Important Dates

**Tues 11 - 13 May**
Year 9 Naplan Tests

**Mon 17 - Fri 21 May**
Year 9 Bushwacked Camp
Year 10 Work Experience

**Tues 18 - 20 May**
Year 7 Naplan Tests

**Mon 24 May**
Year 7 and 8 school cross country

**Wed 26 May**
Year 7 Girls Immunisations

**Thurs 27 May**
Athletics Northern Zone Finals

**Thurs 3 June**
Northern Zone Cross country

**Mon 14 June**
Queens Birthday

The Importance Of Feedback

Teachers, level coordinators and the College News frequently emphasise the importance of the work practices. Of the eight work practices that we report on to students and parents four times per year, “Seeks and acts on feedback” has the greatest leverage. A willingness to actively seek feedback reflects on a student’s motivation and commitment as a learner. The practice of applying this feedback in order to do better not only assists with the particular task at hand, it develops students’ capacity and confidence as a learner. Students who understand the importance and power of feedback do not feel overwhelmed when their first effort or result is below what they hoped but rather use the feedback they have sought to consciously learn and improve. Students who repeatedly do this challenge themselves to improve steadily and purposefully, and without allowing disappointments to become setbacks in the way that less resilient learners do.

At the Victorian Association of Secondary School Principal’s Conference earlier this year, I heard Professor Steve Dinham from the Australian Council of Educational Research speak on the topic of feedback. He referred to the educational research that shows that ‘great teachers give great feedback‘, and recommended a learning culture where all students are continually asking of themselves the following four questions:

The questions of students

What can I do?
What can’t I do?
How does my work compare with that of others?
How can I do better?

The second question, ‘What can’t I do?’ is perhaps the most challenging. It requires student to confront where they have met a blocker, not been able to answer fully or at all, not understood what the task required, did not have the knowledge or skill base or have simply taken a guess. I recall one of our Science teachers in the Annual Review meetings last year saying that when she gives back tests, she works with students in groups to ensure that by the lesson’s end, every student leaves the room with each of their errors corrected and an understanding of where they need to focus. The students in this class are not only learning the knowledge and skill of the particular topic, they are also learning what it means to be an effective learner for the time they are at school and beyond.

Vivienne Tellefson, Principal

Parent Information Night for Prospective Parents Year 7, 2011

On Wednesday 28th April the College held an information evening for Prospective Parents Year 7, 2011. The evening started in the Auditorium with a number of speakers after which student guides took parents on a tour of the school. On their tour parents saw a variety of school activities and had the opportunity to ask questions about the programs offered at Brunswick Secondary College. Thank you to the many students who took part in the different activities and helped make the evening a success. We have had very positive feedback from many parents who attended.

Student Helpers

Speakers: Parissa Ebrahimhi Rerakis, Joshua Suarez, Jo Boyce, Rose Steele
**Maths:** Allan Carlton, Amy Lee, Billal Zayat, Busra Calliskan, Caitlin Anderson, Channa Ratnayake, Chris Allan, Christos Milas, Dayalan Knappa, Hayley Boyce, Joshua Carrolan, Kassam Khodr, Kushla Egan, Madison Cottier, Moustafa Hammoud, Patricia McLean-Neil, Siobhan Cashin, Solaiman Eid, Sophronia Armatolos, Tony Plazanic, Wei Ran Liu, Yue Deng

**Kendo:** Claire Na, Brendan Allen


**Dance:** Wen Yang Le, Emma Dobell, Mia Jennings, Mallory Hamid, Nikki Davis, Truc Phan Michael Akhee, Jun Demir, Georgia Missurelli

**Science:** Mimi Award, Libby Penman, Emma Forder, Joel Horsnell, Sam Dean Spagnolo, Rikvin Singh, Stephen Theodorakis

**Music:** Holly Moore, Jess Trevena, Maize Wallin, Luana Tosti-Guerra, Madison Palmieri, Curtis Hamid, John Lopez, Soukchinda Chanthabandith, Barbora Obtulovic

**SOSE:** Sagar Rathod, Luke Johnstone, Dakota Aubichon -Cascon, Amos Batt, Jack Pryce

**LOTE:** Conor Martin, Shenal Vethanayagam, Jasmin Saeed

**FOOD:** Xavier Dupe, Louise Fisher, Lucille Awad, Joe Jackson, Larissa Li, Liam Jenkins, Shannon Zhong, Nicholas Collins

**ESL:** Nadia Lauritano and Ha Hua from year 10 and Shamir Shahim from year 12.

**Tour Guides:** Heja Taha, Rhonda Taleb, Cornelius Pelzing, Sarah Brun, Rose Steele, Clarissa Ng, Tamara Irwin, Annika Ring, Anar Mir-Nasiri, Matthew Pappas, Jo Boyce, Annalivia Carli-Hannan, Wudassie Assfaw, Susan Ahmad, Orlando De La Paz, Jenny Zhao, Rachel Hocking, Evan Lekkas, Yashika Fernando, Alison Millward, Andrew Durkaz, Briannah Inturrisi, Siritrin Suwantevakup, Brittany Wood, Lachlan Davis, Tom Yandell.

**Career News**

The Year 10 work experience program will be taking place from Monday 17th May to Friday 21st May. Work Experience Arrangement Forms should have now been finalised and returned to the Careers Office. It is a legal requirement that students must have completed their Occupational Health and Safety tests online (both general and industry modules) before they can do their placement. This is a very exciting week for students and they are looking forward to experiencing working life.

Many year 11 & 12 students are starting to research information and dates about information sessions and open days that are relevant to their area or university of interest. Information is disseminated from the Careers office in various formats. Students and parents are encouraged to gather information from a variety of sources which can be found in the following areas:

**Career News Newsletter – (produced fortnightly and is a vital source of careers related information)** available on the school website, on a stand in the VCE area of the library and outside the careers office in the front foyer of the school.

**Student school email address** – details of various careers related activities/events from many universities and independent colleges and organisations will be sent via the student email system so students should check their school email regularly.

**VCE Noticeboard in Library** – Course guides, brochures and posters about various careers events are located in the VCE area of the library.

**Open Days 2010- timetable** – available outside the careers office and in the VCE area of the library.

Students are encouraged to see the Careers Counsellor anytime. While students can just drop in to the office, it is advisable to make an appointment if you wish to discuss things in detail. Careers Counsellor appointments are available Monday/Tuesday / Wednesday (mornings only) /Thursdays or email jones.catherine.c1@edumail.vic.gov.au

**Catherine Jones, Careers Counsellor**

**Chess Players – Coaching Program**

The College is offering the opportunity for 25 students to participate in a 10-week coaching program. These 45 minute sessions will run at lunchtime from Week 6 of this term. The remaining lessons will occur at the beginning of Term 3. Each session will be led by a professional coach from Chess Kids with all equipment provided. The fee for this course is $50 which equates to $5 per coaching session. Please see Ms. Crowley by Friday, 14 May for permission and payment notices.

**Australian Army – Work Experience Program**

Students aged 15+ (on June 14, 2010) are invited to apply for a two week work experience placement with the Australian Army at Maygar Barracks and other metropolitan area. This program aims to give interested students, with a moderate level of fitness, a taste of Army life. Applications close Tuesday, 25 May. Parental approval is required as students will be exposed to the safe handling of fire arms and will be given the opportunity to fire a weapon simulator on an indoor simulation target range. No live or blank ammunition will be used in any training or firing activity. Please see Ms. Crowley for further information and an application form by Friday, 21 May.
**Education Maintenance Allowance**
The EMA cheques are now available to collect from the front office for those parents who applied for Semester one payment.

**Student Medical Conditions**
Could parents of students who have anaphylaxis or other serious medical conditions please hand in a completed action plan for your child to the front office. If your child has a medical condition that the school needs to be aware of, please contact the level coordinator or Jeremy (school nurse).

**BSC Office hours** are between 8.30am and 4.30pm Monday to Friday. Phone calls and office enquires outside these hours will be recorded by the answering machine.
NB: If you are contacting the school to let us know your child is going to be absent, you can also e-mail the school on Brunswick.sc@edumail.vic.gov.au

**Brunswick Secondary College**
47 Dawson Street Brunswick 3056
Telephone 9387 6133
Facsimile 9387 0061
Email Brunswick.sc@edumail.vic.gov.au
Web www.brunswick.vic.edu.au
New CSU Health facilities the best in Australia
Students interested in pursuing a degree in health will be interested to know that Charles Sturt University now boasts brand new facilities at the Albury-Wodonga Campus for Allied Health. Program Leader for the occupational therapy course at the School of Community Health, Dr Michael Curtin, has been informed the community health teaching labs and skills centre are the best in Australia. “We were informed by the accreditation body for Occupational Therapy Australia that the University’s facilities are the best they have seen in the country, which means our students are accessing first class learning spaces during their time at CSU,” Dr Curtin said. For more information on degrees in Allied Health visit www.csu.edu.au/courses/undergraduate/community_public_health/

Orange Dental Clinic opens wide
The Charles Sturt University (CSU) Dental and Oral Health Clinics in Orange and Wagga Wagga are now open to the public. Providing general and specialist dentistry services to the Central West, the CSU Dental and Oral Health Clinic, featuring state-of-the-art equipment, aims to service the oral hygiene needs of the local community while providing valuable clinical experience for the University’s dentistry students. “By the end of 2010, patients will have the opportunity to have simple procedures completed by CSU dentistry students if they choose to do so,” said Dr Sabrina Manickam, senior lecturer at the School of Dentistry and Health Sciences. To find out more about degrees in Dentistry and Health Sciences, visit www.csu.edu.au/faculty/science/dentistry-health/

Variety of scholarships on offer
Studying at university can be financially difficult for many students but Charles Sturt University (CSU) tries to lessen the burden by offering many undergraduate scholarships. The Charles Sturt Foundation provides over 200 undergraduate scholarships at the Albury-Wodonga, Bathurst, Dubbo, Orange and Wagga Wagga campuses of CSU. Most of these scholarships are funded by individuals or organisations that hold a strong belief in supporting the University and its students. As well as the Foundations scholarships, CSU offers a range of equity and merit based scholarships. “Students can also apply for Professional Placement Equity Grants,” explains CSU’s Access and Work Manager Debra Johnson. “These are a CSU initiative to assist undergraduate students who must complete a compulsory professional placement as part of their course requirement.” For more information on the scholarships available at CSU visit www.csu.edu.au/scholarships/

Find us at these upcoming events
11 – 13 May Gippsland TIS
17 – 20 May Bendigo TIS
24 – 26 May Waverley TIS
All year ten girls are invited to participate in *Vida’s Voices*

The first girl-only year 10 state-wide public speaking competition

*We are interested in hearing from all kinds of girls. You don’t need experience, or to be super confident – You just have to be you! We need girls who are interested in speaking their mind. You’ll get all the training you need, support, and opportunities to meet inspirational women. This experience will not only give you great skills for VCE but will also help build confidence.*

**Why Vida?**

*Vida Voices* is named in honour of Vida Goldstein, who in the early 1900’s, spoke out, campaigned and rallied for women’s right to vote in Victoria. Without her leadership, we would not have the benefits we have today.

**What’s involved?**

*You will need to prepare a five minute speech. - topic to be released first day Third Term 2010. You will also need to speak impromptu on a secret topic, for four minutes.*

Training Day for Metropolitan Melbourne schools
Swanston Hall - Melbourne Town Hall: Friday 20th August 10.00am – 2.00pm
A small group of trained Year 10 girls will teach participating students and help organise this day. Public speaking skills, specific content and competition criteria will be taught. The topic will specifically be discussed. After these sessions you will know more about yourself as a speaker and feel more confident in tackling the topic.
A prominent female will also address participants on the issue.

Metropolitan Melbourne Competition
All metropolitan Melbourne students will compete on Saturday 11th September at La Trobe University : 9am – 12.00 noon.
**Semi Finals**
Will be held on Saturday 9th October at the Victorian Women’s Trust office, Level 1, 388 Bourke Street Melbourne.
**Grand Final**
Will be held at the BMW Edge Federation Square on Sunday 31st October 2010. Six finalists will compete. A prominent female will also speak at the event.

Travel by public transport is readily available, information in participant pack.
The purpose of this survey is to hear from young people in the City of Moreland about what health issues are important to you at the present moment. The information you give will provide Merri Community Health Services with greater knowledge in order to develop services that suit the needs of young people in the City of Moreland. The survey will take approximately 10 minutes to complete.

Win an iPod Nano!

If you want more information, please contact Jemma Mead:
Merri Community Health Services
21 Victoria Street, Coburg, Victoria, 3058
Ph: 9355 9900
Fax: 9355 9993
LINK TO ONLINE SURVEY
2010 Merri Community Health Services
Young People’s Health Survey

Introduction

Who is completing the survey?  Young people between the ages of 12-25 years old that live, work, study or recreate in the City of Moreland are invited to complete this survey.

Voluntary participation  You have the choice as to whether or not you would like to complete this survey. Participation in the survey is voluntary. If you do not wish to answer a question, just leave it blank.

Confidential participation  The answers you give will be kept confidential and anonymous. No one will know any of your answers to any of the questions. If you wish to enter the draw to win an iPod Nano, please write your name at the end of the survey in the space provided. Your name will not be linked to your survey. The results from this survey will be included in a report. No individual responses or names will be published, only summarised answers. You will be able to read a copy of the report by contacting Jemma Mead, or downloading it from MCHS website (www.merrichs.org.au) by midyear 2010.

Instructions  Follow the instructions below to complete the survey
• Read every question.
• There are no right or wrong answers. Answer the questions based on what you actually do or think. You can write as much or as little as you like.
• Skip any questions you do not wish to answer.
Questions

1. Are you
   □ Female
   □ Male
   □ Other

2. How old are you?
   

3. Which suburb do you live in?
   

4. What is your cultural background?
   
   
   

5. Do you speak a language other than English at home? If so, please list the language.
   □ No
   □ Yes
   

6. Are you of Aboriginal or Torres Strait Islander origin?
   □ Yes
   □ No

7. What do you currently do?
   □ Secondary school
   □ Further education, like TAFE or university
   □ VCAL
   □ Full time employment
   □ Part time
   □ Casual employment
   □ Unemployed
   □ Pension
   □ Other

8. Have you heard of Merri Community Health Services (formerly known as Moreland Community Health Service)?
   □ Yes
   □ No

9. Have you ever accessed a service at Merri Community Health Services?
   □ No
   □ Yes, which service/s?
   ________________________
   ________________________
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10. Please rate the following health issues in importance to you by ticking either extremely important, important or not important.

<table>
<thead>
<tr>
<th>Health issue</th>
<th>Extremely important</th>
<th>Important</th>
<th>Not Important</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
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<tr>
<td>Anxiety</td>
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<tr>
<td>Being a carer for a family member</td>
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<tr>
<td>Body image</td>
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<tr>
<td>Bullying/emotional abuse</td>
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<tr>
<td>Coping with stress</td>
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<tr>
<td>Depression</td>
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<td>Disability</td>
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<td>Discrimination</td>
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<tr>
<td>Drugs</td>
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<tr>
<td>Eating disorders</td>
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<tr>
<td>Family conflict</td>
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<tr>
<td>Mental health</td>
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<td>Personal safety</td>
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<td>Physical health</td>
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<tr>
<td>Physical/sexual abuse</td>
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<tr>
<td>Relationship issues</td>
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<tr>
<td>School or study problems</td>
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<tr>
<td>Self harm</td>
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<tr>
<td>Sexual health</td>
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</tr>
<tr>
<td>Sexuality (relationships, identity)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Suicide</td>
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</tbody>
</table>
11. How do you look after your health? (e.g. exercise, eating well, meditation, talking about your problems)

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___12. What makes you feel happy and positive?

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________________________________________________________________________
13. We would like to know what health issues currently concern you. Please use this table to list them.

<table>
<thead>
<tr>
<th>Mental Health (e.g. anxiety, depression, eating disorders)</th>
<th>What are you doing about this issue?</th>
<th>Is there anything else that would help you with this issue?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: I am feeling really flat and some days I don’t want to get out of bed.</td>
<td>I called kids helpline when I had a really bad day.</td>
<td>I know I should talk to someone but I don’t know who.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Physical health (e.g. asthma, diabetes, healthy body weight)</th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Example: I feel fat.</td>
<td>I’ve tried diets but I always put on more weight when I stop them.</td>
<td>I feel embarrassed to speak about my weight.</td>
</tr>
<tr>
<td>a. Please list any health issues that concern you under the following headings.</td>
<td>b. What are you doing about this issue?</td>
<td>c. Is there anything else that would help you with this issue?</td>
</tr>
<tr>
<td>---</td>
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</tr>
<tr>
<td>Emotional/social health (e.g. family, relationships, bullying, isolation)</td>
<td>Example: <em>My friends put me down at school.</em></td>
<td>I can’t do much about it because I don’t have any other friends.</td>
</tr>
<tr>
<td>Sexual health (e.g. relationships, STIs, sexuality)</td>
<td>Example: <em>I am worried about getting an STI.</em></td>
<td>I am looking on the internet for information.</td>
</tr>
<tr>
<td>Alcohol and other drugs</td>
<td>Example: <em>My friends pressure me to drink when we are out partying.</em></td>
<td>I told them that I will only drink a bit.</td>
</tr>
</tbody>
</table>
14. Besides the ideas you’ve listed in the table above, what else should be provided in the City of Moreland to improve young people’s health and wellbeing?

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

15. Do you know how to access health services when you need them?

☐ Yes
☐ No

16. Have you experienced any issues accessing health services? E.g. finding out what services are available, making an appointment and where to go.

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

____________________________________________________________________________________

17. Do you have your own individual Medicare card?

☐ Yes
☐ No

If no, do you know how to get your own individual Medicare card?

☐ Yes
☐ No
18. What programs or services do you think Merri Community Health Services should provide to young people? E.g. bulk billing GPs, youth health clinic, health and fitness groups

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

19. What is your preferred way to find out information about the services and programs offered by Merri Community Health Services?

☐ Facebook  ☐ Myspace
☐ Email  ☐ MCHS website
☐ SMS  ☐ Via school/community organisation
☐ Direct mail  ☐ Other ______________________
☐ Local paper
Merri Community Health Services thanks you for taking the time to fill in this survey

Could you please complete and return the survey by the end of April 2010 in the reply paid envelope or send to:

Jemma Mead
Merri Community Health Services
21 Victoria Street, Coburg, Victoria, 3058

You will be able to access the results of this survey from the Youth Health Team section of the Merri Community Health Services website from midyear 2010.

If you have concerns about your health and would like further information or to talk to someone please contact Merri Community Health Services on 9355 9900 or one of the following services:

- Kids Helpline 1800 55 1800
- Lifeline 13 11 44
- DirectLine 1800 888 236
- Gay and Lesbian Switchboard 9663 2939
- Headspace 1300 880 218
If you would like to enter the draw to win an iPod Nano, please fill out your details below.

*Please post this form separately to your survey.*

This sheet will only be used for the purpose of the competition.

First name:____________________________________________________________

Last name (surname):___________________________________________________

Address:_______________________________________________________________

____________________________________________________________________

Postcode:_____________________________________________________________

Contact number:________________________________________________________