

Newsletter

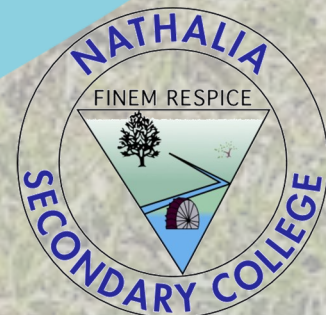
29th May 2025 | Volume 07



nathaliasecondarycollege



nathaliasecondary



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Nathalia Secondary College

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We value: **C**aring, **L**earning, **E**xcellence, **A**ccountability & **R**espect



A message from our Principal, *Daniel Robinson*

Hello Nathalia Secondary College School Community, I am delighted to share some of the fantastic highlights from what has been a busy and rewarding two weeks here at Nathalia Secondary College.

Firstly, well done to our senior students who represented Nathalia Secondary College in both football and badminton competitions last week. It was fantastic to see your sportsmanship and determination on display. Thank you for upholding our school values and doing us proud!

A special congratulations to Lachie Moor, who participated in the second stage of the interschool cross country competition this week. Competing at this level is a significant achievement, and we commend Lachie for his hard work and dedication.

We also had a group of students take part in the AVISTA STEM session this week, engaging with exciting new ideas and innovations. Well done to everyone who attended—you have represented the college with curiosity and enthusiasm, and it's fantastic to see our students embracing these opportunities for learning and discovery.

A heartfelt thanks to the students who are helping out with the Primary School Winter Sports Program. Your leadership and support of our younger students are greatly appreciated, and your involvement shows the strong sense of community and care that

we value so much at Nathalia Secondary College.

This week, our annual Open Day was a great success, with many students and parents visiting the college to see firsthand the wonderful learning environment we have here. Thank you to everyone who helped make this day such a positive experience, and to the students who proudly shared their school with our visitors.

At last week's assembly, it was also great to see so many students recognised for their hard work and dedication. Congratulations to those students who received PAT awards for their growth and achievement, as well as those who were presented with attendance certificates for consistently high attendance throughout Term 1 this year.

As we move forward, I want to remind everyone about the importance of wearing the correct school uniform. Wearing our uniform with pride helps build a positive learning environment and strengthens our school identity. I also want to reiterate the significance of high attendance—attending school every day supports not just academic success, but also friendships and wellbeing. If your child is absent, please remember to notify the office so that we can support them and ensure all records are up to date.

Thank you for your continued support in making Nathalia Secondary College a fantastic place for our students to learn and grow.

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).

If you would like to make regular weekly, fortnightly or monthly payments, individual payment plans can be arranged.

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

SCHOOL SAVING BONUS (SSB)

The Victorian Government is delivering the School Saving Bonus (SSB) – a one-off support of \$400 for eligible government school students from Prep to Year 12 in 2025.

The SSB can be used for uniforms and

textbooks until Monday 30 June 2025.

Any funds remaining after 30 June 2025, including online voucher amounts that have not been redeemed, will become a credit to use on school activities.

However, the credit will not be available on your family account at our school until late July. To use any remaining SSB funds to cover the cost of school activities in July, please refer to the SSB online system and allocate the funds to school activities before 30 June 2025. To learn more about the SSB online system, download the step-by-step [System guide for parents and carers](#) or watch this [School Saving Bonus video](#). System guide translations are also available in 14 languages.

The Department of Education's SSB contact centre will remain available until 30 June 2025. The contact centre can be reached by:

- completing the School Saving Bonus enquiry form
- calling 1800 338 663, between 8:30 am and 4:30 pm on weekdays.

After this date, please contact our administration team for any SSB related questions.

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.

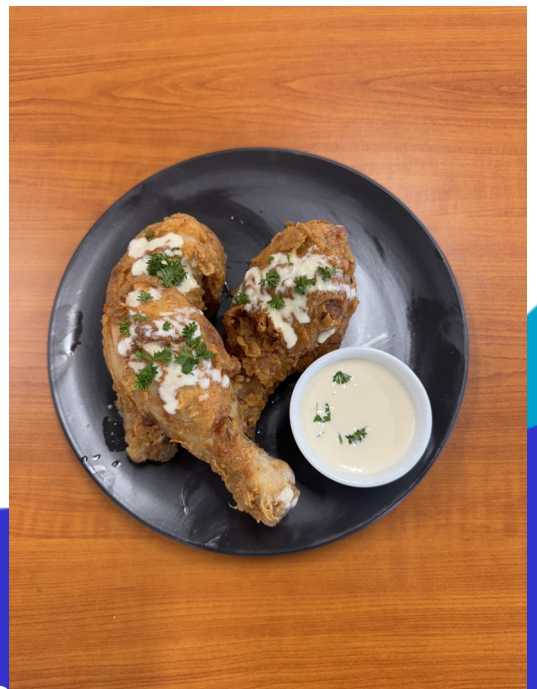
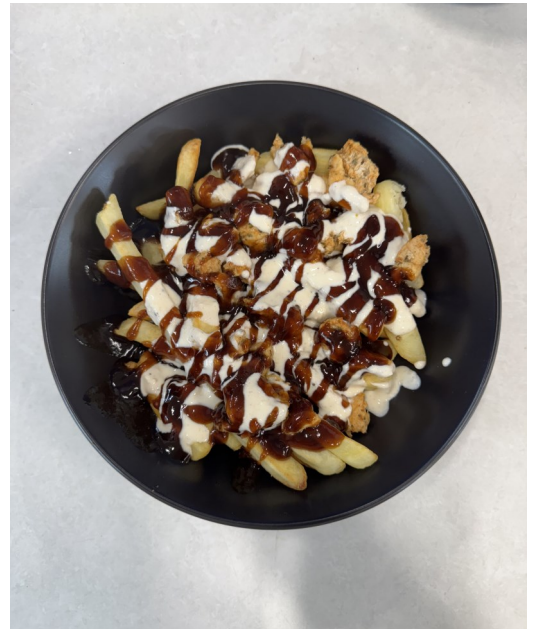
In the classroom

FOOD TECHNOLOGY

This term in 9/10 Food Technology, students explored key scientific cooking reactions including the Maillard reaction, caramelisation, and emulsification. Each group selected two reactions to focus on for their final assessment and designed a recipe that showcased their chosen processes.

The variety of final dishes was impressive, ranging from fried chicken, pad Thai, lasagna, and fried rice to lemon slice, HSP, and honey chicken. While some minor oversights occurred during the planning stages, students demonstrated strong practical knowledge and teamwork, problem-solving effectively on the day.

Every group plated up a delicious-looking dish they were proud of. Well done to all involved.



In the classroom

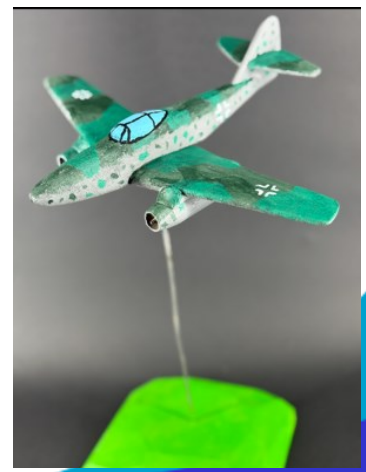
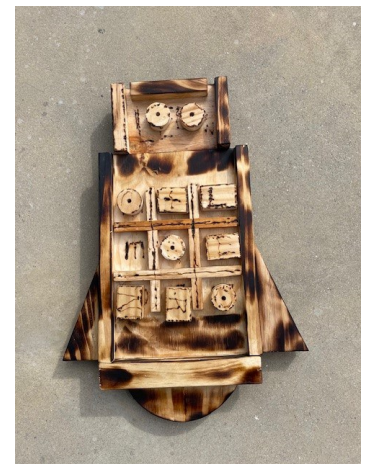
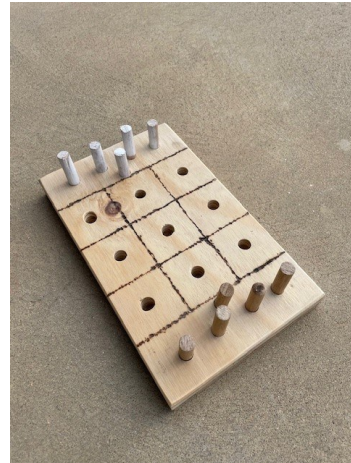
WOOD TECHNOLOGY

Our Year 7/8 students have been showcasing their creativity and craftsmanship in Wood Technology classes. Using scraps and offcuts, they've crafted delightful wooden animals, each with its own unique character. These projects not only teach students about resourcefulness but also encourage imaginative thinking.

In addition to their animal creations, Year 7/8 students have designed and built tic tac toe boards, combining fun and functionality. These boards are perfect for a quick game during breaks and demonstrate the students' ability to create practical items. They've also crafted wooden spatulas, honing their skills in shaping and finishing wood to create useful kitchen tools.

Moving on to our Year 9 and 10 students, their projects have taken a step up in complexity and ambition. One of the standout creations is a sturdy step stool, showcasing their ability to design and construct functional furniture. This project not only tests their woodworking skills but also their understanding of structural integrity and design principles.

Another impressive project from our senior students is the scale model of the WW2 German ME262 First Fighter Jet. This intricate model requires precision and attention to detail, reflecting the students' dedication and interest in historical engineering. The ME262 model is a testament to their ability to tackle challenging projects and produce high-quality work.



Around the grounds

PAT CRONIN PRESENTATION

Our YEAR 9/10 students recently attended a powerful presentation by the Pat Cronin Foundation, which highlighted the devastating impact of a single punch. The foundation, created in memory of Pat Cronin, aims to educate young people about the consequences of violence and promote safe, respectful choices.

The session was engaging and interactive, featuring personal stories and discussions on conflict resolution and communication. Students learned valuable strategies to avoid violent situations and the importance of making positive choices.

We are grateful for the foundation's efforts in building a safer community and look forward to continuing our partnership to ensure our students grow up in a respectful environment.



Careers

YEAR 10 WORK EXPERIENCE WEEK – FAST APPROACHING!

We'd like to remind all families that **Year 10 Work Experience Week** is just around the corner. This valuable opportunity will take place in **Week 9 – from Monday 16th June to Friday 20th June**.

Work experience is a fantastic way for students to explore career interests, gain insight into the workplace, and build skills that will support their future pathways.

We encourage all parents and carers to have a conversation with their child about their work experience placement. If your child hasn't yet secured a placement, now is the time to get organised.

If you have any questions, concerns, or need support with organising a placement, please don't hesitate to contact Emma for assistance.

Let's work together to ensure all our Year 10 students get the most out of this exciting week!

Wellbeing

With Craig, Bron, Raelene & Casey



small steps can make a big difference

We have included
a few of our own to
get you started.

1. Get into life

- Take 5 minutes to read something fun - a chapter of a book, a comic, or magazine.
- Feel the groove and let it show - listen to music that makes you smile.



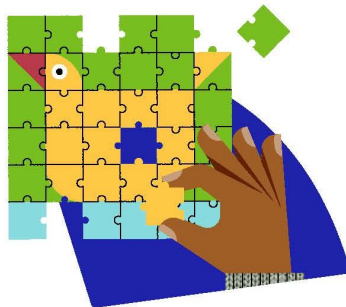
2. Learn skills for tough times

- Something on your mind? It can help to write it down.
- Slow your breathing and take 20 deep, calming breaths.



3. Create connections

- Find someone you trust to talk about your feelings with.
- Spend time with your family playing a board game or doing a puzzle.



4. Eat well

- Try a whole meal without any processed foods.
- Get creative and make a nutritious meal with a friend.



5. Stay active

- Go for a walk to the park with your family and play a game of frisbee.
- Breathe and flex - take a moment to stretch your muscles.



6. Get enough sleep

- Set an alarm and try to get up at the same time each day.
- Practice a few minutes of deep breathing in bed before you drift off.



7. Cutting back on alcohol and other drugs

- Stay busy with other activities at times you find it hard to say no.
- Make plans for early the next day to help keep you on track.





small steps every day

Making big changes can be overwhelming. Focus on the small steps you can take every day — you'd be surprised at the difference it can have on your mental health. Use this Action Plan to set out some goals for the small steps you want to take.



take your first step today, visit headspace.org.au/tips

Further support

If you need to speak to someone urgently, please call:

- **Lifeline**
13 11 14
- **Kids Helpline**
1800 55 1800

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.

healthy headspace action plan

- A** What activities are possible? Which seem like fun? What would you like to try or change? *e.g. listen to music, write down my ideas, eat breakfast each day*

- B** When will you do the activities? How often can you do them? *e.g. before bed, twice a week*

- C** How will you know if the activities are working for you? *e.g. I'll laugh, I'll sleep, I'll feel more confident to handle tough times*

- D** What could get in your way? *e.g. I'm busy, I don't have equipment, I am not sure how*

- E** Where can you get support? *e.g. ask a friend to join you, research online, borrow equipment*

You could try these things to help make your changes stick:

- write it down
- set a reminder
- plan it with family or friends
- take note of any benefits
- think about why it's important to you.

NOTICEBOARD

In celebration of the WORN Exhibition
at the G.R.A.I.N Store



Henna Demonstration with Akshar Henna Art

Join us for a free Henna demonstration at Nathalia Library
and have beautiful designs painted on you.
Each session takes 3–5 minutes.

**New
Date!**



Nathalia Library
Saturday 14th June
10:00am – 12:00pm

Bookings essential
Call 1300 374 765 or
Email nathalia@gvlibraries.com.au

MOTOV8ING BOYS SHEPPARTON 12TH JUN

*STOP WASTING TIME HOPING FOR THINGS TO MAGICALLY
CHANGE, BECOME THE CHANGE YOUR FAMILY NEED - REV*

MOTOV8ING BOYS EVENTS ARE ABOUT
INSPIRING, INFORMING & INSTRUCTING BOYS
& THEIR PARENTS HOW TO MAKE SMARTER
MORE INFORMED DECISIONS IN LIFE.

ATTITUDES, THOUGHTS, WORDS, ACTIONS, BEHAVIOUR, DRIVE, DETERMINATION,
DOUBT, FEARS, GAMING, LAZINESS, LIES, WORRY, ANGER, EMOTIONS, RESPECT,
HOPES, DREAMS, GOALS, WINNING, ACHIEVING, OBSTACLES & OUTCOMES.

THIS COULD BE THE NIGHT THAT CHANGES YOUR SON'S
LIFE FOR EVER, BOOK NOW TO AVOID MISSING OUT.

THIS EVENT IS PROUDLY BROUGHT TO YOU BY **motov8**





Dates to remember...

Friday 30th May

Thursday 5th June

Monday 9th June

Thursday 12th June

Mon 16th—Fri 20th June

Tuesday 17th June

Friday 27th June

Friday 4th July

Monday 21st July

Tuesday 22nd July

Dookie Food & Fibre

SNR & Yr 8 Basketball

Unit 3 Sociology Excursion

Kings Birthday Public Holiday

Road to Zero Excursion

Year 10 work experience

Year 11 exams

Year 7 & 9 Rubicon Camp

GAT

School Council

JNR & INT Girls Footy

Last Day Term 2

PUPIL FREE DAY

Term 3 commences

AS THE SEASONS TURN, AND
THE WEATHER STARTS TO
COOL, A REMINDER BEANIES
CAN BE PURCHASED FROM
THE OFFICE FOR \$20



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