

# St. Arnaud Secondary College Newsletter

**Issue 30**

Term 4  
Week 37  
6th October 2023

Introducing our BRAND NEW L2P car,  
a 2023 Mazda CX-3!!



We would like to thank our major sponsor the 'Bendigo Bank' for this wonderful car. Please contact the school if you wish for your child to partake in this great program!

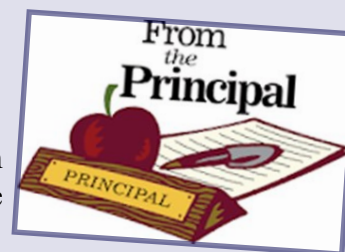


**St. Arnaud Secondary College is a Child Safe School.**

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

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

# Principal's Report



## **Start of Term 4**

We are now officially into the last quarter of the year where much of the formal assessment takes place for all students across the College. For our Year 12 students, there is now less than a fortnight of formal classes for VCE, VCAL and VM students. For students in Years 9 to 11, there is 5 more weeks until their exams, and for students in Year 7 and 8, six weeks until Step-Up for 2024 begins. There are also several sporting activities that are on the horizon including summer sports and Energy Breakthrough.

## **World Teachers Day**

On Thursday, we celebrated International World Teacher's Day at the College. World Teachers Day celebrates and recognises the extraordinary efforts of our teachers including the significant number of un-paid hours that go into being a successful teacher – of which we have many!

## **Year 12 Holiday Classes**

Thanks to the number of staff who made themselves available during the holidays to run additional study classes for our Year 12 VCE students. All our Year 12 students made the most of the opportunity to have some extra teacher time during the break in the lead up to the end of year exams.

## **Building Works**

The building works have continued during the holidays and several major steps have been taken. The roofing is basically complete with only one small section to be finished at the time of writing this report. The brickwork has commenced and is moving along at a very rapid pace. There has been significant works outside of the building compound, with trenches dug for access to services and some significant earthworks for the installation of the new fire services that are required on Smith Street. The remainder of the wall frames are now on site and things should move quickly again inside the east end of the building. With the rain on Tuesday, some of the re-instated paving has become a little loose and will need to be rectified, which should not take too long.

The building has really taken shape and it is now very easy to see what is going where and the scale of the building – which is impressive.

## **Year 10 Work Experience**

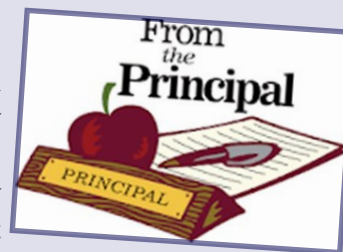
Our Year 10 students undertook Work Experience in the last week of Term 3 and all students have come back recognising the opportunity to do and learn something different. There will be more about this in this week's and subsequent newsletters.

# Principal's Report

## LMR Basketball

On Wednesday, a bus load of students travelled to Maryborough to compete in the LMR Basketball competition for the opportunity to go on to the Zone Basketball competition in Bendigo.

Unfortunately, both of our teams, who were missing some key players through absence or injury, came up against teams that were much bigger and stronger and despite their best were defeated on the day.

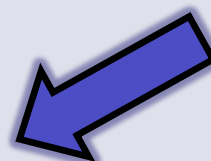


## LMR Athletics

On Thursday, a strong contingent of 17 students travelled to Bendigo, having earned the opportunity to compete in the LMR Athletics. At the time of writing this report, results were not known but will be included in next week's newsletter.

## VCE Assessment Starting

Next week, we have some students who begin their formal VCE assessment with an Extended Investigation Oral on Tuesday and the French Oral on Thursday – both in Bendigo. We wish the 4 students involved in these subjects all the very best for next week.



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

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

**Monday, 16th October** — SSV Athletics

**Wednesday, 18th October** — LMR Sports — Bendigo

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

**Tuesday, 24th October** – VCE Exams begin in the BER

**Thursday, 2nd November** – Last day of VET at Charlton

**Monday, 6th November** – Pupil Free Day

**Tuesday, 7th November** – Melbourne Cup Public Holiday

**Tony Hand**  
**Principal**



# Yr. 12 Practice Exam Timetable

## 2023 YEAR 12 OCTOBER EXAM TIMETABLE

1. You are to be ready to enter the exam room 10 minutes before the start of each of your exams. All exams include 15 minutes reading time unless otherwise specified.
2. Students are to wear full school uniform.
3. Students will not be permitted to leave the exam early so please bring a book to read quietly if you finish early.
4. Year 11 & 12 students will attend normal classes when they do not have an exam.

Mon. 9/10	1	2	Recess	3	4	Lunch	5	6
Year 12 Rm 33	English 3 hours 15 minutes 9am – 12.15pm							
Tues. 10/10	1	2	Recess	3	4	Lunch	5	6
Year 12 Rm 33	Methods Exam 1 – 1 hour 15 minutes (9am-10.15am) GM Exam 1? – 1 hour 45 minutes (9am-10.45am) Food Studies – 1 hour 45 minutes (9am-10.45am)					Product Design – 1 hour 45 minutes (12.45pm-2.30pm) Physical Education – 2 hours 15 minutes (12.45pm-3pm)		
Wed. 11/10	1	2	Recess	3	4	Lunch	5	6
Year 12 Rm 33	Legal Studies – 2 hours 15 minutes (9am-11.15am) Biology – 2 hours 45 minutes (9am-11.45am) Chemistry? – 2 hours 45 minutes (9am-11.45am)					GM Exam 2? – 1 hour 45 minutes (12.45pm-2.30pm) Methods Exam 2 – 2 hours 45 minutes (12.45pm-3pm)		
Thurs. 12/10	1	2	Recess	3	4	Lunch	5	6
Year 12 Rm 33	Psychology – 2 hours 45 minutes (9am-11.45am) Geography? – 2 hours 15 minutes (9am-11.15pm)							
Fri. 13/10	1	2	Recess	3	4	Lunch	5	6
Year 12 Rm 33	Methods Exam 1 – 1 hour 15 minutes (9am-10.15am) (Izzy Hand) OES – 2 hours 15 minutes (9am-11.15am) HHD? – 2 hours 15 minutes (9am-11.15am)					French – 2 hours 15 minutes (12.45pm-3pm)		



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

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

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

### **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 get your expressions of interest forms handed back to either Lisa Esmore at Apex Service Station or Alison Darby at MCL Legal By TODAY!!



# 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. 10 Work Experience



The last week of Term 3, saw all Year 10 students undertake Work Experience. A majority of the students undertook their work experience in St. Arnaud, while others ventured to Ballarat, Bendigo, Horsham, Stawell and the Northern Territory.



The students were required to contact their prospective employer to organise their work experience, with assistance if required. Once they knew where they were going, they completed two Safe@Work modules, one was a general OHS test and the second a related to their work experience.

The feedback from employers has been very positive, with several staff going out to visit the students in and around St. Arnaud.



## Yr. 10 Work Experience Photos





## Yr. 8 Active Girls Brunch

The last day of Term 3 was a beautiful day and saw the Year 8 Girls and Mrs. Jackson head off to Natimuk for the Wimmera Schools Active Girls Brunch. This was a mid-morning day of activities that we may not otherwise have had the opportunity to experience. We travelled over on the school bus and listened to Tahyah's Spotify choice of music, which Amber M thoroughly enjoyed. We spent some brief time mucking around on the playground in the main street of Nati –'muk' (no pun intended).

Soon after we arrived at the showgrounds, we were able to have free time, getting involved in activities of choice, although some of us were initially a little reluctant. We watched a demonstration on the aerial silks which Mara has dabbled in knowing it takes quite a lot of upper body strength to master. Next, we tried to conquer the rock-climbing walls. Students, including Amber B and Addison were so good they were invited to attend the Mt Arapiles rock climbing school, and all girls have access to a ticket for a full day's guided rock climbing experience. Following this, we tried to hula-hoop and were shown how to do this by a very experienced circus and world travelled acrobat. Rhani and Tessa were quite adept at the hula hoop and found this activity quite fun. After this, we interacted with fostered puppies and tasted some lovely slices, which Jordana, Ruby and Ashley thought were the best.

The second session was a little more structured and we took part in a mindfulness yoga session, which Mrs. Jackson and Lucy enjoyed, apart from the annoying flies. Next, we moved on to collaborate with our guest speaker, Lucy Stephan, a current Australian Gold Olympian in the fours rowing. She not only gave us an insight into her strength and conditioning routine, but told us about the commitment, teamwork and fitness levels needed to achieve her goals; this includes a 10km warm down run most days. She enlightened us about her recent world rowing championship disappointments even though her team had earned enough qualifying points to get the Australian fours boat to the next Olympics – this doesn't mean she automatically qualifies – it's just the boat. She still has a lot of work ahead of her. Mahlie and Annylee enjoyed this session the best.

The last speaker before lunch told us about Roller Derby and allowed us to run and attack her like a bull at a gate. The sport of roller derby is not very common in small towns, but there is a competition in Warracknabeal if anyone is interested. We then headed home, having experienced a range of activities we may never have chosen to do and with that in mind, the message for the day was, 'Keep trying new things, get involved and find something you are passionate about or which suits you best – there will be something out there but you may not have found it yet'.

## Yr. 8 Active Girls Brunch Photos





## NCD Basketball — Maryborough



On Wednesday the 4<sup>th</sup> of October, 15 students from Year 7 to 10 represented our College with distinction at the North Central District Basketball Competition against MEC. We fielded two teams, a mixed Year 7/8, and an intermediate boys team from Year 9 and 10.

Both teams had some inspired moments of play, from Ollie Hand sharpshooting threes, to Ryan Bigmore taking the chance with the bank open. Whilst unfortunately neither team made it through to LMR, the College is proud of everyone's effort and enthusiasm in the games.

It was particularly pleasing to see all students supporting each other and the big smiles across their faces.



Thank you to Michelle Watts for assisting Mr. Mac for the day.





### A SPECTACULAR VSSS CONCERT ONCE AGAIN!!

On Saturday 9<sup>th</sup> September, our students danced their little socks off and performed in front of thousands of people at the John Cain Arena in Melbourne. After 2 days rehearsing at the Arena, everyone was very excited for their parents to arrive and see what all the hard work was about....300 dancers from 80 schools on the floor.

Well done to our dedicated and enthusiastic dancers. You were fantastic!!!







## A SPECTACULAR VSSS CONCERT ONCE AGAIN!!

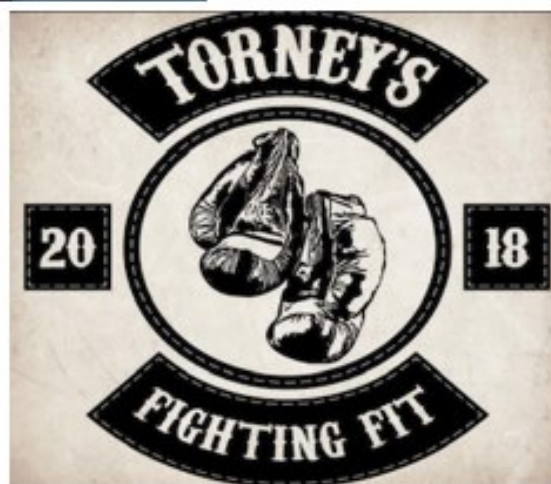


# Mental Health Month - October

MENTAL  
HEALTH  
MONTH  
OCTOBER



We kicked off the Month of October with a focus on improving our own physical health and being active. Kyle Torney from 'Torney's Fighting Fit' visited us at lunch time and went through some Martial Arts techniques. It was great to see the students participating and being active.



We are very grateful to Kyle for the visit and his time demonstrating the Martial Arts techniques.

Any student wishing to participate in these classes regularly can call Torneys Fighting Fit on  
**0419 595 942**

We will be hosting many other events at lunchtime to improve our mental health through various activities, and nutrition information.



## 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 21<sup>st</sup> of October for a 10-hour race, and of course, the big 24-hour race at Maryborough over the weekend of the 24th — 26th of November.

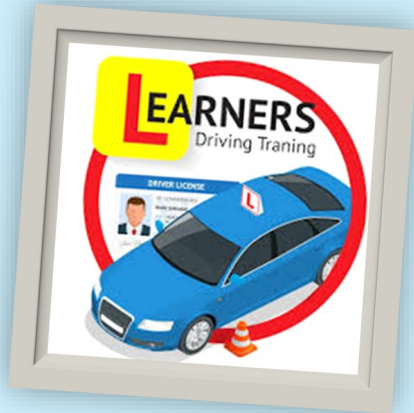
Both teams will have 8 riders and 1 pit crew member, with an even split of males and females.

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

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



# L2P Program



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

Become a confident and competent driver

Achieve the 120 hours of required driving experience

Receive guidance from a trained mentor

Gain your independence



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



## DID YOU KNOW OUR SCHOOL SUPPORTS YOUNG LEARNER DRIVERS?

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

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

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

*Contact Penny on  
0418 535 478*



## NEED HELP GETTING YOUR LICENCE?

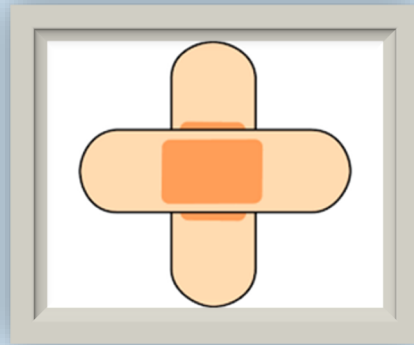
### DO YOU TICK THE BOXES?

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



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

## School Doctor's Clinic



### *Doctors In Schools Program*

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

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

This service is available free to students.

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

## Year 12 Students



### EARLY ENTRY PROGRAMS

Deakin Regional Access Scheme – **OPEN NOW**

**Swinburne Early Entry** – Close 9<sup>th</sup> October

**VU Guaranteed** – Close 8<sup>th</sup> October

**Federation Uni Early Offer** – Close 1<sup>st</sup> December

### SEAS, & SCHOLARSHIP APPLICATIONS

Close October 6<sup>th</sup> @ 5:00pm

### ACU SEAS SCHOLARSHIPS

[www26.uac.edu.au/esapply/](http://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:

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 3<sup>rd</sup>, 2023.

**For further information or to apply visit:**

[www.youthrivevictoria.org.au/scholarships/rural-chances/](http://www.youthrivevictoria.org.au/scholarships/rural-chances/)

## VCE RESULTS & ATAR

Did you know that you need to register to access your Unit 3 & 4 VCE Results and the ATAR?

Results will be released on Monday 11th December from 7:00am. It's a good idea to register for this service early so that you are not delayed on the big day.

**\*\* You will need your VCAA Student Number to Register \*\***

**Click below to register today:**

<https://resultsandatar.vic.edu.au>

## Navigating a Pathway in STEM – What girls and their family supporters need to know



**Wednesday October 11<sup>th</sup> 2023 (Online)**

Navigating a pathway into a STEM career can be challenging for a range of reasons. First, STEM offers diverse options in careers, some of which are unknown or misconceived. Second, information available can be outdated, limited or misinforming depending on access to information. This online panel will host a range of people that are passionately involved across the STEM careers sector.

**To register for this online event visit:**

<https://womeninstemm.au/events/navigating-a-pathway-in-stem-what-girls-and-their-family-supporters-need-to-know/>

## VICTORIA POLICE CAREERS EXPO



**Saturday 14<sup>th</sup> 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](http://www.police.vic.gov.au/victoria-police-bendigo-careers-expo)

## AIE | Open Day



**Saturday November 18<sup>th</sup> 2023**

Discover the courses designed to get you started in game development, 3D animation, film and visual effects at the AIE Open Day on Saturday 18<sup>th</sup> November 2023. This event will be held at AIE Campuses in Sydney, Melbourne, Canberra and Adelaide from 10am to 3pm.

**For further information visit:**

[https://aie.edu.au/aie\\_event/open-day/](https://aie.edu.au/aie_event/open-day/)

Mrs Rebecca Reynolds  
Careers Co-ordinator

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



# MELBOURNE SPORTS INSTITUTE

"The Team Behind The Team"

Melbourne Sports Institute is recruiting  
**COACHES & UMPIRES**  
for Inter School Sport Competitions across Melbourne

### SPORTS AVAILABLE:

- AFL
- Basketball
- Netball
- Soccer
- Cricket
- Hockey
- Tennis
- Touch Rugby
- Volleyball
- Softball
- & More



### WHY WORK WITH US?


- Flexibility of hours - You choose when you want to work!
- Competitive rates
- Great opportunity to get paid for doing what you love



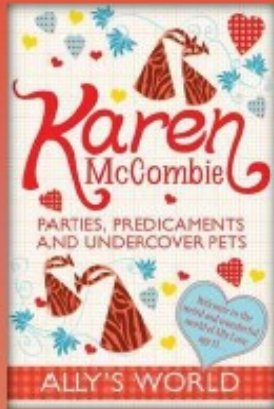
Join Today!

 03 9042 4201

 [msisport.com.au](http://msisport.com.au)

 [info@msisport.com.au](mailto:info@msisport.com.au)

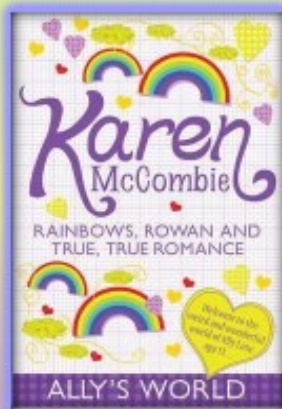
## *G. H. Edwards Library*



**Ally's World: Parties, predicaments and undercover pets.**

***By Karen McCombie***

It's the last week of school, and everyone knows it's supposed to be fun. So why is Kyra hiding illegal pets and expecting me to help her? Where is the fun in Charity Fun Run? And why, oh why, did I say yes to that game of Spin the Bottle?



**Ally's World: Rainbows, Rowan and true, true romance.**

***By Karen McCombie***

Rowan's a celebrity! And it's all thanks to Alfie, the drop-dead yummiest boy in the world. Shame Linn's in such a grump about it, but at least Mum and Dad are definitely back together, right?

Er, wrong...

## 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

## VAPING DECODED: EMPOWERING PARENTS IN THE VAPING CONVERSATION

Free live 60 minute webinar | 

This webinar is aimed at empowering parents to have more relevant conversations with their teens around vaping.

<https://www.blurredminds.com.au/webinar-parents/>

### REGISTER FOR ONE OF THREE OPTIONS:

Wednesday 11th, October at 7pm >

Thursday 19th, October at 7pm >

Tuesday 24th, October at 7pm >



**BLURRED MINDS**



**Challenge Yourself**

**Walktober**

**Getting out and about this October.**

**Walking to school**

VicHealth have developed some **great resources** to make walking to school fun! - You can keep it simple by walking, riding, scooting or skating to and from school. Or you can get adventurous by mapping out an adventure trail that takes in more of the sights and sounds of your neighbourhood!

**Get Active Victoria Tracker**

Use the free online tool to set a goal, track activity, team up and discover places. [Home](#) | [Get Active Victoria](#)  
**View Places** - Explore trails, parks, playgrounds, exercise stations and skateparks in Victoria using this interactive map. [Places](#) | [Get Active Victoria](#)

**Great local walks**

In Stawell - Cato Lake Park, Central Park, Federation Park, Gramplans Rail Trail, North Park, State Park....  
Halls Gap - [Gramplans Peaks Trail](#), Halls Gap Botanical Gardens, [Gramplans Waterfalls](#), Lake Bellfield dam wall, [Lake Evans Loop](#)....

In St Arnaud - Queen Mary Gardens, Pioneer Park, Lord Nelson Park, [St Arnaud Trails - The Basin Walk](#), [View Point Trail](#), [Mine History Trail](#), [Hard Hills Trail](#), [St Arnaud Regional Park](#) - Bell Rock walk, Wax Gardens circuit

**Walking clubs / groups**

Cato Park [GCH Walking Group](#) - 10 am Tuesday at the Stella Young memorial, all welcome in fair weather.

Bushwalking Victoria - [Gramplans Bushwalking club inc.](#)

Day Walks, Base Camp Walks,

General meetings - last Tuesday of the month at the Stawell SES depot, 7.30pm, all welcome.

Join a Heart Foundation **walking group** or **start a walking group** of your own.

**Bush walking** in the, [Kara Kara National Park](#), [St Arnaud Regional Park](#)

Discover [Accessible Walks Victoria](#) website to find more works in our area.



[gch.org.au](http://gch.org.au)

**Gramplans**  
Community Health



# Health & Wellbeing




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?



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!

### 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 AGED 16-25?

**DO YOU LIVE IN:**

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

**APPLY NOW!**



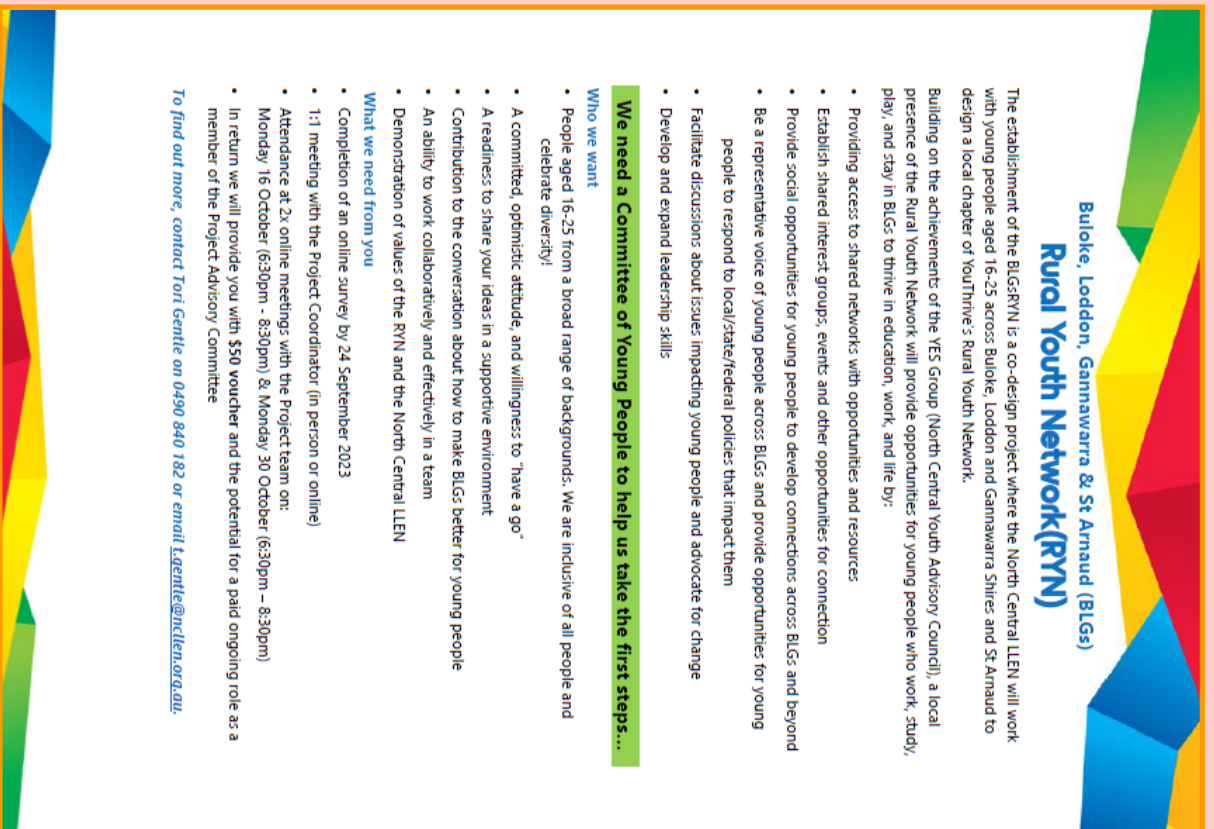
We need a group of young people to help us bring a local chapter of YouThrive's Rural Youth Network to our area.

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](mailto: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](mailto:Tori.Gentle@nellen.org.au) on 0490 840 182 or email [Tori.Gentle@nellen.org.au](mailto:Tori.Gentle@nellen.org.au).



**Health Promotion**  
EAST WINNERS HEALTH SERVICE

## MENTAL HEALTH MONTH

1ST OCTOBER - 31ST OCTOBER

**Raising awareness of mental health, and social and emotional wellbeing can decrease stigma and empower people to seek the help they need and deserve!**

1 in 2 Australians will experience poor mental health in their lifetime. It is important to be on the look out for the signs and symptoms of declining mental health and ask for help and support when you need it.

Remember, its not weak to speak! Just like physical health, your mental health requires consistent work to stay optimal.



**kids helpline**



**Beyond Blue**



**headspace**  
National Youth Mental Health Foundation

**Here are some different ways to look after your mental health:**

- 1** Stay active  
Hit the gym, go for a walk, or do a workout video on YouTube. Moving your body releases endorphins and improves your mood.
- 2** Eat Well  
Eat a balanced and nutritious diet with foods from all 5 food groups.
- 3** Do something you enjoy  
Do things that make you feel happy and safe. This could be reading, riding your bike or baking a cake.
- 4** Limit media consumption  
Be aware of what you chose to watch, read and listen to. Choose to engage with content that makes you feel happy and comfortable.
- 5** Connect with others  
Grab lunch with a friend, facetime your cousin, or join a club or group.

<https://lookafteryourmentalhealthaustralia.org.au/>



**Health Promotion**  
EAST WINNERS HEALTH SERVICE

## WALK 2 SCHOOL MONTH

1ST OCTOBER - 31ST OCTOBER

**This October, Vic Health is encouraging all Victorian students to walk, ride or scoot to and from school.**

Using active transport to get to school such as walking or riding your bike, helps build habits for life that helps in leading to a more active and healthy future!

Not only is active transport excellent for your physical health, but there are also connections to improved school performance and mental health as well!

2019 had the biggest turnout in Walk to School history, with approximately 1 in 3 Victorian kids from all over the state getting involved!

This month can kick off your new before and after school habit to continue year-round. It is good for you and good for the environment, so ditch the car, gather some friends and walk, ride or scoot to school this month!



**Walk to School**  
Walk, ride or scoot and build healthy habits for life.

<https://www.vichealth.vic.gov.au/programs-and-projects/walk-to-school>



# ***Show off your Wheels & Motor Bikes***

**@ King Georges Park ST ARNAUD  
Sunday 29<sup>th</sup> 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





# JUNIOR CRICKET

FREE  
Come & Try  
Night

**Friday October 13**  
**4:30pm @ King Georges**

**BOYS & GIRLS**  
aged 16 & under

**FREE BBQ & Drink at the  
completion for all participants**

**Come along and be a part of shaping our  
Junior Cricket model for 2023/24, and help  
us secure Junior Cricket for years to come!**



# Detox your Home is coming to St Arnaud

**Saturday 11 November 2023 | 9.00am to 12.00pm**

Lord Nelson Park, 26 Dunstan Street, St Arnaud

Household chemicals such as bleach, pesticides, weed killers, cleaning products, cosmetics, cooking oil and fuels should never be put in your rubbish bins or poured down the drain.

Safely dispose of unwanted household chemicals at Sustainability Victoria's **free** Detox your Home event, without harming your health or the environment.

For a full list of chemicals accepted, visit [sustainability.vic.gov.au/accepted-items](https://sustainability.vic.gov.au/accepted-items)

Detox your Home events are drive-through and contactless.



To register to attend simply scan the QR code or visit [sustainability.vic.gov.au/detoxyourhome](https://sustainability.vic.gov.au/detoxyourhome)



## Detox your Home is coming to St Arnaud!

**Saturday 11 November 2023**  
**9.00am to 12.00pm**  
 Lord Nelson Park,  
 26 Dunstan Street, St Arnaud

Safely dispose of unwanted household chemicals at a free Detox your Home event, without harming your health or the environment.

Household chemicals such as bleach, pesticides, weed killers, cleaning products, cosmetics, and cooking oil should never be put in your rubbish bins or poured down the drain.

Detox your Home events are drive-through and contactless.

### Why dispose of household chemicals?

Household chemicals can be dangerous. They may harm your family and pets, add extra fuel to a house fire, release toxic fumes and pollute the environment.

Disposing of these items responsibly will:





- reduce the risk of poisoning, keeping your family, friends and pets safe
- keep toxic chemicals out of waterways, and
- minimise environmental pollution and fire hazards.

### What happens to the chemicals?

Qualified chemists sort the chemicals, placing them in sealed drums to be transported to a specialist waste treatment plant. The majority of chemicals collected at Detox your Home events are recycled or used for suitable purposes, such as producing energy. Any chemicals that cannot be repurposed are safely disposed of after being treated.



### Detox your Home accepts:

Acids and alkalis	Hand sanitiser
Aerosol cans	Herbicides and weed killers
Ammonia based cleaners	Insect spray and pesticides incl. rat poison
Anti-freeze, coolant	Oven cleaner
Brake fluid	Pool chemicals
Car body filler	Solvents
Car care products and waxes	Thinners, turps and paint stripper
Cooking oil	Transmission fluid
Cosmetics, nail polish and remover	Wood preservatives and finishes
Detergents, bleach, disinfectants and drain cleaner	And other items found at home with these symbols:
Fertilisers	
Fire extinguishers	
Floor-care products and waxes	
Fuels: petrol, diesel, kerosene, other	
Glues: water-based and solvents	

For a full list of chemicals accepted, visit: [www.sustainability.vic.gov.au/accepteditems](http://www.sustainability.vic.gov.au/accepteditems)  
 For safety reasons we can't accept containers of more than 20 litres or 20 kilograms. Please bring chemicals in their original packaging or in disposable containers that will not be returned to you.

### Detox your Home does not accept:

Ammunition or firearms	Fluorescent light bulbs, compact fluorescent lamps and tubes
Asbestos	Gas bottles
Batteries: car and household varieties	Motor oil
Chemicals used by businesses	Paint*
Farm chemicals	

\* Household paint can be dropped at no charge at any Paintback location.  
 For details see [Paintback.com.au/find-location](http://Paintback.com.au/find-location)  
 For information on where to dispose of the above products, contact your local council.



### St Arnaud Event

To register for this event, simply scan the QR code or visit [sustainability.vic.gov.au/detoxyourhome](http://sustainability.vic.gov.au/detoxyourhome)  
 You can also call 1300 363 744.  
 Events are held at locations around 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](mailto:info@bikegearnow.com) and join the long list of clients we have helped for many years



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

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

## Great Vic Bike Ride

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



# 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

*Nachos  
Corn chips, salsa, cheese  
& sour cream*



**\$6.00**

# 2023 Calendar



<b>October</b>	Mon	9th	Yr. 10/11 Flourish Girl Program Yr. 12 Practice Exams Start
	Mon-Tues	9th-10th	Yr. 11 OES Camp
	Mon	16th	SSV Athletics
	Wed	18th	LMR Sports — Bendigo MIPS
	Fri	20th	Last Day for Year 12 students
	Tues	24th	English Exam
	Wed	25th	NCD Bowls/Shoot
	Thurs	26th	P.E Exam MIPS
	Fri	27th	Biology & General Maths Exam
	Mon	30th	Psychology & General Maths Exam
	Tues	31st	PDT Exam MIPS
<b>November</b>	Wed	1st	Math Methods Exam
	Thurs	2nd	Math Methods & OES Exam VET Last Day
	Fri	3rd	HHD Exam Yr. 8 & 9 Man Cave Program
	<b>Mon</b>	<b>6th</b>	<b>PUPIL FREE DAY</b>
	<b>Tues</b>	<b>7th</b>	<b>Melbourne Cup Public Holiday</b>
	Wed	8th	Chemistry & Legal Exam
	Thurs	9th	Yr. 7 Half-day Transition Geography Exam
	Fri	10th	VET Sport & Recreation Exam
	Mon	13th	Food Exam Exams start Yr. 9-11's

