



EXCELLAMUS *'Let Us Excel'*

ISSUE 1 - 31st JANUARY 2020

"I would like to acknowledge the traditional custodians of the land on which our school is situated and where we work and live. I would like to pay my respects to Elders past, present and emerging."

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Welcome back to the 2020 school year. I love coming back to school and reconnecting with our students. To see how much they have grown, hear about their holidays, catch up on their success (or otherwise) in sport and talk to them about their goals for the year. I'd like to particularly welcome our year 7 students and new students in years 10 & 11.

I know many of our students couldn't wait to get back to school but for others they have been feeling very anxious. These emotions are very normal and our students might be surprised to learn that they are the same emotions many of our new and experienced staff feel on the day. For first time secondary school parents, or parents of new students entering other year levels, this time is often one of mixed emotions. It may be one of concern as they attend a new school where friendships may already have been formed, teachers are unknown and our way of 'doing' is different to what they have been used to. It may be a feeling of sadness as your young person begins the steps into a more grown up world but also excitement as they are ready for the next stage of their life journey. All of these emotions are okay and very normal.

For other young people the anxious feelings come from going into a new year level, their perceptions of what it means to be in that year level, changing friendships and/or friendship groups, matters of the heart and new teachers, amongst others. Once again these feelings are very normal. But, if these feelings prove to be ongoing then we strongly recommend that the young person seeks further help. Remember, we are here to help you and we want to ensure our students have the support they need. We urge the young person to not leave it for days or weeks to talk to us or seek help. We need them to speak with their coordinator, a teacher with whom they strongly connect, the Chaplain or Ms Payne and myself. In some instances, a young person may need to access support beyond the college. This may include a visit to the GP, counsellors at the Northern and District Community Health Service and Headspace (either in person or via the telephone counselling service) or Ms Keir to deal with these issues promptly. We want our young people to have positive and enjoyable experiences at school.

WEEK 2 STUDENT EVENTS/MEETINGS

Monday 3rd Feb

- Year 7/8 - Summer Sports 'sign up' meeting @ 1pm
- Auditions @ 3.30pm in Theatre Room

Tuesday 4th Feb

- Year 9/10 - Summer Sports 'sign up' meeting @ 1pm

Wednesday 5th Feb

- VETis meeting for students @ 1pm in room 2
- Year 11/12 - Summer Sports 'sign up' meeting @ 12.50pm
- Year 11/12 Parents & student Information Night @ 6.30pm

Welcome to our new staff

Ms Cooke Year 7 English/Humanities/Science/Literacy
Miss Whittaker English/Humanities
Ms Keir Wellbeing

Welcome back

Mrs Thies Returning to work with Mrs Donehue in the library

Staffing

It is with some sadness that Ms Eki Chan informed me that she wouldn't be returning to work in Cohuna in 2020. As such, we have had to make significant late changes to the timetable and staff teaching loads. The timetable as it stands is a temporary one. I'd like to thank parents and students for their understanding.

I would like to acknowledge and thank our staff who are working above and beyond normal teaching loads to ensure our young people receive the best education that they deserve.

Ms Porter has taken leave for the first half of the year and Ms Spence and Mr C Hill will be taking the Art curriculum.

Mrs Mahler has taken twelve months Long Service Leave and we hope that she has a very restful and enjoyable year.

**COHUNA SECONDARY COLLEGE
SCHOOL COUNCIL**

PARENT REPRESENTATIVES:

Matt Hawken, Julie McLoughlan, Tim Mitchell, Karyn Peace, Andrew Rigg, Kellie Taylor, Jo Wight & John Wittebrood.

Coordinators

<u>Year 7</u>	Mr Murray and form teacher Ms Cooke
<u>Year 8</u>	Mrs Miller and form teacher Mr Croker
<u>Year 9</u>	Ms Fitzpatrick and form teacher Mrs Clifford
<u>Year 10</u>	Mrs Hawken and form teacher Mr Gray
<u>Year 11</u>	Mr Chris Hill and form teacher Mrs Bottcher
<u>Year 12</u>	Mrs Cowan and form teacher Ms Payne

As many of you are aware we had some wonderful student outcomes last year with our year 12 ATAR results but also for our young people who left school to undertake employment or apprenticeships. All students who chose a university pathway knew their destinations prior to the end of the school year. As a college we are so proud of their achievements. We have guided and nurtured them through their teenage years and have seen them develop into lovely young adults. These results, for many, were their reward for the many hours of hard work that they put into their study. Not only in year 12 but over their time at Cohuna Secondary College.

The following are only some of the career choices of our year 12 students: Agriculture/Business, Business Management, Biomedical Science Business, Education, Engineering, Exercise Science/ Exercise Physiology, Health Science, Nursing, Nursing/Nursing Midwifery, Psychological Science, Social Work, Sports Management plus many more. Some students wanting apprenticeships have also picked up apprenticeships in electrical and welding.

We strongly encourage our students to apply for scholarships when applying for University. It always is very exciting to hear when students have been successful. Scholarships range from a few thousand dollars to many thousands of dollars, all of which can be used to help ease the financial burden on families. Congratulations to our students who have received scholarships from Federation University, The University of Melbourne and The Gardiner Foundation. I am sure there are other scholarships that have been received but these are the ones we know about.

We sincerely wish each and every one of you all the very best for your future and look forward to hearing about your journey.

Term 1

Reminder: students will not be able to have their mobile phone during the school day. We strongly encourage students to leave their phones at home. However, we understand there are times when they need them after school so they will be collected and stored until return at the end of the day.

This term is always a particularly busy one with House Swimming Sports, Summer Sport Competition, Year 7 Camp, Staff Professional Development, Senior Elevate study skills program and Year 11/12 Information Night and the list goes on.

We are looking forward to a very positive 2020 where students, staff and parents are all working together to ensure our young people achieve solid growth, develop vital skills for continuous learning and continue their social and emotional development.

Together as partners, we can excel!

Mrs. Fiona Miller - Principal



HOT WEATHER REMINDERS

With the hot weather temperatures at an extreme level students are encouraged to bring their WATER bottles, a hat to wear during outside breaks, sunscreen and deodorant.

The splashing of water on each other is prohibited.

CANTEEN ROSTER		
FEBRUARY		10.30AM TO 1.30PM
MONDAY	2	Nicole Gray & Kelly Barton
TUESDAY	3	Fiona Smith & Katrina Robinson
WEDNESDAY	4	Debbie Thompson & Kirstie Cooke
THURSDAY	5	Jo Wight & Michelle Rigg
FRIDAY	6	Ruth Robins & Mandy Hutchinson Lunch - Cara Van der Zande (12.30-1.00)

CAREER NEWS

AUSTRALIAN DEFENCE FORCE CAREERS EXPO Friday 21 Feb 2020

Open to Year 9, 10, 11 and 12 students

Names to the front office as soon as possible.



This Expo is being held at the Melbourne Convention and Exhibition Centre and will showcase some of Defence's best equipment, with various displays and interactive exhibits; check out the vehicle and weapons displays, witness performances from Service Bands and the Australian Federation Guard, and speak with current serving members about their own experiences and advice.

Other attractions will include:

- Air Force flight simulator
- Army School of Armour displays
- Cyber Zone
- ADF Drone Racing Team displays
- DFR virtual reality experience
- Submariner recruiting team displays
- Defence Force Recruiting careers coaches
- Various info sessions



5 SUNSMART Tips for your Family

- ☀ **SunSmart starts with parents**
Be a role model and make sure you are putting sunscreen also. Children are 16 times more likely to put sunscreen on after seeing their parents do so.
- ☀ **Use UV reminders**
Check the sun protection times each day by using the FREE [SunSmart app](#).
- ☀ **Buy SunSmart clothing**
Broad brimmed hats are best. Long sleeve tops, high necklines, longer skirts and pants can protect your children from the sun. Look for lightweight and breathable fabrics.
- ☀ **Sunscreen: Choose it and use it**
Apply 30 SPF (or higher) broad-spectrum, water-resistant sunscreen each morning. Reapply before going outside and after swimming.
- ☀ **Keep SunSmart clothing, hats and sunscreen in plain sight**
Keep hats and sunscreen next to the door so that is easy to see when going outside.

Don't forget to SLIP, SLOP, SLAP, SEEK & SLIDE

Slip Slop Slap Seek Slide



For more information visit: <https://www.sunsmart.com.au/about/media-campaigns/current-campaigns/belindas-story/sun-protection-tips-for-families>

www.ndch.org.au



2020 FEMALE FOOTBALL SEASON LAUNCH
Thursday 27th February
6.30 PM START
Swan Hill Club – Swan Hill

All Players Parents Welcome to come along
Ages 13 – OPEN
Interested in Playing Football
Keen to understand what is available in the Region!
Meet people and talk about Female Football in the Region and how it works!
What career pathways are available and what support is available!

*It's our great game and a game for everyone!!!
Never say Never!*





Dear Year 11 & 12 students and parents,

You are invited to an Information Evening

"How to support your Year 11/12 student"

Wednesday 5th February 2020

The evening will commence at 6.30pm at the college, with light refreshments and the opportunity to meet the 2020 Year 11/12 teachers.

At 7pm, our 'Elevate' presenter will give advice as to how to support and encourage effective study techniques. Parents will be given the opportunity to ask lots of questions - the feedback from these seminars has always been very positive.

The night will conclude with some tips on how to support your child throughout the year.

All Year 11/12 students and their parents/guardians are encouraged to attend this very informative session.

Ms Sharon Payne
Assistant Principal

Mrs Alexis Cowan
Year 12 Coordinator