

Keeping In Touch

20th November 2020

Dear Parents and Carers,

Year 12s are in their last weeks of VCE exams. We continue to wish them well and congratulate them on their dedication and resilience.

Word will continue to come from Year Level Leaders regarding end of year events. This is difficult with COVID restrictions and the department guidelines. We thank you for your support and understanding.



Resilience Coaches at Corryong College

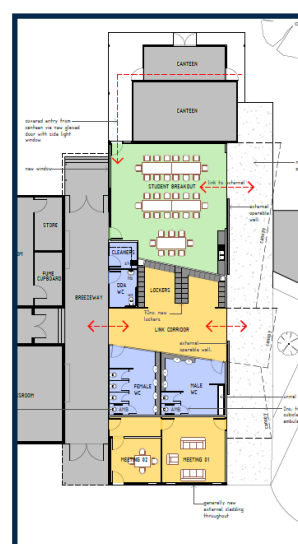
Join me in welcoming Leah and Meagan to our Corryong College community. Meagan and Leah are Resilience Coaches with the Department of Education's Trauma Recovery Team. They are both Social Workers able to provide support, information and referrals for students after the many challenges we've faced in 2020 including the summer's bushfires and COVID 19. They recognise that the impact from these events can be felt for a long time afterwards at school and at home, and have a range of skills and resources to support students and families. Meagan and Leah will be at school every Wednesday, and can be contacted via Pauline Taylor or a trusted teacher.

ECA Centre Upgrade and B Block Refurbishment

The College is grateful for the work that will occur in the ECA Centre and B Block toilet/locker areas. The ECA centre will see upgraded toilets and change rooms that best utilise the space to support the needs of our students. Following the original master plan, there will be potential to build a new stage and canteen/kitchen area off the ECA centre. The concept design will ensure this possibility is not eradicated.

B Block toilet and locker bay areas will see quite a change. This will see the interior walls stripped and the repurposing of space to include an indoor eating area for students, redesigned locker bays, meeting room, new cleaners storeroom, and new toilets catering for boys, girls, unisex and disabilities.

We are currently negotiating the concept plans which you can view on the next page in better detail. If you wish to give us feedback, please do so by Wednesday 25th November via our college email; Corryong.co@education.vic.gov.au and attention to me.



Learn through Play - Nudel Kart for Corryong College

Our students will have the amazing experience of exploring the Nudel Kart in the 2nd last week of this term. The Nudel Kart facilitates a tactile play station that promotes cooperation, negotiations, problem solving skills and the development of self confidence. Moving from social media and technology this is a great opportunity for our children to explore play as a learning platform. I would like to thank School Council President Nic Martin, prior Parents Club President Sarah Whiteley and Parents Club Member Kim Tight for the drive behind this initiative as well their drive to support the funding of the F-4 Early Years Hub play areas. View www.nudelkart.com for great insight.

Parent Payments for 2021

- Next week the Parent Payment information for 2021 will be sent to all families via Xuno.
- Current Foundation to Year 6 Students – Please note that your essential items stationery pack will be attached on Xuno. For parents of students who received SSR funding (Semester 1 2020 enrolled students), we encourage you to give your consent to have the payment taken out of your SSR Essential Items fund. Details will be within the letter sent home.
- Year 7 – 12 Students. Your information has been sent home encouraging you to order 2021 books from Yorke Education Supplies and stationery either from Yorke or Corryong Newsagency. Orders are to be done directly through the companies. Corryong College can reimburse the funds from your child's SSR funding. A tax receipt must be supplied. Phone the office to see your child's SSR balance. Reimbursement form attached.
- Voluntary Fees of \$160.00 per family (as endorsed by School Council) will be on your family statement during Term 1 2021. All other optional costs eg Camps, curriculum related costs and music programs etc will be advised as required.

2020 Annual Implementation Plan goals update

This year with fires and COVID19 our AIP (Annual Implementation Plan) goals have been set back a little but definitely not forgotten. The college staff and School Council have unpacked the evaluation of goals which some of these goals will extend into 2021. This will include the implementation of learning walks that focuses on feedback acquired from students to gauge our own teaching practice. 2021 will see focus around continuation of learning walks and increased student agency. Government funding has also seen the increase in literacy and numeracy support initiatives and will also see the introduction of the 2021 tutor program. Also in 2021 we will see the implementation of the School Wide Positive Behaviour Support program. This will see the college community instilling our shared belief and understanding through our vision and values in our every day actions. To commence this the college staff will be joining in a two day training program Tuesday 15th (Pupil Free Day) and Wednesday 16th of December. During this time an alternate program will be put in place.

Warm regards,

Fran Heath

College Principal

CALENDAR OF EVENTS Term 4, 2020

Mon 23rd Year 8 Bogong Prep Camp	Tues 24th Year 8 Bogong Prep Camp	Wed 25th	Thurs 26th Outdoor Ed Bush Walk/Kayak VCAL Industry Experience	Fri 27th Outdoor Ed Bush Walk/Kayak Year 11 Presentation Day Year 11 Students Last day
Mon 30th Year 10 Head Start Year 9 Alternative program	Tues 1st Dec Year 10 Head Start Year 9 Alternative program	Wed 2nd Year 10 Head Start Year 9 Alternative program Tough Mudder	Thurs 3rd Year 10 Head Start Year 9 Alternative program	Fri 4th Year 10 Head Start Year 9 Alternative program Year 12 Graduation Year 10 Presentation Year 10 Students Last Day
Mon 7th Year 9 Alternative program School Council Meeting 6pm	Tues 8th Year 9 Alternative program	Wed 9th Year 9 Geehi Camp	Thurs 10th Year 9 Geehi Camp	Fri 11th Year 9 Geehi Camp Foundation—Year 9 Presentation (Students only)
Mon 14th Year 7 Immunisation	Tues 15th Pupil Free Day	Wed 16th	Thurs 17th	Fri 18th Last Day of Term 2.30pm



Tim Cope

Adventures with Tim Cope

Recently the Grade 5/6 students studied Tim Cope's novel, *Tim and Tigon*. During this study the students wrote to Tim as part of a Reading Adventure Writing Blog. Tim was impressed with the responses from the students. We were lucky enough to meet virtually with Tim to ask questions and hear about his amazing adventures. The Grade 5/6 students enjoyed being able to meet the real life person behind the novel and documentary. As articulated by Cecilia Paton, 'I loved meeting Tim Cope, it was something to remember.'

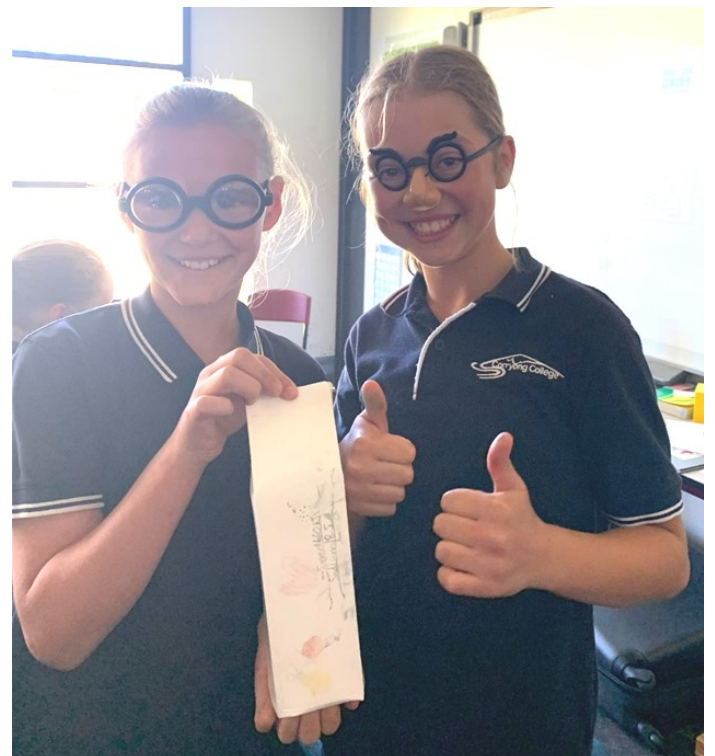


Cows Create Careers 2020

This year, the Grade 5/6 students have participated in a virtual Cows Create Careers Program. On Tuesday the 10th of November we joined several schools across the state in a celebration. This included games, guest speakers and prizes. Tess Paton said, 'I loved seeing all the different students having a laugh. I also loved all the fun activities.'

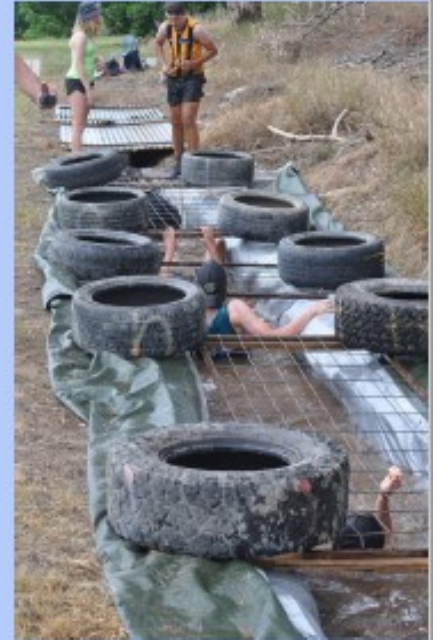
Throughout remote learning, several students created exceptional video presentations promoting the advantages of dairy farming as a career. This included interviews with dairy farmers, photography and Lego creations.

Sally Roberts, Lead – People at Dairy Australia said, "It is encouraging to see students passionate about Cows Create Careers and Australia's vibrant dairy industry. The aim of Cows Create Careers is to increase the students' awareness of the diversity of educational pathways and career opportunities in Australia's dairy industry. Through the project, students learn about the different skills required in the dairy industry in a fun and hands-on way."





TOUGH MUD



Corryong College Tough Mud, being held
on the 2nd of December.

Be sure to come along for some
muddy fun

Now with new obstacles as well as
your old faves!



CORRYONG COLLEGE

APPLICATION FOR REIMBURSEMENT THROUGH STATE SCHOOL RELIEF SUPPORT (SSRS)

State Schools' Relief.

This support covers \$250.00 for uniform and \$250.00 for books and stationery and other essential items for school. Corryong College provides school uniforms except for school shoes however the SSRS also covers school shoes. If you purchase school shoes please complete this document providing Bank details and the original tax invoice attached for reimbursement.

Students Name: _____

Banking Details:

BSB: _____

Account Number: _____

Name of Account: _____

Signed: _____ **Dated:** _____

Office use:-

Purchase order No:-

dated:-

Approved:-

VCAA EXAM TIMETABLE CORRYONG COLLEGE 2020

VCAA EXAM TIMETABLE CORRYONG COLLEGE 2020			
Monday 23rd November	9am - 11:45am Chemistry		
Tuesday 24 th November	9am - 11:45am Physics		
Wednesday 25 th November		11:45am – 2pm Geogra- phy	3pm – 5:15pm Physical Education
Thursday 26 th November	9am - 10:45am VET Engineering Studies		
Friday 27 th November	9am-10:45am Studio Arts		
Tuesday 1st December		11:45am - 2pm Indonesian Second Lan- guage	

limit alcohol and other drugs

(to help your headspace)



"When I started I could have a few drinks and just have a good time. But that developed into getting absolutely smashed. And blacking out. It started to dawn on me that not everyone was drinking as much as me."

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

When you limit alcohol and other drugs you can clear your mind, improve your energy, and boost your motivation. And, you have a better chance of keeping your headspace healthy!

Drugs, alcohol and your mood

Alcohol and other drugs can seem like a normal part of life for many young people. We totally get it – it can be fun, lift your mood and boost your confidence.

But the issue is that these substances can also seriously harm your headspace. When the high wears off, the after-effect can leave you feeling worse than before. Anxiety can increase, your mood can drop and any difficulties with family or friends can be harder to manage.

If you've been struggling, it's a good idea to look at whether your alcohol or drug use is playing a part.

In fact, cutting back on alcohol and other drugs can be one of the most important things you can do for your headspace – but it isn't always easy. If you're having trouble quitting, or you want some help or advice, you should speak to your doctor or contact us here at headspace.

Here's how reducing, or cutting back on, alcohol and other drugs can improve your headspace. It can

- keep your mind alert
- reduce the side effects of hangovers and come downs
- improve your motivation
- improve your sleep.

Ask an expert – how can I reduce my alcohol and other drug intake?

Professor Yvonne Bonomo is an Alcohol and other Drugs expert from St Vincent Hospital.

- Start by working out how alcohol or other drugs are impacting your life. Ask yourself: "Have I been anxious or upset more than usual? Could this be related to my alcohol or other drug use?"

- Start slow. Try beginning with a short break (try a few days, then a week, then a month). This will help you reset and see the impact it's having.
- Be patient. It might take a few days before you start to see positive changes, so be patient and give your body and mind time to reset.
- Stay healthy. When you cut back it's normal to struggle and feel a little off, so look after yourself – eat well, do a little bit of exercise, spend some time with people you care about.
- When an urge comes up try to sit with it. Recognise: "OK, this urge usually happens before I drink or use drugs, but this time I'm not going to act on it." This takes a bit of practice, but the more you do it, the easier it becomes.
- Don't be too hard on yourself. Whether you're cutting back or quitting, it's normal to have ups and downs. Lapses are common. Remember it's a process and you learn every time you try again.



"After a particularly rough period, I was introduced to headspace. I spoke with a young counsellor who was just really helpful. He was aware of the issues that young people face. He told me how important it was to reduce my intake and have a strong support network around me."

I built my support network out from just headspace and included my family and girlfriend. It hasn't been an easy process. But my support network has been so helpful."

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

Healthy habits

When you're feeling low or stressed it's important to put healthy habits in place that build your emotional strength – to prepare yourself for riding life's ups and downs.

Taking steps to cut back on drugs and alcohol is a really important step in helping keep your headspace healthy, but it's not the only thing. Focusing on exercise, sleeping well, and spending time with people you care about – are also important in achieving all-round good mental health.



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



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



CORRYONG OP SHOP VOLUNTEERS

Thank you for your interest in supporting the Op Shop as a volunteer.

Our Op Shop supports our three local schools by providing regular, much needed funds for equipment that would not be purchased through the general budget, while providing a service to the wider community.

Please fill out your details below:

Name:

Address:

Phone: Email:

School Representative Name: Contact Number:

Please indicate below in what way you would like to be involved (Tick all relevant boxes)

- ☐ Working in the shop - shop
- ☐ Working in the shop - sorting
- ☐ Rag cutting
- ☐ Committee member
- ☐ Emergency relief (your name and phone number would appear on the roster)

Your preference for work: ☐ I like to work alone ☐ I like to work with others

What is your availability? (Tick all relevant boxes)

- | | | | |
|-----------|----------------------------------|------------------------------------|---|
| Monday | <input type="checkbox"/> Morning | <input type="checkbox"/> Afternoon | <input type="checkbox"/> Once a week |
| Tuesday | <input type="checkbox"/> Morning | <input type="checkbox"/> Afternoon | <input type="checkbox"/> Once a fortnight |
| Wednesday | <input type="checkbox"/> Morning | <input type="checkbox"/> Afternoon | <input type="checkbox"/> Once a month |
| Thursday | <input type="checkbox"/> Morning | <input type="checkbox"/> Afternoon | <input type="checkbox"/> Bi-monthly |
| Friday | <input type="checkbox"/> Morning | <input type="checkbox"/> Afternoon | <input type="checkbox"/> Other |
| Saturday | <input type="checkbox"/> Morning | | |

Please indicate any special requirements; for example, "I would like to work with..."

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Thank you for your interest. Any enquiries should be directed at Susanna Hamalainen, Op Shop Coordinator
Ph: 0459 991 884 or by email: opshopcorryong@gmail.com