



Numurkah Secondary College

Newsletter

104 Tocumwal Road

(03) 58621088

Term 3

Week 3

Principal's Report

One of my goals as Principal has been to strengthen our links with the Numurkah community. It has been wonderful to see the different programs being undertaken which are achieving that. Our Meals on Wheels team led by Dave Kelly continues to support this fantastic program. The small engines class is working with the Ferguson club and Rotary, so much experience and expertise in the mentors working with our students. The VCE-VM classes are also connecting with Murray House and the Men's Shed, while the Project Ready team have been helping out at Red Cross. These opportunities are incredibly valuable as it helps our students understand how important these different groups are in our community and the benefit of giving back. The opportunity to have conversations and work alongside people who have life experience cannot be underestimated. Dave Findlay, Ian Tilley, Lachie Heard and Hellen Harman are doing wonderful work building these relationships with the Numurkah Community. We are also looking forward to having the Lawn Bowls club come and provide some lessons to our students. The time to start thinking seriously about future pathways was brought home to our year 10 students with the presentation last Wednesday evening and the follow-up interviews to ensure each student is receiving the individualised and tailored support they require to make their selections.

***Continued next page*

Term Dates

July

10th Student free day

19th Year 10 Careers Pathway evening

August

14th Student Free day

28th Book Week

September

11th—15th Year 10 work experience

12th Year 6 Transition

14th Parent Teacher interviews from 4.30pm

15th Student free day—parent teacher interviews

15th Last day of Term 3

October

2nd Term 4 begins

2nd Year 9 Rubicon Camp

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: 28th Aug 2023 6PM

Micah Collie has built a terrific program which enables connection to be made with several different agencies as well as our onsite careers team, Cathy O'Sullivan, Mal Ross (Geared for Careers) and Lisa Kerr (Head start). I am very proud of the careers and pathways students at NSC can access to give them the best possible opportunities to achieve their future aspirations. The leadership team is currently reviewing our policies and I encourage families go to our website and view these. The Child Safety Code of Conduct, Child Safety and Wellbeing Policy and Child Safety Responding and Reporting Obligations are all available for our community to view. Feedback from the community is most welcome regarding these and any of policies, please feel free to contact me.

Our young people are growing up in a world with the ever-present pressure of social media. Data around the increase of cyberbullying, disrupted sleep, links to depression and anxiety are all concerns and very well documented. At school we aim to provide a time when the focus is on socialising through conversations, collaborative learning, and personal interaction. Our policy to have phones out of hands and pockets and in lockers during the day is supported by the Department and we will continue to remind students of this, and phones will be confiscated if students are not abiding by this policy. I would ask parents to support us with this and if your child is not able to comply with this rule, we will be asking that phones are kept at home.

Cate Eddy

ENGAGEMENT AND WELLBEING

The Resilience Project @ Home

We all know that being kind to someone else makes them feel good, and we probably know it helps us feel good too! But the benefits of being kind go beyond just feeling good!

When we are being empathetic and showing kindness, we release a hormone called oxytocin. Oxytocin can improve your mood, reduce stress levels, boost your self-esteem and confidence, and in turn help you create positive relationships with others. Our favourite thing about kindness is it's contagious; when you do nice things for others, you create a ripple effect which can spread and inspire others to be kind as well.

Your act of kindness does not have to be anything huge to see these benefits either. You can find ideas on lots of sites, but why not try the simple and effective ideas on Random Acts of Kindness Calendar you can download for free here

<https://www.thepragmaticparent.com/random-acts-of-kindness-calendar/>

Set yourself the challenge, can you complete the acts of kindness on the calendar over the next month! After all, the good feels are not just warm and fuzzy, they are backed by science!!

R.E.A.P

Respect - Excellence - Aspiration - Pride



NUMURKAH SECONDARY COLLEGE

104 Tocumwal Road, PO Box 229, Numurkah, 3636 - Phone (03) 5862 1088

Email: numurkah.sc@education.vic.gov.au

Website: www.numurkahsc.vic.edu.au

Dear Numurkah Secondary College Community,

The purpose of this letter is to inform you that the College is aware of serious concerns around recent use of social media. The main issues reported relate to the use of TikTok to create accounts that videos and images of students and staff without their permission, including examples of insulting or demeaning comments. These posts are not just mean, or unpleasant. They are unlawful.

It appears likely that a student or students in our community may be responsible for this content though work continues to confirm this. While it has been reported and is currently under investigation, it is timely to remind parents and caregivers of the importance of cyber safe behaviour in unsupervised environments.

We are appealing to you as parents, to work with teaching staff to support your student's learning about cyber safe behaviour. Behaving inappropriately online can have significant and lasting effects on others. Unlawful behaviour such as online harassment and cyberbullying can lead to serious legal ramifications for those responsible. It not possible for the College to monitor students' personal devices when they are offsite, and as such we ask that you remind your students of the importance of using social media appropriately, and communicate with them regularly to avoid further incidents.

We ask that you work with your child to encourage positive behaviour such as:

- Daily check-in with your students about who they are texting, what groups they are in on social media such as Snapchat, TikTok and Discord and if the conversations in the groups are appropriate.
- Remind them of what is appropriate to send online and in group formats/settings.
- If these conversations online are not appropriate, encourage your student to remove themselves from the group and to take this evidence to a trusted adult.
- Encourage your student to be aware of their digital footprint, regularly remind them that even though something may be deleted it is unlikely to disappear from the internet!
- Encourage your student not to be a digital bystander, and to provide a safe space to let your student tell you about inappropriate, hurtful or mean conduct.

If you require support to have discussions with your student about the use of their personal devices, the following resources may be useful:

<https://www.esafety.gov.au/key-issues/esafety-guide> <https://www.cybersafetysolutions.com.au/>
<https://www.happyfamilies.com.au/>
<https://staysafeonline.org/get-involved/at-home/cyberbullying/>
<https://www.beyondblue.org.au/who-does-it-affect/young-people/helpful-contacts-and-websites>

Our staff will continue to teach cyber safety content in our Focus sessions and via The Resilience Project. This will support students to make appropriate decisions within their social networks such as TikTok.

At any stage, if your child informs you of an online situation which is concerning, we ask that you get in contact with the College, Victoria Police and/or encourage your child to report this via <https://www.esafety.gov.au/report/cyberbullying>.

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

Lastly, we ask you to actively help your student continue to follow the Department of Education policy for mobile phones with no access between 9:00am and 3:20pm. This is essential to keep everyone safe within the school. The policy states that if mobile phones are seen there will be increasing consequences from the phone initially being confiscated until the end of the day, through to external suspension.

While we hope the investigation will show our students are not involved in the current TikTok posts, the following message is also important. To any students who may be involved in the posting of any current inappropriate content. We strongly encourage you to make the wise decision to remove the content and close the accounts. You may incorrectly think the videos you are posting are harmless fun but the hurt you are causing is real, as are the consequences when you are caught.

Chris Barnard
Assistant Principal- Engagement & Wellbeing
Numurkah Secondary College

NSC Beanies have arrived!

If you would like to purchase a beanie for \$20 please pay at the General Office.

Limited stock!



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

Term 3 Week 1 & 2

Positive Compass Chronicles

13 Positives

**Violet
Mongan**

11 Positives

Aleesha Johnstone

10 Positives

**Lucas Hendy
Kaiah Boyden**

9 Positives

**Holly Piacentini
Ashton Kirby
Robert Webb
Bailey Bonham
Chase Adams
Wyatt Hendy Smith**

7 Positives

**Marli Salter
Hannah Stedman
Ash Rourke
Bree Anna Byra
Bayden Parkinson
Bobby Hall
Charlie Payne
Laylla Tyrrell
Ella Parkinson
Liam Woolley
Lilly-Amber Grover
Hunter Kubeil**

8 Positives

**Nadia Ruggi
Renae Russo
Ocean Frost
Charlie Patten
Dakota Kelly
Anna Newham**

6 Positives

**Declan Crisp
Toby Griffiths
Olivia Hanley
Will Srisoi
Leila Thornell
Corey Cook
Matthew Lourens
Jhett Eddy
Emilia Gazzola
Karli Gerdtz Suffern
Keira Dekker**

5 Positives

**Summer Gerity
Heather Michelmores
Ellina Grasson
Daemyn Kollosche Beaton
Brianna Boyden
Josh Moody
Kade Southcott
Teleisha Beverley
Degan Ryan
Charlie Hodge**

**Bridget Brown
Havanah Gardner
William Sheridan
Will Simpson
Hayley Newby
Daniel Callander
Lloyd Jetten
Declan Jones
Charlotte Codiga
Ivy Henderson**

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

Year 12 VCE Vocational Major (Personal Development Skills)

Community Service Project

In Unit 4, Year 12 VCE VM students are required to complete an extended community service project that addresses an environmental, cultural, economic or social issue.

Through research and understanding of their local community, our students were quickly able to identify a range of relevant socio-economic issues that are having even more of a negative impact lately due to inflation, rental shortages, house prices and the current cost of living crisis.

This led these NSC students to volunteer their support to the Murray Avenue Community House and Garden. The students started by visiting 13 Murray Avenue Numurkah to meet with the staff to develop a plan for this community service project, which will occur every Tuesday afternoon during Term 3.

The project aims to complete the following small projects:

Inside:

Clear out the front room

Paint the front room

Help with installing new food shelves into the front room

Transfer donated food supplies into the shelves.

Clean up and return furniture into the lounge room

Outside:

Create a fire pit and seating area

Clean up veggie garden and help establish new gardens

Help set up BBQ area under cover.

These images are from Week 2, where some of the students had started painting the first undercoat in the front room, and others had cleared out a section of the back yard, preparing for the firepit project.



Mistakes are proof that you are trying!

Year 10 Senior Pathway session

On Wednesday evening last week, Numurkah SC welcomed around 25 families to our year 10 pathways session.

The evening provided an opportunity for parents and guardians to better understand the Senior School Pathways opportunities: The Victorian Certificate of Education (VCE), Victorian Certificate of Education Vocational Major (VCE VM) and Victorian Pathways Certificate (VPC).

Parents and students also gained insights into the varied options for Vocational Education and Training (VET).

Guests from Latrobe University, GOTAFE, National Food Institute, Centrelink and the new Head Start SBAT program were present on the night to speak directly to families to assist them navigate the options available and answer any questions.

With interviews to be held this week we look forward to working closely with students and their families to assist in shaping their Senior School pathways.



Year 8—The Amazing Race



Cooper Tetley and Degan Ryan (and Sam Owen Year 8 YLL), the winners of the coveted Boys Amazing Race run during Year 8 focus on the 12th of July. The boys were tasked with a number of fun activities that encouraged teamwork, critical thinking and physical prowess. The enthusiasm the boys displayed during this activity was incredible and amazing to watch.



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

Meals on Wheels

Josh, Olivia, Kayla, Angus, Tyler and Ryley all volunteered to assist with Meals on Wheels this fortnight. Did you know that volunteering can boost teenager's self confidence and self esteem. Teens can learn to deal with challenges, communicate with different people and build up their life skills in a supportive environment. Volunteering is also a great foundation for mental health and wellbeing.

www.raisingchildren.net.au



FIRST NATIONS ART AND DESIGN SESSION WITH DEADLY ART

Stacey and Tubbsy from Deadly Arts once again have paid a visit to our First Nations Focus class to run a session on traditional Indigenous visual arts. NSC's FN focus cohort worked closely with our guests on designs which incorporated a range of traditional symbols and techniques - working on group designs, individual artworks and proposals of potential uniform additions.



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

- Vidal Sassoon

Year 12 VCE Psychology—Sleep Lab Excursion

Year 12 VCE Psychology students visited the Sleep Laboratory at Monash University's Turner Institute for Brain and Mental Health, giving our students a unique opportunity to learn critical concepts about sleep science from experts in the field.

Luke Thomson, a sleep scientist who runs the sleep laboratory, made us feel very welcome and went over and above to deliver an informative and engaging session prior to taking us through for our practical session in the lab.

Ebony was lucky enough to volunteer for the real-time demonstration, where she was wired up to sleep diagnostic devices and locked into the controlled environment of the sleep laboratory. This gave our other students the opportunity to observe the brain waves (EEG), eye movements (EOG), heart (ECG) and muscle tone (EMG) as well as live video feed of Ebony as she progressed through the stages of sleep.

This really adds value to deepening the understanding of the theory learnt in the classroom.

"I thought it was a very good experience for all of us to be able to get to know how sleep works exactly, and being the volunteer connected up to all the cords was very interesting. Also, being able to be an example in what the muscle and eye movement looks like was just incredible, and I would love to do it again another day. But I think the best part was seeing Jack in the snazzy blue light glasses he wore while Luke gave us all the information on how sleep works, and how the body works during sleep."

Ebony Giddens

"During our year 12 sleep excursion, we got to learn about the electroencephalograph (EEG), electromyograph (EMG), and the electrooculography (EOG), which are objective ways to collect specific data to see what stage of sleep someone was in. Fortunately, we got to experience a real-life sleep lab, seeing Ebony hooked up to the wires and put into an actual simulation was such a memorable experience! A great way to kick off Unit 4 AOS1! Thank you Ms Matthews for taking us on a cheeky Maccas trip!"

Rhiannon Jose

"The trip to the Monash Sleep Centre was both engaging and educational, learning about the psychological concepts we are studying with the practical elements being demonstrated in person really helped to build the foundation for a better understanding in my studies. The program is greatly informative and educational, and the trip itself really helps re-establish a positive class morale after hitting the mid-year point."

Mia Ruggi

"Having Luke explain sleep as we watched Ebony's wavelengths as she fell asleep was very interesting. It was evident Luke was knowledgeable about sleep."

Jack Tremellen

"The sleep lab excursion was very insightful and fun. I learnt interesting facts about sleep and now have key knowledge and understanding of different ways to measure sleep, such as EEG, EOG and EMG, which monitor the frequency and altitude of your brain waves (EEG), muscles around your eyes (EOG) and the muscles in your arms (EMG)."

Michelle Rore

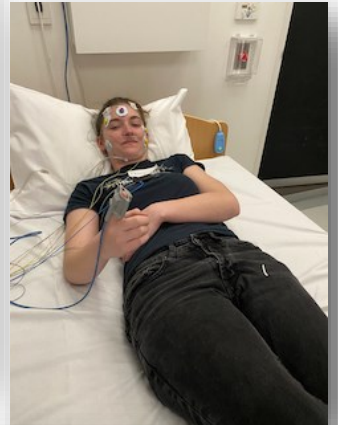
"Our Sleep study trip to Monash University was very insightful. We learnt the many different ways to collect specific objective data to understand the different stages of sleep we have while sleeping. Luke gave us a good insight into what goes on in the sleep labs when testing people for sleep disorders. Overall the day trip was very enjoyable and interesting to learn about!"

Chelsea Gunn

'You are never too old to set another goal or to dream a new dream'

- C.S. Lewis

Year 12 VCE Psychology—Sleep Lab Excursion photos



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

Textiles and Design

Selection of photos from students work/working in the textiles room both in class and lunch times with the weaving group that ran last semester.

This semester we are looking at changing it up to a patchwork & quilting group on Thursday lunchtimes. Though some have mentioned that maybe this term we look at running a repair & renovate workshop where they can bring clothes or toys in and fix or upcycle them. So let Ms. Reid know what you would prefer and she will let you know which gets up via the homeroom bulletin.



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

The updated display in the library, has been created by our mixed year level art class. Head into the library and check it out!



Daniel Grinter earnt his 100 books read certificate in our Literacy Growth Group. Daniel achieved this by reading in class, at home and independently. Keep up the great work Daniel.



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

DOCTORS IN SECONDARY SCHOOLS

R U OK?

GOT A HEALTH
CONCERN?

EASY AND
ACCESSIBLE HELP
IS HERE

YOUR
EMOTIONS
MATTER

100%
CONFIDENTIAL

**SUPERHERO
FOR HEALTH**
-DRATTICUS



**READ THE
COMIC BOOK!**



Visit your student counsellor to
book an appointment

GOTAFE OPEN DAY 2023

THE CHANGE YOU WANT TO MAKE STARTS HERE

Are you considering further study? Or maybe even exploring a new career path?

Register for Open Days below to stay up to date with all of the activities we have planned throughout August and September.

GOTAFE's Open Days will provide you with guidance and real-life insights on courses, vocations and careers.

Come along and chat with a friendly career advisor, some of GOTAFE's current students and industry experienced trainers – don't forget to grab a FREE coffee while you're there!

<https://www.gotafe.vic.edu.au/open-days-2023>

SO - WHAT CAN I DO AT A GOTAFE OPEN DAY?



EXPLORE & DISCOVER

Maybe you aren't sure exactly which course or career pathway you want to pursue? Good news – at a GOTAFE Open Day, you can explore courses, career pathways and learn about all that GOTAFE has to offer.



GET TO KNOW GOTAFE

We know how important it is to find a course that best fits your ambitions suits your lifestyle. Register for and attend an Open Day to speak with students and trainers to obtain real insights on courses and vocations.

Any questions get in touch with us—events@gotafe.vic.edu.au

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

– Jimmy Johnson
