



COBDEN TECHNICAL SCHOOL

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Committed to Students, Committed to Success

Be sure to check out the website for our school
<https://www.cobtech.vic.edu.au/>

Term 2 Week 3

May 2024

We are committed to find and celebrate successful outcomes for students, whether that is in the pursuit of high-level academic achievement, or the development of specific vocational skills.

The values we strive to develop and promote through our interactions with students, parents and other members of our community are Honesty, Excellence, Accountability, Respect and Teamwork - HEART

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School Council Parent/Student Representatives: *Jedda Couch (President) Mardi Foster (Vice President)*
Anita La Franchi Rebecca Armistead Fiona Dobbins Lillyanna Mahoney

In the spirit of reconciliation, Cobden Technical School acknowledges the Traditional Custodians of this country the Djargurd Wurrung and Kirrae Whurrung peoples of the Eastern Maar nation. We pay our deepest respects to the Elders past, present and emerging, for they hold the memories, the tradition, the culture and identity of the Indigenous peoples of Australia.

From the Principal’s Desk – Final Edition

Rohan Keert – Principal

Since I made the announcement that I would be leaving Cobden Technical School to take up the position as Director of the new Warrnambool Tech School, there has been a long list of duties to finalise and hand over to ensure the continued smooth operation and leadership of our school. The good news is that the school is in safe hands and the transition will be relatively smooth. Sarah Cook will continue as Assistant Principal and Narelle Holliday will be Acting Principal for the remainder of 2024. Both Sarah and Narelle have shown how well they can lead during my brief absence at the start of this term. I have every confidence our school will be well led in this interim period until a new ongoing principal is in place for the start of 2025.



It has been an honour and privilege to be a trusted custodian and to serve the best interests of the Cobden school community for more than a decade. One of the hallmarks of our school has been consistent long-term steady leadership over more than five decades.

Cobden Technical School is widely acknowledged as a leader in vocational education and pathways for our students. Our trades teachers are all industry professionals. The percentage of Year 12 students with a positive exit destination is consistently higher than similar schools and the state average. In the past week alone, a community member was telling me we need more schools like Cobden Tech because of our ability to prepare students for apprenticeships in trades. Another community organisation stated, "Trades and apprenticeships form the backbone of vocational pathways for Cobden Technical School students as they plan for the world of work and training that lies beyond secondary school. We value the strong partnership that we have formed with Cobden Technical School". The establishment of the Corangamite Trade Training Cluster is regarded by the Department of Education as a mature and high functioning VET cluster.

Our teachers in all other learning areas regularly engage in ongoing professional learning to improve their skills to respond to the learning and wellbeing needs of our students. The 2023 student survey tells us that the majority of our students have 'high expectations for success'. This is backed up by the 2023 staff survey that is trending upwards in every factor. And none of this would be possible without our amazing education support staff in administration, canteen, library, sport, classrooms and health and wellbeing. Our grounds have always been the envy of visitors thanks to Neville Robertson, Darren Jopling and until recently Ron Greagan.

To quote our Year 7 students who narrate our annual open night radio ads, "We think our school is fantastic because it offers any pathway we choose, including academic, sporting, trades, and creative fields, to name just a few! We get to try them all."

In my time as principal, I have been ably supported by very capable assistant principals including Michael Smart, Cass Crevola, Carmel Cranage, Narelle Holliday and Sarah Cook. I could not have done the job without them! Julie Simmonds has been a trusted, loyal and professional colleague as Business Manager.

Many thanks must go to our parents who volunteer for the very important role as parent members on our school council.

Finally, it's always about the kids. We are in the privileged position to guide the learning of your kids from the age of 12 to 18. We get to celebrate their successes and ride the bumps with them. Paraphrasing the ancient proverb, ***our job is to nurture the trees under whose shade we may never sit. Our impact is vast and, in many ways, immeasurable.***

My new role will allow me to stay connected to CTS as one of the 26 partner schools of the new Warrnambool Tech School. I look forward to following the progress and achievements of Cobden Tech kids well into the future.



Assistant Principal Report

Sarah Cook – Assistant Principal

We started off this term celebrating student success at an Assembly. Our School Captains Brodie and Lilly proudly ran the assembly, including presenting our Age Championship medals from the CTS House Swimming and Athletic Sports. Our school leaders then presented certificates to students for the Term 1 Heart Awards. For these awards, each staff member nominates two students in each class who have demonstrated our HEART values. Some students have received multiple awards and should be proud of their efforts. A special mention goes to Year 7 student, Chloe Marquez, who received 7 HEART Awards. What an outstanding achievement. Following this, we presented our first School Wide Positive Behaviour Term 1 Awards, which recognised the students that achieved the most positive HEART value merits points on Compass in each year level. These students each received a canteen voucher for their exceptional efforts. Congratulations to Sophie Mahoney, Alanna Warden, Marli Phillips, Felix Nguena Nguena, Phoebe Harris, Taysha Scott, Tabitha Perriss and Lilyanna Mahoney. This week we also invited the top students in each year level to a celebratory lunch with the school leadership team.





At the end of Week 1, we held the 'Food Fight' event, which was run after the Cross Country by the VM class. Students raised funds to support Food Bank, the organisation that provides us with the goods for our Breakfast Club, and as a reward for raising money some staff got slimed. It got messy quickly and there were lots of smiles, laughs and some friendly fire. It was wonderful to see students actively participate, and we will continue to encourage and reward our students for their efforts.



Our SWPBS work is leading to positive outcomes for staff and students, with our data showing students are recording fewer behaviour concerns, this means more time in class and engagement with the learning, so I would like to congratulate staff, parents and students for their focus in this space and working together to ensure we display the behaviours we expect as outlined in our CTS Behaviour Matrix.



Finally, I would like to highlight the many contributions that led to the ANZAC Commemorative Service held last week. This included students working alongside the Cobden Cemetery Trust members to clean and prep the headstones and raise close to 100 flags for buried veterans. During the commemorative service, students presented the Acknowledgement of Country, read The Ode, recited significant poems and laid the wreaths. All students acted with the utmost respect at all times. We are incredibly proud of our student's participation and extend our gratitude to the special guests for their invaluable contributions. We also thank community members who attended and watched our livestream. This is now a significant tradition on our calendar, and we appreciate our wonderful, supportive community.



As always, we welcome parent and community contributions and event participation. Please don't hesitate to contact us at any time if you have areas that interest you or events you would like to support us with in the future.



Senior Sub School Report

Jason Beveridge – Senior Sub School leader

We are well and truly settled back into school after the Easter term break and hopefully students have established productive work habits to enable them to achieve to their best over the next few months. Term 2 is a particularly important, busy and stressful time for students undertaking VCE subjects. Students will have regular SAC's (School Assessed Coursework) to prepare for, and complete, across their range of subjects. They will need to begin the process of revising the content they have covered already during Term 1 whilst simultaneously engaging with the enormous chunks of new knowledge they are required to learn. This is when healthy work habits become critical to allowing students to stay on top of the work expectations and allow them to be as prepared as possible when we reach the exam period later this year. This also a time when some students start to feel the stress and pressure of the VCE program. Any students who is struggling with their VCE program, feeling overwhelmed or has any other well-being concerns should speak to Mr Beveridge to ensure that the school can provide any support that is appropriate.

VCE- Vocational Major students recently planned and conducted a colour run and fake food fight to raise funds for the Food Bank. Congratulations to all involved and particular congratulations to our VCE-VM class whose organisation and planning ensured that the event went off without a hitch.

I also wish to acknowledge the work of our school leaders over the ANZAC day celebrations. At all times our school leaders conducted themselves with dignity and represented our school with aplomb. Well done!

Year 11 students are reminded that they need to submit their forms regarding the Melbourne Work Experience if they wish to attend this camp. Students will be given until Friday 3rd of May to ensure these forms have been submitted. This is a great week and I strongly encourage all students to complete and submit their forms so that they can participate in this awesome experience.

I wish everybody luck for the busy term ahead.

VCE News

2024 General Achievement Test

Tuesday 18 June	GAT Section A – Literacy (reading and writing) and numeracy 9:00 am – 9:15 am Reading time 9:15 am – 11:15 am Writing time
	GAT Section B – General knowledge and skills 1:15 pm – 1:30 pm Reading time 1:30 pm – 3:00 pm Writing time

Who sits the GAT

Both Sections A and B

- Students enrolled in one or more VCE or scored VCE VET Unit 3–4 sequence, including:
 - students not planning to undertake scored assessment

Section A only

- Students enrolled in one or more VCE Vocational Major (VM) Unit 3–4 sequence but who are not enrolled in any VCE or scored VCE VET Unit 3–4 sequences

** More information will be provided closer to this date.

Students will have an information session at school and opportunities to work on some sample questions and previous papers to prepare.

Middle Sub School Report

Spike Matthews – Middle Sub School leader

Firstly, well done to Year 9 and 10 students for their smooth transition back to school. We want to recognise and congratulate those students who received golden tickets for earning the most merits throughout Term 1. Their hard work and dedication were celebrated with a special lunch provided on campus last Friday. This term teachers will continue to award merits to students with the specific focus for students to attempt all tasks and strive to do their best.

Additionally, we're thrilled to share the news of our students' participation in the Interschool Boys' Netball and Football for Years 9 and 10. Well done to our Intermediate Boys' Netball team for emerging undefeated and securing their spot to compete at the GWR level. We commend our students for their sportsmanship and dedication representing our school with pride.

For families of Year 9 students, please mark your calendars for Week 11 (26-28 June) of this term, as the Year 9 Melbourne Camp is just around the corner. Permission slips will be distributed this week, so be sure to keep an eye out for them.



Should you have any questions, or concerns, please don't hesitate to reach out to us. We appreciate the continued support.

A Special Invitation Year 9 and 10

We would like to invite students and their parents/guardians to attend an afternoon tea to celebrate a successful start to 2024

DATE Friday 24th May
TIME: 1:15-3pm
WHERE Check in at the CTS office between 100-1:15pm

Following the afternoon tea parents/guardians will have an information session with school leaders and a short presentation from a guest speaker from Real Schools to support our work building positive relationships with students .

RSVP: By Wednesday 16 May.
Ph: 5595 1202

Curriculum & Assessment

Narelle Holliday – Curriculum & Assessment Leader

Progress Reports Preparation: Staff will be working on completing progress reports throughout the next two weeks. These reports are crucial in providing you with valuable insights into your child's academic progress and overall development. The progress reports will be made available to students and parents on the 15th of May. You will have access on Compass. Should you wish to discuss your child's progress further, or have any questions regarding the content of the progress report, we encourage you to reach out to the relevant teachers via email to organise a discussion if required.

Improving Your Child's Vocabulary: Recently, we've been focusing on helping students develop a strong vocabulary in their subjects. Through our Professional Learning Communities (PLCs), teachers have been discussing and sharing strategies to teach subject-specific words effectively. By expanding your child's vocabulary, we aim to give them the language skills they need to succeed in all areas of their schooling and beyond.

Community of Practice in the Southwest Region: I'm thrilled to let you know that our literacy and numeracy teaching teams are actively involved in a special group called the Community of Practice in the southwest region. This group brings together teachers from different schools to share ideas and collaborate on new ways to teach literacy and numeracy. By working with teachers from diverse backgrounds, we're learning new strategies to help your child succeed.

Student Voice Committee

Sports Equipment Library Survey: Following a presentation to the Student Voice meeting by Mr. Simmonds, our students have created a survey to gather ideas for possible inclusions in a sports equipment library. This library would allow students to borrow sports equipment to take home during the week or on weekends. Your input is crucial in shaping the selection of equipment available. Please encourage your child to participate in the survey and share their ideas.

Active Schools Funding for Yard Equipment: We're excited to announce that we have access to Active Schools Funding to add additional equipment for student use in the yard during breaks. This initiative aims to enhance students' active play experiences and promote healthy lifestyles. We look forward to hearing your suggestions on how we can make our yard even more fun and engaging. After a few hiccups, parents should be able to access the survey via an emailed word document. If you would like to discuss the possibilities with your students and complete a survey at home. Please return the word doc. to Mrs Holliday via email.

Seniors Luncheon on Thursday, May 2nd: Our latest senior's luncheon occurred this week. Student representatives attended the centre and served the luncheon to the participants. We extend our heartfelt thanks to the food classes and senior students who work hard to prepare the delicious food prior to the event. Your dedication and effort are truly appreciated.

ANZAC Ceremony Recap: The ANZAC ceremony at the Cemetery was held last Wednesday. I am pleased to report that all students who attended were extremely well behaved during this solemn ceremony. A special shoutout to Lilly, Brodie, Ewen, Phoebe and Immy for their assistance with the service. Your respectful participation honours the memory of those who served our country.



Sports Report

Belinda Savage – Sports Co-ordinator

Upcoming Events – Term 2

Monday 6 th May	HSSSD Interschool Cross Country (Camperdown)
Tuesday 14 th May	HSSSD Interschool Senior Boys Football HSSSD Interschool Senior & Intermediate Girls Netball
Wednesday 22 nd May	GWR Interschool Boys Netball (Colac)
Monday 27 th May	GWR Cross Country (Warrnambool)
Wednesday 5 th June	HSSSD Interschool Junior Boys Football HSSSD Interschool Year 7 and Year 8 Netball
Tuesday 11 th June	GWR Senior and Intermediate Badminton (Ballarat)
Wednesday 26 th June	GWR Year 7 and 8 Badminton (Ballarat)

CTS Cross Country - Friday 19th April

The weather gods were very kind to us on the day of the Cross Country, wet underfoot, slight breeze but fairly good conditions. Thank you to all the students who participated in the 3km event around Circuite de Savage, and to the staff on the checkpoints. Some very quick times, with Kayden Daffy (Shenfield Blue) being our first runner home in an amazing quick time of 11:20, followed by -

2 nd	Brodie Foster	11:29
3 rd	Felix Nguena Nguena	12:50
4 th	Zac Stevens	13:08
5 th	Xander Weel	13:09

Our first three female runners were: -

1 st	Taliyah Bishop	17:28
2 nd	Chali Robbins	18:40
3 rd	Olivia Benson	19:33

Age Champion Medal Presentation and House Awards will be presented at the upcoming school assembly.



Congratulations to the following students who have now qualified to compete in the HSSSD Interschool event on Monday 6th May held in Camperdown.

GIRLS					
12&13 YEARS	14 YEARS	15 YEARS	16 YEARS	17 YEARS	20 YEARS
Stephanie Suter	Chali Robbins	Taliyah Bishop	Zoe Buck	Tabitha Perriss	
Harmoney Bishop	Akeisha Bishop	Olivia Benson		Phoebe Harris	

BOYS					
12&13 YEARS	14 YEARS	15 YEARS	16 YEARS	17 YEARS	20 YEARS
Harry Roberts	Xander Weel	Felix Nguena Nguena	Zac Stevens	Kayden Daffy	Brodie Foster
Aidan Leeson	Cooper Daffy	Ewen Robbins	Bailey Clarke	Bradey Fratantaro	Tom Hutton
	Nathan Patullock	Landyn Muller De Vent	Adam Jopling	Bodhi Crole	
	Ethan Duynhoven	Mason Mitchell	Korie Hester-Emery		

HSSSD Interschool Girls Football (Camperdown) - Tuesday 23rd April

Five intermediate/junior girls and five senior girls teamed up with the Terang College to compete at the Interschool Girls Football. The Junior team had two wins out of three games, defeating Timboon P-12 and Camperdown P-12 in well fought matches, our leading scorers were Akeisha and Alanna.

The Senior girls played only one game throughout the day, against Camperdown P-12, getting the win after four very well played quarters. Great efforts all round. Leading goal kicker was Maddi Newell.

All players put in 100% effort regardless of if they had played football before or not. All students enjoyed socialising with their teammates and a big thank you to the Terang coaches and teammates for a great day, as well as Mr Brett Taylor and Ingrid Bellman.

The Senior girls win qualified for them to compete at Greater Western Region level due to be played on Warrnambool, but due to commitments of Terang P-12 students, there will be insufficient students available to form a team.



HSSSD Interschool Boys Netball (Camperdown)

Senior Boys Netball

Well, done to our Senior Boys Netball team (Brodie Foster, Jayden Gass, Tom Hutton, Bradey Fratantaro, Kayden Daffy, Riley Chamberlain, Brodey Muller De Vent, Bodhi Crole) for their outstanding performance winning both their games and now qualifying to attend at the Greater Western Region level on Wednesday 22nd May at Colac. Was so good to see you all dedicated to lunch time practice sessions and always wanting to further your skills and knowledge of the game of netball.

CTS 30 defeated Terang P-12 College 17

Goal Scorers: Bodhi Crole 14 and Brodie Foster 16

CTS 35 defeated Camperdown 8

Goal Scorers: Bodhi Crole 18, Kayden Daffy 6 and Brodie Foster 11

Thank you to the umpires Tess Lourey and Melissa Benson, who also voted our best three players over the two games to be: -

- 3 Jayden Gass
- 2 Kayden Daffy
- 1 Riley Chamberlain



Intermediate Boys Netball

The Year 9 and 10 boys netball team displayed exceptional behaviour, politeness and remarkable sportsmanship throughout the day (Zac Stevens, Noah Bignell, Adam Jopling, Felix Nguena Nguena, Alan Warden, Hayden Chamberlain, Lenny Dobbins and Bailey Clarke). They were a joy to coach and support, not only during the event but also during the several lunchtime training sessions leading up to it. The boys upheld themselves with great dignity as they competed against other local schools, enjoying a remarkable day with a perfect record of 4 wins out of 4 matches.

Our opening match was against Terang, where we began strongly but faced a slower second half, ultimately securing a 10-2 victory. In our second match against Camperdown College, we started off with a bang, achieving a 10-2 lead and ending with an impressive final score of 18-4, our largest winning margin of the day.

Following a bye round, during which the boys refuelled and energised themselves, we faced Timboon, clinching a solid 15-4 win. Then came our final showdown against Mercy Regional College, also undefeated. Instead of two separate matches (a fourth round and a final), we opted to make this game the ultimate final, extending it slightly with 4x7 minute quarters. The score was tied at 5 all after the first quarter. With some strategic adjustments, we managed to widen the gap to 12-8 by halftime.



The second half was nail-biting as Mercy made a comeback, even equalizing at one point. However, our boys rallied and pulled ahead to be 16-13 going into the final quarter, sealing a significant victory with a final score of 21-15.

It was exciting to watch the boys' improvement with each game, their receptiveness to advice, teamwork, and, of course, their respect and politeness towards the umpires. They should be immensely proud of their performance; they played exceptionally well and truly earned their title as champions. With a few more practice sessions in the upcoming weeks, we are ready to tackle the next level at Colac.

A heartfelt thank you goes out to the organisers, fellow coaches, support crew, and our umpires – Belinda, Spike, Kathryn, Liz, Mel, and Abbey Benson – for their invaluable contributions. You all rock!

Junior Boys (Year 7 and 8)

Thank you to Mr. Spike Matthews and Kathryn Rylance for their assistance coaching and umpiring the Junior Boys team (Harry Roberts, Xander Weel, Rhys Sargood, Zabe Ripohau, Hunter Woods, Cooper Daffy, Izaac Tate and Nate La Franchi). Throughout the day, our team demonstrated resilience and sportsmanship, continually improving despite facing tough opponents. Their behaviour was exemplary, characterised by respect and teamwork, reflecting the values we aim to instill in our students. We look forward to seeing them further develop their netball skills in the years to come!



Colac Gun Club Clay Target Shooting Competition - Wednesday 24th April

Under cool breezy conditions our Clay Target Shooters (Lenny Dobbins, Korie Hester-Emery, Alan Warden, Xander Weel, Max Paton, Jack Kennedy, Nathan Patullo and Nate Cook) shot two rounds of ten clay targets. After some slow starts most of our shooters improved on their first-round score. Well done to Lenny who completed a perfect second round and topped scored with 11/20. Thank you to Mr Pat Wallace for attending and assisting on the day.



Careers Report

Jason Beveridge – Careers Coordinator

The start of Term 2 sees our career activities really start to ramp up. Our Year 10's started the ball rolling on Thursday when they visited Cooper Energy Gas Plant near Port Campbell. First, the students were impressed with the bacon and egg rolls, hot chocolate and sweet treats on arrival. We then listened to some key staff and Kate Makin from the Corangamite Shire speak about the company and the importance of this industry to our community. Next we embarked on a mini bus tour of the plant and our guide Cam gave us a terrific insight into the operations and equipment with some technical information given in a user friendly way. Finally, students learned about the career opportunities in this industry and staff and students had the opportunity to ask further questions.

The next activity planned will see all of our girls in Years 9-12 invited to participate in the Trades Fit Expo in Melbourne. The Expo highlights the range of opportunities for women across industry in Australia and was established to broaden the female student's awareness of what they could potentially do and to enhance female participation in a broader range of careers. We attended the Expo last year and found it to be an informative experience and we look forward to another positive experience. Participation is funded by the Neil Porter Legacy.

Our Year 9's are preparing for participation in the Morrisby Testing and interviews. Information packs and consent forms have been sent home to families and students will soon participate in practice testing before completing the actual test in May. Interviews will follow immediately afterwards and always generate an enormous amount of conversation and consideration around the future career directions of students participating.

The number of students participating in School Based Apprenticeships (SBAT's) continues to grow. In Term 1 we had two Year 11 and a Year 10 student signed up for SBAT's, as we start Term 2 I am working very closely with Headstart, employers and training organisations to co-ordinate the establishment of two more SBAT's for Year 10 students. SBAT's are an excellent way to facilitate students transitioning from school to work and is proving particularly popular amongst sections of our Year 10 cohort who are looking to explore alternative options to classroom learning. There are a further two Year 10 students seeking to participate in work placements and hoping to progress these placements into SBAT's.

All of our Year 10's are busily preparing for Work Experience at the end of the term. They have been provided with work experience packs and prepped on what is required of them, and we should see them out in the community seeking to organise placements over the coming weeks.

CTS Parents Committee

A huge thank you to all the students, parents, staff and friends of CTS who sold tickets and/or donated chocolates for our Easter Egg Raffle. We raised \$463.00

Below are the many winners from our raffle:

Jack Kennedy	Kerri Blain	Mason Mitchell
Carla Gass	Liv Williams	Gary Ross
Sarah Cumming	Laura Mahoney	Hayley Weel
Blair Harkness	Ingrid Bellman	Zabe Ripohau
Ryan Furney	Leanne Haslem	Narelle Holliday
Sully Harkness	Fran Clarke	Paul Blain
Carla Gass	Xander Weel	Menzel Cook
Phoebe Harris		



Wellbeing

Liv Williams (Wellbeing Coordinator)

Another bustling term is currently underway! As we navigate through the long, chilly winter months, prioritizing our mental well-being becomes increasingly vital. Encouraging our students to engage in sports and physical activity proves to be immensely beneficial for their mental health, offering a fantastic outlet. Seeing the enthusiastic participation of our students in school events is positive, I was impressed by the resilience displayed by our students during the Cross-Country event, as well as their unwavering support for their peers.

Our Wellbeing team is actively engaging in professional development this term, broadening our understanding and awareness through collaborations with external providers such as Headspace and the Victorian Government's Respectful Relationships program. There are lots of activities and events lined up for both students and staff this term – stay tuned for further details!

In these chaotic times, it's crucial to provide guidance on coping with grief. Grief manifests differently for everyone, and individual triggers vary. Following last week's events in Sydney, our wellbeing team deemed it essential to refresh everyone's knowledge on this topic.

A brief update from our school nurse:

As we head into the winter months, flu vaccinations become increasingly important. Ensure you schedule your flu shot to safeguard yourself.

With winter sports in full swing, many of our students are deeply involved. Remember to carve out time for self-care amidst the hustle and bustle. Take breaks when needed and relish the moments of down time.

Dealing with grief when bad things happen in the world **GRIEF**

When something bad happens in the world, like natural disasters, war or terrorism, it might become all you see in the news and social media. How you react is unique to you: it's normal if you feel really upset, and it's equally as normal if it doesn't affect you at all. If you or someone you know is feeling sad about what's happened, there are a few ways to help.

WHY AM I FEELING GRIEF OVER SOMETHING THAT DIDN'T HAPPEN TO ME?

There isn't a right or a wrong way to react to death and loss. Many people experience grief when they hear about the death of people they don't know personally, or even when the lives of animals are lost. And many others feel nothing. Everyone feels differently, and that's okay. If you're experiencing grief when hearing about something bad happening to people across the world, it's probably because you feel some kind of connection to them. For some, it's an empathetic response to feel pain because other people are feeling pain. Even though what happened doesn't impact you directly, it's okay to feel for someone else's loss.

WHAT CAN I DO ABOUT IT?

Accept that it's real grief you're feeling
You're not being silly, all grief is valid. Take 10-15 minutes in a private space to feel your grief. You can give yourself this time to express any feelings you've stored up. You can cry, draw, pray, meditate, write, or simply sit and think.

Filter your news and social media
Sometimes seeing the never-ending stream of bad news coverage can be overwhelming. Especially if you're seeing the same disturbing or distressing images over and over again. It's okay to temporarily switch off to give yourself a break. It doesn't mean that you don't care, and can help you refocus and figure out what you can do to help.

Write it down
Putting your thoughts on paper can help you clarify how you're feeling and make it easier to process. You can also track how you're feeling over time and record any strategies that helped you to feel better, so that you remember them for the next time you're feeling down.

Do something to help, like volunteering or donating
Helping a situation get better can be really great for your mental health, and can help prevent compassion fatigue. Feeling active can give you back your sense of control, and help you process the difficult emotions surrounding grief.

Take care of yourself
It's easy to get caught up in negative emotions. While letting yourself feel the grief will allow you to process it better, it's also important that you still take care of yourself and do things you enjoy. You could watch a funny TV show, cook a nice meal, go for some fresh air and take a walk, play with a pet or get stuck into a game with some mates.

REMEMBER!

Allow yourself to do things you enjoy. It doesn't mean that you're dismissing the bad things that have happened - it just means that you're taking care of yourself so you can move forward in a healthy way.

Calendar 2024

TERM 2 2024		
WEEK 4	DATE	EVENT
Monday	6 May	➤ HSSSD Cross Country (Camperdown – Session 4-6)
Wednesday	8 May	➤ Women in Trades Expo (Year 9-12 Girls)
Friday	10 May	➤ Year 11 Food Class Excursion to Worn Gundidj Nursery
WEEK 5	DATE	EVENT
Tuesday	14 May	➤ HSSSD Senior Boys Football
Tuesday	14 May	➤ Senior & Intermediate Girls Netball
Wednesday	15 May	➤ CTS School Tour & Morning Tea @ 9:45am All welcome – please RSVP on 5595 1202
Wed-Fri	15 – 17 May	➤ Year 7 Port Fairy Camp
Thursday	16 May	➤ Embrace – Year 8-10 Wellbeing excursion (Terang)
WEEK 6	DATE	EVENT
Mon-Fri	20 – 24 May	➤ Dental Van all week
Wednesday	22 May	➤ GWR Senior & Intermediate Boys Netball (Colac)
Friday	24 May	➤ Real Schools Afternoon Tea (Year 9/10 students & families)
WEEK 7	DATE	EVENT
Monday	27 May	➤ GWR Cross Country
Wednesday	29 May	➤ Pupil Free Day
WEEK 8	DATE	EVENT
Tuesday	4 June	➤ School Council @ 5:00pm
Wednesday	5 June	➤ HSSSD Junior Boys Football
Wednesday	5 June	➤ HSSSD Junior Girls Netball
Wednesday	5 June	➤ Year 10 Deakin Uni Discovery Day
WEEK 9	DATE	EVENT
Monday	10 June	➤ King's Birthday Public Holiday
Tuesday	11 June	➤ GWR Badminton
Wed-Fri	12-14 June	➤ Year 8 Summit Camp



EDUCATION WEEK @ Cobden Tech

School Tour AND Morning Tea

Open to CTS families and all community members

WEDNESDAY 15TH MAY
MEET IN ADMIN AT 9:45AM
MORNING TEA AT 10:45AM
RSVP 5595 1202 - FRI 10 MAY

FOR MORE INFORMATION
5595 1202
COBDEN.TS@EDUCATION.VIC.GOV.AU



Community News

Camperdown Theatre Company Inc.
production of

Disney
FREAKY FRIDAY
A NEW MUSICAL



April 26, 27 & May 2, 3, 4 2024

THEATRE ROYAL + All 7.30pm (also 1.00pm Matinee on 4th)

Tickets available at Leffs, Ph 5593 1469 or online at www.camperdowntheatrecompany.com.au

Adults: \$30 + Student/Concession: \$25 + Children (15&U): \$20 + Family (2+2): \$90

Book by Bridget Carpenter Music by Tom Kitt Lyrics by Brian Yorkey
Based on the novel *Freaky Friday* by Mary Rodgers
and the Disney films
Licensed exclusively by Music Theatre International (Australasia)

Director Jen Rowan + Choreographer Clare Dunn + Vocal Directors Toby & Nikki McKenzie
Musical Director Jane McSweeney + Producers Sue Place & Jenny O'Neil

THE CORNER THERAPY HUB
& 12 APOSTLES RETREAT



GIRL POWER

Glam
focusing on hair, makeup & fashion

Insight
on health, wellness & self-esteem

Resilience
for conflict resolution & inner strength

Love
for positive friendships & relationships

For young people 12-15 who identify as female
Tuesday May 14, 21, 28
Tuesday June 4, 11, 18
4.00 - 5.30pm
Only 10 places available!

A program that focuses on building identity and connection through shared passions!

Discover skills and techniques related to

- Skin care
- Food & Movement to make you glow
- Make up
- Daily habits to thrive
- Hair
- Emotional agility

The Corner Therapy Hub
212 Manifold St, Camperdown

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FEMALE CRICKET FORUM LOOMS

South West Cricket is proudly promoting the opportunity for more girls and women to try cricket during the 2024-25 season.

A forum being held in Camperdown next Wednesday 8th May at the Killara Centre in Camperdown is open to females of all ages to hear more about programs being offered by clubs in the area between Colac and Warrnambool. The aim is to get junior and senior female competitions underway alongside the normal men's and boys' fixtures.

A positive amount of involvement is already evident with current SWC clubs, Bookaar, Pomborneit and Cobden, playing in the Colac and Warrnambool associations but there is healthy interest in getting even more local competitions up and going – perhaps with other SWC clubs having teams and Mortlake, Noorat Terang and Simpson involved as well.

Distances would be reduced which would be a real encouragement to parents and families.

Women's cricket is booming at every level. Female enjoyment of the game is obvious to the sport's administrators as they seek to provide quality experiences for both current and new players.

The forum, which will **begin at 7pm**, will be short, sharp and constructive ensuring that attendees get the required information.

All current and potential players, regardless of age, are encouraged to attend. Parents and interested community members are welcome as well.

Inquiries should be directed to:

⇒ President: Luke Heffernan 0428 921569

⇒ Vice-Presidents: Matthew Hanks 0447 238398 and Andy Casson 0407 558264

⇒ Operations: Daniel Missen 0418 173089 ⇒ Treasurer: David Murphy 0407 523513





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Rose Room, Terang Civic Hall
131 High Street, Terang
Led by Shaun Kirk
For youth aged 12 - 25

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