of our College Business Manager, Lisa Brewer who coordinated the entire activity and was on deck at the barbecue from 8.30 am until the very end.

ANZAC Assembly April 23
I was truly moved last Tuesday at our College ANZAC Assembly. The entire school demonstrated a reverent and thoughtful approach to the messages so eloquently presented by our student leaders. A huge thankyou to Mr Pickering, Ms Verbyla, Mr White and Mr Hogan for their efforts in ensuring all students was well prepared for the assembly.

ANZAC Day
At 6.32 am on April 25th, the dulcet voices of Isabelle Fitzgerald, Jacki Lipplegoes, Shelbi Picone and Isabella Thomas rang out over Daylesford as the ANZAC Day Dawn Service commenced. Their rendition of the National Anthem set the tone perfectly for the rest of the service. The hard work the girls and their music teacher, Ms Susan Verbyla, have put in was obvious to all in attendance. Our College Captains, Kara and Tim then followed this up with their address “Youth and the spirit of ANZAC”. I was very proud to be a very small part of such a moving occasion. At the 10.30 Service, Angus, Vice-Captain, laid the wreath on behalf of our College. Congratulations to all involved for representing our College so well and making the ANZAC day events truly memorable for the community and the College.

Improvement Cycles
All teaching staff have commenced their Improvement Cycles this week as part of their continual improvement as teachers. All teachers have identified an area of improvement and have gathered current data on this area. They will work with other teachers in teams to trial initiatives that have been designed to improve their specific area and then collect further data to measure the extent of the improvement. I would like to commend all staff for their commitment to their continual growth as educators and in particular to Ms Williams for her coordination of this process.

Uniform
Since arriving at Daylesford Secondary College, I have been impressed with the way our students wear their uniform. This is a very tangible sign of our College’s efforts to build a positive learning culture and to continue to develop community pride within our College. Could I ask all parents to continue to support your children in developing this pride and continue the great work I have witnessed over the last two weeks.
Condolences
It was with sadness that we learnt this week of the death of David Baxter, past Principal at St. Michaels Parish School. Our thoughts are with David’s family and all who were touched by him during his life.

David Stuchbery
Acting Principal

From Mr White
Assistant Principal

ANZAC Day
I would like to take this opportunity to thank our College Captains, Tim Bull and Kara Cooper for their outstanding address at the ANZAC Day Dawn Service on Thursday last week. I also congratulate our fabulous four Year 8 girls, Isabelle, Jacki, Shelbi and Isabella who sang ‘Advance Australia Fair’. The girls gave a beautiful performance. Congratulations and well done to you all!

At the ANZAC March and Wreath laying Ceremony our College was supported by College Vice Captain Angus and Jade, Middle Learning Community Captain and Primo, Junior Learning Community Captain. Our students certainly made our College proud, clearly demonstrating our College Values and pride in our College.

Many thanks to Wayne Pickering, Susan Verbyla and Martin Hogan for organising a very moving ceremony at our college on Tuesday 23rd April which involved our College Captains, Vice Captains, Middle Learning Community Captains and our Junior Learning Community Captains. I also thank and congratulate our very talented Year 7.2 and 7.4 Choir for singing ‘Advance Australia Fair’ and Tim Bull, who played a moving rendition of ‘The Last Post’ during Tuesday’s assembly. Well done, to all involved.

Phil White
Assistant Principal

College News & Notices

2014 Year 7 Information Evening
Daylesford Secondary College is conducting an information evening for prospective 2014 Year 7 parents and students.
Date: Tuesday 21st May, 2013
Time: 6.00pm
Venue: Theatre

Staff and students will be available to answer questions. The College will be open for inspection.

Grade 6 Transition Day
Prospective 2014 year 7 students will be attending a transition day on Thursday 23rd May. Students will spend period 1 touring the school and then periods 2-6 will be a normal day. So that we can run this day YEAR 8 IS NOT REQUIRED AT SCHOOL ON THIS DAY.

Student Engagement & Wellbeing

Special Breakfast
We would like to thank The Rotary Club of Daylesford who provided our students with a special breakfast of bacon and eggs last Tuesday 23 April.

Music

Concert Band Rehearsals
Due to the many changes that 2013 brought to the music department, it has taken some time to readjust. It was felt by the members of the concert band that lunchtime was just not enough time to get through everything though Friday is the only day that Mr McKelvey can attend. Therefore the following has been proposed:

Thursday after school rehearsal from 3.30p.m to 4.30p.m for all members. This will be taken by Ms Verbyla.

Friday lunchtime 12.50 to 1.35p.m for all members. This will be taken by Mr McKelvey.

It is understood that students have other commitments of a Thursday afternoon, especially
part time jobs and sports but it is important that everyone who can attend to please do so. This rehearsal will be the putting together of the notes and the overall shape. Friday lunchtime will be when Mr McKelvey can implement the 'magic' needed to finish the pieces.

Please support this very valuable program by attending and BEING ON TIME.

Thank-you
Susan Verbyla

Beginner Guitar, Trumpet & Trombone Lessons Opportunity

Our guitar teacher Greg Thomas and brass teacher Hugh McKelvey have a limited number of spaces available for beginner students. Lessons are only $25 per term and an additional $40 for brass instrumental hire per term. Guitars cannot be hired but one is supplied for lessons. If you are interested please pick up a music application form from the office or the music department. Spaces are extremely limited so it is a first come first serve basis.

Middle Learning Community

Year 9 - Outdoor Education

Due to the industrial action that took place during term 1 and the beginning of term 2, there will be no outdoor education camp in semester 1, as discussed at parent teacher interviews. As planned there will be a camp in term 4 to Lorne for the semester 2 class.

Year 10 Legal Studies Visitors

Year 10 Legal studies are examining our legal system to see not only how it works, but how fair it is.

To assist us with topics such as arrests, the courts and sentencing we have been fortunate to have Sergeant Guinney and Constable Glen from the Daylesford police share their knowledge and experience with the class.

Adding a perspective to the topic, lawyer and parent Vicki Horrigan has also been a valuable guest speaker. The contribution to student learning by members of the local community is very much appreciated. We thank our guest speakers for sharing their expertise with us.

Junior Learning Community

Congratulations to Elise from 7.2 who entered a story in a competition called Teen Ink. She came in the top 10 and her story has been published on the website for viewing, sharing and voting. It is called River Wading. Here is her story:

The continuous, sharp pain of the freezing water electrified my nerves. I waded into the deep, hard river as the pain continued to throb in my legs. My heart was pounding my insides, telling me it wasn't happy. Owls called out across the darkness, letting each other know I wasn’t of any alarm to them. Possums and other small creatures scurried along in the bush to eat in their small underground homes. In the far off distance water gushed down at the great falls. I was in more pain than I had ever been in my entire life. I wasn’t sure if I was going to make it across. I felt really sick and my stomach lurched inside me. My head was buzzing around like a whirl pool. I had to make it all the way across. I wanted to see a herd of horses, which come only at this time of year to drink from a waterhole in the gully. I heard voices calling my name. I would let my family know where I was in the morning, but I really needed this. Now, not tomorrow, I was so close. Now the pain in my legs and stomach was worse, my head was flying, and my vision was blurred. I couldn’t breathe. All the sounds of the surrounding world had disappeared. I crashed down into the deep, deadly river.

Someone was lifting my head out of the water, and carefully helping me to my feet. I opened my eyes and my Dad was peering down at me. I screamed, “Dad! I really need to do this! Please I have to go!” I tore out of his arms and bolted down the bush path. “Ebony?” His voice was hoarse, but as always, demanding.

I stopped and a long outstretched valley lay in front of me. I reached inside my pocket. The camera was fine, despite being under the cold water for so long. I switched it on and positioned myself to take the picture. The scene was beautiful, and the herd was drinking peacefully. I clicked the button and the picture was before my eyes. I stared, mesmerized. I heard footsteps approaching and a stranger in fluorescent clothes approached. I wanted to go home, but not with him. I tried to run away but he was too fast. His voice was kind and his hands held me tight but I wasn’t sure whether I was safe. He reached inside his pocket and talked to someone on a radio. After about ten minutes of waiting, bright orange lights hovered above as a roaring helicopter floated in the air. I was quickly fastened to a strap and pulled to the safety of the helicopter. The world left behind in a fast blur.

The link to the story is http://www.teenink.com/fiction/realistic_fiction/article/533592/River-Wading/

MIPS & Careers Update

Week 3 Term 2 2013

Reminders:

- UMAT – Registrations: until 3 June; test date: 27 July; see http://umat.acer.edu.au
- THE AGE VCE AND CAREERS EXPO 2013 – collect information, ask questions, explore options at one location; 10am-4pm, Fri 6, Sat 7 and Sun 8 May; Caulfield Racecourse
- Accounting Cadetships - Ernst & Young; applications from 9 May till 22 June at www.ey.com/au/careers. Information: 5.30-7pm, Wed 8 June; See: www.ey.com.au
2013 IBM Ballarat EX.I.T.E. CAMP Technology
Careers in Rural Australia' Year 9
The IBM EX.I.T.E camp program is a three day camp
experience for year 9 students who study in Ballarat
and district areas. IBM has worked with University of
Ballarat and Local Learning and Employment
Network, which in turn select the participating
schools. Potential students are nominated by their
teachers, careers and pathways advisors. IBM funds
the costs of the camps completely ‘there is no charge
to those selected to attend’
Dates: Tuesday 23rd July – Thursday 25th July 2013
Camp Location: IBM / University of Ballarat
Post-camp surveys indicate that young students
have an increased interest in the fields of technology
following their participation in EX.I.T.E. Camps.
Camp Activities: Throughout the 3 day camp, up to
30 young students at each camp site learn about
technology and engineering from IBM volunteers
through fun, hands-on activities. The participants will
have experience at an IBM workplace and can
expand on the camp activities and focus on topics
such as careers, assistance with school work and
answering questions related to academic choices.
Transportation arrangements: Parents or
guardians will be responsible for transportation to
and from the camp located at University of Ballarat,
Chancellor Drive, Mt. Helen. Transport will be
provided by IBM for Field Trips.
Applications: Expressions of Interest forms can be
obtained from Bronwyn Barlow Careers or Penelope
Ellis.
Years 11 or 12 Health Careers - next school
holidays
Register early as the places will fill up quickly once
the program becomes well known.
On campus at: Deakin University, Burwood: 9
July Victoria University, Footscray: 10 July La
Trobe University, Bundoora: 11 July Monash
University, Clayton: 12 July
As a year 11 or 12 student, whether you've made
your decision or are still in the process of weighing
up your options, this one-day program is sure to
make your next step toward a career in Health so
much easier.
Come and spend a day on a university campus to:
• come and hear university students speak
about their own study and career decisions
experiences
• ask them questions about their learner-
journey experience, in a relaxed and
comfortable setting.
How to participate:
This activity is open for expressions of interest from
individual students in Years 11 or 12. Go to
and look for
‘Next step’ health workshop - Year 11 and/or 12
to find your preferred event.
Thank you to Daylesford Rotary
Both Kelly Matheson-Miller and Madeline Matheson
attended the Rotary Murray Darling School of
Freshwater Research in April. Our local Rotary Club
supported the girls in attending. Both enjoyed the
experience but more importantly learnt a lot.
Kelly – ‘I was out of my comfort zone but it was such
a great experience. It gave me real insight into work
in the field and importance of water’.
Madeline simply said ‘One of the best experiences I
have had. I loved the environmental stuff, the
science and the new friends’.
Kelly in her waders doing
hands-on science at the
School of Freshwater
Research
Taster Programs Year 10 students – Ballarat
Below are a range of TASTER Programs run by the
Highlands LLEN. Most are run over a number of
weeks although the Agriculture Taster is a single
day. Students need their own transport.
Applications are available from Careers/MIPs office
or Ms Ellis and must be completed by your parent
and then brought to school for finalizing.
• Agriculture – UB MI Rowan Campus, Creswick Road, Mt Rowan
10/05/2013 or 06/09/2013
Friday from 9am – 3pm
Cost is free
• Automotive – UB SMB Campus, Albert Street, Ballarat
04/05/2013 – 27/05/2013
Mondays from 9am – 3pm
Cost is free
• Bricklaying – UBSMC Campus, Building & Construction Dept, Grant Street, Ballarat
14/05/2013 – 25/05/2013 or 17/09/2013 – 28/11/2013
Thursdays from 9am – 3.30pm (1.30pm finish on the first day)
Cost $75
• Civil Construction – UB SMB Campus, Albert Street, Ballarat
27/08/2013 – 17/09/2013
In conjunction with this taster program, students are required to undertake one week of work experience during the school holidays, either 23/09/2013 – 27/09/2013 or
30/09/2013 – 04/10/2013
Tuesdays from 9am – 3pm
Cost $50
• Engineering – BGT, 14 Hill Street, Ballarat
31/05/2013 – 21/06/2013
Fridays 9am – 1pm
Cost $80
• Painting & Decorating – UB SMB Campus, Grant Street, Ballarat
09/10/2013 – 30/10/2013
Wednesdays from 8.30am – 4pm
Cost $220
• Pharmacy – URS Head Office, 20A Armstrong Street North, Ballarat
Compulsory information session to be held on 18/07/2013 from 6pm – 6.30pm
25/07/2013 – 12/09/2013
In conjunction with this taster program, students are required to undertake one week of work experience during the school holidays, either 23/09/2013 – 27/09/2013 or
30/09/2013 – 04/10/2013
Thursdays from 2pm – 5pm
Cost is free
Year 10 or 11 students - Trinity College Young Leaders Program July 2013

If you are a high performing student in Year 10 or Year 11 and are planning a university pathway, you might be interested in applying to undertake this program. It could be a great opportunity to have a taste of university life, meet new people and strengthen your motivation to succeed in their pathway.

The young leaders program is for school students, aged from 14-17, where they come to Trinity College for a one or two week stay.

There is a remarkable change in students who at the start never imagined fitting in, who then develop the desire and motivation to work towards going to university. Many scholarships are offered, including full scholarships for Indigenous, Torres Strait Islander or refugee students, and for students of a low SES background.

Details of the July 2013 Program:


What can I do with a degree or TAFE qualification?

Swinburne has a great addition to their website. It gives details of employment options from their courses, employment information, average salaries and so on. Check it out at: www.swinburne.edu.au/careers and go to What Can I do with my Degree?

Employment outcomes for graduates

Decisions about higher education are some of the biggest you will have to make. What to study? What type if degree? What is right for me? To help with this GradFiles 2010 provides summary information.

Highlights:

- 76.2% of bachelor degree graduates seeking full-time employment were in full-time employment within four months of completing their degrees;
- around one-fifth if graduates were undertaking further full-time study;
- the median annual starting salary for new Australian resident bachelor degree graduates aged less than 25 and in their first full-time employment in Australia was $49,000 (25.6% higher than the median earnings for all Australians aged 20-24 in 2009);
- 93.2% of graduates expressed broad satisfaction with their courses.

While for students leaving secondary school and intending to start a degree it will be 3-4 years before they will look for full-time employment, current graduate employment levels are very relevant. However, it is worth remembering that the employment market may change substantially by their graduation time. Remember, too, however, that graduates are less likely to be unemployed in the long-term than non-graduates (GradFiles, Dec 2010); see www.gradsonline.com.au.

Law at Melbourne Uni

The Melbourne JD is a fully graduate law degree and the only degree offered by Melbourne Law School leading to admission to legal practice. Find out the advantages of the Melbourne JD at the Juris Doctor Information Session. When: 6.00pm (registration at 5.30), Tues 17 May; Where: G08, Ground Floor, Melbourne Law School; Register: www.jd.law.unimelb.edu.au/events/CareersUpdate

Sports Medicine

Sports medicine offers fantastic career opportunities, giving the chance to work with motivated athletes. Two careers evenings are being held:

Event 1

Sports medicine, nutrition, podiatry, psychology, massage therapy, physiotherapy and exercise physiology. Ask questions and collect info. When: 6.30-7pm (registration), 7.30pm (start), Wed 25 May; Where: Olympic Park Sports Medicine Centre (new AAMI Park Stadium) Olympic Blvd, Melbourne; Cost: $25 per student; Enquiries and bookings (by 20 May): opsmc@opsmc.com.au

Event 2

Hear from a doctor, physiotherapist, sports scientist, dietician, psychologist, podiatrist and osteopath at a seminar on Careers in Sports Medicine and Science seminar. Universities will be in attendance. When: 9.30am-1.30pm, Sun 29 May; Where: Melbourne Sports and Aquatic Centre, Champions Room, Aughtlie Drive, Albert Park; Cost: Students $40, parents $25; Register at: vic.sma.org.au; Info: 96674 8777.

Optometry

Deakin University will offer a course in optometry at their Geelong (Waurn Ponds) campus in 2012, the second university offering optometry in Victoria (Melbourne Uni is the other). Deakin’s program is being developed in response to the growing demand for optometrists throughout Australia. The goal of the program is to contribute to and improve the eye health of Australians by educating new optometrists who are clinically competent, work ready, motivated to pursue careers in rural/regional areas.

Focus on Melbourne

Year 10-12 students are invited to look at study options available in New Generation degrees (all 7pm-8.30pm). Focus on Environments, Wed 4 May; Focus on Engineering and IT, Wed 11 May; Focus on Biomedicine, Wed 18 May. For details/booking see www.futurestudents.unimelb.edu.au/focusonmelbourne.

Media and Communication at Deakin University

The B. Arts (Media and Communication) is a broad course with lots of specialisations available: animation, film studies, graphic design, journalism, media and communication, photography, public relations and visual arts. Employment options (depend on specialisation): advertising agencies, creative digital industries, education sector, entertainment industry, film production, marketing consultancies, multimedia business, newspaper and magazine publishers, public relations agencies, radio and TV and web development. Info: http://www.deakin.edu.au/arts-ed/scca/courses/commarts.php
Engineering Science / Sports Engineering
Sports Engineering at Victoria Uni (Footscray Park) is the only course in Victoria emphasizing the application of engineering technology to sports. The course covers areas in human movement sciences; mechanical and electronic; and software engineering with a strong emphasis on sports. Studies are primarily in the School of Engineering and Science with some studies in the new VU Sports Science and Learning Commons Building. Students gain skills to design sports equipment and instrumentation, design solutions to enhance athlete performance, design solutions that minimise the risk of sports injury and work in groups to solve real world industry problems. As a sports engineer, you can work with coaches, elite athletes, the disabled, sports goods manufacturers, venue managers and other engineers. Graduates can look forward to working in areas like AFL, tennis, cricket, swimming and golf (eg. designing lightweight tennis racquets, designing safer cycling helmets, sensor systems to improve athlete training). Pre-requisite subjects are Units 3/4 English (any) and a maths. Info: Dr Lai, 9919 4425, Daniel.lai@vu.edu.au.

College Facebook Page Trial
We are trialling a college Facebook page. The trial is additional way of communicating with families. It may also interest former students / families and community members.

There will be 1-3 posts a week, as well as the listing of events. If you are a Facebook member and you ‘like’ the page then you will be notified of posts.

We understand that not everyone wants to be on Facebook but you don’t have to be a member to see some of the posts / photos / events. When you go to the Facebook page ignore the prompts to sign-up or login and if there is a message box close it.

Scroll down the page to view posts / photos / events. You will have some access but you won’t have access to everything.

Some rules:
• Post only meaningful and respectful comments.
• Be careful what you comment. You are ultimately responsible for what you write.
Remember that what you post on the Internet can be shared with just about anyone and will be archived for years. Carefully consider content before you post!

There will be a review at the beginning of 2014. The address of the DSC Facebook page is: www.facebook.com/pages/Daylesford-Secondary-College/

Catch-up, Cuppa & Cake
The fourth catch-up was at Harvest Cafe last Friday 26th April 9 – 10am

We spoke about uniform, how to improve college/home communication, volunteers, fundraising, the World Challenge, a cookbook, gatherings to talk about topics like helping your child with homework and advice for parents of students in years 10-12. David, our acting principal, came along as well.

NEXT Catch-up, Cuppa and Cake are on 31st May 9-10am (last Friday of the month).

Staff from the college Student Wellbeing Team is present from 9ish to 10 and the principal often drops in. Stay on for a chat and something to eat or drink. Cuppa & Cake Deal for $6.50 @ Harvest Cafe 29 Albert St, Daylesford or just have a cuppa.

Uniform
Daylesford Clothing now has in stock the college dress, skirt and tie. Parents and students, thanks for your patience – these items needed to be respecified to ensure their quality and consistency and this time. Thanks to Rodney for his patience too as it was beyond his control.

College Bags
Do parents and students want a Daylesford Secondary College bag anymore? This is the question for a coming survey – stay tuned.

Contact Details for FSPC
Donna O’Mara on fspc@daylesfordsc.vic.edu.au or 5348-7970

Community News

George the Conductor at the Rex
Traditional slapstick, clown, mime and dance. Family Fun for all ages!
Rex Theatre, 51 Vincent St. Daylesford
SUNDAYS – May 5 & 12.
$7 per person, $25 for family.
Tickets @ door or from “yang with yin” Rex Arcade 5348 1105.

Melissa Banks Music Studio Daylesford
Teaching Piano, French Horn, Trumpet and Theory Member of the BSO (Ballarat Symphony Orchestra) And BWO (Ballarat Wind Orchestra) Beginners to advanced: AMEB, Jazz or Popular.
BMUS (Bachelor of Music)
Teaching Tuesday’s and Wednesday’s
Rates: $25 half hour $40 per hour
Phone: 53481187
Mobile: 0417694741
Email: midoribee@hotmail.com
www.melissabanksmusic.com

Learn About Yourself!
As Marcel Proust, a late 19th century novelist wrote: “the real voyage of discovery consists not in seeking new landscapes but in having new eyes”. Volunteer to host an international high school student in July 2013 through Southern Cross Cultural Exchange and prepare to be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and to see the world in a new light.
Carefully selected students will arrive in July for one term, one or two semesters from France, Italy, Germany, Sweden, Norway, Denmark, Finland, and Spain. They will attend a local secondary school, arrive with their own spending money and comprehensive insurance cover — all arranged by Southern Cross Cultural Exchange. Visit us at our website www.scce.com.au, email scce aust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship.

Daylesford Kinship Support Group

**Daylesford Kinship Support Group**

You’re invited...

Come and meet local kinship families on Thursday the 2nd of May from 1:30-3pm at CAFS (13 Hospital St) for an afternoon tea get together.

Bring your story in to share or ask questions. 

Come and meet local kinship families on Thursday the 2nd of May from 1:30-3pm at CAFS (13 Hospital St) for an afternoon tea get together.

Bring your story in to share or ask questions.

**World Asthma Day 7th May 2013**

World Asthma Day is an annual event held by the Global Initiative for Asthma and this year’s theme is ‘It’s time to control your asthma’. Good asthma control not only improves lung function and means less symptoms during the day and night, but also improves the quality of life for people with asthma. This World Asthma Day, we encourage all schools to consider what good asthma control means for them, the children in their care and their whole school community. If you feel that your student’s asthma is uncontrolled and impacting on their ability to participate in activities please make sure you communicate this to their parents and carers and encourage them to see their child’s GP for an asthma review.

**New Resource for VCE Health and Human Development Students!**

We have a great new fact sheet for students studying the VCE Health and Human Development. Many students choose to focus on asthma as a National Health Priority and we would like to ensure that these students have an accurate, up-to-date and easy to read reference for their projects. Please see the resources section on our website for a copy of the fact sheet.

**School Camps & Excursions**

Camps and excursions are a calendar highlight for students and are a great way to encourage them to try new activities. However camps and excursions can present a new set of challenges for students with asthma and the following is a list of considerations to be made for camps/excursions and the students that may be attending:

- How many children with asthma are attending the camp/excursion?
- Do you have a copy of students’ Asthma Action Plans to take on the camp/excursion?
- What asthma or allergy triggers will the students be exposed to?
- Are there a suitable number of asthma first aid trained staff attending?
- Are there a suitable number of Asthma Emergency Kits available to respond to an asthma emergency?
- Is all staff aware of the asthma emergency procedure?

Considerations to be made for individual students:

- Have they been unwell recently?
- Have they had an asthma attack or asthma symptoms recently?
- Has their parent/carer completed the school Camp and Excursion Medical Update Form?
- Will they have their reliever medication and spacer on hand at all times?
- Are they attending with other medications to be taken and are there sufficient instructions for use/dosage?

**Young people at the National Asthma Conference**

On 19, 20 March Asthma Australia’s conference, Tackling Asthma in Australia — the Next 5 Years, was held in Canberra. Two ACT young people provided a ‘welcome to the future’ for the attendees. Hayley, a secondary school student, told the audience about her asthma and how her school was involved in a project to help other students to know how to help a friend in case of asthma attack. Eddie, an active sportsperson, also told the conference about his asthma, how he managed this to play top level sport, and about his involvement in a day of filming at the Australian Institute of Sport for Asthma Australia. Eddie finished the welcome with, “I’m proud to be involved with Asthma Australia and the Asthma Foundation here in ACT, and helping to get important messages about asthma and self-management to teenagers and young adults around Australia. Asthma Australia has lots of plans to work more closely with people like me. This is really important and we thank you for giving us the chance to have our say.” The winning poster from the competition held at the end of last year, by a student at Woodleigh School in Victoria, was framed and provided to all conference presenters.

**New TRIGGERS booklet**

This booklet was launched at the conference and informs people with asthma and their caregivers about how to recognise their asthma triggers and what can be done to avoid them. Asthma triggers could be something that people with asthma:

- Breathe in (smoke, cool air)
- Catch (cold, flu)
- Feel (emotions, stress)
- Do (exercise)
- Eat or drink, take (medications)

The booklet is available online at the Asthma Australia website via Latest News. This may help
you understand about your student’s asthma triggers, or to inform parents and careers.

**Exercise: a trigger not to avoid**

Students with asthma should participate in sports and other physical activity as a component of a healthy lifestyle. When a student’s asthma interferes with physical activity, they may need to review their use of preventer medication or seek their doctor’s advice about asthma medication they use prior to exercise. The images here show Petrina Price, an Olympic high jump athlete, and Maddie, Issy and Eddie, active young people who manage their asthma and participate in a variety of sports, at the Australian Institute of Sport during filming for Asthma Australia View the promo at: http://asthmaaustralia.org.au/assist/yourasthma/asthma-sport/

**Change it Up!**

Change It Up energises and engages young people aged 16 – 19 living in regional and rural Australia who has an interest in sparking change in their local communities.

In partnership with teams of local citizens, Change It Up ignites and empowers young people to have a voice and to act on issues that are important to them and to their communities.

Working within the communities, Change It Up delivers an intensive program of workshops and community development activities that strengthen the change making capabilities of local young people. Follow up support consolidates skills and networks to put ideas into practice and help young people in rural and regional Australia soar to greater heights.

**WHY?**

Young people living in regional and rural communities can face social isolation and related issues such as increased mental and physical health problems and reduced education and employment outcomes. Active participation in civic life is associated with a greater sense of belonging and wellbeing and quality of life.

Marginalised young people who are contributors in their community will also experience a reduced sense of isolation and social exclusion, as well as a higher self-reported sense of community.

– Evans, 2007 Change It Up enables young people in remote regions of Australia to access social engagement structure and support that are often unavailable to them.

Change It Up offers a unique opportunity to:

> Fire up the imagination of young people.
> Amplify optimism in small Australian communities.
> Generate energy amongst local government, business and local community citizens.
> Above all, shine a light on the possibilities and alternative futures our young people can offer.

**OBJECTIVES**

Change It Up aims to support and nurture the change making action of young people living in regional and remote Australian communities by:

> sparking change making ideas
> providing learning support and seed funding to develop ideas
> building local community connections that help to sustain and enhance change making ideas
> recognising young people’s essential contributions to the economic and social wellbeing of regional and rural communities.

**OUTCOMES**

Since commencing in 2011, Change It Up has worked with numerous young people and Hosting Team members across Australia. Some outcomes include:

> 19 year old Milton received $1000 to work with his indigenous community to create relevant engagement opportunities for young people through sport.
> Post Pop-Up, Tiana Spence and Matthew Ruckert formed the inaugural Central Queensland Leo’s Club junior branch to help young people in regional communities. The branch was officially chartered in January this year and already has 16 members. It is the only organisation of its type in the Central Queensland area.

**5 Year Vision**

Change It Up will work with over 50 communities across Australia to build and link 10,000 people with local support networks, stimulating communities through youth-led initiatives. Change It Up alumni will continue to network within their communities, with FYA and with each other, creating strong resources for social change throughout Australia.

**REACH**

Working with communities across the nation, Change It Up has a very broad reach. Travelling from Rockhampton to Burnie; Bansktown to Kwinana; Change It Up increases access opportunities for young people, enabling them to affect change in their community, and inspire others. In every community, Change It Up will reach our primary demographic of young people. In addition, we will partner with Hosting Teams made up of local business, council and community citizens. Our events will be open to family and friends of participants as well as the broader public. Technology will allow us to stream our workshops on a national scale, reaching out to Change It Up alumni and online social media networks.

**THE OPPORTUNITY**

> Partner with FYA to get Change It Up in your local community.
> Join Change It Up as part of the Hosting Team or mentor program and help improve the lives of rural and regional young Australians.
> Provide support to help us ensure that the potential of young Australians to effect change is not restricted by where they live.