

# St. Arnaud Secondary College Newsletter

**Issue 12**

Term 2  
Week 15  
5th May 2023

*Congratulations Holmes !!*



*House Cross Country - 1/5/23*

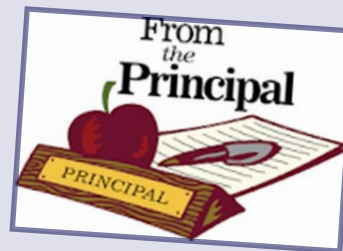


St. Arnaud Secondary College is a Child Safe School.

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](http://www.starnaudsc.vic.edu.au)  
Email: [st.arnaud.sc@education.vic.gov.au](mailto:st.arnaud.sc@education.vic.gov.au)  
Principal: Tony Hand

# Principal's Report



## **Inter-house Cross Country**

On Monday afternoon, all students went to Lord Nelson Park to compete in the annual Inter-House Cross Country event. The conditions were good for running and it was pleasing to see all students at school competing in the event. We saw some blistering times, with Sam Male completing the 4km course in just under 14 and half minutes. While attendance was a little lower than expected, we had several students who have not competed in the Cross Country for a year or two back on the track and participating for their House.

This good participation rate was clearly reflected in the score with the tightest result we have seen in many years with less than 100 points between all houses; but it was Holmes who held on in a tight one. Thanks to Mr. Knight for his organisation and to the staff for their work on checkpoints, etc. Thanks also to the parents who were able to make their way and encourage all the students.

## **Parent Teacher Interviews**

We conducted Parent Teacher Interviews on Tuesday of this week and had a steady stream of parents through the school throughout the day. If you were unable to make the interviews but would like to speak to any of your child/children's teachers, please do not hesitate to contact the College.

## **Buildings update**

After a slight hold up due to soil compaction testing, things have got back into full swing this week with the earth movers here flattening, compacting and levelling the building site. A considerable amount of earth has been taken away and new foundation soil is being brought into the site. You can certainly both hear and feel when the large compacter is doing it's thing, with all the old windows in the main wing rattling like crazy. Hopefully we will see some foundations being dug and laid in the next fortnight.

## **State Swimming**

Last Friday, Jesse Amos, Tom Scarce, Owen Lowe and Austin Lowe travelled to Melbourne to compete in the State Swimming Open Medley relay. Despite having a broken foot, Jesse still competed and all boys did their very best and represented the school and their families very well. A massive thanks to Tania Scarce and Tara Lowe for getting the boys to Melbourne for the event. Now who can replace Jesse next year?????

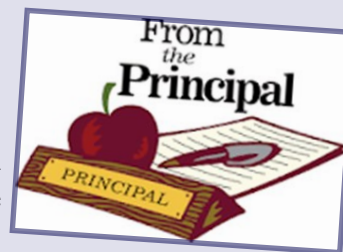
## **Year 9 School for Student Leadership**

On Sunday, 5 of our Year 9 students started their term long adventure at the Don Valley School for Student Leadership Campus. These first few days are generally the hardest, but I am sure that they will be having a great time and I look forward to visiting them later in the term.

# Principal's Report

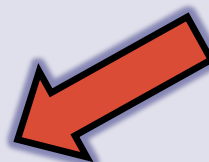
## Year 9/10 Camp

Next week most of the Year 9 and 10 students will be heading to Melbourne for their camp. The itinerary looks good and should keep the students busy. Due to unforeseen reasons, I will now be attending the camp with Miss. Alexander and Miss. Brown.



## Vaping legislation

It is interesting to note that the Federal Government has finally weighed in on the Vaping debate which has been raging for some years. The new laws surrounding the sale and purchase of these products sounds like a very positive step forward and we can only hope that these new laws are passed into action as quickly as possible.



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

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

**Tuesday, 6th June** – Yr. 9 – 11 Exams

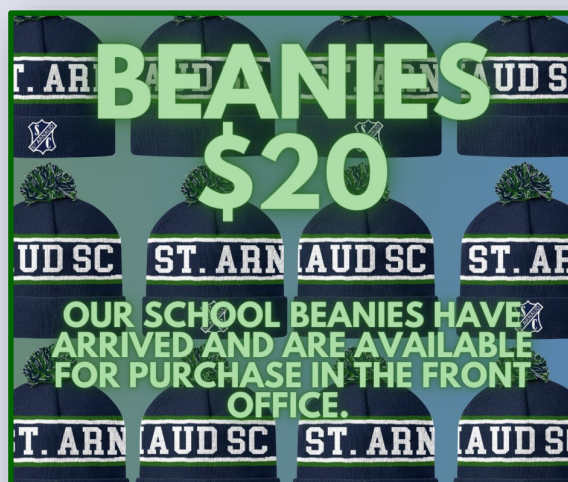
**Monday, 12th June** – Kings Birthday Public Holiday

**Tuesday, 13th June** – Yr. 10 Driver Ed

**Thursday, 15th June** – General Achievement Test (GAT)

**Tony Hand**  
Principal

Winter is fast approaching !!  
Why not purchase one of our  
school beanie's....



# 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)**



# House Cross Country



## ST. ARNAUD SECONDARY COLLEGE HOUSE CROSS COUNTRY

The annual St. Arnaud Secondary College House Cross-Country was held at Lord Nelson Park and the surrounding bush on Monday the 1<sup>st</sup> of May. The focus of the event was all about participation – it doesn't matter if you run, walk, or crawl: have a go, and gain valuable house points!

The first girl was Abby Weir, followed by Millie Hando and Ada Buenaventura placing third for the students. In the boys, Sam Male was the first student back, followed by Harrison Meagher, with Frankie Donald third.

In a testament to the great participation of the students, it was the closest event in recent memory, with Holmes the winning team on the day with 890 points, followed by Willmott on 822 points, with Morshead coming in third on 795 points! Thank you to all the parents who came along and supported the event.

### Age Group Champions

	<u>GIRL</u>	<u>BOY</u>
<b>JUNIOR</b>	1 <sup>st</sup> Mahlie Morris (M) 21.24 2 <sup>nd</sup> Sami Weir (H) 23.43 3 <sup>rd</sup> Maeve Patton (M) 23.50 <b>Record: Zoey Torney 16.04 (2009)</b>	1 <sup>st</sup> Hamish Tannock (M) 17.35 2 <sup>nd</sup> Jack Batters (M) 17.52 3 <sup>rd</sup> Forbes Kirk (M) 18.37 <b>Record: Liam Andison 14.50 (2009)</b>
<b>INTERMEDIATE</b>	1 <sup>st</sup> Abby Weir (H) 19.27 2 <sup>nd</sup> Millie Hando (H) 20.32 3 <sup>rd</sup> Ada Buenaventura (M) 20.38 <b>Record: Zoey Torney 15.51 (2010)</b>	1 <sup>st</sup> Harrison Meagher (W) 15.51 2 <sup>nd</sup> Frankie Donald (H) 16.13 3 <sup>rd</sup> Ben Greenaway (W) 16.18 <b>Record: Jordan Harris 13.47 (2013)</b>
<b>SENIOR</b>	1 <sup>st</sup> Keegan Amos (W) 22.08 2 <sup>nd</sup> Izzy Hand (H) 25.37 3 <sup>rd</sup> Morgan Shields (H) 26.08 <b>Record: Zoey Torney 16.21(2012)</b>	1 <sup>st</sup> Sam Male (W) 14.29 2 <sup>nd</sup> Rogan Hando (H) 17.43 3 <sup>rd</sup> Kyi Williams (W) 20.23 <b>Record: Kyle Torney 13.36 (2006)</b>

**Mr. Knight**  
**Sports Coordinator**

# Yr. 11 Fit 2 Drive Program



On Wednesday 3rd May, our Year 11 students participated in the F2D workshop at school. F2D is a flagship road safety education program designed to support all road users. The program uses the expertise of the police and Fire Rescue Victoria to promote a proactive road safety culture within schools.

## F2D WORKSHOP

An interactive incursion for senior schools students aged 16 to 18

Victoria's leading road safety provider  
Our Vision: Young lives free from road trauma

[fit2drive.org.au](http://fit2drive.org.au)

### SAFER ROAD USERS

Young people are faced with heightened risks and challenges when out on the road. Key factors including peer pressure, inexperienced driving, mobile phones, passengers and other distractions make young people more susceptible to risky situations and thereby incidences of road trauma.

**We empower your students to create effective tools and strategies to keep themselves and their mates safe!**

### WHAT IS THE F2D WORKSHOP

F2D is our flagship road safety education program designed to support all road users. We utilise the expertise of local members of Victoria Police and Fire Rescue Victoria to promote a proactive road safety culture within schools. This half-day workshop led by near-peer facilitators engages students in both large and small group discussions and interactive activities.

### PROGRAM OUTCOMES

- Examine the impact of decision making and risky behaviour on crash susceptibility.
- Recognise when to take action, speak up and apply strategies to keep themselves and their mates safe in risky road situations.
- Understand road safety directly from Victoria Police and Fire Rescue Victoria officers.

### STUDENT FEEDBACK

**81%** learnt what to say in risky situations

**80%** learned how to plan ahead to avoid risky situations

**74%** learned strategies would help them avoid risky situations in a car, whether as a passenger or as a driver

**80%** felt more confident to speak up in risky situations

### OUR APPROACH

**Young people taking the lead:** Sharing their experiences, challenging negative behaviours and encouraging good decision making.

**Showing not telling:** We empower problem solving and good decision making.

**Interactive activities:** We learn by doing; young people will develop strategies and practice real life situations.

**Building positive mindsets:** We don't use scare tactics. We nurture positive attitudes and shared responsibility.



## 'Do It For Dolly Day' - 12/5/23



The SRC have decided to commemorate 'Do It for Dolly Day' on Friday the 12<sup>th</sup> of May. On this day, students are encouraged to wear a splash of blue with a gold coin donation.

For those who may not know, Dolly would have been 20 on the 1<sup>st</sup> of May. 'Do It for Dolly Day' is a day dedicated to bringing the community together, spreading kindness and uniting in helping break the silence around bullying.

Dolly's Dream was created by Kate and Tick Everett following the shattering loss of their 14-year-old daughter, Dolly, after ongoing bullying. Kate and Tick's aim is to prevent other families having to walk this road and experience this devastation. Dolly's Dream is committed to changing the culture of bullying by increasing understanding of the impact of bullying, anxiety, depression, and youth suicide – and by providing support to parents.





## Yr. 11 Food Studies



This week Anthony made mushroom and bacon quiche. He made his own shortcrust pastry and completed the blind-baking of the pastry case (he did not do this blindfolded). The purpose of blind baking, aside from partially cooking the crust, is to prevent pockets of steam in the dough from puffing up, which makes it easier to add the pie filling. The sides of the crust may also sag before they start to crisp, leaving you with a not-so-attractive slouching effect. As you can see from the pictures the quiche looked great and also tasted wonderful.



Jackson cooked vegetable fritters with yoghurt sauce. A variety of vegetables were used in this tasty snack. Preparation processes included peeling, grating, chopping and mixing. We all decided that grated carrot and zucchini goes everywhere. The fritter mixture is quite moist, so it is not suitable for large-sized fritters.

The yoghurt sauce added a tangy flavour. Anthony cooked them to perfection, golden and crisp. They were enjoyed by everyone especially with them having a slight Indian flavour of curry and coconut.





## VCE OES Mt. Arapiles Excursion



On Thursday the 27<sup>th</sup> of April, the Year 11 and 12 VCE Outdoor Education classes went on a field trip to the Tooan State Park for a rock-climbing experience at Mt. Arapiles. Following the directions from our outdoor experience leader, Hugh, the first brave students climbed to the challenge (literally), as they navigated one of four initial routes of 15m high. Soon confidence was high, and Hugh set out three additional routes, two particularly harder than the others. Those that did not tackle the climb themselves were hugely important in skilfully belaying from below, and they should be proud of the team effort everyone displayed. A special thank you to Mrs. Reynolds for driving us there and supervising the ground crew for the day.





# Diversity Dash 2023





### **STASC students compete at the SSV swimming championships in Melbourne!**

On Friday the 28<sup>th</sup> April, Jesse Amos, Austin Lowe, Owen Lowe and Tom Scarce competed in the State School Swimming Championships at Melbourne Sports and Aquatics Centre.

The boys competed in the 18-20 years boys medley relay. Swimming against some very tough competition, they posted a very competitive time of 2:20.78 – a tremendous effort!

Thank you to Tara and Michael Lowe, Tania Scarce and Fiona Amos for transporting the boys to the competition!



## Yr. 12 Food Studies

In the last week of term, I was absent, so Mel Watts had the Year 12 Food students make some banana bread, rocky road and ANZAC slice. The theory covered was looking at treats they could have in moderation and how do we fit this into our healthy eating program. Staff enjoyed the treats from Mel and the students.





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](http://www.asi.edu.au)





# Music



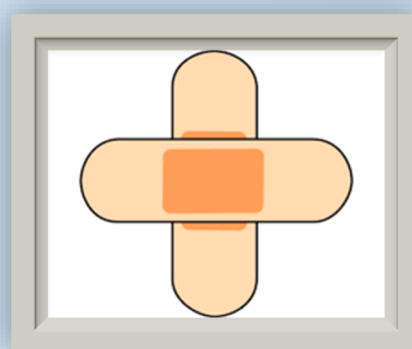
St. Arnaud Secondary College's new music room is set up and ready to go! Instruments are on the racks, guitars are plugged into their amps and drums sets are ready to roll.

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.



Thursday 4<sup>th</sup>, Friday 5<sup>th</sup> & Saturday 6<sup>th</sup> May  
9am – 3pm

Caulfield Race Course  
For further information visit:  
[www.vceandcareers.com.au](http://www.vceandcareers.com.au)

## Careers in Construction



The construction industry is one of Australia's largest industries. It covers planning and building everything from homes to hospitals and office blocks, to roads and bridges and infrastructure for renewable energy. Sometimes it involves demolition and earthworks.

Most of the people in this industry work on building or transport infrastructure sites.

### Industry Considerations

- The most common way to enter the industry is through an apprenticeship or traineeship.
- Most people work full-time, and around one-third are self-employed.
- Construction work can be physically demanding.
- There is now a range of support programs to encourage more women into the industry.

Some examples of jobs in this industry include:

**Carpenter and Joiner**  
**Electrician**  
**Plumber**  
**Construction Manager**  
**Building and Plumbing Labourer**

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

[www.yourcareer.gov.au/industries/e/construction](http://www.yourcareer.gov.au/industries/e/construction)



## Career bullseyes

You can now start exploring different career pathways by selecting a subject/learning area you enjoy.

Visit:  
<https://myfuture.edu.au/bullseyes>

## Interested in a Career in Land Management?



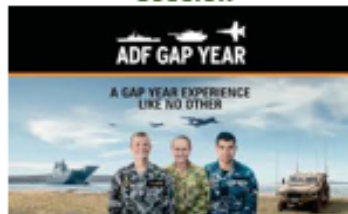
"Land Your Career" aims to educate and inspire prospective students on the careers and roles that exist in the land management sector whilst providing information on how you get qualified or build your qualifications in this exciting area.

Land management involves a diverse range of careers covering a broad range of themes that take in water, fire, natural environments, restoring landscapes, forestry, conservation, cultural heritage, biodiversity, sustainability, parks/reserves and landscape/building design where you make a real difference.

Whatever your passion, there is a land management career for you.

Visit: <http://landyourcareer.edu.au/>

## ADF | Gap Year Online Information Session



Wednesday May 10<sup>th</sup>, 2023

Wondering what to do with your time after finishing school? Consider doing a Gap Year with the Australian Defence Force (ADF)!

Spend 12 months with the best of the best as you get paid to experience life in the Navy, Army or Air Force, having unique life experiences and making lifelong friends along the way.

Come along to an upcoming info session where you can speak to military personnel about what an ADF Gap Year has to offer you.

To register visit:

[www.defencejobs.gov.au/events/events-detail/pq21q2m](http://www.defencejobs.gov.au/events/events-detail/pq21q2m)

Mrs Rebecca Reynolds  
Careers Co-ordinator

Sue Clay   
Careers and Pathways  
Email: [s.clay@ncclen.org.au](mailto:s.clay@ncclen.org.au)

## Vacancy List – Regional

Monday 1<sup>st</sup> May 2023



Job Title:	Location:	Close Date:	Employment Type:	Consultant:
Hospitality Traineeship	Pomonal	ASAP	Traineeship	Daryl Eastwell
Apprentice Butcher	Nhill	ASAP	Apprenticeship	Chris Barber
Apprentice Builder	Horsham	9 May 2023	Apprenticeship	Chris Barber
Business Traineeship	Horsham	9 May 2023	Traineeship	Daryl Eastwell
Commercial Cookery Apprenticeship	Horsham	9 May 2023	Apprenticeship	Daryl Eastwell
Agricultural Traineeship	Crowlands	9 May 2023	Traineeship	Kate Clark
Carpentry Apprenticeship	Ararat	9 May 2023	Apprenticeship	Kate Clark
Hospitality Traineeship	Stawell	10 May 2023	Traineeship	Daryl Eastwell
Aged Care Support Traineeship	Stawell	16 May 2023	Traineeship	Daryl Eastwell
Allied Health Assistant Traineeship	Warracknabeal	9 May 2023	Traineeship	Shane Cross
Hospitality Traineeship	Horsham	9 May 2023	Traineeship	Daryl Eastwell
Apprentice Heavy Diesel Mechanic	Horsham	16 May 2023	Apprenticeship	Chris Barber
Groundskeeper	Horsham	ASAP	Casual	Nathan Keel

### Consultants:

Chris Barber	0427 346 655	<a href="mailto:chris.barber@skillinvest.com.au">chris.barber@skillinvest.com.au</a>
Daryl Eastwell	0407 364 654	<a href="mailto:daryl.eastwell@skillinvest.com.au">daryl.eastwell@skillinvest.com.au</a>
Kate Clark	0428 971 821	<a href="mailto:kate.clark@skillinvest.com.au">kate.clark@skillinvest.com.au</a>
Nathan Keel	0408 109 324	<a href="mailto:nathan.keel@skillinvest.com.au">nathan.keel@skillinvest.com.au</a>
Paul Barnett	0458 706 272	<a href="mailto:paul.barnett@skillinvest.com.au">paul.barnett@skillinvest.com.au</a>
Recruitment Team	03 5381 6200	<a href="mailto:recruitment@skillinvest.com.au">recruitment@skillinvest.com.au</a>





## Middle School - The worst years of my life !

*By James Patterson*

Rafe Khatchadorian has enough problems at home without throwing his first year of middle school into the mix. Luckily, he's got an ace plan for the best year ever, if he can pull it off. With his best friend Leonardo the Silent awarding him points, Rafe tries to break every rule in his school's oppressive Code of Conduct. Chewing gum in class - 5,000 points! Running in the hallway - 10,000 points! Pulling the fire alarm - 50,000 points! But when Rafe's game starts to catch up with him, he'll have to decide if winning is all that matters, or if he's finally ready to face the rules, bullies, and truths he's been avoiding.



## Middle School - Get me out of here!

*By James Patterson*

After sixth grade, the very *worst* year of his life, Rafe Khatchadorian thinks he has it made in seventh grade. He's been accepted to art school in the big city and imagines a math-and-history-free fun zone. *Wrong!* It's more competitive than Rafe ever expected, and to score big in class, he needs to find a way to turn his boring life into the inspiration for a work of art. His method? Operation: Get a Life! Anything he's never done before, he's going to do it, from learning to play poker to going to a modern art museum. But when his newest mission uncovers secrets about the family Rafe's never known, he has to decide if he's ready to have his world turned upside down.

**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](mailto:kate.janetzki@vt.uniting.org)

**Uniting**



## MINDFUL MAY

1ST - 31ST MAY

### *Mindfulness and mental wellbeing, what is it all about?*

Mindfulness is more than meditating and taking a break from our day. Being mindful involves being fully aware of where you are and what you are doing, giving you the power to be calm, open and present in the moment.

### **Benefits of mindfulness include:**

- reduced stress and anxiety
- greater ability to focus on school work or hobbies
- better academic performance
- improves mental wellbeing

### Mindful

adjective

deliberately aware of your body, mind, and feelings in the present moment, in order to create a feeling of calm

### **Try out some mindful activities this month!**

*Remember to be present in all the activities, that's how it works!*





## Tuning into Teens™

### 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 in life
- Understand their emotions
- Manage conflict 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) **ON 17 May** (Eltham P-12 School: 5-7pm)

**Register:** [headspace-snh.org.au](https://headspace-snh.org.au) or 1800 975 115

**headspace**  
Support Your Young Adult's Wellbeing

HeadSpace National Youth Mental Health Foundation  
A Division of the Australian Government Department of Health



## Partners in Parenting

### MONASH University

### DEAKIN University

## Is your teenager struggling to attend school due to anxiety, depression or emotional distress?

Be among the first to trial a new online parenting program designed to support parents of teens struggling with school attendance.

Researchers from Monash University and Deakin University are offering parents a **FREE online parenting program** designed to support parents of teenagers who have **difficulty attending school due to anxiety, depression, or emotional distress** (sometimes called 'school refusal', 'school can't', or 'school phobia'). The program is being offered as part of a research trial.

**What's included in the program?**

- A parenting self-assessment tool with personalised feedback
- Up to 13 online modules with practical strategies to support your teen's mental health and school attendance
- Complete weekly modules and work towards goals

**Who can take part?**

You may be eligible to participate if:

- you are the parent or guardian of a teenager aged 12-18
- live in Australia
- can read, write, and speak in English,
- have regular access to the internet.

The program is not recommended as a sole source of support for young people experiencing school refusal. We recommend seeking professional support from a mental health or education professional alongside completing this program. Although all parents are able to take part, please also note that the program content is not tailored for parents of teenagers with Autism Spectrum Disorder or intellectual disability.

**What else is involved?**

To help us evaluate the program, we'll ask you to complete two online surveys about your parenting and your teen's mental health. We may also invite you to complete an interview about your experience with the program. You'll receive a \$20 gift voucher after completing the second survey, and an additional \$20 gift voucher if you complete an interview.

**FIND OUT MORE:**

**pip-ed.web.app**

**Contact:**  
[med-pip-ed@monash.edu](mailto:med-pip-ed@monash.edu)



This research has been approved by the Monash University Human Research Ethics Committee (ID: 32704).



# Join us!

Walk or run the Mother's Day Classic

## SUNDAY 14 MAY

REGISTER NOW!  
[mothersdayclassic.com.au](http://mothersdayclassic.com.au)



**GET  
ACTIVE  
FOR BREAST  
CANCER  
RESEARCH**



Mother's Day Classic St Arnaud - Lord Nelson Park 1,2 or 4km

event opens at 8.30 for a 9am start

Call Jen for any enquiries 0417 330 201

FOUNDED BY



MAJOR PARTNER



PROCEEDS TO



GOLD PARTNERS



NATIONAL MEDIA PARTNER



VENUE PARTNER








*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					
<p>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.</p>					
<p><b>Instrument preference:</b> Please tick your choice(s)</p>					
Keyboard	Guitar	Ukulele	Violin	Vocals	Drums
<p>Student Name: _____</p>					
<p>Parent / Guardian Name: _____</p>					
<p>Parent / Guardian Mobile: _____</p>					
<p>Parent / Guardian email: _____</p>					
<p>Parent / Guardian Signature: _____</p>					
<p>Date: _____ [School Use/Received: _____]</p>					
<p><b>Timetabling preferences:</b> Students may nominate a subject they most prefer to <u>not</u> 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.</p>					
					

# 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



<b>May</b>	Fri	5th	NCD Cross Country
	Mon	8th	MIPS
	Tues-Fri	9th — 12th	Yr. 9/10 Melbourne Camp
	Fri	12th	Do It For Dolly Day— Splash of Blue & Gold Coin Donation
	Mon	15th	Yr. 7-12 Elevate Study Skills
	Tues	16th	Big Science Competition Yr. 12 OES Excursion — Stawell Mine
	Wed	17th	IDAHOBIT Day
	Fri	19th	MIPS
	Wed	24th	MIPS
	Mon	29th	MIPS
<b>June</b>	Thurs	1st	VSSS 3rd Dance Rehearsal @ St. Arnaud Stadium
	Tues	6th	LMR Cross Country
	Tues-Fri	6th - 9th	Yr. 9-, 10 & 11 Exams
	Thurs	8th	MIPS
	<b>Mon</b>	<b>12th</b>	<b>King's Birthday Public Holiday</b>
	Tues-Wed	13th-14th	Yr. 10 Pre-Driver Education
	Thurs	15th	GAT
	Wed	21st	MIPS
	Fri	23rd	Last Day of Term 2
<b>July</b>	Mon	10th	Term 3 Begins
	Thurs	13th	SSV XC
<b>August</b>	Tues	1st	NCD Athletics
	Wes	2nd	Yr. 7 Immunisations