



# The Belmont News

Strive For The Highest

Belmont  
High School

Issue No. 11

belmont.hs@edumail.vic.gov.au

Friday 25 July, 2014

## PRINCIPAL'S REPORT

We have now completed the first two weeks of the new term and are well and truly into the second academic semester with reporting behind us and looking forward to an exciting and very busy remainder of term. This term marks the beginning of planning for the 2015 school year with student course selections taking place as well as a host of other organisational and curriculum matters to attend to prior to 2015. Students do need to be clear about the time lines for course selections for 2015 and to ensure that they see Mr McKenzie for course advice if required. Parents are also welcome to contact Mr McKenzie.

Of importance to us at this time of the year is our Year 7 enrolments for 2015 and, as has occurred in past years, we cap our intake at 200 students. This is based on our physical capacity to take more than this, as well as our curriculum and House based structure. This always presents some issues for many parents who wish to, but are unable to gain placement at Belmont. This year we are again unable to enrol all the Year 6 students who would have liked to join us next year. Whilst disappointing for these families, it does continue to emphasise the value placed on enrolment here, and the confidence our community has in our programs and outcomes.

Some important dates to note:

### Tuesday July 29

Year 12 Parent/Student Information Evening

### Thursday July 31

Wakakirri Challenge (Frankston)

### Monday August 4

Parent Association Meeting (7.30pm)

### Tuesday August 5

Year 9 Subject Selection Parent/Student Information Evening

### Friday August 8

House Music Competition AND

Casual Dress Day (Gold coin donation)

## OUR GRADUATING CLASS OF 2014

As we move well into the final full term for our graduating Year 12 class, as well as ensuring that they take every opportunity to maximise their results, we have continued to promote several local awards that all Year 12's are eligible for.

These include the prestigious **J G Forster Award**, named after the first Headmaster of Belmont High School, which is presented at Graduation. Each House nominates a student who has:

### CHANGE OF BELL TIMES FOR SEMESTER 2

Please note that Monday Week B bell times will run on Tuesday times—so students will finish Period 6 at 3.15pm instead of 3.40pm. This is to facilitate teachers work on Curriculum Design. Week A Mondays will still finish at 3.40pm. More information will be provided early Term 3. Please note that Term 3 will start with Week A.

## CALENDAR OF EVENTS

2014

### Monday 28 July - WEEK A

House Assemblies  
World Challenge Expedition Skills Meeting, Blue LC, 4.00-6.30pm  
Intermediate Band Camp  
Snr WMR Basketball, table Tennis, Hockey  
Int WMR Soccer, Badminton

### Tuesday 29 July

Snr WMR Badminton, girls Netball  
Int WMR Soccer, girls Netball, Soccer  
Intermediate Band Camp  
Yr 11&12 Italian, National Gallery, Melbourne  
Outdoor Rec, Yr 8 Downball Comp  
Yr 9 House Basketball Comp, Purple v Red  
Yr 12 Information Evening, VTAC/Pathways, Library, 7pm

### Wednesday 30 July

Belmont Breakfast Program, Caf, 7.45-8.35am  
Yr 9 House Basketball Comp, Mango v Ebony  
Yr 9 students, Deakin & Gordon presentation, Library, P5-6

### Thursday 31 July

Art/Europe Trip BBQ, lunchtime  
Wakakirri Challenge, Frankston Arts Centre  
Yr 11 & 12 VCAL, Melbourne CBD

### Friday 1 August

Yr 7, 8, 9 WMR Girls Football  
Yr 7 & 8 WMR Boys Netball, Snr & Int Boys Netball

### Monday 4 August - WEEK B

Parents Association, 7.30pm, Conference Room, Guest speaker Peter McKenzie  
Yr 8 Girls Hockey, Stead Park  
Yr 10 Printmaking, Melbourne  
Yr 9 House Basketball Competition

### Tuesday 5 August

Yr 9 Subject Selection Parent Information Evening, Library, 7pm  
Yr 9 House Basketball Competition

### Wednesday 6 August

Belmont Breakfast Program, Caf, 7.45-8.35am  
Yr 8 Boys Hockey, Stead Park  
Yr 9 Brainstorm Production, "Cheap Thrills", Gym, 1.45pm  
Yr 12 Further Maths Geometry Maths SAC, 1.00-3.15pm  
Beginning Band, Geelong Music & Movement Festival, 7-9pm

### Thursday 7 August

FINANCE COMMITTEE, 8am  
Yr 7 & 8 WMR Intermediate Boys Football  
AMEB Music Exams, Bandroom  
Aust Maths Comp, P1-4

### Friday 8 August

CASUAL DRESS DAY, gold coin donation to Community Fund  
Yr 9 BioLAB, P1-4  
HOUSE MUSIC COMPETITION—**Compulsory** attendance for all students Yr 7-12, 1.15-3.15pm

24 hr STUDENT ABSENCE LINE—5241 0090

Parents only to call to report student's name, house/form, reason for absence, and date.

- Contributed significantly to school and House life
- Shown all round scholastic ability
- Displayed exemplary conduct and role modelling
- Represented the school in a number of areas of school life

Nomination in itself is an honour and something to be very proud of with the award winner announced at Graduation.

A second award is the **Rats of Tobruk Scholarship** kindly donated by the Geelong Branch of the association and is a significant scholarship to help a senior student with further study opportunities. The award recognises outstanding service to the school and community.

**The VCE 90's Club** is also a special award for those students who have achieved outstanding ATAR scores and deserve formal recognition and commendation. These students receive a certificate of recognition as well as have their names listed in a volume that is on display in the foyer of our school.

As well as these awards there are many other academic, sporting and service awards that students are eligible for and I encourage all Year 12 students to keep these opportunities in mind as they 'Strive for the Highest' one last time at Belmont.

### PARENT SURVEY

The use of opinion data as a measure of school performance is a very important step towards making our school the best it can possibly be. In recent years, we have conducted annual and anonymous opinion surveys for staff, students and parents. We use this information to inform and direct our plans for school improvement. Many parents over the years will have completed these surveys.

If you are selected to participate in this year's Parent Opinion Survey I would ask you to take the time to complete the survey as your opinions are important to us and will be reflected in the management and organisation of the school.

Families who are randomly selected to take part in the survey will receive the survey in the week beginning **Monday July 28**. Please return your completed survey to school as soon as possible after this. Please be assured that your responses are totally confidential.

### FIJI CULTURAL AND COMMUNITY EXPERIENCE

A special welcome back to students and staff who took part in our second eco/volunteering tour to Fiji. Led by teacher Sally Morse the team worked on improvements to the Vidawa Village Community Hall and then to the surprise and delight of locals, through BHS fund raising, they were able to install solar panels and a generator!



Their tour was no 'holiday' in the sense that we understand it, but a memorable lesson in community and 'doing without'.

The students learnt that happiness does not come from possessions. They learnt to cope without internet and technology for two weeks. They experienced the simple happy life of remote Fijians, their faith and community spirit. They also experienced selflessness and the satisfaction and joy of doing something for others less fortunate than themselves. We are very proud of this group of students for their achievements during this project.

They also learnt about coral reefs and the impact of global warming, cyclones and human intervention. They learnt how to safely remove the crown of thorns from the reef, assist with planting corals and how to plant mangroves to help preserve the coastline and provide breeding grounds for marine life. An added extra on this trip was to learn how it is possible to be self-sufficient by growing your own food.



Not only did they provide paint and the labour to paint the village hall, they raised sufficient funds to purchase four Sundaya Light Kits (each consisting of a small solar panel and 4 lights) for inside the hall and a solar powered generator with two large solar panels.

Many thanks again to Mrs Sally Morse for her initiative and management of this program.



### WELCOME TO OUR STUDENTS FROM ITALY

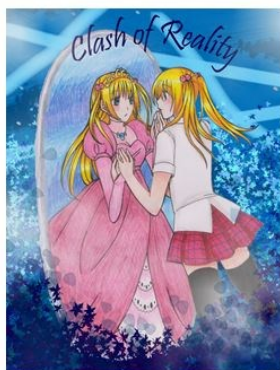
This term we are hosting 12 students from our sister school in Milan (Sacro Cuore) and look forward to them strengthening their language and cultural understandings. From summer in northern Italy to our depths of winter; from their long summer holiday to getting into school uniform for the very first time.....already some adjusting to do!

We wish them the very best for the term ahead!



## BUDDING AUTHORS

Late last term saw over thirty students in 7 teams take part in the 'Write A Book In A Day' event. From 8.00am to 8.00pm the teams brainstormed, planned and crafted their books that can be accessed on the link here:



[https://www.writeabookinaday.com/2014/team\\_books.php?state=VIC](https://www.writeabookinaday.com/2014/team_books.php?state=VIC)

Again a special thank you again to Ms Lee Kelly for this initiative and for management of the program.

## CONGRATULATIONS



Congratulations to **Brayden Partridge** 11 (Ebony) who has been selected for the **National Youth Science Forum** in Canberra in January 2015.

This is an Australia wide program and Brayden was one of around 1200 applicants for the 368 places.

The NYSF is a Rotary program run in conjunction with various scientifically minded organisations and it was through the Rotary Club of Highton that Brayden was selected for this experience.

The NYSF aims to nurture and encourage young Australians to be the next generation of leading scientists and engineers supporting a sustainable future for our nation.

More information on the program can be found at <http://www.nysf.edu.au/about>

Congratulations also to the following students who achieved exceptional results in the **World Wide Language Perfect Program**.

Our students of languages have been taking part for a couple of years now in this program and answer on line questions within a defined period of time. As a school we achieved a Global Ranking of 252/1152 schools.

A **GOLD AWARD** was awarded to **Edward McQuillan** (8 Blue) - he answered 9959 questions and placed in the top 2% of competitors around the world.

**SILVER AWARDS** were presented to **Faith Higgins** (8 Green), **Alice Parkin** (8 Green) & **Georgia Woodhead** (11 Ebony) with each answering around 7000 questions and placing in the top 5% of competitors around the world.

A **BRONZE AWARD** was presented to **Hannah Baker** (8 Blue) for answering around 4000 questions and placing in the top 10% of competitors from around the world.

**Emma Lundin** (10 Silver) recently competed in Queensland in gymnastics representing Victoria. The Victorian team came second and Emma came second on vault. Well done.

Congratulations to our three students who competed recently in the **STATE CROSS COUNTRY CHAMPIONSHIPS** in Melbourne.

**Olivia Hobbs** (7 Mango) came 7<sup>th</sup> in her division and has now qualified for the Nationals. Both **Lachie Partridge** (9 Ebony) and **Indy Flexman** (10 Purple) also qualified for the State Titles and acquitted themselves well against very tough competition.

I would like to congratulate **Chelsea Aitken** of 12 Silver on receiving a High Distinction (100%) in **University Mathematics**. Chelsea chose to enrol in a first year university Mathematics unit at Deakin University having completed all possible Year 12 units of Mathematics while in Year 10 and Year 11. This is an outstanding result and we wish Chelsea the very best in her further studies.

## OF INTEREST.....

Belmont High School has two past students who will be competing in the **COMMONWEALTH GAMES** in Glasgow over the next fortnight.

**Maddison Robinson (Browne)** is a member of the Australian Netball Team and **Jake Bensted** is competing in Judo.

We will follow with interest their progress and wish them both every success.

## THANKYOU...

A special thank you to **Kortnie Digiandomenico** (9 Green) who has shown great initiative and compassion in organising a fundraiser for Anam Cara House in Geelong. Anam Cara House offers support to people of all ages who are seeking palliative care and provides short term accommodation for families of those in near by hospitals.

Kortnie has a strong personal commitment to this and spoke passionately at a recent school assembly about her desire to raise funds for the House. As a part of the fundraising Kortnie, together with friend **Paige Viney** (9 Ebony) had many centimetres of hair cut during a special event on Wednesday this week. To Kortnie's surprise this event was attended by **Mr Ern Brough**, our friend from the Geelong Rats of Tobruk, and he made a sizeable donation to her cause that enabled her to almost double what she had hoped to raise. Next week Kortnie will present around \$3,500 to Anam Cara House.



**Garry Schultz**  
Principal

## MUSIC NEWS

Junior Jazz and Jazz Syndicate performed with distinction at the Victorian Schools Band Festival on Wednesday July 23rd at Deakin Edge Federation Square, receiving Silver Awards.

The Intermediate Band Camp is on at Angahook on Monday 28th and Tuesday 29th July.

Rehearsals are in full swing for the House Music competition which is on Friday 8th August.

On Wednesday August 6th Beginning Band will be playing at the Geelong Music and Movement Festival at GPAC between 7.00pm and 9.00pm. Tickets for the session are available for \$5 from **GPAC Box Office, Ph. 5225 1200** or on-line at [www.gpac.org.au](http://www.gpac.org.au)

I would also like to take this opportunity to thank the music staff for looking after the music department while I was on leave. From all reports the Winter Concert was a great success and the department ran very smoothly.



## PARENTS ASSOCIATION

Our next meeting will be Monday, 4 August at 7.30pm in the Conference Room. The guest speaker will be Mr Peter McKenzie discussing student pathways. This is a fantastic chance for all families to come and find out about the options available to students.

**Jenny Macfarlane**

## 2014 Fiji Eco-Tour: Sat 21<sup>st</sup> June to Wed 9<sup>th</sup> July

Eight students were escorted by myself, Mrs Sally Morse, together with my husband Colin and Oberon High School teacher Mrs Sue Evans, for a cultural immersion on Taveuni Island in Northern Fiji. The students are **Hannah Crowley, Cara Edwards, Nick Kemp, Josh Roberts, Hannah Ruge, Olivia Steele, Lily Twyford** and **Liam Walpole**.

After a successful and rewarding trip with Island Spirit in 2013 I felt we could do more to show our appreciation to the people of Vidawa Village. Last year the families in this village opened their homes and hearts to complete strangers and provided our students with the experience of living their culture without electricity and hot running water. Our objective for this year's trip was initially to paint their village community hall but then we decided to attempt to raise sufficient funds to provide solar powered lighting and a solar generator for the hall. We opted for solar as we didn't want the village paying out money to buy diesel. Students were keen to conduct fundraising activities such as a sausage sizzle, chocolate drive, cake stall and an ice-cream day. Three students, Olivia, Liam and Hannah Crowley volunteered to speak to Rotarians at the Rotary Club of Grovedale. We wish to acknowledge and thank the Rotary Club for their generous donation of \$600 towards the solar generator.

The students settled well into village life and thoroughly enjoyed playing with and teaching the young children of both host villages, Vurevure and Vidawa. I was so pleased with everyone's efforts in painting the hall. Three days were allocated for painting both inside and outside but it was finished in half the time while Colin and the village men installed the solar panels and lights. For the first time the whole village enjoyed their very own light and power. A stereo was borrowed from a neighbouring village and they celebrated until 3am. This was an emotional time for all.

The trip also incorporated marine and environmental conservation activities such as crown of thorns clearance, coral gardening and mangrove planting. Tourist activities included a visit to a pearl farm, forest hike and sea-kayaking to the beautiful waterfalls of Bouma National Park. There was also a visit to Lavena Primary school where we presented the students with sportswear and gardening equipment for their new organic garden centre.

We would like to acknowledge and thank Geelong Amateurs Netball Club for their kind donation of new netball uniforms, bibs and balls. We also supplied a set of soccer jerseys and both the netball and soccer teams proudly paraded their new outfits.





For more information and photos please visit [http://www.blog.island-spirit.org/?page\\_id=2085](http://www.blog.island-spirit.org/?page_id=2085) or email me on [morse.sally.d@edumail.vic.gov.au](mailto:morse.sally.d@edumail.vic.gov.au)

**Sally Morse**

### INTERNATIONAL STUDENT PROGRAM

We have many new students join our international student program this semester. Some of these are joining our school for term 3 only whilst others will be studying here to complete their VCE. We would like to thank all of these students and their families for selecting Belmont High School for their cultural and educational exchange. We hope that they thoroughly enjoy their time at our school and we wish them all the best for their time at Belmont High School.

We have 10 Italian students joining our International Student Program for Term 3. The students are from 'Sacro Cuore Milan' which is one of our sister schools in Milan Italy. These students are currently on their 3 months' summer holiday period and have decided to spend that time in Australia on a student exchange program. We have organised local host families - some from our school and some from outside the school to be homestay providers for these students whilst they are studying in Australia. We would like to thank these host families for supporting our school's international student program by taking care of one of the Italian students.

The students arrived on Saturday 12<sup>th</sup> July and have settled into their new school beautifully.



**Italian students from our sister school "Sacro Cuore Milan"**

We also have 3 other longer term students who have joined our international student program. **Jaeyeon Byeon** (11 Gold) recently arrived from South Korea and aims to complete her VCE at our school. **Lucas Zohlen** (11 Purple) has joined us from Germany. He will study at our school for the next 12 months. **Hung Dao** (8 Red) is from Vietnam and has travelled to Geelong to live with his Aunty's family and chose to study at Belmont High School. We wish these 3 students all the best in their long term studies at our school.



**Left to Right – Lucas Zohlen 11PL, Jaeyeon Byeon 11GD and Hung Dao 8RD**

**Mr. Michael Caccamo**  
Assistant Principal – International Student Program

### WORLD CHALLENGE 2014 – Nepal & Cambodia/ Vietnam

Later in November, 27 Year 10 and 11 students and 3 teachers will be embarking on a trip of a lifetime. They will be travelling with World Challenge to Nepal and Cambodia/ Vietnam. The trip will comprise 4 phases – acclimatisation, trekking, community project and R&R. This will be a demanding yet rewarding experience and challenge the students physically and emotionally. Students will achieve personal and team goals and develop valuable skills for later life, such as teamwork, leadership, problem-solving and communication. World Challenge trips are student led with the challengers required to undertake a variety of diverse roles whilst away. These may include team leader, budget manager, chef, trekking guide, transport logistics or accommodation scout. This trip is a journey of self-discovery that will not only aid personal growth, but can help secure university or TAFE places and impress future employers. If you want to know more about the World Challenge program please visit [www.worldchallenge.com.au](http://www.worldchallenge.com.au)

## Fundraising opportunities—Nepal 2014

As part of the World Challenge Programs to Nepal & Cambodia/Vietnam students will be undertaking a 'Community Project Phase'. This component of the trip is a valuable and rewarding experience for the participants and one that is always a highlight. The projects in developing communities are based in schools, community centres and orphanages and involve interacting with local communities. Such tasks will include some light construction and renovation work and teaching the local school children. Fundraising is an important part of this phase and all monies raised will go towards supporting the projects that are carried out by our students.

***We are calling for the donation of prizes that will be raffled or auctioned off to raise some much needed funds for these projects. If you or your business would like to contribute towards this worthwhile cause please contact Nick Masters at the BHS on 52435355 or via email – [mas-ters.nicholas.h@edumail.vic.gov.au](mailto:mas-ters.nicholas.h@edumail.vic.gov.au).***

The prizes can be picked up for you at your place of business or you may deliver them to the school reception at Belmont High School, Rotherham St, Belmont 3216. If you would like to know more about the World Challenge Projects, please contact Nick Masters on the above email and an information brochure with a more detailed outline of the projects will be sent out to you. Thankyou in anticipation.

**Nick Masters, Zen Muller & Skye Kania**  
World Challenge Leaders



The [SEDASports Development Program](#) in Geelong offers Year 11 and 12 students the opportunity to complete their full-time education within sport, recreation and community settings.

### INDUSTRY

Direct access to the industry through SEDA's sporting partners.

### EDUCATION

Study VCAL and nationally recognised VET qualifications.

### HANDS-ON LEARNING

Study in an applied learning environment.

### PATHWAYS

Build self-confidence and key life skills while creating pathways to further study or employment. At the completion of the SEDA program, students are guaranteed entry into a variety of courses at Victoria University.

For a full list of courses [click here](#).

**APPLY**

### Upcoming Information Night

**Date:** Monday 28th July 2014

**Time:** 7pm

**Where:** Simonds Stadium - Bruce Moore Room, Kardinia Park, 370 Moorabool St, South Geelong

## ENTERTAINMENT BOOKS

Entertainment Books are available at the Admin office at a cost of \$55 per book. Entertainment Books consist of hundreds of vouchers which can be used at various locations around Geelong. Entertainment books for Melbourne are also available (\$65). All money raised from the sale of Entertainment books will go towards the 2014 Wakakirri Challenge and assist in purchasing costumes and props.

## BOOK REVIEW

Maggie Stiefvater's "The Raven Boys"

Just because a book is written predominantly from a girl's perspective DOES NOT make it a girlie book or a girls' book. If you agree, read on. If you disagree, then go and find something else to do.

Blue (love the name!) is an odd-bod in her family. The rest are all psychics, whereas Blue's gift appears to be giving energy to psychics, making the voices they hear louder and the images they see clearer. Blue has been told from a young age that if she kisses her true love, he will die. Bummer, hey?

Every year on St Mark's Eve, Blue and her mother stand outside an old church and watch as the spirits of those who will die in the next year walk past. Blue has never seen them herself until this year, when one of the spirits speaks to her. He is a private school boy named Gansey.

Gansey and his three mates are open to superstition and the unusual. They are on a quest to find a long-dead Welsh King who will grant a favour to the one who wakes him from his centuries of sleep. Blue befriends the boys and so begins book 1 of this fascinating series.

Books are reviewed and displayed weekly in the library.

### Lee Suter

Teacher-Librarian



## Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or studying yourself.

Contact Amanda Vemon, your local Saver Plus Worker

(03) 5278 8122

or [avernon@bethany.org.au](mailto:avernon@bethany.org.au)

Saver Plus has been developed by ANZ and is the authorized agent of the Government of Victoria. The program is funded by ANZ and the Australian Government.

## YEAR TWELVE

Term three is an important one as students by the end of September will be required to lodge preferences for University and many TAFE courses. To assist the students and parents in this process there are a number of important events will take place over the coming weeks and months:

- Individual counselling of Year Twelve students. The students have been invited to make an appointment with Mr McKenzie to discuss their post Year Twelve plans.
- Tertiary Information Service (TIS) - on Friday 25th July all Year Twelve students attended the TIS session at Deakin University - Waterfront campus. Universities and TAFE will be present to answer questions from students together with a presentation on the VTAC process and other topics including pathways, accommodation, finance and University life.
- Year Twelve parent information evening - Tuesday 29th July, Mr John McAndrew and Mr Peter McKenzie will present to parents about the VTAC process, applying to University and TAFE, pathways, special access programs and more. The event will be at 7.00pm in the Library.
- At a date to be advised I will be presenting to all Year Twelve students during school hours about the VTAC process and other considerations.

**Peter McKenzie**

## ASPIRING DOCTORS

Gap Medics would like to invite any budding medical students to take part in our Australian Summer Program 2015. This two-week program is designed to give future medics real-life hospital experience to assist in their Med school applications and to see if a career in healthcare is for them. Students can choose between either Tanzania or Thailand to take part in this incredible experience. From shadowing doctors on ward rounds to observing C-Sections in the operating theater, every moment is truly unique. Each student will receive at least 23 hours of clinical shadowing per week, supported by experienced healthcare professionals who will act as their mentors. Students should simply select the dates that best suit their plans.

7th December – 20th Dec  
14th December – 27th Dec  
21st Dec – 3rd Jan  
28th Dec – 10th Jan  
4th Jan – 17th Jan  
11th Jan – 24th Jan  
18th Jan – 31st Jan  
25th Jan – 7th Feb

When students are not at the hospital, they have the chance to experience the local area. From visiting Masaai markets to riding elephants through the Thai jungle, this really is the work experience of a lifetime.

Last years programme was extremely popular and this year it's bigger than ever!

In order to get a further insight into our programs, click on this [link](#) to watch a video created by Gap Medics student Mikaela Moore, from Victoria, during her pre-medical placement in Tanzania.

For further information contact Steven Kwan or visit the website.

T. 0044 191 230 8080

E. [steven@gapmedics.com](mailto:steven@gapmedics.com)

W. [www.gapmedics.co.uk](http://www.gapmedics.co.uk) | [.com](http://www.gapmedics.com) | [.com.au](http://www.gapmedics.com.au)

## HOUSE MUSIC COMPETITION - 8<sup>th</sup> August

The annual House Music Competition will be Periods 5 & 6 on the 8<sup>th</sup> August. The theme for 2014 is "Time and a Place" Our musicians are all in serious practice for this competitive House activity. Previous years have indicated that we have some very talented musicians at Belmont High School.



Attendance at the Competition will be compulsory for all year levels. There will be no signing out on the day at the General Office. If students have an urgent appointment for the afternoon, then a note from the parent or contact from the parent to the House Leader must occur before 3pm on Monday 4<sup>th</sup> August.

The day will run normally from P1-4. Lunchtime will be shortened and the students will then go to the Gym and sit in their House groups to cheer on their team.

## BELMONT HIGH SCHOOL SHOPPING TOUR

Belmont High School is having their annual shopping tour on **Saturday 1st November 2014**. The year is flying so start getting family and friends together for a great day out. If you are interested in coming you can fill in the form below along with a \$10 non-refundable deposit per person.

From last year's shopping tour, the money we raised was donated towards concreting and plants next to canteen where the students sit and have their lunch.

We will be going to approximately 10 warehouses, yet to be decided, and be having a homemade morning tea. For lunch we will be going to the British Crown Hotel where you will have a choice from 5 mains, 2 desserts and beer, wine or soft drink. For the trip home there will be drinks and nibbles.



All money is to be paid by Friday 17<sup>th</sup> October. If you have any questions you may contact me at school between 9am – 2.30pm. Hoping to see you all again this year for a great day out.

Thankyou Julie Picklum, Canteen Manageress

Prices will be:

\*\*\* **Adults : \$55 per person**

**.Under 17: \$45 per person**

✂ \_\_\_\_\_

## BHS SHOPPING TOUR 2014

Name: \_\_\_\_\_

Contact No.: \_\_\_\_\_

No. of adults: \_\_\_\_\_

No. of students: \_\_\_\_\_

Non-refundable deposit included: (\$10 pp) \_\_\_\_\_

## L'ANGOLO DI BENIAMINO

**"Impara l'arte e mettila da parte"** is an Italian proverb that has no direct translation in English. Since it rhymes in Italian, it could be translated in English as **"Learn the art and put it apart"**.

It expresses the importance of learning a trade, a job or a skill that could possibly be of some help in the future, even if it doesn't seem helpful in the present.

Beniamino Tacconi – Italian Assistant Teacher



*You're invited...*

### **"THE TALK" - LIVE WITH NELLY THOMAS**

All parents know that they need to talk to their kids about the "birds and the bees" but many are unsure how to go about it or outright dread it! **The Talk** is a fun, informative and light-hearted presentation that will give you some great ideas. **The Talk** is presented by comedian, author and health ambassador Nelly Thomas and is based on her ground-breaking sexual health and ethics DVD **"The Talk"** as well as her 12 years' experience delivering sexual health shows to Victorian teenagers. Join Nelly and a panel of local health professionals to discuss this important topic.

A great way to help you get involved in your kids' health!

Written by Nelly Thomas in association with Melbourne Sexual Health Centre and the Royal Women's Hospital Centre Against Sexual Assault (CASA), this presentation is strictly for the parents/carers of grade 5/6 and secondary school students.

**WHEN:** Wednesday, July 30 / **TIME:** 6.30pm - 9pm

**WHERE:** Captains Room, Simonds Stadium Kardinia Park / **COST:** Free

**REGISTRATION:** Essential for admission to this event

**AUDIENCE:** Parents/carers of grade 5/6 & secondary school students from Geelong and the Surf Coast

**FOR MORE INFORMATION ON THE PANELLISTS, FAQs & TO REGISTER:**

Visit <http://nellygeelong.eventbrite.com.au>

**EVENT ENQUIRIES:**

Julie Amall, headspace Education Officer, 5222 6690 or [julie@barwonml.com.au](mailto:julie@barwonml.com.au)

[www.womenshealthbsw.org.au](http://www.womenshealthbsw.org.au)

# CROSSFIT TRYOUT SESSIONS

SATURDAY MORNINGS - 6AM - 7AM - 8AM

Be part of a successful community!



[www.crossfitgeelong.com.au](http://www.crossfitgeelong.com.au)

4 LAMBERT AVE, NEWTOWN 3220 P. 5222 5525



# Geelong Region Information Expo for 2015 School based Apprenticeships and Traineeships

## Where?

C A Love Hall, Geelong High School, 385 Ryrie Street, East Geelong

## When?

Tuesday August 5<sup>th</sup> starting at 6.30pm

## Who should attend?

Students who may be interested in undertaking a SbAT as part of their 2015 VCAL or VCE school study program. Students are advised to accompany their parents to this event. Students must be at least 15 years of age to be eligible for consideration.

## What are SbAT's? .....And who is offering them ?

Local employers and businesses will be offering over 200 SbAT's (a blend of senior school studies, part-time paid work and career pathways opportunities) with students completing training for nationally accredited certificate qualifications. Training will be undertaken by students attending formal training sessions, usually on Wednesday afternoons whilst also undertaking the equivalent of one day of paid work during a school week.

Students and parents have the opportunity to talk to these employers and businesses who will be offering a wide range of SbAT programs for the 2015 school year.

## What sort of Industry specific Certificate SbAT opportunities will be available?

The full list for 2015 will be available for students and parents to consider prior to the event. For example, the following programs are now being undertaken in the current school year by students throughout Greater Geelong:

- Automotive Servicing and Repair
- Childcare
- Companion Animal Services
- Community Activities Programs (Sport/Outdoor Recreation)
- Community Services Work
- Conservation and Land Management
- Education support
- Food Processing (Baking)
- Food Processing (Sales)
- Hospitality/Catering Services
- Health Services Assistance
- Media (Digital Art and Animation)

For those students who are interested in the traditional trades such as bricklaying, carpentry, commercial cookery, hairdressing etc., there will be opportunity to talk to representatives from the Australian Apprenticeship Centres and local Group Training Companies to discuss potential opportunities in these fields.

## What will be next?

On this night students interested in any particular SbAT on offer will be provided with an "Expression of Interest form" which they and their parents will need to take home.

Once filled in, identifying their SbAT of interest, the student will then be required to immediately return this form to their school's SbAT teacher. The teacher will discuss with the student their particular SbAT of interest, and then if the school representative is happy to support his/her interest in formally applying for a SbAT, then the school endorsed "Expression of Interest form" will be forwarded to the preferred Employer/business to commence the student's formal application process.

## REMINDERS

**Environmental/Marine Careers Expo** – 4.30-8pm, 7 Aug; Melbourne Aquarium; Book: 9923 5911, [bookings@melbourneaquarium.com.au](mailto:bookings@melbourneaquarium.com.au); [www.melbourneaquarium.com.au/schools](http://www.melbourneaquarium.com.au/schools).

UMAT Test Date: Wed 30 July, 2014

**YEAR 12'S APPLYING FOR COURSES FOR 2015** – The application process for university and VET places is done through the Victorian Tertiary Admissions Centre (VTAC). Applications are completed on-line at [www.vtac.edu.au](http://www.vtac.edu.au). Applications open on Monday 4 August, and will cost \$28.00 if done on time (ie by 30 Sept). More info. later.

**TERTIARY ENTRY GUIDE FOR YEAR 10'S** - Newspapers will publish a **tertiary guide for Year 10 students** planning their VCE program for 2015-16. The Guide will be included in the paper on Tuesday 22 July.

**OPEN DAYS** – University and TAFE Open Days are coming up soon. They are a great way to find out more about courses, collect information, talk to staff and students, and to check out facilities. Year 10-12 students are advised to attend.

### OPEN DAY DATES FOR YOUR DIARY -

Sat 2 Aug **Monash** University (Berwick & Peninsula campuses)

Sun 3 Aug **Deakin** (Warrnambool), **Monash** (Caulfield & Clayton), **Swinburne**

Sun 10 Aug **Australian Catholic Uni (ACU)** (Melbourne), **Deakin** (Geelong), **RMIT**

Sun 17 Aug **La Trobe** Uni (Bendigo), University of **Melbourne**; **Monash** (Parkville – not 3 Aug)

Sun 24 Aug **Box Hill** Institute, **Deakin** (Melbourne), **La Trobe** (Melbourne), **Victoria**, **William Angliss** Institute

Sun 31 Aug **ACU** (Ballarat), **Federation** Uni (Ballarat & Gippsland)

**Holmesglen** – has 'Open Wednesday' each week – see their website to book a visit.

**HOW TO GET THE MOST OUT OF OPEN DAY VISITS** – Don't wander aimlessly....try the following:

Get an **Open Day Guide** (eg from [www.deakin.edu.au/openday](http://www.deakin.edu.au/openday), [www.openday.unimelb.edu.au](http://www.openday.unimelb.edu.au), or <http://destination.monash/open-day>). Plan to be at Open Day when relevant **information sessions** are scheduled

Allow **sufficient time** for your visit; two hours or so would be advisable

Speak to **staff** about courses which interest you - note your **questions** beforehand

Get a student perspective - speak to **students** studying courses which interest you

Collect **information/brochures**

Ask about **industry based-learning (IBL)** programs; these can help with getting a job

Ask about **international study** opportunities – a popular option

Consider **transport** issues; is the campus accessible from where you live?

Check the **environment** where you will study; will you be happy there for three/four years?

Consider the **facilities/clubs** offered at your preferred institution

Consider visiting a **rural campus**, especially if you think you won't obtain a high enough ATAR for a metropolitan campus. ATAR's are often lower and they often offer more personal assistance, accommodation, and a lifestyle which will suit some students.

**NOTE:** If you plan to apply for a course involving an **interview/folio presentation/ audition** as part of the selection process, **attending is a must! You might be asked what you learned at Open Day.**

**ANOTHER CAREERS EXPO** – The **Melbourne Careers Expo** is a careers and education event with 180+ exhibitors from many occupations, information from universities, VET, private providers, 'try a trade', seminars, GAP year, and government student services info. **When:** 15-17 August; **Where:** Melbourne Exhibition Centre; **Info:** [info@careerexpo.com.au](mailto:info@careerexpo.com.au), [www.careerexpo.com.au](http://www.careerexpo.com.au) (ALSO - free tickets available from this website).

## MONASH UNIVERSITY NEWS –

**PHARMACY AND PHARMACEUTICAL SCIENCE** – Monash Parkville campus will hold an '**Open House**', 10am-3pm, Sun 17 Aug (same day as **Melbourne University's Open Day**). Pharmacy will also be represented at **Monash Clayton's Open Day**, Sun 3 Aug. **Info:** [www.monash.edu/pharm/openhouse](http://www.monash.edu/pharm/openhouse).

## MEDICINE, NURSING, HEALTH SCIENCES -

**Physiotherapy** – as previously stated, the **UMAT and ISAT** are **not required** for 2015 entry. An interview is still required and will be offered based on applicant's academic record.

**Radiography and Medical Imaging** – an **interview has been introduced** as an extra requirement for entry to this degree. Applicants will be invited to attend an interview based on their academic performance. The interview will involve 4 MMI (Multiple Mini Interview) stations. **NOTE:** find out more about radiation oncology careers: [www.acareerinradiationoncology.com.au](http://www.acareerinradiationoncology.com.au).

**Bachelor of Nursing (Community Health)** – Berwick campus won't have an intake for this degree, but will have the **Bachelor of Nursing** from 2015 (VTAC - listed with Clayton and Peninsula campuses).

**Direct Entry MBBS** – Monash is the **only Victorian university** offering Year 12 students who aspire to become a doctor the option of applying directly to the **B. Medicine and B. Surgery** program from school. There are 242 places for domestic students and 65 for international students.

**Discontinued courses for 2015 –**

The **B. Nursing and B. Emergency Health** (Peninsula). Students can alternatively study a B. Nursing followed by a Master of Emergency Health **OR** a B. Emergency Health (Paramedic) followed by a Master of Nursing Practice.

The **B. Health Science and B. Business** (Caulfield campus).

**ARE THERE STILL JOBS IN JOURNALISM?** Career Practitioners at a conference at **Monash Uni**, heard about opportunities in journalism. Journalism is **not in decline**; it is **newspapers that are in decline; newspapers and journalism are not the same thing**. The **digital era** that is destroying the old business model is **opening up opportunities**. We are entering an age where we can **combine all media** to tell our stories. Skills needed include **enterprise, independence and resourcefulness**. Jobs in media are **fragmenting** with online opportunities proliferating. Journalists need to: **think critically, understand the concepts of evidence and impartial argument, find stories, research, interview, write, edit, know the difference between good/bad writing, and digital skills in content creation and distribution**. With the skills of journalism, you are also a good fit for jobs in many areas such as PR, communications, speechwriting and producing. **NOTE:** Journalism can be studied at most universities.

**WHAT ABOUT SURVEYING?** Surveying offers opportunities for those looking for a diverse and varied career. The national demand for surveyors means graduates are more likely to secure jobs in surveying compared with many other professions. Surveyors get to work indoors and outdoors, taking precise measurements using specialised technology, then analysing and interpreting the results. Students interested in maths, geography, physics and science may suit this career.

**8. DEAKIN UNIVERSITY NEWS –**

**BACHELOR OF DESIGN TECHNOLOGY** There is a trend to increasingly adaptive industries, where manufacturing and product development companies are becoming smaller and adopting more diverse interests and product lines. The industry needs versatile, technologically-minded people with design, project management and organisational skills to drive innovation. Commencing in 2015, **Deakin's B. Design Technology** has design and innovation as core focus. Gain design skills for application in technological settings, and an understanding of using technology to enhance design and product development. Graduates will be able to create and design consumer, sports, medical or industrial products.

**Where:** Geelong (Wairn Ponds); **Prerequisite:** English

**BACHELOR OF PLANNING (HONOURS)** - As cities grow, there is increasing demand for planners to manage change. This new Deakin degree brings together planning, design, urban studies and society in one degree. **Where:** Geelong (Waterfront); **Duration:** 4 years; **Prerequisite:** English.

**NURSING AND MIDWIFERY INFORMATION** – Deakin has information sessions about their courses. **When/Where:** **Burwood** – 2.30-4.30 pm, Sat 26 July, Bld Y, room 1.11 A and B; **Geelong Waterfront** – 6-8pm, Wed 23 July & 2.30-4.30pm, Sat 26 July, Bld AD, room 2.217; **Warrnambool** – 7.30pm, Fri 25 July, Warrnambool City Centre Campus; **Info:** 9244 6032 or [www.deakin.edu.au/nursing](http://www.deakin.edu.au/nursing). **Register:** [nursinfo@deakin.edu.au](mailto:nursinfo@deakin.edu.au), indicating the session you will attend.

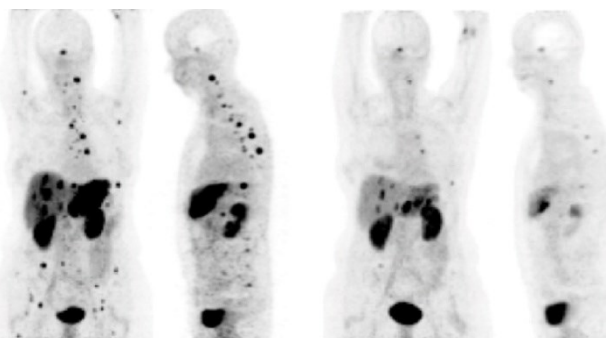
## A Career in Nuclear Medicine Technology

In 2015, up to five scholarships will be awarded to Victorian students who enter nuclear medicine at RMIT after completing Year 12 in 2014. Each scholarship is worth \$10,000 over the 3-year program.

Go to: <http://www.rmit.edu.au/scholarships/nuclear>



Injecting for a scan



A PET scan *before* and *after* cancer therapy

### What is nuclear medicine?

Nuclear medicine uses radioactive materials (radiopharmaceuticals) to diagnose and treat disease. Patients are scanned by equipment such as gamma cameras and PET scanners. Common procedures include cardiac stress tests, bone scans for orthopaedic injuries, lung scans for blood clots, and PET scans for cancer.

A nuclear medicine technologist cares for patients, prepares and administers the radiopharmaceuticals, performs diagnostic and therapeutic procedures, processes scan images, and has professional, ethical, administrative and teaching obligations. Working hours are usually normal office hours, with some on-call.

For a profile of a nuclear medicine technologist, have a look at [Career profile](#).

### How is it studied in Victoria?

The RMIT Bachelor of Applied Science (Medical Radiations) is a three year program including clinical placements. Graduates must then complete a one year traineeship. For more information about the course, go to <http://www.rmit.edu.au/programs/bp148>.

### Can I visit a nuclear medicine department?

If you would like to see a nuclear medicine department, please contact: Ailsa Cowie [ailsa.cowie@svha.org.au](mailto:ailsa.cowie@svha.org.au) or Cherann Edwards [cherann.edwards@svha.org.au](mailto:cherann.edwards@svha.org.au), Nuclear Medicine Clinical Educators, 03-9288-3259,



## What does it feel like?

I can't catch my breath. It's hard to breathe.

My breathing may sound funny, it may be a bit noisy (wheezing) or it may sound like a whistle.

Sometimes it may feel like someone is squeezing my chest really tightly.

I may cough a lot. Sometimes more at night or after sport.

My throat may feel itchy.

## what makes my asthma better?

My Blue puffer. This is also called a reliever. The medicine in my reliever quickly makes it easier for me to breathe.

I use my puffer with a Spacer. It helps to get more medicine into my lungs.



# Newsletter for schools & other education settings



## Ahchoo! Sniff, Sniff!



### Asthma and Hay Fever (Allergic Rhinitis) in Spring.

During Spring time plants, grasses and trees release pollens into the air. As a result, students and staff who are sensitive to pollen may find their asthma and hay fever (allergic rhinitis) symptoms worsening. During days of windy conditions or during thunderstorms more pollen is released into the air. When breathed in these tiny particles penetrate the lungs.

Hay fever is very common during spring and as a result of the strong association between asthma and hay fever, those with both conditions will often experience increased asthma symptoms during this time.



### Tips to help your students and staff reduce asthma and hay fever symptoms during spring:

- Ensure Asthma Care/Action Plans are up to date.
- Ensure Asthma Emergency Kits are suitably equipped, accessible and medication is in date.
- Ensure staff are up to date with asthma training & aware of the policy for an Asthma Emergency.

- Be aware of which students have pollen as a trigger for asthma or hay fever.
- Encourage students to be aware of their own symptoms and to seek assistance when needed.

Check the daily Pollen forecast at [melbournepollen.com.au](http://melbournepollen.com.au) and consider planning activities indoors.

For more information on asthma and hay fever please contact The Asthma Foundation of Victoria. Or visit our website: [asthma.org.au](http://asthma.org.au)

## National Asthma Week

1st - 7th September 2014

Why not get your school involved in National Asthma Week (NAW) this year!

We can provide you with all you need to develop your own Asthma Information display. Check out our website [asthma.org.au](http://asthma.org.au) for Brochures and other Resources available. Or send us an email with your ideas and we will see how we can help!

Stay tuned for more about National Asthma Week.



The Asthma Foundation of Victoria

[www.asthma.org.au](http://www.asthma.org.au)  
1800 ASTHMA (278 462)

Term 3 2014

# National Young People and Asthma survey

To help inform future activity under the National Young Person and Asthma Strategy managed by Asthma Australia, we have developed a comprehensive survey for young people aged 12-25 years. This survey was designed by the Young and Well Cooperative Research Centre, the evaluators of the strategy, and released in June.

As well as finding out about their asthma and use of medications, this survey will also explore health and well being indicators, allowing for comparisons with more general young person populations.

If you are reading this before 31 July, the cut off date for the survey, please inform any young people you know with asthma of this opportunity. They can access the survey link via the Asthma Australia website. Thank you.

We look forward to sharing the survey finding with the Australian community in national Asthma Week (1-7 Sept).



## Update on the new asthma online training for staff

During this term the new online asthma training package will become available and replace the current one. The changeover will be seamless for you as users.

## Tips for staying active this winter!

Exercise Induced Asthma (EIA) is a common trigger for asthma. However, it does not need to be a barrier to Students participating in sports and physical activities.

**Here are some tips to help prevent EIA in students:**

**Before Exercise** take reliever medication 5-20 minutes **before** warming up.

**Warm Up** before exercise as normal.

**During Exercise** watch for asthma symptoms and administer reliever medication if they should occur. Only return to exercise if symptoms are relieved. If symptoms appear again, administer medication again, until they are relieved. It is not recommended that the Student should return to the sporting activity after a second occurrence of asthma symptoms.

**After Exercise** cool down as usual. Note that asthma symptoms can present up to a half an hour after exercise has stopped. Ensure reliever medication is still easily accessible should it be required.

**Other things to remember:**

Ensure all students have current Asthma Action/Care Plans

If possible make activities that are scheduled for the night indoors as the drop in air temperature makes air colder to inhale and acts as a greater trigger.

Encourage students with asthma to participate fully!

We encourage staff to use the online package to update their asthma knowledge at any time, e.g. when you have newly enrolled students with asthma.

Funded by the Australian government, asthma training packages are FREE for staff in schools and other education settings. Contact your local Asthma Foundation on 1800 ASTHMA (1800 278 462) for more information on asthma training options for your school or setting.

## Your experiences with asthma in the school setting

We are always interested in hearing about your experiences with students' asthma as staff members. This will help us to share real stories so other staff can understand the importance of being trained and feeling confident to deal with an asthma attack.

Through our website, training packages and social media we can alert other staff to the benefits of Asthma Australia's FREE training and help improve outcomes for students with asthma across Australia. All information will be de-identified to ensure privacy.

Please share your story by:

- telling the trainer when they are at your site
- contacting your Schools Coordinator on 1800 ASTHMA
- or you can email your story to

[info@asthmaaustralia.org.au](mailto:info@asthmaaustralia.org.au)

(subject: School Case Study).