FROM THE PRINCIPAL

School Council
I would like to express my thanks to the members of the Heathmont College Council who have finished their two year terms.

Parent Members
Tim Neve
Shantelle Barry

DET Members
Michael Meadows

Community Members
Amanda Rienits
Beau Dreux

Heathmont College Facebook Page
I am pleased to announce that Heathmont College now has an official Facebook page. Please go on and ‘like’ it – it will showcase all the activities around the College. This is a marvellous forum for us to share events at the College with the local community.

It will not be used to inform of upcoming events, rather, it will be used as a means to celebrate what is being done at the College.

Elevate Education for Year 12 students at Deakin University
The Year 12 students attended an Elevate Education at Deakin University. This annual event which is designed to provide strategies to students to maximise their success in their Units 3 & 4 studies was held last week. This studies skill session will be of great benefit to the students at the College. Our continued outstanding VCE results start with the students working hard from day one, and a lot of valuable ideas were presented to the students at this lecture.

Year 7 Camp Celebration Evening
This was a wonderful evening for the students and families to see how the Year 7’s went at the camp earlier in Term at Phillip Island. It was a very engaging evening with presentations from the students and it was great to see so many families there. My thanks to all the staff for their attendance at this evening.

Johanna Walker
College Principal

MARCH 2015

| Mon   | Labour Day Public Holiday       |
| Sat   | German Exchange                 |
| Mon   | Student Leadership Celebration Assembly Period 3 |
| Mon   | Year 8 Farm School              |
| Tue   | College Athletics               |
| Wed   | Immunisations Year 7            |
| Wed   | Immunisations Year 9 boys       |
| Thu   | Year 9 City Experience          |
| Fri   | Top Designs Excursion           |
| Fri   | Last day of Term 1               |

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Congratulations to the following students who participated successfully in the training and were selected to be an Ambassador for Heathmont College in 2015.

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
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</thead>
<tbody>
<tr>
<td>Nathan Thomas</td>
<td>71</td>
</tr>
<tr>
<td>Amy Saddington</td>
<td>72</td>
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<tr>
<td>Lachlan Griggs</td>
<td>72</td>
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<tr>
<td>Ethan Mulligan</td>
<td>72</td>
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<tr>
<td>Katie MacNamara</td>
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<tr>
<td>Luke Phillips</td>
<td>72</td>
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<tr>
<td>Kyal Robinson</td>
<td>73</td>
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<tr>
<td>Charlotte Mannix</td>
<td>73</td>
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<tr>
<td>Lochlon Blasius</td>
<td>73</td>
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<tr>
<td>Lauren Birch</td>
<td>74</td>
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<tr>
<td>Lucy Robertson</td>
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<td>Ethan Rorke</td>
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<td>Jayde Dawson</td>
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<td>Bradley Watson</td>
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<td>Jackson Leb</td>
<td>75</td>
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<tr>
<td>Bradley Rose</td>
<td>75</td>
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<tr>
<td>Blake Wenzel</td>
<td>75</td>
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<tr>
<td>Ally Watson</td>
<td>75</td>
</tr>
</tbody>
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These students demonstrated that they have good communication skills, are prepared to commit themselves to doing their best and are responsible.

As Ambassadors, they will represent Heathmont College for the students coming in 2016. They will take on Leadership roles throughout the year which support the College events such as College Tours, Open Night and Orientation Day.

Congratulations again on receiving this most prestigious position.

Ellen Holland

Transition Coordinator
The Year 7 Indonesian students recently completed a 30-question homework task on Indonesia. They had to read and research about the Indonesian community, country, language and culture, and share their findings with the class through a Powerpoint presentation. It was very rewarding to see the students performing this task so well. Their fabulous Powerpoint slides can be viewed on their class’s Compass Learning Task.

“I really liked this assignment because it taught me a lot of new things about Indonesia...I learnt about things that I never knew existed and I’m really happy that I finished it,” Kerith A

“I think this was a very good assignment because I learnt A LOT more than I already know. It will help me in the future with my VCE and more. I enjoyed working on it very much. My favourite slide has to be the Wayang Kulit slide. In previous years I made a Wayang Kulit of my own. This piece of work shows how much more I know about Indonesia now,” Lauren B

“My overall reflection of this assignment is interesting - just learning about the different ways of life living there in Indonesia compared to living in Australia. I enjoyed working on it because it’s going to help me move forward in my studies and life, and if I ever go to Indonesia I would be up to date with the language plus culture. I learnt a lot about Indonesia as you can see in my overall assignment which should help as I progress,” Hayley B
On the 11th of February, the year 10 Outdoor Ed group for 2015 set off for their first camp. This camp was held at Lorne along the Great Ocean Road, where we stayed at Cumberland River Caravan Park for three days. The purpose of this camping trip was to admire and discover different types of outdoor environments, as well as a general introduction to Outdoor Ed.

On our first day, we took part in some exciting activities such as going to our first surfing lesson, cooking our own food and ending the night with catching a barracouta on the pier.

The next day, we got up early in the morning to start our next lot of activities. This day saw us travelling to a conversation centre to be educated about the Tiger Quolls and the Eastern Quolls. These Quolls are endangered species of Australia and need all the help they can get. After that we got ready for our hike (The Great Ocean Walk) from Marengo to Shelley beach. That night we had a campfire where we roasted marshmallows.

For our last moment there, we packed up our campsite and got ready for yet another surfing lesson. We later on finished our surfing lesson and went to stop for lunch at Torquay. This camp brought us closer together as a group and is a trip to remember, as we are looking forward to the next one.

Annie Leeman and Steph Macdonald

Commemorating the 100th Anniversary of the Gallipoli Landing

As we are all aware this year is the 100th Anniversary of the landing of the ANZACs at Gallipoli. The College will recognise this anniversary with a special assembly. The assembly will be @4th April during period 2 (10:45-11:50). Heidi Victoria will be at the assembly. As part of this assembly the year 7 textiles students, the year 9 ceramics students and many avid knitters have been making poppies. We have over 200 poppies. These will be “planted” in our own Flanders Field at the front of the College.

We are inviting all families to commemorate a poppy to a family member who has served Australia in the armed services. This will include National service and nursing services.

If you would like to commemorate a poppy to a family member fill in the attached form and return it to the office by 17th April. Your student will then plant the poppy as part of the ceremony. The poppies will have a label with the name, rank and service of the family member. We are asking for a donation of a gold coin to commemorate a poppy. The money will go to Legacy.

The ceramic poppies will be made into a permanent display with commemoration to World War 1 service personnel from the families at the College and local residents.

We are still looking for more poppies so get your knitting needles going and send the poppies by the end of term 1. The pattern for the poppies has been in previous newsletters or can be obtained from the display in the foyer or at 5000pies.wordpress.com/poppy-patterns

Student’s name ____________________________
Learning group________________________
Service Personal Name____________________
Rank__________________________
Dates of service___________________________
Please return this slip by 17th April
As part of their study for “Introduction to Science” the year 7s have been measuring the temperature of different substances. Using thermometers and an assortment of items to test, the students have been warming up to science.

As part of their study of “Being Scientific” the year 8s have been finding what yeast likes to eat. Using flour, warm water and sugar the students knowledge of carbon dioxide production has ballooned.

As part of their study on “Diffusion” year 12 Biology have been undertaking their own dialysis. Using lengths of dialysis tubing, glucose and starch, the students have absorbed a new level of knowledge.
PERFORMING ARTS @ HEATHMONT

Performing Arts is an important outlet for students to express their creativity, build confidence and grow into fine adults. Our Performing Arts program is growing at an increasing rate, and I encourage all students to be a part of this exciting time for the department here at Heathmont.

Music

We have undergone a few changes in the Music Department. We welcome back;

Sally Barkla - brass/woodwind teacher
Lachlan Barratt - guitar teacher
Travis Easton - percussion teacher

I would like to warmly welcome;

Beth Stephens - voice teacher

We have a few spots still open in our Instrumental Program, so please visit the Music Department and speak to one of our talented teachers.

We are currently looking for year 7s who would like to play Trumpet or Trombone. Please see Ms. Barkla on Thursdays if interested.

Term 1 Soiree

We would like to invite all parents of students who are currently involved in the Instrumental Music Program to attend our Soiree night. Student will be showcasing songs that they have learnt individually and in ensemble groups.

Details:
Date: Wednesday March 25th 7pm
Location:
  - Guitar and Drum (Room A7)
  - Vocalists (VCE Centre)
  - Brass and Woodwind (Room A6)
Duration: 1 Hour

We look forward to seeing you all there.

Drama

It is with great pleasure that I announce the production team and cast for our September production of ‘Grease’.

Directors: Nicholas Barca and Jo Sayer
Musical Director: Gavin Ferrier
Assistant Musical Director: Beth Stephens
Choreographer: Melissa McMurray

To be performed at Knox Community Arts Centre on the 4th and 5th September 2015. Tickets available soon.

PAPA: Performing Arts Parent Association

We are looking for parents wanting to be involved with everything Performing Arts.

We want your input and ideas....if interested in joining our committee, please email Mr. Barca via compass. More details to come.

Grease Costume: Calling all parents!

As rehearsals have just commenced we are in need of parents wanting to be part of our costume team. Give as much or as little time as you can! All welcome. If interested please contact Mr. Barca via compass.

Keep an eye on this space, more announcements to come.

Nicholas Barca
Head of Performing Arts
Heathmont College proudly presents

Grease

By arrangement with ORiGIN Theatrical
Book, Music and Lyrics by Jim Jacobs and Warren Casey

September 4-5, 2015
Tickets to be released soon!
<table>
<thead>
<tr>
<th>CHARACTER LIST</th>
<th>STUDENT</th>
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<tbody>
<tr>
<td>Miss Lynch</td>
<td>Elise Guest</td>
</tr>
<tr>
<td>Patty Simcox</td>
<td>Rosie Rattle</td>
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<tr>
<td>Eugene Florczyk</td>
<td>Tom Oakley</td>
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<tr>
<td>Jan</td>
<td>Emily Kefford</td>
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<tr>
<td>Marty</td>
<td>Alex De Jong</td>
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<tr>
<td>Betty Rizzo</td>
<td>Maya Kolevich</td>
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<tr>
<td>Doody</td>
<td>Chris De Jong</td>
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<td>Kenickie</td>
<td>Jackson Leb</td>
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<td>Sonny Latieri</td>
<td>Mitchell Graham</td>
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<tr>
<td>Frenchy</td>
<td>Mia Grundy</td>
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<tr>
<td>Sandy Dumbrowski</td>
<td>Caitlyn Moscrop</td>
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<tr>
<td>Danny Zuko</td>
<td>BJ Shield</td>
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<tr>
<td>Cha-Cha Digregorio</td>
<td>Amelia Barry</td>
</tr>
<tr>
<td>Rodger</td>
<td>James McMaster-Smith</td>
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</tbody>
</table>

**ENSEMBLE CAST**

Rehana Egobi  
Brooke Mullenger  
Brooke Caddy  
Shannon Pauer  
Jemma Smith  
Micah Taylor  
Mia Smart  
Meka Cogan  
Amy Saddington  
Moo Paw  
Abi Neve  
Rhy Cogan  
Talitha Thick  
James McMaster Smith  
Juliana Metlenko  
Nyalat Thiwat  
Emily Power  
Ronan Moody  
Georgia Henshall  
Arianna Forman  
Lauren Birch  
Natalie Collyer
Attention all budding singers!!

New to Heathmont College in 2015, vocalist and songwriter Bethany Stephen has been writing, recording, touring and performing extensively, both locally and internationally, with her group, The Little Stevies, for the past twelve years.

Having studied Voice at The Victorian College of the Arts (Jazz/Improvisation), recorded four original albums that have gained wide public exposure on Australian media outlets including Triple J, ABC, Triple R and commercial television, and having performed at various major music festivals and events throughout Australia and North America, you want to learn to sing from her.

Whether you want to make it as a professional singer, songwriter or entertainer, or just love to sing because it makes you feel good, be sure not to miss the opportunity to enrol in instrumental voice lessons for this year. Contact Miss Stephens on 98714888 or via Compass.

After school help now in more subjects

Dear Parents,

For a number of years, After School Maths Help has been run on a Monday afternoon from 3.15 – 4.15 in the Library. Building on the success of this, we will now have staff from other curriculum areas available to help students with their tasks.

The Maths Department has always kept a roll of attendees for this event. Now as we have moved across to Compass for attendance, events and most of the College communications, we will be inviting ALL students to attend the session and the event and the attendance will be marked on Compass. Students are encouraged to attend if they require specific help, general help or just a place to complete homework tasks. Parents can track their student’s attendance at this session through the attendance tab in the portal. If your student is attending, they will be marked ‘Present’. If student is not attending these extra help sessions, they will be marked as ‘Not Present’. Parents of students, who are not participating in these sessions, are advised to approve the absence when they visit the Parent Portal.

Please note: Non-attendance at these afterhours events will not alter the student’s overall school attendance. The roll provides the College with valuable Emergency Management data if an emergency arises.
2015 OPEN NIGHT
Tuesday 21st April 2015, 7pm – 8.30pm

College Tours: Wednesdays 9.15am – 10am
Saturday 21st March 9.30am-11.30am (RSVP Wednesday 18th March)

Contact the College Office on 9871 4888

Join us and learn more about our...

- Year 7 Excel Program
- Scholarship opportunities
- Culture of high expectations and College Values
- Extensive student leadership program
- One-to-One Notebook Learning Program
- Safe, secure learning environment
- Excellent specialist facilities in Arts, Technology and Sport
- Wide range of curriculum experiences for Middle School Students
- VCE, VET and VCAL pathways for Senior School Students
- Sporting, cultural and International extracurricular activities

Waters Grove, Heathmont VIC 3135
P (03) 9871 4888
www.heathmont.vic.edu.au

Growing Through Knowledge
Students are reminded that the appropriate point to cross the creek is by using the bridge at the end of Waters Grove. Students should not cross Dandenong Creek by wading through the water or by using rocky outcrops as stepping stones. Melbourne Water has advised the College that the Dandenong Creek is often used for the letting of water and could suffer flash flooding. Students should use the bridge at all times to avoid this danger.

Farm School Program 2015:

The College has been offered the opportunity to participate in the Farm School Program based at Woori Yallock.
Focus: Personal Confidence and Team Building
Who: open to all year 8 students
When: 5 week program will run on a Monday for 5 weeks-all day 9 am -3pm
The first program will begin Feb 16.
Note there will be 6 programs offered throughout the year
What: Team building activities/studies in Sustainability/excursions/historical fieldtrip/bike ride
Cost: none to student
Transport: School Bus
Details: will be provided to students at an assembly and COMPASS feed to parents
Notice Board

Wellbeing is in need of old college uniforms in good condition. Please deliver any contributions to the office.

Uniform Shop

School Trading Hours

Uniforms can also be purchased directly from Klad Sports 8 Macro Crt. Rowville Tel: 9763 0266

Monday – Thurs: 8:30am – 5:00pm.

Fri: 8:30am – 4:30pm

Saturdays: 9:00am – 1:00pm

~ Cheques are not accepted ~

~ All EFTPOS transactions must be over $20 ~

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 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

MATHS HELP

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

Students of all year levels are welcome

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 is it 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;
- paid directly to the school to be held as credit which the parent can use towards education expenses;
- 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.

Education support for families who are the most vulnerable.

Don’t forget to keep those knitting needles and crochet hooks busy producing poppies for our ANZAC commemoration in 2015. Thank you for your contributions already.

Single poppy kits are available from the College office.
Do you love maths, science and health? Have you considered studying biomedical engineering? “Biomedical engineering sits at the intersection of technology and human biology – applying the latest developments in computing, robotics and nanotechnology to medicine to ensure a better life for all of us. Biomedical engineers create new technologies that improve disease diagnosis, find new and better ways of patient monitoring, revolutionise medical treatment and so much more”.

You can specialise in areas such as:

- Biomechanics
- Biosignal Processing
- Medical Imaging
- Biomaterials
- Neural Engineering
- Computational Modelling

“If you’re fascinated by human anatomy and curious about artificial intelligence and robotics then you’re going to love exploring biomedical engineering”. UNSW have put together five reasons why you should consider studying biomedical engineering (includes videos!), [http://goo.gl/VZn67L](http://goo.gl/VZn67L)

Do you love photography? Deakin University has an annual photography competition for VCE students called ‘Topshots’. You can now view the winners of the 2014 competition online - [https://blogs.deakin.edu.au/topshots/](https://blogs.deakin.edu.au/topshots/)

Keep in touch with La Trobe University and win! Just by signing up to receive online updates from La Trobe University, you will go into a draw to win a $4500 Qantas holiday travel voucher. Sign up here: [http://goo.gl/Gcvy2](http://goo.gl/Gcvy2)

New combined courses at Australian Catholic University: From 2016, the Bachelor of Biomedical Science will be available to select as a combined degree with Law, Business Administration or Applied Public Health. A Bachelor of Teaching/Bachelor of Exercise Science is currently under development, [www.acu.edu.au/720943](http://www.acu.edu.au/720943)

Have you considered studying a health course in the future? Deakin University’s Faculty of Health is now on Facebook. Join the page to get up to date news about their courses, information days and expos, and to connect with current students and lecturers: [www.facebook.com/DeakinHealth](http://www.facebook.com/DeakinHealth)
**VOCATIONAL & HIGHER EDUCATION NEWS**

Confused about how to choose the right business degree for you? Monash University has helped out by providing tips on how to choose a course - you can choose a general business or commerce degree and then specialize later, or choose a specialist degree straight after school. Explore their tips here: [http://goo.gl/iWeK1N](http://goo.gl/iWeK1N)

Improve your ability to study by eating brain foods! Monash University has a new post on their Destination Monash blog for secondary students called ‘Brain Food’. They have listed some of the best foods that can assist with memory retention, health, alertness and brain health, [http://goo.gl/nqel6V](http://goo.gl/nqel6V)

**Destination Monash:** Make sure you bookmark the Destination Monash Tumblr page for updates on study skills, time management, and information about university life. All blogs have been written by current Monash students and are witty and entertaining, [http://destinationmonash.tumblr.com/](http://destinationmonash.tumblr.com/)

**BULLET JOURNALING**

Interested in Asia Studies? Australia National University (ANU), Canberra, has a wide range of scholarships available to assist their students studying Asia Studies to undertake overseas exchange placements.

- Click here for a full list of scholarships - [http://goo.gl/rVRAuF](http://goo.gl/rVRAuF)
- Click here to read stories from ANU students undertaking the Year in Asia program - [http://goo.gl/u9C3MS](http://goo.gl/u9C3MS)
- Click here for information on their Asia Studies courses - [http://goo.gl/srlv22](http://goo.gl/srlv22)

**UPCOMING EVENTS**

**Upcoming events: March**

- 7: UMAT Simulation Day, St Vincent’s Hospital, Melbourne, NIE, [www.nie.edu.au](http://www.nie.edu.au)
- 10 – 19: At Monash Seminar Series, Monash University. For a list of dates, seminars and venues, go to [http://goo.gl/hvU8BT](http://goo.gl/hvU8BT)
- 17 – 28: Meet Melbourne University, dates and locations vary, [http://goo.gl/e2hhR](http://goo.gl/e2hhR)
- 12: UNSW Medicine Information Evening, UNSW, Kensington, [http://goo.gl/09m11s](http://goo.gl/09m11s)

**Upcoming Events: April**

- Zookeeper for a Day and Vet for a Day, Healesville Sanctuary and Wembie Open Range Zoo, [www.zoo.org.au](http://www.zoo.org.au)
- 9 & 10: Experience La Trobe University, Bundoora (9) and Bendigo (10) campuses, [www.latrobe.edu.au/experience/events](http://www.latrobe.edu.au/experience/events)
- Charles Sturt University MyDay events- Nursing & Paramedics (23), Bathurst and Accounting, Business & IT (30), Albury-Wodonga, [www.csu.edu.au/go/myday](http://www.csu.edu.au/go/myday)

**Upcoming Events: May**

- Charles Sturt University MyDay events- Nursing (24) and Community Health – Physiotherapy, Speech Pathology, Podiatry, Health & Rehabilitation Science, Occupational Therapy (28), Albury-Wodonga, [www.csu.edu.au/go/myday](http://www.csu.edu.au/go/myday)
CAREER EVENTS

February 2015

UMAT

Applying for Medicine/ Dentistry/ Oral Health/ Optometry/ Physiotherapy?

If are applying for any of these health science courses, you may need to sit the Undergraduate Medical Admissions Test (UMAT).

This is a three-part test that you sit in July and selected universities use your UMAT score as part of the selection process, in conjunction with your ATAR and in some cases an interview.

You will be tested on the following logical reasoning and problem solving, understanding people and non verbal reasoning.

You will only have one chance to sit the UMAT this year- the test will be held Wednesday 29 July. You must be in Year 12 and you must register online to sit the test by 5pm 5 June.

Please go to http://umat.acer.edu.au/ for more information about the UMAT and to see if you have to sit the test.

You can also join the ACER UMAT Facebook page to keep up to date with key information.

AUSTRALIAN MARITIME COLLEGE

Do you have a passion for science and the ocean?
Have you considered studying one of the amazing programs at the Australian Maritime College located in Tasmania?
They offer course in:
- Ocean & coastal seafaring
- Maritime engineering – marine & offshore systems; ocean engineering; naval architecture
- Marine conservation, fisheries management and aquaculture
- Nautical Science
- Maritime & logistics management
- International logistics (freight forwarding)
- Maritime technology management

To learn about their programs, go to www.amc.edu.au/future-students

DEAKIN UNIVERSITY

Do you love photography?
Deakin University has an annual photography competition for VCE students called 'Topshots'. You can now view the winners of the 2014 competition online - https://blogs.deakin.edu.au/topshots/

Topshots Winner

Have you considered studying a health course in the future?
Deakin University’s Faculty of Health is now on Facebook. Join the page to get up to date news about their courses, information days and expos, and to connect with current students and lecturers:
www.facebook.com/DeakinHealth

AUSTRALIAN CATHOLIC UNIVERSITY

New combined courses at Australian Catholic University:
From 2016, the Bachelor of Biomedical Science will be available to select as a combined degree with Law, Business Administration or Applied Public Health.
A Bachelor of Teaching/Bachelor of Exercise Science is currently under development. Go to www.acu.edu.au/720943
Training for Parents of Teenagers (TPOT) Research Study

FREE training for parents to help the mental and physical health of teenagers

VOLUNTEERS NEEDED!

Who is running the project?
The Centre for Mental Health at The University of Melbourne.

Who can take part?
Parents with teenagers aged between 12-15 years within Australia (one parent and one teenager per family). This includes Teachers or Staff who are parents.

What are the aims?
The project aims to teach parents the skills to assist a teenager, in the event that they develop a mental health problem or a physical injury and to evaluate the training offered.
We are interested to see if the skills taught to parents are used on adolescents and whether this has a long-term health benefit for adolescents.

What’s in it for me?
A $50 Coles/Myer voucher after course attendance! This is to acknowledge parents’ time commitment (2 days) and travel expenses.

Parents receive the training course, materials and Certificate of completion for FREE.

Courses offered:
- 14-hour Youth Mental Health First Aid which teaches adults the skills to recognise the early signs of mental illness, identify potential mental health-related crises, and assist teenagers to get professional help.
- 15-hour (HLTAID003) Australian Red Cross Provide First Aid which teaches the skills to sustain life, reduce pain and minimise the consequences of injury and illness until professional help arrives.

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<th>WHEN?</th>
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<tr>
<td>21 &amp; 28 Feb 2015 9.00am – 4.30pm (over 2 Saturdays)</td>
<td>Central Ringwood Community Centre Bedford Road RINGWOOD</td>
</tr>
<tr>
<td>24 – 25 Feb 2015 9.00am – 5.00pm (Tues &amp; Wed)</td>
<td>Montrose Town Centre 935 Mt. Dandenong Tourist Road MONTROSE</td>
</tr>
<tr>
<td>17-18 March 2015 9.00am – 5.00pm (Tues &amp; Wed)</td>
<td>397 Whitehorse Road (behind Library) NUNAWADING</td>
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Register at: www.tpot.net.au

During online registration, parents will need to select both courses but a computer will randomly place them into one course or the other.

Other dates and locations available!

Telephone interview prior to training

Before parents can attend their allocated training course, they and their teenager will be required to undertake an individual 20 to 30 minute telephone survey, which will ask about knowledge and attitudes about health problems.

This study has received ethics approval from The University of Melbourne’s Behavioural and Social Sciences Human Ethics Sub-Committee ID: 1135679, The Department of Education and Early Childhood Development (DEECD) ID: 2012_001480 and the Catholic Education Office of Melbourne (CEOM) ID: 1877.

For more information and to register: www.tpot.net.au
Chaplain’s Spot Term 1 Week 5 2015

Excessive Family Stress

Stress is a part of life and an essential one too. You may consider it a negative force but it can be healthy if not in excess and if you have strategies to deal with it. The difficulty comes when there is a large amount, and most children haven’t developed a range of suitable strategies. Clearly excessive stress in a family will cause the children to feel unsure about their place in the family and also doubt the stability of the future. It is difficult to maintain focus and motivation levels if you aren’t sure what the next day will hold.

There can be many causes of stress, some of which are beyond your control but there are still techniques to reduce the effect they have on your children. Over the years I have worked with young people whose families were facing financial hardship, job loss, separation, divorce, siblings with substance abuse issues, jail etc. Very difficult times and very difficult problems.

When these are a feature of your life there are some things you can do depending on the age of your children.

1. Don’t try and avoid discussion. Lack of communication leaves room for imagination and the children will be wondering what is happening. Talking with them won’t solve the problem but it will reduce their stress level considerably.

2. Don’t allow them to accept the blame for what is happening. Too many children feel responsible for their parents’ divorce and wrongly believe that it was their behaviour, or even their very presence, that caused the marriage to fail. Don’t add to their stress by unloading your issues onto them – they aren’t equipped to help in that way. Seek professional help.

Written by Nigel Lane. www.nigellane.com.au Used by permission

Feel free to email me or contact me at school if you would like to talk with me, on family, individual or other issues.

Alan Silverwood – Chaplain [silverwood.alan.a@edumail.vic.gov.au] Pastoral care for our community, with issues of emotional, financial, spiritual, physical nature. [The Chaplaincy program is funded through the Federal Government & Community support. This is a voluntary program in our school community.]

Alan Silverwood - Chaplain

What? Me Worry!?!?

Do you need practical suggestions on how to manage your anxiety?

Would you like to reduce the amount of time you spend worrying?

Are you aged 12-16?

Then this is the group for you!

It can help you to ...
- learn about anxiety
- develop relaxation skills
- challenge your anxious thinking

This group runs for 11 weeks during the school term. Each session will run for 1½ hours.

When: Thursdays from 4 March until 28 May 2015 (no sessions during school holidays)
Time: During school hours
Place: Sessions held at your school
Cost: Free (you must have a current ATAPS Better Outcomes referral from your GP)

Bookings are essential and places are strictly limited.

To register your school, a staff member should contact headspace Knox on 9861 5088 and ask for Rima.

Breaking the Cycle

Are you parenting or caring for an adolescent who is abusive or violent in the home?

- Feeling threatened, frightened of or controlled by this young person?
- Are siblings, family members or pets feeling scared?
- Do you feel anxious, isolated, ashamed and resentful?
- Would you like to find ways to help your young person become responsible and respectful?

The Breaking The Cycle program is supportive and informative. It offers practical ideas to manage and change your situation.

GROUP PROGRAM FOR TERM 1 & 2 2015
8 sessions on Thursdays 10am to 12.30pm
March 5 - 26 and April 16 - May 17
(no group sessions during school holidays)
Anglicare Victoria
47 - 51 Castella Street, Lilydale

FREE PROGRAM
Feedback from participants?
"I feel good that I’m not the only one"
"It gave understanding that applied to real life"
"Support of the group was helpful"

BOOKINGS ARE ESSENTIAL
Julia 9735 6190 or 0400 866 495
anglicarevic.org.au
Cool Head

This group will meet for six sessions over six consecutive weeks. Each session will run for 1½ hours.

Where:
Every Wednesday from 4 March to 8 April for 18-24 year olds
Every Thursday from 9 March to 9 April for people aged 25 and over

Time:
6:30pm – 8pm

Place:
Eastern Melbourne Medicare Local (EMML) Knox
g Capital City Boulevard
Westfield Knox Osprey
608 Burnwood Way,
Wannara South

Cost:
Free (you must have a current ATAPS Bobor outcomes referral from your GP)

To register:
Call Reena on 9801 9088

See Ms Chiodo

Seasons for Growth® Parent Program:
In collaboration with headspace Knox, we are delighted to offer a new program for parents called “Supporting Your Child Following Divorce or Separation”

Parent Invitation

Since 2003, the highly successful Seasons for Growth® Program has been available for children and young people who are dealing with grief and loss. For many years, parents whose children have participated in the Seasons for Growth® Young People’s Program have been asking, “Is there a program that can help parents too?”

The Seasons for Growth® Parent Program has been developed to meet this need. The program provides an opportunity for you to reflect on the experience of separation and divorce from your child’s perspective, and to explore ideas and strategies that might help you support your child/children through the changes happening in your family.

The Seasons for Growth® Parent Program: Supporting your child following separation or divorce is a small group program for 9-12 parents. It will be held over 2 x 3 hour sessions and is for parents only.

Dates: 17 and 24 March 2015
Venue: headspace Knox, 2 Capital City Blvd, Westfield Knox Osprey, Wannara South
Time: 6pm to 9pm

For more information, or to express your interest-taking part in the Seasons for Growth® Parent Program, please contact Emma Dalland on 9801 9080 or by email emma.dalland@headspaceknox.com.au or emma.dalland@hotmail.com

Bush Tucker Yarning Circle

For Aboriginal and Torres Strait Islander Communities

Join us around the kitchen table for a yarn about bush tucker...

Wednesdays 12:30 – 4pm

Fortnightly

Sessions Dates 2015:
February 25th with Colin Atkinson
March 11th 2015
April 7th 2015 Youth & Family Event
with Colin Atkinson & Cultural Activity Workshop with Aboriginal Artists.

For more information, contact: Vanessa 9757 6254 / email: Vanessa.Murdoch@each.com.au
Catherine 9757 6261 / email: Catherine.Denny@each.com.au
Meg 9757 6209 / email: Meg.Feinty@each.com.au

SOUND AND LIGHTING TRAINING PROGRAM

Learn the basics of live sound and lighting operation in a FREE eight week course with Arts Centre Melbourne’s Production team

Get a transferrable VET unit of competency in OHS

Work as part of the production team on a live hip-hop event with the Dig Deep collective

Saturdays Mornings 10AM - 1PM from March 7th to May 9th 2015
The Channel at Arts Centre Melbourne

To refer a young person into this program, contact: dan.west@artscenemelbourne.com.au

The Tech Specs Program is supported by Mrs Debbie Dackin. Arts Centre Melbourne offers a heartfelt thank you to her for her generous support.
BOOK ON-LINE NOW

- RIDES & MEAL DEALS WRISTBANDS
  http://www.trybooking.com/108954

- $20 YVB Mini Facials (Limited places)
  http://www.trybooking.com/118092

- $10 Seated Massages (Limited places)
  http://www.trybooking.com/118093

- $5 Half hour bootcamp (Limited places)
  http://www.trybooking.com/118080

You can also find the above links at
Marlborough Primary School Community Fair Facebook Page
https://www.facebook.com/pages/Marlborough-Primary-School-Community-Fair/704558646317815
Win a $50 account.
All you have to do is enter our colouring competition for a chance to win.

Simply drop your completed colouring competition into the Heathcote Community Bank® Branch and you could win a Bendigo Bank $50 savings account.
Entries close Saturday 7 March 2009.
Entries are divided by age groups 0 - 4, 5 - 8, 9 - 12.
Competition winner will be announced at 1:30 pm on Sunday 29 March 2009 at Heathcote Primary School Fete.

Name:
Age:  
School:
Address:
Phone:

Bendigo Bank
Heathcote Community Bank® Branch
101 Bridge Street, Heathcote
Phone: (03) 5437 3000

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How can I get involved?

Mentoring:
Are you over 21 years of age, can make a commitment of at least one hour a week over a 12 month period, hold a full drivers licence and want to help young learners?

Learner Driver:
Are you a young person who is unable to get the 120 hours driving experience required to apply for your probationary licence?

For more information please contact the L2P Coordinator at UnitingCare Harrison on 9871 8700

What is the L2P Program?

L2P is a community based volunteer program designed to provide driving practice for young learner drivers who face significant barriers in gaining their 120 hours of driving practice required to obtain a probationary licence.

How L2P Works

Volunteer Mentors are required to register their interest in the program, attend an interview, and complete the mandatory checks and VicRoads training. Young learners are also required to apply and attend an interview before being accepted into the program. Learner drivers are matched with licensed volunteers, and use a fully maintained and serviced vehicle, with a minimum four star ANCAP safety rating, to gain their 120 hours driving experience. Eligible learner drivers will receive up to seven professional lessons throughout the program, to evaluate their progress at the different stages of learning to drive.

Volunteer Mentors

Mentors are volunteers from the community who undertake a selection and training process to fulfill the role of supervising driver. Mentors develop a trusting and supportive relationship with the young person by providing them with the tools they need to be safe and confident drivers. Mentoring provides volunteers with the opportunity to meet new people, develop new skills and have a positive impact on the lives of young learner drivers.

Learner Drivers

L2P is for young learners 16 – 20 years of age, with a current Learner's permit who live in the Cities of Knox or Maroondah. The L2P program helps young people who have significant barriers to learning to drive, and who do not have access to a vehicle or supervising driver to gain their 120 hours driving experience. There is no charge to participate in the program.