

St. Arnaud Secondary College Newsletter

Issue 17

Term 2
Week 20
9th June 2023

LMR Cross Country

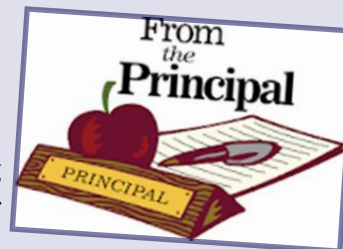


St. Arnaud Secondary College is a Child Safe School.

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



Year 9 to 11 Exams

This week, students in Years 9, 10 and 11 have been undertaking exams in all their subjects. These exams will count towards their end of semester assessment, but more importantly, are an opportunity to practice preparing and undertaking an exam which they will have to do in later years of schooling, and most probably, if they continue into further education. Good exam preparation is a skill that can be taught and learnt, and I encourage all students to reflect on what they did well and what they could do better in preparation for each of their exams next semester.

Year 12 GAT

Next Thursday (15th June), all students undertaking a Year 12 subject are required to undertake the General Achievement Test. This year is the first year that students undertaking the old VCAL certificate (this is the final year) or the new VCE Vocational Major will also have to undertake the test. This year the test is in two parts. The first, which all students undertake, focuses on basic literacy and numeracy skills. The second part, which is only undertaken by VCE students, focuses more on general knowledge. These tests are very important for all students – for VCAL or VM students it can determine overall pass or fail of the certificate - and for VCE students, can help influence their final scores.

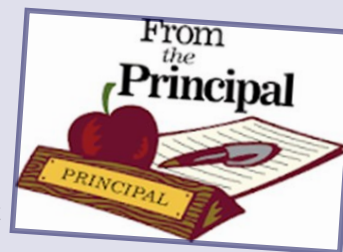
LMR Cross Country

On Tuesday, we hosted schools from east of Bendigo to the west of Mildura for the Loddon Mallee Region Zone Cross Country at Lord Nelson Park. In what many could possibly describe as perfect Cross Country weather conditions (cool and misty rain), our competitors took to the track and gave it their all. Our Under 16 girls' team of Abby Weir, Ada Buenaventura and Sophie O'Donnell, came in second place, just missing out on an invitation to the State competition – a fantastic effort. Thanks to Mr. Knight for his organisation of the entire event and to Mr. Mac, Miss. G and Mr. Cornwell for helping as well. We had some Year 8 students helping on checkpoints who also did a great job on the day. Thanks also to Stacey Wandel and to Kim Birthisel and everyone else who was able to help in the canteen. This is an important event for us in terms of fundraising, especially for 'out of town' money – so thanks again to everyone for your help and support.

Victorian Government Schools Principal's Conference

On Monday, Miss. Brown and I attended the State School Principal's conference where we got to hear from a range of keynote speakers and from other schools and networks regarding their journeys and learnings. One of the focuses for one of the sessions was regarding Principal Health and Wellbeing and it was a very insightful and impactful session. On Tuesday, school visits were organised, and we joined staff from the St. Arnaud Primary school to visit Docklands Primary School, which opened its doors in 2020 – the year the pandemic first hit.

Principal's Report



Buildings Update

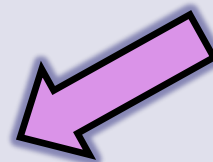
Things may have appeared to have slowed down a bit on the site, but there is a lot of preparation work required before the first pouring of the footings and slab, which will hopefully happen next week. The pipework for the toilets and changerooms is well underway and again, this gives a clearer indication of how close the end of the building will be to the current BER.

King's Birthday Holiday

Just a reminder that next Monday – 12th June - is a Public Holiday for the King's Birthday (the first King's Birthday since 1951!) so no students or staff are expected at school.

Start of Semester 2

Next Tuesday, following the long weekend, students will begin their Semester 2 timetable and classes. While for most students this will mean very little or no change, the new timetable should be available on Compass nearing the end of the long weekend.



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 – 2.00pm finish

Monday, 10th July – First Day Term 3



Tony Hand
Principal



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	 Your child Other children Equal to finishing in grade 11
1 day per week	40 Days per year	8 weeks per year	Over <u>2.5</u> years	 Your child Other children Equal to finishing in grade 10
2 days per week	80 Days per year	16 weeks per year	Over <u>5</u> years	 Your child Other children Equal to finishing in grade 7
3 days per week	120 Days per year	24 weeks per year	Nearly <u>8</u> years	 Your child Other children Equal to finishing at grade 4

Everyday Counts!!

LMR Cross Country

LODDON MALLEE REGION CROSS-COUNTRY

On Tuesday 6th June, 17 students represented St. Arnaud Secondary College at the Loddon Mallee Region Cross Country Championships at Lord Nelson Park, St. Arnaud. Although the weather forecast was not promising, thankfully the rain largely held off, so everyone managed to stay dry. This proved to be great planning (or luck) as Wednesday was very wet with over an inch of rain falling!

There were over 1000 runners who competed in 16 events throughout the day. All students from St. Arnaud Secondary College ran very well and should be proud of their efforts, representing themselves and the College at region level.

There were many groups and organisations that made the running of this event so successful. Thank you to Stacey Wandel and Kim Birthisel for running the canteen, assisted by Lynne Bodey, David Reynolds, Marg Batters and Jenae Polkinghorne. Thanks to Ella for keeping up with the coffee orders, Northern Grampians Shire and Forest Fire Management for the traffic management and preparation of the track, the Lord Nelson Park Fundraising Group for the use of the new facility and to the many supporters who came throughout the day.

Thanks to India Griffith, Zac MacDonald and Craig Cornwell who assisted on the day and in preparation for the event. A special thank you must also go to all the students who acted as officials on the checkpoints - their efforts and professionalism was greatly appreciated.

Results:

Boys 12-13 Years Forbes Kirk (50 th)	Girls 12-13 Years Sami Weir (46 th)
Boys 14 Years Hamish Tannock (39 th) Jack Batters (44 th)	Girls 14 Years Mahlie Morris (34 th) Tahyah Reyne (48 th)
Boys 15 Years Aidan Wickham (42 nd)	Girls 15 Years Gypsy Donald (42 nd)
Boys 16 Years Harrison Meagher (19 th) Ben Greenaway (21 st) Ryan Bigmore (40 th) Hamish Darby (41 st)	Girls 16 Years Abby Weir (18 th) Ada Buenaventura (19 th) Sophie O'Donnell (32 nd)
Boys 17-20 Years Sam Male (14 th)	Girls 17-20 Years Keegan Amos (17 th)

Mr. Knight
Sports Coordinator



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.



Push-Up Challenge

LET'S DO THIS!!! We have lift off



2023 PUSH UP CHALLENGE

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

PRIZES for the
team who
completes the

most Push Ups between **1st June and 23rd June 2023!!!!**



Yr. 12 Food Studies



In Week 6 Term 2, the students were cooking for a SAC (School Assessed Coursework). Each student chose between three possible lists of ingredients, to cook a meal for a male, female or child. The ingredients provided were meat and vegetables, with one also including pasta. It was then up to the student to produce a healthy meal. They could use anything from the pantry for flavouring. The students were also required to cook everything on their own, with no assistance with preparation, cooking or cleaning up afterwards. After the meal was created and eaten, they were required to look at the healthy eating guide to assess if it adequately met the requirements. This finishes off Unit 3 practical assessment; the theory has also been completed.



Yr. 10 Personal Development Class



On Wednesday last week, the Year 10 Personal Development Skills students ran activities for the Year 7 class. The PDS students had to plan an activity and write instructions to tell the students the rules and concepts of the activity.

Oscar and Caidon ran a 'Tug of War' activity first up, which the Year 7s really got into. They had matches against themselves, then boy's vs girls, then Year 7s v Yr. 10s (the 10s being at a great disadvantage only having 6 students compared to 15 Year 7s). Thanks to Mr. Knight for buying a new Tug of War rope.

The next activity was run by Fraser and Kynan who taught the students how to play the football game of 'Squares'. Everyone participated in the 3 matches held, either marking or kicking the football.



The last activity was a game called 'Jacob's Ladder' which was taught by Tom and Blayne. This activity required the students, when their number was called, to jump over the legs of the other students (which looked like a ladder) and run down to two cones then back over the legs to their place on the ladder.

All students enjoyed the activities, and the Year 10 students learned some good leadership skills and built on their confidence.



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

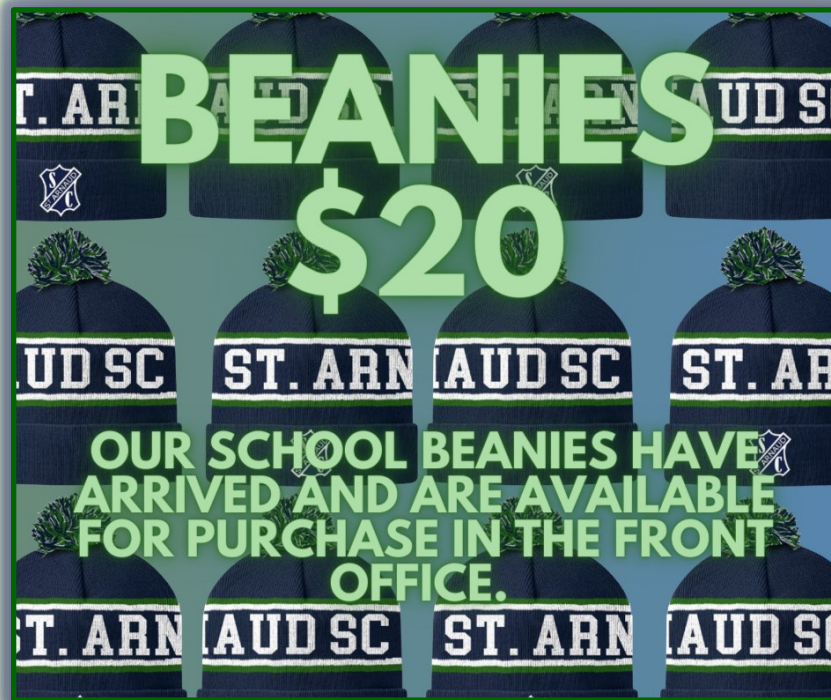
3:30-4:30pm: Roadmap Action Planning:
Comprehensive Roadmap Community Inclusion
Planning Networking



School Beanies For Sale



Winter is fast approaching !!



Why not purchase one of our school beanies...

Music

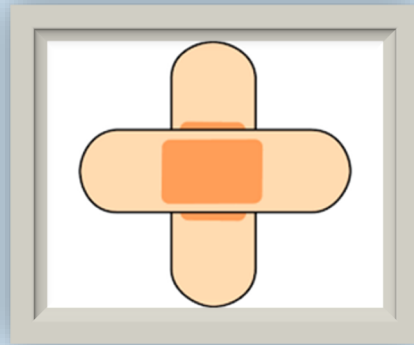


St. Arnaud Secondary College's new music room is set up and ready to go! Instruments are on the racks, guitars are plugged into their amps and drums sets are ready to roll.

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.

LATROBE BENDIGO SCHOOL HOLIDAY TALK & CAMPUS TOURS



Monday 26th June – Thursday 29th June 2023

La Trobe University, Bendigo Campus

Have a course on your mind? Join us at one of our many talk and tour sessions between Monday 26 June to Thursday 29 June. This is your chance to meet a course expert and find out what it's like to study with La Trobe. Ask questions, get a taste of uni, and feel ready to start your dream course. You'll meet our student ambassadors and take a tour of the Bendigo campus, check out the facilities and get a feel for our on-campus accommodation.

Register Now:

www.latrobe.edu.au/events/all/bendigo-campus-talk-and-tours

Regional and remote student information session and panel webinar



Tuesday 20th June 6:00pm – 6:30pm (Online)

Find out everything you need to know as a regional or remote student about studying at ACU. Entry programs, student accommodation options, scholarships, support services, student life and more. You'll also hear from current students, who will discuss their experiences living in student accommodation.

www.acu.edu.au/about-acu/events/2023/june/regional-and-remote-student-information-session-and-panel-webinar



Friday 14th – Sunday 16th July 2023

The Melbourne Career Expo @ the Melbourne Exhibition and Convention Centre provides an interactive platform for all Victorian's to source the knowledge they need to achieve their successful future. Visitors can discover their future careers from a vast array of career advice, employment opportunities, University and training placements, Skills Industry and Government initiatives. Visit the Technology & Future Careers area or attend a Seminar or Masterclass over the weekend.

Visit:

www.careerexpo.com.au/attend/

2023 SHEARING AND WOOL PROGRAM VICTORIA

School Type	Date	Duration	Venue
MONKEY	January 16 - 20	5 Days	Balmoral
MONKEY	Jan 30 - Feb 03	5 Days	Gymnaseum
MONKEY	Feb 13 - 17	5 Days	Bendigo
MONKEY	March 06 - 10	5 Days	Dookie
MONKEY	April 17 - 21	5 Days	Hamilton
MONKEY	May 08 - 12	5 Days	Ballarat
MONKEY	July 01 - 05	5 Days	Manangatang
MONKEY	July 17 - 21	5 Days	Omeo
MONKEY	August 07 - 11	5 Days	Wycheproof
MONKEY	Sept 11 - 15	5 Days	Wedderburn
MONKEY	October 16-20	5 Days	Penrith
MONKEY	Nov 06 - 10	5 days	Bairnsdale
MONKEY	Nov 13 - 17	5 days	Nathalia
School Type	Date	Duration	Venue
INPROVER	Jan 16 - 27	10 Days	Mortlake
INPROVER	Jan 30 - Feb 10	10 Days	Mortlake
INPROVER	March 20 - 24	5 Days	Dookie
INPROVER	June 05 - 09	5 Days	Ingleswood
INPROVER	July 17 - 21	5 Days	Telopea Downs

Note: This program is subject to change without notification.

Follow us on Facebook for latest updates on all schools

To register phone 1300 787 984 or
contact Glenn Haynes on 0427 435 244 or
Email: admin@swti.edu.au

All shearing schools align with nationally recognised
qualifications & are designed to meet industry standards & needs.

SCAA Shearer Woolhandler Training Inc. 810 CODE 4577
www.swti.edu.au



Don't miss your chance to have a life-changing STEM experience. The NYSF Year 12 Program offers an exciting range of Science, Technology, Engineering, and Mathematics (STEM) experiences for participants across Australia. If you're a current year 11 student, you can apply now!

The NYSF Year 12 Program runs two summer sessions:

1. The Australian National University, Canberra (5-13 January 2024)
2. The University of Queensland, Brisbane (12-20 January 2024).

Applications close 31st July 2023.

For Further information visit:

www.nysf.edu.au/programs/year-12-program/

Mrs Rebecca Reynolds
Careers Co-ordinator

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

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

11pm-2pm

SKILLINVEST

GOOLIM GOOLIM
ABORIGINAL CORPORATION

Join us

Western Victorian Careers Expo

Tuesday 20 June 2023

Wimmera Events Centre, Longerenong

9 am - 3 pm

- Hear from Manager Water Treatment, Dr Suzy McDonald about 'Local People, Local Careers' at 11.15 am in Room 2.
- Roll the dice for a chance to win an instant prize, a prize for your school valued at \$400, or a \$200 voucher for yourself!
- Speak to our team about the exciting career opportunities available with GWMWater!

GWMWater

gwmwater.org.au 1300 659 961 info@gwmwater.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



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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**

G.H. Edwards Library



Is *Hip Hop* a dance, a music style, a dressing code, a whole cultural phenomenon - or all of these combined?

What does "*Hip Hop*" mean and where does it come from?

Answer these and any other questions you may have about this genuine notion that has inspired an incredible number of people;

from directors and poets to songwriters and performers - and find out what lies beneath these two small, albeit worldwide famous words!

Follow the steps of a cultural movement that has influenced more than three generations, along with literature, poetry, and movies and cinema industry, and find out everything there is to know and love about it!

New in Non-Fiction

Health & Wellbeing



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

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

Inquiries are treated confidentially.



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

Health & Wellbeing



PSYCHOLOGY SERVICE AT THE SECONDARY COLLEGE

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

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

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

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

Clients' privacy and confidentiality are imperative

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



Strengthening Parent Support Program



What is the Strengthening Parent Support Program (SPSP)?

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

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

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

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

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

Contact Details

Kate Janetzki
on

Phone: 0427 633 458

or email

kate.janetzki@xt.uniting.org

uniting



headsplace
Horsham

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 53811543

MINUS18




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.

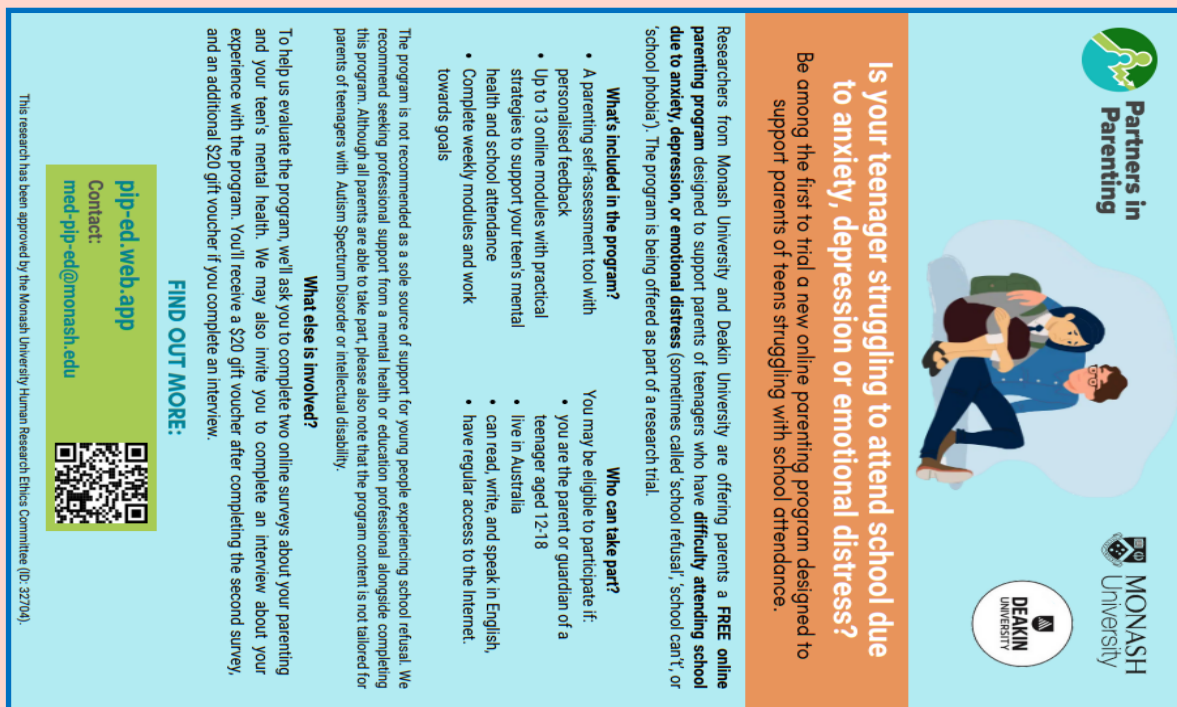
- There are no quality or safety standards for e-cigarettes so they could be made anywhere, by anyone and contain anything.
- Many vapes contain addictive nicotine, even the ones that say they don't. They just don't put it on the pack.
- Vapes contain the same toxic chemicals found in cleaning products, 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.



Health & Wellbeing



Partners in Parenting

MONASH University
DEAKIN UNIVERSITY

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>

School Holiday Activities

Carer Support Service

Young Carers

JUNE 2023



Grampians Health Ballarat

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





Sensory Sanctuary

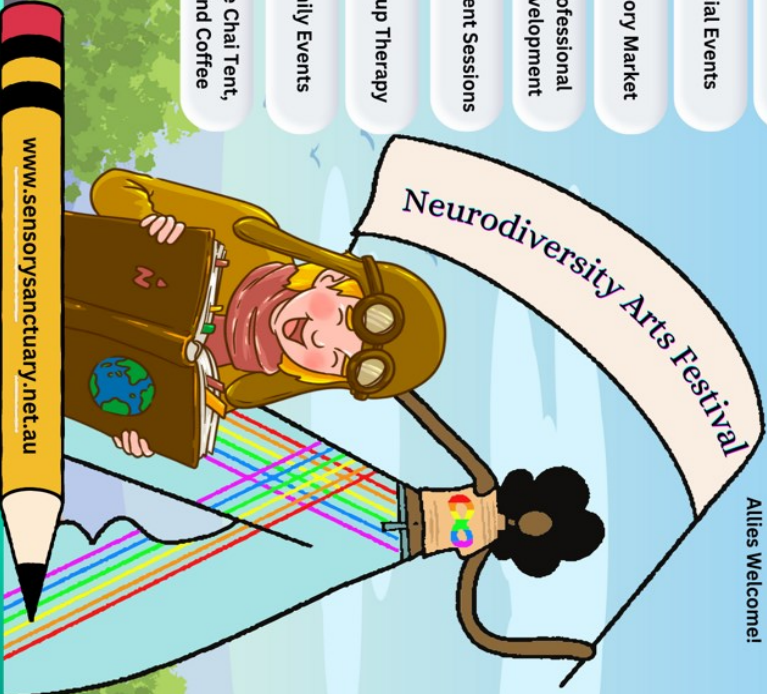
JUNE 24 - JULY 6 CASTLEMAINE

70% Autistic and Neurodivergent Hosts

Allies Welcome!

Neurodiversity Arts Festival

- Creative Workshops
- Social Events
- Sensory Market
- Professional Development
- Parent Sessions
- Group Therapy
- Family Events
- On site Chai Tent, Tea and Coffee



www.sensorysanctuary.net.au


ARCANE
Autistic-led Regional Culture Arts Neurodiversity Education and Employment Incorporated

I ndis

Community Bank
Maldon & District
Bendigo Bank

Rotary
Castlemaine
Early Childhood Outreach

Expressions of Interest

Music 2023					
<p>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.</p>					
<p>Instrument preference: Please tick your choice(s)</p>					
Keyboard	Guitar	Ukulele	Violin	Vocals	Drums
<p>Student Name: _____</p>					
<p>Parent / Guardian Name: _____</p>					
<p>Parent / Guardian Mobile: _____</p>					
<p>Parent / Guardian email: _____</p>					
<p>Parent / Guardian Signature: _____</p>					
<p>Date: _____ [School Use/Received: _____]</p>					
<p>Timetabling preferences: Students may nominate a subject they most prefer to <u>not</u> 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.</p>					
					

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

***No Monday Special due to
the King's Public Holiday***

See you all on Tuesday



2023 Calendar



June	Mon	12th	King's Birthday Public Holiday
	Tues	13th	MND Big Freeze Ice Bucket Challenge Semester 2 classes begin
	Thurs	15th	GAT
	Fri	16th	VET Try Day
	Tues	20th	Yr. 10-12 Wimmera Careers Expo
	Wed	21st	MIPS
	Fri	23rd	SRC — Sausage Sizzle @ Lunch Last Day of Term 2 — 2.00pm finish
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	7th	VSSS 4th Dance Rehearsal @ St. Arnaud Stadium
	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
	Thurs	7th	VSSS Dance Rehearsal — Melbourne
	Sat	9th	VSSS Dance Concert — Melbourne