



CONNECTIONS

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Respect, Excellence, Community

Principal's Report

We are now in week 4 of the first term. Whilst the break seems a distant memory, students have begun the year with great enthusiasm and working with teachers to achieve and improve their understanding of important concepts in literacy and numeracy. Currently I am working with the Leadership team to put initiatives in place to engage students in the areas of reading and writing.

Literacy skills in reading and writing are of extreme importance, these enable students to engage with education and have positive effects across their education. Ultimately access to proficient reading and writing skills are essential positive outcomes in later life, whether students decide to undertake further studies or skills-based pathways. Stawell Secondary College is committed to improving the outcomes and opportunities for students in Literacy and Numeracy.

I am also working with staff at the College to begin the process of ensuring we maintain high expectations for all of our students. A process such as this will take time as I want to ensure all staff and students are on board with these strategies. I would also like to hear from parents on their suggestions on how they see we can enhance expectations.

A key to improvements in schools is the development of a set of values and associated behaviours that will underpin the operations of our school. We would also like to ask for parent input on what they believe our schools values would be, we will advise parents and members of our school community when these consultations take place,

I would also like to congratulate our staff and students on their participation over the last weeks on the Resilience Project. A great initiative that will build our students resilience and benefit our community through strategies that we can all use to improve our outlook on life.

I hope to see you all at our swimming sports tomorrow.

Carlos Lopez

**Acting Principal
Stawell Secondary College**

Thursday 21 February

Stawell Secondary College Swimming Carnival

Students are required at the Stawell Leisure Centre at 8.45am and will be dismissed 3.20pm. Students can wear casual dress to support their House. Hats are required to be worn. A BBQ lunch can be purchased on the day. Parents and family are most welcome.

Country buses will drop off and collect students from the Leisure Centre.



RESPECT

EXCELLENCE

COMMUNITY

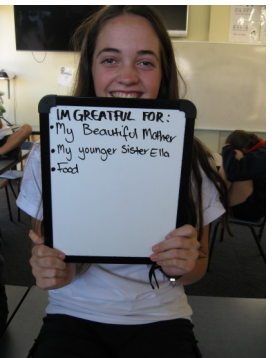
Resilience Project

Having the **Resilience Project** present to our School Community, and the wider Community, was a great reminder about the importance of maintaining good mental health for each and every one of us. One of the stand-out messages of the Project for us was the positive impact that **exercise** and **mindfulness**-related activities have on our wellbeing. In order to promote these activities within our school community we have again arranged for **Grampians Wellbeing** to run lunchtime **YOGA** sessions for students and staff alike. The sessions will commence on the 18th February and will run every Monday between 1.05-1.35pm, until the end of Term 1. All students are welcome, no prior YOGA experience is necessary and the sessions are **FREE** for all participants! So please encourage your child to come along and try a session, or six! If they combine these sessions with the practices of Gratitude and Empathy/Kindness, they can begin to create positive change in their overall mental health and wellbeing within 21 days.



Practicing Gratitude

Here we have our students showing our readers what they are grateful for. We can practice gratitude by writing down three things that went well that day or three things you are grateful for in that day. By doing this daily (with your family—maybe around the kitchen table) you will feel happier, be more attentive, have higher levels of energy, less likely to get sick, be more determined, have a better quality of sleep and have lower levels of depression and anxiety.



IMPORTANT UPCOMING DATES

21 February	Swimming Sports - Mr Burnett
26-28 February	Years 10&11 Outdoor Ed Coastal Camp – Mr Burnett
27 February	School Council Meeting - 7.30pm
27 February	Year 7 Immunisation - Mr Hart
27 February	Year 7 BBQ - Mr Illig/Ms Mackay
3-4 March	Music Camp - Mrs Hemley
8 March	Physics Luna Park - Mr Oliver
13 March	Finance and Executive Meeting - 5.30pm
19 March	Year 10 Chinese Museum - Ms Ling
27 March	School Council Meeting - 7.30pm

Success Strategies

On Wednesday last week, we had Shadab Safa and Tim De Sielvie from Success Integrated come and deliver a study skills and success strategies seminar to our Year 11 and Year 12 students. They went through the philosophy of self-efficacy and goal setting with the Year 12s, and Shadab shared his story and study skills with the Year 11s. We are looking forward to having them again next year for more motivational seminars!



YEAR 7 IMMUNISATION PROGRAM 2019

Northern Grampians Shire coordinates the school based vaccination program within the Shire and currently the program extends to Year 7 students who are offered Varicella (chickenpox), Human Papillomavirus (HPV) vaccines and Boostrix (diphtheria, tetanus and whooping cough). Immunisation is the safest and most effective way to stop the spread of many infectious diseases.

The first stage of the immunisation program will be held on Wednesday 27 February; 9.00am at Stawell Secondary College for all year 7 students.

Any vaccination enquiries should be directed to the Immunisation Nurse Coordinator at the Northern Grampians Shire Council on 0437114005 or email ngsc.immunisation@ngshire.vic.gov.au

Sally Roberts

Immunisation Nurse Coordinator



Seat Belts save Lives on School Buses



Students and Parents/Guardians are alerted to the fact that where school buses are fitted with seat belts, it is mandatory for students to wear the seat belt. Seven of our eight school buses have seatbelts and students must remain clipped into the belt until the bus stops at their designated stop or school. Bus Captains are required to remind all students of this requirement and inform the Bus Coordinator of any non-compliance. Students who continually ignore this requirement will be subject to penalties, which may include suspension of permission to travel on the bus.

Want to try Yoga?
Come along to FREE CLASSES!

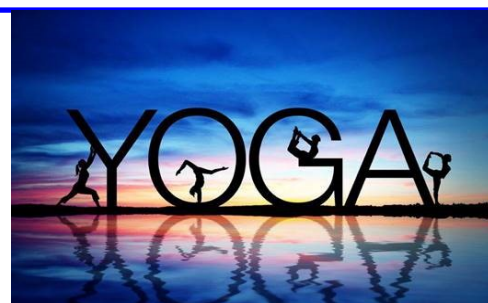
LUNCHTIME YOGA

No experience necessary!

All staff and students welcome ☺

MONDAY lunchtimes starting 18/02/19

Time: 1.05pm (sharp) - 1.35pm **Where:** In the Hall



Book of the Week Geekerella Author: Ashley Poston



When geek girl Elle Wittimer sees a cosplay contest sponsored by the producers of Starfield, she has to enter. First prize is an invitation to the ExcelsiCon Cosplay Ball and a meet-and-greet with the actor slated to play Federation Prince Carmindor in the reboot. Elle's been scraping together tips from her gig at the Magic Pumpkin food truck behind her step-mother's back, and winning this contest could be her ticket out once and for all – not to mention a fangirl's dream come true.

Teen actor Darien Freeman is less than thrilled about this year's ExcelsiCon. He used to live for conventions, but now they're nothing but jaw-aching photo sessions and awkward meet-and-greets. Playing Federation Prince Carmindor is all he's ever wanted, but the diehard Starfield fandom has already dismissed him as just another heartthrob. As ExcelsiCon draws near, closet nerd Darien feels more and more like a fake – until he meets a girl who shows him otherwise.

China Study Program

Sunday 2 December brought the beginning of my huge adventure as I was about to travel to the other side of the world on the International Youth Strategic Partnership Program. I travelled with 4 boys from St. Joseph's College in Geelong and 3 boys from Marcellin College in Melbourne. We landed safely in Shanghai after a delayed and long flight and we made it to Shanghai I and C Foreign Languages school where I would spend the next month studying business Chinese, HSK, reading and writing and communication skills all in preparation for the final exam. School brought long but successful days. Alongside classes we went and explored Shanghai getting the real deal of culture experience from exploring the markets at Tian Zi Fang to attempting to be rich enough to get into the Gucci store. The Pearl Tower brought spectacular views of the city around as especially when you're looking straight down at the ground. Disneyland showed everyone's inner child along with other activities such as the Yu gardens, Mercedes Benz arena, art galleries and heaps more. without forgetting our trips to Walmart that ended up being just about every day with everyone ditching dinner at school and sticking to Maccas. WuZhen gave everybody a unique experience out of the big city of Shanghai and everyone was able to get into those tourist vibes. And with both places being in minus temperature and snow there were constant competitions about who was wearing the most layers. Shanghai has spectacular food and occasionally we went out for western style food.

I would highly recommend our senior year Chinese students to participate if the opportunity comes to you, it will benefit your Chinese studies and expand your cultural understanding to a next level. I am grateful for Shanghai I & C Foreign Languages School for accepting me and looking after me throughout my stay and Ms Ling for supporting me. I gained a phenomenal amount of knowledge and experience. I gained many friends from both Australia and abroad. This experience has given me amazing memories and a trip I will never forget. *By Sarah Mitchell Year 11*



Year 12 Head Start Camp

At the end of Week 2, all of the Year 12's headed off to Camp Acacia in Halls Gap for 3 days of preparation for their big year ahead. There were many highlights, including the Pinnacle Walk/Run at 5am with Tristen Miller who is famous for running 52 marathons in 52 weeks, Zach Jenkinson's motivational speeches and everyone pushing themselves in rain and sun to trek through the Grampians with Mr. Dalziel.

I would like to thank all of the students for bringing such positive spirits to camp and really pushing themselves to attempt all activities even when scared, tired or frustrated. Hopefully those experiences will help you reflect on what you CAN do this year, even when it seems impossible.

A big thankyou also to all of the staff who came out to spend time on camp and start building strong relationships which will be important for the rest of the year. Lastly, congratulations to Lonsdale for winning the house points competition, Zach Jenkinson for being nominated as Camp Champ and to everyone that nominated someone for showing respect, excellence or a community spirit.





Year 7 Parent/Student/Staff Welcome Evening



**Wednesday February 27 6.00-7.30pm
Year 7 Hub**

**All parents and students are invited to a barbecue dinner
(Food & drink provided)**

**Included is a short presentation about the Year 7 program and time to talk
with Year 7 coordinators and SSC staff**

To RSVP by **Friday 22 February** please contact the office on 53581700
or return the slip below

Year 7 Welcome Evening Wednesday 27 February

- ☐ Yes I will attend the Welcome Evening
Numbers attending _____
- ☐ No I will not be attending the Welcome Evening

Name _____