

St. Arnaud Secondary College Newsletter

Issue 28

Term 3
Week 33
8th September 2023

*2023 Year 9
Enviro Week*

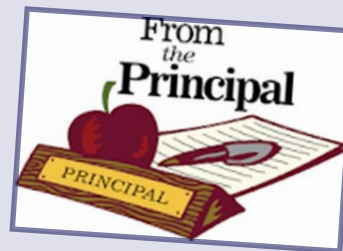


St. Arnaud Secondary College is a Child Safe School.

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

I would like to thank the 24 families who have taken the time to fill out the Parent/Guardian Opinion Survey so far. If you have received an invitation and are still to undertake the survey, you may still be able to get it completed this afternoon before the deadline closes.

Building Works

The building works are moving ahead at a strong pace, and it is great to see the development every day. This is always the case with a build – when you can see the ‘big stuff’ happening it appears to be moving quickly. We have had the wall framing delivered to the site and this was starting to be installed this week on the west end of the building. The rest of the framework, on the middle and east section, is coming along in leaps and bounds. It is worth a drive by – especially at the moment while the huge crane is in operation.

College Captain Speeches

Today our applicants for College Captains 2024 – Zoe Bryce, Tyson Funston, Ben Greenaway, Scarlett Hand, Demi Leach, Owen Lowe and Dusty Raiyn McIntyre – presented to the Year 7 to 11 students and staff about why they should be considered for the role of College Captain. Following the presentations, students from those year levels, along with the staff, were invited to vote for their preference of College Captain. With some students not at school on Friday, the voting will be collated early next week, and an announcement made prior to the end of term.

New Student Broad-Brimmed Hats

On Tuesday, at the end of a practice Fire Drill, all our students and staff were given a new broad-brimmed school hat. These hats have the College Logo on them and are also reversible with each student's House colours inside. These hats will be a great addition to our uniform, and while they are not compulsory at this stage, they certainly fill the SunSmart requirements for Terms 1 and 4. Thanks to Tania for her work in securing the grant for these hats which certainly look great.

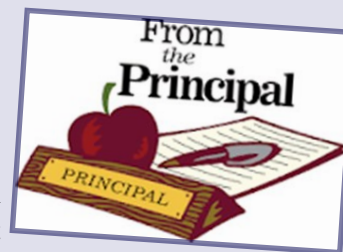
R U OK Day?

On Monday, we celebrated R U OK Day? R U OK? Day is a 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 signs that someone they care about might be struggling with life. It was great to be joined by the Primary School from 12:30 pm to share in a range of activities and a BBQ lunch and to be able to ask each other R U OK? Thanks to Tania and her band of helpers who ensured that the day was a success.

Principal's Report

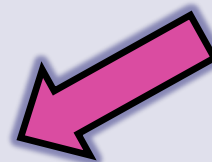
Year 10 Work Experience

Next week, our Year 10 students will be undertaking work experience at a range of employers both locally and beyond. I am sure they will all have a great week and learn something about their chosen field. It is important to remember that it is just as important to confirm a career path as it is to find out it is not the right path for you. I look forward to hearing about everyone's week.



Last Day of Term – Footy Colours

Next Friday, is the last day of term and it has traditionally been our Footy Colours Day. Students will be dismissed at 2:00pm as is our usual arrangement across all three schools.



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



Sun Smart Hats



SHADE & SUN **SMART GRANT &** **PARENTS CLUB** **DONATION**

New Sun Smart Bucket Hats were distributed to every student in the school courtesy of the Secondary College Parents Club Donation and a "Sun and Shade" grant.



Thank you to our **St. Arnaud Secondary College Parents Club** for assisting with this project!

The hats are reversible & can display our house colours for sport days. Mr. Hand took the drone up and captured our house colours from above!!! They look terrific.



As we head into some warmer weather, UV Radiation increases. All students must have a SunSmart hat at school during Term 1 and 4.





**FOOTY
COLOURS
DAY**



LAST DAY OF TERM - FRIDAY 15th SEPTEMBER - GOLD COIN DONATION

On Friday the SRC are running a "Footy Colours Day".

We encourage all students to come to school in their favourite teams colours, whether that be a guernsey, team shirt or just colours of your team, get creative and have some fun with it!





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	 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!!

Yr. 9 Enviro Week

Enviro Week was an exciting and educational experience for the Year 9 students at our school. The week-long event aimed to raise awareness about environmental issues and promote sustainable practices among the students. Throughout the week, the students engaged in various activities that allowed them to learn about ecosystems, biodiversity, water quality, and wildlife conservation.

On Monday and Tuesday, the students embarked on a camping trip to the Goode's, who live on local conservation land. Guided by representatives from Landcare and Trust for Nature, the students learned about the importance of reforestation and its impact on ecosystems. They actively participated in planting trees and native ground cover, which not only helped to restore the natural habitat but also contributed to offsetting carbon emissions.

During their time at the Goode's, the students also had the opportunity to learn about ecosystems and the significance of biodiversity. Volunteers from Landcare and Trust for Nature provided informative sessions, highlighting the interdependence of different species within an ecosystem. The students gained a deeper understanding of how each organism plays a crucial role in maintaining a balanced and healthy environment. Furthermore, fauna and flora surveys were conducted during the camping trip. The students were taught how to identify different species of plants and animals, with a particular focus on threatened frogs. They discovered several threatened frog species in their surroundings, which further emphasised the importance of conserving these delicate creatures. In addition to terrestrial ecosystems, water ecosystems were also explored during Enviro Week.

On Wednesday, the students completed water quality tests in a nearby dam ecosystem. They learned about the factors that affect water quality and how it impacts aquatic life. This hands-on experience allowed them to understand the significance of preserving clean water sources for both human and animal populations. On the Thursday was an exciting day as the students visited Andrew Borg's wildlife rehabilitation site. Here, they had the opportunity to witness a range of threatened and endangered animals up close. The visit provided valuable insights into the challenges faced by these species and the efforts being made to protect and rehabilitate them. The students were inspired by the dedication of Andrew Borg and his team in preserving wildlife.

To conclude the week, Friday was designated as rewards day. The students had a great time at the Zone, for some roller-skating and laser tag. This day served as a reward for their active participation and engagement throughout Enviro Week.

Overall, Enviro Week was a resounding success, providing the Year 9 students with a comprehensive understanding of environmental issues and the importance of conservation. Through hands-on activities, educational sessions, and visits to relevant sites, the students gained practical knowledge and developed a sense of responsibility towards the environment. Big thanks to Andrew Borg for Landcare, Trust for Nature and Miss Brown and Miss Goode for organising everything.

Yr. 9 Enviro Week Photos





Past Student - Thomas Amos



Thomas Amos completed VCE at St. Arnaud Secondary College in 2017, studying English, General Maths, History Revolutions and Legal Studies. He was accepted into a Bachelor of Arts at Latrobe University Bendigo in 2018. While this was not Thomas's first choice, he worked extremely hard in his first year and achieved the marks to enable him to transfer to a Bachelor of Law/Bachelor of Arts course in 2019.

Since then, Thomas has been working extremely hard in both courses. His achievements have included participating in a history based online internationalisation module with Sheffield Hallam University (UK). This module covered mining and migration between South Yorkshire and Victoria in the 19th Century. Thomas discovered that a distant relative on his grandmother's side (Jan Amos), who came to St. Arnaud in the Victorian Gold Rush, was from

South Yorkshire. Thomas' work was featured in promotional material promoting the module in Australia and the UK. Thomas has an article on his Great Great Grandfather's Second World War experience as a Japanese Prisoner of War in an upcoming LaTrobe eBureau book.

On the legal side of his studies, Thomas was awarded the Howard Nathan Law School Bursary in 2021. He was also awarded the 2022 Latrobe Law School Dean Prize for receiving the highest mark in LCR3CYC – Cybercrime subject. Thomas graduated with a Bachelor of Laws (Honours)/Bachelor of Arts in July 2023. He is currently employed as Peer Learning Advisor at Latrobe University Library and will resume his studies in 2024, completing a History Honours.

Do you have a story to share – please email to st.arnaud.sc@education.vic.gov.au or contact the College on (03) 54951 811.

*Good Luck to all participants in the
VSSS Dance Spectacular in Melbourne!*

ST ARNAUD PRIMARY SCHOOL & SECONDARY COLLEGE



wishing
you 
ALL THE BEST

State School Shoot



On Monday, 4th September, Millie Hando, Dion Flanagan and Zoe Bryce attended the State School Shoot in Echuca. They all competed extremely well against the other competitors.

You all should be very proud of the way you represented the College and be proud of your efforts. We thank Kristie Bryce for transporting the students; this was very much appreciated.

Well Done.



Finals Round Table Tennis Publicity Report

This week, we held the two finals in the Year 9 SEPEP table tennis tournament.

The Grand Final was played between 'Ping Pong' and 'The Johnny Knoxville's', with 'Boogie with the Hoodies' and 'Jesus is King' fighting it out in the bronze medal match, and 'Nickenators' finishing in 5th place as the duty team. The highest point scorer throughout the singles games was Dion with 44 points. The highest scoring double partnership was Acacia and Millie with 40 points from the team 'The Jonny Knoxville's'.

What a week of finals action! This was a great culmination to our year 9 SEPEP unit that has been going all term. All teams tried their hardest and the results in the bronze medal match coming down to the wire, only 1 solitary point separating the two teams once all was said and done. Players from the duty team 'Nickenators' played a crucial role in filling in for the missing players and are hugely congratulated on their outstanding positive attitude to the situation. Without further ado, the results were as follows.

In fifth place, 'Nickenators'. In fourth place, 'Jesus is King'. Which means that by a 1-point victory, the bronze medallists are 'Boogie with the Hoodies'.

And your premiers for this unit, proving too strong in the grand final: 'The Johnny Knoxville's' win!!!! A massive congratulations to silver medallists 'Ping Pong' as well!

Final Results:

	Team	Team members
1.	The Johnny Knoxville's	Dion, Acacia, Mavrick, Chloe and Zoe.
2.	Ping Pong	Bob, Josie, Kayden, Will E and Zak.
3.	Boogie with the Hoodies	Chris, Jade, John, Memphis and Tanisha W.
4.	Jesus is King	Will K.T, Chase, Ada, Georgie and Courtney.
5.	Nickenators	Aiden, Alexi, Ethan, Millie, Dani and Atlas.



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.

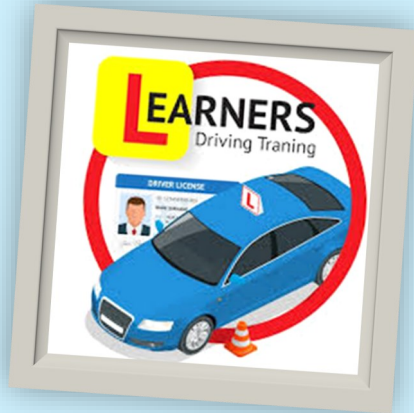
Both teams will have 8 riders and 1 pit crew member, with an even split of males and females.

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



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

Become a confident and competent driver

Achieve the 120 hours of required driving experience

Receive guidance from a trained mentor

Gain your independence



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



DID YOU KNOW OUR SCHOOL SUPPORTS YOUNG LEARNER DRIVERS?

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

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

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

*Contact Penny on
0418 535 478*



NEED HELP GETTING YOUR LICENCE?

DO YOU TICK THE BOXES?

- ☒ BETWEEN 16 AND 21 YEARS OF AGE
(and in some circumstances, up to the age of 23)
- ☒ LIMITED ACCESS TO A SUPERVISING DRIVER OR VEHICLE
- ☒ AN AUSTRALIAN CITIZEN WITH A CURRENT VICTORIAN LEARNER'S PERMIT

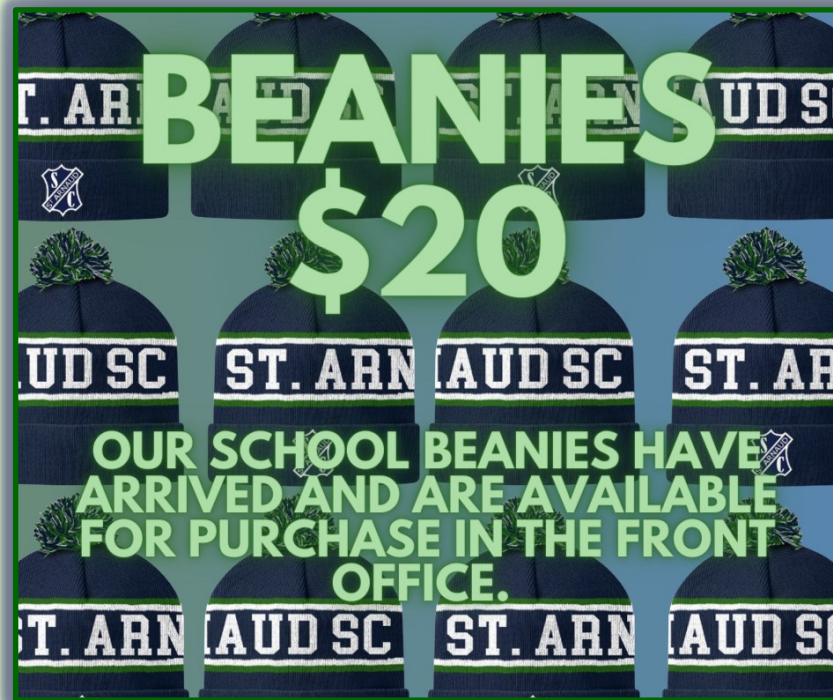


NOW TAKING LEARNER ENROLMENTS!
Contact Penny: 0418 535 478 or L2P@cglle.org.au

School Beanies For Sale

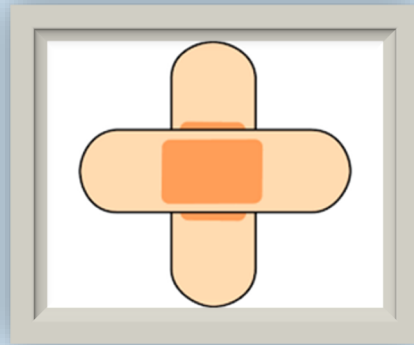


Winter is here with a vengeance !!



Why not purchase one of our school beanies?

School Doctor's Clinic



Doctors In Schools Program

We are very lucky to have Dr. Mohammad Jawad and Practice Nurse Kylie Kirk with us starting on Wednesday, 9th August.

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

This service is available free to students.

Any students requiring appointments to see the GP can see Mrs. Chapman.

Year 12 Students



EARLY ENTRY PROGRAMS

ACU Guarantee – Open Now, Close 18th September
Deakin Regional Access Scheme – **OPEN NOW**
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.usc.edu.au/esapply/
 (Click on Start your application.)

VTAC | Year 12 Application Process Information Session



Tuesday September 12, 5:00pm

Application process - what you need to make your application, costs, searching courses and setting your preference list.

To Register Visit:
<https://vtac.edu.au/events>

ACU | Talk with Occupational Therapists, Speech Pathologists and Physiotherapists



Tuesday September 12th, 6:00pm – 6:45pm

Join us online to hear from ACU alumni about their experiences improving people's quality of life. Take part in a Q&A session with our graduates and learn about the rewarding and challenging careers of physiotherapists, occupational therapists and speech pathologists.

www.acu.edu.au/about-acu/events

VICTORIA POLICE BENDIGO CAREERS EXPO



Saturday 14th October 2023

Latrobe University Bendigo

If you are considering a career as a Police Officer, currently in the recruitment process, or are interested in finding out more information about the different career pathways available at Victoria Police then this is a must-attend event for you.

For Further information Visit:

www.police.vic.gov.au/victoria-police-bendigo-careers-expo

Coping with emotional challenges in career development – R U OK? Day 2023



Thursday September 14th, 1:00pm – 2:00pm

In this webinar, the teams from the Student Wellbeing Hub and the myfuture career information service will join in a discussion about how career development influences, and is influenced by, wellbeing and emotional resilience. Coinciding with R U OK? Day 2023, they will share practical tips and resources for **educators and parents** to help young people cope with the emotional challenges that are so central to career development learning.

To Register Visit:

<https://register.gotowebinar.com/register/5192692584083807063>

September Holidays - University Tours



www.monash.edu/discover/events



www.deakin.edu.au/student-life-and-services/events/campus-tours

HARVEST EMPLOYMENT OPPORTUNITIES



GRAINFLOW

Charlton, Birchip, Dimboola, Sea Lake

To Apply for the upcoming Harvest season, visit:

www.jobs.programmed.com.au/jobs/harvest-jobs/in-victoria-vic/



Looking for casual work this harvest?

To Apply for the 22/23 Harvest season, visit: www.graincorp.com.au/harvest-workers/

Mrs Rebecca Reynolds
 Careers Co-ordinator

Sue Clay
 Careers and Pathways
 Email: s.clay@ncln.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



Careers & Pathways



DEFYING THE DRIFT!

AGRICULTURE

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

enquiries@defyingthedrift.org

Rotary District 9780



DEFYING THE DRIFT!

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Rotary District 9780



A Rotary District 9780 program for young Australians



**District 9780
Rotary**

DEFYING THE DRIFT!

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

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

WHO?
DID is for year 10 and year 11 students

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

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

WHERE?
Longrenong Ag College, Horsham

HOW MUCH?
\$250 Early bird price - pay by July 31
\$350 per student, sponsorship available.
More Information at www.defyingthedrift.org




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

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

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

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








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

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

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


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

More information at www.defyingthedrift.org

DEFYING THE DRIFT!

Rotary
District 9780



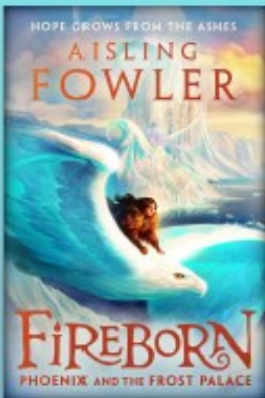
G. H. Edwards Library



Fireborn : Twelve and the frozen forest

By Aisling Fowler

Twelve has spoken the pledge, and now she is a Huntling. She has given up her name, to train in the name of fighting monsters and keeping the peace, and she won't get to choose a new one until she has earned it. But when the lodge's walls are breached for the first time, and a little girl is taken, Twelve is the only one interested in going after the child. Teaming up with dog, the stone Guardian of the Lodge, she soon ends up on a quest that will change her life, her name and her entire world.



Fireborn : Phoenix and the frost palace

By Aisling Fowler

Twelve has become a hunter and has chosen a new name to reflect her elemental power: Phoenix. Three months after the destruction of the hunting lodge a witch arrives from the frozen palace of Icegaard, desperate for Phoenix's help. Icegaard is in grave danger from an evil force called the Shadowseam, and if the witch-palace falls, all the clans of Ember will fall with it.

Travelling north, Phoenix and her friends, Five, Six and Seven, must battle frightening new monsters and find a way to defeat the Shadowseam. But as Phoenix learns to control her new power, the faceless Croke begins to haunt her dreams. . .

Phoenix will have to fight with everything she's got to save Ember from mortal danger. But the price of survival may be more than she can pay.

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?

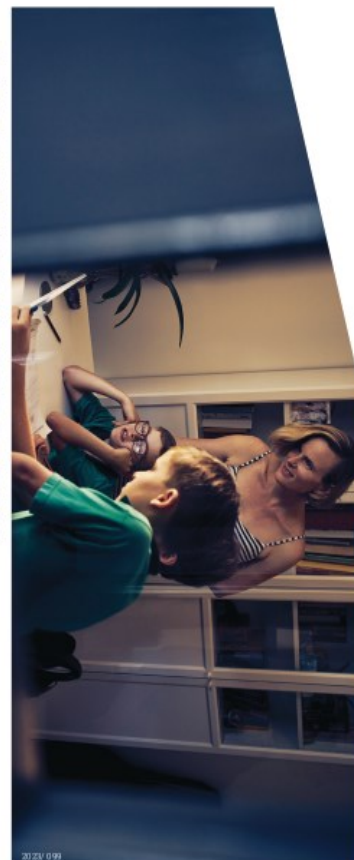
Children who can access online learning at home:

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

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


DEAKIN UNIVERSITY

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

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

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

What's included in the program?

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

Who can take part?

You may be eligible to participate if:

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

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

What else is involved?

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

FIND OUT MORE:

pip-ed.web.app

Contact:
med-pip-ed@monash.edu




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

MOST / 422 Digital

Get mental health support when and where you need it


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



How MOST works

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

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



MOST gives you

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


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

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

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

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

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





DO YOU KNOW WHAT YOU ARE VAPING?

VAPING - GET THE FACTS

Vapes have appealing flavours and packaging designed to suck you in. But do you know what you are sucking in?

Vapes contain 100s of chemicals, some of which are found in nail polish remover, weed killer, bug spray and disinfectants. They also contain nicotine and heavy metals such as nickel, tin and lead! Whilst these chemicals are great for their intended purpose, they don't belong anywhere near our mouths and are horrible for our lungs and general health.

Vapes can and have exploded and caught fire, with the most common area from related burns injuries occurring on the face and around the genitals (when vapes are kept in pockets).



Even if it doesn't feel like it, stopping vaping is possible and you don't have to do it alone.



<https://www.vapingfacts.org.au/>

E-CIGARETTES & VAPING

WHAT WE NEED TO KNOW



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

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

E-cigarettes / vaping and the law

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





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



It's **Landcare DAY**

Junior Landcare have a very important role to play in the way our communities look after the environment, both now and into the future. Junior Landcare Day provides a host of activities for them to enjoy and be involved in, and above all, it provides a whole heap of FREE FUN!

Thursday 28th September 2023 from 10am
Blue Gum Rise
 3165 Sunraysia Highway, Stuart Mill, Victoria 3477

Tickets available!






Rebecca Phillips
Welcome to Country

Rebecca will provide an important cultural start to our day with a DJAARA Welcome to Country.



The Connected Circus

Our Friends from Connected Circus will provide fun and games, fascinating and some hands-on learning about nature.



Wild Action Zoo

Wild Action Zoo will be talking about lots of different native animals! The best part is that the animals will be there on the day too.



Those who have already joined BNC Junior Landcare will be able to pick up their T-Shirts and Show Bags!



Galungga
DJAARA WURRUNG DJAARA
Festival



Tickets at **eventbrite** 'Galungga Festival' or through the Resource Centre or contact Marnoy 0488294784 or Andrew 0407565227

FOLLOW US ON FACEBOOK, INSTAGRAM, TWITTER AND MORE CHANNELS



[illegible]

Community Events



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)

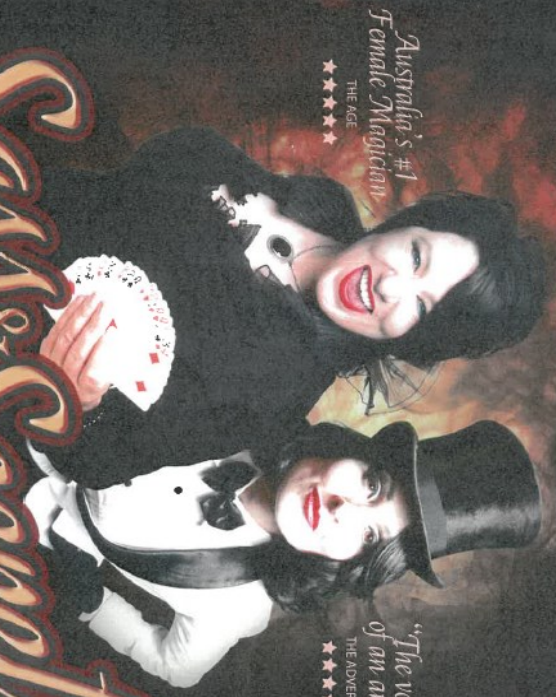
For people with current Certificate—done every year to keep qualification current
(proof required) \$100 Per Person - Pre-class on-line work.

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




CATH JAMISON

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



AURORA KURTH


"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.



REGIONAL ARTS COUNCIL
VICTORIA



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



School Holidays Events

**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**



Winner of ABC Trailblazers

**WINGS
WITHOUT BARRIERS**

COMMUNITY EVENT WITH HAYDEN MCDONALD

COME AND JOIN US AT THE
REX THEATRE FOR AN
INSPIRATIONAL COMMUNITY
EVENT FOR ALL AGES.
HEAR HAYDEN'S STORY AND
ENJOY A FREE SCREENING OF
TEMPLE GRANDIN WHO IS ALSO
AUTISTIC WITH A POWERFUL
STORY

**MONDAY
25TH
SEPTEMBER
SCHOOL HOLIDAYS**

**Doors open at 1pm
Starting at
1.30 pm**

**AT THE
REX
THEATRE**

Hayden McDonald is autistic and a pilot. Wings Without Barriers combines his passions for aviation and promoting real inclusion for people on the spectrum. Hayden wants to inspire young people, and show them that no matter what challenges you face in life, you can break down those barriers. Hayden's mission is to fly solo around regional Australia to speak about his inspirational life "Wings Without Barriers".

**FREE SCREENING
Temple Grandin**

ENGAGE!

**North
Central
LLEN**

**For details please contact:
NCLLEN: 0354911144**




School Holidays Events

GATHERINGS 2023

school holiday
workshops Sept

CREATIVE WORKSHOPS WITH MARY FRENCH

Workshop 1: The Light inside

Upcycled tin cans will be adorned with your own intricate design and patterns. All cans will be used to make a 'Light Inside' sculptural tree in the Queen Mary Botanic Gardens for Gatherings 2023. School ages, families welcome
Thursday 21st September 2pm – 3pm

Workshop 2: Twisted Tulips

Using recycled materials come along and make some fun, colourful and original long-stemmed flowers. The flower will be used to illuminate sections of the Queen Mary Botanic Gardens as part of Gatherings 2023 Night Blooms. All ages

Friday 22nd September 10am – 11am

Where

Perry Room St Arnaud Town Hall

ALL MATERIALS SUPPLIED

You can take home your
art after the event

BOOK NOW
FREE



Jacinda O'Sullivan
0409663247
gatherings23st.a@gmail.com

For more info

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



*Holidays are approaching
A variety of foods that need to
go, no need to pre-order!!*

2023 Calendar



September	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
	Wed	4th	Yr. 10-12 ADF Careers Talk
	Thurs	5th	LMR Athletics
	Mon	9th	Yr. 10/11 Flourish Girl
	Mon-Tues	9th-10th	Yr. 11 ODE Camp
	Fri	13th	LMR Basketball
	Mon	16th	SSV Athletics
	Wed	18th	LMR Sports
	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