

# Corryong College

## Keeping In Touch

26th June, 2020

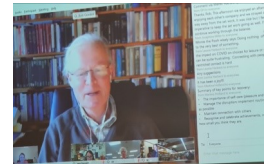
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Dear parents and carers,

We have made it! I would like to thank you all for your patience and support as we have navigated through this most extraordinary and challenging semester.

As you all are, the staff are exhausted and the children have definitely presented as weary in these last weeks. We have all gone above and beyond this semester. I would like to thank you all once again. Over this 2 week school holiday please take the opportunity to spend quality time with your children and family. Even if this can only be a short time, quality and attention to your children is crucial, especially at this post 6 month trauma period. Through these difficult times tolerance becomes jeopardised, families and children may be over reactive, withdrawn or grumpy. Rob Gordon's presentation this week to staff and a few parents made it very clear, the 6 month period after trauma is when the cracks begin to broaden. Remember from his first presentation, trauma impacts the processing of the brain. We can't function as well as we normally would. Remembering is difficult, multiple steps become challenging, our ability to retain information is minimal. The good news, with rest, this will one day come back at full speed but this takes time. Rob Gordon emphasised the following points you should all take on board. Make this holiday count as time for you, for your family, for the **togetherness** and **reconnection** of your home relationships. He stated:

- Make time for **self-care**; activities that give you **happiness** and **leisure**.
- Manage the disruptions; implement **routines** as much as possible
- Maintain **connections with others** (within COVID restrictions of course)
- Recognise and **celebrate achievements**, no matter how small you think they are.
- Take that really big deep breath before you respond to others...remember fatigue and extended periods of being in overdrive causes us to be much less tolerant than we would usually be. Ask yourself, is it really worth the stress that this will cause to others, myself or am I just responding through fatigue. This is the same for our children, they are exhausted.



Rob Gordon will return next term online for community and parent sessions. Further details will follow next term.



You will notice a few changes have commenced and will continue through the holidays. Towong Shire has been fantastic improving the service lane in front of the new F-4 building. This is to widen the road and allow safer parking as well as more manageable access for our buses. Please ensure when this is complete next term, you pull over right up to the kerb for our buses access.

**POST HOLIDAYS AND COVID** - If any restrictions impact the functioning or return to school, I will ensure you are kept informed. However, if you are travelling over the break, visiting families, I urge to be careful. Record where you go, therefore if a case is to break out in your visited location it is vital you take precaution and the necessary steps – be in contact with your local GP or Medical Centre. If you have visited a location where a case has been recorded, in contact with someone who has been affected, feel any symptoms or just not feeling too crash hot, we urge to please not return your children to school or visit the school. Thank you in advance. Keeping our children, staff and our community is priority.

**Kerrie Staun and Leonie Harbeck:** It has been really tough to put information out regarding Kerrie and Leonie's position post term 2. Their secondment ceases today and has been celebrated on a staff level. We can not thank them enough for up and relocating with 48 hours notice and ensuring each of our children and required families have been supported.

Over the break will see a recruitment process for an equivalent of their positions, however this will be shared over the area network (Ovens Murray Network). Whilst I am unable to give you details, please know that I am doing a lot of planning and implementing work with the Department Wellbeing Unit which will continue over the break to ensure the best possible outcomes for our children. Information will follow as confirmations come in. With this in mind, it has been vital to make the connections with our local hospital support (see previous KIT) to fill any gaps in support should there ever be, as well as ensure all students and families are getting the necessary support required.

I would like to take this opportunity to give a sincere thanks to the Wellbeing Team; Pauline Taylor, Kerrie Staun, Leonie Harbeck, Nigel Adkin, the Department support group as well as our local Corryong Health for their great support. The work that has been occurring across all year levels, classes, small groups, and one-on-one has been phenomenal. Rest-assure this will not back down, it may just look a little different. I do however, have some further exciting news for next semester that will soon be confirmed and announced next semester. Also many grant applications have been written and should be announced term 3 regarding resilience, wellbeing, respectful relationships and self confidence programs. Rest assure all wellbeing support processes and programs are constantly adapting and not awaiting funding opportunities but accessing all necessary resources and catering for our children's ever-changing needs.

**Teacher to rest and rebuild energy:** Your teachers have all been told to ensure they have a much needed break. Please respect this for all of our staff so we can fill those tanks again and ensure we are coming back ready for full steam ahead for term 3.

*Here's to you create those moments of happiness, reprieve, sunshine, energy and love. Do take care.*

*Fran Heath* - Corryong College Principal

## CALENDAR OF EVENTS Term 3, 2020

<b>Mon 13th</b>	<b>Tues 14th</b>	<b>Wed 15th</b> <b>School Photos</b>	<b>Thurs 16th</b>	<b>Fri 17th</b>
<b>Mon 20th</b>	<b>Tues 21st</b>	<b>Wed 22nd</b> <b>Outdoor Rec - Mayor Clew bike ride</b>	<b>Thurs 23rd</b>	<b>Fri 24th</b> <b>CFA Mt Beauty</b>
<b>Mon 27th</b>	<b>Tues 28th</b>	<b>Wed 29th</b>	<b>Thurs 30th</b>	<b>Fri 31st</b> <b>Outdoor Rec Geehi Bushwalk</b>
<b>Mon 3rd August</b>	<b>Tues 4th</b>	<b>Wed 5th</b>	<b>Thurs 6th</b>	<b>Fri 7th</b>



*Our little ones always know what's best....a good play in the sandpit or a quiet read. They have done so well to get through this semester.*

Headspace is seeking input from young people in your area as to how we can best support them following the 2019-2020 bushfires.

Young people aged 12-25: Let us know what headspace can bring to you that will help with yours and your communities recovery from the 2019-2020 bushfire season! We have a brief survey for you [https://www.surveymonkey.com/r/headspace\\_bushfires](https://www.surveymonkey.com/r/headspace_bushfires)  
Your input will help us to develop the right support for your needs.

Family, friends, and organisations supporting young people in your area:

We also have a short survey for bushfire affected families, friends and communities. Let us know what you think we could do to help young people find their way through recovery:

<https://www.surveymonkey.com/r/headspaceBFororganisations>



# Parents Club Meeting

Parents Club wish to advertise their AGM which will be held on the 7th of July at 7pm in the school Library.

Positions to be advertised:

- \* President
- \* Secretary
- \* Treasurer

Also, calling for general members of the parents club team.

All interested parties, please attend and for more information please contact Shar-

## Jess Martin takes up the nomination for Leadership Training!

Our own Jess Martin commenced her leadership training course in the last weeks of term 2. This is a fantastic opportunity offered to our girls by Cricket Victoria of which schools can nominate students they believe are ready for this intense course which consists of online, face-to-face modules (within restrictions) and goes over a lengthy period of time. Jess has jumped at this opportunity. Jess presents that innovation and responsibility we aim to live in our day-to-day lives through our college values; Respect Responsibility Innovation Learning. Well done Jess!



**Corryong College Council Meeting Dates:**

**The next meetings for Term 3 2020 will be Week 4 Monday 3rd August 6pm.**







# Cooking up a storm

STEPHANIE KITCHEN ALEXANDER GARDEN®  
National Program  
Growing Harvesting Preparing Sharing

"Even though covid restrictions are here, the students still want to cook even if it means extra cleaning and sanitising. We have been cookie decorating, exploring wedding food and the Asian cuisine, and most importantly having a few end of term sweet







# SCOOTER WORKSHOP

**Learn new skills and tricks with Al's Skate Co!  
A FREE PROGRAM**

**TUESDAY 7 JULY, 2020**

**TALLANGATTA SKATE PARK**

**10.00AM TO 10.45AM**

**11.00AM TO 11.45AM**

**Please call Council to register on 6071 5100**

**CORRYONG SKATE PARK**

**2.00PM TO 2.45PM**

**3.00PM TO 3.45PM**

**Please call Council to register on 6076 2160**

**For children aged 6+  
Limited to 10 participants per workshop  
BYO: Scooter, Helmet, knee & elbow guards.  
Waiver to be completed**

**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:**\_\_\_\_\_

**Amount claiming:**\_\_\_\_\_

**Signed:**\_\_\_\_\_ **Dated:**\_\_\_\_\_

**Office use:-**

**Purchase order No:-**

**dated:-**

**Approved:-**