. I would like to thank the staff mentioned above for the extra time and effort they have put into the expansion of programs at the College in order to benefit the students at Heathmont.

VET at Heathmont

2015 will see the expansion of the curriculum at Heathmont College as we introduce a VET Public Safety (Firefighting Operations). This is a highly regarded entry course for anyone wishing to join the CFA, MFB, Armed Forces, Police, Surf Lifesaving or Search and Rescue and it offers an extensive range of life skills. It is also relevant for the number of our students who live in high fire risk zones.

This is a great course run by professional firefighters, it has received an NAB Schools First Award and is currently run in VCAL programs across the state. The course will be completed in 12 months which allows students exiting at the end of Year 11 to have a fully completed certificate.

VCE Music Night

Wednesday, September 17 will see the inaugural VCE Music Night which is to be held at Rapture Café in Ferntree Gully — http://rapture.net.au/

This evening supports the increasing emphasis on the Performing Arts at Heathmont College. This will be a marvellous opportunity to support our VCE students as they prepare for their final exams and will feature a selection of musical performances from our very talented music students.

Tickets may be booked via the following links: http://www.trybooking.com/FSOE and http://www.trybooking.com/100416

Bookings are now open and will close at 5pm on Wednesday 10 September 2014.

Johanna Walker
Principal

Erin Jackson and Jillian MacDonald attended a school captains’ tour of Parliament House with Bruce Atkinson MLC.
On Tuesday August 12 a group of Year 9 girls had the opportunity to discover careers in the I.T industry for women. Myself and 11 other girls travelled to Deakin University for an event called “Go Girls, Go for I.T.” The event brought together over 1300 girls from schools throughout Victoria, to learn about the types of I.T jobs there are for women in the workforce. We, as girls, shouldn’t feel as though I.T is only for the guys. Women with I.T careers spoke to us describing some of the many jobs available in the industry for girls. The day was filled with interesting information and activities, including a treasure hunt and loud music that a large number of girls danced. The day could not have been so successful without Mrs Birchall, who got us there in the mini bus and Mr Ferrier, who was able to give us the opportunity to learn about I.T careers out there for girls. Overall it was an amazing day.

Jodie Clearihan
Year 9

Year 8 Medieval Day

On Monday August 11 the annual Heathmont College Medieval Day was run. Year 8 students got to take part in a range of hands-on activities, ranging from dancing to weapons and amour. Students were given the opportunity to take part in a dress up competition themed around medieval life. It was fantastic to see so many students dress up and get involved. This year’s winners were Glen Arnold and Yanna Konstantinou. The feedback from the staff and students involved has been overwhelmingly positive. Students were really engaged, well behaved and had a great day.

A very special thanks needs to go to Peter and Lorenzo from Medieval Education who ran the activities. Their professionalism and enthusiasm made the day as engaging and entertaining as it could possibly be and couldn’t have been a success without them.

Mathew Steen
Head of Humanities and Deep Pedagogies Coordinator
This is an article published recently in the Leader Newspaper.
CAREER EVENTS AUGUST 2014

OPEN DAYS

Universities Open Days are still upon us.

This Saturday:
JMC Academy – South Melbourne
Chisholm Institute - Dandenong

This Sunday:
Deakin University – Burwood
La Trobe University – Melbourne
Victoria University – Footscray
Box Hill Institute – Box Hill
Sage Institute – Elstomwick
Kangan Institute – Richmond
Melbourne Polytechnic – Prahran
Footscray City Films – Footscray
Photographic Imaging College – Preston
William Angliss Institute – Melbourne
Melbourne Institute of Business & Technology - Burwood
Australian Institute of Fitness - Melbourne

UPCOMING EVENTS

VTAC Information Evening: Heathmont College is hosting a VTAC Evening Workshop on 28 August 2014 at 7:00pm in the VCE Centre in A Block. All students are to bring their computers and VCAA student number. Parents are welcome. This night will help the students to enrol into VTAC and help will be provided to enter in University and TAFE courses.

VTAC books are now available at newsagency.

Science in the City Lab Tours, RMIT: You and your parents will be able to learn about the science programs on offer at RMIT, which include biology, biotechnology, chemistry, environmental science, food science, nanotechnology and physics. You will also be able to undertake a laboratory tour at the City Campus and speak to lecturers about how you can broaden your career options and give yourself a competitive edge. The event will run Monday 22 September. There are limited spaces, so register now www.rmit.edu.au/seh/events

Nuclear Medicine Laboratory Visits, RMIT: This program is designed for students interested in finding out about nuclear medicine and the role nuclear medicine technologists play in the investigation, diagnosis, treatment and monitoring of disease. In this day long tour, you will visit Nuclear Medicine Departments that support the Bachelor of Applied Science (Medical Radiations) program. You can choose to attend this event on 25 or 26 September and you will visit either St Vincent’s or the Austin Hospital. To register, go to www.rmit.edu.au/seh/events
In support of NATIONAL SKILLS WEEK 2014

OUTER EASTERN LLLEN

invites you to an

INDUSTRY SKILLS FORUM & EXPO

A Forum for Parents | Young People | Education Professionals | Government | Business | Industry

LEARN MORE ABOUT OUR FUTURE WORKFORCE

Monday 25 August 2014

6pm-7pm: EXPO (RTOs | GTOs | Trade Training Centres)

7pm-9pm: Industry Skills FORUM

Karralyka Centre, Mines Road, Ringwood East

KEYNOTE SPEAKER | BERNARD SALT

The highlight of the evening will be Bernard Salt, a Partner with global advisory firm KPMG. His special expertise in demographics and consumer behaviour will provide an informative commentary on employment trends and attracting, recruiting and retaining Gen Y’s and Zs in today’s workforce. His presentation is not to be missed.

Admission is FREE  BOOKING ESSENTIAL  Register online at:  www.trybooking.com/FCMR

Enquiries to: owm@oellen.org.au  www.oellen.org.au

www.nationalskillswEEK.com.au

NATIONAL SKILLS WEEK

HUMANS AND MINDS - THE DNA OF SKILLS & TRADES

AUGUST 25 - AUGUST 31, 2014

Box Hill Institute
holmesglen
Federation Training
Swinburne University of Technology
As part of their study of “Solids, Liquids and Gases” the Year 7 students have been making ice-cream. Using some delicious ingredients, salt, ice and a whole lot of shaking going on, the

As part of their study on “The Digestive System”, Year 8s bravely and excitedly performed their first animal dissection. With great precision and strength of stomach, students were able to identify all the major organs and extract the very lengthy digestive system of a rat. The students were amazed by how long this was; approximately 1.5 metres compared to 8 metres for an adult male human!

But wait …… there’s more!!

SUPER SEQUELS

Library News

Librarians: Wendy Averay & Elizabeth Downey
COLLEGE TOURS

Heathmont College tours have commenced for 2016 Year 7 enrolments. Appointments can now be made via the website or by calling the office on 9871 4888. Tours run Wednesdays at 9.15am

STUDENT ABSENCES

Parents are requested to ring the College absence line before 9:00am if their student is to be late, away due to illness or for any other reason. We encourage parents to use the College’s Compass Parent Portal to register absences. Unfortunately late arrivals cannot be registered.

Thank you for your ongoing cooperation in this matter. Phone 9871 4888 then select 1

Desperately needed!!!

We need empty ice cream containers or similar sized plastic containers for a combined VCAL/Art Mosaic project. Eat lots of ice cream and donate to the school – win/win!

Students, please bring them to Mrs Carydias in J Block or Mrs Sayer in the Middle school. Thank you, we are grateful for your help.

Dear parents and students of Heathmont College

I write to inform you that a student in our school community is currently recovering from a life threatening illness. The student participates actively in the normal school program without any major limitations. A major concern, however, is if this student develops measles, chickenpox or other serious infections, they can become seriously ill. I seek your cooperation in preventing this situation.

If your son/daughter has or may have measles, chickenpox or any other contagious illness, I request that you do not send them to school during their illness and notify the school as soon as possible.

Rita Chiodo
Student Wellbeing
Lost property can be collected from the general office on Wednesday lunchtime.

**Uniform Shop Hours**

**SCHOOL TRADING HOURS**
- Tuesdays 2.30pm – 5.00pm
- Thursdays 12noon – 2.00pm

Uniforms can also be purchased directly from Klad Sports 2/9 Macro Crt. Rowville Tel: 9763 0266
- Monday – Thur: 8:30am – 5:00pm.
- Fri: 8:30am - 4:30pm
- Saturdays: 9:00am – 1:00pm

~ Cheques are not accepted ~

**SELL YOUR SECOND HAND UNIFORM ITEMS**

KLAD sports now offers a second hand uniform service. Uniform items of good quality can be submitted for sale on consignment.

Take your freshly laundered quality uniform items to KLAD Sports at either the College uniform shop or to their Rowville store. Set a price and a sell by date. If the items are sold KLAD Sports will contact you and arrange payment. If items are unsold you will be contacted to collect your items.

*For more information please contact KLAD Sports on 9763 0266*

**Maths Help**

- The library after school on Mondays till 4:00pm
- G3 lunchtime Wed, Thurs and Fri.

*Students of all year levels are welcome*

**Knitting Club**

Visit our knitting club on Tuesdays at lunchtime in G3.

Knit for charity and learn a new skill. Wools and needles provided.

**Needed Urgently**

Empty ice-cream containers or similar for Mrs Carydas (J block) or Mrs Sayer (Middle School). Thank-you.

**Drink Bottles for sale at the Office**

$5
Preventing Thefts From Motor Vehicles

Thieves from cars are often due to valuables being left in plain sight or doors and windows being left unlocked. Thieves can act at any time, so it is important not to present any opportunity to thieves. In order to reduce the risk of theft, thieves will search car windows or break-in to make repairs and the cost of repairs may exceed the value of the stolen item. Follow these simple steps to help reduce the risk of thefts.

**Checklist**

- **Remove all Valuables**
  - Do not leave any valuables in your vehicles. Take them with you if possible.
  - If you must leave valuables in your car – place them in your boot without being seen.
  - Remove GPS units and wipe the suction mark off the window.
- **Secure Your Car**
  - Keep your car in a well-lit and secure area.
  - Park your car in a locked garage if possible.
  - Park at the end of your driveway if you don’t have a garage.
  - Turn off the engine before leaving the car.
  - Do not leave keys in your car or garage doors open in your car – they may be stolen and used in home burglaries.
  - Install a car alarm.
  - Close all windows – including sunroof.
  - Use a security device in your driveway and close the gates if the driveway is not secure.
  - Use an alarm system.

**Commonly Stolen Items**

- Money, wallets, credit cards
- Tools and power tools
- Computers, mobile phones, cameras, GPS and other electronic devices
- Handbag, jewellery, sunglasses

**In the Event of Theft**

If your valuables have been stolen from your car, report the theft to the police.

Key Crime Prevention Tips

- Remove all valuable items when you leave your vehicle.
- Look at all doors and close all windows before leaving your car.
- Park your car in a well-lit and secure area.

Personal Safety on a Night Out

Enjoying Victoria’s world-class pubs, bars and nightlife scene with your friends should be fun and free from violence and other dangerous situations.

**Key Safety Tips**

- **Plan your Night**
- **Drink Safely and within your limits**
- **Take Care of your Friends**
- **Stay Alert and walk with others in well-lit, populated areas.

**Plan your Night**

- Take your ID, phone and enough money for food and transport
- Make sure you have safe transport to and from the venue before leaving
- Have a designated driver if necessary
- Check public transport times before leaving so you don’t have to wait at the platform
- If in Melbourne, consider using the NightRider bus or a taxi
- Tell friends or family where you are going and when you will be home. Keep them updated.

**Drink Safely**

You are more vulnerable to violence and accidents when you’ve had too much to drink. Alcohol affects everybody differently so it’s up to you to know your personal limits and stick to them. Save yourself the misery and remember that how much you drink is up to you.

- Drink within your limits
- Eat substantial food before and while drinking
- Drink slowly and drink water throughout the night
- Never mix alcohol and drugs
- If you can’t remember how many drinks you’ve had, it’s time to slow down
- Never drink and drive or get into a car driven by somebody who has been drinking

**Drinking Tips**

- Never accept a drink you haven’t seen the bar staff pour.
- Don’t leave drinks unattended and keep an eye on your drinks and your friends’ drinks.
- Remember that even soft drinks can be spiked.

Protecting Yourself From Online Crime

The Internet has made it easier to communicate, bank and shop. Yet despite these advantages, technology is not 100% secure. One person may see your devices or they may be lost or stolen. Your devices may be infected with a virus or other malicious software (malware).

**Online Risks**

- **Privacy or security issues**
- **Loss of funds**
- **Identity theft**
- **Fraudulent online shopping**
- **Virus or other malicious software (malware)**

**Checklist for Protection**

- **Keep your device safe**
- **Protect your online identity**
- **Avoid online shopping**
- **Secure online banking**
- **Social media security**
- **Additional Resources**

**Key Crime Prevention Tips**

- **Secure your physical and electronic connection**
- **Install anti-virus, anti-spyware software and use a secure Wi-Fi**
- **Think: Exercise caution when sharing information and remember, if it sounds too good to be true, it probably is!**

**Online Shopping**

- **Shop only on reputable websites**
- **Check for the closed padlock symbol which shows it is a secure site**
- **Use a secure third party payment facility**
- **Read the terms and conditions before buying**

**Online Banking**

- **Banks never ask for your banking details in writing – do not open, report and dispute**
- **Never provide your bank details over e-mail**
- **Always log off when you are finished**
- **Regularly review your bank statements**
- **Only download and use mobile banking apps from an official website of your financial institution rather than general app stores.**

**Social Media**

- **Limit the amount and type of personal information you put online**
- **Security and privacy settings should allow you to limit access to your account and check for settings regularly.**

**Additional Resources**

- **Buy Smart Online – Australian Government**
- **CyberSmart – Information for children and families: www.cybersmart.gov.au**
- **SCAMWatch – provides detailed information about current scams: www.scamwatch.gov.au**
- **Consumer Affairs Victoria provides information about how to protect yourself when you are shopping online:**
  - **www.scamwarn.org**
  - **www.consumeraffairs.vic.gov.au**
  - **Contact your financial institution for additional security information about online banking.**

Protecting Yourself From Theft In Public

Victoria is a vibrant and safe place, but everyone can take sensible precautions to protect their personal belongings from theft when out and about.

**Must haves in public**

When you’re out

- **Stay Alert**
  - Be aware and walk with confidence.
  - Always keep one ear free if using headphones.
  - Be alert and aware of people who appear suspicious.

Keep it Light

- **Take only what valuables you need for the occasion.**
  - Never bring bags or valuables with you.
  - Keep in mind that if you are walking on a busy street or on a crowded train, the more items you carry, the more attention they will attract.

**Additional Tips**

- **Be aware and alert of your surroundings.**
  - Keep your valuables in your hand, not in your pockets.
  - Keep your valuables in your hand if you are walking with other people.
  - Keep your valuables in your hand if you are walking in public places.
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**Key Crime Prevention Tips**

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**ATM Security**

- **Using ATMs:**
  - Never insert your PIN or staff your account.
  - Never enter your PIN or staff your account.
  - Never enter your PIN or staff your account.

**In the Street**

- **Do not remain or sit on a bench at the bus stop.**
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- **If your car is not secure, do not lock the door.**
  - Do not lock the door.
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  - Do not lock the door.
Promoting positive body image in teenagers

Dr Libby Rochester from EACH Youth Clinic will be talking to parents about how to promote a positive self image in teenagers in relation to body image. Issues discussed will include:

- Key influences on body confidence
- Importance of parents encouraging healthy behaviours and good role modelling in relation to body image
- Behaviours in young people that can increase or decrease body satisfaction
- Overview of eating disorders and warning signs
- Amanda Jenkins from the Youth and Family team will discuss services that can be provided at EACH and more specialized referral pathways

To register your attendance, please contact the EACH Youth and Family team on 9071 1902.

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**RELEASE**

Program for young people with anxiety and depression
Express yourself through art therapy, incorporating yoga, art, and strategies to overcome anxiety, and in a safe environment.

For: 14-18yo boys and girls

Where: Outer East Youth Connections
Lilydale 27 Maroondah Hwy, Lilydale

When: Every Thursday, July 31st - September 18th
Time: 11am - 1pm

Cost: Free

More Information: For more information and registration please contact Amanda Jenkins in the Early Intervention and Counseling team on 9071 1902.

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**Tuning in to Teens**

Emotionally Intelligent Parenting

A six-session parenting program for parents of adolescents aged 10 - 25

Would you like to learn how to:
- be better at talking with your teen?
- be better at understanding your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

Tuning in to Teens shows you how to help your teen develop emotional intelligence.

- Adolescents with higher emotional intelligence:
  - are more aware, assertive and strong in situations of peer pressure
  - have greater success with making friends and are more able to manage conflict with peers
  - are more able to cope when upset or angry
  - have fewer mental health and substance abuse difficulties
  - have more stable and satisfying relationships as adults
  - have greater career success –
  - Emotional intelligence may be a better predictor of academic and career success than IQ

Where: EV’s Youth Centre
212 Mt Dandenong Rd, Croydon
When: Wednesday 10am - 12.30pm for 6 weeks, 22 October - 26 November
Contact: Lea Young or Anna Zapral @ Connections Ph: 9724 2222

BOOKINGS ESSENTIAL
Education Maintenance Allowance

Information about changes to Education Maintenance Allowance as a result of the School Reform Agreement made between the Victorian Government and Commonwealth Government.

What is EMA?
The Education Maintenance Allowance currently provides financial assistance to low-income families to help meet costs associated with the education of their children.

How it is paid?
Parents can currently elect to have their EMA paid in one of the following ways:

- paid by direct deposit (Electronic Funds Transfer) into the parent’s bank account; or
- paid directly to the school to be held as credit which the parent can use towards education expenses; or
- paid by cheque which will be posted to the school for collection.

In 2013 over 70 per cent of parents receiving the EMA chose to have their EMA paid directly to their school. Each school would then use the funds for a range of expenses for that child.

Who is eligible?
The EMA currently provides financial assistance to Victorian families on a low income to help with the cost of educational items such as textbooks, stationery, uniforms and excursions.

It is a means-tested payment - parents must hold a Centrelink or Veterans Affairs concession card to be eligible.

What is changing?
In the recent School Reform agreement signed with the Commonwealth, the Victorian Government has changed the way it helps low income families with education expenses.

From 2015, the Government will distribute the funds previously used for the EMA directly to schools. DEECD will develop the arrangements to be used to distribute these funds to schools – consultation will occur with stakeholders about this.

Why?
Under the recent School Funding Reform an additional $12.2 billion will be allocated to Victorian schools.

Will my child be worse off?
No. Education funding for children will increase but will be delivered to your child in a new way through their school. The new agreement provides that schools with the most vulnerable students will receive the funding they need.

The students who will benefit the most from this funding agreement are those who are the most vulnerable.