

## **Hilltop News**

### **DIMBOOLA MEMORIAL SECONDARY COLLEGE**

Term 1, Week 3, 16<sup>th</sup> February 2024



Dimboola Memorial Secondary College would like to acknowledge the Traditional Owners of the Wimmera Mallee area: The Wotjobaluk, Jaadwa, Jadawadjali, Wergaia and Jupagalk peoples, and pay our respects to Elders past, present and emerging.



🖀 Phone: 53891460 🚇 www.dmsc.vic.edu.au 🙎 dimboola.memorial.sc@education.vic.gov.au 🔓 Fax: 53891981



### A message from our Principal

### New Library furniture has arrived!

Yesterday, we were excited to receive the new bookshelves, tables, chairs, study corrals and soft furnishings for our revamped Library. Feedback from students and staff has been extremely positive and we now have the task of ensuring that only recent novels are back on the shelves. Students voted on the type of furnishings that were purchased and such is the popularity of the new study "booth", we will look at purchasing another set of the same furniture. Thank you to the students and staff who willingly stepped in to unpack the furniture and set the room up.



Our School Council is seeking two new parent representatives following the departure of Lynley Robinson and Kylie Barry, whose children are no longer at school. Council meets on the third Monday of most months and the valued input of school council members plays an important role in the governance of the school. Nomination forms are available through the front office upon request. Please speak with one of the existing council members listed on the front of the newsletter or ring to discuss the role with me.

Nominations open on Monday 19th February and close at 3.30pm on Monday 26th February.



As a school on the Bushfire At Risk Register (BARR), DMSC is required to close on days with a Catastrophic Fire Danger Rating. This occurred for the first time on a school day on Tuesday. I thank all parents and community members for making this situation one that people responded to in a positive manner. Please refer to the information sheet that has been included in all newsletters since December last year regarding bushfire

### **Swimming Sports next Tuesday**

Due to the school closure this week, our annual House Swimming Sports have been rescheduled for next Tuesday 20th February. Favourable weather conditions have been forecast and we look forward to seeing as many parents and supporters as possible to cheer on the swimmers and perhaps participate in some of the events!

### Sally Klinge

Principal









### **Upcoming Events and Dates**

20<sup>th</sup> Feb - DMSC Swimming Carnival (New Update) 21<sup>st</sup> – 23<sup>rd</sup> Feb - Year 7 & 8 Camps

26<sup>th</sup> Feb - Little Desert Swimming

- Elevate Study Skills (Year 10 and 11 VCE)

26<sup>th</sup> – 29<sup>th</sup> Feb - Dental Van Visit

1<sup>st</sup> Mar - The Circus Challenge Show - Years 7-9

 $13^{th} - 15^{th} Mar$ - NAPLAN Year 7 and Year 9 22 Mar

**Student Reps** - Great Western Region Swimming **Community Reps** 

Principal Sally Klinge President Rhianna Paech **Vice President** Lynley Robinson Secretary

Charlotte Pyers (DET)

**DET Rep** Jess Fell

**Treasurer** 

**Parent Reps** 

Yolande Hutson, Alastair Griffiths,

**Brett Schultz** 

Rian Pyers, Ethan Angel-Hands Charles Rees (RSL), Neil Zippel

RESPECT **HONESTY EXCELLENCE CARE FREEDOM**  **DMSC IS A CHILD SAFE SCHOOL** 

### **House Captains**

This week the students who were elected as house captains were presented their badges at the whole school assembly. Congratulations to these students.

### -Ms Marra





### Mobile phone use in schools



A reminder that the Department of Education has in place a mobile phone ban that requires students who bring mobiles phones to school to have them switched off and securely put away during school hours.

The department is requiring all schools to ensure this ban is in place and enforced from the start of the 2024 school year.

The ban applies equally to all government schools right across the state.

This helps ensure that school is a learning environment free from unnecessary distractions and disruptions.

By ensuring mobile phones are kept away at recess and lunch times, students can interact with each other face-to-face, without the distractions and social pressures that mobile phones can cause.

I ask for the support of all our families, staff and students in continuing to support the implementation of this policy in our school.

### **Further information**

**Exceptions:** For a small number of students with particular health needs, an exception to the policy may be granted. Please contact me if you would like to discuss this.

**Emergencies:** In the event of an emergency, or if you need to immediately contact your child, I ask that families contact the school office who will pass on a message as required.

**School mobile phone policy**: A copy of our school's local mobile phone policy, which implements the government's mobile policy in line with our local context, is available here:

https://dmsc.vic.edu.au/documents/policies/Mobile-Phones-Student-Use.pdf

**Parent support:** The <u>Mobile phones in schools webpage</u> provides links to resources for families to help them balance their children's time using mobile phones.

If you have further questions, please contact the administration office.

### **Sally Klinge**

Principal

**Conveyance Allowance** To receive a conveyance allowance individual students must meet all of the following criteria: 1. Attend a school/campus located outside Melbourne's Urban Growth Boundary (UGB). 2. Attend the closest appropriate school/campus. N 3. Reside 4.8km or more from the school/campus (shortest practicable route calculated by school at time of application from the student's home to the school/campus attended) or 4.8km from home to the student's bus stop. 0 4. Be of school age (between 5 and 18 years old at the time of application), and a resident of Victoria. W 5. Be enrolled and travelling to school three or more days per week. Application forms can be obtained from the front office. Α Office hours: DMSC bank details: N Our school office is open from 8.30am until 4.30pm Our banking details are as follows: N each day. Please use this time to contact the school Dimboola Memorial Secondary College or make payments using Eftpos. BSB 06 3000 (CBA) A/C 1418 7309 F F DOES YOUR CHILD FIND IT DIFFICULT TO **Encourage them** BE MOTIVATED TO COMPLETE to come to HOMEWORK? S.M.A.R.T sessions. DO THEY REGULARLY HAVE OVERDUE WORK? and Wednesdays This is an opportunity for all students to complete classwork and homework under the supervision of a teacher. Students are recommended to attend to help them keep up to date with work and to gain extra help with their assessment Library If you have any questions, please ring the office or speak to 3.20 - 4.30 Mrs Charlotte Pyers. Snacks provided Canteen C Just a reminder Lunch Menu about the cut off Cut off time times each day to 8.40am order via Qkr! **UNCHTIME** Canteen Orders can be Recess Menu placed days ahead Cut off time of time. E 8.40am N

### PARENT PAYMENTS POLICY

### ONE PAGE OVERVIEW



### FREE INSTRUCTION

- Schools provide students with free instruction and ensure students have free access
  to all items, activities and services that are used by the school to fulfil the
  requirements of the Curriculum. This includes the Victorian Curriculum F-10, the
  Victorian Certificate of Education (VCE) including the VCE Vocational Major and the
  Victorian Pathways Certificate.
- Schools may invite parents to make a financial contribution to support the school.

### PARENT PAYMENT REQUESTS

Schools can request contributions from parents under three categories:



#### **Curriculum Contributions**

Voluntary financial contributions for curriculum items and activities which the school deems necessary for students to learn the Curriculum.

### Other Contributions

Voluntary financial contributions for non-curriculum items and activities that relate to the school's functions and objectives.

### Extra-Curricular Items and Activities

Items and activities that enhance or broaden the schooling experience of students and are above and beyond what the school provides for free to deliver the Curriculum. These are provided on a user-pays basis.

 Schools may also invite parents to supply or purchase educational items to use and own (e.g. textbooks, stationery, digital devices).



### **FINANCIAL HELP FOR FAMILIES**

- Schools put in place financial hardship arrangements to support families who cannot
  pay for items or activities so that their child doesn't miss out.
- Schools have a nominated parent payment contact person(s) that parents can have a confidential discussion with regarding financial hardship arrangements.



### SCHOOL PROCESSES

 Schools must obtain school council approval for their parent payment arrangements and publish all requests and communications for each year level on their school website for transparency.





# FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

### CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$150 for primary school students
- \$250 for secondary school students

### HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

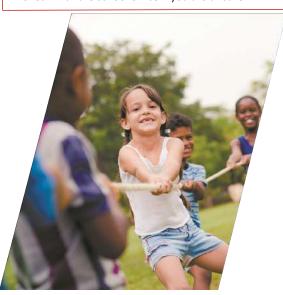
You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments**; your child has started or changed schools this year.
- changed family circumstances; such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.

### **MORE INFORMATION**

For more information about CSEF visit: https://www.education.vic.gov.au/about/programs/Pages/csef.aspx







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entrelink pensioner concession OR	Health care card num	her (CRN)		
		OR		
Foster parent* OR	Veterans affairs	pensioner (Gold	d Card)**	
oster Parents must provide a copy of the temporary		orian Department of Fa	milies, Fairness and Hous	sing (DFFH).
Applicants must provide a copy of the Veteran Aff	airs Gold card.			
tudent details				
tudent details Child's surname	Child's first name	Student ID	Date of birth (dd/mm/yyyy)	Year level
	Child's first name	Student ID	Date of birth (dd/mm/yyyy)	Year level
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	Child's first name	Student ID		Year level
			(dd/mm/yyyy)	



### Camps, Sports and Excursions fund eligibility

Below are the criteria used to determine a student's eligibility for the Camps, Sports and Excursions Fund (CSEF).

### Criteria 1 - Eligibility

To be eligible\* for the fund, a mature minor of sixteen years of age or over, a parent or legal guardian of a student attending a registered Government or non-government Victorian primary or secondary school must:

- · on the first day of Term one, or;
- · on the first day of Term two.
- a) Be an eligible beneficiary within the meaning of the State Concessions Act 2004, that is, be a holder of Veterans Affairs Gold Card or be an eligible Centrelink Health Care Card (HCC) or Pensioner Concession Card (PCC) holder, OR
- b) Be a temporary foster parent, and;
- c) Submit an application to the school by the due date.
- \* A special consideration eligibility category also exists. For more information, see: <u>Camps, Sports and Excursions Fund</u> (CSEF): <u>Eligibility | education.vic.gov.au</u>

Mature minors or parents who receive a Carer Allowance on behalf of a child, or any other benefit or allowance not income tested by Centrelink, are not eligible for the CSEF unless they also comply with one of (a) or (b) above.

### Criteria 2 - Be of school age and attend school in Victoria

School is compulsory for all Victorian children aged between six and seventeen years of age inclusive.

For the purposes of CSEF, students may be eligible for assistance if they attend a Victorian registered primary or secondary school. Typically, these students are aged between five and eighteen years inclusive.

CSEF is not payable to students attending pre-school, kindergarten, home schooling, or TAFE.

#### Eligibility Date

For concession card holders, CSEF eligibility will be subject to the parent/legal guardian's concession card being successfully validated with Centrelink on 29 January 2024 and/or 15 April 2024.

### Payment amounts

#### **CSEF** payment amount

The CSEF is an annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

- · Primary school student rate: \$150.00 per year.
- · Secondary school student rate: \$250.00 per year.

The CSEF is paid directly the school and will be allocated by the school towards camps, sports and/or excursion costs for your child.

For ungraded students, the rate payable is determined by the student's date of birth. For more information, see: <u>Camps</u>, Sports and Excursions Fund (CSEF): Payment amounts | education.vic.gov.au

**Foundation and Year 7 government school students** who are CSEF recipients are also eligible for a uniform voucher. Schools are required to make applications on behalf of parents, so please register your interest at the school.

### How to complete the application form

### NOTE: ALL SECTIONS MUST BE COMPLETED BY PARENT/LEGAL GUARDIAN

- Complete the PARENT/LEGAL GUARDIAN DETAILS section.
   Make sure that the Surname, First Name, and Customer Reference Number (CRN) details match those on your concession card. You will also need to provide your concession card to the school.
  - If you are claiming as a Foster Parent or a Veteran Affairs Pensioner, you will need to provide a copy of documentation confirming your status as a temporary Foster Parent or provide your Veterans Affairs Pensioner Gold card to the school.
- 2. Complete the STUDENT/S DETAILS section for students at this school.
- Sign and date the form and return it to the school office as soon as possible. The CSEF program for 2024 closes at the end of term two 2024.

CSEF payments cannot be claimed retrospectively for prior years.

Queries relating to CSEF eligibility and payments should be directed to the school.



# MENTOR

ALL IT TAKES IS AN HOUR A FORTNIGHT







# MATES



The MATES Mentoring Program provides positive role models who mentor, assist, target, engage and enhance the skills and life experiences of young people. MATES matches young people (mentees) with a volunteer (mentor) from the local community. Mentors and mentees catch up for one hour, once a fortnight for one year. MATES is a great way to volunteer in the community.

Please contact The Well-being team Mrs Simpson and Mr Corbett if you are interested in becoming involved in the MATES program at DMSC in 2024.

# CAREER NEWS



# General information

## **Upcoming events:**

- Victorian Careers and Employment Expo
  (14 to 16 March 2024)
- Year 10-12 Careers check-ins with Miss Kuhnell (Term 1)



### Myfuture

Myfuture provides resources to explore career pathways and tools to develop self-knowledge to help with career decision-making.

The tools on the website help students discover their interests, values, skills and see how they relate to career and study options.

If possible it is great to explore the myfuture website and complete the Careers Profile at home.

If you have any questions please ask Naomi Kuhnell

Visit https://myfuture.edu.au/

### Bachelor of Artificial Intelligence



Gain the skills necessary to design, develop, and evolve software solutions that takes advantage of the latest advances in artificial intelligence.

Deakin's <u>Bachelor of Artificial Intelligence</u> equips students with the knowledge and skills to design, develop and evolve software solutions that harness the latest advances in artificial intelligence (AI). Students get hands-on experience developing AI-driven software solutions with the support of academics who are leaders in this emerging field.

Deakin's world-class research in AI feeds directly into its classrooms, ensuring what students learn is at the cutting edge of industry expectations and capabilities.

### **POSSIBLE CAREERS**

### What does a Neuroscientist do?

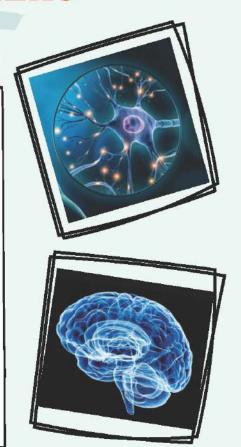
Neuroscientists focus on the brain and its impact on behaviour and cognitive functions, or how people think.

Neuroscience is an interdisciplinary science that works closely with other disciplines, such as mathematics and medicine.

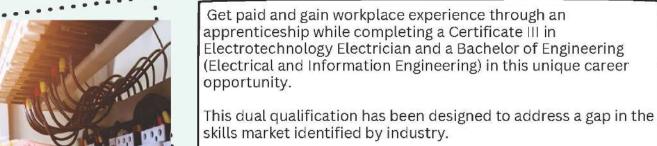
Neuroscientists carry out tests, using various types of technology to help them to diagnose conditions, and they usually specialise in specific areas, including the way the nervous system grows and develops, language, memory, and the nervous systems.

To become a neuroscientist, students generally have to complete a science degree - such as a Bachelor of Science or Bachelor of Biomedicine with a major in Neuroscience, for example at the University of Melbourne.

Completion of a postgraduate qualification is regarded as of great value - such as Graduate Diploma in Clinical Neuropsychology.



# Dual Electrical Engineering Course at Berwick Campus

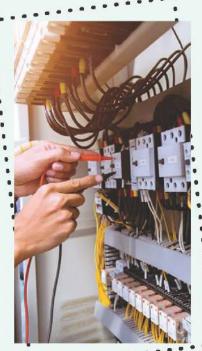


The outcome of this program will be a certified A Grade electrician with advanced STEM knowledge who is able to design, install, commission, and maintain these advanced systems.

The Certificate III in Electrotechnology – Electrician will be delivered by NECA Education & Careers based out of their new state of the art Dandenong Campus.

The Bachelor of Engineering (Electrical and Information Engineering) (Honours) will be delivered by Federation University with an option to attend either the Ballarat or Berwick campus.

Find out more at Dual Electrical Qualification.



### **POSSIBLE CAREERS**

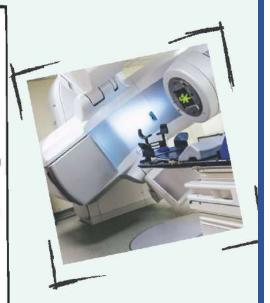
### What does a Radiation Therapist do?

Radiation Therapists design, and administer radiation treatment to cancer patients, and provide related care to patients in conjunction with radiation oncologists or other medical specialists.

Radiation therapists are responsible for supporting the patient throughout their treatment. They must have compassion and strong interpersonal skills. Part of their role is to listen to the emotional concerns and anxieties of the patient and refer them appropriately if needed.

The radiation therapist will also assess the patient's reaction to treatment, providing advice on the side effects of treatment and methods of alleviating these.

To become a Radiation Therapist, students have to study radiation therapy at university. Studies in Radiation Therapy in Victoria are offered by Monash University and RMIT University, and Radiation Science units are offered in the Medical Imaging degree offered by Deakin University.



### What is Land Surveying?



Interested in Geography, Maths, Science, IT and/or the outdoors? Looking for a job that won't tie you to a desk?

Surveying is the measurement and mapping of our surrounding environment using mathematics and specialised technology.

Land surveyors are involved with a diverse variety of projects from land subdivision to tunnel building and major construction. Surveyors are often the first people on site during any construction process; they are the guardians of property law, and the creators of land titles.

In all, surveyors are an integral part of the process in a wide variety of scenarios.

Surveying courses are offered at Federation University, RMIT, and Victoria University.

Students who wish to find out what surveying is, what surveyors do, where to study, and what it takes, might like to browse A Life Without Limits.

# Dimboola Memorial Secondary College Centenary



## Saturday 25th May 2024

### **Program**

1:30 - 3:30PM School tours and afternoon tea in Memorial Building
3:30 - 4.00PM RSL Commemorative Service at the front of the Memorial Building

6:00-10:00PM Dinner in the DMSC Assembly Hall



### Registration via

https://buytickets.at/dimboolamemorialsecondarycollege/1079075 or scan the QRCODE

CELEBRATING 100 YEARS OF EDUCATION

# ASSESSMENT Term 1, Week 4 19th – 23rd February



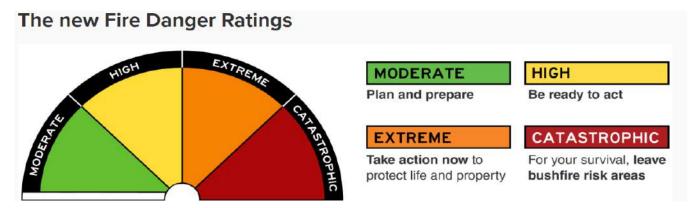
Year	Work	Due date/s		
Year 7				
Science	Stile Lessons 1.1 and 1.2	Friday 23rd February		
Humanities	The Nile - why was it so important to Ancient Egyptians? Writing task	Monday 19th February		
Health and PE	Activity 6 & 7 in Swimming booklet (links on google classroom to assist)	Tues 27th February		
German	Duolingo & Blooket practice	ongoing		
STEAM	House and Landscape Design - Kitchen and Bathroom	ongoing		
Year 8D				
English	The Outsiders WBQ2	Friday 1st March		
Maths	Squizya 1.3	Mon 19th February		
Health and PE	Activity 1 and 2 (Humour Booklet)	Monday 19th Feb		
German	Meine Ferien task	Friday 1st March		
Year 9D				
English	Spelling test Character and Settings narrative task	each Friday Monday 19th Feb		
Maths	Squizya 1.3	Mon 19th February		
Humanities	Working Conditions Report	Friday 23rd February		
Health and PE	Mental Health - Services and Strategies	22nd of Feb		
German	Sport vocabulary quizlet and blooket	Thursday 22nd Feb		
Year 8 and 9 Electives				
Media	Media Language and Analysis	1st of March		
Sport	Sport and the Media - Advertising Task	Friday 23rd Feb		
Year 10D				
English	<u>Deadly Unna?</u> WBQ2 Context questions	Monday 19th February		
Maths	Measurement Consolidation Task	Monday 19th Feb		
Science	Learning goal - Self designed experiment	Monday 4th March		
Humanities	WWII in Europe Booklet	Friday 23rd February		
Health and PE	Contemporary Issues Assignment	Overdue		

Senior Subjects	Assessment	Due date/s		
Business Man Unit 1	Chapter 1GHI Edrolo 1GHI Study for SAC next Friday	Monday 19th Feb		
Biology Unit 1	Edrolo 2C Questions Edrolo 3A Video and vide Cell organelle worksheet	Monday 19th Feb		
Biology Unit 3	Edrolo 2B & 2F Questions Edrolo 2C & 2D Video and Ten Minute Terror - proto A3 summary - Proteins, N Secretory Pathway	Wednesday 21st Feb		
English Unit 1	Ransom extended respon	nses	Friday 23rd Feb	
English Unit 3	Sunset Boulevard Extend	ed Responses	Monday 19th Feb	
General Math Unit 1	Must do:	Should do:	Friday 23rd Feb	
	-Chapter Qs 1a*-1i* -Chapter 1* Summary	-Edrolo Videos Scatterplots, Correlation		
General Math Unit 3	Chapter 2 Assignment		Friday 16th Feb	
Health HD Unit 1	Overdue Chapter 2 home Any unfinished Chapter 1	Wed 21st Feb		
Health HD Unit 3	Sac 1, Part 1 Revision Chapter 1C booklet Chapter 1C Edrolo questi	Thur 22nd Feb		
Legal Unit 1	Edrolo videos: 1D-1F Week 3 Booklet	Monday 19th Feb		
Legal Unit 3	Edrolo videos: 2C-2F Chapter 4 notes (4.4 - 4.4 Week 3 - Paragraph Anal	Monday 19th Feb		
Maths Methods Unit 3	Edrolo assignment (Trans Chapter 3: Transformation	Thursday 22nd Feb		
Media Unit 1	Media Representations - Female Perspective Activities		4th of March	
	SAT - PART A (Research a	8th of March		
Media Unit 3	Media Codes - Focus Questions and Activities SAT - Preproduction development		4th of March	
			ongoing	
PE Unit 1	Chapter 10 review questi Chapter 10 Homework B	Friday 16th Feb Wednesday 21st Feb		
PE Unit 3	Must do	Should do	Wednesday 21st Feb	
	-Edrolo: biomechanics pt 2	-Edrolo: biomechanics pt 3 -Begin Peak Performance chp 3		
Physics Unit 3	Must do: Should do:		Friday 23rd Feb	
	-T1W4 Terror -Motion Summary and	-1g and 1h Edrolo videos		

### 2024 Fire Season



### School procedures for the bushfire season



Fire danger ratings and warnings are used in Victoria to provide clear direction on the safest options for preserving life. Schools and children's services listed on the DET Bushfire At-Risk Register (BARR) will be closed when a Catastrophic fire danger rating (FDR) day is determined in their Bureau of Meteorology district.

Our school has been identified as being one of those at high bushfire risk and is listed on the BARR. Where possible, we will provide parents with up to four days' notice of a potential Catastrophic FDR day closure by letter and SMS message. A Catastrophic FDR day will be determined by the Emergency Management Commissioner no later than 1.00 pm the day before the potential closure. Once we are advised of the confirmation of the Catastrophic FDR day, we will provide you with advice before the end of the school day.

Once confirmed, the decision to close will not change, regardless of improvements in the weather forecast. This is to avoid confusion and help your family plan alternative care arrangements for your child. It is also important to note that:

- No staff will be on site on days where the school is closed due to a forecast Catastrophic FDR day.
- School camps will be cancelled if a Catastrophic FDR fire danger rating day is determined for the Bureau of Meteorology district in which the camp is located.
- As a bus co-ordinating school all bus routes will be cancelled.

On these Catastrophic FDR days, families are encouraged to enact their Bushfire Survival Plan – on such days, children should never be left at home or in the care of older children. For those of us living in a bushfire prone area, the Country Fire Authority (CFA) advises that when Catastrophic FDR days are forecast, the safest option is to leave the night before or early on the morning of the Catastrophic FDR day. As part of preparing our school for potential hazards such as fire, we have updated and completed our Emergency Management Plan, and re-prioritised any maintenance works that may assist in preparing for the threat of fire and cleared our facility's grounds and gutters.

### What can parents do?

- Make sure your family's bushfire survival plan is up-to-date and includes alternative care arrangements in the event that our school is closed.
- Ensure we have your current contact details, including your mobile phone numbers. Keep in touch with us by reading our newsletters and by checking our website. http://www.dmsc.vic.edu.au/ or Facebook page and reading sms messages from the school.

If you have any further concerns, please contact either Sally Klinge (Principal) or Charlotte Pyers (Assistant Principal) at the college. 5389 1460

- Most importantly at this time of year, if you're planning a holiday or short stay in the bush or in a coastal area, you should check warnings in advance of travel and remain vigilant during your stay.
- If your child is old enough, talk to them about bushfires and your family's bushfire survival plan.
- You can access more information about children's services closures on the Department of Education and Training website.
  - see http://www.education.vic.gov.au/about/programs/health/pages/closures.aspx

### For up-to-date information on this year's fire season see:

- https://emergency.vic.gov.au
- Facebook (facebook.com/cfavic)
- Vic Emergency app

# What's My Number?

Follow the clues below to figure out the number in this maths riddle.

Cross out every number that the clue eliminates.

At the end, you should be left with only one number.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

### Clues

My number has two digits.

It is an even number.

It is greater than 30.

Its digits add up to 10.

Its digits multiply to make 16.

The number is \_\_\_\_\_.





# APPLICATIONS EXTENDED FOR YOUTH COUNCIL

Are you between 12-25 years old? Do you want to improve your community? Are you keen to grow your leadership skills and to meet new people? Want to plan events for young people to enjoy?

THERE ARE TWO VACANCIES TO FILL. APPLY TO JOIN THE HINDMARSH SHIRE YOUTH COUNCIL TODAY!

Visit www.hindmarsh.vic.gov.au/our-youth-councillors for more information!

If you have any questions, call us on 03 5391 4444 or email youth@hindmarsh.vic.gov.au



scan to apply online! It's important to us that our Youth Council is inclusive. If you have any questions about inclusivity or accessibility, we'd love to chat to you! Reach out using the contact details above.





### Wellbeing at DMSC- a message from the wellbeing team

### In this edition of SchoolTV - MANAGING SCREEN TIME



As a result of the global pandemic, there has been a noticeable shift in the amount of time people spend on screenbased devices. Families are transitioning back to pre-COVID routines, but many are still struggling re-establish the boundaries and rules around screen use. Some continue to deal with digital conflict and

tech-tantrums on a daily basis. The latest research found that 77% of teenagers spend more than five hours on screens per day, but it is important to note that not all screen time is considered equal.

Parents play a crucial role in modelling a positive and healthy approach to using screens and assisting children to navigate the content they watch. It is better to model and mentor screen use, rather than monitor it. Children tend to do more of what they see us do, and less of what we tell them to do. However, it is still important to outline the risks and highlight the benefits of screen use to ensure you keep a balanced attitude. Encourage discussions around the issues that people experience in monitoring their screen time and be honest about your own difficulties.

Parents need to remain firm in their approach to managing screen time. Excessive screen time can be detrimental to a child's overall wellbeing. Ensuring the correct privacy settings are in place is vital to prevent children from being inadvertently exposed to inappropriate content or online predators. Parents need to also be mindful of the potential impact screen time can have on a child's social, emotional, educational, behavioural, and even physical domains.

In this edition of SchoolTV, care-givers will be provided with a range of guidelines and strategies to help manage screen time at home.

We hope you take time to reflect on the information offered in this edition of SchoolTV and we always welcome your feedback. If you have any concerns about your child, please contact the school counsellor for further information or seek medical or professional help.

Here is the link to the **Managing Screen Time** edition of SchoolTV <a href="https://dmsc.vic.schooltv.me/newsletter/managing-screen-time">https://dmsc.vic.schooltv.me/newsletter/managing-screen-time</a>



# we are starting a family & friends reference group

Are you a friend or family member of a young person going through a hard time?

Or do you have a passion for mental health & youth related issues?



### what are we looking for?

we want amazing people who are 18yr+ to join our group to discuss all things youth mental health and how we can best support our youth community.



### what the commitment?

we will hold meetings quarterly between 1-1.5hrs long. These meetings will alternate between in-person and via Microsoft Teams



### what will I get out of the group?

by being apart of the group means you get to have your say on holistic care & improved services here at headspace Horsham. We want to help deliver better more targeted services to the whole Wimmera.



### where can I apply to join?

email our friendly staff for more information:



info.headspacehorsham@vt.uniting.org

or scan the QR code now to register your interest in applying

