

# NEWSLETTER

*Strive For Excellence*



## FORTUNA 2024 CHAMPIONS

In an exciting display of athleticism and team spirit, Fortuna emerged as the champions of the BSE Athletics Carnival, narrowly outperforming the strong contenders from Rosalind House. Read more about the thrilling day and all the highlights on page 5.



Friday 30th August 2024

## FROM THE PRINCIPAL'S DESK

As part of our continuous improvement process, we have provided the opportunity for all parents/carers to provide us with feedback relating to their views of the college across a wide range of areas via the Department of Education survey process. All data collected will be compared to the Students Attitude to School Survey (completed in June) and the Staff Survey (completed in August) with responses assisting the BSE School Council and Leadership Team to review the college's operation and plans for the short and long term. The parent survey link was sent to all parents/carers at the beginning of August and the survey remains open until the end of term 3.

This last week was another busy one which started with a very successful athletics carnival from a participation aspect but also the way that our students conducted themselves throughout the day at Lar Birpa Athletics Complex.

Each year, a national theme is identified for Book Week which guides interesting and exciting ways to explore books. Last week we celebrated Book Week with the theme "Reading is magic." With many lunchtime activities in the College Library and our staff promoting daily that books are a gift! In the world of stories, we find solace and inspiration. We can be transformed and reformed. Books educate and challenge.

Currently, I am reading *Soil: The incredible story of what keeps the earth, and us, healthy* by commentator and farmer Matthew Evans who presented a workshop at the recent writers' festival in Bendigo. He shows us that what we do in our backyards, on our farms, and what we put on our dinner tables really matters and can be a source of hope. Matthew tells the unlikely story of our most maligned resource as swashbuckling hero. It features poison gas, climate collapse and an incredible explanation of how rain is formed. For too long, we've neglected the land beneath us, but if we want our food to nourish us, and to ensure our planet's long-term health, we need to understand how soil works - how it's made, how it's lost, and how it can be repaired. I am using his ideas in my backyard garden as I prepare for the spring growing season.

There is still much activity to go in the final three weeks of term, and it all occurs around the routine of learning in class and demonstrating learning via assessment. One of the goals in our current strategic plan is to strengthen the school experience for every student. Which also includes the celebratory events, competitions and outside the classroom experiences which help do this.

Many people assume that great sports people, actors, musicians or academics achieve success through talent alone, or that talent is what gets us those good results on our assessment. However, it is hard work and not talent that gains those results. Many may not realise that talent alone has little or nothing to do with success. In most things, people learn quickly at first, then more slowly and then stop developing completely.

However, some people keep improving – how does that happen?

People who have achieved success in their chosen endeavour will mostly say that they have devoted time to effective practice. By effective practice I mean the type that gives you feedback on what you are doing well and what you can improve. It often means doing the same thing/s over and over again until understanding is reached, then moving onto the next step. Using feedback to tweak the practice to improve is also needed. All of this takes time and can be frustrating, but perseverance is the key. I often urge the students that I see to do a task with the goal of not just finishing it; do the task with the goal of doing it well, editing and refining the work along the way. A piece of work is not truly finished until the end of the editing process.

It is possible to practise your schoolwork over and above assessment items that need to be completed. In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work - talent is just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment. I encourage all students to take the opportunity to discuss this with their teachers as they can help to tweak current strategies or introduce new ones to optimise learning and achievement.

We will be sending home an interim report card at the end of the term to provide feedback on how students are progressing across all subjects and just as importantly how they are building their skills in effort and engagement.



Glen Donald

**BSE COLLEGE PRINCIPAL**





# BSE ATHLETICS CARNIVAL

La Birpa Athletics Track was abuzz with energy and enthusiasm at this year's Athletics Carnival. A full day of competitive spirit saw students compete in a variety of track and field events including high jump, long jump, triple jump, shot put, and javelin, alongside races ranging from 100 metres to 1500 metres. The 100 metre relays were particularly electrifying, drawing cheers from an animated crowd.

For those not competing, Mr Flint organised a series of engaging activities such as badminton, NFL throw and catch, spike ball, volleyball, and quoits, ensuring everyone had a chance to be involved and enjoy the day.

The day culminated with Fortuna House narrowly clinching the overall house championship, edging out the perennial favourites, Rosalind. It was a close contest that highlighted the dedication and prowess of all our competitors.

### **INDIVIDUAL CHAMPIONS FOR THE DAY**

13 Year Old Girls - Jordyn Lewis

13 Year Old Boys - Tate McCarroll

14 Year Old Girls - Caitlin O'Brien

14 Year Old Boys - Miller Egan

15 Year Old Girls - Amalie Blanchard

15 Year Old Boys - Cooper Richardson

16 Year Old Girls - Isabella Noonan

16 Year Old Boys - Lincoln Norris

A huge thank you goes out to all the staff who contributed to the success of the day, with a special shoutout to Mr Flint for his exceptional organisation of the event. The Athletics Carnival was not just a showcase of sporting talent, but a celebration of our BSE community spirit and camaraderie.

Well done to all involved!





# BSE ATHLETICS CARNIVAL

# MND AWARENESS WEEK

**MONDAY 2ND SEPTEMBER - FRIDAY 6TH SEPTEMBER**

BSE will raise awareness for MND through wearing our MND Beanies to school and by holding an ICE Bucket Challenge. \$2 Raffle tickets can be purchased from the SRC Office each RECESS from Wednesday for the ICE Bucket challenge and will be drawn out of a hat on Friday Lunchtime.

***RAFFLE TICKETS ALLOW STUDENTS THE OPPORTUNITY TO DUNK AN ICE BUCKET OVER A TEACHER OR STUDENT!!***

**THREE STAFF MEMBERS BEING DUNKED WILL BE REVEALED EACH DAY LEADING UP TO FRIDAY 6TH SEPTEMBER**





## **BSE CELEBRATES CREATIVITY**

During our Athletics Day, students showcased their artistic talents in a competition to create portraits of their favorite sports stars. Congratulations to our skilled artists;

**Sar Leh Htoo (8A1)**  
**Sienna Martin (8A1)**  
**Melanie McLean (9S3)**  
**George O'Brian (9F3)**  
**Tully Cripps (9R1)**

The arts staff were impressed by your creativity and expression. Winners will receive their canteen vouchers at their Year Level Assemblies this week. Great job to all who participated!





## **BSE WINS SCIENCE + ENGINEERING CHALLENGE**

On Thursday, 8th August, BSE had 32 Year 9 and 10 students represent our College at the Bendigo Science and Engineering Challenge where they competed against five other schools from the region.

There were eight teamwork challenges that included bridge building, designing and building aircraft, earthquake-proof structures, and many more fun and exciting activities. BSE finished the day with enough points gained from each activity to earn them the win!

Well done to the students who competed for their respect, teamwork, and integrity on the day.

A big thank you to the staff members who volunteered their time, and to the Rotary Clubs and sponsors that continue to manage and make this event possible so that our students can explore and develop their understanding of STEM and how it is applied in real world situations.

We wish our students all the best when they compete at the State Final in early September.

# NATIONAL SCIENCE WEEK

For National Science Week, students were involved in a range of activities and we celebrated student achievement in science through our Science Week Awards.

These were awarded to students nominated by their teachers for demonstrating a passion for science.

We also had students involved in science trivia, character colouring and recess activities which included making sherbet and having a go at the Van Der Graaf generator.

On behalf of the BSE community, we would like to congratulate all of our Science Week Award recipients and hope that they continue their passion for science into the future.



# BENDIGO WRITERS FESTIVAL

On Friday 16th August, 36 BSE students were lucky enough to attend a Bendigo Writers Festival school session – An Introduction to Crime. Authors Amy Doak and Troy Hunter shared their experiences with students, providing them with tips on areas such as structure, how they develop characters and character names and how they get their books published. The students in attendance asked some terrific questions and enjoyed the opportunity to hear some great writers speak.

## **Olivia Thomson**

I really liked the Writers Festival and I want to read their books now. Their advice was really helpful. I've found writing hard but now I feel like it will be easier after listening to them speak.

## **Kenzie Merritt**

It got me more into reading crime books because I like watching crime films and it got me wanting to read more books and different types of genres.

## **Mia Moon**

I found the presentation really informative, especially the behind the scenes and the thoughts the writers put into their books. I also found it motivational to create my own worlds in my writing to share.

## **Nova Lidgett**

I really loved to be able to hear about writing. I've been to the Writers Festival nearly every year and no matter the questions you learn something new every time as the authors answer the questions differently.

## **Noah Bogaski**

I really liked what the authors were talking about and how the history of crime fiction had changed. It was interesting how they came up with character names and the structure of their stories and how things happen. Their personal stories were also interesting, and I'm going to try and read their books.

## **Makiya Lowe**

I enjoyed listening to them talk about how they wrote their stories because it will help me to write my own.

## **Frankie Buzza**

It was interesting hearing their perspectives on how they craft a story. They have helped me to gain confidence in sharing my stories with others.



# Crazy Good Ideas at Bendigo Social Innovators

On August 8th and 9th, about 45 young people from Girton Grammar and Bendigo South East Secondary College came together for a two-day Social Innovators program facilitated by Crazy Ideas College (CIC) and proudly enabled by La Trobe University.

On Day 1, students selected a passion topic related to various environmental and societal issues and formed teams with like-minded peers around these. Together, they brainstormed and developed crazy good ideas to address their selected issues. Students finished the day building a prototype of their favourite big idea, which was carried forward through the rest of the program. With a sense of pride about the progress made and some weary heads, there was a real buzz of excitement and anticipation of what tomorrow would bring.

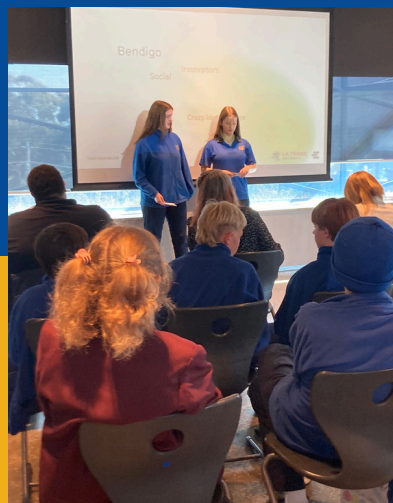
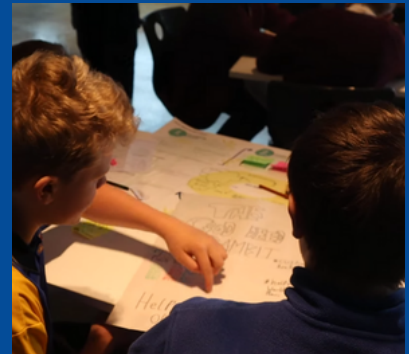
Day 2 was a testament to the students' unwavering dedication and passion. As they prepared to pitch their issues, big ideas, and experiments to a panel of 8 community partners, the air was filled with excitement. Their energy was palpable during the afternoons pitch event, as all teams presented their projects, showcasing their deep-rooted passion and unwavering commitment to making a difference. The partners were deeply moved by their presentations and shared their admiration for each idea and their willingness to assist in bringing them to life.

The students' ideas ranged from Curiosity Co. - an interactive screen platform set up in public places like Malls and shopping centres, where people can go and interact with diverse members of society asking questions and stepping into a shoe print to walk a mile in their shoes. To help understand differences and reduce bullying. To Ripped VR - An interactive VR Gym where users can join a gym virtually and all they need is a VR headset and some weights, anyone can join at any exercise level and can work with people across the world.

The students received overwhelmingly positive feedback from the partners, with many teams being offered support and guidance in taking their idea to the next stage of development. The community partners, including Caitlin Rodgers, Scott Harding, Zoe Thomas and Justine from La Trobe University, Damian Wells from Coliban Water, Hector Miller from Bendigo Tech School, Rob Herbert from Be.Bendigo, Ben Devanny from Deloitte and Nikki Williams from City of Greater Bendigo, generously offered their expertise and resources to help these innovative ideas come to life.

CIC is immensely grateful to the community partners for their unwavering support and belief in the potential of these young innovators. The Bendigo Social Innovators Program was a testament to the power of collaboration and the strength of the local community.

# BENDIGO SOCIAL INNOVATORS



# ARMY RESERVES IMMERSION DAY

Year 10 students from Bendigo South East College recently participated in an Army Reserves Immersion Day at Passchendaele Barracks in Junortoun.

The event aimed to showcase both reservist and full-time career opportunities within the Army. It provided students the opportunity to;

- Explore the benefits of joining the Australian Army, one of the world's leading military forces.
- Engage in one-on-one discussions with Australian Defence Force (ADF) members to learn about their experiences and lifestyle.
- Interact with the ADF Recruitment team regarding current job vacancies, salaries, and benefits.
- Connect with the Defence Work Experience Team to discover upcoming placements.
- The day featured a number of static displays where students could view equipment up close that is normally not accessible to the public. Displays included:
  - The Australian Army School Armour: Main Battle Tanks, Light Armoured Vehicles, and Armoured Personnel Carriers.
  - An infantry section's weapons and equipment.

Students also participated in team-building activities, which included physical training exercises.

***THE ADF WILL BE VISITING OUR SCHOOL NEXT TUESDAY, 3RD SEPTEMBER, TO SPEAK WITH STUDENTS INTERESTED IN PURSUING A CAREER WITH THE ADF. STUDENTS KEEN ON EXPLORING AN ADF PATHWAY MUST CONTACT MRS JELBART ASAP TO BE INCLUDED IN THE EVENT.***





## **BSE DRAGONS EXCEL AT SANDHURST BASKETBALL FINALS**

Yesterday, Thursday, 29th August, our Year Seven BSE Dragons basketball teams took part in the Sandhurst Finals with remarkable spirit and skill.

While our Year Seven girls' team didn't secure a win, their improvement throughout the day was impressive. Their growing team spirit and determination shone through each game, exemplifying the true spirit of teamwork and perseverance.

Our Year Seven boys' team showcased exceptional talent, going undefeated in all four games. Their outstanding performance has earned them a spot in the Loddon Mallee Regional Finals scheduled for 18th October.

Both teams represented Bendigo South East College with pride and sportsmanship, reflecting the dedication and hard work they have put into their training. We're incredibly proud of all our players for their achievements and the excellent sportsmanship they displayed. We look forward to seeing our boys team compete at the regional finals.

Go Dragons!

# VISUAL ART

## PRINTMAKING

For this term in Visual Art, Mrs. Gladigau and Mr. Watson's students in Years 7, 8, and 9 have been learning about the technique and skill of printmaking.



Students have printed a series of Artist's Proofs on cartridge paper and have incorporated a variety of mixed media materials to highlight the print design. The final task was to print their image onto a recyclable Coles or Woolworths shopping bag, so that students could understand how to transform waste into a work of art.

The upcycled works of art are now on display in the Art Foyer building for audiences to enjoy.





# VISUAL COMMUNICATION

## Year 7 Visual Communication

Students in Year 7 Art have recently moved on to a unit of Visual Communication Design. The first part of the Summative Assessment has seen the students busily creating graphic designs for t-shirts. This task required the students to research design ideas, source an image from the internet, and then use Adobe Photoshop to edit the image and display it on a t-shirt. Students then created a background image to help showcase their final design. Well done on the great work; there are lots of colourful and creative designs.



## Year 8 Visual Communication



This term, students in Year 8 Visual Communication have completed a variety of different design projects. They have made colourful and vibrant graphics and applied them to a number of templates for their Mini Cooper and VANS shoe projects. Recently, students have started their exploration into logo design, creating and refining a logo for a business of their choice. They have had to navigate their way through a series of different tools, layers, and templates in Adobe Photoshop to create these highly successful pieces. Some of these works are on display in the Year 8 building. A great effort - well done!

## Year 9 Visual Communication

As part of the Year 9 Visual Communication Summative Assessment this term, students had to plan, design, and create their own movie poster. Using Adobe Illustrator and Photoshop, students refined and presented their ideas to create a range of creative and engaging designs. After completing their poster, students added their designs onto a cinema combo template of some popcorn and a soda cup. Students should be proud of their designs and the quality of their final presentations - well done!





ACADEMY OF CREATIVE ARTS



The Academy of Creative Arts provided a cultural and creative opportunity on Wednesday 28th August, as Ms. Hui Guo, Head of Arts/Languages/ACA, hosted a special workshop for the Visual Arts students.

They learned about the art form and used calligraphy brushes and ink to write on specially prepared paper that Ms. Guo had brought along. The characters they learned represented positive affirmations such as happiness, fortune, and love.

The students watched intently and respectfully as she formed the characters, and then they tried their hand at painting them too. Ms. Guo also wrote out some of the students' names for them to practice. The students enjoyed this unique addition to their regular Masterclasses, and Ms. Guo expressed her enjoyment as well.

"It was so much fun! I loved it! It was really hard, but they're so pretty—they look really cool," said Noah.

"I'm so glad she wrote my name. I'm going to go home and practice it!" added Minna.



# BSE Walkways + Ramps Upgrade 2024

Bendigo South East College is set to commence construction of several new ramps and walkways starting Monday, 2nd September 2024. This upgrade aims to enhance accessibility around the campus, particularly at the Curtin Street end near G and E blocks, as well as the adjacent netball courts and soccer pitch.

The project is expected to be completed by the end of December 2024. During this period, there will be some disruptions to student movement in the affected areas. The staff carpark near the netball court at the end of G Block will serve as the construction compound throughout the upgrade process.

Additionally, an upgrade to the all-access toilet in the stadium is planned during the September holiday break, further improving our facilities for all students and staff.

We appreciate your patience and understanding as we work to make BSE a more accessible and welcoming environment for everyone.



**TERM THREE**

**2024**

# SEPTEMBER IMPORTANT DATES

## MND AWARENESS WEEK

Wear your MND Beanies all week!

**MON  
2ND  
SEPT**

**FRI  
6TH  
SEPT**

## ICE BUCKET CHALLENGE

Buy your raffle ticket for the chance to tip the ice bucket over a staff members head!

## RUOK DAY

A number of activities will take place!

**THUR  
12TH  
SEPT**

**MON  
16TH  
SEPT**

## STUDENT WELLBEING WEEK

A number of activities will take place throughout the week.

## FOOTY COLOURS DAY

Wear your team colours to school!

**THUR  
19TH  
SEPT**

**THUR  
19TH  
SEPT**

## LAST DAY OF TERM THREE FOR BSE STUDENTS

aca

ACADEMY OF CREATIVE ARTS



Find your tribe!



Band. Dance. Drama.  
Visual Art. Vocal.

Information on BSE website. Applications close September 19th  
For further inquiries, please email [aca@bse.vic.edu.au](mailto:aca@bse.vic.edu.au)

Bendigo South East College School Uniform Pricelist  
Price list valid to June 30 2025

<b>UNIFORM</b>		
Academic Polo SS (Royal)	Sz 4 – 30	\$39.95
Academic Polo LS (Royal)	Sz 4 – 30	\$40.95
Polar Fleece Zip Jumper (Royal w/Logo)	10C – 16C / XS–3XL	\$49.95
V-Neck Pullover (Navy w/BSE Text)	Sz 75cm-110cm	\$85.50
Rain Jacket - Academic/Sport Uniform (Royal/Navy w/Logo)	10C - 14C / XS - 5XL	\$75.50
Dress - (Royal/Navy/White Check w/BSE Text)		
Skirt (Navy/Royal/Gold Check w/BSE Text)	Sz 4A - 26A	\$74.95
Classic Pants (Navy w/BSE Text)	4A - 26A	\$69.95
Tailored Pants (Navy w/BSE Text)	Sz 22 - 46	\$65.00
Classic Shorts (Navy w/BSE Text)	Sz 4-32	\$65.00
	Sz 22 – 46	\$39.95
<b>SPORT UNIFORM</b>		
<del>Polo Top SS - (Royal/Gold w/Logo)</del>		
<del>Sport Shorts (Navy w/BSE – Reg length)</del>		
	10C - 14C / XS - 4XL	\$39.95
Track Pants (Navy Microfibre w/BSE Text)	10C - 14C / XS - 4XL	\$39.95
	10C - 4XL	\$49.95
Rain Jacket - Academic/Sport Uniform (Royal/Navy w/Logo)	10C - 14C / XS - 5XL	\$75.00
<b>MISCELLANEOUS</b>		
<del>Scarf (Royal w/ logo)</del>		
<del>Beanie (Royal w/ logo)</del>		
Beanie Pom Pom (Royal w/ BSE)		\$20.50
Bucket Hat (Navy/Gold w/ logo)		\$20.50
		\$25.50
School Bag – Large (Royal w/ logo)		\$18.50
School Bag – XL (Royal w/ logo)		\$91.95
Socks – (Black or white)		\$99.95
Tights – (Navy cotton)		\$17.50
Tights – (Navy Microfibre)	3 Pack	\$19.00
	From	\$19.95
	2 Pack	

# Library News

We're asking all BSE families to help us by checking around the house for any library books that might be overdue. Our library is a shared resource, and returning books promptly ensures that all students have access to our educational materials.

Thank you for your cooperation and for helping keep our library fully stocked!

For assistance contact the library team.



# LOST PROPERTY

Our lost property box is quickly filling up with unclaimed items. We strongly encourage all families to label their children's uniforms and personal items. Properly naming school gear not only helps in returning lost items promptly but also prevents unnecessary losses.

Labelling uniforms, sports gear, and personal belongings can save time and frustration. Take a moment to check that all your child's items are marked with their name and class. It's a simple step that can make a big difference.

Please help us help you keep track of your belongings by ensuring everything your child brings to school is clearly labeled.





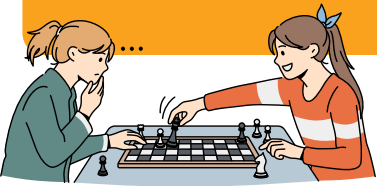
# BSE Weekly Activities



## CHESS CLUB

*Chess Club*  
in the Library

Wednesdays at Lunchtime



## HOMEWORK CLUB

*Each Monday*  
3:30pm - 4:30pm  
*In the Library.*



## TABLE TOP GAMES

Every Friday in the  
Library.

ALL year levels welcome.



## CHAPTER CHAT

Book Club

**Mondays in library  
at recess.**



## What are your kids breathing in?

Vapes are not safer than cigarettes



There are no quality or safety standards for vapes



Vapes can have addictive nicotine, toxic metals and many different chemicals



## What it does to your body:

Vaping can cause vomiting, nausea, coughing, shortness of breath, mouth irritation and asthma



Chemicals in vapes can cause lung damage, heart disease and cancers



Nicotine harms the brain development of children and teenagers



Young people who vape are more than three times more likely to move onto smoking cigarettes



## Talk to your kids about the risks of smoking and vaping

- Contact Quit at [quit.org.au](http://quit.org.au) or phone **13 78 48**
- Visit the Royal Children's Hospital website [rch.org.au](http://rch.org.au) and search 'vaping'

- Scan the QR code for more information



[vapingfacts.org.au](http://vapingfacts.org.au)

# Smoking and Vaping: Advice for Parents

**Help your child understand the facts and the health risks of smoking and vaping.**

## What is smoking and vaping?

Smoking is burning something to breathe smoke into the lungs, such as a cigarette. Vaping is breathing in vapor from heated liquid.

Both smoking and vaping involve breathing in chemicals that can harm your health.

E-cigarettes or vapes heat liquid to create an aerosol that is breathed in, which is known as vaping. E-cigarettes can look like a highlighter, a pen or USB.

## What is in vaping liquid?

There are no quality or safety standards for e-cigarettes, vapes or vaping liquids.

Most e-cigarettes contain nicotine which is harmful and addictive. Even those labelled nicotine-free can still contain nicotine.

The aerosol or vapor from e-cigarettes contains cancer-causing chemicals and heavy metals.

## How vaping affects your child's body

Vaping can cause significant harm to your child's body:

- Short-term it can cause vomiting, nausea, coughing, shortness of breath, mouth irritation and asthma
- Long-term it can cause lung damage, heart disease and cancers.

E-cigarettes are still being studied, but most experts think it is likely vaping will cause lung and mouth cancers.

Nicotine is a poison that can make people sick if swallowed, and it has been linked to deaths of small children.

Exposing children and teens to nicotine can harm their brain development and lead to higher risk of dependence. Children and teens who use e-cigarettes are more than three times more likely to move onto smoking cigarettes.

E-cigarettes can also explode and catch fire.

## Protecting your child

Research shows that children are less likely to smoke or vape if their primary role models (typically parents or carers) do not smoke or vape.

If you have found quitting difficult and still smoke or vape, share your experiences with your child. Ask your children for their support during your next quit attempt. If your child can witness how tough quitting can be, they may want to steer clear of smoking or vaping completely.

The best way to protect your children is to never smoke or vape in the house or other places where there may be children nearby. Smoking or vaping in a car when children are present is illegal. Passive exposure to e-cigarette aerosol can be damaging for children and young people.

## Vaping laws

### Smoking and vaping is banned in and around schools

The Tobacco Act 1987 bans smoking or vaping on school premises or within 4 metres of any pedestrian access point to school premises. The smoking and vaping ban applies to:

- anyone present on school premises during and outside of school hours including students, teachers, and school visitors
- all activities that take place on school premises.

Smoking and vaping are also not permitted during school events and excursions held off school premises.

### Health and retail laws

It is illegal for any person:

- to sell, barter or exchange any type of tobacco or e-cigarette product to a person under 18 years of age
- to possess an e-cigarette containing nicotine, unless they have a doctor's prescription
- to smoke or vape in a motor vehicle if a person under 18 years is also present in the motor vehicle.

You can report retailers selling e-cigarette products to children to your local council.

## Talking to your child or teen about smoking and vaping

As a parent or carer, you have an important role in protecting your child from smoking and vaping. Parent views on smoking and vaping can influence their children's behaviours. The most important thing you can do is to talk to your child or teen about smoking, vaping and other drugs.

Use these strategies to talk with your child or teen.

### Start with information

Get the key facts, learn the basics about smoking and vaping products, and think through what you want to say. Consider some questions you might be asked, and how you want to respond.

### Approach it calmly

Start the conversation when you're doing an activity together, such as driving or preparing a meal. Keep things casual and relaxed. Use something you saw in a TV show or on the news as a chance to bring up the issue.

### Don't make assumptions

If you think your child may have tried smoking or vaping, avoid making accusations. Some experts do not recommend searching your child's space for evidence of smoking or vaping, because it can undermine their trust.

### Avoid judging or lecturing

Listen to their point of view and keep it a two-way conversation. Being mindful to keep your body language and tone respectful can go a long way. If your child has tried smoking or vaping, consider asking questions like: 'what made you want to try?' and 'how did it make you feel?'

### Don't exaggerate

Make sure you are honest about potential harms and avoid exaggerated statements.

## Focus on health and explain your concerns

Talk about how you care about your child's health. For example, if your child tells you they are smoking or vaping, you can say you are concerned about the health risks and share the evidence that this can affect adolescent brain development and risk of cancer.

## Where to get help

Support and resources are available to help you talk to your child about smoking and vaping

### Quit Victoria

Offers resources, information and support for people to quit smoking and vaping as well as factsheets for parents and children. [www.quit.org.au/articles/teenvaping](http://www.quit.org.au/articles/teenvaping)

### The Royal Children's Hospital

The e-cigarettes and teens factsheet has information on how to talk to teens about the health risks of using e-cigarettes and a podcast episode on vaping created by paediatricians.

[www.rch.org.au/kidsinfo/fact\\_sheets/E-cigarettes\\_and\\_teens](http://www.rch.org.au/kidsinfo/fact_sheets/E-cigarettes_and_teens)

### Better Health Channel

Information on the health effects of smoking, strategies for quitting, statistics and Victoria's laws on smoking, the dangers of e-cigarettes, liquid used in e-cigarettes and the dangers of nicotine poisoning. [www.betterhealth.vic.gov.au/healthyliving/smoking-and-tobacco](http://www.betterhealth.vic.gov.au/healthyliving/smoking-and-tobacco)

### Your family doctor

Your family doctor is a good place to start for further information and advice regarding smoking and vaping and your child.

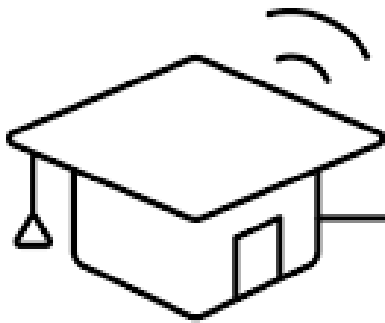
### Advice services

- **Quitline** provide advice and confidential counselling, including for children from 8am to 8pm Monday to Friday. Phone 13 78 48 or go to [www.quit.org.au](http://www.quit.org.au)
- **DirectLine** is a state-wide alcohol and other drugs advice service offering confidential counselling and referral 24 hours a day, 7 days a week. Phone 1800 888 236 or go to [www.directline.org.au](http://www.directline.org.au)
- **Youth, Drugs and Alcohol Advice** provide a youth-specific advice service from 9am to 8pm Monday to Friday. Phone 1800 458 685
- **Alcohol and Drug Foundation** advice line 1300 85 85 84
- **Headspace** offer mental health support online, by phone and in person through headspace centres. Go to [www.headspace.org.au](http://www.headspace.org.au)

### More information

This factsheet has been prepared using information and research from:

- QUIT - [www.quit.org.au/articles/teenvaping](http://www.quit.org.au/articles/teenvaping)
- Better Health Channel [www.betterhealth.vic.gov.au/healthyliving/smoking-and-tobacco](http://www.betterhealth.vic.gov.au/healthyliving/smoking-and-tobacco)
- Royal Children's Hospital - [www.rch.org.au/kidsinfo/fact\\_sheets/E-cigarettes\\_and\\_teens](http://www.rch.org.au/kidsinfo/fact_sheets/E-cigarettes_and_teens)
- Alcohol and Drug Foundation - <https://adf.org.au/talking-about-drugs/parenting/vaping-youth/talking-about-vaping/>
- Cancer Council Victoria - [www.tobaccoinaustralia.org.au](http://www.tobaccoinaustralia.org.au)
- Tobacco Act 1987 - [www.legislation.vic.gov.au/in-force/acts/tobacco-act-1987/095](http://www.legislation.vic.gov.au/in-force/acts/tobacco-act-1987/095)



# School Student Broadband Initiative

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An Australian Government initiative  
powered by nbn<sup>®</sup>

School Student Broadband Initiative - a reminder to schools and your communities!

The Australian Government's School Student Broadband Initiative is offering a helping hand to 30,000 eligible families with school-aged students across the nation with access to a free NBN internet service. The initiative, designed to enhance educational opportunities and bridge the digital divide, is available to all Victorian families with school aged students.

Keep reading to find out how you can help share the details of this great program with your eligible families.

Key Details:

Application Deadline: Tuesday, 31 December 2024

Free Services: Continues until 31 December 2025

Eligibility Criteria:

For families and carers to qualify, they must:

Have an active enrolment at school

Not have an active NBN internet service at home (excluding mobile internet services)

Live in an area where NBN can be accessed through a standard connection (NBN Co will confirm this)

Not have had an active nbn connection during the previous 14 days.

How can you help?

Share Information: We've provided letters for families who may be eligible at your school to let them know about this exciting opportunity. These will be available on your schools U:Drive from the 27th August, 2024. Translated letters will be available.

Detailed steps can be found in the departments SSBI webpage for schools\*.

2. Encourage: eligible families and carers to contact NBN Co's National Referral Centre on 1800 954 610 or visit [anglicarevic.org.au/student-internet](https://anglicarevic.org.au/student-internet) to request a call back to confirm their eligibility. Translation and interpretation services are available.

Learn More:

For information to pass on to the school community, please share the webpage for parents and carers.

If you have additional questions please reach out to our project team at [ssbi@education.vic.gov.au](mailto:ssbi@education.vic.gov.au).

\*Please note that the current process to register applications via the department's SSBI portal, will continue and information can be found in the above link.



# Australian Red Cross

Dear BSE Community,

Our local Bendigo Australian Red Cross store is urgently seeking donations.

As the cost-of-living crisis increases, so does the demand for our help for:

- The Blood Bank Patient transport
- Patient accommodation
- Homeless accommodation and support
- Welfare checks on the elderly
- Disaster Relief
- Food + Housing Relief
- Reuniting families torn apart by disaster
- Community programs

So we can do our best, we would appreciate donations of the following;

- Quality clothing
- Household items (but no electrical appliances)
- Bric a Brac
- Books
- Shoes (in good condition)
- Collectables
- Jewellery
- Quality linen / Manchester
- DVDs / VHS/ Records

Our store is located at 293 Lyttleton Terrace, Bendigo (opposite Wholefoods and is the corner shop in the alley to Coles supermarket)

We take donations all week 9AM to 5PM excepting Sunday when we are closed. If your school prefers, we can pick a large amount from the school by appointment on (03) 5406 0709.

Please help us support our lifegiving Blood Bank and all of our programs.

Thank you

# Uniting Mums & Bubs

*Supports families in need with little ones from newborn - 2 years with:*

***Nappies, formula, clothes, bassinet & cot bedding, nursery furniture etc.***

**Everyone in need is WELCOME**

**– no referral required**

***Visit us on Tuesdays or Fridays***

**9:30am – 2pm**

***@ Kangaroo Flat Uniting Church***

***(cnr Church & Camp Sts. Ph: 5443 5458)***

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We do our best to put together everything required while you enjoy a 'cuppa' and the kiddies play in the hall.

Emergency Food Relief is also available.



# Benefitting the health and wellbeing of our Bendigo school children

## Fresh Fruit Program in local schools

Proudly funded by:



@mckernsteelfoundation

