

St. Arnaud Secondary College

Newsletter

Issue 31

Term 4
Week 38
13th October 2023



On Monday the 9th of October, the Year 11 Outdoor and Environmental Studies class went on an overnight camp to Teddington Reservoir.

The outdoor experience focused on the interconnectedness of humans with the natural environment and is connected to work being covered in class as we explore the significance of the reservoir on the surrounding environment and township of Stuart Mill.



The students explored the historic Teddington hut, and walked around the entire upper reservoir gathering data before returning to the camp area. Tents were pitched and firewood was collected as night began to fall. After dinner, Mr. Mac brought out some marshmallows; as every true outdoor ed-er will know, there is no such thing as a camp without roasting marshmallows on the fire.

An intense game of Uno then broke out, with everyone having some moments of glory, and other moments where the students ganged up against Mr. Mac to give him 14 cards in his hand at one time!



We were greeted in the morning with a spectacular sunrise before some bacon and egg muffins were cooked up for breakfast. We then packed up and headed back to school.



*Yr. 11 Outdoor &
Environmental Studies Camp*

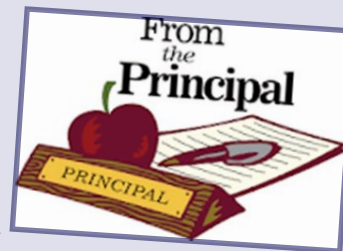


St. Arnaud Secondary College is a Child Safe School.

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



LMR Aths

As has been reported on our Facebook page, 13 students travelled to Bendigo to compete in the LMR Athletics last Thursday. While the program ran very late, our students competed to the best of their ability and several seconds and thirds were achieved. In her last athletics of her secondary schooling, Amy Greenaway placed first in both the Shot Put and the Discus, which means that she qualifies for the State competition in Melbourne on Monday. Congratulations Amy and to all students who made it through to Zone level. Thanks also to Mr. Knight for his work and organisation.

Teach Rural Promotion

Some of you may have seen the video on our Facebook page which is a Victorian Department promotion of the Teach Rural program. This program assists pre-service teachers to come to rural areas to complete their teaching rounds with the hope that it will encourage them to consider teaching in rural areas. The video is positive with Mr. Lobley and students across both the Primary and Secondary College showcased. I am also really pleased to inform you that due to these rounds, I have offered Miss. Hibberd (who also features in the video) a job for next year which she has accepted.

Year 12 Practice Exams

This week students in Year 12 have been undertaking VCE revision (or practice) exams. These exams are an important part of the preparation for final exams. While we expect that students would be trying to do as many past papers as they possibly can over the next couple of weeks, they should aim to be completing at least five full exams in each subject prior to their assessed exams.

Building Works

The building works are continuing at a rapid rate with the bricklaying due to be completed today. The internal wall frames for the east end of the building are also on site and are starting to be installed. At the west end, all data and electrical wiring is almost installed, and the internal windows and doors are going into place; it looks great. We are also about to order some indoor furnishings for some of the open and independent learning areas in the new building.

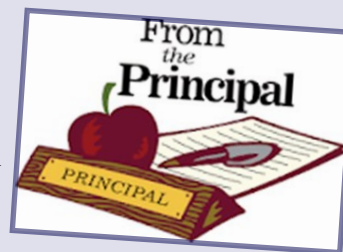
Year 7/8 Camp 2024

We are calling on all current Year 7 students to return their deposit for the Year 7 and 8 Anglesea camp which is scheduled for Term 1 next year. If we do not have enough interest, the camp may be cancelled.

Principal's Report

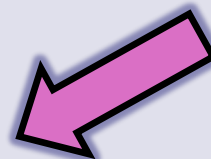
Yr. 10/11 Flourish Girls

On Monday, female students in Years 10 and 11 participated in the Flourish Girls Program. Due to its success, the program has been at the school several times allowing for follow up and continuation of the learnings in the program. Feedback from the students has been very positive which is why we re-book.



L2P Car

Last week you may have noticed that we received a new Mazda L2P car for the College. This is fantastic for our students, and we are very fortunate to house the vehicle here on site. Currently, we have half a dozen staff who are trained L2P Mentors which means that students may be able to go for a drive at lunchtimes, after school or at a time that is mutually agreeable. Thanks to the Bendigo Bank St. Arnaud and Avoca branches for the sponsorship of the car – it is greatly appreciated.



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

Wednesday, 25th October – NCD Bowls/Shoot

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

Friday, 3rd November – Yr. 8 & 9 Boys — Man Cave Program

Monday, 6th November – Pupil Free Day

Tuesday, 7th November – Melbourne Cup Public Holiday

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/pai/parent-payment/policy>

Parent Payment Arrangements and Options:

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

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

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

What Sort of Start is Your Child Getting?



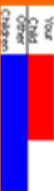

Just a little bit late doesn't seem much but.....

He/ She is only missing just....	That equals....	Which is....	and over 13 years of schooling that's...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly <u>Half</u> a year
20 minutes per day	1 hour 40 mins per week	Over 2.5 Weeks per year	Nearly <u>1</u> year
Half an hour per day	Half a day per week	4 Weeks per Year	Nearly <u>1</u> and a <u>Half</u> years
1 hour per day	1 day per week	8 Weeks per year	Over <u>2</u> and a <u>Half</u> years

*Did you know your child's best learning time is the start of the school day?
That's when every minute counts the most!!*

What Chance Has Your Child Got of Being Successful?

1 or 2 days a week doesn't seem much but.....

He/ She is only missing just....	That equals....	Which is....	and over 13 years of schooling that's...	Which means the best your child can perform is ...
1 day per fortnight	20 Days per year	4 weeks per year	Nearly <u>1.5</u> years	 Your Child Other Children Equal to finishing in grade 11
1 day per week	40 Days per year	8 weeks per year	Over <u>2.5</u> years	 Your Child Other Children Equal to finishing in grade 10
2 days per week	80 Days per year	16 weeks per year	Over <u>5</u> years	 Your Child Other Children Equal to finishing in grade 7
3 days per week	120 Days per year	24 weeks per year	Nearly <u>8</u> years	 Your Child Other Children Equal to finishing at grade 4

Everyday Counts!!



Raspberry and Yoghurt Cake

Yoghurt is used in cake baking to develop a very moist and tender texture. It also extends the shelf life of the cake by reducing the rate of staling. The creaming method is used as it incorporates air into the mixture and, along with the chemical rising agents, helps to create a cake with a light texture.

The raspberries are stirred through frozen as this helps to keep them suspended in the cake and prevents them from breaking up.



ST. ARNAUD SECONDARY COLLEGE REGION ATHLETICS

On Thursday the 5th of October, 13 students represented St. Arnaud Secondary College at the Loddon Mallee Region Athletics Carnival in Bendigo.

All students who competed did a tremendous job representing the College. A special mention to Amy Greenaway who placed first in the 18-20 years Girls Shot Put and Discus, and has earned the right to represent the College at the State Athletics Championships held in Melbourne on Monday the 16th October.

Well done to all the students involved. Thank you to Glenda O'Neill, Nicole and Imogen Amos for supporting our students and we wish Amy all the best at the State Athletics Championships!

Event	Competitor(s)	Place
Girls 18-20 Shot Put	Amy Greenaway	1 st
Girls 12-13 Long Jump	Sami Weir	6 th
Boys 16 Year Olds Discus Throw	Owen Lowe	2 nd
Girls 16 Year Old Javelin Throw	Abby Weir	6 th
Girls 16 Year Olds 100 Meter Dash	Ada Buenaventura	3 rd
Girls 18-20 Triple Jump	Keegan Amos	2 nd
Girls 12-13 High Jump	Sami Weir	3 rd
Girls 16 Year Olds 200 Meter Dash	Ada Buenaventura	4 th
Girls 18-20 Discus Throw	Amy Greenaway	1 st
Boys 16 Years Olds Triple Jump	Ryan Bigmore	6 th
Girls 18-20 Javelin Throw	Keegan Amos	4 th
Boys 18-20 Javelin Throw	Sam Male	2 nd
Girls 12-13 4x100 Meter Relay	Maeve Patton, Isabella Bigmore, Ashley Zsigmond, Sami Weir	6 th
Boys 16 Year Olds 4x100 Meter Relay	Owen Lowe, Ryan Bigmore, Tom Scarce, Ben Greenaway	5 th



Mr. Knight
Sports Coordinator



FLOURISH *girl*

The Year 10 & 11 girls had the third & final **Flourish Girl** session.

We welcomed Zoe and Delta from the Flourish Girl team.



This session was focused on Leadership, empowerment, and team building. The student participation was excellent. Students gained knowledge on building healthy relationships and skills to enable leadership in our communities.

We thank the Community Bank for sponsorship!



 **Bendigo Bank**

Celebrating Student Achievements



We would like to congratulate two of our students, Addison Wright and Will Keating-Thomas, for competing in the Australian SAMBO Championships in Melbourne on Sunday, 8th October.



Will came away with a GOLD medal in the Under 54kg boys and Addison walked away with a SILVER medal in the Under 62kg girls.



What an amazing achievement from both of you and we are all so very proud of the way you represented yourselves!

All of us here at the College, would like to congratulate you both on a job well done!



Celebrating Student Achievements



We would like to congratulate Abby Weir, Jackson Needs and Frankie Donald on being invited by the Bendigo Pioneers for pre-season training next year!

Abby — Under 18 Girls

Jackson—Under 18 Boys

Frankie—Under 16 Boys

What a wonderful achievement and we wish you all the very best!



2023 Energy Breakthrough



EXPRESSION OF INTEREST FOR THE 2023 SCHOOL ENERGY BREAKTHROUGH PROGRAM

It is that time of year when the College begins its preparations for the Energy Breakthrough Program (EBT). This year we will look to have two teams — a Year 7-9 and Year 10-12 team — to race at both Casey Fields on the 21st of October for a 10-hour race, and of course, the big 24-hour race at Maryborough over the weekend of the 24th — 26th of November.

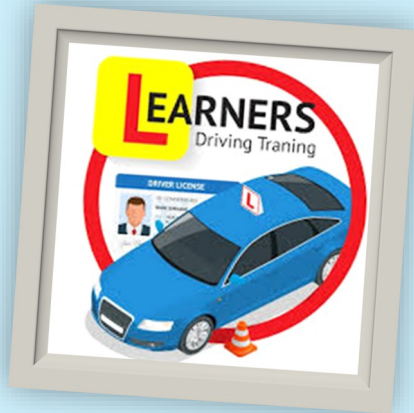
Both teams will have 8 riders and 1 pit crew member, with an even split of males and females.

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

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



L2P Program



TAC L2P PROGRAM LEARNER BENEFITS



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

Become a confident and competent driver

Achieve the 120 hours of required driving experience

Receive guidance from a trained mentor

Gain your independence



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



DID YOU KNOW OUR SCHOOL SUPPORTS YOUNG LEARNER DRIVERS?

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

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

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

*Contact Penny on
0418 535 478*



NEED HELP GETTING YOUR LICENCE?

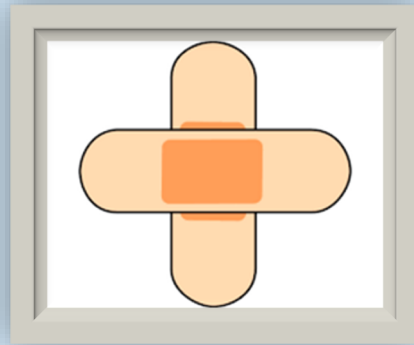
DO YOU TICK THE BOXES?

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



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

School 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

Deakin Regional Access Scheme – **OPEN NOW**
Federation Uni Early Offer – Close 1st December

CASPer TEST (On-line) – Education Courses

Last day to sit the test:

Nov 12, 2023 - 10:00 AM

<https://takealtus.com/casper/>

Year 11 Students

Deakin University Accelerate Webinar



October 18th, 2023 – 6:00pm

Deakin Accelerate is a distinctive extension studies program designed to challenge you with university-level learning opportunities. Complete two first-year university units at the same time as your Year 12 studies, studying on campus at one of Deakin's four vibrant locations, or you can take advantage of our flexible premium online learning platform to complete the program online.

This webinar explores the benefits of the program, the available study areas, how you can get ahead with the program, as well as hearing from a past Deakin Accelerate student and their experience.

To Register Visit:

https://deakin.zoom.us/webinar/register/WN_cuCjEiHHTPqaHTbLLuWZlq#/registration

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>

WORK EXPERIENCE OPPORTUNITIES



Seeing Eye Dogs
Vision Australia

Seeing Eye Dogs offers work placements to current school students from years 10 to 12, who have a keen interest in working with dogs and in contributing to the blind and low vision community.

For 2024 placements, please submit an expression of interest to:

sedvolunteer@visionaustralia.org stating why you would like a placement with Seeing Eye Dogs and your preferred placement period.

For further information visit:

www.sed.visionaustralia.org/work-experience



The National Film and Sound Archive of Australia has offices in Canberra, Melbourne & Sydney. They welcome applications from candidates interested in work experience or would like to join the organisation as a volunteer. Simply add your details to their temporary employment register.

For further information visit:

www.nfsa.gov.au/about/careers/volunteers



The Surveying Task Force Work Experience Program provides you with a direct link to surveying organisations who are looking to support and mentor you. Simply register your interest and they will link you to companies who have placements available.

For further information visit:

www.alifewithoutlimits.com.au/work-experience-program/

Mrs Rebecca Reynolds
Careers Co-ordinator

Sue Clay 
Careers and Pathways
Email: 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

 info@msisport.com.au

Careers & Pathways

Vacancy List - Regional

Friday 13th October 2023



Skillinvest Limited
15-17 Dimboola Road
Horsham, VIC 3400
03 5381 6200
skillinvest.com.au

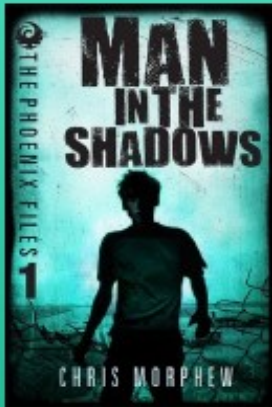
Job Title	Location	Close Date	Position type:	Consultant
Apprentice Agricultural Mechanic	St Arnaud	ASAP	Apprenticeship	Kate Clark
Parts Interpreter Apprenticeship	St Arnaud	ASAP	Apprenticeship	Kate Clark
Business Traineeship	St Arnaud	ASAP	Traineeship	Kate Clark
Aged Care Support Traineeship	Stawell	ASAP	Traineeship	Daryl Eastwell
Apprentice Chef - 2nd/3rd year	St Arnaud	ASAP	Apprenticeship	Kate Clark
Business Traineeship	Hopetoun	ASAP	Traineeship	Kate Clark
Education Support Worker	Hopetoun	ASAP	Traineeship	Kate Clark
Apprentice Plasterer	Swan Hill	ASAP	Apprenticeship	Kate Clark
Light Vehicle Mechanic Apprenticeship	Donald	ASAP	Apprenticeship	Kate Clark
Business Traineeship	Warracknabeal	ASAP	Traineeship	Kate Clark
Locksmith/Bike Repair/Security Equipment Apprenticeship	Ararat	24 Oct 2023	Traineeship	Daryl Eastwell
Trainee Payroll Officer	Horsham	ASAP	Apprenticeship	Chris Barber
Spare Parts Interpreter	Donald	ASAP	Apprenticeship	Kate Clark
Waste Transfer Operator	Quantong	Casual	ASAP	Nathan Keel
Lifeguards	Murtoa	Casual	ASAP	Tamira Cullinan
Roller Operator	Horsham	Casual	ASAP	Nathan Keel

Consultants					
Chris Barber	0427 346 655	chris.barber@skillinvest.com.au	Daryl Eastwell	0407 364 654	daryl.eastwell@skillinvest.com.au
Kate Clark	0428 971 821	kate.clark@skillinvest.com.au	Nathan Keel	0408 109 324	nathan.keel@skillinvest.com.au
Tamira Cullinan	0458 706 272	tamira.cullinan@skillinvest.com.au	Recruitment	03 5381 6200	recruitment@skillinvest.com.au

G. H. Edwards Library

The Phoenix Files # 1 : Man in the shadows

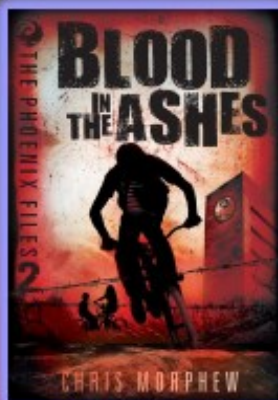
By Chris Morphew



As soon as Luke touches down in Phoenix, he knows that something's not right. The brand-new town is supposed to be a paradise, but it's not long before the cracks begin to show: malfunctioning phone lines, restrictions on car use, and a private security detail instead of a police force. Then Luke, Peter and Jordan uncover the true reason for the town's existence - a secret that means Phoenix is suddenly both the safest and most dangerous place on Earth. Someone in Phoenix is plotting to wipe out the human race.

The Phoenix Files # 2 : Blood in the ashes

By Chris Morphew



Things are getting bad in Phoenix. Luke's dad is trapped on the outside and cut off from all contact. Jordan is having frightening visions of things that haven't happened yet. And Peter is slowly losing his grip on reality – and his temper. But the worst is yet to come. All three are being tracked by an enemy who could paralyse them at any moment. And deep under Phoenix, they will uncover a secret that changes everything.

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

waiktober
This

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

Gramplans
Community Health

Health & Wellbeing

positive partnerships
Working together to support school-aged students on the autism spectrum

2 Day Autism Workshop for Parents and Carers

Horsham, VIC

Scan to register



This workshop is for parents, full time carers and grandparents.

Interpreters available upon request

24 and 25 October 2023
9.30am - 2.30pm

Horsham Golf Club
304 Golf Course Road
Haven
Horsham 3400
Victoria

Morning tea and a light lunch will be provided

For more information or to register visit:
www.positivepartnerships.com.au
Contact: ccorrigan@positivepartnerships.com.au

For help, call:
1300 881 971

This initiative is funded by the Australian Government Department of Education through the Helping Children with Autism package. The views expressed within this program do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.

Free workshop



During the workshop you will learn about:

- The diversity of autism
- Sensory processing
- Understanding behaviour
- Working together with your child's school

Join other local families to learn more about autism and ways to strengthen the partnership between home and school.

ESCAPE ROOM

October 27th
4.30-7pm

Step into the shoes of a rookie detective and work together to solve a century old mystery!

Uncover puzzles and explore the rooms to unmask the cunning, time travelling killer before they catch you.

Filled with suspense, intrigue, and a deadly elixir, will you be able to survive the poisoned past?

headspace Horsham
77 HAMILTON ST. HORSHAM

Free Entry
Bookings Required (either register with up to 5 friends or join a group of 5 selected by us)
Recommended for ages 15-25 but 12-14 y/o are welcomed

FOR MORE INFO, CONTACT
HEADSPACE AT
info.headspacehorsham@vt.uniting.org.au
(03) 5381 1543




National Nutrition Week



Try for 5!

Held during National Nutrition Week, Try for 5 is a unique collaboration between Nutrition Australia, vegetable growers and other health-focused organisations to help Australians eat more vegetables in a day.

We all know that vegetables are important for our health, yet 91% of Australians are not eating the recommended 5+ serves a day.

How to include more veg



Add a veggie to your breakfast

Add some sliced tomato or avocado to your vegemite toast.

What other ways could you add vegetables to your breakfast?



Add a veggie to your daily snacks

There are so many easy and convenient on-the-go snack ideas to get extra veg into your day.

Pack some snow peas, or carrot sticks and hummus.

A few fun and nutritious veggies



Carrot - Beta-carotene is great for protecting your cells and keeping you healthy!



Beetroot - Full of antioxidants and folate (vitamin B9) which helps keep your mood high!



Pumpkin - Full of vitamin C and folate, pumpkin is sure to keep you energised!

Helpful hints for parents and caregivers

- **Plan ahead** - Preparation is the key to success and Nutrition Australia can show you how to get the most out of your vegies. With their [printable Meal Planner and Shopping List](#), planning your meals is easier than you think.
Find it here: <https://www.tryfor5.org.au/plan-ahead>
- To get the most out of your veggies, **correct storage is key!** Storing your veg right will make it last longer > reducing food waste > saving you money!

Improve the health of your body, mind and wallet this National Nutrition Week and Try for 5!

EVERY VEG
COUNTS!

15 - 21
October 2023

tryfor5.org.au @NutritionAustralia



Download the
Try for 5
recipe book [here](https://tryfor5.org.au)
tryfor5.org.au



ARE YOU AGED 16-25?

DO YOU LIVE IN:

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

APPLY NOW!



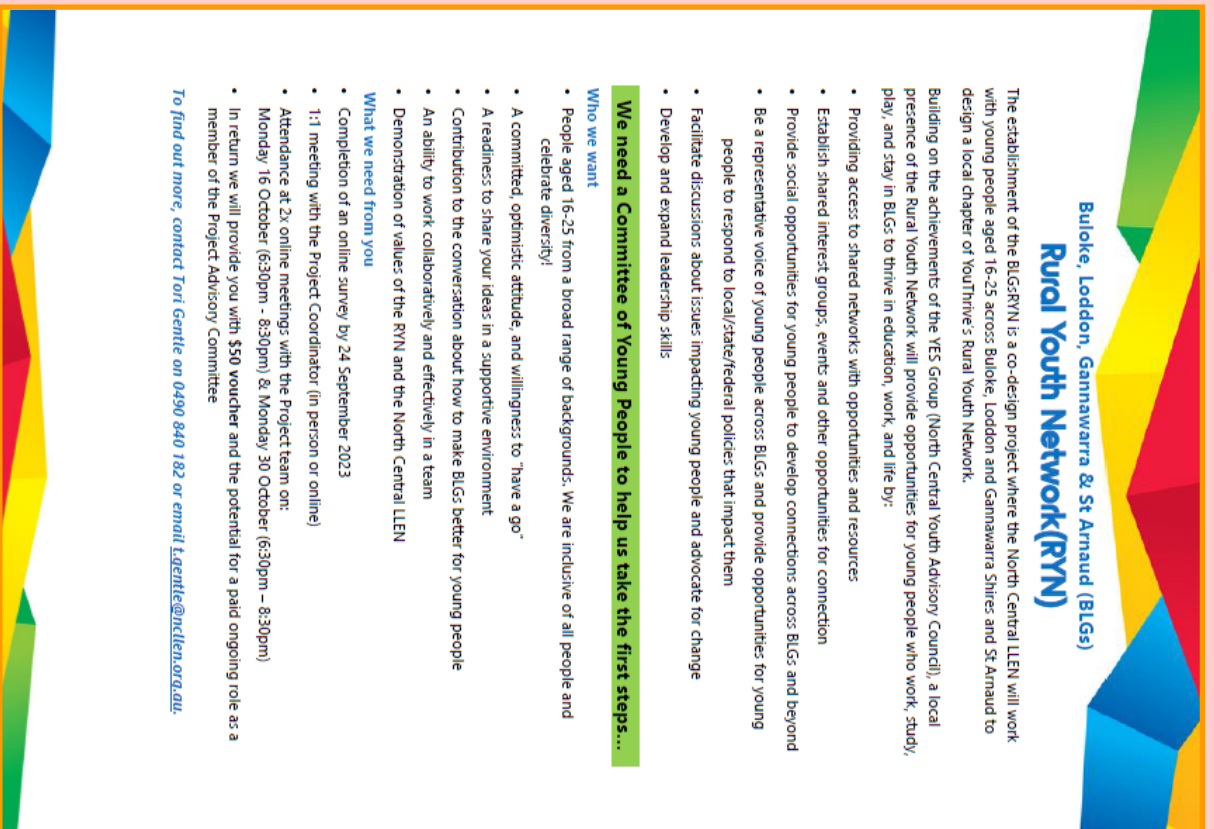
We need a group of young people to help us bring a local chapter of YouThrive's Rural Youth Network to our area.

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 & Wellbeing



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>



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!**



Donald Junior Cricket Association 2023/24 Season

DJCA is calling for names of interested players: boys born 1/9/2007 to 1/9/2013 and girls born 1/9/2005 to 1/9/2013. All interested players please submit your interest in playing as we investigate different options for the coming season.

Games will be played on a Friday night with the structure of the competition, grades, location of games and team allocation (mixed teams or towns to enter teams) to be decided once the numbers of players are known.


Please message names and date of birth to Jack Tellefson on 0430 143 915, Xanthi Rice on 0407 555 152 or Hayley Soulsby on 0418 518 892. Closing date for interest is Monday October 23rd so decisions around the competition can be made.



Community Events

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 Esnoff 0418 356532
Arnold Bond 0417 339500

Chaplaincy Book Fair



Fri 20 Oct 12noon–9pm
Sat 21 Oct 9am–12noon

Maroske Hall - Books \$1 Children's books 50c



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

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



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
Anti-freeze, coolant	Incl. rat poison
Brake fluid	Oven cleaner
Car body filler	Pool chemicals
Car care products and waxes	Solvents
Cooking oil	Thinners, turps and paint stripper
Cosmetics, nail polish and remover	Transmission fluid
Detergents, bleach, disinfectants and drain cleaner	Wood preservatives and finishes
Fertilisers	And other items found at home with these symbols:
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
 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
 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
 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 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



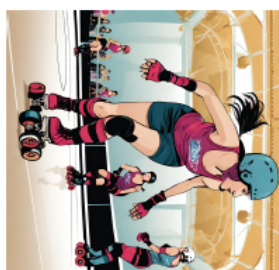
An adventure anyone can do



Whether you're 14 or any age, we welcome new members anytime.

Message us via Facey (Wimmera Roller Derby League) or email wimmerarollerderby@gmail.com to register your interest. Spread the word and tag a friend who might be interested.

MONDAY NIGHTS
6:00PM - 7:00PM
DIMBOOLA STADIUM
\$70 PER TERM
(SKATES & PROTECTIVE GEAR SUPPLIED)



We are lowering the age of our Skate Fit Program to 14! Join us for our Skate Fit program and learn how to skate in a fun, low-pressure environment.

SKATE FIT PROGRAM

WIMMERA ROLLER DERBY LEAGUE



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

Variety of Pizza's
\$3.00 per slice



2023 Calendar



October	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
November	Wed	1st	Math Methods Exam
	Thurs	2nd	Math Methods & OES 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
	Wed	8th	Chemistry & Legal Exam
	Thurs	9th	Yr. 7 Half-day Transition Geography Exam
	Fri	10th	VET Sport & Recreation Exam
	Mon	13th	Food Exam
	Mon-Thurs	13th-16th	Exams — Yr. 9-11 students
	Wed	15th	French Exam