Principal’s Report

Success in any field, school included, doesn’t happen by chance. We can actually develop our brains so we will be ready to learn. What are the habits of mind that help you succeed? Here are some of them. Which ones can you learn?

1 Successful students persist. They concentrate on the task and work on it until they have completed it successfully. They ask for help when they get stuck.

2 Successful students have self-control. They act thoughtfully.

3 Successful students listen with understanding. They are open to hearing another point of view.

4 Successful students think flexibly. They are able to view a situation from many perspectives and their minds are open to change.

5 Successful students use problem-solving and decision-making skills. They are able to make a plan, monitor their thinking, evaluate their progress and work out new ways to proceed and learn.

6 Successful students strive for accuracy and precision. They know what level they need to reach and are not satisfied with sloppy work.

7 Successful students ask questions. They are curious and seek evidence. They analyse ideas. They use lots of strategies to solve problems.

8 Successful students think and communicate clearly and accurately, both in speech and in writing. They avoid dismissing new ideas.

9 Successful students create, imagine and innovate. They look for different ideas and are able to think of original ideas of their own.

10 Successful students respond with wonderment and awe. They are fascinated with the world around them and are open to discovering new things.

11 Successful students co-operate. They know how to work together with others.

12 Successful students are open to continual learning. They admit when they do not know something and are eager to find out. They are always growing and learning.

“Success” by Jenny Edwards and Arthur L Costa, Educational Leadership, April 2012

Branko Lukic—Principal
I would like to say a very big thank-you to all Year 7 parents that attended our Parent Teacher Interviews on Monday. From a personal perspective, I was very impressed by the number of parents who came to see me to discuss their child’s learning. The fact that most students were in attendance with their parents, to discuss their own learning and strategies for improvement, was fantastic.

Last week in our PE lessons we focused on learning about First Aid using one another as victims and then observing and attempting CPR on the Annie Resuscitation Dolls. Students were very engaged in these activities and I was impressed with the discussion that occurred. Students also worked with our school nurse, Lyndelle Finlayson, to participate in activities on personal hygiene. They were quite impressed to take home some ‘goody bags’ to assist with their hygiene. This week saw the boys participate in a boxing session at St. Arnaud Fitness with instructor Kyle Torney. From the discussion that took place, after the boxing session, all students really enjoyed this activity and the opportunity to visit the gym and work with one another on such an energetic activity. The girls learned about good nutrition and the healthy diet requirement for their age and developmental stage. We then created a few healthy snacks that they could easily cook at home. I really enjoyed this activity and know that the girls did too.

This week, on Wednesday, we had our school review. Joel Harris and Nick Myers demonstrated excellent leadership qualities by taking the school reviewers on a tour of the school and allowing them to have a sound insight into the everyday activities that are part of the culture of the St. Arnaud Secondary College. Thank-you to both of these students for their enthusiastic approach to this role.

Next Tuesday is our Year 7 Information Evening for the Grade 6 students and parents who will be attending St. Arnaud Secondary College in 2015. I will be speaking to a number of students this week about being involved in taking prospective parents and students on tours of the school – I know that it would be a challenge for those who live out of town so I will refrain from asking these students.

Hopefully, you are all enjoying the beautiful pre-Spring weather!!

**Homework/Events/Subject topics – Year 7**

**English Basics** – Unit 12 English Basics unit. Spelling words practice.
**Humanities** – Rainforest Thinkers Keys tasks
**Maths Mate Term 3 Week 7** (many students have outstanding sheets)
**Literacy** – 30 minutes reading at least four nights per week (word lists are very important)
Diary signing – every Tuesday 33% of students forget every week!!!!

*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**
Who said

**Hard work never killed anyone?**

Certainly not this year’s group of Year 9s!!!

Enviro Week is a chance for Year 9s to take a peek at the real world. What is it like when one does not have to go to school? It is also a chance to ensure that students understand the complex ‘web of life’ - that what we do in our small space of the world does impact on others and their living space.

First tackling the living space, the Year 9s ventured out to BlinkBonnie Road to learn about land reclamation after the impact of gold (remedying the past) and carbon sequestration (insuring a better future). This involved planting several thousand blue mallee trees. Many of the students did not know that St. Arnaud boasts a eucalyptus distillery. All the students felt the effects of a day’s work with some sore muscles.

Community work is a vital part of any human habitat, so the Race Club, the Golf Club, both the Primary and Secondary schools, the Scout Hall and some of our more respected citizens benefited from small bands of willing (?) helpers to plant, prune, paint and just generally tidy up.

The Kara Kara National Park was the next venue where students participated in plating an understorey as part of a trial to investigate the effects of grazing by both natural fauna and feral ones. It was great to see everyone enjoying the beautiful weather and life in general. What do boys do if they find a hole? Go down and explore it, of course!
Broader Horizons

The Broader Horizons program has moved onto the next part, Agriculture, and our new group of students (Brady Tillig, Brayden Medlyn, Billie Baldwin, Damian Grinsell, Ben Lloyd, Rachael McIntyre and Brittany Harris) are excited to be visiting a variety of local businesses dedicated to farming and the land.

Goldacres (home of advanced spraying equipment and a proud local business) was a fantastic introduction to the program where we learnt the history of Goldacres. Then before the group was divided into pairs and they spent the morning performing a range of jobs - welding, designing sprayers, assembly, labelling, dispatch/delivery and painting. The students spent around 20 minutes in each area and were assisted by a Goldacres staff member. The staff at Goldacres were extremely professional and very friendly and we would like to thank them for the enjoyable experi-

Next up, we headed over to Ridley Mills (one of Australia's largest producers of animal feed) for a brief introduction to Ridley Mills, investigated grain types as well as attended an extensive tour of the old mill.

The amount of product that Ridley Mills manufactures for the Australian farming industry is extraordinary. We would like to thank our hosts at Ridley Mills who were wonderful in their approach with the students. It was brilliant to see the inner workings of two exceptionally important local companies.
What’s this about????????????

Are you the Stubborn donkey type? - I’m just going to sit there, why should I change or move, it’s up to everyone else to change or fix

Or

Are you the optimist do your bit type? - I want to help make things better, stop all this nastiness and get in and do my bit, make a difference type

From Garry—the College Chaplain

(Apologies to actual loved donkey pets out there or any donkey lovers who might take offence to this analogy !!!!!!!)
The challenge has come to an end and the winner is...

ST ARNAUD SECONDARY COLLEGE who've scored a massive 2,423 points over the last 10 days to be crowned the VICTORIAN Grassroots Maths Champions 2014! After an intense week and a half of competition, ST ARNAUD SECONDARY COLLEGE has secured a $1000 Mangahigh voucher, movie tickets, medals and certificates for their top students!

Special mention goes to our 9 runner up schools who have all won certificates and medals for top students and a $250 Mangahigh voucher. Congratulations!

Here's the final competition leaderboard - a very tight race to the end!

![Previous Leaders](image_url)

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<th>School</th>
<th>Points</th>
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<tbody>
<tr>
<td>1</td>
<td>St Arnaud Secondary College</td>
<td>2,423</td>
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<td>2</td>
<td>Antonine college</td>
<td>2,262</td>
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<td>3</td>
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<td>4</td>
<td>St Mary Coptic Orthodox VIC</td>
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<td>10</td>
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The response to the Maths challenge has been phenomenal across Victoria. Students continued to battle it out and earned medals right through to the final hours! We'd like to congratulate all students who have taken part and we hope the engagement and excitement that we've seen over the last 10 days will continue through the rest of the school year.

During the Maths Challenge, schools in Victoria had access to the full Mangahigh package. If you've not already upgraded your account and would be interested in continuing with Mangahigh please feel free to contact me so I can provide you with pricing and answer any questions you might have.

We thank you again for your participation and please pass our congratulations on to your students.

Kind regards,

Michelle Button
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 content 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]

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.

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

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
SEXTING: Information for parents

Teenagers can be arrested, charged and convicted if they:

- take/ create a sexy image or clip = creation of child pornography even if they take a sexy photo of THEMSELVES and send it to someone whom they wanted to send it to
- send or forward on a sexy image or clip = transmission of child pornography
- receive a sexy image or clip (whether you asked for it or not) = possession of child pornography
- ask for a sexy photo or video from another teenager = procurement of a minor

The legal consequences for teenagers involved in sexting could include:

- jail time
- fines of up to $1000
- a listing on the sexual offender register

Social and Reputational Impacts

- Damaged reputation
- Damaged relationships
- Can affect applications for university places and jobs
- Can restrict overseas travel - a number of countries forbid entry to people who have been convicted of child pornography charges
- May limit their future employment options

What can you do to protect your children?

- Set clear expectations about your children’s behaviour when using electronic telecommunication devices.
- Educate your children about cyber-safety and cyber-responsibility.
- Get to know who your children are communicating with online and on the phone.
- Limit unsupervised use of computers and mobile phones
- Educate yourself and talk to your children about ‘sexting’ and its consequences
- Let your child know that you are ALWAYS there to talk about any issues
- Seek professional advice and support if needed.

References

[1] All references used in the creation of this fact sheet can be found in the accompanying fact sheet titled ‘Sexting References’.

Websites for more information

- www.oesasa.com.au
- www.thinkyouknow.org.au
- www.cybersmart.gov.au
- www.cybersafekids.com.au
- www.awstuffs.org.au/vic_law/topics/Sexting

Calendar

Term 3

Monday 1st September Year 12 Relay 4 Life
Thursday 4th & 5th Sept Year 10 Drivers Education
Tuesday 9th September NCD Athletics
Thursday 11th September School Social
Friday 19th September Last day of Term 2.30 dismissal

Semester 2

Year 12 Relay 4 Life
Year 10 Drivers Education
NCD Athletics
School Social
Last day of Term 2.30 dismissal
ENTRY FORM

Please circle choice

Team Members

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Individual or Team?

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Team Leader Contact Details

Name ......................................................... Phone ........................................

email .................................................................