

St. Arnaud Secondary College Newsletter

Issue 24

Term 3
Week 29
11th August 2023

Congratulations to Sami Weir, Lucy O'Donnell, Addison Wright and Forbes Kirk for consistently bringing their PE uniform to all Physical Education classes in Semester 1.

Well done!

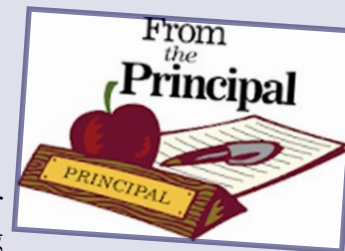


St. Arnaud Secondary College is a Child Safe School.

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



Parent Teacher Interviews

Next Monday, August 7th, we will be conducting Parent Teacher Interviews at the College. Year 11 and 12 classes will be running as normal on the day so all those students, and any Year 10

students who have a Year 11 class on Monday, will be expected at school as normal. There is a booking process through Compass and if you are experiencing any difficulties with that, please contact the College.

Parent Teacher Interviews are an important part of the educational process, and we encourage all parents to make appointments for Monday. This is especially important for Year 12 students in their lead into final assessment as it is not too late to make a major impact on eventual outcomes over the next 8 weeks.

Building Works

The building works are progressing at, what appears to be, a significant rate with the backbone frame of the west end of the building coming together very quickly and progress being clearly seen every day. The crane work is impressive and an important part of the life size “mechano” set building here on site. At the other end of the building, the concrete work for the changerooms and toilets is complete and, like the west end, really tidies up the space and gives a great feel for what it will become. We are now working on the final major pour which is in the middle and trickiest section; it has some high retaining walls and level changes due to the fall in the land.

We have also completed significant asbestos removal and these areas are currently being painted to get them back to “better than before.” While you can see the crane when it is in operation from many places around the town, Wheeler Street provides some good vantage points for seeing the progress of the works.

Parent/Carer/Guardian Opinion Survey

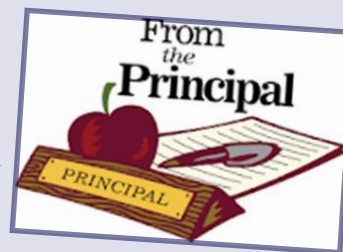
As mentioned last week, it is the time of year when the College and Department seek feedback from Parents/Caregivers/Guardians of students in Government schools. Your feedback is important and following Department guidelines, 30 families have been selected to complete the survey. We would hope that every family who receives an invitation would take the 15-20 minutes to complete the survey to help us improve what we are doing here at the College and possibly point out things that we are doing well. If you have been sent an invitation and are not sure how or what to do, please contact the General Office.

Please refer to Page 6 of this newsletter for further information regarding the survey.

Principal's Report

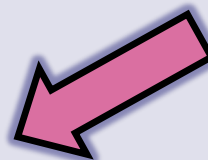
School Captain Applications

The process for selecting the 2024 School Captains has begun with students from Year 10 and 11 being invited to submit an application for the positions. Students will then have an interview with a panel including past College Captains before making presentations to the student body prior to student and staff voting. An announcement is expected to be made prior to the end of Term 3.



Student Behaviour – Respect of Property and Others

Unfortunately, we have noticed a decline in student behaviour and attitude over the past few weeks in the junior year levels at the school, particularly Year 9. This is really focused on some 'silly' behaviour and a lack of respect for other people or theirs and other's property. This includes silly games such as 'rock tigg' and poor sportsmanship on 4-square courts. Some behaviour has resulted in several Year 9 students having their school laptop privileges removed because they repeatedly would not return them to a trolley for charging and storage overnight. We are working on this at school and would appreciate any support with this at home as well.



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

Monday, 28th August – Start of Yr. 9 Enviro Week

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 a 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?



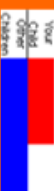

Just a little bit late doesn't seem much but.....

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	
1 day per week	40 Days per year	8 weeks per year	Over <u>2.5</u> years	
2 days per week	80 Days per year	16 weeks per year	Over <u>5</u> years	
3 days per week	120 Days per year	24 weeks per year	Nearly <u>8</u> years	

Everyday Counts!!



2023 Parent/Caregiver/Guardian Opinion Survey:

WE WANT OUR PARENTS / CAREGIVERS / GUARDIANS TO TELL US WHAT THEY THINK!

Our school is conducting a survey to find out what Parents/Caregivers/Guardians think of our school. The Parent/Caregiver/Guardian Opinion Survey is an annual survey offered by the Department of Education that is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behavior, and student engagement. The survey is optional, but we encourage all families to participate. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

A random sample of approximately 30 Parents/Caregivers/Guardians have been selected to participate in this year's survey.

The Parent / Caregiver / Guardian Opinion Survey will be open from **Monday 7th August to Friday 8th September 2023.**

The survey will be conducted **online**, only takes **20 minutes** to complete, and can be accessed at any convenient time within the survey period on desktop computers, laptops, tablets, or smartphones. The online survey will be available in English and 10 other languages including Arabic, Greek, Hakha Chin, Hindi, Japanese, Punjabi, Simplified Chinese, Somali, Turkish, and Vietnamese.

Please contact the General Office if you require any assistance!!

Yr. 11 Food Studies



This week Anthony and Jackson had a design brief where they had to create and prepare two snacks that could be eaten on a road trip to Sydney. The snacks had to be natural, organic and contain sustainable foods that could easily be eaten in the car or when stopping for a break. One snack had to contain chicken and the snacks had to challenge traditional flavours and combinations of ingredients. On the road trip they would have an esky to keep products cool, but there would be no way to reheat any of the food.

Anthony decided to produce 'Vegan Rice Balls', which contained whole-meal rice, mashed pumpkin, tofu, a range of organic seeds and seaweed. Once all the ingredients were mixed together and made into bite size balls, they were rolled in sesame seeds and baked in the oven. The end product was a delicious and surprisingly sweet snack.



Jackson's choice was to create 'Red Chicken Curry Sausage Rolls'. They contained red curry paste, brown sugar, fish sauce, spring onions and coriander. The sausage rolls were also topped with sesame seeds and baked in the oven. Once cooked, they were accompanied by a dipping sauce made with fish sauce, rice vinegar, lime juice and red chili. The overall flavours were fantastic and were enjoyed by everyone who tasted them.

A big congratulations to both boys for their creations.

Yr. 9 Broader Horizons — Health

This week we started our Broader Horizons Program, a program ran in conjunction with the NCLLEN (North Central Local Learning & Employment Network). Broader Horizons is a Year 9 Careers Program which provides students with a broader outlook and higher awareness of potential careers available within the local community. This year's program will be conducted throughout Term 3. Year 9 students will be given the opportunity to participate in one of the four career areas – Agriculture, Health Services, Retail or Local Government. It's a wonderful opportunity for Year 9 students to gain more of an understanding of the many different types of jobs there are within a specific industry.



This week a group of students went to the hospital and spent time looking at the following areas: Health Promotion, Dietetics, Physiotherapy, Occupational Therapy, Health @ Home and Continence Nurse.

Next Tuesday, the Agriculture students will head out for the day. They will need to wear appropriate footwear with their school uniform and bring their lunch along.

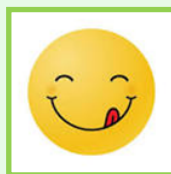


Yr. 12 Food Studies



This week in Food, we had only one student and he made a Japanese Curry while I made Whole-meal Chocolate Biscuits. Japanese curries are full flavoured without extreme spice. Dark chocolate is added to the curry to add a richness to the sauce, and the inclusion of apple gives a touch of sweetness.

The ingredients used are a good source of Vitamin A and C; it also provides a serve of carbohydrates. The vegetables provide fibre, and the meat is a good source of protein. The biscuits are high in dietary fibre due to the use of rolled oats in the recipe. In theory, students are looking at food security and ensuring that all ingredients are readily accessible and affordable to everyone





How will you science this National Science Week?

12-20 AUG 2023
scienceweek.net.au
#scienceweek

1. Why are chemists excellent for solving problems?
They have all the solutions.

2. What did the volcano say to his beautiful wife?
I lava you

3. Why is it bad to trust atoms?
They make up everything!

4. How can you know a tree is a dogwood tree?
By its bark!

5. What should you call a pig who knows karate?
A porkchop!

BEST SCIENCE JOKE: If you see Mrs. Jackson with your best Science joke next week, she may have a prize for you!

ACROSS

2 This system moves blood throughout your body

5 Supports, protects the body

8 Contains glands that release hormones

11 Main job is to fight disease

12 Kidney, ureters, bladder are important organs of this system

13 This system contains millions of alveoli

14 This system is your skin

DOWN

1 Muscles found in the heart

3 Carries lymph throughout your body

4 Contains joints, tendons, ligaments

6 Controls the body with electrical signals

7 Breaks down your food

9 Provide movement inside and outside the body

10 Controls the body with electrical signals

Human Body Systems Crossword Puzzle

WORD BANK: Cardiac, cardiovascular, digestive, endocrine, immune, integumentary, lymphatic, muscular, nervous, respiratory, skeletal, urinary.



national science week 2023



DIY Science – Sunny Survival

Use the Sun to distil water and measure the time until sunset and use the stars to navigate.

Safety

When doing science activities outdoors, wear sun protection and comfortable, closed-in shoes. Always treat the natural environment with care and try to leave it as you found it.

What you need

Two clean and clear glass or plastic drink bottles of the same size (no lids), table salt, teaspoon, tape, natural materials (dirt, rocks, leaves), fruit juice

What to do

Part A: Distilled water
Imagine you are stranded in the bush with no fresh water. Using simple materials, you will purify salty water to make it safe to drink. Record your results on the next page.

1. Add water to one of the bottles until it is about $\frac{1}{4}$ full.

2. Add 1 teaspoon of salt to the water and swirl the bottle to dissolve the salt.

3. Turn the other bottle upside-down so the openings of the two bottles are lined up and wrap tape around the join to hold the bottles together. Use enough tape to create an airtight seal. Be careful to make sure none of the salty water goes into the empty bottle.

4. Find a sunny location and use dirt or rocks to create a low mound.

5. Carefully lay the connected bottles on their sides with the empty bottle resting on the mound. Remember, the salty water must not go into the empty bottle.

6. Use leaves to create shade over the empty bottle.

7. Leave the bottles in place for several hours and watch what happens. Can you see water collecting in the empty bottle?

8. To test the distilled water, carefully unwrap the tape while the bottles are still on their sides and take a sip of water from the empty bottle. Does the water taste salty?

9. Wash the bottles and repeat the activity using fruit juice instead of salty water. Does the distilled water taste like fruit juice? What is the colour of the distilled water?

10. Wash the bottles and repeat the activity, but this time DO NOT taste the distilled water. Try mixing dirt with the water in the first bottle to make it brown and murky. What is the colour of the distilled water?

Can you improve the design of the water distiller?

What would happen if you painted the bottle of saltwater/juice/dirty water with black paint?

Part B: Time until sunset

When camping in the bush, it is important to have enough time to set up camp before sunset. To estimate the amount of time until sunset, try a simple trick using an outstretched hand



national science week 2023

with bent wrist and fingers held horizontally. Line up the little finger with the horizon, or the point where the sky meets the land, and count the number of finger-widths between the land and the setting Sun. If four fingers are not enough, stack the other hand on top of the first. The approximate time until sunset is 15 minutes multiplied by the number of finger widths. For example, if the Sun is 4 finger widths above the horizon, the Sun will set in approximately 15 minutes $\times 4 = 1$ hour. This is based on an adult hand and works best in locations that are close to the Equator where the Sun moves straight down towards the horizon. For locations closer to the Poles, sunset will take longer because the Sun's path is at an angle to the horizon.

What's happening?

Distillation is a way of purifying water using heat. Light from the Sun warms up the salty water and causes some of the water to evaporate, forming invisible water vapour, which is a type of gas. The water vapour spreads throughout the two bottles. When some of the water vapour in the empty bottle cools down in the shade, it condenses, and turns back into liquid water. The salt does not evaporate, so it stays in the first bottle, and the condensed water in the empty bottle is salt-free and purified. If you were using this method to survive, you might need a few more bottles to purify enough water to drink!

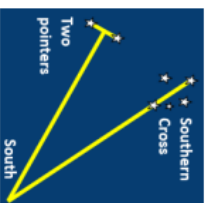
During the day, the Sun appears to move across the sky, but it is really planet Earth that is moving as it spins on its axis, doing one complete revolution every 24 hours. It takes one year for Earth to orbit the Sun. The path of the Sun across the sky depends on the location on Earth but the Sun always travels at the same speed across the sky. This is measured as an angle, with the Sun moving 15° across the sky every hour.

Results

	Question	Answer
Salt water	Does the distilled water taste salty?	
Fruit juice	Does the distilled water taste sweet?	
Fruit juice	What is the colour of the distilled water?	
Dirty water	What is the colour of the distilled water?	

Did you know?

On a clear night, the stars of the Southern Cross and the Two Pointers can be used to find the direction South. Draw an imaginary line joining the two pointers and a second imaginary line from the middle of the two pointers, perpendicular to the first line. Draw a third line through the long axis of the cross. This line meets the second line in the direction South.



Find out more

- Learn about Aboriginal and Torres Strait Islander peoples' techniques for navigating using the stars: <https://bit.ly/3NuoMwV>
- Experiment with a different design for a solar-powered water purifier: <https://bit.ly/3VnDnDf>
- Discover how sunscreen protects skin from the Sun's energy: <https://bit.ly/3HyoZpO>

2023 Energy Breakthrough



EXPRESSION OF INTEREST FOR THE 2023 SCHOOL ENERGY BREAKTHROUGH PROGRAM

It is that time of year where the College begins its preparations for the Energy Breakthrough Program (EBT). This year we will look to have two teams — a Year 7-9 and Year 10-12 team — to race at both Casey Fields on the 21st of October for a 10-hour race, and of course, the big 24-hour race at Maryborough over the weekend of the 24th—26th of November.

Both teams will have 8 riders and 1 pit crew member, with an even split of males and females.

There will be practice nights on Wednesdays and Thursdays after school and the occasional weekend practice, depending on availability.

Any student who is interested in finding out more details are encouraged to come to a meeting at lunch time next Tuesday in the BER, or contact Mr. Mac.



Purple Day— 25th August



Wear it Purple Day is now an international movement of expression, celebration, and support. The day strives to foster supportive, safe, empowering, and inclusive environment for all young people.

Wear it Purple Day Celebrates and promotes the value of diversity and inclusion in our school community and eliminates discrimination.

Celebrated on Friday, 25th August.

♥ DON'T FORGET TO WEAR A SPLASH OF PURPLE ♥

If you would like to be involved, please see School Nurse Tania.

Important Event — Save the Date



Do you have a child aged 12 years or older?

38% of teens aged 13-15 have sent a sexual picture/video



62% of teens aged 13-15 have received a sexual picture or video



Approx 1 in 4 young people* have experienced bullying behaviour in the last 12 months

Approximately 50 % of young people experiencing bullying are likely to seek support from a parent



* 8-14 years old

WOULD YOU KNOW WHERE TO GET HELP IF YOUR CHILD WAS BEING BULLIED ONLINE?



SEXTING ?
SNAPCHAT ?
TIK TOK ?
CYBER BULLYING ?
FACEBOOK ?
NUDES ?
INSTAGRAM ?
ONLINE GAMING ?

AGE OF CONSENT



Under 12: it is never OK to have sex with a person under 12.

12 - 15: it is not OK if the other person is more than 24 months older/younger than you

16-17: it is not OK if the older person is in a position of care or authority over the younger person



Are the location settings on your child's device set to private?

Want to know more? !?

Attend our **FREE** information session for parents and carers !!

What: Free Information session on cyberbullying, sexting, consent, and keeping your child safe online!!

When: Wednesday 23rd August - 6:30pm

Where: Online - via zoom (link to be sent)

Register: Tania.Scarce@education.vic.gov.au



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 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.

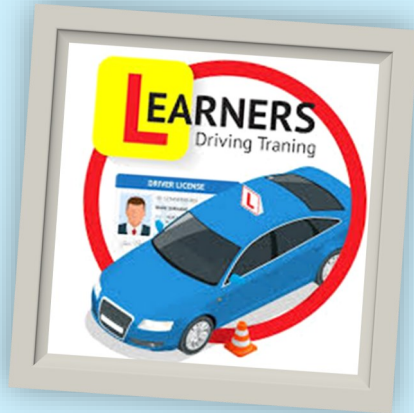
To view Gustavo's art and projects, visit www.kattattak.com

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

SPARK Education and Training

To book, visit www.horshamtownhall.com.au, contact our SPARK Education and Training team on 08 3863 0479 or email education@horshamtownhall.com.au

L2P Program



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



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
(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

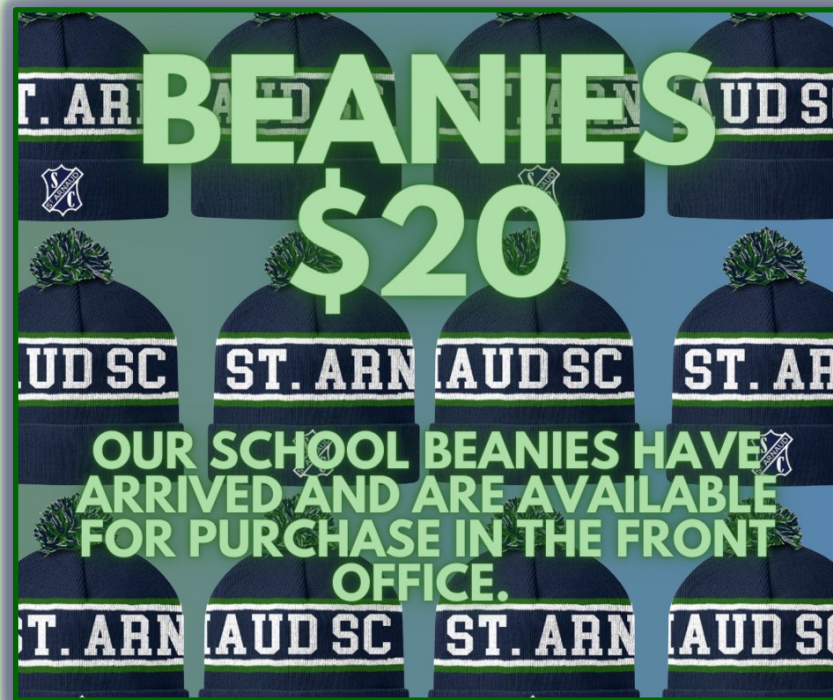


NOW TAKING LEARNER ENROLMENTS!
Contact Penny: 0418 535 478 or L2P@cglle.org.au

School Beanies For Sale

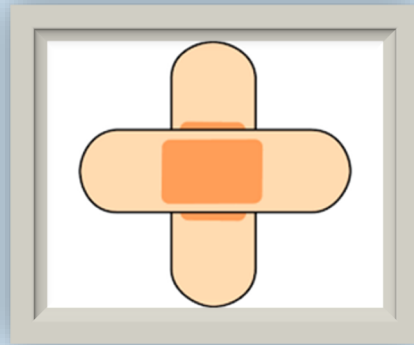


Winter is here with a vengeance !!



Why not purchase one of our school beanies?

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.

Please take note this service is now on a WEDNESDAY !!

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 – Open Now, Close 1st September
RMIT Early Entry – Open Now, Close 17th September
ACU Guarantee – Open Now, 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 Now

YOUTHRIVE SCHOLARSHIPS

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



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 12th August

SAE Creative Media – Melbourne Campus
www.sae.edu.au/openday

William Angliss Institute - Melbourne
www.angliss.edu.au/openday

Sunday 13th August

Academy of Interactive Entertainment (AIE)
www.aie.edu.au/openday

ACU – Melbourne Campus
www.acu.edu.au/openday

Charles Sturt Uni – Albury/Wodonga Campus
www.csu.edu.au/openday

Federation University – All Campuses
www.federation.edu.au/openday

Latrobe University – Albury/Wodonga Campus
www.latrobe.edu.au/openday

Photography Studies College
www.psc.edu.au/august-open-day-2023

RMIT – City & Brunswick Campuses
www.rmit.edu.au/openday

Torrens University Australia – Melbourne Campus
www.torrens.edu.au/openday

Victorian

careers & EMPLOYMENT expo

TERTIARY ▶ SKILLS ▶ TRAINING ▶ JOBS

Thursday August 17th to Saturday August 19th

Victoria's New Careers & Employment Event is on from August 17 to 19, 2023 at the **Melbourne Convention & Exhibition Centre**. Entry is free. The event is for school students, parents, teachers, graduates, job seekers, people looking for courses and workers seeking new training options.

- *Talk with over 100 Training Organisations & Employers*
- *Gain Free Career Advice*
- *Discover Jobs of the Future*
- *Talk with Leading Organisations about Training & Apprenticeships*
- *Experience the Free Career Seminars*
- *Learn how to write a Winning Resume*
- *Enjoy the WorldSkills National Championships and Try'a Skill Zones*

Visit:

www.careeremploymentexpo.com.au/Victorian.html

Work Experience with Parks Victoria



A week of work experience with our passionate staff at one of our parks across Victoria can provide high school students with a taste of what it's like to work for Parks Victoria. All work experience placements need to be negotiated directly with the local work centre or office and will be accepted at the discretion of the local Parks Victoria staff depending on their capacity to host students.

For contact details visit:

<https://m.vic.gov.au/contactsandservices/directory/>

Work Experience - Eureka Veterinary



For over 30 years, the Eureka veterinary Clinic has been recognised by the Ballarat community for providing high quality, compassionate and personalised veterinary care. We understand that we have a responsibility to our clients and their pets to provide to help them live a long and healthier life.

To Apply for Work Experience, Visit:

www.eurekavet.com.au/practice-information/ballarat-veterinary-jobs/

Mrs Rebecca Reynolds
 Careers Co-ordinator

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

Careers & Pathways

THE GAP YEAR WITH A DIFFERENCE.

LEARN ALL ABOUT THE AGCAREERSTART 10-12 MONTH GAP YEAR PROGRAM AND HOW IT CAN SET YOU ON THE PATH TO A CAREER IN AGRICULTURE.

APPLICATIONS CLOSE OCTOBER 15, 2023

Scan the QR code to find out more.

The AGCAREERSTART pilot is funded by the Australian Government Department of Agriculture, Fisheries and Forestry.

AGCAREERSTART IS A 10-12 MONTH GAP-YEAR PROGRAM TO KICK-START YOUNG AUSTRALIANS' CAREERS IN AGRICULTURE.

This unique gap-year program provides you with a paid job, training and development, not to mention the opportunity to build your networks within the agriculture industry.

You can identify the type of farm and location that you would prefer to be placed in. A matching process is undertaken to ensure participants are assigned to the type of farms that match your interests and skills.

WHO IS ELIGIBLE TO APPLY?

- Anyone aged from 17-25 can apply
- Must be legally able to work in Australia
- Driver's license preferred
- Previous experience in agriculture not required, but welcome

WHAT'S IN IT FOR ME?

- Full-time paid farm job with a passionate host farmer
- A \$4,500 training and engagement bursary to upskill yourself
- Funding to travel to industry events
- A dedicated support team
- A network of peers across the country

APPLICATIONS OPEN 14TH AUGUST - 15TH OCTOBER, 2023

The AGCAREERSTART pilot is funded by the Australian Government Department of Agriculture, Fisheries and Forestry.

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 receipt 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



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

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

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




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

DEFYING THE DRIFT!

Rotary
District 9780

G. H. Edwards Library



The Dragon Prince - Through the moon, Book # 1

By Peter Wartman

The Dragon Prince has been reunited with his mother, the Human Kingdoms and Xadia are at peace, and humans and elves alike are ready to move on. Only Rayla is still restless. Unable to believe Lord Viren is truly dead, and haunted by questions about the fate of her parents and Runaan, she remains trapped between hope and fear. When an ancient ritual calls her, Callum, and Ezran to the Moon Nexus, she learns the lake is a portal to a world between life and death. Rayla seizes the opportunity for closure-and the chance to confirm that Lord Viren is gone for good. But the portal is unstable, and the ancient Moonshadow elves who destroyed it never intended for it to be reopened. Will Rayla's quest to uncover the secrets of the dead put her living friends in mortal danger? Don't miss this exclusive, original graphic novel from Peter Wartman and Xanthe Bouma, with story by *The Dragon Prince* creators Aaron Ehasz and Justin Richmond!



The Dragon Prince - Bloodmoon Huntress Book # 2

By Nicole Andlefinger

Every Moonshadow elf child knows the scary stories of the Bloodmoon Huntress, the evil sorceress who steals your blood on the night of the Harvest Moon. Everyone also knows those legends aren't true. But for young Rayla, whose parents recently left her behind to fulfil their duty as members of the elite Dragonguard, this autumn is scarier than most. Her guardians, Runaan and Ethari, are still getting the hang of the whole parenting thing, and no one will tell Rayla what Runaan does for a living. She spends most of her time exploring the forest outside the Silvergrove. When Rayla discovers a young Skywing elf in danger just hours before the Harvest Moon will rise, the scary stories become real. Can she stop the Huntress before the moon reaches its zenith?

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.



STUDENT INTERNET PROGRAM

We can support your child's education with free internet at home. Contact our team to check eligibility and for help getting your family connected. Call 1800 954 610 (between 8am and 7pm) or scan QR CODE to register your details.

Free internet for one year

The School Student Broadband Initiative provides free home internet for one year for up to 6,300 unconnected Victorian families with school-aged students.

How can the School Student Broadband Initiative help your child?

Children who can access online learning at home:

- are more likely to engage in classroom activities.
- will build their digital skills
- can learn how to safely use the internet

Is my family eligible for the School Student Broadband Initiative?

To be eligible, families must:

- 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 home. Families are still eligible if the home has previously been connected to nbn internet. Having a mobile internet service does not affect eligibility.
- Live in a premises that can access the National Broadband Network via a standard connection – this will be checked for you.

How does the School Student Broadband Initiative work?

- If you are eligible the home internet service will be provided at no cost for one year through a participating internet provider.
- The internet provider will help you set up your connection.
- The initiative does not include devices such as a computer or tablet.
- Other household members can use the internet service provided through this initiative.



Scan here to find out more.

anglicarevic.org.au



BETTER
TOMORROWS

Health & Wellbeing



**NORTHERN
Grampians
SHIRE COUNCIL**

Responsible for a young person?
Do you have an idea that would help us make our shire a great place for young people to live, now and into the future?

YOUTH SURVEY

What is working well?
What's missing? Now is the time to tell us!

HAVE YOUR SAY!

If you need more information, please contact Northern Grampians Shire Council Community Health and Engagement Officer Marcy Britten on 03 5358 0565

SCAN ME!



Your response will help us develop the shire's Youth Strategy – a plan for the future.



**NORTHERN
Grampians
SHIRE COUNCIL**

Are you 12 to 24 years old?

Do you have an idea that would help us make our shire a great place to live, now and into the future?

YOUTH SURVEY

What is working well?
What's missing? Now is the time to tell us!

HAVE YOUR SAY!

If you need more information, please contact Northern Grampians Shire Council Community Health and Engagement Officer Marcy Britten on 03 5358 0565

SCAN ME!



Your response will help us develop the shire's Youth Strategy – a plan for the future.



Partners in Parenting



MONASH University





DEAKIN UNIVERSITY

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).

Get mental health support when and where you need it


MOST is a free digital mental health service for young people aged 12 - 25.



How MOST works

MOST provides on-demand support to young people experiencing mental ill health. It connects you to a blend of online tools and real support from real people.

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



MOST gives you


- Online support with real people
- Tailored therapy journeys
- A social network with a difference
- A personalised library of tools

MOST has small bites of therapeutic content served up as cartoons, activities and practical strategies that work - all available online, when and where they're needed.

There are journeys to help you improve your mood, improve your sleep, find your confidence, find your calm, explore social hacks and sort out all things work and study.

If you need to, connect with peer support on MOST's online community. It's a safe social network of young people who get it, and peers who've been through it. On MOST you can feel safe to react, contribute and post about your world (only if you want to).

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




MOST is designed to give you help before, during, in between and after face-to-face sessions. You need a clinician to get you connected, but then MOST's available whether or not you stay with the service for your care.

Get connected to MOST

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

Ask about MOST at your participating youth mental health service and get connected today.




Get in touch: online@deakin.org.au or online@monash.edu

Get connected to MOST

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

Ask about MOST at your participating youth mental health service and get connected today.



Get in touch: online@deakin.org.au or online@monash.edu



DENTAL HEALTH WEEK

7TH - 13TH AUGUST

Dental Health Week focuses on the importance of taking steps to care for your teeth and gums to help you keep your teeth and smile for life!

It should not be normal to expect that you will need to have some teeth removed because of tooth decay or gum disease. After all, you do not expect to lose an arm or leg, so why expect to lose any of your teeth? There are many links between diseases in your mouth and diseases in the body, so it is very important to look after our oral health!

6 conditions have been explored with links to the mouth:

1. Heart Disease
2. Diabetes
3. Alzheimer's Disease
4. Adverse Pregnancy outcomes
5. Lung Conditions
6. Inflammatory Bowel Disease



<https://www.teeth.org.au/dental-health-week>

E-CIGARETTES & VAPING

WHAT WE NEED TO KNOW

While most people do not use e-cigarettes (also known as vapes), the number of young people who are using them (vaping) is increasing, and that's a concern for the health of our communities.

- There are no quality or safety standards for e-cigarettes so they could be made anywhere, by anyone and contain anything.
- Many vapes contain addictive nicotine, even the ones that say they don't. They just don't put it on the pack.
- Vapes contain the same toxic chemicals found in cleaning products, nail polish remover, weed killer and bug spray. These chemicals do not belong in our lungs.

E-cigarettes / vaping and the law

- Smoking and vaping are banned in the grounds of, and within 4 metres of entrances to: childcare centres, kinders and schools.
- In Victoria it is illegal to sell e-cigarette devices or e-cigarette accessories containing nicotine.
- It is also illegal to sell e-cigarettes to, or buy e-cigarettes for, any person aged under 18 years.





First Aid Courses 2023



Wednesday 20th September
9am-3pm

CPR (HLTAID009)

Completed Annually — \$80 per person

HLTAID011 Provide First Aid

For first time or expired certificate

\$200 per person - Pre-class on-line work.

HLTAID011—Continuous Learning (Includes CPR)

*For people with current Certificate—done every year to
keep qualification current*

(proof required) \$100 Per Person - Pre-class on-line work.

**HLTAID012—Provide First Aid in the
Education and Care Setting**

For first time or expired certificate -

*\$220 Per Person - Includes asthma and anaphylaxis
Pre-class on-line work.*

HLTAID012—Continuous Learning (Includes CPR)

*For people with current Certificate—done every year to
keep qualification current*

(proof required) \$100 Per Person - Pre-class on-line work.

Trainer: Casey Kosch

Enrol and Pay by Monday 5th September.

**Enquiries to: St Arnaud Community Resource Centre,
85 Napier St, St Arnaud. Ph: 5495 1997
9am-2:00pm Mondays to Fridays**



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



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

Lasagne, Chips & Salad
\$6.00



2023 Calendar



August	Mon	14th	Parent Teacher Interviews—9am-7pm Yr. 11 & 12 Classes running as normal
	Tues	15th	Science Week Starts Yr. 9 — 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 Against Bullying Day
	Mon	21st	Yr. 10-12 Gambling Awareness
	Thurs	24th	VET NCTTC First Aid Yr. 9 — Broader Horizons
	Fri	25th	Wear It Purple Day
	Mon	28th	Cybersafety Presentation Yr. 7-9 & Yr. 10-12
	Mon-Fri	28th-1st	Enviro Week
	Tues	29th	Yr. 12 Biology—Ecolinc Excursion MIPS
September	Mon	4th	State Shoot R U OK Day Yr. 10-12 ADF Careers Talk
	Mon-Tues	4th-5th	Yr. 12 OES Camp — Torquay
	Wed	6th	MIPS
	Wed/Thurs/ Fri	6th/7th/8th	VSSS Dance Rehearsal — Melbourne
	Sat	9th	VSSS Dance Concert — Melbourne
	Mon-Fri	11th-15th	Yr. 10 Work Experience
	Wed	13th	Birchip Cropping Group Field Day
	Thurs	14th	MIPS

