



Gleneagles College Newsletter

IMPORTANT DATES TO NOTE

Monday 3 rd June	- Casey Division Cross Country	Thursday 13 th June	- Year 10 Macbeth Performance
Mon 3 rd - Fri 7 th June	- Year 11 & 10 exams	Friday 14 th June	- Report Writing Day, no students
Wednesday 5 th June	- UNSW Science Competition - PFA Meeting, 7.30pm	Monday 17 th June	- Southern Region Cross Country
		Mon 17 th - Fri 21 st June	- Year 10 Work Experience
Friday 7 th June	- Presentation Ball	Tuesday 18 th June	- Year 7 boys 7 girls & Year 9 boys Immunisations - UNSW Spelling Competition
Monday 10 th June	- Public Holiday, Queen's Birthday		- Year 8 High Resolves Program (18, 20, 21/5)
Tuesday 11 th June	- Year 10 Humanities Excursion	Wednesday 19 th June	- Year 8 Netball, Soccer, Boys Football - Year 9 Romeo & Juliet Performance
Wednesday 12 th June	- GAT - Year 9 Excursion Outdoor Ed	Friday 21 st June	- School Production Camp (12.30pm departure)

COLLEGE PRINCIPAL'S REPORT

REPORT WRITING DAY

A student free day has been scheduled for **Friday 14th June**. Gleneagles staff will use this day for correction and reporting. There will be no students attending on this day.

YEAR 10 & 11 EXAMS

The Year 10 & 11 students will be sitting their mid year exams from Monday 3rd to Friday 7th June. The Exam Navigator booklet was distributed to all Year 10 & 11 students recently. The Navigator provides student information, timetables, exam guidelines and rules for the exams. The Exam Navigator is also on the College website in Quick Links on the Home Page and on the VCE App.

ROAD SAFETY ISSUES

Parents are requested to be mindful of student safety before and after school in relation to traffic:

- Please obey all traffic and parking signs outside the school.
- Discuss with your child the need to use the School Crossings at all times.
- Please do not double park in the streets outside the College when dropping off or picking up your child.
- Do not park over the School Crossing lines.
- U Turns in Reema Boulevard and Hanna Drive must be avoided at busy times.
- No parking in the drop off bay during designated times.

Parking inspectors patrol school zones and will issue fines for non compliance of road rules and parking signs. Your co-operation in these areas will be greatly appreciated.



BUS SAFETY TIPS



Students are also reminded that they need to take care when crossing roads to catch a bus or after alighting from the bus. Some bus stops are on busy roads with high traffic flow and extra care must be taken.

Always look for the safest place you can find to cross a road. Traffic lights or pedestrian crossings are the safest places to cross.

Never try to cross a road from between parked cars, drivers can't see you and you can't see the driver.

Always stand on the footpath, away from the road while you are waiting for the bus to arrive.

Always wait until the bus has fully stopped before walking towards the bus.

Always wait until the bus has left before crossing the road, unless at a pedestrian crossing.

Always walk away from the bus so you have a clear view of the road and the car driver can see you.

Always cross a road in the most direct route.

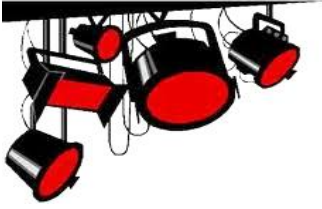
Sue Peddlesden, Adele Duffy, Kathie Toth & Paul Thorne

PFA (PARENTS AND FRIENDS) OF GLENEAGLES

NEXT MEETING WEDNESDAY, 5TH JUNE 2013

7:30PM - 8:30PM

Come along and meet other parents. Let's have a coffee and share some ideas. We are considering a Gleneagles Family or Community Market Day. Join in at the next meeting and have your say. We plan to talk about projects we could undertake this year. Bring along some ideas to talk about.

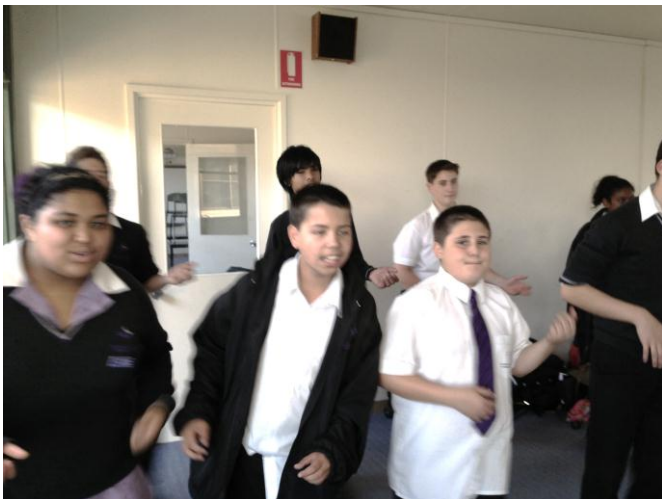


'ON THE VERGE' PRODUCTION UPDATE

The production cast and crew have spent this Term busily working hard during our rehearsals. We have been learning songs, choreographing dances and acting our way through the scenes.

The students have all been working extremely hard and putting one hundred percent into their roles. We know our performance in September will be entertaining and we look forward to putting on an amazing show. Just a reminder to parents that the production camp is fast approaching on Friday, 21st June and that all camp deposits and balances must be paid by Friday, 7th June. We are excited to spend some time outside of school, rehearsing and having fun.

'On the Verge' Production Team



Leeanne Lazos M04, Blake Eims 7J, Ben Jesus 7J, Josh Clarke 8A, Jesse Chagar 8A



Danielle Storey 7E, Rhianna McMahon 8E, Juliet Daoud 7F, Xenia Sanut 7E, Jordon Barratt 7E, Shadae Stewart 7K, Hanna Halton 7E, Montanna Meddings 7A

WELLBEING NEWS – ADOLESCENT HEALTH NURSE

What does an Adolescent Health Nurse do?

I work as part of the college Wellbeing Team. I work with students (one on one and/or small groups) in a safe, private and youth friendly environment to discuss issues, concerns or worries relating to their health and wellbeing, including friendships/relationships, conflict resolution, loss and grief, body image, bullying, sexual health, mental health (stress, anxiety, depression), alcohol and drug related issues.

I work with teachers and staff to deliver health and wellbeing related classes and programs and the school community to deliver whole school focused health promotion projects.

Confidentiality and Privacy

When seeing a young person I am required to maintain confidentiality (privacy), unless I have their permission to inform other people. However, there are some instances when I am required to breach confidentiality, for example if a young person discloses that they and/or others are 'unsafe' or 'at risk' and under mandatory reporting guidelines.

Contact and further information

Available – Tuesday and Friday

Location – end of H Block (new counselling rooms)

Other useful contacts and resources for young people and their families

24 hour, 7 days a week crisis support

Police/Fire/Ambulance – 000 or (112 from mobile phones)

Lifeline – 13 11 14

Monash Health (Southern Health) Psychiatric Triage Service – 1300 369 012

Other non-crisis support

Beyond Blue - www.beyondblue.org.au

Working to decrease the impact of depression and anxiety.

eheadspace – www.eheadspace.org.au

Is a confidential space where young people aged 12 to 25 years and their family can web chat, email or speak on the phone with a qualified youth mental health professional.

Headspace – www.headspace.org.au

The National Youth Mental Health Foundation. New centre has just opened in Dandenong.

Youth Central www.youthcentral.vic.gov.au

Youth Central is a Victorian Government website providing young people with great information and articles on topics including health, education and more.

Anne Clancy, Adolescent Health Nurse

Computer Games Boot Camp



Applications are now open for the annual Monash University Faculty of IT Computer Games Boot camp during the July school holidays at the Clayton campus – Saturday 6th to Friday 12th July (10.00am to 6.00pm) for Year 9-

12 students. It is free, however you must register and places are limited. Activities include digital imaging, programming, film, 3D and visual effects, Sound production, games and application development, flash animation. Go to: -

<http://it.monash.edu/cgbc>

School Based Traineeship – TV Show Production Assistant (Gaming industry) – Year 10 or Year 11

Applications are now open for traineeships beginning mid year with Wonderworld Games. You can undertake your training on a Saturday and there is also valuable work experience. You will undertake a Certificate IV in Printing and Graphic Arts (Multimedia). To apply for a position go to the website: www.wonderworldgames.com.au and click on the “JOBS” menu. Read the job ad and course information, then complete the application form.

Year 11 Career Advice Sessions

If you are unsure about your subject selection for Year 12, please book a time to see Chris Wood in the Careers Office before the end of Term – before or after school, lunch, recess or during a free period. You should check tertiary course pre-requisites on VICTER at: -

<http://www.vtac.edu.au/pdf/publications/victor2015.pdf>

RSPCA Youth Holiday Program

RSPCA Education Centre in Burwood East offers programs for secondary school students who are considering a career working with animals. There are three day programs which cost \$100 per person for the day (includes 12 month RSPCA membership):



- Tuesday 9th July Vet Day (ages 15-20)
- Thursday 11th July Animal Attendant for a Day (ages 13-18)
- Friday 12th July First Aid for Animals (ages 13-18)

Register at <http://www.rspcavic.org/services/education/>

Winter School – Short Courses at the VCA

The Victorian College of the Arts (University of Melbourne) is offering a range of short courses (suitable to VCE students) in Acting, Film and Television, Dance, Music and Music Theatre during the July school holidays. Some programs are for five days. For more information and to book, go to the website: <http://vca-mcm.unimelb.edu.au/shortcourses>

Career Evening in Sports Medicine

Olympic Park Sports Medicine Centre is having its annual Careers evening on **Wednesday 19th June**. It costs \$25 per student (Parent or guardian no charge). Career information on the night will include Nutrition, Physiotherapy, Podiatry, Massage Therapy, Exercise Physiology, Sports Medicine, Psychology.



- Practitioners from each discipline will give a short talk and there will be time for questions and information / stalls.
- Register at www.trybooking.com/CSIP
- Registration at 6.30pm, 7.00pm - 9.00pm event
- AAMI Park Stadium, 60 Olympic Boulevard, Entrance F, Gate 4, Olympic Room 3.

Year 10 Independence Day at Monash

Monash University is holding a special afternoon for Year 10 students on **Thursday 4th July** (during school holidays) 12 noon to 3.00pm at the Clayton campus (Campus centre building 10). Register at:

<http://monash.edu/study/options/schools/year10.html>

The sessions will help you to choose your VCE subjects for next year and include: selecting a tertiary course and University, pre-requisites subjects for University study, information about the VCE, Faculty workshops and tours.

Winter School Headstart VCE Lectures – Year 11 and 12

TSFX (The School for excellence) is running its annual Winter VCE lecture program – Headstart for Units 2 and 4. The location is the University of Melbourne, Parkville. Dates Monday 1st July to 14th July (select the specific dates for your VCE subjects). Each session is from 9.30am to 4.30pm and costs either \$95 or \$105 per subject. There is also a free lecture on Sunday 14th July – Unit 3 VCAA Exam Blaster Lecture. You must book at www.tsfx.com.au. For more details see the brochures in the VCE Study Centre.

Chris Wood, Careers Co-ordinator

ESSENTIAL EDUCATION ITEMS AND ELECTIVE/SUBJECT COSTS

If you have unpaid school fees for Semester 1, please contact the Bursar’s office as these payments are now overdue.

Please note the following:- **Section A: “Essential Education Items** which *parents are required to provide or pay the school to provide* for their child.”

Parents are required to meet this obligation. This includes where the student consumes or takes possession of the finished article or where the student takes possession of the materials (e.g. printed work books, school diaries, food consumed in home economics).

Contact the Bursar’s office if you have any queries.

WORLD NO TOBACCO DAY – FRIDAY, MAY 31ST 2013



Parents/guardians play an important role in helping children make decisions about cigarette smoking. It is important for parents/guardians who do or do not smoke to discuss cigarette smoking with their children. This article contains health information and discussion starter points.

Did you know?

- More than 80% of Australian people DON'T smoke
- Smoking has been banned on Victorian school premises since July 2009
- Most smokers begin before age 18 years
- Smokers who begin before age 18 years:-
 - experience more smoking related disease outcomes
 - become more easily addicted
 - find it harder to successfully quit

Talking about smoking with your child

- **Talk with your son/daughter about** what you would prefer them to do about smoking cigarettes. You could begin by saying “you have to make up your own mind about smoking, but I think...”
- **Help your child practice refusing cigarettes.** You could say something like, “What would you do or say if someone offered you a cigarette and you didn’t want one?”
- **Ask your teenager what she/he thinks about smoking.** You could begin by saying, “I read that 80% of teenagers in Australia don’t smoke regularly, do you think this sounds right?” (Try to help your teenager understand that most people choose not to smoke).
- **Ask your teenager about the risks of smoking** (getting suspended, costs, addiction, smell, health). Telling them how deadly smoking can be often has little impact on teenagers who can’t imagine even being as old as 30!
- **Ask your teenager to tell you what she/he thinks your views are about smoking.**
- **Talk to your teenager about making your home and car into smoke free zones.**
- **Young people often see good reasons for smoking**, i.e., being part of a group, a sign of independence. They may think these reasons are valid. Talk with them about ways to achieve the same thing without harming their physical health.
- **Keep out of arguments about smoking.** Talk about it seriously, but avoid lecturing.
- **Listen to what they have to say**, and take time to discuss some other ways to deal with various feelings.
- **If you smoke:** try to explain how hard it can be to quit; think about making your house a smoke free zone (for example only smoke outside); try avoiding leaving cigarettes lying around; try to avoid smoking in the car.

Further information:

- **Adolescent Health Nurse (Quit Facilitator)** – Anne Clancy (Tuesday and Friday)
- **General Practitioner**
- **QUITLINE** - 13 78 48 or got to www.quit.org.au
- **OxyGen** - www.oxygen.org.au

References: Smoke Free Schools (DEECD 2009), Keep Left (Quit 2006), and QUIT website (accessed 12/5/2013)