

Volume 29 Number 6

1 May, 2019

Respect, Excellence, Community

### Welcome back

I hope that all our students had a great break, I am sure they are now ready for a term full of leaning and excitement. I would also like to thank all parents and students who attended our parent-student-teacher interviews last term, I sincerely hope our new format has been effective.

### Education the key to success

Research has shown that one of the most important factors in people's wellbeing and happiness in their adult life is the number of years they have remained engaged at school. This very interesting statistic needs to be looked at in detail, the researchers were quick to point out that the improved lifelong outcomes had more to do with the **number** of years someone stayed engaged in education rather than their academic achievement. It is important to remind students that being engaged in education will ultimately deliver benefits to themselves as well as to their community.

### Student expectations

Over the next few months the school will develop a student expectations document. This document will outline to students the minimum expectations of being a part of our College. Statements such as behaviour expectations, equipment and attitude will be outlined in the document which will be signed by students as part of their participation at Stawell Secondary College.

### Friday 26 April Student free day workshops

I would like to inform parents that Friday's student free day was a great opportunity to work with staff on identifying and improving on a number of very important issues that affect our school. Staff worked though identifying aspects of our school culture that could benefit and improve the service we provide to the community. These sessions are essential as staff rarely get the opportunity to talk and resolve many of the issues that affect them and our student's learning. Staff will continue to be committed to learn and ensure the education we provide to our students is to the highest possible standard. Staff established priorities and will also establish staff-led action teams to develop initiatives to improve our school. I would like to thank all staff for working diligently throughout the day. This was a very productive day.

**Carlos Lopez**

**Principal**

**Stawell Secondary College**

## School Photos



The annual school photos will be taken on Friday 10 May 2019. All students should have received the "Photo Order" form with all relevant details. If your child has not received the form they should contact their Home Group teacher. Parents seeking a family photo should collect a "Family Photo" request form from the General Office.

Parents should note the options for ordering and paying for photos. If parents/guardians have any enquiries please visit [www.leadingimage.com.au](http://www.leadingimage.com.au) for your local branch contact details.



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## OPEN EVENING

Wednesday 8 May 2019 @ 7pm – 8pm

Be 2020 Ready with Stawell Secondary

**Invitation** to Grade 5 & 6 students, parents/guardians

Further Enquiries: **Cindy Bibby** Registrar 53581700

[stawellsc.vic.edu.au](http://stawellsc.vic.edu.au)

# FLU SEASON IS COMING

Cold & Flu season is approaching. Just a reminder for parents, please keep your children home if they are sick.



### From the Wellbeing Desk

Welcome to Term 2! We hope you all enjoyed the break and were able to relax, replenish, and enjoy some time with friends and family. Reflecting back on Term 1, the highlight from a wellbeing perspective was the visit from **The Resilience Project** team, which saw the school, and the wider communities, commitment to building the resilience of our young people.

The importance of resilience and promoting good mental health and wellbeing cannot be underestimated, particularly given the prevalence of mental health concerns amongst our young people. One of the standout messages from this project was our ability to start to rewire our brain to look for the positives in just 21 days, by spending just a few minutes each day practicing **Mindfulness**, **Gratitude** and **Empathy**. Stawell Secondary College will again be implementing the Resilience Project curriculum this term and we would love families to continue support this project at home.

It's as easy as conversations over the dinner table, asking questions such as "What was the best thing about this week for you?", "What went well for you today?", "What are you looking forward to this weekend?", and "Who are the three people/things you're most grateful for this week?". Throw in some **Mindfulness** and you are on your way! Apps such as **The Resilience Project**, **Headspace** and **Buddhify** are an easy way to get your daily mindfulness fix, for children right through to adults, but don't forget easy mindful activities such as colouring in, jigsaws and other puzzles. Building resilience also requires good self-care. Ensuring that young people get **enough sleep**, maintain a **healthy diet**, and **exercise regularly**, can make a huge impact on their mental health and wellbeing. Experts recommend an average of **7-10 hours of sleep per night and 20 minutes of exercise per day**. We will be providing more information on sleep tips in the next *Connections* newsletter, along with some information on other issues affecting young people, such as common mental health concerns, coping skills, and how/where to seek help.

As always, if you have any wellbeing concerns about your child at SSC, please contact your House Leader/Year 7/VCE/VCAL Coordinator, and/or Jac Smith (Wellbeing Coordinator), and we can discuss how we can best support them.



## IMPORTANT UPCOMING DATES

2 May	SSC Cross Country
2 May	YR 9 Careers Testing
8 May	YR 10 Immunisations
8 May	Finance & Executive Meeting 5.30 pm
8 May	Open Evening 7-8pm
9 May	YR10 Outdoor Ed Bike/Climbing Camp - Mr Burnett
10 May	School Photos
11 May	Presentation Ball
20-22 May	YR7 Camp
22 May	School Council Meeting 7.30 pm

### **MELBOURNE LEGACY'S 88TH ANNUAL ANZAC COMMEMORATION**

On Wednesday 4 April, 11 Year 9 Ambassadors and Mr Hart joined thousands of other school students at the Shrine of Remembrance in Melbourne in keeping the ANZAC Spirit alive by commemorating the centenary of ANZAC and the sacrifices made by the men and women who have served our country.

The Honourable Linda Dessau AC, Governor of Victoria addressed the students and the traditional ceremony included the Defence Force Cadets, school band & choir and a RAAF fly-over.

After the special Legacy service teachers and students were invited inside the Shrine of Remembrance to view the Shrine Crypt and Galleries of Remembrance and lay a poppy at the Stone of Remembrance in the Sanctuary.

The college is extremely grateful to Dianne Radford, Kevin Bowls and the Ararat Legacy for providing the opportunity for our students to attend the Schools ANZAC day service.



The Stawell ANZAC Day Service was a large local community gathering below is a reflection written by one of our students.

5 Student representatives from SSC participated in laying a wreath in the ANZAC day service to commemorate and remember those service men and women who sacrificed so much for us.

Will McDermott





## WE WANT OUR STUDENTS TO TELL US WHAT THEY THINK!

We value student voice as a means to improving student engagement, wellbeing, and quality instruction, and are conducting a survey to find out what your child thinks of our school. The Attitudes to School Survey is an annual student survey offered by the Department of Education and Training to assist schools in gaining an understanding of students' perceptions and experience of school. Our school will use the survey results to plan programs and activities to improve your child's schooling experience.

Students from Year 7 to 12 at our school will participate in the survey. Your child will complete the survey online during school hours using a purpose built secure online survey tool. It is important to note that we are not in any way “testing” your child. Your child has the right to refuse or withdraw from the survey at any point before, during, or after completion of the survey.

Your child will be provided with a unique login to complete the survey. The student login is an assigned identifier that may be used to link data for statistical and research purposes only. All responses to the survey are kept anonymous in the response file. Personal identification data will not be recorded in the survey response file. This ensures that the confidentiality of your child's responses is protected at all times.

This year the Attitudes to School survey is to be conducted at our school over the period Monday 6 May to Friday 7 June. The survey only takes up to 20 minutes to complete and occurs during your child's class time.

The survey results will be reported back to the school before the end of Term 2. All survey data that is made available in reports are for groups of students only so that no individual student can be identified. Data suppression rules are used for schools with low student numbers per year level.

If you would like more information, please contact the school and speak to Mr. Aaron Dalziel, who is coordinating the delivery of the survey or visit: <http://www.education.vic.gov.au/school/teachers/management/improvement/Pages/performsurveyat.aspx>

### Alternative Learning Program for Year 10 Students

We are excited to commence once again an alternative Learning Program for Year 10 students. Our students will be completing volunteering at McPherson Smith Residential Care, Eventides and the Salvation Army throughout the year to engage in community based learning.

Our sample group of eleven Year 10 students will be working with volunteers for 45 minutes every Wednesday from 12.15-1pm during this term.

If you are part of an organisation and would like student volunteers on Wednesday's from 12.15-1pm please do not hesitate to contact Heidi Lang on 5358 1700.







*Stawell Secondary College Presentation Ball*

# *Enchanted Garden*

*Saturday 11th May 2019*

*7.30pm*

Public tickets for balcony seating on sale from  
Stawell Craft Shop, Little Stems and Stawell Secondary College

Adult Ticket: \$12.00

Student, Pension/Concession : \$8.00

PRE-SALE TICKETS ONLY, NO TICKETS WILL BE SOLD AT THE  
DOOR

Formal dress - Supper provided - Soft drinks for sale

Alcohol free event



**Woolworths'  
Earn & Learn  
Starts Today!**

Woolworths Earn & Learn is back on, between 1 May and 25 June 2019, we need your help to collect as many stickers as possible. Through this program we will be able to get new educational resources for our school.

All we need you to do is shop for your groceries at Woolworths, collect the stickers and bring them to school.

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## Victorian Young Leaders to China

10 VYLC applicants went on an overnight camp in Melbourne, below is a bilingual article about the camp.

shàngzhōuwǔ shígèxuéshēng hé liǎnggèlǎoshī qùlemò'ěrběn  
上周五 十个学生 和 两个老师 去了墨尔本。

shǒuxiān wǒmenqùle zhōngguóbówùguǎn kànzhōngguólóng tā chángliùshí sānmǐ wǒxǐhuān qùbówùguǎnyīnwéi  
首先，我们去了 中国博物馆 看中国龙。它 长六十三米。 我喜欢 去博物馆因为  
bówùguǎnhěnhǎowán ránhòu wǒmenqùle zhōngguóchéngchīchūnjuǎn shànghǎichǎomiàn héběijīngkāoyā  
博物馆很好玩。然后，我们去了 中国城吃春卷，上海炒面 和北京烤鸭。

wǒhěnxǐhuānchīzhōngguócài yīnwéizhōngguócài hěnhǎochī  
我很喜欢吃中国菜 因为中国菜 很好吃。

zuìhòu wǒmenhēlezhēnzhūnǎichá zàishànghǎixiǎolóngguǎn chīle xiǎolóngbāohéjiǎozi  
最后，我们喝了珍珠奶茶，在上海小笼馆 吃了 小笼包和饺子。

xièxiè lǎoshīhé lǎoshīdàiwǒmen qùlemò'ěrběn wǒmen hěnkāixīn  
谢谢Ling老师和 Jones 老师带我们 去墨尔本。我们 很开心。

Maria Monopoly

All of the students participating in the Young Leaders to China program woke up well before the sun rose on Friday 26 April. We had to be at the Stawell Train Station by 6:15am to leave for our Melbourne Overnight Camp.

We arrived in Melbourne at about 10am and headed straight to the accommodation. This was shortly followed by going to Chinatown and visiting the Chinese Museum, which was very interesting and informative.

After we toured the Chinese Museum, it was time for lunch. We went to Beijing Duck Restaurant. We ordered our food in Chinese, which was a bit of a challenge but it was a great way to use our language skills outside of the classroom.

Some of the food we ordered included rice, noodles, dumplings, vegetarian options, Peking duck pancakes, steamed vegetables, pork, chicken, fish, beef and more. It was safe to say everyone enjoyed trying the range of different foods that had been ordered.

After lunch, we went to a Chinese grocery store, where we could see and buy lots of different and interesting foods that we are not used to seeing in western supermarkets. After that we did some Chinatown challenges which were other great ways to use what we learned in class in real life. Then we tried some Chinese bubble tea, Zhen Zhu Nai Cha, which not all of us enjoyed, but was still a fun experience anyway.

For dinner we had xiao long bao and ordered an abundance of dumplings. We underestimated how filling dumplings were and definitely over ordered. Luckily our accommodation had a fridge, so Miss Ling could take the leftovers home.

The next day we had breakfast followed by a city walk, then it was time to leave. We got some lunch at Southern Cross Station and then caught our train home.

Overall this was a great experience and opportunity to get us ready for the China Trip and to develop and use our Chinese Language skills. All of us had a really good time trying new things. I'd like to thank Miss Ling and Miss Jones for coming on the camp with us and making everything possible.

Kiri Artz



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