On May 8th Eden Marine High School enjoyed an amazing day run by the Positive Behaviour for Learning (PBL) Committee. It was a huge success! The outcome of the day was as follows:

- We had the privilege of having 5 past EMHS students talk to the school about how the school and teachers prepared them for life, offering advice and their perspective. We also had two past students living abroad make short videos on what they are doing and their experiences.
- 4 students who form part of the Student Representative Council ran the school assembly, displaying excellent leadership skills.
- Each student can now define what mental health is and the difference between mental health and mental illness.
- Students are now aware that everyone has mental health and there are a number of protective factors and risk factors that can contribute to mental health.
- The PBL day focused on RESPECT. Students completed engaging activities, including self-respect, respect for their peers and the community.
- We coordinated the students on the oval for a photo of RESPECT. Next year we will have resilience and then in 2017 responsibility.
- All faculties held activities with a PBL focus at lunch.
- Media presentations were used to promote the school standards, the PBL ethos and reflect on positive behaviour and the day’s events.
- The PBL team provided a free lunch for all students.

The students and teachers all looked great dressed up in their P, B and L themed costumes. It was such a positive day and the students thoroughly enjoyed it.

See following pages for more photos and our sponsors for the event. For even more photos go to our Facebook page.
We are on the Internet - check our website at http://www.edenmarine-h.schools.nsw.edu.au
Email: edenmarine-h.school@det.nsw.edu.au
PBL: The Students’ Perspective
This was a first to introduce the PBL day and it was a grand success. Due to the amazing organisation of the PBL team, and the SRC support, we had a very fun and exciting day. It was educational yet enjoyable for the school to get together for the first PBL day that will most likely lead to many more of these types of days.
The school assembly was fantastic. SRC representatives, Kaitlin Steiner, Jack O’Connell, Alicia Mathews, Joel Richards spoke and welcomed the special guests. They were all past students and it was great to hear of their accomplishments and how our school, and the teachers, had helped in so many ways. Lunch was filled with different activities around the school such as sudoku held in the maths rooms, scrabble and nought and crosses in the quad, paper plane competition in the gym, and the music staff held wonderful performances with the choir and the school band, also the Karaoke where students and the teachers got there groove on.
The highlight of the day for me was the dressing up as a P, B or L. There were so many different wonderful, creative and colourful costumes around the school.
Kaitlin Steiner (SRC representative)

AWESOME DRESS UP DAY SUCCESS!
P.B.L. Day was on the 8th May at Eden Marine High School. It was the first dress up day this year and it was a great success! Everyone enjoyed themselves as they dressed up in things starting with P, B or L (which stands for Positive Behaviour for Learning – a supportive program run by the school.)
There were very creative costumes, games and competitions with awesome prizes. Everyone participated and encouraged others to join in and have fun.
To finish the day’s activities, all the students gathered on the oval to spell out a giant word – RESPECT – which was photographed by Mr Keenan standing on a very high ladder.
There were heaps of photos taken which were presented as a slide show at the end of the day. There were people singing and dancing – even Mr Moorehead joined in and sang! I hope we have more of these days in the future.
By Layla-Rose Paskevicius

Aurora College Science Day
In week 5, Lachie Cooper and Hunter De Jong (pictured right) participated in a full day of Science experiments under the guidance of Ms G. Sheehan – Head Teacher Science. The experiments focussed on; making silly putty, attempting to launch teabag rockets, testing the strength and force of objects, heating and cooling water and testing water for conductive properties. This was a valuable day of gaining new knowledge and skills.
Mrs K. Taylor (Aurora College Coordinator)
Year 12 Hospitality Students Get Cooking
Year 12 students created and enjoyed a steam boat in their practical lesson as part of their Interacting With Diverse Customers Studies in Hospitality, working towards achieving their Certificate II in Hospitality by the end of the year.

Year 11 Hospitality Biggest Morning Tea
Students co-hosted morning tea with the SRC to support the annual fundraiser of the Biggest Morning Tea. Staff and students enjoyed the experience. Students prepared and served a selection of food and beverage to assist their experience prior to their upcoming work placement.

TAS Project of the week
Technology (Mandatory) Textiles and Design: This semester year 7 and 8 have been working hard to design and create a cushion. Students have been introduced to many textile techniques such as tie-dying, stamping, applique, felting, embroidery, oil patterns and sun bleaching and assembly. They have had the opportunity to create awesome cushions displaying design elements such as colour, proportion, theme and presentation. All students are now trained in using the sewing machine and the iron (so they can now iron their own clothes at home!)
Time and resource management, resilience and problem solving skills are all developed throughout the project. Students are taught how to analyse and evaluate their work as well as gaining new knowledge on the textile industry.

Back: Ebony Ryan, Tegan Grant, Carly Chalker, Fale Wood, Dana Guy-Holloway, Ben Trevelle, Front: Bridie Ahern, Maddi Whatman

Holly Bennettts, Ambah Kebby and Nick Young ready to wait on their guests

We are on the Internet - check our website at http://www.edenmarine-h.schools.nsw.edu.au
Email: edenmarine-h.school@det.nsw.edu.au
LOVE BITES Year 10
On May 6th, Year 10 were lucky enough to participate in the workshop “Love Bites”, funded by SEWACS (South East Women and Children Services), held at Eden Log Cabin.
We participated in 2 sessions focused on Domestic Violence and Sexual Assault. During these activities we learnt the consequences and effects these issues have on Australian women, children and men.
It was surprising to find out these confronting statistics: 1.2 million Australian women have experienced sexual violence or its threat since they were 15 years old; 1 in 3 young people have experienced some form of violence in their relationships; 1 in 4 children have witnessed violence against a parent.
In learning about domestic violence, we watched a video clip on Angela Barker’s experience with violence in a relationship. She was brutally bashed by her boyfriend and spent many weeks in hospital. As a result of the bashing, she had a crushed skull, suffering brain injury and a broken jaw.
This program has opened our eyes to domestic violence and we have learnt how to identify good relationships from bad ones.
In the other session about sexual assault, we had a discussion on the different forms of sexual assault and identified the importance of consent. We talked about how to deal with these situations.
Overall, it was a beneficial workshop and we are now aware of these issues. We have learnt the importance of reporting and talking to others if you are in a situation involving domestic violence or sexual assault.
We would like to thank the SEWACS ladies, the presenter Ozlem Guller as well as Mrs Douglas for making this experience possible.
Written by Kate Beaven, Andrew Davidson and Blayke Thornton
(Year 10 students)

ROTARY YOUTH DRIVER AWARENESS PROGRAM (RYDA)
On Wednesday, Week 3 of this term all of Year 11 attended the Rotary Youth Driver Awareness Program in Frogs Hollow.
The program offered a large amount of cautionary knowledge to increase our awareness of the dangers of driving and how we can reduce them. We participated in first-hand demonstrations of car stopping distance at different speeds and spent much of the day in lessons about aspects of car safety, such as distractions found on and off the road, safety measures in cars and the use of drugs and alcohol before driving. We were also given a presentation by the Bega Highway Patrol on their experiences, and afterwards three brave members of the community, including a student from Bega High School, told stories of road accidents they had been a part of and witnessed while driving.
Year 11 would like to thank all Rotary groups involved with organising the day, especially Pambula Rotary, who generously donated $300 towards bus costs, and the police and guest speakers for their contribution to the program. Overall the day was a very valuable experience and there was a general consensus amongst Year 11 that the day itself was a great success.
We would urge that parents and readers do what they can to support Rotary activities such as RYDA, so that similar events may continue.
Andrew Redman (Year 11)

Left and above: year 11 students listen to presentations by Bega Highway Patrol officers
**Accident Insurance**

From time to time there are media stories about whether children are insured for injuries they sustain during school-related activities, both at school and at events outside of school, such as excursions, sporting or other events. The NSW Department of Education and Communities however does not provide, nor has it ever provided, accident or medical insurance for students enrolled in government schools. Rather, the department is insured so that it can meet the financial impact of any legal liabilities arising from its activities.

For example, if the department or one of its staff is negligent and this causes a student to be injured, then the student will be able to legally recover damages from the department (and the department’s insurance will cover the cost). However, if an accident occurs at a school and it is not caused by any wrongdoing or omission by the department, then the department’s insurance does not cover the student.

The NSW Treasury Managed Fund provides cover for the department’s day-to-day activities. The public liability component covers breaches by the department in its duty of care to students that result in claims for compensation.

**Supplementary sporting injuries benefits scheme:**
The only cover provided by the state government is through the Supplementary Sporting Injuries Benefits Scheme. The Supplementary Scheme covers all students should they be permanently injured or die while participating in authorised school sporting or athletic activities such as school lessons, training and competitions. The Supplementary Scheme provides a capital benefit for particular permanent injuries meeting the minimum disability threshold or death. Benefits are paid regardless of pre-existing conditions or negligence. You do not need legal representation in order to make a claim for benefit.

The Supplementary Scheme does not cover dental injuries, reimbursement of medical expenses, legal expenses or costs.

For more information on the benefits paid and how to make a claim please visit the website, www.sportinginjuries.nsw.gov.au or call 4321 5392.

In addition, there are various forms of insurance for parents wishing to insure their child against accident. These include: Student accident insurance which can be found on the internet. Private health insurance

Parents have the option of taking out private health coverage for their children. This is usually limited to the reimbursement of medical expenses and will not generally provide the breadth of cover provided by a specific student accident insurance policy.

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**Year 10 Work Experience**

forms are now **OVERDUE**

Work Experience: 1 - 5 June

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**What’s behind the mask?**

Year 9 Drama students endeavour to find out!

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**Tax File Numbers**

Students can apply for a tax file number on line and would need to then make an appointment at a participating Australia Post office (with the nearest one being in Bega)

If you would like to order tax file number applications, you can ring or order online using the information in this link. This means that students can use this paper application and have copies of their IDs certified by a Justice Of The Peace.

Zone Cross Country 8/5/15
The sun shone on a beautiful Autumn day as Eden Marine High School played host to the Eurobodalla Zone Cross Country. The challenging Wolumla course was in great shape and as always, provided a test with its uneven ground and hills. The course was marked early in preparation for the 3km, 4km and gruelling 6 km course. As the competitors arrived the nerves started to set in as the athletes walked the course.

Once the first race started, there were some outstanding results coming in as several Eden Marine High students came first. Many others were placed in the top six, meaning they now have the chance to travel to Cambewarra near Nowra for the Regional Cross Country carnival.

Results
Dylan Kennedy 1st 12 yr boys
Rhys Pentacost 3rd 12 yr boys
Issey Newton 3rd 12 yr girls
Jedd Martyn 1st 13 yr boys
Tahlia Marson 6th 14 yr girls
Kahleb Kebby 3rd 15 yr boys
Jaya McCrae 4th 15 yr boys
Talia Westley 6th 15 yr girls
Jayden Smith 5th 16 yr boys
Hayley Ashcroft 16yr girls
Mitch Sieger 2nd 17+ boys
Madi Whatman 1st 17+ girls

The day would not have run so smoothly without the help of teachers and students from the many schools that were in attendance. Jane Hornsby did a great job setting up the course along with the help of Jack McGuire, Josh Brown, Jordan Pilgrim, Ryan Casey and Harrison Peters. Thankyou to Lisa Adams, who supplied keys and helped run the canteen. Good luck to the competitors in Cambewarra.

Girls’ Netball Championships
On Tuesday 19th May, the Opens Girls Netball team travelled to Bega to compete in the Zone Netball Championships. It was cold and rainy in Bega when we arrived and it didn’t get much better as the day went on. Despite this, it was an awesome turn out, with all 8 high schools in the area fielding a team. The girls did our school proud and were commended on their sportsmanship by a number of teachers from other schools. Eden had convincing wins over Jindy, Monaro, Bombala, Batemans Bay and Narooma. Unfortunately, we went down to Bega and the eventual winners, Moruya. Overall, we ended up 3rd. All the girls played some great netball throughout the day. Ally, Bronty and Ainslie were super accurate with their goals all day. Kiah, Abbi and Amy never stopped running and delivered some quality ball to our shooters. Mardi, Amber, Ainslie and Rach did a great job in defence, getting heaps of intercepts and rebounds. Massive thanks go to Nat Cooper for coming as our umpire - you did a great job!
Local support for people experiencing Anxiety, Depression and other mental health issues.

Navigating the health system can sometimes be a difficult task. For many people, knowing the correct service to contact is not as easy as it should be. It is important that people know the services available in their community, and more importantly, how they can access them to ensure they get appropriate and timely care.

If you or someone you know is experiencing anxiety or depression, or perhaps are not dealing with things the way they used to and always feeling stressed, there are services available in the community and on-line that can provide support and help you access the care you need.

For people in crisis situations, experiencing severe mental health issues and requiring urgent support it is important that you contact the NSW Mental Health Line on 1800 011 511 or alternatively call Triple Zero (000) or take them to the local hospital emergency department.

People experiencing mild to moderate mental health issues, such as depression or anxiety, should be encouraged to contact their GP to discuss how they are feeling and see if they qualify for a GP Mental Health Treatment Plan. If this is the case, then your GP can refer you to a qualified allied health professional in the community for counselling sessions. The important thing to remember is that you can access mental health services locally through your GP, most of which will be free of charge and covered by Medicare – just first check with your GP about costs involved.

If you, or someone you know, does not feel comfortable accessing services in the community, there are also a lot of services that people can access online or via telephone. The following services are available 24 hours a day, 7 days a week –

- Beyondblue - 1300 22 4636
- Lifeline – 13 11 14
- Suicide call back service – 1300 659 437
- There are specific online and telephone counselling services available to young people, including: Eheadspace.org.au – 1800 650 890
  Youthbeyongblue.com.au – 1300 224 636
  Kids Helpline – 1800 55 1800
  NSW Gay & Lesbian Counselling – 1800 18 45 27
- The following websites have loads of mental health information and resources for young people:
  Headspace.org.au
  Youthbeyongblue.com.au
  Reachout.com
  Kidshelpline.com.au

There is no shame in speaking to your GP about your mental health. Nearly half of the population will experience some sort of mental illness in their lifetime, so it is important that we all know how and where to access the correct support and encourage everyone to get help when they need it.
DATES TO REMEMBER

MAY
Monday May 18 - 21
• SCLC Music Camp
• Year 7 Assessment week
Wednesday May 20
• Tracey Mitchell Cup Girls 16s and Opens AFL
• Love Bites Year 10
Thursday May 21
• School Athletics Carnival
Friday May 22
• Giants Cup open boys AFL
Monday May 25
• Year 10 Assessment Week
• Preliminary work placement Hospitality
Tuesday May 26
• u15’s Zone Netball Bega
Wednesday May 27
• Love Bites year 10
• Regional Cross Country

JUNE
June 1st - June 5th
• Year 10 Work Experience
Monday June 8
• Queens Birthday long weekend
Friday June 12
• Motivational Media
Friday June 19
• Zone Athletics
Monday June 22
• NAIDOC Day and Assembly
Friday June 26
• Year 9 & 11 Subject booklets issued
Friday June 26
• Year 7, 8 & 9 reports issued
• Last day of Term 2

Is your family missing out on free dental care?
Did you know:
• All children under 18 years old can have free dental checks with the public dental service
• If you have a Government concession card and all those on your card are also eligible for free dental care with the public dental service
• Waiting times are reducing due to the extra funding so it’s a good time to register your family

Call 1800 450 046

https://www.facebook.com/edenmarinehigh and keep up to date with events/news happening at your school!
Student Absence Note

TO: Eden Marine High School

Date: ____________________ Roll Class: ____________________ Year: ____________________

Please excuse the absence of my son/daughter: ____________________
on (dates) ____________________
Total number of days absent: ____________________
The reason for the absence/s (this reason must be specific, not just “he/she was sick”): ____________________

Parent Name: ____________________ Parent Signature: ____________________ Date sent: ____________________

Change of address and/ family

Name: ____________________

Year: ____________________ Roll class: ____________________ Date of change: ____________________

Advised by: ____________________

New address: ____________________

Please indicate if changes in family structure? ____________________ Yes ____________________ No ____________________

Phone #: ____________________ Mobile #: ____________________

Do you currently have a bus pass? ____________________ Yes ____________________ No ____________________ N/A ____________________

NOTE: A new bus pass application must be completed when a student has: A change of address, a change of name, change of school, change of details or comes under joint custody.

Signature: ____________________

Office use only

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