

Keeping In Touch

28th August 2020

Dear Parents and Carers,

This week I would like to first acknowledge the great work that all our staff are doing in ensuring great teaching and learning continues for our children. This includes all of our teachers and all ES staff as we have had to really work together with tight communication to ensure we are all heading in the same direction. There have been some teachers and all ES staff volunteering their time for the on-site learning children. We are so grateful for their work as you could imagine, directing learning for children from Foundation to Year 10 is a really tough task. They have gone above and beyond to support our children and to maintain support for our essential workers within the community. The year 11/12 teachers and students have been working hard and at times coming in for tutorials and workshops. We can't tell you enough, how great it is to see our students' smiling faces. I think over this year our staff and students have become even closer with the challenging year we have had.

How are you all going at home? I have had some feedback from some parents around their children's fatigue. This is normal. As a parent and carer, we urge you to follow your instincts. If your child is becoming tired after lunch, maybe it's time to put the laptop away and have a run outside. Breaks are essential. Research, whilst it doesn't state specific duration times, we all know that a balance between online and offline activities is crucial for productivity and sound mental health. I have attached a PDF of a great article regarding Screen Time for a Healthy Headspace which goes beyond online learning but speaks generally about screen time. Their points are important to be mindful of specifically with the increased screen time due to remote learning. This article is from headspace of which they have an array of fantastic resources around maintaining sound mental health. These will be included through the weeks. In the mean time do go online and look up their great resources; headspace.org.au.

Regarding learning breaks and to give you an example, here during on-site learning, we have been sticking to the normal recess and lunch break as routine and structure is crucial for all children, however having a little run-around break in between helps retain focus and concentration. During and/or after lunch, we have been doing some great games outside, walks up to Playles Hill, alternate activities like cooking, craft, games, treasure hunts and even some down time with a movie or music. We all know that looking at screen for hours on end is just too much. For our senior students, this is a little different. Get them to have learning breaks, but they need to then return to their work. Lastly, for all students, we really need them to check in with their teachers daily. Please let us know if your child is going to have a day off learning and we will record this as parents choice. Attendance recording remains a legal requirement for the college regardless of remote or on-site learning. Thank you for your support. See the next page for some great on-site and remote learning examples on the photos page.

Mental Health and Psychological First Aid Training/Information Sessions:

We continue to upskill our students and staff in understanding mental health first aid as well as allowing them the opportunity to delve into concepts they are currently being faced with on a personal level and with their peers or colleagues. This has included Doctors in Schools from Year 7-12 (see the article next page) and will see many programs commencing from the end of term to early next and will extend into 2021. This will include Rhythm to Recovery continuing but including all on-site students and will return to the F-4 hub on their return. Year 10-12 will see Tomorrow Architects commence next term with an introductory session; Breaking the Man Code for our young men and Her Code for our young ladies funded by our Snowy Hydro. Man Cave funded by Unicef and Rites of Passage funded by Towong Shire, will commence for Year 7 and 8 next term. Whilst a number of programs are being researched and will be chosen to best suit the needs of our Year 5/6 students. We are working with Gateway Health to facilitate these. For our Year 9's we are in touch with their Future Makers hosts and working on a plan to get this up and running again.

On an individual student basis, we are accessing many services to support our students. We are so proud of those that have come forward and asked for support to get through this challenging year and work with others to develop, review, and reflect on coping strategies as well as talking and walking through the traumatic experiences of this year to a point where safety and security is returned. Remember our children, well in matter of fact—all of us, will find it difficult to move beyond the heightened feelings of fear, angst and fatigue with the images of bushfires, flooding for some, loss of our young men, isolation and separation. We all need assistance on returning to safety even in our own mind. You can do this by asking your children when they talk of the fearful events; what happened next? When was the point when you knew you were safe? How did that make you feel? Let's talk through those memories of becoming safe again. These get us and our children to continue to rebuild those memories of safety in our mindset and gives us a feeling that security and safety is there.



Rob Gordon online for you - Session details

Date: Thursday 17 September

Time: 6:30 pm – 8:00 pm

Audience: Parents, Carers, Community

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) (optional).

Further information will be sent through XUNO, FB & through community organisations. **THIS IS FOR YOU— MAKE THE TIME TO DO THIS FOR YOUR FAMILY!**

Rob Gordon Returns FOR YOU!

For those 55 parents, carers and community members that attended the Rob Gordon session earlier in the year, would remember the statements that post trauma is when we really struggle. The time frame of coming down from adrenalin with the body can't continue to spark up the engines and move forward is the post 6 month period. This time is when fatigue, anxiety, frustration, anger, also emptiness, and further more, decline in mental health becomes evident and unbearable. Understanding the way the psych works or responds to trauma is vital. You need to attend this, all of you! Rob Gordon will be returning remotely to converse with you all. This will be Thursday 17th September 6:30-8:00pm. It will be directed by your questions which can be delivered prior through the online link or you can ask him direct questions during the session.

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

I cannot stress enough - **YOU ALL NEED TO ATTEND**. Mums, Dads, Carers, Grandparents, Community Adults, it is vital for us all to learn more so we can support each other and our children. I will send out the original letter and information through Xuno, place on FB and also send out through our surrounding schools and organisations. Please contact the front office, give them your name and email and they will email out the link for you to participate in this online session.

Our teachers will be having a session with Rob Gordon specifically to talk about support our students and each other. The ES staff had theirs this week and their responses were phenomenal. They spoke of the clarity they gained in understanding the psych but furthermore came away with strategies to get through this trauma and the angst they feel knowing we are coming into our warmer months once again.

Thank you all for your great support and patience in what has been a challenging year thus far.

On another note, there has been many parents asking how they can contribute to the college knowing that there has been many donations and our student levies have been waived this year. During the last School Council meeting Monday 3rd August, it was tabled that the College will support a recommendation from Department that no School Voluntary Fees and Levies will be required the 2020 school year. However, we would like to give the school community the opportunity to donate to the Building Fund which is tax deductible. If you would like to donate to the fund, please do so through the college account; BSB 063670 Acc 10066477. Please contact the front office should you have any troubles with this.

Thanking you all in advance. Enjoy this weekend of sunshine.

Warm regards,

Fran Heath

College Principal



GP's chat to local schools

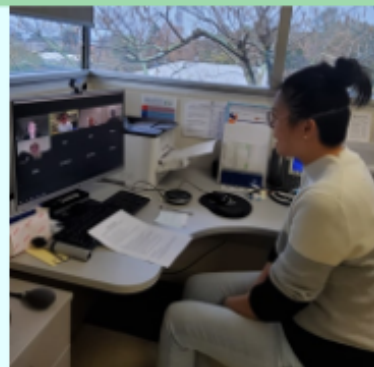
Wednesday 19th August Dr Gracie Pun started off the first session of Meet and Greets with Corryong College.

The Meet and Greets have been set up to give students a chance to meet the local GP's and find out how to connect to services if needed.

Unfortunately, due to Coronavirus this service went from in-person, to a zoom chat with each year group.

Students were given the option to ask questions of Dr Gracie Pun, and Gracie discussed her day to day life as a GP.

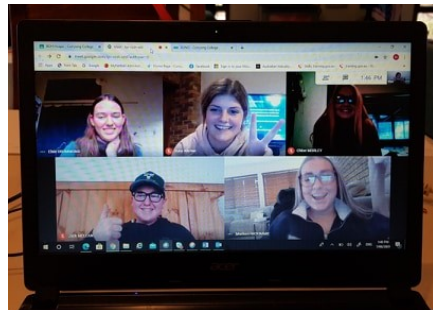
Jess Martin attended the session and found it very useful.



Dr Gracie Pun chats to Corryong College students

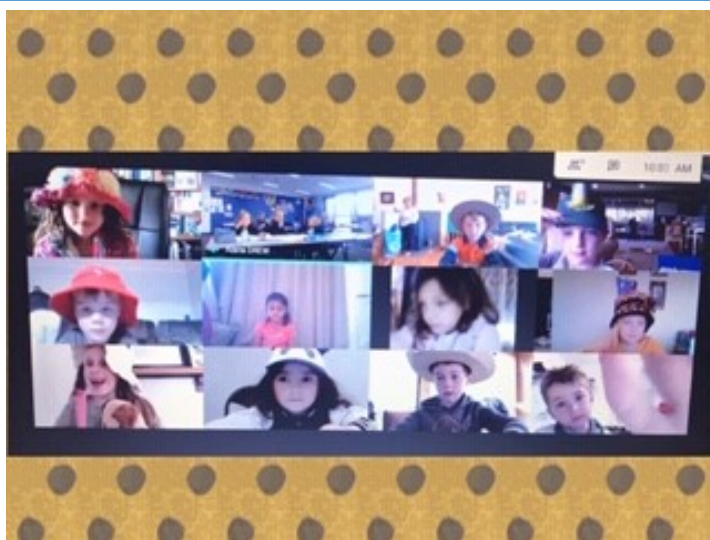
Jess explained that after warming up "the students got to ask their questions and Gracie answered them very well".

More of these sessions will be available to the students going forwards.



CALENDAR OF EVENTS Term 3, 2020

Mon 31st	Tues 1st September	Wed 2nd	Thurs 3rd	Fri 4th
Mon 7th School Council Meeting 6pm via Webex	Tues 8th	Wed 9th	Thurs 10th	Fri 11th
Mon 14th	Tues 15th	Wed 16th	Thurs 17th	Fri 18th
Mon 21st	Tues 22nd	Wed 23rd	Thurs 24th	Fri 25th



F/1 Online Learning



VCAA EXAM TIMETABLE CORRYONG COLLEGE 2020

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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	

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 to balance

screen time

(for a healthy headspace)

The internet has changed the way we work, socialise and relax, with a lot of these activities now happening online. It has added a lot of value to our lives.

Gaming can be a positive and enjoyable pastime. It can help us connect with others, feel socially included and improve our self-esteem. Healthy gaming can bring structure and routine into our lives and give us some beneficial downtime, relaxation and fun.

The research is unclear how much screen time is too much. What is clear however, is that it is important to keep a healthy balance of online and offline activities in our lives.

Not all screen time is the same. Screens and devices have become essential for us to do our work, and can be excellent learning devices. We can use them to connect with others, get support, master new skills, relax and have fun. Some online activities help us learn and be productive, whilst others provide downtime and enjoyment. However, there are other online activities that are less productive or maybe unhealthy, for example distressing violent games or if the content you are watching is not making you feel good. So not all screen time is equally valuable.

Signs that your screen time is becoming unhealthy

It is important to think about the impact that your screen time is having on your life in each of these areas below.

- **Exercise:** Research has linked screen time with an increased amount of sedentary behaviour in children and teens, and we know that being active is good for our physical and mental health. Are you still making time to move? Play sport or be more active?
- **Sleep:** is VERY important. If you are gaming when you would normally be sleeping you might need to turn off a little earlier or move your device out of your bedroom. Most young people need between 8 and 10 hours of sleep per night to be at their best, both physically and mentally.
- **Social time:** Being connected to others helps us feel good. We can connect with others online but it is important to see people we care about too. Are you making time to regularly meet up with friends and family?
- **Variety of activities:** are you keeping up with your school tasks and work? Are you doing a variety of other activities that you enjoy like reading, music or other hobbies? Do you make time to stop and eat well? Don't let other activities slip off the radar, they are important for you too.
- **Conflict, irritability and stress:** if you are getting into conflict with others about your gaming or are feeling irritable, sad or tense when you game or can't game, it might be time to think about the balance of screen time in your day.
- **Money:** are you spending more money than you can afford on new games or in-game purchases? This can become a problem for some people too.

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, your school or university wellbeing service or your local health provider.

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!



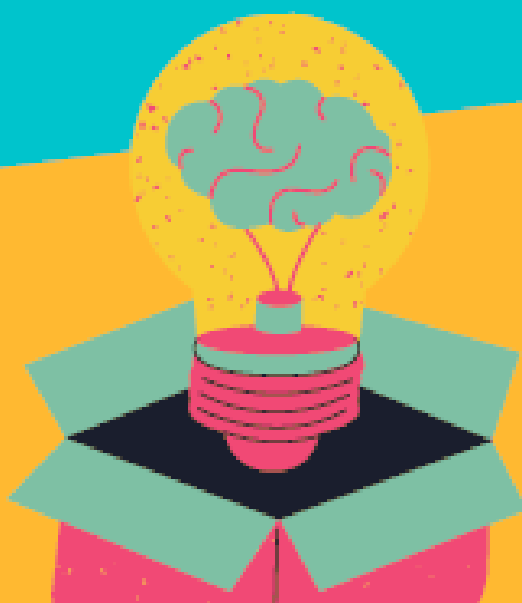
Languages helps you become a better writer

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.





VICTORIA POLICE

Wodonga Police Station
100 Hovell St, Wodonga

Ph: 6049 2600

Victoria Police Community Connect

On the 1st of July 2020, Victoria Police, Eastern Region, Assistant Commissioner Glenn Weir, officially activated an initiative known as Community Connect. The basis of Community Connect is about how we connect with you and the community you live in.

Police throughout the Wodonga Police Service Area (Wodonga City, Indigo and Towong Shires) are active with the Community Connect initiative. Police Sergeants have been allocated to 13 different areas around Wodonga City and are actively engaging with community and partners. In our more remote areas, the local Officer in Charge will be driving our response. Whilst our latest crime statistics indicate the most significant rise is with Theft from Motor Vehicle, our primary concern is where people are direct victims in instances such as Family Violence. These are generally hidden crimes happening behind closed doors. We hope that by being more visible and approachable through Community Connect that we can identify more perpetrators and support more victims in breaking the cycle of violence.

To assist us in understanding what matters to you we are running a quick and easy survey. We ask that you access and share the link so we can get a full appreciation of what our communities are thinking and how we can better design and align our services to community needs.

Enter the below link into your web browser

<https://engage.vic.gov.au/victoria-police-community-connection-project/victoria-police-wodonga>

-OR-

Scan the QR Code to be taken to the survey on your phone.



Before the survey closes on 31 August 2020

To support you in connecting to your Sergeant representative a map of the allocated areas is attached.

Please note all our officers are exercising safety to support the fight against COVID 19. Whilst you may see them wearing personal protection equipment and keeping a professional distance, they are still providing a service and are keen to hear from and engage with you.

Thank you

Paul Hargreaves

Wodonga Local Area Commander – Wodonga, Towong and Indigo Shires

Wodonga PSA Response Zone – Community Connect

WODONGA	
SECTOR	SECTOR OWNER
West Wodonga (1)	Sgt Patsy Haynes
Belvoir (2)	Sgt Tony Chamberlain
Wodonga Central (3)	Sgt Michael Maley
Wodonga East (4)	Sgt Stewart Smith
Melrose (5)	Sgt Branko Ivic / Sgt Sarah Kendall
Martin Park (6)	Sgt Andrew Wilson
Felltimber (7)	Sgt Michael Bourke
Wodonga South (8)	Sgt Michael Savage / Sgt Domenica Hunkin
Bandiana, Killara & Leneva (9)	Sgt Tim Mooney
Barnawartha Nth, Castle Creek & Bonegilla (10)	Sgt Larry Goldsworthy
Baranduda (11)	Sgt Justin Schulze / Sgt Wal Larkin
INDIGO SHIRE	
Beechworth	Sgt Henry (Mal) Clarke
Yackandandah	LSC Luke Millar
Tangambalanga	LSC Lisa Lorenz
Rutherglen	Sgt Brian Curran
Chiltern	Sgt Brian Curran
TOWONG SHIRE	
Tallangatta	A/Sgt Mark Paynter
Bethanga	A/Sgt Mark Paynter
Mitta Mitta	LSC Steve Harris
Corryong	Sgt Liam McMahon
Walwa	LSC Simon McKenzie