

ESC Newsletter

TO DEVELOP ASPIRANT, RESILIENT LEARNERS WHO ARE EMPOWERED GLOBAL CITIZENS

ATTENDANCE - EVERYDAY COUNTS

Regular school attendance is vital to maintain a high level of student achievement and engagement, support the development of positive relationships and develop independence and responsibility. All absences must be reported to the office via the Compass App or by phoning the Attendance Line on (03) 4433 8282.

An important part of your day will be your Teacher Advisory Time which starts at the beginning of the school day. Here, the roll will be marked and then time will be allocated to discussing issues with your Teacher Advisor and undertaking circle time to develop skills that will assist you at school and at home.

Our attendance officer will be calling all families with students that have unexplained absences. Please record your students absence on Compass or by calling the Absence Line on (03) 4433 8282.



1 or 2 days a week doesn't seem like much but...			
If your child misses...	=	Which is...	Which over 13 years of schooling is
1 day per fortnight	20 days per year	4 weeks per year	Nearly 1.5 years
1 day per week	40 days per year	8 weeks per year	Nearly 2.5 years
2 days per week	80 days per year	16 weeks per year	Nearly 5 years
3 days per week	120 days per year	24 weeks per year	Nearly 8 years

Reserve Street, Eaglehawk VIC 3556

Phone: (03) 5446 8099

Email: eaglehawk.sc@education.vic.gov.au

Website: www.eaglehawksc.vic.edu.au

COMMUNITY
OPPORTUNITIES
RELATIONSHIPS
EXPECTATIONS &
ACHIEVEMENTS

Follow us



Principal's Report

RICHELLE HOLLIS

PRINCIPAL'S REPORT

Welcome back to Term 2

Welcome back to all students, staff, and families for Term 2. It has already been a busy and exciting start, with our Intermediate Netball, Badminton, and Soccer teams all competing earlier this week. Alongside these events, our Cross Country and ANZAC Day Ceremony have provided meaningful opportunities for both participation and reflection. There is certainly much more to look forward to as the term continues.

ANZAC Day Ceremony

On Friday morning, our whole school community came together to honour ANZAC Day. We were fortunate to welcome special guests Peta Dawe and Ian Ray to our ceremony. Peta shared a powerful reflection on the youth of World War I, highlighting the young Australians who lost their lives at Gallipoli and their connection to Bendigo. We would also like to acknowledge Emily Bibby for accompanying Makaylah O'Brien, who performed both the Australian and New Zealand National Anthems beautifully, adding to the significance of the occasion.

School Review

Every four years, ESC undertakes a School Review as part of the Department of Education's ongoing commitment to continuous improvement. This important process involves reflecting on our achievements, identifying areas for growth, and setting clear priorities and goals to guide our work over the next four years. The review will commence on Tuesday 28th April and will run for two weeks.

Parent Teacher Interviews

Finally, thank you to all families who attended our Parent Teacher Interviews last term. The feedback received was extremely positive and greatly appreciated. As always, we encourage families to maintain regular contact with your student's TA and to arrange additional meetings whenever needed to support your child's learning journey.

College Values

Eaglehawk Secondary College's values of Community, Opportunity, Relationships and Expectations & Achievement are at the CORE of the work we do. Each term we will be focusing on one of our values, and this term we have focused heavily on the CORE value of Community. Opportunities—encouraging every member of our college community to embrace growth, challenge themselves, and make the most of what is on offer. We are promoting the importance of seeking out and accepting new challenges, approaching each day with a fresh and positive mindset, and stepping outside of our comfort zones to try new things. By doing so, students build confidence, resilience, and a willingness to learn from every experience. Term 2 is full of opportunities both inside and outside the classroom, and we encourage all students to get involved, give things a go, and make the most of every moment.

Student accident insurance and ambulance cover

Please note that insurance against injuries or loss of any kind by students is not part of the responsibility of the school or Department of Education. It is possible to purchase this from a variety of commercial providers. Similarly, ambulance cover is not automatic. Families with a Health Care Card will be covered but others will need to be ambulance members to cover the costs of an ambulance call if necessary. Staff will make every effort to contact parents in the event of a serious illness or injury but an ambulance will be called if a student is in a dangerous situation. We hope that this will not be necessary but need to ensure that our duty of care is carried out. To assist with this, please ensure that all medical and personal details are up to date.

Personal Property

Eaglehawk Secondary College understands that staff and/or students may sometimes like to bring items of personal property to school. The Department of Education does not have insurance for personal property of staff, students and visitors. Eaglehawk Secondary College does not take responsibility for items of personal property that are lost, stolen or damaged at school or during school activities. Damage to personal property brought to school is the responsibility of the owner of that property. Eaglehawk Secondary College encourages staff and students not to bring items of value to school, or to obtain appropriate insurance for such items.

If students bring items of value to school, they will be confiscated and stored securely at the General Office until the end of the day, when the items may be collected by the student and/or parent.

Mental Health Practitioner

Our school is excited to be part of the Mental Health Practitioners (MHP) initiative. Our school MHP will support the mental health and wellbeing needs of our students. They will also help our teachers to identify and respond to student's mental health and wellbeing concerns. Our MHP is ADAM JOHNSON, they will be working in our school for 5 days a week. Adam is a Occupational Therapist with 14 years of experience working in Occupational Therapy and 12 years in mental health specific roles. Adam takes a holistic approach and utilises principles of Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT).

Students and their parents/carers who would like to discuss their suitability to engage with the MHP service can contact Caroline Roy (Wellbeing & Disability Inclusion Leader). Please note, referral and informed consent documentation is required before MHP service commencement For more information on the Mental Health Practitioners initiative see the department's [website](#).

Doctors In Secondary Schools

A reminder to families that we have a doctor on site once a week for students to make appointments. Dr Jo Dennis is our school doctor and practices each Wednesday here at the college. Students and parents can book an appointment with Dr Jo on 5446 8099 or see the General Office. Please note there are limited number of appointments available each week, so if you are not able to attend due to not being at school on that particular day, please contact the school, so that a student on the wait list can take the appointment instead. Appointments can only be made for students and they are all bulk billed. For further information, please refer to: [Microsoft Word - Consent and confidentiality - School information sheet \(Revised - May 2017\) \(education.vic.gov.au\)](#)

Important school dates

There are a number of important events that happen throughout the term and affect the entire school or just some year levels. It is important that families are aware of these so that planning can be done to ensure that students attend 100% of the required school days and have the opportunity to maximise the benefits available from their education. Please check the IMPORTANT DATES further in this newsletter.

STUDENT ABSENCE LINE: 4433 4455

Please phone through your student absences to this 24 hour phone line.

Child safety and wellbeing at Eaglehawk Secondary College: Information for families and the school community

Eaglehawk Secondary College is committed to providing an environment where students are safe and feel safe.

Our child safety framework includes policies, codes and procedures that explain how we support and maintain the safety and wellbeing of our students and protect them from harm. These documents are available on our website: <https://www.eaglehawksc.vic.edu.au/page/9/Public-Documents-&-Policies>

We are also committed to continuous improvement of our child safety framework. We are currently reviewing our child safety policies and practices to ensure they are up-to-date and effective.

Our students and families are important partners in this process. We welcome your feedback or ideas on ways we can improve our approach to child safety and wellbeing.

If you have any suggestions or comments, please contact the Caroline Roy on 5446 8099 or at eaglehawk.sc@education.vic.gov.au

CONTACTING EAGLEHAWK SECONDARY COLLEGE

Principal:	Richelle Hollis
Assistant Principal:	Melinda Ellis (Absent Term 1)
Assistant Principal:	Tom Hart
Acting Assistant Principal:	Jacob Smythe
Wellbeing & Disability Inclusion Leader:	Caroline Roy
Walker Community Leader:	Darcy Richards
Lester Community Leader:	Louise Phillips
Dowding Community Leader:	Damien Tricarico
Grieve Community Leader:	Demy Pye
Youth Workers:	Daniel Smith & Hayley Conway
Mental Health Practitioner:	Adam Johnson
School Nurse:	Aaron Wales
Business Manager:	Phoebe Gerring
Finance Officer:	Brianna Aldridge
Reception:	Jodie Hitchens
Communications:	Paige Currie
ICT Technicians:	Maia Misson & Matt Atkins
School Council President:	Rebekah Perryman

School Council meetings Term 2:

Monday 11th May - Week 4

Monday 8th June - Week 8

IMPORTANT DATES FOR TERM 2

April 20th - Term 2 Commences

April 22nd - Project Rocket (Years 7 & 8)

April 23rd - Project Rocket (Years 9 & 10)

April 24th - ANZAC Service: School

April 24th - Cross Country at Lake Tom Thumbnb (For students who sign up)

May 1st - Sandhurst Cross Country

May 4th - Year 6 Information Night

May 4th - May 8th - Work Experience

May 5th - May 8th - Year 10 Adelaide Camp

May 18th - Athletics Carnival (For students who sign up)

May 21st - Tomorrow Bound (Year 10)

June 8th - Kings Birthday - Public Holiday

June 9th - June 11th - Year 9 & 10 Exams

June 12th - Assessment Day - Student Free Day

June 15th - Semester Two Commences

June 26th - Term 2 Concludes

တမ်းလီကတီၢ် ၂
လါအူဖြိုၣ် ၂၀ သီ တုၤ လါယူၤ ၂၆ သီ ၂၀၂၆
မုၢ်ဆၢၣ်လါအူဖြိုၣ် ၂၀ သီ
ကွီထီၣ်ကဒါက့ၤ
လါအူဖြိုၣ် ၂၄ သီ
ANZAC တၢ်ဖးတၢ်မၤ
လါအူဖြိုၣ် ၂၄ သီ
(Cross Country) တၢ်လဲၤဟးလၢခိၣ်တၢ်လီၢ် (ထဲဒၣ်ကွီဖိတဖၣ်လၢဆဲးလီၤမံၤ)
လါမၤ ၁၈ သီ
တၢ်လိာ်ကွဲတၢ်ဟ့ၢ်တၢ်စိၣ်ဘျုးသးဖုံ
လါယူၤ ၁၂ သီ
တၢ်သမံသမိးတၢ်အမုၢ်န့ၤ (ကွီဖိန့ၤသဘျုး)
လါယူၤ ၂၆ သီ
တၢ်မၤလီကတီၢ်အကတၢ်တန့ၤ
တၢ်မၤလီကတီၢ် ၃
လါယူၤလဲၤ ၃၃ သီ တုၤလါစဲးပတ့ၤဘၢၣ် ၁၈ သီ ၂၀၂၆
မုၢ်ဆၢၣ် လါယူၤလဲၤ ၃၃ သီ
ကွီဖိန့ၤသဘျုး
လါအိကူး ၃၃ သီ
၂၀၂၇ တၢ်မၤလီအကျိၤတၢ်ဟ့ၢ်ကူၣ်ဟ့ၢ်ဖး ဒီး ဂုတီၤ Careers Cup
လါစဲးပတ့ၤဘၢၣ် ၂ သီ
ကွီဖိန့ၤသဘျုး
လါစဲးပတ့ၤဘၢၣ် ၁၇ သီ
မိၢ်ပၢ်သရၣ်သမါတၢ်ထံၣ်လီၢ်သံကွၢ်သံဒီးတၢ် ဟါ ငှန့ၣ်ရံၣ်တုၤဟါ ဂုန့ၣ်ရံၣ်
လါစဲးပတ့ၤဘၢၣ် ၁၈ သီ
မိၢ်ပၢ်သရၣ်သမါတၢ်ထံၣ်လီၢ်သံကွၢ်သံဒီးတၢ် ဂီၤ ငှန့ၣ်ရံၣ်တုၤမုၢ်ထူၣ် ၁၂ ငှန့ၣ်ရံၣ်
တၢ်မၤလီကတီၢ် ၄
လါအိးကထိဘၢၣ် ၅ သီ တုၤလါဒိၣ်စဲးဘၢၣ် ၁၈ သီ ၂၀၂၆
လါနီၣ်ဝုဘၢၣ် ၁၃ သီ
အတီၤ ၁၀ တၢ်မၤလၢကပီၤအမုၢ်န့ၤ
လါနီၣ်ဝုဘၢၣ် ၁၆ သီဒီး ၁၇ သီ
အတီၤ ၁၀ တၢ်ဒီးစဲးတဖၣ် (အဲကလံး, တၢ်ဂံၢ်တၢ်ဒွဲး, စဲးအ့ၣ်, Humanities)
လါနီၣ်ဝုဘၢၣ် ၁၈ သီ
အတီၤ ၁၀ ဖျါကွီအမူး
လါနီၣ်ဝုဘၢၣ် ၂၇ သီ
တၢ်သမံသမိးတၢ်အမုၢ်န့ၤ
လါနီၣ်ဝုဘၢၣ် အသီ ၃၀
Step-Up တၢ်ရဲၣ်တၢ်ကျဲၤစးထီၣ်လၢ ၂၅ အဂီၢ်
လါဒိၣ်စဲးဘၢၣ် အသီ ၁၀
ကီၢ်စဲးဒိတဘျုးတၢ်ဒုးသ့ၣ်ညါဆိတၢ်ဂ့ၢ်တၢ်ကျိၤအမုၢ်န့ၤလၢ ဂုတီၤကွီဖိတဖၣ် ၂၀၂၇ (ကွီဖိန့ၤသဘျုးလၢကွီဖိအဂၤတဖၣ်အဂီၢ်)
လါဒိၣ်စဲးဘၢၣ် ၁၄ သီ
တၢ်ဟ့ၢ်လၢဟ့ၢ်ကပီၤအမူး
လါဒိၣ်စဲးဘၢၣ် ၁၈ သီ
ကွီဖိန့ၤသဘျုး

ترم 2

آوریل تا 26 ژوئن 2026

دوشنبه 20 آوریل

بازگشت به مدرسه

آوریل 24

مراسم ANZAC

آوریل 24

(فقط برای دانش آموزانی که ثبت نام می کنند) Cross Country مسابقه دو

مه 18

(Athletics) کارناوال مسابقات دو و میدانی

ژوئن 12

روز آزمون (روز تعطیل برای دانش آموزان)

ژوئن 26

آخرین روز ترم

ترم 3

ژوئیه تا 18 سپتامبر 2026

دوشنبه 13 ژوئیه

روز تعطیل برای دانش آموزان

اوت 13

برای دانش آموزان کلاس 7 Careers Cup مشاوره دوره تحصیلی سال 2027 و

سپتامبر 2

روز تعطیل برای دانش آموزان

سپتامبر 17

مصاحبه های اولیا و مربیان 4 تا 7 بعد از ظهر

سپتامبر 18

مصاحبه های اولیا و مربیان 9 صبح تا 12 ظهر

ترم 4

اکتبر تا 18 دسامبر 2026

نوامبر 13

روز جشن کلاس 10

و 17 نوامبر 16

امتحانات کلاس 10 (انگلیسی، ریاضی، علوم، علوم انسانی)

نوامبر 18

مراسم فارغ التحصیلی کلاس 10

نوامبر 27

روز آزمون

نوامبر 30

برای 2 هفته آغاز می شود Step-Up برنامه

دسامبر 10

برای دانش آموزان کلاس 7 سال 2027 در سراسر ایالت (دانش آموزان سطوح دیگر تعطیل هستند) (Orientation Day) روز آشنایی

دسامبر 14

مراسم اهدای جوایز

دسامبر 18

روز تعطیل برای دانش آموزان

Học kỳ 2

Từ ngày 20 tháng 4 đến ngày 26 tháng 6 năm 2026

Thứ Hai, ngày 20 tháng 4

Học sinh đi học trở lại

Ngày 24 tháng 4

Dịch vụ Ngày lễ ANZAC

Ngày 24 tháng 4

Chạy việt dã (chỉ dành cho học sinh đã đăng ký)

Ngày 18 tháng 5

Lễ hội thể thao

Ngày 12 tháng 6

Ngày kiểm tra (Ngày học sinh nghỉ học)

Ngày 26 tháng 6

Ngày cuối cùng học kỳ

Học kỳ 3

Từ ngày 13 tháng 7 đến ngày 18 tháng 9 năm 2026

Thứ Hai, ngày 13 tháng 7

Ngày học sinh nghỉ học

Ngày 13 tháng 8

Tư vấn Hướng nghiệp năm 2027 & Cúp Hướng nghiệp Học sinh Lớp 7

Ngày 2 tháng 9

Ngày học sinh nghỉ học

Ngày 17 tháng 9

Buổi họp Phụ huynh - Giáo viên từ 4 giờ chiều đến 7 giờ tối.

Ngày 18 tháng 9

Buổi họp Phụ huynh - Giáo viên từ 9 giờ sáng đến 12 giờ trưa.

Học kỳ 4

Từ ngày 5 tháng 10 đến ngày 18 tháng 12 năm 2026

Ngày 13 tháng 11

Ngày hội kỷ niệm Lớp 10

Ngày 16 & 17 tháng 11

Các kỳ thi Lớp 10 (Tiếng Anh, Toán, Khoa học, Nhân văn)

Ngày 18 tháng 11

Lễ tốt nghiệp Lớp 10

Ngày 27 tháng 11

Ngày đánh giá

Ngày 30 tháng 11

Chương trình Step-Up kéo dài 2 tuần

Ngày 10 tháng 12

Ngày giới thiệu Cơ sở Toàn Tiểu bang dành cho học sinh Lớp 7 năm 2027. (Ngày nghỉ học đối với các học sinh khác)

Ngày 14 tháng 12

Lễ trao giải

Ngày 18 tháng 12

Ngày học sinh nghỉ học

Privacy Reminder

Annual privacy reminder for our school community

Our school collects and uses student and parent personal information for standard school functions or where permitted by law, as stated in the [Schools' Privacy Policy](#) and the [Schools' Privacy Collection Notice](#).

Our [Photography, Filming and Recording Students Policy](#), describes how we collect and use photographs, video and recordings of students. The policy also explains when parent consent is required and how it can be provided and withdrawn.

We ask parents to also review the guidance we provide on how we use learning programs safely at the school and what parents can do to further protect their child's information. If after reviewing the guidance, you have any questions or concerns regarding your child using their computers for school related work, please contact the school.

For more information about privacy, refer to: [Schools' privacy_policy: information for parents](#). This information is also available in ten community languages:

- Amharic
- Arabic
- Chinese
- Dari
- Gujarati
- Mandarin
- Somali
- Sudanese
- Turkish
- Urdu
- Vietnamese

Bushfire Preparation

School preparations for the bushfire season

Each year, we undertake a range of activities to ensure the safety of our school and to prepare for bushfires and grassfires.

An important part of this process is communicating to parents what will happen when certain fire danger ratings are issued to help ensure the safety of students and staff.



Our school has been identified as being at risk of bushfire or grassfire and is a Category 3 school.

Our school will close on a day forecasted as Catastrophic fire danger rating in the Northern Countryfire district.

Closure of the school due to a Catastrophic fire danger rating will be enacted when the Bureau of Meteorology forecast and related public safety messaging are confirmed. Due to uncertainties in the forecast, the timing of this confirmation may vary. Information regarding potential or confirmed Catastrophic fire danger days will be communicated to you by Compass and Text Message.

It is also important to be aware that:

- No one will be on site on days where the school is closed due to a forecast Catastrophic day.
- All bus routes that travel through the Catastrophic area will be cancelled.
- School camps will be cancelled if a Catastrophic fire danger rating day is forecast for fire weather district in which the camp is located, or if the travel involves passing through areas that have Catastrophic fire danger.

As part of preparing our school for the fire season, we have updated and completed our Emergency Management Plan and prioritised maintenance works to assist in preparing for the threat of fire.

What can families and the school community do to help us prepare?

- Ensure we have your current contact details, including your mobile phone numbers.
- Keep in touch with us by reading our newsletters, checking our website and social media or talking to your child's teacher.
- Make sure your family's bushfire survival plan is up-to-date and includes alternative care arrangements if our school is closed due to Catastrophic fire danger. Further information can be found on the [CFA's website](#).
- Action your family's bushfire survival plan if your own triggers are met. Our school community may be spread out across many areas and some families may be at higher risk than others. Your family's safety is critical, so please let us know if you are actioning your bushfire survival plan and if your children will be absent on these days.
- If your child is old enough, talk to [them about bushfires](#) and your family's bushfire survival plan.

Parking & Safety Around School

Parking Services from the City of Greater Bendigo have contacted our school to request that we share the following important information with our school community.

The illegal parking of vehicles near our school poses a significant safety risk to children, pedestrians, and other road users. Parents are reminded to follow all parking restrictions when dropping off and collecting children to help ensure a safe environment for everyone.

Motorists must:

- Not stop in "No Stopping" areas, even briefly, regardless of whether the engine is running.
- Not park next to a continuous yellow edge line, on nature strips, over driveways, too close to school crossings, or double park.
- Observe time-restricted parking zones, such as 2-minute pick-up/drop-off areas, which are in place to maintain traffic flow and safety near schools.
- Not perform U-turns over an unbroken or continuous dividing line.

Regarding children's crossings, the law requires drivers to approach at a speed that allows them to stop safely if needed. Please slow down and take extra care when driving in school zones.

City of Greater Bendigo Parking Officers and Bendigo Police conduct random patrols throughout the school year at various locations to ensure compliance with Road Safety Road Rules.

Thank you for your cooperation in keeping our school community safe.

Year 10 Outdoor Survival

Year 10 Outdoor Survival Class

The Year 10 Outdoor Survival class recently enjoyed a practical and engaging canoeing session at Lake Weeroona as part of their paddling unit. Throughout the session, students focused on developing essential water safety knowledge, while also learning and applying basic stroke techniques. A highlight of the day was the group paddling activities, where students demonstrated strong teamwork, communication, and cooperation on the water.

It was fantastic to see students actively building their confidence and skills in an outdoor setting. Well done to all involved for their positive attitude and effort.



Intermediate Badminton

Intermediate Badminton Tournament Success

On Wednesday, our students proudly represented the college at the annual inter-school badminton tournament. The competition was strong, with matches played in great spirit, enthusiasm, and sportsmanship throughout the day.

Congratulations to all involved, with both our boys' and girls' teams achieving an impressive 3rd place finish. A fantastic effort by everyone who competed!



Intermediate Soccer

Intermediate Soccer Team Tournament Wrap-Up

The ESC Intermediate Soccer Team enjoyed a fantastic day of competition on Wednesday 22nd. Throughout the tournament, the team displayed strong determination, outstanding sportsmanship, and represented the school with great pride.

The day saw a mix of results, with the team finishing with a draw, a hard-fought loss, and a well-earned victory. Each match showcased the team's resilience, teamwork, and commitment.

While we won't be progressing to the regional stage this year, the experience has only strengthened our resolve — we're already setting our sights on making next year our golden year!



ANZAC Day Ceremony

ANZAC Day Ceremony

This morning, our ESC community came together for a meaningful ANZAC Day ceremony, reflecting on the courage and sacrifice of those who have served. Our four College Captains delivered thoughtful and moving words, setting a respectful tone for the occasion.

A special thank you to Ms Bibby and Makaylah for their beautiful performances of the Australian and New Zealand National Anthems, which added to the significance of the ceremony.

We were also honoured to welcome special guest Peta Dawe, who shared her powerful story with students and staff, along with Ian Ray, who joined us for the ceremony.

Looking ahead to ANZAC Day on Friday 25th April, our College Captains will attend the 8:30am service in Eaglehawk, while our Vice Captains will represent ESC at the 10:15am service in Bendigo. Both groups will proudly carry and lay wreaths in remembrance.

We warmly invite members of our ESC community to attend either service, show support for our students, and honour the ANZAC spirit.



**ESC BEANIES
NOW
AVAILABLE**

\$12

Second Hand Uniform Request



Please drop any second hand uniform into the General Office

Tips From The School Nurse



HOW MUCH SLEEP DO TEENS NEED?

The Australian Department of Health recommends that teenagers aged 14–17 years should get 8–10 hours of uninterrupted sleep; and those aged 12–13 years need between 9–11 hours

SEE THE LINKS BELOW FOR TIPS ON BETTER SLEEP

[Smiling Mind](#) is a great free app that has heaps of useful tips and activities for mental health including white noise and other interactive sleep activities

[Better Health Channel](#) is a good source for health info...

[Better Sleep — Smiling Mind](#)



[Teenagers and sleep | Better Health Channel](#)



Simple Habits for Better Sleep



Simple changes in daily routines can make a real difference.

Try these tips to support better sleep so you can feel more energised, focused, and ready to take on the day.



Stick to a Sleep Schedule

Try going to bed and waking up at the same time each day — even on weekends. A regular routine will help your body find its natural rhythm, making it easier to fall asleep (and wake up!) feeling refreshed.



Manage Stress

Little moments of calm throughout the day can make a big difference at night. Strategies like deep breaths, stretching, or doing something you enjoy — can help your body relax and prepare for more restful sleep.



Get Some Morning Sunlight

Natural light in the morning helps your brain know it's time to be awake, which makes it easier to wind down later. A 20–30 minute walk in the morning is a great way to reset your body clock.



Create a Calm Bedtime Routine

Set the scene for good sleep. Dim the lights, keep your space cool and quiet, and limit screens in the hour before bed. A regular calming routine lets your body know it's time to rest.



Move Your Body Daily

Aim for 30 mins of movement during the day (walks, dancing, anything!). Try to wrap up any intense exercise at least 1–2 hours before bed so your body has time to wind down.



Give Yourself Enough Sleep Time

Most adults need 7–9 hours of sleep each night, but everyone's different. Pay attention to what helps you feel rested and try to give yourself the time you need to fully recharge.

Find more tools to build healthy sleep habits at www.smilingmind.com.au/better-sleep — or download the free Smiling Mind App on the App Store or Google Play.

MENU

Fruit and

Fruit Cups

Cheese

Toasties

Cereal

- Rice Bubbles
- Cornflakes
- Cherios

Milk



Monday - Thursday - In the staff room

Friday - In Red Foods with MORE options !



DiSS
Doctors in Secondary Schools
Eaglehawk Secondary College

Dr Johanna Dennis & Registered Nurse, Michelle Pascoe
Physical Health | Mental Health | Sexual Health

Wednesday

9:00am - 1:00pm

- **Confidential and Supportive Service**
- **Wellbeing Support**
- **Bulk Billing (Free)**

**To make an appointment, please see
the General Office**





Do you have a health care card? You could be eligible for Saver Plus.

For every dollar you save, you'll get a dollar from ANZ to spend on educational costs, up to \$500.

To join, you need to meet all of these requirements:

- ✓ Be 18 years or older
- ✓ Have a current Health Care or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops


saverplus

1300 610 355 saverplus.org.au



BSL/BTS 25

fresh fruit friday



Running for over a decade, the program now delivers 1,300kg of free fruit to Bendigo school children every week.

mckern steel foundation

@mckernsteelfoundation

Made possible thanks to McKern Foundation and our supporting partners:



Want to support the program? Contact us to sponsor and provide more fruit to your school.



MEMBERSHIPS

KIDS GO FREE

ALL KIDS AGED 14 & UNDER #SPIRITTAKESFLIGHT

For further
information on
upcoming events,
please check
Compass and follow
the College on the
platforms below.



www.instagram.com/eaglehawksecondarycollege



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