

# Keeping In Touch

4th December 2020



Dear Parents and Carers,

This week there is some important information covering aspects of uniform expectations, the last weeks programs and news covering or acknowledgement of 16 days of Activism and our need for volunteers for our Op Shop that provides funding for the three Corryong educational organisations; Kinder, Sacred Heart and Corryong College.

## Uniform Expectations—Summer Term 4 and Term 1

Please be reminded that is expected that all students wear the endorsed college uniform. The college uniform is developed through a culmination of students, parents and staff of which this is endorsed through the Corryong College School Council. Please read below and ensure your child is wearing the full uniform. Whilst it is stressed that students wear their uniform everyday, we know that on rare occasions this can not be so. On these rare occasions we ask that you write, sign and date a note stating what item of uniform is not able to be worn and when this will be rectified. There is support in the college should financial restraints be the barrier. Please contact Ms Pauline Taylor should you require support. All semester one enrolled students also received government funding through the State School Relief funding of \$250 specifically for uniforms. The front office is stocked with all items, or can order. The following outlines the uniform requirements.

- Navy broad-brimmed or College bucket hat, the 2020 'You Will Never Walk Alone' bucket hat.
- College polo shirt
- Grey or navy trousers or navy microfibre tracksuit pants (jeans, jeggings or fleece trackies are not permitted)
- Tailored plain grey or navy shorts (football or running shorts are not permitted)
- Corryong College windcheater or VCE Rugby Top (organised through the college)
- Navy polar fleece jacket or Corryong College puffer jacket or vest (no other jacket is permissible)
- White, navy or black socks in keeping with uniform.
- Black or coloured enclosed shoes/runners (no thongs, scuffs, slipper, moccasins, ugg boots, high heels, ballet flats, canvas slip on style shoes or street shoes)



## 16 days of Activism

We have celebrated the 16 days of Activism to acknowledge and create awareness of Gender-based Violence. We would like to thank Towong Shire Council and the Corryong Hospital for providing us with the resources to facilitate this across the college. From Renee Carkeek, whom's efforts in seeking out programs and funding is highly regards and very much appreciated;

*Towong Shire Council, together with Corryong Health are proud to support Respect Victoria to deliver its Respect Women: 'Call It Out' campaign. The campaign is part of the global 16 Days of Activism against Gender-Based Violence, which runs from 25 November to 10 December. Today students were provided with information about healthy respectful relationships and participated in providing kind and respectful messages on orange lanterns. These lanterns will be displayed throughout Corryong.*

## Grab-a-friend and do an Op Shop shift to fund the College

To our older students and all parents, this is your opportunity to support Corryong College in funding programs, initiatives and resources. The Op Shop funds a significant amount of finances each year and this can not be done unless we have volunteers to carry out some shifts. During the holidays is the tough times to cover shifts as a number of parents care for their young at-home children, so we ask you to ask your extended families members and support Corryong College by volunteering a shift or two. This could be a great opportunity for a family member or yourself to grab a friend or one of your responsible children and spend a shift in the Op Shop. These funds make the world of difference in the life of our college. Thank you for those who have already put their name down. If you are yet to, please contact Susanna on 0459 991 884. Thank you in advance.

## The last weeks of term—alternate programs.

We have had a few questions regarding the last weeks of term. This is a simple break down however extremely important to note.

- **Wednesday 9th December the Canteen will be closed.** Therefore Tuesday 8th December is the last day your child can receive lunch orders.
- **Friday 11th December - Presentations for Year F-4, 5-6, 7-8, 9** will commence during school. Unfortunately we are unable to host parents for these occasions. The Year Level Leaders will have already sent out information. Please contact them if you have questions.
- **Monday 14th December** - Year 7 Immunisations.
- **Tuesday 15th December** - Pupil Free Day.
- **Wednesday 16th—Thursday 17th December** - Staff Training. Staff will be an all day Professional Development Days and therefore, students that continue at school will be supervised by CRT (Casual Release Teachers).
- **Friday 18th December** - Last Day 2.30pm finish.

*Wishing you all a great last few weeks of the year. Warm Regards, Fran Heath - College Principal*

## CALENDAR OF EVENTS Term 4, 2020

<b>Mon 7th</b> <b>Year 9 Alternative program</b> <b>School Council Meeting 6pm</b>	<b>Tues 8th</b> <b>Year 9 Alternative program</b>	<b>Wed 9th</b> <b>Year 9 Geehi Camp</b> <b>Year 9 Alternative program</b>	<b>Thurs 10th</b> <b>Year 9 Geehi Camp</b> <b>F-6 Nudel Kart</b> <b>Year 9 Alternative program</b>	<b>Fri 11th</b> <b>Year 9 Geehi Camp</b> <b>Foundation—Year 9 Presentation (Students only)</b> <b>F-6 Nudel Kart</b> <b>Year 9 Alternative program</b>
<b>Mon 14th</b> <b>Year 7 Immunisation</b>	<b>Tues 15th</b> <b>Pupil Free Day</b>	<b>Wed 16th</b>	<b>Thurs 17th</b>	<b>Fri 18th</b> <b>Last Day of Term 2.30pm</b>

# Year 9/10

# Textiles

Here are a couple of photos of the girls in the year 9&10 Textiles class in their Tie- Dye Tee Shirts. Front and back view





**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:-**

## Are You Bogged Mate?

Mary O'Brien is an agronomist from Queensland who founded *Are You Bogged Mate?* after losing two mates to drought-related suicide.

She's coming to the Upper Murray to talk to locals in a way that no-one else can.

*Are You Bogged Mate* helps rural blokes talk about mental health, suicide and the 'mongrel black dog'.

She relates depression to getting bogged in the mud and says rural blokes are facing challenges like never before, but it doesn't mean you need to get stuck.

Mary will speak at two FREE events - a roast dinner for men only. You are encouraged to bring your sons (age 15 and over), and a women's lunch where she will talk about 'why your men don't open up to you' (minimum age 15).

**Details:** Friday, December 11 at 7pm for men, 12 noon for women at Youth Club Hall, Donaldson St, Corryong. BYO drinks

**RSVP:** Essential for catering and COVID planning, phone or text 0438 681 829 or register at <http://recoveryhub.eventbrite.com/>

## Christine McKee

Communications Officer Recovery












### OP Shop Roster December 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>7</b> AM Di Brennan Hazra PM Hazra	<b>8</b> AM Barb & Bob Brown PM Barb & Bob Brown	<b>9</b> AM Kate & Suz PM Chris Harrison Jane Spilsbury	<b>10</b> AM Sam Pryse PM Lindy O'Connor	<b>11</b> AM PM Ally Boers	<b>12</b> AM Kimb Heycox
<b>14</b> AM Di Brennan Hazra PM Hazra	<b>15</b> AM Rochelle Sandilands/Hazra PM Jeanette McInnes Maree Irving	<b>16</b> AM Kate & Suz PM Chris Harrison Jane Spilsbury	<b>17</b> AM Lisa Greenhill Tracy Paul PM Tracy Paul	<b>18</b> AM Volunteer required PM Charlie Brie Jones	<b>19</b> AM Volunteer required
<b>21</b> AM Di Brennan PM Hazra	<b>22</b> AM Volunteer required PM Lindy O'Connor	<b>23</b> AM Kate & Suz PM Chris Harrison Jane Spilsbury	<b>24</b> AM Sam Pryse PM Kimb Heycox	<b>25</b> CHRISTMAS DAY	<b>26</b> BOXING DAY
<b>28</b> AM Di Brennan PM Volunteer required	<b>29</b> AM Volunteer required PM Lindy O'Connor	<b>30</b> AM Kate & Suz PM Chris Harrison Jane Spilsbury	<b>31</b> AM Volunteer required PM Volunteer required		

If you can't work your roster day? Please arrange a swap with another volunteer or call Susanna on 0459 991 884. Any roster queries contact Susanna on 0459 991 884 or [opshopcorryong@gmail.com](mailto:opshopcorryong@gmail.com)

## AUSTRALIA SAYS "NO" TO FAMILY VIOLENCE AND ABUSE

IN AUSTRALIA THE LAW PROTECTS WOMEN AND CHILDREN FROM FAMILY VIOLENCE AND ABUSE, IF ANY OF THIS IS HAPPENING TO YOU THERE ARE CONFIDENTIAL SERVICES IN **WODONGA** WHO CAN HELP YOU  
(Language support available, ask for an interpreter if needed).

TYPE OF FAMILY VIOLENCE AND ABUSE	WHAT IS IT	WHO TO CALL FOR SUPPORT
 <b>PHYSICAL ABUSE</b>	Causing You Any Physical Pain By: Hitting, Slapping, Pushing, Biting, Pulling Hair, Pinching, Punching, Kicking, Strangulation, Throwing or Using Objects to Hurt You	<b>WODONGA POLICE</b> <b>02 6049 2600</b> (100 Hovell St, Wodonga) <b>OR</b> <b>CENTRE AGAINST VIOLENCE</b> <b>03 5722 2203</b>  <b>CALL 000 IF EMERGENCY</b>
 <b>SEXUAL ABUSE</b>	Forced or Unwanted Sex or Sexual Acts, Violent, Rough or Painful Sex, Any Unwanted Sexual Touching, Forced Watching of Sexual Videos or Images, Unwanted Sexual Demands. <b>Examples:</b>  <b>Man to Woman</b>  <b>Husband to Wife</b>  <b>Adult to Children</b>	<b>WODONGA POLICE</b> <b>02 6049 2600</b> (100 Hovell St, Wodonga) <b>OR</b> <b>CENTRE AGAINST VIOLENCE</b> <b>03 5722 2203</b>  <b>CALL 000 IF EMERGENCY</b>
 <b>EMOTIONAL ABUSE</b>	If You Are Constantly or Repeatedly Being Blamed, Rejected, Not Listened To, Threatened or Made to Feel: Scared, Embarrassment, Sad, Guilty, Ashamed, Not Good Enough, Worthless	<b>CENTRE AGAINST VIOLENCE</b> <b>03 5722 2203</b> <b>OR</b> <b>GATEWAY HEALTH</b> <b>02 6022 8888</b> (155 High St, Wodonga)
 <b>VERBAL ABUSE</b>	If You Are Constantly or Repeatedly Being: Yelled At, Shouted At, Sworn At, Put Down, Called Bad or Nasty Names	<b>CENTRE AGAINST VIOLENCE</b> <b>03 5722 2203</b> <b>OR</b> <b>GATEWAY HEALTH</b> <b>02 6022 8888</b> (155 High St, Wodonga)
 <b>FINANCIAL ABUSE</b>	<b>Controlling</b> Your Money, Taking Your Money, Not Sharing Money, Not Allowing You To Buy Things, Making You Show Receipts, Telling You What To Do With Your Money, Controlling Your Bank Account and Centrelink Benefits	<b>CENTRE AGAINST VIOLENCE</b> <b>03 5722 2203</b> <b>OR</b> <b>GATEWAY HEALTH</b> <b>02 6022 8888</b> (155 High St, Wodonga)
 <b>SOCIAL CONTROL</b>	Controlling Where You Go, Controlling Who You See, Not Allowing You To Contact Family, Controlling Who Your Friends Are, Not Allowing You To Leave The House, Taking or Controlling Your Phone, Your Mail or Controlling Your Social Media, Your Accounts & Passwords, Stalking	<b>CENTRE AGAINST VIOLENCE</b> <b>03 5722 2203</b> <b>OR</b> <b>GATEWAY HEALTH</b> <b>02 6022 8888</b> (155 High St, Wodonga)

### OTHER FAMILY VIOLENCE SUPPORT:










SAFE STEPS- 1800 015 188 (Free, 24-hour phone support)

1800 RESEPECT- 1800 737 732 (Free, 24-hour phone support)



## AUSTRALIA SAYS "NO" TO FAMILY VIOLENCE AND ABUSE

IN AUSTRALIA THE LAW PROTECTS WOMEN AND CHILDREN FROM FAMILY VIOLENCE AND ABUSE, IF ANY OF THIS IS HAPPENING TO YOU THERE ARE SERVICES IN **ALBURY & LAVINGTON** WHO CAN HELP YOU (*Language support available, ask for an interpreter if needed*).

TYPE OF FAMILY VIOLENCE AND ABUSE	WHAT IS IT	WHO TO CALL FOR SUPPORT
 <b>PHYSICAL ABUSE</b>	Causing You Any Physical Pain By: Hitting, Slapping, Pushing, Biting, Pulling Hair, Pinching, Punching, Kicking, Strangulation, Throwing or Using Objects to Hurt You	<b>ALBURY POLICE</b> <b>02 60239299</b> (539- 543 Olive St, Albury) <b>OR</b> <b>BETTY'S PLACE (The HUB)</b> <b>02 6058 6200</b> (562 Macauley St, Albury) <b>CALL 000 IF EMERGENCY</b>
 <b>SEXUAL ABUSE</b>	Forced or Unwanted Sex or Sexual Acts, Violent, Rough or Painful Sex, Any Unwanted Sexual Touching, Forced Watching of Sexual Videos or Images, Unwanted Sexual Demands. <b>Examples:</b>  <b>Man to Woman</b>  <b>Husband to Wife</b>  <b>Adult to Children</b>	<b>ALBURY POLICE</b> <b>02 6023 9299</b> (539- 543 Olive St, Albury) <b>OR</b> <b>BETTY'S PLACE (The HUB)</b> <b>02 6058 6200</b> (562 Macauley St, Albury) <b>CALL 000 IF EMERGENCY</b>
 <b>EMOTIONAL ABUSE</b>	If You Are Constantly or Repeatedly Being Blamed, Rejected, Not Listened To, Threatened or Made to Feel: Scared, Embarrassment, Sad, Guilty, Ashamed, Not Good Enough, Worthless	<b>BETTY'S PLACE (The HUB)</b> <b>02 6058 6200</b> (562 Macauley St, Albury) <b>OR</b> <b>YES UNLIMITED</b> <b>1800 885 355</b>
 <b>VERBAL ABUSE</b>	If You Are Constantly or Repeatedly Being: Yelled At, Shouted At, Sworn At, Put Down, Called Bad or Nasty Names	<b>BETTY'S PLACE (The HUB)</b> <b>02 6058 6200</b> (562 Macauley St, Albury) <b>OR</b> <b>YES UNLIMITED</b> <b>1800 885 355</b>
 <b>FINANCIAL ABUSE</b>	Controlling Your Money, Taking Your Money, Not Sharing Money, Not Allowing You To Buy Things, Making You Show Receipts, Telling You What To Do With Your Money, Controlling Your Bank Account and Centrelink Benefits	<b>BETTY'S PLACE (The HUB)</b> <b>02 6058 6200</b> (562 Macauley St, Albury) <b>OR</b> <b>YES UNLIMITED</b> <b>1800 885 355</b>
 <b>SOCIAL CONTROL</b>	Controlling Where You Go, Controlling Who You See, Not Allowing You To Contact Family, Controlling Who Your Friends Are, Not Allowing You To Leave The House, Taking or Controlling Your Phone, Your Mail or Controlling Your Social Media, Your Accounts & Passwords, Stalking	<b>BETTY'S PLACE (The HUB)</b> <b>02 6058 6200</b> (562 Macauley St, Albury) <b>OR</b> <b>YES UNLIMITED</b> <b>1800 885 355</b>

### OTHER FAMILY VIOLENCE SUPPORT:

**DOMESTIC VIOLENCE LINE- 1800 656 463 (Free, 24-hour phone support)**

**1800 RESEPECT- 1800 737 732 (Free, 24-hour phone support)**



## how to deal with a relationship break-up

### Dealing with relationship break-ups

Relationships begin and end all the time. It's a normal life experience and it doesn't mean you won't be close to someone again. A relationship break-up can be tough no matter what the situation. Everyone feels different when they're going through a break-up. It's OK to feel sad, angry or let down – lots of people do.

Sometimes you need to prioritise looking after yourself and there are things that you can do to make it easier to handle. Things like hanging out with friends, eating healthily and making sure you sleep well.



**It's OK to feel sad after a break-up and it can take time to get over the loss of a relationship**

After a break-up many people experience a range of feelings, like sadness, anger or guilt – which may lead to feeling rejected, confused or lonely. You might even feel relief, which can be just as confusing.

Some feel as though their world has turned upside down and that things will never be good again. Many feel restless, lose their appetite and have less motivation or energy to do things. It might be tempting to try and move on quickly – but it takes time, work and support.

### Actions to help you after a break-up

- Give yourself some space. It might be helpful to try to have some space from the person for a while after the break-up – this can mean online, too.
- Keep busy. You might find yourself with too much free time on your hands, especially on weekends. Plan ahead and do things that you usually enjoy.
- Talk to friends and family and others who can support you. It's OK to want some time to yourself but hanging out with supportive people can help get your mind off things, and get a different perspective.
- Take time out for you. Do things that you find relaxing, like watching a movie, playing or listening to music, meditating, reading or playing sport.
- Try not to use alcohol and other drugs to deal. While they might help you feel better at first, the after-effects will leave you feeling much worse.
- Give it time. Allow yourself time to cope with the change.
- Try to get regular sleep and exercise.

### Advice from our headspace clinicians

- It may take some time to get over. Recognise there will always be good moments and bad moments, which will turn into good days and bad days. Whatever you're feeling now won't last forever.
- If you ended a relationship it doesn't necessarily make the breakup decision any easier.
- If someone broke up with you, it doesn't mean anything is wrong with you.
- Many people feel upset or angry during this time. Always make sure you express your feelings in a safe way – for yourself and others.
- It's better to be single than in a bad relationship. Remember – you don't need a partner to feel happy.
- Try not to worry about how the situation will look to others. Now is the time to focus on your own self-care.
- A break-up is an opportunity to learn more about yourself and what you want in future relationships. Working on yourself is the best way to be in a position to have a good relationship.
- With time and support you can pull through a relationship break-up and come out as a stronger and more resilient person.

### How to break up with someone

Be considerate about how you end a relationship. Always think about how you would want to be treated in the same situation.

Try to end things in a way that respects the other person, but be honest. Be clear and tell the other person why the relationship is over. Understand that the other person might be hurt and possibly angry about your decision.

Try to end the relationship in person, rather than by text or online.

### When your ex moves on

It can be really upsetting if you find out that your ex has a new relationship. Try to avoid thinking about them being with someone else. Don't contact or post about your ex and lash out at them, because this won't make you feel any better.

If you're feeling angry or jealous when getting over a difficult break-up, it's important to remember to stay safe. Get help and talk about it with someone you trust.

### Thinking about a new relationship?

It can help to take some time out before beginning another relationship. Think about what you want in your next relationship, such as having more independence or being more honest with the other person.

Remember that being in a relationship won't necessarily make you feel happier. Getting more confident and comfortable about being single is also a healthy step.

### When to get some help

Break-ups can feel like the end of the world, but most people work through them in time and without any serious problems. Sometimes a break-up can lead to someone experiencing other problems, such as depression. These feelings can affect your daily life and stop you from doing the things you enjoy. If it's been longer than two weeks, it's time to take action.

If you feel unsafe in any way, or you're struggling to move on (for example, if you're feeling jealous or angry, or notice yourself constantly checking their online activity), it's important to talk things through with someone you trust. This may be a friend or family member. Your general practitioner (GP), a counsellor, or someone at your local headspace centre can also provide you with confidential support.



**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](http://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](mailto:opshopcorryong@gmail.com)

# GET READY FOR FIRE SEASON

**The Upper Murray Community Recovery Hub and CFA  
are running fire preparedness training for all residents**

Your family emergency kit

Preparing your property

Knowing your risk

Communications

Water sources and mechanical equipment, eg pumps and generators

Each activity station will have up to eight attendees and run for 20 to 30 minutes.  
The event is expected to take two and a half hours.

**Saturday, 28 November at 3:00pm – Nariel Recreation Reserve**

**Sunday, 29 November at 9:00am – Tintaldra Hall**

**Sunday, 29 November at 1:00pm – Walwa Recreation Reserve**

**Sunday, 6 December at 9:00am – Cudgewa Football Ground Reserve**

**Sunday, 6 December at 1:00pm – Oval at the Recovery Hub, Corryong**

**To register your attendance visit**

**<http://recoveryhub.eventbrite.com> or**

**call the Recovery Hub on 1800 518 222**



## CORRYONG AMATEUR SWIM CLUB

# Come 'n Try

Wednesday 9<sup>th</sup> December 2020

4pm - 5pm at the Corryong pool

Expressions of interest for the 2020-2021 swim season

(children must be able to swim a lap)

Swimmers will have a session in the pool - if you are not sure whether your child is quite ready - we can assess this on the night.

Discounted memberships will apply this year due to shortened season - further details to come.

COVID-19 rules will apply on the night. Please ensure you bring drink bottle and towel for your child - no sharing.

Come along and have a chat to our committee members about swim club with any questions you may have. See you there!

