Whole School Dates to Remember
June 11th  ‘Feel good’ clothing day
June 17th  Pupil Free Day
June 26th  CSEF Application forms due
June 26th  Last Day Term 2 - early finish
July 30th  School photos

Tambo Campus Dates to Remember
June 9th-12th Yrs 10,11,12 Exams
June 16th  Netball/Soccer Tambo Campus
June 16th  Middle Yrs visit to Alpine School
June 18th  Cross Country Lardner Park
June 19th  Defence Force talk
June 15th-26th  Year 10 Work Experience
June 22nd  Intermediate music students Lakes Entrance
June 23rd  Junior music students Lakes Entrance
June 25th  East Gippsland Gala Music Festival
July 15th  Yrs 9-10 Careers Expo BARC

Winter Reading
Winter evenings are long and cold -- perfect for spending time reading together.
* Turn off the television and computer, cuddle up, and relax with your children.
* Take turns to read pages of the book, changing your voice to fit the mood or character. Move your finger under the words as you read them and talk about the plot, the characters, and the setting.
* As an activity, encourage your child to create bookmarks to enclose in a gift book or to mark the place in their own book where they leave off during read-aloud time.

$\$ Help Please $\$
Parents please take advantage of the recent change in the state budget.
Contact the office staff asap please to collect a form to claim the camps and excursions money.
This will help you which will help us. Thanks.
Robert Boucher

Tambo Campus netball/soccer
Tambo netball/soccer interschool sport will be held of June 16th. Notes have been distributed for this event. Please be sure that you return them as soon as possible.

Don’t DIS my appearance!
Don’t forget that TOMORROW, Thursday 11th, the student delegates are raising funds to support the work of the Butterfly Foundation for Eating disorders. Students should wear a “feel good” article of clothing, celebrating their own individual style. At assembly yesterday the delegates reminded us that we should always remember not to criticise others for their appearance. In fact, we should each take pride in our appearance and encourage others to do the same. So, dress to feel good tomorrow, and bring a gold coin as a donation to the Butterfly Foundation.
*Free fingernail painting at lunchtime, too!

Spot the stars
Tom Boucher and Paige Forster along with Aly and Wayne Mulholland will be appearing on the 2 night episode of The Secret River. Starting at 8.30pm this Sunday 14th June on ABC.
Tips for Healthy Living:

We see hundreds of images everyday telling us what we should look like and what body shape and size we need to be. The messages to people around being slim, skinny or muscular are very strong, pervasive and make vulnerable people feel insecure, worthless and anxious. The ever growing message that comes forth year after year from the Mission Australia Youth Survey is that one of the top three areas of concern for our young people is **BODY IMAGE**!

Body dissatisfaction and poor body image not only causes considerable distress in its own right but also contributes to the development of low self-esteem, depression, unhealthy weight loss or muscle building behaviours and clinical eating disorders.

- 90% of 12-17 year old females are on a diet of some type
- Nine out of ten girls feel pressured to be thin
- 25% of people with body image & eating disorder issues are males

Young people are growing up, living their lives feeling like they are not worthy, valued or accepted for who they are but that they are judged on how they look!

We know that negative body image and low self-esteem can be a serious, high risk contributing factor to developing an eating disorder, and that negative body image is often perpetuated by the experience of being judged or shamed about our looks by others, as well as ourselves.

The Butterfly Foundation is interrupting the conversation and taking a stand against the practice of disrespect based on appearance, body shape and size – whether that is towards oneself or others. We are joining together with our supporters all across Australia, in our national campaign saying enough with appearance based judgement and shaming...**Don’t DIS My Appearance!**

(source: the butterlyfoundation.org.au)

For more information go to: [www.thebutterflyfoundation.org.au](http://www.thebutterflyfoundation.org.au)  
: [https://www.dontdismyappearance.org.au](https://www.dontdismyappearance.org.au)  

To support the campaign, student leaders will be delivering information at Whole School Assembly and organizing a day on which students are encouraged to give a gold coin donation and wear a ‘feel good’ article of clothing, celebrating their own individual style and complimenting their beautiful body shape.

Free painting of a finger nail in their favourite colour will be offered at lunchtime.

Thursday 11th June.

_Heather Daly, Adolescent Health Nurse_