



Point Cook Senior

TERM 4 Newsletter

**MADE FOR THE COMMUNITY,
BY THE STUDENTS**



**7th Edition
6th November 2020**

address: Cnr Boardwalk Boulevard & Bergamot Drive, Point Cook, Vic, 3030
postal: PO Box 6520, Point Cook, Vic, 3030

Principal's Report

Respect Effort Responsibility

School Vision: Every student will be supported through high quality teaching and learning practices in achieving successful outcomes and a pathway of their choice.

Strive for Success – Attend Today Achieve Tomorrow

What a great sight to see all our students back at school!

Every student at PCSSC has resumed on site learning, and as I walk around chatting to students, everyone has told me they are happy to be back, catching up with their friends and teachers and learning in a class with their peers. The Year 10 students seemed especially happy to be back after such a long absence.

Last Friday, the Year 12 students had their last day of formal timetabled classes. To finish off the year the Year 12 team organised an Advisory program in the afternoon. It wasn't the usual festive occasion due to the need to remain COVIDsafe, but I got the impression that the Year 12 students appreciated the efforts the team had gone to and everyone had a good time.

I would like to acknowledge the team and student leaders at Year 12 for the day they provided for our Year 12 students. They gave the students a great experience and memory to take with them.

I'd like to especially acknowledge the work of Lyn and Alison who never gave up when the odds seemed insurmountable, this has been a difficult year for everyone and the Year 12 students are extremely fortunate to have had such a caring Advisory Team.

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 their course in sufficient time to be able to use the remaining period to fashion a well-organised and effective revision plan, revision techniques are crucial to the final outcomes. The way students use their personal revision period after formal classes cease is critical.

After such an unusual year, 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.

Principal's Report

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.

I include some information with 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 have issued revision packs containing copies of trial exams and/or material to help with the revision process.

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.

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.

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.

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Principal's Report

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 doing deep breathing exercises.
- 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.

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Message From The CHO

As students in both mainstream and specialist settings recommence on-site learning in Term 4, I want to thank you all for your efforts during this challenging time. I also want to reassure you that the health, wellbeing and safety of children, young people and those involved in their education continues to be of paramount importance.

Throughout the pandemic we have closely monitored the impact of coronavirus (COVID-19) on schools; the strategies that can be implemented in schools to reduce risk; and the health impacts of coronavirus (COVID-19) on children and young people, including those with a disability or complex medical condition.

Research by Murdoch Children's Research Institute found that coronavirus (COVID-19) transmission in schools is uncommon when community transmission is low. A [summary report](#) of these findings is available to read.

With declining case numbers in the community, I am confident that the risk of coronavirus (COVID-19) transmission in mainstream and specialist schools is very low, when we have in place a range of health and safety measures.

The health and safety measures recommended for schools focus on the strategies we know are most effective. These include ensuring unwell staff and students remain home, good hand hygiene, enhanced cleaning and wearing face masks (only mandatory for those 12 years and over attending high schools).

Temperature screening is not currently recommended for schools, given low levels of community transmission. I encourage you to read the [health and safety advice for schools](#) for further information on what schools are doing to keep students and staff safe.

The most important thing I ask of every family this term is to keep your child home from school if they have even the mildest coronavirus (COVID-19) symptoms and to get tested as soon as possible. Staying home when unwell is one of our strongest measures to limit the spread of the virus. For more information on what to do if your child is unwell, see this [fact sheet](#).

The good news is that evidence continues to show that children are less impacted by the virus, and are less likely to develop severe illness. Additional [advice for families](#) has been developed for those with medical vulnerabilities to support decision making about on-site learning at this time.

Working together to implement COVIDSafe strategies, I am confident Victoria's students can continue to safely attend school throughout Term 4.

Adj Clin Prof Brett Sutton
Victorian Chief Health Officer

Survey For Parents

Dear Parent / Guardian

Your family is invited to participate in the 2020 Parent Opinion Survey. Families who complete the survey should send a screenshot of their completed survey to point.cook.senior.sc@education.vic.gov.au & go in a draw to win a prize valued at \$100.

To complete the survey, simply:

1. Click on the link below, or copy and paste the text into your browser.
This link will take you directly to the survey: www.orima.com.au/parent
2. Select the School and Campus name below.
School Name: Point Cook Senior Secondary College
Campus Name: Point Cook Senior Secondary College
3. Enter the School PIN listed below

PIN: 993940

NOTE: Only one parent from your family is invited to complete the survey.

When complete, please click on the tick button at the end of the survey to submit your answers. Please note that the survey will time out after **60 minutes of inactivity**.

Each year the school conducts an opinion survey amongst a sample of the school community.

This year, all parents are invited to participate. Results will be used to inform and direct our future school planning and improvement.

I ask you to please take the time to complete the survey as your opinions are important to us and will contribute to the future management and organisation of our school.

- The survey will be conducted **online** and should take **20 minutes** to complete.
- The survey can be completed on any internet enabled device (iPad, Desktop or Laptop, Smartphone) and is compatible with most browsers.
- The survey will be open from Monday 12 October to Friday 13 November 2020.
- The survey is available in English and 10 other languages including Arabic, Vietnamese, Mandarin, Chin (Hakha), Hindi, Japanese, Greek, Turkish, Somali and Punjabi.

Please be assured that your responses are completely confidential.

The survey is conducted anonymously, and it is important to us that you complete the survey as honestly as possible.

Thank you for taking the time to participate, your assistance is greatly appreciated.

QUESTIONS?

Please do not hesitate to contact me if you have any general queries about the survey.

For specific technical or participation-related queries, you may also contact the Department or the supplier administering the survey, ORIMA Research.

- Should you have any technical queries regarding the Parent Opinion Survey, please do not hesitate to contact ORIMA Research on 1800 654 585 (toll free), or by email: pos@orima.com
- Should you have any participation or survey-related queries, please contact the School, or the Department by email:

parentopinion.survey@education.vic.gov.au.

Yours sincerely, Bryce Flannery

Acting Assistant Principal

9395 9271

bryce.flannery@education.vic.gov.au

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2021 School Captains

Throughout Week 2 of Term 4, the Year 10 and 11 students participated in the annual school captain elections. We are proud to announce that the following students have been elected to represent Point Cook Senior Secondary College as the School Captains and Vice School Captains for 2021.

SCHOOL CAPTAINS



James Garnham 11I

HOBBIES & INTERESTS

AFL, umpiring, cricket and sport in general!

WHY I RAN FOR CAPTAIN

I wanted to apply for the school captain role because I want to make a difference among the school community by representing the student body and giving valued student input in school events.

GOALS

I want to be someone that students feel comfortable taking their problems to and uphold the trust between students and the teaching bodies.



Jessica Ly 11S

HOBBIES & INTERESTS

A couple hobbies and interests of mine would be listening to music and cruising on my longboard, going for random drives and definitely watching K-dramas.

WHY I RAN FOR CAPTAIN

I wanted to become a school captain as I believed that I can provide another standing point to PCSSC as a student that has experienced high school, from a P-9 college as well as a year 7-12 college. Bringing forth an environment that is fun and enjoyable alongside my peers as a team, which is something I would really like to do and be a part of for our school.

GOALS

Making the high school experience memorable is my ultimate goal for the next year as well as ensuring environments that allow for easier and more efficient learning with the several tweaks and plans I've got in mind such as air conditioning, carnivals, more convertible sporting areas etc for students of all year levels.

2021 School Captains (cont.)

VICE SCHOOL CAPTAINS



Jasmine Turkyilmaz 11F

HOBBIES & INTERESTS

Something about myself is that I enjoy playing tennis, participating in Australian Money Tournaments as well as Junior tournaments as my tennis abilities allow me to. I am currently Nationally ranked 600 in Australian women. However, this year and its circumstances have made playing tennis difficult. I have been able to focus on my fitness, school, as well as work.

WHY I RAN FOR CAPTAIN

I applied for school captain as I work well under pressure and feel as though I am able to make good decisions on behalf of my 2021 Year 12 cohort as well as school wide. I also enjoy challenging myself in different areas which will allow me to learn new skills and build relationships with other individuals who are able to help me on my path next year.

GOALS

A goal I have for next year would be to achieve school wide happiness. By doing this it will allow me to help other students in areas they are struggling with especially if they feel they can't go to a staff member for help at our school whether this be with social or academic issues. Another goal I would like to achieve is giving the 2021 students at PCSSC a good year filled with social events and excursions to bring back fun we missed due to the ongoing Covid-19 pandemic.



Jessica Pace 11E

HOBBIES & INTERESTS

I love playing and watching soccer, playing musical instruments such as piano, guitar and ukulele, listening to music, playing video games, watching Netflix and hanging out with my friends and family. I also love animals and I'm hoping to become a Vet Nurse in the future.

WHY I RAN FOR CAPTAIN

I wanted to apply for school captain to allow students voices to be heard. I care about others opinions and their ideas so I thought that this would be the best position for me so that I can get students opinions and ideas out there. I want to make school a better place for everyone and make sure that everyone can get the best high-school experience. A school captain is hard-working and demonstrates the school values of Respect, Effort and Responsibility which is why I thought this role was perfect for me as I demonstrate these on a daily basis.

GOALS

Next year I'm hoping to start up and organise some new school clubs such as sporting clubs and much more. I'm hoping to run some events like more themed dress up days and casual dress days and maybe even some sporting matches happening around the school.

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LRC News

Hi there!

Just to keep everyone in the loop, here are the new fiction titles that've been added to our library over the last few months. Hope you enjoy discovering them for yourself!

- **'Future Girl'** by Asphyxia
- **'Before the Beginning'** by Anna Morgan
- **'The Left-Handed Booksellers of London'** by Garth Nix
- **'This One is Ours'** by Kate O'Donnell
- **'Watch Over Me'** by Nina LaCour
- **'Every Little Piece of My Heart'** by Non Pratt
- **'All This Time'** by Rachael Lippincott
- **'All Our Shimmering Skies'** by Tom Dalton
- **'The Courtyard Children'** by Marija Poljak
- **'The Inheritance Games'** by Jennifer Lynn Barnes



Also, to all Year 12s, please accept our best wishes for the upcoming exams!

Please feel free to drop in anytime over the next few weeks to borrow out reference resources for your exam preparation. We'll still be binding exam notes too. :)

For general library news, please see our regular posts on the official school Facebook page as well as our revamped Instagram page ([PCSSCLRC](#)).

Please take care and stay safe!

Kind Regards,
LRC Staff (Maxim & Shelly)

Creative Competition

The SRC held our first ever Creative Competition in Term 3.

This competition was started as a way for students to channel their creativity and ideas throughout the lockdown, and we are absolutely amazed at all the amazing and inspirational pieces of work that we received!

Thank you to everyone who participated, and we hope to see more work from you in the future!

The winners of the Creative Competition are as follows:

Art Category: Rosalind Lam 11C

Photography Category: Hafisa Mohamed Umar 11S

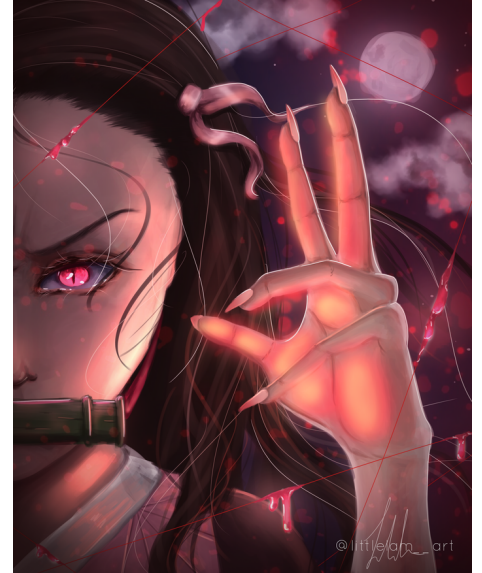
Creative Writing Category: Hamish Sims 11B

"A falling leaf will move whichever way it moves because there are an infinite number of calculations to be made, all equaling but a means to an end, a goal that exists only for another to take its place. As a leaf falls it picks no destination, it sets no path, but still remains to meet the fate of all which have come before it. Even though no leaf falls in an identical way to another. The falling of a leaf, an uncontrollable and unique journey which meets all but one destination."

Creative Competition (cont.)



Hafisa Mohamed Umar, 11S



Rosalind Lam, 11C

PDS Habitat Garden

Our Year 11 & 12 PDS VCAL students have been hard at work on 2 different Garden Projects that are being constructed on the school grounds.

During Semester 2 in Year 11 PDS, we have been educating our students about the importance of Indigenous culture, traditions, flora, fauna, and the importance of Biodiversity.

Our original plan to work on our Habitat Garden with our new Bunnings donation equipment/tools was cut short due to our students going into remote learning. The students have been wanting to work on our garden all throughout remote learning.

We made a massive start on what will soon be a beautiful area, for all classes in the school to learn, gather and spend their lunchtimes.

Our projects have included.

- Planting variety of trees, flora & watering
- Mulching, weeding
- Digging & constructing a gravel pathway
- 3 new handcrafted wooden seats placed
- Chain log fence installed
- Water system installation
- Concreting

Thank you to those who helped make these projects happen, Bryce Flannery, Tom Noonan, Allison Mclelland, our landscapers Quinton & Oscar, and of course our students who have been hard at work! These 2 projects have been great in reconnecting our students to the school and applied learning

Garden Progress

BEFORE



AFTER



Alumni Program News

While our teachers' efforts this term have centred around the transition to on-campus learning, the alumni program's main focus has been on offering online or recorded career sessions, such as the livestreamed career Q&A sessions, and building on alumni relations and numbers.

Our Year 10s, who missed out on work experience placements this year, have been the target of Ourschool's three livestream Q&A alumni sessions. It's hoped these sessions went some way to redressing the missed opportunities provided by practical hands-on learning. All three sessions (including last term's Peter Mac Cancer Clinic) have been recorded and are available for viewing one month after the event. To gain viewing access, email mwhitmore@ourschool.net.au.

The livestream Q&A session at the start of term 4 focused on business/accounting pathways, with five Ourschool alumni employed by global professional services company KPMG interviewed about their work and pathways. Students were surprised to hear it was common for KPMG to employ graduates with engineering and mathematics backgrounds, as well those from expected disciplines of business, commerce and accounting.

Last week, Ourschool presented the last of the three livestream Q&A sessions, focussing on the building and construction sectors. Four alumni from global construction firm Multiplex spoke to our students, and the breadth of pathways was unexpectedly diverse, as was the scope for graduate and cadetship opportunities.

We continue to expand our alumni community, with more than 170 now registered, and numbers continuing to grow. Many have generously donated their expertise during lockdown, with 2016 alum Chrissy Calabro, a software engineer with NAB bank, recording a LinkedIn tutorial for our Year 12s, and 2015 alum Renee Althea Relampagos, graduate builder with Hansen Yuncken, providing insights into the trades and construction via recorded interview.

If you are a relative or friend of a past student, please encourage them to connect with us via our [Facebook](#) page, [LinkedIn](#) group, or email. Keep up to date with our activities and alumni profiles on Facebook and LinkedIn and check out some of our recorded interviews on [PCSSC's alumni webpage](#).



Students from Point Cook Senior and our 18 other Ourschool-partnered schools joined our livestream Q&A session with Ourschool alumni working at KPMG earlier this term, to hear about the many valued backgrounds and pathways into the professional services sector, including mathematics and engineering as well as business, accounting and commerce.

Back To School For Sunny



Sunny in Year 12

2018 alum Sunny Nguyen, who last week completed four weeks' work experience as a laboratory technician in her old school as part of her Diploma of Laboratory Technology, talks about her course at RMIT, coming back to school, and being the first in her family to go to university.

What kind of student were you at school?

I was a very quiet, shy student, with no idea where I was heading to in the future. I was not academic, and it was difficult for me to memorise things. I tried my hardest in high school but never got the results I wanted. It was extremely tough and stressful in Year 12, and I had a lot of pressure on me because I was the first person in my family to attend university.

How did you decide on your university course?

Careers counsellors Doug and Mary helped me so much, and I was very thankful because I was lost on where to go to study. I attended many course searches and appointments, but I knew I wanted to do something in science and research. My first choice was a Bachelor of Science (Laboratory Medicine), but unfortunately I missed out and got my second choice, Diploma of Laboratory Technology (Pathology) at RMIT. This course focuses on pathology and includes haematology, microbiology, histology, quality control, specimen reception and chemical pathology testing.

Why is there a work experience component in your course?

The compulsory work experience component gives us an opportunity to experience what takes place in a real laboratory setting, and learn from other laboratory technicians. We have the option of going to hospitals or schools, and Point Cook Senior was one of the schools that offered a work experience placement.

How was coming back to school?

The initial thought of coming back to Point Cook Senior made me feel anxious because I didn't know what to expect. However, after seeing everyone, I felt so welcomed. It was a lovely environment to do my work placement, and Janusz, my supervisor, was so friendly and amazing. I could have not asked for a better mentor.

Has the experience provided any insights into your future pathway?

Yes, I definitely want to be in a laboratory, dealing with blood or chemical testing. This experience has given me more confidence to continue my course, and to study hard to become a laboratory scientist.

What do you know now that you wish you'd known as a secondary student?

I wished I knew what life would be like after high school. At high school, you see your friends every day, but now it is difficult to catch up with them.

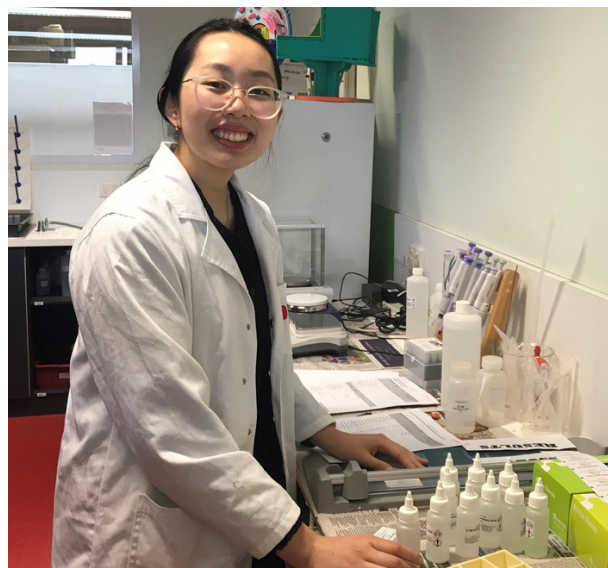
To VCE students, I want to stress: don't think the exams are the end of the world because there are different ways into university. Just study hard and push to find something that will motivate you.

Do the subjects that you like. I regret not taking biology in VCE because I love it now.

I wished I'd had someone to guide me. I was so shy, and never reached out to teachers when I should have.

Teachers are there to support and to help you learn. I wish I'd taken advantage to build relationships with them more.

2018 alum Sunny Nguyen, a 2nd year Dip. Lab Technology student at RMIT, back at school on her work experience placement.



TRIGGER WARNING: MENTIONS OF SUICIDE



Movember

Hello Point Cook Senior Secondary College Community, It's November, and by November we actually mean 'Movember.' This year to raise spirits, raise awareness, to let the community know that we are in this together, a team of PCSSC staff are raising money to support Movember.

The staff involved - Christopher Mooney, Shaun Sleep, Bryce Flannery, Joel Crothers, Kate Phillips, Brianna Bunworth, Joseph Karaoutsadis, Josh Russo, Simon Schorback & Steve Zhang have committed to either growing a moustache or moving at least 60km during the month of Movember. Because shockingly, around the world we lose 60 men to suicide every hour of every day.

These are our fathers, brothers, sons and friends. The men who should still be here today.



Globally, one man takes his own life every minute, of every day. This Movember, we're moving for them. Going the distance and moving every day is gonna be tough, but your donation will help keep us going.

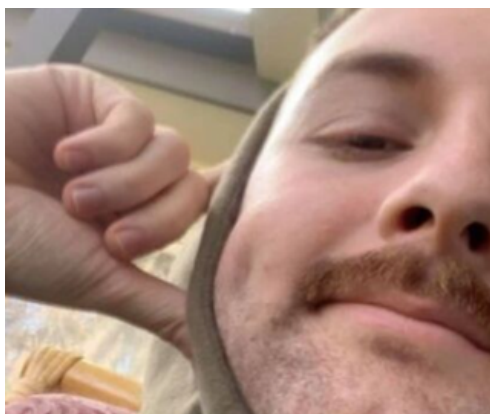
Not only that, but it will help fund groundbreaking projects in mental health and suicide prevention.

Like Making Connections – a Movember-funded initiative that puts mental health help into the hands of at-risk groups – such as men of colour, military members, veterans, and their families.

It's projects like these that can help us reduce the 3 out of 4 suicides that are men.

Donating is easy. Just follow the link to our Mo Space below. Once you're there, you'll also be able to track our progress to our distance goal.

movember.com/t/point-cook-senior-secondary-college?mc=1



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**WHATEVER
YOU GROW
WILL SAVE
A BRO**



MOVEMBER.COM

SIGN UP OR DONATE

THE BREAKFAST everyone is welcome CLUB

Our Breakfast Program has been supporting students in need for 9 years now!

Not only does our program provide students with a fulfilling breakfast to start their day with, but it also improves student wellbeing, supporting their outcomes.

Everyone is welcome to attend and enjoy a free breakfast and a carefree environment to start their school day.



Join us and build positive relationships with staff and students!

where? Room 312

when? Fridays 8:00am - 8:30am

REMINDERS

KEY DATES TERM 4

- 09 Nov** Year 12 Exams Begin
- 19-20 Nov** Year 11 VCAL Learning Journeys
- 23-27 Nov** Year 11 to 12 Orientation Week One (VCE & VCAL)
- 30 Nov-4 Dec** Year 11 to 12 Orientation Week Two (VCE Only)
- 07-11 Dec** Year 10 to Year 11 Orientation Week
- 18 Dec** Last Day of School

Please note that due to COVID-19, these dates may change. We ask that you stay updated through Compass reminders.

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RESPECT
EFFORT
RESPONSIBILITY

REMINDERS

ATTENDANCE

Student attendance information is available on Compass, including the option to approve absences and input requests to leave early for an appointment.

Late Arrival To School

Students are requested to use the Compass card to sign in at the Compass 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 having parents enter approval on Compass or contacting the attendance office.

Students are required to provide a medical certificate when absent from a VCE class or assessment

***Attend Today,
Achieve Tomorrow***



Majority of our communication 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 updated 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:

1. go to the College's homepage: www.pointcooksenior.vic.edu.au

2. click on the Compass Portal icon.

OR directly go to Compass login: pointcooksenior-vic.compass.education/

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 or see the 'Compass Help' page on the school website.



Community health centres

Information, referral, counselling and support groups

cohealth 9377 7100
(North/West/CBD) cohealth.org.au

Djerriwarrh Health 5367 2000
(Bacchus Marsh, Melton djhs.org.au
Caroline Springs)

IPC Health 9296 1200
(Brimbank, ipchealth.com.au
Wyndham, Hobsons Bay)

Income support

Ring Centrelink on **136 150** and ask for an appointment with a social worker

Emergency accommodation

Crisis Contact Centre **1800 627 727**

Yarra Community Housing **1800 825 955**

Melbourne Youth Support **9614 3688**

Support for victims/survivors of sexual assault

WestCASA 9687 5811

CASA House 9635 3610

Victims of Crime 1800 819 817

Support for men who want to change their behaviour

Men's Referral Service 1300 766 491

MensLine Australia 1300 789 978

LifeWorks 1300 543 396

Other useful services

WIRE 1300 134 130

Kids HelpLine 1800 551 800

Parentline 13 22 89

Relationships Australia 8311 9222



Women's Health West

P 9689 9588

E info@whwest.org.au

W www.whwest.org.au

Current as at July 2016

Life without family violence



English

If you need an interpreter

First ring the Telephone Interpreter Service

13 14 50 (24 hours)

24 HOUR

EMERGENCY NUMBERS

POLICE - 000

SAFE STEPS FAMILY VIOLENCE RESPONSE CENTRE

1800 015 188

SEXUAL ASSAULT CRISIS AND COUNSELLING LINE

1800 806 292

These services may be able to help you

Family violence support services

Women's Health West provides information, counselling, crisis and court support for women and children affected by family violence

P: 9689 9588

W: whwest.org.au

inTouch Multicultural Centre Against

Family Violence supports women from diverse backgrounds who are experiencing family violence

P: 1800 755 988

W: intouch.asn.au

Elizabeth Morgan House Aboriginal

Women's Services provides support for Aboriginal women in relation to family violence

P: 9482 5744

W: emhaws.org.au

Community legal services

communitylaw.org.au

Brimbank 8312 2000

Flemington/Kensington 9376 4355

Footscray 9689 8444

Melbourne 9328 1885

Melton 9747 5240

Moonee Valley 9376 7929

Werribee 9749 7720

Magistrates courts

Broadmeadows 9221 8900

Melbourne 9628 7777

Sunshine 9300 6200

Werribee 9974 9300

Other legal services

Aboriginal Family Violence Prevention & Legal Service

1800 105 303

Women's Legal Service **8622 0600**

Court Network **1800 681 614**

RE-CYCLE YOUR CYCLE



Bicycle Donations Needed

**DO YOU HAVE AN OLD,
UNWANTED BICYCLE YOU
NO LONGER NEED OR USE?**

Preserve the environment and donate it to the **West Metro Community Work Team's Fix the Cycle Program!**

In the program young offenders are taught to repair, refurbish and overhaul old and disused bikes. Once completed, **the bicycles are donated to community members who most benefit** from a sustainable method of free private transport, such as teenagers coming from disadvantaged backgrounds and refugee families who are newly settled in Australia.

**For donations contact
the CW Team on:
1300 389 518**







**Westmetro.communitywork
@justice.vic.gov.au**





Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

-  laptops & tablets
-  lessons & activities
-  uniforms & shoes
-  books & supplies
-  sports fees & gear
-  camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*



* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Contact

your local Saver Plus Coordinator

Phone or SMS

your name and postcode to 1300 610 355

Email

WerribeeSP@thesmithfamily.com.au

Online

saverplus.org.au

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