

St. Arnaud Secondary College

Newsletter

Issue 22

Term 3
Week 27
28th July 2023



yLead *'Schoolyard Blitz'*

On Monday 24th, students at St. Arnaud Secondary College undertook a long-organised, long-delayed incursion by yLead: a national group dedicated to providing leadership experiences and education to Australian school students.

Every year, the new school captains attend a Leadership Conference in Melbourne at the end of January. This yLead incursion was originally organised by the 2021 School Captains; multiple re-scheduling were required due to the intervention of COVID.

Zoe Meredith-Brown from yLead came to St. Arnaud to run their 'Schoolyard Blitz'. She travelled all the way from Brisbane to conduct the sessions on leadership and self-empowerment for students across the school.

The first session was run with the Year 7 and 8 students. It was focused on unlocking a 10-step pathway to success, and about the importance of regulating emotions. They explored how the way they behave and act, affects not just themselves, but others in the group as well.

The second session included all the Year 11 and 12 students. Through the analogies of developing a dance and making a pizza, the students explored what sort of legacy they would like to leave at the school.

The final session of the day included the Year 9 and 10 students, who explored problem solving and solution-focused behaviour. They were motivated by the questions: 'How do we grab every opportunity?' and, 'How can we develop a solution-focused mindset?'

Students engaged enthusiastically with all the learning activities and there were some very raucous sessions around team competitions.

For anyone wanting more information about yLead, their work and opportunities, please consult their website: <https://ylead.com.au/>

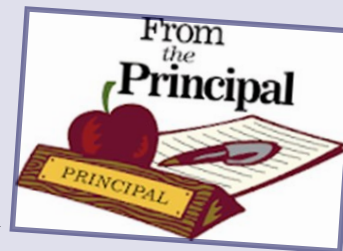


St. Arnaud Secondary College is a Child Safe School.

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



yLead

On Monday of this week, we hosted a yLead Incursion at the College which has been more than 2 years in the making. Each January, we send our College Captains to a yLead Leadership Conference in Melbourne for 3 days. At this conference the students learn a great deal about themselves and their roles as leaders in a school. In 2021 when Tylah Shields, Sophie Male and Emily Rice attended the conference, they thought it would be a great idea to share these learnings with the rest of the students in the school. However, COVID and several other factors prevented that from happening in 2021 and other issues last year, so it was great to finally have them this year. Reports back from both students and staff have been positive and we will possibly look toward having yLead come back to the school every second year to take the students through each of the workshops. Thanks to Tylah, Sophie and Emily for their drive in getting this program to all our students, and to Izzy and Rogan who greeted Zoe with such enthusiasm on Monday morning.

NAPLAN (National Assessment Program – Literacy and Numeracy)

Families of students in Years 7 and 9 will receive their child's NAPLAN results in the coming week. While the results come with some detailed explanations of how to read and interpret the reports, staff are more than happy to discuss your child's report with you. It is important to understand that these tests are a snapshot in time and are only one of many ways students are assessed throughout the year. This year there were also several changes, most significantly the timing of the testing, which makes comparison to previous years problematic. Due to this, student growth data is not available this year (or next year) which is unfortunate as in many respects, growth is more important than outright achievement.

NAPLAN – Year 7 & 9



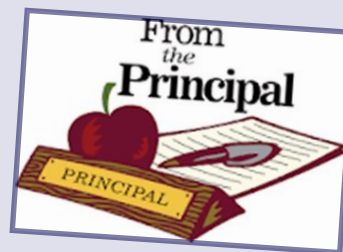
Naplan results have arrived and will be mailed out to Year 7 and Year 9 families. Please look out for them in the mail. Congratulations to students who were awarded certificates and well done to all who did their very best.

More information on the NAPLAN tests can be found on the website: www.nap.edu.au
If you have any questions regarding NAPLAN, you are most welcome to contact Mrs. Trudie Jackson or Mr. Drew Redmond.

Principal's Report

Year 6-7 Transition Information Session

On Wednesday – July 26th – we held our Grade 6 to Year 7 Transition Information Evening in the Hall. Due to the building works, we held a limited tour of the school, but shared the plans for the new building. There were some excited faces as expected and we look like having a very healthy sized group of Year 7 students in 2024.



NCD Athletics

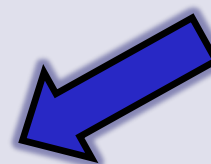
The NCD Athletics is on next Tuesday. A reminder for all students that they must be wearing full school sports uniform and participate on the day.

Buildings Update

The first of the steel should be arriving (or should have arrived) today which is exciting. With cranes and steel at one end, the concreters will be boxing out at the other end for our next full slab pour, so we should see some changes and lots of activity over the next few weeks.

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 features a larger range, including a jacket. Students can also purchase St. Arnaud Secondary College beanies through the SRC at the General Office. Puffer jackets are NOT to be worn at school.



Tuesday, 1st August – NCD Athletics

Monday, 7th August – VSSS Rehearsal @ Stadium

Monday, 14th August – Parent Teacher Interviews

Tuesday, 15th August – Yr. 10 Pre-Driver Education @ Charlton

**Wednesday, 16th August - Yr. 10 Pre-Driver Education @ Charlton
& Yr. 8 NCTTC Try Day**

**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 4th August 2023

Venue: St Arnaud Town Hall

Contact: Colin Coates - 0427 69 33 29





Reminder

2023 Parent Payments

Curriculum Contributions – contributions for curriculum items and activities which the school deems necessary for students to learn the Curriculum e.g. textbook use, consumable materials

Other Contributions – Voluntary financial contributions for non-curriculum items and activities that relate to the school's functions and objectives e.g. school building enhancements

Extra-Curricular Items and Activities – Items and activities that enhance or broaden the schooling experience of students and are above and beyond what the school provides for free to deliver the Curriculum. These are provided on a user-pays basis. e.g. Optional Year level camps

Fee schedules can be located on the College Webpage or contact the General Office—54951811

Webpage: <https://www.starnaudsc.vic.edu.au/page/229/2022-Parent-Payment-Policy>

DET Parent Payment Policy : <https://www2.education.vic.gov.au/pal/parent-payment/policy>

Parent Payment Arrangements and Options:

- Parents will be provided with early notification of annual payment requests and reasonable notice will be given for any other payment requests during the year (i.e. excursions, camps)
- The College offers Parents the option to make payment by instalments. Please contact Kerrie Swanton, Business Manager, to make these arrangements.
- Methods of payment are BPAY, EFTPOS, cash or cheque.
- Eligible families that receive Camps, Sport & Excursion Funds can allocate these funds for sports travel, camps and excursions only.
- The payment for Optional Items including camps and excursions must be paid by the specified due date prior to departure. Other payments for Optional Items including Food Technology must be paid in week 2 of each Term, or by negotiated instalments.

When making payment via BPAY please note the receipt number on the returned permission slip or email paid items to st.arnaud.sc@education.vic.gov.au

New families to the school who do not have Family B Pay details, please contact the school for these details.

What Sort of Start is Your Child Getting?



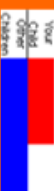

Just a little bit late doesn't seem much but.....

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!!

yLead Incursion Program Photos



As part of the 'Food Development' topic, Jackson and Anthony made two separate dishes.



Anthony made 'Meatball and Tomato Soup'. In this recipe, the capsicum is roasted in the oven to develop its flavour, soften the texture and make the skin easy to remove. The onion and garlic are shallow fried to develop the flavour and create a soft texture. The vegetables are simmered to blend the flavours of the soup and cook the pasta. The meatballs are simmered to cook the proteins and ensure they retain their shape.

Jackson made 'Middle Eastern Sausage Rolls'. Perhaps the only similarity between these sausage rolls, and sausage rolls traditionally eaten in Australia is their shape and that they are made from minced meat wrapped in pastry! This recipe uses kataifi pastry to encase a sweet yet spicy lamb mince to make an equally delicious finger food or light meal. Kataifi pastry is best used at room temperature so that the long, thin, vermicelli-like strands can be easily molded around a filling.



A big thank you must go to Mrs. Reynolds who made the kataifi pastry as we could not source any in town or in Ballarat. Another thank you goes to Mel Watts who helped Jackson roll the pastry around the sausage meat which was trickier than we thought.

A good job all around.



Art

Gustavo Morales runs a graphic design studio, Kattattack, and his workshops focus on giving voice to young people and social issues; often environment, mental health, diversity, and social connectedness. The Spark Education team feel it could be a great development opportunity for emerging school leaders, environmental groups or junior school council reps, as Gustavo uses creativity to give voice and empowerment to his students with a constructive outcome from the session. The workshop illustrates how graphics are a way of sharing an important message.

The workshops will run on August 15th and August 16th, 2023. Students need to book into one of the 90-minutes workshops. See this link for more information and to book a session.

<https://www.horshamtownhall.com.au/hthevent/social-change-poster-workshops-gustavo-morales/>

You can also find more work of Kattattack at:
www.behance.net/kattattak



GUSTAVO MORALES

SPARK

FREE SESSIONS ON AUGUST 15-16

- 9.15AM-10.45AM
- 11.15AM-12.45PM
- 1.15PM-2.45PM

Unleash your creativity with international Graphic Artist Gustavo Morales.

Under Gustavo's mentorship, design a poster based on an issue or topic of your choice in this thought-provoking workshop.

Materials will be provided free of charge.

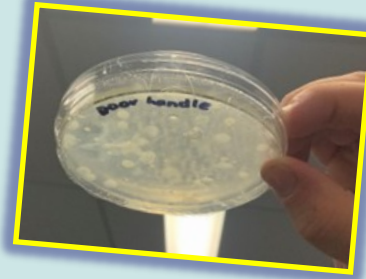
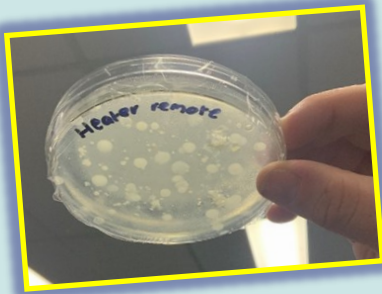
To view Gustavo's art and projects, visit www.kattattak.com

Image: Gustavo Morales, "Stop Sucking", 2008, courtesy of the artist

HORSHAM TOWN HALL SPARK EDUCATION HORSHAM

To book, visit www.horshamtownhall.com.au, contact our SPARK Education team 03 5263 0479, or email education@horshamtownhall.com.au

Yr. 12 Biology - Immunity

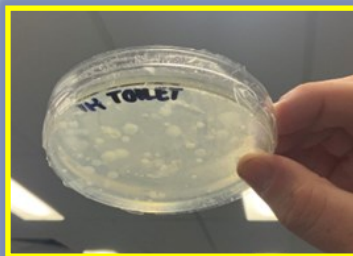
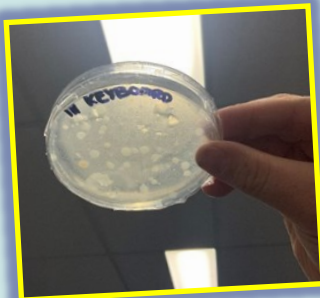
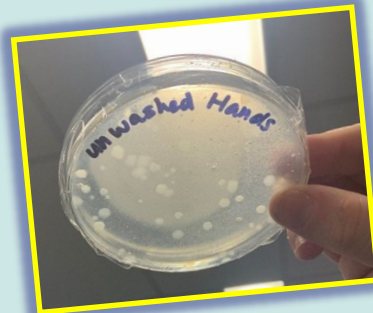
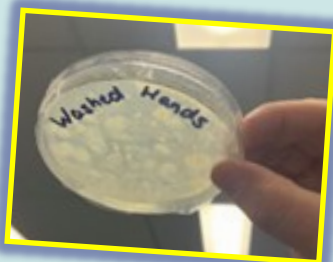
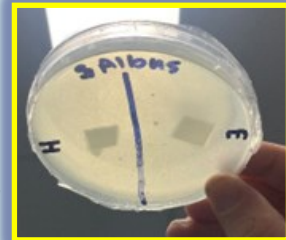


This week the Year 12 students investigated methods of preventing bacterial growth as part of their study on the immune system. Using agar plates infused with *Escherichia Coli* and *Staphylococcus albus*, the students used naturally occurring antibiotics to see the effects on the bacteria. Amy and Izzy tested honey and eucalyptus oil, while Morgan and Keegan tested tea tree oil and garlic.

Next, once again using agar plates infused with *Escherichia Coli* and *Staphylococcus albus*, the students used a Mastring (which is a ring impregnated with different six different antibiotics) to investigate the effect of some commercially produced antibiotics on the two different bacterium types.



The last part of the investigation saw Amy, Izzy and Morgan swabbing different places around the school and then putting the swabs on agar plates to see what bacteria would grow. Keegan set up her experiment to investigate whether washing your hands really prevented bacterial growth.

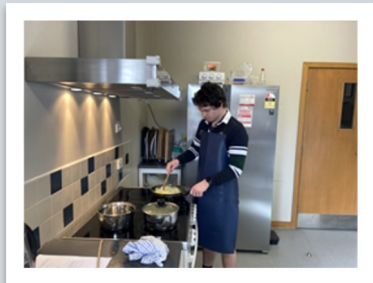


Yr. 12 Food Studies



For the start of Term 3, the two Food Studies students made two vegetarian dishes, the first being Dahl, a classic Indian dish made from red lentils and spices. Red lentils are a very good source of dietary fibre and a good source of protein and some group B vitamins.

The second dish was a pumpkin tart. This dish had fresh pastry made with olive oil as this has health benefits over pastry made with butter, as it doesn't contain saturated fats. The theory being covered was a completion of food and the media, how media can influence our food choices and starting to look at our food systems and their impact on consumer behaviours.



Yr. 9 SEPEP

Round 2 - Table Tennis Publicity Report

This week, Round 2 was played in the Year 9 SEPEP table tennis tournament.

The matches were played between 'The Johnnyknoxvil' and 'Boogie with the Hoodies', and 'Jesus is King' and 'The Nickenators', with 'Ping Pong' as the duty team. The highest point scorer throughout the singles games was Chloe with 51 points. The highest scoring double partnership was Mavrick and Chloe with 43 points from the team 'The Johnny Knoxville's'.

It was good to see everyone improving and having a lot of fun. It was nice to see everyone communicating and working as a team with a positive mindset, even if their team didn't win. A great day by all.

Next week there will be a bye round due to the NCD Athletics. In week 5, 'Ping Pong' will play 'Jesus is King', and 'Nickenators' will play 'Boogie with the Hoodies'. 'The Johnny Knoxville's' will be the duty team.

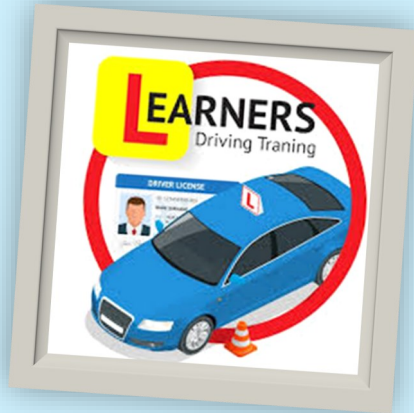
Publicity report completed by Josie Greenaway.

Ladder after Round 2:

	Team	Points
1.	The Johnny Knoxville's	12
2.	Ping Pong	11
3.	Jesus is King	8
4.	Nickenators	8
5.	Boogie with the Hoodies	7



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

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



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

Science Week - 12th-20th August



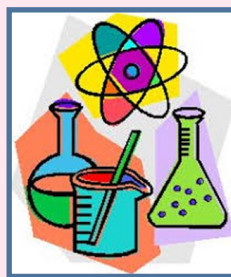
Innovation or invention?

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!

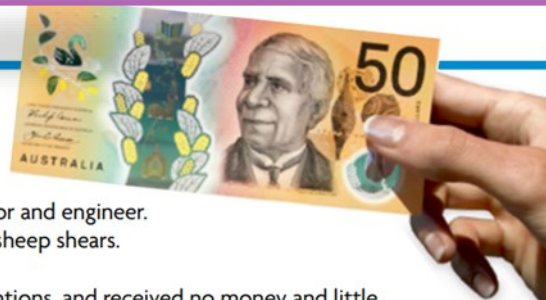


For example, the first car was an invention, while Uber was an innovation. The iPhone was an innovation based on existing mobile phones using a new combination of existing technologies, and it has changed the way we communicate.



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.

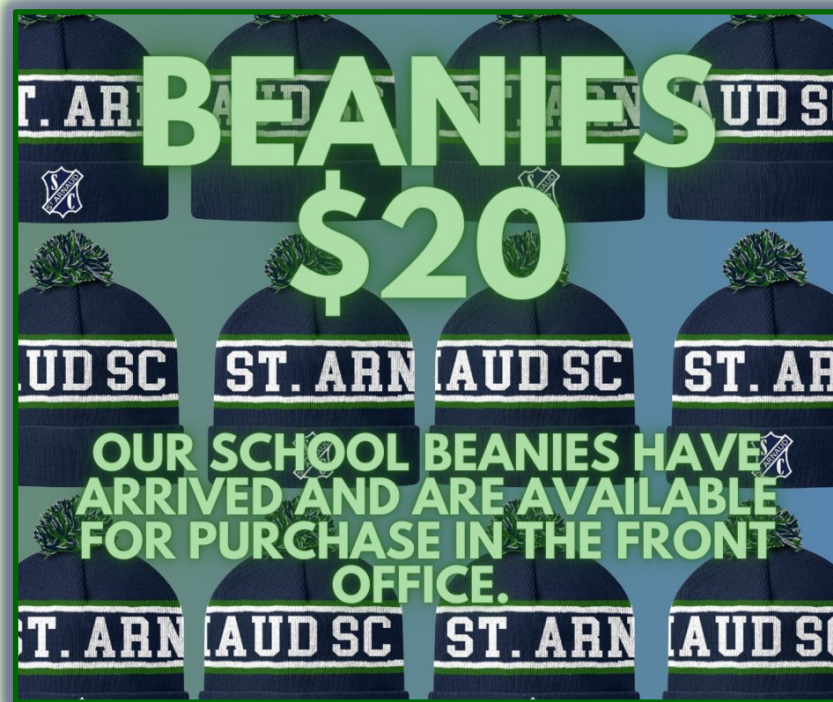


Australian \$50 bank note featuring David Unaipon
Credit: Reserve Bank Australia

School Beanies For Sale



Winter is here with a vengeance !!



Why not purchase one of our school beanies?

Music

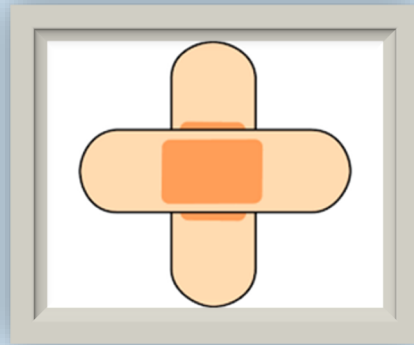


St. Arnaud Secondary College's new music room is set up and ready to go! Instruments are on the racks, guitars are plugged into their amps and drums sets are ready to roll.

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, 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/uni-scholarships/



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.

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

Open Days This Weekend

Sunday 30th July

Swinburne University – Hawthorn

www.swinburne.edu.au

Marcus Oldham College – Geelong

(online or in person)

www.marcusoldham.vic.edu.au

Don't Wait to Finish School to get Experience



You don't need to sit around and wait until you've finished school to start getting experience, building skills, and making connections for your future. There are lots of things you can do alongside your schoolwork.

Let's take a look at some of your options:

Part-time work

Finding a part-time or casual job is an excellent way to start building valuable skills, learning about the world of work, and even making important connections for the future (plus you get to earn some money too). You don't need to give up a lot of time for a job. It could be a few hours a week, either after school or on the weekend.

Start a business

If you have the initiative – and a great idea – you might like to start your own business. You're probably not going to become a millionaire overnight, but with some dedication and time you might be able to grow your business into something special.

<https://studyworkgrow.com.au/2021/08/16/how-to-start-a-business-in-high-school/>

Volunteer

Volunteering is a great way to develop important work and life skills – and it looks great on your resume or uni applications too. Sure, you might not be getting paid, but what you get back in experience is more than worth it. Volunteer work might even lead to a paid role down the track if you show some initiative.

Get work experience

It's a great way to get a taste of working life and can help you narrow down your future choices. Plus, it's another way you can learn useful skills and make future contacts.

Start networking

Try and get to know some of the big names in your industry of choice. You might even like to try and reach out to them for some advice, whether it's in person or via social media. Find a family friend or other trusted adult who has a job you'd love and ask them all about it.

Try a microcredential or MOOC (Massive open online course)

These bite-sized learning opportunities are a perfect way to upskill and gain new knowledge quickly and easily.

<https://studyworkgrow.com.au/2023/06/28/what-are-microcredentials/>

Hobbies

Learning can be fun too! Hobbies can help you build a huge variety of useful skills, from mindfulness to motor skills, as well as improving your focus and mental health.

Mrs Rebecca Reynolds
 Careers Co-ordinator

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

Vacancy List – Regional

Thursday 27th July 2023



Job Title	Location	Close Date	Position type:	Consultant
Water Operations Traineeship	Edenhope	ASAP	Traineeship	Shane Cross
Aged Care Support Traineeship	Stawell	ASAP	Traineeship	Daryl Eastwell
SB Apprentice Bricklayer	Horsham	ASAP	SB Apprenticeship	Paul Barnett
Light Vehicle Mechanic Apprenticeship	Horsham	ASAP	Apprenticeship	Chris Barber
Water Operations Traineeship	Donald	23 Aug 23	Traineeship	Daryl Eastwell
SB Apprentice Agricultural Mechanic	St Arnaud	8 Aug 23	SB Apprenticeship	Kate Clark
SB Parts Interpreter Apprenticeship	St Arnaud	8 Aug 23	SB Apprenticeship	Kate Clark
SB Business Traineeship	St Arnaud	8 Aug 23	SB Apprenticeship	Kate Clark
Road Worker	Donald	ASAP	Casual	Nathan Keel
Seasonal Field Work Intake	Horsham	ASAP	EOI Casual	Nathan Keel
Mechanical Workshop Allrounder	Bordertown	ASAP	Permanent	Paul Barnett
Office Administrator	Horsham	ASAP	Permanent	Paul Barnett
Terminal Supervisor	Horsham	ASAP	Permanent	Paul Barnett
Consultants				
Chris Barber	0427 346 655	chris.barber@skillinvest.com.au		
Daryl Eastwell	0407 364 654	daryl.eastwell@skillinvest.com.au		
Kate Clark	0428 971 821	kate.clark@skillinvest.com.au		
Nathan Keel	0408 109 324	nathan.keel@skillinvest.com.au		
Paul Barnett	0458 706 272	paul.barnett@skillinvest.com.au		

WATER INDUSTRY OPERATIONS TRAINEESHIP

**Donald &
St Arnaud
Areas**

× × × ×
× × × ×
× × × ×
× × × ×

1300 135 008

SKILLINVEST.COM.AU/JOBS



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



DEFYING THE DRIFT!

AGRICULTURE

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Sept 18-20
Longerenong Ag College.

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Rotary District 9780



District 9780 Rotary



DEFYING THE DRIFT!

A Rotary District 9780 program for young Australians

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.defyngthedrift.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.defyngthedrift.org

DEFYING THE DRIFT!



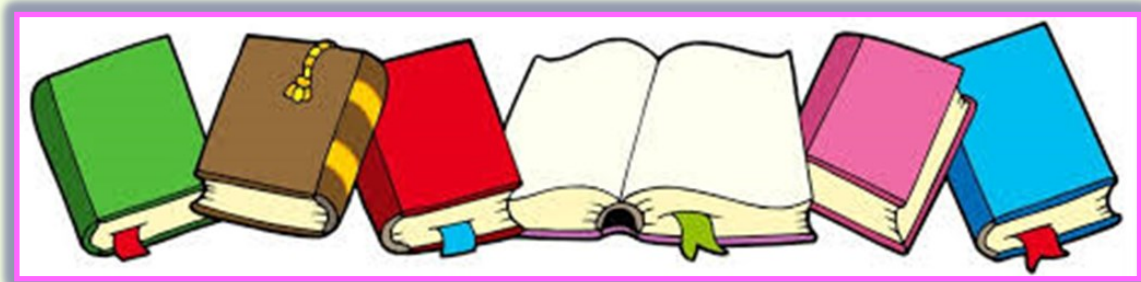
District 9780



*NO LIBRARY NEWS
THIS WEEK...*

*WATCH THIS SPACE
NEXT WEEK !!*



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/croups/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



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



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
Phone: 5477 2100



OLD SCHOOL ACTIVITY

Active play is a great way to work on your physical health and wellbeing whilst having fun and spending time with your friends.

These simple yet fun old school games are a great way to sneak in additional physical activity without needing heaps of equipment or time!

Perfect for an at-home activity or lunchtime game, play the games your parents did growing up!



Hopscotch

A great way to get your heart rate up and test your balance.

Hula Hoop

Test your core strength and coordination whilst exercising your heart and lungs.



Quoits

A steady hand and patience are needed for this game. Challenge yourself by increasing the throwing distance each round.

Elastics

A super fun game for lunch time. Gather your friends and workout your mind and body whilst jumping, twisting and signing rhymes to pass each level.

If you don't know how to play, ask your parents, even ask them to join in!



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).

Community Events

Gaining the most from the Great Victorian Bike Ride means

- Planning
- Preparation
- Looking Good
- Completing the Journey

BikeGearNow.com has helped participants on the GVBR. for many years. When it comes to Jerseys and Cycling Knicks, your group will want to look and feel great, all at an affordable price

All-inclusive pricing means no surprises; design, GST, delivery, it is all included and we can even lend you samples for sizing

Please email or give us a call if we can assist to take all the worry out of getting your unique Custom Design underway, but don't get caught out. It is surprising how quickly the GVBR comes around

And despite lots of price rises going on, simply contact us prior to August 15, to pay a \$200 deposit to pay just \$48 per item
In the unlikely case the GVBR is cancelled, we will refund your deposit

Call Doug on 0418 382 330 or email us at info@bikegearnow.com and join the long list of clients we have helped for many years



BikeGearNow.com for all your GVBR cycling kit and SAVE 0418 382 330

Every GVBR, numerous private and corporate groups, schools and individuals take on the mighty GVBR. Whether the 3 day, 5 day or 9 day, it is a challenge to be enjoyed. For some it marks a physical challenge never before considered or some an emotional challenge. For others it marks a celebration, of working together, to prepare and working together to get *everyone* through. Experience some beautiful, popular and historic areas of Victoria. East from Orbost all the way back to Wonthagi, it will be a blast to remember. By bike, what a wonderful journey

Great Vic Bike Ride

**It's Back
25 Nov - 3 Dec 2023
3, 5 and 9 day options**



**An adventure
anyone can do**



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.



School 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

**Baked Spuds
with Potato, Garlic Butter, Coleslaw
& Sour Cream**

\$6.00



2023 Calendar



July	Mon	31st	MIPS
August	Tues	1st	NCD Athletics @ Charlton
	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 R U OK Day
	Fri	15th	Last Day of Term 3
October	Mon	2nd	Term 4 Begins