

2024



WARRNAMBOOL COLLEGE NEWSLETTER

/ EDITION #3



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PRINCIPAL MESSAGE

Earlier this week, our school celebrated IDAHOBIT day – the ‘International Day against Homophobia, Biphobia and Transphobia’. We had a whole school assembly where our Rainbow Club students were able to speak about their experiences at school and we could jointly reflect upon the importance of inclusion and our school value of mutual respect. At Warrnambool College, marking days such as this is important as we strive to be a school community that values diversity and kindness towards one another.

Throughout the school year, we also recognise other events such as Harmony Day (celebrating the joys that multiculturalism brings to our community), NAIDOC week (continuing our journey of reconciliation and learning with indigenous communities), International Woman’s Day, International Men’s Day and for the first time this year International Day of Persons with Disabilities. We do this because we know it’s important to highlight the gifts and strengths that all students and staff bring to Warrnambool College, and that we need to treat each other with respect, patience and kindness as we learn to understand our differences and similarities.

The Warrnambool College Newsletter will now be published twice per term. Keep an eye out for our next edition in the last week of term 2.

Grafton Rd, Warrnambool VIC 3280 T: 5564 4444 email: warrnambool.co@education.vic.gov.au www.wbllcoll.vic.edu.au

Contact information: School Principal: David Clift T: 5564 4444 E: david.clift@education.vic.gov.au

School Council President: Nathalie Davis T: 0400 634 668 E: nathalie.davis@education.vic.gov.au



Dave Clift
Principal



As the year has worn on, it seems the world needs to embrace a greater sense of patience, understanding and respect as well. Conflicts and disagreements abound, internationally and within Australian society. To some extent, as the days get shorter, the weather turns and people's energy levels wane, the same can be said for our school community. Rather than look for the positivity in our peers, some gather around rumour and inuendo and jump to a negative bias. And this moves us away from our core values of persistence, resilience and mutual respect for others. It pulls people down and diminishes them. It does not help us to live our aspiration of 'Every Warrnambool Student Thrives'. When we are tired, when the learning gets challenging, when we're feeling more vulnerable, this is when we need to lean into our school values even more and support one another to be the best we can be. This applies to students, staff, parents, carers and all who support our great school.

I look forward to continuing to work alongside all our parents and carers to lift our staff and students up to achieve the great learning that we know we are capable of.

Kind Regards,

A handwritten signature in black ink, appearing to read 'Dave Clift'.

Dave Clift - Principal



DAN LEE
Assistant Principal



TRAFFIC MANAGEMENT

We would like to remind parents that the staff carpark is reserved exclusively for school staff and should not be used as a drop-off zone for students. To ensure the safety and smooth operation of our school mornings, please use the designated drop-off zone on Grafton Rd. This area is specifically set up to facilitate a safe and efficient drop-off process for all students. By adhering to this guideline, you help us maintain a secure environment for everyone and allow our staff to park without obstruction. Thank you for your cooperation and understanding.

COMPASS PULSE EMAILS

We have had some good feedback regarding the Compass Pulse email giving parents a snapshot of assessment tasks and any minor behaviour indiscretions. As we enter the last 5 weeks of the semester all classes will have final assessment tasks to complete to ensure a satisfactory completion of all subjects. Please keep an eye on Compass to ensure your child is on track to prioritise all upcoming assessment tasks. The next Compass Pulse email will be sent out on Friday 7th June.



UNIFORM

Wearing a school uniform is crucial for fostering a sense of community and equality among students. It eliminates the distractions and social pressures related to varying fashion choices, allowing students to focus more on their education. Uniforms also instil a sense of discipline and school pride, helping to create a cohesive and respectful learning environment. Additionally, they enhance safety by making it easier to identify students and ensuring that they represent the school appropriately both on and off campus. By wearing a uniform, students contribute to a unified and inclusive school culture that supports academic success and personal development. Any student not in uniform will be given a "Uniform Reteach" post on Compass, four of these posts will result in an automatic afterschool detention with House staff.

Please see our Uniform Policy (pg 11-12) for items that are included.



SUPPORTING YOUR CHILD/S EDUCATION

Warrnambool College provides students with free instruction to fulfil the standard Victorian curriculum. We do however appreciate the ongoing support of our families to offer extended programs and opportunities to provide the best possible education and enjoyment for students.

We sincerely thank our families who have finalised their payments for your curriculum contributions.

We also wish to remind families who are yet to do so, of the importance of your contribution, and offer you the opportunity to pay your curriculum contributions on your Compass home page. If you would like to commence a payment plan, or if you do not have access to Compass, please contact our administration staff on 5564 4444 and we will assist you.

YR 7 & YR 10 IMMUNISATIONS

On Tuesday 11th and Wednesday 12th of June 2024, Warrnambool City Council Immunisation Service will administer the following vaccines to participating Year 7 and Year 10 students:

Tuesday 11th - Year 7 students

- Diphtheria-tetanus-pertussis (whooping cough)
- Human papillomavirus (HPV)

Wednesday 12th - Year 10 students

- Meningococcal ACWY

PLEASE NOTE: Registration for this year's program has been changed to [online consent](#) via the following links:

Year 7 Link:



Year 10 Link:



Further information can be located on the relevant Compass newsfeed posts for families with students in either Year 7 or Year 10.



LOGANS

CELEBRATION DAY

BOGAN & AUSSIE ICON DRESS UP

On Friday May 17th the Logans Celebration Day kicked off with lots of flannel, mullets and iconic Aussie characters. The day raised a solid \$2508 for Western District Foodshare, with the Food Drive continuing to run for an additional week.

A massive thank you to all staff, students and families who generously donated baked goods to sell and to the staff who jumped in to help out on the day. To our amazing team of Student Leaders - You all did such a spectacular job both leading up to and on the day and should be incredibly proud of your efforts.

A huge shout out also goes to Norfolk Butchers, Bakers Delight East Warrnambool, Saputo, McDonalds Central and Town and Country Pizza for their generous donations supporting this event.

The Trophy Shelf is continuing to expand, with the exciting announcement that Logans has won the 2024 Cross Country House Cup! Participation was absolutely brilliant, and a huge congratulations goes out to our Age Group Champions: **Jobe Templeton, Nabeila Campling, Andy Waltz, Elfie Bourger-Hughson, Tahlia Vesey and Beau Turner.**

Live, Laugh, Learn, Logans!



WESTERN DISTRICT FOODSHARE





Congratulations to the students of Childers for a brilliant start to Term 2, marked by numerous achievements. The adherence to our uniform policy has notably improved, reflecting positively on the overall appearance of our school community. Remember, our friendly staff in Childers are able to assist with any uniform-related queries.

We have celebrated multiple sporting triumphs, commencing with our annual Cross Country event on April 17th. Despite some initial drizzle, the weather cleared, providing ideal conditions. We'd like to mention our Childers age group champions: **Lachlan Rea** (15 yrs), **Lewis Deurden** (16 yrs), and **Edith Stretch**, whose exceptional efforts contributed to the success of the day. The collaborative spirit was evident, with every participant earning valuable points for Childers. Following closely on April 19th was the State Swimming, where nine Warrnambool College students, including our own **Lewis Deurden**, showcased their talents. Well done team!

Childers is proud of their representation in the school's Sustainability Team for 2024. We extend our gratitude to these dedicated students for their commitment to environmental consciousness and sustainability: **Bonny Moon**, **Mairead Hewson**, **Juliette Pinkerton**, **Lilly McDowall**, **Noah Clift**, **Edith Stretch**, **Leila Gibson**, **Jasmine Mehmi**, **Edie Clift**, and **Vidhi Jagad**. Most of these students also serve on our Student Leadership Team, supporting our local charity Warrnambool Coastcare Landcare. Well done to these students!

Lastly, we extend a warm welcome and congratulations to our newly elected Year 7 Childers Leaders: **Tian Clift**, **Beatrix Clift**, **Coby Duncan**, and **Isabel McGinness**. Your appointment to our leadership team is well-deserved, and we look forward to collaborating with you.

The Childers Team



It has been a busy term in Merri, with our students participating in many extracurricular activities. We were very proud of our Year 7 students who upheld the school values and expectations while challenging themselves at camp. They were kind, compassionate and supportive of one another when pushed outside of their comfort levels, which allowed everyone to achieve their best.

We have also welcomed a new member to our student leadership team, with Tyler Laver putting his hand up to support the team and assist in organising upcoming events. One of these is the Push Up Challenge, which will begin on June 5th and is aimed at improving awareness around the benefits of physical activity on mental health and ways that we can support each other. Well done to our entire leadership team, in particular Bryanna Willie (school ambassador), for implementing this student led program.

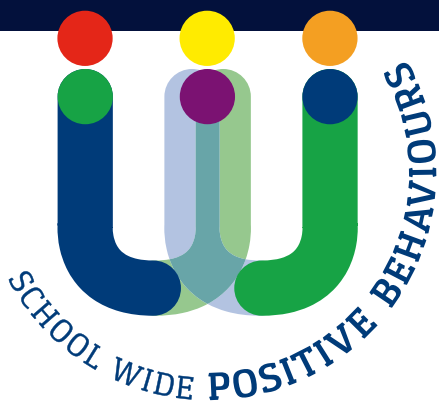
Planning for our House Celebration Day has also begun. Our House charity, Loved & Shared, work in partnership with the community to gift and rehome high-quality resources for families in need. We look forward to raising awareness and funds for this charity with the support from our school community next term.

The Merri Team



SCHOOL WIDE POSITIVE BEHAVIOURS

Working with students and families to improve positive behaviour expectations of our students.



At Warrnambool College the SWPBS team meet regularly to discuss how we can improve positive behaviour expectations of our students. We collect data, formulate plans and liaise with our school community to support our students to make positive choices. As a school we agree to meet the expected academic and behaviour expectations at all times to ensure we are safe, respectful, kind, ready to learn and committed to learning.

OUR MISSION STATEMENT

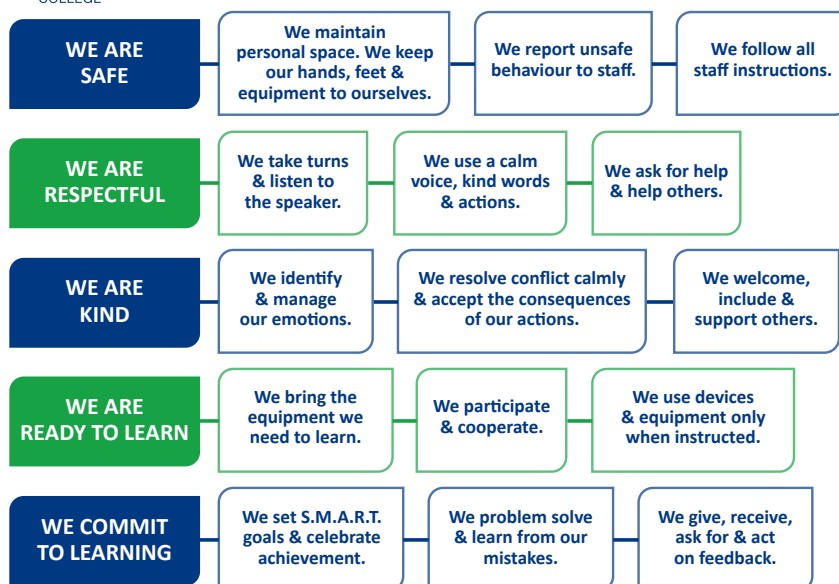
AS A POSITIVE BEHAVIOUR SCHOOL, OUR COMMITMENT REVOLVES AROUND INCLUSIVITY, ACCESSIBILITY, ACTIVE PARTICIPATION, CELEBRATION OF DIVERSITY, AND ADVOCACY FOR POSITIVE GENDER ROLES.

WE ASPIRE TO EMPOWER EVERY STUDENT, FOSTERING THEIR SOCIAL, EMOTIONAL, CULTURAL, AND ACADEMIC PROGRESS THROUGH ENCOURAGEMENT, CONTINUOUS TEACHING, AND SUPPORTIVE GUIDANCE.

THIS SHARED RESPONSIBILITY IS A COLLABORATIVE EFFORT EMBRACED BY ALL.



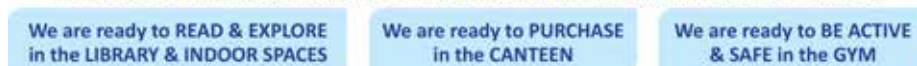
BEHAVIOUR & ACADEMIC EXPECTATIONS



NON-CLASSROOM BEHAVIOUR EXPECTATIONS



WE FOLLOW THE BEHAVIOUR EXPECTATIONS IN ALL WARRNAMBOOL COLLEGE SPACES.



STUDENT ACHIEVEMENTS

Warrnambool College students shine in Warrnambool Eisteddfod.



In an inspiring display of eloquence, critical thinking, and resilience, our debating teams and public speakers have achieved remarkable success in recent competitions. Their achievements are a testament to their hard work, dedication, and the supportive environment fostered by our school community.

Their performances have not only highlighted their individual talents but also brought pride and recognition to our school. Our debating teams have demonstrated exceptional skill and teamwork, engaging in rigorous intellectual battles across a variety of topics. Their ability to articulate complex arguments and think on their feet set them apart from the competition.

In the Speech and Drama section of the Warrnambool Eisteddfod we were also exceptionally proud of our student participants. These achievements underscore the importance of effective communication skills, and our students have proven that they are more than capable of influencing and inspiring others with their words.

As we celebrate these achievements, we also look forward to future competitions, where our students will undoubtedly continue to excel and inspire. We encourage all students interested in debating and public speaking to join our teams and take part in this enriching experience.

We are excited to see what the future holds for these young leaders and communicators!

Debating participants & award winners:

- Years 7/8 Impromptu Debating Perennial Trophy for best performed school
- Years 7/8 Section - Elaine Walker Perpetual Shield for best performed school

Honorable Mentions:

- Maisy Rowe, Tian Clift and Penny Morrow
Warrnambool College

Years 9/12 Impromptu

Champion Team: Warrnambool College

Champion Debater: Bella Clifford

Equal second - Logan Bray

Runner Up: Warrnambool College

James Davidson Perpetual Shield Grand Aggregate for best performed school across all sections.

Speech & Drama participants & award winners

- Liam Gaffney-Gray – medal winner
- Rhani Clegg
- Noah Dardillac – medal winner
- Mitch Holder and Lily Goodman
– honourable mention

For more details on upcoming events and how you can support our teams, please visit our school's website or contact Mrs Connellan.

CLONTARF ACADEMY

A wrap up of some of the activities the boys have been involved in to date.



ROTARY CLUB VISIT

On a frosty Warrnambool morning, Jyah Chatfield and Richie Glover were invited to the Day Break Rotary Warrnambool headquarters for an early morning breakfast and a Q&A session. Both Jyah and Richie displayed maturity beyond their years, talking individually about the value of the Clontarf Program and the positive impact it has had during their schooling. They also emphasised the significant importance it has played in gaining employment outside of their schooling.

The Rotary Club shares a desire to connect with others to address the challenges affecting our community and communities around the world. They have been strong supporters of Warrnambool Clontarf and continue to work closely as a partner, helping fund important items in our Academy room. The growth and sense of pride the boys showed while presenting to the Warrnambool Rotary Club today speaks volumes about their willingness to be a part of the program over the course of their schooling.

VIC CUP FOOTY CAMP

Warrnambool Clontarf travelled to Ballarat to take on the best footy players Vic Clontarf had to offer. The energy leading into the carnival was high, with the boys displaying a healthy level of competitiveness throughout our afternoon activity. Kicking off the tournament, teams on each oval formed the shape of a big V, a tradition when two Victorian teams meet. We continued the form from our early game picking up a couple of wins on the trot, taking some confidence into our clash with another undefeated side in St Pats, Swan Hill. With shorter game time than usual, the game started at a high intensity with the ball moving up and back through the middle at high pace, with plenty of skill and speed to match. In what was a see-sawing battle right up until the final minutes, the Warrnambool Wanderers inserted one final powerful burst on the game to run away 3 goal winners and seal the championship trophy in their name for the 2024 Clontarf Victoria Cup.

The Clontarf spirit across the day was next level. We saw boys changing teams to help out, boys celebrating the little wins in each other's efforts and boys showing a high level of appreciation for one another off the field. We thank the boys for their brilliant efforts across the 2-day camp, making the Vic Cup a memorable one.

ALUMNI UPDATE

We celebrated our inaugural Open Day with many memories shared.



ALUMNI OPEN DAY

Former teachers and students gathered for the inaugural Warrnambool College Alumni Open Day which included a historic display with items dating back to the early 1900s. The College, which is Victoria's second oldest government secondary school, opened its doors to the alumni community on April 29, with attendees soaking up its history and reminiscing about their school experiences with a College tour.

The open day was held to coincide with the May Racing Carnival to encourage racegoers returning home to visit. It is hoped it will be held annually. The event, which also marked 30 years since the amalgamation of Warrnambool North Technical School and Warrnambool High School, included reflections from then-principals Russell Isaac (North Tech) and Ray Welsford (WHS and then WC).

Archive items included one of the first handwritten student registers from the early 1900s, copies of the school magazines including *The Breeze* from 1914 onwards, class photos, newspaper clippings and other items.

Matthew Monk, who was one of four Warrnambool College captains in 1994, also shared some of his memories of the amalgamation.

Principal Dave Clift said it was great to see alumni from various eras engage and reflect on their school days and the new event was a chance to see all the amazing things happening at the College.

"It's incredibly exciting to see alumni from Warrnambool North Technical School and Warrnambool High School sharing their perspectives and the histories of both schools," Mr Clift said.

"We hope and anticipate this is the first of many events to be held in coming years as we support the school community to discover and rediscover what Warrnambool College looks like in the 21st century."

A 30-year reunion for the Class of 1994 will be held later this year and will include a school tour. Contact the College or email alumni@wblcoll.vic.edu.au for more information.

If you have an upcoming reunion planned for 2024 or beyond, please contact alumni co-ordinator Madeleine McSwain to arrange a tour as part of the celebrations.

OUR SUSTAINABILITY TEAM

Our dedicated team continues their fantastic work with deserved recognition.



SUSTAINABILITY VICTORIA RESOURCE SMART AWARDS

We've been named a finalist in Sustainability Victoria's ResourceSmart Schools Awards in the Emerging School of the Year, Teacher of the Year and Student Action Team of the Year Categories.

Our school has been working towards being more sustainable with our Sustainability Team implementing composting to minimise food waste, collaborating with our local community to facilitate revegetation projects, monitoring our school energy use and working to implement the Victorian Container Deposit Scheme. The awards recognise these legendary efforts and their impact, and those of schools across the state, at Victoria's biggest celebration of sustainability in schools.

We couldn't be more proud to be recognised amongst the leading sustainable schools in Victoria, and look forward to continuing to build on our team's success.

You can read more about these awards here: www.sustainability.vic.gov.au/about-us/awards-we-administer/resourcesmart-schools-awards-2024/resourcesmart-schools-awards-2024-finalists

CONTAINER DEPOSIT SCHEME

If you would like to support the Sustainability Team's actions you can donate to the team via the Container Deposit Scheme.

Families and businesses can collect eligible containers and return to them to deposit points around Warrnambool and select Warrnambool College Sustainability Team as your preferred charity pay out method.

Funds raised by the Container Deposit Scheme are being put aside to fund larger sustainability projects including additional solar panels at the school and revegetation projects.

Sign up and select Warrnambool College as your preferred charity by following this link: [CDS Vic West - /charities/ea8baecc-fd72-4e58-be24-f26927e001ae](https://cds.vic.gov.au/charities/ea8baecc-fd72-4e58-be24-f26927e001ae) (cdsvicwest-app.com)

Uniform Policy



Warrnambool
COLLEGE

Students of Warrnambool College are required to abide by the uniform dress code. A school uniform enables students to develop a sense of pride & identification with our school community. It promotes equality amongst students & ensures health & safety within the school environment.

Students are expected to wear the Warrnambool College uniform with pride. Uniforms should always be neat and clean in appearance. Students wearing the uniform at any time are representing the College; they are required to wear the uniform correctly and abide by the College Code of Conduct until they have arrived home and changed.

In accordance with OHS guidelines and risk minimisation strategies, decorative jewellery is not permitted to be worn to school. Ear piercings and one nose ring is permitted provided these are sleepers or studs.

Please note, students are strongly encouraged to wear a SunSmart hat when outside during terms 1 and 4. A College beanie is also available to purchase and can be worn in terms 2 and 3 when outside. Hats and beanies are available for purchase from Lowes at Gateway Plaza.

- The sports uniform must be worn to school for timetabled PE classes and inter-school competitions. It can also be worn on regular school days. Students in the Sporting Pathway Program (SPP) are permitted to wear their SPP uniform on any school day.
- Students in school academies are permitted to wear approved academy polo shirts on any school day.
- If students are not in full school uniform on the day of a school excursion, they may not be permitted to attend.



At Warrnambool College our flexible uniform policy allows students to choose uniform options from the list on the next page that they are most comfortable in.

Sports uniform and SPP uniform should be worn on days when students have practical classes.

Uniform Suppliers

Lowes are our College uniform suppliers. Lowes are located at Gateway Plaza in Warrnambool and are open 7 days per week for your convenience. You can shop online using the following link: www.wbllcoll.vic.edu.au/enrolment/uniform



Warrnambool College Uniform

SHIRTS & POLOS

- White polo shirt w/ College logo
- long or short sleeve
- Navy-blue polo shirt w/ College logo
- Navy-blue & green Sports polo w/ College logo

Students may wear a plain white or navy-blue long sleeve top under their polo/jumper.

PANTS/SHORTS

- Plain navy-blue track pants (no large logos)
- Navy-blue track pants w/ College logo
- Navy-blue & green Sports shorts w/ College logo
- Plain navy-blue shorts (no large logos)
- Dark grey melange trousers
- Dark grey melange shorts

No skins/leggings or grey/black tracksuits or yoga pants are permitted.

SKIRT/DRESS

- Green, blue & white checked pleated skirt
- Navy-blue & white check fabric dress

OUTERWEAR

- Navy-blue V-neck jumper w/ College logo
- Striped rugby jumper w/ College logo
- Navy-blue soft-shell jacket w/ College logo (optional)
- Navy-blue puffer jacket w/ College logo (optional)

Black or non-school jackets/hooded jumpers are not permitted.

SHOES

- Traditional black leather polishable shoes
- Appropriate runners may also be worn

HATS

- Warrnambool College bucket hat
- Warrnambool College beanie

Peaked caps are not permitted.

SCARF

- Navy blue, white or green scarf

SPP UNIFORM

We strongly encourage you to purchase a minimum of the following items:

SHIRTS/POLOS

- 1 x SPP Dress polo (to be worn to school and to formal events)
- 2 x SPP Training tops

Students may wear a plain white or navy-blue long sleeve top under their polo/jumper.

PANTS/SHORTS

- Plain navy-blue track pants (no large logos)
- Navy-blue track pants w/ College logo
- Navy-blue & green Sports shorts w/ inner compression & College logo

No skins/leggings or grey/black tracksuits or yoga pants are permitted.

OUTERWEAR

- As per Warrnambool College uniform outlined above.

Black or non-school jackets/hooded jumpers are not permitted.



EVERY MINUTE COUNTS



**10 mins
LATE**
PER DAY



**50 mins
of LEARNING
MISSED**
PER WEEK



**10 LESSONS
of LEARNING
MISSED**
PER TERM



**2 WEEKS
of LEARNING
MISSED PER YEAR**

EVERY DAY COUNTS



**ABSENT
1 DAY**
PER WEEK



**10 DAYS
of LEARNING
MISSED**
PER TERM



**8 WEEKS
of LEARNING
MISSED**
PER YEAR



**1 YEAR
of LEARNING
MISSED OVER
YOUR SECONDARY
SCHOOLING**

2024 CANTEEN MENU



**DAILY
SPECIALS**
Small Tub - \$5.50
Large Tub - \$8.00

GF Gluten Free
GFA Gluten free available (*let our staff know*)
DF Dairy Free
V Vegetarian *Vegan options on request.*

SANDWICHES

(GF available on request)

| | |
|----------------------|--------|
| Cheese & Tomato (V) | \$4.00 |
| Ham & Cheese | \$4.50 |
| Ham, Cheese & Tomato | \$5.00 |
| Chicken & Cheese | \$4.50 |
| Egg & Lettuce (V) | \$4.50 |
| Chicken Salad | \$5.50 |
| Ham Salad | \$5.50 |
| Salad (V) | \$5.00 |

Gluten free available - add 50c
sandwich extras - add 70c

SUSHI (GF available on request)

| | |
|----------------|--------|
| Chicken | \$4.50 |
| Vegetarian (V) | \$4.50 |

SALAD

| | |
|----------------------------------|--------|
| Fruit Salad (GF, V, DF) | \$5.50 |
| Roast Veggie cous cous salad (V) | \$7.00 |
| Caesar | \$7.00 |
| Chicken Caesar | \$8.00 |
| Falafel Salad (GF, V) | \$8.00 |

DRINKS

| | |
|------------------------------|--------|
| Water | \$2.50 |
| Flavoured water | \$4.50 |
| Gatorade | \$5.50 |
| Nippy flavoured milk | \$4.00 |
| Iced tea/ Kombucha | \$5.50 |
| Juice | \$4.00 |
| Soft Drink | \$5.50 |
| Slushies, fruit juice | \$2.50 |
| Iced: Latte/Long Black/Chai | \$5.50 |
| Alternative milk/ extra shot | 70c |

WRAPS

| | |
|----------------------|--------|
| Sweet Chilli Chicken | \$7.00 |
| Salad (V) | \$6.00 |
| Ham Salad | \$6.50 |
| Chicken Ceaser | \$6.50 |
| Falafel (V) | \$6.00 |

ROLLS

| | |
|-----------------|--------|
| Salad (V) | \$6.00 |
| Ham & Salad | \$6.00 |
| Chicken & Salad | \$6.00 |

HOT FOOD

| | |
|-----------------------------|--------|
| Chicken Tender Sweet Chilli | \$2.00 |
| Hot Dog with sauce | \$5.00 |
| Dim Sim | \$1.50 |
| Wedges (V) | \$4.00 |
| Cup of Noodles (GFA, V) | \$3.00 |
| Sausage Roll | \$3.00 |
| Pie | \$5.00 |
| Pastie | \$4.00 |
| Beef Lasagne | \$7.00 |

FOCCACCIA (Toasted)

| | |
|-----------------|--------|
| Chicken Parma | \$7.00 |
| Roast Vegetable | \$7.00 |
| BBQ Chicken | \$7.00 |
| Italian Salami | \$7.00 |

SNACKS

| | |
|-----------------------------|-------------|
| Popcorn | \$2.00 |
| Slice of the day | \$3.00 |
| Veggie Chip | \$2.00 |
| Muffin | \$3.00 |
| Cookie | \$2.50 |
| Mints | from \$2.50 |
| Banana Bread | \$3.00 |
| Frozen ice blocks (Yoghurt) | from \$1.50 |
| Potato Chips | \$3.00 |

BURGERS

| | |
|-----------------|--------|
| Grilled Chicken | \$7.00 |
| Beef Burger | \$7.00 |
| Falafel Burger | \$7.00 |
| Cheese Burger | \$6.50 |
| BLT Burger | \$6.50 |



BREAKFAST BEFORE 9am

| | |
|------------------------------------|--------|
| Seasonal Fruit (piece) (GF, V, DF) | \$1.50 |
| Fruit Salad (GF, V, DF) | \$5.50 |
| Granola Cup (GF, V) | \$7.00 |
| Muffin | \$3.00 |
| Yogurt Tub (GF) | \$2.00 |
| Hash Brown (2) (GF, V, DF) | \$2.00 |
| Cheese Toastie (GFA, V) | \$3.50 |
| Ham & Cheese Toastie (GFA) | \$4.50 |
| Bacon & Egg Roll OR Wrap | \$6.00 |
| Up & Go | \$4.00 |
| Banana Bread (GFA) | \$3.00 |
| Crossiant, plain OR ham & cheese | \$4.50 |
| Fruit Loaf (2 slices) (GFA) | \$3.00 |

HOT DRINKS

| | | |
|---------------|--------|--------|
| Coffee | | |
| Tea | | |
| Hot Chocolate | | |
| Chai | | |
| | Small | Large |
| | \$4.50 | \$5.00 |

Alternative milk/ extra shot 70c

BUILDING RESILIENCE

in our young people



DO YOU WANT TO HELP YOUR CHILD DO BRAVE THINGS?

- Make new friends
- Try new activities or sports
- Step outside their comfort zone
- Be an upstander and call out unexpected behaviours
- Do a test or assessment task
- Apply for a job

This session is a FREE event
- fully funded by the BIG WALK
fundraising event held each year.

*We encourage you to bring along
your partner, grandparents,
family & friends.*

**KAREN'S BOOKS WILL BE AVAILABLE
TO PURCHASE ON THE NIGHT.**



KAREN YOUNG

*Child & Adolescent Anxiety,
Neurodevelopment
Educator, Founder - Hey
Sigmund, Speaker & Author*

THURSDAY 6th JUNE

6:30 pm to 8:00 pm

CITY BOWLS CLUB

Cramer Street

TO REGISTER

Scan QR code or go to:

www.eventbrite.com.au/e/building-resilience-in-young-people-tickets-894127819377



BRAUER COLLEGE
WARRNAMBOOL



Because parenting doesn't come with instructions

Modern-day parenting can be challenging. Like never before, parents are seeking clear, fact-based solutions. SchoolTV delivers credible and current information from wellbeing experts via a unique digital platform. Browse through the resource library and find practical strategies on a variety of topics that address the challenges of raising happy, resilient young people in our ever-changing world.

A resource to support modern-day parenting

- A unique digital platform designed to support parents, caregivers and educators
- Watch video interviews with leading AU, NZ and international wellbeing specialists
- Browse the library of resources. Each topic is accompanied by factsheets, podcasts, books, articles, apps and videos
- Access to a series of mental health topics such as cybersafety, anxiety, screen time, positive parenting and many more
- Discover new topics every month and access an archive of past topics 24/7

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ACKNOWLEDGEMENT OF



Warrnambool
COLLEGE

Country

We, the staff and students of Warrnambool College, acknowledge that we are learning on the traditional lands of the Peek Whurrong people of the Maar Nation.

We pay our deepest respects to their Elders; past, present and emerging and to their continuing connection to the lands and waterways.

We also extend that respect to all other Aboriginal and Torres Strait Islander people who gather here.

We stand side by side with our First Nations people and commit to building a brighter future together.



Artwork by Hannah O'Brien. This artwork was created as part of the Indigenous Perspectives Project. Thanks to Mel Steffensen author of our new Acknowledgment to Country.