

St. Arnaud Secondary College Newsletter

Issue 29

Term 3
Week 34
15th September 2023

RUOK?
A conversation could change a life.



St. Arnaud Secondary College is a Child Safe School.

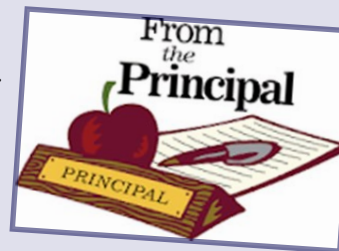
Address: Smith Street, St. Arnaud. Victoria 3478
Postal Address: P.O. Box 40, St. Arnaud 3478
Ph: (03) 54 951811

Website: www.starnaudsc.vic.edu.au
Email: st.arnaud.sc@education.vic.gov.au
Principal: Tony Hand

Principal's Report

College Captain Announcement

This year it has been wonderful to receive seven applications for College Captain in 2024. Students have had to write an application, attend an interview and present a speech to the student body and staff. Following all of this, students in Years 7 to 11 and staff voted on their preferred Leaders. This year we were privileged to hear seven unique speeches, the quality of which ranks amongst the best, if not the best, that most of the staff can remember at the College. I would like to congratulate all our applicants for first putting themselves forward and then for their efforts throughout the process. I would also like to thank Dr. Taylor for coordinating the election process at the College. There can only be two Captains and two Vice Captains and I am pleased to announce College Captains for 2024 are Tyson Funston and Owen Lowe, with Vice Captains, Ben Greenaway and Scarlett Hand. I look forward to working closely with them over the next 12 months.



End of Term

We have reached the end of another term – and this one feels like it has gone very quickly as it has been very busy. We are now three quarters of the way through the year and while we hope that everyone can have a good break over the next two weeks, we hope that everyone comes back to hit Term 4 running and looking to do their best in end of year assessments.

Year 12 Holiday Classes

There are several Year 12 VCE teachers who have organised to run classes over the holidays. We have aimed to keep most of these classes in the first week to allow students and families some time for a break if needed. We encourage all students to make the most of these opportunities and thank the staff for giving up their time.

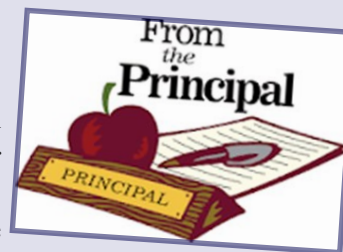
Victorian State School Spectacular

Last Saturday two of our students – Maya Feeny and Mara Reynolds, along with several students from the Primary School - participated in the Victorian State School Spectacular. This is a massive performance that brings together students from across the state to create a huge live performance with many moving parts. It is a wonderful opportunity for our students to experience and participate in. Massive thanks again must be extended to Deb Feeny for her organisation and coordination.

Principal's Report

Year 10 Work Experience

This week, our Year 10 students undertook work experience at a range of employers both locally and beyond. I am sure that they had a great week and learnt 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.

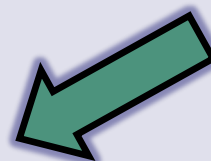


Weekend Grand Finals

All the very best of luck to our students who may be competing in Grand Finals this weekend – the Under 14B Netball, Under 12's and 15's Hockey and Under 17's Football. Good luck also to the Men's Hockey. It is a fantastic effort to make a Grand Final – there are many people who never get the opportunity to experience this – make the most of it.

Term 4

Term 4 sees the Year 12 students return for three weeks prior to their exams or completion of their Vocational Major Certificate. Year 9 to 11 exams are in Week 7 and then Step-Up starts for all students. Term 4 generally moves quickly so it is important from day 1 that everybody makes the most of every opportunity presented to them.



Monday, 2nd October — First Day of Term 4

Wednesday, 4th October — LMR Basketball Qualifier

Thursday, 5th October — LMR Athletics

Monday, 9th October — Yr. 10/11 Flourish Girl Program

Monday, 9th– Tuesday, 10th October — Yr. 11 ODE Camp

Friday, 13th October — LMR Basketball

Monday, 16th October — SSV Athletics

Wednesday, 18th October — LMR Sports — Bendigo

Friday, 20th October — Last Day for Yr. 12 students

Tony Hand
Principal





Reminder **2023 Parent Payments**

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

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

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

Fee schedules can be located on the College Webpage or contact the General Office —54951811
Webpage: <https://www.starnaudsc.vic.edu.au/page/229/2022-Parent-Payment-Policy>

DET Parent Payment Policy : <https://www2.education.vic.gov.au/pa/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.

St. Arnaud Uniting Church Debutante Ball 2024

Could any Yr. 10 & 11 girls who are wishing to participate in next year's Debutante Ball, please don't forget to get your expressions of interest forms handed back to either Lisa Esmore at Apex Service Station or Alison Darby at MCL Legal.

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. 11 Food Studies



Year 11 Food Studies students cook Breakfast for the Year 12's



For the last two weeks, the Year 11 Food Studies students have been working on their SAC, which was to design and produce a practical food solution in response to an opportunity or a need in the food industry or school community. Jackson and Anthony chose to put on a breakfast for the Year 12 students which is happening this Friday.



The Year 12 students were given a range of breakfast type foods and they had to say what they would like to have cooked for them. The decision was made that Jackson and Anthony would cook banana and honey breakfast loaves, savoury breakfast scones, egg and bacon

breakfast muffins with spinach and mushrooms, and pancakes with maple syrup and bacon.



They used a range of cooking skills to produce the items and worked cooperatively with each other when working on the same recipe. Many of the products were produced prior to the day.

This morning, both boys were at school at 7.30am to set up the conference room, to cook the pancakes and reheat the loaves, scones and muffins.

A big thank you to Mr. Hand who helped cook the bacon on the BBQ and Tania Scarce who assisted in the setting up and serving of the Year 12s.

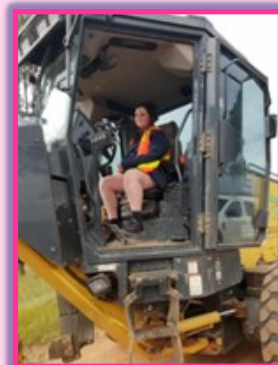
Bon appetit!



Yr. 12 Breakfast Photos



Broader Horizons — Local Government



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

This week a group of students visited the Northern Grampians Shire Council. They went to the main office at the Town Hall, then to the Children's Precinct and the Library for Story Time. After lunch the students headed over to the Parks and Gardens and the Work Crew. The students have one final day, this will be a full class excursion to Bendigo to visit the TAFE and University to look at opportunities available after secondary school.

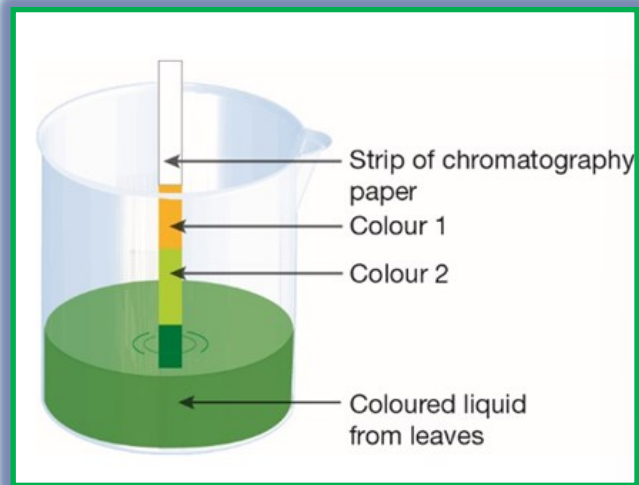
Yr. 12 Food Studies



On Tuesday, 29th August, in our Food Studies lesson, which only consisted of one student, we decided to try something different. While I (Mrs. Reynolds), made the lemon custard filling, Rogan made the doughnut mixture and cooked this in the piemaker to make our doughnuts.

Once the doughnuts were cooked and slightly cooled, we piped the custard into the centre. In theory, students finished their theory component by looking at the food processing and transportation requirements of our food, what food miles were and how can we make these processes sustainable into the future.





In Science this week the students had the opportunity to look at a range of leaves to see if they contained the same pigments. Producers, such as plants and algae, are green due to a pigment called chlorophyll. Leaves in plants also contain other pigments, such as carotenes and xanthophylls.

In the investigation, the pigments of various plants were extracted by soaking them in methylated spirits and separated by using chromatography. The pigments which are similar to each of the leaves were identified. This was completed in the ecosystem section where we looked at how plants and animals work together in food chains and webs to allow the biodiversity that we have.



Yr. 12 Food Studies - 5/9/23



In food last week, with both students back in class, we made middle eastern chicken, which was marinated in a mixture of spices and pan fired. This recipe is high in protein and very low in fat. The ginger cake was made into muffins due to time constraints in allowing time to cool the cake and for it to be iced. The muffins were very light and moist, with the use of fresh ginger as the main flavour. Oil was used instead of butter so that it contained monounsaturated fat rather than saturated fat, making it a better choice for good health.

In theory, students continued with their research project based around ethics, risk, processing, and transportation requirements and how can they be sustainable. Students have created a question they want to answer.



Celebrating Student Achievements



A HUGE congratulations goes out to one of our students, Forbes Kirk, who has been named the 2023 Vice-Captain of the Victorian Under 13's Volts Hockey team.

What a wonderful achievement and all of us here at the College, wish you the very best in representing the National Carnival in Newcastle in the school holidays. We can't wait to hear all about it!



Well done, Forbes !!



Yr. 12 OES Excursion



Outdoor Environmental Studies

On Sunday 3rd September, we headed off to Anglesea as a part of our School Assessed Coursework (SAC). We arrived late afternoon, set up our swags and headed to the beach for some fishing. Unfortunately, we did not catch anything and had to go hungry for the night!

Monday 4th September, the students went for a ride around the park where



we were staying, enjoyed bacon and eggs for breakfast and then got themselves ready for a morning of surfing. All students mastered the art of surfing with some students picking it up quicker than others. They had the help of Mr. Magowan along with surfing instructors.



Unfortunately, Mr. Magowan aggravated a recurring hamstringing injury while surfing and could not take the students on a mountain bike ride in the afternoon.

We did a driving tour of Anglesea to look at the health of the environment and how the residents are rebuilding on existing blocks as the town is landlocked by the Otway National Park. We looked at the sustainability of the area for individual and society use now and for the future.

We headed back to St. Arnaud late Monday afternoon with a stop in Ballarat for KFC. The students will use the experiences from this camp to complete their final journal SAC looking at two sections. The first is about the need for a healthy outdoor environment for individual and society use and wellbeing, also for the continual use in the future.



The second component is how the Flora and Fauna Act helps to maintain or improve the current situation so that it is there for future users.



Birchip Cropping Field Day

Birchip Cropping Group Main Field Day



13th September
VM WRS
Excursion



On Wednesday 13th September, the senior WRS students piled onto the bus for a long trip up to the other side of Birchip to attend the BCG Main Field Day.

The field day is an opportunity for farmers to view and discuss some of the latest research and development in agricultural technology and methodology. The BCG has now opened the event up to students so that they can gain an insight into some of the behind-the-scenes aspects of the industry.

The day also allows students to learn about some of the diverse jobs and careers in agriculture.

St. Arnaud students enjoyed the day in the warm weather and discovered many fascinating developments in the cropping sector. The first workshop was all about the different types of weed sprays available to farmers at different prices points.

The scientists from BCG test the different chemicals in various conditions so that they can help farmers work out the best value for money solutions for their farm.

Next, the students were offered an insight into the robotics and artificial intelligence developments in weed eradication. Terminator-like programs running on boom sprays using hi-tech cameras to hunt weeds was a great preview of the future.

Finally, students attended a seminar where scientists and agribusiness representatives discussed their own pathways into the industry and offered advice to students looking to enter agriculture.

A fine feed was laid on by the LLEN, with a massive selection of delectable delights to choose from. After lunch we headed all the way back to St. Arnaud.



ST ARNAUD AGRICULTURAL SHOW INC.

TINY TOT AND SHOW AMBASSADOR COMPETITIONS

SATURDAY 7 OCTOBER 2023

- ENTRY IS FREE
- JUDGING TO TAKE PLACE IN FUNCTION ROOM OF THE SPORTING CLUB.
- ENTRIES TAKEN AFTER 1.00PM
- JUDGING TO COMMENCE AT 1.30PM
- ENTRANTS TO BE DRESSED SUITABLY FOR COUNTRY SHOW

CATEGORIES

MASTER TINY TOT	2YRS TO PRESCHOOL	1.30PM
MISS TINY TOT	2YRS TO PRESCHOOL	1.40PM
JUNIOR PRIMARY SHOW AMBASSADOR	PREP TO GRADE 2	1.50PM
SENIOR PRIMARY SHOW AMBASSADOR	GRADE 3 TO GRADE 6	2.00PM
JUNIOR SECONDARY SHOW AMBASSADOR	YEAR 7 TO 15 YEARS	2.10PM

SHOW AMBASSADOR ENTRANTS CAN BE EITHER BOYS OR GIRLS

★★ GREAT PRIZES TO WIN ★★

For more information contact Alison Darby 0429695333 or Jenny Greenaway 0417330201

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.

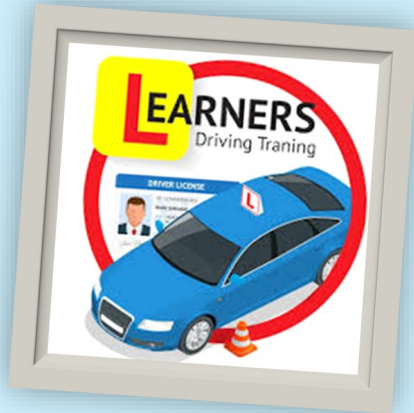
Both teams will have 8 riders and 1 pit crew member, with an even split of males and females.

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.cglle.org.au/l2p

*Contact Penny on
0418 535 478*



NEED HELP GETTING YOUR LICENCE?

DO YOU TICK THE BOXES?

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

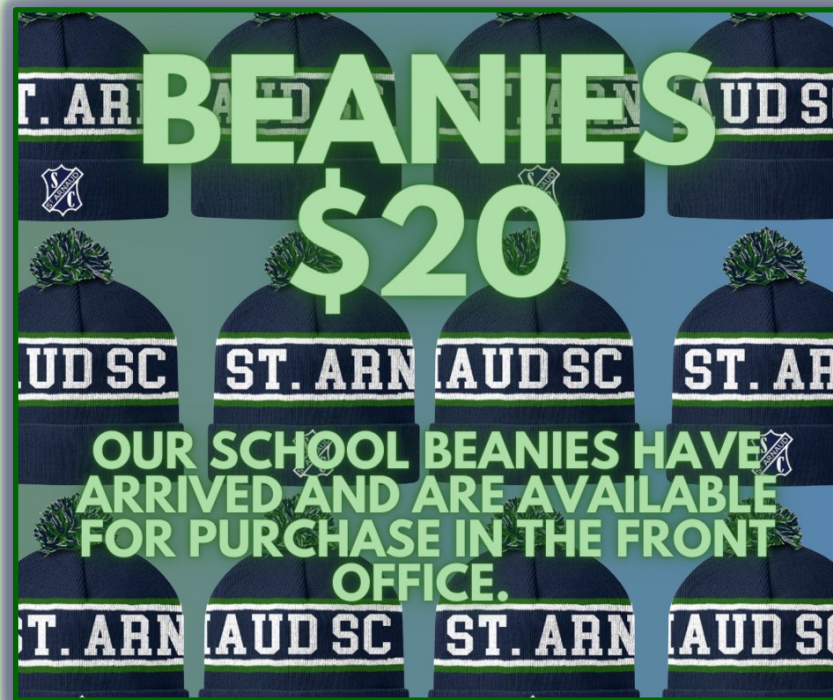


NOW TAKING LEARNER ENROLMENTS!
Contact Penny: 0418 535 478 or L2P@cglle.org.au

School Beanies For Sale

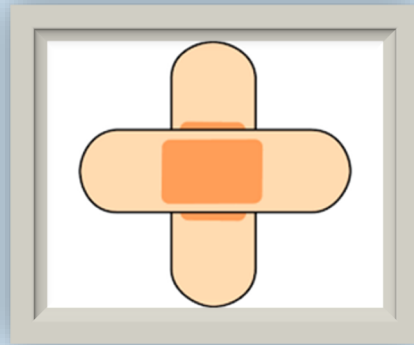


Winter is here with a vengeance !!



Why not purchase one of our school beanies?

School Doctor's Clinic



Doctors In Schools Program

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

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

This service is available free to students.

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

Year 12 Students



EARLY ENTRY PROGRAMS

ACU Guarantee – Open Now, Close 18th September
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, Close October 6th @ 5:00pm

ACU SEAS SCHOLARSHIPS
www26.uac.edu.au/esapply/
 (Click on Start your application.)

CASPer TEST (On-line) – Education Courses
 Register for one of the following days to sit the test:
 Sep 15, 2023 - 10:00 AM
 Oct 15, 2023 - 10:00 AM
 Nov 12, 2023 - 10:00 AM
<https://takealtus.com/casper/>

YOUTHRIVE RURAL CHANCES (TAFE) SCHOLARSHIPS



There are at least 10 Rural Chances scholarships valued at \$5000 on offer to assist young people to move away from their hometown or to assist with extensive travel required to complete **TAFE (Certificate III or above, including Apprenticeships) training qualifications.**

Applications for Rural Chances Scholarships are now open, and close on November 3rd, 2023.

For Further information or to apply Visit:
www.youthrivevictoria.org.au/scholarships/rural-chances/

YEAR 12 SCHOLARSHIP OPPORTUNITIES



Education
and Training

Scholarships ranging in value from \$600 to \$30,000 are available to support current Year 12 students intending to continue their studies next year. Applicants are encouraged to apply for as many scholarships that they may be eligible for. Scholarship applications for 2024 study are **OPEN 1st October.**

For Further Information Visit:
www.eduweb.vic.gov.au/scholarships/list.aspx?Y earID=13

Latrobe University Melbourne School Holidays Campus Tours



Tuesday 19th - Thursday 21st September

We invite you to visit our Melbourne campus and take a guided tour with a La Trobe student. You can get a feel for the campus vibes, check out the facilities you'll be using and learn more about what it's like.

For Further Information Visit:
www.latrobe.edu.au/events/all/melbourne-campus-tours

Deakin | Campus Tours



September 20th to September 27th, 2023

There's only one way to choose a uni – you've got to experience it for yourself. Join a 1-hour campus tour of your choice, guided by a current student, and have all your study questions answered. With a range of tour options available, you'll get a firsthand look into the study areas and facilities that interest you most.

For Further Information Visit:
www.deakin.edu.au/student-life-and-services/events/campus-tours

RMIT CAMPUS TOURS



Are you a high school student that wants to find out more about studying at RMIT? Come along to our tours during the school holidays and take a look around our City, Brunswick or Bundoora campuses.

For Further Information Visit:
www.rmit.edu.au/about/our-locations-and-facilities/campus-tours/high-school-students

MONASH CAMPUS TOURS



Led by our enthusiastic student ambassadors, come along to ask them questions and get a taste of life at Monash. With a tour duration of approximately 45 minutes, you'll tour the outside of our buildings and explore our world-class campuses.

For Further Information Visit:
www.monash.edu/discover/events

Mrs Rebecca Reynolds
Careers Co-ordinator

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



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Rotary District 9780

Careers & Pathways



A Rotary District 9780 program for young Australians



District 9780 Rotary

DEFYING THE DRIFT!

WHAT?

DD is a program designed to empower young people to:

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

WHO?

DD is for year 10 and year 11 students

WHY?

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

WHEN?

Monday September 18, 2023 to Wednesday September 20, 2023

WHERE?

Longrenong Ag College, Horsham




HOW MUCH?

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




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

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

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

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

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





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


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

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

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

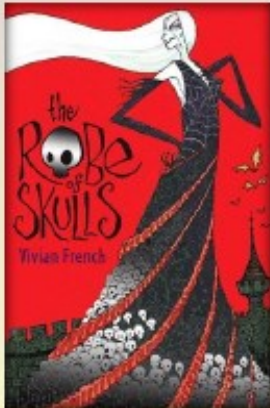
More information at www.defyngthedrift.org



DEFYING THE DRIFT!

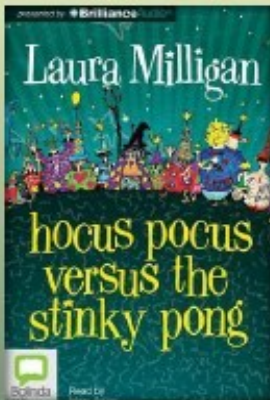
G. H. Edwards Library



The Robe of skulls

By Vivian French

The sorceress Lady Lamorna has her heart set on a new robe. To get it she will stop at nothing, including kidnapping, blackmail and more than a little black magic. But she reckons without the heroic Gracie Gillypot, not to mention a gallant rather scruffy prince, two chatty bats, the wickedest stepsister ever, a troll with a grudge - and some very ancient crones.



Hocus Pocus versus the stinky pong

By Laura Milligan

Once upon a time, a young witch called Lucy lived on a floating elephant-shaped island called Hocus Pocus. Hocus Pocus is the most magical place to live in the entire world. That is until it's invaded by a mysterious (and very stinky!) pong. Nobody knows what to do, so it's up to young witch Lucy and her best friend Joe to find out who or what is responsible....

Health & Wellbeing



Our school offers breakfast on Tuesdays and Thursdays. Students have toast, milk, fruit, and we also do special breakfasts, for example, pancakes. Come along!

At St. Arnaud Secondary College, we can organise Food Bank Hampers for families. If your family require assistance, please contact Rosanne Chapman, Student Wellbeing Student Support Coordinator, at the College on 54951 811.

Inquiries are treated confidentially.



We thank Foodbank Victoria for helping us to support our families.

Health & Wellbeing



PSYCHOLOGY SERVICE AT THE SECONDARY COLLEGE

Introducing U'Nita Harold. U'Nita is our new Psychologist that is visiting the Secondary School every Friday. U'Nita is available for appointments.

The mission is to assist clients to build vibrant authentic meaningful lives, based on what they value as important.

Our practice model is holistic and considers emotional health and wellbeing in the greater context of movement, nutrition, social connection, sleep, and spirituality.

We are committed to providing a multidisciplinary approach to client care, maintaining (with client consent) excellent communication with GPs and other allied health professionals in order to maximise the mental health and wellbeing outcomes for our clients.

Our highly qualified and experienced team is committed to providing a service which is mindful of and empathic towards the unique needs of rural people, their families, lifestyles, and communities.

Clients' privacy and confidentiality are imperative

For appointments, please contact School Nurse Tania Scarce

or Student Wellbeing Coordinator Rosanne Chapman.



anglicarevic.org.au



Translating and
Interpreting services
are available

**BETTER
TOMORROWS**

Scan here to
find out more.



Is my family eligible for the School Student Broadband Initiative?

To be eligible, families must:

- Have a child living at home that is enrolled in an Australian school in 2023.
- Not have an active National Broadband Network (nbn) Internet service at home. Families are still eligible if the home has previously been connected to nbn internet. Having a mobile Internet service does not affect eligibility.
- Live in a premises that can access the National Broadband Network via a standard connection – this will be checked for you.

How does the School Student Broadband Initiative work?

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



are more likely to
engage in classroom
activities.



will build their
digital skills



can learn how
to safely use
the internet

How can the School Student Broadband Initiative help your child?

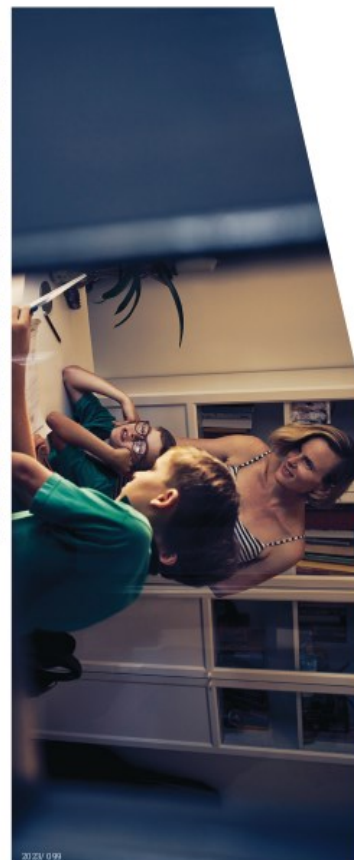
Children who can access online learning at home:

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

Free internet for one year

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

STUDENT INTERNET PROGRAM



**Anglicare
Victoria**

Health & Wellbeing



**NORTHERN
Grampians
SHIRE COUNCIL**

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

YOUTH SURVEY

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

HAVE YOUR SAY!



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

SCAN ME!



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



Are you 12 to 24 years old?

**NORTHERN
Grampians
SHIRE COUNCIL**

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

YOUTH SURVEY

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.



ARE YOU AGED 16-25?

DO YOU LIVE IN:

- ST ARNAUD
- BULOKE SHIRE
- LODDON SHIRE
- GANNAWARRA SHIRE

APPLY NOW!



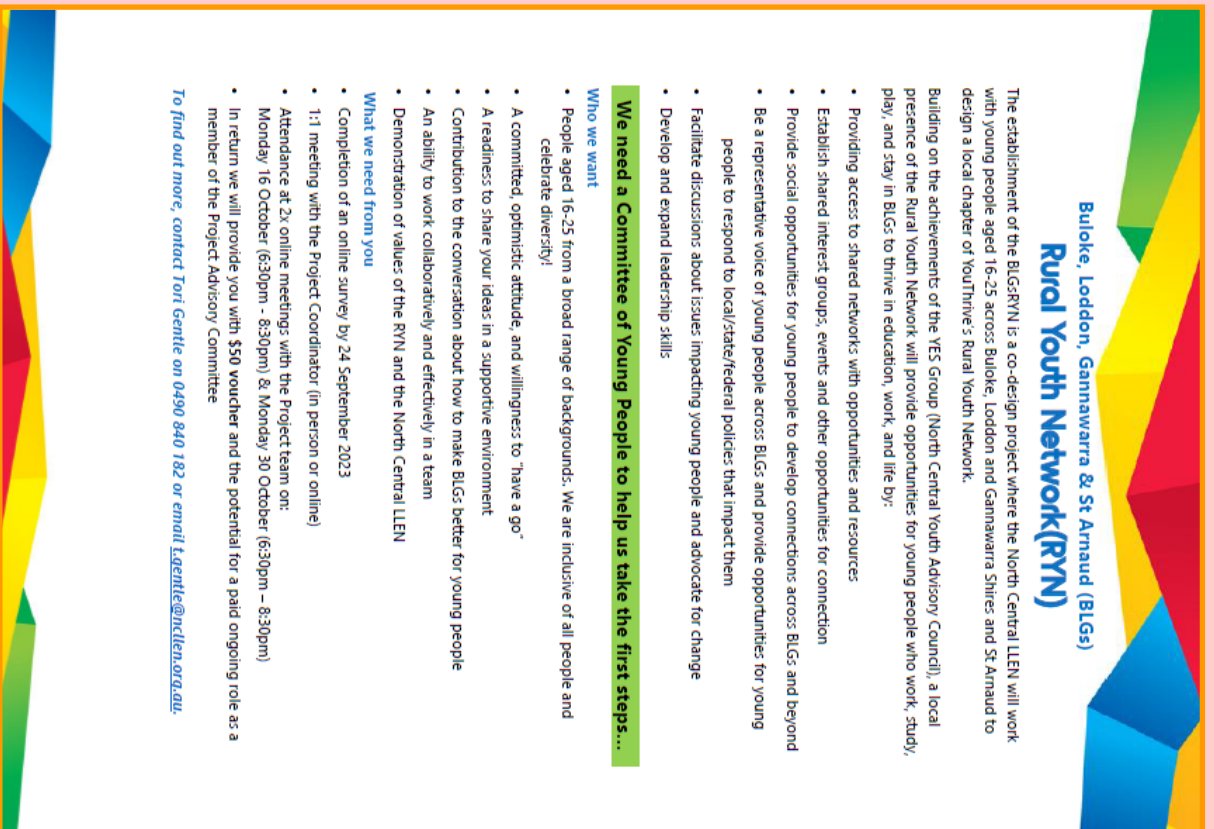
We need a group of young people to help us bring a local chapter of YouThrive's Rural Youth Network to our area.

You will have the opportunity to:

- develop your leadership skills,
- be a representative voice & advocate for change in your region
- develop shared interest groups to provide opportunities for connection

Contact our Project Officer for more information:
Tori Gentle | t.gentle@nellen.org.au | 0490 840 182

THE RURAL YOUTH NETWORK **North Central LLEN** **RURAL**



Buloke, Loddon, Gannawarra & St Arnaud (BLGs) Rural Youth Network(RYN)

The establishment of the BLG-RYN is a co-design project where the North Central LLEN will work with young people aged 16-25 across Buloke, Loddon and Gannawarra Shires and St Arnaud to design a local chapter of YouThrive's Rural Youth Network.

Building on the achievements of the YES Group (North Central Youth Advisory Council), a local presence of the Rural Youth Network will provide opportunities for young people who work, study, play, and stay in BLGs to thrive in education, work, and life by:

- Providing access to shared networks with opportunities and resources
- Establish shared interest groups, events and other opportunities for connection
- Provide social opportunities for young people to develop connections across BLGs and beyond
- Be a representative voice of young people across BLGs and provide opportunities for young people to respond to local/state/federal policies that impact them
- Facilitate discussions about issues impacting young people and advocate for change
- Develop and expand leadership skills

We need a Committee of Young People to help us take the first steps...

Who we want

- People aged 16-25 from a broad range of backgrounds. We are inclusive of all people and celebrate diversity!
- A committed, optimistic attitude, and willingness to "have a go"
- A readiness to share your ideas in a supportive environment
- Contribution to the conversation about how to make BLGs better for young people
- An ability to work collaboratively and effectively in a team
- Demonstration of values of the RYN and the North Central LLEN

What we need from you

- Completion of an online survey by 24 September 2023
- 1:1 meeting with the Project Coordinator (in person or online)
- Attendance at 2x online meetings with the Project team on: Monday 16 October (6:30pm - 8:30pm) & Monday 30 October (6:30pm - 8:30pm)
- In return we will provide you with \$50 voucher and the potential for a paid ongoing role as a member of the Project Advisory Committee

To find out more, contact Tori Gentle on 0490 840 182 or email t.gentle@nellen.org.au.



Health Promotion
EAST WIMMERA HEALTH SERVICE

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



Health Promotion
EAST WIMMERA HEALTH SERVICE

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.



**NO
SMOKING
OR VAPING**



on this premises and
within 4 metres of entrance
PENALTIES MAY APPLY

DO YOU KNOW



**WHAT YOU'RE
VAPING?**



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

Show off your Wheels & Motor Bikes

**@ King Georges Park ST ARNAUD
Sunday 29th October**



- **Registration 10am – Finish 2pm**
 - **Car boot sales, major raffle, food, drink, prizes, trophies & MORE** (Gold coin donation entry fee)
- Join us for a good time with friends & family**

Contact: Alan Esmore 0418 356532
Arnold Bond 0417 339500

Community Events



It's Landcare DAY

Junior Landcarers 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 Sunnyside Highway, Stuart Mill, Victoria 3477

Tickets available!




Rebecca Phillips
Welcome to Country

Rebecca will provide an introduction to Country on our day with a DJARA Welcome to Country.



The Connected Circus

Our Friends from Connected Circus will provide fun and games, facepainting 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!



Jr Landcare

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



Landcare Blue Gum Rise

Galungga DJARA WURRUNG DIALA Festival



Friends of Blue Gum Rise

Tickets at **eventbrite** 'Galungga Festival' or through the Resource Centre or contact Murray 0488294784 or Andrew 0407856227

Follow us on Facebook: Galungga Festival for more details




[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.

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




HORSHAM
REGIONAL ART GALLERY

School Holiday Program

Spring 2023

School Holiday activities for ages 7+

WEEK 1

Wednesday 20th September - Senior Session
Creating Animals: Wool Felting With Rachel

Thursday 21st September - Junior Session
Felting Pictures with Rachel
\$12 per child per session.

WEEK 2

Lino Printing With Emily - Delivered in 2 sessions.
Tuesday September 26th - Session 1
Wednesday 27th September - Session 2
\$24 per child.

Call (03) 5382 9555
or visit our website to book
your spot.

 **HORSHAM**
REGIONAL ART GALLERY

BOOKINGS ESSENTIAL 
03 5382 9575 
WWW.HORSHAMTOWNHALL.COM.AU 

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

Expressions of Interest

Music 2023

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

Instrument preference: Please tick your choice(s)

Keyboard _____ Guitar _____ Ukulele _____ Violin _____ Vocals _____ Drums _____

Student Name: _____

Parent / Guardian Name: _____


Parent / Guardian Mobile: _____

Parent / Guardian email: _____

Parent / Guardian Signature: _____

Date: _____ **[School Use/Received:** _____

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



School Uniform Price List 2023



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

SECONDARY COLLEGE UNIFORM PRICE LIST 2023

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

School Canteen Menu

St Arnaud Secondary College – Canteen Menu 2023

Main

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

Snacks

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

Drinks

The following include –

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

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

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

Eftpos Facilities Available

(minimum \$5.00)

**Stacey's Monday Canteen
Special**

HAPPY HOLIDAYS...
See you all back in Term 4!!

2023 Calendar



October	Mon	2nd	Term 4 Begins
	Wed	4th	Yr. 10-12 ADF Careers Talk LMR Basketball Qualifier
	Thurs	5th	LMR Athletics
	Mon	9th	Yr. 10/11 Flourish Girl Program
	Mon-Tues	9th-10th	Yr. 11 ODE Camp
	Fri	13th	LMR Basketball — Bendigo
	Mon	16th	SSV Athletics
	Wed	18th	LMR Sports — Bendigo
	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
	Tues	31st	PDT Exam
November	Wed	1st	Math Methods Exam
	Thurs	2nd	Math Methods & OED Exam VET Last Day
	Fri	3rd	HHD Exam Yr. 8 & 9 Man Cave Program
	Mon	6th	PUPIL FREE DAY
	Tues	7th	Melbourne Cup Public Holiday

