

St Mary MacKillop

GENEROSITY: "TRY ALWAYS TO BE GENEROUS." (1882)

NEWS

Vision

As partners in Catholic education and open to God's presence, we pursue fullness of life for all.

Mission

At St Mary MacKillop College we are people who affirm the dignity of every person, who act with respect and compassion, who reverence relationships, who have hearts for generosity and forgiveness.

We celebrate our Catholic identity.

We respect the unique dignity, faith and gifts of each person.

We value learning, aspiration and connectedness and we work together to create a positive future.

FROM THE PRINCIPAL

Dear Parents, Guardians and Friends,

After such a busy term it is good to have this time to rest and renew our energies. Easter is a time of reflection on the gift that Jesus gave us when he died on the cross. Through Jesus Death and Resurrection, he brought us the promise of new life. Easter is the most important time in the Catholic church's liturgical calendar. I hope that you and your loved ones can find time over the Easter period to participate in a service, to give thanks to God for his son and providing us with a path to eternal life.

As I have reported in previous newsletters, Ms Leanne Cook officially retires today. We have celebrated Leanne's time with us at the school over the last week, and finished today with an assembly. At the assembly we watched a slide show of how Ms Cook has contributed to our school over the past 17 years. God Bless you Ms Cook. May your future journey be full of good health, fun, and laughter with those that you love.



Parents will receive a letter from me during the holidays outlining some important information for Term 2, including changes to teacher and classes.

May you all have a restful holiday break.

Michelle Haeusler
Principal

INSIDE

Friday, 5 April, 2019

- Faith Matters
- Pathways/Careers
- Year 8 Camp
- Harmony Day Celebrations
- School Holiday Office Hours

ABSENCE NOTIFICATION
PH: 5032 9771
Press 2

FUTURE EVENTS

APRIL

- Fri 5th** Stations of the Cross -
Easter Liturgy
Last Day of Term 1
School finishes 2.15pm
- Mon 8th – Fri 14th**
Front Office Open
9am to 3pm
- Tues 23rd** First Day of Term 2
- Thurs 25th** Public Holiday –
ANZAC Day
- Sun 28th** St Patrick's Race Club
Family Day at the Races
- Tues 30th** Year 7 – 10 Student
Parent Teacher
Interviews 4pm – 8pm



As the end of the first term is upon us, I thought it would be nice to hear from the Liturgy committee captains about what we have been involved in so far.

Here is their speech, delivered to the school community at our recent formal assembly:

Good Morning Staff and Students,

This term has been very busy for the Liturgy committee. We started with the Beginning of Year Mass where students were commissioned into their leadership roles.

We then had Shrove Tuesday where we cooked pancakes, followed by Ash Wednesday where we participated in Homeroom liturgies and received the ashes. Thank you to everyone for participating and being respectful in the Homeroom liturgies. Ash Wednesday marked the beginning of Lent and kicked off Project Compassion.

In this year of generosity, we encourage you all to donate to Project Compassion. As you would already know, there is a box in every homeroom and one in the front office. On behalf of the Liturgy committee, we would like to thank everyone who has been generous and donated. In total, we have received around \$300. Some generous donations have been from Xavier 5 who have donated \$115.10, followed by Solomon 3 who have donated \$32.20. Last year we raised so much more so if you could keep on donating that would be great!

Woods 5 have put together an Easter Egg basket to raise money for Project Compassion., If you haven't donated or would like to donate more, you can buy a raffle ticket from any student who is in Woods 5.

Next term, each Friday assembly a member of the Liturgy committee will be leading prayer. Also, early next term we will be participating in a Saturday Youth Mass and we encourage everyone to come along. Let us know if you would like to take part and either read at church, or even just to take the gifts up to the altar, any help would be appreciated.

Thank you
Sienna Haeusler and Emma Hoare

Our students continue to live out the school theme of Generosity in their giving to Project Compassion. Every little bit counts and I am very thankful for the amount collected. So far we have raised \$750, which is a fantastic effort.

As well as the above mentioned, students in both Year 7 and Year 9 have been involved in their Reflection days. These compulsory school days are a wonderful opportunity for our students to mix with each other and participate in games and activities around a particular theme.

The season of Lent is now into its fourth week. The theme this week is "Reconciling".

Reconciliation involves making things "right" or restoring harmony. Before we can return order in any relationship to make it right again, we need to identify what needs attention. In other words, we need to ask ourselves, "What's going on that isn't working as well as it should and how can I address it to make it better?"

This has been our call throughout our Lenten journey and should be an ongoing process of learning in our day-to-day relationships, not only with one another but with our God. So often, we can miss the goodness of God that is already in our lives. We have seen that goodness already in the ministry, death, and resurrection of Jesus, who shows us that God is with us always, especially when we need God the most. As disciples for our own time, we are entrusted to be ambassadors for God here and now; to make God's presence known for our world.

The term has passed very quickly which is probably a measure of how busy we all are.

I would like to take this opportunity to wish everyone a happy, safe and relaxing break, taking time to spend with family and friends over the Easter season.

Loving Father,
May the holiday be for us
a time of rest and recreation
to help restore us
and re-create us
in your image and likeness,
as we enjoy
more of the love and presence
of our families,
on whom we ask your blessing.
Amen.

Jesus, light of the world, guide us.
St. Joseph, journey with us.
St. Mary of the Cross MacKillop, pray for us.

Alison Wright
Director of Mission



TEACHING AND LEARNING

Year 7 – 10 Student Parent Teacher Interview Evening 30th April 2019

Parents and Year 7 – 10 students are invited to attend our Student Parent Teacher Interview evening (4:00 – 8:00pm) to discuss student progress, face to face, with their Subject teachers and Homeroom teachers if they require more specific information than provided in their Subject or Teacher Advisor reports. The **attendance of the student** as well as a parent /guardian is considered essential in these discussions as it is primarily about the student's progress, goals and how they believe they are learning.

Online booking for the Year 7 – 10 Parent Teacher Interview Evening will be available from Tuesday 23rd April 2019 (Day 2, Term 2) via the Parent Access Module (PAM). Please contact the Office if you need assistance making a booking or if you have misplaced your username or need the password reset to access PAM.

Please see the flyer on the next page for information on how to book your interview.

Please note: Year 7 and 8 term based subjects (see below for a list of classes) will have just concluded their Term 1 class and therefore if you book an interview in this subject, please be aware it will be for the class they have just completed, not their new Term 2 subject.

Year 7 & 8 Term based subject changes

<u>Class</u>	<u>Term 1</u>	<u>Term 2</u>
Year 7 Elective Class	Wood Technology → Health →	Textiles Art
Year 7 Elective Class	Food Technology → Music →	Wood Technology Health
Year 7 Elective Class	Digital Technology → Drama →	Food Technology Music
Year 7 Elective Class	Textiles → Art →	Digital Technology Drama
Year 8 Elective Class	Wood Technology → Health →	Textiles Digital Technology
Year 8 Elective Class	Food Technology → Music →	Wood Technology Health
Year 8 Elective Class	Art → Drama →	Food Technology Music
Year 8 Elective Class	Textiles → Digital Technology →	Art Drama

Parent Access Module (PAM) – keeping you up to date on student learning

Have you seen your child's Learning Areas tasks online by logging on to our Parent Access Module via our website?

Teacher Advisor reports and subject reports have been completed for Term 1. Learning Areas shows all assessment tasks completed in Term 1.

After School Homework and Study Help in the Learning Resource Centre (Library)

In an effort to assist students with their homework and develop sound study skills, the staff at St Mary MacKillop College have been rostered into the Learning Resource Centre every Monday – Wednesday from 3:30pm – 4:30pm. We strongly encourage students to utilise this excellent facility, where students can stay after school any day until 4:30pm (except Friday when the Learning Resource Centre closes at 4:00pm).

Sally Looney

Director of Teaching and Learning

Dear Parents,

Parent/Teacher/Student interviews for students in Years 7 – 10 in 2019 will be held in the Jubilee Centre on the following date and time:

Tuesday 30th April 4.00pm – 8.00pm

You can now book interviews through PAM at times that suit YOUR FAMILY BEST.

Login to <http://pam.mackillopsh.vic.edu.au/> and enter through Parent Teacher Interviews to make your booking. Select Subject/Teacher and book your time.

BOOKINGS OPEN: Tuesday 23rd April at 9.30am
BOOKINGS CLOSE: Monday 29th April at 9.30am

Parents who do not have access to the internet at home, at work, at a friend's house or on their phones, can contact the Front Reception on 5032 9771 from 10.00am Tuesday 23rd April onwards to make their bookings, or send a note to school with the approximate times required. Interviews are strictly of 5 minutes duration.

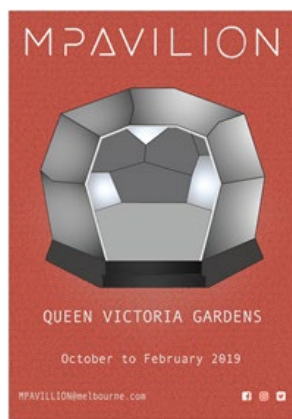
Parents can change their interview bookings any time prior to the closing date by re-visiting PAM and changing the booking.

Parents wishing to change their interview times after the closing date should contact the school.

WHAT'S HAPPENING IN VISUAL COMMUNICATION

As we near end the end Term One it is now a good time to reflect. Our journey so far has produced stunning results and I couldn't be more proud of all my students.

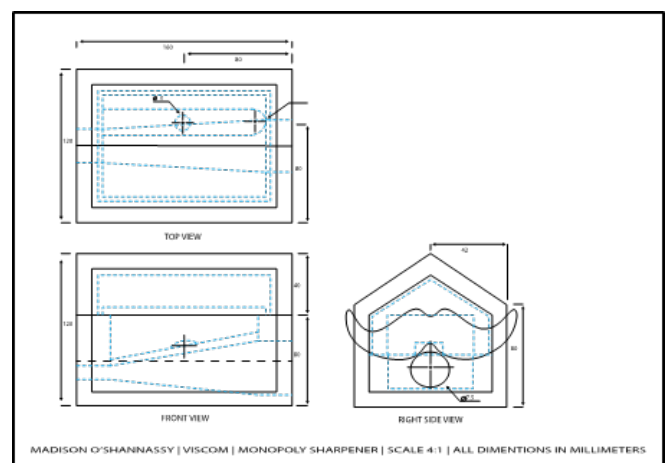
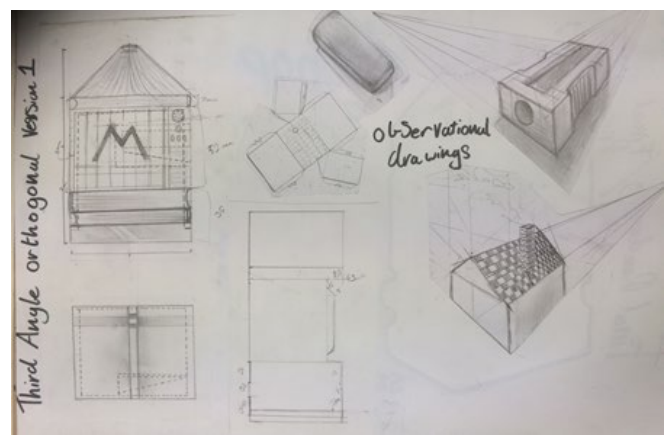
The Year 12's have spent the past 9 weeks working tirelessly on a project that introduced all three design fields. They were required to create a brand new MPAVILLION with stackable chairs and the promotional poster to showcase their ideas. As we move into the Design Folio stage, parents of these students may notice their son or daughter spending considerable time on their folios. I encourage you to check on their progress and give them 'valuable feedback'.



The Year 11 students have been busy all term designing pencil sharpeners which are based on the popular Monopoly board game. During this *Area of Study*, students have explored different drawing methods. These students have learnt to depict form, surface, tone, and meaning. This has been a fascinating project and I have been blown away by their creativity.

The students have been inspired by Mr. Ric Roberts (St Aloysius College, Melbourne, and Assessor for Visual Communication Design). He is a leader in the field and is at the forefront of what is new and exciting in design. Ric has hosted multiple Vis Com seminars which I have been fortunate enough to attend, and this knowledge and expertise has been shared with our students at St Mary McKillop College.

Our first *Area of Study* required students to design a Monopoly pencil sharpener. Students had to acquire a new skill set for this task which included observational and technical drawing methods, rendering for form, surface and tone, digital methods, and the design process. I think you'll be as surprised as I was at the outcome. The future is looking very bright with this next generation, look out *Top Designs* here we come.



WHAT'S HAPPENING IN VISUAL COMMUNICATION

MEET THE DESIGNER: For Visual Communication Design Students

On Wednesday 3rd April, Visual Communication students visited Bendigo Art Gallery to view the current exhibition and 'Meet the Designer'.

Students heard a presentation by Louise Fisher, freelance Graphic Designer (The Design Pond) and Mark Orlandi (Marketing and Audience Engagement Coordinator, Bendigo Art Gallery) who addressed the Unit 1 & 3 criteria. They then visited the "Tudors to Windsors" exhibition to see how Graphic Design has been implemented in the fonts, logos, colours, and look or feel. A worksheet reference was made available so students could use the material in their SACs and Outcomes. Everyone agreed this was an invaluable experience and would thoroughly recommend this opportunity to any student studying Visual Communication.



Students acknowledge the complexities of having industry speakers making themselves available in a rural setting and would like to thank Bendigo Art Gallery for this experience.

Mr Jeremy Wood
Visual Communication Teacher

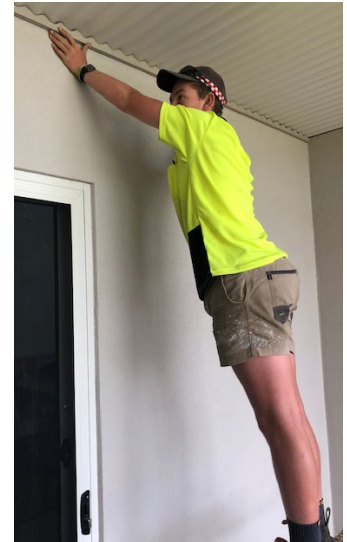
PATHWAYS/CAREERS – 10A WORK EXPERIENCE WEEK



Jordi Bibby @
Luke Brown Electrical



Toni Mia Scalora @
Youth Inc.



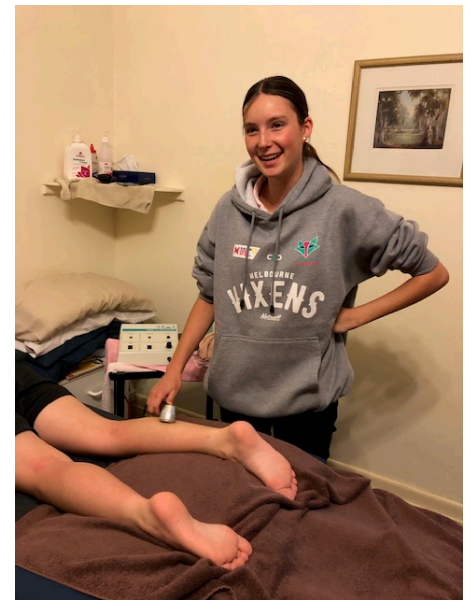
George Smith @
O'Toole Builders & Renovators



Slade Keating @
Academy Graphics



Jordyn Elford @ Grade 3B
Swan Hill Primary School



Natalia Smith @
Swan Hill Physiotherapy and
Sports



Ryan Archard @
William Adams



Mackenzie Kelly @
Fox Sports

YEAR 8 CAMP

The Year 8 Cape Bridgewater Coastal Camp proved to be a very successful and enjoyable camp for all involved. The students were provided with the opportunity to participate in a range of outdoor educational activities coordinated by qualified staff. These activities included surfing, sand boarding, geo caching, seal tours, snorkelling and kayaking. The surfing proved to be a highlight for the students as they were coached by staff from "GO SURF" on how to ride the perfect wave. A number of students were able to showcase their excellent surfing skills in these sessions. This year the students were lucky to have an extra surfing session, which enabled them to refine and improve their surfing skills. We certainly have some great young surfers in Year 8.

The Seal Tour was another popular activity with the students as they were able to get within metres of hundreds of seals in a glorious environment. Sand boarding was another big highlight for the students as they were able to race down the sand dunes at a great pace.

The night activities were also well supported by the students with a Disco on the last night proving to be a hit with both the students and staff. A big thanks to DJ Dave Daly on his organisation of this. Overall, the students should be congratulated on their participation in the activities and the excellent way they represented St Mary MacKillop College. The staff must also be thanked on their excellent organisation and effort they put in to make sure the camp ran so smoothly.

Damien Hirst
Camps Coordinator



HARMONY DAY CELEBRATIONS

The Year 12 Works Skills class celebrated Harmony Day at St Mary MacKillop College on Friday 22nd March by providing lunch from five different countries for the student population to buy. The students prepared lasagna from Italy, souvlaki from Greece, butter chicken from India, rice paper rolls from Vietnam and fried rice from Japan. Food was sold for \$4 a plate, with lasagna being the most popular option.

Three of our Polynesian students sang during the lunch break sharing some of their cultural songs with us, which certainly added to the success of the day. The Work Skills class nominated 'A Good Kitchen' as their charity of choice; from the profits they have donated a large cooking pot and \$250 cash.



Congratulations to the class for their organization of Harmony Day, they all contributed in different ways to bring the day together.

Mandy McCallum

VCAL Work Skills Teacher



YEAR 11 VCAL CAMP

Our Year VCAL students had a great time at the PGL Adventure Camp in Kyneton from Wednesday 20th March to Friday 22nd March.



LODDON MALLEE REGION SWIMMING

Congratulations to our students who competed in the Loddon Mallee Region Swimming Carnival on Thursday 21st March. Overall, St Mary MacKillop College came in second place with 352 points, closely behind Girton Grammar School who came first with 372 points.

St Mary MacKillop College Individual Results

Name	House	Event	Result	Time
Hayden Everett	Tenison	200m Freestyle	Bronze	2:23.17
		100m Butterfly	GOLD	1:17.70
		50m Butterfly	4 th	34.27
		50m Backstroke	Silver	34.24
		400m Freestyle	Bronze	5:12.68
Arlie Atkinson	Solomon	100m Breaststroke	Silver	1:24.24
		50m Breaststroke	GOLD	38.49
		50m Butterfly	GOLD	33.30
		100m Freestyle	Silver	1:09.56
		50m Freestyle	GOLD	30.88
Eliza Everett	Tenison	50m Breaststroke	Silver	40.63
		50m Butterfly	6 th	44.75
		50m Freestyle	4 th	34.14
Brehana Hodgson	Solomon	50m Breaststroke	Silver	43.87
		50m Butterfly	Silver	36.97
		50m Freestyle	Silver	31.76
		50m Backstroke	Bronze	41.24
Nathan Louw	Woods	50m Breaststroke	Bronze	42.74
		50m Butterfly	Silver	34.98
		50m Freestyle	Silver	29.35
		50m Backstroke	Bronze	37.03
		200m Individual Medley	Silver	2:58.12
Alivia Andrews	Xavier	50m Breaststroke	Bronze	42.15
		100m Freestyle	Silver	1:05.68
		50m Freestyle	GOLD	29.69
		100m Backstroke	Bronze	1:25.02
		50m Backstroke	Silver	37.50
Quinn Grey	Woods	50m Breaststroke	4 th	45.16
Hannah Morton	Woods	50m Breaststroke	4 th	47.04
Eva Maria Wong Chon Lew	Solomon	50m Butterfly	5 th	36.72
		50m Freestyle	4 th	33.23
Corey Grey	Woods	50m Freestyle	Bronze	30.31
		50m Backstroke	4 th	39.89
Gabby Atkinson	Solomon	50m Backstroke	4 th	39.74
Maddy McGowan	Xavier	50m Backstroke	5 th	40.65

eat. move. smile.

fruit & veg more often together

Think about these three words to help your child (and yourself) be their most healthy and happy

Eat more fruit and veggies

Move more often

Smile with friends, family and neighbours.

Getting good nutrition, good levels of physical activity and interacting with other kids and adults are important factors in the growth, learning and health of children.

Week 9

move.
more often

Wake me up!

Coming towards the end of term can make getting out of bed in the morning and waking up for school that extra bit harder.

A fun way to get around this is to put some upbeat music on through the house while everyone is getting ready, encourage a bit of dancing to get everyone up and moving, and kickstart the day in a fun, active way as a family!

Week 10

smile.
together

Involve children in work around the house

It can sometimes be hard to find a time to sit down and have a good chat with your kids to keep up with them and how they're going.

Involving your children in tasks around the house with you is a great opportunity for you to spend time together, debrief after a day of school, and also teach your child some valuable lessons for their future.

eat. move. smile.

fruit & veg more often together

SCHOOL HOLIDAY OFFICE HOURS

OFFICE IS OPEN

9am to 3pm

Monday 8th – Friday 12th April

OFFICE IS CLOSED:

**Monday 15th to Monday 22nd
April**

NORMAL OFFICE HOURS

RESUME:

Tuesday 23rd April



Have a Happy Holiday!



ST PATS CUP

at Swan Hill Jockey Club

 **SUNDAY 28TH APRIL 2019**

Experience Country Racing at the Swan Hill Jockey Club on Sunday April 28th, 2019 and celebrate the 101st Year of St Pat's Racing Club with Sunday racing, children's activities, food, raffles and racing. It's sure to be a great family day out! Loads of activities for the kids including;

- Egg & Spoon Races
- St Mary's v MacKillop Teachers Boat Races
 - Running Races
 - Jumping Castle
 - Photo Booth


Supporting Local Schools

St Mary's Primary School

 *MacKillop College*

CALL US ON 03 5032 2110 FOR DETAILS

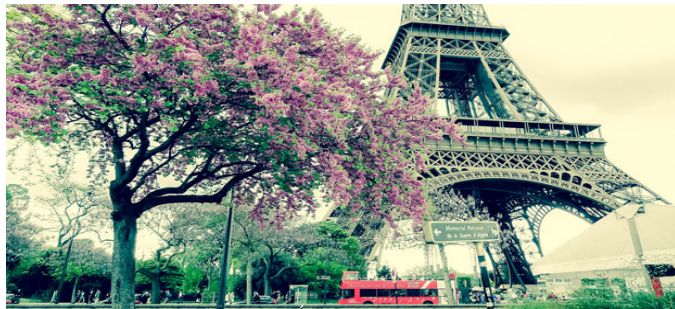


Art, Culture and History Trip 2020

St Mary MacKillop College is amalgamating the Italy and History trips into one amazing trip.



If you are interested in Italian Language, Italian, French and Belgium Culture and Art or World War 1 and the Western Front, this is the trip for you. The Itinerary is currently being finalised, but will include stays in places such as Rome, Florence, Venice, Paris, Amien and Ypres.



If your son/daughter would be interested in this trip, please email the Personal Assistant to the Principal, Ms Emma Webb at ewebb@mackillopsh.vic.edu.au.

An information night will be arranged in Term 2.



City of Yamagata



SWAN HILL
Rural City Council

2020 Yamagata Student Exchange

2020 - 18th Swan Hill/Yamagata Student Exchange – Leaders

Yamagata, Japan, is the Sister-City of Swan Hill. This is the 18th Swan Hill-Yamagata Student Exchange and occurs every two years.

Applications are now open to any 14 to 17 year old student who attends school within the municipality of the Swan Hill Rural City.

15 students from Swan Hill and District are required for the two week exchange.

The cost to each participant is airfares (approx \$1,800), spending money (\$300A is suggested) uniforms, small gifts which are offered to family Members and the cost of hosting a Yamagata student. The exchange program is jointly subsidised by Council and by fundraising activities involving students and families.

Japanese language skills are not necessary. Basic word and phrases will be learnt.

The Yamagata students visit Swan Hill for approximately 10 days in mid **March 2020** and stay with their host family for that time. While in Swan Hill they will follow a detailed itinerary of activities so they can experience life in the Murray-Mallee.

The Swan Hill group travels to Yamagata, Japan, for two weeks in **June-July 2020** (school holidays). Students and leaders will homestay with their

Yamagata host family and enjoy an itinerary of visits and activities, experience Japanese culture and spend a full day at Disneyland Tokyo.

The Yamagata Student Exchange is a wonderful opportunity to travel as a group on a fully supervised trip to Japan, experience the Japanese culture and make lifelong friendships.

Applications close Friday, 7 June 2019.

Application forms are available from the Swan Hill Rural City Council offices, Swan Hill Region Information Centre, or can be downloaded from the Yamagata Youth Exchange website at www.swanhill.vic.gov.au/student_exchange/

An information evening for parents and students will be held in the **Swan Hill Region Information Centre on MONDAY, 15 JULY 2019** (this date TBC) at 6.30 pm with the Leaders.



L-R - Leaders - **Rachael Schulz, Max Carrol (Chief Leader), Sarina Kelly and Meagan Monk**

How the Student Exchange works

Each application is assessed by the leaders, and applicants, then participate in an interview and assessment activities at the Information Evening. Successful participants then meet once a month as a group until the Exchange takes place.

The meetings allow participants to get to know each other and the leaders, and to arrange activities for the Japanese visitors.

By the end of the year, all participants will be "matched" with a Yamagata student, who they can correspond with before the Yamagata group come to Swan Hill in mid March 2018.

While in Swan Hill, our Yamagata guests visit schools, farms, Pioneer Settlement, cruise on a paddle steamer, sail on Lake Boga, watch a game of AFL football, camp out for a night and spend time with their host family, including a free weekend for host families to do something exciting with their guest student. The Yamagata students also go to school with their Swan Hill host student for a day.

If you have any other questions, please contact **Robyn Fry** at the **Swan Hill Region Information Centre** on **5032 3033** **5032 1641 (H)** or email - rfry@swanhill.vic.gov.au

Supporting your young person during the holidays



Holidays can take students away from friends and their usual school supports.

Changes to routine can cause some young people to feel stressed, isolated and alone. Parent support is very important at this time.

Below is some information to help you support young people to stay in a healthy headspace in school holidays. There is also some information that may help you to identify when your young person might need some extra support and where to go for help.

There are a number of ways you can support your young person's mental health and wellbeing in the holidays:

1. Encourage them to stay connected

Social relationships are important to your young person's general wellbeing.

It is okay if they take time out for themselves at times, but encourage them to keep in contact with friends over the holidays. Friends can provide both play and support, and spending time with friends is also important for keeping and building on existing friendships.

If your young person is not feeling up to going out, even a phone call, email, text message or Facebook message can help them to feel connected to friends and family.

2. Encourage them to stay involved

Encourage involvement with volunteer work, hobbies, clubs or committees, or sports – these can help young people feel connected to their wider community. Participate with them when you can.

Involve them in decisions and give them responsibility at home (e.g. deciding what to eat for dinner and helping to prepare it).

Help them to identify and set realistic goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.

3. Encourage physical activity

Physical activity is important for everyone's health and wellbeing. If your young person is feeling down or finding things are difficult, physical activity may be the last thing they feel like doing. But even small activities, like walking around the block, can help relieve stress and frustration, provide a good distraction from worrying thoughts, improve concentration and improve mood.

If your young person is struggling to get active, find a physical activity that you both enjoy and can do together (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.

4. Encourage a regular routine

Getting a good night's sleep helps young people to feel energised, focused and motivated.

Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and young people are more likely to have problems with sleep. Developing a sleeping routine can help. Encourage your young person to

wake up around the same time each day, get out of bed when they wake up, and go to bed around the same time each night.

Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down electronic devices before bed can also help them to get a good night's sleep.

5. Encourage healthy eating habits

Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with sleeping patterns, energy levels, mood, and general health and wellbeing.

A good balanced diet with less junk food/ lots of sugars and more veggies, fruit, whole grains and plenty of water will ensure your young person has all of the vitamins and minerals to help their body and brain function well.

6. Encourage play!

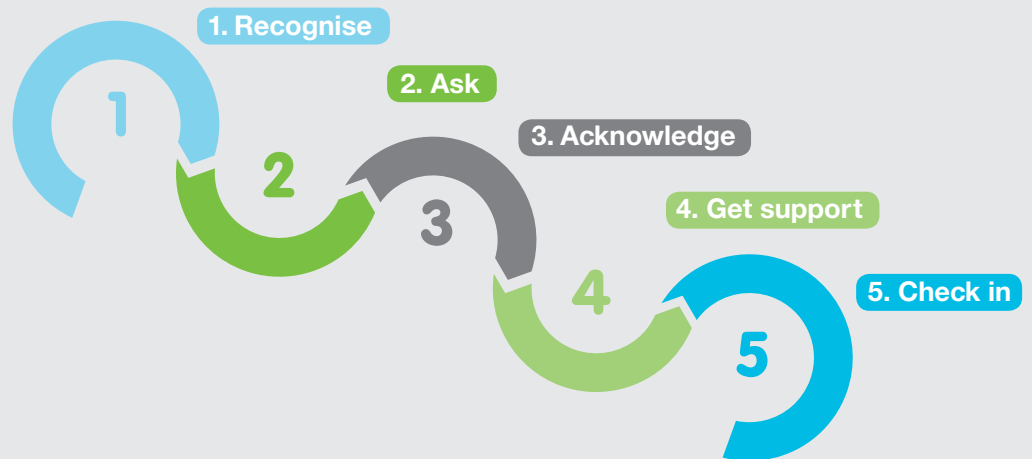
Devoting time to just having fun can help to recharge your young person's battery, revitalise their social networks and reduce stress and anxiety.

Supporting your young person during the holidays



Tips to help you support your young person

- 1 **Recognise** their distress or concerning behaviour
- 2 **Ask** them about it (e.g. "I've noticed you seem to be sad a lot at the moment.")
- 3 **Acknowledge** their feelings (e.g. "That seems like a really hard place to be in/I can understand why you are upset about that.")
- 4 **Get appropriate support** and encourage healthy coping strategies (e.g. "Do you need some help to handle this?")
- 5 **Check in** a short time afterwards to see how they are going



Signs that may suggest that your young person is struggling

It is normal for young people to have ups and downs. However changes in mood, levels of participation and thinking patterns which persist for more than a couple of weeks may indicate that your young person needs extra support.

Changes in mood include:

- Being irritable or angry with friends or family for no apparent reason
- Feeling tense, restless, stressed or worried
- Crying for no apparent reason, feeling sad or down for long periods of time

Changes in activity include:

- Not enjoying or not wanting to be involved in things they would normally enjoy
- Being involved in risky behaviour they would normally avoid
- Unusual sleeping or eating habits

Changes in thinking include:

- Having a lot of negative thoughts
- Expressing distorted thoughts about themselves and the world (e.g. everything seeming bad and pointless).

If you believe that your young person is at risk of harm you should seek professional support from your GP, mental health service or emergency department.

Support service options

- **headspace** centres provide support, information and advice to young people aged 12 to 25 – headspace.org.au
- **eheadspace** provides online counselling and telephone support to young people aged 12 to 25 – eheadspace.org.au 1800 650 890
- **Kids Helpline** is a 24-hour telephone and online counselling service for young people aged 5 to 25 – kidshelpline.com.au 1800 55 1800
- **Lifeline** is a 24-hour telephone counselling service – lifeline.org.au 13 11 14
- **Parentline** 1300 301 300
- **ReachOut.com** for information about well-being.

For more information on suicide or support and assistance visit headspace.org.au/schoolsupport or headspace.org.au

Please refer to the **headspace** School Support *Suicide Postvention Toolkit – A Guide for Secondary Schools* for further guidance.

CYBER SAFETY PROJECT

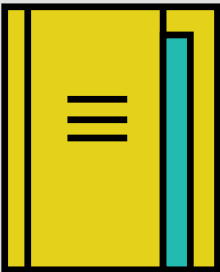


THE CYBER SAFETY PROJECT PARENT EVENT

Focus: Safe online and social media practices

For children today, growing up digital is a whole new world. Learning safe practices and strategies for maintaining a positive digital reputation starts in the home. It takes a village to raise a child, so understanding what your children are learning at school is crucial in ensuring the messages are consistent and ongoing.

This session aims at providing parents with the insights and important information about popular social networking and online gaming platforms for young people today. Building a positive and healthy family environment where digital use is encouraged but managed effectively can be a tough balance. We will discuss ways you can ensure your children stay safe through making use of an application's privacy settings and help them to build positive digital habits through your family's digital user agreement.



WHAT YOU WILL LEARN

- ✓ Discover the ins and outs of YouTube, Instagram & Snapchat
- ✓ Uncover mobile apps and games that can be potentially harmful
- ✓ Managing and monitoring gaming
- ✓ Explore strategies that foster positive digital experiences for children
- ✓ Discuss ways to manage digital wellbeing for children at home

SPEAKERS



TRENT RAY
Educator & Microsoft
Learning Consultant



SAM MACAULAY
Educator & Cyber Safety
Curriculum Specialist



EVENT DETAILS

DATE: Wednesday 26th June
TIME: 6:30pm – 8:00pm
LOCATION: St Mary MacKillop
College Jubilee Centre

All holidays!

10am - 5.30pm
For: All ages
Cost: FREE

Creation station

Set up in the children's area all school holidays, children can draw, cut, paste, colour in, construct, complete activity booklets and make all sorts of creations!

Monday, 8 April

1pm - 5pm
For: Ages 5+
Cost: \$2



Minecraft Monday

Minecraft is a game about breaking and placing blocks. Children can build structures to protect against all sorts of nocturnal monsters. Players work together to create wonderful, imaginative things! What will you build?

Monday, 8 April

1pm - 5pm
For: Ages 12+
Cost: \$2



VR Pop-Up Play

Come along and try our Playstation virtual reality headset! Join an outlaw band of immortal pirates and fight your way to glory across the galaxy or jump into the combat ring to fight giant robots! A fantastic chance to try out this technology.

Tuesday, 9 April

10am - 11am
For: Ages 5+
Cost: \$4

Decorate a library bag

Come along to the library and decorate your very own library bag and hand crafted bookmark. Join in the fun and learn a creative new skill! All materials supplied. **Bookings essential.**

Tuesday, 9 April

2pm - 3pm
For: Ages 5 - 10
Cost: FREE

Fabulous footy

Join in a free indoor football clinic for children! Members from Central Murray Football Development will teach the fundamentals of the game. They'll also have handball targets for children to practice with, fun colouring in activities, and lots of info about Auskick. No prior skill is required. The clinic is all about having fun and enjoying the game! **Bookings essential.**

Wednesday, 10 April

11am - 12.30pm
For: Ages 7 - 17
Cost: \$5



Claymation workshop

Illustrator, Steve Lo Casto will hold a fun-filled Claymation Workshop, where children will create their very own animation. Participants will need to bring their Apple iPhone or iPad to take photos and download the 'Stop Motion Studio' App, which is available free of charge. If you don't have a device please let us know when booking. **Bookings essential.**

Wednesday, 10 April

5 - 8 years: 2pm - 3pm
9 + years: 3.30pm - 4.30pm
Cost: \$2



Lego Competition

This fun competition asks children to use their imagination to create a structure of the judge's choice. Join one of two age categories: 5 - 8 years or 9 years and up. Great prizes to be won! **Bookings essential.**

Wednesday, 10 April

2pm - 4pm
For: Ages 5+
Cost: \$2



Loom Bands

Have you just discovered loom bands? Or are you already an loom band expert? Loom bands, boards and hooks are supplied to make fantastic jewellery and craft!

Thursday, 11 April

2pm - 3pm
For: Ages 5+
Cost: FREE

Easter card making

Come along to the library and make your very own Easter greeting card! Tutors will be on hand to teach you all the tips and tricks you need to make beautiful hand crafted cards. All materials supplied. **Bookings essential.**

Friday, 12 April

2pm - 3pm
For: Ages 5 +
Cost: FREE

Jack and the Beanstalk

David from Bunnings Warehouse Swan Hill will be at the library to show children how to decorate a pot plant and stake with their own coloured-in creations and then plant a magic bean which they can grow at home. **Bookings essential.**



- Youth friendly activities and workshops. **NB** Children under 12 must be supervised by an adult.

Monday, 15 April

11am - 12.30pm

For: Ages 3 - 7

Cost: \$4

Pint Size Scientists: Dinosaurs and volcanos

Do you have a favourite dinosaur? Where are the dinosaurs now? Do you know what a volcano is and what it does? Children will find out the answers to these questions and more as Lisa and Rachael from Pint-Size Play guide them through a hands-on play activity where they will make a volcano explode and search for fossils just like real palaeontologists! **Bookings essential.**

Monday, 15 April

1pm - 5pm

For: Ages 5+

Cost: \$2



Minecraft Monday

Minecraft is a game about breaking and placing blocks. Children can build structures to protect against all sorts of nocturnal monsters. Players work together to create wonderful, imaginative things! What will you build?

Monday, 15 April

1pm - 5pm

For: Ages 12+

Cost: \$2



VR Pop-Up Play

Come along and try our new Playstation virtual reality headset! Join an outlaw band of immortal pirates, and fight your way to glory across the galaxy or jump into the combat ring to fight giant robots! This is a fantastic opportunity to try out this new technology.

Tuesday, 16 April

2pm - 3pm

For: Ages 12+

Cost: \$5



Tie-Dye T-shirts

Come along to the library and make your very own, one-of-a-kind, tie-dye t-shirt! Join in the fun and learn a creative new skill as Samantha shows us how to make one of these fantastic designs. And your t-shirt will be unique, just like you! **Bookings essential. Participants must bring their own WHITE cotton t-shirt.**

Wednesday, 17 April

5 - 8 years: 2pm - 3pm

9 + years: 3.30pm -

4.30pm

Cost: \$2



Lego competition

This fun competition asks children to use their imagination to create a structure of the judge's choice. Join one of two age categories: 5 - 8 years or 9 years and up. Great prizes to be won! **Bookings essential.**

Wednesday, 17 April

2pm - 4pm

For: Ages 5 +

Cost: \$2



Loom Bands

Have you just discovered loom bands? Or are you already a loom band expert? Loom bands, boards and hooks are supplied to make fantastic jewellery and craft!

Thursday, 18 April

2pm - 3pm

For: Ages 5+

Cost: FREE

Magic wands

David from Bunnings Warehouse Swan Hill will be at the library to show children how to make a very special magic wand! Children will be given step-by-step instructions to create and decorate this fun toy to take home. **Bookings essential.**





**FREE FAMILY
COMMUNITY DAY**



**LIFE
EXPLOSION**

**Sun April 14, 2019
12 noon to 4pm
@ George Lay Park**



*Enjoy free BBQ, basketball shootout,
family games & activities, jumping castle,
scooter derby and inflatable boxing ring.*



Splash Test Dummies By Dummies Corp

Robinvale Community Arts Centre

Wednesday 10 April at 1.00pm



Rub-a- dub-dub, the Dummies are back with some splish-splashing circus set to drown you in tears of laughter.

From the makers of hit show *Trash Test Dummies* comes a new production of oceanic proportions!

Splash Test Dummies are here, ready to roll out their beach towels and spring into a brand new hour of circus-filled hilarity for the whole family.

See a brilliant array of catch-your-breath stunt work, acrobatics, juggling and the side-splitting, slapstick comedy for which the dummies are famous. Join the Dummies and come diving from bathtubs to beaches in this new aquatic adventure!

Trash Test Dummies have been delighting audiences young and old with a nuanced blend of circus, comedy and imaginative play, creating shared and treasured experiences for families across Australia and around the world. Now, they're ready to take you on a new adventure.

The blend of physical comedy, circus and imaginative play give the show a unique wonder and charm.

Like a Pixar film or an episode from Sesame Street, the show appeals on several levels with cultural references that resonate across generations. At the forefront of the show is the timeless and universal sense of fun and imaginative play.

Video link

<https://vimeo.com/266118561>

Synopsis

Splash Test Dummies follows the Dummies on an aquatic adventure from the beach to the bathtub, under the sea and home again. We start out at the beach with a game of Volleyball that quickly explodes to include the audience as the giant volleyball bounces in and out of the crowd.

The Dummies decide to go swimming but first have a slapstick time putting on their swimming caps. There's a lot of silliness before they are finally ready. They realise that in their swimming costumes they look remarkably like strongmen and the scene evolves into an acrobatic routine where they show off their strength.

Ready for the water they parody a synchronised swimming routine riding unicycles before heading to the shower where bath time madness ensues to the tune of Rubber Ducky! Fun and games continue until the dummies are sucked down the plug with the bath water!

Underwater they see fish, crabs and other sea creatures and spend time exploring the deep with mini hoop routines, shadow puppets and some juggling thrown in!

Emerging from the waves, the adventure concludes with a spectacular water skiing ride with an acrobatic twist. The show is a non-stop, hour-long rollercoaster ride for children and their families that sparks the imagination and leaves everyone smiling.

Ages 5 – 12 and families

Show starts at 1.00pm and finishes 2.00pm No interval

Tickets

13 years and under \$12 – Accompanying adult free

12 months and under free (seated on Parents lap)

14 Years and over \$15

Direct online purchase <https://townhall.swanhill.vic.gov.au/2019/04/10/splash-test-dummies/>

In Person: Swan Hill Region Information Centre

Or phone 1800 625 373

Further information

Webpage swanhilltownhall.com

Facebook <https://www.facebook.com/swanhilltownhall/>





**MALLEE
TABLETOP
GAMES INC.**

Mini Meeples

Thursday Afternoons

MTGinc.'s first Junior Board Games Club
Swan Hill Regional Library

3.30-5.30

Free weekly event

Ages 8-15

An introduction to board games as an inclusive, fun and educational hobby for young people in the Mallee region.



#MTGincMiniMeeples

@MalleeTabletopGamesInc

www.mtginc.org/Regular-events