

NEWSLETTER ISSUE 7

Friday 31st July 2020

KEY DATES	
Term 3	
Friday 31st July	Year 7—11 Semester 1 Reports available
Tuesday 4th August	Year 9 to 10, 2021 Course Counselling 2:00pm to 8:00pm
Thursday 6th August	Year 10 to 11, 2021 Course Counselling 2:00pm to 8:00pm
Friday 7th August	Year 12 and (Year 11 undertaking a Year 12 subject) Reports available
Thursday 17th September	Parent Teacher Interviews 4:30—8:00pm Final Student Day Term 3
Friday 18th September	Parent Teacher Interviews 9:00am—2:00pm
Term 4	
Monday 5th October	First Student Day
Wednesday 7th October	Year 12 October Trial Exams
Friday 9th October	Year 7 and 10 Immunisation
Friday 18th December	Final Day Term 4

OFFICE HOURS - Telephone: 8768 1000

FINANCE OFFICE: Monday to Friday: 9:00am – 4:00pm

ADMINISTRATION OFFICE:

Monday to Friday: 8:15am – 4:00pm

Address: 65-69 Manuka Road, Berwick 3806

Email: berwick.sc@education.vic.gov.au

Web: www.berwickcollege.vic.edu.au

BERWICK COLLEGE NEWSLETTER

Berwick College notifies parents by email when newsletters are published. Newsletters are published three times per term. Newsletters can be accessed on the Berwick College website. Please keep up-to-date with all College news by reading the newsletter, following us on Facebook and contacting the appropriate Home Group Teacher if you have any concerns.

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PRINCIPAL'S REPORT

...“Working together in these challenging and unusual times can provide us all with a greater sense of support and determination to deal with the challenges we face ...”

I am so sad to have had to inform our school community of the sudden passing of our long serving School Council President, Mr Roger Hall. Roger will be remembered as a genuine, kind and compassionate man, for his long term involvement in the Rotary community and his strong advocacy for public education in his leadership role over 30 years. Roger's children and grandchildren have attended, and continue to attend the college, and his daughter Melissa was one of our teachers. Roger's hard work and dedication to our school has been instrumental in the provision of resources and facilities that are enjoyed by our students, past present and future. He has never wavered in his interest and vision for the College. Students and parents would be familiar with Roger because of his attendance at Information Nights, Presentation Nights, Presentation Balls and his passion and support of the performing arts. He would often drop in and chat to staff members and was a favourite with the office ladies, particularly when they joined him in his love of Geelong FC. He has served on panels to appoint eight principals, supporting them in developing and implementing the broad vision and direction of the College. We are missing him terribly. Our thoughts and heartfelt sympathy are with his family and friends at this sad time.



Working together in these challenging and unusual times can provide us all with a greater sense of support and determination to deal with the challenges we face and keeps our focus on the positives that are found each day.

We are thankful for our staff who model our school values, lead with diligence and passionately support students to improve their outcomes and grow. Considerable effort has gone in to planning teaching and learning for our onsite and remote classes and to providing a Semester 1 report on progress and learning growth to students and parents.

We are sending regular reminders of the importance of hygiene practices, social distancing and keeping each other safe. Every student is temperature tested as they arrive at school and our young people have been extraordinary in their response to this and to wearing masks. We are fortunate to have such delightful and co-operative students at school each day.

My thanks to Mrs Danielle Edward for offering to assist students and staff to make personalised masks, from cutting through to using the sewing machine.

We are stronger when we care for each other as a community. Our Homegroup Teachers, Wellbeing staff and Student Learning Leaders are monitoring our students each day. If you feel your child needs some extra support during this time please do not hesitate to contact the College.

Our teachers know their students, know their expectations and dreams and push their student learner to exceed those expectations and grow. As part of our effective careers and transition program, students, parents and teachers have begun our course counselling processes. The 2021 Curriculum Guides showcase the rich and varied pathways and programs that are on offer at our College. These study programs aim to optimise pathway options, to engage our students, maximise learning outcomes and stimulate learning. In many cases, the pathways will change over the years, but for now, we want all of our students to have the greatest choices available and ultimately, to be able to make a successful transition into further education, training and employment.

On page 3 we celebrate a former student who is achieving excellence in their chosen career. We hope Jess Miller's story will inspire future generations of students who aspire to be a part of the world of radio, entertainment and performing arts.

While the Victorian Government provides updates to schools as...there is a lot of uncertainty and variables to day to day school operations. If we are sensible, work together and communicate then we will get through these uncertain times. **Ms Kerri Bolch—Principal**

2004 ALUMNI JESS MILLER

I graduated from Berwick College in 2004, with my focus in VCE being Performing Arts subjects, including dance (back in the olden days, before BCDA existed).

After leaving school, and with the help of coffee, I undertook a Bachelor of Contemporary Arts (Dance/Drama) and a Bachelor of Arts (Journalism) at Deakin University. From there, I went on to pursue my love of dance by completing a Full time course at APO Arts Academy, as well as an extra year in Musical Theatre.

Over the next 10 years, I made a living in the Performing Arts Industry (and continuously ignored my parents begging me to pursue a more stable job). This included Television and Film roles, music video clips, TV commercials and the ongoing role of Columbia in a touring Rocky Horror tribute show...as well as many auditions and many rejections.

Eventually, I found my true calling in hosting kids shows, including Peppa Pig, Giggle and Hoot, Looney Tunes, Kung Fu Panda, Teenage Mutant Ninja Turtles, Blinky Bill, Smurfs and many others. Through those shows, I was given the opportunity to tour around Australia over a 4 year period, and also host at some major Melbourne events including Carols By Candlelight.

The hosting and presenting experience that I gained from those gigs, eventually lead me to where I am now, which is a radio announcer on KIIS 101.1 and a TV traffic reporter for Channel 7, 9 and 10 News.



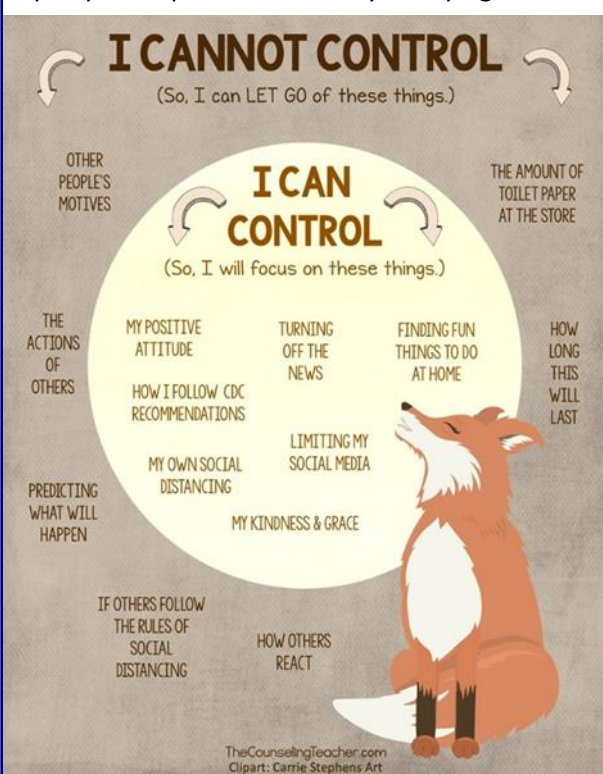
WELLBEING CORNER

Hey everyone!

If your headspace has been anything like mine lately, you've probably been experiencing the temptation to think, and think, and then think some more about the COVID-19 situation and what this means for you, your family, our State and even for our future.

Whilst problem-solving and considering the future is important, when doing this constantly begins to affect our ability to regulate our emotions (i.e. stay happy) and function normally (i.e. keep up with work, study and regular tasks), we need to take a second look at our thought patterns.

On the other hand, some of us tend to ignore the future completely. We may develop an intolerance for any mention of the word 'coronavirus', increase our time in fantasy land (i.e. Netflix, gaming, even fiction novels) to numb ourselves from the pain of acknowledging what society could look like in weeks, months, even years later. This is equally unhelpful as constantly worrying, since it fails to deal with root of our fear.



Earlier this year, one of our cool volunteer youth workers, Carrie, came across the cool collage on the left. I found it super helpful, and so I thought I'd share it with you (mind the reference to the CDC – think Health Department!). It illustrates the principle of acknowledging, but not dwelling on, stressful situations. We find balance when we 'label and let go' of worries which are beyond our control PLUS brainstorm about how we can make wise decisions in the matters we CAN control.

I encourage you to take a moment to think about things you can control, as well as the things you can't. It may help to write these things down. You could even do something to symbolise 'letting go' of things outside your control (for example, scrunching up this list and throwing it in the bin) and to symbolise the 'embracing' of things inside your control (for example, sticking this list to the fridge).

You might find this advice helpful, or you might find it hard to stomach at a time when so much in our world is changing. Regardless, I want to remind you that you ARE powerful, you ARE valuable, and you DO have an important role to play in helping those around you be the best version of themselves they can be.

Finally and as always, if you or someone you know is stuck in a rut that you just don't feel you can get out of, please do not hesitate to REACH OUT and contact the wellbeing centre via a phone call (03 8768 1023) or an email (our individual email addresses are listed on the College website). We would love to listen, encourage you and point you in the right direction!

Take care and stay safe,

- Sam, on behalf of the wellbeing team

P.S. Here's a couple of cool online resources which our team members have found helpful this month!

Beyond Blue's [Coping with isolation and being at home guide](#)

Finty's [Practical Financial Skills to Manage Money guide](#)



HOLLOWS HAWKS



Welcome back for Term 3!

In previous years, at the beginning of Term 3, the Hollows Learning Team would be preparing for our annual charity event called the Hollows Climb. This year due to the current climate, it has been put on hold while students and staff focus on health, safety and online learning!

In lieu of our school based charity event being put on hold, we have decided to enter the Hollows Learning Team into a Fred Hollows Foundation event. Not only will this event raise awareness and money for such an amazing foundation but it also supports our students' physical and mental health. We are asking students to get active during the month of August by running and/or walking to reach their goal. The sign up process is a little tedious and students will need to complete the form with a parent or guardian as they will need permission to sign up.

If students, parents and/or families are in the position to donate you are welcome to do so through the website below. Students can still participate without donating too. Make sure you do so as part of 'The Hollows Learning Team'.

More information can be found on the website -

<https://www.fredsbigrun.org/fundraiser/berwickcollegehollowslearningteam2020>



The Fred Hollows
Foundation

COURSE COUNSELLING

Year 9s - Tuesday 4th August between 2pm-8pm.

Year 10s - Thursday 6th August between 2pm-8pm.

Parents/guardians must book appointments with either Neil Gould or me. If students are selecting the FLP/VCAL program (Victorian Certificate of Applied Learning) parents/guardians should book their appointment with the VCAL staff, Julian Walton and Corinne Duhau.

For details of subject choices and fees, please refer to the 2021 Curriculum Guide which is available on the college website. Information about course structure and VET subjects can also be found here.

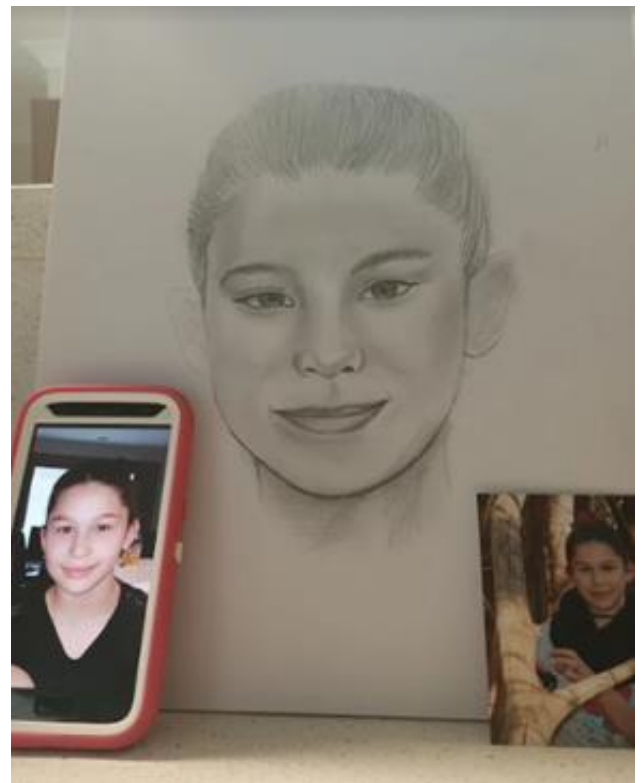
The format of the appointment will be a video conference through 'Google Meet'. Information about this will be sent out by Mr James Doble (Assistant Principal).

The appointments are only 15minutes in duration so make sure that you are well informed about subject choice and have discussed it at home prior to the meeting. If you have any queries, please direct them to us so we can support you.



STUDENT WORK

Below is a recent piece of artwork created by **Ange Toma** (year 7) for her Art elective. We are lucky to have such talented students in our team. Ange was asked to draw a self-portrait.



Ms Deana Mihalos & Mr Neil Gould
Hollows Student Learning Leaders

Deana.Mihalos@education.vic.gov.au

Neil.Gould@education.vic.gov.au

YEAR 10 IMMUNISATION—NOTE DATE CHANGE

Just a reminder that the School Immunisation Program continues in **Term 4** for our Year 10 students who will have the opportunity to be immunised on **Friday 9th October**. Students should eat a good breakfast on the day!

Our College Nurse Tracey does an incredible job organising an efficient timetable for the day to minimise the interruption to student learning, ensuring that together we support a safer community.

We are grateful to all our year 10 parents who returned the consent forms so promptly.

O'DONOGHUE OTELLAS



Welcome back to our O'Donoghue students! Whilst we have only our year 11 students physically in the classroom it's great to see all our O'Donoghue kids on video calls.

Our students did an amazing job last term online and demonstrated resilience and perseverance and we know the same will be applied in the next couple of weeks.

Two very important dates to put in your diaries is August 4th and 6th as these days are allocated to Course Counselling for 2021. Tuesday is year 9 students going into year 10 and Thursday year 10 students going into year 11. Please read the information that has been sent to you. Students have also received this information via their home group teachers. Please book in to see Ms Vilella and Mr Nugent and those who are interested in Flexible Learning and VCAL can book in with Mr Walton and Ms Duhau.

Please encourage your kids to message us on Google Hangouts or send us an email if they have any issues or concerns. We are happy to help and would love to hear from them. If parents have any questions please do not hesitate to contact us via phone call or email.

We hope you're safe and are doing well during this crazy time!

Mr Nugent and Ms Vilella

FLYNN PHOENIX NEWS



As we come back to term 3, we are again faced with online learning for Years 7-10 in light of the Covid situation throughout Melbourne. This can be challenging for both students and staff. Please let us know if there are any issues with your son/daughter being able to access their online learning through the platforms as instructed by their teachers. A reminder that as we are now in Semester 2, elective subjects will have changed and students will need to connect to online learning for these. They should have received instructions from their teachers for this.

We are proud of the resilience of our students and their ability to keep engaging with their learning during these difficult times and we look forward to seeing all the students back at school. Hopefully this is sooner rather than later.

We look forward to meeting the parents of Year 9 and 10 students through online course counselling (Year 9 into 10 - Tuesday 4th August and Year 10 into 11- Thursday 6th August). If you are a parent of a student in year 9 or 10, please book a meeting with Vaughan or Adam through Compass. Bookings are going quickly so please set your time early to avoid disappointment.

As students returned at the end of last term we had begun a round robin competition of War Ball (or Dodge Ball as some may know it) between the Flynn home groups. All the students got involved and there were many laughs and some fierce competition! We were due to have the grand final between Flynn 5 and Flynn 1 when we returned this week. We will now defer this till when students have returned and let you know how it goes.

Finally, if you are concerned about your child's academics, please ensure that you communicate with the subject teacher and students home group teacher. This is often the quickest way to resolve any concerns. If you would like additional follow up, please do not hesitate to contact Vaughan or Adam. Our students are resilient and have adapted well to remote learning this time around. Many students have identified that they 'know what to expect' and have established some good routines from the last lockdown. We are very proud of all our students and will continue to support them however necessary.

Keep well!

Mr Vaughan Chaplin and Mr Adam Nettleingham
Flynn Learning Leaders

KENNY KANGAS



We are so proud of our Year 11s and Year 10s (in a VCE subject) last week for starting back at school and remaining so positive throughout the COVID-19 saga.

We are excited to welcome back our Year 7-10 students who are starting Remote Learning 2.0 this week. While this is a situation that is not ideal, we have complete faith in our amazing Kenny students that they will approach this challenge with the same enthusiasm and resilience that they did last time. We are so proud of how the Kenny students showed maturity and independence during Term 2 and how they returned with a growth in their approach to their schooling.

We are also very excited to announce that we have a new Home Group teacher for Kenny 8 and new member to the Kenny Learning Team, Mitchel Wood who is looking forward to working with our students during this remote learning period. Welcome to the Kenny Kangas!

QUOTES FROM SOME OF OUR KENNY KANGAS WHEN ASKED ABOUT RESILIENCE DURING REMOTE LEARNING

"You are persistent and keep going when you are knocked down"

"To be able to bounce back and not be affected by negativity"

"Being mentally and physically strong during the good and the bad"

To keep going even if you don't succeed and having the courage to reach out for help"

QUOTES FROM SOME OF OUR KENNY KANGAS WHEN ASKED ABOUT WHAT HAS MADE THEM LAUGH

"Making scones during food tech class"

"My teacher when he tells bad jokes"

"Our class group chat when discussing memes"

Mrs Irena Arney and Ms Melissa Zuccolo
Kenny Learning Leader

DUNLOP DIGGERS NEWS



With the commencement of online learning once again, please contact us if you are struggling with anything. You can email either of us, or send a message through the Dunlop Google Classroom page.

All students moving into year 10 and 11 next year should have booked a course counselling session by now with either of us. If you have not, parents can log into Compass and book students in. This is to choose subjects for next year. If you are struggling to do this on Compass, please call us and we can do this for you.

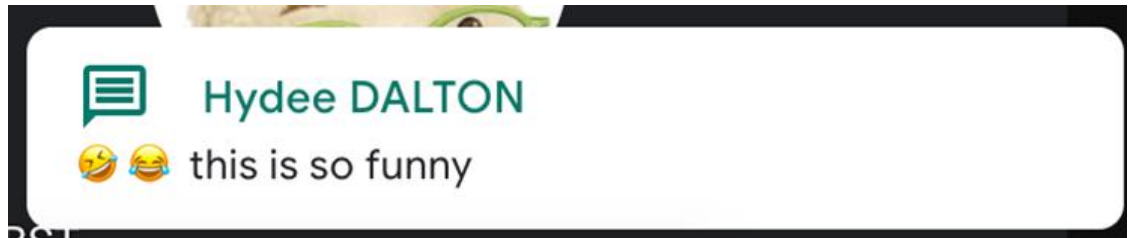
Miss Hann and Mr Uhlenberg

FROST FALCONS—HERE WE GO AGAIN!



What strange and surreal times we are living in. But! Mr. Oke and Miss Rees would like to commend all of our Frost students on demonstrating not only resilience through these times, but still showing such enthusiasm and motivation (through a screen!)

Our Frost year 7's thought we should take advantage of the fact that online shopping has sky-rocketed since isolation and are in the process of learning the art of persuasion (preparing for when they pitch a new invention). So far, they have mastered the age old "sell my pen" trick, the ability to sell the unsellable as well as writing a catchy jingle. And let me tell you, it's not easy trying to sell: expired pancake mix, a peeled raw egg, a can of mushy peas or chewed up gum!



COURSE COUNSELLING REMINDER

A reminder to all of our Frost students to please book an appointment with Mr. Oke or Miss Rees for course counselling. Picking your subjects is one of the most important things you will do throughout the year, so choose wisely!

Year 9	students	(for year 10):	Tuesday	4th	August	(2pm – 8pm)
Year 10	students	(for year 11):	Thursday	6th	August	(2pm – 8pm)

The below link highlights all subject choices:

<http://www.berwickcollege.vic.edu.au/wp-content/uploads/2020/07/2021-Berwick-College-Senior-School-Curriculum-Guide.pdf>

MIGHTY MONASH



Welcome back to Term 3!

We have been happy to have our Monash Year 11s back with us on-site and pleased to see so many of our Year 7s to 10s working so well online. We hope to still be able to connect together as a Learning Team even though we are not all in the same location.

This term we look forward to planning with you what your 2021 course might look like, and for those in Years 9 & 10 it means a course counselling appointment on Tuesday or Thursday of next week. If you have not yet booked an appointment please contact us directly to arrange a time.

As so many of you complete schooling remotely please do not hesitate to get in contact with your Home Group teacher or the Monash Leaders if you are encountering difficulties with this way of learning. We want to support all our students to make sure remote learning is as smooth and meaningful as it can be.

Paul Roberts & Lucy Tusan

CHISHOLM CHARGERS



REMOTE LEARNING

And we're back! Remote learning 2.0. I have been speaking to some of the teachers and they are quite proud of how well you have all adapted back into remote learning. I will be catching up with all the year levels as best I can over the next few weeks to help manage any difficulties you may be facing.

I encourage you all to keep in touch with your Home Group teachers as they are also available to help you at any time. We enjoy checking in with you every day and keeping up to date with your progress. If you would like to share any successes you have had we would love to hear about it.

COURSE COUNSELLING

It's that time of year again where everyone gets to choose their electives for 2021. Have a think about which subjects you are passionate about and which ones you might like to try. Berwick College has a vast array of subjects and you can tailor your elective choices to suit your interests. The Junior School and Senior School Curriculum Guides are available on the Berwick College Website and I encourage everyone to read the subject descriptions to gain a better understanding of what each subject covers.

Due to the current COVID-19 situation we will be conducting our Year 9 and 10 Course Counselling sessions via Google Meet. Year 9 and 10 students will receive a Google Meet link, which will take you to the Google Meet with either Ms Hooper or Ms Owen (depending on who you booked with).

The dates for Course Counselling are:

Tuesday August 4th – Year 9 into 10

Tuesday August 6th – Year 10 into 11

Ms Owen and I are looking forward to meeting with you and helping you select your subjects for next year.

All other year levels will be able to complete their own subject selections online at home. You will be emailed a code and a link the Edval program. This email will be sent to your @berwickcollege email account. If you do not receive an email or your code doesn't work, please contact Ms Hooper on 8768 1085 and I will be able to help you.

Once students set up their profile and complete their assessment, they can use this resource during their senior school years to set goals based on their preferred occupations.

All students have been given a handout recently that provides detailed information about how to set up their own account and thereafter complete their profile. If your son/daughter has not received this information, please contact the Careers office on 8768 1058 or contact Karen Crawley via email (Karen.Crawley@education.vic.gov.au).

STRUCTURED WORKPLACE LEARNING (SWL) – YEARS 10, 11 AND 12.

All Year 10 FLP (Flexible Learning Program), Year 11 and 12 VCAL (Victorian Certificate of Applied Learning) students (aged 15 and over) are required to have a work placement one day a week (either on a Wednesday or Friday depending upon which day they attend their blocked TAFE course).

As you may be aware, all SWL placements were suspended at the end of Term 1, prior to moving to remote learning as per the advice provided by the Department of Education. However, to coincide with the return to face to face learning, schools have now been notified that students are able to move back into their existing SWL work placements and/or obtain one.

If your son/daughter intends to re-commence an SWL placement or find a new one, there are a number of factors that must be adhered to prior to their commencement:

- Parent/guardian approval
- Employer willing to reinstate and/or accept a student for a work placement
- Employer able to provide written evidence of be able to demonstrate social distancing and/or COVID-19 OHS compliance.
- A completed/signed SWL form
- Approval from the Careers office via Narelle Mills (Narelle.Mills@education.vic.gov.au or 8768 1059) for the placement to go ahead.

Students are able to use the SWL portal (<https://goworkplacements.education.vic.gov.au>) to find employers looking for students to work in their business as part of the SWL program if they are having difficulty finding a placement.

VET (VOCATIONAL EDUCATION AND TRAINING)

VET at Berwick College for Years 10, 11 and 12 students

Approximately 280 students have elected to undertake a Vocational Education Course at our school or another Technical Educational setting this year. Students are currently undertaking the following 1 or 2 year courses;

At Berwick College

Applied Fashion Design and Technology, Automotive, Community Services, Construction Pathways, Dance, Electro-technology, Outdoor Recreation, Small Business and Visual Arts.

Off Campus at another school or TAFE institution

Animal Studies, Beauty, Computer Assembly, Graphic Design, Early Childhood Education and Care, Equine, Furniture Making, Health Services, Horticulture, Information Technology, Kitchen Operations, Laboratory Skills, Make Up, Music, Plumbing, Retail Operations, Salon Assistant (Hairdressing), Screen and Media, Sport and Recreation and Tourism.

The benefits of undertaking a VET program whilst at school are:

- *They assist students to become 'job ready' thereby increasing their employment prospects.*
- *They form part of recognised pathways to further education and training.*
- *Upon successful completion, students receive a nationally accredited qualification.*
- *A necessity within the Applied Learning Program for Years 11 and 12 that contributes to units of credit required to obtain an Intermediate and/or Senior Certificate.*

VET – REMOTE LEARNING AND BACK TO FACE TO FACE LEARNING

During the shift from face to face learning to remote learning for school students, all VET courses moved to a remote mode of learning too. All students/parents/guardians were contacted directly by the VET/TAFE institution with advice about how this would occur and students continued to complete their studies during this time on their regular, scheduled day/time.

All VET courses held at Berwick College have now moved back to face to face and students in Years 10, 11 and 12 should be attending classes. Further, those VET courses held off campus are also moving back from remote learning to face to face learning. These VET/TAFE institutions have advised Berwick College that they will have contacted our students and their parent/guardian recently via email with the date for the change.

If your son/daughter is unwell and unable to attend their VET class off campus, please contact the institution directly as well as leaving a message in the VET office on 8768 1073. Any queries, please contact Laura Germano on 8768 1073 or Karen Crawley on 8768 1058.



TERM 3 ONLINE CODING CLUB

FUN & ENGAGING PROGRAMS:



Animation & Game Design with Scratch (Grades 2 - 4)



Game Development with Python (Grades 5 - 8)

- 7 X WEEKLY SESSIONS FROM 4:30PM - 5:30PM (AEST)
- LIVE, INTERACTIVE SESSION WITH QUALIFIED COACHES
- ONLY \$20 PER SESSION!

REGISTER TODAY AT
www.jnrengineers.com.au/after-school

www.jnrengineers.com.au **1300 089 344**  **zip** own it now, pay later

COMMUNITY NEWS



Berwick College is partnered with DBT in Schools.

They are providing psychological services to our school, placing a school psychologist in our school one day a week. This is very exciting for our school to help student's develop resilience, and coping skills for a range of challenges they may be facing. This may include challenges such as; anxiety, difficulty coping with friendships, grief, and dealing with parents separating, for example. The Psychologist will focus on helping student's build important life skills. For students with a mental health care plan from their GP this service is no cost to the parent. The sessions are confidential and provide an affordable and convenient service. If you would like your child to have some sessions with the DBT in Schools Psychologist, you should contact Kyra from wellbeing (8768 1022) or your students Learning team leader, who can help you engage with this service. For more information about DBT in Schools you can visit their website at dbtinschools.com.au

How much do you really **know** about Kids Helpline?



Did you know...?



• All Kids Helpline counsellors are **tertiary-qualified professionals** (not volunteers)



• In 2018, Kids Helpline responded to **67,264** counselling contacts



• Kids Helpline can provide young people with **ongoing, case-managed support**

All this info and more is available in our free presentation resources for teachers and professionals.

FIND OUT MORE

FREE DOWNLOAD NOW

DID YOU KNOW?

ACE Foundation offers FREE STUDY CLASSES

with **tutoring** to all High School Students in the City of Casey **Mon-Thur | 4.30-6.30pm** stationery, snacks, WiFi & printing facilities provided
Forms are available from the general office



ace
FOUNDATION
Aiding Casey Education

☎ 0459 520 010
📍 2 Woodbine Road
Cranbourne North 3977
✉ acefoundation@trcgp.com.au
🌐 acefoundation.org.au

LIKE US ON
📱 [aidingcaseyeducation](https://www.facebook.com/aidingcaseyeducation)

COVID-19 Screening Clinic



Stop the spread.
Get tested today.

i You can be tested if you have:

- Fever
- Chills or sweats
- Sore throat
- Shortness of breath
- Cough
- Runny nose
- Loss of sense of smell

monashhealth.org/coronavirus



COVID-19 REMINDER

There is no charge for COVID-19 testing - any symptoms, however mild, get tested - Link to DHHS testing - <https://www.dhhs.vic.gov.au/getting-tested-coronavirus-covid-19>

If you don't have a Medicare card you can still get tested for COVID-19 - <https://www.dhhs.vic.gov.au/getting-tested-coronavirus-covid-19>

Keep yourself, your friends and family safe

<https://www.dhhs.vic.gov.au/how-stay-safe-and-well-covid-19>

Monash Health COVID-19 Screening Clinics



Dandenong

Carroll Lane carpark (off Cheltenham Road)

7 days
9am-midday
1pm-4pm

Dandenong

169 Cleeland Street

7 days
9am-4pm

Clayton

239 Clayton Road

7 days
9am-4pm

Berwick

7 Gibb Street

7 days
9am-4pm

Pakenham

Henty Way

Monday-Friday
9am-4pm

Cranbourne

Cranbourne Integrated Care Centre
140-157 Sladen Street

Monday-Friday
9am-4pm

 **No charge**

 **No appointment needed**

 monashhealth.org/coronavirus



COMMUNITY NEWS



futuresinmind

Parent Group 2020 Calendar

JULY

21st July 2020 - 6:30-8:00pm
Is my kid ok?

Do you find yourself wondering if your child's behaviour is "just being adolescent" or something more?

This presentation will focus on what to expect when your child is navigating adolescence and what signs to look for to suggest further investigation. There will be a particular focus on depression and anxiety symptoms.

Presenter: Karen Collidge Investment: \$20
<https://www.trybooking.com/BHFZK>

SEPTEMBER

15th September 2020 - 6:30-8:00pm
From 0 to 100 in seconds.

Do you feel as though your child/teen can go from 0-100 in seconds without warning?
Do you find yourself confused about what is happening?

This presentation will focus on understanding the biology behind emotion regulation using the principles of polyvagal theory. From this understanding we will explore how to help your child learn to notice the cues in their body that let them know they are becoming dysregulated and ways support your child when distressed.

Presenter: Karen Collidge Investment: \$20
<https://www.trybooking.com/BHFZM>

NOVEMBER

17 November 2020 - 6:30-8:00pm
Emotion coaching to improve communication with your teen.

Would you like to improve communication with your teen?
Do you want to reduce conflict with your teen?
Would you like to learn some new strategies to make this happen?

Emotion coaching is an effective way to improve your teen's ability to express their emotions in a productive way, self regulate and become more resilient. This presentation with focus on the five steps of emotion coaching with a specific focus on teen development and how to apply emotion coaching in parenting your teen.

Presenter: Karen Collidge Investment: \$20
<https://www.trybooking.com/BHFZH>

AUGUST

18th August 2020 - 6:30-8:00pm
Supporting your child's mental health post parental separation.

Today, in Australia 1 in 3 marriages end in divorce, and of these divorces 47% of these relationships include children under the age of 18 years.

This presentation will explore the mental health impacts on children who have experienced parental separation and discuss ways in which to support these children.

Presenters: Bernie Beyer & Karen Collidge
Investment: \$20
<https://www.trybooking.com/BHFZL>

OCTOBER

20th October 2020 - 6:30-8:00pm
Emotion coaching to improve communication with your child.

Would you like to improve communication with your child?
Do you want to reduce conflict with your child?
Would you like to learn some new strategies to make this happen?

Emotion coaching is an effective way to improve your child's ability to express their emotions in a productive way, self regulate and become more resilient. This presentation with focus on the five steps of emotion coaching with a specific focus on child development and how to apply emotion coaching in parenting your child.

Presenter: Karen Collidge Investment: \$20
<https://www.trybooking.com/BHFZG>

DECEMBER

15 December 2020 - 6:30-8:00pm
Supporting your child's mental health post parental separation.

Today, in Australia 1 in 3 marriages end in divorce, and of these divorces 47% of these relationships include children under the age of 18 years.

This presentation will explore the mental health impacts on children who have experienced parental separation and discuss ways in which to support these children.

Presenters: Bernie Beyer & Karen Collidge
Investment: \$20
<https://www.trybooking.com/BHFZI>

Karen Collidge is a Family Therapist and mental health nurse practitioner specialising in child, adolescent and family mental health. She works in both private practice and in public health at the Royal Children's Hospital.

Bernie Beyer is a Couples and Relationship Therapist, Art Therapist, family dispute resolution practitioner and mental health nurse practitioner. Bernie works in private practice with children, adolescents, parents and couples in North West Melbourne.

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Numbers for groups are limited.

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