

Coming Up...

Tuesday 31 May

District Cross Country

Friday 3 June

Year 11 & 12 Exams
Commence

Tuesday 7 June

GAT Exam

Thursday 9 June

Year 8 AFL

Senior Formal

Monday 13 June

Queens Birthday Public
Holiday

Tuesday 14 June

Student Free Day
(Report Writing)

Wednesday 15 June

Kool Skools

Middle & Senior School Soccer
& Badminton

Thursday 16 June

Gippsland Cross Country

Wednesday 22 June

Debutante Ball

Year 11 Legal Studies Visit to Fulham Correctional Centre

Year 11 Legal Studies students recently participated in the Schools in Prison Program at Fulham Correctional Centre. Students had the opportunity to view firsthand how a prison operates and speak with four prisoners. After telling students their personal story, the prisoners spoke to students about prison life and the impact that incarceration has had on their lives, and their family. On their return to school, students were encouraged to reflect on their experience and consider whether imprisonment achieves the main aims of criminal sanctions with particular emphasis on whether it is the right environment where rehabilitation of the offender is possible.

Thank you to the students involved for their mature conduct throughout the visit and their willingness to participate and embrace the opportunity given to them.

J. Massaro-Chandler

Student Reflections:

It was a great, worthwhile experience that opened up new pathways for me and made me rethink what I want to do in the future with regards to my career choices. Every inmate taught us a valuable life lesson – think about the choices you make in life.

I have been given an insight into what it is like to work in the corrections department and hope to pursue that career path in the future.

The experience I had at Fulham prison was definitely an eye-opening one. Being able to get a view of the prison from the inside gave me a broader understanding of what life really is like on the inside. The time we were able to spend talking to multiple prisoners was truly a unique one, hearing from people with life experience and their views on how life is about the choices you make and the consequences those actions have. It gave me a better understanding of how your life can really all change from one bad choice you make. It seems that most prisoners aren't evil or bad people but rather normal people who have just been caught up in the wrong crowd or made a bad decision. It made me really consider what choices I want to make in life with deeper consideration. I also want to thank Colin, the prison staff and especially the prisoners who decided to talk with us. I'm very appreciative of how open each prisoner was as it certainly had an impact on me. From Brandon

Thank you for giving our Year 11 Legal Studies class the opportunity to see what prison is like from the prisoner's perspective as well as the staff. The whole experience changed my beliefs about the

lifestyle in prison, and that not all prisoners are awful people. They can be normal everyday people that made a terrible mistake and imprisonment was the consequence. I have always been interested in studying things such as criminology and teaching, so the experience broadened my choices of selecting a career.

It was a great experience which reminded me how much of one's freedom is taken when imprisoned. It was a real eye opener. Before visiting the prison I viewed prisoners in a stereotypical way, the way they are depicted in the media, but now I understand that they're just normal people who have made mistakes. I learnt that a single moment and decision can change your life and impacts everyone around you.

It was good to receive a firsthand experience into what life is actually like inside an active prison. It was interesting learning about how the inmates have been given the opportunity to pursue an educational course and getting to see their progress with rehabilitation and seeing how their lives have been affected. I think that this program is worthwhile and a good experience and I would recommend it for other students

Principal's Report

Staffing Update

We have recently advertised an English position for term 3 and hope to have this process finalised over the next week or so.

Early next term we will start the process of advertising for an Assistant Principal to begin in 2017. This is not a new position but with Brian McKenzie's imminent retirement at the end of 2016 we need to have the process of selection finalised as early as possible. Once this position has been filled we will be looking to advertise a number of Leading Teacher positions to meet our Leadership Structure that was implemented this year. Term three will be an extremely busy one on the staffing front but will provide us with the opportunity to really set the direction of the College moving into a new 4-year Strategic Plan.

Retirement Dinner

It was an honour to attend the retirement dinner for both Lindy Olver and Bev Keily on Wednesday night. It was a great night with a large number of past staff and students attending to pay their respects for the fantastic careers of two great teachers. We expect to see them both on a semi regular basis as they come in to do some relief teaching for us. Congratulations to them both and a huge thanks for those responsible for organising the night.

ReachOut WorryTime App

Notes from the Nurse.

Wendy Ruddell

ReachOut WorryTime is a free mobile app that gives you a place to store your worries, and alerts you when it's time to think about them. When a worry no longer matters to you, you can ditch it and move on.



This app helps to:

- Manage your stress levels
- Make you feel more in control of your anxiety or stress
- Develop a regular and effective method of dealing with day-to-day worries
- Make you feel less overwhelmed

What is WorryTime?

You can't control the thoughts that pop into your head, but you can control what you do with them. The WorryTime app allows you to control everyday stress and anxiety by acting as a place to store your daily worries.

Once you've entered your worries into the WorryTime app, you can customise the settings to suit your schedule. Choose a time in the day that works best for you, and WorryTime will send you an alert when it's time to think about what's been stressing you out. You can update your schedule when it changes, and you can choose the amount of time you want to spend thinking about your worries.

Age: 12+

Compatibility: Requires iOS7.0 or later. Compatible with iPhone, iPad, iPad touch. The app is optimised for iPhone 5, iPhone 6, and iPhone 6 Plus. Also available on Android.

<http://au.reachout.com/reachout-worrytime-app>

Sports News

X Country Results

Erica	277
McMillan	242
Latrobe	183
Narracan	163
Power	144
Tyers	98
Tanjil	94
Strzlecki	92

WINNERS

13 girls	Ammashayla Norkett-Beckett
13 boys	Joe Skinner
14 Girls	Chelsea Movchan
14 Boys	Lachlan Rock
15 Girls	Georgia Vandersteen
15 Boys	Blake McGown
16 Girls	Ella Cornish
16 Boys	Patrick Charles

Junior Girls footy on Thursday 19th May: Lowanna 9 def Drouin 3, Lowanna 15 def Traf 6, Lowanna 22 def WRC 7, Lowanna 12 def Marist Sion 7



IS ANXIETY TAKING YOUR LIFE AWAY?

Anxiety is one of those issues that is often not spoken about because of the shame and guilt that we might have a mental health problem so we keep it covered up, avoid talking about it and try to overcome it with might and willpower which just seems to strengthen it rather than take it away.

However, anxiety is human, nothing to be ashamed of or guilty about. It is born out of fear, fear of the unknown, fear of danger that might happen to us, fear that a situation is going to be the same as the past in which we were hurt. Every human being has in their nature, three universal fears: Am I loved? Do I belong? Am I good enough?

The anxiety we feel from those three fears alone is enough to take our life away. If we don't deal with them and overcome our feelings of anxiety, they will grow stronger and stronger and soon we won't be able to live a life worth living because our fear/anxiety will stop us from moving forward.

Here is a link where you can get some assistance if fear and anxiety is an issue for you, whether you are a student, parent or staff member. It is a 7-day free course that sets out the pillars of anxiety and how to live an anxiety free life. I know the author personally as a coach, mentor and friend and can guarantee his work. He has assisted many young people, even into university from a place of being unable to talk because the anxiety was so great, to being able to freely move forward on the journey they wish to take for themselves.

www.anxietyfreeliving.com.au

Please feel free to come and see me at the house if you would like some exercises to help you through the journey of anxiety free living or even just to talk about what the content of the videos mean for you. Talking with someone and being able to language our fears helps us to process what we are learning more and frees us from the control that our fears and anxiety have over us if we keep them inside.



Take care,
Grace Sharon,
College Chaplain

First Aid at Lowanna

Lowanna College has a number of First Aid Officers on call throughout the school day.

These Officers are not doctors or nurses but do offer general, emergency first aid.

With students that are telling us they are not well enough to be in the classroom we follow our school policy that states 'If a student is too unwell to be in a classroom, they will be sent home.'

Occasionally we have students that make a miraculous recovery after being picked up but as our First Aid Officers are not qualified to diagnose or treat illness, this is something that you need to discuss with your child, as the First Aid Officer's only recourse when a child says they are too unwell to be at school, is to send them home.

Parents always retain the option of returning their child to school if they improve, so long as the student checks

back in through first aid and understands they must be able to participate in usual classroom activities.

Please note that we do not provide a personal transport service for students as this is against best school practice. If your child is not well enough to be at school it remains your responsibility to organise their pick up from school.

Similarly, Lowanna does not supply any pharmaceuticals for student use but if your child requires these, you are welcome to fill in the appropriate paperwork and supply them to the school to be kept exclusively for your child. We do ask that students not carry pharmaceuticals around with them (other than those exceptions agreed by the school) as they could be accused of inappropriate use.

Medications should be kept in the locked cabinet in the first aid area and accessed through first aid as needed. If your child

attends first aid to take any of their medication during the school day, a note will be sent home with them containing details including time, date, type of medication and dosage taken.

The First Aid Officers are always available to speak with parents or students about any health concerns the school needs to be aware of and are happy to facilitate the communication of that information to other staff as necessary.

The First Aid Officers are always available to injured students to treat and support them until a parent or ambulance can arrive and responsibility is then handed over.

If you have any further questions about the function of the first aid office, please contact Jenny Stephens on 51279223.

DISCOVER CHINESE CULTURE EXHIBITION

During lunchtime on Thursday May 19, a 'Discover Chinese Culture' exhibition was hosted in our Chinese Exploratorium in the Language Centre.

A range of activities were on offer to enable students to immerse themselves in Chinese culture, such as:

- Chinese calligraphy;
- Traditional Chinese chess;
- Chinese yoyo (diabolo);
- Chinese shuttlecock;
- Tasting of Chinese tea and snacks; and
- Photo exhibition

A number of students took the opportunity to try something new, with plenty of fun had throughout. Some of these students were lucky enough to win prizes for their attendance and participation, and it is hoped that this exhibition helps to generate ongoing interest in the overall China program.

In the coming weeks, a number of free cultural workshops will be held during lunchtimes Tuesday-Friday, with the topics differing each day. All students are encouraged to attend, and if you would like to know more, please see Mr. Blythman at the General Office.

A special thanks needs to be given to Amy Hardy, Sara Davy, and Erin Byrne as student helpers in this exhibition. Additionally, Xun Rui (Suri) did a wonderful job in organizing and coordinating the event, wonderfully assisted by Jie Liu, International Relations Officer at Latrobe City Council.



Premiers' Reading Challenge

The Victorian Premiers' Reading Challenge is now open and Lowanna College is participating.

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 9 September 2016.

Students from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and can choose to have their name included on the online Honour Roll.

To read the Premier's letter to parents, view the booklists and for more information about the Victorian Premiers' Reading Challenge, visit: www.education.vic.gov.au/prc.

Students wishing to register for the Challenge should visit Mrs Possart in the Library.

Year 9 Forensics Workshop



Senior Formal

Thursday 9 June 2016

7.30pm - 11.30pm

Turfside Function Centre, Waterloo Road, Moe

\$35.00 per head

Light supper & soft drinks provided



LOWANNA
COLLEGE

Broader Horizons

LOWANNA SPECTACULAR

6TH JUNE 2016
7:30PM

FEATURING:

BANDS
DANCERS
SINGERS

\$10 PER TICKET
LOWANNA COLLEGE
AUDITORIUM



Can Saver Plus assist you with school costs?

Join Saver Plus and match your savings, dollar for dollar, up to \$500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner), such as full-time, part-time, casual or seasonal work, and have a child at school or study yourself.

Contact Rick Pemberton, your local Saver Plus Worker:
(03) 5120 2582 / 0407 567 312
or rpemberton@berrystreet.org.au

*Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered across Bass Coast and South Gippsland.
The program is funded by ANZ and the Australian Government.*

GIPPSLAND
MAKERS MARKET

12TH JUNE 10TH JULY 14TH AUGUST
SHOWCASING THE
BEST OF GIPPSLAND

WWW.
GIPPSLAND
MAKERS
MARKET
.COM
.AU



MAKERS.



9AM TO 2PM
DAHLENS,
PRINCES HWY,
TRARALGON



PRODUCERS.

THIS EVENT IS MADE POSSIBLE BY THE
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DESIGNERS.

CAREER NEWS

Reminders

- Undergraduate Medicine and Health Sciences Admission Test (UMAT) – Register by: 3 June
- 'INSIDE MONASH' SEMINARS: Biomedical Science, Radiography and Nutrition and Dietetics - 25 May, Business & Economics - June 15; Info/Book: www.monash.edu/inside-monash
- 'FOCUS ON MELBOURNE' – seminars (6.30-8.00pm) - Agriculture - 24 May; IT - 25 May; Science 31 May; Information/register: <http://futurestudents.unimelb.edu.au/focus2016>.
- INDIGENOUS STUDENT EXPERIENCE MONASH DAY – 24 June; Book: Ph 9905 8699, kristel.keleher@monash.edu. See www.monash.edu.au/study/life/indigenous.
- EXPERIENCE RMIT – for holiday programs see: www.rmit.edu.au/experiencedays
- EXPERIENCE ACU – Register at: www.acu.edu.au/uni-experience.
- EXPERIENCE LA TROBE – See: www.latrobe.edu.au/study for details and to book.
- EXPLORE OCCUPATIONAL THERAPY – 14th July @ Austin; Apply: to keely.zenner@austin.org.au
- AVIATION FOR WOMEN CONFERENCE – 4 June; Book: 9580 8822 or markd@mf.com.au.

FIND OUT ABOUT NURSING DEGREES AT DEAKIN UNIVERSITY

Deakin nursing graduates are well regarded and well prepared for work. Find out about Deakin courses at an information session:

Burwood Campus: 6-8pm, Wed 20 July, Building BC, Burwood Corporate Centre, Level 2, OR 2.30-4.30pm, Sat 23 July, Building BC, The Point, Level 1;

Geelong Waterfront campus: 6-8pm, Wed 20 July, OR 2.30-4.30pm, Sat 23 July, both Building AD, Western Beach Room 6.104;

Warrnambool campus: 7.30pm, Fri 22 July, 165 Timor St

Book: Ph 9244 3059; See: www.deakin.edu.au/nursing-midwifery.

MORE DEAKIN NEWS

Faculty of Business and Law – preparing to find a job will soon be part of the Commerce course, with a compulsory unit in career planning being piloted. This Personal Insight unit will provide career development experiences, and has a clear focus on co-creating a professional identity. Explore personal aspects of yourself to create a portfolio of career resources.

New Website coming – Scheduled for launch on 23 May, the site will be ground-breaking in the sector, combating problems commonly faced by university websites. See: www.deakin.edu.au.

Elite Sports Precinct Developments – The first stage of the new Elite Sports Precinct has opened at the Geelong Waurin Ponds campus providing state-of-the-art facilities for exercise and sport sciences and physical education teaching students, and student engagement/community sport.

Kickstart your Course and Career Exploration at Deakin – 'Explore' is a digital tool enabling you to search for courses and corresponding career possibilities, and vice versa. If you don't know what to do when you finish school and want help with ideas, give it a try!

- View more than 1000 course and career pairings
- Filter your search based on your interests
- Save your favourites and share with friends
- Enjoy short snippets of relevant information
- Visit explore.deakin.edu.au.

VCE LECTURES AT THE UNIVERSITY OF MELBOURNE

The Faculty of Arts is offering VCE Winter School for Year 10-12 students. There will be lectures, seminars and tutorials in three VCE subjects: Literature, Australian History and History Revolutions. The program is developed with VCE experts and examiners, giving students the opportunity to excel in their VCE exams. When: Literature - 27 and 28 June, Australian History - 29 June, History Revolutions – 30 June and 1 July; Where: Old Arts Building, Melbourne University; Bookings: Book Now or email vce-arts@unimelb.edu.au.

DESIGN EVENTS COMING AT SWINBURNE

Swinburne is offering a Discover Design student holiday program. It is a creative school holiday program for Year 10-12 students who would like to learn more about design careers, courses and pathways. Participants will develop a design portfolio, broaden their problem-solving and design-thinking skills and work in teams – just like in a real design studio. When: 5-8 July (registration 9am for a 9.30am start); Where: Level 3, Advanced Manufacturing design Centre, Hawthorn campus; Cost: \$160; Register: Register now.

EXPLORE THE MELBOURNE SCHOOL OF DESIGN

The University of Melbourne's School of Design (MSD), located at the heart of the Parkville campus, is designed as a learning building. Students learn not only in classrooms but also by using the building and observing ways others use it. The new building provides opportunities for 'living learning' through studio classes, exhibitions, tours, photo documentation and teaching on and around the site. An app has been designed to enhance your experience of the building. Take a self-guided tour, see why some key design decisions were made, and why the building is unique - www.explore.msd.unimelb.edu.au/explore.

RMIT – FOLIO PREPARATION COURSES

RMIT'S folio preparation and career discovery courses are designed to help you create a winning folio to apply for university. These types of courses also provide an overview of the industry, study options, and the selection process. Upcoming courses include: illustration, fashion, 3D product design, graphic design, interior decoration and visual merchandising. Information: Call 9925 8111 or [click here](#).

LA TROBE UNIVERSITY NEWS

The Bachelor of Criminology is being offered in 2017. Unlike some other criminology degrees, this particular degree will feature forensics as a core component. It will also include Integrated Workplace Learning (IWL) as a part of the course, giving students the opportunity to use their knowledge, and to assist with future employment.

ASPIRE, a well-received and recognised initiative for domestic undergraduate school leavers which has been operating for two years now, will continue into 2017 and beyond. The program recognises the positive impact that a student has had on their local community. Community engagement and objective school achievement forms a significant part of the assessment criteria of the program, not ATAR scores. Applications for 2017 entry open on shortly on 1 June and close on 31 August. See: www.latrobe.edu.au/aspire. NOTE: The program has special links with the CFA, the Duke of Edinburgh Award and St Johns Ambulance, however, students with many types of community engagement are considered.

WHICH CAREER SUITS MY PERSONALITY?

SEE: MY CAREER MATCH

There are many tools available for finding out which careers will best suit you. RMIT is offering 'My Career Match', an online tool where you can fill out a personality questionnaire and receive a comprehensive career profile detailing traits and strengths of your personality type, suitable career paths, and relevant courses. Check out RMIT's My Career Match profiles at: www.rmit.edu.au/programs/myprofile. Use the access code RMIT:180 when accessing the tool.

WHERE MIGHT A SCIENCE DEGREE TAKE ME?

- Are you fascinated by nature? You can discover more about living things with biology and environmental science or even biotechnology where you can learn about everything from farming to pharmacy products.
- Do you want to be at the forefront of technology? A career in chemistry allows you to test and produce anything from penicillin to polythene or if you'd like food for thought consider the potential of food science.
- Are you curious about the universe? Physics looks at the smallest sub-atomic particles and the forces of the universe but if you want to explore a new frontier of science, discover nanotechnology.
- Are you intrigued by the potential of numbers? Mathematics finds patterns and connections and can help to model systems and develop theories and formulas while statistics can allow you to predict trends by using data to make conclusions. If you fancy yourself as a forecaster, analytics can help you see preferences and anticipate actions.
- If maps and modelling interest you, this could lead you to a career in surveying. Alternatively, find out how location has an impact on the way we interact with world around us with geospatial science.