9th October 2025 | Volume 14



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Important Dates

























We are so proud of you all!



Class of 2025



Nathalia Secondary College

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We value: Caring, Learning, Excellence, Accountability & Respect



Hello Nathalia Secondary College School Community, Welcome back to Term 4 at Nathalia Secondary College. The final term of the year is always a busy and exciting one, filled with important learning, milestones, and celebrations. I encourage all students to make the most of every opportunity this term and finish the year strong.

To our final year students, your journey at Nathalia Secondary College is rapidly coming to a close, with just a few short weeks of classes remaining. Now is the time to stay focused, remain connected with your teachers, and continue giving your best. The finish line is in sight, and we are incredibly proud of your resilience and determination.

We are also looking forward to celebrating the Class of 2025 at our Valedictory Dinner on Tuesday 22nd October in Moama. This will be a wonderful evening to reflect on achievements, share memories, and honour your time at the college with family, staff, and peers.

Congratulations to all students who participated in the Year 7-10 Cricket competition this past Tuesday. Your and teamwork sportsmanship were outstanding. Well done also to the students who represented Nathalia Secondary College at the LMR Athletics Day in Bendigo today - your commitment and pride in representing the college is truly commendable.

As always, I want to emphasise the importance of strong attendance in Term 4. Every day at school counts – whether it's completing assessments, participating in extracurricular activities, or simply staying connected to peers and teachers. Let's all commit to finishing 2025 with a positive attitude and full attendance.

Parent Bulletin

PARENT PAYMENT ARRANGEMENT FOR 2025

Information regarding the 2025 Parent Payments has been forwarded to all families. The total amount per student for 2025 is \$250.

Payments can be made in the following ways:

- **BPay**. Please contact the office for your unique BPay code.
- In Person. Payments can be made at the Office between 8.30am and 4.00pm, Monday to Friday. EFTPOS (credit and debit cards) or cash are accepted (please note, we cannot accept American Express).

Please contact the Office if you have any questions regarding these arrangements.

YEAR 10 WORK EXPERIENCE WEEK—WEEK 7

Our Year 10 students will be completing their Work Experience program in Week 7 – Monday 17th to Friday 21st November.

Students are encouraged to have conversations at home with their parents and guardians about where they might like to complete their placement. It's

important to consider both areas of interest and transport options, as travel can be a challenge for some students.

To support this process, NSC Career Practitioner, Emma Minchin, is available on Wednesdays and Fridays to meet with students and their families to help organise placements and answer any questions. Emma can also be contacted via email at

Emma.Minchin@education.vic.gov.au.

We encourage students to take initiative, explore their interests, and start planning early to make the most of this valuable opportunity.

PUPIL FREE DAY

Please be aware that Monday 3rd of November, the day before the Melbourne Cup Public Holiday, is a **Pupil Free Day.**

SCHOOL HATS

In Line with our SunSmart policy, school hats need to be worn throughout Term 4. Please ensure your child has their hat with them daily.

Hats can be purchased from Casual Step.

Nathalia Secondary College acknowledges the Australian Aboriginal and Torres Strait Islander peoples as the first inhabitants of the nation and the traditional custodians of the lands where we live, learn and work.

In the classroom

CERT III IN DESIGN FUNDAMENTALS

A Slice of Life: A Pizza Me is an exhibition showcasing the creativity of GOTAFE **VDSS** Certificate Ш in Design Fundamentals students. Each student explored their identity through a 3D pizza box artwork and a personal monogram. The opening night was held tonight, with friends, family and guests attending for an introduction and early viewing. It was wonderful to see the students' work on display, their creativity shining through, and their pride in their achievements. NSC students Zoe Peterson and Declan Holcombe were part of the exhibition, and both have done a fantastic job. We are very proud of them and congratulate them on their success.

Declan Holcombe—1st Year Title: 'A Storm Within'

I've always been fascinated by the sea and wanted to do something around that theme. The meaning I'm putting into it: I'm using it to represent that a person could look normal and fine on the outside and when you take a look in they are a wreak of emotion trying to hide it to not worry anyone the person in the centre of the storm is a representation of a person trying to get through it by themselves trying to overcome the storm.

Zoe Peterson—2nd Year Title: 'The Digital Age'

The Digital Age is the current historical period in which technology has become a fundamental part of our day to day lives. My pizza box is heavily inspired by a 2007 computer, the year in which I was born, to show how technology has always been around me and everyone in this generation. Digital art is my main hobby, and I like to share my art in online communities as well, so with this computer I reflect on my digital identity.









In the classroom

YEAR 9/10 FOOD TECHNOLOGY

Students have begun a new project this term focused on planning a family dinner menu that meets a range of real-world challenges. Each student is developing a weekly meal plan that caters to their family's dietary needs and taste preferences, that is nutritionally balanced, and within budget.

To begin, students cooked a delicious Beef Scallopine with mashed potatoes and green beans. This dish required them to coordinate multiple cooking elements at once, managing timing, temperature, and presentation to bring all components together.











Around the grounds

EMPOWER FOUNDATION CAREERS DAY

Yalarnnah and Tahlia had the opportunity to attend the 'Empower Foundation's Cultural Careers Expo 2025' at the Dharnya Centre in Barmah. The students heard from four incredible and inspiring Yorta Yorta women, who spoke about their career journeys.

Aunty Felicia Dean, CEO of Rumbalara, spoke about being grounded in yourself through cultural connection, connection to country and strong cultural identity. Her career journey has been full and varied, and she urged the young female students to reach for their dreams and be open to changing things up.

Minda Murray encouraged the students to "take every opportunity, even if you're not totally sure" because that is where you will find joy, fulfillment and your greater sense of purpose as a community member. Minda has travelled the world, competing in cycling, dropped out of helicopters to fight fires, remained very strongly connected to her culture and country, and is currently completing her PhD in Self-Determination for First Nations peoples through community policy.

Madi Colville Walker spoke about her journey from being a shy 16 year old who would never sing in front of anyone to being a participant in the CMAA Junior Academy in 2017. She has since performed at events all throughout Victoria and New South Wales including: Echuca/Moama Winter blues festival, 3 rivers Festival, Land Of Plenty Festival, Nelson Mandela Day Australia, Isol-aid, Tamworth Country Music Festival, Share the spirit Festival; and has opened for many well-known artists: Archie Roach, Baker Boy, Fanny Lumsden, Benny Walker,

Isiah Firebrace, Kutcha Edwards and DarlingHurst. Madi was also nominated for the Victoria Music Archie Roach Emerging Artist Award 2021. Madi told the girls to "reach for the starts" and "believe that you can" because "when you do that you will".

Grace Atkinson, Cultural Educator at Yorta Yorta Nation, spoke about how difficult school was for her and how unsure she was at the beginning of her career journey. She explained that her journey was that of discovery and when she began helping young children to know and understand culture, that was when she knew what she wanted to do.

Uncle Ralph took the students on the Kingfisher Cruise, where he and Grace explained the significance of the Barmah Lakes system and the Murray River (Dhungala) for Yorta Yorta people, emphasising the importance of water (wala wala) for the ecosystems, and the native flora and fauna. The students also learned about clay beads, which were found on the shell mindi and dated to be about 8000 years old, and how they were used to assist in heat distribution when cooking.

They also tried various local bush tucker and learned about the medicinal qualities they have to offer, learned about various employment and

training opportunities both at Yorta Yorta Nation and Rumbalara, and were treated to a delicious lunch with a performance from Madi to set the mood.

Most excitingly, both students spoke to representatives from Deakin University's NIKERI Institute about opportunities for further study post-secondary school. Yalarnnah has decided to apply to undertake a Bachelor of Social Work through this program. Well done, Lana!

Thank you to the Empower Foundation, the Dharnya Cultural Centre and Yorta Yorta Nation for this incredible opportunity!





Around the grounds

INTERMEDIATE GIRLS CRICKET

Our Intermediate Girls Cricket team had a fantastic day out on the field, showing great determination, teamwork, and school spirit throughout every match. The girls put up a strong fight in each game and were rewarded with a well-deserved win against SMOTA!

There were plenty of highlights across the day — Esther stunned everyone with an incredible 4 wickets in a single over, a rare and impressive feat! Taylah was in fine form, sending balls flying over the boundary with her powerful hitting, while Kyah proved to be our secret weapon, stepping up whenever the team needed her most. To top it off, the girls finished the day on a high with a thrilling team hat trick in their final game!

Well done to all players for their effort, energy, and sportsmanship — you represented our college proudly both on and off the field.





SUCCESSFUL STUDENTS HAVE GOOD SLEEP HYGIENE

Sleep is important for physical and mental health and well-being, especially for children and young people who are still developing. In children and young people, insufficient sleep is a contributing factor for mood, academic or behavioural problems.

Sleep improves

Daily functioning and concentration

Productivity and affects our overall quality of life.

What is sleep hygiene?

Our sleep environment and our behaviour.

Setting ourselves up for getting a good night's sleep as part of a daily routine.

Poor sleep hygiene negatively affects our quantity and quality of sleep.

Signs that we could work on our sleep hygiene include:

- having difficulty falling asleep
- waking up throughout the night
- frequently feeling tired during the day, or having difficulty concentrating.

Parents are critical in modelling positive sleep behaviours and routines and can inspire children to develop self-regulation and autonomy for healthy sleep habits.





What strategies can parents use?

- Be a good sleep role model and make sleep a priority
- Set a sleep schedule
- Adjust your child's bedtime routine
- Set device limits at night
- Create device-free bedrooms
- ...Or at least put devices out of reach
- Make small adjustments over time
- Talk to children about the importance of good sleep
- Focus on other healthy habits too

NOTICEBOARD



Thrive 4 Women

Looking for a supportive, nurturing space to share, heal, and connect with others? Thrive 4 Women offers just that!

Join us in an inclusive and safe environment where women come together to build resilience, foster empowerment, and create lasting social connections.

8 WEEK WOMEN'S GROUP PROGRAM



EXPLORE

Stress management, self-compassion, and building a support network.



BENEFIT

From a program tailored to the individual and collective needs of the group.



REDISCOVER

Creativity and play, reflect on life values, and set achievable goals.



OUTCOME

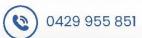
You'll leave with practical tools to manage stress and cultivate self-compassion.

WHEN: Tuesday's 9:30am-11:30am. Starts October 14th 2025

WHERE: Thrive 4 Life Clinic. 30 Welsford st, Shepparton

COST: Heavily subsidized - \$10 for the 8 week program

Supported by the Australian Government Department of Social Services.







Tuesday 14th October

Thursday 16th October

Monday 20th October

Tuesday 21st October

Wednesday 22nd October

Tuesday 28th October

Thursday 30th October

Monday 3rd November

Tuesday 4th November

Tuesday 11th November

Mon 17th—Fri 21st November

Tuesday 18th November

Monday 24th November

Tuesday 25th November

Tues 25th Nov—Fri 4th Dec

Yr 11 Biology Excursion

Arts Centre Drama Excursion

Last day of year 12 classes

Year 12 Graduation Assembly

School Council

Valedictory Dinner—Moama

Exams Commence

Transition Program 12:30-3pm

PUPIL FREE DAY

Melbourne Cup Public Holiday

Transition Program 9-10:40am

Year 10 Work Experience Week

Year 11 Exam Week

Transition Program 11:10-12:50pm

School Council

Pupil Free Day

Transition Program 11:10-12:50pm

Head Start (Year 10 & 11)

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