



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 4 Week 6

November 2023

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) Liz Roberts (Vice President)
Anita La Franchi Rebecca Armistead Mardi Foster Madison Osborne Fleur De Groot

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 & Assistant Principal’s Desk

Rohan Keert – Principal & Cass Crevola – Assistant Principal

Coming into the end of Week 6, it’s lovely to see students out in the yard enjoying the many activities that we have available to them, being active and getting involved. Between the basketball and netball courts, four square, nine-square-in-the-air, table tennis, GaGa Pit, pool table, air hockey, foosball table and new soccer goals providing opportunity for games, it’s a delightfully busy time each break. We appreciate the work that has gone into providing these facilities through the work of our Health and PE team, the fundraising work of our student leaders and staff, and construction work by some of our classes and talented teachers.



In line with this, we were also delighted that the efforts of our Health and PE staff secured funding to enable our Year 9 to 11 students to head off for a day of surfing, paddle boarding and kayaking recently. Our staff have been tireless in seeking opportunities to provide these activities at low- or no-cost to families and we strongly encourage all students and families to make the most of these. We understand the extensive research proving the link



between physical activity and mental health, not to mention the many and varied benefits to physical and social health. We’re delighted to see these continue as the year progresses.

With this in mind, we'd also like to highlight the upcoming End of Year Program for our students. For our Year 7-9 classes, the End of Year Program offers a number of excursions and activities, culminating in the **Presentation Afternoon on Friday 15th December**; further detail will follow shortly for this Junior years' program of events. For our Year 10 and 11 classes, this involves the week of Upgrade classes next week, followed by Careers week and Work Experience. We encourage students to take full advantage of these fantastic weeks.

Work has been continuing steadily on the **planning for our proposed building project**, with careful mapping of our school and extensive discussion of our needs and our hopes for education at Cobden Technical School into the future. We look forward to shortly stepping into the exciting design phase!



Our VCE Exams have been continuing for our senior students, with our **Valedictory Dinner coming up next week on Thursday 16th November**. We look forward to celebrating this important milestone with students and our school community.

In other news around the school, our Year 10 students have benefitted from the first session of the **Teen Mental Health First Aid** program; we're privileged to have our school nurse, Mel Benson, able to deliver this important course. We were also very excited by the achievements of our **Clay Target shooters**, which you can read about in this edition's sports report. We've also been delighted to continue our **transition program** for our incoming Year 7 students and we look forward to welcoming them onsite in early December.

We'd also like to remind families of the **student free day on Monday 11th December**. During this time, most of our staff will be completing First Aid Training, an important component of delivering our sports and excursions program.

We hope you enjoy this month's edition of our Newsletter.

Senior Sub-School Report

Sarah Cook – Senior Sub-School Leader

Congratulations to students who have completed their VCE exams over the last few weeks with exemplary conduct and demonstrated our HEART values. Goodluck to the students who still have a few to complete. 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 big congratulations to our students that have already successfully attained employment and begun their post school careers.



Next week we look forward to the Year 12 students, parents, guardians and staff celebrate their achievements at their valedictory dinner at the Bistro on Neylon. Please remember to RSVP to the school office.

Reminders for current Year 10 and 11 students

Upgrade Program

From Monday 13 November to Friday 17 November, all 2024 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 2024. Students are all required Mon, Tues, Wed and Friday. Timetables will be provided on Monday morning.

Careers Week

In **Week 8**, all Year 11 and Year 12 students will attend Careers Week. This week will also include resume writing and job applications, mock job interviews and career workshops. All students are required to attend each day with the last two days including a camp in Melbourne.



Work Experience

In **Week 9**, all current Year 10 and 11 students may complete a week of Work Experience. The School Careers Coordinator, 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

Jen McLennan – Junior Sub-School Leader

The past few weeks have been brimming with energy and enthusiasm as we continue to recognise the achievements of our talented students and work towards fostering a positive and inclusive learning environment for all.



Our Junior Sub-School assemblies are one way in which we can recognise outstanding accomplishments in academic excellence, sports achievements, and participation in extra-curricular activities. In addition, we also acknowledge the significance of adhering to our school's uniform policies and HEART values.

It is great to see students who exemplify the HEART values of Honesty, Empathy, Accountability, Respect, and Teamwork. These values are the foundation of our school's culture and help to create a supportive and inclusive environment where all students can thrive.

Recently our leading teachers have been actively involved in the School Wide Positive Behavior training program. This is dedicated to fostering a nurturing, respectful, and safe learning environment that encourages positive behaviour from all students. To provide the best support for our students, our educators have also been utilising resources from Real Schools and Berry Street, which are renowned for their expertise in promoting positive behavior and student well-being. The collaborative effort of our teachers and staff ensures that every student receives the support and guidance they need to succeed academically and socially.

From next week, students in Year 10 and Year 11 will be finishing classes and participating in Upgrade classes. For students in Year 7-9, regular classes will continue as usual. As we approach the end of the term, a variety of engaging activities have been planned in several classes to add excitement to the learning experience. However, we want to remind all students that participation in these activities is dependent on their behaviour. We believe that by maintaining a positive and respectful attitude, students can make the most of these exciting opportunities.



Stay tuned for more updates and remember: Keep an eye on our Facebook page for the latest news and events.

Leading Teachers Report

Narelle Holliday & Sarah Cook – Leading Teacher coordinators

1. VCE Reports Published:

- We are pleased to announce that the long-awaited VCE reports will be published this week. Parents, guardians, and students can access their VCE reports through COMPASS from next week. It's a time to celebrate the hard work and dedication of our Year 11 and 12 students, and we hope these reports bring smiles to your faces!

2. VM Class Completes Bike Track:

- Our VM class has been hard at work, and we're delighted to share that they have successfully completed the construction of a brand-new bike track on our school grounds. The track is open for use by all classes, and we encourage the PE department to take advantage of this new addition to our campus. Thanks to Mr Simmonds for coordinating the tradies who did the heavy moving for this project.



3. Senior Citizens' Lunch Catered by SRC:

- The Student Representative Council (SRC) went above and beyond this week by catering for our senior citizens' lunch. Our senior community members meet each month at the Senior Citizens Centre and this month we made a chicken pasta bake and a lemon meringue slice for their lunch. We appreciate the efforts of Year 7 students for completing the food preparation and Year 8 SRC Representatives, Lenny and Olivia, for serving the meal and washing all the dishes. We also appreciate our SRC members in making this event possible and strengthening the bonds between generations in our community.

4. Moving classes ready for Hampden rebuild:

- Somehow during this hectic time of year, the students are finding time to assist in the moving of classes for the Hampden School rebuild. Our English and Humanities classes are moving to the A wing to allow for the Hampden classes to use out Hums buildings for 2024.



Sports Report

Belinda Savage – Sports Coordinator

Upcoming Events – Term 4

Friday 1st December

Year 7 – 9 Summer Sports Day

South West Middle Years Clay Target (Lake Gilliar) – Monday 23rd October

On a lovely Spring Day not too windy for Lake Gilliar a team of ten students participated in the South West Middle Years (Year 7 – 10) Clay Target Competition. This competition caters for students with previous experience and also for beginners who have demonstrated competency in firearm safety. So, for this to occur the competition is divided into two categories: -
Novice – less than 12 months firearm experience; and
Experienced – more than 12 months experience.

There were approximately 212 students competing overall – so a fantastic effort by Lenny Dobbins our only experienced shooter finishing runners – up on a countback. Lenny shot a fantastic score of 18/20, and it then went back to a countback to divide the three students who all finished on that score.

EXPERIENCED BOYS Results:

| | | |
|---------------------------------|----------------------|-------------------|
| 1 ST : Cody Brown | Emmanuel | 18/20 (countback) |
| 2 ND : Lenny Dobbins | Cobden Tech School | 18/20 (countback) |
| 3 RD : Harry Brown | Hamilton & Alexandra | 18/20 (countback) |



Other great scores by our novice shooters, some only having their second attempt at clay target shooting: -

| | | | |
|--------------------|----|------------------|---|
| Korie Hester-Emery | 12 | Max Paton | 8 |
| Riley Chamberlain | 8 | Xander Weel | 7 |
| Jack Kennedy | 7 | Alan Warden | 5 |
| Hayden Chamberlain | 5 | Nathan Patulloch | 5 |
| Noah Bignell | 2 | | |



Wellbeing

Wellbeing team: Mel Benson (School Nurse), Liv Williams (Student Counsellor), Kelsea Sillar (Mental Health Practitioner)

Students in Year 10 are involved in Teen Mental Health First Aid (MHFA) training this term. The course provides an action plan for them to help a friend who is experiencing a mental health problem or a mental health crisis. The purpose of the course is to provide students with the skills to connect their friend with a supportive adult. MHFA is available in many formats for both adults and teens. If you are concerned about a friend or family member, please reach out for support. Your GP is a good starting point if you do not feel comfortable talking with a friend. I have included a list of helpful resources below.

TEEN MENTAL HEALTH FIRST AID ACTION PLAN

-  **LOOK** for warning signs
-  **ASK** how they are
-  **LISTEN** up
-  **HELP** them connect with an adult
-  **YOUR FRIENDSHIP** is important

HELPFUL RESOURCES

| | |
|---|--|
| Kids Helpline kidshelp.com.au 1800 55 1800 | Lifeline lifeline.org.au 13 11 14 |
| eheadspace eheadspace.org.au 1800 650 890 | Youthbeyondblue youthbeyondblue.com |
| ReachOut reachout.com.au | |

In a medical or mental health emergency, call **000** or **112** on a mobile phone.



Calendar 2023

| TERM 4 2023 | | |
|---------------|--------------------|---|
| WEEK 7 | DATE | EVENT |
| Monday | 13 November | ➤ Upgrade week for Year 10/11 |
| Monday | 13 November | ➤ Food Studies Exam 9:00-10:45am |
| Tuesday | 14 November | ➤ Foundation Mathematics Exam 3:00-5:15pm |
| Wednesday | 15 November | ➤ Indonesian Second Language Exam 3:00-5:15pm |
| Thursday | 16 November | ➤ Year 12 Valedictory Dinner (Cobden Golf Club) |
| WEEK 8 | DATE | EVENT |
| Monday | 20 November | ➤ Year 10/11 Careers week |
| Wednesday | 22 November | ➤ Mock job interviews |
| Thursday | 23 November | ➤ Year 10/11 Melbourne overnight stay |
| WEEK 9 | DATE | EVENT |
| Mon-Fri | 27 Nov-1 Dec | ➤ Year 10/11 Work Experience |
| Friday | 1 December | ➤ Summer Sports Year 7-9 |
| WEEK 10 | DATE | EVENT |
| Tuesday | 5 December | ➤ School Council meeting @ 4:45pm |
| WEEK 11 | DATE | EVENT |
| Monday | 11 December | ➤ Student free day |
| Tuesday | 12 December | ➤ Final day Year 7-9 classes |
| Tuesday | 12 December | ➤ Statewide Transition Day |
| Wed-Fri | 13-15 December | ➤ End of Year program Year 7-9 |
| Friday | 15 December | ➤ Presentation afternoon |



GOLF

For Beginners at the Cobden Golf Club

Coaching dates from 10:00am
Sunday Nov 26th, Dec 3rd, 10th & 17th
Christmas break
Sunday Jan 7th, 14th, 21st & 28th

**Coaching by Michael Bainbridge - PGA Golf Pro and
Sam Rix current Cobden Golf Club Champion.**

All junior golfers are welcome to attend our
FREE Golf Coaching Clinics - All equipment supplied
Phone Cobden Golf Club (03) 5595 1393 to book in

Junior Golf at Cobden Golf Club is supported by the Frank Hodgson bequest