

## Red Alert!

Red Alert! is a collection of digital stories on DVD made by young people from across Queensland about cyclones, bushfires, severe storms and floods.

The first resource of its kind, the DVD was developed by young people for young people, and is all about emergency management and safety in natural disasters.

The resource contains digital stories about the experiences of young people facing these

kinds of emergencies, presented as a collage of young people's voices, art work and storytelling.

100 young people contributed to the DVD by sharing their story, creating artwork, being interviewed, filming, taking photos and developing the themes, stories and digital collages. In Innisfail young people had stories to tell about Cyclone Larry which hit the region in 2006. In Tara (South West Queensland) young people talked about a bushfire that raged around their town in 2003. And on the Gold Coast young people talked about the images and stories for the multitude of storms and floods that have affected the area over the past 10 years.

Red Alert! was coordinated under the Queensland Disaster

Management Alliance, developed in collaboration with the Local Government Association of Queensland (LGAQ), Emergency Management Queensland (EMQ), Department of Emergency Services (DES), Lucid Consulting and Speak-Out Ltd. Funding for the project was provided by Emergency Management Australia (EMA).

If you would like to download the Red Alert! Stories or find out more about the project please visit: <http://www.emergency.qld.gov.au/redalert.asp>

If you require further information about the product please contact Emergency Management Queensland on [redalert@emergency.qld.gov.au](mailto:redalert@emergency.qld.gov.au)



If you would like information about the process please contact Rachael Uhr, the LGAQ Youth Policy Project Officer at [rachael\\_uhr@lgaq.asn.au](mailto:rachael_uhr@lgaq.asn.au)

*(Thank you to Anne Hugo and Rachael Uhr for sending us this information)*



## Warming Up Cyberia

**9.00 am—12.00 noon**  
**Thurs 24 April 2008**

*Warming Up Cyberia – Young People & Technology* is another fabulous Forum from the Centre for Adolescent Health! On site at the Royal Children's Hospital, Melbourne or your local videoconference facility.

To register or for videoconferencing enquiries or registrations, please contact GTH Events on 03 9927 7777 or register online at [www.gthevents.com](http://www.gthevents.com) or email [enquiries@telehealth.com.au](mailto:enquiries@telehealth.com.au)

**Important:** All registrations are mandatory and must be

made PRIOR to the day of the event. **Please note:** Payment must be made at time of registration (VISA or Mastercard). Cheques and money orders not accepted

Content enquiries only to Louise Scaffidi (03) 9345 6683 or email [louise.scaffidi@rch.org.au](mailto:louise.scaffidi@rch.org.au)



## Interested in Mathematics?

### Geogebra

<http://www.geogebra.org/cms/>

GeoGebra is a free and multi-platform dynamic mathematics software for schools that joins geometry, algebra and calculus. It received several international awards including the European and German educational software awards.

### Calculator.Org

<http://www.calculator.org/index.html>

A collection of resources related to calculators, including links to a range of them available online. Also the home of Calc, a popular engineering, scientific and financial calculator for Windows. Calc is available in both free and paid versions. Latter is a more recent issue with more functions.

# Understanding Mental Health and Wellbeing National Train-the-Trainer Workshop



An exciting opportunity is available for people with relevant training skills, knowledge and experience to submit an application to participate in Auseinet's fully funded national train-the-trainer workshop to be held in **Adelaide, May 28th-30th, 2008.**

The purpose of the training module is to enhance the capacity of diverse sectors to increase awareness and understanding of the principles of promoting mental health, preventing illness, early intervention, and the relevance of these approaches within an everyday work context. Auseinet has been funded by the Australian Govern-

ment Department of Health and Ageing to develop and implement this introductory level training module.

Comprehensive application information and guidelines, including selection criteria, for those wishing to be considered for the workshop are available from the Auseinet website: **http://www.auseinet.com/wfdev/index.php** or phone (08) 8201 7670 and ask for Abbie Patterson.

**Closing date for applications:  
Monday 7th April, 2008.**

*(Thanks to Joy Sims for this information)*

## Gallery Sunshine Everywhere

<http://www.galleriesunshine.com>

Gallery Sunshine Everywhere is a non-profit organisation dedicated to valuing, supporting, promoting, celebrating and exhibiting the art of pre-primary, primary and secondary-school students.

It involves families, schools, businesses and the broader community with youth oriented art based activities, and works in partnership with schools and other organisations.

Their work has five "strands": *Schools, Families, Work, Display & Production.*

Visit the website for more information about how to become involved and for news of current or future exhibitions.

Pictured here are pieces from their current exhibition. Theme: *Sunshine.* On display until 11 April.

Contact: Maureen Ryan:  
Phone: 0412 218 974  
Email: [mrryan@galleriesunshine.com](mailto:mrryan@galleriesunshine.com)

*Alex  
Grade 5*



*Daniel, Grade 5*



*Omar, Grade 1*



*Tayla, Grade 3*



## SustainAbility

<http://www.sustainability.com/index.asp>

A very useful site for anyone interested in the issues of global sustainability, corporate responsibility or business and community partnerships for a sustainable world.

The Think Tank and Network sections of the site are of particular interest, bringing together a range of ideas, articles, reports, people, organisations, initiatives and discussions from around the globe.

*Our clients, partners and stakeholders value the insight we bring to bear. From Silent Spring to Seattle, from Amnesty to Sarbanes-Oxley, the challenges of sustainable development and corporate responsibility weave through the fabric of business and society.*

*The questions we raise mutate constantly: From HIV/AIDs to obesity and micro-finance, how should business work with government to scale up and address the challenges that will define the world in our wake? What is the role of the 21st Century NGO? Where next for SRI funds? What is the business case for all of this?*

*Our publications, reports and issues briefs explain, challenge, explore.*

SustainAbility is a consultancy company, established in 1987, which advises clients on the risks and opportunities associated with corporate responsibility and sustainable development: *Working at the interface between market forces and societal expectations, we seek solutions to social and environmental challenges that deliver long term value. We understand business and what society expects of it.*

We do not inherit the land from our ancestors, we borrow it from our children.  
(Native American Proverb)



# School Mental Health Project Practitioner Toolkit and Networks

We all know how demanding it is to work in and with schools.

The reality is that most practitioners have precious little time to search for information and resources that might help achieve better results.

That is why we have established a Practitioner Listserv. See <http://smhp.psych.ucla.edu/practitioner.htm>

And that is why we have just formatted our website to better organize practitioner access to resources. See the new page on our website by clicking on Practitioner Toolkit and Networks on the homepage at <http://smhp.psych.ucla.edu>

With "user friendly" as a guiding motto, we are trying to provide practitioners with easy access to a wide range of resources. There are seven features to this "toolkit."

## Quick Find Clearinghouse Topic Menu

A quick way to find info on a specific problem or topic. Has 130 alphabetized topics with links to relevant Center resources, other online resources, other relevant agencies.

## Practitioner Interchange

If you want to see what others are doing on a daily basis in school mental health, go to the Net Exchange. There is a wealth of responses and suggestions stemming from practitioner requests and concerns.

## Guides to Practice

If you need some quick overviews (1-2 pages) for ideas and/or to use in presentations and/or to share with teachers,

families, or students, see the Guidance Notes and Practice Notes. There are also guidebooks for program development. And, there is a document to guide you to evidence-based practices.

## Self-Learning & Training Others

Access a range of Quick Training Aids and Tutorials designed for your own staff development and for aids as you provide staff development to others (includes handouts and overheads). There is also access to more intensive continuing education resources.

## Ideas for Enhancing Support at Your School

Outlines monthly opportunities and related resources for promoting mental health that mesh nicely with the school year (welcoming in September, conferences in November, transition planning in April, etc).

## Gateway to More Resources

Provides information about and direct links to places where you can access additional resources if you need more.

## Free Technical Assistance

Finally, if you don't have the time don't find for the information you need, please contact us using the link "Technical Assistance from our Center." Our intention is to respond with some help within a day,

and as necessary, we reach out to others to provide resources and perspectives. Responding to T.A. requests helps us know what is needed and what we need to learn more about. As we work to enhance what we can offer and as we try to make it as user friendly as we can, you can help by sharing what you have found works for you when it comes to finding what you are looking for. Let us know how to make the toolkit better and tell us about other places you have found useful in accessing resources so we can learn from them.

PLEASE LET US HEAR FROM YOU SO WE CAN DO A BETTER JOB IN HELPING!

Send your ideas, requests, comments and experiences relevant to this matter to [ltaylor@ucla.edu](mailto:ltaylor@ucla.edu)

Responses come only to the Center at UCLA. We post a broad range of issues and responses on Net Exchange on our website at <http://smhp.psych.ucla.edu>

School Mental Health Project/ Center for Mental Health in Schools  
UCLA Dept. of Psychology Los Angeles, CA 90095-1563  
(310) 825-3634 / Toll Free: (866) 846-4843  
Fax: (310) 206-8716  
Email: [smhp@ucla.edu](mailto:smhp@ucla.edu)  
Web: <http://smhp.psych.ucla.edu>

If you want to do something to help change your world, you can do that -- one child at a time. (Clifton Davis)

## More Volunteers: E-book and Newsletter

<http://www.morevolunteers.com/index.htm>

Visitors to Judy Esmond's US-based website can sign up for a free e-book and newsletter designed to provide a wide range of ideas for volunteer management. The e-book is a collection of 100 ideas from previous newsletters, which are packed full of more ideas and you will also get regular special product offers.

*As Vic Conant says "the distance between you and your dreams is often the length of a single idea" and we've so many great ideas for you to come on volunteer management, volunteer recognition and volunteer recruitment.*





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- ... inspiring and connecting people

## Beanbag Centres

<http://www.inspire.org.au/what-we-do-beanbag.html>

The Inspire Foundation has “partnered with 18 youth agencies around Australia to create Beanbag Centres”

These are “ *designated computer and multimedia rooms - that provide creative technology initiatives to engage young people, improve their technical skills, self-confidence and social connectedness*”.



## When You are Ready



**Reflections**  
**CHRIS BENNETT**

Twenty-three years ago a friend of mine, a Tai Chi instructor, tried to convince me to try Tai Chi.

For two years he kept at me to give it a go. ‘It’s great! It will make you feel better.’

I made various excuses why I didn’t want to do it ... ‘No time.’ ... ‘It’s for old people.’ ... ‘It looks funny!’

But eventually his persistence overcame my resistance and I decided to go to my first class here in Melbourne, Australia.

I walked into the church hall that evening not knowing what to expect. About twenty other beginners were standing around waiting for the class to begin.

‘Giday! How are you? Is this your first time?’

‘Yes’, I said.

Our instructor sorted the group out. ‘Big ones at the back, little ones in the front.’

I thought, ‘Great! I can hide down the back.’

I looked around, feeling awkward, and tried this weird thing called Tai Chi. ‘Relax, relax!’ were the instructions, as I tensed up hearing them.

We practiced the ‘beginning, seven stars and grasping the bird’s tail postures’ and I started to relax, only to hear again ‘Relax, relax!’ I would hear those words for the next seven years. And I would repeat those same words to my own students for thirteen years after that.

By the time that first one-hour class had finished, I was hooked on Tai Chi.

Over the next twenty-one years I practiced regularly, ran a Tai Chi club for a number of years and eventually incorporated Tai Chi into our business, BJ Seminars International.

I often think why it took me two years to decide to have a go at Tai Chi.

## Positive Kidz ... are happy kidz!



This program for primary schools is a new way to help children build self-esteem, confidence, self-control and positive values.

It is activity-based and incorporates humour, games and specific Tai Chi skills (philosophy - non-religious, exercises and meditation) so children can control their anger, be more resilient, and develop more positive relationships with their peers and teachers. Emphasises harmony, relaxation, focus and co-operation.

Bookings available for Terms 2, 3 & 4. For more information, contact Chris by phone on (03) 9751 1360 or by email at [chris@bjseminars.com.au](mailto:chris@bjseminars.com.au)

My friend’s pestering certainly urged me on, but I think there was a greater reason.

And that reason can be found in a quote by a Tai Chi master who once said, ‘You will come to Tai Chi when you are ready.’

And isn’t that what happens in life?

Sometimes we resist things that are really important for us to do or to learn.

But, as most of us find, you can’t resist forever.

You will come to them ‘*when you are ready*’.

