



In Term 2 we completed our second stage of data collection for our AISNSW School Based Research Project. Year 10 completed the Occupational Therapy group work with Chris, Year 11 participated in Exercise with Jono and Year 12 worked with Jaye in the Resilience Training group. Dr Rachel Perry and Dr Crichton Smith from the AIS visited the school on the 2nd of June to discuss the project and see how our amazing school operates. Rachel and Crichton both commented on our warm, positive culture and also remarked that Skillset Senior College is beginning to emerge as a research hub. This is a fantastic testament to staff and students involved in this pioneering work. On the 4th of July Martin Hughes received minor revisions for a paper he co-wrote with colleagues from Curtin and Charles Sturt Universities called 'Flocking as an adaptive strategy: Schools as enabling spaces during a global pandemic'. Martin and colleagues wrote this paper after interviewing staff on their unique wellbeing response to remote learning last year, which seems just as pertinent this year in the current COVID climate. The paper will be published in the British journal 'Teachers and Teaching: Theory and Practice'. The team has decided to bring the data collection for the research project forward to limit the risk posed by COVID. With strict COVID protocols in place the team is confident they can finish data collection and begin focusing on data analysis and write up.

## From the HEAD OF COLLEGE



Thank you to our Skillset Senior College Community for your seamless response to our recent Covid updates. It was an inspirational example of community spirit and unity to witness an entire school in masks, and the ease in which everyone complied with social distancing and sanitising protocols. The compassion and commitment demonstrated by staff, students and the broader community has been heart-warming and greatly appreciated. As the Covid landscape develops, we will remain agile to respond, and continue to keep you updated via Facebook and the SSC Website. We are maintaining Covid safe practices at both campuses in Dubbo and Bathurst, with all staff and students supporting the way forward to the “best future imaginable”. Deputy Head of College, Mark Whitfeld, heads up our Covid Response Team.

We are fortunate to be guided by his experience in the Australian Army, Police and Peace Keeping forces and his teaching.

This term, it has been a privilege to enter our school classrooms and experience the SSC learning environment. The staff pride themselves in lesson preparation and engagement, and I am in awe of what they achieve each day. During their time at SSC, it is our dream that students develop both academically and personally, and I would like to congratulate staff on their dedication to developing new and unique learning experiences for our student population. There is great diversity and fun to be had in a typically SSC day!

**Continued on page 2**

*From the*  
**HEAD OF COLLEGE**

*continued from page 1*

As you will see in this beautiful school newsletter, we can accomplish a great deal in a short period of time.

We are a small, but mighty school, and Term 2 gave us opportunities to demonstrate our school values of kindness, courage and consideration. Sincere thanks to all of you who have reached out and offered support and feedback in recent weeks. Your enthusiasm and generosity is valued.

Warmest wishes to all, stay safe and well.

*Abbey*

# Can Do Canoes

Several of our teachers participated in a canoe building workshop organized by Chris Harris and led by Dave Giddings from Drive Marine Services and Bote-Cote.

The four day workshop (sometimes 10 hours a day!) was a tremendous learning curve for all staff involved in Marine Studies as they primarily used hand tools to build four 'muckabout' canoes.

The constructing of the canoes also opened doors to further understanding their Indigenous heritage and the vital roles they played in their culture.

The experience influenced the teachers to connect to the importance of natural resources and how appreciating the basics in life can help us in creating and constructing ideas which encourage a cleaner, stronger and more sustainable future for generations to come.

The teachers' new skills will now be put to the test with their students in the Marine Craft Construction and Repair Unit.



TERM 3	
<b>BATHURST</b>	
11/08	Year 10 Parent Teacher Interviews
16-20/08	Milestones Week
18/08	Book Week Dress Up
23/08	Dental Van Visit
26/08	Wear It Purple Day
16-17/09	Alternative Schools Conference
<b>DUBBO</b>	
04/08	Year 10 Parent Teacher Interviews
16-20/08	Book Week
26/08	Wear It Purple Day
30/08-03/09	Adventure Week
30/08-10/09	Milestone Weeks



# New Arrivals

A small group of staff and students had the privilege of witnessing the miracle of birth early in Term 2.

It was an amazing and fulfilling experience to welcome two healthy new lambs to the Skillset Senior College family.



# This was the greatest show!



A large contingent of students and a small team of Corriedale sheep represented Skillset Senior College at the Royal Bathurst Show on Friday April 30.

Corridales were the feature breed of the show and the largest category making for some tough competition but we still managed to come away with three seconds and a third.

The students did a fantastic job of not only showing our sheep, but helping other breeders as well.

So much so that some were offered additional work at shows and experience on farms!

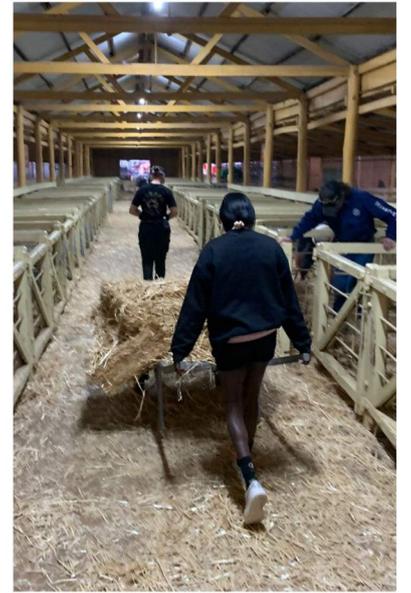
The students represented the school brilliantly and gained plenty of praise for the way they conducted themselves.

Teamwork was vital to our success in the ring but it was no less important in the other major activity of the day - the super Skillset scavenger hunt!

The hunt involved teams of students completing a variety of objectives around the show.

It was a great way to explore the many agricultural exhibits on display while also encouraging friendship and cooperation.

All in all it was a hugely successful day for everyone!



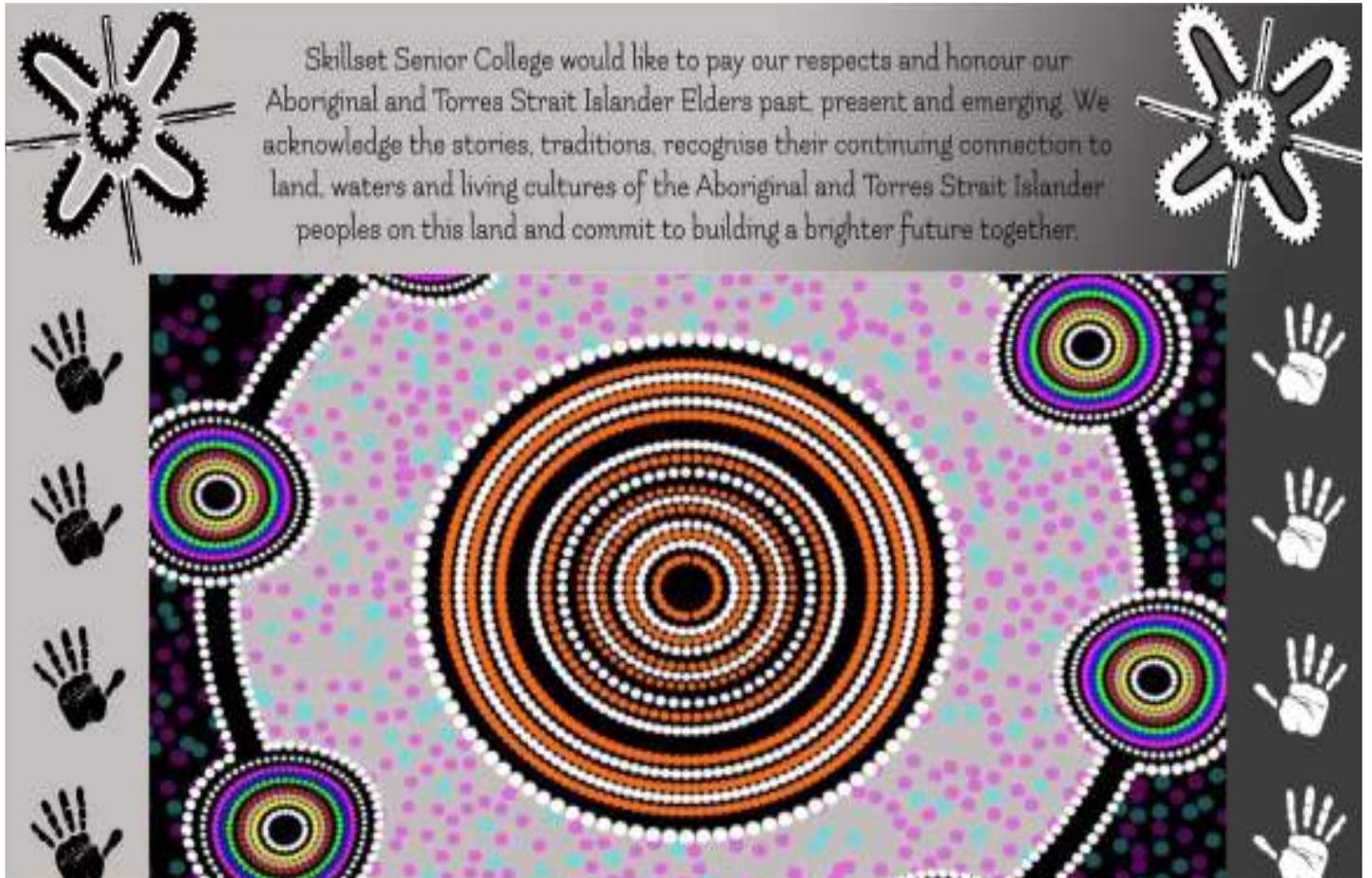
# A time for Reflection

Our Yr10 Connection to Country excursion to Cootamundra was a great day of reflection.

We visited one of the last standing sites in NSW where stolen generation children were sent and had a yarn about what life was like for them.

The day ended with a 'mad' treasure hunt around Coota.

Well done to the students who attended, you did SSC proud!



# A wheelie good Time

Our Year 11 and 12 students learned some valuable driver safety tips (and had a bit of fun!) when they attended RYDA (Rotary Youth Driver Awareness) at Mount Panorama.



## No stones on this road to success

Year 10 Milestones for Term 2 could not have gone more smoothly.

The students were switched on from the start and it didn't take long before they were beating a steady path to the mighty 'Mt Skillsmore'.



# Baby, this class was nothing to cry about

At Skillset we like to keep it real so when our Year 12 CAFS class studied the topic of Parenting and Caring teacher Jono Hosking invited 3 babies and their mothers to join in.

It was a fantastic learning opportunity as the students were able to experience the ups and downs of parenting in person.

Even the toughest hearts were melted by the joy and laughter of the babies but it wasn't all fun and games with the students hearing about the mothers' responsibilities and the many challenges of a new born.

Special thanks to Khiara and baby Malakai, Karen and baby Brodie and Chelsea and baby Paisley!



# Skimming our way to success

As part of the Marine studies course students were given the opportunity to create their very own skim board.

Imaginations ran wild as students chose the size, shape and style of their boards.

Students used and learned about Marine Ply, finding out why it is used the marine environment.

Students then developed their visual concept and learned skills in acrylic or spray painting with assistance of our very own artist in residence, Mr Bill Tink.



# A DAM good day!

As part of our Geography unit on Environmental Change and Management, Bathurst Year 10 visited the Blayney Windfarm and Carcoar Dam in Week 6.

We had the opportunity to observe the wind farm and learn about the turbines as well as the importance of renewable energy sources.

We also walked across the Carcoar Dam wall, observing up close the concrete arch structure of the dam and discussing the impact that damming the Belubula River has had on the surrounding area.

Students also enjoyed playing some footy and exploring the foreshore of the dam as well as a hot chip lunch in Blayney.

The singing on the bus trip was also a highlight...for some!



# Reconciliation Week Fireside Yarn

The weather may have rained on our parade but nothing was going to put out our Reconciliation Week fire.

It was a case of if the people can't go to the fire we'll take the fire to the people as we set up a pit and seating in our covered outdoor area.

Aboriginal Education Officer Angela Masters fought back tears as she explained the meaning of reconciliation week and the trauma of the stolen generation.

She received a massive round of applause and even more appreciation when we tasted the Murri Curry and damper that she and her dedicated team of students had prepared for lunch.

After lunch we broke out the popcorn and snacks for a screening of Aussie comedy musical 'Bran Nu Dae'.



# Year 12 choose their own adventure



The Year 12 English assessment for Term 2 was a little different this year.

The students' task was to research and plan an excursion of their choice and then present a persuasive PowerPoint to their peers.



The aim was to be so convincing (lots of language techniques needed!) that your excursion would receive the most votes (in our secret ballot) and could subsequently go ahead.

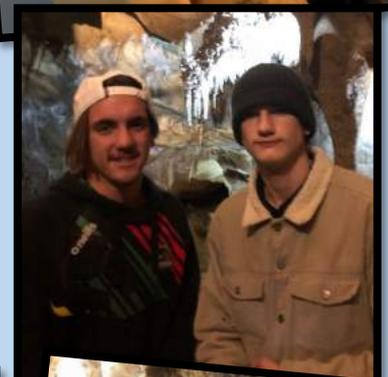
Voting was very tight, with the winner Marshall Beale-Callaghan just nudging out Sam Kelly in second.



A great day was had by all, starting with a tour at Jenolan Caves, followed by lunch at Maccas and an afternoon of Laser Tag.

Thank you to all of the students for their engagement and to the SSC staff members who gave up their time to make Marshall's adventure a reality!

*Lisette Dale*



# No business like **SNOW** business



On the 10<sup>th</sup> June, Bathurst awoke to the sight of a spectacular, snow crusted horizon.

As Facebook feeds filled up with images of snowmen and the general hilarity of snowball wars, we decided that it could be a fantastic opportunity for an impromptu PDHPE lesson (better known as a, 'Snow Day'!)

We didn't have to look far for snow with a kindly Mount Rankin resident offering up their pristine, snow covered paddock for our enjoyment!

A fun day was had by all, with not a grumble to be heard about how wet or cold we all were.

Thank you to everyone for your enthusiasm, joy and flexibility.

*Lisette Dale*

# Careers Corner

## CSU Visit and Open Day

During Term 2 Year 12 enjoyed a presentation from CSU representative, Sarah Heslop, exploring the many opportunities CSU has on offer.

Many students were inspired by this visit and chose to meet with Sarah one on one to discuss potential pathways into their desired careers.

CSU open day is on 22nd of August.

# Open Day 2021



Your story begins here!

Book your spot  
→ [csu.edu.au/openday](https://csu.edu.au/openday)



**BE IN A CAREER YOU LOVE, WITH A TEACHING SCHOLARSHIP.**  
EXPLORE. ENQUIRE. APPLY.

TAFE NSW is an amazing place to gain vocational skills and qualifications within short timeframes, and finishing students are welcome to speak with the College Mentor about linking to TAFE to begin their career journey in 2022. If you haven't yet made any employment or further education goals yet, we can help you plan your next steps with confidence!

### Upcoming Events

Bathurst Jobs Expo	10 Aug 21
CSU Bathurst Open Day	22 Aug 21
CSU Dubbo Open Day	4 Sep 21

### What does work mean to you?

Bathurst Work and the Community students researched what working means and created a fabulous video.

Students interviewed staff to discover what working meant to different people.



The top answers were: having a purpose, doing something you enjoy, being part of a team and making a living to support our families.

All good things!

### TVET—YEAR 10

The College Mentors at Bathurst and Dubbo will be sending home information for Year 10 students and families about TVET courses for 2022.

TVET courses are a great way to build work skills while completing your HSC.

Keep an eye on the post!

# Archie and Jack headline Skillset show success

Students and staff from the Dubbo Campus had a successful weekend at the Dubbo Show in May.

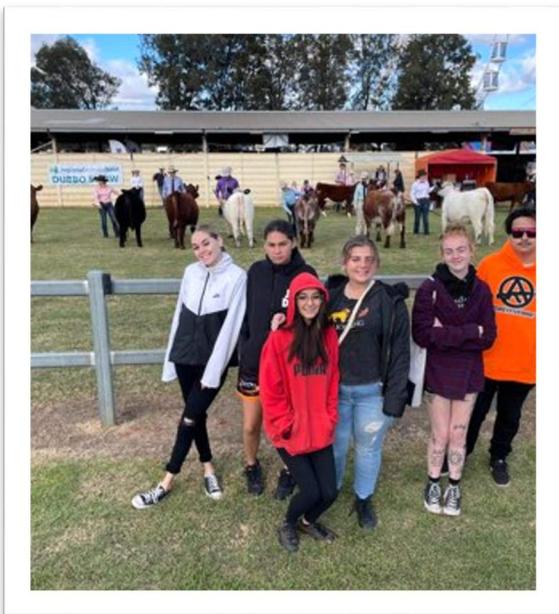
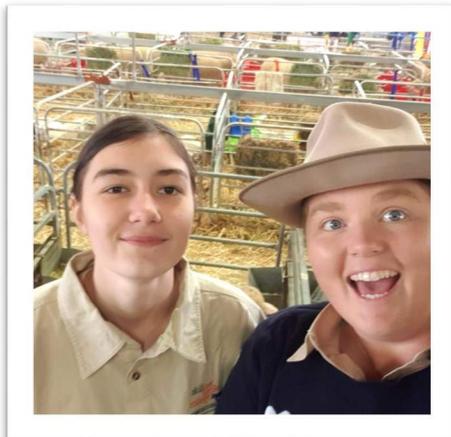
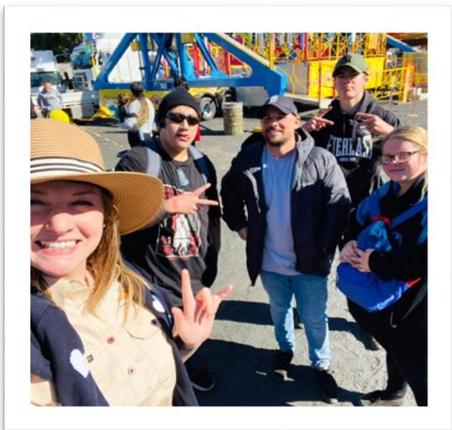
Across the three days, students assisted the Show Society in the Running of the Sheep Judging Rings, participated in Junior Judging of cattle and sheep and competed in the sheep dog trials.

Congratulations to Jack Garland for winning the Beef Cattle Junior Judging Competition.

Students also got to show Archie the pony.

Archie was awarded a place in 11 events and took out Grand Champion in the Beginner Section.

Our students must be commended on their success, commitment and proud representation of Skillset Senior College.



# MURRAY'S MATTERS

Well, Term 2 was certainly a busy one!

I have been supervising the installation of the new security fence here at Dubbo campus.

Looks pretty good to me! My work crew from Central West Gates and Fencing did a great job.

We also have some new herd members to introduce.

Chewy, Merry and Pippin are visiting the SSC family for a while.

The staff and students have already fallen for their charms as you can see in these photos.

We had a great time at time at the Dubbo show over three days.

Students from the Dubbo campus were involved in sheep, cattle, horses and dog trialing.

Congratulations to Archie the SSC unicorn who won champion pony.



## Aviation sensations



On Friday 28th May our students were invited to attend the RAAA Next Generation Information Breakfast at the Royal Flying Doctor Service.

Students had a great time exploring the RFDS and learning about career opportunities & training pathways in the Aviation Industry.

### Bamara have a licence to help

During the last few days of Term 2 we have had a number of students participate in the Bamara Drivers Licensing Access Program (DLAP).

Bamara give our students the support needed to:

- Develop literacy, numeracy and computer skills and licensing enrolment support.
- Preparation to ensure they are confident and ready for their Learner Permit Test.
- Access to a Driver Mentor who will teach them how to drive and supervise them on the road.
- Coaching and support all the way through from L Plates to P Plates.

We look forward to working with Bamara, supporting our students out on the road



## ANIMAL PROFILE #2

Hi! My name is Archie.

I might look like a regular pony most of the time, but I'm actually a unicorn in disguise.

SHHH! Don't tell anyone!

I love scratches, food and rolling in the mud! I love being at Skillset because I get to hang out with the students and get spoiled.

I recently went to the Dubbo show where I won lots of fancy ribbons, including this one, which apparently means I'm a champion.

I don't know about that, but I had a fun day hanging out with all the kids!

# Subjects in the spotlight

Term 2 was a busy one here at Dubbo Skillset where we had many exciting opportunities embedded into the learning of our students.

Teachers worked continuously on setting up and applying finishing touches to their learning spaces and we think it's beginning to feel a lot like home.

Year 11 were finally able to move into their classroom! It has been fitted out with innovative sound proof paneling making for a calm and cosy learning environment. With their move, the Hub has officially opened as a hang-out space during break times complete with a serving area for breakfast, tea, coffee, milo and a space for table tennis!

With the cold weather, the Hub has fast become a favourite place to be and we look forward to giving the students time during Workshop to make it their own over the next half of the year.

We've also had lots of good times in the classroom.

Work Studies students expanded their skills completing a **Barista Foundations course** creating some great brews in the process.



**White Card training** was the order of the day in Industrial Technology while Visual Design students worked overtime to complete a 1200mm x 3600mm mural for display at the Western Plains Cultural Centre in term 3.

Students attended the **RYDA Road Safety Education program**, an excellent segway into the **Driver Licensing Access Program (DLAP)**, a govt initiative that has been incorporated as part of our careers mentorship.



There were also many excursions and incursions throughout the term. Work Studies students visited cafes to observe professional business settings (as well as sample their wares!), Industrial Technology students were given a behind-the-scenes tour of **Ramiens Timber Co**, Agriculture students went to the heart of some of our local agribusiness visiting **Metalcorp** and **Nutrien** and SLR and PDHPE students undertook self-defense classes! We also had **Starr's Planetarium** take us on a trip to outer space while educating us on Aboriginal stories, breakfast and careers information at the **Royal Flying Doctor's Service** and the annual **Dubbo Show!**

While the students have been engaged in their learning our staff have also been undertaking their own development.

We've had Ben at *Rhythm 2 Recovery* facilitator training, Mel C and Rachel building canoes in Bathurst, and Mel H and myself meeting with local industries and networking with other careers advisors. We can't wait to bring our new knowledge, skills and contacts back to the classroom!

Term 3 will be huge with Year 10 commencing the second half of their year, Year 11 entering into the final term of their Preliminary course and Year 12 formally finishing their secondary studies.

Until next time, stay tuned and stay safe!

*Jen McNeight, Lead Teacher*

# Subjects in the spotlight

## Timbeeeeeer!

Technology students have been busy with both the theory and practical aspects of the course in term 2.

As a mandatory component, students visited Ramiens Timber and conducted an Industry Report on the business. Students were able to take a tour of the business which displayed hand crafted furniture from the joinery workshop, a vast range of timber flooring options and an extensive range of timber species native to Australia. A behind the scenes tour of the milling workshop was also conducted and students were able to witness timber preparation first-hand. The experience was certainly beneficial for our Milestone task.

On the practical side of things, students have been busy creating a folding table in the workshop. The project is a of a pine base and frame and students have the option to either construct a spotted Ghost Gum timber or mosaic tile top. The students have certainly enjoyed the project and their respective skills in practical aspects have notably improved.

In term 3 students will get the opportunity to create an individual piece of furniture. Ideally the item will be a small piece and suggestions are a side table, lamp table, occasional stand or similar. The use of epoxy resin has also been raised and I'm certainly looking forward to the project.

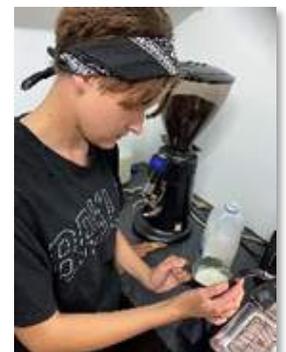
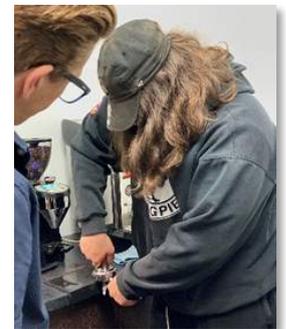
*Craig Turner*

## Coffee, anyone?

Year 11 Work Studies students were given the opportunity to complete a Barista Foundations course at Local Coffee Co located in Brisbane Street, Dubbo. Owner and trainer, Karen Payne, delivered the 3-hour



course to a small groups of students over the last four weeks of term 2. Students were able to gain valuable skills that could lead to potential employment.



Students learned espresso machine and grinder operation, how to pull the perfect shot of espresso, how to spin milk and the many different espresso drinks on a cafe menu.

Karen has also extended her hospitality by offering work experience to interested students and we are extremely grateful for the opportunity she has given Skillset Senior College students.

Now we have experts jumping behind our school espresso machine!

*Jen McNeight*

# Subjects in the spotlight

## Safety First!

On Tuesday 25th May, Year 11 and Year 12 students attended RYDA Road Safety Education day at Dubbo Showground. The day was organised by Rotary Clubs Australia and attended by senior students from all local schools and consisted of six interactive 30-minute sessions.



Students were challenged to change the way they think about road safety, participated in a stopping distance demonstration, devised personalised strategy, gained an understanding of their individual risk profile, led an investigation into a real life crash and got tips from road safety experts.



The whole day was as informative as it was engaging. Students were able to view sheep brains and feel them to see first-hand how fragile our own brains are.



However, the reality of their vulnerability on the road was brought home in the final session where students heard from a crash survivor with an acquired brain injury. A story that will hopefully be remembered for years to come.

*Jen McNeight*

## Self-defence classes

Year 12 had the opportunity to learn and practise self-defence manoeuvres which can be useful in a variety of situations.

The activities allowed students to explore how they can keep themselves safe when faced with dangerous situations and physical contact is unavoidable.

Many students were surprised by how strong they are, both mentally and physically.

This experience will lead to more involvement in physical fitness and how we can remain calm, collected and connected in future projects throughout Term 3.

*Melissa Cudworth*

# Get rhythm and you may not get the blues

On June 3 and 4, I attended a Rhythm 2 Recovery (R2R) training program held at the Dubbo Pipe Band Hall.

R2R is based on research which suggests that playing percussion instruments in a group setting has several therapeutic benefits, such as the promotion of positive social and emotional change, wellbeing and mindfulness.

The content of the course was wonderful and provided an opportunity to meet some interesting members of the community.

I learned that playing rhythms together and grooving to the same beats is good for us but hopefully you already knew this!

In music psychology 'the groove' is described as a human's pleasurable urge to move their body in synchrony with music.

In other words, playing the drums together (or dancing to music) can make us feel better. Pretty cool, right?

The benefits of participatory music are vastly documented as having a strong impact on the shared interests of the group.

Australian Ethnomusicologist, Joseph Jordania, believes that rhythms played a primal role in the survival of humans.



He has suggested that the human ability to be entrained was developed by the forces of natural selection as an important part of achieving the specific altered state of consciousness, battle trance.

For further reading, I refer you to the concept of 'entrainment' and its theorised evolutionary function to allow us to achieve 'battle trance.'

It is very interesting indeed!

I look forward to learning more about therapeutic music strategies and implementing my new skills at SSC.

Drum on team!

*Ben*



# Getting back to nature

Our Bathurst Year 12 leaders participated in resilience training as part of our AISNSW research in term 2.

Students embraced the chance to reflect on their past selves, values, beliefs and future goals.

Staff and students enjoyed a day in the forest, celebrating the challenges and milestones which have lead them to where they are today and recognising the strengths and friendships they will take away with them.



## Support you can draw on

Bathurst Year 12 students concluded their 4 week resilience program with a creative session where they were joined by 2 members of the AISNSW Research Institute who were keen to meet them and witness the program in action.

Students were asked to make a visual representation of their support network and what they had personally learned about their own resilience through the program.

It is our intention to frame the artworks and present them to the students later in the year.



During Term 2 Bathurst Year 12 students participated in the first half of the Love Bites program which aims to provide young people with a safe environment to discuss respectful relationships.

The program takes a strength based approach and views young people as active participants who are able to make choices for themselves and their relationships when supported with information and opportunity for skill development.

They will complete Love Bites in term 3 and Year 11 will do the program in term 4.



# There's always help out there

## TOP 10 MENTAL HEALTH APPS

- 1 **SMILING MIND**  
Mindfulness guided meditation app designed for both adults and young people.
- 2 **MOODGYM**  
An online interactive cognitive behaviour therapy program for young people experiencing depression or anxiety.
- 3 **REACHOUT BREATHE**  
Using simple visuals, this app helps reduce physical symptoms of stress and anxiety.
- 4 **THE CHECK-IN**  
This app, created by Youth Beyond Blue, is for those who want to check in with a friend. It provides you with things you can say and how you can support a friend.
- 5 **BRAVE**  
An online cognitive behaviour therapy program for young people experiencing anxiety and their parents.
- 6 **CALM**  
Simple mindfulness app that teaches you the right skills to follow a daily meditation practice.
- 7 **FITNATION**  
One of the best ways you can improve your mental health is by moving and setting well.
- 8 **MOMENT**  
Use this app to track your screen time and be more intentional about using technology.
- 9 **MOODMISSION**  
Mental health strategies to help low moods and anxiety in a fun and achievable way.
- 10 **BEYONDBLUE**  
Convenient and confidential, this app helps you create a safety plan that you can access at any time.



HeadSpace National Youth Mental Health Foundation is funded by the Australian Government Department of Health.



When life gets too much and you find it hard to talk

**Text 0477 13 11 14**

**1800RESPECT**

NATIONAL SEXUAL ASSAULT, DOMESTIC FAMILY VIOLENCE COUNSELLING SERVICE

**1800 737 732**

[www.1800RESPECT.org.au](http://www.1800RESPECT.org.au)

**Mental Health Line**  
**1800 011 511**



**1800 55 1800**

Kids Helpline is a service of BoysTown.



## Support services

### Adult

**Lifeline: 13 11 14**  
[lifeline.org.au](http://lifeline.org.au)  
**Suicide Call Back Service: 1300 659 467**  
[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)  
**Beyond Blue: 1300 224 636**  
[beyondblue.org.au/forums](http://beyondblue.org.au/forums)  
**MensLine Australia: 1300 789 978**  
[mensline.org.au](http://mensline.org.au)

### Youth

**Kids Helpline: 1800 551 800**  
[kidshelpline.com.au](http://kidshelpline.com.au)  
**headspace: 1800 650 890**  
[headspace.org.au](http://headspace.org.au)  
**ReachOut: ReachOut.com**

### Other resources

**Head to Health: mental health portal**  
[headtohealth.gov.au](http://headtohealth.gov.au)  
**Life in Mind: suicide prevention portal**  
[lifeinmindaustralia.com.au](http://lifeinmindaustralia.com.au)  
**SANE: online forums** [saneforums.org](http://saneforums.org)

[healthinonet.ecu.edu.au](http://healthinonet.ecu.edu.au) - Aboriginal and Torres Strait Islander  
[1800 184 527 qlife.org.au](http://1800.184.527.qlife.org.au) - Lesbian, gay, bisexual, trans, and/or intersex  
[mhima.org.au](http://mhima.org.au) - Culturally and linguistically diverse



[mindframe.org.au](http://mindframe.org.au)