

Corryong College

Keeping In Touch

17th April, 2020

P O Box 225, Corryong, Vic. 3707
Tel. No. 02 6076 1566 & 02 6076 1061
Senior Campus Fax. No. 02 6076 1650
Junior Campus Fax. No. 02 6076 1849
www.corryong.vic.edu.au
corryong.p12@edumail.vic.gov.au

Dear parents and carers,

I congratulate the Corryong College community; parents, students and staff, on their first week of remote learning. This has been testing for us all as we navigate new online platforms and methods of learning. I thank you all for your patience and understanding as we as staff also join you in this learning journey.

To ensure that support is in place you will receive a 'check-in' call approximately every week from the below listed staff members. F-6 classroom teachers will check in on their own students. For each 7-10 year level there has been assigned a support staff member that will call on a regular basis. These are listed below. Please inform them if you are having any concerns however do not feel you have to wait for this call. Check the list below and attention your college email; corryong.p12@edumail.vic.gov.au. All students whom were receiving such support through the SSSO and counselling will remain with Leonie Harbeck, Kerrie Staun and Pauline Taylor. These were already arranged prior to the isolation regulations. Other support contacts can also be found below.

Check-in support for each year level:	
F-6	Classroom teachers
7	Jenny Ardley and/or Kate Wood
8	Georgie Scammell
9-10	Chloe Janic
11-12	Sarah Klippel and/or Sandra Kovacic
Other Support Contacts:	
Xuno or personal email contact	Nigel Adkin
College devices/laptops	Stephen Melhuish Please know that we are unable to tend to personal devices outside of the school's laptops, however Stephen may be able to give advice.
Wellbeing / mental health concerns	Please contact your child's year level leader. They will refer to Pauline Taylor and/or Nigel Adkin, which will then be addressed with the wellbeing team, including Leonie Harbeck and Kerrie Staun, if further support is required.
Teaching and learning program concerns	Please address these initially to the classroom/subject teacher, then to year level leader or Assistant Principal; Chrissie McKimmie should further assistance be required.

Please know that you are able to contact your child's classroom or subject teacher via xuno or the college email. The college email is being checked daily and all messages passed to the corresponding staff member.

Together we will continue to improve our systems of which we cannot do without your feedback. Please, contact us if you or your child is experiencing any problems.

Regarding, in-school supervision, it is mandatory to complete the supervision intention form and return by the due date listed. This must be returned to the college email. You will be contacted by the Principal or Assistant Principal Wellbeing – Nigel Adkin to confirm this supervision before the week commences. Please know that the college is unable to run as per usual. Staff volunteer their time to supervise. Hence booking is essential as well as 48 hours' notice of cancellation. Children will continue their remote learning programs in the 5-8 hub and will need to bring all their learning resources and a reading book. They must bring in all food and drinks as there is no kitchen or canteen facilities. The play equipment is completely taped off and other areas in the college are out of bounds. Whilst supervision is well within child safe standards, please know that it may not always be a teacher that is supervising but could be one of our ES staff members. Please find a copy of the form at the back of this KIT. The next due date for the listed dates is Wednesday 22nd by 4:00pm.

Thanking you all for your support as we navigate our new learning experiences together,

Fran Heath

Corryong College P-12 Principal

Year 9 Bogong Camp

I enjoyed my time at Bogong, I especially liked the free time with friends and learning how to belay was fun. The 5 day hike was nice and we got to see the beautiful scenery and enjoy nature - Anonymous

We learnt about being grateful and how to be more optimistic. Bogong teaches you life skills that everyone needs - Zara Worldon

Bogong was very fun and challenged me by giving me opportunities to do things that I wouldn't usually do. One opportunity I loved was the high ropes course where I was able to attempt the Leap of Faith. - Amy Greenhill

The hike was lots of fun and tiring as we walked from Falls Creek to Hotham. The food was different for the hike and we were glad to return back to yummy meals at the campus. - Holly Butler

Bogong was pretty fun, my favourite activity was abseiling and sitting around the campfire. The hiking part of the 5 day journey was a challenge and the dehydrated beef stroganoff didn't satisfy the taste buds. - Anonymous

Bogong Future Maker Program was the best camp I've attended so far and Phil's cooking made it even better - Hayley Trigilgus

It had it's ups and downs but it was still fun and enjoyable - Jack Hamilton

Bogong was really fun. I really enjoyed the hike, high ropes and the abseiling - Mia Saxon

We hiked for 40kms along an alpine track. The bags were really heavy but I still enjoyed it. - Julia Hoffman

Bogong was a great experience. Everyone had so much fun and encouraged each other to do their best. I encourage everyone to go and try out all the activities. It was great to try new things and new foods from different cultures. All of the activities challenged me, especially the walk. It was the best camp I've been on so far. - Ella Twigg



BOOK CLUB IS HERE—Virtual Catalogue while Students Learn from Home

For the first time in the history of Scholastic—
we will have a **Virtual Book Club for Term 2**

Every child will still have the opportunity to access their Book Club catalogue.

The same carefully selected, best-value books will still be available, so the
enjoyment Book Club is known for will not change!

Issue 3 due 08/05/2020

<https://scholastic.com.au/book-club/virtual-catalogue-1/>



by Elizabeth Jenner, Kate Wilson & Nia Roberts

Illustrated by Axel Scheffler



Coronavirus

A book for children



Consultant: Professor Graham Medley

Professor of Infectious Disease Modelling,
London School of Hygiene & Tropical Medicine

**nosy
crow**



Illustrated by Axel Scheffler

Coronavirus

A book for children

by Elizabeth Jenner, Kate Wilson & Nia Roberts

Consultant: Professor Graham Medley

Professor of Infectious Disease Modelling,
London School of Hygiene & Tropical Medicine

There's a new word you might have heard.

You might hear people talking about it or you might hear it on the news. This word is the reason that you're not going to school. It is the reason you can't go outside very often or visit your friends. It might be the reason why the grown-ups or grown-ups who look after you are at home.

The word is

C o r o n a v i r u s



But what is it and why is everyone talking about it?



WHAT IS THE CORONAVIRUS?



But what's a virus?

The coronavirus is a kind of virus.

Viruses are tiny germs that are so small that you can't see them.

They are so light that they can float through the air in tiny drops of water, and they can sit on your skin without you feeling them. If some of these germs get inside you, they can use your body to make more germs, and that can make you ill.

Do I have germs on me now?



Yes, but hardly any of them are dangerous



There are lots of different sorts of coronaviruses and some of them infect people. If you have been infected with one of these coronaviruses, all you probably had was a snotty nose or a cough.

ACHOO!



Bless you!



Could be a coronavirus...

But when this **completely new** coronavirus germ gets inside a human body, it causes an illness called COVID-19. When people talk about "catching the coronavirus", they are talking about this illness.

HOW DO YOU CATCH THE CORONAVIRUS?

Because this coronavirus is new, scientists don't know everything about it yet. But they think that there are two main ways that people can catch it.

Coronavirus germs live in people's throats and mouths. When someone who has the coronavirus coughs or sneezes or breathes out, the germs come out of their mouth in tiny drops of water.



Though you can't see the germs, you can sometimes see these tiny drops. In cold weather, they make a cloud of steam! So if someone else accidentally breathes in the air with the coronavirus germs in it, they would probably get the illness.



It's easy to get the coronavirus germs from inside your body on your hands when you touch your nose or your mouth.

If the person with the coronavirus germs on their hands uses a door, the invisible germs can live on the handle for hours. When someone else opens the door, they get the germs on their hands too.

And if they touch their nose or mouth, the germs can get into their body.



So you can also catch the coronavirus by touching things that someone with the virus has already touched.

WHAT HAPPENS IF YOU CATCH THE CORONAVIRUS?

Some people, particularly most children, hardly feel ill at all when they get the coronavirus. But they still have coronavirus germs in their body that they could give to someone else by mistake.



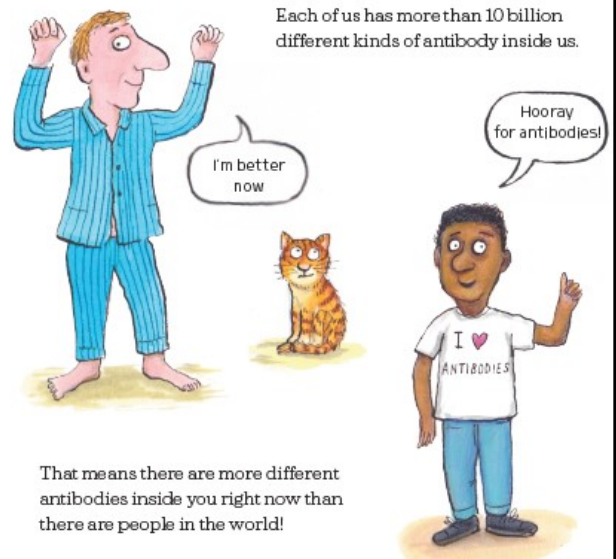
When they get the coronavirus, lots of people get coughs and a high temperature. Some people also have a headache or aches all over their body.

People are usually ill for a few days. But bodies are amazing things. When a new germ, like the coronavirus, gets into someone's body, their body knows that the germ shouldn't be there and starts killing it.



The body has an amazing weapon against viruses called **antibodies**. Tiny cells in your blood make antibodies to fight each different virus invader. The antibodies catch the viruses, then the blood cells swallow them up and destroy them and then the person gets better.

Each of us has more than 10 billion different kinds of antibody inside us.



That means there are more different antibodies inside you right now than there are people in the world!

SO WHY ARE PEOPLE WORRIED ABOUT CATCHING THE CORONAVIRUS?

Nearly everyone has a body that is healthy enough to fight the coronavirus. But there are some people who find it harder, because their bodies aren't as strong. They might be people who are more than 70 years old, or already have other illnesses like cancer that might make their bodies weaker.



They need more help to fight the coronavirus. This means they have to go to hospital and they might need to use a special machine called a **ventilator** to help them breathe.

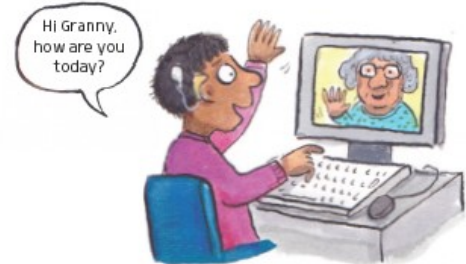


However, sometimes even this might not be enough to help them get better and, if that happens, then sadly they might die.

That's why these people really need to stay at home, away from anywhere they might catch the coronavirus.



They won't be able to have visitors. That might mean you won't be able to go and visit some of your family for a while, to help keep them safe.



IS THERE A CURE FOR THE CORONAVIRUS?

Most people get better from the coronavirus by themselves. But doctors and scientists want to help everyone do that quickly and safely.

Doctors don't have a cure for the coronavirus yet because it is a new illness. Some medicines that doctors already know about might help, so they are trying them out on people who are ill.

But even if they don't work, scientists are also working on making completely new medicines for the coronavirus that no one has ever had before.

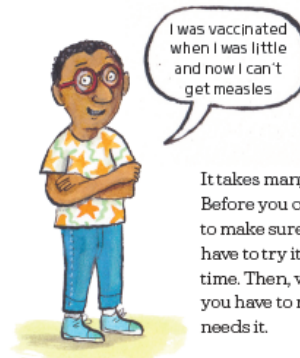


Another thing that scientists are working on is a **vaccine**.

A vaccine is a special medicine that is usually injected into your body while you are healthy. Inside the medicine are weak or dead virus germs. The antibodies in your blood can practise killing these germs, so that if you catch that virus, they can start fighting the live virus germs faster.



You probably already had some vaccines when you were a baby. So that means you won't get some illnesses!



It takes many months to make a new medicine. Before you can give it to lots of people, you have to make sure that it is safe for everyone, so you have to try it out carefully on a few people at a time. Then, when you know it works and is safe, you have to make enough for everyone who needs it.

WHY ARE SOME PLACES WE NORMALLY GO TO CLOSED?

Although lots of people will get better from the coronavirus, it's really important that people who might become very ill don't catch it. This means we need to make sure that as few people as possible get the coronavirus, so that we don't pass it on to anyone who might get very ill. And if lots of people get ill and have to go to hospital at the same time, then hospitals will get too busy to look after people properly.

It's so easy to get the coronavirus that we need to be very careful that we don't get too near people who don't live with us.



And that's why all the places where lots of people are together - like schools and libraries - are closed at the moment. The government of this country has said that people can only go outside their homes if they really, really have to.



WHAT'S IT LIKE TO BE AT HOME ALL THE TIME?

Sometimes being at home with the people you live with can be great fun. You can do things together that you wouldn't normally do when you are at school or when the grown-ups are at work.



These are all normal things to feel. And everyone who lives with you probably feels the same way sometimes, even if they try not to show it.



The grown-up or grown-ups who look after you might also feel worried. Sometimes they might feel worried about work. Sometimes it might be hard to buy the things that you all need, and that might worry them too.



If you are worried, talk about your worries to a grown-up who looks after you. If you are still going to school, maybe you could talk to a teacher. Or maybe you could talk to a teacher or someone else in your family on the phone or using a computer or tablet.

WHAT CAN I DO TO HELP?

You are already helping a lot by staying at home. But you can also help by taking extra care to make sure you don't catch or pass on the coronavirus to anybody else.

Did you know that viruses are killed by soap? So if you wash your hands really carefully and for long enough, you won't have any coronavirus germs on your hands. You can sing a song while you wash your hands to make sure you are washing them for long enough - long enough to sing Happy Birthday twice!



If you have to wipe or blow your nose, use a tissue and put it in the bin straight away. Remember to wash your hands too, because the coronavirus lives in your snot and it can get on to your hands from the tissue.

If you have to cough or sneeze, do it into the inside corner of your elbow, not on to your hand. Then you can't give the coronavirus to other people that way.



If everyone does these things, it will make a big difference!

WHAT ELSE CAN I DO?

Another important thing you can do is to be kind to the people that you live with. Things will be different and perhaps difficult for all of you.

If you live with brothers and sisters, you might sometimes find them annoying. But try not to fight with them.



If you live with grown-ups, maybe you can help them by doing what you've been asked to do or giving them a big hug.



If you are not at school, do your school work. It will help to keep your mind busy, so you won't be bored. And then, when you go back to school, you will have learned a lot!

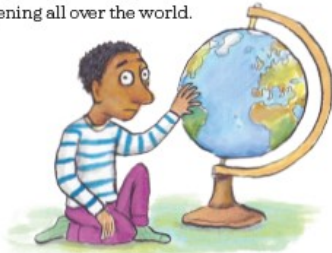
If you don't have a screen of your own, talk about how you can share screen time fairly with everyone who needs it.

Remember, grown-ups who live with you might have to do work as well. If they do, you can help them by not disturbing them when they are trying to work. Then they will be more likely to have time to do fun things with you. Maybe you could make a list of things that you would like to do with them.



WHAT'S GOING TO HAPPEN NEXT?

This is a strange time for everybody,
and it's happening all over the world.



But if we are all careful and we all stay at home, we are doing what we can to stop the coronavirus spreading. And that gives the scientists and doctors time to work out how to cure the illness and maybe stop people getting it altogether by using medicines and vaccines.

One day, quite soon, though nobody knows exactly when, you'll be able to visit people you love who don't live with you, play with your friends, go to school again and do lots of other things that you enjoy but that you can't do now.



**One day,
this strange time
will be over.**



**We did it
together!**



MORE INFORMATION FOR CHILDREN

If you want to learn more and keep up to date with news about the coronavirus:

CBBC Newsround

<https://www.cbbc.co.uk/newsround>

If you feel worried or anxious, here are some links to places that can help:

Childline

A free helpline that you can call any time to talk about any worries you might have.

Telephone: 0800 1111

They also have more advice here:

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus>

Young Minds

A charity which supports young people's mental health.

They have more advice on what to do if you are feeling anxious here:

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

MORE INFORMATION FOR PARENTS, GUARDIANS AND CARERS

British Psychological Society

Advice on talking to children about illness

<https://www.bps.org.uk/news-and-policy/advice-talking-children-about-illness>

Contact

Coronavirus information for parents of disabled children

<https://www.contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children/>

The National Autistic Society

Coronavirus resources for autistic people and families

<https://www.autism.org.uk/services/helplines/coronavirus/resources>

The Samaritans

Free 24-hour support helpline

Telephone: 116 123

<https://www.samaritans.org/>

Unicef

What you need to know about the virus to protect you and your family

<https://www.unicef.org/coronavirus/covid-19>



HELPING THE NHS

Doctors, nurses, ambulance drivers and all the other people who make up the health service in our country do an amazing job every day, but are working especially hard while people are getting ill with the coronavirus. If you would like to donate some money to help them, you can do so here:

<https://www.nhscharitytogether.co.uk/>

ABOUT THE PUBLISHER

Noisy Crow is an award-winning, small, independent children's book publisher. We made this free digital book because we felt that children and parents might find it useful. We publish lots of different kinds of books for children aged 0-12. You can find out about them here:

www.noisycrow.com



Corryong College NEW Jacket / Vest Order Form



Parents are now able to place orders for the purchase of the Corryong College puffer jacket and vest. The jackets and vests are an additional uniform option for students to stay warm this winter. The jackets and vests come in a wide range of sizes.

Type	Cost	Available Sizes			
Kids Puffer Jacket	Jacket \$55	year 6-8	year 8-10	year 10-12	year 12-14

***Please note there are no vests available in kids sizes.**

Type	Cost	Available Sizes						
Women's Puffer Jacket & Vest	Vest \$55	8	10	12	14	16	18	20
	Jacket \$65							
Men's Puffer Jacket & Vest	Vest \$55	S	M	L	XL	2XL	3XL	5XL
	Jacket \$65							

I _____ would like to place an order for the following items **(please note payment must be made on the return of your order form for your order to be processed).**

Student Name	Kids Jacket	Women's Jacket	Women's Vest	Men's Jacket	Men's Puffer Vest	Total
						\$
						\$
						\$
Total						\$

***please indicate your size in the box**

Orders will be placed on Monday 27th April, therefore this order form is due back no later than **Friday 24th April. (week 2 Term 2)**



Information for Parents and Carers



Changes in young people

Young people can go through many different changes as they grow up. Raising sensitive issues and resolving problems that arise along the way can be challenging for them.

It can often be hard as a parent to know the difference between normal behaviour, such as

occasional moodiness and irritability, and an emerging mental health problem.

If a young person develops a mental health problem it is important that they get support from both their family and friends and health professionals.



The information in this fact sheet is designed to help you better understand mental health and what you can do to support young people who might be going through a tough time.



Mental health and mental health problems in young people

Good mental health is about being able to work and study to your full potential, cope with day-to-day life stresses, be involved in your community and live life in a free and satisfying way.

A young person who has good mental health has good emotional and social wellbeing and the capacity to cope with change and challenges.

Feeling down, tense, angry, anxious or moody are all normal emotions for young people, but when these feelings persist for long periods of time, or if they begin to interfere with their daily life, they may be part of a mental health problem. Mental health problems can also influence how young people think and their ability to function in their everyday activities, whether at school, at work or in relationships.

If you think you know a young person whose mental health is getting in the way of their daily life, it is important to let them know you are there to support them.



Warning signs

Most parents can tell when something is out of the ordinary, but there are also signs that suggest a young person might be experiencing a mental health problem. These are new, noticeable and persistent changes in the young person, lasting at least a few weeks, including:

Not enjoying, or not wanting to be involved in things that they would normally enjoy	Changes in appetite or sleeping patterns	Being easily irritated or angry for no reason	Their performance at school, TAFE, university or work is not as good as it should be or as it once was
Involving themselves in risky behaviour that they would usually avoid, like taking drugs or drinking too much alcohol	Experiencing difficulties with their concentration	Seeming unusually stressed, worried, down or crying for no reason	Expressing negative, distressing, bizarre or unusual thoughts

Information for Parents and Carers



Changes in young people

Young people can go through many different changes as they grow up. Raising sensitive issues and resolving problems that arise along the way can be challenging for them.

It can often be hard as a parent to know the difference between normal behaviour, such as

occasional moodiness and irritability, and an emerging mental health problem.

If a young person develops a mental health problem it is important that they get support from both their family and friends and health professionals.



The information in this fact sheet is designed to help you better understand mental health and what you can do to support young people who might be going through a tough time.



Mental health and mental health problems in young people

Good mental health is about being able to work and study to your full potential, cope with day-to-day life stresses, be involved in your community and live life in a free and satisfying way.

A young person who has good mental health has good emotional and social wellbeing and the capacity to cope with change and challenges.

Feeling down, tense, angry, anxious or moody are all normal emotions for young people, but when these feelings persist for long periods of time, or if they begin to interfere with their daily life, they may be part of a mental health problem. Mental health problems can also influence how young people think and their ability to function in their everyday activities, whether at school, at work or in relationships.

If you think you know a young person whose mental health is getting in the way of their daily life, it is important to let them know you are there to support them.



Warning signs

Most parents can tell when something is out of the ordinary, but there are also signs that suggest a young person might be experiencing a mental health problem. These are new, noticeable and persistent changes in the young person, lasting at least a few weeks, including:

Not enjoying, or not wanting to be involved in things that they would normally enjoy	Changes in appetite or sleeping patterns	Being easily irritated or angry for no reason	Their performance at school, TAFE, university or work is not as good as it should be or as it once was
Involving themselves in risky behaviour that they would usually avoid, like taking drugs or drinking too much alcohol	Experiencing difficulties with their concentration	Seeming unusually stressed, worried, down or crying for no reason	Expressing negative, distressing, bizarre or unusual thoughts



ON-SITE SCHOOL INTENTIONS FORM

Weeks effective Monday 27th April to Friday 8th May (inclusive)

Family Name	First Name
Daytime Phone No.	Email Address
Emergency Contact Name:	Emergency Contact Ph:

Specific to this supervision period

Reason for attending on-site schooling* (please provide a brief explanation)	
My child is unable to work from home	<input type="radio"/>
I am not able to supervise my child at home and no other arrangements can be made	<input type="radio"/>
My child has been identified a vulnerable child:	<input type="radio"/>
Other (please describe)	<input type="radio"/>

I intend to send my child to school on the following days as I am unable to arrange any supervision (please indicate morning and/or afternoon schooling):

	Monday 27 th April		Tuesday 28 th April		Wednesday 29 th April		Thursday 30 th April		Friday 1 st May	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
TERM 2										
WEEK 3 (27 April - 1 May)										
Student Name/s										

	Monday 4 th May		Tuesday 5 th May		Wednesday 6 th May		Thursday 7 th May		Friday 8 th May	
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
TERM 2										
WEEK 4 (4-8 May)										
Student Name/s										



Signature and Name		Date
--------------------	--	------

Please return this form to Corryong.p12@edumail.vic.gov.au with 'attendance' in the subject by Wednesday 22nd April 2020.

48 hour notice (where possible) must be given if the above changes so supervision arrangements can be made. Thank you for your support.