

# Numurkah Secondary College Newsletter

104 Tocumwal Road Numurkah

(03) 58621088

Term 2 Week 4 2024



## Cate Eddy Principal's Report

### School review feedback

I received the draft of the report which has now been submitted and is very positive about our school, reflecting the work that has been undertaken since the previous review in 2019. I was extremely proud of the report which reflects feedback from observations made by the panel, meetings with parents, staff and students as well as our performance data. Once the draft has been approved, we will be moving to developing our School Strategic Plan for the next 3 years which is then broken into annual plans. The recommended goals are very broad which we then break down into these targets to be reached by 2027.

### Goal 1 To improve the learning growth and achievement of every student.

The rationale for this;

The panel found that there had been improvements in the levels of student engagement and behaviour management approaches during the review period. The panel agreed that the school had made significant progress using data and evidence and was in the early stages of establishing a consistent PLC process. The panel agreed that further embedding high-impact, evidence-informed instructional approaches would support improved student learning outcomes.

### Goal 2 Enhance student engagement, wellbeing and connectedness to school.

The rationale for this;

The panel observed that there had been significant growth in the school's data around high expectations of students. The panel found that the school had made significant progress in involving the local community despite the challenges that remote learning had posed. The panel agreed that there were opportunities to embed further and develop a school culture where student voice and agency are integral aspects of the school's teaching and learning program. The panel concurred that further embedding the school's proactive mental health approaches and multi-tiered support systems would contribute to greater student wellbeing.



### Dates To Remember

#### May

21st—GMDSSV Cross Country

29th—GMDSSV Year 7 & 8 Winter Sports

#### June

3rd-5th—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 – First day of classes

**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

Once the report is approved and submitted the leadership and staff will prepare our annual targets and long term targets which will be measured through School surveys (student, staff and parent) as well as data from NAPLAN, PAT and VCE. Further information will come from our wellbeing programs and other support programs.

Staffing for all schools is a challenge and we have been relatively protected from this at NSC. We have lost one of our Maths Science teachers who came here at the beginning of the year who has decided teaching is not the career he wished to pursue. With some flexible planning and support from staff this gap has been filled by a more open plan classroom for year 9 and 10 maths. This will enable us to ensure that content is being covered across the whole year level consistently with appropriate differentiation. We will use this term to assess the program and determine the best plan moving forward. We have advertised for a maths teacher.

Transition for 2025 has commenced with the Discovery Evening held 2 weeks ago. This was well attended. Parent paperwork and applications need to be submitted to primary schools by May 10<sup>th</sup>. These then come to us and we respond to placement requests.

A group of staff have expressed interest in running a school production this year and students responded quickly. There have been auditions running over lunchtimes and we look forward to seeing how this progresses. Obviously, funding is a challenge and the staff are looking into grants and other sources to borrow equipment and cover cost.

### **Community connections information**

EdConnect is a mentor program where community members volunteer to come into the school and mentor selected students. This commenced this term with 4 Mentors and 5 students with the potential for up to 12 students.

The mentors work in classes supporting learning and building confidence.

Deb Fowler from The Numurkah Community Learning Centre has approached the school about becoming involved in a Family Learning Project. The objectives of the project are to;

- Teach families about nutrition, cooking skills and healthy meal preparation.
- Fosters family bonding and communication through a shared experience.
- Help families learn budgeting skills by making a nutritious meal on a budget.

We have agreed to being involved in the program at this stage. It does include using our kitchen which would be a great use of this resource. Deb is still finalising the details, but funding has been accessed.

The Rotary Club are in the process of finalising details for a scholarship for \$250 to support a young person in achieving their aspiration to work in a trade. The plan is for this to be called the Ernest Jones Pre-Apprenticeship Award. This will involve students preparing a written application and then the club will arrange interviews. The plan is for this to get final details together so this award will be part of our Presentation Evening in December.

The Ferguson Club is also back in the school 2 afternoons a week working with small groups to rebuild the tractor. This has continued as a result of the success of the program in 2023 and is a positive reflection of our students' engagement as well as the work of Ian Tilley supported by Doug Brown and David Findlay.

The strong links we have with the community are an important reflection of our positive connection with the Numurkah community.

# WELLBEING NEWS

## Cybersafety needs a team effort

Our students, like young people everywhere, are navigating new challenges and concerns when it comes to their online space. With the use of phones providing 24/7 access online, and ever increased ability to communicate, new threats and challenges continue to emerge.

The Numurkah Secondary College Community is not immune from these challenges. Unfortunately, we do periodically get reports of incidents of cyber bullying and intimidation, sending inappropriate images and sharing concerning content.

A number of these issues are in breach of the law, meaning serious legal issues could arise. **BUT, of greater concern is the negative impact such issues can have on the health and wellbeing of our young people.**

As a school, we will continue to support students when issues arise, and provide education to students about the benefits and potential risks of the online world. However, most of the issues we see do not happen at school (students cannot access their phones). So while the impact is often felt at school, the actual issues often arise at home.

The online world is part of every single aspect of our lives. Supporting students to navigate it and make good choices requires all of us. If you have never had a conversation with your students about what apps they are using, content they are viewing or concerns they may have, we strongly encourage you to have a supportive but honest chat about it all.

This conversation can be tricky, but the eSafety Commissioner has brilliant resources to help both parents/guardians and young people.

**For young people:** <https://www.esafety.gov.au/young-people>

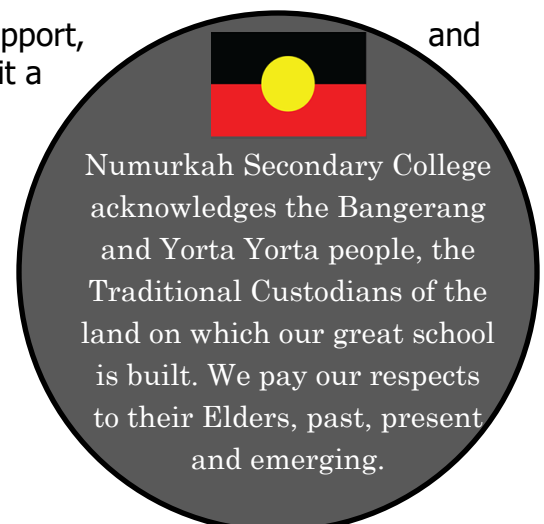
There are specific links on topics including bullying online, sending or receiving inappropriate material including nude images, online hate, dating and gaming and more. It allows young people to be educated and informed and to support better decisions in the online space.

**For parents and guardians:** <https://www.esafety.gov.au/parents>

There are similar topics as for young people, but more directed at informing and supporting parents in what they can do to help their students.

Numurkah Secondary College will always stand ready to support, respond to concerns in the online space but we cannot do it alone. As a School Community we can discuss, educate and improve how we all engage with online technologies.

**We urge you to explore the information and start the conversation- it really could mean the difference between positive online lives versus one poor choice that can have devastating long term consequence.**



# Positive Compass Chronicles

## Week 3-4

**7 Positives**— Georgie Hall, Addison Newell

**6 Positives**— Cruze Morley, Savannah Payne, Tamika Arundel, Ash-Lee Byra, Will Emmanuelli,

**5 Positives**— Asha Parry, Tayden McNally, Sol Frost, Grace Johnson, Bailey Hampton Archer, Paige Roberts, Emmy Gazzola, Jaiden McKellar

**4 Positives**— Sienna Kubeil, Michael Van Den Goor, Justin Hendy, Dakota Jones, Oliver Grinter, Zavier Moon, Willow Vearing, Aleesha Johnstone, Hannah Grigg

**3 Positives**— Charlee Dailey, Violet Mongan, Poppy McLean, Dominic Snyman, Laurence De Lai, Eli Milczarek, Charlotte Codiga, Ella Carlisle, Sofia Gazzola, Amy Wyatt, Diesel Barclay Kimberley, Angus Newham, Max Dudley, Grace Jones, Odin Minotti-Watson, Wyatt Hendy Smith, Olivia Tervit, Helena Schrapel, Chase Dellar, Jacob Levy, Taylah Duggan, Bella Shayne, Baelan Saxton, Ben Norman, Caitrin Harrison, Josh Delai.

**2 Positives**— Oscar Nichol, Koby Price, Anza Wilson, Ash Rourke, Liam Young, Caitlyn Brown, Ryder Dezwart, Bayden Parkinson, Urijah Saxton, Ella Parkinson, Laylla Tyrrell, Bailey Bonham, Maeli Croft, Ethan Thompson, Phoebe Zammit, Charlie Patten, Millie Beverley, Charlie Payne, Tilly Beverley, Hannah Stedman, Zac Newby, Harmony Jeanes, Chris Bodsworth, Havanah Gardner, Liam Woolley, Imogen Jeanes, Degan Ryan, Jacob Church, Molly Harris, Jacob Woolley, Phoebe Miller, Billy Elsegood, Riley May, Jesse Wakeman, Sapphire Brown, Jhett Eddy, Tahlia Reuss, John Macrae, Tanner Bonham, Jorjiah Moody, Tyler Cook, Josh Lyons, Will Srisoi, Chianne Burnett Miller, Kayla Gerity, Lukas Lawn.

# Congratulations





Numurkah Gift Winners



Winning House—Gray



Age Group Champions

### Athletics Results

#### **Age Group Champions**

- 13 Year old: Havanah Gardner and Urijah Saxton
- 14 Year old: Bella Shayne and Max Dudley
- 15 Year old: Connie Harris and Tyler Bodsworth
- 16 Year old: Bridget Brown and William Srisoi
- 17 Year old: Morgann Harris and Christopher Bodsworth
- 20 Year old: Grace Jones and Benjamin Norman

#### **House Points**

- Winning House: Gray 2571
- Christie 2140
- Hunkin 1843
- Twedde 1800

#### **Numurkah Gift Winners**

- Morgann Harris
- William Srisoi









In the annual Year 12 versus staff race, emotions ran high as the staff worked hard at running over the finish line first. This wasn't to be, with the Year 12 students coming away with the win. Well done 2024 Year 12





## Year 7 – Athletics Day recounts

This is a recount of my, Angus Parkinson's, day at the Numurkah Secondary College athletics day.

We got to school at around 9am when we were called to all meet in the school gym. In the gym we were met our teacher for the day, and we were sorted into our age groups.

After that every single age group started with the 800m distance race. It was very tiring, but I still managed to come third place. Then we completed the discus event which was a fair bit challenging. The 100m sprint was next and I was very tired by the end of that one. I participate in the rest of my activities like shotput, high jump, long jump, triple jump, 200m, 400m, and relays.

The activity I enjoyed the most by far was high jump because I managed to jump 130cm which is a personal best by a fair bit, and I also came 1st place. Then we all finished our activities and as house groups we watched the relays being run, I participated in our age group relay. Then we cleaned up all our rubbish. After that we got out of school at about 3:00p.m.

**By Angus Parkinson**

Yesterday was school athletics day, and this is my, Georgie Hall's, recount of the NSC's sports day.

Arriving at school in a red shirt that showed support for my house, Hunkin (the best!). As an announcement sounds over the school to start the day, I look around and laugh at some hilarious costumes people dress up in each year, my favourite costume was Ash-Lee and her alien costume.

Meeting in the gym, the teachers marked our attendance, and we got shooed out to the oval. Soon after they announced the first activity, the 800m race. I cheered my best for Hunkin because I didn't feel like running. After all the age groups ran, we split apart and scurried over to our very first activity, discus.

Discus started, and we all had a toss, completing our first activity. Although we got confused about who won as it wasn't revealed. We hurriedly walked over to 100m sprint. And began to organise ourselves into races for 100m sprint. I was in the first race, so I sprinted as fast as I could on grass, and placed 4<sup>th</sup>, but my head started to throb extremely badly.

Then the 100m sprints soon turned into Long Jump. It proceeded smoothly until my headache became worse, and worse. I could only complete Long Jump until I went to complain about it to the teacher in charge of 13's Girls, Ms. Harman, to which she quickly urged me to the office.

After my head throbbed and I sobbed for a bit, while being asked what's wrong with me, the office ladies decided to ring my dad. 5-10 minutes pass, he manages to drag me out of school and take me home to sleep the rest of the day.

**By Georgie Hall**

## recounts continued...

This is a personal recount of my (Eli's) Athletics day. My day started off with being sorted into our age groups and genders. After I was put into the under 13 boys category we started the first activity, the 800m sprint. I did not participate in this because my stamina is not good enough, and it was not compulsory. Then we did discuss which I won first place while second and third was Colton and Cruze. When that had finished, we did 100 metre sprint which I did not win a ribbon for. Soon afterwards we started long jump then high jump which I also didn't win any ribbons for. We had a recess break after high jump and then did 200 metre sprint which I also didn't win any ribbons for. After 200 metre sprint we did Shotput which I won second in at 8.1 metres and 1<sup>st</sup> getting 8.77 metres. After the Lunch break, we got to do triple jump which I didn't participate in because I was so burnt out. When we finished with triple jump, we watched the teacher versus student relay. Of course, after that we got to lay down and relax for half an hour and the day was even ended early. Overall, I think the day was a lot of fun and I even had someone pick me up to take me to the pool in Shepparton. When I got home, I practically fell asleep instantly due to all the exercise and muscle usage that I didn't care that my blanket was in the dryer.

**By Eli Milczarek**

This is a recount of my, Tamika Arundel's athletics day yesterday at N.S.C.

At the start of the day, I arrived at school and put my bag away in my locker and walked over to the gym after the announcement that went over the speakers. I sat down in my age group waiting to begin, finally we got directed outside to do the first event 800 meters. Although I didn't participate, I still cheered on my house colour (Go Hunkin) and my friends. After 800m it was discuss time, we set up in one line and I had my turn, I didn't know what place I came but I think I did well. When the discuss event had finished, we had a short walk over to the 100m sprint, we got in our order, and I ended up coming 2<sup>nd</sup> place.

Right after 100 metre event we went over to long jump. I still didn't place in that, but I was proud of my effort in that event. Next it was high jump, I tried three times but couldn't get over the bar. It was now time for 200 meters, I participated in it, but I placed fourth after being only a few meters behind Ash-Lee. We had a break before doing shotput, I ended up coming close to 3<sup>rd</sup> but I wasn't quite there, yet I was only off by a few centimetres.

We took another break before heading over to triple jump to start practicing before the teachers got there so we could start. My practice runs went well but for my actual tries I didn't do my best, so I still didn't place. I did multiple other events, but I didn't place until 400 meters where I placed 1<sup>st</sup> and the rest of the day it was just relays and races for older students, but I still had a lot of fun cheering on Hunkin.

Overall, the day was fun, and I had a great day participating with my friends and trying to get points for my house.

**By Tamika Arundel**

## recounts continued...

The other day, the Numurkah Secondary Athletics day was held, and I, Cruze Morley am in Christie (AKA the winners). I came 3rd in long jump and 3rd in discus, 2nd in sprints and 1st in the 15-year-old relay. We were not sure of who won at first, but then we found out who won which was Gray sadly.

During the triple jump I got a sausage in bread and a nice cold coca cola can. I was super happy that I got some ribbons and that I participated in everything except for triple jump because I do not like triple jump. Mr Barnard took us over to triple jump and he told us to get into a line then he showed us. Then I sat over in the corner of the oval with Koby and Bailey. We just watched the others participate while we drank our refreshing cokes. There were some pretty good jumps and that was the end of the triple jump. Unfortunately, I don't remember who won and the placements. Then I went into the 15-year-old relay and I started with the baton and I passed it to Angus Parkinson then i forgot who he passed it to. But then Christie house which is us of course picked up the speed and we won the 15-year-old relay. Then me and Angus Parkinson sat down and watched the teacher's vs students and I tell you what it was an entertaining race to watch but students won which was awesome. And that is the end of my athletics day.

By Cruz Morley

## Year 10 Careers Day out

On Tuesday 8<sup>th</sup> May, a group of Year 10 students headed to Shepparton to explore the Careers Day Out Expo. Students could explore a range of educational and career opportunities, with representatives covering universities, TAFEs, apprenticeships, employers, the defence forces and police. Students spent the day in conversation with the experts, and collected a huge amount of information (and free pens). This was a fantastic day for the students, and should lead to some great conversations at home about what careers and pathways students might like to follow!



## Year 9 Rubicon Camp



The focus of this camp will be on resilience. The camp provides students with the opportunity to develop their personal and social capabilities, while also providing students with the opportunity to participate in amazing outdoor activities.

Activities on the trip may include: Hiking, Canoeing, Rock Climbing, Outdoor Cooking, Kayaking, Outdoor Educational Activities, Mountain Bike Riding.

**Details are as follows:**

*When:* Tuesday 7<sup>th</sup> October to Friday 11<sup>th</sup> October 2024

*Where:* Rubicon Outdoor School, Thornton

Due to limited positions, we are only able to take 25 students on camp. Getting in early is highly recommended.

I strongly encourage students to attend this amazing camp. Please feel free to contact me if you have any questions.

Mr Glover, Year Level Advisor, Year 9.

## Year 8 Anglesea Camp

Anglesea a great way to connect and explore the sand, sea, surf, bush and river environment all in one place in a technology free environment (there is to be no phones or hand held devices taken on camp). Students will not need any spending money as everything will be taken care of. This event is now on Compass ready for payment.

Students will participate in surfing lessons, stand up paddleboarding, kayaking and a day at the beach.

**Details are as follows:**

*When:* 10th December–13th December 2024

*Where:* Camp Wilkin, Anglesea

Due to limited positions, we are only able to take 28 students on camp. Getting in early is highly recommended.

Ms Harman, Year Level Advisor, Year 8







**Fantastic work Matilda and Chianne volunteering for Meals on Wheels. You delivered the meals with smiles on your faces which made the clients day!**



**Great work Will and Connor helping with Meals on Wheels. Everyone loved Connor's colourful outfit!**



**Great job today Ryan and Holly volunteering to do Meals on Wheels. You both did great.**







## Year 7 & 8 Science

Over the last two weeks Years 7 and 8 students have participated in the Balloon Burster and Can Crusher practical tasks.

The Balloon Burster practical required them to think of and create a device which would burst the balloon. Using a trip timer like the ANZACS used to escape the Gallipoli coast during WW2, only one group managed to burst their balloon. Well done, Maddi, Teanamay and Harmony.

The Can Crusher task had students thinking about the 'States' of water. They needed to explain why the can crashed when it was filled with steam. Observing how the pressure outside the can makes the can implode when put into chilly water. Air pressure being greater than the steam inside the can.





# NSC Careers News

## Careers Day Out 2024

Year 10 students attended Careers Day Out, Wednesday 8<sup>th</sup> May. They were exposed to so much information and many opportunities.

- ◆ *Manufacturing Hub*
- ◆ *Koorie Big Day out Hub*
- ◆ *Farm & Agriculture work shops.*
- ◆ *TESLR*
- ◆ *Building and Construction hub*
- ◆ *Health Hub*



## White Card Course

Students interested in gaining their White Card should have now received an expression of interest letter. A White Card is a mandatory work card required in Australia to be able to work on a construction site.

A registered training organisation (RTO) will be delivering this certificate course on Tuesday 18th June from 9am - 3pm at Numurkah Secondary College .

To participate students require a USI (unique student identification , this can be obtained by applying online)

Expression of interest needs to be received by Friday 17th May.

**Total cost \$30** (Full cost is \$130 however NSC are subsidising \$100 per student)

Any questions please speak with Cathy at school.

## **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 students innate natural strengths.

**My Career Insights (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

## 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>**

### 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.

**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)

1. **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.
2. Once forms are signed return to Cathy or main office
3. **June 18<sup>th</sup> 19<sup>th</sup>**, 1 week before placement, contact employers to reconfirm your placement times, uniform, lunch breaks etc.
4. **Placement 24<sup>th</sup> – 28<sup>th</sup> June**, all students please complete Work Experience logbook during your placement with your supervisor.

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>

# Alice in Wonderland

Congratulations to all students who auditioned for our upcoming school production of Alice in Wonderland. The production team was very impressed with the talent and bravery we saw. Keep an eye out early next week for an announcement of our cast, and look out for tickets to see this show – it is going to be amazing! It will be performed on the evenings of Friday 30<sup>th</sup> and Saturday 31<sup>st</sup> August.



**1st Baulkamaugh Scouts**

**Cupcake sale**

**Thursday 30<sup>th</sup> May**

**Out the front of the library**

**@ Lunchtime**

**Flavours:**

**Vanilla**

**Marble**

**Chocolate Cake Pops**

**Brownies (GF)**

**Cost:**

**Cake Pops \$1 each**

**\$5 for 6**

**Cupcakes \$2:50 each**

**\$12 for 6 CASH ONLY**

**Pre order to**

**Rachel Newham**

**0401509888**



# About the School Saving Bonus

You may have seen the recent announcement of the School Saving Bonus, as part of the Victorian Budget 2024/25. We are sharing more information about how families will be able to access and use this support. This one-off support will include \$400 for each eligible student to help families cover the costs of school uniforms and activities in 2025.

It will be available to parents and carers of every child enrolled in a Victorian government school in 2025. Cash will not be paid directly to individuals or families. Instead, families will receive the bonus as credits on their school accounts that will help meet the costs of your children's activities and uniforms.

## **Existing supports**

The School Saving Bonus support will be in addition to existing and continuing means-tested supports for [camps, sports, excursions](#) and uniforms.

The application-based [Affordable School Uniform program](#), through State Schools' Relief, will continue to be available to families experiencing financial hardship or other forms of vulnerability and short-term crisis. This program allows schools to make multiple applications for support on parents' behalf throughout the year if needed.

There will be more information and guidance about the School Saving Bonus in Term 3, 2024, ahead of its implementation in 2025.



**IT'S GETTING CHILLY!**

Now is the time to prepare for the chilly weather.

Beanies \$20  
Spray jackets \$50.00

Available to purchase at NSC General Office



## FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

### CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$150 for primary school students
- \$250 for secondary school students

### MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

## REMINDER!!!

CSEF applications close 28th June  
2024.

Please check with the General  
Office if you are unsure if you have  
applied.

### HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

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

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools this year.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.





**Katunga Autumn**  
**CARNIVAL**  
 LIVE MUSIC

SUNDAY  
 25 MAY  
 10AM - 2PM

Katunga Rec Reserve      Gold Coin Entry

**JUMPING CASTLE - MARKET STALLS - FOOD  
 SLUSHIES - FAIRY FLOSS - MUSIC - RAFFLES  
 BEST CROCS COMPETITION - SPINNING WHEEL  
 GIANT GAMES AND MORE**

For more information or to book a stall  
 contact Chris Bethell (0409 936 100) or  
 Erryn Marks (0459 907 725)

**NUMURKAH SINGERS THEATRE INC.**

presenting **Disney's**  
**HIGH SCHOOL MUSICAL**  
 School Holiday Production **JR**

**INFORMATION NIGHT**

**Wednesday 29 May 2024 at 7pm**

The Singers Shed – 52 Quinn St, Numurkah

Open to young performers aged 10 to 18

[www.numurkahsingers.com.au](http://www.numurkahsingers.com.au)



**CELEBRATING  
 FAMILY  
 DIVERSITY  
 & CONNECTIONS**

National Families Week **13-19 MAY**  
[www.nfw.org.au](http://www.nfw.org.au)

Supports the Australian Government Department of Social Services. See [www.dss.gov.au](http://www.dss.gov.au) for more information. **FamiliesAustralia**

**CELEBRATING  
 FAMILY  
 DIVERSITY  
 & CONNECTIONS**

National Families Week

**TOP 10 TIPS**

- 1 Create time to play, and have fun with your family.
- 2 Use technology in a way to connect with each other.
- 3 Appreciate your family, friends and community – everyone matters!
- 4 Regularly check in with each other "how was your day?"
- 5 Do an exercise or relaxation class as a family group, or play a team sport.
- 6 Celebrate your family's achievements, large and small.
- 7 Have confidence in your abilities and celebrate the positive aspects of family life.
- 8 Ask others for support to navigate the challenges.
- 9 Help and support others whenever you can.
- 10 Build connections and learn from others.

Supports the Australian Government Department of Social Services. See [www.dss.gov.au](http://www.dss.gov.au) for more information. **FamiliesAustralia**

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



# VAPING - QUIT SUPPORT

## BECOMING ADDICTED TO NICOTINE CAN HAPPEN QUICKLY

Nicotine is one of the most addictive substances in the world. You don't have to vape daily to become addicted. Some of the signs you or a friend may be addicted to nicotine include needing to vape soon after you wake in the morning (within 30 minutes), finding it hard to concentrate if you haven't vaped recently, or turning to your vape when you're stressed.

It is possible to quit vaping (or smoking). People are more likely to quit successfully if they have help from a health professional.

### Here are some practical tips young people have used to help them quit:

**Pick a quit date**  
Make it a low-stress time to help manage withdrawal symptoms and cravings.



**Make a quit plan**  
Plan how to manage withdrawal symptoms, cravings and slip-ups.



**Get rid of your vapes**  
Remove anything else that may trigger the urge to vape (e.g. muting socials that feature vaping).



**QUIT**  
Tell your friends, family or a health professional about your quit plan so that they can support you.

**Quit with a supportive friend**  
If you vape with friends, it might be helpful to try to quit together.



**Know what help is available**  
Decide if you want more support (like a health professional) and make contact if necessary.



**Work out your 'vaping triggers'**  
Triggers might be places, feelings, times or other people who vape. Try to identify these and plan how you will manage them (see tips over page).



See your GP, youth health service, or other health services for help quitting vaping. You can also call [Quitline on 13 7848](tel:137848).

## MANAGING CRAVINGS IS AN IMPORTANT PART OF QUITTING VAPING

If you are addicted to nicotine (also called nicotine dependence) and go without vaping (or smoking), the nicotine level in your bloodstream drops and can cause withdrawal symptoms and strong urges to vape. This is known as cravings.

Nicotine is the addictive ingredient in both tobacco and the liquid in vapes. It's what makes people keep smoking or vaping.

### Nicotine withdrawal symptoms include:



Being down or irritable.



Being unable to concentrate or think clearly.



Feeling anxious, restless or jittery.



Not being able to sleep well.



Feeling more hungry than usual.



Not being able to focus on things apart from vaping.



**Get the facts about vaping at [health.nsw.gov.au/vaping](http://health.nsw.gov.au/vaping)**  
If you think you or a friend might be addicted to vaping, there is help available. See your GP, youth health service, or other health services for help with quitting vaping. You can also call [Quitline on 13 7848](tel:137848).



## TRY THESE STRATEGIES TO HELP YOU COPE WITH THE URGE (CRAVING) TO VAPE:



**Avoid your triggers** as much as you can in the first two weeks.



**Carry a snack with you** (e.g. an apple or a banana) and reach for this instead of vaping when you have a craving to vape. This can give you the dopamine hit your brain and body is craving without the harm of nicotine and keep your hands and mouth busy.



**Get active**-go for a walk or run.



**Ask for help.** Ask someone to support you, like a friend who also wants to quit, has quit or doesn't vape, or an adult you trust, like a parent/carer or school counsellor. A health professional can also help.



**Try deep breathing, meditation or other relaxation strategies.** For example [square breathing](#), [five count breath](#), or these [relaxation exercises](#). A mindfulness app might give you some other ideas.



**Distract yourself.** Talk to a friend, play a video game, look at Instagram / Snapchat (delete content and contacts related to vaping), listen to music.

## WHAT TO EXPECT IF YOU TRY TO QUIT VAPING

The first 2-4 weeks after you quit is usually the hardest as your brain and body get used to working without nicotine.

The physical withdrawal symptoms usually get better during the first 1-2 weeks after quitting. But the psychological craving to vape can last longer. This is why having strategies to cope with cravings and support from those around you is important.

Remember that while nicotine withdrawal symptoms can be difficult, they don't last forever. Withdrawal symptoms are a sign your body is recovering. Your brain will re-learn how to function without nicotine.

A health professional can support you to quit. They can provide advice on whether you should try [Nicotine Replacement Therapy \(NRT\)](#) to help you quit.



It's normal to slip-up when you're trying to quit. It might take a few tries to quit successfully. Each time you try to quit, you learn more about what works and doesn't work for you. Support from a health professional can help you get back on track.

## NICOTINE REPLACEMENT THERAPY (NRT) MAY BE AN OPTION FOR YOU

[Nicotine replacement therapy \(NRT\)](#) (patches, gums, lozenges, mouth spray, inhalers) may help if you are finding it difficult to manage your cravings or to quit vaping. It can be particularly helpful in the first two weeks after quitting. It is safe to use in people aged 12 and over.

Nicotine Replacement Therapy is most effective when combined with support from a health professional who can provide tips for how to manage cravings and regularly review to see how you are going. Speak to your GP or pharmacist for advice.



**Get the facts about vaping at [health.nsw.gov.au/vaping](http://health.nsw.gov.au/vaping)**  
If you think you or a friend might be addicted to vaping, there is help available. See your GP, youth health service, or other health services for help with quitting vaping. You can also call [Quitline on 13 7848](tel:137848).



## COPING WITH STRESS AND ANXIETY IF YOU VAPE

Studies have shown a link between nicotine addiction and increased stress and worsening depression and anxiety.

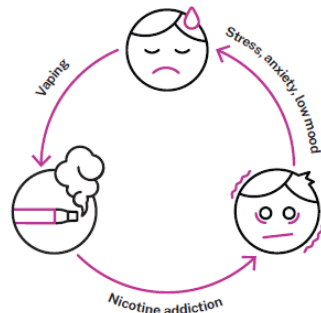
Some people vape to deal with stress and anxiety.

But nicotine addiction and the cravings that go with it can be stressful too. Stress and anxiety can trigger vape cravings and make it harder for you to quit for good.

This can create a cycle of stress and further nicotine addiction.

Looking after your mental health includes:

- Being aware of how you're feeling and what your mood is like.
- Keeping a diary of when, where, and who you vape with will help you understand your patterns of vaping.
- Keep track of your mood and how you're feeling and seek support if you're worried.



## HEALTHIER WAYS TO COPE WITH STRESS AND ANXIETY INSTEAD OF VAPING

- **Get active.** When you exercise, your brain releases similar feel-good chemicals to nicotine.
- **Stay busy and plan your day.** Create a schedule or stick to a daily routine.
- **Have fun.** Find ways to incorporate fun activities into your life, and make sure to do something you enjoy every day.
- **Talk with supportive friends and loved ones.**
- **Be positive.** Accept that there will be bad days, but that it won't always be like this.
- **Be present.** Focus on what you can control and stay in the moment. Don't worry or stress about things that might not happen.
- **Decaffeinate.** Caffeine can make you feel tense, jittery and stressed. This can make quitting harder, so consider reducing caffeine. This includes coffee, tea, caffeinated soft drinks and energy drinks.
- **Stop and breathe.** Interrupting the anxious feeling with conscious breathing can help you calm down and think clearly.



**Get the facts about vaping at [health.nsw.gov.au/vaping](http://health.nsw.gov.au/vaping)**  
If you think you or a friend might be addicted to vaping, there is help available. See your GP, youth health service, or other health services for help with quitting vaping. You can also call [Quitline on 13 7848](tel:137848).



# Join us!

Walk or run the Mother's Day Classic



SUNDAY 12 MAY

REGISTER NOW!  
[mothersdayclassic.com.au](http://mothersdayclassic.com.au)

**GET ACTIVE**  
MOTHER'S DAY CLASSIC FOR BREAST AND OVARIAN CANCERS RESEARCH



## Come Along and Join The Fun!

TOCUMWAL RECREATION RESERVE, MORRIS ST. TOCUMWAL  
8.30AM. WARM UP FOR A 9.00AM START

4km Walk | 4km and 8km Run

Starting at the Rec reserve and winds it's way down to Town Beach then along the beautiful River Walk along the picturesque levee bank to the New Bridge and back along our lush Foreshore Park