

St. Arnaud Secondary College Newsletter

Issue 15

Term 2
Week 15
27th May, 2022



NCD Cross Country



St. Arnaud Secondary College is a Child Safe School.

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Principal: Tony Hand
Assistant Principal: Vanessa McCormick

Principal's report

NCD Cross Country

On Monday more than 40, students represented the College at Lord Nelson Park in the North Central District Cross Country. There were some terrific results on the day with a number of students making it through to the Loddon Mallee Region Cross Country event which will be held next Tuesday – again at Lord Nelson Park. A full report will be included in this newsletter. I would like to thank Mr. Knight for all of his organisation before and on the day – as he coordinates both the school and the NC District sport. Thanks also to Miss. Bertalli and the Year 9 students who manned checkpoints and stations for the event. Thanks must also be extended to the Lions Club for providing the barbeque and to Vicki from the Royal for her hot drinks and slices van.

School Review

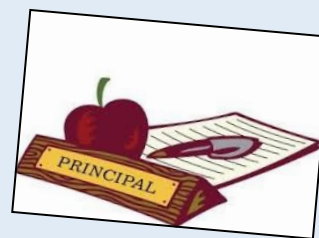
On Tuesday our School review held a fieldwork day. Fieldwork days are designed to gather further evidence through independent perspectives. Our reviewer, Martin Winfield, was joined by SEIL Therese Allen, Primary School Principal, Melissa Mitchell and our new Leading Teacher, Maryanne Jones. During the day, all staff (teaching and non-teaching) were interviewed one on one and a student forum from every Year level was conducted. All of this information, along with the work from day 1 and the work compiled during the Pre-Review Self Evaluation will be used to identify both areas of strength and the main focus area for our work over the next four years.

Parent Forums for the Review

One more important piece of the puzzle is required, and that is feedback directly from parents. We would like to conduct a parent forum or two – which will be run by Martin and Therese and our Challenge partners Graeme Holmes and Rob Pyers. We are looking to conduct these sessions on Friday 10 June from 9:00am and it is expected that the forums will last between 40 to 60 minutes, with some morning tea provided. If you are able and would like to be involved in this session, please contact the College by Friday 3 June so that we can make the appropriate arrangements.

RAT Tests

While we may not be experiencing the same numbers as many other communities, we are still being effected by bouts of both COVID and the 'normal flu'. As advice suggests, if you are sick and displaying symptoms, you should stay at home. The College has a significant supply of Rapid Antigen Test kits and we encourage families to come to the College to pick up your test kits so you can test your child(ren) at home to either rule out or confirm a COVID case.



Principal's report continued

Uniform

As it does every year, the onset of colder weather sees every child (and staff member) rugging up against the cold. Over the last couple of years the College has worked hard to source and provide cheaper and warmer student uniform options including a rugby top and two styles of jacket. These items, like most other uniform items are available at Ramjac.

Could I also please remind parents and students that 'hoodies' are not part of the school uniform and should not be worn as a 'layer' beneath school uniform. Hoodies have been banned due to OH&S concerns and we thank you all for your cooperation with this.

Students who are not wearing a school jumper or jacket are offered a College jumper to wear for the day – the major point is having students in uniform.

Upcoming dates

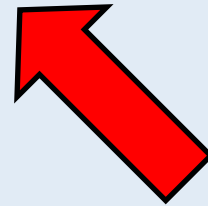
Tuesday 31 May – LMR Cross Country

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

Friday 10 June – Final Review Day – **PARENT FORUM at 9:00am**

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

Tony Hand
Principal



NCD Cross Country Photos





North Central Division Cross Country

The interschool cross country was held at St. Arnaud on Monday the 23rd of May. The first four events were all ran over 3km. The junior girls ran first, and the best placed runners were Millie Hando, placing 9th and Mahlie Morris placing 14th. The junior boys ran second with Chase Zander running in 11th, Austin Lowe finishing 12th out of 53 runners.

The intermediate girls ran well and had Ada Buenaventura running 14th and Abby Weir running 15th. The final girl's race was the senior girls. We had four participants; Keegan Amos, Morgan Shields, Phoebe Hendy, and Amy Greenaway who came 8th, 9th, 11th, and 12th respectively.

The intermediate and senior boys ran 5 kilometres. The best finishers for the intermediate boys were Owen Lowe (8th) and Harrison Meagher (14th). The senior boys finished off the day with Sam Male coming in 3rd, Deon Tannock coming in 9th and Rogan Hando rounding out the top 14.

Well done to all students who participated and congratulations to those who have made it through to the next level. Thanks go to Casey Bertalli for managing the students. Also to Craig Cornwell for acting as the whip, the Year 9 students for manning checkpoints, the Lion's Club for running the BBQ and to Ella, Viki and Alana for supplying and running the coffee van.

The next level is the Loddon Mallee Region Cross Country, to be held at St. Arnaud on Tuesday the 31st of May. The day begins just after 10am, starting with the 5km events and the final event which is the primary school 9-10 boys will be held around at 1:55pm. Around one thousand students are expected to run throughout the day.

Aggregate Results:

Maryborough	701
St. Arnaud	547
Wycheproof	507
Charlton	406
Donald	354
Birchip	350
Boort	321
Wedderburn	196
Pyramid Hill	46



Beau Knight
Sport coordinator

NCD Cross Country Photos



Yr. 11/12 Apollo Bay Camp



Year 11 and 12 Outdoor Environmental Studies – Camp to Apollo Bay

Day 1

On Monday 16th May, we left St. Arnaud at 6am and arrived at the Otway Fly at 9:30am to undertake the ziplining guided tour. During this activity the weather had turned from the clear morning in St. Arnaud to a misty environment within the trees. After this activity we headed to Apollo Bay via Laver's Hill stopping for a lunch break. The rain held off while we set up swags and tents. We were due to go sea kayaking to see the seals, unfortunately this was cancelled due to the windy weather making it too dangerous to go out. We went for a walk along the beach before heading back to the camp kitchen heating up some garlic bread and having spaghetti bolognese for dinner. After dinner, we played a few games before heading to bed.



Day

2

Rising about 7am on Tuesday morning and after a very wet and windy night, we got up and enjoyed pancakes cooked by our master chef Mr Knight. When the camp and bus were all packed we took a short bus ride to the lookout, with beautiful views over Apollo Bay. We stopped at Colac for some lunch and then tracked the remainder of the way home. We were able to have Imogen Amos come along with us as well, and thank her for the additional support, Imogen is studying Outdoor Environmental Studies at Latrobe University and requires camp hours towards her degree.

Yr. 11/12 Apollo Bay Camp



WildMan Exhibition

WildMan Aboriginal Survival Artefact Exhibition.

On Monday 23rd May, the Secondary College was lucky enough to host WildMan, an explorer and scientist who travels all over Australia collecting artefacts to teach young people about indigenous survival tools.

The Primary School attended with a large crowd of eager students and the Year 7s from the Secondary College also attended.

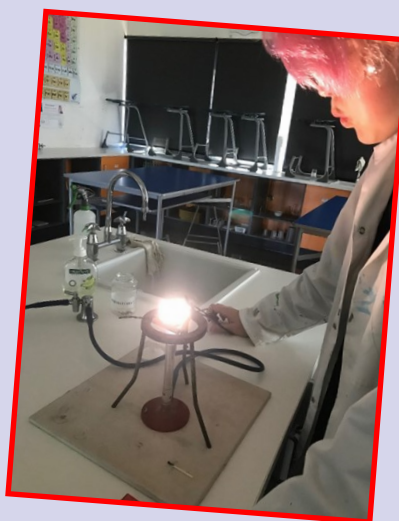
The collection is unique in two important ways:

1. The artefacts, while completely genuine and made by aboriginal people, are not ancient or sacred, which means they can be viewed by everyone of any age or culture.
2. The artefacts are for kids to hold and touch, meaning they can really get to know what the items are like – nothing hidden behind glass cases here!

GALLERY

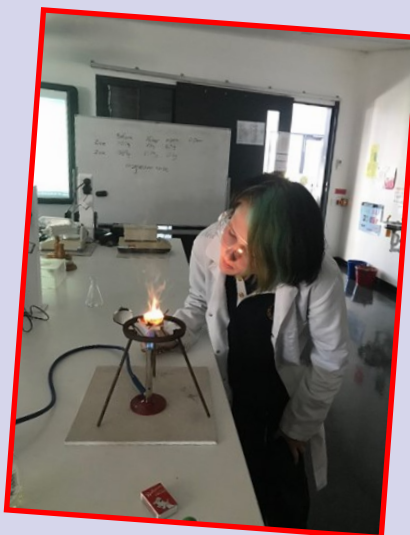


A slideshow of the artefact's can be seen in the Library behind the Glass windows.



Year 7/8 Science – Making Compounds

Last Friday, Zak and Zoe investigated how to make a compound using two different elements. The elements magnesium and oxygen are reacted together by burning them in a crucible. Magnesium is an element. It has the appearance of an elemental metal; it is shiny and easy to bend. Oxygen from the air is the other reactant. When the magnesium is heated in the crucible the substance remaining is the compound magnesium oxide. Lifting the lid of the crucible ensures that sufficient oxygen enters the crucible to allow all the magnesium to react to completion. The mass of the contents will be larger because the oxygen from the air has combined with the magnesium to form a compound.



Yr. 11 Food Studies



Year 11 Food Studies 'Chocolate and Wattleseed self-saucing pudding'

This week the students continued with their Indigenous cooking topic. 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 variety of dishes such as biscuits and ice-cream, and desserts such as this simple pudding.



Yr. 11 Biology



YEAR 11 BIOLOGY

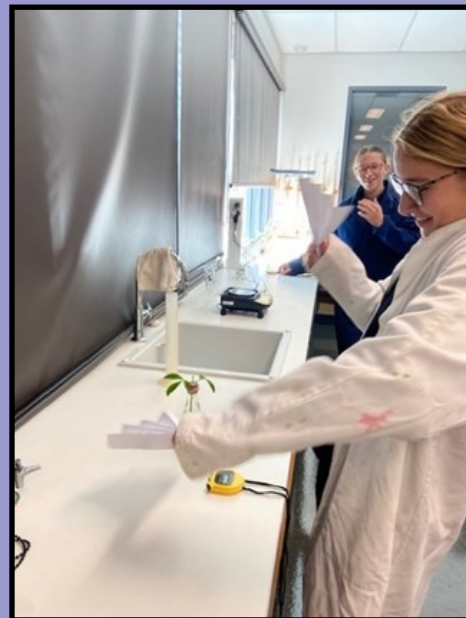
Transpiration Rates in Plants

Students in Year 11 Biology designed and performed their transpiration rate experiment. Variables such as humidity, wind and light were investigated to determine their effect on transpiration rates.

Amy carried out the test for increased humidity, Rogan tested for decreased light and Keegan for increased light. Morgan tested the effect of increased wind but found fanning the plant for half an hour to be too taxing on her and thus she resorted to a mechanical fan. Isabell carried out the control with ambient conditions set for her plant. Students can be seen setting up and performing their experiments.



Yr. 11 Biology continued



Year 8 Food



Year 8 Food Technology

Term 2, Week 3 saw the Year 8 food class cook Pho (Vietnamese soup) and a baked lemon slice. In our theory class we started looking at what factors influence our food choices. We are looking at culture and how that influences our food choices, also the many different food choices that are available to us. As a class the most popular meals are Italian, Mexican and Asian styles. Traditionally made Pho takes up to 9 hours to make, this is a national dish and is usually eaten for breakfast or lunch.

Year 8 Food continued



Yr. 11 Fit 2 Drive



Year 11 – Fit 2 Drive



This is a program that is funded by the Department of Transport and TAC, the workshop aim is to prevent serious injuries and lives lost amongst young Victorian road users. The students had the opportunity to explore the complexities of decision-making and assessing risks as a road user.

It was also supported by the Victoria Police with Leading Senior Constable Linda McLennan with the Proactive Police Unit at Horsham Police Station and Senior Constable Peter Gilbert Highway Patrol, Ararat Police Station.

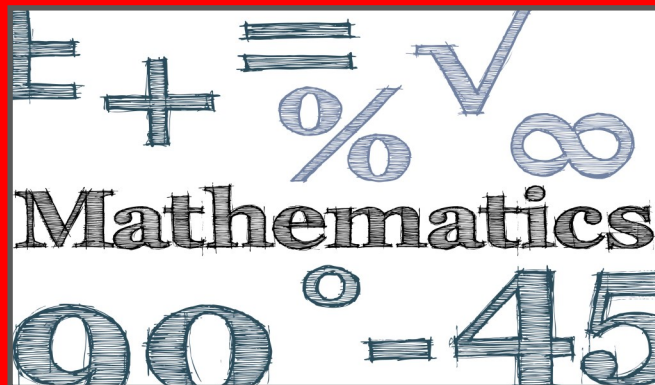
The workshop began with people exploring one of the leading causes of crashes for young road users: Distractions, they also worked their way through identifying what behaviours are considered risky. The Police went through the reality of the risks for young road users. The students also undertook role plays to practice what they could say to positively influence their peers for staying safe.



Yr. 11 Fit 2 Drive—Photos



Math's 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.



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



Push Up Challenge



THE ST. ARNAUD SECONDARY COLLEGE WILL BE PARTICIPATING IN

“THE PUSH UP CHALLENGE”

We Aim To Enhance our Fitness, Have FUN and Increase our awareness of Mental Health.

Commencing on WEDNESDAY 1st JUNE.

Our aim is to complete 3139 push ups in 24 days.

3,139 push-ups to reflect the 3,139 Australians who died by suicide in 2020. We know this is a heavy topic and we're not shying away from it. We're here to put the spotlight on mental health.

The daily push-up target changes each day to reflect a vital mental health statistic, so along the way you'll learn about mental health.



Office News



Snow Camp - \$250.00 Instalment due 25th 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
- 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

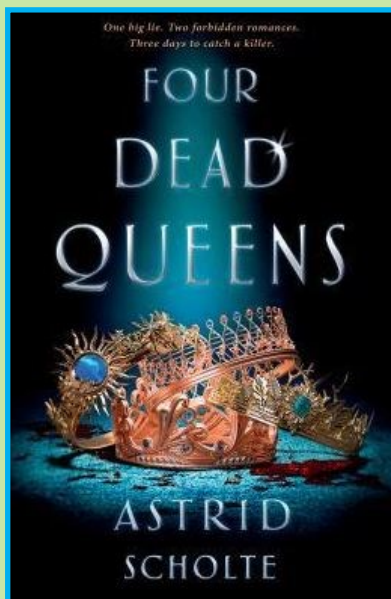
If you have a valid means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card, or Pensioner Concession Card, or are a temporary foster parent, you may be eligible.

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

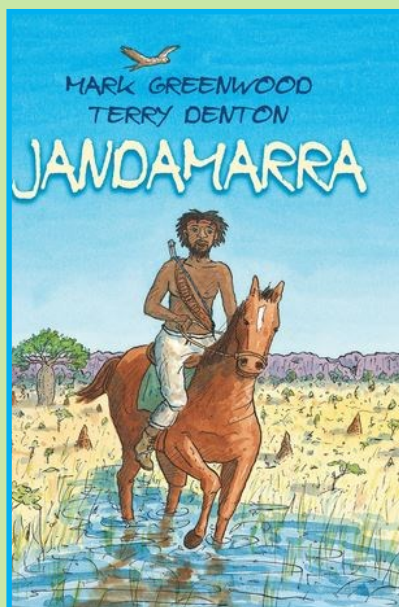


Four Dead Queens

By Astrid Scholte

Seventeen-year-old Keralie Corrington may seem harmless, but in fact, she's one of Quadara's most skilled thieves and a liar. Varin, on the other hand, is an honest, upstanding citizen of Quadara's most enlightened region, Eonia. Varin runs afoul of Keralie when she steals a package from him, putting his life in danger. When Varin attempts to retrieve the package, he and Keralie find themselves entangled in a conspiracy that leaves all four of Quadara's queens dead.

With no other choices and on the run from Keralie's former employer, the two decide to join forces, endeavouring to discover who has killed the queens and save their own lives in the process. When their reluctant partnership blooms into a tenuous romance, they must overcome their own dark secrets in hopes of a future together that seemed impossible just days before. But first they have to stay alive and untangle the secrets behind the nation's four dead queens.



Jandamarra

By Mark Greenwood & Terry Denton

He emerged from the cave of bats with the name given to him by his people. He was Jandamarra a man of power who could appear and disappear like a ghost. Set in the Kimberley region in northwest Australia, this is the story of a young warrior born to lead. To the settlers, he was an outlaw to be hunted. To the Bunuba, he was a courageous defender of his country. Mark Greenwood's text and Terry Denton's watercolour illustrations bring to life this story of conflict and divided loyalties - giving a unique insight into an extraordinary man and a tragic but important part of Australia's frontier history.

Careers & Pathways

Supporting your child's career in the post-pandemic world - a webinar for parents and carers



1st June 2022, Wednesday, 4–5 pm AEST

The COVID-19 pandemic has profoundly affected our lives and our careers. It has disrupted education, dealt a major shock to the economy and labour markets, and transformed workplaces through the rapid rise of working from home. The way in which the pandemic has rewritten our future means that career education is more important than ever.

In this webinar, Professor Tristram Hooley provides a framework for thinking about the impact of COVID on young people and how parents and carers can help them to build resilience to the changing employment environment.

To Register visit:

<https://register.gotowebinar.com/register/6301931581477965327>

Swinburn | Science Experience 2022



Wed 6th July 2022 8:30am - Fri 8th July 4pm

If you're in Year 9 or 10 and are excited about science, then you'll want to read on! Come to our Hawthorn campus to learn and explore STEM through interactive, hands-on workshops and demonstrations.

Explore the universe in virtual reality, conduct experiments in our chemistry labs and explore the applications of the world-class Australian Synchrotron. Our three-day program encourages curiosity and explores the never-ending possibilities of science.

With a focus on real-world applications, you'll get to:

- meet leaders from the scientific community
- work with innovative technologies in our specialised labs and facilities
- watch out-of-this-world science demonstrations
- participate in hands-on workshops that will challenge and excite.

Join us for our action-packed School holiday July program and see where a career in science can take you.

Find out more:

www.swinburne.edu.au/events/2022/07/science-experience/

Careers in Health & Social Assistance



The health care and social assistance industry is Australia's largest and fastest growing industry. It delivers medical and care services, and covers the work of doctors, nurses, health specialists, aged and disabled carers and more. Jobs in this industry are found in a wide range of locations, including hospitals, child care centres, aged care facilities, pharmacies, laboratories, and the offices of allied health services.

Some examples of jobs in this industry include:

**Registered Nurse
Early Childhood Educator
Sonographer
Exercise Physiologist
Community Worker
Aged and Disability Workers
General Practitioner**

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

www.yourcareer.gov.au/industries/q/health-care-and-social-assistance

ASD Cyber Security and Robotics Work Experience – Canberra ACT



Australian Government
Australian Signals Directorate

The Australian Signals Directorate (ASD) is the national authority for information security and through its Work Experience Program offers students from Years 11-12 an opportunity to extend their knowledge and skills in science, technology, engineering, and mathematics (STEM), with a focus on information/cyber security. High achieving Year 10 Students with a strong interest in this field are also encouraged to apply and may be considered for a placement.

Interstate students are encouraged to apply – financial assistance may be available.

The placement will run in the School Holidays
19th – 23rd Sept or 26th – 30th Sept. 2022

Applications close 7th August.

For Further information visit:

<https://defencecareers.nga.net.au/cp/?AudienceTypeCode=defenceworkexp>

Mrs Rebecca Reynolds
Careers Co-ordinator

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

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://vacsdta.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

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



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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



03 9880 7000 or
1800 654 013 (regional callers)



www.acd.org.au

Book now

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 to find out more about the project.



WINTER WARMERS

FUN ACTIVITIES TO KEEP YOU MOVING



Moving our bodies everyday makes us feel good physically and mentally. But getting outdoors to do this can be tricky, especially as winter arrives, the days get shorter and the weather gets colder. In recognition of Exercise Right Week (23rd-29th May), we are sharing some fun ways to keep moving through the winter months. Can you think of any other fun activities?



Ballon tennis

Blow up a balloon and see how long you can go without it touching the ground. Such fun for all ages!

Go online

Find a yoga or cardio workout or dance lesson online - you might even learn some new skills!



Dance party

Pop on your favourite music and dance up a storm! Get your family involved and have a dance off!

Of course...

If you like the cold or the sun does peek out, make the most of it, rug up and head outside for some fresh air!





positive partnerships

Working together to support school-aged students on the autism spectrum

FREE WEBINAR TALKING ABOUT SEXUALITY



Be part of an interactive hour where you will have the opportunity to listen, share and learn with parents/carers, teachers and others who support individuals on the autism spectrum.

It can be difficult to talk about sexuality with your young person on the spectrum.

During this 1 hour webinar we will:

- Explore how the characteristics of autism impact an individual's understanding and experiences of sexuality.
- Share some practical resources and information that may assist you at home/and or school in supporting your young person on the autism spectrum.

There are two different session times to choose from.

Monday 30 May, 2022 –

🌟 10:00 AM - 11:00 AM (AEST)

Thursday 9 June, 2022 –

🌟 7:00 PM - 8:00 PM (AEST)

All of our webinars are free and participants that attend receive a certificate following the completion of the webinar.



To register for this webinar and find upcoming ones, visit

positivepartnerships.com.au

YOUTH ENGAGEMENT STRATEGY INFORMATION NIGHT



Come along & hear from current YES members about how you can be a part of making a difference in the lives of local youth.

June 7th, 7:00-7:30pm
Meeting ID: 880 1362 2564
Passcode: 691638

YES is open to all youth aged 16-25. Parents/Guardians welcome to come along & hear too.



positive partnerships

Working together to support school-aged students on the autism spectrum

FREE WEBINAR UNDERSTANDING BEHAVIOUR



Be part of an interactive hour where you will have the opportunity to listen, share and learn with parents/carers, teachers and others who support individuals on the autism spectrum.

Understanding behaviour lays the foundation for all that we do when supporting a person on the autism spectrum. In this webinar, we will further explore this concept through a planned, proactive approach to understanding the behaviour itself and the impacting factors as well as sharing a range of resources and supports for you to consider.

This webinar will support families and school staff to:

- understand what behaviour is
- explore the functions of behaviour
- identify factors that may impact on behaviour
- consider tools to support making a plan
- share some resources and supports.

There are two different session times to choose from.

Tuesday 14th June 2022 –

7:00pm - 8:00pm AEST

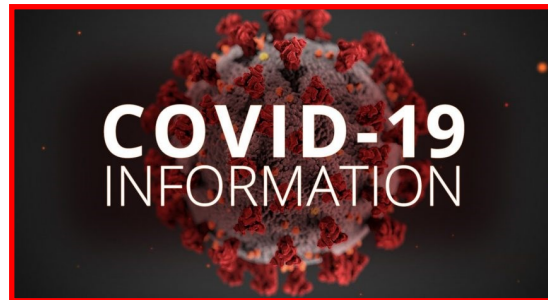
Wednesday 15th June 2022 –

10:00am - 11:00am AEST

All of our webinars are free and participants that attend receive a certificate following the completion of the webinar.



To register for this webinar please click on your preferred date above or visit positivepartnerships.com.au



COVID UPDATE – RATs TERM 2

RATs will continue to be distributed to you as they have been throughout this school year for the remainder of this term.

However, from Monday 23 May 2022, students will no longer be recommended to undertake either twice weekly RATs in mainstream schools or 5 days a week in specialist schools.

RATs however will continue to be required by students who are household contacts to attend school (5 negative tests over a 7-day period) or who have symptoms.

The ongoing supply of RATs to families in our school will ensure that parents and carers will have them should they need them if their child is a household contact or has symptoms.

Families must continue to notify the Department of Health and the school if their child returns a positive RAT result. Additionally, you should inform us if any of your children are household contacts.


Thank you also to all families who has got their child vaccinated. Vaccination continues to remain the best way to protect students and staff in our school.

Getting vaccinated is easy and bookings can be done via the [coronavirus website](#). If you have any questions about the vaccines, I encourage you to speak to your GP or a health practitioner.



Where can I get COVID-19 vaccinations in Northern Grampians Shire in 2022?


For people aged 5 and over:

Patrick Street Family Practice Stawell 

5358 7555 www.psfamprac.com.au


St Arnaud Medical Centre

5495 1766


**Victorian Government free COVID-19
Vaccination at Home Service** 

[1800 675 398](tel:1800675398) or www.coronavirus.vic.gov.au

For people aged 12 and over:

Stawell Medical Centre (SRH) 

5358 1410

St Arnaud Pharmacy 

5495 1911



More information via 1800 675 398 or www.coronavirus.vic.gov.au

List subject to change. Updated 30th March 2022



Where can I get tested for COVID-19 in Northern Grampians Shire?

Stawell Regional Health Respiratory Clinic



facebook.com/StawellRegionalHealth or 5358 8630

- Drive or walk through testing at the hospital. Call or visit Facebook page to confirm open times and if an appointment is needed.

East Wimmera Health Service



5477 2102 or 5477 2100

52 North Western Road St Arnaud

- 2.30pm every day including weekend



Victorian Government Call-to-Test at home service



For people with disability or illness who can't get to testing sites.

1800 675 398, option 5 then option 5

Rapid Antigen Tests (RATs)

Available at SRH and EWS, chemists, IGAs and Woolworths, petrol stations, Lyle Eales. RATs are free to eligible groups at some locations.

For more information call 1800 675 398. Information subject to change. Updated 14/4/2022



St Arnaud Secondary College
Instrumental Music: 2022 - Expression of Interest

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



May	Wed	25th	Yr. 9 & 10 Snow Camp \$250 Instalment due
	Fri	27th	Do It For Dolly Day Fundraiser—wear something BLUE
	Mon	30th	Questacon STEM Yr7-9
	Tue	31st	LMR XC
June	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
	Mon	20th	Yr 10 Road Smart 9am-10am
	Tue	21st	Yr. 10—12 Wimmera Career Expo
	Wed	22nd	MIPS
	Fri	24th	End of Term 2 - Finish 2pm
July	Mon-Tues	11/12th	Yr.10 Pre-Driver Ed
	Thurs	14th	SSV XC
	Thurs	28th	Comic Art Workshop—Yr. 7-10 selected students
August	Mon-Fri	1st-5th	Yr. 8 Camp—Creswick
	Wed	3rd	Yr. 7 Immunisations
	Thurs	4th	Maths Competition
	Tues-Fri	9th-12th	Yr. 9/10 Snow Camp
	Wed	17th	Yr.8 NCTTC Orientation
	Fri	19th	NWZ Shoot