



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**¹

Of these children

55%

said they had **felt sadness**, 43% had **felt anger**, and 17% said their **mental health** had been affected¹

62%

of children were **exposed to potentially harmful online content** (graphic violence, hate messages and ways to self-harm)¹

75%

of teens aged 16-18 had **encountered online porn**, with 13 being the average age of their first encounter²

68%

of Aboriginal and Torres Strait Islander children have been treated in a **hurtful or nasty way online**³

29%

of Aboriginal and Torres Strait Islander children **experienced online hate speech** – almost triple the national average³

75%

of adults had at least one **negative online experience**⁴

1 in 6

adults had **done something negative** online to others⁴

Fewer than

1 in 3

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

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](https://www.esafety.gov.au) website



Excellamus - Let Us Excel!

Mrs. Fiona 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
Monday	4th	March	Quantum Discover Engineering
Wednesday	6th	March	Summer Sports
Thursday	7th	March	LMR Lawn Bowls
Monday	11th	March	Labour Day Holiday
Tuesday	12th	March	LMR Swimming
			GTAC (Biology) Excursion
Wednesday	13	March	NAPLAN
Thursday	14	March	NAPLAN
Friday	15	March	NAPLAN
Thursday	28	March	End of Term 1



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 often 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 22nd 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

School Photo Day - 2024

Individual package details

Premium Pack
\$56

Group Photograph as determined by your school + 1x 25.4 x 20.3cm + 1x 12.7 x 17.8cm Black and White Portrait + 1x 12.7 x 17.8cm + 4x 12.7 x 8.9cm + 4x 4.3 x 3cm + Portrait Download (Print quality)

Classic Pack
\$51

Group Photograph as determined by your school + 1x 25.4 x 20.3cm + 1x 12.7 x 17.8cm + 2x 12.7 x 8.9cm + 3x 8.9 x 6.1cm + 4x 4.3 x 3cm + Portrait Download (Print quality)

Value Pack
\$47

Group Photograph as determined by your school + 3x 12.7 x 17.8cm + 2x 12.7 x 8.9cm + 3x 8.9 x 6.1cm + 4x 4.3 x 3cm + Portrait Download (Not print quality)

Essential Pack
\$44

Group Photograph as determined by your school + 4x 12.7 x 17.8cm + 4x 4.3 x 3cm + Portrait Download (Not print quality)

Basic Pack
\$42

Group Photograph as determined by your school + 1x 12.7 x 17.8cm + 2x 12.7 x 8.9cm + 3x 8.9 x 6.1cm + 4x 4.3 x 3cm + Portrait Download (Not print quality)

* Only available when purchasing one of the packs listed above.

Gift Pack*
All 12 Items
\$15

3x Photo Bookmarks 20.3 x 5.1cm + 3x 5.1 x 3.6cm + 1x Door Hanger 25.4 x 10.2cm + 1x Photo Calendar 12.7 x 17.8cm + 4x Photo Gift Tags 8.5 x 6.4cm

Class Group Photo
Group Photograph as determined by your school
\$32

Sibling Photo Package Details

Deluxe Pack
\$39

1x 25.4 x 20.3cm + 2x 12.7 x 17.8cm + 2x 12.7 x 8.9cm + Portrait Download (Not print quality)

Value Pack
\$33

2x 12.7 x 17.8cm + 4x 12.7 x 8.9cm + Portrait Download (Not print quality)

Standard Pack
\$28

1x 12.7 x 17.8cm + 2x 12.7 x 8.9cm + Portrait Download (Not print quality)

* Only available when purchasing one of the packs listed above.

Gift Pack*
All 7 Items
\$15

1x Photo Calendar 25.4 x 20.3cm + 3x 4.3 x 6.1cm + 2x Photo Gift Tags 8.4 x 12.7cm

~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



SWIM

BIKE

RUN

2024 VOYAGE FITNESS RIVERSIDE TRI



**MINI, SHORT, SPRINT DISTANCE EVENTS
SATURDAY & SUNDAY FEBRUARY 17TH & 18TH
RIVERSIDE PARK SWAN HILL**

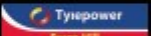
SWIM, RIDE & RUN ALONG THE SCENIC MURRAY RIVER & PIONEER SETTLEMENT.
ALL AGES & FITNESS LEVELS WELCOME. START & FINISH AT RIVERSIDE PARK, SWAN HILL.

MINI TRI
All Ages Welcome
50m Swim
2km Ride
800m Run
SATURDAY EVENING

SPRINT TRI
Individual/Team
500m Swim
21km Ride
5km Run
SUNDAY MORNING

SHORT TRI
Individual/Team
200m Swim
12km Ride
2.5km Run
SUNDAY MORNING

5KM, 15KM & 21 KM FUN RUN
Run or Walk
Pram & Family
Friendly Course
No Pets Allowed
SUNDAY MORNING



REGISTER ONLINE www.riversidetri.com.au



**CAMPS FOR
PEOPLE LIVING
WITH DISABILITY**



Adventure for All!

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

ACA - *People Outdoors*, a program of the *Australian Camps Association*, 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

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

NAME: _____
ADDRESS: _____

TITLE: _____
MEDIUM: _____
PRICE: _____

Kerang Rotary Club Art Show

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ADDRESS: _____

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MEDIUM: _____
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