

St. Arnaud Secondary College Newsletter

Issue 16

Term 2
Week 19
2nd June 2023



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!!!!**



GET ON BOARD !!

*Push-Up
Challenge Begins
at the College*

**HELP RAISE MUCH NEEDED FUNDS
FOR MENTAL HEALTH**

#pushforbetter

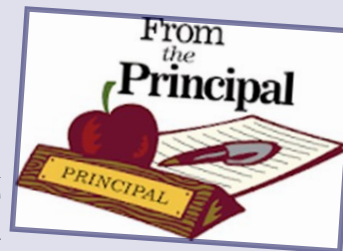


St. Arnaud Secondary College is a Child Safe School.

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



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. If you would like some RAT tests, please let us know and we can send them home with your child.

VSSS Rehearsal

Yesterday we held the third rehearsal for the Victorian State School Spectacular which will be held in September of this year. We have a couple of students involved this year and they have been joined by several students from the Primary School. We have a long tradition of being part of the State School Spectacular and it is great to see the St. Arnaud numbers growing again this year. For those new to this event – every year the Department of Education puts on a show and invites students from across the state to take part in this massive show piece. It is an unbelievable experience for those students who take part. Thanks again must be extended to Deb Feeny for her continued support and guidance of this program in St. Arnaud.

Year 9-11 Exams

Next week students in Year 9 to 11 will be undertaking Mid-Year exams. It is very important that every student makes the most of this opportunity to not only demonstrate their own understanding, but to use these exams to look back and reflect on what they could do better next time in preparation for exams. This is the very reason that we start exams at Year 9 – to allow students to prepare and undertake the exams and find out what does and doesn't work for them prior to their Year 12 exams.

Buildings Update

There is a constant hive of activity every day on the building site in preparation for the concrete footings and slab. The slab will be poured in a few weeks which will allow work to continue either side of the 'pour'. It is fascinating to watch the whole process and the work that goes into it, especially under the ground level, which, once the building is erected, we will never see again. It is also great to see the Wood and Art wing, which is remaining, having a face lift with some painting and over the next few weeks, new guttering, and down pipes. The rooms in this wing have been upgraded to have reverse cycle air conditioning which will also see the removal of the old swampy's.

Victorian Government Schools Principal's Conference

Next Monday, I will be attending the annual Victorian Government Schools Principal's conference in Melbourne. The theme for this year's conference is: Leading Coherence, Leading Outcomes and Leading Self.

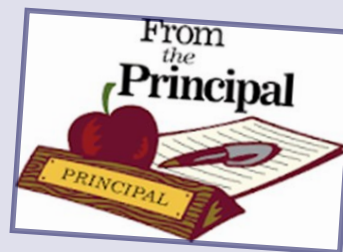
Principal's Report

King's Birthday Holiday

Just a reminder that Monday, 12th June is a public holiday for the King's Birthday – I don't know about you, but it still feels strange saying King's birthday.

LMR Cross Country

Good luck to all our students who have been selected to participate in the LMR Cross Country next Tuesday at Lord Nelson Park.



PLEASE NOTE

**NO SCHOOL CANTEEN ON
TUESDAY, 6TH JUNE,
DUE TO THE LMR CROSS COUNTRY !!**



Tuesday, 6th June – LMR Cross Country and Yr. 9 – 11 Exams

Monday, 12th June – Kings Birthday Public Holiday

Tuesday, 13th June – MND Ice Bucket Challenge and Semester 2 classes begin

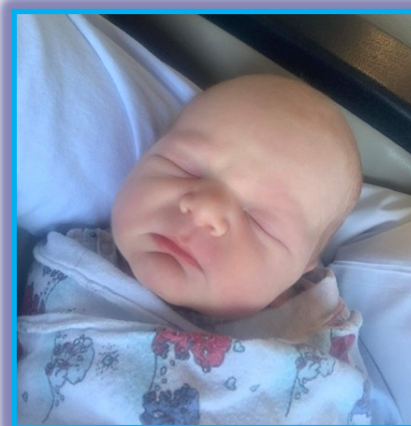
Thursday, 15th June – General Achievement Test (GAT)

Friday, 16th June – Try a VET Day

Friday, 23rd June – Last Day Term 2

**Tony Hand
Principal**

Congratulations to the Knight family on the arrival of 'Bobbie Ian'. We are all very much looking forward to lots of cuddles. Wishing Beau, Brylea, Barlow and Banjo all the love and happiness...



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.....



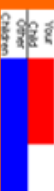

He/ She is only missing just....	That equals....	Which is.....	and over 13 years of schooling that's...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly <u>Half</u> a year
20 minutes per day	1 hour 40 mins per week	Over 2.5 Weeks per year	Nearly <u>1</u> year
Half an hour per day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



Yr. 12 Food Studies



Week 5 of Term 2, saw the Year 12 Food Studies students needing to do a comparison between store bought Monte Carlo biscuits and home-made version of the biscuits. The definite winner was the home-made biscuits! While two students were making the biscuits, one student made chicken mignons for the class.



SRC — Sausage Sizzle

Yummy!

SRC

SAUSAGE SIZZLE



Last day of Term – Friday, 23rd June

**Put your orders and money in at the front office
by Friday, 16th June.**

SRC FUNDRAISER – Sausage Sizzle

Name _____

Year Level _____

		How many	Cost
Sausages	\$2		
		TOTAL	

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

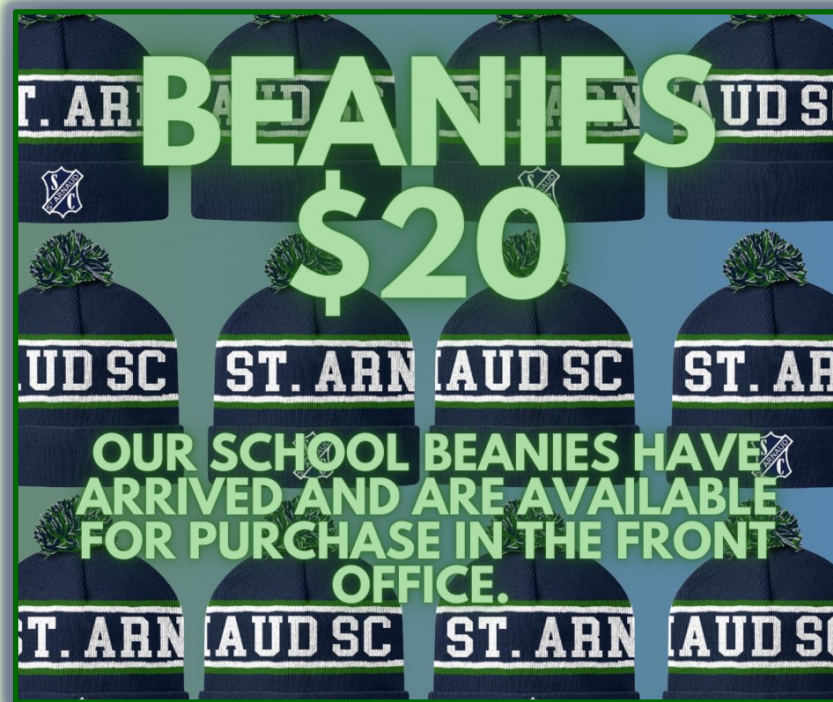
3:30-4:30pm: Roadmap Action Planning:
Comprehensive Roadmap Community Inclusion
Planning Networking



School Beanies For Sale



Winter is fast approaching !!



Why not purchase one of our school beanies...

Music

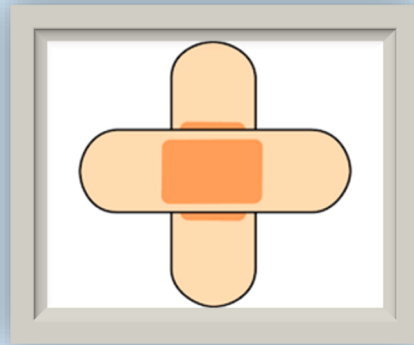


St. Arnaud Secondary College's new music room is set up and ready to go! Instruments are on the racks, guitars are plugged into their amps and drums sets are ready to roll.

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!



School Doctor's Clinic



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.

ADF | Women in Defence Virtual Information Session



Thursday June 8, 6:30pm – 8:30pm

Consider a career in the Navy, Army or Air Force and work alongside likeminded, supportive, proud serving men and women.

Tune in for a virtual info session to speak with current serving women in Defence to learn more.

www.defencejobs.gov.au/events/event-detail/kut14b5

Western Victorian Careers Expo 2023



Tuesday June 20, 2023

The Western Victorian Careers Expo is country Victoria's largest careers expo. Since its inception in 1986, this premier regional event has provided a one-stop-shop of vocational information to Western Victorian students, school leavers, job seekers, career changers, those returning to work and people considering further study or training.

<https://wimmeracareerexpo.com/>

Deakin | Design Masterclass



**July 4th to July 6th 9:30am – 3:00pm
(School Holidays)**

Design Masterclass is a three-day program for Year 10 and 11 students to participate in workshops about architecture, product design, digital design and more.

This program explores design as a concept, as a career and as a lifelong interest. It's suitable for students studying visual arts or design and technologies, or who have a passion for design and creativity. Over three days students will explore product design, architectural design, advanced design techniques and have the opportunity to meet with industry professionals.

www.deakin.edu.au/sebe/outreach/design-masterclass

AIE | Industry Experience Day Melbourne Campus



**Wednesday July 5th, 10:00am – 3:00pm
(School Holidays)**

AIE's Experience Day is a great opportunity for students in Years 10, 11 and 12 to learn about the local and international game development, 3D animation and visual effects industries. Students will get the opportunity to learn about the different pathways to get into the industry, what should be in a portfolio, and will be able to get creative in practical workshops using industry-standard 3D animation and game development tools.

https://aie.edu.au/aie_event/industry-experience-day/

Work Experience with the Monash Biomedicine Discovery Institute



Each year, more than 50 secondary school students are taken into our laboratories for a week-long placement to experience what the life of a research scientist is really like. These placements enable secondary students (15 years of age or older) to gain an insight into careers in biomedical research by allowing them to observe and participate (subject to safety considerations) in the activities of a research laboratory.

Dates of placement: 18th – 22nd September, 2023

Applications open: 10th July, 2023

Applications close: 4th August 2023

www.monash.edu/discovery-institute/engage/schools-and-community-outreach/work-experience-for-secondary-students

Future Doctors Australia Program



Gaining medical work experience is essential for young people considering a career in medicine. That's why NIE has developed the "Future Doctors Australia" program. It is an engaging and high-impact 4-day program that provides young people with a unique opportunity to gain medical work experience in a safe and structured environment.

For Further information Visit:

www.niecareers.com.au/future-doctors-australia

Mrs Rebecca Reynolds
Careers Co-ordinator

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



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



DEFYING THE DRIFT!

AGRICULTURE

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

enquiries@defyingthedrift.org

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.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 Goolim Goolim'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

Skillinvest

11pm-2pm

GOOLIM GOOLIM
ABORIGINAL CORPORATION

North Central LLEN

Annual General Meeting & Stakeholder Event
Monday 5 June
Rex Theatre from 5.00 pm
SCAN CODE FOR DETAILS

Theme:
Why Ag?

FARMER AND HIS WIFE

7/7



G.H. Edwards Library

This tender YA comic is perfect for fans of Raina Telgemeier's *Drama* and Shannon Hale and LeUyen Pham's *Real Friends* who are ready to graduate to their first teen graphic novel.

It's the first day of sophomore year, and now that Winifred's two best (and only) friends have transferred to a private school, she must navigate high school on her own.

But she isn't alone for long. In art class, she meets two offbeat students, Oscar and April. The three bond through clandestine sleepovers, thrift store shopping, and zine publishing. Winifred is finally breaking out of her shell, but there's one secret she can't bear to admit to April and Oscar, or even to herself--and this lie is threatening to destroy her newfound friendships.

With breathtaking art and honest storytelling, rising star Sarah Winifred Searle delivers a heartfelt story about love, friendship, and self-acceptance.

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.





LGBTQIA+ 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



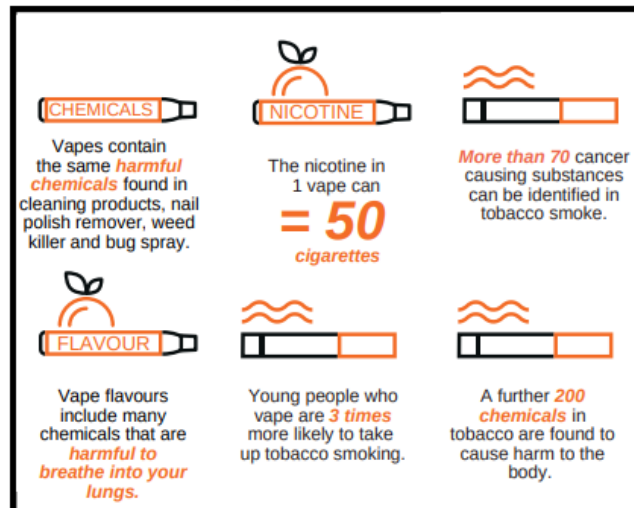


NICOTINE & TOBACCO

WORLD NO TOBACCO DAY - 31ST MAY 2023

E-cigarettes, also known as vapes, are used to inhale an aerosol that contains nicotine. Nicotine is highly addictive and is the reason why people who vape can become quickly addicted. Due to these products being unregulated, even vapes that claim to be nicotine-free, concerning, do have nicotine in them, tricking children and adults into addiction.

When people smoke cigarettes, they are smoking tobacco. Tobacco contains highly toxic and dangerous chemicals, the main chemical being nicotine. Breathing even small amounts of tobacco smoke can be harmful.



It is illegal for children under the age of 18 to purchase e-cigarettes or cigarettes. Smoking and vaping is banned by law, within the grounds of, and within 4 meters of, the entrance to: childcares, kindergartens and schools.

<https://www.health.gov.au/vaping>

E-CIGARETTES & VAPING

WHAT WE NEED TO KNOW




While most people do not use e-cigarettes (also known as vapes), the number of young people who are using them (vaping) is increasing, and that's a concern for the health of our communities.


- There are no quality or safety standards for e-cigarettes so they could be made anywhere, by anyone and contain anything.
- Many vapes contain addictive nicotine, even the ones that say they don't. They just don't put it on the pack.
- Vapes contain the same toxic chemicals found in cleaning products, nail polish remover, weed killer and bug spray. These chemicals do not belong in our lungs.



E-cigarettes / vaping and the law

- Smoking and vaping are banned in the grounds of, and within 4 metres of entrances to: childcare centres, kinders and schools.
- In Victoria it is illegal to sell e-cigarette devices or e-cigarette accessories containing nicotine.
- It is also illegal to sell e-cigarettes to, or buy e-cigarettes for, any person aged under 18 years.



**Partners in Parenting**





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).

Free Goddess Tickets for Teens!!

Under 16s can now access free tickets to ACMI's Melbourne Winter Masterpieces exhibition Goddess: Power, Glamour, Rebellion. ACMI has also announced a new program of Goddess events including after-dark series Goddess Nights, as well as new music and movie events.

As well as announcing the exhibition will be **free for Under-16s**, ACMI has revealed a new suite of Goddess programming, including **School Holiday Drop-in Workshops between 26th June – 7th July**, that will feature creative and crafty workshops to design characters inspired by kids' favourite film and TV stars.

ACMI has also added two more Goddess Nights **live late-night events on 27th July and 28th September**, in addition to the **already successful 25th May event**.

<https://creative.vic.gov.au/news/2023/free-tickets-for-under-16s-as-acmis-goddess-continues-its-reign>

**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

School Holiday Event

Carer Support Service Young Carers



JUNE 2023

We are so excited to be able to invite you to join us (and other Young Carers) during the JUNE school holidays for a
Big day out in the big smoke!

When: Wednesday 28th June 2023

Time: 8:30am – 6:00pm

Location: Pick up and drop off from Front of Ballarat Library

178 Doveton Street North, Ballarat (*next to the Civic Hall*)

Cost: Free event for Carers **aged 12- 18** residing in the Central Highlands, Grampians, Pyrenees & Wimmera regions

What are we doing:

- A tour of Sea Life (Melbourne Aquarium)
 - Lunch
- Watch the live production of Harry Potter and the Cursed Child (afternoon tea included)

If you live out of town and the distance to the pick up/drop off is an issue, please contact us to discuss how we may be able to assist you.



RSVP before 16th June 2023

Email: carers@bhs.org.au

Phone: 5333 7104



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)

Stacey's Monday Canteen Special

Roast Meat & Gravy Rolls



\$5.00

2023 Calendar



June	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	SRC — Sausage Sizzle
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
	Tues	29th	Yr. 12 Biology—Ecolinc Excursion
September	Mon	4th	State Shoot

