

St. Arnaud Secondary College Newsletter

Issue 32

Term 4
Week 39
20th October 2023

*Congratulations Amy, we
are all very proud of you!*

A HUGE congratulations to Amy Greenaway who competed at the SSV Athletics State Championships in Melbourne on Monday.

She placed 3rd in her Shot Put event, a fantastic effort Amy, well done!

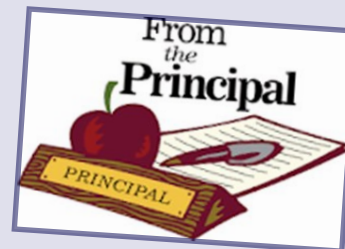


St. Arnaud Secondary College is a Child Safe School.

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



COVID

We are currently noticing a spike in the number of reported COVID cases at the College. This is effecting both students and staff and we would ask that everyone is vigilant, both in testing and following guidelines that are set out below:

It is recommended that staff members, students or visitors who have symptoms of cold, influenza or COVID-19 undergo testing for COVID-19. Parents of symptomatic students should be asked to collect their child from school and keep them home until they are no longer symptomatic.

The Department of Health recommends that staff and students who test positive for COVID-19 isolate for a minimum of 5 days and do not attend school until their symptoms resolve. If well enough, students should be supported in the same way as students with an extended absence due to illness or injury, with learning material provided to support their continued learning.

While symptoms persist, students/staff should remain at home. Once symptoms resolve, students/staff can go back school, but must wear a mask for 7 days from the day of positive test. The normal suggestions around hygiene – especially hand hygiene – and the use of masks and social distancing where possible, still apply.

LMR Sports

On Wednesday this week, we had many students represent the school in Hockey, Basketball and Table Tennis in Bendigo. The Basketball girls had a tough day at the office but enjoyed the day. The Table Tennis battled hard and only lost one game for the day – to the eventual winners! The intermediate Hockey battled hard and did well with the big winners on the day being the Junior Hockey Team who won their way through to the State competition. Congratulations to all!

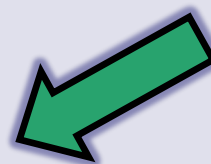
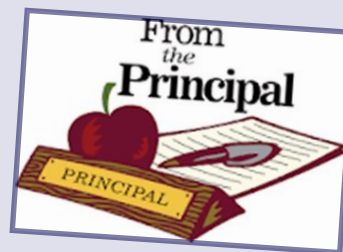
Building Update - School Council

The new buildings are coming along at a great rate with all the internal wall framing having been completed last week, and the plastering and lining of rooms beginning. At our School Council meeting on Wednesday evening, all the College Councilors' got a tour of the building site which gave them a good feel for how everything will be in the new building. We are still waiting on word regarding the fire services which are required adjacent to Stephen St but were happy to be informed that they will be boring the pipeline instead of ripping a trench right across the oval. Hopefully these fire services works are completed over the next few weeks.

Principal's Report

Year 12's Last Day

This Friday (today) marks the last day of formal schooling for our Year 12 students. VCE students will be busily preparing for their upcoming exams and VM/VCAL students will be ensuring that they have completed all their required assessment items to successfully complete all outcomes. While the term "Muck Up Day" often gets bandied around, the day is a celebration of the completion of 13 years of formal schooling and should be a celebration for everyone. As is usual here, the Yr. 12 students have negotiated some of the activities for the final day which has been very positive. As has become our local tradition, each Yr. 12 student plants a tree that hopefully they will come back and check in on 'their tree' and the school in general. This year, the students finished at lunchtime, with a final assembly and farewell at 12:25pm.



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

Thursday, 9th November – Yr. 7 Half-Day Transition

**Tony Hand
Principal**



Term 1

**100% Student
Attendance Awards**





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	 Equal to finishing in grade 11
1 day per week	40 Days per year	8 weeks per year	Over <u>2.5</u> years	 Equal to finishing in grade 10
2 days per week	80 Days per year	16 weeks per year	Over <u>5</u> years	 Equal to finishing in grade 7
3 days per week	120 Days per year	24 weeks per year	Nearly <u>8</u> years	 Equal to finishing at grade 4

Everyday Counts!!

Smoothie Bike Visit



East Wimmera
Health Service



smoothie
bike

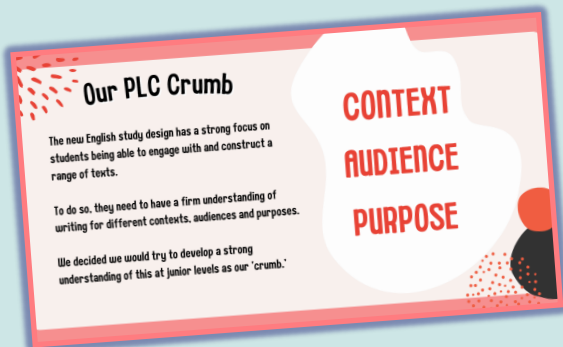


Maddie Hendy and Stacey Kellar from East Wimmera Health Services visited the school with the Smoothie Bike last week. This lunch time activity focussed on food & mood to assist our mental health.

It was a fun activity enjoyed by many students. Some delicious smoothies were created & consumed.

Thanks to Maddie and Stacey.





PLC Cycle 3 – Literacy & Numeracy Focus **17th October 2023**

This week, the teachers at St. Arnaud Secondary College reported about their most recent Professional Learning Community (PLC) work. During each term throughout the year, teachers have selected a topic for student learning to focus on. They conducted pre-testing to assess student's current understanding, developed and deployed learning activities to improve student knowledge and skills, then conducted a post-test to examine student learning growth. Lastly, staff reflected on their practice and reported back to the other staff about their findings.

During this third cycle – which started in Term 3 – teachers worked in groups to explore either a Literacy or Numeracy focus.

Mrs. McCormick, Miss. Griffiths and Mrs. Bouchier all focused on exploring punctuation, capital letters and sentences, and how to improve student understanding about how to use these writing features more accurately.

Ms. Alexander, Mrs. Tehan, Mr. Loble and Dr. Taylor explored student knowledge of the concepts of 'Context', 'Audience' and 'Purpose', including students learning how to identify these features in a range of different texts.

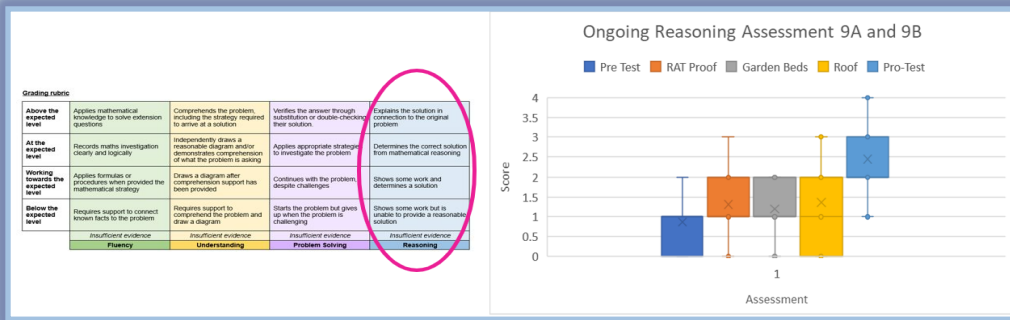
Miss. Brown, Miss. Goode, Miss. Bertalli and Mr. McDonald explored mathematical reasoning, and students' abilities to understand and explain their mathematical thinking in arriving at solutions.

Lastly, Mrs. Jackson and Mr. Redmond examined how students explain and reason their understanding of mathematical problems.

The use of the PLC framework is part of St. Arnaud Secondary College staff's continuing commitment to improving our work, so that we can be more effective in helping students to learn key skills and concepts. The PLC cycles will continue in 2024 with a renewed focus on areas of need.

Dr. Calvin Taylor
Leading Teacher, Teaching & Learning

PLC Cycle 3 — Photos



Step 1. Diagnostic

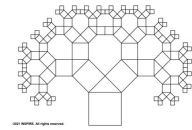
We created a pre-test to determine students' understanding across Year 7 - 10. The texts were altered for some year levels based on difficulty.

Pre Test

Each teacher conducted pre-assessment to gauge student ability in reasoning.

8. Use your equation to predict the height of a student in that year level with a foot measurement of 30cm. I predict that it will be 4.7944

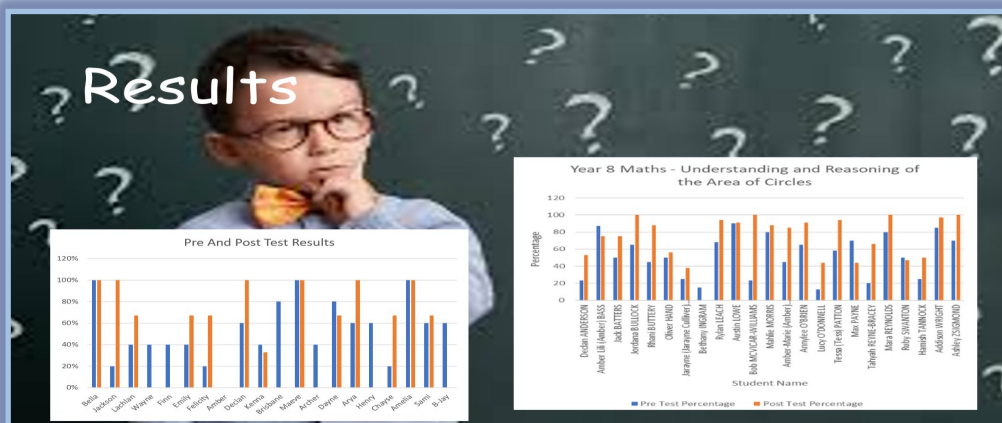
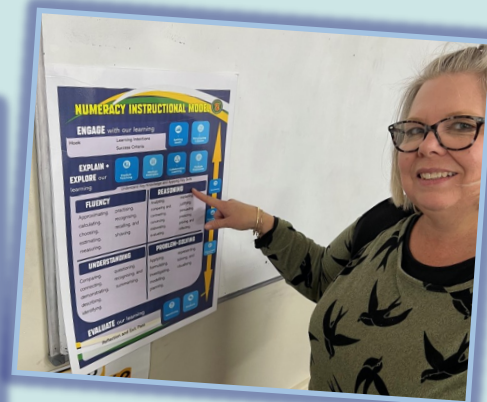
9. Predicting the prediction, are you interpolating or extrapolating and how do you know? I am interpolating



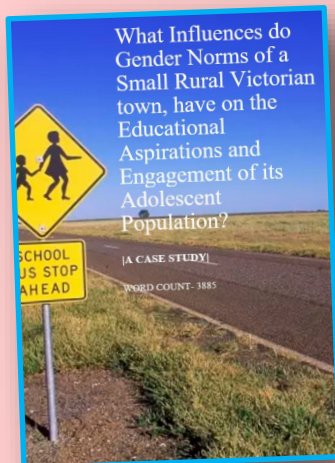
Pre-test homework task - designing a single training session using VCAA guidelines

Step 3. Post-test

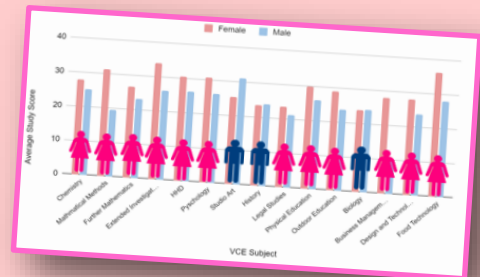
We created a shared post-test, and administered it in each of our classes. This allowed us to compare the results and determine what had worked.



VCE Extended Investigation



VCE Extended Investigation @ St. Arnaud Secondary College



Extended Investigation is a VCE subject offered at Year 12. It gives students an opportunity to research a topic of their own choosing to develop and demonstrate critical thinking and communication skills.

Throughout 2023 Isbell Hand completed a research project as a case study, exploring a contemporary problem related to education. Her question was: “What Influences do the Gender Norms of a Small Rural Victorian Town have on the Educational Aspirations and Engagement of its Adolescent Population?”

She identified a need for a focus on improving the educational engagement and aspirations of rural students, through reference to a series of government inquiries and reports over 30 years.

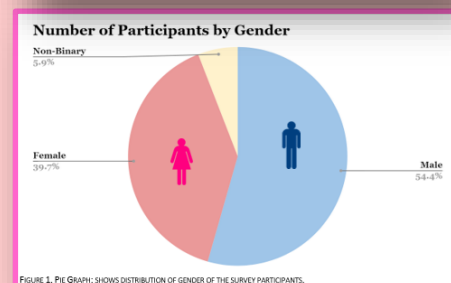
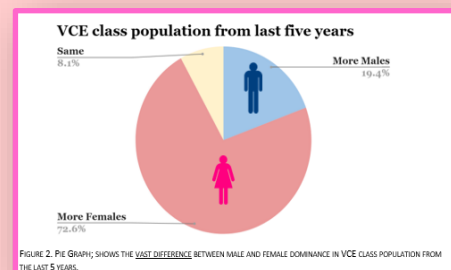
Her work used the developmental theories of Ericsson and Bandura, finding both useful to justify her interpretative framework. This foregrounded the psychological perspective she wished to explore her topic through.

She demonstrated through careful reading and synthesis of research, that there was a connection between gender and educational engagement, one that could be explained through a psychological lens. She also synthesised research which explained gender formation and gender-based factors affecting educational engagement and achievement.

She collected and analysed statistical data and detailed qualitative information.

She interpreted her data in the light of the established research, making productive connections with the theories of Ericsson and Bandura.

To demonstrate her findings, Isbell completed and submitted a 4,000-word report, then presented her work orally, where she defended her approach and justified her findings.



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.

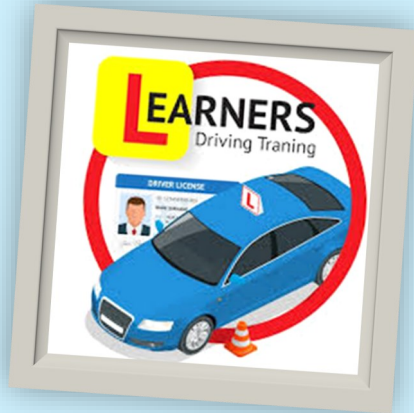
Both teams will have 8 riders and 1 pit crew member, with an even split of males and females.

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?

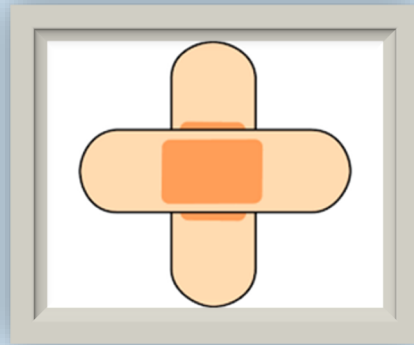
DO YOU TICK THE BOXES?

- ☒ 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/>

VCE Results and the ATAR

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

Girls in STEM Webinar

Making a difference – Working in the clean energy sector

THE **GiST**

thegist.edu.au

Monday 30th October 5pm – 6pm

A third of Australia's electricity already is generated by renewables. Over the next 30 years, new wind and solar farms, batteries, rooftop solar installations, and hydro projects will need to be built.

This webinar will explore the working lives, school and career pathways of two young women who have opted to work in the clean energy sector. It is designed to give secondary students insights into careers in this sector and the opportunity to ask questions.

To register visit:

www.myfuture.edu.au/assist-others/webinars

FIND YOUR DREAM JOB!



Not sure what to do when you grow up? **Study, work, Grow** have put together a stack of handy job spotlights so you can find all the details in the one place.

Latest jobs include:

Aged Care Worker, Social Media Manager, Surveyor, Data Scientist, Writer + more

Visit:

www.studyworkgrow.com.au/job-spotlights/

ADF Health Careers Virtual Information Session



Monday 23rd October, 6pm – 8pm

Looking after the health and wellbeing of Australian Defence Force personnel is a high priority.

Optimise your potential in a challenging and rewarding Health role and experience job variety and satisfaction while contributing to humanitarian, combat and disaster-relief operations.

Join us for an info session to find out more about Health career options in the Navy, Army and Air Force.

To register visit:

www.adfcareers.gov.au/events

2024 WORK EXPERIENCE OPPORTUNITY

JASON COLEMAN'S
MINISTRY of DANCE™

Jason Coleman's Ministry of Dance offers an exceptionally vibrant and varied work experience program for year 10 students.

Operating for x1 Week - *Full Time, the students may develop skills and hands-on experience in the following areas;

- Junior School Administration
- Assistant Teaching
- Advanced Dance Class participation
- Full Time Course Administration
- Production House Maintenance
- Dance School Operations and Facilities
- Agency Administration
- Choreographic notation

To Apply visit:

www.theministryofdance.com.au/work-experience-1

Mrs Rebecca Reynolds
Careers Co-ordinator

Sue Clay 
Careers and Pathways
 Email: s.clay@nclen.org.au

LECTURE

Realising the value of Nurses and Midwives

Alison J McMillan
Commonwealth Chief Nursing and Midwifery Officer



Nurses and midwives are the largest single health profession in Australia, comprising more than 50% of the total Australian health workforce. 88% of nurses and midwives are female.

Nurses are the generalists of the health workforce and possess the qualifications, skills, and knowledge to provide high-quality health care and perform key functions across all health and aged care settings, whether in metropolitan, regional, rural and remote areas. Nurses are the healthcare professional with the highest contact rates within acute and residential aged care, and in remote settings nurses are sometimes the only health professional available.

Midwifery is a profession grounded in woman-centred and evidence-based maternal health care.

The education of midwives has moved to a model suited to the delivery of continuity of care, and there has been considerable growth in midwifery group practices which deliver women centred care. But demand from midwives for jobs in caseload midwifery is higher than the current capacity.

Despite holding pivotal and widespread roles the value of nurses and midwives to the system and the benefit of nurses and midwives working to their full potential is often understated.

Enabling all nurses and midwives to work to their full scope of practice, poses enormous benefits to the health and aged care systems, health and aged care delivery and ultimately consumer outcomes.

How do we ensure the health and aged care systems enable nurses and midwives to work to their full scope of practice and maximally contribute to service delivery in multidisciplinary health and aged care teams?

SPEAKER Alison McMillan,
Chief Nursing and Midwifery Officer,
Australian Government Department
of Health and Aged care

DATE 27 October 2023
TIME Commencing at 10.30am

VENUE Concert Hall, Bendigo Health,
Barnard Street, Bendigo (see map overleaf)

**REGISTER
HERE**

Face-to-face event:
bit.ly/3PHQd1A

Livestream event:
bit.ly/469gUBQ



G.H. EDWARDS LIBRARY

THE GONE SERIES BY MICHAEL GRANT



MONSTER

Four years after the events of the *FAYZ*, new meteorites are hitting Earth, and the whole world is exposed to a strange alien virus that gives humans unique superpowers.

As some teens become heroes and others become dangerously out of control with their new powers, the world will become more terrifying than the *FAYZ*—and only a monstrous battle between good and evil can save them.

VILLAIN

Acclaimed author Michael Grant's globally bestselling *Gone* series continues with *Villain*, where old foes return and new ones rise, with action-packed scenes, gory battles, and plot twists that will leave readers scrambling for more. It's been four years since the events of *GONE*. The Perdido Beach dome is down, but the horrors within have spread. The alien virus-infested rock that created the *FAYZ* is creating monsters—monsters that walk the cities and countryside, terrorizing all. There are tanks in the street and predator drones in the sky, doomed efforts to stop the disintegration of civilization. Into this chaos comes a villain with the power to control anyone with just the sound of his voice. Dillon Poe wanted to be a comedian once . . . but everyone made fun of him. Dillon the loser. Dillon the freak. Now he's sending thousands to their death. Who's laughing now? The only people who can stop a superpowered villain are superpowered heroes. Dekka, Shade, Cruz, Malik, Armo, and a new mutant with unmatched powers, are all that stand in Dillon's way. But when the lines begin to blur between hero and villain—some begin to wonder who's really the monster.



HERO

After the fall of Perdido Beach dome, a new set of humans developed mutant powers from the rock infected with alien virus. They are the Rockborn Gang: Dekka, Shade, Cruz, Malik, Armo, and Francis. With their superpowers, they have defended the earth from other rockborn who used their powers for evil, like Dillon Poe. When another rock carrying the virus strikes New York, a new foe, Bob Markovic, rises with a horrifying and nearly unstoppable ability. Markovic's unending ambition and lack of a moral compass made him unbearable before the virus. And that was before he was a swarm of plague-ridden insects, with the power and means to take over the city—and maybe the world. As the Rockborn Gang try to defeat their latest villain, they will find themselves on morally gray grounds and have to make tough decisions if they want to save the world. In this pulse-pounding finale to the saga more than ten years in the making, Michael Grant delivers an unforgettable conclusion while asking: What does it take to be a hero?

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.

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

How can we support young people to cease vaping in our community?

There is some good information out there.

[QUIT Victoria – talking to young people about smoking and vaping.](#)

And our young people are trying to come up with solutions.

Stawell's own [Stawell West State Primary School](#) came up with "Respect your brain" and "You are not alone, talk to someone you know" as part of their [DASH program](#).

Ballarat Community Health and Mt Clear College put together some videos about [vaping by young people for young people](#)

These good messages are drowned out by corporations driven by profit and not ethics.

[7News Spotlight on vaping](#) exposes big companies and their role in shamelessly addicting our young people. New research exposes the [manipulative tricks](#) the e-cigarette industry uses.

By educating ourselves, together as a community we will be able to support our young people to say no to the lies told by these big corporations.

Vaping Decoded: A webinar empowering parents in the vaping conversation

Would you like to know more so you can have a relevant conversation with your children about vaping? Register today for a free 60min live webinar delivered by Blurred Minds, specialists in delivering information to parents, teachers and students about alcohol, vaping and other drugs.

The prevalence of vaping amongst young people has risen to concerning levels. Audits show the majority of vapes or e-cigarettes do contain nicotine. There has been a 3-fold increase in the number of 14-17 year olds taking up cigarettes over the past 4 years, coinciding with the rise in vaping.

Topics covered include:

- Understanding vaping culture and peer influences
 - Gain tips and strategies for preventing vaping among young people
 - Learn how vape products are marketed to young people
 - Recognise the health and environmental risks associated with vaping
 - Equip yourself with strategies on how to start a conversation with your child
 - Learn how you can support young people who have started vaping.
- The online webinar will be repeated over these different dates:
- o Thursday 19th October - 7pm
 - o Tuesday 24th October - 7pm

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

The webinars are provided by Griffiths University – Blurred minds online program through zoom.



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, Grampians Rail Trail, North Park, Skate Park....

Halls Gap – [Grampians Peaks Trail](#), Halls Gap Botanical Gardens, [Grampians Waterfalls](#), Lake Bellfield dam wall, [Lake Fyans 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 – [Grampians 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.




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





Free workshop

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.

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




Health & Wellbeing

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 veggies. 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!

EVERY VEG COUNTS!

15 - 21 October 2023

[@nutritionaustralia](https://www.tryfor5.org.au)

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

NATIONAL NUTRITION WEEK

OCTOBER 15TH - 21ST

Did you know 91% of Australians are not eating enough vegetables? And 44% of the state's vegetables end up going to waste!

Held during National Nutrition Week, Try for 5 is a national campaign to encourage Australians to try for the recommended 5 servings of vegetables per day. Every bit of veg counts!

- Kickstart your day by adding veggies to your breakfast! Having vegemite on toast? Add some avocado. Making an omelette? Chuck in some chopped tomatoes.
- Boost your lunch. Add carrot to your pasta sauce, throw some spinach in your smoothie.
- Add colour to your snack break. Celery, carrots, capsicum and cucumber are great with hummus or tzatziki.

There's no wrong way to increase your veg count, simply try for 5 every day!



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



Health Promotion
EAST WINNERS HEALTH SERVICE

MENTAL HEALTH MONTH

1ST OCTOBER - 31ST OCTOBER

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

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

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



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>



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 Esnare 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



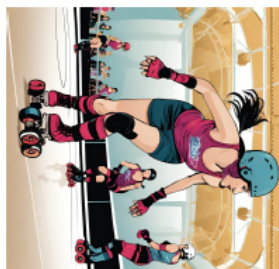
An adventure anyone can do



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

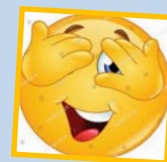
Water	\$3.00
Sparkling Water	\$3.00
Flavoured Water	\$4.00
Nippy's	\$3.00
Big M 500ml	\$4.00
Big M 300ml	\$3.00
Daily Juice	\$4.00
Juice Box	\$2.00

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

Eftpos Facilities Available
(minimum \$5.00)

Stacey's Monday Canteen Special

***Surprise Special, look out
Monday***



2023 Calendar



October	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
	Thurs	16th	Yr. 12 Graduation Dinner
	Fri	17th	PUPIL FREE DAY
	Mon	20th	Step Up Begins MIPS