



# 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 3 Week 6**

**23 August 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   Amanda Weel   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.*

## Principal’s Desk

Narelle Holliday – Acting Principal



We’re already halfway through the term—where has the time gone?



As we look ahead, I want to remind everyone that our school review will take place in Term 4. This is a vital opportunity for all stakeholders to reflect on what’s working well at our school and where we can improve. An essential part of this process is gathering feedback from our parents.

If you haven’t done so already, please check your Compass news and emails for the link to the Parent Opinion Survey and complete it before the end of August. Your feedback will be invaluable in helping us set our goals for the next four years.

On a different note, there have been some fantastic developments in our career’s education program. Jason Beveridge has been doing an excellent job coordinating work experience camps and various career-focused excursions. These activities are giving our students a deeper understanding of the wide range of career opportunities available locally, which is incredibly valuable for their future planning.

**Family Student Teacher Conferences** will be held on Wednesday 4<sup>th</sup> September. This is a pupil free day. Please register your appointments on COMPASS. Bookings will open this afternoon and will remain open until Tuesday 3<sup>rd</sup> September at 5.00pm. We look forward to sharing your students progress with you at the conferences. If you are unable to attend, please contact teachers you would like to speak to via COMPASS email to arrange an alternate time.

I was also pleased to be invited to the recent Progressing Cobden workshop. It was a great experience meeting new members of the Cobden community, and I'm looking forward to seeing how our school can continue to support Progressing Cobden in the future. The committee will soon meet to consolidate the ideas that were discussed, and I'm eager to see what comes next.

Lastly, it's been exciting to hear about our students' aspirations in football and netball. I wish them all the best as they strive to reach the grand finals in their respective leagues and teams.

Thank you for your ongoing support.

#### REMINDER – CTS CARPARK

I would like to remind you that the buses in our bus exchange area are traveling on a road. When entering the school site and exiting the car park, it is essential to remember that all normal road rules apply. This includes giving way to the buses on the road.

Your child's safety is our top priority, and by following these guidelines, we can ensure that the bus exchange operates smoothly and safely for everyone. Please be vigilant and help us maintain a safe environment for all our students.

Thank you for your cooperation.



## Assistant Principal Report

Sarah Cook – Assistant Principal



This past two weeks I have been able to witness some of the fantastic learning that is occurring in our classrooms as I have covered a variety of classes. I have noticed students in Maths engaged in the work that is set at their own level of understanding, students in Indonesian well aware of their routine and how to use the carefully developed resources to support learning a new language, in senior classes students have been very independent diligently moving onto the next unit of work in their workbook and utilising the technology available with the Edrolo platform enabling them to watch tutorials and access work that was previously only delivered in person. I was also amazed by the cooking talents of our Year 9 /10 class who regularly bring leftovers into the staff room for staff to try and this week I was served a variation on my favourite garlic prawn dish with many ingredients utilised from our own garden! This all reminds me that we are lucky to be at school that is able to create individual programs to cater to our students' needs and I am also lucky that I'm not just stuck sitting in my office but I get to be immersed in the education of our young people.

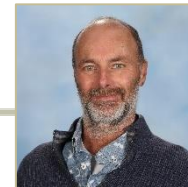
This week again has seen students out and about with Boys Netball in Melbourne, Clay Target Shooting and a VCE VM Gas Industry Tour. These opportunities are a privilege for students to attend and a lot of work goes into organising not only the event but the affected activities at school due to staffing, resources and students. If students aren't willing to always strive to do their best at school and display our HEART values on all occasions then they may not get the opportunity to attend such events. Students that choose not to attend events are expected at school and a suitable program will be provided.



Finally, I remind you to reach out to us if you have information that will help us to support students at school especially when it is something that may impact on their learning. Examples are changes in medication, family situations, holidays, upcoming medical appointments. It is also important so that we are able to ensure we have accurate records of student attendance. Parents may use Compass to email staff, update attendance but at any time they are welcome and encouraged to give us a call. Our friendly admin team will ensure that the phone call is directed to the right staff.

## Senior Subschool Report

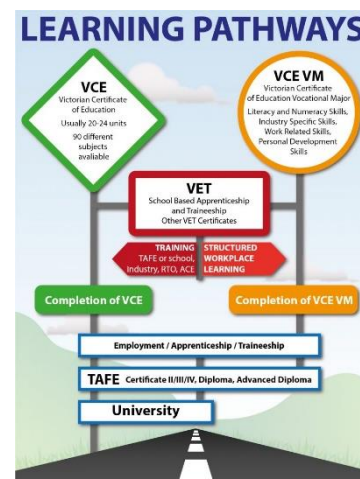
Jason Beveridge – Senior Subschool leader



The business end of the year is fast approaching and for our senior students it is time to knuckle down and ensure they approach the final months of the year with their best possible attitude and effort. Our Year 12's are facing the realisation that their days as a secondary school student are limited and are coming to terms with having the face a new world. This can be an unnerving time for students, often laced with uncertainty and new challenges. We have been having individual meetings with Year 12 students to discuss their pathways, knowing that a good plan can help to reduce the stresses related to this difficult time. We remind students and parents to contact me to access help with pathway planning and, further, to reach out for help if concerns for the future become overwhelming.

It is also important that students work hard over these last few months to maximise their ability to successfully complete their studies. Final exams will come around very quickly for those studying VCE subjects and now is the time to ensure you are revising and preparing for these final assessments. VCE VM students need to make sure they are completing all assigned tasks in order to make sure they can be granted a successful completion. I remind all students to ask their teachers for help when they find work difficult or they feel they are lacking direction.

Year 10 students participated in an information session to outline their study options as they enter VCE. Students were introduced to the structure of the VCE program, VCE VM, VET and SBA's. Students have been asked to consider their options and provide some guidance to the school as to what their career aspirations are and what their study plans entail. Students or parents that need help working through this process should contact me.



In Week 7 I will sit down with our VCE students and work through the submission of their VTAC and related applications. I also encourage those students considering a TAFE pathway to submit their TAFE applications at this time. We encourage parents to discuss with their students what their plans are before these meetings.

With all these high-pressure decisions and a heavy workload, we are planning a well-being day for later in this term (date to be confirmed). This will provide an opportunity for our Year 12 students to let off some steam as they approach the finish mark, whilst also allowing them to solidify those important peer relationships that can be of huge support during the upcoming busy time.

## Junior Subschool

Jen McLennan – Junior Subschool leader



### Junior Subschool Update: Behaviour Matrix Reminders

This week, I'd like to revisit some key aspects of our behaviour matrix to remind everyone of the expectations we hold for all students when they enter class. Please feel free to contact me if you have any questions or require further support in these areas.

1. We arrive on time, prepared and ready to learn. We wear our uniform with pride. Students are expected to arrive on time, fully prepared and ready to learn. This includes bringing all necessary equipment and taking care of it responsibly. It's been wonderful to see students improving in this area during their academic classes, and we'd like to extend this focus to Physical Education as well. To participate in PE, students need to change into their PE gear, including appropriate footwear. This is important for both personal hygiene and to protect the gym floor. Please remember that runners are the only suitable footwear for PE classes.
2. We speak, listen and behave politely to everyone. We follow instructions and work cooperatively with staff and students. Our school is a dynamic environment, with various staff members and students interacting daily. Whether it's Educational Support (ES) staff, Casual Relief Teachers, Tutors, or regular teaching staff, it's crucial that we all speak, listen, and behave politely to the people in our classes. This applies not just to the words we choose, but also to our actions and tone of voice. Respect and politeness go a long way in creating a positive and cooperative school community.

Thank you, Year 8 Home Eco students! Our Year 8 students did a fantastic job preparing afternoon tea for the Year 10 Information Night this week. Your hard work was greatly appreciated by parents, staff, and students alike. Well done!

At the end of the term, our Year 7 students will have the exciting opportunity to visit the Pharaoh exhibition in Melbourne. This amazing experience will enhance our History curriculum in Term 4 as we explore Ancient Egypt. All details are available on Compass, and we kindly ask for prompt consent and payment.

## Budj Bim excursion

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During the week a group of students had a fantastic tour of Tae Rak (Lake Condah) and Kurtonitj with our tour guide Tyson. We learned about eels and the tradition of eel aquaculture, stone huts, the indigenous seasonal calendar, managing country, conflict and missions and dreaming stories. Students did well to brave the cold and sometimes wet conditions and we hope this excursion supports their classroom learning. Thanks to Mrs McLennan for organising this opportunity.



## Careers

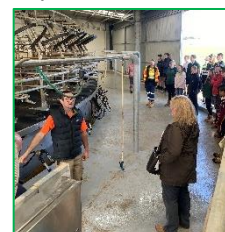
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Jason Beveridge – Careers Coordinator



As we approach the end of Term 3 the attention of many students begins to drift towards determining what they will do next year. Many Year 12 students have met with me to discuss their plans for 2025 and to identify pathways that they may take as they move into employment or further study. Those students who have chosen to not yet meet with me are encouraged to organise to meet with me as soon as possible. Further to this, an expert from Deakin University was invited to speak to those students considering university as a potential pathway and students received invaluable information about the university application process, scholarship possibilities and potential course options.

Our VCE VM students participated in an excursion on 23 July that identified career opportunities in the construction industry and highlighted the links between the construction, manufacturing and dairy industries within our region. Students visited Greencon, Fonterra and a new state of the art dairy and explored the workforce possibilities that exist locally. Students reported that it was an interesting day and all students reported that they had gained a deeper understanding of local industries.



During Week 5, a group of Year 11 students travelled to Melbourne to participate in a Melbourne Immersion Camp that included a work experience component. The camp was delivered in collaboration with Terang College and supported by Doxa. Students participated in work experience placements during the day, utilising public transport to navigate their way to and from their workplaces. During the evening students participated in a range of activities including the movies, bowling, the Eureka Skydeck, and a visit to arcade games. Students gained great confidence in being able to negotiate their way around Melbourne and enjoyed the time to experience the city with their friends and to make new friends. Feedback from employers was positive, highlighting the fact that our students always prove themselves to be hard workers and represent their school and community with pride.

On Friday 16 August, our Year 10, 11 and 12 students had the opportunity to explore future career options in the local area at the Neil Porter Legacy Energy Industry Day in Port Campbell. Sponsored by Beach Energy, the event connected students with industry professionals showcasing their roles and career paths.

The students heard from tradespeople, engineers, technicians, managers, and engagement specialists from three local operators. A panel of Beach employees shared their career experiences and daily responsibilities and answered students' questions about their professions and the industry. Students also discovered Beach's community investment program and its contributions to our region.



Following the presentations, the students toured the Otway Gas Plant, participated in hands-on activities, and learned about the plant's operations and the diverse roles needed to keep it running. The Energy Industry Day gave students a clear view of local job possibilities and highlighted the many pathways into chosen fields.

## REMINDER to participate in the 2024 Parent / Caregiver / Guardian Opinion Survey

Dear Parents / Caregivers / Guardians,

Our school is conducting the annual Parent / Caregiver / Guardian Opinion Survey and is seeking your feedback. The survey, offered by the Department of Education, is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behavior, and student engagement.

We sent you an invitation to complete the survey via Compass. If you have misplaced this, please reach out and we can resend this invitation to you.

**The Parent / Caregiver / Guardian Opinion Survey will remain open online until Friday 30 August 2024.**

**Your opinions are important to us** and will contribute to **identifying areas for improvement and professional development needs in the school**, to target school planning and improvement strategies. The department will use the results from the survey for research purposes and to improve outcomes for students.

The survey is being conducted **online** and only takes **20 minutes** to complete. It can be completed on any internet enabled device (desktop computer, laptop, tablet or smartphone) and is compatible with most browsers.

## Sports Report

Belinda Savage – Sports Co-ordinator



### Upcoming Events

Thursday 10<sup>th</sup> October Greater Western Region Athletics (Ballarat)  
Monday 21<sup>st</sup> October School Sport Victoria State Athletics (Melbourne)  
Monday 28<sup>th</sup> October South West Clay Target Shoot (Lake Gilliear) (Yr 7 – 10)

### Netball Victoria – Senior Boys Netball (Melbourne State Netball Centre) 13<sup>th</sup> August

Netball Victoria held a Gala Netball Day for boys' teams only on Tuesday 13<sup>th</sup> August. They had 66 teams enter from across the State of Victoria. This event has become very popular with the event being booked out almost immediately and we had to rely on a ballot system to get in. It is very exciting to see how popular netball has become amongst boys, with growing numbers and teams. Very proud of our small school team who have dedicated many hours to training, practice games and showing their dedication to improve and always be willing to learn new skills and try new positions. Thank you to some of our intermediate boys for also standing up and being a part of the senior boys' team in Melbourne, gaining valuable experience and court time. When our small school comes up against teams that would have more than double the number of students in their Year 11 and 12 to choose from compared to the total number of students at our school, is amazing achievement and result. Well done and congratulations to: -

Brodie Foster	Jayden Gass	Tom Hutton
Bradey Fratantaro	Kayden Daffy	Bodhi Crole
Brodey Muller De Vent	Noah Bignell	Felix Nguena Nguena
Zac Stevens	Bailey Clarke	Adam Jopling

## Results

Round 1	CTS	7	Lost to Melbourne High School	9
Round 2	CTS	3	Lost to Beacons Hills College Berwick	6
Round 3	CTS	8	Lost to Ignatius College	9
Round 4	CTS	9	Defeated Cornish College	4
Round 5	CTS	13	Defeated St. Pauls Anglican Grammar	4

Thank you to Liz Formby for her wisdom, advice and team managerial skills and to Melissa Benson for being our badged umpire at this event, and also for all the practice sessions which they both gave up their valuable time to help the boys team.



## **Greater Western Region Table Tennis (at Warrnambool) Thursday 8<sup>th</sup> August**

Very happy to announce that we have a Greater Western Region Champion Intermediate table tennis team. Well done to Felix Nguena Nguena, Alan Warden, Adam Jopling and Kenzo Castano Castejon.

CTS 5 rubbers defeated Warrnambool College 1 rubber.

CTS 4 rubbers defeated Mercy Regional College 2 rubbers.

The winning result came down to the last doubles match against Mercy College which saw Adam and Kenzo fight it out right to the end winning their doubles match 3 -2 and something like 11 – 9 points in the deciding fifth game.



Well done also to our junior teams who came up against some very good opponents but tried very hard all day.



### Junior Boys

Nathan Patulloch  
Xander Weel  
Harry Roberts  
Oliver Rowe

### Junior Girls

Taliyah Bishop  
Akeisha Bishop  
Olivia Benson  
Sophie Mahoney



Congratulations to Felix Nguena Nguena on being selected for the under 15 Greater Western Victoria Rebels Squad to compete in the September school Holidays V/Line Cup . Playing his first game of Aussie Rules as a bottom age under 14 it's an amazing achievement.

## Wellbeing

Liv Williams (Wellbeing Coordinator)



### Control Your Scroll Workshop Success!

Last week, we were thrilled to host the "Control Your Scroll" program, and it was a hit with all year levels! Tom and Mick from the program led an engaging and eye-opening session, highlighting the impact of screen time and social media on our wellbeing. Both students and staff walked away with new insights, and it was fantastic to see everyone participate so enthusiastically. The presenters did an amazing job connecting with the students, making it not just a fun experience, but also an important learning moment for all of us. We're looking forward to applying the tips and strategies we learned in our everyday lives.

### Get Ready for R U OK? Day – Thursday, September 12th!

Mark your calendars – R U OK? Day is coming up on Thursday, September 12th, and we've got some exciting plans in store! During lunchtime, there will be fun activities for students to take part in, designed to bring everyone together and promote the importance of checking in on one another. Mentors will also be discussing key facts and strategies with their year groups to encourage open conversations and support within our school community.

Remember, asking someone "R U OK?" can make all the difference. It's a reminder that we never truly know what someone else might be going through, and taking the time to ask and listen could change a life. Let's all take this opportunity to be there for our mates and spread a little kindness around the school.

## Teen Mental Health First Aid

Mel Benson (School Nurse)



Cobden Technical School is currently conducting Teen Mental Health First Aid® (MHFA™) training, which gives teenagers the skills they need to recognise and help with mental health problems and crises in their friends, and to get the help of an adult quickly.

The course will be run for our current Year 8's and Year 10's this term. Year 7's will participate in the course in term 4.

TMHFA is a two-part program – the first program is delivered in Year 7-9 and the second component delivered in Year 10-12. Students will receive a certificate at the completion of both the components. This program is recognised across many countries. At the completion of both programs' students will have an understanding of how to help a friend with a mental health problem.



A short 4min video is also available to provide you with an overview. Information for Parents <https://vimeo.com/275761041> Password: parents

If you have any queries, please feel free to contact the school and speak with Mel Benson – School nurse.

### Teen Mental Health First Aid

The Teen Mental Health First Aid course teaches students how to provide initial peer-to-peer support to a friend or classmate who may be experiencing a mental health problem or mental health crisis, until professional help is received or the crisis resolves.

Students learn about the signs and symptoms of common mental health problems in adolescents, how to recognise and respond to an emerging or worsening mental health problem, and the interventions and supports available.

**Intervene early**  
Recognise the warning signs of mental health problems in a friend or classmate.

**Respond in a crisis**  
Respond across a range of crisis situations where a friend or classmate may be at risk of harm.

**Why attend a Mental Health First Aid training course?**

**Improve knowledge**  
Evaluations consistently show that by attending a course, participants improve their knowledge of mental illnesses, their treatments and appropriate first aid strategies.

**Improve confidence**  
Course participants report improved confidence in providing initial support to peers.

**Offer support**  
Learn the skills to have an open, supportive conversation about mental health.

**Reduce stigma**  
Reduce stigma and increase support for a friend or classmate experiencing and living with mental health problems.

**Course content**  
Students learn how to:

- recognise when a friend or classmate is developing a mental health problem
- have a supportive conversation
- identify signs of a crisis such as suicidal thoughts
- know when and how to seek the support of a trusted adult.

The learning is supported by videos that tell the lived experience stories of teens who have experienced mental illness.

**Duration & format**  
3 x face-to-face classroom sessions

**Anyone can have a conversation that may save a life. Everyone should know how.**

*really*  
**Are they OK?**

**Ask them today**

**Have a conversation using these 4 steps**



**1. Ask R U OK?**

How are you travelling?

You don't seem yourself lately – want to talk about it?



**2. Listen with an open mind**

I'm here to listen if you want to talk more.

Have you been feeling this way for a while?



**3. Encourage action**

Have you spoken to your doctor about this?

What do you think is a first step that would help you through this?



**4. Check in**

Just wanted to check in and see how you're doing?

Have things improved for you since we last spoke?

Learn how to ask  
at [ruok.org.au](http://ruok.org.au)

**RUOK?**<sup>TM</sup>

A conversation could change a life.

### TERM 3 2024

WEEK 7	DATE	EVENT
Thursday	29 August	➤ Maths & Science @ Work (Terang)
WEEK 8	DATE	EVENT
Wednesday	4 September	➤ Family Student Teacher Conferences (students to attend with parents) – 11:00am-6:00pm - <b>Pupil Free Day</b>
Thursday	5 September	➤ Seniors Lunch
WEEK 9	DATE	EVENT
Tuesday	10 September	➤ Police Cyber Safety Talk
WEEK 10	DATE	EVENT
Tuesday	17 September	➤ Pharaoh Excursion
Friday	20 September	➤ Last day of Term 3 – finish @ 2:25pm



**COBDEN NIGHT NETBALL**

**Term 4.**  
**Expression of interest**

**Netball comp for boys and girls from Gr 3-6 and Yr 7-9**

Start date Wednesday 9th October for an 8wk season, round robin format with no finals. We are hoping to run both a Gr3-6 and a Yr7-9 competition in Term 4.

All Games will be held on Wednesday afternoons at the Cobden Football Netball Courts.

Cost will be \$30+ VNA.  
Registration link details to follow.

Please message your Childs name and Yr level to either

**Sarah Robertson on 0418 244 286 (Gr 3-6)**

**Ella Howard on 0488 057 000 (Yr 7-9)**

All names to be in by

**Friday 13th September**

**All general enquiries to Leah Buckle on 0418 505 373**

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