

Issue 7: 20th May 2022

Calendar

May

23 College Photo Day

30 National Reconciliation Week

30/31 VCE Camp-Beechworth

31 Student Free Day-Staff PPD

31 Year 5/6 Melbourne Art Excursion

June

1 Fathering Project Dad's Parmi Night

2 O&M Cross Country

7 Year 5/6 Arts Excursion

8 Student Free Day-Report Writing

13 Queen's Birthday Public Holiday

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A few words from the Principal.....Zlatko Pear

Congratulations Alex

Well done to our Year 9 student Alex Cameron, for winning the 'Allan Findlay Memorial Bursary'. The award is administered by the Lions and Rotary Clubs of Bright. It recognises personal achievements and selfless community contribution of Year 9 – 12 students residing in the Alpine Shire. The rigorous selection process included a 300 word application and a panel interview. Well done Alex.



Non-school days

This a reminder that there will be an additional non-school day this term. The first of these will be a 'Professional Practice Day' (PPD) which will take place on **Tuesday 31st May**. This will be followed by our regular report writing day on **Wednesday the 8th June**.

Despite Tuesday 31st May now being a non-school day, certain activities will continue as planned. Our VCE students will still attend the two camp to Beechworth on Monday and Tuesday. The Year 5 and 6 Art excursion to Melbourne will still go ahead as planned on that Tuesday. We understand that this is relatively short notice and apologise for any inconvenience this may cause.

NAPLAN Tests

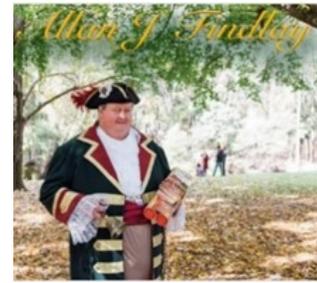
We have some very happy students in Years 3, 5, 7 and 9 – NAPLAN testing is over! All students in these year levels recently completed NAPLAN testing. The NAPLAN tests are a series of tests to assess numeracy and literacy levels of students against national benchmarks. Well done to all students and thank you to Kate Sanderson and Adam Lindsay for doing a great job organising the administration and roster for the tests. We look forward to receiving and analysing the results.

...Zlatko Pear



The Allan J Findlay Memorial Bursary

Congratulations to Year 9 student Alex Cameron on successfully receiving the AJF Memorial Bursary for 2022.



The AJF Memorial Bursary is an annual bursary of \$1000.00, established and funded by the Bright Lions Club and the Bright Rotary Club. The purpose of the Bursary is primarily to assist young people in continuing Al's philosophy of selfless community contribution, and to full-fill their aspirations of giving back to their community - something Al would humbly approve of.

To apply for the Bursary, Alex was required to prepare a brief Statement of Purpose (less than 300 words) describing how the AJF Bursary will help him achieve his goals, and why the Bursary is important. He had to describe the expected achievements or outcomes, any likely costs involved, and describe how he would "give back" once he had achieved his goals. Well done Alex!

Communication: Good questions are keys to open communication

Top Tips

- Open ended questions keep the conversation going.
- Building their trust with lighter questions helps them open up.
- Be genuinely interested and don't force it.
- Watch your response.



www.thefatheringproject.com



Myrtleford P12 College
Inspirational.

Dads Group



Parmi Night!

Wednesday 1st June

6pm – 7:30pm

The Buffalo Hotel

49 Clyde St, Myrtleford



Dads and Father-Figures only (no kids this time!)

**DADS and Father –Figures,
Save the date!**

New Staff around the College

Name: Simone Poyner

Working in 3LP Mondays and Thursdays (Job share with Ladeane Lindsay)

About me: I was born in Bright and after moving to Melbourne for study and work we moved back to the valley in 2020. I studied at RMIT in Bundoora and I spent my first few years of my teaching career at a school in the northern suburbs of Melbourne. I taught in composite classes across Years 1/2 and 3/4. I also taught Auslan as a LOTE subject for a year prior to commencing maternity leave. More recently I have been doing CRT work at schools in the area. I have two little ones at home who keep me very busy when I'm not at school.

Something I enjoy doing out of school: On the weekends I love to go for walks with my family and catch up with friends. I love to travel but haven't ventured too far the last few years. However, the pandemic allowed us to explore more of our own backyard which has been lovely.

Personal message: I have enjoyed my first few weeks here; everyone has made me feel very welcome. I look forward to getting to know all the students and the wider community.



Name: Marion Donohue



Working in 1/20 with Nicola Antonello

About me: I work at Myrtleford P12 Wednesday to Friday. I have enjoyed working in Primary schools for many years - both in Victoria and overseas.

Something I enjoy doing out of school: Out of school I enjoy spending time with my family and doing various types of exercises, lots of different crafts and exploring new areas.

Personal message: We are never too old to stop learning or to follow our dreams - it may take many years but believe and you'll get there.



SAVE YOUR 1.25L PLASTIC BOTTLES!

If you're still enjoying cool drinks during this pleasant autumn weather, kindly save any 1.25L soft drink bottles for Science activities.

Please drop them at the SLC staffroom.

HELP TURN PLASTIC BOTTLE TOPS INTO PROSTHETIC HANDS



KEEP SAVING YOUR BOTTLE TOPS
CHECK FOR CODES
2 OR 4

CANTEEN

OPEN MONDAY, THURSDAY AND FRIDAY
CLOSED TUESDAY AND WEDNESDAY

Students will need to bring food from home on the days the canteen is closed.

PARENTS CLUB NEWS



Please return the order forms by Monday 30th May. The delivery date is Thursday 9th June, with the time to be advised. Please support this Parents Club fundraising activity.

**Many thanks
Parents Club**

BREAKFAST CLUB

Breakfast continues to run this year and it will be on Tuesdays and Thursdays.

SLA on a Tuesday with cheese toasties.

Thursday find us at the canteen with fruit cups, cheerios, toast and spreads to eat and milo, milk and juice to drink.

Don't forget to get your day off to a great start!

It's free, all you need is a smile.
All welcome.



Be Respectful – Be Responsible – Be a Responsible Community Member – Be Safe

Green Card Winners

Term 2 Week 3



Prepared and ready to participate
 Keeping my learning space tidy
 Focussing on my own work
 Arriving and leaving quietly and safely
 Showing kindness to others

- Halen McIntyre
- Fletch Harris
- Riley Hynes
- Kai Gasperotti
- Declan Thompson
- Lizzie Larsen
- Meyah Cunnington
- Cara Mancuso
- Kiro Fantonalgo
- Shelby Thompson
- Ruby Fuller

Following teacher directions
 Wearing my uniform proudly
 Using respectful language
 Trying my hardest

Congratulations!!

Be Respectful – Be Responsible – Be a Responsible Community Member – Be Safe

Green Card Winners

Term 2 Week 4



Prepared and ready to participate
 Keeping my learning space tidy
 Focussing on my own work
 Arriving and leaving quietly and safely
 Showing kindness to others

- Hunter Durling
- Sammy Benci
- Jacob Matheson
- Jed Faccin-Devereux
- Nate Michelini
- Charles Teakel
- Charlotte Koers
- Daisy Faccin-Devereux
- Eliza Humphries
- Aliza Kneebone (Absent)
- Will Hughes (Absent)

Following teacher directions
 Wearing my uniform proudly
 Using respectful language
 Trying my hardest

Congratulations!!

VCAL Work Related Skills



On Thursday, VCAL Work Related Skills executed the final part of their second project. Their criteria was that it had to raise money for a charity and involve running an event for staff and senior students. We supported Cancer Council Australia by running a Biggest Morning Tea and have raised over \$180 on the day. The online portal will be open for a week if anyone would like to donate; please go to the following address <https://www.biggestmorningtea.com.au/s/43645/57197/e>.

Students selected recipes and had a practice cook last week (which was a good idea as we had many mishaps and learned a lot about precise baking) and then perfected their recipes to compete in the Staff vs VCAL Student Bake off at the morning Tea. Our winners were Taylah with sausage rolls, Cameron with yum balls and Miss Royse with a focaccia. The winner of our raffle was the lucky Ms Hall. A big thankyou to staff who brought a plate to share and to Mrs Crawford and Meg Broz for all their help in the kitchen.



Students who demonstrated excellent leadership and dedication to the project, earning a special mention, include Ty, James. B, James. L, Jess and Declan. This project has helped students meet outcomes relating to project planning, demonstration of work related skills such as collaboration and workplace health and safety.

Miss Baker



...preparations



...fun



...what a spread!

LIBRARY NEWS

It's been fantastic to see that many students have opted to participate in the Premier's Reading Challenge this year- and they are off to a great start! Simon (our Library Reading snake) is quickly growing into an anaconda! Each time a student reads or shares a book, a link is added to Simon. He is slowly growing in length and "hanging out" around the library. There has been great excitement watching him grow.

Some fantastic news too! Our 2022 Book Fair is coming in early June! On Monday 6th June students will have an opportunity to check the books out and make their "wish lists". The Fair will be open for purchases on June 9th. More details will follow in the near future. Preparations are underway and I look forward to having students enjoy the Book Fair as much as they did last year.



SCHOLASTIC Book Fairs

You're invited to our Scholastic

BOOK FAIR

DIVE INTO READING

Wonky Donkey's Big Surprise
Words by Craig Smith
Illustrations by Katie Gossling

CAT KID COMIC CLUB PERSPECTIVES
WRITTEN & ILLUSTRATED BY DAV PILKEY

Llamas in Pyjamas
MATT COSGROVE

Find these books and hundreds more at the Fair!

DRAGON GIRLS
Meet the Ruby Treasure Dragon

The London Thief
ELLA AT EDEN

WORST WEEK EVER! MONDAY
DAN AND MIMI COSGROVE

WINGS OF FIRE THE GRAPHIC NOVEL
THE BRIGHTEST NIGHT

Date Thursday 9th June Time All Day!

Place In the Library

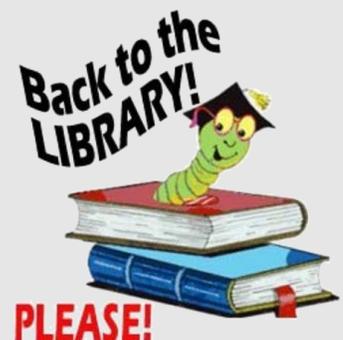
EVERY PURCHASE YOU MAKE EARNS LEARNING AND LITERACY RESOURCES FOR OUR SCHOOL

SCHOLASTIC

The new CBCA Shortlisted books are beginning to arrive - so they will be ready to look at in the library over the coming weeks.

Please get in touch if you have any queries or concerns about the Premier's Reading Challenge, CBCA book Awards or student library loans.

...Mrs Morgan



VCAL Grand Prix Trip

Last term, students in VCAL were required to run their first complex project to meet their outcomes in Work Related Skills. Miss Baker was able to secure free tickets to the Melbourne Grand Prix so students began to busily research the history of the famous car race and plan some fundraisers to ensure they were able to get a bus down to Albert Park. Students had to plan, assign leadership roles, budget, complete a risk management, write shopping lists and write professional emails to get school leadership's approval to attend. Students organised a P-12 BBQ which raised over \$300 and a teacher coffee drive raising another \$40. Thanks to Ruby's Café reducing their price for the VCAL students. A massive thank you the Myrtleford P-12 Parents Club for their valuable contributions which allowed us to get a bus with driver for the day.

It was a long drive there and back but well worth it when we arrived at Albert Park. There were so many stalls to visit including Army vehicles, each race teams cars and the favourite McLaren car made entirely out of Lego! As we went on the Thursday, we watched the Supercars and V8s practice and qualifying rounds at a prime location stand just around a bend (which did see some near misses and crashes).



The noise was immense and Miss Baker and Mrs. Gardner were glad they had their earbuds!

Students' behaviour was spectacular and all reported they were so glad they were able to experience visiting the Grand Prix; many wanting to go again in the future.

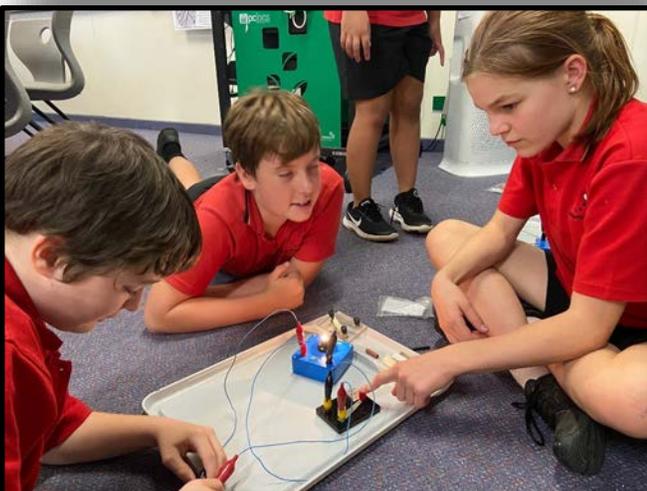
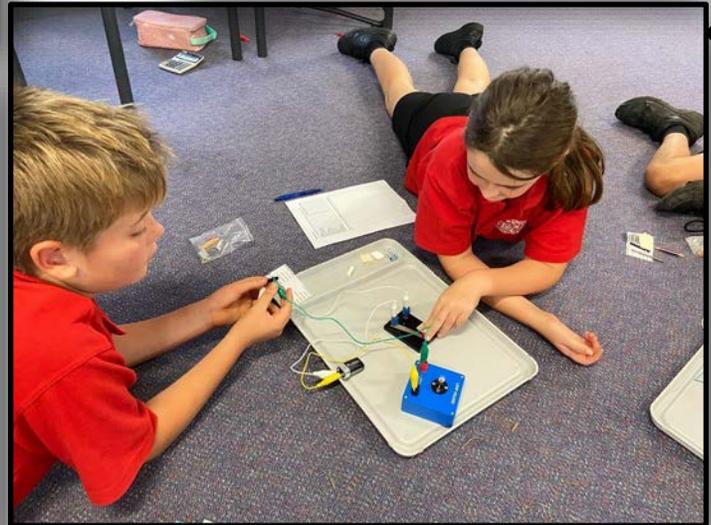
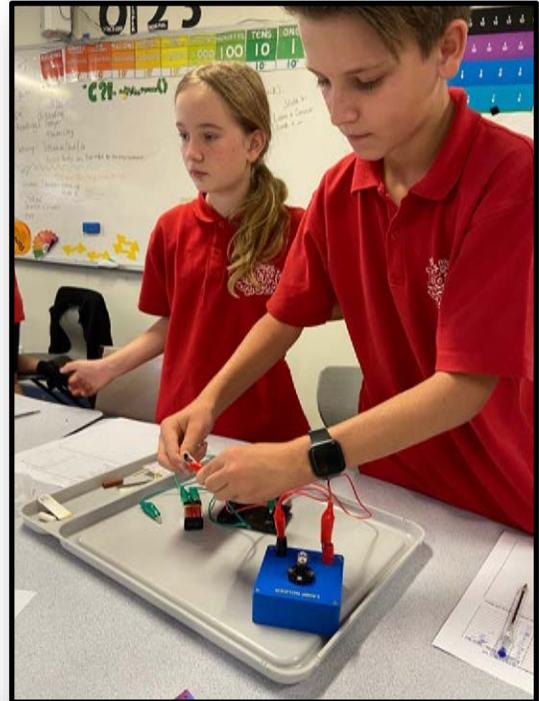
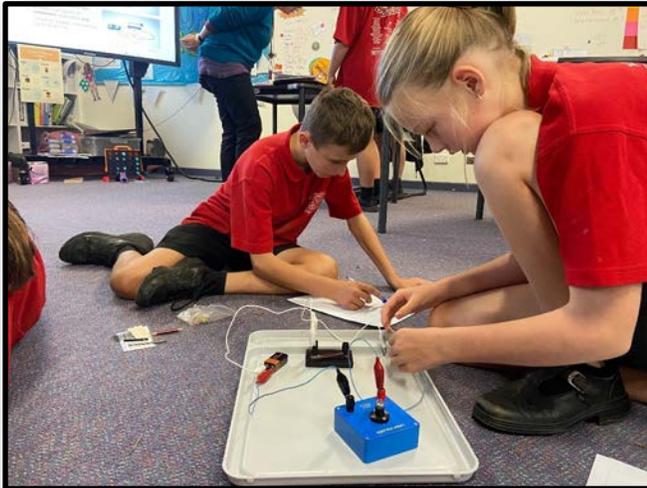
Miss Baker

Circuits in Science



In Science, the 5/6HF students have been experimenting with circuits as part of our unit on electricity. From building a simple circuit, to a switch circuit and finally experimenting with different items to see which are conductors.

Ms Hawkes/Mr Fullwood



Learning Government Systems in 5/6HF



Gummy bears not only taste delicious, but are perfect for creating a visual representation of the different systems of government, including: dictatorship, democracy, revolt, oppression and anarchy.

Ms Hawkes/Mr Fullwood



Persuasive Writing from 4FM

We should get a class pet!

Good afternoon. I am speaking to you today because I believe we **SHOULD HAVE A CLASS PET!** For the following reasons.

Firstly, children might be lonely and have no one to play with. You don't want to let children be so sad and bored for the rest of their hopeless lives do you? I would suggest an adorable guinea pig. They are cuddly and cute and I bet you they will make the perfect pet.

Secondly, it gives kids an opportunity to be responsible, like changing its cage, every day doing its water and doing its food. We will all take turns like how we do, on the couch.

Lastly, if someone was having a bad day the guinea pig would make you feel good and because of all the snuggles that you will get it'll make you feel so good.

So I believe that we should absolutely get a class pet. It would be a really good solution to our problems. Thank you for taking your time to read this.

Thank you

By Tanishka Sharma

Pet is a guinea pig

Good day Ms Mc, I am writing to you today because we should have a class pet. I believe this for the following reasons.

If we get a class pet it can save the little guinea pig from living in a cage for the rest of his life and why would you let him suffer in a cage? Thanks for listening to my first reason.

My second reason is it can calm people down when they're mad and sad. Maybe the teacher could let you have a little hold if you are sad and who wouldn't want a hold of a cute little guinea pig?

And my final reason to have a class pet is that it can take lots of responsibility like, cleaning the cage, feeding it, and making sure it is fit and healthy. To have a class pet you have to be responsible, careful and kind.

Thank you for listening to me today, I hope I've convinced you to have a class pet.

By Samson Boyd

Dear Miss. Mac,

Good afternoon, I am writing to you today because I believe we should get a class pet (specifically a baby Guinea pig) for the following reasons.

Firstly, it will give us great responsibility by having to take it home on weekends. We can even have duties like cleaning the cage, feeding it or even just taking it out for a play. Sometimes we could even help resetting the cage/making it so the teacher doesn't have to do everything.

Secondly, if something happened or if you're just sad you could hug him/her and feel nearly instantly happy. Who doesn't want to be happy instantly when sad? Everyone obviously! So, it would make the class a lot better.

Thirdly, we would like school a lot more because we get to see him/her daily. It would make us work faster because like, if we work super hard, we can pet it or if you have your diary or have done your homework you could pet it.

In conclusion we need to get a class pet because we would learn great responsibility, it would help us to not be sad and we would like school a lot more so we wouldn't not want to go to school.

Persuasive Writing from 4FM

We should get a class pet!

Good afternoon Mrs Mac's I'm going to convince you to get a class pet.

I believe kids would be so happy to have a class pet.

Firstly, having a class pet would give kids responsibility. They give kids responsibility because they have to care for, feed and clean the cage. I have two animals which are a dog and a cat. I walk my dog and I feed him and I care for him. I've noticed that I am more mature and responsible because of me having a pet.

My second reason is that it brings class friends closer. Having a class pet will mean that kids have to work together. Kids have to cooperate with each other to make sure that the class pet is safe, happy and fed.

Lastly, kids will come to school more often because of the cute class pet. Because the school principal would be happy because of more people coming to the school more often because of the class pet and not missing out on school work.

In conclusion, we should have a class pet because it teaches responsibility, it encourages kids to cooperate and there will be less kids missing school.

Thank you for taking the time to listen to me.
By Jaxon Rae (Clark)

Good afternoon, Mrs. Mac, I am speaking to you today because I believe that our class should have a class pet, I believe this for the following reasons.

Firstly, a class pet will cheer you up when you are sad. A class pet will see your feelings and come straight to you, comfort and care for you and cheer you up. Who doesn't want an animal to cheer you up?

Secondly, a class pet will be your friend when you are lonely or bored. A class pet will see that you are lonely and come to see you and play with you. the next day you might even bring a toy for it to play with.

Lastly, a class pet will give you responsibility to pick up after it and feed it and clean its cage. A class pet will normally do it's droppings but who will pick it up? Not you Mrs. Mac we asked for it, we will clean it up. Exactly the same reason as before we asked for it, we will buy the food and buy the cleaning supplies but you must get us a class pet!

By deciding to have a class pet you will see that it will cheer us up, be our friend when we are lonely and we will be responsible by picking up after it, feeding it and cleaning its cage.

Thank you for taking the time to listen to me today, I hope I have convinced you that having a class pet is a good idea.

By Louise Benci

Dear Mrs Mac

Today I'm speaking to tell you why we should have a class pet because it's boring without a class pet, so please listen to my reasons. I hope you like them, please read them and enjoy them.

Firstly, you can save an animal from being in a cage because they might get harmed.

My second reason is, kids can focus and keep calm because maybe something happened at home and they are sad, angry or speechless. When they need quiet time, they can snuggle it and then they won't be sad and then when they feel better, they put the pet back in its cage and go back to class to start to learn again and they will be happy it would make you happy to.

My last reason is, it teaches responsibility. You can feed it, clean it and give it water and if you don't have a pet you can treat it like your own. And every day when you bring your diary, you get to feed the pet so the pet won't be hungry. Instead it will be happy, not hungry and not thirsty.

Thank you for listening to me today.

From Cailainn Wheeler

Persuasive Writing from 4FM

Homework should be banned!

Dear Miss Mac,

I am writing to you today because I believe that homework must be BANNED!

Firstly, homework should be banned because, we need to help Mum and Dad or guardians around the house. And who doesn't like helping their parents? It makes you more responsible, helpful, and mature. You won't to be playing video games and all that other bad stuff. When you help your Mum and Dad, it will get you out of the routine that you were in before.

Secondly, we can play more with our friends and families. And who doesn't like playing cool games? We would have more time without our bad homework. For example, if some kids are sporty, they would have to go to basketball training or footy training and it finishes like at 5.30 o'clock, when we come home, we would have dinner and then relax on the couch.

Lastly, we can go out for dinner more often! And who doesn't like going out for dinner like once or twice a fortnight? It would be nice, lovely, and enjoyable. We can have a good time at a good restaurant. Who doesn't like going to a fancy restaurant? It will be good because they will probably have room so we can run around in.

In conclusion, we all need to help our parents or guardians around the house and play more with our friends and families. We can also go out to dinner more often.

Thank you for taking this time to listen to me.
By Nate Michelini

Cows are better than chickens!

Good afternoon, everyone, I am speaking to you today because I believe that homework should be banned for nine years. I believe this for the following three reasons.

We go to school for six hours to do schoolwork then we come home to do more schoolwork. That would mean that kids do homework all day, would you like that?

My second reason is when kids go home, they just want to relax, sleep or watch TV instead of doing homework. And I think homework is really, really boring.

Thirdly, Scientists have proven that homework causes stress, anxiety and depression and if kids feel sad, they won't work as hard as kids in class that don't do homework.

By deciding to ban homework you will have more free time in the afternoon and less school work after school.

Thank you for taking the time to listen to me today.

By Riley Foreman

Dear Ms Mac,

I am here to tell you that cows are better than chickens. These are my reasons. Strongly believe because chickens are so silly and annoying.

My first reason is: Cows are more independent than chickens. Cows are not as stupid as chickens. I hate chickens because they are stinky, dirty and revolting. Do you want a ugly thing living with you?

My second reason is that chickens are so very not scary at all. And there are about 3,462 dairy farms in Victoria in the past 3 years, research has shown. Are you very interested in cows or chickens? I would pick cows. There are over 100 different breeds of cows and there are only 60 breeds of chickens in the world and more people like cows.

My last reason is that chickens should be extinct. Chickens are the silliest bird in the whole world. So do you like cows or chickens? I live on a dairy farm so I should like cows and I do. They are the best animal in the world, not as much as dogs. Please love cows! I demand you to like cows!

Thank you so much for listening to me.

(Zoe Jayen Roberts.)

PS cows are much better than chickens!

Persuasive Writing from 4FM

School Uniform should be compulsory!

Good afternoon everyone, I am speaking to you today because I believe that school uniform should be compulsory in all schools. I believe this for the following reasons.

School uniform prevents bullying and it also saves time in the morning.

Firstly, school uniform prevents bullying moreover people should not bully others! Research has shown that bullies are substandard, horrendous and vile so do you want your kids to develop to this kind of person? You should believe me because I am a clever bully expert. Furthermore our community would be much better without any bullies.

My second reason is it saves a lot of time. Do you want to be late at school every morning!? Are you furious about what to wear every morning? It should be compulsory! At week ends and school holidays it took me like thirty minutes to decide what I want to wear. In addition it should be compulsory!

By deciding to have school uniform you will prevent bullying and save time making school uniform compulsory is really important. Thank you for taking the time to listen to me today, I hope I have convinced you that having a compulsory uniform is a good idea.

By Kiro Fantonalgo

Soccer is better than Footy!

Dear Mrs Mac,

Good afternoon, Mrs Mac I am speaking to you today about soccer being better than footy for the 3 following reasons.

Firstly, in soccer there is more famous people so there is a high chance to meet one of them. Lots of them compete in soccer matches. Would you not like to meet a famous person and hopefully get their signature? You would have to make the tickets cheaper so all the seats can be full.

My second reason is, in soccer you won't get hurt as much in footy where you get chased in footy you can get hurt a lot by the ball or some other people on your team or the other team. Would you like to be hurt and bleed and be in pain? In soccer we have to kick with soccer boots they feel tall, comfortable and soft.

Lastly, in footy when you get the ball you will start being chased and you will get tackled. When you get the ball, your main goal is to take the ball it to the goal but there's people who want to get the ball to their goal and there's a high chance you will get tackled trust me I'm a soccer and footy expert.

Thank you for taking the time to listen to me today I hope I have convinced you that soccer is better than footy.

By Vedant Maheshwari

Some great persuasive writing there!

Mrs McIntyre and Mr Fullwood

Talking About Careers ...with Danielle Caponecchia

Careers Newsletter

This newsletter is jam packed full of the latest careers news from around the state. It has updates from universities and other institutions. Scholarship, job vacancies, career pathway information and so much more.

I encourage both students and parents to take the time to read this. To access the newsletter go to

<https://myrtlefordp12careers.com/> or type in myrtlefordp12careers.com

Click on the Careers Newsletter in the drop down box under the 'IMPORTANT INFO' tab on the top row From there you will see the latest newsletters from the past 6 weeks. Click on the top one for the most recent.

Newsletters will go onto the portal every fortnight on Wednesdays.

Please feel free to contact me with any queries or questions.

This week's Career Topic

Year 12 students

- Apply for university now! 6 universities have early entry programs open now
- UCAT ANZ – students applying for medicine and/or dentistry
IT and Accounting scholarship programs now open at University of Technology Sydney

All students

- Amazing career expos
- Book a time with a university course adviser
- Careers in business and commerce
- Amazing business courses that offer up to a year of industry experience
- Careers with the Australian Federal Police
- Natural health courses
- Explore university and TAFE courses
- Regional University Centres
- Parent information session – how to support your child's career development
- The Victorian Indigenous Engineering Winter School
- Monash University competitions and programs
- Dates for your diary – 2 pages of events!

Talking About Careers ...with Danielle Caponecchia

GUEST SPEAKER FROM CONNEX GROUP PTY/LTD

On Wednesday we had Amanda and Sarah from Connex in Wangaratta come in and speak with our Year 11 and 12 students.

CONNEX is part of a larger “CGC Group” which is made up of the following businesses:

- CPE Construction- located in Cobram. This is a structural Steel building business who employs steel fabricators and project managers. <https://cpeconstruction.com.au/>
- GMCE- Located in Shepparton. <https://gmce.com.au/>
- CGC Site Services- This is a newly formed business who completes all our onsite steel erection. This business employs riggers and crane drivers.
- Connex- Connex has an Engineering department and steel detailing and modelling team also. <https://connexgroup.com.au/>

Together the four businesses have the skills and capacity to complete large scale structural steel jobs end to end. They are a one stop shop for clients. Part of Amanda’s position as HR Manager is recruiting apprentices, Gap Year students, trainees etc and helping schools and universities connect with industry.

Amanda spoke to the students about the Group as a whole but Connex in more detail. She went over their Gap Year Program and the opportunities this gives. Sarah is one of the current Gap Year students that shared her story. She talked about the different type of roles she deals with in the group and shared stories of the interns they have had who completed Year 12, studied and then joined them. Both ladies were able to paint a picture on careers after study and what type of jobs students can get depending on what they are studying and also the types of jobs they can do without going to university. They spoke about projects they have done and the work they do and told them about pathways and the actual jobs and careers they could get into following their studies.

Danielle Caponecchia



HEALTH CORNER...with Adolescent Health Nurse Rosemary Bunge

Young People and Gaming – advice from Generation Next

Over the past few decades our families have been swept up by a screen tsunami. Children and adults are walking around with screens in our bags, backpacks, pockets and palms. We are always turned on, and neuroscientists are discovering that it is rewiring our brains – and the new neural connections are not functioning as well as the old ones. One group that is particularly affected by the internet invasion are our children. Games are overtaking many young people's lives, impacting their health, their relationships, their academic experiences, their sleep, and more. Games are designed to create a compulsive habit. That's the intent. Developers and marketers have known how compelling their games can be for a very long time.

As one simple example; the Nintendo Gameboy Colour was released with colour graphics in 2000. The advert that appeared in magazines at the same time says "Don't forget to eat" with skeletal hands holding the Gameboy. The marketing is giving a clear message to parents: This game will take your child away from everything that matters in life. Everything!

Why do young people love it?

It's fun – In fact, its great fun! Game-playing produces huge amounts of dopamine. This is a chemical in the brain that is usually produced to make us feel great. It is associated with a variety of addictions. Some researchers suggest that dopamine production as a result of game playing is beyond anything that the real world can produce.

It's rewarding – Not only is playing a game a lot more fun than writing an essay or reading a book (or even kicking a footy with a mate), but the reward schedule of games is designed to provide ultimate positive reinforcement on a cleverly designed schedule. Just when you think you'll run out of fuel the checkpoint appears in the distance. Just when you're about to lose your coins or your ammo, another opportunity to keep the game going pops up – just in time.

Playing games is an escape – When our young people are distressed, switching on the game allows them to forget all about what is troubling them. Unfortunately this is a poor coping strategy (similar to turning to alcohol or other drugs), but it does provide temporary relief. Some even acknowledge that they don't even enjoy the game, but flicking it on has become a habit.

Social inclusion – Peer support is a critical factor in the wellbeing of adolescents. Being the only one who doesn't play can lead to ostracism.

Game ethics – Some games won't let you play in a mission until they've accumulated sufficient status.

Should we get rid of games?

While research shows that a moderate amount of gaming is positively correlated with wellbeing, games do not make our children "happy", help them achieve anything worthwhile, or live well-balanced lives. So it's up to parents to actively monitor their child's game usage and, where necessary, restrict it.

This means that after reading this article we should not be demanding that our children turn off their games and walk away. It will only create conflict. Next newsletter we will look at some strategies to use to communicate with your child and ways to monitor and compromise.

Quote for the week: Life is what happens between Wi-Fi signals



Whether you are a young person or an adult supporting a young person, our professional-led online chats, hosted by trained mental health clinicians and vocational specialists, cover a range of topics to help answer any questions you may have.

A professional-led group chat session is your opportunity to speak online to our mental health professionals, vocational specialists, guest experts and hear from others about a specific topic.

Upcoming chats for young people

- 24 May: looming guilt and regret
- 12 June: racism...how to respond
- 15 June: mastering job interviews
- 21 June: connecting with creativity for your mental health
- 26 June: navigating & honouring your culture
- 03 July: i've lost someone to suicide
- 10 July: get up, stand up, show up - naidoc week 2022
- 13 July: All about student placements
- 19 July: creating a self care box

Upcoming chats for family and friends

- 02 June: what about the siblings?
- 07 July: building your parenting capacity
- 28 July: supporting someone with ADHD in a neurotypical world

<https://headspace.org.au/online-and-phone-support/join-the-community/chats-by-professionals/>

Need help getting your P's?

Log your minimum 120 hours of driving experience with the help of a volunteer supervising driver.



The TAC L2P program helps young learner drivers with no access to a supervising driver or vehicle get experience on the road. The TAC L2P program matches learners aged 16-21 with a fully licensed volunteer and community vehicle to help them reach the minimum 120 hours required to apply for a probationary licence. The program is free to join.

Get in touch

Alpine Shire TAC L2P Program
 Tel: 03 5755 0555
 Email: L2P@alpineshire.vic.gov.au
vicroads.vic.gov.au/licences/your-ps/get-your-ps/preparing-for-your-licence-test/l2p-learner-driver-mentor-program



RAYS SKI SHOP Employment Opportunity

Rays Ski Shop are looking for retail or rentals juniors to join the team this winter season.

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Please contact jess.monshing@vailresorts.com.au for more information or visit Rayskishop.com.au and apply.



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benallaartgallery.com.au

FREE ENTRY

March–August
10AM–4.30PM
September–February
10AM–5PM
Closed Tuesdays

ART ON SATURDAYS

Art workshops
for ages 15+
Term 2, 2022



Image
John PASTORIZA PIÑOL
Magnolia soulageana 2016
Watercolour on Arches 300gsm
60 x 84 cm
Private collection

Sign up for our e-newsletter at www.benallaartgallery.com.au
Facebook: facebook.com/thebenallaartgallery
Instagram: instagram.com/benallaartgallery



**BENALLA
ART
GALLERY**

ART ON SATURDAYS TERM 2, 2022

Benalla Art Gallery is offering a variety of art workshops for adults and youth during Term 2, 2022. Join us on Saturdays to immerse yourself in creative activities guided by professional artists.

REGISTRATION & PAYMENT ESSENTIAL
Come in, phone or email the Gallery on
T 03 5760 2619 or gallery@benalla.vic.gov.au

Places are limited so payment **MUST** be made at registration.

Participants must be 15 years or over unless otherwise stated.

Fees are non-refundable unless medical certification is provided.

BECOME A MEMBER
to receive a discount on workshop and shop purchases. Visit or contact the Gallery for information about becoming a Member.

BOTANICAL ART MASTERCLASS

Tutor: John Pastoriza-Piñol

Saturday 26 June
10.30AM – 4.30PM

Sunday 27 June
10.30AM – 4.30PM

Age: 15+

Image:
John PASTORIZA PIÑOL
Homocrotus
[Nymphaea x caerulea] 2012
Watercolour on Arches 300gsm
36 x 55 cm
Private collection



Join us for an exclusive two-day Masterclass with internationally renowned artist John Pastoriza-Piñol. John works in the precise manner of botanical painting and will discuss his work and techniques, including the unique watercolor process that comprises close observation and drawing as a way of thinking through action.

About the Artist:
John Pastoriza-Piñol completed his doctorate in Botany at University of Vigo, Galicia, in Spain and formally studied botanical illustration at the Botanical Art School of Melbourne. His work has been shown around the world and is held in numerous public and private collections worldwide, including Carnegie Mellon University, Royal Botanic Gardens, Kew, London; and the State collection, Royal Botanic Gardens, Melbourne. He teaches intermediate/advanced classes at the Geelong and Melbourne Botanic Gardens and has expanded his teaching circuit to include interstate and international master classes.

Learn more about the artist at: <https://botanique-art.com/>

Registration and payment essential:
T 03 5760 2619 or gallery@benalla.vic.gov.au

Where: Benalla Art Gallery – Patricia [Pat] Gardner Studio

Cost: \$400 Members / \$450 non-Members for two-day workshop
Payment must be made upon registration

There are other great workshops available listed on the Benalla Art Gallery website.
[Public Programs - Benalla Art Gallery](#)

Wellbeing Support during COVID 19 pandemic

FOR STUDENTS

[Beyond Blue Surviving School before, during and after COVID 19.](#)

[A guide to dealing with constant change due to COVID 19](#)

- [5 steps to study success at home](#)
- [7 tips to help with stress and anxiety](#)
- [Tips to keep good mental health](#)

FOR PARENTS

[How to have a great conversation](#)
[Tips for supporting a teenager who is stressed](#)
[Surviving Year 12 \(for parents\)](#)

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