



Term 2 Week 10  
17 June 2020

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The Newsletter is designed to offer an information service to the parents of Wedderburn College students and local people interested in Education.

## COMING DATES

*Please note: An official College Calendar with all dates for the year was distributed to all families via Compass and the Homeroom. Should you require one, please ask at the Front Office.*

26 June	Friday	Last day of Term 2, Students early dismissal at 2:30pm
13 July	Monday	Student Free Day
14 July	Tuesday	Term 3 starts
9 September	Wednesday	General Achievement Test (GAT)
11 September	Friday	VET Try a VET Day for Year 9, 2021
9 November - 2 December	Monday	End of Year Written Examinations

## FROM THE PRINCIPAL

Dear Parents, Guardians, Carers and Friends of Wedderburn College

### Remote Learning Survey

A survey link is on Compass for all parents, carers and students (Year 4-12) to provide their feedback on remote learning. We encourage everyone to fill out the survey so that we can look at what was done well but also capture the ways that we could improve. If you cannot access the link or find it, please contact the office for assistance. The survey will be open until Friday 26 June.

### Early Dismissal on Friday 26 June

As this is the last day of Term, students will be dismissed from school at 2.30pm. They will return to school on Tuesday 14 July.

### Reports

As the Semester has been extended until the end of this Term, Semester One reports will be made live for viewing on Compass by 1.30pm on Friday 26 June.

### Cross Country

One of our SWPBS expected behaviours in *Responsibility* is 'participate'. It was wonderful to see such high rates of participation by all students in this whole school event. Thank you to **Mrs Carlie Turnbull** and all involved in the organisation of the day.

### College Grounds

Our school improvement work on our physical buildings and grounds continues, with pouring of concrete in the middle recreation area and the installation of new signage. The school is looking fantastic and we are receiving many compliments which is a source of pride for our whole community! We look forward to restrictions lifting so that we can host a Spring Open day for all members of our community to come and tour the refurbishments that have taken place over the last three years.

Ms Rachel Lechmere (Principal)

## FROM THE ASSISTANT PRINCIPAL

### Camps and Excursions

The news that school camps can resume later this month was happily received by staff and students alike. The Mount Bogong Year 9 Snow Camp planning can now proceed full steam ahead! Planning will also recommence for Year 10 Drivers Ed. Year 10 Work Experience that was originally scheduled for next week has been rescheduled for Week 10 in Term 3, 14-18 September and students are asked to begin making these preparations now.

### School Uniform

Thank you to all students who have worn their complete uniform correctly and with pride since returning to school and to all parents who assist with this on a daily basis. Great job!

### NAIDOC Week

NAIDOC Week falls in the upcoming school holidays. Celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community. The theme for 2020 is Always Was, Always Will Be. This theme recognises that First Nations people occupied and cared for this continent for over 65,000 years. Keep an eye out for local community celebrations during this time.

### Mr Dean Lockhart (Assistant Principal)

#### FOUNDATION/1

This week we welcomed three yabbies as our class pets. Our best-laid plans with our goldfish didn't work out. The yabbies are active and exploring their new surrounds. We are putting together some suggestions for names this week and voting on them next week. If you have any suggestions please let us know. The name 'Nippy' seems to be an early favourite with the children. In Maths, we are learning all about subtraction and have discovered some alternative words that mean the same, e.g. take-away/ minus/ cross out/ subtract. See if your child can recall any of these.



### Mrs Tanya Chalmers, Teacher

#### YEAR 2/3

In our room we have been reading and writing persuasive texts. We have learnt that there are some tricks you can use to persuade or convince someone to agree with your opinion. Do you know what rhetorical questions and strong words are? In Maths we are continuing to learn our times tables and I hope students have been able to practise at home as well. We are also looking at division this week and have found out that knowing your times tables helps you to solve division equations. On Monday we discovered that everyone has an invisible bucket. When it is full we feel happy and when it is empty we don't feel so great. This week we are thinking about different ways we can help to fill each other's buckets.

### Mrs Deirdre McKenzie, Teacher

#### YEAR 3/4

The first week back was quite enjoyable. It was great to see so many students return calmly and quite relieved that not too much has changed while they had been away. We have loved the new and exciting music equipment that **Miss Higgins** purchased, to surprise us upon our return. We are excited to learn the basics of reading music, hearing the different notes and playing the musical bells. So far we have learned the C Major scale, linked the bell numbers, learned how to play the scale up and down, as well as begun to learn the Solfege names of each note. This might bring back memories to some families of *The Sound of Music* movie (Do Re Mi Fa Sol La Ti Do). We are all looking forward to seeing how much we can learn in this time. We are already beginning to read sheet music and understand how the notes all fall within the treble clef. In due course, we

hope to be able to learn to play the recorder, or the ukulele as it teaches us those instruments too. To learn and play more at home, please download the free Prodigies Bells app on your phone or tablet to play anytime.

With the On Demand testing in full swing, we have taken in turns to complete this calmly in small groups during class time. We hope to see some great improvements as the year progresses. All students are completing the PM Benchmark testing for reading again and we are seeing some great improvements, especially from those who read a lot during Remote Learning.

During Maths time, we have been learning about patterns with shapes, colours and especially numbers. As we place some very challenging patterns in front of our students, they achieve these very well. It is important to think 'What process is happening to the number? - (eg: 1, 2, 4, 8, 16..... +1, +2, +4, +8 is not a pattern but  $\times 2$ ,  $\times 2$ ,  $\times 2$  .... is a pattern so therefore we can predict the next set of numbers, .... 32, 64, 128 and so on).

We were all looking forward to the cross country this week. The Grade 3's had a first look at the track last week and are keen for it to begin on Tuesday. Thanks **Mrs T.** for bringing us for a walk along the track, to help us prepare.

**Miss Jessica Higgins**

### YEAR 5/6

Year 5/6 have adjusted well to classroom learning again. We are very excited to have students here. They are currently working on writing mystery stories and we look forward to publishing a classroom collection! Students will also be illustrating their stories. In Maths, students have been focusing on Maths Pathways and algebra. Maths with letters can be tricky, but the students are up for the challenge. The Year 5/6 class did a great job at wearing their house colours for cross country. As always, students should be reading for a minimum of 15 minutes each night. Almost the end of a very unusual term, one we won't forget! Have a great week.

**Mrs Annita Steel and Mrs Maddi Postle**

### MATHS PATHWAY

Congratulations to this fortnight's Maths Pathway champions.

CLASS	HIGHEST STUDENT GROWTH
Year 5	Amelia and Kayla with 133%
Year 6	Will with 200%
Year 7	Sianna with 200%
Year 8	Shelby and Clayton with 167%
Year 9	Seth with 267%
Year 10	Chelsi with 167%

Just a reminder that students achieving 100% growth rate each cycle is equivalent to one year's growth achieved in the Mathematics curriculum. Congratulations to **Seth** for achieving the highest growth this cycle with 267% and well done to **Year 6** for achieving the highest average growth rate this cycle.

**Miss Emma Milne, Teacher**

### SENIOR ADVOCACY

Welcome to Week 10. Although it seems as though we have just gotten into the swing of things, the end of Term 2 is only one week away. It has been wonderful to have our students on site and seeing classes take place face to face.

With the upcoming term break, it is timely to remind our senior students of setting some good study and revision habits now before moving into the quicker half of the year. Our Year 12 students will particularly want to ensure

that they remain on track and motivated for when they return in Term 3. Using a study timetable or priority list (that is updated regularly) are a couple of ways to make sure you can stay on track!

Please remember that we strongly encourage students to continue taking responsibility for their own personal hygiene and safety by regularly washing their hands and using sanitiser. Any student who feels unwell, has a temperature, runny nose, cough etc is asked to stay at home until they have recovered fully. It is important to consider getting fresh air when possible and maintaining a safe distance from others where appropriate. We are all responsible for the good health of ourselves and those around us.

### Careers

Year 12 students are encouraged to actively begin researching their intended 2021 study options and attend online information sessions where available. A detailed list of these is available in our Career News section of the newsletter. All senior students are encouraged to touch base with **Mrs Barker** to make a Careers appointment in the near future. All Year 11 and 12 students should particularly aim to make an appointment before the end of Term 3. At our College we are lucky enough to have both **Mrs Barker** and **Sue Clay** who can provide career counselling sessions for students. These sessions are focused around future pathways, potential career paths, TAFE and university courses and requirements etc. Meeting with a Career Counsellor enables students to identify and explore future pathways and plan for their future outside of secondary school. As many of our students choose to study in Bendigo, please remember that Latrobe University's Early Entry ASPIRE Program Applications are open now, and close 31 August. Further information can be found at: [www.latrobe.edu.au/study/aspire/how-to-apply](http://www.latrobe.edu.au/study/aspire/how-to-apply)

### Reminder of upcoming examination dates for students undertaking a Unit 3/4 class:

General Achievement Test (GAT)      **Wednesday September 9**  
End of year written examinations      **Monday 9 November to Wednesday December 2**

A full examination timetable will be published by VCAA by the end of Term 2. Information will be shared with students and their families by Compass.

**Mrs Lauren Barker, Senior Student Leader**

## COMPASS

Don't wait for the end of semester to view your child's progress. Log in to Compass and view teacher feedback and feed forward at any time by checking out your child's Learning Tasks. Children also receive regular (every 5 weeks) progress reports on their Organisation, Behaviour, Attitude to Learning and Work Completion. Learning Tasks and Reports can be found on your child's profile page.

## GENERAL NEWS

### SPORTS NEWS

Thank you to our students who ran and participated in true Winter weather with a smile on their face! It is always wonderful to see the joy older students have, when they assist and run with the primary students. This year, **Mr Fowles** designed a new track for the senior and intermediate boys. The students were pleased with the change. Special thankyou to our staff at the College for your contribution and willingness to assist on the day. The BBQ was well received and presentations held on the staff deck. Jacka was victorious on the day over Ansett. Woohoo! Our next sporting event will be the College House Athletics in Term 3.

**Total Overall Score**  
**Winner:**      JACKA              1539 points  
**Runner-Up:**      ANSETT              1340 points

**Mrs Carlie Turnbull and Mr Anthony Tatchell, Sports Coordinators**



### FOUNDATION

GIRLS	BOYS
1. Sofia Caserta	1. Abraxas Noordennen
2. Gabbie Jaques	2. Jye Laverty-Smith
3. Aria Dehon	3. Noah Dooley

### YEAR ONE

GIRLS	BOYS
1. Angel Dehon	1. Tearkani Day
2. Lashae Donald	2. Charlie Finch
	3. Zane Polkinghorne

### YEAR TWO

GIRLS	BOYS
1. Payton Tatt- Frater	1. KB
2. Meika Collins	2. Brodie Turnbull
	3. Heath Leach

### YEAR THREE

GIRLS	BOYS
1. Lily Finch	1. Blaz Cramp
2. Aysha-Rose Sullivan	2. Zavier Turner
3. Destiny Donald	3. Bastian Noordennen

### YEAR FOUR

GIRLS	BOYS
1. Violet Stephenson	1. Ben Cunningham
2. April Reid	2. BB
3. Nada Zec	3. Riley Leach

### YEAR FIVE

GIRLS	BOYS
1. Kayla Cramp	1. Jake Ward
2. Emily Caruana	2. Aihen Turner
3. Eleanor Dooley	3. Aiden Wingfield

### YEAR SIX

GIRLS	BOYS
1. Jade Cramp	1. Evan McCoy
2. Raine McFarlane	2. Will Cunningham
3. Hope Brook	3. Tyson Blair

### JUNIOR

GIRLS	BOYS
1. Neve Nisbet	1. Junior Whyman
2. Amelia Buschmann	2. Scott Reid
3. Lillian Stephenson	3. Nash Turner

### INTERMEDIATE

GIRLS	BOYS
1. Olivia Lockhart	1. Tyson Woodman
1. Aliza Lockhart	2. Zac Slide
3. Ella Bailey	3. Conrad Sugden

### SENIOR

GIRLS	BOYS
1. Tess Jackson	1. Isaac Holt
1. Mikala McNeill	2. Taj Rodwell
3. Grace Lockhart	3. Elliot Reeves







## STUDENT MEDICATIONS

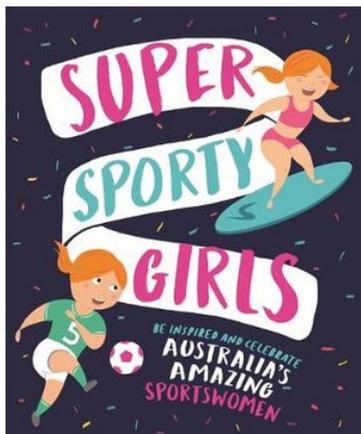
Student medications collected from the front office during the period of 'Learning from Home' due to COVID-19 are to be returned to the College as soon as possible.

Lorna Booth, Education Support - Admin

## LIBRARY NEWS

It's great to have almost all the books back after Remote Learning. We have a huge stock of new books to tempt your Reading Tastes. Great stories and important, relevant issues.

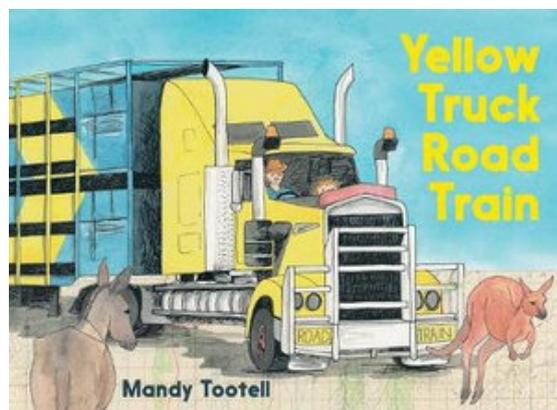
### Junior Primary



"Super Sporty Girls: be inspired and celebrate Australia's amazing sportswomen" What sport will I try?

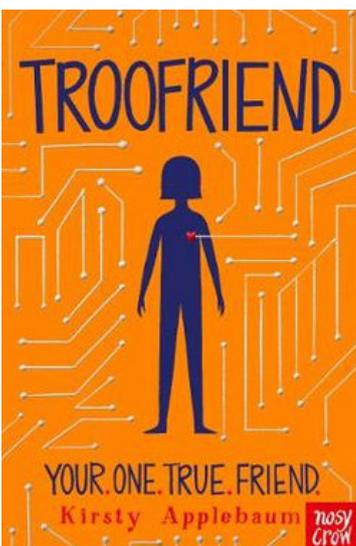
I love to run, kick a ball and jump. I'm happy gliding through the water too - maybe that could be the place for me. Or on a track, going as fast as I can. And it's such a great feeling being part of a team and playing with others. Maybe Australia's top sportswomen can help me discover my passion and inspire me to be the best that I can.

"Yellow Truck Road Train" by Mandy Tootell



This book has already been borrowed numerous times by truck-loving boys. Written by the wife of a truckie there are fantastic illustrations and fold-outs to show the true power of these massive vehicles.

### Middle Year Levels



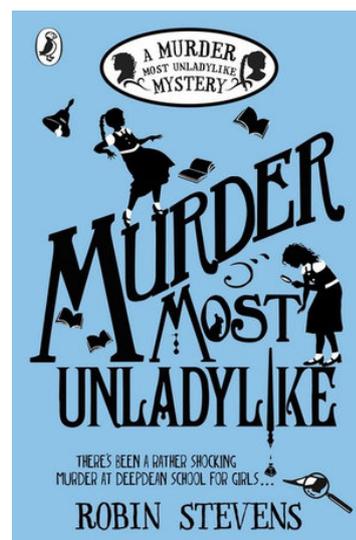
"TrooFriend" by Kirsty Applebaum

Imagine having the perfect friend, one who never steals, lies or bullies. Now you can, with the TrooFriend 560, the latest in artificial intelligence! What can go wrong with a robot buddy? Especially one that's developing human characteristics and feelings, and who has just run away with her human?

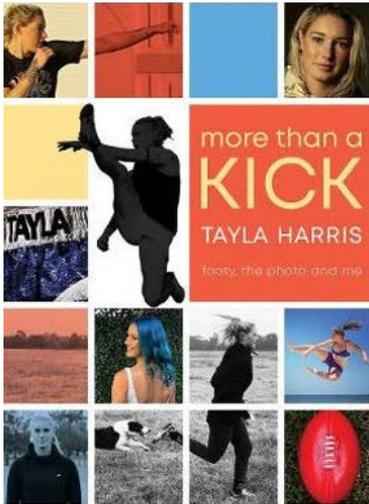
"Murder most unladylike" by Robin Stevens

When Daisy Wells and Hazel Wong set up their very own secret detective agency at Deepdean School for Girls, they struggle to find any truly exciting mysteries to investigate. (Unless you count the case of Lavinia's missing tie. Which they don't.) Then Hazel discovers the Science Mistress, Miss Bell, lying dead

in the Gym. She assumes it was a terrible accident - but when she and Daisy return five minutes later, the body has disappeared. Now Hazel and Daisy not only have a murder to solve: they have to prove one happened in the first place.

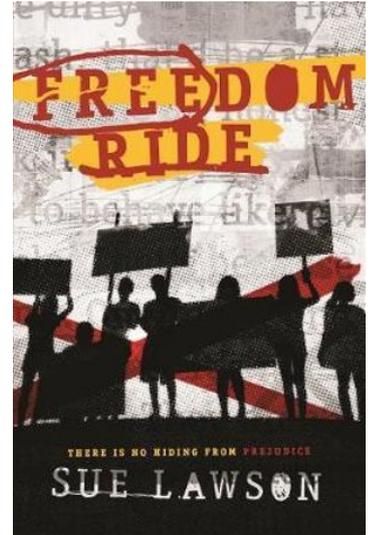


## Upper Secondary



“More than a Kick” by Tayla Harris and Jennifer Castles

AFLW player Tayla Harris was at work on the footy field when she kicked a goal. A photo of the kick - taken by Michael Willson - showcased her incredible athletic ability and was posted online. What happened next was an extraordinary turning point in Tayla's life. The photo quickly became iconic as Tayla stood strong against the online trolls. This is the inspiring story of Tayla's stellar sporting career so far, and her hard-earned advice to young people navigating the ups and downs of social media.



“Freedom Ride” by Sue Lawson

There's no hiding from prejudice. Robbie knows bad things happen in Walgaree. But it's nothing to do with him. That's just the way the Aborigines have always been treated. In the summer of 1965 racial tensions in the town are at boiling point, and something headed Walgaree's way will blow things apart. It's time for Robbie to take a stand. Nothing will ever be the same.

### CANTEEN NEWS

Dear Parents and Caregivers,

The Canteen is once again OPEN for business!! Students in Year Foundation to Year Six are to put their Lunch Orders in their respective Class Tubs and students in Year 7 to Year 12 can place their orders in the Blue Box located just inside the BER Building. If you require another Menu/Price List, please contact the College and one will be sent home.

Mrs Ros Witham, Canteen Manager

**WEDDERBURN COLLEGE DEBUTANTE BALL  
SHARP'S BAKERY - 2020 PIE DRIVE**

Orders and Payments in by Tuesday 21<sup>st</sup> July 2020  
Expected delivery Thursday 30<sup>th</sup> July 2020

NAME: \_\_\_\_\_ PHONE No: \_\_\_\_\_

VARIETIES	SIZE	PRICE	QUANTITY	TOTAL AMOUNT
MEAT	FAMILY	\$12.50		
TOM, CHEESE & ONION	FAMILY	\$13.50		
CURRY	FAMILY	\$13.50		
POTATO	FAMILY	\$13.50		
MUSHROOM	FAMILY	\$13.50		
EGG & BACON	FAMILY	\$13.50		
CHICKEN	FAMILY	\$13.50		
PASTIE	FAMILY	\$12.50		
APPLE	FAMILY	\$12.00		
APRICOT	FAMILY	\$12.00		
MEAT	SINGLE	\$ 4.70		
PASTIES	SINGLE	\$ 4.70		
TOM CHEESE & ONION	SINGLE	\$ 5.20		
CURRY	SINGLE	\$ 5.20		
POTATO	SINGLE	\$ 5.20		
MUSHROOM	SINGLE	\$ 5.20		
EGG & BACON	SINGLE	\$ 5.20		
CHICKEN WELLINGTON	SINGLE	\$ 5.70		
MALLEE BULL (chunky beef)	SINGLE	\$ 5.70		
PARTY PIES ½ DOZ	MINI	\$ 7.20		
PARTY PASTIES ½ DOZ	MINI	\$ 7.20		
SAUSAGE ROLLS ½ DOZ	MINI	\$ 6.00		
VANILLA SLICE		\$ 4.20		
TOTAL AMOUNT DUE				\$

Please hand your ORDER FORMS and MONEY back to either Laura Rowe,  
Nadia Martin or Kylie Cunningham

If you have any queries, please call Kylie Cunningham on 0409 389 916

**A NEW DATE FOR THE DEBUTANT BALL IS STILL TO BE CONFIRMED**

## COMMUNITY NEWS

### UNIFORMS FOR SALE

Wedderburn College Parents Association sell SECOND HAND and NEW UNIFORMS to help raise funds for camps, books, excursions etc. These uniforms can be purchased from the Uniform Shop at the School, located on Chapel Street side of the school. (Building formally known as the HUB)

**Hours:** Thursday 3pm to 4pm  
 Friday 8.30am to 9.30am  
 Or phone **Kylie** on **0409 389 916** or **Jo** on **0407049268** to arrange another time.

### RAMJAC Uniform Price List

SS Champion Polo Navy/Gold	\$24.00
LS Champion Polo Navy/Gold	\$26.00
Champion Jacket	\$40.00
Micro Fibre Shorts	\$30.00
Drill Shorts	\$30.00
Skirt with Skort	\$37.00
Microfiber Track pant -Kids	\$40.00
Microfiber Track pant -Adult	\$44.00
LS Tee with Logo	\$18.00
Padded Vest	\$45.00
Bonded Polar Fleece Vest	\$39.00
Bonded Polar Fleece Jacket	\$44.00
Polar Fleece ½ zip jumper	\$32-\$36
Wide Brimmed Hat	\$15.00
Bucket Hat	\$15.00
Beanie	\$15.00



\*\*\*\*\* Navy Socks Now Available\*\*\*\*\*

We have a wide variety of sizes to try on. Orders taken and paid for on the day via Cash or Credit Card and delivered to the School Uniform Shop the following week.

### Second Hand Uniform Price List

Polar Fleece Jumpers	\$3.00
Navy Polo	\$2.00
Shorts	\$2.00
Track pants	\$2.00
Hats/Beanies	\$2.00
Dresses	\$5.00
P/F Vest & Full zip Jacket	\$5.00
Champion Jacket	\$5.00

Donations of unwanted or no longer needed uniforms are greatly appreciated. These can be dropped off to the front office or call or text **Kylie** on **0409 389 916** for other arrangements.

Wide variety of sizes to purchase on the day. Cash only.

New Dresses now Available \$55 each.

## CAREERS AND PATHWAYS

### Year 12 REMINDERS

#### Latrobe University Early Entry ASPIRE Program

Applications Open Now, Close 31<sup>st</sup> August

[www.latrobe.edu.au/study/aspire/how-to-apply](http://www.latrobe.edu.au/study/aspire/how-to-apply)

#### ACU CAP Early Entry Program

Applications Open Now, Close 12<sup>th</sup> August (Melbourne Campus), 2<sup>nd</sup> September (Ballarat Campus)

[www.acu.edu.au/study-at-acu/admission-pathways/i-volunteer-regularly](http://www.acu.edu.au/study-at-acu/admission-pathways/i-volunteer-regularly)



#### UNIVERSITY SCHOLARSHIPS

Open 22<sup>nd</sup> June

[www.youthrivevictoria.org.au/scholarships/uni-scholarships/](http://www.youthrivevictoria.org.au/scholarships/uni-scholarships/)

#### RURAL CHANCES (TAFE/Apprenticeship) SCHOLARSHIPS

Open Term 3

[www.youthrivevictoria.org.au/scholarships/rural-chances/how-to-apply/](http://www.youthrivevictoria.org.au/scholarships/rural-chances/how-to-apply/)



The Adventures of You is a series of three, short animations that explore the mental skills required for career and life decision making. The animations have support guides and worksheets that highlight the best ways to encourage executive function (decision making) development in young people aged 5-15 years and beyond. The animations will help you to identify executive functions, relate them to your daily lives and take consistent, long-term action to improve your skills.

[www.myfuture.edu.au/career-insight/details?id=making-good-career-decisions-the-adventures-of-you#/](http://www.myfuture.edu.au/career-insight/details?id=making-good-career-decisions-the-adventures-of-you#/)



#### **JOBS AND CAREERS**

Career advice for job seekers about a whole range of work-related topics. Find out how to create a resume or job application letter and what happens in a job interview. Get some advice about where to find jobs or work experience. Learn about your rights as an employee and what you can do if you think you're being treated unfairly.

[www.youthcentral.vic.gov.au/jobs-and-careers](http://www.youthcentral.vic.gov.au/jobs-and-careers)

#### **LATROBE BENDIGO - WEBINARS**



#### **SCIENCE & PHARMACY**

**Wednesday 24<sup>th</sup> June - 4:30PM**

<https://www.eventbrite.com.au/e/lets-talk-science-and-pharmacy-registration-104010189276>

#### **PSYCHOLOGY AND SOCIAL WORK**

**Tuesday 30<sup>th</sup> June - 4.30PM**

<https://www.eventbrite.com.au/e/lets-talk-psychology-and-social-work-registration-104010498200>

### **JOB PROFILE -**

### **SPEECH PATHOLOGIST**



Speech pathologists diagnose, treat, and provide management services to people of all ages with communication disorders, including speech, language, voice, fluency, social communication, and literacy difficulties. They also work with people who have problems with chewing or swallowing.

#### **Duties and Tasks:**

- Establish the exact nature and severity of each client's communication and/or swallowing problems, which may require the use of special equipment and tests
- Plan and carry out treatment and management, taking into account age, social, educational and workplace needs, and physical/intellectual abilities
- Prescribe electronic and non-electronic alternatives, and communication aids and devices
- Work with children who are unable to communicate effectively due to intellectual disability, developmental delays, physical disability and/or learning difficulties
- Treat adults whose language, speech or voice has been affected by surgery, disease/disorders of the nervous system, brain injury, dementia, hearing loss
- Help children and adults to overcome stuttering
- Assess and treat children and adults who have difficulty chewing and/or swallowing
- Act as a consultant to education, medical, dental, and other health professionals
- Provide ongoing support, advice and information to clients, families, and other significant persons (such as friends, carers, and educators) in order to support successful communication interactions and safe and effective mealtimes.
- Advises on treatment for children with difficulties in learning to speak.
- Administers individual and group therapy for rehabilitation of patients with communication problems caused by defective hearing, cerebral palsy, surgery, and injury.
- Administers tests and observes patients to determine nature and extent of disorders.
- Plans and conducts programs of remedial exercises to correct disorders such as stuttering and abnormal articulation.
- Counsels and guides language-handicapped individuals, their families, teachers, and employers.

#### **Related Courses**

Bachelor of Speech Pathology, Bachelor of Speech and Language Pathology, Bachelor of Speech and Language Sciences

#### **Future Growth**

Very Strong

#### **For further information visit:**

[www.gooduniversitiesguide.com.au/careers-guide/speech-pathologist#you](http://www.gooduniversitiesguide.com.au/careers-guide/speech-pathologist#you) or [www.myfuture.edu.au](http://www.myfuture.edu.au)

Lauren Barker, Senior Student Leader

Sue Clay, Careers and Pathways

Email: [s.clay@nclen.org](mailto:s.clay@nclen.org)



*Excellence in Health Care now and the future*

**WORKING TOGETHER FOR MEN'S HEALTH**  
**MEN'S HEALTH WEEK 15-21 JUNE**  
[menshealthweek.org.au](http://menshealthweek.org.au)

## THINGS YOU CAN DO DURING MEN'S HEALTH WEEK

15-21 JUNE

### SHARE

a positive message about men in your life on your social media and tag **#Men'shealthweek**



### HOST

an online event (e.g. virtual coffee meet)



### GET IN TOUCH

with your 3 best mates to avoid social isolation

## ASK FOR HELP!

If you need help, check out these resources:

-  [headtohealth.gov.au/supporting-yourself/support-for/men](http://headtohealth.gov.au/supporting-yourself/support-for/men)
-  MensLine Australia (online counselling and forum for men)  
**1300 78 99 78**
-  Dads In Distress (peer support for separated dads)  
**1300 853 437**
-  SANE Australia (people living with a mental illness)  
**1800 187 263** or chat online at [sane.org](http://sane.org)



[menshealthweek.org.au](http://menshealthweek.org.au)

**WESTERN SYDNEY  
UNIVERSITY**

In partnership with



*Visit the IDHS Facebook page to see some local champions speak about  
Mental Health and Bowel Cancer during Men's Health Week*

*@IDHS3517*

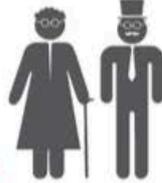
Excellence in Health Care now and the future

Bowel Cancer Awareness Month - "You're never too young"

## BOWEL CANCER... YOU'RE NEVER TOO YOUNG

OVER **290**  
YOUNG AUSTRALIANS  
DIE FROM BOWEL CANCER  
EACH YEAR

A COMMON MISCONCEPTION  
BOWEL CANCER IS 'AN OLD  
PERSON'S DISEASE'



**BOWEL CANCER**  
DEADLIEST CANCER FOR  
PEOPLE AGED 25-29 AND  
DEADLIEST (ALONG WITH  
BRAIN CANCER) FOR  
PEOPLE AGED 30-34



**BOWEL CANCER  
DOESN'T DISCRIMINATE,  
IT AFFECTS BOTH MEN &  
WOMEN EQUALLY**



PEOPLE BORN IN 1990 ONWARDS  
HAVE DOUBLE THE RISK OF COLON  
CANCER AND QUADRUPLE THE RISK  
OF RECTAL CANCER COMPARED  
WITH PEOPLE BORN IN 1950



**1 IN 11 AUSSIES DIAGNOSED WITH  
BOWEL CANCER ARE UNDER 50**

**YOUNG  
ONSET  
BOWEL  
CANCER  
IS ON  
THE RISE**

SYMPTOMS SUGGESTIVE OF  
BOWEL CANCER CAN INCLUDE:

- A persistent change in bowel habit, especially going to the toilet more often or having looser, more diarrhoea-like movements
- Blood in your stool or rectal bleeding
- A change in appearance of your bowel movement (e.g. narrower stools or mucus in stools)
- Unexplained anaemia causing tiredness, weakness or weight loss
- Abdominal pain or swelling



### MY BOWEL CANCER CHECKLIST:

#### ✓ My Genes

Some people have an inherited, genetic susceptibility to bowel cancer. Genetic predispositions such as FAP (Familial Adenomatous Polyposis) and Lynch Syndrome (HNPCC) mean you have a potentially high bowel cancer risk. Speak with your GP for individual advice and referral to a Specialist and Family Cancer Clinic.

#### ✓ My Family

If you have a parent, brother, sister or child (or multiple relatives on the same side of the family) with bowel cancer you may have a moderately increased bowel cancer risk. Speak with your GP about screening appropriate to your personal level of risk.

#### ✓ My Health

If you have had bowel cancer or polyps or suffer from inflammatory bowel diseases such as ulcerative colitis or Crohn's disease, you have a moderately increased bowel cancer risk. Speak with your GP or Specialist about screening appropriate to your personal level of risk.

#### ✓ My Body

Know the symptoms to look out for, but remember that in its early stages, bowel cancer often has no symptoms. No one knows your body better than you, so listen to it and if something isn't right make an appointment to speak with your GP ASAP.

#### ✓ My Lifestyle

When it comes to bowel cancer there are no guarantees, but there are choices you can make and steps you can take to reduce your risk. A healthy body weight (avoid weight gain and increases in waist circumference), be physically active as part of your everyday life, quit smoking, if you choose to drink alcohol limit the amount, eating wholegrains and naturally high-fibre foods, avoid processed meats and limit red meat consumption are simple changes you can make.

#### ✓ My Risk

However old you are, you should never be told by your GP that you are too young to have bowel cancer. Do not accept 'you're too young to have bowel cancer' as an explanation for your symptoms. Ask your GP to be referred for further investigations, and if you're concerns aren't being taken seriously seek a second opinion.

### HOLLIE'S STORY

At the age of 24 being diagnosed with stage 4 bowel cancer and secondary liver cancer is definitely something you don't expect to be told.

After months of going to see doctors and being in emergency twice for horrible abdominal pain only to be sent home with the assumption it was "girl problems", thanks to my persistence I was put on a waiting list for a colonoscopy. I really had to push for it to be put as urgent as my pains were getting worse.

Hearing the words "you have cancer" hit me like a tonne of bricks and that I had had it for around five years is scary. But I was determined to beat it and I did with strength, determination and a positive mind.

My diagnosis was bad and I was told I had a five percent chance to be alive in five years. But after two major operations on my bowel and liver, and six months of chemotherapy, I was given the all clear.

One thing I came away with is to listen to your body. Only you know your body and if you think something is not right be persistent. Don't sit on your symptoms. Early detection is the best protection.

Being told everyday you're too young for bowel cancer made me feel isolated, like I was the only one. I urge those who read this to know that you are never too young. Bowel cancer is not just for the over 50s, it can affect anyone.

I want to change the perception that bowel cancer is something that only affects older people and to help bring much needed awareness.

Remember you are never too young. Family history or not, be persistent and listen to your body. It could save your life.



bowelcanceraustralia.org | 1800 555 494

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Mental Health and Bowel Cancer during Men's Health Week  
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