

St. Arnaud Secondary College Newsletter

Issue 1

Term 1
Week 2
3rd February 2023



St. Arnaud Secondary College is a Child Safe School.

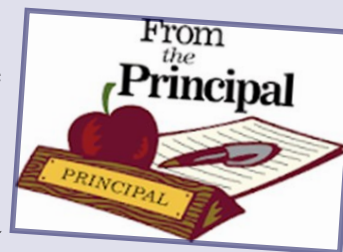
Address: Smith Street, St. Arnaud. Victoria 3478
Postal Address: P.O. Box 40, St. Arnaud 3478
Ph: (03) 54 951811

Website: www.starnaudsc.vic.edu.au
Email: st.arnaud.sc@education.vic.gov.au
Principal: Tony Hand

Principal's Report

Welcome Back

I would like to start this year's newsletters with a warm welcome to everyone. The whole staff returned to the College last Friday, even though many had been in and out during the holiday break. Year 7, 11 and 12 students returned on Monday with the Year 8, 9 and 10 students starting back on Tuesday. So far, it has been a smooth start to the year. As you can see by the list of dates below, Term 1 is again jam packed with activities and is a longer term than we have had for some time.



New students

We have several new students at the College including our class of 23 Year 7 students. Our new Year 7's were welcomed with some balloons and streamers, along with some posters and individual handwritten notes from our College Captains, Izzy and Rogan. It was a really nice way to start the day and a video, and some photos, have been put up on our Facebook page. We also have new students and families in all other year levels across the school and this has seen our student numbers rise for the second year in a row and against a state-wide trend.

YLead Conference

During the Summer Break, Izzy, Rogan, and Amy spent three days at a live-in conference in Melbourne which focused on their roles as leaders at the College. School Captains and leaders from across the state attended the event which our Captains have described as 'fantastic.' Like the Year 7 welcome messages, I am sure we will see a range of things that will spring from the conference, as we have in past years.

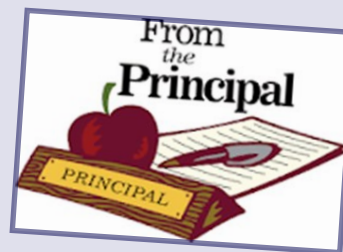
New Staff

After farewelling several staff last year, we have several new staff at the College, and it is the first time in almost 18 months where the school is fully staffed. Miss. Rachel Brown is a Leading Teacher and will be teaching Maths and Science. Miss. Stephanie Ashley will be teaching English and Humanities and Mr. Zac MacDonald is in PE and Outdoor Education. Miss. Emily Goode, who started with us last year, will also be teaching Maths and Science and we also welcome back Miss. India Griffiths, who is returning from family leave to take some PE, Health and Humanities. We also welcome Mrs. Stacey Wandel who will be taking up the role of Canteen Manager. I am sure that all the students and our whole College Community will make all our new staff feel welcome.

Canteen

At the end of last year, considering a couple of significant events, School Council made the decision to purchase a food van and to run our own canteen. To that end, we are expecting our new food van to arrive late next week, and we have appointed Stacey Wandel to run the canteen. Students have been informed that they are required to bring food from home this week and, while we are planning on running a BBQ on Monday and a few other options throughout next week, it would be wise to bring food from home next week as well. We will advertise special lunches on Facebook and Compass. If your child does not have any food to bring to school, they can catch up with Mrs. Chapman on any day.

Principal's Report



Uniform and Hats

It is really pleasing to see most of our students in full school uniform – including full black shoes – at the beginning of the year. Most students have also been in broad brimmed hats outside, which is necessary during Terms 1 and 4. If your child is out of uniform for any reason, please provide a note, preferably in their diary and we will issue a uniform pass.

Swimming Sports

Next Monday we have the House Swimming Sports and, as we do every year, – we are pushing participation and support. We are more than aware that not all students enjoy swimming – but it is about coming along and having a go – and supporting your house and teammates. If there is a reason that a student cannot swim, there are also plenty of jobs to be done on that day – like helping to cook or sell the BBQ, marshalling or just helping time-keep or record results. Students are also strongly encouraged to come along in house colours for the day.

Period 1 and 2 will be normal classes and then we will all head to the pool aiming to start at 11:00am.

School Photos

Next Friday we are having school photos – and our photos will be starting at midday – after the Primary School photos. This is a day where we require all students to be in full school uniform, so if you are experiencing any difficulties in obtaining uniform, please let us know before Friday.

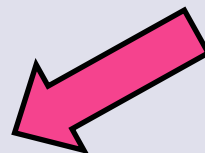
SSL Community Leadership Project

Last term, we had students attend the School for Student Leadership and part their experience is to organise and conduct a Community Leadership Project or CLP. Our students – Dusty Raiyn, Scarlett, Owen, Ava, and Elsie have been planning a clean up day at Lord Nelson Park, which will take place Monday 13th February. This will involve all Year 7 to 10 students and the Grade 6 students from the Primary School and St. Patrick's. It will run from recess and students will return to school before the end of the day. More information will be provided next week.

Rogan Hando – NG Youth Citizen of the year

We were very proud to learn that Rogan Hando had been awarded the Northern Grampians Shire Youth Citizen of the Year at last week's Australia Day Ceremony. Congratulations Rogan. Well deserved!

Principal's Report



Monday, 6th February – House Swimming
Friday, 10th February – School Photos
Monday, 13th February – SSL day at Lord Nelson Park
Friday, 17th February – School Leaders Ceremony @10am at the Town Hall
Monday, 20th February – NCD Swimming
Wednesday, 22nd February – Welcome to Year 7 and new Families BBQ
Monday, 27th February – Year 7 Camp
Thursday, 9th March – NCD Triathlon
Monday, 13th March – Labour Day Holiday
Tuesday, 14th March – Year 8 Camp
Wednesday, 15th March – Year 7 & 9 NAPLAN Testing begins

Apologies for the very long report – but as I said at the start, there is a lot going on – and I haven't even mentioned the building works!

Tony Hand
Principal





Just down the road from Paradise

The new 2023 Year 7s began their first week of Secondary School with aplomb, leaving a very good impression on their peers and staff. Due to the extensive transition period at the end of 2022, it was pleasing to see that they were not overwhelmed by the experience of the first day of the 2023 school year. Fortunately, they were also not underwhelmed by the experience, either.

"Whelmed" would seem to be the correct word for their day, although I'd hasten to point out that they were neither submerged nor buried during their first few hours of Secondary School.

The students endured the usual plethora of admin tasks to begin their year, including, but not limited to; diary use, locker organisation, school rules, phone lockup, lunch passes, uniform requirements, workbook setup, timetabling, ICT contracts, seating plans and bell times.

You're probably exhausted just reading that list - so kudos to the Year 7s for making it through all of that, on day one, without completely dissolving into a puddle of confusion and anxiety!

After all of that, students finally got to enjoy their first classes. I won't bore you with the minutiae of their first lessons in English, Maths, Science, et. al. I'm sure they were bursting at the seams to fill you in when they got home...





Strive High, Then Higher

St. Arnaud Secondary College

P.O. Box 40, St. Arnaud, Victoria, 3478
Phone: (03) 5495 1811 Fax: (03) 5495 2308
Email: st.arnaud.sc@edumail.vic.gov.au

2nd February, 2023

RSVP: Welcome BBQ

On **Wednesday 22nd February**, starting at **6pm**, the Secondary College would like to invite the parents of all our fresh-faced Year 7 students to the College for a BBQ Welcome dinner. In addition, any new families of students in other year levels are also invited.

The BBQ is a chance to meet the staff, see our excellent teaching and learning facilities, meet with other families, have a nice feed and get a feel for the College.

All food and drink is provided by the College (alcohol free event) in an informal and friendly atmosphere.

On the night we will also take the opportunity to show parents how our online system, Compass, works and showcase some of the programs and events we run at the school.

We hope to see as many families on the night as possible! Please fill out the RSVP form below and return to the school. Let us know how many family members will be attending so we can ensure enough food/drink is provided.

Yours Sincerely,

Clinton Lobley

Year 7/8 Coordinator

Tony Hand

Principal

✂ _____

RSVP SLIP

WELCOME BBQ

Return RSVP Form to the Coordinator or Front Office

I [NAME] _____ will be attending the Welcome BBQ with my child.

There will be people from our family attending.

Parent/Guardian signature _____

Welcome our New Staff



Hi, I'm Miss. Emily Goode. I'll be teaching Maths and Science for some of the Year 9 and 10's this year. I spent most of my teen years in Bendigo and went to university at La Trobe University for my Bachelor of Civil Engineering (Honours). I now live out of town.

Before working as a High School teacher, I was a Teaching Associate in the Engineering Department of La Trobe University while working towards my PhD in Hydraulic Engineering, teaching Maths, Hydraulics, and Innovation subjects. My PhD work was starting to create a way of assessing Water Management Systems to see how well they are working. This involved working with a range of councils, mainly Bendigo and Macedon Ranges, where I worked as an Environmental Engineer. My other passion in education has been working with the Discovery Centre in Bendigo teaching science workshops online during lockdowns and in person visiting rural schools around Victoria.

Other hobbies of mine are Sewing, 20th Century History, crafts of many kinds, DND and looking after my parents' conservation land in Carapooee with my two dogs, Einstein and Arabella.

I am super excited for a big year of hands-on Science and Maths.



Hi, I'm Mr. Zac MacDonald

I am teaching Year 9 and 11 PE, as well as, Year 11 Outdoor Ed.

I grew up in Bendigo. This is my first school to teach at and I am currently completing my teaching degree in Ballarat.

In my spare time I like keeping fit, reading, and studying various branches of science, such as Physics, Biology, Psychology and Exercise Science.

I am excited to be working at the Secondary College this year and continuing my development in becoming the best teacher I can be.



Welcome our New Staff



My name is Rachel Brown. I spent my childhood in Kerang and moved to Bendigo to earn my teaching degree.

In 2019, my partner and I moved to Inglewood and have been happily living there ever since. I previously taught in Bendigo and am very excited to becoming a part of the St. Arnaud community.

I teach Maths and Science, but outside of school hours, I enjoy renovating our house and spending time with my two boisterous dogs!

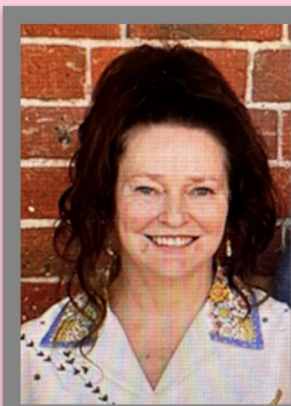


Hi, my name is Stacey Wandel and I am the new Canteen Manager.

I have worked in Hospitality for many years and I am excited to organise and run the canteen at the St. Arnaud Secondary College.

I am the current Under 14's Netball Coach for St. Arnaud.

I am married with 2 children and our family run a farm in Kooreh and we are very much looking forward to the year ahead.



My name is Stephanie Ashley.

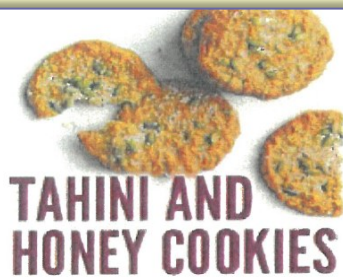
I was teaching special education in Ballarat but have taught visual and performing arts in the outback on Queensland which was an amazing experience. I'm teaching English at SASC. Years 7 - 9.

I was born in Nottingham England and grew up in Hobart, Tasmania.

My hobbies are yoga, dance, fashion design, gardening, dogs, WW2 and psychology.



Yr. 11 Food Studies



TAHINI AND HONEY COOKIES

SERVES 10. PREP 25 MINS. COOK 15 MINS

INGREDIENTS

COOKIE DOUGH BASE

- 125g salted butter, softened
- ½ cup brown sugar
- ¼ cup caster sugar
- 1 egg
- 1 cup traditional rolled oats
- ½ cup self-raising flour
- ½ cup wholemeal self-raising flour

TAHINI AND HONEY COOKIES

- 2 tablespoons tahini
- 1 tablespoon honey
- 2 tablespoons pepitas
- 2 teaspoons sesame seeds

METHOD

1. Using an electric mixer, beat butter and sugars until pale and creamy. Add egg and beat well. Add oats and flours. Stir with wooden spoon to combine.
2. Preheat oven to 190°C/170°C fan-forced. Line 2 baking trays with baking paper. Add tahini and honey to dough. Stir to combine.
3. Roll 2 level tablespoons of mixture into 16 balls. Place on to trays, allowing room for spreading. Flatten to form a 5.5cm round. Sprinkle with pepitas and sesame seeds. Bake for 15 minutes, swapping trays after 10 minutes, or until light golden. Stand cookies on trays for 5 minutes. Transfer to a wire rack to cool. Serve.

This week saw the Year 11 Food Studies students cooking for the first time down at the CFA kitchen where they prepared and cooked two recipes.



The students have been looking at the 'Origins of foods'. One of the items were Tahini and Honey biscuits which were a great success.

Wheat was one of the first cereal crops to be domesticated and cultivated in the region of ancient Mesopotamia. These biscuits use a mixture of seeds (Pumpkin and sesame) and grains (Oats) that would have been important ingredients grown in Mesopotamia.

The second item was Chicken tacos. Where they made their own tortillas and filling. In 5,000 BCE Sumerian farmers developed irrigation canals which allowed wheat to grow.

Corn was grown in Mesoamerica from 3,500 BCE.

In the next few weeks the students will be creating their dishes from Hunter and gatherer tribes.



School for Student Leadership (Alpine Campus) Community Learning Project

Lord Nelson Clean-up – Monday 13th February

During Term 4 of 2022, Scarlett Hand, Owen Lowe, Dusty Raiyn McIntyre, Elsie Patton, Ava Wilson and Erin Meredith attended the Alpine Campus of the School for Student Leadership, located at Dinner Plain in the Victorian highlands.

As a part of our Alpine School experience we have organised a Community Learning Project (CLP). Originally, we planned to organise a clean up around Walker's Lake, but with the floods and lack of camping, this isn't a viable option for us anymore. For our project to have a real impact, we have changed the location of our clean up to the area behind Lord Nelson Park, where the Cross Country is held each year.

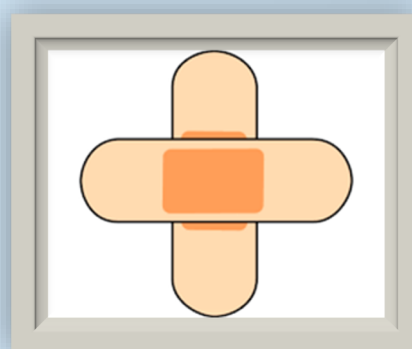
The clean-up will occur on Monday the 13th of February, during periods 3 and 4. Students from years 7 to 10 will participate and will be joined by year 6 students from the two primary schools.

A BBQ will be provided for lunch.

Finally, the day will be casual dress for students in Years 7-10. Students are encouraged to wear hi-vis fluoro colours for a gold coin donation in order to further support the clean up.



School Doctor



Doctors In Schools Program

We are very lucky to have Dr Mohammad Jawad and Practice Nurse Kylie Kirk with us every Tuesday once again this year. This service is available free to students.

Any students requiring appointments to see the GP can see Mrs. Chapman.



2023 Parent Payments Policy

School Council has approved the Curriculum Contributions, Other Contributions, and Extra-Curricular Items and Activities for 2023.

The Parent Payments 2023 and Parent Payments Policy 2023 are located on the school website.

Parent Payments Information will be mailed to families in 2023, with payment to be made in 2023.

Webpage: <https://www.starnaudsc.vic.edu.au/page/229/2022-Parent-Payment-Policy>

DET Parent Payment Policy : <https://www2.education.vic.gov.au/pal/parent-payment/policy>

BYOD LWT Portal : <https://sasc.orderportal.com.au/>

Parent Payment Arrangements and Options:

- Parents will be provided with early notification of annual payment requests and reasonable notice will be given for any other payment requests during the year (i.e., excursions, camps)
- The College offers Parents the option to make payment by instalments. Please contact Kerrie Swanton, Business Manager, to make these arrangements.
- Methods of payment are BPAY, EFTPOS, cash, or cheque.
- Eligible families that receive Camps, Sport & Excursion Funds can allocate these funds for sports travel, camps, and excursions only.
- The payment for Extra-Curricular Items and Activities, including camps and excursions must be paid by the specified due date prior to departure.
- When making payment via BPAY please note the receipt number on the returned permission slip or email paid items to st.arnaud.sc@education.vic.gov.au
- New families to the school who do not have Family BPay details, please contact the school for these details.

Camps, Sports, and Excursions Fund applications

The Camps, Sports and Excursions Fund helps eligible families to cover the costs of school trips, camps, and sporting activities. Applications for the Camps, Sports, and Excursions Fund (CSEF) close 23/06/2023

If you have a valid means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card, or Pensioner Concession Card, or are a temporary foster parent, you may be eligible.

Payment amounts this year are \$225 for eligible secondary school students. Payments are made direct to the school to use towards expenses relating to camps, excursions, and sporting activities for the benefit of your child.

If you applied for CSEF through our school last year, you do not need to complete an application form this year, unless there has been a change in your family circumstances.

If you would like to apply for the first time, please contact the school office on 5495 1811 and ask for an application form.

Business Manager – Kerrie Swanton
Student Administration – Elisha O'Donnell
Office Hours: 8.30am – 4.30pm
Phone 03 5495 1811
Email: st.arnaud.sc@education.vic.gov.au

PARENT PAYMENTS POLICY

ONE PAGE OVERVIEW



FREE INSTRUCTION

- Schools provide students with free instruction and ensure students have free access to all items, activities and services that are used by the school to fulfil the standard curriculum requirements in Victorian Curriculum F-10, VCE and VCAL.
- Schools may invite parents to make a financial contribution to support the school.



PARENT PAYMENT REQUESTS

Schools can request contributions from parents under three categories:

Curriculum Contributions

Voluntary financial contributions for curriculum items and activities which the school deems necessary for students to learn the Curriculum.

Other Contributions

Voluntary financial contributions for non-curriculum items and activities that relate to the school's functions and objectives.

Extra-Curricular Items and Activities

Items and activities that enhance or broaden the schooling experience of students and are above and beyond what the school provides for free to deliver the Curriculum. These are provided on a user-pays basis.

- Schools may also invite parents to supply or purchase educational items to use and own (e.g. textbooks, stationery, digital devices).



FINANCIAL HELP FOR FAMILIES

- Schools put in place financial hardship arrangements to support families who cannot pay for items or activities so that their child doesn't miss out.
- Schools have a nominated parent payment contact person(s) that parents can have a confidential discussion with regarding financial hardship arrangements.



SCHOOL PROCESSES

- Schools must obtain school council approval for their parent payment arrangements and publish all requests and communications for each year level on their school website for transparency.

BYOD Program 2023



St Arnaud Secondary College Bring Your Own Device Program (BYOD) 2023

Students studying at St Arnaud Secondary College in 2023 are invited to supply their own notebook device for use as part of the College's BYOD (Bring Your Own Device) program. This document provides details of the BYOD program and device recommendations. For further details see the College's website – BYOD Program 2023 <https://www.starnaudsc.vic.edu.au/>

What type of BYOD do students need?

The device must be capable of connecting to the College's 5GHz Wi-Fi network, so it must support 802.11a or 802.11ac Wi-Fi connections. The device should be appropriate to work on and produce office style documents such as spreadsheets, word processed documents and presentations which may need to be printed or submitted electronically.

A table of recommended device specifications can be found in the BYOD Recommendations Guide. Ideally students should obtain a BYOD device which meets with the specification in the "Great" or "Acceptable" section of the table. The table is intended as a guide, where devices with some variation from the specifications listed may be suitable.

Do participating students require a new device?

Participating students are not required to purchase a new device. Students may already have a device that will be suitable. Use the BYOD Recommendations Guide to compare the device's suitability.

If students do prefer to use a new device, where should they purchase it from?

You are not required to purchase a device from any particular supplier. However, to assist you with the choice of device, you can purchase from Learning with Technology (LWT), and a link is provided for you to view the devices listed on the LWT portal for comparison of device offerings from other suppliers also.

LWT Link - <https://sasc.orderportal.com.au/>

What software can the College provide me for my BYOD at no cost?

St. Arnaud Secondary College can provide access to Microsoft Office, which includes Word, Excel, PowerPoint, OneNote, and Outlook, and to Adobe Creative Cloud software titles for the duration of a student's enrolment at the College.

Repairs, Warranty and Theft





The College insurance does not cover students' personal devices. When purchasing a new device, it is highly recommended that an extended warranty and insurance is purchased. The College is not responsible for any repairs, maintenance, or theft of the BYOD device.

Care of Device

It is recommended that students purchase a carry bag or cover, as most repairs to notebook devices are caused by droppage or spillages.

For further information, please contact the ICT Department at the College – 5495 1811

BYOD Program 2023

BYOD Recommendation Guide	
 Great!	<p>Midrange or above Windows Notebook (cost around \$1,100) or Microsoft Surface Pro (cost around \$1,600)</p> <ul style="list-style-type: none"> • 256 GB storage • 8 GB memory • 802.11a/ac or dual-band Wi-Fi adapter • Less than 2 years old
 Acceptable	<p>Base level Windows Notebook (cost range \$500 to \$1,000)</p> <ul style="list-style-type: none"> • 128 GB storage • 8 GB memory • 802.11a/ac or dual-band Wi-Fi adapter • Less than 2 years old <p>OR</p> <p>An older device with similar specs to those listed as "Great" above which may be 2 to 4 years old (or possibly a little older if the device is in excellent condition and the battery holds a charge for a school day).</p>
 Not recommended	<p>Apple iPad or quality Android Tablet or Chromebook</p> <ul style="list-style-type: none"> • 128GB storage models (32GB may work, but could be problematic) • A keyboard attachment • Generally, less than 2 years old with a battery that lasts a school day <p>While tablets or Chromebooks may perform many of the function's students require, some tasks may be either difficult or impossible when using these devices. Therefore, we do not generally recommend these devices and suggest a general-purpose MacBook or Windows computer as a better option.</p>
 Not suitable	<ul style="list-style-type: none"> ✗ Devices that do not have a 5GHz (802.11a or ac) Wi-Fi adapter (Devices with only a 2.4GHz (802.11 b/g/n) are not suitable) ✗ In general, devices older than 4 years (see above) ✗ Low end Android or Chromebook based devices (typically less than \$500) ✗ Devices with less than 128 GB of storage (see details above for recommendations) ✗ Devices with less than 30 GB free storage space ✗ Devices with less than 4 GB memory (acceptable iPads or tablets may have less) ✗ Devices running Windows 10 S, Windows RT, or Linux.

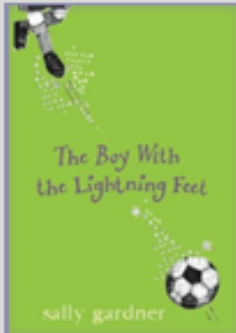


PLEASE HELP US, WE NEED A BAND NAME !!



A reminder that the newly formed Secondary College Rock Band are looking for suggestions for a name. Ideas should be passed to Mrs Walsh or any of the band members. Thank you!

The G.H. Edwards Library - Book review



The boy with the lightning feet

By Sally Gardner

Timmy Twinkle is chubby. That means he gets bullied at school and hasn't any friends. He longs to play football, but he's hopeless at games. He's miserable. And it doesn't help when Gramps tells him about Great-Uncle Vernon, a chubby boy who grew up to be a famous footballer. Then his gran's friend May comes to stay. May is a fitness fanatic who knocks Timmy and Gramps into shape in no time, and Timmy discovers there's magic in his toes- he can kick a ball just like Great-Uncle Vernon. And when Timmy performs on the football field, everyone wants to be friends with him. A lovely story of a child whose unhappiness is dispelled by the discovery of a magical gift.



The Graveyard book

By Neil Gaiman

Nobody Owens, known to his friends as Bod, is a perfectly normal boy. Well, he would be perfectly normal if he didn't live in a graveyard, being raised and educated by ghosts, with a solitary guardian who belongs to neither the world of the living nor the world of the dead.

There are dangers and adventures for Bod in the graveyard: the strange and terrible menace of the Sleer; a gravestone entrance to a desert that leads to the city of ghouls; friendship with a witch, and so much more.

But it is in the land of the living that real danger lurks, for it is there that the man Jack lives and he has already killed Bod's family.

A deliciously dark masterwork by bestselling author Neil Gaiman, with illustrations by award-winning Dave McKean.

The library is a nice quiet space for kids, especially
during recess and lunch and is manned
Tuesday - Thursday 9 -3.

**JOIN THE ST ARNAUD SECONDARY
COLLEGE & ST ARNAUD PRIMARY
SCHOOL AS WE SWIM LAPS TO
RAISE AWARENESS AND FUNDS FOR
YOUTH MENTAL HEALTH.**

**THIS FEBRUARY AND MARCH WE WILL
TAKE ON THE CHALLENGE TO SWIM AS
MANY LAPS AS WE CAN TO SHOW OUR
SUPPORT AND INCREASE OUR
KNOWLEDGE ON HOW TO ACCESS
MENTAL HEALTH SUPPORT.**



**LAPS FOR LIFE IS CONDUCTED WITH THE
REACHOUT SERVICE -**

**REACHOUT PROVIDES A SAFE, ONLINE PLACE FOR
YOUNG PEOPLE TO CHAT ANONYMOUSLY, GET
SUPPORT, AND ASSIST WITH IMPROVED MENTAL
HEALTH AND WELLBEING FOR ALL YOUNG PEOPLE**

**GO TO OUR PAGE TO SEE OUR PROGRESS & TO DONATE
[HTTPS://WWW.LAPSFORLIFE.COM.AU/FUNDRAISERS/TANIASCARCE/
LAPS-FOR-LIFE](https://www.lapsforlife.com.au/fundraisers/taniascarce/laps-for-life)**

Health & Wellbeing



PSYCHOLOGY SERVICE AT THE SECONDARY COLLEGE

Introducing U'Nita Harold. U'Nita is our new Psychologist that is visiting the Secondary School once a fortnight. U'Nita is available for appointments.

The mission is to assist clients to build vibrant authentic meaningful lives, based on what they value as important.

Our practice model is holistic and considers emotional health and wellbeing in the greater context of movement, nutrition, social connection, sleep, and spirituality.

We are committed to providing a multidisciplinary approach to client care, maintaining (with client consent) excellent communication with GPs and other allied health professionals in order to maximise the mental health and wellbeing outcomes for our clients.

Our highly qualified and experienced team is committed to providing a service which is mindful of and empathic towards the unique needs of rural people, their families, lifestyles, and communities.

Clients' privacy and confidentiality are imperative

For appointments, please contact School Nurse Tania Scarce or Student Wellbeing Coordinator Rosanne Chapman.



For more conversation tips visit ruok.org.au

Here's some tips to help you connect and support your colleagues, friends and family:

- Think about who in your world might be finding this time difficult and ask them, 'are you OK?' or 'how are you doing?'
- Meet up for a chat over a cup of tea or coffee.
- If someone is grieving, ask them how they'd like to honour the memory of their loved one.
- Extend an invitation to someone who will be alone during the holiday period.
- Organise a picnic or activity to bring people together.
- Have a virtual catch up with someone you can't see in person or send a text message to let someone know you're thinking of them.
- Suggest a 'walk and talk' with someone you know who finds the holidays tough.
- Drop off a meal to someone to show them you care.
- Remind your friends that telephone support service Lifeline (13 11 14) are operating 24/7 over the holidays if they need extra support.

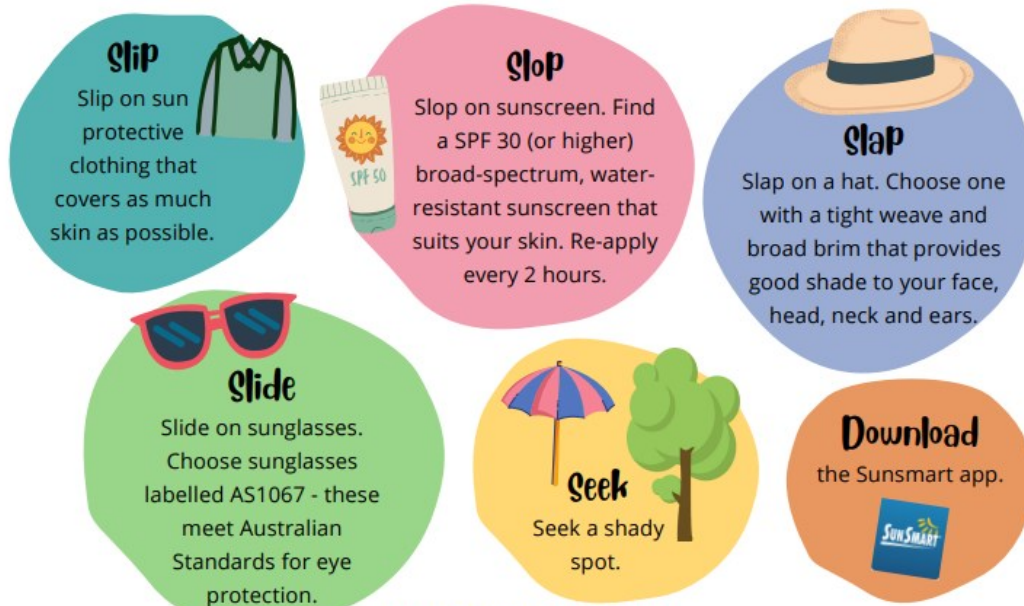
The holiday season can be a difficult time for some people. You can make a difference at this time of year by checking in and having a meaningful conversation with the people in your world who:

- Are grieving
- Are missing friends or family
- Have had a tough year
- Are struggling financially
- Are affected by natural disasters
- Are working over the holidays
- Have challenging family relationships
- Are spending the holidays alone
- Feel excluded at this time

'Tis the season to be asking
RUOK?TM

LOOKING AFTER YOUR SKIN

HAVE A SUNSMART SUMMER



<https://www.sunsmart.com.au/>

E-CIGARETTES & VAPING

WHAT WE NEED TO KNOW



While most people do not use e-cigarettes (also known as vapes), the number of young people who are using them (vaping) is increasing, and that's a concern for the health of our communities.

- There are no quality or safety standards for e-cigarettes so they could be made anywhere, by anyone and contain anything.
- Many vapes contain addictive nicotine, even the ones that say they don't. They just don't put it on the pack.
- Vapes contain the same toxic chemicals found in cleaning products, nail polish remover, weed killer and bug spray. These chemicals do not belong in our lungs.

E-cigarettes / vaping and the law

- Smoking and vaping are banned in the grounds of, and within 4 metres of entrances to: childcare centres, kinders and schools.
- In Victoria it is illegal to sell e-cigarette devices or e-cigarette accessories containing nicotine.
- It is also illegal to sell e-cigarettes to, or buy e-cigarettes for, any person aged under 18 years.



Is your child struggling at school but financially unable to access external tutoring?

WE'RE HERE TO HELP.

WHAT WE DO

- Connect students who struggle with school but are not able to afford tutoring otherwise to our dedicated volunteer tutors for free.
- Our tutors can assist Kindergarten to Year 9 students with English, Mathematics and Science, in addition to reading help for K-2 students.

OUR MISSION

eTutors Project connects students who are having learning difficulties with access to free weekly tutoring lessons to help them succeed, regardless of their financial capability.



To learn more about us or to enrol as a student, please visit
www.etutorsproject.org



Celebrating 100 years of Legacy

Legacy's 91st Annual ANZAC Commemoration Ceremony for Students

Wednesday 5 April 2023 at 11am (seated by 10:45am)
at the Shrine of Remembrance, Melbourne

This special commemoration service honours Australia's brave service men and women through the eyes of the young, with student guest speakers, school bands and Defence Force cadets, proudly supported by Legacy's patron the Governor of Victoria, dignitaries and a RAAF fly-over. Secondary and primary schools are invited to lay wreaths as part of the service.

For more details and to register, go to:
<https://www.eventcreate.com/e/legacyanzacstudentservice2023>

School Support

Fundraising is a fun, rewarding way for schools to make a difference in the lives of veterans' families.

Fundraising encourages charitable giving and gives your students a true understanding of the support Legacy provides to families who have sacrificed so much.

The major public appeal will be held Sunday 27 August to Saturday 2 September 2023. Badge Day will be on Friday 1 September 2023

If you wish to fundraise at your school and help Legacy families, please email marketing@legacymelb.com.au

Supporting our veterans' families

2023 Calendar



February	Mon	6th	House Swimming Sports
	Tues	7th	Dr. MJ Starts
	Wed	8th	Yr. 7—10 Immunisations
	Fri	10th	School Photos
	Mon	13th	Yr. 7 — 10 SSL Day @ Lord Nelson Park (Period 3 — 6)
	Fri	17th	Leadership Ceremony @10am — Town Hall
	Mon	20th	NCD Swimming
	Tues	21st	Yr. 7 Practice Naplan - Period 1 & 2
	Wed	22nd	Welcome BBQ — Yr. 7 and Families
	Fri	24th	Yr. 9 Practice Naplan - Period 3 & 4
	Mon — Fri	27th—3rd	Yr. 7 Camp — Creswick Log Cabin
March	Thurs	9th	NCD Triathlon
	Mon	13th	LABOUR DAY HOLIDAY
	Tues	14th	LMR Swimming
	Tues — Fri	14th — 17th	Yr. 8 Camp — Creswick Log Cabin
	Wed—Fri	15th—17th	Yr. 7 & 9—Naplan
	Tues	21st	Harmony Day
	Thurs	23rd	Walk for Autism Day
	Mon	27th	House Athletics
	Fri	31st	Yr. 10 — 11 Man Cave & Flourish Girl
April	Wed	5th	Diversity Dash
	Thurs	6th	End of Term 1
	Fri	7th	GOOD FRIDAY HOLIDAY
	Mon	24th	Term 2 Starts
	Tues	25th	ANZAC DAY HOLIDAY