



# 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 4 Week 6  
November, 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*

## Inside this Issue

Principal's Report.....	1
Sub School Reports.....	3
Calendar.....	4
Sports Report.....	5
Careers .....	6
Hands On Learning.....	7
Museums Victoria Incursion.....	8
Wellbeing Team.....	9
Community News.....	10

**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.*

## Principal's Report

Rohan Keert & Cassandra Crevola

### Upgrade

As we reach the final weeks of the school year, we have our Year 10 and 11 students partway through the Upgrade program at present, with opportunity for them to begin to unpack the work that will be required of them in 2023. Many of our students will be undertaking a Work Experience week, which is a valuable opportunity to engage in the world of work and get a taste of areas that they may wish to pursue in their further education and training.

### Staffing

We are very pleased to have Kathryn Rylance joining our Education Support Staff in a classroom support role.

## **Camps**

Students in Years 7-9 we be heading to Halls Gap on the Science and Environment Camp and we are able to send our Year 10 and 11 students to Warrnambool to explore Deakin University and South West TAFE during Week 8. We continue to be proud of the opportunities that we are able to offer for our students to explore learning beyond the classroom.

We've also been delighted to receive the information that the post-lockdown Government funding initiative to support students accessing camps and extracurricular activities will continue into 2023. At this stage, we have already been able to book in low- or no-cost camps and activities for many year levels in 2023.

## **Valedictory Dinner**

As we write this, the final stages in the planning for the Valedictory Dinner are underway. We're delighted to once again be in a position to enable family to celebrate with their students as they reach this important milestone. We look forward to hearing students reflect on their time at school and sharing this celebration with CTS staff.

## **Indonesian Study Tour**

We are pleased that, after the long days of Covid lockdowns, we are in the early days of planning for an Indonesian Study Tour for 2023. So far, Liz Formby has established that there is sufficient interest from the student body to run this in 2023 and so we are now undertaking the next steps in this long planning process.

## **Outdoor Classroom**

The excavation for the footings has commenced by Roberts builders and the concrete footings and the slab will be poured in coming weeks by Greencon. We expect that over the next few months the construction of the building will be supervised by Roberts builders and undertaken by qualified tradespeople from and on behalf of the Cobden Cricket Club. With thanks to the NutrienAg grant of \$5000, we will be supported in this project by the Cobden Men's Shed, which will be constructing the outdoor furniture. We look forward to this being used as a fantastic shared space in the new year.

## **Hampden Specialist School and CTS - shared space model approved**

We are pleased to continue to expand our working relationship with the Hampden Specialist School as the years progress. Further to our staff undertaking Professional Learning together this year, we have also received approval to enter into a shared space model for our teaching spaces as part of the current round of HSS building works. This will involve us providing further land space to the HSS - the site of our current Art and Pottery rooms - in exchange for HSS using this space to construct new and shared Art spaces as part of their new facilities. We look forward to the expansion of the relationship between the schools and the enhanced opportunities that this provides for the students from both schools.

## **Past Student News: Dr. Ashley Ovens (Class Dux/School Captain 2013)**

After graduating from Deakin University with a Bachelor of Exercise and Sport Science (Exercise Physiology Major), Ashley went on to complete an Honours year (through The University of Melbourne) and PhD (through Australian Catholic University) in the Metabolic Signalling Laboratory at St Vincent's Institute of Medical Research. His research focussed on the structure and function of the key metabolic regulator, AMP-activated protein kinase (AMPK).

At the completion of his PhD, Ashley joined a CRO project within SVI as a postdoctoral scientist working for an international commercial therapeutics organisation, Replay. Currently, he is mostly involved with the uCell project, where he is re-engineering proteins found on the surface of our cells to enhance their ability to avoid our own immune system. He has focused on Type 2 diabetes as the prime metabolic disease for much of his research. Well done and congratulations, Ashley.



# Senior Sub-School Report

Sarah Cook – Senior Sub-School Leader

Congratulations to students who completed their VCE exams over the last few weeks. All students did so with exemplary conduct and demonstrated our HEART values. Thanks to our dedicated teachers who have also continued to support students over the exam period so that our students can achieve to their full capabilities. Also, a huge congratulations to our students that have already successfully attained employment or received notification of their entry into their post school education, we are proud of each and every one of you!

It was fantastic to see the Year 12 students, parents, guardians and staff able to enjoy their valedictory dinner at the Bistro on Neylon without any Covid restrictions this year. They all looked amazing, and it was a lovely evening seeing the relief, smiles, pride, conversations about what the future holds and many special photo opportunities. Thanks to those that assisted in organising this event.



## Reminders for current Year 10 and 11 students

### **Upgrade Program**

From Monday 14 November to Friday 18 November, all 2023 Year 11 and 12 VCE and VCE VM (VCAL) students will be involved in the Upgrade program. The purpose of the program is to give students every opportunity to be successful by providing them with a head start and ensuring they hit the ground running in 2023. Students have been given timetables and further details.

### **Careers Week**

In Week 8, all Year 10 and Year 11 students will attend Careers Week. Students have received information about the camp to Warrnambool Tuesday 22 – Wednesday 23 November, and consent is open on Compass. This week will also include resume writing and job applications, mock job interviews and career workshops. All students are required to attend each day. The last day Year 11 and 12 students will attend school is Friday, 25 November.

### **Work Experience**

In Week 9, all current Year 10 and 11 students may complete a week of Work Experience from Monday, 28 November, to Friday, 2 December. The school Careers Counsellor Mr Jason Beveridge, will support students in finding a Work Experience placement during this week if they have not been successful in arranging this independently

# Junior Sub-School Report

Jennifer McLennan – Junior Sub-School Leader

### **Camps and Activities**

A lot has been going on organising camps for next year, and a beach day in Port Fairy later this year for the year 7's.

2023 Year 8 students will be off to the Summit in March, and year 9 students will be in Melbourne in July at the DOXA camp. Details will be given to families closer to these dates.

Year 7 camp was brought to an abrupt stop earlier this year due to COVID. We have organised another day in Port Fairy on Monday 12th December to participate in activities we missed out on. Students will be snorkeling and surfing. Please keep an eye out for the event on Compass- notes will be sent home shortly with more information. Given that parents have already paid for the camp, there will be no cost associated with this activity.

### 2023 Student Leaders

The application process for 2023 student leaders will start in the upcoming weeks. Interested students in year 7 and 8 will need to complete a short application letter and sit an interview. Junior student leader responsibilities include assisting in organising and running junior sub school assemblies, helping out with school run activities and representing the school in various community events. Student leaders are also involved with the SRC and have the opportunity to have a say in what happens around the school. Further information will be sent out shortly.

## Calendar 2022

<b>WEEK 7</b>	<b>DATE</b>	<b>EVENT</b>
Monday	November 14	<ul style="list-style-type: none"> <li>• Upgrade Week - 2023 Year 11 &amp; 12</li> <li>• School Council Meeting 5pm</li> </ul>
<b>WEEK 8</b>	<b>DATE</b>	<b>EVENT</b>
Monday	November 21	<ul style="list-style-type: none"> <li>• Careers Week – Year 10/11</li> <li>• Halls Gap Camp Departs – Years 7-9</li> </ul>
Tuesday	November 22	<ul style="list-style-type: none"> <li>• Careers Camp Departs – Years 10 &amp; 11</li> </ul>
Wednesday	November 23	<ul style="list-style-type: none"> <li>• Halls Gap Camp Returns</li> <li>• Careers Camp Returns</li> </ul>
Friday	November 25	<ul style="list-style-type: none"> <li>• HSSSD Summer Sports Day – Years 7-9</li> </ul>
<b>WEEK 9</b>	<b>DATE</b>	<b>EVENT</b>
Monday	November 28	<ul style="list-style-type: none"> <li>• Year 10 &amp; 11 Work Experience</li> </ul>
<b>WEEK 10</b>	<b>DATE</b>	<b>EVENT</b>
Wednesday	December 7	<ul style="list-style-type: none"> <li>• Pupil Free Day</li> </ul>
<b>WEEK 11</b>	<b>DATE</b>	<b>EVENT</b>
Monday	December 12	<ul style="list-style-type: none"> <li>• Year 7 Activity Day – Port Fairy</li> </ul>
Tuesday	December 13	<ul style="list-style-type: none"> <li>• Last Day year 7-9 Classes</li> <li>• Year 7 State Orientation Day</li> </ul>
Wednesday	December 14	<ul style="list-style-type: none"> <li>• End of Year Program Day 1</li> </ul>
Thursday	December 15	<ul style="list-style-type: none"> <li>• End of Year Program Day 2</li> </ul>
Friday	December 16	<ul style="list-style-type: none"> <li>• End of Year Program Day 3</li> <li>• Presentation Afternoon</li> </ul>

# Sports Report

Belinda Savage – Sports Coordinator

## Upcoming Events

Friday 25th November HSSSD Summer Sports Day

### Australian Olympic Change-Maker Award

A huge congratulations to Willoughby Perriss pictured here with our Principal Rohan Keert and student Brodie Foster who were both nominated for the Olympic Change maker award for 2022. Both students created a 1-minute video displaying their leadership and how they are driving change.



Willoughby has been selected to attend and be part of the 2022 Australian Olympic Change-Maker Summit. The Summit will take place in Canberra at the AIS in December. Willoughby is only one of three Victorian students selected and only 25 nationally selected to attend.

From over 1000 nominations and submissions made nationally the Committee were impressed with how Willoughby is working towards and helping make change in his community.

Well done Willoughby and we look forward to hearing how the summit goes.

### South West Clay Target Shooting at Lake Gilleard on Monday 24th October

On a very wet cold winters like day where the rain just did not stop, we had 12 shooters brave the element with some fantastic scores. 11 of the students were all “novice shooters” with less than 12 months experience and 3 students participating in their first competition shoot. Well done Nash Coverdale top scoring with a 14 out of 24 clays shot. Despite the wet weather a total of 230 students participated at this event from 18 south west schools. Well done to Kayden Daffy receiving an encouragement award for the most improved shooter over the two rounds.

All scores:

	Name & School	Category	Round Total	Overall Total
1	Kayden DAFFY	NM	1	7
	Cobden Tech		6	
2	Hayden CHAMBERLAIN	NM	3	6
	Cobden Tech		3	

	Name & School	Category	Round Total	Overall Total
1	Darcy BENSON	NM	2	3
	Cobden Tech		1	
2	Max PATON	NM	3	5
	Cobden Tech		2	
3	Noah BIGNELL	NM	6	8
	Cobden Tech		2	
4	Jaziah MASON	NM	7	11
	Cobden Tech		4	
5	Zac ROBERTS	NM	2	7
	Cobden Tech		5	

	Name & School	Category	Round Total	Overall Total
1	Jayden GASS	NM	7	12
	Cobden Tech		5	
2	Brodie FOSTER	EM	4	12
	Cobden Tech		8	
3	Nash COVERDALE	NM	8	14
	Cobden Tech		6	
4	Heath JEFFERY	NM	8	13
	Cobden Tech		5	
5	Jesse WASON	NM	0	1
	Cobden Tech		1	

### Warrnambool Region Sporting Clay Target Competition

Congratulations to Brodie Foster, Jayden Gass and Heath Jeffery competing at the inaugural Warrnambool Region Sporting Clay Target competition held at the Laang Sporting Clays ground.

Such a fantastic and new way for our students shooting clays (field and game style). Well done in winning and bringing home the “best schools 2022” award. Olympian shooter Penny Smith was in attendance for presentations and the students won their new peak caps and clays.



## HSSSD Summer Sports Day

The following sports will be offered on Summer Sports Day for all Year 7 – 9 students on Friday 25th November:

Soccer (Mixed)

Girls AFL 9s football

Tennis (Mixed)

Golf

Lawn Bowls (Mixed)

Super 8 Cricket (Mixed)

Volleyball (Mixed)

Please put your name down with Belinda Savage to confirm which sport you would like to participate in.

## Careers Report

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### Jason Beveridge

It has been a busy time in the careers office as we help the finishing Year 12 students prepare for life beyond Cobden Technical School. We have also been busy preparing a careers week that will be delivered to all students in Years 10 and 11 starting on the 21st of November.

The weeks activities will be as scheduled below:

#### MONDAY 21/11

9:00 am to 1:00 pm

- Students will work with staff to develop a 'job ready' resume.
- Students will write an application letter to apply for a 'mock job'. They will be interviewed for these 'mock jobs' later in the week.
- Students will work with staff to develop interview skills.

1:30 pm – 3:30 pm

- "Who's the Boss": Porter Foundation. Students will be introduced to the Who's the Boss project and participating businesses. Students will be allocated groups. Each group will then work with one participating business to consider a real life business decision and work together to find a solution.

#### TUESDAY 22/11 and WEDNESDAY 23/11

Careers Camp

Students will attend a careers camp in Warrnambool on Tuesday 22/11 and Wednesday 23/11. The students will stay at Deakin University Residential Accommodation and participate in a range of career and life skill activities organised by Deakin University on Tuesday. On Wednesday, students will be hosted by SWTAFE and be introduced to the facilities at SWTAFE Warrnambool.

#### THURSDAY 24/11

- 9:00 – 1:00 Mock Job Interviews
- 1:30 - 3:30 Who's the boss: Students prepare their presentations of solutions to the real-world business problem.

#### FRIDAY 25/11

- Who's the Boss: Students to meet with business owner/managers and discuss the strengths and weaknesses of their proposal and reflect on their merit of their suggestion. Students to visit worksite. Students in Years 10 and 11 are reminded that they will start Work Experience on 28/11

# Hands On Learning

Reinier Bouman & Rachel Walz

On Thursday 20th October the Hands On Learning students and two staff members were at Bunnings Warrnambool to do a plastering workshop. Students learned how to prepare minor holes in plaster, which fillers to use and to paint in 'W' and 'M' strokes for the best paint filling pattern. The Bunnings team gave us basic plastering small tools and small squares of plaster to practice on. After the workshop we did a little bit of tools and materials shopping, each student required to get the right item and even asking for direction from staff. We then spent some time at Lake Pertobe in the perfect day's sunshine before finishing off with lunch at McDonalds and then back to school via the roaring Hopkins Falls. What a perfect day for an excursion. Thank you to Rachel for keeping us all on target.



On Friday 4th of November Hands on Learning students visited Callaghan Motor Group where we had a tour of all the aspects of a vehicle business. We were looked after by Scott, the service manager, who admitted that even though he is a V8 petrol head, EV [Electric Vehicles] are the future. Scott thought that there will probably be two qualifications streams: one for EVs and one for ICE [internal combustion engines]. Students had a close look under the bonnet of high power, prestige vehicles and then an eye-opening look under the hood of an EV.

After this we went to work at Foodshare Warrnambool where Amanda spent some time demonstrating why different food parcels were for different needs and how quickly food boxes or parcels are sent out to where the need is. Amanda said that Foodshare always needs non-perishable food and there is no let up for the demand. Students then put together emergency food boxes and came up with some ideas for a food drive for school. We came away with a much better understanding of how much food is needed to look after so many people, and how we can help through Foodshare.



# Museums Victoria: 'Robotics on the Road' STEM Incursion

Amanda Camp

Students from Years 7-10, including our Robotics Elective class, were treated to a unique incursion in Week 4 of this term. Museums Victoria brought their popular 'Robotics on the Road' STEM Incursion to CTS. Students were able to develop STEM skills such as problem-solving, creativity and innovation as they learnt how to code MBots using iPads, turning them into self-driving cars. It was remarkable how quickly the students were able to develop complex code for their robots using an app on the iPads. The students practiced their skills in collaboration to work towards shared goals and it was great to see every student get involved and build skills in a dynamic, fun environment. The students competitive acumen was revealed as each robot was eventually directed to battle another and the incursion ended in makeshift robot wars. This free incursion was supported by Positive Start, an initiative to boost Victorian students physical and emotional health and well-being after remote learning.



## Indonesian Tour 2023

Liz Formby

Students in Year 8-11 in 2023 are encouraged to apply to participate in the 2023 Indonesian Tour.

All students listened to a presentation about the tour and were able to take an information booklet to show parents and guardians.

Any students who are interested in participating are required to complete an expression of interest form and return it to Ms Formby as soon as possible.

These forms are available from Ms Formby



## Booklist 2023

2023 Booklists are live!

Resource lists for the 2023 school year are now live and available to order from.

Orders can be completed online at

<https://order.campion.com.au/index.html#resourceListListView?code=B9BB815F>

Resource lists and the link to order online can be found on the CTS website from next week.

# Wellbeing Team

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Rachel Walz, Melissa Benson, Jennifer Finnerty

## **Boosting Body Image**

Creating more body satisfaction, acceptance, self-confidence, self-love, or even body neutrality will look and feel different for everyone. Moving to a place where you can appreciate your body is an individual journey, but there is support for you along the way.

### Helpful tips to creating healthy body image

What works for one person, may not work as well for someone else. Keeping an open mind, experimenting, and finding what works for you will help you improve your relationship with your body and appearance. Some simple things you can try include:

- Understanding and challenging society's manufactured and constantly changing ideals of beauty: Our bodies are vessels for us to function, enjoy, and do amazing things.
- Limit your exposure to highly stylised and flawless images of fitness, beauty and appearance: These can increase feelings of body inadequacy and dissatisfaction.
- Diversify what you see: You can control and curate what appears in your social media feeds. Follow people and pages that make you feel good about yourself and your body.
- Resist the temptation to engage or buy from the diet industry: The diet industry's business model is based on manipulating your body image concerns.
- See and value yourself as a whole person: Your qualities, talents, strengths and attributes (and yes, you have lots of these) make you who you are. Celebrate and nurture the things that make you, you.
- Create strong and affirming positive statements: These can be powerful weapons to combat unhelpful body comparisons. Some you might like to try include, "I am enough", "My body is great", "I am more than my body", "I am worthy as I am" and "I don't need to change a thing about myself".
- Focus on your body function: You're more than your shape or form.
- Practice body gratitude: What you're grateful for that your body can do.
- Be media savvy: Practice critical thinking of media and social media messages. Remember, what you see might not even be real. Images are often digitally enhanced with editing and filters, which can trigger body insecurities. This is used by advertisers to sell us stuff.
- Combat unhelpful and toxic negative body and appearance talk: Toxic body/diet/appearance talk and dialogue destroy body confidence. Shut it down by using strong words or statements; "Stop", "That's enough" or even "Can we talk about something else?"
- Reduce unhelpful and unnecessary body comparisons: It's unfair and unhelpful to body compare.
- Move and nourish your body in ways that make you feel good: Move and eat for health gains, enjoyment and to improve mental health (instead of for weight or muscularity change).

- Nurture your whole self: Practice body kindness, mindfulness, and self-care. What works for you?
- Be realistic: No one feels great about their body all of the time. Poor body image moments happen; it's only important we don't respond to negative feelings with unhelpful behaviours.
- Allow time to heal: Learning to respect and appreciate your body for what it is/ isn't, how it looks, what it can and cannot do, takes time. Do your best to be kind to your body in its moments of discomfort and dissatisfaction. Your body is not a problem to fix.

## Community News

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**Cinema POP UP**  
CINEMAPOPOP.COM.AU

**Popping up in Warrnambool**

LAKE PERTOBE 1 DEC - 3 DEC  
GATES OPEN AT 7:30PM

KIDS TICKETS ARE **FREE**  
Covid Safe Event

**ELF**  
1 DEC

**THE BAD GUYS**  
2 DEC

**THE GRINCH**  
3 DEC

Tickets are limited and bookings are essential  
[Cinemapopup.com.au](http://Cinemapopup.com.au)