

St. Arnaud Secondary College Newsletter

Issue 15

Term 2
Week 18
26th May 2023

My Exchange Experience – Ylva Fyhri

Ylva is from Norway. She is here on an exchange program in Australia and has been in St. Arnaud since December 2022. She has always liked to travel and learn new languages and culture. Doing an Exchange is a very difficult and unique experience. You get to know new people and form new friendships. The Exchange organisation is YFU which stands for Youth for Understanding. YFU is a voluntary, non-profit organisation that offers teenagers exchange to many different countries. They have programs that last from 5-6 months and sometimes up to 10 months. She has had a positive experience with Exchange, and encourages people to go on an exchange. While at St. Arnaud Secondary College, Ylva has been studying Year 12 with the following subjects: English, Biology, Food Studies, PE and Psychology. Ylva has participated in all the school's activities including Biology excursions to Ecolinc to undertake assessment tasks, all of our sporting days, like Swimming, Athletics and the Cross Country, just to name a few. In the future, Ylva would like to continue to travel and make new friends all around the world.



*Farewell Ylva!
We have loved having you at the
St. Arnaud Secondary College.*



St. Arnaud Secondary College is a Child Safe School.

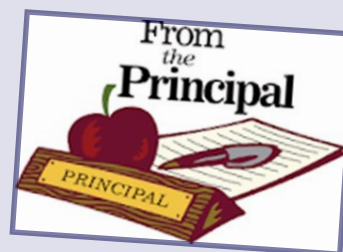
Address: Smith Street, St. Arnaud. Victoria 3478
Postal Address: P.O. Box 40, St. Arnaud 3478
Ph: (03) 54 951811

Website: www.starnaudsc.vic.edu.au
Email: st.arnaud.sc@education.vic.gov.au
Principal: Tony Hand

Principal's Report

Hump Week

It is difficult to believe that we are already over halfway through the term. As has been mentioned in previous weeks, we are not far away from Year 9 to 11 mid-year exams. Students in Year 11 and 12 will be moving into Unit 2 and 4 respectfully in the next couple of weeks, with the Year 12 students now more than halfway through their final year if you consider last year's Step-Up program.



Attitudes to School

Over the past week, students across all year levels have participated in the annual Attitudes to School Survey or AtoSS. The AtoSS is one of three annual surveys that are used to provide ongoing feedback to the College to help us continually improve. The Department also conducts a Parent Opinion Survey and a Staff Opinion Survey, both of which are undertaken later in the year.

Regional Director and Executive Area Director Visit

On Wednesday, Chris Thompson – (Regional Director) and Suzanne Camm – (Executive Area Director) came to visit the College with Senior Educational Improvement Leader, Therese Allen. This is the first time in many years that a Regional Director has visited St. Arnaud and I was joined by College Captains, Izzy Hand and Rogan Hando, as we toured our grounds and looked over the progress of the building works. Izzy and Rogan were able to provide a student's perspective on the College which was appreciated by our visitors.

School Council

School Council met on Wednesday evening and were able to tour the new building site as well. The 'blinds' (which go under the footings to create a stable base for the structure) have all been poured on the first stage of the building, giving a good feel for the shape and size of the general-purpose classroom end of the building.

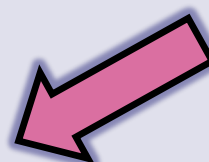
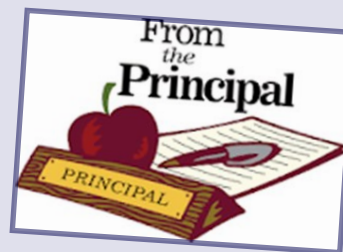
School Uniform

The colder weather is certainly upon us, and this is just a reminder for all students and families that we have a full range of winter clothing as part of our uniform. We have school rugby tops as well as the soft-shell jackets which are warm during winter. We also have a school scarf as well as the student designed beanies. All items of uniform are available from Ramjac – except for the beanies, which are available at the General Office. We have noticed several students who are in different track-suit pants and jackets. If you are experiencing any difficulty in purchasing any items of uniform, please let us know. Our aim is to have students at school in full uniform.

Principal's Report

Attendance

One area that we do get tracked on as a school is our attendance rate. There is a clear and direct correlation between attendance and academic performance – so it is essential that students are at school every day. The College needs to be notified of any absences of a student so that it can be documented. You can contact the office on 54951 811 to inform us or enter an attendance note on Compass.



Tuesday, 6th June – Yr. 9 – 11 Exams

Monday, 12th June – Kings Birthday Public Holiday

Tuesday, 13th June – MND Ice Bucket Challenge

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

Tony Hand
Principal



*Building Works
Begin...*

Yr. 9, 10 & 11 Exams Timetable

YR 9-11 EXAMS

Periods	1-2	3-4	5-6
Tuesday 6 th June			
Year 11 (Room 4)	English (15 min reading and 2 hours writing)	Normal Classes	History Physical Education Studio Art
Year 10 (Room 33)	English	Normal Classes	Science
Year 10B (Room 34)	Literacy	Normal Classes	WRS
Year 9 (Hall)	English	Normal Classes	Humanities
Wednesday 7 th June			
Year 11 (Room 4)	Maths Methods Food Studies Product Design Visual Communications	Normal Classes	General Maths
Year 10 (Room 33)	Maths	Normal Classes	Physical Education
Year 10B (Room 34)	Numeracy	Normal Classes	PDS
Year 9	NCTTC		
Thursday 8 th June			
Year 11 (Room 4)	Outdoor Education Psychology	Normal Classes	Normal Classes
Year 10 (Room 33)	Art French	Normal Classes	Normal Classes
Year 10B	TAFE		
Year 9 (Hall)	Maths	Normal Classes	Physical Education
Friday 9 th June			
Year 11 (Room 4)	French (Room 9) HHD Applied Computing	Normal Classes	Normal Classes
Year 10 (Room 33)	Humanities <i>Ava T – Art</i>	Normal Classes	Normal Classes
Year 9 (Hall)	French Literacy	Normal Classes	Science
<ul style="list-style-type: none">• Year 10-11 exams are 90 minutes long, including 10 minutes reading time.• Year 9 exams are 70 minutes long, including 10 minutes reading time and will have approximately 20 minutes study time prior to the start of each exam.• Students are required at school for the whole day.• Students will not be allowed to leave the exam early.• Students absent due to LMR cross-country will make up the exam later, organised by Miss. Bertalli			

What Sort of Start is Your Child Getting?

Just a little bit late doesn't seem much but.....



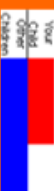

He/ She is only missing just....	That equals....	Which is.....	and over 13 years of schooling that's...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly <u>Half</u> a year
20 minutes per day	1 hour 40 mins per week	Over 2.5 Weeks per year	Nearly <u>1</u> year
Half an hour per day	Half a day per week	4 Weeks per Year	Nearly <u>1</u> and a <u>Half</u> years
1 hour per day	1 day per week	8 Weeks per year	Over <u>2</u> and a <u>Half</u> years

Did you know your child's best learning time is the start of the school day?

That's when every minute counts the most!!

What Chance Has Your Child Got of Being Successful?

1 or 2 days a week doesn't seem much but.....

He/ She is only missing just....	That equals....	Which is.....	and over 13 years of schooling that's...	Which means the best your child can perform is ...
1 day per fortnight	20 Days per year	4 weeks per year	Nearly <u>1.5</u> years	
1 day per week	40 Days per year	8 weeks per year	Over <u>2.5</u> years	
2 days per week	80 Days per year	16 weeks per year	Over <u>5</u> years	
3 days per week	120 Days per year	24 weeks per year	Nearly <u>8</u> years	

Everyday Counts!!

MND Big Freeze — Bucket Challenge



Big Freeze 9 at the St Arnaud Secondary College

This year, the SRC will be hosting The Big Freeze - a fight Motor Neurone Disease event - for students and staff on Tuesday, 13th of June (the day after the King's birthday). Some staff and students have volunteered to be a part of the Ice Bucket Challenge, and we would love to have more volunteers.

The Big Freeze is in its 9th consecutive year and raises vital funds for MND to help eradicate it. It is an insidious disease without any effective treatment or cure. But over the past seven years, FightMND has been able to make real change. They have invested over \$69.3M in research that is beginning to show real promise, and thus it is important for us to continue supporting this cause.

We also have the Big Freeze 9 beanies on sale at the office for \$30 each. An additional \$5 from each sale will be sent to the charity as a donation, so please be generous and show your support. Grab your order form now from the General Office.

Orders must be submitted by Thursday, 1st June.

Yr. 12 Biology



This week the Year 12 Biology students began an investigation into aerobic fermentation over the whole week. This was a real treat for them as Mr. Hand (who is an expertise in this area) was their teacher for the week. He explained the process of yeast fermentation and assisted the students in setting up the scientific investigation, to test the temperature and specific gravity changes that occur during the fermentation process. The variables in the experiment were different types of yeast, the amount of sugar and different start temperatures. The girls did an excellent job in taking measurements, approximately every 30 minutes, throughout the day. A huge thanks must be given to Mr. Hand who also came up with Izzy to do the readings multiple times throughout the evenings.

Push-Up Challenge



2023 PUSH UP CHALLENGE

kicks off on JUNE 1st, 2023.

2 teams all "Pushing" to complete as many Push ups as Possible!

Please let School Nurse Tania know if you will be participating.

PRIZES for the team who completes the most Push Ups between **1st June and 23rd June 2023!!!!**



Yr. 12 Food Studies



Week 4 of Term 2 saw the Year 12 Food Studies students have a go at cooking with kangaroo. They made paprika meatballs in a mushroom sauce, and served it up with polenta, which the students had not had before. In theory class, the students have started looking at the role the media play in their decision making.



Rainbow Roadmap Practical Workshop

What: Rainbow Ready Roadmap Practical Workshop (Wycheproof)

Where: The Supper Room, Wycheproof Town Hall, 367 Broadway, Wycheproof VIC 3527

When: 1:00-4:30pm, Thursday 15th June 2023

You're invited to this workshop to:

- find out more about the Rainbow Ready Roadmap and how you can use it locally.
- assessing how ready local spaces, settings and your community are for LGBTIQ+ inclusion; and,
- practically work through a basic, evidence-based action plan template for LGBTIQ+ inclusion.

The Rainbow Ready Roadmap resource builds on the rural and regional LGBTIQ+ Equality Roadshow and Regional Communities of LGBTIQ+ Practice that have been happening across Victoria since 2016.

The Rainbow Ready Roadmap has a set of tools, including a checklist and assessment tool, so that people in their region, town, organisation or group can assess what needs to happen so they are even more welcoming and inclusive of LGBTIQ+ people. There's also guides for everyday settings and everything you'll need to create a local LGBTIQ+ action plan.

For more information: <https://www.vic.gov.au/rainbow-ready-roadmap>

The workshop will be conducted by Daniel Witthaus from Rural Pride Australia, which has partnered the Commissioners for LGBTIQ+ Communities and State Government to deliver the LGBTIQ+ Equality Roadshow, Regional Communities of LGBTIQ+ Practice and Rainbow Ready Roadmap pilot series.

Workshop Agenda

1:00-2:00pm: Community Snapshot
Rainbow Ready Roadmap 101 and Assessment:
Getting Started

2:15-3:15pm: Roadmap Assessment:
Comprehensive Roadmap Action Planning: Getting
Started

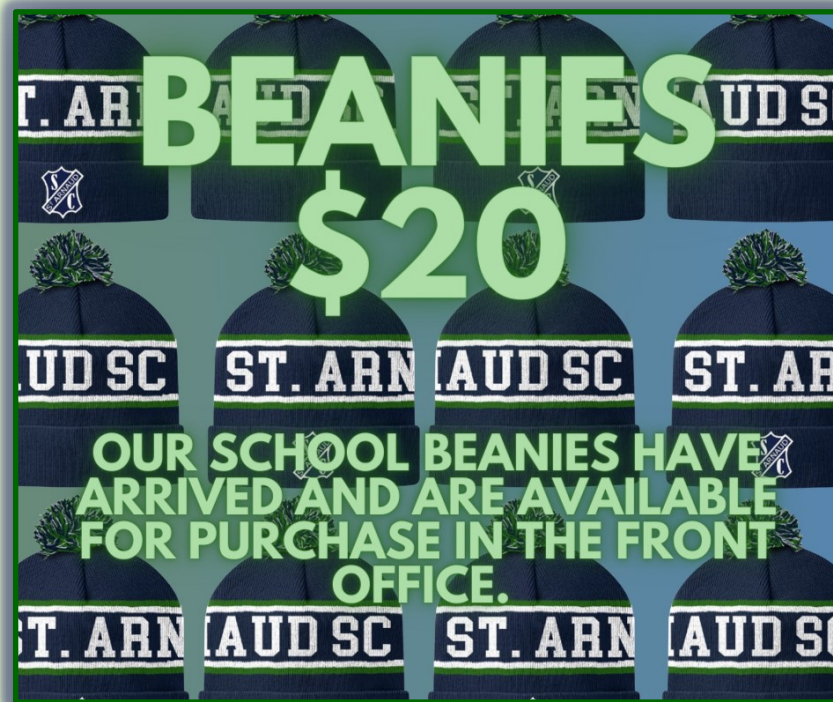
3:30-4:30pm: Roadmap Action Planning:
Comprehensive Roadmap Community Inclusion
Planning Networking



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.

The students that are receiving there flu vaccinations, these will be conducted on Tuesday, 30th May at the College.



Information Evenings



MONASH
University

Bendigo

May 29th 6:30pm – 8:00pm
Bendigo Bank Theatre, The Capital

Ballarat

June 1st 6:30pm – 8:00pm
Ballarat High School

We know that choosing a university is a big decision, especially if you don't live in Melbourne. Monash Information Evenings are the perfect opportunity to have your questions answered on everything you wanted to know about undergraduate study at Monash in Melbourne.

You'll hear about:

- our 10 diverse study and discipline areas
- undergraduate course types, such as our comprehensive and specialist courses, double degrees and pathway programs
- international opportunities including study abroad and overseas tours
- how to apply – everything you need to know about VTAC, key dates and deadlines
- scholarships and fees
- Special Entry Access Scheme (SEAS) and the Monash Guarantee
- accommodation options, both on and off campus.

www.monash.edu/discover/events/general-information

Information Evening



RMIT
UNIVERSITY

Bendigo Club

May 31st 6:00pm – 7:30pm

Thinking about studying at RMIT in Melbourne?
This is the perfect place to start.

You'll hear from our staff and students on:

- Our campuses and locations
- Course options
- Industry Experience
- Global Opportunities
- Prerequisites and Pathways
- Clubs and societies
- Support services
- Scholarships
- Accommodation options
- Entry schemes
- Our Early Offer Program

www.rmit.edu.au/events/2023/may/rmit-university-information-evening-bendigo-2023

Building a Start Up Workshop – Virtual



AUSTRALIAN SCHOOL OF
ENTREPRENEURSHIP

Wednesday May 31st 5:00pm – 7:00pm

The Australian School of Entrepreneurship with support from Maitland City Council invites you to the 'How to Build a Start Up in 2023' workshop. The workshop is a free interactive virtual program where you will have the opportunity develop the skills and mindset you need to start a business or enter the workforce.

The workshop is designed for secondary students and young adults (16 to 24 years).

During this online Workshop, participants will identify a local, community problem and will brainstorm an innovative micro-business or social change solution to solve it. They will then present their ideas in a 'Shark Tank' style pitch format at the end of the workshop.

To Register Visit:

<https://events.humanitix.com/building-a-start-up>

How can I turn my passion into a career?



This handy video is a guide to help students, including what they can do now, to start pursuing a career that reflects their passions.

Watch the full video here:

<https://education.nsw.gov.au/public-schools/career-and-study-pathways/educational-pathways-program/resources/how-do-i-turn-my-passion-into-a-career>

Career Stories



Looking for career inspiration? Check out these career stories from myfuture – there are over 100 and you'll find stories about real careers from all industries.

Read them all here –

myfuture.edu.au/career-stories

Mrs Rebecca Reynolds
Careers Co-ordinator

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



Commonwealth
Bank

JOIN OUR TEAM!

Have you considered a career in banking?

We are seeking expressions of interest from skilled and enthusiastic customer service professionals to join our team in the **St Arnaud Branch**. Multiple opportunities available, part time and contract.

What will you do?

- Build a personal connection with customers through meaningful conversations
- Work with customers to help them use our in-branch technology
- Support customers with transactional needs in the branch, ensuring they leave satisfied
- Complete Financial Health Checks to assess customers' financial needs and identify any changes
- Use tools to capture customer feedback, and take action to correct any service breaks and drive improvement

No banking experience required & full training is provided!

APPLY NOW! Scan the QR code below to get started:



Vacancy List – Regional

Thursday 25th May 2023



Job Title:	Location:	Close Date:	Employment Type:	Consultant:
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	6 June 23	Traineeship	Shane Cross
Apprentice Heavy Diesel Mechanic	Horsham	ASAP	Apprenticeship	Chris Barber
Air-Con & Refrigeration Plumbing Apprentice	Horsham	ASAP	Apprenticeship	Chris Barber
Apprentice Plumber	Horsham	ASAP	Apprenticeship	Chris Barber
Business Merchandise Traineeship	Horsham	30 May 23	Traineeship	Daryl Eastwell
Water Operations Traineeship	Edenhope	30 May 23	Traineeship	Shane Cross
Light Vehicle Mechanic Apprenticeship	Horsham	6 June 23	Apprenticeship	Chris Barber
Business Administration Traineeship	Warracknabeal	6 June 23	Traineeship	Kate Clark
Parks and Gardens Apprenticeship	Horsham	6 June 23	Apprenticeship	Daryl Eastwell
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



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.defyingthedrift.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.defyingthedrift.org



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

New Fiction

G.H Edwards Library



Witches only exist in stories.

Everyone knows that.

But what if the stories are real?

FOUR FRIENDS.

FOUR TRUTHS

ONE NIGHTMARE.

If you wander into the woods...

If you hear scratching from the Old Quarry...

If you go too close to the edge...

WATCH. OUT.

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.





LCBTQIA+ empowerment training

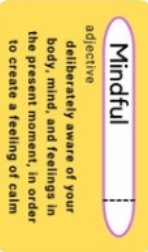
when: Monday June 19th
cost: free!
for young people 15-24

limited registration spots
to register or for more
information, email
info.headspacehorsham@vt.uniting.org
or phone 5381 1543





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

FACTS ABOUT SUGARY DRINKS



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

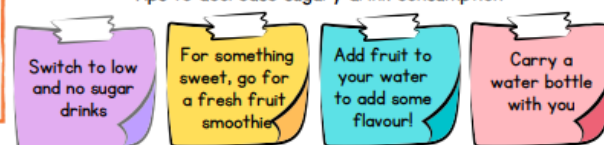
Football, netball and hockey are back, and with that we will begin reaching for more sugary drinks, energy drinks or sports drinks. Sugar sweetened beverages are high in kilojoules, that lead to weight gain and obesity. They also contain acid that harm our teeth and cause tooth decay. Importantly, they 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).

**VSA
YG**

**Vision St Arnaud Youth
Group presents:**

HORSHAM YOUTH ALIVE **UNDIVIDED**

- Friday June 2, 6 - 10.30pm
- Meet at Market Square
- For high schoolers and young adults
- Entry \$5

We're going drive to Horsham for Youth Alive! It will be a night of live Christian music, crazy games, a sausage sizzle, lots of people from other youth groups and a short talk. Please RSVP so we can make sure we have enough car spaces!!

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

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)

Stacey's Monday Canteen Special

Hot Dogs in Rolls
w cheese, sauce or mustard



\$4.00 per serve

2023 Calendar



May	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	13th	MND Big Freeze Ice Bucket Challenge
	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
	Thurs	24th	VET NCTTC First Aid
	Fri	25th	Wear It Purple Day

