

PRINCIPAL'S REPORT

It is difficult to believe we are half way through Term 3 and our Year 12 students have less than 7 weeks left of scheduled classes. It can be a challenging time for many students as they balance completion of the year and start to plan for 2019. Many students can feel unsettled by the upcoming change. Staying focused on the completion of their course work and maximising their learning time is pivotal to their success.

It is also important during this busy and sometimes stressful period to focus on wellbeing. There are great resources online at Headspace and our Wellbeing Team is also here to help.

<https://headspace.org.au/news/dealing-with-exam-stress/>

Students are planning for transition, both subject selections for 2019 and University/TAFE applications and apply for work for 2019. The transition team has been working hard to support students to plan for their future careers and study.

The Sub-School leaders are also focused on communications with parents of students that are finding school difficult and support them with intervention strategies and

modified programs where required.

If you have any concerns please contact the College to speak with our team.

Congratulations to our students elected to School Council – Sean Ballard and Tegan Harris. Sean and Tegan are in Year 12 and will remain on College Council for the rest of the year. We look forward to their contributions and perspective. It was great to have six students interested in the positions.

Welcome to Ineke Rogers who has taken on the role of Assistant Principal for Tracy Marr while she is on leave.

Congratulations to Tracy and Ryan Marr who welcomed a baby boy! Lincoln Samuel Marr on Tuesday 10th July (second week of the school holidays) all are going very well.

Marg Wilson was honoured last month by the

DET for 45 years of Service to the Education Department. Marg has contributed significantly to our school and the lives of many young people during her 45 years to date. We congratulate Marg on this special milestone.



Belinda Hudak
Principal



KEY DATES

August 13th - 17th	Australian Business Week
Aug 20th	Parent Student Teacher Conferences
Aug 31st	Purple Day
Aug 13th	Student Learning Profile 6 on Parent Portal
September 4th - 5th	The Beat
Sept 17th	Examination Tip Sheets on Parent Portal
Sept 21st	End of Term 3

Assistant Principals' Report

Year 12 Subject Selections for 2019

Current Year 11 students will be selecting subjects for 2019 over the coming weeks. Subject selection forms will be given out on 16th August during Pathways. There will be a Subject Advice session held during Pathways on 23rd August to assist students in their selections. Forms will be due in by Friday 31st August to Pathways teachers and should be signed by a parent or guardian. A list of all available subjects can be found online in the College Course Selection Guide. Students wanting to exit the College for work or apprenticeships should seek assistance from Nick Goodieson, our School to Work Co-ordinator.

Year 12 VCE Exam timetable

The 2018 VCE examination timetable is now available on the VCAA website at

<https://www.vcaa.vic.edu.au/Pages/vce/exams/timetable.aspx#timetable>

Students will not receive individual exam timetables until after they are released in the week beginning 10th September, however, they can be referred to this site to access the times and dates of their end of year exams. Students who have a clash will be contacted by Jim Blue in regards to individual arrangements.

Special Provision

Students with medical conditions, disabilities and exceptional personal circumstances are reminded that they can apply for Special Provision and/or Special Exam Arrangements. Students must see Margaret Wilson (Wellbeing Co-ordinator).

Student Learning Profiles (SLP) #5 & #6

Following SLP #5, which was available to view on Thursday 2nd August, SLP #6 will be available on line on Thursday 13th September. A message will be sent to parents to remind them. A hard copy is also in this mail out. Parents are reminded that this SLP marks the end of Week 9 of the Semester. Year 12's have just over 3 weeks of classes left after this date. If you are unsure how to access the Parent Portal to view SLP's, please contact the College for assistance. The pass/fail status of a student can change quickly - checking SLP's is the best way to monitor this.

Term 3

This is a particularly busy time for Year 12 students. We have already had 2017 Year 12 students return to speak about their university experiences, and the Tertiary Information Service was held at the College on 24th July. Later this term, students will commence the VTAC/SATAC application process. August is when the majority of Universities have their Open Days. Whilst this involves a lot of travel, it is well worth the effort, especially to visit the Residential Colleges. Applications for many of these Residential Colleges are open now. Students will also be busy with SAC's, as many Year 12 subjects finish teaching the bulk of their content by the end of this term.

Parent/Student/Teacher Conference # 4

This will be held on 20th August from 5:00pm to 7.00pm. It will be the final formal PST for the year. Parents are welcome to contact teachers and Sub School Leaders after this date if they have concerns about student progress. We will have a small number of students who must pass all their subjects in Semester 2 to complete their Certificate this year, or to be eligible to complete their certificate next year. It is important that communication between parents, students and the College continues after 20th August. Bookings have been open from 7th August.

College Handbook and Course Selection Guide

The MSC Handbook and the MSC Course Selection Guide for 2019 are now both available on the MSC website. The course selection guide has information about all subjects offered at MSC and the course selection process. The Handbook contains 45 pages of

relevant information about all aspects of our College. I would recommend all parents take the time to revisit the handbook online <http://www.milsen.vic.edu.au/pages/handbook/index>

We encourage students to be:

Respectful of themselves, each other, their learning, their opportunities and the wider community.

Responsible for themselves, their choices, their learning and the impact this has on others.

Resilient in their learning and their behaviours. Don't give up on their studies, their dreams and each other.

Independent in such a way that they can not only take care of themselves but they can seek advice and support on their own whenever needed.

Successful if you can achieve in your subjects and instil these values then you will have more life, employment and wellbeing satisfaction than you could have imagined.

Key Dates

Parents are reminded that our Key Dates can be found on the College website - www.milsen.vic.edu.au Please check these carefully. There is also a link in this section of the website for Key Dates for 2019 enrolment. Parents can also view the Key Dates through the Parent Portal on Compass.

Parent Opinion Survey

Our College is conducting a survey to find out what parents think of our school. The Parent Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted amongst a sample of randomly selected parents at each school. It is designed to assist our school in gaining an understanding of parents' perception of school climate, student engagement and relationships with our parent community. Our school will use the survey results to help inform and direct future school planning and improvement strategies. Approximately 30 per cent of parents will be invited to participate in this year's survey. Selected parents will receive notification via email and mail, inviting them to participate in the survey. The survey will take approximately 15 minutes to complete. Thank you in advance for taking the time to participate and provide feedback to our school.

Ineke Rogers (Acting) and Andrew Banks
Assistant Principals

Respectful Communities Initiative

The Respectful Communities initiative began following recommendations from the Royal Commission into Family Violence and discussion between organisations in Sunraysia regarding the concept of standardising expectations and practice across the community.

There are many correlations between occupational violence and family violence. Both include behaviours related to verbal, physical or psychological abuse with intimidating or threatening behaviours. Family violence statistics state one in four Australian women experience family violence and one in five people experience harassment in the workplace. Respectful Communities intend to address these areas of violence and aggression with the aim to encourage sustainable community-wide change; that is, these types of behaviours are not tolerated by staff, clients, or businesses across Mildura.

A group of Mildura's key organisations and employers, have jointly committed to spread the word of respectful behaviour in the workplace and at home.

The Respectful Communities initiative is being launched this week and promotes treating each other with respect and encourages a proactive community approach to combating

family violence issues at home.

Organisations involved include; Sunraysia Community Health Services, Mildura Rural City Council, Lower Murray Water, La Trobe University, Mildura Senior College, Mildura Base Hospital, Mallee Family Care, Chaffey Aged Care, Mallee Catchment Management Authority and SuniTAFE.

A Respectful Communities poster has been developed that will be displayed in the above organisations and in any other local organisations who commit to the initiative.

Mildura Senior College has committed to this initiative and the following principles:

Governance Principles:

We're committed to keeping our workplace safe.

Key Components:

A commitment to workplace safety led by the Principal

We have a system in place for the prevention, management and response to incidents of aggression and violence in our workplace

We have the Respectful Communities poster displayed prominently, as a reminder to everyone within and external to our organisation, that they have a role in keeping our workplace safe.



From The Careers Centre



YEAR 12 TERTIARY APPLICATIONS

Year 12 students who are planning to apply for University or TAFE in Victoria next year have received their VTAC GUIDE. They have also received a 2019 SATAC – South Australian Tertiary Admissions Centre course guide to Undergraduate courses (Blue book).

Students will be able to choose course preferences and fill in the VTAC/SATAC Preference practice sheets which are found in the Tertiary Application booklets.

Tertiary applications will be done during Pathway classes here at the College in August/September, or they can be completed at home, once 'Step-by-step' sheets to applying are uploaded to the Moodle school site. Pathway staff are to be briefed on any changes to the Victorian or South Australian application process on Tuesday, 14th August.

VTAC PREFERENCES

Year 12 students should make sure they have done their preference practice prior to this, so they know the codes of the courses they want to apply for. A VTAC and SATAC Preliminary Preference Session will be held in Pathway classes in early August.

Students can log on and create a login where they can register their details at www.vtac.edu.au on 6th August. Once students have registered and have their VTAC ID generated for them, and have created a four digit PIN, they can login to their VTAC User Account section of the VTAC website and apply for courses in their Pathway session at the school (or you can do this at home.) They can use a credit card to pay their \$36.00 or set up a 'Pay Pal' account to cover this cost and any credit card charges.

CREATING YOUR LIST OF PREFERENCES

When 'Listing Preferences' you need to ask:

1. Have I met the course pre-requisites? You need to go to the VTAC website this year to check Pre-requisites for courses by doing a Coursesearch Pages 14 & 15 in VTAC guide). For SATAC go to the SATAC University Guide 2019 pp 40-65 to check if there are any subject pre-requisites for any courses.

2. I am aware of the Extra Requirements (in order to enter this course eg folio, audition etc.) You will need to do a Coursesearch on the VTAC website to check if there are any extra requirements for your courses.
3. I have listed the correct codes
4. I have kept my options open – University, TAFE and Independent Tertiary Colleges.
5. I have not accidentally applied for a fee paying course. (DFP) domestic fee paying unless I can afford to pay yearly courses fees.

Note: TAFE courses are a pathway into University degrees.

The final date for timely applications is September 27th (5.00 pm). The one time cost is \$36.00. After that time, students will have to pay a late fee to submit their application. This date applies to course applications all over Australia. All the dates for Victorian application process can be found on page 50 of the VTAC Guide.

It also contains information on how to get your ATAR results by SMS and University Open Days –page 4

VTAC SEAS – Special Entry Access Scheme applications – applications due in 12th October.

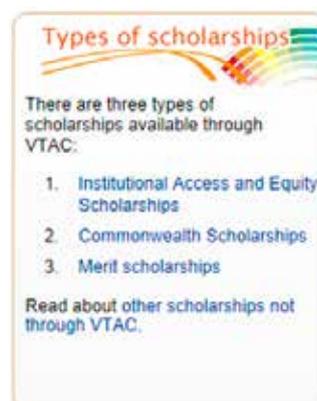
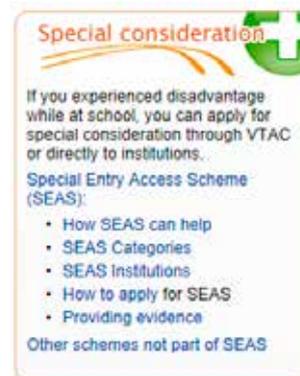
All students applying for courses in Victoria through VTAC should also submit a 'Special Entry Access Scheme' application. Special entry includes equity areas such as rurality, low income, non-English speaking background, disability and impairment, a medical condition, as well as severe emotional issues that may have prevented a student from adequately preparing for tertiary study. This may mean that a student who does not make the 'clearly in' cut off point with their ATAR score may still

be considered for a course based on equity issues. All of our students are eligible for the rurality which is (Category one) as well as special consideration if a student has experienced Difficult Circumstances, Disadvantage Financial Background and Medical Condition. The VTAC guide 2018 has information about the Special Entry Access Scheme and Special Consideration category information on pp 44-46.

It is the students' responsibility to lodge their application, and send any documentary evidence to VTAC (such as Centrelink Family Assistance letter for SEAS Category 2 for financial disadvantage). Cover sheets to attach to any documents can be printed from the students' individual user account. Appointments can be made with Lavina Hamilton at the Careers Centre. She will assist you with VTAC SEAS/SCHOLARSHIP applications. No late documents will be considered. Documents can now be scanned and uploaded to the correct area in a students' user account.

VTAC SCHOLARSHIPS – Applications due in 12th October

If a student's family is on a low income, or the student is already receiving Youth Allowance OR Family Benefits (under their parents' Centrelink Access Number), they should also have filled in the Scholarship application form on the VTAC User Account section of the VTAC website. Every student should



submit a VTAC scholarship application. If you are ineligible for Centrelink benefits, you must provide your Australian Tax Office-Notice of Financial Assessment for the 2017/2018 financial year for each contributing parent or partner, OR you can get your parents to supply three consecutive pay slips no older than three months old. A VTAC representative in Mildura this year stated, 'students should make an application and let VTAC decide whether they are eligible.' The VTAC Year 11 and Year 12 Guide 2018 has VTAC scholarship information on pp45 &46. Other institutional Scholarships not through VTAC can be found on pages in the student 'how to make a Tertiary application booklet'.

It is the students' responsibility to lodge their application, and send any documentary evidence to VTAC (accompanied by a VTAC scholarship cover sheet. No late documents will be considered.

TAFE APPLICATIONS

Tafe applicants for 2019, please note students will need to make a DIRECT APPLICATION to SuniTafe in January 2019. TAFE will run

Information sessions during August/September/October. Students are required to attend to do literacy tests and informally enrol.

Students wishing to apply for TAFE courses elsewhere in Victoria (called VET in the VTAC Course Guide, will need to do a VTAC course application by the end of September. The application will cost \$36.00. TAFE courses in South Australia are free to apply for, and are completed through the RED TAFE Icon at the SATAC website. www.satac.edu.au You are given three course preferences.

TAFE COURSE INFORMATION SESSIONS

TAFE offer a range of information sessions as part of their selection process.

Students should be regularly checking the school COMPASS notices over Sept/Oct for news of dates.

APPRENTICESHIPS AND TRAINEESHIPS

Students who are intending to apply for an apprenticeship or traineeship for next year should be making applications NOW. They should check job vacancies and register with local agencies (MAS National (was AusNac) – Breece Stephens on 0427 503 805) or SMGT 03 5022 1833 as soon as possible. Each week job vacancies are placed on the school COMPASS notices, so students should be regularly checking. There certainly will be a rush on jobs and apprenticeships before Christmas and early in the New Year.



SCHOLARSHIPS

You can also do a scholarship search by using the Hobson's course finder website www.hobsoncoursefinder.com.au Select scholarships. Search by level of study

keyword, state etc.

For Institution's Individuals Scholarships the students need to go online to each

university website or consult their undergraduate course guide for 2018. There are all kinds of institutional scholarships to assist rural students and to promote access. There are also faculty scholarships promoting various careers where there is a skill shortage. Eg. Engineering - So read the Scholarships section of each institution that you are applying for, and give the institution a call if you need more information.

CHANCES FOR CHILDREN TERTIARY SCHOLARSHIPS



Students who will need financial assistance to meet the cost of going away, can apply to Chances for Children to be assessed for

a scholarship. In Sept/October a scholarship round will open. Go to www.chancesforchildren.com.au and print off an Application Form. Parents will need to fill in a FAMILY HOUSEHOLD BUDGET for the year's expenses. Contact Lavina Hamilton to get a copy of the budget page

Lavina Hamilton - Careers and Tertiary Advice Advisor, can be contacted to support the application process.

CENTRELINK ADMINISTERED SCHOLARSHIPS



If you are planning to apply for Youth Allowance, ABSTUDY or Austudy, you need to lodge a claim as soon as you complete your Year 12 Exams. You can lodge claims 13 weeks before you start studying. It takes a minimum of 21 days to process claims. Payment of Youth Allowance in 2019 will usually be assessed on parent's income for the 2017/2018 financial year. There is an additional income test if your parents/guardians are self employed. All claims are started online. You can log on and register yourself at <http://my.gov.au>. You can link a Centrelink, Medicare or Child Support online account. Follow the instructions at my.gov.au to link your accounts to myGov.



Student Start-Up Scholarship – for all full-time students receiving student income support (Youth Allowance, Austudy, ABSTUDY) who are starting a higher education course – you are entitled to \$2,050 paid in two half yearly instalments in 2019.

Relocation Scholarships – For rural students who are receiving Youth Allowance etc. and have to move away from home to attend higher education, -\$4,459 in the first year and \$2,231 in the following two years, and \$1,115 for a following years.

ACCOMMODATION APPLICATIONS

Should be completed August/September, after course applications are completed.

Please note that when you apply for entry into an institution you should also make an application for accommodation at that institution if it is in your top three preferences. An application fee is charged, which you may or may not get back. Accommodation booklets for some of the universities are available in the Careers Centre as well as information booklets for some of the accommodation colleges. Start checking websites now to see which institutions have opened up their accommodation forms. Eg. Once a University has their Open Day you can do an Accommodation Application.

South Australian Residential Colleges such as Aquinas College, St Marks College, St Ann's College, Lincoln College are now open now for Applications. They are also open for viewing on the Open Days – Sunday 12th August for the University of Adelaide and UNISA. A free shuttle bus will take you to the colleges on the day. Flinders University has an open day on Saturday 11th August, where you can view their on-site accommodation.

SUBJECT SELECTION FOR 2019

Year 11 students should have started to think about their subjects for Year 12, particularly if they are thinking about changing direction, or have a more defined goal following Year 12.

Students should make the time to come and visit the Careers Centre to check out the VTAC and SATAC guides to see what subject pre-requisites are needed in order to enter that course. For example: Education courses in Victoria need English and Unit 1 and 2 Further Mathematics as pre-requisites to enter teaching. However, in South Australia there are no pre-requisite subjects. These course guides will be placed in each Pathways room in plastic holders on the wall. An ATARS by subject area Directory Undergraduate 2019 book (WHITE cover), will also be placed in a holder for students to use.

If a student would like to have a consultation with me they can make an appointment by emailing me for a suitable time, or dropping in to make an appointment. Parents are most welcome to come as well, and appointments can be made outside of school time. Please ring the College on 5021 2911 Extension 4, or email hamiltonl@milsen.vic.edu.au.

UNI GUIDE ONLINE – Guide to Costs and Scholarships

A complete guide to university and TAFE study costs, support services and entitlements has been put together as free online resource for students, parents and teachers. The publications: Get Smart Guide and Get Smart Scholarship Guide From the Australian Scholarships Group (ASG) can be downloaded for free from the website: www.asg.com.au The booklets explain the costs of study, how to access student support and entitlements, scholarship opportunities, plus tips & traps involved when dealing with new government regulations and criteria.

Lavina Hamilton

Career and Tertiary Advice Co-ordinator

Student Success

Ex Student – Geoffrey Pascoe

Ex MSC Student and Victoria's 2013 Rhodes Scholar, Geoffrey Pascoe, graduates at Oxford.

Geoffrey completed his VCE in 2006 and undertook his undergraduate studies at Monash University. After completing his studies in 2012, he worked at FACEBOOK in San Francisco for 9 months before taking up his Rhodes Scholarship to start his Doctorate at Oxford University, England, in October 2013.

His work for the last 4 years has involved working with a team of people developing software needed for autonomous (self-driving) cars.

Geoffrey submitted his thesis entitled Robust lifelong visual navigation and mapping in October last year, met with examiners in January this year and was admitted to the Degree of Doctor of Philosophy on 14th July. He now works on 'Augmented Reality' for a company in London.

Geoffrey loves coming home to Mildura and always makes the time to talk to our students, not only about what he's doing but more importantly about the importance of understanding that doing well in your chosen subjects at school, opens doors to opportunities that you're probably not even aware of for years after you leave school. Geoffrey is also the son of our Homework Club Coordinator Nina.

Being a student here at Mildura Senior College for some students is only part of their story. We have some amazing talented students who compete and participate in many activities outside of school and Mildura Senior College is proud to share their stories and be a part of their journey.

Student Profile – Edward Parker

Edward is completing Year 12 here at MSC. Edward is an avid golfer. He competes locally in the Men's competition as well as the Junior Comp. With a Handicap of 2; he has won the Riverside Summer Golf Open, captained the Pennant Grand Final Mildura Golf Club winning team defeating clubs from around Sunraysia. Edward coaches a Junior clinic on Saturday mornings for Mildura Golf Club.

Edward has represented Mildura Senior College at Interschool Golf in Melbourne qualifying with a flying score of 38.

His claim to fame is to have hit a Hole in One at the 7th hole at Riverside Golf Course.



Sports Report

SSV Boys Basketball 2018

Another year of SSV Basketball, and again due to unforeseen but advantageous circumstances we travelled down the night before the games. A 7:30pm shoot around at the stadium followed by Parma and chips at the world renowned Shamrock hotel, then off to bed. Rising at a very comfortable 8:30am, the boys were greeted to home cooked bacon and eggs (thanks to chef Dallas Cole).

Arriving at the stadium with a sense of excitement the boys started off against Maryborough Educational Centre. After some first half nerves, we settled into a good rhythm and had a comfortable 10 points lead with 5 minutes to play. However the boys from Maryborough Educational Centre kept coming and we were lucky to walk away with a 2 point win.

Our second game against St Mary Mckillop of Swan Hill. Unfortunately the Mckillop coach had misread the fixture and sent all his students off to lunch. They finally turned up very apologetically with 15 minutes remaining. We started with a 15 point late start bonus, before cruising to a 46-to 6 smashing.

Our second last game and the now renamed Catherine McAuley College from Bendigo. They had suffered a draw in their opening game so we needed to win to continue in the race for the state titles. Unfortunately the basketball gods were not smiling, and we started slow and had only 3 points at half time. A gritty fightback however we could not bridge the gap going down 14-21.

The final game, and it was all about holding face and fighting it out to the end. This was against Rochester, with the winner taking second place. Despite a lacklustre effort, and some final nervous minutes we scraped over the line 31-30.

A great bunch of well-behaved students to take away and represent MSC.



Girls Basketball, Echuca, Thursday 26th July

After a five and a half hour road trip the girls sorted some strategic game plans at the pre-comp training session. This was followed by parma and chips, a solid 9-10 hours sleep and home-cooked bacon and egg breakfast.

In the first game we played St. Joseph's College from Echuca. Danika got our scoring off to a good start with a quick basket from under the net but after that it was a very low scoring game with few scoring opportunities, a demonstration of good defence from both teams. Due to this it was neck and neck for most of the game, just 6-6 at half time. Late in the second half Echuca broke through our defence with a few quick breaks and took a lead that we could not reel in. Final score: Echuca 19, Mildura 14. Everyone fought hard and scoring was evenly distributed between the players.

The second game saw us up against MEC (Maryborough Educational Centre), a team that appeared to play together and know each other's game well. We put up a good fight but despite pocket-rocket Jada's amazing 12 points and steadying contributions from Nikita and Jade we could not combat the practiced set plays of the opposition. Final score: MEC 33, Mildura 21.

In our third and final game we changed up the game plan from the first jump ball and took a quick lead over the Bendigo Senior team. When some dynamic team play together and some great personal drives, we went into the half time break leading 26-13. Bendigo's professional coach, head coach of the Bendigo Braves (not a teacher or a parent) was looking somewhat worried. Our team started the second half well but the game plan cut right through the energy reserve of the girls and, as much as they tried, they could not maintain the intensity required in the second half. Just one extra player to share the workload may have made the difference! Even with 15 points from Timi and 10 from Jess we could not combat the opposition's offense and went down 34-43.

This second half fade-away did not stop the Bendigo coach trying to poach some of our players to Bendigo for the rest of their schooling!

Team: Jade Johnstone, Danika Moisisdis, Jessica Hall, Nikita Whitford, Jada Phillips and Timi Obatoki.

No State hoodie this year, but the girls (all year 11) are already thinking and planning towards next year. Fantastic effort and admirable school representation girls!

Lachie Lean

Coach



ADVANCE NOTICE

Homework club will run in the library during the 2nd week of the next holidays:

8.45 am - 12.45pm

Chess

A dozen brave and hardy souls headed to the day's tournament at Henderson College. The team consisted of the same core group as the first tournament of the year with the addition of international import, Lucas Yipouri. Unfortunately, we did not have any female players in our group on this occasion.

The MSC team competed in a combined Middle/ Senior Years comp, so the boys had to play competitors several years their junior. And then for the last 3 rounds had to play each other which was 'interesting'.

The students were a treat to look after and many thanks to Ineke Rogers for driving them to Henderson in the morning.

Results were as follows:

Andrew Banks

Coach



1	Rahul Hariprakash	16	Male	Mildura Senior College - A	7	31	1284	1298↑14
2	Eli Alabaster	18	Male	Mildura Senior College - B	7	25½	1177	1185↑8
3	Liam Harrison	18	Male	Red Cliffs Secondary - OS	6	34	1436	1428↓8
4	Tyler Rose	18	Male	Mildura Senior College - A	6	26	972	969↓3
5	Caglayan Gurbuz	18	Male	Mildura Senior College - B	6	25½	980	987↑7
6	Liam Davidson	18	Male	Mildura Senior College - A	5	31½	1045	1043↓2
7	Curtis Pointon	19	Male	Red Cliffs Secondary - OS	5	31	685	721↑36
8	Hayden Carroll		Male	Mildura Senior College - A	5	30½	new	853 (0/20)
9	Aadyn Healy	14	Male	Trinity Lutheran College (Mildura) - MY	5	28½	745	763↑18
10	Sean Ballard	18	Male	Mildura Senior College - B	5	26	855	857↑2
11	Peter Nguyen-Tran		Male	Mildura Senior College - B	5	26	new	775 (0/20)
12	Shay Dean		Male					

WE RESPECT YOU YOU RESPECT US

we are a
**RESPECTFUL
COMMUNITY
organisation**

Respecting each other.
Keeping our **homes**
and **workplaces** safe.

IF YOU OR SOMEONE YOU KNOW 'LIVES IN FEAR' OR 'IS VIOLENT TOWARD OTHERS' CONTACT

The Orange Door
1800 290 943

Mallee District Aboriginal Services
5018 4100

In Emergency situations
000

Mallee Domestic Violence Service
5025 5400

Sunraysia Community Health Services
5022 5444



Body Esteem Project

Mildura

Locally supported by:



Body Confident Children & Teens for Parents & Community Members FREE (BOOKINGS REQUIRED)

Join the Butterfly Foundation for a relaxed and informative seminar for parents of primary and secondary age children to give knowledge, information and tips to help you better understand and promote positive body image in the home.

Topics covered include:

- Background on body image and the importance of prevention
- Key influences on body confidence, including social media
- Importance of role modelling positive body image and healthy behaviours
- Reducing appearance based talk and handling 'stuff' they say
- Awareness around behaviours that increase or decrease body satisfaction
- Referral and support information
- *Please note this session does not cover fussy eaters.*

Date: Tuesday, 16th October

Time: 7 - 8.30pm

Venue: Quality Hotel, Mildura Central, Seventh Street, Mildura

Register: [HERE](#)

The Butterfly Foundation is Australia's largest charity supporting those affected by eating disorders and negative body image. We are bringing our unique whole community program to young people, parents & professionals in Swan Hill between the 11th and 12th September.

Butterfly acknowledges the support of:

