

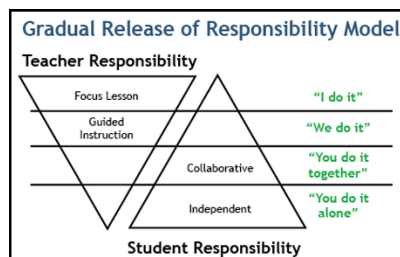
Keeping In Touch

23rd October 2020

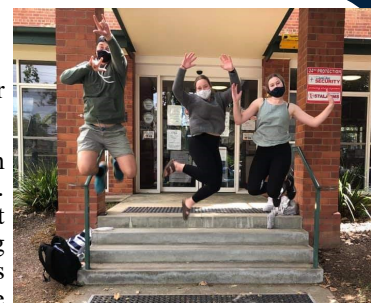
Dear Parents and Carers,

We wish our Year 12's the best of luck as the end of year exams have commenced with our Indonesian students being the first in line for their oral assessment on Wednesday.

Whilst this year has been far from normal it hasn't stopped our staff working hard in continuously striving for excellence in student outcomes and whole school improvement. This year, one of our goals was to develop stronger curriculum documentation where explicit



instruction was evident and consistent through teaching practice. Having clear Learning Intentions and Success Criteria for students allows them to understand the purpose for their learning and what success looks like. Here at Corryong College, we implement gradual release of responsibility. This is based on the I do, we do, you do, method. In brief; 'I do' presents explicit teaching through modelling, 'we do' strengthening the learning through guided practice, and 'you do' whereby student carry out the work in collaborative groups or independently. When students require support, the 'we do' is repeated or done via a different method that best develops understanding. In each subject or year level we want students to continuously develop their skills to be confident life-longer learners.



We have worked hard to ensure our literacy and numeracy skills for all students continue to be evidence-based for success and for ALL students. MSL and W2R moves our children forward in their literacy and is incorporated through our intervention programs that include one-to-one support, small groups and flow into classroom practice. This creates smooth transition for all students. Multi Sensory Structured Learning was originally developed specifically around the needs of those with dyslexia. Its strategies and development is not only based in neurological research but also evidences academic success. This practice was initially taken on by our early years (F-4) staff and is now moving through Year 5-6 and secondary years. The future goal is for all students to have the tools to navigate and completely understand the 70 codes of the English language. W2R (Write 2 Read) works hand in hand, also with the use of the codes, and is the starting point in our staff training.

This year we have created the Learning Support Team which includes our Assistant Principal - Teaching and Learning (Mrs Chrissie McKimmie), Literacy Intervention and MYLNS-Literacy Improvement Teacher (Miss Sarah Austin) and Numeracy Intervention and MYLNS-Numeracy Improvement Teacher (Mrs Vicki Kane) who meet weekly to review whole school student data to inform the continuation of ever-improving intervention and learning support strategies.

Our PLCs (Professional Learning Communities) made up of the subject domains and year groups; F-6 Putting Faces on the Data, Maths/Science, English/Humanities/LOTE, and Arts/Tech staff groups. These collaborative groups analyse the data from student assessment to develop common action plans and improvement strategies that are written into curriculum and implemented into classroom practice.

In all of this, the academic development is balanced with the continuation and implementation of social and emotional learning within the classroom and through highly skilled facilitators. Pauline Taylor in her counselling and wellbeing officer role has been the driving force that has allowed the Year Level Leaders to review their year groups needs and program that fits best. Rhythm to Recovery, currently in the early years hub, delivers a therapeutic program that utilises fun and engaging rhythmic musical activities to support emotional development. This is based on the latest research in neuro-science.

The tradition of Healthy Harold has continued to educate students on health eating and the human body.

Tomorrow Man and Tomorrow Woman commences in the near future for our Year 10 and 11 students. Tomorrow Woman 'aspires to reignite girls with their innate voice, empowering them to confidently express their needs and opinions in the moments that matter'. Tomorrow man explores how 'men can look after themselves, their mates, and families better while carving their own vision of the Aussie man'.



Opportunities for the remaining year groups are currently in the pipeline.

For a small group of interested students, they had the opportunity to build confidence in working with others with the support of Rotary in setting up an outdoor cinema. Opportunities for this group to set up the same system at the college is now available. We thank Corryong Health and Rotary for their partnership, for this great opportunity.

Wishing you all a great long weekend and the backing of the winning team!

Fran Heath

Corryong College Principal



CALENDAR OF EVENTS Term 4, 2020

Mon 26th Victorian Police visit Library Career talkat luc	Tues 27th Outdoor Ed Year 9/10 Khancoban Dam	Wed 28th Athletics Carnival	Thurs 29th Year 10 & 11 Tomorrow Man - Woman	Fri 30th Year 12 - Last day of classes Outdoor Rec Year 11/12 Bushwalk
Mon 2nd November Pupil Free Day	Tues 3rd Melbourne Cup Day	Wed 4th Year 12 VCE Faulty Towers Breakfast	Thurs 5th Outdoor Rec Year 11/12 White Water Rafting	Fri 6th Outdoor Rec Year 11/12 White Water Rafting
Mon 9th School Council Meeting 6pm Parents Club AGM	Tues 10th VET Hospo revision lecture	Wed 11th	Thurs 12th	Fri 13th
Mon 16th	Tues 17th OM Year 7/8 Interschool Sports	Wed 18th	Thurs 19th OM Year 9/10 Interschool Sports	Fri 20th
Mon 23rd	Tues 24th	Wed 25th	Thurs 26th	Fri 27th Last day of term for Year 11 students

Parents Club AGM - Monday 9th November

Time and place to be determined.....

Stay tuned for further details

Any inquiries please phone Melissa Humphrey 0438 761374

Canteen News

The canteen will now be open at recess.

Please note current price increases:

Pizza \$3.00

Small Milk \$3.00

Large Milk \$3.50

Small OJ \$2.00

Medium OJ \$2.50

Large OJ \$3.50



A big thank you to Corryong Newsagency for the very generous donation of books for every student from Foundation to Year 6 to help celebrate Book Week.



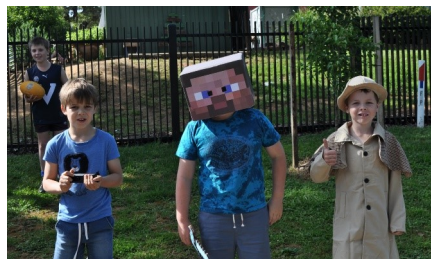


On Tuesday, the Year 5/6's were able to travel out to the Colac Colac to take part in the Landcare revegetation project.

The students got on their old shoes and trudged around in mud planting a variety of native grasses and small shrubs to help build back the diversity of plant life needed to support our native wildlife.

The kids then explored along the bike path where they looked at the way the bush is regenerating after the bushfires.





Bookweek

Wild Creatures & Curious Minds



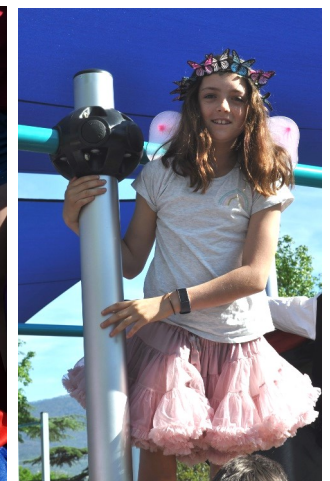


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6



CORRYONG COLLEGE PRESENTS



ATHLETICS



CARNIVAL 2020

WEDNESDAY 28TH OCTOBER

DARE TO DREAM

CANTEEN AVAILABLE

Year 8 Creative Writing Challenge - Poems

Poem - New Normal

Well twenty-twenty has been something else
Just left everyone to fend for themselves
I swear it tried every trick in the book
Threw anything it could to wipe us out for good
Yet here we are, still standing somehow
Though everything looks so different now
This year has for sure taken the biggest blow
With heartbreaking fires and a virus in tow
Don't know how some people have coped on their own
I'm thankful for the things that made us feel less alone

Masks, social distancing, isolation, quarantine
Sanitise everything and keep our hands clean
This has become our new reality
Maybe too much for some people's sanity
It has affected everyone in its own little way
Some prefer the online world and wish it stays the same
But for some, it's been hard to take control
To even get out of bed could be their ultimate goal
Let alone sit at a computer or submit a task
But surely it couldn't be that much to ask?

Though over time we find a way to get through
To support the differences between me and you
Because no two people are ever the same
We are each our own person, whom we have become
And that is something we should always be proud of
No matter how hard we have to fight our own battles
But I know together we will all be stronger
And maybe make the good times last a little longer
So I guess now we could say here's to twenty-twenty one
And let's just hope the new year brings nothing other than fun

From Sarah Jarvis (8A)

Our new normal Poem

Maybe this is for a reason,
Maybe we need a rest,
Sit down and calm down,
Maybe this is for the best.
We know our world needs a break,
Our economy is going down,
No new clothes or shoes,
Everyone is wearing a frown.
You look around and see sadness,
Maybe we can gather together,
Not in physical form, but maybe that's for the better.
We can keep people safe
Together we will get past,
People are getting sick,
So please wear a mask.
Donald Trump didn't believe,
Look where he is now,
Things are getting too political,
With no one protecting up we can't allow,
People pretend everything is fine.
Some people have no rights,
Racism is real we need it to stop,
We can't just turn off the lights.

Stay safe

Stevie J Ellis (8B)

ART COMPETITION

2020



Draw, paint, build or construct.



Student leadership along with the art department want to brighten up the world and showcase your masterpieces!

Prizes To Be Won In Each Category:

Years F - 4 'My Favourite.....'

Make an artwork of your favourite person, toy, animal or pet.

Years 5 'Tim and Tigon.'

Make an artwork of a Mongolian landscape, a horse, dog or a great adventure.

Year 6 'Australia.'

Make an artwork that represents Australia to you.

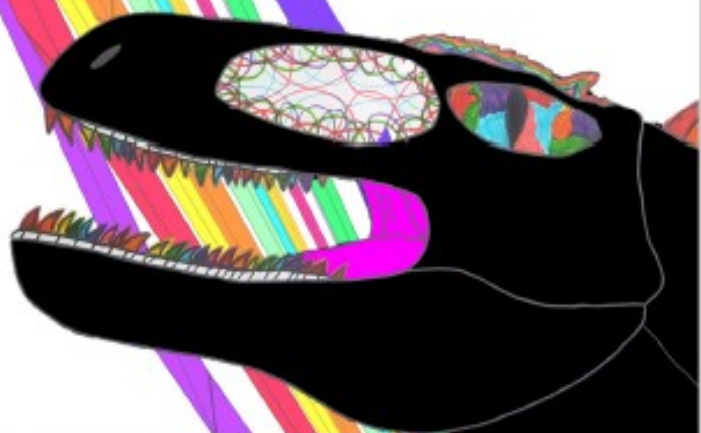


Years 7 - 12 '2021.....'

Make an artwork that represents 2021 for you.



Submission of Entry: WEEK 4
Virtual Exhibition: WEEK 6





Dr Rob Gordon

Supporting our children

We are living in unprecedented times, and it can be especially challenging as parents, caregivers and educators to know how best to support the children and young people in our lives.

None of us have lived before through such a complex period, from kids experiencing the transition back to face to face classroom learning after so long away, to anxiety and stress around COVID19, the long journey of bushfire recovery, potential of the coming disaster season and the looming anniversary of last year's devastation.

Please join Australian Red Cross Disaster Recovery Advisors and Mentors Australia (DRAMA), as we host disaster recovery expert **Dr Rob Gordon** for a special, child-focused, Victorian community forum. He will talk us through understanding how best to support our children and young people through this challenging period, and respond to community queries and concerns.

In the meantime, please feel free to read resources supporting children on the Red Cross website; [Helping Children and Young People Cope](#) and [Parenting: Coping with crisis](#)

Online via Zoom - Please register by clicking on the below webinar link:

Thursday 29 October 4:00pm - 5:00pm (ADST):

https://zoom.us/webinar/register/WN_KNgBRFpPSkG0ilXn1FKkiA

Please send your questions for Dr Rob through to recovery@redcross.org.au

redcross.org.au

follow us



the
power of
humanity





BUSHFIRE RECOVERY IN Corryong

The Corryong Community Recovery Committee (CCRC) has been formed to give a voice to the broad views and recovery goals of all community members in Corryong and surrounds and to liaise on their behalf with Towong Shire Council, Bushfire Recovery Victoria, local service organisations and government agencies to address the priorities to 'future proof' our community. We will provide help to existing community groups and organisations to formalise their priorities and achieve their funding and project goals.

YOUR IDEAS: That's why we want to hear from you about your priorities for our town. Tell us below what your area(s) of interest are and what project(s) you would like to be considered as part of the Corryong recovery plan (attach more information if necessary).

FIRE PREPAREDNESS SURVEY

1. Do you feel properly prepared for the coming fire season?

Yes ☐ No ☐

2. What information or support are you lacking?

ABOUT YOU:

Gender Age (eg. <20, 20s, 30s etc)

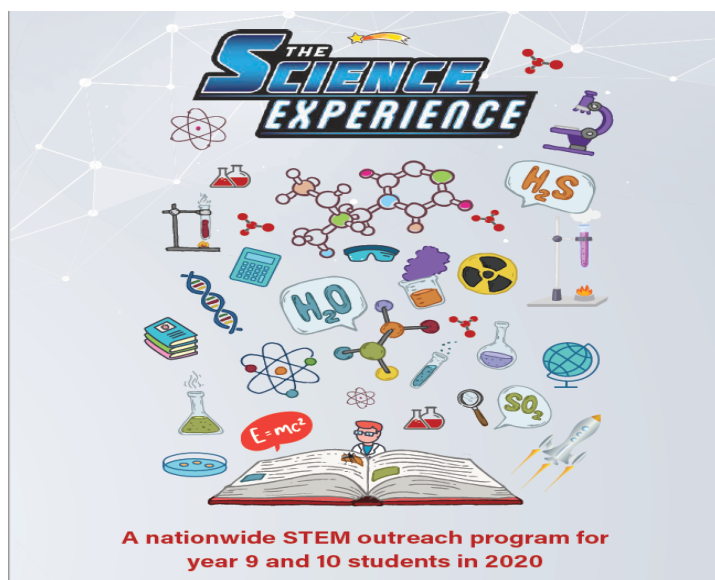
Optional: Your contact details if you want to become involved on the committee or with a particular project:

Name Ph:

Email:

Place your response in the dropbox at the Corryong Post Office or Corryong Neighbourhood Centre or complete the online survey at www.surveymonkey.com/s/D7LMDYX. Survey closes Friday October 23rd, 2020.

30th.



As we recover from the second wave of COVID in Victoria some opportunities are becoming available to students. One is called "TheScience Experience". Universities all over Australia offer three- or four-day camps to explore many different types of Science programs. Two that are now open for students are an experience at Queenscliff in Marine Biology and at three-day program at Melbourne University to have a taste of many different Science topics offered at this Uni. This is not a school excursion, but we encourage you to explore this program as it may help your child discover an interest for a potential job or help with choices in VCE. To find out more and apply to the camps please visit <https://www.scienceexperience.com.au/>

VCAA EXAM TIMETABLE CORRYONG COLLEGE 2020

VCAA EXAM TIMETABLE CORRYONG COLLEGE 2020			
Wednesday 7 th October	9am – 1:15pm GAT		
Tuesday 10 th November	9am - 12:15pm English		
Wednesday 11 th November		3pm-5:15pm History: Revolutions	
Thursday 12 th November	9am – 11:45am Psychology		
Friday 13 th November	9am - 11:45am Biology		2pm - 3:45pm Further Mathematics 1
Monday 16 th November	9am - 10:45am Further Mathematics 2		
Tuesday 17 th November	9am - 10:15am Mathematical Methods Exam 1		
Wednesday 18 th November		3pm - 5:15pm Mathematical Methods Exam 2	
Thursday 19 th November		11:45am-1:30pm VET Hospitality Visual Communication	3pm - 5:15pm Health and Human Development
Friday 20 th November	9am-10:45am Product Design and Technology		
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	

Corryong College Canteen Price List – Term 4 2020

Everyday specials - Please order items for lunch prior to recess. If you order you will get what you want without the wait. Please feel free to ask for changes or ingredients to be left off.

Sandwiches and Rolls	<u>Sandwiches</u>	<u>Rolls</u>
Buttered Roll		\$1.50
Ham /Chicken	\$3.50	\$4.00
Ham/Chicken with Salad	\$4.50	\$5.00
Salad	\$4.00	\$4.50
Egg	\$3.00	\$3.50
Vegemite	\$2.50	\$3.00
Cheese	\$2.50	\$3.00
Salad Tub		\$4.50
Salad Tub with Chicken/ ham & egg (Gluten & Dairy Free available)		\$5.00
Ham and Cheese Croissant		\$3.50
Toasties (choice of fillings)		\$4.00
Pies/Sausage Roll		\$3.00
Toasted Focaccia's & Wraps		\$6.00
(Choice of fillings (ham, chicken, salami, cheese, baby spinach, marinated capsicum, roasted pumpkin, mushroom, tomato, onion & feta)		

Treats

Choc Chip Muffin/ Cakes/Donuts	\$2.50	
Piece of Fruit (Seasonal)	\$1.50	
Yoghurt Tub	\$3.00	
Chips	\$2.00	Junior \$1.50
Pringles	\$3.50	
Corntos	\$0.80	
Large Cookie	\$3.00	

Drinks

Milk (Chocolate, Strawberry, Iced Coffee)	Sml \$3.00	Lge \$4.00	
Juice (Orange, Apple, Orange & Mango)	Sml \$2.00	Med \$2.50	Lge \$3.50
Water Active	600ml \$2.00	750ml \$3.00	
Slushie	\$2.50		

Canteen Daily Specials 2020

MONDAY - CHICKEN BURGER \$5.00 NACHO'S \$3.50 GEMS \$3.50

TUESDAY - BUTTER CHICKEN & RICE \$5.00, WEDGES \$3.50

WEDNESDAY - LAMB WRAP \$5.00 BLT ROLL \$5.00, PIZZA \$3.00, WEDGE'S \$3.50

THURSDAY - PASTA BOLOGNESE \$5.00 GEMS \$3.50

FRIDAY - CHILLI CHICKEN WRAPS \$5.00, MINI PIZZA \$3.00, CHICKEN NUGGETS & SALAD \$4.00, NACHOS \$3.50

sleeping well for a healthy headspace





"After making small changes to my routine I really noticed the positive benefits of quality sleep. I feel brighter, more optimistic, and energetic when I sleep well."

May Lyn, hY NRG member
(headspace Youth National Reference Group)

Getting the right amount of quality sleep can give you more energy, improve concentration, help you better deal with stress and, you guessed it, keep a healthy headspace!

Sleep and your mood

Quality sleep is like a mental health superpower.

When you get enough sleep it's easier to manage your emotions, you have more patience and you deal with stressful situations better. Also, you reduce your risk of mental health challenges in the future!

Yet, it's so common to struggle to sleep. That's because your sleep can be impacted by many things – from the food you eat to feeling worried or anxious and even using your phone before bed.

So... how much is enough? If you're aged between 12-17 then 8-10 hours sleep is ideal, while 18-25 year olds should try to get 7-9 hours.

Here's how those zzz's can improve your headspace. It can:

- give you more energy
- improve your memory, attention and concentration
- make you less likely to crave unhealthy snacks
- help you better deal with stressful situations.

Ask an expert – how do I sleep better?

Michael Gradisar is a sleep expert from the National Sleep Foundation. Here are his quick tips for improving your sleep.

- At least an hour before bed, switch from video games, YouTube and social media to TV or watching a movie.
- Lower the brightness on your phone and computer screens at night. Some have features where you can automatically dim and change the colour of your screens to help you prepare for rest.
- If you find it hard to wind down, try a mindfulness exercise like one from the Smiling Mind app.



- Try to sleep the same amount every night. An extra hour, every now and then, is fine – but any more can confuse your body clock.
- If you need to get up during the night try to avoid turning on bright lights and hop back into bed quickly.
- Avoid caffeine at least six hours before you go to bed.
- If you can, avoid napping during the day.



"For years, whenever I was feeling low and stressed I would stay up really late. It really affected my mental health."

I read about the link between quality sleep and mood so I decided to try to improve my routine. I began with small changes – aiming to be in bed before 11pm. And from about 9pm I would watch Netflix or read, instead of browsing the internet or chatting with friends online. Slowly my routine changed and now I really notice the positive benefits of quality sleep – I feel a lot brighter, optimistic, and energetic when I sleep well. And I'm more productive!

It can take a while to find something that works and things can get thrown out of whack. So it's important to be patient and flexible. Try different things and be kind to yourself."

May Lyn, hY NRG member
(headspace Youth National Reference Group)

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.

Getting a good night's sleep is one of these healthy habits, but it's not the only one. Things like exercise, eating well, and spending time with people you love also play an important role in 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..."

.....

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