



From the Principal

John M Freeman



Mid-Year Awards

As you would be aware we held our Mid-Year Awards recognising Academic Excellence, Diligence and Merit and significant achievements in sport, cultural and community activities last Thursday. During the assembly I spoke about the value of continuous improvement (I referred to this as the benefit of incrementalism) and ensuring you maintain skills once at a certain level (maintenance). An edited version of my speech is part of this Newsletter.

During the assembly we recognised over 350 students young people for their effort, dedication and achievements. Well done.

My thanks to all staff involved in the awards and in particular: Mr Doug Doherty for his overall management and organisation; Ms Rebecca Henry, Ms Kellyann Armstrong, Mrs Maree Garratt, Ms Sarah Brown and Ms Nicole Denovan for all their work collating material, sending letters of invitation, creation and printing of certificates as well as the production and proof of the PowerPoint Presentation; Mr Leigh Winter for logistics; Mr Michael McKenna and Mr Brett Van Berkel for collation of data for award recipients; Mrs Kelly Murray and Mrs Tamsin McCormack for their organisation, work with student leaders and leading the presentation on the day; and our ISC and maintenance teams for the set-up of the audio-visual system and stadium, in particular Mr Michael Cleef. Also at the event we heard from our Senior Concert Band, conducted by Shane Lebbe. The National Anthem was sung by Yue Ming Loi, one of our College Captains, accompanied by the Senior Concert Band and we also listened to the Senior Choir. All performances were excellent and highlight the great work of our Music program.

Our guest speaker was Mr John Calabro, Class of '99. John was school captain in his final year and now owner of The View from Here in Traralgon. He is also the publisher of the Gippslandia magazine. Thank you for your words of advice.

Finally thank you to staff, families and friends who attended (close to 400 people) and our students for their respectful and supportive participation.

Course and Careers Expo

Thank you to all involved in our Course and Careers Subject Selection Expo today. During the Expo students had opportunity to speak with staff about the various subject and program offerings we have at the Kildare Campus for students in Years 10 to 12. Also present were a number of representatives from Universities, TAFEs and other post school education providers. Furthermore, we had representatives from the Armed Forces and Police Force. Again the presence and advice provided by these groups enhanced the ability of students to make informed choices. The Expo was extremely well attended and talking to a number of people I know they found the information provided by staff to be very helpful. My thanks to Mr Brett Van Berkel for his leadership of the organisation of this day and all the staff who worked so hard on preparing and presenting at the Expo.

From the Principal cont...

Staff News

Congratulations to Michael McKenna and his wife Jolene who are the proud parents of Audrey Dayna McKenna born 7:37am 2.04kg and Lachlan Shamus McKenna born 7:38am 2.83kg. Born Friday 27th July 2018.

We also congratulate Sarah Willhelme on the birth of her daughter Greta Hope Willhelme who was born on Saturday 4th August at 10.59pm 2.55kg.

Student News



Well done to Jade Melbourne (left) on her performance as a member of the Australian Under 17 basketball team that won bronze at the FIBA Under 17 Women's Basketball World Cup held in Minsk, Belarus on 29 July.

Thank you to Megan Ambrose who accompanied the following Years 10 and 11 students to the CEO Sale Justice Camp held at Rawson from 1 August to 3 August: Ava Merton, Hollie Gooding, Kate Robinson, Jordan Collinson, Bridie Gleeson, Elly Walker, Hannah Zweytzer and Lily Bond. The students are looking forward to implementing the projects they have developed during this camp.

Thank you Jo Maree Sharman and Stephanie Sola and all the staff involved in the Year 8 Wellbeing Day on Wednesday, 8 August, held at Presentation Campus.

Congratulations to our Junior Choir on their second placing in the Secondary School Choir section at the Yarram Eisteddfod. Thank you to Stella Felton for her work with this choir.



Great effort by our Senior Choir students who had a wonderful experience at the Victorian Schools Music Festival on Wednesday, 8 August. They sang two pieces in the Advance Choral Section of this festival and won a Gold Shield for the performance. Thank you to Shane Reid for his work with these students.

Good luck to the Training Band and Intermediate band will be performing at the Yarram Eisteddfod on Monday next week.

We also wish the best of success to our Chess Team who venture to Chairou Christian College, Drouin Campus, this coming Wednesday the 15th of August to compete in the Regional Chess Competition.

College Play

Incourage all in our community to consider attending our College Play, *Murder in the Knife Room*, on either Wednesday, 22 August or Thursday, 23 August in the Lourdes Lecture Theatre, St Paul's campus. This is the first time we have staged a play during my time at the College and I thank all involved, in particular Katie Lee, Monica Justin and Adriana Bianconi for all their efforts so far.

LAVALLA
CATHOLIC COLLEGE

Presents

MURDER
IN THE
KNIFE ROOM

by Jonathan Rand

22nd August:
7:30pm
23rd August:
2:30pm
& 7:30pm

Lourdes
Lecture Theatre
St Paul's Campus
Grey Street

Adults: \$10
Children/Students: \$5
Family: \$20
(2 adults & 2 children)

Theatre locations:
Presentation
St Paul's Campus &
Mildura Campus

An Amateur Production By Arrangement with ORIGIN™ Theatrical,
on behalf of PlayScripts, Inc.

The following is an edited version of my speech to the community at the Mid-Year Awards

Now as is the practice of these events I will say a few words that are relevant to today's celebration, however before I do I ask that you pay attention to the brief awareness test video clip that will be shown in a moment and please focus on what the narrator asks you to do...

<https://www.youtube.com/watch?v=oSQJP40PcGI>

Please watch before continuing to read.

Now that you have watched the video I have a few questions:

- Did you count 13 passes?
- Did you notice the moonwalking bear in the first run of the video? Be honest!
- When watching for the second time and being told to watch for the bear were you surprised how obvious it was when asked to look for it? Trust me it was there in the first run of the passing sequence.
- Do you watch out for cyclists... no that is not relevant. Well actually it is in a way...I will explain in a moment.
- No, my last question is more philosophical – what is it that you are missing because you are not looking for it?

Now that last question is one that I try to spend some time each day considering, but we do not have time now for me to list all of my shortcomings in regard to observing what is often right in front of me.

However, I will share with you two things I have not always appreciated in relation to improving myself but am now paying more attention to, and they are the benefits of:

- Incrementalism; and
- Maintenance.

To explain I will use an example and this leads us back to why the reference to cyclists in the clip is relevant, well at least for this purpose.

You are probably aware that the great cycling great event that is the Tour de France has just concluded and if you have ever watched a stage from start to finish it can take up to four to five hours. Therefore, the commentators need to talk about more than what is happening in the race during that time and one of the conversations was in regard to how the riders develop their capacity to perform consistently in a highly competitive and challenging environment.

In brief elite cyclists make continuous small improvements to diet, strength, flexibility, hydration intake, seating position, gearing configuration, foot position, peddling technique and so on. Each change may only make a small incremental improvement, but when combined they allow the cyclist to be the best they can be.

Hence the value of incrementalism. Significant improvements in performance, whether it be in academic, cultural, sporting, artistic and other pursuits do not usually occur suddenly. Outstanding performance does not magically happen by just buying a new piece of equipment or because of one great training session. It is the outcome of continuously making small improvements and adjustments in the knowledge, skills, techniques and approaches to what we are doing. Champions in any pursuit rarely emerge out of nowhere. Their success is the result of the relentless pursuit of being better in every aspect of what they are committed to achieving. This improvement can take many months and most likely years and involve small changes that in themselves do not make a big difference, but when combined over time leads to improvement

Which leads to the second insight, maintenance. It is all well and good to achieve a high level of competence over a period a time, but to sustain it you need to maintain your condition and skills. To be effective over a period of time you need to look after yourself and regularly ensure that you are not allowing your conditioning and skills to deteriorate too much, otherwise you will lose what you worked hard to gain.

Now I am not going to give you a list of dos and don'ts about what I have just said, all I ask is that you consider the value of being strategically incremental in your approach to becoming your best self and be aware of the things that maintain that level of achievement.

Finally, well done to all who we are recognising today...

Faith & Ministry Matters



Chris Roga



The Prayer Monument for World Peace
Venue: Chugoku Memorial Park
Date Completed: June 1, 1997

The monument above commemorates the 40th anniversary of the Anti-Nuclear Declaration by Josei Toda, and is erected at 132 deg. 24 min. east, exactly at the hypocenter of the Hiroshima bomb on 6 August, 1945. The significance of the monument lies in that it memorialises all the atomic bomb victims of the world. It pledges to expand the peace movement from Hiroshima, the origin of peace, to the rest of the world, and stands as a symbol of eternal peace.

Youth Night at St Michael's

Last Friday evening, the 3rd of August was a great cause for celebration! St Michael's Parish held its second Youth Night of the year and what a great night it was. In wake of the Church's call in this Year of Youth to "open new horizons for spreading joy", St Michael's opened its doors to our Secondary Youth to gather for a night of faith, fun, food and friends.

Lavalla's Remar Blues opened the night with games, where the youth were able to meet and get to know each other. These were followed by a moment of discussion and sharing on some important faith-based questions, where the youth were posed:

- What does faith mean to you?
- What is your image of God?
- How do you see your relationship with Jesus?



This then lead perfectly into our guest speaker for the night- Mr Cristiano Grosso- who gave a sharing on his faith journey, discussing why his faith is important to him and then opening up the floor for questions on what we can do to "feed" and "nourish" our spiritual lives.

The night then moved into a moment of prayer, song and reflection gathered around our sacred space which consisted of the Crucifix, an open Bible, a candle and an image of Mary our Mother. Young Marist Jaslyne Salerno (Year 9) and Mr Grosso played and sang a rendition of "Good, Good Father". The youth were invited to begin, to re-ignite or to re-commit to their

relationship with God by lighting a candle to symbolise their faith journey and the importance of faith to them in their lives, asking God to continue to bless and walk with them.

The night concluded with some more fun and a pizza dinner!

Faith & Ministry Matters

A huge thank you to Fr Francis and Jen Hanratty of St Michael's Parish for their presence, passion and commitment to supporting our young people in their faith. A big thank you as well to our Remar Blues- Kellie Wood, Molly Jeffs, Lauren Miller, Maddy Lyons & Rohan Symonds for their leadership and ministry on the night and a thank you to our Young Marists for coming along and being awesome participants.

The students shared their enthusiasm and excitement after the night:

"I really enjoyed the youth night. It was an excellent way to talk to others with a familiar faith and to get to know people. It was a great experience and if there was another youth night I definitely would come. It was also good as I didn't feel ashamed of myself, of being a Catholic and believing in God. It was nice to see other people like me who have similar beliefs..." - Darcie Gridley (Young Marist Leader, Year 7)

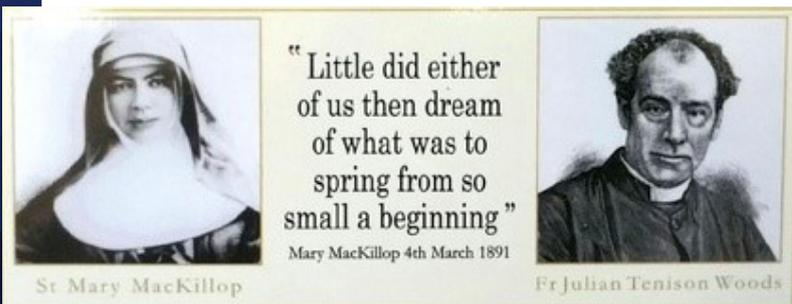
"Mr Grosso, I just wanted to thank you for the great night on Friday the 3rd. It was a wonderful night and I enjoyed it a lot. I appreciated being there and also getting invited to an awesome night. Your speech about your faith and just the whole thing overall, it was very inspiring to me definitely. Thank you so much for inviting me to this night and I hope we have more youth nights just like that..." - Latoya Martines-Dasilva (Young Marist Leader, Year 9)

"This was one of those events that you are just so grateful to have been a part of..." - Molly Jeffs (Remar Blue, Year 11)

It was fantastic to see our young people hungry for a deeper connection with their faith. This truly does leave us with plenty to be excited about as there is indeed, as God promises, "hope for the future".



St Mary of the Cross MacKillop



The 8th August, the day Mary Mackillop (1842-1909) was born into eternal life, is her feast day. Her story of how she devoted her life to the poor, and with the support of Fr Julian Tenison Woods, began the Sisters of St Joseph, is an extraordinary account of trust in God. Mary is a model of living the ordinary life with great love. Her statement, "never see is needs without doing something about it" is practical.

God of compassion,
What purpose do you have for me?
We make this prayer through Jesus
Christ, your Son,
who lives and reigns with you and
the Holy Spirit for ever and ever.
Amen.



Operations & Wellbeing



Kelly Murray

Healthy Lifestyles Week

The House Captains and Ambassadors of the St Paul's have been very busy this week in creating a Healthy Lifestyles Week for the staff and students.

The week has focused on the health of the whole person including physical, mental and spiritual health.

Physical Health: Each year level has been involved in dodgeball competitions at lunchtime. It has been a competition between the houses of Champagnat, Nagle, Delany and Mackillop. Delany were victorious in the year 9 competition and Nagle for the year 8s. The year 7 competition will be played at the end of the week. Champagnat and Mackillop will be hoping for a win.

Mental Health: Each homeroom was invited to participate in 5 minutes of mindful meditation on Monday as a way to begin the week with a calm and positive focus.

Spiritual & Physical Health: Camilla and Darryl from Expansion Yoga in Traralgon ran a taster yoga session for all who were interested on the junior campus. The students who participated were fully engaged in the experience and were asking for more classes in the future. For anyone who is interested in learning more about Expansion Yoga, they can be found online at <https://www.expansionyoga.com.au/>. Thanks again to Camilla and Darryl for coming along to be a part of the week.

Healthy Eating: Woolworths have generously donated enough fruit to feed the whole campus for a Fruit Frenzy Friday to conclude our Healthy Lifestyles Week.

Congratulations to the St Paul's Campus House Captains and Ambassadors for all of the work they put into making this week happen.



Australian Catholic University Visit



Coenrad Marx

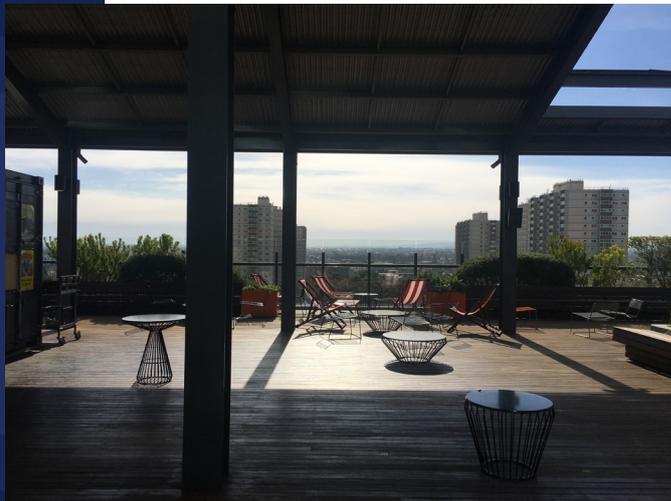
On Friday the 3rd of August 2018, 63 Year 9 students had the opportunity to head down to Melbourne to visit ACU (Australian Catholic University) as part of a one-day excursion. Our day started at 7:30am, when we caught the V-Line to Southern Cross Station supervised by; Mr Vallak, Mrs Smith and Mr Archipow. Once we arrive in Melbourne at around 10:00am, we walked over to the nearest Tram Stop and took a short Tram ride to ACU.

Once we went inside, we were welcomed by staff and college students. They led us to one of their beautiful lecture theatres where they talked about some key features that they as a university provides. After that, we split into groups of roughly 20 and continued our day with a campus tour. We were lead through ACU's amazing library and computer lab where we saw hundreds of college students working.

When our tour came to an end we were introduced to different college students who talked to us about their career paths and how they are experiencing it. Our groups rotated through pairs of college students so that we can get a taste at all ACU has to offer. We had many opportunities to ask as many questions of any kind we wanted to the college students who provided us with great answers. We even had first hand access to some of ACU's equipment, such as training dolls that the future nurses train on.

Soon enough, lunch time came around and we made our way to ACU's beautiful Roof Top Garden where lunch was provided for us. We all enjoyed a great meal of muffins, fruit and delicious sandwiches. When we all finished our lunch we made our way back to ACU's lecture theatre where we had a closing speech by one of the staff. We got lots of information about things that could drastically effect and help our careers once we leave school.

Over-all, this was a great experience and opportunity to get a front row seat to what university would be like if we were to choose this path when we leave school. We had many opportunities to get our questions answered in as much detail in possible. I defiantly recommend this excursion to anyone who ever has the opportunity to go on it as it is a wonderful experience.



2018 History Roadshow



Kim Widrich

On Wednesday August 1st the Year 12 History Revolutions class and the Year 11 20th Century history class travelled to Federation University in Churchill to hear lectures related to their areas of study.

The History Roadshow, which is funded by the Victorian Government, aims to provide an opportunity for regional students to engage with academic and professional historians. Year 12 students listened to Dr Yana Ostapenko from RMIT University on the Russian Revolution while Year 11 students heard Professor Joe Siracusa (RMIT University) speak on the Cold War. Some student reflections included:



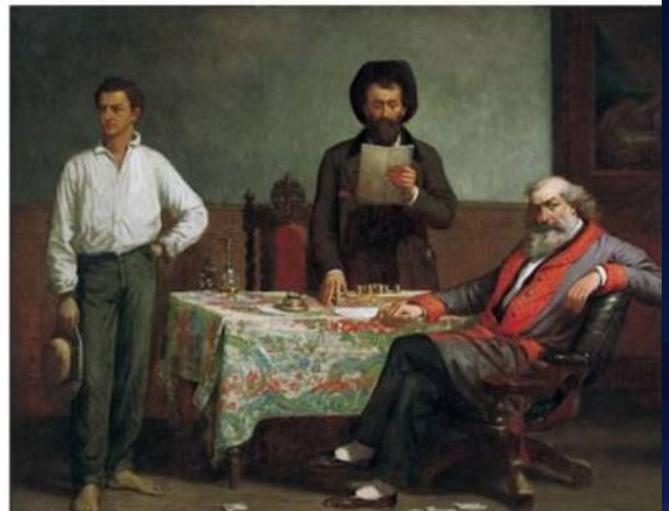
“The presenters showed me that studying history can be a gateway to a wide range of interesting and exciting careers.”

“Joe (Professor Siracusa) was incredibly engaging . . . His first-hand experience of life during the Cold War . . . in Chicago . . . was so interesting.”

Lavalla students attended this activity along with over 100 history students from other Colleges in the Gippsland region, including Wonthaggi, Sale and Neerim South.

The History Council of Victoria are the organisation responsible for organising this highly engaging activity which has existed since 2006.

When you're halfway through a game of Monopoly and someone insists on reading the rulebook.



2018 Lavalla School Play



Katie Lee

This year we are so proud and excited to present the first ever College Play! We have an amazing cast of students, ranging from Year 7s right through to Year 12s, who have astounded us with their dedication and talent. This year's play, *Murder in the Knife Room*, is a murder-mystery comedy, that showcases an array of bizarre characters, and one sleuth detective determined to crack the case! It's comical, corny and a little crazy at times!

We encourage everyone to come and see the show, and support our students – you won't regret it!



Being a part of Lavalla's play this year has been a new and incredibly entertaining experience for me. I've never participated in these sorts of things, however in my emboldened Year 12 state of trying to make the most of my final schooling year I decided to get in touch with my Hollywood side. Playing an Inexplicably Omniscient Inspector interrogating a whacky and absurd bunch of guests has

given me the opportunity to learn a lot while letting loose too, and it has made me definite in not pursuing a career in criminology. Inspecting is an arduous task. As this is Lavalla's very first play it's an absolute honour to be a part of it and I look forward to coming back in 50 years to see how our legacy has carried on and reminisce about the days of old when we pioneers performed *Murder in the Knife Room*. I encourage everyone to come along and enjoy the show that'll keep you guessing; even if you have half as much fun as we do on stage you'll have a cracking time.

Ella Darling - Cast Member

This is the first year Lavalla has ever had a play, it has been such a great experience and I am so glad I have had the opportunity to take part in it. We had auditions at the start of the year and have had Monday night rehearsals ever since as well as some Sunday rehearsals to get us stage ready. The best part about the play is that it involves both the St Pauls Campus and Kildare campus students so it gives us a chance to mingle and make friendships with different students of different ages. The teachers running the play are very passionate and enthusiastic which makes us all the more keen for rehearsals. With the weeks coming up to opening night the play is coming together nicely with everyone knowing their lines and costumes looking amazing. I have really enjoyed being a part of it and I'm so thankful I got involved and would recommend students take part in future plays at Lavalla. For anyone who loves comedy and mystery, make your way to the Lavalla Play and bring your friends and family also, we have worked really hard and would love to see you there!

Sarah Walsh - Cast Member



Sports News



Dwayne Tibballs

Champions Basketball Cup

Lavalla Catholic College has enjoyed a successful day at the commencement of the Champions Cup Series on Wednesday, August 2nd with our intermediate girls advancing through to the Elite Eight Finals Day.



In their first up encounter, Lavalla put the pressure on their opponents from the opening tip and never looked back. Our girls generated a fast start and were quick to establish a comfortable margin at the haltime break with a commanding lead, 36-6. Jade Melbourne (25) and Emerson Devenie (16) combined for 41 points as Lavalla powered their way to a dominant 75-16 victory.

In their second game, the girls encountered a stronger opponent in Box Hill Senior Secondary College and from the outset our girls knew this would be a tough contest. Milly Murphy set the tone early in this encounter and helped Lavalla push ahead to lead 25-15 at haltime. The girls would eventually secure a 44-31 triumph and earn automatic qualification as being the best placed team in the Watson Conference.

The intermediate boys' team suffered the loss of a number of team members due to injury and sickness and took to the court a much depleted team on Monday, August 6th. Missing were Christian D'Angelo, Nathan Noblett and Harvey Neocleous while Kade Ruyters and Tom Hamilton were not 100% healthy.

Penleigh & Essendon Grammar School was quick to set the early pace and our boys were struggling to find any rhythm. Despite some impressive passages of play throughout the clash, Lavalla were not really given the opportunity to seize any momentum either and endured a 41-66 defeat.

Lavalla's second encounter against Templestowe College saw an even contest throughout the first half in a very physical battle. Lavalla managed to stick with their opponents for much of the opening half before Templestowe gradually wore down our boys in a 29-48 loss to be eliminated from the competition.



SSV Soccer

Lavalla Catholic College's soccer teams have commenced their pathway to the SSV State Championships with our senior boy's prevailing over Marist Sion College, Warragul before eclipsing Wonthaggi Secondary College in a heated clash on Wednesday, August 1st.

Our year 8 boys and girls soccer teams followed suit by qualifying for the State Championships with some quality performances on Tuesday, August 7th at Bellbird Park, Drouin.

The year 8 girls produced a draw in their opening clash against Nagle College, Bairnsdale and were then sitting on a knife's edge for the remainder of the day with results of their other matches a key to their fate. A win against

Sports News

Trafalgar Secondary College kept their State Finals campaign alive and then came the decisive factor of the day. A 10-0 victory against Wonthaggi Secondary College propelled Lavalla through to the State Championships to be held in September.

The year 8 boys also managed to qualify through to the State Championships with victories against Bairnsdale Secondary College, Warragul Regional College and Mary Mackillop Catholic College, Leongatha. A 2-1 triumph against Warragul providing our boys with their toughest encounter of the day.



SSV Netball

Lavalla Catholic College intermediate girls and boys teams and the senior boys team played at the Traralgon Sports Stadium on Tuesday, August 7th and it was only the latter team that enjoyed a triumphant day of competition.

Lavalla stumbled in both the intermediate competitions with Wonthaggi Secondary College providing the toughest hurdle to overcome.

Our senior boys qualified for the State Championships after producing two victories against Bairnsdale Secondary College and Warragul Regional College.



Sports Nutrition & Advice



On Friday July 27th the Sports Enrichment students had a presentation by Ola Luczak a dietician who specialises in the nutrition of athletes and works specifically with athletes at Maribyrnong Sports academy. She spoke to the athletes about getting the best out of their diet, why nutrition is important, and analysed each student's average day diet – looking at ways it could be improved. Ola also discussed prior and post-game day eating and the importance of hydration. Students were encouraged to bring their water bottle to every class. Some information for parents is included in this newsletter.

The Sports Enrichment students are continuing with their morning training session and our core group of about 40 regular attendees are really starting to show the benefits of their strength and conditioning training.



Important Dates

AUGUST

- Thu 16th - Parent Coffee / Muffin Morning- Kildare Campus
- Homeless Sleepout Kildare
- Fri 17th - STUDENT FREE DAY (Staff Correction)
- Tue 21st - Cross Campus 2019 Subject Selection
- Wed 22nd - Cross Campus 2019 Subject Selection
- Lavalla School Play "Murder in the Knife Room" 7.30pm
- Thu 23rd - Lavalla School Play "Murder in the Knife Room" 2.30 & 7.30pm
- Wed 29th - Project Rokit Parent Presentation
- Thu 30th - Project Rokit Parent Presentation- Year 9
- Fri 31st - Project Rokit Parent Presentation- Year 10

SEPTEMBER

- Thu 11th - ArtzFest Exhibition
- Wed 12th - Year 7 'On Show'
- Thu 13th - Parent Coffee / Muffin Morning- Kildare Campus
- Italian Study Tour 2018 (Depart)

Keep updated at the [Lavalla Catholic College website](https://www.lavalla.vic.edu.au/news/college-calendar):

<https://www.lavalla.vic.edu.au/news/college-calendar>



Second-Hand
Uniform Shop
Open 3.30pm - 6.00pm
St Paul's Campus,
Grey Street

16th August
6th September
20th September
18th October
1st November
15th November

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Presents

MURDER
IN THE
KNIFE ROOM

by Jonathan Rand

Adults: \$10
Children/Students: \$5
Family: \$20
(2 adults & 2 children)

Tickets available:
Front Reception
St Paul's Campus &
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An Amateur Production By Arrangement with ORiGiN™ Theatrical,
on behalf of Playscripts, Inc.

22nd August:
7:30pm

23rd August:
2:30pm
& 7:30pm

**Lourdes
Lecture Theatre**

St Paul's Campus
Grey Street



**MAXIMISE
YOUR ATAR!**

**MINIMISE
STUDY
TIME!**



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Melbourne,
Bendigo, Ballarat
& Gippsland!**

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- Powerful study habits
- Proven examination techniques
- Effective problem solving strategies
- Accuracy and speed
- Greater self confidence
- Deeper subject knowledge
- Awareness of common exam pitfalls, and how to avoid them

Bonus Offer for Group Bookings! Get a group of 5 or more friends together and benefit from our generous group offer!

Don't miss your final chance to receive a comprehensive revision of examinable VCE concepts before the End-of-year exams. Each lecture carefully revises the key content that is likely to be emphasised in the 2018 End-of-year exams, and our expert advice will save you time during the hectic pre-exam period.

All TSSM lectures are conducted by VCAA Assessors who have firsthand knowledge of the VCE curriculum and exams, and our lecture sizes are the smallest in the state. That means more interaction and direct question time for you!

Where:

Melbourne: The TSSM VCE Centre, Level 14, 474 Flinders Street Melbourne VIC 3000

Bendigo: Bendigo Senior Secondary College

Ballarat: Ballarat Grammar School

Gippsland: Lavalla Catholic College, Kildare Campus

When: October 13th to 28th 2018

Contact: Phone 1300 134 518 or visit www.tssm.com.au or email info@tssm.com.au

Educational Innovators

TSSM is a national leader in innovative VCE educational programs. We're committed to ensuring that every one of our students reaches their full potential.

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Essential Program Advantages

- Lectures conducted by VCAA Assessors, State Reviewers and Published Authors
- Small, interactive lectures, where questions are encouraged
- Comprehensive exam preparation
- Detailed coverage of key Areas of Study as prescribed by the VCAA Study Design
- A+ level study notes including trial examination papers, 50 question quiz and exam tips and strategies with every subject

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Exposure to highly probable 2018 exam questions

As part of our program, you'll complete examination style questions that are likely to appear in your End-of-year exams.

Enhanced problem solving strategies

Learn effective problem solving strategies that will help you approach examination questions clearly, and accurately.

Support in gaining a deeper subject knowledge

Develop deeper subject knowledge with comprehensive tuition from renowned VCAA Assessors, State Reviewers, and Published Authors.

Assistance in solving difficult analytical problems

Difficult analytical problems receive the highest weighting in VCE exams. Our experienced teachers will show you how to tackle these problems and receive the most marks.

Accuracy and Speed

Develop accuracy and speed through exposure to a trial examination paper set according to the VCAA exam requirements, and benefit from being shown how to accurately construct your responses.

Identify and Improve Your Existing Subject Weaknesses

Access the TSSM '50 question quiz' which helps you identify, isolate, and improve your study weaknesses in each enrolled subject. This is essential for effective home-based pre-exam preparation.

Superior Exam Preparation

With over a decade of expertise in maximising VCE performance, TSSM will provide unmatched exam preparation for the End-of-year examinations. Each student will acquire up to the minute tricks, hints and strategies on how to blitz the final exams from expert VCE teachers who mark the real exams!

As part of our interactive small lecture sizes, students receive:

- **Advice, insight and direction from expert VCE teachers on specific strategies required for peak performance**
- **Thorough tuition on all examinable VCE concepts**
- **Open, 'ask questions' teaching environment**
- **Assistance on examination tricks, common student pitfalls and errors**
- **Distinctive advantage in each subject, only possible through expert guidance by renowned VCAA Assessors**
- **Greater self-confidence**

Develop the problem solving strategies, time management skills and advanced exam techniques, that are essential in maximising your ATAR and achieving your absolute best in the VCE and beyond.

Additional Benefits

- **Small, interactive lectures – you will benefit from interactive engagement with our expert and helpful teachers**
- **Each subject provides the most comprehensive and detailed exam preparation currently available**
- **Conquer the Exams - Strategies for Exam Success Seminar, Complimentary with every End-of-year Revision subject enrolment**
- **Exam tricks, hints and strategies from experienced VCAA assessors**
- **Each student receives a set of bound, comprehensive revision notes, written to an A+ level**
- **Each student is presented with Trial Examination Papers, a 50 question quiz and an Exam Tips and Strategies document, for every subject. Solutions are provided for every question.**
- **We allocate regular break time, enabling students to stay focused and fresh.**

Conquer the Exams - Strategies for success seminar

In this 2 hour session you will learn the essential techniques and strategies used by high performing students to achieve elite results in their exams.

From high level exam skills and powerful study habits, to how to maximise your time before and during the exam, you too can conquer the exams!

Venue: TSSM's VCE Centre. Level 14, 474 Flinders Street, Melbourne.

Regional students are also encouraged to attend the Conquer the Exams strategies for success seminar, held in Melbourne. This seminar will be held in Melbourne only.

Investment:

\$150 OR Complimentary with any End-of-year Revision Program, subject enrolment.

Speaker Details:

Mr. Hanna Farah – Empowerment Coach.

Dates & Times in Melbourne only:

Choice 1: Saturday October 13, 10:00am–12:00pm OR

Choice 2: Sunday October 14, 2:00pm–4:00pm OR

Choice 3: Sunday October 28, 10:00am–12:00pm

Subjects Covered

Please note that students must specify which subjects that they wish to enrol in.

Accounting

Achieve a thorough *Revision & Exam Preparation* of all Units 3 & 4 Areas of Study including: Recording Financial Data; Balance Day Adjustments and Reporting and Interpreting Accounting Information; Extension of Recording and Reporting; and Financial Planning and Decision-Making.

Teacher Details*:

Mr. Darrell Cruse – BBus. (Acc.), Grad. Dip. Chartered Accounting, Dip. Ed.; Experienced VCE Teacher & VCE Assessor – Senior Teacher at Penleigh and Essendon Grammar School.

Biology

Achieve a detailed *Revision & Exam Preparation* of all key Units 3 & 4 Areas of Study including: How do cellular processes work?; How do cells communicate?; How are species related?; How do humans impact on biological processes?; and Practical investigation.

Teacher Details*:

Dr. Tracy Reynolds – PhD. (Philosophy), BSc. (Genetics, Zoology & Botany), Grad. Dip. Ed. (Biology & Science); Experienced VCE Teacher & VCE Assessor – Senior Teacher at Viewbank College.

Business Management

Gain a thorough *Revision & Exam Preparation* of all Units 3 & 4 Areas of Study including: Business foundations; Managing employees; Operations management; Reviewing performance – the need for change; and Implementing change.

Teacher Details*:

Ms. Helen Voidis – BComm., Dip. Ed.; Experienced VCE Teacher & VCE Assessor – VCE Coordinator & Senior Teacher at Gilmore College for Girls.

Chemistry

Develop a thorough *Revision & Exam Preparation* of all key Units 3 & 4 Areas of Study including: What are the options for energy production?; How can the yield of a chemical product be optimised?; How can the diversity of carbon compounds be explained and categorised?; What is the chemistry of food?; and Practical investigation.

Teacher Details*:

Mr. George Ghobrial – BSc. (Chemistry), Dip. Ed.; Experienced VCE Teacher & VCE Assessor – Senior Teacher at Tarnet Senior Secondary College.

Economics

Develop a thorough *Revision & Exam Preparation* of all Units 3 & 4 Areas of Study including: An introduction to microeconomics: the market system, resource allocation and government intervention; Domestic macroeconomic goals; Australia and the world economy; Aggregate demand policies and domestic economic stability; and Aggregate supply policies.

Teacher Details*:

Mr. Ryan Shave – BComm., MEd., Grad. Dip. Ed.; Experienced VCE Teacher & VCE Assessor – Senior Teacher at Huntingtower School.

English Language

Develop a *Revision & Exam Preparation* of all Units 3 & 4 Areas of Study including: Informal Language; Formal Language; Language variation in Australian society; and Individual and group identities.

Teacher Details*:

Ms. Marilya MacNeill – BAarts (Hons - Linguistics), MAarts (Language), MAarts (Applied Linguistics); Experienced VCE Teacher & VCE Assessor – Senior Teacher at Mazenod College.

Food Studies

Gain a comprehensive *Revision & Exam Preparation* of all Units 3 & 4 Areas of Study including: The science of food; Food choice, health and wellbeing; Environment and ethics; and Navigating food information.

Teacher Details*:

Ms. Julie Armstrong – BEd. (Applied Food Technology & Design), BEd. (Health & Wellbeing), Pastry Chef Apprenticeship; Experienced VCE Teacher & VCE Assessor – Senior Teacher at Westall S.C.

Further Mathematics

Achieve a greater understanding, *Revision & Exam Preparation* of all Units 3 & 4 Areas of Study including: Core (Data analysis & Recursion and financial modelling); and Applications (Students will select two of the following modules); Module 1: Matrices; Module 2: Networks and Decision Mathematics; Module 3: Geometry and measurement; or Module 4: Graphs and relations.

Teacher Details*:

Mr. Michael O'Halloran – BSc. (Mathematics), BComm. (Economics), Dip.Ed. (Maths); Experienced VCE Teacher & VCE Assessor – Senior Teacher at Aquinas College.

“This revision program was very beneficial for me. The revision notes were very reliable and the presentation was very helpful! I will definitely recommend this program as I feel much more comfortable in my revision for the exam.”

Melissa Natoli

“My understanding of this subject has been strengthened, the topics are well covered and valuable exam techniques are addressed. A lecture that is absolutely worth the money!”

Marissa Zhang



English

Develop a practical grasp of key areas of study for Units 3 & 4 including; Reading and creating texts; Analysing argument; Reading and comparing texts; and Presenting argument.

The Melbourne English Program will be a three part detailed course which covers:

Part 1: *Analysing & Presenting Argument* (2 hours); and **Part 2:** *Text Response Exam Preparation*. A thorough analysis of how to write the most effective Text Response Essay in the final exams. (2 hours - texts will not be covered individually); and **Part 3:** *Paired Comparison Exam Preparation*. A thorough analysis of one of the following eight Paired Comparisons: *Tracks / Into the Wild, Invictus / Ransom, Stasiland / Nineteen Eighty-Four, Joyful Strains: Making Australia Home / The Namesake, The Crucible / Year of Wonders: A Novel of the Plague, Bombshells / The Penelopiad: The Myth of Penelope and Odysseus, Black Diggers / The Longest Memory, I am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban / Made in Dagenham* (3.5 hours - paired comparisons will be covered individually).

NB: student's will select their own Paired Comparison on the enrolment form and will attend their specific Paired Comparison class.

The Regional English Programs will be a 3.5 hour Essay Writing Workshop providing students with the necessary tools on how to write the most effective essay for each of the three parts of the final English exam.

Teacher Details*:

Mrs. Janet Kelso – BA. (English), Dip. Ed.; Experienced VCE Teacher, VCE Assessor & VCE Author – Senior Teacher at Gilson College.

Geography

Develop a thorough *Revision & Exam Preparation* of all Units 3 & 4 Areas of Study including; Land use change; and Land cover change; Population dynamics; and Population issues and challenges.

Teacher Details*:

Mr. Matthew Healy – BEd. (Environmental Science); Experienced VCE Teacher, VCE Author & VCE Assessor – Head of Geography & Senior Teacher at Xavier College.

Global Politics – New Study Design

Gain a comprehensive *Revision & Exam Preparation* of all Units 3 & 4 Areas of Study including; Global actors; Power in the Asia-Pacific; Ethical issues and debates; and Global crises.

Teacher Details*:

Ms. Olivera Nikolovska – BA. (Honours), M.Arts (Political Science), Grad. Dip. Ed.; Experienced VCE Teacher, VCE Author & VCE Assessor – Senior Teacher at Williamstown Secondary College.

History: Revolutions

Achieve a greater understanding, *Revision & Exam Preparation* of all Units 3 & 4 Areas of Study including; Causes of revolution; and Consequences of revolution (Students will select two Revolutions from; The American Revolution; The Chinese Revolution; The French Revolution; or The Russian Revolution).

Teacher Details*:

Ms. Pam Cupper – BA. (Honours); Dip. Ed.; Experienced VCE Teacher, VCE Author & VCE Assessor – Senior Teacher at Hopetoun P-12 College.

Health and Human Development – New Study Design

Gain a comprehensive *Revision & Exam Preparation* of all Units 3 & 4 Areas of Study including; Understanding health and wellbeing; Promoting health and wellbeing; Health and wellbeing in a global context; and Health and the Sustainable Development Goals.

Teacher Details*:

Ms. Betty Mihalakos – BEd. (Health & Physical Education), MEd. (Curriculum Leadership); Experienced VCE Teacher & VCE Assessor – Senior Teacher at Gladstone Park S.C.

Informatics

Develop a thorough *Revision & Exam Preparation* of all Units 3 & 4 Areas of Study including; Organisations and Data Management; Data analytics: drawing conclusions; Data analytics: presenting the findings; and Information management.

Teacher Details*:

Ms. Maria Ana Sanchez – MEd. (Info. Tech.), Dip. Ed. (Computer Education); Experienced VCE Teacher & VCE Assessor – Head of Technology and Senior Teacher at Luther College.

Legal Studies – New Study Design

Achieve a thorough *Revision & Exam Preparation* of all Units 3 & 4 Areas of Study including; The Victorian criminal justice system; The Victorian civil justice system; The people and the Australian Constitution; and The people, the parliament and the courts.

Teacher Details*:

Ms. Ersilia Bruno – BA. (English & Legal Studies), Dip. Ed.; Experienced VCE Teacher & VCE Assessor – Senior Teacher at Lalor S.C.

Maths Methods

Develop a comprehensive *Revision & Exam Preparation* of all key Units 3 & 4 Areas of Study including; Functions and graphs; Algebra; Calculus (differential & integral); and Probability and statistics.

Teacher Details*:

Ms. Ruby Dhir – BA. (Hons Maths), MSc. (Maths), BEd.; Experienced VCE Teacher & presenter – Numeracy Coordinator & Senior Teacher at Melton S.C.

Outdoor and Environmental Studies – New Study Design

Develop a thorough *Revision & Exam Preparation* of all Units 3 & 4 Areas of Study including; Historical relationships with outdoor environments; Relationships with Australian environments since 1990; Healthy outdoor environments; and Sustainable outdoor environments.

Teacher Details*:

Mr. Doug Willcock – B.Sport and Outdoor Recreation, BEd.; Experienced VCE Teacher, VCE Assessor & VCE Author – Senior Teacher at Luther College.

Physical Education – New Study Design

Develop a comprehensive *Revision & Exam Preparation* of all Units 3 & 4 Areas of Study including; How are movement skills improved?; How does the body produce energy?; What are the foundations of an effective training program?; and How is training implemented effectively to improve fitness?

Teacher Details*:

Mr. Stephen Evans – BApp.Sc. (Physical Education/Health), MEd. (School Leadership); Experienced VCE Teacher, VCE Assessor & VCE Author – Head of House & Senior Teacher at Catherine McAuley College.

Physics

Gain a comprehensive *Revision & Exam Preparation* of all key Units 3 & 4 Areas of Study including; How do things move without contact?; How are fields used to move electrical energy?; How fast can things go?; How can waves explain the behaviour of light?; and How are light and matter similar?; and Practical investigation.

Teacher Details*:

Mr. David Rayner – B.Engineering (Hons.), BComm.; Experienced VCE Teacher, VCE Assessor & VCE Author – Head of Physics & Senior Teacher at Camberwell Grammar School.

Psychology

Develop a thorough *Revision & Exam Preparation* of all the key Units 3 & 4 Areas of Study including; How does the nervous system enable psychological functioning?; How do people learn and remember?; How do levels of consciousness affect mental processes and behaviour?; What influences mental wellbeing?; and Practical investigation.

Teacher Details*:

Mr. Leigh Park – BA. (Psychology), MEd., Grad. Dip. Ed.; Experienced VCE Teacher, VCE Assessor & VCE Author – Head of Personal Development and Senior Teacher at Bacchus Marsh Grammar School.

Software Development

Achieve a detailed *Revision & Exam Preparation* of all Units 3 & 4 Areas of Study including; Programming practice; Analysis and design; Software solutions; and Interactions and impact.

Teacher Details*:

Mr. Chris Paragreen – BSc., B.Engineering, Dip. Ed.; Experienced VCE Teacher & VCE Assessor – Senior Teacher at Kew High School.

Specialist Mathematics

Achieve a thorough *Revision & Exam Preparation* of all Units 3 & 4 Areas of Study including; Functions and graphs (including circular functions); Algebra (including complex numbers); Calculus (differential, integral, differential equations and kinematics: rectilinear motion); Vectors (including vector calculus); Mechanics; and Probability and statistics.

Teacher Details*:

Mr. Wen Li – Bachelor of Information and Electronics Engineering, Post. Grad. Dip. Ed., MEd.; Experienced VCE Teacher, VCE Assessor & VCE Author – Senior Teacher at Whittlesea S.C.

“Great teachers, very engaging and professional. I would recommend others. The venue was great as were the materials.”

Christopher Koosinlin

*** Due to the popularity of our courses, we regularly allocate more than one teacher to a subject. For details and profiles of our other excellent teachers please visit www.tssm.com.au.**

ACU Year 12 revision workshops **Sale**

Want to improve your VCE results? Need help revising? Looking for study tips?

Students from ACU partner schools and community organisations are invited to ACU's Year 12 revision workshops in the September school holidays. These workshops will focus on revising content delivered in Unit 4.

WHAT SUBJECTS ARE ON OFFER?

- **Further Maths**
- **Maths Methods**
- **English**

LOCATION

Catholic College Sale
St Patrick's Campus
51-53 Desailly Street, Sale VIC

TIME

Further Maths

10am – 12pm, Tuesday Sept 25, 2018

Maths Methods

10am – 12pm, Tuesday Sept 25, 2018

English

1 – 3pm, Tuesday Sept 25, 2018

WHAT IS INCLUDED?

- Two hour workshops.
- Workshops are delivered by highly experienced teachers with an in-depth knowledge of the curriculum.
- Participants will be guided through a revision of the content delivered in Unit 4 and receive study tips and advice in preparation for exams.
- Each participant will receive a set of study notes
- Lunch is provided on location.

All this is offered at no cost to participants.

How to register:

Students from ACU partner schools and community organisations can register online at www.acu.edu.au/Y12workshops

Registrations are essential and spaces are limited. More information is available by contacting **EquityPathways**.
Melbourne@acu.edu.au

CRICOS registered provider: 00004G

Disclaimer (May 2018): Information correct at time of printing. The University reserves the right to amend, cancel or otherwise modify the content without notice.

insights

You can say no to teenagers. Here's why

by Michael Grose



Two mums came to me recently, fretting over a decision they had to make.

Their daughters, who had both just turned 13, had asked for permission to go on a Saturday night party bus with over forty 16- and 17-year-olds.

The two girls put huge pressure on their mothers to let them go – pester power had been alive and well in their homes in the preceding days. However both mums admitted that the alarm bells were ringing and they didn't feel good about letting their daughters go on the party bus. It was the first time they had been put on the spot in such a way so they sought my advice.

My response was simple and straightforward: “Say NO!”

The age gap between the girls and the rest of the party, their experience gap and the mothers' lack of knowledge about who was attending and the exact nature of supervision were the main issues. Both girls are in the early stages of adolescence where they think they are three years older than they are. It is an age where they tread a fine line between child and emergent teen.

The emergent teen desperately wants to act 'older' and be older than they are. The child wants to be protected and have their parents decide for them.

So what did the mums decide?

Despite their gut instincts both mums let their kids join the Saturday night party bus. Fortunately, their kids showed some common sense!

The young teens didn't like what they saw when their parents dropped them off to start the evening. They didn't feel safe so they returned home with their parents. After all their fuss they didn't go after all!

There are three salient lessons from this scenario

First, it was evident that these mothers didn't feel confident enough to assert their authority over their daughters. They were confused about how they should respond even when their gut instinct was giving them a strong message. Their job was to keep their daughters safe and their gut instincts told them that this situation was unsuitable for their daughters.

Second, like many parents they were working in isolation. Despite the fact that they were good friends it wasn't until the morning of the party that they spoke to each other. By this time their daughters' pestering had worked a treat. Next time they should call for second, third and fourth opinions.

Third, as both these girls were the eldest in their families it was the first real experience for both parents of the adolescent push for independence. The parents were unaware of the developmental stages of adolescence and the approach that is needed in each stage. They were flying blind and this is not a good way to raise teens.



Lack of basic knowledge about teen development, confusion about the best approach to take with kids at this age and solitary decision making were the real issues here for the parents.

There is nothing like experience but it helps to have an understanding about teen development, a knowledge about the best approach to raising teens and a number of allies and friends whom you can swap ideas with and – more importantly – draw strength from when your resolve and patience are put to the test.

And of course, you can just say NO!

[You can attend our upcoming webinar, *Win kids' cooperation without fears, tears and cauliflower ears*, at no cost!](#)

As your school is a Parenting Ideas Schools member, you can attend our upcoming webinar *Win kids' cooperation without fears, tears and cauliflower ears* with Michael Grose at no cost! Use the voucher code below to register for the webinar valued at \$37 per person.

About the webinar

Let's face it, many discipline measures of the past just don't cut it anymore. That doesn't mean that raising respectful, well-behaved and cooperative kids isn't important. In this era of digital distraction, shifting society norms and changing attitudes toward authority, discipline has just become a whole lot harder. In this webinar, experienced parenting educator Michael Grose will share the best of his tried and true techniques to help you get more cooperation and better behaviour from even the most challenging kids.

In this webinar you'll learn:

- the parenting style that's best suited to raising cooperative, well-behaved and successful kids in the 21st Century
- the most important question to ask yourself when kids repeatedly misbehave, that will lead to behavioural improvement
- an easy-to-apply approach to help you get more cooperation from kids without repeating yourself, raising your voice or bringing kids to tears
- a practical definition of misbehaviour that you can use in any situation
- two types of consequences to use to get more responsible behaviour and the secret to making them stick
- when kids need to be listened to and when their behaviour needs managing.

When

Tuesday 14 August 2018 7:30 PM – 8:30 PM AEST

Catch up available: If you can't make the scheduled webinar time, you don't have to miss out — simply register for it and a recording will be made available for you to catch up anytime. This recording will be available to everyone who registers, which also means those who attend can listen to it more than once.



Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a Parenting Ideas membership.

How to use the voucher

1. Go to www.parentingideas.com.au/product/win-kids-cooperation-without-fears-tears-cauliflower-ears/
2. Click 'Add to cart' and proceed to the cart when you are ready.
3. Enter the coupon code and click 'Apply'. Your discount of \$37 will be applied to the order.

Your Parenting Ideas Webinar Voucher

Webinar: Win kids' cooperation without fears, tears and cauliflower ears

Guest Speaker: Michael Grose

14 August 2018 - 07:30pm

VOUCHER CODE
GREATKIDS

VALID UNTIL 14 SEPTEMBER 2018

Valued at
\$37

parenting*ideas
schools



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.

FUELLING COMPETITION

NIGHT BEFORE THE EVENT

– at least $\frac{1}{3}$ of your dinner plate should contain a starchy carbohydrate

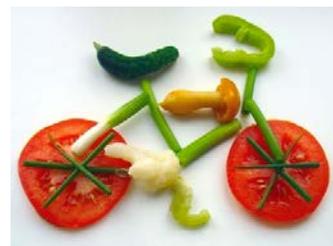
➤ Dinner:

- Spaghetti bolognese or pasta bake + salad
- Chicken / beef & veggie stir fry with 1-2 cups rice / noodles
- Risotto or low fat fried rice

➤ Dessert / Supper:

– should be high in carbohydrates and low fat to top up fuel stores

- Banana / berries & reduced fat custard / yoghurt / ice cream / jelly
- Fruit Crumble and reduced fat ice-cream



PRE-EVENT MEAL

– 2-4 hrs before event, high in carbohydrates (50-100g), easy to digest, low in fat & foods you enjoy

➤ Breakfast:

- Breakfast cereal + reduced fat milk & fruit
- Toast with jam / honey + 1 glass Milo
- Porridge with reduced fat milk & 1 glass fruit juice
- English muffin / crumpets + jam / honey + fruit smoothie

➤ Lunch:

- Pasta with tomato based sauce
- Low fat fried rice or risotto
- Pita bread wrap / sandwich / roll with ham / chicken & salad OR banana & honey
- Ham, cheese, tomato toasted sandwiches



PRE-EVENT SNACK

– 1-2 hours before the event, carbohydrate based to top up fuel stores. Also start to sip on 300-500ml fluid during this time.

- Muesli bar
- Fresh fruit / dried (eg. apricots)
- Yoghurt / squeeze yoghurt
- Crackers / rice cakes + spread
- Honey / jam sandwich or roll
- Milk (eg. plain or flavoured)

- Practice using these strategies in training sessions so that you are comfortable that your stomach can tolerate these foods.
- If you suffer from pre-match nerves or cannot compete on a full stomach – try having a liquid meal (eg. low fat fruit smoothie, Sustagen Sport, Up & go or Milo) or eat early and top up with small carbohydrate snacks & drinks closer to the event.

DURING & BETWEEN EVENTS

It is common for athletes to either have a reduced appetite due to nerves or not eat on competition day in order to feel light. However, food is needed throughout the day to top up energy stores and keep the brain stimulated.

- Ensure you pack a supply of carbohydrate-rich snacks and have small frequent snacks at half time or immediately after each event.
- Don't forget to have a regular intake of fluid. ~150ml (4-5 sips) every 15-20 minutes should be adequate to keep an adolescent athlete hydrated throughout the day.

RECOVERY

If you have <24 hours to recover, it is important to start refueling immediately after training. Eating within 30 minutes of exercise will provide the best recovery. Recovery snacks should comprise of 10-20g of protein to repair damaged muscles and ~30-50g carbohydrate to restore the fuel tank.

- Eg. 170g tub Chobani yoghurt + 1 banana = 15.7g Protein | 38.6g Carbohydrate

Accredited Sports Dietitian: Ola Luczak | luczak.diet@gmail.com

EAT RIGHT = BE BRIGHT

Does your child eat breakfast every morning? Studies show that 1 in 6 children are arriving at school without having eaten. The most common reasons being 'no time' and 'don't like eating breakfast.' Join me in encouraging your children to start the day right and create positive lifelong eating habits.

WHY EAT BREAKFAST?

It's simple. It's been proven time and time again to have the following benefits:

- Increased energy levels
- Better concentration
- Improved mood
- Linked to improvement in literacy and numeracy skills
- Assists growth and development
- Improved physical performance
- Decreased risk of unhealthy weight gain



WHAT SHOULD MY CHILD EAT?

Choose foods that are high in fibre (>6g / 100g), contain some protein and low in added sugar (<15g / 100g). This provides a sustained energy, keeps your child full, increases metabolism, improves gut health, supports growth and aids in muscle recovery.

BREAKFAST EXAMPLES:

- Oats + milk + sliced fruit + drizzle honey + cinnamon
- Weet Bix / Vita Brits / Be Natural / Fibre Plus / Special K / Goodness Superfoods / Guardian + milk + sliced strawberries
- Fruit Smoothie (banana, berries, milk, yoghurt, honey, ice)
- Multigrain toast + peanut butter + sliced banana + glass of milk
- Baked beans on multigrain toast
- Wholemeal toast + avocado + sliced boiled egg + pepper
- Egg omelette + mushrooms + spinach + multigrain toast
- Wholemeal English muffin toasted + cottage cheese + sliced banana + drizzle honey

RUNNING OUT THE DOOR LATE:

- Squeeze yoghurt pouch + 1 piece fruit
- 30g fruit & nut box + 1 piece fruit
- Carmans / Be Natural muesli bar + Devondale milk tetra
- Yoghurt + fruit + flaked almonds / sprinkle muesli (in plastic cup)

ADDRESS THE BARRIERS

It is important to address the reasons why your child may not be having breakfast. If it's a matter of time, simple planning can allow your children to grab something before running out the door. If they don't feel hungry it's because they have trained their body not to expect food. Start with a small snack in the morning and within a couple of weeks the body will start to expect and want food in the morning. If it's due to early morning technical training, encourage a small snack before training and eating breakfast afterwards.