



Numurkah Secondary College

Newsletter

104 Tocumwal Road Numurkah

(03) 58621088

Term 4
Week 5

Principal's Report

This is the time of the year when I feel life seems to travel at a faster pace than normal. Our year 12 students are well through their exam period with only 4 subjects still to be completed next week. Year 11 VCE students are preparing for their exams and it is important these are seen not just as assessment but critical preparation for their final year of studies in 2024. Students who are undertaking the VCE-VM studies next year are encouraged to be seeking work experience over the final weeks of the school year. This will greatly assist them in establishing contacts to set up their structured workplace learning for 2024. I am extremely proud of the way our senior students, over this last year, have shone in their workplaces and this has resulted in ongoing employment for many of them.

We have announced our 2024 School Captains, and I would like to congratulate Sofia Gazzola and Ben Norman who are our Captains and Grace Jones and Jesse Wakeman who are the 2024 vice-captains. I have great confidence that this amazing group of young people will lead and represent NSC with pride and respect. We are in the process of selecting our 2024 house captains and once again this is a great opportunity for our students to step into leadership roles.

Our students over the year have been out and about in the community supporting several events and programs. Recently this has included assisting with setting up for the Numurkah Show and supporting the Lions Club BBQ at Show Us Ya Wheels. We have also had some great work done with Murray House and Meals on Wheels. NSC is an important part of our community, and I am proud that our students are involved, but also very grateful that different organisations reach out and provide opportunity for students to participate within this wonderful community.

Several of our students entered in the different categories at the show, and some of their work and success features later in our newsletter. Well done to them but also thank you to Claire Reid, Ian and Jodie Tilley and Nathan Binks for their work in encouraging and supporting our students.

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

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, Morgan McCloskey, Rhiannon Jose, Oliver Masters

Next meeting: 11th December

Next week we have a staff PPD on Monday, which is a pupil free day and Melbourne Cup Day is a holiday for staff and students. I know there are students who have work to complete as classes come to their final assessment stage of the year and year 10, 11 and some year 9 students have exams. These are opportunities to get some of this work done and put aside some study time to ensure they are achieving their best results.

The school magazine Bangerang, is a wonderful record of the year at NSC but these need to be ordered in advance. Kylie Hicks has been compiling this over the year and it contains lots of photos and stories about special events, classroom activities and camps. Last year several people were disappointed to miss out. I encourage you to get your order in as soon as possible.

School uniform reminders have been going out in homerooms. Sportsfirst are the local business who stock our uniform as well as options for the correct black leather footwear. We can support families who need assistance with the purchase of uniforms. Contact year level leaders if you do require some help. It is important that our students are in uniform and wear it proudly.

Next Saturday, November 11th, is Remembrance Day. Our new school captains will join me in representing NSC at the service. Poppies will be on sale at the school over the next week The signing of the Peace Armistice is remembered at the 11th hour of the 11th day of the 11th Month. This was initially a time to remember those who died in WW1, up to 13 million people. It is now a day of remembrance for those who have died at war. With horrifying conflicts occurring across our world, it is a day to think of the many families who are currently being torn apart by the atrocities of war and feeling very grateful for living here, in our beautiful country.

Cate Eddy



Congratulations NSC 2024 School Captains

Vice Captains
Jesse Wakeman
Grace Jones



Captains
Sofia Gazzola
Ben Norman

R.E.A.P

Respect - Excellence - Aspiration - Pride

ENGAGEMENT AND WELLBEING

Study Tips!

It is that time of year when exams are running for all our students from Years 10 to Year 12! Exams can be a bit daunting but with a little preparation and of course study, they can be a whole lot less scary! Here are some suggestions to help you prepare from La Trobe University. (La Trobe University. *Strategies for Exam Preparation*. Available at <https://www.latrobe.edu.au/students/study-resources/learning/achieve/exam-prep>)

Make a Study Timetable

Drawing up a workable study timetable will increase your sense of control over the task (and hence, reduce anxiety) and also will help you to become more efficient with your time. It is important to be realistic - don't set impossible goals for yourself.

Take into account the following points:

1. Allow for the limitations of your attention span. Avoid scheduling large slabs of time for one subject.
2. Don't cram - several reviews are more effective. More material will be retained in memory if you schedule several review times over an extended period rather than one long session.
3. Work in terms of tasks not time. Rather than having a vague aim to 'study biology for two hours', set a particular section of work for each study period.
4. Review your approach. If your study plan is not helping you to revise effectively, review your strategies and consider making changes.

Make sure you include some recreation time. If you *allocate* time for such activity you will be less tempted to chuck it all in and waste time avoiding work because of the unrealistic demands you have made upon yourself.

Organise Your Notes

It is easier to remember individual details when they are grouped into mini-sections.

1. Make a list of the areas you need to know in each subject and write down headings and subheadings.
2. Add material you have learned from your reading to your notes according to the subject area.

Underline, highlight or write comments in order to emphasise the idea of each section.

Revise Actively

Don't fall into the trap of spending 99% of your study time mindlessly writing out notes and 1% of your time actually looking at them. The more 'active' you are in writing notes, the better you will be able to remember them. This may involve reconstructing your notes in a different format, such as:

- Written summaries for each topic - Numbering each point can help with recall in the exam.
- Diagrams. During the exam, it is easier to recall information which has been represented diagrammatically. Colours are particularly helpful to stimulate the memory.
- Audio. Try recording your summaries or prepared answers to practice questions onto a portable recording device. Comprehension improves if you listen and read at the same time.

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

Recall Versus Recognition

Many students, after having read over material several times, assume that because it looks very familiar they have learned it. Simply being able to *recognise* material does not automatically mean that you will be able to *recall* it later in the exam.

The following suggestions may be useful:

- When learning definitions, divide a piece of paper in two vertically and write the words on one side and the definitions on the other. Cover the words and practise recalling them, using the definitions. Then cover the definitions and practise recalling them, looking at the words.
- Use cards with the subject on the front and the information to be recalled on the back. Look at the subject, practise recalling the information, then look on the back of the card to check.
- If you need to memorise diagrams, make large ones and stick them up on your walls.
- Use rhymes and mnemonics to assist recall. For example, to remember electron loss and gain in oxidation and reduction, the following may be easy to remember: OIL RIG - Oxidation Is Loss; Reduction Is Gain (of electrons)

Revise with a friend or a study group to share knowledge and exam strategies and to practise recall.

Mobile Phones and Social Media

We have recently seen an increase in incidents at school that begin outside of school hours, usually on social media or messaging services. Tackling these concerns is a team effort for the whole school community, and we ask that families be aware of the issues and concerns, discuss things like cyberbullying and social media use openly with your students and be ready to support them if problem arise.

Some of the recent problems have also been made worse due to students accessing and using their phones while at school. As such we are reminding everyone that phones are **banned at school between 9am and 3:20pm**. If a student has a phone it must be **in their locker** between those times and cannot be used, **even at recess or lunchtime**.

The incidents related to phones are significant and serious. They are not unique to our school, which is why the ban on mobile phones is statewide throughout Victoria. We treat the safety of our student incredibly seriously and as such we are tightening up expectations and consequences around breaches of this rule.

Due to the recent incidents, a renewed focus is on phones at school. Students will be reminded each day in homeroom, and invited to hand their phones in to be securely stored in the school office until the end of the day. Should a student not take this opportunity the expectation is their phone is either at home, or in their locker where it will remain untouched.

However, if a student chooses not to take the opportunity to hand over their phone and are caught with it between 9am and 3:20pm, it will be confiscated and kept in the safe within the office until a parent or guardian picks it up for them. If they break this rule more than once, consequences may include external suspension.

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

Term 4 Week 3 & 4 Positive Compass Chronicles

6 Positives—Brianna Boyden, Ella Parkinson

5 Positives— Lucas Hendy, Marli Salter, Lucas Stedman, Connie Harris, Ryley Hamson, Cooper Newbery, Corey Cook, Elisha McCoombes

4 Positives—Charlie Hodge, Lilly Amber Grover, Hayley Newby, Hunter Kubeil, Nadia Ruggi, Tobie Lomax Davie, Bonnie Russo, Emily Cahoon, Aiden Woolley,

3 Positives—Phoebe Zammit, Wyatt Hendy Smith, Tyler Bodsworth, Amy Wyatt, Bethany Grigg, Cooper Tetley, Taleisha Manzone, Damiano Grasso, Tyler Cook, Daniel Grinter, Lachlan Cartledge, Darby Salter, Noah Good, Degan Ryan, Skye Young, Bailey Bonham, Tegan Stevenson, Hannah Stedman, Izaac Koeleman, William Srisoi

2 Positives—Odin Minotti Watson, Toby Newbery, Sienna Kubeil, Eleanor Rourke, Matthew Koeleman, Clifford McNally, Ryder Dezwart, Ellina Grasso, Summer Gerity, Bayden Parkinson, Lukas Lawn, Caitlyn Brown, Max Tille, Bella Shayne, Olivia Turvit, Heidi Webb, Shianne Wakefield, Inika Culton, Sofia Gazzola, Connor Ciccone, Christopher Boschetti, Jacob Church, Ebony Giddens, Jacob Woolley, Akaysia Fitzgerald, Jake Salter, Max Dudley, Jayden McNamara, Charlie Payne, Lynette Philpot, Oliver Masters, Caitrin Harrison, Charlotte Allison, Kayla Gerity, Savannah Shanahan, Keely McCluskey, Sian Lomax Davie, Kyron Cook, Chase Adams, Daemyn Kollosche Beaton, Sol Frost, Leila Thornell, Declan Jones, Liam Young, Bridget Brown, Dakota Kelly, Diesel Barclay Kimberley, Billy Elsegood, Blake Lawson, Jhett Eddy, Josh Moody, Karli Gerdtz Suffern

1 Positive— Emilia Gazzola, Rhiannon Jose, Zac Newby, Liam Woolley, Hannah Grigg, Hayden Deak, Chase Dixon, Asha Parry, Jade Holmes, Lory Devine, Corban Morton, Hayley Ann McGill, Xavier Dixon, Lucas Spokes, Robert Hall, Millie Beverley, Aleesha Johnstone, Helena Schrapel, Jacob Simmons, Holly Philpot, Daniel Callender, Marshall Duncan, Tamiaka Stevenson, Matt Hibberson, Travis Decker, Holly Piacentini, Declan Crisp, Matthew Lourens, Renae Russo, Holly Thompson, Riley May, Ben Norman, Austin Webb, Mia Duggan, Rylee Bullock, Michelle Rore, Sapphire Brown, Molly Harris, Shelby Warriner, Bree Anna Byra, Anna Newham, Imogen Jeanes, Baelan Saxton, Noah Johnson, Chelsea Gunn, Ocean Frost, Kale Lewis, Indianna Ashcroft, Bronte Moylan, Devlin Duncan, Grace Jones, Olivia Hanley, Keira Dekker, Dakota Everett, Will Sheridan, Patrick Carlisle, Laylla Tyrrell, Peyton Duggan, Havanah Gardner, Jack Tremellen, Lloyd Jetten,

‘Education is our passport to the future, for tomorrow belongs to the people who prepare for it today’ - Malcolm X

Reading Goals



Lena has reached her 100 book milestone!

Lena has been reading like crazy at home and has taken a liking to science fiction books.

Keep up the great work Lena and 200 books will be reached before you know it.



Kaiah has reached her 100 book milestone!

Kaiah has been reading like crazy as she received some new books for her birthday. Lately Kaiah has been reading the David Walliams books but has loved The Midnight Gang book.

Great job Kaiah



Liam has reached his 100 book milestone!

Liam has been reading at home to his parents and putting in a lot of effort with his session reading to reach this milestone.

Liam hopes he is going to be able to eat the whole block of chocolate by himself as he did all the hard yards.

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



Year 11 Psychology

The Year 11 Psychology class spent the day in Melbourne enjoying fine food, art and escape rooms. The ArtVo experience had students studying art, perspective, light and their meaning while being a part of the art itself. After enjoying some fine Melbourne cuisine, students attended Escape Hunt where they had to test their mental prowess to solve a murder case or find Ali Baba's lamp to escape their respective rooms.

Though the day was long and exhaustion was setting in, everyone managed to trek back to the station, clamber upon the train and slump down for the ride home.



'Teachers can open the door, but you must enter it yourself'

– Chinese proverb

Congratulations

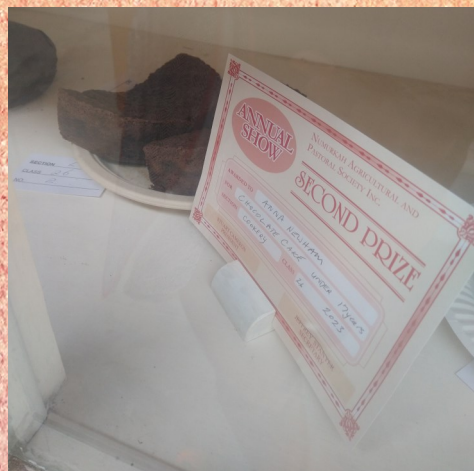
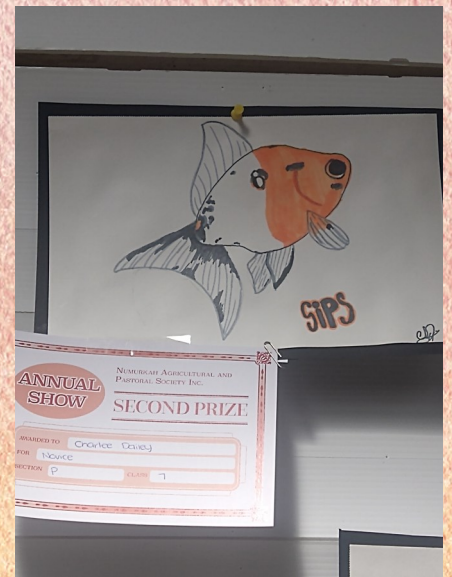
Congratulations to all students who entered into the Numurkah Show, both through the school and of their own endeavors.

Now is the time for you to start planning your own entries for next year's show, so get making and creating or practicing.



'The beautiful thing about learning is no one can take it away from you'

- B.B. King



'If you cannot do great things, do small things in a great way'

- Napoleon Hill



Term 3 Bucket hat creations

Year 7 Textiles

Latest round of year 7 students have just begun the construction of their bucket hats. They are all working well and the majority have already constructed the brim!.

Level 1 students are well under way in the construction of their quilt blocks using fabrics they designed and made last term. They are looking fantastic so far.



'However difficult like may seem, there is always something you can do and succeed at' - Unknown

Meals on Wheels

Great job today volunteering for the Meals On Wheels Program Demii and Bonnie.



The University of Newcastle is conducting research to develop a **well-being program** to improve teenage girls' **physical** and **mental health**, as well as support fathers to nurture their **bond** with their daughters.

We have developed a short survey for **high school aged girls** to complete and another one for **father/father figures of high school aged girls**. The surveys ask questions about well-being, sport, physical activity and family relationships and have been approved by the University of Newcastle Human Research Ethics Committee

DADS of high school aged girls, WE NEED YOU!

Have your say in developing a program that aims to **enhance** the father-daughter **connection** and wellbeing of your teenage daughter.

Complete a 10 minute online survey

A chance to win one of 6 x \$50 gift vouchers

Scan me! https://redcap.link/DDteens_fathers_survey

Dads of high-school aged girls.

Have your say in developing a program that aims to enhance the father-daughter connection & wellbeing of your teenage daughter.

Complete a 10-minute online survey - https://redcap.link/DDteens_fathers_survey

Chance to win one of 6 x \$50 gift vouchers!

Parents of high school aged girls, we need you!

Register your daughter to complete a survey to help us develop a program to support teenage girls' wellbeing, physical and mental health [https://redcap.link/DDteens teens survey](https://redcap.link/DDteens_teens_survey)

Your daughter will go in the draw to win one of 6 x \$50 gift vouchers!

Parents of High School Girls

We want their opinions!

Help us create a new wellbeing program to support teenage girls.

Register & provide consent for your daughter to complete a 10-minute online survey about:

- Wellbeing
- Sport & physical activity
- Communication & connection with family
- Their experiences of being a young adult

A chance to win one of 6 x \$50 gift vouchers

Scan me! https://redcap.link/DDteens_teens_survey

'Every accomplishment starts with the decision to try' - Unknown



Doctors in schools program

We are very pleased to let our school community know we have an onsite Doctor and Practice Nurse working at NSC every Thursday. Our first clinic will be on November the 9th. All appointments are bulk billed. Students can make appointments at the office. Parents and Guardians are also able to make appointments for students and attend appointments.

This is a wonderful service and I hope it will take pressure off the challenge of securing appointments in other clinics.



‘Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible’ - Francis Of Assisi

NSC ART PRESENTS PAINTING EN PLEIN AIR



Lin Onus
Barmah Forest (1994)

**WOULD YOU LIKE TO EXPLORE LANDSCAPE PAINTING?
THIS MAY BE THE EVENT FOR YOU!**

Who - Any NSC student and their parents/carers

What - Watercolour/Acrylic/Oil painting outside

When - 4.30 pm - Nov 1 (ongoing every second Wednesday)

Where - Numurkah Secondary Oval

Materials will be provided for attendees
If you have any questions please see Freya.

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

Les Brown

One Year Anniversary of October 2022 Floods

Come reflect and acknowledge our communities strength and resilience

Wednesday 8 November 2023

4pm - 7:30pm

Nathalia Recreation Reserve,
Park Street, Nathalia

- Dr Rob Gordon
- Free BBQ Dinner
- Photo Wall
- Art Installation
- 72HR Program Launch
- Jumping Castle
- Face Painting
- Fairy Floss
- Glitter Tattoo
- Balloon Twister



Australian Government



Numurkah Singers Inc

Welcome you to.....

The Sparkling 60th Diamond Spectacular!



Numurkah Town Hall
Knox St, Numurkah

Friday 10th Nov @ 7:00pm
Saturday 11th Nov @ 7:00pm
Sunday 12th Nov @ 2:00pm



Scan QR Code for Tickets

Tickets available via EventBrite
General Admission - Ticket Prices

Adults \$25 *
Concession \$20 *
Child \$10 *
Family \$60 *

* Plus booking and handling fee

<https://www.eventbrite.com.au/e/731055244917?aff=oddtcreator>

<https://www.facebook.com/NumurkahSingersInc>



School Holiday Opportunity

for secondary school students

to play games/cards and other activities with residents in Aged Care

- ☒ one to two hours a week for 6 weeks
- ☒ Days/Times by arrangement
- ☒ at Banawah Nathalia, Irvin House Cobram or Pioneers Lodge Numurkah.
- ☒ Orientation, Training and Support provided

Enquire today



Any enquiries to Volunteer Coordinator on 58620598
Express your interest in participating
by Friday 1st December 2023

<https://ncnhealth.org.au/work-or-volunteer-at-ncn-health/volunteers/>

**AGED CARE
STUDENT
VOLUNTEERS**

"I look forward to it every week. I play board or card games with the residents."

