Montague Continuing Education Centre

NEWSLETTER

15th June 2012

Principal’s Report

As mentioned in the last newsletter there has been a number of discussions and the need for the students to formulate a policy re the use of communication technology at our school. The students designed a draft policy that was trialled regarding mobile phones. At School Council meeting a new updated policy on mobile phones was ratified. This policy is now implemented in our school, if you would like a copy please contact me.

Many thanks to Soturia for her presentation to school council members on the extensive uses of the interactive white board in the classroom.

Our next Curriculum day is Tuesday June 19th, as a report writing day where all staff will work together on students’ reports.

Last week a number of students and Peter made a concerted effort to complete a packing contract for a local company, ASAP Skin Products. The funds earned from the Voc Ed Centre are always used to improve facilities and/or give opportunities to the students. There have been a number of conversations between the students regarding having a uniform, resulting in a consensus from the students they would like a Montague identified windcheater. The staff agree, therefore a number of windcheaters will be purchased from Voc Ed funds and given to students who have worked consistently in this area, free of charge. We believe these students will proudly wear the Montague top. New sports tops will also be purchased.

Reminder to register for the 100km Around the Bay Bike Ride on Sunday 21st October. Registration is $65, all students, staff, family members are encouraged to participate. Please contact the school to join a great team.

Artist in Schools, Dave Jones, has completed the 2nd week with students producing the animated film. I am amazed how far down the ‘track’ they are in production. Actually a lot of the film is on the 109 tram track!

Please see the notices attached as there are activities I believe that are most relevant for our students to participate in on the weekends.

Geri
Every Wednesday in Sustainability, the loyal green team consists of Toni, Alex, Tannara, Elly, Sarah, Elise, Khushboo, Kate, Billy and I. We worked together to provide the school with a better understanding of the environment.

Our goals include:

- Lots of healthy plants and food.
- Saving water.
- Using the correct bins.

You may have been wandering what we have been doing. So where do I start? When we started we brainstormed some ideas of what we would like to know by the end of term.

We also did some soil testing which allowed us to have some fun and to find out about our soil matters. We found out from our soil testing, that we had good quantities of sand, clay and organic matters.

We planted a whole range of veggies including Broad beans, Snow peas, Lettuce, Beetroot, Silver beet, Garlic, Carrots and Leeks. We also put in some companion plants which helps the crops grow and to keep the pests away.

Last but not least a reminder to all students at Montague and parents at home, put food scrapes into the compost bin, recycle paper, bottles, cans in the recycle bin and rubbish into the rubbish bin.

We would like to thank April from the Port Phillip Eco Centre.

By Jayden Bell.
KANGAN TAFE ON FRIDAYS:

Our Montague students are having a fantastic time immersing themselves in the wonderful Kangan Tafe campus at Broadmeadows on Fridays this term. There have been some great learning opportunities for students in subjects ranging from Fashion to Sport and Recreation and Hospitality. All Montague students have been actively involved in their classes and have set the standard for professionalism and maturity.

Toni is doing fashion in quite a large group in which she has some existing friends but she has also made friends quickly. Every week she has produced something new and built up her skills. Her teddy bear from last week was exceptionally cute and this week she started on a mini heart shaped pillow. Karen, the Kangan teacher, calls Toni the machine as she is so industrious in her work.

Rachel and Sarah are doing hospitality and they have brought a wealth of knowledge and experience to this class from their time in the Montague kitchen. After a comprehensive look at food safety and good kitchen practices they have started creating some delicious dishes, I was even presented with a gourmet hamburger and chunky cut chips last week to taste test! Slightly disappointing was missing the chance to taste the marinated chicken wings and fried apple fritters this week, they all got gobbled up!
The remaining students, Cody, Sam, Alan, Elise, Jalal and Lyndal are getting stuck into the Sport and Recreation unit. They have a section of theory in the morning in which they have looked at the Olympics and nutrition amongst other topics. After lunch they then go to a nearby leisure centre and get involved in a range of fun and educational activities. The trademark Montague competitiveness underpinned with a sense of fair play and sportsmanship rubs off on the other students and everyone has a great time. Due to some extremely wet weather this week, the group stayed at the Kangan campus and had an a great session of table tennis and billiards with our Montague students showing the way once again.

The students have become more comfortable in the environment out at Kangan and frequent the cafeteria and library during their break times. They are punctual and largely independent and the only downside in the whole arrangement was getting the news last week that due to state budget cuts to the Tafe system, all of the staff in the hospitality section of Kangan Broadmeadows will be out of a job at the end of the year as this department is being shut down.

We are all looking forward to continuing our learning journey at Kangan for the rest of this term.

Mark.
Compost recipe

2 buckets of compost

2 buckets of brown waste—paper/hay

2 buckets of Garden clippings—Leaves and grass
So you think you can Dance Workshop

Dance Styles from Around the World. Fully Accessible and Inclusive

Professional dancers will teach Indigenous, African, Latin, Hip Hop, Zorba, Macarena, Time Warp, Limbo and other groovy dance styles!

Sat 16 June
11am-4pm at Arts House
North Melbourne Town Hall
521 Queensberry St, (Cnr Errol St)

Show off your moves at Club Wild’s Dance Party!
Sat 23 June · 6-10pm

Phone 9326 9970 Email info@wildatheart.org.au
Wild@heART Club Wild presents

YOU KNOW I CAN

DANCE PARTY!

DANCE STYLES FROM AROUND THE WORLD • FULLY ACCESSIBLE AND INCLUSIVE

HIT THE FLOOR DANCING WITH INDIGENOUS, AFRICAN, LATIN, CHA CHA, SAMBA, HIP HOP, ZORBA, MACARENA, TIME WARP, LIMBO AND OTHER GROOVY DANCE STYLES

SAT 23 JUNE

6PM-10PM AT ARTS HOUSE, NORTH MELBOURNE TOWN HALL
521 QUEENSBERRY ST, (CNR ERROL ST)

MEL REF 2A110, TRAM 57, STREET PARKING AVAILABLE
S15 ENTRY (CARERS FREE) / BOOKINGS ARE RECOMMENDED / PREBOOKING GETS PRIORITY AT THE DOOR
PHONE 9326 9970 OR EMAIL INFO@WILDAHEART.ORG.AU • SEE WWW.WILDAHEART.ORG.AU FOR MORE INFO
SportRec Access

Connecting people with disability to sport and recreation opportunities that meet individualised needs

The SportRec Access Model is a FREE one-stop-shop service that links Victorians with disability to sport and recreation activities.

SportRec Access includes a 1800 toll free number that helps connect people with opportunities, assisting individuals with a disability to locate sport and recreation activities according to interests and needs.

SportRec Access promotes physical activities to participants of all levels of ability to the broader community in one central location.

Benefits:

- Search for sport and recreation opportunities online according to age, gender, location and type of disability
- Speak to trained SportRec Navigators to discuss your personal sport and recreation needs
- Free personalised service
- Easy to use and time-efficient
- Discuss sport and recreation with other members and service providers via the forum
- Access to our e-newsletter featuring the latest news and upcoming events and programs

To find activities today
Call 1800 BE IN IT (1800 23 46 48)

Email: sportrecaccess@dsr.org.au

www.dsr.org.au
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Ten tips to help parents redefine their role in serving alcohol to teenagers

10 tips for parents around teen binge drinking. By Collett Smart

The wrestling that occurs in the mind of a teenager when they feel the pressure of peers to drink is enormous. However, when an adult serves up alcohol at a teenage party, this communicates to teens that the adult is both condoning and encouraging them to drink underage. They would not just ‘lose face’ in front of friends by saying no, but there is the added fear of refusing someone that should represent maturity and safety.

This comprises all the facets of power imbalance, coercion and corruption and falls into the realm of child abuse. It is for this reason that I welcome the announcement by the O’Farrell government. Their aim is to make it easier for police to fight the teenage booze culture by seeing adults face a maximum of 12 months’ in jail, for supplying alcohol to any minor who is not their own child.

I know that the drinking culture is a complex issue, however I hail any intervention that stops our teens being put at further risk. Of course I know full well that teens can begin drinking for any number of reasons, however this is termed ‘at risk’ behaviour due to a primary need often underlying said behaviour.

We now know that teenagers who have trouble coping with the stressors in life such as; hormonal changes coupled with being bullied at school, home life struggles or other disruptions are more likely to abuse drugs and alcohol, engage in criminal activity, become sexually promiscuous, self-harm, engage in disordered eating and some may attempt suicide.

Many of these behaviours are a form of self-medicating as a vehicle for temporary relaxation or ‘forgetting,’ but research indicates that the earlier people start drinking, the more likely they are to drink heavily and develop a dependency on alcohol as they move into adulthood.

Binge drinking, which is drinking to get drunk, is the most hazardous way of consuming alcohol. Researchers from the University of California and Stanford University found binge-drink, defined as having four or more drinks for women and five or more for men, showed less activity in several brain regions than teetotal teenagers.
Dr. Susan Tapert found that these differences in brain activity were linked to worse performance on other measures of attention and working memory ability. The greatest concern being that the negative effects of excessive drinking lingered long after the buzz from the alcohol was gone.

It has also become far more socially acceptable for young women to drink in recent years than it was 20 years ago, which unfortunately puts girls at further risk of harm.

What can parents do? 10 tips for parents:

A study has found that teens with “hands on” parents are far less likely to engage in risky behaviours. The ‘tough love’ style of parenting which sees a high level of warmth alongside forms of consistent discipline as proven to be the most effective parenting style in the education of young people about drugs and alcohol.

1. Maintain boundaries.
2. Teach problem solving and critical thinking skills.
3. Know where your children are.
4. Check that there is active adult supervision.
5. Allow other healthy risk taking activities.
6. Agree to a pick up your teen and their friends.
7. Decide on a code word that your teen can use if things are getting out of hand.
8. Allow for consequences.
9. Develop a wide social network.
10. Actively seek an older mentor for your teen.

Please seek professional help if behaviour is interfering with day-to-day functioning. I.e. schoolwork, or relationships having deteriorated significantly and normal support structures are no longer enough.

Author: Collett Smart, registered psychologist and qualified educator.

Family Smart – www.familysmart.com.au

Blog – www.thefamilyfactor.com

Twitter – @Family_Smart
Tim Kelso | Community Liaison Development Officer | 9916-8813

For further information contact

TALK to students, parents and learners!

Our Programs Include:

- Icon Cafe
- Discovering Melbourne | Gardening
- RITR Full Food Handling | Opportunity Shop
- Culture Multimedia | Money Skills
- Literacy | Numeracy | Technology | Life Skills
- Certificates in Work and Transition Education

Just opposite - Thunder Street Shopping
Level 2, 244 Thunder Street, Melbourne

11:00 am - 3:00 pm

Wednesday 27th June 2012

OPEN DAY

Registered Training Organisation 

In a flexible, person-centred environment,
Vocational training for adults with any form of disability or learning difficulty.

Adult Education

Vooralla

Austalian

Every