

# Hilltop News

DIMBOOLA MEMORIAL SECONDARY COLLEGE

Term 1, Week 1, 2<sup>nd</sup> February 2024



“Facta non Verba”

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](http://www.dmsc.vic.edu.au)    [dimboola.memorial.sc@education.vic.gov.au](mailto:dimboola.memorial.sc@education.vic.gov.au)    Fax: 53891981

## Welcome to the 2024 School Year



### Upcoming Events and Dates

- 5<sup>th</sup> February - DMSC School Photos
- New Parents to DMSC Welcome BBQ
- 13<sup>th</sup> February - DMSC Swimming Sports
- 16<sup>th</sup> February - English Revision Day
- 21<sup>st</sup> – 23<sup>rd</sup> Feb - Year 7 & 8 Camps
- 26<sup>th</sup> February - Little Desert Swimming
- Elevate Study Skills (Senior Students)
- 26<sup>th</sup> – 29<sup>th</sup> Feb - Dental Van Visit

### Principal

Sally Klinge

### President

Rhianna Paech

### Vice President

Lynley Robinson

### Secretary

Charlotte Pyers (DET)

### Treasurer

Jess Fell

### DET Rep

Yolande Hutson, Alastair Griffiths,

### Parent Reps

Brett Schultz

### Student Reps

Rian Pyers, Ethan Angel-Hands

### Community Reps

Charles Rees (RSL), Neil Zippel

RESPECT HONESTY EXCELLENCE CARE FREEDOM

DMSC IS A CHILD SAFE SCHOOL

# A message from our Principal

## Welcome to the 2024 school year

Welcome back to all existing and new students!

It is always an exciting event to return to school and catch up with the many people who make up our DMSC community.

Students were treated to a free healthy lunch on their first day at school, which was again a staggered start to assist our new Year 7 students to transition into secondary school.

## Welcome to new staff

At our General Assembly on Wednesday morning, we welcomed several new staff. Our school is extremely fortunate to be fully staffed, including having additional Education Support staff and a new tutor to ensure that all students are given the best possible assistance to support them in extending their learning. Below is an outline of the new faces at DMSC:



## New faces in 2024



Bree Schulze – Tutor,  
Maths and Science



Taylah Russell –  
English and  
Humanities



Tara Creasey – Education Support



Nick Shirreffs – Music 2 days per week



Jesse Day –  
Maths and Sport  
Science



Rochelle Krahe – Science Lab Technician

## Australia Day Ceremony

Our 2024 College Captains, Katie Griffiths and Will Thomson represented the school at the Dimboola Australia Day Ceremony last Friday. Both students spoke about why they are proud to be Australian. Their speeches provided a positive message about living in our local rural community, and we thank them for doing this during their holidays.



## A message from our Principal Continues...

### School Photos - Monday

These will be taken next Monday 5<sup>th</sup> February at the start of the school day. I encourage students to follow the example of our Year 7 students, who have been wearing their uniform with pride this week. Students are reminded to bring their photo forms on Monday, if they have not already handed these into the front office.



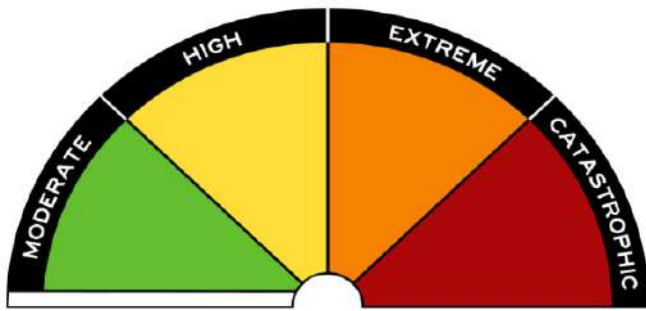
### Year 7 Parent Welcome BBQ

Next Monday 5<sup>th</sup> February is also our Year 7 Parent Welcome BBQ at 6pm. This will be held in the seated area next to the Canteen. We look forward to seeing some new and familiar faces joining us for the evening. Please contact the office or send a text via XUNO to register your attendance, if you have not already done so.



### Camps, Sports and Excursions Fund (CSEF)

This fund offers financial assistance to eligible families to enable their child to attend all extra-curricular activities. Please refer to the information sheet at the end of the newsletter.



### BARR school information

Due to the school's proximity to a large stand of mallee eucalypt vegetation, DMSC is a BARR school – ie it is on the **Bushfire At Risk Register**. This means that on days that are predicted by the Bureau of Meteorology to have

a Catastrophic Fire Danger Rating (FDR), the school will be closed pre-emptively (prior to the actual day). Details regarding what this involves are available on the information sheet about fire preparedness later in the newsletter.

### School hats

A reminder that all students must wear a brimmed DMSC hat when outdoors during terms 1 and 4. If your child has misplaced the free hat that they were given, they can purchase a new one from the front office for \$12.



### Sally Klinge

Principal

# Free Lunch during first day



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Wimmera

Sponge race  
Bomb comp  
Tube races  
Sinkers challenges

SAVE THE DATE  
**DMSC  
SWIMMING  
CARNIVAL**

TUESDAY 13TH OF  
FEBRUARY

COME AND WATCH ALL THE FUN!

Freestyle,  
Breaststroke  
Backstroke  
Butterfly &  
relays

Hindmarsh

**DOES YOUR CHILD FIND IT DIFFICULT TO  
BE MOTIVATED TO COMPLETE  
HOMEWORK?**

**DO THEY REGULARLY HAVE OVERDUE  
WORK?**

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 tasks.

If you have any questions, please ring the office or speak to **Mrs Charlotte Pyers.**

Encourage them  
to come to  
**S.M.A.R.T**  
sessions.

*Tuesdays  
and  
Wednesdays*

**Library**

**3.20 - 4.30**

**Snacks provided**



LUNCH TIME

Canteen  
Lunch Menu  
Cut off time  
8.40am

Just a reminder  
about the cut off  
times each day to  
order via Qkr!



Canteen  
Recess Menu  
Cut off time  
8.40am

Orders can be  
placed days ahead  
of time.



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# Term 1 Parent Support Series

## *Free Parent Webinars*

*Join us and Elevate Education for FREE  
60-minute webinars designed to help you  
support your child's studies at home.*

<https://go.elevateeducation.com/auschoolwebinars>

### *In Term 1 we'll cover:*

- 1. How to Get (And Keep) Your Child Motivated**  
- 14<sup>th</sup> February @6:30
- 2. How You Can Help Your Child Manage Their Time**  
- 28<sup>th</sup> February @6:30
- 3. How You Can Make Technology an Ally (& Not the Enemy!)**  
- 13<sup>th</sup> March @6:30
- 4. How You Can Help Improve Your Child's Memory**  
- 27<sup>th</sup> March @6:30



# Mobile phone use in schools

A reminder that the Department of Education has in place a mobile phone ban that requires students who bring mobile 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 [Mobile phones in schools webpage](#) 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



## 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

### MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

### 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.



# Camps, Sports and Excursions Fund APPLICATION Form

School Name

School REF ID

## Parent/legal guardian details

Surname \_\_\_\_\_

First name \_\_\_\_\_

Address \_\_\_\_\_

Town/suburb \_\_\_\_\_ State \_\_\_\_\_ Postcode \_\_\_\_\_

Contact number \_\_\_\_\_

Centrelink pensioner concession **OR** Health care card number (CRN)

-  -  -  **OR**

Foster parent\* **OR**  Veterans affairs pensioner (Gold Card)\*\*

\*Foster Parents must provide a copy of the temporary care order letter from the Victorian Department of Families, Fairness and Housing (DFFH).

\*\*Applicants must provide a copy of the Veteran Affairs Gold card.

## Student details

Child's surname	Child's first name	Student ID	Date of birth (dd/mm/yyyy)	Year level

I authorise the Victorian Department of Education (DE) to use Centrelink Confirmation eServices to perform an enquiry about my Centrelink customer details and concession card status to enable the business to determine if I qualify for a concession, rebate or service. I also authorise the Victorian Department of Families, Fairness and Housing (DFFH) to provide the results of any enquiry to DE regarding temporary care orders.

I understand that

- DFFH or Centrelink will use information I have provided to DE to confirm my eligibility for the Camps, Sports and Excursions Fund and will disclose to DE personal information including my name, address, payment and concession card type and status.
- This consent, once signed, remains valid while my child is enrolled at a registered Victorian school unless I withdraw it by contacting the school.
- I can obtain proof of my circumstances/details from DFFH and provide it to my child's school so that my eligibility for the Camps, Sports and Excursions Fund can be determined.
- If I withdraw my consent or do not alternatively provide proof of my circumstances/details, I may not be eligible for the Camps, Sports and Excursions Fund provided by DE.
- Information regarding my eligibility for the Camps, Sports and Excursions Fund may be disclosed to DFFH and/or State Schools Relief for the purpose of evaluating concession card services or confirming eligibility for assistance.

You can request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child's school.

Signature of applicant \_\_\_\_\_

Date    /    /

## 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: [Camps, Sports and Excursions Fund \(CSEF\): Eligibility | education.vic.gov.au](https://www.education.vic.gov.au/camps-sports-excursions-fund/csef/eligibility)

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: [Camps, Sports and Excursions Fund \(CSEF\): Payment amounts | education.vic.gov.au](https://www.education.vic.gov.au/camps-sports-excursions-fund/csef/payment-amounts)

**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

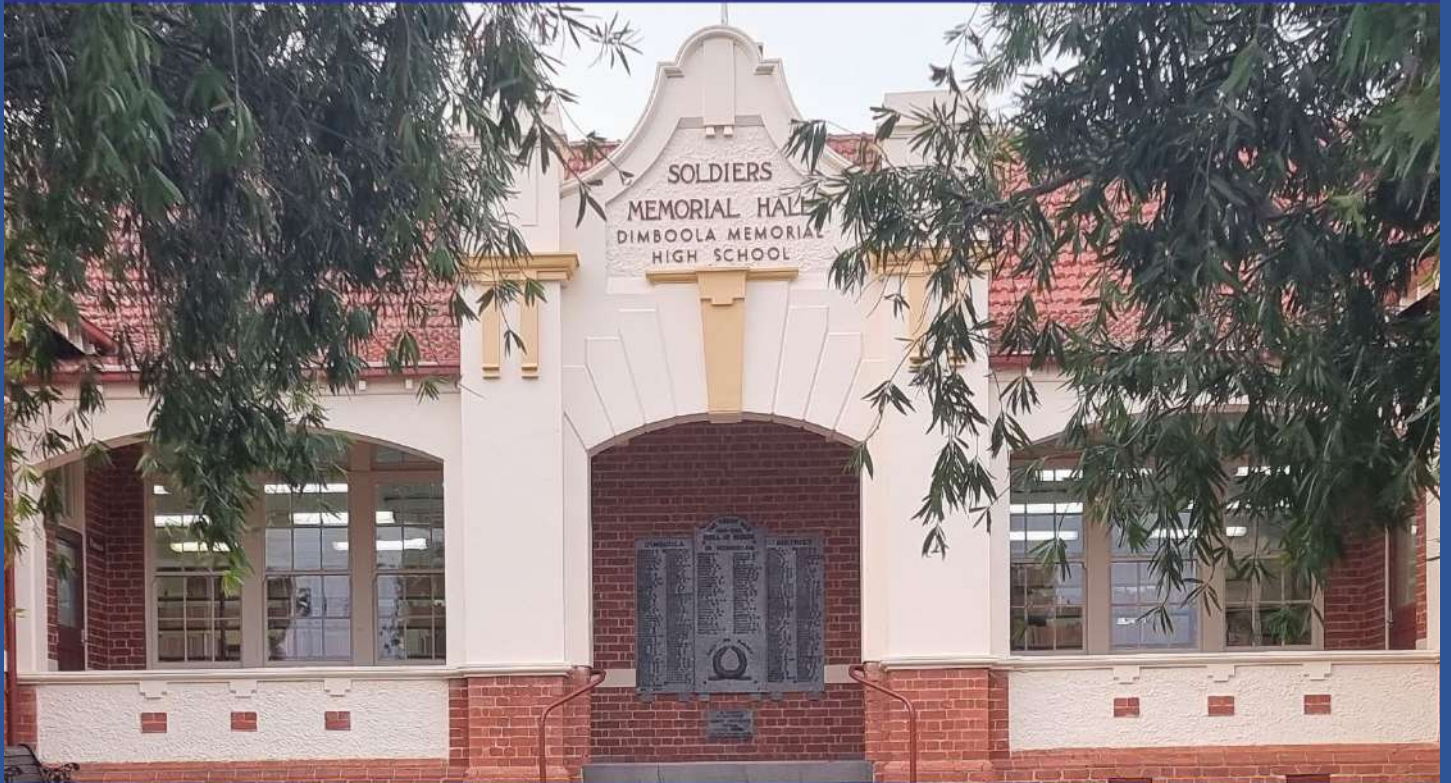
### NOTE: ALL SECTIONS MUST BE COMPLETED BY PARENT/LEGAL GUARDIAN

1. 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.
3. 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.**

# 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/dimboolamemoralsecondarycollege/1079075>  
or scan the QR CODE**

**CELEBRATING 100 YEARS OF EDUCATION**



## Detox your Home is coming to your area!

Safely dispose of unwanted household chemicals at a **free** Detox your Home event, without harming your health or the environment.

Household chemicals such as bleach, pesticides, weed killers, cleaning products, cosmetics, and cooking oil should never be put in your rubbish bins or poured down the drain.

Detox your Home events are drive-through and contactless.

### **Why dispose of household chemicals?**

Household chemicals can be dangerous. They may harm your family and pets, add extra fuel to a house fire, release toxic fumes and pollute the environment.

Disposing of these items responsibly will:

- reduce the risk of poisoning, keeping your family, friends and pets safe
- keep toxic chemicals out of waterways, and
- minimise environmental pollution and fire hazards.

### **What happens to the chemicals?**

Qualified chemists sort the chemicals, placing them in sealed drums to be transported to a specialist waste treatment plant. The majority of chemicals collected at Detox your Home events are recycled or used for suitable purposes, such as producing energy. Any chemicals that cannot be repurposed are safely disposed of after being treated.

# What can I take?

## Detox your Home accepts:

Acids and alkalis  
Aerosol cans  
Ammonia based cleaners  
Anti-freeze, coolant  
Brake fluid  
Car body filler  
Car care products and waxes  
Cooking oil  
Cosmetics, nail polish and remover  
Detergents, bleach, disinfectants and drain cleaner  
Fertilisers  
Fire extinguishers  
Floor-care products and waxes  
Fuels: petrol, diesel, kerosene, other  
Glues: water-based and solvents

Hand sanitiser  
Herbicides and weed killers  
Insect spray and pesticides  
incl. rat poison  
Oven cleaner  
Pool chemicals  
Solvents  
Thinners, turps and paint stripper  
Transmission fluid  
Wood preservatives and finishes  
And other items found at home with these symbols:



For a full list of chemicals accepted, visit: [www.sustainability.vic.gov.au/accepteditems](http://www.sustainability.vic.gov.au/accepteditems)

For safety reasons we can't accept containers of more than 20 litres or 20 kilograms. Please bring chemicals in their original packaging or in disposable containers that will not be returned to you.

## Detox your Home does not accept:

Ammunition or firearms  
Asbestos  
Batteries: car and household varieties  
Chemicals used by businesses  
Farm chemicals  
Fluorescent light bulbs, compact fluorescent lamps and tubes  
Gas bottles  
Motor oil  
Paint\*

\* Household paint can be dropped at no charge at any Paintback location.  
For details see [Paintback.com.au/find-location](http://Paintback.com.au/find-location)



## Register Now

To register to attend simply scan the QR code or visit [sustainability.vic.gov.au/detoxyourhome](http://sustainability.vic.gov.au/detoxyourhome)

You can also call 1300 363 744.

Events are held at locations around Victoria.



# ASSESSMENT

Term 1, Week 2  
5th - 9th February



Year	Work	Due date/s
<b>Year 7</b>		
English	Reading at home	Ongoing
Humanities	Front cover	Monday 5th Feb
German	Vocabulary on Blooket/ Duolingo	Ongoing
STEAM	Structures and Rockets Reflection	8th of Feb
<b>Year 8D</b>		
English	Complete <i>The Outsiders</i> WBQ1	Monday 5th Feb
Maths	Squizya 1.1	Mon 5th February
Humanities	Week 2 booklet	Mon 12th Feb
German	Meine Ferien booklet	ongoing
<b>Year 9D</b>		
English	Spelling tests	each Friday
Maths	Squizya 1.1	Mon 5th February
Humanities	Complete 'Industrial Revolution Introduction PP' Worksheet	Monday 5th Feb
Health and PE	Mental Health - Types	8th of Feb
German	Sport presentation	15th Feb
<b>Year 8 and 9 Electives</b>		
Media	Newsroom Dialogue Settings and Equipment Worksheet	6th of Feb 6th of Feb
Baker's Shop	Washing the dishes procedure Poster DoFoodSafely	Monday 5th Feb Friday 9th Feb
Textiles	Button sewing	Friday 9th Feb
<b>Year 10D</b>		
English	<u>Deadly Unna?</u> WBQ1 <u>Deadly Unna?</u> Revision multiple choice task	Monday 5th Feb Wednesday 7th Feb
Science	Skin Sensitivity Prac	Friday 9th Feb
Humanities	'Treaty of Versailles' table	Monday 5th Feb
Health and PE	Contemporary Issues Assignment	Tuesday 6th Feb
Work Ready	Understanding Careers Booklet (Morrisby Profile report)	Thursday 15th Feb

Senior Subjects	Assessment	Due date/s	
Business Man Unit 1	Edrolo 1D/E/F Chapter Summary 1D/E/F	12th February	
Biology Unit 1	Edrolo 2A questions Edrolo 2B video and notes	Wednesday 7th February	
Biology Unit 3	Edrolo 2A video (Holiday homework)	Wednesday 7th Feb	
English Unit 1	<i>Ransom</i> test Reading <i>Ransom</i> study guide	Monday 5th February	
English Unit 3	<i>Sunset Boulevard</i> Workbook Questions 2	12th February	
Food Studies 1	Chapter 2 booklet	Thursday 8th Feb	
Food Studies 3	Chapter 4 Activity 4.1 and 4.2	Thursday 8th Feb	
General Math Unit 1	Chapter 1a*-1e* Questions	Monday 5th Feb	
General Math Unit 3	Chapter 1 Textbook Questions and assignment	Monday 5th Feb	
Health HD Unit 1	Any unfinished 1A, 1B, 1C, 1D and chapter 1 Review Edrolo questions	Wednesday 7th	
Health HD Unit 3	Overdue holiday homework booklets (if unfinished) Any unfinished 1A, 1B and 1D Edrolo questions		
History Unit 1	Overdue holiday homework	Sunday 4th Feb 11.59pm	
Legal Unit 1	Edrolo videos: (1A, 1B & 1C)	Tuesday 6th Feb	
Legal Unit 3	Edrolo videos: (1A x 2, 1B & 1C)	Thursday 8th Feb	
Maths Methods Unit 3	Chapter 2 questions (Assignment 1)	8th February	
Media Unit 1	Media Representations - Week 1 Focus Questions and Activities SAT 1 - Part A	5th of Feb - 9am	
Media Unit 3	Media Narratives - Week 1 Activities SAT (Research and Development)	5th of Feb - 9am	
PE Unit 1	Overdue Holiday Homework	Tuesday 6th Feb	
PE Unit 3	Edrolo x 2 Study clip 1d Begin chapter 2 Peak Performance	Tues 6th February	
Physics Unit 3	<b>Must Do:</b>	<b>Should Do:</b>	Friday 9th February
	-Term1Week2 10 minute Terror -Chapter 1a and 1b Questions. -Begin A3 Forces and Motion Summary	-Edrolo Videos 1c, 1d -Add formula and examples to Cheat Sheet	
11 Literacy	3 Things I need to Know	Week 4	
12 Literacy	3 Things I need to Know	Week 4	
11PDS	Swimming Sports Activity planning	Week 3	
12 PDS	Swimming Sports Activity planning	Week 3	
11 WRS	Workplace Communication tasks / Swimming Sports Activity planning	Week 3	
12 WRS	Workplace Communication tasks / Swimming Sports Activity planning	Week 3	

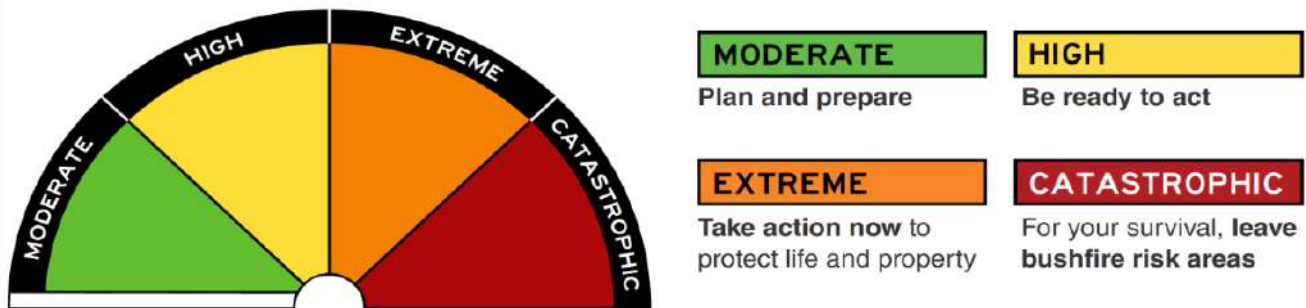




# 2024 Fire Season

## School procedures for the bushfire season

### The new Fire Danger Ratings



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](https://www.facebook.com/cfavic))
- Vic Emergency app

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



### School Transitions

What's the best way to support your child during transitions at school?



Whether it is starting school for the first time, moving up to a higher grade or embarking on a journey through secondary school, there is no doubt that any school transition is a very exciting time for children and parents. It means your children are growing up!

However, transitioning is an ongoing process. It can continue long after students have entered their new environment and may encounter difficulties at a number of different stages. These stressors may appear as anxiety and frustration and result in negative or disruptive behaviours. Such behaviours can become problematic making the transitioning process even more difficult for children and parents.

In this edition of SchoolTV, parents will learn practical strategies to assist your child during the transition process and reduce stress and anxiety levels.

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 **School Transitions** edition of SchoolTV  
<https://dmsc.vic.schooltv.me/newsletter/school-transitions>

# we all know that festivals, clubbing and parties can be lots of fun, but they can also get out of control.

A lot of people don't see alcohol as a drug, but it's the most used and easily accessible drug in Australia.



Alcohol is a depressant which means that it slows down the brain – it dulls the senses and affects the way you think, feel and act.

## Alcohol and peer pressure

It's normal to want to be part of a group and often drinking can be a big part of socialising. But if you don't want to drink, or have 'just one more', then that choice is yours. Deciding to drink alcohol should be on your terms.

If you choose to drink, it's important to get informed and drink as safely as possible.

It is important to remember that there is no safe way to use alcohol and it can impact on your developing brain and body.



## What does alcohol do?

As a general rule, alcohol can make you feel more confident and relaxed, slow down your reflexes and affect your balance and coordination.

Drinking too much can cause headaches, dizziness, nausea and vomiting. In some cases, people can pass out and may not remember what happened. They may do risky things that they wouldn't do while sober.

**How alcohol makes you feel depends on lots of things, like:**

- your weight
- your health
- how regularly you drink
- how much you drink
- the strength of the drink
- what kind of mood you're in
- who you're drinking with.

The effects of alcohol can last for hours, even overnight, especially if you have drunk a lot. When it wears off you may feel tired, thirsty, headachy and sick. This usually won't last longer than a day.



# YA BOOK CLUB READING PROMPTS

**GRAB SOMETHING FROM YOUR BOOKSHELVES  
OR THE LIBRARY AND GET INTO THESE FUN  
READING PROMPTS!**

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**APRIL 2024 - FANFICTION**



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**small steps  
can make a  
big difference**

