Assistant Principal’s Report

Farewell to Kerryn Cua
This week our school has farewelled a long term staff member, Mrs Kerryn Cua. Kerryn has worked at Irymple Secondary College for the past 22 years in our front office, always conscientious, committed and friendly in her approach to number of requests and queries. We will particularly miss her work with our school newsletters, course information booklets, emergency management booklets and willingness to support our office team, whole staff, student and parent community when they come into contact with her. We wish Kerryn all the best in her new position, having undertaken a university course part time the last few years and now receiving the opportunity to put all this hard work and study into a social worker position at the Department of Health and Human Services.

Term 3 Progress Reports/ Parent-Teacher-Student Interview Evening
The past week our students Term 3 Progress Reports have been available online via the portal. If for any reason you have been unable to download your student's report, please contact the office for a hard copy to be printed. We have been pleased with the number of bookings for our Parent-Teacher-Student Interview Evening and hope that the evening provides a valuable opportunity for a 3 way conference to discuss your student’s progress, identify if there are further supports or extension opportunities that can be introduced to further enhance learning opportunities. A reminder that we do offer weekly Homework Club on a Wednesday and Thursday night directly after school in the library. If you have been unable to attend this evening and wish to arrange appointment times, then please make direct contact with your student’s subject teachers via the portal or front office.

Farewell to our Year 10 China Exchange students and staff
Next Thursday 8th September sees the departure for China of our Year 10 China Exchange program students and teachers, Kate Douglas and Alison Callahan. This annual program offers an amazing opportunity for our Year 10 students to immerse themselves in another culture, experience a homestay and visit the Great Wall of China and other historical monuments, along with establishing lifelong bonds with a family from an overseas country. We wish them all the best and look forward to reading their report and hearing of their experiences upon their return.
Opportunities for our current Year 8 and Year 9 Students
We received notification a week ago that an opportunity for current Year 9 students from our school to attend the School for Student leadership was available for Term 4, 2016. This has meant Ms Corless, Mrs Taylor and myself have quickly acquired school council approval and sought student interest with 11 expressions of interest coming in from our Year 9 cohort. Further interviews will follow as we can only have 6 positions available for this leadership camp to Gnurad Gundidj Campus that starts on Sunday 6th November until Saturday 17th December, 2016.

Our Year 8 students have also been busy applying for their opportunity to undertake a Student Leadership Camp experience with the school receiving notification that it was successful in its application, which means 6 students will represent our school in Term 1, 2017 at the Dinner Plains Campus. We are asking our 20 students who have initially applied to ensure their written requirements are submitted to the ISC office by next Wednesday 7th September, with interviews being conducted next Friday 9th September with Mr Horkings and myself.

Well done to all students who have tendered their Expression of Interest and good luck. It is the most wonderful, and in many cases, life changing experience. Our school directly benefits from this program with our students coming back and delivering community learning projects to their peers on their return.

Course Information Evening and Information Day Sessions
Our Course Information Evening for Year 8 students into Year 9 2017 will be held next Wednesday night 7th September from 6.00pm-7.00pm in the Irymple Secondary College library. We will have all relevant subject teachers and careers advisors for all parents/guardians and students to access during this time. For Year 9 students going into Year 10 2017, our information evening will be held next Wednesday night 7th September, from 7.00pm-8.00pm. At this evening our staff, careers advisors, and representatives from Mildura Senior College, Trade Training Centre, TAFE, advisors on school based apprenticeships and information about VCE electives/VSL will be there to assist and support students and their parents/guardians.

We ask that all completed subject selection forms are returned to our front office by Monday 12th September.

We look forward to seeing you there on our evening.

Course Information Sessions will be conducted for all Year 8 students during Sessions 3 & 4 on Monday 5th September where students will receive their Course Handbook that has the subject selection forms. Course information Sessions for all Year 9 students will be conducted during Sessions 5 & 6 on Monday 5th September and this is where students will receive their Course Handbook.

Our Year 7 students will also receive information about Art/Technology/LOTE elective choices for 2017 next week during the school day.

Any inquiries should be directed towards either Mrs Anne Symes, Mrs Jackie Horkings or Mrs Loretta Clyne.

Healthy Living - 10000 Step Challenge
It has been great to see our staff get behind this Sunraysia District Healthy Living Challenge. Our staff have been powerwalking at lunchtimes, and after school, striving to fully participate and get involved in this challenge. This challenge concludes next Friday 9th September with a district breakfast where the winners of each division are announced. All the best to all Sunraysia teams, and well down to our staff to field 3 teams for this district initiative!

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

Photos of the recent Year 8 Central Australian Trip. An extended article will accompany next forthnight’s newsletter.
Sunraysia Diversity Holiday Program

AFL Football Activity’s & Umpiring session

Come and experience Game of AFL Football/Umpiring within its own diversity development holiday program here in Sunraysia. Age groups from 10 to 18 can come along and are a part of this participation/development program for all multicultural and Indigenous boys and girls to experience the game of AFL right here in Sunraysia. We encourage you all to get along and enjoy the great opportunity to develop the skills to play or umpire our great game of Australian rules. All who register to take part in attending the day will receive a diversity holiday program training top. The program will be conducted by AFL Vic staff and SFUA academy coaches.

All attendees will be provided with a football giveaway pack. This is a free program for all who attend.

Date is the Monday the 19th of September at Sara Oval (SMFG) Mildura
Start Time 12.00pm to 4.00

All who wish to attend please register with Trevor Ryan Sunraysia Football Manager by email trevor.ryan@aflvic.com.au or call 0427 750 283
**PATHWAY & CAREERS NEWS**

Latrobe University : School Partnership Program (SPP) – ISC has a partnership with La Trobe University where our students get to explore and experience our local university through a variety of activities aimed at different year levels. Over term 2 & 3 most of our students have attended workshops either at La Trobe or at ISC.

**SPP Activities**

**Year 10** - All year 10’s recently attended a ‘Study Skills’ workshop where current university students shared a number of different ways to study more effectively. 

**Year 9** – Attended the ‘Why can’t I just Google it’ workshop which explored ways to find more reliable and relevant information from the internet.

**Year 8** – Have just started the ‘Race around La Trobe’ where they explore the campus with the use of ipads to gather information about what career paths are on offer.

**Year 7** – La Trobe University students visited each class and provided a picture of university life and courses that they have studied locally.

**Weekly Careers News** – Some of the items from the last few weeks included:

<table>
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<th>Aug 15th</th>
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| - Focus on careers of the future  
- Future careers- choosing the path right for you  
- Courses requiring selection tasks at RMIT  
- Changes to mathematics requirements for several courses at RMIT  
- VTAC information week at Swinburne University - book a time  
- New Global Game Changers Program at the Ducere Business School  
- Upcoming Open Day dates  
- Key resources | - Upcoming Open Day dates  
- Key early entry dates  
- Future job growth data  
- Passionate about engineering? CSU is looking for their next 30 amazing students  
- Latest science news from RiAUS - Australia’s science channel  
- Win a week of work experience through the Career Ready program at La Trobe program  
- Applying for the Bachelor of Fine Arts at the University of Melbourne? Key dates you should be aware of  
- Applying for Engineering and Commerce at the University of Melbourne?  
- UNSW Bragg Student Competition - closing on the 26th of August  
- Passion for Business early entry program at Australian Catholic University (ACU)  
- Passion for Commerce and Law early entry program at ACU  
- Interested in working in radio?  
- Watch the 2016 UNSW Medicine Information Session on YouTube  
- Indigenous sports journalism and sports science three-day camp at La Trobe University  
- Monash University Art, Design and Architecture workshops  
- Audition and folio workshops at Box Hill Institute |

Jackie Horkings – Careers/Pathways Coordinator horkings.jackie.j@edumail.vic.gov.au
R U OK? Day is a national day of action held in September to remind all Australians of the importance of asking our mates, colleagues and family "are you ok?"
Regular, face-to-face conversations can help us to build and maintain strong relationships with friends and family. In turn, research shows that people with these strong relationships are more likely to cope with life's ups and downs.
If you're thinking something's not quite right with someone, chances are that they might need a bit of extra support from the people around them. They might be acting a bit differently, seem to have a lot on their plate, or simply aren't themselves. Don't ignore those signs but instead take some time to ask R U OK?

Getting ready to start a conversation
- Be ready - Are you in a good headspace? Are you willing to genuinely listen? Can you give as much time as needed?
- Be prepared - Do you understand that a difficult conversation might happen and you won't have the answers? Do you understand that talking about personal struggles can be difficult and they might get embarrassed, even angry?
- Pick your moment - Have you chosen somewhere relatively private and comfy? What time will be good for them to chat? If they can't talk when you approach them, ask them for a better time to come back

Ask R U OK?
- Be relaxed.
- Help them open up by asking questions like "How you going?" or "What’s been happening?" or "How you travelling?"
- Mention specific things that have made you concerned for them, like "I've noticed that you seem really tired recently" or "You seem less chatty than usual. How are you going?"

Listen without judgement
- Take what they say seriously.
- Don't interrupt or rush the conversation.
- If they need time to think, try and sit patiently with the silence.
- Encourage them to explain. Ask "How are you feeling about that?" or "How long have you felt that way?"
- Show that you've listened by checking that you've understood. You could say, "It sounds like you’re juggling a few things at the moment and you’re feeling really stretched”.
- If they get angry or upset, stay calm and don't take it personally. Let them know you're asking because you care and acknowledge that times seem tough for them.

Encourage action
- Help them think about one or two things that can be done to better manage the situation. It might be they take some time out for themselves or do something that's fun or relaxing.
- Ask "What can I do to help you get through this?" or "How would you like me to support you?"
- If you've found a particular strategy or health service useful, share it with them. You can say something like: "When I was going through a difficult time, I tried this... You might find it useful too."
- If necessary, encourage them to see a doctor or other professional. This is particularly important if they've been feeling really down for more than 2 weeks. You could say, "It might be useful to link in with someone who can support you. I'm happy to assist you to find right person to talk to."
- Be positive about the role of professionals in getting through tough times, but understand that it may take a bit of time to find the right one.

Follow up
- Pop a reminder in your diary to call them in a couple of weeks. If they're really struggling, follow up with them sooner.
- Say something like, "I've been thinking of you and wanted to know how you've been going since we last chatted."
- Ask if they've found a better way to manage the situation. If they haven't done anything, don't judge them. They might just need someone to listen to them for the moment.
- You could ask, "Do you think it would be useful if we looked into finding some professional or other support?"
Educating For Success

- Understand that sometimes it can take a long time for someone to be ready to see a professional. We can't rush this or force someone to seek support. Instead, remain optimistic about the benefits of getting help and try not to judge them.
- Stay in touch and be there for them. Genuine care and concern can make a real difference.

Dealing with denial
- If they deny the problem, don’t criticise them.
- Acknowledge they’re not ready to talk.
- Avoid a confrontation.
- Examples of how you could respond to their denial include “It’s ok that you don’t want to talk about it but please call me when you’re ready to chat” or “Is there someone else you’d rather talk to?”
- Tell them you’re still concerned about changes in their behaviour and you care about them.
- Ask if you can enquire again next week if there’s no improvement.

Does someone need expert help?
- If someone says they’re thinking about suicide, it’s important you take it seriously.
- Tell them that you care about them and you want to help. Don’t become agitated, angry or upset.
- Explain that thoughts of suicide are common and don’t have to be acted upon.
- Ask if they’ve begun to take steps to end their life. If they have, it’s very important that you don’t leave them alone and do not use guilt or threats.
- Even if someone says they haven’t made a plan to take their own life, you still need to take it seriously.
- For confidential advice and support call a crisis support line – such as Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.
- If you think that someone’s life is in immediate danger call 000 and stay with them until help arrives.

Reference: www.ruok.org.au

Julia Lohmeyer – School Nurse lohmeyer.julia.m@edumail.vic.gov.au

Vietnam Veteran’s Day 2016

Two of our college captains, Sam Fangaloka and Tarsha Hawley, attended the wreath laying ceremony for Vietnam Veteran’s Day on Thursday August 18 at the Seventh St Memorial.

This year marks the 50th Anniversary of the battle at Long Tan where 108 brave young men from D company 6RAR resisted an attack of over 1500 North Vietnamese and Viet Cong troops. It has become an important chapter in Australian’s Military history.

Sam and Tarsha felt honoured to be a part of the ceremony and they were excellent representatives for our school.

Photo courtesy of Mildura RSL Sub Branch

Deodorant at school

Students are reminded that aerosol deodorant is not permitted at school.

Our school has a number of students and members of staff that have asthma and other respiratory issues that aerosol’s can cause issues with. Our school is asthma friendly, please continue to use roll on.
Irymple Secondary College’s annual

SPRING CARNIVAL

Friday 16th September
(last day of term 3)

Each year, all of our form groups in years 7-10 organise a stall to sell food/drink or a fun activity to raise funds for our school.

This year is sure to be a fun day and we encourage all students to help out with their form’s stall and of course, to come along on the day.

Thanks,
SRC.

Students having fun with Laser Force and Fairy Floss at the 2015 Spring Carnival.
Sunraysia Math Games Day

YEAR 7 students across Sunraysia put their brains to the test last week at the Sunraysia Math Games Day.

Students from seven schools gathered at Trinity Lutheran College and split into groups of four to battle it out over three rounds. The whole day gets the students to work together on a range of activities including problem solving relay, nearest pin and origami.

Irymple Secondary team achieved 5th Place out of thirteen teams. It was a fun filled day for all participants.

Claudia Fangaloka, Haylie Mackintosh, Latara Trigg, Paige Mclean, Makayla Lia, Connor Stone, Zac Watson, Joshua Ndaisaba

Sunraysia Volleyball has a number of activities coming up that will provide boys and girls the opportunity to play volleyball. This week will be the second Volley Stars “Come and Try Volleyball Day” that are open to all boys and girls aged between 6 and 14. These FREE sessions provide an opportunity to come along and play the exciting fun game of volleyball.

Volley Stars Program “Come and Try Volleyball Day”
SJC Stadium, 11th Street, Mildura
9:30am – 11:00am Saturday, August 27.

Sunraysia Volleyball has been running Volley Stars Talent Search Clinics in schools over the past couple of weeks. Boys and girls identified AND any other boys and girls aged between 6 and 14 who are keen to come along can attend the FREE Volley Stars Trials.

Volley Stars Talent Search Trials -SJC Stadium, 11th Street, Mildura
Trial 1 – Saturday, September 3/Trial 2 – Saturday, September 10

The Volley Stars Program and Competition will begin on October 8 and run during Term 4. Any boys and girls that are aged between 6 and 14 keen to take part should come along to the Registration Day (Registration fees $50 annual sign up + $5/week).

Volley Stars Program Registration Day SJC Stadium, 11th Street, Mildura 9:30am – 11:00am Saturday, October 8 “All are welcome!”
Interhouse Athletics

A beautiful day weather-wise eventuated for the Athletics sports day which was held on Tuesday 23rd August. A wonderful day was had by all, with some excellent times and results recorded in both track and field events.

Age group champions were:
13 Yrs Female Champion – Laura Bettess (Roberts)
13 Yrs Male Champion – Joel Richardson (Lloyd)
14 Yrs Female Champion – Chloe Barker (Lloyd)
14 Yrs Male Champion – Joel Trevaskis (Lloyd)
15 Yrs Female Champion – Mele Lauteau (Roberts)
15 Yrs Male Champion – Lochlan Lloyd (Johansen)
16 Yrs Female Champion – Courtney Ransome (Roberts)
16 Yrs Male Champion – Tom Reddy (Roberts)

Records:
There were two records which were broken on the day, and one that was equalled. These records were:

Lochlan Lloyd: 15 Yrs 1500m – 4.58.37 secs. Old record: Rocky Caminiti - 2003 – 5.02.94 secs.
Brooke Hards: 14 Yrs 400m – 1.15.00 secs. Equalled the record held by Lauren Elliott - 2003

House Results:
As was the case last year, the House aggregate was decided on the last event of the day and it was between last year’s 1st and 2nd place-getters, Roberts and Johansen, who had vied for first position all day. Roberts led for the majority of the day before Johansen came from the clouds in the relays to take over the lead. Johansen went into the final relay 7 points up ahead of Roberts, but a terrible changeover saw Johansen disqualified and subsequently surrender the lead and championship title to Roberts. This gave Roberts the three-peat after winning in 2014 and 2015! They were certainly a jubilant lot when the result was announced!

As is turns out, Roberts won by 5 points with a total of 952.5 points. Johansen finished 2nd on 947.5 points, Middleton 3rd on 762.5 points and Lloyd brought up the rear on 722.5 points.

Congratulations to all age group champions, record breakers and of course Roberts house on their success. A big thank you to all staff for their efforts on the day, in particular thanks to the P.E. staff for their assistance leading up to and on the day. Special thanks also to Adrian Taylor for his preparation of the oval for the day, to Anthony Smith for his marking of the ovals and his assistance with setting up on the day and to Kelly Morrison’s VCAL students for their assistance on the day.
Tarsha Hawley – U 18 State Golf Squad

Congratulations to Tarsha Hawley of Yr 10 who has been selected in the Victorian U18 state golf squad. Tarsha will be required to regularly travel to Melbourne for training commitments and will be competing against the state’s best U18 golfers for a position on the state team. If she is successful she will compete with the team in next year’s national championships. Well done Tarsha on your selection for the squad and good luck for the State team.

Joel McDonald – North West Zone Secondary Schools Clay Target Shoot

Congratulations to Joel McDonald of Yr 8 who competed in and won the Junior (U15) section of the in the North West Zone Secondary Schools Clay Target Shoot held in Cohuna on Thursday August 18th. Joe shot 22/25 to win his section by 4 shots. Joel has qualified for the State championships to be held in Bendigo early next month. Congratulations again Joel and good luck for the State championships.

Steve Morrish (Sport Coordinator) morrish.steven.s@edumail.vic.gov.au

Irymple Secondary College kindly acknowledges the following sponsors: