Dear members of the Mount Lilydale Mercy College Community

I must admit to being one of those people that enjoy the power of story and the many lessons that emanate from it. I am also lucky enough to have a number of friends and colleagues that know of this fact and so occasionally send me short stories and tid bits. One such article led me to reading about an Italian psychotherapist, Piero Ferrucci, who wrote a book entitled The Power of Kindness: The Unexpected Benefits of Living a Compassionate Life. In the chapter dealing with respect, he writes:

By tradition, the Catholic Church dedicates each month of the year to a certain devotion. In May, it is the Blessed Virgin Mary. This devotion arose among Jesuits in Rome in the late 18th century and quickly spread throughout the Western Church. During this month of May let us turn to Mary in prayer and see what a great role model she is for our lives.

Mary delivered Jesus to us. She accepted this important mission knowing that there would be many who would not understand and probably judge her. She accepted and agreed to have a child through the power of the Holy Spirit (Luke 1:38). Her Son would be taken from her not only in death, but also in doing our Father's work. She accepted this mission because she had faith in God and knew the importance of what was being asked of her. Mary did not think she was worthy of such an important task, but accepted what was to come (Luke 1:46-50). The faith she had in God, and the faith she had in her Son are what we can value in her as the mother of Jesus. We understand the human concerns and worries she had, but very much appreciate her divinity, love of God, and love of her Son.

A Mothers’ love is often about sacrifice, about self-giving, about unconditional love. This week let us remember all Mothers and the importance of the role they play in our families and in society.

**Prayer**

God our Creator, we pray:

- for new mothers, coming to terms with new responsibility;
- for expectant mothers, wondering and waiting;
- for those who are tired, stressed or depressed;
- for those who struggle to balance the tasks of work and family;
- for those who are unable to feed their children due to poverty;
- for those whose children have physical, mental or emotional disabilities;
- for those who raise children on their own;
- for those who have lost a child;
- for those who care for the children of others;
- for those whose children have left home;
- and for those whose desire to be a mother has not been fulfilled.

Bless all mothers, that their love may be deep and tender, and that they may lead their children to know and do what is good, living not for themselves alone, but for God and for others.

Amen.
It may seem strange that by changing a thought in my mind I can change a trait in another person. Yet it is only strange if we undervalue the importance of our mind, and if we forget the many ways in which we continually interact. Various studies have demonstrated the Pygmalion phenomenon – if I change my perception of you, you will change. The students who are seen by the teacher as the most intelligent become the most intelligent. The employees who are seen by their bosses as the most competent and efficient become the most competent and efficient. Our perception is like a ray of light falling on a plant – it makes it more visible, nourishes it, stimulates its growth. Think of how many talents and qualities in everyone that are not fully manifested because they are not seen.

Now I know that I was given this article because it helps me to understand the lesson that Jesus was able to transform people’s lives by loving them and showing them that they were worthwhile. He gave them such self-belief.

The teacher in me however reflects on our responsibility as teachers and parents. Do we create the expectation and belief of academic success in the knowledge that what we expect and what we allow will determine the return or do we allow our children and students to wallow in low academic standards and expectations? We all know that all our children have many different gifts and talents and that all are different. We also know that talents that are never practised or exercised will not be developed. Like the grape on the vine without fertilization a talent or a gift can certainly shrivel up. As parents and teachers we demand high expectations of all our students and then support that expectation with work. Like Ferrucci I wonder what talent is yet to be manifested.

YEAR 11 RETREATS AND VCAL CAMP
Year 11 students and staff will be on retreat for this week. I trust that each student will find the experience enriching and that the experience will help them grow in the understanding of the love that their God has for them.

We also wish our Senior VCAL students the best as they head off on their first camp this week.

Over the last week I have received a number of complaints about parents picking up students in neighbouring streets and blocking off driveways or denying access to homes. Please be courteous on our roads and think of those that live around the school. Certainly pay attention to signage and other regulatory processes as they are in place to protect us all.

God Bless

Philip A Morison
Principal

WINTER UNIFORM IS COMPULSORY FOR ALL STUDENTS
TODAY
MONDAY 29 APRIL 2013

VCE SAC DATES

<table>
<thead>
<tr>
<th>WEEK 3</th>
<th>WEEK 4</th>
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<tbody>
<tr>
<td>A</td>
<td>29/04/2013 Further maths Biology</td>
<td>30/04/2013 Theatre Studies</td>
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<td></td>
<td>01/05/2013 Food SAT due 12/9</td>
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<td>02/05/2013 Studio Arts</td>
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<td>B</td>
<td>06/05/2013 Psychology</td>
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<td>07/05/2013 H &amp; HD (SLE) Chemistry</td>
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<td>10/05/2013 Legal Studies Vis Com</td>
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<td>11/05/2013 Dance College Play Performance</td>
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<td>A</td>
<td>13/05/2013 Aust Hist Chemistry test</td>
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<td>14/05/2013 Eng Lang</td>
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<td>16/05/2013 PE: SAC 2 Food Bus Man Ag Hort</td>
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Welcome back for Term 2, we concluded our first term together with an Easter Liturgy as a community and the sending out of Interim Reports to parents. Last week students and parents had the opportunity to attend Student Progress Interviews, we hope that these two forms of feedback provided valuable information for students and their families on how they can improve their learning and can get more from their studies.

During Term 1 all of the students on the Barak Campus took part in a number of Seminars to support their individual learning and study/homework programs. All students have received a copy of the VCE/VCAL student handbook that details their responsibilities, procedures and policies for their academic programs and what is required of them for absence and assessment tasks etc. Each year level has also had sessions on personal organisation and study timetables. In addition the Year 11 students attended a seminar presented by Elevate Education. This presentation looks at providing students with a skill set on “How we learn, How best to study, revise and retain valuable information in their day to day classes as well as during their nightly homework sessions and in preparation for their upcoming exams.” Each student received a Booklet which they filled out during the seminar and took away with them to become their “Foundation for Study”. Each Year 11 student was encouraged to consider the information provided to them and apply the many strategies to support their homework and study regimes to enhance their own learning and performance at school. This valuable seminar is part of a sequence that will see a second presentation in August and strengthen the seminars provided at Year 12.

Also during Term 1 the Barak Campus gathered together for a formal assembly of acknowledgement and celebration. The Assembly also gave the Barak Campus a chance to present the class captains of Year’s 10, 11 and 12 their badges (see below for all names). We hope that each student undertakes this role with great responsibility and respect throughout the year.

Term 2 will hold the Year 11 Debutante Ball, which will be taking place over three nights; Saturday 15 June, Friday 21 and Saturday 22 June. Information letters for Deb Ball dates, ticketing information and dance practice dates were posted out the first week of the holidays. Please read the information carefully, in particular the dance practice dates as students must attend all of the scheduled dance classes in order to prepare for this wonderful evening. If you have any questions or concerns please contact Lucia Tabacchiera at the College.

Thursday 25 April was Anzac day. As a Community we are remembered and reminded of the great Sacrifice and Service of others which had such a marked impact upon society’s development and did so much to secure the gifted life we share in our community. As we remember those that sacrificed so much, we ask all in our community to consider the many social justice and leadership opportunities the College offers to allow our students to serve and give back to others who have a greater need than us.

It is compulsory from today (Monday 29 April) that all students wear their winter uniform with respect and pride. Blazers must be worn to and from school and girls are reminded that only tights must be worn, no socks allowed. Also permitted are blue and white scarves and blue gloves. Any other colours are not permitted.

We hope that this term brings great achievements and learning.

Mr Callanan and Ms Tabacchiera
Barak Campus Directors

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<thead>
<tr>
<th>BARAK CAMPUS - CLASS CAPTAINS</th>
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<tr>
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<td>12 Silver</td>
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Hello everybody, and thanks for tuning in for another episode of Captain’s Corner. We hope everyone enjoyed Term 1 holidays and is ready to go for Term 2. Well done to all of our students, and in particular our Year 12s for successfully getting through Term 1.

A lot has been happening lately starting with our Anzac Day service at school. Mr Eric Dosser, the president of Lilydale RSL was our special guest and he presented a bible to Mr Morison as a gesture of thanks for the involvement that Mount Lilydale has had with both ANZAC Day and Remembrance Day stretching back over many years. The bible is now displayed in student reception if you wish to see it. We would like to thank Mr Dosser for giving us such a wonderful gift.

In other news, our Athletics team has finished 3rd in the EISM Athletics carnival. This is a fantastic achievement which was led by our highly athletic Sports Captain’s Adi Tomada and Bella Andueza. Well done to you both and all members of the team!

As a Year 12 group, we have just come up with our Year 12 jacket design (created by Bella Andueza) and we hope they will be ready for us later in the term. The highly critical issue of what nickname to get on the back of our individual jacket has been all the talk this week with nicknames ranging from your standard last name to the nicknames that appear to have no link to the person concerned; all we can say is, that we are looking forward to seeing them!

Now time for our fortnightly segment of… Prefect Introductions! Today’s line up includes:


HANNAH KELAART
Role: Debating/Public Speaking Prefect
Best part about your role: The best part about my role is helping all the different year levels with their debates, it’s actually a lot of fun.
Plans after school: After school I want to enrol in a law and arts degree at Monash Uni so I can become an immigration and human rights lawyer.
Worst habit: My worst habit is probably saying ‘like’ too much in one sentence.
Hobbies: My hobbies are travelling, arguing with people.

RAFAEL MELLO
Role: Social Justice Prefect - my role in the school is that I am responsible for the co-ordination of student fund raising activities throughout the college and I work to raise awareness of those in need.
Best part about your role: the best part of my role is that I love to help others develop a passion for social justice issues which I really admire.
Plans after school: after school I plan on studying law and advocate on behalf of disadvantaged groups.
Worst habit: my worst habit is that I’m the clumsiest guy I know, I’m constantly falling over!
Hobbies: I love soccer and staying active but I also enjoy a good read from time to time.

OLIVIA NATION
Role: Year Book Prefect
Best part about your role: I get to be a part of something that every student looks forward to receiving at the end of the year.
Plans after school: I would like to go to uni and maybe do teaching and do lots of travelling!
Worst habit: I never remember to close doors.
Hobbies: Netball, Snowboarding and going out with friends.

MELANIE KOOY
Role: Dance Prefect
Best part about your role: The best part of being Dance Prefect is watching the VCE Dance girls grow as performers, I look forward to working with them, seeing their talents and watching the girls perform their solos.
Plans after school: I hope to complete a dance and drama teaching course but I would also love to become a back up dancer.
Favourite Person: Lenny Hayes, a true champion of the game.
Hobbies: Dancing.

Thanks for tuning in everyone, enjoy the week and we would love to receive some feedback for our section in the newsletter. Thanks again.

Alex and Taylah

“Dream Together, Embrace Change, Strive as One”
Coranderrk Aboriginal Music Festival 2013
Celebrating 150 years

16 March 2013 marked the 150th anniversary of the historic Coranderrk property in Healesville. Coranderrk Aboriginal station was founded in 1863, providing security and a home for these people during this part of Australia’s history. Coranderrk station was established after Wurundjeri elders Simon Wonga and William Barak were successful in securing the land that the station now stands on. It was forced to close in 1924, which brought an end to a successful aboriginal enterprise that sold wheat, hops and crafts, sport teams, farming families and the village school. When the station closed, residents were moved to Lake Tyers, all buildings besides the double storey brick house that stands now. Some residents refused to leave and remained there living independently. Only 200 of the first original 4,850 acres were returned to aboriginal ownership. The festival was a chance for our broad community to learn more about the station and the roles it played in the community. It honoured the pride and dignity of the original inhabitants and showed the strength and resilience of the Wurundjeri people. The day was filled with music, food, children’s activities, story-sharing and rain. Mount Lilydale Mercy College’s tent was a great success, with our team made up of Casey Prosser, Keely Nolet, Cassie Treverton and Mr Hill. We had set up our tent with the Bunjil’s nest and past Year 9s hopes and wishes for Bunjil written behind it. The community was very impressed of our school’s knowledge, understanding and reconciliation of Bunjil’s story, Coranderrk as an Aboriginal property and the history of the area. We gave out red, black and yellow braided bracelets along with a small sample of the Coranderrk Flower (a white Christmas bush that grows to 1-2 m tall). We were battered with a storm near the end of the festival, which brought the wooden Bunjil nest falling on top of Cassie’s Japanese exchange student, what an experience! We found ourselves holding down the legs of the tent and letting the rain give us our daily shower. Altogether, it was an amazing experience; we all met new and interesting people and learned their stories. We felt welcomed by the Wurundjeri people into their land and community. I would hope that in the future we can set up more in our tent for our school and encourage more of the school body to come along.

Photos and Text by Molly MacKinnon, 9 Red
It was with much pleasure that I supervised our students at the tournament last Sunday. There was a record number of students participating against players ranging from five years old to adult. There was even an International Master competing in the tournament. The MLMC students were all present in their sports uniforms and gave their best, winning and losing with grace. Well done to Harley Dingey (Year 11) who placed second and Calvin Fehring (Year 8) who was third in the Unrated Players section. In addition, well done to David Remminga, Zeke Griffin, Kevin Smith, Brayden Douglas, Ashley Greene, Jeremy Pynaker and Aragorn Keuken, who all played very well. I am looking forward to the next tournament in June.

All students are welcome to participate in the Chess Club at school. It is held on Wednesdays at lunchtime in McAuley Library and in Terms 2 and 3 we have the benefit of a chess tutor.

Miss Stanley
McAuley Teacher Librarian

As per usual, Mount Lilydale had many outstanding and respected chess players at the Billanook Chess Tournament held on Sunday. We managed to have a total of nine wonderful participants from our great school. Seven intense rounds later we had victors: Calvin Fehring (Year 8) taking the bronze medal and Harley Dingey (Year 11) taking silver. The other seven participants also played incredibly well, several only missing the medal round by half a point.

But none of this could have been possible without the very kind and dedicated Miss Stanley, so thank-you from all the chess players who competed.

David Remminga
Year 10 Chess Club

In My Heart

I will put in my heart,  
The sweet smell of fresh grass skimming across the soft earth  
Trees swirling in the wind like ballerinas  
Twinkling light shining through the trees.

I will put in my heart,  
His warm hand nudging mine  
Butterflies fluttering inside  
Hugs screaming to last forever.

I will put in my heart,  
The scent of lavender oil kissing the tip of my nose  
A gentle swaying hammock whispering my name  
Mountains climbing to the stars.

And now my heart is made from memories  
From words, from pictures with love in the deep  
I shall dream in my heart as the afternoon sun drifts  
Drifts over the horizon and beyond.

Clare Kandybko

Her eyes tell a story  
Of which her lips dare not to speak,  
Others would not call her strong,  
But only weak.

Their laughs and whispers all year round,  
Now is lost and can never be found.  
“Why me?”  
She yelled in pain.

Hurt in her eyes,  
The others just thought it a game,  
Attention was the prize,  
“You’re ugly, you’re fat.”

We’d be better off without you,”  
“You’re gorgeous, you’re kind,  
What they say is not true,”  
“What words to believe?”

She questioned herself,  
Dreaming of death,  
“I would never do what you did to me,”  
She whispers….  
As she gasps for her final breath.

Kayla Murphy
SPORTS REPORT

EISM ATHLETICS

EISM A

HEAT RESULTS

EISM SPORTS

The students are still hard at work exhibiting their individual skills for the coaches. Team selections should be completed in the coming weeks, and all teams should be ready to put their best forward for the season.

Details of each week's fixture, venues and results can be found at http://www.eism.org/
Do you need to access Mount Lilydale Mercy College Video Library from home?

We are now able to provide you with access to college educational videos through Clickview Online. Clickview Online allows students to access the Mount Lilydale Mercy College video library over the internet. Mainly, these titles are educational to support the curriculum. Titles are accessible at all hours, any day of the week through an internet browser.

To access Clickview Online initially, students will need to locate the links and instructions through Libguides which are available through the College Webpage, via the Learning Tab to Library and Online Resources. We recommend that if you require further instructions go through our Online Resources to Libguides or the link below which will outline the process for accessing the Clickview Online video library from home.


Please feel free to contact me if you have any queries

Mrs Coney
Head of Library and Information Services
Email: aconey@mlmclilydale.catholic.edu.au

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Fortnight at a Glance - Calendar Dates

<table>
<thead>
<tr>
<th>Week A</th>
<th>Week B</th>
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<tr>
<td>29-30 April Senior VCAL Camp - Angelsea</td>
<td>6 May Year 11 VET Outdoor Education Orienteering</td>
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<tr>
<td>Year 11 Retreat - Group 1 White, Orange, Gold and Purple</td>
<td>7 May Level Assemblies - Years 9 and 11</td>
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<tr>
<td>7pm Lilydale Toastmasters</td>
<td>8-10 May Year 11 Outdoor Education - Mt Stirling Falls Creek</td>
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<tr>
<td>30 April Year Level Assemblies - Years 7 and 10</td>
<td>8 May Years 10, 11 and 12 Cross Country Carnival</td>
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<tr>
<td>Parents and Friends Meeting 7.30pm</td>
<td>7-9pm Maths, Science, Information Technology Transition Evening</td>
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<tr>
<td>1-2 May Year 11 Retreat - Group 2 Blue, Jade, Silver, Green and Red</td>
<td>9 May Years 7, 8 and 9 Cross Country Carnival</td>
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<td>1 May Year 8 Leadership Course 3.30pm</td>
<td>3 May Immunisation - Year 7 (boys and girls) Year 9 (boys only)</td>
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<td>3 May VCAL Billy Cart Derby</td>
<td>10 May Year 10 Outdoor Education - Orienteering</td>
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<td>7pm College Play - Pride and Prejudice</td>
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<td>7pm Soup Van</td>
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Mount Lilydale Mercy College Presents....

The Year 12 Theatre Studies are proud to present the 2013 production of

PRIDE AND PREJUDICE

Fitzwilliam Darcy is determined not to succumb to the charms of Elizabeth Bennet because he considers her family connections to be inferior. She is determined not to like him because of his pride. Can their differences ever be reconciled?

This is a wonderful opportunity for parents and friends to see our students in action and see what they have achieved while being entertained at the same time!

Performance Dates
Friday 10 and Saturday 11 May
at 7.30pm

Cost of tickets
Student/Pension $5
General Admission $10
Families of 2 adults and 3 children $32

Tickets are ONLY available online - bookings open on Monday 22 April 2013

1. Logon to http://www.trybooking.com/CRMD
2. This will bring you directly to the booking website.

PLEASE NOTE THAT IF YOU DO NOT HAVE A CREDIT CARD OR INTERNET ACCESS UNBOOKED TICKETS WILL BE AVAILABLE FOR SALE AT THE DOOR ON THE NIGHT OF THE PERFORMANCE. TO AVOID MISSING OUT ARRANGE TO BOOK ONLINE.
World Asthma Day 7th May 2013
‘It’s time to control your asthma!’

World Asthma Day is an annual event held by the Global Initiative for Asthma and this year’s theme is ‘It’s time to control your asthma’. Good asthma control not only improves lung function and means less symptoms during the day and night, but also improves the quality of life for people with asthma. This World Asthma Day, we encourage all schools to consider what good asthma control means for them, the children in their care and their whole school community. If you feel that your student’s asthma is uncontrolled and impacting on their ability to participate in activities please make sure you communicate this to their parents and carers and encourage them to see their child’s GP for an asthma review.

New Resource for VCE Health and Human Development Students!

We have a great new fact sheet for students studying the VCE Health and Human Development. Many students choose to focus on asthma as a National Health Priority and we would like to ensure that these students have an accurate, up-to-date and easy to read reference for their projects.

Please see the resources section on our website for a copy of the fact sheet, or see the attachment that has been sent with this newsletter.

School Camps & Excursions

Camps and excursions are a calendar highlight for students and are a great way to encourage them to try new activities. However camps and excursions can present a new set of challenges for students with asthma and the following is a list of considerations to be made for camps/excursions and the students that may be attending:

- How many children with asthma are attending the camp/excursion?
- Do you have a copy of students’ Asthma Action Plans to take on the camp/excursion?
- What asthma or allergy triggers will the students be exposed to?
- Are there a suitable number of asthma first aid trained staff attending?
- Are there a suitable number of Asthma Emergency Kits available to respond to an asthma emergency?
- Are all staff aware of the asthma emergency procedure?

Considerations to be made for individual students:

- Have they been unwell recently?
- Have they had an asthma attack or asthma symptoms recently?
- Has their parent/carer completed the School Camp and Excursion Medical Update Form?
- Will they have their reliever medication and spacer on hand at all times?
- Are they attending with other medications to be taken and are there sufficient instructions for use/dosage?

To find out more contact your local Asthma Foundation:

1800 645 130
asthma.org.au

Supported by the Australian Government
Young people at the National Asthma Conference

On 19, 20 March Asthma Australia’s conference, Tackling Asthma in Australia — the Next 5 Years, was held in Canberra.

Two ACT young people provided a ‘welcome to the future’ for the attendees.

Hayley, a secondary school student, told the audience about her asthma and how her school was involved in a project to help other students to know how to help a friend in case of an asthma attack. Eddie, an active sportsperson, also told the conference about his asthma, how he managed this to play top level sport, and about his involvement in a day of filming at the Australian Institute of Sport for Asthma Australia.

Eddie finished the welcome with, “I'm proud to be involved with Asthma Australia and the Asthma Foundation here in ACT, and helping to get important messages about asthma and self-management to teenagers and young adults around Australia. Asthma Australia has lots of plans to work more closely with people like me. This is really important and we thank you for giving us the chance to have our say.”

The winning poster from the competition held at the end of last year, by a student at Woodleigh School in Victoria, was framed and provided to all conference presenters.

New TRI GGERS booklet

This booklet was launched at the conference and informs people with asthma and their caregivers about how to recognise their asthma triggers and what can be done to avoid them.

Asthma triggers could be something that people with asthma:

- Breathe in (smoke, cool air)
- Catch (cold, flu)
- Feel (emotions, stress)
- Do (exercise)
- Eat or drink, take (medications)

The booklet is available online at the Asthma Australia website via Latest News. This may help you understand about your student’s asthma triggers, or to inform parents and careers.

Exercise: a trigger not to avoid

Students with asthma should participate in sports and other physical activity as a component of a healthy lifestyle.

When a student’s asthma interferes with physical activity, they may need to review their use of preventer medication or seek their doctor’s advice about asthma medication they use prior to exercise.

The images here show Petrina Price, an Olympic high jump athlete, and Maddie, Issy and Eddie, active young people who manage their asthma and participate in a variety of sports, at the Australian Institute of Sport during filming for Asthma Australia. View the promo at:

http://asthmaaustralia.org.au/assist/yourasthma/asthma-sport/
GIRLS RULES

Presenter: Theresa Sheedy
Ages: Primary and Secondary

For a long time there has been discussion that raising girls is different from raising boys. This seminar looks at girls’ relationships with each other and the adults in their world. How is power used within girl peer groups – who’s in and who’s not? What does bullying look like within girl groups? We discuss how to help your daughter manage social popularity and social isolation. Focusing on preventing depression, anxiety and eating disorders in young people, this seminar can introduce you to how you can support your daughter be herself in this ever-changing social context and examine what kind of parenting style works in developing a lasting relationship with your daughter.

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<th>DATE</th>
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<tbody>
<tr>
<td>22 April</td>
<td>7.00 pm – 9.00 pm</td>
<td>Our Lady Star of the Sea - Ocean Grove (Melway Map 234 F4)</td>
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<tr>
<td>7 May</td>
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<td>St Josephs - Malvern (Map 59 C8)</td>
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<td>30 May</td>
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<td>Catholic Regional College – North Keilor (Map 14 B1)</td>
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</tbody>
</table>

BUILDING RESILIENCE IN CHILDREN and ADOLESCENTS

Presenter: Chris Daicos
Ages: Primary and Secondary

Young people in our schools today need the skills, knowledge and practice opportunities to build social relationships, to cope with difficulty and to work collaboratively. Resilient children are socially competent, can solve problems, have a sense of autonomy and independence, and a sense of purpose and future. As a consequence, these children have an increased capacity to learn. This seminar will:

- provide an overview of the recent research in the area of resilience
- examine the profile of the resilient child and the protective factors that enhance these qualities
- provide an opportunity to identify and associate current work/parenting with protective factors
- explore ways of increasing and maximising these protective factors for children and adolescents.

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<th>DATE</th>
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<tbody>
<tr>
<td>1 May</td>
<td>7.00 pm – 9.00 pm</td>
<td>St James College - East Bentleigh (Melway Map 78 B3)</td>
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</tbody>
</table>

Registration/Further Information

Contact your school or Catholic Education Office Melbourne, Parent Seminar Series Coordinator: Mr Doug Sandiford on 9267 0258 or dsandiford@ceomelb.catholic.edu.au.

Seminar Cost: $10  (Payment options provided when you register).
A for ATTITUDE to POSITIVE PARENTING

Presenter: Julie Davey

Ages: Primary and Secondary

Julie Davey presents proven strategies to build resilience in children and enhance wellbeing for the whole family. Topics will cover:

- Positive attitudes for Health and Happiness includes:
  - tips & techniques to reduce stress and anxiety in children
  - improving personal performance, health & success for yourself and your child

- The Fabulous First 5 Minutes Program includes:
  - teaching children how to deal with problems as opportunities
  - the importance of setting achievable goals & reach their full potential
  - building confidence in children and helping them focus in class.

- Food for Thought provides fun ways to:
  - convince your child to eat nutritious foods
  - focus on their positive traits and potential
  - become more resilient.

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<tbody>
<tr>
<td>23 Apr</td>
<td>7.00 pm – 9.00 pm</td>
<td>St Michael’s – Ashburton (Melway Map 60 E10)</td>
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RAISING MIGHTY BOYS

Presenter: Michael Grose

Ages: Primary and Secondary

This seminar will provide a better understanding of the needs of boys so you can adapt your parenting. You will get essential information, strategies and the reassurance to help you raise your mighty boys into mighty fine men.

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<tbody>
<tr>
<td>21 May</td>
<td>7.00 pm – 9.00 pm</td>
<td>St Mary’s - Ascot Vale (Melway Map 28 F9)</td>
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<tr>
<td>23 May</td>
<td>7.00 pm – 9.00 pm</td>
<td>St Monica’s – Footscray (Map 2S J8)</td>
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</table>

Registration/Further Information

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