Dear Parents and Guardians,

Welcome back to the start of the 2014 school year! We extend a special welcome to those who are new to Galen: we hope you find our school community to be supportive, challenging and positive as we work together for the best possible future for your children.

I had the pleasure of greeting all the new Year 7 students on Thursday morning in assembly, and then again as they moved to their classrooms during the day. I was taken with the quick and no-nonsense way they settled into their new surroundings. I look forward to working with them – and you, their parents – over the coming years. Please remember that there will be an Open Afternoon for all parents and guardians of Year 7 students on Wednesday, 12 February straight after school ends.

On the same day, I also had the opportunity to welcome the Senior School students back at their assembly. I made the point to the senior students that at this stage of their learning journey, their best asset is their work ethic, and the their best allies are the teachers. Our expectation is that all will strive to do their best, whatever that best might be for each individual. We will support those who put their best foot forward regardless of whether they are completing the VCE, VCAL, VET or some combination of the above.

Our Years 8, 9 & 10 students returned the following day with similar levels of enthusiasm and energy. I wish them all well for this year as well.

Uniform

It was very pleasing to see the overwhelming majority of students wearing correct uniform on the first two days. There are some families still awaiting shoes to be delivered to shops and I thank those parents for making contact with the school to explain their predicament.

It was disappointing, however, to discover a number of students who were not fully in correct uniform. These students have been spoken to and are expected to be in proper uniform from now on. I ask parents to get on the front foot and make contact with their child’s homeroom teacher or Year Level Co-ordinator or Mini-School Director if you have any outstanding issues regarding uniform items. The school will be contacting parents of students in incorrect uniform if we have not heard from them first.

Thanks for your co-operation in this; your attention to this matter allows our time at school to be much better utilized on the real issue of learning.

New staff this year

In 2014 we welcome the following new (or in some cases returing) staff:

- **Patrick Arcuri, Deputy Principal: Student & Learning.** Pat returns to us after two years as Principal in an International School in Brescia, northern Italy
- **Shaun Mason, Deputy Principal: Learning & Teaching.** Shaun joins us after 10 years at Xavier Catholic High School, Albury.
- **Skye Hunter** who will be teaching mainly in the Arts. Skye is returning from several years in Melbourne: she has previously worked at Galen.
- **Lauren Wilson** who will be teaching mainly Italian.
- **Matthew Henderson** who will be teaching mainly in Mathematics.
- **Kate Meehan** who will be replacing Therese Rodway in the wellbeing Centre as a psychologist whilst Therese is on maternity leave.
- **Luke Ahrens** will also be working in the Wellbeing Centre as a psychologist. Luke will be here 5 days a fortnight.
- **Travis McKenzie** has joined the staff as our new Building & Construction VET teacher.
- **Samantha O’Brien** has started with us as a new trainee receptionist: she will work alongside Kate Clarke until 14 February when Kate moves on to prepare herself for first year university.
- **Tess Rowland, Isaac Smith, Jonathon Panizzo & Cody Schutt** have joined as straight from completing their Year 12 last year. They have been employed as Junior School Officers and will assist teachers across a wide range area of activities including sport, swimming programs, Outdoor Education camps and activities, and other year level camps, etc.

- **Aurora D’Onorio Di Meo** is our newest member of staff having arrived just a week ago from Italy as our new Italian Language Assistant.

**Year 11 Presentation Balls**

The Year 11 Presentation Balls fall under the auspices of the Parents Association and they have been co-ordinated in he past by the President of the Parents Association. Unfortunately, that position has not yet been filled so we are looking for two parents to please step up and fill the following positions:

- President of the Galen Parents Association
- Co-ordinator of the Year 11 Presentation Balls (balls are held in May).

If you are interested in either role, or know someone you think might be, please contact the Parents Association via Allison King either in person at the Galen Uniform Shop or by email: Uniform.Shop@galen.vic.edu.au

**Changes to Middle School Leadership**

Congratulations to Keith Willett, long-serving member of the Galen Catholic College community, on his appointment as Deputy Principal of Cathedral College, Wangaratta from the commencement of second term this year. Keith’s appointment was announced just prior to staff finishing for Rob in his role as Careers & Further Education Co-ordinator.

Congratulations to Rob Walker whom we have appointed as the new Director of Middle School. He will serve alongside Keith Willett for first term and then take over in his own right. We are currently looking from among our own ranks to find a replacement for Rob in his role as Careers & Further Education Co-ordinator.

Good luck to everyone as we embark on the exciting journey of 2014 at Galen Catholic College.

Best wishes,

Bernard Neal – Principal
What's On

- Wed Feb 5 - 7: Yr 12 Retreats
- Wed Feb 5 - Yr 10 OED P1-2 River Safety
- Fri Feb 7 - Yr 11 OED P1-2 River Safety
- Fri Feb 7 - Yr 10 OED P5-6 River Safety
- Wed Feb 12 - Yr 7 Open Afternoon
- Wed Feb 12 - VCE Jumper Presentation
- Tues Feb 18 - Opening Mass 1
- Wed Feb 19 - Swim Sports
- Thurs Feb 20 - School Photos
- Fri Feb 21-22: Production Camp
- Fri Feb 21 - Yr 11 Cricket B/G
- Mon Feb 24 - School Photos (Extra Day)
- Tues Feb 25 - Opening Mass 2
- Tues Feb 25-26: Yr 10 Author
- Wed Feb 26-28 11-12 OED Phillip Island
- Thurs Feb 27 - VCE Music excursion
- Thurs Feb 27 - Injections Yr 7 BG, Yr 9 B, Yr 10 BG
- Mon Mar 3-4: Yr 11 DECA Camp 1
- Tues Mar 4 - Upper Hume Swim Sports
- Tues Mar 4-5: Yr 9 Discovery Bushwalk 1
- Wed Mar 5-6: Yr 11 DECA Camp 2
- Wed Mar 5 - Ash Wednesday
- Thurs Mar 6-7: Yr 9 Discovery Bushwalk 2
- Thurs Mar 6-7: Yr 9 Author
- Fri Mar 7 - Marist Day for new staff
- Mon Mar 10 - Labour Day Public Holiday
- Tues Mar 11-12: Yr 11 DECA Camp 3
- Tues Mar 11-12: Yr 9 Discovery Bushwalk 4
- Wed Mar 12-14: Yr 8 Author Archie Fusillo
- Thurs Mar 13-14: Yr 11 DECA Camp 4
- Thurs Mar 13-14: Yr 9 Discovery Bushwalk 5
- Mon Mar 17-18: Yr 11 DECA Camp 5
- Tues Mar 18-19: Vic Law Talks
- Tues Mar 18 - Hume Swimming
- Wed Mar 19 - Yr 10 OED: Canoe P1-2
- Thurs Mar 20 - 9/10 Volleyball/Tennis BG
- Fri Mar 21 - Fire Carrier Ceremony - Lunch
- Fri Mar 21 - Yr 10 OED: Canoe P5-6
- Mon Mar 24-28: Yr 9 Adventure Camps
- Mon Mar 24 – 9/10 Cricket B, Yrs 7, 8, 9/10 Super 8s BG
- Mon Mar 31 - Timor Immersion Trip
- Mon Mar 31 - Yrs 10-12 Golf Boys
- Wed Apr 2 - Athletics Sports
- Thurs Apr 3 - Caritas K’s
- Thurs Apr 3 - Last day Term 1 for students
- Thurs Apr 3 - Parent/Teacher Evening
- Fri Apr 4 - Parent/Teacher Morning

For the latest ‘What’s On’ visit: www.galen.vic.edu.au

Junior School News
Lauren Lee - Junior School Director

With teachers returning to Galen on Tuesday it never quite feels right until the students arrive and with 206 new Year 7 students streaming through the gates on Thursday we soon knew it was time for the new year to begin. The students were welcomed by Miss Lee, Mr Arcuri, Mr Mason, Mr Sullivan and Mr Neal and then sent off to meet with their homeroom teachers for the rest of the morning. During period 3 and 4 the Year 7 students were given their first taste of classes and then spent the afternoon enjoying some time at the Olympic swimming pool which was much appreciated considering the 40 degree temperature on the day.

On Friday it was time to welcome back the Year 8 students. Everyone looked well rested and ready to take on the challenges of the year ahead. The main message for these students was that it was their time to step up and become the leaders of the Junior school a task which they are well equipped to succeed at. Mr Neal also reminded students of the requirement to be in full and correct school uniform, a message not new to parents and students.

We would like to take this opportunity to welcome a number of new or returning homeroom teachers to the Junior school. Miss Megan Webster, Miss Lauren Wilson, Mr Nick Beattie, Mrs Amanda White, Mr Gerard Sullivan, Mrs Nicole Nixon and Mrs Deidre Turner. We wish them all the best for the year ahead.

Another new face in the Junior school Executive is Mrs Rebecca Hernandez who is the new Year 8 Co-Ordinator. Rebecca has experience as a previous welfare Co-Ordinator at Galen, she has travelled overseas to teach and worked in the wine industry. Her main methods are Science and Psychology. We look forward to working with Rebecca this year and wish her luck in her new role.

For those of you with students in Year 9 you will be aware that Miss Jessica Clarke left us at the end of the Year to move to Melbourne. Jessica has commenced her new position as Year 9 Co-Ordinator at Sacre Cour in Glen Iris and is enjoying the challenges that this change presents.

A reminder to parents on how to contact teachers via email: Firstname.lastname@galen.vic.edu.au

Please do not hesitate to contact us if you have any questions or concerns.

Attention Parents: EMA Financial Assistance Information

The Education Maintenance Allowance (EMA) is provided by the Victorian Government to lower-income families to help with education-related costs. If you have a child under 16, and you hold a valid Health Care Card, Pension Card, or are a temporary foster parent, you may be eligible to receive the EMA. The allowance is paid in two instalments, one in March and one in August. The payment is intended to assist with education-related costs such as; uniforms, excursions, textbooks, and stationery.

For more information, please refer to the EMA Letter and Application Form in this issue of the newsletter. The closing date for EMA applications is the 28 February 2014.

Upcoming Trivia Night for Timor-Leste

Save the Date! Saturday 28th February at St Patrick’s Supper Room

We are planning a Trivia Night to raise funds for the Abafala School in Timor-Leste. As a college community we have a partnership with the Abafala Village to support their dream of rebuilding and resourcing their school. Organise a table of 10, $15 a ticket. More information about the evening will come out in the next newsletter. Please contact the front office if you have any questions.

Uniform Shop

Opening Hours

Tuesday: 10.30am - 2.30pm
Thursday: 1.00pm - 5.00pm

Direct Line: 03 5723 8320
uniform.shop@galen.vic.edu.au

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Welcome Back Senior School

Welcome back to all the students who have been at Galen Catholic College previously and a special welcome to the students who are joining us for the first time in the Senior School. We hope that you will enjoy your time here and that you will consider the many opportunities on offer. A warm welcome to parents and guardians who are new to the Senior School.

The Senior School Pastoral Teaching team consists of the following personnel:

Year 12 Co-ordinator: Mrs. Anne O’Dwyer
Year 11 Co-ordinator: Mr Edwin Evans
VCAL Co-ordinator: Mr Anthony Holligan

Year 12 Homeroom Teachers: Mr Samon, Mrs Nolan, Mrs Evans, Mr Anson, Ms Leonard, Mrs Faithfull, Mrs Albertson, Mrs Byrne
Year 11 Homeroom Teachers: Mr Faithfull, Mr Rispin, Mrs Primerano, Mrs Hunter, Mrs Walsh, Mrs Round, Mr Mason and Mr Arcuri.

Please don’t hesitate to contact your child’s homeroom teacher should the need arise.

Congratulations to Lachie McKellar and Annie Brien the Co-Captains of the College for 2014. They will be wonderful ambassadors and strong leaders for Galen College. Congratulations are also extended to the following student leaders: Year 12 – Ruby Gardner-Russell, Rob Speziale, Ben Talarico, Sarah Cunningham, Benji Taylor, Monique Semmens, Liam Byrne and Mindi Suter; Year 11 – Samantha Pond, Rebecca Morris, Hayley Stibilj, Corey Van Aken, Montana Eisenhauer, Blake Nixon, Amber Dellicastelli, Mehret Hill, Tom Essex, Matt Wright and Luke Ashcroft. We are looking forward to working closely together as a team.

We also welcome back our Italian exchange students and trust that they have been enriched by the wonderful opportunity to spend time in this part of Europe.

Year 12 students and parents/guardians are invited to the Jumper Presentation evening Wednesday, February 12 at the WPAC. Students are expected to be in full school uniform. Please move into the theatre from 7.10pm for a 7.30pm start. The evening usually goes for about 100 minutes.

The Year 12 students will be on retreat from Wed 5th – 7th February at Howman’s Gap and The Bright Chalet.

Year 11 students doing Unit 3/4 subjects will have study periods while the retreat is on.

Important Dates:
Jumper Presentation evening – 7.30 pm Wednesday Feb 12
Swimming sports – Wednesday Feb 19
School Photos - Thursday Feb 20
Opening Mass - Tuesday Feb 25

Sun Smart Facts

• Over 440,000 Australians are treated for skin cancer each year. That’s over 1,000 people every day.

• The most commonly diagnosed cancer among adolescents and young adults between 2003 and 2007 was melanoma; it accounted for more than one-quarter of all cancers in this age group.

Skin Cancer

Skin cancer types are named after the skin cell in which the cancer develops: basal cell carcinoma, squamous cell carcinoma and melanoma. Carcinoma is another word for cancer.

What does skin cancer look like?
Skin cancer generally stands out as being quite different to surrounding skin. If a spot strikes you as being a bit odd, it probably is! Skin cancer mostly appears as a new and unusual looking spot. It may also appear as an existing spot that has changed in colour, size or shape.

Homework Centre!

A great option for students who are falling behind or want a bit of extra help with their homework. Staff from all areas attend to help students with their work.

Where: Senior Library
When: Every Wednesday from 3.45-5 starting 5th February
Who: Anybody!

In Memorium

Vale, Ashlee Breust (past Galen student) who died tragically in a car accident during the holidays. Ashlee was aged 27 and Graduated from Galen in 2004. Our thoughts and prayers go out to her family – Garry, Ryan and Danni.
Buy a red balloon for a friend you love.

8/6 presents:
St Valentine’s Day Helium Balloons

1. Donate $3 to end poverty.
2. Write who you are buying the balloon for.
3. 8/6 will deliver the balloon to your chosen person (during homeroom on Friday 14th February)

Free: you can include a message (it can be anonymous) inside the balloon.

*Balloons need to be purchased by Thursday 13th Feb.

Caritas
AUSTRALIA

St Valentine’s Day
End poverty. Give a balloon to a friend you love.

Full name of person to receive the balloon:

Year level/Homeroom of the balloon recipient:

If you would like a message to go inside the balloon write it below:

This message can be anonymous and will be typed and printed on your behalf. Messages will not be sent with your name unless submitted to 8/6 members by you personally, with your identity verified. Offensive messages will not be delivered.
Financial Assistance - Information for Parents

Education Maintenance Allowance (EMA):

The Education Maintenance Allowance (EMA) is provided by the Victorian Government to lower-income families to help with education-related costs.

If you have a child under 16, and you hold a valid Health Care Card, Pension Card, or are a temporary foster parent, you may be eligible to receive the EMA. The allowance is paid in two instalments, one in March and one in August.

The payment is intended to assist with education-related costs such as, uniforms, excursions, textbooks, and stationery. You can elect to have your EMA paid in one of the following ways:

- Paid by direct deposit (Electronic Funds Transfer) into your own nominated bank account; or
- Paid to the school to be held as credit which you can use towards education expenses; or
- Paid by cheque which will be posted to the school for collection.

In 2014, the annual EMA amount per student is:

- $200 for prep students
- $150 for students in years 1 – 6.
- $300 for year 7 students
- $250 for students in year 8 – until age 16*.

* A pro-rata amount is payable for students turning 16 in 2014.

How to Apply: Contact the school office to obtain an EMA application form. (Please note: we have included the application form in this edition of the Galen Catholic College newsletter for your convenience).

Closing Date: You need to obtain an EMA application form from the school office and return by 28 February 2014.


Please complete the EMA form on page 6 and ensure that you read the Eligibility form on page 7
The following details must be completed by the applicant (the concession card holder). EMA is payable by Direct Deposit (EFT) to the applicant, Direct Deposit to the school, or as a cheque payment.

SCHOOL NAME ____________________________________________

APPLICANT / PARENT DETAILS

SURNAME __________________________________________________
FIRST NAME _________________________________________________
ADDRESS ___________________________________________________
TOWN/SUBURB __________________________ STATE ______ POSTCODE ______
CONTACT PHONE NUMBER: ________________________________

CENTRELINK PENSIONER OR
CONCESSION / HEALTH CARE CARD NUMBER (CRN) OR
FOSTER OR PARENT (*) OR PENSIONER

* Foster Parents must provide a copy of the temporary care order letter from the Department of Human Services (DHS) or Courts, etc.

EMA PAYMENT METHOD Please TICK the box below for your nominated EMA payment method

☐ Direct Deposit to parent
Payment will be made to your bank account by Electronic Funds Transfer (provide bank account details below)

☐ Direct Deposit to school
Payment will be made to school to be held as credit which you can use towards education expenses.

☐ Cheque
Payment will be made as a cheque which will be posted to the school

ACCOUNT NAME (e.g John Smith) ______________________________
FINANCIAL INSTITUTION (e.g Westpac) AND BRANCH ______________________________
BSB No. ____________ BANK ACCOUNT No. ______________________________

* If you are unsure of the above details check your Bank Statements or enquire at your Financial Institution.

STUDENT DETAILS

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The Department of Education and Early Childhood Development collects your personal information for the purpose of administering the Education Maintenance Allowance (EMA) payment. Some personal information may be disclosed to other Victorian Government departments, such as the Department of Human Services, for the purpose of evaluation and monitoring of concession card services.

The Department of Education and Early Childhood Development may disclose some of your personal information to Centrelink to confirm that the details provided matches Centrelink’s records. This is to be used for testing eligibility for EMA applications for 2014.

The Department of Education and Early Childhood Development will provide the above bank account details to Westpac Bank for the sole purpose of making the EMA payment into your nominated bank account. The bank account details provided will not be disclosed or used for any other purpose. You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child’s school.

SIGNATURE OF APPLICANT __________________________ DATE ___________
EMA Eligibility:

The Education Maintenance Allowance is paid to parents of eligible students under 16 years of age, and the student is enrolled at a Government or non-Government School in Victoria on census day, 28 February 2014 for instalment 1 and 1 August 2014 for the second instalment.

The Education Maintenance Allowance will be paid in two instalments and to be eligible you must:
- on the first day of 1st Term (28 January 2014) for the first instalment and
- on the first day of 3rd Term (14 July 2014) for the second instalment:
  - (a) be a parent or legal guardian of the student; and
  - (b) be an eligible beneficiary within the meaning of the State Concessions Act 2004, that is, be a holder of Veterans Affairs Gold Card or be an eligible Health Care Card (HCC) or Pensioner Concession Card (PCC) holder, OR
  - (c) be a temporary foster parent AND
  - (d) submit your application to the school by the date/s listed below.

Parents who receive a Carer Allowance (formerly known as Child Disability Allowance), or any other benefit or allowance not income tested by Centrelink are not eligible for the EMA unless they also comply with one of (a) (b) or (c) above.

Submission dates

The application form must be lodged at the school by:
- 28 February 2014 for the first instalment or
- 1 August 2014 for the second instalment.

Important information

A separate application is required for each school if you have children attending different schools.
If your child transfers schools during the year, you will need to make an application at the new school.

How to Complete the Application Form

NOTE: ALL SECTIONS MUST BE COMPLETED BY APPLICANT / PARENT

1. Complete the APPLICANT/PARENT DETAILS & STUDENT DETAILS section.
   Make sure that the Surname, First Name, and Customer Reference Number (CRN) details match those on your Centrelink card - unless you are claiming as a Foster Parent or Veterans Affairs Pensioner. You will also need to provide your Centrelink card to the school.
   If you are claiming as a Foster Parent or a Veteran Affairs Pensioner, tick the appropriate box. In this case, you will need to provide a copy of documentation confirming your status as a temporary Foster Parent or provide your Veterans Affairs Pensioner card to the school.

2. Nominate your payment method for EMA. You can choose to have your EMA payment;
   • Paid by direct deposit (EFT) into your nominated bank account or
   • Paid by direct deposit (EFT) to the school to be held as credit which you can use towards education expenses.
   • Paid by cheque which will be posted to the school for collection or

3. Complete the STUDENT/S DETAILS section for students at this school.
   Enter SURNAME AND FIRST NAMES in full.
   Enter the DATE OF BIRTH e.g. 15/09/2007.
   Enter the YEAR LEVEL, unless the student is ungraded, e.g. attending a Special School or Language Centre, then enter ‘UNGRADED’ in the YEAR LEVEL column.

4. Sign and date the form and return it to the school office.

LATE APPLICATIONS CANNOT BE PROCESSED

Queries relating to eligibility and payments of EMA should be directed to your school.
Meet the Galen Wellbeing Team

Galen College would like to introduce the new 2014 Wellbeing team that will be assisting students throughout their secondary education. The members include:

Kate Meehan
Hi Galen students, staff and parents. Thank you for this opportunity to be a part of your school. I am currently replacing Therese Rodway (whilst she is on maternity leave), until the end of Term 3. I have had nearly 20 years experience in the social welfare area. I have worked in many differing roles, both within state government and community agencies, from managing a youth refuge, working with at risk and vulnerable children, young people and their families, I have managed teams of case workers, worked in early childhood development and most recently provided family support. I have a very strong interest in education (and completed my post-graduate diploma in Education – middle years last year) and student wellbeing.

Kirsty Woods
I graduated from a Biological Science degree then began an Honours year in Psychology while working in Women’s Mental Health. I enjoyed this experience but had a strong interest in working with adolescents and decided to complete a Graduate Diploma in Secondary Education. My teaching career started at Notre Dame College Shepparton in 1997 before joining the staff at Galen Catholic College in 1999. In 2008 I completed a Graduate Diploma in Adolescent Health and Welfare to gain counselling qualifications specific to work with young people, and I joined the Wellbeing team in 2013. I continue to teach Psychology at Galen with passion and enthusiasm, and I am available for counselling and support to students, staff and parents as a member of the Wellbeing team.

Luke Ahrens – Psychologist
I am local to the area, born in Wangaratta and grew up in Beechworth. I went to Beechworth Primary School and then the Secondary College. I finished Year 12 in 1998, then moved to Melbourne to complete my tertiary psychology training. After university I had a gap year, travelling etc then moved to Mt Isa for my Psychology internship. I barrack for Richmond and Melbourne Heart. The last movie I watched was Cockneys vs Zombies. And the last albums I listened to were Disclosure / Settle and Deafheaven / Sunbather.

Patrick Arcuri
I was born and raised in Wangaratta. I attended St. Patrick’s Primary School and then Galen College for my secondary education. I completed a Bachelor of Applied Science and a Bachelor of Secondary Teaching in Melbourne as well as a Masters of Education. In 2002 I then returned to Wangaratta to work at Galen College as both a Coordinator and Director. I remained at Galen until 2011 before moving to Milan in Italy. In Italy I was the Principal of the International School of Brescia. This year I have moved back to Galen to begin my new role as Deputy Principal – Staff & Student Pastoral Care & Wellbeing. I look forward to supporting the students, staff and parents within the Wellbeing team.

Above from left: Kate Meehan, Luke Ahrens, Kirsty Woods and Patrick Arcuri

Fall in Love with your wetlands this Valentine’s Day

This Valentine’s Day it’s time to fall in love with your wetlands and appreciate Wangaratta’s natural spaces. Bring the kids to join in the picnic and some evening fun on Friday 14th February 6pm – 8pm at Wareena Wetlands, Swan St Wangaratta. A BBQ dinner will be provided and RSVP would be appreciated for catering. Waterwatch bug catching and kids craft activities will be sure to entertain the young and old. Pick up your ‘I heart Wareena Wetlands’ sticker on the night.

To RSVP for this Free BBQ event, please contact Councils Environment team on 5722 0755.

This event is part of the EPA funded Plume Positive project and is hosted by the Rural City of Wangaratta

Respiratory experts talk to parents about asthma

Ever wondered what the experts would say about a cure for asthma? Or how to get your teenager to take their medication? If you want to find out the answers to some of the most frequently asked questions about children and asthma, watch The Asthma Foundation’s new video series – available from:

http://forum.asthma.org.au

For more information, please contact The Asthma Foundation of Victoria on 1800 278 462 or www.asthma.org.au
Term 1 Tennis Program
Starting 3 February 2014

Douglas Smith is Head Coach at Wangaratta Lawn and Boorhaman Tennis Clubs. He is a Club Professional Tennis Coach (registered with Tennis Australia) and has 27 years of experience. Doug and his qualified Tennis Australia coaches offer professional tennis lessons for all age groups.

**Wangaratta Term 1 Tennis starts** 3-8 Feb 2014 from 4pm onwards. Saturday mornings Wangaratta: Hotshots from 9am to 11:30 am

**Boorhaman Tennis Club Starts:** 7 Feb 2014 from 4:30 onwards.

**What can All Stars Tennis offer you:** Hotshots (Junior development), Junior Squads, Private lessons, Group lessons, Adult and secondary School Cardio Tennis, Travel to tournaments, Elite Squad practise, Professional video analysis on request.

**CARDIO TENNIS:** While kids are having their lesson on Saturday morning in Wangaratta parents can join in Cardio Tennis - a social, fun, music filled Tennis program design to keep you fit and burn away those calories.

**Time:** 9:15am on Saturdays Or Mondays at 6:15pm in Wangaratta Lawn tennis Club or Friday at 5:30pm at Boorhaman.

All Stars Tennis is proud to host the Medibank Junior Development Series (MJDS) at the WANGARATTA lawn Tennis Club for boys and girls from age groups U/9, U/11, U/13, U/15 and Open U/18 combined Singles. MJDS is a group of tournaments for beginner to intermediate players and is designed to give players their first experience in playing a series of tournaments throughout the year.

The first of the series start this Sunday 2 Feb at 8:00am. Registration can take place on by going to www.allstarstennis.com.au and following the links from there.

All information can be found at www.allstarstennis.com.au or text/call Doug 0448396496 email doug@allstarstennis.com.au
Back to School in 2014! Be prepared for an Asthma Spike

What is the February asthma spike?
Throughout the year there are significant increases, or ‘spikes’, in asthma presentations to hospitals and emergency departments. Approximately 1 in 10 children in Australia have asthma, and for children and adolescents with asthma these ‘spikes’ usually occur towards the end of holiday periods as they return to school and preschool. A significant ‘spike’ in asthma presentations and admissions to hospital of children and adolescents, experiencing severe asthma exacerbations, occurs throughout the first few weeks of February.

Why does the spike occur?
While there have not been direct links established, the February ‘asthma spike’ is believed to be largely due to children and adolescents coming into contact with asthma triggers that they have had time away from, as they are now returning to school. Forgetting to take their medication, and poor medication adherence, also places students at an increased risk of asthma attacks when exposed to triggers.

Triggers that can be encountered are:
- Dust and mould spores from poorly ventilated, or insufficiently cleaned school rooms
- Respiratory viruses, such as cold and flu viruses
- Cleaning products that leave behind strong smells, aerosols or airborne dust
- Anxiety and stress due to returning to school

What can we do to avoid asthma exacerbations in our school?
- Ensure your school has a sufficient number of Asthma Emergency Kits
- Ensure that each Asthma Emergency Kits contain fresh and in-date reliever medication (e.g. Ventolin, Asmol or Airomir), spacers, record sheet and instructions detailing the emergency procedure
- Ensure student Asthma Action Plans are updated and returned to school
- Ensure staff education and training is current, arranging a free staff asthma education session as required for all new and ongoing staff
- Ensure your school’s asthma policy is current for both onsite and offsite situations, and first aid posters are displayed in key locations
- Ensure staff are aware of which students in their class have asthma, and know where Asthma Emergency Kits are stored
- Ensure all classrooms are opened, cleaned and aired out in the weeks before students return to school. A helpful technique can be to turn on all fans, as well as any heating/cooling systems, to begin to clear dust before students arrive
New approach to working with schools across Australia

The Australian Government Department of Health has provided ongoing funding for Asthma Australia and its member Asthma Foundations to continue to provide training for staff in schools, as well as other education settings (e.g. Child Care staff; Trainee teachers & Child Care Workers).

In addition we have been asked to develop approaches to engage both students with asthma and their parents/ carers in the scope of our work. Through a short survey of 70 schools nationally, it was clear that a flexible approach was needed to be able to work meaningfully with the diverse range of school communities.

We are developing a variety of ways to work through schools and engage with students with asthma and their parents/carers, including face-to-face and online options.

It is our intention to target the whole student group (this was strongly stated in the survey responses), including a focus on how to help a friend/classmate in case of an asthma attack.

For parents/carers of students with asthma we are exploring options such as Expert Q&A sessions in local health/community settings (including webinar access) and Live Well with Asthma sessions at various venues and online. The ultimate aim is to connect parents/carers with their local Asthma Foundation through the new Asthma Assist initiative.

These and other approaches will be in place from 1 April 2014. As part of providing staff training for your setting, Asthma Foundation staff and trainers will also be making contact about these new opportunities and working with you to identify suitable ways to engage meaningfully with your school community.

National Young People and Asthma Strategy

Additionally, Asthma Australia has also been funded to implement this strategy for 12-25 year olds with asthma across Australia. We will work with secondary school students to contribute to achieving this. A major focus will be to develop a tool to encourage better medication adherence through self-management.

Survey including secondary students

A starting point for young people with asthma is a survey we will distribute to gather baseline information and to identify young people who want to contribute to our processes. This will inform our research and provide opportunities for respondents to join a forum and to become members of a reference group for the project evaluators.

This survey will be sent to schools following ethics approval. We will encourage you to inform secondary students with asthma about this and for them to contribute to this worthwhile research that will have international significance.
Galen is supporting Safer Internet Day 2014

Galen is joining hundreds of other organisations across the globe in celebrating Safer Internet Day and promoting the safe and responsible use of technology.

To celebrate the day, Homerooms will be taking the opportunity to watch videos, hold discussions or participate in activities that raise awareness of celebrating positive interactions when online.

Safer Internet Day 2014 is on Tuesday 11th February 2014, with the theme ‘Let’s create a better internet together’, offering the opportunity to focus on both the creative things that children and young people are doing online, as well as the role that we all play in helping to create a better internet.

Nominations for E-Safety Committee

Students: If you are in Year 9 or 10 and would like to be part of the E-Safety Committee, you can nominate yourself by emailing Mr Arcuri: Pat.Arcuri@galen.vic.edu.au. The group meet fortnightly on Day 5 (Fridays) during Period 3 (11.10am - 12.02pm).

Parents: If you are a parent who would like to be part of the E-Safety Committee, you can nominate yourself by emailing Mr Pat Arcuri: Pat.Arcuri@galen.vic.edu.au. The group meet fortnightly on Day 5 (Fridays) during Period 3 (11.10am - 12.02pm), so you would need to be available at that time.

Who’s Who at Galen

Leadership Team
- Bernard Neal: Principal
- Patrick Arcuri: Deputy Principal — Staff & Students
- Shaun Mason: Deputy Principal – Teaching & Learning
- Gerard Sullivan: Deputy Principal – Catholic Identity
- Dom Giannone: Business Manager
- Bern Albertson: Professional Development Co-ordinator
- Anthony Batters: Daily Organiser
- Mick Grogan: Senior School Director
- Keith Willett/Rob Walker: Middle School Director
- Lauren Lee: Junior School Director

The best way to contact Galen staff members direct is by email. All staff have email addresses which follow the formula: firstname.surname@galen.vic.edu.au

Members of the Board and Parents Association can be contacted via the office on 03 5721 6322 or email: admin-enquiry@galen.vic.edu.au

School Board
- Father Mike Pullar: Parish Priest
- Tony Lane: Board Chair
- Bernard Neal: Principal
- Phil Bretherton: CEO Representative
- John Byrne: Parent
- Suellen Loki: Parent
- Angie Semmens: Parent
- Mark Williams: Parent
- Liz Nelson: Parent

Parents Association Executive
- President: Vacant
- Angie Semmens / Karyn Howard: Secretary
- Karen Archer: Treasurer
- Angie Semmens: Board Liaison

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