



Mount Erin College

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Newsletter
Issue 7: 2nd Aug. 2017

Principal's Report

The College has been buzzing with **Grade 5 students** from our many feeder schools. Last week, on Tuesday and Thursday we had Grade 5 students from several of our feeder schools experience Science at work. They were taken through a terrific investigations process, CSI Mount Erin style, to solve a mystery using lots of scientific experiments to reach a conclusion. The students had a great day and feedback from their teachers has been very positive. Well done to Kylie Dwyer and the science staff who conducted the sessions.

The opportunity to experience Mount Erin College through the Grade 5 Immersion Days are on offer later this term with the **Sports and Arts Academies and the SEAL Program** all offering Immersion Day Programs. Interest in participating in these programs is already high with high numbers of phone bookings for registrations already. These days are a wonderful way to promote Mount Erin College and the wide range of curriculum offerings we have. Immersion Days also highlight the great things that happen in the College every day.

We were very excited to hear that Emily B. in 8B has been chosen as a member of the School Sport Victoria Team: Team Vic 16 and Under Girls Hockey to participate in the **School Sport Australia Hockey Championships**. This competition will be conducted 2-9 December in Adelaide. The competition will see each state from around Australia compete and will also include a team from Macau. Emily is the youngest member of the team which indicates the high level of skills she is already demonstrating. I know the whole school community congratulate her and wish her the very best as she prepares for the games. We look forward to hearing the results.

There have been quite a number of other **sporting successes** across a range of different sports. Luke S. of year 10 and Joshua Y. of year 9 have made it through to the State Cross Country Final, the Senior Girls Footballers have won the Northern Peninsula Division Championship, and the Senior Girls Basketballers have won the Northern Peninsula Division Championship as well as the Southern Metropolitan Region final. Continuing the footballing success we also had our Junior and Intermediate Girls football teams winning the Northern Peninsula Division Championship which is a fantastic achievement. Well done to all of the students who have achieved success in their chosen sports this term.

We have received quite a number of **shrubs and trees** from Frankston City Council, which will really support the work we have been undertaking to develop and enhance the outdoor environment of the school. A group of VCAL students will be busy planting them all out over the coming weeks. It is great to be able to look at the area they worked on this time last year, between the DATS and D-Block. It is now looking very established, with trees and shrubs growing beautifully.

Last week was **Work Experience** week for our Year 10 students and it was really pleasing to see the wide range of work places that had

been arranged. This is a great opportunity for students to gain experience in a particular career or work place. Many times students think they understand what is involved in a particular area of work and having these 5 days gives them a real insight. We have had students working in schools, kindergartens and child care centres, in lots of different trades, with architects and drafting, legal offices, hospitality and business. We had one student working in a prominent city Art Gallery and others in Vet clinics, Day Spas and tourism businesses. Work experiences is an invaluable opportunity to experience the world of work. It often is the catalyst for students to focus on what they need to do to be able to work in a specific field. It can also often clarify the type of work that is not suitable for particular individuals. I would like to thank all the members of staff who headed out to every work site last week to check on each student and ensure their work placement was going well. Congratulations to all the students as so many of them have returned with glowing reports from their employers and they have equipped themselves well for their future pathways.

Jeans for Genes Day is this Friday and it will be great to see members of staff dig deep into the back of the wardrobe to find their denim outfits to support the cause. There are a number of prizes given out for the triple and quadruple denim awards. If it reaches the giddy heights of last year, we are in for a real treat on Friday. Well done to the organisers and all those who have pledged donations to support this important research into human genetics.

Preparations for **'GREASE'** are well underway with only a couple of weeks until the production opens. Rehearsals are going very well, with singing and dancing routines looking very polished. Costumes and sets are being finalised, the sound system in the auditorium has been fully installed and stage curtains are in place. Ticket sales opened last week and already performances are seeing strong bookings. Ms Lombardi and Mr Bowers are finalising the matinee performance for our feeder primary schools, so they can be part of this fabulous production. Well done Ms Andrews and the production team – we are all excited to take our seats and watch the show!

I am very pleased to report to the school community that our proposal for the **\$2.13m Stage Two development** has been approved. We have been through a process to appoint architects for the project and meetings with them are scheduled over the next few weeks. This means we will be looking at a redevelopment of our gymnasium and an upgrade of the court to competition standard - surface and size. This is an exciting upgrade for Mount Erin and will be welcomed by students and staff alike. As the plans are developed and costed, I will report back to you with a more detailed view of what we can expect to be included in this facilities upgrade.

Karen Lee
Principal

Attention Year 10, 11 & 12 Students

FREE

Meningococcal ACWY Vaccine

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 now have the Meningococcal ACWY Secondary School Vaccine Program consent card, which was distributed to students on Monday 17th July. By now, you should have read the information, completed and returned 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, 7th 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 or www.immunehero.health.vic.gov.au

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

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

Parent Opinion Survey 2017

WE WANT OUR PARENTS TO TELL US WHAT THEY THINK

Our school is conducting a survey to find out what parents think of our school. The Parent Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted amongst a sample of randomly selected parents at each school. It is designed to assist our school in gaining an understanding of parents' perception of school climate, student engagement and relationships with our parent community. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

The survey will be conducted **online by ORIMA Research Pty Ltd** and only takes **15 minutes** to complete. The survey can be accessed via desktop computer, laptop, tablet or mobile at any convenient time within the fieldwork period from **Monday 7th August to Sunday 27th August**.

Approximately 30 per cent of parents will be invited to participate in this year's survey. All responses to the survey are anonymous.

The online survey is available in English, Arabic, Vietnamese, Mandarin, Chin (Hakha) and Hindi. Survey language guides will be provided in a range of languages including Albanian, Bengali, Burmese, Cantonese, Dari, Filipino, Greek, Gujarati, Indonesian, Japanese, Karen, Khmer, Korean, Macedonian, Malayalam, Pashto, Persian, Punjabi, Russian, Serbian, Sinhalese, Somali, Spanish, Tagalog, Tamil, Telugu, Turkish or Urdu.

The survey results will be reported back to our school at the end of September. The survey results will be communicated to parents through the College's annual report.

For further information, please speak to you child's teacher or visit:

<http://www.education.vic.gov.au/school/teachers/management/improvement/Pages/performsurveyparent.aspx>

Deaf Education Centre (DEC) News

Welcome back, it's turning into another great term. The sun is shining, so hopefully the weather is starting to change for the better.

On your marks, get set ... Let's go, to Deaf Sports! Basketball, baseball/softball, golf, badminton, table tennis, netball and the new addition of touch football, all run by professional sports people/or coaches at MSAC in Albert Park. This day is a great opportunity for our students to join in and connect with other students with significant hearing losses from across the State, giving an opportunity to rekindle or make friendships.

Butterfly Badge Appeal for the Deafness Foundation.

In the words of the Deafness Foundation:

Why the butterfly?

"Did you know that butterflies are deaf?"

Yet they are beautiful, admired and communicate through the wonder of nature.

Deafness Foundation adopted the butterfly as its logo following the initiative and enthusiasm of Judy Chancellor, a member of the President's Auxiliary, who realised that butterflies were deaf. To her, the butterfly was a beautiful and powerful symbol of change that could raise awareness in the community about deafness and hearing loss and also provide fundraising income for the Foundation.

Judy set about designing a series of butterfly badges to be worn in a lapel or on a hat. Thus began the very successful Butterfly Badge Appeal. The sale of Butterfly merchandise remains to this day the major source of fundraising income that supports the Foundation's financial grants program.

The Foundation is very grateful to Judy for her vision, passion and enormous dedication to the success of the Butterfly Badge Appeal."

Badges are on sale now and available from the DEC office.



Our next Australian Hearing appointment is scheduled for August 8th. The students have the opportunity to discuss any concerns they may have with their equipment or technical difficulties that need attention.

City Week is fast approaching for our Year 9 students. They are busy working on the assessments that are required before they venture out to the city. More information soon.

We'd like to wish Rath from Year 9 safe travels while he jet-sets around Europe over the next few weeks, having the

opportunity to gain a cultural appreciation of the North and North-East of England. We're sure he will have a fabulous time, and we look forward to seeing lots of photos and hearing all the news from his amazing trip.

We are in the process of planning an excursion to the city so stay tuned!

Important Dates:

- August 8th (Tues) – Australian Hearing
- August 21st (Mon) – City Week
- August 23rd (Wed) – Staff Professional Development Day (Student Free)
- August 24th (Thurs) – Deaf Sports Day

DEC Staff – Geoff, Sarah and Kathryn

Red Nose Day was on the last day of Term 2. The Mount Erin staff showed their support by wearing an item of red clothing to help raise awareness of SIDS (Sudden Infant Death Syndrome). Here is the DEC staff with their red noses on.



Sarah

Kathryn

Geoff

Important Dates

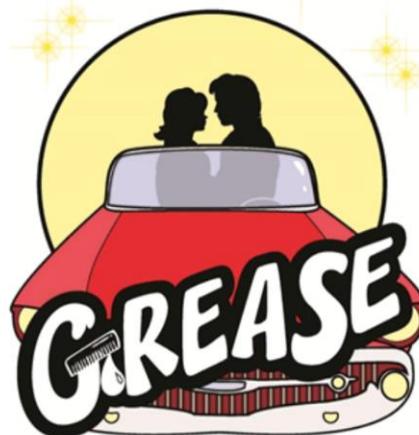
- Aug 7th (Mon) – Meningococcal Immunisations
 - Aug 8th (Tues) – Whole School Assembly
 - Aug 17th (Thur) – “Grease” Production (7pm)
 - Aug 18th (Fri) – “Grease” Production (7pm)
 - Aug 19th (Sat) – “Grease” Production (12pm & 7pm)
 - Aug 23rd (Wed) – Staff Professional Development Day (Student Free)
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Newsletter

Issue Number 8:

Scheduled for Term 3, Week 6.

MOUNT ERIN COLLEGE 2017 PRODUCTION



BOOK, MUSIC AND LYRICS BY
JIM JACOBS AND WARREN CASEY
BY ARRANGEMENT WITH ORIGIN™ THEATRICAL
WWW.ORIGINTHEATRICAL.COM.AU

MOUNT ERIN COLLEGE AUDITORIUM
ROBINSONS ROAD, FRANKSTON
THURSDAY 17TH AUGUST, 7.00PM
FRIDAY 18TH AUGUST, 7.00PM
SATURDAY 19TH AUGUST, 12.00PM AND 7.00PM

TICKETS AVAILABLE THROUGH
<https://www.trybooking.com/RDKP>
ADULTS: \$20.00
CONCESSION (16 AND UNDER): \$15.00

LOGO CREATED AND DESIGNED BY MAGGIE TAFT AND HARRY BOGODIAN

GREASE IS THE WORD

4 SHOWS ONLY

Tickets for our 2017 production of 'Grease' are now on sale. Shows will be performed at the Mount Erin College Auditorium, on the following days and times:

Thursday 17th August, 7.00pm

Friday 18th, August, 7.00pm

Saturday 19th August, 12.00pm and 7.00pm

Tickets are available through

<https://www.trybooking.com/book/event?eid=301095>

Adults: \$20.00

Concession (16 and under): \$15.00

NB: When booking tickets, please avoid leaving one seat in the middle of a row.

Junior School

Year 8 students to learn to help a friend experiencing mental health problems

Thanks to a grant from the Ian Potter Foundation, a new and innovative program is being trialled here at Mount Erin College – teen Mental Health First Aid Program (tMHFA). This practical and informative program will teach students about mental health problems and how they can help a friend who is experiencing mental health problems, with the key action being enlisting the help of an appropriate adult. Because this is a new program Mental Health First Aid Australia and the University of Melbourne are evaluating the effectiveness of this program and students will be asked to complete surveys before and after the course.

Key dates:

Monday, 7 August and Wednesday, 9 August – tMHFA course – First Survey and Session 1

Monday, 14 August and Wednesday, 16 August – tMHFA course – Session 2

Tuesday, 22 August and Thursday, 24 August – tMHFA course – Session 3 and Second Survey

Parents and teachers will also be offered a free Youth Mental Health First Aid course. The date for this course will be announced shortly.

An information sheet has been posted on compass and attached at the end of this newsletter. If you **do not** wish for your child to participate in the research, please complete the opt-out form and return to the school.

If you have questions about the tMHFA course or the research you can contact Dr Kathy Bond (kathybond@mhfa.com.au).

Staff Profile

Lauren Lockhart

Humanities, Maths and Science Teacher



Describe your current role at Mount Erin College: I teach in the Junior school; Year 7 Humanities, Year 8 Maths and Humanities and Year 9 Science. I am also Year 9 Home Group and Year 9 Centre teacher.

What is your background in education? I am in my second year of teaching after coming across

from Pakenham Secondary College last year. I was also a

swimming teacher for 10 years and worked at a summer camp in America.

Which things do you enjoy most about working at Mount Erin College? The people – both students and teachers.

What has been your highlight so far this year?

Organising and taking the Year 7s out on a geography fieldtrip, and accompanying the Year 7 and 8 girls to football (and we are off to the next round very soon)

Tell us about your hobbies or passion outside of school. I really love sport and try to get along to as much live sport as I can (one advantage to living in Melbourne is we have so much going on each week!). Most weekends you'll find me at the MCG cheering on my beloved Demons. When I'm not following live sport, I'm usually travelling, or organising my next trip.

Do you have a message you would like to share with the school community? I love to live by the following quote from Nelson Mandela "*Education is the most powerful weapon which you can use to change the world*". It's also important to remember that every accomplishment starts with the decision to try.

Congratulations Michael Casper

30 Years of Teaching



Chemistry Excursion



Belynda M and Riley R

On Tuesday 18th July, 5 Year 11 Chemistry students and Mr Kenyon went to Monash, Clayton.



The Monash Murder Mystery

A prominent scientist has been found dead. There are a string of clues, but solving this mystery will require some sophisticated scientific equipment, and a sharp mind!

Dates: 17th July - 20th July 2017
Time: 10:00am - 2:30pm
Venue: School of Chemistry,
Monash University, Clayton Campus.

The Murder Mystery is fantastic opportunity for students who enjoy Science to get involved in a fun yet educational day at Monash University. The event is targeted at Year 10/11 students who have a keen interest in chemistry and forensic science. Elements of the activity feed into the Year 11 Chemistry curriculum.



Brain Buster

Tammy owed Kate \$35. Tammy, being a good friend, paid back the debt. She used three Australian bank notes. So far so good, but here's the tricky part – she didn't use any \$10 notes! How did Tammy pay back Kate? Answer Page: 9.

Careers News

Year 10 Work Experience 2017

One of the most valuable and relevant opportunities during the secondary school years is the Work Experience Program at Year 10 level. All students are able to organise a placement with an employer to have an experience of the 'world of work'. This year, work experience was organised last week, from Monday 24th to Friday 28th July and the majority of Year 10 students took advantage of this opportunity.

The preparation for work experience was conducted during the 'Project Me' assignment time in the Pastoral Care Program, with students completing their Occupational Health and Safety Modules and organising their paperwork during this time. Students went to 'work' with local and metropolitan employers in this 'curriculum' based week outside school.

The most popular areas of work for students to explore included the trades of building, electrical and landscaping, education, health and community services, IT and business services, as well as hospitality and retail. The majority of employer evaluations were fantastic and following their work experience, many students have gained ongoing casual work or Structured Workplace Learning Placements for VCAL in 2018.

For students who were unable to do work experience in this week, it was arranged that they would complete an Industry based career oriented assignment at school. We thank all our employers for their contribution to this program and without whom these placements would not be possible for the college.

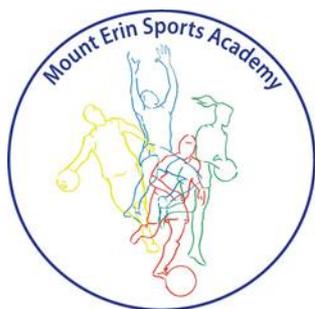
'Naval Gazing' Cerberus Excursion

On the 20th July, 18 students from Years 10 to 12 at Mount Erin College, participated in the annual HMAS Cerberus

excursion to the naval base at Stony Point. They experienced a tour of the base and were introduced to defence force careers in the Army, Navy and Air Force, called 'Naval Gazing'. The Defence Force bus provided transport from the college and a Cerberus Mess lunch for all students.

We thank Mr. Matthew Baker for his voluntary participation in this excursion.

Careers and Pathways
Melinda King and Alison Wall



Sport News



Year 7 Netball

On Friday the 23rd of June, we had the Year 7 Girls Interschool Netball Competition. All the girls performed exceptionally well on the day. We had two teams enter on the day. Our B division girls were placed fifth but our division A girls placed second on the day, losing only marginally to EMC.



Melbourne Vixens Netball

This term, our guest coach was Mwayi Kumwenda, champion Netball Goal Shooter from Melbourne Vixens and Malawi Queens player.



Mwayi joined our Sports Academy netball and she was fantastic!





Melbourne Museum and Art Exhibition Excursion

The Museum/Art Exhibition excursion involving the year 7's and 8's was an enjoyable experience for everyone. While on the excursion, we not only learnt about the history of Melbourne, but the year 8's also touched on how to be a good mentor. The day was split in two parts, the art museum, and the exhibition centre, with two groups rotating halfway through. On the excursion we got an insight as to what Melbourne used to look like a long time ago, and shared ideas about what our thoughts and opinions were, about how people functioned in day to day life back then.

Marcel, 8A



It was the 21st, when 7A and 8A went on a train to become historians for a day, with Miss Bray and Mr Hollier. My group, with Mr Hollier, went to the Melbourne Museum, where we met the energetic Bernard, who talked about Little Lonsdale Street in the early 1900s. The findings showed that Little Lonsdale Street might have been completely different to what historians first thought, surprisingly! After looking around the museum, Miss Bray's group and our group met up for lunch. Afterwards, we went to the Victorian State Library, to look at the gallery and exhibitions, which was really interesting. All in all, this was a really good experience and we all had a great time!

Ancelin, 7A



Homework Club

If you would like your child to attend homework club please collect a form from the front office.

MOUNT ERIN COLLEGE

HOMEWORK club

I Parent/Guardian _____ give permission for
STUDENT NAME: _____ **FORM:** _____

To attend Homework Club in the Resource Centre on the following dates (please tick boxes below)
Term Three 2017

Monday after school 3pm – 4pm: 17/07 24/07 31/07 07/08 14/08 21/08
28/08 04/09 11/09 18/09

Thursday after school 3pm – 4pm: 20/07 27/07 03/08 10/08 17/08 24/08
31/08 07/09 14/09 21/09

Signed Parent/Guardian _____
Contact number _____

Dear Parents and Guardians,

This year Mount Erin College will run a Homework Club in order to support student learning. Sessions will run on Monday and Thursday afternoons from 3pm to 4pm. All sessions will be supervised by teachers. If you would like your child to attend an after school session you must sign the attached permission slip to indicate selected dates and acknowledge that you may be required to make alternative arrangements for transport home. If you would like any further information, please contact Jackie Melling or Jodie van Gameren at the college.

Jackie Melling and Jodie van Gameren

Brain Buster Answer

Tammy gave Kate two \$20 notes and received \$5 note in return.

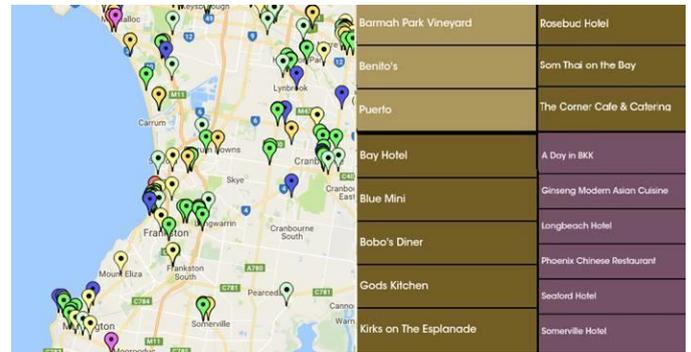
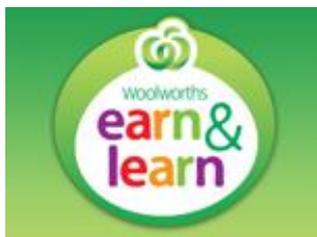


Starting on **Wednesday 26th July**, anyone from the school community including staff, parents, grandparents, neighbours and friends – who shops at Woolworths can collect stickers.

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

1. Shop: Earn a sticker for every \$10 spent at Woolworths between 26th July – 19th 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.



One top of that there are also savings the whole family can enjoy including:

McDonalds, Bakers Delight, Taco Bill, Subway, Chemist Warehouse, Sushi Sushi, Noodle Box, Caltex, Woolworths and so many more!

What about the kids you ask?? We have that covered also....

AMF Bowling Centres	HOYTS
Croc's Playcentre	Lollipops Playlands
Event + Greater Union + Birch Carroll Coyle + Village Cinemas	Moonlit Sanctuary
Escape	Patterson River Golf Club
	Peninsula Aquatic Recreation Centre

So it's easy to see how, after just two or three uses, your Entertainment Membership will have paid for itself! Valid through till June 2018!

Available at the front office
NOW! \$70



Still considering buying an Entertainment Membership?

Take a look at all the amazing savings you'll receive right at your doorstep....

In the Frankston and surrounds area there are over \$600 worth of savings for Dining offers alone.

First job?
You can be brilliant with money.

Money for now. Money for later.

Visit us in branch or online bendigobank.com.au/firstjob to find out more. You'll learn heaps.

Bendigo Bank
Bigger than a bank.

bendigobank.com.au/firstjob

Bendigo and Adelaide Bank Limited, ABN 11 066 049 178 AFSL/Australian Credit Licence 237879. (A229624) (05/17)

RED NOSE DAY

The last day of Term 2, June 30th was Red Nose Day. Annually 3,200 Australian babies and children suddenly and unexpectedly die. That's 9 children under five every day. To show support and to raise awareness for this issue, staff members wore red clothing for the day.

making up baby's cot

Sleep baby in a safe cot in parents' room for the first 6-12 months of life

- ✔ Use a **safe cot** that meets the current Australian Standard AS2072
- ✔ Use a **safe mattress: firm, clean, flat** (not thick or elevated), right size for the cot
- ✔ **Sleep baby on back**
- ✔ **Keep head and face uncovered**
- ✔ Position baby's **feet at the bottom** of the cot
- ✔ **Tuck blankets** in firmly or use a safe baby sleeping bag



Do not use pillows, doonas, soft toys, cot bumpers, or lambswools anywhere in the cot

Do not put your baby to sleep on a water bed or bean bag

- ✔ **Breastfeed baby**
- ✔ **Keep baby smoke free**
- ✔ **Safe sleeping environment night and day**

Red Nose Vision

A future where no child dies suddenly and unexpectedly during pregnancy, infancy or in childhood.

www.rednose.com.au

cot to bed safety

When to move your child out of a cot?

From birth, the safest place for your baby to sleep is in a safe cot. Keep the cot free of toys, pillows and bumpers as they may obstruct baby's breathing and as baby grows older could be used to climb out of the cot.

When a young child is observed attempting to climb out of a cot and looking like they might succeed, it is time to move them out of the cot.

Check your home for hazards before your child graduates from a cot.

Provide a safe place to sleep.

Back beds aren't recommended for young children.

Blankets, toys, large cushions and air mattresses are not safe options for young children to sleep.



For Red Nose Day Mount Erin has decided to increase education for preventing SIDS (Sudden Infant Death Syndrome).

safe wrapping

Infant wrapping is a safe and effective strategy that can be used to help babies sleep on their back during the first months of life. Wrapping style should be appropriate for the baby's development stage. It is essential to discontinue wrapping as soon as baby starts showing signs that they can begin to roll, usually between 4-6 months.

- Place baby on back
- No bed sharing when baby is wrapped
- Keep baby's face and head uncovered
- Wrap should be firm but not tight
- Wrap should be made of light cotton material
- Baby must not be overdressed under the wrap



teen Mental Health First Aid for students in Years 7-9 Information for Parents and Guardians

About the project

The Melbourne School of Population and Global Health at the University of Melbourne, and Mental Health First Aid Australia (MHFA), are conducting research on a new skills-based program, called teen Mental Health First Aid for students in Years 7-9 (abbreviated to tMHFA). The project involves presenting tMHFA in schools to Year 8 students, with the aim of evaluating the course content and materials to ensure it is effective and enjoyable for students. The training component has been embedded into the school's curriculum, while the evaluation (research) component is not part of the curriculum and is additional to the training.

What is Mental Health First Aid?

Mental health first aid is the help offered to a person developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or until the crisis resolves. Mental health first aid strategies are taught in training courses developed and conducted by Mental Health First Aid Australia. MHFA programs have solid evidence for their effectiveness from many research studies and MHFA has won multiple awards. For more information, you can visit www.mhfa.com.au.

What is tMHFA?

tMHFA is a new program that involves the delivery of three 75 minute training sessions to students in Year 8. tMHFA teaches students how they can help a friend with a mental health problem. The program is designed to develop their knowledge and skills in:

- recognising warning signs that a friend is developing a mental health problem;
- understanding how to talk to a friend about mental health and seeking help;
- when and how to tell a responsible adult;
- where to find appropriate and helpful resources about mental illness and professional help; and
- how to respond in a crisis situation.

tMHFA contains a multimedia presentation, videos, a workbook and learning activities. The program will be presented to Year 8 classes by a trained MHFA instructor. The regular class teacher or school welfare coordinator will also be present during the training sessions. The training and materials will be provided free of charge to your child and their school.

tMHFA for students in Years 10-12, a companion course for tMHFA for students in Years 7-9, was developed in 2012 and is now running in schools across Australia. tMHFA for students in Years 10-12 has been evaluated in two large studies involving approximately 1500 students. The first study found positive outcomes, including improved mental health of students. The second study will conclude in 2017.

What is the purpose of this research?

Because this is the first time tMHFA for students in Years 7-9 has been run in schools, we would like to gather feedback from students, parents/guardians and teachers about how effective the program is in teaching students about mental health problems and how to help their friends. We would also like to know what they think of the program. This evaluation will help us improve the content of the training, so it can be used in schools across Australia and internationally.

Who is conducting this research?

This research is being conducted by a team from the University of Melbourne and MHFA Australia. The Ian Potter Foundation has provided \$47,000 to fund this project. Three of the investigators on this project are employees of MHFA, a not-for-profit organisation, and another is chair of its board.

What will the research involve for students?

Students will be asked to complete three surveys: one before tMHFA is presented, one after they have completed the program, and one 3 months after the training has finished. They will be asked questions about mental health, mental health problems (such as depression, anxiety and suicidal thoughts) and mental health first aid to understand whether and how their knowledge changes over time. The surveys will be completed online and it is estimated they will each take around 25 minutes to do. Students will complete the questionnaires during class time.

Does my child have to participate?

The training sessions will be presented to all students in Year 8 during normal class hours. Participation in the research surveys is voluntary and students can attend the training without having to complete the surveys. Attendance at the training or participation in the evaluation will not impact on your child's regular school assessments, and students will not be penalised in any way for non-attendance or non-participation.

How do I give consent for my child to participate?

The tMHFA training is part of the school's curriculum, and therefore does not require parental consent for your child to participate. The evaluation (research) component is not part of the curriculum and therefore requires parents to consent to their child's participation. The research component uses a passive method of consent (also known as "opt-out" consent). This means that the parent/guardian does not have to sign a consent form for their child to participate in the research. Page 5 of this form is an "Opportunity to Opt Out" form, which can be filled in and returned to the school if you do not wish for your child to participate. If the school does not receive an opt-out form from you as the parent/guardian before the survey sessions commence (about three weeks from when you receive this information sheet; please check with your school for exact dates), it will be assumed that you consent for your child to participate in the research. Students will also be asked at the beginning of each survey whether they would like to participate (this is called assent), and they can choose to opt out at this point. Parent/guardian consent is not required for the training component, as it will be presented in normal class times to the entire grade. If you do not wish for your child to participate in the training, please contact the school so that alternative activities can be arranged.

Is participation in this research confidential?

The tMHFA program will be presented during students' normal class times. This means that student identities cannot be kept completely anonymous from the program instructor or the research manager, who will be present at the sessions. However, all information provided when responding to the surveys is confidential. All the results from the surveys will be published in the form of group percentages, or in a non-identifiable format (e.g., quotes may be published, but they will not contain any identifying information). Students' responses will be stored electronically and held under password protection for a minimum period of 5 years. The data will not be used for any purposes other than those described here.

Surveys will be distributed to students in one of two ways, depending on the school's preference: they will be emailed to your child's email address by their school, or they will be linked on the school's intranet. Hard

copies of the surveys will also be available if needed.

Students are not required to provide their names to the researchers at any stage of this research. Students will, however, be asked for their student identification number (e.g. AND0001) at the beginning of each survey. This is for two reasons: to be able to match students' survey responses over time, and to ensure students' safety. If a student becomes distressed and need assistance, their student ID enables the researchers to inform the school's wellbeing/welfare team so that the student can be followed up without needing to disclose their identity. Student ID numbers will be removed from the surveys once the research team have collected and matched up students' data (this is called de-identification).

While every effort will be made to protect the identity of participants, there are legal limitations to data confidentiality. For instance, it is possible for data to be subject to subpoena or a freedom of information request. However, all data will be retained in a non-identifiable format, and will not be used in other studies.

What if I change my mind?

Participation in this research is voluntary. You can cease your child's participation in the tMHFA training sessions, or the surveys, at any time. You can also withdraw your child's data at any point until we remove their student ID from their responses. After this time, we will not be able to tell their responses apart from anyone else's. If you decide to withdraw, all of your child's data will be immediately deleted. You can withdraw your child's data by contacting the research manager, Dr Kathy Bond (kathybond@mhfa.com.au).

How will the outcome/results of this research be made public?

The findings of this research will be published in scientific journals, on the Mental Health First Aid website (www.mhfa.com.au) and in training materials. The results may also be presented and discussed at local, national and international conferences on youth mental health, or mental health first aid.

Are there any risks?

Some people find attending Mental Health First Aid training a little distressing because it can be difficult to think and talk about mental illness. However, most participants also report benefits from having learnt about how they can help others with a mental illness. A number of resources, such as helplines and websites will be given to your child before and after the tMHFA training. The school's wellbeing coordinator or regular class teacher will also be present during the training sessions, and students and parents can speak with them at any time before, during or after the surveys and training.

If you or your child are distressed about the issues discussed in the training, or in the surveys, there are several services available for you to contact, including Lifeline (13 11 14) and Beyondblue (www.beyondblue.org.au). Alternatively, you can email the research manager, Dr Kathy Bond (kathybond@mhfa.com.au).

What are the benefits?

Students will receive the tMHFA training free of charge, and be taught a range of skills for assisting their friends if a mental health problem begins. They will receive a workbook and a certificate of completion at the end of the training.

You and your child's teachers will also have the opportunity to participate in Youth Mental Health First Aid, a course which teaches adults how to help a young person who may be developing a mental health problem, and this will also be provided free of charge. The school will advise you of the dates of this course.

The survey responses will help MHFA Australia to develop a training package of the highest possible quality. If tMHFA is found to be effective, the training package will be used by MHFA in the future. Participation in this research will therefore benefit future students across Australia and internationally, who receive the tMHFA training. In addition, this project has the potential to lead to better community support for young people who are developing or experiencing a mental health problem, by providing guidance to the friends, family, and school staff who care for them.

Who can I contact if I want more information?

If you'd like any more information about the project, you can contact:

Dr Kathy Bond

kathybond@mhfa.com.au, 03 9079 0207

Kathy is the research manager for the tMHFA pilot study, based at Mental Health First Aid Australia. She is the first point of contact for queries related to this research.

If you would like more information about the scientific aspects of this project, you can contact:

Professor Tony Jorm

ajorm@unimelb.edu.au, 03 9035 7799

Tony is a Professorial Fellow and NHMRC Senior Principal Research Fellow with the University of Melbourne's Population Mental Health Group, and is a Senior Investigator on the tMHFA program evaluation.

If you would like more information about MHFA or the tMHFA program, you can contact:

Dr Claire Kelly

clairek@mhfa.com.au, 03 9079 0203

Claire is the Youth Programs Manager at Mental Health First Aid Australia. She is responsible for training and supporting tMHFA instructors.

The other investigators on this project are Dr Laura Hart (lhart@unimelb.edu.au), Dr Alyssia Rossetto (alysia.rossetto@unimelb.edu.au) and Ms Betty Kitchener (bettyk@mhfa.com.au).

This research project has been approved by the Human Research Ethics Committee of The University of Melbourne (Ethics ID Number 1647390.1). If you have any concerns or complaints about the conduct of this research project, which you do not wish to discuss with the research team, you should contact the Manager, Human Research Ethics, Office for Research Ethics and Integrity, University of Melbourne, VIC 3010, Tel: +61 3 8344 2073 or Fax: +61 3 9347 6739 or Email: HumanEthics-complaints@unimelb.edu.au. All complaints will be treated confidentially. In any correspondence please provide the name of the research team or the name or ethics ID number of the research project.

tMHFA Opportunity to Opt Out Form

Parents/Guardians of Students

PLEASE NOTE: Your details are required on this form only if you wish for your child *not to be involved* in the research. All students will take part in the training; this form provides the opportunity for you to withdraw your child from the research component. The research involves the completion of three questionnaires. For more information about the research and method of obtaining consent, please see the attached information sheet.

If you are happy for your child to be involved in the training and the research, you do not need to do anything. The school will arrange your child's participation.

If you do not consent to your child participating in the research, please fill out the section below and return it to the school.

I do not consent to my child participating in this research.

Your child's full name: _____

Your full name: _____

Signed: _____

Date: / / 201__