



Our AIS School Based Research Project is finally complete with our final report submitted at the end of Term 1.

Our study has demonstrated measurable declines in anxiety and depression scores in students who participated in the school activities and we also found cortisol levels became more stable and consistent as the research project progressed. The report will be made public once it has been reviewed by the AIS in the coming months.

Chris and Jaye traveled to Sydney at the beginning of March to meet with the new intake of AIS NSW grant recipients. The AIS has asked if SSC can continue to work with new schools and share our expertise which we are delighted to do.

Skillset is now an important part of a growing network of schools who have been conducting their own school-based research. The new group is called Research Invested Schools and a new website was launched in March 2022 ([www.researchinvestedschools.net](http://www.researchinvestedschools.net)). The RIS network is committed to school-led research and SSC is now in a strong position to take advantage of this emerging field of exploration. The SSC research team have participated in a number of interesting conversations with schools from across the country with a view to expanding our current research capacity.

Throughout February and March, Martin met with academics from Aberdeen University, the University of Glasgow and the University of Edinburgh. Each university was interested in SSC's current and future research activities and Martin is hopeful there is scope for international collaboration in future studies.

## From the HEAD OF COLLEGE



*Term 1 is always a busy and exciting term. We focus on welcoming and getting to know the new students, and the school goes through a process of storming, forming and settling.*

*It is wonderful to witness the students find their way, form new connections and begin the process of belonging. Life at SSC is good fun and it's a privilege to share that experience with a new cohort of students, and to acknowledge the senior students who rise to become*

*positive role models and leaders in the school. The college community wraps around each other to build 'the best future imaginable' with kindness, courage and consideration.*

*As you will see from the pages ahead we conquer a great deal in a short space of time. The school embraced the Covid protocols consistently and effectively and it brought welcome relief with protocols lifting for a period of time.*

**(Continued on pg 2)**

*(Continued from pg 1)*

Thank you to the school community for your ongoing patience and support through the Covid journey.

Our hearts and thoughts are with the families in our community that

have experienced the loss of loved ones this term.

Please always reach out if you are experiencing distress. We are here to offer care and support during times of hardship. Thank you to the

staff, students and SSC community for your care and consideration, and for wrapping around each other during this time.

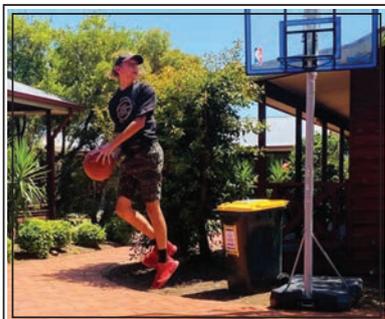
With warmest wishes,  
Abbey

# Off to a flying start

It has been an amazing start to 2022 at both campuses, with plenty of engagement and connection.

Our 'rat powered' COVID testing regime kept our students and staff safe, allowing all to enjoy a flying start to the year.

Check out the next three pages to see some of the cool stuff we got up to!



## 2022 TERM 2 DATES

**Wednesday 27 April**

First day back for students  
Anzac Service Dubbo

**Thursday 28 April**

Jobs Expo at SSC Dubbo

**Friday 29 April**

Bathurst Show  
Anzac Wreath Ceremony Bathurst

**Wednesday 04 May**

Dubbo Jobs Fair

**Friday and Saturday 6-7 May**

Gilgandra Show

**Tuesday 24 May**

Try a Trade - Mudgee

**Wednesday to Friday 25-27 May**

Dubbo Show set up (Year 11 and 12 Wednesday and Thursday) Dubbo Show (Whole School Friday)

**Thursday 26 May**

Reconciliation Day Bathurst

**Tuesday 7 June**

Vaccination Clinic Bathurst

**Monday 13 June**

Queens Birthday Public Holiday

**Tuesday and Wednesday 14-15 June**

Drone Fair Dubbo

**Thursday 16 June**

Dubbo Job Expo

**Monday 20 June**

Anh Do - Dubbo RTCC

**Wednesday 22 June**

Anh Do - Bathurst Memorial Entertainment Centre

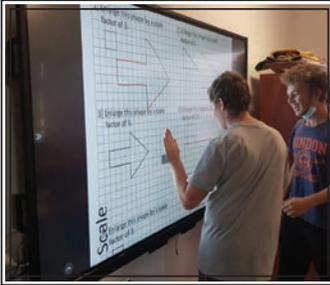
**Thursday 23 June**

Last day of term for students

**Friday 24 June**

Staff Development Day







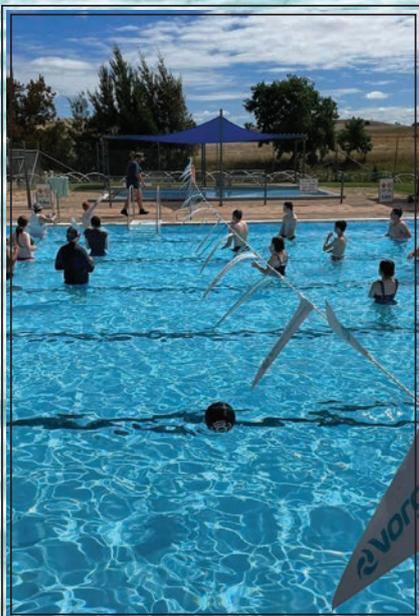
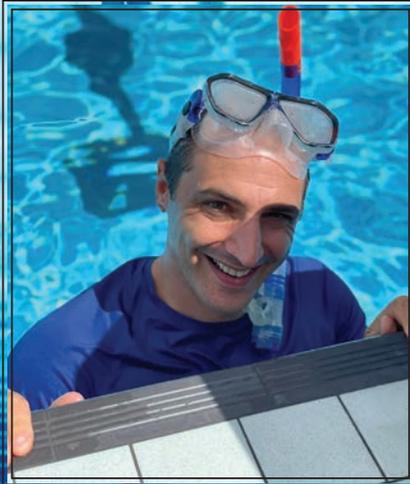
# Molong Pool RULES!

Skillset Senior College students and staff came together at Molong Pool on February 28 for our first cross campus meet up of 2022.

Perfect summer weather enticed plenty into the pool to enjoy a refreshing dip or one of many ball and water pistol games on offer.

The poolside atmosphere was buzzing as we caught up with friends old and new.

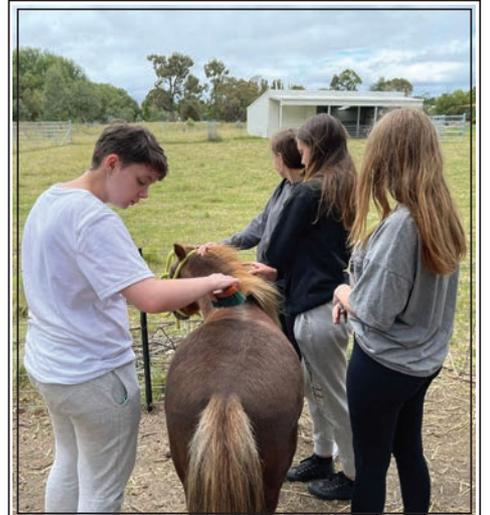
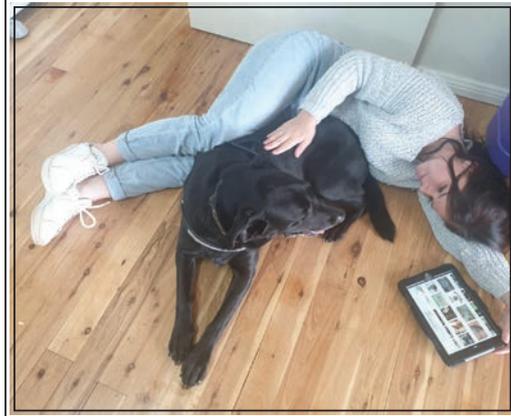




# Live the wild life at SSC



Animals of all shapes and sizes play an enormous role in our school and not only in our extensive agriculture program. Farm and companion animals also support student engagement, wellbeing and emotional regulation. Check out the smiles in next two pages for evidence of their positive impact on our lives.







# Connection to Country



On 16th February Bathurst Skillsetters took a trip to Glenbrook National Park to enjoy culture and connection to some beautiful country.

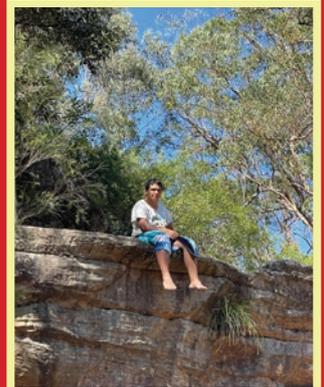
Students had the opportunity to explore Red Hands Cave, where we had a chat about the meaning of the hands and how they came to be.

Lester from National Parks shared his knowledge of bush tucker and showed us his large collection of aboriginal artifacts, teaching us about their uses back in the day.

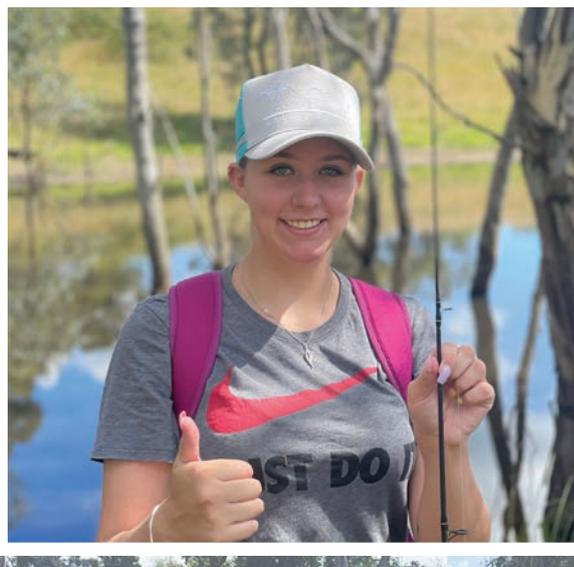
The day ended with some fun in the sun at Jelly Bean pool where we enjoyed the cool waters of Glenbrook Gorge.

A great day was experienced by all, well done Skillsetters!

*Ange Masters*



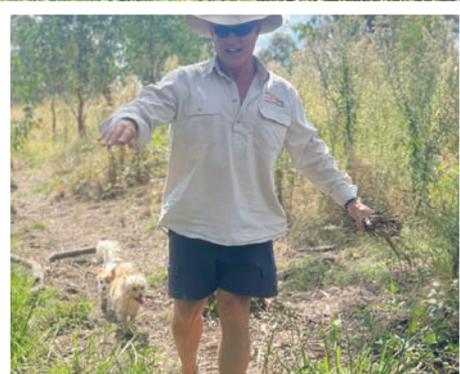
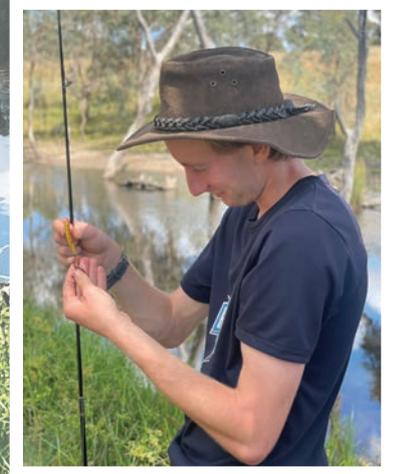
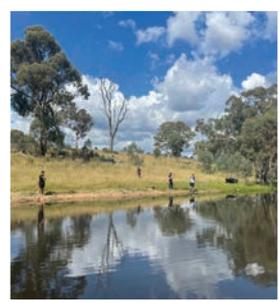
# There's Nothing fishy going on here



A Chinese proverb says 'Give a man a fish and he will eat for a day. Teach a man how to fish and you feed him for a lifetime.'

Well Year 12 wouldn't have minded someone giving them a fish during our special Marine Studies lesson at 'Lake Whitfeld' on March 18, as while the teaching was great, the catching part wasn't so good!

Still, a great day was had by all learning about fishing, the freshwater ecosystem and of course the virtue of patience!



# Sometimes it's good to be sheepish



SSC Bathurst had an outstanding day at the Rydal Sheep Show on March 25.

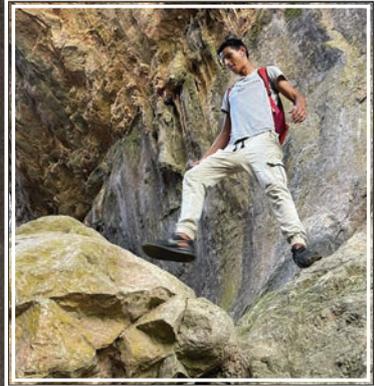
Our Corriedales did super well, taking home a champion ram and several place ribbons.

The students did a fantastic job, in particular those who were showing for the first time.

Several enjoyed it so much they said they didn't know why they hadn't taken it up earlier!

We would like to thank Rick Hoolihan for his support and organising an amazing event.





# Borenore certainly wasn't a bore!



Bathurst Skillsetters had a great time exploring Borenore Caves on the last day of Term 1. From exploring the subterranean depths, to rock climbing and bush frisbee there truly was something for everyone. We also left a few surprises for future explorers by placing some painted rocks around the site.



# Future Career Profile

Tatum (Year 12 Bathurst)

Tatum started her TVET automotive course in 2021 and is going full steam ahead to complete the course as part of her HSC in 2022. Tatum has proved herself to be a star student in the automotive class with glowing feedback from her TAFE teachers.

**What do you like about your TVET course?**

I love everything about the course, mainly dismantling and repairing cars. It has also made me feel more confident about leaving school and starting a career.



**Why did you choose automotive mechanics?**

My brother was a role model for getting into mechanics and I love cars.

**What's your favourite car?**  
Nissan Skyline.

**What do you want to do when you finish school?**

I want to do an apprenticeship in mechanics and one day have my own workshop.

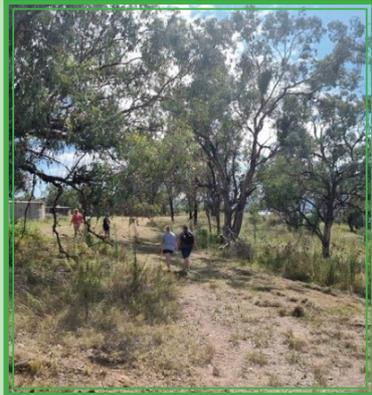
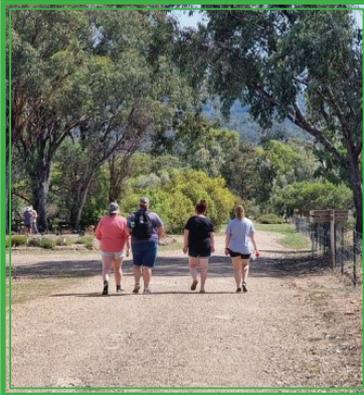
**Why do you want to be a mechanic?**

I want a career where I'm able to get my hands dirty, solve problems and be around lots of cars.

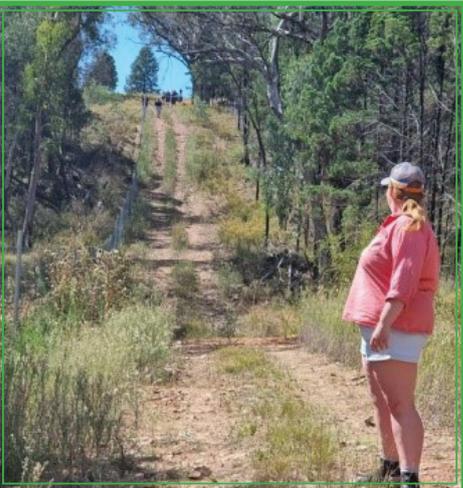
During Term 2 the College Mentor will meet with Year 12 students for career counseling and transition planning so they feel confident about their next steps as they finish school.

Information on 2023 TVET courses will be provided to Year 10 early in term three by the College Mentor.

**Skillset Senior College would like to pay our respects to Aboriginal and Torres Strait Islander Elders past, present and emerging. We acknowledge their stories and traditions and recognise their continuing contribution to land and culture. We are committed to building a brighter future together.**



# Want to go back to nature? Get along to Burrendong!



Yr 11 and 12 enjoyed a beautiful autumn day in nature, visiting Burrendong Arboretum and Lake Burrendong.

We enjoyed a bush walk through the Arboretum, exploring native plants from all around Australia that are propagated locally.

Swimming, fishing and a BBQ lunch was then enjoyed at Lake Burrendong.

Our day ended beautifully with a reflection and gratitude session to share thanks and highlights of the excursion.



# NO HALF BAKED IDEAS HERE!



Here at Dubbo we love to grow, harvest, bake and above all EAT delicious food.

Just look at some of the tasty things we created during Term 1!

What a fantastic way to consolidate our learning and expand our math, science, agriculture and work studies knowledge at the same time!



# Up the river with a paddle



Dubbo students embarked on a new adventure to plant the next generation of trees and study the importance of caring for their local waterways.

The Marine Studies activity opened up opportunities for Year 11 & 12 students to connect with their local water and land. “Aboriginal law and spirituality are intertwined with the land, the people and creation, and this forms their culture and sovereignty. The health of land and water is central to their culture. Land is their mother, is steeped in their culture, but also gives them the responsibility to care for it.” *Korff, J 2021, Meaning of land to Aboriginal people.*

Students participated in the rejuvenation project to learn about the local aquatic habitat, current environmental issues and how we as a community can help to nurture and maintain our natural surroundings for future generations.

The kayaking challenge was a fun and engaging activity and along the way, we learnt about why trees are good for fish and the river environment. We saw snags in the river which provide habitat and some eroded banks due to lack of trees.

The feedback we received from students was remarkable and will certainly ensure this becomes an ongoing project.

Comments included:

“I really enjoyed it. It was a really fun day,”

“Loved it. Want more of it,”



“I wasn’t sure if I would be any good at it but I gave it my best shot & I’m so glad I did it. Can I try a single kayak next time?”

“Lots more kayaking please”.





A special thank you to Bron Powell and Ethan Chant from OzFish, Western Paddlers club (they loaned the kayaks) and Taronga Western Plains Dubbo Zoo for supporting our students and sharing their wisdom, knowledge and experience in educating our next generation of leaders.

Here's what Bron had to say...

“They were a great bunch of students! It was fantastic that everyone seemed to enjoy it, and the work they contributed is a massive help to the river environment and native fish! You too can help by volunteering on our tree planting OzFish projects. Just visit [www.ozfish.org.au](http://www.ozfish.org.au) to find details of our upcoming projects...and remember, be a responsible fisher/river user and take your rubbish with you”.

Year 11 & 12 students thoroughly enjoyed learning new paddling and balancing skills. Kayaking promotes health and wellbeing by improving a person's core strength and balance in a calming and natural environment. Student connections increased and positive interactions abounded as the team worked through challenges and obstacles along the way. After so much excitement and physical activity, students and staff received a mighty meal made by



the Agriculture students on campus. A huge thank you to the cooks who prepared homemade pizzas and fried zucchini to feed our hungry bellies! All of the ingredients were home-grown on school grounds as part of the plant growth and farming unit. The mouth-watering feed was appreciated by all.

You too can get involved and help maintain a strong and healthy ecosystem with new projects beginning this year at Taronga Western Plains Dubbo Zoo!



Take 3 for the Sea Community Education Programs are all about bringing people together. Take 3 hosts film nights, talks, clean ups and special events to educate communities about plastic pollution and waste in a creative and engaging way. Take 3 community programs are catered to councils, businesses and donors who wish to connect and give back to their community.

Adaptable to each community or client's specific needs, Take 3's community education activities are true celebrations of people-power, leaving participants feeling inspired, informed and motivated to take action in their own lives.

<https://www.take3.org/programs>



# Murray's Matters

Well, Term 1 has come and gone at Skillset Dubbo Campus.

I have to say, I was so happy to see all the pet humans back. I especially missed my daily scratches and carrot treats.

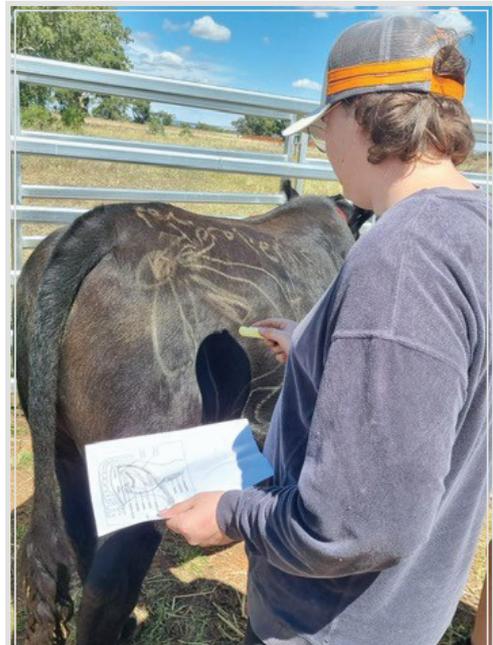
This term I trained the pet humans in the ways of cattle. It went well, they seemed to understand that back scratches and food are the most important training tools! I even brought in two assistants, Rapunzel and Pippi Long Stocking, to help me out.

We have quite a task ahead of us to get the pet humans ready for the Dubbo show next term!

Meanwhile, the other animal leaders made sure that the pet humans were looked after and felt loved. They went to class with them to make sure they were all learning, and hung out with them at break times to keep them company. It's a great job, looking after the humans!

We are all very happy to be back in the swing of things, and looking forward to an excellent second term.

Keep on mooooo-ving!

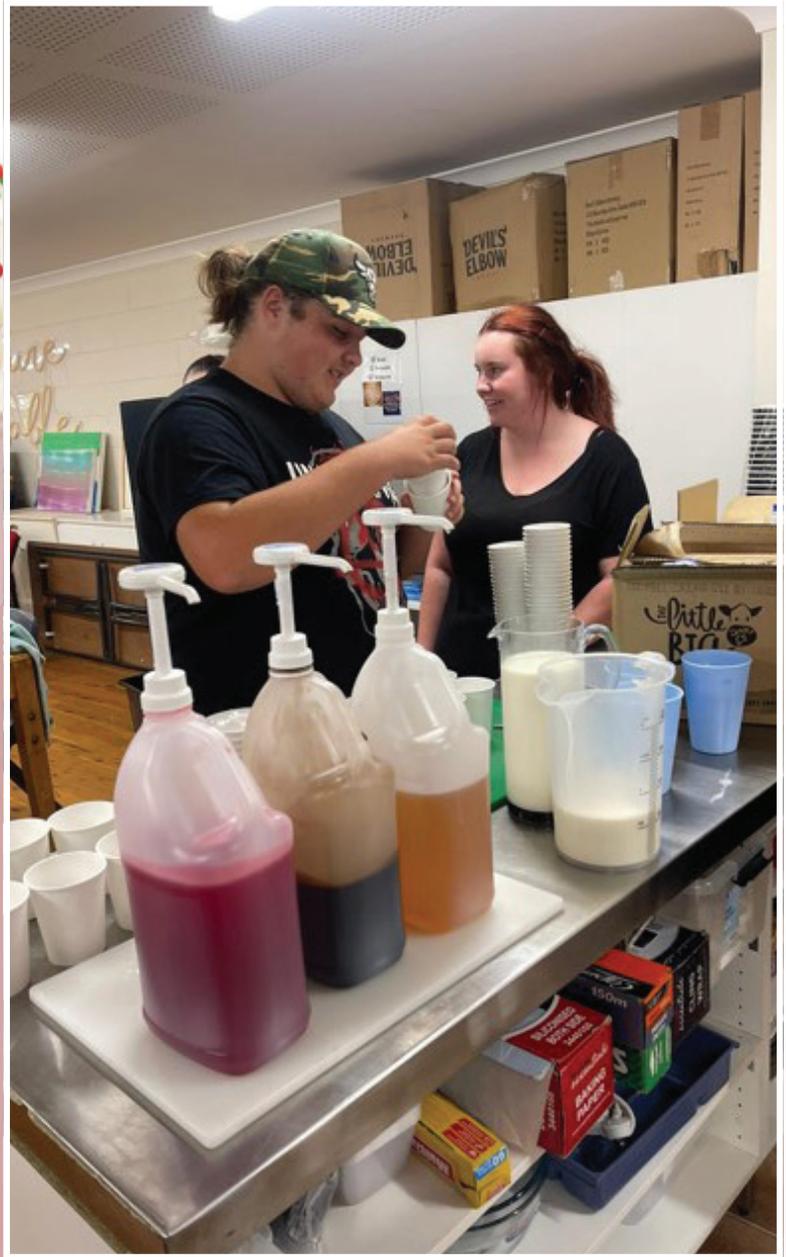


# Let's shake on it

Students at Skillset Senior College Dubbo Campus were treated to delicious milkshakes made with milk from The Little Big Dairy Co.

The milk was generously donated by Leaderlife.

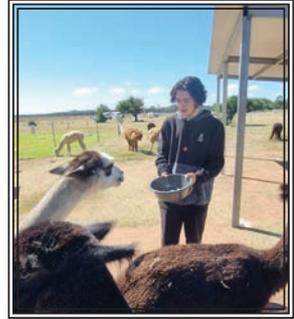
Thanks to these two fantastic Dubbo organisations for making our days a little brighter and a lot tastier!



## Year 12 Technology Projects



# Alpacking a lot in!



During the last week of Term 1, Year 10 from Dubbo Campus experienced an adventure to Quentin Park Alpacas & Studio Gallery.

Students enjoyed a hands-on alpaca Meet and Greet experience and learnt about the habits and many purposes of alpacas and their fleece.

Feeding the alpacas was an absolute highlight for both students and staff as was meeting the alpaca matriach, Stormy.

After lunch we participated in a kite making workshop with a challenge afterwards to get kites flying up the highest heights.



## Yabby Dabby Do!

Year 11 and 12 spent a fun day yabbing on a local property to round off a busy term at SSC Dubbo.

Students learned to appreciate the patience and peacefulness it takes to catch a yabby using a hand line and bait.

Indi the super chef then cooked up our catch to enjoy as a tasty snack with our lunch.

A huge thank you to Indi and her family for hosting our school for this amazing opportunity.

