Principal’s Report

Words of wisdom

I have written in the past about the importance of close collaboration between a school and its community. St Arnaud Secondary College is committed to this cause. We would like to take advantage of the wealth of talent and capacity that resides within the community.

As a first step I would like to invite parents and members of the community who are interested in volunteering their time to the school to contact the school to give us an indication of what they would be prepared to offer and their availability. If you are interested please telephone or email the school. Once we have an idea of what is possible we can begin to put together a program.

Secondary school students are invited to enter Victoria’s first book trailer and book cover design competition. Judges include Eoin Colfer, celebrated Irish author and creator of the popular teen series *Artemis Fowl* and Beth Frey producer of Matchbox Pictures teen action-adventure series *Nowhere Boys* that screened on ABC3.

Students will be in the running to win great prizes including an iPad Air and Penguin books worth $200 for first, second and third place and people’s choice award in each category. The winner’s school in both categories will also receive $200 worth of Penguin books of their choice. Shortlisted entrants will be invited to a special event at Penguin studios on Friday 29 August and their work will be featured on the Paper Cuts web page.

The competition closes on July 31. For information, links to book trailer examples, tips and guidelines, and to meet the judges, google [Paper Cuts Competition 2014](http://www.papercutscompetition.com) and follow the links.

Branko Lukic
Hopefully, you have all received your student’s reports and had the opportunity to read over these results together with your child. We thank-you for taking the time to read these reports. I enjoyed reading all of the Year 7 reports and learning more about each student’s strengths, weaknesses and achievements over the first semester. It would be really pleasing to see parents and students working together to look at the areas for improvement in each subject and develop an action plan to address these areas over Term 3. Our second round of interviews will take place later in the term, which is an ideal time to ask staff whether your child has shown improvement in the areas suggested. I am more than happy to speak to any parents about the reports and the college is also open to feedback about our reporting process.

Uniform - another cold week has passed which is a timely reminder about students keeping warm and healthy to avoid becoming sick. At this time of year, students may not be feeling that their uniform is adequate to stay warm. They should ensure that they are wearing coats, jackets, scarves etc to and from classes or layering up underneath their school clothes. Students are required to get a uniform pass if they are not in correct uniform. HOODIES are definitely banned from school and students are always asked to remove them so please ensure your child does not wear one to school.

Quicksmart - our Quicksmart program continues this term with 12 Year 7 students participating in this fantastic numeracy initiative. The school heavily invests in this program, both in terms of cost and resources, to increase the numeracy levels of our Year 7 students to try to get them to the appropriate level for their mathematics. The data across the state shows that this very intensive numeracy intervention program has fantastic results when students commit to it. It is, therefore, vital that students are using this time productively and completing all homework tasks punctually and to the best of their ability. If students do not take responsibility and fully engage in this program there are plenty of Year 7 students who are willing to take their place, therefore it is important to have the conversation with your child if they are doing Quicksmart about their progress or organise a meeting with Rose Sibson or Steve Whitehead, our Quicksmart Program Coordinators.

Homework/Events/Subject topics – Year 7

English Basics - Unit 10 (due in next two weeks)
English spelling test - practice weekly spelling at home
PE – puberty revision and research (Test in Week 5)
Maths Mate Term 3 Week 2

Roxanne Egan (Yr 7 Coord) on 54 951811 or egan.roxanne.j@edumail.vic.gov.au

PARENTS’ CLUB

Meeting Dates 2014 – 7pm at the Botanical Hotel for tea. It would be great to see some new faces, and obtain some fresh ideas on our committee and everyone is welcome to attend.
15th September
10th November
Welcome back to Term 3! I hope everyone had an enjoyable break and it is great to see everyone back at school feeling refreshed and ready to tackle the busy term ahead.

During these winter months, the cold and flu seems to rear its unsightly head amongst the community. As I walk around the school it sends shivers down my spine the number of students I see wearing shorts and t-shirts. Students are encouraged to dress appropriately and dress according to the college’s uniform policy.

Reports have been posted and you should have them in your possession by now. If you have not yet received your child’s report, or have any questions concerning it, please don’t hesitate to contact me at the college.

At the start of Term 3, students generally start new Units of work and new electives in their subjects. It is important that we work together to ensure students endeavour to do their best, seek to understand content they are unsure of and catch up on work they may have missed due to absence.

Once again, students will be receiving regular homework across their subjects. Students are reminded that they **MUST** get in to the habit of using their diaries to keep on track. I encourage you to have a look through your child’s diaries to see what they are up to. We also check these on a weekly basis.

If you have any questions or concerns, please don’t hesitate to contact me.

Stay Warm!!!

Mr. Knight
Problem

WHAT ARE THE OUTWARD SIGNS OF SCOLIOSIS?

1. Shoulder heights differ
2. One pelvis appears higher than the other
3. One hip appears higher than the other
4. One side of the lower back is more prominent than the other
5. Uneven appearance of clothes

WHAT IS THE CAUSE OF SCOLIOSIS?

1. Genetic factors
2. Hormonal changes
3. Postural habits
4. Intrauterine position

The National Scoliosis
Information for schools in Years 7 and 9
Community Health

East Wimmera Health Service is very happy to be a part of the St Arnaud Secondary College Breakfast Program. At EWHS we have a wide range of services that are available to the community and it starts with a simple call to our community health central intake service and then a few easy steps:

Call Central Intake on 5477 2222

Central Intake – Step 1

An Administration Officer will promptly take your call and enter your details onto the system to prepare you for the next.

Central Intake - Step 2

Our experienced Community Health Nurses will call you back to discuss your needs.

You will be asked some questions on your current health needs including things that may not relate to the specific reason you called.

This process is because East Wimmera Health Service wants to be sure that we are providing all the care that we can for your overall health which may include services that you weren’t aware are available to you.

This call is confidential and we will do our very best to address any concerns that you have and refer you to the appropriate services.

Our Services:

- PHYSIOTHERAPY
- Occupational Therapy
  - Dietary
  - Social Work
- Community Health Nursing
- District Nursing
- Podiatry
- Aged Care Services
- VOLUNTEERS
- Community Car

…..and many more
BROADER HORIZONS PROGRAM

The Broader Horizons program started with a big bang last Wednesday. We had a group of six Year 9 students (Kayla Walker, Montana Ferguson, Brooke Williams, Kasey Medlyn, Hayley Wilson and Alysha Dodd) visit the local hospital for a full day of presentations and hands-on experiences. Our first port-of-call was a meeting with the CEO of East Wimmera Health Service, Kathy Huett, who talked about her own career pathway and the reasons behind her decisions as a young adult. Kathy had a very positive message about staying in school as long as possible.

Diabetes was the next session of the day where Carol Tuder (our presenter) gave us a great overview of personal wellbeing and importance of regular health checks. Carol spoke about the dangers of diabetes, demonstrated how certain instruments were used within the medical profession and finished off the session with several informative ‘healthy eating’ games.

In Physio, the girls learned about the role and responsibilities of a physiotherapist from Deborah Watkins. It provided a fantastic insight into what goes into physiotherapy as several of the girls have aspirations towards a career in Sports Physio. The group enjoyed learning about their own knees and ankles in the session as well as a few new exercises that strengthen the leg muscles.

Finally, the girls had the opportunity to learn about Community Health from Peter Noble who led a stimulating discussion about "Jim", an imaginary 76 year-old male with a cat and a dog. The girls worked with Peter to develop possible solutions and outcomes that would support "Jim" with his situation.

It was a fulfilling and enjoyable day that had everyone thinking about the Health Industry and the wonderful people who work hard in looking after the community’s health and wellbeing.

The group would like to thank Jean, Kathy, Carol, Deborah and Peter for the wonderful day and look forward to our next day at the hospital.
During periods 6 and 7 on Thursday June 26th, a select number of Year 7-9 girls went to Lord Nelson Park for a netball clinic run by Vixen’s player Tegan Caldwell.

NETBALL CLINIC

The drills that the girls went through are designed to boost the players’ fitness and skill. The techniques are currently used by the Vixens and judging by their recent Premiership win, should give a boost to our girls as well.
Nick Myers runs well at State Cross-Country

On Thursday 17th of July, Nick Myers travelled down to Bundoora in Melbourne to compete at the State Cross-Country Championships. The day was quite cold, but fortunately for Nick, his race was run before the rain (and hail) settled in around lunchtime. There were 95 competitors in Nick’s Boys 13 Year event which was a distance of 3km. Nick ran an excellent race finishing 47th in a time of 11 minutes and 2 seconds. Nick’s time was only just over a minute slower than the winner of the race, showing how close the times in the competition actually were. Congratulations on a fine effort Nick.

Photo: Nick with his participation certificate he received for competing on the day
The ladder after Round 1 is as follows:

<table>
<thead>
<tr>
<th>Ladder</th>
<th>Points</th>
<th>For</th>
<th>Against</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Magic</td>
<td>10</td>
<td>32</td>
<td>30</td>
<td>106</td>
</tr>
<tr>
<td>White Thunder</td>
<td>9</td>
<td>43</td>
<td>16</td>
<td>269</td>
</tr>
<tr>
<td>Fluro Flannies</td>
<td>9</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Blue Bunnies</td>
<td>6</td>
<td>16</td>
<td>43</td>
<td>37</td>
</tr>
<tr>
<td>Red Rovers</td>
<td>5</td>
<td>30</td>
<td>32</td>
<td>94</td>
</tr>
</tbody>
</table>

**Match report for Red Rovers vs Black Magic**

The score at the end of the first half was 16 to 14 with the Red Rovers leading. The players who played well in the first half were Jack Abnett for the Rovers, and Nathan Grigg and Jade McIntyre for the Black Magic. This was because these students weren’t shy of the ball and they were encouraging their other teammates. The score at the end of the game was 32 to 20 with the Black Magic winning. The students who played well in the second half were Alexis Reid and Alysha Dodd because they got in there, tried to shoot goals and were always there for their teammates. Students who tried hard and showed improvement were David Kovac, Hayley Wilson and Kasey Medlyn because they tried hard and if they made a mistake they realised quickly and didn’t make the same mistake again. Well done to everyone who played in such a close game!

**Match report for White Thunder vs Blue Bunnies**

At the end of the first half the White Thunder was leading. Ben Lloyd played a fantastic first half and scored 4 points. Toby Pickthall played a strong first half, scoring the majority of White Thunder’s goals. For their first game, Bronte Harris and Brooke Williams did a fantastic job of umpiring. The White Thunder maintained their lead and ended up winning the game 43 to 16. Casey Medlyn and Indi Abbott played well in the second half and there were a couple of falls from Toby Pickthall and Dillon Baldock. Both teams were competitive and fought hard to the end. Students who tried hard and showed improvement over the game were Rachael McIntyre and Brittany Harris. Well done to everyone involved in this game!

**FUTURE ROUNDS:**

- Round 2 (Friday 25th July) – White Thunder vs Red Rovers
  Blue Bunnies vs Fluro Flannies

- Round 3 (Friday 1st August) – White Thunder vs Fluro Flannies
  Blue Bunnies vs Black Magic
**UNIVERSITY OPEN DAY**

**LATROBE:**
- Shepparton: Friday, 8th August
- Mildura: Wednesday, 13th August
- Bendigo: Sunday, 17th August
- Bundoora: Sunday, 24th August
- Albury–Wodonga: Friday, 29th August
- Melbourne: Friday, 29th August & Sunday, 24th August

**RMIT:**
- Melbourne: Sunday, 10th August

**DEAKIN:**
- Geelong: Sunday, 10th August
- Melbourne: Sunday, 24th August
- Warrnambool: Sunday, 3rd August
- Burwood: Sunday, 24th August

**MONASH:**
- Berwick & Peninsula: Saturday, 2nd August
- Caulfield, Parkville & Clayton: Sunday, 3rd August

**ACU:**
- Ballarat: Sunday, 31st August
- Melbourne: Sunday, 10th August

**FEDERATION UNI:**
- Ballarat & Gippsland: Sunday, 31st August

**SWINBURNE:**
- Hawthorn: Sunday, 3rd August

**UNIVERSITY OF MELBOURNE:**
- Melbourne: Sunday, 17th August

**VICTORIA UNIVERSITY:**
- Melbourne: Sunday, 24th August

**CHARLES STURT:** Open door policy – tours by appointment: 1800 334 733

**TAFE OPEN DAY**

**BRIT:**
- Bendigo: Sunday, 17th August

**GORDON:**
- Geelong: Sunday, 10th August

**WILLIAM ANGLISS INSTITUTE:**
- La Trobe St: Sunday, 24th August (Melbourne)

**LONGERENONG COLLEGE:**
- Longerenong: Sunday, 10th August

**There are many more Institutes and Open Day dates that can be found by browsing the internet. Please check**
Tips for Open Days

• Research and make a plan of the Open Days that you want to visit.
  Many are on the same day, so you might need to choose
  which one is more important to you.

• If you miss an Open Day, get in contact with the institution.
  They may be able to send you out some information or put you in
  contact with someone you can talk to.

• Go to the Open Day prepared.
  Many will have a schedule for the day available in advance.

• Make sure you speak to the right people.
  Sometimes Open Days are busy and you may need to wait a while.
  It’s a good idea to prepare a list of questions in advance
  so you don’t forget anything.

• Normally there are current students acting as guides.
  So, don’t be afraid to ask for information or directions.

• Check out the facilities and accommodation options available
  while you are there.

• Have fun, enjoy the day and get involved!
## Calendar

### Term 3
- Thursday 31st July  
  - EWH Breakfast  
  - Uniform Shop at school closes
- Thursday 7th August  
  - AUST Maths Comp
- Friday 8th August  
  - Adidas Fun Run
- Wednesday 13th August  
  - Interim Reports Distributed
- Thursday 14th August  
  - Boys State Hockey
- Friday 15th August  
  - NCD Golf  
  - Winter Sport
- Monday 18th-22nd August  
  - Year 9 Enviro Week
- Monday 25th August  
  - Parent Teacher Interviews
- Tuesday 26th  
  - Immunisations
- Monday 1st September  
  - Year 12 Relay 4 Life
- Tuesday 9th September  
  - NCD Athletics
- Friday 19th September  
  - Last day of Term 2.30 dismissal

### Uniform Shop

RamJac is now the official supplier of School Council approved St Arnaud Secondary College Uniform. All uniform is now available for purchase at:

**RamJac, 11 Alma Street St. Arnaud**

Opening Monday – Friday 10.00am – 4.30pm

The School Uniform Shop at the College, will close for Thursday sales on 31/7/2014.