

BACKSTAGE

Bayside Youth Newsletter

Autumn 2008

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Hi, we're the Backstage committee. Backstage is a quarterly publication for Bayside's young people. It's been really fun creating it, and we hope you enjoy reading it as much as we did making it. In this issue, we've covered body image, the environment, movies, activities, and other things relating to young people. We always love having new people join our crew, and we have positions vacant for writing, photography and art and graphic design, and you don't need any experience at all! Come and join Backstage by calling Vanessa on 9599 4622 or e-mail at vpietersz@bayside.vic.gov.au. See you then!



How to Write a Resume

Writing a resume can be difficult, especially if you don't know what you're doing. A manager will probably only look at your resume for a short period of time, so an impressive one is far more likely to get you a job.

The best place to start is to know clearly what sort of job you are applying for, and what kinds of skills you need for it. Once you have done this, you should structure your resume around it. Your resume should be somewhat specific to the job you're after, rather than a general outline of yourself.

Start by including your name and contact details, then move on to the body of the text. You should include details of your education so far, work or volunteer experience and a list of your interests and/or hobbies. This should be in dot point form.

Once this has been completed, add in your references. You should have at least 3, and you should include their names, their role, and contact details.

Don't try to make your resume look pretty. Use a generic font, such as Arial, or Times New Roman, at a size around 10-12, have a simple heading (a few sizes larger than the rest and bolded maybe) and try to avoid using too many colours.

Although including a lot of information is important, it's even more important not to include too much. Don't pad out your resume with unnecessary information. Your final product should be no longer than two or three pages long.

You should present your resume with a cover letter, in which you should briefly introduce yourself and explain why you are applying for the job. You should also mention how you became aware of the position, and finish your cover letter with a formal ending. Leave a gap to add your signature once it is printed. Like your resume, your cover letter should look as professional as possible.

By Jasper Aral

Body Image

In today's society being overly focused on weight and shape has become the norm. There is a constant focus in the media, schools, health organisations and the government about the "obesity epidemic", but what they don't talk about is the other side of this.

Too many people waste their time worrying about their weight. They see skinny models, they are weighed at school, see the diet ads on TV and go to the supermarket only to be bombarded with "low fat" everywhere they look.

When people turn to restricting foods, regular dieting, skipping meals, self-induced vomiting, diet pills, over exercise or simply start to feel bad about themselves it can lead to many problems socially, mentally and physically.

It might be that you start to feel that you can't wear the clothes you like anymore, or that you must suddenly say no to a slice of pizza. However if things go on for too long and become extreme, there can be far more harmful effects on the body and your mind such as developing an eating disorder.

To me, the number of young people suffering from eating disorders seems to be more prominent than developing a heart disease and other complications of the so called obesity epidemic.

So what can we do about it? I say stop the problem at its source! Get rid of the focus on weight in society before it becomes even more of a problem. Take the weight loss promotions off TV and don't put children on diets. Take the "fat zap" ads off the radio and the stick figure models off billboards. It is time to take the focus off how we look and put it on a healthy balanced lifestyle because everyone deserves to enjoy life, and love themselves no matter how they look.

By Hannah Mangan

Mini Pizzas

Ingredients:

- 1 bagel, cut in half
- Tomato sauce
- Shredded mozzarella cheese
- Toppings such as green pepper, onion, tomato, ham, olives, mushrooms, salami, pineapple
- Seasonings such as oregano, basil, and salt and pepper

Method:

- Set the oven to low heat
- Spread tomato sauce on each bagel half
- Sprinkle shredded cheese all over the tomato sauce on each half
- Add your favourite toppings
- Put a light sprinkling of seasonings on each half
- Put your bagel halves on a baking tray
- Bake in the oven on low heat for about 5 to 8 minutes. You'll know they're done when the cheese is bubbly

Let it cool for 2 minutes, then enjoy your tiny pizzas!

Movie Review - 'The Eye'

Sudoku

	2	8	3	1		7		9
9	7						3	6
	4	6		7		1		
				2	8	5	6	3
	5			9	7			4
		2	4		5			
1				8		3	2	
4	3			5	1			8
	8		7	6		4	9	



Plastic Bags

Plastic bags have been around for many years. For as long as I can remember they have been available at supermarkets, clothing stores and take-away food stores.

As helpful as plastic bags are, they are having a very negative impact on our environment. Plastic bags were made to be re-used and recycled. But are commonly found on the side of our highways, in parks and just laying around on footpaths.

Millions of plastic bags are finding their way into our oceans, suffocating animals who mistake them in the water as jellyfish. Many birds are also becoming entangled in plastic bags, and this damages their wings and ability of flight.

There are many simple and just as effective alternatives to plastic bags that wont do as much harm to our environment, such as biodegradable bags and green bags.

Unfortunately, many people aren't choosing these alternatives and a lot of the Australian wildlife is suffering.

We only have 1 environment to live in and once its gone we cant bring it back. Remember that every plastic bag you don't use is one less in landfill, or even worse, the ocean.

By Kala Kennedy

The “Homework Schedule”

Here is an explanation of the school homework policy for the average student. Students should not spend more than ninety minutes per night. This time should be budgeted in the following manner if the student desires to achieve moderate to good grades in his/her classes:

- 15 minutes looking for assignment
- 11 minutes calling a friend for the assignment.
- 23 minutes explaining why the teacher is mean and just does not like children.
- 8 minutes in the bathroom.
- 10 minutes getting a snack.
- 7 minutes checking the TV Guide.
- 6 minutes telling parents that the teacher never explained the assignment.
- 10 minutes sitting at the kitchen table waiting for Mom or Dad to do the assignment

‘What’s On’ Guide

Event	Description	Date	Location
Connecting to Country	Aboriginal painting exhibition	Open Daily from 10am to 5pm 5 March 2008 -14 March 2008	Melbourne Museum
Toyota AFL Premiership Season	AFL Premiership Season	20 March 2008 – 31 March 2008	Telstra Dome, MCG
Victoria Harbour Schools Sailing Series	Schools sailing series	19 April 2008 – 20 April 2008	Docklands
Affinities - ARTrium	Art exhibition on environment	24 April 2008 – 16 May 2008	Bayside City Council Corporate Centre 76 Royal Avenue, Sandringham
Go for your life Festival of Cycling	Celebrate bike riding in a festival of fun	20 April 2008	Albert Park
Oxfam Walk Against Want	Get sponsored and walk for charity	20 April 2008	Scout Hall, Pakenham Street, Blackburn
PAVE Festival	Festival with dance, music and entertainment	4 and 13 April 2008	Emerald, Dandenong Ranges