

# 2022



# WARRNAMBOOL COLLEGE NEWSLETTER

Persistence, Resilience & Mutual Respect

/ EDITION #4



## INSIDE THIS EDITION

- Principal Message
- School Information
- House Reports
- School of Rock
- Science Week
- Clontarf Academy
- Indigenous Careers
- Kalay Academy
- Careers & Pathways
- Alumni Update
- Community Notices

## PRINCIPAL MESSAGE

Term 3 always feels long, given the shorter days, the rain, the wind, no public holidays and the increasing prevalence of illness that seems to come our way. The 2022 version of this term has seemed longer still as we continue to grapple with the challenges of being back at school in face-to-face fashion this year.

There's been incredible things happening in our school community over the past few months, and this newsletter is jammed packed with many of the highlights of our time together at school during the winter months. Formals and the school musical have taken place for the first time in three years and they were incredible events that showcased all that is great about our school.

But I want to acknowledge that in the midst of all the fantastic learning and fun and extra-curricular activities, there's been a bit of grind about school throughout our nation (and I suspect the world) of late. We've all experienced trauma over the past two years, and that can sometimes manifest itself in ways that are difficult for others to understand. Dysregulation, frustration and apathy are all natural responses to times of grief, regret and trauma. The pandemic may well be something that we just need to 'learn to live with', but that doesn't make it any easier when several of your normal teachers are away sick, or your friends are in iso and you're

Grafton Rd, Warrnambool VIC 3280 T: 5564 4444 email: [warrnambool.co@education.vic.gov.au](mailto:warrnambool.co@education.vic.gov.au) [www.wbllcoll.vic.edu.au](http://www.wbllcoll.vic.edu.au)

Contact information: School Principal: David Clift T: 5564 4444 E: [david.clift@education.vic.gov.au](mailto:david.clift@education.vic.gov.au)

School Council President: Nathalie Davis T: 0400 634 668 E: [nathalie.davis@education.vic.gov.au](mailto:nathalie.davis@education.vic.gov.au)



Dave Clift  
- Principal

struggling at school without them, or when someone says something irrational and hurtful online or in person. In many ways, the struggles of this year seem more significant and real than the concerns of remote learning and restrictions from 2020 and 2021. Students are struggling to find the energy to work towards their capacity. Using mobile phones so prolifically outside of school makes it hard to break the habit during school. Friendships that were once solid are perhaps more fluid now, creating stress, anxiety and mental health concerns. Schools are certainly a melting pot of lots of emotions at the moment as we all struggle with our vulnerabilities and the need to find time and energy to care for others and ourselves.

In moments such as this, when the going gets tricky and there's no definitive means of how best to mix COVID and schooling together, we can either throw our hands in the air in resignation or focus on what we need to do to adapt and become better. I'd like to think that, despite the day-to-day challenges we still experience, Warrnambool College has chosen the path of a growth mindset where we are engaging in learning and teaching approaches that will support us to rediscover what education needs to look like alongside a pandemic and the associated traumas we have experienced.

It's why we've devoted all our professional learning days this year and next year towards 'Berry Street' training for all staff, an approach that seeks to unpack, understand and positively respond to trauma-informed behaviours. It's why we've invested heavily in our preparation for the 'senior school reform' as we move towards all year 11 and 12 students engaging in a VCE certificate (of multiple pathways) in the years to come. It's why we continue to focus on 'School Wide Positive Behaviours' that recognises the need for brain breaks in classes, for self-regulation opportunities for some students and for regular check-ins for learning throughout the school day. It's why we explicitly teach the expected behaviours required in a large secondary school setting and, unfortunately, need to reinforce these expectations with punitive responses when some students consistently behave otherwise.



In all that we do, in all that we are, student learning and wellbeing has always been a partnership between school and home. We were in awe of the way that staff and families pulled together during remote learning to ensure that students remained engaged with school and the curriculum being taught. We need this incredible partnership, so obviously on display during lockdowns, to continue as we support our fantastic young people to emerge into an exciting era of opportunities within and beyond school.

So when you're offered the opportunity to attend a parent teacher interview, take it up. When the next set of reports comes out in early term 4, make a time that night to go over your child's achievements with them. Go into Compass regularly and read about what's happening in Newsfeed or check on the great achievements of your child's learning in Chronicle and Learning Tasks. If the school does need to unfortunately contact you to indicate that your child has erred in their behaviours, know that we're all on the same page in supporting your child to learn from their mistakes, but we're also needing to be on the same page in acknowledging the consequences that have been fairly put in place.

I know that September can be an incredibly busy time for many families, and I get that when school holidays start that doesn't necessarily mean that parents and carers go on work holidays themselves. But I hope that as Spring arrives these holidays and the weather starts to turn warmer, you're able to find some quality moments to be present with your child and celebrate all that they are. I know we'll all need the emotional recharging of batteries to be up and about and ready for a busy term 4.

Kind Regards,

**Dave Clift** - Principal

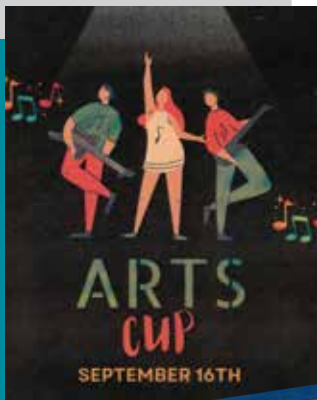




## NAPLAN RESULTS – Years 7 and 9

All students who participated in the NAPLAN tests in May will receive their individual report of their results in the mail over the next week. NAPLAN Individual Student Reports provide information about what students know and have achieved in reading, writing, conventions of language and numeracy. The reports also provide information on how students have performed against the national average and the national minimum standards.

The school would like to acknowledge the hard work of students, staff and the school community – despite two challenging years of the pandemic – as we begin to unpack the data to further support our teaching and learning. The school will be benchmarking this data with our annual PAT-R and PAT-M testing routine to support academic differentiation in all our classes.



## ARTS CUP – Friday 16th September (last day of term)

**We are very excited to be holding our first annual ARTS Cup at Warrnambool College in two years, due to COVID restrictions.**

The ARTS Cup involves students competing in a talent contest to accumulate points towards winning the ARTS Cup for their House. It's an amazing way to showcase the talent of our students, build their confidence and bring our community together. Auditions for the performances were held in August and the talent is sure to entertain. We are also pleased to announce **Alex Dyson** (author and Triple J breakfast host) as our guest judge. Good luck to all competitors!



**The last day is also an out-of-uniform dress up day with the theme – 'Under the Sea'.** Make sure you remember to bring a gold coin donation in homegroup. There will be a BBQ lunch with sausages, pizza and soft drink for sale, with money raised going to State School Relief.



**As our Principal team all teach classes, families wishing to have a meeting with a member of the Principal team are asked to contact our administration team on 5564 4444 to arrange a time.**

If you prefer a **meeting with a House Leader**, please select the appropriate prompt to direct you to your student's House assistant who will arrange this for you.

### GROWING ALUMNI

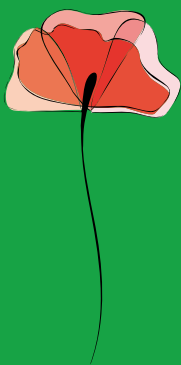
Warrnambool College is always looking to build our Alumni community to benefit students, teachers and the school. If you are a previous student, or know of anyone that is, please reach out! We would love to hear where life has taken you since leaving the College. There are many ways to become a part of our Warrnambool College alumni team.

- Via email: [Timothy.Brown2@education.vic.gov.au](mailto:Timothy.Brown2@education.vic.gov.au)
- Join our Facebook Page - like our Warrnambool College Alumni page.
- Are you on LinkedIn? Update your education section to include Warrnambool College! [linkedin.com/school/Warrnambool-college](https://linkedin.com/school/Warrnambool-college).

### TALL POPPIES

We are also continuing our tradition of recognising past students who have excelled in their chosen field through the presenting of the Sir John Eccles Tall Poppies Award. The award is named in honour of the highly lauded Sir John Eccles AC, Nobel Laureate and Rhodes Scholar.

If you know of anyone who you wish to nominate, please contact Tim at: [Timothy.Brown2@education.vic.gov.au](mailto:Timothy.Brown2@education.vic.gov.au)



### TERM THREE - LAST DAY - Friday 16th Sept.

- Period times will be adjusted to allow for an earlier finish with periods 1, 2 and 3 all 20 mins shorter than normal.
- There will be no classes running for year 7-10 classes for period 4.
- Recess will be 5 mins shorter with a 10 min transition allowing students to get to the Hall by 1:15pm for the Arts Cup.
- Year 11 and 12 students are to attend normal period 4 classes unless involved in the Arts Cup as performers.

|              |                         |
|--------------|-------------------------|
| <b>9:00</b>  | <b>House Assemblies</b> |
| <b>9:20</b>  | <b>Period 1</b>         |
| <b>10:15</b> | <b>Period 2</b>         |
| <b>11:05</b> | <b>Lunch 1</b>          |
| <b>11:50</b> | <b>Period 3</b>         |
| <b>12:40</b> | <b>Recess</b>           |
| <b>1:15</b>  | <b>ARTS CUP</b>         |
| <b>2:25</b>  | <b>Finish</b>           |





*Please feel free to inform us about any Merri student achievements so we can celebrate them at assembly.*

## MERRI

We love celebrating achievements at our fortnightly assemblies as a Merri community and recognise attendance and merit highfliers, as well as students who are striving and thriving in extracurricular activities.

Throughout term 3 we have celebrated the following Merri students:

- **Cast & Crew of 'The School of Rock Musical':** Izaak Agnew, Josiah Agnew, Zack Jervies, Thomas MacInnes, Cordelia MacInnes, Hugo Burn, Bryanna Willie, Marisah Eagleson, Lyla Wake, Ruby Jeanes, Harper Burgess-Metal and Hudson Carter, James Darkin (Photography)
- **Victorian High Ability Program (VHAP) participants:** Jarrah Crabbmor, Tex Lynch and Sherry Sheng
- **Senior Boy Hockey Team:** Harry Dodson and Tyler Brown
- **Yr 7 Soccer Team:** Issa Matsuno, Jarrah Crabbmor and Archie Pickett

And the following students for being the top merit achievers in their year level.

|         |                        |
|---------|------------------------|
| Year 7  | <b>Hamish Leonard</b>  |
| Year 8  | <b>Ishanya Singh</b>   |
| Year 9  | <b>Oliver Atkinson</b> |
| Year 10 | <b>Erin Suckling</b>   |
| Year 11 | <b>Izaak Agnew</b>     |
| Year 12 | <b>Chelsea Darkin</b>  |



Earlier this term, the marvellous Merri Student Leadership team organised the annual Merri out-of-uniform day to raise money and awareness for our charity; **The Taksenkangbloung Community Centre**. The day was a huge success with staff and students making the most of the opportunity to wear their Pyjamas to school, and enjoy the famous curry and bake sale.

We would like to take this opportunity to thank the Merri families for their generous donations; the amazing students who helped on the day; and the entire school community for getting behind such a worthwhile charity. We were able to raise over \$2000 which will go directly to supporting students in the Taksenkangbloung Community Centre to access education.





## FLAGSTAFF

Over the past few months the main focus has continued to be on our motto of "Being Kind". In homeroom students have been working on ways in which they can implement this into their daily habit and have seen some changes to the way we all interact with each other.

Flagstaff student leaders gathered with the other houses to work on what 2023 should look like for the student cohort. The students worked well to create some clear goals towards a revamped rewards systems that will be implemented next year. This will extend to calling for nominations for 2023 student leaders in the coming weeks so we would love to see some new vibrant faces join with current student leaders to help shape the evolving culture of Flagstaff. If this is of interest please see any current student leaders or house staff.



Flagstaff students have continued to excel in and out of Warrnambool College, students that have displayed the Flagstaff "Find your place, Find your passion" motto are **Stella Morgan** (English VHAP), **Zaine Atkins & Harry Annett** (winning U/16 premiership with South Warrnambool), **Jaiden Well** (BNF Warrnambool FC, 3rd in HFNL), **Toby Dalton** (WDFNL U18's Rising Star), **Lilly McDonough, Caitlin O'Rourke, Taya Trigg, Amber Bielski, Zoe Borthwick** and **Mia Copland** (School of Rock Musical). We congratulate these students on their success in following their passions alongside schooling success.

**All the best for the term break — The Flagstaff Team.**



## LOGANS

Logans has been a hive of activity this term! The student leaders have done a fantastic job coming up with a wide variety of activities for the homegroups to enjoy and compete in, including: Just Dance, Tug-o-War and a balloon tower building competition. Currently, L2 are in the lead and are looking to be the winner of the Hot Chip lunch. I don't think Mr Boote is too happy that Ms Brain is besting him!

As well, this term we have continued our random raffle, rewarding students for attending homegroup and for wearing full school uniform. Each fortnight the winner receives a sweet treat and points for their homegroup.

The Logans student leaders are also excitedly beginning to organise our **Christmas Food drive for Warrnambool & District Foodshare.**

During the first four weeks of term four, we will be collecting non-perishable donations that can go towards helping Foodshare to support families in need over the Christmas break. Any and all donations for this would be greatly appreciated!







**BELFAST**

Belfast student, **Nyasha Iervasi**, returned from the Year 9 leadership Alpine School in the Yarra Valley. Nyasha along with six other Warrnambool College students focused on personal development and team-building projects during their nine weeks. Nyasha shared many highlights and challenging activities of the trip including a sunrise hike and water canoeing.

Early in August our **Belfast student leaders** gathered with all the other house student leaders for their mid-year retreat. They spent time completing some team-building activities before they moved into year-level groups to tackle a 'Problem of Practice' which looked at reshaping the merit system at Warrnambool College. All student leaders came up with different ideas which will be refined and modified into amendments for 2023.

Belfast students have also been involved in activities outside of the school, especially in local sporting finals. Belfast was well represented in the girls football grand final with **La Toya Folima, Mackenzie Van Bruggen, Rory Fawcett** running the water and **Maggie Johnstone** awarded Best on Ground in the Grand final! Congratulations also to **Mia Mills** and her team, winning the Netball 17 & unders State Championships in Melbourne. Then in early September **Mia** and **Paiyton Noonan**, won the Division 1, Big V, Womens championship playing for the Mermaids.



Also well done to a terrific school production – School of Rock, the production was a huge success! Belfast was well represented with **Zade Matheson, Tyler Brown, Felix Buchanan, Calder Nicolson** and **Archie Buchanan**.

Meanwhile Belfast to Brisbane ticks along, it is part of the Wednesday tradition now in Belfast and is a great example of its about the journey not the destination. We are walking and where we are going is almost irrelevant – it's a great opportunity to interact across home groups, amongst teachers and burn kilojoules.

**BE BOLD, BE BRAVE,  
BE BELFAST !!!**







## CHILDERS

We would like to acknowledge the hard work of all our Childers students and staff throughout term 3. We have been fortunate to have many opportunities for students to thrive and show their strengths through the school musical, Childers philanthropic day, our transition presentations, and Arts cup. Well done to **Arwen Bounds, Keira Byron, Mariah Drake, Bonnie Moon, Taz Reuel, Brady Keegan, Leesha Keegan, Malachai Smits,** and **Melody Speed** for their fantastic performances in the school musical and your hard work and dedication. We would also like to congratulate the Childers staff members who led the musical team, **Bec Gray, Rob Dart, and Meg Lumsden.**

Our Childers student leaders have had a jam-packed term completing both their transition program and our philanthropic day. Our transition presentations were focused on helping prepare the younger year levels for what to expect in their 2023 school year from a student perspective. It was fantastic to see our student leaders mentoring and supporting Childers students.



Our philanthropic day was another major success for the Childers house with both students and staff getting on board for the "Tradie Day" theme. The lunchtime specials were a sell out and we are very proud of the donations made from the day that will go towards our house charity - The Cancer Council. It was wonderful to see that school community come together to help raise funds for a very deserving cause.

We wish the best of luck to the Childers students competing in the Arts cup, **Arwen Bounds, Taz Reuel, Melody Speed,** and **Tess O'Conner.** We encourage students to express interest in joining our student leadership team for 2023. Please come and see us in the Childers Office early next week. We are also looking for nominations for House Captains for 2023.

Holidays are fast approaching, and we wish everyone a safe and well earned break!

Miss Etherington and Miss Simmons



## HOPKINS

Another busy term in Hopkins House with fantastic things happening throughout the House. We finished off Term 2 with our Celebration Day. It was great to bring people from across the school together to eat, listen to live music and raise awareness for our local charity, the Francis Foundation.



Our student leaders continue to work hard, meeting as a group earlier in the Term at the leadership retreat to discuss how we can continue to make Hopkins House and indeed Warrnambool College a positive place to be. Our leaders came up with some fantastic ideas to drive the culture forward over the course of the last term and into next year.

The School of Rock musical in August was an amazing show and we would like to congratulate all involved, both students, staff and parent helpers. The dedication and talent demonstrated was awe inspiring. Well done to our fabulous Hopkins students who were involved both on and off the stage: **Jack Gartland, Cameron Chuck, Angus Ten Have, Lillian Smith, Maisie Rentsch, Reagan Searle and Daniel Godfrey.**

This term marked the one year anniversary of the death of our beloved Joel Moon. His friends, teachers and wider school community came together to celebrate all the things Joel held dear. There were stories shared, board game catch ups and on mass 'Zing' consumption. The Science Academy in partnership with the school canteen raised money for the purchase of new Science equipment. Joel loved all things Science and it's amazing that his memory will live on and that this new equipment will continue to bring joy to many students lives in the years to come.

We would like to wish all our families a happy and safe break. We hope you have to opportunity to unwind and recharge after a busy Term and would look forward to seeing all Hopkins students back and ready for a fantastic term 4.

The Hopkins Team





A highlight of the term was the school production of School of Rock at the Lighthouse Theatre. The cast and crew comprised of thirty cast members, eight band members and fifteen stage crew, ranging from years 7-12 as well as many staff members and parents assisting behind the scenes. The students were amazing on and off the stage, supporting each other throughout the whole rehearsal process and giving it their all on stage in show week! School of Rock proved to be the perfect show to mark the College's return to musical theatre, with amazingly high energy emanating off the stage and positivity from the audience. We look forward to next years production!







To celebrate Science Week students dived into lots of experiments and technologies across all year levels. Students were encouraged to explore ideas and to think creatively whilst looking at the importance of Science and the positive impact this field of study has on our world.

## LOOKING TO THE FUTURE & THE PAST

Students from 8G (SEAL) attended the Warrnambool Library recently as part of Science Week to learn about the Hycel program at Deakin University Warrnambool. This program is developing hydrogen fuel cells to use in truck transport. Students were able to use water to power small cars. Students then went to the Warrnambool Art Gallery to observe paintings from many years ago and compare them to current features in and around Warrnambool. Thanks to Deakin, Warrnambool City Council and WAG.



## VIRTUAL LEARNING

Students were invited to participate in a Virtual Reality and Haptics session run by Deakin University. The idea is to use these devices in the classroom to help educate students on subjects such as problem solving in Physics and coding in Digital Technology. Warrnambool College students have the opportunity to be involved in this project with Deakin University into the future and this was a great way to get started with this initiative.







### FOOTY SPIRIT

In July Warrnambool and Brauer College Clontarf students combined to play a game of football against the Brauer College football team, as part of NAIDOC Week celebrations. Brauer College got off to a flying start, kicking five goals in the first quarter. With 30 quality football players, some of the Brauer boys nominated to jump on to the Clontarf team which certainly helped us catch up, but we still fell short by three points at the final siren.

The game was played in good spirits, with healthy levels of banter coming from both teams, truly representing the Clontarf spirit. So much so, we hope to make it an annual game and play for a trophy (name to be decided).



### GOOD BUNCH LUNCH

Aurora Dairies, who buy and manage dairy farms around the state, came in recently for our good bunch lunch, to learn more about Clontarf and to provide an explanation of their industry. Kristin and Michael were treated to loaded pulled beef, cheese and gravy fries and a tour of the academy room. Our boys displayed excellent manners when greeting our guests, shaking hands and introducing themselves, something the academy has really improved on this term. After lunch it was straight to the table tennis where the boys didn't hold back. We would like to thank Aurora Dairies for their time today and their support in the future.





## DAY SURGERY A SUCCESS!

Clontarf and Kalay students attended the Health Careers Day Excursion at St John of God Hospital in August. Students were provided with hands-on experiences of what it would be like to work in the hustle and bustle of the health care system. The excursion is part of St John of God's Reconciliation Action Plan which aims to increase the amount of Indigenous workers within the hospital setting.

In the Occupational Therapy area the boys got to test their grip and joint strength, learn how to put slings on and how to dress themselves if they had a broken arm or hip replacement. Everyone also had a tourniquet put on their arm and watched the blood rush back to their hands when the tourniquet was removed.

In Oncology students sat in the electronic recliners and wore the ice helmets used to help patients keep their hair during chemo. In Theatre we were shown the instruments used on a daily basis for surgery. All sessions were very interesting and engaging.



Kalay students also attended the excursion enjoying a tour of the hospital and being a surgeon/doctor/nurse for the day. Students were very knowledgeable and asked a lot of interesting questions to the health professionals working within different areas of the hospital. Students said it was really interesting and they liked that they got to use some of the equipment.

After a busy morning, lunch of delicious bushtucker pies, brownies and cakes was supplied by WornGundidj Nursery - a real highlight and a great way to finish off the day. Thanks to Laura from St John of God Hospital for organising such a fun and educational morning.







### PIRTUP LAKE PERTOBE ART PROJECT

Students worked with Sherry Johnson, a local indigenous artist, to create artworks in response to Lake Pertobe. This creative project aims to acknowledge culture through young people’s voices, and demonstrate their resilience and strength. The canvas artworks will be transferred onto suitable external material for public display in the Lake Pertobe area for first nations people and the community to visit, enjoy and reflect on.



### TOASTIE TUESDAY

This term, every second Tuesday, Kalay Academy students invited their favourite Warrnambool College staff member for Toasties, games and a yarn. Teachers have expressed feeling honoured to be invited and the young women showed their appreciation for the amazing work staff do at Warrnambool College. It has been great to see lots of smiles, laughter and positive connections in the Kalay Academy!



### HEALTHY STARTS

Kalay students and their friends took part in three sports sessions facilitated by College Captain Hannah Van Zyl followed by delicious pancakes made by Aunty Kaye. The Kalay Academy is very appreciative of Hannah and Kaye who volunteer their time to promote a healthy and positive end to the week for Kalay students.

### NAIDOC WEEK

Kalay students engaged with the NAIDOC Week Treaty Workshop with First Peoples Assembly of Victoria as part of NAIDOC activities in term 2. Students connected to culture and history and learnt about the way in which Victoria is currently leading the journey to Treaty.



### INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLE

In August, Kalay students enjoyed a day out connecting with community at the Harris Street Reserve for International Day of the World’s Indigenous People. This event raises awareness and recognises the achievements and contributions that indigenous people make to the world. Students learnt about local Indigenous artefacts, practiced their boomerang throwing skills, engaged in Indigenous craft activities, enjoyed delicious bush tucker food made by local mob at Worn Gundij and dunked the Kalay Coordinator in the dunk tank!



## DEFENCE FORCE VISIT

Warrnambool College was privileged to have Australian Defence Force (ADF) representatives Luke Phillips (Navy) and Tom Gower (Army) host an Australian Defence Force Information session about career opportunities within the ADF. Forty students across Year 9, 10, 11, and 12 were in attendance and heard about the pathway options that are open to them if they chose to pursue a career within the ADF. Students asked some great questions at the end of the session, and were able to take away some really informative handouts relating to a variety of career pathways.



## MY FUTURE BOARD

Our one stop Careers information board has now been installed! The prominent new display is situated between C wing and the library and is a go-to for information on jobs, courses, upcoming events and news around student pathways.

To promote your industry and suitable student job opportunities on our display please email: [careers@wblcoll.vic.edu.au](mailto:careers@wblcoll.vic.edu.au)



Kerry Cheeseman  
& Sarah McIlroy

## VET REMINDERS

### 2022: **The last day of class is Thursday 20th August.**

As per the parent approved event early this year, after this date there are no classes and students are exempt from period 3 and 4 on Thursdays and should not be at school (excluding exam dates and HeadStart).

### 2023: **VET enrolment forms are now overdue.**

All VCE VM students must be enrolled in a VET so please ensure you get this done ASAP, including those going into 2nd year. Places are limited and there may not be room for late enrolments.

Find us in the Careers  
& Pathway Office





# Warrnambool COLLEGE ALUMNI



**Tim Brown**  
- Alumni Coordinator

We were thrilled to have one of our alumni, **Rohan Murfett** who graduated in 1991, present a session to our Year 11 and 12 business management classes in the last week of term 2. Rohan spoke about his journey from leaving school to starting his own financial planning business called Prestige Financial Planning. He explained how he started his own business and the positives and negatives involved. It was fantastic to hear about his career path which provided great insights for students. A big thank you to Rohan, as well as teachers Tom White and Danny Finn.



Our other visiting alumni was **Michelle Risk**, who graduated from Warrnambool College in 2001 and now works as a paramedic. Michelle's journey from Year 12 to becoming a paramedic was captivating. Michelle was not completely sure as to what career she wanted during her final years of schooling. As such, having varied subjects gave her an indication of what she did and didn't enjoy.



This uncertainty helped her focus on those subjects that she truly enjoyed. Her message to the students was to concentrate on the now, not necessarily the type of career you would like to undertake. This really resonated with the students, understanding you can still strive for excellence without the worry of what life may look like after Year 12.

Michelle was also asked about her strategies to deal with such a stressful job. She explained the need to ensure there is a defined work/life balance. Whatever works for you, make sure you put time aside to do it – you need self-care strategies so that you can find the sustained energy to care for others and for what's important to you. Her journey has been remarkable and her achievements are something she is truly proud of. Michelle's take away message was to not settle for a career you won't enjoy, no matter how long it takes to find the one you love.





## HOW TO BUILD COURAGE AND RESILIENCE IN CHILDREN AND TEENS

The City of Greater Geelong and CatholicCare Victoria present this session to help children and teens build courage and resilience assisting them to thrive.

Anxiety is a very normal part of being human, but for as many as one in five children it can reach intrusive levels, interfering with family life, friendships and school performance.

Karen Young, founder of “Hey Sigmund” and author of Hey Warrior series, will explore:

- a new, empowering way to understand anxiety
- what to do when anxiety hits
- how to build courage and resilience
- why anxiety might look like anger or tantrums and what to do
- how social media, friendships and the changes in the adolescent brain might contribute to anxiety and what to do.

### WEDNESDAY 5 OCTOBER

7.00pm–8.30pm

### VENUE

The Lighthouse Theatre  
185 Timor St, Warrnambool

### BOOKINGS

Scan the QR code.

This is a free event  
but tickets are  
required.







**Brierly Christ Church Cricket Club**  
**WOMEN & GIRL'S COME AND TRY DAY**

**Where/When**

- Sunday 18th of September @ 11am
- Brierly Recreation Reserve, Moore Street

**What's Included**

- Skills Clinic
- Spot Prizes
- Free BBQ Lunch
- All Equipment Supplied

**'Fun & Free Event for All Ages and Abilities'**

**REGISTER NOW**

For more information contact Scott Nicolson on 0429 868 295



**17th September 2022**

WDEA Works & Norton Ford Motor Group, Junior & All Abilities Event  
 - 1.5kms or 3kms

**18th September 2022**

Deep Blue Hotel and Hot Springs Event  
 - 6kms

Sinclair Wilson Event  
 - 10kms

Artz and Kay Pharmacy Event  
 - Half Marathon

Find Out More At:  
[www.wboolrunningfestival.com.au](http://www.wboolrunningfestival.com.au)

SINCLAIR Wilson ACCOUNTANTS & BUSINESS SERVICES

DEEP BLUE HOTEL & HOT SPRINGS WARRNAMBOOL

wdeaworks artz + kay PHARMACY NORTON MOTOR GROUP



**SATURDAY JUNIOR COMPETITION**

WARRNAMBOOL LAWN TENNIS CLUB INC

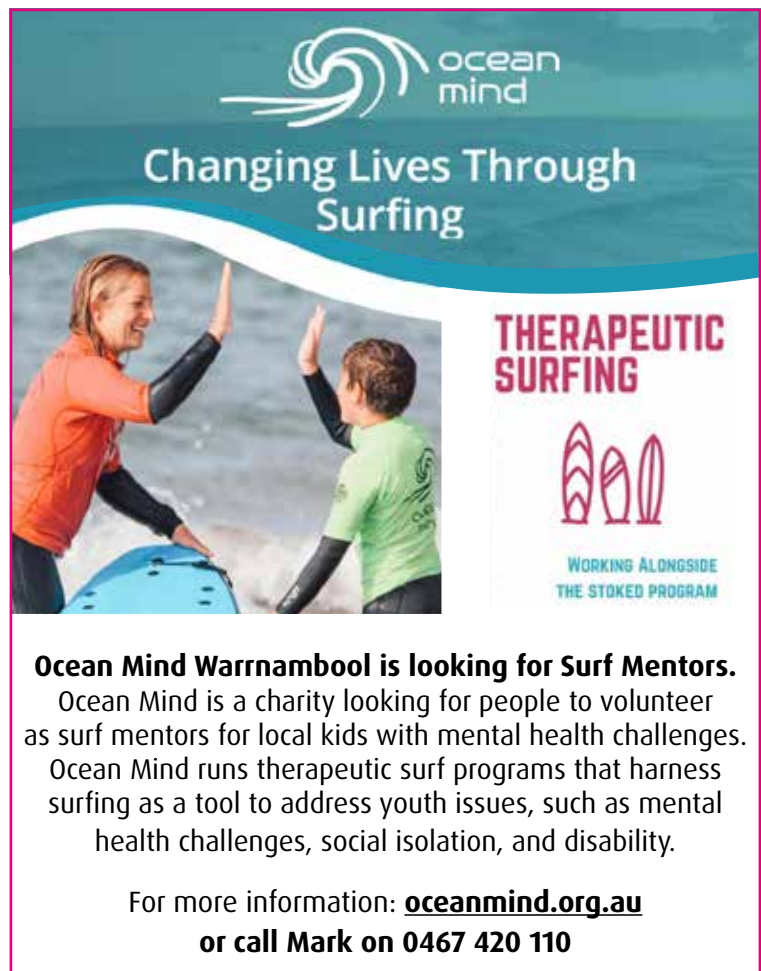
**Grading Day FOR NEW PLAYERS ONLY**  
 October 23rd 3pm

\$120 for season

9-17 years  
 Season starts 5th Nov 2022

Registrations close 16th Oct 2022

Enquiries to [wltcjuniors@gmail.com](mailto:wltcjuniors@gmail.com)  
 REGISTER ONLINE - [www.warrnamboollawntennis.com](http://www.warrnamboollawntennis.com)



ocean mind

Changing Lives Through Surfing

**THERAPEUTIC SURFING**

WORKING ALONGSIDE THE STOKED PROGRAM

**Ocean Mind Warrnambool is looking for Surf Mentors.**  
 Ocean Mind is a charity looking for people to volunteer as surf mentors for local kids with mental health challenges. Ocean Mind runs therapeutic surf programs that harness surfing as a tool to address youth issues, such as mental health challenges, social isolation, and disability.

For more information: [oceanmind.org.au](http://oceanmind.org.au)  
 or call Mark on 0467 420 110