

Keeping In Touch

6th November 2020



Dear Parents and carers,

Within the college, whilst we have been managing the scope of COVID restrictions and the impact, we continue to work through the strategic planning for 2021.

In our analysis of data and observations there have been a few concepts that are important for parents to be aware of. This includes the following points that will be outlined below:

1. The vital importance of everyday attendance (Every Day Counts)
2. Catch-up Tutor Program 2021
3. Parents Club - Building Strong Futures

Also below is Sarah Austin - Koorie Liaison's sharing of understanding our next week NAIDOC's recognition. This is a great time to acknowledge the custodians of the land in which our college community resides and pay our respects to elders both past, present and future.

Attendance - Every Day Counts

We all want our children to succeed and we all know that success means different things for many people. In school, we want our students to be numerate, literate and well rounded in their ability to be life-long learners so they can have the skills to be successful in any future endeavour they choose. To do this, the learning that occurs on a daily basis covers strong teaching and learning in literacy, numeracy, connectedness to community (immediate, local or global), the development of social-emotional and interpersonal skills, resilience, self confidence and the ability to self regulate and problem solve. The building blocks for these skills begin with **attending school everyday**. When your child misses even a day off school, they are missing the opportunity to acquire the fundamental skills which build their foundations for next steps in their learning. They too, are missing the social connectedness with their peers. Whilst we understand there are at times reasons for absences, I ask you to please be conscious of the deficit that occurs in your child's learning and development. It is also vital to know that attendance patterns are established early - a child regularly missing days in foundation or in the early years of school will often continue to miss classes in the later year, and therefore often receives lower achievement results than their classmates. To give you an example, a child that misses an average of 3 weeks of school per year, equates to half a year of school by the end of Year 6 or by the end of year 12 for the secondary equivalent. It is vital that students go to school every day. Therefore, when possible, if holidays are being planned, or you have appointments to go to, we ask that you please try to have these out of school hours or on the holiday break. If you are struggling to get your child to school, please call the college so we can work with you to develop a plan or support to ensure your child is at school every day.

Catch-up Tutor Program 2021

As you may have heard, the government has announced the Catch-up (Tutoring) funding initiative. This is to assist our children across our F-12 college of whom may be showing signs of impact from this years COVID interruptions. Whilst exact details of this initiative is being developed with DET (Department of Education), we at the college are already commencing the planning to facilitate and implement learning support for our children that are demonstrating need. This could mean a number of things; teachers that are already teaching at the college could be utilised to tutor small groups in or out of class which will create opening for new teachers to be employed or we employ new expert teachers to fill the position of the tutor role. We do know that the college will allocated with funding that equates to a full-time teacher. This will only be available in 2021. This tutoring initiative will be on top of our already brilliant intervention program, as well as a our MYLNS (Middle Years Literacy and Numeracy Support) program where intervention is given to those middle year secondary students to support their development as they near the later years of secondary education and pathways to their chosen career.

Parents Club - Building Strong Futures

Building strong futures for Parents Club is centred on creating positive learning environments and opportunities for our children. This includes the financial support to resource classroom materials, teacher literacy intervention training and materials for implementation, college playground beautification and equipment, to facilitating the finances to fund student opportunities (excursions, guest speakers, programs). Your contribution to this is vital for those things that do not fit into normal school funding guidelines. We rely heavily on the Parents Club contributions. Therefore, we ask you to please chip in support. This can be done by putting your name down for a short Op Shop shift, assisting at a fundraiser, or even creating a fundraiser with your mates. This year we have Melissa Humphrey as our President, Petrina Hewatt as Secretary, and Megan Spurgeon as our Treasurer. They are holding a meeting on Monday 9th November, at the Corryong Hotel Motel (bottom pub), at 2pm. Please go along, meet and greet and ask them how you can give a hand or share an idea you may have for future fundraising.

NAIDOC Week for 2020 - 8th to 15th November.

This year's theme is '**Always Was, Always Will Be**', this theme was chosen to encourage Australians to celebrate the wealth of cultures and knowledge that existed prior to Captain Cook's arrival in Australia, that continue to thrive to this day.

The occasion of the 250th anniversary of Captain Cook's voyages to Australia in 2020 is an opportunity to encourage Australians to consider what the continent was like before Cook's arrival, and its subsequent colonisation by the British. First Nations people have been here for more than 65,000 years and developed expertise in astronomy, science, caring for Country and a myriad of other areas.

Always Was, Always Will Be elevates this continuity of cultural knowledge and practices as things all Australian can be proud of and celebrate together. It is about Australians acknowledging the true history of this country.

To celebrate this year each faculty has been asked to choose a small activity that can be run across the week.

We hope that you will join with us in celebrating NAIDOC Week for 2020. *Sarah Austin - Koorie Liaison*

Wishing you all a great weekend ahead, Fran Heath - Corryong College Principal



**Always Was,
Always Will Be.**
8-15 NOV 2020

CALENDAR OF EVENTS Term 4, 2020

Mon 9th School Council Meeting 6pm Parents Club AGM See below for details	Tues 10th VET Hospo revision lecture	Wed 11th	Thurs 12th	Fri 13th
Mon 16th	Tues 17th OM Year 7/8 Interschool Sports	Wed 18th	Thurs 19th OM Year 9/10 Interschool Sports	Fri 20th
Mon 23rd	Tues 24th	Wed 25th	Thurs 26th	Fri 27th Last day of term for Year 11 students
Mon 30th	Tues 1st Dec	Wed 2nd	Thurs 3rd	Fri 4th

Parents Club Meeting

Corryong College Parents Club

Annual General Meeting

Monday 9th November

2pm

Corryong Hotel Motel

Back deck.

~ All welcome~

A Big Thank You to Walkers Sawmill for generously donating a load of mulch to the College to be placed under the 5-8 Hub play equipment.



Outdoor Ed

"Outdoor Education was a little challenging throughout online learning but we are excited to be back outside, exploring the Upper Murray on our bikes. Next up we have Stand Up paddle boarding/kayaking, rock climbing and whitewater rafting."



ART COMPETITION

2020



Draw, paint, build or construct.



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

Prizes To Be Won In Each Category:

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

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

Years 5 'Tim and Tigon.'

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

Year 6 'Australia.'

Make an artwork that represents Australia to you.

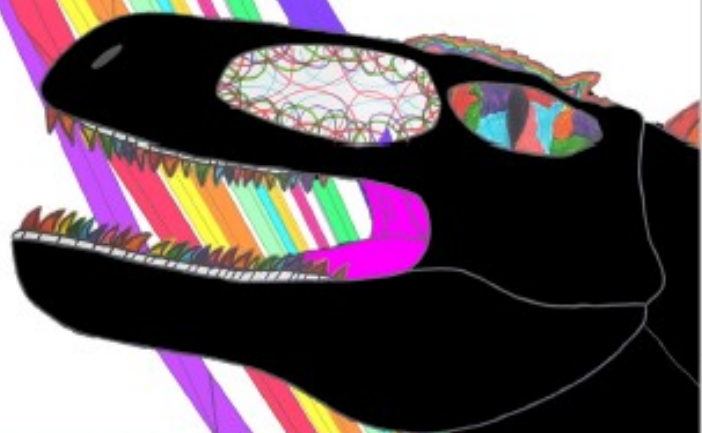


Years 7 - 12 '2021.....'

Make an artwork that represents 2021 for you.



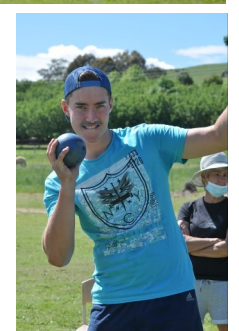
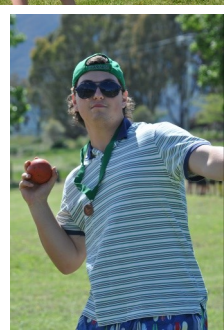
Submission of Entry: WEEK 4
Virtual Exhibition: WEEK 6

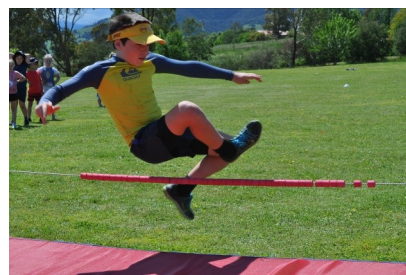
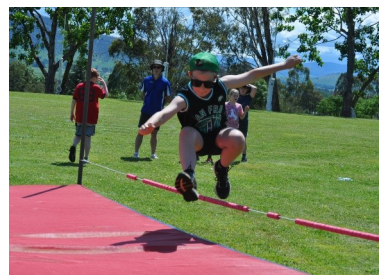


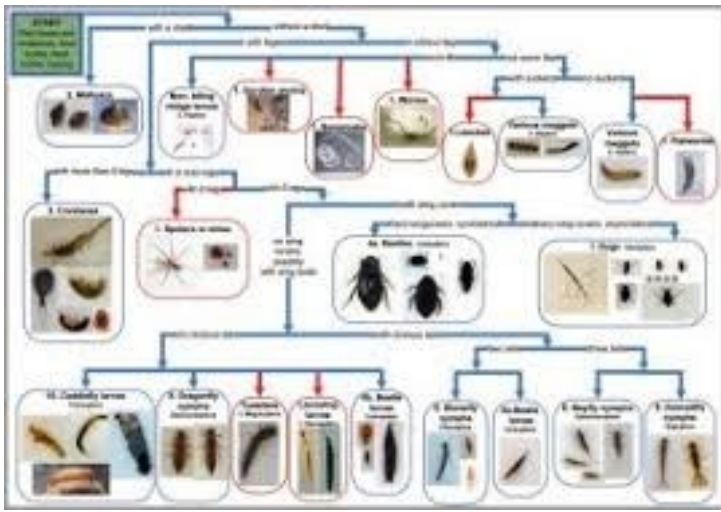


Athletics 2020









Chemistry & Biology



Waterbugs: Year 11 Chemistry and Biology

This week students in VCE Chemistry and Biology compared two water environments. We tested pH, oxygen, temperature and phosphate levels. We found that the still water of the golf course dam had higher phosphate levels from fertilisers and low oxygen concentration. The water from Colac Colac was colder, higher in turbidity due to erosion and higher in oxygen due to moving water. The Chemical results effected the types of invertebrates we identified. There was a large amount of invertebrates in the golf course dam compared to the river. We used a dichotomous key to identify boatmen, stoneflies, worms, and blonde trawlers.

The junior school welcomed three chicks last week. Due to the storms and unpredictable power outage not all the chicks hatched. The three precious chicks have been named Snap, Crackle and Pop. Students named the two chicks Crackle and Pop after the sound of thunder and lightning. Then the last chick was born six days late, it was names Snap. It was born a little squashed and found it hard to stand. Some students thought it should be named Splat instead. Luckily they are all now healthy and we are measuring the weight and height every day.



VCAA EXAM TIMETABLE CORRYONG COLLEGE 2020

VCAA EXAM TIMETABLE CORRYONG COLLEGE 2020			
Wednesday 7 th October	9am – 1:15pm GAT		
Tuesday 10 th November	9am - 12:15pm English		
Wednesday 11 th November		3pm-5:15pm History: Revolutions	
Thursday 12 th November	9am – 11:45am Psychology		
Friday 13 th November	9am - 11:45am Biology	2pm - 3:45pm Further Mathematics 1	
Monday 16 th November	9am - 10:45am Further Mathematics 2		
Tuesday 17 th November	9am - 10:15am Mathematical Methods Exam 1		
Wednesday 18 th November		3pm - 5:15pm Mathematical Methods Exam 2	
Thursday 19 th November		11:45am-1:30pm VET Hospitality Visual Communication	3pm - 5:15pm Health and Human Development
Friday 20 th November	9am-10:45am Product Design and Technology		
Monday 23rd November	9am - 11:45am Chemistry		
Tuesday 24 th November	9am - 11:45am Physics		
Wednesday 25 th November		11:45am – 2pm Geogra- phy	3pm – 5:15pm Physical Education
Thursday 26 th November	9am - 10:45am VET Engineering Studies		
Friday 27 th November	9am-10:45am Studio Arts		
Tuesday 1st December		11:45am - 2pm Indonesian Second Lan- guage	

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 **ehelpspace**, 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.



If you or someone you know is going through a tough time you can get help and support from headspace, your school or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit headspace.org.au



If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 659 467.

The headspace Clinical Reference Group have approved this clinical resource. Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information. 2 August 2019