

# NEWSLETTER

10 March 2023





### PRINCIPAL'S MESSAGE - Dr Darren Egberts

This week's prayer recognises the importance of International Women's Day held this Wednesday and the continued and unrelenting challenges that women experience globally. In the early 1800's, Catherine McAuley established the Sisters of Mercy in Ireland, with the protection and support of young women and children as one of her core priorities. Unfortunately, in many countries across the world, the situation of women and girls in 2023 remains of great concern and must remain the focus of governments, global institutions and educational authorities.

The Sisters shall feel convinced that no work of charity can be more productive of good to society, or more conducive to the happiness of the poor than the careful instruction of women, since whatever station they are destined to fill, their example and advice will always possess influence, and where ever a religious woman presides, peace and good order are generally to be found.

Catherine McAuley - Rule and Constitution of Sisters of Mercy



### **Funding Update and Capital Works**

In recent months, Sacred Heart College has been successful in attracting additional funding to support a number of school programs as well as some specific capital works. Most of this funding reflects projects introduced by the Victorian Government in response to the Covid pandemic. Initiatives include:

- Support for the Year 7 and (possibly) the Year 8 camp programs through the Positive Start program that was designed to ensure young people have access to camps following the challenges of lockdowns.
- Support for additional shaded areas (adjacent to the Frayne building) through the Victorian Schools Shade Sails program.
- A refurbishment of an area below the Dwyer building that will include lawns, retaining walls, seating and passive recreation space through the Victorian Schools' Upgrade fund.

Taken together, these grants will allow the College to move forward with other capital improvements such as an upgrade to heating/cooling in Quambi and the introduction of solar panels to mitigate the College's energy needs.

### **Principal Long Service Leave**

At the end of next week, I will be taking three weeks long service leave as my family and I head to Europe for approximately one month. Our European trip includes time in Paris, Normandy, Belgium, The Netherlands (where my father was born), London and other parts of the United Kingdom.

I will be on leave from Friday 17 March – Wednesday 19 April with Debra McNaughton and Julie Mortimer sharing responsibilities as Acting Principal in my absence.

### Sacred Heart College Finance Committee

The Sacred Heart College Finance Committee is an important consultative group that provides advice and oversight for the Principal, Business Manager and College Advisory Council on all aspects of the College's finances. The Finance Committee meets eight times a year (normally on the second Tuesday evening of the month) and I am looking for new members to join. It is an excellent opportunity for parents to get involved in the school in a tangible way. I would welcome expressions of interest (email

principal@shckyneton.catholic.edu.au) from parents with qualifications and/or experience in business, accounting or similar.

### Strategic Plan and College Handbook

Along with this week's College Newsletter, parents and families will receive two important additional documents:

 The 2022 – 2025 Sacred Heart College Strategic Plan, the key strategic document for the College for the next three years. I would like to thank the many members of the Sacred Heart College community who contributed to the development of this document, particularly as the process was delayed and extended with the challenges of the pandemic.

This strategic plan details significant changes to the College's strategic direction and philosophy, these include:

- Identification of ten Strategic Commitments
- Bringing together the key spheres of Learning, Teaching and Wellbeing
- Recognition of the importance of nourishing a diverse, inclusive and safe school environment for staff and students
- Highlighting the importance of sustainability for the College, local and global communities

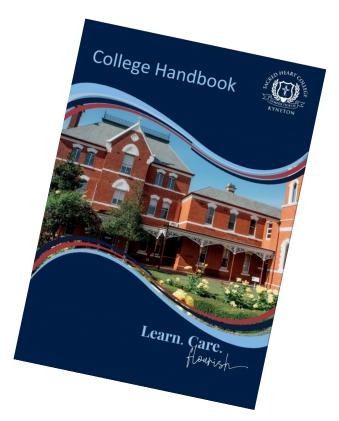


- 2. **2023 College Handbook** This document, which has been completely updated, includes a comprehensive guide to many important aspects of Sacred Heart College. These include:
- History and Governance
- Structure of the school day
- Liturgies and social justice
- Student Wellbeing and Support
- Student Learning
- Communication PAM, notifications, etc
- General Information

This document will be available on PAM under Documentation for Families, and on the College Website under Enrol with Us

Yours in Mercy,

Dr Darren Egberts Principal





**Bereavements** - Your prayers are asked for the following families who are mourning the passing of a loved one recently. The Hemphill and McLoughlin families on the passing of Noel Hemphill, grandfather of Kate Hemphill 7C, Emma McLouglin10D and Thea McLouglin 12C. Also the Lander family on the passing of Scott Tobias, uncle of Jarvis 7B.

CALENDAR DATES					
Mon 13/3 - Tues 14/3- - -	VET Animal Care Excursion to Expo Labour Day Public Holiday Year 9 Self Defence in PE classes 7/3 to 7/4 Year 8 Caritas Ks Year 12 Enviro. Science - Biodiversity Sampling Parent Engagement Evening - Michael Carr-Gregg - Boy Issues	<ul> <li>Fri 17/3 - St Patrick's Day Mass in Melbourne - OES Dive Camp returns 3:30pm</li> <li>Mon 20/3 - Student Progress Interviews (SPIs) open on PAM for Parent Bookings</li> <li>Tues 21/3 - Ensembles Workshop Day - Year 12 Enviro. Science - Biodiversity Sampling - Period 5 3:35pm to 5:00pm</li> <li>Wed 22/3 - Year 12 Retreat to Blampied 22/3 to 24/3</li> </ul>			
-	NAPLAN Window 15/3 to 27/3 OES Dive Camp 15/3 to 17/3 Debutante Ball Practice 4:00pm to 5:30pm VCAA Top Class Concert Malthouse Theatre 12.30pm to 5.15pm	<ul> <li>LINCS Community Service</li> <li>Thur 23/3- Debutante Ball Practice 4:00pm to 5:30pm</li> <li>Fri 24/3 - Year 12 Retreat Returns 3:30pm</li> </ul>			
	Year 10 Geography Coastal Fieldwork To Queenscliff Period 5 3:35pm to 5:00pm				

### DEPUTY PRINCIPAL - STUDENT WELLBEING - Julie Mortimer

As we approach the end of Term One 2023, energy levels for some students are depleting while at the same time the work volume and assessments build. This can lead to the temptation to stay home, which can be very hard to resist. The mindset required to keep going is resilience, which happens through persistence and perseverance. Regular attendance at school is crucial not only for successful learning and academic achievement, but also for developing a sense of belonging and build-ing relationship connections. Here are some reasons why attendance is important:

- Knowledge accumulation: Regular attendance allows students to accumulate knowledge and information on a regular basis. It is essential for students to present in class and participate in class discussions and activities to fully understand the concepts and ideas being taught.
- 2. Consistent learning: Attending school regularly helps students to maintain a consistent learning routine. This routine helps them to better understand and remember the material, which can lead to higher grades and academic success.
- 3. Engagement: Attending school regularly allows students to engage with their teachers and peers. Engaging in class discussions and activities can help students to build social connections and cognitive skills, which is important for success in future academic, career and life pursuits.
- 4. Accountability: Regular attendance also helps students to develop a sense of accountability and responsibility. When a student is absent from school, they miss out on important information and activities that can affect their overall academic performance.
- 5. School culture: Regular attendance also helps students to be a part of the school culture and community. Students who attend school regularly are more likely to participate in extracurricular activities and events, which can help them to develop a sense of belonging and pride in their school.

Attendance at school is crucial for successful academic achievement and social emotional learning. Parents and schools jointly play a large role in developing this understanding in young people. Please review the chart below provided by the Department of Education and Training, as it gives a clear understanding of how missing 'the odd day' can very quickly add up, and what the eventual consequences might be.

	De Smart De The	re, if Not Ask for Help!	
If a student misses	That equals	Which is	And over 13 years of schooling That is
1 day per fortnight	20 days per year	4 weeks per year	Nearly 1.5 years
1 day per week	40 days per year	8 weeks per year	Over 2.5 years
2 days per week	80 days per year	16 weeks per year	Over 5 years
3 days per week	120 days per year	24 weeks per year	Nearly 8 years
U	nderstanding the LINK between REGULA Be Smart Be ther	R SCHOOL ATTENDANCE & ACH e, if Not Ask for Help!	HEVEMENT
Attendance Rate	Missed School	Achievement	Social Emotional Impacts
Attendance Rate Equal to or Greater than 98%	These students have missed 4 days or less in a school year	High chance of achieving to best of their ability	Positive relationship in and with school
Attendance Rate Between 95-97%	These students have missed 5-10 days in a school year	More likely to be achieving well at school	Find it fairly easy to get back In touch with the learning program after absences
Attendance Rate Between 90-94%	These students have missed 11-20 days in a school year	Find it challenging to keep in touch with the learning program	At somewhat risk, should aim to improve their student attendance to keep up with work and connections at schoo
Attendance Rate Between 80 – 89%	These students have missed 21-40 days in a school year	Hard to catch up on missed work. Have missed up to 1 day every week, which equates to 2.5 years Schooling missed by Year 12	Very difficult to keep in touch with school work and to maintain social connections – individual support recommended
Attendance Rate below 80%	These students have missed more than 40 days in a school year	Have regularly missed more than 1 day per week	At high risk of 'disconnect' from school. They are almost certain to experience academic and social difficultie – Group meetings and individ- ual supports required

### NAPLAN 2023 at Sacred Heart College

All Year 7 and Year 9 students are required to have their laptops fully charged and to have **plug-in** earphones. VCAA regulations **prohibit** the use of blue-tooth devices; which includes a wireless mouse or wireless headphones.

Students will have the opportunity to practise prior to the formal schedule beginning on 15 March. All tests will be conducted in the students Homerooms.

Click on the link below to go to the VCAA website for information for the upcoming online NAPLAN assessments <u>Parent Information for NAPLAN</u>

### SENIOR SCHOOL NEWS - Paul Matthews, Head of Senior School

Last week the Senior Student Leadership Cabinet led the first Senior School Assembly for 2023, with Hannah Dwyer and Imogen Sparrow (Wellbeing Captains) hosting the assembly, as well as welcoming Year 10 (Class of 2025) into the Senior School. Academic Captain (Cai Rowland) also commissioned Year 10 (Class of 2025) into the Senior School.

Year 10, 11 and 12 Year Level Leaders presented Class Captains with their badges. Baylee Eve and Alex Lonergan (College Captains) provided information about the Student Representative Council (SRC) that will start in Term 2. This will be an extension of our student leadership structure, that aims to capture more student voice and engagement within the College.



Cara Beattie and Harrison Sheahan (Sports Captains) launched the Sacred Cup, which will continue the Swimming and Athletics competitions. The Sacred Cup will be a variety of competitions organised during assembly periods, where the four College Houses will

compete for points. The winner from each competition will be awarded points that will accumulate across the different competitions across the year. The House with the most points at the end of the year will win the Sacred Cup.

The first House competition for the Senior School will take place on Thursday 16 March during the Assembly period. The College Sport and House Captains have organised and will run the competitions. To help build House spirit, Year 10 and 11 students are able to wear their correct PE inform. Year 12 students can wear correct PE uniform, or their House colours, i.e. a red shirt for Nightingale.

### **Goal Setting: Reflection task**

At the end of last Thursday's Senior School Assembly, all Senior students completed the next step of their goal setting journey. Students were given time to reflect on their progress towards their Semester 1 goals. As part of their reflection, they were to review any feedback or results they have received this term. The purpose of the Goal Setting process is to increase student agency in their learning.

### Smith Family: student2student reading program

Each Year, our Year 11 students have an opportunity to live their Mercy Value of Service by participating in the Smith Family student2student reading program. The program makes a significant difference to the readers. Last year Victorian s2s Readers improved their reading age on average by 1 year and 2 months, and overall? Use the link to find out more about the program: <u>s2s Reading Program</u>

### **Project Compassion: Year 7 Caritas Ks**

Well done and congratulations to all members of the Year 7 community for their participation in the 'Caritas Ks' challenge during their recent Reflection Days. This activity was held in the spirit of 'challenge by choice', with each Year 7 student invited to carry 4L of water for at least two laps of the oval (approximately 1km). All participants took part in the understanding that they did so as an act of solidarity with those who must walk long distances to access water. Our Year 7s were then encouraged to follow up by seeking donations towards Project Compassion from their friends and family, on behalf of their efforts.



The results of the event were commendable. Over the course of the activity, our Year 7s walked a total of 730 laps of the oval between them, which is equivalent to approximately 365km. This was a remarkable effort, with the average distance walked by each student being more than five laps. Some personal achievements on the day are also deserving of special mention, and so individual congratulations are offered to the following students:

8 laps/4km	Kai Wattie 7D; Stella Egberts 7D; Koby Campbell 7D; Isla Munro 7D; Alex Murphy 7A; Vincent Caruana 7A; Khale Smith 7A; Henry Strang 7C	
<b>9 laps/4.5km</b> Grace Stewart 7E; Charleigh Ager 7E; Ryder Smith 7D; Chase Muir 7D; Josh Anuwa Featherstone 7A; Angus Haslett 7A; Eden Henry 7A; Seamus Mahon Foreman 7B; Maya Roulston 7A; Jordan Veitch 7B; Joaquin Flores 7A		
10 laps/ 5km	Archie Devey 7D; Jack Keniry 7E	
11 laps 5.5km	1 laps 5.5km     Ollie Holmes 7D; Michael Brown 7B	
12 laps 6km	Hayden Edmondston 7D; Tyler Fynch 7B	
13 laps 6.5km	Oscar Lethbridge 7D	

Our Project Compassion fundraising campaign continues for the remainder of the term, and in the coming week our Year 8s will also take part in the Caritas Ks challenge. Donations can be made via the Sacred Heart fundrais-ing page at: <u>https://fundraise.projectcompassion.org.au/t/shck-2023</u>



### Compassion for Those Seeking Safety – Year 9 Religious Education

This term, Year 9 Religious Education students are learning about compassion for those who are seeking safety, with a particular focus on refugees and asylum seekers. As part of this study, the students spent time contemplating this year's Refugee Week theme 'Finding Freedom'. Students expressed this theme through both written language and artwork to convey their new learnings. Pictured below are the pieces crafted by the students of 9B, 9C and 9E.





## Prayer Through Music – Year 10 Religious Education

The Year 10 RE students have been continuing to explore prayer through various forms as part of their study of prayer and spirituality. Pictured are a few of the students from Mrs Penney's prayer through music and song class. Here, the students are preparing music for the upcoming year level liturgy to showcase and celebrate what they have learned and created throughout the term.







### YEAR 7 CAMP NEWS - Matthew Carroll, Year 7 Leader

Our Year 7 students had their inaugural Sacred Heart camp experience last week, and they had a wonderful time at the Kinglake Forest Adventure camp. The camp was a great opportunity for our students to bond, challenge themselves and have fun in a beautiful natural setting.

students were divided into two groups for the camp, with 7A, 7B, and 7C attending from Monday to Wednesday, and 7D and 7E attending from Wednesday to Friday. The students participated in a range of exciting activities, including the leap of faith, the free fall, and the wildergaining activity. We were pleased to see how our students threw themselves into these activities with enthusiasm, supporting and encouraging each other along the way.

The leap of faith activity was an exciting challenge where students climbed up a tall pole and then jumped off it. They were asked questions like "What holds you back in life?" and "What kind of world would you like to leap into?" This activity helped our students to develop their confidence and trust in themselves and their peers.

The free fall activity was another exhilarating challenge that allowed students to experience the thrill of falling from a height and learning how to manage their fear in a safe and supportive environment. This activity helped our students to develop their courage and resilience.

The wildergaining activity was a beefed-up scavenger hunt that required students to work together to solve clues and complete challenges in the bushland surrounding the campsite. This activity helped our students to develop their teamwork and problem-solving skills while exploring the natural environment.

We are so proud of our Year 7 students for the way they embraced the challenges and opportunities presented to them at the camp. We have already seen that this experience has helped them to grow as individuals and build stronger connections with their peers.

A huge thank you to all the staff who attended; your involvement will be one of the most lasting memories for our young people. If there are any questions or feedback about the camp, please do not hesitate to contact me.

**Reflection From Liam Summers 7D:** I enjoyed camp because of how the activities connected us to nature, as well as how the leap of faith symbolised the leap into high school.





















### NEWS FROM THE CLASSROOM - VCE VM - Helen Campbell

### VCE-VM Old Melbourne Gaol Excursion - John Barlow, Applied Learning Captain

On Monday 6 March, our Year 12 VCE-VM students went on an excursion to the Old Melbourne Gaol for our literacy class. We are currently learning about Crime and Punishment in Australia through the ages, and the experiences we had on this excursion related to that unit of study.

We had an awesome tour guide named Troy, who was very energetic and taught us lots about Ned Kelly and how the court and the prison systems worked back in the day. We were taken through the Watch House and experienced what it was like to be 'processed'. We were then able to sit in the Watch House cells.

We also performed Ned Kelly's trial in the old Magistrates Court, where we each played different characters. This was a great experience that taught us that Ned Kelly's trial wasn't at all fair.

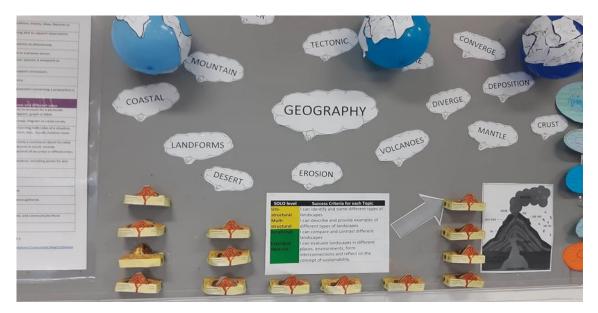
The final part of the day included a tour of the actual Old Melbourne Gaol cell block. The day was really fun and extremely beneficial for our class.



### Year 8 Geography – Landscapes and Landforms Lessons

Our Year 8 Geography cohort have settled quickly into 2023 and it's encouraging to see classes displaying an enthusiasm and an eagerness to learn. Students have been spending the first weeks finding out about Landscapes and Landforms. They have investigated the different types of landscapes, the value of landscapes, tectonic plates, and volcanoes.

During this journey, classes have enjoyed diverse learning experiences ranging from building 3D volcanic models to the use of virtual reality headsets. Students used the VR headsets to explore erupting volcanoes in Iceland, Indonesia and Hawaii to name a few countries. They also explored famous mountains and landscapes around the world. This immersive experience was a fun way to see and get a 'bird's eye' view of the action. Classes found the VR equipment very engaging and memorable. In completing the volcanic 3D models, the students also contributed to decorating the classroom. Lots of fun all round. Well done everyone!







At Sacred Heart College, we value the partnerships formed between families, the College and Community. Our intention is to support parents/carers/guardians while raising awareness of the benefits of engaging in their child's education. Studies have shown that a family's engagement has a direct, positive impact on a child's learning success.

The aim of the Sacred Heart College's Parent Engagement Partnership is to strengthen the collaboration between school, families and the broader community, by providing Professional Learning through quality presenters on a variety of current educational topics. These opportunities can provide parents with knowledge, strategies and skills to support their child.

Parent Engagement is one of the best strategies to create a positive learning environment for all students, where home and school come together as a team. When families are engaged in their children's school lives, students have the home support they need to develop a lifelong love of learning.

As a result, we believe that this partnership can create a more effective network of support for our students, harnessing the full capacity of the community to support student learning and enhance student outcomes in all facets of their lives.

# Sacred Heart College Kyneton

# **Boys Issues**

Members of the local community are invited to attend this event.

### Guest Speaker: Dr Michael Carr-Gregg

Dr Michael Carr-Gregg is one of Australia's highest profile psychologists, specialising in parenting, children, adolescents & mental health.

We are thrilled to be able to welcome Dr Carr-Gregg to speak with members of our local community.



This workshop examines the nature and

extent of the considerable difficulties facing young men, and looks at what the latest research is saying schools and parents might do to help. This will be a popular event so we advise early bookings.

When: Tuesday 14 March
Time: 7:00 pm - 8:30 pm
Where: Mary Moloney Theatre Sacred Heart College, Kyneton
Tickets: This is a free event but seats must be booked via www.trybooking.com/CETFC



A Ministry of Mercy Education Limited - ABN 69 154 531 870

Parent Engagement Partnership

### We invite all parents in the Community to our Parent Engagement Evenings for 2023

Bookings are essential.

Further information can be found on the College Website via this link Click Here

SAVE THE DATE Parent Engagement Partnerships: 7:00pm				
Tuesday 23 May	Sonya Karras (Whole New World) –Safe Partying Parent Presentation 7:00pm			
Tuesday 1 August	Dr Jodi Richardson – Moving Teens From Anxiety To Resilience			
	Parent Presentation 7:00pm			
Wednesday 15 November	Maria O'Shannessy - The Parent Coach Workshop 6:30pm – 8:30pm Limited to 30 people			

### NEWS FROM THE CLASSROOM - VCE Year 11 Food Studies - Belinda Kime

Recently the Year 11 Food studies class has been learning about how human society transitioned from hunter gatherers to an early agricultural society. We discussed how the fertile crescent was home to one of the first civilisations, where many of the important technological advances in agriculture occurred, such as irrigation systems, the plough and the wheel. As part of their studies students had an opportunity to make a crusty mixed seed loaf using wheat, seeds and grain which were all important ingredients in Mesopotamia. The class enjoyed using yeast as a raising agent, to give their bread a rounded shape, and sampling their hot crusty bread straight out of the oven with a variety of spreads.





# MUSIC Contest Terry Carrick

Music is in full swing as we've crossed into the second half of the first term. Our Instrumental Music Program is incredibly busy, and we're hearing plenty of great music being practised throughout the Music areas. Students are still able to enrol to learn a musical instrument (voice included), by parents/carers completing the form at this link: <a href="https://www.tinyurl.com/shcmusic2023">www.tinyurl.com/shcmusic2023</a>. Please note that we currently have a waiting list for students learning both guitar and drums, but are currently looking to create extra capacity for students to learn those instruments.

On Tuesday 21 March, all students learning a musical instrument at the College, plus any other students who would like to make music, will participate in a full-day Ensembles Workshop Day. This day is a wonderful opportunity for students to learn skills to help them create music with other people. The students will work in one of five groups for the day: Choir, String Ensemble, Guitar Ensemble, Percussion Ensemble or Show Band. They will work in that group for the first three periods, then come together in Period 4 in the Theatre to perform a mini-concert for each other. Parents and families are warmly invited to attend the Mini-Concert, which will start at 2:15pm in the Theatre. We ask that any audience members who are not students check in at the Mary Moloney Theatre.

We have had some excellent news recently. Two student bands have had significant success, performing at the MR YIM (Macedon Ranges Youth In Music) concerts. *The Lydians* (featuring Malachy Walsh, Monique Sutton and Coen Cursio-Brundle) won a cash prize for Outstanding Stage Presence. *Elysium* (featuring Malachy Walsh and Alex Kelessy) won the opportunity to perform at the upcoming Macedon Ranges Music Festival, alongside Joe Camilleri and The Black Sorrows on Saturday 25 March at Hanging Rock. I highly recommend that you see these bands do their thing – they're highly-engaging young performers who have worked hard to hone their skills, and we're very proud of all of them!

### Career Tools Website



Click here to Access the new Career Tool Website

For our latest Careers Newsletter please head to our new Careers Tools website at <u>www.shckynetoncareers.com</u> and go to IMPORTANT INFO then careers newsletter!

# Careers - Can you help?

# **Structured Workplace Learning Placements**

**Would you like to help support a student by offering a work placement?** If you would like to support a student and offer a work placement at your business we'd love to hear from you!

We're looking for work placement opportunities and a range of environments and industries for our students. Work placements can be completed for 1 day a week, or as a block placement.

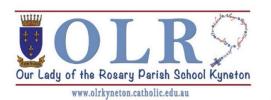
Work placements are an important stepping stone in the transition from school to the workplace, helping students get real-life work and industry experience, step up and try new things, and increase their abilities.

Please contact Lucy King: **lking@shckyneton.catholic.edu.au** if you're interested and would like more information, providing your name, business details and contact information so we can add you to our work placement database.

Thank you!

e: Lucy King lking@shckyneton.catholic.edu.au t: 5421 1262

### **COMMUNITY NEWS**



Our Lady of the Rosary Parish School is focused on enabling our children to understand the world around them and the talents within them so that they can become fulfilled individuals and active, compassionate citizens. Our Lady of the Rosary Catholic Learning Community





**OPEN DAYS** Thursday March 30 12pm - 1pm Tuesday April 4 12pm - 1pm



OLR offer amazing concessional fees for all eligible Health Care Card holders. For as little as \$15 per week your child can be a part of our vibrant and compassionate learning community. All details on our website. Please contact us for further information.

P | 5422 2056E | info@olrkyneton.catholic.edu.au43-47 Edgecombe Street Kyneton

# olrkyneton.catholic.edu.au



PLAYERS NEEDED

Macedon Junior Football Club are seeking registrations for U15 boys (born in 2008 and 2009) and girls of all ages for the 2023 season. Games are played on Sunday and no experience is needed. Please register via link the QR code below and join us at our welcome BBQ on Friday 17 March, 4.30pm – 8.30pm at Tony Clarke oval in Macedon where you can meet the coaches and other players. For any questions, please contact the MJFC club Secretary Amanda Beezley on 0404 861 083.

#### Go Cats!

https://membership.mygameday.app/v6/regoform.cgi?alD=3197& pKey=86a991a2ac01c3cfdfef961c4c7732be&clD=674&formID=36 056

Charity





Event by Woodend Lifestyle Carers Group

Macgregor's Farm 78 Old Lancefield Rd, Woodend North cnr Barkers Road

# When: Saturday, 1<sup>st</sup> April 2023

### 10 am – 3 pm

If you are interested in participating on the sales side

call our Secretary: on **0418 638 791** to book your spot.



RANGES RESETTLEMENT GROUP

Join us for an afternoon of art, food, and fun as we raise funds to support a refugee family to settle in the beautiful Macedon Ranges Enquiries: rangesresettlement@gmail.com

ART AUCTION





### **Butterfly Foundation - Body Confident Children and Teens Webinar**

It can be hard for children and teens to be accepting of and confident in their bodies. It can also be hard for parents/carers to know what to say or how best to support them. Hear from the experts at Butterfly on how to help your child towards a positive body image.

For: Parents/carers of primary and secondary age children Covers: Body image influences | Importance of positive body image | Positive role modelling | Reducing toxic body talk | Responding to appearance bullying | What to do if concerned | Resources and supports Date: Tuesday, 21st March 2023 Time: 7pm - 8.15pm (AEDT) Format: Live, via Zoom (time limited recording available) Cost: \$15 Register: https://events.butterfly.org.au/portal/event/? id=EP\_BCCT\_Parent\_Webinar3010766952&Name=21/03/23%20BCCT%20Parent%20Webinar



# Host a German exchange student in 2023!



Scholarships for Australian-German Student Exchange

Contact our Host Family Co-Ordinator Jody on 0438 717 070

Host a German exchange student for 7-8 weeks at the end of Term 2, with a week break in the middle to attend Wintercamp!

Learn about a different culture and make friends from the other side of the world!

#### **Requirements to host:**

- In years 10-12 (in 2023)
- Love to discover different cultures
- Enjoy showcasing Australia and exploring your own backyard
- German language skills not required
- If learning German, this is a wonderful opportunity to practice and improve!



