

St. Arnaud Secondary College Newsletter

Issue 20

Term 3
Week 25
14th July 2023



“The Year 7 students spent the last week of Term 2 in Home Group making this ‘For Our Elders’ mural”. Well Done, everyone!

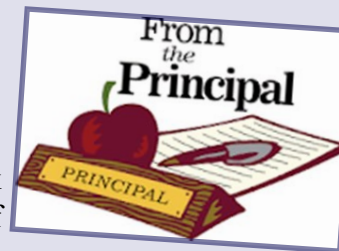


St. Arnaud Secondary College is a Child Safe School.

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



Welcome Back

Welcome back to all students, parents and staff after the two-week break. I hope and trust that everyone was able to have a bit of down time to recharge the batteries and have come back prepared for Term 3. I would also like to make a special welcome back to our School for Student Leadership students, Acacia, Jade, Josie, Christopher and William, who spent the last 8 weeks of Term 2 at Don Valley. It does appear that they have transitioned well back into school, and we look forward to hearing about their time away and their Community Leadership Project that they will undertake later this year.

Student Reports

Semester 1 student reports went live this week on Compass and if you have not done so already, I suggest sitting down with your child(ren) and reading through the reports. We have changed the format slightly which will hopefully make them easier to read, student specific and only one page per subject. Other student feedback is available through Compass if you would like information on specific Essential Learning Items. Staff mentors will make calls home over the next few weeks to not only ask how things are going, but to gain some feedback from families about the reports. If you have not, or cannot access Compass, please contact the College for a hard copy of the reports.

One area that I noted while reading the reports over the holidays was the number of students who were failing subjects due to poor attendance. It just makes clear sense that the higher the attendance rate, the better the educational outcomes. It also goes hand in hand that if students are missing a day a week (80% attendance) or 3 days a fortnight (70% attendance) or more than that, they just cannot be completing all the work that is expected of them at school. The minimum set by the Department is 80%, but we take individual circumstances into account if attendance rates are between 70 and 80% - especially if prior arrangements have been made.

It is vital that students are attending school every day that they can, as we are all aware that there may be times when attendance at school is not possible due to factors beyond our control. Individual attendance rates can be checked daily on the Compass app.

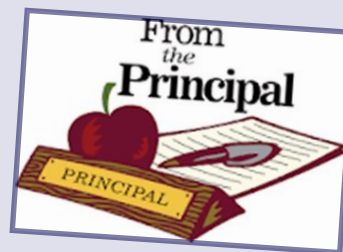
Buildings Update

It was great to see the first major slab of our new build completed during the holiday break. This is the largest of a number of concrete pours for the new building and really gives the building some definition and shape. It was also really pleasing to hear how positively our Site Manager spoke of Jarryd Ezard and his crew and the professionalism and quality of work that has been done. We are lucky to have this expertise here in St. Arnaud.

Principal's Report

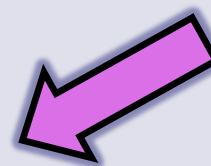
NAIDOC Week

NAIDOC Week (National Aborigines and Islanders Day Observance Committee) celebrations were held across Australia in the first week of July to celebrate and recognise the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples. It was very positive to see the way in which all our students approached the activities at school and the number of staff who have purchased NAIDOC week uniform to be worn at school.



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. Now is a good time to do a stock take and purchase some extra items.



Monday, 24th July – Y-Lead Leadership Incursion

Tuesday, 1st August – NCD Athletics

Monday, 14th August – Parent Teacher Interviews

Tony Hand
Principal



What Sort of Start is Your Child Getting?

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



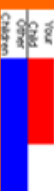

He/ She is only missing just....	That equals....	Which is....	and over 13 years of schooling that's...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly <u>Half</u> a year
20 minutes per day	1 hour 40 mins per week	Over 2.5 Weeks per year	Nearly <u>1</u> year
Half an hour per day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



St. Arnaud Secondary College

Year 7 2024: Information Evening

Parents and students are invited to the Year 7 2024 Information evening hosted at St. Arnaud Secondary College. The evening will be on July 26th at 5.30pm. There will be a short tour of our excellent facilities followed by a brief overview by the Principal, Mr Tony Hand. Enrolment packs will be available on the evening.

Please do not hesitate to contact the College on 5495 1811 for extra information.



Respect.

Responsibility.

Resilience.

Recess & Lunchtime Activities

DOWNBALL



What a great sight to see our students enjoying their outdoor activities during recess & lunchtime !

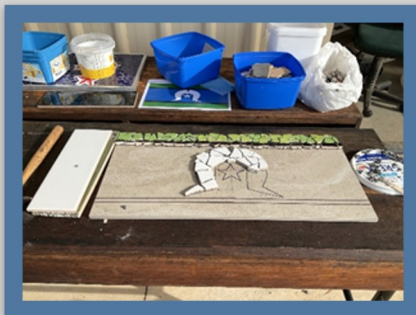
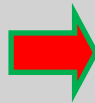


Hands On Learning



Towards the end of last Term, the H.O.L students helped out by sorting and taking all the old desks out of the shipping containers so we can get them ready to sell.

Forbes is seen here with the finished mosaic of the New Zealand Flag!



Forbes and Max also completed a Torres Strait Island Mosaic.

HANDS ON LEARNING

Yr. 11 Food Studies

This week in Year 11 Food Studies, the students made two dishes.

Jackson made Ragout. Ragout is a stew made from minced meat and vegetables cut into even-sized pieces, cooked in a thickened liquid that is flavoured with herbs and seasonings. Minced beef is a popular ingredient to use for everyday meals as it is inexpensive and very versatile. Jackson's knife skills are continuing to improve, and he was extremely efficient cutting up all the ingredients.



Anthony made a Mediterranean Risotto. Although risotto is a classic dish of northern Italy, it is now considered to be part of the repertoire of most contemporary Australian cooks. This recipe also uses arborio rice, a variety that cooks to a plump, tender state and is therefore perfect for making risotto. This rice can absorb up to four times its own volume, a valuable property in risotto- making. When arborio rice absorbs large quantities of stock, it provides a creamy consistency and delicious flavour.

Both boys, enjoyed the dishes and this was the first time that Jackson had eaten a risotto.



Yr. 12 Biology



At the end of last Term, the Year 12 Biology students completed a science experiment on blood types using synthetic blood as part of their study of the immune system. Blood types are determined by the presence or absence of certain antigens – substances that can trigger an immune response if they are foreign to the body. Since some antigens can trigger a patient's immune system to attack the transfused blood, safe blood transfusions depend on careful blood-typing and cross-matching. There are four major blood groups determined by the presence or absence of two antigens—A and B - on the surface of red blood cells. In addition to the A and B antigens, there is a protein called the Rh factor, which can be either present (+) or absent (–), creating the 8 most common blood types (A+, A–, B+, B–, O+, O–, AB+, AB–).



2023 VSSS Dance Competition

VSSS... HERE WE GO AGAIN!!!

The Victorian State Schools Spectacular 2023 is drawing near! With only one rehearsal left, 12 students from both the St. Arnaud Secondary College and St. Arnaud Primary School, are working hard and getting ready to travel down to Melbourne: Maya Feeny, Mara Reynolds, Grace Baldwin, Phoenix Gigg, Noah Hando, Latisha Jackson, Harmony Medlyn, Alexis Merrick, Abbi Thiem, Sienna Thomson, Imogen Watts and Natoya Wright. They will be accompanied by Deb Feeny (VSSS Co-ordinator), Linda Grieg (Dance teacher) and Olivia Feeny.

The Spectacular includes a cast of 3000 Victorian Government school students showcasing three hours of performance in choir, dance, vocal, drama and orchestral mediums. It is not a competition but a wonderful collaboration of schools showcasing the fantastic young talent around Victoria.

This year, as part of the Mass Dancers, our students will be dancing to eight songs. This requires a lot of practice and dedication, but the rewards are enormous.... fitness, co-ordination, confidence, working in a team, taking instruction as well as loads of fun!

St. Arnaud Secondary College has been a proud participant for many years and the Spectacular is a unique occasion not only for the children who attend the local dance schools, but also for those students who have never had the opportunity to dance. There are no pre-requisites.

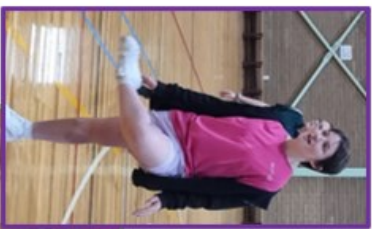
The production values of the concert are of the highest quality as are the choreographers who travel to St. Arnaud from Melbourne to conduct the four rehearsals during the year.

Our students dance in front of an audience of 10,000 people over the two performances at John Cain Arena and an edited version of the concerts is televised by Channel 7 later in the year.



Back row from left: Phoenix Gigg, Grace Baldwin, Abbi Thiem, Maya Feeny, Noah Hando

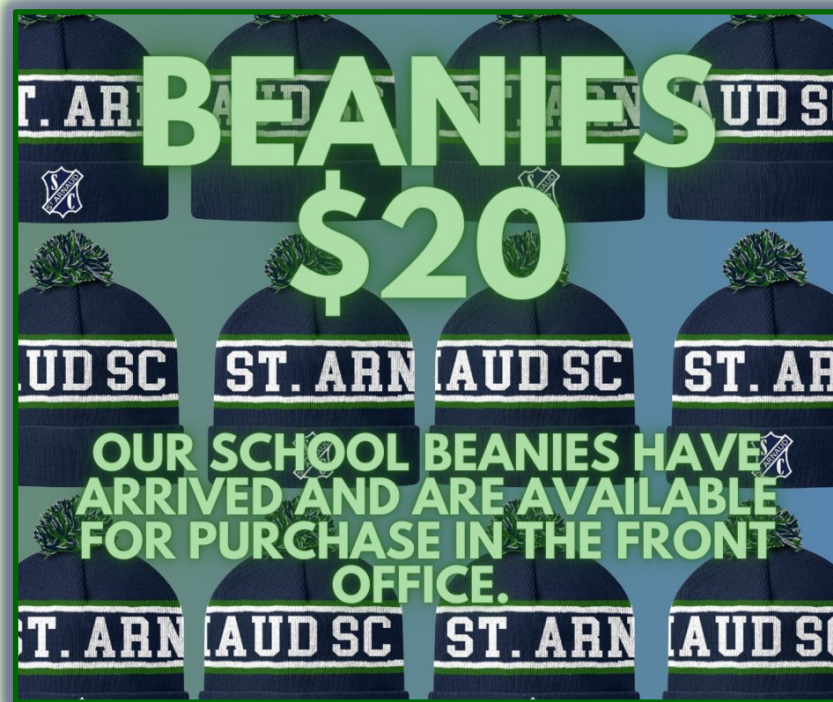
Front row from left: Latisha Jackson, Imogen Watts, Mara Reynolds, Natoya Wright, Sienna Thomson and Alexis Merrick. **Absent:** Harmony Medlyn



School Beanies For Sale



Winter is fast approaching !!



Why not purchase one of our school beanies?

Music

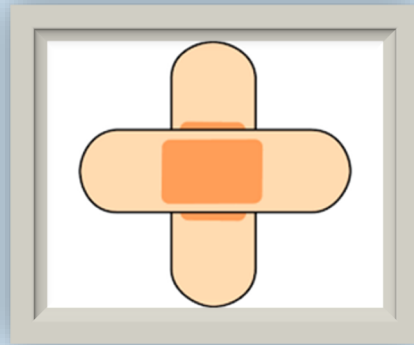


St. Arnaud Secondary College's new music room is set up and ready to go! Instruments are on the racks, guitars are plugged into their amps and drums sets are ready to roll.

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 starting on Wednesday, 9th August. This service will be held on Wednesday's instead of Tuesday's.

This service is available free to students.

Any students requiring appointments to see the GP can see Mrs. Chapman.

Year 12 Students



EARLY ENTRY PROGRAMS

- Charles Sturt Advantage** – Close 31st September
Latrobe ASPIRE Community Contribution – Open Now, Close 1st September
RMIT Early Entry – Open Now, Close 17th September
ACU Guarantee – Open 24th July, Close 18th September
Swinburne Early Entry – Open Now, Close 9th October
VU Guaranteed – Open Now, Close 8th October
Federation Uni Early Offer – Open Now, Close 1st December

VTAC COURSE, SEAS, & SCHOLARSHIP APPLICATIONS

Open Monday 31st July

YOUTHRIVE SCHOLARSHIPS

UNIVERSITY - Open Now – Close 25th August
www.youthrivevictoria.org.au/scholarships/university-scholarships/

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.

In 2023 we are offering one round of work experience.

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

Applications open: 10th July 2023

Applications close: 4th August 2023

Offers released by: 25th August 2023

For Further Information Visit:

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



University, TAFE, and Private Provider Open Days are a wonderful opportunity for students to explore course and career options. They are particularly beneficial for students in Years 10, 11 and 12.

With the Open Day season approaching, it can make your tours less overwhelming if you understand what to expect and what you intend to see, do, and explore on campus.

For a list of 2023 Open Days Visit:
www.vtac.edu.au/opendays.html

Find out about Entry Level Opportunities at Local Councils



There are so many different branches and jobs within Local Councils you probably can't even think of a quarter of them. Which is great news if you're thinking about future careers, as it means there are many pathways to start a new career in Local Government. Councils offer a range of programs for graduates, school leavers, school and university students, as well as mature aged people to develop a new career path and make a real difference in your community.

You can learn all about the different kinds of entry level opportunities here:
www.careersatcouncil.com.au/entry-level-opportunities/

The Victorian public sector offers work experience placements for Year 9 and Year 10 high school students.



Work experience provides high school students with an opportunity to develop skills and knowledge in the public sector and explore career options at the same time.

In a work experience placement, you'll get insights into how the Victorian Government works, as well as learning about the day-to-day operations of a particular business area.

Most departments, agencies and other Victorian public sector organisations are happy to arrange work experience placements for students. You can contact them directly for information and placements.

For contact information, visit:

www.careers.vic.gov.au/about/victorian-public-sector/organisation-contacts

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

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.

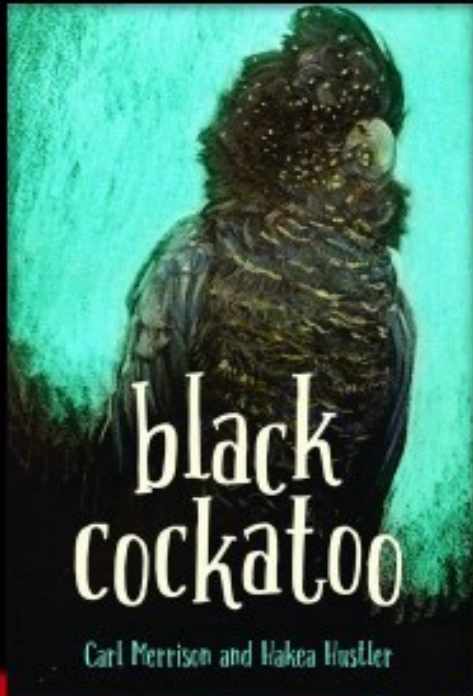
More information at www.defyingthedrift.org



**Rotary
District 9780**

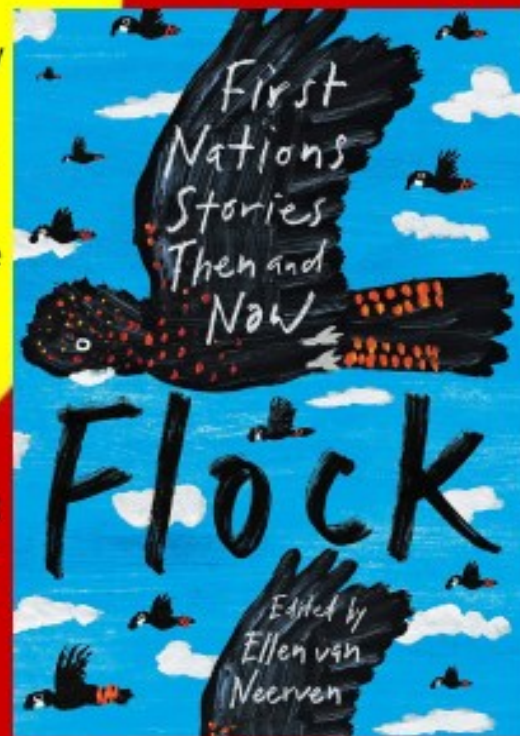
G.H. Edwards Library



'Black Cockatoo' is a vignette that follows Mia, a young Aboriginal girl as she explores the fragile connections of family and culture. Mia is a 13-year-old girl from a remote community in the Kimberley. She is saddened by the loss of her brother as he distances himself from the family. She feels powerless to change the things she sees around her, until one day she rescues her totem animal, the dirran black cockatoo, and soon discovers her own inner strength. A wonderful small tale on the power of standing up for yourself, culture and ever-present family ties.

Flock - Edited by Ellen Van Neerven

This wide-ranging and captivating anthology showcases both the power of First Nations writing and the satisfaction of a good short story. Curated by award-winning author Ellen van Neerven, Flock roams the landscape of Aboriginal and Torres Strait Islander storytelling, bringing together voices from across the generations. Featuring established authors such as Tony Birch, Melissa Lucashenko and Tara June Winch, and rising stars such as Adam Thompson and Mykaela Saunders, Flock confirms the ongoing resonance and originality of First Nations stories.



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/croops/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.



FOOD AND MOOD

THE LINK BETWEEN WHAT YOU EAT AND HOW YOU FEEL

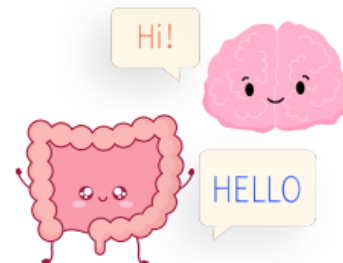
What we eat affects how our guts and brains work which can impact on our mental health.

Your brain is working hard 24/7 and requires a constant supply of fuel. That fuel comes directly from what we eat. Our gut and our brain talk to each other on what is known as the gut-brain axis. You might know this if you have ever experienced butterflies in your stomach when you're nervous.

Our diet can impact on our gut-microbiota, that is the bacteria in our guts, and can change the communication between the gut and the brain. Having more of the good kind of bacteria in your gut, from having a healthy well-balanced diet, sends good messages to the brain and can help in keeping your mood stable and reduce the symptoms of anxiety, depression and stress.

How to improve your diet to improve your mood:

- 1 Add more fruit, vegetables, whole grains, nuts and seeds to your diet
- 2 Reduce your intake of ultra-processed and discretionary foods
- 3 Consume more water daily, and make water your drink of choice



A high quality, nutritious diet can also give you more energy and improve your ability to concentrate more often!

<https://foodandmoodcentre.com.au/>

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!



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).

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	\$5.00
Pastie	\$5.00
Flavour Pie	\$5.00
Sausage Rolls	\$4.00
Spinach & Ricotta Roll	\$4.00

Snacks

Slices	\$2.00
Fruit Salad	\$4.00
Yoghurt variety	\$1.50
Snack Wrap	\$3.00

Drinks

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
Chicken Caesar Wrap	\$6.00
Toasted Focaccia	\$6.00
Mixed Sand/Toasties	\$4.00
Pizza Variety	\$4.00

Water	\$3.00
Sparkling Water	\$3.00
Flavoured Water	\$4.00
Nippy's	\$3.00
Big M 500ml	\$4.00
Big M 300ml	\$3.00
Daily Juice	\$4.00
Juice Box	\$2.00

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

Eftpos Facilities Available

(minimum \$5.00)

Stacey's Monday Canteen Special

Chicken Burgers
Chicken Schnitzel, Lettuce, Cheese,
Tomato & Mayo
\$6.00



2023 Calendar



July	Fri	14th	MIPS
	Wed	19th	Yr. 11/12 Art Day Excursion—Melbourne
	Thurs	20th	MIPS
	Wed	26th	2024 Yr. 7 Information Evening @ 5.30pm
	Tues	1st	NCD Athletics
	Mon	31st	MIPS
August	Tues	1st	NCD Athletics
	Fri	4th	Maths Competition
	Mon	7th	VSSS 4th Dance Rehearsal @ St. Arnaud Stadium
	Mon	14th	Parent Teacher Interviews—9am-7pm Yr. 11 & 12 Classes running as normal
	Tues	15h	Science Week Starts
	Tues-Wed	15th-16th	Yr. 10 Pre-Driver Education
	Wed	16th	Yr. 8's NCTTC Try Day — Charlton MIPS
	Thurs	17th	NWZ Shoot
	Thurs	24th	VET NCTTC First Aid
	Fri	25th	Wear It Purple Day
	Mon-Fri	28th-1st	Enviro Week
	Tues	29th	Yr. 12 Biology—Ecolinc Excursion MIPS
September	Mon	4th	State Shoot
	Wed	6th	MIPS
	Thurs	7th	VSSS Dance Rehearsal — Melbourne
	Fri	8th	VSSS Dance Rehearsal—Melbourne
	Sat	9th	VSSS Dance Concert — Melbourne

