

PRINCIPAL'S REPORT

Welcome back to the start of a new school year and let me say it is my pleasure to be starting the year off at PCSSC as the Acting Principal. Darryn called me on January 4th to inform me that he had accepted the offer of the Principals position at Sunbury Secondary College and I wished him all the best for the future as he handed over to me. I spent a few days with him in later January ensuring that I had all the information I needed to get the college off to a smooth start. I would like to extend a warm welcome to all our new students and their families and welcome back all the continuing students and their families. Over the last couple of weeks we have held Welcome Nights at the college and I have had the opportunity to meet many of you personally, I look forward to seeing you at the college throughout the year. I would like to welcome Bronwyn Cambridge on board as the Acting Assistant Principal and to take this opportunity to thank Bronwyn and Shaun for their support starting the year off.

We have welcomed nine new staff to the college at the start of 2018 and they are working in the following areas. Suong Vu and Siyi (Steve) Zhang (Maths), Raymond Saw (English/History), Alexandra Hulculak and Andrea Gimenez (VCAL), Amanda Giordano (Student Health and Wellbeing), Callan McDonald (PE/Science), Kate Phillips (Legal/Business studies), Patricia Browne (Grounds and Gardens)

Our student leadership team has been selected and the student leaders have taken on a range of portfolios as follows, **School Captains** Kyla Canares and Logan Peck, **Vice Captains** Zahra Shahriar and Gemila Manuel, **Achievement Leaders** Aericka Bou and Nick Parnis **International Leader** Karmen Liaw **Environment Leaders** Kaitlyn Beeby and Maddy Deal **Communications Leaders** Alina Arshad and Brendan Kapambwe **Social Justice Leaders** Maddie Lamb and Alofa Lu-utuanu. These are a very important roles and our student leaders make an enormous contribution to the school community.

Over the summer break we had a number of works completed and a few created. Three new rooms in the 500's building were completed which are now being used as learning spaces, we are still waiting for some electrical work to be finalised that involves moving switches and fans, but we are very happy with the result. New furniture for these rooms will arrive week one in March and we look forward to having that in the learning spaces as soon as possible. The Gymnasium had two drop down screens, four speakers and two data projectors installed and these have already added a new dimension to our assemblies. The Theatre has had a very large data projector installed which was put to immediate use for the staff briefing on the first day and which will bring a new

dimension to college productions and the work of the Dance and Drama classes.

This year PCSSC will be completing a School Review process, as part of that process, the school is currently doing a Pre Review Self Evaluation and we have been asking students, parents and staff to be a part of that process by completing surveys and giving us feedback. Thank you to any parents who have taken the time to complete a survey, we value your opinion.

To finish off I would like to congratulate our 2017 Year 12 students, our graduating VCAL students have now started in employment or further study. We had an outstanding result for those VCE students who applied through VTAC to gain university entrance; we received 143 offers, which was 99.31% of those who applied, our top ATAR was 96.55. We look forward to hearing of their achievements in the years to come.

Chris Mooney
Acting Principal



Robyn Epps & Heidi Rasmussen who have both been awarded Kwong Lee Dow Scholarships by The University of Melbourne.

*together we are creating a
healthy school*

achievement
program





Year 12 Orientation Program

"On Thursday the 15th the Year 12 cohort attended the Year 12 Orientation Day at RMIT in Melbourne. The day started off with catching busses from Point Cook Senior to the city. The year 12 cohort walked from The Old Melbourne Gaol to RMIT where we met in an auditorium and discovered information about the university courses offered at RMIT. We also found out about some famous alumni from RMIT. We then completed a scavenger hunt around the city campus and from there we had lunch. After lunch, we headed back to the auditorium for a talk by Mr Crothers on important information such as SAC dates, special provisions and study scores. Mrs Dimich-Hill then talked about careers. We then had Mikealea Bourke and Shanali Martin (pictured) talk to us about words of wisdom, what to expect and their top tips for surviving VCE and VCAL. We would like to thank Mr Crothers for organising the day, and the Year 12 advisory teachers for taking us on this informative excursion for our orientation program.

Kyla Canares and Logan Peck – Point Cook Senior School Captains (and Year 12 Students)"



Year 10 Advisory Program Effective Learning Behaviours

On Tuesday 20 February, our Year 10 students participated in a special Advisory program entitled 'Effective Learning Behaviours Q&A'. The Year 10s heard from 2017 Year 12 students about the behaviours and strategies that made them successful learners at Point Cook Senior.

It was structured as a Q&A session, whereby each past Year 12 student was interviewed by a teacher. As they listened, the Year 10s made notes about specific learning strategies and approaches; these notes will be used in future Advisory lessons by our students, as they continue to improve, refine and consolidate their learning behaviours.

The program presented a wonderful opportunity for our students to hear from people who have very recently been in their position, and who understand the expectations and pressures of senior schooling. Please take the time to discuss this program with your child, asking what they learnt from the guest speaker and how they plan to implement some of the strategies discussed by the speaker.

A huge thank you to our guests – Zakhi Mehta, Eryn Skeels, Grace Kim, Sarah Plant, Ameer Nor Azhar and Jyothi Sridhar – your contribution to our school community is greatly appreciated.



Cambodia Experience 2018

Point Cook Senior is again very excited to present our students with an opportunity to participate in a Cambodian experience during Term 4 (refer to the brochure attached). If you are interested, please talk to Mr Hutchison and give him your expression of interest. An Information Night will follow soon.



YEAR 10 ADVISORY ORIENTATION DAY

The new Year 10s had an action packed start to their Point Cook Senior education with the Advisory Orientation Program which was held in Week Three. Students were divided into two groups and took part in a rotation of activities to introduce them to their new classmates, teachers and the school. Activities included competitive team sports such as kickball, dodge ball and beach volleyball. They also enjoyed the more recreational activities like laser tag, dodgem cars, pool and mini golf. Some students even tested their arcade game skills and achieve records that rewarded students with more than 1,000 tickets in prizes! Students also enjoyed a sensational barbecued lunch catered by the College's Canteen.

Day Two Advisory Orientation Program will be here in no time! (Friday 27 July). Students will begin the day at the College where they will take part in the Elevate Education Workshop (Preparation for exams and enhancing study skills) and Project Rokit Workshop (How to stop cyberbullying). We are then all traveling to the Werribee Cinemas to eat popcorn and relax, while watching a blockbuster movie as part of the students English curriculum requirements. It is not too late to make payment and consent for Day Two even if a student wasn't in attendance for Day One. Please contact the college for inquiries.

Thank you to all staff that helped organise Day One and big thanks to those that participated with enthusiasm in the activities.

Year 10 Advisory Team



YEAR 10 PARENT WELCOME INFORMATION EVENING

It was a pleasure welcoming the new families to Point Cook Senior Secondary College in Week Four. It was a lovely relaxed night, starting with a friendly barbeque and a short presentation from the colleges Acting Principal- Chris Mooney and myself Yr. 10 Team Leader- Danielle Ryan. The presentation briefly went through the colleges values (Respect, Effort and Responsibility), policies, curriculum, School Wide Positive Behaviours and what to look forward to in 2018. The presentation can be located via the College's main communication system, 'Compass'.

We would also like to extend our gratitude to the parents/guardians who took the time to complete a short survey on how the College is currently supporting students and what support parents/guardians would like more information on to support young people at home. Each newsletter there will be section for parents/guardians regarding information that can help with academics, wellbeing and getting involved with the community.

We look forward to seeing you all again, at our Parent Teacher Interviews at the end of Term One.

Danielle Ryan Year 10 Team Leader



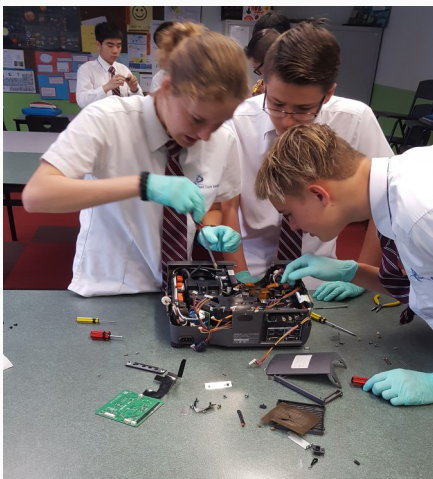


For the Love of Physics

This past Valentine's day the 11 Physics students had the opportunity to apply their new skills of Electricity to their own lives. The purpose was to analyse the relationship of voltage dividers and how they apply to real life. The results was a deeper interest and amazement by the physics of everyday life. The students were supplied with electronic devices and with many safety precautions in place, the students dissected the device in groups. What they found were components, such as potentiometers, LEDs, prisms and many others and learned how they are connected together allowing the device to function.

The learning had a lasting effect and students continued to discuss the relationship of the components to new learning in classes that followed.

Ms. Melissa Chapman
Science Learning Area Leader & Learning Specialist



PCSSC Valentine's Day Celebrations

Valentine's Day was on the 14th of February and the Student Leaders presented some fun activities for the entire school to participate in. The arrangement of a photobooth as well as a message board full of messages of positivity and love proved to be some very engaging activities to start off the school year; especially for the new class of year 10s who are still learning the ropes around their school.

Overall, it was a very exciting event schoolwide and we hope everyone thoroughly enjoyed themselves to celebrate the day of friendship, togetherness and love. Stay tuned for more exciting festivities! A huge thanks to Mr Dang for being a very patient photographer through infinite reshoots to get just the right angle!



Coles Sports for Schools



Our school is participating in the 'Coles Sports for Schools' program which is a campaign to help Aussie kids stay fit and healthy.

When you shop at Coles, for every \$10 you spend you will receive 1 Sports for Schools voucher which you can collect and place into one of our collection bins located outside the front office entrance and in the LRC. The more vouchers we collect, the more sports gear/equipment we will receive. You can also do this online by selecting Point Cook Senior to donate to.

Thank you for your support!
Brianna Bunworth



Year 10 English Incursion

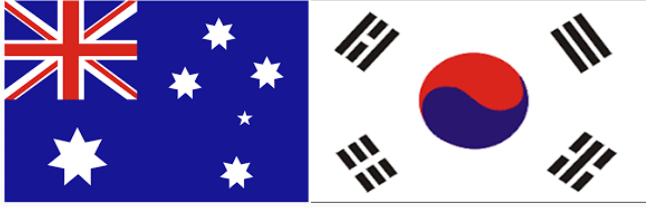
On the 27th of February, the year 10 students were lucky enough to have Alice Pung, the editor of 'Growing Up Asian In Australia' visit us and talk about her experiences growing up herself in Australia. She told us different stories about her families experiences in Cambodia and stories about her life in Australia, including bringing her first boyfriend home. Her stories have made all of us realise how important and significant the small things in life can be and how everyone goes through different situations in their life. Although she explained that a lot of her stories were about racial discrimination, she also told us and showed us how we can all relate to her stories in some way. We have gained valuable knowledge and ideas for our own writing. We are very grateful to have such an inspiring author come and visit us, and we will always remember the interesting stories she has shared.



CUBBY HOUSES FOR SALE

Cost \$800 per cubby
 Built by Building and Construction students
 They are easy to dismantle for transportation
 and to erect
 If interested please call Julie George





Gimhae Sunam YMCA Korea Cultural Exchange Visit

Arriving on Tuesday 20th February and departing on Friday 23rd February, a group of 9 students from Gimhae Sunam High School in South Korea spent time at Point Cook Senior Secondary College experiencing life as Australian students.



This week at PCSSC was an educational, entertaining and worthwhile opportunity for the Korean students to practise their English, and for PCSSC students to practise their interpersonal skills. It provided students from both cultures with the opportunity to meet new people, make new friends and learn from each other. PCSSC Student Leaders assisted the Korean students throughout their visit at PCSSC and made sure that students were welcomed and having an enjoyable time in our school.

We would like to say a special thank you to PCSSC students who have volunteered their time to be inter-cultural buddy's for the Gimhae Sunam students. They did a fantastic job in helping the Korean students to settle in and to experience the culture of PCSSC.

The following students from PCSSC acted as Inter-cultural buddy's, Amy Tang (10E), Hua De Yuan (10E), Rafael Mendoza (10E), Melinda Shipp (10I), Ethan John (10S), Aarav Shah (10E), Jordan Ngo (10I) and Robert Bituin (10C).

During the visit, Korean students stayed with PCSSC students' families from Year 10 to Year 12 who acted as their host brothers and

sisters. Thank you to our students and their families for providing accommodation and a range of different activities of an evening for our guests.

Anjelica Smith (10D), Ben Roper (10A), Lachlan Malachowski (12H), Kyla and Kristen Canares (12S and 10A) and Jinhong Kim (10A). It was a great experience for everyone involved.

Thanks to all PCSSC students host families and staff members for participating in the Gimhae Sunam YMCA / Point Cook Senior Secondary College Cultural Exchange Program!





Senior Volleyball Girls

On Friday 23rd February, the senior Volleyball girls travelled to Eagle stadium to compete in the senior Volleyball championships. The team played Bayside A, Bayside B and Laverton. Teams were no match for the senior girls in the round robin stage, the team did not lose a set and won 3 out of 3 games convincingly. In the semi-finals the girls beat Laverton College two sets to nil and made their way into the grand final. With back to back to back to back games, the girls played all day and competed with respect, showed great effort and played with great sportsmanship and responsibility. Unfortunately, Bayside A got the better of the girls in the grand final, but the senior girls volleyball team can hold their heads up high with the way they conducted themselves throughout the day.



Intermediate Volleyball Girls

A team of year 10 girls consisting of, Leitu Ifo, Jenny Kaisala, Starrisa Leniu, Tylar Leota, Monica Moore, Wezi Ndlovu, Addie Pasok, Lyra Perez, Janna Porras and Anne Rubio, participated in the Hobsons Bay Division Volleyball competition on Tuesday 27th February. The girls played 4 games against teams in their pool and won all games convincingly. They then went onto play Laverton in a semi-final and after a shaky start ended up winning by a few points which put them into the grand final. The girls again played superbly in the final and kept up the skills that they had shown throughout the day, despite it being their 6th game, and beat Point Cook College to become Division Champions. The team will now move onto the next round which is the Regional event in May. All of the girls represented the school in a fantastic way and are applauded for their behaviour and team spirit.

Senior Volleyball Boys

Last Friday (23rd Feb) the senior Volleyball team had their first inter-school tournament of the year in which they had a run of dominating victories; winning all their matches – beating the other competing schools 2 sets to 0 in the process. The boys all had an awesome time bringing home their first pennant, demonstrating the amount they have improved and really showing the result of their hard work and training over the past twelve months. This tournament was the first of many throughout the year and the boys will be continuing to hone their skills in preparation for their upcoming competitions, and will be back on the court in no time.

Adam Coustley



Senior Volleyball Boys



Intermediate Volleyball Girls



Swimming Trials

Our school ran private swimming trials on Monday 26th February at Lara Outdoor Pool. Students were asked to sign up for events in advisory and those students who signed up attended on the day.

There was something for everyone with an opportunity to swim in the freestyle, breaststroke, backstroke, butterfly and relay event. The relay event held some excitement with two Year 12 boys team each very eager to beat one another and a mixed girls team who nearly beat them both!

All swimmers were enthusiastic and supported and encouraged one another on the day. Swimming can be quite a challenging sport and we congratulate and recognise every student that participated and tried their hardest in all swimming events.

A special mention goes to the staff, Ms. McVay, Mr. Flannery, Mr. Russo and Mr. Hutchison, that helped make this day possible for the students.

Successful swimmers will now move onto the Hobsons Bay Division competition which is held on Monday 5th March at Queens Park Pool.

Brianna Bunworth



Congratulations to our Captain Team

A stringent process has taken place to select our Student Leader representatives – congratulations to the following successful applicants.

School Captains

Kyla Canares
Logan Peck

Vice Captains

Zahra Shahriar
Gemila Manuel

Achievement Leader

Aericka Bou
Nick Parnis

International Leader

Karmen Liaw

Environment Leader

Kaitlyn Beeby
Maddy Deal

Communications Leader

Alina Arshad
Brendan Kapambwe

Social Justice Leader

Maddie Lamb
Alofa Lu-utuanu

Applications Open for Year 10 Students to join the team!

Even though these positions are filled we are still looking for people to join the team! Applications for Student Leadership for Year 10s as well as newly enrolled students in Year 11 or 12 are open until the end of Week 6 and available at this link: <https://tinyurl.com/StudentVoicePCS>

Volunteer

An Invitation to Parents/Guardians.

If you have time to volunteer in our College Library for few hours during the week, please phone Julie on 9395 9271.

All volunteers will need to obtain a “working with children’s check”. The school can assist you with this process.



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healthy school*

achievement
program



Achievement Program

In recent newsletters, you may have noticed the icons above appearing. They are recognition that PCSSC has achieved the benchmarks in each of those health goals as part of the Healthy Together Achievement Program. There are eight health goals to achieve recognition for and to date PCSSC has achieved seven and is currently working on the last one Healthy Eating and Oral Health, we hope to have achieved recognition for all eight by the end of 2018.

About the Achievement Program

The Achievement Program is part of the Victorian Government's vision for a Victoria free of the avoidable burden of disease and injury, so that all Victorians can enjoy the highest attainable standards of health, wellbeing and participation at every age. Launched in 2012, it boasts a membership of more than 3000 early childhood services, schools and workplaces from around Victoria. Cancer Council Victoria is managing the implementation of the Achievement Program on behalf of the Victorian Department of Health and Human Services. The development and implementation of the Achievement Program in schools and early childhood services has been jointly overseen by the Victorian Departments of Education and Training and Health and Human Services.

What the Achievement Program is

The Achievement Program gives us a simple, evidence-based framework to support the health and wellbeing of everyone in our school.

It helps students develop to their full potential and boosts staff productivity – at any age, healthy people perform better.

Developed by the Victorian Department of Health and Human Services and the Department of Education and Training, the initiative can be easily incorporated into our strategic and annual planning and self-evaluation processes. Further, implementing the Achievement Program is a great way to enhance student engagement and wellbeing outcomes.

Even if we're already doing great things to promote health and wellbeing at our school, the Achievement Program helps us build on this, and achieve recognition from the Victorian Government as a Healthy School.

Health promoting schools approach

The Achievement Program is based on the World Health Organization's model for health promoting schools, an internationally recognised best practice approach for enhancing health, wellbeing, learning and development outcomes.

A health promoting schools approach is broader than implementing some health and wellbeing activities – although these are important. It involves integrating health in planning and policies, creating a healthy culture and environment, and involving the whole school – students, staff, teachers and families in the process. Forging partnerships with the local community is also important.

Through the Achievement Program, health and wellbeing becomes embedded in our culture – a part of everyday school life.

Benefits: Health and wellbeing is an end in itself, but healthy people also learn and work better.

Health and wellbeing is everyone's business. By embedding it in our school culture, we will have happier, healthy students achieving better outcomes and happy, healthy teachers and staff supporting students to reach their full potential!

Healthy young people learn more effectively. By creating a healthy learning environment, we're helping students make the most of their education.

Instilling healthy habits in young people during their formative years not only boosts their health and learning potential, it sets them up for a lifetime of good health.

The Achievement Program also recognises the importance of having healthy staff – by signing up, we're boosting the wellbeing of everyone in the school.

Fact sheets, policies and other information about each of the Health Goals can be found on the college Website: www.pointcooksenior.vic.edu.au go to the 'about us' tab and then 'wellbeing'.

Chris Mooney
Acting Principal



RESPECTFUL RELATIONSHIPS



Resilience, Rights and Respectful Relationships

Respectful Relationships is a wide ranging initiative that has been implemented by the Victorian Government to help young Victorians deal with a range of challenges they may face. It promotes equality and helps boys as well as girls, learn how to build healthy relationships.

Point Cook Senior Secondary College has been selected as one of the lead schools in the Western Region to deliver Respectful Relationships education, through the Victorian Curriculum across all year levels. Point Cook Senior Secondary College has looked at its culture, practices and policies, and has driven meaningful change by building an enhanced culture of respect and equality.

Respectful Relationships in the secondary years focuses on treating everyone with respect and dignity, and teaches students about the relationship between gender and power. This program will help our students with the skills to communicate positively and respectfully, build positive relationships and challenge stereotypes that don't support equality. It will also positively impact academic outcomes, mental health, classroom behaviour and student teacher relationships.

Respectful Relationships will also help address family violence as this is a complex and multifaceted but research shows that gender inequality is a key driver (VicHealth, 2007). Helping children develop an understanding of healthy relationships and respect is key to preventing family violence in the future. This program has currently been trialled across 19 schools, reaching 1,700 teachers and 4,000 students. This year more than 120 Victorian schools are receiving professional development training to become a Respectful Relationships leading school and over 900 schools are being mentored. In 2017 the program had been implemented through the College's Advisory program, covering topic areas on emotional literacy, personal strengths and stress management. We have already seen a positive effect on students' attitudes, knowledge and skills, school policies, culture and ethos.

Please visit the College's web site under the 'Wellbeing' tab for further information on Resilience, Rights and Respectful Relationships where you will be able to find 'The Whole School Approach'.

In Term Two, Point Cook Senior Secondary College will be running a 'Family Support Workshop'. The workshop will be a hands on learning experience to help support families' with building Respectful Relationships at home. Please look for a notification in the upcoming newsletter or through the College's main communication system, 'Compass'.

Respectful Relationships Lead Team





Scholarship Winners

Congratulations to two of our Year 11 students, Robyn Epps & Heidi Rasmussen who have both been awarded Kwong Lee Dow Scholarships by The University of Melbourne.

They were selected from over 1700 applicants across Victoria and adjoining border regions. They were recognised for their enthusiasm and their impressive array of achievements.

The Kwong Lee Dow Young Scholars Program will afford the participants the opportunity to mix with like-minded peers and future leaders. A tailored program of events and activities will support and enhance their secondary studies, inspire the career plans and provide opportunities to interact with the University community.



Compass Portal

Just a brief reminder that the majority of our communications with parents at PCSSC are made through the Compass Parent Portal. All parents have a portal account that provides access to reports, attendance information, absence requests and approvals, school photo ordering, teacher email contact, booking for parent-teacher interviews, calendar of events, excursion consent/permissions and news items to keep you update with what is going on.

If you are a CSEF (Camps, Sports & Excursions Fund) recipient, please contact the school before consenting to any event so that we can adjust the costing.

To access your account:

go to the College's homepage www.pointcooksenior.vic.edu.au and click on the Compass Portal icon.



Compass Portal

Click here to login to the Point Cook Senior Compass Portal

or directly go to Compass login

Point Cook Senior Secondary College

Remember me

[Can't access your account?](#)

<https://pointcooksenior.vic.jdlf.com.au/Login.aspx>

If you are having trouble accessing your account, click on the **"Can't access your account"** and follow the prompts to access it using your username, email address or mobile number. If you need guidance on how to navigate the Compass Portal, please contact the school.



Breakfast Club

Where: Room 312

When: Fridays

Time : 8.00am – 8.30am

All welcome



Our Breakfast Program has now been running for 6 years. We have been beneficial in supporting those students in need and also developing relationships between staff and students. The program also improves student wellbeing, supporting their outcomes. Everyone is welcome to attend and enjoy a free breakfast and a fun and enjoyable environment to start their school day.

ATTENDANCE

Student attendance information is available on Compass, including the option to approve absences and input requests to leave early for an appointment. Students are required to provide a medical certificate when absent from a VCE class or assessment.

Late Arrival to School - Students are requested to use Compass card to sign in at Kiosk at the front of the school. Students who do not have cards can report to the attendance office.

Early Leave - Parent approval is required for any student requesting to leave early. This can be done either by parent entering approval on Compass or contacting the attendance office.

IMPORTANT DATES

Term 1:

05 March – Division Swimming

12 March – Labour Day Public Holiday

13 March – Curriculum Day - students free day

28 March – Parent Teacher Interviews (evening)

29 March – Parent Teacher Interviews (morning)

29 March – Year 12 Further Maths SAC

29 March – Western Region Swimming

29 March – Term 1 Ends

16 April – Term 2 Commences

25 April – ANZAC Day Public Holiday

16 May – Senior Interschool Sports

18 May – College Athletics Day

25 May – Division Cross Country

29 May – Girls Football & Boys Netball

30 May – Science Fair

4 May - 7 June – Year 10 & Year 11 Revision Week

8 - 15 June – Year 10 & Year 11 Mid-Year Exam

11 June – Queens Birthday Public Holiday

13 June – GAT all students enrolled in Unit 3 & 4

18 June – Report Writing Day

20 June – Intermediate Interschool Sports

29 June – Term 2 Ends

HOW DO I GET INVOLVED?

To find out more and join your School's APYF Community Service Project simply complete the "Expression of Interest" slip and return it to the Project Leader (teacher at your school) who will invite interested students and parents to attend an information meeting where a detailed explanation of the program will be given by APYF staff.

YOU can make a difference!

Get involved in an APYF Community Project TODAY!

EXPRESSION OF INTEREST FORM APYF COMMUNITY SERVICE PROJECT

For more detailed information, please complete and return this slip to the Project Leader (teacher) at your school.

Name

Address

Phone

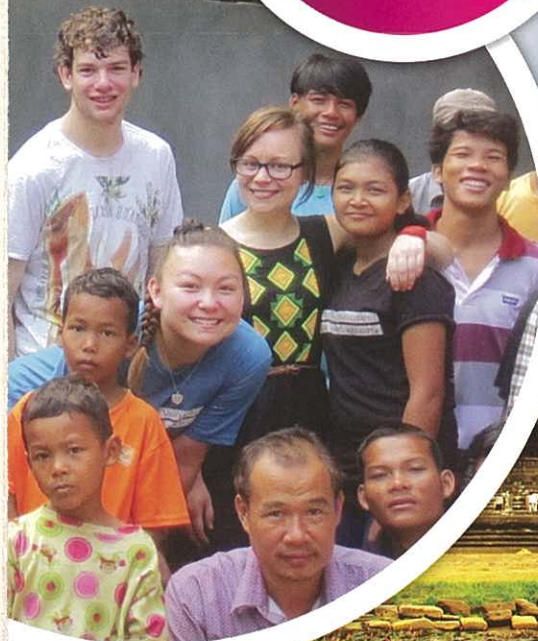
Email

School

Year Level/
Class Group

Parent's
Signature

"We cannot
build our future
without helping
others to
build theirs"



APYF
Asia Pacific Youth Foundation

CAMBODIA

Make a difference!
Get involved in an APYF
Community Service Project.

03 9830 4877
www.apyfoundation.org

PO Box 1492, Camberwell
East VIC 3126

info@apyfoundation.org

ABN: 77 165 619 698

You CAN make a difference!
Get involved in an APYF
Community Project TODAY!

ABOUT APYF

APYF is a Non Profit Foundation, working within poor and disadvantaged communities in the Asia-Pacific region.

APYF Community Projects are part of our long term Programs, supporting local communities to break the poverty cycle, develop sustainable practices and to provide the opportunity of education for all young people.

DID YOU KNOW?

- Cambodia's population is 15 million.
- 80% are living in rural areas.
- 50% of the population live on \$2.00 a day or less.
- More than 40% do not have access to safe drinking water.

WHAT CAN I DO?

You could be helping to build a new classroom at a Primary School, a Kindergarten playground, or developing part of an eco-farm marine conservation reserve.

You can get involved in teaching English, sports, health and hygiene, music or taking part in building a bigger project in a school or village.

APYF Community Projects vary in type and scale to suit the group participating! You **CAN** make an immediate and lasting difference in the lives of these communities!

SAMPLE APYF COMMUNITY SERVICE PROJECT

DAY 1

- Arrive at the Project location.
- After lunch, there will be a Project and Orientation Workshop where the Project will be explained in full detail as well as your duties during your stay.
- Now it's time to meet the locals.
- You'll be working with your APYF Project Leader and the local villagers on the project selected for your school team. Translators will make communicating with the local children and villagers not only an easy task, but loads of fun too.
- Let the work begin.

DAY 2 through to DAY 5

- Gradually, you'll start to see the fruits of your labour, as the project begins to take shape.

DAY 6

- At last! Today we finish the project and hand over the site to the Village Elders and the children. Great job. Great fun too.
- Tonight will be our farewell dinner, a local feast.

DAY 7: Depart the Village

- Say Goodbye to your new friends! Farewell the local villagers and the happy excited children.





Use a combination of 5 sun protection measures



SLIP on clothing

The best barrier between your skin and the sun. Cover as much skin as possible.

The tighter the fabric weave, the better the sun protection.



SLOP on sunscreen

SPF 30 (or higher) broad-spectrum and water-resistant.

Takes 20 minutes to activate on the skin.

Use more than you think!

Reapply every 2 hours.

Use in conjunction with other sun protection measures.

Check expiry date.



SLAP on a hat

Broad-brim to protect the face, head, neck and ears.



SEEK shade

Natural, built or portable, such as marquees and tents.



SLIDE on wrap-around sunglasses

Protect your eyes year-round if you can.

Australia has one of the highest rates of skin cancer in the world

Estimated global melanoma incidence rate per 100,000.

At least 2 in 3 Australians will be diagnosed with skin cancer by the age of 70

Skin cancer causes more deaths than transport accidents in Australia each year

2209

deaths from skin cancer

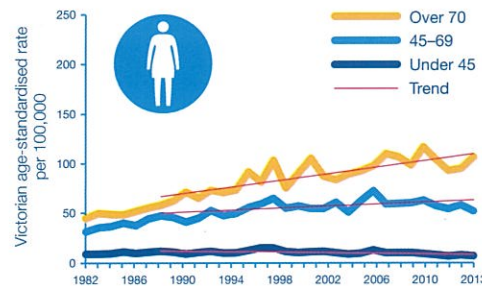
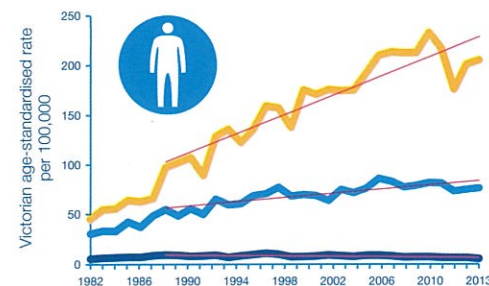
1428

deaths from transport accidents for the 2013 period



Melanoma incidence in Victoria continues to rise, but rates of increase have slowed. There are also falling incidence rates in people under the age of 45.

Skin cancer incidence is higher in men than in women



How much sun is enough?

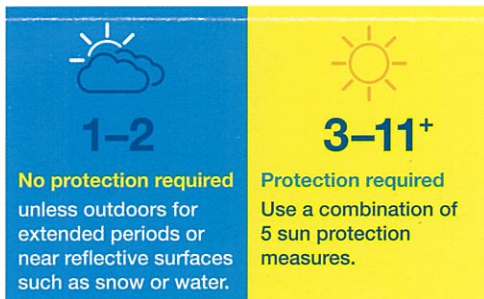
Vitamin D is triggered by the sun touching the skin. It is needed for healthy bones and muscles.

When UV levels are below 3, sun protection is not required unless near highly reflective surfaces such as snow or outside for extended periods.

UV levels above 3 – sun protection is required.

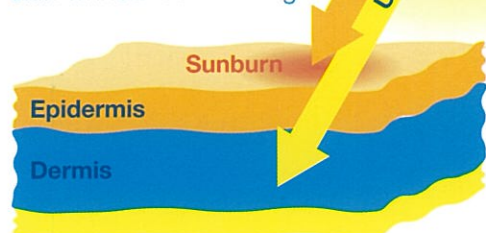
Sunscreen use should not put people at risk of vitamin D deficiency.

UV levels

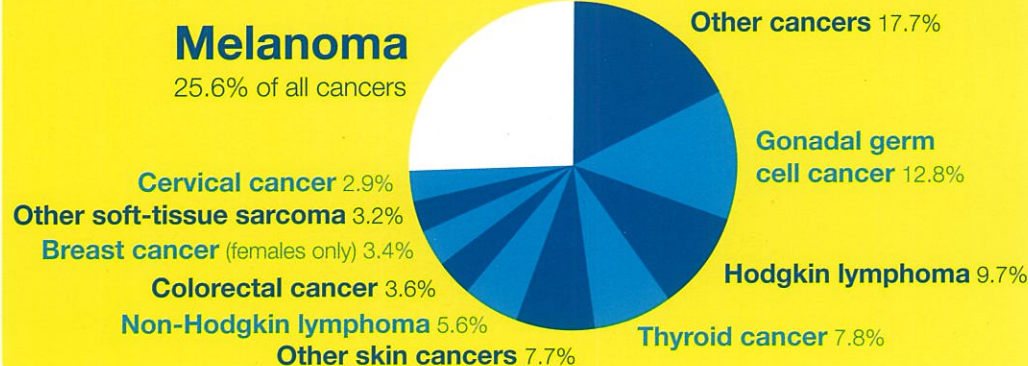


Think UV not heat

The major cause of skin cancer is overexposure to the sun's ultraviolet (UV) radiation. UV can't be seen or felt, so it can damage skin without us knowing.



Melanoma is the most common cancer diagnosed in Australians aged 15–29 years



Risk factors

- Previous skin cancer
- Sensitive skin type that burns easily
- Large number of moles
- History of severe/blistering sunburns
- Family history of skin cancer
- Actively tan
- Lots of time spent outdoors unprotected
- Outdoor worker



The fairer your skin, the higher the risk

Check the free SunSmart app to know when you do and don't need sun protection.

sunsmart.com.au/app

