

# Numurkah Secondary College Newsletter

104 Tocumwal Road Numurkah

(03) 58621088

Term 1 Week 8 2024



## Cate Eddy Principal's Report



Our formal review process was completed this week and the input from our families, students and staff was greatly appreciated. The panel who were conducting the review were full of praise for the growth across our school in learning and culture over the last 4 years. This is particularly impressive given the interruptions of Covid in that period. The feedback is something we are very proud of. Our local community can rest assured that NSC is a great school. One of the strengths noted was the strong connections we have with the local community, and this will be highlighted with the Anzac Day ceremony next term. We encourage all our students to attend on April 25<sup>th</sup> in school uniform to recognise the significance of this day. Our School Captains will lead the ceremony, in looking at the month ahead please keep this in mind and plan to come along if you can.

How quickly our seasons can change! The arrival of our autumnal weather arrived suddenly with the dramatic drop in our overnight and morning temperature, but it has been welcome. Of course, this also leads to a rush to check and purchase the warmer uniform items. Our school uniform has several options, and we aim to provide choice for students which is comfortable and practical while still presenting as a quality uniform worn with pride. Rhonda is building her stock as quickly as possible at Sports First. The skirts and shirts are on order and will hopefully be available at the start of the term. The new tracksuit pants are great quality and offer extra warmth which is great for the season ahead. Students who are wearing these tell me they are very comfortable. Thank you to those who support us and ensure that your children are in uniform. For extra warmth, long-sleeved t-shirts in white, black or navy

can be worn under tops, students wearing hoodies will be asked to take them off. Rhonda also has excellent options for shoes which meet our requirements. She has some Sketchers on order which are also a great option and should be in store soon. Our classrooms are well heated, and we encourage students to add a layer when they go outside. School jackets can be purchased through the office.

With term 1 being quite short we have opted for running our Parent Teacher Interviews in week 2 of Term 2. Bookings for these sessions are now available on Compass. If you need assistance, please contact the office.

Our next newsletter will not be out until after the break, so I wish you all the best for Easter and the break. Hopefully it will be a time when you can enjoy

### Dates To Remember

#### March

11th—Labour Day Public Holiday  
26th— Cross Country  
28th—Term 1 ends  
29th—Good Friday

#### April

6th—2025 Year 7 Information Evening  
15th—Term 2 begins  
24th—P/T Interviews from 4.30pm  
25th - Anzac Day Public Holiday  
26th—P/t interviews. **Student free day except for VCE unit 3/4**  
30th—NSC Athletics Carnival

#### June

3rd-5th—Year 10 & 11 Exams  
7th—Student free day  
10th—Monarch's Birthday Public Holiday  
24th—28th Year 10 Work Experience  
28th— End of Term 2

**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: 13th May 2024

# 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.

### Attendance Matters

There is a significant focus on student attendance, because attendance matters! As can be seen above, missing a day here or there might not seem like much but quickly adds up. One day per fortnight adds up to missing a month of schooling every year, and over school life is more than a year of missed education. There are a few things that would really help both your students and the school in this area:

If your student is absent due to medical reasons, please notify the school every time and as soon as possible. Unexplained absences may lead to more significant follow up being needed.

If your student has attendance that falls into the at risk category for school engagement, you will be contacted to arrange a meeting to discuss way we can support improved attendance.



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 1 Week 8 Compass Positives

## 11 Positives

Poppy McLean

## 10 Positives

Sha-Kaylah Murley

## 9 Positives

Addison Newell      Paige Roberts

## 8 Positives

Asha Bullock      Oscar Nichol  
Oliver Grinter      Georgie Hall      Grace Johnson      John Macrae

## 7 Positives

Harmony Jeanes      Phoebe Miller      Tayden McNally  
Teanamay Stevenson

## 6 Positives

Angus Newham      Will Emanuelli      Ryder Sieber      Josh DeLai  
Tamika Arundel      Maddi Brown      Dominic Snyman  
Bailey Hampton Archer      Willow Vearing

## 5 Positives

Taylah Duggan      Bella Shayne      Waverley Coghill  
Aleesha Johnstone      Brayden Kelly      Ellina Grasso      Ivy Henderson  
Angus Parkinson      Justin Hendy      Xavier Moon      Jackson Morris



## Digital Wellbeing for Families - Tip Sheet

“Children have never been very good at listening to their elders, but they have never failed to imitate them.” - James Baldwin

### What can I do **FOR** my family?

#### PERSONAL REFLECTION

- Review your Digital Wellbeing:
  - Amount of screen time - **When and which apps are used the most?**
  - Number of device unlocks - **How many times do you check your device?**



Set App timers and a screen time goal.



Explore Bedtime mode and Focus mode.



Turn unnecessary notifications off and remove social media apps from the homescreen.

#### LOOK UP



- If your child enters the room you're in, device down and initiate communication. This can simply be a smile and eye contact, or a question.
- If you wear a Smartwatch, keep it on '**do not disturb**' when you're with your kids.
- If your child asks you a question or engages with you, put your device down and out of arm's reach.
- Make yourself available to give kids device-free space to think and say what's on their mind. It's not always going to be at a time convenient for you.



## EDUCATE YOURSELF

- Familiarise yourself and your family with the eSafety Website, resources and Guide <https://www.esafety.gov.au/>
- Know what apps your children are using, and what features they include like the ability to chat to strangers.
- If your child wants a new app, make it a conversation and discuss with curiosity and empathy.

## COMMENTATE PHONE USE

- Include your kids in your device usage. For example: search together for a recipe, reply to a family member's message and let them add some emojis.
- Verbalise your active screen time to model beneficial use of technology, and keep passive scrolling and consuming to when kids aren't around. For example: *I'm trying to find those school camp permission forms, or, I'm checking what the weather will be like for the zoo tomorrow.*
- Talk to your kids about your own struggles with balancing technology use and screen time. Share what works for you and where you can improve.



## CONNECTION TIME

- Putting your phone down for 1 hour a day regains 15 days per year of time for you to connect with your family.
- Schedule a set amount of time to dedicate to each of your children completely device free. Start with 5 minutes a day.
- Find out what each of your children would like you to do during this time. Discuss current interests, choose to learn something new together or simply be present with them device-free.

## What can I do **WITH** my family?

We recommend having a **fun family meeting** about screen time and device usage. This works best when everyone is seen as bringing equal value no matter their age, and **has the chance to speak, challenge ideas, and offer suggestions**. Approach the conversation as a family who are all trying to make some positive changes to improve overall digital wellbeing rather than parents/carers telling kids what to do or stop doing. Bring snacks, have a laugh, and make it a time to **connect over a common struggle** in the house.

## FAMILY TECH AGREEMENT

- Make the tech agreement an open and regular conversation, for example revisited monthly.
- Show you know the complexities of screens, you're aware, and you can be their safe space if something goes wrong online.
- Templates available on the Esafety Website.
- Parental controls are great, maintaining they are discussed rather than simply enforced.



Apple  
Screen Time



Google Family  
Link



Microsoft  
Family Safety



Playstation  
Safety



Nintendo  
Switch Safety

## TRANSITIONING FROM SCREEN TIME

- Michael Fuller (Clinical Psychologist) Article: [Wean Your Teen off the Screen](#)
- Plan and discuss an agreed upon amount and time.
- Reduce the element of surprise, use timers and multiple reminders.
- Make a list of alternative non-screen activities and keep visible.
- Connect with a mood boosting activity directly after screen time, not homework or chores.
- Cortisol and adrenaline can be high during gaming. Before change can occur these need to lower. Offer a snack and water, positive feedback and give choices for post screen activity.

## DEVICE FREE TIME OR ZONE

- Make yourself available, but it's also ok (a good thing) for kids to experience boredom.
- Choose a common area in the house for a device free zone.
- Buy, find or create a family phone box to keep at the entrance of the room.
- Sit at a communal table for dinner with the TV off.
- Devices set to 'do not disturb' and out of sight for meal times.
- Replace device absence with a positive family ritual. For example: 2 minute timer for Mindful Eating, sharing each person's biggest success and biggest failure of the day, sharing 3 things that went well for each person that day.

## PASSIVE VS. ACTIVE

- Instead of focussing on screen time, focus on screen content.
- As a family look at digital wellbeing settings of each device and discuss the difference between active and passive use.
- Are your family members using devices to create, or consume?
- For passive use, set limits for family members, and give multiple timed warnings before they have to be turned off.

## KEY TAKEAWAYS



1. Stay curious
2. Get informed
3. Be present
4. Stand united
5. Remain kind

For more Resilience Project information & wellbeing resources please head to our website.

<https://theresilienceproject.com.au/>



## 2024 Year 7

Our Year 7 students have nearly completed their first term of High School. Here are some interesting facts we have learnt about them all.



### Addison Newell

**Nickname:** Addz

**Likes:** dogs, woodwork and farms.

**Strengths:** Netball (Go Bulldogs)

**Career goals:** Work with motorhomes and caravans.

**Best thing about NSC:** Woodwork.

**This year I am looking forward to:** Building stuff.



### Angus Newham

**Nickname:** Hamy

**Likes:** All things tech. **Strengths:** Computers

**Career goals:** Coder

**Best thing about NSC:** Art

**This year I am looking forward to:** Woodwork



### Angus Parkinson

**Nickname:** Parky

**Likes:** Cricket, going to the pool and drawing.

**Strengths:** Math, Cricket and focusing on my tasks.

**Career goals:** I have no clue.

**Best thing about NSC:** Good equipment to use in the gym for P.E.

**This year I am looking forward to:** Wood work and playing in cricket finals



### Asha Parry

**Likes:** Netball, dogs and animals. **Strengths:** Netball, being a good friend and going crazy after having sugar.

**Career goals:** Ultrasound tech. **Best thing about NSC:** Recess, lunch and the yard, there is heaps of stuff to do.

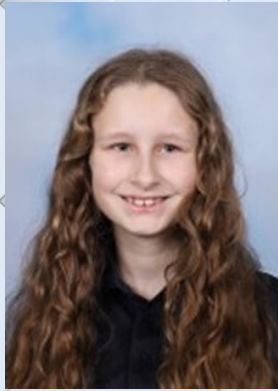
**This year I am looking forward to:** Holidays



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### **Ash-Lee Byra**

**Nickname:** Ash

**Likes:** Acrylic painting, playing with my cats and chatting with my friends.

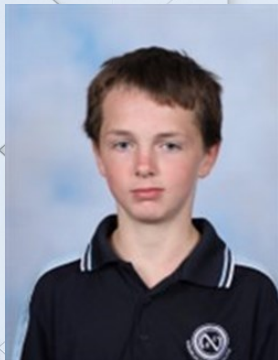
**Strengths:** Good friend, roller skating and painting.

**Career goals:** I don't know.

**Best thing about NSC:** Friends and my sister

**This year I am looking forward to:** Art

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### **Bailey Hampton Archer**

**Nickname:** Bazza

**Likes:** Playing basketball, Fortnite and football.

**Strengths:** Basketball, being a good mate and Art.

**Career goals:** I don't know yet.

**Best thing about NSC:** English is fun.

**This year I am looking forward to:** Woodwork

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### **Colton Obersnell**

**Nickname:** Colt

**Likes:** Cricket, footy and dirt bikes.

**Strengths:** Being creative, good mate and funny

**Career goals:** Cricket player for Australia.

**Best thing about NSC:** Going outside and playing on the oval

**This year I am looking forward to:** Going into Year 8

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### **Dominic Snyman**

**Nickname:** Dom **Likes:** Anime and Manga

**Strengths:** Brute strength, being a good friend, classmate and big brother

**Career goals:** Chef working for a famous restaurant or at Australia Zoo as a helper. **Best thing about NSC:** I don't know yet

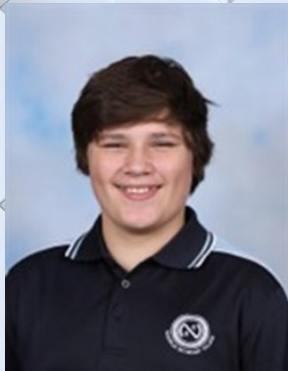
**This year I am looking forward to:** Woodwork



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### **Eli Milczarek**

**Nickname:** Eli

**Likes:** Listening to music, reading and looking at cars.

**Strengths:** Reading, writing and sleeping.

**Career goals:** Geologist

**Best thing about NSC:** That there is no tolerance for bullying at NSC.

**This year I am looking forward to:** Cooking.

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### **Georgie Hall**

**Nickname:** George/Georgina

**Likes:** Art, music and sleeping.

**Strengths:** Math, English, reading and being a good friend.

**Career goals:** Nurse.

**Best thing about NSC:** Having friends here and it being a supportive community.

**This year I am looking forward to:** The tech subjects.

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### **Grace Johnson**

**Nickname:** Grass

**Likes:** Riding my scooter, cooking and English.

**Strengths:** Chatting and being a good friend.

**Career goals:** To be a Vet or a Nurse.

**Best thing about NSC:** The canteen.

**This year I am looking forward to:** Doing all of the electives.

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### **Harmony Jeanes**

**Likes:** Drawing, riding my bike and stickers.

**Strengths:** Drawing, funny and brave.

**Career goals:** Something creative.

**Best thing about NSC:** Hanging out with friends and English.

**This year I am looking forward to:** Getting my hair styled and cut.



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### **Jackson Morris**

**Nickname:** Jacko

**Likes:** Basketball, football, Math and hands on work.

**Strengths:** Building things, strong with Math and Science.

**Career goals:** To have a trade in building.

**Best thing about NSC:** The subjects.

**This year I am looking forward to:** Making it to the end of the year.

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### **Jaiden McKellar**

**Nickname:** Jaaaaaaaaaiiiiiidddddden

**Likes:** Playing Rust on my Xbox, talking to friends and coming to school.

**Strengths:** Being a good friend and playing games.

**Career goals:** I don't know.

**Best thing about NSC:** The teachers.

**This year I am looking forward to:** Finishing Year 7.

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### **Justin Hendy**

**Nickname:** Justin Beiber

**Likes:** Cricket, school and Math.

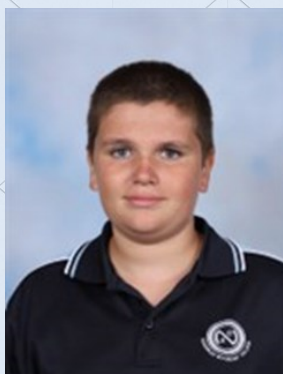
**Strengths:** Cricket—Go Katunga!!, Fortnite and Math.

**Career goals:** Playing IPL, become a mechanic or have my own tackle shop.

**Best thing about NSC:** Ms Dewar.

**This year I am looking forward to:** Science.

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### **Koby Price**

**Nickname:** Pricey

**Likes:** The feeling of getting home after school finishes.

**Strengths:** Listening in English.

**Career goals:** I don't know.

**Best thing about NSC:** Miss P, English and swimming in the swimming carnival.

**This year I am looking forward to:** Woodwork.



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### **Laurence DeLai**

**Likes:** Playing Roblox and Lego.

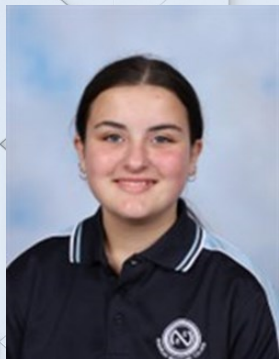
**Strengths:** Reading, Math and meeting new friends.

**Career goals:** Police Officer.

**Best thing about NSC:** Woodwork and Metalwork.

**This year I am looking forward to:** Woodwork

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### **Maddi Brown**

**Nickname:** Mads

**Likes:** Horse riding, sleeping and hanging out with friends.

**Strengths:** English, cooking and being a good friend.

**Career goals:** Vet Nurse or Nurse.

**Best thing about NSC:** Making new friends.

**This year I am looking forward to:** Learning my different strengths.

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### **Oliver Grinter**

**Nickname:** Ollie

**Likes:** Basketball, football and hanging out with friends.

**Strengths:** Basketball, Textiles and making new friends.

**Career goals:** Basketball player.

**Best thing about NSC:** All the different classes you get to do and move around to.

**This year I am looking forward to:** Moving into Year 8 and doing Metalwork.

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### **Paige Roberts**

**Nickname:** Paigey Pie

**Likes:** Horse riding, sport and drawing.

**Strengths:** Being a good friend, classmate and sister.

**Career goals:** Vet

**Best thing about NSC:** Not sure.

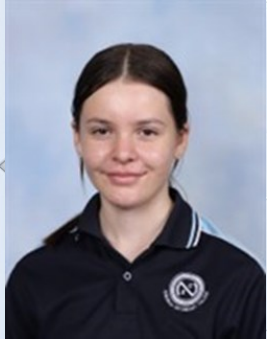
**This year I am looking forward to:** Cooking



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### **Phoebe Miller**

**Nickname:** Phoebs

**Likes:** Draw, chatting with my friends and writing.

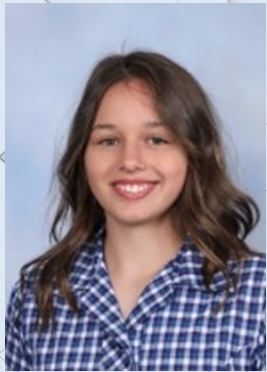
**Strengths:** Making new friends, English and playing instruments.

**Career goals:** Childcare worker.

**Best thing about NSC:** My friends.

**This year I am looking forward to:** Doing more Woodwork.

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### **Poppy McLean**

**Nickname:** Popstar

**Likes:** Drawing, dancing and singing.

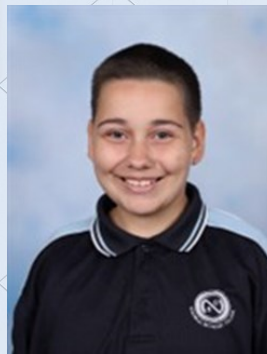
**Strengths:** Drawing, being a good friend and dancing.

**Career goals:** Hairdresser.

**Best thing about NSC:** Recess and Lunch.

**This year I am looking forward to:** Everything!

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### **Ruby McKenzie**

**Nickname:** Rubes

**Likes:** Drawing, writing and reading.

**Strengths:** Drawing, writing and reading.

**Career goals:** An actress.

**Best thing about NSC:** My friends

**This year I am looking forward to:** Learning more piano with Mr Bliss.

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### **Ryder Sieber**

**Likes:** Playing football, basketball and Woodwork.

**Strengths:** I am pretty good at Basketball.

**Career goals:** Mechanic

**Best thing about NSC:** Woodwork.

**This year I am looking forward to:** Woodwork.



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### Sha-Kaylah Murley

**Likes:** Reading, hanging out with my friends and my Mum.

**Strengths:** Being a good friend, being resilient and being helpful.

**Career goals:** I want to be an actor.

**Best thing about NSC:** Making new friends.

**This year I am looking forward to:** Doing Woodwork.

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### Tamika Arundel

**Likes:** Netball, hanging out with my friends and being with my family.

**Strengths:** Being a good friend and classmate and trying really hard to always do my best.

**Career goals:** Nurse. **Best thing about NSC:** Friends

**This year I am looking forward to:** Cooking.

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### Tanner McKellar

**Likes:** Riding motorbikes, fishing and riding my scooter.

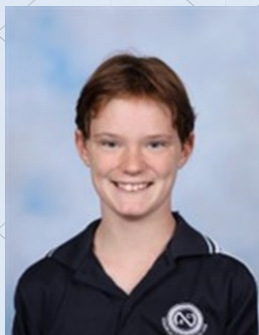
**Strengths:** Fishing, boxing and video games.

**Career goals:** A welder or carpenter.

**Best thing about NSC:** Canteen and cold water in the tech area.

**This year I am looking forward to:** My birthday.

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### Tayden McNally

**Nickname:** Ginger Ninja

**Likes:** Reading, eating and playing.

**Strengths:** Reading, being a good friend, eating and P.E.

**Career goals:** YouTuber

**Best thing about NSC:** Teachers.

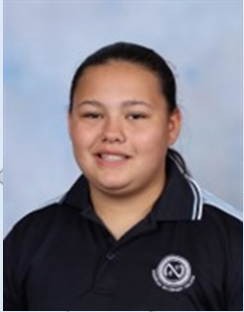
**This year I am looking forward to:** Being a good kid.



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### **Teanamay Stevenson**

**Nickname:** T

**Likes:** Video gaming.

**Strengths:** Math

**Career goals:** Zoo Keeper

**Best thing about NSC:** New friends.

**This year I am looking forward to:** Math

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### **Waverley Coghill**

**Nickname:** Wavo

**Likes:** Footy, motorbikes and motorised bikes.

**Strengths:** Footy and Fortnite.

**Career goals:** Welder and footy player.

**Best thing about NSC:** The home time bell.

**This year I am looking forward to:** Holidays.

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### **Will Emanuelli**

**Likes:** Listening to music, playing piano, netball, sleeping and watching Netflix.

**Strengths:** Playing piano, sleeping and good at listening to music and good at watching Netflix.

**Career goals:** Writer or an actor or both.

**Best thing about NSC:** Katrina

**This year I am looking forward to:** 2025

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### **Oscar Nichol**

**Likes:** Footy, sports and swimming.

**Strengths:** Math, English, Woodwork, Cooking and sports.

**Career goals:** Engineer.

**Best thing about NSC:** I am not sure.

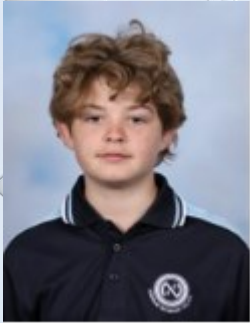
**This year I am looking forward to:** Junior sports and athletics carnival.



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### **Josh DeLai**

**Likes:** To draw, to watch movies and TV and play football.

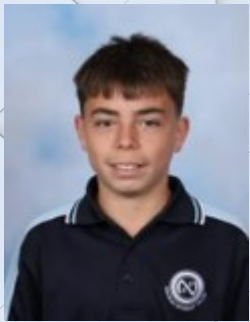
**Strengths:** Good at drawing, physics and engineering.

**Career goals:** Engineer.

**Best thing about NSC:** Woodwork.

**This year I am looking forward to:** Food.

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### **John Macrae**

**Nickname:** Johnny

**Likes:** Football, swimming and hanging out with mates.

**Strengths:** Football and being a good friend.

**Career goals:** I don't know yet.

**Best thing about NSC:** Friends.

**This year I am looking forward to:** Junior Winter Sports.

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### **Skyla Fealy**

**Likes:** Netball, hanging out with friends and siblings.

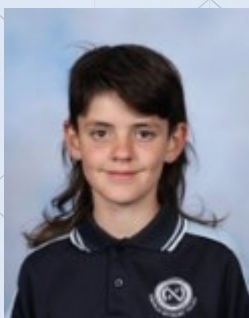
**Strengths:** Throwing balls, strong arm from Netball.

**Career goals:** I don't know yet.

**Best thing about NSC:** Meeting new friends.

**This year I am looking forward to:** Winter sports and playing netball.

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### **Xavier Moon**

**Nickname:** Moony

**Likes:** Sport, fixing stuff.

**Strengths:** Dirt bike riding, water skiing and cleaning.

**Career goals:** Farmer.

**Best thing about NSC:** Sport.

**This year I am looking forward to:** Food



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### Taylah Duggan

**Nickname:** Tay

**Likes:** Anime, playing games with my friends, drawing and making random videos of anything I can find.

**Strengths:** Sleeping.

**Career goals:** Scientist, Fashion Designer or a Meteorologist.

**Best thing about NSC:** Canteen.

**This year I am looking forward to:** Doing more Science pracs

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### Cruze Morley

**Nickname:** Cruzey Woozey Woo Woo

**Likes:** Footy, gaming and hanging with my mates.

**Strengths:** Sports, running and Food.

**Career goals:** AFL player and mechanic.

**Best thing about NSC:** Going to school and seeing my mates.

**This year I am looking forward to:** Woodwork.

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### Willow Vearing

**Likes:** Horse riding, motorbike riding and going on walks.

**Strengths:** Motorbike riding, being a good friend.

**Career goals:** Work on a station in the outback.

**Best thing about NSC:** My friends.

**This year I am looking forward to:** Woodwork

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### Adain Smith

**Likes:** Anything really. I like to play games like Need for Speed on my laptop.

**Strengths:** Good at solving puzzles.

**Career goals:** Cement Worker.

**Best thing about NSC:** Going to Art classes with Miss Frampton and friends.

**This year I am looking forward to:** Woodwork.



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### Urijah Saxton



**Nickname:** Mini

**Likes:** Playing basketball, hanging out with mates and playing with my little sister. Playing footy and all sport.

**Strengths:** Basketball, footy and doing chores.

**Career goals:** NBA or NBL player.

**Best thing about NSC:** P.E.

**This year I am looking forward to:** Cross Country and Athletics Carnival.

### Interschool sports

We had GMDSSV swimming sports and our Senior Interschool Winter sports (involving Lawn bowls, clay target shooting, tennis and table tennis) occurring this Term. Well done to all who proudly represented our College at these events. It was fantastic seeing the enthusiasm and encouragement for peers and opponents alike on display. We received lots of positive feedback from Numurkah Secondary College staff in attendance, as well as from volunteers and other College staff present at the events. Thank-you to all who participated – you have represented yourselves and our College well!





# Biodynamic Farming

The NSC **Introduction to Farming** elective class visited Alcheringa Biodynamic Dairy Farm (near Nathalia), owned and operated by Mark and Lynne Peterson. The learning intention was to link student understanding of the previous theoretical and practical studies of biomes, irrigation and agri-tech to a real life farm experience.

The students specifically learnt about the similarities and differences between biodynamic and conventional dairy farming. They were able to feel the organic fertilizer, then dodge the manure landmines while getting the cows up from the paddock for a special early milking. Many students then took the opportunity to get into the dairy small groups, to take in all the flies, sights and smells while milking the herd!

Well done students, and a huge thankyou to Mark for taking a few hours out of his busy day to give so many 2024 NSC students this rare experience.

Check out some of the action below.

For more information about Alcheringa—

<https://www.youtube.com/watch?v=32766NXzeT8>

<https://www.facebook.com/watch/?v=424606568174493>





# Year 12 Biomechanics

As part of Year 12 PE, Ben and Jesse have been looking at the topic of biomechanics. Helping to explore the concepts covered has involved the use of a garden hose, upside down table, office chair, weights and a variety of sports equipment. Jesse and Ben have also tested each other's stability and had opportunity to practice their measuring skills on the back oval. They are continually prompted to apply their understanding of sporting situations.



At NSC we are ready to learn when we leave our phones and hoodies in our lockers.



# NSC Careers News



## Trade Taster Day

Students from mixed year levels visited CPE Construction and Saputo Dairy on Wednesday 13<sup>th</sup> March, this was an introduction day into various aspects of engineering, project management and opportunities. The students heard from employees, 'A Day in the life of an apprentice', factory project manager and HR business partner.



***Work Experience opportunities are available for year 10 students at both CPE Construction and Saputo Dairy.***

***Students, make the phone call and be organised***

## Careers Day Out

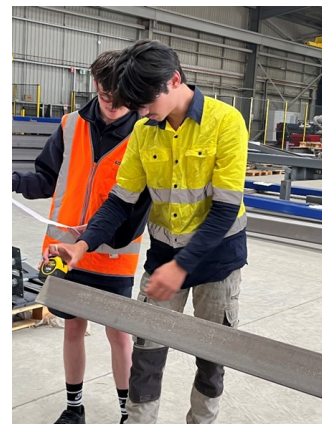
### Year 10 Students

### Save the Date!

May 8th

Wodonga Tafe, Wanganui Rd Shepparton

Details on Compass



## YEAR 9

Year 9 students completed **Part 1:** of My Career Insights (MCI) Profiling session on the 19<sup>th</sup> of March. The session included a series of assessments and questionnaires to help identify the student's strengths, interests, work preferences and styles which can be useful to make decisions about senior subject choices, pathway options and work experience ideas.

There is no PASS or FAIL with MCI Profiling, it suggests the student's innate natural strengths.

**MCI Part 2:** consists of a One on One student interview conducted by Independent Career Consultants to unpack the Profiling assessment and discuss the suggested subjects and pathways that address the students strengths and learning preferences. Interviews will take place in Term 3

# NSC Careers News

## Parents, of Year 10 students

All Information regarding Year 10 Work Experience is on Compass and on the NSC website.

**Monday June 24<sup>th</sup> – Friday June 28<sup>th</sup>**

**NCN Health** have confirmed Work Experience placements (please see via Compass)

NCN have availability for 2 students in Allied Health/Aged Care at the Numurkah Campus and 1 student in this area at the Cobram Campus for the June time frame. They also offer work experience in hospitality, environmental (cleaning) and maintenance.

## WORK EXPERIENCE CHECKLIST 2024

1. **March:** research and collect contact details for a range of potential workplaces with your parents/carers and teachers as soon as possible. You can find workplaces through SWL portal, family friend connections or support from NSC staff.
2. **March:** Contact employers requesting Work experience by phone.
3. When successful contact the employer thanking and informing them, you will be in contact to complete Work Experience **confirmation form** with all correct business details so Cathy can generate work experience arrangement form.
4. **May:** Once you know the industry that you are going to do work experience in, you must complete the industry specific safe@work module by 17<sup>th</sup> May which can be found at: <https://www.education.vic.gov.au/school/students/beyond/Pages/quiz.aspx> and email to Cathy [cathy.osullivan@education.vic.gov.au](mailto:cathy.osullivan@education.vic.gov.au)
5. **June 12<sup>th</sup>** The arrangement form will be emailed to your school email address and your parent/carer for you to then email to your employer to sign.
6. Once forms are signed return to Cathy or main office
7. **June 18<sup>th</sup> 19<sup>th</sup>**, 1 week before placement, contact employers to reconfirm your placement times, uniform, lunch breaks etc.
8. **Placement 24<sup>th</sup> – 28<sup>th</sup> June**, all students please complete Work Experience logbook during your placement with your supervisor.
9. Week 1 Term 3 Debrief with Cathy and send a thank you letter to your employer.

NSC Career Advisor, Cathy O'Sullivan,

Available Tuesdays – Fridays E: [cathy.osullivan@education.vic.gov.au](mailto:cathy.osullivan@education.vic.gov.au) M:0476496352

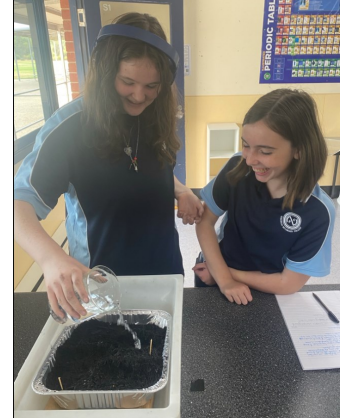
Numurkah SC careers website [www.numurkahcareers.com](http://www.numurkahcareers.com)

<https://www.yourcareer.gov.au> <https://www.youthcentral.vic.gov.au/study-and-training/other-study-options>



# Planet Earth

Planet Earth class are running an experiment around how different soils affect water retention. Some students had used mixtures of soils, while others used singular soils in different states like being compacted or in swales.



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## Yr 7 & 8 Heart Dissection

Students in years 7 and 8 have been looking at the circulatory system this week in Science. To help them to see how their hearts work they participated in dissecting a sheep's heart. They were asked to look at the four chambers of the heart and identify the valves, veins, and arteries.



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



# Meals on Wheels



Ryley and Patrick unload the empty coolers on a hot day after delivering meals to the elderly. Keely and Millie also volunteered to help the community as a part of the Meals on Wheels program. Thanks for volunteering.



## 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**

R.E.A.P.

Respect — Excellence — Aspiration — Pride





## NUMURKAH DISTRICT SOCCER CLUB

**Open Girls – 12yrs to 18yrs**

**Wednesdays**

**4:30pm to 5:30pm**

**Numurkah Showground for training.**

**Games are Saturdays in Shepparton.**

No Public holidays or school holidays.

Season is April to September 2024

Fees \$145 per player + uniform

*Inquiries call Trish on 0419 111 465 or Kat 0477 222 031*

*Email: [numurkahjuniorsoccer@gmail.com](mailto:numurkahjuniorsoccer@gmail.com)*



## Moira Shire's kerbside collection consultation now open

A small act makes a big impact.

Be part of the conversation, choose the best option  
for your household:



Landfill

Recycling

Organics

Glass

**OPTION 1**

Fortnightly

Monthly

Fortnightly

Monthly

**OPTION 2**

Fortnightly

Fortnightly

Weekly

Monthly

**OPTION 3**

Fortnightly

Monthly

Weekly

Monthly

Scan the QR code to submit your preference



[www.moiramatters.com.au/  
kerbside-collection-changes](http://www.moiramatters.com.au/kerbside-collection-changes)



Sustainability  
Victoria



At NSC we are ready to learn when we bring our laptop, pens and books to class.