



At Epping Secondary College our relationships and behaviours are guided by the values **RESPECT, COMMITMENT, HONESTY AND FAIRNESS**

Issue 7

Melbourne Theatre Company Youth Scholarship

The Melbourne Theatre Company has for the past 11 years, run a scholarship program for young Victorians. 26 students from schools around the state were invited to visit the company during the first week of the September school holidays. I, having been one of the selected students, was admittedly quite anxious to begin with, not knowing anyone that I would be spending an entire week with.

This anxious feeling was fairly short lived. As soon as the group was acquainted with the instructors and volunteers, almost everyone took the time to introduce themselves individually to each other. We quickly became comfortable with each other, sharing where we came from and what we were expecting from the program for the rest of the week.

One thing I really liked about this was that we were all in a group of complete strangers, so there was no expectations to act a certain way in front of anyone you already knew. Everyone was free to be themselves and nobody broke away to form smaller groups of friendships so we were able to stay as equals in the eyes of everyone.

It was very obvious to anyone that visited during the week that the chemistry between us was real; we didn't have to force ourselves to smile and be polite. We genuinely enjoyed each other's company, to the extent that instead of breaking away and going on our phones during our scheduled lunch break, we went out of our way to sit in groups and talk about common interests. The group was known to sing requested songs during our break – a favourite of ours was of course Bohemian Rhapsody and a guitar was even brought on our last day by one of the boys in the program.

The course included a daily routine of different activities that helped strengthen different dramatic techniques and build theatrical skills, as well as help build confidence. Our group was treated to viewing two live plays, *The Cherry Orchard* – where we ran into actor Geoffrey Rush as well as *Hard Rubbish* by Men of Steel. On the last day the group compiled a set of different small acts which was then showcased to an audience of our families and teachers. Through many tears and photos, we eventually said our goodbyes and left the MTC each with 25 new lifelong friends (of course, with Facebook we have been able to stay in contact and there is barely a free hour without a new message in the group chat).

All in all, The Melbourne Theatre Company has given me a life changing experience through this program. I was given the opportunity to meet so many lovely people and I would go back there in a heartbeat. I encourage all students in younger year levels, even if you don't see yourself pursuing drama in the future, you will be able to get something out of the program.

I can't recommend it highly enough to you.

Courtney Holmes



October 2013

Important Dates

OCTOBER

Wednesday 30

Year 12 exams start

NOVEMBER

Tuesday 5

MELBOURNE CUP DAY

Tuesday 12

Year 11 classes end
School Council

Wednesday 13—Friday 15

Italian/Music Camp

Thursday 14

Year 11 exams start

Friday 15

Year 12 Valedictory Dinner

Thursday 21 - Friday 29

Y11 to Y12 Stepping Up Program

Friday 22

Immunizations - Y7 girls & boys,
Y9 boys & Y10 catch up

Friday 29

Year 10 Formal

DECEMBER

Monday 2 - Thursday 5

Y10 to Y11 Stepping Up Program

Monday 9 - Friday 13

Y7,8,9 Stepping Up Program

Tuesday 10

Grade 6 Orientation - **ON THIS DAY
ONLY YEAR 7 STUDENTS TO
ATTEND SCHOOL**

Monday 17

AWARDS NIGHT 7pm

Year level excursions

REPORT DISTRIBUTION

October 2013

Principal's Report



The year 12 students were farewelled by the school community at a special assembly on Tuesday, 22nd October. School captains gave speeches describing their school journey, the hopes they have for their futures, as well as acknowledging the support they have received from their families, their teachers and the school. They now enter a very challenging period, preparing for their exams and planning the next stages of their career and life pathways. Each and every one of our students has a talent and something special to offer the world. Hopefully we have helped them uncover some of those talents and given them the confidence to believe in themselves and what they are capable of. On behalf of the teachers and students of Epping SC we wish our year 12 students all the best in preparing and studying for their exams. We hope that they find their passion and achieve their career and life goals and most importantly we hope they live healthy and happy lives.

La Trobe UNI-BRIDGES Program.....a program that guarantees entry to Science degree courses for our students.

I am very pleased and excited to announce that Epping Secondary College has been invited by La Trobe University to join the UNI BRIDGES Program. The Uni Bridges Program will be offered to year 10 and year 11 students next year. As Uni Bridges students, by the time they complete their VCE, they will not only be familiar with the university but they will already have a place at La Trobe if they wish to take up the offer. **This is a Science based program and students completing this program will be able to move directly into a degree course in Science, Engineering or Health Sciences.**

Debating Program

Our Debating team made it to the finals and competed very competently against Melbourne High School, however lost by a few points. Trent Barker, Chelzia Paulsen and Nathan Hill unfortunately had to argue the difficult stand that "Children should be allowed to participate in reality TV". As you would guess, all members of the team were expected to argue a point of view that they, and indeed many others, do not support. They did a great job and were the only other secondary state school in the finals. This is an incredible achievement especially considering this our school's first year of involvement in debating compared to Melbourne High School students who have been experts in debating for many years.

Furthermore, two of our debating students were awarded a special "Swannie Award" by the Debating Association of Victoria, recognising their outstanding skills as speakers. The awards ceremony took place on Friday, 18th October, at Methodist Ladies College in Kew and I had the pleasure of attending along with parents and family members of the two students, Chelzia Paulson and Jazmin Brooks. Both students are to be congratulated on this fine achievement and I hope this encourages them to continue their commitment and even apply to join the Australian Debating team.

Musical Futures Program

A number of students along with our music teachers entertained large crowds at Preston Market on Thursday, 24th October, showcasing their musical talents. The **new Musical Futures Program** that has recently been introduced to our school by the music coordinator Mr Ross Talarico, has seen a huge jump in student interest and commitment to music and to their confidence and the standard of their work. Members of the public commented on our students, both their performance and behaviors, with one generous person expressing their enjoyment by making a \$50.00 donation to the group. I commend our students and staff including Jenny Taylor and hope that there will be many more of these public performances to come.

Helene Alamidis
PRINCIPAL

October 2013

Debating Team makes State Final

This year Epping Secondary College participated in the Debating Association of Victoria competition for the first time. For a first time debater, it was an exhilarating experience which involved skills of public speaking, confidence and thinking on your feet. The competition spanned over 4 grades with over 1400 teams, most of which were in D grade. The start of the competition has 4 set debates against schools in your own region and then a final regional power-paired debate where you verse a school with the same ranking as you. After these 5 debates each school at the top of their region enters the finals rounds. The finals begin with 2 playoffs, than an octo-final, a quarter-final and a semi-final. These debates passed in a blur of hard work and dedication until finally Melbourne High and Epping Secondary reached the grand final of the whole D grade competition. The grand final was held at Caulfield Grammar in the Cribbs Theatre, which was an intimidatingly huge auditorium. The debate itself was although nerve-racking, an amazing experience. The debate ultimately went to Melbourne High, but 2nd in the state is still an outstanding achievement for our debate team. Swannie Awards, which are awarded to the speakers with the highest average speaking score in their region, were awarded to Chelzia Paulson and Jazmin Brooks. Overall, debating was an amazing experience, which was well worth every hour of work!

Chelzia Paulson





VCE Theatre Studies

The Monologue Performance Exam is one of the most daunting experiences a student in VCE can go through. This task contributes 25% to students overall study score for Theatre Studies. Students chose a scene from a playscript specified by the VCAA prescribed list which is

published in April each year. Students are given 13 different choices which include male, female and gender neutral characters. Students can play any role however, if a male chooses to play a female character they must act the role as a female.

Within the scene there is a specified Monologue spoken by one character. The exact lines are specified within the VCAA prescribed list.

Students performed this Monologue to a panel of expert judges prescribed by the VCAA on Monday, 21st October.

Students needed to present the monologue as a single uninterrupted performance and make sure that it lasts not more than seven minutes.

If a student's performance goes over the prescribed time limit, the student will be asked to stop. A timing device will indicate when the seven minutes are over.

A total of ten minutes per student will be allocated for preparation, performance and clearing the space. No additional time can be allowed. Students had to be mindful of these time restrictions when preparing stagecraft for the monologue.

Students are assessed on the following things:

1. Fulfilment of the requirements of the monologue task
2. Context, which includes implied time, place and persons
3. Skill in applying direction
4. Use and application of theatrical styles
5. Acting skills
6. Application of stagecraft other than acting, dramaturgy and direction
7. Use of focus and space
8. Tension and timing

Once students chose the Monologue they wished to perform, they underwent extensive research. Students not only had to know the scene their Monologue was within, they needed to have a very comprehensive knowledge of the entire play. Students not only had to become intimate with their own character, they also had to know things like the contexts of the playscript and why it was written by the playwright (society at the time, history, politics and religion).



Monologue Performance



Students then completed extensive research so that they were prepared to decide whether they were to perform the scene as originally intended by the playwright or they had the option to recontextualise the scene and change things such as setting, contexts and theatrical style/s used. Students then had to make decisions about Stagecraft (costume, props, direction, acting, sound and makeup) choices, which were aimed at enhancing the performance. Finally, students had to decide on the theatrical style/s in which to direct the scene. Different directors/playwrights through history have different techniques and theories in which to direct a performance. For example; Stanislavski believed in absolute realism in a performance in the acting and use of stagecraft. Students had to research these playwrights, directors and theorists through history and decide on theatrical style/s in which to direct their performance.

Students are given the opportunity to explain their choices to the judges through a 100 word Statement of Intention. Although these statements are not assessed they give the students the opportunity to talk about their monologue and give extra information about choices made to the panel of judges. This document is imperative to get right and many have been drafted between 6-10 times to perfect the language and constrictions of the word count.

On Thursday, 17th October, the students showcased their performances in front of 40 parents, relatives, friends and teachers. The night was aimed at replicating the Performance Exam. It was aimed at putting the students' performance under pressure in front of an audience.

The performances were amazing and demonstrated the high level of effort and enormous amount of time and passion each student put into these. It is a difficult and mammoth task and I am extremely proud of all of the students involved.

Sarah Dempster

Theatre Studies Teacher



October 2013

Italian Week



Between the 2nd and 6th of September, Epping Secondary College held Italian Week for the second year in a row. This week involved a variety of engaging and fun activities held around the school during lunchtimes including an opportunity for students to try Italian food. The activities that took place were related to Italian language and culture and the students thoroughly enjoyed them all.

The range of food being sold included gelato, cannoli, pasta and an Italian style sausage sizzle with crunchy ciabatta rolls. The profit made from the food is going towards supporting the students who are travelling to Italy next year. A big thank you to Ivanhoe Quality Meats, Laionica Poultry and Pastry Paradise for their generous donations.

Lunchtime activities included Penalty Shootouts, Mask Making, Bocce Tournament, Simpsons in Italian, Tombola Competition, The Italian Performing Arts Play, Foosball Competition and the Tarantella. It was amazing to see so many enthusiastic students participating in Italian related events during their lunchtimes. Each participant received 10 points that went directly to their house team's totals. It was also an opportunity for students to develop their leadership skills with so many students confidently helping with the serving of food and running of events. The Year 10 Italian Film and Culture class lead some activities and made pasta as part of their class work and the students who are travelling to Italy next year with a selection of Integration students helped with many of the food stores.

A big thank you goes to the teachers and Integration Aides who helped supervise events across different subject areas that made this week possible, especially Ross Talarico whose talent on the piano accordion was enjoyed by all.



Epping Secondary College

Learning for life

October 2013

2nd - 6th September



Epping Secondary College *Learning for life*

October 2013

VCAL Enterprise Day

On Tuesday, 3rd September the Year 10 Pathways and Year 11 VCAL students were involved in Enterprise Day. This required the students to work in groups and come up with an idea to sell on the day. The day was extremely successful, with all students taking responsibility and coming together to create an amazing atmosphere in the Technology Area where the Pathways and VCAL students are housed. Students thought through which venture would generate the most profit on the day and were instrumental in planning the whole event, from setting up their work stations to cleaning the entire area. Stalls that were held on the day

included pizza, frozone, hotdogs, hot chips, fruit dipped in chocolate, basketball competition, CD's and lollies. All stalls were successful in breaking even with some making a little bit of profit. The students are currently deciding how the money raised will be used.



October 2013

NMIT Hospitality - **SERVING UP A BRIGHT FUTURE**



The NMIT hospitality program has been running since the start of 2013 and by all accounts goes from strength to strength. The whole thing grew out of conversations between Clive Enos, the Business Development Coordinator at NMIT and Workplace Learning Coordinator Philip O'Brien that started in late 2012. Because a lot of similar hospitality programs were closing at the time, NMIT tailored a Cert III in Catering Operations into a viable and attractive SBAT program. This involves NMIT as both employer and trainer, offering paid work at their Collingwood and Preston restaurants and cafes combined with Cert III accredited training

run by industry experts. In describing the course, Clive Enos stated: "The certificate III in catering operations offers a look at both sides of the fence from preparing food and drinks to serving food and drinks. From here students will have a sound basis to make a decision on which area they would like to work in."

The promotion of the program was taken up by Workplace Learning Coordinators, and was aided and abetted by staff from NMIT, who presented the program to groups of students in schools and helped to host information nights for students and their families that included tours of the TAFE campuses.

The first group of students commenced in March 2013, amongst them students from Epping Secondary College. They also involved the organisation Northstar, based in Epping, who offer support and assistance for students with learning difficulties and who have been able to offer ongoing support to students throughout the program and assist their schools through the process of application and induction. The result has been strong, focusing more on the Preston campus and highly regarded St Georges Restaurant as the workplace and training venue making it even more attractive to students from the North.

Two participants who joined the program Brock Lynch and Paul Raimundo were nominated as ideal ambassadors for the program because of the enthusiasm with which they've taken to it. Both VCAL Year 11 students, they have both been hugely impressed at how the program has been run, Paul commenting that "I have learnt many new skills that I never could have learnt on my own. I have learnt how to make several different styles of coffee and also how to make amazing cocktails and mocktails". Brock raving about how good the team is and how they foster a great spirit, "we all work together and help each other." The program is structured so that students are constantly rotated through different classroom theory units and different areas of work in the restaurants, such as bartending, table waiting, kitchen work, food safety, assisting the chefs and gaining RSA certification so that there is never time to get bored. Both Brock and Paul will complete their SBAT with NMIT this year and will walk away with a Certificate III in Catering Operations.

Prices are relatively inexpensive and as the year continues the restaurant gets busier and bookings are often necessary. Silvia Mitrevski (VCAL Co-ordinator) and Shauna O'Donnell (Integration Aide) were invited to attend NMIT at the St. Georges Restaurant for lunch and were served by Brock. It was a nice experience to have my student presenting our meals with such professionalism.

We hope to continue our partnership with both NMIT and Northstar in 2014 and have our students complete a School Based Apprenticeship in Hospitality.



Epping Secondary College

Learning for life

Year 7 Camp



On the 9th September 50 excited Year 7 students and 4 staff members ventured off to Lady Northcote Recreational Camp in Bacchus Marsh, for a three day adventure. The students participated in a range of activities that extended and challenged their skills and teamwork abilities. Activities varied from canoeing, damper making to the giant swing. All students demonstrated their abilities to work together in teams, use excellent manners and have a fantastic time. Our staff members even had the opportunity to sleep!! As Year 7 Coordinators we were extremely proud of how the students represented the college. Well done everyone!

Tiffany Greenhill and Sarah Keating



Bacchus Marsh



What a way to start high school. Year 7 Camp! Some of the highlights of camp were the giant swing, archery, bush cooking, yabby-ing and GAGA which was a game we all played and enjoyed. It was a great camp that everyone loved!

Steph (7H)

What a GREAT camp! Everyone had amazing experiences to build their skills and the food was nice and healthy! Everyone tried new things and made new friends. There were a lot of challenges along the way to test our abilities and we had to think of strategies to overcome obstacles. Overall a great camp and one we will always remember!

Courtney & Emily (7F)



Street Art



In term 3, four year 9 classes travelled to the city to look at different types of street art graffiti and to go to an Indigenous Art Exhibition. At Flinders Street we split up into separate groups and went to locations we were given that featured walls and alleyways filled with graffiti art. The groups had a challenge to take the most creative picture with the graffiti within an hour. Later we walked to Melbourne Museum to go to an Indigenous Art Exhibition. There we were able to walk around and see the art that came from different regions in Australia. We also had questions to answer about the art that we thought was interesting. Overall the excursion was fun, exciting and entertaining.

By Maegan Pagunsan and Teah Stepan

9E



LIONEL ROSE THE BOXER

Last term we went to look at street art and visit the Aboriginal Museum. When we arrived at the museum we went to the "FIRST PEOPLE" section.

We had an hour to look around which is when I saw my cousin the boxer, "**LIONEL ROSE**" displayed behind glass in a huge life size photo. His boxing gloves were displayed, as well as his gown. I was surprised because I didn't know he would be displayed at the exhibition.

It was a great collection telling of the special history of Indigenous Aboriginal culture. It was told through the voices of Victoria's First People and utilised cutting-edge multimedia, Aboriginal language, artefacts and contemporary artworks. "FIRST PEOPLE" tells the story of Aboriginal Victoria from the time of creation to today. It was great to see my culture here today at the Melbourne museum.

James Scerri 9B



October 2013

ABCN Excursion

On the 19th August, our class of 10P had an excursion to the ABCN in Melbourne. We travelled to the fifth floor of the Citibank building where we met our teacher for the day, Peta. The building was amazing, so wide and high and seemed to go on forever. When we got off at the fifth floor, we were taken to a room where we were going to spend the day to learn and experience interview techniques and learn about the mentors who all had jobs at Citibank. My favourite mentor was George because he looked very professional and knew what he was talking about.

Throughout the day our whole class enjoyed the experiences and games we played. My favourite part of the day was the mentor and some students having a practice/mock interview. I enjoyed the professional side to it and the answers and the reactions they provided had taught me a lot. The day was an overall success that gave me and our class a lot of great tips, reactions and helped us to develop strategies which I could very easily use at a job interview.

ALDO GIAMPICCOLO 10P





YEAR 12



BREAKUP



October 2013

House Events

This year was the inaugural year for the house system at Epping Secondary College. There were 6 houses in all and it has been a great success with the whole school enjoying themselves tremendously. The year began with the Athletics Day which went off with a bang. Throughout the year there were many events that have allowed the students to showcase their talents; the events included many sporting events and also a trivia competition. It was an extremely close competition towards the top of the ladder but in the end Findon WON and has enjoyed a celebratory lunch organised by Miss Dempster. The lunch was most enjoyable with lots of pizza and drinks for everyone, music, awards and in the end a dance off between Chris Enoka of 10A and Isaiah Hale of 7B. On behalf of all the house captains we would like to thank all students for their participation and also to the teachers who helped out or participated, especially Miss Dempster and Miss Foresio for their excellent organisation of the competition, without whom this competition would not have been possible. Hopefully Jaedyn and I will be house captains next year and Findon will win the competition again and lastly **GO FINDON!**

Rob and Jaedyn
Findon House Captains
Winning House For 2013



BASKETBALL
TEACHERS VS STUDENTS

October 2013

Second-hand Uniform Shop

**LOCATED IN
HOUSE
WEDNESDAYS
OPEN 3–4PM
THURSDAYS
OPEN 3–4PM**

- **Uniform to be sold can also be accepted during these times**
- **Only current uniform will be accepted**
- **CASH ONLY**
- **NO REFUNDS**



MYKI Cards

The Transit Police recently visited the school to inform us that they were going to be focusing their attention on the bus routes that lead to the school in the next few weeks. It is very important that all users of public transport have a valid MYKI and 'touch on and touch off'. Public transport is an essential service and the school's value of honesty underpins our belief that all users should have a valid ticket when they catch buses, trains and trams. The Transit Police have warned us that they will be issuing fines to students who are caught. Please talk to your son/daughter about the importance of this matter.

October 2013

SRC Report

- SRC has had a very busy year so far. As well as meeting on a fortnightly basis, students have been involved in many things around the school including helping out at the year 7 medieval night, recognition assemblies, meeting with Ms Alamidis regarding facilities and organising the school talent show that's coming up later this term.
- During last term the year 7s had a medieval night which was a roaring success. The SRCs were the MCs for the night and helped out with what needed to be done as well as facilitating the night. This was a great opportunity for students in the SRC to develop and practice their public speaking skills.
- The year 7 SRCs with the help of some year 9s, were quite busy organising and preparing the year 7 recognition assembly. By taking on this responsibility the SRCs were not only responsible for running the assembly but for doing all the background work such as creating the powerpoint and the script and finding inspirational videos to motivate the students. The recognition assemblies have been really student focused and run and have been very successful this year.
- A group of 4 or so students have been meeting with Ms Alamidis throughout the year regarding the facilities throughout the school such as the bulletin and extra tables around the basketball courts. These students are the facilities team in SRC and they spend a lot of time helping Ms Alamidis improve the school for the benefit of the students.
- Later this term we have a school talent show called Epping Superstars. Acts in the show can be anything from dancing and singing to even a monologue. To enter the show it's a small fee to raise money for the music program and the music club. To enter the talent show talk to Ms Dempster. We are all looking forward to seeing the enormous variety of talent we have at our school. Just remember that the SRCs are representatives for the students at our school, so if you have any suggestions feel free to approach any of us.

■ By Tabitha Anderson 8B

SRC Cluster

- On Wednesday, 9th October, myself and Josephine Podesta attended our final SRC cluster meeting for 2013. SRC cluster is a great way to learn more leadership skills and meet other young leaders from different secondary schools.
- For our final meeting we met at Flinders Street Station where we participated in an 'amazing race' around the city to find different items, places and statues. Afterwards we had an evaluation of how the year had gone and what we believe we did well in.
- Overall the day was a great success and we cannot wait for it to get up and running again next year.

■ By Trent Barker



October 2013

Student Leadership 2014

Congratulations to: **College Captains**



Jecille Dizon
11A



Sachdave Singh
11C

Vice-Captains



Violeta Boskoska
11A



Eden Tylo
11A

Social Justice Captain



Jerusha Mathers
11C

October 2013

Music Concert at Preston Market

On Thursday, 24th October, many year 7 music students from 7B, 7D, 7F, 7G and year 9 hit the stage at Preston Market. Students performed a selection of songs covered in class and were given the opportunity to perform to an appreciative audience in the food court. Students in both Ms Letts and Mr Talarico's music classes have worked on a selection of songs in class and all of them were given the opportunity to play different Instruments and develop a short performance repertoire.

Epping Secondary College has embraced the Musical Futures pedagogy encouraging all students to be active learners with all students playing a musical instrument within the classroom. This has created a strong performance culture within the college and students involved in the performance on Thursday did a fabulous job.

The day would not have been a success without the assistance of Ms Letts who not only prepared her students for the days performance, but also helped with the transportation of instruments. A big thank you goes out to Ms Letts, Jenny Taylor and George Infanti for their dedication to the program and for helping make the day a great success.

Many thanks and congratulations to all those students for representing the college in such a positive way. Many shop owners and spectators praised all of our students, especially Isaiah Hale of 7B who had everyone in the food court up on their feet. His performance brought a smile to everyone's face.

Well done to all the students who performed. You are a credit to the college.

Yours sincerely,

Ross Talarico



October 2013

Teacher's Games



You may be wondering what teachers get up to during school holidays?

Well some teachers use it to catch up with friends and relatives and generally freshen up before returning back to work. Some use their time to catch up with school-work, marking, correction, planning the rest of the year, while others like many did from ESC came into school to run important VCE study sessions, workshops, practice exams and revision.

Other teachers however did not!!

During the term 3 break a number of teachers from ESC did all of the above plus competed at the annual Teacher Games in Ballarat.

Ms Foresio, Ms Stewart, Ms Greenhill, Ms De Bono, Ms Austin, Ms Dempster, Ms Keating, Mr Grieve, Mr Hayman, Mr Gonzales, Mr Malcolm, Mr Hose, Mr Williams and Mr Biscaro, all attended part or all of the 3 day event and the fruits of their efforts? Sore & battered bodies are now distant memories.

As you can see from the pictures the teachers enjoyed a great deal of success and had a great time together. They won silver medals in beach volleyball, softball, volleyball, plus competed in dodge ball.

These achievements should not be underestimated, as many teachers were complete novices in some of these sports and showed a considerable amount of improvement prior to the games through intensive training sessions together, plus during the tournaments as well.

Well done to all who competed!



October 2013

Student Wellbeing

Year 9 students participated in a Party Safe Workshop on 14th October. The presenter was Sonya Karras from *Whole New World*. We have been running Party Safe at Epping Secondary College for a number of years and this year we trialled a new format. The feedback from students was so positive that we will definitely offer this to students in Year 9 next year.

Adolescence is a time where many young people are establishing who they are, how they fit in and at times may be exposed to new situations and experiences. Choices have to be made and this can be the difference between life and death. At Epping Secondary College we aim to prepare students for the future and give them the necessary skills and knowledge to make informed choices. Eventually it is up to the individual to make a choice and hopefully it is a good one that will encourage safe behaviour.

Annie Ritchie an RMIT student helped to organise the Party Safe workshop and designed an evaluation sheet for all students to complete. Examples of feedback from students:

- I learnt how to put an ICE (In Case of Emergency) contact into my phone.
- You can die from alcohol by choking on your vomit. We learnt how to put an unconscious person into the recovery position.
- Register your party with the local police.
- Look after your mates, never let them walk home drunk.
- Do not get into a car with a drunk driver.
- I really appreciate your advice. You have put so many good choices in my head which is really good. I will never do drugs or alcohol. Sonya you were very easy to understand and you were so funny and cool.
- It was very funny and informative. It was a great program. The Public Speaker Sonya was fantastic!
- Sonya was very entertaining and kept me interested at times where I would usually zone out.
- I liked the stories Sonya told because it teaches life lessons.
- I feel better and in a way safer that I know these things. I will be prepared for when I decide to go to a party and drink.
- My favourite thing about the Workshop was Sonya's humour about the subject but also very informative and serious about partying safely. She grabbed my attention. It was a perfect way of learning in a fun way.

I would like to thank Annie Ritchie from RMIT who put many hours behind the scenes, staff for helping with the supervision and students at Epping Secondary College for showing maturity and for being so well behaved throughout the entire workshop. The Wellbeing staff at Epping Secondary College will continue to run quality programs to give students the skills and knowledge to make informed choices and promote safe behaviours.

Leanne Halsall

Student Wellbeing Co-ordinator



Year 9 Party Safe



Parenting Young People with Disabilities

**Four workshops for parents and carers
with young people (aged 12-25 years)
who are living with disability**

Facilitated by Olympia Tzanoudakis with over 20 years experience in the disability sector and is a parent educator, and educational consultant Brenda McKenzie who has personal experience raising a son with a disability.

Do you have concerns about your young persons future?



Come along to:

- Talk about the big issues that arise in families and hear about helpful solutions
- Explore the resources and supports that exist eg recreational and educational options

DATES: Thursday 24 & 31 October, 7 & 14 November
6.00 to 8.00pm
COST: \$35 for 4 sessions or FREE with Health Care Card
BOOK: BOOKING ESSENTIAL - 9663 6733
WHERE: 195 Drummond Street, Carlton

www.ds.org.au

FOUNDED 1987

FOUNDED 2004

4/91 BORDOM STREET



The Victorian School of Languages is a government school and offers the following languages at the secondary colleges listed below:

Thomastown Secondary College, Main Street, Thomastown

- Macedonian - Year 1 to Year 12
- Punjabi - Year 1 to Year 12
- Turkish - Year 1 to Year 12

Roxburgh Park College, Donald Cameron Drive, Roxburgh Park

- Arabic - Year 1 to Year 12
- Sinhala - Year 1 to Year 12
- Spanish - Year 1 to Year 10
- Turkish - Year 1 to Year 12

Lalor Secondary College, Cnr David Street & Dalton Road, Lalor

- Arabic - Year 1 to Year 12
- Italian - Year 1 to Year 10
- Vietnamese - Year 1 to Year 12

Epping Secondary College, McDonald Road Epping

- Chinese Mandarin - Year 1 to Year 11
- Greek - Year 1 to Year 12
- Hindi - Year 1 to Year 11
- Sinhala - Year 1 to Year 12

**Cost per annum - \$70 for Year 1 to 10 students
\$85 for VCE students**

Day/Time - Saturday morning – 9.00 am until 12.20 pm

For further information please call - 9464 0848.

Interested parents and students should go directly to the respective school on Saturday between 8.30 and 1.00 pm commencing on the 8th February 2014 or enrol via the internet.

Log on to www.vsl.vic.edu.au select enrol, select enrol now, (centre enrolments), select new enrolment for 2014 and follow the prompts.

Start your journey to
becoming a Personal
Trainer this summer!



Health Republic
Fitness Institute of Training

Certificate III in Fitness

(SIS30310)*

Courses @ Westerfolds Centre
Templestowe

Scholarships Available!



Contact **Tiffany** for more
info

5241 5599

tiffany@healthrepublic.com.au

*Courses combined with 22012VIC Certificate I
in Vocational Preparation



PRIVATE LESSONS

\$25

**SINGING GUITAR PIANO
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As Marcel Proust, a late 19th century novelist wrote: "the real voyage of discovery consists not in seeking new landscapes but in having new eyes". Volunteer to host an international high school student arriving into Australia in February 2014 through Southern Cross Cultural Exchange and prepare to be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and to see the world in a new light.

Carefully selected students will arrive in February for one term, one semester or two semesters from France, Italy, Germany, Austria, Sweden, Norway, Denmark, Finland, the U.S.A, South America and Japan. They will attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at our website www.scce.com.au, email scceast@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship.

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