



Numurkah Secondary College

Newsletter

104 Tocumwal Road, Numurkah

(03) 58621088

Term 3

Week 1

Principal's Report

Welcome back to semester 2 at NSC. A special welcome to the new families who have joined us over the last few weeks. I encourage families to read over reports if you haven't already and discuss the feedback with your child. These reports along with the SPA reports, are designed to help each child set goals and acknowledge where their strengths and weaknesses are and to focus on growing their learning.

Well done to the following students on being invited to participate in the Victorian High Abilities program, Marshall Duncan and Baelan Saxton are participating in the Maths program, while Holly Philpott, Anna Newham and Noah Johnson are in the English program. This virtual program provides opportunities for students to be extended and build resilience when challenged. It has been great to see our students arriving in uniform. Please support us with this and ensure uniform is purchased from our local sports store, Sports First. Shoes are still raising concerns; students are expected to wear black leather shoes every day and bring along runners for PE. Sports First has several leather runners available, as do a number of stores in Shepparton. Canvas runners and other soft fabric shoes should not be worn to school. We do have great support for families who need assistance with uniform through State School Relief. If you need assistance, please contact year level leaders or the school office to access this. Students can add layers by wearing long sleeve t-shirts (not hoodies) under their polo shirts and adding the school jacket over top of the windcheater. Jackets can be purchased from the office. Coats and school beanies can be worn to school and at break times but should be removed for class as our rooms are well heated.

The music concert at the end of term was a great success and it was fantastic to see and hear the growth of our students' musical skills. The program will recommence this term in week 2.

Continued next page

Term Dates

July

10th Term 3 begins

10th Student free day—
Staff onsite

11th Students return

19th Year 10 Careers
pathway evening

August

14th Student free day—
Staff onsite

25th NSC Athletics Carnival

September

11th—15th Year 10 Work
Experience

12th Year 6 transition day

15th Last day of Term 3

Parent teacher
interviews—no classes
running.

October

2nd Term 4 begins

**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: 17th July 2023

Please be aware that this is outside of the curriculum, while we have been able to subsidise staffing of this program through a music grant there is a small cost of \$50 for the semester for students who would like to participate. This helps with the cost of instruments, repairs, sound equipment and music. Expressions of interest will be called for next week. There will be a cap on numbers as we only have the one teacher available, so it is important that students are prompt with replies and payment.

I am looking forward to seeing families of our year 10 students at the Pathways session on Wednesday evening at 6pm. Planning for student pathways is important and we would like to ensure families are involved in these important decisions.

Vaping has become a major health concern across the community, and we have had a few incidents at school where students have been found vaping or carrying a vape. The Education Department and legal guidelines are quite clear around vaping on school grounds and possession of and supplying vapes. Our main concerns are around the impact of vaping on the health of our students, but we are also obligated to ensure we are addressing the legal ramifications as well. Please take the time to read the information in this newsletter and discuss with your children.

I am looking forward to the term ahead as we build on the great learning and opportunities of Semester 1.

Cate Eddy

YEAR 10 TO YEAR 11 PATHWAYS INFORMATION EVENING



**Join us on Wednesday 19th of July at 6 pm in the
Hall at NSC**

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

In 2023, 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 GO TAFE, La Trobe 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.

R.E.A.P

Respect - Excellence - Aspiration - Pride

ENGAGEMENT AND WELLBEING

It was fantastic to welcome back out students on Tuesday this week for the start of Term 3. Why Tuesday? Staff were back at work Monday preparing for a big term, but in addition had a fantastic professional development workshop presented by Chris from the ICAN Network. ICAN is a program with a specific focus on supporting students with Autism (or ASD), and Chris provided staff with an insight to the challenges faced by ASD students. More importantly he provided information on the amazing skills, abilities and opportunities students with ASD have and ways to maximise them at school. Practical teaching tips were also provided which have the potential to support the learning of every single student, not only those with ASD.

NSC is also pleased to be offering the ICAN Program for students this term, which will see students access mentoring and peer support, building the ICAN attitude to their school, social, emotional and home life.

Term 3 also began with the Year 7-10 girls completing their second session in the Live, Life Whole program which continues to provide tools to support young women's physical, social and emotional wellbeing so they can experience the best that life has to offer.

The school has also just received interim results for the Student's Attitudes to School Survey which is a great source of feedback from our students about what they think and feel about their time at NSC. We have started unpacking these very early results with our students, and look forward to hearing more about the key things that are important for them.

Along a similar theme, Term 3 will include the very first NSC Student Forum Meeting where students can put forward issues and concerns that matter to them via their Student Year Level Representatives. This will allow students and the school to work closely together to ensure students have what they need to get the most out of their time at NSC.

We look forward to many positive moments throughout the second half of this year!

Wow it's cold! The Resilience Project @ Home

It's winter.

It's cold, it's a little darker and, sometimes, the days can start to become a bit of a grind.

That's where TRP's Martin Heppell comes in!

Martin has some great advice to help you look after your wellbeing and thrive during the colder months, including:

- Sleep, and the 10-3-2-1 rule
- Exercise
- Connection

Whether you're studying, working, or at a different stage of your life, Martin's tips can help you get through the grind. Check out the video with Martin's tips here <https://tinyurl.com/TRPWinter>



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

TERM 2 WEEK 8 AND 9

POSITIVE COMPASS CHRONICLES

7 POSITIVE CHRONICLES

Marli Salter

6 POSITIVE CHRONICLES

Summer Gerity

Daniel Grinter

Tyler Bodsworth

5 POSITIVE CHRONICLES

Owen Williams Moss

Liam Woolley

Ella Parkinson

Eddy Callander

Caitrin Harrison

Corey Cook

Degan Ryan

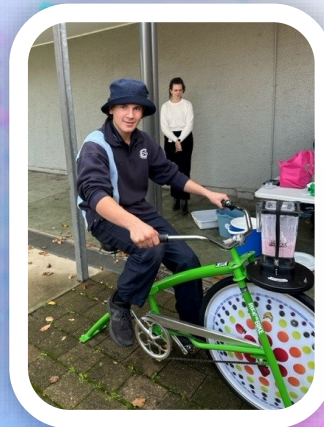
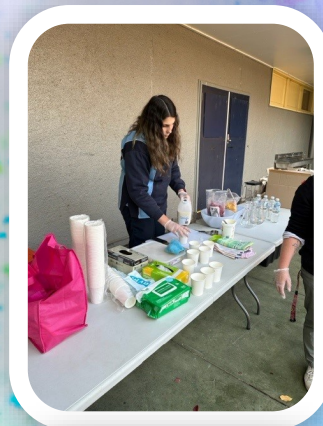
Hayley Newby

‘Mistakes are proof that you are trying’ - Jennifer Lim

VCE VM PDS - Smoothie Bike activity

On Tuesday 6th of June, Daemyn, Holly, Xavier, and Jorga ran an activity for Area of Study 2 Community Health and Wellbeing in VCE VM PDS, to promote health in our school community. Working with Nicole from NCN Health, they organised making smoothies using the NCN smoothie bike. They had to research recipes and cost of ingredients. Holly prepared the ingredients (yogurt, milk, berries, bananas, mango) for the bike while Jorga washed the blenders. Daemyn set up the blender on the bike to prepare it for a student to peddle the bike and blend the smoothie. Xavier handed out showbags to each student that wanted them. Each showbag contained a frisbee, temporary tattoo and flyers with information about mental health and sugar.

In Holly's reflection, what she enjoyed most was setting up the activity and preparing the ingredients before it got too busy. Overall, the day was a great success. Thank you to all the NSC students who participated in the Smoothie Bike activity.



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

First Nations Focus: Wood-burning with Deadly Art

During focus on Friday 2nd June, Freya organised for Stacey and Tubbsy from Deadly Arts Numurkah to join our First Nations students for some traditional wood-burning and painting with our students getting the opportunity to design and burn their very own pair of clapsticks. Deadly Art will be returning to NSC on Friday 16th to continue working with our students on their projects. Pictured are Tom, Matthew, Declan and Laylla hard at work on their designs!



Café Culture

Our talented Café Culture students have gathered, preserved and prepared local ingredients to prepare and sell Lilly Pilly Jam, native honey cream and Lily Pilly chocolate bark. These items were sold to students for 50c.



Preparing the Lily Pillys



Lily Pilly chocolate bark



Charlie and Jorjia with their Wattle Seed Meringue

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

Mr. Heard's Introduction to Farming class planted a barley crop at NSC!



Throughout the semester this class of Year 8/9 students have been taking turns working in small groups with Mr. Tilley and Mr. Brown in the Technology Department to build NSC's very own air seeder.



An air seeder is a machine that usually gets used by the larger broadacre agricultural producers to make seeding quicker and more efficient. Not at NSC though! We made our own air seeder and we used it to sow a small strip of barley on the east side of the oval, near the greenhouses.



The advantage of an air seeder is that it volumetrically meters the product right below the seed tank (our tank was a 1.25L cut off plastic soft drink bottle), so we calculated that a speed of 2km/h was the right pace for the correct volume of barley in our field.



Check out all the action. Well done students!



'A little progress each day adds up to big results'

- Satya Nani

Meals on Wheels

Inika, Holly, Kayla, Lloyd, Keeley and Heather all volunteered their time to deliver meals to members of our community. This great initiative gives our students the opportunity to give back to our community while also creating positive relationships.



Project Ready

Students in the Year 10 Project ready class participated in a week of work experience at the end of Term 2. This was an opportunity to get out into the workforce and get a taste of what their future lives may be. All of the students did a great job representing the school and spoke glowingly of their time away, learning new skills and meeting different people. Numurkah SC would like to thank the following businesses for their support of our students: Numurkah Telegraph Hotel, Vinnies Numurkah, O'Connors Shepparton, Repco Shepparton, Wunghnu Café, Numurkah Pre-school, Waaia Electrics, NCN Health, Alcheringa Bio-Dynamic Farming and Connected electrical and communication Melbourne.



‘Learn from yesterday, live for today, hope for tomorrow’

- Albert Einstein



YEAR 11 HEALTH AND HUMAN DEVELOPMENT

IN YEAR 11 HHD WE ARE LEARNING ABOUT THE DIFFERENT AREAS OF DEVELOPMENT. THE STUDENTS MADE GLITTER JARS AS A COPING STRATEGY TO ASSIST THEM WITH THEIR EMOTIONS AND IMPROVE THEIR OVERALL EMOTIONAL DEVELOPMENT.



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

The Year 12 VCE VM Personal Development Skills class organised a fundraiser for State Schools Relief (SSR).

SSR's 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. NSC accesses this fund regularly. \$150 was raised by gold coin donation to be out of uniform on the day. Many students (and staff) also opted into wearing a little bit of blue, yellow or white among their respective year levels to help reinforce the SSR goals of enhancing student **unity, dignity, equality** and **belonging**.

Well done to the Year 12 VCE VM PDS class for organising the day, which included creating posters to explain the purpose of the event and instructions to be read out in homegroup, on Compass and Facebook.

Thankyou to parents and students for your support and donations. If you would like to add to our school donation, please contact the school.

More information, visit the SSR website: <https://.org.au/>



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

■ Napoleon Hill

Rock climbing trip- By Dakota Kelly

On the 13th of June the Outdoor Ed class made our way down to Melbourne to go rock climbing at Cliffhanger indoor rock-climbing Gym at Altona. We had the plan to leave the school at 7:30am, which as per usual was later than that due to people taking forever to get there, due to this we didn't leave until 7:45am. We made the straight drive down with no stops on the way, arriving there at 10.20am. We were introduced to Ben where he showed us how to put the harness on properly and how to belay people when they were going up and down safely. After the introduction we were able to use all the walls in there and do our own thing until 1 o'clock. On the way out we thanked the people working there for helping us and equipping us for the couple hours we were there. We then did a toilet stop on the way out where we then went to the bus. Everyone made the decision to stop for lunch at Wallan for either KFC or McDonalds. After this we made it back to Numurkah at 4:30pm and thanked Mr. Nicholls for taking us and went to find our parents and guardians.



'Reading is to the mind, as exercise is to the body' - Brian Tracy

Certificate 2 in Cookery

Charlee Dailey

On Wednesday the 21st June, Daemyn and I took part in the Murray River Culinary Challenge. This is a competition for all hospitality VET students. We had to cook 3 set dishes in 2 1/2 hours, entrée being a Tomato and Bread Salad (it's better than it sounds), main was Cauliflower and Sage Risotto and dessert being a fruit platter. We were judged on our dishes but also our skills; how well we kept our benches clean, knife skills, *Mise en place*—meaning everything in its place and much more. Daemyn and I competed as representatives of Numurkah Secondary College and competed against our overall class, which is made up of first and second year students. I took out first place (which is great as I am only a first year student). I was then able to select Daemyn to accompany me to Regionals on the 16th of August where we both hope to continue this journey and improve our skills.



NSC Careers News.

Whether you dream of becoming a plumber, makeup artist, chef, or carpenter, a VET subject has you covered.

What are VET subjects? Short for **V**ocational **E**ducation and **T**raining,

VET subjects develop the theoretical knowledge and practical skills required for various careers.

HOW DO I KNOW IF A VET SUBJECT IS FOR ME?

- Are you a hands-on person who learns best through doing?
- Is there something practical you're really into, that isn't covered by your usual subjects? For example, animals, fashion, cars, technology, etc.
- Are you interested in studying at TAFE and would you like to get a sense of it before making pathway decisions?
- Have you thought about doing an apprenticeship or traineeship when you leave school?
- Do you have consistent school attendance? As VET is competency-based, you need to be present to learn and demonstrate the skills.

Just like a TAFE course, school VET subjects lead to nationally recognised Certificate II or III qualifications to enhance your credentials.

Some courses offer industry exposure and structured workplace learning opportunities giving you a taste of what it's like to work in your chosen field. VET learning and assessment is competency based which means it's about getting hands-on with real-world tasks and developing practical skills.

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

If you need any career advice, drop in and see Cathy O'Sullivan 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

**‘How wonderful it is that nobody need wait a single moment before
starting to improve the world’ - Anna Frank**

VAPING LAWS & DANGERS

The Tobacco Act 1987 bans smoking or vaping on school premises or within 4 metres of any pedestrian access point to school premises. The prohibition on smoking includes the use of e-cigarettes (vapes) and applies whether or not the e-cigarette contains nicotine.

The smoking and vaping ban applies to anyone present on school premises **during** and **outside** of school hours including students, teachers, and school visitors.

Smoking and vaping are also not permitted during school events and excursions held off school premises.

It is illegal to buy nicotine vaping products from overseas websites (as well as locally) without a doctor's prescription. It is illegal to sell, supply or possess nicotine vaping products anywhere in Australia. A maximum penalty of \$1817.40 will be applied.

If you purchase an e-cigarette (vape) and supply it to someone under the age of 18 years, you may be charged with a maximum penalty of \$3634.80.

Nicotine exposure during the teenage years can harm brain development, which continues until about age 25. It can impact learning, memory and attention, and increase risk for future addiction to other drugs. Young people who use e-cigarettes may be more likely to go on to use regular cigarettes.

HEALTH RISKS

- **ADDICTION** Vapes contain nicotine - you don't have to vape every day to get addicted.
- **ANXIETY & DEPRESSION** Nicotine makes anxiety and depression worse. It also affects memory, concentration, self control and attention.
- **SLEEP PROBLEMS**
- **CHRONIC BRONCHITIS**
- **LUNG DAMAGE** This can be life threatening

For further information – <https://www2education.vic.gov.au/pal/smoking-vaping-an/policy>

SECURE YOUR COPY OF THE 2023 NSC BANGERANG SCHOOL MAGAZINE

*Payment can now be made to the
General Office via cash or card.
Magazines will be distributed at
the end of the year.
\$20 per copy.*



Any questions
please contact
Kylie Hicks at
the college or via
email - kylie.hicks@education.vic.gov.au



To make an appointment with our Doctors in Schools program, please go and see Lorraine in the office.



Doctors in **SECONDARY SCHOOLS** PROGRAM

Wednesday
AND
Friday
9 AM - 3 PM

CONFIDENTIAL VIDEO TELEHEALTH
APPOINTMENT FOR STUDENTS
WITH A NURSE & GP.

ATTICUS  HEALTH
Driven by Soul



Australian Government
Department of Home Affairs

Discover your path with a Home Affairs GAP Year



Are you in Year 12 and not sure what you want to do next?

Spend an exciting 12 months, where you'll not only get paid to carry out meaningful and important work that improves the lives of all Australians but also gain life-changing skills.

THE OPPORTUNITY

- 1 Are you about to finish year 12 and wondering what to do next?
- 2 Are you considering a gap year to earn some extra cash?
- 3 Are you looking for an interesting and well-paid job for 12-months?

If you answered 'yes' to the above questions then you should consider a Gap Year with the Department of Home Affairs.

WHO WE ARE

The Department of Home Affairs offers challenging and diverse employment in roles impacting many parts of Australian life - emergency management, trade and travel, national security, immigration, settlement services, citizenship and border security.

Be part of something bigger: contribute to building a secure, prosperous, open and united Australia.

WHAT YOU WILL DO

Positions will be offered in dynamic teams to support the processing and administration of fast paced and essential business areas within the Department.

Duties may include undertaking basic administrative support tasks, requesting and retrieving information from external stakeholders and clients, and responding to written and telephone customer enquiries, among other things. These entry level roles do not require any prior experience. All training and coaching will be provided.

WHAT WE OFFER

Successful applicants will be offered a 12-month full time or part time temporary employment contract at the Australian Public Service (APS) 2 classification. Full time salary at commencement will be \$54,439 per annum plus 15.4% superannuation contribution. Part time staff will be paid proportionately.

We will provide comprehensive on the job training, mentoring and further development opportunities through the 12 months; and offer the opportunity at the end of the program to continue with Home Affairs through a part time APS3 internship program while completing tertiary studies. Positions will be located at various national offices across Australia.

Visit homeaffairs.gov.au/about-us/careers/working-with-us for more information about working in the Department.

WHO YOU ARE

No past work experience or ATAR is required. Applicants must be an Australian citizen and prepared to undertake and pass an Australian Government security clearance process.

Visit homeaffairs.gov.au/about-us/careers/vacancies/employment-suitability-clearance for more information about the security clearance process.

HOW TO APPLY

Scan the QR code to be taken to the application page.



You will need to upload a current CV (two-page maximum) and the details of two referees, along with applicant response outlining your career aspirations and why you want to participate in the Home Affairs GAP year Program. Limit it to 200 or 300 words.

All applicants will be invited to participate in a short online cognitive and emotional intelligence test. Successful applicants will then be invited to a virtual one-way interview where you will have the opportunity to talk about your interests, skills and experiences working in a team.

Applications close Sunday 2 July 2023 at 11:59pm (midnight) AEST.

For more information or any enquiries, please contact entryprogramsandpathways@homeaffairs.gov.au



JUNIOR GATORS TRYOUTS 2023



Are you ready to take your basketball game to the next level?

Are you a team player?

Are you ready to commit to weekly trainings mostly on Sundays?

Do you want to represent Shepparton Junior Gators in 2023?

• SUNDAY 30TH JULY
• SUNDAY 6TH AUGUST
TIMES TO BE CONFIRMED
BOTH SESSIONS NEED TO BE
ATTENDED FOR SELECTION & ALL
PLAYERS MUST REGISTER VIA
LINK

ALL Gators players
must play
Shepparton
domestic

AGE GROUPS

U12 (2013/2014)
U14 (2011/2012)
U16 (2009/2010)
U18 (2007/2008)



GENERAL INFORMATION

Representative basketball is the next level up from domestic basketball. It is part of the basketball pathway for players to develop their game and take their basketball to the next level.

Junior Gators Season goes from approx August to February for U18/16 and to April for U12/14 with all Division 1 teams attending Country Championships.

Teams play in 4/5 tournaments such as the Bendigo, Wodonga, Shepparton and other regional tournaments of the coach's choice. Tournaments involve weekends and long weekends with Lots of family fun.

The approximate cost is \$600 for the season which covers weekly training and tournament fees.

Players are to purchase own uniforms and travel and accommodation are additional expenses.



Team registrations are open for Spring 2023



Juniors

- Numurkah Blue Jazz
- Tigers Basketball Club Shepparton
- Marist NDC Basketball Club
- Shepparton Christian College
- Demons Basketball Club Shepparton
- Celtics Basketball Club Shepparton
- Mooroopna Cats Basketball Club
- Black Eagles
- Tatura Titans

Scan the QR code below and go to your clubs page to register.



- Teams who allow an unregistered player or a person to play under a false name will result in the team being ineligible for finals.
- Random on court team audits will take place during the season.

Please email any queries to: domestic@gsba.com.au



Seniors

Please register you team at playhq.com. You will then receive a link which you can forward on to players to pay their combined registration and game fees for the season which includes finals.

Scan the QR code below, or click the link in the comments section.



Entries
close
15.7.2023