

Volume 29 Number 7

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Respect, Excellence, Community

## **NAPLAN**

This week most of our Year 7 and 9 students are undertaking the NAPLAN tests in numeracy and literacy. These tests can often lead students to feel some anxiety, I would like to ease these feelings by pointing out that these will not reflect in their reports and that these tests aim to give parents, individuals and schools feedback.

These tests are aimed to measure the progress of students over a two-year period. NAPLAN tests offer schools and our department a gauge of the effectiveness of our system in promoting positive student outcomes.

They aim to give individuals and the school feedback about teaching and learning at the school and it offers us all the basis for improvements both at the individual and school-wide-level. If parents/guardians are concerned about the impact that these tests will have on their child, please do not hesitate to contact me as I can offer you support and information about these tests.

## **Network Principal Visit 8 May 2019**

Last week we had the privilege to host many of the Principals in our region in order to observe classes in operation at Stawell Secondary College.

These visits aim to give schools feedback about their teaching and learning practices across our network which spans from the border with South Australia to Stawell.

The Principals were very impressed by the behaviour and respect that our students showed during these visits. It is a common observation about our students, they often come across as articulate, polite, helpful and confident in their demeanour.

Principals pointed to the calm and respectful environment they observed in class, this is a very important factor in improving teaching and learning in a school. Mazano's matrix in school improvement points this factor as one significant aspect that schools need to acquire in order to make significant gains in teaching and learning.

Principals had a number of suggestions for further improvements at our school, staff have been shown these suggestions and are taking this feedback in order to see how we can implement these changes in our school.

Thank you to all students and staff who participated in these observations, it is not always easy to see high ranking educators walking into classes.

I am happy to report that our students, as always, were not uncomfortable by new people and were both friendly and honest about how they viewed their learning environment.

**Carlos Lopez**  
Principal  
Stawell Secondary College



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.

Tickets \$8  
Children  
under 13  
Free

# Winter Concert

Stawell Secondary College Hall  
7pm, Wednesday  
19 June, 2018

All funds raised go towards music equipment purchase and repairs



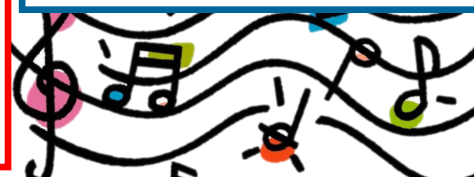
### Every Day Counts!

It is vital that students attend school, on time, every day in order to gain the greatest benefit from their education.

95% is the national average attendance rate for a child at Secondary school.

### Music News:

Stawell Secondary College Music Department announces the appointment of Mr David McKinlay as our new guitar teacher, he is in the school on Wednesdays for lessons.



### The Wellbeing Desk:

The importance of SLEEP for young people can't be underestimated, for their learning, general health and wellbeing. Sufficient sleep helps us all to feel well and happy, and there is clear evidence that good sleep habits improve our concentration and performance at school (or work).



Did you know that for every hour of **sleep you miss** at night research suggests there is a **14% increase in risk of unpleasant emotions or feelings** that affect functioning and a **38% increase in the chance of feeling sad and hopeless?**

Research also suggests that **very short sleepers (less than five hours per night) are more likely to experience long-term mental health issues** than those who get enough sleep.

Adolescence is also a time however, when sleep patterns shift due to hormonal changes, often resulting in them becoming tired later at night, and wanting to sleep in later in the mornings. Add to this environmental factors, such as increased use of electronic devices and social media around this age, and we often find our young people not getting the amount of sleep they need. The result at school? Tired students who are lacking in energy and struggle to concentrate.



**So how much sleep is enough?** This varies, but generally 14-17 year olds need 8-10 hours, 18-25 year olds need 7-9 hours sleep

### TIPS for getting a good night sleep:

Aim to go to bed and wake around the same time each day, even on the weekend.

TURN OFF screens AT LEAST 30 minutes before bedtime

Allow yourself time to wind down- if you are working or studying stop at least 30 minutes before bed.

Try to exercise every day (but avoid exercising late at night)

Try to keep your bedroom for sleeping only- do your homework in another room so that your brain associates your bedroom only with sleep.

Your bedroom should be dark, cool and quiet

Try a sleep/meditation app before bed (such as Headspace, Buddhify, Calm)

LIMIT caffeine drinks especially in the afternoon!

If you don't fall asleep within 15-20 minutes get up and go back to bed when you feel sleepy, repeat this until you fall asleep.

If you have a lot of things on your mind try to process them before bed – writing them down can help



If your young person is still finding it hard to fall or stay asleep, or they feel tired a lot of the time it may be time to speak to your GP, particularly if you also have concerns about changes in their mood or behaviour.

## IMPORTANT UPCOMING DATES

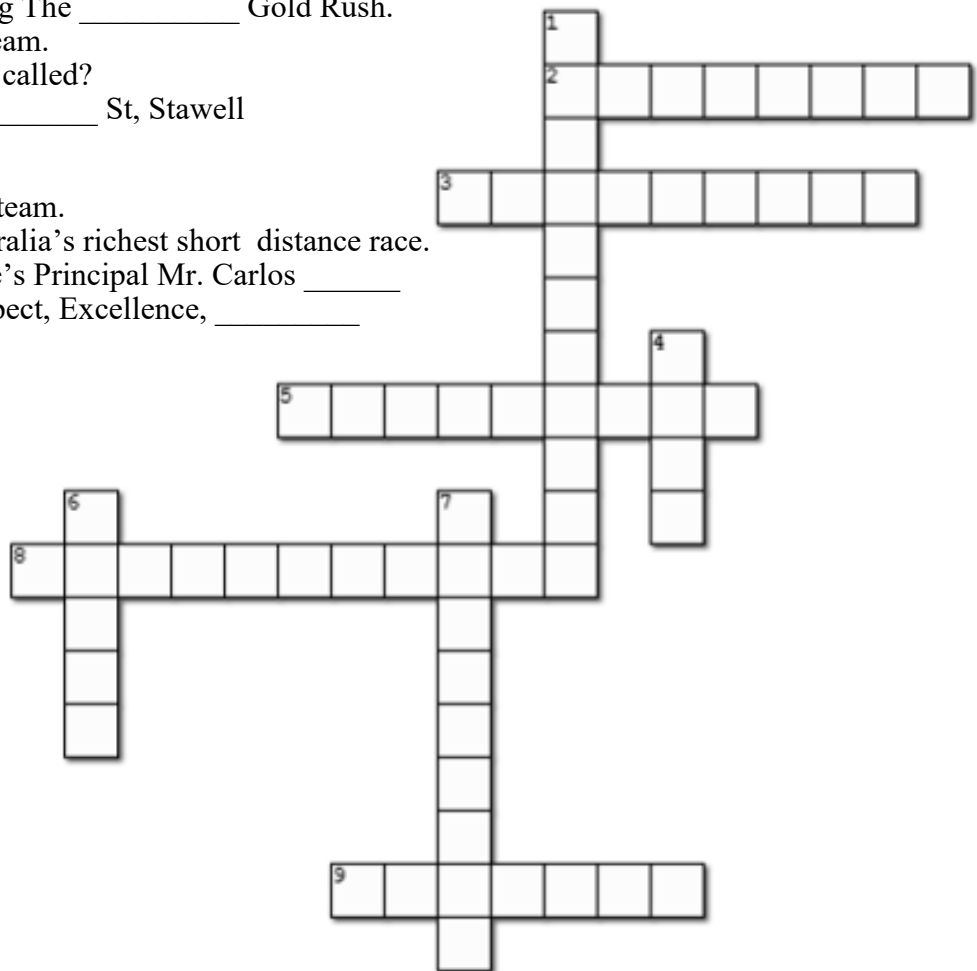
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| 17 May    | Black Ranges Cross Country                             |
| 20-22 May | Yr7 Camp   |
| 22 May    | Yr10 Road Smart Presentation                           |
| 22 May    | Yr 11 Fit to Drive Workshop                            |
| 22 May    | School Council Meeting 7.30 pm                         |
| 23 May    | Black Ranges Senior Football/ Netball                  |
| 24 May    | Chris & Marli Tilley Scholarship Presentation Assembly |
| 27 May    | Black Ranges Junior Football/ Netball                  |
| 27 May    | Yr9 Drama Excursion                                    |
| 5-7 June  | Yr10 Outdoor Ed Camp                                   |
| 10 June   | Queens Birthday Public Holiday                         |
| 14 June   | Correction Day– Student Free Day                       |

### Across:

2. Our School's yellow house team.
3. Stawell was founded during The \_\_\_\_\_ Gold Rush.
5. Our School's blue house team.
8. Our School's newsletter is called?
9. School Address is 79-97 \_\_\_\_\_ St, Stawell

### Down:

1. Our School's green house team.
4. The Stawell \_\_\_\_\_ is Australia's richest short distance race.
6. Stawell Secondary College's Principal Mr. Carlos \_\_\_\_\_
7. Our school values are Respect, Excellence, \_\_\_\_\_



### On This Day! 15 May 2001

The final *Friends* episode aired on NBC, titled 'The One with Monica and Chandler's Wedding'.

**BOOK  
OF THE  
WEEK**

### Thunderhead

Author: Neal Shusterman

Professional scythes control death. The Thunderhead controls everything else. It's a perfect system. Until it isn't.

It's been a year since Rowan went off-grid.

Hunted by the Scythedom, he has become an urban legend, a vigilante sniffing out corrupt scythes. Citra, meanwhile, is forging her path as Scythe Anastasia, gleaning with compassion.

However, conflict amongst the scythes is growing, and when Citra's life is threatened, it becomes clear that there is a truly terrifying plot afoot.

The Thunderhead observes everything, and it does not like what it sees. Will it intervene? Or will it simply watch as this perfect world begins to unravel?





A big congratulations to all students who competed in the Black Ranges Athletics Carnival, a big thank you to all parents, staff and the community for making the day wildly successful.

**Congratulations!**

## Stawell SC Careers

### Reminders

#### Construction Induction Training/ Card

23 May 2019 at Stawell Secondary

For any interested student interested in working on site in the construction field eg. building/plumbing/electrician etc

For students 15 and over. Free for Stawell Secondary College students – course spaces are limited and preference will be given to students requiring this qualification for their work experience placement.

#### Year 9 Careers Program

Year 9 students participated in the Morrisby Online Careers Program last week.

This program will determine the student's skills, interest, abilities in relation to possible future career paths and assist in subject selection.

In the next few weeks reports will be delivered to the school detailing the program findings and students will then meet 1:1 with career consultants to discuss these results.

### Employment Opportunities

#### Automotive Apprenticeship – Light Vehicle

Wilson Bolton Horsham

Closes: 24 May 2019

#### Automotive Apprenticeship – Light Vehicle

Horsham Toyota

Closes: 24 May 2019

#### Waacks Bakery

Hospitality Traineeship

Full time

