

St. Arnaud Secondary College Newsletter

Issue 19

Term 2
Week 22
23rd June 2023



My Exchange Experience – Alissa Bortolotti

Alissa is from Italy. She is here on an exchange program in Australia and has been in St Arnaud since February 2023. She has always been interested in other countries and their cultures and the ways they live, as well as expanding her knowledge regarding other parts of the world. Alissa stated that this experience has been the most beautiful and challenging in her life, so far. She feels lucky to have met lots of amazing people that have always made her feel welcomed and never out of place.

Alissa would like to thank her friends, because if not for them, her experience would have been very different; all the staff and students at the St. Arnaud Secondary College, as well as a further thanks to all of the students in Year 12, for welcoming and accepting her.

After her time spent here, Alissa would really like to come back to Australia to explore more and drop in to pay a visit. While at St. Arnaud Secondary College, Alissa has been studying Year 12 with the following subjects: English, Mathematical Methods, Extended Investigation and French. Alissa has participated in all of the school's activities including an Outdoor & Environmental Studies trip to Halls Gap and the Zoo, all our sporting days, like the Athletics and the Cross-Country.



Addio Alissa!

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

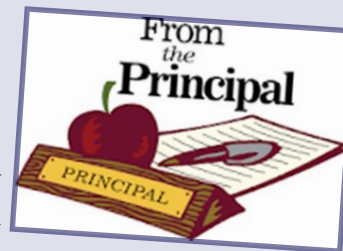


St. Arnaud Secondary College is a Child Safe School.

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

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

Principal's Report



Short but Busy Term

Even though this has been a 9 week Term, there has been plenty packed into it, and I think that everyone is ready for a bit of a break. I hope you can make good use of the next two weeks and come back ready and refreshed to go again for Term 3. I strongly encourage our Year 12 students, or those studying a Year 12 subject, to make sure they map out some time over the holidays (suggested 5 full days at least) to spend studying and revising. These students now only have 12.5 weeks left of school and it essential that they are preparing now to do the best that they can at the end of the year.

Student Reports

Staff have completed subject reports for Semester 1 and are now working on Home Group Reports which are due to me today. I will spend time over the next two weeks reading all student reports to have them ready to be distributed in the first week of next term. If you want to check on any of your child(ren)'s Essential Learning Items, these should be up on Compass now with the grade outcomes and feedback that was provided.

SSL Visit

Last Friday, Dr. Taylor and I had the opportunity to visit Jade, Josie, Acacia, William and Christopher at the Don Valley School for Student Leadership. It was great to see the energy and enthusiasm radiating from each of them as they showed us around the campus, including their living areas which were fantastic. With a little over a week to go, they were clearly looking forward to coming home, but also very sad to be leaving some solid new friendships behind. We got to see the Community Leadership Presentations from every school, and our team did a great job with their activity which focuses on raising money for Breast Cancer awareness. I look forward to seeing them all when they return to school next term.

Buildings Update

Jarryd Ezard's team have been working tirelessly to get the first major section of our new build ready for the first pour of concrete flooring, which will hopefully happen next week. This will signal a first milestone and soon after we should start to see some steel coming up out of the ground.

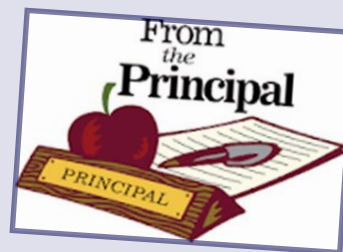
Try a VET Day

Last Friday, our Year 9 students travelled to Charlton to undertake 'Try a VET Day.' 'Try a VET Day' gives students the opportunity to see and experience what the Charlton TAFE has to offer in terms of Vocational Education and Training subjects. This is particularly important for those students who are considering a Vocational Major pathway (the former VCAL).

Principal's Report

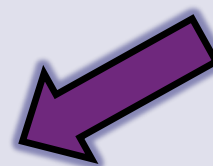
NAIDOC Week

NAIDOC Week (National Aborigines and Islanders Day Observance Committee) celebrations are held across Australia in the first week of July each year to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. As this is during our school holidays, we celebrated NAIDOC week during Home Group sessions this week.



Stationary Top Up

As we have passed the mid-way point in our academic year, it might be a good idea to check with students regarding the contents of their pencil cases and folders? Do they need a top up with pens, pencils, paper, glue sticks, etc? Often, as the year progresses, staff notice that students are sometimes out of these supplies. The holidays might be a good chance to a stocktake and purchase some extra items.

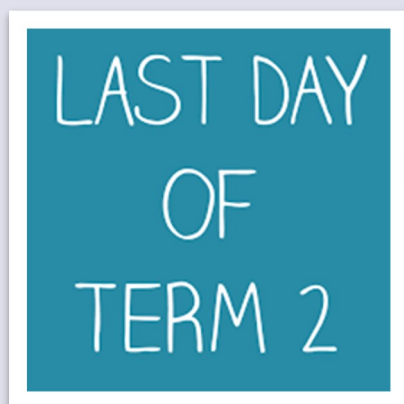


Monday, 10th July – First Day Term 3

Monday, 24th July – Y-Lead Leadership Incursion

Tuesday, 1st August – NCD Athletics

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!!

Wimmera Career Expo



On Tuesday 20th June, all Year 10, 11 and 12 students headed to Longernong to take a look at the Wimmera Career Expo. The venue provides for exhibitors, seminars, try a trade, Vocation and Tertiary Information sessions, special guests, a drop-in apprenticeship centre, job markets and guided industry tours. This is a compulsory event for our students for the reasons mention below.

AIMS OF THE EXPO:

- * To provide regional students and jobseekers with a broad range of vocational and course information, as well as career pathways advice in a 'one-stop shop' event in their local area
- * To make available a broad spectrum of careers/jobs role models, especially for those in isolated and remote communities of Western Victoria
- * To offer current advice regarding qualifications, training and prerequisites, business prospects and vocational opportunities to students, careers-changers & jobseekers
- * To encourage students to consider broader pathway options
- * To encourage school retention to Year 12 or equivalent
- * To assist parents of students with understanding career and course pathways
- * To have a co-ordinated careers event in Western Victoria and bring presenters together under a Wimmera-Southern Mallee Careers 'banner.'



Yr. 11 Food Studies

This week in Year 11 Food Studies, Jackson and Anthony worked together to plan and create a meal based on the recipes of a well-respected Australian Chef. They chose Adam Liaw, and Jackson made 'Yangzhou Fried Rice' and Anthony made 'Chicken Schnitzel Caprese'.



Both dishes were delicious and the boys once again learnt new skills. Jackson had lots of chopping to do into 1/2 cm pieces of all ingredients, which was

very time consuming but worth the effort as the fried rice was delicious. Anthony had to pound the chicken fillets to a 1cm thickness which he found quite difficult; we had to try to get him mad as he was hitting the chicken too softly. He then had to flour, egg, and panko bread crumb the fillets, then shallow fry.



The combination of the Chicken Schnitzel, topped with prosciutto, mozzarella cheese and basil with the fried rice was scrumptious.



Year 10 Physical Education Amazing Race

On Friday the 16th June, the Year 10 Physical Education students participated in the annual Amazing Race as part of their Cross-Country Unit.

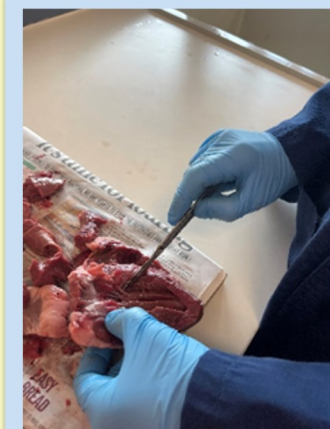
Students raced in pairs around St. Arnaud, completing activities and searching for information to be granted their next clue. Students made their way on foot to different sites including the St. Arnaud Netball Courts, Queen Mary Gardens, the Silo Mural, and visited businesses including Betta Home Living and Esmore's BP Service Station.

Students' start times were staggered to ensure an even competition. All competitors raced fast and fair, and the last team to leave, Ben and Owen, was the first team back to find Mr. Knight hiding in the school grounds.

Students ran around 6.5 km throughout the race and while everyone returned to school red-faced, they all enjoyed the activity. Thank you to St. Arnaud Betta Home Living and Esmore's BP Service Station for allowing students to enter and retrieve clues.



Yr. 7/8 Science



In Science this week, the students had the opportunity to look at a pluck and undertake a heart dissection. The students have been looking at the different body systems and how they work. The pluck is the trachea, lungs, heart and liver. We were lucky enough to have Mr. Hand visit the class to show the students how the lungs expand, as Mrs. Reynolds's lung capacity is not sufficient to expand the lungs very much. After that, each student had the opportunity to cut open a sheep heart, to look at the chambers inside and see where the blood comes in and then goes out to be pumped around the body.



On Thursday, the Year 9's embraced the sport of Table Tennis for the first time this year as part of the familiarisation process for the SEPEP unit that they will be running for their practical classes in Physical Education next term.

The session was a fun introduction, and all the students gave it their best to improve their current skill levels. It was great to see the high level of teamwork displayed by everyone in the class!

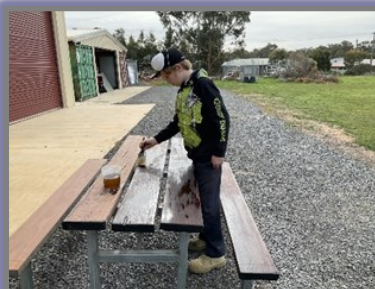
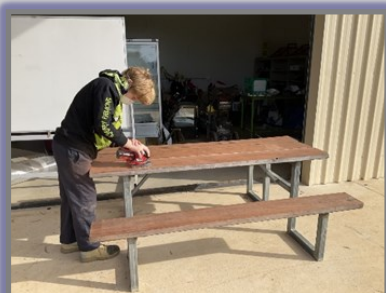


Hands On Learning

On Friday, 2nd June, Forbes and Max started doing the symbol mosaic tile of HOL that we have created.



Max is seen here finishing off the dots on the mosaic tiles.



Owen was keeping him self very busy sanding down the picnic table, then once finished, got into varnishing it. Owen done a terrific job completing this task!



On the same day, we decided the school's lawn mower needed some TLC, so Jason got spraying the detergent on while Chad and Bailey got onto pressure washing it down.

HANDS ON LEARNING

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!!!!**



Well Done everyone.....

OVERALL TOTALS

Big MAC's = 11,064
The EverREDies = 10,886
G-Force = 9,605

Grand Total —
31,555

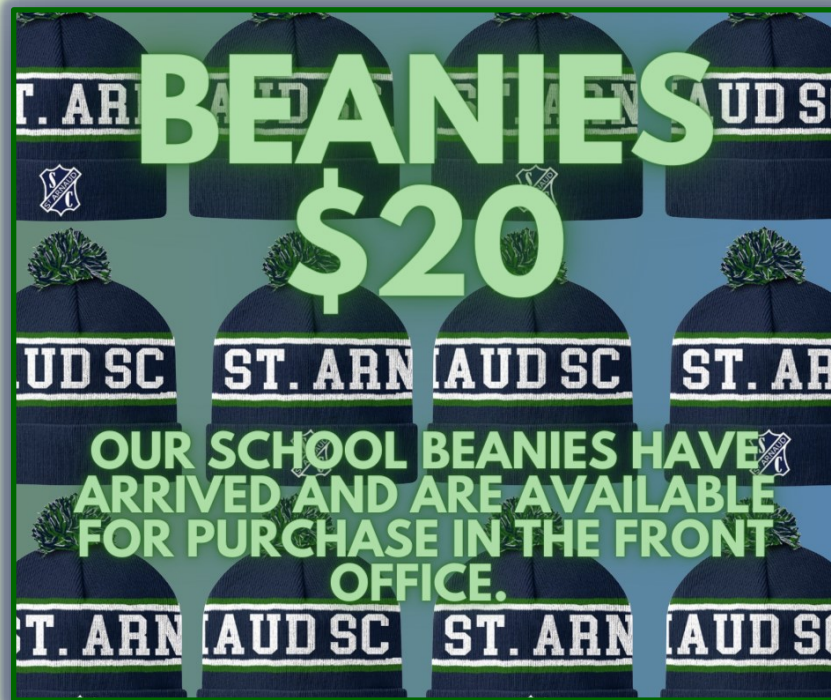


Congratulations to the winners, Big MAC's team with a total of 11,064 push ups!

School Beanies For Sale



Winter is fast approaching !!



Why not purchase one of our school beanies...

Music

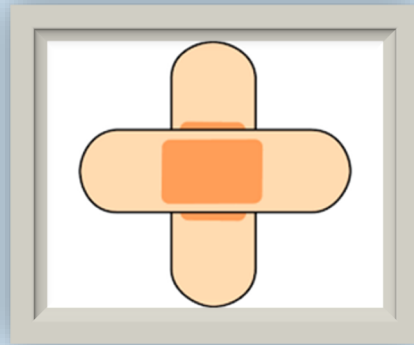


St. Arnaud Secondary College's new music room is set up and ready to go! Instruments are on the racks, guitars are plugged into their amps and drums sets are ready to roll.

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.

Victoria Police | Careers Information Session, Online



Tuesday June 27th, 6:00pm – 7:30pm

Victoria Police is hosting an online information session for members of the community who are interested in a career with Victoria Police. Hear from us about the recruitment process and training at the Police Academy. It's also your opportunity to ask questions you have about police careers and pathways.

To Register Visit:

www.police.vic.gov.au/police-information-sessions

ADF | Engineering Careers Virtual Information Session



Thursday June 29th 6:00pm – 7:00pm

Engineers in the ADF spend their careers working with some of the world's most sophisticated hardware and technology. Consider a career in the Navy, Army or Air Force and keep Defence's weapons, vehicles, aircraft, ships, and infrastructure operating safely and effectively. Join us for a virtual info session to speak with serving personnel and find out more.

To Register Visit:

www.defencejobs.gov.au/events/events-detail/tz5fkpg

Collarts | Winter Workshop Series

COLLARTS

Saturday July 1st – Sunday July 2nd, 2023

These Winter Holidays, we're opening our doors to Victorian High School students in years 10, 11 and 12 to participate in a series of practical, hands-on workshops!

Come and experience what it's like to live a day in the life of a Collarts student. We will have workshops covering the various creative study areas that Collarts offers.

To Register Visit:

www.collarts.edu.au/holidayworkshops

Monash | MEG Ask the Experts



Thursday June 29th (On-line)

If you are interested to know what it's really like to be a woman studying engineering, you need to ask an expert. Who better to speak to than someone living the experience, our amazing students. Ask the Experts is an interactive, candid discussion where our panellists will share their personal journeys, provide insights into the challenges and opportunities that come from being a woman in engineering, and give advice on studying at Monash.

For Further Information Visit:

www.monash.edu/engineering/meg/activities

WORK EXPERIENCE OPPORTUNITIES

CRICKET VICTORIA



Each year, Cricket Victoria receives a large number of requests for students to complete their work experience. To be considered, complete the [work experience expression of interest form](#), including a summary of your work experience to date, explain why you would like to complete your work experience at Cricket Victoria and detail if you have any particular areas of interest within the business.

Visit:

www.cricketvictoria.com.au/careers/work-experience/

STAGE SCHOOL AUSTRALIA



Stage School Australia is one of Australia's largest performing arts companies, specialising in providing training for young people. With over 35 years of legacy, 25 venues across Melbourne and Brisbane, over 5,000 students and a faculty of 100+, Stage School is the industry leader in its field. If you are interested in doing work experience with Stage School Australia, please email: staffing@stageschool.com.au

For Further Information Visit:

<https://stageschool.com.au/about-stage-school/careers/>

Mrs Rebecca Reynolds
Careers Co-ordinator

Sue Clay 
Careers and Pathways
Email: s.clay@ncllen.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 Goolum Goolum's event calendar where young Aboriginal and Torres Strait Islander students from year's 7-12 can come learn about careers they wish to pursue.

This comprehensive one-day expo will give an opportunity for young people to engage with industry professionals, including Tertiary Education Providers, Trade Specialists, Emergency Services and more will be available on the day.

Horsham Maydale Pavilion

Thursday August 3, 2023



11pm-2pm

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

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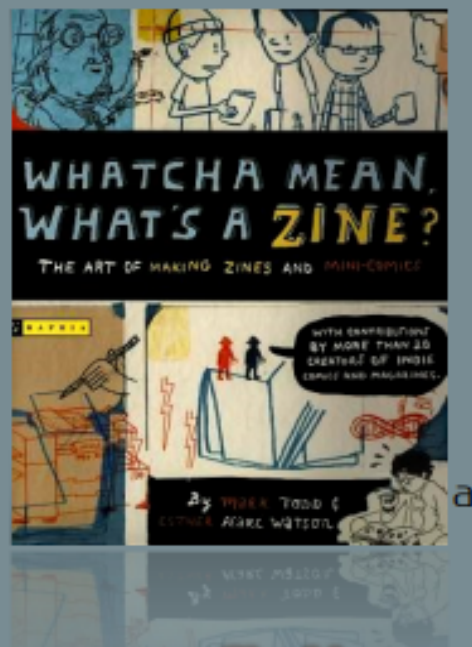
More information at www.defyingthedrift.org

G.H. Edwards Library

A zine is a handmade magazine or mini-comic about anything you can imagine: favourite bands, personal stories, subcultures, or collections. They contain diary entries, rants, interviews, and stories. They can be by one person or many, found in stores, traded at comic conventions, exchanged with friends, or given away for free. Zines are not a new idea: they've been around for years under various names (chapbooks, flyers, pamphlets). People with independent ideas have been getting their word out since before there were printing presses.

This book is for anyone who wants to create their own zine. It's for learning tips and tricks from contributors who have been at the fore front of the zine movement. It's for getting inspired to put thoughts and ideas down on paper. It's for learning how to design and print your own zine so you can put it in others hands. *Whatcha Mean, What's A Zine?* is for anyone who has something to say.



New 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/aro.ups/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

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.



GET UP AND GET ACTIVE



Top tips for exercising in winter:

"There is no such thing as bad weather, only unsuitable clothing"

Being active in winter isn't always easy, but it is important for your health! Whether you play a winter sport or just like exercising, there are a few things you need to remember before running out the door into the crisp winter weather.



Rug up

It may seem obvious but it's cold, put some more layers on! The body loses heat through the head, hands and feet first, so make sure you wear a beanie, gloves and warm socks if venturing outdoors!



Warm up

Warm muscles prevent injuries. Be sure to stretch and get your heart rate up before exercising, especially during the cooler months. Plus, warmup exercises can enhance your athletic performance!



Drink up

You may not be sweating or feel warm, but winter dehydration is real. We don't get the same thirst urges in winter so be sure to take a bottle of water with you whenever and wherever you exercise.

Exercising during winter can boost your immune system, meaning fewer sick days off school, and can improve your mental health and wellbeing.

So go grab your jumper, water bottle and sneakers, and head outside. Your body and mind will thank you for it!

ADHD & Demand Avoidance

INFORMATION & STRATEGIES FOR ADHD AND DEMAND AVOIDANCE FOR CHILDREN AND TEENS

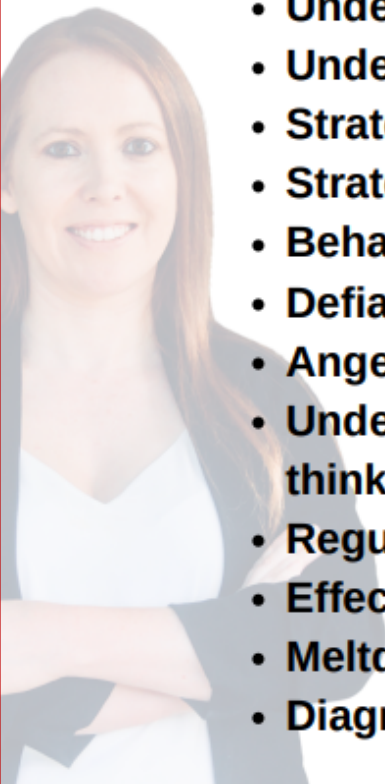
23rd July 2023

Horsham (Venue TBA)

10am-3pm

Topics include...

- Understanding ADHD
- Understanding Demand Avoidance
- Strategies for the home
- Strategies for the classroom
- Behaviour
- Defiance
- Anger and aggression
- Understanding how children think/feel
- Regulation
- Effective treatments
- Meltdowns
- Diagnosis



Your speakers are:

Rebecca Challoner




Founder of My Spirited Child
Co-founder of National PEKE Centre

Christina Keeble

Founder of Christina Keeble Consulting
Co-founder of National PEKE Centre

Come and join us for this FREE event!

Health & Wellbeing



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

School Holiday Activities


HORSHAM
 REGIONAL ART GALLERY

School Holiday WORKSHOPS

27 JUNE - 06 JULY 2023
10.30AM-12 NOON



Ages 7+

\$12 ea per sesh

WEEK ONE

Tuesday June 27
Drawing Time with Mars

Wednesday June 28
Drawing Time with Mars

Thursday June 29
Creating Animals: Wool Felting with Rachel

WEEK TWO

Tuesday July 4
Harmonic Pendulum Motion Painting with Belinda

Wednesday July 5
Creative Kite Making with Belinda

Thursday July 6
Painting: Native Flowers with Rachel

Bookings essential for all sessions
www.horshamtownhall.com.au
 or 5382 9555

WWW.HORSHAMTOWNHALL.COM.AU

Winter School Holiday Activities



ROFLS + A BOMBO

ROLLING ON THE FLOOR LAUGHING SO HARD A LITTLE BIT OF WEE COMES OUT

THE LISTIES PRESENT...

Ages 4+

ROFL (ROLLING ON THE FLOOR LAUGHING)

June 28 at 11.00am,
Horsham Town Hall

Children under 16: \$15
 Parents and carers FREE

VISIT WWW.HORSHAMTOWNHALL.COM.AU OR CALL 5382 9555 FOR MORE INFO

open daily 10am - 4pm | entry FREE

71 Pynsent Street, Horsham Ph: +613 5382 9555
 E: box.office@hrc.vic.gov.au www.horshamtownhall.com.au


HORSHAM
 TOWN HALL

Expressions of Interest

Music 2023

Fill out this form if you're interested in instrumental lessons in 2023. Lessons are held on a rotating timetable, Mondays, Wednesdays and Thursdays, so that students do not miss the same lesson each week. Lessons are free of charge. Places are limited and are allocated on a first-come-first-served basis.

Instrument preference: Please tick your choice(s)

Keyboard _____ Guitar _____ Ukulele _____ Violin _____ Vocals _____ Drums _____

Student Name: _____

Parent / Guardian Name: _____


Parent / Guardian Mobile: _____

Parent / Guardian email: _____

Parent / Guardian Signature: _____

Date: _____ **[School Use/Received:** _____

Timetabling preferences:
Students may nominate a subject they most prefer to not come out of for an instrumental lesson. While efforts will be made to accommodate these preferences, it may not always be possible to schedule around them.



Uniform Price List 2023



111 NAPIER ST, ST.ARNAUD
PH: 54952929
OPEN: MON-FRI: 9.00-5.00
SAT 9.30-12.30

SECONDARY COLLEGE UNIFORM PRICE LIST 2023

ITEM	SIZES	PRICE
Short Sleeve Polo	10-3XL	\$25.00
Long Sleeve Polo	10-3XL	\$26.00
Kids Rugby Jumper	10-14	\$45.00
Rugby Jumper	XS-3XL	\$50.00
Micro Fibre Shorts	8-3XL	\$30.00
Drill Shorts	8-2XL	\$30.00
Kids Ramo Shorts	10-16	\$30.00
Ramo Shorts	S-3XL	\$30.00
Micro Fibre Trackpants	10-3XL	\$40.00
Drill Pants	10-2XL	\$40.00
Ladies Jane Pant	6-24	\$66.00
Sports Polo	10-3XL	\$35.00
Sports Jacket	10-3XL	\$45.00
Kids Selwyn Soft Shell Jacket	10-16	\$62.00
Selwyn Soft Shell Jacket	S-5XL	\$65.00
Kids Olympus Soft Shell Jacket	10-16	\$82.00
Olympus Soft Shell Jacket	S-5XL	\$85.00
Olympus Soft Shell Vest	S-5XL	\$72.00
Dress	6-22	\$79.50
Skirt	8-24	\$75.00
Bucket Hat	S/M & L/XL	\$15.00
Scarf		\$15.00

School Canteen Menu

St Arnaud Secondary College – Canteen Menu 2023

Main

Plain Pies	\$4.50
Party Pies	\$1.50
Flavour Pie	\$4.50
Sausage Rolls	\$4.00
Spinach & Ricotta Roll	\$4.00

The following include –

Choice of Chicken, Ham, Tuna,
Salami

Lettuce, Tomato, Cheese, Beetroot,
Cucumber, Carrot, and Mayo

Salad Roll	\$5.00
Salad Sandwich	\$5.00
Salad Wrap	\$5.00
Salad Bowl	\$5.00
Sweet chilli Wraps	\$6.00
Sweet Chilli Bowl	\$6.00
Toasted Focaccia	\$6.00
Mixed Sand/Toasties	\$4.00
Pizza Variety	\$4.00

Snacks

Kabana, Cheese & Biscuits	\$3.00
Slices	\$3.00
Fruit Salad	\$4.00
Yoghurt variety	\$1.50

Drinks

Water	\$3.00
Sparkling Water	\$3.00
Flavoured Water	\$4.00
Big M 500ml	\$4.00
Big M 300ml	\$3.00
Big M 250ml	\$3.00
Juice Box	\$2.00

***Mondays are Specials Day,
check out the Specials Board!***

Eftpos Facilities Available

(minimum \$5.00)

***See you all back at
school in Term 3 !!***



2023 Calendar



June	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
	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
	Fri	8th	VSSS Dance Rehearsal—Melbourne
	Sat	9th	VSSS Dance Concert — Melbourne
	Thurs	14th	R U OK Day
	Fri	15th	Last Day of Term 3
October	Mon	2nd	Term 4 Begins
	Thurs	5th	LMR Athletics
	Mon	9th	Yr. 10 Flourish Girl Program
	Mon	16th	SSV Athletics
	Tues	24th	VCE Exams Begin