

St. Arnaud Secondary College Newsletter

Issue 14

Term 2
Week 17
19th May 2023



Yr. 9/10 Melbourne Camp



St. Arnaud Secondary College is a Child Safe School.

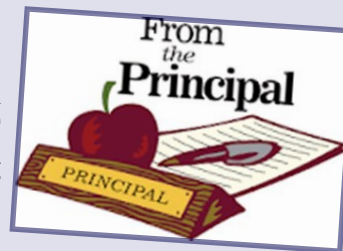
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Postal Address: P.O. Box 40, St. Arnaud 3478
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Website: www.starnaudsc.vic.edu.au
Email: st.arnaud.sc@education.vic.gov.au
Principal: Tony Hand

Principal's Report

COVID

There has been an increase in the number of COVID cases both within St. Arnaud and at the College. The College still has RAT Tests available for families and it is important to continue testing and isolating if symptomatic.



Year 9-10 Camp

Last week, the Year 9 and 10 students travelled to Melbourne for a 4 day camp. The camp had a packed itinerary including the MCG, Jewish Holocaust Centre, Yarraville movies, Eureka Skydeck, Melbourne University, City wide Scavenger Hunt, The Vic Market, and some free time. The camp relied heavily on using public transport with the aim of making all students more aware and comfortable with using this resource. I am very confident that it was successful. Thanks to Ms. Alexander for her organisation and Miss. Brown for attending the camp with us. I must also add that I was so impressed with our students when it really mattered – they were respectful, worked well with each other and were always on time for meeting points – overall it was a great trip.

Elevate Study Sessions

On Monday, all year levels did sessions with a company called Elevate who specialise in helping students identify and use relevant study techniques and methods. These sessions were aimed at different year levels, each with a differing focus. Feedback from the students has been positive and hopefully they will be able to put some or all of this into practice – especially these students in Year 9-11 who have upcoming mid-year exams.

Year 9-11 Exams

The Year 9-11 students have their mid-year exams in a little over a fortnight and hopefully they have begun to revise their work in preparation. It is important to remember that completing exams well takes practice and reflection – it doesn't just happen, and this is our reasoning behind having exams from Year 9. It is an opportunity to provide practice at an extended test which covers multiple topics. We encourage students to try different methods of revision to see which ones work best for them.

Buildings Update

After a week away in Melbourne it was great to see the progress on our building site. All the pads have been created, compacted, and levelled which gives a great opportunity to visualise the entire footprint of the building. We have started on the digging of the footings and hopefully, if all goes to plan, we should see some of the concrete for the footing being poured by next Tuesday.

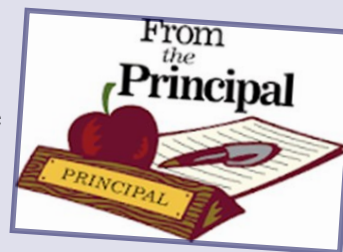
International Education Support Staff Day

On Tuesday, we also celebrated International Education Support Staff Day. Our ES staff had a morning tea and received cards with some coffee vouchers in them. This is just a small way to say thanks and recognise the important work that all our non-teaching staff do at the College for students and teachers.

Principal's Report

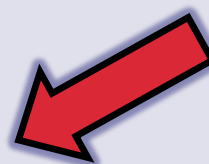
Big Science Competition

On Tuesday and Wednesday of this week, selected students across Year 7-10 competed in the 'Big Science Competition'. This is one of the biggest international science competitions in the world.



IDAHOBIT Day

On Thursday, we joined in with many other schools and organisations across the world and celebrated IDAHOBIT Day. IDAHOBIT day is the International Day Against Homophobia, Biphobia and Transphobia, and it is an important day to remember why we fight for safe, affirming and culturally appropriate care for all LGBTIQI+ communities. Put simply, it is about respecting other people's choices as you would like your own choices and beliefs respected.



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



Stacey's Monday's Canteen Special

Build your own PIZZA

- | | |
|-----------------|-----------|
| - Pizza topping | - Chicken |
| - Cheese | - Ham |
| - Salami | - Spinach |
| - Mushrooms | - Onion |
| - Capsicum | |
| - Pineapple | |
| - BBQ sauce | |

\$4.00 per serve

Education Support Staff Day—16/5/23

**Thank You
FOR ALL
You Do!**



THANK YOU!

Yr. 9/10 Melbourne Camp Report

On Tuesday, we had an early start having to arrive at school at 7, this was to make sure everyone had the necessary things such as Life360 app and a labelled charger. We managed to start our journey right on time at 7:30. The trip was pretty smooth minus the small mishap with the trailer door. When we were on the freeway we realised it had not been closed properly; luckily, no luggage was lost.

At around 11:30 we arrived at our accommodation, "The Village," which was situated right in the heart of the city. It took us a bit to find a park to be able to unpack but once we did, we were able to unpack our luggage and sort out our rooms. Before we left for the scavenger hunt we all ate our packed lunch in the private common space at "The Village". A bit after 11:30, after going over the rules, we all set off for the scavenger hunt. The scavenger hunt tested our knowledge of Melbourne and public transport skills. A lot of the clues led us to some iconic places in Melbourne, such as the State Library, St Kilda beach, the National Gallery of Victoria and many more. That night, the Year 10s went to dinner at Southbank, before hopping on a train from Flinders Street to get to the filming of The Project. We met the audience control person before we went in. His name was Liam and he was a very interesting person with equally interesting stories to share during ad breaks. Overall, The Project was very interesting, as you get to see all that goes into the behind the scenes. The Year 9s had a lovely little trip to Yarraville to see 'Guardians of the Galaxy Vol 3', and then it was an early night for all, with some much-needed rest.

On Wednesday, we had breakfast at our accommodation, like we did for rest of the week, before heading off to our morning activity. We went to Melbourne Uni where we learnt about their courses and got a tour around. During our tour, one of the groups tried getting recruited by the student union. We stayed at the Uni for lunch and then caught a train to the MCG.

At the MCG, we went on a tour around. The tour took us through the stands, down to the grass, into the change rooms and even into some Melbourne Cricket Club exclusive areas. We were given lots of facts about the groups and after the tour was done, we went down to 'Game On', an interactive sports-based room. We also had the chance to meet Tess Llyod, an Australian Olympic sailor. She told us about her story and journey to the 2021 Tokyo Olympics. We got time afterwards to look through the sports museum and go to the gift shop. The Year 10s went to Yarraville for dinner where we had the choice between lots of food options. After dinner, we went and saw 'Guardians of the Galaxy Vol 3' before heading back to the accommodation. Wednesday night, the Year 9s went to dinner on Southbank, and then stayed in and watched videos on the TV in our common space.

The Year 10s started off Thursday with a trip to the 'Jewish Holocaust Museum'. We first had a presentation which informed us about the Holocaust and antisemitism as a whole. After the presentation we went down stairs into a room where we analysed artefacts from the time and defined words commonly used when talking about the Holocaust. When we went back upstairs we had a Q and A with a man named Paul Grindwald who survived the Holocaust in France. He answered all our questions with great details, and we left with a deeper understanding of the Holocaust and both past and modern antisemitism.

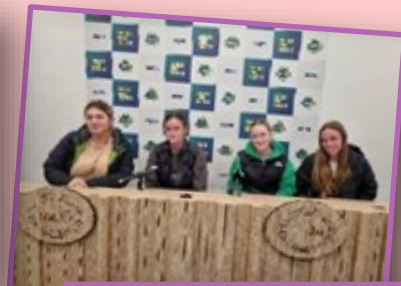
For the Year 9s on Thursday, first we visited Eureka Skydeck and had the opportunity to take part in the VR Voyager experience before taking in the 360-degree views of Melbourne. Then we visited the State Library and enjoyed the beautiful architecture and exhibitions there. Then it was off to the Melbourne City Mission presentation to learn about the incredible work done there for youth homelessness. This was an incredibly eye-opening experience for all.

We then all reconnected at the Old Melbourne Gaol and experienced the Watchhouse "mock lock up" tour, along with a Mock courthouse trial and a tour of the Gaol itself.

We finished with dinner in Chinatown at Shanghai Village Dumpling as a whole group, before the students headed to Melbourne Central for some shopping.

On Friday, we went shopping at the Vic Market and then Highpoint before heading home. We arrived back at school a bit after 3. Thank you to Ms. Alexander, Miss. Brown and Mr. Hand for organising and supervising us on our trip.

Yr. 9/10 Melbourne Camp Photos



Elevate Education Study Sessions



On Monday 15th May, Elevate Education conducted sessions with all our students on how to improve their study skills and how to maximise the effectiveness of their learning.

Elevate Education started 22 years ago as a research company. In 2001, they pivoted to a focus question: “How do people do well at school?” After conducting research with successful students, they developed a program about how to be a successful learner. They now work with schools across Australia.

Lawson Pegler (‘Law-doggie-dog’ as the students came to know him) – who has just graduated from University of Melbourne with a Bachelor of Science (Computer and Software Systems) – was a dynamic and engaging speaker. The sessions were relevant for students with a range of pathways, from those seeking to go to university, to those interested in apprenticeships and getting jobs.

With groups of students, Lawson explored setting goals, study routines, learning habits and how to be more strategic in improving engagement with learning.

Each year level explored skills relevant to their stage of learning:

- Year 7 and 8 covered Study Skills
- Years 9 and 11 explored Time Management
- Year 10 looked at more directed Study Skills with Study Sensei
- Year 12 explore strategies for maximising their exam achievements.

The sessions were all well-received by students and feedback was highly positive. Elevate has left our students with more study resources and sessions which teachers will conduct with them throughout the rest of the year. They also have access to online resources from the company.

If you are interested in extra information on Elevate Education, please consult their website listed below, or contact Dr. Calvin Taylor (Leading Teacher in Teaching and Learning) at the college.

Website: <https://au.elevateeducation.com/>

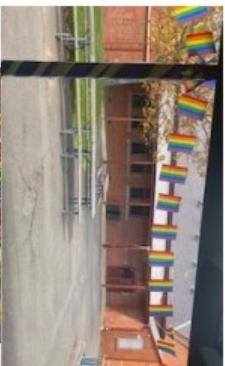




IDAHOBIT DAY 2023 Celebrated at the Secondary College.

Students from the St Arnaud Secondary College and The St Arnaud Primary School joined our IDAHOBIT celebration. All students enjoyed some Rainbow fruit skewers and fairy bread. Built a Feet Collage with the theme "Walking in Support & Solidarity"

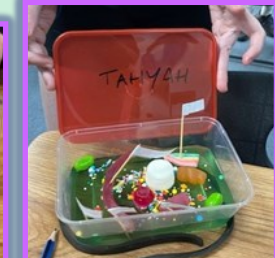
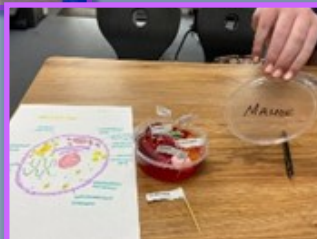
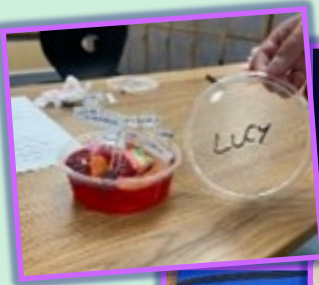
The School community recognises the importance of advocating for a culture of acceptance, solidarity, and respect within our community. By flying the Pride Flag this IDAHOBIT Day, St Arnaud Secondary College shows support for the rights and safety of all, regardless of their sexual orientation, gender identity, or expression. This action serves as a symbol of the school's commitment to building an inclusive community that represents and celebrates diversity and refuses discrimination and prejudice.



Yr. 8 Science



Year 8's have been studying animal and plant cells and their components/organelles. As part of the studies, students constructed an edible model and compared the similarities and differences of some of the features. Some of the lollies were extremely relevant to the function of the organelle they were representing, like a magic carpet lolly represented Golgi bodies which help transport waste to outside the cell. Mitochondria, help make energy in our bodies and so jelly babies were used to represent these. Green jelly beans represented chloroplasts in our plant cells, and so the list goes on. The more organelles we could label the more lollies the students could include (and eat) in their model. After labelling the lollies with appropriate organelles students were able to consume some of the contents.



Yr. 11 Food Studies



This week the Yr. 11 Food Studies students continued investigating Indigenous foods. Jackson cooked 'chocolate and wattleseed self-saucing pudding'. Wattleseed is an Australian native spice that gives a chocolate, coffee and hazelnut flavour and aroma to recipes. It is very versatile and can be used to flavour a wide range of dishes; for example, biscuits, ice-cream and desserts such as this simple chocolate pudding.

Anthony cooked 'macadamia shortbread'. Macadamia nuts are one of the most popular Indigenous nuts used in cooking today. Toasting them and adding them to a classic shortbread biscuit dough makes a delicious, truly Australian sweet treat. A variation of this biscuit can be made by adding a small amount of the native spice, lemon myrtle, to the flour instead of the macadamia nuts, giving them a citrusy flavour.



Yr. 12 Food Studies



Week 3 of Term 2 saw the Year 12 Food Studies students have a go at making their own pasta, with fettuccini and spaghetti being made. The two students made different sauces and then shared them when complete. The two sauces were a fresh basil pesto and a tomato pasta sauce with added chilli. In theory class, the students have just finished looking at the social and emotional roles of food.

Next they will cover the role the media plays in their decision making.

Yr. 8 Humanities

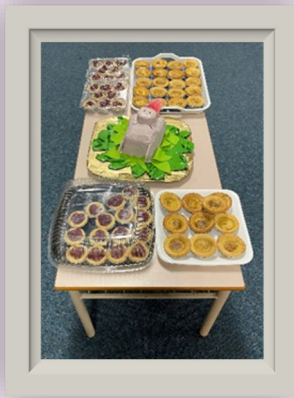


As part of the Year 8 Humanities class, His Majesty, King Declan of House Anderson, the First of his Name, Rightful Heir to the Throne and Protector of the Realm, held a Royal Banquet in the Great Hall.

Seated at the High Table were his honored guests, Princess Annylee from the Principality of Stuart Mill, Princess Amber from the Principality of Emu and Princess Mara from the Principality of Gordon. Along with royalty, King Declan I, also had His Holiness Pope Anthony I attend, and to the delight of the nobility present, he performed the blessing for the meal entirely in Latin.



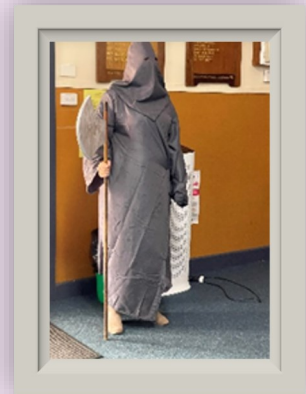
The last remaining seat at the High Table was taken by one of King Declan's most trusted advisors – Cardinal Max. Although not seated on the High Table, Lord Austin and Lord Hamish were seated very close so if needed they could have a word with the King. Only three of the usual seven or eight courses were served, however, there was still plenty of food to be enjoyed. The menu consisted of pottage and rye bread, beef bourguignon, fowl with honey mustard sauce, and for dessert, there were custard tarts, cherry tarts and poached pears. The special banquet included a dubbing ceremony. Squire Rylan knelt before the King and swore an oath to perform all his knightly duties. King Declan dubbed him with his sword and asked Sir Rylan to rise to the thunderous applause of the audience. The audience was also privy to a storyteller and through the story they were given a lesson on how greed was the root of all evil.



Unfortunately, the King had been dogged by rumours and consistent conspiracies and extra measures were taken to protect him. Jarayne, the lowly kitchen boy, was called to taste the food in case it had been poisoned. The public executioner remained a silent, but daunting figure at the back of the room, eventually being called upon at the end of the feast when it was revealed one of the

kitchen hands had conspired to cause mischief and mayhem. The last we saw of the kitchen hand was when the Executioner was dragging him away to remove his head. The bell signaled the end of our banquet and guests dispersed to all parts of the kingdom.

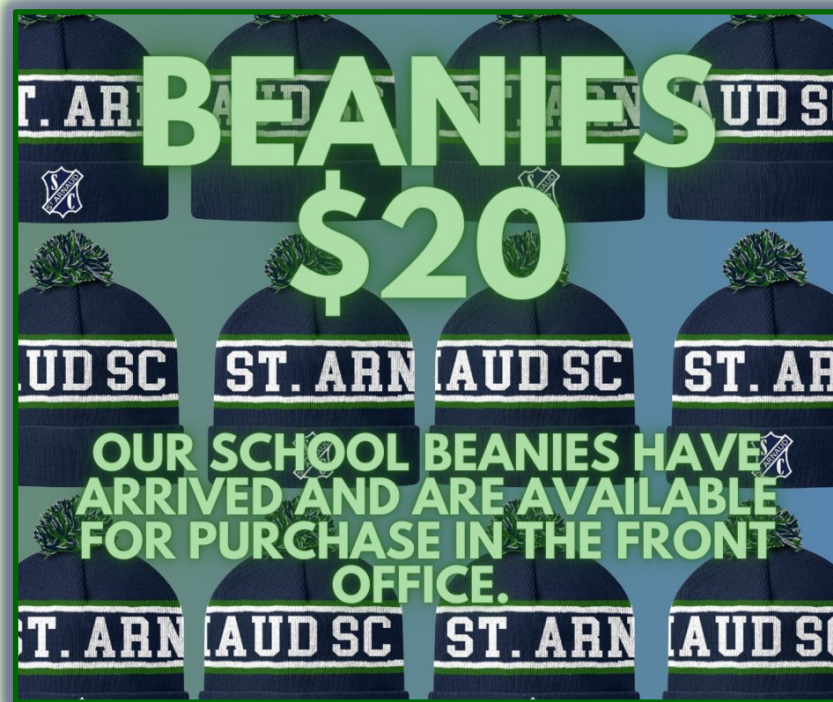
Thanks to Mrs. Reynolds and the Year 12 Food Studies class as they assisted with the preparation and serving of the food. Thanks to Mr. Hand for being our Pope and Miss. Bertalli for being our Executioner. Their effort to dress up and play the part was most appreciated. Thanks to everyone else who assisted. We had a great lesson.



School Beanies For Sale



Winter is fast approaching !!



Why not purchase one of our school beanies...

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.



It's National Careers Week!
Check out the career [events](https://careersweek.com.au/events-page/) running around the country here:
<https://careersweek.com.au/events-page/>

ADF | Defence Careers Information Session, Bendigo



Tuesday May 23rd 6:00pm – 8:00pm

Are you interested to learn about the wide range of roles available in the Navy, Army and Air Force? Join us at an upcoming info session and speak with current serving members about their own experiences. You'll have the chance to ask any questions you have about Australian Defence Force careers and opportunities.

www.defencejobs.gov.au/events/events-detail/n84xrpj

Aspire Early Entry Program Webinar



Tuesday May 23rd 5:00pm – 6:00pm

Step into the future with an early conditional offer to La Trobe. We have multiple streams to choose from, so if you've given back to your community, achieved good results in Year 11 or taken extra university studies, giving you the reassurance that you have a place in your preferred course before you complete Year 12. In this webinar, we'll tell you exactly what goes into writing a successful Aspire application and you'll get the opportunity to ask questions to get the help you need.

www.latrobe.edu.au/events/all/aspire-early-entry-program-webinar2

Entry and Pathways for Year 12 Students Webinar



Tuesday May 23rd 6:00pm – 6:45pm

ACU has a range of pathways and entry programs available to Year 12 students. In this webinar, our Future Students team will explain our various options and the eligibility criteria for each one, and you'll hear from current students about their journeys.

www.acu.edu.au/about-acu/events/2023/may/acu-entry-and-pathways-for-year-12-students-webinar

CAREERS IN CARE AND SUPPORT

THE CARE AND SUPPORT SECTOR

A LIFE CHANGING LIFE

What are Care and Support Careers?

Care and support workers look after the wellbeing of older people, people with disability, and veterans. They provide help with day-to-day living, and practical and emotional support in a person's home, out in the community, or in a care home, clinic, or hospital. The demand for care and support workers is growing as Australia's population ages. The industry provides flexibility with full time, part time, and casual job roles available.

What skills and strengths are needed?

The care and support workforce needs to be as diverse as the people it supports. In general, though, care and support workers need to like helping people, have empathy and patience, and be trustworthy and responsible. Try the quiz Would You Be a Good Fit? to see if your interests and personality are a match.

www.careandsupportjobs.gov.au/why-choose-care-and-support/care-and-support-work-right-you

What are the pathways?

There are many pathways into different care and support occupations, but entry level roles may require a VET Certificate III in Individual Support, Certificate IV in Disability, or a Certificate IV in Ageing Support. You can learn more about the VET and university pathways into care and support careers here:

www.careandsupportjobs.gov.au/skills-and-training/pathways-care-and-support-sector

Enter the World of Le Cordon Bleu – Career 3-day Residential, Melbourne



LE CORDON BLEU
MELBOURNE

Wednesday June 28th to Friday June 30th

We're opening our doors to high school students in Years 11 & 12, to experience a 'day in the life' at one of the world's leading culinary and hospitality institutions to provide a taste of what a future career in global hospitality will be like.

For further information visit:

www.cordonbleu.edu/melbourne/enter-the-world-of-le-cordon-bleu/en

Mrs Rebecca Reynolds
Careers Co-ordinator

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

Vacancy List – Regional

Thursday 18th May 2023



Job Title:	Location:	Close Date:	Employment Type:	Consultant:
Hospitality Traineeship	Pomonal	ASAP	Traineeship	Daryl Eastwell
Apprentice Butcher	Nhill	ASAP	Apprenticeship	Chris Barber
Carpentry Apprenticeship	Ararat	ASAP	Apprenticeship	Kate Clark
Aged Care Support Traineeship	Stawell	ASAP	Traineeship	Daryl Eastwell
Allied Health Assistant Traineeship	Warracknabeal	ASAP	Traineeship	Shane Cross
Apprentice Heavy Diesel Mechanic	Horsham	ASAP	Apprenticeship	Chris Barber
Air-Con & Refrigeration Plumbing Apprentice	Horsham	23 May 23	Apprenticeship	Chris Barber
Apprentice Plumber	Horsham	23 May 23	Apprenticeship	Chris Barber
Business Merchandise Traineeship	Horsham	30 May 23	Traineeship	Daryl Eastwell
Water Operations Traineeship	Edenhope	30 May 23	Traineeship	Shane Cross
Road Maintenance Labourer	Horsham	ASAP	Casual	Nathan Keel
Boilermaker Welder	Horsham	ASAP	Casual	Paul Barnett
Customer Service Assistant	Horsham	ASAP	Casual	Nathan Keel

Consultants:

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

Careers & Pathways



DEFYING THE DRIFT!

AGRICULTURE

Grow your knowledge of
Ag careers and pathways.
Sept 18-20
Longerenong Ag College.

enquiries@defyingthedrift.org

Rotary District 9780



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Rotary District 9780

Careers & Pathways



A Rotary District 9780 program for young Australians



**District 9780
Rotary**

DEFYING THE DRIFT!

WHAT?
DID is a program designed to empower young people to:

- Identify and explore agriculture and agribusiness career opportunities
- Build communication skills
- Develop career networks

WHO?
DID is for year 10 and year 11 students

WHY?
Because there are great, high paying professional, entrepreneurial and trade careers in agriculture that young people need to know about!

WHEN?
Monday September 18, 2023 to
Wednesday September 20, 2023

WHERE?
Longrenong Ag College, Horsham

HOW MUCH?
\$250 Early bird price - pay by July 31
\$350 per student, sponsorship available.
More Information at www.defyngthedrift.org




DID starts with a 3 Day residential program at Longrenong Ag College. There will be lots of new friends to make, inspiring agriculture role models to meet, places to visit and lots of fun.
The second part is a presentation by each participant at their sponsoring Rotary Club - a great chance to meet community leaders.

THERE ARE WONDERFUL OPPORTUNITIES FOR FANTASTIC, HIGH PAYING AND SECURE CAREERS IN EVERY WALK OF LIFE IN RURAL VICTORIA. WITH IT COMES A LIFESTYLE THAT CITY FOLK CAN ONLY DREAM ABOUT.

Agricultural careers have a bright future. The fact is the world's growing population needs to be fed and clothed and, with the average age of farmers approaching 60 years, young people are worth their weight in gold. Employers are screaming out for them. Jobs are often going begging.

While the traditional patterns of family farm succession are giving way to corporate style farming and land prices seem prohibitive for new entrants, there are great opportunities for careers in agriculture across the broadest range of personal skills, as well as the many professions, trades and vocations needed in every community.







With the huge interest in where our food comes from, the time is ripe for organic and innovative food production start-ups.

Since its inception in 2010 Defying the Drift has helped young people discover pathways through further education and work experience to great careers in agriculture.

Don't wait for the future - make it happen!


Early bird closing date for applications is July 31 2023.
Final closing date is August 31 2023 unless all places are filled prior. The DID Committee reserves the right to limit applicants per school if program is oversubscribed to allow students from a greater number of locations to attend.

More information at www.defyngthedrift.org

DEFYING THE DRIFT!

Rotary
District 9780



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



It Starts with Us

By Colleen Hoover

Lily and her ex-husband, Ryle, have just settled into a civil co-parenting rhythm when she suddenly bumps into her first love, Atlas, again. After nearly two years separated, she is elated that for once, time is on their side, and she immediately says yes when Atlas asks her on a date.

But her excitement is quickly hampered by the knowledge that, though they are no longer married, Ryle is still very much a part of her life—and Atlas Corrigan is the one man he will hate being in his ex-wife and daughter's life.



It Ends with Us

By Colleen Hoover

Sometimes it is the one who loves you who hurts you the most.

Lily hasn't always had it easy, but that's never stopped her from working hard for the life she wants. She's come a long way from the small town in Maine where she grew up — she graduated from college, moved to Boston, and started her own business. So when she feels a spark with a gorgeous neurosurgeon named Ryle Kincaid, everything in Lily's life suddenly seems almost too good to be true. Ryle is assertive, stubborn, maybe even a little arrogant. He's also sensitive, brilliant, and has a total soft spot for Lily. And the way he looks in scrubs certainly doesn't hurt. Lily can't get him out of her head. But Ryle's complete aversion to relationships is disturbing. Even as Lily finds herself becoming the exception to his "no dating" rule, she can't help but wonder what made him that way in the first place.

As questions about her new relationship overwhelm her, so do thoughts of Atlas Corrigan — her first love and a link to the past she left behind. He was her kindred spirit, her protector. When Atlas suddenly reappears, everything Lily has built with Ryle is threatened.

Health & Wellbeing



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

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

Inquiries are treated confidentially.



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

Health & Wellbeing



PSYCHOLOGY SERVICE AT THE SECONDARY COLLEGE

Introducing U'Nita Harold. U'Nita is our new Psychologist that is visiting the Secondary School once a fortnight. U'Nita is available for appointments.

The mission is to assist clients to build vibrant authentic meaningful lives, based on what they value as important. Our practice model is holistic and considers emotional health and wellbeing in the greater context of movement, nutrition, social connection, sleep, and spirituality.

We are committed to providing a multidisciplinary approach to client care, maintaining (with client consent) excellent communication with GPs and other allied health professionals in order to maximise the mental health and wellbeing outcomes for our clients.

Our highly qualified and experienced team is committed to providing a service which is mindful of and empathic towards the unique needs of rural people, their families, lifestyles, and communities.

Clients' privacy and confidentiality are imperative

For appointments, please contact School Nurse Tania Scarce or Student Wellbeing Coordinator Rosanne Chapman.



Strengthening Parent Support Program



What is the Strengthening Parent Support Program (SPSP)?

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

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

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

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

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

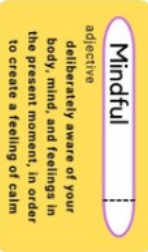
Contact Details
Kate Janetzki
on

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

Uniting



Try out some mindful activities this month!
Remember to be present in all the activities, that's how it works!



Benefits of mindfulness include:

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

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.

Mindfulness and mental wellbeing, what is it all about?

MINDFUL MAY

1ST - 31ST MAY



RETHINK SUGARY DRINK

IT'S TIME TO DITCH THE SUGAR



Sugary drinks are the number one source of added sugar in our diet!

Football, netball and hockey are back, and with that we will begin reaching for more sugary drinks, energy drinks or sports drinks. Sugar sweetened beverages are high in kilojoules, that lead to weight gain and obesity. They also contain acid that harm our teeth and cause tooth decay. Importantly, they don't improve performance or aid in recovery from physical activity below a professional level.

Plenty of water before, during and after physical activity is all our bodies need to stay hydrated, active and healthy.

Rethink the drink.

Water has no acid, no sugar, no kilojoules, and from a tap, it's free!

Tips to decrease sugary drink consumption:



<https://www.rethinksugarydrink.org.au/>

Health & Wellbeing

CALLING FOR VOLUNTEERS



Are you and your child(ren) looking for a new after school activity? Why not volunteer your time?

Volunteers are ordinary people who make extraordinary contributions.

East Wimmera Health Services are seeking volunteers of all ages and experiences to spend time with residents in our aged care facilities.

As a friendly visitor you might:

- Chat with / write letters / look at photos with residents
- Play games (e.g. scrabble, bingo, cards, etc.)
- Craft activities (e.g. knitting, crochet, scrapbooking, painting, etc.)
- Reading the local paper/ poems/ short stories/ letters to a group of residents or one on one
- Do you or your child have a special skill? Chat with the Volunteer Coordinator to share your skills with residents.

Please note, volunteers under the age of 16 must be accompanied by a parent/guardian at all times.

We also have administration, maintenance, Planned Activity Group, community drivers and newsletter delivery volunteer positions at EWHS.

For more information or to express your interest in volunteering please contact us!

Email: volunteer@ewhs.org.au

Phone: 5477 2100



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).



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-Fri	15th-26th	Big Science Competition
	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
	Thurs	15th	GAT
	Fri	16th	VET Try Day
	Tues	20th	Yr. 10-12 Wimmera Careers Expo
	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
	Tues-Wed	15th-16th	Yr. 10 Pre-Driver Education
	Wed	16th	Yr. 8's NCTTC Try Day — Charlton
	Thurs	17th	NWZ Shoot