

St. Arnaud Secondary College Newsletter

Issue 11

Term 2
Week 14
28th April 2023



**L-R: Amy Greenaway, Rogan Hando,
Izzy Hand & Phoebe Hendy**

Anzac Day - 25/4/23



As is tradition, our College Captains participated in this year's ANZAC Day celebrations in St. Arnaud on Tuesday. The service began at 10:20am at the cenotaph near the Town Hall and moved to the RSL Hall for the official service just after 11:00am. Our College Captains laid a wreath on behalf of the College and participated in the march up Napier Street and Raglan Street to the RSL. Rogan and Izzy then presented a speech as the guest Speakers, which was followed by the Primary School Captains and students from St. Patricks. Izzy and Rogan spoke exceptionally well and thanks to all staff and students who could attend the service.

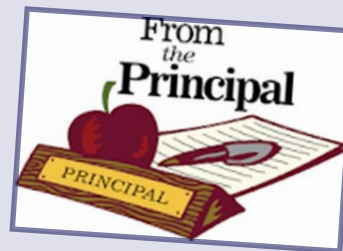


St. Arnaud Secondary College is a Child Safe School.

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



Diversity Dash and Easter Break

It was another special finish to the end of first term with our second running of the Diversity Dash with the Primary School.

The predicted poor weather held off to allow everyone to participate on the day without the addition of water to the colour. Thanks to everyone who turned up for the event, including our local police who, I think, nearly had more fun than anyone!! Special thanks to Mrs. Knight and Tania Scarce for their organisation and to all staff who helped on the day. Thanks again to Mrs. Knight for putting together the video that has been up on both school's Facebook pages – it was great.

We hope that everyone has been able to have a relaxing time over the Easter Break and has been able to come back refreshed and ready to go for Term 2. With our Pupil Free Day on Monday, the term is effectively only eight and a half weeks.

Buildings update

Over the school holidays a considerable amount of earth moving has taken place on the new building site, as well as some earth moving compaction. We are now waiting on some Geo testing to ensure the compaction is sufficient for our building to be started. Exciting times ahead.

State Swimming

Today, Jesse Amos, Tom Scarce, Owen Lowe and Austin Lowe travelled to Melbourne to compete in the State Final of the Open Medley Relay which is a fantastic achievement. At the time of writing, results were not known, but we wish them all the best and know that they will do themselves and all of us proud.

Year 9 School for Student Leadership

Today we farewell 5 Year 9 students who will be heading off to the Don Valley Campus of the School for Student Leadership (SSL). Josie G, Acacia H, Jade S, Christopher C and Will K-T will spend the first 8 weeks of Term 2 at the newest of the four SSL campuses and we would like to wish them all the very best. I am really excited for them as I know they will have a great experience and it gives me an opportunity to visit the one campus I have not been to over the years. Good luck guys and enjoy the experience.

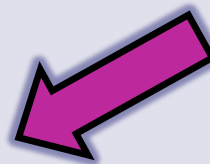
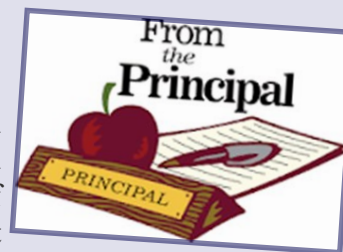
Interhouse Cross Country

Next Monday, we will be holding our annual Interhouse Cross Country. This event is held after lunch on Monday at Lord Nelson Park. As with all our sporting events, we strongly encourage participation – and doing your best. The cross country is an event that everyone should be able to participate in – even if it is walking the track. Unfortunately, there seems to be a growing trend to opt out (or allowing our students to opt out) but we should all be encouraging participation. Injuries aside – what could be better than a walk through some of our fantastic bushland and getting points for your house.

Principal's Report

Parent Teacher Interviews – 2nd May

Parent teacher interviews will be conducted next Tuesday 2nd May. As usual, Year 11 and 12 classes will run as normal and there is an interview booking process on Compass which is live. If you have any questions about making bookings, please do not hesitate to ask.



Monday, 1st May – Interhouse Cross Country

Tuesday, 2nd May – Parent Teacher Interviews

Friday, 5th May – NCD Cross Country

Tuesday, 9th May – Year 9-10 Melbourne Camp

Monday, 15th May – Yr. 7-12 Elevate Study Skills presentations

Tony Hand
Principal



School Canteen Menu

St Arnaud Secondary College – Canteen Menu 2023

Main

Plain Pies	\$4.50
Party Pies	\$1.50
Flavour Pie	\$4.50
Sausage Rolls	\$4.00
Spinach & Ricotta Roll	\$4.00

The following include –

Choice of Chicken, Ham, Tuna,
Salami

Lettuce, Tomato, Cheese, Beetroot,
Cucumber, Carrot, and Mayo

Salad Roll	\$5.00
Salad Sandwich	\$5.00
Salad Wrap	\$5.00
Salad Bowl	\$5.00
Sweet chilli Wraps	\$6.00
Sweet Chilli Bowl	\$6.00
Toasted Focaccia	\$6.00
Mixed Sand/Toasties	\$4.00
Pizza Variety	\$4.00

Snacks

Kabana, Cheese & Biscuits	\$3.00
Slices	\$3.00
Fruit Salad	\$4.00
Yoghurt variety	\$1.50

Drinks

Water	\$3.00
Sparkling Water	\$3.00
Flavoured Water	\$4.00
Big M 500ml	\$4.00
Big M 300ml	\$3.00
Big M 250ml	\$3.00
Juice Box	\$2.00

***Mondays are Specials Day,
check out the Specials Board!***

Eftpos Facilities Available

(minimum \$5.00)

'Man Cave' Program



At the end of last term, the Year 10 and 11 boys had their last 'Man Cave' session. This workshop completed The Man Cave journey to Manhood, and challenged the boys to consider how they will uniquely contribute to their community and the world. In this workshop, boys:

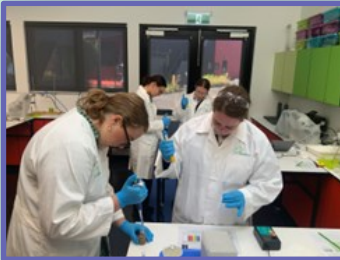
- Defined the values and actions they want to lead by;
- Were challenged on how they lead in their community;
- Identified the unique needs of their school community;
- Defined tangible actions they plan to take in contributing to their community, had their Man Cave experience closed, and were challenged to mentor the next generation



**MAN
CAVE**



PHOTOSYNTHESIS AND RESPIRATION IN PLANTS

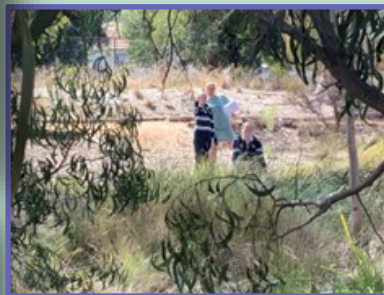


In the last week of Term 1, the Year 12 Biology students travelled once again to Ecolinc to complete some School Assessed Coursework. They



investigated photosynthetic rates in chloroplasts under different light conditions and practiced using scientific methodologies to design their own experiment.

They were able to explain leaf gas exchange using different variables such as temperature and carbon dioxide concentration.



Laps for Life



A BIG THANK YOU to all those who contributed laps in the pool this March and contributed to our tally. A BIG THANKS to those who donated to the St. Arnaud Secondary College and St. Arnaud Primary School funds that contributed to the overall funds raised to assist vitally important Youth Mental Health.



Laps for Life



AUSTRALIAN
SCIENCE
INNOVATIONS

big science

competition

SEE MRS JACKSON OR YOUR
SCIENCE TEACHER TO ENTER

Out of this world science.

A science competition for
students in Year 7–10.

When:

Monday May 15 to
Friday May 26, 2023

Who:

High school students in
Year 7–10

Where:

Online

Cost:

\$7 + GST

Win
prizes!



Our sitting dates:

Year 7 & 8: Tuesday 16th May

Year 9 & 10: Tuesday 16th May

www.asi.edu.au



Music

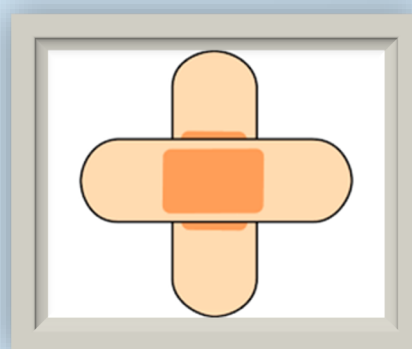


St. Arnaud Secondary College's new music room is set up and ready to go! Instruments are on the racks, guitars are plugged into their amps and drums sets are ready to roll.

Instrumental lessons are free at our college and places are filling up fast. Get your permission forms in quick to secure your place in 2023's music program!



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.

Careers & Pathways



ADF | Women in Defence Virtual Information Session

Tuesday May 2nd 6:00pm – 7:30pm

The Australian Defence Force provides a supportive, inclusive and respectful workplace where you can grow both personally and professionally. Tune in for a virtual info session to speak with current serving women in Defence to learn more.

To Register Visit:

www.defencejobs.gov.au/events/events-detail/4lpc55g

ADF | Engineering Careers Virtual Information Session

Tuesday May 2nd 7:00pm – 9:00pm

Work with the most advanced technology the Australian Defence Force has to offer with a career in Engineering. Join us for a virtual info session to learn more.

To Register Visit:

www.defencejobs.gov.au/events/events-detail/gvrl83l



**Thursday 4th, Friday 5th & Saturday 6th May
9am – 3pm**

Caulfield Race Course

For further information visit:

www.vceandcareers.com.au



All Year 11 & 12 Students receive a weekly emailed edition of the North Central LLEN Careers Newsletter.

The Careers Newsletter includes information on upcoming Career events, University & TAFE Webinars, Open Day information, Apprenticeships, Scholarships, Gap Year opportunities, VTAC information + more.

If any Parents/guardians would like to be added to the email distribution list, please email:

s.clay@ncllen.org.au

Careers in Health & Social Assistance



The health care and social assistance industry is Australia's largest and fastest growing industry. It delivers medical and care services, and covers the work of doctors, nurses, health specialists, aged and disabled carers and more. Jobs in this industry are found in a wide range of locations, including hospitals, child care centres, aged care facilities, pharmacies, laboratories, and the offices of allied health services.

Some examples of jobs in this industry include:

**Registered Nurse
Early Childhood Educator
Sonographer
Exercise Physiologist
Community Worker
Aged and Disability Workers
General Practitioner**

To explore a wide variety of careers in this industry visit:

www.yourcareer.gov.au/industries/q/health-care-and-social-assistance

**Apply now for Aspire
Early Admissions Program**



Year 12 Students: Applications are now open for the Latrobe University Aspire Community Contribution program. Latrobe would love to hear how you have volunteered, displayed leadership, supported your family or engaged with your community.

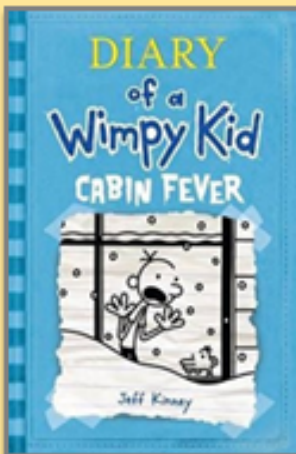
To apply for the Aspire Community Contribution program, students need to write two 100-word statements explaining their involvement and impact. Examples of Aspire students' contributions include:

- fundraising for charity
- coaching a sports team or volunteering at the club
- helping with care or nursing at home
- volunteering for an organisation and much more.

www.latrobe.edu.au/study/aspire/community-contribution

Mrs Rebecca Reynolds
Careers Co-ordinator

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



Diary of a wimpy kid - Cabin fever

By Jeff Kinney

In Cabin Fever, the Heffley family is stuck indoors during a blizzard. But will they weather the storm? 'A very tough New England winter inspired me to snow the Heffley family in for the holidays,' said Jeff Kinney. "Cabin fever" refers to the claustrophobia Greg feels, as well as the broader theme of the book. . . that you're trapped by the identity you create for yourself.



Diary of a wimpy kid - The ugly truth

By Jeff Kinney

Greg Heffley has always been in a hurry to grow up. But is getting older really all it's cracked up to be?

Greg suddenly finds himself dealing with the pressures of boy-girl parties, increased responsibilities, and even the awkward changes that come with getting older—all without his best friend, Rowley, at his side. Can Greg make it through on his own? Or will he have to face the "ugly truth"?

**VSA
YG**

**Vision St Arnaud Youth
Group presents:**



**DONALD - BIRCHIP
ARCHERS**

- Friday 5 May, 7-10pm
- Meet at Market Square
- For high schoolers and young adults

**We're going to take a road trip to
Donald to do some archery! Please RSVP
so I can book the bus if lots want to
come!!**

For more info contact Georgie 0433 377 592 or follow us on
Instagram @visionstarnaudyg

Health & Wellbeing



Our school offers breakfast on Tuesdays and Thursdays. Students have toast, milk, fruit, and we also do special breakfasts, for example, Pancakes. Come along!

At St. Arnaud Secondary College we can organise Food Bank Hampers for families. If your family require assistance, please contact Rosanne Chapman, Student Wellbeing Student Support Coordinator, at the College on 54951 811.

Inquiries are treated confidentially.



We thank Foodbank Victoria for helping us to support our families.

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.



Strengthening Parent Support Program



What is the Strengthening Parent Support Program (SPSP)?

It is a program for parents and carers of children who have additional needs, a disability or developmental delay.

This parenting support program provides families with opportunities to participate in peer support groups and establish support networks with other families or carers in the local community.

The SPSP program is run by Uniting in Horsham but also reaches communities in the surrounding regional areas. Please contact the co-ordinator Kate Janetzki for further information.

You can also keep up to date by joining our Facebook page; <https://www.facebook.com/groups/390018412226828>

Support group activities may include a night out at movies and dinner, an informal lunch and chat or seminars/workshops covering a range of helpful and educational topics.

Contact Details
Kate Janetzki
on

Phone: 0427 633 458
or email
kate.janetzki@vt.uniting.org

Uniting



Tuning into Teens™ at headspace

EMOTIONALLY INTELLIGENT PARENTING

A FREE six session parenting program for parents and carers of young people

Learn how to:

- Understand what they're going through at this stage in life
- Understand their emotions
- Manage conflict more effectively
- Communicate more effectively
- Create a closer more connected relationship
- Build on your skills as a parent

Details:
When and where: Six week program commencing Wednesday 3 May (Online; 5-7pm) **OR** 17 May (Birchip P-12 School; 5-7pm)
Register: headspace@shdh.org.au or 1800 975 115

 **headspace**
National Youth Mental Health Foundation

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



The Charlton Badminton Club is attempting to encourage & promote more badminton in our surrounding areas.

If there are any juniors, (Tuesday afternoons), Friday morning ladies or any adults (Tuesday nights) who might be interested in playing, you are most welcome to come along and have a go. Please feel free to “test the waters” so to speak: if it works out for you – Great, if not – no harm done!

If you have any queries, please call Rae Heenan on 0437 093 672 or Brian Heenan on 0437 756 672

- **Juniors play on a Tuesday after school (approx. 3:30 pm)**
 - **Ladies on Friday mornings at 9:30 am**
 - **Night on Tuesdays at 7:30 pm**

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



April	Fri	28th	SSV Swimming
May	Mon	1st	House Cross Country— PM
	Tues	2nd	Parent Teacher Interviews — 9am-7pm Yr. 11 & 12 Classes running as normal
	Thurs	4th	Yr. 11 F2D - 11.45am — 3pm
	Fri	5th	NCD Cross Country
	Tues-Fri	9th — 12th	Yr. 9/10 Melbourne Camp
	Mon	15th	Yr. 7-12 Elevate Study Skills
	Tues	16th	Big Science Competition Yr. 12 OES Excursion — Stawell Mine
	Wed	17th	IDAHOBIT Day
June	Thurs	1st	VSSS 3rd Dance Rehearsal @ St. Arnaud Stadium
	Tues	6th	LMR Cross Country
	Tues-Fri	6th - 9th	Yr. 9-, 10 & 11 Exams
	Mon	12th	King's Birthday Public Holiday
	Tues-Wed	13th-14th	Yr. 10 Pre-Driver Education
	Fri	23rd	Last Day of Term 2
July	Mon	10th	Term 3 Begins
	Thurs	13th	SSV XC
August	Tues	1st	NCD Athletics
	Wes	2nd	Yr. 7 Immunisations
	Fri	4th	Maths Competition
	Wed	16th	Yr. 8 NCTTC Visit Day
	Thurs	17th	NWZ Shoot
	Fri	18th	Against Bullying Day

