

# St. Arnaud Secondary College Newsletter

## Issue 31

Term 4  
Week 31  
14th October 2022



We were very fortunate to have the Flourish Girl team visit the Secondary College on Friday 7<sup>th</sup> October and run valuable sessions with the Year 9/10 Girls.

Flourish Girl aims to build teenage girls & gender diverse students' self-awareness, self-confidence and social connectedness within their school community and other trusted relationships. Student participation was excellent. Students had lots of fun and were given strategies to assist to build emotional and mental wellbeing. All students are very keen to see the Flourish girls' team - Georgia, Mel, and Claudia - return to the College next year.



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

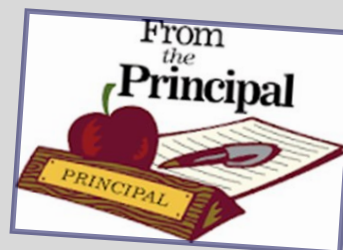
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Website: [www.starnaudsc.vic.edu.au](http://www.starnaudsc.vic.edu.au)  
Email: [st.arnaud.sc@educationvic.gov.au](mailto:st.arnaud.sc@educationvic.gov.au)  
Principal: Tony Hand  
Assistant Principal: Vanessa McCormick

# Principal's report

## **Wild Weather**

The end of the week has been a challenging one, especially for our families who live out of town. For everyone involved, safety is the most important factor to consider, and this saw many bus travellers getting picked up from school during the day on Thursday – and a number of staff needing to leave in order to get home. Hopefully conditions will ease over the weekend, but there is also some talk of more rainfall at the end of next week as well. We just need to ensure we use common sense and listen to the advice provided. Please stay safe.



## **Covid Update**

As of Wednesday, there have been a significant number of changes to rules and restrictions around COVID. I have included a copy of the Department memo for your information.

## **School for Student Leadership**

On Sunday, six of our Year 9 students travelled all the way to the top of Mount Hotham where they will be spending the next 9 weeks. The School for Student Leadership has been operating for 23 years and is available to Year 9 students attending government schools from across the state of Victoria. In my time in education, and across three schools, I have sent approximately 20 groups of students to either the Alpine School or the other two campuses at Gnarad Gundidj and Snowy River.

Next year we have been offered 6 places at the newest campus at Don Valley in Term two and I strongly encourage all Year 8 students to think about this wonderful opportunity, as application and selections will be taking place during this term.

## **Year 12 Practice Exams**

This week our Year 12 VCE students have been undertaking practice exams in all their subjects. This is vital practice prior to their ends of year exams, which are now less than a fortnight away. Practicing under exams conditions is vital, but so is completing as many past papers as possible between now and the exams.

## **EI Presentations**

On Tuesday of this week Berrie and Ronan had their oral presentations for their Year 12 subject – Extended Investigation. The presentation is instead of an exam, as each student has undertaken a research investigation that is unique to each of them.

## **Interschool NC Basketball and Hockey**

On Monday of this week two teams of boy basketballers travelled to Maryborough to compete in the Year 7/8 and Year 9/10 boys basketball competition for the right to play in the Loddon Mallee next Wednesday. This is the first time in several years that we have participated in this competition – against Charlton and Maryborough. The Year 7/8 team fought valiantly but were beaten by a much bigger Maryborough side. In what was possibly a bit of an upset, our Year 9/10 boys won their way through, beating the much-fancied Maryborough team. All the very best of luck for them next Wednesday in Bendigo.

At the same time a combined hockey side from Charlton and St Arnaud will be competing in the zone hockey in Bendigo. Hopefully there will be some success all round for us.

# Principal's report

## **Man-Cave and Flourish programs and Year 8 Active Brunch**

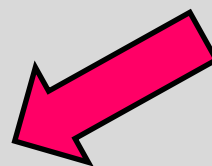
Last Friday Year 9 and 10 students had full day sessions from the Man Cave (males) and Flourish (females) programs which have been very positively received by the students. On Wednesday of this week, the Year 8 girls travelled to Horsham to participate in the Active Girls Day where they got to hear from several very successful women about their journeys through life. These sessions are positive for our students, and we are very pleased to be able to offer them.

## **RUOK Day**

Just a reminder that RUOK Day has been moved to Monday 17 November – next Monday. We will be joined by students from the Primary school for activities at lunchtime.

## **Student Movement**

Government school funding is based directly on student numbers so it is vital that we have a very clear picture of what our student numbers will be so that we can staff the school appropriately. This has become more of a concern with the difficulty in teacher staffing numbers across the state. If you are aware that your child or children may be leaving, or you know of additional students who may be coming to the school, it is essential for us to know as soon as possible. This would be greatly appreciated.



**Monday 17 October – RUOK Day**

**Wednesday 19 October – LMR Basketball and Hockey Competition**

**Friday 21 October – Year 12 Last Day**

**Wednesday 26 October – VCE Exams begin**

**Friday 28 October – Wood Cutting Working Bee**

**Monday 31 October – Pupil Free Day – across all St Arnaud Schools**

**Tuesday 1 November – Melbourne Cup Public Holiday**

**Friday 18 November – Pupil Free Day – Report Writing**

**Friday 25 November – Curriculum Day – Professional Practice Day**

**Tony Hand  
Principal**

**'It's not OK to stay  
away'**

| 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 a year</u>                |
| 20 minutes per day               | 1 hour 40 mins per week | Over 2.5 Weeks per year   | Nearly <u>1 year</u>                     |
| Half an hour per day             | Half a day per week     | 4 Weeks per Year          | Nearly <u>1 and a Half years</u>         |
| 1 hour per day                   | 1 day per week          | 8 Weeks per year          | Over <u>2 and a Half years</u>           |

# COVID Information Update

## COVID-19 Update for schools

Dear colleagues

Please note the following important information in relation to changed COVID-19 settings.

### COVID-19 isolation requirements have changed

The Victorian Government has announced the end of the Pandemic Declaration and associated Pandemic Orders.

The following settings, based on advice from the Department of Health, will apply from 11.59pm Wednesday 12 October 2022.

It is strongly recommended that **students**:

- who test positive to COVID-19 stay home and isolate for 5 days
- should not attend school after 5 days if still symptomatic
- who are symptomatic but have not tested positive should not attend school
- advise the school of the COVID-19 positive test result

Where **students** become symptomatic at school they should:

- be collected by their parents/carers
- undergo testing for COVID-19

It is strongly recommended that **staff**:

- who test positive to COVID-19 stay home and isolate for 5 days
- should not attend after 5 days if still symptomatic
- who are symptomatic but have not tested positive should not attend school
- report their positive test result to the school and through eduPay

### Reporting positive COVID-19 test results

The Department of Health recommends that a person who tests positive for COVID-19 should inform those with whom they have recently been in contact, including their workplace, schools, and household.

Parents and carers will therefore be asked to continue to report positive student COVID-19 cases using the [VicED COVID Tool](#).

Where a parent/carer informs the school by phone or written notification, the school should complete the [Schools COVID Case Management Tool](#).

Staff should report their positive COVID-19 test result via eduPay.

Staff who wish to apply for up to 5 days paid special leave should do so through eduPay.

### COVID-19 vaccination changes

The current mandatory vaccination requirement for staff and visitors, contractors and volunteers working in specialist schools will cease to apply from 11.59pm Wednesday 12 October. COVID-19 vaccination, including booster doses, continues to be strongly recommended for all school staff.

### Face masks

Staff and students who wish to wear a face mask should be supported to do so, and schools should continue to make face masks available for staff, students, and visitors.

The Department of Health recommends that masks should be worn by a person who is a close contact of someone who has tested positive for COVID-19 when leaving home.

Additionally, the Department of Health recommends that masks should be worn by a person who has COVID-19, for at least 7 days after a positive test, when they need to leave home.

Please continue to take the important steps of ensuring air purifiers are in use, external ventilation is maximised, good personal hygiene is encouraged, and face masks continue to be made available for staff and students who wish to wear them.

David Howes

Deputy Secretary

Schools and Regional Services



# R U OK Activities Day—17/10/22



On Monday 17<sup>th</sup> October we will share a BBQ lunch and participate in many FUN activities. Students and teachers from the St Arnaud Primary School will join us. This is a follow up activity to "R U OK Day"

and coincides with

**Mental Health Month, October**

Our school leaders from the

**St Arnaud Secondary School**

&

**St Arnaud Primary School**

will be conducting a host of activities during lunchtime.

**BBQ Lunch**

**\$2.00 Sausages**

**\$3.00 Hamburgers**

**\$2.00 Cup Cakes**

Cupcakes are kindly donated by the Parents Club from Both School 😊

**Free Activities during Lunch time:**



**1. Ask**



**2. Listen**



**3. Encourage  
action**



**4. Check in**



### MAN CAVE

We were lucky enough to have the awesome "Man Cave" team for a second session. Thomas, Lindsay, and Aaron attended the College to deliver a preventative mental health and wellbeing session that empowers students to strengthen relationships and for each of them to reach their full potential in community settings. The Man Cave purpose is "To provide a safe, healthy and contained rite of passage into manhood". The students all thoroughly enjoyed the experience and really have made some great connections with the Man Cave team.



## NCD ATHLETICS REPORT

On Wednesday the 24<sup>th</sup> of August, 50 students from St. Arnaud Secondary College competed at the Interschool Athletics Sports in Charlton. These students gave their best effort throughout the day, and many stepped up to fill events which was great to see. All students who represented the College are to be commended on their efforts!

A special congratulations to Keegan Amos who finished as the 17 Years Girls Age Champion – a great achievement!

The college had many winners throughout the day and lots of notable performances:

| 1 <sup>st</sup>                       | 2 <sup>nd</sup>                  | 3 <sup>rd</sup>                      |
|---------------------------------------|----------------------------------|--------------------------------------|
| Millie Hando – 14 Yr. 800m            | Josie Greenaway – 13 Yr. 100m    | Frankie Donald – 14 Yr. 800m         |
| Jesse Amos – 17 Yr. high jump         | Scarlett Hand – 14 Yr. 100m      | Keegan Amos – 17 Yr. long jump       |
| Ada Buenaventura – 15 Yr. 100m        | Chase Zander – 14 Yr. javelin    | Frankie Donald – 14 Yr. shot put     |
| Abby Weir – 15 Yr. 100m B             | Josie Greenaway – 13 Yr. 200m    | Tyson Funston – 16 Yr. 100m          |
| Adella Burr – 17 Yr. 100m B           | Bob Donald – 13 Yr. 200m         | Keegan Amos – 17 Yr. 100m            |
| Frankie Donald – 14 Yr. high jump     | Millie Hando – 14 Yr. 200m       | Jesse Amos – 17 Yr. long jump        |
| Tyson Funston – 16 Yr. 200m           | Abby Weir – 15 Yr. high jump     | Dani Andison – 14 Yr. 100m B         |
| Amy Greenaway – 20 Yr. shot put       | Millie Hando – 14 Yr. 400m       | Chase Zander – 14 Yr. 100m B         |
| Ada Buenaventura – 16 Yr. triple jump | Abby Weir – 15 Yr. long jump     | Ryan Bigmore – 15 Yr. 100m B         |
| 13 Yr. girls 4x100m relay             | Sam Male – 20 Yr. javelin        | Amy Greenaway – 20 Yr. discus        |
| 17 Yr. boys 4x100m relay              | Tyson Funston – 16 Yr. long jump | Izzy Hand – 16 Yr. javelin           |
|                                       | 14 Yr. girls 4x100m relay        | Bob Donald – 13 Yr. high jump        |
|                                       | 15 Yr. girls 4x100m relay        | Frankie Donald – 14 Yr. 200m         |
|                                       | 15 Yr. boys 4x100m relay         | Ada Buenaventura – 15 Yr. 200m       |
|                                       |                                  | Hamish Darby – 15 Yr. 200m           |
|                                       |                                  | Keegan Amos – 17 Yr. 200m            |
|                                       |                                  | Izzy Hand – 16 Yr. high jump         |
|                                       |                                  | Bob Donald – 14 Yr. 400m             |
|                                       |                                  | Harrison Soderman – 15 Yr. high jump |
|                                       |                                  | Keegan Amos – 20 Yr. high jump       |
|                                       |                                  | Charli Young – 17 Yr. high jump      |
|                                       |                                  | Jackson Needs – 15 Yr. long jump     |
|                                       |                                  | Frankie Donald – 14 Yr. discus       |
|                                       |                                  | 14 Yr. boys 4x100m relay             |
|                                       |                                  | 17 Yr. girls 4x100m relay            |
|                                       |                                  | Owen Lowe – 15 Yr. 1500m             |
|                                       |                                  | Keegan Amos – 20 Yr. 1500m           |

With some tough competition, St Arnaud came second in the overall competition, narrowly beating Birchip by 11 points.

Students who placed first in events have now earned the right to represent the College at the Loddon Mallee Region Athletics Carnival in Bendigo early next term. The students who have made it to the next stage will be notified soon.

Thanks to Mr. Cornwell for judging all the track events, Mrs. Wright for coordinating all the students and Mrs. McCormick for recording all the results.

Mr. Knight  
Sports Coordinator

## ST.ARNAUD SECONDARY COLLEGE REGION ATHLETICS

On Thursday the 6<sup>th</sup> of October, 13 students represented St. Arnaud Secondary College at the Loddon Mallee Region Athletics Carnival in Bendigo. In total there were 43 schools in attendance from all over the region and St Arnaud came a very respectable 19<sup>th</sup> which is a great effort.

A special mention to Ada Buenaventura who placed first in the 15 years girls 90m hurdles, earning the right to represent the college at the State Athletics Championships held in Melbourne on Monday the 17<sup>th</sup> October.

The college also had students receive silver and bronze medals. Many students that didn't achieve a place competed extremely well and gained valuable points for the college. A number of these students achieved personal bests, and this is a tremendous feat.

Well done to all involved and we wish Ada all the best at the State Athletics Championships!

A full list of medal winners is below:

| 1 <sup>ST</sup> PLACE                       | 2 <sup>ND</sup> PLACE                       | 3 <sup>RD</sup> PLACE                      |
|---|---|--|
| Ada Buenaventura – 15 Yr. Girls 90m Hurdles | Jesse Amos – 17 Yr. Boys High Jump          | Sam Male – 17 Yr. Boys Javelin             |
|   | Ada Buenaventura – 15 Yr. Girls Triple Jump | Josie Greenaway - 13 Yr. Girls 80m Hurdles |
|   |   | Chase Zander – 14 Yr. Boys Javelin         |
|   |   |  |
|   |   |  |



Mr. Knight  
Sports Coordinator



## North Central Division Basketball

On Monday the 10<sup>th</sup> of October, a group of Year 7 – 10 boys travelled to Maryborough to play off for a spot in the Loddon Mallee Region Basketball competition.



Our Year 8 team, consisting of Ethan Hilton, Dion Flanagan, Memphis Bass, Chase Zander, Bob Donald, Ollie Hand, Jarayne Harman-McGuirk and Ethan Harmer, played off against MEC. The boys tried hard and demonstrated some highly skilled passages of play but ultimately went down to a very strong Maryborough outfit, being beaten 55 to 14.

Our Intermediate team, including Ryan Bigmore, Kynan Torney, Jackson Needs, Tyson Funston, George Gorrie, Blayne Piper, and Frankie Donald, were required to play against MEC and Charlton. We played MEC first who jumped out to an early lead. Never out of the contest, some good scoring opportunities opened up which was enough for our team to take the lead and win, beating MEC 40 to 33.



The next game was played against Charlton. During the first half, the scores were fairly even but then we managed to open up the lead to 11 points. Taking our foot off the gas, we let Charlton back into the game, who reduced the margin to within a scoring shot. We managed to hold on, winning 32 to 29.

The Intermediate team will now progress through to the Loddon Mallee Region competition held in Bendigo next week. Well done to all students for playing in good spirit and showing great sportsmanship throughout the day! Thanks also to Mrs Watts for attending and to Maryborough for hosting.

Mr Knight.

**Sports Coordinator**

## Yr. 7 & 7/8 Food



### Year 7 and 7-8 Food Technology

The first week of Term 4 and the students made Nacho Bake and Cranberry and Coconut Muesli Slice. The class worked in pairs, making the meat together and then constructing their own pasties. In the theory class, we continued with the topic of fruit and vegetables. We will cook the Essential Learning Item – Redesigning the “Hamburger”, in week 3. Students have created the steps to make the hamburger and they will use these instructions only when making their hamburger and then evaluate their design.

# Hands On Learning



Our first Hands on Learning lesson for Term 4 started off with a pancake breakfast, which the students enjoyed making, and showed some great pancake flipping/cooking skills.



Then, we were able to start putting our kitchen into our new space in the big shed. While final adjustments were carefully being made by Dion, Bailey and Mr. Bourke, Max, Johnathon, and Mrs G, were helping with removing some old tiles from some unfinished art. We will be reusing and repurposing these tile pieces in our next project.

Mrs. Watts was happy cleaning these little treasures and can't wait to get started on our mosaic designs.



# HANDS ON LEARNING



## Primary School Need Our Help



### Cereal Box Dominos

The St. Arnaud Primary School have asked us to help them make the longest cereal box dominos possible and WE NEED YOUR HELP!!!

On a day that will be picked for this term, we will be doing cereal box dominos with the primary school. We are asking for anyone to donate boxes of unopened cereal.

There will be a donation tub at the office for anyone who has some unopened cereal to donate to this fun activity.

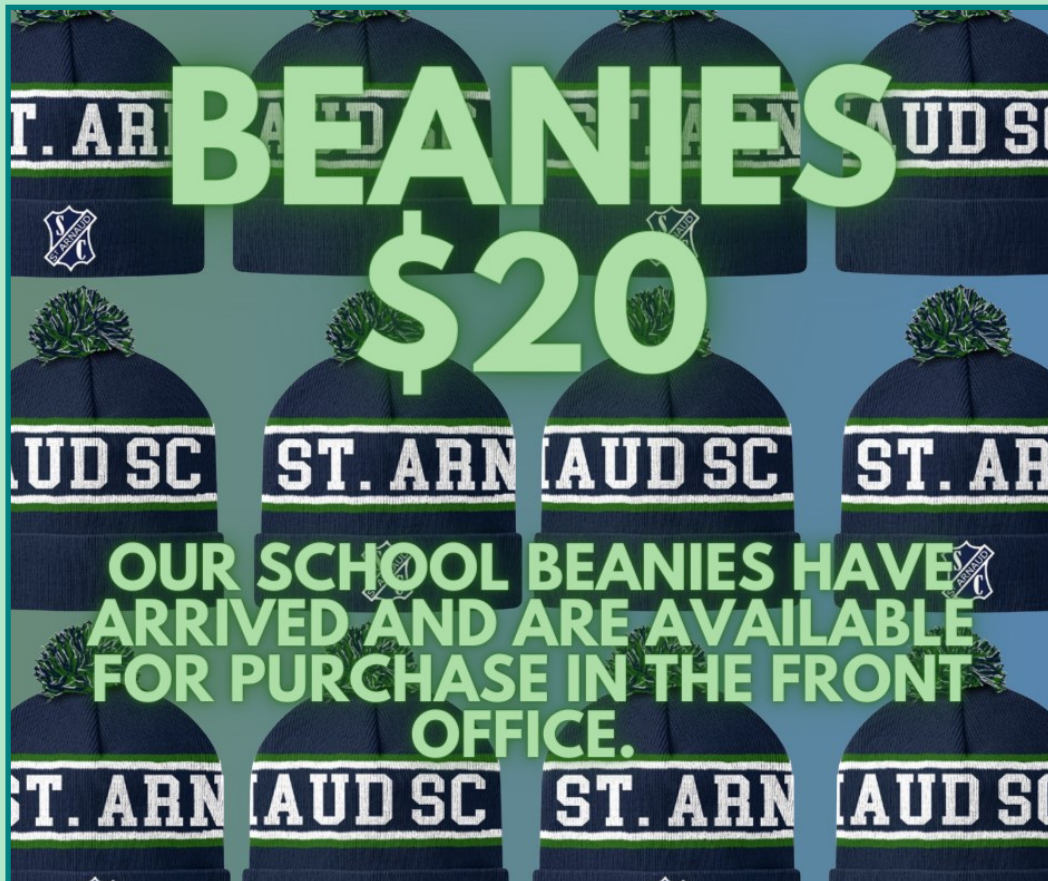
The cereal will then be donated to charity!

We will also be inviting the Early Learning Centre and McCallum Disability Services to this fun event.

If you have any further questions, please do not hesitate to ask your SRC representatives 😊



## SRC Fundraiser—School Beanies





Parent Club invites your to

# **WALK WITH US FOR MENTAL HEALTH**

We're taking  
**ONE FOOT  
FORWARD**  
This October



**Black Dog  
Institute**

**Make A Donation**  
[www.onefootforward.org.au](http://www.onefootforward.org.au)

Search for team St Arnaud  
Secondary College

**EVERY SUNDAY  
IN OCTOBER**

9:30am  
Meet at Country Delights  
40 minutes walk  
followed by coffee  
PARENTS, CARERS  
FRIENDS, STAFF,  
STUDENTS AND THE  
WIDER COMMUNITY

**ALL WELCOME**  
No need to register

# Health & Wellbeing



## ***Let's Talk About Sex - Sexual Health Night***

Wednesday, October 19<sup>th</sup>, 2022

5:15pm – 7.30pm

Gurri Wanyarra Wellbeing Centre, Kangaroo Flat

Conversations about sex are important.

Our [Hearspace Bendigo](#) youth ambassadors and [Bendigo Community Health Services](#) health promotion team will host an in-person event for people aged between 12 and 25, or parents of young people in that age group.

They will discuss:

- Pleasure
- Consent
- Safe sex
- Self care
- Contraception
- Pornography and sexting

This will be a safe, judgement-free event offering factual, sex-positive information from health professionals.

A sexual health nurse will be in attendance to answer questions.

Refreshments will be available from 5pm to 5.30pm.

Tickets are limited, and can be booked here: <https://bit.ly/3BAmEXp>

## **COMMUNITY INFORMATION NIGHT: VAPING**



### ***Vaping: Community Information Night***

Wednesday, October 12<sup>th</sup>, 2022

5.30pm – 7pm.

This online event is for anyone thinking about having a conversation with a loved one or friend who uses vapes (or e-cigarettes).

The webinar will cover:

- How to have those difficult conversations
- Addiction
- Referral pathways
- The latest health information about e-cigarettes
- Actions community members can take to report illegal sales of e-cigarettes

Registrations are [via this link](#).

**LET'S TALK  
ABOUT SEX!**



**SAY NO  
TO VAPING**



GenU Mental Health Support



The poster features a dark blue background with four teal speech bubbles. The top bubble says 'ARE YOU FEELING LOW?', the middle bubble says 'ANXIOUS?', the bottom bubble says 'OUT OF SORTS?', and the left bubble says 'OR JUST NOT YOURSELF?'. The GenU logo is in the top right corner. At the bottom, white text reads: 'ACCESS genU'S FREE LOW INTENSITY MENTAL HEALTH SUPPORT SERVICE TO HELP GET YOU BACK ON TRACK.'

For Students 13 years above

## Are you struggling with or concerned about your mental health?

We can help you access low intensity mental health support services if you have, or are at risk of, mild mental health conditions.

Our accessible services, delivered across Western Victoria, are evidence-based, staged services for people experiencing mild symptoms or low levels of distress for a short period of time.

Our services may assist you even if you have no mental illness risk factors, or if you have responded well to previous treatment. You may feel that you are functioning well but may have problems with motivation or engagement.

### What kind of support is provided?

#### *Face-to-face one-to-one intervention or Telehealth*

Individual support for those presenting with mild/low levels of psychological distress.

8 SESSIONS ARE AVAILABLE 60 MINS IN DURATION AND AIMS TO SUPPORT AND MANAGE YOUR MENTAL HEALTH.

IF YOU WOULD LIKE TO SET UP AN APPOINTMENT TO THIS COUNSELLING SERVICE, PLEASE MAKE CONTACT WITH SCHOOL NURSE TANIA- (AVAILABLE MONDAY AND WEDNESDAY IN SCHOOL) OR EMAIL ON: [tania.scarce@education.vic.gov.au](mailto:tania.scarce@education.vic.gov.au). Alternatively call the school to advise.



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


## WE'RE HERE TO HELP.

### WHAT WE DO

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

### OUR MISSION

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

 **eTutors Project**

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

## MENTAL HEALTH MONTH

LOOKING AFTER OURSELVES, OUR FAMILIES, OUR COMMUNITIES



October is Mental Health Month. As we continue to get back to 'normal life' after a couple of crazy years, it's important we all continue taking steps to look after the mental health and wellbeing of both ourselves and those around us. Below are some tips and activity ideas from the Resilience Project.



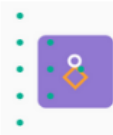
### Gratitude

Draw or tell someone about something that made you feel good today. It could be something as simple as patting a nice dog or as big as winning a running race! Try to do this at the end of every day.



### Empathy

Pay attention to the feelings of people around you today. If you notice a friend looking upset, ask them if they'd like to talk about it. If a family member seems a bit stressed, offer to help out. Try to show empathy to at least one person every day.



### Mindfulness

Go to a quiet space for five minutes every day, take a few deep breaths and notice what is going on around you. What are five things you can see? Five things you can hear? Five things you can feel? You might like to include smell and taste too!

<https://theresilienceproject.com.au/at-home/>



# headspace Horsham Info Night



WHEN: 26TH OF OCTOBER 5:30PM - 6:30PM

WHERE: HEADSPACE HORSHAM

77 HAMILTON STREET HORSHAM 3400

headspace Horsham are hosting an information night for young people and their family and friends.

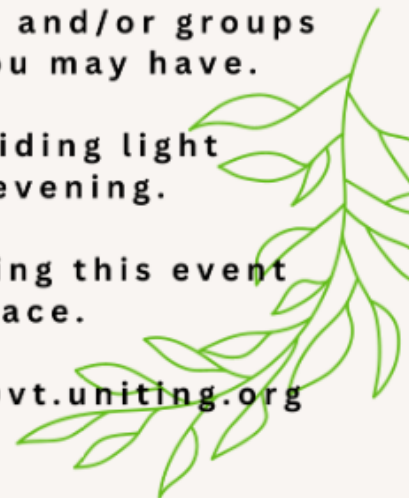
During this information night headspace staff will be discussing what headspace is, how to refer into headspace, how we can work with young people in regards to counselling and/or groups and answering any question you may have.

headspace will also be providing light refreshments during the evening.

If you are interested in attending this event please contact headspace.

Phone: 5381 1543

Email: [info.headspacehorsham@vt.uniting.org](mailto:info.headspacehorsham@vt.uniting.org)



# Careers & Pathways

## Reminders: Year 12 Students



### EARLY ENTRY PROGRAMS

**Federation Uni Early Offer** – Close 12<sup>th</sup> December

**CASPer TEST** - <https://takealtus.com/casper/>

Register for one of the following days to sit the test:

Oct 16, 2022 - 11:00 AM AEDT

Nov 13, 2022 - 1:00 PM AEDT

**Youthrive Rural Chances Scholarships (TAFE/Apprenticeships)** - close 21<sup>st</sup> November  
[www.youthrivevictoria.org.au/scholarships/rural-chances/](http://www.youthrivevictoria.org.au/scholarships/rural-chances/)

## Virtual Work Experiences



Grandshake offers a ton of awesome Virtual Work Experience programs for young people across Australia aged 14-19. These programs are a great way to get a taste of your dream career, all from your own home. And they help you learn some valuable skills along the way as well. The programs run all year, during school and the holidays, so you can sign up to start at any time. The programs typically run for four weeks, with a 2-4-hour commitment per week. Best of all, they're totally free.

Visit:

[www.grandshake.co/virtualworkexperience?category=virtual-work-experience](http://www.grandshake.co/virtualworkexperience?category=virtual-work-experience)

## NDIS | Victorian Pathways to Post School Life



**Tuesday 25 October 2022, 7:00 pm - 8:30 pm**  
*Online*

The National Disability Insurance Agency would like to invite Victorian students with a disability in Years 9-12, their parents, carers and education professionals to attend a virtual information session on building skills and paving a pathway to post-school life.

This session will provide an opportunity to discuss NDIS-funded supports and other assistance to help young people to build skills to prepare for their transition, and to support them in the achievement of their employment and other goals, post-school.

Find out more:

[www.eventbrite.com.au/e/ndis-victorian-pathway-to-post-school-life-tickets-324437971707](http://www.eventbrite.com.au/e/ndis-victorian-pathway-to-post-school-life-tickets-324437971707)



**The Good Careers Guide** is a multi-platform resource for students and jobseekers commencing their career journey. Featuring more than 500 job descriptions, users can explore occupations based on their interests and traits and learn more about each job's skill and training requirements, employment outcomes and related jobs. Each career also links to relevant courses and education providers.

Visit:

[www.goodcareersguide.com.au](http://www.goodcareersguide.com.au)

## Accessing VCE Unit 3 & 4 Results and the ATAR

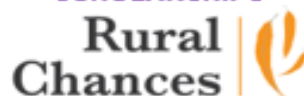


Did you know that you need to register to access your VCE Results (**Unit 3 & 4 Studies only**) and the ATAR (Year 12 students)? Results will be released on Monday 12<sup>th</sup> December from 7:00am. It's a good idea to register for this service early so that you are not delayed on the big day.

Click below to register today:

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

## 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 21<sup>st</sup>, 2022**.

For Further information or to apply Visit:

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

Mrs Rebecca Reynolds  
Careers Co-ordinator

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



# Office News

**All camps and excursions are required to be paid prior to attendance unless payment plans have been approved.**

## **Parent Payment Policy Arrangements in 2022**

**Parent Payment information has been mailed to families – please contact the school if you require any further details.**

The Department of Education and Training has sought to clarify the Parent Payments Policy for 2022. Schools can request contributions from parents under three categories.

- 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, paper
- 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

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>

BYOD LWT Portal : <https://sasc.orderportal.com.au/>





# Office News

## **Parent Payment Arrangements and Options:**

- Parents will be provided with early notification of annual payment requests and reasonable notice will be given for any other payment requests during the year (i.e., excursions, camps)
- The College offers Parents the option to make payment by instalments. Please contact Kerrie Swanton, Business Manager, to make these arrangements.
- Methods of payment are BPAY, EFTPOS, cash, or cheque.
- Eligible families that receive Camps, Sport & Excursion Funds can allocate these funds for sports travel, camps, and excursions only.
- The payment for Optional Items including camps and excursions must be paid by the specified due date prior to departure. Other payments for Optional Items including Food Technology must be paid in week 2 of each Term, or by negotiated instalments.
- When making payment via BPAY, please note the receipt number on the returned permission slip or email paid items to [st.arnaud.sc@education.vic.gov.au](mailto:st.arnaud.sc@education.vic.gov.au)
- New families to the school who do not have Family BPay details, please contact the school for these details.

## **Camps, Sports and Excursions Fund applications**

The Camps, Sports and Excursions Fund helps eligible families to cover the costs of school trips, camps, and sporting activities. Applications for the Camps, Sports, and Excursions Fund (CSEF) close 24/06/2022

If you have a valid means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card, or Pensioner Concession Card, or are a temporary foster parent, you may be eligible.

Payment amounts this year are \$225 for eligible secondary school students. Payments are made direct to the school to use towards expenses relating to camps, excursions, and sporting activities for the benefit of your child.

If you applied for CSEF through our school last year, you do not need to complete an application form this year, unless there has been a change in your family circumstances.

If you would like to apply for the first time, please contact the school office on 5495 1811 and ask for an application form.

Business Manager – Kerrie Swanton  
Student Administration – Elisha O'Donnell  
Office Hours: 8.30 am – 4.30pm  
Phone 03 5495 1811  
Email: [st.arnaud.sc@education.vic.gov.au](mailto:st.arnaud.sc@education.vic.gov.au)



## Loki's Wolves

In Viking times, Norse myths predicted the end of the world, an event called Ragnarok, that only the gods can stop. When this apocalypse happens, the gods must battle the monsters--wolves the size of the sun, serpents that span the seabeds, all bent on destroying the world.

The gods died a long time ago.

Matt Thorsen knows every Norse myth, saga, and god as if it was family history--because it *is* family history. Most people in the modern-day town of Blackwell, South Dakota, in fact, are direct descendants of either Thor or Loki, including Matt's classmates Fen and Laurie Brekke.

However, knowing the legends and completely believing them are two different things. When the rune readers reveal that Ragnarok is coming and kids--led by Matt--will stand in for the gods in the final battle, he can hardly believe it. Matt, Laurie, and Fen's lives will never be the same as they race to put together an unstoppable team to prevent the end of the world.



## The Falcon's Malteser

When the vertically-challenged Johnny Naples entrusts Tim Diamond with a package worth over three million pounds, he's making a big mistake. Tim Diamond is the worst detective in the world. Next day, Johnny's dead, Tim feels the heat, and his smart younger brother, Nick, gets the package and every crook in town on his back!

When a dwarf comes into the office and leaves a package, Tim Diamond, the world's worst private-detective, is faced with his toughest case yet. The office is ransacked and the package is found to contain simply a box of Maltesers. Who was the dwarf ... and why was he murdered shortly after his visit?

## ST.ARNAUD LAWN TENNIS CLUB INC.

**Junior Tennis for players aged 7 to 16**  
begins Saturday 29<sup>th</sup> October at  
9.30am – 11. 00am with a 'Come and Try  
day'. New and old players are most  
welcome, racquets are available for loan,  
and it is a good idea to bring a water bottle and sun hat.



If you're interested in [Saturday afternoon competition or a social hit](#),  
please contact a committee member listed below.

See you at the Lawn Tennis Courts, Melbourne Road.  
Catering for beginners and experienced players. We are an all-  
inclusive club.

Contact Details: William Jackson 0437898332  
Sharyn Erwin 0487691369

Christine Goode 0408696020  
John Goode 0418172004



## St. Arnaud Netball Club

22 hrs · 🌐

● ● ● AGM ● ● ●

★ St Arnaud Netball club AGM ★

Thursday October 20th 2022

Royal Hotel

6.30pm for meal.

7pm meeting

All office bearer positions declared vacant at AGM

The club welcomes all new and existing players and families.

Please join us to help build and shape the success of our great club.  
See you there ! ● ● ●



# FUNKY FRIDAY HALLOWEEN DISCO

21ST OCT

FOR AGES  
12-18

L-8  
L2 SLOANE ST

## TRICK OR TREAT YO'SELF

PRIZE FOR BEST-DRESSED!







# First Aid Courses 2022



**Thursday 3rd November**

**9am-3pm**

**CPR (HLTAID009)**

*Completed Annually — \$80 per person - Pre-class on-line work.*

**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 -*

*\$210 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 Thursday 20th October.**

**Enquiries to: St Arnaud Community Resource Centre,  
85 Napier St, St Arnaud. Ph: 5495 1997  
9am-2:00pm Mondays to Fridays**



## Community Event

# EXHIBITION AT THE RAILLERY HUB ST ARNAUD **Town & Country** **King & Country**



**PAINTINGS  
& OTHER  
WORKS BY  
GEOFF HOCKING**

**EXHIBITION OPENS:  
17 SEPTEMBER 2-4PM  
UNTIL 6 NOVEMBER 2022**



**RAILLERY HUB GALLERY** | QUEENS AVENUE ST. ARNAUD | TEL: 0429 978 228 | OPEN FRIDAY, SATURDAY, SUNDAY 11-4



## Expression of Interest



The poster features a vibrant Aboriginal art border with colorful geometric patterns and a central black panel containing event details. The text is in various colors and fonts, including white, yellow, red, and blue. A group photo of participants is shown at the bottom, flanked by logos for 'CRAMPFANS', 'GOOLIM GOOLIM', and 'GO MOB!'.

# WIMMERA RIVER Challenge

**SAVE THE DATE!!** 2022

**FRIDAY 4TH NOVEMBER**  
WRC Corporate Challenge Day!

**WHERE: Dimboola Caravan park**

**Time: 10am - 3pm**

To finish off another great year, Goolum Goolum Aboriginal Cooperative is inviting all our partnering organisations, services and businesses to come along for a lunch, games, cultural activities and networking. We are wanting to celebrate and acknowledge the contributions and collaborations that make our local Aboriginal & Torres Strait Islander community so strong and vibrant. Local organisations are invited to showcase their services in our marquee and of course, participate in our Wimmera River Corporate Challenge.

Please come along and join us for a great day, 'coming together as one' on the banks of the beautiful Wimmera River in Dimboola.

**CRAMPFANS**  
Clack Doo Aboriginal Centre

**GOOLIM GOOLIM**  
Goolum Goolum Aboriginal Cooperative

**GO MOB!**  
a smokefreeMob  
#strongMob

# Expression of Interest



## Grampians Writers' group 2022 Short Story Competition

Theme – 'Dream' (As wide as your Imagination)

You are invited to submit entries from 1<sup>st</sup> August through to 14<sup>th</sup> October.

**Nil Entry Fee.**

### Categories

**Open (18 years and over) to 2,000 words**

**Secondary Students Year 10 – Year 12 to 1,500 words**

**Secondary Students Year 7 – Year 9 to 1,000 words**

### Prizes for each Category

|   |                  |             |  |
|---|------------------|-------------|--|
| <u>Open</u>                             | First            | \$200.00    |  |
|   | Second           | \$100.00    |  |
|   | Highly Commended | Certificate |  |
| <u>Secondary Students Yr10 – Yr. 12</u> | First            | \$100.00    |  |
|   | Second           | \$ 50.00    |  |
|   | Highly Commended | Certificate |  |
| <u>Secondary Students Yr. 7 – Yr. 9</u> | First            | \$100.00    |  |
|   | Second           | \$ 50.00    |  |
|   | Highly Commended | Certificate |  |

Prizes will be selected by judges from all entries by local writers to encourage resident writers in the Grampians Region.

Winners will be awarded prizes at ceremony 19<sup>th</sup> November. Winners will be posted in the Stawell Times-News following the event. Awards ceremony will be at the Northern Grampians Shire Town Hall, Supper Room, 59 – 69 Main Street, Stawell, from 3.00pm including afternoon tea.

Enquiries and Entries can be emailed to – [grampianswritersgroup@gmail.com](mailto:grampianswritersgroup@gmail.com) or posted to The Receiving Officer, GWG Competition, 522 Bunjill's Cave Road, Stawell 3380.

Funded by Northern Grampians Shire Community Events Grant





# Expression of Interest



## GRAMPIANS WRITERS SHORT STORY COMPETITION 2022 TERMS AND CONDITIONS

**OPEN** (18 years and over) to 2,000 words.  
**SECONDARY STUDENTS Yr. 10 – Yr. 12** to 1,000 words  
**SECONDARY STUDENTS Yr. 7 – Yr. 9** to 1,500 words.

### Theme – ‘Dream’ (As wide as your imagination)

The competition opens **1<sup>st</sup> August 2022** and closes at midnight on **14<sup>th</sup> October 2022**.  
**Nil Entry Fee.** All entries must be accompanied by a completed entry form.  
Winners will be notified via email and post and the prizes awarded on **19<sup>th</sup> November 2022** at the Northern Grampians Shire Town Hall, Supper Room, 59-69 Main Street, Stawell from 3.00pm.

**Entry Submission:** by email to [grampianswritersgroup@gmail.com](mailto:grampianswritersgroup@gmail.com) or post to : The Receiving Officer, GWG Competition, 522 Bunjill's Cave Road, Stawell, 3380

1. Entries must be original, unpublished either in print or online, not have received an award in another competition, and not be under consideration elsewhere from the time of entry in this competition until the official announcement of Place Getters. Any work that has appeared in the public arena, including self-publishing and social media, is considered published.
2. Open to local /resident writers in the Grampians Region.
3. A limit of 1 entry in each category is permitted per entrant.
4. Entries which infringe on the intellectual property rights of any third party, contain any objectionable content, or are potentially insulting, inflammatory, or defamatory will be ineligible for judging. Entrants will be notified.
5. The decisions of the judging panel are final, and no correspondence will be entered into concerning award decisions.
6. Results will appear in the Stawell Times-News after the event.
7. Submissions exceeding the word count limit will be disqualified.
8. Entries to be formatted as follows:
  - Document size A4 saved as Microsoft Word .DOC or DOCX
  - Font: Times New Roman 12 point
  - Line spacing: double spaced
  - Paragraphs: 5mm first line
  - Title and Page number must appear on each page
  - Author's name must NOT be visible on the document or in the document file name.
  - Hard copy is acceptable if complies with the format above.
9. Entrants are advised to keep original as all copies will be destroyed or deleted.
10. Entrants provide permission for Grampians Writers Group to publish name of Place Getters.
11. Entrants contact details will only be used by Grampians Writers Group for communication about this competition.



Funded by Northern Grampians Shire Community Events Grant.



## GRAMPIANS WRITERS SHORT STORY COMPETITION 2022 ENTRY FORM

Please email this completed form together with your entry to [grampianswritersgroup@gmail.com](mailto:grampianswritersgroup@gmail.com); or post to The Receiving Officer, GWG Competition, 522 Bunjill's Cave Road, Stawell, 3380.

Author's name not to appear on entries.

Title of Work

Name:

Address:

Suburb:

Postcode:

Phone:

Email:

There is a limit of 1 entry per competition category.

### ENTRIES (Please tick category)

Open (18 years and over) up to 2,000 words

Secondary Students Yr. 10– Yr. 12 up to 1,500 words

Secondary Students Yr. 7 – Yr. 9 up to 1,000 words

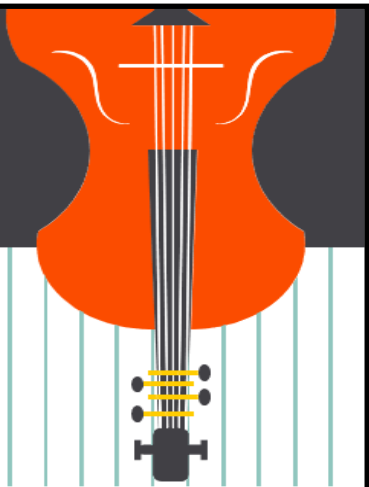
I certify that my entry is an original work which has not been published nor received an award in any competition and is included with this entry form.

By ticking this box, I acknowledge I have read and agree to the Terms and Conditions of entry. ☐



Funded by Northern Grampians Shire Community Events Grant.

## Expression of Interest



**St Arnaud Secondary College**  
**Instrumental Music: 2022 - Expression of Interest**

We are pleased to be able to offer small group instrumental lessons once again this year and we would like to invite students to complete the following expression of interest form.

Lessons are held on a rotating timetable on Wednesdays and Thursdays, so that students miss part of a different period each week. Lessons are provided free of charge. The places are limited and are allocated on a first-come-first-served basis.

Initially lessons will be offered in Keyboard, Voice, Guitar, Ukulele, Violin and Drums. Students interested in other instruments are asked to nominate their instrument of interest to assist with ongoing planning.

(Please circle your choices and indicate your first and second preferences by numbering then 1 & 2)

Keyboard \_\_\_\_\_

Guitar \_\_\_\_\_

Ukulele \_\_\_\_\_

Violin \_\_\_\_\_

Drums \_\_\_\_\_

Other Instrument(s) of interest \_\_\_\_\_

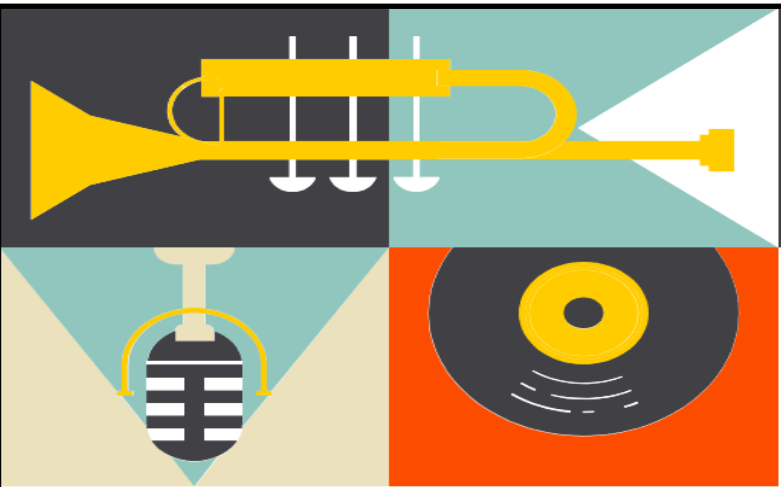
Student Name \_\_\_\_\_ Yr \_\_\_\_\_

Parent / Guardian Name: \_\_\_\_\_

Parent / Guardian Mobile:

Parent / Guardian Email: \_\_\_\_\_

Parent / Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_  
[School Use: Received: \_\_\_\_\_]

# 2022 Calendar



|                 |             |             |  |
|-----------------|-------------|-------------|--|
| <b>October</b>  | Mon –Fri    | 10th-14th   | Yr. 12 Practice Exams  |
|                 | Mon         | 17th        | SSV Athletics<br>RU OK Activities Day                              |
|                 | Tues        | 18th        | MIPS   |
|                 | Wed         | 19th        | LMR Basketball/Hockey  |
|                 | Fri         | 21st        | Yr. 12's Last Day  |
|                 | Wed         | 26th        | VCE English Exam   |
|                 | Thurs       | 27th        | MIPS   |
|                 | Thurs       | 27th        | NCTTC VET last day   |
|                 | Fri         | 28th        | H.O.L—Excursion to Horsham<br>Further Maths Exam 1                 |
|                 | <b>Mon</b>  | <b>31st</b> | <b>PUPIL FREE DAY</b><br>Psychology Exam & Further Maths Exam 2    |
| <b>November</b> | <b>Tues</b> | <b>1st</b>  | <b>MELBOURNE CUP HOLIDAY</b>                                       |
|                 | Wed         | 2nd         | Grade 6 Transition 1/2 day—Period 5 & 6<br>Maths Methods Exam 1    |
|                 | Thurs       | 3rd         | Maths Methods Exam 2 & HHD Exam                                    |
|                 | Fri         | 4th         | NCD Shoot/Bowls<br>Specialist Maths 1 & History Exam               |
|                 | Mon         | 7th         | Specialist Maths Exam 2  |
|                 | Tues        | 8th         | Outdoor Ed Exam  |
|                 | Wed         | 9th         | Legal Exam   |
|                 | Fri         | 11h         | Studio Art Exam<br>MIPS<br>Grade 6 Transition 1/2 day—Period 5 & 6 |
|                 | Mon         | 14th        | Dance Exam   |
|                 | Mon-Thurs   | 14th-17th   | Yr. 9 & 10 Exams   |
|                 | Wed         | 16th        | French Exam  |
|                 | Thurs       | 17th        | Yr. 12 Graduation Dinner   |