



Belmont  
High School

# The Belmont News

*Strive For The Highest*

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**Issue 4 – 17<sup>th</sup> March 2023**

## KEY DATES

<b>Week B</b>	
Monday 20 <sup>th</sup> March	Year 7 – 10 CAT Period Starts VET Music Performances 4.30pm (PAC)
Tuesday 21 <sup>st</sup> March	Form Assemblies Yr11 VCE/VM VET Health (Group 2) Melbourne
Wednesday 22 <sup>nd</sup> March	
Thursday 23 <sup>rd</sup> March	SEALP Information Evening 6pm in PAC
Friday 24 <sup>th</sup> March	Yr12 Elevate Education Program 1.30pm
<b>Week A</b>	
Monday 27 <sup>th</sup> March	Naplan Window Closes
Tuesday 28 <sup>th</sup> March	General Assembly Yr12 VCE/VM VET Health Melbourne School Council Meeting (6.00pm)
Wednesday 29 <sup>th</sup> March	Year 7 Purple Camp
Thursday 30 <sup>th</sup> March	Year 7 Purple Camp WMR Swimming Beginning Band Concert 5.00pm (PAC)
Friday 31 <sup>st</sup> March	Year 7 Purple Camp Returns (approx.2.45pm, Digby Ave) VCE/VM Grand Prix Melbourne VET Music King Stingray Melbourne Year 7-10 CAT Period End Jazz Syndicate & VET Music 5.30 pm – 7.00pm Chilwell Primary School

Upcoming Dates:

Tuesday 4<sup>th</sup> April  
Thursday 6<sup>th</sup> April

Parent/Teacher/Student Conferences  
Cross Country Fun Run – Last day of Term 1

**24 hr STUDENT ABSENCE LINE  
5241 0090**

**Parents only** to call to report student's name, house/form, reason for absence, and date.  
Parents can also report absences on Compass.



# Principal's Report

It was great to showcase our school at our annual Open Night last week on Thursday 9<sup>th</sup> March. With over a 1000 people coming through the school it reinforces the notion that Belmont High is the school of choice in our region. Our students were wonderful in taking tours of the school and running the information session.

Our Year 7's have had a busy start to their high school journey, with most groups completing their camp down at our facility in Tanybryn. It has been terrific to get the students down in a different environment, allowing key relationships to foster between staff and students. Thanks to all the staff that enabled this event to occur.

## **NAPLAN**

This week our Year 7 & 9 students completed the first part of their NAPLAN testing. It was terrific to see how the students saw this as an opportunity to test themselves to do their best. With the rescheduling of this test to the beginning of the year hopefully we will get some results earlier to guide some of the teaching & learning focus at Belmont High. The testing window remains open until 27<sup>th</sup> of March to allow us to follow up with any students who may have missed out.

## **School Tours**

In keeping with the theme, I am running tours of the school every Monday and Wednesday at 9:30am. This is a great opportunity to see the school in operation and gives a real insight into what learning looks like at Belmont High School. Bookings for these tours can be made through the Compass tix link below:

<https://compasstix.com/event/181fd74c-224b-4b52-aa1a-f5b40de9e02f>

## **Parent / Student / Teacher Interviews**

We have our parent/student/teacher interviews coming up on Tuesday 4<sup>th</sup> April. Bookings for interviews will open from Monday March 20<sup>th</sup> (week 8) by the end of the school day and close them at 4.00pm on the Monday before the interviews, 3<sup>rd</sup> April.

## **SEALP Information Night**

On 23<sup>rd</sup> March, we will be holding our 2024 SEAL Information Evening in the PAC. This is our 23<sup>rd</sup> year of running our Select Entry Acceleration Learning Program. I encourage any prospective families to come and get a sense of what this program has to offer. Thank you to Lea Purdy for her work in getting this night organised.

## **Barwon Swimming**

Thank you to Mr Shane Thompson who oversaw the interschool swimming team which took part in the Barwon Swimming on Friday 3<sup>rd</sup> March. Well done to all the students that represented the school. Belmont had an extremely successful day taking out the grand aggregate and several swimmers making it through to the next round. Special congratulations to Cameron Ricchini & Lachlan Ricchini who broke Barwon records on the day. Cameron has qualified to compete at the world swimming championship trials. Good luck to the students who have qualified to compete in the next round of the swimming.

## **Mobile Phones**

A reminder, as was our school policy in previous years and a directive from the education minister, mobile phones and associated devices are banned from all state schools during the school day. Students will be required to switch off their phones and store them securely in lockers from the start of the school day until the final bell. If an emergency occurs, parents or guardians can reach their child by calling the school general office. There is secure storage available in the office if students prefer.

The school mobile phone policy can be found on the school website.

Joshua Baker

Principal



## Attendance Policy

VCAA state all VCE units require **50 hours of class time**. At Belmont High School, **students must maintain approved attendance of 90% or more** per subject per unit to ensure we meet this requirement.

Approved absences include:

- Medical certificate
- Documentation supporting COVID isolation
- School events (including sport and excursions)
- Approval directly from the House Leader, for religious or bereavement reasons.

**Please note parents submitting an absence as “Ill” is not an approved absence** at VCE without the above documentation. Likewise, a **medical certificate must be date specific** for absences to be approved, not general in nature. All certificates accompanying absences should be directed to the General Office staff who keep a hard copy register of these for audits purposes. They will add the approval to Compass so subject teachers can see where certificates have been submitted.




Students who fail to attend a SAC without an approved absence **will receive a score of zero** for the SAC. **Students have 7 days once they return to school to submit a medical certificate** (or statutory declaration as a once off, if it is reasonably assumed they could not attend the doctors), after this time a 0 score will be final.




If a student’s absence drops below 90%, the **“VCE Attendance” chronicle** will be sent home. If a student continues to not meet the 90% attendance requirement after this chronicle a meeting with the House Leader will occur. Part of this meeting will be notification that without the student meeting the attendance requirements outlined above, **teachers may be unable to authenticate their work to the level required and as a result they may receive ‘N’ grades for units.**

# Student of the Month – February

At Belmont High School we will be celebrating our students who display excellent learning behaviours with a regular “Student of the Month” award. There will be one Student of the Month per year level, twice per term. Student reports will be used to create a shortlist for teachers to consider against the below criteria:

- Student shows exceptional application in class and overall effort towards their studies.
- Student has a positive attitude towards learning, their classes and the school.
- Student is always ready to learn by being in correct uniform, having all required materials and rarely needs to leave class.
- Student may show some leadership qualities in the classroom.
- Student’s academic performance is very good OR they have shown great growth in this area over time.

<p><b><u>Year 7</u></b> Tom Rennie</p> 	<p>Tom Rennie is our Year 7 Student of the Month. He has participated in lots of extra-curricular activities within the school, shows leadership amongst his peers and tries his best. He participated on camp to a culture of inclusion and taking opportunities when they present. He is constantly respectful to teachers and students. Well done Tom.</p>
<p><b><u>Year 8</u></b> Taylah Doyle</p> 	<p>Taylah is our Year 8 Student of the Month. She receives this due to her academic achievements and constantly demonstrating the BHS values. She’s a leader amongst peers, constantly polite and encouraging. Her attendance is excellent and she’s always trying her best in classes. She contributes positively in classes and takes opportunities when they present. Well done Taylah.</p>
<p><b><u>Year 9</u></b> Imogen Greenwood Mayes</p> 	<p>Imogen is our Year 9 Student of the Month for her application to her studies. Imogen arrives ready to learn and engages fully in classes by using class time diligently. Alongside her day-to-day timetable Imogen participates in an Emerging Scientist subject via John Monash Science school. Imogen has also been a member of the successful Belmont High School Swimming Team.</p>

<p><b>Year 10</b> Scarlett Knight</p> 	<p>Scarlett is our Year 10 Student of the Month for displaying respect at all times. Scarlett is a leader in the classroom, where she participates with a positive attitude. Her teachers have highlighted the 100% effort Scarlett puts into her school work to get outstanding results. Scarlett participates in VET Outdoor Rec to a high standard and has also been a member of the successful Belmont High School Swimming Team.</p>
<p><b>Year 11</b> Heechan Hwang</p> 	<p>Heechan is our Year 11 Student of the Month for the way he embraces opportunities. Specifically, his teachers have noted how he positively engages in each lesson, often contributing to class discussion. Further, Heechan has been viewed assisting other classmates with their work throughout the term, which benefits both his understanding, and that of his peers. Heechan is also involved in a number of extra-curricular activities offered at the school, in particular he is a valued member of the school band.</p>
<p><b>Year 12</b> Cassandra Orpwood</p> 	<p>So far in Term 1, Cass is the only Year 12 student who studies a full 5 subjects at Belmont with both perfect attendance (100%) and a perfect report (“Excellent” in all fields, for all subjects). She is a wonderful example of quiet determination, working to be her personal best in her school life. In addition, as our Year 12s should be, Cass is a role model for younger students, embodying our school values in the way she acts in our community.</p>

## Shortlist – February

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
Ashlyn Brooks	Emily Flynn	Sophie Nieuwenhuis	Sean Abrahmsen	Maya Kerr	Allison Hollins
Thomas Armistead	Lily Stewart	Ruby Elshout	David Schick	Jekyll Sayle-Zanos	Sian Lewis
David Lee	Willow James	Rebecca Pearce	Zoe Bridger	Ella Denney	Elyssa McAndrew
Demid Shchadin	Ned Buchanan	Jeren Basangan	Mayank Jadwani	Aliyah Jones	Lucy Marney
Elise Llyod	Rabhin O’Keife	Lizzie James	Evie Muspratt	Lara Pearce	Oscar Waring
Miranda Linton	Eloise Hart	Flynn Rodwell		Caitlyn East	Ariella Homes-Isaiah
Daisy Lambert	Olivier Masters	Prahlad Anand		Evelyn Kar	Lily (PJ) Pitman-Jones
Ruby Clarke	Tommy Bee				Neeraj Ramanathan



# EBONY House

Term 1 is well underway now... let's look at what's been keeping Ebony students and staff busy this term so far.

**'E' stands for Extraordinary** – This is the newsletter issue we officially introduce our 2023 Leadership Team; here are our eager, energetic and extraordinary Ebony squad. Well done for stepping up into an official leadership role to contribute to our school community. The journey of a thousand miles begins with one step – congratulations on taking this first step and embracing the responsibility to guide your House throughout 2023. May the journey take you far and to interesting places.



**House Captains:** Elyssa McAndrew, Charlotte Hole, Sam Farlow and Oscar Waring

**Music Captains:** PJ Pitman-Jones, Allison Hollins, Harry Whelan, Archi Mills

**Debating Captains:** Sophie McCarthy, Abby Alsop

**Sports Captains:** Marius Dyer, Matt Garvey

**Environmental Captains:** Aggie Forssman, Ari Homes-Isaiah

**Vice House Captains:** Charlotte Brown, Paige Watts, Zoe McPherson

**Vice Sports Captains:** Ebony del Gallo, Maddy Adams

**Vice Environmental Captains:** Ella Howard and Noah Mitchell



**Class of 2028 goes to Tanybryn** – Quite a rite of passage for our Year 7 students, 7E spent three days in Tanybryn (including a few stops in Lorne and Apollo Bay), at the end of February, accompanied by their core teacher Mr Firms, assistant house leader Mr Bell and house leader Ms Cognini. If only cameras could capture the delicious smell of pancakes and maple syrup, the mix of thrill and joy of surfing your very first wave, the stillness and quiet of the rainforest in the middle of the night as you try to catch a glimpse of your first glow-worm... Lacking such technology, we'll settle for some photos to let you take a peek of life at Tanybryn on the next page.



Until our next adventure,  
Ms Cogni and the Ebony House Team



## THE PURPLE PRESS

We're over the halfway mark of Term 1 and our amazing Purple students continue to involve themselves in the plethora of opportunities available to them at Belmont High. We've had students participating in many sporting teams and a number of students have competed at the regional swimming competition. It was also pleasing to see Purple students volunteer for our recent Open Evening, with many running tours or performing in the school band.

### Progress Reports:

I encourage all Purple students to reflect upon their recent progress reports. In doing so, celebrate the strengths and focus on the areas in which you can improve. In most situations, if students improve their effort and 'ready to learn' behaviours, then the results will take care of themselves. Having a conversation with your teachers after class is also a fantastic way to seek specific feedback.

### Viking of the month:

At each house assembly, we recognise and reward one Purple House student that has consistently demonstrated our school values and continually strived for the highest. This award is known as: '**Viking of the month**'.

Congratulations to our Viking of the month- **Ethan Skene, 11P**.

Ethan has been recognised for his involvement in the school's swimming and cricket teams, and for his outstanding results on his recent progress report. Well done for getting involved in the many opportunities available at Belmont High, Ethan. Congratulations and enjoy your cafe voucher.

### Upcoming:

YEAR 7 PURPLE CAMP	Wed 29th March – Fri 31st March
FUN RUN	Thursday 6th April. Let's get involved and go one better than the swimming carnival.
ATHLETICS CARNIVAL	Term 2- Week 1.

**Mr Matthew Hosking**  
*Purple House Leader*





## Year 7 Camp

A huge congratulations to our newest members of Gold House on their recent camp to Tanybryn. They are a fantastic group and it was awesome to spend time with them over the three days exploring the area and spending quality time together. They embraced all the opportunities throughout the camp positively and were respectful to each other, Ms Lee, Mr Vos and myself. Mr Vos even claimed it was the best Year 7 Camp he had been on! Highlights for many was the first day's surfing session at Lorne, the massive hide and seek game in the Redwood Forrest and the trivia night where we also celebrated Layna Monaghan and Alexis Rhodes birthdays with a cake. I look forward to many more positive interactions with this great bunch of Goldies, as they navigate their way through High School. Well done 7 Gold!



## Gold House Form Captains

Congratulations to the following students who have been elected to leadership positions by their peers, as Form Captains. Mr Vos and I look forward to working with you throughout the year.

<b>Year 7:</b>	Ben Sormaz & Leo Moreillon
<b>Vice Captains:</b>	Shiza Khalid & Emily Costa
<b>Year 8:</b>	Genevieve Felipe & James Leishman
<b>Year 9:</b>	Liam Robinson & Ayla Corbet
<b>Year 10:</b>	April Brown and Poppy Nivarovich
<b>Year 11:</b>	Lucy Russell & Bailey Corona - Dennis

**Gold House Leader**  
Mr. David Fanning

**Assistant Gold House Leader**  
Mr. Kyle Vos

## The Benefits of Learning a Second Language.

This is probably a really good time at the beginning of the year to talk about the importance of learning another language. We as language teachers often say to our students how very lucky they are to have the opportunity to learn a second language as it has many benefits as outlined in a recent article in the GA. It can help in other subject areas and importantly, students learn about another culture which gives students a better appreciation of others and the world we live in. It's great that so many parents support the Italian and Indonesian program at BHS. Please feel free to discuss how we can improve the language program for you and your child.

Robbing kids of the Gift of Language' GA 28/2/2023

"...There is a massive bank of research literature on the benefits of bilingualism, everything from better cognitive performance, literacy in all languages ...through to social harmony reasons."

**According to Professor Anne-Marie Morgan a researcher with the Australian Federation of Languages Teachers Associations.**

**Sonia Bove**  
Italian Teacher

# Music News

Last week saw our first **Tunes on Tuesday** at lunchtime outside S3. A large crowd enjoyed performances from bands from Year 1 + 2 VET Bands. Congratulations to all performers on the day!



## Parents!

Attending your child's music event? Have a current WWC? We need you!

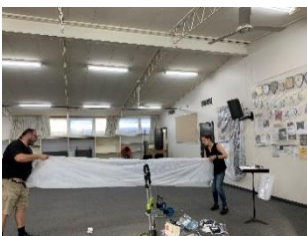
We are currently compiling a list of band parents who might be able to assist with supervision at out of school hours music performances. Please contact Rose Humphrey if you would be willing to be on our parent volunteer register.

## Band Room Update

Our dear old Band room is currently being re-stumped, and we held a working bee a few Saturdays ago to empty the band room into temporary premises in S3. A massive thank you to the Humanities team for accommodating us in their teaching spaces.



Many parents and students came to help out on the day, and we are so grateful to our supportive music families, who gave up their Saturday morning to carry large items, box up music, wrap pictures in plastic, and make the process so much easier. Thank you all!



### **Lesson arrangements during works**

Please drop instruments to S3 before school and return them to S3 after your lesson. S3 will be open from 8.30am. DO NOT leave unattended instruments outside S3.

### **Private lessons:**

Voice: S4

Violin/Piano: S4

Guitar (Adam): Prac Rm 3 – entry via back ramp of band room

Drumkit/Guitar (Patrick): Bandroom 2/S3 – entry via back ramp of band room

### **Ensemble Program lessons:**

Your IM teacher will be working in Bandroom 2/S3/S4/Prac Rms as available. Please collect your instrument from S3, and if unsure of your lesson room, wait there, and your teacher will collect you.

### **Beginning Band Concert**

On 30<sup>th</sup> March, Beginning Band students and senior band mentors will present their first public concert. Parents and friends are most welcome to attend the event, with a BBQ for families after the concert.

Please RSVP to the concert, and the BBQ, on the following QR code or via the links below:

<https://www.trybooking.com/CGJLL>  
<https://www.trybooking.com/1025789>



Jazz Syndicate and several VET Bands are performing at the Chilwell Fair on Friday 31<sup>st</sup> March, from 4.30 – 5.30pm. Jazz Syndicate are also looking forward to performing at the Rotary Club of Geelong's Swing it 2, a cabaret fundraiser for Youth Mental health.

Tickets for Swing it 2 are \$50 per head, with ticketing available through the Rotary club of Geelong website. All proceeds to local Mental Health services.

### **AMEB performance and theory exams**

BHS offers students the opportunity to undertake formal Australian Music Education Board examinations in their chosen instrument, or written theory exams.

Please see Ms Humphrey if you would like your child to enroll in an AMEB exam for 2023. There are fees to enroll in exams, and for accompaniment if required.

# The National Youth Science Forum – Oscar Waring 12Y

The National Youth Science Forum is a program aimed at students about to undertake Year 12. The 10-day program gives you a broader understanding of the diversity of STEM and the opportunities that are available to this diverse field. The program has online and in person components (the closes hub is Melbourne) and connects participants with other students from all over Australia. The program offers Alumni further opportunities, such as returning as a Mentor and invitations to similar programs internationally.

<https://www.nysf.edu.au/>

If anyone would like more details in the NYSF and opportunities in Science & STEM, please contact **Mrs Taft or Ms Hermans**.

Below is an account of Oscar’s experiences:

Last summer holidays I attended the National Youth Science Forum for just over two weeks, an amazing program where you learn a lot about opportunities in science and meet likeminded people passionate about science!

I learnt about the variety of careers in science ranging from astrophysics to entrepreneurship, and how it is fine to not have a career path clearly defined at first – following passion and opportunity is instead the key to success.

I was also able to meet people from all around Australia with similar interests in science. There was never a spare moment and always opportunities to make new connections – I was able to make many new friends that I am still in touch with.

Yet the best parts were the in person visits to scientific facilities. Some highlights of the week were the hilarious presentation on Computational Fluid Dynamics by Andrew Ooi and the opportunity to see the flu and COVID vaccine production line at CSL – science that I would love to contribute to in the future. And not to be forgotten, the cupcake decorating social event was a great way to finish the day and enjoy time with friends in person!

I would like to thank Ms Taft for helping me apply for this unique opportunity, and thank Ms Hermans, Ms Purdy (Bu Lea) and Mr Fehling for their letters of endorsement. I would also like to thank Belmont Rotary for sponsoring me for this program, your assistance was invaluable.

I would also like to encourage any year 11 students to keep an eye out for when applications open for the 2024 NYSF; if you like science just go for it, it is easy to get a Rotary endorsement to keep the cost reasonable and you will not regret your time spent with this fantastic opportunity!

**Oscar Waring**

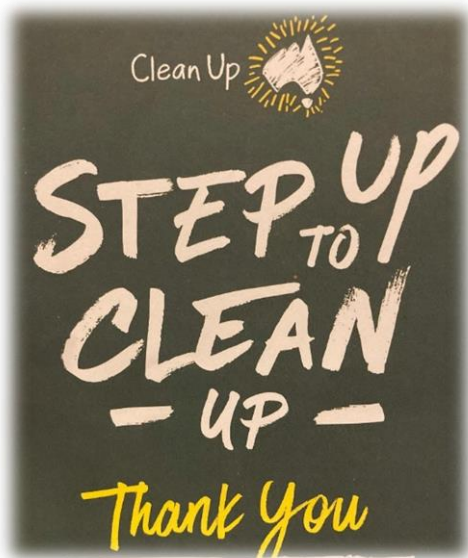


## Environmental News:

Clean Up Australia Day was Sunday March the 5<sup>th</sup>. One of our Environmental Captains, Mackenzie Coles from 12S spent the day helping clean up her local area and contribute to removing waste from our environment.

Eco tip for you to help out if you missed the Clean Up Australia Day event or if you just want to help improve our environment: Try to avoid using single use wrappers for your school lunches. Buy in bulk and put portions into reusable containers that get cleaned each day. Another waste friendly idea is to use reusable Bees Wax wraps to wrap up your sandwich, rather than glad wrap or zip lock bags. Bees Wax wraps will be available for sale next term in May (more to come on this).

Another way you can be part of a more sustainable way is to sign up and participate in Earth Hour (coming up Saturday March 25<sup>th</sup> 8.30-9.30pm). It's a great way to show your support for reducing our footprint and also to promote future changes to cleaner energy production.



## Library News

Library staff and literacy teachers have been busy recruiting students for the **Year 7 Readers' Cup**. Teams from each class will read 3 books (*Mortal Engines* by Phillip Reeve, *Pharaoh* by Jackie French, and *Falling From Grace* by Jane Godwin), make a book trailer for one of them, and compete in a quiz to win the trophy (and the glory) in Term 2. The top-three-placing teams will receive a pizza lunch!

The teams are:

Blue: Chloe James, Neve Nolan, Rosie Fuentes, and Valentina Grozdanovski

Ebony: Levi Popping and Elise Young

Gold: Lila Kerr, Alexis Rhodes, Jackson Inglis, Caelen Sleep, and Lucy Wright

Mango: Emily Franchina, Violet Croucher, Annwyn Hames, Mia Coles, Hazel Oppenheim, Harry Newton, and Jack Cornell

Green: Axl Hart, Harrison Sprigg, Gracie Stefanovic, Fern Knight, Evie Rooke, and Ari Redman

Purple: Jordan Carswell, Robert Hole, Edie Bone, and Zoe Hodge McAvaney

Red: Lincoln Baker, Parneet Kaur, and Evelyn Branson

Silver: Ethan Pearce, Demid Shchadin, Bella Bath, and Ella Boyce

Good luck to all teams!

The **Premier's Reading Challenge** has begun for 2023 – we are calling for all students in years 7, 8, 9, and 10 to sign-up if they are keen readers. The challenge is to read fifteen (or more) books by September, and those who complete the challenge will be given a pizza lunch and go into a draw to win some fantastic prizes!

**Susan Winfield**

*Librarian*

## Reading Hour Panel: How to keep your teenager reading.

Join us for a discussion about how to help teenage readers to keep reading in a world full of distractions at Deakin's Waterfront Campus Library in Geelong on Monday 27 March 2023, 7-8.30pm

For more information and to register, see <https://www.eventbrite.com.au/e/reading-hour-panel-how-to-keep-your-teenager-reading-tickets-564028513467>

**Questions?** Please contact Associate Professor Leonie Rutherford at [leonie.rutherford@deakin.edu.au](mailto:leonie.rutherford@deakin.edu.au)



# **Belmont High School**

## **SELECT ENTRY ACCELERATED LEARNING PROGRAM**

**2024 Year 7 Intake**

### **Information Evening**

**Thursday, 23rd March 2023  
6pm**

**Belmont High School  
Performing Arts Centre (PAC)  
*Please enter via Rotherham Street***

*Please phone Jenni in the school office (5243 5355) to register for attendance.*

Information brochures are available via Belmont High School, or online <https://www.bhs.vic.edu.au/> then open link to SEALP

Please direct all enquiries to:  
Telephone: 5243 5355 (Belmont High School)

**\*\* PLEASE NOTE: BHS must adhere to the Department of Education and Training (DET) Priority Order for Placement Policy and key dates for enrolment; this includes the SEALP class. Students applying for our SEAL Program MUST be a part of our 2024 Year 7 cohort.**



## Laps for life

Both Cam and Lachie Ricchini have decided to participate in “LAPS for LIFE” this month. They are going to swim as many laps as they can, while raising money and awareness for youth mental health and suicide prevention. Money raised goes towards the organisation “Reach out” which provides online support for youth and families who are needing it.

If you would like to donate, please head to <https://www.lapsforlife.com.au/>

**Cameron Ricchini**  
[lapsforlife.com.au](https://www.lapsforlife.com.au)



**Lachlan Ricchini**  
[lapsforlife.com.au](https://www.lapsforlife.com.au)

## Upcoming webinar for parents – *How to Help Improve Your Child's Memory*

We're excited to announce that Elevate Education's next free webinar will be taking place on **Wednesday 29th March**, focusing on **Memory**.

Elevate Education works with our students, delivering high impact workshops on study skills, motivation, wellbeing, and exam preparation. By tuning into their webinar series you will learn how you can help better support your children at home through reinforcing the skills they learn at school:

Wednesday 29th March @ 6:30pm (AEDT)

*How to Help Improve Your Child's Memory*

[Click here to register for free](#)

Here's what we'll be covering on the night:

- How memory *actually works* (and how it has nothing to do with brain capacity)
- The most effective environments to assist in memorisation
- 3 techniques you can implement overnight to improve revision

# FREE PARENTING FORUM

SEX, CONSENT AND  
STAYING SAFE



Dr Justin Coulson, one of Australia's leading parenting experts and father to six daughters, has put together a presentation designed specifically for parents of high school students.

How are we supposed to talk to our children – our teenagers – about consent, respect, alcohol and other drugs, staying safe, and all of the risks they face? Between us not knowing what to say, or when or how to say it, and our kids not willing to hear it, we're in a tough spot. But we have to have the conversations. We must. So where do we start?

In this session, you'll hear:

- What teenagers are getting up to in terms of alcohol, drugs, pornography, and sex.
- Why they think they know everything (and why it's so hard to teach them anything)
- Simple ways to have the conversations your teenager needs to have in a way that invites them to want to listen.

**WEDNESDAY 7  
JUNE**

7.30pm–9.00pm

## VENUE

OneHope Centre  
4–32 Province Boulevard,  
Highton

## BOOKINGS

Scan the QR  
code



This is a free  
event but  
bookings are  
essential.



# FREE PARENTING FORUM

A GUIDE TO RAISING A  
CHILD WITH ADHD



There may be no psychological condition more controversial and provocative than ADHD. At one extreme, we see some people say it doesn't exist. Others say it's a result of poor parenting.

But for parents who are raising children with an ADHD diagnosis, their child's behaviour can seem like a wrecking ball.

In "A Parent's Guide to Raising a Child with ADHD", Dr Justin Coulson will explore up-to-the-minute science on what ADHD is, why it occurs, and most importantly, what parents can do to create something at home that feels sane and balanced in an often chaotic climate. This presentation will:

- Explain what ADHD is, and is not.
- Unpack why ADHD is so controversial.
- Review science-supported strategies to help parents guide children with ADHD successfully.
- Provide practical solutions to help create willing participation in family life with a child with ADHD
- Offer family-strengthening tips to support parents, strengthen relationships, and build bonds.



**THURSDAY 8  
JUNE**

9.00am–10.30am

## VENUE

OneHope Centre  
4-32 Province Boulevard,  
Highton

## BOOKINGS

Scan the QR  
code



This is a free  
event but  
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essential.



# Want \$500 to help you with school costs?



Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

## To join Saver Plus, you must:

- ✓ Have a current Health Care or Pensioner Concession Card **AND** an eligible Centrelink payment\*
- ✓ Be studying yourself **OR** have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)\*
- ✓ Be 18+ years old

\*Many types of income and Centrelink payments are eligible

## Here are some of the school costs the \$500 can be used for:

		
laptops & tablets	uniforms & shoes	books & supplies
		
sports fees & gear	lessons & activities	camps & excursion

## For more information, please contact your local Saver Plus coordinator:

	<input type="text"/>
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	<input type="text"/>

DELIVERED BY



Find out more at [saverplus.org.au](http://saverplus.org.au)

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.

# COME PLAY BASKETBALL!



TEAMS AVAILABLE FOR U10 U12 U14 U16 U18  
BOYS AND GIRLS - BORN IN 2016 OR EARLIER

Winter Season - Term 2&3

Register interest here: [bit.ly/rovers2023](https://bit.ly/rovers2023)

Contact us: [rovers@roversbasketball.com.au](mailto:rovers@roversbasketball.com.au)



## PLAYERS WANTED

JUNIORS AGE 12 - 18  
5 GAME MEMBERSHIPS  
AND MORE!

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MARCH 21 & 28, 6.00PM

Lloyd Reserve, Newtown

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