



At BSSC: Our **ROLE** is to empower learners for individual, community and global leadership. We value Respect, Optimism, Learning and Environment.

STUDENT NEWS – Week beginning Monday 23rd November 2009

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Must Read Information for ALL students

TRANSITION WEEK: YEAR 11 INTO YEAR 12 (COMPULSORY)

All Year 11 students who have put in an enrolment for 2010 are reminded that your 2010 Year 12 program commences on Monday November 23rd and continues with a full week timetable until the end of Friday November 27th. The day will start with a Pathway Advisor Group meeting in your usual Meeting rooms to allow distribution of your 2010 timetable. ALL YEAR 11 STUDENTS are expected to attend and usual attendance processes need to be followed if you are unwell or not able to attend school for an approvable reason. Absences to attend part time or casual work are not acceptable and will not be approved. Any student who does not attend the program will be required to attend an interview with their Student Coordinator or Student Manager to discuss their commitment to a 2010 enrolment. We look forward to the great opportunity this week provides to allow us to kick start your learning for Year 12 in 2010.

Altered Day: Please follow the altered day timetable for Monday. Times for the rest of the week will be the same as what is in your diary.

Altered Day Monday November 23rd

8.50-9.05	9.05-10.45	10.45-11.05	11.05-12.45	12.45-1.35	1.35-2.35	2.35-3.35
Pathway Advisor Meetings	Block A 100 minutes	Recess 20 minutes	Block B 100 minutes	Lunch 50 minutes	Block D 60 minutes	Block G 60 minutes

Timetables: Please check through your supplied timetable in your pathway Advisory Meeting at 8.50 on Monday morning.

- If you believe that there are any mistakes with regard to the class you have been given please see you Student Coordinator as soon as possible to fix this.

If there is a subject that you wish to change for the 2010 school year you will need to wait until the subject change day to make this alteration. Until the change has occurred you must attend each class on your timetable. Absences will be followed up as they normally are through the Student Coordinator's office.

Canteen: The canteen will be open during the course of this week during its normal opening hours

LOCKERS

Lockers should be cleaned out and all belongings removed by 4th December 2009 any items not taken by this date will become property of the college.

COMPUTERS

All computer accounts and email addresses will be deleted after the 17th December 2009. All files stored on home folders and email left on the email server will be removed. Email addresses will not be accessible after the 17th December 2009. All computer logon accounts will be disabled and removed from home folders on 17th December. Students should make a back up of any data (i.e. emails and data in home folders) which they would like to retain beyond this year as no ongoing copy of this data will be retained at BSSC after that time.

REMINDER: OPPORTUNITY TO PURCHASE SECOND HAND TEXTS AT REDUCED PRICES FOR 2010

Thank you to all students who have taken second hand texts to the library to sell. If you missed this opportunity you can still sell your text books by taking them out to the Landmark School Supplies shop front at 1 Rohs Road.



Students/Parents can purchase second hand books (or new books as well) from the bookseller through the Library

Thurs 3rd Dec: 2pm - 7pm

Payments for second hand books will be at 1/3 of purchase price and books will be re-sold at 2/3 of purchase price.

Outside of the dates listed above you may go to Landmark School Supplies to purchase and sell books at the shop front address listed below.

LANDMARK SCHOOL SUPPLIES
1 Rohs Road
Bendigo VIC 3550
(03) 5441 8743

Student Wellbeing

MANAGING INDEPENDENCE

Change is a part of life that can be really challenging. Reachout.com.au offers tips and advice on what to do when you move out and how to manage challenging situations. Tips are also provided on learning to manage money, starting a new job and how to get a good study-work-life balance. Click on the following link to 23 fact sheets on topics including life changes, living away from home, money issues and work, and 14 young people's stories about managing independence:

<http://au.reachout.com/find/issues/managing-independence>. Check out www.reachout.com.au for a range of other fact sheets on topics including: school, Uni and TAFE, leaving school, life choices, sex and pregnancy, physical health issues, sexuality and coming out.

THE YOUTH OFF THE STREETS SCHOLARSHIP PROGRAM

Celebrates the gifts and strengths of young people aged 14 - 21 who exhibit extraordinary promise but who lack the personal support networks and resources that will allow them to fulfil that potential. This program targets young people who are disadvantaged and/or may be disconnected from their families or communities

Over twenty young people from throughout Australia are awarded scholarships each year to the value of \$5,000 each to pursue further education or training so they may realise their potential for a positive future. Nominations are not restricted to a specific study or training path but for young people with genuine talent, ability and determination in any field, including (but not limited to): education and training; visual or performing arts; sport; trade skills; and music.

Please see link for more information. <http://www.youthoffthestreets.com.au/scholarship/index.html>

The contact person is:

Danielle Montgomery
Scholarship Program Manager
(02) 9330 3500

BINGE DRINKING

Did you know that drinking until you pass out causes brain damage? Click on the following link to read about the short and long-term effects of binge drinking:

<http://au.reachout.com/find/articles/binge-drinking>

Check out www.reachout.com.au for a range of other fact sheets on topics including: mental health difficulties, alcohol and other drugs, family and other relationships, loss and grief, safety and violence.

Tips for controlling your drinking

There are a number of things you can do to keep your drinking under control, including:

- set limits for yourself and stick to them
- start with a non-alcoholic drink
- try having a 'spacer' - alternating non-alcoholic drinks with alcoholic drinks
- drink slowly - take sips not gulps
- try a low alcohol alternative to a pre-mixed drink
- eat before or while you are drinking, avoid salty snacks, they make you thirsty
- avoid rounds or 'shouts'
- have one drink at a time, so you can keep track
- avoid sculling competitions, and drinking games
- stay busy - don't just sit and drink
- be assertive - don't be pressured into drinking more than you want or intend to.

WELL-BEING TEAM AVAILABILITY

The Student Counsellors and the Health Promotion Officer (School Nurse) will be available for students in the Well-being Centre (upstairs in the old gaol) up until December 18th, 2009. To arrange an appointment email counsellor@bssc.edu.au or nurse@bssc.edu.au or telephone 5443 1222.

If you have any constructive feedback on the format of the Student News or method of distribution, please contact me or Jan Tilburn in the Student Coordinator's office.

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