

St. Arnaud Secondary College Newsletter

Issue 38

Term 4
Week 45
1st December 2023

2023 Energy Breakthrough

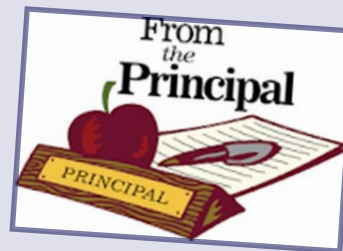


St. Arnaud Secondary College is a Child Safe School.

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



Energy Breakthrough - Maryborough

Last weekend was a massive one in Maryborough with the Energy Breakthrough. We took 19 students, split into two teams, over on Friday to prepare for the 24-hour event. Conditions were less than optimal on Friday evening, with a couple of massive downpours that absolutely flooded our camp site and necessitated the removal of swags and the digging of an elaborate array of trenches to try and manage the water flow. However, our students banded together and kept just about everything dry which was amazing. Following this, the time trials began and both teams – ‘Send it Forever...Again’ and ‘Sister Siesta’ - went out and gave it their all and were awarded position 22 and 38 on the start line respectively.

The big race started at midday Saturday, with both teams starting well. Each cart was split into teams of two riders who alternated on 2-hour shifts. As usual, the night shifts were both exciting and tiring. After 20 hours of racing, ‘Send It Forever... Again’, found themselves in a 4-way battle with less than a minute separating the teams. At the end of the race, ‘Send It Forever... Again’, were placed 4th out of 18 in their class and ‘Sister Siesta’ were 8th out of 18 in their class – a fantastic effort all round.

A massive thank you must be extended to Miss Bertalli and Mr. MacDonald for all the lead up work, Stuart Finch who worked tirelessly as our head mechanic, along with Will Maylor, Bruce Hando and Mr. Redmond. Thanks also to Tania Scarce and Zoe Bryce who kept everyone fed for the weekend. It was a great weekend, and we are already looking forward to next year.

2023 Year 10 and 11 Last Day

Today marks the last day for our Year 10 and 11 students of 2023, having completed two weeks of Step Up. We wish them all the best for their summer break – and hopefully they can enjoy it, and come back having completed the set homework for the break.

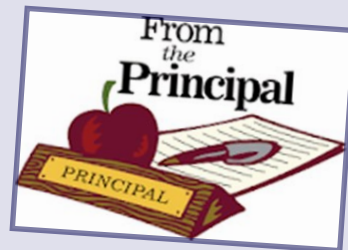
Building Update

The big news for this week, other than the steady progress is that in 5 days time we will no longer have the Hall. It is due to be demolished on Tuesday, 5th December and if this demolition is anything like the first round, it will not take long! This does mean that the fenced off area has been extended – but it is short term pain for long term gain.

Step Up Program Continues – with next year's Yr. 7's

The Step-Up Program continues this upcoming week, and for three of those days, we will be joined by the current Year 6 students from the Primary School and St. Patrick's for their final transition days. These are always special days.

Principal's Report

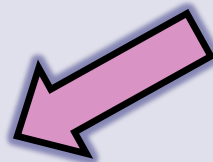


Activities Week

Year 7 to 9 Activities start on Monday, 11th December. It is expected that all 2023 Yr. 7-9 students are to attend every day. Information has gone out to the students this week and is included in the newsletter on page 7.

Year 8 Gnurad Gundidj Positions

Students will be interviewed for places at the School For Student Leadership next year. We should know the successful participants by the end of next week.



Tuesday, 5th December — School Hall to be demolished

Tuesday, 5th - Thursday, 7th December – Grade 6—Year 7 Full Day Transition

Wednesday, 6th December – Yr. 9 NCTTC Last Day

Monday, 11th December – 2023 Yr. 7 to 9 Activities Week Begins

Thursday, 14th December – Presentation Night @ the Town Hall

Friday, 15th December – Geelong Adventure Park

- Yr. 7, 8 & 9 students last day of Term 4

Monday, 18th December – Interviews by Request

Tony Hand
Principal





SUPPORT YOUR CHILD'S EDUCATION WITH 12 MONTHS FREE INTERNET AT HOME

The Australian Government has established the School Student Broadband Initiative to provide free home internet for up to 30,000 eligible families with school-aged students:

- The period in which a family can apply to receive a free service is up to 31 December 2024
- The duration of free services will continue until 31 December 2025 for all existing and new families

The initiative aims to boost education opportunities. NBN Co is leading the rollout of this initiative across the country.

How the School Student Broadband Initiative can help your child

Children who can access online learning at home as part of their education are more likely to engage in classroom activities.

Access to fast internet at home can also support children to build their digital skills, learn how to safely use the internet and take part in a world that is more reliant on digital technology.

Eligibility

To be eligible, families must:

- have a child living at home enrolled in an Australian school
- not have an active National Broadband Network (nbn) internet service at their home (having a mobile internet service does not affect eligibility)
- live in a premises that can access the National Broadband Network through a standard connection. NBN Co will check this for you after you apply
- Not have had an active nbn connection during the previous 14 days*
- register interest with your school and complete a consent form to be assessed for eligibility.

* There may be cases where exceptions can be made, once you have had your address checked, please contact the School Student Broadband Initiative team at SSBI@education.vic.gov.au to discuss further.

How the School Student Broadband Initiative works

If you are eligible, your home internet service will be provided at no cost through until the end of 2025, with a participating internet provider on the National Broadband Network. Each internet provider has its own process to get you connected, which may involve you providing identification.

Once you sign up, the internet provider will help you set up your connection. The initiative does not include devices such as a computer or tablet. Other members of your household can use the internet service provided through this initiative.

The period of free internet will start from the day your service is activated with your chosen provider. At the end of the free broadband period, you will not be placed onto a paid service by your internet provider without your consent. The Australian Government is considering options beyond the free period.

How to apply

- Ask your school for a copy of the School Student Broadband Initiative consent form.
- Complete the consent form and return to the school.
- NBN Co will use student address details on the consent form to confirm eligibility.
- If you are eligible, NBN Co will issue a voucher for your family to use to sign up with a participating internet provider. This will be provided to you by your school. **Please note:** NBN Co will review the home address for eligibility. No personal information other than your main home address will be shared with NBN Co. Please see the consent form for details about how personal information will be used.

Find out more

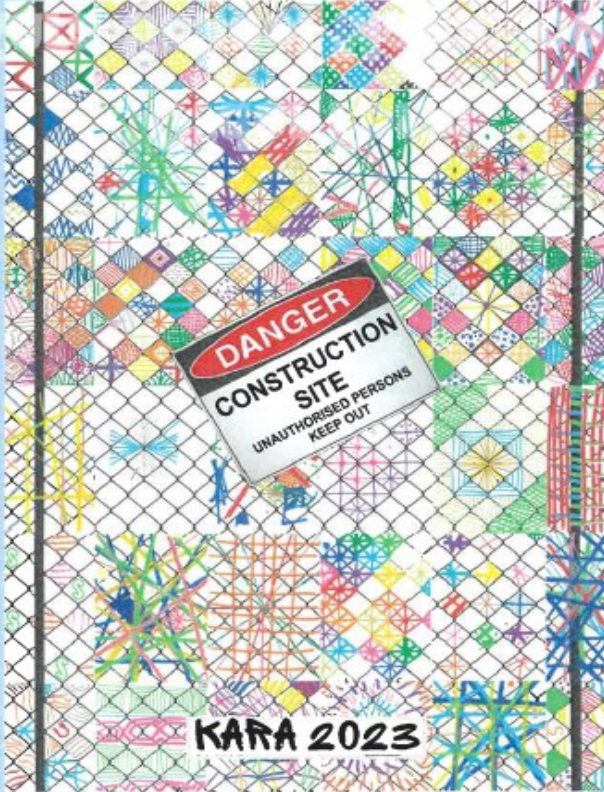
For more information about the School Student Broadband Initiative, visit <https://www.infrastructure.gov.au>

Kara School Magazine Order Form

Order Form

2023 Kara School Magazine \$15.00

2023 Kara School Magazine \$12.00



Name: _____

Quantity: _____

Amount: \$ _____


Payment Method:

- ☐ Cash—in named envelope
- ☐ BPay –family account number
- ☐ EFTPOS at office

Orders Close 8/12/2023

**GET YOUR ORDER FORM & PAYMENT INTO THE
GENERAL OFFICE BY THE 8/12/23**

Personalised Engraved Pavers

ST ARNAUD SECONDARY COLLEGE			
Personalised Engraved Paver - \$25.00			
John Brown Student 1990-1995	Mary Smith School Captain 2020	Peter Black Dux 2015 Student 2010-2015	Karen Green Teacher 1980-2020
Tom Silver School Councillor 2020-2023			
Pavers will be laid as part of the landscaping of the current \$10 million building program in 2024.			
ENGRAVING DETAILS – MAX 17 CHARACTERS PER LINE Please print clearly using ALL CAPITAL LETTERS. Max 3 lines per paver. Each box represents a character (letter, number, punctuation mark or space). No hand drawings.			
L 1	<input type="text"/>		
L 2	<input type="text"/>		
L 3	<input type="text"/>		
CONTACT DETAILS AND PAYMENT OPTIONS:			
Name	Phone	Amount	
<input type="text"/>	<input type="text"/>	\$ <input type="text"/>	
Payment Options:			
Cheques made to: St. Arnaud Secondary College Cash – Named Envelope to the General Office EFTPOS – Payment at General Office BPay – Family Account details			
ORDERS CLOSE 1 ST MARCH 2024			

Activities Week - 11th-13th December

Activities Week Schedule -

Monday 11th to Wednesday 13th December

Monday Morning

Board Games
Christmas Origami
Bush Walk
Indoor Cricket

Monday Middle

Arcade Games
Minecraft Christmas Scape
Basketball
Badminton

Monday Afternoon

Board Games
Christmas Movie
Downball
Indoor Football (Soccer)

Tuesday Morning

The Chocolate Game
Dungeons & Dragons (Part 1)
Mountain Biking
Badminton

Tuesday Middle

Mario Kart
Dungeons and Dragons (Part 2)
Cooking
Downball
Table Tennis

Tuesday Afternoon

Cooking
Movie
Electronics
Ultimate Frisby
Volleyball

Wednesday Morning

Board Games
Art for Australia
French Icons in Film
Speedminton
Lawn Bowls

Wednesday Middle

Super Nintendo (SNES) Games
Art for Australia
French Icons in Film
EBT Bikes
Tennis

Wednesday Afternoon

Movie
Board Games
Basketball
Cricket

For any outdoor activities, students MUST have a broad brimmed hat, or they will NOT be able to participate! A water bottle is essential.

Each afternoon, weather permitting, the St. Arnaud Swimming Pool may be an option, students wishing to visit the Pool, must bring a rashie, bathers, towel and a broad brimmed hat.

When participating in activities in the local community, students are reminded that they are representing the College. Failure to display the College values of respect, responsibility and resilience will result in removal from an activity.

Energy Breakthrough—Maryborough

Over the past weekend, two teams of riders and the pit crew participated in the 2023 Energy Breakthrough 24-hour race in Maryborough. This event was the culmination of the College's Energy Breakthrough Program and tested the students mental and physical capabilities under limited sleep conditions.

In what has come to be expected from the 24-hour race, students had to contend with particularly challenging weather conditions, especially upon arrival on Friday, as the weather claimed our campsite. Students united to save their swags from the impending deluge, proving that teamwork isn't limited to the racetrack. This impromptu exercise in problem-solving set the tone for a weekend of overcoming obstacles and supporting one another.

As the sun set on Friday night, our teams, 'Send It Forever... Again' and 'Sister Siesta', geared up for a 2-hour time trial. The results were impressive, with 'Send It Forever... Again' securing the 18th position and 'Sister Siesta' claiming the 25th spot overall, setting the stage for a promising starting position for the main event on Saturday.

The main race brought its own set of trials, especially during the night portion, where both teams faced mechanical challenges. However, the resilience and teamwork displayed by our students were truly commendable. Undeterred by the hurdles, they worked together to troubleshoot and persevere through the darkness.

At the conclusion of the grueling 24-hour race, the efforts of 'Send It Forever... Again' and 'Sister Siesta' bore fruit. 'Send It Forever... Again' secured an impressive 4th place in the trial position in their category – completing 499 laps which is over 788kms, a testament to their determination and skill. 'Sister Siesta', competing in the open category against primarily exclusively year 11 and 12s, claimed a noteworthy trial 8th position – completing 465 laps which is 735kms, showcasing their endurance and commitment to the cause.

The Energy Breakthrough Program has not just been about racing; it has been a transformative journey that tested the limits of our students and highlighted their ability to adapt and overcome challenges. These experiences will undoubtedly shape their character and leave an indelible mark on their futures.

As we reflect on the triumphs and tribulations of the Energy Breakthrough Program 2023, we extend our gratitude to everyone who played a role in supporting our teams. The unwavering spirit of our students, combined with the dedication of teachers, parents, and supporters, has once again proven that together, we can overcome any obstacle.

A special thank you to Stuart Finch as our head mechanic, who worked tirelessly throughout the night, as well as to other significant helpers, Will Maylor, Bruce Hando, Mr. Redmond, Mr. Hand, and our heads of nutrition and catering, Mrs. Scarce and Zoe Bryce. Thank you, as well to the Primary School for letting us share facilities, and to Ms. Bertalli and Mr. MacDonald for their efforts this year in managing the teams and ensuring the event went as smoothly as possible.

Things are looking bright for the future as we look to expand our EBT program, with St. Arnaud Primary School completing 251 laps or 396.5kms and St. Patrick's completing 233 laps or 368kms in their 12-hour event over the two days preceding our event.

2024 Yr. 11 Food Studies



This week saw the 2024 Year 11 Food studies students have their first cooking lesson down at the CFA kitchen. Both groups cooked 'Feta, broccoli and carrot pie'.

Feta cheese and filo pastry are both traditional ingredients used in Greek cuisine. Greek migrants brought these and other traditional Greek ingredients to Australia following World War II. Feta cheese and filo pastry are key to many traditional Greek dishes including spanakopita - a spinach and feta and filo pie. Although meat is not used, this recipe for feta, broccoli



and carrot pie uses a range of ingredients to provide an adequate source of protein. The feta cheese and eggs are both good sources of protein, while the filo pastry and pine nuts contain several incomplete proteins, which complement each other to produce an additional source of protein.



The students had been studying the reasons why we cook food, the different methods by which to cook different food types, and how to prepare the ingredients ready for cooking. This recipe was a great starting point as the students had to use knife skills, peel and grate vegetables, steam vegetables, use a frying pan, mix ingredients, and finally use the oven to bake the pie. Both groups did a great job in preparing the filo pastry which had to be brushed with oil and layered with several sheets of filo and put it into a tin. They then had to place the feta and broccoli filling on top of the pastry, and then fold over the pastry to form a crust. As you can see in the photos, both groups did an excellent job. A great first effort.



We cannot wait to start cooking in the new Home Eco room next year!



2024 Yr. 11 Biology



The new Year 11 Biology students have started off studying cells. They have researched cell structure and function. For the first practical activity, the students investigated "Is Bigger Better", an experiment into the relationship between surface area and volume in the uptake of water in potato cubes.

Each of the students cut two, 2cm cubes of potato cubes and then cut one of those into eight 1cm cubes. They then washed, dried and weighed the large 2cm cube and the eight 1cm cubes, and then placed them in separate beakers covered with distilled water for fifteen minutes. After the time was up, they repeated their initial steps and took the weight of the cubes again. They repeated this throughout the double lesson every fifteen minutes.



It was concluded that each of the student's hypothesis was correct, in that, the little eight 1cm cubes absorbed more water than the large 2cm cube, and therefore gained more weight because they had a larger surface to volume ratio.



NEW PROVIDER

**ST ARNAUD
PRIMARY SCHOOL**

**WELCOMES
AFTER SCHOOL CARE &
VACATION CARE PROGRAM
2024**



Art & Craft

Nutritional Foods

Fun Activities

OPERATING HOURS:

 After School Care- 3.00pm till 6.00pm

 Vacation Care- 8.00am till 6.00pm

**Proposed
Commencement Date**

8th January 2024



REGISTER NOW
<https://afterthebell.com.au/>

Call Us 
(03) 9758 6744

Email Us 
admin@afterthebell.com.au

For More Information 
www.afterthebell.com.au

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 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@cgllen.org.au

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 !

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@cgllen.org.au

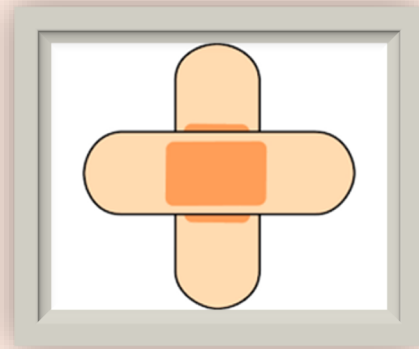


LEARNERS AND MENTORS WANTED

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

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

VCE Unit 3 & 4 Results/ATAR:

Monday 11th December 2023

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

Change of Preference for VTAC December Round Offers:

Close Wednesday 13th December 2023 @ 4:00pm

VTAC December Round Offers:

Thursday 21st December 2023 (2:00pm)

VTAC | Webinars



ATAR, Scaling, and December round offers Tuesday 5th December, 6pm

Join the VTAC team for a live webinar which will cover all things related to ATAR's scaling of subjects and setting your preferences.

Getting ready for your results

Thursday 7th December, 5pm

Join the VTAC team for a live webinar to help you prepare for your results, what to do if you don't get the ATAR you were after, and the importance of setting your preferences

Getting ready for December round offers

Tuesday 12th December, 6pm

Webinar to discuss all things related to receiving an offer, how to accept / reject / defer, changing your preferences

<https://vtac.edu.au/events>

Information Evening: TAFE Pathways to Success



Wednesday 6th December 6pm – 7pm

SMB A Building, Ballarat & Online

Deep Dive into TAFE: Navigate the world of TAFE, from automotive to hairdressing, from rural sciences to brewing, and everything in between. Federation TAFE offers a comprehensive range of courses crafted meticulously for your success.

Inspirational Stories: Connect with TAFE graduates and the current student community. Their personal success stories reflect the tangible impact of our industry-experienced, passionate educators.

Course Insights: Familiarize yourself with our broad array of courses, harness information on free TAFE opportunities, and unravel flexible study dynamics that are designed just for you.

To register visit:

<https://events.federation.edu.au/>

GREEN WORK EXPERIENCE IDEAS



Renewable energy

Contact local solar, wind, or hydroelectric companies and express your interest in opportunities for work experience, either in the office or out in the field. You could be finding out how renewable infrastructure is designed, helping connect homes to renewable energy generators, or discovering how companies market and sell their products or services.

Biodiversity and agriculture

In order for our ecosystems to thrive, we need to find more sustainable and eco-friendly methods of farming. Thankfully, there are already lots of people and companies on the job. This includes government parks and agriculture departments, local farmers, wildlife rescues, and research institutions, who all often have work experience opportunities for students.

Green transportation

You might like to find work experience at an auto mechanic, car dealership, or automotive designer, and get a glimpse into how electric vehicles (EVs) are made, sold, and repaired. Or find opportunities with local councils or government and discover how policy and urban planning can influence green transportation options (like building more charging stations, facilitating easier access to public transport, or providing subsidies to people who swap to an EV).

Media and communication

Many news sites are dedicated to reporting on climate and environment and are always looking for people to help contribute further, whether it's through writing, photography, social media management, or even website design and maintenance.

Finance and investment

If maths and money is more your style, there are still lots of ways you can have a green career. You could find work experience in a bank or investment firm and learn how finances are being used to fund clean energy and recycling projects. Learn about how insurance brokers are dealing with an unprecedented rise in natural disasters caused by climate change. Or delve into how companies reduce their carbon impact through emissions trading.

<https://studyworkgrow.com.au/work-experience/>

Mrs Rebecca Reynolds
Careers Co-ordinator

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

Ever thought about employing an apprentice or trainee at your school?



Now is the time to act for 2024!



Want to learn more?

Get in touch today

Shane Cross

Operations Coordinator

T 1300 135 008 M 0418 564 890

E shane.cross@skillinvest.com.au



Scan this QR code to learn more about Skillinvest services.

Skillinvest offer a straightforward solution to address your employment and training needs.

Skillinvest is a not-for-profit organisation dedicated to supporting youth in employment and creating opportunities in all industry sectors.

We have identified a demand in the school sectors for:

- Certificate III in Education Support
- Certificate III in Sport and Recreation
- Certificate III & IV in Business

All training is completed on-the-job.

Skillinvest relieves businesses from the burden of new apprenticeship and traineeship employment administration.

The Group Training concept is simple - Skillinvest employ the Apprentice/Trainee, and you, as the host employer, provide the employment opportunity. Skillinvest take care of the associated paperwork and ensure you receive all eligible Government incentives.

Skillinvest is currently experiencing increased interest in Apprenticeships and Traineeships, and we are now taking expressions of Interest for commencements in 2024.

This is your chance to offer support for ongoing training and education for a future trainee or apprentice.

If you've been considering employing a new Apprentice or Trainee, the time to act is now.

This opportunity:

- Is a great option for students considering a gap year
- Provides ongoing full-time employment for the duration of the apprenticeship or traineeship
- Keep locals, local.

Follow us:



skillinvest.com.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**.

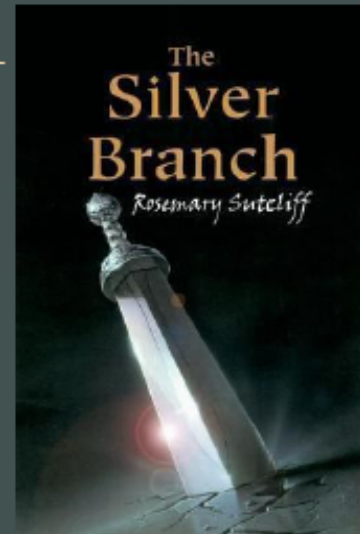


G.H. Edwards Library

The Silver Branch

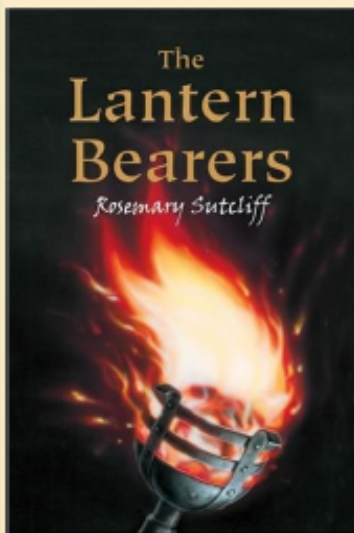
By Rosemary Sutcliff

Violence and unrest are sweeping through Roman Britain. Justin and Flavius find themselves caught up in the middle of it all when they discover a plot to overthrow the Emperor. In fear for their lives they gather together a tattered band of men and lead them into the thick of battle, to defend the honour of Rome. But will they be in time to save the Emperor?



The Lantern Bearers

By Rosemary Sutcliff



The Romans have abandoned Britain, leaving it open to the twin threats of civil war and Saxon invasion. When his home and all he loves are destroyed, Aquila

endures years of torment before deciding to put some meaning back into his life.

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.

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



SUN SAFETY

WHY IT IS SO IMPORTANT

Living in Australia we are constantly told to be Sun Smart and protect ourselves from the UV, but what actually is UV?

Ultraviolet (UV) radiation is a form of energy produced by the sun. We can see or feel UV, meaning it could be just as high on a cold day or a hot sunny day.

The two types of UV radiation of concern to us are: UVA and UVB, which causes sunburn, damage to the skin and skin cancer.

When should sun protection be used?

The simple answer is everyday, however it is especially important when the UV Index is rated above 3 and you intend to be in any form of sunlight that day.

The free SunSmart Global UV app puts sun protection advice at your fingertips, so you know when UV levels can damage your skin.

We encourage everyone to download the app and check the UV rating daily to protect yourself and your family this summer.

The facts

- Overexposure to UV is the main cause of skin cancer
- Skin cancer is Australia's most prevalent cancer but is also the most preventable.
- 2000 people die from melanomas in Australia each year

Reduce your risk



National Skin Cancer Action Week™
20 - 26 November

Get mental health support when and where you need it

MOST is a free digital mental health service for young people aged 12 - 25

How MOST works

MOST provides on-demand support to young people experiencing mental ill-health. It connects you to a blend of online tools and real support from real people.

Get tips and strategies that work - In a personal program to work through in your own time - plus access to clinicians, career experts and a peer support team with their own lived experiences.

MOST gives you

- Online support with real people
- Tailored therapy journeys
- A social network with a difference
- A personalised library of tools

MOST has small bits of therapeutic content served up as cartoons, activities and practical strategies that work - all available online, when and where they're needed.

There are journeys to help you improve your mood, improve your sleep, find your confidence, find your calm, explore social media and sort out all things work and study.

If you need it, connect with peer support on MOST's online community. It's a safe social network of young people who get it, and peers who've been through it. On MOST you can feel safe to vent, contribute and post about your world (only if you want to).

Get connected to MOST

MOST digital therapy offers two services - one for young people aged 12 to 14 and one for those aged 15 to 25.

Ask about MOST at your participating youth mental health service and get connected today.

Get in touch
helpline@most.org.au
or 08 9422 1111

With MOST, we've made getting support on your terms easier.

MOST is designed to give you help before, during, in between and after face-to-face sessions.

You need a clinician to get you connected, but then MOST's available whether or not you stay with the service for your care.



Do you have an idea that would help us make our shire a great place to live, now and into the future?



Are you 12 to 24 years old?

YOUTH SURVEY

HAVE YOUR SAY!



What is working well?
What's missing?
Now is the time to tell us!

If you need more information, please contact Northern Grampians Shire Council Community Health and Engagement Officer Marcy Britten on 03 5358 0565



Your response will help us develop the shire's Youth Strategy – a plan for the future.



Responsible for a young person?
Do you have an idea that would help us make our shire a great place for young people to live, now and into the future?



YOUTH SURVEY

HAVE YOUR SAY!



What is working well?
What's missing? Now is the time to tell us!

If you need more information, please contact Northern Grampians Shire Council Community Health and Engagement Officer Marcy Britten on 03 5358 0565



Your response will help us develop the shire's Youth Strategy – a plan for the future.

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/auops/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

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

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!

St. Arnaud Lawn Tennis Club
Inc. Ballarat Road

MORE INFO: JOHN GOODE
0418172004

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

St Arnaud Carols at the Square.

Market Square

(Behind the Town Hall.)

**Saturday
December 9th**



Christmas Joy

Featuring:
'Primary School & St Patrick's
Singers and Musicians',
Ukulele Group,
St Arnaud Citizens' Band, Local Line Dancers.

Please be seated by 7:15pm

For a 7:30pm Start

B.Y.O. chairs, rugs etc.

Battery powered 'candles'
will be for sale (\$3.00 each) .

Contact Andrew George Ph: 0409 291 430

Wet Weather Venue:

TOWN HALL,

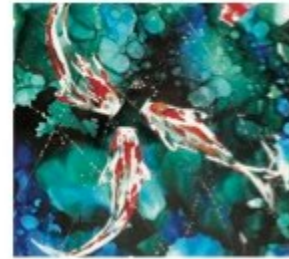
Napier St.

Event brought together by
Vision St Arnaud

'Local Churches Working together
to benefit our community'



Community Events



ST ARNAUD RAILLERY HUB GALLERY

Presents

THE BENDIGO ARTISTS COLLECTIVE

DIVERSITY IN COLOUR

ART EXHIBITION

DECEMBER 8TH TO JANUARY 28TH 2024

VIEWING & SALES:

FRIDAY – SUNDAY 11AM – 4PM

*Raillery Hub Gallery & Shop
Queens Ave, St Arnaud*



Australia Day 2024

Northern Grampians Shire Council have begun preparations for Australia Day celebrations in 2024.

To make the day as inclusive as possible, we are running competitions for young people who live in the Northern Grampians. For all schools in the shire, we have three categories for young people to enter:

- Photography – A photo depicting what they love about living where we do
- Drawing/Art – A drawing or painting, of any medium, again depicting what they love about living where we do
- Colouring - I enclose two colouring pages for students to select from

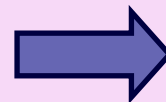
Closing date will be Friday, 12th January 2024, judging will take place and winners announced at Australia Day celebrations in St. Arnaud on Friday, 26th January 2024.

Also, nominations are now open for Local Awards. We would appreciate your school sharing the message to nominate a person or group who have made a significant contribution to our community.

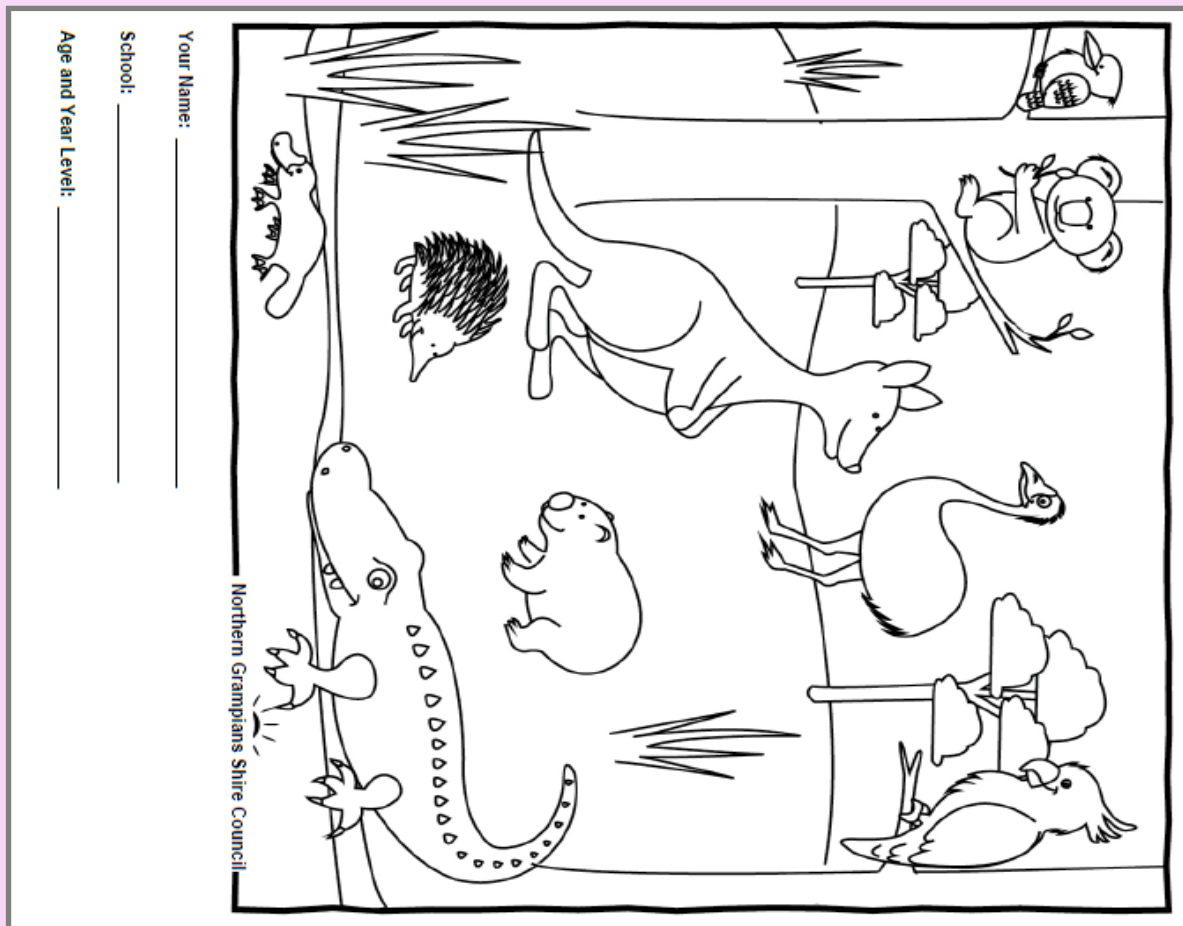
Nominations are preferred online at: [Northern Grampians Australia Day 2024](#). Or you can contact us if you require alternate ways to nominate.

If you have any queries or require further information, please contact me on (03) 5358 8770 or via email at: rhian.jones@ngshire.vic.gov.au

See the next page for the two colouring sheets for students to select from !



Australia Day - Colouring Sheets



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)



2023 Calendar



December	Fri	1st	Yr. 10 & 11 Students Last Day MIPS
	Tues	5th	School Hall to be demolished
	Tues-Thurs	5th-7th	Yr. 7 Full Day Transitions
	Wed	6th	Yr. 9 NCTTC Last Day
	Mon-Wed	11th-13th	Activities Week
	Thurs	14th	Presentation Night Practice / Swimming Pool Presentation Night Begins @ 7pm— Town Hall
	Fri	15th	Geelong Adventure Park Last Day of Term 4 — Yr. 7, 8 & 9 students
	Mon	18th	Interviews by Request
	Wed	20th	Last Day for Staff
January 2024	Mon	29th	Staff Return back to School
	Tues	30th	Yr. 7, 11 & 12 Students Return
	Wed	31st	Yr. 8, 9 & 10 Students Return

