



Numurkah Secondary College

Newsletter

104 Tocomwal Road

(03) 58621088

Term 2

Week 4

Principal's Report

Once again, our newsletter is full of information about what has been happening at NSC and what is coming up. With week 4 behind us, the term is going to slip away very quickly. For our senior students the end of Unit 1 and 3 is only a few weeks away and the importance of completing work and preparing for final SACS are a priority. I know Micah Collie is working closely with our year 11 group to ensure they are considering their courses and planning for any changes they need to make.

It was a pleasure to attend the year 11 Urban Retreat last week. We travelled down by train on Thursday and spent the rest of the day enjoying the opportunity to explore Vic Market and visit the War Memorial before checking into the hotel. An evening meal at Melbourne Central and some shopping time finished off the day. On Friday we travelled out to Caulfield by train where we met up with NSC year 12 and 10 students to attend the Careers Big Day Out. The event included VCE subject sessions, careers guidance from 100's of different stands, as well as the chance to speak to numerous universities and colleges. It is always enjoyable to see our students out in a different environment and making the most of opportunities. Thank you to Micah Collie for her work in planning and organising these opportunities.

Our Music program continues to be enjoyed by several students and Tricia Baggs is impressed with the talent and commitment of the students involved. I am looking forward to their first performance later this term. This program is heavily subsidised, but we do need participants to make their payments to ensure we can supply the musical equipment required.

**continue following page*

Term Dates

April

25th Anzac Day

May

5th Yrs 7—10 course counselling

16th Senior Winter sports

19th Practice GAT

31st Junior Winter sports

June

6th-9th Yr 11/12 exams

7th-8th Yr 10 Core exams

12th King's birthday public holiday

15th GAT

23rd Last day Term 2

July

10th Term 3 begins

10th Student free day—Staff onsite

11th Students return

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.

NSC Online details

Email: numurkahsc@education.vic.gov.au

Website: www.numurkahsc.vic.gov.au

Facebook: Numurkah Secondary College

School Council

President: Kathleen Newby **Vice President:** Rachel Bonham

Executive Officer: Cate Eddy **Committee Members:** Deanne

Dewar, Chris Barnard, Louise Moss, Peter Smyth, Peta

Russo, Angela Joy, Morgan McCloskey, Rhiannon Jose, Oliver Masters.

Next meeting: 19th June

***continued*

I am pleased to let you know that a local business will be taking up the supply of school uniforms. Mensland have been a great support to our school over many years and it is sad to see an iconic Numurkah business closing. I wish Duncan and Chris all the best for their future plans and thank them for the support they have always given us at NSC. Sportsfirst will be picking up the uniform supplier role and I know Rhonda will step into this smoothly. Rhonda will also be able to provide the correct footwear for our students which will make this a one stop shop for uniform supplies.

DOCTORS IN SCHOOLS PROGRAM

It has been disappointing to have this program on hold this year, but the lack of an available doctor has meant we have been waiting to provide the service.

The good news is that in the interim we have been able to access a telehealth option. This program is run through Atticus Health and a female nurse and doctor will be taking appointments between 9 and 3 on Fridays. Our practice nurse Steve Forrester will support students to access the appointments on the day. Appointments can be made through the main office with Lorraine Madex. Students will go to the office, as was the case for the previous system. The appointment time will be confirmed with the clinic and students will be notified of the time. A private space will be provided where each student can safely login for the consultation. Steve will be available should further support be required before and after each appointment.

Students who would like to have access to these appointments will need to register with the clinic. I would recommend registering so this is in place if an appointment is required. The process to register can be found below and is also available at the front office. Your medicare number will be required for this (as well as a healthcare card number if applicable.) All appointments are bulk-billed and include e-scripts and referrals if required.

Cate Eddy



R.E.A.P

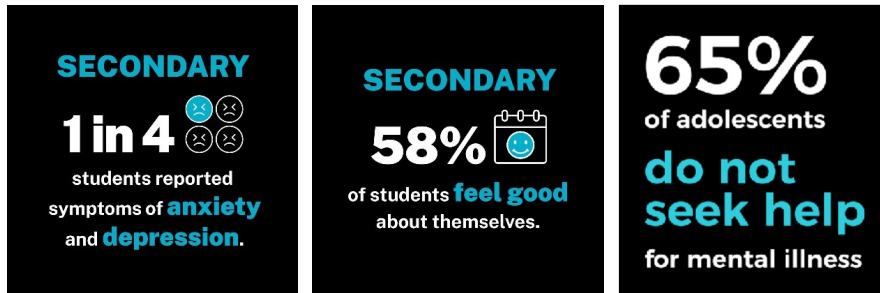
Respect - Excellence - Aspiration - Pride

ENGAGEMENT AND WELLBEING

As many of you would be aware, we are proud to bring The Resilience Project (TRP) curriculum to our students at Numurkah Secondary College. We took the opportunity to relaunch the project with our staff and students as we begin a new term, with a big focus on the reasons **why** TRP is so important to our students.

TRP has a focus on simple daily reflections around the areas of gratitude, empathy and mindfulness (GEM). They usually take less than a minute, but can make a huge difference. By simply practicing gratitude each day for 21 days, you rewire your thinking from being 7 times more likely to identify a negative, to being 3 times more likely to see a positive. The lasting effects of this on mental health and wellbeing cannot be underestimated!

But why is TRP important for our students and our community. The statistics shown here illustrate the challenges our students face.



This data predates the Covid-19 Pandemic also. Then factoring in the impacts of the pandemic, the importance of supporting mental health becomes even clearer. One study from 2022 shows:

Amongst adolescents aged 12-18:

53.5% reported a worsening of physical health

74.6% reported deterioration of mental health

Taking a moment each day to practice GEM does maintain or improve mental health. A University of Adelaide Study across the years of 2019-2021 explored the benefits for 83,002 students and found TRP either maintained or improved life satisfaction, feelings of peer and school support, healthy eating and overall sleep. It also showed benefits in reducing impacts of symptoms of anxiety and depression.

So, what can you do at home?

Ask your child about their Resilience Project Diaries. Every student has been provided with one at the start of the year, so have a look and chat about the reflections for each day.

Check in with your child about simple positive things. Not just "How was school today?" Reframe the question with things like, "What went well at school today?" or "What made you laugh today?"

Checking in with emotions is powerful too. Sometimes we know we feel "bad" but cannot identify why that is. But if you can identify the reason we feel "bad" (are we lonely, angry, frustrated etc) then we can take steps to start feeling good again. This is sometimes hard for students, so having that chat can really help!

We are encouraging students to take a few moments each day to practice GEM, even if they think it can't make any difference. The reflections take seconds and as we said to them, even if it makes a small positive difference, they are worth that effort! Chat with your students, maybe even do the reflections with them, they are worth it and you are too!

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

TERM 2 Weeks 2-3 Positive Compass Chronicles

5 Positives

Annabella Boschetti
Elise Kirby
Billy Elsegood
Liam Woolley
Holly Piacentini
Aleesha Johnstone
Ivy Henderson
Shaely Eddy
Jade Holmes
Tanner Bonham
William Srisoi
Kiah Boyden
Jacob Church

6 Positives

Taleisha Beverley
Max Dudley
Liam Young
Havanah Gardner
Patrick Carlisle
Robert Webb
Sol Frost

7 Positives

Emilia Gazzola
Ryder Dezwart

SERVES 4

Beef sausage pasta bake



Ingredients

- 1 kg beef sausage
- 400 g penne pasta (cooked)
- 75 g pine nuts (toasted)
- 750 g pasta sauce
- 200 g parmesan cheese (grated)

Method

- * We are going to use the sausages to make meatballs. Remove the skin and use around 1 tbs of sausage meat to roll into each meatball. Boil a large pot of water and cook pasta as per the packet instructions.
- * Heat an oiled fry pan mid-high heat, pace the meatballs in the fry pan, turning them occasionally so they cook evenly
- * Add the red wine vinegar to deglaze the pan. A deglaze is easy. The idea is to add sauce to the bottom of the pan to steam off any bits of delicious flavours that are stuck to the bottom.
- * Now add the pine nuts and pasta sauce, stirring to coat the meatballs. Allow some time for the sauce to heat in the pan together with the meatballs. Once the sauce has become to simmer, the cooked pasta can be stirred through.
- * Then put it all in a baking tray, add the cheese on top and place it in the oven until the cheese is melted and it looks yummy to serve!

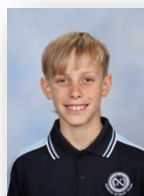
**<https://www.kidspot.com.au/>

‘If you put your mind to it, you can accomplish anything’

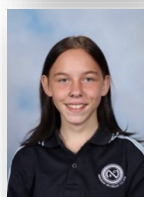
- Marty McFly “Back to the Future”

Getting to know our 2023 Year 7 students

Our Year 7 students will be sharing a little about themselves in our newsletter each fortnight. Welcome all Year 7 students to our NSC community and we hope you enjoy your time with us



Name: Odin **Likes:** Basketball, footy and P.E.
Strengths: Paying attention, sports and making new friends.
Goals: AFL player or electrician **Best thing about NSC:** All the teachers are nice.
This year I am looking forward to: Junior Winter Sports



Name: Olivia **Nickname:** Liv
Likes: Being with friends, being on my phone and school.
Strengths: Making new friends, writing, math and a good listener.
Goals: Lawyer **Best thing about NSC:** All the different subjects.
This year I am looking forward to: Doing woodwork and textiles



Name: Paige **Nickname:** Paigey **Likes:** Books, books and more books.
Strengths: Netball, technology and being a good friend.
Goals: I want to study criminology at University. **Best thing about NSC:** The people!
This year I am looking forward to: Spending time with my friends.



Name: Ryder **Nickname:** Big Wart and Dez Dog **Likes:** Football, P.E. and my phone
Strengths: Running, P.E., sport and English
Goals: Play AFL and/or a tiler **Best thing about NSC:** P.E.
This year I am looking forward to: Winter and Summer sports.

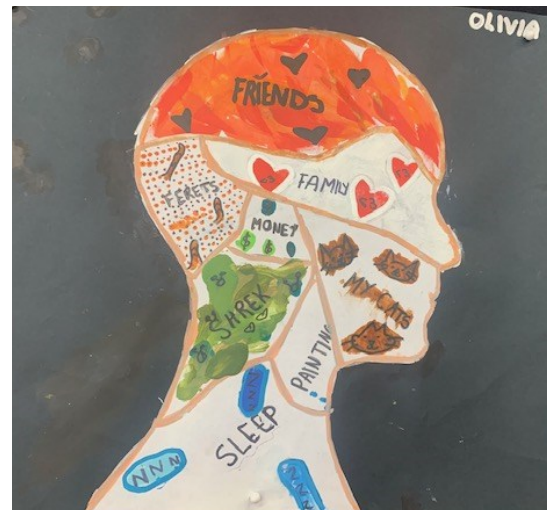
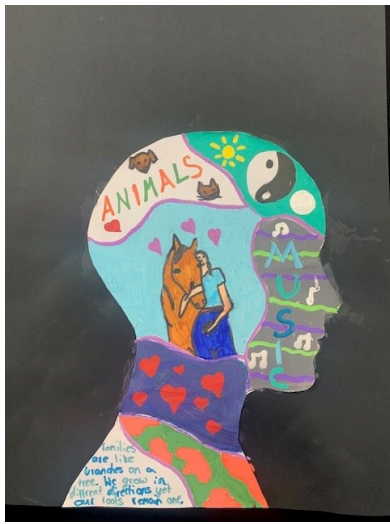


Name: Rylee **Nickname:** Ryls **Likes:** Netball, P.E. and Art
Strengths: Being a good friend, writing and digital art.
Goals: To become a paediatrician **Best thing about NSC:** I like all the different classes.
This year I am looking forward to: Junior Winter Sports



Name: Sienna **Likes:** Archery and shooting
Strengths: English, boxing and being a supportive friend.
Goals: To become a tradie. **Best thing about NSC:** P.E. and the canteen.
This year I am looking forward to: Winter and Summer sports, especially clay target shooting.

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



Our Year 7 Art students have been working on a project titled

"WHAT'S IN YOUR HEAD"

Inside thoughts displayed externally 😊



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



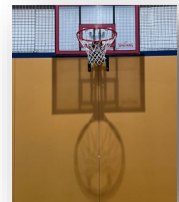
MEALS ON WHEELS

Meals on Wheels helps build relationships between our students and the elderly members of our community.

It also gives our students the opportunity to volunteer in their local area. Hayley, Chianne, Kayla, Summer, Bobby, Lucas, Ivy, Ella and Matilda have all spent time delivery meals and striking up conversations over the past couple of weeks.



Slam Dunk for NSC!



The Gym at NSC recently had a small upgrade, with 2 brand new basketball hoops added to the north wall of the building. These were purchased with money we were able to obtain through the Active Schools grant in 2022, which has also seen the addition of the table tennis tables around the school mentioned in a previous newsletter. Thanks to Mr. Brown who installed these for us. The students have already started enjoying them during class times!



‘The only place where success comes before work is in the dictionary’

– Vidal Sassoon

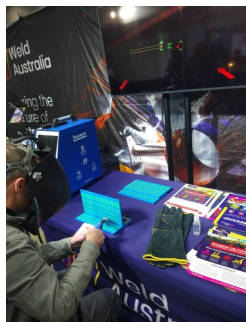
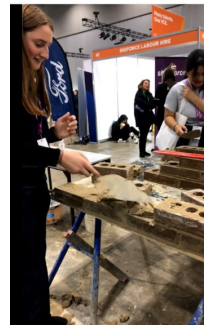
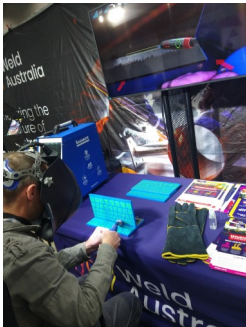
Trades Fit Expo: Young Women in Trades and Tech

The trades fit expo demonstrates the exciting world of trade and tech industries and the rewarding, well-paid career opportunities they can provide to young women.

www.vic.gov.au

A bunch of girls and Mr. Tilley headed down to the Trades Fit expo in Melbourne last Thursday. We caught the bus and then the train to Melbourne where we found that for once the weather was warmer than we started! The exhibition was all about women in trades and had a huge variety of trades represented from bricklaying to pilots and everything in between. The girls split into groups and worked their way around the exhibition trying out various trades including welding. We had a bit of a giggle over the lack of hammering skills exhibited by others and were rather chuffed when our students were told how professional their skills were, with not a nail turned over in their hammering efforts. Virtual reality was a feature with welding skills tested and the opportunity to 'fly to the moon'. Educational and work options were presented and we were able to collect a range of information on work experience and apprenticeship opportunities from some big and not so big businesses that also have local offshoots. Overall a great day was had by all who attended.

Miss Reid



'Let us remember: One book, one pen, one child and one teacher can change the world - Malala Yousafzai

Student Book Review

THE INHERITANCE GAMES.

The Inheritance Games follows Avery, the female lead as she mysteriously comes into billions of dollars in fortune from Tobias Hawthorne, a man she has never met, and doesn't know. The problem is to receive the money, she must live in his huge mansion for a year where most of the Hawthorne family lives, including his four brilliant grandsons. With all eyes on her every step, she finds herself playing an extremely dangerous game to find out why of all people he chose her. But will she find out before the Hawthorne family get their revenge?

The Inheritance Games wasn't at all what I was expecting when I picked this book off my shelf. I really don't know what I was expecting but it definitely was not this. I did really enjoy it though, and I was pleasantly surprised with the plot line.

The thing that made this book amazing for me was the riddles and the puzzles. I found myself eagerly waiting for Avery and Jameson to find the next clue in this insane puzzle, the competition between all the boys added to the tense atmosphere and ensured that things were kept interesting.

I found the whole family tree interesting, the dynamic between all four Hawthorne brothers was really interesting and fun to read. I think the author did well portraying the characters.

I really loved Libby's and Avery's relationship. I enjoyed reading about their mutual protectiveness over each other, this sibling relationship was one of my favourites.

The final twist really got me! I did not see that one coming; I think it provided a really great set up for the next book. I love reading mysteries that have a final twist, even after you think nothing else could possibly go wrong!

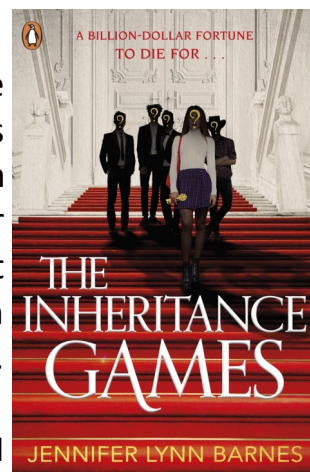
Despite all of that, there were several aspects of the book I didn't love, like the love triangle. I really think this trope was overdone and honestly, unless it is executed perfectly, I rarely find myself enjoying books with this trope. It felt like it was just there to create extra drama when it wasn't necessarily needed.

Overall, I would recommend this book to anyone looking for a book that you can sit and read in one sitting, its fast paced and very enjoyable. I would also recommend this to anyone looking to start a new series as this is only the first of an addicting and thrilling trilogy.

But please be mindful picking this book up as this book has trigger warnings such as, domestic abuse, death, gun violence, abusive relationships and cheating. It can be a pretty heavy book sometimes so is not suited to younger readers.

Paige Hampson

Year 7



‘When you let your own light shine, you unconsciously give others permission to do the same’ - Nelson Mandela

NSC Careers

FIND OUT WHAT YOU LIKE DOING BEST AND GET SOMEONE TO PAY YOU FOR IT – KATHERINE WHITEHORN

Hospitality Job Camp, 8-day program

Friday 2nd June students participating in job camp will participate in First Aid HLTAID011 which will complete the 8-day Hospitality program. Certificates for the program will be sent to the school via email and distributed to the students.



VCE & CAREERS EXPO 2023

A large group of NSC year 10, 11 & 12 students attended Australia's biggest education and careers event in Caulfield on Friday May 5th,

Students were able to attend specific industry and subject information sessions throughout the day:

- ◆ Don't stress its only year 12, Ten top tips to help manage your year.
- ◆ VCE units 3 &4 Biology Exam preparation
- ◆ VCE units 3 & 4 Business Management Exam preparation
- ◆ A guide to choosing your VCE subjects – pathways to your future, advice for Year 10 students
- ◆ Victoria Police, recruiting now.
- ◆ Defence Force Careers and university pathways
- ◆ Kick start your career in sport Carlton College of Sport



‘Work hard, be kind and amazing things will happen’ - Conan O'Brien

NSC Careers *continued*

Year 9

MORRISBY PROGRAM FOR YEAR 9 STUDENTS

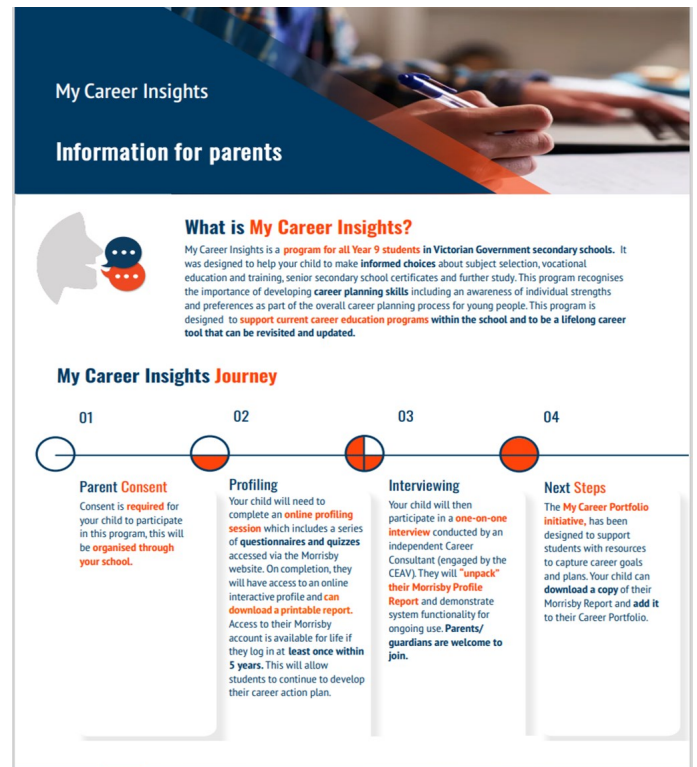
PARENT INFORMATION:

PROFILING FOR ALL STUDENTS WILL TAKE PLACE IN JUNE

Year 10

Work experience is timetabled the week beginning Monday 11th September – Friday 15th September

All year 10 students are having 1:1 consults to discuss options, if you have not had your 1:1 consult, don't worry, GMLLEN will return next Wednesday 24th May to complete all year 10 consultations.



My Career Insights
Information for parents

What is My Career Insights?
My Career Insights is a program for all Year 9 students in Victorian Government secondary schools. It was designed to help your child to make informed choices about subject selection, vocational education and training, senior secondary school certificates and further study. This program recognises the importance of developing career planning skills including an awareness of individual strengths and preferences as part of the overall career planning process for young people. This program is designed to support current career education programs within the school and to be a lifelong career tool that can be revisited and updated.

My Career Insights Journey

- 01 Parent Consent**
Consent is required for your child to participate in this program, this will be organised through your school.
- 02 Profiling**
Your child will need to complete an online profiling session which includes a series of questionnaires and quizzes accessed via the Morrisby website. On completion, they will have access to an online interactive profile and can download a printable report. Access to their Morrisby account is available for life if they log in at least once within 5 years. This will allow students to continue to develop their career action plan.
- 03 Interviewing**
Your child will then participate in a one-on-one interview conducted by an independent Career Consultant (engaged by the CEAV). They will "unpack" their Morrisby Profile Report and demonstrate system functionality for ongoing use. Parents/guardians are welcome to join.
- 04 Next Steps**
The My Career Portfolio Initiative, has been designed to support students with resources to capture career goals and plans. Your child can download a copy of their Morrisby Report and add it to their Career Portfolio.

THE BEST WAY TO PREDICT THE FUTURE IS CREATE IT. - ABRAHAM LINCOLN

If you need any career advice, drop in and see Cathy Tuesdays – Fridays

Send an email cathy.osullivan@education.vic.gov.au

Or phone M:0476496352

The Numurkah SC careers website is a great source for all student year levels. Check it out! www.numurkahcareers.com



FreeZA HANG OUT SESSION
Are you aged between 12 and 25 years of age and want to help plan a social event for young people in the Moira Shire?

MONDAY JUNE 19
4pm - 5:30pm
NATHALIA COMMUNITY HOUSE
44 Blake St Nathalia 3638
FREE PIZZA DINNER

HELP US PLAN A SPOOK-TACULAR
Halloween
EVENT

Contact: youth@moira.vic.gov.au or (03) 5871 9222 for more information
moira shire freeza VICTORIA



FreeZA HANG OUT SESSION
Are you aged between 12 and 25 years of age and want to help plan a social event for young people in the Moira Shire?

WEDNESDAY JUNE 14
4pm - 5:30pm
Cobram Cinema
13 Main St Cobram 3644
FREE PIZZA DINNER

HELP US PLAN A SPOOK-TACULAR
Halloween
EVENT

Contact: youth@moira.vic.gov.au or (03) 5871 9222 for more information
moira shire freeza VICTORIA

'Good things come to those who wait, but better things come to those who go out and get them' - Unknown

Garden group

As part of the School Garden Club Helena and Elisha have been busy painting panels that will replace panels in the greenhouse .



IDAHOBIT DAY

The International Day Against Homophobia, Biphobia and Transphobia (IDAHOBIT) is observed on May 17 and hopes to unite the LGBTQIA+ community worldwide to raise awareness of the discrimination faced by the community on a daily basis. Here at NSC we participated in this special day by holding a Pride Club celebration with special guests Nicole Wells and her fellow staff from NCN Health. Nicole spoke with the students about the important sentiment behind IDAHOBIT day whilst enjoying some catered lunch and badge making. The NSC pride club sends our warmest thanks to Nicole and NCN Health for their time as well as the wonderful Freya Sadler for organising such a wholesome, fun and joyous afternoon!



‘Success is the sum of small efforts, repeated day in and day out’

– Robert Collier

IT'S GETTING CHILLY!

Now is the time to prepare for the chilly weather.



Beanie orders are now being taken. You must order and pay \$20 at the General Office by Friday 26th May to receive your beanie. This is the only beanie order for this season.



Spray jackets available from NSC General Office \$50.00



RAINBOW
Ball
3.6.23
WANGARATTA

12-25 YO
5-9 PM
FREE EVENT

**A CELEBRATION FOR
LGBTIQA+ YOUNG PEOPLE
AND THEIR FRIENDS**

BOOK YOUR FREE TICKET
AND COURTESY BUS
FROM YOUR
NEAREST LOCATION HERE:

SCAN ME

FULLY SUPERVISED DRUG, ALCOHOL, SMOKE & VAPE FREE EVENT



'Education is the most powerful weapon which you can use to change the world' - Nelson Mandela

47th



BORDER
MUSIC CAMP

**Sunday 2 -
Saturday 8 July 2023**

Applications Open 1 April

Public Concerts:
Friday 7 & Saturday 8 July
7.30pm



More Information:
www.bordermusiccamp.org.au
@bordermusiccamp75
bordermusiccamp



The
Boro
Shire
Library

Trinity

Home Bank

KYABRAM
TOWN HALL

Writers' Group




AUSTRALIAN RHYMING POETRY WORKSHOP

with Kyabram's own
poet and raconteur

MICK COVENTRY

at the Kyabram Town Hall

SATURDAY 3 JUNE

1:00 PM - 3:30 PM

Bring your own writing materials
\$15 per person - afternoon tea provided

BOOKINGS ESSENTIAL
[HTTPS://WWW.TRYBOOKING.COM/CHGJV](https://www.trybooking.com/CHGJV)

MICK COVENTRY

Mick is a published author, experienced poet and story teller. Come along and have some fun writing rhyming verse.

Enquiries (leave a message)

 **0427 194 885**

kyabramwritersgroup@gmail.com

This is a wonderful opportunity to take part in some metaphorical and literal steps towards Reconciliation. It is on *Sunday May 28th at 10am-11:30 am at Kaieltheban Park in Mooroopna.*

If you need any more information, give Dierdre a ring on 0417 398 158 or come have a chat with Freya Sadler here at NSC.



YARRWUL INYABAKNALYIN NYUANDANAN Walk With Us

Reconciliation Week
Welcome to Country
Ceremony

**May 28th 10 am
Kaieltheban Park
Mooroopna**

Presented by
Wulumbarra & Still Here

Supported by Greater Shepparton City Council & the Shepparton Region Reconciliation Group

St Joseph's School
invites you to an informative
evening.

Parenting in the digital world

7:00pm – 8:00pm
Wednesday 7th June 2023



For their right to be safe

Parents can struggle with the challenges associated with their child's use of devices and the concerns around keeping them safe when they are online.

St Joseph's School is inviting parents from the local area to attend a free information night where these issues and challenges will be discussed.

Presented by Craig Reid, a school eSmart Advisor with the Alannah & Madeline Foundation, learn about the latest trends and research as well as where to go when you have a concern.

This free event is on Wednesday 7th June from 7pm- 8pm at St Joseph's School, 16 Tocomwal Road, Numurkah.

To register your attendance, please follow this link to book your seat. Places are limited, so book early, and its free to book.

<https://www.trybooking.com/CICGN>

We look forward to seeing you there.

My name is Taylar and I've just commenced as the Youth Development Officer at Moira Shire Council. Expression of interest are being sought for FREE First Aid Training that we will be scheduling for July.

EOIs can be submitted via the following link: <https://www.surveymonkey.com/r/firstaidmoira>



REGISTER YOUR
INTEREST TODAY!

FIRST AID

ARE YOU AGED 14-25 AND LIVE, WORK OR ATTEND SCHOOL IN THE MOIRA SHIRE?
WOULD YOU LIKE TO COMPLETE A FREE ACCREDITED FIRST AID COURSE?

FIRST AID TRAINING WILL TAKE PLACE ON EITHER A SATURDAY OR SUNDAY IN THE MONTH OF JULY. EXACT DAYS, TIMES AND LOCATIONS TO BE DETERMINED PENDING INTEREST. TRANSPORTATION TO THE LOCATION MAY ALSO BE ARRANGED PENDING INTEREST.

