

### **Attendance:**

During our last school council, the issue of attendance was raised. There were a number of concerns raised with school council that I believe are important to discuss. I have mentioned this previously and would like to remind the community the importance that attendance has on the development of students both socially and academically.

There is a great body of research showing the correlation between number of years engaged in education and increased level of income and positive wellbeing outcomes. Although the level of education reached is important, by far the most important factor is the number of years students stay at school regardless of the level of academic achievement. This leads to a greater number of options for students a greater uptake of opportunities that may be harnessed to establish a secure and stable working life.

Harnessing these opportunities is more difficult through non-attendance. By not attending school, student's education is often disrupted and disjointed, the social links that help students maintain positive relations may be put at risk thus causing frustration. Motivation and academic confidence are often a factor that may result in disengagement by students and may result in further social/academic issues at school.

Talking to students about the benefits of attending school is important as part of discussions with your child. I would encourage Parents/Guardians to talk to us about any potential issues that may affect the attendance of our students. This is an issue that we can tackle together and by supporting each other for the ultimate benefit of our students and our community. Our teams would be happy to discuss any issues faced by parents/guardians.

### **Student Expectations**

During school council I also flagged the possibility of introducing a number of expectations for our students, these would be in the form of two simple documents.

The first being a set of expectations for students attending Stawell S.C. that would outline the minimum requirements to ensure students succeed at school. Statements such as "coming to school prepared for class", "ensuring respect for all members of our school" and "following reasonable instructions" are but a few of the statements proposed.

The other document would be the student academic expectations policy and process. This process aims to get our students to understand that there is a set of required work which is not optional, at the moment these are our Common Assessment Tasks (CATS). Stawell requires a minimum standard of effort for the tasks to be undertaken by students. Our focus will be on students trying their best and improve with the understanding that students need to ensure they take up all available opportunities for self-improvement. If you have any thoughts about these documents or any ideas, please do not hesitate to contact me.

### **Building Update**

Our buildings are currently under way and are thrilled that this project has undergone the final design process. We are all looking forward to the construction of these new facilities which will open up our school and showcase our great program and culture.

**Carlos Lopez**  
**Principal**  
**Stawell Secondary College**

## The Wellbeing Desk:

With the last of the autumn days and the arrival of snow in the Grampians, winter is well and truly here. Time to rug up and look after ourselves to keep the cold and flu at bay. This week's focus of the Wellbeing Desk begins our discussion on common mental health concerns faced by our young people, starting with DEPRESSION. I speak to quite a few parents who have concerns about their young person's mood, and who are struggling with the sometimes difficult task of differentiating between the "normal" changes in adolescent mood and behaviours, and those, which may reflect a more serious problem. So what actually is depression and how can we spot it?

**WHAT IS DEPRESSION?** Everyone feels sad or miserable sometimes, especially in response to difficult events (eg a relationship breakup). It is normal, and actually helpful, to feel down at these times, but depression is more than just feeling sad or upset. It's a serious illness that leaves you *feeling down most of the time and finding it hard to cope from day to day.*

**WHO CAN GET DEPRESSION?** It's important to note that depression is a *very common illness*. Around 160,000 young people aged 12-24 live with depression each year. Girls are more likely to experience depression, however boys are less likely to talk about their feelings and to get help.

**WHAT CAUSES DEPRESSION?** There are many different causes of depression, and these will be different for each person. For some people there may be a combination of factors (genetic, environmental, social) for others there may be no identifiable reason at all. The most important thing to focus on, however, is supporting your young person.

**IS IT DEPRESSION?** Look out for some of the following signs and symptoms (*there must be present for at least two weeks without improvement*):

- Changes to your feelings and emotions (like feeling, unhappy, numb, empty, irritable, guilty or like everything is too hard)
- Changes to your thoughts (Having negative thoughts, struggling to concentrate)
- Physical changes (Feeling tired all the time, difficulty sleeping, changes in appetite, unexplained aches or pains)
- Behaviour changes (withdrawing from family and friends, not getting things done, using more alcohol or other drugs)

**HOW CAN I HELP MY YOUNG PERSON?** People experiencing depression can and do get better, however it is not an illness that they can "just snap out of". It's important that the person talks about what is happening to them, and recovery will be easier if the young person has support from friends and family. Encourage and support your young person to see a GP. GP's can determine if it is depression and help with referral to a counsellor/psychologist. But there are also a number of things you can do at home to assist with recovery including eating well, trying to get enough sleep, limiting caffeine/alcohol/other drugs, and exercising. Relaxation strategies are also important – just google "meditation apps" for ideas. Finally, although people who have depression might not have the motivation to do the things they normally enjoy, it's important to encourage them to try to get involved in activities, as these can lift their mood.

**WHERE ELSE CAN WE GET SUPPORT?** Check out the information and supports at the following sites:



1800 55 1800



Need to talk to someone?

1300 22 4636  
(24 hours)

chat online  
(3pm - 12am)

## IMPORTANT UPCOMING DATES

31 May	SWVR Music Excursion
3 June	Year 9 Grampians HAPE Excursion
5-7 June	Year 10 Outdoor Ed Camp
10 June	Queens Birthday Public Holiday
12 June	Finance & Executive Committee Meeting @ 6:30pm
13 June	Intermediate Netball
14 June	Correction Day– Student Free Day
14 June	Senior Basketball
19 June	Year 7 Netball & AFL
26 June	School Council Meeting @ 7pm



School success starts  
with attendance

### **DO I NEED TO LET SCHOOL KNOW IF I'M GOING TO BE AWAY?**

Yes. Your parents need to notify the school of your absence as soon as they can within three days of your absence. If they know you are going to be away, they should try to tell the school before the day or days you are away. The school then decides if the absence is approved or not according to their attendance policy.

If you aren't at school, and the school hasn't heard from your parents, they now have to try and contact them as soon as possible on the day that you're away.

Many schools have their own attendance requirements as well. This means you might pass a subject academically but fail it if you've missed too many classes. This is especially the case with VCE and VCAL.

You need to find out what your school's attendance policy is so you aren't unintentionally getting into trouble.

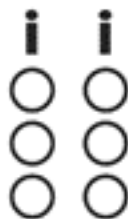
### **Puzzle Corner**

A REBUS is a picture representation of a name, work, or phrase. Each "rebus" puzzle box below portrays a common word or phrase.

Can you guess what it is?

If you'd like to check your answers please check with Grace in the front office. There is room for your answers below.

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CENT CENT



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

### Cross Country Report

We had 27 competitors compete in the Black ranges Cross Country at Murtoa on 17 May. First up we had the 12-13 year old girls compete, Tanesha came 4th, Makala came 10th, Georgie came 11th, Lara came 12th and Lexi came 18th. Then came the 12-13 year old boys Henri came 10th, Seb came 14th, Rhys came 16th and Judd came 6th. After came the 14 year olds, in the girls Lily came 11th, Nikky came 14th, the boys Tommy came 7th, Cam came 10th, Xander came 12th, Alex came 13th and Jack came 25th. The 15 year old girls came with Kiri 5th, Chloe M 3rd, Tiana 7th and Chloe T 7th. The 16 year old girls, Heather 7th and Hayley 8th. Finally for the 17-20 year olds Madi was 2nd, Crystal came 3rd and Tianna came 7th. All in all everyone did an awesome job and all deserve a pat on the back for completing the course. The Greater Western Cross Country is Monday the 3rd of June. The qualifiers will be notified. The first 10 in each age group plus the winning four person team will qualify.

**Georgie Stewart**

### VCAL Projects: Grampians NP Stage 2 and BlazeAid Camp this week.

The Year 11 VCAL Personal Development Skills class travelled to the Wonderland Carpark on Monday and helped ranger Hannah from Parks Victoria to clear an overgrown track to Splitters Falls. The weather was perfect and we enjoyed being in nature and helping improve safety for bushwalkers. Year 11 VCAL students will be travelling to Bunyip this week to help BlazeAid, to restore the area after the devastation caused by bushfires earlier in the year. This camp has been organised by students, Bailey Smithwick and Kain Griffin and it will be great for us to help and to contribute to our wider community.



## Stawell SC Careers

### Reminders

#### Year 9 Careers Program

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

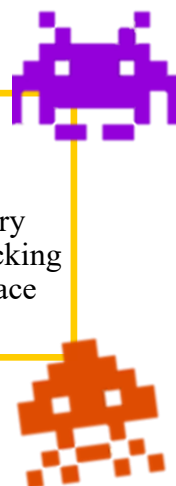
This program will determine the student's skills, interest, abilities in relation to possible future career paths and assist in subject selection. In the next few weeks reports will be delivered to the school detailing the program findings and students will then meet 1:1 with career consultants to discuss these results.

#### Year 10 Work Experience

This year's work experience week is 24-28 June, 2019 (Last week of Term 2)

### On This Day! 29 May 1999

Space Shuttle Discovery completed the first docking at the International Space Station.



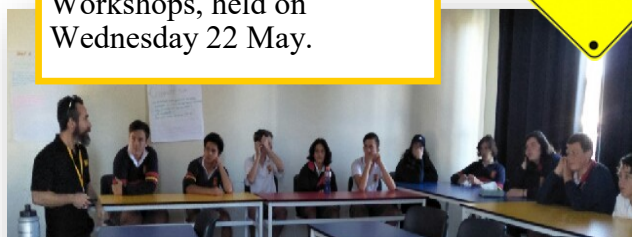


# Road Safety & Fit 2 Drive Workshops

Young people aged 18-25 years are about three times more likely to be killed in a car crash than older more experienced drivers - one way to change this is to provide relevant driver safety education for schools.

Stawell Secondary College Year 10 students participating in the Vic Roads presentations, sponsored by Northern Grampians Shire.

Year 10 student, Amy Reid, presents to a group of fellow students at the Road Safety Workshops, held on Wednesday 22 May.



Year 11 students Milani, Madi, Zoe, Izel, Kayla-Mae and Madeline (hidden), role play an unsafe driving scenario in the Year 11 Fit2Drive Program.



## Footy Write Up by Mr. Nic Oliver



**Game 1:** Stawell SC vs Marian College- Stawell 2.2.14 to Marian 8.6.54

**Goal Kickers:** 2 – Ben Davis

**Best:** Ben Davis, Rody Ika, Riley Ika, Bourke Nicholls, Lachie Holm

The boys started strong in Game 1 against Marian College, only down by 3 Points at quarter time. The endeavour at the football was phenomenal, and the SCC boys held their own against much more experienced opposition. Benny Davis was a force inside the contest, winning consistent hard balls. The Ika Brothers provided dash and elusiveness through the centre, avoiding more tackles than Gary Ablett Jr. does suspensions. The back 6 stood up for most of the day under immense pressure, lead by Lachie Holm and Lachie Cox. Bourke Nicholls played like a trampoline, with constant rebound off the half back line. Unfortunately, the boys went down in the end, but fought valiantly the entire game.

**Game 2:** Stawell SC vs Horsham College- Stawell 6.8.44 to Horsham 8.5.53

**Goal Kickers:** 2 – Cooper Reading, 1 – Ben Davis, Lachie Dalkin, Jonah O'Shannessy, Sam Jenkinson

**Best:** Rody Ika, Lachie Cox, Bourke Nicholls, Ben Davis, Jo Martin

Game 2 saw the SSC boys take on a weary Horsham side. Appearing to be outgunned, the boys went into the game fearing the worst. A blistering start from Benny Davis and Jonah O'Shannessy saw SSC take a 3 point lead into the first break. Will Hackwill was urged by the coach to think a bit harder and use his head, but took this instruction way to literally, and 'accidentally' went headfirst into an opposition chest, causing a sound not heard since the eruption of Krakatoa.

Cooper Reading was thrown in the ruck, and subsequently begged to swap forward, so Rody Ika took ruck duties. Surprisingly, the shortest bloke on the ground won not one, but two hit outs to advantage on his way to a Best on Ground. Sam Chatfield provided Bobby Boucher type hydration for the whole day, and made a guest appearance with minimal impact in the last quarter. Well done to all the boys.

A fantastic effort and a great day of footy.



## Homestay Request from Monday 5 August to Sunday 11 August in Term 3

Stawell Secondary College will be hosting nineteen Short Stay Study students from Yancheng Middle School and Ganyu Senior High School, Jiangsu Province, China, as a part of our Sister School Exchange Program.

The students will be arriving in Stawell on Monday 5 August and depart on Sunday 11 August. We are looking for families who may be interested in hosting a student during their time in Stawell.

Our visitors will be students from Year 7 to Year 10 who will need a friendly environment, care and understanding, as they are travelling far from home. This visit is also a wonderful opportunity for our students, who are currently studying Chinese language, to have the opportunity to learn more about the Chinese culture as well as sharing their knowledge of the “Aussie” way of life. It will be specifically beneficial for the students who are involved with the Sister School Exchange Program to China or Victorian Young Leaders to China program later this year.

If you would like to welcome a student into your home and host a student, please return the information slip (which has handed out to the students who have expressed interest) to school, or contact Mrs. Mcaloon or Ms Ling directly on 5358 1700.

**A kind reminder that the China Trip – Sister School Exchange Program Parent Briefing will be on Wednesday 29 May at 7:00pm in the Year 7 Hub**



## Chris & Marli Tilley Scholarship Presentation

A ceremony was held on Friday 24 May to award the 2018 recipients of the Chris & Marli Tilley Scholarship. The joint recipients for 2018 were Elissa Jess and Julia Clugston, who each receive financial support of \$6,000 each year for three years of tertiary studies, as well as in-kind assistance including mentoring and financial planning to support them throughout their university degree studies. This scholarship was established by the Tilley family in honour of local residents, Chris and Marli Tilley, who were valued members and contributors to the greater Stawell Community. It is managed by "YouThrive" (formerly known as The MacPherson Smith Rural Foundation) and has a number of other local contributors from within the community. It is a unique scholarship that is awarded to a student who has studied at Stawell Secondary College.