#### St. Arnaud Secondary College Newsletter

**Issue 23** 

Term 3 Week 28 4th August 2023

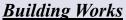






Address: Smith Street, St. Arnaud. Victoria 3478 Postal Address: P.O. Box 40, St. Arnaud 3478 Ph: (03) 54 951811 Website: <a href="www.starnaudsc.vic.edu.au">www.starnaudsc.vic.edu.au</a> Email: st.arnaud.sc@education.vic.gov.au Principal: Tony Hand

#### **Principal's Report**



The building works appear to have taken a huge step forward this week with the steel work starting to go up on the first portion of the build. We have had two days over the past week where significant steel deliveries have been made and it is difficult to n

significant steel deliveries have been made and it is difficult to not notice the massive crane that is towering above the school – this can be seen at many points around the town. We also had a second major concrete pour during the week, with the toilets and change rooms being completed. This sets up for the final stages of concreting which is probably the most challenging with several level changes and the highest slope of the surrounding ground level. It is hoped that all the concreting will be completed by the end of August, with the steel work moving in behind the concrete works.

#### Parent/Carer/Guardian Opinion Survey

Each year the Department runs three major surveys for feedback on the system and individual schools. The student attitudes to school survey and the staff opinion survey have already been completed this year, and the Parent/Caregiver/Guardian Survey is to be completed by September 8. We will provide further information about this survey in next week's newsletter.

#### **NCD Athletics**

On Tuesday, a team of students headed over to Charlton to participate in the NCD Athletics. Student behaviour and effort was excellent during the day and there were some strong performances. On the day, we came second to the much larger Maryborough team, which is a fantastic effort. We also had two students who were awarded age champions – congratulations Keegan Amos and Tyson Funston. Thanks to Mr. Knight and his team of staff who attended the day.

#### 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.

<u>Time</u>: 7pm Friday 4<sup>th</sup> August 2023 Venue: St Arnaud Town Hall

Contact: Colin Coates - 0427 69 33 29

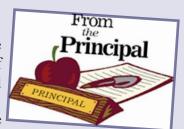


**TONIGHT** 

#### **Principal's Report**

#### Mobile Phones at School

The only downside of the athletics day was the behaviour of some students on the bus on the way home, which included the use of mobile phones. This is particularly disappointing considering all students were reminded about mobile phones at school during Monday's assembly. In this government-led policy, students are not to have access to mobile phones during the school day. At



St. Arnaud Secondary College, we are more than aware that students may need access to their mobile phones before and after school, and therefore students are to hand phones in at Home Group in the morning and get them back at the end of the day. Students found with phones at school in between these times will have them confiscated with parents required to collect the phones. If students continue to flaunt this process, phones may be kept at school overnight!

#### Market Square Car Park

It is interesting to note the front page of this week's North Central News and the controversy over the location of the Pre-Prep buildings in the Market Square Car Park. My understanding of it was that a great deal of misinformation was spread to try and get people to vote for that option, which is disappointing. What is clear, is that if that location is finally chosen, we will be losing or changing a great deal of current infrastructure (including car parking spaces) and trees, and having to relocate current services such as the V-line bus. This will also hamper the ability to hold community events such as the Uncle Bob's Market, the Christmas Procession festivities, Young Farmers Harvest Festival, (just to name a few) and find any parking near the centre of our town. All of this could be easily avoided as there were other options that did not require the loss of any community infrastructure or trees. Additionally, what happens if the centre needs to expand again – a loss of more trees and car parking? It may not be too late to express your opinion to the Northern Grampians Shire.





**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

Thursday, 17th August – NWZ Shooting Competition Friday, 25th August – Wear It Purple Day



Tony Hand Principal



## 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

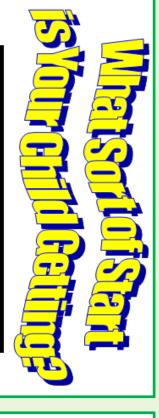
#### Parent Payment Arrangements and Options:

- 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.

#### **School Attendance Information**



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

Over 2 and a Half year	8 Weeks per year	1 day per week	1 hour per day
Nearly <u>l</u> and a Half <u>years</u>	4 Weeks per Year	Half a day per week	Half an hour per day
Nearly <u>l year</u>	Over 2.5 Weeks per year	1 hour 40 mins per week	20 minutes per day
Nearly Half a year	Nearly 1.5 weeks per year	10 minutes per day 50 minutes per week	10 minutes per day
and over 13 years of schooling that's	Which is	That equals	He/She is only missing just

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 Being Successful

# 1 or 2 days a week doesn't seem much but......

3 days per week	2 days per week	1 day per week	l day per fortuight	He/She is only missing just
120 Days per 24 weeks per year year	80 Days per year	40 Days per year	20 Days per year	That equals
24 weeks per year	16 weeks per year	8 weeks per year	4 weeks per year	Which is
Nearly 8 years	Over <u>5 years</u>	Over <u>2.5 years</u>	Nearly 1.5 years	and over 13 years of schooling that's
Your Child Cheer Child Cheer Child Cheer Equal to finishing at grade 4	Your Child Office Children Children Equal to finishing in grade 7	Vos Chid Orion Crioren Equal to finishing in grade 10	Viola Child Color Children Chi	Which means the best your child can perform is

# Everyday Counts!!

#### NCD ATHLETICS REPORT

On Tuesday the 1st of August, 40 students from St. Arnaud Secondary College competed at the Interschool Athletics Sports in Charlton. These students gave their best effort throughout the day, and many stepped up to fill events which was great to see. All students who represented the College are to be commended for their efforts!

A special congratulations to Keegan Amos and Tyson Funston who finished as the 18 Years Girls Age Champion and the 17 Years Boys Age Champion respectively – a great achievement!

16 Yrs. Girls 4x100m Relay

The College had many winners throughout the day and lots of notable performances:

#### and Ada Buenaventura - 16 Yrs. 100m Ryan Bigmore - 16 Yrs. Triple Jump Sami Weir - 13 Yrs. High Jump Bob Donald - 14 Yrs. Shot Put Kenna Lorusso - 13 Yrs. 100m Owen Lowe - 16 Yrs. Discus Jordana Bullock - 14 Yrs. 100m B Bob Donald - 14 Yrs. 100m Abby Weir – 16 Yrs. 100m B Tyson Funston – 17 Yrs. 100m Ryan Bigmore - 16 Yrs. 100m B Mahlie Morris - 14 Yrs. High Jump Adella Burr - 17 Yrs. 100m B Chase Zander - 15 Yrs. 100m B Abby Weir - 16 Yrs. Javelin Keegan Amos - 18 Yrs, 100m B Sami Weir - 13 Yrs. Long Jump Jordana Bullock - 14 Yrs. Long Jump Tyson Funston – 17 Yrs. Triple Jump Bob Donald - 14 Yrs. High Jump Tyson Funston - 17 Yrs. 200m Forbes Kirk - 13 Yrs. 200m Tyson Funston - 17 Yrs. 400m Jordana Bullock – 14 Yrs. 200m Josie Greenaway - 14 Yrs. Discus Ada Buenaventura – 16 Yrs. 200m Sam Male – 18 Yrs. Javelin Amy Greenaway - 18 Yrs. Shot Put 16 Yrs. Boys 4x100m Relay Keegan Amos – 18 Yrs. 400m 13 Yrs. Girls 4x100m Relay 14 Yrs. Girls 4x100m Relay 15 Yrs. Boys 4x100m Relay

3rd Abby Weir - 16 Yrs. Discus Addison Wright - 14 Yrs. Javelin Josie Greenaway - 14 Yrs. 100m Demi Leach - 17 Yrs. 100m Sam Male - 20 Yrs. Long Jump Forbes Kirk - 13 Yrs. 100m B Jackson Needs - 18 Yrs. 100m B Amy Greenaway - 18 Yrs. Shot Put George Gorrie - 16 Yrs. Shot Put Ada Buenaventura - 16 Yrs, High Jump Sami Weir - 13 Yrs. Triple Jump Kenna Lorusso – 13 Yrs. Long Jump Abby Weir - 16 Yrs. Long Jump Chase Zander - 15 Yrs. High Jump Sam Male – 18 Yrs. 1500m Keegan Amos – 18 Yrs. High Jump Ada Buenaventura - 16 Yrs. Triple Jump Austin Lowe - 14 Yrs. Discus 13 Yrs. Boys 4x100m Relay 14 Yrs. Boys 4x100m Relay 20 Yrs. Girls 4x100m Relay

Maryborough – 847 St Arnaud – 778 Boort – 724 Donald – 655 Wycheproof – 604 Charlton – 510 Birchip – 437 Pyramid Hill – 229 Wedderburn – 184 With some tough competition, St. Arnaud came second in the overall competition, narrowly being beaten by Maryborough Education Centre.

Students who placed first in events have now earnt the right to represent the College at the Loddon Mallee Region Athletics Carnival in Bendigo early next term. The students who have made it to the next stage will be notified soon.

Thanks to Miss. Griffith, Mr. MacDonald, Mrs. McCormick and Sophie Male for their assistance on the day.

Mr. Knight Sports Coordinator

#### **NCD Athletics Photos**



#### Yr. 8 & 9 Maths



#### Yr. 10 Science







On Tuesday, 1st August, the Year 10 Science students were lucky enough to have a special visit from Miss. Goode's dog, 'Einstein'. He was very popular and certainly added something extra special to the classroom.

The students were very thankful for Miss. Goode for bringing him in and look forward to having him back anytime!



#### Art

Gustavo Morales runs a graphic design studio, Kattattack, and his workshops focus on giving voice to young people and social issues; often environmental, 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 15<sup>th</sup> and August 16<sup>th</sup>, 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-posterworkshops-gustavo-morales/

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





#### Yr. 12 Food Studies

For the start of Term 3, the two Food Studies students made Spinach and Pork Ramen and Chocolate, Pear, and Raisin Cake. Ramen is a Japanese-style noodle soup that is flavoured with a small amount of meat and a variety of vegetables. Ramen noodles are a wheat-based noodle that have a slightly stronger flavour than traditional rice noodles. Unlike other cakes, the chocolate, pear and raisin cake is



high in saturated fat and sugar. The chocolate gives the cake a smooth, silky texture, with the sweetness of the pear and raisins, making it a moist, delicious cake.

In theory, the students were looking at fads and trends in foods, and also the influence of nutritional information in their product choices.



#### Yr. 11 Food Studies

This week saw Anthony and Jackson looking at the design processes of product development.





Jackson made 'Double Chocolate Biscuits'. These

biscuits are chocolatey and delicious, filled with chocolate custard. Jackson chose hexagon shaped cookie cutters. Two cooking techniques are used in production – baking and boiling.

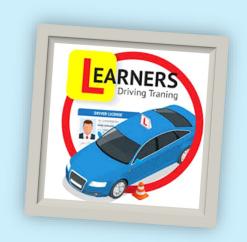


Anthony produced a 'Pear and parmesan salad with lemon chicken bites.' This recipe features fresh pears in a savory dish, adding texture, a contrasting colour and sweet flavour. Shallow frying is used to cook the lemon chicken bites and the vinaigrette is an example of a temporary emulsion.





#### **L2P Program**







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

Become a confident and competent driver

Receive guidance from a trained

Gain your independence

















**NOW TAKING LEARNER ENROLMENTS!** Contact Penny: 0418 535 478 or L2P@cgllen.org.au

#### **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.cgllen.org.au/l2p Contact Penny on 0418 535 478





#### **NEED HELP GETTING** YOUR LICENCE?

DO YOU TICK THE BOXES?



BETWEEN 16 AND 21 YEARS OF AGE



LIMITED ACCESS TO A SUPERVISING DRIVER OR VEHICLE



AN AUSTRALIAN CITIZEN WITH A CURRENT VICTORIAN LEARNER'S PERMIT













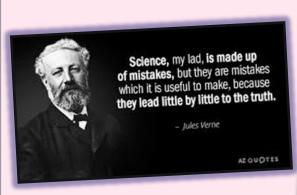
**NOW TAKING LEARNER ENROLMENTS!** Contact Penny: 0418 535 478 or L2P@cgllen.org.au







#### 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.



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.



AHOY!





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.

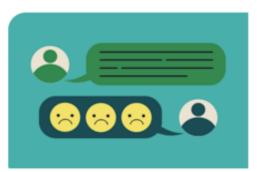
David was unable to attain full patents for his inventions, and received no money and little recognition for the sheep shears that revolutionised the wool industry in the early 1900s.



#### **Important**

Upcoming event:

We are hosting a CYBER SAFETY PARENT &



FAMILY INFORMATION ONLINE EVENT



Covering Cyber Safety, Cyber Bullying, and Sexting Education

Wednesday, 23rd August @ 6.30pm

Webex link will be sent out in the next few weeks via compass and newsletter.

Information provided by The Ballarat and Grampians Legal Centre.



Identity and Privacy



Bullying Awareness



Know the Rules

#### **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.

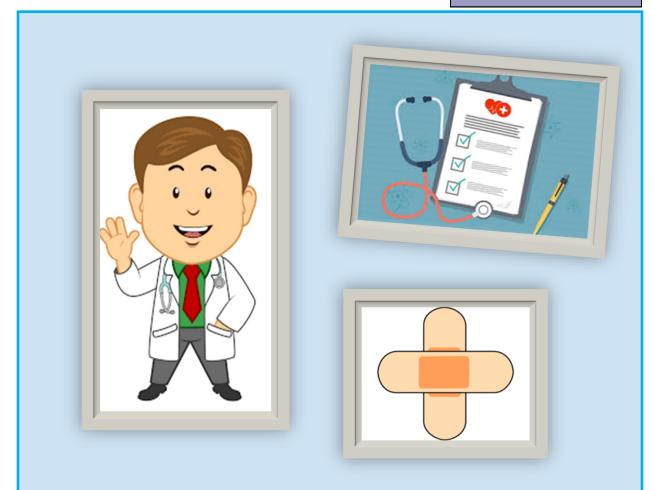
Instrumental lessons are free at our college and places are filling up fast. Get your permission forms in quick to secure your place in 2023's music program!







#### **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.

#### **Careers & Pathways**

#### 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 9<sup>th</sup> October

VU Guaranteed – Open Now, Close 8<sup>th</sup> October. Federation Uni Early Offer – Open Now, Close 1<sup>th</sup> December

VTAC COURSE, SEAS, & SCHOLARSHIP
APPPLICATIONS

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

#### YOUTHRIVE SCHOLARSHIPS

UNIVERSITY - Open Now - Close 25<sup>th</sup> August www.youthrivevictoria.org.au/scholarships/unischolarships/



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

Saturday 5th August

Monash University – Peninsula & Caulfield Campuses

www.monash.edu/open-day

#### Sunday 6<sup>th</sup> August

Charles Sturt Uni – Wagga Wagga Campus https://study.csu.edu.au/why-charlessturt/events/open-day

Deakin University – Warrnambool Campus www.deakin.edu.au/student-life-andservices/events/open-day

The Gordon TAFE Geelong

www.thegordon.edu.au/quick-links/special-noticepages/open-day

RMIT - Bundoora Campus

www.rmit.edu.au/openday

Latrobe University – Bundoora Campus www.latrobe.edu.au/openday

Longerenong College

www.longy.com.au/open-day-august-2023

Monash University – Clayton Campus www.monash.edu/open-day

#### VTAC, SEAS and Scholarships



A reminder to Year 12 Students that the VTAC Course applications are now open, and close on 28th September @ 5:00pm.

This closing date doesn't mean that you have to have all your course preferences listed in the correct order by then, it just means that you must have created your VTAC account and put in some preferences by this date in order to avoid any late fees. You can add in and take out courses right up until after you get your Year 12 Results.

Be aware that there are some courses that close early (this means that these courses *must* be in your preference list by 28<sup>th</sup> September) – you can find a list of these courses here:

www.vtac.edu.au/early-close.html

SEAS and Scholarships Applications both close on October 6<sup>th</sup>, 2023 @ 5:00pm

#### VU | Supporting Success – Information for Parents of High School Students



MELBOURNE AUSTRALIA

#### Tuesday August 8<sup>th</sup>, 2023 (Online)

Come along and hear all the finer details on how you can best support your student as they choose their options for tertiary study. Hear about how Victoria University is changing how students' study with our Block Model and First Year College support.

#### To Register Visit:

https://victoriauniversity.zoom.us/webinar/register/ WN kYzumIERf6Oer5LZck0ZQ#/registration

#### National Science Week 2023



This year, National Science Week will take place from Saturday 12<sup>th</sup> to Sunday 20<sup>th</sup> August.

All around Australia there will be a huge variety of live online events, virtual tours, competitions, and fun activities to participate in and grow your STEM knowledge.

Take a look at what's on and find a whole bunch of resources here: www.scienceweek.net.au/

Mrs Rebecca Reynolds Careers Co-ordinator

Sue Clay -----

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

#### Careers & Pathways

Consultants

load Worker

Donald Horsham erminal Supervisor

Horsham

sonal Field Work Intake

Daryl Eastwell Chris Barber

0427 346 655 0407 364 654 0428 971 821 0408 109 324

chris.barber@skillinvest.com.au

daryl.eastwell@skillinvest.com.au

nathan.keel@skillinvest.com.au

Nathan Keel

(ate Clark

# Vacancy List - Regional

Tuesday 1<sup>st</sup> August 2023



WATER INDUSTRY

skillinvest.com.a	03 5381 62	Horsham, VIC 3400	15-17 Dimboola Road	
m.au	1 6200	3400	Road	

Donald &

**OPERATIONS**TRAINEESHIP

ASAP	8 Aug 23	8 Aug 23
Traineeship	SB Apprenticeship	SB Apprenticeship
Shane Cross	Kate Clark	Kate Clark

SB Apprenticeship

SB Parts Interpreter Apprenticeship

St Arnaud

Water Operations Traineeship

ght Vehicle Mechanic Apprenticeship

Donald

ASAP

Apprenticeship

23 Aug 23

Daryl Eastwell Kate Clark

St Arnaud

Areas

Close Date Position type:

Consultant

Job Title

Water Operations Traineeship

Edenhope St Arnaud

SB Business Traineeship

Mechanical Workshop Allrounder

Bordertown

ged Care Support Traineeship

Stawell

ASAP Traineeship Daryl Eastwell

ASAP Permanent Permanent Paul Barnett

ASAP ASAP Permanent

ASAP Casual Nathan Keel

Nathan Keel Paul Barnett Paul Barnett

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#### Administration Officer

- Leading Agribusiness based in St. Arnaud
- Permanent full-time position

#### Who we are

Ridley AgriProducts is Australia's largest manufacturer of stockfeed and supplements, employing over 700 people across 21 manufacturing plants. It provides a critical service for both the majority of livestock food producers in the beef, dairy, poultry, pig, sheep and aquaculture industries, equine and canines in the recreational sector.

#### The role

We are currently seeking an Administration Officer for our St. Arnaud site. Reporting to the Site Manager, this role will ensure Administration functions for the site are completed including inventory support/ reconciliations, inward/outward transaction verification and non-inventory processing. This will include external areas that this site maintains. The position may support other Administration functions within Regional sites activities.

#### Key responsibilities for this position include but are not limited to:

- Ensure that the daily administration processing procedures are followed per national timeframes and guidelines.
- · Run and analyse inventory reports to ensure data integrity is maintained.
- Complete all inbound receival checking and verification.
- Outbound Sales Transport Loading preparation and assembly of associated documents.
- Dispatched Sales order verification including customer credit/invoice/freight adjustments
- · Conduct daily/monthly inventory reconciliations on inventory stock items.
- · Telephone response for internal and external customers in line with procedure
- Enter customer sales orders into ERP system accurately and promptly as required
- Complete all CHEP-related transactions including Monthly reconciliations per current National procedures.
- Maintain consistent supply of all required office stationary, staff amenities and personal protective equipment.
- Management of weighbridge and transport bookings for site.
- Provide support and or relief to other Regional Hub activities completed by Administration personnel as directed by Management.
- Complete any other responsibilities as specifically directed by Management or delegate
- Ensure all activities at the site are conducted in a safe manner and comply with current workplace OH&S legislation and company policy

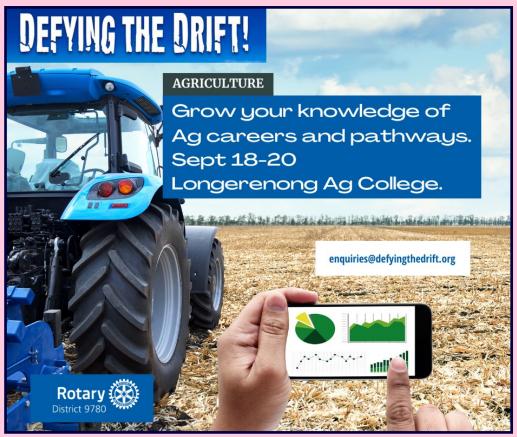
#### To be considered for the role you will have:

- Sound knowledge of general accounting and administration functions
- Thorough understanding of the D365 and Microsoft Office systems.
- Knowledge and an understanding of company policies and procedures in relation to administration.
- Inventory Management principles and knowledge essential
- Strong verbal, negotiation and written communication skills.
- Ability to relate to all levels of management.
- High attention to detail.
- Good understanding of the business and site processes.
- Knowledge in accounts payable applications

#### How to apply

If this is you, please visit www.ridley.com.au/about/vacancies and provide both your resume and cover letter. Open to applicants with unrestricted work rights in Australia. Only successful applicants will be contacted.





#### **Careers & Pathways**



THERE ARE WONDERFUL OPPORTUNITIES FOR FANTASTIC, HIGH PAYING AND SECURE CAREERS IN EVERY WALK OF LIFE IN RURAL

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. VICTORIA. WITH IT COMES A LIFESTYLE THAT CITY FOLK CAN ONLY DREAM ABOUT.

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 agricultura 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 DD 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





#### The G.H. Edwards Library

### J. H. Edwards Library

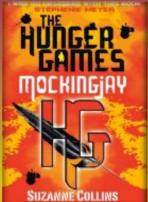


#### The Hunger Games - Catching fire

#### By Suzanne Collins

Against all odds, Katniss Everdeen has won the annual Hunger Games with fellow district tribute Peeta Mellark. But it was a victory won by defiance of the Capitol and their harsh rules. The Capitol is angry. The Capitol wants revenge. Suzanne Collins continues the amazing story of Katniss Everdeen in Catching Fire, the second novel of the phenomenal Hunger Games trilogy. Read Chapters one and

two to find out what happens next.



#### The Hunger Games - Mockingjay By Suzanne Collins

Katniss Everdeen, girl on fire, has survived, even though her home has been destroyed. Gale has escaped. Katniss's family is safe. Peeta has been captured by the Capitol. District 13 really does exist. There are rebels. There are new leaders. A revolution is unfolding.

It is by design that Katniss was rescued from the arena in the cruel and haunting Quarter Quell, and it is by design that she has long been

part of the revolution without knowing it. District 13 has come out of the shadows and is plotting to overthrow the Capitol. Everyone, it seems, has had a

hand in the carefully laid plans—except Katniss.

The success of the rebellion hinges on Katniss's willingness to be a pawn, to accept responsibility for countless lives, and to change the course of the future of Panem. To do this, she must put aside her feelings of anger and distrust. She must become the rebels' Mockingjay—no matter what the personal cost.



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.



#### 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.

### anglicarevic.org.au

## this will be checked for you





my family eligible for the School Student Broadband Initiative? Have a child living at home that is enrolled in an Australian school in 2023 Not have an active National Broadband Network (nbn®) Internet service at are still eligible if the home has previously been connected to nbn internet.

low can the School Student Broadband Initiative help your child?

Call 1800 954 610 (between 8am and 7pm) or scan QR CODE to register your details Contact our team to check eligibility and for help getting your family connected.

The School Student Broadband Initiative provides free home internet for one year for up to 6,300 unconnected

STUDENT INTERNET PROGRAM

We can support your child's education with free internet at home.



will be provided at no cost for one







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information, please contact Northern

If you need more

Marcy Britten on 03 **Engagement Officer** 

Youth Strategy - a plan

for the future.

5358 0565

Your response will help us develop the shire's

5358 0565

Council Community

Health and

Grampians Shire



Do you have an idea Responsible for a young person?

> 12 to 24 years Are you

old?

place to live, now and

a great

into the future?

great place for young that would help us make our shire a

the time Now is to tell

working What is well?

**Engagement Officer** Marcy Britten on 03 Council Community information, please contact Northern If you need more Grampians Shire Health and

Your response will help us develop the shire's for the future.

lsn









# 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.

parenting program designed to support parents of teenagers who have difficulty attending school 'school phobia'). The program is being offered as part of a research trial. **due to anxiety, depression, or emotional distress** (sometimes called 'school refusal', 'school can't, or Researchers from Monash University and Deakin University are offering parents a FREE online

# What's included in the program?

- A parenting self-assessment tool with personalised feedback
- Complete weekly modules and work health and school attendance strategies to support your teen's mental Up to 13 online modules with practical

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.

### FIND OUT MORE:

experience with the program. You'll receive a \$20 gift voucher after completing the second survey,

and your teen's mental health. We may also invite you to complete an interview about your To help us evaluate the program, we'll ask you to complete two online surveys about your parenting

What else is involved?

and an additional \$20 gift voucher if you complete an interview.

pip-ed.web.app

med-pip-ed@monash.edu

This research has been approved by the Monash University Human Research Ethics Committee (ID: 32704).

# **How MOST works**

nnects you to a blend of or support from real people. rovides on-demand support to young experiencing mental ill-health.

Get tips and strategies that work - in a personal program to work through in your own time - plus access to clinical and career experts and a peer support team with their own lived experiences.



# Get connected to MOST

two services - one for young people aged 12 to 14 MOST digital therapy offers 15 to 25.

about MOST at

## 3 4 W T F 3

#### on your terms easier. With MOST, we've made getting support

MOST is designed to give you help before n-between and after face-to-face session

You need a clinician to get you connected, but then MOST's available whether or not you stay with the service for your care.

## MOST gives you

MOST / ; ¿ ¿ Digital

Get mental health support when and where you need it

served up as cartoons, activities and practical somalised library of tools

There are journeys to help you improve your mood improve your sleep, find your confidence, find your

If you need it, connect with peer support on calm, explore social hacks and sort out all things



Vision St. Arnaud Youth Group's Drop-In Centre will be open this Friday, 4th August between 7pm-9.30pm in the little white Church on the corner of Alma Street and Queens Ave.

Any Grade 6 - Year 12 kids that like Table Tennis, Toasted Sandwiches and Storytime.

Everyone Welcome...





BikeGearNow.com for all your GVBR cycling Kit and

SAVE

**28E BLHO** 

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# Gaining the most from the Great Victorian Bike Ride

means

•Planning

PreparationLooking Good

Completing the Journey

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

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 get-

All-inclusive pricing means no surprises; design, GST, delivery, it is all

ting 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

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



#### **Expressions of Interest**

#### Places are limited and are allocated on a firs Lessons are held on a rotating timetable, N Parent / Guardian Signature Parent / Guardian email: Parent / Guardian Mobile Parent / Guardian Name Instrument preference: Please tick your choice(s) rumental lessons in 2023. pndays, Wednesdays and Thursdays, so each week. Lessons are free of charge. -come-first-served basis. Ukulele. (School Use/Received: 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 Timetabling preferences: **Vocals**



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

Plain Pies	\$5.00	Slices	\$2.00
Pastie	\$5.00	Fruit Salad	\$4.00
Flavour Pie	\$5.00	Yoghurt variety	\$1.50
Sausage Rolls	\$4.00	Snack Wrap	\$3.00
Spinach & Ricotta Roll	\$4.00		

#### Drinks

#### The following include -

The following incit	<u> 10e</u> –		
Choice of Chicken, Ham, Tuna,		Water	\$3.00
Salami		Sparkling Water	\$3.00
Lettuce, Tomato, Cheese	-	Flavoured Water	\$4.00
Cucumber, Carrot, an		Nippy's	\$3.00
Salad Roll	\$5.00	Big M 500ml	\$4.00
Salad Sandwich	\$5.00	Big M 300ml	\$3.00
Salad Wrap	\$5.00	Daily Juice	\$4.00
Salad Bowl	\$5.00	Juice Box	\$2.00
Sweet Chilli wraps	\$6.00		,
Sweet Chilli Bowl	\$6.00	Mondays are Specials	Day ch

\$6.00

\$6.00

\$4.00

\$4.00

Mondays are Specials Day, check out the Specials Board

Stacey's Monday Canteen
Special

! Treat Day!

Air fried Nuggets

2 for \$1.00

Air fried Dim Sims \$1.00 each



Eftpos Facilities Available (minimum \$5.00)

Chicken Caesar Wrap

Mixed Sand/Toasties

Toasted Focaccia

Pizza Variety



#### 2023 Calendar

August	Mon	7th	VSSS 4th Dance Rehearsal @ St. Arnaud Stadium
	Tues	8th	Broader Horizons
	Mon	14th	Parent Teacher Interviews—9am-7pm Yr. 11 & 12 Classes running as normal
	Tues	15h	Science Week Starts Broader Horizons
	Tues-Wed	15th-16th	Yr. 10 Pre-Driver Education - Charlton
	Wed	16th	Yr. 8's NCTTC Try Day - Charlton MIPS
	Thurs	17th	NWZ Shoot—Mildura
	Fri	18th	Yr. 8/9 MAN CAVE
	Thurs	24th	VET NCTTC First Aid Broader Horizons
	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 R U OK Day
	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
	Fri	15th	Last Day of Term 3
October	Mon	2nd	Term 4 Begins