

Newsletter

PRINCIPAL'S REPORT

MS HELENE HIOTIS



Anzac Day is one of Australia's most important national occasions. It marks the anniversary of the first major military action fought by Australian and New Zealand forces during the First World War. Ms Jacinta Egan and Ce-Ce Tsan, Year 11 student, captivated the audience by reading a poem as part of our Anzac Day commemoration at an assembly on Wednesday April 26, 2017.

More than 8,000 Australian soldiers died in the campaign at Gallipoli and Anzac Day became the day on which Australians remembered the sacrifice of those who died in war. Although the Gallipoli campaign failed in its military objectives, the actions of Australian and New Zealand forces during the campaign left a powerful legacy. What became known as the 'Anzac Legend' became an important part of our history. After Ms Egan and Ce-Ce's moving recital, the Last Post was played and a minute's silence was observed.

We are very proud of our many sporting teams who represent Bentleigh Secondary College admirably during competition against other schools. People regularly comment on our students' excellent behaviour and good sportsmanship. Our sports program is going from strength to strength and this is a tribute to our families who encourage in their children, a love of sport and doing their best. Congratulations to all students who participate in our college sports program and district sports. I would also like to thank Ms Danielle May and Mr Nathan Rogers, our Heads of Sport, who co-ordinate sporting programs across the college and other staff who give up their time to coach and run practice sessions for sporting teams.



4th Edition

1st MAY 2017

The right to learn.

The right to be treated with respect.

The right to be safe.

"Being the best you can be"

IMPORTANT DATES

- 1 May School Tour 9.15 -10.15am
Presentation Ball Rehearsal
in PAC
- 2 May Yr 10 Advanced Planetarium
Excursion
Presentation Ball Rehearsal
in J Block
- 4 May Open Night @ 7pm
VCE Careers Expo
- 5 May Music Trip-Mt Gambier 8am
depart-return Sunday 10pm
Gifted & Talented Applications
close
Senior School Play
Afterschool Rehearsals PAC
6 - 9pm
- 8 May Kingston Inter Round Robin &
Senior Squash & Table Tennis
Comp.
- 9 May Year 10 Outdoor Education
Studies Unit 1 Great Ocean
Walk
School Tour 9.15 -10.15am
NAPLAN
- 10 May Year 10 Outdoor Education
Studies Unit 1 Great Ocean
Walk
- 11 May Year 10 Outdoor Education
Studies Unit 1 Great Ocean
Walk
Year 11 Darren Pereira
9 - 10.50am
NAPLAN (cont. on Page 6)
PO Box 186, East Bentleigh 3165
Telephone: 9579 1044
Facsimile: 9579 2720
bentleigh.sc@edumail.vic.gov.au
CRICOS Provider Code: 00861K

MIDDLE SCHOOL NEWS

MR MARC KOENIG

School For Student Leadership

Congratulations to Bayden Hill, Nino Landicho, Corina Pope and Emily Tasker who left for Gnurad-Gundjij on Sunday April 23. These students will spend the entire term at the School for Student Leadership. They will build their student leadership capacity both individually and as a group before returning to the college to complete their Community Learning Project.



Bentleigh Secondary College warmly invites you to attend our...

Gifted & Talented Program Year 7, 2018

A select entry program meeting the needs of students with high academic potential. For further information contact Marc Koenig on 9579 1044 or visit our website.

Critical Dates

Information Evening Wednesday 19th April, 2017 7:30pm in the Learning Centre	Applications close Friday 5th May, 2017	Selection Test Saturday 13th May, 2017 9:00am – 12:00pm in the Learning Centre. Cost \$60.00
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2017 COLLEGE OPEN NIGHT Thursday May 4th Commencing 7:00pm

Held in the Performing Arts Centre

For further information about our Open Night or to organise a personal tour of the college, conducted by a member of our Leadership Team, please contact the General Office on 9579 1044 or visit our website — www.bentleighsc.vic.edu.au

Bentleigh
Secondary College



Vivien Street,
East Bentleigh Vic 3165
P 9579 1044

www.bentleighsc.vic.edu.au

'Being the best you can be'

Year 8 Camp Anglesea

You could explain what camp was like in one word, Amazing! From eating amazing food to riding the waves at the beach. It was a dream camp! All classes had a blast. The first day was filled with awesome group activities that made us all connect like a family. The bike riding was tiring but was so worth the ride and definitely worth the view. After, we explored the beautiful town of Anglesea which was a good hike up and down the hill. Before we knew it, it was the next day which was hands down the most fun day! Surfing at the beach and travelling the river in a kayak was one very exciting day. Even if you didn't stand up in surfing, or weren't the best at kayaking, all of us still had the best time. Trivia night was a blast from Mr Mahoney mucking up and showing us all the questions before we even started, to a showdown to see who won. Everyone slept well that night and was prepared for the next day. The last day we all went down to the beach to play games and build sandcastles. On the walk back to camp we were all in the blues, knowing we won't be back here at Anglesea anytime soon. The camp was amazing but the memories will last a lifetime.

By Georgia Kandilas and Bianka Tsan (Camp 2)





SENIOR SCHOOL NEWS

MS LEANNE WINFIELD

Currently senior students are working diligently on their studies as they complete units for first semester. We remind students that the GAT (General Achievement Test) will be sat on Wednesday June 14, 2017 after their Unit 1 and 3 mid-year exams. In the third week of Term 2 (after the transitional period of the first two weeks of term) students should now be wearing their winter uniform which is more suitable for the colder weather. On Tuesday March 28, 2017 our Year 12 students attended a session with Ross Huggard about the English exam. Ross is a practising Year 12 English teacher and he has been an examiner for many years. The information that he shared with students provided invaluable advice that they can act on to improve their results on the exam. Three of our International students were invited to the International Student Welcome at Government House on Wednesday March 15, 2017. Jenna Chae, Miller Wang and Miranda Liu attended a welcome ceremony with Ms Winfield, where they were welcomed by the Governor of Victoria, Her Excellency, the Honourable Linda Dessau AC. Students also listened to a speech from an International student about her experience at a school in Victoria. After the official ceremony, students were able to wander around the main reception rooms looking at the historical paintings and enjoying morning tea in the main courtyard. Thank you to our school captain, Izzy Linning, Mr Chris Christofidis and Ms Leanne Winfield who represented the college at the Glen Eira Anzac Day Memorial Service on Sunday April 23, 2017 at the Caulfield Park Cenotaph. Izzy laid a beautiful wreath to pay tribute to all fallen soldiers and their families who have served our country. The service was a great commemoration to all the brave men and women who have played a role in the Australian and New Zealand defence force.

Two of our International students, Joanne Zhou and Lexi Guo will be representing the college at the DET International Student Forum where they will be part of discussions about school life for internationals. Lexy Dan will represent the local student view. Thank you to these students for volunteering to participate. Well done to Natasha Grek, Rachael Heenan and Mackenzie Davis of Year 10 who all submitted a logo to the SaGE Network of Schools. This is our local network of Primary and Secondary Schools. Mackenzie Davis' design was selected by the Executive to be used on their documents. Congratulations, Mackenzie. She will receive a \$50 book voucher.



SRC

The photo below shows our SRC students at one of their regular meetings April 23, 2017. Students will be running a fundraising BBQ at the College Athletics Day.



HOUSE CHORALS

Kirsty Mechielsen, House Chorals Co-ordinator

House Chorals was held on the last day of term one, with the whole school gathering in the stadium to hear performers from each house. Small group choirs had been rehearsing all term; vocal and instrumental soloists had been auditioned and selected by House Captains. After each house had performed, all those involved united on stage for the finale item of John Farnham's classic song You're the Voice.

Adjudicator Claire Furlong awarded best solo vocalist to Josh Richards from Wickham, after he wowed the audience with his performance of Just a Little Bit of Your Heart. Best instrumentalist was Marcus Tan also from Wickham, who entertained everyone, in costume, with his Mario Brothers medley on the clarinet. All small group choirs performed well, but the winner was Fawkner House, led by Jesse and Lexy Dann, with their arrangement of We Will Rock You. They impressed the adjudicator with their strong use of harmonies, creative ideas and solid vocal performance. Overall the winning house was Fawkner, who edged out other houses by a solitary point to win House Chorals for 2017.

Performances were completely organised, arranged and rehearsed by students. Small Choir leaders, supported by House Captains, were impressive in the way they led their groups, conducted rehearsals and put so much effort into making their house performance the best it could be. Many thanks to MC's Ms Egan and Sarah Radlow, to House Liaison Assistants Mr Kobayashi (Wickham), Ms Veitch (Dendy), Ms Read (Fawkner), Ms Baxter (Hawker) and all the other teachers who supervised after school and lunchtime rehearsals.



IMPORTANT DATES

11 May cont.	Senior School Play Afterschool Rehearsals PAC 6 - 8pm Junior Team House Debating @ lunch in Library Fawknor vs Hawker	23 May	Cancer Council Aust. Biggest Morning Tea in staffroom at recess	1 June	Year 7 Immunisations Senior House Sport Finals Whole School Musical Afterschool Rehearsals PAC 3.30 - 5.30pm
12 May	Year 10 Outdoor Ed Studies Unit 1 Great Ocean Walk Afterschool Rehearsals PAC 6-8pm	24 May	Year 11 Outdoor Education Studies Mornington Peninsula Trip Kingston Cross Country Intermediate House Sport Presentation Ball Rehearsal	2 June	Whole School Musical Afterschool Rehearsals PAC 3.30-5.30pm
13 May	Gifted & Talented Selection Test (Saturday 9 - 12 noon in Learning Centre)	25 May	Year 11 Outdoor Education Studies Mornington Peninsula Trip Senior House Sport Year 10 Bentleigh Presentation Ball	5 June	Senior Exams Commence
15 May	Senior School Play Rehearsal Day & Afterschool Rehearsals PAC 3.30 - 5.30pm	26 May	Year 11 Outdoor Education Studies Mornington Peninsula Trip Whole School Musical Afterschool Rehearsals PAC 3.30-5.30pm	7 June	Middle Team School Exams Commence Woodwind Night 5 - 6pm
16 May	School Tour 9.15 - 10.15am Senior School Play Rehearsal 10-3pm School Council 5:30pm	29 May	Junior Team House Sport Finals Whole School Musical Afterschool Rehearsals A10/11, 3.30-5.30pm Year 8 IBL Presentation Night @ 7.30pm in Learning Centre	8 June	Middle Team School Exams
17 May	Aboriginal Art Show @ Meditation Centre	30 May	Year 7 & 8 Rehearsal Camp Daylesford School Tour 9.15-10.15	9 June	Middle Team School Exams end Whole School Musical Afterschool Rehearsals PAC 3.30 - 5.30pm
18 May	Kingston Senior Round Robin Senior School Play Performance in PAC @ 7.30pm	31 May	Year 7 & 8 Rehearsal Camp Daylesford Intermediate House Sport Finals	12 June	QUEENS BIRTHDAY
19, 20 May	Senior School Play Performance in PAC @ 7.30pm			14 June	Brass & Percussion Night 5 - 6pm in PAC
22 May	Yr 12 Darren Pereira 9 - 10.50am in PAC Junior Team House Sport Parents VCE Darren Pereira Night in Library at 7.30pm			15 June	Vocal Night 5 - 6pm in PAC VCE Formal 6.30 - 11pm @ Southern Golf Club
				16 June	Report Writing Day - Student Free Day
				19 June	Semester 2 Commences Whole School Musical Afterschool Rehearsals A10/11, 3.30 - 5.30pm
				20 June	School Tour 9.15 - 10.15am School Council 5.30pm
				21 June	Men's Health Forum 6.30-9.30pm in PAC
				22 June	Whole School Musical Afterschool Rehearsals PAC 3.30-5.30pm
				23 June	Whole School Musical Afterschool Rehearsals PAC 3.30 - 5.30pm

SENIOR SCHOOL PLAY

Ms Gemmola, Ms Newey and Ms Egan

WIN TICKETS TO THE SENIOR SCHOOL PLAY!

The Senior School Play for 2017 is fast approaching and students have been making spectacular progress devising the performance for this year, using the story of Snow White and the Queen as their springboard. Don't forget to note the dates in your calendar for the performance: May 18th, 19th and 20th @ 7.30pm.

While more information about how to purchase tickets will be provided in the coming weeks, now is your chance to WIN TICKETS TO A PERFORMANCE as well as help create the set for the performance.

We need bags of DRY leaves to use on stage (just dry leaves, no sticks or wet leaves) – so round up as many as you can by raking your lawn, your neighbour's lawn, your grandparents' lawn, the local park, anywhere!!

Bring the leaves in a bag to Ms Gemmola (in the A-block staff office) by Wednesday May 3, 2017 to be weighed and collected. The person who brings in the most leaves will win tickets to a performance of their choice. The heaviest bag/s of leaves provided by one person will win first place, with second and third also receiving prizes.

First place = 3 free tickets to a performance

Second place = 2 free tickets to a performance

Third place = 1 free ticket to a performance

Get raking and see you at the shows!!

YEAR 10 PRESENTATION BALL INVITATION

Mrs Dimi Charalambous and Mr John Karydis, Heads of Year 10

We would like to invite all Year 10 students, teachers, parents/guardians to our Presentation Ball at "Merrimu".

Our first few dance practices have been a delight to witness. Our wonderful dance instructors have had our students on their toes and they have been fantastic.

A large number of Year 10 students had expressed interest, but due to clashes with outside commitments they were unable to attend the rehearsals for the dances. We would like them to consider getting a group of friends together, purchase tickets and come along to support their friends! It promises to be a fabulous night with lots of great food and music that will inspire all to hit the dance floor.

THE PRESENTATION BALL

WHEN: Thursday May 25, 2017

WHERE: Merrimu, 1300 Dandenong Rd, Murrumbidgee

TIME: 7.30 for 8pm start - 11.30pm

Try booking will be open shortly for ticket sales to this wonderful event.

LOOKING FOR HOST FAMILIES

Ayako Lyons, Head of Languages

We are currently looking for twenty host families who can host Japanese students from our sister school, Yamada Senior High School in Japan. The school would like to collect 'Expressions of Interest' from families who could be a part of this program. The sister school visit at Bentleigh Secondary College will be for 8 days from July 26 to August 2, 2017. This is a special opportunity for your son/daughter to develop an international friendship and also advance his/her language skills and intercultural understanding. Yamada Senior High School is located in Osaka, Japan and is a highly academic high school in the region. As a sister school relationship, we have a visit every year. Japanese students will attend Bentleigh Secondary College every day on school days. The program during their stay involves special English Language classes, as well as observing their host brother/sister's classes, and going on an excursion. A more detailed program at school will be confirmed closer to the date. Host families are requested to provide meals, a friendly atmosphere and a comfortable bed, however a separate bedroom is not necessary. The Japanese student will be very grateful if there is a family BBQ, family outing, (even to the nearest shopping centre) or any activities on the weekend. However, there is no requirement for anything extraordinary as they are simply excited to experience an authentic home and school life in Australia. If your family is interested, please send an email to lyons.ayako.a@edumail.vic.gov.au or call Ayako on 9579 1044 to discuss.

BENTLEIGH VISITS TOP ARTS

Ms Hansen, Exhibitions Co-ordinator



On Wednesday March 29, 2017 Year 11 and 12 Studio Arts students went on an excursion to the National Gallery of Victoria to see the 2017 Top Arts exhibition. The exhibition showcases the folios of 2016 VCE Studio Arts and Art folios that received a score of A+. Our students initially spent time viewing student workbooks, then listened to a lecture before attending the exhibition. Students were impressed by both the quality and the breadth of themes explored in the work and have inspired them to incorporate some of the ideas into their own folio work back at school. Staff attending were Ms Anderson and Ms Hansen who were equally impressed with the standard of work on display as well as the innovative use of materials and techniques.



LYSTERFIELD LAKE EXCURSION

Mr Stuart Pearson, Head of Year 7

On Wednesday March 22, 2017 the Outdoor and Environmental Studies class departed for our Term 1 excursion and firstly headed to the beautiful Lysterfield Lake. Students explored the park and learnt about biomes, risks, motivations and personal responses to outdoor environments. We had an engaging chat from Park Ranger Laetitia and took a tour of the Parks Victoria facilities. After lunch, we headed into the Dandenong Ranges to Belgrave and the high ropes course at Trees Adventure. Despite some initial apprehension students conquered their fears and each pushed themselves to achieve their personal best. The class is now excitedly looking ahead to their upcoming Great Ocean Walk experience!



DEBATING

Ms Yvonne Sirianos, House Debating Co-ordinator

Our student interschool debaters did very well in A and D grades on Wednesday March 29, 2017. The Senior Team of Mahek Shah, Nikolas Prentice and Joshua North won their debate against McKinnon by one single point. It was very close. The McKinnon side was made up of Yr 12 students while we had 2 Year 11's on board with Joshua. The Juniors did not win, however, I was really proud of the way they spoke and conducted themselves. The three Year 8 students who participated were Nathan Sepe, Clare Konstanty, and Danae Melzer. The McKinnon Team consisted of Year 9 students. Great parent support at both debates.

VCE TOP DESIGNS EXCURSION

Ms Sarah Hamilton, Arts Learning Area Head

At the end of Term 1, on Monday March 20, VCE Visual Communication Design students attended an excursion that gave them the opportunity to view folios and final designs produced by the state's top VCE students in 2016, as well as attend an educational forum. Students were offered an understanding of the design process and folio creation, and were provided with inspiration for their own work. In addition, the students visited the National Gallery of Victoria where they viewed the 'Creating the Contemporary Chair' exhibition. It was a great day and I commend the students on their enthusiasm and excellent behaviour.

VCD STUDENTS



JESSICA LIN & HEATHER BACH



'CREATING THE CONTEMPORARY CHAIR' EXHIBITION

HOMESTAY OPPORTUNITIES

Bentleigh Secondary College International Student Program

May 2017

Providing homestay accommodation for an international student offers a unique chance to learn about another culture and build lifelong friendships.

This is a great opportunity for you to host international students from Bentleigh Secondary College.

Students are aged between 15—18 years of age and need accommodation for periods ranging from 26 weeks to 52 weeks, or longer.

In return for your hospitality, you will be paid a generous weekly fee for hosting a student.

We have students requiring homestay in Term 3, 2017 and Term 1, 2018.

For more information or to register your interest in this unique opportunity please feel free to contact Minghao Wang.



Contact

Minghao Wang

ISP Coordinator

(03) 9579 1044

wang.minghao.m@edumail.vic.gov.au

HELPING YOUNG PEOPLE SLEEP

The Black Dog Institute are currently trialling the 'Sleep Ninja' app developed by the Black Dog Institute to find out if a mobile phone app can help improve sleep in young people.

The trial is being led by Chief Investigator, Dr Aliza Werner-Seidler.

The Black Dog Institute are currently seeking people to take part in the trial based on the criteria below;

Eligibility

You are eligible for the trial if you:

- Live in Australia
- Are 12-16 years old
- Own a smartphone
- Have internet access and a valid email address

Currently experience any of the following:

- Difficulty falling asleep
- Difficulty staying asleep
- Problems waking up too early

What it involves:

- Completing online surveys before and after using the app (each takes about 15 minutes)
- Keeping a 1-week sleep diary before and after using the app
- Downloading and using the app – Sleep Ninja, for up to 6 weeks
- Telling us what you thought of the app in a face-to-face or phone interview (optional)

For more information visit: <https://blackdoginstitute.org.au/research/digital-dog/programs/project-z#>

Samantha Hewitson
Education Engagement Coordinator
Bayside Glen Eira Kingston Local Learning & Employment Network (BGKLEN)
A: GO3 75 Tulip St, Cheltenham, Vic 3192
P: 03 9584 8845
E: samantha.hewitson@bgklen.org.au
W: www.bgklen.org.au

(Available Mon – Thurs until 4pm)

GLEN EIRA - SUSTAINABILITY EDUCATION NETWORK (SEN)

The objective of the Glen Eira Sustainability Education Network is to support Teachers and representatives in Glen Eira to incorporate sustainability aspects in their activities by sharing knowledge, experience and ideas.

Glen Eira City Council has committed support for the Network for hosting and administering meetings, but content and priorities are driven by Teachers and representatives.

Meeting Agenda

Date: Thursday 4th May 2017, 4.15pm – 5.30pm

Venue: St Joseph's Primary School

28 Sandham Street, Elsternwick 3185

Invitees: Teachers, School/Early Childhood Service Providers and representatives in the Glen Eira area and sustainability staff from Glen Eira City Council.

St Josephs Yr 6 Enviro.

Leaders are also invited to attend this meeting.

Item		Details
1	4.15pm	Arrival <ul style="list-style-type: none">• Introductions
2	4.20pm	Tour of school sustainability features <ul style="list-style-type: none">• Review of award winning Energy Savers program initiatives• Tour of other sustainability features including garden and water
3	4:45pm	Waste Workshop & Refreshments <ul style="list-style-type: none">• Waste audit activity• Brainstorm and opportunity for educators to learn from each other about how schools can tackle waste
4	5:10	Meeting <ul style="list-style-type: none">• Welcome by Chair, Sue Clowes• Introductions• Review minutes previous meeting• New business and update from Council• Feedback and discussion on future events
5	5.30pm	Meeting close

RSVP: Sustainability Department
Glen Eira City Council

Email: sustainability@gleneira.vic.gov.au

Phone: 03 9524 3333

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Can't get through to your pre-teen or teen? Is the frustration affecting your relationship?

The Communicating with your Adolescent workshop will support parents by targeting personal effectiveness in communication skills to enhance your relationship with your child. You will explore the origins of your communication style, better understand the communication styles used by others and develop personal communication skills.

You will gain a better understanding of your approach to the relationship, and specifically to communication with your adolescent. The workshop will enable you to develop valuable strategies and tools to become more effective in your communication, fostering a stronger relationship with your pre-teen or teen.

Topics include:

- Self-awareness: understanding who you are and how you came to be at this point
- Active listening skills
- Conflict resolution and problem solving
- Being assertive
- Practical tools and strategies

Investing a few hours now, will create a valuable roadmap for navigating those challenging teen years.

Best suited to:

Parents and carers of adolescents aged 10 to 17 years.

When:

The workshop runs across four Monday evenings.

Monday 22nd May 7pm to 9pm

Monday 29th May 7pm to 9pm

Monday 5th June 7pm to 9pm

Monday 19th June 7pm to 9pm

Light refreshments provided.

Where:

Family Life meeting room, 197 Bluff Rd, Sandringham

Cost:

\$220 per person (\$200 concession)

Bookings and more information:

To book or for more info, visit us at heartlinks.com.au
Email heartlinks@familylife.com.au or call (03) 8599 5488



Parenting after separation is quite a challenge! Do you need to improve your co-parenting arrangement?

In this Post Separation Parenting workshop, we redefine co-parenting as the 'business' of maintaining a working relationship with the child's other parent in order to put the child's needs first.

The workshop aims to equip parents with greater skill in remaining child-focused, reducing conflict, improving communication with the other parent, and developing positive post-separation co-parenting arrangements.

Parents will be supported to reduce the stress around a challenging situation, while providing a safe space to discuss and explore co-parenting issues. You will develop a range of strategies to manage and improve the relationship with the other parent, and most importantly enhance the connection with your child and help with the adjustment to a 'new normal'.

Topics include:

- Communication
- Children's development
- Co-parenting strategies
- Parenting styles
- Managing conflict
- Self-care

Nobody wants their children to suffer in a relationship breakdown. Our workshop can help you to navigate the twists and turns of separated parenting.

Best suited to:

Separated or divorced parents, and carers. Only one party of the relationship can be accepted in each workshop.

When:

The workshop runs across four Wednesday evenings.

Wednesday 24th May 7pm to 9pm

Wednesday 31st May 7pm to 9pm

Wednesday 7th June 7pm to 9pm

Wednesday 21st June 7pm to 9pm

Light refreshments provided.

Where:

Family Life meeting room, 197 Bluff Rd, Sandringham

Cost:

\$220 per person (\$200 concession)

Certificates of participation, suitable for submission to Court are available on completion of the workshop.

Bookings and more information:

To book or for more info, visit us at heartlinks.com.au

Email heartlinks@familylife.com.au or call (03) 8599 5488

PIT STOP



Parenting Tune-Up

It's a life-changing course
designed and delivered by men
for every father
who wants to see his family
firing on all cylinders

**Who said children don't
come with an
instruction
manual?**



Brought to you by the **City of Kingston Family Support Service** in partnership with:



City of **KINGSTON**



NEXT COURSE STARTS May 10th 2017





NEXT COURSE

May 10th, 17th, 24th, 31st

VENUE: City of Kingston Council
Mentone Office
Mentone Room
34 Brindisi Street
Mentone

TIME: Four Wednesday evenings
7.00pm – 9.00pm

REGISTRATION ESSENTIAL

Registrations close on Wednesday 3rd May

Enquires:

Alisa 1300 369 436

Email: youth.services@kingston.vic.gov.au

GET THE FACTS ON FATHERHOOD

- ◆ Why Dads Matter to Children
- ◆ Developing a Healthy Parenting Style
- ◆ Improving Family Communication and Closeness
- ◆ Steering Your Children Through Stressful Stages
- ◆ Disciplining Children Without Losing It... or Them!
- ◆ Balancing Life Work and Family
- ◆ Working as a Team (Partners Night)
- ◆ Identifying and Implementing Change (Graduation)

PLACES LIMITED TO 30 DADS

- ◆ Entertaining multi-media presentation and interaction
- ◆ Practical insights and strategies
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- ◆ Highly visual – good for all levels of literacy. No exams!
- ◆ Relevant for guys just wanting a refuel, tune-up, right through to men in desperate need of a complete rebuild!

WHAT MEN ARE SAYING:

"It was great to get together just with blokes. The guys up front are down to earth. I'm now on track to creating a better future for my kids"

"I'd be the last bloke to do a parenting course 'cause I didn't like the idea of someone telling me how to parent. But I soon discovered Pit Stop is different... I look forward to it every week!"

"The bond I have with my wife and son since I started Pit Stop has been amazing... She is telling all her friends about it!"

"What a great course! ...many simple tools... I would strongly recommend it to every dad."

Blokes do this. Our kids are worth it.

GLEN EIRA PRIDE

**LGBT+ support group
for young people aged 14–25**

Fridays, 4pm to 5pm

To register, text 0419 893 790 or email
youthservices@gleneira.vic.gov.au



PICTURE THIS PHOTOGRAPHY COMPETITION 2017

Enjoy taking photos?
Are you between 12 and 25 years of age?
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Send us a photo you have captured!

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1ST photography workshop + \$500 voucher
2ND \$300 voucher
3RD \$200 voucher

For more info and to enter, contact
Paul Corb at Kingston Youth Services
1300 369 436 or paul.corb@kingston.vic.gov.au

Entry forms available at kingstonyouth.org.au/picturethis

ENTRIES CLOSE FRIDAY 5 MAY 2017



KINGSTON
YOUTH SERVICES



Building Strong Families — 2017 Family Forum and Expo



Glen Eira City Council's 2017 Family Forum will be facilitated by child psychologist Dr Michael Carr-Gregg and is aimed at parents of children aged five to 25. Guest speakers will include leading figure in well-being, psychology and relationships Sabina Read, and expert in maternal and child health and wellbeing Professor Helen Skouteris.

The *Forum* will include an exhibition of local services relating to family, children and youth, followed by a presentation and panel discussion on how we can build stronger families in our community.

Wednesday 31 May

(previously advertised as May 18)

Exhibition and finger food — 6.30pm–7pm

Presentation and panel discussion — 7pm–8.30pm

Glen Eira Town Hall — Auditorium

Corner Glen Eira and Hawthorn Roads, Caulfield

Tickets: \$10 per head

Bookings: www.trybooking.com/PJYR

Places are limited. No refunds or exchanges.

For further information, contact Council's Service Centre on 9524 3333.

Dr Michael Carr-Gregg



One of Australia's highest profile adolescent and child psychologists in private practice. He has worked as an academic, researcher, and political lobbyist. He is also the author of nine books, including bestseller *Princess Bitchface Syndrome*.

Sabina Read

Sabina is a psychologist who consults with individuals, couples, families, groups and organisations addressing relationship and couple challenges, parenting difficulties, life transitions as well as mental health and wellbeing across the lifespan. She is the resident psychologist and social commentator on Channel 7's *The Morning Show* and the *Afternoons* program at Radio 3AW.



Professor Helen Skouteris



Mother, local resident and professor in developmental psychology. Over the last 10 years, Helen has worked with many early childhood education and care providers and social welfare organisations to promote the health and wellbeing of children from infancy to adolescence, especially for our most vulnerable and disadvantaged children and families.