



Mallacoota P-12 College

Newsletter

Tuesday 14th December 2021

Week 11 of 11

PRINCIPAL'S REPORT

It's Term 4, Week 11 and only a few days until we close for the summer break. I think many of us (students, parents, staff and the wider school community) are feeling so ready for a break. We began the year hoping that the challenges of 2020's Remote and Flexible Learning were behind us, but sadly that was not to be the case. As the year rolled on, so did the challenges that Covid19 brought, but our staff learnt and adapted, as did our students and the parents and carers supporting their learning. We have all achieved a lot under very unique circumstances and I am so proud of our staff and grateful to everyone who has gone above and beyond to ensure that our students were supported and provided with everything they needed to continue their learning.

Last week our Yr6-10 students participated in secondary activities week. Throughout the term, students had worked in small teams to develop the program and last week, with support from our staff, they were able to enjoy a range of student led activities. Sadly, due to the days of wet weather, the program had to be modified, but to the credit of each and every one of the students, spirits remained high and the program was able to be adapted to ensure that our students were still engaged in a fun and worthwhile program.

Over the past two weeks, our school has contributed to the 16 days of activism, promoting respectful relationships. Lunchtime activities and whole school celebrations helped to raise awareness of respect and respectful relationships across the school and wider community.

Nippers got off to a splashing start yesterday with our



WHAT'S ON

13 Dec	Nippers Program starts
16 Dec	End of Year Award Celebration
17 Dec	Last day of Term - school finishes at 12.15pm
31 Jan 2022	Term 1 begins

Primary classes participating in beach and water safety activities. The level of rain experienced last week has impacted on the water quality at Bastion Point, but a modified program is ensuring that the program can continue. The success of this program can be contributed to the many older students who have Bronze Medallion qualifications, parents and community members who support the organisation and running of the program as well as the enjoyment of our students who look forward to this program each year. Of course none of this could happen without the dedication of Simon Berry and the many surf lifesaving club members who make it happen.

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Leo
Bridie
Ocean
Louis
Muhammad
Sunday
Nellie



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We are eagerly anticipating the completion of the school's administration building over the coming weeks. Working from the Betka room has certainly had its challenges, but we look forward to starting the new school year from a fresh new office area with additional meeting and conference rooms making the space not only more welcoming, but also much more versatile.

On Wednesday our Yr6 class of 2021 will be enjoying a leisurely cruise around Mallacoota Inlet for their primary graduation. What a magnificent way to celebrate the successful completion of primary school. Fingers crossed for some good weather.

This Thursday our Prep/One class will be touring significant places around Mallacoota to conclude their study of local 'Places, Spaces and People'. Unfortunately the tour got rained out last week- hopefully the weather will be kinder this week.

During Arts Fest our Primary Choir Challenge was held and as winners and runners up, our Yr1/2 and P/1 classes are excited to be heading to the Miva Miva lunch this Thursday to perform their songs to the Senior Citizens.

This Thursday we are holding two assemblies for End of Year and Award Presentations. These will both be held in Room 7. Secondary assembly will run from 1:15-2:15pm and Primary assembly from 2:25-3:25pm. As notified previously, we require all visitors attending either of these events to provide evidence of double vaccination status and to check in via the QR code. For those unable to attend in person, we will provide a Webex link where the assembly can be viewed live. Please contact the College Office if you wish to receive the password protected Webex link.

Also on Thursday we will be gathering to formally acknowledge the significant contributions that Darren Fellows made to our school and community over many years. We invite families to join us outside the art room at the 'Pencil' from 3:45pm to approximately 4:15pm.

We have been fortunate to secure places at the Snowy River Campus of the School for Student Leadership in Term 1 for next year's Yr9 students. The **School for Student Leadership** is a Victorian Department of Education and Training (DET) initiative offering a unique residential education experience for year nine students. The curriculum focuses on personal development and team learning projects sourced from students' home regions. Over the years we have had many groups attend

the program and every student has come away with not only wonderful memories but also having benefited from personal and social growth. We wish our 2022 Yr9 students a wonderful time and look forward to their return in Term 2.

Finally, as we round off the year, I would like to thank our staff who have given so much of their time and energy to ensuring that we provided a safe, positive and supportive learning and social environment for our students, to our students who have faced many challenges this year, but showed perseverance and resilience and kept on smiling, to parents and carers who have faced another year of parenting (and home-schooling) through such challenging circumstances, our school councillors who have given so freely of their time in support of our school and to the many other people and organisations who have supported us along the way. By working together we can and do make great things happen.

In support of all of our staff who have certainly earned a break this year, I'd like to request that families please respect our right to a holiday and refrain from work related conversations if you see us around town over the holidays. By all means say Hi, but please hold over school related talk until school returns in late January.

Have a safe and healthy summer, enjoy time with your children and I look forward to continuing the journey with you again next year.

Kathy Scott

Physical Education Item returns

If families have any of the following items, could they please return this week

- Surfboards (that have been hired)
- Badminton/shuttles, lent out during virtual learning
- Sports shirts

Thank you

Priya Berry - Secondary Sports Coordinator

The office is also seeking to have any musical instruments, laptops and dongles loaned out during remote learning, returned to school this week, please.



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Activities Week - Grade 6 to Year 10

In Week 10, students from grade 6 to year 9 completed 'Activities Week'. Students in Year 6, 7 and 8 have been busy developing this during Home Groups in Term 4. The Year 6 students were with the secondary students for the whole week, the culmination of their transition program.

Students developed their leadership, communication, initiative and ability to work in a team. This addressed the personal and social capabilities section of the curriculum as all the activities were student selected, planned and run. It was an awesome week.

The highlights of Secondary Activities Week including: Science experiments with Peter B and Peter E, beach activities, Masterchef featuring deconstructed pavlovas, chocolate mousse and homemade doughnuts, invasion games at the hall, embroidery, pizza making, Lego, Spheros, Spikeball and more!





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Nippers 2021

Nippers, what a blast. Over 70 students participated in our end of year primary Aquatic Safety / Nippers program in conjunction with the Mallacoota Surf Lifesaving Club.

A massive thank you to all the volunteers, staff and families who made this possible.





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Healthy Tips for the Festive season.

The Christmas Holidays can be fun and challenging at times! Here are a few tips for a healthier enjoyable break.

Asthma: Summer is a great time to get out, get active and enjoy the sunshine. Different triggers bring on asthma symptoms in different people. Smoke and increased air pollution can trigger asthma symptoms. The signs of asthma can include coughing, wheezing chest tightness or shortness of breath. Asthma can be controlled with reliever and preventer medication. In an emergency ring 000.

Some people with asthma find that getting active can trigger their asthma symptoms. To help reduce your chance of developing *Exercise Induced Asthma* (EIA) includes taking your reliever medication (or as directed by your doctor) 5-20 minutes before warming up.

Information: <http://www.asthma.org.au/>

Thunderstorm asthma: Grass pollen season is upon us where there is an elevated risk of thunderstorm asthma in south-eastern Australia. People who have been diagnosed with asthma, have a history of asthma or have undiagnosed asthma, as well as those who experience hay-fever are at risk of experiencing asthma symptoms. Thunderstorm asthma warnings will be issued through the Vic Emergency app on days of 'HIGH' alert with *forecasting for up to two days in advance* which can assist when planning outdoor events. <https://asthma.org.au/about-asthma/triggers/thunderstorm-asthma/>

COVID safe: It's all about being part of a community that actively does what is necessary to keep yourself and others safe. If you have symptoms please isolate and call the COVID hotline **1800675398**

Bushfire ready: Be bushfire ready. Have a plan in place. For further information see: <https://www.cfa.vic.gov.au/plan-prepare/your-bushfire-plan>

Consider downloading the **Vic Emergency app** which provides Victorians with access to warnings and incidents for fires, floods, storms, earthquake, tsunamis and water safety.

Mental and Emotional wellbeing: Christmas can be a stressful and challenging time for many people especially with a Pandemic.

- Ease Christmas stress by drawing up a budget, shopping early and taking steps to avoid overspending.
- Not all Christmas's are hassle free! Being realistic can reduce disappointment.
- If separated by distance, keep in constant touch by phone, social media, mail and email.

- Use the strength of your feelings to change your situation. If you are estranged from loved ones, perhaps you could attempt to reconcile with relatives and old friends (if possible), or else take steps to widen your social network.
- It's OK to feel sad, grief and disappointment. It has been a couple of huge years for many. Feelings can be amplified over Christmas so remind yourself that many of these feelings will pass. Know you are never alone, seek help if you need to; there is huge support in the community and via the internet! Another strategy is to discuss your Christmas plans as a family, and appreciate that doing things a little differently this year could help everyone deal with loss or new family arrangements.

Water Safety: Always supervise a child around any water, including swimming pools, nappy buckets, baths, dams, creeks and the beach.

- Please swim between the flags at Bastion Point!
- Slip, slop, slap, seek and slide. Make sure you have adequate shade for protection during the hottest time of the day.

For the new year.....

- Make a conscious effort to list all the positive things you did, what you have learnt about yourself and how you got through 2021.
- If possible, mend fences. Contact those people you miss and make steps towards reconciliation.
- Remember that most New Year's Eve resolutions are unrealistic. This year, try to come up with positive and achievable goals for the upcoming 12 months.
- Travel safely, be safe and well and look out for one another

Kindness: Please be kind and respectful towards one another. Knowing that we have all been through so much the past couple of years and it is OK to be emotional, vulnerable and sad. Kindness in words and actions goes a long way in repairing our communities. We have a wonderful community and I look forward to seeing you all next year where the possibilities of great things are endless. ☺

Resources: **KIDS HELP LINE** Ph: 1800 551 800, **LIFELINE AUSTRALIA** Ph: 131 114,

Mallacoota Medical Centre Ph: 51580777. **COVID hotline:** 1800675398

<https://eheadspace.org.au/>, <http://www.asthma.org.au/>, www.youthbeyondblue.com, <https://www.cfa.vic.gov.au/plan-prepare/your-bushfire-plan>

Helen School Nurse.



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16 days of activism to promote Respectful Relationships



A massive thankyou to James H.E.Y (Healthy Equal Youth) Project at Gippsland Lakes Complete Health for supporting our 16 days of activism program with amazing Tie Dying and discussion and showing solidarity with our LGBTIQA+ communities.



Preparedness this summer

As we draw towards the end of both the second year since the Bushfires and the second year of the COVID-19 pandemic, some people in our community are traveling well, while others may be finding it hard to adjust or cope during such a long period of disruption and loss. They have both affected people in such varied and personal ways that it is important to remember we probably do not know just how those around us have been affected.

As Summer approaches, sometimes reminders of the bushfire event such as a windy, hot day, or a power outage, or the sound of a helicopter, may trigger intense feelings and memories of the fire in young people and even in adults. People might feel like they can't concentrate, or feel scared, as though they are 'back in the bushfire event'. If this happens to your child, help them connect with the current reality by describing what the trigger actually is; then reassure them that they are safe and talk with them about why they are safe in that moment (e.g. the bush is not as dry this Summer, the smoke is from burning off of campfires instead of a bushfires).

This can also be an opportunity to talk to them about what you have learned as a family from the bushfire experience and what you will do differently to keep everyone safe next time. Any opportunities to talk about what happened in 2020 will help put it in the past and give a chance to reflect on what it means and how everyone has changed and grown since then. If children are reluctant to talk, the adults talking calmly between themselves will often help them feel it is okay to talk about it.

There are lots of people to support you and your child if you are struggling at this time of year. Please reach out to access any of the supports available to you in our local community, including: RFDS, Rural health connect and the Mallacoota Medical Centre. Some other basic ways you can take care of yourself include:

- Focus on establishing and maintaining family routines.
- Get lots of sleep, try to eat a healthy diet and find time for exercise.
- Talk about your bushfire experiences with trusted

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friends if you feel it would be helpful - but acknowledge that not everyone will be ready to talk about theirs.

- If someone wants to talk to you about their bushfire experience, don't be worried if they become upset: the release of emotion is normal. Just keep going through the story until the danger is over, even if it is sad.
- Find time for pleasure (something you enjoy) and leisure (having nothing you have to do).
- Give yourself permission to recover at your own pace: recovery can take time and is different for everyone.
- Remember you don't have to have suffered direct loss or even been present during the fire to have your life profoundly affected by the event. Everyone can participate in recovery activities.

Wishing everyone a restful holiday season - and please know that support is available for you if you need it.

Trauma Recovery Team.

Supports Visiting

***Royal Flying Doctors service.** Psychologist. Social worker, Youth and Adult outreach workers.

Appointments: Ph. 1800001068 Web wellbeing@rfd.vic.com.au

***Mallacoota Medical Centre:** For any social, emotional, physical and psychological needs. Direct access to specialists, youth workers and mental health support onsite. For more details Ph. **51580777** for an appointment.

***Teen Clinic:** Young people can drop in any time during the week at the Mallacoota Medical Centre. 9 to 12pm. 2-5pm. Teen clinic hours Monday and Thursday 12:30 to 5pm

Online supports

***Rural Health Connect.** Appointments including for adolescents and children under 12 years of age. www.ruralhealthconnect.com.au Click "get started" and then "sign up" under the section "bulk billing"

Supports and websites	
<p>Emergency – Ambulance, Fire, Police - 000</p> <p>Lifeline – 13 11 14</p> <p>Kids Help Line – 1800 55 1800</p> <p>Suicide Call Back Service – 1300 659 467</p> <p>SANE Helpline – 1800 18 SANE (7263),</p> <p>Sexual assault crisis - 1800 806 292</p> <p>Men's Line Australia- 1300 78 99 78</p> <p>Drug and Alcohol Direct line- 1800 888 236</p> <p>Qlife. QLifeqlife.org.au</p> <p>Ph. 1800 184 527 Online chat & phone support</p> <p>Headspace East Gippsland. Ph. 03 5141 6200. Web info@headspacebairnsdale.org.au</p>	<p>Beyond Blue – www.youthbeyondblue.com</p> <p>1300 22 4636 - Chat online, email, or speak on the phone</p> <p>Head space https://eheadspace.org.au/</p> <p>1800650890 - Chat online, email, or speak on the phone</p> <p>Kids Help Line http://www.kidshelp.com.au</p> <p>1800 551 800 – Phone or Web Chat Counselling</p> <p>Sexual assault crisis https://www.casa.org.au/</p> <p>1800 806 292</p> <p>MensLine Australia https://mensline.org.au/</p> <p>1300 78 99 78 Phone and online counselling.</p> <p>Drug and Alcohol Direct line https://www.directline.org.au/</p> <p>1800 888 236 - Chat online, email, or speak on the phone</p>

Take care all.

Helen School Nurse