



BROADFORD SECONDARY COLLEGE NEWSLETTER

No 14

1st September 2023

COMING EVENTS

September

Mon 4th

Yr 7 & 8 Rail Talk
Vline Users

Wed 6th

VET Active Volunteering
Excursion

Thur 7th

SR Athletics
(Shepparton)

Fri 8th

Yr 8 Broadlands Stalls

Mon 11th

Parent Teacher Interviews

Mon 11th - Fri 15th

Yr 10 Work Experience
Week

Tue 12th

Yr 9 Outdoor Ed
Mt Piper Walk

Fri 15th

Term Finishes
2.30pm

October

Mon 2nd

Term 3 Starts

Mon 2nd - Fri 6th

Yr 12 Practice Exams

Fri 6th

Hume Athletics

PRINCIPAL'S REPORT

This morning we celebrated Father's Day with a fabulous breakfast cooked and supplied by our Well-being team and students. Thanks to all the fathers, grandfathers, uncles, stepdads, and other significant males who attended this morning. We always enjoy hosting events in which our community can participate.

Today was a busy day, as it was also the start of Broadland Stalls. This event is run by our Year 8 Jigsaw classes where they experience and learn how to run their own business for the day. Lots of preparation went into this event and again it was fabulous to see so many families attend and support our students and school. I look forward to next week's 2nd run with slight improvements and modifications.

Earlier this week Ridley House hosted our annual talent quest. Congratulations to all staff and students who braved the stage to perform. We have some amazing talent within the school. Winners of the talent quest are yet to be announced.

Last week the Library hosted several exciting activities to celebrate Book Week, including dress-up as your favourite book character day. Thank you to the Library staff for organising so many varied activities for the week.

Each term the school practices an OH&S drill. This term we underwent a Lock Down drill where students went through the required steps to be taken if a Lock Down were to occur. We also took the opportunity to explain the difference between a lockdown and a lock-out. These drills are extremely important as unfortunately we never know when we may find ourselves in a situation where they are required.

Recently I had the privilege to visit the Alpine School – Don Valley Campus, where a group of 5 BSC students have been attending all term. This is a leadership camp, where the students live on campus, and work together on a project that they can then bring back to BSC and activate. I was very impressed with the quality of work and confidence the students displayed and look forward to their return in week 10.

Continue reading on page 2.....

Pinniger Street

PO Box 108

Broadford 3658

Tel: 03 5784 1200

<https://broadfordsc-vic.compass.education/>

Principal: Ms Tania Pearson

PRINCIPAL'S REPORT CONTINUED

Lastly, I would like to remind all school community members of the importance of one of our school values: Respect. In the best interest of all members of our school, we all try very hard to always display this value. When contacting the College, please be polite to our staff members, as they come to work each day to support and care for your children with the best possible intentions. If you have any issues, please respectfully contact their year-level coordinator, keeping in mind they may not be readily available at that moment, as they all have a teaching load. Coordinators and other staff will endeavour to return your calls or emails at their earliest possible convenience. I thank you for your understanding in this matter.

Tania Pearson

Principal

Catch up immunisations

The Mitchell Shire Immunisation nurses will be visiting on the 17th October. On this day they are offering a one-off service to provide catch-ups for all year levels of any missed immunisations from birth to school age.

Please find attached the consent form for looking up your child's immunisation history. If anyone is interested they can complete and return the attached form prior to the 17th October to immunisation@mitchellshire.vic.gov.au or send a photo on 0407 892 925. If any child has missed any vaccination the family will then be contacted and consent will be requested prior to immunisation.

Mark Boland
Assistant Principal

Homework Club

**Do you need to complete work for your classes?
Would you like help from an available teacher?**

Why not consider attending Homework Club!

**When: Mondays Lunchtime 1:15pm – 2:00pm
Mondays After School 3:30pm – 4:30pm (with Ms Reid)**

Please note that Homework Club will not run on Monday 11th September due to Parent / Teacher Interviews



More photos of our students participating during Science Week:



Starting their ice-cream.



Nearly completed ice-cream.



Aeysha and Kara's quiz prizes.



Dissecting a cow's eye.

Mrs Campbell (Science KLA Leader)

Unit 2 Biology – Thursday 31st August



As part of our work on adaptations aiding the survival, Jaedon McCrum brought his bearded dragon Oscar into class. Jaedon shared his knowledge of skin pigment changes Oscar goes through in response to light, as well as other interesting information. He also feed Oscar his favourite food - meal worms! It was a great learning opportunity for us all.



Oscar 'hanging' with Jaedon.



Completing our experiment.

Mrs Campbell
Year 11 Biology Teacher

MITCHELL SHIRE COUNCIL



Immunisation History Request Form

| | | | | | | | | | | |
|-----------------------------------|--|--|--|--|--|--|--|--|--|----------------------|
| Date of request: | | | | | | | | | | |
| Request is for child (Full Name): | | | | | | | | | | |
| Medicare No (if available): | | | | | | | | | | Number by your name: |
| Date of birth: | | | | | | | | | | |
| Address: | | | | | | | | | | |
| Mobile of parent/guardian: | | | | | | | | | | |
| Contact Email: | | | | | | | | | | |
| Name of School : | | | | | | | | | | |

Please advise which year your child is currently in and which class they belong to:

| | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Year 7 | Year 8 | Year 9 | Year 10 | Year 11 | Year 12 |
| Class: | Class: | Class: | Class: | Class: | Class: |

If any immunisations are outstanding (or not) for your child you will be advised, and consent will be requested if you would like your child to receive any missed vaccinations when we visit your child's school in October 2023 (you can also attend any of our local Immunisation sessions for this – timetable is available on the Mitchell Shire website for time/date/location).

If your child is 14 or over, please have them counter-sign this form with you as this is a requirement

| | | | |
|--|--|----------------------------------|--|
| Please print your name Parent/Guardian: | | Please print your name Child: | |
| Signature: | | Signature: | |

Please return forms to: Immunisation Department - Mitchell Shire Council - 113 High Street, Broadford, VIC 3658 or email completed form to immunisation@mitchellshire.vic.gov.au or send a photo to 0407 892 925 of the signed form
Immunisation Forms – Immunisation History Request 28 August 2023

Community Pride Awards

The Broadford Community Pride Award is an initiative between the Broadford Secondary College and Nexus Primary Health and celebrates positive community actions undertaken by Broadford Secondary College students.

Students are nominated by school staff for actions that support and foster a positive environment within the school community or the wider community. In the past, students have been nominated for compassion towards their peers, honesty, school spirit and high work ethic.

Term 2 Community Ceremony celebrated on July 28th. The term 2, overall winner was Alexis Carter for helping a student who was on their own in distress at bell time. Alexis stayed with the student, talking to them while they waited for a staff member to assist. Alexis showed wonderful compassion.

Congratulations to all students who received a nomination!





On Friday 25th July we celebrated Wear It Purple Day with lunch time activities available for students and staff. We had fun with nail polish painting, biscuit decorating, a hand print message board, board games and a visit from Mitchell Shire Youth Service with badge making.

At its core, Wear It Purple® Day is about supporting LGBTQIA+ youth.

Wear It Purple Day is a day of significance for many Australians, it focuses on our LGBTQIA+ youth and the issues they face, whilst showing them they have the right to be proud of who they are and who they are becoming. Wear it Purple Day is now an international movement of expression, celebration and support.



FLOOD RECOVERY
Seymour Show Returns!

Kings Park, October 2022

SEYMOURAGSHOW.ORG.AU
[Entry: showday.online/show/seymour](https://www.facebook.com/entryshowday)

SEYMOURAGSHOW.ORG.AU

2023 SCHEDULE

THE SEYMOUR SHOW

Friday 6th October 4pm - 9pm
 Saturday 7th October 9am - 4pm
 Kings Park, Tallarook Street, Seymour

Year 9 C & D SEPEP

In Year 9 C & D PE this term, students participated in an exciting SEPEP Sporting Competition. SEPEP stands for Sport Education in a Physical Education Program, where students take on various roles like coach, captain, team manager, scorer, timekeeper, organiser, umpire, and reporter to run a round-robin sporting competition within a team environment.

Students have done a fantastic job organising the competition week-in-week-out and we have seen some amazing Dodgeball and Netball played.

Today Year 9 C & D concluded their Netball and Dodgeball finals. We have decided to share some of the match reports that students have written over the course of the competition.

On Thursday the 27th of July, Broadford Bears played against the Bin Chicken in dodgeball. In the first half of game 2, Olly Duncan had some astounding catches and throws as well as Bailey White, finishing the first half of Game 2 with Bin Chickens in front. Starting off the 2nd half of game 2, we saw some good plays coming from Leigh Milne and Phil Dixon, and some good sportsmanship coming from Bailey White. The end of Game 2 ended up as a draw with Bailey White getting the Best and Fairest award.

On Thursday 22nd of July, Big Foot Babes played dodgeball against the Outback Pingers. At halftime the game was tied, in the second half, Mateen put on a show and won it for the Outback Pingers. Mateen won best and fairest for the game.

On the 30th of August, the Broadford Bears and the Bin Chickens played for 3rd and 4th. It was a slow start. By the end of the first game, it was just Marcel and Phil, the Bin Chickens only just won. The Bin Chickens lost the second game. The third game ended in a tie and had to do a penalty shoot-out. The Bears won.

Cami 9D

On Wednesday 30th of August, Bigfoot Babes, and Outback Pingers played in the Dodgeball Grand Final for 2023. Bigfoot Babes were winning at the beginning and had 7 out of 10 players out from Outback Pingers. But then Outback Pingers got 5 out of 9 of the Bigfoot Babes out and knocked one of the Bigfoot Babes cones over, and they only had one remaining. It came down to 2 vs 3 on the court with 5 minutes remaining but Mateen for the Outback Pingers dominated and ended up getting every one of the Bigfoot Babes out! Outback Pingers won the first game and after running out of time in the second game, Outback Pingers won overall!

Leah 9C

Final results:

| Dodgeball | | | |
|---|-----------------|---|--|
| Grand Final | Outback Pingers | 1 | def Bigfoot Babes 0 |
| Playoff for 3 rd and 4 th | Broadford Bears | | def Bin Chickens via <i>penalty shootout</i> |

| Netball | | | |
|---|-----------------|---|-----------------------|
| Grand Final | Bin Chickens | 2 | def Bigfoot Babes 0 |
| Playoff for 3 rd and 4 th | Outback Pingers | 6 | def Broadford Bears 4 |

See page for 7 photos.....



SCHOOL REFUSAL

School refusing children experience significant emotional distress not only when going to school but also at the thought of going to school; they may be absent from school for weeks or even months at a time. School refusal differs from truancy as children generally stay home with the knowledge of the parents and despite their best efforts to encourage their child to go to school.

School refusal can be very distressing for parents who can find it very difficult to manage and address; it can cause conflict in the home and disrupt routines.

Identifying the cause of school refusal can be difficult; there may be a number of complex causes. Early intervention is essential as prolonged absences from school can greatly affect a child's social and emotional development, academic achievement and vocational opportunities.

HOW CAN I TELL IF MY CHILD HAS ANXIETY ABOUT GOING TO SCHOOL?

Signs of anxiety include:

- Having lots of worries and a strong need for reassurance
- Psychosomatic symptoms which occur before school (e.g. nausea, stomach aches, headaches or shortness of breath). These symptoms will reduce when the threat (fear of going to school) is removed
- Crying, being clingy or fidgeting when nervous
- Sleep problems such as difficulty falling asleep, nightmares or trouble sleeping alone
- Fear and avoidance of a range of different issues and situations.

Becky Acott

Re-Engagement Officer



Lockers

All students are allocated a locker when they begin at Broadford Secondary College.

Students are also allocated a combination padlock to use during their time at the College.

If by chance the lock will not open due to mechanical error we will replace it with another lock, but any lock that is damaged due to misuse or misadventure or is lost by the student will incur a \$15 replacement fee.

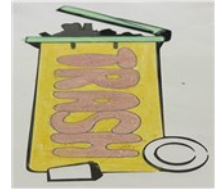
Students are also expected to remain in their allocated locker within their House area.

Student Locker locations are also rotated on a yearly basis.



Bin Competition Winners

We have selected the finalists of the Bin Design Competition.



There were many Bin Designs to choose from, making it very difficult to select the winners.

The entire VCE VM sat together and decided on three best bins designed for 1st, 2nd and 3rd, and runners up.



Thank you to all the students who participated in the competition. Congratulations to the following students:

Places

1st. Ella Childs 9B- \$100 Gift Voucher donated by Office works

2nd. Payton Childs 7A - *Worm Farm* valued \$100 Donated by Mitchell Shire Council

3rd. Iris Scott- \$50 Bendigo Bucks donated by Bendigo Bank Broadford

All Runners Up receive a canteen voucher. The Runners up Were...

Alyssa Nelson 9A
Jordan Russell 8B
Shyla Parker 7C
Mia J Nikota 9D
Olivia Everitt 9D



PE News

Over the last few weeks students have been participating in a range of fitness and dance activities as part of the lunchtime activity program.

Students from different year levels engaged in a bootcamp style fitness circuit that included boxing, fitness dice and speed ladders. In the dance activity students were involved in Just Dance with their peers, dancing along to classics from One Direction and Aqua's Barbie Girl.

Mitchell Smith

Health & Physical Education Leader



Wellbeing News...

I would like to introduce myself to the BSC community. My name is Aaron Tilley and I have stepped into the position of Wellbeing Coordinator previously held by Jason Gatt. I have had the privilege to meet Jason and I have some big shoes to fill. I have spent the last few years working in school wellbeing, and I am excited to collaborate with the wellbeing team at BSC. On a personal level I come from Geelong and have recently shifted to the tree change life, everyone from the school community, and the local community have been welcoming and friendly, so I would like to say thank you.





Department of Education

2 Treasury Place
East Melbourne Victoria 3002
Telephone: 03 9637 2000
DX210083

Dear parents and carers

The National Assessment Program – Literacy and Numeracy (NAPLAN) assessments held earlier this year had a very high participation rate from Victorian students, with participation levels returning to pre-COVID levels.

Last month, families with children in grades 3 or 5 or years 7 or 9 who participated in the assessments received their results through an individual NAPLAN report.

Today, the statewide results have been released, and I am pleased to have this opportunity to provide some information about Victoria's performance.

There are a total of 20 tests each year across grades 3 and 5 and years 7 and 9 that assess student achievement in reading, writing, numeracy, spelling, grammar and punctuation. Of the 20 tests, Victorian was ranked first or second in 16, more than any other state or territory, and an improvement on the 2022 results when the equivalent figure was 12.

NAPLAN results for Grade 3 are of particular importance because the first 3 years of schooling establish the foundation for further success. Victorian Grade 3 students achieved the highest results in the country for both reading and numeracy.

In secondary schools, Victoria had the lowest proportion of students needing additional support in both years 7 and 9 in both reading and numeracy compared to all other states and territories.

The results have also highlighted the fact that we need to continue our efforts to close the gap between advantaged and disadvantaged students. While Aboriginal students in Victoria achieved higher results on average than in other states and territories, the gap between the performance of Aboriginal and non-Aboriginal students is still too large, as is the gap between the average performance of metropolitan students and that of regional students.

Overall, however, while we are clearly focused on the areas where further improvement is needed, these are excellent results. They are a tribute to the outstanding work of teachers, principals and staff in the schools across our state.

No one would suggest our schools are perfect. Education is always an unfinished business. But on the evidence of today's release of the statewide NAPLAN results, Victorian teachers and school principals are doing a great job.

A handwritten signature in blue ink, appearing to read 'D Howes'.

Dr David Howes
Deputy Secretary, Schools and Regional Services

SUPPORT YOUR CHILD'S EDUCATION WITH 12 MONTHS FREE INTERNET AT HOME

The Australian Government has established the School Student Broadband Initiative to provide free home internet for one year for up to 30,000 eligible families with school-aged students.

The initiative aims to boost education opportunities. NBN Co is leading the rollout of this initiative across the country.

How the School Student Broadband Initiative can help your child

Children who can access online learning at home as part of their education are more likely to engage in classroom activities.

Access to fast internet at home can also support children to build their digital skills, learn how to safely use the internet and take part in a world that is more reliant on digital technology.

Eligibility

To be eligible, families must:

- have a child living at home enrolled in an Australian school in 2023

- not have an active National Broadband Network internet service at their home (having a mobile internet service does not affect eligibility)

- live in a premises that can access the National Broadband Network through a standard connection. NBN Co will check this for you after you apply

- register interest with your school and complete a consent form to be assessed for eligibility.

How the School Student Broadband Initiative works

If you are eligible, your home internet service will be provided at no cost for one year with a participating internet provider over the National Broadband Network. Each internet provider has its own step-by-step process to get you connected, which may involve you providing identification.

Once you sign up, the internet provider will help you set up your connection. The initiative does not include devices such as a computer or tablet. Other members of your household can use the internet service provided through this initiative.

The one-year period will start from the day your service is activated with your chosen provider. At the end of the one-year period, you will not be placed onto a paid service by your internet provider without your consent. The Australian Government is considering options beyond the one-year free period.

How to apply

- Ask your school for a copy of the School Student Broadband Initiative consent form.

- Complete the consent form and return to the school.

- NBN Co will use student address details on the consent form to confirm eligibility.

- If you are eligible, NBN Co will issue a voucher for your family to use to sign up with a participating internet provider. This will be provided to you by your school.

Please note: NBN Co will review the home address for eligibility. No personal information other than your main home address will be shared with NBN Co. Please see the consent form for details about how personal information will be used.

Find out more

For more information about the School Student Broadband Initiative, visit <https://www.infrastructure.gov.au>

LIBRARY NEWS

Book Week - *Read, Grow, Inspire*

We had a big week in the library celebrating Book Week. Our collaboration with the departments enabled the students to program Human Robots, draw Optical Illusions, battle Viking Longships, create Book Selfies and make Paper Cranes. Thank you to the following staff for generously spending their lunch in the library running these activities- Erin Burton, Deb Boyd, Sarah groves, Chris Reid, and Steph Paton.

Human Robots:

Monday lunch time was spent programming our Human Robots to walk through a maze without hitting obstacles. The students soon worked out the correct language to use and found that they could move the robots quicker, which reduced their time. We also had a remote-control robot which the students raced around a maze.

The winners of the Robot maze time trials were:

Lincoln 8D -Remote-controlled Robot

Abigail 7B -[Human Robot maze 1](#)



Drawing Optical Illusions:

On Tuesday, the students were shown how to draw optical illusions of their hands and random shapes.

Winner of the Selfie to the shelfie

The winners are:

Bradley and Shantai (Yr. 12),

Blake (Yr. 12)

Heidi (Yr. 7)



LIBRARY NEWS -Book Week photos continued



Viking Battleships

Wednesday saw students battle it out on paper.

Book Selfies

The students updated our wall of book selfies with some very original and lateral ideas.



Paper Cranes



We tried to make 100 cranes during the lunch breaks but did not quite get that many .

Book Character dress-up day

Wow, what a turnout of students and staff in costumes!



Term 4 activities

In week 1, the library will celebrate Banned Book Week, which will look at books that we have in the library which are banned in some countries.

Did you know that Anh Do's Weirdo books are banned in the USA!

We are also planning a small and casual book launch during term 4 for students can come in to borrow recently purchased books.

See you in the library. Ms. Slater

ATTENDANCE

If you require your student to depart school early can you please provide a signed note that they can hand to their teacher to enable them to leave the classroom and make their way to the General Office.

Parents are asked to collect their student from the General office and sign them out via the Compass Kiosk.

Can parents ensure that all attendance be added to Compass as soon is practicably possible.

Late arrivals need to enter via the General office and sign themselves in on the Compass Kiosk, we ask that you provide a written note to explain why your student is late.

All Notes and Medical Certificates should be handed to the Attendance officer in the General Office.

CONVEYANCE ALLOWANCE

The conveyance allowance is a form of financial assistance to help families in rural and regional Victoria with the cost of transporting their children to their nearest appropriate school/campus. The conveyance allowance is available to eligible students travelling by public transport, private car and private bus. The conveyance allowance is also available to eligible students whose nearest school is not serviced by a free school bus.

Eligibility criteria:

The eligibility criteria varies depending on the type of school attended and where it is located.

Students attending a government or non-government school must:

- Attend their nearest government or non-government school/campus appropriate to their year level at which admission is permissible
- be enrolled at a school/campus outside Melbourne's metropolitan conveyance boundary
- reside 4.8km or more by the shortest practicable route from that school/campus attended
- be of school age (5 to 18 years old at time of application) and reside in Victoria.

Closing Dates: Term 1 – 17 March 2023

Term 2 – 02 June 2023

Term 3 – 25 August 2023

Term 4 – 24 November 2023

Now Available

afterpay 

For all your school wear needs



**Please 'like' our Facebook page to keep updated & informed
- More exciting developments to come**





Broadford
Secondary College

BROADFORD SECONDARY COLLEGE

SCHOOL-WIDE POSITIVE BEHAVIOUR EXPECTATIONS

LEARNING AREAS OUT IN THE YARD IN THE COMMUNITY ALL SETTINGS DIGITAL SPACE

- Be on time for class with your equipment
- Do your best work and take pride in your work
- Be prepared to have a go

BRING YOUR BEST

- Being responsible for the school environment
- Be inclusive of others
- Going to class when the bell sounds

- Represent the school with pride
- Offering to help members of our community

- Wear uniform with pride
- Model the school values
- Call out poor behaviour

- Use the internet as a learning resource
- Submitting work via Compass by the due date
- Having our devices charged and ready each day

- Be safe when moving around the class
- Use furniture correctly

BE SAFE

- Play safely with others
- Play games in appropriate spaces
- Remain on the school grounds

- Listen to trusted adults
- Be aware around roads and public transport

- Be mindful of ourselves and our surroundings
- Follow and observe the school rules
- Report bullying to teachers

- Informing a trusted adult if we have trouble online
- Keep passwords secure

- Follow teacher's instructions
- Respecting the learning space
- Respect others right to learn

BE RESPECTFUL

- Showing friendly attitudes toward others
- Standing up for others

- Be mindful of the needs of people in the community
- Use appropriate language on public transport
- Respect the law

- Address everybody with respect
- Use respectful language
- Being respectful of others right to learn

- Take care of devices
- Report cyber-bullying to an adult
- Make positive contributions about others



Broadford Secondary College is now part of the Ritchies Reward Program. When shopping at Ritchies Celebrations Kilmore or any of the other Ritchie's locations around Victoria and Australia, please nominate our school. The school will receive donated funds for being part of the Ritchies Community Benefit Program when nominated by shoppers. Money raised will go to the purchase of equipment and resources for the College.

List of Stores that Ritchies Reward Program is available

Ritchies Celebration Kilmore is our nearest Ritchies Store as well as **Wallan Celebrations**. There are 95 locations of Ritchie stores across Victoria, and more locations Australia-wide. For more information see Ritchie's website: <https://shop.ritchies.com.au/#FindStores-Victoria>.

Amberly Park Supermarket
Ormond [Road_Narre](#) Warren South VIC

Bairnsdale Supermarket
30 Howitt Avenue Bairnsdale VIC 3875

Bentleigh East Supermarket
10-16 Heather Street Bentleigh East VIC

Ararat Supermarket
58-66 Vincent St Ararat VIC 3377

Balnarring Supermarket
1 Russell Street Balnarring VIC 3926

Bright Supermarket
16 Ireland St Bright VIC 3741

Aspendale Gardens Supermarket
11 Narelle Drive
Aspendale Gardens VIC 3195

Beechworth Supermarket
24 Loch Street Beechworth VIC 3747

Camperdown Supermarket
139 Manifold Street Camperdown VIC 3260

Carrum Downs
9/1095 Frankston/Dandenong Road
Carrum Downs VIC 3201

Maffra Supermarket
102 Johnson Street [Maffra](#) VIC 3860

Rowville Supermarket
1100 Wellington Rd Rowville VIC 3178

Castlemaine Cellarbrations
49 Templeton St Castlemaine VIC 3450

Merbein Supermarket
100 Commercial Street [Merbein](#) VIC 3549

Seaford Supermarket
280 Seaford Road Seaford VIC 3198

Cobden Supermarket
24 Curdie Street Cobden VIC 3266

Mildura Supermarket
103/123 Deakin Ave Mildura VIC 3500

Sorrento Supermarket
108 Ocean Beach Road Sorrento VIC 3943

Cobram Supermarket
47 Bank Street [Cobram](#) VIC 3644

Miners Rest Supermarket
181 Howe Street Miners Rest VIC 3352

Stawell Supermarket
126 - 130 Main Street [Stawell](#) VIC 3380

Cohuna Supermarket
49 King George St [Cohuna](#) VIC 3568

Mt Eliza Supermarket
89 Mt Eliza Way Mt Eliza VIC 3930

Tatura Supermarket
2-4 Walshe Street [Tatura](#) VIC 3616

Diamond Creek Supermarket
64 Main [Hurstbridge Road_Diamond](#) Creek

Mt Martha Supermarket
8-16 Lochiel Ave Mt Martha VIC 3934

Timboon Supermarket
27 Main Street [Timboon](#) VIC 3268

Dromana Supermarket
O'Donohue Street Dromana 3936

Mt Waverley Supermarket
[Stephensons Road](#) Mt Waverley VIC 3149

Wantirna Supermarket
Mall Shopping Centre, [Wantirna](#) VIC 3152

Emerald Supermarket
Belgrave-[Gembrook Road](#) Emerald 3782

Narre Warren Supermarket
14 Webb Street Narre Warren VIC 3805

Warracknabeal Supermarket
141 Scott Street [Warracknabeal](#) VIC 3393

Frankston - Beach Street Supermarket
207-211 Beach Street Frankston VIC 3199

Numurkah Supermarket
2-10 Melville Street Numurkah VIC 3636

Wonthaggi Supermarket
160 Graham Street [Wonthaggi](#) VIC 3995

Hamilton Supermarket
72 Lonsdale St Hamilton Vic 3300

Paynesville Supermarket
3-5 Wellington Street Paynesville VIC 3880

Yarra Glen Supermarket
Shop 1, 38 Bell St [Yarra Glen](#) VIC 3775

Irymple Supermarket
2109 Fifteenth Street [Irymple](#) Vic 3498

Red Cliffs Supermarket
1 - 13 Ilex Street Red Cliffs VIC 3496

Yarrowonga Supermarket
2 - 10 Belmore St [Yarrowonga](#) VIC 3730

Kyabram Supermarket 24 Albion Street
Kyabram VIC 3620

Ringwood Supermarket
[Warrandyte Road](#) Ringwood North VIC

Smoking and Vaping: Advice for Parents

Help your child understand the facts and the health risks of smoking and vaping.

What is smoking and vaping?

Smoking is burning something to breathe smoke into the lungs, such as a cigarette. Vaping is breathing in vapor from heated liquid.

Both smoking and vaping involve breathing in chemicals that can harm your health.

E-cigarettes or vapes heat liquid to create an aerosol that is breathed in, which is known as vaping. E-cigarettes can look like a highlighter, a pen or USB.

What is in vaping liquid?

There are no quality or safety standards for e-cigarettes, vapes or vaping liquids.

Most e-cigarettes contain nicotine which is harmful and addictive. Even those labelled nicotine-free can still contain nicotine.

The aerosol or vapor from e-cigarettes contains cancer-causing chemicals and heavy metals.

How vaping affects your child's body

Vaping can cause significant harm to your child's body:

- Short-term it can cause vomiting, nausea, coughing, shortness of breath, mouth irritation and [asthma](#)
- Long-term it can cause lung damage, heart disease and cancers.

E-cigarettes are still being studied, but most experts think it is likely vaping will cause lung and mouth cancers.

Nicotine is a poison that can make people sick if swallowed, and it has been linked to deaths of small children.

Exposing children and teens to nicotine can harm their brain development and lead to higher risk of dependence. Children and teens who use e-cigarettes are more than three times more likely to move onto smoking cigarettes.

E-cigarettes can also explode and catch fire.

Protecting your child

Research shows that children are less likely to smoke or vape if their primary role models (typically parents or carers) do not smoke or vape.

If you have found quitting difficult and still smoke or vape, share your experiences with your child. Ask your children for their support during your next quit attempt. If your child can witness how tough quitting can be, they may want to steer clear of smoking or vaping completely.

The best way to protect your children is to never smoke or vape in the house or other places where there may be children nearby. Smoking or vaping in a car when children are present is illegal. Passive exposure to e-cigarette aerosol can be damaging for children and young people.

Vaping laws

Smoking and vaping is banned in and around schools

The Tobacco Act 1987 bans smoking or vaping on school premises or within 4 metres of any pedestrian access point to school premises. The smoking and vaping ban applies to:

- anyone present on school premises during and outside of school hours including students, teachers, and school visitors
- all activities that take place on school premises.

Smoking and vaping are also not permitted during school events and excursions held off school premises.

Health and retail laws

It is illegal for any person:

- to sell, barter or exchange any type of tobacco or e-cigarette product to a person under 18 years of age
- to possess an e-cigarette containing nicotine, unless they have a doctor's prescription
- to smoke or vape in a motor vehicle if a person under 18 years is also present in the motor vehicle.

You can report retailers selling e-cigarette products to children to your local council.

Talking to your child or teen about smoking and vaping

As a parent or carer, you have an important role in protecting your child from smoking and vaping. Parent views on smoking and vaping can influence their children's behaviours. The most important thing you can do is to talk to your child or teen about smoking, vaping and other drugs.

Use these strategies to talk with your child or teen.

Start with information

Get the key facts, learn the basics about smoking and vaping products, and think through what you want to say. Consider some questions you might be asked, and how you want to respond.

Approach it calmly

Start the conversation when you're doing an activity together, such as driving or preparing a meal. Keep things casual and relaxed. Use something you saw in a TV show or on the news as a chance to bring up the issue.

Don't make assumptions

If you think your child may have tried smoking or vaping, avoid making accusations. Some experts do not recommend searching your child's space for evidence of smoking or vaping, because it can undermine their trust.

Avoid judging or lecturing

Listen to their point of view and keep it a two-way conversation. Being mindful to keep your body language and tone respectful can go a long way. If your child has tried smoking or vaping, consider asking questions like: 'what made you want to try?' and 'how did it make you feel?'

Don't exaggerate

Make sure you are honest about potential harms and avoid exaggerated statements.

Focus on health and explain your concerns

Talk about how you care about your child's health. For example, if your child tells you they are smoking or vaping, you can say you are concerned about the health risks and share the evidence that this can affect adolescent brain development and risk of cancer.

Where to get help

Support and resources are available to help you talk to your child about smoking and vaping

Quit Victoria

Offers resources, information and support for people to quit smoking and vaping as well as factsheets for parents and children. www.quit.org.au/articles/teenvaping

The Royal Children's Hospital

The e-cigarettes and teens factsheet has information on how to talk to teens about the health risks of using e-cigarettes and a podcast episode on vaping created by paediatricians.

www.rch.org.au/kidsinfo/fact_sheets/E-cigarettes_and_teens

Better Health Channel

Information on the health effects of smoking, strategies for quitting, statistics and Victoria's laws on smoking, the dangers of e-cigarettes, liquid used in e-cigarettes and the dangers of nicotine poisoning. www.betterhealth.vic.gov.au/healthyliving/smoking-and-tobacco

Your family doctor

Your family doctor is a good place to start for further information and advice regarding smoking and vaping and your child.

Advice services

- **Quitline** provide advice and confidential counselling, including for children from 8am to 8pm Monday to Friday. Phone 13 78 48 or go to www.quit.org.au
- **DirectLine** is a state-wide alcohol and other drugs advice service offering confidential counselling and referral 24 hours a day, 7 days a week. Phone 1800 888 236 or go to www.directline.org.au
- **Youth, Drugs and Alcohol Advice** provide a youth-specific advice service from 9am to 8pm Monday to Friday. Phone 1800 458 685
- **Alcohol and Drug Foundation** advice line 1300 85 85 84
- **Headspace** offer mental health support online, by phone and in person through headspace centres. Go to www.headspace.org.au

More information

This factsheet has been prepared using information and research from:

- QUIT - www.quit.org.au/articles/teenvaping
- Better Health Channel www.betterhealth.vic.gov.au/healthyliving/smoking-and-tobacco
- Royal Children's Hospital - www.rch.org.au/kidsinfo/fact_sheets/E-cigarettes_and_teens
- Alcohol and Drug Foundation - <https://adf.org.au/talking-about-drugs/parenting/vaping-youth/talking-about-vaping/>
- Cancer Council Victoria - www.tobaccoinaustralia.org.au
- Tobacco Act 1987 - www.legislation.vic.gov.au/in-force/acts/tobacco-act-1987/095