



Friday 20th November, 2015 ISSUE 7

Principal's message

On Friday 23rd October, McClelland College served as the venue for a very significant education policy announcement in Victoria. The Minister for Education James Merlino who was accompanied by our local Member of Parliament Mr Paul Edbrooke, joined the Victorian Institute of Teaching Chairperson Don Paproth and the South Eastern Regional Director Karen Cain in announcing an important change to teacher training requirements in Victoria.

I had the opportunity to lead our guests on a tour of the College to show them where our needs are. We are still working hard lobbying for a major building upgrade and no doubt being the only secondary school finalist in the recent Victorian Education Excellence Awards for Outstanding Inclusive Education, hasn't hurt our chances.

On the previous day, McClelland's departing class of 2015 saw out their school year in style at the Valedictory Assembly. The Year 12's paraded in a variety of creative costumes and went on to the Awards Ceremony with their families and later enjoyed a lovely Valedictory Dinner at the Peninsula Golf Club. We wish them all the very best for the future, and farewell.

So much has been happening it truly is difficult to keep up! Our recent Art and Technology Expo was a fabulous showcase of the brilliant work that our students, with the support of some of the best teachers in the state, have once again produced. The breadth of talent amongst our Instrumental Music as well as our Drama and Theatre students is also evident as the quality of each performance as the year goes on goes up a notch.

We've also had some terrific sporting achievements including our Boys Intermediate Basketball team that went through to the State Finals which is an absolutely outstanding achievement that says a lot about the students and their dedication to doing their best, the McClelland Academy Program as well as the excellent staff here at the College.

We also had some outstanding individual achievements including that of young Carys Waetford who ran 2nd in the 13yo girls 100m final and was only 12 so she gets to compete in this age race again next year. Along the way to the State Finals Carys broke a 15 year record in this event at district in a time of 12.41 seconds.

I would like to acknowledge the distinguished career of Julie Milne who recently retired after 27 years working at McClelland College (formerly Karingal Park SC and Karingal High School prior to that).



School Calendar

In the eight years I have worked with her she has worked mainly as our Human Resources Manager and in that role she has been one of the most respected, professional and ethical employees I have ever had the pleasure of working with. She is one of those quiet achievers that always does an excellent job, treats everyone fairly and can always be relied upon to provide sage advice and this is something that I will personally miss. I have enjoyed working with Julie and feel privileged to have been the last principal she has worked with. On behalf of the McClelland College community I would like to thank Julie for her many years of service and wish her a wonderful and enjoyable retirement.

I would also like to thank Jasser Hallak from Tic Tax Accounting in Langwarrin who has donated \$1000 towards awards for student awards and scholarships and has plans to continue this next year.

I would also like to encourage everyone to come and support the McClelland Market Day which is on Saturday 21st November. It has been organised by a group of parent volunteers and their aim is to raise funds to support student programs. All the funds raised will be distributed according to needs with the parent volunteers taking ownership of the decision making around where the funds should be spent. It is this sort of community involvement and support that makes McClelland College such a wonderful school.

Wed 18 Nov	Musical Theatre Production MAP Performance Cadet Celebration Dinner
Sat 21 Nov	MCC MARKET DAY 9.30am to 2pm
Wed 25 Nov	Yr. 11 & 12 Awards Assembly PAC 1.20pm
Thur 26 Nov	Themestock Auditions PAC 3.30 to 6pm
Tue Dec 1	Music Performance Rehearsal End of Year Music Concert 6pm to 9pm PAC
Fri 9 Dec	VCE Drama Practical Exam 2017 Europe Tour EOI due
Mon 7 Dec	Themestock Rehearsal
Tues 8 Dec	Year 7 2016 Orientation Day
Thur 10 Dec	Themestock PAC 6 to 9pm
Mon 14-16 Dec	Year 8/9 Surf Camp
Mon 14-16 Dec	Activities Week—free dress
Tue 15 Dec	Awards Evening PAC 6.30pm



Year 7&8 News

Term 4 has been another busy one for our Year 8s, who have experienced a variety of different academic and sporting challenges, whilst also learning more about the world we live in. We have enjoyed this busy term, and the fantastic learning and growth the year 8s have demonstrated. All the best for year 9! Ms McDermott, Mrs Irving & Mr Carlton.

Mad Math by Dylan Hennekam

On Tuesday September the 8th myself and the other year 8 students played a variety of math activities that were both fun and educational. Those math activities were Snakes, Paddocks, Galactic Tactic and Sprouts.



High Resolves by Tazz Trood

Twice this year our school was lucky enough to have the privilege of a visit from High Resolves. In these visits we learnt about the concept of social justice. Social justice is how we are very quick to judge others in our society at first glance while often not knowing anything about these people.

We also learnt about different cultures and levels of poverty. In Australia we are a first world country with clean water, a chance at a good education and access to medical attention. While in poor countries (third world countries) are lacking in all these areas.

We learnt about global citizens and their roles in society. A global citizen is someone is not selfish and cares for others. They focus on the long run rather than the short run. They are also considerate to everyone around them.

The main purpose of these lessons taught us not to judge others of their wealth or appearance but to judge them as an equal human being and let them have their rights as a human. We are very thankful for these lessons as it taught us new values and respect for others and they have given us a lesson that we can use for the rest of our lives.

Year 8 Girls Hockey – by Bonnie Reid & Jessica Dove

On Thursday the 5th of November the year 8 girls' hockey team participated in 2 matches against Elwood College and Frankston High School at the Southern Metropolitan Region finals in Hawthorn. The weathers downpour greatly affected game play and left us all soaked. Despite this, spirits were high as we tried our best to succeed. Unfortunately we lost both matches – 4-0 to Elwood and 5-0 to Frankston. **With the celebration of 'Maccas'** on the way back to school for our valiant efforts, we had a fun and team building day that we are all sure to remember.

Year 9&10 News

YEAR 9

Semester 2 Awards

Congratulations to all students who received awards during the final year 9 assembly on 11/11. A large number of students received Personal Learning Awards, which is a credit to their dedication and effort across the semester. Congratulations to the following students who received Academic Achievement Awards for being the top student in semester 2.

Shanise Bosmans-Module1

Sarah Shotter—Technology Wood

Bill Nasa—Japanese & P.E.

Austin Steed—Information Technology

Corey Lothian-Systems Engineering

Sara Riippa—MAP Designs for Environment

Bonnie Ferguson-Stewart—Thinking Socially

Talia Toulidakis-English Studies

Melanie Clarke—Art

Tyson Murray—9/10 P.E.

Luke Janson—Maths

Taylah Simpson—Scientific Exploration

Kahli Cullen—Module 2 & Science

Panel Presentations

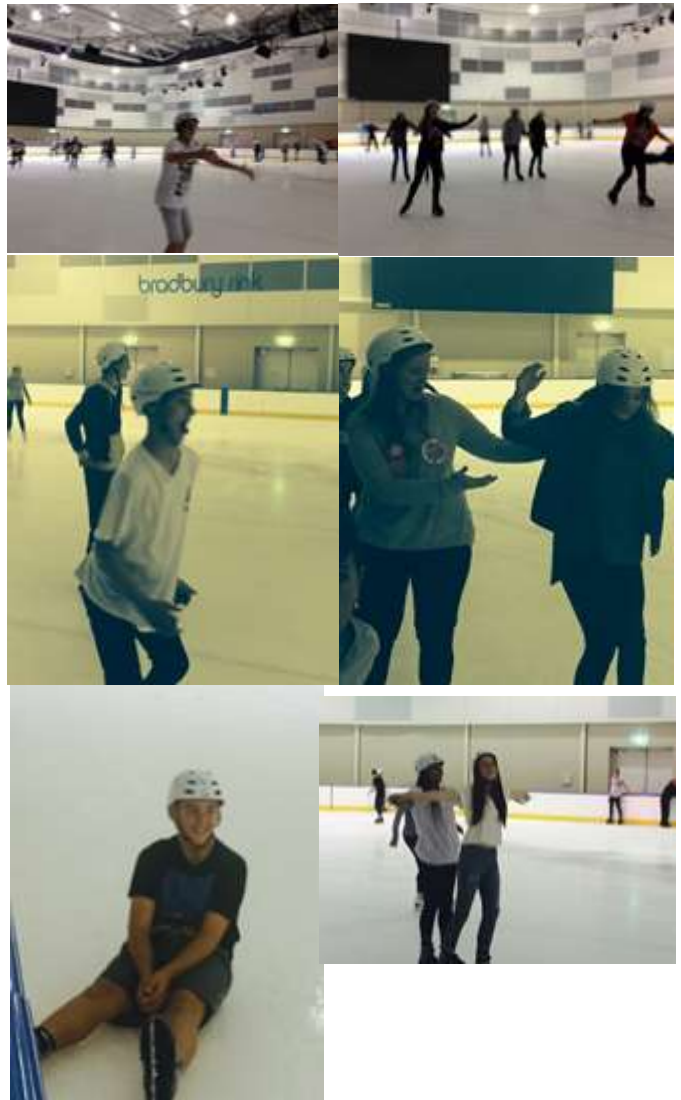
Students finished off the academic year by completing their panel presentations. The presentations. Students presented three work samples they were proud of and spoke about the significance of their work.

The Year 9 Team was incredibly pleased with the quality of work that many Year 9s presented (from balance bikes and menus, to PEAL essays and Chemistry copper tests) and the way in which they were able to unpack the learning behind these pieces of work. Our students really are encouraged to think about *why* learning is important, focus on what *skills* they're developing and how all of this relates to employability skills and their chosen pathway.

Congratulations to all students who presented.

Ice skating

A great way to top off a great year! A few slips and bumps, though all had an enjoyable day.



Well done to the year 9 cohort on a great year and all the best on your transition into senior school.

Valedictory 2015

What a fabulous celebration of achievement and success amongst our year 12 students for 2015. I would like to congratulate all students for their persistence, hard work and achievements throughout the year. Many students have established concrete goals for what they would like to achieve and the following students are wonderful examples of the dedication and commitment required in completing Year 12. A wonderful evening was had by both parents, teachers and students. Congratulations to Louise Holtzinger and Gabriella Raciti on being awarded Valedictorians for their respective programs for 2015. Well done.

Jim Jamieson Academic Excellence Awards

April Walters-Chemistry
 Casey Lay- Design Technology
 Danielle Desbois—Drama
 Jazmin Moore—SES
 Jessica Massey—English Literature
 Lachlan Tipping—Japanese, Media
 Louise Holtzinger—Physical Education
 Natasha Green—Legal Studies/Systems Engineering
 Walid Issa—Legal Studies/Systems Engineering
 Chloe Ballantyne—Further Maths, Business Management & Music Performans
 Jake Baumann—IT Applications, Maths Methods, Visual Communication & Design
 Stacey Clough—English, Health & Human Development, Philosophy, Psychology
 Gabriella Raciti—VCA Literacy
 Sarah Foster—VCAL Numeracy
 Brandon Jewell—VCAL Work Related Skills
 Tuisamoa Tapau-VCAL Personal Development
 Kane Wilson—VCAL Personal Development
 Isaac Reville—VCAL Personal Development
 Michael Birch—VCAL Personal Development
 Oliver Murray—VCAL Personal Development
 Jai Carradine—VCAL Personal Development

Ivan Light Endeavour Awards

Aprils Walters—English Literature
 Emily Anderson—Business Management
 Jake Baumann—English
 Jasmine Seppings—Legal Studies
 Jazmin Suarjaya—Psychology
 Kirraly Robinson Godfrey—Drama
 Lauren Browne—Drama
 Liam Matthews—Legal Studies
 Silvana Methakul—Visual Communication & Design
 Stephanie Hayes—Studio Art
 Emily Klahm—Design Technology, Visual Communication & Design
 Mitchell Smith—History-Australian, Systems Engineering
 Phillip Neophytou—business Management, Design Technology
 Bec Beare—English Music Performance, Philosophy
 Natalie Shepherdson—English, Further Maths, Philosophy
 Holly Keogh—English Literature, Further Maths, Physical Education
 John McClutchie—English, Maths Methods, Chemistry, IT Applications
 Louise Holtzinger—Further Maths, Business Management, Physical Education, Psychology
 Walid Issa—Maths Methods, Chemistry, Physics, Systems Engineering
 Jayde Edwards—VCAL Literacy
Rachael O'Keefe—VCAL Numeracy
 Sarah Foster—VCAL Personal Development Skills
 Sarah Dihm—VCAL Personal Development Skills
 Tuisamoa Tapau-VCAL Work Related Skills
 Kevin Maguire—VAL Related Skills
 Therese Hughes—VCAL Literacy & VCAL Numeracy

Specialist Awards

Jasmine Manly—Justin Groves Award
 Stacey Clough—Caltex All Rounder Award
 Chloe Ballantyre—Lindsay Dack Award
 Lauren Browne—Sock & Buskin Award
 Danielle Desbois—Sock & Buskin Award
 Lachlan Tipping—McClelland Gallery Award
 Jake Baumann—McClelland Gallery Award

Senior News

Colin Bowes Sports Award (sponsored by Input Fitness)

Nominations:

Jayden Mackie

Lawrence Komba

Rose Gatluak-Jal

Aiya Buenaflor

Matthew Bodde

Jazmin Moore

Recipient: Jazmin Moore

Bill Post Award (Music) - Jake Baumann

VCAL Community- Mckayla Paki-Anderson

VCAL Enterprise—Kevin Maguire

VCAL Enterprise—**Rachael O'Keefe**

VCAL Enterprise—Jayde Edwards

VCAL Enterprise—Andrew Pritchard

VCAL Industry—Isaac Reville



VCAL Valedictorian—**Gabriella Raciti**

Presented by Jasser Hallak from Tic Tax Accounting, sponsor of the Valedictorian Awards for 2015



VCE Valedictorian—**Louise Holtzinger**

Presented by Jasser Hallak from Tic Tax Accounting, sponsor of the Valedictorian Awards for 2015

Awards Evening – Tuesday 15th December

A reminder that senior students who have achieved Academic Excellence Awards in Year 11 will receive their awards on Tuesday 15th December at the Whole School Awards Evening. We will also be inviting the Dux of 2015 as well as any student who has achieved 40 + study scores in their subjects.

November Exam Period

Congratulations to all VCE students completing exams over the November period. Demonstration of solid study habits were evident throughout the weeks with many students choosing to study at school and engage in extra help from teachers, peer study groups and individual private study. We hope that all students can now breathe a sigh of relief and look forward to receiving their results of all their hard work on December 14th.

VTAC Change of Preference

VTAC Change of preference details has been posted on the Facebook page by Jackie. Change of Preference support is available from Monday 15th December to Thursday 18th December. Registration for the ATAR and VCE Results. Students can register to receive their study scores and ATAR by SMS on the day that results are released. Follow the [instructions on the VTAC website](#), in the VTAC Guide, or on the back page of the VCAA Exams Navigator.

Valedictory 2016

Thankyou to all students and parents who participated in the survey for Valedictory 2016. We are currently looking at a few different venues that will cater for both students, parents and staff and communication will be sent to all families at the start of the school year with further details.

Headstart

All VCE students last day for Headstart is Friday 4th December. A reminder that the attendance policy for Unit 1 & 3 includes Headstart attendance.

Year 12 VCE Systems Engineering & Product Design projects.



International Students offer Australian students the experience of what it means to be a 'Global Citizen' in an ever increasingly internationally- connected careers and job market!

McClelland College is proud to offer the rare opportunity for members of our own school community to host a student from overseas. The International Student Program at McClelland College is an exciting and pro-active new school initiative which is designed to benefit our student cohort through exposure to students from China and beyond.



McClelland College are looking for families who:

- have an open mind
- are interested in other cultures
- enjoy the satisfaction of helping young people achieve academically
- would be happy to include a young person from overseas into their family and to spend time with them as a family.
- are willing to obtain a Working With Children Check if over 18.
- and want their own children to benefit from this unique teaching and learning experience



For more information about the program and financial compensation please call Brendan Hickey on 9789-4544 or email hickey.brendan.h@edumail.vic.gov.au



VCAL Enterprise Fair.

VCAL Foundation Work Related Skills and Personal Development students spent time during term 3 working to plan, organise and run a number of stalls as part of the VCAL Enterprise Fair.

The Enterprise Fair was a one-day-only lunchtime event held on the 15th September and brought together a number of projects run by VCAL students who were fundraising for local community organisations they had researched. The Enterprise Fair also included the official grand opening of the new weights room, renovated by VCAL students.

Each group promoted their own stall and the whole event around the school. The stalls on the day were:

- Lucky bottle stall
- Handmade jewellery stall
- Popcorn, slushies, brownies
- Sausage sizzle with hamburgers, hashbrowns, egg and bacon rolls.
- Pancakes, mini milkshakes and other treats from the VCAFE
- 'Guess how many' lolly jar competition.



By working together VCAL students were able to maximise the impact of the event and generate profits for their chosen charity. The Enterprise Fair was run in conjunction with the Health Committee Annual Smoothie Making Competition. The weather held out for the day and students from across the school came to join in the smoothie making fun and bought lunch and treats from the VCAL students. The atmosphere was great fun.





Designs for the Environment

McClelland students cook up storm for

Ballam Park Primary school to celebrate the end of a 6 month building program.

McClelland students taught grade 6 how to build an OUTDOOR MATHEMATICS CLASSROOM.



Design for the Environment

-Alicia Greenbury

If you want to improve the environment and communal spaces around the school through the successful use of Design and Technology, the "Design for the Environment Academy" is for you.

You will investigate the best Design Practice through excursions to local destinations where award winning designers have created uniquely designed special spaces. Inspired by other landscapes, Computer Aided Design (CAD) will assist you to produce accurate design proposals to work off. You will assist in the selection of tools and materials required for each project and effectively evaluate the success of the learning process and the landscaped areas.

There will also be the opportunity to volunteer your time in local schools, parks and gardens and here at McClelland. An outdoor furniture project for the school environment and a personal project to take home will be integral to this course.

Students have recently made an outdoor maths classroom for Ballam Park Primary School. The students wished to do this project because they love to give back to the community, and because they like to work hard, and build sustainable products. Mr. Armstrong, the MAP teacher played a role in the creation of the classroom, however, the MAP students and the Year 6's of Ballam Park took most of the responsibility and led the project themselves. Both Ballam Park students and McClelland students alike said that the best part of the project was working outside.



YEAR 7 BOYS BASKETBALL - NORTHERN PENINSULA CHAMPIONS

Wow what a tournament!! Six games and six victories. The boys played amazingly! All the boys took their games to the next level. They played a fast brand of offence and a very tight defence. We were very undersized against Frankston High and Mount Erin but our never give up attitudes got us through in the end. The boys have been training every Tuesday and Friday, coached excellently by two senior students, Ben Connors and Steven T. Now we are off to the zone finals!!

The team was Cooper Murray, Tyrone Wilk, Harvey Wilson, Saxon Preston, Beau Greenbury, Jacob Weeks, Antony Ostrenkovic, Bailey Woods and Riley Trewin



Yarrabah 2015.

What a sensational trip! Caleb, Dylan, Imogen, Kaitlyn and Dylan, along with Marley Richards and Michael Ellison-Jones, returned from a 8 day trip to Yarrabah; an indigenous community approx. 50 min drive from Cairns. Whilst McClelland students have been involved for 7 years, a partnership with Elisabeth Murdoch College for the last 3 years saw 6 of their students (and 2 staff) also involved in this year's trip.

The purpose of the trip is to develop a heart of reconciliation and humility within the next generation's future leaders, providing them with first hand understanding and awareness of the history and current conditions of our indigenous people. All students immersed themselves thoroughly into the Yarrabah community by participating in the after school activities at the local PCYC. Students were also involved in the community's child care and pre-school centre, health centre and participated in the local art centre and visited the museum. There were also daily trips to the local beaches and swimming holes, surrounded by World Heritage rainforest.





Each night there was a reflective circle, which allowed all to voice their thoughts about the days activities. The most common theme voiced was the relationships established with the indigenous children, the sadness of mange ridden dogs, the litter but how happy with so little everyone appeared. Students where easily engaged in stories of the 'stolen generation', and how the local fauna and flora is central to all art and spiritual connections to "their country".



All of us were farewelled with a "great to have your mob here and can't wait to see again next year".



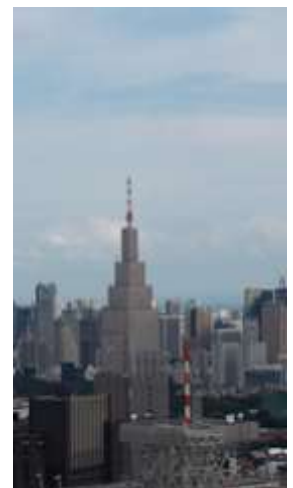
SURF CAMP

A reminder to all students that are attending the surf camp that payments and medical forms are now due! Please hand these into the front office. A reminder that all students are to be school at 8am Monday the 14th and we will be returning at approx. 4pm on Wednesday the 16th of December.



Japanese Study Tour 2015

So, during the year a group of students went on a magical journey out to Japan, it was for two weeks and the students were told they would have a grand old time exploring the country and that everything would go smoothly, they didn't tell us of the friends we'd make or the great memories we would keep of everyone we went with and met there, and I for one thank them for it, I'd have hated to have known that my homestay student was like me or that I'd be treated like a celebrity at a school I was only going to be attending for two days, it was simply astounding.





Camps and Events

This experience has been one that I will look back on in years to come and say, I went to Japan with the school. Sure we rushed around a lot, and sure it wasn't always the most fun being stuck on a train for hours, but that didn't stop me from enjoying the amazing people and culture.



To go in depth about a few of the activities we did whilst in Japan, one was host families where we stayed with a Japanese family for three days which was honestly one of the greatest experiences of my schooling life. I got to see a culture from the inside of a family. Real Japanese lifestyle. Granted my host family had lived in America for five years and my host brother knew perfect English, but that doesn't change the experience for me in any case, it was still just as amazing and he and I grew really close. We're still in touch.



Secondly I'd like to talk about the Golden Temple which was astonishingly beautiful and simply mind blowing. In any case our tour guide at the time was talking about it and how it was covered in gold flakes, it's not simply gold paint but golden flakes that have a high worth and would have taken years to make.

Under the golden flakes is high quality wood. The surrounding area is beautiful; lush underbrush and trees, and waterfalls of almost clear water. Temple gongs sound which completes the ambience.



It will be interesting, to see where the people go after this and how the students grow to be better people, some of us are already changing due to the trip. We're more mature, more worldly and open minded. Now it's simply a matter of seeing what happens and how people build upon this experience and where people go from here. Me, I want to travel more and see different cultures of the world. What do you want to do? If you're interested in travelling to Japan in 2017 please don't hesitate to ask me questions.



By Lachlan Swierczek Year 10

Go for 2 and 5!

Most Australians eat only about half the recommended quantity of fruit and vegetables. You need to eat two serves of fruit and five serves of vegetables every day (one serve is roughly a handful of fruit or veg).

Here are some handy tips for getting more fruit and veg into your day:

- Add leftover veges to an omelette for a healthy and filling breakfast
- Bananas, strawberries or tinned fruits can be blended along with milk, yoghurt and ice for a delicious fruit smoothie
- English muffins topped with diced veges and cheese can be turned into a quick mini pizza: a great idea for the lunchbox!
- Have low fat dips with carrot and celery sticks instead of crackers
- Add lots of veges to stir frys, casseroles and curries
- Beans or lentils taste great when added into soups
- Chop different fruits and mix them with natural yoghurt for a sweet and healthy dessert



More great ideas can be found at www.go4r2and5.com.au



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GUNNAMATTA TRAIL RIDES

School Holiday Program



**January School Holidays
Moonlit Sanctuary Junior Ranger Program**

Kids enjoy environmental activities, animal encounters and native animal care.

Day includes: interactions with dingo, python, off-limits animals, feeding animals & food prep, animal enrichment activities, fun and games for ages 7-14 years.

January school holiday dates:

- Week 1: Monday 4th to Friday 8th January 10am – 4pm
- Week 2: Monday 11th to Friday 15th January 10am – 4pm
- Week 3: Monday 18th to Friday 22nd January 10am – 4pm

Cost: \$65.00 per day, or \$175 for 3 days (pro rata for additional days).

Maximum 16 children per day.

Bookings essential as spaces are limited

Dress for the weather and wear closed-toe shoes, long pants and remember your hat or raincoat. BYO lunch or purchase at the café.

Moonlit Sanctuary

550 Tyabb-Tooradin Rd, Pearcedale

Phone 5978 7935

Web: www.moonlitsanctuary.com.au/juniorrangers.aspx

Open daily between 10am and 5pm





Suggestions for addressing children and young peoples' responses in relation to traumatic events such as the terrorist attacks in Paris.

Children and young people will have seen and heard about the terrorist attacks that occurred in Paris on Friday 13 November 2015.

The authorities in France and countries around the world will help to support the people who have been impacted by this event.

Children often worry and know more than we realise. Adults may assume that children are doing okay if they don't talk or ask questions about what has happened. Sometimes they have questions they may not ask unless we provide the opportunity.

Most children and young people will experience normal reactions to something that is distressing and with support from trusted adults around them these reactions will subside.

Routines are important when an event like this occurs. School can be very useful to support all children and young people.

Remember sometimes teachers and parents feel like we don't have the answers. It is helpful to remind children and ourselves that there are people working hard to make the current situation better.

Exposure to television, print media and social media

Many children are likely to be unsettled by the images on television, in the print media and online media reports about the Paris terrorist attacks.

It is important to understand what sense a child or young person makes of what they are seeing on television or hearing via the media (this includes social media) and what they are hearing in adult conversations.

It is important to monitor the amount of news coverage they see and hear. Seeing the event over and over again can cause vicarious trauma to adults and children.

Children and young people may experience sleeplessness and or nightmares about imagined consequences or images from television or print or social media coverage.

Responding to the concerns of children and young people

Children and young people may need to talk about what they have seen and heard. It is important that we listen to their concerns.

Keep information factual and dispel any rumours.

Don't be afraid to tell them that you don't have all the answers.

Children and young people may need reassurance about their safety and the safety of those they care about.

Teachers and parents should listen to the child or young person's cues as to what they want to know about the terrorist attacks. It is important to be honest with children and young people in an age appropriate way.

It is not unusual for young children to want to be close to those they love and care about.

Older children will possibly want to discuss the events, it is advisable to clarify information and dispel rumours as this helps them to process the information more accurately.

Advice for Parents

It is wise for you to monitor your child's exposure to television coverage, print media and social media.

Some children and young people will want to talk about the tragic events and try to make sense of what they have both seen and heard.

Other children will avoid any discussion around the events and will be reassured by routine and normality.

Remember the importance of routine, sleep, exercise and healthy eating.

There is a range of things you can do to assist your child during events such as this, including:

Acknowledge that the event was distressing

Reassure children that they are safe

Look for signs of distress (e.g. some children/young people might be scared)

Normalise responses - typical response will range from anger to general upset or sadness

Maintain a normal routine - keeping the structure at home or at school in place

Allow children to express feelings as they arise

Telling stories about how people manage during difficult times can be helpful.

Separate fact from fiction e.g. children may express fears about unrelated events.

Plan relaxing activities before bed – talk your child through a gentle relaxation, this might include using soothing music and talking them through relaxing tension in their body or simply reading something to them that induces relaxation (i.e. a favourite book).

Speak in hopeful terms – children and young people will often take their cues from their parents' reactions; if you are honest, calm, compassionate and open they will be much more able to trust that they will be okay.

Always remember the value of doing something with children that they like to do such as planning, exercising, being outdoors - have a time during your day to share time with your child.

Let's talk about mental health

In Australia, one in six young people aged 16 to 24 years currently experiences anxiety and one in 16 young Australians currently experiences depression¹.

The University of Melbourne, with funding from [BeyondBlue](#), has developed guidelines to help parents reduce the risk of depression and anxiety in their children. Some of the key things parents can do are:

- Establish and maintain a good relationship with your child
- Establish family rules and consequences
- Encourage good health habits: diet, exercise, appropriate screen time and sleep
- Minimise conflict in the home
- Help your child to manage emotions
- Help them to set goals and solve problems
- Provide support when something is bothering them
- Encourage professional help when needed

More information about the guidelines and other tips can be found at www.beyondblue.org.au/parenting or www.beyondblue.org.au



Peninsula
Health

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