

St. Arnaud Secondary College Newsletter

Issue 3

Term 1
Week 4
17th February 2023



HANDS ON LEARNING

The 2023 Hands on Learning members presented Andrew Borg, our local Landcare Manager, with 24 possum/nesting boxes that the 2022 members had much fun making.

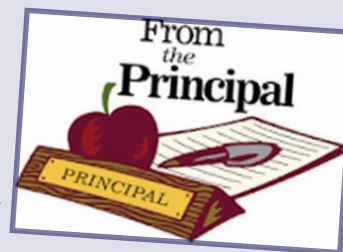


St. Arnaud Secondary College is a Child Safe School.

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



SSL Community Leadership Project

Congratulations to our 2022 SSL students – Ava, Elsie DustyRaiyn, Owen, and Scarlett, who organised and ran Monday's Clean Up session at Lord Nelson Park. This involved students from all three St. Arnaud Schools, and we thank everyone for their participation and cooperation – especially the Primary School for allowing us to use their facilities and BBQ at such short notice. Well done to our 5 students; it was a very successful day, and we look forward to what the next Community Leadership Project our next group of SSL students will come up with after their time at the Don Valley Campus next term.

Year 12 You thrive

On Monday our Year 12 students had a presentation from You thrive which is an organisation that focuses on supporting students in the transition from secondary education. Students got to learn about programs that are beneficial for them as they enter further education or employment. Last year, School Captain Berrie Walsh received a You thrive Scholarship for \$30,000 over the next three years.

Head Lice

It has come to our attention that we have several cases of head lice currently in the school. I would ask that all families are vigilant and do not send students to school with head lice that have not been treated to help control the spread. Further information is included in this newsletter.

School Council Elections

School Council is an important cog in the workings of a school, and an opportunity for parents to gain a greater awareness of the workings of the school and have regular input into local policy development. It is an exciting time to be on Council as we are on an improvement journey and have several building projects in the pipeline over the next three years. School Council is not an onerous task – we have no more than 8 meetings a year and those meetings cannot go over 90 minutes, with most lasting less than one hour.

In this term of office, which runs for two years, we have three parent positions. Bill Anderson and Casey Hando are up for re-nomination. As Stacey Wandel is now employed by the school, she cannot renominate as a parent representative. Therefore, we have a vacancy for a two-year position. We also have a one-year parent vacancy due to the departure of Louise Marland from Council. We have one staff position up for nomination which is currently held by Terri Dean. I have included information for parents, as well as the timeline and nomination forms for all categories with this newsletter. If you have any questions, please do not hesitate to ask.

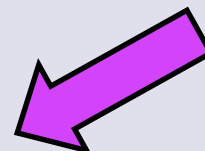
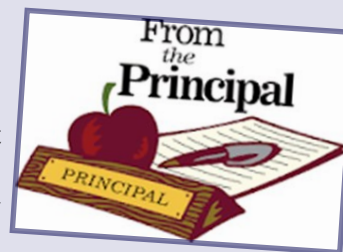
Welcome Barbeque

Next Wednesday, we have our annual Welcome BBQ and with the number of new students in Years 8 to 12, it could be a significant turn out. If you are able to attend, please return the reply slip or ring the General Office for catering purposes.

Principal's Report

Canteen

However, we need to connect some services and equipment before it opens for business. The new food van has arrived this week. There will be some new services and we will look to grow our range over the weeks. We appreciate your patience with this.



Monday, 20th February – NCD Swimming

Wednesday, 22nd February – Welcome to Year 7 and new Families BBQ

Monday, 27th February – Year 7 Camp

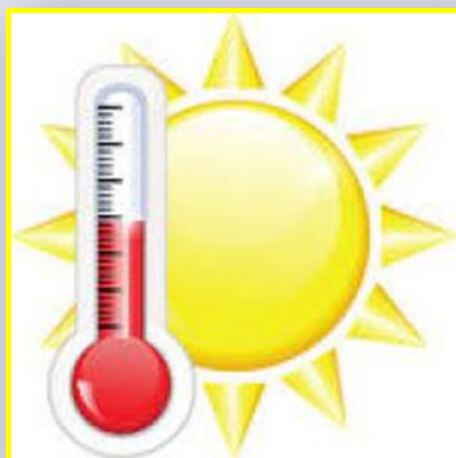
Thursday, 9th March – NCD Triathlon

Monday, 13th March – Labour Day Holiday

Tuesday, 14th March – Year 8 Camp

Wednesday, 15th March – Year 7 & 9 NAPLAN Testing starts

Tony Hand
Principal



School Council Elections



St. Arnaud Secondary College

P.O. Box 40, St. Arnaud, Victoria, 3478

Phone: (03) 5495 1811 Fax: (03) 5495 2308

Email: st.arnaud.sc@educmail.vic.gov.au

Fact Sheet No 1. School council elections – Information for parents

What is a school council and what does it do?

All government schools in Victoria have a school council. They are legally constituted bodies that are given powers to set the broad directions of a school in accordance with their constituting Order and the *Education and Training Reform Act 2006*. In doing this, a school council is able to directly influence the quality of education that the school provides for its students.

Who is on the school council?

For most primary school councils, there are three possible categories of membership:

- A mandated elected Parent member category – more than one-third of the total members must be from this category. DET employees can be Parent members at their child's school as long as they are not engaged in work at the school
- A mandated elected DET employee member category – members of this category may make up no more than one-third of the total membership of school council. The principal of the school is automatically one of these members
- An optional Community member category – members are co-opted by a decision of the council because of their special skills, interests or experiences. DET employees are not eligible to be Community members.

For all schools with a year 7 and above cohort, there is a fourth category of membership:

- A mandated elected Student member category, 2 positions.
- Generally, the term of office for all members is two years. The term of office of half the members expires each year, creating vacancies for the annual school council elections.

Why is parent membership so important?

Parents on school councils provide important viewpoints and have valuable skills that can help inform and shape the direction of the school.

Those parents who become active on a school council find their involvement satisfying and may also find that their children feel a greater sense of belonging.

Do I need special experience to be on school council?

Each member brings their own valuable life skills and knowledge to the role. However, councillors may need to develop skills and acquire knowledge in areas that are unfamiliar to them. What you do need is an interest in your child's school and the desire to work in partnership with others to help shape the school's future.

Code of conduct for school councillors

School councils in Victoria are public entities as defined by the *Public Administration Act 2004*. School councillors must abide by the *Code of Conduct – Employees* issued by the Victorian Public Sector Commission. The Code of Conduct is based on the Victorian public sector values and requires councillors to:

- act with honesty and integrity (be truthful, open and clear about their motives and declare any real, potential or perceived conflict of interest and duty)
- act in good faith in the best interests of the school (work cooperatively with other councillors and the school community, be reasonable, and make all decisions with the best interests of students foremost in their minds)
- act fairly and impartially (consider all relevant facts of an issue before deciding, seek to have a balanced view, never give special treatment to a person or group and never act from self-interest)
- use information appropriately (respect confidentiality and use information for the purpose for which it was made available)

- exercise due care, diligence and skill (accept responsibility for decisions and do what is best for the school)
- use the position appropriately (not use the position as a councillor to gain an advantage)
- act in a financially responsible manner (observe all the above principles when making financial decisions)
- comply with relevant legislation and policies (know what legislation and policies are relevant for which decisions and obey the law)
- demonstrate leadership and stewardship (set a good example, encourage a culture of accountability, manage risks effectively, exercise care and responsibility to keep the school strong and sustainable).

Indemnity for school council members

School councillors are indemnified against any liability in respect of any loss or damage suffered by the council or any other person in respect of anything necessarily or reasonably done, or omitted to be done by the councillor in good faith in:

- a) the exercise of a power or the performance of a function of a councillor, or
- b) the reasonable belief that the act or omission was in the exercise of a power or the performance of a function of a council.

In other words, school councillors are not legally liable for any loss or damage suffered by council or others as a result of reasonable actions taken in good faith.

How can you become involved?

The most obvious way is to vote in the school council elections, which are held in Term 1 each year. However, ballots are only held if more people nominate as candidates than there are positions vacant.

In view of this, you might consider:

- standing for election as a member of the school council
- encouraging another person to stand for election.

What do you need to do to stand for election?

The principal will issue a Notice of Election and Call for Nominations following the commencement of Term 1 each year. All school council elections must be completed by the end of March unless the usual time line has been varied by the Minister.

If you decide to stand for election, you can arrange for someone to nominate you as a candidate or you can nominate yourself in the Parent member category.

DET employees whose child is enrolled in a school in which they are not engaged in work, are eligible to nominate for Parent membership of the school council at that school.

Once the nomination form is completed, return it to the principal within the time stated on the Notice of Election. You will receive a Nomination Form Receipt via post, email or by hand following the receipt of your completed nomination.

If there are more nominations received than there are vacancies on council, a ballot will be conducted during the two weeks after the call for nominations has closed.

Remember

- Consider standing for election to school council this year.
 - Ask at the school for help if you would like to stand for election and are not sure what to do.
 - Be sure to vote in the elections.
- Contact the principal for further information.

School Council Elections



Senior High, Team High

Form 2: Notice of election and call for nominations

An election is to be conducted for members of the school council of

St. Arnaud Secondary College

Nomination forms may be obtained from the school and must be lodged by 4.00pm on (insert day, month and year).

Thursday 16 February 2023

The ballot will close at 4.00pm on (insert day, month and year).

Tuesday 7 March 2023

The terms of office, membership categories and number of positions in each membership category open for election are as follows:

Membership category	
Parent member	
Term of office	Year
From the day after the date of the declaration of the poll in	2023
to and inclusive of the date of the declaration of the poll in	2025
Number of positions:	3
Membership category	
DET employee member	
Term of office	Year
From the day after the date of the declaration of the poll in	2023
to and inclusive of the date of the declaration of the poll in	2025
Number of positions:	1

Following the closing of nominations, a list of the nominations received will be posted at the school. If the number of nominations is less than the number of vacancies, a notice to that effect and calling for further nominations will be posted in a prominent position at the school.

Principal signature



Senior High, Team High

St. Arnaud Secondary College

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Phone: (03) 5495 1811 Fax: (03) 5495 2308
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Form 3: Self-nomination form for Parent member category

I wish to declare my candidacy for an elected position as a Parent member on the
St. Arnaud Secondary College school council

Name:

Residential Address:

Contact phone (mobile or landline):

Email:

I am the parent/guardian of
who is/are currently enrolled at this school.

Statement	Yes (Mark with an x)	No (Mark with an x)
I am an employee of the Department of Education and Training		
I am an employee of the school Council		
I am engaged in work at or for the school		

I am prepared to serve as a Parent member of the above-named school council. I hereby declare that:

- I am not, and never have been, insolvent under administration
- I am of sound mind
- I have not been found guilty of an offence that is, or would if committed in Victoria be, an indictable offence
- I am not a registrable offender within the meaning of the Sex Offenders Registration Act 2004.
- I am not suffering from any medical condition that would affect my ability to perform the role of member of a school council

Signature of Candidate

Date:

You will be notified when your nomination has been received.

Personal information provided in this form is collected as part of the school council election nomination process. The information may be used to determine your eligibility as a candidate. Your personal information may be disclosed as a result of inspection prior to the commencement of voting or at any time up to one year from the declaration of the poll.


Your name will be included in a list of school council candidates and nominators (where applicable) posted in a prominent position at the school and for candidates, on a ballot paper (where applicable). Further, the name, membership category, gender, term of office, office held (if any) of school council members and notification whether the member is an employee of the Department will be forwarded to the Department of Education and Training by the principal by 30 April each year as a record of council membership and may be used for statistical purposes.

You can access your personal information by contacting the principal on: 54951811

If you choose not to give some or all the information requested your nomination may not be accepted.

If you have any queries about the school council nomination process, please contact the principal.

School Council Elections



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Form 4: Nomination form for Parent member category

I wish to nominate: _____
for an elected position as a Parent member on the St Arnaud Secondary College School Council

Candidate's details

Name: _____

Residential Address: _____

Contact phone (mobile or landline): _____

Email: _____

I am the parent/guardian of _____
 who is/are currently enrolled at this school.

Statement:	Yes (Mark with an x)	No (Mark with an x)
The person I have nominated is an employee of the Department of Education and Training		
Is an employee of the school Council		
Is engaged in work at or for the school		

Name of Nominator: _____

Signature of Nominator: _____ **Date:** _____

Candidate to complete:

I accept the nomination and am prepared to serve as a Parent member of the above-named school council. I hereby declare that:

- I am not, and never have been, insolvent under administration
- I am of sound mind
- I have not been found guilty of an offence that is, or would if committed in Victoria be, an indictable offence
- I am not a registrable offender within the meaning of the Sex Offenders Registration Act 2004
- I am not suffering from any medical condition that would affect my ability to perform the role of member of a school council

Signature of Candidate _____ **Date:** _____

You will be notified when your nomination has been received.


Personal information provided in this form is collected as part of the school council election nomination process. The information may be used to determine your eligibility as a candidate. Your personal information may be disclosed as a result of inspection prior to the commencement of voting or at any time up to one year from the declaration of the poll.

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You can access your personal information by contacting the principal on: 54981811

If you choose not to give some or all the information requested your nomination may not be accepted.

If you have any queries about the school council nomination process, please contact the principal.

School Council Election Process and Timetable	
<p style="text-align: center;">School council election process and timetable 2023</p>  <p>Name of the School: ST. ARNAUD SECONDARY COLLEGE</p>	
EVENT	DATE
Notice of election and call for nominations	Thursday 16 February 2023
Closing date for nominations	Thursday 23 February 2023
Date by which the list of candidates and nominators will be displayed	Friday 24 February 2023
Date by which ballot papers will be prepared and distributed	On or before Tuesday 28 February 2023
Close of ballot	Tuesday 7 March 2023
Vote count	Tuesday 7 March 2023
Declaration of ballot	Tuesday 7 March 2023
First council meeting to coopt Community members (the principal will preside)	Wednesday 15 March 2023 (Could be Wed 8 March 2023)
Second council meeting to elect office bearers (the principal will preside)	Wednesday 15 March 2023

Please get these expression of interest forms and deposit returned to the General Office ASAP !!



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YEAR 9/10 CAMP - EXPRESSION OF INTEREST FORM

Dear Parents/Guardians,

We are looking to have the Year 9/10 Melbourne Camp take place in Term 2 of 2023. The dates of the camp are likely to be the 9th to the 12th of May, 2023, however these are subject to change. This camp gives students the opportunity to explore Melbourne, to use public transport in the CBD and to see what University is like in Melbourne.

At this stage, we are looking for expressions of interest to assist with planning. If your child is wanting to go to this camp, please return the slip attached at the bottom of the page to the front office **by the 10th of February, 2023**. A non-refundable deposit of \$50 will also be required to secure your child's spot.

The cost will be approximately \$510. Students will also need to bring approximately \$150 for snacks and shopping and organise a MYKI card for public transport. As more details are confirmed, another note with total costs will be sent out along with an itinerary.

For students that have not got a MYKI card they can get one through the following web page <https://www.pdv.vic.gov.au/> however, this needs to be organised prior to the camp.

The costs have not yet been confirmed, and will depend on student numbers. As more details are confirmed, another note with total costs will be sent out along with an itinerary.

If you have any questions about the camp, please feel free to email me. If you have any questions regarding finances, please contact our school Business Manager, Kerrie Swanton.

Kind regards,

Breanna Alexander
Year 9/10 Coordinator
breanna.alexander@education.vic.gov.au

Tony Hand
Principal
tony.hand@education.vic.gov.au

YEAR 9/10 CAMP - EXPRESSION OF INTEREST FORM

PLEASE RETURN THE FORM BELOW, by the 10th of February, 2023 to the FRONT OFFICE, along with a \$50 deposit to secure your place.

My child _____ (full name) will be participating in the year 9/10 Melbourne camp on the 9th to the 12th of May, 2023 and I understand that I will need to pay in full prior to the camp/excursion dates.

Payment options:

- ☐ BPAY – Receipt number.....
- ☐ EFTPOS at general office
- ☐ CSEF
- ☐ CASH/CHEQUE

Parent signature _____ Date _____

Welcome BBQ — 22/02/23

Could all Year 7 and New Student families wishing to attend, please indicate if they are attending for catering purposes ASAP !!



Strive High, Then Higher

St. Arnaud Secondary College

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2nd February, 2023

RSVP: Welcome BBQ

On **Wednesday 22nd February**, starting at **6pm**, the Secondary College would like to invite the parents of all our fresh-faced Year 7 students to the College for a BBQ Welcome dinner. In addition, any new families of students in other year levels are also invited.

The BBQ is a chance to meet the staff, see our excellent teaching and learning facilities, meet with other families, have a nice feed and get a feel for the College.

All food and drink is provided by the College (alcohol free event) in an informal and friendly atmosphere.

On the night we will also take the opportunity to show parents how our online system, Compass, works and showcase some of the programs and events we run at the school.

We hope to see as many families on the night as possible! Please fill out the RSVP form below and return to the school. Let us know how many family members will be attending so we can ensure enough food/drink is provided.

Yours Sincerely,

Clinton Lobley
Year 7/8 Coordinator

Tony Hand
Principal



RSVP SLIP

WELCOME BBQ

Return RSVP Form to the Coordinator or Front Office

I [NAME] _____ will be attending the Welcome BBQ with my child.

There will be people from our family attending.

Parent/Guardian signature _____

NAPLAN Information for parents and carers 2023

Why do students do NAPLAN?

NAPLAN is a national literacy and numeracy assessment that students in Years 3, 5, 7 and 9 sit each year. It is the only national assessment all Australian students have the opportunity to undertake.

As students progress through their school years, it's important to check how well they are learning the essential skills of reading, writing and numeracy.

NAPLAN assesses the literacy and numeracy skills that students are learning through the school curriculum and allows parents/carers to see how their child is progressing against national standards and over time.

NAPLAN is just one aspect of a school's assessment and reporting process. It doesn't replace ongoing assessments made by teachers about student performance, but it can provide teachers with additional information about students' educational progress.

NAPLAN also provides schools, education authorities and governments with information about how education programs are working and whether young Australians are achieving important educational outcomes in literacy and numeracy.

Your child will do the NAPLAN tests online

Schools have transitioned from paper-based to computer-based assessments. All Year 3 students will continue to complete the writing assessment on paper.

Online NAPLAN tests provide more precise results and are more engaging for students. One of the main benefits is tailored (or adaptive) testing, where the test presents questions which may be more or less difficult depending on a student's responses.

Tailored testing allows a wider range of student abilities to be assessed and measures student achievement more precisely. A student's overall NAPLAN result is based on both the number and complexity of questions they answer correctly. Your child should not be concerned if they find questions challenging; they may be taking a more complex test pathway.

What does NAPLAN assess?

NAPLAN assesses literacy and numeracy skills that students are learning through their regular school curriculum.

Students sit assessments in writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy. The questions assess content linked to the Australian Curriculum: English and Mathematics.

All government and non-government education authorities contribute to the development of NAPLAN test materials.

To find out more about NAPLAN, visit nap.edu.au.

Participation in NAPLAN

NAPLAN is for everyone. ACARA supports inclusive testing so all students have the opportunity to participate in the national assessment program.

Adjustments are available for students with disability who have diverse functional abilities and needs.

Schools should work with parents/carers and students to identify, on a case-by-case basis, reasonable adjustments required for individual students with disability to access NAPLAN. Adjustments should reflect the support normally provided for classroom assessments.

To help inform these decisions, you may consult the NAPLAN public demonstration site, the Guide for schools to assist students with disability to access NAPLAN, or our series of videos where parents/carers, teachers and students share their experiences in using NAPLAN adjustments.

In exceptional circumstances, a student with a disability that severely limits their capacity to participate in the assessment, or a student who has recently arrived in Australia and has a non-English speaking background, may be granted a formal exemption.

Your school principal and your local test administration authority can give you more information on adjustments for students with disability or the process required to gain a formal exemption.

What if my child is absent from school on NAPLAN days?

Where possible, schools may arrange for individual students who are absent at the time of testing to complete missed tests at another time during the school's test schedule.

What if my school is closed on NAPLAN days?

Schools with compelling reasons may be given permission to schedule tests after the 9-day test window.

What can I do to support my child?

Students are not expected to study for NAPLAN. You can support your child by reassuring them that NAPLAN is a part of their school program and reminding them to simply do their best. Some familiarisation and explanation of NAPLAN is useful to help students understand and be comfortable with the format of the tests. Teachers will ensure students are familiar with the types of questions in the tests and will provide appropriate support and guidance.

ACARA does not recommend excessive preparation for NAPLAN or the use of services by coaching providers.

See the types of questions and tools available in the online NAPLAN assessments at nap.edu.au/online-assessment/public-demonstration-site.

NAPLAN timetable

The NAPLAN test window is 9 days. This is to accommodate schools that may have fewer devices.

The NAPLAN test window starts on Wednesday 15 March and finishes on Monday 27 March 2023. Schools are advised to schedule the tests as soon as possible within the testing window, prioritising the first week.

How is my child's performance reported?

Individual student performance is shown on a national achievement scale for each assessment. This scale indicates whether the student is meeting expectations for the literacy and numeracy skills needed to participate fully in that year level.

A NAPLAN individual student report will be provided by your child's school later in the year. If you do not receive a report, you should contact your child's school.

How are NAPLAN results used?

- Students and parents/carers may use individual results to discuss progress with teachers.
- Teachers use results to help identify students who need greater challenges or extra support.
- Schools use results to identify strengths and areas of need to improve teaching programs, and to set goals in literacy and numeracy.
- School systems use results to review the effectiveness of programs and support offered to schools.
- The community can see information about the performance of schools over time at myschool.edu.au.

Where can I get more information?

For more information about NAPLAN:

- contact your child's school
- contact your local test administration authority at nap.edu.au/TAA
- visit nap.edu.au

To learn how ACARA handles personal information for NAPLAN, visit nap.edu.au/naplan/privacy.

Test	Scheduling requirements	Duration	Test description
Writing	<ul style="list-style-type: none"> • Year 3 students do the writing test on paper (on day 1 only) • Years 5, 7 and 9 writing must start on day 1 (schools must complete the writing test by the end of day 2) • Year 9 writing must be completed by the end of day 2 only used where there are technical/logistical limitations) 	<ul style="list-style-type: none"> Year 3: 40 min Year 5: 42 min Year 7: 42 min Year 9: 42 min 	Students are provided with a writing stimulus (sometimes called a 'prompt' – an idea or topic) and asked to write a response in a particular genre (narrative or persuasive writing)
Reading	<ul style="list-style-type: none"> • To be completed after the writing test • To be completed before the conventions of language test 	<ul style="list-style-type: none"> Year 3: 45 min Year 5: 50 min Year 7: 65 min Year 9: 65 min 	Students read a range of informative, imaginative and persuasive texts and then answer related questions
Conventions of language	<ul style="list-style-type: none"> • To be completed after the reading test 	<ul style="list-style-type: none"> Year 3: 45 min Year 5: 45 min Year 7: 45 min Year 9: 45 min 	Assesses spelling, grammar and punctuation
Numeracy	<ul style="list-style-type: none"> • To be completed after the conventions of language test 	<ul style="list-style-type: none"> Year 3: 45 min Year 5: 50 min Year 7: 65 min Year 9: 65 min 	Assesses number and algebra, measurement and geometry, and statistics and probability

Year 7 & Year 9 NAPLAN – TERM 1 WEEK 8

IMPORTANT INFORMATION!!!!

WED	THU	FRI
15 MARCH	16 MARCH	17 MARCH
09:15 AM - W Y9(30) Year 9	09:15 AM - CL Y7(24) Year 7	09:15 AM - N Y7(24) Year 7
09:15 AM - W Y7(24) Year 7	09:15 AM - CL Y9(30) Year 9	09:15 AM - N Y9(30) Year 9
11:15 AM - R Y9(30) Year 9		
01:30 PM - R Y7(24) Year 7		

NAPLAN TIMETABLE

Wednesday 15th March Y7 & Y9 are to come to school and then go home after NAPLAN

9.15am-10.15am - Year 7 & Year 9 Writing (42-minute test)

11.15am - 12.30pm - Year 9 Reading (65-minute test)

1.30pm to 2.45pm - Year 7 Reading (65-minute test)

Thursday 16th March

9.15am-10.15am - Year 7 & Year 9 Conventions of Language (45-minute test)

Friday 17th March

9.15am-10.15am - Year 7 & Year 9 Numeracy (65-minute test)



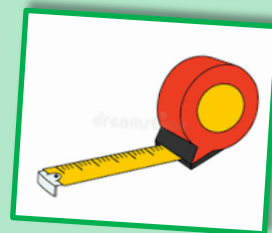
BRING YOUR HEADPHONES AND HAVE YOUR COMPUTER READY & CHARGED FOR EACH DAY!!!

Yr. 12 Numeracy Studies



As part of the Vocational Major Numeracy studies, students need to plan, design and produce a scale model of a tiny house.

Students can be seen here taking measurements to ensure their design is suitably sized.



Yr. 11 Food Studies



This week,
Jackson and
Anthony cooked
Potato and

Spinach Quesadillas (pronounced 'keh-sah-dee-yah'). It is a traditional recipe of Mexico. After the tortilla is filled and folded, it is fried or toasted. Cooking techniques such as roasting, steaming and frying are used in the preparation of quesadillas.



The boys had to roast and skin the red capsicum, peel, slice and steam the potato, and fry the bacon and onion. There was a lot of skill building this week, especially using the knives correctly to cut many of the ingredients thinly.





Year 12 Biology Practical Investigation

Last week the Year 12 Biology students completed a practical investigation on the structure and regulation of biochemical pathways. Their aim was to determine how temperature affects the action of the enzyme bromelain on gelatine. Pineapple contains a group of protease enzymes called bromelain. Most chefs know not to include fresh pineapple juice to gelatine desserts, because the enzyme digests the protein in gelatine and the gelatine will not set.

The students tested a range of temperatures of fresh pineapple juice that they added to a gelatine mixture and left them over-night to see which temperatures allowed the gelatine to set. Their results showed that pineapple juice heated to 80°C set the gelatine due to the high temperature denaturing (breaking down) the bromelain enzyme, so the gelatine composition was not altered.

Yr. 12 Food Studies



Term 1, Week 3, saw the Year 12 Food Studies students making a chicken noodle salad as a part of the eating and food digestion theory section. The students needed to be able to evaluate the meal, explaining all of the sensory properties (appearance, aroma, flavour and texture) of the meal and how and where in the body it is digested. The students also looked at the Australian Guide to Healthy Eating to see how the ingredients were classified.



VSSS Expressions of Interest

THE VICTORIAN STATE SCHOOLS

SPECTACULAR

EXPRESSIONS OF INTEREST FOR 2023 !!!!

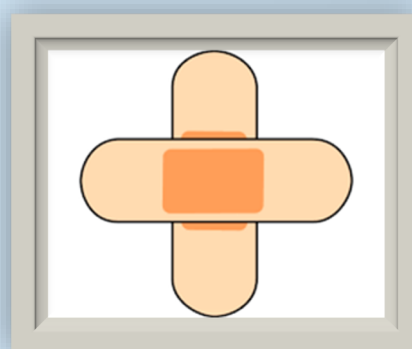
NO PREVIOUS DANCE EXPERIENCE IS REQUIRED. Anyone who loves to dance or enjoys music is very welcome. It is loads of fun and you will be choreographed by Melbourne professionals. There will be 4 rehearsals in our St Arnaud Stadium during the year and then 3 nights in Melbourne staying at the Claremont Guest House in South Yarra. On Saturday 9thth September, two concerts are performed at John Cain Arena. The cost is \$30 which will go towards the student's MYKI card.

The performance is filmed by Channel 7 and telecast in December. This is a wonderful opportunity to be part of a professional production and St Arnaud Secondary College is very fortunate to be chosen as one of the participating schools.

We need to know how many St Arnaud students are interested by Wednesday 22nd February (at the latest). If VSSS is something you would like to be involved in this year please message or call Deb Feeny with your expression of interest or any questions on 0429 956275. Otherwise, your name can be left on the list at the office. Thank you and looking forward to an exciting VSSS in 2023!



School Doctor



Doctors In Schools Program

We are very lucky to have Dr Mohammad Jawad and Practice Nurse Kylie Kirk with us every Tuesday once again this year.
This service is available free to students.

Any students requiring appointments to see the GP can see Mrs. Chapman.



2023 Parent Payments Policy

School Council has approved the Curriculum Contributions, Other Contributions, and Extra-Curricular Items and Activities for 2023.

The Parent Payments 2023 and Parent Payments Policy 2023 are located on the school website.

Parent Payments Information will be mailed to families in 2023, with payment to be made in 2023.

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

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

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

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 Extra-Curricular Items and Activities, including camps and excursions must be paid by the specified due date prior to departure.
- 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 BPay details, please contact the school for these details.

Camps, Sports, and Excursions Fund applications

The Camps, Sports and Excursions Fund helps eligible families to cover the costs of school trips, camps, and sporting activities. Applications for the Camps, Sports, and Excursions Fund (CSEF) close 23/06/2023

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

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

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

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

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

PARENT PAYMENTS POLICY

ONE PAGE OVERVIEW



FREE INSTRUCTION

- Schools provide students with free instruction and ensure students have free access to all items, activities and services that are used by the school to fulfil the standard curriculum requirements in Victorian Curriculum F-10, VCE and VCAL.
- Schools may invite parents to make a financial contribution to support the school.



PARENT PAYMENT REQUESTS

Schools can request contributions from parents under three categories:

Curriculum Contributions

Voluntary financial contributions for curriculum items and activities which the school deems necessary for students to learn the Curriculum.

Other Contributions

Voluntary financial contributions for non-curriculum items and activities that relate to the school's functions and objectives.

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.

- Schools may also invite parents to supply or purchase educational items to use and own (e.g. textbooks, stationery, digital devices).



FINANCIAL HELP FOR FAMILIES

- Schools put in place financial hardship arrangements to support families who cannot pay for items or activities so that their child doesn't miss out.
- Schools have a nominated parent payment contact person(s) that parents can have a confidential discussion with regarding financial hardship arrangements.



SCHOOL PROCESSES

- Schools must obtain school council approval for their parent payment arrangements and publish all requests and communications for each year level on their school website for transparency.

BYOD Program 2023



St Arnaud Secondary College Bring Your Own Device Program (BYOD) 2023

Students studying at St Arnaud Secondary College in 2023 are invited to supply their own notebook device for use as part of the College's BYOD (Bring Your Own Device) program. This document provides details of the BYOD program and device recommendations. For further details see the College's website – BYOD Program 2023 <https://www.starnaudsc.vic.edu.au/>

What type of BYOD do students need?

The device must be capable of connecting to the College's 5GHz Wi-Fi network, so it must support 802.11a or 802.11ac Wi-Fi connections. The device should be appropriate to work on and produce office style documents such as spreadsheets, word processed documents and presentations which may need to be printed or submitted electronically.

A table of recommended device specifications can be found in the BYOD Recommendations Guide. Ideally students should obtain a BYOD device which meets with the specification in the "Great" or "Acceptable" section of the table. The table is intended as a guide, where devices with some variation from the specifications listed may be suitable.

Do participating students require a new device?

Participating students are not required to purchase a new device. Students may already have a device that will be suitable. Use the BYOD Recommendations Guide to compare the device's suitability.

If students do prefer to use a new device, where should they purchase it from?

You are not required to purchase a device from any particular supplier. However, to assist you with the choice of device, you can purchase from Learning with Technology (LWT), and a link is provided for you to view the devices listed on the LWT portal for comparison of device offerings from other suppliers also.

LWT Link - <https://sasc.orderportal.com.au/>

What software can the College provide me for my BYOD at no cost?

St. Arnaud Secondary College can provide access to Microsoft Office, which includes Word, Excel, PowerPoint, OneNote, and Outlook, and to Adobe Creative Cloud software titles for the duration of a student's enrolment at the College.

Repairs, Warranty and Theft





The College insurance does not cover students' personal devices. When purchasing a new device, it is highly recommended that an extended warranty and insurance is purchased. The College is not responsible for any repairs, maintenance, or theft of the BYOD device.

Care of Device

It is recommended that students purchase a carry bag or cover, as most repairs to notebook devices are caused by droppage or spillages.

For further information, please contact the ICT Department at the College – 5495 1811

BYOD Program 2023

BYOD Recommendation Guide	
 Great!	<p>Midrange or above Windows Notebook (cost around \$1,100) or Microsoft Surface Pro (cost around \$1,600)</p> <ul style="list-style-type: none"> • 256 GB storage • 8 GB memory • 802.11a/ac or dual-band Wi-Fi adapter • Less than 2 years old
 Acceptable	<p>Base level Windows Notebook (cost range \$500 to \$1,000)</p> <ul style="list-style-type: none"> • 128 GB storage • 8 GB memory • 802.11a/ac or dual-band Wi-Fi adapter • Less than 2 years old <p>OR</p> <p>An older device with similar specs to those listed as "Great" above which may be 2 to 4 years old (or possibly a little older if the device is in excellent condition and the battery holds a charge for a school day).</p>
 Not recommended	<p>Apple iPad or quality Android Tablet or Chromebook</p> <ul style="list-style-type: none"> • 128GB storage models (32GB may work, but could be problematic) • A keyboard attachment • Generally, less than 2 years old with a battery that lasts a school day <p>While tablets or Chromebooks may perform many of the function's students require, some tasks may be either difficult or impossible when using these devices. Therefore, we do not generally recommend these devices and suggest a general-purpose MacBook or Windows computer as a better option.</p>
 Not suitable	<ul style="list-style-type: none"> ✗ Devices that do not have a 5GHz (802.11a or ac) Wi-Fi adapter (Devices with only a 2.4GHz (802.11 b/g/n) are not suitable) ✗ In general, devices older than 4 years (see above) ✗ Low end Android or Chromebook based devices (typically less than \$500) ✗ Devices with less than 128 GB of storage (see details above for recommendations) ✗ Devices with less than 30 GB free storage space ✗ Devices with less than 4 GB memory (acceptable iPads or tablets may have less) ✗ Devices running Windows 10 S, Windows RT, or Linux.



Music



St. Arnaud Secondary College's new music room is set up and ready to go! Instruments are on their racks, guitars are plugged into their amps and drums sets are ready to roll.

Instrumental lessons are free at our college and places are filling up fast. Get your permission forms in quick to secure your place in 2023's music program!





The Science Experience is a fun 1, 3 or 4 days of science activities for Year 9 and 10 students.

Each program is designed to provide students who have an interest in science with an opportunity to engage in a wide range of fascinating science activities under the guidance of scientists who love their work. The program takes place in over thirty-five universities and tertiary institutions, within many different laboratories and lecture theatres. More than 84,000 students have taken this rare opportunity, up to date.

Upcoming Program:

Marine and Freshwater Discovery Centre, Queenscliff – Tuesday 18th April (School Holidays)

Immerse yourself in marine and freshwater science in one day.

- Sharks, plankton, crabs, sea horses and seaweed.
- Freshwater beasts both big (Murray Cod) and small (mini beasts).
- Law enforcement in the aquatic world.

A combination of presentations by scientists, hands on practicals and watery activities will lead to a fulfilling program that will allow you to explore the many possibilities for future studies and careers in aquatic science and beyond.

For further information including other locations and dates please visit:

www.scienceexperience.com.au/about-the-program

Work Experience at AIE



The Academy of Interactive Entertainment (AIE) runs a Work Experience Program for students in years 10 to 12 throughout the year. Students can undertake work experience at their campuses in Sydney, Melbourne, Canberra, and Adelaide.

The Work Experience Program encompasses a range of activities including 3D animation, programming, QA testing and much more.

For further information visit:

<https://aie.edu.au/student-information/work-experience/>



Regional Education Support Network (RESN) is a not-for-profit student network that offers rural and regional students free VCE educational support, such as tutoring, mentoring, and access to study resources. We currently provide 1,400 students in Queensland, New South Wales and Victoria with our full suite of academic support services. Specifically, we answer students' questions online; hold virtual, live, tutoring sessions; provide study resources and practice questions; and deliver live seminars at schools to raise students' aspirations – all for free!

For further information visit:

www.resn.org.au



FreeSchool is a not-for-profit organisation that exists to help all children be their best.

FreeSchool is a fantastic revision student resource for Maths, English, Science & Humanities subjects from Years 7 - 12.

The video lessons cover a wide variety of subject areas, with the lessons taught by some of Australia's Best Teachers.

Students can:

- Find teachers in FreeSchool that resonate with them and really help them learn
- Watch videos at their own pace, and as many times as they like
- Explore new subjects and areas of interest

Visit:

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



Career bullseyes

You can now start exploring different career pathways by selecting a subject/learning area you enjoy.

Visit:

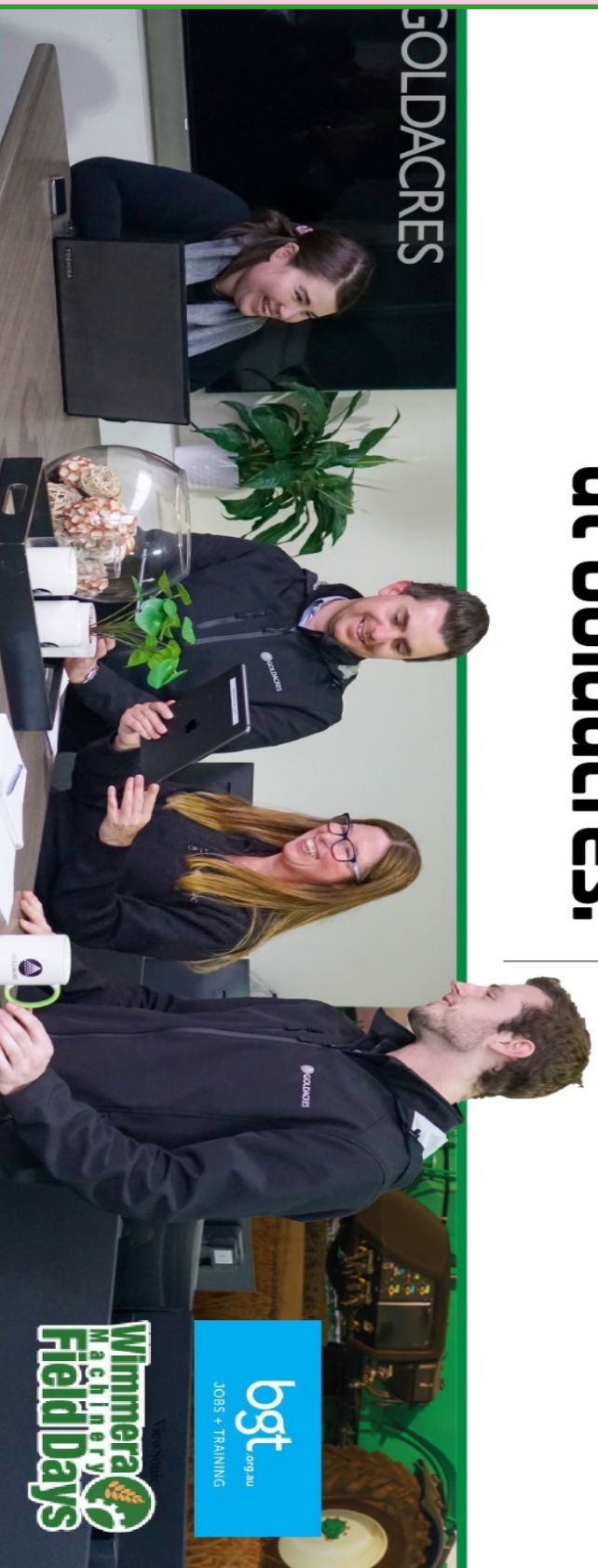
<https://myfuture.edu.au/bullseyes>

Mrs Rebecca Reynolds
Careers Co-ordinator

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

Explore careers to suit your talents & interests at Goldacres.

Engineering, Product Specialists,
Marketing, Human Resources, Assembly,
Welding and more...
PLUS on Wednesday Ballarat Group
Training providing apprenticeship info.



@Wimmera Field Days
7th, 8th & 9th March 2023



Falling Kingdoms

By Morgan Rhodes

In the three kingdoms of Mytica, magic has long been forgotten. And while hard-won peace has reigned for centuries, a deadly unrest now simmers below the surface.

As the rulers of each kingdom grapple for power, the lives of their subjects are brutally transformed... and four key players, royals and rebels alike, find their fates forever intertwined. Cleo, Jonas, Lucia, and Magnus are caught in a dizzying world of treacherous betrayals, shocking murders, secret alliances, and even unforeseen love.

The only outcome that's certain is that kingdoms will fall. Who will emerge triumphant when all they know has collapsed?

It's the eve of war.....Choose a side.



Rebel Spring

By Morgan Rhodes

After a bloody siege, Auranos has been defeated, its young queen orphaned and dethroned. The three kingdoms—Auranos, Limeros, and Paelsia—are now unwillingly united as one country called Mytica. But the allure of ancient, dangerous magic beckons still, and with it the chance to rule not just Mytica, but the whole world over...

At the heart of the fray are four brave young people grappling for that magic and the power it promises. For Cleo, the magic would enable her to reclaim her royal seat. In Jonas's hands, it frees his nation, and in Lucia's, it fulfils the ancient prophecy of her destiny. And if the magic were Magnus's, he would finally prove his worth in the eyes of his cruel and scheming father, King Gaius, who rules Mytica with a punishing hand.

When Gaius begins to build a road into the Forbidden Mountains to physically link all of Mytica, he sparks a long-smoking fire in the hearts of the people that will forever change the face of this land. For Gaius's road is paved with blood, and its construction will have cosmic consequences





Under 14's Netball Training

Starts- Thursday, 23rd February 2023

Time - 4.15pm to 5.15pm

@ the St Arnaud Netball Courts

Ages - Grade 5 and Up

Any questions please contact
Stacey Wandel
0407 320 850



Health & Wellbeing



Our school offers breakfast on Tuesday's and Thursday's students have toast, milk, fruit we also do special breakfasts for example, Pancakes. Come along.

JOIN THE **ST ARNAUD SECONDARY COLLEGE & ST ARNAUD PRIMARY SCHOOL** AS WE SWIM LAPS TO RAISE AWARENESS AND FUNDS FOR YOUTH MENTAL HEALTH. THIS FEBRUARY AND MARCH WE WILL TAKE ON THE CHALLENGE TO SWIM AS MANY LAPS AS WE CAN TO SHOW OUR SUPPORT AND INCREASE OUR KNOWLEDGE ON HOW TO ACCESS MENTAL HEALTH SUPPORT.

START MONDAY 20TH FEB

I am swimming for youth mental health.

Laps for Life
Swim to Save Lives

Sponsor Me

SEND IN YOUR LAP COUNTS

LAPS FOR LIFE IS CONDUCTED WITH THE REACHOUT SERVICE -
REACHOUT PROVIDES A SAFE, ONLINE PLACE FOR YOUNG PEOPLE TO CHAT ANONYMOUSLY, GET SUPPORT, AND ASSIST WITH IMPROVED MENTAL HEALTH AND WELLBEING

GO TO OUR PAGE TO SEE OUR PROGRESS & TO DONATE
[HTTPS://WWW.LAPSFORLIFE.COM.AU/FUNDRAISERS/TANIASCARCE/LAPS-FOR-LIFE](https://www.lapsforlife.com.au/fundraisers/taniascarce/laps-for-life)

Treating and controlling headlice

health

While children are at school many families will have contact with head lice. The information contained here will help you treat and control head lice.

Catching head lice

Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

Finding head lice

Many lice do not cause an itch, so you have to look carefully to find them.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Loose eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off. Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

- Step 1** Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.
- Step 2** Now comb sections of the hair with a fine tooth, head lice comb.
- Step 3** Wipe the conditioner from the comb onto a paper towel or tissue.
- Step 4** Look on the tissue and on the comb for lice and eggs.
- Step 5** Repeat the combing for every part of the head at least four or five times.

A Victorian Government initiative
The Pledge to Be

If lice or eggs are found, the hair should be treated. If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product.
2. Using the conditioner and comb method (described under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully. The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
 - No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice, the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
 - Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
 - If you are using a lotion, apply the product to dry hair.
 - If you are using a shampoo, wet the hair, but use the least amount of water possible.
 - Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.
- There is no need to treat the whole family - unless they also have head lice.
- Concentrate on the head - there is no need to clean the house or the classroom.
- Only the pillowcase requires washing - either wash it in hot water (at least 60°C) or dry it using a clothes dryer on the hot or warm setting.

Department of Health

Testing resistance

Head lice products belong in one of the following categories depending on the active compound they contain:

- pyrethrins
- synthetic pyrethroids (permethrin, bioallethrin)
- organophosphates (malathion or malathion)
- herbal with or without natural (non-chemical) pyrethrins.

Insecticide resistance is common, so you should test if lice are dead. If they are, treat again in seven days using the same product. If the lice are not dead, the treatment has not worked and the lice may be resistant to the product and all products containing the same active compound. Wash off the product and treat as soon as possible using a product containing a different active compound. If the insecticide has worked, the lice will be dead within 20 minutes.

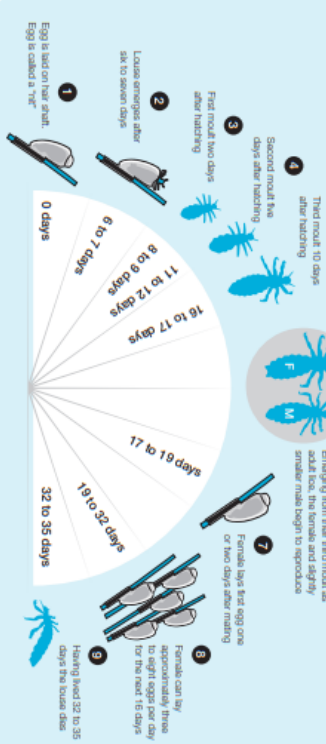
Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

Head lice combs

Combs with long, rounded stainless steel teeth positioned very close together have been shown to be the most effective, however, any head lice comb can be used.

The life cycle of head lice

Pediculus humanus capitis



The information in this pamphlet is based on the research conducted and written by Associate Professor Rick Sporens and the team of researchers at School of Public Health and Tropical Medicine, James Cook University.

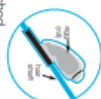
Treating and controlling head lice

Cover concept by students from St Patrick's Primary School, West Geelong. Life cycle diagram courtesy of Mitzi-Jones Ode. © Copyright Department of Health 2010. Authenticated by the State Government of Victoria, 501 Convent Street, Melbourne, November 2010. PH468. (1010113)

Head lice eggs

Head lice eggs are small (the size of a pinhead) and oval. A live egg will 'pop' when squashed between fingernails.

Dead eggs have crumpled sides and hatched eggs look like tiny boiled eggs with their tops cut off.



Regulations

According to the Public Health and Wellbeing Regulations 2009, children with head lice can be readmitted to school or children's service centres after treatment has commenced.

The department recommends a child with head lice can be treated once evening and return to school or children's service centres the next day, even if there are still some eggs present. There is no need to miss school or child care because of head lice.

Preventing head lice

Check your child's head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

Further information

The following website offers further information:
www.health.vic.gov.au/headlice

Health & Wellbeing



PSYCHOLOGY SERVICE AT THE SECONDARY COLLEGE

Introducing U'Nita Harold. U'Nita is our new Psychologist that is visiting the Secondary School once a fortnight. U'Nita is available for appointments.

The mission is to assist clients to build vibrant authentic meaningful lives, based on what they value as important. Our practice model is holistic and considers emotional health and wellbeing in the greater context of movement, nutrition, social connection, sleep, and spirituality.

We are committed to providing a multidisciplinary approach to client care, maintaining (with client consent) excellent communication with GPs and other allied health professionals in order to maximise the mental health and wellbeing outcomes for our clients.

Our highly qualified and experienced team is committed to providing a service which is mindful of and empathic towards the unique needs of rural people, their families, lifestyles, and communities.

Clients' privacy and confidentiality are imperative

For appointments, please contact School Nurse Tania Scarce or Student Wellbeing Coordinator Rosanne Chapman.



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/groups/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

Uniting

LOOKING AFTER YOUR SKIN

HAVE A SUNSMART SUMMER



Slip

Slip on sun protective clothing that covers as much skin as possible.



Slop

Slop on sunscreen. Find a SPF 30 (or higher) broad-spectrum, water-resistant sunscreen that suits your skin. Re-apply every 2 hours.



Slap

Slap on a hat. Choose one with a tight weave and broad brim that provides good shade to your face, head, neck and ears.



Slide

Slide on sunglasses. Choose sunglasses labelled AS1067 - these meet Australian Standards for eye protection.



Seek

Seek a shady spot.



Download

the Sunsmart app.



<https://www.sunsmart.com.au/>

E-CIGARETTES & VAPING

WHAT WE NEED TO KNOW



While most people do not use e-cigarettes (also known as vapes), the number of young people who are using them (vaping) is increasing, and that's a concern for the health of our communities.

- There are no quality or safety standards for e-cigarettes so they could be made anywhere, by anyone and contain anything.
- Many vapes contain addictive nicotine, even the ones that say they don't. They just don't put it on the pack.
- Vapes contain the same toxic chemicals found in cleaning products, nail polish remover, weed killer and bug spray. These chemicals do not belong in our lungs.

E-cigarettes / vaping and the law

- Smoking and vaping are banned in the grounds of, and within 4 metres of entrances to: childcare centres, kinders and schools.
- In Victoria it is illegal to sell e-cigarette devices or e-cigarette accessories containing nicotine.
- It is also illegal to sell e-cigarettes to, or buy e-cigarettes for, any person aged under 18 years.



**NO
SMOKING
OR VAPING**



on this premises and
within 4 metres of entrance
PENALTIES MAY APPLY



FOR A HEALTHY LUNCHBOX SOMETHING FROM EACH GROUP 1-6!

PICK & MIX



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.



FOR A HEALTHY LUNCHBOX

PICK & MIX

SOMETHING FROM EACH GROUP 1-6!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
FRESH FRUIT <ul style="list-style-type: none"> Apple Banana Mandarin Orange quarters Poisonfruit halves (with spoon) Watermelon, honeydew, rockmelon chunks Pineapple chunks Grapes Plums Nectarines, peaches, Apricots Strawberries Cherries Kiwifruit halves (with spoon) Pear MIXED FRUIT <ul style="list-style-type: none"> Fruit salad Fruit kebabs DRIED FRUIT <ul style="list-style-type: none"> Dried fruit, nut, popcorn mixes* TINNED FRUIT/SNACK PACKS/CUPS <ul style="list-style-type: none"> In natural juice (not syrup) 	FRESH CRUNCHY VEGIES <ul style="list-style-type: none"> Corn cobs Carrot sticks Capsicum sticks Green beans Cucumber sticks Celery sticks Snow peas Tomatoes (e.g. cherry and Roma tomatoes) Mushroom pieces Can serve with either: <ul style="list-style-type: none"> Hommus Tomato salsa Tatziki Beetroot dip Natural yoghurt SALADS <ul style="list-style-type: none"> Coleslaw and potato salad (reduced fat dressing) Mexican bean, tomato, lettuce and cheese salad Pesto pasta salad* BAKED ITEMS <ul style="list-style-type: none"> Grilled or roasted vegetables Wholemeal vegetable muffins or scones Vegetable slice (with grated zucchini and carrot) Popcorn SOUP (in small thermos) <ul style="list-style-type: none"> Pumpkin soup Potato and leek soup Chicken and corn soup 	<ul style="list-style-type: none"> Milk Calcium-enriched soy and other plant-based milks Yoghurt (frozen overnight) Custard Tip: <ul style="list-style-type: none"> Freeze the night before to keep cool during the day Can serve with either: <ul style="list-style-type: none"> Cheese cubes, sticks or slices Cottage or ricotta cheese Cream cheese Tatziki dip Can serve with either: <ul style="list-style-type: none"> Fruit Wholegrain cereal, low in sugar Vegetable sticks Rice and corn cakes Wholegrain wheat crackers 	<ul style="list-style-type: none"> Tinned tuna or salmon in springwater Lean roast or grilled meats (e.g. beef, chicken, kangaroo) Falafel balls Lean meat or chicken patties Tinned tuna or salmon patties Lentil patties Lean deli meats (e.g. ham, silveride, chicken) Baked eggs Baked beans (canned) Tofu cubes Hommus dip Lean meat or chicken kebabs sticks Peanut butter* Can serve with: <ul style="list-style-type: none"> Wholegrain sandwich, roll, pita or wrap bread with salad Rice and corn cakes Wholegrain wheat crackers Side salad <ul style="list-style-type: none"> Vegetable frittata Skinless chicken drumsticks Savoury muffins or scones (e.g. lean ham, cheese and shallots) Homemade pizzas with lean roast or deli meats and vegetables Can serve with: <ul style="list-style-type: none"> Side salad Steamed or roasted vegetables 	MAINS <ul style="list-style-type: none"> Wraps Sandwiches Rolls Toasted sandwiches Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, focaccias, fruit bread and English muffins. <ul style="list-style-type: none"> Pasta dishes Rice, quinoa or couscous dishes Noodle dishes Sushi SAVORY BAKED ITEMS <ul style="list-style-type: none"> Homemade pizzas Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins) Vegetable based muffins Pasta or noodle bake SWEET BAKED ITEMS <ul style="list-style-type: none"> Fruit loaf Wholemeal fruit based muffins SNACKS <ul style="list-style-type: none"> High fibre, low sugar cereal (e.g. muesli) English muffins Crackers Crispbreads Rice cakes Corn thins Wholemeal scones Pikelets Crumpets Hot cross buns (no icing) 	<ul style="list-style-type: none"> Take a water bottle (for refilling throughout the day) Tip: <ul style="list-style-type: none"> Freeze overnight to keep foods cool in lunchboxes <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service:
<http://heas.health.vic.gov.au/>

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.



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

2023 Calendar



February	Mon	20th	NCD Swimming
	Tues	21st	Yr. 7 Practice Naplan - Period 1 & 2 Yr. 11 & 12 — Past Students Presentation (Period 6)
	Wed	22nd	Welcome BBQ — Yr. 7 and New Families @ 6pm Yr. 12 Biology Excursion—Ecolinc Bacchus Marsh Yr. 11/12 OES Halls Gap Excursion
	Fri	24th	Yr. 9 Practice Naplan - Period 3 & 4
	Mon	27th	MIPS
	Mon — Fri	27th—3rd	Yr. 7 Camp — Creswick Log Cabin
March	Wed	8th	MIPS
	Thurs	9th	NCD Triathlon
	Mon	13th	LABOUR DAY HOLIDAY
	Tues	14th	LMR Swimming
	Tues — Fri	14th — 17th	Yr. 8 Camp — Creswick Log Cabin
	Wed	15th	MIPS
	Wed—Fri	15th—17th	Yr. 7 & 9—Naplan
	Tues	21st	Harmony Day
	Thurs	23rd	Walk for Autism Day
	Fri	24th	MIPS
	Mon	27th	House Athletics
	Tues	28th	MIPS
	Fri	31st	Yr. 10 — 11 Man Cave & Flourish Girl
April	Wed	5th	Diversity Dash
	Thurs	6th	Last Day of Term 1
	Fri	7th	GOOD FRIDAY
	Mon	24th	Term 2 Begins
	Tues	25th	ANZAC DAY HOLIDAY

