

# **EXCELLAMUS**

'Let Us Excel'

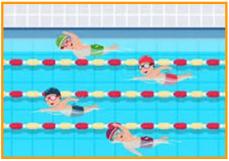
ISSUE 02-9th February, 2024

Cohuna Secondary College Child Safe contact is the Principal If you believe a child is at immediate risk of abuse phone 000.



#### Year 7 Camp

From all reports the Year 7 Camp to Geelong has been hugely successful. The students have had a week to get to know each other in a setting that isn't school. This might sound minor in our world, but in the world of a Year 7 student who is feeling unsettled in their new environment, with peers they may or may not know well, is significant. A special thank you must go to Mrs Penglase and Mr Treacy for their organisation. To Mrs Pollock, Mrs Hawken, Mr Cole and Mr Treacy, thank you, it is only because of your willingness to support this camp that our young people can have such wonderful opportunities and experiences.



#### House Swimming Sports - Dhungala v Yarran

Tuesday is our House Swimming Sports. To the parents, grandparents and friends of the college please come along and support the students. We really want you there supporting your and our young people. We are looking forward to a wonderful day of competition and fun. PS if your young person is unable to swim for whatever reason then we can really, really use their help. Please send them along. See you all on Tuesday.

#### Internet Safety

This week in the media there has been information about online safety. Tuesday was National Safer Internet Day.

**Connect** safely and with purpose – by keeping apps and devices secure and using social media in positive ways.

**Reflect** before we act – by taking a moment to consider how what we do and say online may affect others.

**Protect** ourselves and others by taking action – by telling family, friends or colleagues about eSafety and how we can help.



# Why it's important to Connect. Reflect. Protect. this Safer Internet Day

### **Almost half**

of children aged 8-17 were treated in a hurtful or nasty way online<sup>1</sup> of these children

said they had **felt sadness**, **43% had felt anger**, and **17% said their mental health** had been affected<sup>1</sup>



**62**%

of children were exposed to potentially harmful online content (graphic violence, hate messages and ways to self-harm)!

**75%** 

of teens aged 16-18 had **encountered online porn**, with 13 being the average age of their first encounter<sup>2</sup> 68%

of Aboriginal and Torres Strait Islander children have been treated in a **hurtful or nasty** way online<sup>3</sup> 29%

of Aboriginal and Torres Strait Islander children **experienced online hate speech** – almost triple the national average<sup>3</sup>

**75%** 

of adults had at least one negative online experience<sup>4</sup>

1in6

adults had done something negative online to others<sup>4</sup>

**Fewerthan** 

1 in 3

adults knew what to do when personal information or images were **shared without consent**<sup>5</sup>

References: 1.Mind the Gap: Parental awareness of children's exposure to risks online (2022); In the 12 months prior to the survey (2021). 2.Accidental, unsolicited and in your face. Young people's encounters with online pornography: a matter of platform responsibility, education and choice (2023). 3. Cool, beautiful, strange and scary: The online experiences of Aboriginal and Torres Strait Islander children and their parents and caregivers (2023). 4. Adults' experiences online — infographic (2022); In the past 12 months. 5. Negative online behaviours — infographic

#### **RESPECT** online-**YOU** have control of this!

- Does what you post online pass the 'Nanna' test?
- How would your parents/guardians react to what you post?
- Ask permission BEFORE posting an online video or photo;
- Don't reveal personal information;
- Recognise that others opinions will be different to your own;
- Share pictures & video online with consent only; and
- Only say online what you would say to someone's face; and
- Remember once it's online it stays online FOREVER!

The above information is from the esafety.gov.au website



Excellamus - Let Us Excel!

Mrs. Fíona Miller - Principal

"I would like to acknowledge the traditional custodians of the land on which we live and our school is built, the Barapa Barapa people. We pay our respects to elders past, present and emerging, for they hold the memories, traditions and the culture of the Aboriginal and Torres Strait Islander peoples of Australia. Cohuna Secondary College is committed to acknowledging, building and sustaining respect and understanding between Indigenous and non-Indigenous Australians."

#### Senior School Update

Some of our students had their first SACs (school-assessed coursework) this week, and work on SATs has begun – the majority of students will have at least one SAC over the next couple of weeks. Students can begin to feel overwhelmed, but we are here to help. Please contact us if you have any concerns.

#### **Senior School Team:**

Year 11/12 Coordinator/VCE Coordinator – Sharon Payne (Sharon.Payne@education.vic.gov.au)

Year 10 Coordinator – Sallie Hawken (Sallie.Hawken@education.vic.gov.au)

Careers - Cathy Donehue (Cathryn.Donehue@education.vic.gov.au)

#### Tip of the Week - Plan your study

Now is the time to get into a good routine with your homework and study. We can help you put together a study timetable, and give you advice about how to make your study time effective. It really does make a big difference. When you feel more organised, you become more organised!

#### **SAC Calendar**

The Semester one SAC/SAT calendar has been sent to all VCE students and parents. A reminder that this is a guide only, and that SAC dates can be changed with 1 week's written notice to students. Students must sit their SACs on the scheduled day/time, unless they have an approved exemption – students will need a medical certificate/other evidence to reschedule a SAC. Students will sometimes find that they have multiple SACs in a particular week – a study timetable will help to be prepared for these busy times.

#### **Elevate parent sessions**

We will continue with our Elevate study workshops in 2024. These workshops are engaging and provide useful tips and advice for our students to make the most of their study time. They are all about making study time **effective**, rather than focusing on the amount of time spent studying. As part of our partnership with Elevate, parents are invited to attend their online study webinars.

#### From Elevate:

Their upcoming webinar on motivation will give you some easy-to-implement strategies to help your child get focused on achieving their goals this year.

# Live Parent Webinar: How to Get (and Keep!) Your Child Motivated Wednesday 14th February 6:30-7:30pm

#### Click here to register for free

Here's what Elevate will be covering on the night:

- Using praise and reassurance to motivate your child
- Setting relevant and effective goals for your child
  - Helping your child to stay motivated long-term

#### ~ STUDENT ABSENCES ~

There are days where a young person's absence is unavoidable - to ensure their absence is recorded

correctly, **PLEASE** submit an absence or send a message on **XUNO**.

Alternatively please inform the **front office** of the absence.

Contact can be made by: Phone - 5456 2555 or Email - cohuna.sc@education.vic.gov.au

Families are asked to contact the office directly and not the teaching staff.

Thank you for your assistance.

#### SCHOOLS PRIVACY POLICY — Annual privacy reminder for our school community

Our school collects and uses student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy and the Schools' Privacy Collection Notice.

Our Digital Learning Policy describes how we collect and use photographs, video and recordings of students. The policy also explains when parent consent is required and how it can be provided and withdrawn. We ask parents to also review the guidance we provide on how we use Microsoft 365/Google Workspace for Education safely at the school and what parents can do to further protect their child's information. If after reviewing the guidance, you have any questions or concerns regarding your child using Microsoft 365/Google Workspace for Education please contact the school.

For more information about privacy, refer to: Schools' Privacy Policy — information for parents.

This information is also available in ten community languages: \* Amharic \* Arabic \* Dari \* Gujarati \* Mandarin \* Somali \* Sudanese \* Turkish \* Urdu \* Vietnamese

#### IMPORTANT DATES: TERM 1 - 2024

Tuesday	13th	February	CSC Swimming Sports	
Wednesday	14th	February	ELEVATE Study Webinar 6.30pm-7.30pm	
Thursday	15th	February	School Photos	
Tuesday	20th	February	Interschool Swimming	
Thursday	29th	February	Year 11 Physics excursion to Pyramid Hill College	



11th March Monday **Labour Day Holiday** Tuesday 12th March **LMR Swimming** 

**GTAC (Biology) Excursion** 

Wednesday 13 March NAPLAN **Thursday** 14 March **NAPLAN** Friday **NAPLAN** 15 March

28 **End of Term 1 Thursday** March

REMINDER: Canteen will only serve snacks and drinks on Wednesday this term.

Parent helpers are now only rostered on a Friday each week.

Parents will only be rostered on once for the entire year unless you wish to be put on more of the of which you can let Jodie know. If your rostered day is not suitable, please try to find another family member or friend who is available or arrange a swap, alternatively please let Jodie know if you do not wish to be put on the roster due to other commitments.

Term 1 Canteen Roster	Friday ~ 10.30am to 1.00pm ~
Friday 16th February	Family of Milah Crichton
Friday 23rd February	Family of Will & Evie Fletcher
Friday 1st March	Family of Travis, Lacey & Jacob Ford
Friday 8th March	Family of Lachlan Gray
Friday 15th March	Family of Zephan & Zara Hensley
Friday 22nd March	Family of Oliver & Noah Mathers

## **Cohuna Secondary College**

Photo Day 2024

Date: Thursday 15th February

#### To Order Photos:

Order via the Compass Portal.

#### Order your School Photos before midnight Wednesday 21st February

Late Orders can be accepted after 22<sup>nd</sup> February by ordering online via the Compass Portal or by contacting **03 5482 3190**. All late orders incur an extra \$20 for postage and handling.

Family Photos – Please order online prior to photo day using the Compass Portal.





03 5482 3190 admin.mrr@msp.com.au www.msp.com.au





# ~Community Notices~

# KERANG BADMINTON CAR BOOT SALE

## **SUNDAY 3RD MARCH 2024**

TIME:

BUYERS: 8:30 AM TO 1:00 PM SELLERS FROM 8:00 AM TO SET UP

> KERANG SHOWGROUNDS PARK ROAD ENTRANCE

Site Bookings (REQUIRED)—\$15 per site paid at gate
Other items by commission
Please contact KAYLA on 0482 668 325
Bookings close on WED 28th Feb 2024





#### REGISTER ONLINE www.riversidetri.com.au















Introducing ACA – People Outdoors: Camps for People Living with Disability 'Adventure For All'

ACA - <u>People Outdoors</u>, a program of the <u>Australian Camps Association</u>, was established in 1989 to provide outdoor recreation for people of all ages living with disability. Our programs include two-night weekend through to four-day residential camps held during the school holidays. Our participants are looked after by our team of disability support workers for the duration of camp. So, if you'd like the opportunity to experience the social and developmental benefits of adventure outdoors, please contact our team on 03 9863 6824 or visit our website for more information —

www.peopleoutdoors.org.au





#### Easter 29th, 30th & 31st March 2024

Venue: Kerang Basketball Stadium Cnr Scoresby & Maxwell Streets, Kerang. 3579

Official Opening, Sales & Judging Announcements
Friday 29th March 2024 7 pm — 10 pm.
Entry \$25 Includes program, savoury supper, complimentary wine, judging announcements & entry for Easter Saturday & Easter Sunday.
All Welcome. Judge: — Craig Penny, Artist & Tutor.

Display & Sales
Saturday 30th March 2024 10 am - 6 pm.
Sunday 31st March 2024 10 am - 3 pm.
All Welcome. Refreshments available for purchase.
General Entry \$7 includes program.
Raffle: = Painting by Col Brown, 2022 Shire Acquisition Winner
Raffle to be drawn 3.00pm on 31st March 2024. Winner will be notified.

#### Major Prizes

Gannawarra Shire Acquisition Award	1500
Best Of Show (any medium)	750
Best Oil/Acrylic	500
Best Pastel/Drawing	500
Best Watercolour/Pen & Wash	500
Best Mixed Medium	300
Best Any Other Medium	300
Best Photographic Print	300
Kerang Turf Club Award Themed "Country Racing Strong" (any medium)	500
Mallee District Aboriginal Services Indigenous Artwork Award (any medium)	500
Kerang Ministers & Chaplains Assoc. Best Easter Themed "Psalm 84, verses 1-4" (any medium)	400
Regional Encouragement Award - 50 km radius of Kerang	300
Yvette Brimacombe Memorial Youth Encouragement Award (13 - 18 years - 50 km radius of Kerang)	200
People's Choice Award - 50 km radius of Kerang	250

#### Enquiries: rotarykerangartshow@gmail.com

Art Show Coordinator Rotary Club of Kerang Inc.

Jenny Kelly 0400 571 266

#### **Entries Close Friday 15th March 2024**

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#### CONDITIONS OF ENTRY

- CONDITIONS OF ENTRY

  1. All exhibits must be the original work of the entrant and available for sale.

  2. Works must be on durable material, correctly and securely mounted, framed and wired for hanging.

  3. An entry fee of \$7.00 for each work will be charged, plus depot collection fee of \$3.00 per each work if applicable to be forwarded with the entry form. No receipts will be forwarded unless requested.

  Maximum of 10 exhibits per artist.

  4. The Rotary Club of Kerang will arrange for, and the exhibitor will permit, the publication and sale to the public of a catalogue containing all entries accepted, and the names and particulars of the exhibitors. The Rotary Club of Kerang does not accept the responsibility for any error, omission or any other defect in the production of such catalogue. The proceeds of such catalogue shall belong exclusively to the Rotary Club of Kerang.

  5. The Rotary Club of Kerang will estain 20% of the sale nrice of any exhibit sold at, or as the result of, the
- Kerang.

  5. The Rotary Club of Kerang will retain 20% of the sale price of any exhibit sold at, or as the result of, the Exhibition which the Rotary Club of Kerang shall apply for defraying the expenses of the Exhibition and for
- Exhibition which the Rouny Club of Recomposition of the Period Charitable purposes.

  6. The exhibitor shall permit his/her exhibits to remain on display for the duration of the Exhibition, Friday 29th March to Sunday 31st March 2024 until 4.30pm from which time works may be collected accompanied by a Rotarian.

  7. Individual freight charges, both forward and return, must be paid for by the Exhibitor. The committee will be a composite the exhibitor of the Period Composition of the Compositi

- return any uncollected works at the Exhibitor's expense.

  8. Acceptance of entries and display of exhibits at the Exhibition shall be at the sole discretion of the Rotary Club of Kerang, which reserves the right to refuse any entry or refuse to display any exhibit.

  9. The Exhibitor shall permit the photographing of his/her exhibit/s and the publication of such photographs in
- any newspaper or any other publication.

  10. All EXHIBITS MUST BE DELIVERED TO OUR COLLECTION CENTRES IN A SUITABLE.

In All EXHIBITS MUST BE DELIVERED TO OUR COLLECTION CENTRES IN A SUITABLE CONDITION, MUST BE DELIVERED TO OUR COLLECTION CENTRES IN A SUITABLE CONDITION, MUST BE PACKED IN AN ARTIST'S FELT BAG OR EQUIVALENT AND BE WELL IDENTIFIED ON THE OUTSIDE OF THE PACKACING.

ENTRIES NOT SUITABLY PACKACED WILL NOT BE ACCEPTED AT DEPOTS.

11. Any damage to or loss of any exhibit howsoever and wherever occurring, and whether whilst in transit, on display, in storage of otherwise shall be the sole responsibility of the Exhibitor. The Rotary Club of Kerang will take every care of exhibits and security of said exhibits, but does not accept responsibility for any such damage or loss, and advises all Exhibitors to personally insure exhibits against any such damage or loss.

12. The Rotary Club of Kerang reserves the right at its sole discretion to, at any time, and without prior notice to the Exhibitors, amend, after or vary the conditions of entry, or to otherwise act as it sees fit for the purpose and orderly conduct of the Exhibition.

13. PHOTOGRAPHY: To be mounted, framed and wired minimum size A4. (Photographs mounted but not framed will not be accepted.)

14. A pair of miniatures will be accepted as one entry.

15. The attached entry, duly completed with entry fee and any applicable depot fee, must be forwarded by Friday 15th March 2024 either:

- By email to rotarykerangartshow@gmail.com with payment by direct payment to:

- - -By email to rotarykerangartshow@gmail.com with payment by direct payment to:

BSB 633-000 Acc. No. 161 916 622 with your name as a reference.

-Or by mail to ART SHOW COORDINATOR ROTARY CLUB OF KERANG PO BOX 224 KERANG VIC 3579

REGIONAL ENCOURAGEMENT AWARD & YOUTH ENCOURAGEMENT AWARD

GANNAWARRA SHIRE. ACQUISITION AWARD.

This award is for a piece chosen by the Shire for acquisition. The Acquisition prize will be \$1,500 regardless of display price. Therefore any works entered in this section if chosen will be on the condition of sale to the Shire for the prize value only. (No commission).

PEOPLE'S CHOICE AWARD

This award is for a piece where the Artist resides within 50 kms radius of Kerang, it is voted for by visitors to the Art show on opening night Friday 29th March to 2pm Sunday 31st March 2024.

#### ENTRIES CLOSE FRIDAY 15th March 2024

After the Exhibition:  My oblities will be:  Collected from the Alaw - Baskettall Smalinn Cir Scoresby & Maxwell Sta.  Kerner on Sanday 3 to March 2024 between 4. Signa and 6.00 pm accompanied by a Reference.	Collected and Schott led open and schotted above after M and and 2 M April 2014 or as arranged with your specific days or contact.  Collected from Reasy Cibb of Kenney Chlectorin. by prior arrangement with kerny Kedy (140) 571 266  I agree with the conditions of entry: Signed:
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# Rotary Club of Kerang Inc. A368D **Annual Art Show**

Please read conditions of entry.

Please ensure the back of the entry form is filled in regarding drop off and pick up arrangements for your art work.
Details below MUST be attached to the right hand corner on the back of

each entry.

Kerang Rotary Club Art Show	Kerang Rotary Club Art Show
NAME:	NAME:
ADDRESS:	ADDRESS:
TITLE:  MEDIUM:  PRICE:	TITLE:  MEDIUM:  PRICE:
Kerang Rotary Club Art Show	Kerang Rotary Club Art Show
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