

From the Principal.....

Next week we will see Kirstie Marshall present official Premiers Reading Challenge certificates to students.

Year 12 exams have proceeded in different classrooms this year. This area was chosen because it is quieter and cooler with this hot weather we have been having.

The exams for Year 10 and 11 will follow in the coming weeks.

A Year 9 Mathematics exam has been introduced. This has been planned to prepare and provide skills for student in their future years.

Planning for Implementation of our Strategic Plan has continued with the provisional appointments of five leading teachers for 2010. We have also begun the selection process for three graduate teachers.

After approval by College Council, staff participated in a presentation by architects where we were shown concept drawings of what Forest Hill College could look like in the future. We will use these ideas to develop more concrete plans about student learning spaces based on our Strategic Plan.

Jenny Cook
Principal

Student Safety & Parking Options

Parents are reminded that the staff car park is **unavailable to parents to drop off or pick up their children.**

Parents are encouraged to park outside in Mahoneys or Hawthorn Roads and enjoy a short walk to and from school.

Your cooperation is appreciated at this time as major building works will be in progress along the driveway and safety is of the utmost importance.

COLLEGE CALENDAR

TERM 4

17/11/2009	Last day of Year 11 classes
18/11/2009	Year 12 2010 Interviews start
23/11/2009	Year 11 Exams start
24/11/2009	Last day of Year 10 classes
25/11/2009	Year 11 2010 Interviews start
27/11/2009	Year 12 2010 Orientation Program Year 10 Exams start
3/12/2009	Year 11 2010 Orientation Program
17/12/2009	School Reports distributed

HAVE YOU HEARD THE CURRENT RESEARCH ABOUT ADOLESCENT DRINKING

Adolescent drinking, particularly harmful binge drinking, has received considerable attention in the media in recent months. Statistics show that

- 86 per cent of Australian students have tried alcohol by age 14,
- 96 per cent by age 17 years (White & Hayman, 2006).
- 22 per cent of 14 year olds and 44 per cent among 17 year olds who currently consume alcohol exceed the Australian Alcohol Guidelines (White & Hayman, 2006).

Adolescents are typically first introduced to alcohol in the family home, and those who drink regularly (weekly drinkers) report parents as their most common source for obtaining alcohol. In addition to providing alcohol to their teenagers, parents appear to influence children via their attitudes to drinking and, more directly, through the modelling of alcohol use.

Results suggest that teenagers are risking long-term health damage by drinking alcohol during adolescence. Dr Aaron White from the US National Institute on Alcohol Abuse and Alcoholism says it is **during adolescence that the most harm can be done to a person's brain.** There's an incredible amount of brain development during the adolescence years and it seems that alcohol disrupts normal brain development. "The frontal lobes behind your forehead, which let you make good decisions and plan for the future and control your urges, shrink in heavy drinking during adolescence."

The brain learns so quickly during adolescence that it's easier to learn bad habits, to learn to become dependent on alcohol. It has been found that the younger one starts drinking, the greater the odds they'll become an alcoholic. Even a sip may reshape drinking pathways and increase the rates of underage drinking and chances of alcohol problems in adulthood.

Children are usually first introduced to alcohol in the family home, so it is important that as parents we are aware of the opportunity for prevention and management. We need to know the harms associated with early use of alcohol and this is important considering there is no

Continued overleaf

The extended Bulletin with more information and articles is available on the College website at www.fhc.vic.edu.au

Water storage levels as of 12/11/2009

Thompson Dam 20.9% (by far our largest water storage)
Total 38.1%

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minimal legal age of consumption in Australia which prohibits the supply of alcohol to minors by parents in their own home. Of course, there will always be children that are likely to consume alcohol irrespective of their parent's wishes. If this is the case, it is important for us to realise that our child is far more likely to drink at low-risk levels if under our supervision than elsewhere. Likewise, as parents we should be advised of the important influence that both our own attitudes toward alcohol and our drinking patterns can have on children's drinking via modelling, socialisation and limit-setting. We perhaps need to modify our own behaviour to prevent the development of alcohol problems in children. We need to avoid drinking large amounts of alcohol in front of our children, confine alcohol use to times when children are not present to reduce exposure, and, if drinking in front of children, to drink moderately with food and water to model responsible drinking patterns. In addition to these influences, we need to set appropriate boundaries and limits on adolescent drinking (e.g., supervising adolescent social activities, particularly events such as parties where alcohol is often introduced by peers).

Marianne McEwan
College Chaplain



*Friday
Lunchtime
Games
Sumo Wrestling*



IMPORTANT

Information on the Education Maintenance Allowance 2010

The Education Maintenance Allowance is provided to assist eligible families with the costs associated with the education of their children.

To be eligible for receipt of the EMA you must:

- Be either a parent or guardian of a primary or secondary school student up to the age of sixteen; **AND**
- Be an eligible beneficiary of a Centrelink pension, allowance or benefit within the meaning of the State Concessions Act 2004 **OR** be a Veterans Affairs (TPI) pensioner **OR** be a foster parent.

Consequently parents/guardians are able to access the EMA if they have a valid Health Care Card or valid Pension Card.

The eligibility criteria must be met as at the first day of Term 1 (27 January 2010 which is the first day for teaching staff) and Term 3 (12 July 2010).

Submission Dates

The application form must be lodged at the school by:
26 February 2010 for the first instalment **or**
6 August 2010 for the second instalment.

The EMA provides an annual amount of **\$450** for secondary students and is paid in two instalments. This amount is split evenly between the parents/guardians and the school.

Students turning 16 years in 2010 will be paid on a pro-rata basis.

**Application forms are now available from the
General Office.**

STUDENT INSURANCE

School Accident Insurance

The school would like to remind parents that the Department does **NOT** provide personal accident insurance for students and that parents and guardians are generally responsible for paying the cost of medical treatment for injured students, including any transport costs.

The Department is aware of one insurer:

JUA Underwriting Agency Pty Ltd Ph: 9909 7480
This company does provide accident insurance policies for students.

*Do you have uniforms you want to
sell or donate to the College?
Don't throw them out!!!!*

The Student Wellbeing Team are more than happy to receive donations of school uniforms any time. These can be left at the General Office clearly marked as such. You will receive information regarding sale of second hand uniforms through the Parents' Association soon... stay tuned!

SPORTS UPDATE

YEAR 8 ZONE VOLLEYBALL

On Wednesday 4 November fourteen Year 8 students took part in the Eastern Zone Volleyball Finals at the Dandenong State Volleyball Centre. All students were excited, if a little bit nervous at the prospect of taking on the finest from Eastern Zone. The day started off in strong fashion with close wins in both the boys and girls competition against Heathmont and Maroondah respectively.

The following round Forest Hill recorded a tough result in both competitions, however the narrow losses were not enough to dent the confidence of the playing group. In the final pool matches, the boys worked hard with a depleted side to defeat Lilydale, whilst the girls were very unlucky in a final point decision against Healesville. The majority of the two squads were a pleasure on the day and have continued the strong Volleyball results over the past couple of years.

The progress made by these teams was enhanced by the training of Dan Higgins, current coach of the Australian Men's Youth squad. All players should be commended on their enthusiasm, skill and overall improvement. Congratulations on your fantastic efforts at zone!

Jesse Blowers
Sports Manager



*Girls Volleyball Team
Boys Volleyball Team
Students being coached
by
Dan Higgins (left)*

YEAR 7 BOYS EASTERN ZONE BASKETBALL

The Year 7 Boys Basketball team played in the Eastern Zone Finals recently where they displayed excellent sportsmanship and determination. They played against Ringwood, Lilydale and Balwyn in a strong pool of schools. Despite training hard in the lead-up, the boys were unable to pull it off on the day as the talent of their opponents were very good.

Our boys never gave up and to their credit they played hard every game.

Congratulations boys on a great day where a good time was had by all.

The team consisted of: Max, Sam, Joseph, Jason, Mohamed, Daniel and Ben.

Melanie Fraser
Community Links Leader

Cyberbullying: A whole-school community issue

Key Safety Advice

The whole school community has a part to play in ensuring cyber safety. Understanding children and young people's online lives and activities can help adults respond to situations appropriately and effectively. Asking children and young people to show adults how technologies and services work is a useful strategy that can provide an important learning opportunity and context for discussing online safety.

For children and young people

- Always respect others – be careful what you say online and what images you send.
- Think before you send – whatever you send can be made public very quickly and could stay online forever.
- Treat your password like your toothbrush – keep it to yourself. Only give your mobile number or personal website address to trusted friends.
- Block the bully – learn how to block or report someone who is behaving badly.
- Don't retaliate or reply!
- Save the evidence – learn how to keep records of offending messages, pictures or online conversations.
 - **Make sure you tell:**
- an adult you trust, or call a helpline like ChildLine on 0800 1111 in confidence;
- the provider of the service; check the service provider's website to see where to report incidents;
- your school – your teacher or the anti-bullying coordinator can help you.
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Finally, don't just stand there – if you see cyberbullying going on, support the victim and report the bullying. How would you feel if no one stood up for you?

For parents and carers

- Be aware, your child may as likely cyberbully as be a target of cyberbullying. Be alert to your child seeming upset after using the internet or their mobile phone. This might involve subtle comments or changes in relationships with friends. They might be unwilling to talk or be secretive about their online activities and mobile phone use.
- Talk with your children and understand the ways in which they are using the internet and their mobile phone. See the seven key messages for children (on the left) to get you started.
- Use the tools on the service and turn on in-built internet safety features.
- Remind your child not to retaliate.
- Keep the evidence of offending emails, text messages or online conversations.
 - **Report cyberbullying:**
- Contact your child's school if it involves another pupil, so that they can take appropriate action.
- Contact the service provider.
- If the cyberbullying is serious and a potential criminal offence has been committed, you should consider contacting the police.



F.N.C.V.
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Books about
spiders, frogs, crabs,
plants, trees, geology, bats,
fungi, snakes, marsupials,
sharks, possums and much
much more.



FNCV

Gala Book Sale

Saturday, 14 November 2009

10 a.m. – 4 p.m.

FNCV Hall: 1 Gardenia Street,
Blackburn



Second Hand Books on all subjects

New Natural History Books

Children's books

Lucky Dip

