No 16 10th June

Important Dates

Fri 11 June
Correction and Report writing day. Students not required at School

Mon 14 June
Queens Birthday

Fri 18 June
Year 8 Sports Day

Tues 15 - Thurs 24 June
Year 10, 11 & 12 Exams

Mon 21 June
Rock Bands Night, 7.30

Wed 23 June
Year 7 Sports Day

Fri 25 June
Last day of Semester 1

Mon 12 July
First day of Semester 2

Principal Report

Nelson Alexander Student Enrichment Fund

On Tuesday we convened a special assembly for the Charitable Foundation of Nelson Alexander’s Brunswick Office to make a very generous contribution to our school. The presentation of an $11,010 cheque was made by Nelson and Alexander Partners, Duncan McPherson and Steven Shaw. Steven is the father of Daniel Shaw in Year 7. The Nelson Alexander Enrichment Fund will be used to support families who require financial assistance in order for their children to participate in enrichment activities such as VCE revision lectures and instrumental music lessons. The very generous donation was accepted by Nicholas Thom (Year 11), one of our Social Justice Captains who in thanking Nelson Alexander, highlighted that ‘It is fantastic to see a local business branching out in our community and making such a generous contribution to our school. Thanks to the amazing generosity of the Nelson Alexander Charitable Trust, all of our students will be able to take part in the activities they want and need, such as VCE revision lectures.’

On behalf of the whole school community, I would like to express our deep gratitude to Nelson Alexander for their generosity in ensuring that all Brunswick SC students are able to participate in the school enrichment and music programs. Thank you in particular to Steven and Maria Shaw for their efforts in involving Brunswick SC in the Nelson Alexander Charitable Trust initiative.

Parent Thank Yous

Special thanks extend to Helen Shanahan, mother of Billy in Year 7, for making a set of black felt covers for the newly purchased keyboards that connect to the Soundhouse computers. These smart looking and snugly fitting covers not only protect the keyboards from dust, they have saved the school from having to purchase expensive commercially produced covers. Thank you also to Parent Project Team members, Linda Bennet-Spark, Wendy Francis, Jenny Taaffe and Susan Hamid for organising and selling refreshments at the Chamber Concert last week. All proceeds went to the Music Department. The Parent Project Team is looking for volunteers to sell refreshments at the Rock Band Concert on 7.00pm Monday, 21 June. Again, all proceeds will go to supporting our ever expanding Instrumental Music program. Please call Trudy in the office on 9387 6133 if you are able to assist on Monday, 21 June.
NMR Principal Conference

Last week I attended the bi-annual Northern Metropolitan Region Principal’s Conference. Held at Lorne over three days, the conference featured key note addresses by visiting UK Academic, Professor David Hopkins and New Zealand Academic, Debra Masters. I also participated in a series of extended workshops on the Ultranet conducted by the DEECD staff who are responsible for Ultranet development and uptake. The 2010 NMR Conference is the only second that I have attended. It was instructive for me to reflect on the Region’s substantial achievements over the past two years. Many of the initiatives that were new in 2008 have now become embedded practice. While the moral purpose of improving our students learning outcomes and opportunities was clearly articulated in 2008, in 2010 there is far greater clarity about the strategies, approaches and resources that are needed for this to be achieved. There were over 300 NMR Principals in attendance at the conference. The opportunity to spend time them and Regional staff was rare, valuable and practical.

The Ultranet

The Ultranet is a secure online learning environment which is being introduced into all Victorian Government Schools. The Ultranet will provide students with an on line learning profile and portfolio, enable teachers and students to collaborate on line and in its second phase, allow parents to see up to date information about their child’s learning, attendance and progress. The Ultranet will ‘go live’ at Brunswick Secondary College on July 27th with the commencement of a four day training program for our five Lead Users and me. The Lead users will have the responsibility of training all staff on the state-wide student free Ultranet Training Day on August 9, 2010 while Assistant Principals, Heather Secomb and Graeme McKinnon will join me in attending the Principals’ Big Day Out at the Convention Centre. The Ultranet contains an amazing array of functions and learning possibilities. At Brunswick Secondary College, our starting point and key focus in implementing the Ultranet will be to use it to meet our school goal of ensuring that all our students (those achieving below, at and above expected levels), make or exceed expected levels of progress. To read more about Brunswick SC’s Ultranet implementation, click http://www.brunswick.vic.edu.au/images/ultranet%20website%20message.pdf

Vivienne Tellefson, Principal

Lateness Detention

Please be aware that lunchtime detention for lateness will be starting next week. If you believe that there has been an error in recording lateness please speak to your child’s coordinator. Students who arrive late to class must have a note of explanation signed by a parent/guardian, this must be shown at the office upon signing in and then given to your class teacher upon arrival. Students who accumulate 20 minutes or more of lateness to classes without a note will be given a lunchtime detention. Critical information about the learning is always given by the teacher at the beginning of the class. Students who arrive late disrupt the learning of the whole group. We ask parents to support their child and the school in ensuring that they arrive at school on time for the start of the day.

Graeme McKinnon, Assistant Principal Year 10-12

SPORT

Northern Zone Athletics Finals

On a beautiful sunny day, 21 students who had either come first or second at the regional northern zone competition competed at the zone finals. Congratulations to Ciaran Smyth who won the 17 year boys 800m and 1500m, Aneurin Sarson-Lawrence also won the 800m and 1500m in the 15 year old boys age group, Wen Yan Lee won the 15 year old girls Javelin and Tom Demelis won the 14 years boys High Jump. All four students will compete at the state finals on October 19th. Other outstanding performances for the day include Holly Simmons 3rd in the 14 years old girls 200m and 400m, Sade Brown 3rd in the 15 girls High Jump and Rory Smyth 3rd in the 15 year boys Triple Jump.

11/12 Boys Hockey

The year 11 and 12 boys hockey team travelled to Melbourne High School aiming to be competitive and give their all against some strong opposition teams. The first game was against Fitzroy High School. Some early dominance by Brunswick resulted in an early goal to Jesse Kruse. Zeming Zhao and Sam Ward scored two more goals to put Brunswick in front at half time. In the second half Brunswick continued their domination and goals to Bernard Niewenhaus and a second goal to Sam Ward gave Brunswick the victory 5-0. In the final against a very strong Melbourne High team the boys battled it out with some great saves from Lachlan McLean and strong performances from Evan Lekkas and Ben Luc. The result didn’t matter as all the boys had a great day, but for the record we lost 13-0.

Zone Cross Country

On the 3rd June some very keen and excited students travelled to Warringal Parklands, Heidelberg for the Zone cross country. The top 10 students of each race made it through to the state finals. Congratulations to Jessica Witherall who came sixth in the 13 year girls age group and to Tom Demelis who came 9th in the 14
year boys age group. Other notable mentions must go to Holly Simmons (16th) and Ella Fusca (18th) in the 14 year girls and to Alex Backman (16th) in the 14 year boys age group.

Cross Country

On 24th May all year 7 and 8 students walked over to Royal Park to participate in the annual Brunswick Secondary College School Cross Country. All students participated in the scenic 3km course around football ovals, soccer fields, golf course and through beautiful parklands. The conditions were just perfect at 12.30pm when the students began their races. The heavens then opened up and rained for the rest of the day. Congratulations to Thomas Demelis, Talet Bideci, Holly Simmons and Jessica Witherall for all winning their events. Also to the Gold house for collecting the most points throughout the day.

Brent Pawley, P.E Coordinator

11/12 Futsal

The boys started the district futsal competition as favourites (self rated), and it didn’t take long to get the better of their opposition. Their first two matches, against Melbourne High School B and Elwood, were extremely one sided with score lines of 10-4 and 8-0 respectively. The Semi final saw some stiffer competition from Melbourne High School A. It was a tough encounter but the boys maintained their focus to eventually overrun their opponents 5-2. The Grand Final was against Uni High and it was truly a match for the ages. The first half was a roller coaster ride like no other. First Uni went up 1-0, then Brunswick scored two quick ones to hit the lead, then Uni put in two quick ones of their own to once again hit the front. It was not looking good for the favourites (self rated) until a two goal spree just before half time put them in front 4-3 at the break. No goals in the second half sealed a tight, hard fought victory and a ticket through to the North Zone competition. All the boys played extremely well and were fine ambassadors for the school. However stand out performers were Deniz ‘twinkle toes’ Demir, Ciaran ‘the machine’ Smyth and Donnie ‘the truck’ Vittaca.

Wen Ru Teoh was dynamic with his athleticism and speed, Nick Robortella paced the team with his superior fitness and speed and Harry Barley scored many easy buckets inside as well as showing off his long range shooting. The team finished 6th overall, out of 8 teams.

Steven Kolber, Basketball Coach

Intermediate Footy

On Wednesday June 2, Brunswick’s intermediate footy boys took on Yarra Region’s best at Royal Park.

Full team: Eren Erdem, Edwardo De La Paz, Hudzhifah Badres, Gabriel Carli-Hannan, Triffon Galanopoulos, Arthur Tozios, Chris Dimitropoulos, Serhan Aslan, Sam Francis, Rory Smyth, Zac King, Christian Rogan, Jacob Yankouski, Josh Ring, Josh Vuocolo, Andrew Kapsokavadis

Warren Evert, P.E Teacher

Basketball

The Year 11/12 Basketball Boys took a trip out to MSAC on Tuesday 1st of June. They played a total of 4 games, with a win-loss record of 1-3. They played very competitively across all games. Close games were lost to Glen Eira, Melbourne High 2 and Elwood High School. They claimed a victory over University High through a better team effort. Wen Ru Teoh was dynamic with his athleticism and speed, Nick Robortella paced the team with his superior fitness and speed and Harry Barley scored many easy buckets inside as well as showing off his long range shooting. The team finished 6th overall, out of 8 teams.

Steve Kolber, Basketball Coach

9/10 Soccer

Confidence was not in short supply when the team arrived at Darebin for the district soccer tournament. The boys had a comfortable 4-0 first up win against Glen Eira and followed that up with a even more comfortable 8-1 win over Debney Park. Their next match was a do or die clash against a fired up Princess Hill outfit for a spot in the final. A draw would be enough to get through but the boys threw everything into getting a victory. Numerous good chances went begging at both ends and by full time neither team had managed to hit the back of the net. So we slipped into the final against Melbourne High School, which unfortunately we lost 6-0, say no more! A big thanks to Patty Smyth who coached the boys for the day, it was much appreciated and well done to all the boys on a great day.

Full team: Eren Erdem, Edwardo De La Paz, Hudzhifah Badres, Gabriel Carli-Hannan, Triffon Galanopoulos, Arthur Tozios, Chris Dimitropoulos, Serhan Aslan, Sam Francis, Rory Smyth, Zac King, Christian Rogan, Jacob Yankouski, Josh Ring, Josh Vuocolo, Andrew Kapsokavadis

Warren Evert, P.E Teacher

Intermediate Footy

On Wednesday June 2, Brunswick’s intermediate footy boys took on Yarra Region’s best at Royal Park.

Full team: Sam Coventry-Poole, James Johnston, Ciaran Smyth, Mohamed Mohamed, Louise Mazza, Muzaffer Yuksel, Matt Pappas, Deniz Demir, Donnie Vittaca.

Brunswick’s Intermediate Football Team
I have taken a number of teams on sports days before, however there was something different about this team from the start.

Over 40 boys put their names down and, after three weeks of training, the list was culled to 25. Boys who missed the cut were disappointed, no doubt. However those who remained knew their spot had been earned.

Enthusiasm and ability were just two factors that would lead us to success. We had that in spades. Especially the latter (just ask any number of the midfield and they would be happy to tell you!).

Discipline and teamwork? We’d have to wait and see. Of course, the weather, a bit of luck and the quality of the opposition also would play a part.

Drawing Melbourne High in our first match was not a good start. But rather than draw pointless comparisons with the other mob, this day was all about looking within and getting the best out of ourselves.

A three goal victory over Melbourne High ensured the day got off to a positive start. Adam Saad, skipper Omar Abdallah and Mustafa Hammoud controlled the midfield while few balls got passed Tom Butler in defence.

A short break allowed the boys to freshen up before their clash with Elwood. When the Wooders caught the Green Machine off guard, booting the first goal, it was feared that a sense of complacency had overcome the boys. However this was just what sparked Brunswick into action with Jesse Vasalas, Chris Skapetis and Mo Mohamud getting the ball moving our way. Ibby Taleb provided a focal point up forward but found the middle of the goals to be elusive. Some of the boys who didn’t get much of a run against MHS came on against Elwood and showed some toe, particularly Tim Coxhill, Brodie Schell, Jun Demir and Michael Ahkee.

Beating Elwood convincingly led to the inevitable – the big one – the final against Princes Hill. Jim Thomas was thrown into the ruck and did not disappoint, combining with the reliable combo of Adam Saad, Omar Abdallah and Mustafa Hammoud to win practically every clearance. Khaled Saad hit some form at full forward and finished the match with seven impressive goals.

Prior to Wednesday, we had some idea the team might experience some success on the day, but a 16-goal win in the final? Seldom have I been prouder of a bunch of students in my time at Brunswick. Just how good can they be? We’ll find out on June 24 when they take on the best schools from other regions in the zone finals.

A big thanks to Freddy Stringer for helping supervise on the day, Tim Coxhill, who took on numerous duties like boundary umpiring and runner and Evan Kittelty, who came along knowing he may not play and showed you don’t have to be a regular weekend player to have an impact in school footy.

Lee Crossley, Coach

Babies in class

As part of the year 10 Health class, students have been studying health issues which relate to adolescents. One focus of this study has been sexual health issues. To help students understand the ramifications of unsafe and unprotected sexual activity they have been ‘parents’ for a short period of time. Working with a partner, students have been given a simulator baby to care for. Like all babies they need constant care and attention, crying (regularly and loudly) when they require feeding, comfort or a changed nappy. Many students and their families have experienced sleepless nights as the babies wake for the 2.00am feed. However tired the students are, the next day they are united in the idea that caring for a baby is hard work.

Lorraine Lockhart, Health Teacher

MUSIC NEWS

Semester 1

Rock Bands Night

7.30pm Monday June 21st
Performing Arts Room
Tickets at the door:
$10 $20 Family

This event will feature performances by 13 different bands - VCE Bands, Girlband, Year 10 Bands and various bands including all of the guitar and bass students.

Chamber Concert

This event took place on May 31st and was a great success. The Performing Arts Room was packed and the audience was treated to a smorgasbord of musical styles. Congratulations to all of the performers and the support crew.

Musical Equipment Sale

There are still several items of surplus musical equipment for sale - mainly PA equipment and keyboards. Details are listed on the Music Department notice board.

Wayne Simmons, Music Teacher
International Students Blog

Building Global Communities

As technology advances our ability to communicate globally, it has built bridges across the global community. With a background in media and interactive arts it is my personal goal to utilise these opportunities to keep our International Students connected to their home communities and to include their families in our overall school community. Through the International Students Blog we aim to build bridges between our school community and our off shore families. The purpose of the blog is to help the International students promote their participation and achievements and to encourage their home communities to be involved in their education. We would like to invite you to have a look at our blog and leave comments for the students and families to share. The blog can be found at: http://bscinternational.edublogs.org/ or by following the link on our school website: About us - International Students - International student Blog – then click here and it will take you to the blog.

Lauren Flannery, International Student Coordinator

CareerNews

Here’s how you can find out more about your future career during the holidays: –

~ Explore MELBOURNE UNIVERSITY for a day – ‘Access all Areas’ is an event designed to allow secondary students to gain information about the university tailored to their interests. The half-day on-campus program commences with an overview of the Melbourne Model, entry requirements and the transition to university. There will be sessions on specific areas of study, allowing students to select those to suit their interests and speak to staff.
When: 9am-2pm, Fri 9 July (optional residential college tour to follow);
Where: Melbourne University (Parkville);
Who: Year 10-12 students and parents;
Registration: www.futurestudents.unimelb.edu.au/accessallareas; ph 8344 6543

~ RMIT School Holiday Program - RMIT University offers a number of events designed to give students in years 10, 11 and 12 real experience and insight into the world of science, engineering, the environment and health and medical sciences. The events give students the opportunity to experience life on campus, engage in hands on workshops and explore different aspects of science and engineering. Information and bookings: www.rmit.edu.au/seh/experience

~ Experience LATROBE workshops – Tuesday 6 July - Registrations close on Thursday 1 July. Check out the Experience La Trobe workshops (Sessions A, B and C) via the links on the website www.latrobe.edu.au, and choose three that match your interests. All workshops are repeated, so you won’t miss out on your favourites. As well as participating in workshops, you can meet La Trobe lecturers and students, join a campus tour, and tour on-campus accommodation. Make sure you stay for lunch, too – it’s free! Feel free to bring your parents as well. They can go to a separate information session while you hear all about La Trobe’s exciting courses.

~ RSPCA – Are you interested in working with animals? The RSPCA have two new, exciting youth holiday programs for students aged 15 – 18 yrs who are considering working in the animal industry or simply have a love of animals.
First Aid for Animals - Wed 30th June - Come along to learn all about the work of a veterinary nurse at the RSPCA. Learn about how to use basic first aid techniques to help injured animals and protect your pets. We can show you how to read animal behaviour and safely rescue wildlife. Places are limited.
Vet Day at the RSPCA – Thurs 1st July or Tues 6th July - Are you interested in a career working with animals? Take a backstage look at the work of a vet at the RSPCA. Learn about assessing a dog’s health and temperament and spend some quality time with our education animals. Places are limited. Please call Paulette on 9224 2286 to book a place. More information and booking forms are available at: http://www.rspcavic.org/rspca_services/education_youth_programs.htm

Experience Monash

Caulfield
Thursday July 1
9:30am – 2:30pm

Clayton
Tuesday July 6
9:30am – 2:15pm

Attention Year 10, 11 and 12 students!
We’d like to invite you to come and ‘Experience Monash’.
The program aims to introduce you to the study opportunities and experiences available at the Caulfield and Clayton campuses.
Pick a campus or come to both, choose from a variety of interactive faculty workshops, hear from our current students, and learn more about the opportunities at Monash University.
For program details and to book online visit:
www.monash.edu.au/experiencemonash

Catherine Jones, Careers Counsellor
**Environmentally Friendly Solar**

Solar power is a great way to help the planet and to help you and your family, by reducing the cost of carbon emissions and the cost of electricity and hot water bills. Moreland and Darebin council are offering a solar powered hot water system at a reduced cost, up to $1,200, a perfect investment for any family. Please see below advertisement.

**Carlo Manley, Year 12**

**Solar Hot Water- Community Bulk Buy**

Zero Carbon Moreland in collaboration with Moreland and Darebin City Councils, are organising a special bulk-buy scheme for Moreland households looking to install a solar or energy efficient hot water system.

By installing an efficient hot water system, you can significantly reduce household greenhouse gas emissions and save up to 15% on energy bills. Register before June 30 2010 to participate in this exclusive offer and save $800 - $1200* on a climate-friendly hot water system.

Call the appointed installer Servco on 9780 0787 to book a free, no-obligation quote. For more information visit [www.morelandsolarcity.org.au](http://www.morelandsolarcity.org.au) email info@zcm.org.au or call 9385 8585.

*Prices will vary depending on the size and type of system required, your roof type and orientation and the type of existing hot water service being replaced.

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**Education Maintenance Allowance**

The EMA cheques are now available to collect from the front office for those parents who applied for Semester one payment.

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**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).

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**BSC Office hours** are between 8.30am and 4.30pm Monday to Friday. Phone calls and office enquiries 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.
Keeping You Informed ~ from the Year 7 Coordinator

June 2101

Dear Parents /Caregivers,

As we enter the second half of the school year, it is important that students continue to develop their work practices, organise their time and monitor their progress. Having reviewed our school’s student data, it is evident that many of the students have settled into the secondary school setting and are managing their homework. Some students however are requiring support. I believe that all students can achieve success if they persevere with the work, seek help when necessary and act on feedback. It is important to note that success for each student varies according to capability. Teaching our students how to learn is important. Research clearly indicates that students with good work practices can achieve success. To address poor work practices and to support our students to do well, Ms Baker and I met with the students concerned and examined their data with them. We asked them to identify the reasons for their poor work practices and discussed action they can take towards improving their work practices before the next reporting period. At these meetings, students talked about the adjustments they have had to make when starting secondary school and some of the difficulties they encountered. I have listed three issues most mentioned by the students:

- organizing their after school time properly so that homework and assignments were completed on time;
- using and checking their diary regularly so that they can work towards the expected deadline; and
- checking timetables regularly so that they can remember what equipment to bring to school/class.

One of the biggest adjustments students talked about was the difference in the amount of homework given at secondary school as opposed to primary school. One student commented ‘so much of it and by so many teachers and the work is due around the same date’. If students are having difficulty in organizing their private study time and completing homework, they are encouraged to attend the Homework Room (F2) on Thursdays, between 3.30pm and 4.30pm. Students who are having difficulties in Maths can also attend the Math Help Room (F2) on Mondays between 3.30 and 5.00pm. When students attend the Homework Room, they can use computers, work independently and/or access teacher assistance if they a presented with difficulties. The school also offers extra support to our international students on Thursday from 3.30pm to 4.30pm in the school library. Students who attend can receive assistance from Ms Emma Oliver for English and Humanities, and Mr Jiewei Xue for Maths and Science.

What have they learned?

In Art, the students experimented with a variety of materials such as collage, paint and oil pastels and applied these materials to their distorted or abstract portrait design. Some year 7 classes worked towards creating gridded self-portrait using many careful gradations of colour through the medium of painting and blending and tinter (adding white) techniques. In English students were expected to organise their time to read the novel ‘Cool Hunter’. Work in class included examining themes and issues from the book, writing summaries, vocabulary and text interpretation. All students were expected to complete their ‘Cool Hunter’ Graded Assessment. The students regularly go to the library for sustained reading sessions and are participating in the 2010 Premier’s Reading Challenge. Students should aim to read at least fifteen books by the end of August. In Humanities, students continued their study of ancient civilizations. Throughout their study of ancient China, students learnt about the Terracotta Warriors, Silk Road and the Great Wall of China. An integral part of the math program is place value, the four processes and the order of operations. This term the foci have included the units of measure and conversion of different units. Students have worked on developing their problem solving strategies by showing their understanding of the problem and then outlining strategies, they would use to find the solution. To show their understanding of the process and the strategies used, students were required to show their mathematical thinking. In Science students as part of the Chemistry unit students continued to explore types of mixtures including solutions, suspensions and colloids. The students also learnt about how the properties of substances can help to separate mixtures. The current topic is Earth Science with students learning about the changing earth, layers of the earth including the way tectonic plates float on magma.
Students in 7S have studied the science fiction genre and have written a science fiction story. They have been reading Chinese Cinderella. Students are completing a creative writing unit. After visiting the Art gallery, students are writing poems in response to one of the art works they saw at the gallery. In History, the students have been studying civilisations. In term 2, students completed their unit on Ancient Egypt, and are moving on to spending a brief time studying another ancient civilisation of their choice before their final graded assessment task, which will be to create their own civilisation.

How do they learn?

Although we all show preferences for particular learning styles it is valuable, challenging and difficult to engage in different ways of learning. At BSC, students do have the opportunity to learn in a variety of ways. Many tasks are designed to support the different styles of learning. It is important that we encourage students to use and consolidate their preferred learning modes as well as encourage them to develop strengths in other learning styles. To cater for the diversity of learning preferences teachers employ a selection of the strategies that will be able to expand their repertoires of learning preferences. We support visual learners by designing learning and assessment activities that require students to create visual representations of information such as using diagrams, graphs, poster and PowerPoint slides. Aural learners are supported by enabling them to explain ideas in detail and by providing them with opportunities to present information orally to groups or the class. Learners who prefer reading and writing learn best when they can explain ideas and examples in detail. These students are encouraged to organise information lists. Learning and assessment tasks may require students to create written representations of information – for example, dot-point summaries, essay plans.

As each school year and all students’ transition to secondary school can vary, in February I asked one student from each pastoral group to record his/her experiences. I wish to thank Mathilda Cameron’s (7N) for agreeing to share her journey with the school community.

**Monday 15th February 2010**

When I first started at BSC, I had no idea where to go and I kept getting lost trying to find my classes. I was nervous about doing the wrong thing and getting into trouble. In no time, however I was able to find my way around the school. Everything was much easier settling in than I thought it would be. I even made friends quickly. I thought that when I started secondary school I would lose my primary school friends but I have not as we still speak to each other. I have made a lot of new friends. I have found that the teachers are helpful and all the students are friendly.

**Thursday 15th April 2010**

Now I am used to the school groups and I know where everything is. I have got used to secondary school quickly. At the start of term 2, I knew where to go without asking anyone for help. I have made friends that are even more new. I have become much more comfortable in my class and with my teachers. My favourite classes now, are Sport and P.E., Food and English. I enjoy coming to school each day and I look forward to trying plenty of things that I have never done before. I am learning some new things and some of the work is challenging. I will continue to try my best.

**Tuesday 1st June 2010**

I have completely settled into secondary school at Brunswick and I am looking forward to the rest of my years here. I feel I have made the right choice coming to this school. I have got to know my surroundings. All of the people at this school are friendly; everybody has a sense of humour and everyone is there for each other. Every day there is a different class that I enjoy. Recess and lunchtimes are fun because there are all different things people can do such as play basketball or soccer, use a computer, read a book in the library or just sit around and talk which is what my friends and I like to do. I still talk to all my old primary school friends but I also have made new friends. In the Food class, we cook both savoury and sweet treats. They are equally delicious. In P.E., we are learning about the different muscles of the body and we are learning to play basketball. In my SOSE class, we have just finished studying Ancient China and have moved on to Deserts of the world. I have learned more in maths in the first two terms of school than I have learned in the whole of last year. This may seem overwhelming but it is not because my teacher explains everything very well and in a way that is easy to understand. There are various clubs people can join e.g. Book, Art, and Public Speaking Clubs. I went on a book-buying excursion with Book Club and it was fun.

Kind Regards,

Nadia Cavallin
**FREE Asthma Information Packs**

The Asthma Foundation of Victoria has made available new Asthma Information Packs. These packs contain all relevant information and resources to assist the asthma community in understanding asthma and making informed decisions about their asthma.

These packs are targeted to suit individual needs and are available in the following:

- Parents and Carers of Young Children
- Parents and Carers of School Aged Children
- Teenagers

To order your FREE Asthma Information Kit please contact the Asthma Foundation of Victoria’s Helpline on 1800 645 130 or email advice@asthma.org.au

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**Asthma & Winter**

With the winter months approaching, it is important to be aware of any changes in your asthma and triggers that can affect your asthma. The following are some tips that may help you or a family member:

**ASTHMA ACTION PLAN**
Make sure your written Asthma Action Plan is up-to-date. If needed, visit your doctor for a review of your asthma, what to do if symptoms worsen, and how to cope with an asthma emergency.

**MEDICATIONS**
Carry your blue reliever medication at all times. It is recommended that you take your usual dose of reliever medication before going out on cold, windy days to reduce the effects of exposure.

**TRIGGERS**
A sudden change in temperature, such as cold air or windy days can be a trigger for some people with asthma. Wearing a scarf over your face will help to warm the air before you breathe in. Avoid smoke from fireplaces and other indoor triggers such as pet allergens and dust mites.

**ILLNESS**
Winter is the season for colds and influenza. The Asthma Foundation of Victoria recommends that everyone with asthma should have a flu injection as people with asthma are at greater risk of developing complications from influenza.

For further information please contact the Asthma Foundation of Victoria on 1800 645 130 or email advice@asthma.org.au