Santa Monica will celebrate its 100th program when the 9G boys arrive to begin their experience on Monday May 26th. The four week program has been a key part of boys’ experience on The Strand since 2002, when John McKenna, Frank Fitzgerald and Caroline Sheehan realised their dream of establishing a coastal campus where students could engage in outdoor adventure activities while focusing on the core issues involved in their transition to manhood.

A brief history: Prior to St Bernard’s leasing the property in 2002, Santa Monica was a commercial campsite that catered principally for Christian Brothers schools. The site was owned by St Patrick’s Province and run by Bob and Mary Thomas, as Rivendell Community. The entire site, with the unfortunate exception of the old toilet block, was burned to the ground in the Ash Wednesday fires of 1983, after which the current bunkrooms and old dining hall were built. Bob and Mary ran a café (called the Black Stump) in the dining hall on weekends. After it was decided the site was no longer commercially viable in 2000, St Bernard’s began negotiations with the Province to lease the site for five years to establish the Year 9 program.

The first few years were pretty tough going for the students and staff, with old, run down facilities placing limitations on what we could do during the four weeks. But we survived the first five years, proving that the program was sustainable. We then put an offer to the Province to buy the site, meaning we could begin to develop it into a campus that better suited the needs of the program. Construction of the eco-cabins, the new dining hall and the refurbishment of the bunkrooms began in 2011. Students now have access to a first class facility right on the Great Ocean Road, with access to the surrounding beaches, rivers and national park. In 2013 we began to run Year 7 and 8 camps at Santa Monica, meaning we were fully self sufficient in providing outdoor experiences for student on The Strand.

The main focus of Santa Monica has always been the Year 9 experience, a program that has evolved with the development of the site. Over the time we have gained greater access to larger scale environmental projects in the area and parents have become more accepting of having their boys away from mainstream academic studies for four weeks. Some of the most significant developments over recent years have been students’ involvement in Coastcare and the Tangaroa Blue project, an enhanced Indigenous component, yoga classes on Friday mornings and the establishment of the Father & Son nights. These significant developments over recent years have been students’ involvement in Coastcare and the Tangaroa Blue project, an enhanced Indigenous component, yoga classes on Friday mornings and the establishment of the Father & Son nights. These nights have seen Fathers/Mentors come down on the Thursday of week three, engage in a surfing activity with the boys in the afternoon, share a meal together and then spend the remainder of the night engaged in activities around the theme of “transition to manhood.” They then spend the night camping out in a tent with their son.

Much of the success of Santa Monica has been built around the fabulous staff who have worked with us down here on the coast. They have been role models to the boys throughout their experiences and have had a lasting impact on them. Mic Stapelton has been with us since the beginning, Peter Morgan for more than eight years and Judy Scanlon has fed around 2500 boys over the ten years she has been running the kitchen! Nicole Hooker is also now assisting her with the catering. Our Gap students – the current one being Darcy Nolan - have played a critical role in building relationships with the boys and have a lasting impact on them. Whether this is due to the program curriculum, the staff, the site, or some combination of these is moot point. Our graduates are changed for the better by the experience.

At the end of each year as our outgoing Year 12 students reflect on their time at St Bernard’s one constant is their appreciation of the Santa Monica experience. It seems to me that this appreciation is more than just distant recollections of a “holiday with mates”. I think that there is some deep understanding of the role that Santa has played in facilitating the development of the young men that they have become. Whether this is due to the program curriculum, the staff, the site, or some combination of these is moot point. Our graduates are changed for the better by the experience.

The final four week program this term marks the 100th Year 9 group who have completed the Santa Monica Experience so I have asked Program Director, Mark Smith to reflect on this wonderful achievement.

Best wishes
Tony Paatsch

Mark Smith, Campus Director

Year 8 Exams
Exams will be held for all students in Year 8 -10 on the dates shown below. Year 7 students do not sit exams during Semester One. We would ask that you make every effort to ensure your son is present for these exams and avoid any appointments or interruptions. All absences during this time will require a doctor’s certificate.

<table>
<thead>
<tr>
<th>Year 8</th>
<th>Year 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mathematics</td>
<td>Wednesday, 21 May</td>
</tr>
<tr>
<td>Science</td>
<td>Wednesday, 21 May</td>
</tr>
<tr>
<td>English</td>
<td>Thursday, 22 May</td>
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<td>Humanities</td>
<td>Wednesday, 21 May</td>
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<tr>
<td>English</td>
<td>Thursday, 22 May</td>
</tr>
<tr>
<td>Science</td>
<td>Thursday, 22 May</td>
</tr>
</tbody>
</table>

Friday, 23 May - Staff Professional Development (no classes)

Year 10 Exams in all subjects from Friday, 13 June through to Thursday, 19 June (more details to come)

For any questions about either the NAPLAN testing or the upcoming Exam period, please feel free to contact Mark Reedy on 9289 1134. Subject specific questions relating to exams should be directed to your son’s subject teacher.

Mark Reedy, Director of Data, Assessment and Reporting

**IMPORTANT**
Please make sure ALL family details are current and up to date (including email addresses, phone numbers, mobile numbers, living arrangements etc.) It is vitally important that these details are 100% correct at all times in order for the College to best serve each family’s needs. If your details need to be updated please login to the Parent Portal and do so as soon as possible.
From the Campus Directors

Edmund Rice Day

Word may have filtered out that we have raised in excess of $85,000 from Edmund Rice Day for Project Kenya. This is an amazing effort! Thank you to all families for their incredible support of this great cause.

Below is a list of boys who raised $200 or more. It’s a substantial list that grows and grows each year. One name once again stands out yet again. The Pereira family made a significant contribution to the fundraising and Blake raised $2,328 to go with his total last year of $6,330. Their ongoing support of the project is appreciated by all. I certainly do not want to lose sight of the fact that many boys made an effort to raise as much as they could and this has led to a great team effort. Well done!

Reconciliation Week

By the time we publish our next newsletter it will be Reconciliation Week. We are planning to acknowledge the week with some awareness raising with our boys with musicians and activities that will culminate with the celebration of the Eucharist in our College gymnasium on Friday, 30 May from 10am.

So what’s Reconciliation Week about? The week recognises two key dates in indigenous history:

- May 27 marks the anniversary of the 1967 referendum in which more than 90% of Australians voted to remove clauses from the Australian Constitution, which discriminated against Indigenous Australians. This change in our constitution enabled Indigenous people to be included in the census, and gave federal parliament the power to make laws in relation to Indigenous people.
- June 3 marks the anniversary of the High Court’s judgment in the 1992 Mabo case. The decision recognised the Native Title rights of the Aboriginal and Torres Strait Islander peoples as the original inhabitants of the continent and overturned the myth of terra nullius – the belief that the continent was an empty, un-owned land before the arrival of Europeans in 1788.

Yet we still do not have any official recognition of our indigenous people in our constitution. Please acknowledge your support for recognition of our indigenous people in our constitution by visiting www.recognise.org.au.

Seasonal Illnesses

Coughs, colds and the flu are one of the most common triggers of asthma. The common cold is caused by an upper respiratory tract infection and is a common illness for children and adults in Australia. As we approach the colder months, here are some tips to prevent and reduce the spread of coughs, colds and the flu:

- Avoid coughing and sneezing on or near others and wash your hands thoroughly to prevent the spread of disease.
- If your child is not feeling well, it is recommended that they stay home and rest, to reduce the spread of infections and to speed up their recovery process.
- Everyone should have the annual flu vaccination to ensure they are protected from this disease. You or your child may be eligible for the free flu vaccination.
- Prior to purchasing any medications or herbal and natural remedies, you should seek the advice of your doctor or pharmacist as some medications can react with asthma medications. Such as Aspirin, Ibuprofen/Naproxen (non-steroidal anti-inflammatory medications), Beta Blockers tablet and eye drops (used for high blood pressure and glaucoma), and ACE inhibitors (used to control blood pressure).

Stay warm this winter! For more info, please contact The Asthma Foundation of Victoria on 1800 278 462 or visit their website.

Year 8 Mother-Son Evening

On Monday, 5 May approximately 100 mothers and their sons gathered in the gymnasium for our Year 8 Mother-Son Evening. The night enabled mothers and sons to engage in conversation about the challenges that lay ahead for our young men as they negotiate the ‘bridge to manhood’.

Bill Jennings from ‘Tim and Space’ facilitated the evening and we thank Bill for providing us with the opportunity to share this experience with our families. We would also like to acknowledge the sixteen mothers of Year 9 – 12 students who facilitated the group discussions. Also to Jack Lynch, Michael Lo Monaco and Jack Iacobaccio who represented our student council on the evening.

Staff Professional Development Day

A reminder to all parents that staff will participate in a curriculum professional development day on Friday, 23 May. There will be no classes scheduled on that day.
2014 Italian Language Assistant

We welcome our 2014 Italian Language Assistant Prof.ssa Nicole Mora (left) to St. Bernard's College. Nicole will be with us for the rest of the year and will be assisting our students of Italian to improve their fluency and related skills in the Italian language. Nicole is from the Region of Piemonte, in a small town called Borgomanero (Province of Novara). She has a double degree in Languages and International Studies from the Catholic University of Milano. Nicole lives only 15 mins from the majestic Lake Maggiore and enjoys swimming, gym, cooking (she makes a mean pasta al forno (pasta bake) and shopping!! We thank Nicole for her work with our students… benvenuta Nicole!

Professore Bruno Spiller

Music News

Students from the St Bernard’s College Showband and Shazam vocal quartet represented St Bernard’s College at the Generations in Jazz festival in Mount Gambier over the weekend. We congratulate our musicians on a tremendous effort.

These students and many others are preparing for the Semester 1 College Concert on Tuesday May 27th. The Concert will be held in the College Auditorium and will feature combined items with students from St Columba’s College. St Columba’s will also share the program overall by presenting a number of items of their own. Tickets for this concert will be sold at the door, $5 per individual or $15 per family. Supper will be served at intermission and door prizes awarded on the night. We encourage a big audience in support of our musicians.

Our semester 1 soiree will be held on Thursday June 5 at 7:30pm. This concert is an opportunity for any music student to perform in the College Auditorium, either as a soloist or in a small ensemble/group. This opportunity is for any student who may sing or play an instrument, not just those who have lessons at school. Students may register their interest to reserve a performance spot on the night by going to http://sbcmusicdepartment.weebly.com/soiree-registration.html Registrations are due by Friday May 30.

The Friends of Music met recently and have considered some fundraising options to help raise subsidy towards a proposed music tour to Canberra in 2015. In aid of this, the Friends of Music continue to seek donations suitable as small raffle prizes for this year’s concerts. Those willing to assist are asked to contact Mr Arthur Busuttil at archiebus@optusnet.com.au

Carmelo Puglisi, Director of Music

Thank you.
On behalf of the Keilor East RSL I take this opportunity to say thank you for your assistance in our 2014 ANZAC Appeal. At the time of writing we had raised $102,203.50, which is a fantastic effort for this club considering the Appeal timing with Easter and the school holiday period. These funds go directly to providing welfare assistance to all returned and ex service personnel and their dependants. Thank you again for your contribution and we look forward to your support for our Poppy appeal in November

John L. O’Sullivan, Appeals Officer

2014 ANZAC Appeal Certificate of Appreciation

Presented to
St Bernard’s College
On behalf of Keilor East RSL

William Laker
President

John O’Sullivan
Appeals Officer
Save the Date(s)
St Bernard’s College Foundation Sports Night - Wednesday July 23 - One of two Foundation yearly hallmark events the Sports Night is always a great source of entertainment and knowledge. Listen to some fantastic speakers over a 2 course meal with drinks at bar prices. Look out for further details in the coming weeks on the College website and in this newsletter.

College Musical “Shout: The Legend of the Wild One” - July 31, August 1, 2, 4, 7, 8 & 9
“She’s My Baby”, “So Tough”, “Sing, Sing, Sing” – just some of the gems that the world has been blessed with from mind of the original ‘Wild One’, Johnny O’Keefe. This year, the creative talents of St. Bernard’s and St. Columba’s join together once more to present “Shout: The Legend of the Wild One.” Performing over seven nights in the St Bernard’s auditorium and told through a flurry of vibrant colours, memorable tunes and iconic Aussie characters. “Shout” is a show for us who remember the music, as well as those who will undoubtedly one day discover it for themselves. Stay tuned for ticketing information!

St Bernard’s Annual Ladies Luncheon - 4th June 2014 at Ascot House
Tickets close this Wednesday 21st May! Hurry to secure your seat with limited tickets left. All table bookings sold. For any enquiries please contact Liz Hancock at oceanit@bigpond.net.au or 0418396510

Liz Hancock, Ladies Auxiliary President

Echoes From The Archives
A School is Built
Written by Br G Smith July 1989…… continued from Newsletter 2nd May 2014
Unfortunately, Br J. M. Meiers, who succeeded Br Murphy in 1960, became ill and died in August.

It was during the years of Br A. D. Collopy (1961-1967) that the first school block incorporating Mitchell Hall was completed and ready for occupation for Years 10, 11, 12 by 1963, and in 1965, the residence for the Brothers was completed.

Br F. M. Chappell (1968-1973) built the first section of the present Year 11 block and saw to the construction of 2 ovals and the basketball and tennis courts.

Br T. F. Burke (1974-1978), the first old boy to be appointed headmaster, completed the Year 11 block and so made it possible to transfer Year 9 to the Senior Campus. In 1974 the new library was built and extensive roadworks were carried out. The expansion in student numbers meant a large increase in the lay teaching staff.

Br Godfrey (1980-1985) added a staffroom, modern Biology room and audio-visual room. In July 1983, the Margaret Carey building incorporating Creative Arts Centre and classrooms was begun and ready for occupation in June 1984. Another floor to the building was completed during the headmastership of Br B. P. Bond (1985-1988). Re-locatable classrooms were set up and one stream each of Year 7 and 8 was transferred from Hutcheson Street to the Senior School. With the advice and support of the recently appointed School Board, Br Bond and the present Headmaster Mr B. Dobson, have planned further extensions which would provide a general purpose centre and classroom accommodation which would enable the complete transfer of the school to the Senior Campus.

Mr Bernard Dobson (1989-) was a past student and the first layman to hold the position. He will be in the forefront of planning and executing further extensions to the school.

With the Golden Jubilee coming up next year plans are in hand for the writing of a history………..

Come and try Karate
Learn self defence, increase self esteem and personal confidence and have fun all at the same time. 2 free lessons for everyone as well as free uniform on joining. Sessions will be conducted in O’Brien Hall, Thursdays after school. Secondary students from 5pm with juniors (primary aged) commencing at 4pm. For further information visit www.artofdefence.com.au or call Amelia on 0407320333.

Maureen Kavanagh, Archivist

Amelia Zarb, Art of Defence Australia

Edmund Rice Foundation Dinner
Over the past few years the Edmund Rice Foundation has held very successful dinners in both Brisbane and Sydney in order to make known our work and to encourage support. It has been the intention to do such in Melbourne and after much consideration, the Victorian Chapter of the Foundation has decided to hold the inaugural Melbourne Edmund Rice Dinner on Friday 8th August. The venue is Melrose Receptions in Tullamarine. Details of the event will come later from the organising committee but a highly enjoyable evening is guaranteed while, at the same time, placing the cause of Edmund Rice outreach.

Br Bill Wilding, Edmund Rice Foundation General Manager

Korea Festival
The first ever Korea Festival will be held from 11am to 10pm in Federation Square on Saturday 17 May 2014. The Festival will feature a wealth of fascinating performances that cross genres, encompassing both traditional and contemporary Korean culture. Among the approximately 15 performances are the Korean Cooking Show, K-Pop Contest, a beautiful Hanbok fashion show, traditional wedding ceremony, Taekwondo demonstration and folk dance. There will also be a performance by the Traditional Music Orchestra of the Busan Metropolitan City, which has a 20 year-long sister state relationship with Victoria. The Festival will also feature free tasting of Korean food and a raffle with substantial prizes.

Come along to experience and enjoy all that Korean culture has to offer in what promises to be a wonderful event.
CAREERS NEWS MAY#2 2014

WORK EXPERIENCE – year 10 students have had since mid 2013 to plan for their placement and pleasingly, most are making the most of the opportunity. Students are reminded that they need to hand their form in by 26 May. Failure to do so will incur a detention. Students are again encouraged that if they have still not considered a placement, they should make an appointment with myself.

UPDATED COLLEGE WEBSITE! – first stop for any careers information both inside and outside of St. Bernard’s. includes a parent’s section.

CAREERS IN SPORTS MEDICINE – Olympic Park Sports Medicine Centre has a Careers in Sports Medicine Evening, introducing the world of sports medicine for Year 10-12’s. Build your awareness of health professionals involved in caring for athletes, whether competing for Australia or exercise for fitness. Sports medicine, nutrition, podiatry, psychology, massage, physiotherapy and exercise physiology will be represented. When: Registration, 6.30-7pm, Wed 28 May; Talks, 7.30-9pm; Where: AAMI Park Stadium, Cost: $25, parents free; Registration: www.trybooking.com/EPDE; Info: megan.marshall@opsmc.com.au, www.opsmc.com.au.

RMIT NEWS – see below opportunities to learn about their courses in the holiday break:

• CHECK OUT SCIENCE AT RMIT – ‘Science in the City’ is a specialised tour of RMIT’s facilities where students and parents can learn more about science programs. Find out about the wide range if single and double degree science programs available at the city campus including biology, biotechnology, chemistry, environmental science, food science, nanotechnology and physics. You will also gain knowledge of career options. When: 11am-1.30pm, Mon 30 June and Mon 22 Sept; Register at: www.rmit.edu.au/appliedsciences/discover.

• RMIT EXPERIENCE DAYS – RMIT has events for Year 10-12 students giving insights into life on campus. Mon 30 June, Accounting and Finance, Trades Day; Tues 1 July, Community Justice, Engineering (City), Health and Medical (Bundoora), Journalism and Audio Visual; Wed 2 July, Information Systems and Logistics; Thurs 3 July, Advertising, Marketing and Public Relations, Engineering (Bundoora), Environment; Fri 4 July, Art & design, Science; Wed 1 Oct, Project Management. Information and Registration: www.rmit.edu.au/experiencedays.

• RMIT HOSPITAL LABORATORY VISITS - Hospital laboratory visits are for students interested in careers as medical scientists. Tours give a chance to see the inner workings of a laboratory, and to observe where current students are completing their professional practice. Covering laboratory medicine and nuclear medicine, the sessions are held at major teaching hospitals from 2-11 July. Register: RMIT Medical Sciences, 9925 7075, medicalsciences@rmit.edu.au.
FIND OUT MORE ABOUT THE UNIVERSITY OF MELBOURNE – ‘My Melbourne’ is the University’s monthly newsletter for future students. It’s a great way to keep up to date with what’s happening at the university and find out about the opportunities for students. Current students contribute to ‘My Melbourne’, so readers find out what it’s really like to be a student at Melbourne. Get tips, learn about experiences, find out about college life. See: blogs.unimelb.edu.au/mymelb.

WHAT IS AN ACTUARY? Many people have never heard of actuarial studies, and have no idea what an actuary does. Actuaries are responsible for identifying, analysing and assessing risk. They determine the likelihood of risk to ensure an organisation’s safeguards and they advise on the potential consequences of risk. This is done by creating mathematical models using past data and the actuary’s own knowledge and experience. These models are used to generate future scenarios in order to determine how likely and how severe future risks may be. Actuaries traditionally work in consulting, banking, superannuation, stockbroking, insurance and investment and can also find work in consumer behaviour analysis and developing areas like environmental studies, climate change and genetics. At Monash University you can study actuarial studies as part of the Bachelor of Commerce or Economics, and at the University of Melbourne in the Bachelor of Commerce. Pre-requisite subjects are 3/4 English (any) and 3/4 Maths Methods. Website of the professional body, Actuarial Institute of Australia: www.actuaries.asn.au/default.aspx.

AVIATION CAREERS EXPO – to find out more about Swinburne’s aviation courses, attend the Aviation Careers Expo. Representatives from CAE Oxford Aviation and some of Australia’s top aviation organisations will attend. When: 5.30pm, Mon 2 June; Where: Hawthorn campus; Register by Fri 30 May: Online registration.

FLYING TRAINING SCHOLARSHIP – The Royal Victorian Aero Club is offering a flight training scholarship to take the candidate to the GEPT stage of the Private Pilot’s Licence. Term and conditions are available at www.rvac.com.au; Application forms are available at the Royal Victorian Aero Club at Moorabbin Airport, ph 85867777.

David Rosel
Careers Practitioner
9289 1159
drosel@sbc.vic.edu.au
St Therese’s Parish Refugee and Asylum Seeker Support Group and St Bernard’s Social Justice Network

warmly welcome you to an evening with acclaimed author

Robin De Crespigny

Thursday May 22nd at 7.30pm
St Bernard’s College Boardroom
(Adjacent to the administration car park)

‘It will open our eyes to what refugees are fleeing from, and what makes them risk their lives and the lives of their families in seeking safety.’

Agenda for the evening

7.30 Welcome and Introduction to St Bernard’s Social Justice Network. Teresa Darmody/SBSJN

7.35 Introduction of our keynote speaker Robin de Crespigny Sr. Marg. Moore St Therese’s Parish Group

7.40: Presentation by Robin

8.10: Question and Answer session. Patricia Langenbacher St Therese’s Parish Group

8.40: Thank-you and evening closure Brendan Douglas SBSJN

8.45 -9.15 pm: Refreshments hosted by SBSJN.
Walk Safely to School Day—Friday 23rd May 2014

This year is the 4th annual 'Walk Safely to School Day'.
Hopefully the weather will cooperate and we will see record numbers participating in this event. If you do decide to walk, please remember to be safe and use all safety crossings provided.

Getting to and from school

Whether you walk or ride to school or are driven by mum or dad, it's important to be careful and think about safety. Here are some tips:
" Always walk across the road, never run.
" Hold a grown-up's hand when you cross the road.
" Always wear a helmet when you ride your bike, scooter or skateboard.
" Always walk on the footpath.
" Don't talk to strangers.
" Cross the road at the traffic lights or school crossing.
" Stop, look, listen and wait when crossing the road.
" Always wear your seatbelt in the car.
" Don't distract the driver when you're in the car.
" Get in and out of the car on the kerb-side.
" Know what your full name, address and phone number is.

For more information on traffic and road safety, visit the VicRoads Kids on the Move website.

DID YOU KNOW........

It is illegal to continue through a yellow traffic light if it is safe for you to stop.

The penalty for driving through the yellow light is the same as going through a red light.

Penalty—$361 and 3 demerit points.

If you can safely stop at a yellow light, you must stop!

Letter Box Security

You can prevent this by;
- Having a sturdy lock fixed to your letterbox.
- Ensure your letterbox is deep enough to prevent mail from being removed.
- Clean out the mailbox daily.
- Always shred/destroy personal documents before disposing of them.
- Consider registered mail for important documents.

Student Wellbeing Drama Festival 2014

Thursday 12 June, 7pm at The Clocktower Centre
750 Mount Alexander Road, Moonee Ponds.
Tickets available from the school or the theatre box office - 9243 9191.
Volunteers Needed for TPOT Research Study – FREE Courses!

Dear Parents, Guardians, Carers and Students

Volunteers are needed for the ongoing research project titled First Aid Training for Parents of Teenagers (TPOT study), which is being run by The University of Melbourne. Parents who have a teenager aged between 12-15 years and the teenagers themselves, are invited to take part (one teenager and one parent per family).

Past research has shown that mental health problems tend to emerge in adolescence and that teenagers often turn to parents and friends when seeking help. However, many adults have limited skills in recognizing the early signs of a mental disorder. The study aims to teach parents the skills to recognize and respond to emerging mental disorders in teenagers, as well as first aid injuries. There is no requirement for teenagers to have an existing mental or physical health problem in order to participate, but those who do can also participate.

We are offering the following 2-day courses to parents for FREE:

- **Youth Mental Health First Aid**, which teaches the skills to recognize the early signs of mental illness, identify potential mental health-related crises and assist early help-seeking.
- **Apply First Aid**, which teaches the skills to sustain life, reduce pain and minimise the consequences of injury and illness until professional help arrives.

These will be held from 9am – 5pm as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
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<tbody>
<tr>
<td>17-18 May 2014</td>
<td>Red Cross College, 23-47 Villiers Street, North Melbourne</td>
</tr>
<tr>
<td>20-21 May 2014</td>
<td>50 Flemington Street, Travancore</td>
</tr>
</tbody>
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Registration is done on the trial website at: [www.tpot.net.au](http://www.tpot.net.au), by clicking on 'Sign Up'.

At the end of the online registration process, the parent will be prompted to select two courses. A computer will randomly place the parent into one of the courses that they select. This will be confirmed by email. A few days after that, we will contact the parent and teenager for a brief phone survey which asks about their knowledge of health problems. Once complete, the parent can attend their free course. (Please note that although the teenager takes part in a phone survey, they do not attend the training, it is only for the parent).

The project is likely to empower parents to better deal with a teenager’s emerging mental health problem or a physical injury needing assistance.

Questions? Please contact the Trial Manager, Julie-Anne Fischer on Tel: 9035 6770, Mobile: 0401 772 648 or email: jfischer@unimelb.edu.au. The study has ethics approval from the University of Melbourne’s Behavioural and Social Sciences Human Ethics Sub-Committee, (ID: 1135679) DEECD (2012_001480) and the Catholic Education Office of Melbourne (CEOM) ID: 1877.

It is funded by the National Health and Medical Research Council (NHMRC).

On behalf of the research team, we look forward to welcoming you to the study!

Yours sincerely,

Julie-Anne Fischer
First Aid Training for Parents of Teenagers (TPOT study) [www.tpot.net.au](http://www.tpot.net.au)
The University of Melbourne, Level 4, 207 Bouverie St, Carlton VIC 3010
Volunteers Needed!

TRAINING FOR PARENTS OF TEENAGERS (TPOT) STUDY

FREE training for parents to help the mental and physical health of teenagers!

Who is running the project?
The Centre for Mental Health at The University of Melbourne.

Who can take part?
Parents with teenagers aged between 12-15 years within Victoria (one parent and one teenager per family).

What are the aims?
The project aims to teach parents the skills to assist a teenager, in the event that they develop a mental health problem or a physical injury and to evaluate the training offered.

We are interested to see if the skills taught to parents are used on adolescents and whether this has a long-term health benefit for adolescents.

What types of courses are offered?
The study offers a FREE 2-day course to parents, in either Youth Mental Health First Aid or an accredited Red Cross Apply First Aid course.

During online registration at www.tpot.net.au, parents will need to select both courses but a computer will randomly place them into one course or the other.

What's in it for me?
Parents receive their training course, the accompanying training materials and a certificate of completion for free.

Note: To be eligible, you must not have undertaken training in the previous three years in Mental Health First Aid (MHFA), Youth MHFA or physical first aid.

This study has received ethics approval from The University of Melbourne’s Behavioural and Social Sciences Human Ethics Sub-Committee ID: 1135679, The Department of Education and Early Childhood Development (DEECD) ID: 2012_001480 and the Catholic Education Office of Melbourne (CEOM) ID: 1877.

Telephone interview prior to training
Before parents can attend their allocated training course, they and their teenager will be required to undertake an individual 20 to 30 minute telephone survey, which will ask about knowledge and attitudes about health problems.

Questions?
Please contact Julie Fischer, TPOT Trial Manager, Centre for Mental Health, The University of Melbourne, email: jfischer@unimelb.edu.au, tel: 9035 6770 or mobile: 0401 772 648.

WHAT?  
(9am – 5pm)  
WHERE?

<table>
<thead>
<tr>
<th>WHEN?</th>
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<tr>
<td>17-18 May 2014</td>
<td>Red Cross College, 23-47 Villiers Street, NORTH MELBOURNE</td>
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<td>20-21 May 2014</td>
<td>50 Flemington Street, TRAVANCORE</td>
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Register at: www.tpot.net.au

Other dates and locations are available!
Why Play Rugby League?

» Rugby League is a fun game for both boys and girls
» Children under the age of 12 years play a modified version of Rugby League, allowing players to learn in a safe, enjoyable and progressive environment
» Children can start playing modified Rugby League from 5 years of age
» All Children are taught Rugby League by qualified coaches, trainers and first aid staff
» All Rugby League Clubs are bound by the National Code of Conduct
» Rugby League is a great sport to get kids active and meet new friends

Contact: Ross Christensen 0417599939
Venue: AJ Davis Reserve, Fullarton Road, Niddrie
Email: northwestwolves@hotmail.com
Website: www.northwestwolves.com.au

For more information visit playrugbyleague.com