

Secondary College

School Newsletter

AUGUST 2024

PRINCIPAL'S REPORT

Kathryn Mitchell qualifies for her fourth Olympic final in women's javelin with a 62.4m throw in Paris.

What an amazing and inspiring role model Kathryn is!

Her achievements have energised the community – staff, students, parents/carers of Casterton Secondary College congratulate Kathryn as we send our thoughts and best wishes for Sunday's final. Kathryn's persistence and hard work has enabled her to overcome adversity throughout her career and achieve success at an elite level over a long period of time.

Kathryn's journey towards being one of the world's best athletes is testament to her persistence, respect for the commitment required to be successful and taking responsibility for her training regime, diet and mental/physical health.

During a particularly rough patch Kathryn wrote:

"What's important in these situations, speaking from vast experience, is that we stay optimistic, respect the body's healing process, train what is trainable, control what is controllable double time. My head is good. My body is good. And I have time to recover."

Surrounding ourselves with positive and supportive people helps us achieve our goals. Positive support from family and friends is crucial, particularly when we face challenging times. Honest feedback allows us to reflect on where we are going and where we want to be.

2024 Olympics – More News

The 2024 Olympics has been Australia's most successful. Our medal tally was <u>18 Gold</u>, <u>14 Silver and 13</u> <u>Bronze</u>

Australia finished 3rd – an outstanding effort for a country with a population of 26 713 205!! Compare this with the population of the US: 345 426 571 and China: 1 425 178 782.

As proud Australians the CSC community congratulates our athletes for their amazing efforts and thank them for entertaining and inspiring us during the 2024 Olympic Games.

<u>Attendance</u>

Many students have their educational progress severely interrupted by absences which are more often than not, unnecessary. Absences such as shopping, helping at home, holidays, working, having a day off etc.

To reach their potential at school, students need to attend regularly.

Being absent one-day per week equates to 4 school weeks in a year. **That is equivalent to approximately half of term one.** How can any student be expected to keep up with work in such circumstances?

Studies show there is a greater chance of students becoming early school leavers and/or long term unemployed adults, if they don't attend school regularly.

Parents/carers have a critical role to play in protecting their child's future. Parents/carers also have a legal responsibility to ensure their children attend school regularly.

Should you require support with your child's attendance, or any other issue please contact the relevant subschool leader immediately.

We must work together to make a difference to your child's future because, every day counts!

Around the School

- The driveway project is slowly edging its way towards completion. The curbing has been completed and crushed rock will be laid within weeks followed by bitumen.
- The basketball court has new towers with the new fence, still to come. The synpave surfacing and line marking will be completed as soon as the weather conditions improve. Students are using the court.
- The new outdoor eating and learning space is finished and is looking fabulous! To allow the instant turf to settle and take root, the area will not be available for use until the start of Term 4.

School Values: Respect, Accountacbility and Persistence

For the remainder of the year the school will be unpacking our expanded values and asking students to **reflect on how they demonstrate** them in the classroom, inside/outside spaces, travelling to and from school, as digital citizens and at school/community/external events.

The first session will focus on the value of *respect* – *in the classroom*. The expectation is that every student will:

- respect themself and other people
- actively listen to others with an open mind
- respect other people's different perspectives/opinions
- be inclusive
- respect school property and the property of others
- wear the school uniform with pride

<u>CSC Communication</u> Casterton Secondary College understands the importance of providing helpful and timely responses to common enquiries from parents and carers. To ensure that members of our school community are directed to the most appropriate person to assist them, the information below outlines key contacts for common queries:

03 55811 588

Concern	Who to contact
Absences	For absences where there is no exemption in place, a parent/carer must provide an explanation on each occasion to the school.
CSC Phone number: 03 5581 1588	 Parents / carers should notify Casterton Secondary College of absences by: Contacting the front office by phone, XUNO message or email. Sending a note to the front office with the student on his/her return to school Note of explanation in Student Planner
	If a student is absent on a particular day and the school has not been previously notified by a parent /carer, or the absence is otherwise unexplained, Casterton Secondary College will notify parents by phone or XUNO message. Casterton Secondary College will attempt to contact parents/carers as soon as practicable on the same day of the unexplained absence, allowing time for the parent/carer to respond.
Careers advice	Relevant sub-school leader- Mrs Carina Barton or Mrs Chelsea Carter
CSC Late Arrival/Early	All students late to school will present a signed note (or the school has been notified),
Departure Process:	from their parent/carer to the front office on arrival <i>before they sign in</i> and <i>before the start of school</i> .
	All students who need to leave school early will present a signed note, from their parent/carer to the front office on arrival before the start of school .
Curriculum	Assistant Principal: Director of Teaching and Learning – Mrs Jo McKenzie
Enrolments	Assistant Principal – Mr John Webb
Finance, payments etc	Business Manager – Miss Renee Jukes
General enquiries	Front Office
Homework and	Subject teacher
academic progress	Relevant sub-school leader- Mrs Carina Barton or Mrs Chelsea Carter
Make a complaint	Staff: Principal – Mrs Meridith Walker
	Student: Mrs Carina Barton (Years 7-9) or Mrs Chelsea Carter (Years 10-12)
Report a hazard or incident on school site	Principal – Mrs Meridith Walker or Assistant Principals – Mr John Webb, Mrs Jo McKenzie
Staff and general	Principal – Mrs Meridith Walker
Student Behaviour	Years 7-9 Leader – Mrs Carina Barton
Bullying/Harassment	Years 10-12 Leader – Mrs Chelsea Carter

Meridith

03 55811 588

PRESENTATION OF AWARDS CEREMONY

John Webb

On Wednesday July 24, we held an assembly to present our semester one awards. It was very pleasing to have some parents / carers in attendance.

Awards were presented for Academic Diligence, Academic Excellence, Year 11 and 12 Subject Awards and 100% Attendance Awards.

Our school captains, Chelsea Hulm and Alex Hornibrook and vice captains, Phoebe Carlin and Aaron Jeffrey conducted the assembly and were assisted in the presentation of the awards by our School Council Vice President, Mrs. Bronwyn Munro.

Academic Diligence Awards are awarded to students who achieved an Excellent rating for effort in at least 34 of their subjects in semester one.

Academic Excellence Awards are awarded to students in year 7 -10 who achieved a grade of 80% or more in at least ³/₄ of their subjects in semester one.

Year 11 and 12 Subject Awards are awarded to the top performing students in these classes over the semester.

Academic Diligence Award Recipients

Year 7: Mitchell Hulm, Chiyoka Kanetaka, Brooklyn Mutch

Year 8: Emmett Guiver, April Henty-Anderson, Zoe McDonald, Charlotte Rhook

Year 9: Josh Hutchins Copeland, Ruby Williams

Year 10: Abby Black

Year 11 Emily Eastman, Olivia Nolte, Savannah Schurr

Year12: Amy Crauford, Chelsea Hulm

Academic Excellence Award Recipients

Year 7: Mitchell Hulm

Year 8: Emmett Guiver, April Henty-Anderson, Charlotte Rhook

Year 9: -

Year 10: Abby Black

Year 11 Subject Award Recipients

Emily Eastman: Agriculture and Horticulture, English

Riley Hutchins: Product Design and Technology

Olivia Nolte: General Mathematics, Health and Human Development, Outdoor and Environmental Studies, VSV Psychology

Sam Patton: Foundation Mathematics

Year 12 Subject Award Recipients

Zoe Betinsky: Agriculture and Horticulture, VSV Food Studies Phoebe Carlin: Health and Human Development, Product Design and Technology Amy Crauford: Biology, Chemistry, English, General Mathematics, VSV Legal Studies Felicity Hall: Foundation Mathematics Alex Hornibrook: VSV Data Analytics Chelsea Hulm: Outdoor and Environmental Studies, VSV Business Management, VSV Psychology Aaron Jeffrey: VSV Physics **Year 11 / 12 VM Subject Award Recipients** Literacy: Abbey Munro Personal Development: Abbey Munro Work Related Skills: Savanah Schurr **Victorian High Achiever Program:** Marlee Robbins **Year 11 / 12 VPC Subject Award Recipients** Literacy: Jadeen Townend Personal Development: Jadeen Townend

Work Related Skills: Milly Campbell

03 55811 588

Year 11 / 12 VM/VPC Award Recipients Outstanding Work Placement: Sam Patton, Paul Ferreira Term 2 100% Attendance Award Recipients Year 7: Grace Jones, Charli Williams Year 8: Year 9: Rachel Forbes Year 10: Year 11: Thomas Hall Year 12: Amy Crauford, Felicity Hall











facebook.com/castertonsecondarycollege

GIRLS NETBALL

Jo McKenzie

On a glorious sunny winter's day, 9 of our senior girls participated in the Netball Victoria School Championships, at Predrina Park Hamilton (31/08/2024).

The girls were very competitive in all their 7 games and displayed great camaraderie and sportsmanship. They were coached by Loren Hulm and cheered on by mum, Nicole Carlin, who spent the day with us on the sidelines. Each game was two halves of 7 minutes with the opportunity to have rolling substitutions during the games.

Matilda Thompson was aggressive and determined in both attack and defence. **Phoebe Carlin** was strong in attack and defence. She opened the court up with long, strong passes out of defence. **Brydie Carlin** led effectively in and out of the goal circle and shot for goal very accurate goaler. **Amelia Bailey** displayed her versatility, playing strong games in defence, attack and goals over the course of the day. **Caitlin Gorman** demonstrated her adaptability; being strong in attack and making many defensive intercepts in a multitude of positions. **Indi Longhurst** put on a spectacular aerial display with her speed and agility. She made many ball intercepts, followed by strong accurate feeding of the ball in all thirds of the court. **Olivia Nolte** was strong and dependable. She presented well and passed the ball efficiently all day. **Chelsea Hulm** put great defensive pressure on may passes through the centre court and played a strong attacking game, working seamlessly in the goal third with Brydie Carlin. **Amy Crauford** was mostly our last line of defence. She put tireless pressure on the opposition goalies, made numerous intercepts and used rebounds effectively to drive our team into attack.

A huge thankyou to Loren Hulm for coaching our team, Lauren Cleary for umpiring other games all day and especially to our girls for integral way they represented our school and our values. Final scores on the day were.

Casterton SC (14) vs Baimbridge SC (3) Ballarat and Clarendon C (22) vs Casterton SC (9) Casterton SC (11) vs Good Shepherd C ((7) Portland SC (13) vs Casterton SC (11) Casterton SC (9) vs Monivae C (21) St Brigids C (16) vs Casterton SC (9)

Casterton SC (10) vs Hamilton & Alexandra C (4)

Left: Lauren Cleary keeping control of the game.



facebook.com/castertonsecondarycollege



L-R, Olivia Nolte, Amelia Bailey, Amy Crauford, Caitlyn Gorman, Brydie Carlin, Indi Longhurst, Chelsea Hulm, Matilda Thompson, Phoebe Carlin.

HEALTHY MINDS PROGRAM BACK AT SCHOOL.

Ann Hirst

We are excited to announce the return of our highly successful Healthy Minds Program for our Year 8 students! This program, designed to promote mental well-being, resilience, and positive thinking, has been a major part of our school's commitment to nurturing well-rounded and healthy individuals as we believe that a healthy mind is just as important as a healthy body, and we are committed to supporting our students in every aspect of their well-being.



Ashleigh Spillman with the Year 8 class introducing the first of eight segments of the program.

03 55811 588

Year 8 AGRICULTURE

Gill Russell

Students have participated in Animal Husbandry – marking the Texel lambs that were born this year. Students ear tagged the lambs and drenched them. All students participated and learnt about what they were capable of. It was a great experience. Students gained a greater understanding of why lambs are marked and drenched.



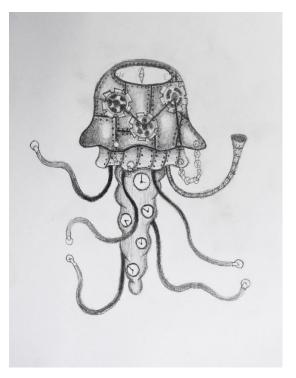


Year 10 ART

Faith Roper

The Year 10s have started the semester by researching the connection between the Industrial Revolution and Steampunk Art. They are developing realism drawing skills simultaneously with creativity. Abby Black has demonstrated a high level of skill and creativity in her Steampunk jelly fish.

Left: Steampunk jelly fish by Abby Black



facebook.com/castertonsecondarycollege

WHOLE SCHOOL LUNCH























03 55811 588

facebook.com/castertonsecondarycollege

Respect - Accountability - Persistence

FOOD STUDIES.

Gill Russell

YEAR 8- RICE PAPER ROLLS



Year 10 have started Food Technology this semester. To start with they have been practising their cutting skills of thin slices of a range of vegetables to include in Rice Paper Rolls. Rice paper rolls can have a strange texture, and I was very impressed that all students tried the rice paper rolls.

During the semester the students will also be creating pastries, preserving jam and working with eggs.



YEAR 7- NAILED IT



Students finished semester one partaking in a cake making and decorating competition. There was a time limit, and all students participated enthusiastically, putting their culinary skills and creativity to the test. Congratulations to all our Year 7

students for their fantastic efforts!



We look forward to seeing more of their culinary creations in the future. It was a great way to end the term.

03 55811 588

SCIENCE

Brett VanAs

This term, **Years 7 and 8** have moved over to Agricultural Science. Here Y7 is seen finishing their study of forces in Core Science. Using their newfound knowledge of levers the students were challenged to make a marshmallow catapult that could carry their marshmallow the furthest.





Holli, Evie, Chiyoka, Holly, Ebany, Grace, Charli, Sway, Jakob, Mitchell Darcy, Ruby, Brody, Brooklyn, Coopa, Zander.

Darcy & Brody with a working catapult



Y12 Chemistry students are currently studying organic chemistry and are pictured smelling the fragrant testers they made in class.

Aaron Jeffrey & Amy Crauford

While in Y12 Biology, students have just finished learning about the immune system. Here they are shown running a gel electrophoresis to determine which strain of influenza has caused an outbreak.

Amy Crauford & Aaron Jeffrey



Year 9 are presently studying the movement of tectonic plates and Y10 are learning about motion in Physics

facebook.com/castertonsecondarycollege

GLENELG DIVISION FIELD & GAME SHOOT

Chelsea Carter.



L-R. *Renee Gorman, Ylana Grigg, Henry Robins Brody Davis, Ayden Nolte*



Brody Davis



Renee Gorman



Ylana Grigg

On Wednesday August 7th, five eager students took the Journey to Tahara to compete in the Glenelg Division Field and Game Shoot. The students shot at 10 different trap stands having 3 shots at each. It was a great day had by all, with Renee Gorman finishing equal third in her age group. Our most consistent shooter of the day went to Henry Robins. I would like to take the opportunity to thank Mark Nolte and Glenn Davis for their assistance on the day.



This factsheet provides some tips to help you when someone in your family has a mental health problem. It touches on important things to remember about young people and how to find help if you're worried about the person's safety.

Mental illness in younger people

Like all of us, teenagers can feel a bit down sometimes. Everyday frustrations, disappointments, problems at school or family troubles can cause this feeling. If the sadness or worry go on for more than two weeks and start to affect their daily life, though, this may be a symptom of a mental illness which needs medical assessment and treatment.

Use the QR code or the link below to access the information

https://goshare.realtimehealth.com/z8QQrBQqZMRiNpbA9ykW6S3aMVQseQXvpTb5hHki

How to reduce stress & prepare for exams

To help reduce stress and ensure that you're as organised as you can be, learn more about planning and looking after yourself and about staying focused in order to be as ready for the exam as you can be.

Use the QR code or the link below to access the information.

https://goshare.realtimehealth.com/Vst1md9PwTCSStZSs574cJvS6LqURGYcbv8ryMfB











NEWS





03 55811 588

CASTERTON P&A SHOW SCHEDULE

Casterton Pastoral and Agricultural Society Inc. P.O. Box 180 Casterton VIC 3311 castertonpanda@gmail.com www.castertonshow.com

IndoorPavillion 9/11/2024

Casterlon

Section H – Art

Primary & PreSchool Section:

- 1. My best two-dimensional artwork Pre School (display only)
- 2. My best two-dimensional artwork Prep
- 3. My best two-dimensional artwork Grade 1-2
- 4. My best two-dimensional artwork Grade 3-4
- 5. My best two-dimensional artwork Grade 5-6

Entry \$2.00 Prize \$10.00 Secondary School Section:

- 6. My best two-dimensional artwork Year 7&8
- 7. My best two-dimensional artwork Year 9&10

Entry \$2.00 Prize \$10.00 Open Novice Section:

Adult novice 16 years & over,

Any subject, on canvas or paper – painted or drawn with any medium

Entry \$5.00 Prize \$20.00

Section I – Photography

All work to be bona-fide un-edited work of exhibitor

Primary School Section:

- 1. Snapshot Favourite animal
- Snapshot Nature

Entry \$2.00 Prize \$15.00 Secondary School Section:

- 3. Snapshot Animal
- 4. Snapshot Local Sunrise/Sunset

Entry \$2.00 Open Section:

- Snapshot Animal
 Snapshot Floral Study
- Snapshot Floral Study
 Snapshot Local Sunrise/Sunset
- Snapshot Black & white any subject

Prize \$15.00

Entry \$2.00

Prize \$15.00

03 55811 588

Recycled garden art: Junior Section: (under 16)

- A piece of recycled garden art 10. A painted/decorated boot
- Entry \$2.00 Prize \$25.00

Open Section:

A piece of recycled garden art

Entry \$5.00 Prize \$50.00

Section I – Photography All work to be bona-fide un-edited work of exhibitor

Primary School Section:

- 1. Snapshot Favourite animal
- Snapshot Nature

Entry \$2.00 Prize \$15.00 Secondary School Section:

- 3. Snapshot Animal
- 4. Snapshot Local Sunrise/Sunset

Entry \$2.00 Open Section:

Entry \$2.00

- 5. Snapshot Animal
- Snapshot Floral Study
- 7. Snapshot Local Sunrise/Sunset
- 8. Snapshot Black & white any subject

Prize \$15.00

Prize \$15.00

Recycled garden art: Junior Section: (under 16)

under 10)

- A piece of recycled garden art 10. A painted/decorated boot
- Entry \$2.00 Prize \$25.00

Open Section:

- 11. A piece of recycled garden art
- Entry \$5.00 Prize \$50.00

<u>Section J Cookery</u> All products to be bona-fide work of exhibitor. Primary/Preschool Section:

1. Two decorated Marie Biscuits

2. Crazy critter made of vegetables, fruit, nuts, berries or seeds Entry \$2.00 Prize \$5.00

3. Four decorated cupcakes Entry \$2.00 Prize \$ 15.00

Secondary School Section:

4. 4 Scones

5. 4 Decorated Cupcakes in diorama

6. 4 Anzac Biscuits

Entry \$2.00 Prize \$5.00

7. Decorated cake of your choice Entry \$2.00 Prize \$25.00

 Junior boiled fruit cake competition (see website for rules and regulations) Entry \$2.00 Prize \$25.00

19.Four Home Made Sausage Rolls Entry \$5.00 Prize \$50.00 meat voucher

Men's Cookery:

20.Decorated cake of your choice Entry \$5.00 Prize \$50.00

Preserves:

- 21.Jar of relish or pickles
- 22.Bottle of tomato sauce
- 23.Jar of Jam or Marmalade of your choice
- 24.Jar of fruit jelly e.g., quince, apple etc
- Entry \$2.00 Prize \$10.00

Open Section:

- 9. Four scones of your choice
- 10.Four Anzac Biscuits
- 11.Slice, any variety, two pieces

12.Afternoon tea tray for two - food, cup, saucer and plate only

- 13.Banana Cake loaf tin, un-iced
- 14.Boiled fruit cake recipe in Secondary School section
- Entry \$2.00 Prize \$10.00

15.Chocolate Cake - square tin iced Entry \$2.00 Prize \$15.00

16.Decorated Cake of your choice Entry \$5.00 Prize \$50.00

17.VAS Carrot Cake Competition – rules and recipe on web site 18.VAS Rich Fruit Cake Competition - rules and recipe on web site Entry \$5.00 Prize \$20.00

<u>Section K – Handcraft</u>

<u>Lego Masters:</u>

Lego - Your own creation 1. Pre-primary - Lego or Duplo creation Entry \$2.00 Prize \$25.00 2. Primary - Lego creation Entry \$2.00 Prize \$50.00

3. Open - Lego creation Entry \$5.00 Prize 1" \$100.00

Open Needlework:

- 1. Woolen Jumper
- 2. Knitted beanie
- 3. Knitted or crocheted baby/child's jumper of jacket
- 4. Hand crafted toy sewn, knitted or crocheted
- Article of crochet work
- Article of applique work
- 7. Article of cross-stitch or hand embroidery
- 8. Article of patchwork
- 9. Any article of work not stated hand sewn
- Knitted or crocheted rug
- Entry \$2.00 Prize \$10.00

Open Handcraft:

 Festive decoration e.g. Christmas, Easter, Halloween 12. Any other hand craft not stated

Entry \$5.00 Prize \$50.00

11110 05 010

Section L - Floral Section **Open - Flowers:** 1. Six stems of Sweet-Pea 2. Three annuals - different varieties 3. Three pansies or violas - different colours 4. One stem Bearded Iris 5. Bearded Iris – One flower 6. One double geranium 7. One single geranium 8. One stem variegated leaf geranium 9. One pelargonium 10.One stem fuchsia 11.One fuchsia - flower only 12.One stem of bulb, tuber or rhizome flower 13.One stem orchid 14. Collection of four flowers, one stem of each distinct variety, one container 15. Three stems of foliage, 3 distinct varieties 16.One stem or bloom not otherwise specified Prize \$5.00 Entry \$2.00 Open - Roses: 17.One red rose 18.One pink rose 19.One yellow rose 20.One rose - any other colour 21.One Bi coloured rose 22.One rose – full blown 23.One rose bud - any colour 24.One David Austin rose 25.One stem floribunda rose Entry \$2.00 Prize \$5.00 **Open - Potted Plants:** 26.Any potted plant variety Entry \$2.00 Prize \$5.00 Open – Natives: 27.One stem Callistemon 28.One stem Kangaroo Paw

- 29.One stem Australian native other than stated
- 30.One stem Leucadendron
- 31.One stem Leucospermum
- Entry \$2.00 Prize \$ 5.00

Fancy Floral Displays

Primary School Section:

32.Flowers in a jar for Mum

33.Foral saucer - flowers in sand on a plate no larger than 20cm Entry \$2.00 Prize \$5.00

Open Section:

34. Any flower arrangement

Entry \$2.00 Prize \$30.00

Section M – Produce Section

1. One bunch mixed herbs - (displayed in a vase or jug of water)

- 2. One bunch of spring onions even in colour and size
- 3. Four lemons even in colour and size
- 4. Four stalks of rhubarb leaf trimmed to 10cm, pulled not cut
- 5. Three stalks of silver beet even in colour and size
- 6. Ten pods of broad beans even in colour and size
- 7. Twelve hens' eggs (fresh not frozen) displayed in egg carton
- 8. Produce other than stated
- 9. Ugliest vegetable. That ugly multi rooted carrot
- 10.Collection of vegetables presented on plate or small basket.
- Prize \$10.00 Entry \$2.00

11.The biggest pumpkin

Entry \$2.00 Prize \$15.00

12. The best decorated pumpkin Entry \$2.00 Prize 20.00

CHECK ONLINE AT: www.castertonshow.com