



COBDEN TECHNICAL SCHOOL

Committed to Students, Committed to Success

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Be sure to check out the website for
our school.
<https://www.cobtech.vic.edu.au/>

Term 3 Week 6
August, 2022

We are committed to find, and celebrate, successful outcomes for students, whether that is in the pursuit of high-level academic achievement, or the development of specific vocational skills.

The values we strive to develop and promote through our interactions with students, parents and other members of our community are Honesty, Excellence, Accountability, Respect and Trust - HEART

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School Council Parent/Student Representatives: Jemma Couch (President) Michelle De Bie (Vice President)
Anita La Franchi Rebecca Perriss Mardi Foster Willoughby Perriss Grace Ritchie Lachlan Herschell

In the spirit of reconciliation, Cobden Technical School acknowledges the Traditional Custodians of this country the Djargurd Wurrung and Kirrae Whurrung peoples of the Eastern Maar nation. We pay our deepest respects to the Elders past, present and emerging, for they hold the memories, the tradition, the culture and identity of the Indigenous peoples of Australia.

From the Principal's Desk

Rohan Keert

Assessment & Reporting

This term we have piloted a different approach to reporting on learning with our Year 7 students. In addition to the end of semester reports, we have introduced a new five-week cycle reporting format which describes your child's progress in the following areas: learning growth – academic progress; learning effort and attitude; ability to stay on task; and, punctuality, equipment, and time management.

In addition to the online reports on Compass, we have mailed home the Year 7 Progress Report for Cycle 1, Term 3. The mailout also contains a new set of descriptors for the levels of achievement.

Progress reports are an important diagnostic tool that enable our teachers to focus their teaching to your child's point of learning. With this in mind, we are surveying Year 7 parents and guardians to establish if there are any barriers to accessing the Term 1 and Term 2 Progress Reports on Compass. We have asked parents/guardians if they would prefer future Progress Reports in hard copy or on Compass. And, most importantly, the survey asks if parents/guardians have discussed this Progress Report with their child.

We look forward to your feedback. We anticipate rolling out the new reporting format for all year levels in 2023.

Wellbeing

As a response to the disruption to face-to-face schooling caused by the global pandemic, all government schools in Victoria have a key improvement strategy for student wellbeing - "Effectively mobilise available resources to support students' wellbeing and mental health, especially the most vulnerable." The CTS Wellbeing Team has created an annual school wide mental health and wellbeing planning map which contains a list of evidence-based programs and initiatives across three tiers of intervention: Tier 1 includes positive mental health promotion; Tier 2 includes cohort specific early intervention; and, Tier 3 includes targeted support.

One of the Tier 1 strategies is the Berry Street Education Model: Trauma-informed positive education strategies. Over the next six months, all CTS staff will undertake four days of trauma-informed positive education professional learning. The first of these pupil free days will be in the last week of Term 3 on Wednesday, 14 September.

The intended outcomes of Berry Street training include: increased student wellbeing and on-task learning; assisting teachers to understand the direct impacts of adverse childhood experiences on learning; and, to bolster teacher wellbeing in the face of secondary and vicarious stressors.

We look forward to sharing our learning and progress with parents and guardians in future newsletters.

A BIG THANK YOU TO ALL SEASONS NURSERY

Recently, we entered a Bare Root Tree Giveaway, run by All Seasons Nursery, and were fortunate enough to win! A big thank you to David, Joanna and Tahlia for running the giveaway and providing us with 10 fruit trees which will be planted around the school and bush block.



Assistant Principal's Report

Narelle Holliday

WE WANT OUR PARENTS/CAREGIVERS/GUARDIANS TO TELL US WHAT THEY THINK!

Our school is conducting a survey to find out what parents/caregivers/guardians think of our school. Parent/Caregiver/Guardian Opinion Survey is an annual survey offered by the Department of Education and Training that is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behaviour, and student engagement. We encourage all families to participate in this survey. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

While previously a random sample of approximately 30 per cent of parents/caregivers/guardians have been selected to participate, this year, all families are invited to participate in the survey.

The Parent/Caregiver/Guardian Opinion Survey will be conducted from Monday, 15th August, to Friday, 16th September.

The survey will be conducted online, only takes 20 minutes to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets, or smartphones. The online survey will be available in a range of languages other than English.

An email with more information and a link to the survey has been emailed home to all parents via Compass. Please speak to Rohan Keert or Narelle Holliday if you would like more information.

Uniform Survey

Thanks to all community members who have recently completed the Uniform Survey. The Uniform Committee will meet next week to analyse the data collected and make some recommendations, if required, to school council.

Real Schools

As part of our partnership with Real Schools, staff receive a regular newsletter. Adam Voigt, was speaking about impulses in this edition. It includes some strategies on how to respond to impulsive behaviour.

Impulses

As we continue to strain and struggle to provide educational normalcy with our students, many teachers are telling me that they have noticed something rather disturbing about them. They are reporting that there appears to be very little gap, or none at all, between impulse and action in our students. The impulse comes to swear, and they immediately swear.

The impulse comes to litter, and they reflexively drop their rubbish on the ground. The impulse comes to even hurt another student and the punch is thrown in a heartbeat.

What is it that we'd like wedged between the impulse and action? It's pretty obvious really. It's thought. We'd like them to think before they act.

To get to that level of empathy-driven self-regulation you're going to need to teach your students to predict the outcomes of their countless daily choices. You're going to need to ensure they hear about that impact in your language.

When telling a student that they shouldn't have littered, tell them that the behaviour disappointed you. Equally, when they do something positive like open a door for you, tell them how impressed you are.

If your staff can normalise this way of speaking, using what we call *Affective Language* in a restorative model, your students will eventually gather enough personally relevant information to ignite that spark of thought between impulse and action.

That thought might only manifest as a seemingly insignificant "Ah, I probably shouldn't" but this leads to an alternate behaviour to littering. That behaviour might be placing their chip wrapper in the bin and you thanking them.

There's power in your words. Choose them wisely and you might even reduce your workload dealing with negative behaviour choices and get yourself busy congratulating more positive ones. Keep fighting that good fight - Adam

Senior Sub-School Report

Sarah Cook – Senior Sub-School Leader

We have been so lucky recently that our students have been able to attend so many excursions, workshops, sports events and face-to-face information sessions. Although sometimes it can be hard to fit everything in we are so grateful after the last two years to be able to be out and about attending events in person and are therefore making every effort to schedule opportunities in for our students. Here is just a snippet of a few key recent events.

Big Day Out

What a fabulous day the Year 12s had. The Numeracy Class planned the day out to meet their learning outcomes and it also ensured that students had a voice to attend an activity to support their wellbeing that they were interested in. Of course, no school trip is complete without a Maccas stop on the way, oh and, of course, another quick visit on the way home. The students had a ball at Planet Mud Paintballing. It was challenging, fun, required cooperation and was just a little bit painful. It was great to see our Year 12s enjoying some time together before the final stretch.



Tomorrow Man Tomorrow Women

All senior students were fortunate to attend these workshops this week. They are aimed to disrupt outdated traditional gender stereotypes and help participants define their own unique story, to start the conversations about the man and woman of tomorrow. Students were really engaged and found the workshops very powerful. Thanks to the Wellbeing Team for organising another important activity.

Look After Your Mates

Year 10 students study a text in English 'The Story of Tom Brennan', that centres around a fatal car accident, how it affects a family and, ultimately, the ripple effect in the small community from a poor decision. The theme is very important particularly in the country where young people need to drive to get to rural locations and are often in the cars with friends and siblings. This session, run by Road Safety Education, focused upon responsible drinking, safe driving and looking after your friends and, although we normally run it for Year 12 students, we thought it was a good opportunity to link in with our text and ensure all students get the important messages about drugs and drink driving information. We encourage parents to talk to their teenagers about these issues and help keep us all safe on the roads.



Senior Info Night

Thank you to all that attended this session. It was such a great turnout and we were pleased to see the enthusiasm about the changes to the Senior Pathways and the diverse opportunities we offer at CTS. Students that were absent should have received a pack of the resources; they are also available to download on Compass. If students have any questions speak to Sarah Cook (VCE Coordinator), Jason Beveridge (Careers Coordinator), Annette Hickey (VET/VCAL Coordinator), Narelle Holliday (VET/VCAL Coordinator and Acting Assistant Principal). Parents are welcome to call or email to arrange a suitable time to discuss any questions. More information will be provided about the next steps.



GAT

As mentioned at the Senior Information Night this year, there are significant changes to the General Achievement Test. Literacy and numeracy are essential skills needed in everyday life and Section A of the GAT gives students the opportunity to show that they are ready for further education, training or to enter the workforce – regardless of the pathway they have chosen.

< WHEN: Wednesday, September 7, 2022

< WHERE: Cobden Recreation Reserve (footy oval)

< SECTION A - 9:30am – 11:45am Literacy and Numeracy

< SECTION B – 1:15pm - 3:00pm General Knowledge and Skills

The GAT will be split into two sections:

- Section A will assess literacy and numeracy skills
- Section B will assess skills in mathematics, science, technology, the arts and humanities, with an increased focus on critical and creative thinking skills
- Senior VCAL students must sit Section A
- All students enrolled in one or more VCE or scored VCE VET Unit 3 –4 sequence will be required to sit Sections A and B.

No special study will be required; however, students will be given time to look at sample questions and participate in some activities to ensure they are prepared. Please speak to Mrs. Cook or Mrs. Hickey if you have further questions.

Study support sessions

Many students arrange informal sessions during lunch time to come and study with a teacher supervising or supporting. We know that for some students it isn't always productive when trying to study at home, sometimes they have too many commitments out-of-school hours or don't have the resources and support they need. Mrs. Cook's Room 6 is open by request Monday-Thursday. On Friday's, we will be offering study support and careers drop-in time. This will be in the Science Wing in the Careers hub. Come on over and have a quiet, safe warm place to study; we can support you and Mr. Beveridge can show you the careers resources, help you look at career options, university course prerequisites and just have a general chat about life beyond school. We can even help you put together a resume, job application or help with any materials you may need to help you study.

EXAM PREPARATION AND RESOURCES

With only a short amount of time left for our senior students, it is important to be reminded that VCE can be demanding, so it's important to be resilient, stay engaged and take care of yourself physically, emotionally and mentally. Developing healthy study habits, connecting with friends and family and making time to have fun can help keep things in perspective. Top tips are to have a plan which is realistic, has built in regular breaks and prioritises sleep and to also have a designated study space.

Whilst it's normal to experience some stress before assessments and examinations if you feel that you're not coping, or there are other things happening in your life that are affecting your preparation, you could consider speaking to your teacher, our school's Student Wellbeing Coordinator, Careers Coordinator or VCE Coordinator. They are trained to provide advice, and make sure you have access to required support. It's also very important to remember that there are many pathways to success in life, and VCE is only one of the ways available to achieve your career goals.

Below are some websites that have excellent tips and further resources:

<https://headspace.org.au/young-people/how-to-reduce-stress-and-prepare-for-exams/>

<https://au.reachout.com/articles/coping-strategies-for-exam-stress>

Junior Sub-School Report

Jennifer McLennan – Junior Sub-School Leader

Term Three has been rolling on and is picking up pace. We have had students participating in such a wide range of excursions, sporting events and incursions. It's pleasing to see our students representing our school with respect and pride as they interact with the wider community.

Every fortnight, the 7-9 Sub-School holds an assembly during mentor time. The 7-9 student leaders run the majority of this assembly, including selecting topics to speak on and writing speeches. During assembly, we also recognise students through the HEARTS awards and uniform draw. Congratulations to the following students:

HEART awards:

Year 7- Olivia Benson

Year 8- Zac Stevens

Year 9- Maddison Newell

Uniform Draw:

Year 7- Olivia Benson

Year 9- Imogen Eddy

Calendar 2022

WEEK 6	DATE	EVENT
Friday	August 19	<ul style="list-style-type: none">• Pupil Free Day
WEEK 7	DATE	EVENT
Wednesday	August 24	<ul style="list-style-type: none">• HSSSD Junior Boys and Girls Basketball
Thursday	August 25	<ul style="list-style-type: none">• Noorat Clay Target Championships
WEEK 8	DATE	EVENT
Wednesday	August 31	<ul style="list-style-type: none">• Parent Teacher Conferences - Pupil Free Day
WEEK 9	DATE	EVENT
Monday	September 5	<ul style="list-style-type: none">• Dental Van Arrives
Wednesday	September 7	<ul style="list-style-type: none">• The GAT 9am-3pm• Year 8 Summit Camp Departs
Friday	September 9	<ul style="list-style-type: none">• Year 8 Summit Camp Returns• Dental Van Departs
WEEK 10	DATE	EVENT
Monday	September 12	<ul style="list-style-type: none">• School Council Meeting 5pm
Wednesday	September 14	<ul style="list-style-type: none">• PUPIL FREE DAY
Friday	September 16	<ul style="list-style-type: none">• Last Day of Term 3 – 2:25pm Finish

Indonesian Speaking Challenge

Liz Formby

Congratulations to Tabitha Perriss and Caitlyn Sargood who attended the Sayembara Lisan, Indonesian Speaking Challenge awards in Melbourne on Friday 12th of August. Tabitha Received a Highly Commended Award and Caitlyn received 3rd place, these awards were given as a statewide competition! Well done to Caitlyn and Tabitha!



Sports Report

Belinda Savage – Sports Coordinator

Upcoming Events

Wednesday 17th August Clay Target Shooting Practice (Noorat)

Wednesday 24th August Junior Basketball (Terang)

Thursday 25th August Noorat Gun Club Clay Target Championships (Noorat)

Thursday 6th October Greater Western Region Interschool Athletics (Ballarat)

Netball Victoria - Intermediate boys netball (Ballarat) 1st August

What a fantastic experience for our Intermediate boy's netball team, attending and competing at the Netball Victoria Interschool Intermediate competition in Ballarat. Coming up against some very tall opponents from big schools, but, it was great to see the commitment of our students not only on the day but by attending all the lunchtime trainings, and being prepared to learn new skills, new positions and always giving 110%.

Well done to Brodie Foster, Jayden Gass, Jesse Wason, Bodhi Crole, Bradey Fratantaro Kayden Daffy, Darcy Benson, Zach Roberts and Riley Chamberlain.

CTS 4 defeated by Christian College Geelong 6

CTS 11 defeated Moama Anglican Grammar 1

CTS 5 defeated by Christian College Geelong 7

CTS 7 defeated Moama Anglican Grammar 5

A big thank-you to Ms. Formby for umpiring at the Championships all day and Harriette O'Hanlon for scoring. To all the students and staff that assisted with training and helping our male netball team, thank-you.



Greater Western Region Table Tennis (Warrnambool) Friday 5th August

Thank you to Mr. Matthews, Mr. Simmonds and Ingrid Bellman for coaching and supporting the Table Tennis teams. The Year 8, Year 9 and Year 10 boys competed at Kings College, Warrnambool, with mixed results, and the Year 12 match was able to take place at our school (on Thursday); we thank Mercy Regional College for attending and competing in this match.

Year 8 Boys – Alan Warden, Adam Jopling, Felix Nguena Nguena, Noah Bignell

YEAR 8 Boys	GP	W	D	L	PTS
Mercy RC	2	2	0	0	8
Cobden TS	2	1	0	1	4
Kings College	2	0	0	2	0



Year 9 Boys – Bodhi Crole, Nash Coverdale, Kayden Daffy and Zach Roberts

Year 10 Boys – Jesse Wason, Jayden Gass, Brodie Foster and Heath Jeffery

Intermediate Boys	GP	W	D	L	PTS
Mercy RC	2	2	0	0	8
Cobden TS 10	2	1	0	1	4
Cobden TS 9	2	0	0	2	0



Senior Boys – Austin De Bie, Mitchell Smith, Willoughby Perriss and Brodie Eddy

Senior Boys	GP	W	D	L	PTS
Mercy RC	1	1	0	0	4
Cobden TS	1	0	0	1	0



Australian Olympic Change-Maker Award

Congratulations to Willoughby Perriss and Brodie Foster on their nomination for the 2022 Australian Olympic Change-Maker Award. This award recognises and rewards students who are demonstrating the Olympic spirit – friendship, sportsmanship and striving for excellence – both on-and-off the playing field through leadership and driving positive change in their school or local community.



Both students will now attend at the Victorian Change Maker Forum, to be held in Melbourne in September. Through the Change-Makers forums, Change-Makers will connect with other young leaders and Olympians around the country to share their voice on issues important to the young Australians. Both Willoughby and Brodie are currently also putting together a 1-minute video which actively demonstrates how they:

- Display leadership through sport in their school or local community, and/or
- Use sport as a vehicle to improve health and wellbeing and drive social change in their school or local community.

A panel of Olympians will determine whether our students will be successful and be selected to attend a National Summit in December.

Good Luck, Willoughby and Brodie.



Volleyball

A big thank-you to Tristan Gibbs from Warrnambool Volleyball Association for coming into school to take Volleyball coaching sessions. Tristan made the sessions very enjoyable and interesting and passed on many skills and active challenges.



Greater Western Region Athletics – (Ballarat) Thursday 6th October

The following students have qualified to attend at Ballarat to compete in the events as listed:

Jayden Gass U16 Boys Discus, Long Jump and High Jump

Bradey Fratantaro U15 Boys Javelin and Triple Jump

Nash Coverdale U15 Boys Discus

Brodie Foster U16 Boys 1500M

Kayden Daffy U15 Boys Long Jump

Noah Bignell U14 Boys Shot Put

Abbey Benson U18-20 Girls 1500M, Long Jump

Please speak to Mr. Simmonds or Belinda Savage to arrange lunch time practice sessions prior to the event.

Victorian Police – Firearms Safety Course

A reminder to the students who completed their Firearms Safety Course to make sure that you have completed the online application on the Victorian Police Website to obtain your Junior Firearms License.

The Southwest Zone Clay Target Shooting Comp is to be held at the Noorat Gun Club on Thursday 25th August and a Junior Firearms License is required. The South West Middle Years Clay Target comp at Lake Gilliear will be held on Monday October 24th and this year will be open to all Year 7 – 10 students.

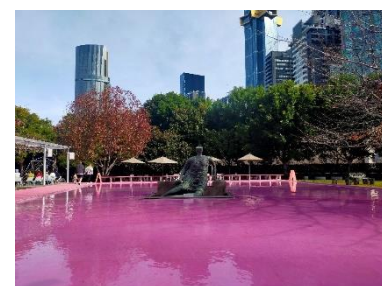
National Gallery of Victoria Excursion

Amanda Camp

Driving to work on a cold winter morning in the dark is not on the top of my 'favourite things to do in life' list, but, this is exactly where I found myself on Thursday the 28th of July. I can make an exception though when I'm driving to CTS to meet 14 other art lovers bright and early (7.45am, I know) for a trip to Melbourne to view The Picasso Century Exhibition.

This time, our Arts & Culture Excursion took us to the National Gallery of Victoria (NGV) in Melbourne to view the exhibition, The Picasso Century, as part of their Winter Masters Series. This excursion was generously supported by the NGV as part of their School Support Program for Regional Schools and included a private lecture, exhibition tickets, lunch in the garden and an art-making workshop.

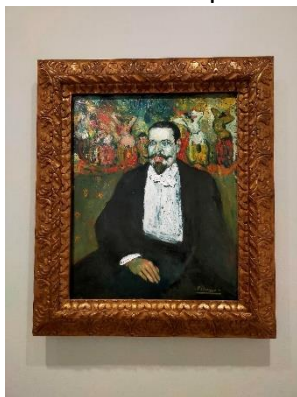
The Picasso Century Exhibition charts the extraordinary career of Pablo Picasso in dialogue with the many artists, poets and intellectuals with whom he inspired and interacted throughout the 20th century. The exhibition features over 80 works by Picasso alongside over 100 works by more than 50 of his contemporaries, drawn from premier French national collections, as well as the NGV Collection. An NGV Educator presented the lecture for the students providing insight into Picasso's early life and prolific career which spanned 80 of his 91 years. We were shown images of key artworks from the exhibition for the students to reflect on and demonstrate their impressive artwork analysis skills.



After the lecture, we enjoyed a delicious lunch in the sculpture garden before spending the next one-and-a-half hours wandering through the exhibition and the multi-level gallery. We then went upstairs into the NGV Learn spaces where the students engaged in an art-making workshop, to create portrait relief prints inspired by the abstract lines and contrasting colours of the works in the exhibition. The Year 7 and Year 9/10 Art elective students were able to flex their printmaking muscles in this workshop after learning how to make lino prints in Semester 1. A display of the students' artwork is currently on show in the CTS library. Next time you visit the library, make sure you take a look and see if you can guess the sitter in each print! (Hint: Broles Henderson in Year 7 often adds a mini top hat to his portraits!).



The Picasso Century Exhibition Catalogue is located in the Art Room Library for anyone interested in having a look and the exhibition is on display at the NGV until 9 October. Our next Arts and Culture Exhibition is on Thursday, 8th September, in Week 9, to the Arts Centre Melbourne to see 'Impermanence', a dance performance by the Sydney Dance Company accompanied by the Australian String Quartet performing an original composition. There are still some spaces left for this excursion and any student interested should chat to Ms Camp.



Careers Report

Jason Beveridge

Maths & Science @ Work

Year 7 and 8 students were lucky to be involved in the Maths & Science @ Work workshops that were hosted by Cobden Technical School. The Maths & Science @ Work was a project developed by the Cobden Technical School with the Neil Porter Foundation and supported by a large number of organisations who gave their time to deliver workshops on the day. Cobden Technical School was chosen to host the event due to the excellent facilities available to us. Students from Timboon P-12 and Terang College were invited to join us at Cobden for the day. Each student that attended participated in four workshops with different employers from the South West region. Each workshop was designed to illustrate the importance of maths and science in the workplace and the range of employment opportunities that rely on these skills in our region. Workshops included discussions as to how to birth a calf, how to build a house for penguins, how to save a life, how to determine how much to feed a dairy cow, how to make delicious chocolate, how to grow plants, how to test water and how to administer medication to sick animals. Students found the workshops to be engaging and educational and a great day was had by everyone involved.



Senior students participated in an information night during Week Four. Since the information night, there have been many conversations with Year 10 students as they strive to determine their best pathway moving forward. Year 11 VCE students have been considering their subject selections for 2023. Any parents or students who are still unsure about their options as they enter Years 11 & 12 in 2023 should contact Mr Beveridge to discuss their plans for next year and beyond.

Students have been busy completing Career Action Plans; most students between Years 9 and 12 should now have completed a Career Action Plan. These plans are created to ensure students are thinking how their futures might look, what they think would suit their needs and what they need to do to make that future a reality. Students will continue to reflect on their career action plans throughout the rest of the year.

Year 12 students considering further study in 2023 are reminded that many educational facilities have their open days this term. Students should be considering where they might like to study next year and visit those facilities where possible. Students who do not intend to continue studying next year are reminded to visit the Careers Hub regularly in order to keep an eye on the Jobs Board as new opportunities are arising regularly.

Wellbeing Team

Melissa Benson, Rachel Walz & Jennifer Finnerty

It's the time of year when school can get a little bit more stressful for our young people, heading to exams and thinking about what is next after school. We talk to our young people often about self-care; just this week we had Tomorrow Man and Tomorrow Woman visit us and do workshops about body image and the pressures they face.

We know there are so many resources out there to help you that sometimes it's hard to know where to start, so we've chosen a few for you. The one we want to highlight this week is how to support your child's healthy relationship with food and a healthy body image.

This article is one of many on how to support your family to have healthy food habits at home and when going to school, habits that will create lifelong wellness.

<https://www.vox.com/even-better/23143111/teen-tween-food-body-image>

And below you will see a fact sheet about supporting your child to develop a healthy body image.

BODY IMAGE *Tips* FOR PARENTS

Children are very sensitive to messages about body image and appearance from their parents. Often you may not even be aware of the messages your child is hearing from you. Parents can have a very positive impact on the way a child feels about the way they look and their self esteem. Helping your child develop a healthy body image is important as it can also strengthen their relationship with eating and exercise and reduce the risk of developing disordered eating and eating disorders.

Here are some tips on ways you can be a good body image role model for your child:

Reflect on your own relationship with your body.

This may not be easy but being aware of your attitude towards your own body will help you be conscious of the messages you send to your kids. Try to avoid looking in the mirror and making negative comments about the way you look. If your child sees that you feel comfortable and happy with your body, this can help them feel comfortable in their own skin.

Avoid talking about diets. Dieting is the biggest risk factor for an eating disorder. Try to avoid talking about diets, your “naughty” eating habits, or your weight and size. This can give kids the impression that weight and size are highly valued by you and they might feel pressure to look a certain way or be a certain size. Celebrate diversity and emphasise how loved and valued your child is no matter what their weight, shape or size.

Talk to your child about the way they feel about the way they look. Encourage your child to talk with you about their feelings. Create space to talk about things on a daily basis including what is happening with their friends. If your child feels safe to talk to you, then they are likely to share feelings about their bodies with you.

Help your child stay body confident when using social media. Talk to your child about the realities of digital manipulation and that what they see in the media and online is not always real. Encourage them to reflect on how their social media experiences make them feel and if it's not positive then they need to change it up.

Despite best parenting efforts serious body image issues and eating disorders do develop. It's important to recognise the warning signs of body dissatisfaction and low self esteem as early as possible. There are certain cues you can pick up on in your child once you know what to look for.

Here are some warning signs to keep an eye on in your child:

- Withdrawal from social events and activities that they used to enjoy
- A focus on diets, calories, health and particular foods. They might talk about wanting to be healthier or fitter and become obsessive about checking the nutritional content of what they are eating.
- They might become irritable or anxious around dinner time. They may refuse to eat certain foods or whole food groups.
- Complaints about the way they look, e.g. “I’m ugly” or “I’m fat”, or negative comments about their abilities, e.g. “I’m hopeless”
- Frequent self scrutiny – such as weighing themselves or excessively looking at their reflection.
- Change in clothing style such as wearing baggy or oversized clothing

If you notice any of these signs in your child it is important to seek help as early as possible. You know your child best, so trust your instincts. If you are finding it hard to be accepting of your own body, remember it's never too late to seek help.

Butterfly can support you. Call our National Helpline on **1800 ED HOPE (1800 33 4673)** or email us at support@butterfly.org.au



Cobden Primary School

PARENTS & FRIENDS

2022 MAJOR RAFFLE

FIRST PRIZE- Samsung 55" QLED 4K TV and Soundbar Package RRP \$2293
(Sponsored by Camperdown Betta Home Living)



SECOND PRIZE- Weber BBQ and Accessories Pack RRP \$1329
(Sponsored by Camperdown Mitre 10)



THIRD PRIZE- Petrol Voucher RRP \$500
(Sponsored by Cobden Roadhouse)

..... \$5 PER TICKET

DRAWN WEDNESDAY 7TH SEPTEMBER
@ SCHOOL CONCERT COBDEN CIVIC HALL



Raffle tickets are now available for purchase from the following supporting businesses:

Cobden

Hampden Vet, Cafe on Curdie, The Blue Wren, Cobden Pharmacy, Cobden Bakery, Reichas, **Cobden Roadhouse (sponsor)**, Hewitt and Whitty, Cobden Golf Club Bistro

Camperdown

Camperdown Bakery. Camperdown Quality Meats, Camperdown Country Roasts, DJs Café, The Chook Shed, Salon 155, Laffs, Sweet Giftz, **Betta Home Living (sponsor)**, The Milk Bar, The Bargain Place, **Camperdown Mitre 10 (sponsor)**, Country Road Farm Supplies, Red Robin Bistro

COBDEN CRICKET CLUB PRESENT

WOMENS & GIRLS COME & TRY NIGHTS

**FRIDAY 26TH
AUGUST**

**FRIDAY 2ND
SEPTEMBER**

5PM-6:30PM

COBDEN TECH SCHOOL GYM

DO YOU ENJOY THE SOCIAL SIDE
OF BEING APART OF A TEAM?

GET INVOLVED WITH COBDEN'S
FEMALE CRICKET TEAMS THIS
SEASON

NO PREVIOUS CRICKET
EXPERIENCE REQUIRED



Ingrid Bellman
Womens & U/17 Girls Coach
0431231651

Craig Hanks
Womens Cricket Coordinator
0407981447

**Camperdown Amateur Basketball
Association (CABA)**

Annual General Meeting

Monday, August 22

7.15pm

Camperdown Community Stadium
(1 Fuller Street)

**Calling on parents and players to join the
committee to ensure a successful season
Season commencing Term 4**

Everyone welcome to attend



JEAN

WOOD

MUSIC

AWARDS FOR PRIMARY AND

SECONDARY STUDENTS

2022 AUDITIONS

SATURDAY, 10 SEPTEMBER

NEIL BLACK MEMORIAL PRESBYTERIAN CHURCH, NOORAT

JUNIOR PRIZE \$100

(Primary aged students)

SENIOR PRIZE \$300

(Secondary aged students)

Conditions of Entry: Applicants need to have played a musical instrument for two years or more, and live in or go to school in the Districts of Terang, Mortlake, Camperdown, Cobden or Timboon. To audition, students need to be play two pieces and will be interviewed.

ENTRY FORMS: 0438 805 958