

St. Arnaud Secondary College Newsletter

Issue 2

Term 1
Week 3
10th February 2023



*Congratulations
Holmes*

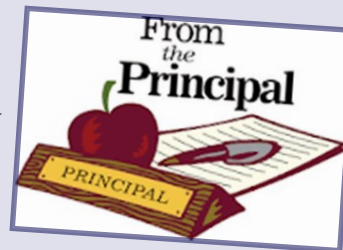


St. Arnaud Secondary College is a Child Safe School.

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



Settling in and Increased Numbers

The first two weeks of students at the College have gone smoothly and should be a good sign of things to come. As it was last week, we have another busy week ahead.

Swimming Sports

On Monday we held the House Swimming Sports at the St. Arnaud Pool. The day went very smoothly, and we had some strong performances in the pool. While our numbers at the pool were up, it was a concern that there were many students who just did not participate at all – even in the 25m (shallow end) races or the cork scramble which is purposefully included for our students who may not be able to swim. We will all need to work together to try and work against this apparent emerging habit of just opting out. Congratulations to Jesse Amos and Austin Lowe who were record breakers on the day. The next step of NCD swimming is on Monday 20 February.

Year 7 and 8 Camp

We have two camps this term, the Year 7's and then the Year 8's who are both going to 'The Log Cabin Camp' in Creswick. We are in the fortunate position of being able to access the Positive Start Grant which means that both these camps will be heavily subsidised.

School Council Elections

In the next couple of weeks, we will be advertising for School Council elections. We will have three 2-year parent positions up for re-election and one 1-year parent position. School Council is a great opportunity to have a say in the governance of the College and gain an insight school operation.

Canteen

We are expecting our new canteen van to arrive next week and therefore will be able to return to both recess and lunch service by week 4. There will be some new services and we will look to grow our range over the weeks. We appreciate your patience with this.

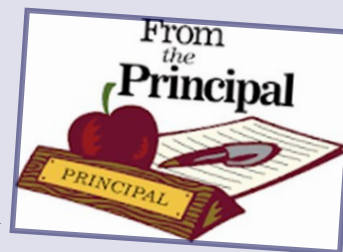
Building program

I have been informed that our new building works may be starting as soon as the week beginning Feb 20. While this has seemed to take longer than expected, it is exciting to think that we will be taking some major steps forward within the next month.

School Leaders Ceremony

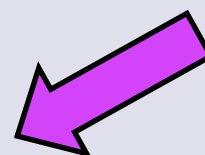
Next Friday, February 17, we will be holding our combined Student Leaders Ceremony with the Primary School at the St. Arnaud Town Hall. In a change to normal practice and in response to feedback, we will be holding the service at 10am and therefore should be finished well before 11:00am. It would be great to see as many parents/family/friends of the school as possible to acknowledge and celebrate the 2023 School Leaders.

Principal's Report



SSL Community Leadership Project

Our SSL students – Dusty Raiyn, Scarlett, Owen, Ava, and Elsie have been planning a clean up day at Lord Nelson Park which will take place next Monday, 13 Feb. This will involve all Year 7 to 10 students and the Grade 6 students from the Primary School and St. Patricks. It will run from recess until the end of lunch, so students will be back in time for buses. Students have casual dress day with the theme of 'a touch of fluoro' with a gold coin donation.



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

Tony Hand
Principal

A Message from Mrs. Tania Scarce (School Nurse)

She is running a little competition !!

Next Wednesday, she is asking every student to pack their healthiest lunchbox and to show her on this day — 16/2/23
She will then judge the best healthy lunch box and award a prize !!

SRC Report

The students have voted, and it has been decided, who are the Student Representative Council members this year.

Year 7:

- Sami Weir
- Isabella Bigmore

Chair people:

- Rogan Hando

- Isabell Hand

Year 8:

- Mara Reynolds
- Rylan Leach

Year 9:

- Chase Zander
- Dion Flanagan

Secretary:

- Phoebe Hendy

Year 10:

- Zoe Bryce
- Ava Wilson

Treasurer:

- Amy Greenaway

Year 11:

- Demi Leach

Year 12 Captains:

- Rogan Hando
- Isabell Hand

Year 12 Vice-Captains:

- Amy Greenaway
- Phoebe Hendy



This role will be important in enhancing student voice within the college and providing opportunities for students to have input. Students will be able to speak to any of these members about their concerns or ideas, and we will report back to everyone in the community so we can let you know how student voice has been used to guide our school community. Well done to everyone who has been selected.



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 Lobleby

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 _____

Kara Kara Youth Citizen of the Year Award

Rogan Hando is an active, well-known young person in our shire, involved in both school and sport, in the arts and creativity. Volunteering time with the St Arnaud Football Netball Club, filming, photography and preparing social media. Also, sharing his creativity to the benefit of the new Lord Nelson Park Sport Centre, presentation days, with secondary school, the local primary school and also the broader farming community.

He is the St Arnaud Secondary College 2023 School Captain and has also spent most years on the School Representative Council at St Arnaud Secondary College, with active involvement in presentations for school, fundraising events and sports days.



***Congratulations Rogan,
we are all very
proud of you !!***



2023 House Swimming Sports

HOUSE SWIMMING SPORTS 2023

The annual House Swimming Sports for St. Arnaud Secondary College was on Monday the 6th of February. Weather conditions couldn't have been better – sunshine and no wind which made for a great day to be in and around the water.

Students that participated throughout the day produced some fantastic results. There were four records broken, the oldest standing from 1978!

Name	Event	Time	Old Record Holder	Year	Time
Jesse Amos	20 Yrs. 50m Butterfly	31.55	Jesse Amos	2022	32.03
Jesse Amos	18 Yrs. 50m Freestyle	29.28	Ned Jackson	2015	30.22
Austin Lowe	14 Yrs. 50m Breaststroke	41.53	D. Plumb	1978	42.60
Jesse Amos	18 Yrs. 50m Backstroke	35.40	Will Bertalli	2018	35.40

It was great to see so many students and staff dress up in their house colours. Students who won the best dressed awards were Trey Zander, Amy Greenaway, Chase Zander and Georgie Wandel.

The annual Paddleboard Race between Jesse Amos and Mr. MacDonald came down to a matter of millimeters with Mr. MacDonald slightly going off course at the end, enabling Jesse to steal victory.

Thanks go to all staff for their assistance on the day, to those students who led by example and participated for their house and to the House Captains who did a great job to ensure that as many students as possible represented their house. We would also like to extend our appreciation to the parents, past students, and families for supporting the event and the St. Arnaud Swimming Pool for hosting the day.

Well done to Holmes for winning the carnival and to all the age group champions. The next stage is the North Central Interschool Swimming Carnival to be held on Monday the 20th February in St. Arnaud.

Final scores:

1 st	Holmes	632
2 nd	Willmott	457
3 rd	Morshead	306

Age Group Champions:

BOYS

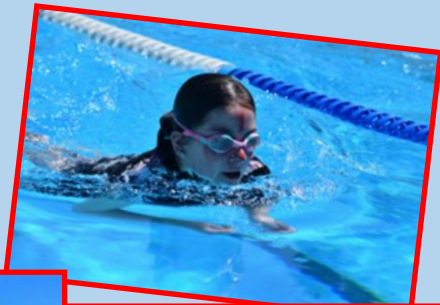
12 & 13 years	Forbes Kirk (Morshead)
14 years	Austin Lowe (Holmes)
15 years	Frankie Donald (Willmott)
16 years	Owen Lowe (Holmes)
17 years	Tyson Funston (Holmes)
18-20 years	Jesse Amos (Willmott)

GIRLS

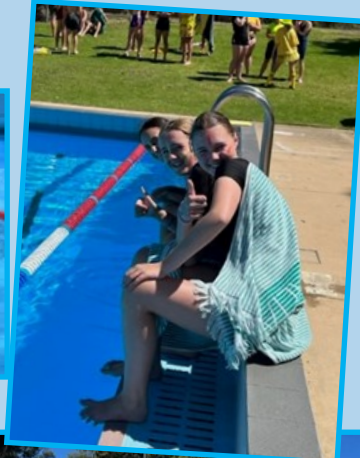
Sami Weir (Holmes)
Mahlie Morris (Morshead)
Scarlett Hand (Holmes) & Millie Hando (Holmes)
Ava Wilson (Willmott)
Isabell Hand (Holmes)
Keegan Amos (Willmott)

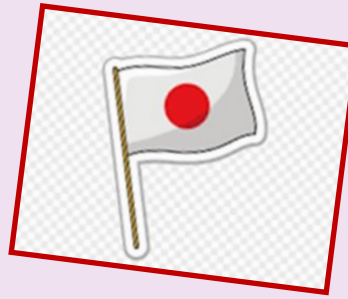
Beau Knight
Sports Coordinator

2023 House Swimming Sports



2023 House Swimming Sports





Term 1 Week 2, saw the Year 12 Food Studies students making Japanese Pancake (Okonomiyaki) as a part of the eating and food digestion theory section. The students needed to be able to evaluate the meal, explaining all of the sensory properties (appearance, aroma, flavour and texture) of the meal and how and where in the body it is digested. The students also looked at the Australian Guide to healthy eating to see how the ingredients were classified.



This week in Year 11 Food Studies, Jackson and Anthony made mini chicken patties and Bok Choy salad with Chinese fried noodles and roasted pine nuts, continuing the topic of 'The origins of Food'.

In the Central American region of Mesoamerica during the time of the Aztecs and the Maya, farmers in the rainforests grew maize in fields. Sweetcorn is a variety of maize that is popular in modern-day cuisine. Poultry is one of many meat sources to be domesticated during ancient times, and today chicken is a major source of protein in numerous countries. Bok choy is a popular Asian green which can be substituted for traditional lettuce in a salad, or it can be stir-fried or added to a soup.

Both students have been building on their knife skills and are becoming more aware of the safety and hygiene procedures that are necessary in the kitchen.

Due to Anthony not being able to eat sweet corn we substituted chickpeas for the corn. Anthony gave the meal an 8/10 saying that he really liked the salad and that the soy sauce, olive oil and brown sugar dressing was very tasty. Jackson rated the meal 7/10 and liked the patties the best but did not like the dressing as he thought the soy sauce was overpowering.

MINI CHICKEN AND CORN PATTIES

200 grams minced chicken
100 grams corn kernels, drained, or use the kernels cut from 1 cob cooked corn
½ cup fresh breadcrumbs
3 spring onions, finely diced
½ cup parsley or coriander, finely chopped
1 tablespoon soy sauce
1 tablespoon cornflour
1 egg, lightly beaten
1 tablespoon oil

BOK CHOY SALAD

½ bunch bok choy
10 grams butter
2 tablespoons pine nuts
2 spring onions, finely sliced
¼ packet Chinese fried noodles

DRESSING

¼ cup olive oil
2 tablespoons cider vinegar
1 tablespoon soy sauce
2 tablespoons brown sugar

METHOD

Mini chicken and corn patties

- 1 Mix all of the ingredients, except the oil, together in a medium-sized bowl. If the mixture is too wet, add some extra breadcrumbs.
- 2 Mould the mixture into small rounds, about 1 tablespoon in size and flatten slightly. If they are too large, they will fall apart during cooking.
- 3 Refrigerate the patties for 10 minutes before frying.
- 4 Heat the oil in a frying pan and cook the patties thoroughly, turning once only. Take care when frying as the corn may spit and pop and cause a burn. Drain on a paper towel.
- 5 Serve the mini chicken and corn patties with the bok choy salad.

Bok choy salad and dressing

- 1 Wash the bok choy thoroughly, shake dry and shred finely.
- 2 Heat the butter in a small saucepan and sauté the pine nuts until just beginning to brown.
- 3 Remove from the heat and drain on a paper towel.
- 4 Sprinkle the sliced spring onions, pine nuts and Chinese fried noodles over the bok choy.
- 5 Prepare the dressing by mixing the olive oil, cider vinegar, soy sauce and brown sugar together in a small jug or screw-top jar. Stir thoroughly, or screw the lid on tightly and shake the jar vigorously.
- 6 Pour the dressing over the bok choy. Serve the salad immediately.

SERVES 2

Yr. 11 Food Studies continued



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.

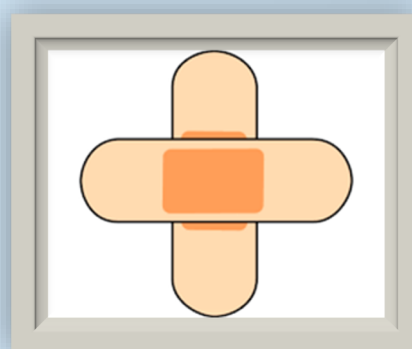
The clean-up will occur on Monday the 13th of February, during periods 3 and 4. Students from years 7 to 10 will participate and will be joined by year 6 students from the two primary schools.

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!

Careers & Pathways

Career Pathways Program



Sue Clay from the North Central LLEN, is St Arnaud Secondary College's Individual Career Pathways Coordinator. Sue is a qualified Career Development Practitioner who visits the College approximately 5-6 full days each term and is available for Career Development appointments with all Students in Years 9-12.

During these Career appointments Students discuss Subject selection, Personal Strengths, Abilities & Interests, Goal Setting, Career interests, Resumes, Work Experience opportunities, Post School study/work options etc.

Each student has a Career Pathways Plan that is updated after each appointment, and these reports are available to the Students & their Parents/Guardians.

Students are expected to see Sue on regular occasions throughout Years 9-12.

Appointments are organised via Mrs Reynolds.

www.ncllen.org.au/careers-education-partnership.html



Attention: Year 12 Students



ANU Tuckwell Scholarship Program

Open: March 1, 2023

Closes: April 3, 2023

Value: \$24,700 AUD per year

<https://tuckwell.anu.edu.au/>



University of Melbourne Hansen Scholarship

Open: February 3, 2023

Closes: March 30, 2023

Value: Up to \$108,000 AUD

<https://scholarships.unimelb.edu.au/awards/hansen-scholarship>

3 Things to Think About When Looking for Work Experience



If you've been looking for work experience, you might be having some trouble knowing whether or not a placement is right for you. Here are some tips that can help you narrow down your options and make the right choice.

Think outside the box!

You might already know exactly where you want to do your work experience. But sometimes it's not always possible to get exactly what you want.

Say you'd like to work at a zoo one day, so you look for work experience at a zoo nearby, but their placements are all taken – or there are no zoos where you live. What next?

Well, you could always do a placement somewhere similar, where you'll be doing similar tasks and gaining valuable skills. Think about other places you might be able to work with animals – at a local shelter, at a vet's office, or even with animal management at the local council. Just because your dream option won't work doesn't mean there aren't tons of other valuable opportunities out there.

Do some research!

Before you commit to a work experience placement, it's always good if you can have a chat with your potential employer to get a feel for the place and what to expect.

Make sure you know exactly what is expected of you, such as what time you need to show up and what you need to wear or bring with you.

If a placement runs over a set date, make sure you can fully commit to it.

As a work experience student, you should never be expected to do work that a paid employee would be doing. Most of your day will involve shadowing, asking questions, or working on mock projects or exercises. If you have concerns, speak with a senior employee or manager, or get in touch with your school. If you need to you can also visit: www.fairwork.gov.au.

Looking for work experience?

If you're looking for more work experience opportunities, take a look here:

<https://studyworkgrow.com.au/work-experience/>

Mrs Rebecca Reynolds
Careers Co-ordinator

Sue Clay 
Careers and Pathways
Email: s.clay@ncllen.org.au

Vacancy List - Regional

Thursday 9th February 2023



Job Title	Location	Close Date	Employment	Consultant
Automotive Mechanic Apprenticeship	Donald	14-Feb-23	Apprenticeship	Kate Clark
Business Traineeship - Customer Service	Horsham	14-Feb-23	Traineeship	Daryl Eastwell
Hospitality Traineeship	Pomonal	21-Feb-23	Traineeship	Daryl Eastwell
Business Administration Traineeship	Hopetoun	21-Feb-23	Traineeship	Shane Cross
Business Administration Traineeship	Warracknabeal	21-Feb-23	Traineeship	Shane Cross
Apprentice Butcher	Nhill	21-Feb-23	Apprenticeship	Chris Barber
EOI - Hospitality Traineeship	Gramplans	ASAP	Traineeship	Shane Cross
Apprentice Builder	Horsham	ASAP	Apprenticeship	Chris Barber
Hospitality Traineeship	Warracknabeal	ASAP	Traineeship	Shane Cross
Commerical Cookery Apprenticeship	Warracknabeal	ASAP	Apprenticeship	Shane Cross
Apprentice Chef - 2nd/3rd year	Horsham	ASAP	Apprenticeship	Daryl Eastwell
Aged Care Support Traineeship	Stawell	ASAP	Traineeship	Daryl Eastwell
Hospitality Traineeship	Stawell	ASAP	Traineeship	Daryl Eastwell
Civil Construction Traineeship - St Arnaud	St Arnaud	ASAP	Traineeship	Daryl Eastwell
Boilermaker/Welder	Horsham	ASAP	Casual	Nathan Keel
Crop Research Assistant	Longerenong	ASAP	Casual	Nathan Keel
Senior Service Technician	Horsham	ASAP	Permanent	Nathan Keel
Forklift Operator	Horsham	ASAP	Casual	Nathan Keel
Farm Hand	Noradjuha	ASAP	Casual	Nathan Keel

Consultants

Nathan Keel	0408 109 324	nathan.keel@skillinvest.com.au
Shane Cross	0418 564 890	shane.cross@skillinvest.com.au
Kate Clark	0428 971 821	kate.clark@skillinvest.com.au
Daryl Eastwell	0407 364 654	daryleastwell@skillinvest.com.au
Chris Barber	0427 346 655	chris.barber@skillinvest.com.au
Recruitment Team	03 5381 6200	recruitment@skillinvest.com.au

Find your nearest location

Bairnsdale	96 Victoria Street, Bairnsdale VIC	1300 135 008
Dandenong	290 Thomas Street, Dandenong VIC	1300 135 008
Donald	67 Woods Street, Donald VIC	1300 135 008
Horsham	15-17 Dimboola Road, Horsham VIC	1300 135 008

The G.H. Edwards Library - Book review



Lady Midnight

The Dark Artifices series - Book one, a Shadowhunters novel.

By Cassandra Clare

It's been five years since the events of *City of Heavenly Fire* that brought the Shadowhunters to the brink of oblivion. Emma Carstairs is no longer a child in mourning, but a young woman bent on discovering what killed her parents and avenge her losses.

Together with her parabatai Julian Blackthorn, Emma must learn to trust her head and her heart as she investigates a demonic plot that stretches across Los Angeles, from the Sunset Strip to the enchanted sea that pounds the beaches of Santa Monica. If only her heart didn't lead her in treacherous directions...

Making things even more complicated, Julian's brother Mark—who was captured by the faeries five years ago—has been returned as a bargaining chip. The faeries are desperate to find out who is murdering their kind—and they need the Shadowhunters' help to do it. But time works differently in faerie, so Mark has barely aged and doesn't recognize his family. Can he ever truly return to them? Will the faeries really allow it?



Lord of Shadows- The Dark Artifices series, book one, a Shadowhunters novel

By Cassandra Clare

A Shadowhunter's life is bound by duty. Constrained by honour. The word of a Shadowhunter is a solemn pledge, and no vow is more sacred than the vow that binds *Parabatai*, warrior partners—sworn to fight together, die together, but never to fall in love.

Emma Carstairs has learned that the love she shares with her *parabatai*, Julian Blackthorn, isn't just forbidden—it could destroy them both. She knows she should run from Julian. But how can she when the Blackthorns are threatened by enemies on all sides?

Their only hope is the Black Volume of the Dead, a spell book of terrible power. Everyone wants it. Only the Blackthorns can find it. Spurred on by a dark bargain with the Seelie Queen, Emma; her best friend, Cristina; and Mark and Julian Blackthorn journey into the Courts of Faerie, where glittering revels hide bloody danger and no promise can be trusted. Meanwhile, rising tension between Shadowhunters and Downworlders has produced the Cohort, an extremist group of Shadowhunters dedicated to registering Downworlders and "unsuitable" Nephilim. They'll do anything in their power to expose Julian's secrets and take the Los Angeles Institute for their own.

When Downworlders turn against the Clave, a new threat rises in the form of the Lord of Shadows—the Unseelie King, who sends his greatest warriors to slaughter those with Blackthorn blood and seize the Black Volume. As dangers close in, Julian devises a risky scheme that depends on the cooperation of an unpredictable enemy. But success may come with a price he and Emma cannot even imagine, one that will bring with it a reckoning of blood that could have repercussions for everyone and everything they hold dear.


Health & Wellbeing



Our school offers breakfast on Tuesday's and Thursday's students have toast, milk, fruit we also do special breakfasts for example, Pancakes. Come along.

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.



**I am swimming
for youth mental health.**

Laps for Life
Swim to Save Lives

Sponsor Me

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/TANIAASCARCE/LAPS-FOR-LIFE](https://www.lapsforlife.com.au/fundraisers/taniaascarce/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.



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.

eTutors Project


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

LOOKING AFTER YOUR SKIN

HAVE A SUNSMART SUMMER




Slip




Slip on sun protective clothing that covers as much skin as possible.

Slop




Slop on sunscreen. Find a SPF 30 (or higher) broad-spectrum, water-resistant sunscreen that suits your skin. Re-apply every 2 hours.

Slap




Slap on a hat. Choose one with a tight weave and broad brim that provides good shade to your face, head, neck and ears.

Slide



Slide on sunglasses. Choose sunglasses labelled AS1067 - these meet Australian Standards for eye protection.


Seek



Seek a shady spot.

Download

the Sunsmart app.



<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.



FOR A HEALTHY LUNCHBOX SOMETHING FROM EACH GROUP 1-6!

PICK & MIX



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.



FOR A HEALTHY LUNCHBOX

PICK & MIX

SOMETHING FROM EACH GROUP 1-6!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
FRESH FRUIT <ul style="list-style-type: none"> Apple Banana Mandarin Orange quarters Poisonfruit halves (with spoon) Watermelon, honeydew, rockmelon chunks Pineapple chunks Grapes Plums Nectarines, peaches, Apricots Strawberries Cherries Kiwifruit halves (with spoon) Pear MIXED FRUIT <ul style="list-style-type: none"> Fruit salad Fruit kebabs DRIED FRUIT <ul style="list-style-type: none"> Dried fruit, nut, popcorn mixes* TINNED FRUIT/SNACK PACKS/CUPS <ul style="list-style-type: none"> In natural juice (not syrup) 	FRESH CRUNCHY VEGIES <ul style="list-style-type: none"> Corn cobs Carrot sticks Capsicum sticks Green beans Cucumber sticks Celery sticks Snow peas Tomatoes (e.g. cherry and Roma tomatoes) Mushroom pieces Can serve with either: <ul style="list-style-type: none"> Hommus Tomato salsa Tatziki Beetroot dip Natural yoghurt SALADS <ul style="list-style-type: none"> Coleslaw and potato salad (reduced fat dressing) Mexican bean, tomato, lettuce and cheese salad Pesto pasta salad* BAKED ITEMS <ul style="list-style-type: none"> Grilled or roasted vegetables Wholemeal vegetable muffins or scones Vegetable slice (with grated zucchini and carrot) Popcorn SOUP (in small thermos) <ul style="list-style-type: none"> Pumpkin soup Potato and leek soup Chicken and corn soup 	<ul style="list-style-type: none"> Milk Calcium-enriched soy and other plant-based milks Yoghurt (frozen overnight) Custard Tip: <ul style="list-style-type: none"> Freeze the night before to keep cool during the day <ul style="list-style-type: none"> Cheese cubes, sticks or slices Cottage or ricotta cheese Cream cheese Tatziki dip Can serve with either: <ul style="list-style-type: none"> Fruit Wholegrain cereal, low in sugar Vegetable sticks Rice and corn cakes Wholegrain wheat crackers 	<ul style="list-style-type: none"> Tinned tuna or salmon in springwater Lean roast or grilled meats (e.g. beef, chicken, kangaroo) Falafel balls Lean meat or chicken patties Tinned tuna or salmon patties Lentil patties Lean deli meats (e.g. ham, salami, chicken) Baked eggs Baked beans (canned) Tofu cubes Hommus dip Lean meat or chicken kebabs sticks Peanut butter* Can serve with: <ul style="list-style-type: none"> Wholegrain sandwich, roll, pita or wrap bread with salad Rice and corn cakes Wholegrain wheat crackers Side salad Vegetable frittata Skinless chicken drumsticks Savoury muffins or scones (e.g. lean ham, cheese and shallots) Homemade pizzas with lean roast or deli meats and vegetables Can serve with: <ul style="list-style-type: none"> Side salad Steamed or roasted vegetables 	MAINS <ul style="list-style-type: none"> Wraps Sandwiches Rolls Toasted sandwiches Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, focaccias, fruit bread and English muffins. <ul style="list-style-type: none"> Pasta dishes Rice, quinoa or couscous dishes Noodle dishes Sushi SAVORY BAKED ITEMS <ul style="list-style-type: none"> Homemade pizzas Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins) Vegetable based muffins Pasta or noodle bake SWEET BAKED ITEMS <ul style="list-style-type: none"> Fruit loaf Wholemeal fruit based muffins SNACKS <ul style="list-style-type: none"> High fibre, low sugar cereal (e.g. muesli) English muffins Crackers Crispbreads Rice cakes Corn thins Wholemeal scones Pikelets Crumpets Hot cross buns (no icing) 	<ul style="list-style-type: none"> Take a water bottle (for refilling throughout the day) Tip: <ul style="list-style-type: none"> Freeze overnight to keep foods cool in lunchboxes <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service:
<http://heas.health.vic.gov.au/>

Community Information







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



HEALTHY LUNCHBOX WEEK

5TH - 11TH FEBRUARY 2023

Eating healthy foods helps us go about our day with more ease and energy.

However for many families, increasing food prices, pestier pressure from the processed food industry and the busy morning rush means packing a nutritious and fuelling lunch box can be overwhelming.

Here are some easy reminders to make lunch packing more enjoyable:



Look after the budget by buying fruit and vegetables that are in season, use supermarket catalogues to shop the specials, buy in bulk.



Involve the whole family in lunch box preparation - including packing their own lunchboxes and helping with tasks in the kitchen and shops.



Where possible, put sandwiches and other items in reusable containers. This uses less packaging and creates less rubbish. Remember to name containers so they find their way home again!



Remember, making changes won't all happen overnight! Set achievable goals, like starting with one small change a week and build from there.

Looking for some recipe inspiration? Check out these websites!

Healthy Lunchbox Week
Cook Well Eat Well

Healthy Eating Advisory Service

Healthy Lunchbox Week is an initiative of Nutrition Australia that aims to inspire families to create healthy and enjoyable lunchboxes. Source: <https://www.healthy-lunchbox-week.org.au/>

Expressions of Interest

Music 2023

Fill out this form if you're interested in instrumental lessons in 2023. Lessons are held on a rotating timetable, Mondays, Wednesdays and Thursdays, so that students do not miss the same lesson each week. Lessons are free of charge. Places are limited and are allocated on a first-come-first-served basis.

Instrument preference: Please tick your choice(s)

Keyboard _____ Guitar _____ Ukulele _____ Violin _____ Vocals _____ Drums _____

Student Name: _____

Parent / Guardian Name: _____


Parent / Guardian Mobile: _____

Parent / Guardian email: _____

Parent / Guardian Signature: _____

Date: _____ **[School Use/Received:** _____

Timetabling preferences:
Students may nominate a subject they most prefer to not come out of for an instrumental lesson. While efforts will be made to accommodate these preferences, it may not always be possible to schedule around them.



Uniform Price List 2023



111 NAPIER ST, ST.ARNAUD
PH: 54952929
OPEN: MON-FRI: 9.00-5.00
SAT 9.30-12.30

SECONDARY COLLEGE UNIFORM PRICE LIST 2023

ITEM	SIZES	PRICE
Short Sleeve Polo	10-3XL	\$25.00
Long Sleeve Polo	10-3XL	\$26.00
Kids Rugby Jumper	10-14	\$45.00
Rugby Jumper	XS-3XL	\$50.00
Micro Fibre Shorts	8-3XL	\$30.00
Drill Shorts	8-2XL	\$30.00
Kids Ramo Shorts	10-16	\$30.00
Ramo Shorts	S-3XL	\$30.00
Micro Fibre Trackpants	10-3XL	\$40.00
Drill Pants	10-2XL	\$40.00
Ladies Jane Pant	6-24	\$66.00
Sports Polo	10-3XL	\$35.00
Sports Jacket	10-3XL	\$45.00
Kids Selwyn Soft Shell Jacket	10-16	\$62.00
Selwyn Soft Shell Jacket	S-5XL	\$65.00
Kids Olympus Soft Shell Jacket	10-16	\$82.00
Olympus Soft Shell Jacket	S-5XL	\$85.00
Olympus Soft Shell Vest	S-5XL	\$72.00
Dress	6-22	\$79.50
Skirt	8-24	\$75.00
Bucket Hat	S/M & L/XL	\$15.00
Scarf		\$15.00

2023 Calendar



February	Fri	10th	School Photos
	Mon	13th	Yr. 7 — 10 SSL Day @ Lord Nelson Park (Period 3 — 6) Yr. 12 — Youthrive @ 10.45am
	Tues	14th	MIPS
	Fri	17th	Leadership Ceremony @10am — Town Hall
	Mon	20th	NCD Swimming
	Tues	21st	Yr. 7 Practice Naplan - Period 1 & 2 Yr. 11 & 12 — Past Students Presentation (Period 6)
	Wed	22nd	Welcome BBQ — Yr. 7 and Families Yr. 12 Biology Excursion—Ecolinc Bacchus Marsh
	Fri	24th	Yr. 9 Practice Naplan - Period 3 & 4
	Mon	27th	MIPS
	Mon — Fri	27th—3rd	Yr. 7 Camp — Creswick Log Cabin
March	Wed	8th	MIPS
	Thurs	9th	NCD Triathlon
	Mon	13th	LABOUR DAY HOLIDAY
	Tues	14th	LMR Swimming
	Tues — Fri	14th — 17th	Yr. 8 Camp — Creswick Log Cabin
	Wed	15th	MIPS
	Wed—Fri	15th—17th	Yr. 7 & 9—Naplan
	Tues	21st	Harmony Day
	Thurs	23rd	Walk for Autism Day
	Fri	24th	MIPS
	Mon	27th	House Athletics
	Tues	28th	MIPS
	Fri	31st	Yr. 10 — 11 Man Cave & Flourish Girl
April	Wed	5th	Diversity Dash

