

# The Angel

Thursday 9th August 2018, Volume 20



## Principal's News

**Matt Carver, Principal**

Dear Parents / Guardians, Staff, Students and Friends,

This Saturday 11th August, marks St Clare of Assisi's Feast Day. St Clare was the founder of the Poor Clares order and the most significant supporter of St Francis and the Franciscan movement. St Clare is revered in the city of Assisi and is considered the most influential Franciscan, after St Francis. I invite you to honor the Feast of St Clare by sharing her prayer with family and friends.

As the term rolls on our Year 9 staff and students continue to immerse themselves into various communities and locations across the country. Last week we had students at Lake Mungo, and this week at the Grampians and Yipirinya Community School. The term three immersion program truly brings Aboriginal Culture to life for our students and it is hoped that the learnings and memories will be with them for years to come. Thank you to our parents and guardians for your trust, thank you to our staff for the commitment above and beyond the normal call of duty; and thank you to our students for your participation and enthusiasm. Next week, I will be participating in the immersion experience to Billiluna being off site from Wednesday 15th to Tuesday 28th August.

Finally, preparation has started for our annual FMDM Grand Prix. The FMDM Grand Prix takes place on the last day of term and this year it is a part of our Feast Day celebrations, celebrating the Feast of St Francis of Assisi. The day will involve College Mass in the morning followed by other festivities leading into the FMDM Grand Prix in the afternoon. Furthermore, this year we will have a special guest in attendance with Sr. Carmel Spratt visiting the College and community throughout September and October. The day will be celebrated in collaboration with St Francis Primary School

**With Peace and Goodwill,  
Matt Carver**

**Pictured top right:**

TITLE OF WORK: Saint Clare of Assisi

ARTIST: Nino Ponditerra

MEDIUM: Oil on Canvas

The first follower of St Francis of Assisi and faithful daughter of the Father. For more than 800 years, St Clare inspires everyone with her purity and strength of the Spirit.



### PRAYER OF ST CLARE:

I look up and I behold the Lord,  
Clare says to me, "Gaze upon Him, consider Him,  
contemplate Him,

I put this more simply:  
behold, hold, enfold.

I behold the Lord  
I see His outstretched hands  
I see the blood from His wounds.  
I see the love in the eyes of Jesus.  
I see His gracious acceptance of me.

Jesus has come out of the tomb –  
He still has the scars, but now they are glorious, with  
the glory of heaven.

Still looking at the Lord, I reach out and touch Him.  
I hold the Lord – and I am held in His love.

Love enfolds

It is no longer I that live, but Christ that lives in me.  
I am secure in the Lord.

I can look out, now, through the Lord's eyes.

I can see the world as He created it, in His mercy,

I can see my sisters and brothers with His love,

and I can worship the Father through the eyes of the  
Son in the Love of the Holy Spirit. **Amen**

**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](mailto:info@smotanathalia.catholic.edu.au) | Website: [www.smotanathalia.catholic.edu.au](http://www.smotanathalia.catholic.edu.au)

# Deputy Principal's News

**Chris Dainton**

## **Deputy Principal - Catholic Identity**

The great teachings contained within the Gospel writings that we study don't always reveal themselves clearly. Sometimes, and maybe more often than not, you have to live the lesson personally to appreciate the wisdom within our sacred text.

I am currently in Alice Springs, with a fantastic group of Year 9 students, taking part in the College Immersion Program. For all of us here in Alice, the last week leading up to our Tuesday morning flight was frantic. Bags were packed and re-packed, last minute details finalised and the necessary personal internal preparations completed for what is a once in a lifetime experience.

There is a sense that we have gone through some of the mental anguish that Jesus faced in his trials and tribulations, and yet the lesson that I have learned does not revolve around Jesus but his followers. For the 18 of us up here in the Northern Territory there is a dedicated group of people at home that have supported us and cared for us so that we could fulfil our destiny.

I have seen Jesus' Mother Mary in the faces of parents who have committed so much of themselves for the benefit of their sons and daughters. They have felt every jolt in the journey thus far, and at times even more acutely than the traveler. I have seen the Disciples in friends, colleagues and family members who are willing to shoulder the load of those who are absent. It is in these people that we can understand the notion of sacrifice.

So, while we learn so much up here at Yipirinya School and immerse ourselves every day in the oldest culture on the planet, we give praise and thanks for the support from home that has allowed us to be here. You are the hero of this story and for that we say thank you.

**Tim Campbell, Deputy Principal  
Student Wellbeing & Development**

## **FRANCISCAN STUDENT LEADERSHIP PROGRAM**

This week Mr Carver took the opportunity to present to our Franciscan Student Leadership Program students.

Matt lead the students through the art of public speaking both planned and impromptu an important skill for any leader. The results were hilarious but uplifting and demonstrated the excellent qualities and skill set these students have on offer.

Next week will be our final session. We are excited to have Ms Leonie Irwin (CEO Sandhurst Secondary Education consultant and our former College Principal) return to St Mary of the Angels to speak to future leaders.

## **CHOOSE KIND**

In my role I often have to deal with student issues. It has been noted that a number of our issues stem from our relationships and how we treat each other, both staff and students.

**"If you have a choice between being right and being kind, choose kind."-Dr. Wayne W. Dyer**

This quote by Dr. Dyer, introduced as a precept by Mr. Browne, on the first day of school in Wonder, set the tone for the rest of the year at Beecher Prep. It also set the tone for Wonder, a book that, on the outside is about a boy with a craniofacial difference but in its heart and soul, is about kindness. The theme of kindness and tolerance are what made Wonder resonate with so many people around the world.

So take the opportunity over the next few weeks to act kind and choose kind – it will certainly make our place a greater place to be.

## **SCHOOL TV**

A reminder that the College is on a trial with SchoolTV which is accessible through Simon, PAM and our College website.

*SchoolTV is a world first, wellbeing platform featuring Dr Michael Carr-Gregg. It addresses the modern day realities faced by schools and parents who increasingly need clear, relevant and fact-based information around raising safe, happy and resilient young people. Whilst there is a great deal of information available, this can often be confusing and overwhelming for parents looking for guidance. SchoolTV addresses this issue. It is an online resource designed to empower parents with credible, sound information with realistic and practical strategies.*

*SchoolTV is a school branded resource that is available through subscribed schools thus allowing parents to access information on individual topics.*



**schooltv.me™**

Assisting parents to navigate through the challenges of modern-day parenting



**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](mailto:info@smotanathalia.catholic.edu.au) | Website: [www.smotanathalia.catholic.edu.au](http://www.smotanathalia.catholic.edu.au)

## Deputy Principal's News

Please take the time to look at the resources available. If you require more information, please contact a member of our wellbeing team.

Note: The information provided on SchoolTV is all external. If you have any concerns about the material presented, please contact a member of our wellbeing team.

**Bev Thorp**

**Assistant to the Principal - Learning and Teaching**

### 2019 SUBJECT SELECTIONS

Thank you to our Year 10 and 11 students who have submitted their initial subject selection forms for 2019. This information is crucial as we begin the task of collating all of their subject preferences and putting together subject blocks for 2019. This information provides the backbone for our 2019 planning.

Students are reminded that their initial subject choices are not set in concrete, and they will have the opportunity to revise their selections within the new blocking structure if needed. I encourage students to use all of the information and resources available to them through the remainder of the year to best decide on their future studies and pathways. I have held many conversations with parents and students over the past few weeks, and in many cases I have reminded them of the opportunity to speak with teachers and careers staff around options and choices. The Head Start Program in late November is also an opportunity to trial and experience different subjects if needed before making final decisions for next year.

### 2018 GEOTECH EVENT

Year 12 student Jennifer McKenzie has been acknowledged for her contribution to the 2018 GeoTECH event organised by the Geography Teachers' Association of Victoria. The event incorporated a Spatial Hackfest component where students from across Victoria engaged with geospatial science companies and professionals to gain an insight into how geographic technologies are instrumental in improving our understanding and management of a wide range of fields, including emergency and disaster management, urban planning and infrastructure, conservation programs, humanitarian aid and community safety. Jennifer has been invited to an award celebration in Melbourne to acknowledge her participation and the outstanding success of the program. Congratulations, Jen!



## Wellbeing News



**Sandy, Rowan & Mrs Mithen, Wellbeing Team**

We are now facing the "heads down" phase of the school year and it's the perfect time to process our SELF EXPECTATIONS

This fits in very well with "PURPOSEFUL" .....a SPARK value!

GOALS are our self-expectations, they:

- give you hope for the future
- create positive emotions while striving for them
- connect you with yourself moment by moment

### QUESTION FOR AROUND THE FAMILY TABLE.

HOW DO YOU SET GOALS FOR YOURSELF NOW?

This is a great question as it gives the students in the family an opportunity to hear how mum and/or dad have set goals through the years. How and why goals may change, when it's time to set new goals.

It also can give parents/guardians an awareness of where their child is with goal setting and if there needs to be some guidance to making a goal or two and following it through.

Before we set our goals, we need to self-assess:

- what do I want to achieve and why?
- for term goals, every two weeks set achievable process goals to keep you focused
- achieving goals is a journey not a destination
- avoid setting performance goals such as, "I will get 80% on my next Maths test" as this is a fixed mindset.
- I will work harder and revise 10 minutes each night to improve week by week

### FAMILY DISCUSSION:

What are two things I will start doing to self-assess?  
Set short-term process self-expectations.

### RESILIENCE BUILDER - another SPARK value

Feeling empathy for others' needs and feelings is a special quality to develop in your character. What emotions would a classmate feel and what would their needs and feelings be if they told you that their assignment wasn't up to standard and they had to repeat it.

1st August 2018



To Whom It May Concern,

The St Mary of the Angels Secondary College Social Justice Group, is coordinating the annual FMDM Grand Prix event on Friday, 21st September. Last year we raised \$8,8057 which was donated to the FMDM House of Hope in Zimbabwe. We are hoping to at least match this amount but endeavour with your help to exceed it. This year we are planning once again to send money to aid the FMDM sisters in Zimbabwe and also contribute towards the communities in Cebu, Philippines which our Year 12 students in the Alternative Schoolies program will assist at the end of this year.

Students in each homeroom are invited to build a cardboard car (like on the Flintstones), decorate it and enter it in an obstacle race. Each homeroom is asked to raise money through sponsorship. The logo/name of the sponsors will appear on the cars that they make, as well as in the St Mary of the Angels newsletter, 'the Angel'. The race is a handicap event, so the more money raised by each homeroom the greater the advantage in the race.

Any donation, irrespective of the contribution, would be greatly appreciated. Your money will contribute to the success of our event and will be put towards a worthwhile cause.

Yours sincerely,

**Chris Dainton**

**Deputy Principal – Catholic Identity**



***ST MARY OF THE ANGELS FMDM GRAND PRIX 2018***

**Name & homeroom of student requesting sponsorship:**

.....

**Name of Business/Organisation:**.....

**Contact Person:** .....

**Mailing Address:** .....

**Amount donated:** .....



On the last day of Term Three we will be celebrating the Feast of St Francis of Assisi with a liturgical celebration as a school community, followed by Feast Day activities in conjunction with the FMDM Grand Prix.

Each year the FMDM Grand Prix event raises much needed funds to assist the FMDM Sisters' 'House of Hope' support and educate children in Zimbabwe. The children at the 'House of Hope' live on two meals a day, one of which is just porridge. The money we send is used to pay for the childrens' school fees. As education is the only way to lift them out of a life of poverty.

We ask that students seek sponsorship for their homeroom's 'Grand Prix Car' with families, friends and businesses in their local communities (*On page 4 of this week's newsletter is a letter for sponsorship requests from businesses and families*).

So please start collecting your cardboard and seek donations for our annual FMDM Grand Prix which will take place on Friday 21st September.

On the day there will be a car parade, with the great race held later in the day during the Feast Day activities. The FMDM Grand Prix is a handicapped race, every \$10 raised will be give a metre advantage to the homeroom's car on the track.

There will be prizes for:

- the 'best car on show' in the Junior, Intermediate and Senior section;
- The homeroom that raises the most sponsorship and donations;
- and the homerooms that wins their respective race (junior, intermediate and senior).

The Rules of the race will be as follows:

1. Three races will be run: Junior (7&8), Intermediate (9&10) and Senior (11&12)
2. The car that enters the parade must be the same car which competes in the race. No pieces can be added or removed after the 'car parade'. The Car must have a number and sponsors on show.
3. All racers must wear a helmet at all times. (The protective and safety qualities are not an issue).
4. Two laps of the circuit to be completed with a change after one lap. The driving team must be comprised of two males and two females.
5. After the first lap, the car may undergo repairs.
6. To be qualified a finisher, the car must still be held together at the end of the race.
7. A car can be made of several pieces of cardboard or boxes, but it must be a single box. (Trains not permitted)
8. The Judges' decision is final and no dispute will be entered into.



## Being kind has major benefits for you!

**Alison Dietrich,**  
**Positive Behaviours' Leader**

Kindness is something which the SMOTA school community does well. Last week, a number of people within the college community highlighted this very fact to me on a personal level. For this week's newsletter, I have included part of the address (below) that I made to the students during our College Assembly last week; it describes how kind our community really can be.

If you have ever been in any of my RE classes, you will know that I am always going on about how we should try to do things for others and think about how we can make someone else's day, about how we can make a difference. What happened this morning was that people did this to me. It was little things like:

1. Two of my students this morning knew that I was nervous about a presentation that I needed to do. One said to me, "Don't worry, just be Mrs Dietrich and you'll be OK." The other said, "You will be OK, you really will be just fine Mrs Dietrich." This was amazing because it gave me the courage to do what I needed to do.
2. There was teacher here who offered to help me out with a class because they knew that I had a bit on this morning.
3. Then, when I was on yard duty at recess today, a number of different students came up to me for a chat throughout the break. This was awesome because it was so kind and I love talking to you guys about what you have been up to.

These guys probably don't even realise how much they impacted me today, but I know.

What I'm going to take from this is that this is why we need to be nice to other people and do random acts of kindness – it's because although we might never see the impacts of our acts of kindness ourselves, the people who are affected, do see the impacts.

I guess what I am saying is that today has affirmed to me that we were spot on when we decided that KIND needed to be one of our school values.

You may have noticed that we are celebrating KINDness this term.

- This is one of the most important values that our school community believes really encapsulates what it means to be a part of the SMOTA community.
- To give you the heads-up, we will be celebrating KINDNESS in the final two weeks of this term with lots of activities across the whole school.

I'd like to remind you of the importance of kindness and to remember that this is one value that you guys, the students, have helped to make SMOTA so very well known for. You guys are the ones living and doing the kindness here. So, thank you!

I'm going to leave you all with a question that I would like you to ask yourselves:

**What can you do with kindness today to brighten someone else's day?**

## LOTE News



**Daniela Blain, LOTE Teacher**

I begin this week with congratulations. The winners of the National Day of Italy's Art/Photography Competition were finally announced at last week's School Assembly. This competition was held last term. It's theme was - 'the Italian contribution to our local community'. Congratulations to Jorja Eddy (pictured above right) from the Junior School and Jennifer McKenzie (pictured above left) from the Senior School who took out First Prize in their respective age groups.

This term in Year 7 Italian we are looking at clothing and will focus on writing sentences. Students are encouraged to get online and practice their terms by accessing the online games that have been played in class. So, the next time your son/daughter heads off to school in the morning, why not remind them to take their 'giacca' (blazer).



## KOOL SKOOLS

Ms Kim Carter

During the school holidays, thirteen music students from VET Music, our School Band, and the Year 8/9 music class had the opportunity to record a song at Studio 52 in Melbourne as part of the Kool Skools program. This competition is an annual state event that recognises the talents of music students who write their own songs or put their own individual spin on a cover. The students spent the whole day in the recording studio working with a producer to record their songs. It gives an authentic experience of what it is like to work in a professional music studio. Students from Years 7- 12 participated this year to record a total of seven songs. Congratulations to all the students who recorded songs: Cassie Brooks, Bri Morgan, Sean Watters, Charlie Hooker, Kallia Eagleton, Shianne Alessi, Felicity Symonds, Ruby Wyatt-Carter, Phoebe Timmis, Paige Owen, Annalei Moon, Michael Leahy, Jake Parente.

The songs will be released on a CD later this year with all the student participants from the Moira Shire. Winners of the Kool Skools competition will be announced in Term 4.



Top Left: Music students record their songs at Studio 52.

Above (L-R): Ruby Wyatt-Carter, Bri Morgan, Charlie Hooker, Cassie Brooks and Sean Watters during their photo shoot.

Left: Phoebe Timmis at Studio 52.

## BATTLE OF THE BANDS 2018

The first heat for the 2018 'Battle of the Bands' will take place in Yarrowonga on Friday 31st August.

**Bands or soloists interested in competing need to see Ms Carter for registration details.**

Last year's winners 'The Delirious' will be performing as one of the headline acts. Entrants must be able to perform twenty minutes of material.



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

## Important Dates:

### TERM 3

- 13 Aug** Year 9 Rubicon Immersion group depart
- 7 Aug** Year 9 Yipirinya Immersion group depart
- 13 Aug** Science Week begins
- 15 Aug** Year 9 Bililuna Immersion group depart
- 20 Aug** Year 8 Outdoor Adventure  
Echuca Port Excursion  
Arts Week
- 22 Aug** Year 9 One Arm Point Immersion group depart
- 23 Aug** Year 9 Outdoor Adventure  
Echuca Port Excursion
- 25 Aug** United Nations Debating
- 29 Aug** Year 12 Parent Dinner
- 2 Sept** Year 9 Kakadu Immersion group depart  
Sheep Ag Team Excursion
- 3 Sept** Women's Health Week
- 4 Sept** Outdoor Ed Snow Trip
- 5 Sept** VET Music Showcase
- 12 Sept** VET Music Performances
- 13 Sept** STUDENT FREE DAY:  
Learning Advisor Interviews
- 21 Sept** Feast Day &  
the FMDM Grand Prix  
Last Day of Term 3
- 21 - 25 Sept** Cattle & Sheep Showing  
Melbourne Show

### TERM 4

- 8 Oct** First Day of Term 4  
History Week
- 15 Oct** English Week
- 23 Oct** End of Year Mass
- 31 Oct** VCE Exams begin
- 5 Nov** COLLEGE CLOSED
- 6 Nov** Melbourne Cup  
PUBLIC HOLIDAY

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

## Science News

### ICAS SCIENCE COMPETITION

#### Michelle McCracken, Science Team Leader

In late May, the College offered students from Years 8-12 the opportunity to participate in the International Competitions and Assessments (ICAS) Science Competition. ICAS is an independent, skills-based assessment program that recognises and rewards student achievement.

Overall, 38 students participated from the College and were awarded one 'Distinction', twelve 'Credit', three 'Merit' and twenty-two 'Participation' certificates. Each student also received a graphical representation of their performance. The graph depicts the individual student's performance in each of the different areas assessed and provides a comparison with the average and range of scores for all students who participated in the ICAS competition at that year level in Australia.

Congratulations all students who participated in this very 'challenging' competition, and in particular, to those students listed below who obtained a CREDIT certificate (top 25% of students) or DISTINCTION certificate (top 10% of students).

#### CREDIT CERTIFICATES:

- Year 8:** Albatool Abdulmir and Nicholas Nolan.
- Year 10:** Abbey Conroy, Harry Macheda, Angela Noonan, Bianca Phillips, Natalie Russo, Nicholas Thorp, and Justin Watson.
- Year 11:** Clancy Lester
- Year 12:** Cooper Fitzpatrick and Jack Holt.

#### DISTINCTION CERTIFICATE:

- Year 11:** Michael Brooks

*(ICAS Science Competition Students pictured on page 9).*

**Year 12 Chemistry invite you to**

**THE**

**SCIENCE SPECTACULAR**



**St Claire Auditorium**  
**Thursday 16<sup>th</sup> August**  
**Please be seated by 1.15pm!!**



## How will you science this National Science Week?



national science week  
**11–19 AUGUST 2018**  
 scienceweek.net.au #scienceweek

Monday 13th Aug	Tuesday 14th Aug	Wednesday 15th	Thursday 16th Aug	Friday 17th Aug
Morning Tea Please bring a science themed treat to share. Science themed music over the sound system Daily quizzes on Simon	Lunch time 1pm Minute-to-win-it activities Sci A	Lunch time 1pm Biology Dissections Prac Lab	Lunch time 1.15pm Auditorium Chemistry Show	Lunch time 1pm Catapult finals Auditorium

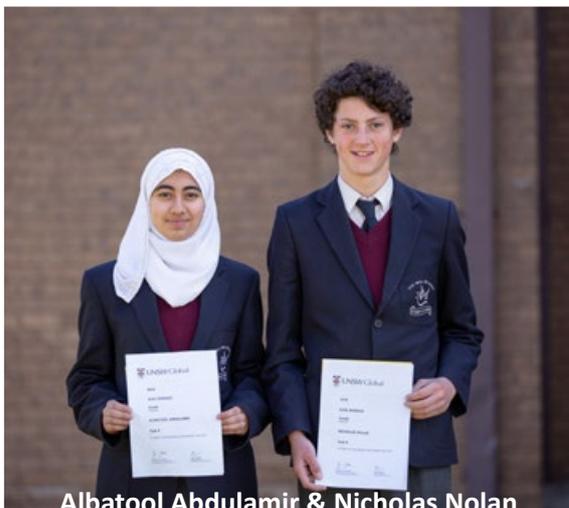
*During the week year 7 & 8 students will build and test their catapults'. The winning group from each class will compete in the Friday finals.*



Michael Brooks



Clancy Lester, Jack Holt & Cooper Fitzpatrick.



Albatool Abdulmir & Nicholas Nolan



Above L-R: Harry Macheda, Justin Watson, Nicholas Thorp, Angela Noonan & Abbey Conroy.

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

## PERFORMING ARTS WORKSHOP

On Tuesday 7th August, Performing Arts students from Years 7 to 12 were treated to a vocal and dance workshop from the Australian School of Performing Arts (ASPA). After a 'granny dance' to get warmed up, presenters Jenni and Maddi took the students through a series of vocal exercises before launching into some group singing. Students were then put into small groups to work through some choreography ideas and began to form a 'rough draft' for part of the dance. Some fantastic work was achieved in just a short time.

The purpose of the workshop was to kick-start preparations for a special performance on Presentation Night at the conclusion of Term 4.

Thank you to all the students for your enthusiasm and participation – we look forward to seeing the end result!



# Footy Tipping

## SMOTA FOOTY TIPPING

**Mark Oliver,  
Parent & Friend**

SMOTA Footy Tipping is drawing to a close with only three rounds of our competition remaining.

Sheryn Halden managed to gain an extra point with a seven point round last week taking Bev Young's lead to only two points.

The top of the ladder is tight and although Bev has been on top of the ladder for some time I'm sure she is feeling a little nervous with three rounds to go.

While Emiel Warmerdam looks set to have a return of his entry cost. At this stage of the competition he will be hoping that Andriana Oliver finishes strong.

TIPSTER	TOTAL
Bev Young	113
Sheryn Halden	111
Gerry Clifton	110
Cooper & Brett Doyle	109
Kevin Payne	109
Mark Oliver	105
Nicola Oliver	105
Phillip Davis	103
Bonney Hindson	102
Logan Bond	102
Grace Eddy & Family	101
Matt Carver	100
Mick Macheda	99
Carmel Payne	98
Adam Walpole	97
Keith Hindson	96
Karl Hindson	96
Anthony Oliver	96
Ringer Bell	95
Aleah	91
Jack Hindson	90
R & K Cats	90
Andriana Oliver	88
Emiel Warmerdam	78

# Public Notices



## Empowering Autism

Department of Rural Health

Public Event

### How my unstoppable Mother proved the experts wrong!

Mr Chris Varney  
Founder and Chief Enabling Officer - I CAN Network



**Mr Chris Varney is Founder and Chief Enabling Officer of I CAN Network.**

I CAN Network is driving a rethink of Autism so that young Australians on the Spectrum think 'I CAN', not 'I Can't', in response to their challenges and opportunities. Chris was inspired to start I CAN from the exemplary support his family and friends provided in helping him channel his Asperger's.

Chris has a strong background in advocating for children's rights. His advocacy began as a 16 year-old Youth Ambassador for World Vision during which he became active in anti-poverty campaigning. He went on to

become National Co-Director of World Vision's youth movement and later, the 2009 Australian Youth Representative to the United Nations.

As Youth Representative Chris put together a book 'Dear Kevin' which helped catalyse many practical outcomes for vulnerable children and youth. For his efforts he has received the 2011 Monash University Student Alumni Award, the 2012 National Award for Youth in Advancing the Legal Rights and Interests of Children and Young People and the 2012 Future Justice Medal.

#### Event Details

**Date:**  
Tuesday 4th September 2018

**Time:**  
5:30pm - 6:30pm

**Venue:**  
The University of Melbourne  
Department of Rural Health  
49 Graham St  
Shepparton 3630

**Enquiries:**  
Di Doyle - Events, Community  
Engagement & Alumni  
Administrator  
P. 03 5823 4512  
E. ddoyle@unimelb.edu.au

**Bookings:**  
Bookings are essential for this  
free public lecture. Register at  
[www.trybooking.com/409280](http://www.trybooking.com/409280)

CRICOS PROVIDER CODE: 00116K



**RETURNED AND SERVICES LEAGUE  
OF AUSTRALIA INC.  
COBRAM – BAROOGA  
RSL  
SUB BRANCH**



**VIETNAM VETERANS' DAY  
WREATH LAYING SERVICE  
at the Cobram Cenotaph  
Saturday 18th August 2018  
Form up 9.15 am  
Commencing 9.30 am**

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

## FoodREDi Community Nutrition Education

By bringing people together for a series of free, hands-on nutrition education workshops, Australian Red Cross FoodREDi food education programs teach people how to get value for money and achieve a balanced diet in a relaxed atmosphere. Red Cross helps families make sustainable changes to diet, physical activity, food budgeting and healthy weight, helping them to improve their health, prevent and manage chronic disease better and learn skills for economic self-reliance.

The nutrition education program is holistic, multifaceted and community focused.

Red Cross offers free training sessions on healthy eating, delivered by staff and volunteers to groups over four to eight sessions with flexible timeframes.

We aim to teach people how to get value for money and achieve a balanced diet through:

- increased consumption of fruit and vegetables for healthier eating,
- improved education about good nutrition, healthy weight and physical activity,
- skills to choose, prepare and cook healthy meals,
- greater economic self-reliance through improved budgeting skills,
- increased confidence in implementing new knowledge and skills, and
- reduction in food insecurity community participation and reduced social isolation

If you have any questions, require clarification or more information, please do not hesitate to contact:

**Kate Baker**  
Program Officer - Food Security  
kbaker@redcross.org.au  
(03) 83468340



## Could \$500 help you with high-school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- laptops & tablets
- specialist subjects
- uniforms & shoes
- books & supplies
- sports fees & gear
- camp & excursions

To join Saver Plus, you must have a Centrelink Health Care or Pensioner Concession Card, be at least 18 years old, have some regular income from work (you or your partner), and have a child at school or attend vocational education yourself.

**Contact**  
Wendy McNamara  
your local Saver Plus  
Coordinator  
**Phone**  
0457 849 112  
**Email**  
WMcnamara@berrystreet.org.au  
**Web**  
www.saverplus.org.au

**BERRY STREET**  
Write for Childhood  
2005-2017

**saverplus**

Saver Plus is an initiative of the Brotherhood of St. Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.

## Positions Available

### Breretons Bakery & Coffee Lounge JUNIOR POSITIONS

We currently require weekend, after school & school holiday staff members.

The successful applicants will:

- be keen to learn
- have a positive attitude
- be 15 years of age or older

Junior award rates apply. Immediate start. The ability to work in Numurkah & Nathalia would be a strong advantage.

To apply please email your resume to:  
sales@breretonsbakery.com.au  
or call David on 58662466



We build strong PEOPLE.  
strong FAMILIES strong COMMUNITIES

### Nathalia Sports and Community Centre is currently recruiting for a casual **PROGRAMS OFFICER**

We are looking for someone who has a passion for sport and recreation, enthusiastic, responsible and can deliver programs to the community.

To apply you will need to submit a cover letter and resume to [marcus.maher@ymca.org.au](mailto:marcus.maher@ymca.org.au)

Applications close Friday 24<sup>th</sup> August 2018.

For more information please contact Marcus Maher on 5862 1803