August 22nd, 2014

St.Arnaud
Secondary College
Newsletter

Address: Smith Street St.Arnaud                          Postal Address : PO Box 40, St.Arnaud Vic 3478
Phone (03) 54951811                                          Fax (03) 54952308
Website: www.starnaudsc.vic.edu.au                  Email: st.arnaud.sc@edumail.vic.gov.au
Principal Mr. Branko Lukic                          Assistant Principal Mrs. Vanessa McCormick

Principal’s Report

A final reminder that parent teacher interviews are being conducted on Monday 25th August from 9 AM to 7 PM. There will not be any classes for students on the day, but students are expected to accompany their parents to their reports.

Go to www.schoolinterviews.com.au and enter KKWEA as the code. Parents/ guardians with children in years 9 to 11 are also in the process of being contacted to organise course selection interviews. This is a wonderful opportunity to sit down with knowledgeable staff to plan out your child’s subject selections which will eventually lead them to tertiary study or employment.

Anxiety about going to school

It is normal that, in some stage in life, that every individual will feel anxious when faced with a difficult situation. Each individual will cope with anxiety in different ways. During difficult times, you can support your child to cope with anxiety in effective ways and by doing so, enhance their resilience. Anxiety becomes a problem when it is persistent and prevents them from enjoying normal life experiences for a long period of time.

HOW CAN I TELL IF MY CHILD HAS ANXIETY

Signs of anxiety in children may include:

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

Why are some children anxious about going to school?

Anxiety may affect children at any age. The causes of anxiety may be different for young children than for teenagers:

Separation anxiety (being afraid to be away from parents)
Problems at school such as:
- Being bullied
- Learning difficulties
- Not having friends, not fitting in, friendship conflicts
- Feeling lost at school
- Fear of getting in trouble
- Not getting along with a teacher

New situations – whether facing the first day in a new class or the first day in a new school, it’s normal to feel nervous in a new situation.
• Failure – worry that their schoolwork will be too hard, they won’t be able to keep up, or they won’t know the correct answer when called on in class.
• Fear of losing a parent. They may think something bad will happen to a parent due to:
  o A parent being ill
  o Family problems and fighting
  o Parents separating
  o Knowing another child who has lost a parent or whose family has broken up

What you can do

Act early – it is important not to dismiss your child’s anxiety, but to help them see that the situations they are worried about may not be as bad as they think.

• Listen to your child and encourage them to tell you about their feelings and fears
• Avoid telling your child to ‘get over it’. Your child may perceive this as you not understanding or not caring about their concerns.
• Discuss various scenarios, possible outcomes and ways to handle the situation. This will help put things in perspective. Show your child how you cope positively when feeling anxious or stressed. Remain calm and positive when they are feeling anxious so that you can help them feel more confident.
• Avoid taking over or giving your child the impression you will fight their battles for them. Children with anxiety are usually very happy for someone else to do things for them. However, if adults take over for them, it stops them from learning how to cope for themselves as they begin to believe that someone else will rescue them.
• If your child is anxious about failure, remind your child that everyone makes mistakes and that you can learn from mistakes. Praise their best efforts.
• Talk with school staff to find out what assistance the school can provide.
• If your child has problems walking through the school front gate or getting on the bus, arrange for them to meet a friend before school so they can go to school together. Alternatively, check if there is another entrance to the school that your child feels more comfortable using.
• If your child delays getting ready for school so that they will be late, encourage them to still go to school and reassure them that you will contact the school to explain why they are late.
• Should your child find socialising before school a source of anxiety, arrange for them to arrive just before the bell.
• Be involved in your child’s school (e.g. volunteer in the tuckshop, participate in a reading program, or join the P&C). Support your child with homework and study, modelling skills for becoming more independent

Further assistance

Sometimes, all of these things do not work and you may need assistance from professionals who can help anxious children. Discuss your concerns with relevant teachers or year level coordinators to resolve any school-based issues. If your child requires additional support, the school’s wellbeing officer or school nurse may assist with anxiety support for your child (in an age-appropriate way) or with a referral to professional support. Alternatively, you can manage your concerns regarding your child’s anxiety with your doctor, who can assist you with a referral to a mental health professional such as a psychologist, psychiatrist or therapist. They help children overcome their anxiety by using methods such as relaxation, improving self-esteem, improving confidence and changing the way they think about difficult situations.

Useful websites/Contacts
www.headspace.org.au
www.education.vic.gov.au
www.raisingchildren.net.au
www.youthbeyondblue.org.au
www.kidshelp.com.au or phone 1800 55 1800, 24 hours a day, 7 days
Parentline – phone 13 22 89 8.00am to midnight seven days a week
**** Year 7 News ****

It is lovely to finally see some sunshine this week to remind us that the end of winter is near. Reports have gone home this week – hopefully you have had the opportunity to speak with your child about their progress and areas for improvement. We have the full day Parent/Student/Teacher Interviews next Monday 25th of August – information about the online booking system was attached to your students’ reports. It is important that I see as many Year 7 Parents as possible throughout the day to discuss how we can work together to further support your child’s learning and discuss any issues you may have.

This week we start our ‘Gorgeous Girls/Brave Boys’ Health program. Please refer to the information below which students received on Monday.

Dear Parents,

18th August, 2014

As part of the Year 7 Health Education lessons this term students will be participating in a range of personal health and well-being activities called ‘Brave Boys/Gorgeous Girls’. This program will involve a range of community members working with our Year 7 boys and girls, in their same gender groups, to assist students to develop their confidence and self-esteem, as well as focus on aspects of their personal health and development.

These sessions will occur during the normal Year 7 Physical Education theory classes in Periods 2 and 3 on a Thursday morning beginning this Thursday the 21st of August. As some of the activities have a certain cost involved I am asking that all students bring $2 each Thursday to cover these costs. This money will go towards some of the resources required to run the program, e.g. boxing at the gym with Kyle Torney for the boys, food for the nutrition sessions with dietician Naomi Goode who will also be taking yoga with the girls etc.

If you would like further information about the program please contact me or if you wish to come up and be involved in the sessions which are all very hands-on please let me know.

Regards - Roxanne Egan.

Homework/Events/Subject topics – Year 7

Red Dog Projects now overdue – a number of students have not handed these in
Literacy - 30 minutes reading at least four nights per week (word lists are very important)
PE – Puberty Booklet – due 28th August
Maths Mate Term 3 Week 6 (many students have outstanding sheets)
Diary signing – every Tuesday 33% of students forget every week!!!!

Roxanne Egan (Yr 7 Cbord) on 54 951811 or egan.roxanne.j@edumail.vic.gov.au
Year 8 News...

We have passed the half-way point of the Term and as they say “Time flies when you’re having fun!” Hopefully by now you have all received your child’s Interim Reports and an information sheet on how to book for the Parent/Teacher/Student interviews, which are being held on Monday the 25th of August. This is a great chance to catch up with teachers and discuss your child’s progress at this point in time. If you are having any difficulties with this process please do not hesitate to contact the College.

Last week a group of students from St Arnaud Secondary College competed in the Senior State Hockey. Year 8 was well represented with William Bertalli, Samuel Rice, Jozef Thoolen and Luke Jackson competing for the team. Congratulations to these boys and well done on a great effort!

Also last week the Winter Sports were held. It was great to see the number of students get involved and show off their sporting abilities, all the while having some fun.

A date for the diary – the annual School Social will be held on Thursday the 11th of September, with the theme being “Zombies and Survivors”. The SRC are busily working to organise this and is always a great social event for the students. Although it scares me to say this, I am looking forward to seeing what costumes everyone is going to come up with!

Once again, I would just like to remind all students about the importance of making sure they are up to date with work, seeking help when needed, and endeavouring to catch up on work they may have missed. It is not too late in the Term to make sure you continue to work to the best of your ability as you go about your daily activities.

Mr. Knight.

VET TASTER DAY AT NCTTC

Wednesday the 13th of August was an extremely busy day for all Vocational Education and Training (VET) teachers at Charlton College and the soon to be opened North Central Trade Training Centre (NCTTC). Almost two hundred students from eight schools across the district (Boort, Charlton, Donald, East Loddon, Pyramid Hill, St Arnaud, Wedderburn and Wycheproof) were accommodated in 10 different classes, those being the VET subjects that will operate in 2015 at the NCTTC.

Students attended three classes in subjects they had chosen prior to the day. The broad range from which students chose included the following; Agriculture, Automotive, Beauty, Building & Construction, Community Services, Engineering, Hairdressing, Health, Hospitality and Sport & Recreation.

After a short break students moved into their second subject, then had a BBQ lunch before participating in their third.

Although not all surveys from students have been collated as yet, those that have been viewed were overwhelmingly positive about the experiences of the students on the day. As a result of their time in Charlton, students will be far more aware of what is available to them in the area of VET and so should be more capable of making informed choices for their education in 2015.

The formal opening of the NCTTC will occur on Thursday September the 11th. There will also be industry nights where the local businesses and public will have access to view the facility and what it offers. Anyone wishing to know more about the Centre should contact the school on 5491 1280.
Winter Sports – Senior Boys Soccer

On Friday the 15th of August Eric Woollett, Leetyn McKenzie, Jordan Summers, Jordan Harris, Pat Knights, Evan Douglas, Harley Durward, Dan Flanagan, Ned Jackson, Tom Bertalli, their fearless captain Chris Ball, accompanied by Mr. Cornwell and Mr. Knight travelled down to the picturesque King George Park to participate in the senior boys soccer round robin. Some may say that the St. Arnaud boys arrived at the ground first because they had less to travel, but I believe it was because of their eagerness to play and stake their claim as the best (not necessarily most skilled) team in the area.

The day consisted of a round robin format, where each team played 6 games against other schools. The highlights of the day were Jordan Summers’ strong kicking out of defence (one clearing a bus 50 metres away), the constant banter towards Ned “Messi” Jackson and the celebrations after each goal was scored, which included demonstrations of 10 Pin Bowling and reeling in a fish! The biggest highlight though was the way in which the students conducted themselves on the day – all students showed great teamwork and support for one another and it was a fun day had by all. St Arnaud was the eventual winners for the day, winning 4 games out of a possible 6. Well done to all students who participated and thanks to Nick Birthisel who assisted in the coaching department.

**Game 1**
St Arnaud def Charlton 3-0
Goal Scorers: Ball 2, Durward 1.
Best Players: Ball, Summers, Durward

**Game 2**
St Arnaud def Boort 3-1
Goal Scorers: Jackson 3
Best Players: Jackson, Flanagan, Knights

**Game 3**
St Arnaud def Birchip 3-1
Goal Scorers: Durward 2, Ball 1
Best Players: Durward, Ball, Harris

**Game 4**
St Arnaud drew Wedderburn 1-1
Goal Scorers: Jackson 1
Best Players: Summers, Jackson, McKenzie

**Game 5**
St Arnaud lost to Wycheproof 0-1
Goal Scorers:
Best Players: Woollett, Knights, Douglas

**Game 6**
St Arnaud def Donald 3-2
Goal Scorers: Jackson 2, Ball 1
Best Players: Summers, Ball, Bertalli
Winter Sports - Senior Mixed Netball

Twelve Year 12 students ventured to Boort for the day for Senior Mixed Netball. The team played six games for the day, with each game going for 12 minutes. First they took on Donald and despite a few goals each to Taylor and Jenna, they unfortunately lost 5-9. The next few games were a lot closer as the St. Arnaud team became a lot more confident and the 3 boys found positions that suited them. Bec proved valuable in goals against Pyramid Hill and Boort 2 and Simon’s great goal keeping helped to keep the opponent’s score down. Holly, Liv, Jenna and Chelsea did a great job in both attacking and defending. Despite their hesitations and unfamiliarity with the game, Kelsey and Josephine both tried hard and helped to feed the ball down to our shooters. The team finally had a taste of victory against Charlton, defeating them 9-4. Anika and Jackson were on fire in the goals and we saw some great defence by Brad, Liv and Simon.

Whilst we only won 1 game for the day, all 6 games were highly entertaining! Stayed tuned for the Staff vs. Year 12 Mixed Netball match one lunchtime soon!

Junior Hockey Friday 15th August at Charlton

The first game of the day and St Arnaud went down 2-0 to Charlton, the defence worked well, as they started playing together as a team.

After a five minute break St Arnaud played Birchip, winning 3-1. The team started playing well together. The goal scorers were Sam Rice, Ellen Prestwood and Bronte Harris, with Sarah Russ very close on several occasions.

Our third game of the day, playing Charlton for the second time, the team came out really strong holding Charlton back with goalie Alli saving at least 4 goals from the attaching Charlton team. St Arnaud kept fighting all game but could not get through Charlton’s defence, with a final score of 4-0 to Charlton.

The fourth and final game was against Birchip the defence worked well only letting one goal through, the attackers moved the ball down but could not convert, finishing the day with a 1-0 loss.

All players played well. They filled in for Birchip so they had enough on the field. TJunior boys’ soccer – the B team!
They may have been small, but what they lacked in size, they made up for in sheer G & D! Though soundly beaten in every game, 6-2 against Donald, 2-0 Charlton, 7-1 Birchip and 4-0 Wyche, there were some excellent passages of play. Working out quickly that St. Arnaud’s B team was never going to go through the opposition, the boys used some brilliant footskills and teamwork to work the ball forward. Often it was the second half, when strength won out, that the score also ballooned out. Highlights of the day included the Jack Attack, (Davidson, Tillig and Sevior) who combined brilliantly in attack and defence. Charlie Ferguson was great as goalie when it was his turn. Vinnie Saies and Campbell Probst ran all day, Nick Myers gave everything (even the odd footy manoeuvre) and Sam Lloyd, Joel Harris and Tom Flanagan worked the centre field providing the engine for the team. Playing the first four games without a break tested the fitness of the boys, who were winners on the field, if not on the score board.
**Junior Boys Basketball Report**

St Arnaud had two teams in the Junior Boys Basketball, who competed against a team from Donald and a team from Pyramid Hill.

The St Arnaud team consisting of Toby Pickthall, Dillon Baldock, Billie Baldwin, Billy Egan and Brady Tillig ended up winning all three games and played Pyramid Hill in the Grand Final. The boys had a convincing win, coming away the winners of the competition 30 to 8. The boys did well to run hard all day, especially with a team of 5 and no-one on the bench. Congratulations boys.

The St Arnaud team consisting of Kane Palmer-Wilson, Ben Lloyd, Jack Abnett, Damien Grinsell, Nathan Grigg and Josh Hunt ended up in a play-off with Donald for third place in the competition. Prior to this the boys beat Donald and 30 to 12 and lost to Pyramid Hill 18 to 27, although the play on the court seemed a lot closer than the score. They also had a narrow loss to the other St Arnaud team 18 to 24. The final to determine 3rd and 4th place was very one-sided with St Arnaud coming away with the win 12 to 46.

Both teams worked hard all day, despite playing 4 games with minimal break times in between matches.

Final placings for the day were:
- 1st St Arnaud 1
- 2nd Pyramid Hill
- 3rd St Arnaud 2
- 4th Donald

**Thanks to Winter Sports Day Volunteers**

On Friday 15th of August, the North Central Division Winter Sports Day was held. This requires students to play sports at numerous towns in our district. St Arnaud was a host for three events, the Senior Boys Soccer, the Junior Boys Badminton and the Junior Boys Basketball. When hosting an event, that school is required to organise umpires and run the competition. Without volunteers from the community, this would not be possible. I would like to acknowledge and thank the basketball umpires who gave up their time to assist with the Junior Boys Basketball – Nicole Amos, Tanya Clohesy, Yelana Jennings and Ebony Kirkpatrick. I would also like to thank Maz Torney for her assistance with the Junior Boys Badminton. Without people assisting with sports days, whether that is umpiring, assisting with the organisation, preparing grounds, or transporting students, things would not run so smoothly. If anyone would like to assist with sporting events in the future, especially umpires, please contact Maddi Lonergan at school, as I am always looking for people to assist where possible.

Maddi Lonergan

Sports Coordinator

Physical Education and Science Teacher

St Arnaud Secondary College
Senior Girls Soccer 2014

All eleven girls had a fantastic day of fun, laughter, kicks, balls to shins and some good serious competition. The girls began the day feeling a little nervous and lacking in confidence, however, this myth was soon to be dispelled when Tahli McPhee passed strongly to Belinda Burke who shot at goal and scored a deflection off the Wedderburn defence. Little did we know this was going to be our only score for the day otherwise we are sure we would have made the most of our celebration. We won our first match and went into the next with more confidence. Tori Tillig and Rebecca Horsfall defended well in the goal circle and later in the day Ashley Flanagan made a marvellous desperate save in the Donald match. Kylie Olsen, Katrina Wiseman and Georgia Reyne played in attack and just couldn’t find the goals on numerous attempts. Jessie Meagher and Katie Hamilton showed that their feet were not just for walking but for kicking the ball from out of the oppositions attack. Indiana Notting tagged her player well and showed she liked to attack also. The St. Arnaud Secondary College girls showed fantastic sportsmanship, however, unfortunately lost 1-0 in their following 4 matches. Thank you to Miss Longernenan for organising the great day!!
**Junior Girls Soccer**

On Friday the Junior Girls Soccer team headed to Donald to play. We played Pyramid Hill, Donald 1 and 2, Birchip, Boort and Wedderburn.

Out of all of the teams, St. Arnaud’s was the youngest, as the majority of the others were mostly year 9. As a team, we played extremely well, learning new things during each game.

Although there wasn’t a single goal scored for our team for the whole day, there was excellent teamwork shown, and great attacking and defending on the ball as well.

There were many shots at goal from many different girls; it was just a pity none of them went in. There were no major injuries for the day, just a few bruises from the hits of the ball – and a few falls!

The goalie position for St. Arnaud was shared around by many of the girls, from Kasey Medlyn, Sarah Maher, Zoe Long, Charlotte French and Kacie Macauley, who all did an excellent job in each game.

All of the games we played were rather close, with the highest score against us only being 2 goals.

Towards the end of the day, there was some rough play from Kasey Medlyn, but in the end, we weren’t playing for sheep stations or for the World cup either – it was all fun and games! 😊

The team of 12 consisted of Kacie Macauley, Shantelle King, Abbey Russ, Julia George, Kirby McIntyre, Zoe Long, Meg McSwain, Charlotte French, Tiffany Bussem – Jorgenson, Kasey Medlyn, Sarah Maher and Montana Ferguson.

Thanks to Mr Lobley and Mrs Supple for taking and coaching us for the day. The team of 2014 holds the best results for the Junior Girls Soccer in years! Well done girls!

By Montana Ferguson.

The team, ready to play!
winter sport
Year 12 Ecolinc Excursion

As part of the Year 12 Biology course an excursion to the Ecolinc Science and Technology Innovations Education Centre in Bacchus Marsh was arranged. Students Rebecca Arbuckle and Vienna Harkness, participated in practical genetic engineering activities so that they could enhance their knowledge of genetic engineering applications and processes.

The genetic activities included:
- Investigating and identifying GMO (genetically modified organisms by extracting DNA from food samples)
- Amplifying DNA using a PCR machine
- Using electrophoresis to separate PCR products

It was a great experience for the students as they were able to use sophisticated scientific equipment and work with students from other schools.
Catherine O'Brien –

A snapshot of a Student Teacher

Classes:
I am currently teaching Year 9 English and P.E, as well as Year 8 and Year 7 P.E.

What I hope to contribute to St. Arnaud Secondary College:
I am looking forward to being a part of a number of different aspects of the school and getting to know both the staff and students.

Qualifications/ Uni:
I am currently in my 4th and final year of University at Federation University, completing a Bachelor of Physical Education & English.

Interests/ Hobbies:
I enjoy playing most sports especially Netball. I also enjoy Outdoor Ed, so I am also interested in adventure activities like rock climbing, abseiling and hiking. In the past 12 months I have completed the Kokoda Track twice, so Australian War history is now an interest of mine.

Hopes/ aspirations for 2015:
I plan on moving back to my home town of Swan Hill to work as a relief teacher until I graduate in May, after which, I am planning to travel overseas to Europe.

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**
Art Course

As part of the Secondary College’s commitment to strengthening relationships with the wider community a group of students have begun a 10 week Art course at Neighbourhood House.

Leah and Don Berry are running the Art classes and the group will begin working on the final project of creating and painting a mural on the Community Youth Shed wall.

The students involved are -

Jessie Meagher, Brayden Medlyn, Meg McSwain, Elise Atkins, Julia George, Kylie Olsen, Ashlee Flanagan.
SEXTING: Information for parents

What is sexting?
- ‘Sexts’ - this is a colloquial term that describes sexually explicit SMS or MMS, emails, photos, videos, as well as posts or blogs on social networking websites like Facebook, Myspace or Twitter, or images or clips from Skype.
- Sexually-explicit is content that by societal standards is “sexually-offensive” e.g. nude or semi-nude images, material depicting persons engaging in sexual activity or in sexually suggestive poses.
- ‘Sexting’ - involves creating, sending, receiving, possessing or forwarding ‘sexts’ [1]

Sexting can have serious consequences for young people
These impacts mostly occur after the ‘sext’ (image, clip, post) has been seen by people for whom it wasn’t intended. Teenagers may feel pressured to ‘sext’ and they may come to regret it immediately afterwards.

What are the consequences of ‘sexting’?

Emotional
- A teenager may feel guilt, regret, embarrassment, or shame. They may feel isolation due to people’s negative response towards them if the sext becomes ‘public’

Psychological
- The emotional impacts may affect sleep and eating, their attendance and performance at school, sport and other commitments
- Psychological impacts can lead to depression, isolation, anxiety, suicidal thoughts and suicide attempts

Legal
- Schools may take strong disciplinary action against any student they find involved in sexting
- But what many teenagers and parents don’t know is that sexting is ILLEGAL!

Australian Federal Law states that:
- Anyone under 18 who is involved in sexting can be criminally charged under the same child pornography laws used to charge adults.
- Sexting among minors is illegal under Commonwealth Criminal Law, State and Territory Criminal Law and Commonwealth Civil Law

Sexts between teenagers are considered to be child pornography because:
- The sexts involve minors - children under the age of 18
- The sexts depict or describe content or acts that are classified as sexually-offensive or sexually-explicit

Facts about sexts
- An image or clip can be leaked accidentally
- Phones and internet accounts can be ‘hacked’ by a third party
- An image or clip can circulate for years in
cyberspace even after it has been deleted
- An image or clip can be traced back to its source

What should you know about ‘sexting’?
- ‘Sexting’ is a common practice among teenagers and often involves teenagers sending topless images of themselves to a boyfriend or girlfriend
- ‘Sexting’ is illegal and can lead to serious criminal charges
- ‘Sexting’ can lead to serious health and social consequences for young people

How common is sexting among teenagers?
A survey conducted in 2008 found that:
- 20% of teens have sent or posted online nude or semi-nude photos or videos of themselves
- 39% of teens have sent sexually suggestive text messages, emails, or instant messages to others
- 48% of teens have received sexually explicit messages

Why may teenagers ‘sext’?
- Research indicates that teenagers are more prone to sext someone they trust - e.g. boyfriend, girlfriend
- Many teenagers believe that their online activity is private.
- Many teenagers believe that an image, clip or post can be erased completely after it has been sent.
- Many teenagers believe that their phone, email and internet activity is anonymous.
**Calendar**

**Term 3**
- Monday 25th August: Parent Teacher Interviews
- Tuesday 26th
- Monday 1st September: Year 12 Relay 4 Life
- Thursday 4th & 5th Sept
- Tuesday 9th September: Year 10 Drivers Education
- Thursday 11th September: NCD Athletics
- Friday 11th September: School Social

**Semester 2**
- Monday 25th August: Immunisations
- Tuesday 26th
- Monday 1st September: Year 12 Relay 4 Life
- Thursday 4th & 5th Sept
- Tuesday 9th September: NCD Athletics
- Thursday 11th September: School Social
- Friday 19th September: Last day of Term 2.30 dismissal