

St. Arnaud Secondary College Newsletter

Issue 33

Term 4
Week 40
27th October 2023



*Congratulations to our 2023
graduating Year 12 students!*

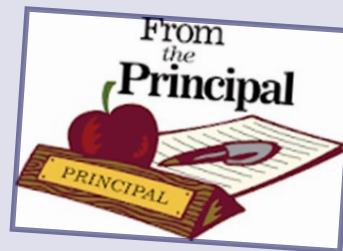


St. Arnaud Secondary College is a Child Safe School.

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



Year 12's Last Day and Exams Begin

Last Friday, the Year 12 students had their final day of formal classes and as mentioned last week, planned and negotiated a successful and positive end to their schooling. Coming dressed up as Tradies, the students got the staff and even our on-site Tradies involved in the theme which was great. The students planted a tree each along the back lane which will be a great reminder for them when they come back and visit the school in years to come. Each student was presented with a school mug and pen at their final assembly before finishing at lunchtime. Once again, I was just so impressed with the way our students conducted themselves and the example set for years to come.

On Tuesday, the VCE students began their exams with the three hour English exam which all of them thought was a fair exam, and they were pleased with their efforts. Exams now go for the next three weeks with the Graduation Dinner on Thursday, 16th November.

Deb Feeny – Victorian State School Spectacular

While it was somewhat expected, it was with some sadness that we learnt that this year will be the last that Deb Feeny will coordinate the Victorian State School Spectacular for the College and Primary School. Deb has coordinated this program for many years and has enabled countless students to participate in this program. Deb has left very big shoes to fill, and we thank her for all her work and commitment over many years.

Building Update

Plaster is up in the west end of the building and internal windows and doors are being fitted – and it looks great already. The last of the concreting is almost complete, with the stairs and the ramp access at the east end of the building being poured earlier this week. At our most recent Site Meeting on Monday, we have been told to prepare for a possible handover in late February next year, which will be well over a month ahead of schedule. This would be fantastic, and very exciting. We have been organising and ordering new furniture for the building as well.

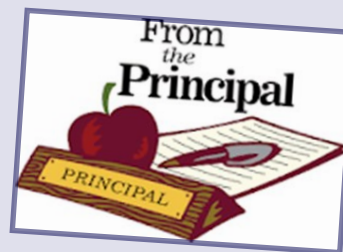
Grain Corp Presentation

On Tuesday, the Year 10 and 11 students had a presentation from Chris Soderman and Deon Tannock from Grain Corp to talk to them about possible short term and long term jobs and careers at Grain Corp. While both Chris and Deon are ex-students, all students remembered Deon as one of last year's College Vice Captains, and it was great to hear about his work this year and the qualifications that he has been able to successfully complete. Thanks to Tammy Soderman for organising the presentation, and to Chris and Deon for their time.

Principal's Report

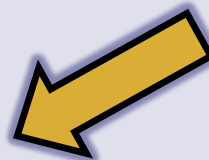
NCD Lawn Bowls and Shooting

On Wednesday, students from the College participated in the NCD Lawn Bowls and Shooting competitions. At the time of writing this report the results were not known but will be included in next weeks newsletter.



Walk Against Family Violence

I have been asked by the NG Shire if anyone from the College would like to participate in a "Walk Against Family Violence" on Friday, 1st November, starting at the Queen Mary Gardens at 3:30pm until 4:00pm, where there will be a free BBQ. See the advertisement on the next page!



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

Monday, 13th — Thursday, 16th November – Yr. 9-11 Exams

Thursday, 16th November – Yr. 12 Graduation Dinner

Tony Hand
Principal



Term 2

**100% Student
Attendance Awards**



16 Days of ACTIVISM

Did you know that on average police attend a family violence incident every six minutes in Victoria and children are present at 30% of incidents?

Join us for 16 days of Activism against Gender-Based Violence

Northern Grampians Shire Council is hosting a range of activities for anyone interested in getting involved in the campaign, including walks against family violence and the chance to engage with community groups at our information kiosk in Stawell



November 24

Walk Against Family Violence - Stawell

Starting at 3.30pm at the Stawell Library with a talk from a lived experience speaker. Walk down Main Street and finish at the Pop-up Park with a free BBQ from 4.30 - 6.00pm

December 8

Information Kiosk Stawell

Shop 108, Main St. Stawell
10am-3pm

- The Orange Door
- Grampians Community Health
- Women's Health Grampians
- Grampians Health

December 1

Walk Against Family Violence - St Arnaud

Starting at the Queen Mary Gardens at 3.30pm. Walk through St Arnaud finishing with a free BBQ from 4.00 - 5.00pm

Questions? Contact Sandy Bevan - 5358 8700



Reminder

2023 Parent Payments

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

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

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

Fee schedules can be located on the College Webpage or contact the General Office—54951811

Webpage: <https://www.starnaudsc.vic.edu.au/page/229/2022-Parent-Payment-Policy>

DET Parent Payment Policy : <https://www2.education.vic.gov.au/pal/parent-payment/policy>

Parent Payment Arrangements and Options:

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

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

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

What Sort of Start is Your Child Getting?

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





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

Did you know your child's best learning time is the start of the school day?

That's when every minute counts the most!!

What Chance Has Your Child Got of Being Successful?

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

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

Everyday Counts!!

Yr. 11 Food Studies



Last week and this week, saw Jackson and Anthony beginning to cook up a thank you meal for the CFA Members, which will be



served on Wednesday 15th November.

The CFA has allowed both Year 11 and Year 12 classes to use their kitchen throughout the year which has been much appreciated.

Last week, the boys made lamb koftas and sausage rolls. This week they made spinach and feta pinwheels, panko chicken nuggets and lemon curd.



Basketball

A group of 8 students competed in the Loddon Mallee Region Basketball competition at Red Energy Arena in Bendigo. The students included: Ava Wilson, Abby Weir, Ava Torney, Sophie O'Donnell, Josie Greenaway, Millie Hando, Ada Buenaventura and Chloe Needs. They played back to back games against, St Joe's Echuca, Mackillop Swan Hill, St Joe's Mildura and Catherine McCauley College Bendigo, respectively, falling short of the win on the four occasions. All games were well played by the girls, demonstrating maturity, respect and determination, representing the College well. The highlight was the improvements made throughout the day by the girls, with a shout out to Abby Weir and Sophie O'Donnell who each scored a 3-pointer in the last match.

Hockey

St. Arnaud entered two teams - a junior and an intermediate — into the Loddon Mallee Region Sports held in Bendigo. The Junior team consisted of Amelia Watts, Bella Bigmore, Addison Wright, Mara Reynolds, Forbes Kirk, Finn Green, Hamish Tannock, Jack Batters and Austin Lowe. Our Intermediate team included Owen Lowe, Ben Greenaway, Hamish Darby and Mavrick Williams. Our students demonstrated great sportsmanship and teamwork throughout the day, combining with students from Charlton and Wycheproof. The Intermediate team played two games against Bendigo Southeast Secondary College and Merbein P-10. Although we were very competitive, we lost to BSE 4-3 and to Merbein 5-4. Our junior team played against Crusoe College, winning 5-2, and will progress to the State Championships in November. A big thanks you to Nicola Kirk and Tammy Wright for transporting, managing and coaching the students!

Table Tennis

Last Wednesday, the Year 8 girls, Ruby Swanton, Jordana Bullock, Rhani Buttery and Lucy O'Donnell and Year 9 students, Dion Flanagan, Will Keating-Thomas and Acacia Huggins travelled to Bendigo to compete at the LMR championships in Table Tennis. Both teams played to their best abilities and represented the school sensationally. The Year 9 mixed team fought hard but were outclassed by some very talented schools, whilst our Year 8 girls were able to clinch 2nd place overall, only losing to the eventual winners of the day. Well done to everyone involved.

LMR Sports — Bendigo Photos



Yr. 8 Science Experiments



Music—'Beethoven's Fifth': Excursion



Last Friday, seven members of the school band drove with Mrs. Walsh to the Horsham Town Hall to hear the Melbourne Symphony Orchestra perform.

Beethoven's Fifth Symphony!



The presenter introduced all the different instrument families of the orchestra and familiarised us with the different themes or musical 'motifs' Beethoven used before we heard them in the context of the whole piece. The acoustics of the hall were excellent, and for some of us, this was our first time hearing a symphony orchestra live. Some favourite instruments were the piccolo, the double basses and the brass - trumpets, French horns, and trombones.



After a not-so-quick lunch, we all returned with our ears still full of the amazing sounds. The sound of a live orchestra is different to what you experience from a video. If you get the chance to hear one, you should definitely go!



L2P Program



DID YOU KNOW OUR SCHOOL SUPPORTS YOUNG LEARNER DRIVERS?

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

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

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



LEARNER BENEFITS



Are you between the ages on 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@cgllen.org.au

A BIG thank you must go to the NCLLEN that ran the program and applied for the grant that contributed to the purchase of our brand NEW L2P car.

This program is also available to non-school attenders or post school age learners across the Grampians region.

Please make contact if you wish to participate in this program !





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@cgllen.org.au



LEARNERS AND MENTORS WANTED

The Central Grampians TAC L2P Program is free for eligible young people living in Northern Grampians Shire, Ararat Rural City or Pyrenees Shire. Learners are matched with a fully licenced volunteer mentor and have access to a sponsored vehicle, which they can use to get supervised driving experience. L2P cars are based in Stawell, St Arnaud, Ararat and Beaufort.

For eligibility requirements, please contact:
Penny on 0418 535 478 or visit www.cgllen.org.au/l2p

2023 Energy Breakthrough



2023 ENERGY BREAKTHROUGH SCHOOL 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 the big 24-hour race at Maryborough over the weekend of the 24th —26th of November.

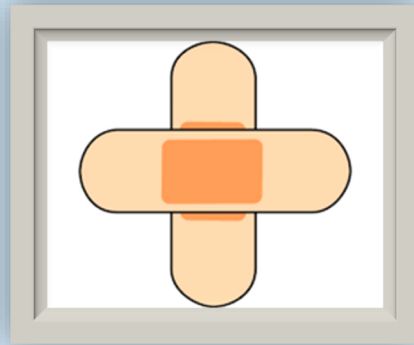
Both teams will have 8 riders and 1 pit crew member, with an even split of males and females.

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.



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>

QUIZ – Can you guess these Health Careers?



From inventing biomedical devices to working with athletes to enhance their performance goals, careers in health are diverse.

But how much do you actually know about health careers? Take this Quiz to see where you're at.

www.careerswithstem.com.au/health-careers-trivia

Work experience Opportunities



The Victorian public sector offers work experience placements for Year 9 and Year 10 high school students. Work experience provides high school students with an opportunity to develop skills and knowledge in the public sector and explore career options at the same time.

In a work experience placement, you'll get insights into how the Victorian Government works, as well as learning about the day-to-day operations of a particular business area. Most departments, agencies and other Victorian public sector organisations are happy to arrange work experience placements for students. You can contact them directly for information and placements.

www.careers.vic.gov.au/about/victorian-public-sector/organisation-contacts

APPRENTICESHIPS



Apprenticeships are a fantastic way to bridge the gap between traditional education and real-world experience. They offer you a chance to learn by doing, which can be particularly valuable in industries that are still evolving.

Practical learning: Apprenticeships provide hands-on experience, allowing you to develop practical skills that are directly relevant to your chosen field.

Industry-relevant skills: The skills and knowledge you'll gain during an apprenticeship are often aligned with the specific needs of your industry. This means you're more likely to be job-ready and well-equipped to handle the demands of a rapidly evolving sector.

Adaptability: Apprenticeships encourage adaptability. You'll learn to be flexible and open to new techniques and technologies as you work alongside experienced professionals.

Networking opportunities: During an apprenticeship, you'll have the chance to network with professionals in your field. These connections can open doors and provide insights into how your industry is evolving.

Earning while learning: Apprenticeships are paid positions – this can ease the financial burden of education while allowing you to gain valuable work experience.

Choosing the right apprenticeship

Research: Look for apprenticeship programs that align with your interests and goals. Research industries that are on the rise and consider where your passion lies.

Mentorship: Seek out apprenticeships with strong mentorship programs. Learning from experienced professionals can accelerate your growth.

Networking: Consider the networking opportunities the apprenticeship offers. The connections you make can be invaluable in a rapidly evolving job market.

Flexibility: Ensure the apprenticeship allows for adaptability and exposure to various aspects of your chosen field. This will make you more versatile and ready for change.

Did you know you can start an apprenticeship while you are still at school?

www.vic.gov.au/head-start-apprenticeships-and-traineeships

Mrs Rebecca Reynolds
Careers Co-ordinator

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



EAST WIMMERA HEALTH SERVICE

ATTENTION SECONDARY COLLEGE STUDENTS

East Wimmera Health Service currently has a range of job opportunities available, both short term and long term.

East Wimmera Health Service provides all staff with a safe and supportive team environment.

We are seeking reliable and motivated team members in the following departments:

- ✓ Administration
- ✓ Maintenance
- ✓ Kitchen Assistant
- ✓ Cleaner

No prior experience necessary.

If you are looking for work either over your school holidays / gap year or considering a long term role within our health service please email your expression of interest/resume to **applications@ewhs.org.au** or call **03 5477 2177**.



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

IT.

BY STEPHEN KING

'They float...and when you're down here with me, you'll float, too.'

Derry, Maine is just an ordinary town: familiar, well-ordered for the most part, a good place to live.

It is a group of children who see – and feel – what makes Derry so horribly different. In the storm drains, in the sewers, IT lurks, taking on the shape of every nightmare, each one's deepest dread. Sometimes it appears as an evil clown named Pennywise and sometimes IT reaches up, seizing, tearing, killing ...

Time passes and the children grow up, move away and forget. Until they are called back, once more to confront IT as IT stirs and coils in the sullen depths of their memories, emerging again to make their past nightmares a terrible present reality.



CHRISTINE

BY STEPHEN KING

A supernatural tale about girlfriends, boyfriends and a car called Christine.

Christine was eating into his mind, burrowing into his unconscious.

Christine, blood-red, fat, and finned, was twenty. Her promise lay all in her past. Greedy and big, she was Arnie's obsession, a '58 Plymouth Fury. Broken down but not finished.

There was still power in her - a frightening power that leaked like sump oil, staining and corrupting. A malign power that corroded the mind and turned ownership into Possession.

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.



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.



Strengthening Parent Support Program



What is the Strengthening Parent Support Program (SPSP)?

It is a program for parents and carers of children who have additional needs, a disability or developmental delay.

This parenting support program provides families with opportunities to participate in peer support groups and establish support networks with other families or carers in the local community.

The SPSP program is run by Uniting in Horsham but also reaches communities in the surrounding regional areas. Please contact the co-ordinator Kate Janetzki for further information.

You can also keep up to date by joining our Facebook page; <https://www.facebook.com/unops/390018412226828>

Support group activities may include a night out at movies and dinner, an informal lunch and chat or seminars/workshops covering a range of helpful and educational topics.

Contact Details

Kate Janetzki
on
Phone: 0427 633 458
or email
kate.janetzki@vt.uniting.org.au

uniting

October
27th
4.30-7pm

ESCAPE ROOM

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 WELCOME

FOR MORE INFO, CONTACT

HEADSPACE AT

info.headspacehorsham@vt.uniting.org.au

(03) 5381 1543





Health Promotion
EAST WINNERS HEALTH SERVICE

MENTAL HEALTH MONTH

1ST OCTOBER - 31ST OCTOBER

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

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

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



kids helpline



Beyond Blue



headspace
National Youth Mental Health Foundation

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

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

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



Health Promotion
EAST WINNERS HEALTH SERVICE

WALK 2 SCHOOL MONTH

1ST OCTOBER - 31ST OCTOBER

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

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

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

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

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

Walk to School

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



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

Community Sports Events



FROM 4TH NOVEMBER
9.30-11AM

St. Arnaud Lawn Junior Tennis

Hey, parents! Get your little champs, seven and up, ready to hit the courts! We've got all levels of play covered, and we've got equipment if you need it. Just make sure to pack hats and water bottles, and we'll take care of the rest!

MORE INFO: JOHN GOODE
0418172004


St. Arnaud Lawn Tennis Club
Inc. Ballarat Road

[HTTPS://PLAY.TENNIS.COM.AU/STARNAULAWNTENNISCLUB](https://play.tennis.com.au/starnaulawntennisclub)

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: **Alon Esmore 0418 356532**
Arnold Bond 0417 339500

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



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 *Baked Spuds*

*spud, coleslaw, cheese, sour cream,
garlic butter*



\$6.00

2023 Calendar



October	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
	Fri-Sun	24th-26th	Energy Breakthrough — Maryborough
	Mon	27th	PUPIL FREE DAY
December	Fri	1st	Yr. 10 & 11 Students Last Day MIPS