

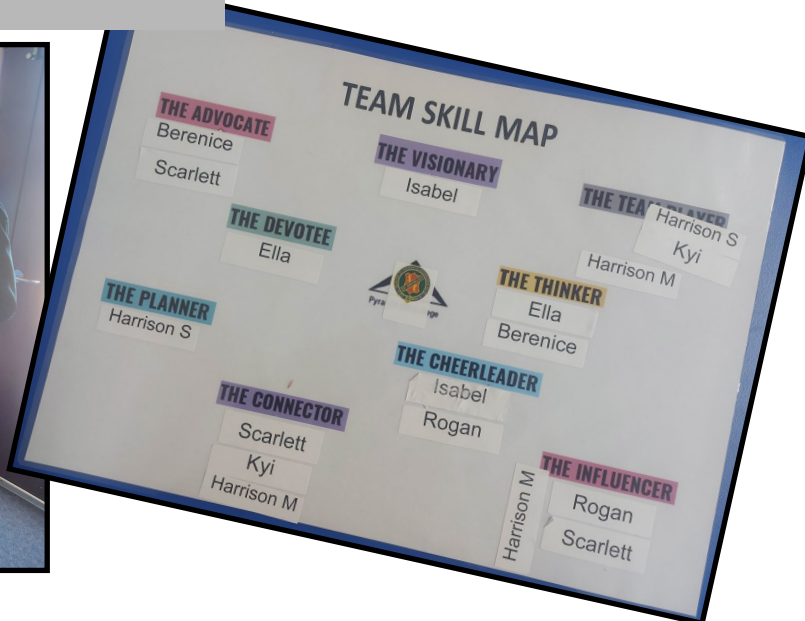
# St. Arnaud Secondary College Newsletter

**Issue 13**

Term 2  
Week 13  
13th May, 2022



**SRC**



**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  
Fax: (03) 54 952308

Website: [www.starnaudsc.vic.edu.au](http://www.starnaudsc.vic.edu.au)  
Email: [st.arnaud.sc@educationvic.gov.au](mailto:st.arnaud.sc@educationvic.gov.au)  
Principal: Tony Hand  
Assistant Principal: Vanessa McCormick

# Principal's report

## **Isolation**

My report this week will be a little shorter than normal as I will have spent the first four days of the week in isolation following a positive COVID Test.

## **NAPLAN**

This week, students in Years 7 and 9 have undertaken the annual NAPLAN testing. This testing occurs nationally every year for students in Years 3, 5, 7 and 9 and looks at growth and performance in Literacy and Numeracy. We have been very pleased with the way our students went about their testing this year and look forward to the results being released in Term 3. If you have any questions about the NAPLAN testing, please do not hesitate to contact the College.

## **CUST Training**

On Wednesday afternoon, our staff were joined by the staff at the Primary school for 2 hours to undertake the second session of the Community Understanding and Safety Training. I would like to thank our Koorie Education Support Officers (KESO's) and special speakers, Uncle Daryl, and Uncle Ron, for sharing their stories and culture with us and looking at realistic and meaningful ways that we can incorporate this into our teaching, for the education of our entire community.

## **Pirate Day**

The SRC conducted Pirate Day today and it was great to see the number of 'Pirates' and the like at the College. While it is a fun day, the meaning behind the day is to raise money for brain cancer research – a fund chosen by the SRC in tribute to Miss Carswell who was appointed at the beginning of the year, only to be struck down by this disease. We were honoured to be joined by Margaret and Garry Carswell, Miss Carswell's parents, and her sister, nieces & nephews, who came and shared in the day with all of us.

## **Cross Country**

Friday afternoon saw the running of the House Cross Country. A full report will be included in next week's newsletter.

## **Upcoming dates**

**Thursday 19 May** – First Review Day

**Monday 23 May** – NCD Cross Country

**Tuesday 31 May** – LMR Cross Country

**Monday 6 to Thursday 9 June** – Yr. 9-11 Exams

**Tuesday 14 June** – Professional Practice Day – No students expected at school.

**Tony Hand**  
**Principal**

# SRC Report

## VicSRC Training at Charlton College

SRC representatives from Years 9 to 12 attended VicSRC Training conducted by the LLEN at Charlton College on Thursday 5 May, from 11 am to 1:30 pm.

The two-hour session, led by Barb and Ange, provided training about what an SRC is and how to make it effective in your specific school. It also enabled students to network with SRC Reps from Charlton College and Donald High School.

The session outlined why the SRC is an important school organisation:

- \* Better decisions are made when students are involved;
- \* Students learn more when they have input into their learning;
- \* Schools are happier places when students are involved in decision making;
- \* Students have a right to be heard with issues that affect them.

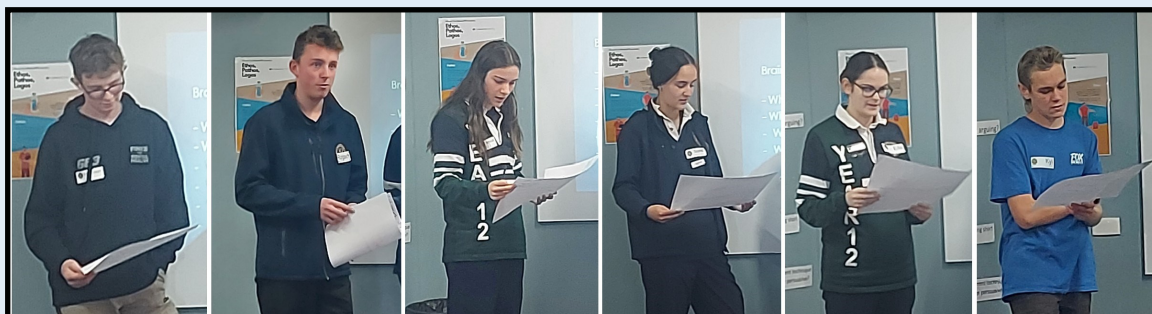
Student Representatives completed an icebreaking activity where they selected images and described how they related to what they thought about the work of the SRC. They then read and discussed the SRC Group Agreement and groups conducted skill mapping to discuss their strengths as group members.

A think-pair-share activity was used to conduct a team reflection on the work of the SRC at our school. Everyone worked effectively together to present our collective ideas to the whole group. There was also discussion about the successes and challenges of working with the SRC, some action planning and discussion about how to run effective meetings.

The LLEN put on a delicious lunch at the end of the session, during which SRC Reps provided some feedback and advice about the LLEN's ENGAGE program.

All members of St. Arnaud College's SRC participated actively and expanded their knowledge of the role of the SRC in the school and how it can be more effective.

Calvin Taylor  
SRC and Student Leadership Coordinator





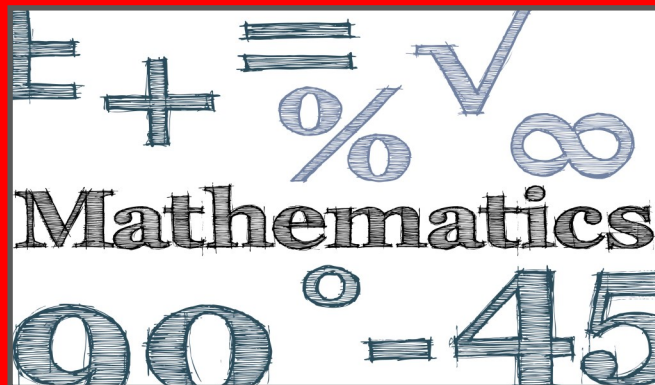
# Naplan 2022



## YEAR 7 and 9 SIT NAPLAN

Year 7 and 9 students participated in the Australia-wide NAPLAN assessments this week. Students sat online testing in NAPLAN for the first time. They worked hard to complete four tests on Reading, Language Conventions, Writing and Numeracy. Well done to all Year 7 and Year 9 students who participated to the best of their ability and learnt the many requirements of sitting tests and exams.

# Maths and Science News



## Mathematics and Science Competitions

Students are encouraged to participate in the Australian Mathematics Competition which will be held in early August (cost \$7.50 per person). This competition is a mathematics competition containing multiple-choice problems and extended response questions. Many of the problems are set in situations to which students can relate. Students of all standards will find a point of challenge during the test.



The Science Competition is held in late August and consists of online questions relating to science understanding and skills. The cost for this competition is \$19.25 per person.

If you wish to participate, please ask your classroom teacher for more details and/or:



- If students would like to participate in the Mathematics Competition, then they are to contact Mr Redmond before the second last week of term; by Term 2 Week 8.
- If students would like to participate in the Science Competition, then they are to contact Mrs Jackson before the second last week of term; by Term 2 Week 8.





# Year 7 STEM Experiment



## Pringle's Challenge

At the end of Term 1, Mr. Redmond set Year 7 Science students a STEM challenge to design a package to safely send one pringle via Australia Post, back to the school. Pupils could work in pairs or on their own. The students came up with some elaborate design ideas, some big and some small. The team that returned the pringle back in the fewest pieces would be declared the winner, and would receive a prize: a full tube of Pringles.

In total, 12 separate packages were sent, and all returned. Early in Term 2, during their Science lesson, the packages were carefully opened. Some of the packages did not fair well and the chips were smashed, but much to Mr. Redmond's surprise, 6 packages returned with their pringles perfectly intact!



# Year 8 Food

## Year 8 Food Technology

Term 2, Week 2, saw the Year 8 Food class cook Vegetable and Ham Slice and Blueberry Muffins. In our theory class, we started looking at what factors influence our food choices. There are many factors; the main ones being family and friends. We will look at other factors over the next few weeks.





## Year 8 Food continued





# Year 11 Food Studies



## Year 11 Food Studies

The Year 11 Food Studies students have been studying the topic of 'Indigenous Australian Food'. Last week, the students made Kangaroo Chili 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.

The 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 used bush flavourings of ground aniseed myrtle, lemon myrtle, native pepper berries and wattle seeds.

## Year 11 Food Studies continued



### Year 11 Food Studies – This Week

The Year 11 Food Studies students have been looking at food crops and they made potato and bacon pancake stacks with maple syrup. Potatoes were one of the first crops grown and traded throughout the Americas. In this recipe, the steamed mashed potatoes are lightened with beaten egg white to produce a very airy, delicate pancake. The addition of eggs and milk to the recipe provided a source of protein and some calcium.





**DO IT FOR DOLLY – Support the fight against bullying and for positive mental health**

The school will be taking orders for work shirts, polo shirts and socks to support the 'Do It For Dolly' Foundation.

The school will run a 'Do It For Dolly' day on the 27<sup>th</sup> May.

<https://dollysdream.org.au/get-involved/merchandise/>

Orders for 'Do It For Dolly' merchandise are due to the Front Office by **13th May**.

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**MND Big Freeze 8 – Support research into Motor-Neuron Disease**

The SRC will again run its very successful fundraising for the Big Freeze 8, raising money to support the MND Foundation. Big Freeze 8 will be held at the MCG on Queen's Birthday Monday (13 June) with a game between Collingwood and Melbourne.

<https://fightmnd.org.au/big-freeze-8/>

Beanie orders are due with payment to the Front Office by **27<sup>th</sup> May**.



# Dolly's Dream Fundraiser

Dolly's  
Dream

Today I'm spreading kindness  
& doing it for *Dolly*



## DO IT FOR DOLLY DAY

**"DOLLY'S DREAM" IS COMMITTED TO  
CHANGING THE CULTURE OF BULLYING BY  
ADDRESSING THE IMPACT OF BULLYING,  
ANXIETY, DEPRESSION AND YOUTH  
SUICIDE**

**DOLLY EVERETT WAS JUST 14 YEARS  
OLD**

**ALL MONEY RAISED WILL GO TO THE  
"DOLLY'S DREAM" CHARITY**

**COME TO SCHOOL WEARING BLUE**



**FRIDAY 27TH MAY**

# The Big Freeze Fundraiser



## **THE BIG FREEZE IS BACK!**

**THE ST. ARNAUD SECONDARY COLLEGE WILL BE SELLING THE ICONIC MND BEANIES THIS YEAR.**

**ALL PROCEEDS WILL GO TOWARDS THE FIGHT MND FOUNDATION.**

**AN ORDER FORM WILL GO OUT TO STUDENTS AND WILL BE ALSO AVAILABLE FROM THE FRONT OFFICE. PAYMENTS WILL HAVE TO BE MADE WITH THE ORDER.**

**THIS IS A GREAT WAY TO SUPPORT THE SECONDARY COLLEGE AND THE FIGHT MND FOUNDATION. BEANIES GO ON SALE MAY 11. WHEN BEANIES HAVE ARRIVED THEY WILL BE GIVEN OUT TO STUDENTS**





# Office News



**Snow Camp - \$250.00 Instalment due 25<sup>th</sup> May 2022**

**Year 11 & 12 ODE Apollo Bay Camp - Payment \$185 due 13th May 2022**

\*\*\*\*Please contact the General Office if you do not have BPAY account details.

\*\*\*When making payment via BPAY please note the receipt number on the return permission slip.

**All camps and excursions are required to be paid prior to attendance unless payment plans have been approved.**

## **Parent Payment Policy Arrangements in 2022**

The Department of Education and Training has sought to clarify the Parent Payments Policy for 2022. Schools can request contributions from parents under three categories.

- Curriculum Contributions – contributions for curriculum items and activities which the school deems necessary for students to learn the Curriculum e.g., textbook use, consumable materials, paper
- Other Contributions – Voluntary financial contributions for non-curriculum items and activities that relate to the school's functions and objectives e.g., school building enhancements
- 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. e.g., Optional Year level camps

**School Council has approved the 2022 Parent Payment Policy and Parent Payment Fees. The fees are located on the school webpage, or please contact the office to have fees sent.**

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/>





# Office News

## **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 Optional Items including camps and excursions must be paid by the specified due date prior to departure. Other payments for Optional Items including Food Technology must be paid in week 2 of each Term, or by negotiated instalments.
- 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](mailto: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

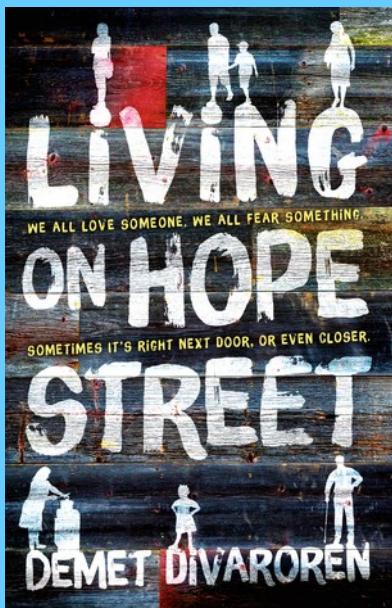
If you have a valid means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card, or Pensioner Concession Card, or are a temporary foster parent, you may be eligible.

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: 8.30 am – 4.30pm  
Phone 03 5495 1811  
Email: [st.arnaud.sc@education.vic.gov.au](mailto:st.arnaud.sc@education.vic.gov.au)



## **Living on Hope Street**

***By Demet Divaroren***

We all love someone. We all fear something. Sometimes they live right next door - or even closer.

Kane will do everything he can to save his mother and his little brother Sam from the violence of his father, even if it means becoming a monster himself.

Mrs Aslan will protect the boys no matter what - even though her own family is in pieces.

Ada wants a family she can count on, while she faces new questions about herself.

Mr Bailey is afraid of the refugees next door, but his worst fear will take another form.

And Gugulethu is just trying to make a life away from terror.

On this street, everyone comes from different places, but to find peace they will have to discover what unites them.



## **A Dark Inheritance (The Unicorn files)**

***By Chris D'Lacey***

When Michael Malone discovers his supernatural ability to alter reality, he is recruited by an organization dedicated to investigating strange and paranormal phenomena. He joins in hopes of finding his father, who mysteriously vanished three years earlier. Michael's first task is to solve the mystery of a dog he rescued from a precarious clifftop -- a mystery that leads him to a strange and sickly classmate and a young girl who was killed in a devastating accident. Stakes are high as Michael learns to harness his newfound ability and uncover the deadly truth about his father's disappearance.

A bold and thrilling tale of alternate realities, paranormal mystery, and extraordinary adventure.

# Careers & Pathways

## NATIONAL CAREERS WEEK

It's more than just a Job!

MAY 16<sup>th</sup> – 22<sup>nd</sup> 2022

National  
Careers Week  
16-22 May 2022

Logo for National Careers Week 2022



National Careers Week is an initiative of the **Career Industry Council of Australia** and aims to celebrate careers, career development, career development services, and career development practitioners and to promote the economic, social, and personal benefits of career development.

Career development is a process of managing learning, work, and leisure to progress through life. It includes gaining and using the skills and knowledge needed to plan and make informed decisions about education, training, and work. Everyday decisions and priorities affect career development.

Ultimately, career development is about much more than jobs – it is about how to live your life.

For a full list of online events/webinars please visit:  
<https://careersweek.com.au/events-page/>

## University not for you?



Hear from three real-life STEM professionals who've kickstarted alternative study pathways via VET opportunities

University is great for some, but apprenticeships and traineeships combine the best of both worlds! You get to work on-the-job, learning and earning a wage – and in some cases, the government will even cover your training fees.

Watch our latest webinar to find out more about vocational education and training (VET) opportunities and gain industry insights from real-life STEM professionals who kickstarted their careers as apprentices.

Meet network design operative Kirsty Penney, diesel mechanic apprentice Lucas O'Sullivan and structural draftsman Saverio Vasapollo.

Watch the recently recorded Webinar here:  
<https://careerswithstem.com.au/apprenticeship-webinar/#qsc.tab=0>

## WORK EXPERIENCE WITH YOUR LOCAL COUNCIL



Looking for somewhere to do your work experience? A great place to consider is your local Council. Many local Councils have structured work experience programs for high school students, as well as VET and university students looking for placements. They're definitely worth considering on your work experience search.

One of the main benefits of work experience with the Council is that they often have a huge variety of departments. This means you have heaps of areas to choose from, no matter what your interests.

**They often include things like:**

- Business
- Construction and Trades
- Horticulture
- Events and Marketing
- Human Resources
- Arts and Libraries
- Information Technology
- Engineering
- Planning and Development

Plus, a ton more!

**For further information visit:**

**Northern Grampians Shire:**  
[www.ngshire.vic.gov.au/Careers/Student-placements-and-work-experience](http://www.ngshire.vic.gov.au/Careers/Student-placements-and-work-experience)

**Loddon Shire:**  
[www.loddon.vic.gov.au/Our-Council/Working-with-us/Work-experience-apprenticeships-and-traineeships](http://www.loddon.vic.gov.au/Our-Council/Working-with-us/Work-experience-apprenticeships-and-traineeships)

**Buloke Shire:**  
[www.buloke.vic.gov.au/](http://www.buloke.vic.gov.au/)



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

This Newsletter contains information about upcoming Career events, University & TAFE Webinars, Open Day information, Post School options, Apprenticeships, Scholarships + more.

Parents/guardians are welcome to be on the email distribution list (so you don't miss any info 😊).

To join the list please contact:  
Sue Clay – Careers & Pathways NCLLEN:  
[s.clay@ncllen.org.au](mailto:s.clay@ncllen.org.au)

Mrs Rebecca Reynolds  
Careers Co-ordinator

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





### Duties

- Wash and clean utensils and dishes and make sure they are stored appropriately
- Handle, sort, store and distribute food items
- Wash, peel, chop, cut and cook foodstuffs
- Sort and dispose of rubbish and recycling
- Clean food preparation equipment, floors and other kitchen tools or areas
- Other duties as required

**Applications Close: Tuesday 17th May 2022**

## Hospitality Traineeship

Click the link or view our social media for more information.  
Contact Shane Cross on 0418 564 890.

 @skillinvestlimited  skillinvestlimited

[Apply Now](#)

## Positive Start in 2022: FREE holiday camps

Dear parents and carers

During the past 2 years, the COVID-19 pandemic has meant that many students have missed out on the opportunity to experience outdoor activities in an organised, social and supportive environment.

The Victorian Government is committed to supporting the health and wellbeing of all children and young people and is offering the chance for eligible students to attend a free camp program as part of the Positive Start in 2022 initiative, during the 2022 school holiday periods.

### Free camps for eligible students

Camps are a great way for young people to build confidence, experience new activities, learn leadership skills, connect socially and make new friends.

Holiday camp programs can range from single overnight experiences to spending several nights away.

While on camp, your child may enjoy a range of social and adventure activities which could include team challenges, bush walks, orienteering, hut building, cooking, bush walks, painting with nature, rope courses, abseiling and canoeing. Camp providers will make every effort to ensure they are accessible to all students and will list their facilities and supports available on the Positive Start website.

### Express your interest today

Places are limited, so if you are interested in this opportunity for your child or children, register your interest as soon as possible. Registrations close Friday 25 March 2022.

For further information, including how to register, visit:  
<https://vacsdeta.educationapps.vic.gov.au/PositiveStartHolidayCamps/>  
or scan the QR code.



Please also refer to the Holiday Camp Information below.

Once you register your interest, the Department of Education and Training will send you more information about available programs and how you can secure a booking.

### Find out more

For further enquiries about the Positive Start holiday camps or to register your interest, contact [positivestart@education.vic.gov.au](mailto:positivestart@education.vic.gov.au)

Kind regards

Stephen Fraser  
Deputy Secretary  
School Education Programs and Support  
Department of Education and Training

## HOLIDAY CAMP INFORMATION

### Which students are eligible for free holiday camps?

Students who meet one or more of the following criteria are eligible to attend a free holiday camp:

- attend a school that experienced closures of 5 days or more due to COVID-19 in 2021
- have an approved [Camps, Sports and Excursions Fund \(CSEF\)](#) application for 2022
- have a parent who holds a valid means-tested concession card (for example a Health Care Card, Job Seeker, Newstart Allowance, Disability Support Pension)
- are in out-of-home care (temporary or permanent)
- have a disability
- are from a refugee background
- are indigenous students
- are in the [Navigator program](#).

### When are the holiday camps?

The holiday camps will run in the 2022 school holidays — Term 1 (April), Term 2 (June/July) and Term 3 (September) 2022.

### How much does it cost?

These camps are completely free of charge to eligible families. It will not cost you anything for your child to attend the camp. Most of the camps can organise transport from central locations however, for some camps, parents may need to provide transport for their child. Specific information regarding transport will be supplied by the individual camp providers.

### How old does my child need to be?

Students in years 3 to 12 from the start of 2022 school year can attend holiday camp programs.

### Will my child get to go with their friends?

Your child may be able to go on camp with their friends if they book to go to the same camp and there are places available. However, please note that your child's friends may not be eligible for the Positive Start free holiday camp funding. Only eligible families may book through Positive Start. Remember, your child will also have the chance to make new friends and build relationships with students from other schools.

### What types of camps are there?

There will be a list of camps from which that you can choose. Each camp will have a brief description including where it is, the length of the camp (number of days), the dates it is running, how to get there; as well as a list of activities to help you decide which camp would best suit your child.

### What general safety measures are in place to ensure camps are safe for students?

Camp facilities and sites are reviewed each year and are accredited by an independent national accreditation scheme to ensure they meet best practice standards and that all students receive the best care. All camp activities are compliant with national safety standards. All staff members have working with children checks and undergo a thorough induction and checking process as part of working with the camp.





## What COVID Safe strategies are in place at camps?

All Positive Start in 2022 camps must put into place a Covid Safe plan that aligns with Department of Health and Department of Education and Training advice. This includes operating under up-to-date Covid Safe practices such as appropriate cleaning, activity design, food service and accommodation density and layouts.

## How do I register my interest?

It's easy to register your interest. Simply go to the link below or scan the QR code on the right and complete the registration details. Once you have provided your email address, the Positive Start team will be in touch with more information.

<https://vacsdta.educationapps.vic.gov.au/PositiveStartHolidayCamps/>

## What happens next?

Within two weeks of registering your child's interest, you will be provided with more information including a list of available holiday camps and how to book.

If you need further information about the free holiday camps before you feel comfortable to register your interest, please visit the

[www.vic.gov.au/positivestart](http://www.vic.gov.au/positivestart)



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Association for  
Children with a  
Disability

## Teens and Beyond

Free online workshop



**Teenagers do best with support from their family.**

**This workshop series aims to help you navigate the teenage years with confidence.**

### Topics include:

- >> Future planning
- >> School and post-school options
- >> Getting the right NDIS support for your teen
- >> Wellbeing – friendships, behaviour support, communication and mental health

### More information:

- >> This is a workshop for parents and carers of children with disability aged 13+
- >> Workshops run over three sessions in May/June
- >> Bookings are essential
- >> We strongly recommend parents attend all sessions
- >> Professional workshop facilitators are parents of children with disability

### Read more and register now:



For more information contact:  
[educate@acd.org.au](mailto:educate@acd.org.au)



03 9880 7000 or  
1800 654 013 (regional callers)



[www.acd.org.au](http://www.acd.org.au)

**Book now**

**[bit.ly/TeensBeyondMAY](https://bit.ly/TeensBeyondMAY)**



## **INVITATION FOR PARTICIPANTS**

### **ONLINE ASSESSMENT OF ANXIETY DISORDERS IN AUSTRALIAN ADOLESCENTS**

Is your teenager frequently nervous in social situations, overly worried about lots of little things, afraid to be away from you, or afraid of specific objects or situations (e.g., dogs, doing speeches at school)?

At Macquarie University, we are conducting an online study that includes a thorough assessment of anxiety concerns in adolescents 12 to 17 years. We are providing this service online via Telehealth and at no cost to families. Participants will also receive a \$30 gift voucher as a thank-you for their time.

If you believe your teenager may be experiencing anxiety, please contact [bddproject@mq.edu.au](mailto:bddproject@mq.edu.au) to find out more about the project.





## VITAMINS & MINERALS

FOR HEALTHY SKIN, SMILES, BONES, EYES, MUSCLES



Vitamins and minerals are a form of nutrient that our bodies need and use to keep us healthy, fight off sickness, make us strong and keep our bodies functioning well. Below are some key vitamins and minerals our bodies need and some of the foods they are found in.

### For eyes / vision

Orange and yellow coloured fruit and vegetables, leafy green vegetables (spinach, peas, broccoli).

Vitamin A

### For hair, skin and nails

Orange and yellow coloured fruit and vegetables, leafy green vegetables, lean meat, fish, wholegrains, nuts and seeds (almonds, sunflower, peanuts).

Vitamin A, C & E

### For muscles

Eggs, dairy, bananas and apricots, mushrooms, spinach, nuts and seeds.

Calcium, Potassium

Vitamin D

### For a strong immune system

Fruit (oranges, lemons, limes, grapefruits, blackcurrants, mangoes), green vegetables, nuts and seeds.

Vitamin A, C & E

Calcium, Potassium, Magnesium

Calcium

For strong teeth and bones

Dairy foods (milk, yoghurt, cheese), some plant-based foods with added calcium (soymilk, tofu and breakfast cereals), almonds, bok choy, kale..

### For heart health

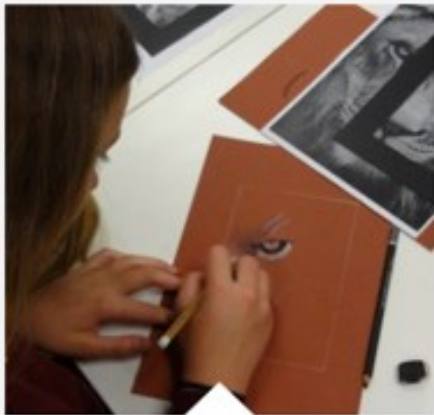
Dairy, bananas, nuts (such as cashews), legumes, dark green vegetables, seafood, whole grains.

Calcium, Potassium, Magnesium

Source: <https://www.betterhealth.wa.gov.au/betterhealth/finding/Vitamins-and-minerals>

# Community News

Kids Art Club for 7 - 12yo  
6 Tuesdays 10 May - June 14  
4 - 5.30pm



GALLERY FOR KIDS &  
SCHOOLS  
Arts Club

10 May - 14 June

Learn More

Buy Now

NEW TO STORYTIME  
SERIES

HOW TO CHOOSE STORYTIME BOOKS

Mini Makers Storytime for 0 - 5yo  
Held Tuesday fortnightly  
10 - 10.45am



GALLERY FOR KIDS &  
SCHOOLS

Mini Makers Storytime  
0-5 years

03 May - 14 June

Learn More

Buy Now



For Bookings : <http://www.horshamtownhall.com.au/type/for-kids/>

## Community News








### IDAHOBIT DAY- Tuesday MAY 17TH 2022

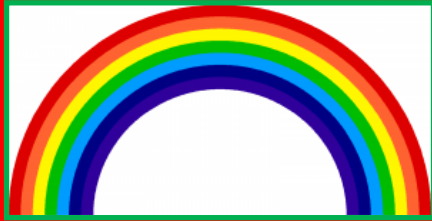
International Day Against Homophobia, Biphobia, Interphobia & Transphobia (IDAHOBIT), Celebrating LGBTQIA+ people globally, and raising awareness for the work still needed to combat discrimination

Come to school on Tuesday May 17<sup>th</sup>  
wearing a Rainbow coloured Top or Socks

#### You can be an Ally to LGBTQIA+ people

-  Go rainbow - display, wear and share rainbows.
-  Knowledge is crucial. Stay up to date and share your learnings with others.
-  Learn about pronouns and how to use them.
-  Call out discrimination when you see it.
-  Tell your family, friends and colleagues that you support them!





# St Arnaud celebrates **IDAHOBIT DAY**

International day against LGBTIQ discrimination



Free food and  
refreshments  
plus "Rainbow  
Signpost" film  
screening

**FREE EVENT AT STEWART HALL,** ST ARNAUD TOWN HALL

4.30-6.15 TUESDAY MAY 17 2022. ALL WELCOME!



TRANS AND GENDER DIVERSE  
BENDIGO AND BEYOND

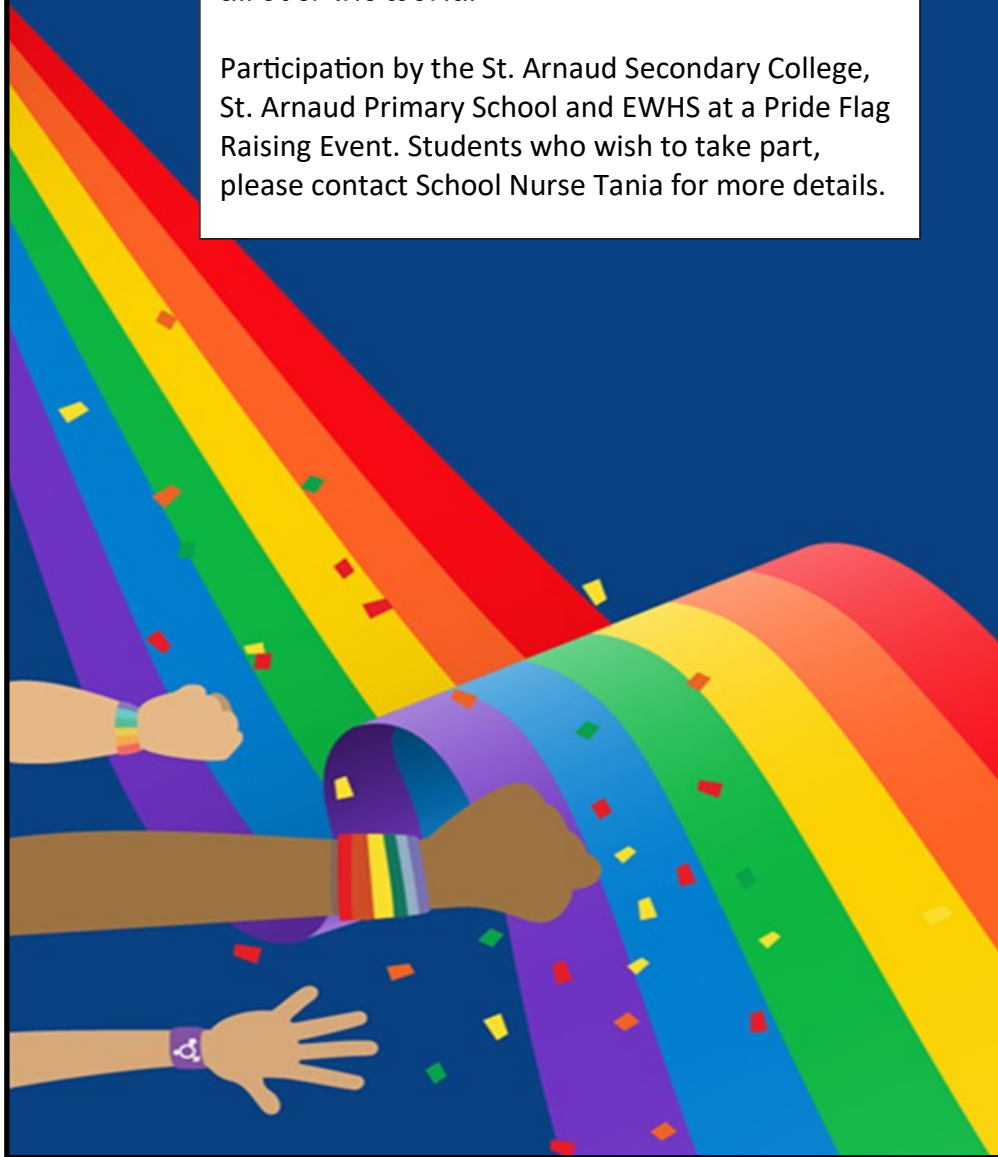


### **IDAHOBIT DAY - May 17<sup>th</sup>, 2022**

International Day against Homophobia, Biphobia, Intersexism & Transphobia.

**A day which aims to raise awareness, stop discrimination, and celebrate gender diversity all over the world.**

Participation by the St. Arnaud Secondary College, St. Arnaud Primary School and EWHS at a Pride Flag Raising Event. Students who wish to take part, please contact School Nurse Tania for more details.



## A collage of five stylized musical instruments arranged in a grid-like fashion. The top row features a yellow trumpet on the left and a red double bass on the right. The bottom row features a black and white microphone on the left, a black vinyl record with a yellow center on the right, and a black guitar with yellow tuning pegs on the right. The background is composed of various geometric shapes and colors, including teal, black, white, and orange.

We are pleased to be able to offer small group instrumental lessons once again this year and we would like to invite students to complete the following expression of interest form.

Lessons are held on a rotating timetable on Wednesdays and Thursdays, so that students miss part of a different period each week. Lessons are provided free of charge. The places are limited and are allocated on a first-come-first-served basis.

Initially lessons will be offered in Keyboard, Voice, Guitar, Ukulele, Violin and Drums. Students interested in other instruments are asked to nominate their instrument of interest to assist with ongoing planning.

(Please circle your choices and indicate your first and second preferences by numbering then 1 & 2)

Keyboard ☐ Guitar ☐ Ukulele ☐ Violin ☐ Drums ☐

Other Instrument(s) of interest \_\_\_\_\_

Student Name \_\_\_\_\_ Yr \_\_\_\_\_

Parent / Guardian Name: \_\_\_\_\_

Parent / Guardian Mobile: \_\_\_\_\_

Parent / Guardian Email: \_\_\_\_\_

Parent / Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_ [School Use: Received: \_\_\_\_\_]



# 2022 Calendar



<b>May</b>	Mon	9th	Yr. 9 Morrisby Interviews Yr. 8 Camp Deposit due
	Tue	10-12th	NAPLAN-Yr. 7 & Yr. 9
	Wed	11th	Yr. 11 Fit 2 Drive
	Wed	11th	MIPS
	Fri	13th	House XC (PM) Yr. 9 Morrisby Interviews Brain Cancer Fundraiser—Pirate Day Yr. 11 & 12 ODE Apollo Bay Camp - Payment due \$185
	Mon	16-17th	Yr. 11 & 12 Outdoor Ed Apollo Bay Camp
	Wed	18th	Yr. 11 Fit 2 Drive 9am—1pm
	Mon	23rd	NCD XC
	Mon	23rd	MIPS
	Wed	25th	Yr. 9 & 10 Snow Camp \$250 Instalment due
	Fri	27th	Do It For Dolly Day Fundraiser
	Mon	30th	Questacon STEM Yr7-9
	Tue	31st	LMR XC
<b>June</b>	Fri	3rd	MIPS
	Mon-Thurs	6th-9th	Yr. 9-11 Exams
	Fri	10th	3rd VSSS rehearsal-Ballarat
	Mon	13th	Queens Birthday Public Holiday
	Tues	14th	PUPIL FREE DAY
	Wed	15th	Semester 2 begins
	Thurs-Wed	16th/22nd	MIPS
	Fri	17th	Yr. 9 NCTTC-Try a VET day
	Tue	21st	Yr. 10—12 Wimmera Career Expo
	Wed	22nd	MIPS
	Fri	24th	End of Term 2 - Finish 2pm