The doctrine of the Assumption says that at the end of her life on earth Mary was assumed, body and soul, into heaven, just as Enoch, Elijah, and perhaps others had been before her. It’s also necessary to keep in mind what the Assumption is not. Some people think Catholics believe Mary “ascended” into heaven. That’s not correct. Christ, by his own power, ascended into heaven. Mary was assumed or taken up into heaven by God. She didn’t do it under her own power.

It is celebrated annually on or around August 15 by many countries, particularly in parts of Europe and South America. Some countries celebrate the day at other times of the year. This day is also known as the Assumption of the Blessed Virgin Mary, the Dormition of the Most Holy Mother of God (in the eastern countries), or the Feast of the Assumption.

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**PRAYER**

The Magnificat, taken from Luke’s Gospel (1:46-55), is the Blessed Virgin Mary’s hymn of praise to the Lord.

My soul Magnifies the Lord
And my spirit rejoices in God my Saviour;
Because he has regarded the lowliness of his handmaid;
For behold, henceforth all generations shall call me blessed;
Because he who is mighty has done great things for me,
and holy is his name;
And his mercy is from generation to generation
on those who fear him.
He has shown might with his arm,
He has scattered the proud in the conceit of their heart.
He has put down the mighty from their thrones,
and has exalted the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.
He has given help to Israel, his servant, mindful of his mercy
Even as he spoke to our fathers, to Abraham and to his posterity forever

Amen
Dear Members of the Mount Lilydale Mercy College Community

Last Thursday, 8 August is the day set aside whereby we remember Australia's first and only Saint, St Mary of the Cross MacKillop. In 1842 Mary Helen Mackillop was born in the Melbourne suburb of Fitzroy and she came to love working with the poor. Together with Fr Tenison Woods, she founded the Congregation of the Sisters of St Joseph in 1867, an order dedicated to the education of those poor children realising that education was the way out of poverty. In her struggles to do this work, Mary faced many challenges, not the least of which was excommunication by Bishop Shiel in September 1871 which was lifted some five months later. Within twenty years over three hundred sisters were working in nine dioceses across Australia and New Zealand. Mary died on 8 August 1909. She was declared a Saint by Pope Benedict XVI on 17 October 2010 and one of her many known sayings was “Never see a need without doing something about it.”

Mary was an ordinary woman, who with a great belief in her faith, a determination and warmth, and a love of God was able to achieve so very much in her service of others. In reading about her there are so very many similarities in the story of Catherine McAuley. Strong and determined women who are role models for us all.

So, too, this week we at the College and within our Catholic Church celebrate the Feast of the Assumption which still remains a Holy Day of Obligation and accordingly we will celebrate with a College Mass. As discussed in the introduction to our newsletter prayer this feast is a celebration of Mary’s passage to heaven at the end of her life. She was taken body and soul as a reward for her gift of faith filled life and her dedication and devotion to Christ. We are told that Mary may be called the first disciple as she actively participated in his life and strongly identified with his death, resurrection and ascension.

Mary too is a wonderful role model for us all as disciples, people of faith and as parents who have an unconditional love for our children.

At the end of last week we farewelled Mrs Eliza Eilenberg as she begins maternity leave. We wish Eliza well as she prepares for the birth of her second child.

We welcome the following new staff to the College:

Ms Jaclyn Doherty – teacher of Financial Awareness, Humanities and English
Mrs Anne Grieves – teacher of Religious Education and Philosophy

The second group of students left for Jigalong yesterday, and we wish them well on their journey. The first group has now arrived home with some interesting stories and experiences to share with us.

Once again families within our community continue to suffer the loss of loved ones. This week we remember and pray for the Townend family and Isabelle in Year 8 with the recent departure of their grandfather Patrick Ginty. We also remember staff members Jo and Geoff Hopkins along with their family with the recent death of Jo’s mother at the age of 91. We pray for the repose of their souls and may they find peace with our Father in Heaven.

God Bless

FROM THE PRINCIPAL’S DESK - MR PHILIP MORISON

SAVE THESE DATES

TUESDAY 13 AUGUST - A Year 7 2015 Parent Information Session will be held in Centennial Hall commencing at 7.30pm.
A tour of the College will be available commencing at 6.30pm from the front of Centennial Hall.

TUESDAY 27 AUGUST - Year 12 Interviews will be held between 4pm and 8.30pm in Centennial Hall. Bookings open 13 August

TUESDAY 3 SEPTEMBER - Old Collegians’ Association Annual General Meeting
Mt St Joseph Dining Room at 7.30pm - All past students and staff welcome.

Philip A Morison
Principal
SUBJECT SELECTIONS
Just a reminder that subject selections for 2014 are currently open and will close as outlined below:
- 12 August: Year 10 into 11. (For both subject selections and confirmation interviews)
- 15 August: Year 9 into 10 and Year 8 into 9
- 16 August: Year 11 into 12.

INTERIM REPORTS
This semester the College will be introducing online Interim Reports for Years 7 to 11. Parents will be able to access and download their child’s report via the College portal, the same as booking for Student Progress Interviews. Further details will be provided. Year 12 students will receive a printed copy.

- It is pertinent to be reminded that short term interventions can bring about striking improvements in student’s non cognitive behaviours, which in turn improves their academic performance.
- This includes regular attendance at class, arriving ready to work with correct materials, doing homework, participating in class and studying. Perseverance drives positive academic behaviours, which lead to academic performance.

STUDENT PROGRESS INTERVIEWS
Due to the positive feedback received from parents, we will again hold the Year 12 interviews on a separate evening to the Year 7 to 11 interviews.

Year 12 interviews will be on Tuesday 27 August between 4pm and 8.30pm in Centennial Hall. Bookings for Year 12 interviews will open 13 August.

The Year 7 to 11 Student progress interviews will be held in the Doyle Centre on Tuesday 17 September. To help facilitate these interviews there are no scheduled classes on 17 September.

Log in details and passwords are the same as Semester 1.

FROM THE DEPUTY PRINCIPAL - DIRECTOR OF STUDIES - MR BRIAN HAWTHORNE

The chill of winter continues as we move towards the mid point of Term 3. There are the usual cold and flu bugs around so please be mindful of not sending your child to school if they are clearly unwell as the chance of sharing that bug with others is not something we encourage. Please make a call to the office if your child is absent from school.

Escaping the cold of Melbourne, we have two groups of students experiencing life in a remote indigenous community at Jigalong in Western Australia. This is a unique and wonderful opportunity and we look forward to hearing of their experiences. This visit follows on from the visit to Melbourne at the end of Term 2 by a group from Jigalong.

Technology forms a central part of our lives in our school, work and social time. It offers so many benefits and we cannot imagine a time where we were not connected to the world in the way we are at the moment. Like anything, this technology also presents challenges. Responsible on line use is central to what we need to be teaching our young people. They need to be taught that it is a personal safety issue and be mindful of what information they divulge on line. In addition they must have an awareness of the information they access and what they choose to do with this. The issue of ‘sexting’ is one that receives a good deal of publicity. Modern technology provides the means for young people to get involved in such activities yet sadly they do not always appreciate the serious and lasting consequences that flow from such decisions. At the College we endeavour to raise awareness of cybersafety with our students via guest presenters, pastoral care curriculum and through material offered by our counselling service. We talk about the ‘digital footprint’ and the fact that material sent on line remains there for a very long period and is free to be sent to many others without consent from the original sender. As parents we need to be aware of the on line activities of our children. This is no easy task as young people are far more adept in the use of it. However the importance of communicating with our children and setting up safe environments (rules governing the use of technology in the home) is crucial. The laws as they stand in Victoria can mean that a young person can commit an offence by transmitting or possessing an explicit image if it is of a person under the age of 18. The long term consequences of this are enormous. Attached to this newsletter is an article published by the Department of Education and Early Childhood Development that provides advice and information on this issue. Please contact me at the College if you have any questions about this matter.

Student Council have organised a Footy Colours Day on Friday, 16 August. There is a flyer attached to this newsletter giving more details. Funds raised on the day will go towards the Fight Cancer Foundation and in particular the ‘Back on Track’ program that supports school age children fighting cancer. Some of the funds will also go towards the Sr Sarah Tractor Appeal that is being conducted at the College on the evening of 16 August. Cost for the Footy Colours Day is $2.00 per student and please be aware that apart from the footy colours theme, other uniform regulations relating to jewellery and make up apply on this day.

FROM THE DEPUTY PRINCIPAL - DIRECTOR OF STUDENTS - MR MICHAEL JOHNSTON

Michael Johnston
Deputy Principal – Director of Students
The final round of debating was held on Monday 29 July. The topics were:

- **Year 12 A Grade (secret)**: That Australia needs a Bill of Rights
- **Year 11 B Grade (secret)**: That we should report the true horrors of war.
- **Year 10 C Grade**: That the Australian Government should protect anti-whaling protesters who forcibly disrupt whaling ships.
- **Year 8 & 9 D Grade**: That we should reserve seats in Parliament for indigenous Australians

The topics challenged the students to think about a range of social issues current to Australia and abroad which is one of the strengths of participating in debating. The idea of reserving seats in Parliament required the D Grade debaters to consider the idea of political representation and the lack of an indigenous presence in Parliament. The issue of whaling asked the students to debate matters of international diplomacy. Considering how we report war raised questions of media coverage and who should make decisions in relation to what should be shown to the public. Finally the Year 12s were asked to consider the need for a bill of rights and the manner in which our fundamental political rights are protected within Australia.

**D GRADE**
- MLMC 5 defeated Southwood Grammar
- MLMC 2 defeated Our Lady of Sion College
- MLMC 1 and 3 both had forfeits

**C GRADE**
- MLMC 1 defeated MLMC 3
- MLMC 2 lost to Tintern 2

**B GRADE**
- MLMC 1 lost to Tintern 1

**A GRADE**
- MLMC 1 defeated Wantirna College
- MLMC 2 defeated Our Lady of Sion 1
- MLMC 3 lost to Heathmont College 1

Overall it was a very successful evening. Special mention must go to Makeely Stolzenhain in Year 9 who debated in the Year 11 debate at the last moment. Also to the two Mount Lilydale C grade teams who debated each other. The adjudicator commented that it was the highest standard debate that she had ever adjudicated at that level. We also had several best speakers on the night. Congratulations to Katherine Boyle, David Remminga, Gabby Stolzenhain, Andrew Janssen and Simone Geurts.

Two of our D Grade teams MLMC 5 and MLMC 2 have been successful in reaching the regional finals which will take place in late August. This is an exceptional achievement as it means that these teams have finished top of the ladder in their respective draws.

As the debating competition comes to a close I would like to commend all of the students who participated in the competition this year. Whether you debated each round or filled in a spot at the last minute your efforts were appreciated and I am sure that you learnt from the experience. Thank you also to the teachers that gave so generously of their time not just on the evening of the debates but in the organising and preparation that goes on before each debate takes place. Finally and most importantly, thank you to the parents for encouraging your child’s involvement in this extra curricula activity and giving up your evenings to drive and watch them.

Alison Schlueter
English Faculty Leader

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**LOTE NEWS - DANTE ALIGHIERI POETRY COMPETITION - FINALS**

Every year the Year 9, 10 & 11 Italian students get an opportunity to participate in the annual Dante Alighieri Poetry Competition at Melbourne University. This year we were fortunate to have four finalists, three from Year 9: Georgia Chisholm, Jorja Borg, Jasmine Bolt and one from Year 11: Alexandra Graziano. They were placed in the top 1% of the competition in their year level and category.

This is what the girls had to say:

*“It was a wonderful opportunity to compete against others and have lunch in Lygon Street”. “In studying a LOTE it opens up a world of opportunities“.*

A big thank you to Ms Lucia Tabacchiera who accompanied the girls on the day.

Salvatore La Fauci
LOTE Faculty Leader
July's Winner: Travis Rowden of 7 Gold

What is your favourite book?
Favourite series of books 'Rangers Apprentice' by John Flanagan. I have read every book in the series and I can't wait for the next one to come out.

Who is your favourite author?
Have a guess … John Flanagan of course.

What are you reading at the moment?
'Sabriel' by Garth Nix

What is your first reading memory?
Um, I don't know ………… I was that young when I was introduced to books. There was this book I do remember called 'Little Red Caboose' … that's the first book I remember.

What is the most unusual place you had read a book?
I normally read in bed or at school – there's not a particular or unusual space where I like to read.

Well done Travis!

Ms Cooney
Teacher-Librarian – McAuley Library

Watch this space for updates on the Victorian Premiers Reading Challenge ….

Victorian Premiers Reading Challenge Closing Date:
Friday 30 August

Coming Soon …
From September 2 to September 13
The opportunity for 200 randomly chosen parents to participate in the School Improvement Framework Survey. Will you be one of the chosen? It will be a great opportunity to contribute to the ongoing improvement of the College.

Please Note
There will be no Mass this Thursday morning at 8.00am in the College Chapel due to the Full School Mass (Feast of the Assumption) at 9.00am
STUDENT AND STAFF ACHIEVEMENTS

Congratulations to Patrick Clair (8 Blue) (pictured centre) who participated in the South Eastern District Schoolboys Olympic Trap Shooting Competition at Frankston Gun Club on Thursday 1 August in the Junior Boys Division. With 216 registered shooters in attendance, Patrick was the sole representative of Mount Lilydale Mercy College. He shot 17/20 in only his first registered competition since beginning trap shooting only 6 months ago.

Patrick’s shot equalled second highest score of the day in combined rounds that included both junior and senior boys and many were very experienced shooters! Patrick finished 3rd overall in his division to gain automatic selection and has received a formal invitation to the Victorian Clay target Association Shooting Competition to held in Bendigo in September.

We wish Patrick all the very best with his future endeavours.

Congratulations to Calvin Amos, (12 Purple), for placing 5th in the recent Victorian Mountain Biking Schools Championship. Calvin pushed hard to achieve this fantastic result.

Congratulations also to Liam Byrne (9 Blue) for his recent achievement of Black Belt in Loong Fu Pai. This is a martial art that incorporates a freestyle blend of traditional martial arts culminating in a strong and unique style. An excellent example of dedication and effort, congratulations Liam.

Four Year 7 boys have made it to their football grand final on Sunday 18 August. Congratulations to Jack Woodcock, Jackson Pitts, Mitch Gislingham and Connor Wright who will play for Montrose in the under 13’s.

If you know of any achievements by students or staff, please let me know by emailing lworrell@mlmlilydale.catholic.edu.au

Senior EISM had a bye / catch up round last week. Some teams were in finals preparation mode, whilst others spent time contemplating their finals chances.

YEAR 9 EISM RESULTS VS VARIOUS

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<tr>
<th>BOYS</th>
<th>MLMC</th>
<th>Opposition</th>
<th>Winner</th>
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<tbody>
<tr>
<td>Football</td>
<td>Forfeit</td>
<td>St Joes</td>
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<tr>
<td>Badminton</td>
<td>8</td>
<td>4 (Tintern)</td>
<td>MLMC</td>
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<tr>
<td>Soccer</td>
<td>Bye</td>
<td>Bye</td>
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<tr>
<td>Table Tennis A</td>
<td>Bye</td>
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<td>Table Tennis B</td>
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<tr>
<th>GIRLS</th>
<th>MLMC</th>
<th>Opposition</th>
<th>Winner</th>
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<tbody>
<tr>
<td>Football</td>
<td>7.9.51</td>
<td>2.3.15 (Luther)</td>
<td>MLMC</td>
</tr>
<tr>
<td>Netball A</td>
<td>26</td>
<td>16 (Luther)</td>
<td>MLMC</td>
</tr>
<tr>
<td>Netball B</td>
<td>26</td>
<td>18 (Luther)</td>
<td>MLMC</td>
</tr>
<tr>
<td>Soccer</td>
<td>3</td>
<td>0 (Luther)</td>
<td>MLMC</td>
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<tr>
<td>Lawn Bowls</td>
<td>6</td>
<td>3 (Mt Scopus)</td>
<td>MLMC</td>
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YEAR 8 EISM RESULTS VS ST JOSEPHS & TINTERN

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<th>MLMC</th>
<th>St Joes</th>
<th>Winner</th>
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<tbody>
<tr>
<td>Football</td>
<td>9.6.60</td>
<td>8.2.50</td>
<td>MLMC</td>
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<tr>
<td>Basketball</td>
<td>22</td>
<td>72</td>
<td>St Joes</td>
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<tr>
<td>Soccer</td>
<td>1</td>
<td>8</td>
<td>St Joes</td>
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<tr>
<td>Table Tennis A</td>
<td>2</td>
<td>4</td>
<td>St Joes</td>
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<td>Table Tennis B</td>
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<th>GIRLS - Blue</th>
<th>MLMC</th>
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<td>Basketball</td>
<td>Bye</td>
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<tr>
<td>Hockey</td>
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<td>0</td>
<td>Draw</td>
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<td>Netball A</td>
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<td>Netball B</td>
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<tr>
<th>BOYS - Gold</th>
<th>MLMC</th>
<th>St Joes</th>
<th>Winner</th>
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<tr>
<td>Football</td>
<td>11.8.74</td>
<td>2.2.14</td>
<td>MLMC</td>
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<tr>
<td>Basketball</td>
<td>14</td>
<td>53</td>
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<tr>
<td>Soccer</td>
<td>0</td>
<td>7</td>
<td>St Joes</td>
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<tr>
<th>GIRLS - Gold</th>
<th>MLMC</th>
<th>Tintern</th>
<th>Winner</th>
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<tbody>
<tr>
<td>Basketball</td>
<td>10</td>
<td>57</td>
<td>Tintern</td>
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<tr>
<td>Netball A</td>
<td>18</td>
<td>22</td>
<td>Tintern</td>
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<tr>
<td>Netball A</td>
<td>20</td>
<td>12</td>
<td>MLMC</td>
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Details of each week’s fixture, venues and results can be found at http://www.eism.org/
A very warm welcome to another edition of Captain’s Corner. The year is quickly disappearing, and the stress levels are rising! More importantly, the time remaining for the Year 12’s as a group is rapidly disappearing. Both Taylah and I have begun to start thinking of ideas for the end of year speech, and it almost seems a guarantee that tears will be shed due to the thought of leaving our school, teachers, peers and most importantly friends. On that note, we would like to simply say to all students, to absolutely enjoy every aspect of school because it’s the best time of your life and it disappears so quickly!

Over the past fortnight many exciting events have taken place at Mount Lilydale. Friday 26 July saw many students participate in plant a tree day. It was a great turn out, and all credit goes towards Alexandra Carter (Environment and Resources Prefect) and of course the great Maintenance and Garden Crew for helping organize the day. It was very nice to see students of all year levels turn out, where each could plant a tree on the outskirts of the school. It definitely required a team effort, with one to dig the hole, one to plant and others to place stakes and a cover for the plant to grow effectively. On a slightly humorous note, due to the planting taking place a long way from school buildings, the bell was not heard by a majority of the students leaving them out of class for 5 minutes, which was certainly a favorable outcome for many students!

For Years 10, 11 and 12 presentations regarding career pathways took place on Monday 29 July. It was a day that for many brought home the realization that in the next couple of years they will be enrolled in TAFE or university or perhaps have an apprenticeship and that their subject selections, attitude towards study and interests, all contributed to what could possibly be their future career paths. Fortunately, the school was able to get representatives from many Universities and TAFES out to Mount Lilydale to enable students to engage in questions and enquires.

Mercy Day is also fast approaching and many of the Year 12 homerooms are beginning to plan for their homeroom parades. For those who don’t know what usually occurs, each Year 12 homeroom is involved in the Mercy Day parade and performs an act/dance for 90 seconds. The best act has the pride of being the victorious homeroom. It is very clear that many of the Year 12 homeroom teachers are competitive for this glorious title which means that this years Mercy Day parade will be one to watch. Every morning, at least one classroom is pumping the music in an attempt to find the catchiest song. At the end of the day, one can’t go past how great 12 Green’s (Alex’s Homeroom) parade will be. For the Year 7’s, it is one of the best days of school and we are sure you will absolutely love it.

Mass is now held in the College Chapel on Thursday mornings starting at 8.00am. It is open to all students at a time in which they can reflect and celebrate Mass with other students and staff.

It’s time again for more introductions of our Year 12 homeroom teachers. We have Mr Prosenak from 12 Blue, Mr Gravis from 12 Purple and Ms Keogh from 12 Gold.

**Mr Steve Prosenak - 12 Blue**
Subjects you teach: VCE Accounting and Business Management and Year 10 Financial Awareness
How long have you been teaching? Started at MLMC in 2001 so this is my 13th year (I was an accountant before that)
Favorite sporting person: Matthew Richardson – a champion footballer and a champion bloke - love the guy
Something that most students wouldn’t know about you: I have a severe scoliosis (curvature of the spine) and I have three ribs which are fused together

**Mr Valdy Gravis - 12 Purple**
Subjects you teach: Physics, Specialist Maths, Science
How long have you been teaching? Since Gough Whitlam became Prime Minister
Favorite sporting person: Muhammad Ali … look up his quotes some time
Something that most students wouldn’t know about you: English was not my first language. I spoke both Latvian and English when I started school and remember being frustrated when writing because I wasn’t sure which language less commonly used words came from

**Ms Elizabeth Keogh - 12 Gold**
Previous Occupations: I have worked as a dance teacher, ski instructor and coached both netball and gymnastics squads
Subjects I teach: I have previously taught Religious Education, Physical Education and Outdoor Education, however, I now just teach Religious Education
Most inspiring person: I’ve had a great influence from my family, and in particular my Mum and of course my faith also

That’s the end of another edition of Captain’s Corner, we hope you are enjoying our column each fortnight! Have a fantastic week everyone.

Alex and Taylah
<table>
<thead>
<tr>
<th>Week A</th>
<th>Week B</th>
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<tr>
<td>19 August</td>
<td>Snr VCAL Bridges to Community Excursion</td>
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<tr>
<td>Year 10 Holocaust Centre and Shrine Excursion (Orange &amp; Blue)</td>
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<tr>
<td>13 August</td>
<td>ICAS Maths Test</td>
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<tr>
<td>Year 8 Oxygen Factory Presentation all day</td>
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<tr>
<td>14 August</td>
<td>Year 7 2015 Parent Information Session 7:30-8:30pm</td>
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<tr>
<td>Year 7 Healesville Sanctuary (Orange &amp; Blue) 9:05-2:30</td>
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<tr>
<td>14-18</td>
<td>Year 10 VET Outdoor Ed Ski Camp—Falls Creek</td>
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<td>Year 7 Viewing of “Rock Me Gaileo”</td>
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<td>16 August</td>
<td>Year 11 VCAL Students visit St Pat’s</td>
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<tr>
<td>Year 11 VET Outdoor Ed Cert 2 Ski Camp (21-25 August)</td>
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<tr>
<td>Year 8 Viewing “Wipeout”</td>
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<tr>
<td>Year 7 Orange Glitz Gymnastics 1.30-3:15pm</td>
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**FORTNIGHT AT A GLANCE - CALENDAR DATES**

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<tbody>
<tr>
<td>12 August</td>
<td>Snr VCAL Bridges to Community Excursion</td>
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<tr>
<td>Lilydale Toastmasters 7-9pm</td>
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<td>ICAS Maths Test</td>
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<td>Year 7 2015 Parent Information Session 7:30-8:30pm</td>
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<tr>
<td>14 August</td>
<td>Year 10 —&gt; 11 Parent Appointments 4:00-8:30pm</td>
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<tr>
<td>VCAL Responsible Community Challenge</td>
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<tr>
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<td>Year 8 Viewing “Wipeout”</td>
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<tr>
<td>Year 7 Orange Glitz Gymnastics 1.30-3:15pm</td>
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**SAC DATES**

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<tr>
<th>Monday</th>
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<tr>
<td>ENGLISH CONTEXT SAC</td>
<td>Physics - Report</td>
<td>Food SAT Prac Physics - Report</td>
<td>Full School Mass 9 – 10am Specialist Maths</td>
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<td>IT – Apps PE: SAC 5 R&amp;S</td>
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<td>Psychology IT – Software IT – Apps Physics - Test Philosophy</td>
<td>Legal Studies Literature Chem Sac 2 H &amp; HD - SLE</td>
<td>Food SAT Prac Eng Lang Accounting Dance</td>
<td>Busi Man H &amp; HD – DLW &amp; ELE</td>
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<td>FURTHER MATHS SAC: Number Patterns</td>
<td>Legal Studies Chem Sac 3 Prac Unit 4 Progress Interviews 4pm – 6pm</td>
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<td>Japanese SAC 2 Studio Arts</td>
<td>Food Theatre Studies</td>
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An interactive, stimulating discussion
with a panel of experts in the field

Guest speakers in the area of mental health and mental illness will present case
scenarios covering topics such as:

**Anxiety, Self-harm, Depression**

A panel of experts will discuss how they work with young people presenting
with these issues

The panel consists of:
- A representative from HEADSPACE
  (Australia’s national youth mental health initiative)
- A representative from Lilydale Police
- A representative from Mount Lilydale Mercy College Counselling Team
- Year 10 students from Mount Lilydale Mercy College representing the young person’s voice

**DATE:** Wednesday 4 September

**TIME:** 7pm – 8.30pm

**Venue:** Centennial Hall, Mount Lilydale Mercy College
120 Anderson Street, Lilydale

Tea/coffee/biscuits offered

**FREE EVENT!**

RSVP: Please contact the school prior on 9735 4022
or you are welcome to arrive on the night

**YOUNG PEOPLE ENCOURAGED TO ATTEND**
In late 2012, Mrs Tasiopoulos along with the Year 9 Class Captains attended a meeting that sparked the beginning of a project that hopes to raise issues of mental health within our school community.

Students attended several sessions with Counsellors from HEADSPACE, an organization which aims to help young people who are going through a tough time, where we gained insight into key mental health issues affecting many young Australians today, including depression and eating disorders. We were then invited to the HEADSPACE centre in Collingwood where we discovered more about their work.

Empowered by the knowledge we now know, we decided to continue our project into this year and aim to focus on National Mental Health Week, which is on the 6 – 12 October. There will be posters hung up around the school, comments in the daily bulletin and much more all with facts about Mental Health issues.

Mission Australia’s Youth Health Survey (2012) shows that depression, bullying/emotional abuse, suicide and body image were all rated in the top 10 issues of personal concern to young Australians.

Statistics like these are proof of something most people like to turn a blind eye on: mental illnesses exist, and are prevalent in today’s society. 14% of people aged 12-17 experience a mental health issue each year (Mental Health Organization of Australia).

Generally, a mental illness is associated with a negative stigma, as people often base their knowledge of an illness on inadequate information, and do not take into account the individual differences among people with that illness.

Our main goal throughout this process is to raise awareness of these issues. It’s to make those people within our community who are currently living with these illnesses know that they are not alone and that people do care and want to help. It is also to try and combat the stigmas and stereotypes associated with mental illnesses by educating people, therefore making them better equipped to truly understand these issues.

“Mental illness is nothing to be ashamed of, but stigma and bias shame us all”. – Bill Clinton.

We invite parents and members of our community to an important Forum at Mount Lilydale Mercy College on Wednesday 4 September 2013, 7pm – 8.30pm (see flyer). At this forum, we have organised a panel of experts to talk about mental health issues that face our young people today. A group of year 10 students will also present on this panel.

Written by Deanne Drury – 10 White
FOOTBALL COLOURS DAY

WHEN?
Friday 16th August

WHAT DO I DO?
Wear your favourite football code clothing - footy jumper, scarf, hat.

The remainder of your clothing needs to be neat casual wear. The usual jewellery and make up expectations apply.

CAN IT BE A SOCCER TEAM?
Yes. The team can be from any code of football.

WHY DO IT?
Raise awareness for the Fight Cancer Foundation which funds the 'Back on Track' program that is designed especially for school children with cancer. Money will also be donated to Sr Sarah’s Tractor Appeal.

$2- DONATION
For people under 18, sexting is illegal and penalties can be very serious.

What is ‘sexting’?

‘Sexting’ means sending sexually explicit photos or videos electronically (e.g. by mobile phone, app, chat, social networking or email).

With modern technology this can be done instantly, but it can have serious and lasting consequences.

What are the possible consequences of ‘sexting’?

Once digital images are sent, there is no way to get them back. They are not private, and they are permanent. They can resurface again when least expected, such as during a job application. They can be published and found by anyone, including friends, family members, complete strangers, and sexual predators. Images can be used to bully and harass.

Possible legal consequences

For people under 18, sexting is illegal. It is a criminal offence to take, possess, or transmit a naked image of a person under the age of 18 years. It doesn’t matter how you came to possess the image. It doesn’t matter if you took a photo of yourself and willingly sent or published it. It doesn’t matter if the person in the image is your girl or boy-friend or if you are the same age. You cannot ‘give someone permission’ to break the law. Penalties for these offences are very serious and can result in being placed on the sex offender’s register.

What are the reasons for ‘sexting’?

Young people are naturally curious and interested in exploring sexuality. They are also exposed to a wide range of sexual imagery; in songs, video clips, movies, advertising and online. This can promote the idea that sexual behaviour has no repercussions. Unfortunately the reality is more complicated and young people often only become aware of this after the event.
The Pew Internet Project and the University of Michigan (2009) conducted six focus groups with middle and high school students in three cities as part of a wider study. In this study teens described the pressure they feel to share sexually explicit images. One high school girl wrote:

“When I was about 14-15 years old, I received/sent these types of pictures. Boys usually ask for them or started that type of conversation. My boyfriend, or someone I really liked asked for them and I felt like if I didn’t do it, they wouldn’t continue to talk to me. At the time, it was no big deal but now looking back it was definitely inappropriate and over the line.”

Talk with your child

Ensure that you regularly talk with your children about their experiences with communications technology. Ask them what they have seen or done, and if they have had any problems.

Make sure that you continually reinforce to your children that nothing is so bad that they can’t talk to you about it. Let them know that they should come and tell you when they have any problems, if they see something that they know is wrong, or anything that upsets them.

Children often fear telling a parent an issue as they think this will result in blocking access. Don’t threaten to disconnect your child—this will only cause them to keep problems hidden from you.

What do I do if I find explicit images of my child?

- Don’t yell, scream or panic. Try to remain calm. It is really important to be able to speak rationally to your child about this issue.
- Talk to them about your concerns or suspicions and allow them time to respond.
- Try to work out how/where this has happened and who else may be involved. Where are the images now? Who may have them?
- Make an appointment to speak to someone at the school such as a counsellor, teacher, or principal, and let them know what has occurred.
- Be aware that in some instances, police may need to be involved and schools have certain obligations in relation to the reporting of incidents. Please don’t withhold information from the school because you are concerned about police involvement. Police are very well placed to deal with these issues and have tools to minimise the impact. They have the ability to retrieve data and trace electronic communication. The important thing is to act as soon as you are aware.
- If you believe that the ‘sexting’ is a result of your child being the victim of an online sexual predator rather than adolescent naivety, please notify the police immediately.