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# NUMURKAH SECONDARY COLLEGE

June 8 2018  
 Issue 2018—7

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## Principal's Report

We have three weeks remaining until the mid-year break, but Numurkah Secondary College students will begin their semester 2 courses as of next week! This will allow our students to complete their second semester before going into the Headstart program at the end of the year. As we are finishing up with semester one, you will soon receive your child's mid-year report

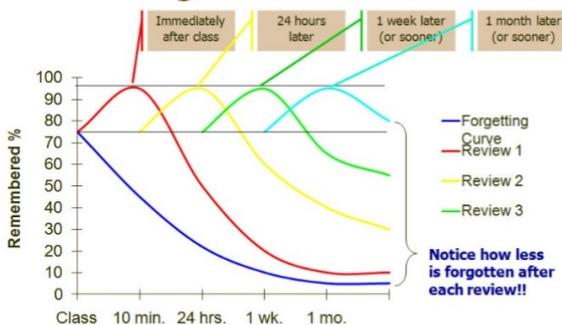
### Exams and Home Study

Students from years 10-12 have recently engaged with their mid-year examinations. As has been the case for many years, exams that cover a whole semester of work can be quite challenging. There are a range of techniques that can be used to help students organise and retain new information, but none more effective than revision.

I encourage all of our students to develop a strong home study routine that increases in time spent studying as you move through year levels at the college. Developing study habits is essential, as starting from scratch in the senior years proves too difficult for most students.

The idea that you will remember something the more often you revise it is not ground breaking; it would seem obvious and Hermann Ebbinghaus developed the following "Forgetting Curve" in 1885

### Overcoming the Curve



Here are the college minimum guidelines to home study.

- Year 7** ½ hour per school night
- Year 8** 45 minutes per school night
- Year 9** 1 hour per school night
- Year 10** 1 ½ hours per school night
- Year 11** 2 hours per school night and 2 hours over the weekend
- Year 12** 2 ½ hours per school night and 4 hours over the weekend

### School Social

The school social was a fantastic night once again. Congratulations to the members of the Student Leadership Council on their work in organising the event. With a "festival" theme, students and some staff danced the night away in the school hall. There will be photo's throughout the newsletter and a selection of photos are bound to be on the college Facebook page.



### High School Musical

Tickets are selling fast for our 2018 School Production of High School Musical. It has been brilliant to see the dedication of our fantastic thespian students as they set to perfect their roles. This is sure to be a highlight of the school calendar, so get your tickets quickly!



**PAUL TOZER**  
 PRINCIPAL .

## From the Assistant Principal's Desk

With Australia being home to the world's longest living culture, it was an absolute pleasure to host students and teachers from Katunga, Katunga South, Wunghnu and Numurkah Primary Schools for our second 'National Reconciliation Week Celebration Day'. Numurkah Secondary College is extremely proud of its commitment to ensuring that our school community and those around us know the history of our land, and that wherever possible it is shared by the original custodians – the Bangerang And Yorta Yorta Peoples. This year's theme '*Don't keep history a mystery*' showcased ceremonies, stories, language, sport and art. The day was hosted by NSC Year 9 Student Ambassador Kitarna, supported by her sister Ruby and fellow Year 7 student Jordan Harris. Kitarna explained the origins and importance of National Reconciliation Week, and her pride in her country. Aunty Marlene and Aunty Merle shared 'Welcome To Country' relaying it in Bangerang and English. Uncle Corey lead the smoking ceremony, which cleanses the land and welcomes all. Nationally acclaimed Yorta Yorta artist Troy Firebrace taught students about the totems and symbols of Yorta Yorta Land. Special guest Aunty Fay emphasised the importance of Numurkah's history belonging to everyone, and that it doesn't matter where you come from, we all make up part of this great place we call home. Students learnt Yorta Yorta language, and participated in traditional indigenous games which were hosted by students from Shepparton ASHE. 'Marngrook' was a favourite game amongst the students, and is said to be the game which inspired Australian Rules Football. The day concluded with an amazing three course luncheon prepared by the Numurkah Secondary College's VET Hospitality students.

The menu, inspired by indigenous ingredients, included:

- Native spiced chips served with bush tomato dip
- Pan seared rich, lean kangaroo meat with a dukkah crust served on a bed of warrigal greens, beetroot and feta cheese with a warmth of peppery spices dressing
- Deconstructed lemon myrtle ice cream with macadamia shortbread crumble, grapes and finer lime caviar.

**JENNIFER ATTARD**  
**ASSISTANT PRINCIPAL**



### SCHOOL COUNCIL

#### COMMITTEE MEMBERS

Mick Holding (President), Roger Jones (Vice President), Paul Tozer, Jennifer Attard, Peter Smyth, Christine Sigley, Pam McPherson, Jacqui Martin, Andrea Holmes, Donna Grandell and Damien Hipwell.

Next Meeting - 18<sup>th</sup> June 2018 6.50pm.

### DATES TO REMEMBER

#### June

- 12<sup>th</sup> Semester 2 Begins
- 13<sup>th</sup> GAT
- 18<sup>th</sup> School Council Meeting
- 20<sup>th</sup> Pink Ribbon Luncheon—tickets available General Office
- 20<sup>th</sup> High School Musical Jnr—Evening Performance
- 21<sup>th</sup> High School Musical Jnr—Evening Performance



More photos from the social will be appearing on our facebook page soon.



**LIKE US ON FACEBOOK**

Follow the Numurkah Secondary College facebook page for action shots of our students attending excursions, updates, and sometimes the fun activities your child is having at school!



# Now Available at NSC General Office.



Boomerang Bags is a grassroots, community driven movement tackling plastic pollution at its source.

Year 12 VCAL students worked together to make these re-useable 'Boomerang Bags' using recycled materials, as a means to provide a sustainable alternative to plastic bags.

The bags are given away to friends, family, colleagues, bag less strangers and so on, as a plastic bag alternative that can be used and reused, or passed on to others in need.

The bags create a platform to start conversations, make friends, up-cycle materials and work towards shifting society's throw away mentality to a more sustainable revolution of re-use – one community, needle and thread at a time!



Please take one and in doing so reduce your plastic use

Disney's



## Dates for your diary – Opening night: Wednesday 20<sup>th</sup> June Closing night: Thursday 21<sup>st</sup> June

We're all in this together!

To help with the fundraising, we are asking the NSC school community to support us by purchasing raffle tickets to go in the chance to win one of 3 special hampers. We will sell tickets for \$1 each or 6 for \$5. The lucky winners of the hampers will be drawn on closing night of the production (21<sup>st</sup> June).

**PAMPER HAMPER**- eg. bath bombs, body lotion, soap, shampoo, manicure set, cleansing mask etc

**INDULGENCE HAMPER**- eg. chocolates, scented candles, lollies, biscuits, glamorous table cloths etc

**GREEN THUMB**- eg. gardening items, plant pots, seeds, garden gnomes, hand tools, etc

**TICKETS ARE CURRENTLY ON SALE AT NSC GENERAL OFFICE**

**CASSANDRA WILLIS**  
PRODUCER

# 'ENDANGERED' EXHIBITION AT THE NATHALIA G.R.A.I.N STORE

The G.R.A.I.N. Store proudly presents



**ENDANGERED**

*An exhibition by Moira Shire  
secondary school students*

3rd June to 14th July 2018  
**OFFICIAL OPENING**  
Sunday 3rd June, 2pm



I am proud to report that some of our very own students from year 7, 8, 9 and 10 Art classes have entered work into a local exhibition at the Nathalia G.R.A.I.N Store, a local gallery in Nathalia. The exhibition included work by students from a number of schools in the local areas, with the work exploring different aspects of the topic of "Endangered". It was really wonderful to see a really excellent calibre of work from our students in the exhibition. I would encourage students, family and caregivers to attend the exhibition and see students work!

Miss Winters - Art KLA Leader



# Junior Winter Sports

## - Football Report

In the first match against Notre Dame A we were over-powered by a stronger team but there were a few highlights with Dylan Baker a tower of strength in the back line. Santino D'Agastino showed real discipline and aggression with his tackles Braidyn Dicker was often able to wrong foot his opponent.

In the next match NSC went in with lots of enthusiasm but were again taking on a much older and more mature team. Numurkah, to its credit fought the game out with the great leadership of Corey Spokes, the silky skills of Fraser Jones, the great overhead marking of Ryan Cook and the real forward line pressure of Titché Bowen.

The final match against Wanganui Secondary College saw Numurkah jump out of the blocks with the first goal going to Fraser Jones. Unfortunately we could not sustain our form and Wanganui was able to reply quickly and easily and winning the match comfortably. Oliver Masters, Rhett McPherson, Zac Powesland and Pat Millen all made valuable contributions which helped Numurkah along. Despite such an exhausting game, many of our players tackled bravely until the end, often against bigger and stronger opponents. Players that showed determination were Toby Brown, Cooper Graham and Joseph Crisara.

Although we did not win we enjoyed the day and would like to thank Ms Routledge for taking us and Mr Smyth for driving us.

**MR DAVID KELLY**  
EDUCATION SUPPORT STAFF



# Textiles Report

Year 8 Textiles Semester 1 final project has been to tie dye and construct a pair of boxer shorts using the plain machine and overlocker. A challenging project for some students but all were pleased with their outcome and successful achievement. They made further individualisation of their final product by using the Brother Scan n Cut to cut a foil design to be added to the shorts.

**MISS CLAIRE REID**  
TEXTILES TEACHER



# Hospitality Report

## - Biggest Morning Afternoon Tea

It's been a busy few weeks for our hospitality class. Firstly, our students did a fantastic job at hosting Australia's biggest morning- afternoon tea on the 24<sup>th</sup> May and successfully donated \$558.60 to the Cancer Council.



## - National Reconciliation Celebration Day

On 30<sup>th</sup> May our students also provided a three course modern Australian Fusion Bush Tucker lunch for our important guests on National Reconciliation Celebration Day.



## - Good Food Show

Students were also lucky enough to visit the Good Food show.

Highlights of the day for each participant include:

**Renee**- Being on the stage for the live cooking demonstration with Matt Moran.

**Jack**- Sampling cheeses and signing up for Master Chef.

**Brooke**- Being called up to the stage and eating Korean pancakes that Miss brought us.

**Jamiee**- Seeing the different variety of foods and getting a photo with Matt Moran AND finding hot chips to eat.

**Maddy**- Master Chef pop up and watching the live cooking demonstrations.

**Shelby**- Taste testing different foods and buying honey.

**Adam** and **Megan**- Special video recording from Adam Dysilva.

**Mrs Corazza**- Kitchen aid cooking class and lunch with Miguel.



## - Go PINK Breast Cancer Lunch

Next up: Go PINK Breast Cancer Lunch, our tables are quickly being booked for a two course luncheon commencing at 12pm on Wednesday 20<sup>th</sup> June. Book your table on 58621088 and also put in your order for PINK lamingtons.

If you would like a printed copy of the order form for the **Go Pink Lamington Drive** to sell to family and friends, please see office staff.

**MRS ANNA CORAZZA**  
VET HOSPITALITY TEACHER



## Lamington Drive

\$6.00 pack of 4

Delivered to Numurkah Secondary College  
On Wednesday 20<sup>th</sup> June, 2018

# Numurkah Secondary College 2018 VET Hospitality Students

Invite you to



**GO PINK**

**NSC Pink Ribbon Luncheon  
Wed 20 June 2018**



**Cancer  
Council**

**12 noon**

**Dine Restaurant  
Pine Street, Numurkah**

**2 Course Meal \$25.00  
Bookings essential.**



**Bookings ph: 5862 1088 NSC General Office**

## HIGH SCHOOL MUSICAL—FUNDRAISER

Assorted chips and chocolates will be on sale during:  
recess each Monday, and lunchtime each Thursday.

All items \$1.50 each. See Mrs. Corazza in the yard to  
make your purchase.



# Numurkah Singers - School Holiday Program

INFORMATION NIGHT – Tuesday 12th June 6.30pm at Singers Shed 52 Quinn Street Numurkah

Winter School Holiday Program commences Monday 2<sup>nd</sup> July and will run Monday to Friday of the two weeks of the holidays, with two shows to be performed on Saturday 14<sup>th</sup> July 2018.



Ages will be 8 years old up to youths currently in Year 12.

This year's performance will be **Annie Jr**. Come along to the information night on Tuesday 12<sup>th</sup> June at 6.30pm at the Singers Shed. Auditions will be held on Thursday 14<sup>th</sup> June.

Anyone who is interested, need to be available for the whole two weeks. Please contact the Numurkah Singers Facebook page, email [shellns@outlook.com.au](mailto:shellns@outlook.com.au) or phone 0407 887 827 if you have any further questions.

## GameAware Gaming Information Session – 3rd July

Thank you to the Navigator program for joint funding with support provided by Headspace and GMLLEN for providing these informative sessions.

Seminars for parents and professionals, that provide further insights into the psychology and culture of gaming. The sessions will also provide information around resources and strategies to better engage and support young people who might have a gaming compulsion.

### **PARENTS evening SESSION**

Mon 2<sup>nd</sup> July 6.30 – 8.30pm at the Bridge Youth Service, 127 Welsford St, Shepparton. To register for this session, please email Alex Bruinier at the Bridge E: [abruinier@thebridge.org.au](mailto:abruinier@thebridge.org.au) or P: 03 5831 2390.

### **PROFESSIONALS all Day SESSION**

Tue 3<sup>rd</sup> July 9am – 3.30pm At Uniting, 219 – 225 Wyndham St, Shepparton. To register for this session, please email Kristen Elliott at Uniting E: [kelliott@vt.uniting.org](mailto:kelliott@vt.uniting.org) or P: 0358 31 6157.



Fay Scadden

● Online

## Did you know that YOU have a...

dedicated CAREER website?

**Q. When was that career event on? A. Don't stress, locate it on your calendar!**

[www.numurkahcareers.com](http://www.numurkahcareers.com)

## Spray Jackets—now in stock

We now have NSC spray jackets in stock for any students feeling the cold. These may be purchased for \$50.00 at the General Office.



FREE EVENT

# online safety workshop for parents



## About

eSafety is important for every child from ages 1 to 18.

Moira Shire Council has engaged an eSafety expert from the Office of the Children's eSafety Commissioner will be delivering a FREE workshop on how you can help keep young people safe online.

For more information visit

[esafety.gov.au](http://esafety.gov.au)

## What will you learn?

- How young people are using social media and technology
- How to make a complaint about child cyberbullying
- How we can help remove serious cyberbullying material
- Identify age appropriate and manage privacy settings on apps and websites
- Initiate conversations about online issues
- Support your child using online safety resources

## When

### Monday 16 July 2018

Burke's Hotel Function Room  
96 Belmore St, Yarrawonga  
6pm – 8pm  
Light Supper Provided

### Tuesday 17 July 2018

Shamrock Hotel Function Room  
5 Melville St, Numurkah  
6pm – 8pm  
Light Supper Provided

Places are limited so bookings are essential for both sessions, please contact the Moira Shire Youth Department on 5871 9222 or email [youth@moira.vic.gov.au](mailto:youth@moira.vic.gov.au)

# 10 things to do to De-Stress Right Now

## 1. Get a handle on your breathing

A. Sit down and for one minute do the following:

- Breath in for three seconds (count 1...2... 3...)
- Breath out for three seconds (count 1... 2... 3...).

B. Relax your body

- Stretch your arms above your head – make yourself as tall as possible
- Shrug your shoulders up, hold it for 20 seconds and then drop them.
- Clench your fists, arms, and scrunch up your face for 20 secs and then release it all

2. Go for a walk (take your dog for a walk)

8. listen to some POSITIVE music

3. Remind yourself that all stresses pass eventually and you will feel better soon.

9. take some time out or get some distance from the stress

4. Talk to a friend or someone you can trust

10. Stand on your head, while singing "twinkle little star" and try to kiss your elbow (or just do something silly that makes you laugh).

5. Take a long hot shower or bath

6. Make a list of the things you need to do in small "do-able" chunks, then knock them over one at a time.

7. Think of your very best achievement



# Physical and mental signs of Stress

Recognising stress can be difficult. Your body & mind will both show signs of stress. Here are some 'warning signs' that stress is affecting your body & mind.

## *Signs of Short-term Stress*

This about the last exam or presentation you did. You might have felt some of these symptoms:

- Heart beating fast
- Sweating
- Cold hands, feet, or skin
- Feeling sick
- 'butterflies' in your stomach
- Tightening of muscles (especially in your neck) making you feel tense
- Dry mouth
- Needing to wee frequently!!
- Muscle spasms
- Headaches
- Breathlessness
- Fatigue

Without an outlet for this burst of energy in situations without a reason (and the best outlet is exercise) you may experience the following:

- You see difficult situations as really threatening
- You find it difficult to enjoy things and also feel bad
- It's difficult for you to concentrate or to deal with distraction
- You are anxious, frustrated or mad a lot
- You feel rejected, unable to laugh, afraid of free time, unable to work, and not willing to discuss your problems with others

**GOOD STRESS** is when these are feelings are helpful: when your body has to react (like run away from an attacker).

**BAD STRESS** is when these feelings are unhelpful: when they happen without an obvious reason, or when they happen in only minimally stressful situations.

Please turn the page →