In this week’s newsletter I have included a document which lists sources of potential income support for families. Due to the very poor season in 2015-16, some farming families may be eligible for further assistance. All enquiries should be directed to the relevant agency.

I have also included a department fact sheet on schoolies which aims to ensure that students have a great time but are also safe and behave responsibly.

With summer rapidly approaching, every child is likely to be involved in some form of water activity, so it is essential they have the skills to swim safely. Constant supervision of children in and around water is vital.

Here are some tips to keep you and those around you safe while swimming in a pool:

1. ALWAYS watch them around water
2. NEVER turn your back on them
3. A lifeguard is no substitute for parental supervision
4. Empty paddling pools immediately after use
5. A swimming pool or spa fence is not a substitute for supervision; check with your local council that your pool is compliant and to ensure that all barriers are in good working order.

Branko Lukic
Principal

SCREENING IT

No, we are not talking phones, computers or TV. The Year 8B boys have been learning screen printing technique with hand cut paper stencils.

The 1st edition of Nick Fithall, Jake Tillig and Cooper Baldock shows just how skilled these guys can be with a scalpel.

Future surgeons maybe!
Commonwealth Government financial support for low income families

The Commonwealth Government provides a range of payments and services to help families look after their children’s education, health care and other family issues.

Family Tax Benefits A and B

This is a two-part payment to help with the cost of raising children. To be eligible for *Family Tax Benefit Part A*, the parent must care for a dependent child who is:

- aged 0-15 years, or
- aged 16–19 years, paid until the end of the calendar year in which they turn 19, and:
  - undertaking full-time education or training in an approved course leading towards a Year 12 or equivalent qualification
  - with an acceptable study load, or
  - has been granted an exemption from education or training requirements

Parents also need to satisfy an income test, meet residence requirements and be caring for the child at least 35 per cent of the time. The amount paid for Family Tax Benefit Part A depends on family income, the number of children in the family, and how old they are. The maximum rate per fortnight for a child aged 0-12 years is $179.76 or $5,412.95 per year. The maximum rate per fortnight for a child aged 13-19 years is $233.94 or $6,825.50 per year. (Figures correct as of November 4, 2015 – DHHS website.)

Some families who receive Family Tax Benefit Part A, may also be eligible for the Energy Supplement Part A. (Please speak with Centrelink.)

*Family Tax Benefit Part B* gives extra help to single parents and families with one main income. An example of this may be where one parent stays at home to care for a child full-time or balances some paid work with caring for a child. To be eligible for *Family Tax Benefit Part B*, the parent must have care of a child for at least 35 per cent of the time who is:

- a dependent child under 16 years of age, or
- a dependent full-time secondary student up until the end of the calendar year in which they turn 18.

The rate of Family Tax Benefit Part B is based on an income test and the meeting of residence requirements. The amount paid for Family Tax Benefit Part B usually depends on the age of the youngest child in the family. The maximum rate per fortnight for a child aged under 5 years of age is $152.88 or $4,339.85 per year. The maximum rate per fortnight for a child aged 5-18 years is $106.82 or $3,139.00 per year. (Figures correct as of November 4, 2015 – DHHS website.)

If a parent/family qualifies for Family Tax Benefit Part A or Part B, they may be entitled to other payments and services such as the SchoolKids Bonus (see below), Parenting Payment, Child Dental Benefits and many others.

Health Care Card

The Health Care Card provides help with the cost of prescription medicine under PBS, Australian government funded medical services, and access to state, territory and local government concessions. Families may be eligible for a Health Care Card if they get specific Commonwealth payments or supplements or the maximum rate of Family Tax Benefit Part A.

SchoolKids Bonus

The Schoolkids Bonus is a Commonwealth Government payment to assist eligible families with education costs. The Bonus is automatically paid by the Commonwealth Department of Human Services in two instalments each year. Parents do not need to make a claim for this payment.

To be eligible for the Schoolkids Bonus, the parent/carer must:

- receive Family Tax Benefit Part A for a dependent child in primary or secondary education
• have a primary or secondary student turning 19 years or younger in the calendar year, who receives certain government payments
• satisfy an income test (applicable from 1 January 2016)

From 1 January 2016, eligible families will receive the Schoolkids Bonus in:
• 2 instalments of $215 for each child in primary school - a total of $430 each year
• 2 instalments of $427 for each child in secondary school - a total of $856 each year.

Child Care Benefit
The Child Care Benefit helps eligible families with the cost of outside school hours care, vacation care and registered care.

Centrepay
Centrepay is a free, voluntary service for Centrelink customers to pay expenses as regular deductions from their Centrelink payments. Deductions can be started, changed or cancelled at any time to suit the family’s circumstances.

The types of expenses that can be paid using Centrepay include education fees and expenses, child care, private rent including community housing, telecommunications, electricity, gas and water, ambulance costs, home care services, rental of household goods, and medical services and equipment.

Relevant community organisations:
Community Information and Support Victoria
Community Information & Support Victoria (CIS/Vic) is the peak body representing local community information and support services. Its member agencies assist people experiencing personal and financial difficulties by providing information, referral and support services including emergency relief. Approximately 30% have programs directly related to education expenses.

CRIS (Crisis Referral Information System) Online Directory
The CRIS (Crisis Referral Information System) Online Directory contains comprehensive information on a large number of Victorian community-based support services and other organisations providing support in respect to accommodation, domestic violence, drug and alcohol treatment, health, material aid and mental health. Detailed information of services and organisations listed include contact and location, service description, specific service hours, eligibility and service criteria and any referral requirements. The directory can be searched by service or organisational name, type of service or organisation and by suburb & local government area.

ER Victoria
ER Victoria is the peak body for the Victorian emergency relief (ER) sector, with 115 member organisations offering material aid and support to individuals and families who are experiencing a financial emergency or crisis. Some people access ER to help them through a ‘one-off’ episode, while for others ER becomes part of their solution to dealing with ongoing financial disadvantage. The aim of ER is to assist people experiencing financial crisis in a way that maintains dignity and encourages self-reliance. Assistance may vary from agency to agency and can include:

• the provision of food parcels or vouchers
• household goods or clothing
• rent assistance
• payment of bills such as electricity or gas
• money to buy a meal
• medicine and medical costs
• education costs
Good Shepherd Youth and Family Service

Good Shepherd supports people, especially women and girls, battling poverty and disadvantage in Australia. It is part of a network that reaches across the country, helping women and girls to be safe, resilient and self-sufficient.

State Schools’ Relief

State Schools’ Relief (SSR) is a not-for-profit Victorian charity supported by DEECD that provides government school students with financial assistance for uniform and footwear. SSR responds to requests from principals, assistant principals and welfare coordinators, and supports any student attending a Victorian government school if parents or carers are facing one or more of the following:

- health issues resulting in serious financial difficulty
- house fires where school clothing is lost
- independent living/homelessness
- natural disasters
- serious financial difficulty.

Applications from schools for assistance are processed within 24-48 hours.

click2sell, an initiative of State Schools’ Relief, is a smartphone solution to buy and sell second hand school uniforms. This easy to use app helps to make it simple for families and young people to buy and sell school uniforms within their local school community.

The Smith Family

The Smith Family is a children’s charity helping disadvantaged Australian children to get the most out of their education, so they can create better futures for themselves. Its programs increase school readiness and provide support to disadvantaged primary and high school students to close the gap and create greater educational equality.

Saver Plus

Saver Plus is a matched savings and financial education program that can assist low income families to:

- reach a savings goal
- become regular savers
- build money management skills.

Saver Plus provides an opportunity to have every dollar saved (up to $500) matched with an additional dollar for the family’s education-related expenses.

Saver Plus is an initiative of Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs, with ANZ providing matched savings for participants.

Farm Household Allowance

Help for farmers and their families experiencing financial hardship. The Farm Household Allowance replaced Interim Farm Household Allowance on 1 July 2014.

Eligibility basics:
Parents’ Club

Meeting Dates 2015
December - TBA
Darleen Baldock
Secretary Secondary College Parents’ Club and Friend of the College
0408518889

Information for parents – Commonwealth Government

Centrepay

Child Care Benefit

Child Care Rebate

Family Tax Benefit

Health Care Card

SchoolKids Bonus

Farm Household Allowance

Due to the very poor season in 2015-16, some farming families may be eligible for further assistance.

Please note that all enquiries regarding any form of financial assistance should be directed to the relevant agency. This document is provided as a guide only.
Looking after yourself and your friends

Celebrating with friends

Schoolies is all about you and your friends having a great time. You've been through so much together over the past few years and now your high school days are ending. Here are a few tips on making sure you – and your friends – get the most out of Schoolies.

Watching out for your friends

- Be a good friend – don’t leave your mates on their own.
- Trust your instincts – if you don’t feel safe you probably aren’t.
- Think – drugs and alcohol affect your judgement and stop you thinking clearly.
- Mix it up – if you drink alcohol, eat food and drink water between alcoholic drinks.
- Think ahead – organise a safe place to meet in case you get separated from friends.
- Keys please – drinking and driving don’t mix, not for you and not for your friends.
- Stay connected – if you own a mobile phone, keep it on you so you can contact or be contacted by friends, call a cab or call for help if need be.
- Mind your P’s – if you are on your red P’s it is illegal to travel with one or more person aged 16 to 22 unless they are a relative.
- Drink spiking – always watch your drink being opened or poured, don’t leave drinks unattended, don’t share drinks and don’t accept drinks from strangers. If you are unsure about your drink, don’t drink it.
- No means no and silence is not consent – pressuring or forcing someone else into sexual activity is against the law. Someone who is substance affected may not be able to give consent.
- Talk it out – speak to an adult you trust: parent, youth worker, GP, nurse, or other health worker, police, family friend or volunteer.
- Everybody has the right to have a good time – violence is unacceptable in any form and under any circumstances and in any community in Victoria.
- If you experience, see or hear any kind of assault or violence report it to the Police as soon as possible.

Peer pressure

Peer pressure is when you are influenced to do something that you may not usually do because you are worried about what your peers might think. There may be times you feel this pressure from others to drink alcohol or take drugs. You might even pressure someone else without realising.

Here are some suggestions to conquer peer pressure:

- Stick with friends who share your interests.
- Remember that it’s okay to say ‘no’.
- Respect everyone’s choices no matter whether you agree with them or not.
- Stand up to peer pressure or help a friend who may be influenced by peer pressure to say ‘no’.
House rules

We all disagree with one another from time to time, and the occasional argument is a normal part of life. Living so closely with your friends during Schoolies and sharing your space during an intense emotional time is bound to bring up a few conflicts.

Before you head to Schoolies, set up some house rules with your friends.

- Respect – always treat your friends’ and housemates’ property with respect. You also need to respect the place you are staying and your neighbours.
- Allowing strangers in your house – discuss this rule with your housemates before Schoolies and think carefully before inviting someone back to your house.
- Turn it down – make sure you turn down any loud music after 9pm.
- Space and privacy – everyone needs their own space to chill, so respect your friends’ decisions.
- Money – sort out finances before you go. Work out how much everyone needs to pay for their accommodation and split things fairly.
- Start a household kitty – this is useful for things like toilet paper, detergent and basic food.
- Help yourself to a daily roster for things like doing the dishes, taking out the rubbish, cooking and cleaning up. This also speeds up the cleaning up process at the end of your stay.

Looking after your health

- Remember to drink plenty of water, especially if you’re drinking alcohol or spending a long time out in the sun.
- Be aware that alcoholic drinks differ in strength. Familiarise yourself with how many standard drinks are contained within the alcoholic beverages you are consuming.
- Be sun smart – slap on SPF 30+ sunscreen every 2 hours, wear a hat and sunnies and catch some shady breaks.
- Make sure you have the right ID – fake IDs are illegal. Bottle shops, pubs and nightclubs will only accept legal ID.
- Be careful when you swim – never swim, surf or go boating alone, don’t swim after you’ve been drinking or have taken drugs, only swim between the flags and never swim at night.
- Be aware and prepare before heading into the water – check the weather and read the safety signage to learn about hazards and dangers before entering the water.
- Boost your vitamins - add a salad to your lunch and dinner to make sure you’re getting lots of fresh veggies.
  They’re quick and easy to prepare and a great source of vitamins and minerals.
- Seek medical attention if you need it - if you or a friend is suffering prolonged pain, headache, bleeding, vomiting, nausea, diarrhoea or fever, don’t wait for it to go away - find a pharmacist, nurse or doctor who can help immediately. In an emergency always call 000.

For more information on staying healthy and looking after your friends, visit the Schoolies website: schoolies.youthcentral.vic.gov.au

To receive this publication in an accessible format phone (03) 9096 7987 using the National Relay Service 13 36 77 if required.

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Available at www.youthcentral.vic.gov.au/schoolies
Booklists 2016

Return to the library by Friday, 20 Nov 2015

Or

Order online via www.ballaratbooks.com.au

Access to online booklists

Year 7 - Code STARND07 Password BKLIST
Year 8 - Code STARND08 Password BKLIST
Year 9 - Code STARND09 Password BKLIST
Year 10 - Code STARND10 Password BKLIST
Years 11/12 - Code STARNDVCE Password BKLIST
(Credit Card payment required for online orders)

Booklists Delivery
Booklists will be delivered by a school staff member directly to Ballarat Books on Sat, 21 Nov 2015. Please ensure that completed booklists have been handed into the library before this date. Families may wish to order online by going to www.ballaratbooks.com.au.

Booklist amendments
Please note that there are a few changes to the VCE Booklist. These changes are ...

BIOLOGY UNITS 1 & 2
Heinemann Biology 1 student book (5th Ed)
Binder A4 4 Ring PVC 25 mm
Plastic pockets A4 - Pack of 10

BIOLOGY UNITS 3 & 4
Biozone Year 12 biology student workbook (Do not purchase workbook second-hand)
Nelson Biology VCE Units 3 & 4 [Semple]
Binder A4 4 Ring PVC D 25 mm
Plastic pocket A4 - Pack of 10

FOOD & TECHNOLOGY UNITS 3 & 4
Food Solutions Units 3 & 4 (3rd ed) [Heath] (previous edition not acceptable)
Refill A4 - 7 mm reinforced (50’s)

*Bold text refers to changes in VCE booklist.

If you have any enquiries regarding Student Booklists or Sustainable School Shop, please see Miss Evans in the library.
Want to save money on educational items? Why not sell and buy second-hand?

On behalf of the school community, St Arnaud Secondary College has taken out a subscription to Sustainable School Shop - a new second-hand books and uniforms online trading system. Sustainable School Shop is available free to our school community, runs all year round and has access to a wide range of Victorian schools trading posts.

Buy and Sell second-hand textbooks

www.sustainableschoolshop.com.au

IMPORTANT: The Sustainable School Shop will replace the annual second-hand bookshop session in the library.

Go to http://www.sustainableschoolshop.com.au to start trading!!

What is the Sustainable School Shop?
The Sustainable School Shop encourages reuse and recycling through innovation and technology, enabling schools and families to look for a second-hand item first before buying new.

Making better use of current resources and reducing what goes to landfill builds a more sustainable school community and lowers the cost of education.

- Second-hand Textbook Trading System
- Second-hand Uniform Trading System
- General Trading System
- The website is Australia’s largest resource of second-hand secondary textbooks

What can I Advertise and sell?
Parents and students can sell or buy practically anything, but most of all anything that relates to:

- Education
- Extra curricular activities, interests, hobbies and sport

Commonly traded items
Textbooks       Uniforms       Calculators       Sporting items
School Surplus   Clothing       Electronics       Musical Equipment

SUSTAINABLE SCHOOL SHOP

Sustainability, Value & Community
BUY & SELL second-hand textbooks uniforms calculators musical instruments sports gear Uni books etc, Australia’s No 1 website for second-hand school items.

- Recycle it’s Easy
- Buy and Save
- Advertise and Sell
What St Arnaud Secondary College Booklist items can be sold or purchased second-hand?

**Year 7**
- Apron - protective blue
- Australian Integrated School File Dictionary & Thesaurus [Knight]
- Cookery the Australian Way (8th ed) [Cameron]
- Pearson Mathematics 7 Essentials Student Book [Coffey]
- Calculator TI-30XB multiview
- Science quest 7 for Victoria AC edition and ebookplus [Loft]

**Year 8**
- Ads R us [Carmichael]
- Holes [Sachar]
- Pearson Mathematics 8 Essentials Student Book [Coffey]
- Science quest 8 for Victoria AC edition and ebookplus [Loft]

**Year 9**
- Runner [Newton]
- Mathsworld 9 Australian Curriculum edition [Vincent]
- Science quest 9 for Victoria AC edition and ebookplus [Loft]

**Year 10**
- Montana 1948 [Watson]
- Mathsworld 10 Australian Curriculum Edition [Vincent]
- Science quest 10 for Victoria AC edition and ebookplus [Loft]

**VCE**

**Units 1 & 2**
- English
  - General’s die in bed [Harrison]
  - Insight English Year 11 (2016-2020 study design) [Beardwood]
- General Maths
  - Essential Standard General Mathematics (2nd ed) [Jones]
  - Calculator: TI Nspire CX CAS
- Physical education
  - Nelson Physical Education VCE Units 1 & 2 (2010 ed) [Telford]
  - Visual Communication & Design
    - Viscomm: a guide to visual communication design VCE Unit 1-4 [Patterson]

**Units 3 & 4**
- English
  - Insight English Year 12 (2nd ed) [Beardwood]
- Math methods
  - Calculator: TI Nspire CX CAS
- Physical education
  - Nelson Peak Performance Workbook VCE Units 3&4 (2nd ed) [Telford] Optional
  - Nelson Physical Education VCE Units 3&4 (5th ed) [Malpeuli]
- Physics
  - Heinemann Physics 12 Enhanced Text (3rd ed)
- Psychology
  - Oxford VCE Psychology Units 3&4 student book (2nd ed) [Edwards]
  - A+ Psych Notes VCE Unit 3 (4th ed) [Milesi] Optional
  - A+ Psych Notes VCE Unit 4 (4th ed) Optional
- Visual communication & design
  - Viscomm: a guide to visual communication design VCE Unit 1-4 [Patterson]

Please make sure that you obtain the correct edition when buying second-hand textbooks.
Aaron Carter visited the College on November 9th and spoke to the Year 7 Ceramics and Year 9 Visual Communication students about his experiences as a Visual artist.

Aaron explained that he had wanted to become an artist since his middle school years. Life on the farm near Marnoo and his travels had influenced his art.

He also touched on the way in which his studies of Expressionist artists had informed his work.

Aaron will be visiting the school to work with students in the Ceramics area and student works will be included as part of his exhibition.

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**Calendar 2015**

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Food Swap St Arnaud

East Wimmera Health Service in partnership with Grampians Food Alliance would like to introduce Food Swap St Arnaud!

**What is it?** Food Swap is a space where the community can come together and share fresh produce from our own backyard.

**How it works:** Bring along any excess produce you may have from your vegie garden such as fruit, vegies, herbs and seedlings, leave it on the table and if you wish, take an item someone else has left. (Unfortunately we cannot accept eggs, cooked or baked goods due to food safety requirements).

**When:** Food Swap will launch on **Thursday, 12 November from 11am-2pm** and will continue to run each Thursday at this time.

**Where:** Between the Post Office and the Town Hall in Napier Street, St Arnaud.

**Contact us:** Please phone Bonnie at EWHS on 5477 2100 for further information.

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**ST ARNAUD CHRISTMAS TREE LIGHT UP NIGHT**

**Friday 20 November**

**St Arnaud Town Hall**

**5.30pm:** Free barbecue, face painting and jumping castle

**6.30pm:** Christmas carols by local schools

**7pm:** Santa arrives for Santa’s Photo Booth

**7.30pm:** Christmas tree light up

Come get your photo taken with Santa Claus in the photo booth, enjoy some fun activities, and have a great night out to get you into the Christmas spirit.

For more information, please contact Julie Westwood on (03) 5358 8700