



**Volume 29 Number 11**

**24 July, 2019**

**Respect, Excellence, Community**

Welcome back to Term 3. This is a very important term for all of our senior students as they will undertake the final leg in the final year of study at Stawell Secondary College.

I would like to thank the staff, and in particular leadership, for the support they have offered me in my absence. I have been fulfilling a commitment that I made in 2018. I would like to thank all staff for their patience and hard work in the first week of term.

On Monday of Week 1 of this Term staff were involved in a professional development session in order to deal with the effects of trauma in the community. Staff reported that the day was informative and had a number of applications to the work we do as teachers.

Thank you to the presenters and staff for their commitment to their learning.

**Carlos Lopez**  
Principal  
Stawell Secondary College



### **Australian Army Cadets 303 Stawell**

**Come & Try Night**

31 July 7-8pm at SES Hall, Sloane St

Open to all children aged 13-18

Come and try your hand at First Aid, Navigation, Field Engineering and RATEL, these are just some of the skills you can learn when you become part of a leading youth organisation.

For further information please contact:  
CAPT. Chris. Le Gassick 0431 517 774,  
T.O.O.C Nita Evans 0402 347 608



### **Stawell Interchurch Netball Competition**

Many parents have expressed an interest to get this competition back up and running.

To do this.. we need YOU!

A preliminary meeting will be hosted to get a gauge on interest and to discuss what the competition could look like in the future.

**WHEN:** Tuesday, July 30 7:30pm

**WHERE:** 20 Sloane Street - Interchurch Cottage



### The Wellbeing Desk:

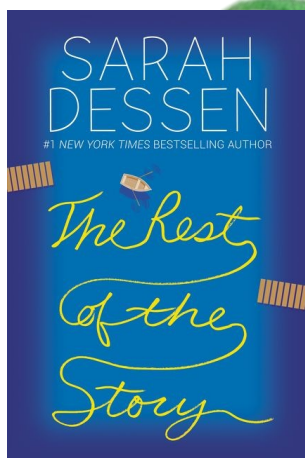
Welcome back to Term 3! We hope you all enjoyed your semester break and found some time to relax, and spend time with family and friends. It's been great to see some sunshine this week, and to also get outside for some fresh air.

The Wellbeing Team are looking forward to a great term with some exciting activities coming up including the Biggest Morning Tea, a mental health music performance (SING IT OUT- more to come on this), and some valuable cyber safety sessions. To kick the term off we're resuming our fantastic **Lunchtime Yoga sessions with Sheree Ingles from Grampians Wellbeing.**

The benefits of activities such as yoga cannot be underestimated- we know that young people in Australia experience very high stress in schools, which can have a negative impact on their academic performance and mental health. It is so important for the school community to teach student how to identify and manage stress, and these skills will continue to benefit them throughout their lives. Yoga is just one activity that can assist with stress management- there are so many others such as sport, walking, playing/ listening to music, mindfulness apps, dancing, colouring-in, chess, gardening, hiking, the list goes on. Have a conversation over dinner tonight- what's your top three go-to activities to reduce stress or help with other strong emotions?

As for **Lunchtime Yoga** ALL STUDENTS and STAFF are welcome to come along each **Tuesday 1.05pm in the Hall for a 30minute session.**

There is **NO COST** involved and students can **join at any time** during the term.



### Book of the Week

The Rest of the Story  
Author: Sarah Dessen

Emma Saylor doesn't remember a lot about her mother, who died when Emma was twelve. But she does remember her mum's stories about the big lake.

Now it's just Emma and her dad, until Emma is sent to spend the summer with her mother's family, who she hasn't seen for years. When Emma arrives, she realises her mother grew up is working class North Lake, while her dad spent summers in the wealthier Lake North resort. The more time Emma spends there, the more it feels like she is divided into two people. To her father, she is Emma. To her new family, she is Saylor, the name her mother called her.

Then there's Roo, the boy who was her best friend when she was little. Roo holds the key to her family's history, and slowly he helps her put the pieces together about her past.

For Emma Saylor, it's like a whole new world is opening up. But when it's time to go back home, which side of her – Emma or Saylor – will win out?



Want to try Yoga?

Come along to **FREE CLASSES!**

### LUNCHTIME YOGA

No experience necessary!

ALL STUDENTS and STAFF welcome ☺

TUESDAY lunchtimes starting 23/07/19

Time: 1.05pm (sharp) - 1.35pm in the HALL





## IMPORTANT UPCOMING DATES

<b>24 July</b>	School Council Meeting @ 7pm
<b>7 August</b>	School Social @ 7pm
<b>14 August</b>	Finance and Executive Meeting @ 5:30pm
<b>28 August</b>	School Council Meeting @ 7pm

### **School Social \$5**

When: Wednesday 7 August at 7pm – 9.30pm

Where: Assembly Hall

Theme: Aussie Icons

Details, permission forms and tickets will be available next week.



## **Stawell SC Careers**

### SUBJECT SELECTION PROCESS

This term we will be conducting the subject selection process for 2020, (please see enclosed letter and subject selection interview booking form):

### VCE/VCAL Information Evening - Monday 12 August 2019

for current Year 9, 10 & 11 students and parents/guardians

### Subject Expo - Wednesday 21 August

For all current Year 8, 9 & 10 students

1.40pm – 3.20pm Assembly Hall

Parents & Guardians welcomed

Current Year 8-10 students will listen to teaching staff present on 2020 subjects

Current Year 8 students will select their Year 9 2020 subjects during this Expo.

### Subject Selection Interviews

Parents & Guardians are encouraged to attend interviews.

### **Tuesday 27 August 2019 – Subject Selection Interviews –**

#### **Open to all Current Year 9 -11 students**

From 3.30pm onwards

### **Wednesday 28 August 2018 – Year 10 2020 subject selection interviews**

*No current Year 9 classes timetabled for this day – students only attend school for their interview*

### **Thursday 29 August 2019 – Year 11 2020 subject selection interviews**

*No current Year 10 classes timetabled for this day – students only attend school for their interview*

### **Friday 30 August 2019 – Year 12 2020 subject selection interviews**

Students who do not attend an interview on the Monday evening will attend an interview on this day – and they will be excused from timetabled class to attend.

### YEAR 9 CAREERS PROGRAM

Last term all Year 9 students commenced a careers program where they completed an online Morrisby aptitude test to discover their interests, strengths and talents.

These reports have all been finalised and in Term 3 students will meet 1:1 with a career practitioner to develop a career plan.

Please contact Cindy Bibby if you as a parent/guardian would like to attend with your child to this interview.



### **VCAL Project Update including BlazeAid camp in May.**

There have been some great projects organised and carried out by the Year 11 VCAL Personal Development (PDS) students so far this year and there are many more to come – you will see some of their efforts here at school this semester. Last term they cleared tracks in the Grampians for Parks Victoria to improve safety for bushwalkers and also participated with the Year 12 VCAL students in a Barista coffee making course on a Barista bus that came here to school. Last Thursday they planted over 650 trees before lunchtime to help a farmer prevent erosion. One of the major projects though was their BlazeAid Camp in Bunyip, on the other side of Melbourne. They helped landowners and volunteers to restore the area after the devastation caused by bushfires earlier in the year. They constructed several kilometres of fencing and there was fencing expertise demonstrated by some students and great skills learnt by all students during their work. The exciting thing about this camp was that it was student driven. Bailey Smithwick had a great idea and then asked Kain Griffin to help him and they planned and organised this camp – it happened because they were determined and made it happen! It was a wonderful week and the volunteers were astounded and impressed with how hard every student worked. The following Year 11 VCAL students who participated in the camp receive framed certificates from BlazeAid Bunyip, for the wonderful work they did by contributing to our wider Victorian community: Noah Amarant, Jimmy Anderson, Skye Birch, Ashley Cunningham, Chloe Elliot, Kain Griffin (project organiser), Joseph Martin, Colby Murphy and Bailey Smithwick (project organiser).



For a Year 11 Personal Development Skills (PDS) project the school will be hosting a gold coin donation Leftovers for Lunch day Competition to raise awareness for children scavenging garbage dumps in the Philippines and promote the importance of reducing food wastage. The competition is calling for students to get innovative in the kitchen by reusing leftovers or items in their pantry to make their lunch. The student with the most interesting and innovative leftovers for lunch from each house: Black range, Lonsdale and Mackenzie will receive a \$60.00 fish and chip voucher for George and Kids Fish n Chips. All the money raised from the competition will be given to Moriel Ministries' Philippines Garbage Dump Mission feeding children scavenging garbage dumps in the Philippines.

**Where:** Stawell Secondary College

**When:** Thursday 8<sup>th</sup> of August

**Cost:** Gold Coin Donation

Thank you for your time and we would greatly appreciate your support and participation.