

NAIDOC Week Assembly

On Wednesday, June 28 we held a special NAIDOC week assembly. NAIDOC week is in the first week of the school holidays, July 2-9.

We were privileged to have Jida Gulpilil conduct a Welcome to Country and a Smoking Ceremony. He also spoke to us about the importance of NAIDOC week and played the Didgeridoo.

Jida is a proud Dja Dja Wurrung man and is the son of David Gulpilil. He is a wealth of information and specializes in tracking, bush foods and interpretation of languages.

This assembly was made possible through the Wanyarram Dhelk project. This is a partnership between North Central Catchment Management Authority (CMA) and Dja Dja Wurrung Enterprise. One of the objectives of the project is to develop pathways for young Indigenous people in the local area to pursue careers in environmental management.



*"We are committed to keeping children safe from harm and have a zero tolerance of child abuse.
We support and promote Respectful Relationships."*

From the Acting Principal ~ Danielle Derksen

It's hard to believe the term is about to draw to a close. I've enjoyed the Acting Principal role very much and would like to thank the school community for their support during the term. The role certainly has come with its challenges but the rewards have far outweighed them. I've had the pleasure of being able to make decisions, influence outcomes and continue to steer the school in a positive direction in Noel Claridge's absence. I'd like to acknowledge Ian Berry's work as Acting Assistant Principal and support he has provided me, staff, students and parents has been invaluable. We look forward to Mr Claridge returning at the start of term 3.

Respectful Relationships

Our staff professional learning day focused on Respectful Relationships was a great success. As a lead school in the program, the day symbolised the start of the implementation strategy and was incredibly informative and engaging. The first session was providing statistics around family violence, which highlighted the prevalence of it across all levels of society. This was confronting and alarming but reinforced the importance of having schools play a lead role in respectful relationship education. Ben Caruana facilitated a workshop for staff to spend time discussing and completing activities from the curriculum modules. Vern Hardie who is a local educator and mental health program facilitator worked with the staff in the afternoon around positive relationships, self-care and mindfulness strategies and trauma informed practice.

Student Attitudes to School Survey

Approximately 85% of students have completed the online student opinion survey this term. This is the first year the survey has been conducted on line so we will be very keen to see the results later in the year. We will conduct our own internal student survey semester two which in many ways provides a more targeted level of feedback across the communities. Student voice and feedback is extremely important to us as a school and helps us to keep in touch with what our young people are thinking and feeling. This also helps us to make decisions about program needs within our school and what other opportunities or changes we can make to support every student.

GPs in Schools Program

Our building for the GP rooms arrived two weeks ago and builders have been on site almost daily preparing it to be operational next term. This will continue over the term break. There will still be a period early next term where the doctor and nurse who will oversee the centre are appointed and launching the program to our school community before it is officially up and running.

Bendigo Education Plan Review

Over the course of the next 6 months, the Department of Education and Training (DET) will be conducting a review of the Bendigo Education Plan with the view of developing the plan for the next 10 years 2028. Feedback will be sought from stakeholders, teachers, students, parents and the community in order to evaluate the current BEP to look for recommendations for the 2028 Plan.

Bendigo Education Plan 2028 Key Messages include:

- The Bendigo Education Plan 2028 is an exciting opportunity to develop a localised plan for the next 10 years that aligns to Education State targets for 2025 and encompasses a range of educational sectors.
- The Bendigo Education Plan 2028 will support the Education State's vision to give every Victorian the opportunity to succeed in life, regardless of background, place or circumstance.
- The Bendigo Education Plan 2028 will build on learnings from the previous Bendigo Education Plan (2005). An independent evaluation of the Bendigo Education Plan (2005) will be undertaken, with interim findings expected by mid-2017 and a final report due by September 2017.
- The Bendigo Education Plan 2028 will be developed in partnership with the community via consultation with students and their families, early childhood providers, school staff, local organisations and other stakeholders.
- The initial objective of the plan will be to define a course of action to improve quality and access to education in the region over the next ten years, with further targets and objectives informed by the outcomes of this planning phase.
- There will be opportunities for the community to provide input into the plan through face-to-face forums in late July/August 2017 and through written submissions. Further information about these forums and submission opportunities will be available closer to the time through a webpage, local organisations and the local papers.

I wish all students a great term 2 break and thank families for their support across the term.

From the Acting Assistant Principal

I would like to take this opportunity to thank the school community for the support of the college and myself, while acting as Assistant Principal this term. The way the college community (parents, staff and students) comes together to support the best possible outcomes for our students is a real credit to everyone and I am honoured to be given the trust to be a part of leading that.

Our school is a very busy place, and we aim to give every student as many opportunities as possible in as many areas as possible. I would like to thank our staff, who have provided so many curricular, co-curricular and extra-curricular learning opportunities for our students to engage in. While there were many more than below, here are some of the larger activities we facilitated:

ANZAC DAY CEREMONY and COMMEMORATION
 NAPLAN WEEK
 YR 10 WORK EXPERIENCE WEEK
 SORRY DAY COMMEMORATION
 LATROBE UNIVERSITY PATHWAY EXCURSIONS
 Yr 8's 9's
 KEYS PLEASE
 EXAM WEEK
 SOCCER, BADMINTON, FOOTBALL SPORTS TEAMS
 ABORIGINAL ARTS ACADEMY
 BIMP MUSIC WEEK
 OUTDOOR ED CAMPS
 LA TROBE UNIVERSITY SCIENCE EXCURSIONS
 STUDENT ACHIEVEMENT ASSEMBLIES (Whole school and Community)
 HOPE TOUR TIMOMATIC & GENFRANKO
 CONNECTED CIRCUS
 ARTS CONNECT EXCURSION
 NAIDOC WEEK CELEBRATIONS – Smoking Ceremony and Welcome to Country

Congratulations to everyone who had a part in organising or participating in all our activities this term, and I look forward to seeing everyone again after the holidays.

Ian Berry Acting Assistant Principal

ESC Core Behaviours COMMUNITY

- 👤 I participate actively
- 👤 I support and encourage my community
- 👤 I treat all members of my community with respect
- 👤 I treat our community well

ESC CORE Behaviours OPPORTUNITIES

- ➡ I accept challenges
- ➡ I try new things
- ➡ I seek opportunities
- ➡ I go outside of my comfort zone

ESC CORE Behaviours RELATIONSHIPS

- ▶ I treat people with respect
- ▶ I accept individuality
- ▶ I am honest and trustworthy
- ▶ I cooperate with others

ESC CORE Behaviours Expectations & Achievements

- ★ I always do my best
- ★ I work hard to achieve my goals
- ★ I am organised
- ★ I persist when things get tough

School Office hours of opening

**8:15am to 4:30pm -
Monday to Thursday**

**8:15am to 4:00pm -
Friday**

Term 3

17 July—22 Sept

Term 4

9 Oct—22 Dec

Homework Club

New days
In the library
every
Monday and
Wednesday
until 4pm



**Absence:
4433 8282**



Didn't get the last newsletter?

Please contact the College to arrange
to receive it by mail or email

Term 3 2017

Week 1 17th July—21st July

Week 2 24th July—28th July

Monday 26th July Yr 9/10 vaccinations
Tuesday 25th July Senior Boys Football
Wednesday 26th July Year 7 Boys Football
Wednesday 26th July BSSC Parent Info. Night

Week 3 31st July—4th August

Monday 31st July College Council

Week 4 7th August—11th August

Mon. 7th—Wed 9th August Production
Wednesday 9th August LMR Football
Thursday 10th August Junior Sport
Friday 11th August Bendigo Writers Festival

Week 5 14th August—18th August

Thursday 17th August Combined Course Counselling
Years 8,9,10 2—7pm
Friday 18th August Bands Comp. BIMP P1-3
Friday 18 & 19th August Bendigo HPV

Week 6 21st August—25th August

Monday 21st August Vic. Schools Music Festival

Week 7 28th August—1st September

Monday 28th August College Council

Week 8 4th September—8th September

Saturday 2nd Sept—Mon 11th Sept
Indonesian Study Tour

Week 9 11th September—15th September

Wednesday 13th Sept.—Fri. 22nd Sept.
Central Australia trip

Week 10 18th September—22nd September

Thursday 14th September Grade 6 Big Day Out
Friday 22nd Sept. Last day of term 2:30 finish

LAST DAY is Friday 22nd Sept. 2:30pm finish



Going out on a limb

A group from the GROW Program went on a day trip to Mt Alexander Fruit Gardens and the oak forest in Harcourt.

At the Mt Alexander Fruit Gardens, Katie Finlay took us on a tour around her organic farm which grows over 140 different varieties of fruit. Students learnt about the importance of fertile soil, biodiversity, how to contain pests without using chemicals as well as how to graft fruit trees.

It was an amazing day and thank you to John Pearce (bus driver), Vivienne Jenkin (otherwise known as Hawk Eye for finding Zec's phone in the oak forest) and Sarena Bear for the picnic.

"When we got to the fruit farm the first thing that struck me was the clear, fresh air and the amber coloured trees. We then met the owner Katie Finlay and she told us about the farm.

We rode in a trailer and picked up pruned sticks from the apricot trees. Katie showed us the shed where she stores most of her produce.

Finally, we went to an oak forest where we had lunch and played a game of hide and seek. We went for a walk to collect acorns and we saw a lot of bright red mushrooms." **Tarja**

"Why not go out on a limb? That's where the fruit is." Mark Twain



Left to right

Isaac, Nathan, Ethan, Tarja, Jesse, Zec, Ziggy the dog and Jessie

Years 9 & 10 Girls Football

The girls played on Tuesday 20th June. Despite not making it through to the finals the team won a great game against Weeroona and had a close game again Crusoe.



Year 7 and 8's 2017 football

On Monday the 19th of June, 19 girls four empires Kristen Else and Ms, Gadsby took a bus trip out to CCB. We went for the year 7 and 8 girl's football event, we arrived a little bit late and we had to find a place to put all of our stuff.

We found somewhere to put our equipment before our first game, at 10:20 against CCB. We played really well but did not win but we did try our best and just had a bit of fun with it.

We had a little bit more time before our next game against Weeroona after our first game we regrouped and changed the play. We fought valiantly and had a great game and kicked a 5 goals and lost by a narrow margin.

Our third game was against Crusoe Collage we played better as a team and communicated with each other but Crusoe were the better team on the day. That was to be our last game for the day however Marist Collage wanted to have a friendly game with us.

At the conclusion of the day all, the teams came together for the presentation of the awards. It was fantastic to have had the opportunity to play against other schools. We did not win but we had a great day and really got to know each other and we will do better next time. I would like to thank Kristen for coaching and Ms Gadsby for coming along to assist on the day. I would also like to thank the four umpire's that assisted us on the day. They helped coach us and were our runners. They were Josh Mackley, Cory Webb, Caeleb Jacobs, Braiden Wilkins.

Written by Kimberley Godfrey



Year 10 Work Experience

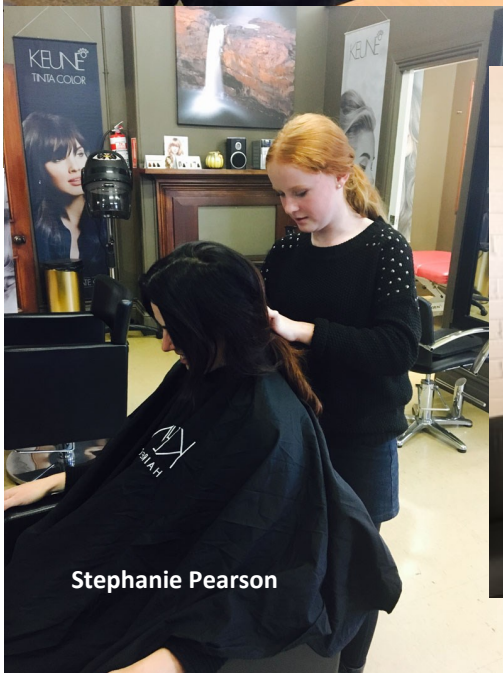
19th—23rd June



Luke Taig



Shub Rana



Stephanie Pearson



Declan
Watson



Ku Htee at Eaglehawk Hearing Clinic



Amy Rayner
at Bendigo
Animal
Hospital

How Parents Can Support Young People's Mental Health

Parents play a key role in helping children develop good mental health. It is important that parents support and encourage positive mental health habits in children from an early age, and continue encouraging positive mental health behaviours during adolescence. These positive habits will support young people's health and wellbeing in all life domains into the future.

Build a Strong Foundation

Parents can help children and young people build good mental health habits by supporting them to:

- eat well, get plenty of sleep and be active
- discover activities they enjoy
- find ways to express their feelings
- develop healthy ways to relax and unwind
- understand that drinking or taking drugs doesn't solve problems
- deal with problems as they arise rather than let things build up
- be aware of their 'self-talk'
- set appropriate limits and understand about risks
- find accurate information that can help them make good decisions
- have realistic goals.

When parents are warm and loving, set appropriate limits and find the positives in their young person, it helps build good mental health.

Help Young People be Connected

Some of the most important developmental tasks of adolescence are achieved through connecting with others. Things like defining who they are, finding purpose and where they belong are worked out through engaging with others, forming and expressing their ideas and trying new things.

Parents can support young people by helping them:

- be involved in social and family activities
- establish friendships and peer groups
- have more than one group of people to talk to, e.g. family, friends, sport teams, hobby groups
- find safe adult mentors who can assist them to work out what is important, bring new experiences into their life and help them pursue their interests and passions.

Talk With Your Young Person

Some young people can find it hard to talk with parents about difficult things. It can help for parents to:

- spend regular one-on-one time with their young person to build the relationship. Choose places or activities where both are at ease and which make it easy to talk
- tell them they care and will always be there for them
- show they've noticed how their young person is feeling, e.g. 'You seem really upset lately'
- ask open-ended questions, e.g. 'I wonder if there is something troubling you' or 'How are things for you at the moment?' Listening to their answers and seeking to understand is better than giving advice or going straight to solutions
- acknowledge their young person's emotions and show empathy by making comments like 'I can see how that would upset you', or 'That must have been hard'
- encourage them to talk with other safe adults who can support them.

Understanding about adolescent development can help parents support their young person deal with all the changes. Knowing when to get help and how to take care of their own mental health are also important for parents.

This information is drawn from the Parent Easy Guide 'Young people, feelings and depression'. Read the full Guide

<https://www.decd.sa.gov.au/sites/g/files/net691/f/parentingsa/peg71.pdf?v=1489965645>

On Friday, a group of ESC students went to the Bendigo Library to hear Jack Charles speak. Jack is a renowned Australian actor on stage, tv and in films. He shared with us some of his life story. The theme of his talk was resilience and how he is now turning some bad life experiences into opportunities to give back to his community.



Active and Healthy class outing to YMCA

IT STARTED WITH A KISS...

Are you aged 15-19? Protect yourself with a free meningococcal vaccine.

Did you know?

- Meningococcal bacteria live in the back of the throat
- Bacteria is passed through prolonged intimate contact, such as kissing
- The disease can progress very quickly and can lead to death or permanent disability

It's simple and free to protect yourself. Come along to an immunisation session hosted by the City of Greater Bendigo at your school, university, training provider or public sessions.

xox

Meningococcal immunisation session times
(no appointment needed, just turn up!)

Thursday July 6
from 11.30am-3.30pm
Bendigo Neighbourhood
Hub, 155 Crook Street,
Strathdale

Tuesday July 11
from 12.30pm-3.30pm
The Green Room,
45 Mundy Street, Bendigo

Monday July 24
from 12pm-4.30pm
Headspace,
78-80 Pall Mall, Bendigo

Monday August 21
from 12pm-4.30pm
Headspace,
78-80 Pall Mall, Bendigo

Monday September 18
from 12pm-4.30pm
Headspace,
78-80 Pall Mall, Bendigo

Monday October 16
from 12pm-4.30pm
Headspace,
78-80 Pall Mall, Bendigo

Monday November 20
from 12pm-4.30pm
Headspace,
78-80 Pall Mall, Bendigo

Thursday October 5
from 11.30am-3.30pm
Bendigo Neighbourhood
Hub, 155 Crook Street,
Strathdale

For more information phone 5434 6000 or visit www.bendigo.vic.gov.au/meningococcal



Join Coder Dojo



WHEN
Saturdays
11-1pm (beg 15th July
for 6 weeks)

WHERE
Discovery Centre
Bendigo

Learn about • Robotics • Coding • Scratch • Arduino • Raspberry Pi • Programming and much more!

AGES 7-17

Registration
Bring yourself and a parent to the Discovery Centre between **11-12pm Saturday 24th June** to register.

Contact
Twitter: @coderbendigo
Email: bendigo.au@coderdojo.com
Website: <https://zen.coderdojo.com/dojo/au/bendigo-victoria/bendigo-discovery>

We need mentors too
If you have skills to share please feel free to contact us to find out how to mentor our coders!



NAIDOC WEEK TREE PLANTING DAY

Join the team from the **Wanyarram Dhelek (Good Waterhole)** project at a family tree planting day during the July school holidays to celebrate NAIDOC week

DATE - TUESDAY 4th JULY
TIME - 11.00am - 3.30pm

ALL WELCOME

FREE sausage sizzle, traditional Welcome to Country, Smoking Ceremony, digeridoo performance & Waterwatch display

PLUS! help us to plant 1000 seedlings to improve habitat along the creek

>> WHERE

Long Gully Creek,
North Bendigo (behind
BUPA Aged Care)

Parking and site access
via Cecil St, North Bendigo
(off Holdsworth Road)

>> Follow the 'Field Day' signs

>> REGISTER FOR THIS EVENT...

Register on or before 30th June by calling the North Central CMA on 5448 7124 OR online at <http://bit.ly/naidocplant>

>> Please bring water, gloves and a hat
>> Wear shoes and clothing suitable for tree planting
>> Children must be accompanied by a supervising adult at all times



CONTACT NUMBERS

General Office
5446 8099

Absence Line
4433 8282

Finance
4433 8224

Canteen
4433 8237

Library
4433 8238



Facepaint Workshop

Tuesday 11th July
11am to 2pm

Yo Bendigo
45 Mundy Street, Bendigo

To book go to Eventbrite
Face Painting Workshop
or call Yo Bendigo on
5434 6092



BASL School Holiday Program

BASL's next School Holiday Program is happening these July School holidays!

Who: Ages 5-16 years
When: Monday 10 to Friday 14 July
Time: 9am to 3pm
Where: Truscott Stadium & Truscott Reserve

To register go to Trybooking.
For more information email info@basl.com.au or visit FB at <https://www.facebook.com/BendigoAmateurSoccerLeague/>

QUALITY UNITY PARTICIPATION ENGAGING FUN

Dept. of Justice & Regulation
Victoria Police

NAIDOC BASKETBALL FUN DAY!

Thursday 6th July
10am Until 3pm

BENDIGO STADIUM
134 Marong Road, West Bendigo

Basketball Skills Clinic
Skills competition
Basketball games

All Welcome + BBQ Lunch provided



* You need to register on or before 24th June by emailing chelsi.madigan@justice.vic.gov.au to receive a showbag. Chelsi can be contacted on 5440 6100.

* All children must be accompanied by a supervising adult.



SCHOOL CONTACTS

School Nurse

Alli Williams

ICT & E-Learning

Jason Carter

Teaching & Learning

Marianne Gadsby

Outreach Program Coordinator

Dan Williams

Wannik Program

Janelle Kelly




Ninja Training

Wednesday 12th July
10am to 1pm

1st Bendigo Scout Hall,
Vine Street

Search Ninja Training Day on
Eventbrite booking website
or call Vern
0402 462 526

Learn accuracy, balance, strength and agility
Train in the use of the Rope Dart, Pois, Bo staff and Dragonstaff



Circus Skills

Wednesday 5th July
10am to 1pm

1st Bendigo Scout Hall,
Vine Street

Book through Eventbrite
or call Vern
0402 462 526

Try Hoops, Pois, Staffs, Dragonstaff, Levi-wands, Contact Balls and Flowerstix
Learn to balance, juggle and spin Make new friends Be more confident



Eaglehawk SC students attend the annual music camp