

Numurkah Secondary College Newsletter

104 Tocumwal Road Numurkah

(03) 58621088

Term 1 Week # 2024



Cate Eddy Principal's Report



Welcome back to all our families for term 2. I hope the break was an enjoyable one. The term has already been busy with students involved in numerous events and activities, including camps and excursions. Our senior students are well into their studies and for those in the VCE program, year 11 and 12 students were given some extra support from the Elevate team. This focused on study techniques and using time effectively. It was fantastic to see the engagement of our students in these sessions.

Anzac Day is such a significant day across Australia and our local RSL do a wonderful job ensuring the whole community have the opportunity to be involved in remembering the sacrifice made by so many in serving our country. Ben, Grace and Jesse led the service beautifully, student leaders Daemyn, Bayden, Savannah, Imogen and Ryan led the parade as flag bearers and other students were also involved in the choir, laying wreaths, collecting donations as well as representing the Baulkamaugh Scouts. Some of our students also participated and attended events held in other towns around our area. I am extremely proud of the respectful way our students have been involved in these events and thank our families for supporting them. I would also like to make a special mention of Chris Sigley who quietly goes about preparing the programs, meeting with the RSL and supporting the unique relationship our school has with the Numurkah RSL.

Parent teacher interviews have been held this week and the staff value the opportunity to meet families and discuss student progress. While there was good attendance across the evening and day sessions, I would welcome any feedback on how we run these. Please feel free to contact me at the school as it is important that we are meeting the needs of all our families.

Over the last week the High Abilities Program has begun, and we have 8 students across year 7 and 8 who have been selected to be part of the extension work in Maths and English. Well done to Ryder Dezwart, Max Dudley, Georgie Hall, Addison Newell, Will Emmanuelli, Angus Newham, Angus Parkinson and Ethan Thompson.

Dates To Remember

April

30th—NSC Athletics Carnival

June

4th—6th—Year 10 & 11 Exams

7th—Student free day

10th—Monarch's Birthday Public Holiday

28th— End of Term 2

Term 3

July

15th—Student Free day

16th—classes resume

School Council President: Kathleen Newby, **Vice President:** Rachel Bonham, **Executive Officer:** Cate Eddy

Committee Members: Deanne Dewar, Peter Smyth, Peta Russo, Carolynne Parkinson, Hollye Duggen, Kaylene Hampson, Phillip De Lai and Rachel Newham

Next School Council Meeting held: Monday 13th May

Principal report continued.....

On Monday our year 10 students will be attending the Pat Cronin foundation session "Violence is never OK". This carries a very strong message that together we can end the violence. Pat Cronin was a 19 year old who lost his life after being punched in the back of his head whilst trying to pull his friend out of a brawl. As a parent I cannot imagine anything more devastating than to lose a child in such a senseless act. This program helps in supporting our young people learn the importance of thinking about their choices and consequences. We also need to help them learn strategies which lead to managing anger before it becomes aggression and how to defuse conflict. Anger is a very real and normal emotion; it is what we do with it that can lead to regrettable actions. I encourage families to discuss the session with your child after the presentation.

On Tuesday we are holding our Athletics and this is a day when we encourage maximum participation from all students by providing opportunity to participate in each event. Parents are welcome to come along and encourage your children.

While 2025 may seem a long time off yet, schools and families are starting to prepare for the transition to secondary school. On Monday evening at 6.30 we are holding our Discovery Night for grade 6 children and their families. We know that our school is a great school, and we are looking forward to sharing that with families when they come along. If you know of families who are looking at what their options are for 2025 please encourage them to attend and discover what an amazing school NSC is.



NSC 2025 YEAR 7 DISCOVERY NIGHT

Monday 29th April.

Information session commencing at 7.00pm
Tours following at 7.30pm

Concluding with a meet and greet with staff and light refreshments.



NUMURKAH SECONDARY COLLEGE

Our Kids, Our Community, Our School

Come along and enjoy this wonderful opportunity to meet staff and tour the College facilities.



To assist with catering numbers, please register your interest by ringing the College on (03) 5862 1088 or scanning the QR code. WALKS INS MOST WELCOME

Respect, Excellence, Aspiration and Pride

Facebook: <https://www.facebook.com/NumurkahSecondaryCollege/>

WELLBEING NEWS



RESILIENCE
PROJECT

Did you miss the webinar on Digital Wellbeing from The Resilience Project?!

If you missed it, they have kindly recorded the webinar which you can view at <https://tinyurl.com/DWRecord24> . They also provided a "Tips Sheet" which outlined key ideas discussed which is available in this edition of the Newsletter. We welcome your feedback on the event to as we hope to provide our School Community with positive and beneficial presentations or events moving forward.

Gratitude, Empathy, Mindfulness!

A cornerstone of the Resilience Project is GEM (Gratitude, Empathy and Mindfulness). Small reflections and behaviours in this area can make a huge difference to our overall mental health and wellbeing.

So... try this!

Of an evening, perhaps over dinner, ask your students one thing that went well for them today. Taking a short moment to identify these things is an easy way to practice gratitude, which in turn can build capacity to see the positives in life more often!

Equally, be prepared... your students should also ask you one thing that went well for you today too!

The evidence tells us that simple things like a focus on gratitude can take us from being 7 times more likely to see negatives in life to being 3 times more likely to see a positive. It does not take long so why not give it a go!



Numurkah Secondary College acknowledges the Bangerang and Yorta Yorta people, the Traditional Custodians of the land on which our great school is built. We pay our respects to their Elders, past, present and emerging.

Term 2 Week 2 Compass Positives

10 Positives

Phoebe Miller John Macrae

9 Positives

Maddison-Lee Brown Harmony Jeanes Ruby McKenzie
Ash-Lee Byra Teanamay Stevenson

8 Positives

Tamika Arundel Tayden McNally Dominic Snyman
Angus Parkinson Asha Bullock

7 Positives

Urijah Saxton Colton Obersnell Oliver Grinter
Zavier Moon Josh Delai

6 Positives

Georgie Hall Adain Smith Addison Newell
Cooper Tetley Oscar Nichol Jaiden McKellar

5 Positives

Emmy Gazzola Holly Piacentini Helena Schrapel
Bailey Hampton Archer Marli Salter Paige Roberts
Ash Rourke Lucas Stedman Taylah Duggan
Willow Vearing Tobie Lomas Davie Grace Johnson
Waverley Coghill Sha-Kaylah Murley Skyla Fealy
Poppy McLean Jackson Morris

Year 8 English Presentation Practise

Year 8 English students had some small-group practise last week at presenting in front of their peers. It was fantastic to see our Year 8 learners sharing on a topic which they are passionate about and building their confidence speaking in front of others. Students presented on everything from Spiderman to ballet and even Fisiocrem! Well done Year 8s on pushing yourselves beyond your comfort zones.



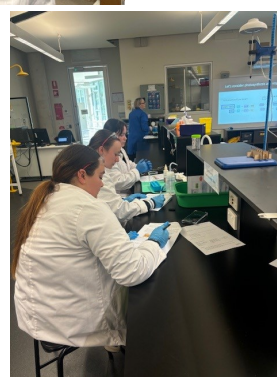
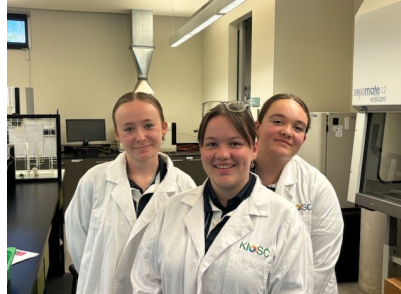
Year 12 Biology Visit to KIOSC at Swinburn University

Our Year 12 Biologists headed off early to access a university science laboratory so they could explore photosynthesis in depth. The students initially did an experiment to learn about the equipment used, before taking this knowledge and their understanding of Biology to create an experiment of their own.

The students were incredibly well engaged, and the KIOSC Facilitator was impressed with their background Biology knowledge, insightful use of questions and understanding of experimental design and error.

It was also a great opportunity for our students to see a tiny bit of university life, their canteen and apparently the poor quality of toilets in the canteen area!

Well done to our Biologists on a highly productive and positive day!



Senior School News

Welcome back to Term 2

It is great to see the students back refreshed and ready for another term of learning.

Homework and classwork catch up sessions

Over the last term, parents and families may have received notifications via Compass of students required to attend Senior School Homework or classwork catch up sessions. These sessions run on Tuesday and Thursdays in the Senior Study Centre at lunchtime, and students are required to attend these sessions if they have failed to submit their homework or complete their required learning tasks. If students fail to attend these sessions twice, they will be required to attend an afterschool detention.

Attendance

To be eligible to satisfy the requirements for each senior school unit of study students must meet a minimum attendance rate of 90%, students who fall below the minimum are risk of not satisfying the requirements.

Students not in attendance for a SAC or assessment must provide a medical certificate or statutory declaration to be able to re-sit the assessment during a Senior School catch up assessment session held on Tuesdays after school.

General Assessment Test – GAT

All students enrolled in a Unit 3 & 4 study will be sitting the GAT on Tuesday 18th of June.

- * Section A is completed by VCE and VCE-VM students.
- * Section B is completed by only VCE students.

More information regarding times etc will be communicated closer to the 18th.

Year 11 Retreat

The annual Year 11 student retreat to Melbourne will be held on Thursday 8th of August and Friday 9th of August. More information will be made available next week via Compass, with payment and consent due on the 30th of June.

Senior Year Level Leader

Micah Collie

micah.collie@education.vic.gov.au

0358 621 088

At NSC we are ready to learn when we bring a fully charged laptop to class.

Age Group Champion – 2024 Swimming Sport

Age Group	Female	Male
13-year-old	Sha-Kaylah Murley	Angus Parkinson
14-year-old	Toby Newbery`	Aaron Newham
15-year-old	Ella Parkinson	Tyson Simpson
16-year-old	Amy Wyatt	Aidan Woolley
17-year-old	Jorjiah Moody	Bayden Parkinson
20-year-old	Grace Jones	Jesse Wakeman



Age Group Champion – 2024 Cross Country

Age Group	Female	Male
12 – 13-year-old	Havanah Gardner	Urijah Saxton
14-year-old	Charlotte Codiga	Sol Frost
15-year-old	Connie Harris	Tyson Simpson
16-year-old	Keira Dekker	Declan Jones
17-year-old	Morgann Harris	Ashton VanTaarling
18 - 20-year-old	Molly Harris	Ben Norman





2024 NSC Cross Country

Anzac Day

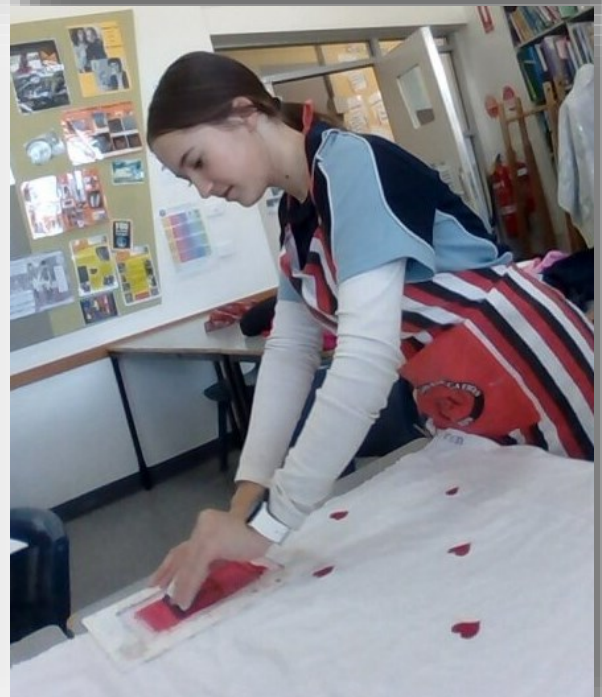
Aprils 25th 2024



Lest We Forget

PJ Party – Textiles

PJ Party students have worked this week to print and paint their fabric in patterns of their own design using screens and designs they made last term. From very delicate bows, random palm trees and half drop repetition hearts, to cutting tonnes of stars and moons which will be applied in the coming lessons. In addition, we have worked well as a team in setting up printing stations, cleaning up and in helping others with their work.



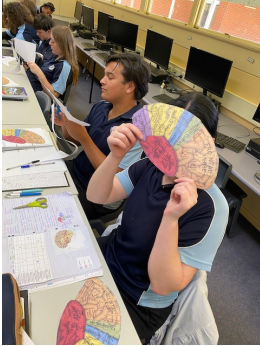
Small Furniture Production

Tyler and Zeke have completed their first small furniture project. They have produced a seating solution that is suited to an area of their choice. Zeke produced a distressed look and achieved this by burning and denting the seat surface. Tyler chose a more traditional look and achieved this by sanding and applying a polyurethane finish. Great work.



VCE Psychology

In Unit 1 VCE Psychology this week, students began to study the structure and function of the brain. Obviously students' brains are bulging to the outside with all of the new terminology they have been learning. Creative photos taken by Jorjiah Moody (Year 11). Thank you, Jorjiah!



In Unit 3 VCE Psychology, we have been evaluating different models to explain learning. This week the focus was on the social-cognitive approach to learning, known as Observational Learning, containing five steps, attention, retention, reproduction, motivation and reinforcement. As a class we demonstrated these steps by watching tutorials to learn new skills, such as: folding a tea towel to create a chicken, creating a balloon dog (my personal favourite), and folding a T-Shirt in 2 seconds. *by Caitrin Harrison (Year 12).*



VCE Psychology continued...



Aldrin Rore Rides Massive Rhinos

Thanks to Lowey (for being the genius to come up with this great MNEMONIC) and Mr Rore for being such a good sport (and great rhino rider). This has helped generations of Unit 3 VCE Psychology students remember the 5 stages of Observational Learning: Attention, Retention, Reproduction, Motivation and Reinforcement.

ARRMR!!!

Ms Matthews loves to celebrate the birthdays of her students, but never seems to get the dates right, so we are celebrating



Numurkah Football Netball Club

Numurkah Football Netball Club are taking on Nathalia this week for the Worksafe Country game of the round. Western Bulldogs player Tom Boyd and Melbourne Vixens players Gabby Coffey and Maggie Caris will be there to greet fans.

There will be merchandise available and giveaways throughout the day.





PRE LOVED UNIFORMS

If you have any uniforms, you no longer need,
we would appreciate any donations.
Please bring in clean uniforms to the General Office.



Meals on Wheels



**Thankyou to Olivia and
Keeley for volunteering
as a part of Meals on
Wheels Program.**



Numurkah Town Hall

MAY 17 - 19 2024

MAY 24 - 25 2024



**Music & lyrics by
Dolly Parton**

**Book by
Patricia Resnick**

**Based on the 20th Century Fox Picture
Originally produced on Broadway by Robert Greenblatt, April 2009**

Orchestrator Bruce Coughlin

**Arrangements and Additional Orchestrations
by Stephen Oremus & Alex Lacamoire**

9 to 5 the Musical

Licensed exclusively by Music Theatre International (Australasia).

All authorized performance materials are also supplied by Music Theatre International (Australasia).

www.mtishows.com.au

**Tickets available at the door or
www.trybooking.com/1202954**



www.numurkhasingerstheatre.com



Vaping and your health



What are e-cigarettes?

E-cigarettes, also known as 'vapes,' are **electronic devices** that heat a liquid (or 'juice') to create an aerosol (or spray) that can be **inhaled**. Using an e-cigarette is often called **'vaping.'** E-cigarettes come in **all shapes and sizes** and can look like a highlighter, a pen or USB.

Some people think the 'cloud' or 'smoke' from vaping is a vapour, like steam. It's not. It is really **an aerosol**, a fine spray of **chemicals** that enters your body through your lungs, where small particles can **get stuck in the lungs**.

What's inside an e-cigarette?

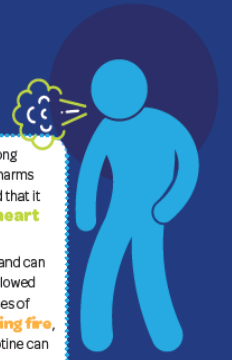
An e-cigarette contains **many different chemicals** – some we know can be **harmful to breathe in**, and many **haven't been tested** at all. Some chemicals found in aerosols can **cause cancer**, others can **cause swelling and irritation in the throat and lungs** and can impact the **heart**. We don't know which chemicals are in which products because there is no law that forces companies to list all their ingredients.

Even though the packaging might not say it, **most e-cigarettes in Australia contain nicotine**.



How vaping affects your body

Vaping can cause harm to your body even if you use e-cigarettes without nicotine. We know that vaping can cause vomiting, nausea, coughing, shortness of breath, mouth irritation, lung injury, and seizures.



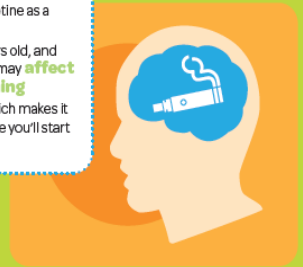
E-cigarettes have not been around long enough to know what the long-term harms of vaping are, but experts are worried that it might increase the risk of **cancer, heart disease, or lung disease**.

Other risks: nicotine is a **poison** and can make you very sick or even die if swallowed accidentally. There have also been cases of e-cigarettes **exploding and catching fire**, which has caused severe burns. Nicotine can also harm teenagers' growing brains.



How vaping can lead to addiction

- **Nicotine is a very addictive** drug that is found in most e-cigarettes in Australia, even when the label doesn't say so.
- Some e-cigarettes can contain as much nicotine as a whole packet of cigarettes.
- Your brain is still growing until you are 25 years old, and nicotine can change the way it grows, which may **affect your attention, memory, and learning**
- Nicotine **addiction happens fast**, which makes it hard to stop vaping and increases the chance you'll start smoking cigarettes to get that nicotine 'hit'.



For more information visit quit.org.au/teenvaping

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LIFT THE LID WALK

The Rotary Club of Numurkah is hosting *Lift The Lid 5km walk* for mental health research and awareness

Sunday May 19, 9.30am

Starting Louis Hamon Gardens into Numurkah Showgrounds.

Family friendly event, BBQ lunch health information and guest speaker. Dogs on leads welcome!

Register via the link or QR Code liftthelid.com.au/numurkah

Early bird registration before May 2nd is \$30 and includes a free T-shirt. Children under 15 FREE!



Get the facts about vaping



What are your kids breathing in?

Vapes are not safer than cigarettes



There are no quality or safety standards for vapes



Vapes can have addictive nicotine, toxic metals and many different chemicals



What it does to your body:

Vaping can cause vomiting, nausea, coughing, shortness of breath, mouth irritation and asthma



Chemicals in vapes can cause lung damage, heart disease and cancers



Nicotine harms the brain development of children and teenagers



Young people who vape are more than three times more likely to move onto smoking cigarettes



Talk to your kids about the risks of smoking and vaping

• Contact Quit at quit.org.au or phone 13 78 48

• Visit the Royal Children's Hospital website rch.org.au and search 'vaping'

• Scan the QR code for more information



vapingfacts.org.au



Invitation to CHES Masterclasses - Term 2

The Centre for Higher Education Studies (CHES) has been established to offer extension and enrichment opportunities for high-achieving students in Years 10, 11 and 12 and we hold masterclasses in our state-of-the-art auditorium, both online and on-site. These masterclasses are not only available to students enrolled in a CHES subject (VCE subject, Higher Education Study or Year 10 elective), but also to students in government schools across Victoria who are interested in these advanced topics. There is no cost for the masterclasses, but pre-registration is essential.

We invite students to join these upcoming masterclasses through the CHES. The masterclasses are interactive one-hour sessions with leading university academics and industry experts in the areas of advanced technologies and solutions for significant problems we face around the world, with opportunities for students to find out more about these important fields of work and research, including research and technology in terms of large-scale agriculture, space science, cybersecurity, and strategies to address climate change and food production for a growing world population.

Students are welcome to choose which masterclass to attend and all masterclasses are available to students across Victoria both online via zoom and on-site at CHES with opportunities for Q&A whether online or on-site. Students who join on-site will be supervised by CHES staff.

These are the first four workshops in our series of enrichment masterclasses. To register attendance at one or more of these masterclasses, please go to our short registration form here, and select which masterclass or masterclasses you will attend:

Registration form for CHES masterclasses Term 2

Masterclass 1	Microsoft Guest Presenter	26 APR 2024 Friday 2:30PM - 3:30PM	Dr Ian Hoyle Microsoft Cybersecurity
Masterclass 2	Artificial Intelligence implemented in Agriculture and Food for Earth and Space applications	2 MAY 2024 Thursday 6:00PM - 7:00PM	Prof Sigfredo Augusto Fuentes Jara University of Melbourne
Masterclass 3	Transdisciplinary skillset for future food systems	14 MAY 2024 Tuesday 6:00PM - 7:00PM	Prof Ros Gall, A/Prof Ian Bland and Dr Peta Taylor University of Melbourne
Masterclass 4	Advanced Searching Algorithms	19 JUL 2024 Friday 60mins TBC	Prof Sebastian Sardina RMIT University



[Register Here](#)

Masterclass #2

Artificial Intelligence implemented in Agriculture and Food for Earth and Space applications



2 MAY 2024
6PM - 7PM



This workshop spotlights the technological advancements addressing the complex challenges linked to climate change and food production. Students will discover the cutting-edge developments that are revolutionising the industry, including wireless and cost-effective sensors for remote disease detection in plant and animals, the creation of intelligent fertilizers, and innovations in food technology that will lead to plant production in space. Discover how an array of disciplines, from technology and engineering to mathematics and beyond, are reshaping the landscape of food production. These technological advancements are fundamentally altering the future of food production, paving the way for more sustainable, ethical, and efficient practices.



Meet Professor Sigfredo Fuentes, a scientist with a passion for cutting-edge science! He's a top-notch educator at The University of Melbourne and also teaches at the Tecnológico de Monterrey in Mexico. Dr. Fuentes is not just any professor; he's a Chief Investigator in an Australian Research Council Center of Excellence, focusing on Plants for Space from 2023 to 2030! This project will produce the plants that NASA will use to go to the Moon in 2030 and Mars in 2040 within the Artemis program.

What makes Prof Fuentes' research so exciting? Well, he dives deep into topics like how climate change affects farming, creating cool computer tools using things like machine learning and artificial intelligence (AI) to study plants, food, animals, and even wine! He's also into futuristic tech like sensors and drones for farming and is a big advocate for Agriculture 5.0, both here on Earth and potentially in space!

If that's not impressive enough, Prof. Fuentes has published over 250 super-smart articles, written five books, and contributed to four chapters, all in these amazing research areas. So, if you're into science that's out of this world, Prof. Fuentes is definitely someone you want to know about!



[Register Here](#)

Masterclass #3

Transdisciplinary Skillset for Future Food Systems



14 MAY 2024
6PM - 7PM



In this workshop, we will challenge the stereotypical perceptions of agriculture and move beyond the image of a farmer on a tractor. The reality of Australian food production now includes advanced technologies, science and economics and tractors are likely to drive themselves. We will delve into the complex challenges of future food production, addressing issues such as climate change, environmental impacts, and animal welfare. Students will actively engage with these wicked problems, collaborating to develop multidisciplinary solutions, with the goal to envision a comprehensive skill set necessary to contribute to a sustainable and thriving future for food production in Australia.



Ros Gall - Six generations ago, Ros' family journeyed to Dookie with a purpose: to contribute to feeding the world. Back then, an experimental agricultural farm was established in 1877, which eventually evolved into the University of Melbourne's Dookie Agricultural campus. Fast forward to today, and Ros finds herself at the helm as the Director. But the mission remains unchanged: to tackle the challenge of feeding a growing global population with dwindling resources. Ros and her dedicated teams face this challenge head-on, armed with cutting-edge scientific evidence and innovative technologies. From pioneering robotic dairy systems to micro-sensing technologies and drones, they're constantly developing solutions to ensure our food supply keeps pace with the demands of a rapidly expanding world.



Ian Bland - Ian has been teaching animal science for longer than he cares to admit. He started his career in the UK before moving to Australia. Whilst his primary focus has been pigs and companion animals, he has also studied how far elephants in zoos walk (up to 15km per day), whether giraffes like carrots from visitors (it depends) and how to tell which animal did which poo (it involves glitter)



Peta Taylor - Peta is an Animal Science lecturer and is passionate about improving the welfare of animals - especially chickens. Her research investigates, 'do free range chickens actually like to range and why?', 'what the heck is feather licking and why do chickens do it?' and 'how can we give chicks the 'mother hen experience' artificially.



[Register Here](#)



Yarrawonga, Cobram, Numurkah, Kyabram, Echuca and surrounding areas!

Are you interested in joining our programs at Shepparton Access, but transport is a concern?

WE WANT TO HEAR FROM YOU!

If you require assistance with transport to Shepparton, so you can fully participate and enjoy what we have to offer, email

admin@sheppaccess.com.au
or call our Office on
(03)5831 6180

Shepparton Access

Are you looking for a NDIS Service Provider that offers a range of exciting programs?

Including:

- Increasing Life Skills
- Continuing Education
- Promoting Health and Wellbeing
- Sports & Leisure
- Recreation and Community Participation
- Preparing for work (registered SLES provider)

Shepparton Access is an innovative learning and lifestyle hub. We support adults with disabilities to be engaged in the community, build independence, and pursue employment.

We value our partnerships with people with disabilities and their families and will encourage you to reach your NDIS goals and aspirations.

Our group funded programs can either be in the Centre at 227 Wyndham St, Shepparton, at our Social Enterprises EcoStore & EcoCafe or eco sustainable farm EcoPark.

