

# St. Arnaud Secondary College

## Newsletter

**Issue 25**

Term 3  
Week 30  
18th August 2023



On Wednesday, 16th August, our Year 8 students attended the North Central Trade Training Centre in Charlton. The students were there for orientation and to see what is on offer for them next year when they attend the centre on Wednesday's. They all had fun and thoroughly enjoyed the day.

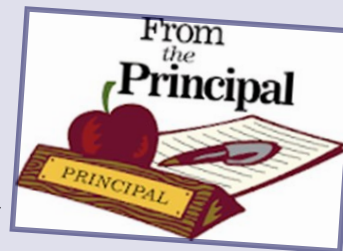


**St. Arnaud Secondary College is a Child Safe School.**

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

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

# Principal's Report



## **Science Week**

This week we have celebrated Science Week at the College. Students from Years 7 – 10 have participated in lunchtime Science experiments, with each year level taking ownership of a lunchtime. It has been a great week to celebrate all things Science and I congratulate all the students and staff who made this possible.

## **Parent Teacher Interviews**

Thank you to all parents who could attend Parent Teacher Interviews on Monday. If you were unable to attend on Monday but would like to talk to your child(ren)'s teachers, please do not hesitate to contact the College.

## **Building Works**

The building works are coming along very nicely with the whole metal frame at the west end of the building nearly completed. We are expecting the roofing iron to be delivered early next week and hopefully installed by the end of the week. The middle section has had the concrete retaining walls poured, which is a significant step as this section has the most level changes. Once this is cured properly, backfill to the walls can then be completed prior to the final slab being poured.

## **Parent/Carer/Guardian Opinion Survey**

A random selection of 30 Parents will have received invitations to participate in this year's Parent Opinion Survey. Your feedback is very important to us, so I encourage you all to complete the survey. If you are having difficulties in accessing the internet, please contact us at the College. If, for some reason, you are unable to complete the survey, could you please notify the office so we can offer the survey to another family.

## **Charlton Pre-Driver Ed**

On Tuesday and Wednesday of this week, our Year 10 students travelled to Charlton to participate in the Pre-Driver Education Program. This wonderful program, which is right on our doorstep, provides students with a great range of theoretical and practical driving experiences. I know that all our students, whether they have never driven before, or those who "think" they know how to drive, learn a great deal during the two days, which also includes a night driving session.

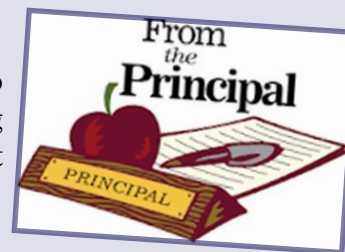
## **Year 8 Try the NCTTC Day**

On Wednesday, our Year 8 students travelled to Charlton to visit the Trade Training Centre as an orientation and familiarisation day for next year. Students get to tour the whole facility and get to look at and hear from each of the classes that will be on offer for them next year before they must choose their subjects.

# Principal's Report

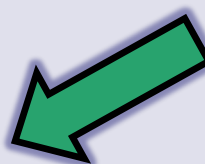
## NW Zone Shoot

On Thursday, a Tarago load of students travelled to Mildura to compete in the North Western Zone Shoot. At the time of writing this the results were not known, and they will be included in next week's newsletter.



## Day Against Bullying

On Friday, the school celebrated the National Day Against Bullying with students & staff encouraged to wear a splash of orange. This is a very worthy day and hopefully we can raise awareness for everyone by each of us doing our part.



**Friday, 25th August** – Wear It Purple Day

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

**Tuesday, 29th August** – Yr. 12 Biology to Ecolinc

**Monday, 4th - Tuesday, 5th September** – Yr. 12 OES Camp - Anglesea

**Monday, 4th September** – State Shoot

**Monday, 11th - Friday, 15th September** – Yr. 10 Work Experience

**Friday, 15th September** – Yr. 8 Active Girls Brunch - Natimuk

**Friday, 15th September** – Last day of Term 3 - 2pm Finish



**Tony Hand**  
**Principal**

## Big Science Competition Award Winners

### Naplan Certificate of Achievement Awards



**Memphis-Rayne Bass & Acacia Huggins**



**Addison Wright & Brisbane Nielsen**



## 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](mailto: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	 Equal to finishing in grade 11
1 day per week	40 Days per year	8 weeks per year	Over <u>2.5</u> years	 Equal to finishing in grade 10
2 days per week	80 Days per year	16 weeks per year	Over <u>5</u> years	 Equal to finishing in grade 7
3 days per week	120 Days per year	24 weeks per year	Nearly <u>8</u> years	 Equal to finishing at grade 4

## 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 7<sup>th</sup> August to Friday 8<sup>th</sup> 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. 10 Pre-Driver Education

Over two days this week (Tuesday 15<sup>th</sup> & Wednesday 16<sup>th</sup> August), Year 10 students participated in the Pre-Driver Education program at the Charlton Traffic Safety Education Centre.

This centre has a dedicated track where students can experience a wide range of traffic situations and conditions. There are parking spaces, traffic lights, different types of intersections, curves and bends, roundabouts, traffic signs and traffic lights, and even a hill. This all allows students to experience, explore and practice a wide range of driving techniques and skills. There were four cars and instructors, with half the students driving manual vehicles and the other half, automatic cars.

Over the two-day program, the Year 10 students learned about essential driving skills in both theory and in practice. This included the basics, such as starting up, moving off, steering and braking, left and right turns, lane and road position, accelerating and gear changes (for those in the manual cars), pulling over and shutting down the car. As the program continued, they advanced through more complex skills: angle parking, hill starts, parallel parking, 3-point turns, convoy driving, roundabout negotiation, cornering lines and overtaking. The final day finished with a night driving session, so that students could experience the challenges that darkness can bring and how to use their headlights for safe driving.

Students also experienced the effects of varied levels of intoxication through wearing different 'beer goggles', then trying to catch a ball and walk in a straight line. The program concluded with a documentary called 'Muck Up Day' which explored the real life and tragic consequences of poor driving attitudes.

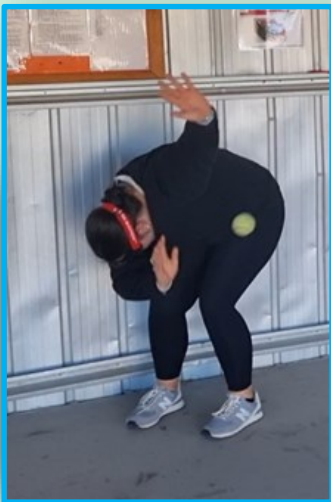
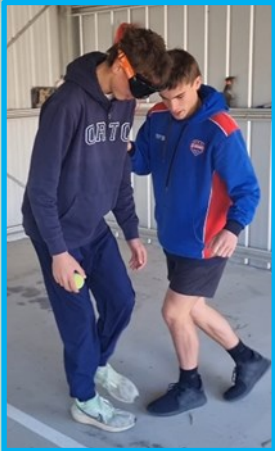
Students learned that driving in real situations is much more complex than it appears. There were innumerable stalls of the manual cars – the record was 8! Some students also had difficulty keeping their car on the road, traffic cones were hit, stop signs were abused, roundabouts were confusing, but all participated with good humour in a supportive atmosphere. Better these mistakes happen on the practice track than on real roads!

Thank you to Ms. Brown for her organisation of the two days, and the teachers who accompanied the group: Miss. Bertalli, Ms. Chapman, Mr. Hand and Dr. Taylor.

A particular thanks must go to the trainers: Hayley, Rebecca, Bryan, Stewart, Kim and Brett. They do important and valuable work to help our young people understand that driving is a privilege which they must approach with the right attitude.



# Yr. 10 Pre-Driver Education Photos





## Yr. 9 Broader Horizons — Agriculture



Last week we started our Broader Horizons Program, a program run 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 several businesses in the community involved in Agriculture, they included: Baiada and Rainbow Valley Turkeys, Ridley Agriproducts, Elders, Goldacres Spray Centre and Rivalea Australia.



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

## Yr. 12 Food Studies



In Food this week, we made a pasta and cannellini bean soup, with green pockets to go with it. The soup is synonymous with Italian cuisine; the large white beans are popular in central and southern Italy. The variety of vegetables used in the soup and the additional beans provide a wide range of nutrients including vitamins, minerals and dietary fibre, as well as having the added advantage of being low in kilojoules. Green pockets are a great snack food that are similar to gozleme, but have a thicker softer dough. The acid in the yogurt and vinegar tenderise the dough by disrupting the formation of the gluten network during kneading, so the final product is soft and fluffy on the inside.



In theory, students have just finished food security and ensuring that all ingredients are readily accessible and affordable to everyone. We will be starting on sustainable primary food production and risks to environmental stability.



### **Round 3 - Table Tennis Publicity Report**

This week, Round 3 was played in the Year 9 SEPEP table tennis tournament.

The matches were played between 'The Nickenators' and 'Boogie with the Hoodies', and 'Jesus is King' and 'Ping Pong', with 'The Johnny Knoxville's' as the duty team. The highest point scorer throughout the singles games was Chris with 46 points. The highest scoring double partnership was Chris and Jade with 34 points from the team 'Boogie with the Hoodies'.

It was really pleasing to see that the more experienced players help to teach the newer or less experienced players how to play the game. Participation was strong across the day, with every person playing at their correct tables regardless of whether they were with their friends or not. Team camaraderie was also strong this round, with no one being upset at the other teammate if they lost.

In Round 4, 'The Johnny Knoxville's' will play 'The Nickenators', and 'Ping Pong' will play 'Boogie with the Hoodies'. 'Jesus is King' will be the duty team.

Publicity report completed by Zoe Aspland.

### **Ladder after Round 3:**

	Team	Points
1.	The Johnny Knoxville's	15
1.	Ping Pong	15
3.	Boogie with the Hoodies	11
4.	Nickenators	10
4.	Jesus is King	10





On Friday, 11<sup>th</sup> August, the Year 7 Science class were putting their team bonding skills in place by working together to build their Lego masterpieces.

What wonderful creations they all put together!!





# Hands On Learning



*On Friday, 11th August, we had a special delivery from Plantfulness. We were lucky enough to obtain a grant of \$1,200 for our H.O.L group to purchase some gardening equipment. We had some very happy faces when we were opening up the packages!*



*Last Friday, we had a cook up for our on-site workers. Chad and Bailey were busy cooking the delicious chicken steaks on the BBQ.*

## HANDS ON LEARNING

# Science Week - 12th-20th August

*Year 9 Science students having fun with their experiments throughout Science Week!!*







**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  $15^\circ$  across the sky every hour.

### Results

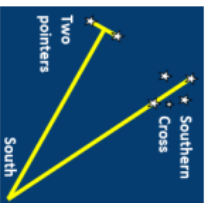
	Question	Answer
Salt water	Does the distilled water taste salty?	
Fruit juice	Does the distilled water taste sweet?	
Fruit juice	What is the colour of the distilled water?	
Dirty water	What is the colour of the distilled water?	

### 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/3HyoZnO>



## 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 21<sup>st</sup> 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 is encouraged to 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 a 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 to eliminate discrimination.

Celebrated on Friday, 25<sup>th</sup> August.



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



We will be hosting a cake stall morning tea.  
Please bring along some gold coins for purchasing some cakes and slices!

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)

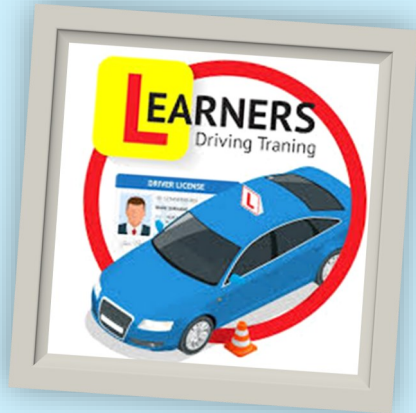
**Register:** [Tania.Scarce@education.vic.gov.au](mailto:Tania.Scarce@education.vic.gov.au)



BALLARAT & GRAMPIANS  
COMMUNITY  
LEGAL SERVICE

*You can also contact the College on 54951 811 to register your interest....*

# 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](mailto: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](http://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

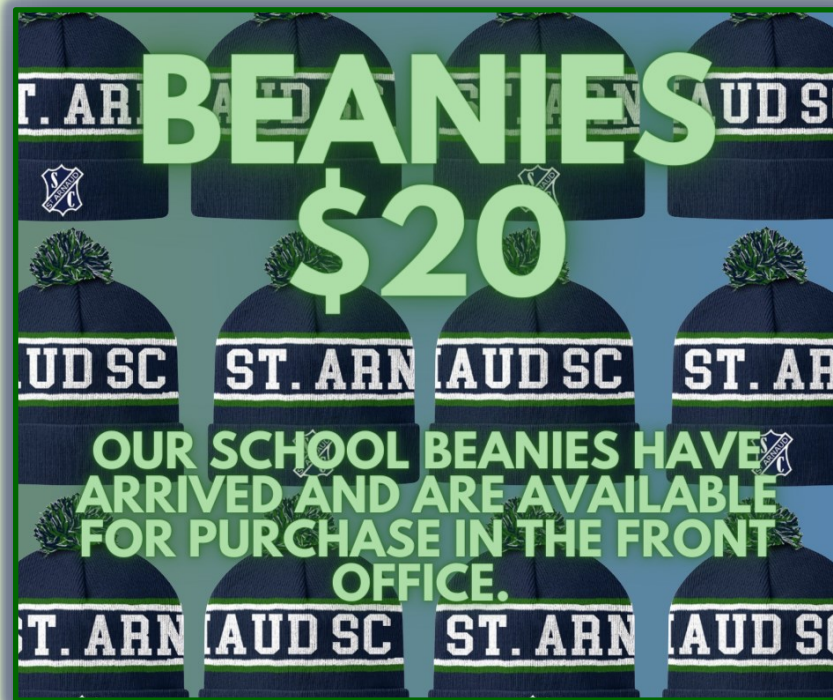


**NOW TAKING LEARNER ENROLMENTS!**  
Contact Penny: 0418 535 478 or [L2P@cglle.org.au](mailto:L2P@cglle.org.au)

## School Beanies For Sale



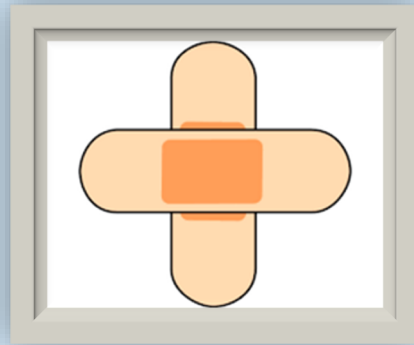
Winter is here with a vengeance !!



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, 9<sup>th</sup> 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.

# Careers & Pathways

## Year 12 Students



### EARLY ENTRY PROGRAMS

**ACU Guarantee** – Open Now, Close 18<sup>th</sup> September  
**Charles Sturt Advantage** – Close 31<sup>st</sup> September  
**Deakin Regional Access Scheme** – **OPEN NOW**  
**Latrobe ASPIRE** – Open Now, Close 1<sup>st</sup> September  
**RMIT Early Entry** – Open Now, Close 17<sup>th</sup> September  
**Swinburne Early Entry** – Open Now, Close 9<sup>th</sup> October

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

**VTAC COURSE, SEAS, & SCHOLARSHIP APPLICATIONS**  
 Open Now

### YOUTHRIVE SCHOLARSHIPS

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



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](http://www.vtac.edu.au/opendays.html)

### Open Days This Weekend

**Saturday 19<sup>th</sup> August**

JMC Academy

[www.jmcacademy.edu.au](http://www.jmcacademy.edu.au)

**Sunday 20<sup>th</sup> August**

Deakin University – Geelong Campuses

[www.deakin.edu.au/student-life-and-services/events/open-day](http://www.deakin.edu.au/student-life-and-services/events/open-day)

Monash University – Parkville Campus

[www.monash.edu/open-day](http://www.monash.edu/open-day)

RMIT University – Point Cook Campus

[www.rmit.edu.au/openday/aviation-flight-training](http://www.rmit.edu.au/openday/aviation-flight-training)

University of Melbourne – Parkville & Southbank Campuses

<https://study.unimelb.edu.au/openday>

Victoria University – Footscray Park Campus

<https://study.vu.edu.au/openday>

GOTAFE – Wangaratta Campus

[www.gotafe.vic.edu.au/open-days-2023](http://www.gotafe.vic.edu.au/open-days-2023)

Victorian

**careers & EMPLOYMENT expo**

TERTIARY ▶ SKILLS ▶ TRAINING ▶ JOBS

Thursday August 17<sup>th</sup> to Saturday August 19<sup>th</sup>

[www.careeremploymentexpo.com.au/Victorian.html](http://www.careeremploymentexpo.com.au/Victorian.html)

## ACU | Year 12 Revision Webinars



August 21<sup>st</sup> to September 7<sup>th</sup> 2023

Join us for a series of free online webinars run by experienced Year 12 exam markers and assessors. They'll guide you through how to respond to possible exam questions, help you get your head around the class content to deepen your understanding, and offer plenty of tips and strategies along the way.

**Webinars include:** English, Legal Studies, Psychology & Health and Human Development.

**To Register Visit:**

[www.acu.edu.au/study-at-acu/future-student-events/year-12-revision-webinars/vic](http://www.acu.edu.au/study-at-acu/future-student-events/year-12-revision-webinars/vic)

## Monash | Information Evening Webinar



Thursday August 24<sup>th</sup> 6:30pm

We know that choosing a university is a big decision, especially if you don't live in Melbourne. Monash Information Evenings are the perfect opportunity to have your questions answered on everything you wanted to know about undergraduate study at Monash.

[www.monash.edu/discover/events/general-information/monash-information-evening-webinar](http://www.monash.edu/discover/events/general-information/monash-information-evening-webinar)

## SkillsRoad 360° Virtual Workplace



See what it's really like working in some of Australia's most exciting industries. SkillsRoad's Virtual Reality career advice platform lets you explore different workplaces in a completely new and exciting way.

**Industries include:**

Creative  
 Construction  
 Health Care  
 Hospitality  
 Manufacturing

**Visit:** <https://360.skillsroad.com.au/>

Mrs Rebecca Reynolds  
 Careers Co-ordinator

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

# SCHOOL BASED APPRENTICES & TRAINEES

**St Arnaud &  
Ararat Areas**

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× × × ×  
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To learn more about  
these amazing  
opportunities, scan  
the QR code for our  
jobs board.

**Agricultural  
Mechanic**

**Parts  
Interpreter**

**Business  
Traineeship**

**Agricultural  
Traineeship**



1300 135 008



SKILLINVEST.COM.AU/JOBS



**skillinvest**

For more information regarding this position, contact us  
at [recruitment@skillinvest.com.au](mailto:recruitment@skillinvest.com.au)





## Careers & Pathways



**DEFYING THE DRIFT!**

AGRICULTURE

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

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

Rotary District 9780



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Rotary District 9780



# Careers & Pathways



## A Rotary District 9780 program for young Australians



### 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.defyngthedrift.org](http://www.defyngthedrift.org)**




DID starts with a 3 Day residential program at Longrenong Ag College. There will be lots of new friends to make, inspiring agriculture role models to meet, places to visit and lots of fun.  
The second part is a presentation by each participant at their sponsoring Rotary Club - a great chance to meet community leaders.

### THERE ARE WONDERFUL OPPORTUNITIES FOR FANTASTIC, HIGH PAYING AND SECURE CAREERS IN EVERY WALK OF LIFE IN RURAL VICTORIA. WITH IT COMES A LIFESTYLE THAT CITY FOLK CAN ONLY DREAM ABOUT.

Agricultural careers have a bright future. The fact is the world's growing population needs to be fed and clothed and, with the average age of farmers approaching 60 years, young people are worth their weight in gold. Employers are screaming out for them. Jobs are often going begging.

While the traditional patterns of family farm succession are giving way to corporate style farming and land prices seem prohibitive for new entrants, there are great opportunities for careers in agriculture across the broadest range of personal skills, as well as the many professions, trades and vocations needed in every community.





With the huge interest in where our food comes from, the time is ripe for organic and innovative food production start-ups.


Since its inception in 2010 Defying the Drift has helped young people discover pathways through further education and work experience to great careers in agriculture.

Don't wait for the future - make it happen!

Early bird closing date for applications is July 31 2023.  
Final closing date is August 31 2023 unless all places are filled prior. The DID Committee reserves the right to limit applicants per school if program is oversubscribed to allow students from a greater number of locations to attend.

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

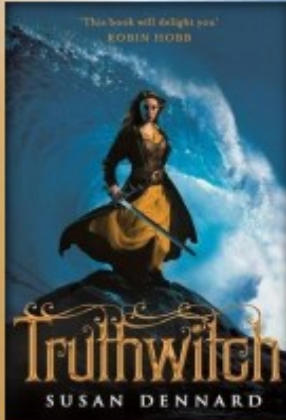







### DEFYING THE DRIFT!



## *G. H. Edwards Library*



### **The Witchlands book #1 : Truthwitch**

*By Susan Dennard*

Young witches Safiya and Iseult have a habit of finding trouble. After clashing with a powerful Guildmaster and his ruthless Bloodwitch bodyguard, the friends are forced to flee their home. Safi must avoid capture at all costs as she's a rare Truthwitch, able to discern truth from lies. Many would kill for her magic, so Safi must keep it hidden - lest she be used in the struggle between empires. And Iseult's true powers are hidden even from herself.

In a chance encounter at Court, Safi meets Prince Merik and makes him a reluctant ally. However, his help may not slow down the Bloodwitch now hot on the girls' heels. All Safi and Iseult want is their freedom, but danger lies ahead. With war coming, treaties breaking and a magical contagion sweeping the land, the friends will have to fight emperors and mercenaries alike. For some will stop at nothing to get their hands on a Truthwitch.



### **The Witchlands book # 2**

*Windwitch : By Susan Dennard*

After an explosion destroys his ship, the world believes Prince Merik, Windwitch, is dead. Scarred yet alive, Merik is determined to prove his sister's treachery. Upon reaching the royal capital, crowded with refugees, he haunts the streets, fighting for the weak—which leads to whispers of a disfigured demigod, the Fury, who brings justice to the oppressed.

When the Bloodwitch Aeduan discovers a bounty on Iseult, he makes sure to be the first to find her—yet in a surprise twist, Iseult offers him a deal. She will return money stolen from him, if he locates Safi. Now they must work together to cross the Witchlands, while constantly wondering, who will betray whom first?

After a surprise attack and shipwreck, Safi and the Empress of Marstok barely escape with their lives. Alone in a land of pirates, every moment balances on a knife's edge—especially when the pirates' next move could unleash war upon the Witchlands.



## 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 every Friday. 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



Translating and  
Interpreting services  
are available

**BETTER  
TOMORROWS**

Scan here to  
find out more.



### 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.



are more likely to  
engage in classroom  
activities.



will build their  
digital skills



can learn how  
to safely use  
the internet

### How can the School Student Broadband Initiative help your child?

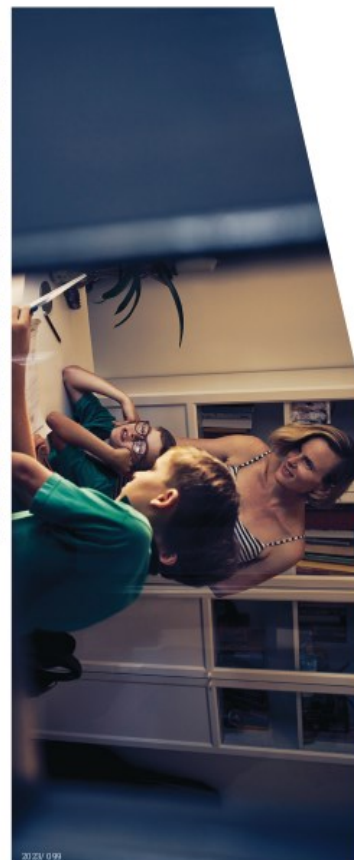
Children who can access online learning at home:

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

### Free internet for one year

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.

## STUDENT INTERNET PROGRAM



**Anglicare  
Victoria**

## 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.



Are you 12 to 24 years old?

**NORTHERN  
Grampians  
SHIRE COUNCIL**

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

**YOUTH SURVEY**

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**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 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.



### 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

askmonash.org.au  
info@askmonash.org.au  
03 9594 1000

## CALLING FOR VOLUNTEERS



Are you and your child(ren) looking for a new after school activity? Why not volunteer your time?

**Volunteers are ordinary people who make extraordinary contributions.**

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

As a friendly visitor you might:

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

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

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

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

Email: [volunteer@ewhs.org.au](mailto:volunteer@ewhs.org.au)

Phone: 5477 2100



## 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](mailto:info@bikegearnow.com) and join the long list of clients we have helped for many years



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

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

## Great Vic Bike Ride

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



**An adventure anyone can do**



## Expressions of Interest

# Music 2023

Fill out this form if you're interested in instrumental lessons in 2023. Lessons are held on a rotating timetable, Mondays, Wednesdays and Thursdays, so that students do not miss the same lesson each week. Lessons are free of charge. Places are limited and are allocated on a first-come-first-served basis.

**Instrument preference:** Please tick your choice(s)

Keyboard \_\_\_\_\_ Guitar \_\_\_\_\_ Ukulele \_\_\_\_\_ Violin \_\_\_\_\_ Vocals \_\_\_\_\_ Drums \_\_\_\_\_

**Student Name:** \_\_\_\_\_

**Parent / Guardian Name:** \_\_\_\_\_

**Parent / Guardian Mobile:** \_\_\_\_\_


**Parent / Guardian email:** \_\_\_\_\_

**Parent / Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **[School Use/Received:** \_\_\_\_\_

**Timetabling preferences:**  
Students may nominate a subject they most prefer to not come out of for an instrumental lesson. While efforts will be made to accommodate these preferences, it may not always be possible to schedule around them.

\_\_\_\_\_



# School Uniform Price List 2023



111 NAPIER ST, ST.ARNAUD  
PH: 54952929  
OPEN: MON-FRI: 9.00-5.00  
SAT 9.30-12.30

## SECONDARY COLLEGE UNIFORM PRICE LIST 2023

ITEM	SIZES	PRICE
Short Sleeve Polo	10-3XL	\$25.00
Long Sleeve Polo	10-3XL	\$26.00
Kids Rugby Jumper	10-14	\$45.00
Rugby Jumper	XS-3XL	\$50.00
Micro Fibre Shorts	8-3XL	\$30.00
Drill Shorts	8-2XL	\$30.00
Kids Ramo Shorts	10-16	\$30.00
Ramo Shorts	S-3XL	\$30.00
Micro Fibre Trackpants	10-3XL	\$40.00
Drill Pants	10-2XL	\$40.00
Ladies Jane Pant	6-24	\$66.00
Sports Polo	10-3XL	\$35.00
Sports Jacket	10-3XL	\$45.00
Kids Selwyn Soft Shell Jacket	10-16	\$62.00
Selwyn Soft Shell Jacket	S-5XL	\$65.00
Kids Olympus Soft Shell Jacket	10-16	\$82.00
Olympus Soft Shell Jacket	S-5XL	\$85.00
Olympus Soft Shell Vest	S-5XL	\$72.00
Dress	6-22	\$79.50
Skirt	8-24	\$75.00
Bucket Hat	S/M & L/XL	\$15.00
Scarf		\$15.00



# School Canteen Menu

## St Arnaud Secondary College – Canteen Menu 2023

### Main

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

### Snacks

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

### Drinks

#### The following include –

Choice of Chicken, Ham, Tuna, Salami	
Lettuce, Tomato, Cheese, Beetroot, Cucumber, Carrot, and Mayo	
Salad Roll	\$5.00
Salad Sandwich	\$5.00
Salad Wrap	\$5.00
Salad Bowl	\$5.00
Sweet Chilli wraps	\$6.00
Sweet Chilli Bowl	\$6.00
Chicken Caesar Wrap	\$6.00
Toasted Focaccia	\$6.00
Mixed Sand/Toasties	\$4.00
Pizza Variety	\$4.00

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

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

**Eftpos Facilities Available**

**(minimum \$5.00)**

### Stacey's Monday Canteen Special

**Roast Meat & Gravy Rolls**  
**\$5.00**



# 2023 Calendar



<b>August</b>	Mon	21st	Yr. 10-12 Gambling Awareness
	Thurs	24th	VET NCTTC First Aid Yr. 9 — Broader Horizons
	Fri	25th	Yr.10 French Film Excursion—Melbourne 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
<b>September</b>	Mon	4th	State Shoot R U OK Day Yr. 10-12 ADF Careers Talk
	Mon-Tues	4th-5th	Yr. 12 OES Camp — Anglesea
	Wed	6th	MIPS
	Wed/Thurs/ Fri	6th/7th/8th	VSSS Dance Rehearsal — Melbourne
	<b>Sat</b>	<b>9th</b>	<b>VSSS Dance Concert — Melbourne</b>
	Mon-Fri	11th-15th	Yr. 10 Work Experience
	Wed	13th	Birchip Cropping Group Field Day
	Thurs	14th	MIPS
	Fri	15th	Yr. 8 Active Girls Brunch — Natimuk
	<b>Fri</b>	<b>15th</b>	<b>Last Day of Term 3 — 2pm Finish</b>
<b>October</b>	Mon	2nd	Term 4 Begins
	Thurs	5th	LMR Athletics
	Mon	9th	Yr. 10/11 Flourish Girl
	Mon	16th	SSV Athletics

