

# St. Arnaud Secondary College

## Newsletter

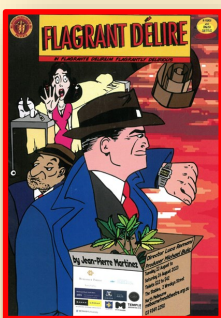
**Issue 27**

Term 3  
Week 32  
1st September 2023



On Friday 25th August, Mrs. Bouchier set off on a cultural adventure with her amazing Year 10 French class.

Sophie and Ava started off the journey with their dubious serenading. Fortunately, they had run out of songs by Ravenswood. We arrived at the Stables Theatre in North Melbourne, quickly locating a suitable parking space. As we had time to spare, we caught a tram to the CBD and ate a multicultural lunch at Melbourne Central.



Once back in North Melbourne, we entered the small theatre where we met the director of the play. The audience was made up of students from two large city schools and a few members of the public.

The play 'Flagrant Délire' was a murder mystery that included a cast of suspicious characters who were not entirely what they seemed to be and it turned out the whole situation was a fake. The play was performed entirely in French, but our understanding was helped by the 'sous titres' that flashed up on the wall behind the actors. The computer operators did a great job of matching the right dialogue with each actor and we found only one occasion where they missed an actor's speech. Before we had left St. Arnaud, each student speculated who was going to be the perpetrator of the crime - both George and Owen correctly predicted the culprits.

*Year 10 French  
Melbourne Excursion*

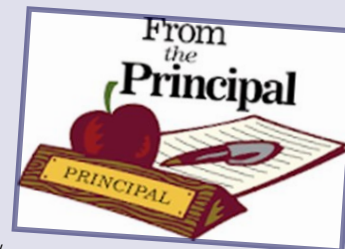


**St. Arnaud Secondary College is a Child Safe School.**

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



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

Over the last three 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 we have had 8 responses, which means five families completed the survey this past week.

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 onto 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. A reminder email was again sent out yesterday, so please check your inbox!

## **Building Works**

What a difference a week makes! It is such an experience to be able to watch how quickly things can progress, and, as expected, the final major pour was completed in great time on Monday. Now that all the form work is removed, the site has taken on a whole new look and the full footprint can be seen. We have been fortunate to be able to take School Council last week and staff this week, on a walk-through of the building and everyone is impressed with the sheer size and how it ties the BER (or science wing) in with the rest of the school.

The crane will be back on site for the next few weeks putting up the rest of the frame which has started to arrive this week. It will be action stations as the staging of the works will allow multiple trades to be able to work in different areas without getting in each other's way.

I have included some drone photos on page 4 of the works so far – I think they provide a pretty good and exciting picture.

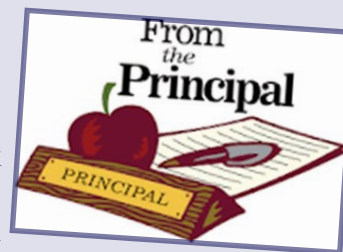
## **College Captain Applications**

As mentioned last week, we have called for applications for College Captains for 2024. It has been very encouraging to receive seven very strong applications this year, 2 from current Year 11 students and 5 from current Year 10 students. The applicants were interviewed this week by Dr. Taylor, Mrs. Reynolds and our two current College Captains, Rogan and Izzy. These students will now be preparing for their presentations to the Year 7 to 11 student body and staff, which will occur next Friday afternoon.

# Principal's Report

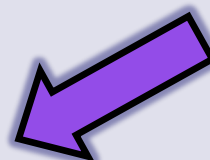
## Enviro Week

Our Year 9 students have participated in Enviro Week this week which has included learning about our environment, planting trees and an overnight camping stay. It has been really pleasing to both see and hear reports of how well the students have conducted themselves and how much they have achieved. The week ended with a rewards day today and I am sure all the students have had a great experience for the week. Thanks to Miss Brown, Miss Goode and Mrs. Jackson for their work and organisation.



## R U OK Day

On Monday, we will be celebrating R U OK? Day. R U OK? Day is our National Day of Action when we remind Australians that every day is the day to ask, 'Are you OK?' and start a meaningful conversation whenever they spot the signs that someone they care about might be struggling. This is vitally important for all of us as we would probably be aware that as a nation, we are having more people than ever experiencing mental health issues. Students are encouraged to wear a splash of yellow – and ask their friends, R U OK?



**Sunday, 3rd - Monday, 4th September** – Yr. 12 OES Camp - Anglesea

**Monday, 4th September** – State Shoot & R U OK Day

**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**





# School Build Photos







## 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?


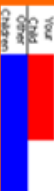

Just a little bit late doesn't seem much but.....

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	 Your child Other children Equal to finishing in grade 11
1 day per week	40 Days per year	8 weeks per year	Over <u>2.5</u> years	 Your child Other children Equal to finishing in grade 10
2 days per week	80 Days per year	16 weeks per year	Over <u>5</u> years	 Your child Other children Equal to finishing in grade 7
3 days per week	120 Days per year	24 weeks per year	Nearly <u>8</u> years	 Your child Other children Equal to finishing at grade 4

## Everyday Counts!!

# Parent Opinion Survey

***PLEASE CHECK YOUR EMAILS, A REMINDER WENT OUT YESTERDAY!!***



## **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!!



*'Tis the season to be asking*  
**R U OK?**<sup>TM</sup>

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](http://ruk.org.au)

# R U OK?

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

**FUN ACTIVITIES**

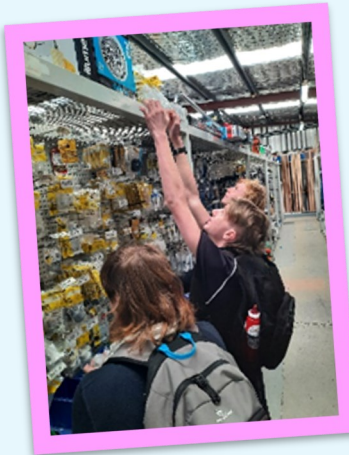
- 3 legged Races
- Sack Races
- Egg and spoon race
- Hula Hockey
- Tug of War
- Face Painting, craft table, Hair spray




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



## Yr. 9 Broader Horizons — Retail



Last week, we continued the Broader Horizons Program jointly led through the North Central Local Learning & Employment Network (NCLLEN), aimed at introducing the Year 9 students to different potential career paths they may not have otherwise considered.

This week a group of students went to several local retail and customer orientated businesses within St. Arnaud. These businesses were the Post Office, Knights Accounting, the St. Arnaud Police Station, Railway Art Gallery, and Petstock-Mitre 10 group.



The students eagerly listened to the various jobs that they were exposed to throughout the entire day and asked insightful questions of the many wonderful presenters who took time out of their day to speak to them. The students represented the College admirably and certainly took a lot

home to think about.

The final group of students will be heading to the Local Government next Thursday!



## Yr. 11 Food Studies

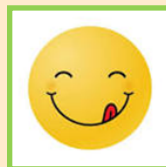


This week Jackson and Anthony both cooked empanadas but with different ingredients.

Anthony cooked empanadas with tuna and green olives and Jackson cooked empanadas with beef and potato.

Empanadas is Spanish for 'to bake in pastry'. Empanadas are usually single served savoury pastries with a meat or fish and vegetable filling.

They feature some of the most important ingredients in Spanish cooking such as olive oil, olives and smoked paprika. Smoked paprika is one of the signature spices of Spain and it adds an intensity of colour and depth of flavour to the filling.





# VSSS Dance Spectacular

THE VICTORIAN STATE SCHOOLS

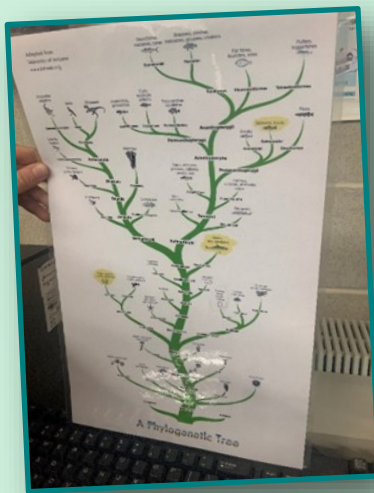
## SPECTACULAR

### LAST REHEARSAL BEFORE WE HIT THE BIG SMOKE!!!

Our last rehearsal for VSSS 2023 was held at the start of August. We were lucky to have Deon Niku taking the rehearsal as he choreographed all 8 Mass dances and is a well-known dance teacher and performer in Melbourne. Deon was very pleased with the progress of our group and he is looking forward to seeing everyone at John Cain Arena in September. Not long to go now!!



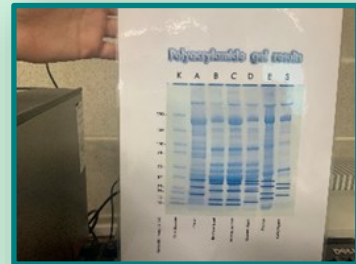
# Yr. 12 Biology



## Yr. 12 Biology Excursion to Ecolinc - How are species related

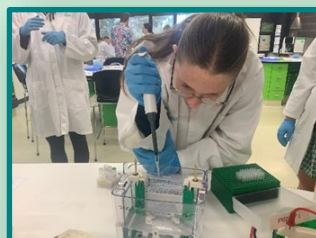
On Tuesday 29<sup>th</sup> August, the Year 12 Biology students once again drove down to Ecolinc in Bacchus Marsh to complete their SAC for Outcome 2 on how we can determine how closely related different organisms are and to discover how proteomics is one method for determining evolutionary relatedness.

They did this by learning how to compare protein profiles of different animals and predicted evolutionary relatedness of marine animals which included an atlantic salmon, a prawn, a rainbow trout, gummy shark and scallop.



We extracted protein from muscle tissue of the animals and then set up and ran a polyacrylamide gel electrophoresis. After lunch we analysed the gels and constructed a cladogram showing evolutionary relatedness of the animals.

It was determined that the rainbow trout and the atlantic salmon were the most closely related and the scallop and prawn very distant ancestors that diverged to become different species at the same time on the evolutionary scale.





## Active Schools Committee

The Active Schools initiative aims to ensure students have the skills, confidence and motivation to be active for life, building on existing programs and funding to boost support and resources to get schools and students moving.

Over the last few weeks, we have done some work in forming a group of students who would like to spearhead several different programs and activities to be developed within the school and be the voice of the student body.



Last week our newly formed committee met with our Active Schools Consultant, Andy Hair, to discuss the results of a school wide survey. Walking around at recess, he was very impressed with the number of students using the time to be active, especially the downball courts near the Year 7 and 8 homerooms. Many ideas were put forward and discussed as

to how we can work to address the initiatives aim. Ideas included different lunchtime round robin activities, incursions and excursions to develop leadership capacity, upgrading of facilities and sourcing new equipment.

Watch this space for some exciting new programs, facilities and activities that our Active Schools Committee will coordinate in the near future!

**Mr Knight.**



## Yr. 12 Food Studies



In food this week, students once again had the opportunity to make a two-course meal, the main course being spicy chicken sticks and the dessert an apple tarte tatin. The spicy chicken satay skewers are a popular street food found in many countries across South-East Asia. It is a combination of spices that make up the satay flavour and they are thought to have originated on the Indonesian island of Java. The delicious apple tarte is a classic French dessert; the appeal of this dish is the combination of caramel, warm, soft apple and crisp pastry. Apples are a good source of vitamin C and dietary fibre.

In theory, students have looked at the risks to environmental sustainability in providing food security and the strict biosecurity that needs to occur to stop pests and diseases from coming into the country and harming our crops and livestock.



## Yr. 11 Health & Human Development



*In Year 11 Health and Human Development we are currently looking at development. In particular, we are exploring the considerations in becoming a parent and the role of parents and carers in*



*determining the optimal development of children. As a part of this, students were able to take part in a parenting experience with an infant simulator. This simulator required the same care as that of a newborn baby, requiring nappy changes, bottle feeding, burping and rocking. It also recognised poor or rough handling, and temperature. These were all assessed through a wireless program in which students received a score out of 100 for their performance in caring for the infant.*



*Students were excited to have this infant simulator experience, but were very ready to return them when the time came. Well done to all students involved and thank you to Charlton College for allowing us to lend the simulators.*





# Purple Day— 25th August

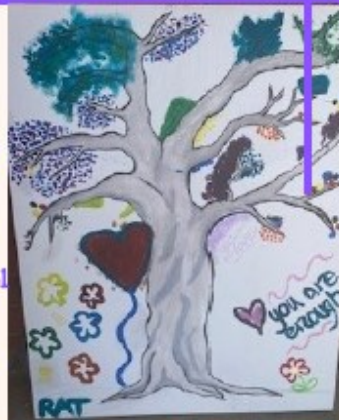
## WEAR IT PURPLE DAY 2023

**WEAR IT  
PURPLE®  
DAY**  
FRIDAY 25 AUGUST



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

Wear it Purple Day celebrates and promotes the value of diversity and inclusion in our school community and eliminates discrimination. Students, staff and our local police shared the day.





## 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.

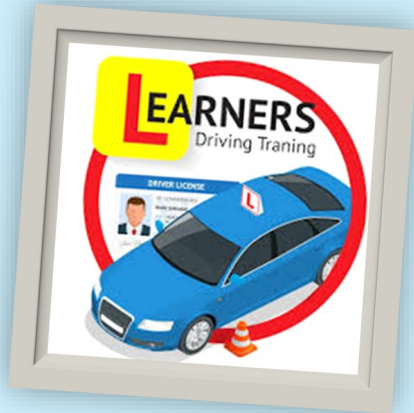
Both teams will have 8 riders and 1 pit crew member, with an even split of males and females.

There will be practice nights on Wednesdays and Thursdays after school, 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](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.cglle.org.au/l2p](http://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

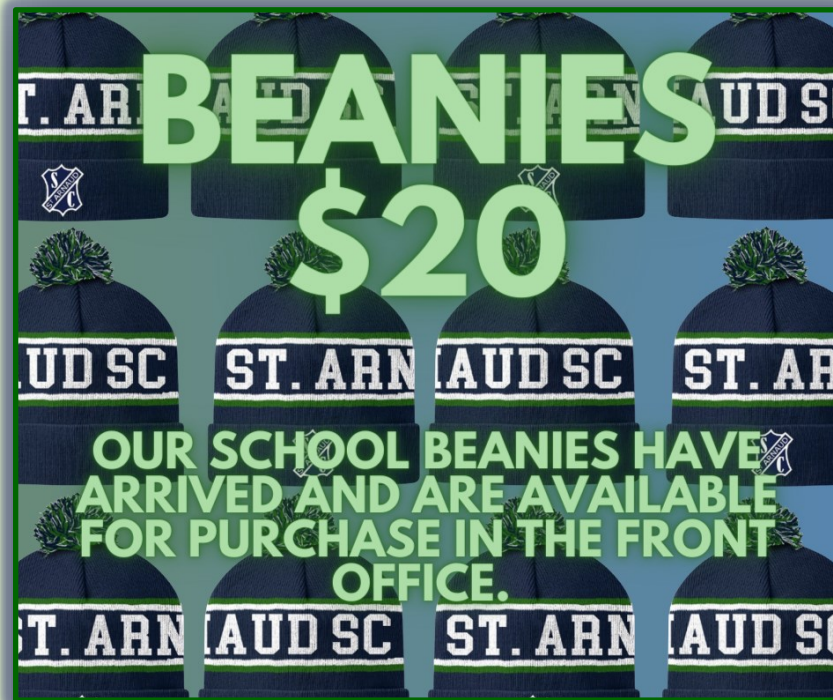


**NOW TAKING LEARNER ENROLMENTS!**  
Contact Penny: 0418 535 478 or [L2P@cglle.org.au](mailto:L2P@cglle.org.au)

## School Beanies For Sale



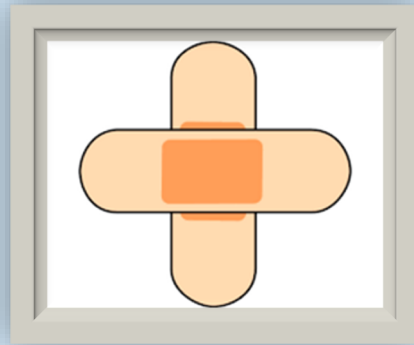
Winter is here with a vengeance !!



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.

## 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  
**ACU SEAS SCHOLARSHIPS**  
[www26.uac.edu.au/esapply/](http://www26.uac.edu.au/esapply/)  
 (Click on Start your application)

## VTAC | Pathways to Tertiary Study Information Session



**Wednesday September 5<sup>th</sup>, 5:00pm**

Discussing options for students who don't meet tertiary entrance requirements or didn't get the ATAR or meet prerequisites they anticipated for their dream course.

**To Register Visit:**

[https://us02web.zoom.us/join/register/WN\\_B-O\\_9NNVSUuVZ1Q6R3LOjq#/registration](https://us02web.zoom.us/join/register/WN_B-O_9NNVSUuVZ1Q6R3LOjq#/registration)

## Create for a Day at SAE



**Saturday September 9<sup>th</sup> 10:00am – 4:00pm**

SAE Institute is opening its doors this September for a one-day program, designed to expand your skills and get you working on inspiring creative projects in the fields of Animation, Audio, Design, Film, Games or Electronic Music Production.

**To Register Visit:**

<https://sae.edu.au/event/create-for-a-day-at-sae/>

## endota Wellness College | Open Day



**Saturday September 9<sup>th</sup>, 10:00am – 12:00pm**

Discover our nationally recognised courses and how we train our students to become job-ready and qualified in as little as 12 months! Take a tour of our spa-like campus, learn about student life on campus, enjoy a facials masterclass and receive a free goodie bag.

**To Register Visit:**

<https://endotawellnesscollege.edu.au/open-day-rsvp/>

## 5 work experience ideas for high school students who love cooking



*Work experience is a fantastic way to get a taste of the culinary world and learn valuable skills along the way. If you need some inspiration, here are some work experience ideas for students who love cooking – read on.*

### Local restaurants or cafes

Work experience in a local eatery can give you insights into kitchen operations, meal preparation, and the art of plating. You'll gain exposure to different cooking techniques and might even have the chance to contribute to the creation of mouthwatering dishes.

### Catering companies

Catering companies offer a diverse range of culinary experiences. From preparing finger foods for events to crafting elegant multi-course meals, you'll get hands-on experience in a dynamic setting. Working with a catering team will teach you about menu planning, food presentation, and the importance of timing in the kitchen.

### Bakeries and pastry shops

If you have a sweet tooth and a knack for baking, a bakery or pastry shop is the perfect place for your work experience. You'll learn the art of making pastries, cakes, bread, and other delectable treats. Understanding the precision required for baking and the creativity involved in decorating will be valuable skills you can carry with you.

### Cooking classes and culinary schools

Some culinary schools or cooking classes might offer opportunities for students to assist during workshops and classes. This immersive experience can expose you to a variety of cuisines, cooking methods, and interaction with fellow cooking enthusiasts. It's a great way to enhance your skills and learn from experienced chefs.

### Nutrition and meal planning

If you're interested in the nutritional aspect of cooking, work experience with a nutritionist or a meal planning service could be a fantastic opportunity. You'll gain insights into crafting balanced meals, understanding dietary restrictions, and creating meal plans that cater to specific health goals. This experience bridges the gap between cooking and wellness, offering a holistic perspective on the culinary world.

Mrs Rebecca Reynolds  
 Careers Co-ordinator

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



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



**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





## A Rotary District 9780 program for young Australians

**District 9780  
Rotary**



### DEFYING THE DRIFT!

**WHAT?**  
DID is a program designed to empower young people to:

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

**WHO?**  
DID is for year 10 and year 11 students

**WHY?**  
Because there are great, high paying professional, entrepreneurial and trade careers in agriculture that young people need to know about!

**WHEN?**  
Monday September 18, 2023 to Wednesday September 20, 2023

**WHERE?**  
Longrenong Ag College, Horsham

**HOW MUCH?**  
\$250 Early bird price - pay by July 31  
\$350 per student, sponsorship available.

**More Information at [www.defyingthedrift.org](http://www.defyingthedrift.org)**




DID starts with a 3 Day residential program at Longrenong Ag College. There will be lots of new friends to make, inspiring agriculture role models to meet, places to visit and lots of fun.

The second part is a presentation by each participant at their sponsoring Rotary Club - a great chance to meet community leaders.

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

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

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




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

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

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


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





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

**DEFYING THE DRIFT!**

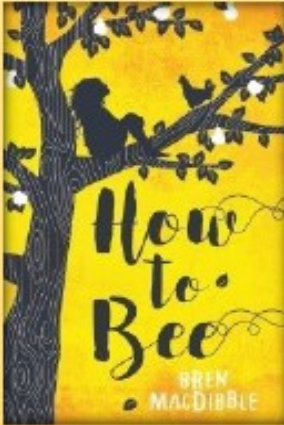
**Rotary**  
District 9780





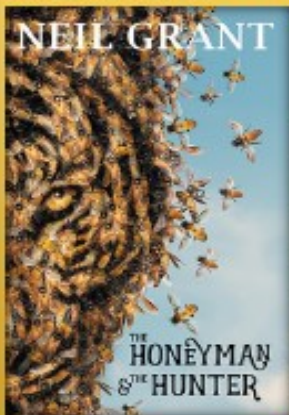
## G. H. Edwards Library



### How to bee

*By Bren Macdibble*

In a world where real bees are extinct, the quickest, bravest kids climb the fruit trees and pollinate the flowers by hand. All Peony really wants is to be a bee-dancing along the high branches and helping her gramps and sister scratch out a living. Life on the farm is a scrabble, but there is enough to eat and a place to sleep, and there is love. Then Peony's mother arrives to take her away from everything she has ever known. Will Peony's grit and quick thinking be enough to keep her safe?



### The Honeyman & the Hunter

*By Neil Grant*

When sixteen-year-old Rudra Solace dredges up a long-hidden secret in his father's trawl net, his life in the sleepy village of Patonga shifts dramatically. It is not long before Rudra is leaving Australia behind, bound for India on a journey of discovery and danger. A compelling tale of belonging and loss, of salt water and mangroves, of migration and accepting change; a story of decisions that, once made, break through family histories like a cyclone swell.



## 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



**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?

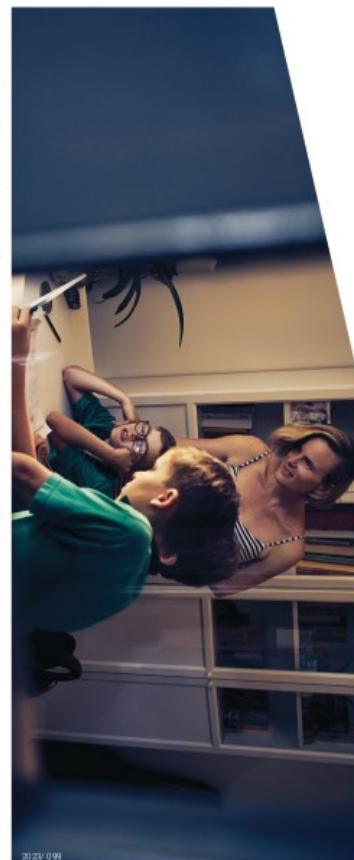
Children who can access online learning at home:

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**

What is working well?  
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**SCAN ME!**



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





**Partners in Parenting**



**MONASH University**





**DEAKIN UNIVERSITY**

## Is your teenager struggling to attend school due to anxiety, depression or emotional distress?

Be among the first to trial a new online parenting program designed to support parents of teens struggling with school attendance.

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

**What's included in the program?**

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

**Who can take part?**

You may be eligible to participate if:

- you are the parent or guardian of a teenager aged 12-18
- live in Australia
- can read, write, and speak in English.
- have regular access to the Internet.

The program is not recommended as a sole source of support for young people experiencing school refusal. We recommend seeking professional support from a mental health or education professional alongside completing this program. Although all parents are able to take part, please also note that the program content is not tailored for parents of teenagers with Autism Spectrum Disorder or intellectual disability.

**What else is involved?**

To help us evaluate the program, we'll ask you to complete two online surveys about your parenting and your teen's mental health. We may also invite you to complete an interview about your experience with the program. You'll receive a \$20 gift voucher after completing the second survey, and an additional \$20 gift voucher if you complete an interview.

**FIND OUT MORE:**

**pip-ed.web.app**


Contact:  
[med-pip-ed@monash.edu](mailto: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 with [online@mostyouth.org.au](mailto:online@mostyouth.org.au) or [1800 888 888](tel:1800888888)

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



## THE IMPORTANCE OF EATING BREAKFAST

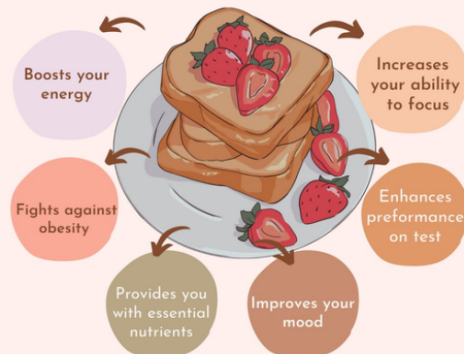
THE MOST IMPORTANT MEAL OF THE DAY

**No food in the tummy equals no energy in the brain!**

It is important to remember that food is fuel! If you don't fuel your body in the morning, you won't have enough energy to get through the day. Breakfast, as the name suggests, stops your overnight fast and tells your body to start breaking down food for fuel again, which gives us our energy.

Skipping breakfast can make you feel tired, restless and irritable. Whilst you might not notice your mood change, your friends and teachers certainly will. The word '*hangry*' exists for a reason after all.

### EATING BREAKFAST EVERYDAY



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

### WE'RE HERE TO HELP.

#### WHAT WE DO

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

#### OUR MISSION

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

**eTutors Project**

**To learn more about us or to enrol as a student, please visit [www.eturorsproject.org](http://www.eturorsproject.org)**



Liptember  
Foundation

2023

LIPTEMBER



HI I'M ELLA DARBY

I'm participating in the Liptember campaign and I'll be wearing bright lippy throughout the whole month of September to raise much-needed funds and awareness for women's mental health.



#### WOMEN MENTAL HEALTH FACTS

- 1 in 2 women with PCOS are living with severe mental disorders
- Women living in regional areas are more likely to suffer from depression than those living in metro areas
- 57% of females between 14 and 19 are currently suffering with body image issues
- 3 in 5 women facing fertility challenges are struggling with anxiety

Please scan the QR code to donate



## Community Events

A promotional poster for a cabaret event. At the top, the names 'CATH JAMISON' and 'AURORA KURTH' are displayed in white serif font, separated by a double-headed arrow. Below the names are two women. Cath Jamison, on the left, is smiling and holding a fan of playing cards. Aurora Kurth, on the right, is wearing a black top hat and a white tuxedo with a black bow tie. The background is dark with a hint of a cityscape. Text on the left side of the poster reads 'Australia's #1 Female Magician' in a script font, followed by 'THE AGE' and five stars. Text on the right side reads '“The voice of an angel”' in a script font, followed by 'THE ADVERTISER' and five stars. The title 'Sass & Secrets' is written in a large, stylized, cursive font with a red outline. Below the title, the words 'Wickedly Funny' and 'Magic & Cabaret' are written in a smaller, cursive font. At the bottom, the text 'AN UNFORGETTABLE FUN NIGHT OUT!' is written in a white serif font, followed by a double-headed arrow. Below this, the event details are listed: 'Friday 15th September, 7pm start, McDonald Hall', 'St. Arnaud - \$15 tickets at the door, 16yrs+', and 'Book a table (message Arts Council through FB), bring a plate of nibbles, beer wine & soft drinks at bar.' At the very bottom, there are three logos: the St Arnaud Arts Council Inc logo, the Regional Arts Victoria logo, and the Creative Victoria logo.

CATH JAMISON      AURORA KURTH

*Australia's #1  
Female Magician*  
THE AGE  
★★★★★

*“The voice  
of an angel”*  
THE ADVERTISER  
★★★★★

**Sass & Secrets**  
*Wickedly Funny  
Magic & Cabaret*

**AN UNFORGETTABLE FUN NIGHT OUT!**

Friday 15th September, 7pm start, McDonald Hall  
St. Arnaud - \$15 tickets at the door, 16yrs+  
Book a table (message Arts Council through FB), bring a  
plate of nibbles, beer wine & soft drinks at bar.

ST ARNAUD Arts Council Inc      REGIONAL ARTS VICTORIA      CREATIVE VICTORIA



# 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 Wonthaggi, 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**





**Cyril Callister  
Museum - Beaufort**

**September**

# **School Holidays**



**Painting with Vegemite  
Classes**



**Bookings Essential**

**Tues 19th & Wed 20th Sept  
11am**

**Tues 26th & Wed 27th Sept  
11am**

**5 to 13 years**

**\$12 per child - includes materials**

**Ph 0414 082 754**

**[info@cyrilcallisterfoundation.org](mailto:info@cyrilcallisterfoundation.org)**



# 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

*Please support the  
R U OK? Day BBQ*



# 2023 Calendar



<b>September</b>	Sun-Mon	3rd-4th	Yr. 12 OES Camp — Anglesea
	Mon	4th	State Shoot R U OK Day — come dressed in Yellow, Gold Coin donation
	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 Yr. 12 Breakfast
	<b>Fri</b>	<b>15th</b>	<b>Last Day of Term 3 — 2pm Finish (Footy Colours' Day)</b>
<b>October</b>	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
	Thurs	26th	P.E Exam
	Fri	27th	Biology & General Maths Exam
	Mon	30th	Psychology & General Maths Exam

