WEROONA COLLEGE BENDIGO

PO Box 566 I BENDIGO I Victoria 3550
383 Napier Street I BENDIGO I Victoria 3550
Phone | 5443 2133

weeroona.co@edumail.vic.gov.au
www.weeroona.vic.edu.au
Absence Line | 4433 4911

WCB CONTACTS

Principal | Leanne Preece
Assistant Principal | Jason Bysouth

Student Wellbeing Team
Student Wellbeing Team Leader | Julie Nicol
Chaplain | Carl Rusbridge
College Nurse | Sarah Warburton

Katyl Leaders
Sue Pollard
Sarah Davis

Learning Advisors
L7A Brian Edebohs
L7B Mark Adams
L8A Carolyn Jones
L8B Dianne Andrea
L9A Gary Schroeder
L1A Helen Peppinck

Merin Leaders
Tim McInnes
Meryl Hayes

Learning Advisors
M7A Michelle Griffin
M8A Christine Henty
M8B Jean Stephens
Lai Khum Law
M9A Leigh Schroeter
Ryan Currie
M9B Meryl Hayes
M1A Tim Lawrance
Shawn McCormick

Wannop Leaders
Justin Hird
Vern Hardie

Learning Advisors
W7A Kris Purden
Jill McKenzie
W7B Geoff Dempster
W8A Monica White
W9A Tracey Lee
W1A Jemima Albrecht
W1B Chloe Neath
Primary Paul Ellis

Kappen Leaders
Trent Bysouth
Sarah Trew

Learning Advisors
K7A Erin Pilkington
K8A Marion Stewart
Karen Dale
K8B James Ginnivan
K9A Paul O’Shea
K9B Eva de San Miguel
Kellie Roberts
K1A David Crowley
K1B Alan Aylward

WCB UPCOMING EVENTS

AUGUST
1st EMA (Second Semester) Applications Close
6th College Social – 7pm -10pm
13th Elective Information Evening – Year 8 & 9 Students – 7pm
15th Curriculum Day (Pupil Free Day)
20th Year 9 Arts Connect Excursion

SEPTEMBER
3rd Variety Night- Performing Arts Building – 7:30pm
15th Fretworks Music Camp
19th Last Day Term 3 – 2:30pm dismissal

OCTOBER
6th First Day of Term 4
29th Bendigo Cup Holiday

SCHOOL TIMES
Start 9.00am
Lunch 11.45am - 12.35pm
Recess 1.45pm - 2.05pm
Finish 3.15pm

OFFICE HOURS
Monday – Friday
8.15am – 4.00pm

UNIFORM SHOP HOURS
Tuesday 2.00pm – 5.00pm
Thursday 8.30am – 12.00pm
*EFTPOS facilities now available *

Weeroona College Bendigo Vision Statement

Students at Weeroona College Bendigo are actively engaged in their learning which is personalized according to their needs and interests. Our students are independent; know what they need to learn and our teachers challenge and support them to achieve personal excellence.
FROM OUR PRINCIPAL

The purpose of this notice is to clarify our school's position in relation to students participating in the Weeroona Warriors under 14 girls netball team this season. The Department of Education and Early Childhood Development sets out clear policy guidance for Victorian Government schools with respect to student participation in excursions and activities. Such activities require school council approval and are subject to comprehensive planning, risk assessment and risk management guidelines.

We are aware that students from our school are participating in the Weeroona Warriors under 14 girls netball team and we wish to advise everyone concerned that this is NOT a school approved activity. We thank the volunteers who are involved with the team and wish them and the players all the best for the remainder of the season.

Leanne Preece
Principal

FROM OUR ASSISTANT PRINCIPAL

Year 8 and 9 Subject Selection Information Evening
We would like to invite all our current Year 8 and 9 students and parents to a Subject Selection Information Evening, at Weeroona College Bendigo, regarding the elective subject selection process for 2015. This will be held on Wednesday 13th August at 7:00pm in the A.T. Dingle Performance Centre. Staff from the different subject areas (Science, The Arts, Technology, Languages, Physical Education, Humanities and English) will be available to answer any question regarding the subjects being offered.

Year 10 Work Experience
During the last week of Term 2 and throughout the school holidays our Year 10 students were involved in our work experience program. We had approximately 130 students experience life in a work place and we thank Linda Quarrier for all her hard work in ensuring that these students were ready to go out and experience some exciting new things. Our students have been provided with some unique opportunities, completing work placements at work places such as: THALLIS, Bee Happy Orthodontics, Bendigo Law Courts and Hoffmans Engineering. We are very appreciative of the businesses and workplaces that have been prepared to take our students on. I would also like to thank our wonderful teachers that went to visit our students whilst in the workplace. Many of these visits took place during the school holidays and I am sure our students appreciated seeing you.

Jason Bysouth
Assistant Principal

FROM THE GENERAL OFFICE

Education Maintenance Allowance
(EMA) Instalment Two
The Education Maintenance Allowance (EMA) is provided to assist eligible families with the costs associated with the education of their children. Parents and guardians may be eligible for the EMA if they have a valid Centrelink Health Care Card or Pensioner Concession Card.

The second instalment of the Education Maintenance Allowance (EMA) payment is due to be paid from mid-August onwards.

Parents and guardians who lodged an EMA application at the beginning of the year do not need to lodge another EMA application to receive the second instalment EMA payment.

Parents/guardians whose children have transferred to this school since 28th February 2013 will need to submit a new EMA application form. Applications close on 1st August 2014.

Eligibility information can be obtained from: http://www.education.vic.gov.au/school/principals/finance/Pages/emaeligibility.aspx

Please see the flyer attached for regarding EMA for 2015 and beyond.

SPORT

Multicultural Sports Day
On Thursday 17th July, a Multicultural Sports Day took place at the North Bendigo Recreation Reserve. It was great to witness over 20 students from WCB take place in the event. The day was run by both AFL Victoria and Netball Victoria. Students involved were involved in a skill acquisition program and structured games throughout the course of the day.

Although the day was bitterly cold, all students were engaged and enjoyed the day. Thanks to Mrs Kidman for her assistance on the day of the event.
School Sport Victoria State Cross Country Championships
On Thursday 17th July the SSV State Cross Country Championships took place at Bundoora Park, Melbourne. The weather made the course extremely challenging for all competitors. Well done to Jordan W and Maddison H on their efforts. Both ran well despite the rain and extremely cold conditions.

Maddison finished 19th in the event with a time of 11.45 mins for the 3km event. This was a personal best time for Maddison. Jordan completed the 3km distance in a time of 10.46.5 coming in at 29th place.

Loddon Mallee Football Carnival - Primary Division
Over 500 Primary school students participated in the Loddon Mallee Primary Football carnival staged at Catholic College Junortoun on Wednesday 23rd July. A big thank you to the 24 Year 7 & 8 students who took part in the day by taking on field umpiring duties. All did an excellent job and were fine ambassadors for the college.

Upcoming Sport Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 6th Aug</td>
<td>Loddon Mallee Region Football – Swan Hill</td>
</tr>
<tr>
<td>Thurs 21st Aug</td>
<td>Basketball (Year 9 &amp; 10 Boys and Girls)</td>
</tr>
<tr>
<td></td>
<td>Table Tennis (Year 9 &amp; 10 Boys and Girls)</td>
</tr>
<tr>
<td></td>
<td>Hockey (Year 9 &amp; 10 Boys and Girls)</td>
</tr>
<tr>
<td>Thurs 31st Aug</td>
<td>Midlands Cycling Championships – Sandhurst Division</td>
</tr>
<tr>
<td>Thurs 4th Sep</td>
<td>Basketball (Year 7 &amp; 8 Boys and Girls)</td>
</tr>
<tr>
<td></td>
<td>Table Tennis (Year 7 &amp; 8 Boys and Girls)</td>
</tr>
<tr>
<td></td>
<td>Hockey (Year 7 &amp; 8 Boys and Girls)</td>
</tr>
<tr>
<td>Wed 3rd Sep</td>
<td>Sandhurst Division Athletics Carnival</td>
</tr>
</tbody>
</table>
FROM THE WELFARE TEAM

Resilience is a 21st Century parenting concept that every parent needs to understand. Some kids are resilient by nature – their temperament helps them to be mentally and psychologically tough. You know those kids. They get straight back up after a setback or disappointment. Rejection in the playground doesn’t faze them. Unfortunately, not every child has such natural resilience.

The good news is that most of the research shows that resilience can be nurtured and developed, particularly when parents themselves are resilient and they actively foster it in their kids. Resilient kids share four basic skill sets- independence, problem-solving, optimism and social connection.

Building Resilience
From a resilience perspective parents need to coach kids through some of their more challenging moments and reviewing what they may have learned for next time. Avoid solving all their problems for them.

You can promote a lasting sense of resilience in your kids by:

- Having a positive attitude yourself. Your attitude as a parent impacts on their ability to bounce back from some of the difficulties they face. Make sure you model a ‘you can do it’ attitude for your child when he meets some of life’s curve balls.
- Look for teachable moments. Many kids’ learning opportunities are disguised as problems. Make the most of these opportunities so that kids can grow and learn from some of the challenges they face.
- Make kids active participants in the family. Active participation in a family develops the self-help, problem-solving and independence skills of kids that are necessary for resilience.
- Build kids coping skills. There are plenty of strategies you can pass on to kids to help them cope when life doesn’t go their way, including acceptance, getting away for a while, and normalisation.

Promoting resilience in kids is a not a single event but a continuous process that requires adults to be supportive and empathetic when things don’t go their way. It also requires you as a parent to have an understanding of resilience, so you have faith in yourself, and your child’s ability to cope.

Julie Nicol
Student Wellbeing Team Leader

CAREERS NEWS

Capital Theatre School Based Apprenticeship
Position Title: TRAINEE, THE CAPITAL
Employment Status: SCHOOL BASED TRAINEESHIP
Incumbent: VACANT

Classification: TRAINEE
Unit: THE CAPITAL, BENDIGO’S PERFORMING ART CENTRE

Key Responsibilities and Duties:
- Assist the Unit through undertaking a range of office administrative tasks including filing, mail, preparation of documents and photocopying.
- Reception of incoming phone calls.
- Assist in the production of documentation.
- Carry out other duties as specified by the Manager or delegate, that are within the scope of the employee’s qualifications and skills and the appropriate requirements of the role.
- To promote and implement appropriate human resource management and risk management practices and procedures in all aspects of unit operations.

Key Selection Criteria
- Good oral and written communication skills.
- An ability to function effectively in a team environment.
- The ability to respond to direction, training and support and to learn new processes and practices quickly and efficiently.
- Good capabilities in the use of MS Windows-based personal computers, in particular MS Office applications, and an ability to learn new software applications through on-the-job training.
- A basic understanding of human resource practices.
- Basic skills in planning and organising one’s own work, and managing time to achieve agreed work goals.

Please see Mrs Quarrier in Pathway’s office for more details regarding the application process.

Linda Quarrier
Careers Advisor

WAREHOUSE SHOPPING TOUR

On Saturday 15th November, the College is running a Waehouse Shopping Tour fundraiser to Melbourne. For more information please see that attached flyer. We would love for you to join us!
Stacey’s Shoppers
Warehouse Shopping Tour
(Fundraiser for Weeroona College Bendigo)

Saturday 15th November
Meet: Lansell Plaza Carpark (behind the Library)
Departure Time: 7am (return around 7pm)
Cost: $35.00 (Morning tea included)
Lunch: BYO or purchase at Brunswick Food Court

Bags & Luggage Outlet – Keilor East
This Bags & Luggage Outlet is the home of one of the largest importer / wholesaler / retailers in Australia. They offer a huge variety of bags including current, samples & discontinued lines. The range includes, handbags (Leather, PU Leather & Jacquard’s), Evening bags, Trolley cases (Soft & Hard Shell), backpacks (adults & kids), wallets, tote bags, wheel bags, business bags, travel accessories and much more! Being a genuine wholesaler you can be assured a bargain with some fantastic worldwide brands!

Glam & Co – Brunswick
Glam and Co. was established in 2009 for our ever so loyal online customers. The range is vibrant, fun, and certainly Glam. Our stockists help us to deliver our vision of style and versatility. Our wholesale business opened it's doors in Melbourne in 2004 and has grown to become a vibrant jewellery and accessories wholesale brand that has an established presence throughout Melbourne, Adelaide and Perth . The range is certainly big on style but also factors quality and affordability. Our stockists help us to deliver our vision of style, versatility and affordability. Our range consists of the latest fashion trends of necklaces, bracelets, earrings and rings. We also have a great range of scarfs and have recently introduced our new range of fur vests, gilets and jackets. We also have a great range of handbags that will be introduced in May of 2013. Our target market is certainly for the fashion savvy who love style, quality and affordability. Our jewellery line and accessories suit all age groups.

Lush Collection – Brunswick
Expect to find a selection of occasional furniture & homewares, fashion & accessories, gem & sterling silver jewellery, evening wraps & scarves and so, so much more, depending on the time of year. Up to 80% off RRP on many items.

Bambis Homewares - Brunswick
Homewares. Salt & Pepper Label, plates, crockery, vases and gift lines.

Beaches Fashion – Northcote
Men’s, Women’s & Children’s clothing, sleepwear.

LUNCH – BRUNSWICK FOOD COURT

*The Linen Factory - Brunswick
Doona’s, pillows, sheet sets, doona cover sets, woollen underlays, mattress protectors, towels, tea towels, electric blankets, quilts, etc. Lots of stock and variety. A great Manchester outlet, worth a visit.

The Richmond Chocolate Factory Outlet (Newman’s Chocolates) - Richmond
Range of Newman’s and Hillier’s Chocolates, nuts, biscuits, lollies, Xmas puddings.

Raglan Fashion House – Preston

Little People – Preston – “where the magic really happens” (sharing a premises with Raglan Fashion House)
Most of the products are between 50 – 80% off RRP. The products include a specialty range of Disney Collectables, such as snow globes, jewellery boxes, figurines, statues, traditional metal pedal cars, rocking horses and more. The dolls house range is one of the largest in the world with houses available for every budget. There is an extensive range of collectable Barbies. The costumes and accessories are sure to bring a smile to you and old alike, ranging from Fairy dresses and super-heroes to princess, pirate and knight costumes. They also carry a range of wooden toys, such as puzzles, push-a-ongs and musical instruments. Delivery can also be arranged.

*Christmas Elves – Preston
Rudolph’s Warehouse is a Christmas store that offers a magical shopping experience unique to Melbourne. New products for 2012 include Christmas trees, indoor and outdoor lighting, inflatables, kitchenware, outdoor illumination and decorations from the traditional to the very latest on-trend colour themes. In store we’ve created a Christmas wonderland for all ages with decorated trees to delight and inspire.

Natio – Heidelberg West
Cosmetics, skincare, body products. Gift packs are available. Australian made, not tested on animals.

Unless otherwise stated, outlets accept All Major Credit Cards (excluding Diners Club and AMEX), have EFTPOS facilities available and accept CASH.

Bookings: Please contact the Office at Weeroona College Bendigo,
Phone: 5443 2133 or email: weeroona.co@edumail.vic.gov.au
Education Maintenance Allowance

Information about changes to Education Maintenance Allowance as a result of the School Reform Agreement made between the Victorian Government and Commonwealth Government.

What is EMA?
The Education Maintenance Allowance currently provides financial assistance to low-income families to help meet costs associated with the education of their children.

How it is paid?
Parents can currently elect to have their EMA paid in one of the following ways:

- paid by direct deposit (Electronic Funds Transfer) into the parent's bank account; or
- paid directly to the school to be held as credit which the parent can use towards education expenses; or
- paid by cheque which will be posted to the school for collection.

In 2013 over 70 per cent of parents receiving the EMA chose to have their EMA paid directly to their school. Each school would then use the funds for a range of expenses for that child.

Who is eligible?
The EMA currently provides financial assistance to Victorian families on a low income to help with the cost of educational items such as textbooks, stationery, uniforms and excursions.

It is a means-tested payment - parents must hold a Centrelink or Veterans Affairs concession card to be eligible.

What is changing?
In the recent School Reform agreement signed with the Commonwealth, the Victorian Government has changed the way it helps low income families with education expenses.

From 2015, the Government will distribute the funds previously used for the EMA directly to schools. DEECD will develop the arrangements to be used to distribute these 'funds to schools – consultation will occur with stakeholders about this.

Why?
Under the recent School Funding Reform an additional $12.2 billion will be allocated to Victorian schools.

Will my child be worse off?
No. Education funding for children will increase but will be delivered to your child in a new way through their school. The new agreement provides that schools with the most vulnerable students will receive the funding they need.

The students who will benefit the most from this funding agreement are those who are the most vulnerable.
Explore the possibilities
BSSC Open Day

Explore the possibilities
Sunday 27 July 11am – 3pm

Open Day is the perfect opportunity for prospective parents and students to see what BSSC can offer.

You are invited to see the unique resources and programs that sets the college apart.

BSSC offers the widest range of curriculum choices in Victoria, including a number of specialist programs, and flexible learning options, all of which are designed to create an environment that supports young adults.

Meet student coordinators and talk through options for student programs.

See all the subjects that BSSC offers on display in the gym. Subject teachers will be there to offer individual advice.

Attend an information session with principal Dale Pearce at 12 pm in the James King Hall.

Learn how to enrol online with help sessions taking place throughout the day.

CONTACT US
Bendigo Senior Secondary College
Rosalind Park, Bendigo
PO Box 545, Bendigo
VIC 3552

Phone 61 3 5443 1222
Fax 61 3 5441 4548
Email admin@bssc.edu.au
Web www.bssc.edu.au

facebook.com/bendigoseniorsc
twitter.com/bendigoseniorsc
gplus.to/bendigoseniorsc
youtube.com/user/bendigoseniorsc

Our ROLE is to empower learners for individual, community and global leadership. We value Respect, Optimism, Learning and Environment.
INVITATION TO THE LAUNCH OF THE “BENDIGO TO MURRAY RIVER RAILWAY BOOK 1864—2014”

Please arrive at 10.00am on 27 July 2014 at Huntly Memorial Hall for 10.15 am start.

Reply to: Huntly & D Historical Society, 624 Midland Highway, HUNTLY 3551 or email: huntlyheritage@hotmail.com or phone Esma TURNER 0429 488 237 7 July 2014

Dear ..................................................

A cordial invitation is extended to you, and any guests you may wish to accompany you, to share in celebrating of 150 years since the construction of the last section of the Melbourne, Mt. Alexander to the Murray River Railway.

The last section reached from Bendigo to the Murray River in 1864, and the various Historical Societies, Genealogy Groups of Northern Victoria and other interested persons have co-operated to produce a history of that event as well as including the social history of the lives of people associated with the line.

The book was made possible by a Grant from the Australian Government, Department of the Environment and a Grant from the City of Greater Bendigo.

Australian Government

Department of the Environment

CITY OF GREATER BENDIGO

THE BOOK “BENDIGO TO MURRAY RIVER RAILWAY 1864-2014” WILL BE LAUNCHED ON

Sunday 27th July 2014 at 10.15 am at the HUNTLY MEMORIAL HALL, 647 Midland Highway, Huntly, 3551 [14 kilometres north of Bendigo on the Midland Highway].

The book will be launched by Senator Michael RONALDSON, (Minister for Veteran Affairs, Minister assisting the Prime Minister for the Centenary of Anzac, Special Minister of State dealing with elections, and Patron Senator for Bendigo within the Liberal Party).

There will also be the Unveiling of a beautifully restored photomontage presented by the Associated Society of Engineers to nine men in 1889.

Fred BRITT, C. KINGSTON, W DONALD, F THORNTON, W CAMPBELL, W WAINHOUSE, (R) W PARKIN, & R.S [surname missing] & another un-named person. Mr. Chris STOLTZ, ex-Councillor of Bendigo, and a member of the Railway Engineers Association will unveil the Photomontage.

The Photomontage was restored using a Grant from Heritage Victoria and a Grant from the City of Greater Bendigo.

Photographs and information relevant to the Railways of Northern Victoria will be on display and visitors are welcome to stay as long as they wish to view the display.

A light luncheon will follow the launchings.

This event is free. RSVP by 20th July 2014 for CATERING arrangements. Thank you.

Esma TURNER. 0429 488 237

Reserved parking is available for Official Guests, Parliamentarians & Councillors on the northern side of the Huntly Hall, nearest Gungurru Road.
Tips for a healthy headspace

Get informed

This will allow you to make good decisions regarding treatment, relationships, spirituality, finances, etc. Read pamphlets you may find in the doctor's office or health care facility; review related books, articles, video or audio tapes. Talk to others who have had similar experiences, search the internet, read headspace fact sheets and attend support groups, workshops and lectures.

Set goals

The process of setting goals can help you choose where you want to go in life, or perhaps just what you want to achieve this week. Getting and achieving goals can be incredibly motivating, and can help build self-confidence, increase your general level of contentment and mental health.

Build self-esteem

Self-esteem is more than just seeing your good qualities. It is being able to see all your abilities and weaknesses together, accepting them, and doing your best with what you have. For example, you may not be the best tennis player, but you can still enjoy playing. How can you help be the best 'you'? Learn and openly accept who you are.

Seek help

A problem can sometimes be too hard to solve alone — or with friends and family — so it’s important to seek professional help. You can see your family doctor, psychiatrist, nurse, occupational therapist, psychologist, social worker or counsellor. Be honest to yourself about when you may need support and don’t be afraid to seek help: finding help might feel scary at the start but it gets easier over time.

Build strategies

We all have coping strategies. If we rely too heavily on one or two methods of coping in difficult times, we can find ourselves in trouble if we suddenly can’t use them (e.g. an injury might stop us from taking exercise). There are various coping strategies you can try: exercise, relaxation techniques, talking to someone, writing or art.

Practice positive self-talk

The way that we talk to ourselves, that voice inside of our head, has a huge impact on our outlook, our motivation and dedication to ourselves and our lives. It might not feel like it, but with practice you can change your self-talk. Positive self-talk is any thought you think, or any speech you say to yourself that uplifts your social, moral, spiritual wellbeing and results in improvement. Positive self-talk can be used for greater confidence, adopting a healthier lifestyle and reducing stress.

Relax

There are many ways to relax and different relaxation techniques to use to overcome stress. Some commonly used ones are: progressive muscle relaxation, diaphragmatic breathing, mindfulness and guided imagery.

Exercise

Physical exercise is good for our mental health and for our brains. When you’re feeling down the last thing you might feel like doing is exercising but studies have suggested that any activity, from walking around the block to yoga to cycling, could contribute to improving the symptoms of depression and anxiety.
Be self-reflective
There are many ways to stop and think about yourself and where you are at. It may be through writing, talking, walking, reading self-help books etc. Examine where you are in life, where you want to be, and where you’ve come from. Be honest and complimentary to yourself.

Be socially active
We are social creatures, and our social relationships are really important to our general wellbeing. It is okay to take time out for yourself, but don’t stay shut in. Go out and keep your social relations strong.

Develop assertiveness skills
Assertiveness helps build your self-respect and self-esteem because it allows you to be yourself. It involves standing up for one’s rights and valuing yourself as well as valuing others equally, respecting their right to an opinion. Being assertive is not the same as being aggressive. Assertiveness is being able to put one’s view forward with confidence and respect whereas aggression is a behaviour which is hostile and arouses or results in attack.

Sleep well
A good night’s sleep helps both mental and emotional resilience, while chronic sleep disruptions could increase negative thinking and emotional vulnerability. Maintain a regular sleep-and-wake schedule, use the bedroom for its core purposes and avoid having distracting devices such as a television or a computer.

Eat well
Some studies suggest that what you eat affects your mood. A good balanced diet will make sure you have all the essential nutrients needed for your brain to function well, helping to keep you both physically and mentally healthy. You might have noticed that your mood can effect your appetite and food intake. Maintaining a healthy diet and regular food intake can be a way to look after yourself even at times you don’t feel like it.

Get involved
Get involved with things. Do volunteer work, get a hobby, join a club or committee, play sport, join a meditation group, go snorkelling with a group of people, socialise or do a short course. The more things you do, the more connected you feel to the world around you.

Give a compliment
Give a compliment and allow yourself to feel good for making someone else feel good.

Build friendships
Keep in touch – invite a friend to lunch. Encourage new friendships – ask your friend to bring someone you have never met.

Share & create positive relationships
Close relationships have a huge impact on how we feel on a daily basis. A phone call, a couple of emails or a few texts, can help us feel connected to those we love. Share thoughts and feelings with friends, family or a counsellor. Talking your problems through as soon as they appear can really help relieve stress and anxiety.

Reduce harmful effects of alcohol and drug use
Some people make the mistake of thinking that taking drugs can help get them through tough times. Drugs, including alcohol, can contribute to, or trigger, mental health problems in people. Mental illnesses linked to drug use include anxiety, depression, paranoia, panic attacks, and psychosis.

Help others
Do something to help someone else. Acts of kindness help other people but also make us feel good. We are often happiest when doing something for others.

Practice skilful conflict resolution
Conflict is difficult for most people. There are times where it may not be possible to avoid. Practicing skilful conflict resolution can make a difference and, with the skills gained, may have additional benefits. Conflict does not have to be aggressive, discussing and talking through issues can benefit your own wellbeing.

Play
Play is important for staying mentally healthy. Devoting time to just having fun can recharge your battery, revitalise your social networks, and reduce stress and anxiety.

For more information, to find your nearest headspace centre or for online and telephone support visit headspace.org.au
“What I’ve learnt and gained is much more than what I expected.”

WANT TO VOLUNTEER?

STUDENT VOLUNTEERING EXPO

WHEN: Wednesday, 6 August

WHERE: Student Union Building, La Trobe University, Bendigo Campus.

EVENT DETAILS:
Volunteering organisations will be in attendance to showcase what they do and any volunteer roles they have available for students.

Warm yourself up with some homemade soup while you’re browsing around and why not take a guess at how many jellybeans are in the jar at the same time. All for just a gold coin donation.

RSVP/REGISTRATION:
Email admin@bgovolunteers.org.au or call the team on 03 5441 1401.
Saturday 23rd of August

1.30pm Registration
1.45pm BBQ Lunch
12.00 - 1.30pm Laurel St Primary School

Welcome Address
School Choir Performance
Time Capsule
Reflections of the Past 8

3.30pm Afternoon Tea in the School Hall
3.00pm Present

Golden Square Primary School
Golden Square Primary School
Ph 5443 6877
Contact details

Celebrating Over 140 Years of Education.
Farewell to Laurel Street
Residents of Greater Bendigo (aged 14+) are invited to respond to a 3-minute questionnaire on community perceptions of smoking.

Results will help guide Council’s future decision making on whether to develop local laws to ban smoking in some public places.

Participation is voluntary.

All responses will be anonymous and confidential, and will be accepted until 8 August, 2014.

To complete the survey visit the City’s website or www.surveymonkey.com/s/HTBSmoking or scan the QR code above.

For further information about the survey, please call 5434 6000 or email healthytogether@bendigo.vic.gov.au.
Weeroona College Bendigo
Term 3 School Social.
Dress up as colourfully as you can.

7 till 10pm at the Performing Arts Building on the 6th of August