

PRINCIPALS REPORT

As the term draws to an end, I find myself reflecting on the regular disruptions to the school community, local and wider communities and the impact they have on learning, business, our daily lives and health and wellbeing.

The smiling faces and animated conversations of our Year 12 students when they returned to onsite learning strengthened what staff already knew – our students are positive and have a high level of resilience.

School staff are looking forward to all students returning at the start of term four.

Sad News

Casterton Secondary College staff extend our deepest sympathy to Chantelle and her family and friends for their loss.

A letter was sent to the school community with a list of supports. The supports are listed below.

Lifeline.....	13 11 14
Headspace.....	1800 650 890
Kids Helpline.....	1800 551 800
Beyond Blue Youth.....	1300 224 636
Emergency.....	000
eHeadSpace: www.eheadspace.org.au (On line chat with mental health professional)	
Reach Out.....	www.reachout.com

Year 12 students

Our year 12 students are busy completing assignments and some are preparing for final exams which will increase stress levels.

A few hints to students who will have exams for their subjects are:

1. Organise your time

This is crucial. you cannot leave your revision to the day before the exam. This is for two reasons: firstly, there is just too much material to cover; and secondly, it is not just memorisation that is required but understanding of subjects. It is important in exams that you show your understanding of the subject material: don't just regurgitate information.

In addition, good preparation can help to reduce stress.

- Make a study schedule now so that you have enough time to revise each subject.
- Make sure your schedule covers all topics and, if possible, allows extra time for difficult subjects.
- Be as detailed as possible: write down the course section or topic rather than the whole subject.
- Set yourself a target topic for each revision session.
- Keep a revision checklist so that you're clear about what you've done, and what you still must do.

2. Organise your materials

- Collect all the material you need to review texts, class notes, reading notes, handouts, and all the completed assessment tasks.
- Identify key topics and ideas from course outlines; assignment topics; readings and questions; practical exercises; and textbooks. Which topics have been emphasised and repeated? These ones are more likely to be examined.
- Before you begin your revision for exams draw a concept map showing the key ideas of topics and the relationships between them.
- Our school is committed to supporting each and every one of our students to be the best they can be. We believe that **High Expectations** lead to improved outcomes when students leave their formal schooling.

Social Media and Cyber Bullying

Cybersmart Citizens

With holidays upon us it is timely to remind students and parents/carers about the dangers of social media and cyber bullying.

As parents we strive to keep our children safe and support them to develop strategies that will ensure they make considered decisions. In a world of ever increasing access to technology today's society is global and a "chat" is just the press of a button away. With this in mind I've included an excerpt from the Australian Government's eSafety Commissioner Website; the menu includes Parents, Kids, Diverse Groups, Women, Young People and Issues that you may like to direct your children to.

The website is about keeping safe and smart online. It provides cybersafety education and awareness for children, young people and parents, features news, resources and information about current cybersafety issues and provides practical advice about how to deal with them.

In addition to information, videos, animations and activities about how to play it safe online, the site links to comprehensive training and cybersafety resources.

Enter the site – Go to <https://www.esafety.gov.au/>

The "Young People" section provides adolescents/young adults with support and strategies to keep them safe online. Topics include online gaming; spending too much time online; banter vs bullying; trolling; keeping online account secure; catfishing and protecting your identity.

Cyber bullying refers to bullying through information and communication technologies, mediums such as mobile phone text messages, emails, phone calls, internet chat rooms, instant messaging, and social networking websites such as Twitter and Facebook. Cyber bullying is a fast growing trend that experts believe is more harmful than typical schoolyard bullying. Nearly all of us can be contacted 24/7 via the internet or our mobile phones. Victims can be reached anytime and anyplace. For many children, home is no longer a refuge from the bullies. "Children can escape threats and abuse in the classroom, only to find text messages, emails and comments from the same tormentors when they arrive home."

XUNO

Just a reminder to parents/carers that XUNO:

- includes up to date news items and information and a breakdown of attendance
- allows you quick access to your child's academic progress through ongoing assessment and reports
- is used to make bookings for interviews before parent/teacher interviews
- showcases news items and calendar events to assist parents with planning and keeping up to date with what is happening at the College

Our school website has a drop down folder which contains help sheets to support you with navigating XUNO. If you need phone support regarding XUNO, please contact the school

Mahatma Gandhi wrote:

"Keep your thoughts positive because your thought become YOUR WORDS.
Keep your words positive because your words become YOUR BEHAVIOUR
Keep your behaviour positive because your behaviour becomes YOUR HABITS
Keep your habits positive because your habits become YOUR VALUES
Keep your values positive because your values become YOUR DESTINY"

I do hope you have a safe and relaxing holiday and that you will soon be able to enjoy time with family and friends.

Take care

Meridith



Empowering the next generation of agricultural workers studying at Casterton Secondary College

Agriculture and farming is widely recognised as one of the most dangerous industries in Australia



On 29 March 2021 the National Centre for Farmer Health visited Casterton Secondary College to deliver the Gear Up for Ag Health & Safety™ program to Year 10 to 12 students as part of their agricultural studies. The program provided an opportunity for students to reflect on their current farm safety practices and discuss important health and safety topics.

89%
currently assist or work in an agricultural environment

Pre-program surveying of students provided the Gear Up facilitators insights into potential hazards and risks these students may already be exposed to and the ability to tailor the content. Students were engaged in learning through various demonstrations, interactive activities and were provided with a kit of personal protective equipment.

The need for a Gear Up for Ag Health & Safety™ program was highlighted in the pre-program survey which identified that:

95%
started helping/working on a farm or in agriculture before the age of 15 years

Most common tasks included:

- Driving a farm vehicle
- Riding a quadbike
- Working with large animals
- Cleaning animal pens

- **89%** rated their own knowledge level of farm hazards as moderate to low.
- **67%** reported not always wearing a helmet when operating/riding a motorbike and/or quadbike.
- **95%** reported not always wearing hearing protection when exposed to loud noise.
- **77%** reported not always wearing eye protection when exposed to hazards that can cause eye damage.
- **11%** reported slight level of confidence in their ability to identify someone experiencing poor mental health.
- **74%** reported worrying about the safety of family/friends/workers on farm.



Chemical contamination demonstration

Changes to knowledge and practices was established through the use of a post-program survey. Pleasingly, the following was reported from the 19 of the 24 students that attended the workshop.

Increased knowledge

- 63% - have increased understanding about what a zoonotic disease is and how they are acquired.
- 100% - have increased understanding of how rollover protection devices can protect them.
- 100% - have increased knowledge of farm hazards.
- 100% - have increased understanding of why they should wear respiratory protection.
- 100% - have some level of confidence in identifying someone experiencing poor mental health.

Improved safety practices

- 42% - increased use of protective equipment when using workshop/outdoor equipment.
- 69% - increased use of eye protection when exposed to hazards that can damage eyes.

Changes of attitudes & culture

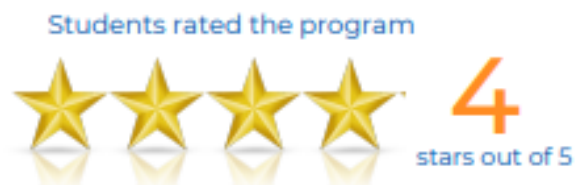
- 26% - discussed health & safety concerns with family/friends/workers on farm.
Discussion topics included: hearing & eye protection, chemicals, keeping siblings away from tractors.
- 36% - changed the way they talk about farm safety with family/friends.

Important learnings from students:

- "How often you need to wear PPE and when/where to wear it"*
- "The health of others and yourself, whether it be skin cancer or zoonotic disease"*
- "How much roll bars can stop bikes from tipping"*
- "The type of face mask needed in dusty environments"*
- "I learnt all about what ear protection helps block out specific noises and what doesn't"*
- "That mental health is just as important as physical health on the farm"*
- "Farming is more dangerous than I originally thought and there is more things that need to be taking into account when on the farm"*

50% reported the Gear Up for Ag Health & Safety program has influenced their own farm safety behaviours.

- Changes to farm safety practices included:
- wearing more safety equipment
 - moving dangerous equipment out of the way
 - wearing gloves and better respiratory protection
 - wearing better ear protection to suit the noise



"Safety is one if not the most important parts of agriculture"

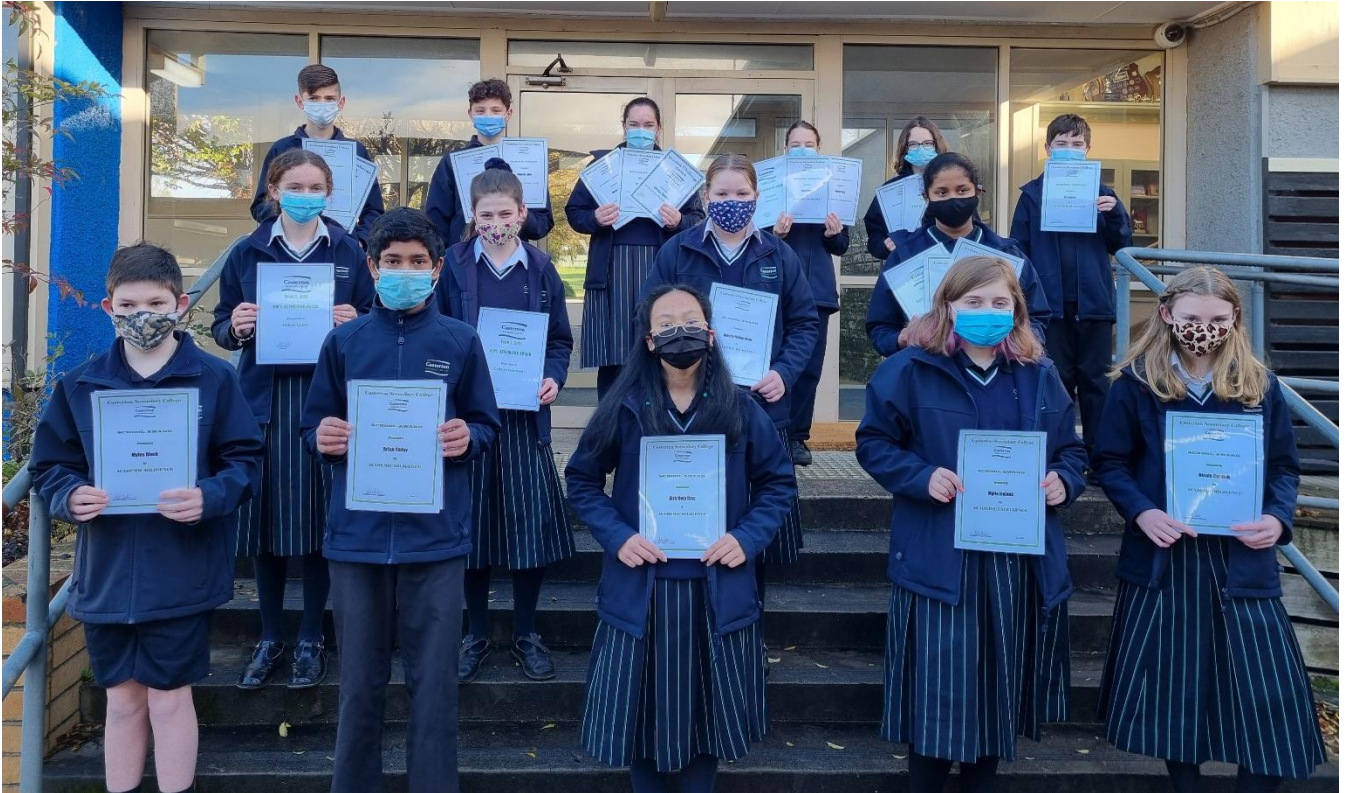
Thank you

We wish to extend a sincere thanks to Casterton Secondary College for welcoming the National Centre for Farmer Health. We look forward to continuing to make a difference to the lives of the next generation of farmers with you.

This project was funded by the Victorian Government's Smarter, Safer Farms Program



SEMESTER 1 AWARD WINNERS



Year 7 Diligence & Excellence awards winners



Selena Black, Yr 10



Ella Kerr Yr 10



Makayla Hutchins Yr 10



Ivy Lane, Yr 10

WHERE ARE THEY NOW?

STEPHANIE (Steph) MILTON

Steph started her year 7 at Casterton Secondary College in 2012, finishing year 12 in 2017.

Steph gathered some memorable accolades during her time at CSC including a Bronze Medallion for designing a wine label at the Adelaide show in 2015.

In 2016 Steph had a report published by GPAC (Gene Technology Access Centre) on GECKSKIN (Adhesive Tape).

She was also awarded Sports & Achiever of the year from Lions Club in 2017

Steph celebrated finishing her secondary schooling by being VCE DUX in 2017

Currently Steph is 3 ½ years into a 6-year course at the Adelaide University studying to become a Doctor of Veterinarian Medicine and has gained some distinctions and credits throughout her course.

Steph is currently working on publishing a paper with research on Animal and Marine derived oil as part of her degree.

It's a credit to Steph for the hard work she has put into her education to get to the place she is today and one in which she is thriving.

We are all very proud of Steph.



Year 12 Casterton Secondary College



Steph at Adelaide University

FOOD STUDIES



Aaliyah Young, Georgia McPeake & Kate Tomkins



Lemon Myrtle Biscuits

During the last week before lockdown our year 12 Food Studies students were excited to have the opportunity use indigenous spices and flavourings in their recipes.



Paul Ferreira, Yr9
Cooking in School
Chicken bites & Veg



Josh McPeake & Alex
Hornibrook, Yr9
School, Sweet Chilli Chicken
& Noodles



Yr 9 Home cooking
Felicity Hall
Lemon Drizzle Cake

PHOTOS FROM AROUND THE SCHOOL



Spring has sprung on the farm with the arrival of lots of babies.

The last of our Texel ewes have lambed. We also have the hatching of some new poultry, Indian Runner ducks and Australorp chickens



Here's the black sheep of the family

With our students in lockdown, it came down to the staff to prune our vines ready for producing the next lot of wine grapes



*Rob Walker
Applied Science Co-ordinator*



*Brett VanAs
Science Leader*



*Jeff Goodwin & Tori Beaver
Staff*

YEAR 12 STUDENTS FINALLY BACK AT SCHOOL



Year 12 students finally back at school-

Front- Chloe Humphries, Titan Smeaton, Jack Smith, Kodi McLean, Hannah Luers, Caeleigh Humphries

Middle- Georgia McPeake, Eloise Hippert, Shae Ryan, Jackson Fitzgerald, Lily Pilmore, Aaliyah Young

Back- Josh Jeffrey, Kate Tomkins, Zac Nash, Chloe Kerr

After spending most of this term in and out of lockdown, it is great to have the Year 12 students return to onsite face to face learning. In their final weeks of their final year of schooling, it is great to see the cohort together again. The amount of resilience shown throughout the lockdowns is amazing.

Eloise Hippert & Lily Pilmore back in the classroom with Science



IMPORTANT INFORMATION FOR YEAR 12 STUDENTS

SEAS

Students, parents and caregivers are encouraged to follow the application manual that was provided earlier this term. Research individual universities and TAFE's to maximise your understanding of pathways, requirements and entry methods.

Please find below a few reminders:

If there have been circumstances that have made it hard for you to do your best at study, you should consider putting in a special consideration application via VTAC's Special Entry Access Scheme (SEAS). SEAS is designed to make sure institutions get a sense of your full potential and it enables institutions to consider the circumstances you have experienced and their impact upon your studies when making selection decisions.

SEAS categories

There are four categories in SEAS. You can apply for all the categories that are relevant to your situation, so long as you apply to each category for a different reason. Further information about each of these categories is available from the links below.

- Category 1: Personal information and location. s
- Category 2: Disadvantaged financial background
- Category 3: Disability or medical condition
- Category 4: Difficult circumstances

Additional information can be found at <https://www.vtac.edu.au/access/seas.html#what>

[Organise supporting documents well in advance, refer to XUNO message on how to generate logins](#)

Applications and supporting documents close 8th of October @5.00 pm

Scholarships

Scholarships are offered by many different organisations. The four places we suggest you search for scholarships are:

- Scholarships available through VTAC
- Scholarships available through institutions
- Scholarships offered by government, community and business organisations. For example, those administered by the Victorian Department of Education and Training. To find other opportunities, search online.

You should spend some time exploring all these opportunities and apply for any scholarships you think you might be eligible for.

Additional support from Centrelink

If you receive Centrelink benefits and need to move for study, you may be eligible for a Centrelink Relocation Scholarship. Centrelink also offer a repayable Student Start-Up Loan.

Applications close 8th of October @5.00 pm

Key Dates VTAC

Applications Open		9am August 2, 2021	
SEAS Applications Close		5pm October 8th, 2021	
Scholarships Applications Close		5pm October 8 th , 2021	
Course Applications Close		5pm September 30, 2021	
Early Offers		20 th December, 2021	
First Round Offers		14 th January 2022	
Course application	Open	Close	VTAC Fees
Timely	2 August, 2021	30 th September 2021 (5.00pm)	\$42.00
Late	30 th September 2021 (5.15pm)	5 th November 2021 (5.00pm)	\$122.00
Very Late	5 th November 2021 (5.15pm)	3 rd December 2021 (5.00pm)	\$159.00

Key Dates SATAC

Courses starting in 2022

Date	Event
2 August 2021	Applications open for courses starting in 2022 (includes all teaching periods).
16 September 2021	Offer round. Offers emailed by 5.00pm.
30 September 2021	Application fees increase after this date.
30 September 2021	Final closing date for Medical Studies/Medicine (Including Bonded Medical Program), Dental Surgery, Oral Health, at the University of Adelaide. Late applications not accepted.

SATAC Fees

Course application	Open	Close	Fee
Timely	2 August, 2021	30 th September 2021	\$45.00
Late	1 st October, 2021	onwards	\$185.00

School Holiday Program

For Ages 12 -18 yrs

Mystery Activity Packs!

All packs are free!

Call me Creative:

For those who are wanting a creative outlet and don't know where to start.

This pack will include all the materials required to create an artwork these school holidays.

Cooking up a Storm:

This pack will provide you with the equipment and inspiration to get busy in the kitchen.

Ingredients that are included are **not gluten or dairy free** and may contain traces of nuts.

Get Active:

Get outdoors and enjoy being active with your friends and family these school holidays.

The Get Active pack will include equipment to allow you to enjoy the Spring weather.

Register for a pack **before the 14th of September!** Only a limited amount available!

Contact the Glenelg Shire Youth Development Team on
(03) 5522 2137 | 0400 151 447 | mmckinna@glenelg.vic.gov.au