5.8m FUNDING ANNOUNCEMENT FOR MCCLELLAND!

I would like to thank all of the parents, students and staff who have contributed to the campaign on social media and in the Leader. We have parents like Kim Mackie who have written to and met with local politicians to continue to have their voice heard on our behalf.

Paul Edbrooke the state member for Frankston has been a very strong advocate for our community and fought hard for us to have this important funding announcement.

Lisa Schefman the journalist from the Leader newspaper has done a wonderful job of capturing our story in this campaign and no doubt, along with the others mentioned, has really helped us in achieving this milestone.

I use the term milestone because I have made it clear from the outset, including to the Minister for Education Mr James Merlino when he visited us last month to make the welcome announcement, that we will continue to fight for funding for the College in the future. For now we can appreciate this terrific win and begin planning for the $5.8m project that will help improve student outcomes and student enrolments for years to come.


People Power at work; our Change.org petition: https://www.change.org/p/minister-for-education-the-hon-james-merlino-mp-secure-mcclelland-college-funding-for-desperately-needed-upgrades/u/16312538?tk=F7a8rDMq3ndFrafHc6HSTMAoXp4sIMzAR_nsB8mgx4&utm_source=petition_update&utm_medium=email

CHINA RECRUITMENT TRIP AND THE INTERNATIONAL PROGRAM

By Acting Principal—Karin Miller

Our College Principal, Amadeo Ferra, has been in China for two weeks representing the College and trying to recruit International Students. After taking over the International Student Program from Assistant Principal, Kathryn Henderson, I’ve been privileged to learn just how much is involved but also the benefits to the college both short and long term.
More students coming into the College who generally have a strong work ethic will start to rub off on our students and help to push our aspirant students. This will lead to the increased possibility of getting subjects such as Specialist Mathematics and Accounting running as those subjects are typically favoured by International Students. It will also serve to safeguard other subjects like Chemistry and Physics, which can struggle for numbers. Homestay families enjoy the cultural experience and are well compensated financially for hosting students. International students are full fee paying which helps us to build student numbers. We are much further ahead in terms of student numbers than most schools at a similar point in time (the plan that was recommended by the International Education Division and then endorsed by our School Council had targets of 5 for the end of year 1, 10 by the end of Year 2 (this year), 15 for Year 3 and 20 by the end of the fourth year). It also had a suggestion that if at the end of the fourth year we did not reach 15 then we should reconsider at Council. We are well ahead of target with 14 current students and 15 more confirmed/expected enrolments. This is generating much needed funds on top of all the other benefits.

I would like to acknowledge how supportive all teachers and students have been of the International Students and know that you recognise that ultimately this is another example of how good we are at providing an holistic education and personalised learning which is what makes McClelland College such a wonderful place to be.
ANZAC CEREMONY
By Jacob Adams, School Captain

On the 20th of April we had an ANZAC ceremony which both the junior and senior half of the school could attend. Ms Ward willingly took the responsibility of organising the layout of the assembly which proved to come together effectively. Our school was also fortunate enough to have a visit from Mr Cline from the Frankston RSL who gave a speech on his experience and knowledge on war, and what we can take away from that. The overall response of the ceremony was positive, and students were respectively attentive throughout the course of the assembly. Olivia Ahem gave an outstanding performance singing the Australian Anthem. Year 11/12 Drama students also put together a series of expertly acted performances which centred around the horror and grief of World War 1. I congratulate all those above, and to any other who contributed to the construction of the ceremony. Another huge thanks to Ms Ward for orchestrating the ceremony, for without her it wouldn’t have come together as effectively.

EXAM WEEK
Exam week for Year 10-12 begins on Monday 30th May to Friday 3rd June. All information for exams is now available on Compass. It is important for all students to be aware of requirements and expectations for exams. No scheduled classes for Unit 1 & 3 will occur during this week.

GENERAL ACHIEVEMENT TEST - GAT

All students completing a Unit ¾ sequence are required to sit the GAT on Tuesday 7th June. Students are expected at 9:45am with the GAT beginning at 10am and finishing at 1:15pm. All students will be dismissed from school after the GAT. If a student is unwell or is unable to sit the GAT due to extenuating circumstances, they must see Mrs Bucher to apply for an exemption. Medical documentation will be required.

Peninsula Tertiary Information Service (TIS)

All Yr 12 VCE students will be participating in the Peninsula TIS at Monash Peninsula Campus on Friday 3rd June. Students will be meeting at Monash and being dismissed from Monash. Students driving to Monash are advised to park in the BLUE Carpark. Students are required to return permission forms ASAP and are expected to be in full school uniform.

PATHWAY PLANNING MEETINGS

Jackie Woods is currently meeting with every Year 12 student to begin their planning for 2017. Appointment times will be scheduled for each student and advised on Compass. Students are being advised on VTAC preferences, completing career action plans and gaining resources and information from Jackie. Thank you to Jackie for her time and expertise. Any student that is not currently in Study Space MAP will be contacted to arrange an appointment during a spare period. Please see Jackie for more information.
TRAG – TEENAGE ROAD ACCIDENT GROUP

All Yr 12 students will be attending the TRAG program on Monday 6th June. Students will be transported to Peninsula Community Theatre by bus at 8:50am and be returned to school by recess. Students will attend Period 3 & 4 classes.

ASPIRE HIGHER

Shaun Doherty, Acting Assistant Principal delivered a workshop to students on maximising study scores and ATARs. Students learnt how important rankings are in creating a competitive edge in the classroom. At this stage all students should be setting SMART goals with their teachers. Stay tuned for the next event for Term 2.

REVISION LECTURES

The following organisations are providing revision lectures for students completing Unit 3 & 4.

ACU Revision Lectures – Free to McClelland College students
Monday 27th June
English, Further Maths, Maths Methods
Registrations close Friday 17th June
To register www.acu.edu.au/vhwreg


On Thursday May 12th all year 11 students participated in the Fit to drive program. The day started out in the information commons with an introduction, followed by a viewing of TAC videos. Students then broke out into workshops and participated in values clarification activities. Students then returned to the information commons to participate in a Young Driver facts – police presentation and a Fire Services Case Study then a follow up workshop: After recess students participated in another workshop, where they discussed a range of scenarios in relation to driving and came up with community plan ideas. The session was completed with each group sharing their ideas to the rest of the group. Please see below.

• Write articles for the school/local paper
• Have a driving simulator to teach more skills
• Start a Facebook page for road safety
• Talk about experiences in groups so others can learn
• Create a safe group culture
• Speak at assembly
• Share what we learnt with others
• Build a footpath in the staff carpark for students to use
• Share information on the Compass page including reminders to stay safe
• Make ads and posters with taglines “What’s your speed limit?” and “Eyes on the road”
• Create stickers and wristbands to raise awareness
• Present Fit2Drive information on the TV screens around the school
• Share information on social media
• Create online polls
• Continue Fit2Drive in schools
MUSIC REPORT
By Olivia Ahem and Michael Ferdinand.

On the 3rd of May, the 9/10 and VCE music performance classes held a lunchtime fundraiser to raise funds for our music department.

We originally planned for the concert to be an outdoor event; however, due to wild, windy weather the concert was moved into the I.C. During the concert; which consisted of woodwind instrumentalists, guitarists and a vocalist, there was delicious food being sold outside; all the proceeds going to various areas of the department, most in particular, the cost for professional accompanists the year 12 VCE students require at their end of year exam.

We are very proud of the fundraisers end result, even if there was a few hiccups along the way.

An important event coming up in our music department is the semester 1 showcase event, that features talent coming from the 9/10 and VCE Music Performance classes. The showcase concert features a variety of acts from a range of instruments including flute, clarinet, guitar, vocals. The concert also showcases different genres of music ranging from rock to musical theatre.

Entry is free, so anyone is free to come and support our music students. The concert is on the 26th of May, in our Performing Arts Centre at 6pm.

STAND FOR CHANGE

Last month on Friday the 15th of April, the college’s year 8’s and a few year 7’s attended Frankston’s ‘Stand for Change’ program as organised by the Frankston youth council.

The event saw over 500 students from many schools in the local area such as John Paul College, Elizabeth Murdoch college and Naranga Special school, attend this amazing experience.

The experience entailed “educational and informative workshops” (C. Murray, year 8) and stalls as operated by many welfare organisations, allowing them to interact and partake in various activities, allowing them to become more informed and involved in the local community, as they pledged to ultimately stand for change.

The day then participated in a lecture provided by representatives from Project Rockit, whose aim is to inspire young people to be confident and comfortable and build a space “where imagination, leadership, creative expression and acceptance are available to all young people, regardless of their social label, grades, gender, sexuality or cultural background”.

This event was relevant to our College values in terms of and community and our ‘no tolerance towards bullying’ mindset. It was a great and “meaningful” (M. Ojo, year 8) experience for empowering students to be more aware of themselves and others around them.
I learnt more about stereotypes and what impact that has on people” – C. Baker, year 8

“It made me more aware of the LGBT community and other things like the Headspace program and free expression” – A. Bruce, year 8

**SENIOR FORMAL**

April 21st Senior formal took place, around 200 students attended the night. For the year 12s it was their last formal and to commemorate this a group photo was taken on the dance floor.

On the night we found that the photograph booth lines were consistently long, as the students had the opportunity to get multiple photos at one time including group shots. These photos including images taken around the establishment are still available for purchase on the GFP studios website.

For the year 10 seniors it was their first formal we have had a lot of positive feedback from the cohort, and we hope to continue bringing in more seniors to the event.

The music and dance floor were the main attraction along with socialising, through the night more people flocked to the dance floor, in the future we hope to get more people participating.

Originally the senior formal was set to be near the end of the year, but due to the golf club renovating the location later this year we moved the formal to April 21st, this was a great way to integrate the senior cohort and we hope that future generations continue this tradition.
WHERE ARE THEY NOW?
Kevin Maguire and Rachael O’Keefe
SENIOR VCAL 2015

It is always very pleasing to find out what students do after completing their time at McClelland College. Two of our most talented Senior VCAL students from 2015 are well on the way to building for their future and well and truly finding their feet in the world beyond school.

Both Kevin Maguire and Rachael O’Keefe have been appointed managers at major retail and hospitality outlets. Both are continuing with further training and development while working and Rachael is also completing further qualifications in aged care.

Like so many of our students Rachael and Kevin have shown how much you can achieve by setting goals and working hard to achieve them. Rachael had to handle the challenge of changing schools in the final years of her secondary education and did so with ease.

Kevin successfully transitioned from Connect to the VCAL program and was not only an exceptional student but also a leader of his peers.

Well done to Rachael and Kevin and to all the other former senior students. We wish you all well on the journey ahead.

VCAL VISION

Peninsula Voice is a community coalition of churches, service clubs and schools based on the Mornington Peninsula. They have been active organising public forums on the Peninsula over the past 2 years. The forums have all been about how we as a community can help those who may be doing it tough - refugees, those dealing with addictions, family violence, post-traumatic stress - and in this case - addiction to the drug ice.

This year’s forum, held at the Frankston Cultural Centre, on April the 27th, was for over 400 people. VCAL students from McClelland College baked and packaged biscuits for guests to have with their tea and coffee. They baked shortbread, ANZAC and chocolate chip biscuits. Another example of our students’ ability and willingness to contribute to the community!
In our Year 10 Numeracy class we have been working on a Box Kite Project for several classes now.

First we started off with researching how to make box kites and what materials are required for making one.

We then started making our step by step instructions using mathematical language so we could follow them and build our box kite.

We then got on to the Bunnings website to make a list of materials that we needed and how much it would cost.

We then had to do a fundraiser so first we had to decide on what fundraiser we were going to do to get the money to make our box kites. Some of our class did a fundraiser where they sold drinks, some did a sausage sizzle and some sold jellybeans.

Once our teacher got the materials we then built our box kites using our step by step instructions.

Once we built our box kites we had to make sure it had no weak spots so if it did fly it would not brake in the air. We did this by running outside with the box kites over our heads.

This project required us to work well in teams and to manage our time. It also allowed us to get better at measurement and using mathematical language. We also use our initiative to solve problems for example we designed a new way to join the dowel together.

We kept waiting for a good wind to fly our box kites but it was always still on the days we had Numeracy. Finally, there was wind during one of our lessons. Unfortunately, the wind was so strong that it was almost a gale. Some students flew their box kites anyway, although the wind took it’s toll and broke some of the kites. Nonetheless, laughs were had by all involved.
WORK PLACEMENT

Year 10 students had a very successful week of work placement and the college has been inundated with positive reports of their conduct – well done!

Please find included in this edition of COG a summary of the seven students who went to Experian, some student reflections and some positive feedback about a student.

"Austin did both himself and McClelland Secondary College proud. We wish Austin the best with his desire to join Defence as a Marine Engineer or any other career path he may choose as we think he will do well in whatever he decides to pursue."

Trevor Cheney
Defence Work Experience Program

"For year 10’s this term was big in the sense of developing work related skills as we each had to go out in the “Big World” and find a work placement. The work placement of your choice had to hold you for 5 days (the 9th to the 13th). I conducted my work experience at a Graphic/Web Design place, located in Langwarrin. It was an amazing opportunity. Considering I don’t know what exact job I want, it gave me a great understanding of this design field and working conditions. It was exciting as I was doing new things every day, and I was able to develop new skills along the way. I mainly did Web Design tasks which was a challenge for myself as I’m not too computer savvy. By the end, with the help of my supervisor, I was able to design some pages and slides for different companies that they approved of.

Alex Murray

Experian Australia has established a Work Experience program to support young talent in their development and transition from their studies into a workplace environment. This week we have 7 Year 10 McClelland College students completing their Work Experience placement in Melbourne. Throughout the week the students have spent time with various business units, attended different workshops and completed a variety of tasks.

Meet our students!

Eliza Scott

Currently Studying:

VCE Legal Studies, Thinking Socially and Drama, English, Maths and VCE Industry & Enterprise. In Year 11 and 12 she hopes to study Business Management, Music and Media, English, Mathematics and Legal Studies.

Plans after High School:

Attend University to study Business, Law and hopefully Design too.

Hobbies and Interests:

Music; singing, playing guitar and writing songs. Eliza recorded her first EP and is working on producing it. She hopes to keep writing and recording music in the future in her spare time.
**Tyler McKendrick**

**Currently Studying:** Maths, two English classes, Sport and Thinking Socially.

**Plans after High School:** Study Business and Sport Science at University. Tyler’s ultimate goal would be to play professional Rugby, but for a career would like to pursue something in the Business area.

**Hobbies and Interests:** Sports; Rugby

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**Gene Archer**

**Currently Studying:** VCE General Maths, IT, Science, Year 10 Maths, English and Personal Futures.

**Plans after High School:** Study Statistics and Technology at University and work as a Data Analyst or Statistician.

**Hobbies and Interests:** Technology, sport, maths and gaming.

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**Sara Ripper**

**Currently Studying:** Japanese, Wood Technology, VCE Visual Communications and Design.

**Plans after High School:** Attend University and complete a degree in Interior Design and then pursue a career as an Interior Designer.

**Hobbies and Interests:** Tennis and watching Comedy Movies.

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**Nathan Connors**

**Currently Studying:** VCE Business Management, Year 10 Maths, Pre-Methods Maths, Physical Education, English, Thinking Socially and apart of the ABBL (Basketball) Academy.

**Plans after High School:** Attain a high ATAR score and attend University to study a course that will allow Nathan to become a Stock Broker, Business Professional or Salesman.

**Hobbies and Interests:** Playing and watching Basketball and basically everything related to Basketball! Enjoy new challenges and solving problems.

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**Luke Janson**

**Currently Studying:** VCE General Maths, Personal Futures, English, Pre-Methods Maths, Thinking Socially.

**Plans after High School:** Attend the Australian Defence Force, complete a Bachelor of Business (Honours) degree then pursue a career in Sales.

**Hobbies and Interests:** Basketball, Social Activities, Math and Sport.

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**Emma Bilston**

**Currently Studying:** Psychology, Maths, English, Personal Futures, Thinking Socially, Physics, Biology and in the Sports Academy.

**Plans after High School:** Pursue a career in the Design Industry, preferably Interior Decorating/Designing.

**Hobbies and Interests:** Netball, competition swimming and art.
YEAR 8 NEWS

Thank you Year 8s for another enjoyable and successful month! You continue to demonstrate your ability to really live the College values of “Community, Ownership and Growth”. Keep up the fabulous effort into semester 2!

A couple of Year 8 students take the time to reflect on their achievements and experiences during MAP:

E-Magination by Adam Barutta

One of the activities available at McClelland College on Wednesday Afternoons is MAP (McClelland Academy Program). I do the E-magination MAP, which is an IT-related activity. During the E-magination class, I can do anything involving computers such as coding, graphic design or just playing with Adobe Photoshop. I enjoy working on coding and I also have some great time working with graphic design applications. In this MAP, you can learn a lot that may help you to find a job later.

So far I have completed a few projects. For instance, one of my very first project that I completed in Year 7 was on a two-player space fighter game. I am currently working on another game called Platformer.

Over the last year and a half, I gained and polished many skills such as basic graphic design techniques, typing and simply game programming.

The E-magination MAP is fun and I am really enjoying it!

Bake-Off by Brooke Reid

I am in the Bake off MAP activity. The Bake off is a cooking MAP where we either cook or learn about something to do with food. There are four different groups because of the amount of people willing to participate in the program.

I really enjoy the Bake off because of my love for cooking. So far this year I have learnt a few things. I learnt a lot of different recipes for delicious foods, I learnt different ways to handle knives safely, I even improved my communication skills. I have made a lot of new friends and really enjoy it, and look forward to it every week. The teachers are all lovely and always manage to make the class fun. And it is still fun even though we are not cooking.

I would definitely recommend the Bake off to anyone with a passion for cooking. I think it is a really good class to participate in as it helps you develop a lot of basic cooking skills. It is a very interactive class and it is like a breath of fresh air and a nice break from the usual classes. It is probably one of the most useful MAP activities because cooking is an everyday life skill that everyone should have and the Bake off is a great way to teach and progress.
During the first week of term 2, 24 students from year 8 and 9 attended a camp to Rubicon. This was a great camp for students as they got to work on a lot of different skills throughout the week. They were taught about character strengths and the importance of them. Each activity they completed got to help them work on these skills as well as develop some that they believed they already show. They were able to get involved in a number of activities that ran during the day and night. Some of the activities that they completed were horse riding, high ropes course, rafting, a night walk and bush walking. Some students were able to overcome a number of fears by doing these activities and were able to do things that they never thought they would be able to, especially when we did our bush walk as this meant students needed to do some rock climbing and abseiling.

Rubicon camp went for a whole school week. It took us three hours to get there, but we had a lot of laughs on the way. We did so many outdoor activities while we were there. My favourite activity while we were there was rafting. I really enjoyed this activity the most because it helped me get better at my leadership skills and work as a team with other people I didn’t really know before Rubicon camp. I had so much fun with so many different people. It was also really great to not be on our phones most of the day and have it filled with real laughs and great times in person.

Hayley Fuller (Year 9)
Once they were finished there they headed to Top Arts to also gain inspiration from the best works created by previous VCE art students.

Dinner was at the Melbourne Central food court. We could all finally settle down a little bit, have a shop and share experiences from the day. We finished the night with listening to the podcast created by Media and with the film, The Dressmaker at Nomads. It had many of us in tears.

Day two was a lot calmer. Studio and VisCom classes stuck together as we visited ACCA’s exhibition, NEW16 which displayed many interactive pieces that the students could get involved in. We also visited West Space, a gallery that was setting up and installing art works for their next exhibition. The Media students were at Top Screen’s, gaining information on how other VCE Media students were creating their folios and films. During lunch they took photographs of different parts of the city for their work back at school.

After lunch we had planned to visit Inga King’s public art display but unfortunately due to rainy Melbourne weather we cut our trip short and headed home. We have all come back from this experience extremely inspired and great ideas to contribute to our folios.

My name is Winifred, I am from Beijing, China. I have studied at McClelland College for one year and have had a wonderful year here. McClelland College is a very Aussie school. The environment around here is really cosy and people in this school are very friendly and easy-going. I enjoy being here and have made lots of Aussie friends as well. Talking and staying around with them which makes me feel relaxed.

Also, I have learned a lot more about Australian culture. In my opinion, it would help me to make my VCE study easier. Furthermore, the teachers in our school are really good. They are extremely affable and respectable. Some of them are just incredible. They make the class interesting and original.

On the other hand, they tried their best to help students get the best results in VCE. These teachers are willing to help students any time when they need a hand. After one year of studying in McClelland College, I feel like I become more out-going and creative. In addition, my English has improved a lot throughout last year.

I love this school. I am glad that I chose McClelland College to accomplish my high school life.
WHAT'S HAPPENING IN THE INFORMATION COMMONS

Opening Hours: 8.15 am – 4.30 pm.

Services Available
Laminating $1 A4 + A3
Binding $2

ROK and ROK ON
The end of semester is almost here, only 2 weeks to go before the tallies are done. All conferencing must be done before 27th May. Conferencing can be done before & after school, recess & lunch times. Certificates and trophies will be presented at the award assemblies at the end of term.

Once you learn the joy of reading a whole world of discovery opens up and you'll never look back.
Take the challenge today 15 Books in 18 Weeks
Sign up in the Library

NEW BOOKS
All sorts of possible - Rupert Wallis
Dragon Knights – J.R. Castle
Special – Georgia Blain
First person shooter – Cameron Raynes
Demigods and Magicians – Rick Riordan
Geek girl : Head over heels – Holly Smale
Fatal faults : The story of the Challenger explosion – Eric Braun
The hollow boy – Jonathan Stroud
Raelia – Lynette Noni
A world of soccer
Surfing

FAVOURITE BOOK OF THE MONTH

Allegiant - Veronica Roth
Sequel to: Divergent and Insurgent.

Summary: The faction-based society that Tris Prior once believed in is shattered– fractured by violence and power struggles and scarred by loss and betrayal. So when offered a chance to explore the world past the limits she's known, Tris is ready. But will she be prepared to face impossible choices about courage, allegiance, sacrifice and love?
CONGRATULATIONS TO OLIVIA AHERN!

Congratulations to Olivia Ahern for being selected for the exclusive Victorian State School Spectacular Choir. Only a handful of students in Victoria were selected after a lengthy statewide audition process including several audition call backs. Students selected for this ensemble have begun rehearsals every Saturday in preparation for their performance. Well done Olivia, we hope you have a wonderful experience performing in front of more than 10,000 people at Hisense Arena on Saturday 10th September!

SINGFEST

On Wednesday 16th March McClelland College singers from Year 7 - 11 attended the annual South-East Victoria Region Singfest held at Patterson River Secondary College. Our students joined vocalists from a variety of schools in the region including Glen Eira, Emerson, Rowville and Koo-wee-rup to sing a variety of pieces selected by guest conductor, composer and teacher Dr Kathleen McGuire.

The day started with vocal warmups and a complex body percussion activity where two of our Year 7 students were selected to demonstrate their excellent skills at performing the activity in front of the 200 students attending the workshop.

Students worked on each song until a good result had been achieved and then a recording was made of their performance, which they will be able to take home as a memento of their hard work and beautiful singing on the day.

Well done on a fantastic days work singers!

Miss Avery, Voice Teacher

UPCOMING M MCCLELLAND MUSIC EVENTS

TERM 2:

Junior Music Student Debut Concert - Tuesday 17th May
VCE Music Concert - Thursday 26th May
Music Concert - Tuesday 7th June
SEASON 2016
KARINGAL NETBALL CLUB
Needs you!!
Are you aged 6 1/2 & up
On-line registration available at
www.karingalnetballclub.com.au

Training Tuesdays 4:00 pm – 5:15 pm
Game Days Saturday commencing March 2016
Jubilee Park Netball Courts
Training will be from February 1st Mondays at
Somerville – Jones Road as Jubilee Park courts
Are having a re-fit and when finished training
Will resume Tuesdays, back at Jubilee Park.

All new registrations welcome!
www.karingalnetballclub.com.au
Manda: 0415 954 197
Kerrie: 0416 031 838
Vicky: 0404 043 668

WANTED: STUDENT WITH DANCE EXPERIENCE, Hip Hop/
Contemporary preferable, must be fit, confident,
vivacious & stage & mic comfortable. Ztya will
train students dance/fitness instruction $18p/h & $20
per class instruction. Contact Judy on (03) 8790 8918 or
zytaworkout@gmail.com to enquire.
SUPPORT SERVICES FOR ALCOHOL AND OTHER DRUGS

If you or someone you know is affected by alcohol or other drugs (AOD), there is excellent support available. The Frankston and Mornington Peninsula Drug and Alcohol Services (FaMDAS) are the central intake point for all local AOD services. FaMDAS provides care that is tailored to meet the needs and preferences of the individual.

Services include:
- Initial assessment to tailor a treatment plan and identify needs
- Assistance with managing withdrawal symptoms when cutting down or stopping alcohol or drug use
- Counselling for a range of issues related to alcohol or other drug use. Counselling can be for the individual or family

In addition support can be offered via two peer support groups conducted at Community Health:
- **SHARE@Peninsula** every Monday 11.00am – 12.30pm
- **SMART Recovery** every Friday 11.00am – 12.30pm

Support can also be offered by additional services outside of Peninsula Health:
- Family Drug Support: 1300 368 186 24/7
- Family Drug Help: 1300 660 068
- Direct Line 1800 888 236 24/7

For more information about FaMDAS or to make an appointment, please contact 1300 665 781.

HEALTHY LUNCHBOX IDEAS

Try these tasty recipes and reward your kids with a delicious and healthy lunchbox treat!

**Lunchbox pies (makes 6)**
1 ½ cup frozen vegies (peas, carrots & corn)
100g lean ham cut into small pieces
5 eggs
1 cup grated low fat cheese
1 cup self-raising flour
1 tsp dried mixed herbs

1) Preheat an oven to 180C.
Line a muffin pan with baking paper or muffin wrappers.
2) Whisk eggs in a bowl. Add other ingredients and mix until well combined.
3) Spoon the mixture into muffin pan and bake for 30min.
4) Remove from oven and allow to cool.
These can be served warm or refrigerated.

**Tuna pasta salad (serves 4)**
200g canned corn kernels (½ 400g can)
250g pasta (farfalle, penne, spirals, elbow, etc)
1 tomato, chopped in small pieces
1 carrot, grated
1 cucumber, chopped in small pieces
425g can tuna in oil

1) Cook pasta as per packet directions, drain and rinse with cold water
2) Add all other ingredients
3) Toss through until everything is mixed evenly and refrigerate until ready to serve
Serve salad in an airtight container and make sure you include an ice pack in the lunchbox to keep it cool.

Counselling Services

Peninsula Health provides counselling services through their community health sites in Frankston, Mornington, Hastings and Rosebud.

Counsellors (social workers and psychologists) will assist you to make positive changes in your life. We work with you to identify goals and find ways to tackle problems using the skills and resources you already have.

The counsellor does not judge, give advice, nor direct you to take a certain course of action, but will help you to find a better way to deal with your situation and to make your own decisions.

Counsellors can help with:
- Stress and anxiety
- Sadness and depression
- Grief and loss
- Managing chronic illness
- Dealing with trauma
- Family issues including family violence
- Personal relationships
- Parenting and child behaviour issues
- Separation issues
- Referral to other services

To book an appointment with the Peninsula Health Counselling Team, phone 1300 665 781.

Other services are also available to help with specific issues. Some suggestions are listed below:
- Relationship counselling – Relationships Australia 5990 1900, Family Life 9770 0341 or Life works 9783 7611
- SECASA for sexual assault including Crisis Response Line 9594 2289 (business hours), 1800 806 292 (after hours)
- Lifeline 13 11 14 (24 hours)
- Parentline 13 22 89
- Child Protection DHS – 1300 655 795
- Women’s Family Violence crisis support: 9789 4658 (Frankston WAYSS), 5971 9594 (Mornington Peninsula PFV Service), 1800 015 188 (After Hours Crisis Service)
- Mental Health Triage 9784 7192 (business hours), 1300 792 977 (all hours)
JOIN A COMMUNITY KITCHEN!

Do you ever feel like you would like to...

- be more involved in your local community?
- meet some new people?
- learn or share healthy recipes?
- learn how to cook on a budget?
- learn how to plan meals?
- learn or share cooking skills, hints and tips?

Do you ever feel you do not have time to prepare a healthy meal for the family?

Consider joining a Community Kitchen!

Community Kitchens are small groups of people (generally 6-8 people) who come together on a regular basis to prepare and cook a healthy meal. They are often held in community facilities that have a kitchen - such as a school, church, community or neighbourhood centre. After preparing and cooking the meal together, participants of Community Kitchens either sit down and eat the meal together, or take it home to share with their families.

To find a Community Kitchen near you, or if you are interested in starting up a new Community Kitchen visit [www.communitykitchens.org.au](http://www.communitykitchens.org.au) or call Peninsula Health on (03) 9784 8483.