

PRINCIPAL'S REPORT

Term three is always a busy time for students and staff at PCSSC. The term has been full with information nights, the college Open Night, STAMP testing, Aspire interviews and course counselling at PCSSC and at our precinct P-9 schools. We have hosted a number of events including the CALD Forum which I reported on in the last newsletter and the Hobsons Bay Principals forum both of which have given me the opportunity to show our school to the wider community. Our students have represented the school in a range of sports and community activities in particular, the performing arts have been a feature with the amazing Theatre Showcase 2018 being performed on Friday August 31 and Saturday September 1. Parents and past students played a major part in supporting our students and I'm sure anybody that came along to see the showcase would agree with me that our performing arts students are fantastic.

The end of the term has also featured a number of opportunities to reflect, acknowledge achievement and set goals for improvement, we have just concluded parent/student/teacher interviews on the Thursday night and Friday of this week of term; and the year 12 practice exams held throughout the week. The practice exams that ran during the last week of term provided an opportunity for our Unit 3-4 VCE students to test their current levels of knowledge and technique. The results will provide some very useful feedback to our students on where they are at in the process of preparing to do their best in the upcoming exam period. The practice exams are a signal that our year 12 students are entering the final months of their journey through secondary school. Our senior VCAL students have been finalising tasks and projects to obtain their senior certificate and will continue to work on this and prepare for their final presentations in the first few weeks of term four. Our VCE students will be focussed on preparing themselves for final exams. Most students undertaking VCE Units 3-4 subjects will now be entering a period of intensive revision.

Our teachers have ensured that every Unit 3-4 student has completed his or her course in sufficient time to be able to use the remaining period to fashion a well-organised and effective revision plan. The first few weeks of next term, where our teachers will run through key content again, and help students further refine their understandings and their revision techniques, are crucial to the final outcomes. The way students use these final weeks of classes and then their personal revision period after formal classes cease is critical.

I would strongly recommend that our students carefully plot out their use of these remaining weeks. It is best to avoid a 'last minute' approach in which students study inordinate hours just prior to exams, dropping their

normal routines of sleep, meals and relaxation. This can be counterproductive. It is important that our students work hard on their preparation, but that they keep a healthy balance in their lives, and that they enter the exam rooms feeling healthy and rested. Maintaining a healthy balance of sport or other relaxation or involvement activities is very important for general wellbeing. A steady, regular study program will be much more effective than trying to revise everything at the last minute. Similarly, I suggest students work on techniques for managing the levels of stress that may occur at this important time. The healthy balance I have already mentioned is one useful way to do this. Some amount of stress is actually a good thing during exam time – it is the way a person's body gets them ready for a challenge. However, if the stress is feeling too much, there are physical ways to alleviate the tension and calm down. Breathing in and out slowly and deliberately can make a big difference, as it sends a message to the rest of the body to calm down. Stretching exercises can help, as can tensing and then relaxing the muscles in the body. Even drinking water, which can lower the cortisol levels in the body and the brain, can have a soothing effect. There is a significant amount of information on the next few pages with further suggestions for managing time, staying healthy, dealing with stress, and studying effectively – important information for all our students and their families, but particularly important for our year 12 students at this time of the year.

In planning for the up-coming exam period, teachers will be available to support all students and assist in advising them on how their revision time might be best employed. Most teachers will issue revision packs containing copies of trial exams and/or material to help with the revision process. Many are running revision sessions over the September "break" and/or after school in the first few weeks of term four. There is significant value in continuing to sit practice exams. Students can hone their exam technique through consistent practice, reviewing and improving after each trial exam. As well as reinforcing knowledge and helping work out where the gaps are that might be filled, practice exams also give students an opportunity to work on timing and pacing – other important keys to success.

I would like to wish our year 12 students the best during this period and express my thanks to all staff who I know will be working very hard to support them during this challenging and exciting period.

In closing, I would like to wish all our families a happy, healthy and safe September break, and I look forward to seeing all our students return in two weeks' time, ready for another term of learning and growth.

Christopher mooney



Supporting your child in the lead up to exams

It is no secret that teenagers have the greatest chance of academic success when they are strongly supported by both school and home. This support will become incredibly important over the next two months, particularly for our Year 12 students as they approach their final exams. The following advice is an abridged version of an article from the website www.parentline.com.au. Please take the time to read through the suggestions and consider how you can ensure your child is well supported during this very important, and potentially stressful, time in their lives.

Effective study and learning habits

Parents and carers can help reduce the exam stress of their child by helping them establish effective study and learning habits:

- Help your child find a quiet place to study without distractions. Make sure their table is uncluttered so they can focus better.
- Encourage your child to find out exactly what the test involves - are there past test papers they can look at to help them understand what to expect?
- Encourage your child to ask for help or ask their teacher for clarity if they are unsure of something or if they feel confused.
- Help them to make 'mind maps' to collect ideas and summarise thoughts - use bright colours to help remember important links.
- Help them to plan their study schedule early on so they have sufficient time to study. It can be helpful to develop a clear, realistic plan of what they want to cover in each study session. Can they break it down into small chunks?
- Remind your child to take a short rest and move around in between each part of their study.
- Offer help sometimes. It can be useful having someone to listen or practise with.

Healthy sleeping and eating habits

- Encourage your child to stick to a routine of going to bed at a reasonable time. They need to avoid late night TV shows and movies, as well as the use of computers and social media.
- Motivate them to eat regularly and make time to have fun and exercise.
- Help them to cut back on coffee or any other stimulants which they may be using, as these can increase agitation. Encourage them to drink lots of water instead.
- Remind them to take time out when they eat, rather than carrying on with study.
- Encourage them to eat fresh fruit, veggies, cereals, grains, nuts and protein - they are all good for the brain and blood sugar levels.
- Encourage them to eat when they get hungry. This keeps blood sugar and hydration levels steady.
- Avoid junk food if possible. It will bring a sudden sugar high which will fall away quickly, leaving a person feeling tired.

Relaxation ideas to help your child cope with exam stress

- Always encourage your child to relax before they go to bed after concentrating for long periods of time. Activities such as reading a short story may help them unwind and sleep better.
- Encourage them to go out for a walk, run or do some other exercise they enjoy.
- Teach them relaxation techniques such as listening to some gentle music, getting them to lie down, closing their eyes and taking a deep breath while visualising a calming scene such as a deserted beach.
- Help your child to develop a positive mindset by encouraging them to visualise success - this can really help with self-confidence.
- Avoid rushing on the day of the exam by organising and packing everything they need to take with them the night before.

Hopefully you find these ideas useful and implement them in your household; your support as a parent/guardian is absolutely central to your child's chances of academic success.

Furthermore, the following page provides **links to online study skills tutorials for students** (page 3) – they are a fantastic resource that your child can use to help them understand how they learn and how they can maximise the effectiveness of their study. If you would like any additional guidance, please contact me and I will be happy to discuss this with you further.

JUDO VICTORIA SUCCESS

Clancy Freemantle has recent had some great achievements at the recent Nearly Spring August 2018 JVI judo competition. He achieved:

- Silver medal in the Cadet Men age group
- Silver medal in the Junior Men age group
- Gold medal in the Senior Men age group

These are great achievements and we are confident that he will continue to improve their judo skills.

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program





Links to study skills and metacognitive learning strategies - online tutorials

The following links are online tutorials for students - they are a fantastic resource that your child can use to help them understand how they learn and how they can maximise the effectiveness of their study. Thank you to PCSSC teachers Joel Crothers-Stomps, Josh Russo and Kim McVay for developing this wonderful resource.

1. Preparing your brains for memory. (PCSSC Learning Cycle - Students Prepare) Students will be able to describe how different factors can enhance or disable our brain's ability to learn, remember and recall information and processes.

<https://goo.gl/forms/thqogKou1MgXkYWI1>

2. Understanding Memory. (PCSSC Learning Cycle - Students Prepare) Students will be able to explain how the brain develops a memory of knowledge or a skill.

<https://goo.gl/forms/kluq4gznP1L04Cqh2>

3. The Forgetting Curve. (PCSSC Learning Cycle - Students Consider) Students will be able to describe how often, and at what intervals, they must trigger memories or thoughts for the information to be retained.

<https://goo.gl/forms/i3hugQfKE06Alovm1>

4. Study vs Homework. (PCSSC Learning Cycle - Students Consider) Students can compare and contrast the different roles that homework and study play in their education.

<https://goo.gl/forms/3Zqf1OeTIBAvhiB83>

5. Overcoming Procrastination. (PCSSC Learning Cycle - Students Consider) Students can identify causes of procrastination and describe strategies that can be used to overcome them.

<https://goo.gl/forms/Br1E3B1HwwgZFUqe2>

6. Note Taking and Summarising. (PCSSC Learning Cycle - Students Consider) Students will be able to apply a note taking strategy that allows for summarising class content, in order to further their understanding and prepare for assessment tasks.

<https://goo.gl/forms/G7GA394we3dl59tM2>

7. Group Study. (PCSSC Learning Cycle -- Students Consider) Students are able to evaluate the effectiveness of using a study group as a method for improving knowledge and skills required in their classes.

<https://goo.gl/forms/PvvduWiZ8vZMnUP52>

8. Using Past Exam Papers for Study (Yr12 Subjects). (PCSSC Learning Cycle - Students Consider) Students are able to analyse past exam papers to improve and assess their own understanding of subject content.

<https://goo.gl/forms/hvuOVzKHm8OImrSm2>

Year 11 Debutante

What a magical and amazing experience into the lead up to a magical evening, eleven couples put on their dancing shoes, commitment, laughs and smiles to practice and all eventually paid off. Every Thursday evening Cheryl and Charles our lovely dance instructors taught us the Tango, Swing Waltz, Progressive Jive and many more. We thank them for allowing us to be amazing dancers and for getting our groovy shoes on as one of the Debutante Partners would say.

On Saturday the 25th of August, the boys looked dashing in their suits, the girls were beautifully dressed in their white detailed dresses. Entering in the room was a magical atmosphere, having a red carpet, a gorgeous flower arch and having lit candles along the side of the red carpet made this more amazing! The presentation was very smooth, when couple by couple were being introduced, having the guests there to witness this and cheered for us made us all very delighted and joyful. Thank you to all that have helped organise this evening and making this possible. Thank you to our awesome year level leader Mr Schorback and his wonderful son for attending every practice night and making our experience more fun! Especially Mr Schorback's son's awesome dance moves and teaching us all his awesome steps. Congratulations to all Debutantes and Partners.

Elena Margeta





Year 12 VCAL - Personal Development Skills

Currently in Personal Development Skills, we have had the opportunity to build dog kennels, beds & toys that will be donated to a chosen charity partner of our choice such as the RSPCA or Lort Smith Animal Hospital. During our time building, we have gained some great life skills such as communication skills, teamwork and enterprise. We have had to communicate with the broader community, such as charity organisations and businesses such as Bunnings. The first thing we did was to choose what we would like to build. We then had to plan and research and how we were going to get the materials, who we were giving our beds/kennels/toys to and make a PowerPoint presentation about an animal welfare issue.

Once all planning was done it was time to get into action, so students then called up Bunnings Warehouse and explained their request and to see whether they would be willing to give away free pallets of wood to build our project which they gladly did. We then called up several dog shelters and foundations to see who the student's work would be donated to. Once all the theory was completed it was time to start building and work together as a team to successfully build the dog kennels, beds and toys for disadvantaged dogs.

This was a very complex project for the Year 12 PDS students and it was a great team building experience as everybody succeeded in finishing all outcomes of this project.

Erkahn Pasoski 12F





Year 12 VCAL End of Year Celebration

On Monday the 20th of August, Year 12 senior VCAL students travelled to Wyncity as a celebration of the end of VCAL. When we got there, everyone split themselves into groups of 5 or 6 for bowling. Once we had finished with bowling, everyone split into 2 equal groups, one group was playing lasertag, and the other group played bumper cars and also received a card to play 20 minutes of arcade games. When we played lasertag, we got into 2 groups and the aim was to shoot as many vests and phasers as we could to get as many points for ourselves and our team and there were also bases up on the wall to shoot which got us extra points. At 2pm, Wyncity provided lunch, which was a hot dog, chips and some soft drink. After lunch, we got back into our 2 groups and swapped over, so the lasertag group played bumper cars and arcade games, and the bumper cars and arcade games group played lasertag. The aim of bumper cars was to shoot the other cars and gain as many points as you could. There were also so many arcade games to choose from, such as car racing, shooting, basketball and air hockey. At the end of the day, we either got picked up from Wyncity or we could take the school bus back to school. We all had so much fun and would like to thank Mr Flannery and Mr Russo for organising this excursion to celebrate the completion of year 12 VCAL.

Hayley Holt, 12F



On the 20th of August, 2018 the year 12 VCAL PDS classes journeyed to Wyncity Bowling and Entertainment near Williams Landing Railway Station. We went by bus and when we got there, we were asked to be put in groups of 4 in each lane. My group was in lane 11 and my group members were Mitchell Fiteni, Andre White and Tony Nyugen and we began to start grabbing our chosen bowling balls and then we started bowling. After the first four shots, it looked to be an even race to the finish and it continued for a bit. But then all of a sudden my lead was overtaken by all of my opponents and i started to panic and thought that i was going to lose the game. Then it was

my turn next and i picked a bowling ball up and stared at the other end of the lane where the pins where and i got into position and ran up the lane let the ball go and it went straight in the middle and i waited to see the ending result and if i knocked them all down and i did. The look on my face says it all i had clinched the victory and it was glorious. After bowling we split into two groups. One did laser tag and the other did bumper cars and the arcade games and we swapped activities so everyone gets a go. Overall i enjoyed the day and most of all i was still undefeated in bowling the crown is still mine.



Blake Horan, 12I



National Gallery of Victoria Excursion

During Week 9 of Term 3, Year 10 History students attended an excursion at the National Gallery of Victoria to support their study of Indigenous Rights and Freedoms. The purpose of the excursion was for the students to engage with Indigenous history through the artwork of Indigenous artists. This was to not only introduce them to the Indigenous Rights and Freedoms unit, but also to the debates around Indigenous history that will inform the assessment. The artworks represented Indigenous feelings and experiences around the European colonisation of Australia. Students were allocated an artwork to analyse and then got to pick an artwork that resonated with them to engage with more deeply. Thank you to all the Year 10 History students for representing our school so well on the day, we hope they enjoyed the experience!



Michelle Foot, Antony Monteleone, Ryan Phelan, Kate Phillips, Raymond Saw

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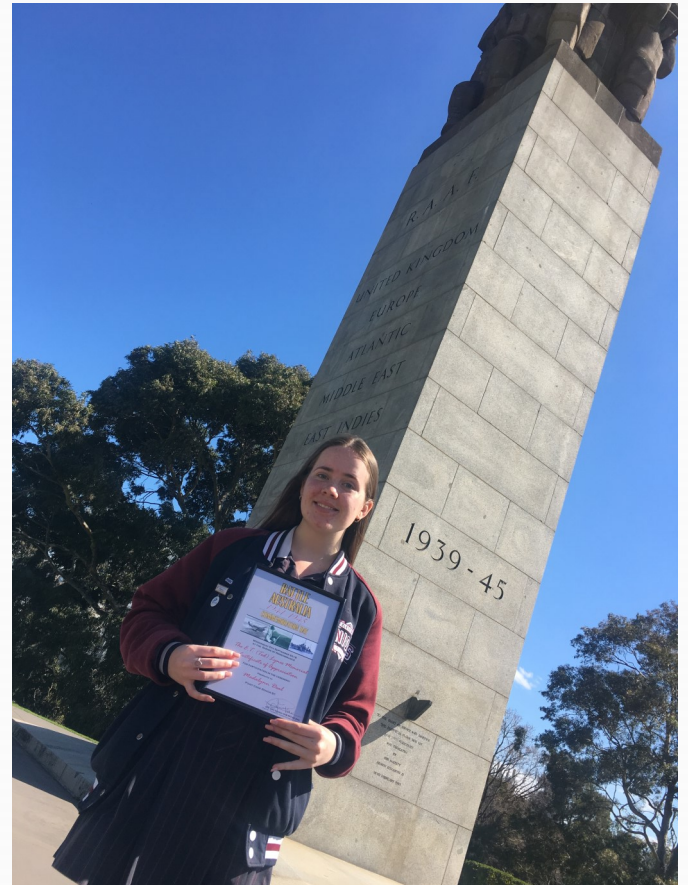


Battle for Australia Commemoration 2018

On Wednesday 5th September group of 10 students represented our school at the 2018 Battle for Australia Commemoration at the Shrine. One of our Year 12 students Maddelyn Deal was one of 4 guest student speakers who took part in the commemoration. This year's commemoration was to celebrate the 75th Anniversary of the Battles of Lae, Salamaua, Buna and Gona. The keynote speech was from Wing Commander Sharon Brown (Rtd), an RAAF nurse who served in East Timor and Afghanistan. She spoke passionately about the 'mateship' aboard the hospital ship Centaur which was bombed on 14th May 1943 leaving only 64 survivors.



"It was an honour to be able to represent our school at the Battle for Australia 2018 Commemoration. As a VCE History student, it is important we take the time to recognise the sacrifices made by the Australian and Allied soldiers during this period of the War" said Maddelyn of the event.





Wyndham Young Scientists 2018

On Saturday (10/09/2018), I participated in the Wyndham Young Scientists competition held by the Wyndham Council in the newly built Wyndham Tech School, located in the orange building 14 in the Gate 2 of Victoria University. What makes this competition different from the others is that its participants are mostly young people from year 8 to 12, showing that even though we are young, we could still make innovations and this competition is a great way to express our inventions which could bring good impact to the community. We also need not fear of not being able to make the real invention, as all we need is a prototype. My entry, which was a timetable generator called 'Tabulate' is a software which aims to help the teachers in making timetables in a much simpler and faster way. This is done by implementing algorithms which creates the patterns for generating timetables. Mr. Muhammad, was the inspiration for the creation of this idea, looking at him busy with making timetables for all of us, I thought of creating a software which could save time for him and so I decided to submit it. Surprisingly, my idea was shortlisted and after rushing with the prototype using PowerPoint, I came second. It was an amazing experience indeed and I believe that to be a part of this, all we need is to be curious. STEM is indeed a growing field and it is the future of today. Many brilliant ideas were showcased there like sustainable energy, wireless electric car chargers and etc. This competition is also held every year, so if you have anything in mind, feel

free to submit your idea! I discovered the competition from Ms. Chapman, my advisory teacher. Simply saying that the participation experience was a blast and I got to see STEM at a far different perspective, its simply a playground for curiosity to play in.

Alexandra Sipahutar, 11S





Theatre Showcase 2018

What can we say about *Theatre Showcase 2018?*, an all-singing, all-dancing, all-winking comedy, drama variety night that took over Point Cook Senior this month. It was a great big hit production that the Theatre Studies students are still recovering from!



Highlights from the show: Cara and Adam in Pain Scale. Cara un-hinged in Gossip Girl. Elena's quick changes (she was literally in every item). Little Quinn (Miss Simpson's kid) getting wheeled in to dance, sing, and act, Isaac Orchard coming down from Suzanne Cory and doing a wonderful acting job opposite the wonderful Ada, Rejah and Gemma's monologues, everyone's delirium as the show came close to opening night. Hair and make-up: the girls showed their expertise looking ultra glamorous (and only one casualty from the hair straightener!)





Respectful Relationships

The Respectful Relationships student day is an event which allows students to share and run events and present information we learnt during the Respectful Relationship forum with other students.

As student leaders from year 10, we had the opportunity to practise and run a variety of events during the day. We discussed the significance of a respectful relationship and recreated the activities, adding to them and working as a team to translate the ideas to a younger audience. This event was designed to further develop the skills of the student leaders while simplifying and projecting an important message by delivering it through a source close to the audience.



We all had a lot of fun partaking in this event as we ran the activities and got to participate and entertain. It was great to see the ideas of ones younger and older and see how what we said was translated, along with the difference in meaning according to age. This was based on the issues each year level was faced with. We got to work with other people and listen to their presentations. We saw the effort and work the ones in charge put behind these forums, as we practised and designed parts ourselves. The biggest enjoyment was seeing children mix with people from other schools and ages and even teachers attempting the challenges and questions addressed by the students.

Overall, this was a wonderful experience, not only as leaders but as observers. It teaches us that it is not only the role of a leader which allows you to make a difference within your school and environment but each one of the members that make up our community. To begin making a change for the bigger picture we first begin by making one within our lives, by identifying and creating relationships that are positive, strong and allow us to develop.

Year 10 Respectful Relationship Student Leaders



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ARE YOU OUR NEXT SCHOOL CAPTAIN?

If you are completing Year 12 in 2019 you could be our next School Captain! There will be an election on 22 October and you can begin planning your 90 second speech now if you're interested!

There will be more information available during week 1 of Term 4 but start thinking, dreaming and practicing your speech now!



Year 11 Student Leadership Team - 2018

(L to R) Deniz Turkyilmaz, Andy Htaik, Jeri Banson, Elena Margeta, Anisah Mohd Isa, Preshena Uthaya Kumar, Yash Bansal, Adam Courtley, Teng Huang



SENIOR SLEEPOUT

The Year 12 senior sleepout is happening on October 19 and the Year 12 Leadership team are busy putting the finishing touches to the entertainment and activities for the evening – Year 12 students who want to attend should check Compass and make sure they consent and pay before the start of Term 4 so we can confirm catering.



2017 Sleepout

AIM HIGH BREAKFAST

As a little inspiration during a long, arduous Term 3, on 12 September there was the Aim High Breakfast. Past students brought news about life after Year 12 to refresh and inspire a select group of Year 12s who have been working very hard. Ainsley Turner, Peggy Gusah, Chris Eleftheriou and Kate Matheson were an engaging and exciting panel. The canteen fed everyone beautifully and Kate brought in some of her impressive cupcakes! Around 50 students were invited by their teachers for demonstrating the school values of Respect, Effort and Responsibility. Thanks to all the teachers who came into work early to join the event.



Year 11 Literature - Ian Potter Centre

The Year 11 Literature (otherwise known as 'Lit') students went to the Ian Potter Centre at Federation Square to explore Postcolonial literary theory. Through analysing local indigenous artworks, students discussed the discourse around knowledge and power and how control over narratives informs the presentation of the colonists and the colonised. Insightful conversations were had about how the language of the colonists qualifies the existence of the colonised and will set the students in good stead for future learning this year and into next year.

Thank you to all Literature students who all embodied the school value of respect for not only place, but also for the stories of the artists.

Mr Monteleone
Year 11 Literature teacher



Breakfast Club - All Welcome

Where: Room 312

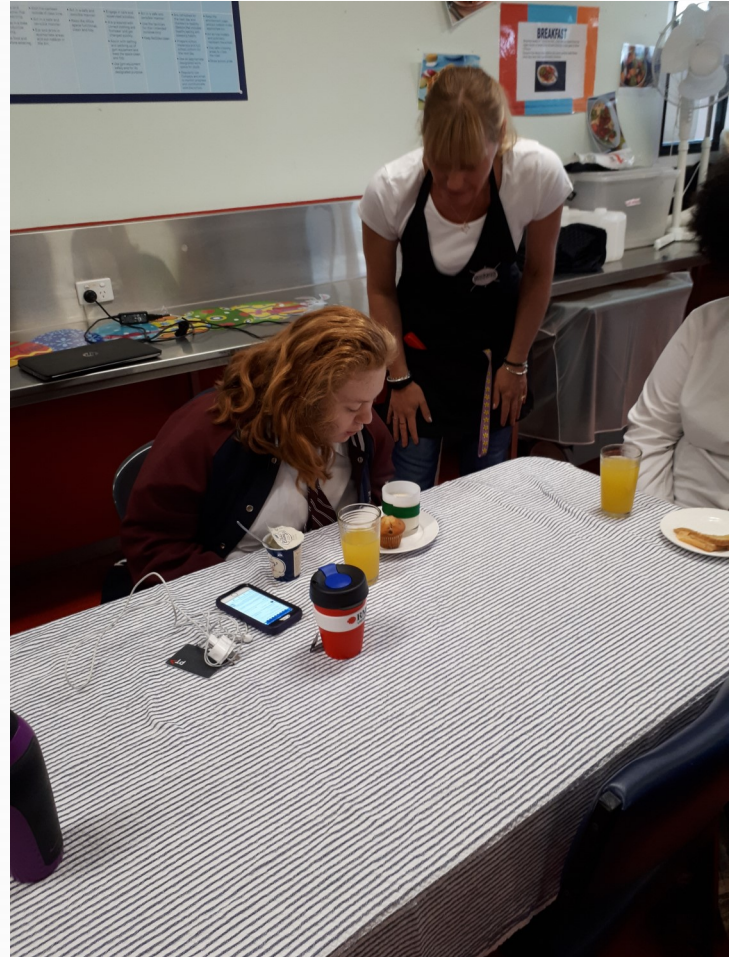
When: Fridays

Time : 8.00am - 8.30am

Our Breakfast Program has now been running for 8 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.



Point Cook Senior Secondary College would also like to sincerely thank the YPA Estate Agent Point Cook for their support towards our Breakfast Program.





E-books and Audiobooks

We have an online subscription for eBooks and audiobooks aimed at Australian high school students through wheelers eplatform. Students can borrow ebooks and audiobooks from the online platform pointcooksenior.wheelers.co or they can download the ePlatform app for their apple or android phone (preferably over Wi-Fi to minimise data charges)

Students can login to the platform with the same log in they use for Compass.

Overdue and lost books

We are halfway through term 3 and there a few items overdue. Could parents please check with their student/s for overdue items. Should there be an item overdue that has been misplaced you can come into the school and pay a fee for the current value of a replacement copy.

An email of student overdue items was sent out this week to the main family contact email address.

We appreciate your help in keeping our collection available for all.

Zoe-Maree White



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.
or directly go to Compass login:



Compass Portal

Click here to login to the Point Cook Senior
Compass Portal

<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.

Point Cook Senior Secondary College

Remember me

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



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.

Volunteer needed to help out at the college

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.

CUBBY HOUSES FOR SALE



Two cubby houses cost \$600 each.
Built by Building and Construction students,
dismantled and packed ready to collect.
If interested please call Julie George
on 9395 9271

IMPORTANT DATES

08 Oct – Term 4 Commences

31 Oct – Year 12 Exams Commence (English)

06 Nov – Melbourne Cup Day

05 - 09 Nov – Year 11 Revision Week

12 - 16 Nov – Year 11 Exam Week

12 - 16 Nov – Year 10 Revision Week

21 Nov – Year 12 Exams Conclude

19 - 23 Nov – Year 10 Exam Week

19 - 23 Nov – Year 11 into Year 12 Orientation Week One

22 Nov – Year 12 Valedictory

26 - 30 Nov – Year 11 into Year 12 Orientation Week Two

26 - 30 Nov – Year 10 Work Experience Week

03 - 07 Dec – Year 10 into Year 11 Orientation Week

10 - 11 Dec – Year 9 into Year 10 Transition/Orientation

21 Dec – Last Day of School



2018 Theatre Showcase



MAD FEST

MEDIA
ART
DESIGN
DRAMA
DANCE

THURSDAY 18 OCTOBER
4:30PM - 6:30PM
AWARDS 6:00PM

EXHIBITION
OPENING

RU OK?™

A conversation could change a life.

1. Ask R U OK?

Help them open up by asking
"How are you going?"



**Start a
conversation
using these
4 steps**

4. Check in

Make time to catch
up soon.



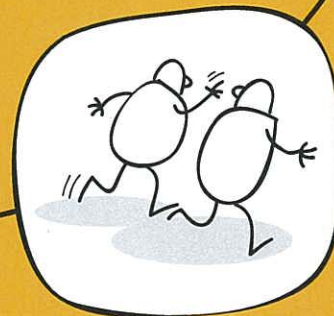
2. Listen without judgement

Take what they say seriously.



3. Encourage action

Urge them to commit to doing
one thing that might help them.



Visit us at ruok.org.au

KNOW YOUR A-Z

of Respectful Relationships in Western Melbourne schools.



ASK

people you know about their experiences of sexism and racism.



BE

yourself - you're enough.



CONSIDER

the impact of your actions.



DIFFERENCE

and diversity should be valued.



ENCOURAGE

empathy for everyone.



FIND

ways to make a difference.



GET

to know your emotions.



HEAR

what people have to say.



INCLUSIVE

means involving everyone.



JOKING

about gender is not always funny.



KNOW

the boundaries with consent.



LOOK

after yourself and others.



MANAGE

problems, don't avoid them.



NEVER

excuse or minimise violence.



OFFER

support not judgement.



PUT

yourself in their shoes.



QUESTION

gender stereotypes.



RESPECT

yourself and others.



SUPPORT

is available, seek it out.



TALK

about how to achieve equality.



UNDERSTANDING

and accept others.



VALUE

everyone's ideas.



WORKING

together to challenge disrespect of gender or culture.



(E)XERCISE

your rights.



YOU

can make someone's day better.



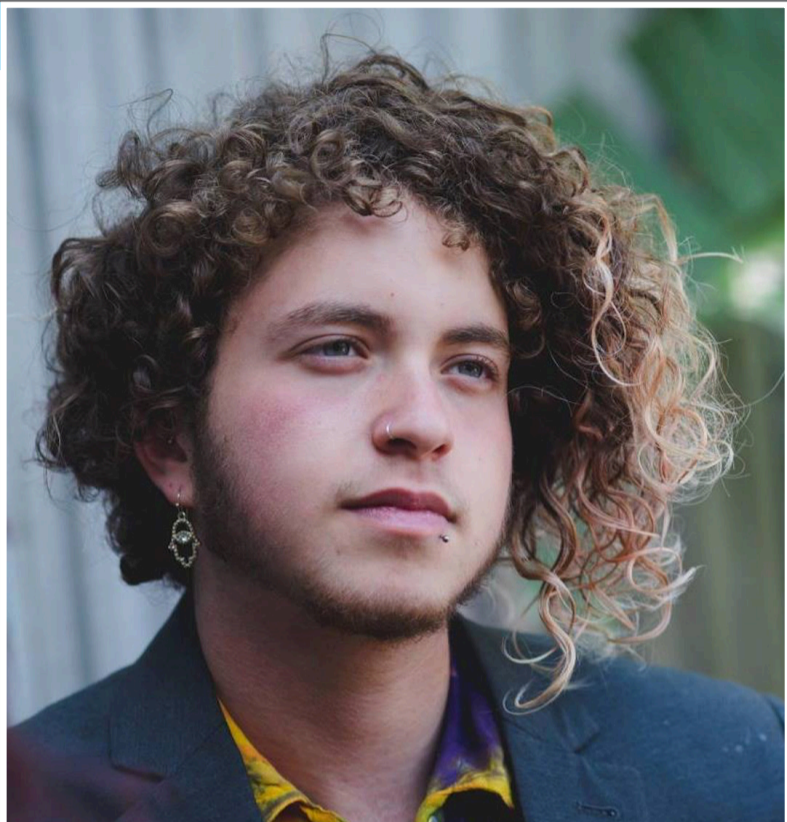
ZERO

tolerance for disrespect.

AUTHOR TALK NEVO ZISIN

*Be Inspired to
Improve Your
Wellbeing*

FREE
EVENT



Come listen to inspirational speaker and writer Nevo Zisin talk about body image, gender roles, the power of positive social activism, and their experience coming out as a transgender person.

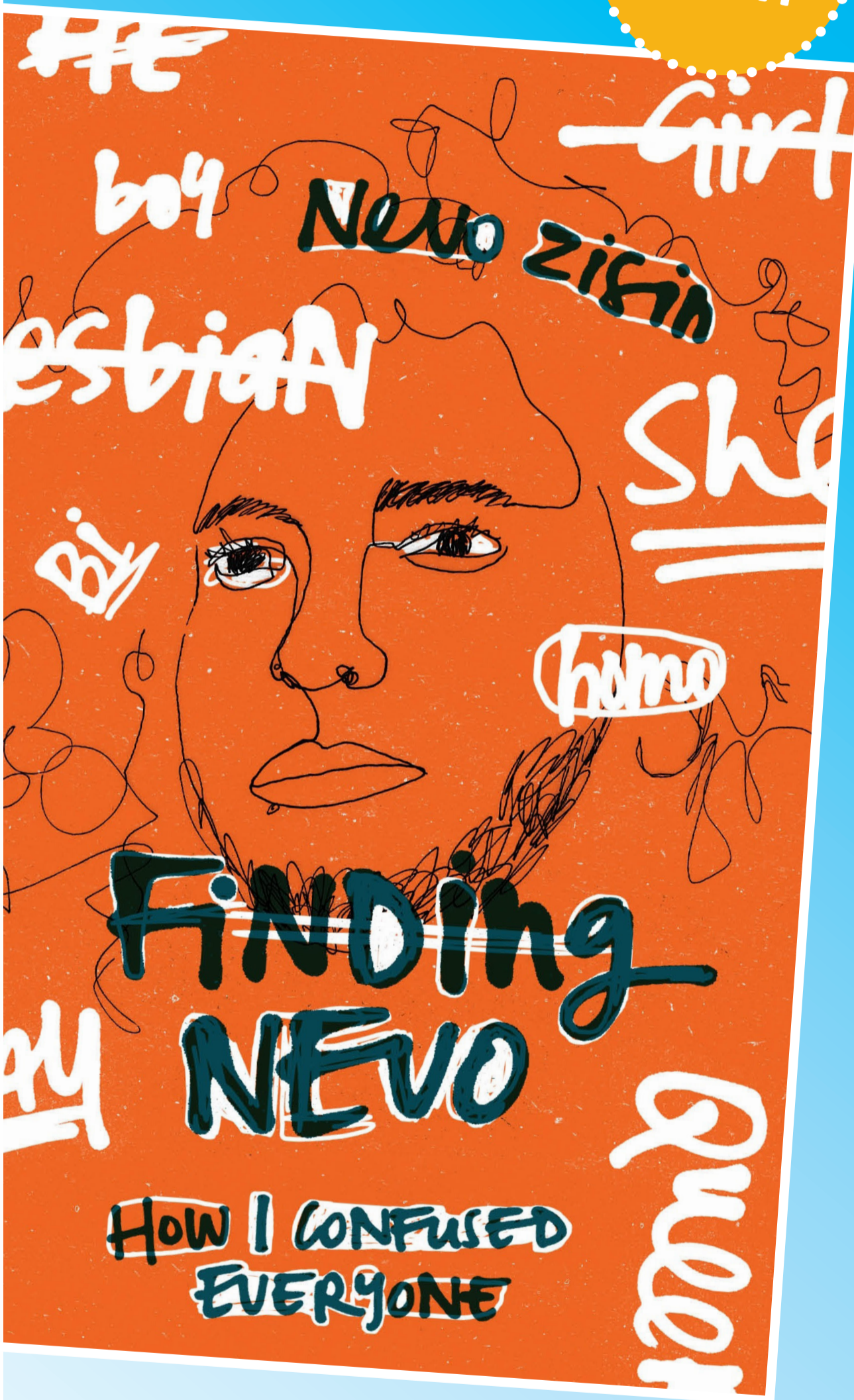
Nevo is best known for their book *Finding Nevo: How I confused everyone*, and their work in the media as a transgender rights activist.

This event is open to all teens and adults. Bookings required.

**Wednesday
10 October**

6.30pm – 7.30pm

POINT COOK LIBRARY



Book via the Library Events Calendar.

www.wyndham.vic.gov.au/libraries

1-21 Cheetham Street, Point Cook. Ph. 9395 7966

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