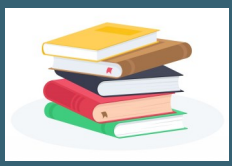
Friday 29th April 2022

THE BUZZ FROM SALE COLLEGE

Macalister Campus Phone 5144 1711 Guthridge Campus Phone 5144 3711

UPCOMING EVENTS

May	
3rd	Wellington Round Cross Country
4th	VCAL Reach Workshop
6th	VCE Art/Media/Vis Com Top Trip
10th	School Photos- Macalister
11th	School Photos– Guthridge
11th	VCAL Reach Workshop
16th	Tertiary Information Service
17th	SEAL 2023 Parent Information Night
19th	Grade 6 Transition Day



MAC STUDY BUDDIES

Tue/Wed/Thur 3:30 - 5:00pm

Macalister Campus Library

SALE COLLEGE

YEAR 7 NEWS

Brittany McIntosh

Year 7 Coordinator

THE SCHOOL CAMP WAS A MAJOR SUCCESS wherein our students showcased school values of 'Respect' 'Achievement' and 'Belonging' in a whole new environment. No number of words can describe the skills and abilities students used to overcome their challenges and fears on the camp, from Flying Fox to Gaga pit and displaying talents to Giant Swing they did it all. For some of our young adults this camp was a sneak peak of living an independent life for almost a week. A big thank you to our staff for preparing a dance for our students, one of the biggest highlights and an event that was celebrated unanimously.

A huge round of applause for everyone who participated at the Cross Country day held in Stephenson's Park on Wednesday. Students' effort and enthusiasm helped in setting the pace for the day and friendly rivalry amongst them broke ground for some others.

This term Year 7s will get a taste of doing History for the first time in their STEPS classes, specifically looking at the Indigenous history of our country. This important topic will help students to develop their critical lens by constructing arguments using different primary and secondary sources.

Once again, congratulations to all the award recipients for being a zealous devotee at the Cross country. *-Mr Beniwal*

YEAR 8 NEWS

Jared Wytkamp

Year 8 Coordinator

WOW! WHAT A FANTASTIC START TO TERM 2, it's only been two and a half days in the classroom and a great Cross Country event. Well done to all our Year 8's who participated in Cross Country, it was a great day to connect with the students again after the holidays.

We've had the wonderful Jess Silvester join our English teaching team and we look forward to seeing her grow and develop in her new role.

This term is going to be shorter but filled with great events to look forward to including school photos which are approaching quickly and students will need to make sure they are in full school uniform. If your child doesn't have access to full school uniform please get them to have a conversation with their pastoral teacher and we will work together to ensure your child is reflecting our school value of belonging.

We look forward to supporting your child's learning during what I am sure will be an exciting term 2!
-Ms Danks

YEAR 9 NEWS

Caleb Allanson

Year 9 Coordinator

WELCOME BACK TO TERM 2, It is fantastic to have everyone back at school and ready to go for a jam-packed term. On Wednesday, students participated in the school Cross Country event, which saw Year 9 students racing each other around Stephenson Park and Lake Guyatt to rack up points for their sporting houses. The next stage of Cross Country is next Tuesday 3rd of May.

As you might know, there has been a re-shuffle to the timetable for this term due to a pastoral group being dissolved into the remaining pastoral groups. We thank everyone for your flexibility, understanding and cooperation during this transition into new timetables and group dynamics, and we look forward to moving forward this term.

Below are a few key dates coming up that you may want to put on your calendar:

- Guthridge Campus School Photos, Wednesday 11th of May.
- NAPLAN test window, Week 3 and 4 [10th – 20th of May].

-Mr Bull

VCE NEWS

Yvette Staple

VCE Coordinator

THE TERM AHEAD FOR VCE STUDENTS IS JAM-PACKED with learning and opportunities particularly as the term is shorter than usual. Students are to keep in mind that Unit 1 and 3 results will be finalised this terms and thus SACs will be crucial in getting a strong result. Students should also note that mid-term exams are approaching in week 7, to assess students learning as well as prepare them for the exam conditions. An assessment schedule is available to students on Compass should they like to see more of these key dates.

Other opportunities outside the classroom will also be advertised to students across the term to help further student learning and help them to adjust to the idea of life after secondary school. Students are encouraged to keep their eyes out for opportunities that best suit them and their needs. These may include extra tutoring sessions, excursions to universities and expos on career advancement.

Lastly, Study Buddies continues to run after schools on Tuesday, Wednesday and Thursday. Make the most of your study time by using the school library!

-Ms Rendall

VCAL NEWS

Jaynee Hopgood

VCAL Coordinator

AN EXCITING START TO THE TERM with our VCAL Cafe finally up and running. The Cafe will be open before school and at recess to start with. Our focus will now be getting students Barista trained so they can be rostered on to get valuable real life work experience.

Our Year 11 students will be going out on work experience this term and we are busy trying to find placements for them all. If you know anyone that would be willing to take on a student for a 1-week placement, please contact Levinia Olsen our Career & Pathways Coordinator or myself.

SPORTS NEWS

Caleb Allanson

Sport Coordinator

2022 SALE COLLEGE CROSS COUNTRY

Last Wednesday, term 2, day 1, Sale College held its 2022 Cross Country.

It was great to see the sun and smiles of students combined on the first day back. I would like to thank the students who helped set-up the day and continue supporting the event through the day. I would like to thank the staff for encouraging and supporting the students.

At this stage there is a winner. I won't announce the winning house until the next assembly. However, I would like to acknowledge our 1st place age champions for the year.

Age Champions 2022 Sale College Cross Country

12/13 Girls – **Milly Love**

12/13 Boys – **Bailey Osbourne**

14 Girls – **Matilda Farley**

14 Boys – **Navdeep Singh**

15 Girls – **Shae-Lee Evans**

15 Boys – **Bailey Harrison**

16 Girls – **Scarlett Gerreyn**

16 Boys – **Ronald Kong**

17+ Girls – **Krystal Archer**

17+ Boys – **Finn Staple**

WELLBEING NEWS

Loretta Bates

Inclusion Team Leader

HEADSPACE AT SALE COLLEGE

We are excited to announce that Headspace will be partnering with Sale College to provide an on-site clinician at the College for one day per week.

Headspace aim to meet the evolving and unique needs of young people and those who support them. Headspace support young people with mental health, physical health (including sexual health), alcohol and other drug services, as well as work and study support. With a focus on early intervention, Headspace work with young people to provide support at a crucial time in their lives – to help get them back on track and strengthen their ability to manage their mental health in the future.

A Headspace clinician will be located at Sale College each Monday, alternating between the Macalister and Guthridge campuses. Referrals can be completed by contacting a member of the Sale College Wellbeing team, Loretta Bates, Russell Ferguson, Nathan Finlay, Stephanie Pougioukas or Kylie Barnes.

OUT AND ABOUT

THANK YOU TO MILLY LOVE, who stepped in on ANZAC day and represented Sale College at the service in Sale . She is pictured here with 6 members of the Sale Army Cadets, who are also Sale College students.

DOCTORS IN SECONDARY SCHOOLS

THIS WEEKS HEALTH SPOT IS-EATING DISORDERS

Today we want to talk about the impact of having an eating disorder and body image issues which affects both male and females.

Firstly, let's have a look at the three main types of eating disorders that you will probably have heard of but there are several types of disorders which would be diagnosed by your doctor or specialist.

Anorexia Nervosa

Is when the person becomes obsessed about their weight and what food they eat, which becomes an unwanted fear of being overweight.

Sufferers will try to achieve a below normal body weight through either too much exercise or starvation.

Bulimia Nervosa

This type of eating disorder is potentially life-threatening, this is where the person will binge eat and then take steps not to gain weight most often achieved through vomiting.

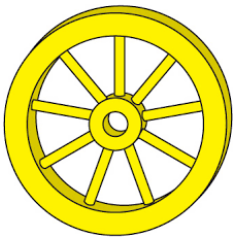
It can also achieve through periods of excessive vomiting or fasting.

Binge Eating Disorder

This type of eating disorder is known as a mental heath illness which is typical of regular episodes of binge eating. The sufferer will eat an excessive amount food in a short space of time or over a longer period known as grazing and these episodes cannot be controlled, chaotic and very distressing.

Often when the person is binge eating they may not even feel hungry and continue to eat past that sensation that we have when we are full. The sufferer will often feel ashamed, disgusted, guilty and mood will be low following a binge.

This binge eating will often be done in secret and the person will be alone in most cases, this is a serious mental health illness and is the most common eating disorder which effects both males and females equally.



If you think you may have an eating disorder the first step is to ask for help which is often the most scary part. That person is someone you trust who can your best friend, teacher , Kylie or Stephanie , Sana or myself . We can sit down with you and you can talk about all the things that frighten or scare you which causes your anxiety.

Once an eating disorder has been diagnosed then you can talk to your doctor, counsellor, psychologist, specialist, dietician and nurse. Treatment is what we call a holistic approach if you imagine a wheel on a horse drawn cart the centre is you , spokes are all of your worries and concerns and the rim of the wheel is all of those people who care for you friends , family , doctors , nurses , dieticians etc.

Why we might have an anxiety around food

Low self – esteem, feeling in control, Poor body image, depression or anxiety, Wanting that perfect body as we see in magazines or on social media or Being bullied.

What are some of the red flags if you think yourself or a friend maybe effected by a eating disorder

Fainting or feeling dizzy

Periods stop

Loose interest in sex

Feeling tired and not sleeping very well

No energy

Excessive exercise and eating properly

Focused on food , dieting , weight loss and body shape

Eating in secret

Frequent trips to the bathroom after having a meal

Sudden changes in eating habits ie not eating certain foods

A change in clothing such as baggy clothes

Becoming anxious or restless around meal times

Myths around eating disorders

Eating disorders only effect girls ,white and middle class families, it's a cry for attention or its just a phase , Eating disorders are trivial and nothing to worry about, Parents are to blame if their child has an eating disorder and you can tell by looking at someone they have an eating disorder

Psychotherapy --- speaking to a counsellor , psychologist , cognitive behaviour therapy (CBT) , Mental Health Nurse

Family approaches – working together as a family to provide education and support

Medication

Nutritional Management – working with a dietician , doctor , nurse

Resources

There are lots of apps and websites which can help if you think yourself or a friend is suffering which provides advice and support if you suspect an eating disorder .

Here are a couple which have videos and pamphlets;

Websites

Butterfly - https://butterfly.org.au/

Insideout—https://insideoutinstitute.org.au/

Apps (free ones that I found)

Finch

Body positive quotes

SCHOOL PHOTOS

SCHOOL PHOTOS 2022 - Important Registration Information

School Photographs will be taken at

Sale College - Macalister Campus

Tuesday 10th May 2022

Sale College - Guthridge Campus

Wednesday 11th May 2022

There is no need to return any forms or payment to school before photo day

Flyers with Unique Image Codes will be issued to all students on or after photo day

When you receive the flyer with your child's 2022 image code

Follow these 3 simple steps -

1 Go to order.arphotos.com.au and enter your child's **2022 image code**

2 Tap on 'Add another child' to enter the image codes of any siblings

3 Fill in your contact details & review before confirming your registration*

*This information will only be used for distribution of personal image codes and ordering details.

That's it!

It's important to register each year to link your child's NEW images to your contact details
When 2022 images are ready to view in our secure webshop you'll be notified by email and SMS

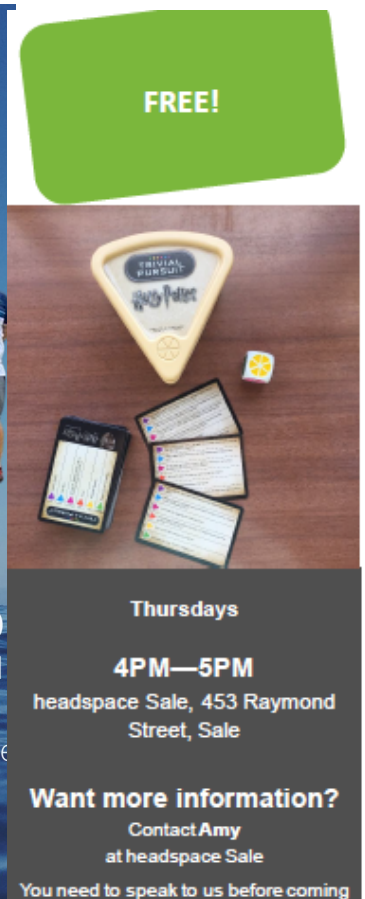
****BEFORE ORDERING for 2022, please wait to receive notification that new images are online****

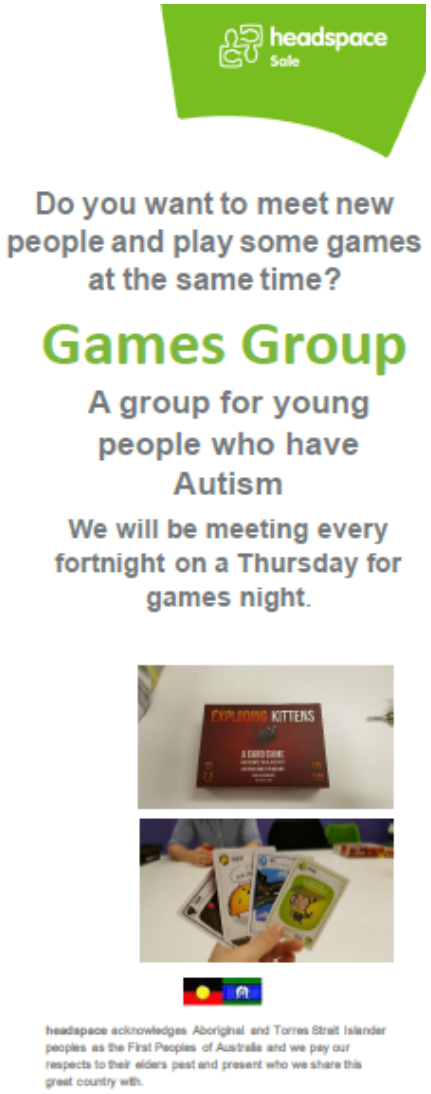
- *Order on any mobile device*
- *Share the images with family & friends for FREE*
- *Create a photo package with any layout + YOUR choice of images + Digital Downloads*

ARP
Arthur Reed Photos

Arthur Reed Photos Pty. Ltd.
A.B.N 48 528 494 590
(03) 5243 4390
customerservice@arphotos.com.au

COMMUNITY NEWS





SECONDARY SCHOOL IMMUNISATION CATCH UP SESSION

Wellington Shire Council will be offering a Secondary School catch up immunisation session on May 18th, 2022 at the Port of Sale, Carang Carang Meeting Room (Level 2).

The session will run from 4pm to 5.30pm.

Appointments are open and can be made online at https://www.eventbrite.com.au/e/afternoon-immunisation-session-secondary-schools-tickets-273890292237

This session is open to all students who have missed vaccinations (including previous years) for the:

- Human Papilloma Virus (HPV – Gardasil) : 2 doses due in Year 7
- Diphtheria, Tetanus and Pertussis (Boostrix) : 1 dose due in Year 7
- Meningococcal ACW&Y (Nimenrix) vaccinations : 1 dose due in Year 10

Parents/guardians can check if their child is overdue for vaccinations by viewing their immunisation history statements online: Medicare online account through myGov Medicare mobile app.