

The Angel

Thursday 7th June 2018, Volume 14



St Mary of the Angels Secondary College

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Principal's News

Dear Parents / Guardians, Staff, Students and Friends of St Mary of the Angels,

This week's prayer is dedicated to our senior students as they begin the mid-year exam festival. We wish them well as they prepare and work through the rigors of the program during the course of the next couple of weeks.

Last Saturday evening my family and I were thoroughly entertained by an amazing performance of 'The Drowsy Chaperone'. Congratulations to everybody involved, both cast and crew. The musical comedy was simply brilliant, incredibly funny and showcased our students amazing acting and vocal skills. At times we were moved to tears with laughter. Interestingly, I cannot remember when so many people have spoken so intently, about the professional, high quality production of the show. Well done again, to everybody involved, we are already looking forward to our production next year.

Congratulations to: Mr Shannon Orlandi – Director; Miss Carmel Mills – Co Producer; Mrs Vanessa Byrnes – Co Producer; Ms Kim Carter– Musical Director; Mr James Mustey – Music Technician; Mrs Kylie Palmer and Mr Josh Hayes – Production Program; Mrs Sandy Kent for ticketing and front of house. The many hours of leadership, coordination, energy and enthusiasm to make 'The Drowsy Chaperone' an amazing show and an unforgettable experience for our students and their families is not lost on our community.

Reconciliation Mass was bathed in sunshine last Friday as we gathered with St Francis Primary School and guests on the College oval to pray for healing and hope. It was an honour to be joined by Yorta Yorta elder, Uncle Col Walker who opened the Mass with a speech about his personal connection with the area and a traditional smoking ceremony. The smoking ceremony cleanses the land and wards off bad spirits and it was a moving moment to be part of, as Uncle Col walked up the centre aisle with eucalyptus scented smoke wafting across the congregation.

Commissioned FIRE Carriers (Friends Igniting Reconciliation through Education), Natalie Russo and Kody Jackson then opened the Mass and welcomed Father Michael Grace to lead us in prayer. It was a highlight to hear Father Grace sing to us in his homily and his words about Mother Nature, Creation and the Indigenous connection to country were very poignant.

The close of the Mass saw thirty-five new FIRE Carriers, including St Francis and St Mary of the Angels College staff and students inducted around the fire by commissioned FIRE Carriers. This continuation of leadership in reconciliation was signified by the concentric circles that continue to grow around the camp fire and is a commitment of which we are very proud at the College.

Prayer:

Dear God,

I ask that you be with our senior students as they prepare for their exams and thank you Lord, for the wonderful educational opportunity that You have granted them – enabling them to undertake this course of study.

As they now prepare for their exams I pray that you would be close to them and calm their nerves and remove any anxious thoughts from their hearts, so that they may approach these exams with a clear mind and a tranquil spirit.

Help them to do their best, to answer the questions clearly and to express their thoughts lucidly. Calm any nerves I pray, and bring to mind all that has been studied.

Thank You that You have promised to be with our senior students in all things and we ask that you stay very close during this time.

In Jesus name I pray,
Amen

Our Year 9 students left us all with a rousing rendition of Briggs' 'The Children Came Back' and it was a credit to the Performing Arts staff and the Year 9 team to see our students so engaged.

I'd like to commend all staff and students for their input on the day and thank the special guests, including Uncle Col Walker, for their attendance.

Finally as the days become shorter and winter closes in, it is a good time to remind all to take care of our own wellbeing and that of our family and friends. As we approach the mid-year break, we need to take care of our many responsibilities in an organised, timely and balanced way. Our students, your sons and daughters, are currently completing end of unit assessment tasks, preparing for exams and juggling other external commitments. The staff are busy assessing, reporting, completing LA interviews and preparing for the second semester. I urge everybody in our community to walk gently and be mindful of your own wellbeing and of those around us. This busy period in time will pass and the mid-year break will re-energise, re-motivate and refresh our minds and bodies.

With Peace and Goodwill,
Matt Carver

Reconciliation Mass



F.I.R.E Carriers

Important Dates:

11 June	Queen's Birthday Public Holiday
12 June	Year 11 Exams begin Year 9 Local Immersion
13 June	Year 10 Exams begin
19 June	Intermediate Football
20 June	Year 8/9 Outdoor Adventure Snow Trip
21 June	College Social
22 June	STUDENT FREE DAY Data Entry Day
26 June	Senior Basketball Grade 6 Transition Day
29 June	Last Day of Term 2
TERM 3	
16 July	STUDENT FREE DAY: Staff professional learning
17 July	First Day of Term 3 for students
18 July	Boys' Night Out
24 July	STUDENT FREE DAY: Staff spirituality day
30 July	Year 9 Lake Mungo Immersion group depart
6 Aug	Year 9 Grampians Immersion group depart
13 Aug	Year 9 Rubicon Immersion group depart
15 Aug	Year 9 Yipirinya Immersion group depart Year 9 Bililuna Immersion group depart
22 Aug	Year 9 One Arm Point Immersion group depart
29 Aug	Year 12 Parent Dinner
2 Sept	Year 9 Kakadu Immersion group depart
13 Sept	STUDENT FREE DAY: Learning Advisor Interviews

For more important dates visit the College website term calendars at <http://www.smotanathalia.catholic.edu.au/parent-information/term-calendars.html>

Deputy Principal's News

Chris Dainton

Deputy Principal - Catholic Identity

The past two Thursdays have seen our Year 7's and Year 8's attending Parish Mass during Community Time. This opportunity allows for our students to connect their understanding of faith from the classroom to the sacred space of Church. One teacher commented that the reading from Mass was in direct connection to the topic of study that her class was currently undertaking and how compelling that was for the students.

The Mass also allows for our students to worship with our local community. Our Year 7's were joined by students from St Francis Primary School who look up to the 'big kids' and our Year 8's received communion or a blessing from a local parishioner who acted as a Special Minister. These experiences hit on the real heart of religion for me, which is all about community. We pray, reflect, speak to God, commit to peace, sit at the Lord's table not in isolation but together. At its best, religion is a shared experience.

The Mass also highlights the best of who we are as a College. Our Year 7's and Year 8's, along with their teachers, should be extremely proud of their conduct and commitment during Mass. Further to this we see a peak into the future where young leaders are emerging. Readers of scripture and the Prayers of the Faithful, along with offertory presenters step up and shine in front of God and in front of all of us. We are witness to the next generation of Catholic leaders who like Saint Clare and Saint Francis can change the world.

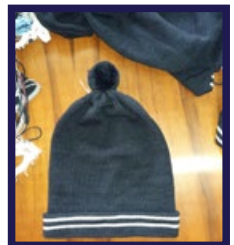
Social Justice News

SMOTA Beanies

Ruth Bakogianis, Social Justice Leader

St Mary of the Angels students will soon be able to buy a school beanie. The beanies are being made at the Tikaperu workshop to match our school scarves.

Tikaperu is a women's workshop in Lima Peru, which was started by the Sisters of Mercy. It provides a social enterprise where poor women can work making knitted items and use the proceeds to feed and educate their families. The beanies may only be worn to and from school and at recess and lunchtime when the weather is very cold. They will not be permitted in class or at official school functions.



The beanies are now available from the school office at a cost of the \$10.00. All of this money goes directly to the women in Lima, via the Sisters of Mercy.

Pictured are some photographs of the beanies and the women in Peru making them.

Bev Thorp

Assistant to the Principal - Learning and Teaching

NATIONAL DAY OF ITALY – LANGUAGES LAUNCH

Our College Languages' Program involves all Year 7 students in 2018 in the study of Italian, and students in both Year 7 and 8 in 2019. Hopefully, students will elect to continue their language studies through the Year 9 and 10 elective program with the potential to study Italian as a VCE subject. As a launch to our Languages Program, students celebrated the National Day of Italy this week. All Year 7 classes have been involved in some fun class activities including playing 'Twister' with Italian instructions, and other short games using Italian terms for numbers and parts of the body. This builds upon their Bocce experiences across the semester for which we are extremely grateful for the hospitality of the Kyabram Bocce Club.

Lunch on Monday was an entertaining celebration with representatives from each homeroom participating in a pasta eating competition – without using their hands. With a wonderful crowd of onlookers, and bags to prevent the homemade bolognese sauce from staining their uniforms, the winner was Will Johnson of Year 9. Certainly the left-over pasta that was given away (with plates and forks) was greatly appreciated by the onlookers and disappeared very rapidly! Students are also invited to participate in a photography competition celebrating the contribution of Italians to our community. Congratulations to all students for their involvement and to Mrs Dani Blain for her organisation.

EXAMS AND GAT

Our Year 10 and 11 students should be steadily revising in the lead up to their mid-year exams which started with the Year 11 English Exam last week and continue this coming week. An exam timetable is included (page 6) with this newsletter. Students are advised to make the most of their revision time by:

- preparing summaries of notes
- constructing concept maps and flowcharts, glossaries and study cards
- reviewing teacher comments on previous work, making sure that common errors are not repeated
- using online video tutorials (e.g. Edrolo) and quizzes
- attempting practice questions and trial exam papers
- working with others in a study group, testing and explaining concepts to each other (also use parents or siblings to test you, or to practise explaining a concept).

Students should also be clarifying ideas and concepts with teachers, ensuring that they have all required equipment beforehand, and double checking when and where their exams are being held. All students should be maintaining good eating habits, taking regular breaks, keeping hydrated and having a good night's sleep before an exam rather than trying to cram to the early hours. A little preparation can make a huge difference to your confidence and preparedness in any assessment situation.

Year 11 students will sit exams in each of their Unit 1 subjects, and Year 10 students will sit exams in English, Mathematics, Science, Humanities and Religious Education. Students in Year 10 who fast-track a VCE subject will also need to sit the appropriate Unit 1 exam. Please note that VET classes will run as normal on Wednesday 13th June, with the exception of those students who are required to sit the GAT. Semester 2 for all Year 10 to Year 12 students will begin on Monday 18th June.

The General Achievement Test, or GAT, will be held on Wednesday 13th June. The GAT is a three-hour test of general aptitude and must be sat by every student who is completing a Unit 3/4 subject. The GAT is used to establish a derived score in the unlikely event that a student cannot sit their end of year exam (usually due to illness). It is therefore vitally important that students take the GAT seriously and try their best. Students with any questions about the exam process or GAT should speak with myself or our Senior School Leader, Ms Michaela Brooks.

SUBJECT CHANGES

Some students may be considering changing subjects in Semester 2. Any students wishing to change a VCE subject will need to see me to collect the appropriate form. Subject change forms will be accepted from June 12th until the end of Term 2 so that all students will be in their new subjects by the beginning of Term 3. At all times, we encourage discussion between the student and the teachers concerned, our Pathways' staff and parents/guardians to ensure that each student is making the best choices for his/her future pathways.

Any students who wish to change a Year 8, 9 or 10 elective should see Josh Hayes in the library during lunchtimes during the last two weeks of term. It should be noted that subject changes will only be permitted where class sizes allow. All students are more than welcome to discuss their subject selections with myself or other staff at any time.

YEAR 10 & 11 EXAM TIMETABLE, SEMESTER 1

All exams for Year 11 SMOTA subjects will take place in S2 - S3.
Exams for most Year 11 NSC subjects will take place at NSC as indicated.

All Year 10 Exams will take place in the Ladywell Centre.

Year 11 students who do not have an exam are to study in the Senior Centre

***Students wanting to make alternate arrangements or sit a catch-up exam must see Mrs Thorp.

DATE	PERIODS 1 & 2	PERIODS 3 & 4	PERIODS 5 & 6
	READING TIME: 9.00 - 9.10 WRITING TIME: 9.10 - 10.40	READING TIME: 11.10 – 11.20 WRITING TIME: 11.20 – 12.50	READING TIME: 1.40 - 1.50 WRITING TIME: 1.50 - 3.20
Wed June 6	Unit 1 Exams Block 1: English 9.00 – 12.15	Unit 1 Exams Block 1: English 9.00 – 12.15 Supervised break 12.15 – 12.30 by p 4 teachers then into p4	Year 11: Normal classes
	Year 10: Normal classes		
Thurs June 7	Normal classes		
Frid June 8	Normal classes		
Mon June 11	Queen's Birthday Public Holiday		
Tues June 12	Unit 1 Exams Block 2: General Maths (CPR) Physics Psychology (JT) Food Studies at NSC Sociology at NSC	Year 11: Normal classes (study)	Unit 1 Exams Block 3: Biology (MM) History Spec Maths (Tech) Health HD (KWatkins) at NSC
	Year 10: Normal classes (study)	Year 10: RE	Year 10: Normal classes (study)
Wed June 13	GAT 10.00 am- 1.15pm Normal Year 12 classes – supervised study p1 Normal VET classes Normal Year 11 classes (study)	GAT 10.00 am- 1.15pm No Year 12 classes Normal VET classes Normal Year 11 classes (study)	Normal Year 12 classes – supervised study Normal VET classes Normal Year 11 classes (study)
	Year 10: Normal VET classes Normal classes (study)	Year 10: Outdoor Ed Unit 1 – in normal class Normal VET classes Normal classes (study)	Year 10: Normal VET classes Normal classes (study)
Thurs June 14	Unit 1 Exams Block 4: Business Mgt Chemistry Health HD (NBN) Drama Media at NSC Psychology (LBooth) at NSC	Year 11: Spec Maths (Technology free) 1 hour Normal classes (study)	Unit 1 Exams Block 5: RE 1 & 2 RE 3 & 4 Youth Ministry Study Supervision (Call to Action students)
	Year 10: Normal classes (study)	Year 10: Science	Year 10: Maths
Friday June 15	Unit 1 Exams Block 6: Art Math Methods Gen Maths (DScadden) at SMOTA Physical Ed (KWatkins) at NSC D&T – Wood at NSC	Year 11: Normal classes (study)	Unit 1 Exams Block 7: General Maths (NB) Legal Studies Literature Physical Ed (MD) Biology (CBarnard) at NSC
	Year 10: English 9.00 – 11.15	Year 10: Supervised break 11.15 – 11.40 by p3 teachers then into p3 Normal classes (study)	Year 10: Humanities

Deputy Principal's News

Tim Campbell

Deputy Principal - Student Wellbeing & Development

AUSTRALIA'S BIGGEST MORNING TEA

On Thursday 24th May the SRC hosted the Australia's Biggest Morning Tea in the Year 9 building. Scrumptious food was donated by staff members, students, parents and our incredibly talented VCAL students. The SRC did an amazing job raising over \$300 – a huge effort! Money raised on the day will be shared between the Cancer Council Australia and SRC. Thanks to everyone for their efforts, contributions and support on the day.

FRANCISCAN STUDENT LEADERSHIP PROGRAM

After a successful program over the last two years, the College again will be running its Franciscan Student Leadership program in 2018. This program will take place on Wednesday evenings after school and will run for the first five weeks in Term 3. The program is targeted at our Year 10 and Year 11 students who are wanting to build their leadership skills and fulfill their leadership potential. Application forms are available from Student Reception. For further information please see Mr Campbell.

COMBINED SCHOOL SOCIAL

Time is fast approaching our annual Combined School Social which is shared with Nathalia Secondary College. Each year the schools take in turns organizing this wonderful event, with this year's event being hosted by NSC. This year's theme is "Australiana", with the event taking place on Thursday 21st June (Week 10). With Friday being a student-free day, students will be able to dance the night away and have a great time after completing their mid-year exams. Resident DJ, Jayk Lowndes, will be the major act providing the music on the evening with help from the amazing Fiona Byrnes and DJ Mustey. Tickets are available now and a reminder that bus tickets will need to be purchased early to avoid disappointment. For families new to the College, some of our College buses will run on the evening of the Social to ensure our students arrive safely and get home safely.



COMPUTER/PHONE CONCERNS

Over the past few weeks, there have been a number of issues around computer and phone usage across the College. A reminder to parents/guardians and students:

- Mobile phones can be brought to school; however, they must be either switched off and/or placed in lockers for the day. Use of mobile phones during the school day is strictly prohibited.
- Accessing inappropriate websites during school time will result in consequences and loss of computer privileges. This includes social media, games and betting websites.

Please have a conversation with your child about appropriate use of computers and phones at school.

13 REASONS WHY

In recent weeks the media has given much attention to the recently released second season of the series, "13 Reasons Why". We as a school are aware that a high number of our students (some as young as Year 7) have watched all or part of the series, which is currently available on Netflix. The mini series revolves around the aftermath of a teenage girl's suicide and was made available in Australia last year (the second season has been just released). The media has rightly focused on concerns raised by parents, mental health organisations and advocates. One of Australia's peak mental health organisations, "Headspace", has issued a warning about the impact of the series and some of the graphic scenes. These scenes can be triggers for young people; of particular concern is the graphic depiction of rape, sexual assault, bullying and suicide. "13 Reasons Why" is rated MA 15+ in Australia and is based on the young adult novel of the same name. The disturbing aspects of the series include the graphic depiction of the above named events, as well as the blaming of others and the lack of communication between adults and young people. It is important that we educate our students about the differences between fictional shows and the real world, as well as the importance of communicating with others when things are difficult in our lives. The most important ongoing message in relation to the issue of suicide is stressing to our young people to talk to a trusted adult.

Attached to this newsletter is some information provided by "Mental Health First Aid Australia" and "Headspace" in regards to the series, as well as support agencies that are available to families and young people.

We as a school do not endorse any element of the series but have found the need to communicate openly with our school community so that our parents/guardians have the resources available to support their child.

For further concerns or questions please contact any members of our wellbeing team.

St Mary of the Angels aims to provide a safe, supportive and welcoming environment where all students can flourish.



13 Reasons Why: Important talking points

- It's important to remember that *13 Reasons Why* is a fictional story and many aspects should not be taken as a reflection of real life.
- If a person dies by suicide, they are not there afterwards to observe the aftermath. Because of the way Hannah's story is told, it often feels like she is there watching and seeing how the story unfolds. Some young people may view suicide as a way of punishing someone or getting revenge, however they need to understand that a person who suicides will never see or know how things turned out after their death.
- Young people who find that they can identify with Hannah, her life experiences, and thoughts of suicide, need to know that there is help available.
- The poor way the school counsellor reacted to Hannah's statement that she had been raped, and his lack of attention to her, such as taking a phone call during their session, is not typical of counsellors. Counsellors are professionals who are trained to listen and provide help, and seek additional support for a person if needed.
- A young person who believes that adults can't or won't help because of the show's themes need to be encouraged to be persistent. It's a matter of finding the right person, and there are many suitable people who can help.
- Keeping secrets about traumatic events such as rape and bullying is never okay. When these things happen, there are people who can help. Keeping secrets can delay a person's recovery.
- Suicidal thoughts are painful and difficult to endure, but most people who have thoughts of suicide don't act on them. A young person who feels like there are no other options left needs to hear that there are *always* other options.
- Young people who have lost a friend to suicide need to know that there is no one to blame in a situation like this. Young people who feel guilty need support and counselling.
- People can learn to recognise some of the signs that indicate a person is at risk of suicide. If a young person thinks that a friend is at risk of suicide, they should ask the friend directly e.g. "Are you thinking about killing yourself?" If the answer is yes, they need to get an adult involved right away.
- Though it is normal to feel guilt when a friend suicides, no one is to blame for another person's suicide. Young people may point to characters in the show, particularly the classmate who raped Hannah, and those who bullied her, and say that these characters are responsible. While those characters are guilty of the things they did, and should face legal consequences, this is not the same as being responsible for her suicide.

If a young person is distressed and in need of support, they can call or visit:

- Kids Helpline (1800 55 1800) or kidshelpline.com.au
- eHeadspace (1800 650 890) or eheadspace.org.au
- Lifeline (13 11 14) or lifeline.org.au

Mental Health First Aid Australia is a national not-for-profit charity that provides training to adults who live and work with young people (Youth Mental Health First Aid) and young people themselves (teen Mental Health First Aid) to build knowledge, skills and confidence in how to help a person experiencing a mental health problem or crisis. In addition, specific suicide first aid training is available (Mental Health First Aid for the Suicidal Person). Suicide first aid guidelines are available on the website.

For information, visit mhfa.com.au

How to talk to young people about *13 Reasons Why*

headspace School Support has received a growing number of concerns from schools and parents across Australia about the recently aired Netflix series *13 Reasons Why*. The series, which depicts a young woman who suicides after outlining 13 'reasons' for her death, has divided opinion in Australia. While some people believe the show allows for authentic conversations about suicide, others believe the show exposes viewers to harmful suicide messages and imagery.

headspace shares the concerns expressed by other youth mental health services about the potential risk the series poses to the wellbeing of young people. As many young people are currently watching the series, it is important that teachers and parents are aware of the risks associated with the content, and are prepared to discuss these with young people who have been exposed to it in a way that:

- avoids normalising or glamorising suicide
- supports young people to manage their emotional responses to the show
- empowers young people to seek appropriate information and support for their difficulties, where necessary.

To guide conversations with young people about the suicide content covered in the series, the table below outlines some of the main concerns that have been raised about the show along with suggestions for how to respond to these appropriately. **Note:** these talking points can be modified to suit the young person's age and circumstances.

What are people concerned about?	What does the research say about this concern?	How can I talk to a young person about this?
1 By providing clear 'reasons' why a person would suicide, the show suggests that suicide is 'reasonable' if certain criteria are met.	Young people who have experienced similar problems may start to view suicide as a reasonable option. This approach also disregards the experience of those who cannot identify obvious reasons for their distress or suicidal thoughts.	<ul style="list-style-type: none"> • Reiterate that suicide is not a common or helpful response to life's challenges, and that there are always better ways to deal with problems, no matter how hopeless they may seem. • Encourage young people who are going through a tough time to try the headspace Tips for Looking after Your Mental Health and Wellbeing and to seek support from friends, family and/or professional services if things don't improve (a list of services is provided below). • Remind young people that any feelings of distress are valid and warrant support, whether there is a specific reason for these feelings or not. • Acknowledge the range of factors that may increase a person's risk of suicide, including mental health issues.
2 The show doesn't encourage young people to seek help for their problems. Adults are portrayed as incapable or unwilling to help, and the only experience of help seeking in the series is negative.	Research shows that young people can often be reluctant to seek professional help and need to be encouraged to seek support from appropriate sources. Failure to seek help can significantly delay a person's recovery.	<ul style="list-style-type: none"> • Remind young people that support is available to them for any type of issue. • Explain that the way the guidance counsellor responds to the main character's thoughts of suicide is not appropriate and not typical. Counsellors are trained to listen and provide support. • Encourage young people not to give up if their first experience of seeking help is not effective – it's important that they find someone they trust and feel comfortable with. • Point out the range of supports available to them, whether it be friends and family, a trusted adult (e.g., a teacher, school counsellor or family doctor) or a mental health service (see list below). • Support them to seek help, if necessary.
3 The show exposes viewers to a highly graphic and confronting suicide scene, inclusive of the method and means of suicide.	Research clearly shows that exposure to detailed descriptions of suicide can be overwhelming and distressing for young people, and can increase the risk of imitation by vulnerable young people.	<ul style="list-style-type: none"> • Acknowledge that young people may be distressed by the show and that these feelings are normal. • Give young people the opportunity to talk through their emotional responses to the show and how they can manage these feelings. Be alert to at risk young people that might need additional support. • Remind young people to be sensitive to the feelings of others when discussing suicide, including on social media, given the impact that detailed descriptions of suicide can have on at risk young people. • Encourage continued participation in enjoyable activities (such as sports or hobbies) and contact with supportive family and friends.
4 By citing people's behaviour as 'reasons' for the suicide, the main character makes others feel responsible for her death.	Research shows that people who have been affected by suicide frequently experience blame and guilt, and can complicate their ability to recover.	<ul style="list-style-type: none"> • Reassure young people that suicide is never the fault of others, and there are resources and support groups for survivors of suicide. • Explain that suicide is complex and that many people who suicide experience mental health difficulties, such as depression, at the time of their death. This can make them feel hopeless and impact on their ability to think clearly and rationally. • Remind young people to seek support from a trusted adult if they think that someone is at risk of suicide.
5 The show portrays suicide as a way to 'teach people a lesson'. This can trigger a debate about whether the suicide was a 'heroic' or a 'selfish' act.	These judgements are neither accurate nor safe representations of suicide for young people.	<ul style="list-style-type: none"> • Emphasise that suicide is never a heroic or romantic act – it is a tragedy and has a devastating and far-reaching impact on others. • Avoid judgemental language that may glamorise or sensationalise the suicide, or reinforce negative stereotypes about the suicide as a 'selfish' or 'immoral' act.
6 The series gives the impression that main character able to witness people's reactions to her death and achieve her desired outcome.	This approach fails to demonstrate the permanence of suicide.	<ul style="list-style-type: none"> • Remind young people that suicide is final and that people who suicide do not get to witness other's reactions or experience a sense of resolution.

For more information or support, talk to **headspace** School Support staff or visit [headspace School Support](#).

These links provide further information about how to support young people:

- [Grief – How a Young Person Might Respond to a Suicide](#)
- [How to Talk about Suicide with a Young Person](#)
- [If Your Friend is Not Okay](#)
- [Managing Social Media following a Suicide](#)

These services provide immediate support for distressed young people:

- [Lifeline](#): 13 11 14 or lifeline.org.au
- [Kids Helpline](#): 1800 551 800 or kidshelpline.org.au
- [Suicide Call Back Service](#): 1300 659 467 or suicidecallbackservice.org.au
- [eheadspace](#): 1800 650 890 or eheadspace.org.au

Daniela Blain, LOTE Team Leader

Although usually celebrated on June 2nd, The National Day of Italy was celebrated on Monday June 4th at St Mary of the Angels. The Year 7s participated in a game of Twister in their regular Italian classes and enjoyed a gelato, the Photography Competition drew to a close and a rather messy Pasta Eating Competition capped off the day at lunchtime.

The game of Twister was played with Italian instructions. Students eventually sorted out their sinistra (left) from their destra (right) and managed to balance themselves in all manner of poses on their Twister boards.

The Pasta Eating Contest drew interest from senior and junior students alike. Held at the start of lunchtime, the challenge was to finish eating a bowl of spaghetti bolognese without the use of the student's hands. The first to achieve this was Will Johnson (pictured below right) who incidentally held this title in his junior years.

The results are as follows:

- 1st Will Johnson
- 2nd Bailey Platfuss,
- 3rd Jase Beckett
- 4th Clancy Lester



Congratulations also to Jorja Eddy and Jennifer McKenzie who took out First Prize in the Junior and Senior categories of the Photography Competition. Their prize-winning photographs are currently on display in the College Library.

And, last but not least, a big thank you to Janet Brooks, Bev Thorp, Jessica Trottman, Albatool Abdulamir of Year 8 and Kylie Palmer for their assistance.



SPARK News



KIND

Do the right thing even when nobody is looking

**Alison Dietrich,
Positive Behaviours' Leader**

DO MANNERS STILL MATTER?

Manners are constantly changing from one century or one generation to the next. For example, a handshake originally was meant to show that men were not carrying a sword or dagger in their hands. (Source: <https://childdevelopmentinfo.com/ages-stages/school-age-children-development-parenting-tips/manners/#.Wwota1OFNPN>)

**GOOD
MANNERS
— and —
KINDNESS
ARE ALWAYS
IN FASHION**

A simple form of kindness is in the use of manners. At SMOTA, we actively teach students to use their manners. Words such as hello, please and thank-you demonstrate to the recipient that they are valued. While custom and common sense are important ideas behind manners, it is consideration that is the most important idea. Consideration is simply thinking about the feelings of others; a perfect way to show kindness to someone else. Using good manners helps us to do this.

Excerpt taken from 'Manners are a sensitive awareness of the feelings of others' by Emily Post.

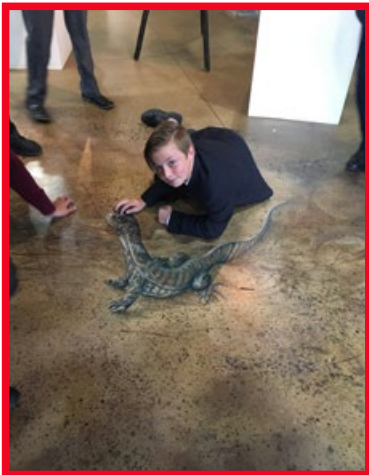


DON'T MAKE HISTORY A MYSTERY

Jane Hando, Senior English

As part of our project based learning focus on Vikings, Year 8 this week students visited the Barmah Heritage Centre. The purpose of the visit was to examine the way that museum exhibits are curated. Students were asked to consider the layout of the space at the Heritage Centre and to think about the organisation of the display as a whole. They were informed about the ways in which displays can be arranged either chronologically or thematically.

Students are currently researching their project ideas. Exhibits will showcase a diverse and eclectic representation of Viking life. Replica fishing nets, amber bracelets, landscape paintings of Scandinavia, turf houses, and examples of Viking cooking, are areas of interest being investigated by students.



The culmination of the project-based learning focus will be in Week 10 of this Term. The Year 8 group will arrange their replica 'artefacts' in their very own Viking exhibit. The exhibit will be installed at the Nathalia Library and will be available for public viewing.



English News

VCAA Plain English Speaking Award

Jane Hando, Senior English

The VCAA Plain English Speaking Award drew students from across the Goulburn Valley to compete in the regional final at McGuire College on Tuesday the 5th June.



Representing St Mary of the Angels College, Year 12 students Riley Wilson and Maria Gilroy spoke passionately about issues close to their heart; Vegetarianism and Abortion.



The six-minute format required students to speak with conviction about a topic of their choosing. The diversity of topics covered provided for interesting listening.

A focus on why we need to include different types of oil in our diet, the contentiousness of violent video games and their residual impacts, along with a strong emphasis on environmental issues, reflected the great range of issues explored.

Following the six-minute prepared speech, students were required to deliver a three-minute impromptu on the open-ended statement 'Time to make a decision...'. This too, generated a diversity of responses from personal reflections about the post-school future, to attacks on apathetic complainers who lament the inaction of polities, to the assertion that we should stop prioritising our own needs and think about the needs of the collective.

In the end, Maria's impassioned anti-abortion speech along with her well executed impromptu, won the judges over. Speaking with authority, Maria drew on a personal anecdote, as the daughter of a mother who has thirteen children, to implore the audience to accept her anti-abortion position. Well done to Riley who was equally convincing in his espousal of Vegetarianism.

Maria will now go on to compete in the semifinals of the competition to be held in late June at Treasury Place in Melbourne.

The Drowsy Chaperone

A MUSICAL WITHIN A COMEDY.



THE CAST

Man in Chair	Digby Bunnett
The Drowsy Chaperone	Josephine Direccion
Janet Van De Graaf	Maddison Pawlowicz
Robert Martin	Phoebe Timmis
George	Jessee Champion
Aldolpho	Riley Wilson
Feldzieg	Monica Gilroy
Kitty	Olivia Lucas
Mrs Tottendale	Beth McLeod
Underling	Harry Altoft
Pastry Chef #1	Nikita Pawlowicz
Pastry Chef #2	Cassie Brooks
Pastry Chef #4	Zoe Germon
Pastry Chef #3	Natalia Morgan
Trix	Charlette Nielsen
Electrician & Ensemble	Taleea Long

ENSEMBLE

Meg Brooks	Zara Limbrick
Kate Buha	Tayla Magill
Grace Eddy	Rachael Matthews
Sam Fooks	Kaley North
Molly Jackson-Hulm	Milla Opray
Ella Johns	Jacinta Slatteirie
Natalie Hobbs	Felicity Tickell
Bree Kent	Darcy Young



St Mary of the Angels Secondary College

Chapel Street, Nathalia, Victoria, 3638

Ph: (03) 5866 2222 | Fax: (03) 5866 2471

Email: info@smotanathalia.catholic.edu.au | Website: www.smotanathalia.catholic.edu.au



DIRECTOR: Shannon Orlandi

CO-PRODUCERS: Vanessa Byrnes & Carmel Mills

MUSICAL DIRECTOR: Kim Carter

Back Row (L-R): Ruby Wyatt-Carter, Jorja Eddy, Kallum Green, Kaleb Clarke, Bradley Skidmore, Matthew Slattery.

Fifth Row: Darcy Young, Kaley North, Charlette Nielsen, Grace Eddy, Sam Fooks.

Fourth Row: Monica Gilroy, Olivia Lucas, Riley Wilson, Phoebe Timmis, Jesse Champion, Meg Brooks.

Third Row: Zoe Germon, Nikita Pawlowicz, Cassie Brooks, Natalia Morgan, Harry Altoft, Beth McLeod.

Second Row: Natalie Hobbs, Tayla Magill, Josephine Diretto, Maddison Pawlowicz, Bree Kent, Rachael Matthews.

Front Row: Felicity Tickell, Ella Johns, Taleea Long, Digby Bunnett, Zara Limbrick, Kate Buha, Molly Jackson-Hulm.

Absent: Emily Bell, Milla Opray & Jacinta Slatterie.



St Mary of the Angels aims to provide a safe, supportive and welcoming environment where all students can flourish.

SMOTA Footy Tipping

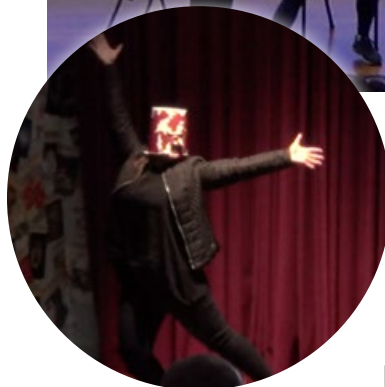
Mark Oliver

Parent & Friend of the College

We've reached the half way mark of the footy tipping season. Bev Young is holding on to first place on the ladder with a two-point buffer between Gerry Clifton and Sheryn Halden. The rest of the ladder will be hoping for some perfect tipping to work their way up to take out a 1st, 2nd or 3rd prize. At the moment Emiel Warmerdam looks set to have a return on his entry money.

SMOTA FOOTY TIPSTER	TOTAL
Bev Young	67
Gerry Clifton	65
Sheryn Halden	65
Mark Oliver	63
Phillip Morris	62
Cooper & Brett Doyle	61
Bonney Hindson	60
Kevin Payne	60
Grace Eddy & Family	59
Logan Bond	58
Nicola Oliver	58
Mick Macheda	57
Ringer Bell	57
Karl Hindson	57
Keith Hindson	57
Carmel Payne	57
Matt Carver	55
R & K Cats	55
Andriana Oliver	54
Jack Hindson	54
Adam Walpole	53
Anthony Oliver	53
Aleah	51
Emiel Warmerdam	45

The Arts



VCE GET DRAMATIC

Kim Carter, Music

On Thursday 24th May, the VCE Drama students performed their ensemble performances to family and friends. There were many laughs and tears as the two groups, Ned Mockery and Whoah Nelly, performed their devised productions. Based on the stimulus of Ned Kelly's life and death, and 'Bohemian Rhapsody' by Queen, the two groups were able to construct half-hour performances that covered a set list of criteria. There were no pre-existing scripts – the students had to make it all up themselves!

Traditionally, theatre has a clear storyline and characterisation; however, these performances were devised with the theatre-style of Epic Theatre in the forefront. Epic Theatre requires a purposeful break of the fourth wall and an alienation of a suspension of disbelief. The actors want you to know they are acting onstage and are not the real embodiment of their characters. To achieve this, students may break character, pretend to forget lines, say odd things at odd times, or play inappropriate music at inappropriate times. The audience is to become the spectator, judging the action onstage rather than developing an emotional connection. Both performances were huge successes and hits with the audience. The students are extremely proud of their achievements.

Thank-you to the families and friends of SMOTA for supporting the Performing Arts and for supporting the VCE Drama class.

PAM changes

Important notice:

Dear Parents & Guardians,

As noted in previous newsletters student information is now on PAM. As part of this change we require that all student information and medical data, even if students do not have medical requirements, be updated.

If you have any questions please contact the College Office on 5866 2222

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“Food and Fibre” at Dookie

St Mary of the Angel Year 10 students journeyed to the University of Melbourne Dookie Agricultural College last Friday 25th May, to gain a very thorough insight and “hands-on” experience into Australia’s largest and rapidly growing global food and fibre industries.

In an extremely well-organised event, Melbourne University and GoTafe educational and industry staff provided very informative and expert advice in the following areas:

- Beef and Dairy
- Wool and sheep
- Horticultural Production
- Horticultural Conservation
- Genetics
- Hydroponic Science and Technology
- Soil Conservation
- Drone Technology
- Veterinary Science
- Tractor and Transport Technology

All students enjoyed latest updates in rural technologies plus an entertaining overview of age old, tried and proven techniques that kept them enthusiastic and intrigued all day.

In what was a very entertaining lunch time period this year, some 14 secondary schools were invited to enter teams into an “Agricultural Knowledge and Hands-on Activities” relay. After a very competitive event with students having to encounter untying rope knots, managing drenching guns and stacking hay, St Mary’s were “just pipped” at the finishing post, coming a very respectable fourth. Congratulations to Meg Brooks, Emily Kraft, Kallum Simpson and Chad Littlejohn for a great team effort.

Three of our students were also interviewed by local media. James Grant was interviewed by WIN Television News while Meg Brooks and Kallum Simpson provided their views on the day to the Shepparton News and Country News journalists.

What was very impressive on the day was the way all presenters connected their industry to a career pathway. All our students were very taken by the unlimited career pathway opportunities available to them.



GV RURAL HEALTH DAY

Maggie Booth, Careers & Pathways

On Thursday 31st May six students from our senior school attended GV Health Day at Goulburn Valley Health and Melbourne Universities Rural Health Campus. The day was a great insight into the plethora of health careers available to our students. The panel sessions were hosted by local health industry employers. This day was supported by our local tertiary providers, Latrobe University, GO TAFE and the University of Melbourne with lots of information about courses and pathways.

Quotes from our students about the day:

"My favourite part of the excursion today was the midwifery workshop, we got to practise birthing a baby which I really enjoyed", **Michelle Cobbledick.**

"I really enjoyed the Q&A session. It was really interesting to hear questions that you wouldn't have thought of but needed to know", **Jorja Tuddenham.**

"I enjoyed learning about the career opportunities in Health as well as post-school educational options here in our local area", **Zarlee Opray.**

"The panel sessions opened my eyes to Myotherapy as a potential pathway in 2019", **Renee Leitch.**

Renee pictured below at GV Rural Health Day.



FARMING WITH FOX

Darcy Kennedy, VCAL

Apart of my VCAL timetable includes two days assigned work placement days on Wednesday and Thursday. I start work at 8:00am and after meeting with my boss, Ian Fox I start the morning routine on the tractor and feed out hay to the three hundred stud blonde de Aquitaine cattle. Afterwards, my jobs can vary from general farm maintenance such as fixing fences and machinery. I could also be found drafting cattle for the vet to check. We also drench and wean calves from their mothers at roughly six months of age.

The farm's primary business is breeding and selling registered pedigree beef cattle. They must maintain a record of progressive weights of the calves from birth until 200 days. This along with other breeding information helps to form a set of EBV's or Estimated Breeding Values which can help to add value at sale time. There are also other seasonal jobs such as seeding, tilling, hay making and calving. To help advertise his premium stud stock this year, Ian has decided to break in four bulls ranging in weights of 255 to 937kg. There are also two heifers and an older cow which her calf has just been weaned. Preparation started a few months before I started my work placement. These cattle are on a special diet. They get 18kg of beef grain mix which is high in protein for maximum muscle growth. Working on these cattle is also a new job which ideally is to be done daily to maintain good relations with the cattle.



CAMPASPE CROSS COUNTRY

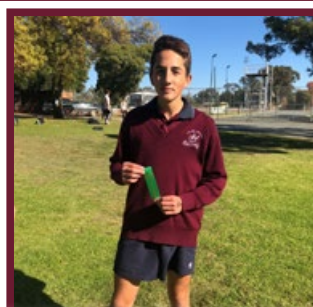
Josh O'Dwyer, Year 11

Waking up on Thursday of week six, and for most if not all, travelling to Echuca to compete in the zone cross country, was a nervous start to a pristine day. Fortunately for the St Mary of the Angels' squad we had great success coming away with three winners, five runners up and two podium sneaks. When the bus pulled into Victoria Park and the butterflies began to churn, the students were getting keen for a beautiful day of running.

Bronte Conroy was our first female runner to cross the line at fourth in the 20 year girls. Jet engine, Marcus Evans led the 20 year boys placing second, followed swiftly by Kaleb Rees fifth (lacking shoes), Lachlan Hyde, seventh and Jordan Bovalina, eighth.

Josh O'Dwyer placed first in the 16 year boys who had one competitor. The 13 girls were up next producing a rare spectacle with all three SMOTA girls finishing first, second and third, in the order of Jordan Hopkins, Abbey Commaduer and Jenna Mason, showcasing combined ability and possibly striking fear into the other schools' hearts. Nathalia products, Bella Sheehan and Abbey Conroy, finished fifth and sixth in the girls 16 year, whilst Jason Beckett, Regan Collins and Max Conboy came in at first, 14th and 15th respectively.

Thank you to Zoe Backway and Ian Bell for supporting us on the day.



LODDON MALLEE REGION CROSS COUNTRY

Brodie Ross, Sports Team Leader

A nice early start for all our qualifiers for the LMR Regional Cross Country. It wasn't until Serpentine when some of our students woke up. We finally arrived in St. Arnaud, which gave us some cold but suitable running conditions.

Marcus Evans, Kaleb Rees and Jordan Bovalina all ran very quick times and improved from their zone run with the boys finishing in 3rd, 18th and 21st respectively. Josh O'Dwyer ran a smooth race and finished with a time of 15:47 for 5km to finish second. On to the 3km competitions where in the 15 Girls, Sara Kolundzija, Sarah Carr and Holly Noonan, all ran great times but somehow ended up in a blanket finish. Will Slatterie and Ella Johns represented the 14 year old age group with strong showings in their category. Jason Beckett felt he had run a strong race in the 13 year old boys' age group. Abby Commadeur just missed out on a place in the state competition finishing 8th and shortly behind her were Jenna Mason and Jordan Hopkins.

Thank you to all our competitors who represented our school so well and for giving up your day to take the long travel to St. Arnaud. Good Luck to Marcus Evans and Josh O'Dwyer who will represent SMOTA in Bundoora next term at the State Finals.



LODDON MALLEE REGION
CROSS COUNTRY

CAMPASPE NETBALL

MONDAY 4TH JUNE



INTERMEDIATE GIRLS (PICTURED LEFT)

Sara Kolundzija, Year 9

On Monday 4th June, we traveled to Kyabram to play netball. We won three out of four games. We competed against Rochester, St Augustine's, Kyabram and our last game we played Echuca. It was a hard game but we played very well. Considering it was the first time we've played together, we all jelled well. We had good flow down the court, good backing up and lots of talk. We did really well keeping our heads up even when things weren't going our way.



YEAR 7 GIRLS (PICTURED ABOVE)

Keeley O'Dwyer & Hayley Wigmore, Year 7

At the netball, the Year Seven girls (pictured above) went through undefeated. Coming across some tough competition the girls worked extremely well together. Our coach, Zoe Backway used her knowledge of the girls to place us in positions which we may or may not have been our regular position. The team combined well considering we don't all play together on the weekend.



YEAR 8 GIRLS (PICTURED ABOVE)

Skyla Griffin and Holly Boyd, Year 8

Game one we came up against Kyabram. It was a close game, but we went down by two. Second game, we played St Augustine's. We won and played a great team game. In the third and fourth game, we played Nathalia and Echuca and won both these games easily. In the last game we played Rochester who were a strong opposition. They won by 10. We played well together but were very tired. Overall we enjoyed a great day of netball and improved throughout the day. Well done to Grace Kennedy, Holly Boyd, Ebony James, Georgia Carkeek, Laura McLeod, Kiera Henderson, Sophie Wilson, Ella Brattle and Skyla Griffin.

Molly Arho and Hannah Summerville did an amazing job throughout the tournament putting up most of the goals for the team. Our defence end consisting of Hayley Wigmore, Keeley O'Dwyer, Jordan Hopkins and all others who rotated throughout the day faced some challenges but fought until they had won the ball. Our mid court was strong and worked the ball into the shooters' possession with Abby O'Connell, Mia Bell and Aida Hickey leading down the court. The last game being the toughest game, against the also undefeated Echuca, was a great battle. We came head to head and with St Marys coming out with the win.

It was an amazing time and we can't wait till the next competition.



SENIOR GIRLS (PICTURED ABOVE)

Georgia Walpole & Hayley Thorne, Year 11

The senior girls' team won all four games. The team played some tough matches but we all played well and gelled well together. The defensive end worked together to turn over lots of balls and the goalers shot well throughout the whole day. All players put in 110% effort every game to result in a win overall.



SENIOR BOYS (PICTURED ABOVE)

Liam Hartley, Blake Lovell and Ben Raco, Year 11

Coming into the day with a lot of call ups for the team and with the super coach, Rawso, the boys quickly learnt the basics and put up a good fight in the first game. In the next two games we let it slip a bit going down by a fair margin in the end. The clash of the Nathalia schools for the last game went down to the wire with regulation time ending in a draw but in overtime the boys clutched up and were victorious by one in the end. Ben Raco and Brayden Summerville were both good in goals for the day and best for the day goes to Ben Raco taking home the three votes.



SEPEP - Year 7 PE

Leanne Rawson, PE & Health

All Year 7's are currently involved in a SEPEP program in their Health and Physical Education classes. SEPEP stands for Sport Education in Physical Education Program. SEPEP is a student-centred approach to Physical Education which takes the best parts of community sport to enhance student learning. The philosophy behind SEPEP is for students to experience a program which mirrors "real life" sport. Students have been involved in the following roles to conduct their own soccer tournament; administrator, scorer, timekeeper, referee, coach, captain, fitness advisor, reporter, photographer and linesman. Each student has their own role they need to complete to ensure the tournament runs smoothly.

This week's reports from student reporters:

Kaley North, Year 7W

The first game was amazing. Everyone had fun. There were a few slips but that was all part of the fun. The encouragement was outstanding. The overall scores were 1-0 making the Uni-dogs the winners in that match. I think everyone was involved and had fun. The second game was a great game by everyone. I saw everyone sharing and passing the ball with great encouragement from both sides. Just a great game overall.

Caitlin Verlin, Year 7P

This game was a good soccer game between GOATS and Fluffy Flamingoes. Both teams had really good teamwork and they cooperated very well together. Also, their communication was great. In the game they used their voices well, both teams were passing and playing well. The teams played strong and in the end it was a draw. The teams also used good strategies and worked well as a team. It was a great spectator's game.

Charlotte Letcher, Year 7P

Everyone did a fantastic job today in the match BOATS versus GOATS. They all tried their hardest and put a lot of effort into their work. Everyone was so encouraging and had great sportsmanship. However, at the end of the day the BOATS ended up winning by one point. Better luck next time, GOATS.





Miss. Renee McCance.

As part of their studies, the Year 8 and 9 Outdoor Adventures' students have been investigating the following: promoting minimal impact strategies when using outdoor environments; strategies to cope with challenging situations in the outdoors; performing a variety of roles and responsibilities in a team situation; and examining effective strategies to work both individually and as part of a team in outdoor adventure.

As part of this investigation, the students were given the opportunity to attend the Valley Homestead Camp in Ovens during weeks five and six of Term 2. Students were challenged to step outside of their comfort zone in completing challenging and 'risky' adventure activities, requiring a number of outdoor skills and supports from team members. This included: rock climbing and abseiling; bush cooking; vertical challenges; high and low ropes courses; and the flying fox. The classes were able to put into practice their knowledge and skills in planning for outdoor adventures, and develop their team work and leadership skills in the outdoors. The staff and students had a fantastic trip, with the weather being very kind for both weeks and lots of fun had by all.

Thank you to Mr. Ross, Jesse and Miss Pinnuck who were kind enough to come along on camp, to allow these trips to happen.

Well done to all!





Renee McCance, Health & PE

As part of their studies, the Unit 1 Outdoor and Environmental Studies' students have been observing and experiencing first-hand various ways of encountering and understanding outdoor environments, through participation in a variety of outdoor adventure activities. Students have considered factors that affect access to outdoor experiences, the effect of different technologies on outdoor experiences, and the codes of conduct guiding our participation in outdoor activities. We have then been using this knowledge gained to examine how all of these influence the ways humans understand nature.

As part of these studies, the students participated in two canoeing day trips along both the Goulburn and Murray rivers guided by the Adventours team. We were blessed with some wonderful weather on both days, and thank you to the students who brought an adventurous attitude on the days. Well done to all, and a big thank you to Miss Rawson and Jesse for assisting on the trips.



Pictured Top left: Unit 1 Outdoor Environmental Studies class canoeing.

Top right: Luca Allen and Tarkyn Hyde.

Pictured above: Jorja Chadwick and Gracie O'Sullivan.

Public Notices



The G.R.A.I.N. Store proudly presents

ENDANGERED

An exhibition by Moira Shire secondary school students

3rd June to 14th July 2018

OFFICIAL OPENING Sunday 3rd June, 2pm
with guest speaker Mr John Head, Chair of the Shepparton Art Museum SAM Foundation to officially open the exhibition

There will also be a music performance by St Mary of the Angels VET Music students

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VCAF

Opening Hours:

Tuesdays & Thursdays

(during school term)

10.00am to 11.30am



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All are welcome.

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Invest in your most precious asset.....Your Marriage!
Forget life's tensions and interruptions and rekindle the closeness, intimacy, love and romance that brought you together. Recharge your relationship batteries and explore the precious nature of your marriage, allowing you both to share your feelings, hopes and dreams with each other in ways that normal, daily living tends to inhibit.

There is no group sharing. It is based around Catholic values but couples of all faiths are welcome.

2018 Melbourne dates:
17-19 August, and 9-11 November 2018

Starts 7pm on Friday. Ends 5pm Sunday.
Accommodation and all meals provided.

For Information and Bookings:
Phone: Andre and Maria 0411 225 992
Email: vicbookings@wwme.org.au
Website: www.wwme.org.au

Numurkah Singers Theatre Inc SCHOOL HOLIDAY PROGRAM INFORMATION NIGHT

Our Winter School Holiday Program will start on Monday 2nd July and will run Monday to Friday of the two weeks of the holidays, with two shows to be performed on Saturday 14th July 2018.

Ages will be 8 years old up to youths currently in Year 12.

This year our show will be 'Annie Jr' and an information night will be held on Tuesday 12th June at 630pm at the Singers' Shed. Auditions will be held on Thursday 14th June.

Anyone who is interested, need to be available for the whole two weeks. Please contact the Numurkah Singers' Facebook page, email shellns@outlook.com.au or phone 0407 887 827 if you have any further questions.

Dungala-Kaiela Writing Awards - 2018

Dungala means Murray River and Kaiela means Goulburn River in the Yorta Yorta language. Writing awards are open to all Aboriginal and Torres Strait Islander peoples with a connection to the Goulburn-Murray region.

This year the competition is again being run. It includes an Open Section (mums, dads, uncles and aunties could enter), a Youth Section (13 – 18 Years) and an Elders' Section as well. All entries are welcomed. The stories of Elders are especially treasured.

Perhaps you could assist an Elder in your family to put in a story, or encourage mum or a brother or sister? There is a Junior Entry section too. It's good to see your story/poem in print, for all entries are published in an annual book.

Entry forms are available at the front desk. You have until August 31st to send your work in. The committee is looking forward to receive even more entries this year and the judges look forward to reading the stories and poems. Every Youth entry receives a Certificate of Achievement – a great addition to add to your folder of achievements.

The three categories are:

- Story/Yarn/Article/Play Youth 1st Prize = \$150.00
- Stories in Aboriginal Languages of this region Youth 1st Prize \$150.00
- Poem/Lyric/Rap Youth 1st Prize \$100.00 (6-20 lines)

As well, student entry ensures that your school will receive a book containing all the entries in your section of the awards.

Many first prizes and commendations have been won over the past years by students from Nathalia schools. Perhaps your name will be the next to be added to the list. Last year it was Markiah Wise, from Nathalia Secondary College, who shared 1st Prize with another student in the Youth Poem/Lyric/Rap section.



Left: Markiah, working on his poem last year.



"Its time for your health pitstop"

You service your car why wouldn't you service your own health?

Men's Health Night

FRIDAY 15 JUNE

6.00pm

**Numurkah Town Hall
Dinner Provided**

Tickets

<https://www.eventbrite.com.au/e/its-time-for-your-health-pitstop-mens-health-night-tickets-45465429323>

Or call NDHS on 03 5862 0555

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Heath Black

**Former AFL
Fremantle Dockers
Player**

Heath uses his experiences to motivate audiences to overcome the obstacles that life puts in their way.



Numurkah
DISTRICT HEALTH SERVICE



Rotary



SHREK THE MUSICAL JR.

Based on the DreamWorks Animation Motion Picture and the book by William Steig Broadway Junior Collection ©

Book and Lyrics by David Lindsay-Abaire Music by Jeanine Tesori

Originally produced on Broadway by DreamWorks Theatricals and Neal Street Productions

Original Production Directed by Jason Moore and Rob Ashford "I'm A Believer" by Neil Diamond

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