

Absence Hotline - 03 4241 8088

Issue 15 - Friday 13th October, 2023

OCTOBER

Mon 16th Last Day of Yr 12 Classes
Mon 16th - Tues 17th - Yr 9 Digital Systems - Virtual X - Tech School - 9 am - 3.25 pm

Tues 17th Yr 12 Celebration Day & Final Assembly - 8.30 am - 1 pm
Tues 17th - Thurs 19th Yr 11 Outdoor Ed - Glenelg River Canoe Camp

Wed 18th Yr 7 Sport - 9 am - 3 pm
Yr 9 - Heroes Day - 9 am - 3.25 pm

Thurs 19th 2024 Yr 7 Parent Information Night 6 pm - 7 pm
Oberon Arts/Technology Night - 5 pm - 7 pm - TAS Building

Frid 20th Staff Professional Learning - **STUDENT FREE DAY**
Practice English Exam 9 am - 12.15 pm
Yr 7 Western Metropolitan Table Tennis

Mon 23rd Yr 8 Sport - 9 am - 3 pm

Tues 24th Yr 12 Written Exams begin - English Exam 9 am - 12.15 pm

Wed 25th **GEELONG CUP DAY PUBLIC HOLIDAY - SCHOOL CLOSED**

Thurs 26th Western Metropolitan Region - Yr 8 Boys Table Tennis - 9 am - 3 pm

Frid 27th Yr 9 & 10 German Careers Day 9 am - 12.30 pm
Yr 8 CyberSafety Presentation - VicPol Period 2 - Gymnasium
Yr 7 selected students - Awetism ICAN Workshop - 9 am - 3 pm

NOVEMBER

Wed 1st Yr 11 Outdoor Ed Livewire Park Excursion - 10.40 - 3 pm
Yr 10 & 11 Indonesian Trip Parent Meeting - 6 pm - 7 pm

Thurs 2nd Yr 8 Wellbeing Day - 9 am - 3.25

Wed 8th Final day of Year 11 classes

PRINCIPAL'S REPORT

Welcome back to Term 4. It was great to see so many in attendance for the recent Student/Parent/Teacher interviews that were held on Thursday 5th October. If you were unable to make an interview to discuss the progress of your son/daughter and still wish to do this, contact the teachers through the Xuno Portal to arrange a suitable time for a phone call.

Staff Changes

As reported in the last Newsletter of Term 3, we have a number of changes to our staffing for Term 4:

- Mr Josh Baker will remain as Acting Principal at Belmont High School for this Term. As a result, Mrs Priscilla Begg will be remaining as Acting Assistant Principal and Ms Tess Ellard as Acting Leading Teacher – Year 7-8 Sub-School Manager.
- Ms Aleesha Platt has begun family leave.
- Mrs Jessica Jacobsen will begin Family Leave from the beginning of week 3 this Term. Mr Brad Clough has been appointed to the position of Acting Learning Specialist – Disability Inclusion whilst Mrs Jacobsen is on leave.
- Mr James Claney has been appointed to the Acting Year 7 Manager position to replace Mr Clough for Term 4.
- Ms Gia Doe has joined the school teaching Humanities and Mr Max Stokes has joined the school teaching Science.

Year 12 Celebration Day

Our year 12's will have their last day at school on Tuesday 17th October which will include a Whole School Assembly to farewell the students. The Year 12 students have done an amazing job this year and I wish them well in their upcoming exam period if undertaking VCE exams.

Year 9 Camp

Our Year 9 Camp to South Australia has taken place this week from Monday 9th to Friday 13th October.

School for Student Leadership

We have three Year 9 students, Bart Gujit, Kaia Martin and Lara Mayson who will be attending the School for

Student Leadership at the Gnurad Gundidji Campus at Glenormiston near Camperdown. The students will be away for approximately 8 weeks. The students began this wonderful experience on Sunday 8th October.

Arts/Technology Night

We will be holding our Arts/Technology Night on Tuesday 19th October. I encourage members of the school community to come to the night to view a range of student work and performances from the visual arts and technology fields as well as student performances.

Intentions for 2024

If students are not returning to Oberon High School in 2024, can families contact the school and speak with one of the Assistant Principals regarding this.

Public Holidays

A reminder that the school is closed on Wednesday 25th October (Geelong Cup Day) as this is the designated Public Holiday for schools in Geelong. School classes will run as normal on Melbourne Cup day.

Staff Professional Learning (student free day)

Staff will be involved in professional learning on Friday 20th October. The focus of the day will be the second day of training of the Berry Street Model of trauma informed teaching. The Berry Street Education Model helps educators gain new perspectives, strategies and skills to build safer, healthier and more engaging classrooms for all students. Staff will be undertaking an additional two days of training/professional learning during the 2024 school year.

Awards Night

In 2023 the school has moved our student awards ceremony from during the day to the night time. This has occurred due to feedback from parents who indicated that they would like to attend, but the previous day time schedule clashed with work commitments. The awards night is scheduled for Tuesday 12th December beginning at 7 pm at Costa Hall.

Tim McMahon

Art and Technology Night

October 19, 2023

Live Music
Art & Design
Theatre Sports
Activities



5-7pm
TAS Building
163 Batten Rd
Armstrong Creek

SCHOOL STUDENT BROADBAND INITIATIVE

If you are interested in the program below and meet the criteria, please contact James Curtis (ICT Leader) through the office to obtain a consent form.

SUPPORT YOUR CHILD'S EDUCATION WITH 12 MONTHS FREE INTERNET AT HOME

The Australian Government has established the School Student Broadband Initiative to provide free home internet for one year for up to 30,000 eligible families with school-aged students.

The initiative aims to boost education opportunities. NBN Co is leading the rollout of this initiative across the country.

How the School Student Broadband Initiative can help your child:

- Children who can access online learning at home as part of their education are more likely to engage in classroom activities.
- Access to fast internet at home can also support children to build their digital skills, learn how to safely use the internet and take part in a world that is more reliant on digital technology.

Eligibility:

To be eligible, families must:

- have a child living at home enrolled in an Australian school in 2023
- not have an active National Broadband Network internet service at their home (having a mobile internet service does not affect eligibility)
- live in a premises that can access the National Broadband Network through a standard connection. NBN Co will check this for you after you apply
- register interest with your school and complete a consent form to be assessed for eligibility.

How the School Student Broadband Initiative works:

If you are eligible, your home internet service will be provided at no cost for one year with a participating internet provider over the National Broadband Network.

Each internet provider has its own step-by-step process to get you connected, which may involve you providing identification.

Once you sign up, the internet provider will help you set up your connection. The initiative does not include devices such as a computer or tablet. Other members of your household can use the internet service provided through this initiative.

The one-year period will start from the day your service is activated with your chosen provider. At the end of the one-year period, you will not be placed onto a paid service by your internet provider without your consent. The Australian Government is considering options beyond the one-year free period.

How to apply:

- Ask your school for a copy of the School Student Broadband Initiative consent form.
- Complete the consent form and return to the school.
- NBN Co will use student address details on the consent form to confirm eligibility.
- If you are eligible, NBN Co will issue a voucher for your family to use to sign up with a participating internet provider. This will be provided to you by your school.

Please note: NBN Co will review the home address for eligibility. No personal information other than your main home address will be shared with NBN Co. Please see the consent form for details about how personal information will be used.

Find out more:

For more information about the School Student Broadband Initiative, visit <https://www.infrastructure.gov.au>

YEAR 9 RUBICON CAMP

Between the 4th and 9th of September, a group of 17 exceptional year 9 students embarked on the challenging Rubicon Camp at Big River, near Lake Eildon. This camp was not for the faint-hearted, as it involved various demanding activities such as 39km of white-water rafting, utilizing drop toilets, accommodating in small tents, enduring extreme weather conditions, starting each day putting on wet clothes, and carrying all belongings in waterproof day packs along the river for the final three days.

Despite these obvious challenges, I am thrilled to inform you that all students successfully conquered the Rubicon Camp with unwavering determination and a smile on their faces, while also developing their leadership skills. On the first day of the camp, the students were divided into two groups. Throughout the duration of the camp, they took turns assuming the role of group leaders. Leading their peers at the age of 15 may not be an easy task, but due to the collaborative efforts of all students, who diligently fulfilled their assigned responsibilities such as cooking, cleaning dishes, setting up tents and tarps, and fetching water, both groups experienced undeniable success and enjoyment.

I would like to congratulate all the students who participated in the Rubicon Camp. Your resilience, teamwork, and admirable attitudes are truly commendable.

Group 1:

• Andy Hallam (teacher) • Bart Guijt • Heidi Nixon • Isabella Stephenson • Kaia Martin • Matt Cook • Ronak Ayok • Samantha Jordan • Solomon Blowers • Zarah Wood

Group 2:

• Mary Waldron (teacher) • Callum Hatty • Erin McGuinness • Gautam Shrivastava • Lachlan Jory • Lara Mayson • Lucas Parkinson • Macklin Pritchett • Tommy Devlin



/HEADSTART

APPRENTICESHIPS AND TRAINEESHIPS

Year 11 Vocational Major student Patrick Dench successfully work trialled at Hustler Built and has been signed up into a **School Based Apprenticeship (SBAT)** in Certificate III in Carpentry.

Patrick is in the Department of Education's **HeadStart Program** that supports students to combine secondary school, an apprenticeship or traineeship, and paid employment in Years 10-12. So far, 36 Oberon High students have used the program to start their careers while still at high school. Patrick has been working Thursdays, Fridays, and school holidays at Hustler Built while studying Carpentry with Building Skills Centre. BSC deliver the training at their Geelong site in a block of 2 days per term. Patrick will finish Year 11 this year with an option to continue into year 12 or go full time employment at Hustler Built if available to continue his apprenticeship. Congratulations to Patrick and thank you to Dylan at Hustler Built!

Patrick's Fun facts:

Routine start of the day? "Unlocking the container, the yellow box and the ladders and get out tools we will use for the day"

Latest job you are working on? "A multimillion-dollar new house build that will take 2 years to finish. We have been working on the second story as that has gone up and the steel guys came last Thursday and put more steel in on the second story and put the roof plates on the wall frame"

Favourite job you have worked on so far? "Everything I get asked to do!"

Best part of the job: "Using tools that I have never used before and get to learn different skills on the job"

Least favourite part of the job: "I don't really have any- like I love everything I do in my job because I'm learning different skills and maybe I might not be good at some jobs but I'm trying and learning about the whole building industry"

HeadStart Program

School Based Apprenticeships and Traineeships are a valuable part of beginning a student's career in their chosen field and we're very thankful for Geelong employers like Dylan at Hustler Built that take on employees such as Patrick to gain the skills necessary to progress in his chosen career.

Interested in becoming a **HeadStart** School Based Apprentice or Trainee?

Follow the link to here for more info: <https://vimeo.com/580595609/b5b7ec0392>

If you're a student looking for a pathway into employment such as a School Based Apprenticeship or Traineeship, a parent looking for a secure future for your child, or an employer looking for your next apprentice, contact the Careers & Pathways Team – Kaye Barry/Nicola Maher/Katrina Coburn (**HeadStart Coordinator**) about Structured Work Placement and the **HeadStart Program**.



Pictured L-R: MEGT Peter McVilly, Managing Director
Dylan Hustler, Apprentice Patrick Dench.

IMPORTANT END OF YEAR DATES

YEAR 12

| | |
|--|---|
| Monday 2nd October - Monday 23rd October | Units 3 & 4 Performance and Languages Oral Exams |
| Friday 20th October - 9 am - 12.15 | Yr 12 Practice English Exam at Oberon |
| Tuesday 24th October - Wednesday 15th Nov | Unit 3 & 4 Written Examinations |
| Monday 16th October | Last day of Year 12 classes |
| Tuesday 17th October - 8.30 am - 1 pm | Year 12 Final Assembly & Celebration Day |
| Wednesday 22nd November 6.30 pm - 11.00 pm | Year 12 Valedictory Dinner - Mount Duneed Estate Winery |
| Monday 11th December - 7 am | Year 12 results released |

YEAR 11

| | |
|--|---|
| Thursday 9th - Tuesday 14th November | Year 11 Exams at Oberon High School |
| Wednesday 15th November | Year 11 Formal |
| Friday 17th November - Tuesday 21st November | Year 11 into 12 Orientation Program (Program compulsory for all 2023 Year 11 students) Tuesday 21st November is the last day at school for Year 11 students |
| Thursday 16th November - Tuesday 28th November | Yr 10 & 11 Indonesian Study Tour |

YEAR 10

| | |
|--|---|
| Thursday 16th November - Tuesday 28th Nov | Yr 10 & 11 Indonesian Study Tour |
| Wednesday 29th November | Last day of Year 10 classes |
| Thursday 30th November | Year 10 Maths & English Exams at Oberon High School |
| Friday 1st December - Wednesday 6th December | Year 10 into Year 11 Orientation Program (Program compulsory for all 2023 Year 10 students). Wednesday 6th December is the last day at school for Year 10 students. |

ALL YEAR LEVELS

| | |
|--|--|
| Thursday 19th October 6 pm - 7 pm | 2024 Year 7 Parent Information Night |
| Thursday 19th October 5 pm - 7 pm | Oberon Arts/Technology Night 5 pm - 7 pm |
| Friday 20th October | STUDENT FREE DAY - Staff Professional Learning - Berry Street |
| Wednesday 25th October | GEELONG CUP DAY PUBLIC HOLIDAY - SCHOOL CLOSED |
| Tuesday 21st November | Christmas Appeal - Casual Dress Day for students for gold coin donation |
| Monday 11th December | Adventure Park Excursion - whole school - further details to be advised |
| Tuesday 12th December | Year 7 2024 - Orientation Program NO PROGRAM PROVIDED FOR CURRENT STUDENTS ON THIS DAY |
| Tuesday 12th December 7 pm - 9.30 pm | Oberon Awards Evening - Costa Hall - All welcome - further details to be advised |
| Wednesday 13th December | Yr 7 2024 - Orientation Program End of Year Activities for Yrs 7-9 students |
| Friday 15th December, Monday 18th December & Tuesday 19th December | Staff Professional Learning. Students who are in attendance at school will be supervised. Parent/Teacher/Guardian interviews <u>as required by appointment</u> |
| Wednesday 20th December | OFFICIAL LAST DAY OF THE 2023 VICTORIAN SCHOOL TERM <ul style="list-style-type: none"> • Students who are in attendance at school will be supervised • Parent/Teacher Interviews <u>as required by appointment</u> |

COMMENCEMENT DATES FOR EARLY 2024

| | |
|--|---|
| Wednesday 24th January & Thursday 25th January | <ul style="list-style-type: none"> School Office Open |
| Friday 26th January | AUSTRALIA DAY PUBLIC HOLIDAY - SCHOOL CLOSED |
| Monday 29th January, 2024 | First day of Term 1 <ul style="list-style-type: none"> STUDENT FREE DAY School Office Open Teachers return to school |
| Tuesday 30th January, 2024 | Students in Years 7, 11 & 12 commence school |
| Wednesday 31st January, 2024 | Students in Years 8, 9 & 10 commence school. All students now in attendance at school |
| Wednesday 7th - Friday 9th February | Year 7 Camp - Alexandra Adventure Camp |
| Thursday 22nd February - 6 pm - 7 pm | 2024 Year 7 Parent Information Evening |
| Wednesday 14th February | School Photo Day - online ordering information will be distributed prior |
| Friday 16th February | Oberon Swimming Carnival - Kardinia Pool |
| Monday 4th March - 9 am - 3 pm | Oberon Athletics Carnival - Landy Field |
| Monday 11th March | Labour Day Public Holiday - SCHOOL CLOSED |
| Friday 15th March | School Photo catch up afternoon |
| Thursday 21st March - 5.30 pm - 7.15 pm | Oberon Open Night - Tours from 5.30 pm Information Session 6.30 pm |
| Monday 25th March - 12 midday - 3.25 pm | Oberon Cross Country Colour Run |
| Friday 29th March - Friday 12th April | Term 2 Holidays - Good Friday 28th April |
| Monday 15th April | Term 2 Commences |

2023 SCHOOL TERMS

Term 4 2nd October - 20th December

SCHOOL HOLIDAYS

End of Term 4

Wednesday 20th December is the last day of the 2023 school year.

Please refer to the end of year important dates in this Newsletter for student attendance information during the last weeks of the school year.



SCHOOL MAGAZINE PAYMENT DEADLINE

A notice to parents who would like an Oberon High School Magazine for 2023
The deadline for payment (\$22.00) is

Friday 27th October, 2023

Payments can be made via XUNO Parent Portal or by credit card over the phone.

STUDENT FREE DAY

The following day has been approved by the Oberon High School - School Council as student free for 2023:



Friday 20th October



Staff Professional Learning Day - Berry Street
Please note that on this day there will be limited staff available to assist with enquiries in the General Office due to all the staff taking part in the Professional Learning

GEELONG CUP DAY PUBLIC HOLIDAY



Wednesday 25th of October

is the Geelong Cup Day Public Holiday.



**School will be closed
on this day.**

Please mark these dates in your diary



YEAR 8 WELLBEING DAY

A DAY FOR ALL YEAR 8 OBERON STUDENTS TO COME TO TOGETHER AND ENHANCE THEIR MENTAL AND PHYSICAL HEALTH & WELLBEING!

SAVE THE DATE:
THURSDAY 2ND OF
NOVEMBER

OBERON HIGH SCHOOL



IMPORTANT STAY SAFE on the ROADS and around CARS and BUSES

- **WALK**
- **WAIT** for buses to depart before crossing the road
- Look **BOTH** ways before stepping onto the road
- Use school crossings
- Dismount from your bike at school crossings

GRAPHICS CALCULATOR ORDERS

Below is the 2024 order form to order a Graphics Calculator. The calculator is compulsory for students doing the following Maths subjects in Years 11 & 12 2024:

- General Maths
- Maths Methods

ONLINE STUDENT CALCULATOR ORDER FORM

Oberon High School
Shape Your Future - Go One Better

ORDERS PLACED BY 11.59pm 1 SEPT 2023 DELIVERED WEEK BEGINNING 10 SEPT 2023
ORDERS PLACED BY 11.59pm 14 JAN 2024 DELIVERED WEEK BEGINNING 29 JAN 2024



PACKAGE INCLUDES:

- 1 x TI-Nspire CXII CAS
- 1 x Protective padded Case
- 1 x Usb charging cable
- 1 x TI rechargeable battery
- 1 x Student Software Licence

3-Year replacement warranty



\$235.00 Inc

RECOMMENDED:

- 1 x CXAdaptor

COST: \$ 12.00 Inc

OPTIONAL

- 1 x TI Rechargeable battery

COST: \$ 20.00 Inc

- Your calculator has a extended 3-year Replacement Warranty
- Broken screens and Corrosion void warranty.
- Warranty commences when the calculator arrives at the school.
- **DELIVERY TO OBERON HIGH SCHOOL**

School ID: **OBERONGRA**

STEP 1: GO TO www.abacuscalculators.com.au

STEP 2: ENTER YOUR SCHOOL ID CODE: **OBERONGRA** ABOVE THE ORANGE LOG IN BUTTON.

STEP 3: SELECT YOUR CALCULATOR AND ACCESSORIES & PAY FOR YOUR ORDER.

STEP 4: FOLLOWING DELIVERY TO THE COLLEGE, FOR COLLECTION OF YOUR CALCULATOR PLEASE CONTACT:

HEAD OF MATHEMATICS - RENEÉ DURRAN

ABACUS

CALCULATORS SUPPLIED BY ABACUS CALCULATORS

If you have any queries please call **GLORIA** on Free Call 1800 998 424
or email: gloria@abacus.com.au



LANGUAGES CORNER

ANIMALS

| | | |
|---------|---------|---------------|
| dog | anjing | der Hund |
| cat | kucing | die Katz |
| bird | burung | der Vogel |
| horse | kuda | das Pferd |
| fish | ikan | der Fisch |
| cow | sapi | die Kuh |
| chicken | ayam | das Huhn |
| pig | babi | das Schwein |
| goat | kambing | die Ziege |
| Rabbit | kelinci | das Kaninchen |

UNITING VIC TAS FINANCIAL SUPPORT FOR BOOKS & UNIFORMS FOR 2024

The **Uniting Vic Tas** Education Assistance Program for 2024 is about to open to those families and students who may need extra support with the financial cost of uniforms, books and digital book fees for 2024.

Interviews at the Uniting Barwon - Grovedale location - 272 Torquay Road, Grovedale - will commence on Tuesday 24th October 2023 for the morning only - 9.20 am - 11.40 am. Uniting will then continue interviews every Tuesday and Thursday morning.

Oberon families who are in need of assistance from Uniting are asked to telephone their Receptionists on 42 101 100 to make an appointment to discuss what assistance can be provided to you.

If you have any further questions or queries regarding this process, please feel free to contact the friendly and helpful staff at Uniting Barwon on 42 101 100.

Are you interested
in becoming a
foster carer?



Are you able to provide a safe & nurturing home to a child or young person?

If you would like further information on becoming a Foster Carer with Veritas House, we would love to hear from you.

Please scan the QR code to complete an enquiry form and a member of our carer recruitment team will be in touch soon.



Call 1300 011 973

email contact@veritashouse.org.au
or visit www.veritashouse.org.au



BARWON HEALTH IMMUNISATION CATCH UP SCHOOL-BASED VACCINATIONS

CATCH UP INFORMATION

If your child has missed out on their school-based vaccinations, it's not too late to catch up!

Secondary school immunisations are provided free to students in Year 7 and Year 10.

Due to interruptions to school-based learning in 2020-2021, some students who are now in Years 8, 9, 11, & 12 or older may need to complete their vaccine program to ensure they are protected.

Catch up for Secondary School immunisations is free up to 19 years of age.

Barwon Health immunisation service will offer a catch up week at different venues around Geelong from Monday 16th -Saturday 21st October, 2023.

This is open to any Year 7, 8, 9, 10, 11 or 12 age student up to 19 years of age, who has missed their immunisations at school.

Booking links for the extra sessions:

Barwon Health North:

Tuesday 17th October and Friday 20th October, Barwon Health North, 3.30pm-6.30pm <https://www.trybooking.com/CLQIE>

Armstrong Creek:

Wednesday 18th October, Armstrong Creek East Community Hub, 3.30pm-6.30pm <https://www.trybooking.com/CLQSB>

Bellarine:

Thursday 19th October, BASC (Bellarine Aquatic Sports Centre), 3.30pm-6.30pm <https://www.trybooking.com/CLQNU>

Belmont:

Wednesday 18th, Friday 20th and Saturday 21st October, Barwon Health Vaccination Centre, Belmont <https://www.trybooking.com/CLQPX>

Students can also book in at any of our weekly regular clinics via our webpage: <https://bit.ly/BHImmunisation>

To see if your child is due for any vaccines, check your child's immunisation history statement on the Australian Immunisation Register using your **MyGov** account.

If your child is over 14 years of age they will need to access their immunisation history statement themselves through their own **MyGov** account or the Medicare mobile app.

Learn more about school-based vaccinations and why they're important:

<https://www.betterhealth.vic.gov.au/health/healthyliving/immunisation-in-secondary-schools>



DIIGG WELLBING COMMUNITY EVENT

"SURVIVE & THRIVE BEING HEALTHY, WEALTHY, WISE!"

DIIGG Wellbeing proudly presents a Community Event for both Men & Women. Enjoy listening to our interactive guest speakers whilst connecting with other community members.



Featuring Guest Speakers:

Lael Stone Speaker, Educator, Author, Creator and Director of Woodline Primary School.

Creating wellness in families through education, connection and communication.

Gus Worland Gotcha4Life Founder / Director, Media Personality, Documentary Maker, Mental Health Advocate.

The importance of having a Gotcha4Life Mate that you can open up to warts and all and rely on no matter what.

When: Sunday November 5th, 2023

Time: 5:30pm to 9:00pm

Where: The Sands Torquay "Bunkers Room"
2 Sands Boulevard Torquay VIC – 3228

Tickets: \$50.00 per person

Beverages: Purchased at bar prices

Food: Hot & Cold Canapes served throughout the night

Silent auctions and lucky door prizes will be conducted on the night with auction items sourced from valued local and non-local artisans and businesses. Funds raised from the event will enable DIIGG Wellbeing to successfully transform into a Not-For-profit organisation.

For further information email: info@diiggwellbeing.com.au
<https://artoftheminds.org.au/event/diigg-wellbeing-holistic-wellbeing-event/>

Follow DIIGG on Instagram: https://www.instagram.com/diigg_wellbeing/



GUS WORLAND

GUEST SPEAKER

GOTCHA4LIFE.ORG



Having Gus Worland as guest speaker will be an open, honest and powerful experience. Gus speaks from the heart and emphasises the importance of having a Gotcha4Life Mate that you can open up to warts and all and rely on no matter what.



GUS WORLAND

Family man. Friend. Sports fan. Founder. Australian radio host and TV personality Gus Worland is the driving force behind mental fitness charity Gotcha4Life.

Gus set up the not-for-profit foundation in 2017 to help people develop the emotional muscle, resilience and social connections needed to build mental fitness and prevent suicide.

A compassionate bloke. Gus wears his heart on his sleeve. But that heart was shattered the day news arrived that Angus - his friend, mentor and father figure - had taken his life. Angus seemed to have it all - a beautiful family, home, great job, the respect and friendship of many. But he had something else too. Inner worries that were eating away at him. And he never told anyone about it. The stigma around mental health stops too many from reaching out and asking for help when life throws challenges our way.

Gus was driven to action. In 2016, he hosted three-part documentary series Man Up, lifting the lid on the relationship between masculinity, social isolation, mental health and suicide.

The attention it received created awareness - but Gus knew more was needed. 'It is time for action - time to draw a line in the sand to educate, empower and support people about mental fitness.'

Gotcha4Life was founded.

ABOUT GOTCHA4LIFE

Gotcha4Life is Australia's leading mental fitness charity, working to end suicide through delivering programs that build emotional muscle, resilience and social connection in individuals, families and local communities. We team with expert partners to deliver presentations, workshops and sustainable training programs that engage, educate and empower schools, sporting clubs, workplaces and community groups. We focus on prevention through connection because we are stronger, together. No one should have to go it alone when life throws challenges our way, so we champion meaningful mateship. We want everyone to have a Gotcha4Life Mate - a go-to person you can rely on and talk to about anything when times are tough, so no one has to worry alone.

PRESENTATION BRIEF

- Relaxed and interactive delivery style
- Authentic and honest conversation about Gus and the Gotcha4Life Foundation
- Opportunity for Q&A
- Key messaging about building mental fitness

For more information contact kellie.stubs@gotcha4life.org

Everyone needs a Gotcha4Life Mate



McKellar Kids Rehab presents a free community webinar on

Paediatric Concussion

Tuesday 14 November 2023
11am to 12 noon

Learn about:

- symptoms of concussion
- when to seek help and treatment
- returning to school and activities.

Presenters include:

- Dr Brooke Doherty | Paediatrician
- Dr Mistral Foster-Owens | Neuropsychologist
- Lisa Marke | Physiotherapist

RSVP:
Scan the QR code



BUILDING RESILIENCE THROUGH INDEPENDENCE

Many of our children are struggling with worry and anxiety.

They may face social and online challenges and can often feel stuck. As parents, we can find this difficult to help our children, as they confront issues so different to the ones we faced at a similar age.

We want to help our adolescents to build their resilience, so when they encounter new challenges, they can tackle them with more confidence. This workshop is designed to help parents teach their children to be more resilient while building their independence. It will give parents simple and practical ideas to help their children, while developing strong, loving, and connected relationships.



THURSDAY 16
NOVEMBER

7.30pm-9.00pm

VENUE

Surf Coast Shire Council
1 Merrijig Drive, Torquay

BOOKINGS

Scan the QR code.

This is a free event but bookings are essential.



YOUTH

GEELONG REGIONAL LIBRARIES



AFTER SCHOOL CHILLER

Want somewhere to hang after school with your mates? Come and use our game consoles, play board games, get creative with drawing and colouring or just...chill!

No bookings required.

Ages 12+

Every Friday
Starting 28th July 2023
4.00pm to 5.15pm
Waurin Ponds Library

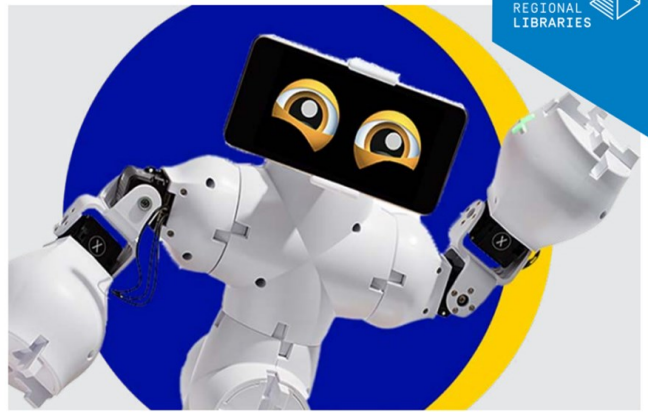


All events are FREE unless otherwise specified.
Online grlc.vic.gov.au
In person at any branch, or phone 03 4201 0500

grlc.vic.gov.au

STEM MAKER PROJECT

GEELONG REGIONAL LIBRARIES



TRANSFORM, INNOVATE & CREATE AT THE LIBRARY

Thanks to The Brainary, we're bringing the newest tech and endless possibilities for young people to

Transform, innovate and create with four special sessions designed for ages 12-18. These include CAD design, 3D printing, robotics, virtual reality and careers in tech.

Sessions are free but bookings are essential. Book your place today!

The Stem Maker Project is presented by the Brainary with grant funding from the Australian Government.

- CAD DESIGN & 3D PRINTING
- ROBOTICS AND CODING
- VIRTUAL REALITY (VR)
- EMERGING TECH & CAREERS



www.grlc.vic.gov.au

RECRUITING NOW

Programs offered 2023

GEELONG YOUTH CHOIR

Wednesday Afternoons and Evenings
Commencing October, 4th 2023

More info : geelongyouthchoir.com



LEARN THE LANGUAGE OF MUSIC

- Read
- Understand
- Compose
- Perform



Cantore

Ages 10-18

Conductor: Phillipa McQuinn
Rehearsals: Wednesday 4:30-6:30PM
Fee: \$250



Voices of Geelong

Adult Vocal Group

Conductor: Kym Dillon
Rehearsals: Wednesday 7:00-8:30PM
Fee: \$200



REGISTER NOW!
Scan QR code now to sign up today!

Country Fire Authority (CFA) Junior Volunteer Development Program (JVDP)



11-15 year olds

- Fun
- Friends
- Teamwork
- Leadership
- Resilience

The CFA Junior Volunteer Development Program (JVDP) aims to introduce young people 11-15 years to CFA by providing them with the opportunity to become good fire safe citizens while engaging them in fun activities that build self esteem & confidence while learning new skills

Activities can include

- Practical fire fighting drills
- Radio use & map reading
- First Aid training
- Team building
- Leadership development
- Fire safety awareness

Junior members DO NOT respond to emergencies or use heavy equipment

Find your closest program



For further information or to register your interest scan the QR code or visit cfa.vic.gov.au/volunteer



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