NEWSLETTER

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Term 3 Week 9
9 September 2020

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.

10	September	Thursday	R U OK? Day
18	September	Friday	Term 3 Ends at 2:30pm
5	October	Monday	Students return to Learning from Home
7	October	Wednesday	General Achievement Test (GAT) for VCE - Rescheduled date
4	November	Wednesday	2021 Year 8 Orientation
9	November - 2 December	Monday	End of Year Written Examinations

SWPBS

Well done to **Ava Rose** (image left) for purchasing a guitar from the Burn Bank by saving her Burn Bucks and Gotcha Cards.

Ava said, "I am very happy that I got this guitar. I would encourage people to save up their Burn Bucks so they can buy something they really like."

Well done Ava and enjoy your beautiful instrument!

Mrs Maddie Postle, Teacher

FOUNDATION/1

This week in InitialLit/F, we continue to introduce new sounds. It is rewarding to see the children's and parent's enthusiasm for the new sounds and the new 'Tricky Words'. It's also great to see them apply this knowledge to reading words and sentences. In Maths, we have been learning about position words: between, next to, left and right. You might like to set up an obstacle course at home for the children to experience these words in a practical way. We will continue this focus next week, with an emphasis on ordinal numbers (1st, 2nd, 3rd). I promise, no singing competition this Friday! Although you might like to sing 'Hokey Pokey'.
Cheers

Mrs Tanya Chalmers, Teacher

SWPBS Learning from Home Expected Behaviour Matrix

WEDDERBURN COLLEGE

	We are **Respectful**	We are **Responsible**	We are **Resilient**
Learning from Home	I will… • I will mute my microphone before I enter the meeting and when I am not speaking • I will listen to the teacher and to others when they are speaking • I will engage with all of my peers with respect	I will… • I will be on time to my WebEx Class • I will blur my background when necessary • I will let my teacher know in advance if I am going to be absent • I will stay on task and remove distractions	I will… • Accept when routines change • Keep trying • View situations positively • Be a problem solver

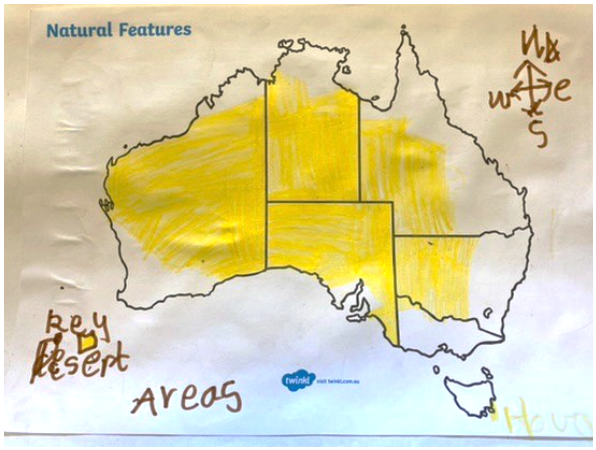
YEAR 2/3

Last week we were lucky enough to have Miss Vella helping us learn in our WebEx. We will look forward to Miss Vella visiting us in our classroom next term.

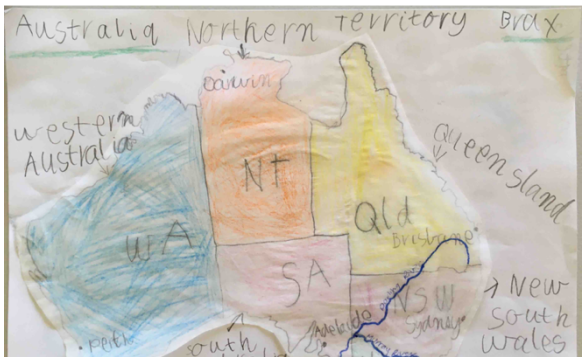
The students are still engaging extremely well during our literacy and numeracy sessions each morning. They have been continuing to build their knowledge of spelling patterns and "tricky words" and we are now learning a new reading comprehension strategy to put in our "toolbox", that will help us to become better readers. I hope all students are finding time to put all that knowledge into practice by reading something every day.

A big thank you to the students who are completing our "afternoon activities" and emailing me their work. We are improving our knowledge of Australia and its states, rivers, deserts and rainforests. See some examples from our students below. This week another task is to plant some seeds, what a great time of year to be growing things!

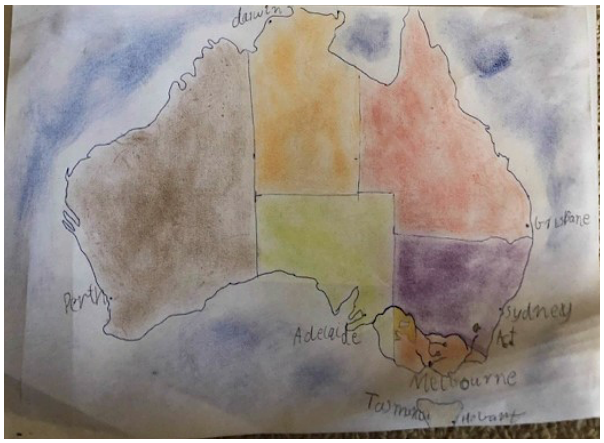
Picture above: **Bastian's** map of Australia, outlining the states.



Picture above: **Brodie's** map of Australia, highlighting the desert areas.



Picture above: **Brax's** map of Australia, outlining the states and rivers.



Picture above: **Addison's** map of Australia's capital cities.

Mrs Deirdre McKenzie, Teacher

YEAR 3/4

Learning from Home has been an enjoyable time this last fortnight. It has been great to see the fantastic participation and organisation from all those students who have logged on.

In Literacy, we have increased our knowledge of how other written and verbal languages from around the world have shaped Australian Standard English and discovered that different English languages have evolved to use their own words for different items (e.g. Flip Flops = UK, Sandals = USA, Jandles = New Zealand, Thongs = Australia). We had some fun using Google Translate to see what our names looked like in different written languages and hearing how they are spoken also. We are currently writing picture story books to include different written languages.

In Maths, we recently completed our data, graphing and analysis task as assessment for reports. Students were given a set of coloured beads which they needed to show in a tallied table, a picture graph and a bar graph. Students were extended by being requested to produce a double bar graph and share an analysis of this data.

For Afternoon Activities, Learning from Home has given us an opportunity to experience independence with our learning by logging into Compass and clicking on School Resources (Under the Pencil). There you find a mixture of learning for each afternoon (Art, Indonesian, Inquiry and PE). Students are expected to complete these tasks. Some tasks may require completion and being handed in to your teachers as assessment for Semester 2 reports. Please ensure you log in daily and complete the designated task for each subject.
Enjoy the final weeks of Term 3 Learning from Home!

Miss Jessica Higgins, Teacher

YEAR 5/6

Wow, nearly the end of Term 3! Well done to our Year 5/6s and their families with the way they have approached Learning from Home 2.0! We are really proud of the resilience demonstrated by our students.

In English, we are working on Procedural Texts. This is a great opportunity to learn some cooking skills by following a recipe. We'd love to hear what you have cooked or prepared for your family. As always, reading and spelling is a core focus. Don't forget that you can exchange your library books through contacting Miss Mackay. You may wish to borrow a few for the holidays.

In Math, Mrs Steel has been teaching math with the alphabet... yep, algebra! For the last Math Pathways test, we had two outstanding growth percentages. Morgan and Chanelle both achieved a growth percentage of 500%, well done!

A reminder that we need to access the learning activities for Art, Indonesian, Inquiry and PE in the afternoons and complete the assigned work.

A special note from Mrs Postle:
I will be starting my Maternity Leave at the beginning of Term 4. It has been wonderful getting to know the Year 5/6s and their families. The students have added so much positivity to a very unusual learning journey and it has been a joy to teach them. The year has of course been made even more enjoyable by sharing the role with Mrs Steel.

We hope you have wonderful holidays!

Mrs Annita Steel and Mrs Maddie Postle, Teachers

MATHS PATHWAY

Congratulations to this fortnight's Maths Pathway champions.

Congratulations to **Chanelle** and **Morgan** for achieving the highest growth this cycle with 500% and well done to Year 6 for achieving the highest average growth rate this cycle of with 183%

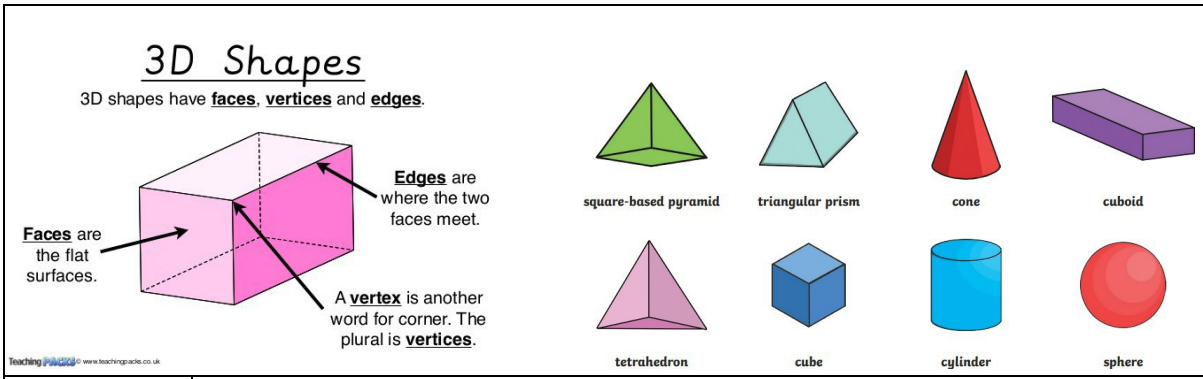
CLASS	CLASS AVERAGE	HIGHEST STUDENT GROWTH
Year 5	170%	**Morgan** with 500%
Year 6	183%	**Chanelle** with 500%
Year 7	77%	**Amelia**, **Scott** and **Lillian** with 133%
Year 8	103%	**Declan** and **Claire** with 167%
Year 9	78%	**Conrad**, **Lannon** and **Rachael** with 133%
Year 10	77%	**Tahli** with 233%

Just a reminder that students achieving 100% growth rate each cycle is equivalent to one year's growth achieved in the Mathematics curriculum.

Last week's math Joke/Pun What did the triangle say to the circle?
Answer "You are pointless"

New Joke/Pun What do you call a number that can't stay in one place?
Answer Find out the answer in the next newsletter.

Please review the following Maths Vocabulary with your child/ren.



perimeter	The distance around a closed shape (2D shape), or the length of the boundary. To find the perimeter of a shape, add the lengths of its sides.
area	The amount of surface or the side of the surface or the space within a 2D space. Area is measured in square units.
volume	The amount of space inside a container (3D object), or the actual amount of material in the container. Volume is measured in cubic units.

Junior

Dr Martin the chemist, is weighing out some pills.

He has some 5g weights and some 7g weights.

Can he weigh exactly 38g of pills?

Intermediate

In the game of Noughts, each player takes a turn to place a nought on the board (see below).

Each new nought goes into a new square.

The winner is the first person to place three noughts in a row.

Is it possible for either the first player or the second player, to always win? (Assume that each player plays to win and plays as well as its possible

If so, what is the winning strategy? If not, why not?

Senior

What is the remainder when 1111 is divided by 7?

What is the remainder when 1111111 is divided by 7?

What is the remainder when 111..(100 ones)…111 is divided by 7?

Mr Danny Fowles and Miss Emma Milne, Teachers

SENIOR ADVOCACY

Welcome to Week 9. The end of Term 3 is upon us and finally some sunshine and nicer weather is on the way.

I would like to remind all students to be regularly checking in with their teachers, checking their Learning Tasks through Compass for feedback and feed forward and ensuring they are actively participating in all WebEx classes. This means that you need to show your video when asked and either participate through verbal or written discussion.

VET classes have resumed at NCTTC for the majority of our students, with all students except those in Salon Assistance.
Sport and Recreation students will return to NCTTC from this Thursday. Please check your student emails for further information from your Sport and Recreation teacher.

Students are reminded to be aware of their own personal hygiene and safety at all times when in public, particularly if attending school for assessments or NCTTC for class. Masks are required to be worn, social distancing should be adhered to and hand washing/sanitizing should be taking place.

General Achievement Test Wednesday October 7

The GAT is an essential part of the VCE assessment process. While it is important that you attempt the GAT, the test does not count directly towards your VCE. However, GAT results may play a very important part in determining your final assessments for the VCE. GAT results are used to check that your VCE external assessments and School-based Assessments have been accurately and fairly assessed. The GAT is used in these checks because its results are a good predictor of final assessment outcomes for VCE studies. If a student has done well in the GAT, they are likely to do well in their external assessments and School-based Assessments.

The GAT is a 3-hour test of your general knowledge and skills in written communication, mathematics, science and technology, humanities, the arts and social sciences. There are two writing tasks and 70 multiple-choice questions. You may complete the tasks in any order, but it is recommended that you complete the writing tasks first, then the multiple-choice questions.

The GAT will take place on Wednesday 7 October from 10am – 1.15pm. Any student completing a Unit 3/4 subject this year is required to sit the GAT.

The GAT will now take place in the KLC foyer to allow for greater social distancing for students and supervisors. The end of year examinations will be held in the Wedderburn Trotting Pavilion at this stage, although a change in venue to the KKLC foyer may be required. If this change occurs all students will be advised.

Permitted items to bring to the GAT

You should bring basic writing items including blue or black pen, grey lead pencil, highlighter, eraser, sharpener. Please check to make sure your pens have plenty of ink and pack a spare! These should be placed in a clear plastic snap lock bag.
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You may bring one bottle of still water into an examination room subject to the following conditions:

- The water is in a transparent plastic bottle (all labels removed).
- The water bottle has a secure lid.
- The capacity of the bottle is no more than 1500 mL
- The water bottle must not be placed on the table at any time.
- The water bottle must not be refilled during the written examinations or the GAT.
- The water bottle must not be shared between students.

You will not be permitted to wear watches of any type during written examinations or the GAT. All watches must be removed and placed at the top of your table, where they can be seen clearly and easily by supervisors.

VCAA VCE and VET Examination Information Session

All Year 11 and 12 students who are undertaking the GAT and an VCAA Examination for a Year 12 subject are asked to attend an information session next Tuesday at 1pm through WebEx.

It is extremely important that all students undertaking VCAA Examinations attend.

The session will run for 20 minutes and will unpack VCAA Exam rules and requirements. Bring your lunch and any questions you may have!

Meeting time: 1pm
For WebEx code and password, see your Compass newsfeed.

If you would like some support around your wellbeing or schoolwork, please contact myself or your home room teacher.

REMINDER - Term 3 Career Advisor dates

Sue Clay, our Career Advisor will be available to meet with students on the following dates this term. Please email or discuss with Mrs Barker if you would like to make an appointment time

Wednesday 16th September

Have a great week everyone!

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

LIBRARY NEWS

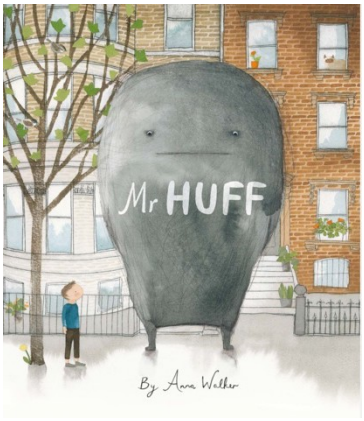
Children's Book Week – postponed until October 17- 23! You haven't missed Book Week this year.
The awards will be announced in October and we will have a spectacular celebration of reading, authors and books then.

There is still time to catch up with the shortlisted books and make your own selections before the announcement (which is going to be broadcast live during the school day).

So, given the changes in school to the school regulations … we may have the Annual Book Parade! Wait for an official announcement and get your costume ready.

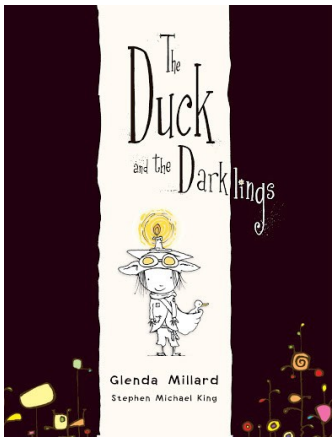
Books to Read to Relieve Anxiety and Depression – to accompany RUOK? Day
All these books are available to borrow from our Library, just email Miss MacKay or Joan to change or borrow a great book.

Picture Story Books



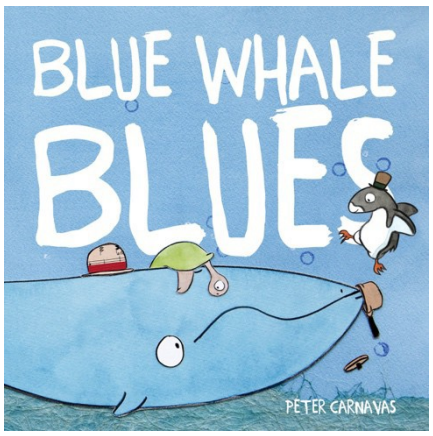
Mr Huff
by Anna Walker

Mr Huff hangs like a dark shadow above a young Bill's shoulder, turning small worries into dark and difficult days. Instead of trying to run away from this foreboding shadow, Bill finally learns to acknowledges his Mr Huff, and his days no longer seem so daunting; instead, he can smile, hear laughter and see sunshine.



Duck and the Darklings
by Glenda Millard and Stephen Michael King

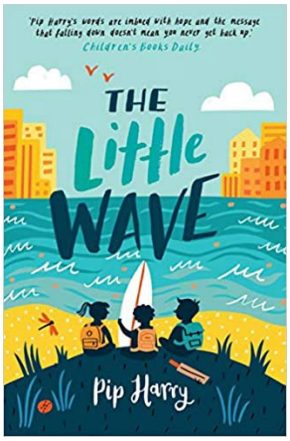
When Peterboy and his community find themselves in a dark place, they go searching for something that will return the light. With the help of a wounded but wandering duck, they rediscover light, music, dancing, tenderness, love, community and hope.



Blue Whale Blues
by Peter Carnavas

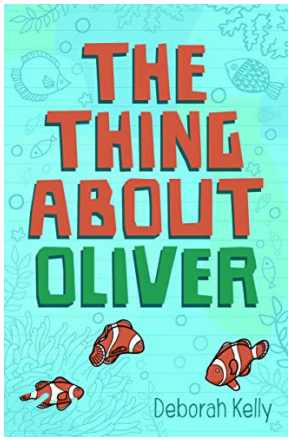
Consumed by anxiety and the blues, Whale is lucky to have friends who guide him through each little concern, offer solutions to his problems and ultimately help him see the funny side of life.

Upper Primary – Lower Secondary Book



The Little Wave
By Pip Harry

When a Manly school sets out to bring a country class to the city for a beach visit, three very different kids find each other and themselves.
Noah is fearless in the surf. Being at the beach makes him feel free. So, where does his courage go when his best mate pushes him around?
Lottie loves collecting facts about bugs, but she wishes her dad would stop filling their lonely house with junk. She doesn't know what to do about it.
Jack wants to be a cricket star, but first he has to get to school and look after his little sister. Especially if he wants to go on the class trip and see the ocean for the first time.



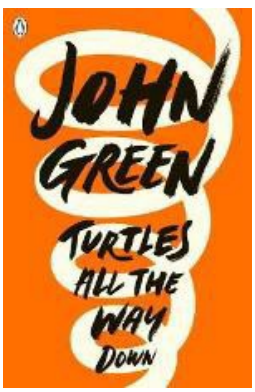
The Thing About Oliver (Short listed for Younger Readers Book of the Year 2020)
by Deborah Kelly

Sometimes I feel just like the glass in my fish tank– people look right through me. Twelve-year-old Tilly dreams of becoming a marine scientist, but she doesn't even own a swimsuit. She lives in a drought- stricken town with her mum and younger brother Oliver, who is autistic.
Oliver's meltdowns are making life unbearable. How do Tilly and Oliver survive these difficult circumstances?

Young Adult Books

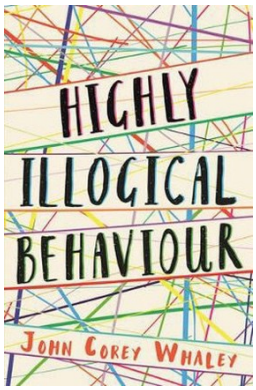
Wintergirls, Speak, The Impossible Knife of Meaning, Catalyst
by Laurie Hales Anderson

These books focus on teenagers living through desperate experiences, whether it is mental illness in a parent, anorexia or surviving violence.



Highly Illogical Behaviour
by John Corey Waller

Sixteen-year-old Solomon has agoraphobia. He hasn't left his house in three years, which is fine by him. Ambitious Lisa desperately wants to go to a top tier psychiatry program. She'll do anything to get in. When Lisa finds out about Solomon's solitary existence, she comes up with a plan sure to net her a scholarship: Befriend Solomon. Treat his condition. And write a paper on her findings. At turns hilarious and heart-warming, Highly Illogical Behaviour showcases the different ways in which we hide ourselves from the world--and the ways in which love, tragedy, and the need for connection may be the only things to bring us back into the light.



Turtles All the Way Down
by John Green

'Our hearts were broken in the same places. That's something like love, but maybe not quite the thing itself'
Aza's life is filled with complications. Living with anxiety and OCD is enough but when Daisy, her Best and Most Fearless Friend, brings her on a mission to find a fugitive billionaire thing are about to get even more complicated. A perfect coming- of-age novel filled with love, mystery and Star Wars fanfiction.

COMMUNITY NEWS

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 0407 049 268 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 ½zip 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

VTAC Course Applications: Close – Sept. 30
VTAC SEAS Applications: Close – Oct 9
VTAC Scholarship Applications: Close –Oct 9

EARLY ENTRY PROGRAMS

Swinburne University Early Entry Program – Close 11 September
www.swinburne.edu.au/alerts/coronavirus/future-student/early- entry-program/

ACU – Guarantee - Close 25 September
www.acu.edu.au/study-at-acu/admission-pathways/acu-guarantee

RURAL CHANCES SCHOLARSHIPS (TAFE/Apprenticeships) – Close 18 October
www.youthrivevictoria.org.au/scholarships/rural-chances/

Science Experience for Year 9 & 10 Students

Have you heard about the 'ConocoPhillips Science Experience'? It's a 3-4-day program that takes place in the laboratories and lecture theatres of over thirty-five universities and tertiary institutions across Australia. You can engage in a wide range of fascinating science experiments and activities under the guidance of scientists who love their work. The cost ranges depending on your program selection but starts at $190 for the 3-day program. As this is a program supported and promoted by Rotary International, most Rotary clubs are willing to sponsor one or more students for full or part of the registration fee. If you wish to seek sponsorship from a Rotary club, you need to send your completed application form to a local club for consideration.
There are currently places available in the following programs: an upcoming School holiday online event at Federation University Ballarat (their On-campus event has been postponed until 2021); in November at the Uni of Melbourne (Dookie campus), or the Marine and Freshwater Discovery Centre at Queenscliff; and in January 2021 at the University of Melbourne (Parkville) and RMIT. All Other programs have been postponed until 2021 and new dates will be released soon.

For further information please visit:
www.scienceexperience.com.au/when-where

myfuture

Take the first steps to managing your career. Discover your strengths to help you make the right career decisions for **you**!
Visit: www.myfuture.edu.au/

Year 12 Students ACCOMMODATION 2021

Have you considered your Accommodation options for 2021? It's important to start researching and applying for on-campus or off-campus student accommodation now. Visit the websites of each University/TAFEs you are considering studying at in 2021, to check out their process of applying! Please note: Some Institutes will require a deposit.

JOB PROFILE
PARAMEDIC

Paramedics provide pre-hospital emergency care, treatment, and specialised transport for patients.

Duties Include:

- Drive ambulances to sites of medical emergencies and accidents that may require the administration of advanced life support
- Lift and place patients on stretchers, load the stretchers into ambulances and transport patients to hospital
- Assess and treat patients at the site and on the way to hospital
- Administer pain-relieving drugs and replace fluids
- Prepare patient care records and other written reports on the state of patients' injuries and the treatment provided
- Be present at public gatherings, such as large sporting events, where accidents or other health emergencies may occur
- Provide routine transport for patients between home and hospital (for patients requiring further treatment or specialised treatment such as occupational therapy and chemotherapy, for example)
- Perform daily vehicle and equipment checks, making sure that medical supplies (including drugs) are accounted for and that equipment and ambulances are in good working order.

Related Courses
Bachelor of Paramedicine, Bachelor of Paramedic Practice with Honours, Bachelor of Nursing/Paramedicine, Diploma of Paramedical Science

Related Careers
Aboriginal and Torres Strait Islander Health Worker, Anaesthetic Technician, Health Promotion Practitioner, Lifeguard, Medical Practitioner, Midwife, Enrolled Nurse, Registered Nurse, Radio Dispatcher

Future Growth
Very Strong

For further information visit
www.gooduniversitiesguide.com.au/careers-guide/paramedic#you or www.myfuture.edu.au

Lauren Barker
Senior Student Leader

Sue Clay
Careers and Pathways
Email: s.clay@ncllen.org.au

Love Your Body Week for Schools

6th – 12th September 2020

This September, Wedderburn College will join hundreds of organisations around Australia to promote positive body image in support of Love Your Body Week.

Love Your Body Week is an annual campaign of the Butterfly Foundation and asks people of all ages to:

- Reflect on the relationship they have with their body
- Celebrate the amazing things their body can do!

This campaign promotes body acceptance and diversity, while encouraging people to engage in behaviours that are positive and respectful to themselves, their body and to others.

Love Your Body Week also encourages people to consider the language they use around appearance, body shape and size and to see their worth as a person, well beyond how they look!

Love Your Body Week provides a great opportunity for parents to talk to their child about feeling good in their bodies. If you would like support in encouraging a healthy body image for your child, Butterfly has produced a 'Tip Sheet' for parents https://butterfly.org.au/resources/

For further information on Love Your Body Week for Schools, visit http://butterfly.org.au/get-involved/campaigns/love-your-body-week-for-schools/

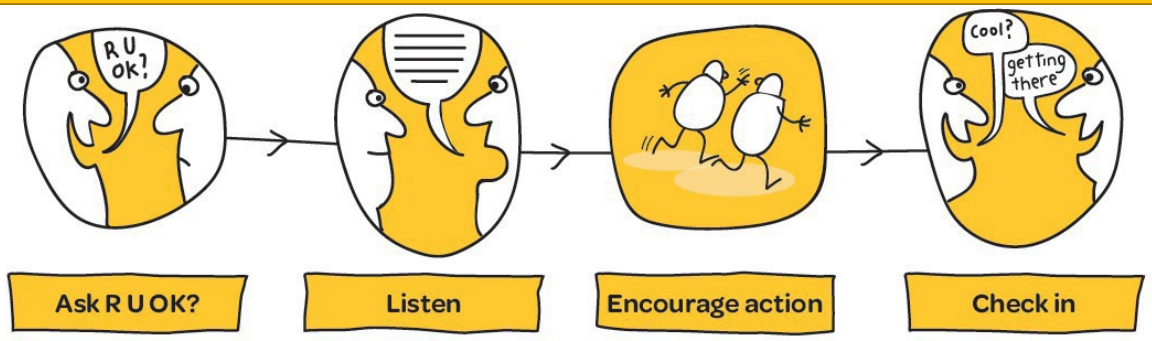
R U Ok? Day is on Thursday 10September

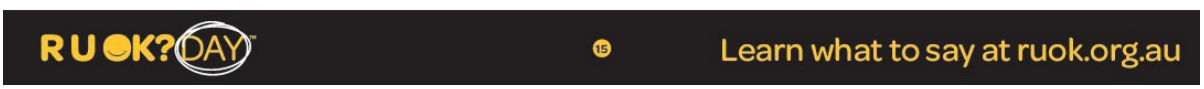
Let's promote the importance of asking our closest friends and family R U Ok?

As well as learning what to say after R U Ok?

We encourage all Teachers & Students to wear something **yellow** during remote learning sessions on **THURSDAY 10 SEPTEMBER**

Take a screen shot of your sessions to show your support to your Friends & Family.





STAY WELL WITH ASTHMA THIS SPRING

Spring is the season where the weather warms, flowers begin to bloom and there's an overall sense of new beginning in the air. However, for many people in Australia, spring (or the dry season in tropical areas) can be a difficult time. This is particularly so for people with asthma and/or allergies as during spring there is often an increased amount of pollen in the air which may trigger hay fever symptoms or an asthma flare- up or attack.

Approximately 80% of people that have asthma also have allergies

Good asthma management year-round is the key to ensuring you are ready for spring.

WHAT CAN IMPACT YOUR ASTHMA OVER SPRING?

During spring, there are many common triggers that can bring on asthma and allergy symptoms and result in asthma flare-ups and attacks. Asthma is complex and different for everyone, but no one knows your body better than you.

THUNDERSTORM ASTHMA

Epidemic Thunderstorm Asthma events don't occur every year but when they do, they can happen during the grass pollen season in south-east Australia.

Thunderstorm asthma events are thought to be triggered by an uncommon combination of high grass pollen levels and a certain type of thunderstorm, resulting in people sensitive to pollen being heavily exposed to high concentrations of this trigger.

For more information check out Asthma Australia at https://asthma.org.au/

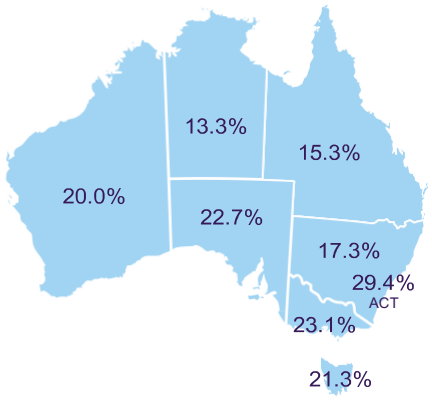
ASTHMA & HAY FEVER

Asthma and hay fever (allergic rhinitis) are closely linked, so managing hay fever and allergies is an important part of asthma care. Better control and management of hay fever has been shown to improve asthma control in both adults and children. [1,2,3,4]

1 IN 9
AUSTRALIANS HAVE ASTHMA

NEARLY
1 IN5
AUSTRALIANS HAVE HAY FEVER[5]

Prevalence of hay fever by state and territory 2017/18[5]



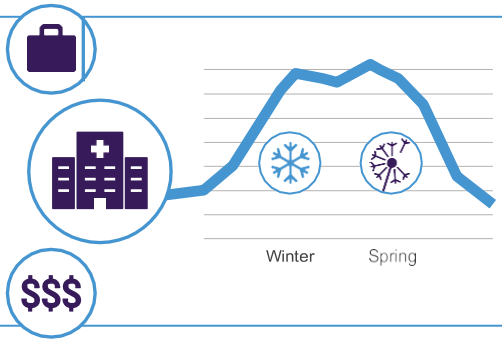
Persons (%)
State/Territory

80%
of people with asthma have hay fever[2]

15% -30%
of hay fever patients have asthma[2]

People with asthma who have hay fever experience[1,6,7]:

- More asthma flare-ups
- More visits to their GP and asthma-related hospitalisations
- More time off work or school
- Higher annual medical costs



ADULT ASTHMA HOSPITALISATION

Among adults with asthma, hospitalisation rates peak during the winter months and early spring (Jun – Sep)[8]

ASTHMA AUSTRALIA

For more information about asthma and allergies:

1800 ASTHMA
(1800 278 462)

asthma.org.au

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7. Pawankar R, Bunnag C, Chen Y, et al. Allergic rhinitis and its impact on asthma update (ARIA2008)–western and Asian-Pacific perspective. Asian Pac J Allergy Immunol. 2009; 27: 237-243
8. Australian Institute of Health and Welfare 2019, Asthma Snapshot, AIHW: Canberra. Accessed online: aihw.gov.au/reports/chronic-respiratory-conditions/asthma/data

PARTNERS

Flo and Stallergenes Greer are campaign partners of Asthma Australia and have not been involved in the development of this resource.

Promoting Women's Health Week – 7 – 11 September

Women's health. Powerful stuff.

To celebrate Women's Health Week 2020 IDHS has developed a video including local community members, reminiscing on what they would tell their 16-year-old selves about looking after your health.

This video will be uploaded to Facebook, visit our page to view https://www.facebook.com/IDHS3517

Wear something red for World Heart Day on Tuesday 29th September

This day is to promote preventative steps and changes in lifestyle to avoid, recover or live well with cardiovascular diseases such as angina, heart attack, stroke or heart failure.

Improvement in heart health can occur by:

1. **Being physical active**. Getting at least 30 minutes of sustained physical activity per day. Include some activity that makes you puff a little and some that keeps your muscles healthy. Inglewood and Districts health Service (IDHS) offers a range of friendly exercise group options in Inglewood, Wedderburn, Tarnagulla and Korong Vale. (call for starting dates after the pandemic)
2. **A healthy diet** 5 vegetable, 2 fruit servings, around 2 litres of water per day (so that your urine is a pale-yellow colour), lean meat the serve size of your palm, chose healthy fats e.g. oily fish, nuts, avocado limit high animal fats and sugar foods to occasionally.
3. **Look after your emotional wellbeing.** Take some time for yourself doing the things that you enjoy and keep connected to your family and community.
4. **Take your medications as prescribed talk** to your pharmacist or GP if you are unsure about any aspects of your medication.
5. **Know your numbers** and get regular checks on blood pressure/ cholesterol/ blood glucose to make sure they are in normal levels
6. **Don't take up smoking** or get some support to stop

IDHS provide **cardiac rehabilitation for anyone who has a heart health condition**. Research has shown that this 8-week program reduces heart health risk factors, readmission to hospital and improves quality of life. The referral is usually made from your Cardiologist or GP.

If you would like more details on how to improve your heart health or cardiac rehabilitation please call IDHS 54317000 email admin@idhs.vic.gov.au

What is Diabetes? – Part 4

Last month's discussion covered a complication of diabetes: Atherosclerosis (narrowing and hardening of blood vessels), and the first signs appear in your smallest blood vessels. Did you work out where these smallest vessels are? There are 3 places health professionals usually check:

1. Eyes
2. Kidneys
3. Feet.

1.Eyes (Diabetic Retinopathy) this could lead to altered sight and may lead to blindness. **2. Kidneys** (Diabetic Nephropathy) and can further lead to high blood pressure and heart complications. **3. Feet (**Diabetic Nephropathy) by which there is a loss of feeling that occurs from nerve damage. Nerve damage is an additional complication resultant from the way our body tries to deal with high sugar levels in the blood stream, but consequently has side effects that damage our nerves. More discussion on these will occur later. It's important to point out that early and ongoing intervention is key in preventing or prolonging any of these occurrences from happening.

Do you know what the signs and symptoms of each complication are? The answer will be discussed in next month's newsletter

If you have any questions, feel free to contact the diabetes educator either by email or phone, a response will be published anonymously. Email: mclark@idhs.vic.gov.au P: 03 54317000.

5 ways to get mental health help without having to talk on the phone

Access to mental health support has never been more important, as regional Victorians are hit with a new round of restrictions.

This year many health professionals have moved to providing telehealth services via phone and video calls. But what options are available for those who don't like talking on the phone, or who find it difficult to find a quiet space to have a private conversation?

Fortunately, there are several ways to get help without having to speak a word.

1. *Talk with a therapist via SMS or web chat* – you can access free web chat or text messaging service that allow you to talk with a therapist via messaging.

- **Lifeline** offers a short-term crisis support SMS text service (0477 13 11 14) that is available between 6pm and midnight (AEST).
- **Beyond Blue** offers an online chat service (beyondblue.org.au) that is available daily between 3pm and midnight.

Similar web chat services are available for children, teens and young adults via Kids Helpline https://kidshelpline.com.au/get-help/webchat-counselling

2. *Online clinics or programs* - Online clinics provide a range of self-guided mental health treatment programs. This means you work your way through the program at your own pace, without input from a mental health professional. These programs tend to have a variety of modules that provide information about common mental health symptoms and include some suggested strategies about how best to manage these symptoms.

- **Mindspot (mindspot.org.au)** is Australia's first free national online clinic that offers psychological assessment and treatment for people experiencing common mental health problems such as anxiety, stress and depression.
- **This Way Up (thiswayup.org.au)** programs are a suite of short online courses that cover a range of mental health concerns. You can select the course you'd like to do, and then work through a series of lessons and activities. These courses cost A$59 each and access is available for three months. If you already have a psychologist, they can supervise your progress through the program.

3. *Peer support forums* - Online peer support forums provide a safe online space where you can anonymously share your personal experiences and questions and get support from others on the forum who may have helpful advice and suggestions based on their own experiences. These forums are usually moderated by professionals or trained volunteers and are places to get support rather than counselling, mental health treatment or crisis management.

Some popular mental health forums include those moderated by SANE, BeyondBlue, and headspace (for people aged 12-25).

4. *Smartphone apps* - There are many mental health smartphone apps available to download. Many of these apps have not been scientifically tested to verify their health claims, although some apps that are supported by evidence include the Headspace app and Smiling Mind, both of which have a mindfulness focus. Mindfulness uses meditation to develop awareness and acceptance to reduce the impact of negative thoughts and feelings. Evidence suggests mindfulness meditation programs have beneficial effects on mental health.

5. *Chat bots* - A chat bot is a program designed to simulate conversation with you, often using artificial intelligence. What this means is that you type in your thoughts, feelings and questions and an AI bot will respond to you. There are several chat bots designed to provide mental health support. The most widely used ones are Woebot and Wysa (for children and teens). Both use artificial intelligence to deliver information based on cognitive behavioural principles, which can help you change your patterns of thinking or behaviour. They aren't designed to replace other forms of mental health support, but rather to complement them. But there is emerging evidence that chat bots can benefit mental health.

At a time when face-to-face consultations are impossible for many Australians, and if telehealth is just not your style, there are a host of other options worth considering — and many of them are free. However, if you would like to talk to your local Mental Health Support Team, they are just a phone call away on 5431 7000.

Keep in Touch (kit)
online check-in

Engaging Loddon-Campaspe: a Kit online check-in

Are you 12-25 & living in the Campaspe, Loddon, Central Goldfields, Macedon Ranges, Mt Alexander or Greater Bendigo shires?

Want to make a positive impact in your region? Keep in Touch (Kit) is a youth mental health promotion project

You're invited to an online catch-up with current Kit Youth Champions to meet new people, take part in games & find out about becoming a Kit Youth Champion

When: Tuesday 15 September 3:30-4:30pm

Youth Champions will meet online monthly until the end of the year to:

- make friends & get experience
- learn about mental health promotion
- contribute to Kit's social media & toolkit to boost youth mental health & wellbeing in your local area

Contact Sidrah (Kit Project Worker) for more info: P: 0456995506
E: Sidrah.McCarthy@anglicarevic.org.au