ISSUE 2-3
16th May, 2008

FROM THE PRINCIPAL

Our Vision
Mercy Regional College serves a wide rural community which values growth and diversity in Catholic Education in the Mercy tradition.

Our Mission
In the Spirit of the Gospels we commit ourselves to the core values of community, inclusiveness, learning, care, justice and mercy, excellence and achievement.

Our Goals
Community
Through the Mercy tradition we promote the uniqueness of the community and its heritage.

State Budget 2008/09 disappoints Catholic sector
This week unfortunately, I write to inform you about the impact of the announcements in the recent State Budget on Catholic schools in Victoria. The Catholic Education Commission of Victoria Ltd (CECV) put in a detailed proposal for additional funding but the budget outcome was extremely disappointing. There is no new education and early-childhood development funding, for Catholic schools, in the 2008/09 State Budget, even though the total new-expenditure announced for Government schools amounted to $1.3 billion. Catholic education has been ignored in this Budget.

As you are aware the CECV has been calling for additional funding over a number of years but these requests have been ignored by the State Government which continually claims that education is their number-one priority. Legislation specifies that the Minister for Education is responsible for the educational needs of all students, regardless of sector. The need for extra funding for Catholic schools has never been more urgent.

State Government funding in Victoria continues to languish at the bottom of the table compared with all other states. Catholic schools in Victoria receive about $578 less per child, each year, than children being educated in Catholic schools in New South Wales. This means that Victorian Catholic schools receive $104 million less than their New South Wales counterparts. That is why we continue to press the Victorian Government to contribute 25% of the Australian Government School Recurrent Costs (AGSRC) to Catholic schools (currently we receive only 16% of the AGRSC from the Victorian Government) and that this increase be incorporated into State legislation.

Catholic schools had hoped that the 2008/09 budget would provide additional, recurrent funds to assist our schools in matching the recent wage increases agreed to by the Government for State school teachers. While few would argue against a wage rise for teachers, this decision will place more strain on Catholic education, as the CECV is committed to wage parity with government teachers. Without a real increase in State recurrent funding, schools will be forced to make two difficult choices: reduce resources or increase school fees. The CECV may also be forced to review some recently implemented school projects such as initiatives in the areas of student wellbeing, students with disabilities, new arrivals, refugees, Indigenous students and support of low income families.

I am sure you would agree that this is an issue of the utmost importance as we are talking about the future of your children. The Catholic education community has the right, as taxpayers, to ask the Victorian Government to further assist in providing a quality education to achieve the best educational outcomes for your children. Increased funding will greatly assist the work of our principals and teachers to give your children the best opportunities in life.

If you would like to contact the local member of the Victorian Parliament to discuss these matters, their contact details are listed below:
Catholic Education Week
The important place of Catholic Education within our society will be celebrated this Friday when we mark the beginning of Catholic Education Week which commences on Friday 16th May. On this day Bishop Peter Connors will celebrate Mass at St Patrick's Cathedral in Ballarat at 5.00pm followed by the Catholic Education Week Dinner. This dinner is to recognise and honour members of the school community who have given 30 years of service to Catholic Education. This year Mrs Jenny Phillips, Mr Tony Wynd and Mr Dinny Ryan will receive the 30 Year Award from Bishop Peter. Congratulations to Jenny, Tony and Dinny on 30 years of outstanding service to Catholic Education!

Feast Day Celebrations
To mark the occasion of Catholic Education Week, the College will celebrate its Feast Day Mass at St Patrick's Church, Camperdown at 10.00am on Wednesday, 21st May. All family and friends of the College are warmly invited to attend. At the conclusion of Mass the College will make a small presentation to Fr Denis Dennehy to mark the occasion of his 40th Anniversary of Ordination, which he celebrated this year.

O'Keeffe Campus Progress
I am pleased to advise the school community that the Corangamite Shire has issued the planning permits for the O'Keeffe Campus redevelopment and the expressions-of-interest advertisements have been placed in the following papers:

- The Age
- The Standard
- The Chronicle
- The Advertiser

Registrations from interested builders will close on Friday, 23rd May. After this date it should not be too long until we see builders at work at the O'Keeffe Campus. I have attached to this newsletter the plans for the redevelopment of the existing buildings and the plans for the six new classrooms.

Staffing
Mrs Diane Beard has been appointed to the staff of the College working as a Teacher Aide at the McAuley Campus three days per week. Diane replaces Mr David Wall and she commences on Monday 26th May. We welcome Diane to the Mercy community.

MRC Cross Country
The Annual House Cross Country Competition took place on Tuesday, 6th May using the Noorat-Terang Fun Run/Walk track. The students commenced in Terang and ran to the O'Keeffe Campus. There were many favourable comments about the new course. The overall results for the Cross Country were:

- Ryan 211 points
- Frayne 190 points
- Markey 184 points
- Tindley 166 points

The Age Groups Champions were as follows:

- Under 13 female: Genevieve Lee
- Under 13 male: Liam Darcy
- Under 14 female: Caitlin Hickey
- Under 14 male: Lewis Taylor
- Under 15 female: Ellie Kenna
- Under 15 male: Charlie Bradshaw
- Under 16 female: Anastasia Walsh
- Under 16 male: Xavier Gstrein & Jahn Anderson
- Under 17 female: Katie Milbourne
- Under 17 male: Chris Baxter
- Under 21 female: Katie Alexander
- Under 21 male: Bernard McLeod

Congratulations to Ryan House and our age champions!

Uniform
Just a reminder to students and parents that all students should now be wearing the winter uniform. Page (iii) of the student diary contains information relating to the correct winter uniform. Parents and students are also reminded that the wearing of casual jackets as an outer garment during the colder months is not allowed. The College Spray jacket is the only acceptable item for this purpose. It should also be noted that the College spray jacket does not take the place of the College jumper.

The College is also seeking to establish a supply of the green school shirts to assist parents as we move towards the new shirt as part of the College uniform. The supply would be able to be accessed by parents who require a shirt for their child during the change-over period. If you have a number of green shirts at home, that are not being worn by your son or daughter, please feel free to forward these shirts to the College office.

Year 7 2009 Information Night
The College will be holding an information evening for Year 7, 2009 on Wednesday, 21st May commencing at 7.30pm at the McAuley Campus, Camperdown. Later in Term 3 an “Open for Inspection” will be held at the O'Keeffe Campus. Please let family and friends who are thinking of Mercy Regional College for their child's secondary education know of this important date.
**Garage Sale**
The College has surplus supply old school furniture such as chairs, desk, computer desks, shelving, stools, lockers etc due to the purchasing of new furniture for our refurbished areas. Hence the College will be holding a “Garage Sale” on Saturday 17th May from 9.00am to 12.00pm at the College Bus Shed, located behind the Presbytery, in Wall Street. There will be some bargains to be had so come along to avoid being disappointed.

**Deepest Sympathy**
We offer our prayerful support to the Carpenter family on the recent death of Judith Carpenter, mother and mother-in-law of Terry and Leanne Carpenter. Our thoughts and prayers are with you at this time.

**Coming Events**

**Week 7**
*Tuesday 20th May*
- Board Meeting

*Wednesday 21st May*
- Year 7 2009 Information Evening, 7.30pm @ McAuley Campus, Camperdown

**Week 8**
*Wednesday 28th May*
- VCE Information Night, 7.30pm, McAuley Campus

**Week 9**
*Monday 2nd June*
- Year 9 Camp commences

*Thursday 5th June*
- Year 9 Camp concludes

*Friday 6th June*
- Board Holiday (no classes)

**Week 10**
*Monday 9th June*
- Queens Birthday Holiday (no classes)

*Tuesday 10th June*
- Year 10 Exams

*Wednesday 11th June*
- VCE Exams
- Year 10 Exams

*Thursday 12th June*
- VCE Exams
- Year 10 Exams

*Friday 13th June*
- General Achievement Test

**Week 11**
*Monday 16th June*
- Year 11 Exams

*Tuesday 17th June*
- Year 11 Exams

*Wednesday 18th June*
- Year 11 Exams
- Instrumental Music Evening

**Week 12**
*Wednesday 25th June*
- Term 2 concludes at 3.10pm

*Thursday 26th June*
- Staff Retreat Anglecrest

*Friday 27th June*
- Staff Retreat at Anglecrest
- 2009 Year 7 enrolments close

**Mercy Awards**

**VCE (Yr 11 & 12) Mercy Award**

Peta Bourke for her assistance at the recent Mercy Dinner.

**Middle School (Yr 9 & 10) Mercy Award**

Damian Wynd, year 10 for his enthusiastic help in Auskick at the Kolora-Noorat Football Club.

**Junior School (Yr 7 & 8) Mercy Award**

Kerry Geppert: for being helpful to all.
Wellbeing Report
Kerin Glennen

As the debate rages over the effect of alcohol on young adolescents, it’s now time to examine the facts regarding this issue. Alcohol and Adolescent Development fact sheet is attached to the newsletter. I would ask parents and students to take time to read this information. eg “Drinking alcohol during the teenage years can cause permanent brain damage. Damage to the brain could be responsible for memory problems, inability to learn, problems with verbal skills, alcohol dependence and depression.”

All the information presented has been researched by the Australian Drug Foundation, and is presented in an easy to read fact sheet. Also, there is a good website www.druginfo.adf.org.au, which also contains a number of other facts for parents and students.

Alcohol is part of our society however, it is incumbent on all to know the correct and accurate facts regarding the harm that this drug does cause to so many young people in our community. Adolescents need support in gaining a greater understanding of the harmful effects of alcohol. This fact sheet provides such information.

Deputy Principal Update
Kerin Glennen

I would like to thank parents for supporting their son / daughter in wearing the correct Mercy winter uniform. If at any time a student is unable to be in the correct uniform, a note needs to be furnished to the homeroom teacher and year level co-ordinator. This note needs to be in the student’s diary.

Congratulations to the Year nine PAL students who are working with several of our Catholic feeder schools. Also to the students involved in the Year ten Community Visiting program throughout the district. Both of these programs provide our students with the opportunity to develop skills and interests outside the classroom.

A reminder to parents that if at anytime you have a question regarding your son or daughter please do not hesitate to contact his/her homeroom teacher and/or the year level co-ordinator.

For Sale
Size 20 VCE Jumper - never worn - $70.00. Please contact the College Office on 5593 2011.

Year 12 English Students hear Author
Martin Flanagan
Report by Tahlia Crow, year 12

As part of English this year, the Year 12 students are required to complete a folio of written pieces in relation to the topic ‘Encountering Conflict’. The folio may include many scenarios of human conflict and conflict within our world. The written pieces are to link to the text The Line which we are studying this year. The Line is a biography of Arch Flanagan, a war hero. The biography is written by Martin Flanagan, son of Arch.

Several students from schools around the district, who are also studying ‘Encountering Conflict’ came together and were given the wonderful opportunity of listening to Martin. We were extremely privileged to have the opportunity, as he was a remarkable man and speaker, with an inspirational story to tell.

Martin spoke with such passion about his father, war and life in general. We heard many stories and reflections, some of which were personal. The topics he spoke about in detail included that one had to be at war to understand and that we would never understand. He said that conflict was all about courage - everybody who goes to war is wounded in some way; that women of that time had two marriages - the man they married before the war and the one who came back. Martin spoke about Weary Dunlop for a large part of his speech. He claimed that he was the most gifted person he knew. Martin had a great liking for Weary; he was his inspiration. Martin’s father was reluctant to speak of his experience as a prisoner of the Japanese on the Thai- Burma railway so Martin learnt about his father from other war veterans, such as Weary. Martin was always worried about disappointing his father because he knew it would upset him if he did. It was hard for Martin to recall some parts of his book because he had not re-read it since writing. Martin quoted “Everybody who goes to war is wounded in some way, not only physically but also mentally’. His father never liked speaking about the war and his experiences, therefore writing parts of the biography was extremely difficult and brought back unwanted memories.

All that Martin spoke about was relevant to The Line. The Line covers, in detail, the history of this part of World War II and experiences endured by the veterans. The biography was written on behalf of Arch Flanagan, a Sargeant in the Australian Army, who was forced to labour on the well-known Thai-Burma Railway. It is said that one man died for every sleeper laid along the track. Arch wrote four separate pieces reflecting his experiences of war, two short stories, a memoir and an obituary for his commanding officer, Sir Edward ‘Weary’ Dunlop. The conditions that those on the Thai-Burma Railway endured were horrific; they suffered from disease, illness and trench foot and all who went to war were injured, either physically or mentally.
Martin’s speech made us think and look differently at our approach and study of ‘encountering conflict’. It made us realise that conflict is not only about fighting, it is more complex and we needed to think outside the square. ‘Preserve the rudiments of a civilised society’. Martin Flanagan said that Weary Dunlop applied this in the prisoner-of-war camp. This quote means that for a civilised society, we must protect what is important, such as: peace, respect, law, consideration, understanding and acceptance of individuality and culture, equality and responsibility. Without these principles society is never going to be civilized; it would be in a state of conflict. Conflict can be thought of differently, depending on how an individual interprets it. Martin Flanagan changed my interpretation of conflict and thoughts about the war and war history. His speech was engaging to all who listened. We were thankful for the opportunity to hear Martin Flanagan.

On behalf of all the year 12 students we would like to thank the teachers for organising the event as we were truly lucky for the opportunity.

Social Justice ~ Make Poverty History
Report prepared by Candice Anderson, Year 11B

Last Wednesday, a group of 11 Social Justice members and Ms Jenkins travelled to Brauer College, Warrnambool, to attend a seminar.

It was conducted by the CEO of World Vision Australia, Tim Costello. He spoke in regard to the Make Poverty History Appeal. The aim of this event was to raise awareness of the issues, for example problems that taint today’s manufacturing industry and how you can help and also what World Vision does. Although we may not know this industry today is actually tainted by the fact that in less fortunate areas overseas children, as young as 8 years old, are being exploited as slaves; most of these children are working tirelessly to make a living. Even so, the money they make isn’t enough to improve their situation.

These children have usually been sold into slavery by their parents who were so poor they had no choice. Not only are these families so desperate that due to the abundance of child slaves they may be purchased for as little as three dollars a child.

I know you’re probably thinking this could not affect me “I mean, like, c’mon it’s Australia”, but here my friends you are wrong. Companies such as Cadbury and Schweppes import their coco beans from countries that support childhood slavery, such as West Africa, predominantly along the Ivory Coast and Ghana. You would think that these multimillion dollar companies would be able to increase wages. A mere 7%, although insignificant, would mean that these child slaves would be able to at least attend school in order to create a future for themselves.

Tim Costello spoke of the ways in which we can successfully help the situation. He said the idea is not to boycott but to speak up, using vouchers available on the website www.donttradelives.com.au which you present at the counter. The shop will then send these on to the manufacturer alerting them to people who don't support childhood slavery. He also spoke of purchasing fair trade products at shops, such as Oxfam, to cease childhood slavery.

Mr Costello also spoke about what World Vision actually does. Although we all know the basics of the program, we do not know the extent. In actual fact, World Vision would stay in a certain country or region for up to fifteen years. During this time they work on providing an economy on which to base expansion. They focus on involving the community so that they don’t become dependent on the World Vision program. At the closing of the fifteen year period, World Vision moves on to another area to help.

We learnt that approximately 87% of the proceeds go towards the community whilst the remaining funds go into things such as advertising. World Vision is an independent enterprise that tries to avoid collaborating with governments because funds are easily siphoned off.

This is just one of the many issues which Social Justice is dealing with and for more information please feel free to ask any questions about any of the things that we addressed.

Lunchtime Activities
Michael Clements

Recently we conducted a 3 on 3 basketball competition at school. We had many competitors, especially at year 7 and 8 level. Well done to all who involved themselves! Our category winners were Yr 7 & 8 male: Lethal Legends (Daniel Watson, Brendan Richardson and Sean Guy), Yr 9 & 10 male: Charlie' Champions (Charlie Bradshaw, Michael Foster and Jahd Anderson), Yr 9 &10 female: Carlin's Crew (Lauren Carlin, Grace Heffernan and Lauren Field) and Yr 11 & 12/Teacher: the teachers took it out!

Congratulations to all our winners, well done!! The Yr 7 & 8 female final has yet to be played.
Fundraiser for Tilly Anders & Jahd Anderson

Last week the O’Keeffe Campus students had the opportunity to contribute towards the fundraising efforts for Tilly and Jahd’s trip to Canada. Yr 9 students prepared Devonshire teas for all students.

Emily Moloney, Tilly Anders and Zoe Bouchier enjoying a laugh and a cuppa.

Caleb Kissick joined in the fundraising effort as well.

From the Head of Sport
Darren Cheeseman

MRC Cross-Country

Last week Mercy Regional College completed the annual Cross-Country event. The venue for 2008 was the Terang/Noorat Walking Track. This proved to be a good location with the course being challenging, approximately 5.5km. Many students performed well with Bernard McLeod being the first male home and Anastasia Walsh the first female. Well done to these two students.

The overall results from the day saw Ryan house winning with 211 points from Frayne on 190 points, Markey third (184 points) and Tindley fourth (166 points).

The overall age group champions and their times are listed below. Well done to all these students and thanks to all the staff members who assisted.

The HSSSA Inter-school Cross-Country will be held next Monday 19th at Camperdown College. It will be a very good challenge for all students who will represent MRC next week.

AGE GROUP CHAMPIONS:
Under 13 Female: Genevieve Lee - Frayne (25.07 mins)
Under 13 Male: Liam Darcy - Ryan (22.34 mins)
Under 14 Female: Caitlin Hickey - Tindley (26.47 mins)
Under 14 Male: Lewis Taylor - Tindley (20.52 mins)
Under 15 Female: Ellie Kenna - Ryan (26.05 mins)
Under 15 Male: Charlie Bradshaw - Frayne (22.28 mins)
Under 16 Female: Anastasia Walsh - Ryan (23.59 mins)
Under 16 Male: Xavier Gstrein - Tindley (20.28 mins)
Under 17 Female: Katie Milbourne - Tindley (26.08 mins)
Under 17 Male: Chris Baxter - Markey (20.41 mins)
Under 21 Female: Katie Alexander - Tindley (30.17 mins)
Under 21 Male: Bernard McLeod - (19.04 mins)

Lewis Taylor, Dylan Jones, Declan O’Connor and Nicholas Bourke lead the runners along the Terang-Noorat walking track.

Amy Gaut, Elizabeth Steel and Kayla Spicer enjoying the cross country run.
INVITATION

NATIONAL RECONCILIATION WEEK 2008

27th MAY - 3rd JUNE

Corangamite Reconciliation Group
And
Corangamite Arts

Invite You To An
Ecumenical Get-Together for National Reconciliation

Sunday 1st June at 2:00pm

St Thomas’ Community Centre
Lyons Street, Terang

The theme this year is

“Reconciliation: It’s all our story”

Join us for stories, music, art, conversations
And afternoon tea

Enquiries Josie Black 5592 5333
## Assessment Planner 2008 - Semester 1
### Term 2

#### YEAR 7

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<th>Subject</th>
<th>Assessment Item</th>
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<td>7 w/e 23/5</td>
<td>Maths</td>
<td>Stretchy Snares Test</td>
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<td>Science</td>
<td>Test – Solid Liquid &amp; Gases</td>
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<td>RE</td>
<td>Life as Old New Testament</td>
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<td>8 w/e 30/5</td>
<td>Art</td>
<td>Folio Work &amp; Visual Diary</td>
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<td>Textiles</td>
<td>Display Book / Evaluations</td>
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<td>PE</td>
<td>Inactivity Report</td>
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<td>SOSE</td>
<td>Our Economy 2</td>
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<td>Music</td>
<td>Workbook Submission / Short Theory Test</td>
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<td>English</td>
<td>Boy Overboard Research Assignment</td>
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<td>Folio Assignment Poster &amp; Presentation</td>
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<td>Science</td>
<td>Symphony Orchestra Assignment</td>
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<td>Music</td>
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<td>8 w/e 30/5</td>
<td>Art</td>
<td>Folio Work / Models &amp; Visual Diary</td>
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<td>Textiles</td>
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<td>PE</td>
<td>Theory Application Task 2</td>
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<td>Experiment &amp; Practical Report</td>
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<td>English</td>
<td>Stormbreaker Tasks</td>
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<td>Ag Studies</td>
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<td>Assignment – Chemical Energy</td>
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<td>Tasks on “Gospel Portraits of Jesus” due</td>
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<td>Movement &amp; Skill Analysis</td>
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<td>Breeding &amp; Husbandry Assignment / Test due</td>
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<td>Research Assignment</td>
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<td>English</td>
<td>In Class Essay</td>
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<td>8 w/e 30/5</td>
<td>Outdoor Ed</td>
<td>Day Trip</td>
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<td>Maths</td>
<td>Probability Test &amp; Review</td>
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<td>Drama</td>
<td>Performance of Scripted Play</td>
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<td>Physics</td>
<td>Test – Medical Physics</td>
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<td>Chemistry</td>
<td>Summary Report – Bonding</td>
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<td>VCAL</td>
<td>Presentation of Design Project</td>
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<td>Math Methods</td>
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<td>8 w/e 30/5</td>
<td>General Maths</td>
<td>Test &amp; Review</td>
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<td>Biology</td>
<td>Practical Task</td>
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<td>English</td>
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<td>Biology</td>
<td>Area of Study Test</td>
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Legend:  w/e [Week Ending]. Please note that changes may occur and students will be notified by subject teacher of any changes.

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MERCY REGIONAL COLLEGE PARENTS AND FRIENDS CADBURY CHOCOLATE FUNDRAISER

Dear Parents

Regarding the Chocolate Fundraiser this term. The youngest child in each family will have received a box of 48 chocolates by now.

The chocolate bars cost $1.00 each. Students will be given two weeks to sell their chocolate bars. Money received from each sale is to be returned to the College office by no later than Friday 30th May, in the envelope provided.

For every family who sells all the 48 chocolate bars in their box, your name will go into a draw to win a $200 Coles Group & Myer Gift Card. Extra boxes may be requested, but only with parental permission, either in the form of a note or phone call to the office.

I appreciate the fact that all our families will endeavour to sell as many chocolate bars as they can and this, in turn, will help the PTFA in their fundraising activities which ultimately benefit all our students at Mercy Regional College.

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HOME STAY BALLARAT

Welcome the Pilgrims to your Home!

Home Stay Ballarat is an important part of the "Days in the Diocese" program which will take place prior to and after the World Youth Day event From July 14 - 20, 2008. Ballarat will be playing host to over 200 young people from many countries between July 10 - 14 and another 400 following World Youth Day. and we are calling on the people of the Ballarat area to offer hospitality and welcome these pilgrims to our city.

For more information contact Leesa Henriksen 55921925
FACT SHEET 1

ALCOHOL AND ADOLESCENT DEVELOPMENT

This fact sheet explains how alcohol can affect brain development during the teenage years...

Did you know?

- Drinking in adolescence can be harmful to young people's physical development, particularly brain development. Adolescence is a critical period in a young person's development towards adulthood. What they learn during their teenage years, and how they learn it, can set the young person's path for later life. Alcohol consumption during this time can bring about learning difficulties, memory problems and other problems later in life.

AREAS OF THE BRAIN AND FUNCTIONS AFFECTED BY ALCOHOL

Pre-Frontal Cortex (rational thinking, memory, personality, behaviour)

Frontal Lobe (speech, emotions, reasoning)

Parietal Lobe (senses e.g. touch, pain)

Temporal Lobe (interpretation of sounds and spoken language)

Occipital Lobe (visual information)

Hippocampus (memory, learning)

Brain Stem (physical growth, movement, body communication)

Cerebellum (movement and balance)

During adolescence the brain undergoes a lot of changes. As it is still developing, it is more sensitive to alcohol (sections affected are highlighted in boxes).

Areas of the brain that may be particularly vulnerable to alcohol's effects are the frontal and temporal lobes, pre-frontal cortex, cerebellum and hippocampus. The hippocampus, which lies deep within the cerebral hemispheres, plays an important role in learning and memory formation. Heavy drinking during adolescence can lead to reduced hippocampal volume and memory and learning difficulties.
Key facts

The changes that occur to the brain during the teenage years make young people more vulnerable to drug dependence. People who first use alcohol before age 15 are five times more likely to abuse alcohol than those who first use alcohol at age 21 or older. This increased use leads to a greater chance of alcohol-related problems in later life, including becoming dependent on alcohol (addiction).

Different parts of the brain develop at different rates as we grow, and depending on whether we are male or female. One example is the pre-frontal cortex, which houses the part of the brain that controls rational thinking. This part of the brain does not begin to mature until age 19 and only fully matures by around age 21 in women and age 28 in men. So damage to the pre-frontal cortex during its development can have lifelong consequences for the young person's memory, personality and behaviour.

Drinking alcohol during the teenage years can cause permanent brain damage. Damage to the brain could be responsible for memory problems, inability to learn, problems with verbal skills, alcohol dependence and depression.

Alcohol can affect a teenager's social development if they start drinking at an early age. They may spend their time drinking instead of participating in sports or other recreational activities. They may turn to alcohol as a form of coping with problems and be more open to using other substances. The learning difficulties caused by teenage drinking can result in poor school performance and an increased risk of social problems, depression, suicidal thoughts and violence.

Research shows that a hangover can be just as damaging to the brain as heavy drinking by reducing a person’s ability to learn new information and recall memories.

Special considerations and tips

- For health reasons, recent research suggests that young people under 18 years of age should avoid alcohol, or keep drinking to a minimum.
- There are both short-term and long-term risks associated with teenage drinking. Make sure you understand these, and keep yourself informed.
- Talk to your teenager about alcohol. Explain the risks and the harms associated with drinking at a young age. Be firm, confident, clear and consistent, and make sure your teenager understands the boundaries and limits you have set for him or her in relation to alcohol.
- Keep the lines of communication open, so your teenager can feel comfortable talking to you about the things that concern him or her.
- Remember, you are not alone. Other parents of teenagers are most likely facing the same issues. Share your concerns as well as what has worked for you when dealing with teenagers and alcohol. Seek professional help if you need it.

Further information/Where to get help

- For further information on the short-term and long-term effects of alcohol on teenagers, go to www.druginfo.adf.org.au.
- To find out about the Australian Alcohol Guidelines for low-risk drinking, see Fact Sheet 3: Standard drinks and low-risk drinking.
- For tips on communicating with your teenager about alcohol, see Fact Sheet 7: Teenage drinking: Parents’ communication style can make a difference.
From the Director of Learning and Teaching
Mrs. Lisa Pope

MELBOURNE UNIVERSITY
Year Eleven Uni experience
University of Melbourne is offering a chance to experience University life from Thursday 10th July to Friday 11th July. This is the second week of the holidays. Cost is $95 which covers all meals, overnight accommodation and all materials. Closing date for application is 4th June. Applications www.futurestudents.unimelb.edu.au/uniexp

Quick Links
Future Students website: www.futurestudents.unimelb.edu.au/visitors/advisers
Information for future Australian undergraduate students: www.futurestudents.unimelb.edu.au/aust/aug
Upcoming events for future students: www.futurestudents.unimelb.edu.au/about/meetstaff

The Victorian College of the Arts has introduced a new Bachelor of Music Theatre Course to commence in 2009. The course comprises an intensive skills building program throughout the three years across the principal disciplines of singing, acting and dance. Entry into the Bachelor of Music Theatre is by audition and interview. All applications must be submitted via VTAC. For further information please visit: The Faculty of the Victoria College of The arts. Phone 9685 9419 or email: vca-musictheatre@unimelb.edu.au or Web: www.vca.unimelb.edu.au

WESTERN DISTRICT EMPLOYMENT ACCESS
Certificate II or III in Hospitality/Retail Operations
School based Traineeship in Hospitality. An exciting opportunity has become available for a students looking to commence a Traineeship in Hospitality Operations no previous experience is necessary to join this small vibrant team. The successful candidates must be enthusiastic to learn all aspects of the industry and be able to demonstrate a high level of work ethics. This Traineeship will develop communication skills, occupational health and safety procedures, workplace hygiene, produce quality foods, teamwork and a professional manner. To apply for this position please send your resume to Mandy Parker at Western District Employment Access 73 Gellibrand St Colac 3250 or email: mandyparker@wdea.org.au
Position closes EOB: 21st May 2008

Certificate III in Rural Merchandising /Retail Sales
A local is looking for a School Base Apprentice to join their team and learn Certificate III in Rural Merchandising Retail Sales. Successful candidate will be highly regarded if you have previous experience in rural retail and/or customer service and posses the following; some merchandising, administration and stock control, have excellent personal presentation and take pride in your work. This position will be permanent part time of approx 15hrs a week Mon - Sat. To apply for this position please send your resume to Mandy Parker at Western District Employment Access 73 Gellibrand St Colac 3250 or email: mandyparker@wdea.org.au

CAREERS INFO . . . AT CALL!
Career Advice Australia and Local Community Partnerships are planning careers nights at Mortlake and Cobden in late July/early August to facilitate the flow of accurate information to students and their families.
The nights, to be held at Mortlake P-12 on Wednesday 30th July and at Cobden Technical School on Wednesday 13th August, will follow a similar format to what has been offered in the Warrnambool and Hamilton regions in the last two years.
After consulting with school careers personnel, about 15 industries and post-secondary school options will be invited to present at each of the nights. Students and their parents will be asked to select three areas to visit between 6.30 pm and 8.30 pm to get the most up-to-date information about careers available in particular industries and to get a first hand account of what it is like to work in such jobs. Selections will be made prior to the respective nights so the most appropriate timetables can be drawn up. Where possible, younger employees of these industries will also be invited to represent their organisations and talk about their own experiences. School communities at Terang, Noorat and Derrinallum will be encouraged to make maximum use of the Mortlake venue while Timboon, Camperdown and Hampden school communities will be invited to attend the Cobden night. Careers represented will include engineering, nursing, banking, accounting, hospitality, tourism, allied health services, agriculture and dairying, sport and recreation, human resources, automotive, construction, plumbing, electronics, the media, local government services, information technology, forestry, transport and logistics, printing, retail, policing, education and manufacturing. Invitations will be extended to organisations like Wannon Water, Ponterra, Murray Goulburn, BHP Billiton, Woodside Energy, TXU, Terang/Mortlake and Cobden District Health Services, South West Health Care, Deakin University, South West College of TAFE, Corangamite and Moyne Shires, the National Centre for Dairy Education and the Corangamite or Hopkins/Glenelg Catchment Management Authority. Any other suggestions or contacts are welcomed.
For further information please contact Kelvin White on 55951700 or 0429 921 876 Email: kelvin@swllen.net.au
C.A.V.E
Certificate I in Active Volunteering Experience

C.A.V.E is a practical work experience program managed by Conservation Volunteers Australia (CVA).

C.A.V.E allows students to:
- Complete 30 hours of volunteer work on a practical conservation project
- Gain an understanding of Victoria’s natural environment
- Gain an accredited formal qualification, the Certificate I in Active Volunteering
- Make a difference!

C.A.V.E provides students with the opportunity to gain valuable skills, knowledge and practical experiences by developing and assisting with:
- Team building
- Communication skills
- Self esteem and confidence
- Understanding workplace safety
- Understanding workplace rights and responsibilities
- Gaining practical skills and knowledge
- Contributing to the local community

C.A.V.E is flexible. By working with CVA’s Training Coordinator you can design a participation program that is right for your school and students. The Training Coordinator can advise you on project dates, locations and project activities.

C.A.V.E project activities can include tree planting, weeding, heritage restoration, flora and fauna surveys, track construction and maintenance.

To find out how your school can participate in C.A.V.E. contact your CVA Training Coordinator:

Bendigo and Geelong  Amanda Rusiniak  5221 0300  0418 548 771  arusiniak@cva.org.au
Melbourne  Jo Atalla  9326 8250  0437 843 144  jatalla@cva.org.au

For more information about CVA visit www.cva.org.au
will be held by

Mercy Regional College

When: Saturday 17th May

Time: 9am - 12pm

Where: College Bus Shed
[behind Catholic Presbytery]

Wall Street, Camperdown

Listed are just some of the items for sale -

• Shelving
• Tables
• Chairs
• Desks
• Carpet
• Stools

Everything must go!!!!
O'Keeffe Campus
Mercy Regional College, Noorat
proposed floor plan
proposed floor plan - relocatables

NOTE: Relocatable buildings to be provided by K.L.M.S.