



# Mount Erin College

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**Newsletter**  
Issue 6: 23<sup>rd</sup> June 2017

## Principal's Report

The end of semester one has arrived and it is a great opportunity to reflect on the work that has been undertaken by students and staff from the beginning of the year. As a school we have committed to work closely with each student to ensure they understand where they are at in terms of their learning and work in each subject area, and what they need to do to continue to improve their skills. The staff have focused on giving direct, timely and continuous **feedback** to each student they teach. This has been a dramatic shift away from the traditional end of semester reports that used to occur. Students and parents are now able to look at their progress in real time, as the work is being completed, via Compass. The uptake of the use of Compass, to ensure the feedback being given to students is being read and acted upon, has been very pleasing. For some families we understand that a lack of internet can make this more difficult. Staff have run a number of sessions over the course of the semester, offering parents workshops to build their understanding and skills in the use of Compass. We know the research is very clear that when school and families work closely together, the outcomes for students is greatly improved. If you would like to have another one of these sessions conducted to assist you with accessing your son/daughter's program here at school, please contact Sam Webster or Jenny Pudney. Both Sam and Jenny are Leading Teachers at the school and they will work with parents to support them, particularly with matters related to the use of technology. We understand that for some parents this is very challenging and they do not feel comfortable with the whole process. I assure you we are more than willing to help you with this.

I **welcome Keith Ashton-Bradley** to the school. Keith will be our new IT technician, replacing Max Parsons who is leaving after 5 years at Mount Erin to move onto other things IT. Keith will be working to ensure staff and student machines are working well, have access to Wi-Fi and are able to access the many programs installed on all our computers as part of the Edustar package. Keith has a wealth of experience in the business world and we look forward to working with him over coming years. I'd like to take this opportunity to **thank Max Parsons** who has built up the schools' ICT infrastructure to a high level over the time he has been here. We have moved from a school with a couple of computer labs, to a school that has a thriving 1-to-1 notebook program, where the majority of students have their own machine and the ability to access their school work 24/7. We have also built up IT resources across the school over this period to ensure everyone has access to computer technology when

required. Always a willing trouble-shooter, Max has solved many IT issues for all of us over the years. We wish him well in his new position.

The last week of May saw **Indonesian Week** at the school and a great celebration of all aspects of Indonesian culture was on display. There was dance and music, Indonesian movie sessions, martial arts displays, a magnificent Indonesian food day and lots of terrific language work with students throughout the week. Well done to the Indonesian staff who ensured there were so many activities every day. Congratulations to Ari as well, who made sure there were many authentic opportunities for students to practice their skills at Indonesian and have some fun.



Last week saw a wonderful **Showcase** evening for the Year 7 & 8 Arts Academy students. With the Year 7s concentrating on the performing arts, parents were treated to some outstanding performances in drama, dance, music and singing. In the foyer, the year 8 visual arts were on display. There were wonderful pieces on show which highlighted the fantastic talents of our students as they have grappled with the works of Van Gogh and then experimented with air brushing and design work. It was particularly pleasing to see the senior Arts Academy students came along to support and encourage the younger students. Congratulations to all the staff involved and in particular to Miss Andrews and Mrs Murray on the night. An exhibition of some very high calibre work – well done to all the students involved.

I would like to congratulate all the Year 10 and 11 students who undertook their **mid-year exams**. This can be quite a stressful experience for some students as it is the first time they have been through a formal exam process. These exams mirror the VCE exams they will face in coming years and provide students with valuable experience and feedback from their teachers. The skills required for exams are quite different from the day-to-day

work requirements. Students need to summarise, synthesise, note-take, plan, practice and commit lots of detail to memory. They approached the exams in a very dedicated and serious manner and came well prepared to each session. The staff who were supervising were extremely impressed by the way the students went about completing their written responses under very strict conditions. Well done.

Last week has seen the start of the Year 9 into 10 and 10 into 11 **course counselling** process get underway. Every student was allocated a time to meet with two staff members who could assist them to link their subject choices to their pathways interests. It is a very valuable conversation between students, parents and staff – all focused on what will be the best options for each individual. Through this process we will get a clear view of student interest and will be able to determine which subjects will go ahead in 2018 and which did not get sufficient student interest to run. After this is put into the computer program, the subject blocks are created and students' choices will be finalised. Parents will then be notified of the final course confirmation for 2018. I thank all the staff members who have run very long sessions from 9.00 until 6.30pm to ensure every student has had the support to make informed decisions about their program for 2018.

This week is the start of **semester two** and for some students there will be some changes in their timetable. New electives get underway and some staffing changes have been made. Mr Blake is off on leave for the remainder of the year and will return in 2018. We wish him well on his travels around Australia with his family. Mrs Smalley is also heading off, but a bit further afield. She is heading to Germany to live for 12 months and we know she will make the most of this exciting opportunity. We will look forward to having her return in term three next year.

I am very heartened to hear the references to building a '**growth mindset**' being used around the school in conversations with students about their learning. The critical difference with this shift in language is that student performance is considered in light of their skills and capacities at a given time. It is not about pass and fail. It is about understanding there is a learning continuum and all students are at different points along it. A growth mindset fosters the belief that all students are capable of learning and will progress given support and a clear understanding of what they need to improve. It is a very positive way of viewing learning and schooling. You will hear teachers talk of learning growth. Our aim is that for every year of school, students will progress at least one year in their learning. We want to see high growth from every student. For those who struggle, making one year's growth is a great achievement. For those who are academically very able, they need to be challenged to make high levels of growth, not be content that they are ahead of others in their year level, but working at their potential and capacity.

One of the essential requirements for achieving student potential and maintaining high growth is **attendance**. Too many students are still missing too many days off school. This learning

is often not repeated and we find as students' progress through school their knowledge gaps widen and this has significant impacts on their confidence and performance. **EVERY DAY COUNTS.**

I wish all our families and staff a relaxing and safe school holiday break in a couple of weeks and look forward to semester two getting underway.

Karen Lee  
Principal

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## **The Importance of Full Time Attendance**

We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day.

School participation helps people to develop important skills, knowledge and values which set them up for further learning and participation in their community. Children and young people who regularly attend school and complete Year 12 or an equivalent qualification have better health outcomes, better employment outcomes, and higher incomes across their lives.

Missing school can have a major impact on a child's future – a student missing one day a fortnight will miss four full weeks by the end of the year. By Year 10 they'll have missed more than a year of school. It is important that children develop habits of regular attendance at an early age.

### **There is no safe number of days for missing school. Every Day Counts**

Each day a student misses puts them behind, and can affect their educational outcomes. Limited school participation is associated with a greater chance of dropping out of school, disruptive and delinquent behaviour and may lead to a cycle of rebellion against authority.

Schooling is compulsory for children and young people aged from 6 – 17 years unless an exemption from attendance has been granted. If for any reason your child must miss school, there are steps you can take to ensure they don't fall behind:

- Speak with your home group teacher or year level coordinator and find out what work your child needs to do to keep up.
- Develop an absence learning plan with your school and ensure your child completes the plan.

Students are expected to attend the school in which they are enrolled, during normal school hours every day of each term, unless:

- there is an approved exemption from school attendance for the student.

Students at Mount Erin College are required to maintain a 90% attendance rate. If a student is absent for more than 2 days, they are required to supply a medical certificate to explain their absence.

Please ring the absence line on 5971 6098 to explain the absence from school. A note is required from parents/guardians when the student returns to school.

These pages are taken from the Compass booklet.  
For more information, please contact Paul Deacon at the College.

### Attendance: Summary

Using Compass you can view up-to-the-second attendance information for your child.  
To view your child's attendance, click on the Student Profile link on the home page and click the Attendance tab.

**Approvals**  
This sub-tab provides a comprehensive list of attendance explanations for your child. From this tab you can also add absence notices (both past and future).

**Unexplained**  
This sub-tab provides a list of all unexplained absences from class. From this tab you can click to approve specific absences.

**Daily Snapshot**  
Provides a quick snapshot of today's classes and your child's attendance marking.

**Attendance Summary**  
Includes a summary of attendance in each class. For full details about a specific absence, click the appropriate number in the grid. For an explanation of a heading item, hover your mouse over the heading of interest.

When students are marked 'Not Present' in class this can sit in one of three different categories. These include:

- NP Sch1** - Not present in class and is explained by a school related activity.
- NP Pam1** - Not present in class and is explained by a parent approval.
- NP Unap** - Not present in class with no explanation entered.

### Attendance: Entering a Parent Approval

- 1 From the Compass home screen (or from your student's profile), click the 'Add Parent Approval' item.
- 2 From the pop-up window,
  - Select the reason,
  - Enter a brief description of the absence,
  - Select the start and finish time,
  - Click the 'Save' button.

**Note:**  
Where possible, parent approvals should be entered prior to the absence occurring.



*Mount Erin College Parent Connect*

## Asthma education for parents

Are you a parent who would like to learn more about your child's asthma?

The Asthma Foundation of Victoria provides free asthma education sessions for parents of school-age children. The session provides up-to-date information about asthma, medications, delivery devices and what to do in an asthma emergency.

As a parent of a child with asthma, there is a lot to learn and knowing the basics about asthma and the latest about asthma management can help you ensure your child has well managed asthma. Your guidance through their early years helps your child understand their condition and develop good self-management skills as they become more responsible. This is important for setting them on a successful path to live well with their asthma through life.

**Who should attend:** Parents and/or carers of children with asthma.

**What you will learn:**

By the end of the session you will have a better understanding of:

- \* asthma symptoms
- \* various triggers and how to manage them
- \* medications available and how they help asthma
- \* asthma symptom control and how to achieve it
- \* device technique
- \* written asthma action plans
- \* asthma first aid

**Date:** Wednesday 28<sup>th</sup> June from 1.30 – 2.30pm

**Venue:** Mount Erin College – Neville Rohan Centre Robinsons Road Frankston South

**Cost:** Free

**How to book:** Email Jenny Pudney to confirm your place.  
[pudney.jenny.i@edumail.vic.gov.au](mailto:pudney.jenny.i@edumail.vic.gov.au)

## Excursions Payment/Consent Guidelines

### Beginning Term 3

### Changes to excursions payment/consent guidelines

Students who wish to participate in any future excursions/events must ensure that they have parent consent and any relevant payments made onto Compass, or submitted to the General Office, **1 week prior to the event date.**

Any student who has not submitted their payment and parent consent form **1 week prior** – will not be able to attend the excursion/event. As a school we need to be able to plan for and manage staffing changes and coverage for any alterations to the regular school day. From the start of Term 3 no exceptions will be made to this rule ensuring a consistent process for all students/parents across the college.

## Deaf Education Centre (DEC) News

**Semester Two** has begun this week and we look forward to the different classes and the learning that it will bring. Along with the four core subjects, some great elective classes have been chosen by our students – Forensic Science, Drawing and Illustration, Webpage Authoring and Multimedia, Food Around The World and Woodwork to name a few. Good luck with your new subjects.



**Congratulations** to Rath, who received an ASPIRE Award at the 'Year 9 ASPIRE Night'. These awards are given to students who display the College ASPIRE values every day of the school year, to be the best they can. Well done Rath, we are so proud of you and what you have achieved here at Mount Erin since you started Year 7 in 2015. You really give it your best

and have a real commitment to learning. You are a great ambassador for the ASPIRE values – Adaptability, Social Awareness, Personal Best, Integrity, Respect, and Excellence.

Do you know what fantastic resources are available for people with a hearing loss? Sheree from **Australian Hearing** brought in some items for us to look at and lots of information about safety equipment. This included personal alarm clocks with a vibration disc, smoke alarms with flashing lights and a doorbell – with lights and a high volume. It was great to have these items on display for our students to see and use. On the next visit Sheree will provide information about how deaf/hard of hearing people can use/access the NRS - National Relay Service and VITS - Victorian Interpreting and Translating Service and most importantly emergency services.



Year 9 **City Week** is fast approaching. Students have already begun work on their 'Information Kits' in preparation for the big week. Stay tuned for more information at the start of next term.

Many of our students have been making electronic cars in **Technology**. Here is a finished product from Charlotte, Connor - Year 8 and Rath - Year 9.



The holidays are close, only one week to go. We hope that you have a restful break and that the weather is kind to us all. See you in Term 3.

DEC Staff – Geoff, Sarah and Kathryn

# CSEF Applications Close

## 23rd June 2017 - Don't miss out!!

If you have a current Health Care Card or Pension Card, you may be eligible for the Camps/Sport/Excursions Fund (CSEF) payment. Please collect an application form from the College, complete and return to us along with a copy of your card. Payment is \$225 per student for all students in all year levels. This funding will be used towards excursions, camps and sporting activities run through the College.

## Family Holiday Notification - prior to leaving

Just a reminder that if you are planning a family holiday where your student will be absent more than 5 school days, please notify the college prior to departure. An Absence Learning Plan will need to be completed and approved by the Principal. Otherwise this absence will be marked as 'unauthorised'.

## Parents collecting students during class time

If you know that your child needs to leave the College early, please send a signed note with your child that morning outlining the time they are leaving and the reason. This note should be given to our Attendance Officer (Brooke Majera) before school, at recess or lunchtime. Brooke will contact the parent to confirm the intended leave time. The student is then able to leave the college at the designated time.

If you need to collect your child without prior notice, then you will need to come to the Attendance Office and sign your child out. Please understand that during class time, we cannot page students over the PA system and therefore need to send a staff member to find your child and have them come to the Admin Office ready to leave. This can take some time so please be patient.

# Course Confirmation 2018

## Start your payment plan now!!

## Payment Plans for College Fees

If you are unable to pay your College fees in full, we are more than happy to discuss the option of a payment plan. By doing this, it means you can make regular payments (weekly, fortnightly or monthly) at a cost that is affordable to you. It is advisable that you sign up to a payment plan early in the year so that your payments can be paid over a longer period of time and therefore making them more affordable to you. By signing up later in the year, your payment plan will of course be higher than it needs to be.

We have two options available:

1. **Centrepay:** If you receive family allowance or pension payments from Centrelink every fortnight, you can elect to have an amount deducted from your payment. This payment will come to us automatically every fortnight. There are no fees involved for you.
2. **Debit/Credit Card:** We will deduct the agreed amount through our Eftpos facilities here at the College. All you need to do is provide your Credit Card number, Expiry Date and complete the Authority Form and we will do the rest.

If you would like to commence a payment plan, please feel free to call the College and speak with Erin Gray in our Administration Office, who can discuss the various options with you. Ph: 5971 6055.

## Junior School

Year 7 classes have enjoyed making these delicious Fairy Cakes over the past week. What creations can you make at home?

### Fairy Cakes

#### Ingredients

- 2 Tab butter
- ½ tsp vanilla essence
- 1/3 cup castor sugar
- 1 egg - beaten
- ¼ cup milk
- ¾ cup S.R. flour



#### Method

1. Preheat oven to 200C
2. Cream butter and sugar until light and fluffy.
3. Add beaten egg gradually.
4. Add vanilla essence.
5. Add flour and milk alternately. Stir gently and mix thoroughly.
6. Half fill greased patty cases.
7. Bake in centre of oven 200C for 15 mins.

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## Senior School

### FREE Meningococcal ACWY Vaccine for Years 10, 11 and 12

In 2017 the Victorian Secondary School Vaccine Program will offer free meningococcal ACWY vaccine to students in Years 10, 11 and 12. The vaccine provides protection against four strains of meningococcal disease (ACWY) and is administered as a single dose.

Parents/guardians of Year 10, 11 and 12 students should look out for the Meningococcal ACWY Secondary School

Vaccine Program consent card coming home from school with your child after 9<sup>th</sup> June. You need to read the information, complete and return the card regardless of whether your child is being vaccinated at school. All Years 10, 11 and 12 students will receive their vaccination on Monday, 7<sup>th</sup> August, 2017.

Adolescents are at increased risk of meningococcal disease. Although uncommon, it can become life-threatening, very quickly. There are different strains of meningococcal bacteria known by letters of the alphabet, including meningococcal A, B, C, W and Y. In recent years, the meningococcal W strain has increased across Australia, with Victoria experiencing 11 cases to date in 2017 and 48 cases in 2016, compared to 17 cases in 2015, four in 2014 and one in 2013. It is now the predominant strain in Victoria.

The Frankston Council immunisation service may contact you about the meningococcal ACWY vaccine program. Schools are authorised to provide basic parent/guardian contact details to local councils for this purpose. Contact the school by 7 June 2017 if you do not want your contact details given to the Frankston Council immunisation service.

To learn more about meningococcal disease, the meningococcal ACWY vaccine and how you can prepare your child for vaccination, visit [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) or [www.immunehero.health.vic.gov.au](http://www.immunehero.health.vic.gov.au)

Fact sheets are attached at the end of this Newsletter.



### Brainteaser Question

Guildenstern is wasting some time flipping a coin. He flips the coin 76 times, and it comes up heads every time. If Guildenstern flips it again, what's the chance it turns up heads?

Answer: Page 11

### Australian Mathematics Competition

The 2017 Australian Mathematics Competition is on Thursday 27<sup>th</sup> July. It is open to all year levels. The entry fee is \$6.

Students who are Interested in entering the competition please talk to either Mr Maharaj or Mr Hameeteman. Good luck!

### Staff Profile

## Diane Farrell

Head of Professional Practice

**Describe your current role at Mount Erin College.** At Mount Erin my role is to help improve teacher practice across the school. I work with all staff to organise and deliver all facets of professional learning. For Semester Two this year I will also be taking over the role as Head of Maths.



**What is your background in education?** I am a Maths teacher and I have a Masters degree in Education. I started my teaching career 16 years ago at Berwick College where I held a number of different leadership roles including Professional Learning and Head of Maths. From 2010 to 2014 I was Head of Maths at John Monash Science School and for the last two years I have either been working in country schools (Red Cliffs SC and Bendigo South East College), or travelling. In 2015 I spent three months in New Zealand and two months travelling in Canada.

**Which things do you enjoy most about working at Mount Erin College?** The staff at Mount Erin are very friendly and welcoming and I love the opportunity to work with them to get better outcomes for our students. I also love that there

are many opportunities for students to be involved in school life.

**What has been your highlight so far this year?** I ran a professional learning session on the last curriculum day that had a focus on 'What Is Learning?' The way the staff embraced the session, discussed and shared their ideas was inspirational. I had such a fun time working with everyone and getting to know the capabilities of our staff. It bodes well for the future.

**Tell us about your hobbies or passion outside of school.** I love to play golf and ride my pushbike. I am a sports enthusiast so I spend many weekends watching either the Vixens Netball team or my beloved Tigers.

**Do you have a message you would like to share with the school community?** We all need to work together to get the best education for our children, our students. Schools are for learning, a place to develop our curiosity for the world we live in and for our students to build the characteristics needed to be successful beyond school. As I say to my own children – be good, be nice to others and work hard at everything you do.

### LOTE – Indonesian Week

LOTE week this year was filled with exciting cultural workshops, Indonesian food and a variety of lunchtime activities.

Pencak Silat is a traditional form of martial arts, and our two demonstrators took students through a series of movements, allowing students to experience Pencak Silat first hand. They also had the opportunity to create the music that often accompanies such performances, with the bongo drums and traditional gong being firm favourites.

A talented troupe of Saman dancers also engaged students in learning a traditional Acehnese dance. Their intricate costumes and fast paced performance was highly engaging, and many students were able to replicate the movements to create an impressive performance of their own.



Our Kerupuk eating competition was a crowd favourite, with an audience of over 80 students watching 30 of their peers competing to see who had the stamina and dexterity to be crowned 'Mount Erin's Kerupuk Eating Champion for 2017'. Congratulations to all our heat winners, and especially to Michael F - 8E for taking out the title in the grand final!

Once again this year, students also had the opportunity to eat authentic Indonesian food delivered to us all the way from Dapur Indo restaurant in Clayton. The food was a big hit, with many students saying they wished they could eat Indonesian food every day!

## Pencak Silat

### **Comments from Year 7 students.**

I think that it was very informative and entertaining.

I liked learning a few more Indonesian words and I think we should do it again next year for the Year 7's.

I think it was really cool how we got to learn the drums and how the girl showed off her moves kicking and punching.



I liked the drums and I liked the demonstrations of the self-defence.

I liked the fact that we got to be a part of the ancient self-defence and that we learnt drumming patterns.

They were really interesting.



It was good to get to see something different and their ways to defend themselves and the techniques that they use for the martial arts.

I think it was really cool how we learnt about how they used martial arts in their culture.

It was really easy because they were really good at teaching it.

It was good and we learnt a lot, I really liked the beats on the drums.

I think they gave a really good description of what they were doing and they showed us how to defend ourselves. It was really interesting how they appreciate the art.

I learnt about the art and the drums and the moves and the 3 sets of punching kicking.



It was fun and I learnt different types of self-defence and how to play the drums.

It was very interesting and good to learn some new tricks.

It was pretty entertaining, the moves and the drums were really fun.

It was good and it was interactive.

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## **Food Technology Recipes**

The Year 8 classes have just completed this recipe for a practical test. It is very suitable considering we have just had Indonesian week. Give this winter warm up recipe a go over the school holidays!

### **Nasi Goreng**

#### **INGREDIENTS**

- 1 chicken thigh – cubed
- 1/3 cup rice
- 1/2 Clove garlic – crushed
- 1/4 tsp sambal (chilli sauce)
- 1/4 onion - diced
- 2 tsp kecap manis – (soy sauce)
- Salt/pepper
- 1 egg lightly beaten
- 1 1/2 tbl oil

#### **Garnish**

- 1 slice tomato / 1 slice cucumber



## METHOD

1. Half fill a saucepan with water and bring to the boil.
2. Add rice and cook for 15 mins or until tender. Drain.
3. Cut chicken thigh into 2 cm cubes. Prepare onion and garlic.
4. Fry lightly beaten egg in ½ tbs oil. Cool then cut into shreds.
5. Heat remaining oil in wok and fry off chicken for 3-4 mins. Add onion and garlic. Cook a further 2 mins.
6. Add cooked rice, salt and pepper, soy sauce and sambal stirring constantly until well mixed and heated through.
7. Add shredded egg making sure shreds are separated.
8. Serve garnished with tomato and cucumber.

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## MUNA

### (Model United Nations Assembly)

Frankston Rotary Club sponsored Tom B and Zac O to attend MUNA. This photo was taken with Mr David Cross from Frankston Rotary Club, after both students spoke to Rotary about their experiences at the Model United Nations Assembly.

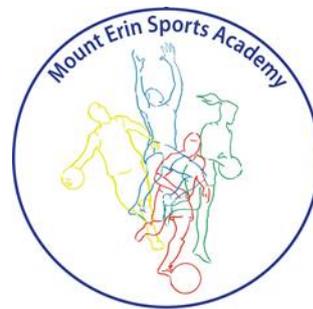


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## Newsletter

Issue Number 7:

Scheduled for Term 3, Week 3.



## Year 8 Girls Netball

### A Team

On the 14th of June, some of the Year 8 girls participated in the interschool sports for Netball. We played a total of 6 games. The A team went undefeated all day, winning most of the games by 10 or more points. Our hardest team was McClelland College and we won! We are now going through to the next round, 2 years in a row. We all put 100% or more in each game and smashed it!

Well done girls, bring on the next round!

By Mikki 8B



### B Team

On the 14th of June, the Year 8 girls had a chance to compete against other schools for Netball. Mount Erin sent off 2 teams an A and B team. The B team played a total of 6 games overall and we were undefeated. The last game we played was against McClelland College. At half time we were one goal down, after a pep talk from Miss Beamish we came out, gave it our all and ended up winning by one goal. We had the presentation and both the Mount Erin teams came first, so we all go through to the next round.

Well done to all of the girls!

By Eliza 8B

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## Homework Club

Homework club has been going well so far this year and it has been very successful for the students that have joined. Homework club runs between 3-4pm on Monday and

Thursday in the Resource Centre and it is a great opportunity to complete homework and to seek help from teachers. Light refreshments are provided each afternoon.

Forms are available in the general office for the remainder of Term 2 and for Term 3. Students **must** have a completed form to attend.

If you have any further questions please contact either Jackie Melling or Jodie van Gameren.

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### **Important Dates**

June 22<sup>nd</sup> (Thurs) – Whole School Assembly

June 29<sup>th</sup> (Thurs) – VCAL Expo

– Senior School ASPIRE Awards Night

June 30<sup>th</sup> (Fri) – Last Day Term 2

July 17<sup>th</sup> (Mon) – First Day Term 3

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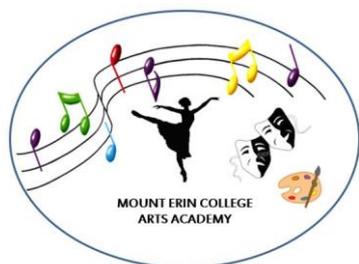
### **Brainteaser Answer**

Assuming the coin is fair, there's a 50% chance of it coming up heads, and a 50% chance of it coming up tails. The coin has no memory, so the earlier flips have no effect on it.

However, it is extremely unlikely that a fair coin will come up heads 76 times in a row. The probability is  $0.5 \times 0.5 \times \dots \times 0.5$ , 76 times. This works out to a probability of about 0.000 000 000 000 000 000 001%.

A better explanation is that Guildenstern is flipping a rigged coin – maybe it has heads on both sides. In this case, the chance of flipping heads is 100%!

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### **Del Kathryn Barton Appropriation Project**

To appropriate is to take possession of something. Appropriation artists deliberately copy images to take possession of them in their own art. They are not stealing or plagiarizing. They are not passing off these images as their very own. Appropriation artists **want** the viewer to recognize the images they copy. Appropriation in art is the deliberate "borrowing" of an image to be used in a new context.

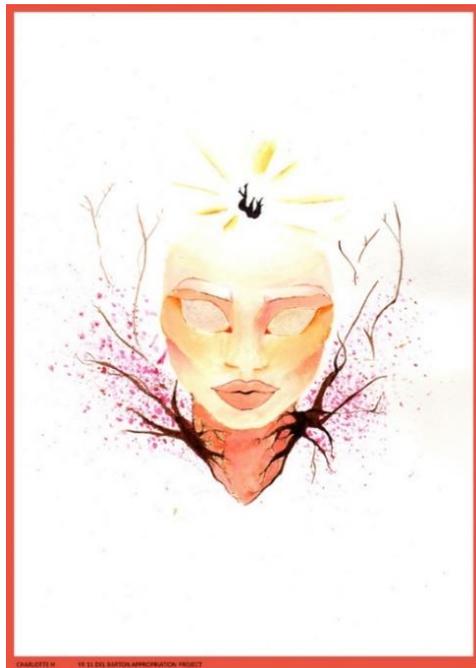
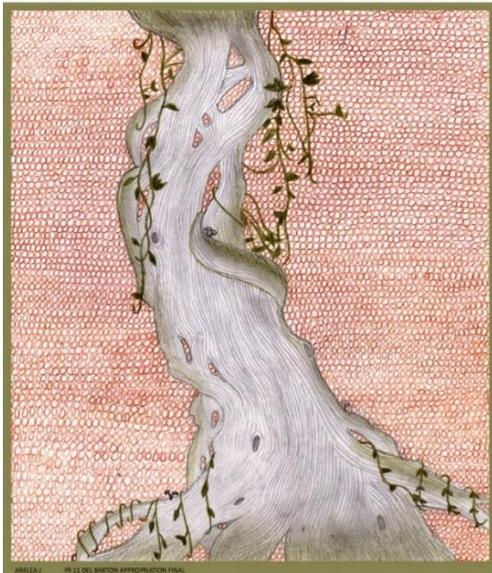


**Del Kathryn Barton** is a contemporary Australian artist, who won the 2008 and 2013 Archibald Prizes. She works in a highly decorative manner incorporating dream like figures, flora and fauna into her paintings.

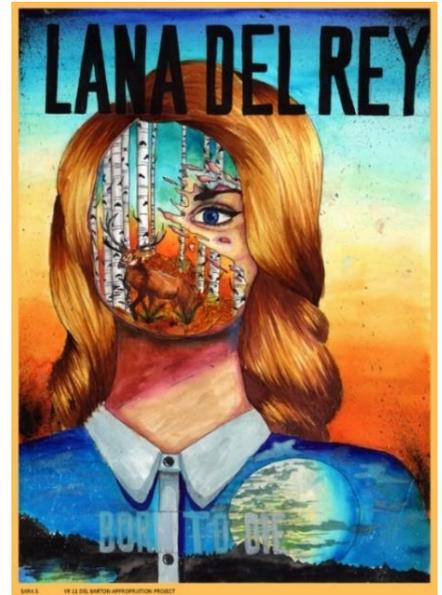
In Term 1 the Year 11 Art students studied the work of Del Barton looking for an element/s of her work that could be used as a starting point / inspiration for a work of their own.



They worked in their visual journals researching Del Barton's work, trialling materials and concepts and annotating this developmental process as they went.



In Term 2 students completed a final artwork that was a culmination of their exploration in Term 1. These are the results.



## Youth Leadership and Business Summit 2017

We are very pleased to be able to announce that Kobe B, Sena F, and Jordan D, were successful in their written applications and interviews to partake in the Youth Leadership and Business Summit run by the Magic Moments Foundation.

They were outstanding to the extent that one place was extended to enable all three to participate in this 5 day conference in Sydney. Their expenses will all be paid by the They are amazing representatives of our college.

## Youth Leadership & Business Summit 2017

**How would you feel knowing that no matter what situation you experience in life you could have complete confidence and clarity?**

The Magic Moments Foundation understands that the youth of today have a desire for more confidence, inspiration, adventure and personal growth within their lifestyle. It's also important for them to see that they can create their own future path to success and that they are not alone.

To help them along this journey we have brought together a team of amazing speakers and informative interactive sessions to create a unique Leadership and Business program.

The five day residential program has been designed to:

- Help them create the life they want for themselves and follow their dreams
- Identify their own personal leadership strengths and be confident in their ability
- Overcome fears and negative self-talk
- Forge their own financial destiny
- Create new life-long friends in a week filled with lots of fun activities and interactive learning!

The investment to this powerful and inspiring program includes all meals, accommodation and materials for the 5 days of the program.

For more information on the Summit costs and early bird rates go to [www.magicmoments.org.au](http://www.magicmoments.org.au)

### When

July School Holidays 2017  
Friday 30th June to  
Tuesday 4th July 2017

### Where

The Collaroy Center, Collaroy, Sydney

### Who

Youth 14 – 17 years who love to have fun while being inspired

### What

Inspiring speakers from around the world – sharing their wisdom with you in a fun and interactive way

This program is a no snooze zone!

### Summit Includes

Pre Event Webinar

5 days of interactive learning

All meals, accommodation

& Event materials

Awesome 6 week Post Event Program

11 month Follow Up Program



**Free Dress Day / Bake Sale**

Thanks to all staff and students who in any way participated in MESEM's Free Dress Day and Bake Sale.



Over \$800 was raised! The bulk of this money will be going to our sister school, and some to Proyek Penyu in the same village and some to Bali Animal Rehabilitation Centre.



Stay tuned to a newsletter next term where you can find photos of Ms Linz giving our donations to these worthy causes.

**Pearcedale RSPCA Visit**

"It was really sad but a good thing they get new homes." – Josh

"They had amazing facilities, you can tell they get great care." – Axle



"It was bittersweet seeing the animals but it's great what they are doing." – Sophie

"We were feeling happy and sad at the same time.... The workers at the RSPCA take extremely good care of the animals!" – Kaitlyn and Ben

"I loved seeing the quarantined pets, knowing they will go to a good home." – Laylah

"I absolutely loved seeing all the animals and hope we can go again." – Taneesha

"I am very thankful that Ms Linz and MESEM put together this awesome time out to visit the Pearcedale RSPCA." - Jasmine



## MESEM'S World's Shortest Garage Sale

MESEM will be holding its Second Annual World's Shortest Garage Sale this Friday 23<sup>rd</sup> June. There will be a variety of trash and treasure on sale as well as some wonderful products that are environmentally friendly and charitable, such as:

- bamboo toothbrushes
- steel straws
- "Thankyou" hand wash
- "Who Gives A Crap?" toilet paper.

Please come along and support the environment, charities and MESEM!

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## Choir News

### Choir Captain

Hi, my name is Sally C. and I am Choir-Captain. I have been singing in my church since I was three, I have had private singing lessons and been in my primary school choir. I love singing and everything to do with music. I have been in this choir, 'Take Note', for about 7 weeks now. We have had our first performance in the staffroom, in front of a number of the teachers and staff at school. I have learnt how to read music as well as find my confidence to perform in front of an audience because I used to be very shy when it came to singing in front of a crowd; it was more of a personal talent. I am looking forward to more performances and all I can learn as Choir captain. I cannot wait to share our choir with you all. We are an exciting group that have amazing potential. I am looking forward to seeing what opportunities are in store for this year.



## Choir Vice-Captain

Hi! I am Ruby C. and I am the Vice-captain of choir. My experience with choirs has been a life changing and eye opening experience. It has helped me to deeper find my voice and open my heart to give my full potential, and have always been quite a performer and I've found singing in front of an audience to be quite exhilarating instead of daunting. I have been to four primary schools but out of all of them only 2 provided choir sadly but both of them were a learning experience. I've learnt how to read music and understand the movements of a music conductor through my musical journey. In the future, we will learn whether by ourselves or together to tap into our true potential and understand that we are all unique.

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## Melbourne Storm - NRL Game



It was great to have a small group of staff out and about, showing the sites and sports of Melbourne to our Language Assistant, Pak Ari, who is on exchange here from Indonesia. Even though it was the first time at an NRL game for half of this group, we all enjoyed the game, atmosphere and of course the win to Melbourne Storm!

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## Host Families and Exchange Students

A number of Exchange Students from Italy, France, Germany, Japan, Austria, Norway, Sweden and Finland are hoping to come here this July and August. They wish to study here for a term, a semester or even two (which would mean they would be with the family who chooses them over Christmas and the summer holidays). A family that would like to experience the differences and similarities of having an extra boy or girl aged 15-17 stay with them while they enjoy the experience and feel it is worthwhile.

I'm hoping that's you and your family, so if you'd like to give it a try for a length of time, can afford an extra member of your family at mealtimes and have a spare bed, share room or own, please call Klaus Schumann on 0472 771 785. (There is no payment involved, as these are exchange students).

SCCE Community Coordinator

[klaus.schumann2000@hotmail.com](mailto:klaus.schumann2000@hotmail.com)



Starting on **Wednesday 26<sup>th</sup> July**, anyone from the school community including staff, parents, grandparents, neighbours and friends – who shops at Woolworths can collect stickers.

Here's how it works in 3 easy steps: **Shop, Stick, Submit**

1. Shop: Earn a sticker for every \$10 spent at Woolworths between 26<sup>th</sup> July – 19<sup>th</sup> September 2017.
2. Stick: The stickers are stuck to a sticker sheet (also given at Woolworths)
3. Submit: Completed sticker sheets can be placed in the box provided in the main office at school.

Let's stick together as a community and collect the 'Earn & Learn' stickers from Woolworths to go towards Educational Resources and Materials for our school.



**JACK**  
YOUTH COUNCILLOR

"Being a member of the Frankston Youth Council has been such an empowering experience. I've always advocated for youth participation in the community, and it is an amazing space for me to show it. The growth and opportunities I've personally experienced within the council are things I will always be grateful for."



**CAITLYN**  
YOUTH COUNCILLOR

"...Youth Council has been such a rewarding experience. The ability to create change and be a voice for the youth of the Frankston community is a position I take so much pride in, with the hope to encourage other young people to do something similar and use their voice."

## 12-24 YEARS OLD? BECOME A PART OF CHANGE

Apply to be in the  
Frankston Youth Council



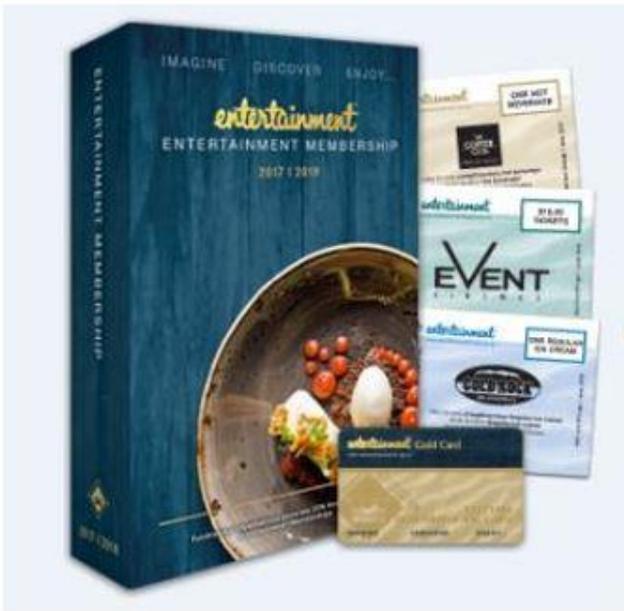
FOR MORE INFORMATION

[www.frankston.vic.gov.au/youthcouncil](http://www.frankston.vic.gov.au/youthcouncil)

## Entertainment Books

Available now from the front office

\$70



## Moonlit Sanctuary

*the best way to see Aussie animals*

### Moonlit Sanctuary Keeper Club

Kids enjoy environmental activities, animal encounters and native animal care. Day includes: interactions with dingo, python, off-limits animals, feeding animals & food prep, animal enrichment activities. Learn about our animals, their conservation and the environment. For ages 7-14 years.

### July 2017 school holiday dates:

- Week 1: Monday 3<sup>rd</sup> Tuesday 4<sup>th</sup> Wednesday 5<sup>th</sup> Thursday 6<sup>th</sup> Friday 7<sup>th</sup>
- Week 2: Monday 10<sup>th</sup> Tuesday 11<sup>th</sup> Wednesday 12<sup>th</sup> Thursday 13<sup>th</sup> Friday 14<sup>th</sup>
- 10am – 4pm

Cost: \$70.00 per day, or \$189 for 3 days (pro rata for additional days).  
Maximum 16 children per day.

### Bookings essential as spaces are limited

Dress for the weather and wear closed-toe shoes, long pants and remember your hat or raincoat. BYO lunch or purchase at the café.

### Moonlit Sanctuary

550 Tyabb-Tooradin Rd, Pearcedale  
Phone 5978 7935  
Web: [www.moonlitsanctuary.com.au](http://www.moonlitsanctuary.com.au)  
\_Open daily between 10am and 5pm



## Using Mobiles At Night Bad For Teens

Research conducted by Murdoch and Griffith Universities tracked changes in late-night mobile phone use, sleep, and mental health indicators over three years in a large sample of Australian teens.

The researchers found that adolescents' late-night mobile phone use was directly linked to poor quality sleep, which subsequently led to poorer mental health outcomes, reduced coping, and lowered self-esteem.

"We have demonstrated how poor sleep is the key link connecting an increase in night-time mobile use with subsequent increases in psychosocial issues," said Lead researcher, Dr Lynette Vernon.

"Heavy mobile phone use becomes a problem when it overtakes essential aspects of adolescent life. In this case, we see issues when it overtakes time set-aside for sleep.

"We found that late night phone use directly contributed to poor sleep habits, which over time led to declines in overall wellbeing and mental health." The research was part of the *Youth Activity Participation Study*, funded by the *Australian Research Council*. The study surveyed 1100 students from 29 schools annually over four years in total, starting in Year 8 and following them until Year 11.

Students were asked what time of the night they received or sent text messages and phone calls, and their perceptions of their sleep quality.

The researchers also investigated adolescents' symptoms of depressed mood, involvement in delinquency or aggression, and their coping and self-esteem over time.

Results showed that in Year 8, more than 85 per cent of students owned a mobile phone and around one-third of these students reported they never texted or received phone calls after lights out.

But three years later 93 per cent of the students owned mobiles and 22 per cent of the Year 11 students reported no late night mobile use.

"We found that those teenagers who start out as relatively 'healthy' in terms of their late-night mobile use early in high school, tend to show steeper escalations in their late-night mobile use over the next several years," said study co-author Dr Kathryn Modecki from the *Griffith Menzies Health Institute*.

"This means that even when teens appear to have their technology and sleep under control early-on, they still require monitoring and education as they mature."

"Students with high initial levels of night-time mobile phone use also tended to have higher initial levels of poor sleep behaviour," Vernon said. "As their levels of mobile phone use grew over time, so did their poor sleep behaviour."

"These increases in poor sleep, in turn, led to rises in depressed mood and externalizing behaviours, and declines in self-esteem and coping one year later," said Modecki. "These effects were highly robust, across the various outcomes Dr Vernon examined."

Although these results were concerning, the answer is not as simple as just banning adolescent phone use.

"There are many potential benefits of mobile technology, but these results demonstrate the importance of adults 'meeting teens where they are', enforcing electronic curfews, and teaching good sleep habits during the high school years."

The study was published in a special section of *Child Development*.

# SCHOOL HOLIDAY PROGRAM 2017

## WEEK ONE

### MON 3RD

**PARC**  
10.00am-1.00pm  
Drop off & pick up @ PARC, Cnr Cranbourne Rd & Olive Grove Frankston  
BYO Towel, bathers, change of clothes, snacks  
FRFF



**DRUMMING**  
African drumming workshop  
3.00pm-5.00pm  
Drop off & pick up @ Lyrebird Community Centre, 203 Lyrebird Dve Carrum Downs  
FREE  
Fruit, popcorn & cordial provided

## WEEK TWO

### MON 10TH

**GAMING MA15+**  
XBOX 360 & PlayStation 3  
3.00pm-5.00pm  
Drop off & pick up @ Lyrebird Community Centre, 203 Lyrebird Dve Carrum Downs  
FREE  
Fruit, popcorn & cordial provided

**GAMEMAKER & PIZZA**  
Game Coding Workshop  
1.00pm-4.00pm  
Drop off & pick up @ Frankston South Community & Recreation Centre, 55 Towerhill Rd Frankston  
COST \$5  
BYO Charged laptop or device with Game Maker installed  
Fruit, pizza & drinks provided

### TUE 4TH

**SPORTS DAY**  
Learn to play basketball, hockey & volleyball  
9.15am-3.00pm  
Drop off & pick up @ Frankston South Community & Recreation Centre, 55 Towerhill Rd Frankston  
COST Pay \$3 on the day  
BYO Runners & water bottle  
Lunch, fruit & snacks provided

**HOYTS (PG)**  
TIME TBC  
Drop off & pick up @ Youth Central, 60A Playne St Frankston  
COST \$8  
Drink & snacks provided

### TUE 11TH

**HOYTS (M)**  
TIME TBC  
Drop off & pick up @ Youth Central, 60A Playne St Frankston  
COST \$8  
Drink & snacks provided

**NAIRM MARR DJAMBANA**  
Join in art, crafts, BBQ, tabloid sports, a nature walk & cooking\*\*  
10.00am-3.00pm  
Drop off & pick up @ Nairm Marr Djambana, 83-85 Hillcrest Rd Frankston  
BYO Runners, gumboots, water bottle  
FREE

\*\*Activities may change depending on weather conditions

### WED 5TH

**WiiU TOURNAMENT**  
1.30pm-4.00pm  
Drop off & pick up @ Frankston North Hangout, Mahogany Dve Frankston  
FREE  
Fruit, cordial & popcorn provided



### WED 12TH

**TIE DYE & SHOE ART**  
Create your own unique clothing/shoe designs  
1.00pm-4.00pm  
Drop off & pick up @ Youth Central, 60A Playne St Frankston  
BYO White canvas shoes, cap or t-shirt  
FREE



**FAMILY FEUD**  
Live in the studio  
11.30am-6.45pm  
Drop off & pick up @ Youth Central, 60A Playne St Frankston  
COST \$5  
BYO: Lunch or money for lunch

### THU 6TH

**GRAVITY ZONE & LASER TAG**  
9.30am-12.30pm  
Drop off & pick up @ Gravity Zone, 25 Oliphant Way, Seaford  
COST \$15  
BYO GZ Socks or \$2.50 to purchase



**NERF DAY**  
1.00pm-4.00pm  
Drop off & pick up @ Karingal Place, 103 Ashleigh Ave Karingal  
BYO Snacks  
Fish n' Chip lunch provided  
FREE

### THU 13TH

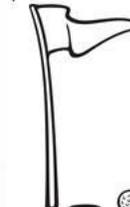
**INTER-COUNCIL SPORTS CHALLENGE**  
Play dodge ball, basketball and football with other Councils. Great prizes to be won!  
9.15am-4.30pm  
Drop off & pick up @ Youth Central, 60A Playne St Frankston  
BYO Runners, sportswear, water bottle, lunch or money for lunch  
FREE

### FRI 7th

NEW

**ESCAPE ROOM**  
9.30am-12.15pm  
Drop off & pick up @ Youth Central, 60A Playne St Frankston  
COST \$10

**MINI GOLF**  
1.30pm-4.00pm  
Drop off & pick up @ Frankston North Hangout, Mahogany Dve Frankston  
FREE  
Fruit, popcorn & cordial provided



### FRI 14TH

**PARC**  
1.00pm-4.00pm  
Drop off & pick up @ PARC, Cnr Cranbourne Rd & Olive Grove Frankston  
BYO Towel, bathers, change of clothes, snacks  
FREE



FIND OUT MORE



60A Playne Street (next to Frankston Library)  
Frankston VIC 3190

(03) 9768 1366

youthcentral@frankston.vic.gov.au

www.frankston.vic.gov.au/youth



### BELEZA SOMERVILLE

TERM 2 SCHOOL HOLIDAYS TRADING HOURS 2017

LAST DAY OF TERM FRIDAY 30<sup>TH</sup> JUNE

THE STORE WILL BE

**CLOSED**

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FROM SATURDAY 1<sup>ST</sup> JULY to SATURDAY 8<sup>TH</sup> JULY

THE STORE WILL BE

**CLOSED**

---

WE WILL RESUME NORMAL TRADING HOURS AS OF

MONDAY 10<sup>TH</sup> JULY 2017

WITH THE ADDITIONAL DAY OF TRADE FOR

THURSDAY 13<sup>TH</sup> JULY **10:00AM to 5:00PM**

#### NORMAL TRADING HOURS

(Effective as of 2<sup>nd</sup> July 2016)

Monday to Friday - - 9:00am to 5:00pm

(Thursday CLOSED)

Saturday - - 9:00am to 1:00pm



### BELEZA FRANKSTON

TERM 2 SCHOOL HOLIDAYS TRADING HOURS 2017

LAST DAY OF TERM FRIDAY 30<sup>TH</sup> JUNE

THE STORE WILL BE

**CLOSED**

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FROM SATURDAY 1<sup>ST</sup> JULY to SATURDAY 8<sup>TH</sup> JULY

THE STORE WILL BE

**CLOSED**

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MONDAY 10<sup>TH</sup> JULY

THE STORE WILL BE TRADING

**9:00AM TO 5:00PM**

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WE WILL RESUME NORMAL TRADING HOURS AS OF

TUESDAY 11<sup>TH</sup> JULY

#### NORMAL TRADING HOURS

(Effective as of 2<sup>nd</sup> July 2016)

Tuesday to Friday - - 9:00am to 5:00pm

(Monday CLOSED)

Saturday - - 9:30am to 12:30pm

## 36 ACU - FRANKSTON

### Information Night

*The Australian Army Cadets is a youth leadership organisation Army Cadets is simply another way of having fun and making new mates in a military setting!*

As an Army Cadet you will pick up many valuable skills which you will be able to take with you through the rest of your lives! To name a few:

- \* Leadership
- \* Confidence
- \* Mateship
- \* Discipline
- \* Initiative

You will also be taught different skills which are relevant to the Army itself such as:

- \* Drill
- \* Navigation
- \* First Aid
- \* Signals
- \* Fieldcraft / Engineering
- \* Marksmanship
- \* Safe weapon handling

Sounds great doesn't it!  
So why not come on down to our information night and see 36ACU cadets showing these skills.

#### Eligibility for Enrolment

- a) *Be between the age of 13 and up to 17 years old,*
- b) *Be and Australian resident,*
- c) *Be physically and psychologically able to participate in cadets activities*
- d) *Not be a member of the Australian Navy Cadets or the Australian Air Force Cadets, or the Australian Defence Force*
- e) *Be available to attend 80% or more of the activities conducted by the Army Cadet Unit that they wish to join .*
- f) *Agree to abide by the AAC Code of Conduct*
- g) *Complete the application form and all documentation required by the AAC and,*
- h) *Have their application accepted by the Army Cadet Unit Officer Commanding.*

#### When

Thursday 22nd JUN 2017	1900 Hrs (7pm)
Thursday 20th JUL 2017	1900 Hrs (7pm)

#### Where

ADF Cadet Depot  
Robinsons Road , Frankston (behind Mt Erin Secondary College)  
(Mel. Ref. 102 J10) (03) 5971 3491 36acu@cadetnet.gov.au

## Teenagers Who Are Both Bully And Victim Are More Likely To Have Suicidal Thoughts



Most research into teen bullying tends to focus only on the victim. This means we know little about how the bully is affected. A new Australian study shows that teenagers who have been both a victim and a bully are at greatest risk of mental health problems, including self-harm and suicidal thoughts.

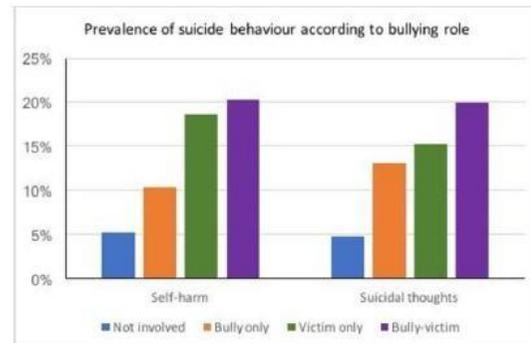
### Bullies are victims too

When it comes to bullying, there is a common misconception that adolescents neatly fall into a category of bully, victim, or not involved. But this is not the case. In fact, three-quarters of the adolescents who reported that they had bullied others were also victims of bullying.

The study asked 3,500 14-to-15-year-old Australian teenagers – who were participants in the Longitudinal Study of Australian Children (LSAC) – whether they had experienced any of 13 different types of bullying behaviour in the past month. This included being hit or kicked on purpose, called names, or forced to do something they didn't want to do. The participants were asked if they had bullied anyone in the last month using the same bullying behaviours.

LSAC also included questions about whether teenagers had self-harmed, had suicidal thoughts, and whether they had made a plan to attempt suicide. One-third of teenagers reported that they had either bullied, been a victim of bullying, or both (bully-victim).

On the whole, all three groups were more likely to report self-harm, suicidal thoughts and a plan for suicide than those who were not involved in bullying. Among bullies only, one in ten had self-harmed and one in eight had thought about suicide in the past year. Teenagers who were both the bully and the victim of bullying had the highest levels of self-harm (20%) and suicidal thoughts (20%).



Involvement in bullying was associated with two times the risk of self-harm and four times the risk of suicidal thoughts. This was the case even after taking into account other factors that might explain the findings, such as gender, single parent versus couple household, ethnicity and socio-economic status.

### Girls more likely to be affected

Suicidal thoughts and self-harm were highest among girls involved in bullying. More than one in three girls who were both the bully and the victim self-harmed (35%) and one in four had suicidal thoughts (26%). The levels among boys who were bully-victims were 11% and 16% respectively. However, even among teenagers not involved in bullying, self-harm or having suicidal thoughts were more common among girls than boys. There were also gender differences in roles in bullying. Of those who were only victims 58% were girls, while 69% of those who were only a bully were male.

However, this is not the complete story. Boys represented a higher proportion of those who had a dual role as both a victim and a bully (61%).

### Who bullies?

While we don't know why teenagers bully, other research suggests that children who bully are more likely to exhibit "externalising behaviours". These are defined as: *defiant, aggressive, disruptive and non-compliant behaviour.*

They were also more likely to have:

- negative thoughts, beliefs and attitudes about themselves and others
- been negatively influenced by peers
- lived in families where there were problems such as parental conflict.

### What can be done?

Our research highlights the fact that bullying interventions must recognise the often complex nature of bullying, and particularly the multiple roles that individuals may adopt. Targeting victims of bullying only may miss opportunities to have a broader impact on bullying. Reducing bullying requires a multifaceted approach focusing on individuals involved, parents, teacher and school climate. Based on the results of multiple studies, it is estimated that school-based interventions can reduce bullying behaviour by around 20%. Extrapolating from our findings, this would lead to an 11% reduction in the proportion of students who self-harm or have suicidal thoughts.

Some studies have shown that whole-of-school interventions that target school-wide rules and sanctions, teacher training, classroom curriculum, conflict-resolution training, and individual counselling yield better results than those that target only one component.

One of the other problems is that while school-based interventions may reduce bullying behaviour in the short term, the evidence for long-term behaviour change is limited.

– Anne Kavanagh, Naomi Priest & Tania King

This article was first seen in *The Conversation: Teenagers who are both bully and victim are more likely to have suicidal thoughts*

# Free Meningococcal Vaccine for young people in Years 10, 11 & 12

Information for young people and parents/guardians

To combat a recent rise in cases of Meningococcal W disease, the Victorian Government has introduced a free, time-limited vaccine program for young people in Years 10, 11 and 12 in Victoria from 18 April 2017 until 31 December 2017.

Young people receiving the vaccine will be protected against the 'W' strain of the disease, as well as three other strains ('A', 'C' and 'Y').

## Who is eligible for the free Meningococcal vaccine?

The vaccine is free to young people in Years 10, 11 and 12 of secondary school, as well as those young people not in secondary school but of an equivalent age (aged 15-19 years between 18 April 2017 and 31 December 2017).

## Why get the free Meningococcal vaccine?

Although uncommon, meningococcal disease can become life-threatening very quickly.

Since 2014 the meningococcal W strain has increased across Australia, and it is now the predominant strain in Victoria.

If you are vaccinated, you protect yourself and others around you by reducing the spread of the disease.

The vaccine is safe and effective and free to eligible young people for a limited time.

## Where can young people get the free vaccine?

Most young people will receive the vaccine at secondary school.

**Step 1:** The school gives parent/guardian consent cards to all students in Years 10, 11 and 12.

**Step 2:** Students give the card to parents/guardians, who must complete the card and make sure it is returned to the school. (Even if the parent/guardian does not consent, the complete card must be returned.)

**Step 3:** Nurse immunisers from local councils give the vaccine to students who have provided written consent at schools on a day(s) agreed to by the secondary school. Students are given a record of the vaccine.

## What if the young person is not at school?

Eligible young people not in secondary school (either away on the day the vaccine was given or do not attend secondary school) can attend either a local council community immunisation session, or a General Practitioner (GP) to receive the free Meningococcal ACWY vaccine. A consultation fee may be charged by the GP. Contact your local council to find out when and where immunisation sessions are held.

## What is meningococcal disease?

Meningococcal bacteria live in the back of the nose and throat of about 10 per cent of people without causing illness.

Meningococcal disease is caused when a particular strain gets through the lining of the throat and enters a person's bloodstream.

Symptoms include fever, headache, vomiting, stiff neck or sore muscles, sometimes followed by a red or purple rash.

The bacteria can only survive outside the body for a few seconds and can only be passed from person to person by close and prolonged household or intimate contact, for example deep kissing.

The disease can progress very quickly and can lead to death or permanent disability. Up to 10 per cent of infected people die, even if they are treated with the right antibiotics.

Young people are at increased risk of meningococcal disease and more likely to spread the disease to others.

Read about causes, symptoms, diagnosis and treatment on [the Meningococcal disease fact sheet](#) on the Better Health Channel.



## What strains of meningococcal disease can you be immunised against?

Meningococcal vaccines are available to protect against five strains of meningococcal disease known by the letters A, B, C, W and Y.

The free vaccine for young people in Years 10, 11 and 12 protects against A, C, W and Y strains.

Children aged 12 months old are vaccinated for free against the C strain as part of the National Immunisation Program schedule.

A vaccine against the B strain is available by prescription from a GP but is not usually free.

Anyone wishing to be immunised against any or all of the strains can discuss this with their GP. GPs can provide vaccine prescriptions and patients can purchase the prescribed vaccine/s.

## What if my child has previously had the Meningococcal C vaccine?

The free Meningococcal ACWY vaccine will safely boost the young persons' protection against the C strain they had as a baby and will also protect against the A, W and Y strains.

## Why is the vaccine free for young people in Years 10, 11 and 12?

Young people in this age group are at increased risk of meningococcal disease and more likely to spread the disease to others. Immunisation experts have advised that immunising this age group can prevent spread to other age groups.

## Do young people need parent/guardian permission to get the vaccine?

- Fifteen, 16 and 17 year olds need consent from a parent or guardian to receive the vaccine.
- Eighteen and 19 year olds can provide their own consent.

Young people aged under 18 who are eligible for the free vaccine but who have an issue getting parental consent can talk to their GP about their options.

## Why has the Victorian Government introduced this program?

The most common strain (either A, B, C, W, Y) of meningococcal disease circulating in the community changes over time.

Since 2014, there has been an increase in the number of cases of type W meningococcal disease – a very infectious strain similar to those that have been circulating in the United Kingdom and Chile since 2009.

In September 2016, an expert immunisation group advised that a nationally coordinated immunisation program against meningococcal W disease in young people was needed to prevent a further increase in disease.

In line with a decision by several other states to fund their own programs, the Minister for Health announced a Victorian Government response on 8 February 2017, in the form of a one-year free school-based meningococcal W vaccination program for young people in Years 10, 11 and 12 of secondary school.

## Is the vaccine safe and effective?

Yes, studies have shown that the effectiveness of the Meningococcal ACWY vaccine is between 80 to 85 per cent in young people. It does not contain any live bacteria and cannot cause meningococcal disease. Most side effects to the vaccine are minor and quickly disappear. Read about side effects and their treatment on the [Meningococcal disease – immunisation fact sheet](#) on the Better Health Channel.

## Where can I get more information?

Parents/guardians and young people can access more information by searching 'meningococcal' at [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

If you have a health concern speak with your doctor or call NURSE-ON-CALL on 1300 60 60 24.



An Australian Government Initiative



CONNECT TO  
YOUR FUTURE  
Career Advice Australia



## THE FACTS

HMAS Cerberus is the Royal Australian Navy's largest training establishments and can deliver over 300 different training courses

There is an average of 1,200 military personnel undertaking training at Cerberus at any one time

The serving population at the Cerberus consists of 80 officers, 500 military personnel 95 Australian public service staff  
*plus*  
Numerous contractors



# HMAS CERBERUS

**Are you interested in joining the Royal Australian Navy (RAN) or Defence Forces when you complete school???**

**Do you want to know more about what life is like in the Navy and what role the Navy plays in our Defence Force???**

**Then come along to HMAS Cerberus for the 'Naval Gazing' program on THURSDAY 20<sup>TH</sup> JULY 2017**

**This is the only opportunity your school will have to visit Cerberus in 2017 so don't miss out!**

During your visit you will talk to new recruits, have a tour of various departments, speak with people from Defence Force Recruitment to learn about career opportunities and observe first-hand what life in the Navy is all about.

- **Pick up details:** From Mount Erin College 8.35am
- **Drop off details:** At Mount Erin College 2.40pm
- Lunch is provided No cost for the excursion
- Only **20 places** available so put your name down in the **Careers Office** or call 59 71 6039 for further information