

St. Arnaud Secondary College Newsletter

Issue 13

Term 2
Week 16
12th May 2023

NCD Cross Country - 5/5/23

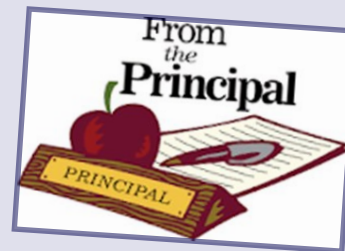


St. Arnaud Secondary College is a Child Safe School.

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
Email: st.arnaud.sc@education.vic.gov.au
Principal: Tony Hand

Principal's Report



Year 9/10 Camp

This week I am attending the Year 9/10 Camp in Melbourne and it has been a terrific week so far. The agenda has been action packed and the students have had many opportunities to use and find their way around on public transport. All students have downloaded the PTV app, which, before this week, I had never used. It is a fantastic app to help navigate your way around Melbourne and by the end of this week, all students should be competent users of the app – making using public transport a breeze. Our students have been very respectful wherever we have gone, and this has been commented on by several of our guides, including at the MCG and the Jewish Holocaust Museum. The accommodation was very fitting for our purpose and close to several public transport options which we made full use of. It was also great to have a chance meeting with two former students (both Duxes) in Berrie Walsh and Georgia Probst as the Year 9's and I scrambled through Flinders Street station. Both are going well and enjoying life and university after school. With all, I am looking forward to being able to put my feet up on Friday night.

Yr. 9 SSL students

We have heard from all our Year 9 students who headed off to Don Valley almost two weeks. They are reporting having a great time which is excellent to hear, and I know that Doc Taylor and I are both looking forward to going and seeing them near the end of the term. Parents will be able to catch up with their children next weekend.

Yr. 12 Practice GATS

Last Sunday, we held the first of our practice GATS at the College. The GAT, or General Achievement Test, is an exam that **now all Year 12 students** (or students undertaking a scored Yr. 12 subject) are required to undertake. The first component of the GAT looks at basic Literacy and Numeracy skills and all students must 'pass' this section to gain their VCE, VCE-VM or VCAL certificate. The second part is only required for VCE scored students and both play a vital role in determining final VCE scores. We strongly encourage all students to undertake these practice GATS, but if they cannot get to all of them, we vigorously recommend that they undertake at the very least, 2 practice papers. Practice sessions will be on each Sunday for the next 5 weeks starting at 9:00am.

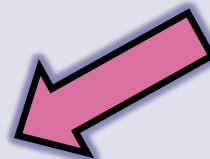
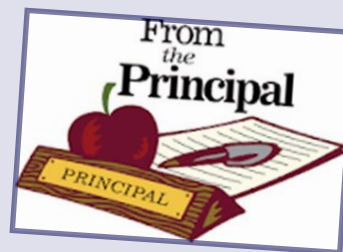
Year 9-11 Exams

There is only just over a couple of weeks before our Year 9-11 exams. It is important that revision is underway and not left until the last minute. I encourage all students to make sure that they have a plan in place to go over all content in each of their subjects so they can be as prepared as possible. Good exams results do not just happen, they rely more on planning and practice than they do on ability. Make sure you are putting your best foot forward and getting yourselves prepared

Principal's Report

Building Works

The earth works have been progressing very nicely and hopefully we will see some footings being dug early next week in preparation for the concreting. It should not be too long before we see some works coming out of the ground.



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

Tuesday, 6th June – Yr. 9 – 11 Exams

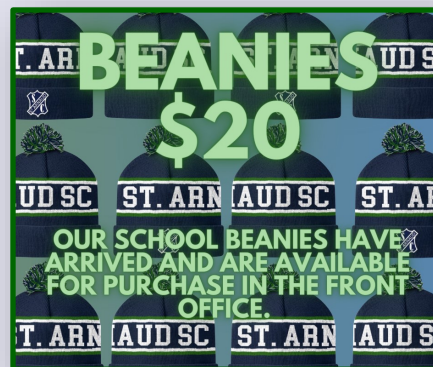
Monday, 12th June – Kings Birthday Public Holiday

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
beanies....



Monday's Canteen Special

Pasta Bake—with choice of either

Tuna

Vegetarian

Chicken & Bacon

\$6.00 per serve

Elevate Education Parent Seminar

Monday, 15th May 2023, 5:30 pm – 6:30 pm
St. Arnaud Secondary College Hall

The College has employed Elevate Education to work with our students to develop their study and learning skills. On Monday 15th May, students from Years 7 to 12 will have sessions on a variety of topics targeted at their level, from Introductory Study Skills, Time Management and how to Ace Exams.

As part of this program, Elevate has been running Webinars which some parents from our school have attended. The link has been published through the Compass News Feed. Connected with this, Elevate will be running a Parent Seminar on Monday 15th from 5:30 to 6:30 in the College Hall. Parents and guardians with students at the College are invited to attend; information about the content of the session is included below.



The schools that see the greatest behavioral change from their students are those that bring the parent community into the conversation. This seminar provides parents with strategies to get on the same page as their children so that the skills taught in class are reinforced at home.

Topics covered:

Time Management: How parents can help their child manage their time effectively, so they can maintain a balanced routine, not leave tasks to the last minute, and avoid distractions.

Study Support: What kind of work is most valuable in helping to achieve higher marks? Presenters will discuss what good study looks like so parents can help their children work smarter.

Motivation: Sometimes, the most difficult part of studying in high school is simply being motivated enough to do the work. This seminar will help parents understand the key drivers behind student motivation, and how to leverage these to help their child reach their potential.

Free E-Book for Parent Support: Parents are provided with access to the Elevate Parent E-book to follow up and extend on the best ways to support their child through high school.

If you have any questions or would like to register your interest to attend the session, please contact Calvin Taylor (Leading Teacher in Teaching and Learning) at the College, or via email:

Calvin.Taylor@education.vic.gov.au

North Central Division Cross Country

The Interschool Cross Country was held at St. Arnaud on Friday the 5th of May. The first four events were all run over 3km. The junior girls ran first, and the best placed runners were Mahlie Morris placing 13th and Sami Weir placing 14th. The junior boys ran second with Hamish Tannock running 7th, Jack Batters 12th and Forbes Kirk 14th out of 60 runners.

The intermediate girls ran well and had Abby Weir running 6th and Ada Buenaventura running 12th. The final girl's race was the senior girls. We had four participants; Keegan Amos, Morgan Shields, Phoebe Hendy, and Alissa Bortolotti, who came 11th, 17th, 18th, and 19th respectively.

The intermediate and senior boys ran 5 kilometres. The best finishers for the intermediate boys were Owen Lowe (8th) and Harrison Meagher (11th). The senior boys finished off the day with Sam Male coming in 2nd and Kyi Williams coming in 20th.

Well done to all students who participated and congratulations to those who have made it through to the next level. Thanks go to Casey Bertalli, Michelle Watts and Maryanne Grech for managing the students. Also, to Craig Cornwell for acting as the whip, the VCAL and HOL students for manning checkpoints, and to Ella and Josie for supplying and running the coffee van.

The next level is the Loddon Mallee Region Cross Country, to be held at St. Arnaud on Tuesday the 6th of June. The day begins just after 10am, starting with the 5km events and the final event which is the primary school 9-10 boys, will be held around at 1:55pm. Around one thousand students are expected to run throughout the day.

Aggregate Results:

Maryborough	775
Wycheproof	578
St. Arnaud	511
Boort	478
Charlton	434
Birchip	343
Donald	241
Wedderburn	149
Pyramid Hill	117

Standardised Results:

Wycheproof	8.9
Charlton	5.3
Boort	4.6
Birchip	3.8
St. Arnaud	3.7
Pyramid Hill	2.3
Donald	2.2
Wedderburn	1.6
Maryborough	1.2

Beau Knight
Sports Coordinator



Yr. 9 Resilience Report

This week in Yr. 9 Homegroup, students continued to work on the 'Resilience Project' activities. They started off with a 'positive primer' which is one of the engagement activities that the staff have learnt from the 'Berry Street Model'. A positive primer is used to get the students in the right frame of mind to encourage the flow of positive emotions. When people experience positive emotions, their minds broaden and they open up to new possibilities and ideas.

The students had to pass a balloon to each other around the circle using only two pens. They then had to do the same thing but with only one pen. The focus of the Resilience Project activity was on mindfulness and body awareness. Students completed a pie chart by dividing it into 3 parts, representing how much time they spend thinking about the past, present and future. They then completed a meditation activity by doing a body scan. They then rated themselves for calmness, heart rate and body temperature and labelled their emotions.



Yr. 11 Food Studies



This week the Year 11 Food Studies students cooked 'kangaroo chilli con carne with bush chips'. Kangaroo is an animal that has long been used as a source of food for Indigenous communities.

Kangaroo meat is a very nutritious food as it is high in protein, iron and zinc, and is low in saturated fat. This recipe used a range of spices to enhance the flavour of the kangaroo mince to produce a tasty main course. The bush chips provided a contrasting crunchy texture and flavour, and the boys used native seasonings which included aniseed myrtle, wattle seed, pepper berries, bush salt and lemon myrtle.



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



For those who may not know, Dolly would have been 20 on the 1st of May this year. '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.

The SRC have commemorated 'Do It for Dolly Day' today. On this day, students were encouraged to wear a splash of blue and bring a gold coin. Thank you to everyone that donated to this special cause and let's STOP bullying !!



Yr. 12 Food Studies



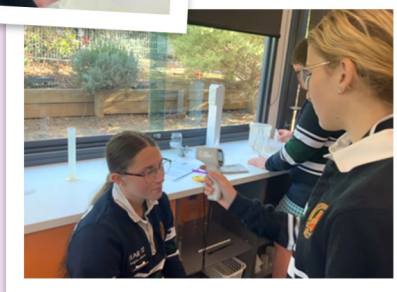
Week 2 of Term 2 saw the Year 12 Food Studies class undertake some preparation cooking for Mrs. Dean's Year 8 Humanities 'Medieval Banquet'. The students made vegetable pasties and custard tarts in the Tuesday double lesson, and in the Friday double lesson we reheated the pasties and made vanilla poached pears, to go along with food Mrs. Dean had prepared. The Year 12 students helped Mrs. Dean to serve up the banquet in the second lesson, which was an enjoyable lesson being able to serve and participate with another class.



Yr. 12 Biology



The Year 12 Biology students have been studying cellular respiration. As part of their SAC, they completed an experiment investigating the effects of exercise on heart rate, temperature and carbon dioxide production. Keegan Amos and Tyson Funston agreed to be the test subjects, while Izzy, Ylva, Morgan and Amy collected the data before and after exercise.



Hands On Learning



28/4/23

New bench tops.

Students learning how to use a
jigsaw & electric sander.



Carrying bench top into the
woodwork room.
Demonstrating teamwork!



Max spray painting the table
frame.



Sandpapering the frame
before spray painting.



Forbes spray painting
one of the frames.

HANDS ON LEARNING



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!





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.

Our Drs in Schools Clinic are once again offering our students Flu Vaccinations, these cost \$20.00 per student, if you would like your child to have one, please fill out the form/s (on Compass) and return with \$20.00 to Mrs. Chapman or to the Office by Tuesday, 16th May. If you require hard copies of the forms, please contact Mrs. Chapman. They are also available at the front office.



The vaccinations will be conducted on Tuesday, 30th May.

Careers & Pathways

ADF | ADFA Careers Information Session



Wednesday May 17th 6:30pm – 8:00pm
(Online)

Would you like the opportunity to undertake military training in the Australian Defence Force (ADF) while earning a degree? All without debt – in fact, we'll pay you! You will earn a salary while learning and step into a guaranteed role upon graduation as an Officer in the ADF.

Head to the upcoming info session to speak with current serving military personnel and learn more about the Australian Defence Force Academy.

www.defencejobs.gov.au/events/events-detail/1q2cf38



Thursday May 18th to Saturday May 20th
Melbourne Showgrounds

The Victorian Careers Show, in its 3rd year in 2023, follows on from the success of our flagship event, the VCE and Careers Expo.

Exhibitors will have information about:

- Resources for the VCE
- Tertiary study, university, TAFE and training courses
- Career advice
- Study advice
- Employment advice and opportunities
- Apprenticeship and traineeship advice
- International exchange and gap year programs

Visit:

www.victoriancarersshow.com.au

Monash | Regional Student Experience – Finances and Accommodation



Thursday May 18th 5:00pm (online)

Monash students from **regional backgrounds** will share their experiences in finding accommodation and funding for university. This session will cover on, and off-campus accommodation offers, scholarships and finding part-time work at university.

To Register Visit:

https://monash.zoom.us/webinar/register/WN_wc-GZspRLKDQHxcJ7e38w#/registration

JMC Academy | May Open Day, Melbourne



Saturday May 27th

Register for our Free Open Day! This is your chance to see our multi-million-dollar world-class facilities.

Things to do at Open Day:

- Tour our world-class facilities and tech
- Explore your creative future in our hands-on workshops
- Meet our current students and industry expert lecturers
- Check out live student performances
- See creativity come to life with course demonstrations
- Build your creative network

For further information visit:

https://pages.jmcacademy.edu.au/May2023_OpenDay_Mel.html

RMIT | Tech & Trades Experience Day



Thursday June 29th (School Holidays)
City Campus

Come and be a part of RMIT's Tech and Trades Experience Day, an exciting event that lets you delve into the dynamic world of Technology and Trades! Don't miss out on this exclusive chance to gain practical knowledge, explore potential career paths, and network with industry professionals.

We welcome all year 10, 11 and 12 high school students as well as parents/guardians. Students can participate in two hands-on workshops, tour facilities, interact with staff and students, and win prizes. Parents can connect with staff, students, and industry guests to learn about opportunities at RMIT.

Students will have the chance to choose two workshops from fields such as **Building Design, Carpentry, Cyber Security, Electrical, Engineering, Refrigeration, Information Technology, Plumbing, and Surveying**. These fields offer strong industry growth and promising future career prospects.

To Register Visit:

www.eventbrite.com.au/e/tech-trades-experience-day-2023-tickets-616174984967

Mrs Rebecca Reynolds
Careers Co-ordinator

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

Save the date

Pathways and Try-A-Trade Expo

For Aboriginal and Torres Strait Islander students

Find the perfect career for you

Our careers expo is a key opportunity in Goolum Goolum's event calendar where young Aboriginal and Torres Strait Islander students from year's 7-12 can come learn about careers they wish to pursue.

This comprehensive one-day expo will give an opportunity for young people to engage with industry professionals, including Tertiary Education Providers, Trade Specialists, Emergency Services and more will be available on the day.

Horsham Maydale Pavilion

Thursday August 3, 2023



11pm-2pm



Amulet Book one - The Stonekeeper

By Kazu Kibuishi

After a family tragedy, Emily, Navin and their mother move to an ancestral home to start a new life. On the family's very first night in the mysterious house, Em and Navin's mom is kidnapped by a tentacled creature. Now it's up to Em and Navin to figure out how to set things right and save their mother's life!



Amulet Book two - The Stonekeeper's curse

By Kazu Kibuishi

Emily and Navin's mother is still in a coma from the arachnoid's poison, and there's only one place to find help: Kanalis, the bustling, beautiful city of waterfalls. But when Em, her brother, and Miskit and the rest of the robotic crew aboard the walking house reach the city, they quickly realize that seeking help is looking for trouble...dangerous trouble.



Amulet Book three - The Cloud Searchers

By Kazu Kibuishi

Emily, Navin, and their crew of resistance fighters charter an airship and set off in search of the lost city of Cielis. There they hope to find help from the Guardian Council's powerful Stonekeepers. It's a mission that Alledia's survival depends on, and time is running out—Emily's got to find Cielis before the Elf King finds her.

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/gro ups/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



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-sdnh.org.au or 1800 975 115

headspace
Support Your Young Adult's Wellbeing

Headspace National Youth Mental Health Foundation
Headspace is a National Youth Mental Health Foundation initiative



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



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



**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



NATIONAL MEDIA PARTNER



MAJOR PARTNER



VENUE PARTNER



PROCEEDS TO



GOLD PARTNERS





CHAPLAINCY

BOOK FAIR

- BOOKS \$1
- FRI 19 MAY NOON- 9PM
- SAT 20 MAY 9AM - NOON
- HORSHAM COLLEGE
- MAROSKE HALL



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

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)

2023 Calendar



May	Mon	15th	Yr. 7-12 Elevate Study Skills
	Tues	16th	Big Science Competition Yr. 12 OES Excursion — Stawell Mine
	Thurs	18th	IDAHOBIT Day
	Fri	19th	MIPS
	Wed	24th	MIPS
	Mon	29th	MIPS
June	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
	Mon	12th	King's Birthday Public Holiday
	Tues-Wed	13th-14th	Yr. 10 Pre-Driver Education
	Thurs	15th	GAT
	Wed	21st	MIPS
	Fri	23rd	Last Day of Term 2
July	Mon	10th	Term 3 Begins
	Thurs	13th	SSV XC
August	Tues	1st	NCD Athletics
	Wed	2nd	Yr. 7 Immunisations
	Fri	4th	Maths Competition
	Mon	14th	Science Week Starts
	Wed	16th	Yr. 8's NCTTC Try Day — Charlton
	Thurs	17th	NWZ Shoot