

St. Arnaud Secondary College Newsletter

Issue 26

Term 3
Week 31
25th August 2023



On Thursday, 17th August, we had six students compete at the North West Zone Shoot in Mildura. All students represented the College extremely well and demonstrated gun safety. You all should be very proud of your efforts! We thank our parent helper, Scott Wright, for driving the bus; this was greatly appreciated!

A BIG congratulations to Dion Flanagan, Zoe Bryce and Millie Hando who all qualified for the State School Shoot in Echuca.

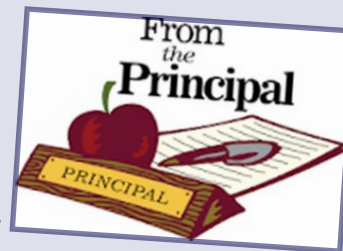


St. Arnaud Secondary College is a Child Safe School.

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/Carer/Guardian Opinion Survey

Over the last two weeks, I have mentioned the Parent/Carer/Guardian Opinion Survey and the importance that it plays in our annual data gathering. It is one of three surveys that the Department and School uses to provide important feedback to help guide school improvement. This year we have sent out invites to 30 families to participate in the survey and currently have had 3 responses. Our response rate is one of the factors that does get looked at, so again I would encourage anyone who has received a survey request to spend the 15-20 minutes to complete it. As I said last week, if you are experiencing any difficulties in getting on to the survey, please contact us at the College or we can make a device available to you here. If there is a real reason that you are unable to complete the survey, could you please contact the College, so your survey allocation can be given to another family.

Building Works

The building works continue to progress nicely with the roofing iron being fixed on the west section of the building that houses the five general purpose classrooms. Preparation continues for the final section of concrete to be poured and this is scheduled for next Monday – weather permitting. Once this is done, we will be expecting more steel to be delivered and we should be able to see the entire frame coming up out of the ground within a few weeks. This should signal the arrival of the windows and sub frame, which will be another major milestone. I was able to take school Council on a tour of the building site on Wednesday night and we were all impressed with the progress.

College Captain Applications

It is an exciting time of year when we are undergoing the process to select and elect the College Captains for 2024. We have had several applications from current Year 10 and 11 students and interviews will take place next week, prior to the nominees presenting to the student body before voting takes place. I would like to thank the students who have put their hands up for this position and wish all of them the best luck over the next few weeks.

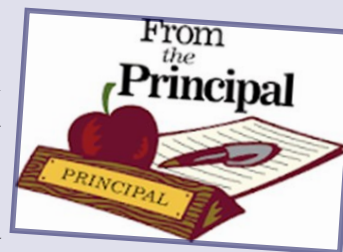
Enviro Week

Next week, our Year 9 students will be participating in 'Environmental Week'. During the week, the students will do a range of activities, including tree planting and an overnight camp. They will learn more about our local environment and what we can do to try to preserve and improve our local habitat. It should be a great week for the students.

Principal's Report

Broader Horizons

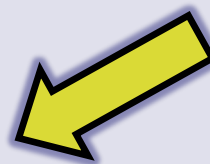
Over the past couple of weeks, our Year 9 students have also been participating in the Broader Horizons program where they go and spend a day looking at one of three different employment fields. This year the students have had the opportunity to spend time looking at different facets of Agriculture, Health and Allied Health, Local Government and Retail. This program is unique to St. Arnaud and is a wonderful opportunity for our students in the year before their compulsory Work Experience. It also aims to highlight the local opportunities for our soon-to-be school leavers to access a range of local employment options that they may not have been aware of.



Wear it Purple Day

Today our College celebrated 'Wear It Purple Day.' 'Wear It Purple Day' strives to foster supportive, safe, empowering, and inclusive environments for everyone, including rainbow young people.

The 2023 theme — Write Your Story — emphasises the importance of self-expression and individuality. For young people who identify as LGBTQIA+, the theme represents the importance of taking ownership of their narratives and sharing their experiences in their own voices. The day is not about promoting any lifestyle over another, but about accepting that we are all different and should be included.



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

Thursday, 7th - Friday, 8th September — VSSS Dance Rehearsal

Saturday, 9th September — VSSS Dance Concert - Melbourne

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 - Footy Colors' Day

Monday, 2nd October — First Day of Term 4

Tony Hand
Principal



Reminder

2023 Parent Payments

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

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

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

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

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

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

Parent Payment Arrangements and Options:

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

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

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

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 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!!

'Tis the season to be asking
R U OK?TM

The holiday season can be a difficult time for some people. You can make a difference at this time of year by checking in and having a meaningful conversation with the people in your world who:

- Are grieving
- Are missing friends or family
- Have had a tough year
- Are struggling financially
- Are affected by natural disasters
- Are working over the holidays
- Have challenging family relationships
- Are spending the holidays alone
- Feel excluded at this time



Here's some tips to help you connect and support your colleagues, friends and family:

- Think about who in your world might be finding this time difficult and ask them, 'are you OK?' or 'how are you doing?'
- Meet up for a chat over a cup of tea or coffee.
- If someone is grieving, ask them how they'd like to honour the memory of their loved one.
- Extend an invitation to someone who will be alone during the holiday period.
- Organise a picnic or activity to bring people together.
- Have a virtual catch up with someone you can't see in person or send a text message to let someone know you're thinking of them.
- Suggest a walk and talk with someone you know who finds the holidays tough.
- Drop off a meal to someone to show them you care.
- Remind your friends that telephone support service Lifeline (13 11 14) are operating 24/7 over the holidays if they need extra support.

For more conversation tips visit ruk.org.au

R U OK?

Day,
Monday 4th September
12.30-2pm-Hosted at Secondary College

FUN ACTIVITIES

- 3 legged Races
- Sack Races
- Egg and spoon race
- Hula Hockey
- Tug of War
- Face Painting, craft table, Hair spray



BBQ -Sausages \$2
Hamburgers \$3
Cup cakes \$2

MAN CAVE

Last Friday, the Year 8 and 9 boys participated in 'The Man Cave' program which will be one of three workshops. The first workshop is outlined below!



Workshop 1 – Realising my Potential

Boys create their own unique version of healthy masculinity by understanding how gender norms have shaped their perspectives to this point, before being given the choice to grow beyond that. Exploration of personal identity, their unique strengths, how to care for themselves and what their values are, all add up to them understanding how they can reach their full potential. In the full-day workshop, boys will:

- Learn how gender stereotypes impact their attitudes and behaviour
- Meet our diverse male and non-binary facilitators
- Learn to constructively express their thoughts and feelings
- Connect to their values and strengths
- Leave with tools and resources to support their personal wellbeing
- Define values-based vision for the man they want to become



The boys were exceptional in their behaviour and the way they interacted with each other and with Lindsay and Rovey, the presenters (who said that they were the best group that they had ever had).

The Year 8 & 9 boys will hopefully be participating in Workshop 2 next term.

MAN CAVE Photos

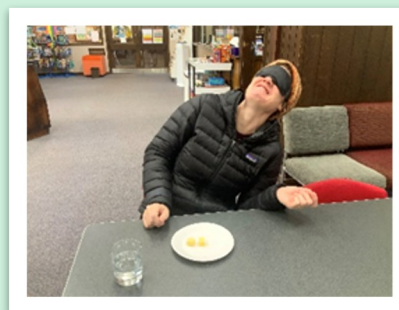


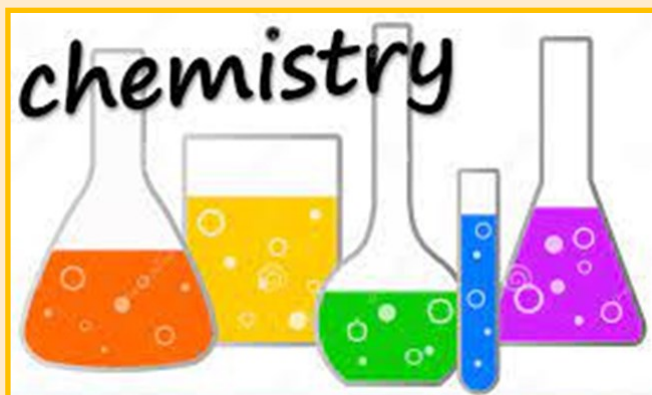
Yr. 11 Food Studies



This week in Year 11 Food, we conducted a practical activity on a triangular test for Australian cheddar cheese. The aim of doing the experiment was to determine how many people could tell the difference between two brands of cheddar cheese; we used an Australian vintage cheddar and an New Zealand aged cheddar. The 6 participants were blindfolded and given 3 small blocks of cheese, two of which were the same brand and the third the other brand. Each participant was also given the two brands in different orders. They then had to sit quietly and take their time to consider the sensory properties of each sample - appearance, aroma, flavour and texture - and then say which sample was the different out of the three. Out of the six participants, only three guessed correctly.

A big thank you goes to John Szczur, Fiona Loble, Beau Knight and Amy Greenaway who volunteered to help us with this activity.





Year 12 student, Jesse Amos is carrying out the biuret test on food samples. This test, test for proteins, where a copper iron forms a complex with the protein and is indicated by the intensity of the purple colour.





In Food this week, the students undertook their SAC, comparing two types of noodles; one a rice noodle and the other a low carb, low fat version made from plant-based products. Once the students had undertaken the comparison of taste, texture and aroma, they then used these ingredients in the making of a Vietnamese Chicken Salad. In theory, students have just finished food security, and ensuring that all ingredients are readily accessible and affordable to everyone, starting on sustainable primary food production and risks to environmental stability.



Yr. 8 Woodwork



Last Friday, while the boys were away at MAN CAVE, the girls attempted a technical activity inspired by the television series “Good with Wood” on SBS.



The girls had to use the plane to make large shavings from offcuts. They then used the shavings and hot glue gun to sculpt wooden roses.



They should all be very proud of their efforts, they all did a fabulous job! They are now being displayed in the front office.



Science Week Report

Last week, was National Science Week, and the Year 7-10 students celebrated it by running some lunchtime science activities from Tuesday to Friday.

On Tuesday, the Year 9 students demonstrated the electrifying wonders of science with the Van de Graaff generator. Miss. Goode also showed how electricity travels through metals, including those in our bodies. Wednesday was dedicated to a paper aeroplane contest, run by Mrs. Melanie Watts and the Year 7 students. Staff and students enjoyed creating different planes, with Trey winning the competition. On Thursday, Mrs. Jackson and the Year 8 students demonstrated how to make balloon rockets over the down-ball courts, focusing on the principles of balancing forces.

Finally, on Friday, the Year 10 students voted for the carbon snake practical, but unfortunately, Miss Goode was unable to get it to burn hot enough to create the snake. Some students also played with the little bits kits, creating buzzers and turning lights on and off.

Our Science Week Joke winners were Tanisha Ward, Mara Reynolds and Annylee O'Brien. Thank you to the Science Teachers and all staff and students who got involved.

Jokes

Why Can't You Trust an Atom ?
Because they make up everything.
(Winning joke by Tanisha Ward — Year 9)

What type of dogs do chemists own ?
Laboratory Retrievers.
(Winning joke by Annylee O'Brien — Year 8)

What do you call it when a biologist takes a photo of themselves ?
A cell-fie.
(Winning joke by Mara Reynolds — Year 8)



Science Week Photos



Hands On Learning



The H.O.L. students were kept busy recycling old tyres. They thoroughly enjoyed spray painting them in their favourite colours!



HANDS ON LEARNING

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.

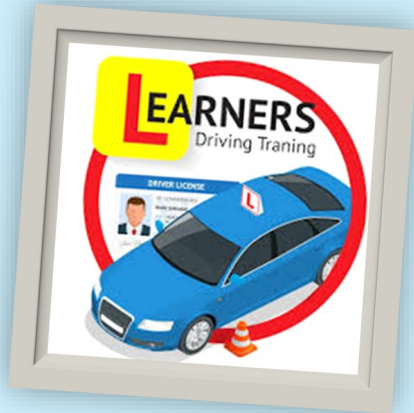
Both teams will have 8 riders and 1 pit crew member, with an even split of males and females.

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

Any student who is interested in finding out more details is encouraged to contact Mr. Mac.



L2P Program



TAC L2P PROGRAM LEARNER BENEFITS



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

Become a confident and competent driver

Achieve the 120 hours of required driving experience

Receive guidance from a trained mentor

Gain your independence



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



DID YOU KNOW OUR SCHOOL SUPPORTS YOUNG LEARNER DRIVERS?

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

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

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

*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

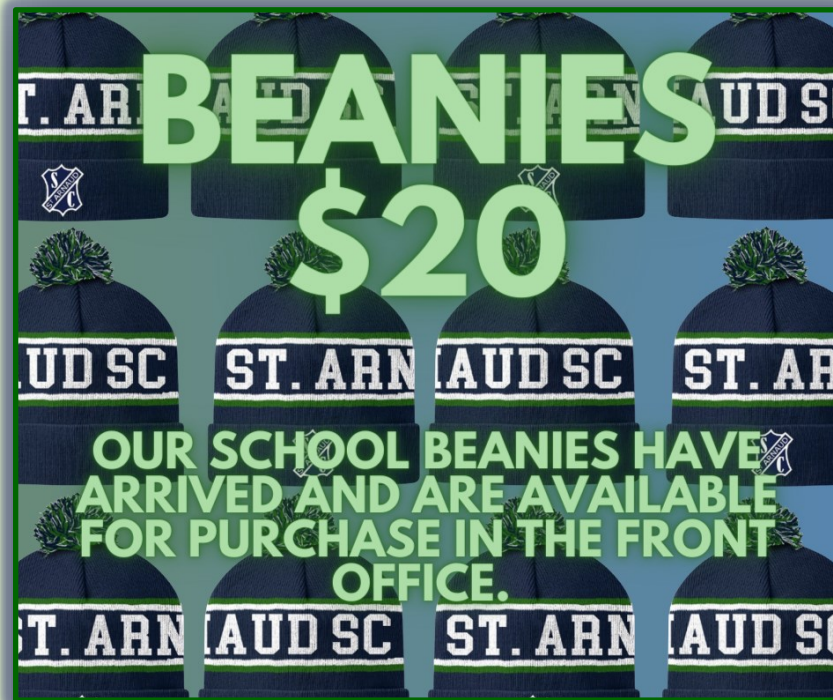


NOW TAKING LEARNER ENROLMENTS!
Contact Penny: 0418 535 478 or L2P@cglle.org.au

School Beanies For Sale

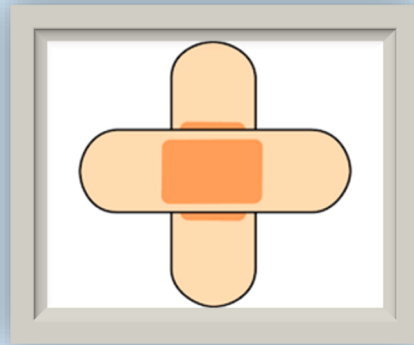


Winter is here with a vengeance !!



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

ACU Guarantee – Open Now, Close 18th September
Charles Sturt Advantage – Close 31st September
Deakin Regional Access Scheme – **OPEN NOW**
Latrobe A SPIRE – Open Now, Close 1st September
RMIT Early Entry – Open Now, Close 17th 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

ACU SEAS SCHOLARSHIPS

www26.uac.edu.au/esapply/

(Click on Start your application)



For a list of 2023 Open Days Visit:

www.vtac.edu.au/opendays.html

Open Days This Weekend

Saturday 26th August

Collarts

www.collarts.edu.au/open-day

GOTAFE – Shepparton Campus

www.gotafe.vic.edu.au/open-days-2023

Latrobe University – Shepparton Campus

www.latrobe.edu.au/openday

Sunday 27th August

ACU – Ballarat Campus

<https://openday.acu.edu.au/>

Deakin University – Burwood Campus

www.deakin.edu.au/student-life-and-services/events/open-day

Latrobe University – Bendigo Campus

www.latrobe.edu.au/openday

RMIT University – Bendigo Campus

www.rmit.edu.au/openday/aviation-flight-training

Victoria University – City Campus

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

VTAC | Nursing and Midwifery Information Session



Wednesday August 30th 5:00pm

Requirements and application process for nursing and midwifery applicants.

To Register Visit:

https://us02web.zoom.us/webinar/register/WN_pV65od2yTK8ye9mJ4XUevQ#/registration

Monash | Moving Away From Home Webinar



Wednesday August 30th 6:30pm

This webinar will focus on all the things you need to know about moving to Melbourne including support services and accommodation (on-campus and off-campus) opportunities. You'll also hear from current Monash students who've moved to Melbourne from both international and domestic/regional areas.

To Register Visit:

www.monash.edu/discover/events/general-information/moving-away-from-home-webinar

AIE | Industry Experience Days



**Wednesday September 20th
(School Holidays)**

AIE's Industry Experience Day is a great opportunity for students in Years 10, 11 and 12 to learn about the local and international game development, 3D animation and visual effects industries.

To Register Visit:

https://aie.edu.au/aie_event/industry-experience-day/

University of Melbourne | Hands on Engineering & IT



**September 27th or September 28th
(School Holidays)**

A day of workshops to introduce year 10 students to different areas of Engineering & IT.

You don't need any prior knowledge – this day is about having a look at Engineering & IT, solving a few problems, seeing the campus, meeting some students and academics, having a pizza lunch and having fun. The schedule will be repeated daily so students should attend one day only.

To Register Visit:

<https://eng.unimelb.edu.au/engage-with-us/schools/hands-on>

Mrs Rebecca Reynolds
Careers Co-ordinator

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

SCHOOL BASED APPRENTICES & TRAINEES

**St Arnaud &
Ararat Areas**

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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**



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skillinvest

For more information regarding this position, contact us
at 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

Rotary District 9780



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Rotary District 9780



A Rotary District 9780 program for young Australians



District 9780 Rotary

DEFYING THE DRIFT!

WHAT?

DD is a program designed to empower young people to:

- Identify and explore agriculture and agribusiness career opportunities
- Build communication skills
- Develop career networks

WHO?

DD 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




DD 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 DDD 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



Rotary District 9780

DEFYING THE DRIFT!



G. H. Edwards Library



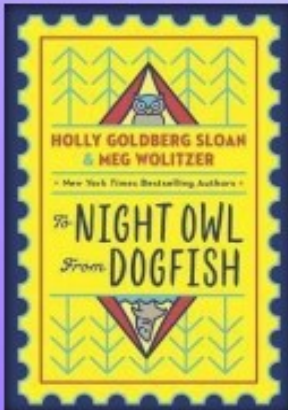
Flywheel, By Erin Gough

The Ampersand Prize-winner Erin Gough delivers a heart-warming debut novel about queer romance, crap parents & finding your feet when life gets messy.

Seventeen-year-old Del drops out of high school when her romance with another girl goes horribly wrong. Preferring chaos to bullying, Del makes it her mission to save her dad's crumbling café, the Flywheel, while he 'finds himself' overseas.

Accompanied by her charming troublemaker best friend Charlie, Del sets out to save the cafe, keep Charlie out of prison, and

maybe get a date with Rosa, the beautiful flamenco dancer from across the road. But when life is messy enough as it is, can girl-on-girl romance ever have a happy ending? This hilarious and accident-prone novel is about how to be heartbroken and how to fall in love; about rising above high-school drama and wrestling with problems that are (almost) too big. It speaks directly to teens and assures them that they're not alone, and does it all with an abundance of heart.



To Night Owl from Dogfish

By Holly Goldberg Sloan & Meg Wolitzer

Told almost entirely through emails, this is the exuberant, funny story of two girls who try to get their gay fathers back together. It's a novel about the true meaning of family, written by two exceptional and beloved authors. Avery Bloom is anxious and academic and afraid of the water. Bett Devlin is brash and athletic and loves to surf. The only things they seem to have in common are their age - twelve - and the fact that their dads

have fallen in love with each other. Now their dads are sending them to the same sleepaway camp, against their will, so that they can become friends. But when the girls reluctantly grow to like each other and start looking forward to becoming a family, their dads fall out of love. Can Avery and Bett figure out a way to bring their fathers back together now that they can't imagine a life without a stepsister?

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?

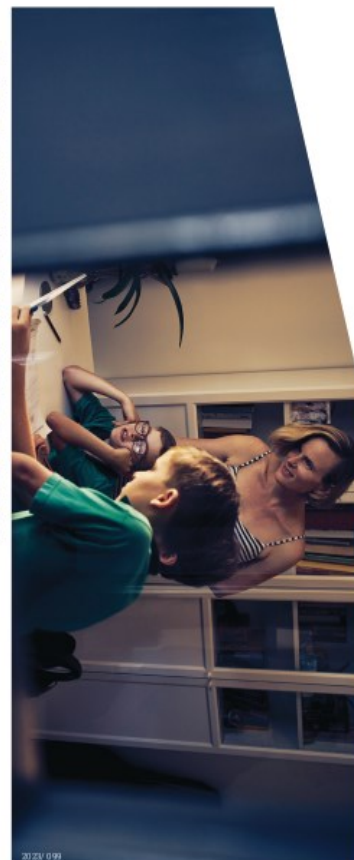
Children who can access online learning at home:

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

HAVE YOUR SAY!



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

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

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 in touch
online@mostyouth.org.au
or 03 9594 6600



FACTSHEET

YOUNG PEOPLE AND GAMBLING

Information for parents and teachers

Many adults who experience problems began gambling before they were 18.¹

Even though it is illegal for people under 18 to gamble, research shows most young people have gambled at some point.

Driven by saturation levels of gambling advertising, rapidly changing technology, and the influence of family and peers, **young people are increasingly at risk of harm from gambling.**

Helping young people to think critically about gambling and understand the risks can help them avoid gambling harm – now and into adulthood.



KEY FACTORS AFFECTING YOUNG PEOPLE

Gambling advertising

Young people are exposed to prolific gambling promotion, including advertising, sponsorships and direct marketing, while gambling ads make betting seem normal, socially acceptable and risk free.

948 ADS

An average of **948 ads** were broadcast daily on free-to-air TV in Victoria in 2021.²

One in three

young people thinks betting on sport is normal.³

\$281.2 million

The gambling industry spent an estimated **\$281.2 million on advertising in Australia in 2021**, of which **\$61.3 million** was spent in Victoria.⁴

YOUNG PEOPLE AND GAMBLING

Information for parents and teachers

MORE KEY FACTORS

Gambling environment

Technology is making gambling more accessible to young people than ever before. High levels of online engagement and access to mobile devices mean gaming, gambling and gambling-like products are at their fingertips 24/7.



95 per cent of young people have access to a smartphone.⁵



A quarter of young people who gambled in the past year participated in **online gambling** with male online participation (31.6 per cent) almost double that of females (16.1 per cent).⁶

Friends and family

Research shows that friends and family have the greatest influence on young people's attitudes towards, and participation in, gambling activities.



Young people who live with a parent who gambles are **1.5 times more likely to gamble** than those who live in a household where no parent gambles.⁷



Fifty per cent of young people who gamble do so with at least one other person.⁸



Young people whose friends gamble and have a sense of belonging to an online community are **more likely than their peers to participate in gambling**, have an intention to gamble in the future and experience gambling problems.⁹

EDUCATION AND AWARENESS

Victorian Responsible Gambling Foundation

Gambling Foundation programs aim to address the normalisation of gambling among young people by reducing their exposure to sports betting advertising, helping them to understand the risks associated with gambling, and equipping them to make informed choices and become critical thinkers.



Gambler's Help Youline provides confidential, free online and telephone support for young people experiencing harm from their own, or someone else's, gambling. www.gamblerhelp.com.au



Love the Game works with professional and community sporting clubs and associations to reduce the exposure of young people to sports betting promotions. www.lovegame.vic.gov.au



Be Ahead of the Game is a school education program that helps young people to develop the skills to think critically and make informed decisions about gambling. www.beaheadofthegame.com.au

SOURCES

1. Hogg, S. (2019). A study of gambling in Victoria: perspectives. Department of Justice, Melbourne.
2. Hogg, S., Blake, A., King, D., Bourdieu, M., & Hogg, S. (2021). Gambling in Victoria: A national survey of young people in Australia. The Longitudinal Study of Australian Children (LSAC) Annual Statistical Report 2021. Victorian Institute of Family Studies, Melbourne.
3. Hogg, S., et al. (2020).
4. Hogg, S., et al. (2020).
5. Nielsen, 2021.
6. Warren, D.S., & M. (2018). Gambling activity across languages and age groups. In G. K. Chen, L. & G. (Eds.), (2018). Gambling in Australia: The Longitudinal Study of Australian Children (LSAC) Annual Statistical Report 2018. Victorian Institute of Family Studies, Melbourne.
7. Patten, N., Murray, K., & Murphy, M. (2018). C. & W. (Eds.), (2018). Gambling and young people in Australia. Gambling Research Australia, Melbourne.
8. Hogg, S., et al. (2020).
9. Hogg, S., et al. (2020).

THANK YOU

for participating in a
Be Ahead of the
Game workshop.

Facts about gambling

- Victorians lost \$5.06 billion to gambling in one year (from 2020 to 2021).
- Gambling harm can be experienced by the person who gambles, as well as the people around them.
- Gambling can cause you to miss out on things you want or need.
- Gambling is an easy way to lose money, not make money.
- Around 948 gambling ads appeared on free-to-air TV daily in 2019.
- Gaming contains gambling elements designed to keep you playing longer and spending more.

Signs of gambling harm

Signs someone may be struggling with gambling issues include:

- becoming withdrawn from others
- borrowing money more than usual
- regularly short of money
- performance at school or work affected
- changes in personality – sleeping, eating, interest in usual activities and friends
- being secretive, lying, unexplained absences.

Information and support

Gambler's Help Youthline
Free, confidential, 24/7 support and advice for under 25s.
Visit www.gamblershelp.com.au/youthline or call 1800 262 376.

Kids Helpline
Free, confidential, online and phone counselling service for young people aged 5 to 25. Available 24/7, for any reason.
Visit www.kidshelpline.com.au or call 1800 55 1800.

eSafety
Information and tips to stay safe online.
Visit www.esafety.gov.au/young-people.

MoneySmart
Information and resources to manage your money and finances.
Visit www.moneysmart.gov.au.

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

WE'RE HERE TO HELP.

WHAT WE DO

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

OUR MISSION

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

To learn more about us or to enrol as a student, please visit
www.etutorsproject.org



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



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

***Hot Dogs with sauce, mustard
&/or cheese***

\$5.00



2023 Calendar



August	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 — Anglesea
	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
	Fri	15th	Yr. 8 Active Girls Brunch — Natimuk
	Fri	15th	Last Day of Term 3 — 2pm Finish (Footy Colours' Day)
October	Mon	2nd	Term 4 Begins
	Thurs	5th	LMR Athletics
	Mon	9th	Yr. 10/11 Flourish Girl
	Mon	16th	SSV Athletics
	Fri	20th	Last Day for Year 12 students
	Tues	24th	English Exam
	Wed	25th	NCD Bowls/Shoot