

# EXCELLAMUS *'Let Us Excel'*

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

## **Cambodian Alternative Schoolies**

Where has the time gone? Our intrepid travellers will fly into the country tomorrow. They have had the most amazing time. Our group have fundraised throughout the year so that they can build houses for those less fortunate than us. The third world country of Cambodia has a very chequered past with atrocities committed beyond our comprehension. This experience and the work that they have done adds an appreciation for what we have here in Australia and a broader perspective on our 'first world' problems. I am so proud of our young people for stepping out of their comfort zone and their volunteering and social justice work.

*"I alone cannot change the world. But I can cast a stone across the waters to create many ripples."* Mother Theresa

You can follow the Cambodia Alternative Schoolies journey on their blog which is:  
<https://saltrotaryntsde.blogspot.com/2019/11/>



*"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."*

## Fit to Drive and Road Smart Programs

This week our Year 10 students participated in the Vic Roads 'Road Smart' program. Road Smart is a road safety education and training program designed to build road knowledge, skills and behaviours of Year 10 (or equivalent) students. This worthwhile program offered our young people the opportunity of:

- o Meeting with a Road Smart facilitator;
- o eLearning opportunities for students and supervising drivers; and
- o a free in-car driving lesson with a qualified instructor.



# FIT 2 DRIVE

Last week our Year 11 students participated in the 'Fit to Drive' program. This program is aimed at reducing road trauma in young people aged 16 to 25. "Our mission is to engage with young people to deliver road safety messages that will empower and support young road users (aged 16-25) to achieve zero deaths on Victorian roads."

The philosophy behind the Fit to Drive program is that they firmly believe young people have the capacity to change and influence attitudes and behaviours in relation to risky road use. The program supports young people by giving them tools and strategies to take responsibility for keeping themselves and their mates safe. The focus of the message is on the responsibilities of all young people regardless of what type of road user they are.

## Mobile Phones

Thank you, thank you, thank you to not only our young people but to you our very supportive parents/guardians. The first week of the mobile phone ban has gone off relatively smoothly. The majority of our students have discovered that they don't need their mobiles throughout the day. It has enabled them to relax while at school and focus on their school work while also re engaging with their peers. Please check with your young person to make sure that they understand the consequences for failing to follow the mobile phone ban. Remember, DET and by default Cohuna Secondary College, DOES NOT have insurance to cover any damage that may inadvertently occur. It is preferable that phones do not come to school unless required for Diabetes management!

## Head Start

A reminder that the head start program continues for students in Years 8-10 next week. There will be a number of assessments held during the week. Please ensure that your 2020 Year 8, 9, 10 student attends everyday.

*Together as partners, we can excel!*

*Mrs. Fiona Miller - Principal*



The 2020 student charges have been approved by School Council, which we are pleased to advise will remain the same as last year, **with an additional amount of \$60.00 for Years 7-10 Maths Pathways** (in place of purchasing a text book on the booklist), **as follows :-**

**Year 7-10**

|                  |                 |   |
|------------------|-----------------|---|
| Course materials | \$250.00        | (The Arts/VCD, Home Eco, Tech Studies, Textiles & Woodwork materials) |
| Maths Pathway    | 60.00           |   |
| eLearning        | 60.00           |   |
|                  | <b>\$370.00</b> |   |
|                  | =====           |   |

⇒ **Year 7 \$10.00 Technology Studies (additional item clock face)**

**Year 11/12**

|                  |                 |
|------------------|-----------------|
| Course materials | \$250.00        |
| eLearning        | 60.00           |
|                  | <b>\$310.00</b> |
|                  | =====           |

**PLUS, if subject is chosen:**

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|--|--|
| ◆ Food & Technology extra materials cost                   | \$100.00   |
| ◇ Studio Arts extra materials cost                         | \$100.00   |
| ◆ VCD extra materials cost                                 | \$100.00   |
| ◇ <b>Edrolo online resource package (p/subject)</b>        | <b>\$25.00</b>   |
| ◆ <b>Edrolo online resource &amp; textbook (p/subject)</b> | <b>\$70.00</b> (ONLY: General Maths, Year 12—Further Maths, Physics, Psychology) |
| ◇ Year 12 only—practice exams                              | \$ 20.00 per subject   |



\*\* No charge for student lockers or Meander School magazine.

**Please note** that these charges are **NOT VOLUNTARY** charges and are required to be paid in full for all students. The CSC Parent Payment Policy can be viewed on our webpage: [cohuna-sc.vic.edu.au](http://cohuna-sc.vic.edu.au) (**publications**).

**BOOKLISTS (WILL BE DISTRIBUTED in the next 2 weeks) and due ONLINE with CAMPION by Wednesday 11th December 2019** (no payment required when ordering)

**FULL PAYMENT/collection at CSC on Tuesday 21st January 2020 from 8am–5pm from the College Office.**



## Canteen News

Jodie would like to advise families that volunteers are no longer required to assist in the canteen for the rest of this year.

Thank you to everyone who has fulfilled their rostered day in the canteen during 2019.

The term 1, 2020 roster will be emailed directly to families.

## Upcoming events

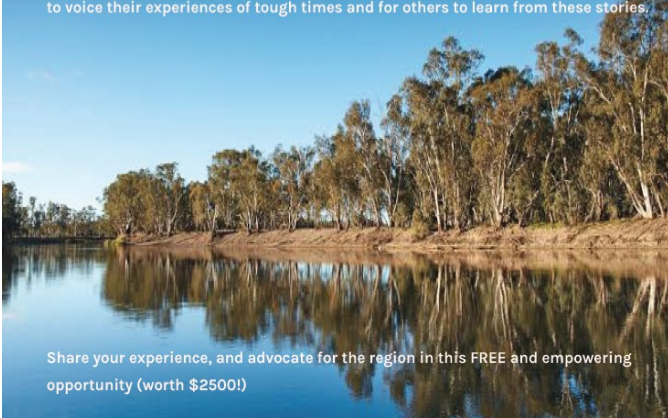
|           |      |          |  |
|-----------|------|----------|--|
| TUESDAY   | 10th | DECEMBER | ORIENTATION DAY - INCOMING 2020 GRADE 6'S                  |
| THURSDAY  | 12th | DECEMBER | ATAR RESULTS RELEASED                                      |
| TUESDAY   | 17th | DECEMBER | CSC PRESENTATION NIGHT @ MEMORIAL HALL                     |
| WEDNESDAY | 18th | DECEMBER | EOY BENDIGO EXCURSION                                      |
|           |      |          | YEARS 7 to 11 STUDENT REPORTS CAN BE COLLECTED FROM OFFICE |
| THURSDAY  | 19th | DECEMBER | STAFF FIRST AID TRAINING DAY                               |
| FRIDAY    | 20th | DECEMBER | SCHOOL CLOSURES @ 12.30PM                                  |



# Digital Storytelling Workshops: Thriving and Surviving

Swan Hill, 14 - 16 January 2020

Are you 12 - 25 and have experienced tough times? This project provides an opportunity for young rural farming community members to voice their experiences of tough times and for others to learn from these stories.



Share your experience, and advocate for the region in this FREE and empowering opportunity (worth \$2500!)

For more information and express your interest:  
Contact Rhiannon Jennings, YACVic Rural Development Co-ordinator  
rural.sm@yacvic.org.au, 0474 506 000



**TXT 'EXCHANGE' TO 0428 246 633 FOR A FREE INFO PACK!**

## WEP STUDENT EXCHANGE

**AT A GLANCE:**

- Choose from over 25 countries
- Attend school overseas
- Live with a local host family
- Learn about yourself and the world around you
- Make international friendships
- Learn a language
- Make memories to last a lifetime!

**"THIS HAS BEEN THE MOST AMAZING ADVENTURE, THERE ARE NO WORDS!" CAITLIN, CANADA**

WEP.ORG.AU    INFO@WEP.ORG.AU    1300 884 733

**NOCH**  
Northern District Community Health  
NDCH-your first port of call in the pursuit of good health!

### Family Violence Support

Last week on Monday 25<sup>th</sup> of November was the official launch of the annual **Gannawarra Goes Orange** campaign, which aims to put a stop to family violence in Gannawarra.

Statistics show that family violence rates are higher in regional and rural areas. Rates of family violence also increase during times of financial and mental stress.

Statistics show that family violence rates are higher in regional and rural areas. Rates of family violence also increase during times of financial and mental stress. **222** family violence incidents were reported in **Gannawarra** in 2018 which has **increased** from **180** in 2017.

Family violence can involve one of or many of the following:

- Physical abuse
- Controlling behaviour
- Sexual abuse
- Verbal abuse
- Emotional abuse
- Financial abuse
- Damage to the home
- Follow and stalk
- Produce fear

**Women seeking support for partner violence are most likely to ask friends or family for help.**

**1 in 3 young people don't think controlling someone is a form of violence.**

Family violence is often hidden, and victims/survivors can feel very vulnerable. It common for victims/survivors to reach out to family or friends. If you or someone that you know are experiencing family violence there are many support services available.

There is financial support up to \$20,000 to support victims/survivors of family violence. Contact the services below for more assistance.

**1800 RESPECT** is the 24/7 national family violence counselling service  
**Orange Door** Mallee 24/7 Support Line 1800 290 943  
For more information visit: [www.respectvictoria.com.au](http://www.respectvictoria.com.au)

### Emergency Contacts, Referrals & Support for Family Violence

#### Loddon Shire Family Violence Network

LOCAL

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| <p><b>Centre for Non Violence</b></p> <p>Family Violence, homelessness, prevention, protection, recovery, counselling and support.</p> <p>96 - 98 Pall Mall, Bendigo<br/><b>Ph: (03)5430 3000 or 1800 884 038 (Toll Free)</b><br/>E: reception@cnv.org.au<br/>Contact Hours<br/>9am - 5pm</p> | <p><b>Centre for Non Violence</b></p> <p><b>Women's &amp; Children's Service</b><br/>Support for Women and Children<br/><b>Ph: (03) 5430 3000 or 1800 884 038 (Toll Free)</b></p> <p><b>Men's Programs</b><br/>Opportunity for change<br/><b>(03) 5430 3000 1800 884 292</b><br/>E: mensprograms@cnv.org.au</p> | <p><b>Loddon Campaspe Centre Against Sexual Assault</b></p> <p>Provides a range of counseling, support and advocacy services, therapeutic treatment, education and training to recent and past victims/survivors of sexual assault .<br/><b>Ph: (03) 5441 0430 1800 806 292 (After hours)</b><br/>www.casalc.com.au</p> |
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VICTORIAN

|   |  |  |
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| <p><b>Safe Steps Family Violence Response Centre</b></p> <p>Provides phone crisis counselling, refuge referral, emergency accommodation, information and support for all women.</p> <p><b>Ph: (03) 9322 3555 or 1800 015 188 (Toll Free)</b><br/>24 hours/7 days a week</p> | <p><b>InTouch Multicultural Centre Against Family Violence</b></p> <p>Support for women and children from culturally and linguistically diverse backgrounds experiencing family violence.</p> <p><b>(03) 9413 6500 1800 755 988 (Toll Free)</b><br/>9.00am - 5.00pm<br/>Monday to Friday<br/><a href="http://www.intouch.org.au/">http://www.intouch.org.au/</a></p> | <p><b>Elizabeth Morgan House Aboriginal Women Services</b></p> <p>Support from crisis through to recovery for Aboriginal women and children experiencing family violence.</p> <p><b>Ph: 03 9482 5744</b><br/>9.00am - 5.00pm<br/>Monday - Friday<br/>E: kalimna@emhaws.org.au<br/><a href="http://www.emhaws.org.au">www.emhaws.org.au</a></p> |
|---|--|--|

NATIONAL

|   |   |
|---|---|
| <p><b>1800 RESPECT</b></p> <p>Sexual Assault, Domestic and Family Violence counselling and information referral service.<br/><b>National 24 hour service</b><br/>Telephone and Online</p> <p><b>Ph: 1800 732 732</b><br/><a href="http://www.1800respect.org.au">www.1800respect.org.au</a></p> | <p><b>No to Violence and Men's Referral Service</b></p> <p>Information and support for men using controlling behaviour.<br/>NSW and TAS Open 24/7<br/>ACT NT QLD SA VIC and WA<br/>Monday - Friday / Weekends<br/>8am - 9pm    9am - 5pm<br/><b>Ph: 1300 766 491</b><br/><a href="http://www.ntv.org.au">www.ntv.org.au</a></p> |
|---|---|

EMERGENCY CALL 000