

# Secondary Newsletter

## Secondary Principal Report

### Promoting mental health - family, community and service partnerships

The school environment has the powerful capacity to influence a student's understanding and experience of wellbeing and mental health.

Promoting mental health is about improving everyone's mental health and wellbeing by improving their social and the physical environment.

Our school aims to promote mental health by putting strategies in place to sustain:

- safe, inclusive and empowering environments
- social and emotional learning
- family, community and service partnerships
- integrated promotion and planning
- building capacity to promote mental health

Our school continually recognises the importance of fostering family partnerships and how partnerships with families and communities can enhance the resilience and academic outcomes of students.

By fostering safe and inclusive environments, we can support students to achieve positive learning and wellbeing outcomes while feeling safe, supported and able to act when they have concerns.

Below is more information for families and students:

- [Kids Helpline](#) - provides phone, internet and email counselling services to children and young people
- [CAMHS](#) - provides information on the CAMHS program, including CAMHS locations and phone numbers
- [Orygen Youth Health](#) - provides information about mental health issues for young people, including fact sheets
- [Beyond Blue](#) - provides information and resources about depression, anxiety and bipolar disorder
- [Mental Health Advice](#) - contact information for advice, support and answers to questions relating to mental health
- [Headspace](#) - Australia's national youth mental health foundation

*Todd Woodfine*  
**Secondary Principal**

## Secondary Campus Canteen

**10:45 - 12:00pm**

**1:00 - 2:15pm**

**JUNE**

Monday 17	Kerrine Burgess	Kerrine Burgess
Tuesday 18	Natasha Doherty	Natasha Doherty
Wednesday 19	Help Please	Help Please
Thursday 20	Pauline Keegan	Pauline Keegan
Friday 21	Help Please	Help Please
Monday 24	Jessica Scoble	Jessica Scoble
Tuesday 25	Nikita Holmes	Nikita Holmes
Wednesday 26	Help Please	Help Please
Thursday 27	Tanya Smith	Tanya Smith
Friday 28	Help Please	Help Please

## Dates to Remember -

<b>14th June</b>	Pupil Free Day
<b>17th-21st June</b>	Scholastic Book Fair
<b>18th-21st June</b>	Year 12 Melbourne Trip
<b>21st June</b>	Legacy Junior Public Speaking
<b>28th June</b>	Last Day of Term 2 2:20pm dismissal
<b>15th July</b>	Pupil Free Day - Berry St Training
<b>16th July</b>	First Day Term 3

# Central Australia 2019

Mitch Coombs

The Central Australia Trip is a great experience where students from year levels 10 & 11 get to explore places all around the lower sections of the Northern Territory. 73 College students took the opportunity to go on this 12 day trip and even though we missed the first week of the holidays it was well worth it. This was a once in a life time opportunity that all the students and teachers would recommend to the year levels to come.

This journey had been in planning for a number of months with all students and teachers having to prepare for their 12 days away. The first 3 days were long days on the bus, but everyone kept positive and had some quality bonding time. During these first few days we stopped at both Clare and Coober Pedy over-night. Coober Pedy, the place of Opals, was an eye opener for each and every student as we all got to imagine living underground as an opal miner and see some interesting sights such as the underground church.

As we went further north we crossed the Northern Territory border and took the obligatory photo to commemorate it as for a lot of students and some staff members it was the first time entering the Territory.

Once in the Northern Territory everyone got excited about visiting the biggest single-standing rock in the world and we got to see it that night as we had dinner whilst watching the sunset over Uluru amongst the throngs of tourists. Luckily for us, Uluru was open the next day and some staff and students were able to climb it while everyone else walked around the base. The wonder of the rock was accentuated when we went to see Kata Tjuta later that afternoon which impressed everyone.

After another drive all students and teachers participated in the walk around Kings Canyon, getting to the top was a struggle but the view up the top was something nobody would forget and became a real highlight for many of the trip.

After this we stayed in Alice Springs for about 3 days and visited some of the most amazing sights including Simpsons Gap and Stanley Chasm in conjunction with seeing the local wild life in an animal park and a great 'minute to win it' night at the park. Special mention must go to Zavier Briggs for being best dressed. Whilst in Alice Springs we also went to the Royal Flying Doctor Service and the School of Air where we learnt the advantages and disadvantages of living in a remote rural community. At the Royal Flying Doctor Service we donated our fines for the trip up until that point and were able to donate \$636.50 to a great cause.

With only 4 days to go where better to spend them than in Adelaide. It was the perfect place for relaxation time where we all got to go shopping and went swimming at the beach. On the very last night we all got dressed up with the theme being kings and queens of the desert. All the students looked fabulous, but the award for the King went to Bridie Whitford and the Queen to Mitch Fitzgerald. It was also great to see many of the students be good natured in accepting their 'awards' for being tools of the trip.

We would like to thank our bus drivers/tour guides Carmel, Bags, Les and Lisa, as well as Miss Halstead, Mrs Gannon, Mrs Hubbard, Mr Howe, Mr Fenaughty, Mr Williams, Mr Mellington and Mr Gannon for making the trip what it was. The personal sacrifice you all demonstrated made the trip not only possible, but a success.

We would also like to thank NT Learning Adventures for their generous support for the trip which helped facilitate some of our activities.



# Mathematics Competition

Daniel Williams

Expressions of interest are being sought from secondary students for the Australian Mathematics competition for 2019.

The Australian Mathematics competition is now an international competition for students of all standards. Students are asked to solve 30 problems in 75 minutes (Years 7–12). The problems are designed to test mathematical thinking and questions are designed so that they can be answered just as quickly without a calculator as with one. The problems get more difficult through the competition, so that at the end they are challenging to the most gifted students. Students of all standards will make progress through the problems, and also be challenged along the way.

Cost is \$6.50 but the school subsidises the cost and it will cost each student \$3.00 to participate. Money will be collected at the secondary office. Please see your maths teacher or Mr Williams if you are interested or require more information.

## Community News

### Scholastic Book Fair

#### Primary Campus

Monday June 17th until Friday June 21st

Book Fair will be open at recess, lunchtime and after school until approx. 4pm each day in the Choices room beside the Grade 2 portables.

The annual Book Fair is a great way to support the school with the profits going towards new books for the school. It is a fantastic way to purchase books for birthdays or even Christmas if you wish. There will be a large variety of books and some novelty items. These books are similar to what is in the Book Club Catalogues. Looking forward to seeing you there.

Cheryl Child, Book Fair Co-ordinator



**The Art of Self Love**

An afternoon with **Kim Morrison**

**Our MC**  
**Tash Spencer**  
Life Coach

**30th June @ 1.30pm**

**Location:**  
The Venue - Moama Bowling Club

**Tickets:**  
\$65 | Early bird \$55 - Eventbrite

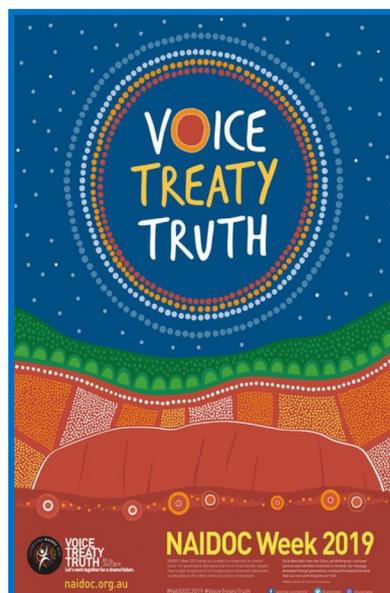
**Enquiries:**  
Liz Sefton 0438 532 261  
Suzy McCleary 5480 2095

Our charity partner  
**Love me Love You Foundation**  
Funds going towards raising mental health awareness in our community

Major Sponsor: **MOAMA**

Other sponsors: **EchucaFamily**, **Liz Sefton THE WORKING POINT**

Flyer design: 27 Design Street



**VOICE TREATY TRUTH**

**NAIDOC Week 2019**

naidoc.org.au

Kyabram District Health Service and the Local Aboriginal Network Committee invites you to join us in celebrating

### NAIDOC Week 2019

NAIDOC Week 2019 celebrates the theme  
**Voice. Treaty. Truth.**  
*Let's work together for a shared future*

**Voice. Treaty. Truth.** were three key elements to the reforms set out in the Uluru Statement from the Heart. These reforms represent the unified position of First Nations Australians.

**When:** Tuesday 9<sup>th</sup> July 2019

**Where:** Commencing at Kyabram Fauna Park Reserve for a Smoking Ceremony and Welcome to Country and walk to Kyabram District Health Service for Aboriginal Dancers and Morning Tea

**Time:** 9.00am



KDHS operates on the land of the traditional owners. The Yorta Yorta and Bangerang people. We acknowledge their history and Elders, past present and emerging.



RSVP TO: Sandy Exton  
By Friday 29<sup>th</sup> June 2018  
Phone: 5857 0300  
Email: sandyexton@kyhealth.org.au