

# Keeping In Touch

11th September 2020

Dear Parents and Carers,

This year's theme for R U OK? Day resonates in us all; There's more to say than R U OK? This message has been forwarded on many occasions however it is difficult to carry through as many feel disempowered and concerned about how to approach conversations further than the standard R U OK? Sometimes this is tough to know how to ask, or what to ask following. For staff, this has been our big concern. Yes we check in regularly and chat and definitely refer our children and our parents to services, but what else can we do? Yesterday and today, approximately 18 of our staff are participating in training in Psychological First Aid Training (thank you to our hospital for funding this great opportunity which is combining staff also from Walwa, Sacred Heart and Tallangatta Secondary—community strength as priority). We have also had another session with Dr Rob Gordon for our Education Support Staff and last night; our teachers. Another session is for you next week. Make sure you join this—the information is crucial! This will be online. All are welcome. Please ensure Dads join in also.

From the R U OK site, there are some simple steps listed in how you can 'check in' on others (view the yellow image with 4 steps). However, with these, you can add the following. Go through these with your children in age appropriate speak.

1. **ASK R U OK?** *A lot has been happening in your world lately. How are you doing?*
2. **Listen without judgement.** *It sounds like a really tough time (actively listen and convey empathy).*
3. **Encourage Action and Explore Options:** *Is there anything I can do as a friend/mum/dad/family member/ to support you?*
4. **Continue to check in for support.** *If you need to talk, I'm here. Would you like to catch up for a virtual coffee? How about we check in again next week?*

These can be altered depending on who you are checking in on. In the attachments of the R U OK? documentation, there are services you can call to get support, also below. I would also urge to make an appointment with our amazing local GPs they can support mental health plans and refer to the amazing scope of services our hospital provides for everyone. But as we all know, the first service may not always be the right fit. Don't give up, seek another.

- \* Gateway Health parenting after bushfires 1800 880 660
- \* Bushfire Case Support Program 1800 560 760
- \* Relationships Australia counselling 1800 001 068
- \* Headspace Albury Wodonga (for 12-25 year olds) 02 6055 9555

**Important dates for your diary:**

Wednesday 16th September	<b>Pupil Free Day - Online Parent Teacher Interviews</b> No on-site learning or remote learning online classes.
Thursday 17th September 6:30-8:00pm ONLINE ROB GORDON PARENTING AFTER BUSHFIRES	<b>Rob Gordon Parent and Community Session - ALL WELCOME</b> REGISTER BY CALLING FRONT OFFICE WITH YOUR NAME, EMAIL & CONTACT DETAILS. College Office 8:30am—4:30pm (02) 6076 1566
Friday 18th September	<b>Last Day Term 3 - College Finishes 2:30pm</b>
Term 4 Week 1; 5-9th October	<b>Remote Learning Continues.</b> VCE/VCAL students for essential assessments will be called to on-site. VCE/VCAL students to be directed by Year 11/12 Coordinators; Mrs Sarah Klippel, Ms Sandra Kovacic, and VCAL Coordinator Mrs Olivia Nugent. I would like to thank the coordinators for the increased workload that has been the result of this year, on top of what is already a challenging role. They are doing a phenomenal job at advocating for your Year 11/12s.
Term 4 Week 2; Mon 12th October	<b>ALL STUDENTS F-12 RETURN TO ON-SITE LEARNING! Yay! You have all made it!</b>

## Remember these simple steps to starting a conversation



1. Ask R U OK?



2. Listen with an open mind



3. Encourage action



4. Check in

For more information and tips  
ruok.org.au



I would like to once again acknowledge the huge amount of work you have all done in getting your children through another trying term. At whatever level your child has learnt, please do not stress. What is important is that you continue to work on and support the wellbeing of yourself, your children and your family as a whole. *Go well and lap up any opportunity for leisure and pleasure - words from Dr Rob Gordon), Fran Heath - College Principal*

### CALENDAR OF EVENTS Term 3, 2020

<b>Mon 14th</b>	<b>Tues 15th</b>	<b>Wed 16th</b>	<b>Thurs 17th</b>	<b>Fri 18th</b> <b>End of Term 3</b>
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### CALENDAR OF EVENTS Term 4, 2020

<b>Mon 5th</b>	<b>Tues 6th</b>	<b>Wed 7th</b>	<b>Thurs 8th</b>	<b>Fri 9th</b>
<b>Mon 12th</b>	<b>Tues 13th</b>	<b>Wed 14th</b>	<b>Thurs 15th</b>	<b>Fri 16th</b> <b>The Colour Run meets Mullets for Mental Health</b>
<b>Mon 19th</b>	<b>Tues 20th</b> <b>Outdoor Rec - White Water Rafting</b>	<b>Wed 21st</b> <b>Outdoor Rec - White Water Rafting</b>	<b>Thurs 22nd</b>	<b>Fri 23rd</b>
<b>Mon 26th</b> <b>School Council Meeting 6pm TBC</b>	<b>Tues 27th</b>	<b>Wed 28th</b>	<b>Thurs 29th</b>	<b>Fri 30th</b> <b>Year 12—Last day of classes</b>











# SCHOLARSHIPS FOR BUSHFIRE AFFECTED UNIVERSITY ENTRANTS

*Now open for applications*

Vinnies Victoria believes that your university hopes shouldn't be dashed by the recent Victorian bushfires. That's why we are now offering scholarships for first-year study.

**For more information and access to application form  
visit: <http://vinnies.org.au/bushfirerecovery>**

For scholarship enquiries please email  
[bushfirehelp@sudp-vic.org.au](mailto:bushfirehelp@sudp-vic.org.au)







## Connection without contact

### How to feel safe in uncertain times

We are hosting an online session to discuss how you can support the children and young people in your lives as they recover from their bushfire experience.

If you have specific questions or issues, you would like covered during the session; please add them to this form before the meeting: <https://forms.gle/z761LgajpuN5Z1JMA>

Children and young people respond to and process a bushfire experience differently to adults. As they develop and mature, they can make more sense of what they experienced and will use that new knowledge to understand their world better.

The best support for children and young people comes from the trusted adults in their lives, at home and school. Recovery is a long-term process. Understanding how to add practical wellbeing strategies to your life and regain a sense of safety are the best ways for you to support the children and young people in your life.

This session will support you to recognise some of these shared experiences, discuss challenges you are currently facing and gain a range of practical strategies to implement. Some of the topics we will be covering include:

- Managing the disruption
- Implementing routines
- Maintaining your connections with others
- Communicating with family, friends and students
- Recognising achievements – no matter how small you think they are
- Making time for self-care

Speak with Fran Heath who will add you to the calendar invite.

#### Session details

**Date:** Thursday 17 September

**Time:** 6:30 pm – 8:00 pm

**Audience:** Parents

**Location:** Online via Webex

**Preparation:** Access to a computer or laptop for the online session.

A smartphone or portable device to provide feedback during the session (via [www.menti.com](http://www.menti.com))

## VCAA EXAM TIMETABLE CORRYONG COLLEGE 2020

VCAA EXAM TIMETABLE CORRYONG COLLEGE 2020			
Wednesday 7 <sup>th</sup> October	9am – 1:15pm GAT		
Tuesday 10 <sup>th</sup> November	9am - 12:15pm English		
Wednesday 11 <sup>th</sup> November		3pm-5:15pm History: Revolutions	
Thursday 12 <sup>th</sup> November	9am – 11:45am Psychology		
Friday 13 <sup>th</sup> November	9am - 11:45am Biology		2pm - 3:45pm Further Mathematics 1
Monday 16 <sup>th</sup> November	9am - 10:45am Further Mathematics 2		
Tuesday 17 <sup>th</sup> November	9am - 10:15am Mathematical Methods Exam 1		
Wednesday 18 <sup>th</sup> November		3pm - 5:15pm Mathematical Methods Exam 2	
Thursday 19 <sup>th</sup> November		11:45am-1:30pm VET Hospitality  Visual Communication	3pm - 5:15pm Health and Human Development
Friday 20 <sup>th</sup> November	9am-10:45am Product Design and Technology		
Monday 23rd November	9am - 11:45am Chemistry		
Tuesday 24 <sup>th</sup> November	9am - 11:45am Physics		
Wednesday 25 <sup>th</sup> November		11:45am – 2pm Geogra- phy	3pm – 5:15pm Physical Education
Thursday 26 <sup>th</sup> November	9am - 10:45am VET Engineering Studies		
Friday 27 <sup>th</sup> November	9am-10:45am Studio Arts		
Tuesday 1st December		11:45am - 2pm Indonesian Second Lan- guage	

# WHAT'S HAPPENING

## Morrisby

Year 9 students sat their Morrisby test as part of their Careers pathway exploration program. This week, they connected with Carol Fisher, an experienced Careers counsellor as part of the Career Education Association of Victoria organisation. Carol had nothing but positive feedback about our students and their respectful manner, punctuality and strong ICT skills. She welcomed parent engagement and interest in student career exploration.

**Mia Saxon:** My Morrisby Interview was a helpful and insightful experience. The careers adviser carefully explained what my results meant and talked me through how I can use them to write resumes and apply for University later in life. She advised me what areas the results indicated I was good at, what careers I may want to pursue, and advised what subjects I would need to study as prerequisites.

**Amy Greenhill:** The Morrisby interview that I had with Carol Fisher was very helpful and informative. Carol went through my Morrisby test results with me and it really helped me to have a better understanding of what those results mean. The interview went for about 30 minutes, and in those 30 minutes, I started to get a better understanding of what my pathway might be when I leave school. Carol's experience and understanding of that topic was really clear when she explained and expanded on the results and the meeting I had with her was clear and helpful, so a big thank you to Carol Fisher!



*In case you  
were  
wondering.....*



Unfortunately, our ability to deliver, support and accommodate Work Experience at Year 10 this year has been restricted due to Covid-19. Whilst we were on track to get things up and running again, Term 3 will see no work experience occur for students until we have confirmation for the Department that it is safe to do so. In saying that, please keep an open mind about the impact Covid has had on local and regional businesses and their ability to accommodate our students. What may have once been a full week or two may now only be able to be a few days or even one day. We are doing our best to make sure students will have other opportunities to explore their potential in their final years. Students might consider volunteering for community groups or finding other ways to gain experience and build their employability skills when possible.

### KEY DATES:

**Year 10 into Year 11  
Information evening TBC Webinar**

**Wed 30th Sept—VTAC/UAC Apps close  
Fri Oct 16 —White card CNC  
Year 12 Last day: 6th November**

**VCE EXAM PERIOD:  
Wed 7th Oct—GAT Exam**

**Following week —Indo Oral**

**PLEASE SEE EXAM  
TIMETABLE ATTACHED**

# How can learning a second language help with English literacy?

Prepared by Jacinta Graham on behalf on VLTA



## You can compare between language systems and grammar

Did you know that language and grammar is a form of systems and codes? Learning a new language system helps you to understand your first language system. How can you use an adverb in Indonesian if you don't know what it is in English? Your Indonesian teachers can also help you understand grammar in English!



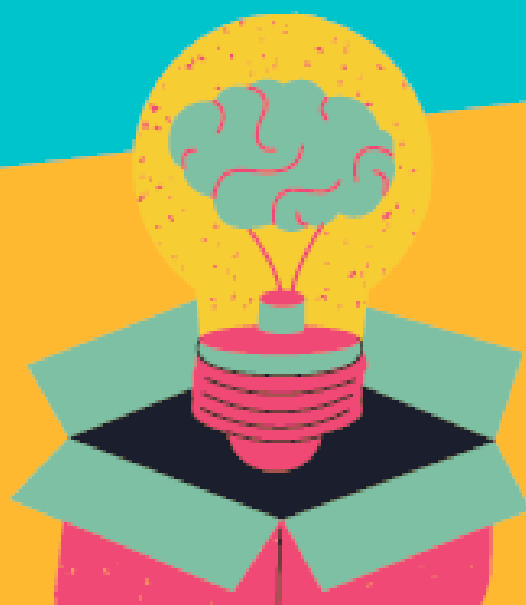
## Languages helps you become a better writer

When you learn another language, you become more aware of the different meanings behind words. Has your English teacher ever said to you "Find a synonym" or "Improve your phrasing"? Learning a second language teaches you to phrase yourself more clearly and use specific and accurate words in English. Google Translate doesn't like vague words!



## It helps you become a critical thinker

Have you ever wondered what 'the' or 'it' or 'has' means? Sometimes these words don't exist in other languages. Learning another language makes you think about how you communicate and makes you reflect on the way you use English.







**headspace**  
National Youth Mental Health Foundation

**tips to**

# **keep good mental health**

**Good mental health and wellbeing allows you  
to live your life in a positive and meaningful way  
and cope with life's changes and challenges.**

## Keeping a healthy headspace

Good mental health is a state of wellbeing where you feel able to work and study, feel connected to others, be involved in activities in your community and 'bounce back' when life's changes and challenges come along.

## How can I boost my mental health?

Our headspace clinicians offered their insights on some practical ways to improve your wellbeing every day.

**Get enough sleep.** Sleeping well is good for your brain and body, and helps you feel energised, stay focused and protect your mental health. See our sleep fact sheet for more information and advice.

**Eat well.** Eating well can improve your mood, energy levels and general health and wellbeing. Fill up on nutritious food (like veggies, fruit and whole grains) and drink plenty of water to give your body and brain all the power it needs to function well.

**Get in to life.** Keep doing the stuff you love to do and the things that are important to you. It can help keep the fun in your life, give you a sense of accomplishment and purpose, boost your confidence and help to connect with others.

Some of these things, such as skating, reading or playing the guitar, might just be for fun, but other things like work or study can give you new skills and might help to give you meaning.

**Stay active.** Staying active can help you to sleep better, manage stress and boost your mood.

Make time to take a break from study or work or hanging out, whether it be going to the gym, kicking a ball around with a mate or just going for a walk. Whatever it is, start small, and make sure it's something you enjoy.

**Connect.** Spending time with family, friends (including pets) and people in your community can help strengthen your mental health and wellbeing. You can try things like:

- volunteer work
- hobbies
- clubs or committees
- sports.

Just like physical fitness, mental fitness takes regular effort. But sometimes life can get in the way of improving your mental health. Here are some important things to know.

## Learn new ways to handle tough times

Taking time to think about how you're handling tough times is really important. Sometimes the things we do naturally can help, and other times they don't.

Increase your options for handling tough times as they'll come in handy now and into the future. Some options to consider include:

- using art, music or journalling to express yourself
- spending time in nature
- setting some small goals, and getting help seeing them through
- talking kindly to yourself
- searching for websites and free apps that can help.

## Cut back on alcohol and other drugs

Cutting down on the amount of alcohol and other drugs that you take, or avoiding alcohol and other drugs altogether, will help you sleep better, feel better, and keep a healthy headspace.

Even though alcohol and other drugs may make you feel good in the very short term, they can impact your mental health and make you feel much worse in the long run.

## How can I get help?



***"If a problem feels like it's too big to deal with by yourself it probably is. It's important to speak up and get support from friends and family."***

Dani, hY NRG member  
(headspace Youth National Reference Group)

If you feel like support from family and friends isn't enough, seek professional help. You can see your general practitioner (GP), make an appointment to chat to someone at your local headspace centre or visit eheadspace for online and phone support.

Remember, keeping a good mental health involves building your mental fitness, so you can stay on top of things and get the most out of each day.



**If you or someone you know is going through a tough time you can get help and support from headspace, your school or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit [headspace.org.au](https://headspace.org.au)**



**If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.**

The headspace Clinical Reference Group have approved this clinical resource. Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.  
Version 1.0, 13 April 2019





## Lockdown is hard.

We are all experiencing up and downs with our mental health, but if you are struggling, **don't wait to get help.**

headspace centres in Victoria are still open and able to offer appointments to young people via phone and online services.



### Find your closest centre

headspace centres are still here for you. In response to COVID-19, headspace centres across the country are operating a combination of in-person, online and phone services – depending on the situation in their local communities.

You can find your closest centre at [headspace.org.au/centres](https://headspace.org.au/centres)



### Create a headspace account

Just by visiting the headspace website at [headspace.org.au](https://headspace.org.au) and creating an account, you can access lots of great mental health resources including group chats, online communities, interactive resources and 1:1 direct support with professionals.



### Free headspace counselling in regional schools

If your school is more than 60km from a headspace centre, you may be eligible to access the headspace regional phone counselling service.

Secondary students living in regional Victoria who cannot easily access face-to-face counselling can step away from their class and speak to a professional counsellor.

To find out more, speak to your school's wellbeing support team.

**headspace.org.au**

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

## Supporting yourself and getting help

The amount of time you spend on your screen can sneak up without you realising it. What can you do if your screen time has gotten out of balance?



Get other activities done first before you relax online. For example do some exercise, get your homework and chores done, walk the dog and spend time with your family before turning on your device. Treat it as a reward.



Decide in advance how much time you want to spend online, then set a timer to help you stay within that time limit.



Schedule in some 'no screen times' during your day. Set up times to 'unplug'.



Make mealtimes screen free.



Make sure you have offline hobbies and interests that you enjoy regularly, like seeing friends or playing sport.



Exercise while you game, by getting up and moving regularly. Doing some simple stretches can really help.



Work out how much sleep you are getting? Sleep should be a priority, as it is important for our physical and mental health.



Charge your devices outside of your room or perhaps don't have them in your bedroom at all. It will reduce the temptation to be online instead of sleeping.

If you find that your relationships, mood, school performance or work are being impacted by your continued or increased gaming use, then it might be useful to talk with someone you trust like a parent, teacher, school counsellor, family member or friend. A general practitioner (GP) is another good place to start when seeking help and information. You can also contact **ehedspace**, your local **headspace** centre, or Kids Help Line if you wanted to talk to somebody about your internet and gaming use.



**With the right support, most people are able to get back to enjoying the benefits that gaming and internet use can contribute to their lives.**



### Where can I get help

If you or someone you know is going through a tough time you can get help and support from [headspace.org.au](https://headspace.org.au), your school or university wellbeing service or your local health provider.



# THE MATESHIP MANUAL

How to help someone who's doing it tough



**RUOK?**<sup>™</sup>

A conversation could change a life.

**"I love living out here.  
Couldn't live anywhere  
else. But it can be tough.  
Looking out for each  
other is important."**

There's a lot of good things about living and working outside Australia's bigger towns and cities, but it also has its unique challenges. Fewer services, isolation and extreme weather events are just a few of the things that can be harder to deal with out here.

- If someone you know – a family member, friend, neighbour or workmate – is doing it tough, they won't always tell you.
- Sometimes it's up to us to trust our gut instinct and ask someone who may be struggling with life "are you ok?".
- By asking and listening, we can help our mates and others we care about feel more supported and connected long before they even think about suicide.
- It's something we can all do by following a few simple steps.

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RUOK?

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## Spotting the problem

Sometimes the cause of someone's struggle is something obvious and affects everyone in the community like a drought, flood or bushfire.

More often it's something personal like financial worries or the breakdown of a relationship. But while the signs can sometimes be subtle and very hard to spot, there can be clues that someone's not doing so well.

When somebody stops answering and returning calls, for example, or when they don't turn up to a BBQ or you just don't see them much anymore. You might just have a gut feeling that something's not quite right.

**Don't ignore it. Find some time to ask if they're ok.**

- 
- Not returning calls
  - Not turning up to things
  - Not themselves

4



## But it's none of my business

Most of us value our own privacy and respect other peoples' – especially if we don't know them well. You tell yourself "it's none of my business", and that it's unlikely they'll want to talk about it anyway. But the truth is, when we become too afraid or embarrassed to support someone who is struggling with life then feelings of isolation can get much worse for the person, much faster. And sometimes with tragic consequences.

Even when you do make the first move, there's no guarantee that you'll get them to open up – but at least they'll know that someone cares.

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## Starting the conversation with someone you're worried about

- If they don't live with you, find a reason to go and see them. Borrow something, return something, give them something, just drop in to see how they're going. Ask if they can come over and give you a hand with something.
- Pick your moment. If they can't talk when you approach them, ask for a better time to come back.
- Have a relaxed and friendly approach.
- Let them know you've noticed a change. Make an observation: "I haven't seen much of you lately, is everything going ok?" "We missed you at the last meeting, how are things going?" "So how are you travelling these days?"



## Listening to their story

- Be prepared to listen - not try and solve their problems.
- Have an open mind.
- Don't rush or interrupt. Let them speak in their own time.
- Let them know you're asking because you're concerned: "I'm worried about you" "Sometimes talking about it can really help" "Why don't you start from the beginning, I'll make us a cuppa"

Nothing beats a face to face conversation. But a phone conversation can be very powerful when distance is a challenge.

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RUOK?

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## Dealing with denial

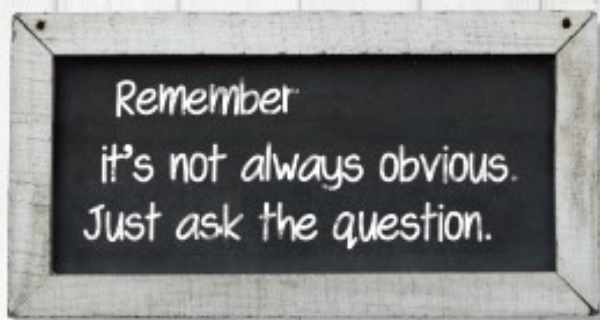
- Sometimes a person will deny there's a problem, even though you might think otherwise. Ask them "Are you really ok? You just don't seem yourself" but don't push it too hard.
- Maybe it's too personal. Maybe they're ashamed. Maybe you've got it wrong and they're fine. Just remind them that you're always there if they need a chat.
- The fact that you have reached out to them might encourage them to reflect on how they're doing... "I thought I was doing such a good job keeping my troubles to myself but others are noticing. Maybe I should talk to someone."

## Encouraging action

- You won't always have the answers, or be able to provide advice to the person. In fact, sometimes it's better not to give advice. Some problems are too big for mates and family to solve and they need professional help.
- Try and encourage them to take some action.
- Ask them: "Where do you think we can go from here?" "What do you need from me? How can I help?" "What would be a good first step we can take?" "Have you thought about going to see the doctor?" "I've got some numbers that might help"

## Check in

- Try and get their agreement to check in again with them soon:  
"Do you mind if I drop by again soon to see how you're travelling?"
- It's helpful to follow up in a few days to see how the person is doing. This shows them that you genuinely care and want to help:  
"How'd you go speaking to the doc?"  
"Did you end up making an appointment?"  
"Did you try one of the numbers I gave you?"
- If they've had a bad experience with a helpline or doctor, encourage them to keep trying.
- Ask if they've found a better way to manage the situation. You could ask: "Would it be useful if we tried to find some other options to help you get through this?"
- Understand that sometimes it takes time to admit you need help. Stick with them and know that your support means a lot.
- Make sure you're ok and in a good headspace to support others. Your health and wellbeing is important too.



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## Support is available from the following organisations

Call on these Australian crisis lines or professionals:

### Lifeline (24/7)

1311 14

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

### Headspace (for 12-25 yrs)

1800 650 890

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

### Suicide Call Back Service (24/7)

1300 659 467

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

### Mensline (24/7)

1300 78 99 78

[www.mensline.org.au](http://www.mensline.org.au)

### Kids Helpline (24/7) (For 5-25 yrs)

1800 551 800

[kidshep.com.au](http://kidshep.com.au)

### PANDA

(Perinatal Anxiety & Depression)

1300 726 306

[www.panda.org.au](http://www.panda.org.au)

### beyondblue (24/7)

1300 224 636

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

For more contacts: [www.ruok.org.au](http://www.ruok.org.au)

**RUOK?**

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# RUOK?

A conversation could change a life.

## Remember these simple steps to starting a conversation



1. Ask RUOK?



2. Listen with an open mind



3. Encourage action



4. Check in

For more information and tips  
[ruok.org.au](http://ruok.org.au)

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