

# St. Arnaud Secondary College Newsletter

**Issue 7**

Term 1  
Week 8

17th March 2023

## LMR Swimming Swan Hill

On Tuesday, 14<sup>th</sup> March, we had 11 students compete at the Loddon Mallee Region Swimming Carnival held in Swan Hill. All students competed extremely well and should all be very proud of their efforts.



A special congratulations to Jesse Amos who came first in the 50m Butterfly and to the Medley Relay team of Austin and Owen Lowe, Tom Scarce and Jesse Amos - all progress through to State Level.

Thanks to our drivers Fiona Amos, Melissa Hendy, Chris Amos, and Tony Hand who took time out of their day to transport these students to Swan Hill. This was very much appreciated!



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

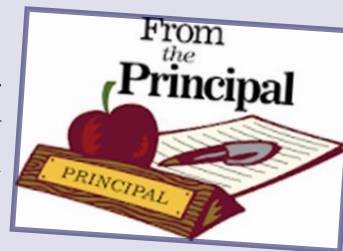
Address: Smith Street, St. Arnaud. Victoria 3478  
Postal Address: P.O. Box 40, St. Arnaud 3478  
Ph: (03) 54 951811

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

# Principal's Report

## **Short week and busy End to Term**

I hope everyone got to enjoy the long weekend which was nicer with the return of some warmer weather. Even though we only have just under three weeks for the rest of the term, there is an action-packed calendar. Please note that Monday 24 April is a Pupil Free Day and Term 2 will start on Wednesday April 26.



## **NAPLAN**

Students in Years 7 and 9 completed their annual NAPLAN testing this week at the College. Even though a great deal of planning and trials had been undertaken, there were still a few issues with the on-line platform. While it is an inconvenience, it sounds as though many if not most schools across the state were affected. Either way – our continual message to the students was just to try and do their best.

## **Year 8 Camp**

Our Year 8 students have been on camp all this week – at the Log Cabin Camp in Creswick. Following the stellar reviews from the Year 7 students from last week, early reports were very positive about the activities, food, and accommodation. We look forward to hearing from them next week when they return to school.

## **Camps and Excursions**

Just a note to all families about Camps and Excursions. Camps and excursions take a great deal of behind the scenes planning and parent payment and permission is sought prior to an activity. We have had several students just roll up on the day and expect to attend, even though they have not handed in the appropriate permission forms or in the case of sporting events – not in the correct uniform. All this information is supplied to students and parents in advance of the events, and it will be enforced that if student permission forms are not returned by the due date (or at the very latest, the day prior to the activity) students will not be able to attend the activity. The same will apply for students who do not have the correct uniform when required – they will not be able to attend the activity.

## **Building Works**

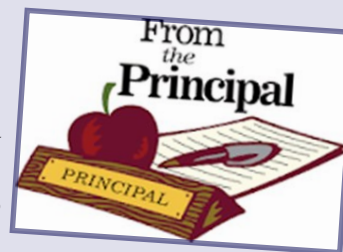
“Real” demolition started on Wednesday as the roof over the breezeway between the student toilets and the old science wing was removed. This did require us to close the toilets for the day, but students still have access to toilets in the BER, the main wing and the Doctor’s surgery. While this was a little bit of an inconvenience, it was better than hiring portable toilets and the associated costs which would come out of our budget.

**I would also like to note for all families that Asbestos removal is taking place over this coming weekend (18th and 19th March) and no students or staff are able to come on site over this period. This includes the basketball court area.**

# Principal's Report

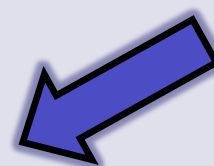
## Zone Swimming in Swan Hill

On Tuesday, a team of 11 students travelled to Swan Hill to compete in the Zone Swimming. All students tried their best and Jesse Amos won through to States in the open 50M Butterfly. Jesse was also part of the Open Medley Relay who also won so Tom Scarce, Owen and Austin Lowe will join Jesse in the State Swimming finals later this year. Well done to all competitors and thanks to Fiona Amos, Chris Amos and Melissa Hendy for helping to transport students to and from Swan Hill.



## School Captains Community Event

Just a plug for “Hits and Giggles” which is a community event that is being devised and run by our College Captains, Izzy and Rogan on Friday March 31st. It is aimed at bringing our St. Arnaud and district community together in a fun social environment. More details are on the Facebook page and in this newsletter.



**Monday, 20th March** – Harmony Day

**Thursday, 23rd March** – Walk for Autism

**Monday, 27th March** – House Athletics

**Friday, 31st March** – School Captains Community Event & Yr. 10/11 Man Cave and Flourish Girls

**Thursday, 6th April** – Diversity Dash and Last Day of Term 1

**Monday, 24th April** – Pupil Free Day

**Tuesday, 25th April** – ANZAC Day

**Wednesday, 26th April** – Students return for Term 2

**Tony Hand**  
**Principal**

# School Canteen Menu

## St Arnaud Secondary College – Canteen Menu 2023

### Main

Plain Pies	\$4.50
Party Pies	\$1.50
Flavour Pie	\$4.50
Sausage Rolls	\$4.00
Spinach & Ricotta Roll	\$4.00

### 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
Toasted Focaccia	\$6.00
Mixed Sand/Toasties	\$4.00
Pizza Variety	\$4.00

### Snacks

Kabana, Cheese & Biscuits	\$3.00
Slices	\$3.00
Fruit Salad	\$4.00
Yoghurt variety	\$1.50

### Drinks

Water	\$3.00
Sparkling Water	\$3.00
Flavoured Water	\$4.00
Big M 500ml	\$4.00
Big M 300ml	\$3.00
Big M 250ml	\$3.00
Juice Box	\$2.00

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

**Eftpos Facilities Available**

**(minimum \$5.00)**

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



## **St. Arnaud Secondary College**

Box 40, ST. ARNAUD, 3478

Phone: (03) 5495 1811

Fax: (03) 5495 2308

Email: [st.arnaud.sc@edumail.vic.gov.au](mailto:st.arnaud.sc@edumail.vic.gov.au)

### **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](mailto:breanna.alexander@education.vic.gov.au)

Tony Hand  
Principal  
[tony.hand@education.vic.gov.au](mailto: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 \_\_\_\_\_



# SRC Community Social Event



## The St Arnaud Secondary College captains are excited to announce their first community event for 2023.

'Hits and Giggles' will be held at the St Arnaud Tennis Club on the 31st of March, kicking off at 5 pm.

### Who is invited?

EVERYONE! This event is aimed to create a fun night for everyone in our community.

### What will be there?

The team from "Wood Fired Pizza 2 You" have been booked! Pizzas will be available from 5 pm onwards.

The Secondary College Parents Club will also be selling baked potatoes and other small treats.

### What will we be doing?

Everyone is invited to bring along a deck chair or picnic blanket to sit back, relax and enjoy some tasty pizza! There will also be music, along with some fun activities for anyone to participate in.

**TEAMS NEED TO BE ENTERED BY 17TH MARCH**

### Our Tennis Tournament

For anybody feeling a little bit competitive, we've got you covered! A social round-robin game of tennis will also be happening. Find yourself a doubles partner and enter your team! There will be three categories:

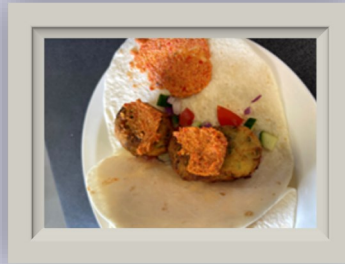
- Primary age & Adult partnership
- Secondary Partnership
- Open Partnership (secondary age & adult, or two adults)

Everyone is invited to participate regardless of your tennis abilities.

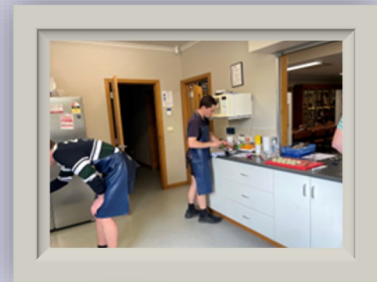
To enter go the "St. Arnaud Secondary College" Facebook page and click on the Google Form link above a post that looks like this.

**TO ENTER, FIND OUT THE GOOGLE FORM LINK ON FACEBOOK**

## Yr. 12 Food Studies



Term 1, Week 7, the Year 12 Food Studies students made zucchini koftas with red capsicum pesto. Making a vegetarian meal using rice flour was made to consider those with gluten intolerances. Two students made the middle eastern koftas, while the third student made the delicious pesto. The students had just finished looking at the Australian Dietary Guidelines and the Australian Guide to



Healthy Eating, to determine if the meals met the daily requirements of the guidelines and if they were suitable for people who suffer with allergies and intolerances.



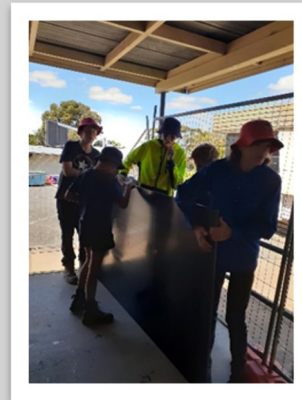
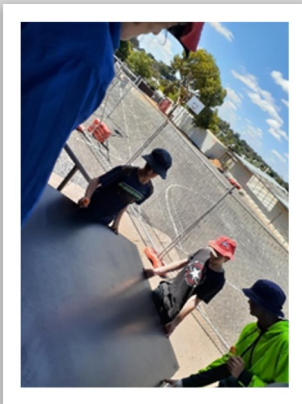


# Hands On Learning

Our Focus Plan this week was working together as a team. Also, bringing in the plywood sheets into the woodwork room.



These sheets will be cut up to make some more nesting boxes to be given to our Landcare Manager, Andrew Borg, for our native wildlife.



On the 10/3/23, we started making the Diversity Dash finish line banner; it's a work in progress that's to be continued with a splash of colour. The Diversity Dash is being held on the last day of term, Thursday, 6th April at the Primary School.

**HANDS ON LEARNING**







AUSTRALIAN  
SCIENCE  
INNOVATIONS

big science

competition

SEE MRS JACKSON OR YOUR  
SCIENCE TEACHER TO ENTER

# Out of this world science.

A science competition for  
students in Year 7–10.

## When:

Monday May 15 to  
Friday May 26, 2023

## Who:

High school students in  
Year 7-10

## Where:

Online

## Cost:

\$7 + GST

Win  
prizes!



Our sitting dates:

Year 7 & 8: Tuesday 16th May

Year 9 & 10: Tuesday 16th May

[www.asi.edu.au](http://www.asi.edu.au)



# Diversity Dash 2023

**SCHOOL SPORT VICTORIA**  
**ST ARNAUD PRIMARY SCHOOL**  
**SCHOOL 1646**  
**ST. ARNAUD SECONDARY COLLEGE**  
**PLAY**  
**VALUE**  
**CONNECT**

**DIVERSITY DASH**

St Arnaud Primary School and St Arnaud Secondary College will be organising a diversity dash to help celebrate diversity and encourage inclusion within our schools.

The Diversity Dash encourages students to get out and get active as part of a fun, social, colourful and inclusive event conducted within the school grounds. Students will be able to run, skip, dance or walk their way through a course that will be exploding with COLOUR! Parents, special friends, family members and community members are invited to join us for the event.

**Date:** Thursday 6<sup>th</sup> April  
**Location:** St Arnaud Primary School  
**Time:** 12:15pm – 2:00pm  
**What to wear:** As much white or light coloured 'old' clothing as possible, this will make the colours vibrant and colourful.

The schools will be organising an order for white T-shirts for \$5 if anyone wishes to purchase. If your child wishes to purchase please bring \$5 to the school office in an envelope with students name and size by 15<sup>th</sup> of March.

You child may bring their own eye protection such as sunglasses or goggles. The staff will do their best to throw the powder at the torso, however wind and other factors can cause the powder to project on the face. The colour powder used in the event is non-toxic, biodegradable and environmentally friendly consisting of 98% corn starch and 2% food colouring.

A BBQ lunch will be available. Students do not need to pre-order and can purchase on the day. A price list will be provided closer to the event.

All bus students will need to bring a change of clothing to change in before entering the bus. Bus operators will not allowed clothing covered in coloured powder on their buses.

The event will be recorded, and movie of the day will be created for Facebook. If your child is not allowed on Facebook they will be asked to complete the final dash first to avoid appearing in the footage. If your child is not normally allowed on Facebook but you are happy for them to appear in the movie please contact the school. Please note no student names are used in photo or video posts.

Any further questions please contact Brylea Knight (PE Teacher) on [brylea.knight@education.vic.gov.au](mailto:brylea.knight@education.vic.gov.au) or Tania Scarce (School Nurse) on [tania.scarce@education.vic.gov.au](mailto:tania.scarce@education.vic.gov.au)

*The focus on colour provides the opportunity to celebrate diversity amongst the school community and integrate key messages around cultural diversity, disability, gender equality, Koorie and LGBTQIA inclusion and the engagement of all students no matter their background, gender or ability.*

**ST ARNAUD PRIMARY SCHOOL AND ST ARNAUD SECONDARY COLLEGE**  
**Everyone Welcome**

**Diversity Dash**

**Thursday 6th April 2023**  
**12:45pm start**  
**@ St A Primary School**

**12.15pm**  
**BBQ Lunch**  
**Available**



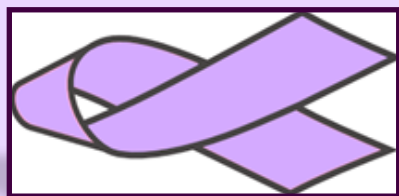


### ***WALK FOR AUTISM - Thursday, 23<sup>rd</sup> March ALL WELCOME!!!!***

**Join the St. Arnaud Primary School and the St. Arnaud Secondary College at Lord Nelson Park at 10.15am for a walk to show inclusiveness and support for our friends and family with Autism. Wear a splash of green and bring a gold coin donation.**







## Epilepsy Awareness Day- March 26<sup>th</sup>, 2023

87 people are diagnosed with epilepsy every day  
There are over 40 different types of seizures.

What you can do to help family or friends with Epilepsy:

- Do not restrain them during a seizure.
- Call for medical help.
- Stay with them and remove any dangers,
- Turn them onto their side after convulsion stops.
- Reassure and talk to them calmly until they recover.

### EPILEPSY AWARENESS



March 26  
**PURPLE DAY  
FOR EPILEPSY**  
AWARENESS

### THE FACTS ABOUT EPILEPSY

**800,000**

Australians will  
develop epilepsy  
during their lifetime

The cause of  
epilepsy for up to

**60%**

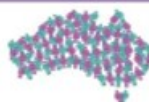
of people  
remains unknown

Around the world an  
estimated  
**65 million**

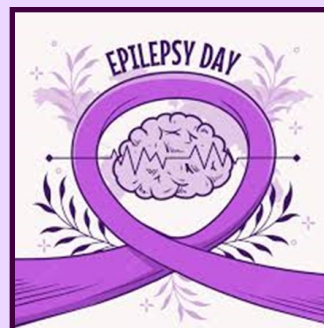
people have epilepsy  
at any given time

**30%**

of people with  
epilepsy will not  
respond to  
medication



Right now about **250,000**  
children, young people  
and adults are living with epilepsy.



# Music



St. Arnaud Secondary College's new music room is set up and ready to go! Instruments are on the 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!





# Student Exchange Program



## Host an exchange student in 2023!

### Ready to welcome a new culture into your home?

There are so many reasons why a family may choose to host an exchange student!

-  Rediscover your backyard through new eyes!
-  Understand another way of life and a different way of thinking!
-  Gain a new family member and help make an exchange student's dream come true!

### Who are our host families?

Host families are volunteers who open their home and hearts to international exchange students.

Families come in all shapes and sizes. They live anywhere in Australia, from beaches to cities to farms!

Host families integrate their exchange student into their daily life. They are caring and open, and many form strong bonds and become friends for life!



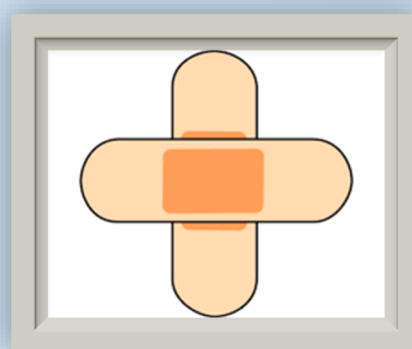
Enquire about hosting



 [wep@wep.org.au](mailto:wep@wep.org.au)  
 03 9598 4733  
 [wep.org.au](http://wep.org.au)



## 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.

## CAREER EVENTS THIS WEEKEND

### Victoria Police Careers Expo



**Saturday March 18<sup>th</sup>, 2023**

Join us at the Victoria Police Careers Expo and learn all about the opportunities working for Victoria Police can provide you.

Visit:

[www.eventbrite.com.au/e/victoria-police-careers-expo-tickets-535177439127](http://www.eventbrite.com.au/e/victoria-police-careers-expo-tickets-535177439127)

### ADF | Navy Open Day, Melbourne



**Sunday March 19<sup>th</sup>, 2023**

The Australian Navy offers a multitude of career opportunities in trades, hospitality, logistics, aviation, healthcare, engineering- and much more. Find out about serving, living and learning in the Navy by joining us at the HMAS Cerberus Navy Open Day.

Visit:

[www.defencejobs.gov.au/events/events-detail/y1u0yle](http://www.defencejobs.gov.au/events/events-detail/y1u0yle)

### University of Melbourne Girl Power in Engineering and IT

A program for Year 9 female high school students, contributing towards gender parity in engineering and IT disciplines. For girls from Australia with an interest in science, technology, engineering, and mathematics. Commencing in Year 9, approximately 40 students are selected to participate in a **3-night camp during the July term holidays**.

To find out more and apply visit:

<https://eng.unimelb.edu.au/engage-with-us/schools/girl-power-in-eng-and-it>

### University of Melbourne Hands on Engineering & IT Workshops

**Easter School Holidays  
April 12<sup>th</sup> to April 14<sup>th</sup>, 2023**

A day of workshops to introduce year 10 students to different areas of Engineering & IT. You don't need any prior knowledge – this day is about having a look at Engineering & IT, solving a few problems, seeing the campus, meeting some students and academics, having a pizza lunch and having fun. The schedule will be repeated daily so students should attend one day only.

To Register Visit:

[www.eventbrite.com.au/e/2023-hands-on-engineering-it-tickets-559233471367](http://www.eventbrite.com.au/e/2023-hands-on-engineering-it-tickets-559233471367)

## How to Turn Your Work Experience Position into a Job

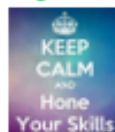
If you're part of the way through a work experience placement and find yourself loving it, you might be wondering how you can turn that work experience position into a job. Even if you need to do some study first, there are still things you can do on your placement that will put you in the good books when it comes to getting a job down the line.

### Show you're keen



If the employer can see you have a genuine interest in the work, this can definitely give you an edge for future job opportunities. So, show up on time and ask lots of questions, be respectful to other workers and learn about what they do. If you're given an opportunity to participate in some way, say yes! Employers are always on the lookout for people with a genuine interest in their work.

### Hone your skills



Any work experience placement is a great way to develop valuable soft skills that can be taken into nearly any job. Think things like communication, teamwork, adaptability, etc. So, use this opportunity to hone these skills now, so that when you come back in the future applying for a job, you can confidently put them on your resume.

### Say thank you!



Once your placement is done, make sure you finish up strong by thanking the employer for the opportunity. Showing some sincere gratitude will usually always get you into someone's good books and can also be an opportunity to ask for a reference or recommendation that you can use when applying for jobs (whether it's one at this company or somewhere else).

Mrs Rebecca Reynolds  
Careers Co-ordinator

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



*Held over until next  
week !!*





## Youth Group Event

freeza Co-ordinator: 0429 922 735 CYG President: 0400 431 087

CHARLTON YOUTH GROUP  
presents

# BELOW ZERO



**18th** | **FT. DJ SPICE** | **8-12**  
**MARCH** | **\$30 ENTRY** | **P M**

## WILD WEST THEME

AT 267 GIL GIL RD, DONALD

YEAR 7-12 ONLY  
ALCOHOL, DRUG & VAPE FREE EVENT



## 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.

# 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/gro ups/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](mailto:kate.janetzki@vt.uniting.org)

**Uniting**





**Health Promotion**  
EAST WIMMERA HEALTH SERVICE


## WORLD SLEEP DAY

MARCH 17TH


**Did you know we spend up to one third of our lives sleeping?**

Sleep is just as important as eating well, drinking lots of water and exercising regularly. In ensuring we stay healthy and grow fit and strong!

Having less than 7 hours of sleep per night increases our risk of developing obesity and poor mental health. What you eat before bed time can impact on your quality of sleep.




**Do you know what foods to avoid? Lets take a look.**



**Avoid the following foods before bed:**

- Spicy food
- Fried food
- High sugar food
- Caffeinated beverages



**Try the following foods before bed:**

- Almonds
- Turkey
- Kiwi
- Malted milk
- Fish

**World sleep day theme for 2023 is Sleep is Essential for Health**

Kids aged 5-18 years should aim for between 9 to 11 hours of sleep per night!  
Toddlers and kinder kids need between 10 to 14 hours per night!

<https://worldsleepday.org/>



**Health Promotion**  
EAST WIMMERA HEALTH SERVICE

## 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.

**THIS IS WHERE WE LEARN.**

**PLEASE DON'T SMOKE HERE.**



**NO SMOKING OR VAPING**



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

**DO YOU KNOW**



**WHAT YOU'RE VAPING?**



ST ARNAUD OUTDOOR POOL

**The St Arnaud Pool 2022/23 season will end on Sunday March 19th.**

**Come up and enjoy your last swim of the season this week and don't miss our End of Season pool party.**

**Thank you for a great summer!**

A festive banner for the End of Season Pool Party. It features a string of colorful triangular flags at the top. The text is in a playful, bold font. To the right of the text are illustrations of three children playing in a pool: a boy jumping, a girl floating on a ring, and another child. There are also musical notes and a watermelon with a starburst. The Northern Grampians Shire Council logo is in the bottom right corner.

**END OF SEASON  
POOL PARTY**

**SUNDAY  
JANUARY 19  
2PM-5PM**

**INFLATABLE TOYS, DIVING BOARDS, BBQ,  
MUSIC AND GAMES**

**COME ENJOY THE LAST SWIM OF  
THE SEASON!**

The logo for Northern Grampians Shire Council, featuring a stylized green mountain range above the text "NORTHERN Grampians SHIRE COUNCIL".







## Celebrating 100 years of Legacy

### Legacy's 91st Annual ANZAC Commemoration Ceremony for Students

**Wednesday 5 April 2023 at 11am (seated by 10:45am) at the Shrine of Remembrance, Melbourne**

This special commemoration service honours Australia's brave service men and women through the eyes of the young, with student guest speakers, school bands and Defence Force cadets, proudly supported by Legacy's patron the Governor of Victoria, dignitaries and a RAAF fly-over. Secondary and primary schools are invited to lay wreaths as part of the service.

For more details and to register, go to: <https://www.eventcreate.com/legacyanzacsstudentservice2023>

### School Support

Fundraising is a fun, rewarding way for schools to make a difference in the lives of veterans' families.

Fundraising encourages charitable giving and gives your students a true understanding of the support Legacy provides to families who have sacrificed so much.

The major public appeal will be held Sunday 27 August to Saturday 2 September 2023. Badge Day will be on Friday 1 September 2023.

If you wish to fundraise at your school and help Legacy families, please email [marketing@legacymelb.com.au](mailto:marketing@legacymelb.com.au)

### Supporting our veterans' families

## Friends of the St Arnaud Queen Mary Gardens

# GALA DAY

Saturday, 1st April 2023


9am to 12 noon in the Gardens

Stallholders welcome – payment by donation.

Contact: Lyn Box (5495 1167 or 0408 951 167)  
or Deirdre Freeman (5496 3311 or 0417 222 661)

*Donations of plants, books, CDs, DVDs, produce, jams and cakes gratefully received.*

*Contact: Lyn or Deirdre for collection or deliver on the day from 7.30 am.*






BIRCHIP-WATCHEM FOOTBALL CLUB  
**JUNIOR  
DEVELOPMENT  
SQUAD**

**6 WEEK PROGRAM  
AGES 10-15**

(CHILDREN BORN 2008-2013)

**BEGINS MONDAY  
MARCH 20**

**OPEN TO ALL GENDERS & CLUBS**  
\$30 pp registration includes training shirt.



Program coordinated by  
Trevor Ryan

All sessions Monday 5pm  
George Cartwright Oval Birchip



Please contact Connely Ryan for registration forms.  
[connely.ryan@education.vic.gov.au](mailto:connely.ryan@education.vic.gov.au) 0437667412

WIMMERA BOWLS REGION

## JUNIOR SCHOOL HOLIDAY PROGRAM

An opportunity for juniors  
aged 8 and above to try  
the sport of bowls during  
the school holidays.  
\$10 which includes Lunch



- WEDNESDAY 12TH  
APRIL @ RUPANYUP  
BOWLS CLUB, 10AM -  
2PM
- ANY JUNIOR OF ANY  
EXPERIENCE CAN  
ATTEND
- INTRODUCTION TO  
THE SPORT, FUN  
GAMES AND  
COACHING
- FORM A REGION  
JUNIOR  
DEVELOPMENT SQUAD



For enquiries about the  
days, please contact Josh  
Thornton on 0474 741 177  
or [josht@bowlsvic.org.au](mailto:josht@bowlsvic.org.au)

Registrations are essential for catering, to register click on  
the link below :

<https://wimmera.bowls.com.au/juniors/>



## 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



<b>March</b>	Mon	20th	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 'Hits & Giggles' - Tennis Social Event 5– 8pm
<b>April</b>	Tues	4th	Yr. 12 Biology—Ecolinc Excursion
	Thurs	6th	Diversity Dash — @ Primary School Last Day of Term 1
	Fri	7th	GOOD FRIDAY
	Mon	24th	PUPIL FREE DAY
	Tues	25th	ANZAC DAY HOLIDAY
	Wed	26th	Term 2 Begins
	Thurs	27th	Yr. 11/12 OES Excursion VSSS 2nd Dance Rehearsal @ St. Arnaud Stadium
	Fri	28th	SSV Swimming
<b>May</b>	Mon	1st	House Cross Country— PM
	Tues	2nd	Parent Teacher Interviews — 9am-7pm Yr. 11 & 12 Classes running as normal
	Thurs	4th	Yr. 11 F2D - 9am — 12.45pm
	Fri	5th	NCD Cross Country
	Tues-Fri	9th — 12th	Yr. 9/10 Melbourne Camp
	Tues	16th	Big Science Competition
	Wed	17th	IDAHOBIT Day
<b>June</b>	Thurs	1st	VSSS 3rd Dance Rehearsal @ St. Arnaud Stadium
	Tues	6th	LMR Cross Country Yr. 9 — 11 Exams Begin