Principal’s Report

A reminder to parents that as part of our sun smart policy, students are required to wear hats during recess and lunch during terms one and four. I would ask all parents to support us by ensuring their children all have hats. I wrote a few weeks ago about moving our newsletter from a paper based model to one that is emailed to families. We will begin this process next term. There will be a transition period during which we will have both systems operating. If you would still like to receive a paper copy of the newsletter could you please contact the college.

To coincide with the launch of Building Resilience, its author Associate Professor Helen Cahill from the University of Melbourne shares her take on what resilience is and what you can do at home to support your child

Why is it important to be resilient?
It’s important to be resilient so that you can build a capacity to cope and to persist when faced with challenge. Persistence is the key to learning. If children don’t understand something and quickly give up, they will learn less effectively, so persistence and resilience are key.

What can parents do at home to help children be resilient?
The number one thing is to be a role model, and then to share with their children the techniques they use to help them face a challenge. Parents can talk to their children about techniques they use to cheer themselves up or to calm down. For example, it can be something as simple as helping a child to make a plan when they are feeling overwhelmed. Or it can be talking with them about counting to 10 when they are angry with their siblings.

What does a resilient student look like in secondary school?
In secondary school, students should be identifying those critical moments when they should be sharing certain information with their friends or parents to help them face a challenge.

How can secondary-school aged friends help each other to be more resilient?
Teenagers are more likely to turn to their friends for support and it’s important for friends to provide each other with a positive space to discuss problems. Instead of just sounding-off to each other, they can use open-ended problem-solving skills to help them have conversations where they do not feel judged. When they engage in this kind of interaction, teenagers are in a better position to think about all the possibilities and to choose what’s right to do for them. It’s important for teenagers to know that asking for help is a strength, not a weakness. It is an act of courage to speak up and ask for help.

If I’m a parent and I don’t think my child copes very well with challenges and change, what should I do?
You can provide positive experiences for your child, something as easy as involving them in conversations between you and your friends and neighbours, or encouraging them to participate in group activities such as sport to build connectedness with society. It’s important to remind children of times they succeeded at something. For example, a time they used courage or were patient. This encourages a child to build on prior, similar successes.

What is the school’s role in building resilience among children?
The school has a number of key roles to play, and the first is about providing a positive environment where students feel safe. Then there is the more explicit curriculum, where teachers teach problem-solving, communication, help-seeking skills and emotional literacy. Then there is the teacher’s role in modelling resilience and problem solving skills themselves.

What is the best advice anyone ever gave you about being resilient?
Rather than being explicitly stated, it was more role modelled. In my family, it was very much ‘have a go of it.’ That was a very strong family message.

Branko Lukic—Principal
It is hard to believe that this is the last Newsletter item for Term Three. It will not be long at all before our students are participating in Step-Up as pre-Year 8 students getting ready for their move up through the school.

It was fantastic to see so many students attend our ‘Zombies and Survivors’ College Social last week. I was impressed by the creativity of some of our younger students with their costumes too – very unappealing, but quite innovative.

This week is our final Gorgeous Girls/Beautiful Boys session. We have had a number of community members assist with this program which has been fantastic. This week involves cake decoration with Jennifer Greenaway and a weight and resistance session with Simone Decker and then nutrition (cooking) with myself. I hope the students have enjoyed this program — their weekly reflections have been really interesting. A reminder to parents that there are a few students who have not paid for the sessions — they are $2 each or $10 for all five (money has gone towards food and resources). I will include a page of photos next term.

Congratulations must go to the Year 7 students who represented the College at the North Central District Athletics in Charlton last week. Our relay team of Nick Myers, Jesse Reyne, Jack Davidson and Charlie Ferguson achieved an impressive 1st place and Nick Myers also achieved Age Group Champion for the 13 Years Boys age group which is fantastic. Well done also to the girls who participated on the day. The relay team will now go onto the Loddon Mallee Region Athletics in Bendigo in Term 4.

Term Four is often the time of year when students are running low on essential resources to allow them to maximise their learning in all curriculum areas. Please check with your child that they have enough paper, pens/pencils/textas, binder books etc., to allow them to work effectively for the remainder of the year. These items are usually low cost and only a small amount may need replacing over the holidays. The holidays are always a great opportunity to tidy up and organise folders and workbooks.

Over the holidays it is expected that students who are behind in class work will use this time to catch up on overdue work. I know that I have emailed many parents regarding overdue MathsMates, English Basics Units and the Humanities Rainforest Thinkers Keys.

GOOD LUCK TO THE U13 BOYS IN THEIR GRAND FINAL THIS WEEK!!! GO SAINTS!!!

Homework/Events/Subject topics – Year 7

**English Basics** – Unit 13 English Basics unit (currently overdue). Spelling words practice.

**Humanities** – Rainforest Thinkers Keys tasks (7A overdue, 7B due Thursday)

**Science** – Revision of topics covered

**PE** – last week of Gorgeous Girls/Beautiful Boys ($2)

Maths Mate Term 3 Week 10

Roxanne Egan (Yr 7 Coord) on 54 951811 or egan.roxanne.j@edumail.vic.gov.au
Holidays are finally upon us and everyone is deserving of a well-earned break (parents, students and teachers) as Term 3 has been very busy here at St. Arnaud Secondary College.

The School Social was held last week and it was great to see the number of students getting into the spirit of the night, with fantastic costumes and killer (excuse the pun) dance moves. Fair to say it was a great night had by all and a special mention must go to SRC for running such a great event.

Throughout the term Interim Reports have been distributed and Parent/Teacher/Student Interviews have been conducted. It is important that all students endeavour to strive high, then higher in all of their subjects to the best of their ability. Letters have been distributed with concerns to academic progress and it is vital to make contact with your child’s teachers sooner rather than later if there is an issue.

Throughout the term there has been a number of sporting events held and it has been great to see the number of Year 8 Students involved in these. Events have included the NCD Athletics, State Hockey, Winter School Sports, the North West Zone Shooting Competition.

In closing, I wish everyone a fantastic holiday! Good luck to everyone involved with the North Central Grand Final tomorrow and see you all rested and rejuvenated for an action packed Term 4

“Individual commitment to a group effort—that is what makes a team work, a company work, a society work, a civilization work.”
Victorian School Students Clay Target
North West Zone and State Finals

On Monday 8th of September, Thomas Bertalli, Ryan Neilson and Madison Decker travelled to the Bendigo Clay Target Club to compete at the Victoria School Students Clay Target Final.

All three students qualified for this event by placing at the North West Zone event held at Cohuna on the 21st of August. Ryan Neilson placed 1st in the Senior Boys at the qualifying event with 18/20 clays and Thomas Bertalli finished second with 17/20 clays. Madison Decker won the Junior Girls section with 18/30 clays. Other students that competed at the North West Zone competition were: Madison Decker, Pat Knights, Ryan Neilson, Tom Bertalli, William Bertalli, Dylan Casey, Toby Pickthall, Cody Decker, Brady Tillig and Matthew Arbuckle.

All three students competed well at the State Finals. Madison finished 7th in the Junior Girls out of 14 participants with a score of 16/30 clays. Ryan Neilson and Thomas Bertalli finished equal 5th with 25/30 clays. Thomas also received the shooters excellence award which recognizes gun safety.

Congratulations to all students involved in the North West Zone and the State Finals.

St Arnaud Junior Cricket
2014/15 Player Registration:
King George’s Park
Friday 10th October 4.00 pm – 5.00 pm

Fees per family - $40 for 1 player; $75 for 2 players; $110 for 3 players.

Fees due before 1st game but payment arrangements available on request

Age Group - Grade 4 (2014) to under 17 years as at 1st Jan 2014
All players bat and bowl with modified rules for younger players.
First time player most welcome.
All equipment available from the club free of charge
For further information contact Aileen Douglas, Secretary, 0428 592
At the end of every season, whether that be a sporting season or a farming one, it is time to reflect. How did we go? Were we successful? What did I contribute? It is imperative to think of the group first, as John Donne so eloquently said, “No man is an island entire of itself; every man is a piece of the continent ... ” Then it is time to think about our part in the group.

The Year 9’s, heading into the business end of their education, have an opportune time to think about how they are going (What am I learning? How am I contributing to my learning?) and where they are going (Am I going to be a contributor?)

But the most important attribute is how a person acts in society. This was something that was brought to readers of the NCFL Recorder on Saturday’s Preliminary Final. Just in case you missed it (not everyone thinks chasing balls around a field or court is fun), it is included.

Donne, John. *No man is an island.*

*NCFL Football Recorder* 2014, Uniting Church blog: Apology Repair Kit, vol. 63, no. 22, p. 11
This year, 8B will be making giant puppets that will appear in the St. Arnaud Christmas procession.

The structures will be carried by students and to do so, we are looking for donations of old toddler carry packs or back packs that include a waist strap. The waist strap is particularly important for extra support as demonstrated in the photo at left.

If you are able to help by donating a frame, could you please contact a Year 8B student, or alternatively, Mrs Leach.
SEPEP ROUND 8

The game that I watched was between the Blue Bunnies and Black Magic. The score at the end of the first half was 14 to 28 with Black Magic leading. Bradyn, Jade, Nathan and Dillon played well in the first half as they got a lot of the ball and shot some goals. The score at the end of the game was 48 to 37 with Black Magic winning. Tahla, Abbey, Billy E, and Sonia played well in the second half as they were good team players and passed the ball around.

The game that I watched was between the Fluro Flannies and the White Thunder. The score at the end of the first half was 6 to 20 with the White Thunder leading. People that played well in the first half were: Josh Hunt as he was involved in a lot of game play; Joel Busuttil as he scored most of the Flannies goals and Rachael McIntyre as she played well in defence. The score at the end of the game was 18 to 41 with the White Thunder Winning. The better players in the second half were: Toby Pickthall as he shot 13 goals including one three-pointer; and Billie and Bronte as they put up a lot of shots. Mia, Michael and Ben showed a lot of improvement during the game and should be very proud of themselves as they have improved out of sight since round one, keep up the great work.

SEPEP ROUND 9

The game that I watched was between Black Magic and White Thunder. The score at half time was Black Magic 16 to White Thunder 7. Toby, Ben, Jade and Billy played well in the first half. The second half saw the White Thunder fight back, leaving both teams drawn at the end of the second half. An extra four minutes was played. Alysha, Billy and Toby played well in extra time which saw Black Magic win by two points, 38 to 36.

The game that I watched was between the Fluro Flannies and the Red Rovers. The score at the end of the first half was 14 to 12, with the Flannies leading. The better players for the first half were Joel Busuttil as he got a lot of rebounds. Kane was good in defence. Brady did some good lay ups and Tom A put up some good defence. The score at the end of the game was 34 to 35 with the Red Rovers winning. Kasey played well in defense in the second half and Jack shot a number of goals. Mia and Brooke also put in a good effort for their teams.

CURRENT LADDER AT THE END OF ROUND 9

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<th>For</th>
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St. Arnaud Secondary College - Winners
North Central Cluster Schools Athletics
PARENTS ARE WELCOME TO ATTEND

Information to Parents

Apart from providing the gift of a lifetime recreation, golf has special qualities that can have powerful and lasting impacts on young people’s self-image, personal development and confidence.

Program Details

- The program will be conducted using equipment and activities designed for children with an emphasis on skill development through a mix of coaching, team games and fun.
- The girls and boys will be trialling Junior Members of our club throughout the program with opportunities for them to play on the course. There is no club fee or obligation on children who are ‘trialling’ junior members.
- No golfing experience is needed. All coaching/practice sessions and activities are conducted by qualified coaches with assistance from experienced club volunteers who are required to have Working with Children Checks.
- Participants in the program are covered by Personal Liability Insurance.

Golf has exciting sporting, personal development and career opportunities but, above all, it is a game of skill and integrity with positive benefits for all who participate.

We invite you to come along at any time and see your child in action. We look forward to meeting you and we have no doubt that your child will have plenty of fun.
What’s been happening in Parents’ Club

We have been able to pay for the representative sports singlets at a cost of $1944.64.

We supported our representative Boys hockey team with $150.

Starting next term we are running a raffle for an iPad Air 32GB so look out for tickets. $1 per ticket

With money left over we are hoping to purchase some items from the teachers’ ‘Wish Lists’ which they submitted earlier this term.

Our final meeting for the year will be 10th November at the Botanical at 8pm, all welcome.

We wish all the year 12 students success with their final weeks and best of luck with their exams.

Darleen Baldock - Secretary Parents club
Calendar

**Term 3**
Friday 19th **September**
Term 4
Monday 6th **October**
Thursday 9th
Monday 13th—17th
Tuesday 21st
Wednesday 22nd
Thursday 23rd
Monday 27th
Wednesday 29th
Monday 3rd **November**
Tuesday 4th
Wednesday 5th–7th
Thursday 6th
Tuesday 11th
Tuesday 11th—14th
Thursday 20th—23rd
Monday 24th–27th
Friday 28th
Monday 1st—12th **December**
Tuesday 16th
Friday 19th

**Semester 2**
Last day of Term 2.30 dismissal

**Semester 2**
School resumes
LMR Athletics
Girls Work Experience
SSV Athletics
Last Day Year 12
Year 8 NCCC Orientation
NCD Clay Target and Bowls
9-10 Super 8s Cricket
Year 12 Exams begin
**PUPIL FREE DAY**
Melbourne Cup Day **PUPIL FREE DAY**
Year 10 Camp Melbourne
7-8 Super 8’s Cricket
Rotary Debate
Year 9 Camp
RACV Energy Breakthrough
Year 10–11 Exams
Report Writing Day **PUPIL FREE DAY**
STEPPING UP PROGRAM
Presentation Night
Last Day of Term. 2.30pm Dismissal

**ST ARNAUD AGRICULTURAL SOCIETY INC.**

**TINY TOT AND SHOW AMBASSADOR COMPETITIONS**

*At the Show on Saturday 4th October 2014*

ENTRY IS **FREE**
JUDGING TO TAKE PLACE IN FUNCTION ROOM OF THE SPORTING CLUB OR OUTSIDE ON LAWN AREA AT FRONT OF CLUB, WEATHER PERMITTING.
ENTRIES TAKEN FROM 1.00PM
JUDGING TO COMMENCE AT 1.30PM
ENTRANTS TO BE DRESSED SUITABLY FOR COUNTRY SHOW

**CATEGORIES**

- **MASTER TINY TOT**
  - 2YRS TO PRESCHOOL
  - 1.30PM
- **MISS TINY TOT**
  - 2YRS TO PRESCHOOL
  - 1.40PM
- **JUNIOR PRIMARY SHOW AMBASSADOR**
  - PREP TO GRADE 2
  - 1.50PM
- **SENIOR PRIMARY SHOW AMBASSADOR**
  - GRADE 3 TO GRADE 6
  - 2.00PM
- **JUNIOR SECONDARY SHOW AMBASSADOR**
  - YEAR 7 TO 15 YEARS
  - 2.10PM

**SHOW AMBASSADOR ENTRANTS CAN BE EITHER BOYS OR GIRLS**

**GREAT PRIZES TO WIN**

Further information can be obtained from Alison Darby – 5495 1350 or Jenny Greenaway – 5499 8220