PRINCIPAL’S MESSAGE
Welcome back everyone to term 2. The students and staff have returned to school refreshed and ready to participate in the wide range of teaching and learning programs that have been planned. Next week a group of students from the secondary school will be attending the Rubicon camp where they will be able to experience a number of exciting activities including rock climbing, bush walking, high ropes, initiative activities, orienteering activities, horse riding and rafting down the Goulburn River. Let’s hope the weather is kind to them.

As mentioned in the previous Bulleen Heights School Bulletin the new Toyota HiAce Commuter 14 seat bus has arrived at school and has and will be used every day to transport the students to their off campus programs. These programs include excursions, swimming, inclusion sessions at Templestowe Primary School, Kevin Heinz garden centre, RDA and cross campus activities. I would like to remind all the school community about the use of the school crossing and street parking. We are very fortunate in that a number of years ago we, the Bulleen Heights School community finally qualified to have a school crossing constructed for the safety of everyone, in particularly our students.

We are very proud of the fact that the majority of our students, parents and staff do the right thing, using the crossing correctly and parking appropriately in our local streets, as safety is always the number one priority for all of our students.

We continue to request that all staff and families park safely, use the school crossing at all times and abide by the local traffic laws. Walking in front of school buses or walking across to parked cars and not using the school crossing does not model very good examples for the students.

I thank you for your cooperation, on behalf of all our young people.

Regards
Barbara Smith (Acting Principal)

Parents Association Article
Welcome back to all families for term 2. It was good to have a three day week to welcome us back to the term. I would like to thank all the families that have returned our Request for Helpers/Volunteer form. These new families have now been included into our discussion list and have already received a few messages from the Parents Association. It is not too late to return your form if you also wish to receive updates.

Easter Raffle update
I would like to thank all families that donated Easter eggs and items to our Easter Raffle that was drawn on the last week of term 1. There were enough donations to allow us to create another 3 prizes. The lucky 1st place winner of the raffle was Lyn Trusler from the Pleasant Road Campus. The following people were the other lucky winners: Marcus, Owen, Liam, Tarama and Amelia. Congratulations to all winners.

Mother’s Day Stall
The Parents Association will be holding a stall to allow students to purchase a present for Mother’s Day. The gifts will range in price from $2.00 to $5.00. The stall will be held on Friday May 9 at both campuses. Each class will be taken to the stall and can purchase items for their mother/grandmother/carer.

If you are able to volunteer any time at the stall please e-mail bhspsfa@gmail.com to allow a roster to be completed. Please include your name/contact number/time available/campus preference.

We will need plastic bags to put presents in, if you have any spare please bring them to the office.

Entertainment Books
This wonderful resource is again on sale through the office at both campuses’. The cost is $65.00 per book and you receive over $20,000 worth of offers. Bulleen Heights also receives 20% (or $13.00) of each book sold. The Entertainment Book is a local restaurant and activity guide which provides hundreds of up to 50% off and 2-for-1 offers for the finest restaurants, cafés, attractions, activities, retailers and hotel accommodation to enjoy all year long.

There is also an added bonus this year where you are able to receive your book as a digital membership (when purchased online). This will work with Apple or Android smartphones and with ‘near me’ technology and the ability to show and save using your phone, this is perfect for the person on-the-go, with no Card or Voucher to present.

If you wish to order online, please visit https://www.entertainmentbook.com.au/orderbooks/180773a

Again welcome back to term 2.
Grill’d for a good cause

Kylie Beckers, a teacher at Bulleen Heights School, has achieved a donation of $300 for the school. Grill’d Healthy Burgers “local matters” initiative presents customers with a few causes to which they can donate money when visiting the store. Kylie has increased awareness of our great work and as pictured, was awarded with a cheque from the Northland store manager. Note the glow of awesomeness!

Dear Parents and Carers,

Digital technologies are increasing at a rapid rate and there are many new and exciting ways in which our students can use these to enhance their lives. Whether it be to increase their functional communication skills, engage them in learning or develop key 21st century skills. This year at Bulleen Heights School, we have a new eSmart team, focused on addressing key issues directly linked to digital technologies and online environments. As we work through the process of becoming an accredited eSmart school we aim to educate our staff students and broader community as a whole to be cyber smart, safe and responsible.

Staying safe and smart online has never been more important. More young people are accessing the internet and using social media than ever before. To help us learn more about the needs of our students when developing teaching and learning programs we ask that Parents and carers take some time to complete our survey monkey poll. It is a short ten question, anonymous survey designed to provide us with specific information about how much access to digital technologies and the internet students have at home, as well as what sort of content they are exposed to and using.

You can access the survey by using the link below or by contacting your campus office for a hard copy.

https://www.surveymonkey.com/s/CGM575T

For more information about cybersafety or questions about the eSmart team please feel free to contact myself at greaves.mel.r@edumail.vic.gov.au or Susan Merjan

With Thanks in anticipation of your support

Mel Greaves & the eSmart Team
Dear Parents and Guardians,

The purpose of this study is to learn more about the challenges of parenting a child who has an autism spectrum disorder. Parenting a child with autism can lead to daily challenges which increase stress for parents. The present study aims to gain an in depth understanding of the challenges parents face, and what type of stress parents experience. An understanding of how parent mental health may be impacted by the parenting experience is important as it will help to inform support services.

Participants will take part in a focus group at the Burwood Campus of Deakin University with approximately five other parents. Upon arrival participants will receive a name tag and have the chance to meet the other participants over some refreshments. The focus group will run for 60 to 90 minutes, and during this time participants will be invited to share some of their experiences. The facilitator of the focus group may ask questions of the group throughout the session and participants are free to choose whether they would like to respond. An example of a question which may be asked includes ‘what sorts of behavior does your child engage in which you find most challenging as a parent?’ There will be an audio recording of the focus group session to allow for the creation of a transcript.

It is hoped that the experience of sharing and hearing other parent’s stories will be a meaningful experience for all participants. Participants may potentially experience some discomfort when either sharing or hearing other parent’s stories. The researchers anticipate a supportive group environment and one of the researchers is an experienced psychologist who will be available to provide additional support if required. Although prolonged emotions which may cause discomfort or distress are not anticipated, contact details for both researchers will be provided to each participant in the event they wish to seek support.

The insight gained from listening to parents talk about the challenges associated with parenting will provide essential information to further investigate the type of stress parents may experience when raising their child. This area of research has been largely ignored, thus contributions from participants will aid in guiding future research, increasing awareness of the importance of parent mental health, and determining the best way to support parents who experience elevated stress symptoms. These outcomes will in turn benefit the entire family.

The audio recording and subsequent transcripts from the focus group will only be accessible by the primary researchers. Numbers will be assigned to participants in the creation of the transcript as opposed to first names. Copies of this information will be stored in the primary researcher’s filing cabinet which will be locked during the entire duration of the research project. The collected information will be securely stored at the School of Psychology at Deakin University for a period of five years, independent of any particular researcher’s tenure, and then destroyed. This is standard protocol for the School of Psychology.

The form of dissemination of the research results, including publications, will not identify any participants by name. Participants will be provided with the contact details of the primary researchers and the Deakin University Human Research Ethics Committee if they wish to discuss any aspect of participation in this research. Participants will also have the opportunity to request access to the results from this study.

Participants will be provided with a $20 Coles/Myer gift card to thank them for their time at the conclusion of the focus group.

Participants are free to withdraw from participating at any stage prior to the focus group commencing or during the focus group; however given the audio of the focus groups will be recorded it will not be possible to withdraw their data.

The researchers involved in this project anticipate conducting future studies which will be informed by the information derived from the focus groups. If you are interested in being contacted at a later stage regarding future studies relevant to this topic, please provide your consent to be sent information.

Consent forms are available at the school office.

Contact details of the researchers:
A/Prof David Austin
221 Burwood Highway
Burwood 3125
03 9251 7227
david.austin@deakin.edu.au

Michelle Stewart
221 Burwood Highway
Burwood 3125
michelle.stewart@deakin.edu.au
Parent Information Forum

Eastern Health Child & Youth Mental Health Service (CYMHS)
Community Engagement Team
Dr Jane Vane-Tempest, Senior Clinic Psychologist
Deborah Lawrence, Senior Clinic Psychologist

Presenting

**PROMOTING POSITIVE MENTAL HEALTH IN YOUNG PEOPLE**

Focus of session:
- What supports positive mental health in your people?
- What are the normal “ups and downs” of adolescent development?
- How to recognise common mental health problem in adolescence?
- How can I as a parent/carer help?

Where to go for assistance?
Date: Tuesday 6 May 2014
Time: 7.30-9.30pm
Location: The Whitehorse Centre – Waratah Room
Rear of Nunawading Library Melway Ref 48G9
Cost: $2 Gold coin donation – we are unable to accommodate children

Bookings are essential phone: 9262 6332

Autumn Plant Sale!

Saturday 3rd May from 9.00-3.00
Kevin Heinze Garden Centre Inc
39 Wetherby Road Doncaster

Great variety of quality plants:
- Succulents
- Seedlings
- Hanging baskets
- Vegetables

All proceeds from plant sales go to continuing the Kevin Heinze programs and activities for adults and children

CITY OF WHITEHORSE

**CITY OF MONASH - CALL TO ACTION**

**Big Futures - In-school mentoring program**

**30 MENTORS IN 30 DAYS**

Big Brothers Big Sisters new national in-school mentoring program – Big Futures has been launched in the City of Monash. The program is gaining traction through the strong support of civic, education and business leaders in the local community who have put up their hand to be mentors in the program.

“With the number of challenges and pressures that young people face today, having an adult who is there to listen, support and provide guidance can be invaluable - I can certainly reflect on the guidance and support I have received over the years which is why I am so passionate about this” Innes Kirkwood

Business Banking Executive National Australia Bank Mt Waverley

From R to L Sammy J, Sammy J, (Melbourne comedian), Kate Houlihan, (BBBS mentor) Glen Willis (CEO Moss Capital), Dylan Smith, (past Glen Waverley SC student), Dan Jackson, (Richmond Football Club) Gerry Schiller, (Glen Waverley SC Principal), Geoff Lake (Monash City Council Mayor).

MORE MENTORS ARE NEEDED to fulfil our target of mentoring 70 students at school in 2014 in the City of Monash. Since launching on the campaign on April 1st, we have signed up 4 new mentors.

You can support the program by:
- Becoming a mentor
- Tapping a friend or work colleague on the shoulder
- Passing the word on to your networks
- Identifying business contacts we can connect with.

Information Pack and Applications forms available online at: www.bigbrothersbigsisters.org.au/bigfutures