



Numurkah Secondary College

Newsletter

104 Tocumwal Road

(03) 58621088

Term 2

Week ##

Principal's Report

As we come into the final week of term I look back and think how quickly the time has gone. Our students have taken up many opportunities to be involved in sport and community events and I am proud of the way they represent us. This newsletter contains some great photos and reports of what has been happening at NSC.

Next week we will have several activities being run in the lead up to NAIDOC week which takes place over the holidays. Under the guidance of Freya Sadler, our First nations group of students will lead this off with an assembly on Monday morning.

Last week we had the first presentation from Megan Dickinson and the Live, Life, Whole Project. Megan and her team have developed this program which aims to give young women the tools to nourish and nurture their physical, mental and emotional wellbeing. This program also offers an opportunity for families to work together through a program which Megan is providing with the package offered to the school. If you would like some information, please contact me at the school. Further information is also available on the website:

<https://thelivelifewholeproject.com.au>

The last week has seen students undertaking assessment tasks across all subjects in a variety of forms. Our staff are very conscious of ensuring these tasks are developed to allow all students to show their growth in learning. Feedback on each of the tasks is available on Compass, with final reports being open to families at the end of the term. I would like to congratulate our students on the manner in which they have gone about this work. Year 10 and 11 students in the exam sessions held in the hall were focused and respectful, aspiring to be their best.

***continued next 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

Pathways and planning for careers is an important part of the work we do at NSC. Next term an important information session will be held on the evening of Wednesday July 19th. Further information will be available closer to the date. There will be a number of guest presenters who will explain the different pathways available for students after year 10 and it is important that families have this information to support each of our young people make these decisions.

Next week the Project Ready class will be exploring some of their options as they undertake work experience. Good luck to these students and well done on seeking and finding these positions. All year 10's will be involved in a similar program at the end of term 3.

Phones are a continual issue at school. Recent incidents have made it clear to us the use of these at school is a problem and has led to several parent meetings. Quite often these incidents are linked to inappropriate use of social media to target others and impact on their sense of safety. In Victoria, the anti-bullying legislation Brodie's Law, makes it very clear that bullying, online or otherwise, is a criminal offence and it is important we support our young people understand the seriousness of being involved in this type of behaviour.

We support the Department directive that phones are not to be used at school. A review of how we address this directive and some of the current concerns will be discussed over the next week. I ask families to support us in this and ask phones to be kept at home or remind your child that they need to be kept in lockers or at the front office during the day.

The school holiday break provides a chance to make sure we are organised for a good start to semester 2. Next semester students will start some new units. It is important to check if new workbooks are required for these subjects to ensure the semester starts off smoothly for everyone. Our uniforms are now available from Sportsfirst in Numurkah. Thank you to Rhonda for taking this on to support our local schools. Sportsfirst will also be stocking the approved leather footwear. Make sure you drop in early if you do need to purchase uniform items to allow for items to be ordered if stocks are low.

Cate Eddy



R.E.A.P

Respect - Excellence - Aspiration - Pride

ENGAGEMENT AND WELLBEING



On Friday of Week 7 this Term, our female students from Year 7 to 10 had the opportunity to be amongst the first to participate in the Live Life Whole program. This program provides holistic educations to support young women and their families in understanding their physical, emotional and mental health. To quote the program itself, the goals are to “Teach today’s young women the tools they need to nourish and nurture their physical, mental and emotional wellbeing- and be their best selves.” This session is the first of two dedicated to the program, with our students experiencing another full day early in Term 3.

While the young women in our school experienced the Live, Life, Whole session, the male students in Years 7-10 participated in a Boy’s Wellbeing session. Students rotated through short presentations and activities covering a broad range of topics including understanding women’s health, the importance of diversity, understanding consent, the legalities of sexting and online bullying, and teambuilding and communication. A range of guest speakers assisted in support of these sessions, as did NSC staff and our students were highly respectful and engaged. Thanks to our School Nurse Steve Forrester and to Sam Owen for coordinating this session, and for all who planned and presented on the day.



The Resilience Project Reflection

Taking a moment to reflect on the positive is powerful. If you do so for 42 days, it has been shown you will reduce the incidence of anxiety and depression, sleep better and overall be more optimistic. But 42 days? That’s hard right? **All it takes is stopping for a moment each day, and asking yourself “What went well for me today?”** Give it a try, it takes literally seconds but could make a massive impact!

NEED A DOCTORS APPOINTMENT? BOOK AN ONLINE ONE HERE AT SCHOOL!

Before you make a Telehealth appointment, you will need to register as a new patient on HotDoc before making an appointment at the General Office.

FRIDAY
9 - 3

SCAN HERE

Or head to the following link:
<https://tinyurl.com/NumurkahSCdoc>

***Registering will take about 3 minutes and you may need your Medicare card or your Pension/Healthcare/Concession Card

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

Week 6 & 7 Positive Chronicles On Compass!

9 Positives

Connie Harris

8 Positives

Marli Salter

Charlie Hodge

Lachlan Cartledge

Ashton Van Taarling

Christopher Boschetti

7 Positives

Bella Shayne

Matthew Koelman

Lucas Hendy

Tegan Stevenson

Jacob Simmons

Asha Parry

Olivia Tervit

Daniel Grinter

6 Positives

Odin Minotti-Watson

Robert Hall

Owen Williams Moss

Kade Southcott

Sienna Kubeil

Kayla Gerity

Charlie Payne

Blake Lawson

Bonnie Russo

Cooper Newbery

Declan Jones

Hayley Newby

5 Positives

Cooper Tetley

Ella Parkinson

Summer Gerity

Jorjiah Moody

Olivia Hanley

Dallas Hurle

Rylee Bullock

Kale Lewis

Elise Kirby

Bethany Grigg

Hannah Stedman

Keira Dekker

Tahlia Reuss

Anna Newham

Holly Piacentini

Liam Young

Jacinda Blight

Ebony Orzegowski

Corey Cook

Lucas Stedman

Toby Griffiths

Helena Schrapel

Ivy Henderson

‘Teachers can open the door, but you must enter it yourself’ - Chinese proverb



Getting to know our School Captains

Oliver Masters

What are your hobbies?

Going to the gym, golf and football

What is your plan after high school?

To go straight to Uni

Where do you want to travel to?

Canada

Who do you barrack for in the footy?

Carlton Blues

What is your favourite meal?

HSP

What do you like about NSC?

The gym

Who is your favourite teacher?

Ms Collie

What is your favourite thing at the canteen?

Hawaiian Burger

If you could live anywhere, where would it be?

Mandurah WA

What is your dream job?

Environmental Scientist

Do you have any pets?

Yes—4 dogs, Roxy, Mish, Tanna and Buddy. One cat, Jerry

Who would you like to meet?

Chris Bumstead

How much can you bench press?

115kg

FIRST NATIONS PARENTS MEETING

Last Thursday 8th June, the First Nations Families came together to discuss the ongoing First Nations engagement and initiatives we have been working at Numurkah over the past 12 months. We had three families attend as well as our wonderful KESO Linda Miller to help support us to make the best decisions for our Indigenous and Torres Strait Islander students and families. After a causal yarn and some pizza, we discussed all the amazing things we have achieved and what are the next steps to build and improve on them.

Some of the amazing initiatives we have already achieved are:

Friday First Nations Focus: A weekly class for our First Nations students to engage in Indigenous cultural activities and learning.

First Nations excursion/incursions: Once a term we have a longer session with a member of the local Indigenous community. For example: wetlands walk with Aunty Greta Morgan from Parks Victoria.

Culturally sensitive Individual Education Plans: Every Indigenous student is entitled to an IEP and we have worked hard to create culturally sensitive sections to better support these students and families.

NAIDOC Week Celebrations: For the last three years we have been slowly increasing the opportunities for the whole school to engage with and celebrate First Nations culture through activities run through NAIDOC week.

First Nations Parents and Families meeting: Each term we have a meeting for parents and families of First Nations students to come together to discuss their needs and what we can do to help support the students in the school to meaningfully engage with their culture.

While these are fantastic steps forward for our school to create a culturally safe space, we still have some work to do. During this term's meeting we identified a few areas we wish to improve.

Yarning Circle: We have received an agreement from leadership to create a Yarning Circle in the school garden. We are securing funding to begin building this in the second half of the year.

Staff room names in language: We are creating signs for the staff rooms which have the names of animals in Yorta Yorta language.

Smoking Ceremony/Welcome: As part of our NAIDOC celebration we have a Yorta Yorta Elder coming to give a welcome and perform a Welcome to Country.

Furnishing the First Nations Room: Buying some comfortable seats for the First Nation room where we hold the First Nations Focus sessions.

First Nations Captains: We will work with leadership to create leadership roles for our Indigenous students alongside the other school captains.

This is not an exhaustive list of all the great things that are happening in this space, but are some key things we have and wish to achieve.

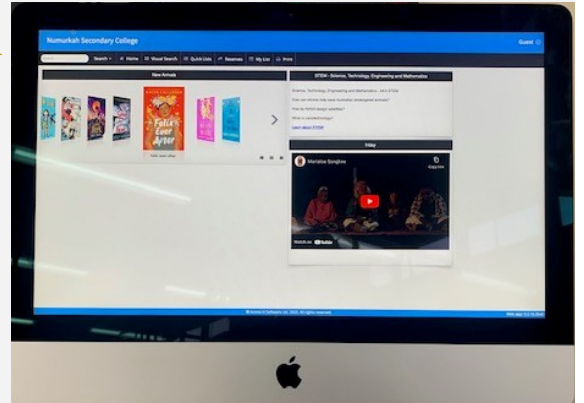
We wish to extend our thanks to all those in attendance, it was a really positive meeting and none of these wonderful things would be possible without their support.

If anyone has any questions about this program or would like to volunteer their time to help support it, please get in contact with Freya Sadler at Freya.sadler@education.vic.gov.au.

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

LIBRARY UPGRADE

With new upgrades to our Library website, students are now able to access some lovely, big Apple monitors donated to our school and use the new self serve kiosks. These kiosks give students direct access to the library system so they can search for a book or a topic, find out where to find the book on the shelf or reserve it if it is already on loan. The Kiosk's main page is updated regularly by our Librarian and currently displays our new release books, an article about STEM and a YouTube clip Marlaloo Songline. We encourage all students to drop into the library and check out the Kiosk, you never know what you might find.



LITERATURE CIRCLES

Our NSC year 10 students completed a unit of study this term centred on “literature circles”. These are small group meetings which occur weekly in their English classes. Students are given particular roles in analysing their text to share with the group in their weekly discussions. This year, our Year 10 students focused on texts exploring the Holocaust, including ‘The Tattooist of Auschwitz’, ‘Dairy of Anne Frank’, ‘Boy in Striped Pyjamas’ and ‘Maus’. Pictured here is 10C hard at work in their final literature circles meeting time!



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

- Vidal Sassoon

Junior Winter Sport

On the 31st of May we had our Junior Winter Sports. Miss P, Miss Down and Kylie each had their own Netball teams. Mr Kam and Jake took the Junior Boys Basketball team and Ms Shannon and Zach took the Junior Boys Football team.

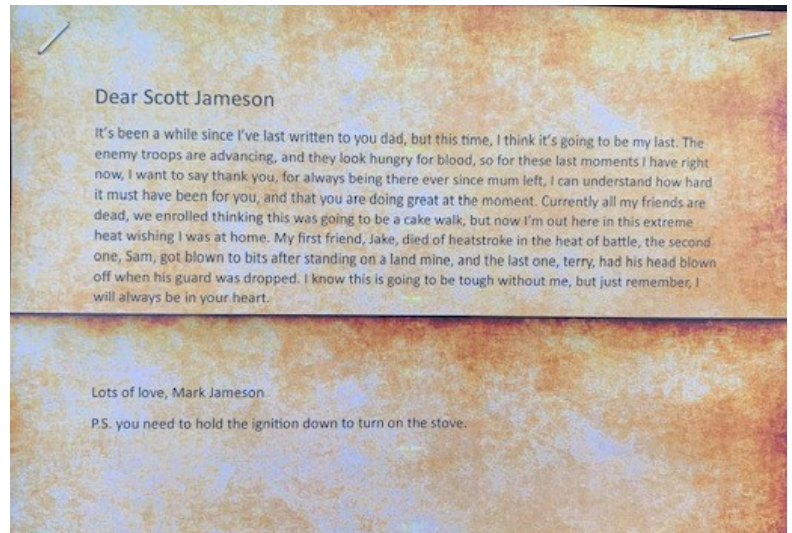
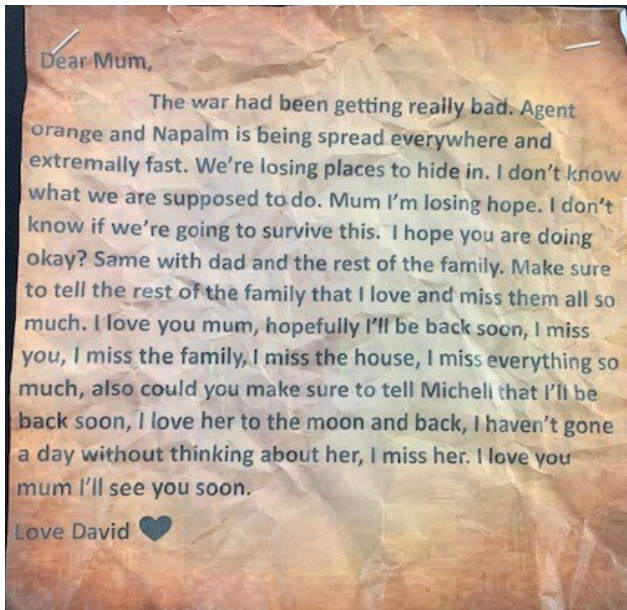
Each team represented Numurkah Secondary College fantastically!



'Excellence is not a skill. It is an attitude' - Ralph Marston

Year 7 & 9 War

Students put themselves in the position of a soldier during the war and wrote letters home to family and friends.



Garden Group

Elisha harvested spinach from the College garden to create a Spinach Dip. Please se the recipe below (It was delicious Elisha)

Spinach Dip

2 cups of light sour cream
1 cup of light mayonnaise
2 1/2 tsp of salt
1 1/2 tsp onion powder
1 tsp garlic powder
1/2 tsp black pepper
1 tbsp Worcestershire sauce
3 green onion diced
285 grams of spinach chopped

Instructions

1. Combine sour cream, mayonnaise, onion powder, garlic powder, salt, black pepper and Worcestershire sauce
2. Stir in the green onions and spinach
3. Chill for an hour before serving.

** Elisha served this with rice crackers and snow peas.*



'Shoot for the moon. Even if you miss, you'll land among the stars' -

Les Brown

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: Marshall

Nickname: March

Likes: Play games such as scrap mechanic

Strengths: Reading and writing, making friends, playing games and Science.

Goals: I don't know yet **Best thing about NSC:** My friends



Name: Shaely

Nickname: Shae

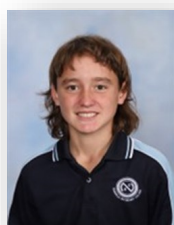
Likes: Piercings, music, hanging out with mates and drinking water.

Strengths: Very creative, great at writing stories and painting

Goals: To become a Nurse

Best thing about NSC: There are more people to interact with than primary school

This year I am looking forward to: The year being over



Name: Sol

Nickname: Frosty

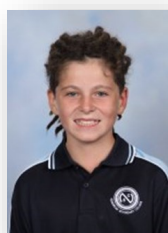
Likes: Playing footy, going camping and travelling, practicing my footy skills with my Dad at the NFC oval

Strengths: Footy—I made the interleague team, being a good mate, good at doing wheelies on my pushbike

Goals: Make AFL and go to SEDA in Shepparton or a Football Academy

Best thing about NSC: Getting to meet and make a lot of new friends and trying all the new subjects. Being able to do cooking and metal next year

This year I am looking forward to: Playing in the interleague team and getting votes in the best and fairest count



Name: Tanner

Nickname: Spider

Likes: Footy, Humanities, sports and PE

Strengths: Making new friends, sporty things and getting my work done

Goals: Engineer

Best thing about NSC: The big oval and kicking the footy and playing rugby on it

This year I am looking forward to: Woodwork with Mr Tilley

'You're braver than you believe, stronger than you seem and smarter than you think' - Christopher Robin



Name: Toby **Nickname:** Prime

Likes: Playing footy, watching footy and riding motorbikes

Strengths: Footy, cooking and being a good mate **Goals:** AFL player or a truck driver

Best thing about NSC: Canteen

This year I am looking forward to: Woodwork



Name: Travis **Nickname:** Travvy Dex **Likes:** Footy, friends and country music

Strengths: Making new friends, having muscles and being Trav!

Goals: To be a farmer

Best thing about NSC: Small town and knowing all the people

This year I am looking forward to: Cooking



Name: Violet **Nickname:** Poppet

Likes: Playing games, crafting and hanging out with my cat

Strengths: Being a good friend, reading and science

Goals: I want to be a vet nurse

Best thing about NSC: Reap to Read

This year I am looking forward to: Art with Freya



Name: Teleisha **Nickname:** Tillie

Likes: I like to draw, journal and read

Strengths: Being a good friend, asking questions and always willing to have a go!

Goals: Own a farm with horses

Best thing about NSC: The people

This year I am looking forward to: All of my classes

This brings us to the end of 'getting to know our Year 7s'. Congratulations to all of our 2023 Year 7 students. You have made a great start to your high school journey and you should be proud of all you have achieved so far.

'The difference between ordinary and extraordinary is that little extra'

— Jimmy Johnson

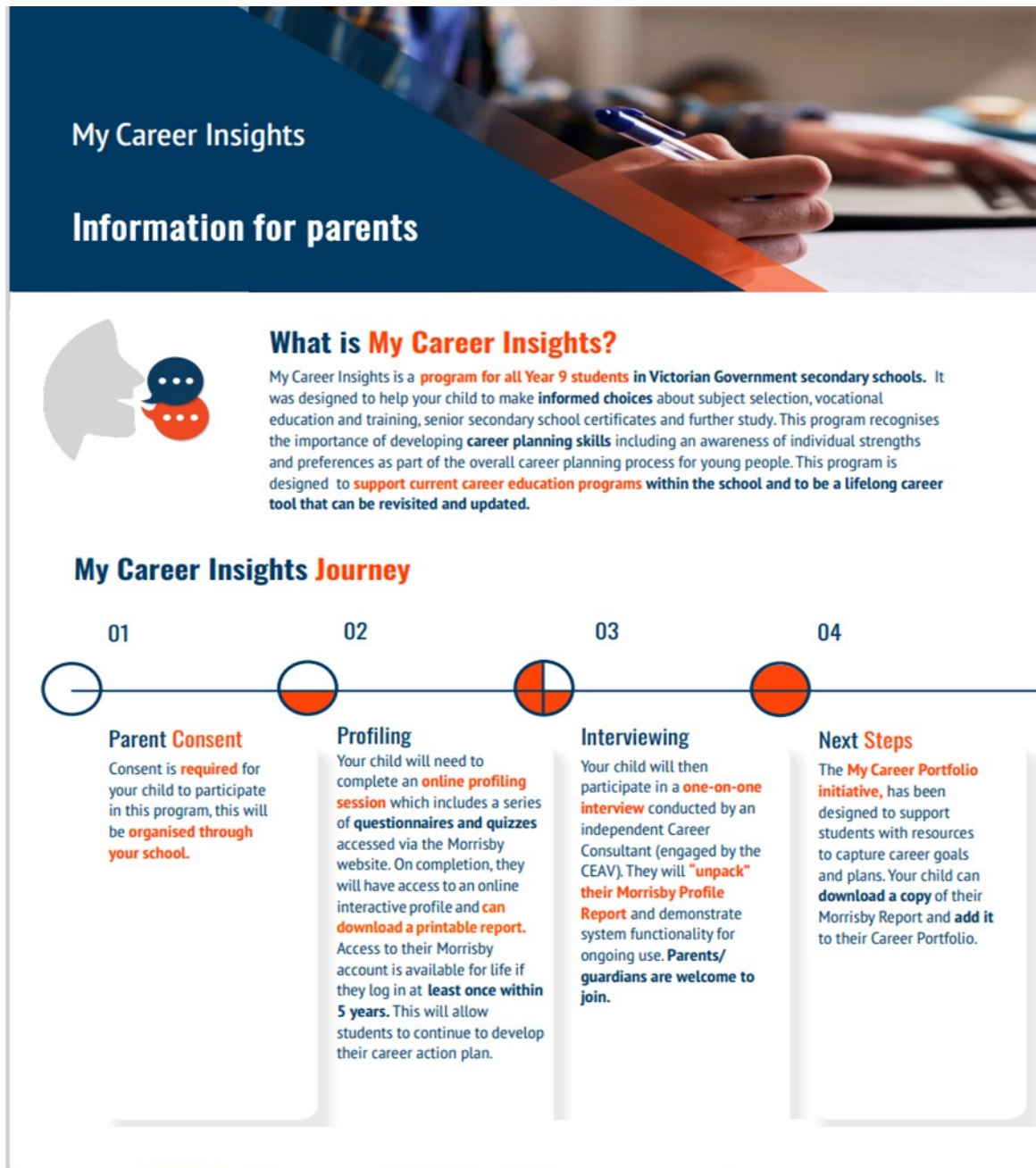
NSC Careers News.

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

Year 9

Morrisby profiling for all year 9 students takes place Friday 16th June.

Assisting students in Year 9 to identify their strengths, interests, work preferences and styles can be useful as they start to make decisions about senior subject choices,



Year 10

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

All year 10 students have had 1:1 consults to discuss options, if you have not had your 1:1 consult, please see Cathy O'Sullivan.



SAVE THE DATE!

YEAR 10 TO YEAR 11 PATHWAYS INFORMATION EVENING

Join us on Wednesday 19th of July at 6pm

The senior school information night will provide an overview of the two pathways available for Year 10 students entering Year 11 in 2024.

In 2024, Senior school students will have the opportunity to choose to complete one of the following pathways:

- Traditional VCE pathway
- VCE Vocational Major pathway

We are excited for GoTafe, LaTrobe University and National Food Institute NFI, to be available on the night to assist all parents and students with any queries or questions around student's pathway opportunities.

STATE SCHOOLS RELIEF FUNDRAISER

**Out of Uniform Day
Friday the 23rd of June**



The Yr 12 VCE VM Personal Development Skills class is fundraising money for state schools relief by having an out of uniform day. SSR helps fund students and families in need with uniforms, shoes and excursions.

Gold coin donation required any other donations welcome at the front office

Yr 9 and 10 are asked to wear as much yellow clothing as possible

Yr 7 and 8 are asked to wear as much blue clothing as possible

Yr 11 and 12 are asked to wear as much white as possible

Promoting State Schools' Relief

State Schools' Relief is a not-for-profit organisation that improves the lives of 67,000 disadvantaged Victorian school students, and their families, each year. Last year, 43,000 shirts, tops, jackets and shoes were supplied by SSR, at an average cost of support at \$105 per child.

The simple and practical service ensures that all students can attend school in warmth and comfort with a greater sense of belonging and improved self-esteem, which in turn enhances their educational engagement. As a school, Numurkah SC accesses this relief fund quite often for our students. So, if you can help underprivileged Victorian kids by donating a dollar on this Out of Uniform Day, this would benefit our school, our community and other disadvantaged school students across Victoria.

For more information:

<https://stateschoolsrelief.org.au/>

<https://youtu.be/UykDkNcj6lw>

<https://stateschoolsrelief.org.au/wp-content/uploads/2020/08/SSR-Animation-Website.mp4>

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

Meals on Wheels

Brianna, Curtis, Olivia, Tegan, Declan and Diesel delivered meals this fortnight as a part of our Meals on Wheels program. Did you know that 'Meals on Wheels do this *'through our incredible 45,000 volunteer workforce who form meaningful connections with Meals on Wheels customers, enable them to live independently and age well and provide valuable peace-of-mind to their loved ones'*. <https://mealsonwheels.org.au>



I'm having a tough time at the moment

We're here to help

Strathmerton Hub

Wednesdays: 9am-3pm
Walk-ins welcome
35 Goulburn Valley Hwy, Strathmerton
Behind St Aiden's opportunity shop

The Mental Health & Wellbeing Hub complements existing health services by supporting the recovery of people with new or existing mental health challenges.

Available services include:

- wellbeing checks
- emotional support and wellbeing coaching
- someone to talk to who will understand your situation and help locate and link you to services and support
- assistance to manage mental health symptoms and to address life stressors including homelessness, financial difficulties and social isolation
- support to utilise your skills, strengths and resources
- workshops and group activities to build your skills and make connections

Our peer wellbeing workers are available to people seeking support. Many of these people have their own experience of mental health challenges or are caring for someone with mental health issues.

People of all ages with new or existing mental health challenges can utilise services at the Hub. Services are also available to family members and carers.

Referrals can be informal and all services are free of charge.

For further information, contact Bron on 0468 539 910

For support in the Goulburn Valley
call 1300 375 330 or 5822 8600
www.partnersinwellbeing.org.au

wellways

MENTAL HEALTH
& WELLBEING
HUB

VICTORIA
Government
Authorised by the
Victorian Government
1 Treasury Place, Melbourne



MINIKHANA

COME & TRY DAY

The **BEST** Entry Level Motorcycle Activity

Fun, Safe, Skills Based Courses

Ages 4-16 years

No Licence Needed

BYO Minibikes & Gear

Date: Saturday 24th June 2023 at 9am

Club: GVMCC - Goulburn Valley Motor Cycle Club

Venue: Undera Speedway Complex 1915 Echuca Rd

Website: All Enquiries - Robert 0419 142 297

FREE

ENTRY & 90-DAY RECREATIONAL LICENCE FOR 1ST TIMERS!



<https://www.ma.org.au/minikhana-come-try/>