

Corryong College

Keeping In Touch

28th February, 2020

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corryong.pl2@edumail.vic.gov.au

Dear Parents and Carers,

It is with a heavy heart that we mourn the loss of former student James 'Panga' Penman. The College community extends its sincerest sympathies to Chris, Judy, Sarah and their extended family and friends. Known by all as a kind-hearted young man, James always greeted staff and his peers with an infectious smile. James touched the lives of so many and he will be deeply missed. His memory will remain in our hearts forever.

The timing of the funeral service for James is not yet confirmed. Many staff have indicated they will attend, and we predict that many students will also attend with their families. Therefore efforts will be made for casual relief teachers to be brought however please understand the college will be ran on very minimum staffing.

To support the students at every year level, and staff in the school, we have qualified support personnel, including psychologists and social workers, assisting in the following ways:

- 'Chill Out' spaces continue to operate, the Years F-4 in the new building, Years 5-8 in the Hub, and Years 9-12 in B block. Parents will be informed if their child appears to be having difficulty.
- Group sessions for senior students, were held this week. These sessions, on Wednesday and Thursday, were facilitated by psychologists and social workers from Student Support Services, and Wodonga Senior Secondary College staff. Students had an opportunity to ask questions and participate in open discussions about mental health, self-care, and how to start a conversation with a friend they are worried about and how to get help.
- All staff have been encouraged to access EAP (Employee Assistance Program) counselling services which has been made available in person on a weekly basis. Many staff have found this to be a helpful resource and as a result this service has been extended.
- You will have received information about a 'Parenting after Bushfires' session which is open to all parents and carers within the broader community. This session will also be relevant in responding to issues of grief and loss (see details below).

We encourage you to allow your children to question and discuss their feelings of the events that have occurred over the last months as this assists children, and adults, to normalise and process their feelings which may include sadness, anger, confusion, or emptiness.

Please remember, if you feel your child may be struggling, contact their Year Level Leader who is also interested in the welfare of your child (see list of names on page 2). When teachers are aware of parents concerns they can work in a collaborative way to support the students appropriately at school.

Parenting After Bushfires Session (also relevant to any post trauma)

Open to all community parents & carers (anyone who has presence around children will benefit)

Monday 2nd March 7-9pm

Corryong College in the new F-4 Hub

Presented by Gateway Health in conjunction with Headspace and DET Support Services

Light refreshments will be available to allow you to talk directly to the presenter and other support people.

Below, I have included support networks that are also useful and highly encouraged to utilise.

Community Support Services:

Your family doctor. Your GP can also suggest counselling/psychological services if needed.

Parentline – telephone counselling/support service for parents, 8am to midnight, 7 days a week – 13 22 89.

Kids Helpline – 24/7 telephone counselling for children and young people aged 5-25– 1800 55 1800.

Headspace – phone and email counselling for young people aged 12 to 25 years – 1800 650 890 or

<https://www.eheadspace.org.au/>

Bereavement Counselling and Support Service – a specialist grief counsellor for the Hume region – 1300 664 786, or visit their website www.grief.org.au for information

Standby Murray 0439 173 310

Lifeline – 24/7 telephone counselling service for adults – 13 11 14.

SCHOOL COUNCIL

NOMINATIONS OPEN

See page 2.

School Council Elections 2020

School Council elections have to be held at the start of the school year and members serve a term of two years; As Executive Officer of School Council I have therefore called for nominations for 2020. Detailed information about council elections and the timeline are set out below. Please note that **NOMINATIONS** close at 4:00pm on Tuesday, 10th March. Nomination forms will be available at both College offices from Monday 2nd March. If the number of nominations is the same as the number of vacancies a ballot will not be necessary.

School Council is responsible for many school policies and oversees areas such as the selection of the Principal, financial management and the approval of school camps and some excursions. It is comprised of parent, staff and community representatives – half of whom change each year. The following elected members of our current School Council retire at its final meeting prior the AGM - date to be confirmed. On behalf of the school community I would like to thank them for their contributions.

Parent Members up for Retirement: Mrs Nicole Martin (President), Mrs Leanne McKimmie, Mr Barry Cadle, Mr Neville Nugent, Mr Brett Findlay, and Tameeka Mulquiney. We thank all of you for the dedication and support you have shown the college through your service as a School Council Member.

Community Member up for Retirement: Mrs Melissa Humphrey (Parents Club representative).

DET Members up for Retirement: Mr Neill Nichols.

I encourage parents who have an interest in shaping the future direction of Corryong College to nominate for one of the four 2 year or one of the 12 month vacant positions. Form 4 attached page 13 of this KIT. Please see the timeline below:

1. Notice of election and call for nominations - Friday, 28th February 2020 (publication in KIT).
2. Closing date for nominations - 4:00pm Tuesday March 10th 2020
3. The date by which the list of candidate and nominations will be displayed - Wednesday 5th March 2020 (letter home).
4. The date by which the ballot papers will be prepared and distributed Thursday 12th March 2020
5. Close of ballot - 4:00pm Thursday 19th March 2020
6. Vote count - Friday 20th March 2020
7. Declaration of poll – Friday 20th March 2020 (letter home).
8. School Council AGM - Monday 23rd March 2020

Year Level Leaders 2020

As per the previous page, here are the 2020 Year Level Leaders for your reference. If you have concerns for your child, please contact their corresponding Year Level Leader for their support. I apologise, as last week I had mistakenly included the incorrect leader. Please see below for the amended listings.

									
Year F-4	Year 5-6	Year 5-6	Year 7	Year 7	Year 8	Year 9/10	Year 9/10	Year 11/12	Year 11/12
Mrs Claudia Byrne	Mr Jim Dryden	Ms Sarah Harris	Mrs Lisa Whitsed	Mrs Ruth Hill	Ms Sophie Pattison	Mrs Catherine Bijker	Mrs Nadia Edwards	Ms Sandra Kovacic	Mrs Sarah Klippel

A DATE FOR THE DIARY - Tuesday 17th March - Presentation and information sharing session with Dr Rob Gordon

Last week, Assistant Principals; Nigel Adkin - Wellbeing, Chrissie McKimmie - Teaching & Learning and myself, had the privilege of sitting in a workshop presented by Dr Rob Gordon. Dr Rob Gordon has spent the past 30 years working with people affected by emergencies and disasters. Rob was there in the aftermath of the Bali bombings and Christchurch earthquake, Black Saturday, the Canberra firestorm, the Tasmanian bushfires and many other large-scale disasters. He has advised the Red Cross and governments on how to assist individual people and whole communities as they rebuild and recover. He will be in Corryong to support and share strategies in moving forward for the Corryong Community Tuesday 17th March. Further details to follow.

Thank you all for your constant support of our students and college community through these hard times.

Wishing you all moments to engage in self care allowing you to continue to support our family, friends, colleagues, and our children.

Fran Heath - College Principal

CALENDAR OF EVENTS Term 1, 2020

Mon 2nd Year 9 Bogong Future Makers Camp Parent/Community Meeting 7-9pm F-4 Building	Tues 3rd Year 9 Bogong Future Makers Camp	Wed 4th Year 9 Bogong Future Makers Camp Hume Swimming Carnival Primary	Thurs 5th Year 9 Bogong Future Makers Camp OM Swimming Carnival Secondary	Fri 6th Year 9 Bogong Future Makers Camp F-4 Assembly 2.45pm Multipurpose Room
Mon 9th Labour Day Holiday	Tues 10th	Wed 11th CFA Mt Beauty	Thurs 12th	Fri 13th F-4 Assembly 2.45pm Multipurpose Room
Mon 16th	Tues 17th Outdoor ED Wheelers Hut	Wed 18th Outdoor ED Wheelers Hut Hume Swim Carnival Secondary	Thurs 19th	Fri 20th F-4 Assembly 2.45pm Multipurpose Room VET Hospo FOH Catering
Mon 23rd	Tues 24th NEVR Music Camp OM Junior Sport	Wed 25th NEVR Music Camp	Thurs 26th NEVR Music Camp OM Intermediate & Senior Sport	Fri 27th F-4 Assembly 2.45pm Multipurpose Room

Homework

Home Group	Subjects	Homework
Year 7	Maths	Maths Mate due Monday
Year 9	Maths	Maths Mates due every Thursday
Year 9	English	Spelling Bee every Wednesday

After School Maths Tuesday

After school maths classes will be commencing on Tuesday for all student's from Year 7 to year 12 in the Hub from 3.30pm-4.30pm.

SAC's Year 11/12 School Based Assessment	Subject / Day
Beginning 3rd March	Year 11 Vis Com for Outcome1

Year 12 Chemistry

Vicki Kane, one of our staff, is a Waterwatch volunteer and is testing the Cudgewa and Nariel creek after the fire. Recently, the Year 12 Chemistry students water tested six different sites. Although the oxygen levels went down after it rained, the data is improving over time. The students found the turbidity, or murkiness, is settling as the grass grow back on the river banks.



Corryong College Council Meeting Dates

The next meetings for Term 1 2020 will be Week 5 Monday 24th February & The Annual Reporting Meeting Week 9 Monday 23rd March 7pm at Senior Library. All welcome to attend.

Canteen Roster Friday 6th March

Junior Campus - Helper required

Senior Campus - Julie Farrell

Canteen Roster Friday 13th March

Junior Campus - Kristen McKimmie

Senior Campus - Nicole Martin



The Year 1 to 3 students had lots of fun at the Inflatable Funhouse last week.

**OP Shop Roster March 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 AM Di Brennan Laura Lawn PM Laura Lawn	3 AM Teigan Klippel PM Laura Lawn Dee MacDonald	4 AM Judi & Barb PM Sarah Whiteley Chris Harrison Jane Spilsbury	5 AM Sam Pryse PM Tracy Paul	6 AM Laura Lawn PM Laura Lawn	7 AM Judi & Slue
9 AM Di Brennan Laura Lawn PM Laura Lawn Dee MacDonald	10 AM Kirsty Heinjus PM Laura Lawn Kate Butler	11 AM Judi & Barb PM Chris Harrison Jane Spilsbury Cheryl Coysh	12 AM Sam Pryse PM Teigan klippel	13 AM Laura Lawn Barb & Bob Brown PM Laura Lawn Kim Heycox	14 AM Dee Lebner
16 AM Di Brennan Laura Lawn PM Laura Lawn	17 AM Teigan Klippel PM Laura Lawn Dee MacDonald	18 AM Judi & Barb Annika Johnston PM Chris Harrison Jane Spilsbury	19 AM Sam Pryse Tanya Costello PM Tracy Paul	20 AM Laura Lawn Gabby Samwells PM Laura Lawn	21 AM Sally P
23 AM Di Brennan Laura Lawn PM Laura Lawn Dee MacDonald	24 AM Teigan Klippel PM Laura Lawn	25 AM Judi & Barb PM Cheryl Coysh Chris Harrison Jane Spilsbury	26 AM Sam Pryse Louise Middleton PM Volunteer required	27 AM Laura Lawn PM Laura Lawn	28 AM Sarah Harris

CAMPS, SPORTS AND EXCURSIONS FUND (CSEF) APPLICATION FORM

School Name

School REF ID

Parent/legal guardian details

Surname

First name

Address

Town/suburb State Postcode

Contact number

Centrelink pensioner concession OR Health care card number (CRN)

- - - OR

☐ Foster parent* OR ☐ Veterans affairs pensioner (Gold Card)**

*Foster Parents must provide a copy of the temporary care order letter from the Department of Health and Human Services (DHHS).

**Applicants must provide a copy of the Veteran Affairs Gold card

Student details

Child's surname	Child's first name	Student ID	Date of birth (dd/mm/yyyy)	Year level

I authorise the Department of Education and Training (DET) to use Centrelink Confirmation eServices to perform an enquiry of my Centrelink customer details and concession card status in order to enable the business to determine if I qualify for a concession, rebate or service. I also authorise the Australian Government Department of Human Services (DHS) to provide the results of that enquiry to DET.

I understand that:

- DHS will use information I have provided to DET to confirm my eligibility for the Camps, Sports and Excursions Fund and will disclose to DET personal information including my name, address, payment and concession card type and status.
- this consent, once signed, remains valid while my child is enrolled at a registered Victorian school unless I withdraw it by contacting the school.
- I can obtain proof of my circumstances/details from DHS and provide it to DET so that my eligibility for the Camps, Sports and Excursions Fund can be determined.
- If I withdraw my consent or do not alternatively provide proof of my circumstances/details, I may not be eligible for the Camps, Sports and Excursions Fund provided by DET.
- Information regarding my eligibility for the Camps, Sports and Excursions Fund may be disclosed to the Victorian Department of Health and Human Services and /or State Schools Relief for the purpose of evaluating concession card services or confirming eligibility for assistance.

You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child's school.

Signature of applicant Date / /

CSEF ELIGIBILITY

Below is the criteria used to determine a student's eligibility for the Camps, Sports and Excursions Fund (CSEF).

Criteria 1 – Eligibility

To be eligible* for the fund, a parent or legal guardian of a student attending a registered Government or non-government Victorian primary or secondary school must:

- on the first day of Term one, or;
 - on the first day of Term two.
- a) Be an eligible beneficiary within the meaning of the State Concessions Act 2004, that is, be a holder of Veterans Affairs Gold Card or be an eligible Centrelink Health Care Card (HCC) or Pensioner Concession Card (PCC) holder, OR
 - b) Be a temporary foster parent, and;
 - c) Submit an application to the school by the due date.

* A special consideration eligibility category also exists. For more information, see:

www.education.vic.gov.au/about/programs/Pages/csef.aspx

Parents who receive a Carer Allowance on behalf of a child, or any other benefit or allowance not income tested by Centrelink, are not eligible for the CSEF unless they also comply with one of (a) or (b) above.

Criteria 2 - Be of school age and attend school in Victoria

School is compulsory for all Victorian children aged between six and 17 years of age inclusive.

For the purposes of CSEF, students may be eligible for assistance if they attend a Victorian registered primary or secondary school. Typically, these students are aged between five and 18 years inclusive.

CSEF is not payable to students attending pre-school, kindergarten, home schooled, or TAFE.

Eligibility Date

For concession card holders CSEF eligibility will be subject to the parent/legal guardian's concession card being successfully validated with Centrelink on the first day of either term one (28 January 2020) or term two (14 April 2020).

PAYMENT AMOUNTS

CSEF payment amount

The CSEF is an annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

- Primary school student rate: \$125 per year.
- Secondary school student rate: \$225 per year.

The CSEF is paid directly to your child's school and will be allocated by the school towards camps, sports and/or excursion costs for your child.

For ungraded students, the rate payable is determined by the student's date of birth. For more information, see:

www.education.vic.gov.au/about/programs/Pages/csef.aspx

Year 7 government school students who are CSEF recipients are also eligible for a uniform voucher. Secondary schools are required to make applications on behalf of parents so please register your interest at the school.

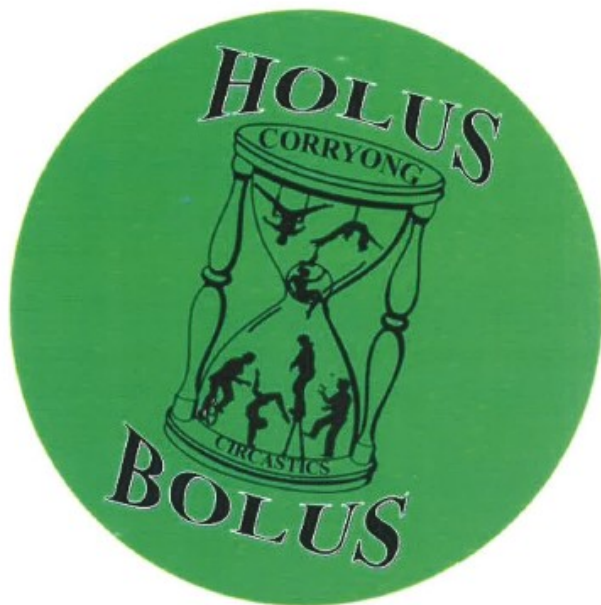
HOW TO COMPLETE THE APPLICATION FORM

NOTE: ALL SECTIONS MUST BE COMPLETED BY PARENT/LEGAL GUARDIAN

1. Complete the PARENT/LEGAL GUARDIAN DETAILS section.
Make sure that the Surname, First Name, and Customer Reference Number (CRN) details match those on your concession card. You will also need to provide your concession card to the school.
If you are claiming as a Foster Parent or a Veteran Affairs Pensioner, you will need to provide a copy of documentation confirming your status as a temporary Foster Parent or provide your Veterans Affairs Pensioner Gold card to the school.
2. Complete the STUDENT/S DETAILS section for students at this school.
3. Sign and date the form and return it to the school office as soon as possible. The CSEF program for 2020 closes on 26 June, 2020.

CSEF payments cannot be claimed retrospectively for prior years.

Queries relating to CSEF eligibility and payments should be directed to the school.



CLASSES START ON TUESDAY!

For enquiries 0434345425

or

heycoxkimb@gmail.com

WODONGA TAFE
SUMMER BBQ

CORRYONG POOL
3 PM - 7 PM, 4 MARCH 2020

JOIN US FOR A BBQ, GAMES, PRIZES
AND TUNES BY THE POOL
(Normal pool fees apply)

towongshire

WODONGATAFE
Building success through learning

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FIND OUT ABOUT THE
RECONNECT PROGRAM
AND PRIORITY
COURSES



THEME 'THE GATHERING'

offers wide scope from gatherings of birds,
wild animals, flowers, people... Go
look and see and explore your environment
for your inspiration! Sometimes the
simplest image can inspire some of the best
writing.

CATEGORIES

Under 15

Under 18

Open

SEE TERMS AND CONDITIONS AT WWW.BUSHFESTIVAL.COM

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Elyne

Mitchell Photo Story Competition

Elyne Mitchell was a keen amateur photographer who on occasions used her own images to illustrate her work. More often she used them as a record of events and of places she visited. Later these photographs became a source of reference and inspiration for her writing.

See if you can find an image to inspire your writing. Alternatively pick up your camera and go and find your inspiration.



Corryong Op Shop Volunteers

Thank you for your interest in supporting our 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:**

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 ☐ Morning ☐ Afternoon

Tuesday ☐ Morning ☐ Afternoon

Wednesday ☐ Morning ☐ Afternoon

Thursday ☐ Morning ☐ Afternoon

Friday ☐ Morning ☐ Afternoon

Saturday ☐ Morning

☐ Once a week ☐ Once a fortnight ☐ Once a month ☐ Bi-monthly ☐ Other

Please indicate any other special requirements; for example “I would like to work with ...”

.....
.....

Thank you for your interest. Any enquiries should be directed to Janette Rixon, Roster Co-Ordinator

Ph: 0427 010 194 or 02 6076 0505 or by email rixon@bournet.com.au;

School Representative Name: Contact Number:

Supporting Your Grieving Child



Losing someone is sad, and grieving the loss is a healthy and natural part of life.

People grieve in many different ways, some people may like to be alone to think about the person, cry or seek comfort from others, and/or get angry and act out.

All of these responses are healthy, what's most important is being able to express grief in some way and feel supported by others.

Children express grief in different ways, some responses include:

- Changes in mood e.g. sometimes seeming "normal" and at other times tearful and upset over seemingly minor things. Sometimes there seems to be no reaction at all.
- Confusion and curiosity e.g. asking questions about what has happened (including asking for specific details).
- Wanting to talk about the person, or not wanting to talk about the person.
- Difficulty concentrating on school work or getting along with others.
- Being irritable, "snappy" or having more "tantrums".
- Worrying about their health and safety and/or the health and safety of others.
- "Clingy" and regressed behaviour e.g. wanting to be around caregivers all the time, wanting to sleep in your bed, sucking their thumb despite already growing out of this.
- Wanting to be nearby parents/caregivers and other supports, or wanting to be alone.

How parents and other adults can help:

Suggestions	
Provide a sense of safety and security through maintaining usual routine.	Understand if your child has some difficulty concentrating on usual tasks at school or home. Consider a brief time-out with a relaxing activity, such as playing a game or drawing.
Provide a calm and supportive environment where asking questions and talking about feelings is encouraged.	Communicate with your child's teacher about what has happened and how your child is coping. Your child may need to go home if they are very upset at school (and not seeming to calm down over time).
Use simple and accurate language e.g. use terms such as "death" or "dying" rather than "going away" or "sleeping", which can be confusing for some kids.	If your child's friends are uncertain about what to do suggest they be their usual selves, play with your child and listen to them if needed.
Give accurate and age appropriate answers to your child's questions, without going into too much detail. For example, "yes Max was hit by a car and his heart stopped working".	Prepare for potential triggers, such as anniversaries and special days (e.g. Father's Day is their father has died). Keep an extra eye on your child and provide extra support around these times.
Make time to spend time with your child and just listen. Silences are okay too, just being there can help.	Avoid...
Remind your child they may have lots of different feelings when someone dies, and this is okay.	Saying "you'll be alright" or "I know exactly how you're feeling", or trying to "fix" things, which can feel dismissive for some kids/adults.
Remind your child it's okay to have a break from being sad and feel happy.	Needing to have all the answers. Be comfortable to say "I don't know" or "I'll have to get back to you on that one".
Give information about what will happen next, such as where and when the funeral will be. Giving practical information can prepare kids and reduce uncertainty.	Discouraging talk about the person who has died. If you don't feel up to talking about the person ask a family member or close friend to be a listening ear to your child.
Kids may worry about "catching" the cause of death even if this seems illogical. Reassure your child that they are safe and you are safe.	Allowing inappropriate or unsafe behaviour. For example, if your child is hitting out or damaging things you could say "it's okay to be upset or angry but it's not okay to do X', let's try Y instead".

Activities

- Some children like to express their grief through talking about their feelings and the person who has died. Set aside some time to check-in with your child and be available to listen, especially in very busy households.
- Suggest writing in a journal or drawing pictures.
- Your child might like to draw pictures about how they are feeling or of special memories of the person. A workbook regarding grief can be provided by Student Support Services if requested.
- Read books together which explore feelings and grief, such as "Beginnings and Endings with Lifetimes in Between". If your family has specific religious beliefs you may find books through your church/spiritual institution.
- Your child might like to write a card or make a drawing for the family of the deceased person (if the person is not a direct family member).

The funeral:

- Your child's participation in the funeral will depend on many factors, including your child's age and their relationship with the deceased. If unsure it may be useful to discuss this within your network of family and friends and/or with school staff or other supports.
- If your child does attend the funeral ensure you (or another adult) are there and available to support them.

When to be concerned:

- The timeline for grief varies for everybody, however if you feel your child is not improving over time (returning to "normal") or further concerns emerge, additional support may be needed, such as a referral for grief counselling. Signs that suggest a child may be having difficulty coping include:
 - On-going difficulty sleeping, nightmares, and/or persistent changes in appetite or eating patterns.
 - Frequently low mood/high levels of distress and/or withdrawal, "zoning out" and disconnection.
 - On-going avoidance of triggers and associated distress, such as avoiding a particular place or activity.

Caring for the carers:

- Be aware of your own feelings about what has happened and make sure you have someone to talk to.
- Make time for self-care activities, such as going for a walk, watching a movie, or meeting up with a friend.
- Know your limits. If you feel uncomfortable or unable to provide support at a particular time, tell your child you will come back to them later and/or ask a family member or friend to help.
- However, remember it is okay for children to see you sad or upset when something bad has happened or when someone has died. This models a healthy response to grief.

For further advice and support:

Contact your child's teacher, school Principal and/or wellbeing officer.

Student Support Services can be contacted through your school. Student Support Services Officers include a team of social workers and psychologists.

Community Services:

Your family doctor. Your GP can also suggest counselling/psychological services if needed.

Bereavement Counselling and Support Service – a specialist grief counsellor for the Hume region – 1300 664 786, or visit their website www.grief.org.au for information.

Parentline – telephone counselling/support service for parents, 8am to midnight, 7 days a week – 13 22 89.

Lifeline – 24/7 telephone counselling service for adults – 13 11 14.

Kids Helpline – 24/7 telephone counselling for children and young people – 1800 55 1800.

headspace – phone and email counselling for young people aged 12 to 25 years – 1800 650 890 or

<https://www.eheadspace.org.au/>



Grief

What is grief?

Grief is a natural response you experience when you lose someone close to you. Grieving is a normal part of life and it can begin as soon as someone becomes aware of a loss and can continue over the course of the first 12 months.



Although there are many different kinds of 'loss', this fact sheet looks at grief after the death of someone close.

Feelings of grief

There is no single 'right' way to cope with the loss of a friend or loved one. Young people may experience:

Shock and disbelief that the person has died

Longing for the person; wishing they were around to be able to touch them or be comforted by them

Anger or resentment for being abandoned, for the unfairness of the loss, or towards those thought to be responsible for the loss

Sadness that the person has gone

Guilt that they were unable to save the person, or that they survived while their loved one did not

Anxiety about the future; how things will be without their loved one, or their own safety

Preoccupation with thoughts of the person who has died

Difficulty concentrating and remembering things

Changes to sleep patterns and appetite

Physical changes including headaches, feeling tired, muscle aches, and nausea

Grief is experienced in different ways by different people. Young people may have different reactions to adults because of:

- their age and developmental stage,
- the consequences for them may be different and
- their family situation.

How young people respond to grief

It is important to acknowledge that young people will respond to grief in a range of ways. Some young people will choose to express their grief through rituals or creative expression such as art or music, some will talk about it, while others may appear to be unaffected and getting on with their life.



There will also be some young people who behave in ways that are disruptive, frustrating or risky; they might drink alcohol or use drugs to try to cope with their grief. Whatever their response they will need time, support and understanding as they find their way through their grief.

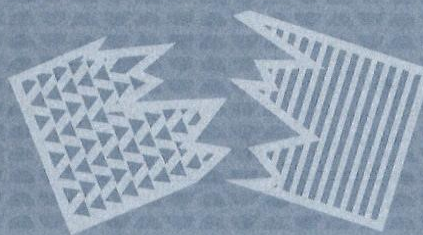
Grief and mental health problems



Most young people will be resilient and will carry on with their lives while moving through the grieving process. For some however, the loss may be associated with the development of more serious mental health problems that will require specialist assessment and treatment.



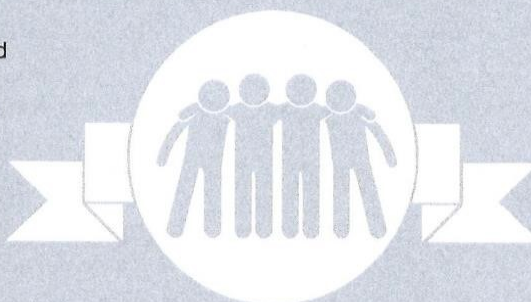
Grief



How to support young people in the grieving process

Families are extremely important in supporting a young person who is grieving. Continuing your family life and staying connected with friends and activities allows the young person to maintain a sense of safety and security, and to feel hopeful about the future.

It can be particularly challenging for families to support each other when a family member has died because everyone will grieve in different ways. Professional support might be helpful if you're finding it difficult to support each other through a loss.



Supporting young people to seek help

The grieving process can take time and it is not unusual for young people to experience ups and downs over months or years while dealing with the death of a loved one. People generally find that things get easier as time passes; however, if the young person's grief is persistent and severe, getting help is important. Accessing professional support is particularly important if the young person is grieving for someone who has died by suicide.

It is important to support young people in finding a health professional such as a general practitioner (GP) or counsellor who they trust and feel comfortable with. If they have had a positive experience with a family GP or another health professional in the past encourage them to contact them again. You could also support them to contact your local community health centre or **headspace** centre.

Some other strategies that may be helpful in supporting a young person include:



Acknowledging their loss and the need to take time to grieve



Providing information about normal patterns of grief



Encouraging them to do what's right for them



Encouraging their continued participation in enjoyable activities such as sports or hobbies, and family activities



Supporting them as they gather stories and memories of the loved one in ways that appeal to them (e.g. writing, photos, journals, talking, blogs or memorials)



Helping them to anticipate times that may be particularly difficult, (e.g. Christmas, birthdays or anniversaries) and develop a plan for coping with these periods



Helping them find meaning in what has happened and foster a sense of hope for the future.



headspace
National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit headspace.org.au



A P-12 SCHOOL

PO Box 225 Corryong VIC 3707

Tel: (02) 6076 1566 Fax: (02) 6076 1650

Email: corryong.p12@edumail.vic.gov.au

Schedule 4 Notice of Election and Call for Nominations 2020

An election is to be conducted for members of the School Council of **Corryong College**

Nomination forms may be obtained from the school from **Monday 2nd March 2020** and must be lodged by 4.00 pm on **Tuesday 10th March, 2020**

The ballot will close at 4.00 pm on **Thursday 19th March, 2020**.

Following the closing of nominations a list of the nominations received will be posted home 5th March 2020. The terms of office, membership categories and number of positions in each membership category open for election are as follows –

Membership category	Term of office	Number of positions
Parent member	From the day after the date of the declaration of the poll in 2020 to and inclusive of the date of the declaration of the poll in 2022	5 (2 years)
DET employee member	From the day after the date of the declaration of the poll in 2019 to and inclusive of the date of the declaration of the poll in 2021	1 (2 years)
Student member	From the day after the date of the declaration of the poll in 2020 to and inclusive of the date of the declaration of the poll in 2021	2 (1 year)

If the number of nominations is less than the number of vacancies, a notice to that effect and calling for further nominations will be posted in a prominent position at the school.

Fran Heath Principal