



Mallacoota P-12 College

Newsletter

Tuesday 13th December 2022

Week 11 of 12

OUT AND ABOUT AT MP-12

Wow- what a year. Despite Covid19 being an ongoing concern throughout the year, thankfully, we were not forced into another lockdown or periods of remote learning. This has meant we have been able to edge closer to a sense of normality and we have certainly aimed to make the most of opportunities to engage in a multitude of excursions, sporting events and camps. Students of all ages have experienced many 'firsts' this year- first camps, first interschool sports, first colour run, first white water rafting, first ride in the new school bus, first mural in the main street, first book read independently, first exams, first choir challenge, and the list goes on. Academic, personal and social learning come from stepping outside our comfort zone, taking risks, daring to get it wrong and learning through opportunities. I'd like to congratulate our students on embracing these opportunities and learning from new experiences. A huge thank you must go to our staff who have all gone above and beyond to support our students and provide so many opportunities and to the many parents and other volunteers who have supported us throughout the year.

Last week's Arts Fest was a huge success, with students participating in a range of arts themed activities. A few highlights were the MA Space Art exhibition, the big reveal of the Yr9/10 mural, Choir Challenge, Colour Run and our water tank mural- what a colourful memento we now have. Arts Fest provided many learning opportunities along with social connection and wellbeing through music and creative experiences. It was such a great week and we look forward to its return next year. A huge thank you to Trindi who worked tirelessly coordinating the event. See further in the newsletter for a more detailed report on the Fest and the many people and organisations who supported it.



As this is the final newsletter for the year, I'd like to take the opportunity to acknowledge and thank Cheryle Osborne for extending her initial one term as Acting Principal and staying the entire year. Cheryle brought with her a wealth of experience and knowledge, from which the school and community have benefited greatly. It has been a huge commitment for Cheryle, who had to take time away from her own school, family and friends in order to be here with us. It has been a wonderful experience working with and learning from Cheryle and I know we all wish her the very best as she heads back to Melbourne- we look forward to seeing her back here each January.

The position of Principal at our school is to be readvertised during Term 1. The Regional Office has appointed Susi Allen as Acting Principal whilst we undergo the upcoming selection process. Susi comes to us with a background in both Primary and Secondary settings, along with experience working in both rural and remote areas.

Next year we also welcome John Baratta and Matilda Hewett onto our staff. John will be stepping into the Secondary Leader role and teaching some Science, Digital Technology and electives. Matilda will be teaching in our Primary area. Rory Wood-Ingram is also returning to our school. Rory will be teaching Secondary classes, including Humanities and some of our VCE-VM (vocational major) classes.

Two of our current staff- Lisa Broome and Jess van Swol will be taking some time out of teaching next year. The school will certainly not be the same without them, however I have a feeling they may pop in occasionally during the year to keep in touch. We wish them all the very best for their adventures in 2023.

I'd like to wish you all a very safe and happy summer holiday and look forward to seeing you all in the New Year.

Kathy



Mallacoota P-12 College

Newsletter

Arts Fest 2022! What an amazing event to celebrate the Arts in our school. Arts Fest ran over two days with many arts based activities: from mural painting, an incredible exhibition of our Primary and Secondary Art, the year 9/10's mural on the hardware wall was unveiled - such a feast of colour and vibrancy! We kicked off Arts Fest on Tuesday with a mural on our water tank by regional artists, Lee Knickless and Anli Vuong, throughout the day students were able to join them to add colour and motifs. We had beading, weaving, painting jars, music-making and some fantastic digital tech with VR, AR and Sphero Art. We were so fortunate to have had the support from Music Victoria, and young, talented, local musicians - it was especially wonderful to see returning students Zac Jolly on his decks, Isy Warren, and original founder of Arts Fest, Airly Embleton-Mew playing original songs and all inspiring our students. We had Quin Grunden from The Grogans and George and Rory from the Chordroys from Merimbula join us to add something special to the musical line up.

Wednesday saw the Primary program open with activities such as drama with Kate Jackson, percussion soundscapes with Mrs. Broome and Rachel Severs, digital art with Amelie Boucher from GELLEN, hoop weaving and other art with Steph, and the primary students enjoying the festive atmosphere in the newly decorated undercover court. The primary choir challenge was a huge hit with amazing costumes and extravagant performances with the grade 5's taking out the win! We finished the day with a colour run around the school, a fitting way to end with another feast of colour! It was truly wonderful to see our students enjoying themselves, big smiles and lots of excitement! We distributed free screen printed Arts Fest totes to all our students - shout out to Tom McKenzie (aka TDMack) for the wonderful design and to Sabine Amos for her support with screen printing and promotional support.

None of this is possible without the help of so many in our community and beyond. Firstly enormous thanks to The Sanctuary Mallacoota Youth Group for their faith and support with funding and people power to dress up the undercover court (it looked wonderful!), bumping in and out - special thanks to Brodie Gaudion, Sandy Duthie, Jasmine Fairbrother, Ryley Gray, Kaspar Symes, Sophia Lagalle and Lindsay Davis. We have local and regional organisations who contributed much to the success of this event: Kelly and Sabine from ReLink for support with activities, Coota Gathers' Katie Symes, Music Victoria's Mindy Wadsworth, Halls and Rec for

equipment, MADRA, EGSC and Red Cross for funding, Gippsland East Youth Project, Lions Club for the bbq, Mallacoota Boardriders, CHIRF, MA Space, South East Home and Hardware, Cafe 54, the Mallacoota Bakery, Mallacoota Butchers, our local supermarkets IGA and Foodworks. Our sound tech crew, the musicians, artists and community volunteers- thank you!

To our year 9/10 students who came along for the ride, who created art, contributed to music and sound tech, screen printed and much more; Aya, Remy, Tom, Marley, Zeb, Seth, Janaína, Zara, Ruben and Tristan and to Steph who led this group wonderfully. Awesome job!

Lastly, to our School who supported this event, to the staff who contributed so much to the success. Without the staff's willingness to take on this project (at the end of another busy year!) and pitch in to help in many, many ways, none of this would be possible. Special shout out to Kathy Scott, Marty Scott, Priya Berry, Chez Osborne, Lisa Broome and Steph Mew - the work in the background and throughout the event was amazing! I am grateful to the school community for the support you have shown and next year we hope to create something equally meaningful and our aim is to include other students from our region. This is just the beginning! We should be very proud of what was achieved this year. Thank you to all who made it such a success.

Trindi





Mallacoota P-12 College Newsletter





Mallacoota P-12 College

Newsletter

Healthy Tips for the Festive Season.

The summer holidays can be fun with the occasional challenges in between. 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 including smoke and increased air pollutions. 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.

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**. For further information: <https://www.coronavirus.vic.gov.au/im-a-covid-case-contact>.

Bushfire ready

Be bushfire ready. Have a plan in place. For further information see: <https://www.cfa.vic.gov.au/plan-prepare-before-and-during-a-fire/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.

- 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. 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.

National Health and Medical Research Council (NHMRC) guidelines to reduce the health risks from **alcohol consumption** include:

- For healthy men and women no more than 10 standard drinks per week and no more than 4 standard drinks on any one day.
- Children and young people under the age of 18 should not drink alcohol due to the emerging evidence of the impact alcohol can have on the developing brain.
- The safest choice for pregnant, breastfeeding women or if you are planning a pregnancy is not to drink alcohol.

Remember to drink plenty of water too to avoid dehydration.

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



Mallacoota P-12 College

Newsletter

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 the past few years.
- 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

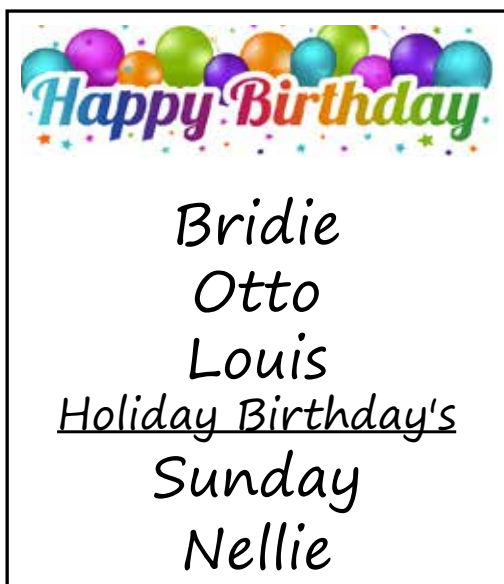
Kindness. Please be kind and respectful towards one another. Knowing that we have all been through a lot over the past few years and it is OK to be emotional, vulnerable, and sad. Kindness in words and actions goes a long way in repairing our communities. We have a wonderful community and I look forward 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/>, www.youthbeyondblue.com,
<http://www.asthma.org.au/>, <https://www.cfa.vic.gov.au/plan-prepare/your-bushfire-plan>

Helen, School Nurse.



Primary Bike Ed Program

I would like to thank Brenton from Auscycle for coming to our school to deliver a very informative and educational bike ed program for our primary students.





Mallacoota P-12 College

Newsletter

TERM FOUR CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 11	December 12 th Primary Bike Ed Program	December 13 th Primary Bike Ed Program *End of Year Presentation 2:00pm, Undercover Court	December 14 th Nippers	December 15 th Nippers	December 16 th Nippers
WEEK 12	December 19 th	December 20 th End of term 4 – finish at 1.30pm			

Congratulations Year 12 of 2022!

Congratulations to another very successful year 12 cohort of 5 students this year. They have all successfully completed their VCE or VCAL Certificates and are set to take on the world. Between them there are six study scores in the top 10% in the state and Jya-Ruby Nation has scored a 50 (out of 50) for Sport & Rec which will likely earn her a Premier's Award. 2 of our 4 VCE students have ATAR scores in the 90s and Kathryn Thoroughgood our Dux has a score of 94 which will guarantee her place in Melbourne Uni Science and a Kwong Lee Dow financial scholarship. Jya-Ruby's Studio Art folio and a successful interview has already gained her a spot at the Victorian College of Arts for next year.

Once again, our students have shown that if you come to school every day, get involved and try your best you can achieve great things at Mallacoota P-12 College.



Merry Christmas from the Library...

Please hunt around the house and return all library books to the College for stocktake.

Thank you.

