

# Ringwood Secondary College Newsletter



September 2024



## Learning Focus

As we approach term three progress reports, students are finishing their first set of Assessment Tasks for the semester. Progress reports are now finalised and Parent-Teacher-Student conferences were held this week.

These conferences provide a valuable opportunity for families and carers to discuss students' learning progress and identify areas for further development. Senior students, especially those in Year 12, are fine-tuning their study routines in preparation for final assessments starting in October. Meanwhile, staff are collaborating in faculty teams to enhance their ability to deliver curriculum units that address the diverse learning needs of all students.

## Curriculum Update

The Victorian Curriculum outlines the essential knowledge and skills that students should acquire during their compulsory years of schooling. The new curriculum is set to be fully implemented from the beginning of the 2025 school year.

Our learning and teaching team is working closely with faculty leaders to plan for this transition. The updated curriculum will maintain the core learning areas of Arts, English, Health and PE, Humanities, Languages, Mathematics, Science and Technologies.

## RAISE Awards

The RAISE program, managed by the Chaplaincy team, pairs volunteer mentors from our community with vulnerable young people in a safe and structured environment. This 20-week program fosters trusting and supportive relationships between mentors and mentees.

The final awards ceremony, which is both powerful and emotional, provides an opportunity for all participants to share their experiences and celebrate their progress.

## Music Gala

The 2024 Music Gala was an outstanding event. This event marks the end of the instructional music program for the year with only Band Tour to follow. The calibre of performances was exceptional and provided for a very entertaining evening.

This year, the College welcomed past students to participate in the performances as a mark to our 70th year celebrations. Thank you to all alumni who attended, presented or performed. Your presence added to the energy and sense of occasion which surrounded the event. Congratulations to Janine Pero and her amazing instrumental music team.

## Formals

This past month has also included formal events held for Year 10 and 11 students. This year, the venues included Karralyka and Bramleigh Estate. Students embraced the opportunity to dress formally and spend time together dancing, socialising and enjoying one another's company in a relaxed surround. Thank you to the organising committees and staff for their efforts in organisation and supervision of these events.

## WHOOPING COUGH

Whooping cough cases are continuing to increase across Victoria, particularly among school-aged children.

Whooping cough is a very contagious infection, mostly spread through coughing or sneezing. Symptoms include:

- blocked or runny nose
- tiredness
- mild fever
- severe bouts of coughing, often followed by a 'whooping' sound on breathing.

Whooping cough can lead to life threatening infections in babies. If your child is unwell, they should not attend school. Please see a doctor if you or your child develops whooping cough symptoms. Early diagnosis and treatment will help reduce the spread of the infection.

To reduce the spread of infection and to protect others within the school community, students diagnosed with whooping cough are recommended not to attend school for 21 days after their cough was first present, or until they have taken a full course of antibiotics prescribed by a doctor (usually a 5-day course).

If your child is diagnosed with whooping cough, please contact the school to let us know. Vaccination is the best way to reduce the risk of whooping cough. The Department of Health recommends staying up to date with immunisations, including booster doses. A free booster dose of the pertussis vaccine is covered under the national immunisation program for students aged 12 to 13.

If you are unsure about your child's vaccination status for whooping cough, please discuss with an immunisation provider, such as your doctor. I really appreciate your support in keeping our students safe and well.



### College Values: Respect - Resilience - Achievement

A reminder of our college values, collectively determined by students, families and staff. This month, our focus is on **RESILIENCE**.

Resilience is the ability to withstand or adjust to challenges that we meet in our everyday lives. Resilience is modelled when we accept that failure is a valuable learning experience. At Ringwood Secondary College we look for resilience in ourselves and encourage it in others.

### Attendance: It's not OK to be away!!!

A reminder to parents of the importance of regular attendance at schools. Daily attendance is important for all children and young people to succeed in education and to ensure they don't fall behind both socially and developmentally.

- School participation maximises life opportunities for children and young people by providing them with education and support networks.
- School helps children to develop important skills, knowledge and values that set them up for further learning and participation in their community.

- School helps them to make the most of life opportunities.
- Children and young people who regularly attend school and complete Year 12, or an equivalent qualification, have:
  - better health outcomes
  - better employment outcomes
  - higher incomes across their lives.

Research confirms there is a strong link between poor attendance and adverse student outcomes like:

- early school leaving
- poverty
- substance use
- unemployment
- negative health outcomes.

Please remember to contact the school on 9735 1133 if your child is absent from school.

### Term Four:

A reminder that school resumes for term four on **Monday October 7, 2024.**

**Rosina Fotia, Principal**



### R U OK DAY

R U OK Day was held on Thursday the 12th of September this year. R U OK Day raises awareness for and reduces stigma around mental health issues and, in particular, suicide. To acknowledge this day, RSC staff were encouraged to wear a touch of yellow and acknowledge what this day means in their classes, to encourage powerful conversations around wellbeing and mental health. Thanks to all the members of staff at RSC who look out for students that may be struggling. Further resources on R U OK Day can be found at <https://www.ruok.org.au/every-day-resources>. Further mental health or wellbeing support can be found via Headspace, Beyond Blue, Lifeline, Reach Out, Kids Helpline or the RSC Wellbeing team.

**Take care and be well, RSC Wellbeing Team**

# BUILDING FUND

## BUILDING FUND

Dear Parents and Carers,

We are excited to share that thanks to your generous support, we have accumulated the funds to start a major refurbishment of our school canteen. This project will focus on enhancing the canteen's windows and internal space, creating a more comfortable and efficient environment for our students.

We deeply appreciate your contributions to our building fund. Without your donations, this project would not have been possible. Looking ahead, we hope to continue using future donations to improve other aging facilities at our college.

If you wish to make a donation or contribute further, you can do so through Compass. We will keep you updated on the progress of this project and future initiatives.

Thank you once again for your continued support.

## ASSISTANT PRINCIPALS

### Year 11 Celebration

It was great to see so many of our Year 11 students attend the Year 11 Celebration event held at Bramleigh Estate, Warrandyte on Wednesday 18 September. It was a fantastic fun filled night where our students got the chance to dress up for a formal event to connect and celebrate as a year level community. Special thanks to Leah Pritchard (Director of Marketing) for organising and hosting the event and to our Year 11 student organising committee members, Ms Gardiner and Ms Lamb (Year 11 coordinators).

### Homework Policy

Homework provides students the opportunity to consolidate work/learning completed at school, improve understanding of topics that a student finds challenging and to develop the study skills for future learning. A good homework space is crucial and students can maximise their homework effectiveness by using a space that is comfortable, quiet, has good lighting and does not provide distractions.

The college understands that students have different learning strengths, preferences and interests and may approach learning activities and homework differently. If parents/carers are concerned their child may not understand the homework tasks that have been set or is spending a long period of time completing their homework, we encourage parents/carers to communicate with their child's teacher or year level coordinator.

The college's Homework Policy outlines the shared responsibility between teachers, students and their parents/carers.

Teachers will:

- set homework that is curriculum-aligned
- ensure homework tasks are purposeful
- provide timely and practical feedback when required
- make assessment tasks visible on Compass

Students are expected to:

- accept responsibility for the completion of homework tasks
- seek assistance when difficulties arise
- organise their time to manage home obligations, participation in physical activity and sports, recreational and cultural activities and part-time employment (for older students)
- view Compass for information relating to the completion and submission of work

Parents are encouraged to:

- discuss homework with their child
- support their child to use a study area where distractions are minimised
- regularly view Compass Learning Tasks for key dates and completion/submission of work

**Tony Stirling, Assistant Principal**



## ASSISTANT PRINCIPALS

As the curtain draws on term three, it is a natural place to reflect and review the experiences of this eventful term. Over 1800 parent-student-teacher interviews have taken place both at school and online. These conversations reaffirm the power of our community connection in supporting learning and reminds us that the things that are most important, are not easy!

Much of what was discussed focused on helping students improve and think about what to start doing, stop doing and keep doing. During this upcoming school break, it is useful to consider the progress reports, the feedback on learning tasks and the parent-student-teacher interviews to identify what students need to put on their action list and how to make that list fuel change.

### Focus on positive learning behaviours: uses an organised approach

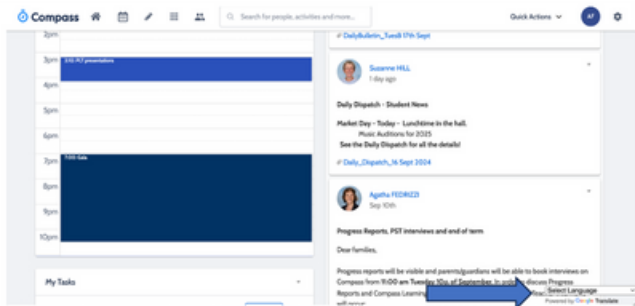
The difference between being successful or not in many areas in life, comes down to being organised and prepared. The students are supported at each year level to do this with dedicated study sessions in Bounce classes and the Elevate study sessions.

The study sessions focus on how to take notes and set home study routines in place to practise and embed the learning from classes. Bounce sessions vary from effective ways to support each other when the going gets tough, to planning for improvement after assessments and progress reports.

Some ways to build this learning behaviour include:

- Keeping a copy of the timetable in the front of your locker and in your study space at home
- Using colour to code your subjects and their folders or materials
- Keeping a small study diary in your pencil case to note down all the due dates
  - o Put a reminder 2 days before something is due
  - o Include other commitments in your diary to help plan for both study and leisure
- Create a home study plan where you complete not just homework or finishing off work, but studying such as
  - o Re-reading class notes
  - o Practicing things that you got wrong
  - o Reading the feedback from teachers and creating some actions, like setting aside 5 minutes each night to memorise quotes, facts or build vocabulary

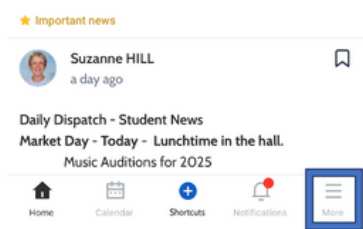
Effective organising helps you chip away at a challenge a bit at a time. Desmond Tutu once wisely said that “there is only one way to eat an elephant: a bite at a time.”



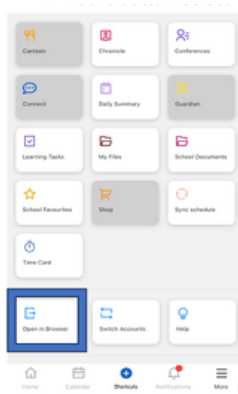
### Translating your COMPASS information

Compass now has the ability to translate your homepage into a different language via the button at the bottom of the screen. Languages include: Myanmar (Burmese), Hakha Chin, Urdu, Cantonese, Arabic and many others. This feature is available on your phone, when viewed in the browse – see screenshots below on how to do this.

1. On the bottom tool bar select “more”



2. On the bottom select “open in browser”



### Curriculum update

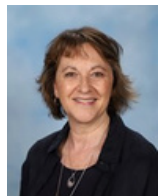
Faculty leaders continue to work to update and review our existing curriculum with the new updated Victorian Curriculum. This involves reviewing and amending assessment criteria and deciding which content requires alteration.

### Supporting timely submission

As has continued throughout the term, the Catch-Up Club is a service provided for students every Tuesday and Wednesday lunchtime in room 411. Students will be supported to ensure that they submit the required work because submission of work is crucial to develop students’ abilities to grow from one year level to the next. Currently, teachers post chronicles on COMPASS to inform students and families when work is overdue. It is really important that students use this information and work with their teachers to change the red X to a yellow tick for all their important learning tasks.

I hope the upcoming study break is a time where students can reflect and renew their goals and return to term 4 motivated to improve even more.

**Agatha Fedrizzi, Assistant Principal**



### ASSISTANT PRINCIPALS

The two-week Spring break is always a welcome sign away from the school routine. This is especially so for our Year 12 students who are finalising their assessments and beginning revision for their exams in October. We know that they will use their time wisely before their final two weeks of secondary school in Term 4.

Prefects have had fun organising a range of activities across the sub schools and with staff involvement too. The Year 12 students vs staff basketball match showed that youth and agility trounced experience and students recovered much quicker than staff post-match. Thank you to all the prefects involved in organising and being present to support these engaging activities.

The Central Australia cohort left yesterday morning in good spirits for a highly anticipated adventure in the Top End. Students will have the opportunity to experience new cultures and visit sites of historical significance. We wish staff and students a wonderful tour.

Year 10 students have been working to fulfill the requirements of the Year 10 Certificate. We will confirm with students next term about meeting the expectations around the certificate including a high attendance in their classes and submission of all Learning Tasks. Students will be reminded of the measures that are in place to support their fulfillment of the requirements.

Year 9 InterGREAT students have completed their Year 10 2025 Course Selection Planning sheet and are selecting their subjects for next year based on interests, strengths and abilities. To further strengthen their decisions, one of the Learning Tasks is a project on a person who works in a career of their interest. The insights and learning that come from such a project are valuable. The last of 3 InterGREAT excursions happened this week. Positive feedback from the students was received about the number of activities on offer which challenged them physically, mentally and strategically.

We have hosted a large number of pre-service teachers this term from a variety of tertiary institutions including: Monash University, RMIT, Deakin University, Swinburne University, Victoria University, University of Melbourne, Latrobe University and Melbourne Graduate School of Education. We have had pre-service teachers who have been on 5-day observational rounds, to interns spending the whole term at the college.

We are fortunate indeed to provide feedback against the Australian Professional Standards for Teachers to support their growth and as preparation for a career in teaching. The mentoring from the staff at Ringwood Secondary College has been excellent. Here is a comment that exemplifies the feedback we receive from the tertiary institutions:  
'The College stands out as an exemplary situation for the interns and they have all given very positive feedback to us regarding the professional manner in which they have been included as part of the college scene'.

A reinvigorated student leadership program and opportunities to apply for positions of leadership will be communicated to students next term.

**Eleni Stathatos, Assistant Principal**



## MIDDLE SCHOOL

On Tuesday the 27th of August we had our Year 10 Formal. The night was full of laughter, excitement and lots of dancing. For the Year 10s, this was our first ever formal and it certainly lived up to our expectations.

We started the night with lots of chatter and loads of photos. We were seated at our allocated tables and dinner was served; the talking and laughing continued all through dinner!

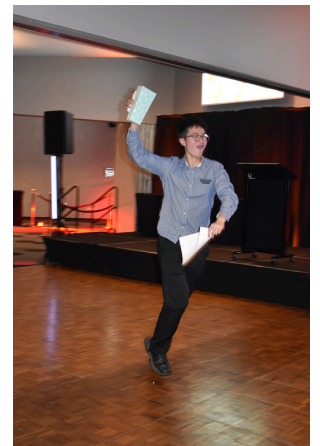
Shortly after our delicious dinner it was time for the famous 'Awards'. It was the part of the night that gave us more laughs and giggles amongst the cohort and with awards such as, 'Most Likely to Fall Asleep in Class', 'Most Likely to Win the Lottery and Lose the Ticket' and 'Most Likely to Become an FBI Agent', it was hard not to laugh and enjoy it!

With the awards behind us it was then time to show your best dance moves on the dance floor; the award of 'Best Dance Moves' was still up for grabs, so it was on!!

The tunes were blaring and everyone was up on their feet twirling and dancing. There wasn't a single song that didn't get a cheer and scream as it came on from the amazing DJ. As the night drew to a close there was still so much anticipation in the air of who was going to win the award of 'Best Dance Moves'; to no surprise it went to Keith! With the night quickly ending we had to take in every last moment and dance the night away! Up until the very last minute the dance floor was filled with students and teachers dancing their hearts out!

Year 10 Formal was an amazing night filled with so much amazing energy and love! We are all counting down the days until we can do it all again in Year 11!!

**Scarlett, Year 10**



## SENIOR SCHOOL

During our Bounce class on Wednesday 4th September, the Year 12 students at Ringwood Secondary College were lucky to listen to a presentation from Jackson Smith, Alyssa Solidaga, Melvern Tan and Betty Geng from the Class of 2023.

They shared their insights, experiences and advice with students on how to approach their exam preparation to maximise their performance and ensure they are able to achieve personal success. The session was highly engaging and informative and provided students with anecdotes, advice and practical strategies for the period leading up to the end of Term 4, the term break, SWOTVAC and the exam period.

Furthermore, the fact that this information was delivered by familiar faces with recent lived experience of Year 12 exams, made it all the more relatable for the current cohort. As we near the end of Term 3, we encourage students to reflect on the strategies they have been presented with and how they might apply them to their studies and wish those Year 12 students preparing for their final exams all the best.



## RSC Coffee Shop

Congratulations to the Year 11 VCE Vocational Major students, for their excellent work with the RSC Coffee Shop. As part of their project work for Personal Development Skills, they sold coffee and baked goods. All money raised will go to The Base 4 Kids in Ringwood to help vulnerable youth.

Thank you to Bendigo Bank who gave us the funding to buy the coffee machine. It was lovely to see representatives from the Ringwood Bendigo Bank come along to watch our students in action. A very successful outcome for all.

Voula Margellis & Rachel Edwards



## Year 11 Celebration



## COMMERCE

Ms Raff's Year 10 Dollars and Sense class have been playing the Essi Money challenge. This is a national competition which combines the ESSi Money Plus game which we played in classes with a financial literacy quiz.

The online financial literacy game explores the concepts of Earning, Saving, Spending, and Investing (ESSi) – in a safe, fun and challenging way. ESSi Money is an online virtual reality game featuring interactive real-life scenarios which foster critical thinking and problem-solving.

Congratulations to all students for your hard work in improving financial literacy! Special recognition goes to Dhana for achieving first place in Victoria for 16-18 year olds and ninth in Australia—an outstanding accomplishment! Well done also to Suhani for ranking ninth in Victoria.

A big thank you to Suncorp and Financial Basics for supporting this initiative and congratulations to Dhana for winning the \$250 prize. Keep up the great work, everyone!



## BUSINESS MANAGEMENT - MARKET DAY

Recently, across two days, the Year 11 Business Management and Year 12 VM VET Business classes hosted their market days.

The students were responsible for planning, marketing and running a stall of their choice, selling goods to the school community. Students and staff across the college had an opportunity to support the stalls during lunchtime, with the proceeds donated to 4TK (For the Kids), a charity which 'delivers a pre-employment

program which enables youth to gain the skills they need to achieve employment'.

The markets days were a roaring success, with many stalls selling out! Congratulations to the year 11 and 12 students for your hard work and dedication.



## MUSIC GALA

Congratulations to all involved in the Music Gala. What an amazing evening of music it was.

On behalf of the college community, I extend a heartfelt gratitude to all the families, students, teachers and alumni who made our gala a resounding success. Their dedication and passion were at the heart of the wonderfully successful evening and we are deeply grateful to all supporters and participants.

**Rosina Fotia, Principal**





## SPORT IN SEPTEMBER

### Bayswater District Primary Athletics

A big shoutout to the 11 Ringwood students for volunteering their time to help out at the Bayswater District Primary Athletics. It is awesome to see our students helping local primary schools and representing our college!

### Year 7 Division Athletics

On Wednesday 4th September our Year 7s competed in the Winter Division Round Robin against surrounding schools. Congratulations to the following teams for winning on the day, we wish you all the best at Region!

- Year 7 Boys Basketball
- Year 7 Girls Basketball
- Year 7 Girls Table Tennis

### Year 8 Herald Sun AFL 9s

Congratulations to our Year 8 boys AFL 9s team, who competed in the Herald Sun AFL 9s School Challenge on Friday 6th September. 8 schools competed in the tournament and Ringwood Secondary College came out AFL Victoria Herald Sun Shield AFL 9s Premiers!

Well done to the following year 8 boys on this fantastic achievement:

Matthew, Spencer, Tait, Will, Mason, Mason, Flynn, Andrew, Hudson and Phoenix

### Division Athletics

On Tuesday 10th September, over 90 Ringwood students represented the college at the Division Athletics carnival. It was a fantastic day filled with outstanding performances, great sportsmanship and a new division record! We are incredibly proud of all of our students for their hard work and dedication and would also like to thank our student helpers for coming along to assist.

Ringwood finished with a total score of 1,665, beating Norwood who finished 2nd on 901 points.

Congratulations to Jemma in Year 10 for breaking the 16yr female Javelin Record with a throw of 31.98 metres!

Well done to our age group champions:

- 13yr female - Mia
- 15yr male - Stephen
- 16yr male - Teetut
- 20yr female - Ebony
- 20yr male - Frazer

All the best to those who will be advancing to Region next term!





Dear 70<sup>th</sup> Anniversary Attendee,

On behalf of the Heritage & Alumni group at RHS/RSC we express our appreciation for your support at the March 70<sup>th</sup> Celebration, making it a very successful event filled with fond memories, much mirth and keen interest in the present RSC. We were also delighted that many participants were keen to retain contact, particularly with their cohort - seeking ways to do this.

The 70<sup>th</sup> event certainly energised us, and we now warmly invite you to attend a gathering on **Tuesday 15<sup>th</sup> October, 5pm - 6.15pm in the College Library** to promote the focus of the Heritage & Alumni Group in 2025 and beyond. At this event, we genuinely seek your ideas and / or involvement to enhance our role in maintaining a diverse relationship across the College cohort – past, present and future.

Looking forward to meeting you,  
Heritage and Alumni Group

**RSVP to Lyn McGoldrick**

**email: [mcgoldricklyn@gmail.com](mailto:mcgoldricklyn@gmail.com)**

or

**Jenny Ward**

**email: [robertjackson@bigpond.com](mailto:robertjackson@bigpond.com)**

by **Monday 7<sup>th</sup> October 2024**



# Karting Madness

OPEN 7 DAYS

- ✓ ADULT Karts
- ✓ ROOKIE Karts
- ✓ DUAL SEATED Karts

- > Go-Karting
- > Group Racing Packages
- > Junior + Adult Leagues
- > Racing Simulators
- > Golf Simulators
- > Arcade
- > Café and Bar
- > Function Room
- > Parties and Events


## BAYSWATER

9A/841 MOUNTAIN HWY  
BAYSWATER  
(03)9720 8284

**K** KARTING  
MADNESS

## BRAYBROOK

234 BALLARAT RD  
BRAYBROOK  
(03) 9317 8222




**RINGWOOD TRAINING**

## AUTOMOTIVE AIR CONDITIONING


AUR20220 Certificate II In Automotive Air Conditioning Technology

This hands-on course is designed to teach you how to service, repair and diagnose air conditioning systems.




**FACE TO FACE TRAINING**

Small classes and practical training in a simulated workplace environment



**REFRIGERANT HANDLING LICENCE**

On completion of this training you can apply for a Refrigerant Handling Licence.



**CREDIT TRANSFER**

If you have completed prior Automotive training you may be eligible for credit transfers to obtain the full AUR20220 qualification



### ABOUT

The course aims to teach students how to:

- Recover Air Conditioning Refrigerant
- Service Air Conditioning
- Diagnose and repair HVAC Systems

If you are a qualified Automotive Mechanic (including light vehicle, heavy vehicle & mobile plant), when you have completed this course you can apply for an **AAC02 - Refrigerant handling licence - qualified persons** (Automotive air conditioning licence).

All students are trained by highly qualified trade teachers. Teachers at Ringwood Training all hold a passion for teaching and dedication to enriching student learning and enabling students to achieve their best.

### COURSE DETAILS

- 4 Day Course:
- AURETUR03 Service air conditioning and HVAC systems
  - AURETUR04 Diagnose and repair air conditioning and HVAC components.
  - AURETUR02 Recover Vehicle Refrigerants

Tuition\* \$364  
 Student Amenity \$200.00  
 Materials \$30 - \$200  
 Total Cost for 4 Day Course: \$764

Course Dates: 2-5 December 2024  
 To register email [admin@rt.vic.edu.au](mailto:admin@rt.vic.edu.au)



03 9845 7560



[admin@rt.vic.edu.au](mailto:admin@rt.vic.edu.au)  
[www.rtw.edu.au](http://www.rtw.edu.au)



3 Hill St, Ringwood East VIC 3135

RTO 22476 | AU58919

Some of this training is delivered with Victorian and Commonwealth Funding



# INTRODUCTION TO WELDING SHORT COURSE

This course is designed for beginners learning how to use a welder for DIY projects and Trades people brushing up on their welding skills

To register email [admin@rt.vic.edu.au](mailto:admin@rt.vic.edu.au) or call 03 9845 7560

**DATE: 8, 15, 22, 29 November 2024**  
 More dates available on our website  
**TIME: 6 - 9 PM**  
**COST: \$420.00**  
**LOCATION: 3 HILL ST, RINGWOOD EAST**  
**SELECT FROM: MIG OR TIG**

Required: Leather work boots, cotton drill full sleeve overalls and safety glasses




## MIC YOUTH URBAN CLIMB

**Monday, 30th September 2024**  
**11am - 2:30pm**

**Grab your buddies and join us for a fun day of Indoor Rock Climbing!**

FREE program for young people aged 12 to 25 from migrant and refugee backgrounds. Lunch is provided & 2 weeks of free unlimited entry to Urban Climb!

Activities will take place in **Urban Climb (Blackburn)\***

**2 Options to meet:**

- Meet youth workers at **Ringwood Station @11am**
- Meet at the **Urban Climb @11:30am**



**Register now to secure your spot!**



<https://forms.office.com/r/rjTK7cbgvDa>

**Remember to bring:**

- Myki
- Water Bottle
- Close-toed shoes

**Got Questions?**  
 Contact **Namy** on 0424 595 966 or **youth team** on 03 9285 4888

 @ MIC YouthTeam



This Program is funded by the Australian Government Department of Home Affairs through the Settlement Engagement and Transitional Support (SETS) Programme in partnership with YSAS - SHERPA Program.

# Park Orchards MARKET

## Saturday 21st September

### 10am - 2pm

Venue: 1-3 Bowmore Avenue, Park Orchards



Farmers  
Foodies  
Makers  
Artisan  
Craft

Community  
Delicious food  
Great coffee  
Live music  
Vibrant atmosphere



**TRY FOR FREE WITH EASTERN SIRENS**

# Join Artistic Swimming

**FUN**

Perfect for anyone who loves dance and swimming. Artistic swimming is a well rounded sport that develops flexibility, stamina, coordination, balance and strength.

**5 FREE CLASSES** Mention this flyer to get 5 free trial classes



*Requirements: can swim 25m freestyle, 25m backstroke and 25m breaststroke.*

Visit our website to learn more and contact us to try!

Aquanation, Ringwood  
www.easternsirensynchro.com.au



**Requirements: can swim 25m freestyle, 25m backstroke and 25m breaststroke.**

Visit our website to learn more and contact us to try!

Aquanation, Ringwood  
www.easternsirensynchro.com.au



# How healthy is your home loan?

**Book in for a home loan health check today!**

**AUSTRALIA'S MOST SATISFIED HOME LOAN CUSTOMERS**

All over Australia, homeowners are saving money with a free Bendigo Bank home loan health check.

We'll give your home loan a full check-up, making sure the loan you have is still right for you and your current needs. We'll look at your interest rate, your term, your repayment options, and if relevant, your equity.

Then if we can add value to what you already have, we'll talk you through:

- our competitive rates
- 100% offset on fixed or variable loans
- how LVR (your loan to value ratio) works
- and of course, our fantastic customer service

**Everyone's welcome**

Whether you're an existing customer or you're new to Bendigo Bank, we're here to help you get the most out of your home loan.

So don't delay!

Enquire online at [bendigobank.com.au/healthcheck](http://bendigobank.com.au/healthcheck) or visit your nearest branch.

Ringwood 9870 9244

**Bendigo Bank**

\*Source: The Morgan Stanley Source Australia, May 2023  
All loans are subject to the bank's normal lending criteria. Fees, charges, terms and conditions apply. Please consider your situation and read the Terms and Conditions, available online at [www.bendigobank.com.au](http://www.bendigobank.com.au) or upon request from any Bendigo Bank branch. Balance make a loan. Bendigo and Australia Bank Limited ABN 11 088 048 176 AFSL 227679 (2008723-2043545) (BNDG)

# Girls we want you playing our sport.

## September holidays 2024

**3 consecutive days** Junior primary (P-2) 12 noon - 1pm  
Monday 23rd Sept to Senior primary (3-6) 1- 2pm  
Wednesday 25th Sept Junior Secondary (7-9) 2-3pm  
Free racquets included Senior secondary free cardio offered  
6 beginners per class later in the year in the evenings.

**Free 3 beginner Tennis** Lessons for girls aged 5 to 15  
at Burnt Bridge Tennis Club, Peter Vergers Reserve Ringwood.

Please email the following details to [membershipbttc@gmail.com](mailto:membershipbttc@gmail.com) for September enrolments.  
Contact name, address, email address, mobile no, school, grade, age at 1st Sept 2024.

Expressions of interest also being taken for January 13th-17th and April 7th-11th 2025 beginner classes and cardio, email us.

# Growing Wellbeing Activity Day

**Look after your mental health, Maroondah!**

**Wednesday 2 October 10am to 1pm**

Feel good with fun, free activities for all ages!

Join us and experience ways to look after your mental health and wellbeing while discovering tips for supporting your family and friends to thrive too.

- art therapy
- interesting presentations
- active kids activities
- light and sound show
- positive ageing information and activities
- youth space and more!

**Date:** Wednesday 2 October 2024  
**Time:** 10am to 1pm  
**Venue:** Ringwood Town Square and Realm, 179 Maroondah Highway, Ringwood (opposite Ringwood Station)

**Free event**

For more information and to register visit [www.maroondah.vic.gov.au/GrowingWellbeingActivityDay](http://www.maroondah.vic.gov.au/GrowingWellbeingActivityDay) or scan the QR code

Communities of Wellbeing | each | EASTLAND | YOUR LIBRARY

1300 88 22 33 or 9298 4598  
[www.maroondah.vic.gov.au](http://www.maroondah.vic.gov.au)

MAROONDAH CITY COUNCIL YOUTH SERVICES & BASSLINE PRODUCTIONS PRESENT

# FREEZA FRIGHT NIGHT



**LIVE MUSIC**  
**SPOOKY TREATS**  
**COSTUME CONTEST**

**ALL AGES**  
**DOORS 7PM**  
**ONLINE \$5**  
**DOOR \$10**

**FRIDAY 4 OCTOBER**  
**EV'S YOUTH CENTRE**  
212 MT DANDENONG ROAD, CROYDON

**M 10-25**

Check out what's on offer at [www.maroondahyouth.com.au](http://www.maroondahyouth.com.au)

This event is a Victorian Government Initiative  
No passes - Drop, alcohol, vapes & smoke free event

[www.maroondahyouth.com.au](http://www.maroondahyouth.com.au) [www.basslineproductions.com.au](http://www.basslineproductions.com.au) [www.maroondah.vic.gov.au](http://www.maroondah.vic.gov.au)



**MENTAL HEALTH FIRST AID**  
Australia

## BECOME A MENTAL HEALTH FIRST AIDER™

to support friends, family members, colleagues and others

About 1 in 5 Australian adults experience a common mental illness each year. Mental Health First Aid® (MHFA) training will teach you practical skills to support someone with a mental health problem. Make a real difference to people in your community.

### STANDARD MHFA TRAINING BENEFITS

KNOWLEDGE	CONFIDENCE	DE-STIGMATISING	SUPPORT
Improves knowledge of mental illnesses, treatments and first aid actions.	Increases confidence in providing first aid.	Decreases stigmatising attitudes.	Increases the support provided to others.

"I enjoyed learning the skills to be an MHFAider. The content was interesting and the facilitators made me feel at ease, even with the more sensitive content." - Georgia

**LEARN PRACTICAL FIRST AID SKILLS**

- Recognise common mental health problems
- Provide initial help using a practical, evidence-based Action Plan
- Seek appropriate professional help, and
- Respond in a crisis situation

This is a 12-hour educational course, not a therapy or support group.

**DATES** 11 & 18 October 2024

**TIMES** 9:00AM - 4:30PM

**COST** \$290

**VENUE** Central Ringwood Community Centre  
Bedford Park, Rosewarne Ln, Ringwood VIC 3134

**FACILITATOR**  
**Simone Byrne**  
Licenced MHFA Instructor

**HOW DO I SIGN UP?**  
Please call Simone Byrne 0407 347 020 or the Customer Service Line 1300 136 975  
Enrol : <https://mhfa.my.site.com/MHFA/s/direct-course-link?course=vuTgnH&exp=false>

For more information, visit [mhfa.com.au/courses](http://mhfa.com.au/courses)

[@MHFA\\_Australia](https://twitter.com/MHFA_Australia) [mentalhealthfirstaid](https://www.facebook.com/mentalhealthfirstaid)

# FUN. FREE. LIFE CHANGING.

Now recruiting young people from the age of 13+ to help children with disabilities have as much fun as possible on camps and day activities!

- Learn New Skills
- Make Friends
- Have Fun
- Be Accepted
- Make a Difference
- New Experiences
- Training
- Start your Resume
- Build a Career
- Be Part of Something



Interchange Outer East volunteers are highly valued and supported. Many of our volunteers go on to work in the disability, health, community and education sectors.

**Creating Opportunities and Choice**

**WATCH HERE!** **Contact Us!** **LEARN MORE:**

[volunteers@ioe.org.au](mailto:volunteers@ioe.org.au)  
[www.ioe.org.au](http://www.ioe.org.au)  
9758 5522

**INTERCHANGE**  
OUTER EAST

# STAND TALL

Ever feel nervous or anxious about being yourself?  
Do you often let others speak instead of saying what you really want to say?  
Do you wish you had more confidence in who you are?  
Do you wonder where you belong in the world?  
Are you looking for a place where you can truly be yourself?

Stand Tall is a group for Year 8 and 9 boys who feel just like you. It's a space where you can be yourself, find new friends, and discover where you truly belong.

Together, we'll work on building confidence, learning how to connect with others, and creating a strong, positive identity that makes you feel proud. Join us and explore who you are, what makes you unique, and how to stand tall in your own way!

Over 6 exciting weeks you will

- Find Your Unique Voice
- Discover who you are
- Connect with Confidence
- Master Communication
- Build Healthy Relationships.
- Celebrate Your Journey

**Who:** Year 8 & 9 students  
**When:** Term 4, 2024  
**Where:** Ringwood

Monday 21st October  
Monday 28th October  
Monday 4th November  
Monday 11th November  
Monday 18th November  
Monday 25th November

**Time:** 2.30pm - 4.30pm  
**Cost:** Free

Please note: participants are to attend all 6 sessions

Scan the QR code to register your interest & find out more



**10 years of Beach** 1974-2024

**VICTORIA** State Government



**Our Lady's Netball Club**

# NETBALL TRAINING OPEN TO ALL!

Our Lady's Netball Club invites you to join our weekly **Wednesday** afternoon training sessions held at HE Parker, Heathmont.

**FREE TRAINING**

- ✔ Develop your netball skills
- ✔ Be part of a team
- ✔ Get fit and have fun
- ✔ Make new friends

**U9 - U13**  
Boys & Girls WELCOME

**U15-U17**  
Girls WELCOME

**HE PARKER, HEATHMONT ROAD HEATHMONT**

**TRAINING IS HELD FROM 4.00PM - 6.00PM**

**More information**  
Fran: 0414 326 622  
ourladysnc@gmail.com

October 9, 16, 23  
November 6, 13, 20, 27

**PREVENTION UNITED** In partnership with **Maroondah City Council**

## An introduction to mental health promotion

### Free half-day workshop\* Limited places available

This entry-level, training shows people how to promote better mental health and wellbeing in their communities. The session is suitable for those working and volunteering in community settings such as early childhood services, schools, Community Houses, sports clubs, the arts and libraries in the eastern metro region.

It assumes no prior knowledge in mental health, public health, or health promotion.

**What you will learn**

- What is mental health and what influences our mental wellbeing?
- What is mental health promotion and why is it important?
- What works to promote mental wellbeing, prevent mental health conditions, and build mental health and wellbeing literacy?
- How can I apply this knowledge to my role?

**Eastern metro region**

**9.15am-1.00pm**  
**Tuesday 22 Oct 2024**

Realm, 179 Maroondah Hwy Ringwood (opposite Ringwood station)

[Click here to express your interest](#)

Or use the QR to access the EOJ form




**afrobeat kids**  
It's like going to a concert... only you're a part of it!

## INTERACTIVE DRUMMING

### Melbourne T1 Young Persons diabetes meetup

Janine will have kids drumming & with every beat, build a sense of connection, success, empowerment and wellbeing!

**All children ages catered for**

**Session runs 45 min**

Time 2.30pm  
Date 3 Oct 2024  
Location Alphington 3078 Victoria  
Cost \$15.00 per child

Join our Facebook group for full details and to RSVP

Enquires Maria  
Email melbt1@hotmail.com

<https://www.facebook.com/groups/750471937164918/>

Join other young people living with Type 1 diabetes and their families to connect, form friendships, provide support and understanding to each other through our social events. We are a small community social group based in Melbourne, one of Diabetes Victoria Peer Support Groups.

This group is for families with children under 18.

**diabetes victoria**



**9am to 2pm**

# COMMUNITY Market

Wander the many stalls and purchase a gift for friends, family or maybe yourself. Sit and chat over a hot cuppa or sausage. Mingle with locals and experience your friendly, talented community.

**SATURDAY 12 OCTOBER**

**Support Local Creatives**  
**Community Atmosphere & Food**  
**Book a spot: TryBooking.com/CSBAZ**

13 Bedford Rd, Ringwood (Parking in Pitt St carpark)



**RINGWOOD CHURCH OF CHRIST**  
ringwoodchurch.org.au 9870 8169  
ringwood\_church ringwoodchurchofchrist