

ISC NEWSLETTER

OFFICE HOURS 8AM-4PM MONDAY-FRIDAY



Friday, August 9th, 2024



Principal's Report 09/08/24

Our camping program is complete for the year with the Year 10s returning from the Ski Camp at the end of week 2. Due to dangerous conditions on the mountain (last day) we had to arrange some "in town" activities rather than skiing but as the saying goes it is better to be safe than sorry and when you have 93 students and 12 staff on the mountain that is certainly the case.

Our Year 10s are now back and into their final semester of schooling at ISC. There is so much to do and we expect that they work hard and attend everyday so that they qualify for the much anticipated Celebration dinner at the end of November. To save any disappointments please help your students keep on top of their studies. The Year 10s are also in the middle of subject selections for Senior College, they are well supported by our staff and Senior College staff with this but please do not hesitate to ask questions and stay informed around this.

Our Year 9s are currently undertaking Morrisby Career Interviews – the students have completed the survey in their Humanities classes and their results have been shared with them and their parents. Our Morrisby Interviewers have reported that we have the best uptake of parents attending the interviews with their students – this shows that this is an incredibly valuable program that supports students to think carefully about their future career pathways and we thank the Interviewers for travelling so far to come and visit us here at ISC.

We have our exciting new project (OUR COFFEE VAN) being launched as I write this article. We have been overwhelmed with the community support and thank everyone for jumping on board with this. **Cheers, Jo McQuinn**

Upcoming Dates:

Tuesday, August 20th Athletics Day

Thursday, August 29th
& Friday, August 30th Pupil Free Days

Tuesday, September 3rd Interschool Athletics

Monday, September 9th Interschool 9/10 Cricket

Tuesday, September 10th Interschool Table Tennis

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YEAR 10 SKI CAMP

On the 15th of July our Year 10 students traveled to Bright for their annual Ski camp. With an early wake up on the Tuesday they set off to Falls Creek for their first day of skiing and lessons. After many tumbles and falls, everyone was looking forward to a good sleep on the bus ride back to the chalet. The next morning began much like the first, with an early wake up and much more free skiing, followed by another lesson in the afternoon. Unfortunately our third day was cancelled due to unfavourable weather conditions. Instead the students took the bus to Albury where they bowled and had the choice of shopping or a movie. The Friday was a quiet bus ride home where they arrived around 5pm. Overall the camp was an amazing experience and everyone had a great time despite one less day of skiing.



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IN THE CLASSROOM

During Week 2 our Year 9 Drama performed a Realism Activity. Realism was a turning point in theatrical history, where a stand was taken to move away from the contrived, unrealistic and sentimental plays, towards plays which dealt with social and personal realism.



In Week 3 our Year 8 Food Technology class made a healthy breakfast being Açaí Bowls!

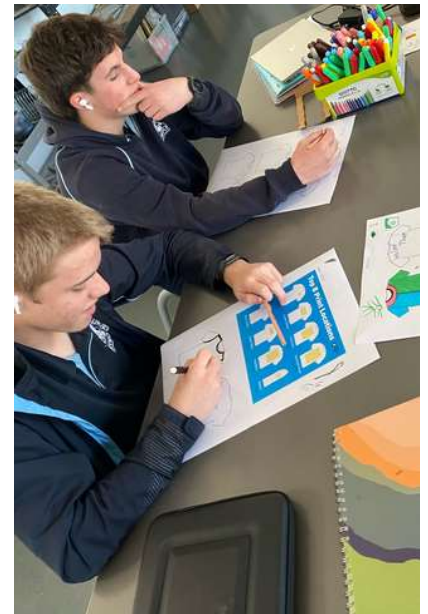


IN THE CLASSROOM

On Friday afternoon in Week 3, Our first "Fun Food" Passion based Learning started with some of our Year 7/8's. They cooked mini chocolate crackles.



Also during Week 3 our Year 9 Printmaking students planned designs for their upcoming screen print task.



ISC COFFEE VAN



We have some EXCITING NEWS for our school community! We have purchased an old Caravan to fit out as our very own ISC COFFEE VAN / FOOD VAN . To get the ball rolling for this project the staff chipped in the money needed to purchase the van off Marketplace and now that we have the van we are putting it out to our wider school community to see who might be able to support us with this initiative. This is going to be a whole school project involving many different curriculum areas; from Metal work classes building benches, to Woodwork classes building cupboards, to Art/ Vis Com classes designing the exterior graphics, to Food classes designing the interior space and then utilising the van as part of their 'Pop Up Cafe ' unit. The kids (and staff) are all very excited about this and can't wait to get started on renovating the van.

The aim is to have the van fitted out to Council Approved Standard so it will be a fully functioning food and drink van that can be used at school events as well as being roadworthy so that it will be able to be taken off site to other venues and functions. We have heaps of plans and ideas but one idea is that we operate it on Thursdays after school when Irymple Footy training is on as well as even having it out the front of the school for passing traffic to call in and grab a cuppa and cake. . This will be an exciting whole school project that will involve almost all curriculum areas and year levels, and will be yet another initiative that sets our school apart from all the rest.

We are putting the call out for any businesses, families, tradespeople etc... that may be able to assist with this project either financially by donating money or with skills and trades.

Some of the trades we need are - Electrician, Auto Electrician, Builder, Plumber, Locksmith, Panel Beater, Glazier, Vinyl Wrap Business

If you would like to donate to this project please contact our school office to make a donation.

If you can assist with skills and trades in anyway please contact Sally Corless (FLO Coordinator) on 50245407 or email sally.corless@education.vic.gov.au . Any donation will be greatly appreciated.

All sponsors and donors will be acknowledged and thanked by having their name permanently on our van. This is going to be a fantastic project and we can't wait to get started.

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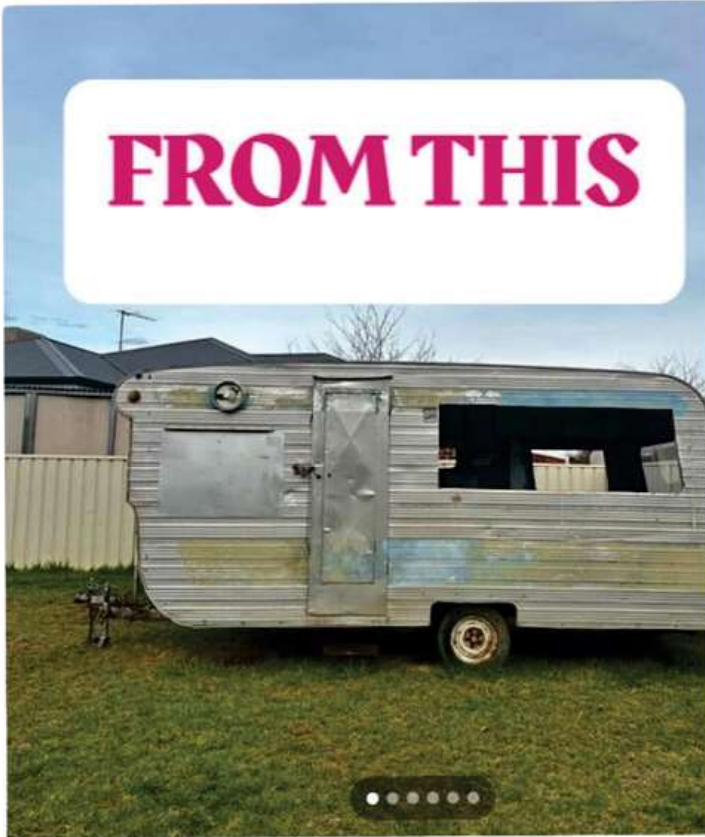
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ISC COFFEE VAN

FROM THIS



1980 Millard florida

\$500 \$1,000

Listed about a month ago · Mildura, VIC

Message sent to seller

See Conversation

Rate seller



TO THIS

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WORK EXPERIENCE

A big thank you to all the businesses and institutions listed that hosted our Year 10 Students for Work Experience.

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- AFL Sunraysia
- AK PROJECT GROUP PTY LTD
- ANDJOD Citrus
- APS - Adolph Plumbing Services
- Aspire Architecture
- Bendigo Health
- Bendigo Pioneers Football Club
- BK's Repairs and Maintenance
- Brock Fitzgerald Electrical
- Bruce Lee Builder
- Buronga Bakery
- C&C Burgess Shearing
- Casquade Body Essentials
- Cav's lawn mowing service's
- Central District Football Club: CDFC
- Chaffey Aged Care
- Charmaine's Family Day
- Cookes Pools & Spas
- Country Hearing Care
- Country Way Early Learning
- Daryl Fisher Homes
- De Garis Pre-school Centre
- Deakin Holistic Podiatry
- DWM Engineering
- DWR Services PTY LTD
- Elders - Rural Services
- Enzed
- First People of the Millewa Mallee - Aboriginal Corporation
- Foreman & Sheean Electrical
- Fortitude Health Co
- G.H. Electrical
- G.J. Gardner Homes - Mildura
- GBM Consulting
- GHD Engineering
- Gidgee Media
- GKR Plumbing & Gasfitting Pty Ltd
- GMP Exploration Drilling P/L
- Graham Builders
- GSD Architects
- GTS Transport
- Hards Homes
- Harvey's Boat Company
- Hilton-Wood Solicitors
- Impact Construction & Maintenance
- Incitec Pivot Limited
- Indigenous Project Management
- Inland Consultants
- INTERSPORT Mildura
- J G PLUMBING PTY LTD
- Jo Lynch Hairdressing
- John Street Mechanical Repairs
- Justin Jary Plumbing
- Karma Kameleon
- Kyabram Fauna Park
- LA Personal Training
- Lee & Golding Electrical.
- Listo Trapeze Co

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- LJ Myotherapy
- Lynara Partners
- Lynch Ag Pty Ltd
- Mallee District Aboriginal Services: MDAS
- Maloney Anderson Legal
- MDS Sunraysia PTY LTD
- Merbein P10 College
- Michael Downes Rendering
- Mick Brown Painting
- Mick Carli Plumbing & Roofing
- Mildura Air Conditioning, Refrigeration & Electrical
- Mildura Cardiology
- Mildura CCTV & Data
- Mildura City Heart
- Mildura Concrete Company
- Mildura Family Dental
- Mildura Homes
- Mildura Irrigation Repairs
- Mildura Martial Arts
- Mildura O&G
- Mildura Pots & More
- Mildura Rural City Council - Library & Visitor Information Centre
- Mildura South Primary School Out of School Care
- Mildura Strength and Performance
- Mildura Truck Centre
- Mildura West Primary School
- Monash Rural Health Mildura
- Murray Darling Wetlands Working Group Ltd
- My stylist mildura
- Nautilus Control & Engineering
- Nelson Elec Adelaide
- Nufarm Australia Ltd
- O'Connors
- Pasadena Pre-School
- Phil Smith Automotive - Repco
- Poole And Jackson
- Powercor
- Pumpkin Patch
- Quinn & Co Eyecare Mildura
- R. CHISARI & SON ELECTRICAL
- Red Cliffs Physiotherapy
- Redland Operations PTY LTD
- Retro Hair
- Revive Physiotherapy Mildura
- Robinson Plumbing
- Rustey's Takeaways
- Scott Archer Plumbing
- Shine Bright St Margaret's
- Slip Rocks Barber Shop
- Spanos Electrical Pty Ltd
- STE Engineering
- SuniTAFE
- Sunraysia Bread and Butter Bakery
- Sunraysia Chiropractic Centre
- Sunraysia Podiatry Services
- Taylor Made Beauty
- The Lake Primary School
- Top end Cafe

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- Ultimate Building Solutions
- Victoria Police
- Victorian Medical Assistance Team V.M.A.T.
- Water Dynamics Mildura
- WEHI - Walter and Eliza Hall Institute of Medical Research
- Woodsies Gem Shop
- Wright Tiling and Construction
- YouFit
- Zavill Hair and Beauty
- Zilzie Wines Pty Ltd
- Aspect Kitchens & Cabinetry
- Barry Plant Mildura
- Bright Futures Mildura
- Deakin Motorcycles
- DELWP - Department of Environment, Land, Water and Planning
- Ekka Landscaping + Design
- Garraway Development
- Gol Gol Preschool
- JAAZ Electrical Pty Ltd
- Jack & Jill Child Care Centre
- Laser Signs and Print
- Martin Middleton Oates Lawyers
- Mildura Rural City Council - M.A.C.
- Mildura South Kindergarten
- Outback Kids Child Care Centre
- Parks Victoria
- Reece Plumbing Mildura
- Stealthtech
- Steelfab Sunraysia
- Sunraysia Community Health Services
- BG Speech Pathology
- Bunnings Warehouse
- Mildura Veterinary Hospital
- Petbarn
- Princes Court Homes
- Ranfurly Primary School
- REACT Services
- TAFE Kids Inc
- The Motorhouse
- Benetook Veterinary Clinic
- Mildura Rural City Council
- Mildura South Primary School
- Mildura Specialist School
- Callahan Physiotherapy
- Endota Spa
- St Pauls Primary School
- Lower Murray Water
- Irymple Primary School
- Irymple South Primary School
- Irymple Kindergarten
- Nichols Point Primary School

WORK EXPERIENCE



 Lower Murray Water
4 days ago · 🌐

Last week, we had three work-experience students join LMW from [Irymple Secondary College](#)

During the week, we got Milan, Rory and Jack into some high vis for a visit to our SWEP construction sites.

Students experienced the day-to-day tasks of a treatment plant operator, engineer and IT specialist throughout the week.

Thanks to all three students for spending the week with us!

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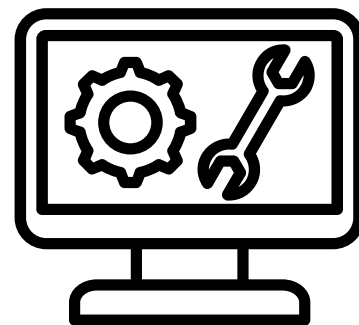
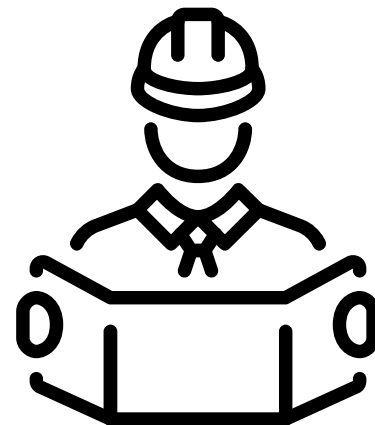
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WORK EXPERIENCE

Our Year 10 students, Jayden and Aydin, worked separately with our IT and Engineering teams and Communications team.

They've shown themselves to be hard working and had a great time!

Thank you to Lower Murray Water for these photos!



PRINCIPAL'S DAY (LEADERSHIP DAY!)

On Friday the 2nd of August we celebrated Principal's Day – or as we like to call it, Leadership Day.

We appreciate the valuable work they do every day and know that it definitely does not go unnoticed, thank you for providing such a supportive environment for us all.



LMR JUNIOR FOOTBALL

On Monday, July the 29th our Junior Footballers headed out to Swan Hill to compete.

The girls won their first and then lost their second. overall, they came runners up on the day.

The boys lost their first game then luckily won their second as well as toping their pool on %. This got them into the final. They lost the final and therefore were runners up for the day.

Overall a great day out!

A big thank-you to Beth & Nick for accompanying our Junior Footballers to Swan Hill. We appreciate your time & effort! Also thanks to Ben Milsom, Jimmy's dad, who drove his own car down to coach our 7/8 Boys team.



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LMR INTERMEDIATE FOOTBALL

Our Year 9/10 Boys' football team delivered an impressive performance in their recent tournament, demonstrating both skill and sportsmanship throughout the day.

Group Stage Victories:

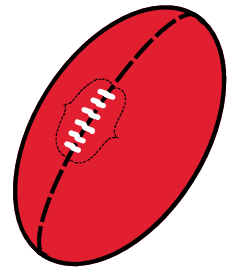
- Beat: The team showcased their prowess with a decisive victory.
- Bendigo South East: Another strong performance, securing a win.
- Mackillop College: A well-earned triumph in the group stage.

Grand Final Success:

The boys clinched the championship by defeating St Josephs College Echuca in a thrilling grand final.

Standout Players:

- Blake Lambert
- Sam Tassone
- Antonio Cavallaro
- Tom Connolly
- Harper Milsom
- Jude Blundy



Each of these players made significant contributions to the team's success, with their skills and teamwork standing out throughout the competition.

Exemplary Sportsmanship:

In addition to their on-field achievements, the boys displayed exceptional sportsmanship and behavior, setting a positive example for all. Their respect for opponents and adherence to the spirit of the game were commendable.

Congratulations to all the players for their fantastic performance and for representing our school with such integrity and pride!

LMR INTERMEDIATE FOOTBALL



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INTERSCHOOL HOCKEY

We had three teams contest the interschool hockey on Monday the 5th of August.

Our Junior girls team had one game. They played well all game as a team with one of our newest hockey player Macey scoring 1 of the 4 goals. To come away with a 4 – 0 win against Chaffey.

Our Intermediate girls had two games. They had a great time and passed well both games for a 4 – 0 Win against Red Cliffs and a 2 – 0 win against Chaffey.

Our Junior boys played well but just missed on getting the ball in the goals. They had a 0 – 1 loss against Merbein. Then a 0 – 3 loss against Chaffey.

Massive thanks to Eadie and Ella who helped Mrs Taylor umpire. Thanks too to Leigh and Lee who helped Kara with coaching for the day.



SPORTING ACHIEVEMENTS

Congratulations to Emma Mottram (Yr 7) who has just completed a SSV basketball tournament in Qld.

Emma was part of the Under 12 Girls Basketball team who took home the silver medal losing to Qld by 4 points in a grand final showdown.

A great effort by Emma and all the girls involved.

[#theirympleway](#)



ISC HEALTH HUB WITH SCHOOL NURSE RACHEL

Welcome to the first edition of ISC Health Hub. I will bring you important health information each fortnight to help support students to be the best they can be. This week is Sleep Health Week!



Why is sleep important for teenagers?

If you're the parent or carer of a teenager, you might already know that getting good sleep has a big impact on their health and wellbeing.

But when your teen is having trouble sleeping, lots of questions can come up: How much sleep do they need? Why aren't they sleeping enough? What can I do to help them get better sleep?

In this article, we cover all those common questions you might have, as well as what you can do to help your teen get the sleep they need.

Why does sleep matter so much for teens?

It's no secret that sleep is important for everyone. But as teens hurtle through a time of very fast physical, mental and emotional growth, quality sleep is crucial for fuelling their brains and bodies. For teens, getting good sleep helps with their:

- analytical and creative thinking
- physical health and development
- attention, memory and motivation
- mental health, mood and wellbeing
- decision making and reduced risk taking



How much sleep do teenagers need and does it differ between ages?

The National Sleep Health Foundation recommends that teens need between 8 and 10 hours of sleep every night. While this is the recommended amount, every teen is different: some may need a little more, while others may need a little less. However, it's not recommended that a teenager gets less than 7 or more than 11 hours of sleep a night. Unfortunately, most teenagers are falling short of this recommended quota and are sleeping, on average, for only between 6.5 and 7.5 hours a night.

ISC HEALTH HUB WITH SCHOOL NURSE RACHEL

What can cause sleep issues in teens?

There isn't one specific reason why teens aren't getting enough sleep. Instead, several factors play a part in the problem.

Some common reasons young people experience sleep issues include:

- stress from work, school and study (in recent ReachOut research, we found that over 50 per cent of students are specifically having trouble sleeping as a direct result of study stress)
- balancing time demands such as work, school, sports and a home/social life
- struggling with friendship and relationship issues, bullying or loneliness
- financial stress and managing the cost of living.



On top of these everyday stressors, other factors can cause sleep issues:

- Your teen's changing body clock. Puberty hormones can shift a teen's body clock in a way that makes them sleepier one to two hours later than adults. Of course, this becomes a problem when your teen can't sleep in to catch up, due to their school schedule. When this sleep debt builds up, it can lead to chronic sleep deprivation.
- Mental health. Mental health issues such as anxiety and depression can make it harder for your teen to sleep well. At the same time, sleep deprivation can be a contributing factor to the onset (and worsening) of mental health issues.
- Technology and screen use. Using devices such as smartphones and computers around bedtime (including to game) can cause teens to lose track of time and miss out on sleep. The bright lights and blue light from these devices can also impact sleep.
- Sleep disorders. Sleep disorders like insomnia, sleep apnoea, restless leg syndrome, delayed sleep phase syndrome, narcolepsy and parasomnias can all make it very difficult to get enough sleep and may require treatment by a professional.
- Neurodiverse disorders. Disorders such as ADHD and autism can make it difficult for teens to sleep well. Disrupted sleep hygiene in teens can also lead to more pronounced symptoms.
- Poor sleep hygiene. Sleep hygiene is all about the habits and environments that promote consistent, uninterrupted sleep, such as setting a sleep schedule, having a relaxing pre-bed routine, creating a calm bedroom environment and building healthy daily habits.

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ISC HEALTH HUB WITH SCHOOL NURSE RACHEL

What are the signs and symptoms of sleep issues in teens?

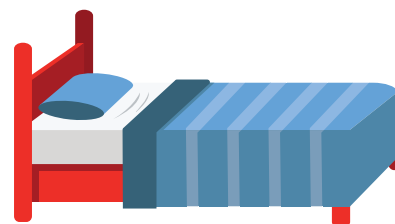
Sleep issues can impact almost every aspect of your teen's life, so there are many different signs and symptoms to look out for. If your teen is having sleep issues, they may:

- forget things easily
- make poor or risky decisions
- be moody or aggressive
- take frequent naps throughout the day
- not perform as well at school or in sport
- struggle to concentrate in class or at home
- feel drowsy, lethargic or sick during the day
- miss school due to tiredness, or they might refuse to go
- feel groggy in the morning and be unable able to wake up easily
- have slower physical reflexes or be more clumsy (which can result in physical injuries).



It's also important to look out for signs of possible sleep disorders, which can include:

- regularly taking more than 30 minutes to fall asleep
- having difficulty staying asleep throughout the night
- snoring, gasping or choking during sleep
- feeling like they can't move when they wake up.



What strategies can help your teen to sleep better?

If your teen's having trouble sleeping, there are many things you can do to support them.

Importantly, having open and honest discussions is key here, as this will help you to implement these strategies together.

Strategies to help improve sleep hygiene in your teen include:

- working out a regular sleep schedule
- encouraging a relaxing bedtime routine
- creating a calm sleep environment
- promoting healthy daily habits
- setting time limits on stimulating activities such as device usage and homework
- checking up on their weekly schedule to see if they're overcommitted
- leading by example and making good-quality sleep a family commitment
- getting professional support if needed.



For detailed advice on these strategies, check out our article on [practical strategies to improve your teen's sleep](#). We also spoke to a number of parents to get their [top tips for helping your teen sleep better](#).

ISC HEALTH HUB WITH SCHOOL NURSE RACHEL

What if my teen needs further help with their sleep issues?

If you've tried every trick in the book and self-help strategies aren't really working for your teen, it's a good idea to seek further help.

A good first step is for your teen to see their GP. They can help to identify any possible causes and offer some initial suggestions, or refer them to another health professional, such as a sleep specialist or mental health professional. [Find out more about these options in our article on professional support for teen sleep issues.](#)

Depending on the kind of sleep issues your teen is having, whether or not they're grappling with a recognised sleep disorder, a healthcare professional can help tailor the right kind of treatment, which often involves a combination of approaches. The following are some common treatments:

- Cognitive behavioural therapy for insomnia (CBT-I). [CBT-I](#) is an evidence-based treatment for insomnia, in which trained professionals can help your teen to identify unhelpful thoughts, feelings and behaviours that might be contributing to their insomnia.
- Improved sleep hygiene. Strong sleep hygiene is a recommended approach for many sleep issues (and usually works in tandem with other treatments). It's all about creating good habits that set the stage for quality, uninterrupted sleep. [You can dig more into these strategies here.](#)
- Relaxation techniques. Taking time to practise relaxation techniques during the day and at night can make a big difference to your teen's sleep. These techniques include slow breathing, yoga poses, meditation and mindfulness.
- Light therapy. There's a strong connection between light and sleep, especially if your teen experiences insomnia or a circadian rhythm sleep disorder. Light therapy involves sitting in front of a specially designed light box or visor for a certain amount of time each day (under the guidance of a medical professional).
- Lifestyle changes. There are many healthy lifestyle habits that promote good sleep, such as getting regular exercise, eating a healthy diet, avoiding smoking, moderating alcohol use, and cutting back on caffeine.
- Medication. In some cases, medication or supplements may be prescribed by a medical professional to help treat sleep disorders. Your teen's doctor will be able to recommend which medication is suitable for them.

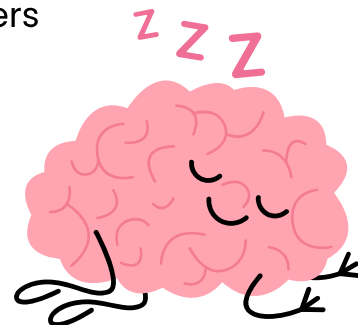


ISC HEALTH HUB WITH SCHOOL NURSE RACHEL

Helpful resources for dealing with sleep issues in teens

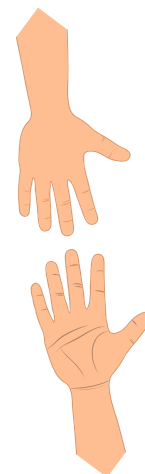
The following resources can provide more information on teenagers and sleep:

- [The National Sleep Health Foundation](#) is Australia's leading advocate for healthy sleep. Its various resources include factsheets and other information on teenagers and sleep.
- Raising Children Network's Teens has a range of resources on [helping teens get good sleep](#), and on [teen sleep concerns and problems](#).
- [Sleep Disorders Australia](#) has a range of factsheets on many teenage sleep disorders, including their symptoms, causes and treatments.
- ReachOut Parents Forum is a place where you can chat online with peers on threads such as [teenagers having trouble sleeping](#), and [gaming, sleep and food](#).
- [ReachOut Parents One-on-one Support](#) offers parents and carers free, professional support.



You can also share these ReachOut resources with your teen:

- [ReachOut's sleep resources for young people](#), which includes helpful resources on how to get a good night's sleep, personal stories, engaging videos and more.
- ReachOut's Online Community, where your teen can chat with peers in threads such as [Weekly Wellbeing: Getting a good night's sleep](#) or [Sleep schedules](#).
- [ReachOut Peer Chat](#), where your teen can chat with a peer worker who understands what they're going through.



While improving your teen's sleep won't happen overnight, it's important to keep working on it. By understanding why sleep is important for your teen, developing strategies with them and getting professional support if needed, you'll be better placed to help them get the sleep they need (and deserve).



2024 PARENT / CAREGIVER / GUARDIAN OPINION SURVEY



2024 Parent / Caregiver / Guardian Opinion Survey: Survey announcement

WE WANT OUR PARENTS / CAREGIVERS / GUARDIANS TO TELL US WHAT THEY THINK!

Our school is conducting the annual Parent / Caregiver / Guardian Opinion Survey offered by the Department of Education and is seeking your feedback. The survey is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behavior, and student engagement. The survey is optional, but we encourage and appreciate your participation. Our school will use the survey results to assist in identifying areas for improvement and professional development needs in the school, to target school planning and improvement strategies.

A random sample of approximately 30 per cent of parents / caregivers / guardians has been selected to participate in this year's survey.

The Parent / Caregiver / Guardian Opinion Survey will be open online from **Monday 29 July to Friday 30 August 2024**.

The survey will be conducted **online**, only takes **20 minutes** to complete, and can be accessed at any convenient time on desktop computers, laptops, tablets or smartphones.

The online survey will be available in English and 10 other languages including Arabic, Greek, Hakha Chin, Hindi, Japanese, Punjabi, Simplified Chinese, Somali, Turkish, and Vietnamese. Resources are also available in additional languages to assist parents / caregivers / guardians who speak a language other than English at home. Please reach out to your child's teacher, or the school directly for survey guides in your language.

Please speak to your child's teacher if you would like more information.



The random sample of parents / caregivers / guardians have been notified via Compass on Monday the 29th of July!

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NOTICES



Hello Red Planet Bunk Puppets

Showing at the Mildura Arts Centre
199 Cureton Avenue, Mildura, 3500

21st August 6:30pm tickets for sale online or at the door

Take a trip with us to Mars. Because when Earth's problems seem too hard, it's time to head to the Red Planet!

This is a new hybrid screening / puppetry / theatre show featuring the voices of our community. Several of our students were involved in the having their thoughts and voices recorded for this production.

Join renowned storytellers Bunk Puppets for a satirical information session laying out their daring escape plan from Earth. Learn what's coming along, (and who's not).

Are you too busy with life on Earth? You'll learn how Mars offers you 24/7 isolation and is just a rocket ride away! On Mars, you can have all the (indoor) cats you want! Enjoy potatoes, potatoes and more potatoes. Say goodbye to lush gardens, and hello to a lifetime of yummy hydroponic lettuce. Enjoy sandstorms that double as exfoliating treatments – the Martian spa experience. Learn about the challenges of terraforming Mars (it's just like gardening on steroids).

Humankind is moving to Mars. (We promise, it's the best way to dodge those Earthly troubles). Mildura is being re-located to the Red Planet, and attending this info session is required viewing. Embrace the endless shades of Martian red. Mars offers stunning landscapes of endless, featureless desolation. (Earth's wildlife is too diverse and captivating; Mars' wildlife is much more humble.)

975 Karadoc Avenue Irymple VIC 3498
Ph 03 5024 5407

Email irymplesc@education.vic.gov.au

Website <http://www.irysec.vic.edu.au/>

Facebook <https://www.facebook.com/IrympleSC/>

Instagram @irymplesc

NOTICES

ATHLETICS DAY



The ISC Athletics Day will take place at the Aerodrome Ovals Athletics Track on Tuesday, August 20th

Please ensure you have given permission for your student to attend via Compass before August 19th

There will be busses from school to the venue and back

#THEIRYMPLEWAY



NOTICES



HOMework CLUB



- Homework Club will run Wednesdays and Thursdays from 3:30 - 4:30pm in the Nest.
- This is a great opportunity for Students to get some one-on-one attention from teachers, catch up on work and get their learning on track.
- Students need to be picked up by 4:30 pm.



NOTICES

Get Creative Sessions

Midura Rural City Council's Youth Engagement Services is teaming up with Arts Mildura to offer a FREE after-school program on Thursdays, starting 8 August to 5 September.

Create your masterpiece!

From 3.30 pm to 5 pm, every Thursday

Ages 12 to 17 years

Mildura Waves (near café area)

Fully supervised

Refreshments provided

FREE and all abilities are welcome



Scan here to find out more
about upcoming sessions!

NOTICES



TAKE ON OTHER SCHOOLS IN SUNRAYSLIA!



FREE TO ENTER

Registrations are open now!

Use the 10,000 steps app, a pedometer or a fitness tracker to track your steps this September. Win team & individual prizes across the month!

Pick a team captain, create a winning team name and enter today!



Proudly sponsored by:



NOTICES



Pupil Free Days

**THURSDAY, 29TH - FRIDAY, 30TH OF
AUGUST**



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NOTICES

Agriculture

The ISC Agriculture department is asking for donations of any unused plant pots to help our students with their studies.

Any donations can be dropped at the front office.



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NOTICES



IRISH DANCE CLASSES

WITH THE
O'SHEA-RYAN ACADEMY
OF IRISH DANCE

CO-ORDINATED BY THE
SUNRAYSIA IRISH AND
FRIENDS ASSOCIATION

FIRST LESSON FREE, SO COME ALONG
AND GIVE IT A TRY!

LESSONS SUNDAYS AT EBZ DANCE STUDIO
CONTACT US BY TEXT ON 0458 227 659 FOR
DATES AND TIMES
WE LOOK FORWARD TO SEEING YOU THERE!



SIAFAINC@GMAIL.COM



SUNRAYSIA IRISH AND FRIENDS ASSOCIATION



SUNRAYSIA_IRISHDANCERS

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NOTICES

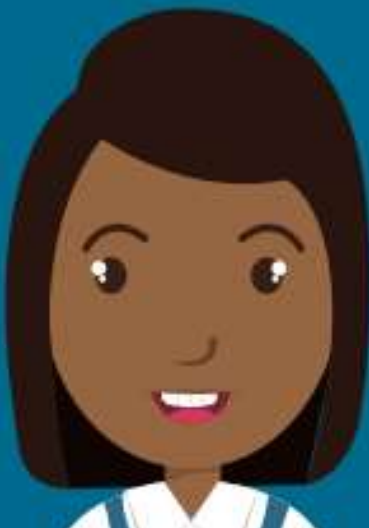
DOCTORS IN SECONDARY SCHOOL PROGRAM

Irymple Secondary School

Tuesdays 9.15am - 1.15pm

FREE service

Make an appointment at the
school office anytime.



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Instagram @irympleschool

NOTICES

PRIZES
VALUED TO
\$200
FOR EACH
CATEGORY

20
24 **YOUTH**

ART PRIZE

FREE ENTRY

Artwork will be accepted across a range of mediums including drawing, painting, photography, sculpture and video/film/new media, and be exhibited at the Mildura Arts Centre from Friday 23 August to Sunday 15 September.

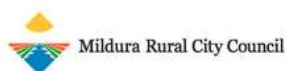
Open to all secondary students, categories include:

YEARS 7 & 8 | YEARS 9 & 10 | YEARS 11 & 12
PEOPLE'S CHOICE – ALL ENTRANTS



FIND OUT MORE
AND ENTER ONLINE!

ENTRIES CLOSE 9 AUGUST - WINNERS TO BE ANNOUNCED AT THE YOUTH SHOWCASE ON FRIDAY 30 AUGUST



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