



# Numurkah Secondary College

## Newsletter

104 Tocumwal Road Numurkah

(03) 58621088

Term 4  
Week 3

### Principal's Report

What a wonderful week it has been for our senior students! Celebrating the end of the formal classes for all year 12's is often quite an emotional time for students and families and this year has been no exception. While the exams are still to come, the sense of pride that goes with achieving a successful completion of year 12 is one that should be acknowledged. VCE teachers are still providing opportunities for students to continue to seek help and guidance in their revision right up until the final exam. We all understand the stress and worry which goes with preparing for exams and entering the work force but our year 12's are an amazing group of young people and I have no doubt they will excel as they move on to the next stage of their life.

I would like to acknowledge the wonderful work of those who have taught our year 12 students this year. In particular I wish to thank Micah Collie our Senior school leader. Micah works closely with all of our students and is a constant advocate for them in encouraging and supporting them in making the most of their opportunities.

The feedback from the year 9 camp was fantastic. Our students embraced the challenges that they faced, and the Rubicon staff were so impressed by the way NSC students supported each other and gave everything a try. Our own staff were full of praise for the positive way our students engaged in the different activities and managed to overcome the extra challenges that the unseasonable weather added.

It has been an absolute pleasure to run interviews for our 8 year 11 students who are the candidates for the 2024 school captain positions. Speeches held today were a great demonstration of the confidence and willingness of this group to take up this challenge. All students voted after the Year 11 students presented their campaign speeches. The process of selecting our school captain is a combination of the written application, an interview and student votes. I have every confidence that each of our candidates this year would be very capable of representing our school with pride in 2024 and look forward to announcing the results at a later stage.

The Live Life Whole program concluded this week, and this program is certainly one we will be looking to work into our curriculum in the future. The program is just in its 'fledgling' stages and we have been incredibly fortunate to have Megan Dickinson work with us and be part of the ongoing development of this with the intention of improving the health outcomes of our young women.

The last 2 weeks have been difficult ones for me as my father became ill and passed away. At 90 he has had an amazing life and I have been incredibly blessed to have him close to me. It is such a strong reminder of the importance of making the most of opportunities to spend time with those we love. Thank you to the NSC community for giving me the support I have needed to take the time to grieve, but also celebrate a life well lived.

I hope you are all able to head to the Numurkah Show and support the work of the volunteers who do an amazing amount of work to get this up and running after several years of interruptions.

Cate Eddy

### Term Dates

#### October

**5th** Hume Athletics  
**13th** Junior Summer Sports  
**19th** Year 12 Graduation Assembly  
**23rd** Year 12 exams begin  
**25th** Numurkah Show Day—student free day

#### November

**6th** Curriculum Day—student free day  
**7th** Melbourne Cup Holiday  
**15th—17th** Year 10 and 11 exams

**17th** Valedictory Dinner  
**20th** Headstart for Year 11 and 12 begins (2 weeks)

#### December

**5th** Year 8 Surf Camp  
**13th** Presentation night  
**20th** End of Term 4  
**2024**

#### January

**29th** Staff return  
**30th** 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](mailto:numurkahsc@education.vic.gov.au)

Website: [www.numurkahsc.vic.gov.au](http://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, Morgan McCloskey, Rhiannon Jose, Oliver Masters

**Next meeting:** Monday 11th December

# ENGAGEMENT AND WELLBEING

Term 4 is always busy and there has been so much happening already!

This week saw the Life Life Whole program conclude for the female students. This valuable program seeks to support young women in nourishing themselves, their soul and their purpose to be set for all the opportunities life can bring. Live Life Whole has a holistic approach to physical and mental wellbeing, and it is something we are proud to have been able to offer our students this year. If you would like more information on the program, visit their website <https://thelivelifewholeproject.com.au/>

We have also had the opportunity to reflect on, and celebrate the year with our Class of 2023 Year 12s. It was fantastic to share the stories and positive experiences of our students during their years at NSC. The Graduation Ceremony on Thursday allowed the entire school community to celebrate, including the students, families and staff which is fitting given this is the team that led to so much success. A huge congratulations and good luck to all of our Year 12s as they embark on whatever comes next!

## The Importance of Notifying Absences

We know that missing school due to illnesses and emergencies can happen. Notifying the school through Compass or a phone call is incredibly important. **Last term we had over 800 unexplained absences!** Letting the school know reasons for absence ensures we can provide support and school work if appropriate, and help keep every student well connected to school.

The Education Department will follow up high numbers of unexplained absences also. The policy as stated on their website (<https://www.vic.gov.au/attendance-and-missing-school>) says "Your school will work with you if your child has more than 5 days of unapproved or unexplained days off in a school year. If this does not work, your school might refer your child to a school attendance officer. The school attendance officer will monitor and investigate your child's attendance."

## Term 4 Weeks 1 & 2 Positive Compass Chronicles

### 11 Positives

Hayley Newby

### 10 Positives

Ivy Henderson

### 7 Positives

Zeph Bartlett

### 6 Positives

Baelan Saxton

Kale Lewis

Chase Adams

Liam Woolley

Connie Harris

Ella Parkinson

Izaac Koeleman

### 5 Positives

Morgann Harris

Lilly Amber Grover

Daemyn Kollosche Beaton

Dakota Kelly

### 4 Positives

Diesel Barklay Kimberley

Marli Salter

Jacinta Holmes

Cooper Tetley

Renea Russo

Corey Cook

Ellina Grasso

Bailey Bonham

Bayden Parkinson

Tanner Bonham

Aleesha Johnstone

Tegan Stevenson

Christopher Bodsworth

Toby Newbery

Tobie Lomax-Davie

Daniel Callander

Degan Ryan

Tyler Bodwsorth

### 3 Positives

Owen Williams Moss

Travis Decker

Cooper Hampton Archer

Will Simpson

Clifford McNally

Hunter Kubeil

Elisha McCoombes

Indianna Ashcroft

Hayden Deak

Alex Lawson

Matthew Koeleman

Jorga Wakefield

Noah Johnson

Kyron Cook

Phoebe Zammit

Laylla Tyrrell

Summer Gerity

Annabella Boschetti

Hannah Stedman

Daniel Grinter

Helena Schrapel

Blake McKenzie

Matt Hibberson

Holly Philpot

Holly Thompson

Holden Gunn

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





# GRADUATION ASSEMBLY CONGRATULATIONS CLASS OF 2023



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



# Meals on Wheels

On Tuesday 10th November Hayley Newby and Ella Parkinson took part in our volunteer program. Delivering Meals on Wheels throughout our Numurkah community. The girls were able to have a quick chat with our elderly community members and took the time to have a tour of some wonderful gardens.

Engaging with our local community in such a positive way has benefits for both our students and our wonderful Numurkah citizens.



## Product Design & Technology

Year 11 Product Design and Technology students have completed their Unit 2 projects. The brief was to design a Longboard that incorporated the use of alternate materials, emerging technologies and recycled timbers. Their solutions utilised Oregon, Red Cedar and Pine as well as epoxy resins and metal flake additives. Students developed two prototypes to learn how the combination of materials would behave together as well as how to mix and pour resins, apply glaze coats and implement the correct finishing techniques. Before producing their own designs a significant amount of research was done across a number of areas which ensured a well planned project. A lot of extra time was spent by the students before school and during lunch times to complete the projects ready for the Numurkah Show, which demonstrates their enthusiasm for innovation within a Product Design context. A fantastic effort by our students Lucas Spokes, Corban Morton, Ryan Russo and Michael Van Den Goor. Take the time to have a close up viewing at the Numurkah Show next Wednesday. Well done!!



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



# Rubicon Camp

During week 1 of Term 4, Mr Nicholls and Ms Harman took 26 Year 9 students to Rubicon Outdoor Camp Centre in Thornton. This was NSC's first experience of using this Camp and we had a brilliant experience. The focus of this camp was Resilience, using strategies to deal with uncomfortable situations and goal setting.

The most challenging part of this camp for students was the weather. It rained four of the five days. Rubicon ensured everyone was issued with the right gear (waterproof pants, jackets, gaiters, hiking pack, thermal top, lunch box and drink bottle).

Students participated in hikes, rafting on Rubicon River, mountain bike riding around Eildon Pondage, rock climbing, abseiling, cooking dinner on a Trangia and lots of activities and discussions on resilience, and goal setting.

Students made their own lunch everyday (there were some very interesting sandwiches being created), the famous Rubicon slices and plenty of fruit. We were spoiled each night with the most delicious dinners; loaded baked potatoes, butter chicken with rice, creamy gnocchi (cooked on the Trangia), spaghetti and house made pizza for lunch on the last day.

Rubicon Camp staff told Mr Nicholls and Ms Harman several times how impressive our group of students were; how well they listened, worked together, packed up gear, cleaned up after meals and how they supported each other when students were feeling tired, homesick and out of their comfort zones.

Throughout this week students lived and breathed NSC values of Respect, Excellence, Aspiration and Pride.



**'The only place where success comes before work is in the dictionary'**

*- Vidal Sassoon*



We are excited to share that we have launched our new student attraction campaign - YOU'VE GOT THIS.

We know it's been a challenging time lately and through everything, the achievements of our students have been nothing short of inspiring.

We know many of our students have to overcome their own challenges and uncertainties to begin, then complete their studies.

GOTAFE plays a pivotal role in helping people transform their lives.

With GOTAFE by your side, YOU'VE GOT THIS.

## THE CHANGE YOU WANT TO MAKE STARTS HERE

Whether you are following your passion, chasing ambition, seeking security or career progression, GOTAFE's industry experienced trainers and first-class facilities will support you. Find out more by clicking on the links below.

[YOU'VE GOT THIS](#) | [GOTAFE](#)—2024 courses

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

— Jimmy Johnson



**Make sure you and your partner are protected.**

Free Condoms are available at NCN Health Numurkah.



Find them in the basket at Primary Health Reception.



**OCTOBER 16<sup>TH</sup> – 25<sup>TH</sup> IS NATIONAL NUTRITION WEEK**

**THIS YEARS THEME IS STRIVE FOR 5**



**EATING 5 VEGGIES A DAY**

**TIPS TO REACH 5 A DAY**

Quick tips to get more veg into your day:

**1.ADD A VEGGIE TO YOUR BREAKFAST**

Add some sliced tomato to your vegemite toast

**2.ADD A VEGGIE TO YOUR DAILY SNACKS**

There are so many easy and convenient on-the-go snack ideas to get extra veg into your day. Pack some snackable carrots and hummus. Check out our recipes.

**3.ADD A VEGGIE TO YOUR SMOOTHIE**

Try something a little different and enjoy a delicious veg smoothie or juice! We have so many delicious recipes to try

**4.ADD A SIDE SALAD WHEN YOU EAT OUT**

Out for dinner, don't forget to order a side of vegetables

**‘You are never too old to set another goal or to dream a new dream’**

**- C.S. Lewis**