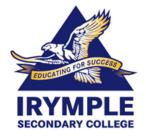
ISC NEWSLETTER

OFFICE HOURS 8AM-4PM MONDAY-FRIDAY



Friday, December 13th, 2024





Principal's Report 13/12/24

Hi everyone,

It's been a busy fortnight in education here at ISC. Id like to start by congratulating our Year 10 Dux and Award recipients, who accepted their awards at the Celebration Dinner. It's always a privilege to celebrate success and to share this with our students and parents. It was great to see all the kids connecting on the dance floor after the formalities had concluded and I thank everyone involved in the organisation of the night for helping us to send the Year 10's off on such a high note.

<u> Upcoming Dates:</u>

Monday, 16th December Year 7-9 Awards Day (Livestream)

Tuesday, 17th December Lake Day

Wednesday, 18th - Thursday, 19th

December

Activity Days

Thursday, 19th December Last Day of Term 4 (Usual 3:27pm finish

time)

Wednesday, 29th January First Day of Term 1 2025

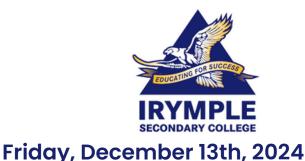
The second big event was Year 7 Orientation Day where our Year 7 Coordinator, Kara and her team organised a very successful day to welcome our Year 6 students into our school to meet their teachers and immerse themselves in the feel of Secondary school before commencing next year. Big thank you to everyone who contributed to the smooth running of the day.

Our "Dads and Uncles" group went out on country last week to Bottle Bend where our Indigenous boys were able to spend the day connecting to country and significant male role models from our community. I want to send a huge thank you to Dennis Mitchell, Micheal Haradine, Anthony McDonald Tipungwuti, Ben Parker and David Byrnes for making themselves available over the past couple of years for our students. The impact that these sessions have on our Indigenous kids cannot be underestimated.

This year's Alpine students have been industriously digging up around our yarning circle in preparation for planting various native tree species to brighten up this area. The team have been able to secure donated shrubs for this community project and the area should look great once it's finished. Thanks to Todd and Keely for supporting the team which consists of: Jasmine Shaw, Georgia Jackson, Zoe Howard, Jaxon Barone, Nathaniel Kuchel and Xanda Diaper.

ISC NEWSLETTER

OFFICE HOURS 8AM-4PM MONDAY-FRIDAY



Principal's Report 13/12/24

I had the opportunity last week go out to breakfast with our College Captains. This was an opportunity for this year's team to hand over to our future leaders for 2025. The students shared their leadership experiences with each other, asked questions, and learnt a fair bit about flag etiquette. I thank this year's team for their commitment to our community and look forward to seeing our 2025 Captains develop their leadership skills. Thanks to Bec and Erin for all the work they put into the development of our College Captains.

Looking ahead, to the last week of school, we are grateful to have Jo returning to us following her stint with the department. We have our Year 7-9 Awards Ceremonies on Monday, Lake Day on Tuesday, activities and clean up on Wednesday and Thursday, then the last day is a student free day so no students will be required to attend.

I wish everybody a safe and happy holiday period and we look forward to doing it all again next year.

Safe travels Gregor, Dee and Francis





YEAR 10 CELEBRATION DINNER

Our Year 10 Celebration Dinner was held on Thursday, 28th of November at Club Da Vinci. Everybody looked amazing and we wish our Year 10s all the best for their future and will definitely miss the here at ISC.













YEAR 10 AWARDS

Congratulations to our Year 10's for finishing the year off and getting through all their exams!

We wish to recognise and congratulate all the award winners.

Well done to all our Subject Duxes:

Outdoor Education: Lilly Mason

Metalwork: Jack Meppem History: Scarlett Venneri

FLO: Cheyene Bolitho-Tucker

Electro-Technology: Cooper Earle

Ceramics: Zoe Williams

Agricultural Science: Ryan Lucas

Photography & Media Studies: Caelan Fulton

Visual Communication/ Digital Art: Sienna Frasca

Literature: Gracie Monaghan Woodwork: Blake Hanstock

Australian Café & Food Trends: Sarah Francis-Coslovich

Celebration Cakes: Paige Cavanagh-Cook VCE Physical Education: Riley Downes

Fashion and Design: Zach Allan Integrated Materials: Georgia Kent Art Appreciation: Shion Gardner

Physical Education: Samuel Tassone

Inquiry Science STEM & VCE General Mathematics: Jayden Smyth

Economics / Business & Geography: Shadae Cane

Mathematics / VCE Mathematics Methods & English: Skye McCarthy

VCE Biology, Forensic Science & English: Olivia Cirillo

Drama, Science, Health & Legal Studies: Caitlyn Blenheim



YEAR 10 AWARDS

Congratulations also to our overall winners:

Year 10 Dux - Olivia Cirillo

High Distinction - Caitlyn Blenheim

Encouragement Award - Skye McCarthy

4th. Scarlett Venneri

5th. Jayden Smyth

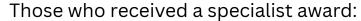
6th. Zoe Williams

7th. Ava Milton

8th. Caelan Fulton

9th. Gracie Cymbala

10th. William Rizzuto



Design & Technology Award: Georgia Kent

Performing Arts Award: Shion Gardner

Kwong Lee Dow Young Scholars program: Caitlyn Blenheim

SuniTAFE VET in School Award: Chad Murtagh

School Community Award: Ashton Wade

Australian Defence Force Future Innovators Award: Logan Krul

Australian Defence Force Long Tan Youth Leadership & Teamwork Award: Samuel

Tassone

Irymple Lions Club Citizenship Award: Olivia Cirillo

2024 Sunraysia Careers Network VET Award in the following categories:

Certificate II in Automotive - Oscar Hill

Certificate II in Electrotechnology - Chad Murtagh

Certificate II in Retail Cosmetics - Maya Schwarzbauer

Certificate II in Salon Services - Isabella McKinley

Sports Awards:

16 Years Age Group Champion - Erica Lees

16 Years Age Group Champion - Tom Connelly

And great job to Johansen's House Captains who led their House to victory this year

- Leni Curran, Jude Blundy, Matilda Jamieson and Colby Marr



AWARDS SPONSORS 2024

THANK YOU TO OUR AWARDS SPONSORS





1300 131 700

























Mildura Coachlines

BRANDED COLLECTIVE UPDATE

Branded Collective now have a website that allows all ISC Students and parents to purchase uniforms online!

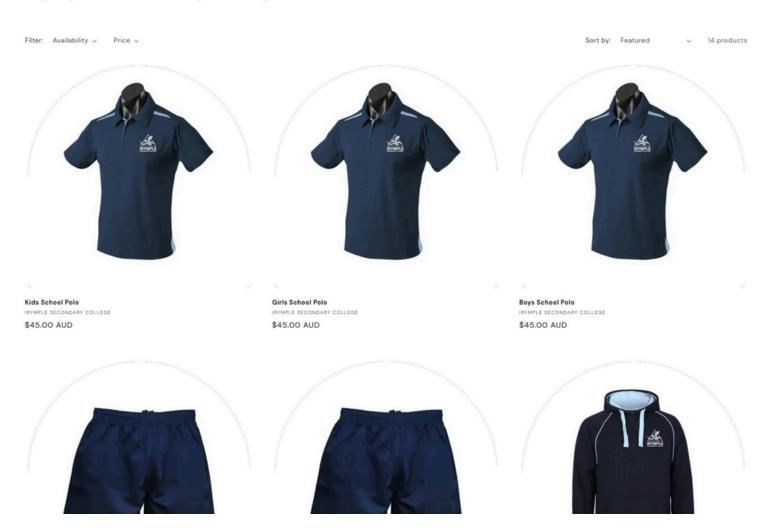
By going to their website and then going to the 'shop' tab you can choose what you would like to purchase and you will be notified by email confirmation when ready to collect in store.



Who We Are In-House Brands & Services The Custom Experience v Shop v Contact



Irymple Secondary College



ISC HEALTH HUB WITH SCHOOL NURSE RACHEL







For students

Wellbeing support during the school holidays

This guide provides tips to continue looking after your mental health and wellbeing during the school holidays and services to reach out to if you need support.

Actions that support positive mental health over the school holidays

Encourage your young person to:

- Exercise boosts mood and mental health

 make it fun!
- Nourish your brain by eating healthily

 it will also improve your mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- · Make time to do things you enjoy
- Practice positive self-talk and remember you are not alone
- Seek professional help if needed.¹

Feeling it: mindfulness resources and activities for students. Smiling Mind gives you tips on looking after yourself, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.

You may find that these actions are not enough to look after your mental health. Here are some signs you may need some support.

Signs that you or a friend may need mental health support

Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- · Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- · Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating.²³



¹ headspace - a parents guide to school issues and stress https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/

² headspace 'mental health and you' poster https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mapdf.pdf

³ headspace - how to talk to your children about mental health https://headspace.org.au/dads/

ISC HEALTH HUB WITH SCHOOL NURSE RACHEL







Supporting your friends

You and your friends are most likely to turn to each other for support before seeking out an adult or service provider. You and your friends can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting your friend know you may need to tell a trusted adult about your concerns.

Having these types of conversations can be difficult. Information on how to support a friend is available on the headspace website:

How to help a friend going through a tough time.

Mental health support

- Your local GP can provide you with additional support
- headspace Counselling: Victorian Government secondary school students, including those who have just finished schooling, can access counselling services from headspace. During the holidays, you can self-refer by calling your local headspace centre.
- eheadspace: 1800 650 890 www.headspace.org.au/eheadspace
- Kids Helpline: 1800 551 800 www.kidshelpline.com.au
- Lifeline: 13 11 14 www.lifeline.org.au
- Beyond Blue: 1300 224 636 www.beyondblue.org.au
 Head to Help: 1800 595 212 www.headtohelp.org.au
- Suicide Call Back Service: 1300 659 467 www.suicidecallbackservice.org.au
- Contacting 000 if you need urgent assistance.

Self-harm and suicide prevention resources

- Getting a mental health care plan (ReachOut)
- What you need to know about self-harm (headspace)
- How to help when someone is suicidal (SANE Australia)

Family violence support and resources

- Safe Steps: 1800 015 188 www.safesteps.org.au
- 1800RESPECT: 1800 737 732 www.1800respect.org.au
- What's okay at home: www.woah.org.au
- Family violence support

Mental health resources

- · Mental Health Toolkit
- <u>Understanding mental health fact sheet</u> (Orygen)
- <u>Learn how to handle tough times</u> (headspace)
- Get into life (to keep your headspace healthy) (headspace)

FROM OUR BEAUTIFUL WELLBEING TEAM

The Wellbeing team at ISC would like to wish everyone a safe and Merry Christmas. Be kind to yourself and others. We hope you are well rested and refreshed for a big year ahead at ISC.

See you in 2025, Kate, Rach T, Vas, Barb and Rach M x



System guide for parents and carers

How to use the online School Saving Bonus parent and carer online system

About the School Saving Bonus

The Victorian Government is making life a little bit easier for families by providing a one-off \$400 School Saving Bonus. This support will help cover the cost of school uniforms, textbooks, and school activities like camps, excursions and sports.

Receiving the School Saving Bonus

Parents and carers of government school students enrolled for 2025 will receive an email from the Department of Education from 26 November 2024.

The email will contain:

- your unique School Saving Bonus code to use the \$400 support
- a link to the School Saving Bonus parent and carer online system.

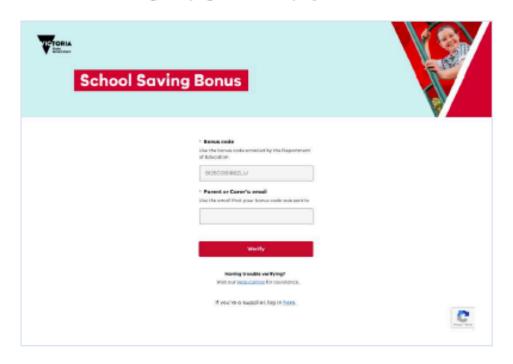
Parents and carers will receive one email and code for each eligible student in their family.

If you cannot locate the email, check your spam or junk folder.

Please note, the Department of Education and the Victorian Government will never ask you to provide your banking or financial details for the School Saving Bonus.

Accessing the School Saving Bonus parent and carer online system

- Visit the School Saving Bonus parent and carer online system
- The following webpage will be displayed:

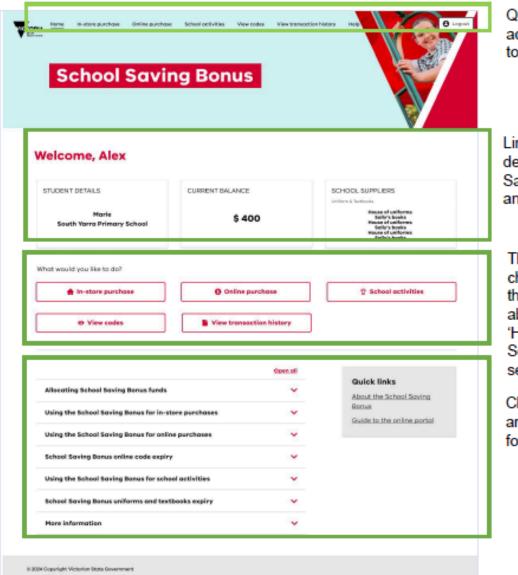


- Enter your unique School Saving Bonus code from the Department of Education and the email address it was sent to and click verify.
- After you click verify, you will see your School Saving Bonus summary page.



School Saving Bonus summary page

The School Saving Bonus summary page provides key information and lets you choose how to spend the School Saving Bonus.



Quick links to key actions and the option to log out.

Links your child's details, current School Saving Bonus balance and school suppliers.

These links let you choose how to spend the bonus. Learn more about these links in the 'How to use your School Saving Bonus' section of this guide.

Click on drop down arrows to learn more or follow the quick links.

How to use the School Saving Bonus

The School Saving Bonus support can be used for an <u>in-store purchase</u>, <u>online purchase</u>, and <u>school activities</u>. Through the School Saving Bonus summary page, you may also choose to <u>view codes</u>, or your <u>transaction history</u>.

Once you allocate your bonus to an in-store purchase, an online purchase, or to school activities, it cannot be reversed.

If you have any unspent funds, or the funds you allocate to in-store purchases or online purchases cannot be used, these funds will automatically be available on your child's school account as an activities credit on 1 July 2025.



In-store purchase

To use your School Saving Bonus in store at your school's suppliers, click In-store purchase to access your bonus code. A bonus code will appear in written and/or QR code formats. Visit your chosen supplier and present the School Saving Bonus code, in either format, at the checkout.

Any refund or exchange will be handled using the supplier's existing policies and processes. Please note:

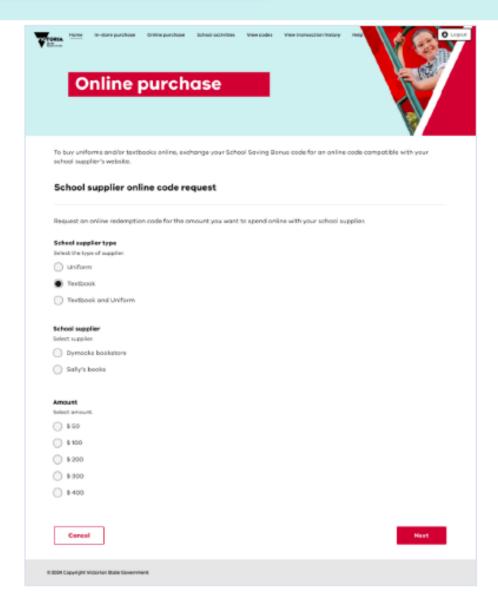
- a refund is not available through a parent/carer School Saving Bonus account
- a cash refund will not be provided.

Online purchase

If you would like to spend part or all of the School Saving Bonus support online, click Online purchase and follow the following steps.

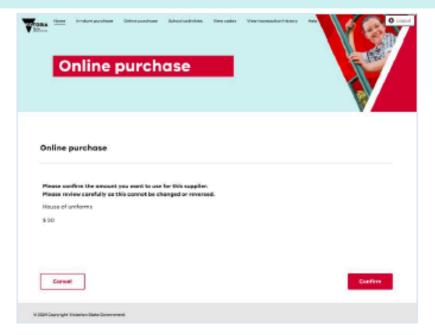
- Select the type of supplier. This will be:
 - a. Uniform
 - b. Textbook or
 - Textbook and uniform.
- Once you have selected a type of supplier, you will be able to see a list of suppliers for your school.
- Select your preferred school supplier.
- You will need to select the amount you would like to spend with the supplier. The amount will be from one of the displayed options of \$50, \$100, \$200, \$300 or \$400.



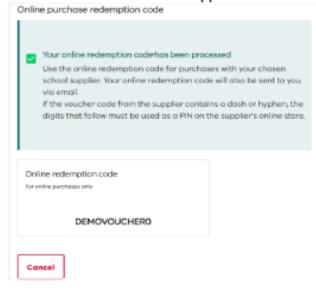


Once you are happy with the type of school supplier you've selected, and the amount, click Next. Please review carefully as these selections cannot be changed or reversed. Once reviewed, click Confirm.





An online code should now appear. You will also receive an email with this code.



Dane

Please note:

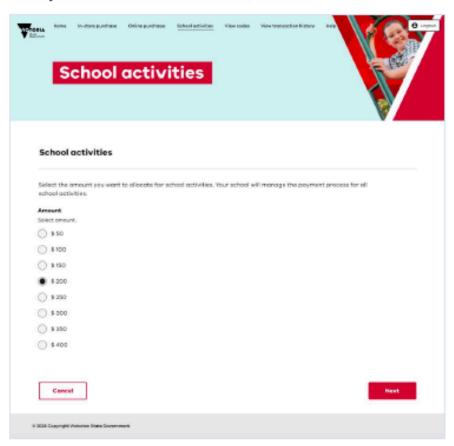
- this code can only be used at your chosen supplier, for your chosen amount
- if the voucher code from the supplier contains a dash or hyphen, the digits that follow must be used as a PIN on the supplier's online store (example: ABC123-PIN)
- visit the supplier's online store and apply the online code (and PIN if needed) at the checkout. If you spend more than you allocated to your online code, you will need to pay the difference.
- you can continue to use your online code with the same supplier until the total amount has been spent
- the online code will expire on 30 June 2025.

Any unused School Saving Bonus amount as at 30 June 2025 will be transferred to your child's school account for future school activities such as camps, sports and excursions.



Allocating the School Saving Bonus to school activities

Click School activities to allocate all or part of the School Saving Bonus to school activities. The below page will appear, where you can select the amount you would like to nominate. Once you have selected the amount, click next.



You will be asked to confirm your allocation. Please review your allocation carefully as this cannot be changed or reversed.

The amount chosen will be available on your child's account at the school your child is enrolled at for 2025. Please allow 48 hours for the transfer to take place.

You will also receive an email confirming the allocation.

View codes and/or view transaction history

To see your School Saving Bonus code, and/or any online supplier code/s, click View codes from the School Saving Bonus summary page.

To see how you have used your School Saving Bonus in store, click on **View transaction history** from the summary page. Please note that only in-store transactions are shown.

Help and support

More information about the School Saving Bonus parent and carer online system is available on the summary page.



For immediate support email school.saving.bonus@education.vic.gov.au.

From Monday 25 November 2024 the following additional options will be operational:

- Calling 1800 338 663 during business hours.
- · Completing this online enquiry form.





Last Day of Canteen Trading!

Monday, 16th of December

Our Canteen's last day for Term 4 will be Monday, 16th December.







975 Karadoc Avenue Irymple VIC 3498
Ph 03 5024 5407
Email <u>irymple.sc@education.vic.gov.au</u>
Website <u>http://www.irysec.vic.edu.au/</u>
Facebook <u>https://www.facebook.com/IrympleSC/</u>
Instagram @irymple_secondarycollege



975 Karadoc Avenue Irymple VIC 3498
Ph 03 5024 5407
Email <u>irymple.sc@education.vic.gov.au</u>
Website <u>http://www.irysec.vic.edu.au/</u>
Facebook <u>https://www.facebook.com/IrympleSC/</u>
Instagram @irymple_secondarycollege



The Merbein Golf Club

Come and join us for the next MyGolf school holiday program at the Merbein Golf Club, 355 McEdward Street, Cabarita. We have 3 sessions available commencing on Tuesday January 14 starting at 9am.

Lessons 1 & 2 are for beginners and Lesson 3 for established players. Lessons are conducted in small groups and focus on giving participants plenty of opportunities to explore skills and to build confidence to hit the golf course. All equipment will be provided, and drinks and lunch are included.



Scan to find a program.



golf.org.au/mygolf

Come and Try - Lesson 1 & 2

Time: 9am to midday Dates: 14 & 15 January

Lesson 3 - Established Juniors

Time: 9am to 2pm Dates: 16 January

Cost: \$30 per session

Registration: Register through the QR code or find us at www.golf.org.au/mygolf. For more information contact Melinda Binding via email

secretary@merbeingolfclub.com.au











WE INVITE YOU TO:

YEAR 7-9 AWARDS

Awards Day will be held on Monday, 16th of December in the Student Centre. It will be livestreamed (a link will be sent out closer to the date via Compass) or parents/carers are more than welcome to attend in person (please sign in at the Front Office first)

Our schedule is as followed:

Year 9 Awards - Session 2 (10:19am to 11.11am)

Year 7 Awards - Session 3 (11:42am to 12:44pm)

Year 8 Awards - Session 4 (12:44pm - 1:42pm)

CDC BUS PASSES

All students with a CDC Bus Pass are to please keep their 2024 Pass to use at the start of 2025!

A new application will need to be completed to receive a 2025 Buss Pass, these will handed out later in the year.







2025 NES WORKBOOK

Please order your 2025 NES
Workbook through CAMPION.
These CANNOT be used second
hand.



13 DECEMBER 2024 | 4PM TO 6PM

RED CLIFFS HALF-BASKETBALL COURT | QUANDONG PARK



We're celebrating the opening of the new half-court basketball court in Quandong Park, Red Cliffs, with a 3x3 showdown!

Register your team on the day from 3.30pm in the following categories: 13 and under & 14-plus

\$150 in prizes to each winning team | Free barbecue dinner by the Rotary Club of Red Cliffs | Entertainment by DJ Scopa









PATTERNS FOR TEXTILES

If you have any old dressmaking patterns in a back cupboard, we would love to receive them for use in our textiles classes.

Please give to a Textiles teacher or leave in the box in the FLO room. Thank you!



STUDENT BROADBAND INITIATIVE

The Australian Government's <u>School Student Broadband Initiative</u> is offering a helping hand to 30,000 eligible families with school-aged students across the nation with access to a free NBN internet service. The initiative, designed to enhance educational opportunities and bridge the digital divide, is available to all Victorian families with school aged students.

Key Details:

- Application Deadline: Tuesday, 31 December 2024
- Free Services: Continues until 31 December 2025

Eligibility Criteria:

For families and carers to qualify, they must:

- Have an active enrolment at school
- Not have an active NBN internet service at home (excluding mobile internet services)
- Live in an area where NBN can be accessed through a standard connection (NBN Co will confirm this)
- Not have had an active nbn connection during the previous 14 days.

For more information please head to the <u>webpage for parents and carers</u>. <u>https://www.vic.gov.au/school-student-broadband-initiative-information-parents-carers</u>



975 Karadoc Avenue Irymple VIC 3498
Ph 03 5024 5407
Email <u>irymple.sc@education.vic.gov.au</u>
Website <u>http://www.irysec.vic.edu.au/</u>
Facebook <u>https://www.facebook.com/IrympleSC/</u>

Instagram @irymple_secondarycollege



If your Year 7-9 student is potentially leaving ISC at the end of this year, please advise the front office on 5024 5407.

Although we hate to say goodbye to our students, we ask you notify the school of your intentions sooner rather than later