**Principal's Report**

**School Building Project**
Architects from three different firms will be visiting the school this week to tour the school and discuss the school’s requirements. They have been invited to tender for our project and tenders close on 25th July. It is pleasing to see that the work will progress quickly and the next few months will involve considerable consultation and planning with the successful architect.

**Parent Opinion Survey**
The Parent Opinion Survey will be conducted during term 3 from 25th July to 5th August. The survey is an important part of every school’s parent engagement strategies and assists with future planning and improvement. Parents from our community are randomly selected to participate in the annual survey, which is confidential and anonymous. Surveys will be distributed to 65 families on Monday 25th July.

If you are contacted to complete the survey, please ensure that you return your completed survey to the school by 5th August. For any enquiries please contact the school.

The Student Attitudes to School Survey results should be provided to the school soon.

**Term 3 Staffing**
Mr Paul Gibbons is taking long service leave this term and he will be replaced by Mr Archie Barrett. We welcome Archie to the school staff. Mrs Helen Harrison will also be taking leave for the remainder of term 3 and Mrs Sue McPhee will fill Helen’s role as business manager.

**School Camps and Events**
This term will be busy, as are all our terms. We currently have Year 10 students on work experience and some on the snow trip. Those students on the snow trip completed part of their work experience in the school holidays. The Year 8 central Australia trip and the Year 9 arts camp will be held this term, as will a number of sporting events and other extra-curricular activities.

**Public Feedback on Students**
Recently we have received very positive feedback from a number of people regarding the behaviour and engagement of our students when attending events outside of the school. The most recent was from presenters involved in the Courage to Care exhibition our year 9 students attended on Monday. The feedback was that our students were respectful, engaged well with the presenters and the exhibition, and asked quality questions. It is pleasing to hear these and other positive reports.
Mildura Schools Lands Trust

EACH YEAR OUR SCHOOL IS ALLOCATED A PRO RATA SHARE OF THE INCOME FROM THE MILDURA SCHOOLS LANDS TRUST LEASES (FORMERLY MILDURA COLLEGE LEASE)

LAST YEAR OUR SCHOOL RECEIVED $77,532.68

With this money our school completely replaced the damaged metal student lockers with new, sturdy and up to date lockers for our students. Without this Trust money and the money we receive annually from the Trust this purchase and other important purchases would not have been possible.

THIS IS AN IMPORTANT TRUST FOR OUR SCHOOL AND FOR YOUR CHILDREN.

What is the Mildura Schools Lands Trust? (MSLT)

Over 100 years ago the Chaffey brothers set about establishing a Trust to assist the establishment of an Agricultural college in our town. An act of parliament was enacted to protect the Trust for the benefit of students in the Sunraysia area in 1916. In 2010 this legislation was consolidated into the Education act.

There are now 29 Government and Non-Government schools that benefit annually from the lease payments from the 183 pieces of land set aside by the Chaffey brothers. There are currently over 9500 students who benefit directly from this Trust in our area.

The Trustee is the Minister for Education in Victoria. As a Trustee, The Minister has legislative responsibilities to ensure that our Trust is managed appropriately.

The Trust managers are Sandhurst Trustees who manage all lease payments and the distribution of the money annually to schools.

There is a Beneficiaries Committee made up of representative from the Primary and Secondary Government and Non-Government schools who benefit from the Trust. Their primary role is to advocate for the trust and ensure the continuation of ongoing benefits of the Trust to current and future students in the 29 schools in our local area. This committee meet regularly to look at possibilities for improving the performance of the Trust. They have arranged meetings with leaseholders, the Minister for Education, Sandhurst Trustees, MRCC and other relevant government departments.

A Pamphlet about the Trust will be distributed to all families in a later edition of our Newsletter.

Mrs Robyn Blackie (Acting Principal) blackie.robyn.m@edumail.vic.gov.au
Assistant Principal's Report

Welcome back to Term 3
This term there will be a lot of information distributed about key transition dates for our Year 10’s but also information about our upcoming course information days/evenings. Please use the newsletter and the school's website as a point of reference for key dates.

ISC Breakfast Club
We are holding a Casual Dress day on Friday 29th July with all funds raised to go to our Breakfast Club's contribution to the Tour de Depot -see article in the newsletter. Student members of the Healthy Living Committee: Jaspreet Singh, Aleisha Schreiber and Georgia Leutner have spoken to all year levels over the past week giving out information about the Tour de Depot and seeking student involvement in this activity which will be held at Nowingi Place on Sunday August 20th. Enrolment forms can be obtained from the front office or go on-line to register or see pages 3 and 4 of this newsletter.

Year 10 Reports
Our Year 10 students have been on work experience or currently attending Snow Trip at Falls Creek/Mt Hotham. They return to school on Monday 25th July and will receive their Semester One reports in their Session 6 class.

School Winter Uniform
School council have requested that we follow up with actively enforcing our school uniform and particularly seeking appropriate dress length for our girls' winter skirts. Please be aware that the only uniforms permitted and accepted are those listed and purchased from our stockist Lowes. Any queries should be directed to respective year level coordinators, student managers or the assistant principal. Please see full range of school uniform items on the back page of this newsletter.

Mrs Anne Symes – Assistant Principal symes.anne.as@edumail.vic.gov.au

Mildura Senior College Transition Events

Year 10 students and parents are invited to attend the following events held at Mildura Senior College.

Parent and Student Information Evening: Wednesday 27th July - 5.30pm to 6.30pm (MSC Gym)
Gain Information regarding courses, career pathways and advice, student wellbeing, extra-curricular activities and other information that will assist students and parents with their decision making.

Student Transition Visits to MSC: Friday 29th July
Students will visit the college with their school to look at all the subject areas available.

College Open Day: Sunday 31st July – 11.00am to 2.00pm
Families are invited to tour the college, view displays, watch performances and gain course advice and other information from teachers and current students. Please register at the front office on the day.

Sarah Doolan - Senior Student Manager clearly.sarah.m@edumail.vic.gov.au
Join us at Powercor Tour de Depot - a community cycling event for all ages and fitness levels.

Powercor Tour de Depot brings the community together to raise much needed funds for local charities. All monies raised, including 100% of entry fees, goes directly to the Mildura Region School Breakfast Partnership and the Sunraysia Cancer Resources.

**Help** raise funds for the Breakfast Club by participating in the Powercor Tour de Depot. As a registered school we have the chance to win up to $5000. You can register in two ways:

1. Fill in the registration form attached to this newsletter or that your SRC members will be handing out at year level assembly. Make sure Irymple Secondary College is written on the form. Hand in your completed form and money to the office.

   Again make sure Irymple Secondary College is included when asked for on the form.
   Online registrations close **Friday 19 August**.

**10km Community Participation Ride**: 10:00am at Nowingi Place

**FREE Community Festival**: 9:00am – 3:00pm
The community festival at the finish line includes free rides, face painting, market stalls, a sausage sizzle, local entertainment and much more.

Registration fees
- $35 for families (2 adults and 2 children)
- $15 for adults
- $5 for children and students

Haven’t got a bike? Scooters are accepted.

Busy that weekend but still like to support the School Breakfast Club partnership?
Anne Symes and Karen Boyce (ISC Breakfast Club Co-ordinators)
# Registration Form

## RIDER DETAILS

<table>
<thead>
<tr>
<th>Title</th>
<th>First Name</th>
<th>Surname</th>
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<tbody>
<tr>
<td>Address</td>
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<td>Post Code</td>
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<td>Phone (H)</td>
<td>Phone (B)</td>
<td>Phone (M)</td>
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<tr>
<td>Email</td>
<td>Date of Birth</td>
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## FAMILY MEMBER’S DETAILS (if participating in Community Participation Ride)

<table>
<thead>
<tr>
<th>Family Member’s Name</th>
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<td>Family Member’s Name</td>
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## EMERGENCY CONTACT DETAILS (compulsory information)

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<th>Contact Phone (Mob)</th>
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## SCHOOL NAME (if part of the Powercor Schools Incentive Program)

School name: Irymple Secondary College

## EVENT

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<th>Cost</th>
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<tr>
<td>Sunraysia Cancer Resources Time Trial</td>
<td>$50</td>
</tr>
<tr>
<td>Community Participation Ride - Family (2 adults &amp; 2 children)</td>
<td>$35</td>
</tr>
<tr>
<td>Community Participation Ride - Adult</td>
<td>$15</td>
</tr>
<tr>
<td>Community Participation Ride - Child</td>
<td>$5</td>
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## MEDICARE (for on road medical care if required)

| Medicare Number | Reference Number | Expiry Date |

## PAYMENT - CASH OR CREDIT CARD DETAILS

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<th>Mastercard</th>
<th>Visa</th>
<th>Cash (to be provided to school representative)</th>
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<tbody>
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<td>Card Number</td>
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<tr>
<td>Expiry Date</td>
<td>CCV Number (last 3 digits on the back of the card)</td>
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<tr>
<td>Cardholder Name</td>
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## ACKNOWLEDGMENT OF ENTRY

1. I understand that participation in this ride is subject to the Tour de Depot terms & conditions and this is an important document which affects my legal rights.
2. I acknowledge that a copy of the terms & conditions has been made available to me on www.tourdedepot.com.au and that I have read and understood them prior to signing this Rider Entry Form.
3. By completing this Rider Entry Form, I agree to the terms & conditions and all other terms and conditions notified to me by Bicycle Network, from time to time, in relation to the ride.
4. I am making a commitment to prepare physically and emotionally for the Tour de Depot.

Protecting Your Privacy: We collect, use, disclose and otherwise handle your personal information in accordance with the terms of your Privacy Policy Statement. See www.bicyclenetwork.com.au (search: privacy) for full details. All information remains the property of Bicycle Network.

## SIGNATURE (registrations not accepted without signature)

<table>
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<tr>
<th>Signature</th>
<th>Date</th>
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PATHWAY & CAREERS NEWS

Work Experience – All of our Year 10’s have been busy over the past few weeks doing their work experience placements and by the sound of things, most are having a great time doing them – see pictures on page 6.

Year 9 ‘Try a Trade’ Expo
This is being hosted at the Deakin Trade Training Centre by SMGT on August 12th. All our year 9’s will be participating and learning about the many different pathways into employment that trades and traineeships can provide.

Weekly Careers News
Below are the topics from the last 2 newsletters. These can be accessed via the ‘Quick Links’ on our ISC website page.

The June 22 edition had a focus on careers in agriculture and a list of upcoming career events.
July 11 edition
• UNSW Bragg Student Prize for Science Writing
• Win a Swinburne University Ultimate Study Pack
• Enter The Pixel Prize photography competition
• Meet world famous scientist Professor Brian Cox
• Interested in Hotel Management and Tourism? Apply for the InterContinental Insights Day
• Science news from RiAUS, Australia’s science channel
• Learn about the Australian Catholic University Passional for Business early entry program
• Learn about careers in natural health and apply for a scholarship to Endeavour College of Natural Health
• Join the Code Like a Girl mailing list and participate in Melbourne based events
• Learn about the importance of completing a vocational or university qualification after school
• Learn about the Skunk Control initiative run by Engineering and Science lecturers at Victoria University
• Upcoming events

Jackie Horkings – Careers/Pathways Coordinator horkings.jackie.j@edumail.vic.gov.au

Year 10 Work Experience Students
Stress Management

Stress is a natural human reaction to pressure when faced with challenging and sometimes dangerous situations. That pressure is not only about what’s happening around us, but also about loads we place on ourselves. Feeling stressed is part of being alive, and some stress helps increase our readiness and energy to meet challenging situations. If stress lasts a long time or overwhelms our ability to cope, it can have a harmful effect on our health, wellbeing, relationships, work and general enjoyment of life.

Stress can affect how you feel, how you think, how you behave and how your body works. Sleeping problems, sweating, loss of appetite and difficulty concentrating are all common signs of stress. Stress doesn’t have to control our lives.

Tips for managing everyday stress

Learning to handle stress in healthy ways is very important. Fortunately, it is easy to learn simple techniques that help.

- Recognise warning signs - These vary from person to person, but might include things like tensing your jaw, grinding your teeth, getting headaches, or feeling irritable and short tempered.
- Recognise triggers - There are often known triggers which raise our stress levels and make it more difficult for us to manage. If you know what the likely triggers are, you can aim to expect them and practise calming yourself down beforehand, or even find ways to get rid of the trigger. Triggers might include late nights, deadlines, seeing particular people, hunger or over-tired children.
- Start routines - Having regular routines in your day, or over a week, such as set times for exercise and relaxation, meal times, waking and bedtimes, can be very calming and can help you to manage your stress.
- Look after your health - Make sure you are eating healthy food and getting regular exercise. Take time to do activities you find calming or uplifting, such as listening to music, walking or dancing. Avoid using alcohol, tobacco or other drugs to cope.
- Notice your ‘self-talk’ - When we are stressed we sometimes say things in our head, over and over, that just add to our stress. This unhelpful self-talk might include things like: ‘I can't cope’, or ‘I'm too busy’, or ‘I'm so tired’, or ‘It's not fair’. Try more helpful self-talk like ‘I'm coping well given what's on my plate’, or ‘Calm down’, or ‘Breathe easy’.  
- Spend time with people who care - Spending time with people you care about, and who care about you, is an important part of handling ongoing stress in your life. Share your thoughts and feelings with others when chances arise. Don't 'bottle up' your feelings.
- Practise relaxation - Make time to practise relaxation. This will help your body and nervous system to settle. Think about learning a specific relaxation technique such as progressive muscle relaxation, meditation or yoga; or make time to absorb yourself in a relaxing activity such as gardening or listening to music.

When to seek professional help

If high levels of stress continue for a long period of time, or are interfering with you enjoying a healthy life, it is worth seeking professional help. A doctor can refer you to a mental health professional to help you notice behaviours and situations that are leading to high stress, and help you to make changes to the things that are within your control. Seeking help can be one way to manage your stress well.

Big Science Competition 2016

The Big Science Competition is a fun way to challenge students from years 7 to 12, and track their performance against state or national averages. Questions test critical thinking and problem solving skills, not just factual recall. Questions are set in real-life, contemporary contexts, making them relatable (and interesting). There are 30 multiple-choice questions in each paper.

This year, we had 48 students complete the competition and 14 students have achieved outstanding results:

1. High Distinction (1) - Benjamin Coronica (Year 8), pictured left.
2. Distinctions (5) - Hannah Tippett (Year 7) Samantha Marr (Year 7) Lachlan Fangaloka (Year 9) Lily Tindall (Year 10) and Regina Tinetti (Year 10)
3. Credits (8) - Ashleigh Allen (Year 8) Briana Hibberd (Year 8) Caleb Davis Greenhil (Year 8) Jack Bennett (Year 8) Zac Watson (Year 7) Courtney Orwell (Year 10) George Callipari (Year 9) and Joshua Fangaloka (Year 9)

Congratulations to the above students and all those who participated in the competition to enhance their learning in Science.

Edward Hung - Head of Science hung.edward.e@edumail.vic.gov.au

SSV Cross-Country – Melbourne – Thursday 14th July.

Our 2 representatives, Jordan Stainer of Yr 7 and Lochlan Lloyd of Yr 9 competed at Bundoora Park Melbourne on Thursday 14th July. The competition is always very tough at this level, but both of our runners performed quite well in their events. Both boys events were over 3000m. The boys travelled down to Melbourne with family members the day before competition. Jordan competed first out of our 2 competitors and finished in 43rd position out of a field of 88 in a time of 10:19. The winning time in his event was 9:06. Lochlan finished in 31st position out of a field of 90, recording a time of 9.48. The winning time was 8:55. Congratulations and well done to our 2 competitors for their efforts in making it to the State final and performing so well. The college would like to thank both Jordan’s father Chris Van Dijk and Lochlan’s grandfather Peter Lloyd for taking Jordan and Lochlan down for the competition.

State Winter Baseball Championships – Melbourne - 16th/17th July

Jordan Stainer and Coby Mitchell were members of the team that won the 2016 Under 14 State Winter Championships Division 2 title over the weekend of the 16th and 17th July; they did not lose a game. Congratulations to both Jordan and Coby on you and your team’s success.
Mildura Lifesaving Club

The Mildura Life Saving Club is conducting a Bronze medallion course over the winter months to allow younger or older people to be ready for patrolling at Apex Park beach for the summer season. The training sessions will be held on Wednesday evenings between 5.30pm and 7pm. They will involve the theory and practice required to satisfactorily complete the Certificate 2 in Aquatic Safety. Volunteers will also learn Radio operation, First Aid, OHS, Boating, Rescues and Fitness.

The clubrooms are on the beach at Apex Park, are air conditioned and have a TV and relaxing area, along with table tennis table and air hockey. Volunteers use this area when not patrolling or learning some new skills or knowledge related to lifesaving.

The club currently has 18 younger members ranging in age from 14 to 18 years of age.

If you are interested in becoming a volunteer lifesaver and contribute to providing a safe aquatic environment at Apex Park, you can get more information from Mr Morrish or you can contact Greg Rhodes, the training officer on 0409516628 or rhodes.greg.d@edumail.vic.gov.au

Steve Morrish – Sport Co-ordinator morrish.steven.s@edumail.vic.gov.au

Courage to Care

On Monday 19th July, Year 9 students had the wonderful opportunity of attending the Courage to Care Exhibition currently held at the Mildura Golf Course. Courage to Care is a travelling exhibition and educational program which uses the period of the Holocaust to explore racism, prejudice, stereotyping and bullying, and to understand and overcome the Perpetrator-Victim-Bystander phenomenon. The program has been funded by the Department of Education to travel regionally throughout Victoria and it is unlikely to return to this region within the next five years, giving our students a rare opportunity to participate in a powerful, and normally, Melbourne-based program.

The students watched a documentary on the Holocaust, then heard a moving presentation from Holocaust survivor, Sarah Saaroni, followed by group workshops where they learned about individuals, groups and countries who performed extraordinary acts to make a difference against prejudice during World War Two.

Sarah Saaroni gave a window into her world as a Jewish survivor, where as a young teenager on her own, she passed herself off as a Polish Christian working in a factory with 47 other girls. A 'friend' betrayed her in 1943 and she was found by the Gestapo. Amazingly, she managed to escape again when she was being transported to a concentration centre, and was able to fabricate a new name and story to survive until liberation in 1945. Sarah’s experiences are recorded in her autobiography Life goes on Regardless.

During the workshops that followed, students were able to learn about the enormous personal risks courageous people took to rescue Jews and others from the program of extermination known as the Holocaust and were asked to reflect on what their own response would be when watching someone experience discrimination or persecution.

This program provided our students with an authentic, moving and informative insight into history and the lessons we can learn from it.

Rebecca McClure – History Co-ordinator mcclure.rebecca.a@edumail.vic.gov.au
UNIFORM REQUIREMENTS AND SUPPLIERS
Lowes Mildura are the official supplier of the Irymple Secondary College Uniform.
Below is an important reminder of the uniform requirements at the College.

Boys Uniform
- Polo T-Shirt: White or navy with ISC logo.
- Polo Long sleeve shirt: White or navy with ISC logo.
- Shorts: Grey with elastic waist
- School Track pants: Dark grey fleece with ISC logo
- Trousers: Grey, long with elastic
- Rugby Top: Wool blend, washable, light blue with dark blue and white stripes with ISC logo.
- Jumper – Wincheater: Navy crew-neck jumper with ISC logo
- Jumper – Polar Fleece: Navy polar fleece jumper with logo
- Socks: White or grey
- Hat: Navy – wide brim
- Black Shoes with black or white laces

Girls Uniform
- Polo T-Shirt: White or navy with ISC logo.
- Polo Long sleeve shirt: White or navy with ISC logo.
- Skirt: Grey, straight with zip pocket.
- Shorts: Grey with elastic waist OR grey, tailored & cuffed
- Dress: Irymple Secondary College regulation fabric
- School Track pants: Dark grey fleece with ISC logo
- Pants: Grey, long stretch fabric
- Trousers: Grey, long with elastic
- Rugby Top: Wool blend, washable, light blue with dark blue and white stripes with ISC logo.
- Jumper – Wool knit: Navy, knitted V-neck with ISC logo
- Jumper – Wincheater: Navy crew-neck jumper with ISC logo
- Jumper – Polar Fleece: Navy polar fleece jumper with logo
- Socks: Navy, 70 denier
- Hat: Navy – wide brim
- Black Shoes with black or white laces

Physical Education (PE) Uniform (boys & girls)
- T-shirt: White and Blue with ISC logo
- Shorts: Navy, basketball shorts, short or long in length

Irymple Secondary College thanks the following

Lowes Mildura
Shop T47 Mildura Central
Cnr 15 St & Deakin Ave, Mildura
Phone: 03 5021 0463

For every pair of school shoes or runners purchased from the Athletes Foot $5.00 goes to the school to be put towards sporting equipment. This offer is open to students and parents who purchase shoes from the Athletes Foot. If you’re in the market for a new pair of shoes, please consider purchasing them from the Athletes Foot and let the shop assistant know that you are from ISC. We thank you for your support.