



Marian College Newsletter

'Smaller Community - Big Opportunity'

Wednesday 7th February 2024

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Marian College

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Office Hours

8am - 4pm

Acknowledgment

Marian College acknowledges the Minjambuta People as the traditional custodians of this land.

Marian College is founded on the charisma of the Presentation Sisters 'In Deeds Not Words'.

Marian College is an inclusive and Child Safe school.

Marian College is committed to Democratic Principles

Principal's Report – Cath Watter



Welcome to the 2024 school year! We hope that all students and their families have had a relaxing break and are ready to make the most of the opportunities ahead this year. We would like to specially acknowledge our

new year 7 students who have begun their secondary education with real enthusiasm and energy. To our new Deputy Principal, Andrew McKenzie-McHarg, and new Science and PE teacher, Ryland Jordan, welcome aboard! We hope that your time at Marian is both fulfilling and joyful. Also, to our Year 12 students, we wish them all the very best for this important year ahead.

Visitors to Marian will notice that work continues apace on our new Wellbeing Centre. We are very much looking forward to its completion and opening later this year. It promises to be a great

addition to College facilities and will provide state of the art facilities for student learning and wellbeing. Students have also returned to new lockers which have been replaced over the break, which give the site a real 'lift'.

The year ahead promises to offer great learning experiences, extensive co-curricular opportunities and time to grow lasting friendships. We encourage all our students to make the most of these and to approach every day with a commitment to be their very best. For our part, we commit ourselves to work alongside our students and their families in genuine partnership to help all of our students achieve their best possible outcomes. May God bless all members of the Marian community as we work and learn together this year.

Cath Watter

Cath Watter
Principal

Prayers - God's blessings for this year.

May God bless you with the good health, friendship and happiness that will help you live life to the full.

May God bless you with the love and support of family, friends and teachers who will walk beside you every step of the way.

May God bless you with a positive mindset and can-do attitude, even when the going gets tough.

May God bless you with courage and openness to take on the opportunities and challenges of the year.

And may you always feel God's constant loving presence in your life.

Amen



Absentees

Students are expected to attend and be punctual to all classes and events. School starts at 8.50am each day with Learning Mentor (LM).

- If a student is absent, it is important that parents/guardians inform the school by 9am on the day, **providing a reason.**

PAM: pam.mcm.vic.edu.au

Email: info@mcm.vic.edu.au

Phone: (03) 5752 1596

- All absentees are recorded at morning LM. If the College has not been notified of a student's absence, both parents or guardians or custodial parents will be notified by text message to let them know that their child is not at school. ***The reason for the absence will be requested as it is a legal requirement that the College notes this on the absence register.***
- **If a reply is not received from the students' parents, the office will ring parents contact number. If a reply is still not received emergency contacts will be notified**
- Attendance is taken at the start of each period.
- Parents are not required to notify the office if students are attending excursions and sports carnivals as excursions and sports carnivals are part of the school's planned learning activities.

If a student is late

- Students arriving late are required to sign-in at Student Reception.
- A note or telephone message from parents/guardians is required to support the reason for the lateness if signing in more than 15 minutes late

Covid-19

There has been an increase in the number of COVID19 cases across North East Victoria in recent weeks.

So just a few reminders about some actions that we can all take to keep our community safe.

- **Air purifiers can be used and windows and doors opened to provide ventilation.**
- **Students can also be given the opportunity to work outside when appropriate.**
- **Good hand, cough and sneeze hygiene continues to be important, as does physical distancing where possible.**
- **Students who are confirmed cases should isolate at home for at least 5 days and only return to school when they are well.**

We have a number of staff and students with vulnerable health. Staying at home if you are unwell will help protect all members of the College community.

- **Anyone who is a close contact of a confirmed case is encouraged to wear a mask. Masks are available from reception for those who would like them.**
- **RATs are also available at reception for testing if you develop symptoms and for daily testing of close contacts.**
- **We continue to ask parents and carers to report positive cases to the School.**

As always, if you are unwell, please do not come to school until your symptoms resolve.



Calendar 2024

Wednesday 7th February	Opening School Mass
Friday 9th February	G.R.O.W Up! Workshop Day
Tuesday 13th February	Swimming Carnival
Tuesday 13th February	Shrove Tuesday
Wednesday 14th February	Combined School Mass
Wednesday 14th February	Ash Wednesday
Wednesday 14th February	Advisory Council Meeting 6pm
Friday 16th February	Halogen Student Leadership Conference
Wednesday 21st February	Year 11 & 12 VCE Information Evening 6pm
Wednesday 21st - Friday 23rd February	Year 7 Camp - Alexandra Adventure Resort

Term Dates 2024

Please find below the school term dates for 2024

Term 1

Finish: Thursday 28th March

Term 2

Start: Monday 15th April

Finish: Friday 28th June

Term 3

Start: Monday 15th July

Finish: Friday 20th September

Term 4

Start: Monday 7th October

Students Finish: Tuesday 10th December

Staff Finish: Friday 20th December

Absentees - Please Let The Office Know

All Student absentees must be reported to the office via one of the below three methods

Phone – 5752 1596

Email – info@mcm.vic.edu.au

PAM – pam.mcm.vic.edu.au

It can be helpful for parents to follow up with teachers, but the first point of contact should always be the office. It is not the responsibility of the teacher to pass on messages to the Administration team.

Thank you.



Tony Cuskelly

Year 7 First Day



Year 7 Parent Partnership Evening

Lovely to see such strong representation at our Year 7 Parent Partnership Evening on Monday night. There's a lot of information to take in when starting secondary school, so it was great to see so many parents and students in attendance. SIMON and PAM are great platforms so be sure to access both on a regular basis.

Also, LM teachers will be in contact in due course via email to reintroduce themselves and we especially welcome Ms Caitlin Nolan to the program as a mentor in the Romero community.



2024 Year 7s



Swimming Carnival Notice

Term 1 - We launch straight into things with our Swimming Carnival which is to be held at the Myrtleford Pool on **Tuesday 13th February**.

- ▶ Bus students will arrive at Marian College and immediately be transferred by another bus to the pool. They will be transferred back to Marian College in time for afternoon buses.
- ▶ Non-bus students are to be at the pool by 8.45am
- ▶ Learning Mentor rolls will be taken at the pool at 8.45am. Report to your LM teacher.
- ▶ Help with set up will be required so if you can arrive at the pool early it would be appreciated.

- ▶ Please bring a healthy lunch and plenty to drink.
- ▶ You will be required to wear your sports uniform to the pool or clothing in your community colour.
- ▶ Bikinis are not allowed. Girls must wear one piece bathers or a singlet over bikinis.
- ▶ Hats are compulsory. Sunscreen will be provided.
- ▶ Attendance at the swimming carnival is compulsory. If you cannot compete for medical reasons please bring a note and you will be given a job for the day.

The Swimming Carnival is always a fun day with a fantastic atmosphere.



Michelle Barker



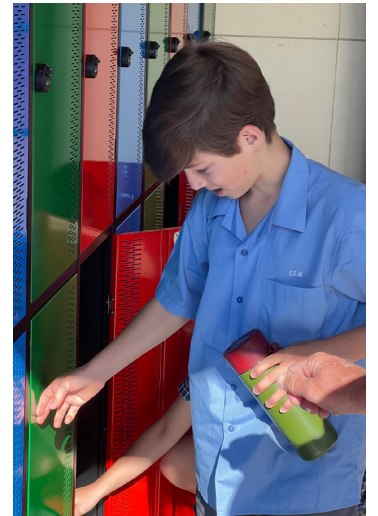
Anna Fin-Genero

Middle School Agriculture

Middle School Agriculture had a great session cleaning up the veggie patch. Thanks to Sam Crisci for lending us the trailer and taking away the rubbish.



New Lockers

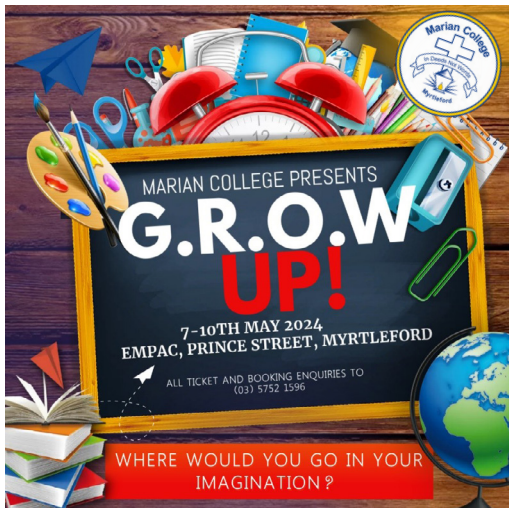


G.R.O.W Up! Production

Happy start to the year to everyone!

We are up and running again with the 2024 College production of 'G.R.O.W. Up!'. This production performance is aimed at children and follows the story of Umberto and Polly (brother and sister) who are asked to stay home to consider the calibre of their behaviours at school in and out of the classroom. Whilst isolated to their respective rooms to reflect, they imagine varying worlds which help them learn lessons about Generosity, Respect, Ownership, and Wholeheartedness. With courage, patience and a new found perseverance, they take on the responsibility of their actions and finally return to school to make the most of their community, learning and lessons.

This term we have secured lunchtime rehearsals on Tuesdays and Thursdays which will make it easier for everyone to remember and organise their weekly routines.



PRODUCTION DATES
8-10TH MAY 2024 @ EMPAC

Prince Street Myrtleford.
 (times and show availability to be confirmed)

As always – YOU TOO CAN HELP or BE INVOLVED!

We are always in need of many found objects and items that others wish to discard ... can you assist with any of the following?

Please let us know as soon as is convenient!

WILD THING wide striped T-shirt,
 Jumper- any colour



GRINCH mask



LARGE CARDBOARD BOXES (from TV / Fridge/ Large appliances)

ANY DR. SEUSS COSTUMES and or properties.

UMBRELLAS that we can paint and/or use the frames.



STRAW HATS of any description

UNWANTED ANIMAL ONESIES



Vicky McGowan



Maria Fin

Year 12 Retreat

From Tuesday 30th January until Thursday 1st February, all Year 12 students travelled to Valley Homestead in Ovens for their annual Retreat. During the Retreat students reviewed their lives with a guided journey. These were three days of reflection, discussion, ritual, prayer, and shared friendship.

The students explored the mystery of Christian love as it may be experienced through the varied relationships they have with self, with friends, with God. Through daily prayer and Mass, students were given an opportunity to experience God. Students were also challenged to allow God's love to live through them by writing affirmations for their peers. This, together with the physical challenges, presented the opportunity for students to rekindle relationships and collectively strengthen a year group bond. Congratulations are to be extended to this Year 12 group as they entered into the retreat sessions with enthusiasm and the attitude to gain the most from the experience. They were encouraged to express themselves authentically in small groups in order to foster a sense of liberation and empowerment. It was a profound journey of self-discovery and collective evolution.

One of the highlights of the retreat was Father Rob Galea's personal journey and reflection followed with the celebration of the Eucharist.

Delicious and plentiful meals were also a highlight, and it was wonderful for students and staff to share meals and conversations in this environment and slow down and take a step back from busy schedules.

I would like to express my gratitude to the staff who attended the Retreat. Mr Carroll for his preparation and organisation of this retreat, and his continued support as the Coordinator and Mrs Quin and Mrs Fullwood who took the time to share their experiences with us. Their dedication to the Year 12 students by wholeheartedly

participating in all activities and giving up their time away from their personal lives was amazing.

Students were all able to take something from this experience and make fond memories which they will undoubtedly cherish for a lifetime.

I encourage all to carry the lessons learned and the connections made during this retreat with us, as we journey through the exciting and challenging year ahead.

I liked -

- Learning ways to handle Year 12
- Realising the support systems available
- Spending relax time with the year level before the busy year ahead

Alessi La Spina

I liked -

- getting to know my peers

Tomas Juhasz

I liked -

- The physical activities/ challenges
- The guest speaker-Father Rob's story was surprisingly relatable

Nova Byrne

I liked -

- The bonding and trust in our small groups
- Father Rob being our guest speaker

Amy Favaro

I liked -

- The heartfelt activities
- The participation from my peers
- How I feel supported and refreshed for the year ahead

Lily Cuskelly

Year 12 Retreat





Marian College - Social Media

To keep our families updated and to share the good news coming from Marian with the broader community, we created Marian College Myrtleford pages on both Facebook and Instagram!

We will continue to post on both platforms so that more and more people can see what our amazing students are achieving. Feel free to share any posts of our news and achievements of our students.

So don't forget to like and follow our Facebook page which can be found [here](#) or by searching Marian College Myrtleford, and our Instagram page which can be found [here](#) or by searching mariancollegemyrtleford.

***'Smaller Community -
Big Opportunity'***



Maddison Pasqualotto - Italy Exchange

In mid-November I had the incredible opportunity to spend nine and a half weeks away in Italy - my new home country - as an exchange student. I will admit the trip was scary and I wasn't sure if I could spend all that time away from home, but being in good company with the agency 'Students of the World' I knew I was in good hands. During the two months, I lived with a host family in the north of Italy - approximately 1 hour north of Venice in a small town called Sacile. My host parents Christina and Michelle were extremely welcoming given the massive change I was going to endure. I also lived with my host sister Mascha who is 16 years old; we clicked instantly and I am so grateful for the relationship we have.

As it was winter in Italy I attended school with Mascha, and I will admit that I much prefer the Australian schooling in comparison to how my school program worked. I attended school Monday to Saturday. On Monday and Saturday we finished at 1:00 pm and Tuesday - Friday we finished at 1:30 pm. We would take the bus to and from school with some of Mascha's friends and at the end of the school day, we would go home and eat a big lunch that was always delicious.

When I wasn't at school Mascha and I would be in the town centre, chilling and watching TV, doing homework, cooking up desserts in the kitchen or out late with her friends. With my host family, we would go to mass every Sunday and be involved with the community, or travel the north of Italy in their camper van. They took me to so many beautiful places.

I did a day trip to Venice, Trieste, Treviso, and Cividale. I got to enjoy their beautiful family traditions and spent three days in Merano enjoying the stunning Christmas markets

and shopping, the famous spas and German pretzels and strudel. After the new year, we spent three days in the fresh white, powder snow of the Dolomites skiing and sledding and enjoying each other's company.

Towards the end of my trip, I was given the opportunity to fly to the south and spend a day in Napoli with close family of my host mum. The last three days of my trip I spent in Rome gathered with all the exchange students from Italy, France, Germany and Spain. The Rome trip was the absolute highlight of my trip, getting to know the history and seeing the architecture was something so surreal. In addition to the incredible landmarks were the people and close friendships I made on the trip and got to travel back to Australia with. We all clicked so well as we understood each other and what this experience had brought for us.

However, underneath all the excitement of these experiences and seeing wonderful landmarks, during the first week of my trip I was incredibly homesick and wanted to go home, in contrast to the last week of my trip where I was upset all week not wanting to leave the family and relationships I had made with my new friends. But it made me realise all the doors this experience has opened for me and the independence I have gained as well as an improvement of my language skills.

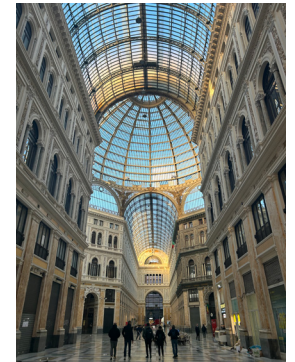
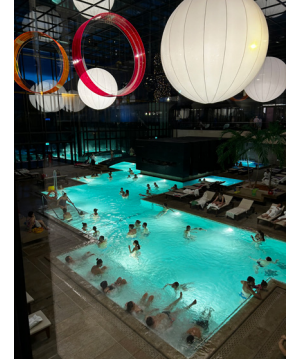
I deeply encourage you to think about taking an opportunity like this because it has been truly life-changing.



Maddison
Pasqualotto



Maddison Pasqualotto - Italy Exchange



Captains Corner



Jaz Rossato

I'd firstly like to say a huge welcome to our new students. We are very excited for you to be a part of our College community this year! And also welcome back to our returning students, we hope your holidays have treated you well and you are feeling rested and ready to get back into it. The student leadership team is very excited for the year ahead, and we would like to stress to all students that we are here to serve you all. So, if you have any concerns or ideas, we are here to listen and help you put them into action.

I wish everyone well for the year ahead, and I have no doubt that it will be a very successful one in the Marian College community!



**Prioritise Learning Time -
Appointments are not
an excuse**

- non-urgent appointments made before/after school or during holidays
- disrupted learning time disrupts learning

New Staff

This year we have a number of new staff to introduce to the Marian community but we would also like to take this opportunity to formally introduce some staff that started during the business of last year.

In 2023 we were lucky to have had both Declan Bren and Karlie Grant join our Education Support Team. Martine Valentine started last year taking on a role teaching VM and Religious Education. This year she will also be filling in as the Food Technology and Textiles teacher while Gayle McIlroy is on long service leave.

Towards the end of the year we had Chelsea Boyd start in the office as our Reception and Administration Officer. Most of you would have already spoken to Chelsea over the phone or through email as she stepped up into her role with ease.

This year we introduce 2 new staff members. Andrew McKenzie-McHarg as our new Deputy Principal Learning and Teaching and Ryland Jordan. Ryland did some work experience with us in 2023 and has now signed on as a Health and Physical Education and Science teacher. We look forward to working with them both in 2024!



Cath Watter



Andrew McKenzie-McHarg
Deputy Principal Learning and Teaching



Ryland Jordan
Teaching Staff



Chelsea Boyd
School Reception and Administration



Martine Valentine
Teaching Staff



Karlie Grant
Educational Support



Declan Bren
Educational Support



Cath Watter

2024 School Banner

This Year's College theme is '**New Day, New Hope, New Beginnings**'. It is a recontextualisation of the passage from Revelations, 'Behold, I make all things new'. The design for our banner was developed by Isabelle Cooke, one of our very talented Visual Communication and Design (VCD) students. College leaders worked alongside the VCD class to create wording and images that would 'speak' to the students in our school community. The class developed some outstanding designs! Isabelle's was chosen for its simplicity, clarity and interpretation of the theme, which also links closely to the Gospel story, 'The Parable of the Sower'.

As part of the process, students discussed the meaning of the text and what it meant for them. Some of their comments were:

- 'It doesn't matter if you make a mistake, tomorrow is a new day, so you can always start again'
- 'Every new day is a blessing from God'
- 'Make the most of all the opportunities that come your way'
- 'Bring your best self into each day'

- 'Ask for forgiveness when you need to put things right'
- 'Help other people to start over when they need a new chance'
- 'Be forgiving'



Isabelle won the College Art Acquisition Award for her banner design.

In Memory of Domenic Corsi

It is with deep sadness that we share the news of the sudden death of Domenico Corsi. Many people will remember him as a warm and dedicated teacher. He first came to Marian College in 2019 and worked with the Mathematics, Physics and LOTE Italian students. He came back on various occasions to assist the College, providing the skills needed when teachers were on leave. The staff were very grateful for his assistance and support, and he will be greatly missed. In addition to his professional contributions, Domenic connected with the staff and members of the wider community on a personal level. His friendship, generosity, sense of humour and musical talent will be sadly missed. Our thoughts and prayers are with his family and friends. May God hold him in the palm of his hand.



Bishop Joe Grech Scholarship - Zara Bodsworth

A few years ago I was lucky to be chosen as the recipient of the Bishop Joe Grech Scholarship. This is a monetary scholarship awarded to one student from each school in the Diocese and is to be used for some type of social justice initiative. My initial plan was to take a group of students to Melbourne to volunteer on a soup van. Unfortunately, Covid happened and that idea was cancelled.

Fast forward a few years and I was finishing Year 12 realising I still had to use my scholarship. With Christmas coming, I contacted the Salvation Army and asked what I could do to help them with their Christmas appeal. Each year, companies donate food for hampers and toys etc that the Salvos distribute to those in need in the lead up to Christmas. I was told that there are always lots of toys etc for younger kids but there's never really much for teenagers.

With that in mind, I recruited the Year 9 students and we headed down the street to purchase \$1000 worth of Christmas gifts for teenagers. Each student was given \$50 that they had to spend on a gift they would like to receive. They did a great job coming back with gifts ranging from fishing rods, board games, perfumes and Frank Green drink bottles. I delivered the gifts to the Salvation Army who were so grateful and appreciative of such a generous donation.

On Christmas day my family and I decided to volunteer at the Salvation Army Christmas lunch. This is something they have every year to provide an opportunity for people who may not have anywhere to go on Christmas day to come together and celebrate. We helped serve lunch, clear tables and do dishes etc. There was a very diverse range of people at the lunch and it felt great to be able to contribute in a small way.



Zara Bodsworth





Andrea Skahill



Andrew McKenzie-McHarg

Learning and Teaching

Students at Marian College have started their year on a positive note. They come to class eager to learn, willing to share their knowledge with others, and are prepared with the required books, pens, pencils etc. It certainly does enable a smoother transition to the 'next year level' if students have everything they require, as per the booklists. Thank you to parents and guardians for organising these items over the summer break.

It is an opportune time for students, together with their parents and guardians, to establish effective homework and study routines at home. An important feature of this is having a comfortable chair and desk to access, away from the distractions of TV, playstations and mobile phones. Ensuring phones are on silent, and located elsewhere, helps ensure the focus is on homework. As a guide, the following Homework/Study time allocation is indicated for each Year Level (Monday to Thursday):

Year 7	Up to 30 minutes / night
Year 8	30 minutes to 1 hour / night
Year 9	1 to 1.5 hours / night
Year 10	1.5 - 2 hours / night
Year 11	2.5 hours per VCE Unit per week
Year 12	3 hours per VCE Unit per week (as a minimum).

More time would be required at times when there are upcoming Assessment Tasks.

VCE students are encouraged to develop a study timetable, to ensure they prioritise their VCE Subjects equally, strive to complete the recommended study time per week, whilst also ensuring adequate time allocated to rest and relaxation, and socialising with friends.

It is important to differentiate between Homework and Study.

Homework Activities may include:

- completing unfinished classwork
- reading texts and novels
- preparing for a new topic
- extension of class work
- related worksheets to enhance skills
- completion of projects and assignments
- accessing multimedia for flipped learning
- practising a musical instrument or drama performance
- practising a language being studied
- writing essays and other creative tasks

Study Activities may include:

- collaborating with other students
- revising to deepen understanding of taught concepts
- preparing for an assessment
- completing practice questions and past examinations
- utilising appropriate online resources
- reading for inspiration, extension and curiosity
- keeping up-to-date with current affairs

If a student requires assistance with organising a Study Timetable, including time management, please do not hesitate to speak to your Learning Mentor.

ACER PAT TESTING (Australian Council for Educational Research - Progressive Achievement Test)

As part of our whole school data plan, Marian College students in Years 7-10 complete the ACER PAT Tests in the areas of Mathematics, Reading, Vocabulary Skills, and Science.

Over the next few weeks our Year 7 students, and new enrollments in other year levels, will have these tests to complete in their scheduled Mathematics, English, Humanities and Science classes. Students are encouraged to do their best, and whilst these type of tests may induce varying levels of anxiety, it is important that students feel supported throughout this process, both at home and at school. There is no need for students to complete any study or prior preparation for these tests at home.

The dates and times for these tests appear in the SIMON/PAM Calendar.

Careers Update

Interested In Studying Medicine, Dentistry, Oral Health In 2025?

If you are in Year 12 and plan to apply for medicine, dentistry and/or oral health to start in 2025, you may need to sit the UCAT ANZ (University Clinical Aptitude Test).

You will sit the test mid-year and selected universities use your UCAT ANZ results as part of the selection process, in conjunction with your ATAR and Year 12 results, and in some cases an interview.

You will only have one chance to sit the UCAT ANZ this year.

Please go to www.ucat.edu.au for more information about the UCAT ANZ, to see if you have to sit the test, and to register for the test.

Apprenticeships/Traineeships

Apprenticeships and traineeships are excellent post school options. They are the perfect option for students who enjoy hands-on learning, would like to gain amazing skills, and would like to have a qualification that is recognised anywhere in Australia.

Gap year traineeships are excellent for graduates who would like to gain industry skills and a qualification before starting university study and also for grads who aren't sure what pathway they would like to take in the future.

It's a great idea to get as much work experience as possible to increase your competitiveness for employment, work out the best industry for you, and to create networks and contacts.

Australian Apprenticeship Pathways have developed an excellent four-step guide to assist you to start planning - www.aapathways.com.au

A U S T R A L I A N A P P R E N T I C E S H I P S U P P O R T N E T W O R K

An Australian Government Initiative

Start The School Year By Setting Goals

The HopeFull Institute has developed a set of free worksheets for students covering a range of topics such as: digital detox, examining stress, goals (general and athletic), and gratitude.

To download the worksheets, visit www.thehopefullinstitute.com/free-worksheets



Michael Guinane



ATOMIC HABITS
By James Clear
They Change, Remarkable Results

BUILD GOOD HABITS AND BREAK BAD ONES

With the following steps:

- 1. **START SMALL**
Start doing the smallest part of it to get you used to the idea. Look for the tiny habits that can lead to greater change.
- 2. **STOCK UP ON HABITS WITH ALL HANDS**
Attach a new habit to an existing one. The readiness for an old habit will help you get started.
- 3. **DON'T START OUT OF ORDER**
Start with the habit that is easiest to do. Once you have that one down, you can move on to the next one.
- 4. **REINFORCE THROUGH PRACTICE**
Repeat the habit every day or every other day for a week after your first attempt, and then start to look forward to it more.
- 5. **MAKE THEM HAPPY (AND REMOVAL)**
Reward yourself with a small treat or a pat on the back when you succeed. If you fail, don't be too hard on yourself. Just start again.

“ Every action you take is a vote for the type of person you wish to become. No single instance will transform your beliefs, but as the votes build up, so does the evidence of your new identity.**”**

- 1. **ATTACH TO AN OLD HABIT**
The easiest way to start doing things you never would if they were not attached to an old habit.
- 2. **REINFORCE THROUGH PRACTICE**
The more you practice your habit, the more likely you will continue doing it. To ensure you do it every day, attach it to an old habit.
- 3. **START WITH A SMALL HABIT**
Start with a habit that is easy to do. Once you have that one down, you can move on to the next one.

YOU ARE NOT YOUR HABITS. YOU CONTROL THEM, AND YOU CAN MAKE THEM WORK FOR YOU.

Michael Guinane
Pathways Leader



Community Announcements

LET US HELP YOU BECOME AN EXCELLENT DRIVER

- Manual & Automatic Vehicles
- 0-120hrs Learners Driving Design
- Under Instruction Training (Overseas licence holders)
 - Older drivers skills review and rules update
 - Servicing Myrtleford & Surrounding District



CLASS ACT
DRIVING SCHOOL
0422 227 177

Hugh Clasby
clasbyhugh@gmail.com



FREE QUALIFICATIONS AND SHORT COURSES

The Future Proof program offers FREE CERTIFIED QUALIFICATION opportunities to 16-25 year old's, equipping you with the skills needed to build a successful career and contribute meaningfully to your community

- ✓ FEES COVERED
- ✓ COURSE COMPLETION SUPPORT
- ✓ ASSISTANCE WITH TRANSPORT
- ✓ HELP FINDING THE RIGHT COURSE
- ✓ SPECIALISED INTEREST SUPPORT

FREE Certificates

- Cert II in Fire Fighting
 - Cert II and III in Animal Care
 - Cert III in Horticulture
 - CERT III and IV in Agriculture
 - Cert IV and Diploma of Community Services
 - Diploma of Counselling
- PLUS MORE!

FREE Short Courses

- Drone Piloting
 - First Aid and CPR
 - Traffic Control
 - White Card
 - Basic Wildlife Awareness
 - Safe Food Handling
- PLUS MORE!

Contact us today to enrol
Call Mackenna on 0487 032 913
or scan here →



Calling all females aged 12 to adult !!!!

The MSSC is offering free training sessions for the month of February. Kick start 2024 and be a part of what is building to be a huge year for the club.

Perhaps you have never played before or you are an advanced player, this one's for you.

Go to the link below to express your interest in learning more about our fantastic female programs. Grab your neighbour, sister, mother, or friend for a fun February at the MSSC.



<https://form.jotform.com/240141292061039>

Save the Date!

Sat 23 March 2024



Myrtleford Showgrounds





Term 1, 2024

eSafety parent and carer webinars

Join eSafety for a free live webinar designed for parents and carers.

Term 1 topics:

- **eSafety 101: How eSafety can help (30 minutes).** For parents and carers of children and young people in primary and secondary school.
- **Understanding how to support your child with online gaming (45 minutes).** For parents and carers of young people in primary school.
- **Understanding parental controls to safeguard your child (30 minutes).** For parents and carers of children and young people in primary school.
- **Online safety and social media: TikTok, YouTube and Instagram (30 minutes).** For parents and carers of children and young people in primary and early secondary school.

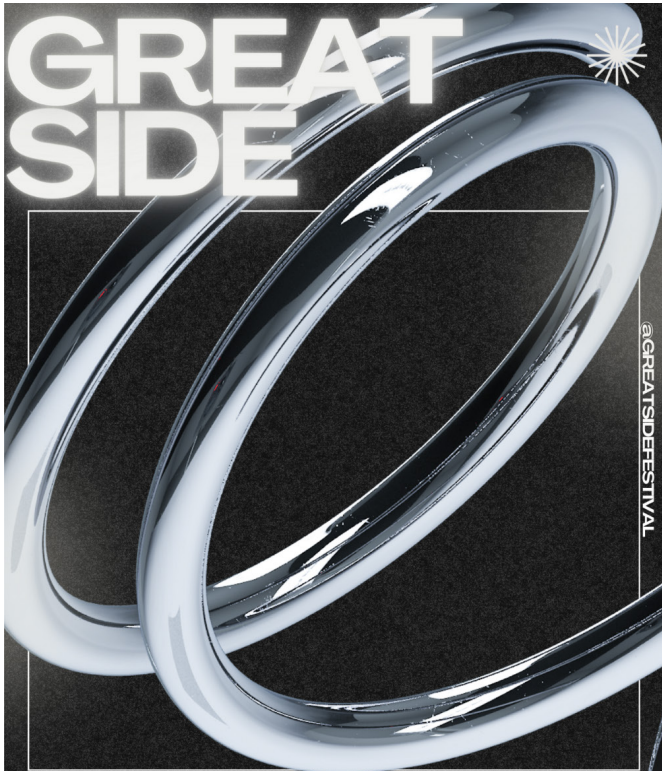


For more information and to register now: eSafety.gov.au/parents/webinars



eSafety Commissioner

eSafety.gov.au



@GREATSIDEFESTIVAL

FREEZA DELIVERS DRUG AND ALCOHOL SAFE, YOUTH FRIENDLY EVENTS FOR YOUNG VICTORIANS AGED 12 TO 25

CONDITIONS OF ENTRY

DRUG, SMOKE (VAPE) AND ALCOHOL FREE AREA

FUN SPACE FOR YOUNG PEOPLE

CAUSING A DISTURBANCE OR REFUSING TO COMPLY WITH REQUEST YOU WILL BE EVICTED

THIS EVENT IS FOR 15 TO 25 YEAR OLDS ONLY



MYRTLEFORD SHOWGROUNDS

AGES
15 TO 25

FEBRUARY
17
7 TO 11 PM

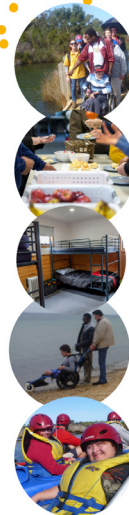
DJS





CAMPS FOR PEOPLE LIVING WITH DISABILITY

Adventure for All!



- Overnight Camps
- Weekend Camps
- School Holiday Camps

All meals, activities, transport and accommodation included. Central pick up point.

We are a Registered NDIS Service Provider.

Kids, teens and adults welcome.

Campers supported by professional staff.

30 years experience!

Call today to find out more:
Head Office - 03 9863 6824



Scan to complete Referral Form to join us on camp!



www.peopleoutdoors.org.au

This flyer has been printed on recycled stock.

Parenting Programs - Term 1 2024

*There is no cost to attend these programs



Location	Program	Duration	When	Where	Register
Wodonga	Mother Goose (0 - 2 years)	Full Term	Wednesdays 31st January - 27th March 10.30am - 11.30am	Gateway Health 155 High Street Wodonga	Scan the QR code to register
Wodonga	Parenting after Separation	5 weeks	Tuesdays 20th February - 26th March 10am - 12pm	Gateway Health 155 High street Wodonga	Scan the QR code to register
Wodonga	Tuning into Kids Emotional intelligent parenting	5 weeks	Mondays 19th February - 25th March 10am - 12pm	Gateway Health 155 High street Wodonga	Scan the QR code to register
Ovens & Murray Region	Tuning into Teens Emotional intelligent parenting (10 - 17 years)	6 weeks	Mondays 12th February - 25th March 5.30pm - 7.30pm	Via Zoom	Scan the QR code to register
Lavington	Dads Tuning into Kids Emotional intelligent parenting (2-10 years)	6 weeks	Tuesdays 20th February - 26th March 6.30pm - 8.30pm	Orana Community Centre 40 Cardo Drive Springdale Heights	Scan the QR code to register
Lavington	Mother Goose (0 - 2 years)	Full term	Mondays 5th February - 8th April 10.30am to 11.30am	Orana Community Centre 40 Cardo Drive Springdale Heights	Scan the QR code to register

For more information on our programs phone 0457 279 796

gatewayhealth.org.au

ALPINE SHIRE YOUTH

MURAL PROJECT




Calling all young people aged 14- 18 years! Inspire the design of the platypus mural!

Submit your design →

Future Proof RURAL

FACILITATED BY THE AUSTRALIAN RED CROSS

YOUTH FIRST AID COURSE

MUST BE AGED BETWEEN 12-25 YEARS OLD



BRIGHT PAVILION
 MONDAY, APRIL 22ND FROM 4PM TO 7PM (3 HOURS)
 WEDNESDAY, APRIL 24TH FROM 4PM TO 7PM (3 HOURS)
 NEED TO ATTEND BOTH DATES

FOLLOW US @ALPINESHIREYOUTH
 EMAIL US: YDO@ALPINESHIRE.VIC.GOV.AU



Tuning in to Teens

Emotionally intelligent parenting



This free six-week program aims to help parents and carers of teenagers to understand their child's experience and connect with and support their child.

If you are a parent or carer of a teenager this program will help you to:

- understand what your child is going through at this stage in their life
- help your child manage their emotions
- communicate more effectively
- build a closer more connected relationship
- build on your skills as a parent.

Location	Date and Time	Cost
Via Zoom	Monday 12th February - 25th March 5.30pm - 7.30pm	This is a free program

To Register

Scan the QR Code or [click here](#)
 Please register by Friday 9th February



For further information contact parenting team on 0457 279 796



Bookings are essential

gateway health

People living well

gatewayhealth.org.au

Please note this information applies to Term 1 2024