



COBDEN TECHNICAL SCHOOL

Committed to Students, Committed to Success

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

**Term 3 Week 10
September, 2022**

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 Trust - HEART

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School Council Parent/Student Representatives: Jemma Couch (President) Michelle De Bie (Vice President)
Anita La Franchi Rebecca Perriss Mardi Foster Willoughby Perriss Grace Ritchie Lachlan Herschell

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

Rohan Keert

During lunchtime this week I had the opportunity to talk to several groups of students in the yard. Kids were busy playing table tennis in the locker area, 'foosball' in the canteen on the new table and basketball on the outdoor courts. There were also Trade Training Cluster VET students from other schools joining in with our kids. I later said to Mrs Holliday, "It was a really good vibe out in the yard today." Days like these make me proud to be the Principal of Cobden Technical School. We've got great kids, awesome parents` and hardworking and dedicated staff at our school.

You only have to take a quick look at the CTS Facebook page to see what the 'vibe' is like for yourself. Over the past two weeks we:

Hosted the Cobden Kindergarten students and staff for a Science, Food and Indonesian activities day.



Our VCE students sat the General Achievement Test (GAT) upstairs at the Cobden Recreation Reserve.

Monday 5 September was the Student Wellbeing Day. Students were challenged by a motivational speaker, participated in self-defence, watched an acrobatic performance with an important bullying message, listened to a panel of speakers representing local services, participated in workshops run by local youth services, joined in team building exercises, ate free pizza for lunch, enjoyed snow cones and fairy floss, rode the smoothie bikes and even enjoyed some games with the police.

Our SRC has been busy organising the upcoming Cobden Community Volunteer's Dinner.

Our junior Maths students completed a 'farm fencing' Learning Task with a site visit to Hewitt & Whitty, Cobden.



Year 8 students attended the awesome Summit Camp in Gippsland where the theme was: Have fun; play all in; get comfortable with being uncomfortable; make lots of mistakes and don't go home wondering 'what if?'



Our VCAL students modified garden beds to plant the new fruit trees including orange, apple, plum and almond that were kindly donated from All Seasons Nursery in Warrnambool.

Last week proud Year 7 students took their woodwork projects home.



Staff and parents were treated to a buffet lunch and afternoon tea lovingly prepared by Middle School Food Studies students.

Next term we welcome back Mrs Crevola from family leave. Cass will return to her role as Assistant Principal. I would like to thank Mrs Narelle Holliday who has been Acting Assistant Principal throughout Term 3. I would also like to acknowledge Ms Andrea Stoddart who has been Acting Leading teacher while Mrs Holliday has been Acting AP. Mr Smart will return from long service leave in Term 4. I would like to thank Mr Adam Beveridge and Mr Noel McKay who will end short-term teaching contracts with CTS at the end of Term 3.

Thank you!

I wish everyone a safe and happy holiday during the September break. I hope your footy team wins!

Assistant Principal's Report

Narelle Holliday

SRC

The SRC have had a busy term with out of uniform days and in planning the Progressing Cobden Dinner that will be held on the 8th October. Please ask the SRC reps about these events and offer then any assistance you can.

Naplan

Individual NAPLAN results will be sent home at the end of term. NAPLAN was delivered back in May, with most Year 7 and 9 completing 4 NAPLAN tests. Well done to all the students who took the NAPLAN tests seriously and tried their best.

Holiday Plans

I hope all students and their families will have a safe and restful holiday and I am looking forward to being back in the classroom in Term 4. It has been a pleasure being the Acting Assistant Principal for the last two terms. Welcome back to Ms Crevola who will be returning to school in Term 4.

Senior Sub-School Report

Sarah Cook – Senior Sub-School Leader

It is a very busy time as many are finishing off School Assessed Coursework and others are beginning exam preparation. VET and VCAL students are also working hard to demonstrate competency in their modules and undertake practical activities, how grateful we are that this year they have been onsite to do this and despite juggling illness it certainly has made things much easier.

Students in the senior school have also enjoyed all of the wellbeing activities and taken a lead role in participating and engaging others, don't forget to check out the awesome photos from the whole school wellbeing day. School attendance is still compulsory during this time and necessary to ensure you meet the attendance requirements to satisfactorily pass your units. Remember to let your teachers know if you need any extra support with your schoolwork and if you require help in other ways such as mental health, wellbeing and careers, as we have resources we can provide and services at school including a school nurse and wellbeing team.

Elevate

On Thursday this week all VCE students attended an ELEVATE session which focused upon study skills, exam preparation and managing stress. The students were really engaged and found the presenter really understood what it was like for them. Students were given some resources to access and enjoyed some treats. Please see attached to the newsletter some tips for parents and carers to support young people during this time.

Exams

Congratulations to our all of our Year 12 VCAL and VCE students and Year 11 VCE Unit 3/4 students who completed the GAT in Week 9. This was the first year that the Literacy and Numeracy Section A GAT has taken place and all of the students were enthusiastic and did their best. Procedures and processes are in place to ensure that it is a COVID safe environment. The English and EAL exam is the first exam for all of our students, on the Wednesday 26th October. Students will be provided with an exam booklet and should know what items they are and are not allowed to bring. Reminder that it is full school uniform and mobile phones are not to be brought to the exam centre. Students will still be attending classes until their final day Friday 21 October, unless arrangements have been made and approved in special circumstances. After this, staff are still available for any extra support up until each exam. Best of luck to all students completing a Unit 3/4 subject.



Year 12 Term 4

Year 12 will have their final day of classes on Thursday 20 October. Then their final official day as a student at CTS will be Friday 21st October. There won't be any formal classes for Year 12 students this day and we are thrilled that for the first time in a few years we will be able to welcome student's family members in to join us for a special farewell assembly before the students will head off on a celebration activity. Students will receive more information about this at the start of Term 4.

Year 11 Update

Year 11 Students are currently organising jumpers for next year. Students and teachers wishing to purchase will need to pay their money, \$100, directly to the office by Friday 7th October (Week 1, Term 4) as once the order is finalised no changes can be made. Please see Mrs Cook for any questions. Plans are in place for Year 10 and 11 students' final weeks at school with an Upgrade Program to commence their classes for next year and a Careers Week. If there are any questions about students pathways, subject selections or careers please get in contact with Jason Beveridge. (Careers Coordinator).

Year 10

Students have competed their preference for pathway and subject next year. The next step will be to give students a blocking sheet so that they can make their choices and then we will invite parents and students to discuss this at an interview time early Term 4 with the senior school leaders and Careers Coordinator.

Junior Sub-School Report

Jennifer McLennan – Junior Sub-School Leader

A short and sweet report for the end of Term 4.

The Year 8 students are back from camp, weary but very happy after a great few days away- photos and more information in the Summit Camp Article.

It has been fantastic to see the number of merits students in the Junior Sub-School have been attaining- keep up the fantastic work. Students who have the most HEART merits at the end of every two weeks are rewarded for their efforts and the example they set for others.

A reminder that summer uniform is to be worn in Term 4, so time to brush those CTS hats off. Being a Sun-Smart school, the expectation is that students who do not bring a hat will be required to spend their recess and lunchtime in shaded areas.

Year 8 Summit Camp

Jennifer McLennan

On Wednesday the 7th of September, the Year 8 students attended the Summit camp in Gippsland. Accompanied by Jen McLennan, Rachel Walz, and Spike Matthews, students were challenged to meet the 5 Summit Keys: Have fun, Get comfortable being uncomfortable, Make mistakes, Go all in, and Don't go home wondering "what if?" It was great to see all students meet these challenges in their own individual ways. Activities included the High Wire, Flying Fox, Bush Challenge, Leap of Faith, Rock Climbing, Giant Swing, and the ever-popular Monster Course.



At the end of the camp, Max and Hayden were voted the two students who best embodied the 5 keys, and they were rewarded with a ride in the Summit Tank!

'My favourite thing was Laser Tag'- Alan

'The most challenging activity was the monster course,'

'The Sky Bridge was the most challenging because of small rungs and the gaps- it was very 'tippy' too!' -

Max

'I loved the Giant Swing!'- Phoebe



Calendar 2022

| Term 4 | | |
|---------------|-------------|---|
| WEEK 1 | DATE | EVENT |
| Wednesday | October 5 | <ul style="list-style-type: none"> • Fonterra Site visit – Yr 9/10 Ag/Robotics |
| Thursday | October 6 | <ul style="list-style-type: none"> • Greater Western Region Athletics – Ballarat |
| WEEK 2 | DATE | EVENT |
| Wednesday | October 12 | <ul style="list-style-type: none"> • Year 7 Immunisations |
| WEEK 3 | DATE | EVENT |
| Monday | October 17 | <ul style="list-style-type: none"> • School Council Meeting 5pm |
| Wednesday | October 19 | <ul style="list-style-type: none"> • HSSSD Super 8's Cricket |
| Friday | October 21 | <ul style="list-style-type: none"> • Year 12 Celebration Day |
| WEEK 4 | DATE | EVENT |
| Wednesday | October 26 | <ul style="list-style-type: none"> • VCE Exams Begin – English & EAL Exam |
| Friday | October 28 | <ul style="list-style-type: none"> • Further Maths Exam 1 |
| WEEK 5 | DATE | EVENT |
| Monday | October 31 | <ul style="list-style-type: none"> • Psychology Exam • Further Maths Exam 2 |
| Tuesday | November 1 | <ul style="list-style-type: none"> • <i>Melbourne Cup Public Holiday</i> |
| Wednesday | November 2 | <ul style="list-style-type: none"> • Business Management Exam |
| Thursday | November 3 | <ul style="list-style-type: none"> • Agriculture & Horticulture Exam |
| WEEK 6 | DATE | EVENT |
| Monday | November 7 | <ul style="list-style-type: none"> • Product Design & Technology Exam • Physical Education Exam |
| Tuesday | November 8 | <ul style="list-style-type: none"> • <i>Pupil Free day – Staff PD</i> |
| Wednesday | November 9 | <ul style="list-style-type: none"> • Physics Exam |
| Thursday | November 10 | <ul style="list-style-type: none"> • VET Engineering Studies Exam • Year 12 Valedictory Dinner |
| WEEK 7 | DATE | EVENT |
| Monday | November 14 | <ul style="list-style-type: none"> • School Council Meeting 5pm |

Sports Report

Belinda Savage – Sports Coordinator

Upcoming Events

| | |
|------------------------|---|
| Thursday 6th October | Greater Western Region Interschool Athletics (Ballarat) |
| Wednesday 12th | October Noorat Clay Target Shoot Practice |
| Monday 17th October | State School Victoria Interschool Athletics (Melbourne) |
| Wednesday 19th October | HSSSD Interschool Junior Super 8 Cricket |
| Monday 24th October | Southwest Clay Target Shoot (Lake Gilllear) |
| Friday 25th November | HSSSD Summer Sports Day |

HSSSD Interschool Junior Basketball – Wednesday 24th August at Terang

Well done to the Year 8 Junior boys basketball team on a fantastic day at the Interschool Junior Boys Basketball competition in Terang. A big thank you to Mr. Simmonds for coaching and assisting the boys on the day. And a thank you to Marcus Rees (ex-Seahawks player) for his coaching session with the team: Adam Jopling, Felix Nguena Nguena, Zac Stevens, Noah Bignell, Jaziah Mason, Broly Henderson (Year 7), and Bailey Clarke.

CTS 17 Lost to Camperdown College 22

CTS 34 Defeated Terang College 17

CTS 4 Lost to Mercy Regional College 44

CTS 40 Defeated Timboon P-12 10

South West Zone Victorian Clay Target Association Championships – Thursday 25th August at Noorat

Was great to field a large team of Clay Target Shooters to compete at the Championships. After a couple of practice shoots at Noorat our experienced, new and not so experienced shooters proved that they were very competent and have advanced skills to compete at the championships. They not only had to take on the windy and wet weather elements, showed great nerve to perform very well on the day. Thank you to Mr. Bouman for his assistance and bus driving Fuso skills getting the students to and from Noorat. Well done to Nash Coverdale on a great effort at his first competition shooting 14 clays out of a possible 20 and the winner in the junior boys shot 16 clays. Nash just missed out on the shoot off at the end of the day but a great first up performance.

| Squad No 29 | | | | | |
|--------------|-------------|----|---------|---------|-------|
| Name | School | | Round 1 | Round 2 | Total |
| Darcy Benson | Cobden Tech | SB | 4 | 2 | 6 |
| Max Paton | Cobden Tech | JB | 1 | 3 | 4 |
| Noah Bignell | Cobden Tech | JB | 2 | 3 | 5 |
| Jaziah Mason | Cobden Tech | SB | 2 | 6 | 8 |
| Jesse Wason | Cobden Tech | SB | 4 | 3 | 7 |
| Team Total | | | | | 30 |

| Squad No 25 | | | | | |
|----------------|-------------|----|---------|---------|-------|
| Name | School | | Round 1 | Round 2 | Total |
| Brodie Foster | Cobden Tech | SB | 5 | 5 | 10 |
| Nash Coverdale | Cobden Tech | JB | 7 | 7 | 14 |
| Jayden Gass | Cobden Tech | SB | 4 | 0 | 4 |
| Brodie Eddy | Cobden Tech | SB | 3 | 2 | 5 |
| Heath Jeffery | Cobden Tech | SB | 3 | 7 | 10 |
| Team Total | | | | | 43 |

The next clay target competition is to be held at Lake Gilllear on Monday 24th October. This comp is open to Year 7 – 10 students and they must be competent at shooting but having a gun license is not a requirement at this comp. If you are interested in attending, please speak to Belinda Savage

Rebels 2022 VLine Cup Squad - Wishing our Year 9 student, Maddison Newell, all the best as she competes in the Greater Western Region Rebels team, at Shepparton, in the VLine Cup in the school holidays.



Learning Task Schedules Term 4

Andrea Stoddart

In all subjects students complete a series of Learning Tasks.

These Learning Tasks are included in the End of Semester report.

The timelines for these Learning Tasks are included in this newsletter and can be viewed on the schools website.

| YEAR 7 | | TERM 3 - Learning Task Schedule | | | | | | | | | |
|---------------------------|--|---------------------------------|----------------------|---------------|----|-----------------------------|--------------------------------------|----|-----------------------|----------------------|-------------------------|
| 2022 - 10 week of classes | | W1 | W2 | W3 | W4 | W5 | W6 | W7 | W8 | W9 | W10 |
| English | | | | | | LT 1: Running Wild Analysis | | | | | LT 2: Running Wild Test |
| Mathematics | | LT 1: Patterns and Algebra | | | | | LT 2: Using Units of Measurement | | | | |
| Humanities | | | | | | | LT 1: Kulin Nation | | | LT 2: Budjhim poster | |
| Health & PE | | | | | | LT1: Gymnastic | | | LT2: Puberty research | | |
| Indonesian | | | LT 1: Chapter 1 test | | | | | | | | |
| Science | | LT 1: Planet Earth | | | | | LT 2: Earth Resources and Management | | | | |
| Robotics | | | | | | L1: Research Assignment | | | | | L2: Robot Programming |
| Woodwork | | | | LT1: Key ring | | | LT2: Key rack | | | | LT3: Chair/Evaluasi |

| YEAR 7 | | TERM 4 - Learning Task Schedule | | | | | | | | | |
|----------------------------|--|---------------------------------|-----------------------------|-----------------|----|---------------------------------|----------------------------------|-----------------------|---------------------------------|---------------------------|---------------|
| 2022 - 10 weeks of classes | | W1 | W2 | W3 | W4 | W5 | W6 | W7 | W8 | W9 | W10 |
| English | | | | | | LT 3: Informative text | | | LT 4: Oral Speech | | |
| Mathematics | | LT 3: Data Interpretation | | | | | LT4: Money and financial Maths | | | | |
| Humanities | | | Romulus & Remus Story board | | | Roman Rulers Time line | | | | Roman Artifact Exhibition | |
| Health & PE | | | | | | LT 3: research successful teams | | | LT4: teamwork and participation | | |
| Indonesian | | | LT 2: Word list Ch.2 | | | | | | | LT 3: Chapter 2 test | |
| Science | | LT 3: Classification | | | | | LT 4: Interactions in Ecosystems | | | | |
| Food Technology | | | | | | | L1: Healthy Burgers | | | | Semester exam |
| Textiles | | | | LT1 Pencil Case | | | | LT2 patchwork cushion | | | |

| YEAR 8 - Term 3 _ Learning Task Schedule | | | | | | | | | | | |
|--|--|-------------------------------------|--------------|---------------------------|--|-----------------------------------|------------------------------------|----|---|------------------------------------|----------------------------------|
| 2022 - 10 weeks | | W1 | W2 | W3 | W4 | W5 | W6 | W7 | W8 | W9 | W10 |
| English | | | | | | | LT1: Book Review Reading Stamina | | | LT2: Film Text Response Activities | LT3: Film Text Response Analysis |
| Mathematics | | LT 1: Patterns and Algebra | | | | | LT 2: Using Units of Measurement | | | | |
| Humanities | | | | | Geography folio | | landforms | | | changing nations folio | |
| Health & PE | | | | | | LT1: Skill Development Gymnastics | | | LT2: Research Project Alcohol and Drugs | | |
| Indonesian | | | | | | | LT 1: Word lists school | | | | |
| Science | | LT 1: Particles | | | | | LT 2: Chemical change | | | | |
| Food Technology (8B) | | LT1: Optimizing nutritional content | | | LT #2: Food Group research and presentation. | | | | | LT #3 Parent Morning Tea | LT#4 Prac. work |
| Textiles (8A) | | | boxer shorts | | | | | | Hooded Jumper | | |
| Media and Design (8A & 8B) | | LT1: Digital Mosaic Art | | LT2: Photoshop: Nameplate | LT3: Photoshop: Animal & I | | LT4: Photoshop: Indonesian Project | | LT5: Photoshop: Double Exposure | | LT6: Stop Animation |

| YEAR 8 - Term 4_ Learning Task schedule | | | | | | | | | | | |
|---|--|---------------------------|-------------------------|----|----|--------------------------|---------------------------------------|-------------------------|---------------------------------|-----------------------------|--------------------------|
| 2022 - 10 weeks | | W1 | W2 | W3 | W4 | W5 | W6 | W7 | W8 | W9 | W10 |
| English | | | | | | | LT1: Poetry Portfolio | | | LT2: Scary Short | LT3: Reading & Literacy |
| Mathematics | | LT 3: Data Interpretation | | | | | LT 4: Money and Financial Mathematics | | | | |
| Humanities | | | history folio | | | history project | | | | Shoguns project | |
| Health & PE | | | | | | LT3: Fitness Analysis | | | LT4: Teamwork and Participation | | LT: Health and Wellbeing |
| Indonesian | | | LT 2: school assessment | | | | | LT 3: word lists family | | | |
| Science | | LT 3: Rocks | | | | | LT 4: Investigation | | | | |
| Electrical (8B) | | | | | | L1: Theory | | | | L3: Research Assignment | L2: Evaluate a Model |
| Robotics (8A) | | | | | | L1: Research Assignment | | | | | L2: Robot Programming |
| Art (8A) & (8B) | | | | | | LT1: Ceramics Collection | | | | LT2: Screenprinting Project | LT3: Visual Art Diary |

| TERM 3 | YEAR 9 & 10 Learning Task Schedule | | | | | | | | | | |
|-----------------------|--|---------------|----------|-------------|----------------------------|--|--|---|---------------|--------------------------|--|
| Year 9 (core) | W1 | W2 | W3 | W4 | W5 | W6 | W7 | W8 | W9 | W10 | |
| English | Jasper Jones - Film Analysis & Creative Response | | | | | | LT: Jasper Jones Film Analysis and Creative response | Begin: Issues and Newspapers | | | |
| Mathematics | LT 1: Patterns and Algebra | | | | | LT 2: Units of measurement/Pythagoras and Trigonometry(extension) | | | | | |
| Humanities | | Hist Concepts | | | Mass. Site | | | | Portfolio | | |
| Health & PE | | | | | | | | | | LT: Peer Coaching Task | |
| Science | LT 1: Chemical Reactions | | | | | STEM task | LT 2: Electricity & Electromagnetism | | | | |
| Year 10 (core) | | | | | | | | | | | |
| English | | | | | LT 1: Tom Brennan Analysis | | | LT 2: Tom Brennan Creative Facebook Profile | | | |
| Mathematics | LT 1: Patterns and Algebra | | | | | LT 2: Units of measurement /Pythagoras and Trigonometry(extension) | | | | | |
| Humanities | | | Q7 Pg541 | | | | Electoral | PROFILE | Learning Task | | |
| Health & PE | | | | | | | | | | LT1: Fitness Analysis | |
| Science | LT 1: Global Systems | | | | | LT 2: The Universe | | | | | |
| Year 9 & 10 electives | | | | | | | | | | | |
| Indonesian | LT 1 End of topic assessment | | | | | LT2 Word lists fruit | | | | | |
| Metal 9 | | LT 1 Onguard | | | | | | | | | |
| Textiles | | | | | | | | LT 1 Folio | | | |
| Wood 10 | | | | LT 1 -Model | | | | | | | |
| Robotics | | | | | LT 1: Research Assignment | | | | | LT2: Line Tracking Robot | |
| Farm Engineering | | | | | | | | | | LT 1: Poultry poster | |
| Creative Entertaining | | | | | | LT1: Considerations | | | | LT2: Staff Buffet | |

| TERM 4 | YEAR 9 & 10 Learning Task Schedule | | | | | | | | | |
|-----------------------|---|----------------|--------------------------------|---------------------------------------|---------------------------|------------------------------|---------------------------------------|--|---|-----------------------------------|
| Year 9 (core) | W1 | W2 | W3 | W4 | W5 | W6 | W7 | W8 | W9 | W10 |
| English | Continue with Issues & Newspapers | | | | | | LT: Issues and Ne Opinion Piece | LT: Opinion Piece - Oral | PAT testing + Reading and Literacy Assessment | End of Year Program & Early Start |
| Mathematics | LT 3: Linear and Non-Linear Relationships | | | LT 4: Data Interpretation | | | LT 5: Money and Financial Mathematics | | | |
| Humanities | | | Research Task- Poster | | Letter | | | | | |
| Health & PE | | | | | | | | LT2: Skill Development | | LT3: Health Protion Task |
| Science | LT 3: Ecosystems | | | | | LT 4: Investigation | | | | Semester exam |
| Year 10 (core) | | | | | | | | | | |
| English | | | | LT 3: Language Analysis | | LT 4: Exams | | | | |
| Mathematics | LT 3: Linear and Non-Linear Relationships / Data Interpretation | | | LT 4: Money and Financial Mathematics | | | | | | |
| Humanities | | | LTask #1 GEO | | | | | | | |
| Health & PE | | | | LT 2: Participation and Effort | | LT 3: Health and wellbeing | | | | |
| Science | LT 3: Evolution | | | LT 4: Motion | | | UPGRADE | CAREERS WEEK | YEAR 10 WORK EXPERIENCE | |
| Year 9 & 10 electives | | | | | | | | | | |
| Indonesian | | | | LT 3 End of market topic assessment | | | | | | |
| Metal 9 | | | | | | | LT 2: Theory | | LT 3: Practical | |
| Textiles | | | | | | | LT 2 Model | | | |
| Wood 10 | | | | LT 2 - Model | | LT 3 - Evaluation | | | | |
| Robotics | LT1 PICAXE Programming | | LT2 Model Design & Manufacture | | | LT3 Model Evaluation | | | | |
| Farm Engineering | | | | | | LT 2 - Theory Farm portfolio | | LT 3- Practical welding,plumbing, fancing and small engines. | | |
| Creative Entertaining | | LT3: Ettiquote | | | LT#4 Mini event challenge | LT5: Theory Test | | | | |

Arts & Culture Excursion – ‘Impermanence’

Amanda Camp

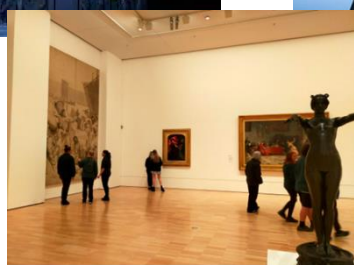
On a dreary, wet and grey Cobden morning, our Arts & Culture Excursion took us to the Arts Centre Melbourne to watch a dance performance. The Arts Centre Melbourne stages more than 4,000 Australian and international performances and public events annually. We arrived at the iconic golden spire earlier than expected so we ventured next door to the National Gallery of Victoria (NGV) and up to Level 2 so that I could show the students my favourite Painting, ‘Untitled (Red)’ 1956 by Mark Rothko. We wandered through the gallery, gazing at the late 19th & early 20th Century paintings and decorative arts until it was almost showtime.

We piled into the PlayHouse in the Arts Centre along with hundreds of excited students from schools all over Victoria to watch ‘Impermanence’, a contemporary dance performance by the Sydney Dance Company. Before the performance began, a series of short conversations were presented by the Head of Education at the Sydney Dance Company with the Artistic Director, Head Trainer and Production Manager about their vision and inspiration for the performance. In the background, the dancers provided a sneak peek into a typical day of training and rehearsals. We were so lucky to receive this behind-the-scenes insight into the world of contemporary dance.

The dancers then performed ‘Impermanence’, accompanied by the Australian String Quartet playing live on stage, which was a unique, mesmerising and awe-inspiring experience. After the performance, three lead dancers joined the Artistic Director and Head Trainer for a Q&A on stage to answer questions from the students in the audience. We learned that the performance was inspired by the recent Australian bushfires and the destruction of Notre Dame as well as an exploration of nature, renewal and hope for the future. We heard from one of the violinists in the Australian String Quartet who revealed that they were each playing instruments built in the 1700s, which only get better and more dynamic with age.

Beyond viewing what was a spectacular performance, the students were also able to gain an understanding of what goes into a production of this calibre. They learnt about all of the different and important roles that it takes to make this kind of performance happen; from the dancers to the set design and build, the audio engineering and lighting, the musicians and trainers and even the ushers of the theatre who made sure we could find our seats safely.

This excursion was part of Arts Centre Melbourne's ‘MegaMix Social’, generously supported by the Victorian Government as part of their ‘Positive Start’ Program.



Careers Report

Jason Beveridge

It is a busy time in the careers office as we approach the end of the year and start to make plans for 2023. Students in Year 10 have been seeking guidance with their subject preferences and explanations of the new VCE–VM model (that replaces VCAL) as we move towards establishing subject offerings for 2023.

Students in Year 12 have been considering future study options and many students have sought guidance as to the courses that may suit them. Year 12 students wishing to apply for a tertiary education position have sought assistance in preparing their VTAC applications or to submit applications directly to institutions when required. Students are also starting to look at scholarships and need guidance as to how to find, and apply, them. Some students are requesting assistance to navigate Services Australia as they attempt to determine what benefits may be available to them to support their endeavours. Finally, some students are seeking advice surrounding employment opportunities.

We always like to bring outside guests into the school so students can hear a different voice and Year 9 and 10 students were recently visited by members of the Australian Defence Forces. These guests provided students with a wealth of knowledge about the careers opportunities that are available within our army, navy and air force. Many students left the presentation excited by the idea of a career in the defence forces. The careers office has been engaging with students to determine who amongst them is genuine in their desire to enter the defence force in order to facilitate their progress along this pathway.

Environmental Club – Fonterra Visit

Jason Beveridge

Students in the Environment Club joined Mr Beveridge and Mr Perriss in visiting the Fonterra plant in Cobden. Jane Sugrue, the Regional Environmental Manager West Victoria who is based in the plant, took students on a guided tour of the plant and did a great job of answering all our questions. Students learnt a lot about the production process and gained an understanding of the many things Fonterra is doing in an attempt to reduce their environmental footprint. The students enjoyed the visit immensely and are looking forward to developing ways in which Cobden Technical School can work with Fonterra in an effort to improve environmental outcomes. We thank Fonterra, and Jane in particular, for their time and effort in hosting us and look forward to further opportunities to work together in the future.



Wellbeing Team

Melissa Benson, Rachel Walz & Jennifer Finnerty

The end of Term 3 has arrived and what a busy term we have had on the wellbeing front. The last couple of weeks have seen activities and celebrations surrounding ‘R U OK Day’ and ‘Wear it Purple Day’. Both these days talk about and discuss the importance of respecting all individuals, listening to each other and being an ally to everyone.

'Wear it Purple' day included activities that were well received with the highlight being the purple choc chip pancakes with rainbow sprinkles cooked by the Year 7 students. This was an excellent opportunity to remind our students that we live in a diverse community and kindness is key.

'R U OK' Day was incorporated into the Wellbeing Day. There was a display discussing the importance of asking our friends and family if they are ok. How to ask the question 'R U OK?' and what to do if someone tells you they are not ok. Students were able to taste some little cupcakes decorated with yellow R U OK stars.

The school wide Wellbeing Day took place on Monday the 5th of September. The day included over 15 visiting speakers from a range of services including Headspace, Ambulance Victoria, Victoria Police, CASA, SOCIT, Brophy, and WRAD. There were also several activities ranging from Martial Arts, Team Building activities and fun giant games which all students were able to participate in. An acrobatic team performed skits and discussed the important message of 'bullying is never ok'. Students were provided with pizzas at lunchtime made by our very own dedicated staff members. Healthy fruit smoothies were also on offer, the students were able to make their own using the pedal powered smoothie bikes. A touch of sugar was also added with snow cones and fairly floss during the lunch break. The day was very successful.

With Winter behind us and Spring around us take the time to enjoy the outdoors. Get the bike out of the shed or explore the local walking rail trails. Not only is it good for your physical health but your mental health will appreciate the adventure and fresh air. Take time out over the holidays to relax or try a new activity.



October 16-22, 2022

YOUNG CARERS

A Young Carer is someone aged 25 or under who provides care and support to a family member who has a disability, chronic condition, mental illness, alcohol or other drug issue, or who are frail aged.

Did you know?

- It's estimated that 1 in 10 young people in Australia are carers
- There are approximately 2 to 3 Young Carers in every Australian classroom.

Are you a carer?

- I have a family member with a disability, mental illness, or chronic condition
- I regularly do chores such as cooking, cleaning and grocery shopping because my family member/s cannot
- I rarely get time to do things that I enjoy (like hang out with my friends) because I'm helping out at home

In celebration of Carer's Week 2022, Carer Connect and Barwon Health Carer Support are offering young carers the opportunity to see a movie of their choice for free.

For more information contact 4215 7600



Creative Entertaining

Jennifer McLennan

On Tuesday 13th of September, the Creative Entertaining class put on a staff buffet lunch. Students showcased their skills with a number of dishes that catered to a variety of dietary requirements, including a gluten-free lactose-free lasagna, vegan trifle, and gluten-free brownies. Other stand-out dishes include satay chicken, sticky cauliflower, and vegetable stir-fry. Well done to all the students involved- the staff room was full of happy faces and full bellies.



Hands On Learning

Reinier Bouman

On Friday September 9, Hands On Learning students had the opportunity to visit a Naringal farmer who has an extensive vintage machinery collection. Students were able to aid in restoring some equipment, also to help with vegetable garden maintenance. Students then had lunch together in a vintage, traditional workers hut. From all reports, the students and staff greatly enjoyed the visit.



Online Lectures

This month (26-30 September inclusive), ATAR Notes is running free live-streamed lectures for students in Victoria. There are sessions available for **Year 9-12 subjects**, and they are **completely free** to register for and attend.

Tune in to the lectures live - Year 9-12 sessions available to help students get ahead this September, delivered by high-achieving recent graduates.

ATARNotes
FREE VCE Online Lectures
Live-streamed online this September!

Register now to access all this and more:

- Live-stream lecture sessions
- Live Q&A functionality
- Lecture recordings
- Lecture slides/materials
- Heaps more

Register or find out more:
atarnoteslectures.com/vic

Ask questions live - Students can ask questions live throughout the lectures, getting immediate responses through our Q&A system. Re-watch any time - Lecture recordings are available to re-watch at any time, and students can download the slides to aid revision.

Tips for managing exam stress

Exam stress, results and what happens next can sometimes seem overwhelming for parents and teenagers alike. Skills to learn include how to deal with exam expectations and exam results stress. Get ideas, tips and hear from others about what they did to support their teenagers through exam stress, head to the Reach out website.

For more information and free 'learn-to-meditate' programs, check out:



elevateeducation.com



headspace.com



1giantmind.org



7 TIPS FOR MANAGING EXAM STRESS

| FOR YOUNG PEOPLE | FOR PARENTS/CARERS |
|---|---|
| 1. Stay organised with to-do lists and study timetables | Give them time off chores and non-urgent family stuff |
| 2. Take regular study breaks | Encourage them to keep doing the activities they did before exams |
| 3. Have a dedicated study space | Help them set up a study space and make sure the rest of the family understands |
| 4. Have a long term goal | Chat with them about what they want to do after exams finish |
| 5. Get as much sleep as possible | Remind them to go to bed at a regular time each night |
| 6. Remember your health - eat well and stay active | Go on study break walks with them and try to cook wholesome meals |
| 7. Talk to the people around you | Make a time to chat to them and let them vent |

REACH OUT.COM

Camperdown Amateur Basketball Association Inc.



Player registrations for 2022-23 Basketball season are now

OPEN!!

Please register via PlayHQ link:

<https://www.playhq.com/basketball-victoria/register/06771b1>

CABA Registration costs

U9 & U12 - \$80

U17 - \$90

Senior - \$100

BVC Insurance is \$26 for 17/under & \$40 for seniors.

Play HQ will automatically determine if you need to pay this, based on their 365 day insurance fee. If you are to run out part way through the season, it will ask you to pay again, but won't take effect until your 365 days is up.

PLAYING NIGHTS:

Tuesday's - U12 Girls, U17 Girls & U17 Boys

Wednesday's - Aussie Hoops, U9 mixed, U12 Boys, Senior Men & Women

DATES:

Season starts Tuesday 4th October and finishes on Wednesday 14th December for the Christmas break. It will then restart Tuesday 31st January and finish up with the Grand Final on Friday 10th March.

***SENIORS** – if you are registering with a team – please have your captain register the 'TEAM TO A SEASON' first via this link <https://www.playhq.com/basketball-victoria/register/677703>
You will then be given a link to send to your teammates for them to register.

****Family discount** applies to families with 3 or more players. Families MUST contact CABA Committee PRIOR to registration for a discount code.

*****AUSSIE HOOPS** registration will now be on PlayHQ also ***

Aussie Hoops will run for 10 weeks in term 4 - starting Wednesday 12th October & Finishing up Wednesday 14th December.

Registrations will open on **Monday 29th August at 9am.**

<https://www.playhq.com/basketball-victoria/register/676302>

Any questions or queries please contact us via Camperdown Amateur Basketball Association Facebook page or email (basketballcaba@gmail.com).

**2022 - 2023
REGISTRATION
NOW OPEN**

Visit: <https://lavic.com.au/membership/> to register

CAMPERDOWN

LITTLE ATHLETIC'S

camperdownlittleathletics.com

- long jump
- high jump
- triple jump
- long distance runs
- sprints
- discus
- shot put
- javelin



**WHEN: FRIDAY NIGHTS FROM 4:15PM
7TH OCTOBER - 3RD MARCH**

**WHERE: CNR FREDRICK ST & FULLER
ST CAMPERDOWN**

**COST: \$125 PER CHILD
FAMILY DISCOUNT MAY APPLY**

Contact: Kristy 0408584044 for more information