

Principal: Rosina Fotia Assistant Principals: Isabella Phillips/Tim Wright

Issue: 2 Volume: 22

Date: March 2022

COLLEGE CALENDAR 2022 – APRIL

Thurs. 31 st March – Sun. 3 rd April	Duke of Ed Assessed Gold Exploration
Monday 4 th April	Harmony Day
Tues. 5 th – Wed. 6 th April	Middle School Outdoor Ed Camp
Thursday 7 th April	Parent/Student/Teacher Conferences – 4 p.m. – 7 p.m.
Friday 8 th April	Parent/Student/Teacher Conferences – 10 a.m. to 1 p.m. NO CLASSES ON THIS DAY END OF TERM 1
Monday 25 th April	ANZAC Day Public Holiday
Tuesday 26 th April	Student Free Day
Wednesday 27 th April	First day of classes for Term 2
Friday 29 th April	VCE Careers Expo excursion
<i>Please Note: all dates and times are subject to change</i>	

PRINCIPAL'S REPORT

Learning Focus

Classes have settled and staff have continued their focus on Literacy and Numeracy. The first round of Progress Reporting has been completed and plans are underway for the upcoming Parent Student Teacher Conferences. These are scheduled for April 7 and 8. Staff have completed professional learning relating to Numeracy and Literacy and have undertaken peer observations. Staff are about to present their Action Learning Task for Term 1. Here they share with colleagues the specific strategies they have used in the classroom to cater for different learning needs.

Curriculum Day Report

On February 28, staff from the College and the Lilydale District continued their work with Misty Adoniou. Misty is an educator with experience and expertise working with teachers to improve their teaching of Language and Literacy. She has received numerous teaching awards, including an OLT National Citation for Outstanding Contribution to Student Learning and the Vice-Chancellor's Award for Teaching Excellence. Misty provided a keynote presentation to both primary and secondary schools in the network. Specifically, we have chosen to continue our work on "Writing Across the Curriculum." This entails modelling for students how to write text types specific to a given learning area and ensures students are consistently applying these text types across like classes. The development of these consistent assessment methods will also support moderation, wherein teachers work together to ensure assessment outcomes and gradings are consistent across classes.

College Council

College Council is an important body of community members who work to assist in the efficient governance of the school.

Absence Hotline: 9735 7040

Email: lilydale.heights.co@education.vic.gov.au

Visit: www.lilydaleheights.vic.edu.au



Principal's Report (continued)...

They ensure that decisions affecting students of the school are made having regard, as a primary consideration, to the best interests of the students and that they enhance the educational opportunities of students at the school. In addition, the College Council ensures the school and the Council complies with any requirements of the Education and Training Reform Act, the Education and Training Reform Regulations, a Ministerial Order or a direction, guideline or policy issued under the Education and Training Reform Act.

Congratulations and welcome to the elected representatives of the College Council for 2022:

President:	Ms Cathy Skinner
Vice President:	Mr Tim DeGraauw
Treasurer:	Mr Doug Shannon-Palfreyman
Secretary:	Ms Tracey Green
Parent Members:	Ms Andrea Hindle, Mr Paul Koenig, Ms Katherine Emary, Ms Lynda Nel
Staff Members:	Ms Rosina Fotia, Ms Isabella Phillips, Ms Emily Gerson, Mr Tim Wright
Student Members:	Maddison Foley, Laura Dangaard

Parent Teacher Student Interviews

Parent Teacher Interviews form an integral part of the Continuous Reporting Process at Lilydale Heights College. They provide a unique opportunity for the school, families and students to come together and discuss student success, growth and areas for improvement. Term 1 interviews will be held on Thursday April 7 from 4pm - 8pm and Friday April 8 from 10am-1pm. Bookings can be made via the Compass Portal and will close on Tuesday April 5.

Harmony Day

Harmony Week is "a time to celebrate Australian multiculturalism and the successful integration of migrants into our community." It is about celebrating and recognising diversity in our society. On April 4, students will celebrate Harmony Day with a free dress day and a range of lunchtime activities aimed at raising awareness of and celebrating our multicultural society. Congratulations to the SIRC for its vision and commitment to this day.

Campfire Conversation

Lilydale Heights College was selected as one of 100 schools across the state to host a Campfire Conversation in Term 1 2022, as part of the Victorian Government's Self-Determination in Education Reform Initiative. The Campfire Conversation was attended by a variety of members from our community who were provided with an opportunity to share their thoughts on how government schools can support First Nations students on their education journey. Thank you to Tanna Draper Nagas for facilitating this unique but important event.



Principal's Report (continued)...

Congratulations Amelie!

On Thursday 10th through to Sunday 13th March, I competed in the Victorian Age State Championship for swimming at MSAC. I competed in the 50m, 100m and 200m Breaststroke as well as 50m Freestyle and 50m Backstroke. I placed 1st in the 50m Breaststroke and made it to my first finals for the 100m Breaststroke, where I placed 2nd. My greatest achievement was in the 200m Breaststroke which was a straight final on Sunday evening. I placed 1st with a 10 second PB and I also achieved a 13 year old National qualifying time. This was my first states experience and I am excited for my next one.

Amelie Theophanous-Maddison



Attendance...it's not ok to be away!

Going to school every day is the single most important part of your child's education. Students learn new things at school every day. Attending and participating in school will help your child develop:

- important skills and knowledge to help them learn
- social and emotional skills such as good communication, resilience and team work

Children who attend school every day and complete Year 12 have:

- better health
- better job opportunities
- higher income across their lives

There is no safe number of days for missing school. Each day a student misses puts them behind. If you need support in getting your child to school, please do not hesitate to contact us on 9735 1133.

Attendance Matters!



Every Student, Every School, Every Day

Principal's Report (continued)...

Year 7 Camp

Year 7 transition camp to Phillip Island is now complete. The Peer Support students also joined the camp as an additional activity designed to build further connections for senior students. The camp was supported by teaching and ES staff. Thanks must be extended to the organising committee and staff who attended.



Vaping (e Cigarettes)

You would have heard in the media recently that there are significant concerns surrounding the use of e cigarettes or vapes. e cigarettes are electronic devices that heat a liquid to create an aerosol that users inhale. These inhaled aerosols are toxic chemicals that lodge in the lung and can cause cancer. Vapes are banned in all schools and should not be sold to any person under the age of 18. For further information regarding e cigarettes please see the flyers in this newsletter edition.

Please note that school resumes for Term 2 on Wednesday April 27.

Regards,

Rosina Fotia, Principal



Lilydale Heights College would like to thank Bendigo Bank Mooroolbark Community Branch, for their support and sponsorship of the Duke of Edinburgh Program and our Automated External Defibrillator Device (AED).

Mooroolbark
Community Bank® Branch  **Bendigo Bank**

CYCLING CLUB

Well done to our cyclists – after school earlier this month, we rode along the Yarra Valley Trail to Yering and back. It was great to be active after school and ride with friends. The boys also made little challenges for us all to try such as the longest wheelie and the longest balancing track stand. All fun things to do on the trails.



Later in March, we enjoyed a ride along the Warburton Trail, up past Mt. Evelyn and back to school. We rode a couple of pump bike trails and some of the single tracks along the side of the trail.



If anyone would like to join our Cycling Club we will be returning in Term 2. Please contact Mrs Rayner – we currently ride every two weeks on a Thursday after school until 5 pm. We will also be looking at some night rides next term as the light starts to fade! At the moment our rides are all local and are suitable for all levels of riders. We look forward to our next ride - be active!

Please email me if you have any questions.

Clare Rayner.



MIDDLE SCHOOL VOLLEYBALL

On March 10th, Year 9/10 students represented the College at Dandenong Basketball Stadium. We had three teams representing the College: the Year 9 boys team, the Year 10 girls team and the Year 9/10 girls team. The boys finished the day in 4th place with 3 wins, performing well against the older teams; they worked really well together and always used their 3 hits. The Year 10 girls team unfortunately lost all their games but came close with the other teams, their effort was amazing and they bonded well as a team. The Year 9/10 girls team ended the day coming in 3rd place, winning 3/5 games, they came extremely close to Monbulk and Healesville but unfortunately lost to both teams. Middle School students want to thank Mr McGown and Miss Moschetti for a super fun day and for supporting and coaching us throughout our games. Overall, it was a great day and we all enjoyed ourselves and had fun.

Ryleigh T - Year 10.



INTERMEDIATE BOYS TENNIS

On Thursday 10th March our Intermediate Boys Tennis team had a great day out winning the Yarra Group competition and will be heading to Eastern Metropolitan Region finals in Term 2.

Both of our teams demonstrated amazing sportsmanship throughout the day and were a great representation of the College Values. Our first team, made up of Monte Darlison, Jol Scobie, Ollie Rose and Remey Boatwood, won their pool defeating Yarra Hills and Emerald; they went through to the grand final playing the winner of pool two, Lilydale High School. Our team came away with a clean sweep (6 - 0) to bring home the pennant in an exciting victory.

Well done to both teams on a fun, successful day.

Erin Rackham – Sports Teacher.



WHOLE SCHOOL SWIMMING CARNIVAL

What a great day we all had at the Swimming Carnival on Thursday February 24th. The weather was perfect and the pools were the place to be. Ball Toss was a great success with lots of participation. The Year 7's, in their first whole College event, showed the way with amazing participation in the swimming events and, as usual, the 5-minute challenge and Melbourne Cup provided lots of entertainment. So many students and staff dressed in costumes and House colours and participated in the first LHC Costume Parade, which added some extra fun to the day.

A special congratulations to our Age Group Champions:

- U13 Amelie Theophanous-Maddison and Luke Farnworth
- U14 Kayla Cantwell and Ivan Leban
- U15 Alma Kerr and Steven Hughes
- U16 Hayley Ray and Brodie Petty
- U17 Aimee and Franc D'Couto
- U21 Bella Theophanous-Maddison and Bailey Griffiths

The BIG result for the day went like this:

- 1st Yarra 518
- 2nd Castella 362
- 3rd Melba 152
- 4th Olinda 139

Congratulations, too, to Maya Hindle, Chloe Sheerman and Noie Phetchana, who won the best costume of the day with their recreation of



Congratulations to Yarra House!

Sonya Tamos – Interschool Sports Co-ordinator.



Whole School Swimming Carnival (continued)...



YARRA DISTRICT SWIMMING CARNIVAL

On March 4th, a group of students who won in their events from our whole school Swimming Carnival represented our College at the Yarra District Division Swim meet at Lilydale Memorial Pool. Students participated with a wide range of schools across the Yarra Valley. Every single student from the College that participated arrived with a positive attitude and tried their best in all of their events. Everyone should be proud of their efforts as they did an amazing job. Every single Lilydale Heights swimmer contributed points for the overall result of our school coming in 3rd place for the day! Kayla, Spencer, Alasdair, Ivan, Amelie, Hayley and Bella all came 1st in their individual events. In the team events, both girls teams won their 4 x 50m Freestyle and the 4 x 50m Medley Relays. A special mention also goes out to Bella, Hayley and Amelie for winning all their events for the day and taking home the age group champion medallion. We would like to thank Mr McGown for supporting and encouraging everyone on the day and of course for taking the students to compete. Overall, it was an awesome day with great participation from everyone!

Hayley Ray – Year 10.

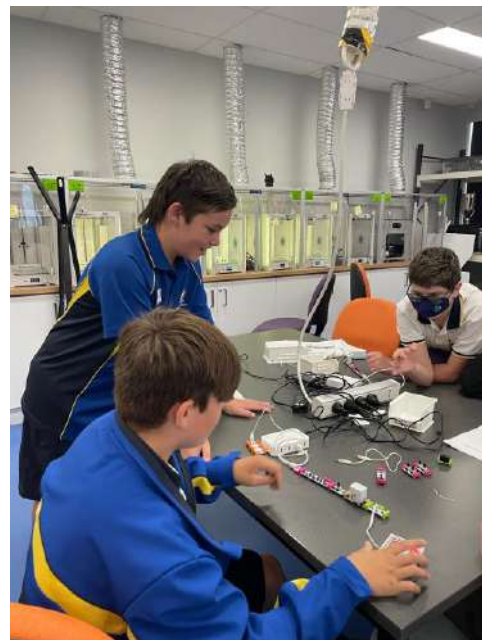


Yarra District Swimming Carnival (continued)...



FIRST NATIONS OF LHC

Congratulations to Ryekan, Sam and Spencer on their first visit back to Yarra Ranges Tech School (YRTS) for their Koorie Student Program. Over five sessions in 2021, Ryekan, Sam and Spencer developed their own projects using the technology provided by YRTS. Ryekan and Sam worked together to create dirt-bike and motorcycle decals inspired by their culture. Spencer worked on anti-racism posters that will be displayed around the College to educate others on the impacts of racism. We are all off for our next trip to YRTS in May with three new students and I can't wait to show you what they create!



On Thursday 24th of March, we hosted our very first 'Campfire Conversations' night with our Aboriginal and Torres Strait Islander families and community, as we have been selected by the Department of Education as one of 100 schools to host. The night provided our First Nations community and allies an opportunity to share their ideas on how we can continue to empower First Nations students at Lilydale Heights College.

The night was opened by didgeridoo playing from local Yorta Yorta man, Shane Charles and catered for by Sharon Francis and her Year 11 VCE Food Studies class, inspired by Indigenous flavours and foods.



First Nations of LHC (continued)...
Campfire Conversation



Stay tuned for more!

Tanna Draper Nagas – First Nations Advocate.

COMPASS AWARD PROGRAM

Congratulations to our Junior Awardees, they completed their first hike experience on Wednesday 23rd March. After school they worked in their Level 3 and Level 4 Award groups to navigate around their pre-determined route. They ventured around trails in and out of Lilydale, finding some hills along the way. There were no complaints, the students were extremely supportive of each other and helped make decisions based on their navigation and route calculations. It was great to be out in the outdoors again; well done to all. I'm already looking forward to our next events - please keep an eye on Compass for dates and details. Please ensure that you have completed your paper registration form and returned it to the office with the payment of \$75 to cover the registration for the program. Please email me if you have any questions.

Clare Rayner – Compass/Duke of Ed. Co-ordinator.



COLDSTREAM PRIMARY LEADERSHIP DAY

On Monday March 21st, a group of 15 leaders from Year 10, 11 and 12 headed up to Coldstream Primary School to help facilitate a student leadership training day they were running for local primary school students. Throughout the day the LHC students assisted with prompting the group discussions as well as running a variety of team building activities with the primary students. These activities included team relays, a paper chain making competition and “keepsy-upsy.” The objective of the games was to emphasise the importance of working as a team as well as to provide the students with an opportunity to meet people from other primary schools and ask questions about the high school they are planning to go to. In the afternoon we also helped the leaders from each primary school plan a project they would like to run back at their school. A great day was had, and we hope the primary school students enjoyed it as much as we did.

Laura Dangaard - Year 11.



YEAR 7 CAMP

As most of you know, Year 7's went on a trip to Philip Island this month. Making friends, having fun and finally being able to go to camping after all the craziness of the past two years was great! We left on Tuesday the 15th and returned on Friday 18th. Camp consisted of lots of fun activities, including some outside of the campgrounds – from the Penguin Show, to the beach and everything in between. There were a bunch of activities at camp that the camp leaders had arranged for us, such as, giant swings, the flying fox, archery, bikes, swimming, low ropes, etc. So, we give a massive thanks to them. Camp was awesome. Although I am sure camp was out of a lot of people's comfort zones, it was a lot of fun and I can't wait to do it again.

Layla Jane - Year 7.



We recently went to camp known as "The Island". Being our first camp at Lilydale Heights College it was all about making new friends and getting to know others that weren't in your home room. I personally found this enjoyable because it gave me an opportunity to meet new students that I wouldn't normally hang out with. We got to choose four people to be in our cabin which helped us feel more comfortable while being away from home.

There were lots of fun activities such as frisbee golf, archery, bike riding, the flying fox and much more. My favourite activity was the giant swing. This involved the peers in your group pulling you up approximately 50 metres in the air. When you felt like you were high enough you would instruct them to stop. Upon releasing your rope, you then came flying back down. I liked this activity because it involved trust and pushed me out of my comfort zone to do something I wouldn't usually do.

Everyone enjoyed the awesome meals provided by the camp and flexibility to have independence to explore the campgrounds. Some other highlights were time spent on the beach and the Phillip Island Penguin Parade watching the little penguins come in from the water. Overall, it was my highlight of school so far and I would recommend attending this Philip Island Camp to all the Year 7 students.

Max Fisher - Year 7.

Year 7 Camp (continued)...



PEER SUPPORT VISIT TO YEAR 7 CAMP

On March 16th, the Year 10 Peer Support class visited the Year 7 Camp at Phillip Island. We were assigned to participate in a variety of activities with the Year 7's as soon as we arrived at the camp site. The Year 7's were having a great time participating in various activities such as the giant swing, bike riding, low ropes course and so on. In the low ropes course activity, there was a competition between Year 7 and Year 10. The Year 10's went to the town for lunch in the afternoon. Following that, the Peer Support leaders went down to the beach and began organising the things needed for the fun games with the Year 7's. We, the Peer Support leaders, did a range of activity rotations with the Year 7 students, such as beach volleyball, an ironman challenge, limbo, rob the nest, etc. It was lovely to see how much fun the students had playing the exciting activities we had organised for them and it appeared that they enjoyed playing 'Rob the Nest' the most! The students enjoyed the relaxed environment and we were able to connect with the Year 7's even more than usual. It was an enjoyable day filled with team-building games that pushed us and the Year 7's to interact, work collaboratively and encourage one another.

Athena Marana – Year 10.



SIRC

On Saturday 28th March, two members of the Student Interact Representative Council (SIRC), **Laura Dangaard** and **Athena Rose Marana**, acted as MCs at the 2022 Rotary District Conference at The Caulfield Racecourse. There were over 200 attendees from the Earlyact, Interact and Rotaract Clubs.

The focus of the Conference was **Healthy World - Healthy People**.

The students were involved in rehearsals leading up to the event and they were excellent ambassadors for the College on the day. The District Governor, Dr Daryl Moran, commented that Laura and Athena delivered their words and performed their tasks with great aplomb and confidence. They were a great credit to themselves, their families and their school. Congratulations Laura and Athena.

Isabella Phillips – Assistant Principal.



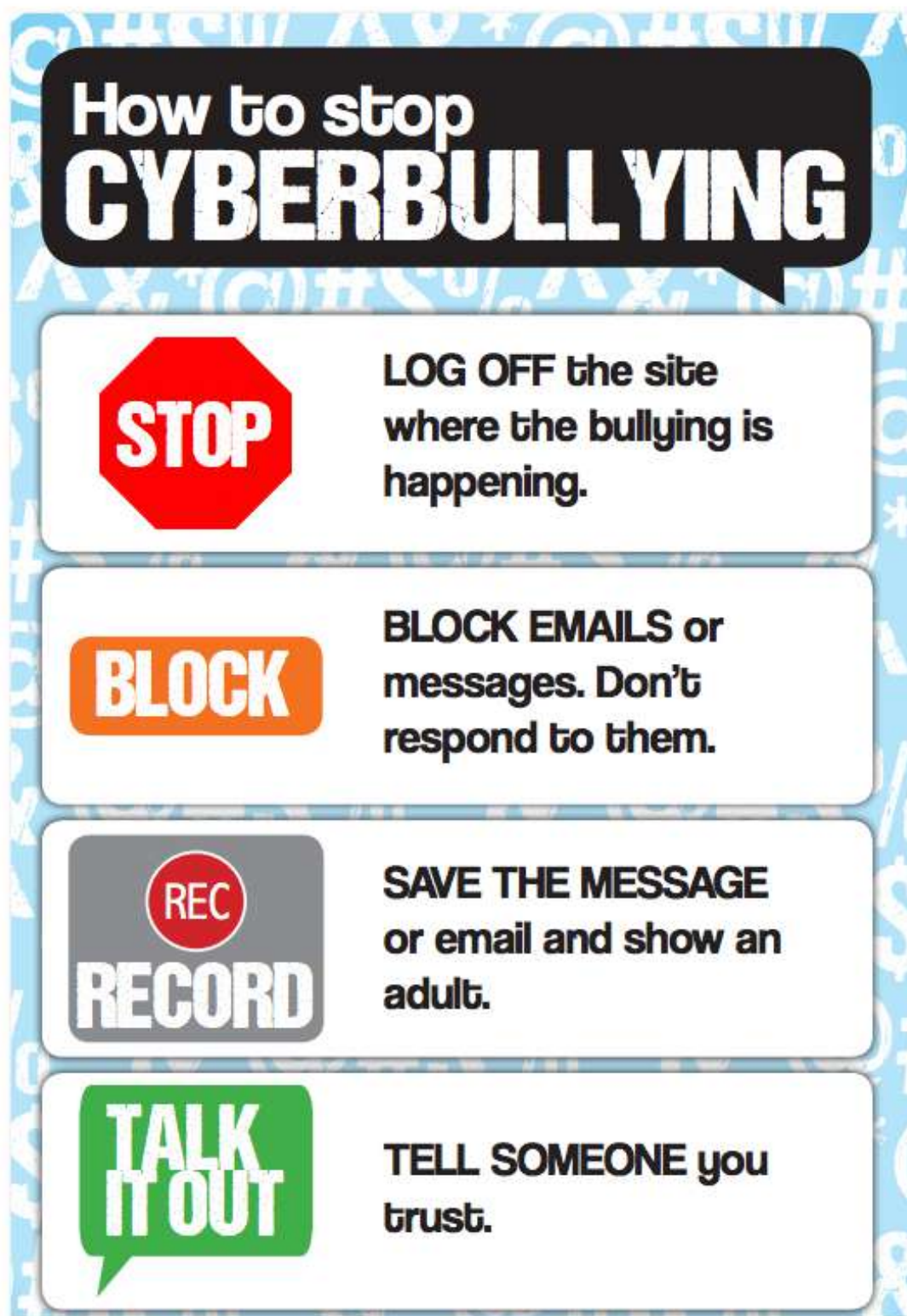
MARCH eSMART TIP

HOW TO RESPOND TO CYBERBULLYING

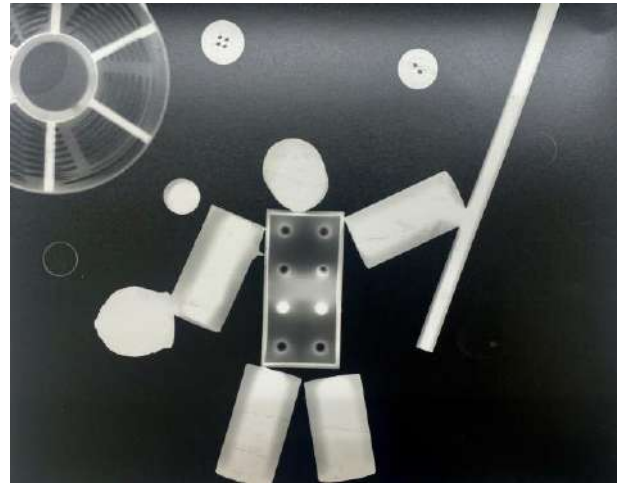
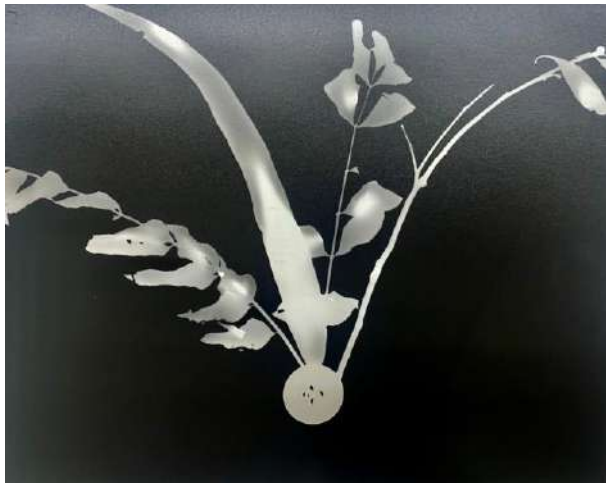
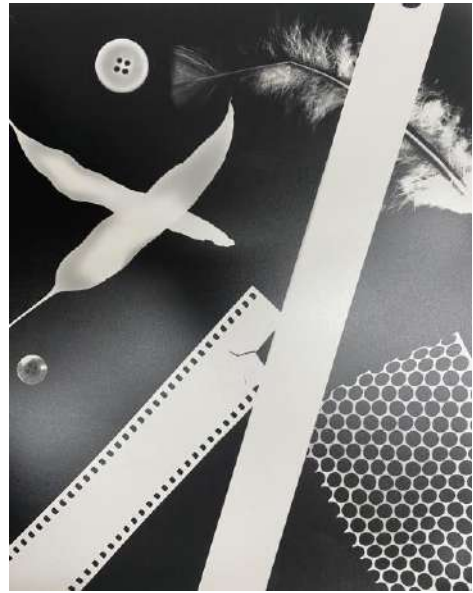
For Parents: Why students don't block and support cyberbullying and what you can do to support them

Most students who experience cyberbullying do not block the people responsible. It is even less common for students to report cyberbullying. Click the link below to find out ways that you can support your children to feel safer online.

<https://www.esmart.org.au/media/3865/esmart-guidance-why-students-dont-block-and-report-cyber-bullying-and-what-parents-can-do.pdf>



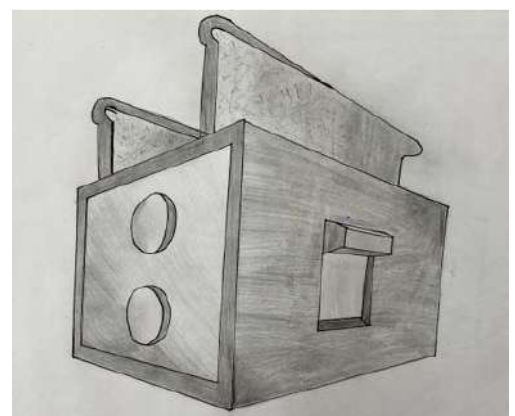
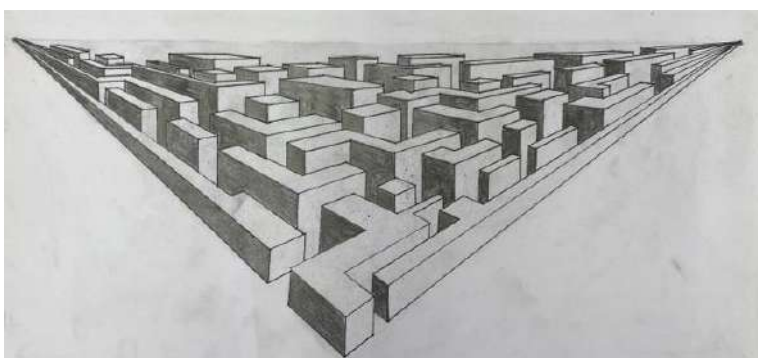
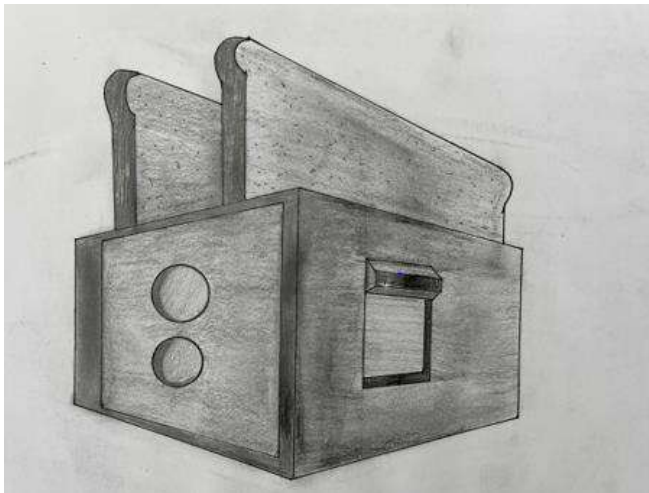
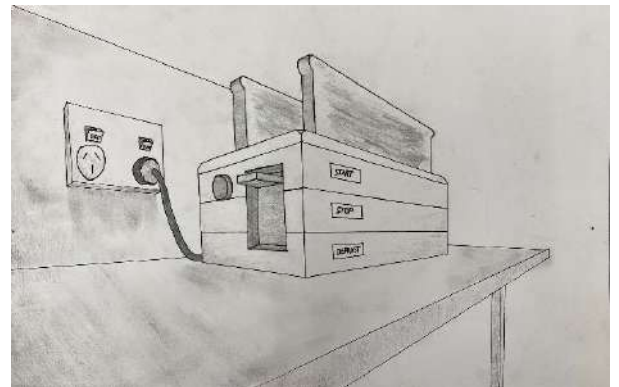
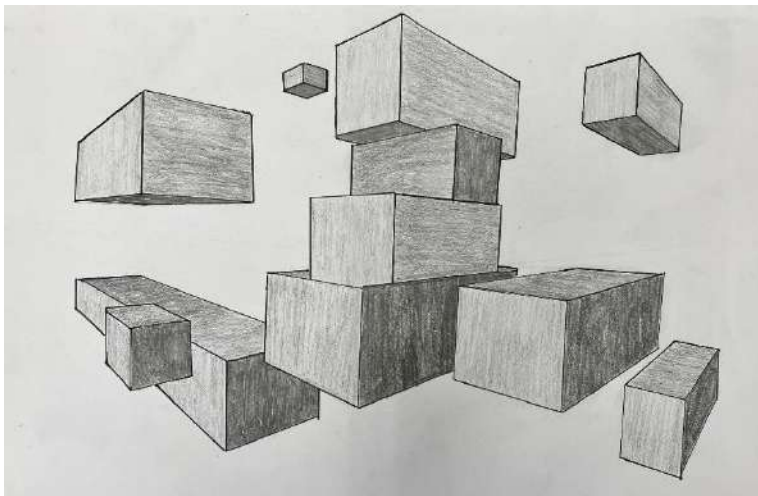
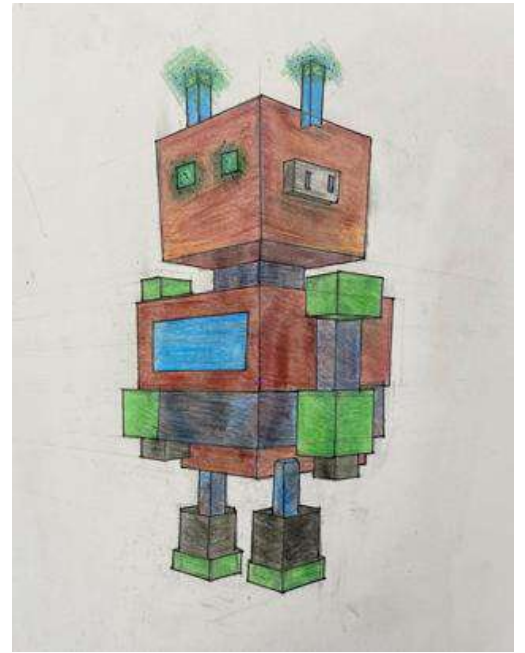
YEAR 7 ART - PHOTOGRAMS



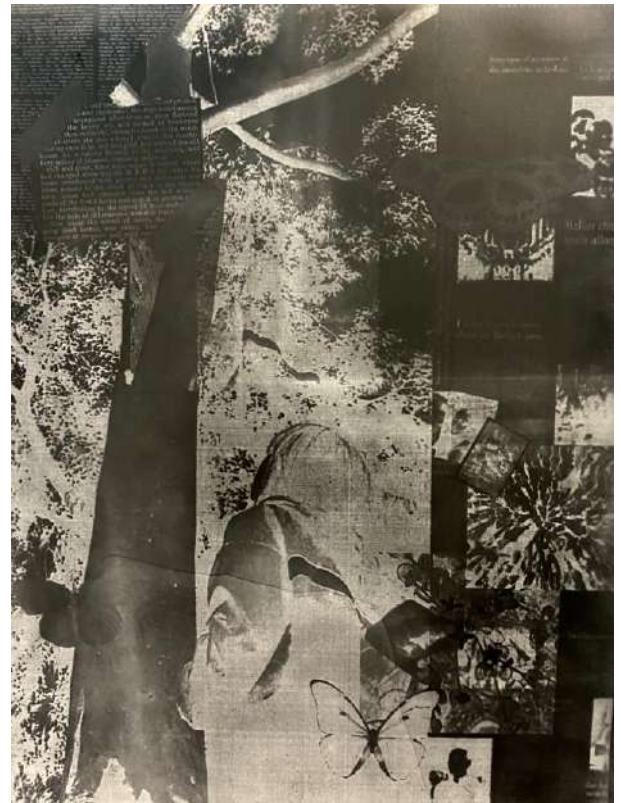
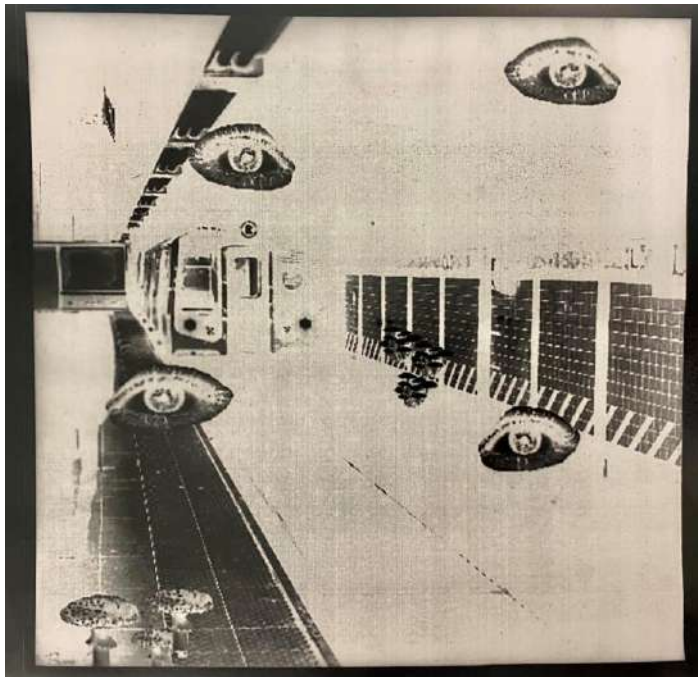
Year 7 Art - Photograms (continued)...



YEAR 8 VCD – PERSPECTIVE DRAWINGS



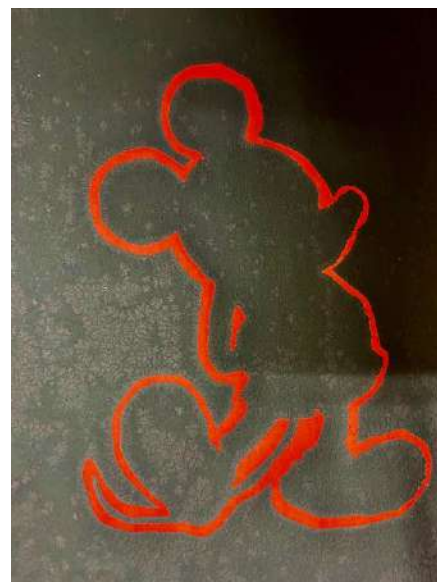
YEAR 11 VCE STUDIO ART – PHOTOGRAPHY EXPLORATION
DIGITAL COLLAGE PHOTOGRAMS



MIDDLE SCHOOL STUDIO ART – LINO PRINTING



Middle School Art – Lino Printing (continued)...



ART CLUB

We have a strong sustainability focus this term in Art Club.

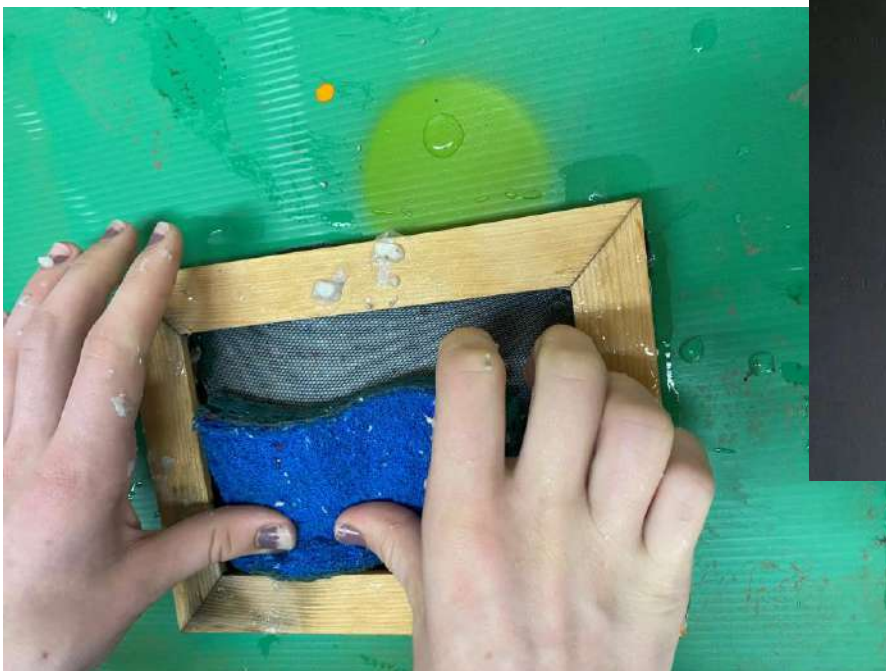
We have collected old bits of paper, shredded them and soaked the paper in water before blending it into a pulp.

We have used a photo frame as our "mould & deckle" and have had some great results so far.

We are also looking at using some old coloured papers next for a nice pop of colour!

Art Club runs on a Friday lunchtime in D-Wing and all students and staff are welcome to attend.

Laura Morley – Art Co-ordinator.





2022 VET TASTER EVENINGS

Year 9/10 students considering a VET course

RTO 22559

CONTACT US

9 Hightech Place Lilydale Victoria 3140

☎ 03 9738 7100

✉ info@rangestec.vic.edu.au

🌐 www.rangestec.vic.edu.au

REGISTER FOR ONE OF THE FOLLOWING DATES TO ATTEND A VET TASTER EVENING

Wed 18 May

Wed 8 June

Wed 27 July

Wed 17 Aug

Duration of evening

5:15pm - 7:45pm

PROGRAM FOR THE EVENING

5.15PM	REGISTRATION
5.30PM	ACTIVITY 1
6.30PM	15 MINUTE BREAK
6.45PM	ACTIVITY 2
7.45PM	FINISH

PLEASE NOTE

This is a taster program for VET courses at Ranges TEC. To enrol in a VET course for 2023, please contact your home school, who will process the enrolments for all VET courses, including courses held at Ranges TEC.



VET TASTER EVENINGS ARE FREE! REGISTRATIONS ARE ESSENTIAL.

Email office@rangestec.vic.edu.au to register with the following details listed below. (Alternatively, you can call 9738 7100 or text 0407 418 681 to register too.)

- Your name and contact number
- Your current school & year level
- Your preferred date for the VET Taster Evening
- Your 2 activity preferences

**Bookings are subject to availability and allocated on first come, first served basis.*

CHOOSE 2 ACTIVITIES THAT YOU WOULD LIKE TO PARTICIPATE IN ON THE EVENING.

1. Building & Construction Taster

Learn more about Cert II Building & Construction 22338VIC

2. Engineering Taster

Learn more about Cert II Engineering 22470VIC

3. Horticulture Taster

Learn more about Cert II Horticulture AHC20416

4. Electrotechnology Taster

Learn more about Cert II Electrotechnology 22499VIC

5. Furniture/Cabinet Making Taster

Learn more about Cert II Furniture Making pathways MSF20516

5. Hospitality Taster

Learn more about Cert II Kitchen Operations SIT20416

**Class sizes will be limited to 10 people per session.*

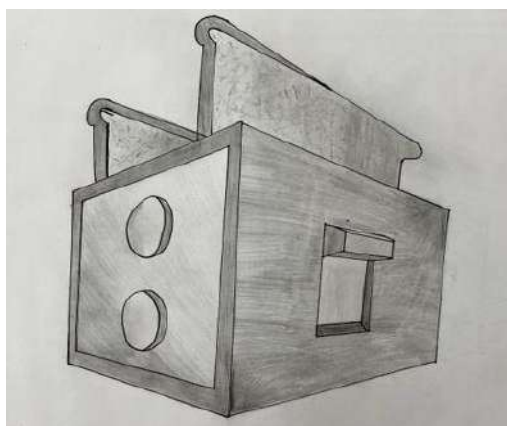


CAREERS IN STEAM

Rock n Roles- Careers in Geoscience

Wednesday April 6th 2022

9.30-11.30am Introductions-Panel Discussion-
Question Time-Morning Tea



ence

tuff: hammers, lasers, drills, x-rays, other rocks, magnets, es!

geologist mainly means hitting rocks with drills, by which career in mining is one option, but being a geologist can involve hiking around fjords in Scandinavia, deploying in the countryside, digging up rocks from five kilometres below ground and flying drones, building artificial intelligence, or

geologists working in four different careers, how they love about them. You'll learn about just four of many gists!

Dr Emily Finch shoots x-rays at stuff. Emily is a Beamline Scientist at the Australian Synchrotron and is part of a team building new machinery that will shoot a beam of x-rays at all kinds of things to learn about their structure and chemistry. Once this beamline is built, Emily will work with scientists from around the world to solve scientific problems like toxins in soil and how drugs are absorbed by the body.

Emily is also a geologist, and researches ways to target critical minerals needed for technologies such as solar panels and electric cars, by studying how elements move around Earth's crust. This work is becoming increasingly important as the known supply of minerals needed to make green technologies is shrinking and current methods of exploration cannot keep up with increasing demand.

After completing her PhD in geosciences at Monash University, Emily worked in science policy at the Australian Council of Learned Academies and the Academy of Technology and Engineering, where she provided evidence-based policy advice to government. She was proud to work on the Women in STEM Decadal Plan: a project to attract more women into science, technology, engineering, and maths (STEM) careers, and to support women to have great STEM careers. This project ignited Emily's passion for improving equity and inclusion for minority groups in STEM workplaces.

Emily is a 2021-2022 Science and Technology Australia Superstar of STEM, Founder of People of Earth Science, and a member of the Academy of Science's Early- and Mid-Career Researcher Forum Executive.

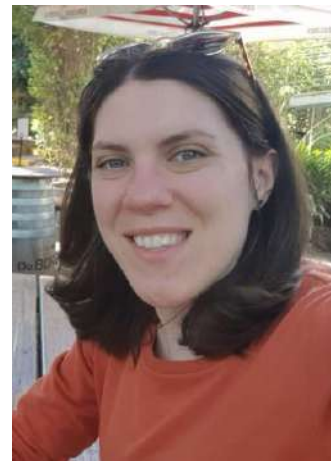


Dr Lauren Wolfram is curious about anything and everything, and is often distracted by things like how a caterpillar can look so much like a bird poo. This general curiosity led to Lauren choosing to do a Bachelor of Science and a PhD at Monash University after high school, and ultimately pursuing a career in Earth sciences.

Lauren is a geologic consultant for PGN Geosciences, working as part of a small team who provide specialized work for big and small companies all over the world. Lauren has travelled to many different places as part of her studies and career, including Paris, Namibia, Finland's Arctic Circle and the remote mountains of Argentina for a mixture of fieldwork and conferences to meet with other scientists.

Although her university research focused on geochemistry and how elements move from the Earth's deep crust to the surface, Lauren is now also a structural geologist and geophysicist looking at the behavior of rocks and minerals when continents collide into each other or are pulled apart by forces in the Earth. She looks at special images that show the variation in gravity and magnetics of rocks beneath the Earth's surface, and uses these to decode how the rocks formed and where important mineral deposits might be.

What Lauren loves most about her job is the support and encouragement from her team to learn new skills like these, and her ability to work remotely from wherever she may find herself.



Shannon Herley is a Basin Analyst at the Geological Survey of Victoria (GSV). The GSV is Victoria's geoscience agency, responsible for studying and understanding the geology of the state, particularly relating to Earth resources.

Shannon brings her passion and expertise of sedimentary rocks to the Energy Geoscience team. She combines information about sedimentary rocks, including plant fossil data - which tells her how old the rocks are -, geophysics, and the chemistry of different sediments to investigate the geology and resource potential of the Otway and Gippsland basins in Victoria, Australia.

Dr. Anindita Samsu is a geologist and Research Fellow at Monash University. She investigates cracks (a.k.a. fractures) in the Earth's outer shell, which form when tectonic plates are squashed together or pulled apart. Some of these fractures are responsible for earthquakes. Others prove to be a benefit to society by hosting metal deposits or storing heat from deep within the Earth, which can be used to warm houses or generate electricity.

Anindita uses a varied toolkit to study the formation of fractures. She uses drones to image fractures from high above ground, which look like patterns of straight or curvy lines, and makes maps to piece together a story of how the continent changed shape in the ancient past. She tests whether the story makes sense by simulating plate tectonics - this is done in a laboratory using a miniature model of the Earth's layers, made up of sand, playdough, and sugar syrup. These models show how the movement of continents is responsible for beautiful landforms in real life, such as the rivers we swim in or the hills we climb.

Having lived and studied in Indonesia, the US, Austria, and now Australia, Anindita has found home in different places around the world. She has recently joined the seventh cohort of Homeward Bound, a global network of women in STEMM working towards a better outcome for the planet we share.



Vaping and *your health*



What are e-cigarettes?

E-cigarettes, also known as 'vapes', are **electronic devices** that heat a liquid (or 'juice') to create an aerosol that users **inhale**. Using an e-cigarette is commonly called '**vaping**'. E-cigarettes come in **all shapes and sizes** and can look like a highlighter, a pen or USB.

Some people mistakenly believe the 'cloud' from vaping is a vapour, like steam. It is really **an aerosol**, a fine spray of **chemicals** that enter the body via the lungs and small particles that can **lodge in the lungs**.

What's inside an e-cigarette?

The short answer is '**no-one knows**', and that's a problem.

An e-cigarette can contain **many different chemicals** - very few are identified and none have been tested to show they are safe to inhale. Some of the chemicals found in aerosols can **cause cancer**, others can **cause swelling** and **irritation in the throat** and **lungs** and can impact the **heart**.

Even though the packaging on an e-cigarette might say it doesn't contain nicotine, **most e-cigarettes in Australia are labelled wrongly and do actually contain nicotine**.



How vaping affects your body

Vaping can cause significant harm to your body in the short and long term - even if you use non-nicotine e-cigarettes.

Short-term:

- Vomiting
- Nausea
- Coughing
- Shortness of breath
- Mouth irritation

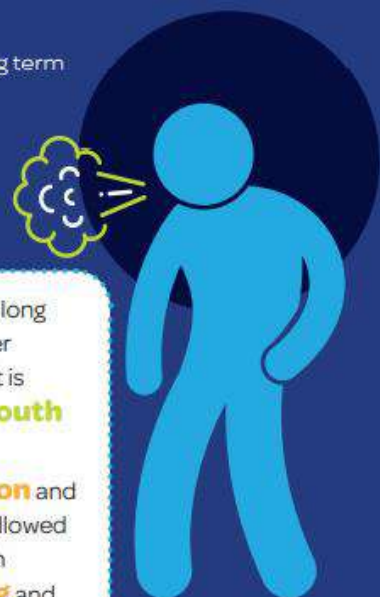
Long-term:

- Lung damage
- Heart disease



E-cigarettes haven't been around long enough to know if they cause other diseases, but most experts think it is likely they will cause **lung** and **mouth cancers**.

Other risks: Nicotine is a **poison** and can make you really sick if it is swallowed accidentally. There have also been cases of e-cigarettes **exploding** and **catching fire**.



How vaping can lead to addiction

- **Nicotine is a highly addictive** drug that can be found in e-cigarettes even when they're labelled 'nicotine-free'
- Some e-cigarettes have been shown to contain as much nicotine as a whole packet of cigarettes
- Your brain is still developing until you're 25
- Nicotine use **affects brain development**, especially the part responsible for attention, memory and learning
- Nicotine use can lead to **life-long issues**
- Nicotine **addiction happens really fast**, which makes it hard to stop vaping and increases the chance you'll start smoking cigarettes to get that nicotine 'hit'



Mythbusting: *e-cigarettes*



Myth: It's only water vapour

Fact: But it's not! Vaping products, actually **produce an aerosol**, which is a fine spray of **chemicals** and **particles**. Those particles can **lodge in your lungs** and the chemicals can enter your body via the lungs.



Myth: It's just flavouring

Fact: Nope! The flavours of e-cigarettes are made from **multiple chemicals** that are not safe to **inhale** into the lungs. Inhaling chemicals can damage your airways and lungs, with the **long-term damage** still not known.

Myth: Vaping is safe

Fact: Nup! E-cigarettes contain **harmful chemicals**, which can cause short and **long-term health effects** like vomiting, shortness of breath and lung damage. E-cigarettes haven't been around long enough to know all the health risks, but experts think it is likely they will cause **mouth and lung cancers**.



Myth: The brand I buy is labelled nicotine-free

Fact: Nope! Labels are frequently **wrong**. Most e-cigarettes on the market in Australia **contain nicotine**, even those that claim that they don't. E-cigarettes are **unregulated**, which means there are no consequences for a manufacturer who doesn't label their product accurately. Even nicotine-free e-cigarettes are harmful to your health.

Myth: I won't get addicted

Fact: Think again! Nicotine is a **highly addictive** drug. Brains are still developing until the age of 25, so teens and young adults are especially vulnerable to nicotine addiction.

Vaping increases the likelihood teens will **smoke cigarettes** down the track, probably because the nicotine addiction – **started by vaping** – drives people to get a **nicotine hit** from cigarettes which are more readily available.



Myth: I see celebrities and influencers vape, so it must be safe

Fact: Celebrities and influencers **are paid** by tobacco and e-cigarette companies to promote vaping. Don't take your health advice from celebrities – they're **not reliable sources** and they're getting paid to promote a product.



Myth: But what about vape challenges on TikTok?

Fact: Vape challenges promoted on social media platforms, like TikTok and YouTube, are often **sponsored by tobacco and e-cigarette companies**.

They're designed to get you to buy their products and **get addicted** to nicotine. These companies **don't care** about your health, they're only **out to make money**.



Myth: Vapes are safer than tobacco cigarettes

Fact: No! Vapes are **more like tobacco cigarettes** than you might think. Nearly all tobacco companies make e-cigarettes because they see vaping as a way to **hook new customers**.

For more information visit:
quit.org.au/teenvaping





MAKE AN IMPACT

Join the Youth Advisory Group!

This is your chance to work with council to make the Yarra Ranges a great place for all young people.

Open to young people aged 15-25

Apply here



This is an **inclusive and diverse group!**
A place to learn how to be an advocate,
make an impact and build leadership skills.

Contact

Louise Grant

0417 913 041 | l.grant@yarraranges.vic.gov.au



yarra ranges council
YAG
youth advisory group



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A 6 week group program
for 8-12 year olds

17/5, 24/5, 31/5, 7/6, 14/6 & 21/6

4:45pm - 6pm @ Boronia

\$180 = \$30 per week

Anxiety/stress, mindfulness
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resources



INSPIRE
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Register now!





Rural Rainbows

Yarra Ranges

LGBTQIA+ Young People's Peer Support Group

Rural Rainbows is a fortnightly social group for people aged 12 – 25 years living in the Yarra Ranges, who may identify within the LGBTQIA+ community or are questioning.

You'll have the chance to have fun, connect with others, and chat about things that matter most to you...coming out? relationships and sex? queer events and pride?...all in an inclusive, safe, and supportive environment.

Our group is led by young people from your own community, who understand what it means to need a space where you can be exactly who you are!

We're kicking off in mid-April 2022 so if you're interested you can email ruralrainbows@each.com.au with your name, age and contact info (or ring EACH on 03 5967 5800) and we'll get in touch to chat!



Feeling Safe: For Secondary School Students

Get the facts

This fact sheet has been designed to give you the facts about child abuse. It includes advice on what to do if you have been abused, are being abused, or are at risk of being abused. This fact sheet also provides you with advice if you know someone who has been abused, or is at risk of being abused.



What are your rights?

- Everyone has the right to feel safe and be protected from abuse.
- No one is allowed to threaten you, hurt you, or touch you in a way that makes you feel uncomfortable, unsafe or afraid.
- This includes all adults, other teenagers and children – it includes everyone from family members, coaches, teachers, to friends and strangers.
- Every relationship should be respectful.
- No one should ever involve you in sexual activity without your consent, and no one should behave in a way that makes you feel unsafe or afraid.
- You don't have to deal with abuse on your own. Talk to a trusted adult. Teachers and other adults at your school can support you to get help.

What is child abuse?

- Child abuse includes physical abuse, sexual abuse, emotional or psychological harm, neglect, and family violence.
- Child abuse can also include grooming. This is behaviour where an adult tries to establish a relationship or other emotional connection with a child, to prepare them for a sexual relationship.
- Child abuse does not have to involve physical contact or force. It can include:
 - controlling a child through threats
 - exposing a child to sexual material and sexual acts
 - exposing a child to family violence.
- Child abuse can be perpetrated by any member of a community or a family member. Abuse can impact anyone and it is never the victim's fault.

For more information on sexual abuse and sexual assault visit Youth Central:
<http://www.youthcentral.vic.gov.au/know-your-rights/sexual-assault>.

What should I do if I have been abused or I feel unsafe?

- You should talk to an adult you trust.
- If you have been abused, or feel unsafe or threatened in any way you don't have to deal with this on your own.
- Abuse is never your fault and you should tell a trusted adult so you can get the help and support you need to feel safe and protected. Talking to someone won't get you in trouble.
- You can tell a teacher or any adult at your school. They will be able to help you.

What should I do if I think someone I know has been abused or is unsafe?

- You should talk to an adult you trust. Any staff member at your school will be able to help.
- You can also help your friend by encouraging them to tell a trusted adult.

What if my friend doesn't want to tell an adult?

- You should still tell an adult you trust on your friend's behalf.
- Even if your friend has specifically asked you not to tell an adult, you still should. It is more important to make sure that your friend is helped and feels protected.

What will happen if I tell an adult at the school that I feel unsafe, or that I know someone who is unsafe?

- You will be helped.
- Teachers and other adults at your school must listen to your concerns and help you.
- The information will not be shared with the person who is making you feel unsafe.
- Information will only be shared with people who can support and protect you.
- In some cases the people helping you are required by law to tell the police, the Department of Health and Human Services' Child Protection services and/or your family to prevent any further abuse, or risk of abuse.

What if I don't feel like I can talk to anyone at my school?

- You should still find a trusted adult to talk to.
- Abuse or feeling uncomfortable is too big to deal with on your own.

There are many people who can support you to feel safe and protected. You can:

- contact eHeadspace for advice online visit: www.eheadsapace.org.au/
Call 1800 650 890
- contact KidsHelp Line: <https://kidshelpline.com.au/teens/> (24 hour web chat) **Call 1800 55 1800**
- Call or visit your local police station or call 000.
- Talk to your doctor, psychologist, social worker, welfare officer, or another trusted adult.

