

# St. Arnaud Secondary College

## Newsletter

**Issue 21**

Term 3  
Week 26  
21st July 2023



In Term 2, we saw the Year 7 and 8 students studying Textiles in Arts. The Year 7 students sewed pillowcases which they then tie-dyed. The Year 8 students elected to make bucket hats.

This was definitely very challenging for most students. Nearly everyone completed a hat that is wearable and looks like a hat.

Well done, Year 7 and 8!



**St. Arnaud Secondary College is a Child Safe School.**

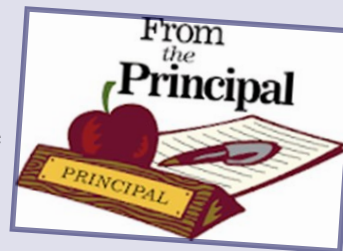
Address: Smith Street, St. Arnaud. Victoria 3478  
Postal Address: P.O. Box 40, St. Arnaud 3478  
Ph: (03) 54 951811

Website: [www.starnaudsc.vic.edu.au](http://www.starnaudsc.vic.edu.au)  
Email: [st.arnaud.sc@education.vic.gov.au](mailto:st.arnaud.sc@education.vic.gov.au)  
Principal: Tony Hand

# Principal's Report

## Term 3

Term 3 is traditionally the term with the least disruptions to the school program, which is very good in the lead into VCE exams. This allows students to focus on their work program and we therefore encourage all students to make the most of this opportunity.



## Student Reports

Just a reminder that reports went live last week on Compass and if you have had any issues accessing the reports, please contact the General Office.

## Buildings Update

The building program is moving along nicely with the second slab hoping to be poured next week – weather permitting. This next slab will be at the east end of the build and will cover the toilets and change rooms. This will give us an even better feel for the scale of the building and allow the builders to use this slab as a fixed platform for the retaining walls for the next pour of concrete, which is at a level higher than the toilets. We are also hoping that the steel will arrive by the end of this month and that is when it will become very exciting!

## Year 6-7 Transition Information Session

Next Wednesday – July 26th – we will be holding our Grade 6 to Year 7 Transition Information Evening at 5:30pm. We will have a quick tour of the school and then some general information about Year 7 and beyond. We hope that all prospective families will be able to attend the session.

## School Council Recognition Awards

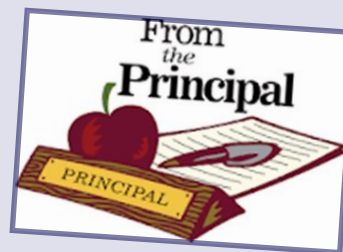
L-R: Tara Miller, Tanisha Ward, Zak Aspland, Keegan Amos, Amy Greenaway & Sharni MacKenzie



# Principal's Report

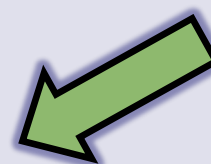
## Art Excursion

On Wednesday, our VCE Arts students travelled to Melbourne to have a look at an exhibition. This is a great opportunity to see their studies in action. Thanks to Miss. Tehan for her organisation and driving on the day.



## School Uniform

Just a reminder, especially with the colder weather upon us, that it is important for all students to be in full school uniform. Hoodies are NOT a part of our uniform and cannot be worn underneath other uniform items. We have worked hard with the students over the past few years to see significant changes to our uniform and are lucky that it is stocked here in town at Ramjac (now next to Weir's Supermarket). The uniform is now cheaper and includes a larger range, including a jacket. Students can also purchase St. Arnaud SC beanies through the SRC at the General Office. Puffer jackets are NOT to be worn at school.



**Monday, 24th July** – Y-Lead Leadership Incursion

**Wednesday, 26th July** – Grade 6 to Year 7 Transition Information Evening

**Tuesday, 1st August** – NCD Athletics

**Monday, 14th August** – Parent Teacher Interviews

**Tony Hand**  
**Principal**

### RENEWABLE/NUCLEAR ENERGY INFORMATION SESSION at ST. ARNAUD TOWN HALL

Staff and students are invited to a presentation by a Professor of Energy from NSW. The presentation includes understanding renewable and nuclear energy sources.

Time: 7pm Friday 4<sup>th</sup> August 2023

Venue: St Arnaud Town Hall

Contact: Colin Coates - 0427 69 33 29



# 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 26<sup>th</sup> 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.

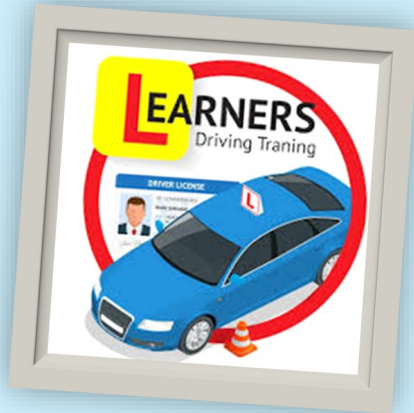


**Respect.**

**Responsibility.**

**Resilience.**

# L2P Program



## TAC L2P PROGRAM LEARNER BENEFITS



Are you between the ages of 16 and 21, with limited access to a supervising driver or vehicle?

Become a confident and competent driver

Achieve the 120 hours of required driving experience

Receive guidance from a trained mentor

Gain your independence



**NOW TAKING LEARNER ENROLMENTS!**  
Contact Penny: 0418 535 478 or [L2P@cglle.org.au](mailto:L2P@cglle.org.au)

## TAC L2P PROGRAM



### DID YOU KNOW OUR SCHOOL SUPPORTS YOUNG LEARNER DRIVERS?

The TAC L2P Program is free for young people between the ages of 16-23 who have limited access to a supervising driver or vehicle. Learners are matched with a fully licensed volunteer mentor and have access to a sponsored vehicle, which they can use to get supervised driving experience.

Thanks to Central Grampians LLEN, an L2P vehicle is located right here at St Arnaud Secondary College. We also have teachers who are trained L2P driver mentors!

For more information, please contact:  
Penny on 0418 535 478 or visit [www.cglle.org.au/l2p](http://www.cglle.org.au/l2p)



## TAC L2P PROGRAM



### NEED HELP GETTING YOUR LICENCE?

#### DO YOU TICK THE BOXES?

- ☒ BETWEEN 16 AND 21 YEARS OF AGE  
(and in some circumstances, up to the age of 23)
- ☒ LIMITED ACCESS TO A SUPERVISING DRIVER OR VEHICLE
- ☒ AN AUSTRALIAN CITIZEN WITH A CURRENT VICTORIAN LEARNER'S PERMIT



**NOW TAKING LEARNER ENROLMENTS!**  
Contact Penny: 0418 535 478 or [L2P@cglle.org.au](mailto:L2P@cglle.org.au)



## Yr. 12 Food Studies



For the start of Term 3, the two Food Studies students made a Coconut Chicken Bowl, with a recommended serving size of two, that fed 5 people! The recipe included coconut rice, an Asian salad and crispy skinned chicken. The theory being covered was a completion of 'food and the media', how media can influence our food choices, and also starting to look at our food systems and their impact on consumer behaviours.



## **Round 1 - Table Tennis Publicity Report**

This week, Round 1 was played in the Year 9 SEPEP table tennis tournament.

The matches were played between 'The Nickenators' and 'Ping Pong', and 'Jesus is King' and 'The Johnnyknoxvil', with 'Boogie with the Hoodies' as the duty team. The highest point scorer throughout the singles games was Acacia with 32 points. The highest scoring double partnership was Bob and Zak with 27 points.

This week was our first game of SEPEP. It was a lot of fun and it was great to see everyone participating and enjoying themselves. It was also good to see everyone helping each other and giving each other advice on how to play better.

By 'Boogie with the Hoodies' media manager Jade Shields.

Next week, 'The JohnnyKnoxviles' versus 'Boogie with the Hoodies', and 'Nickenators' versus 'Jesus is King' with 'Ping Pong' acting as the duty team.

## **Ladder after Round 1:**

	Team	Points
1.	Ping Pong	6
2.	The Johnny Knoxviles	6
3.	Jesus is King	4
4.	Boogie with the Hoodies	3
5.	Nickenators	2





## Yr. 11 Food Studies



This week, the boys cooked two different dishes which once again tested their knife skills and resilience.



Anthony cooked 'Pork and soba noodle stir-fry' - Stir-frying is a cooking technique that was introduced into Australia by the Chinese during the gold rush; the technique was also popular with the Vietnamese migrants who arrived during the 1970s. It is considered to be a healthy form of cooking because it uses little fat, and the food is tossed quickly over the heat, so it retains most of its nutrients. It is now a popular cooking method with a wide range of families. This recipe uses a very low-fat cut of pork and a variety of vegetables that will provide many important micronutrients as well as dietary fibre.



Jackson cooked Indian-style fish cakes with quick mango chutney - Bite-sized finger food such as these Indian-style fish cakes are popular to serve when entertaining friends.

Pouring boiling water over the fish, poaches the delicate flesh without overcooking it. The fresh but slightly spicy flavour of these fish cakes is balanced by serving them with mango chutney. Fish cakes are a very healthy snack food as they are high in protein but low in fat.



## Yr. 12 Outdoor Enviro Studies

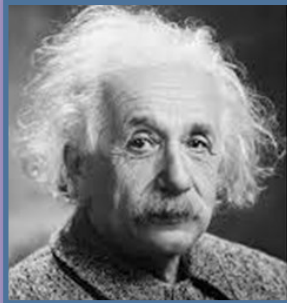


On Wednesday 21<sup>st</sup> June, the Year 12 Outdoor and Environmental Studies class undertook some water testing with the help of Mel Watts. Mel brought in 4 samples for the students to test. The students looked at and measured for salinity, pH, appearance (turbidity) and odour. The four samples were from the Avoca River, a dam, a rainwater tank and a duck pond.





# Science Week - 12th-20th August



"No amount of experimentation can ever prove me right; a single experiment can prove me wrong"



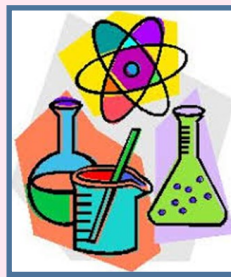
## Innovation or invention?

Invention is the discovery of something new. Innovation may improve inventions or change the way they are used. Some innovations do not require an invention, while others combine multiple inventions into a new product.

AHOY!

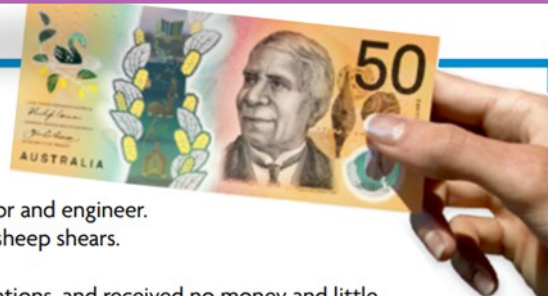


For example, the first car was an invention, while Uber was an innovation. The iPhone was an innovation based on existing mobile phones using a new combination of existing technologies, and it has changed the way we communicate.



David Unaipon appears on the \$50 note. He was a Ngarrindjeri man from the Coorong region of South Australia, and worked as an inventor and engineer. He is famous for designing hand-held, mechanical sheep shears.

David was unable to attain full patents for his inventions, and received no money and little recognition for the sheep shears that revolutionised the wool industry in the early 1900s.



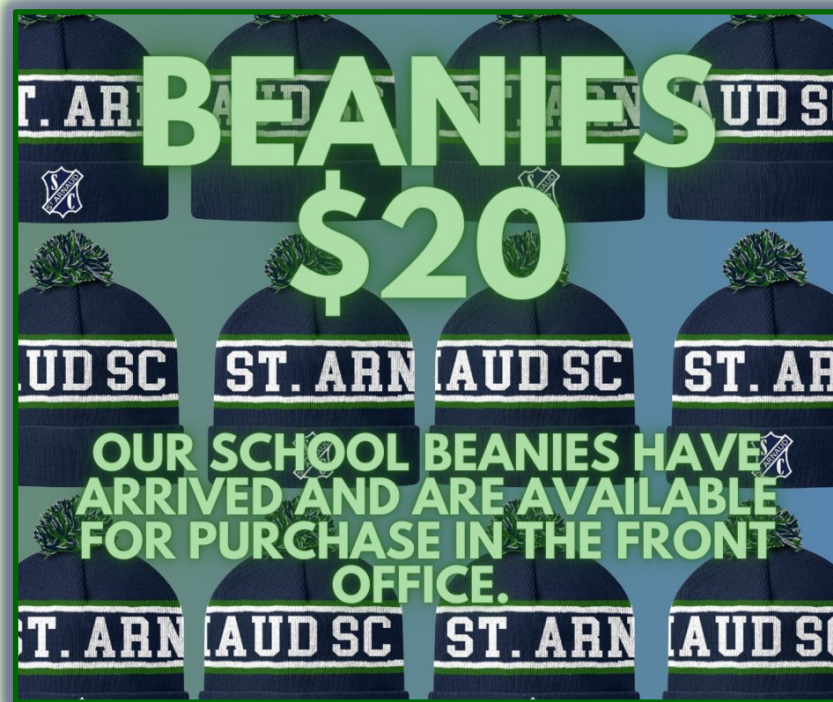
Australian \$50 bank note featuring David Unaipon  
Credit: Reserve Bank Australia



## School Beanies For Sale



Winter is here with a vengeance !!



Why not purchase one of our school beanies?

# Music

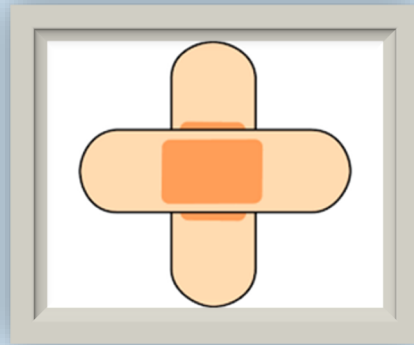


St. Arnaud Secondary College's new music room is set up and ready to go! Instruments are on the racks, guitars are plugged into their amps and drums sets are ready to roll.

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, 9<sup>th</sup> 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.



# Careers & Pathways

## Year 12 Students



### EARLY ENTRY PROGRAMS

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

### VTAC COURSE, SEAS, & SCHOLARSHIP APPLICATIONS

Open Monday 31<sup>st</sup> July

### YOUTHRIVE SCHOLARSHIPS

**UNIVERSITY** - Open Now – Close 25<sup>th</sup> August  
[www.youthrivevictoria.org.au/scholarships/university-scholarships/](http://www.youthrivevictoria.org.au/scholarships/university-scholarships/)



The USI is a unique identifier which keeps an online record of your education and training qualifications.

**All Year 12 Students applying for courses through VTAC will need a USI to set up their Account.**

If you have completed any vocational (VET) training in the past, you've probably already got a [www.usi.gov.au/students/find-your-usi](http://www.usi.gov.au/students/find-your-usi)

### HOW TO GET A USI?

Getting your USI is easy, free and takes less than 5 minutes. And you only have to create it once and you will have it for life!

Visit: [www.usi.gov.au/your-usi/create-usi](http://www.usi.gov.au/your-usi/create-usi)

## LONGERENONG OPEN DAY Sunday 6<sup>th</sup> August 2023



Come along to our Open Day and find out everything you need to know about studying at Longerenong College. You will have the chance to tour the campus and farm, meet staff and hear about the many and varied career opportunities that are available in the agriculture industries, scholarships, and course content.

Visit:

[www.longy.com.au/open-day-august-2023](http://www.longy.com.au/open-day-august-2023)

## EXPLORE CAREERS - CAREER QUIZ



Explore Careers has created a free quiz to help you discover the Australian industries and careers that are right for you. This quiz is unique because the results will tell you about real Australian companies that you could work for.

Explore Careers have partnered with hundreds of Australian employers to help high school students learn what job suits them.

Take the quiz here:

<https://explorecareers.com.au/career-quiz/>

## Work Experience with National Pharmacies (Melbourne locations)



At National Pharmacies, we are proud to offer work experience programs to secondary students and university students who are either studying, or have an interest in studying, Pharmacy.

For Further information visit:

[www.nationalpharmacies.com.au/careers/](http://www.nationalpharmacies.com.au/careers/)

## goIT Girls Work Experience Program



The goIT Girls program is a week-long work experience program aimed at female students in Years 10 and 11. At TCS, we are empowering Australian students with the skills they need to be ready for the workplace of the future.

This is a free program for students in years 10-11 enrolled in Australian schools. The program is aimed at young women who are curious about a career in technology. Students do not need any prior experience with technology to participate.

For 2023 Program dates Visit:

<https://tcsenpowers.tcsapps.com/apac/users/goit-girls-home>

Mrs Rebecca Reynolds  
Careers Co-ordinator

Sue Clay   
Careers and Pathways  
Email: [s.clay@ncllen.org.au](mailto:s.clay@ncllen.org.au)

## Vacancy List – Regional

Tuesday 18<sup>th</sup> July 2023



Job Title:	Location:	Close Date:	Employment Type:	Consultant:
Apprentice Butcher	Nhill	ASAP	Apprenticeship	Chris Barber
Water Operations Traineeship	Edenhope	ASAP	Traineeship	Shane Cross
Aged Care Support Traineeship	Stawell	ASAP	Traineeship	Daryl Eastwell
Light Vehicle Mechanic Apprenticeship	Donald	ASAP	Apprenticeship	Kate Clark
SB Apprentice Bricklayer	Horsham	ASAP	SB Apprenticeship	Paul Barnett
Light Vehicle Mechanic Apprenticeship	Horsham	ASAP	Apprenticeship	Chris Barber
Road Worker	Donald	ASAP	Casual	Nathan Keel
Seasonal Field Work 2023/2024 Intake	Horsham	ASAP	Casual EOI	Nathan Keel
Mechanical Workshop Allrounder	Bordertown/Kaniva	ASAP	Permanent	Paul Barnett

### Consultants:

Chris Barber	0427 346 655	<a href="mailto:chris.barber@skillinvest.com.au">chris.barber@skillinvest.com.au</a>
Daryl Eastwell	0407 364 654	<a href="mailto:daryl.eastwell@skillinvest.com.au">daryl.eastwell@skillinvest.com.au</a>
Kate Clark	0428 971 821	<a href="mailto:kate.clark@skillinvest.com.au">kate.clark@skillinvest.com.au</a>
Nathan Keel	0408 109 324	<a href="mailto:nathan.keel@skillinvest.com.au">nathan.keel@skillinvest.com.au</a>
Paul Barnett	0458 706 272	<a href="mailto:paul.barnett@skillinvest.com.au">paul.barnett@skillinvest.com.au</a>
Recruitment Team	03 5381 6200	<a href="mailto:recruitment@skillinvest.com.au">recruitment@skillinvest.com.au</a>

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](mailto:enquiries@defyingthedrift.org)

Rotary District 9780



**DEFYING THE DRIFT!**

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

[enquiries@defyingthedrift.org](mailto:enquiries@defyingthedrift.org)

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](http://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.

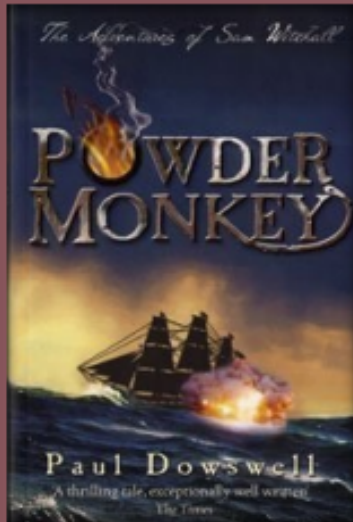
**More information at [www.defyingthedrift.org](http://www.defyingthedrift.org)**



**Rotary**  
District 9780

## *G. H. Edwards Library*



### **Powder Monkey**

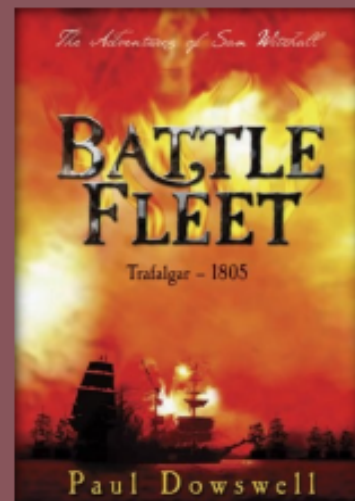
**By Paul Dowsell**

Sam is desperate to leave his sleepy Norfolk village and see the world. He seizes the chance to join a merchant ship but soon discovers that a life at sea is harsh and often short, especially when his ship is attacked by a French privateer. About to be boarded, they fear all is lost, but the privateers are driven off by the appearance of a Royal Navy ship. Sam's relief is short-lived. Soon after, another Navy ship sends over a press gang, and he is forced to join the frigate *Miranda*. War with France and Spain is raging and Sam is caught in the middle with a dangerous job as a powder monkey in the company of a brutal crew. An amazingly well-researched adventure giving a glimpse of one boy's incredible life at sea.

### **Battle Fleet - Trafalgar - 1805**

**By Paul Dowsell**

Sam escapes death in Australia when the truth about his false conviction is finally revealed. But on the journey back to England he faces pirates and a terrible storm, before making the longed-for trip back up the River Thames. Finally reunited with his family in Norfolk, Sam realizes how much life at sea has become part of him. So when he hears that Napoleon plans to attack England, he is tempted to join the Navy once more, and finds himself Midshipman on none other than the *Victory*, preparing for one of the most epic battles in Trafalgar.





## 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](mailto:kate.janetzki@xt.uniting.org)

**Uniting**



**Is your child struggling at school but financially unable to access external tutoring?**

**WE'RE HERE TO HELP.**

**WHAT WE DO**

- Connect students who struggle with school but are not able to afford tutoring otherwise to our dedicated volunteer tutors for free.
- Our tutors can assist Kindergarten to Year 9 students with English, Mathematics and Science, in addition to reading help for K-2 students.

**OUR MISSION**

eTutors Project connects students who are having learning difficulties with access to free weekly tutoring lessons to help them succeed, regardless of their financial capability.

**eTutors Project**

**To learn more about us or to enrol as a student, please visit**  
[www.eturorsproject.org](http://www.eturorsproject.org)



**CALLING FOR VOLUNTEERS**



Are you and your child(ren) looking for a new after school activity? Why not volunteer your time?  
**Volunteers are ordinary people who make extraordinary contributions.**

East Wimmera Health Services are seeking volunteers of all ages and experiences to spend time with residents in our aged care facilities.

As a friendly visitor you might:

- Chat with / write letters / look at photos with residents
- Play games (e.g. scrabble, bingo, cards, etc.)
- Craft activities (e.g. knitting, crochet, scrapbooking, painting, etc.)
- Reading the local paper/ poems/ short stories/ letters to a group of residents or one on one
- Do you or your child have a special skill? Chat with the Volunteer Coordinator to share your skills with residents.

*Please note, volunteers under the age of 16 must be accompanied by a parent/guardian at all times.*

We also have administration, maintenance, Planned Activity Group, community drivers and newsletter delivery volunteer positions at EWHS.

For more information or to express your interest in volunteering please contact us!

**Email: [volunteer@ewhs.org.au](mailto:volunteer@ewhs.org.au)**  
**Phone: 5477 2100**



## 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](mailto: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					
<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><b>Instrument preference:</b> 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><b>Timetabling preferences:</b> 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	\$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

Hot Dogs  
choice of sauce, mustard & cheese  
\$5.00



# 2023 Calendar



July	Mon	24th	Y-Lead Leadership Incursion
	Tues	25th	MIPS
	Wed	26th	2024 Yr. 7 Information Evening @ 5.30pm
	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 - Charlton
	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
	Mon-Fri	11th-15th	Yr. 10 Work Experience
	Thurs	14th	MIPS