



Mallacoota P-12 College

Newsletter

Tuesday 31st January 2023

Week 1 of 10

WHAT'S ON

30 Jan	Term 1 Starts
05 Feb	Yr 9 Alpine School (05/02-06/04)
07 Feb	Gr 4-Yr 12 Swimming Carnival in Eden
13 Feb	Yr 7/8 Camp Coopers Creek & Walhalla
16 Feb	Primary District Swimming Orbost
02 Mar	East Gippsland Secondary Swimming
02 Mar	Primary Division Swimming



PRINCIPAL'S REPORT

Welcome to the 2023 school year.

I hope you have all enjoyed a relaxing and rejuvenating summer break.

If we haven't already met, I am Susi Allen, the Acting Principal for Term 1. I have travelled over the mountains from Beechworth in North East Victoria and I am very excited to be here!

I have been a teacher for many years in secondary, primary, early years and the international school system and more recently, the last 6 years I have been a principal in the independent school sector.

My passion in education is to provide every student with the strongest foundation possible for them to reach their aspirations in learning and life, and grow into wonderful young adults, who go on to make their impact in the world in a way that continues to grow their strengths. I am looking forward to getting to know the students over the coming weeks.

I also have a passion for parents, being part of the learning journey at school, and for involving community in that journey too. It takes a village to raise a child! Please know you are welcome to have a chat at morning drop off, over the phone or make an appointment at the front office for another time.

This year we warmly welcome new and returning teachers -
Matilda Hewett, Prep teacher
Ben Donegan, Year 3 & 4 teacher
John Baratta, Secondary Coordinator and teacher
Rory Wood-Ingram, secondary teacher
Hannah Murphy, secondary teacher

There will be opportunities to meet the new teachers and staff at the upcoming events (dates and times to be confirmed)

- Welcome BBQ for all families
- Primary and Secondary Parent Information Sessions

Meanwhile I look forward to sharing with you many of the fantastic things happening in the school.

Year 9 Camp

This Sunday, Year 9 students are heading off to the Alpine School Campus, a school for student leadership, which is located in Dinner Plains, in the Victoria Alps. The students will be residing at the campus for Term 1 and participating in a unique educational experience which provides opportunities for personal development, social engagement, community connections and environmental stewardship. We wish them well and look forward to hearing all about their journey on their return.

Year 7/8 Camp Week 3

We are excited to offer our Yr 7/8 students a five day/ four night camp designed to encourage and build positive teamwork, decision making, social relationships, confidence and self-belief. The program provides opportunities for our students to try new things and stepping outside of their comfort zones through adventure activities and living skills. The camp will be happening in and around the Thompson River and Walhalla Township, using boats and walking as the prominent means of transport

Swimming Sports

Next Tuesday swimming sports kicks off with the School Swimming Carnival for students in Year 4 to Year 12.

Have a great week!

Susi Allen
Acting Principal



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Out & About at MP-12

It is wonderful to see all of our students again and to catch up on their holiday adventures.

Following our final Newsletter of 2022 there was still a hive of activity happening in and around the school. Nippers was a highlight and a perfect way to provide our students with skills and knowledge to help keep them safe around water over the holiday break. A huge thank you to Simon Berry and our Surf Life Saving staff and students, our junior secondary students who helped out each day, plus the volunteers from the Mallacoota Surf Life Saving club for their support of this program. Congratulations also to Tom, Marley and Remy who attended the 'Bronze Camp' and Ruben as a trainee trainer at Lakes Entrance at the end of the year and subsequently helped to keep Bastion Point 'beach goers' safe over the holiday period.



There have been a few changes within the school over the holiday period. Our secondary students arrived to find brand new lockers installed and several primary classes have a fresh look with new tables and chairs. Our primary art space has been relocated down to the 'Art room' and the primary wet area is now a quiet working space for primary classes to utilise. Our front carpark area is a work in progress, as are a number of other outdoor projects. A huge thank you to the many staff who worked tirelessly to ensure these holiday jobs were completed in time for the start of the new year.



A few 'Start of Year' reminders

As we embark on a new school year it is timely to remind families that we have a number of students with food allergies and anaphylaxis. As such, students are asked not to share food brought from home with others. While we do not have a blanket ban on food containing nuts, we do request that nuts and foods containing nuts are not brought to school. We also



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ask that if your child is having a birthday or other celebration, please refrain from bringing in cakes or other food goodies to share. Thank you for helping us to support the health and wellbeing of our students.

While on the topic of food at school, we aim to produce as little rubbish as possible, so if you can pack your child's lunchbox without plastic or other single use wrappers, this would be greatly appreciated. Additionally, our students are asked to place any uneaten food in their lunchbox to return home with them. There are a number of reasons for this, including providing parents with an indication of how much food their child is eating at school (no point packing a full lunchbox only to find out they're not eating it and it's going into the bin) and it reduces the amount of food waste along with the potential for rodents searching for food.

Breakfast Club provides our students with a welcoming and tummy filling start to the day. With support from Bendigo Bank and Food Bank we have many nutritious options. Yolly opens the Breakfast Club at 8:15am. Students are asked not to arrive at school before this time.

Many of our school policies are available on our school website. Among these is our Medication Policy. If your child is required to take any medication while they are at school, please ensure you check the requirements as set out in our policy to ensure the appropriate documentation is provided to the school in relation to authority to administer, administering and storing medications. Likewise, if your child has Asthma, Allergy or Anaphylaxis, we require an 'Action Plan' provided by a GP or allergist. For allergies and anaphylaxis, we also work with parents each year to document a 'Management Plan' which outlines the steps we take to reduce the risk of allergic reactions or anaphylaxis occurring at school. Please make contact with our College Office if your child has Asthma, Allergy or Anaphylaxis to ensure we have the correct documentation and processes in place to help us maintain your child's health and safety.

One last reminder, during Terms 1 & 4 all students are required to wear a broad brimmed hat whilst outside. Please ensure your child has a broad brimmed hat at school and that it has their name inside it. (A spare hat is often a good idea too.)

Have a great week everyone.
Kathy

LIBRARY NEWS...



Welcome to students, parents and carers for an exciting start to 2023!

Our primary library classes for this year with Mrs Bruce and Trudy are as follows:

Prep: Thursday Period 4

1/2: Thursday Period 5

3/4: Wednesday Period 5

5/6: Thursday Period 2

Please encourage students to borrow during their library sessions, and also help to remind them to return their books the following week to change them for new ones.

Scholastic Book Club:

We will be opening Book Club for families to order in Issues 1, 3, 5 and 7 this year. Ordering is available through paper orders sent home with students and with correct money returned to the college office or online through the Loop ordering system. If you are unsure how to proceed online, the link below offers help.

[Book Club - Parents | Scholastic Australia](#)

If you need any assistance, please call Trudy in the afternoons via the office, or call in to the library after school.

The library will be open for students during the second half of lunch, Monday to Thursday. Come and have a quiet read, lounge with your friends, do a puzzle or make a Duplo creation, or do some colouring or creative drawing.

We look forward to you joining in a fun year of reading and activities in the library!



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Physical Education and Sport at Mallacoota P-12 College

We hope everyone had a wonderfully active holiday period. Research shows that lifelong physical activity is the magic pill we have all been looking for. Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. 'Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life (<https://betterhealth.vic.gov.au>)'. Experts recommend, 'children and young people do at least 60 minutes each day of moderate to vigorous (huffing and puffing) physical activity that makes the heart beat faster. More is better. These can be broken into 10 minutes sessions across the day. (<https://www.health.gov.au/topics/physical-activity-and-exercise>)'

At school, we aim to teach your child to love movement by having the skills and confidence to attempt a range of activities. By utilising Fundamental Movement Skills (FMS) and Perceptual Motor Programs (PMP) in the Early Years (Foundation - Grade 2) we are giving children the foundational skills of all sports so they can competently and confidently participate. At home, you can continue to build on these skills by playing with your child/ children, simply ask them what they are focusing on in P.E.

School Physical Education Program

Students will receive 1 hour of structured Physical Education lessons per week. Most classes will also complete Huff and Puff during the week.

Early Years - Foundation to Grade 2 will focus on the FMS and PMP programs.

Grade 3-4 will attempt to master the FMS skills and begin to implement these skills in a range of sports.

Grade 5-6 will work in teams and solve movement problems in a range of sports and physical activities.

Year 7-10 will develop their interpersonal skills while mastering a range of sport-specific, fitness and adventure skills.

School Sport Programs

All students will participate in the Cross Country and Athletic Carnival. Whole school events with a focus on fun, involvement and teamwork. Grade 4 and up will participate in the Swimming Carnival in Eden as those students are eligible for progression. Early years (Prep to Grade 3) students will not due to hazards and swimming ability. All primary students will also participate in a swimming and water safety program, the dates for this

program are being finalised. Students in Grade 5 and up will be invited to participate in a range of sports after school, often focused on the inter-school sport for that term or thunder hockey.

Extra-Curricular Sport Programs

Students Grade 4 and up may progress to inter-school carnivals. E.g. Swimming, Athletics, Cross Country. The school will support the first stage of these, East Gippsland (Secondary) and District (Primary). If students qualify past the first stage, parents are encouraged to take their students to the next level. Secondary students will also complete a range of inter-school sports based on student choice.

If you have any questions, please contact us through the office.

Priya Berry
Primary Sports Coordinator

Simon Berry
Secondary Sports Coordinator





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Q & A

The following questions asked to students and staff around the grounds -

1. One thing you enjoyed on your holidays?
2. One thing you are looking forward to this year?



Bernie

1. Snorkelling at Point Lonsdale
2. Having two separate Math classes and running Outdoor Ed for Yr 9/10 students



Bec

1. Snorkelling in Fiji
2. Working with all the new staff



Remo

1. Catching an Eagle Ray
2. Outdoor Ed



Gypsy

1. Seeing family
2. Alpine school



Alba

1. Playing with my cousins
2. Learning more things and Art



Bodie

1. Top Fun with my dad
2. This year's Colour Run



Bridie

1. Catching up with family
2. New subjects



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TERM ONE CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	January 30 th Start of term 1	January 31 st	February 1 st	February 2 nd	February 3 rd
WEEK 2	February 6 th Yr 9 Alpine School 5/2-6/4	February 7 th Mallacoota Gr4-Yr12 Swimming Carnival - Eden	February 8 th	February 9 th	February 10 th
WEEK 3	February 13 th Yr 7/8 Camp Coopers Creek & Walhalla	February 14 th Yr 7/8 Camp Coopers Creek & Walhalla	February 15 th Yr 7/8 Camp Coopers Creek & Walhalla	February 16 th Yr 7/8 Camp Coopers Creek & Walhalla *Primary District Swimming Orbst	February 17 th Yr 7/8 Camp Coopers Creek & Walhalla
WEEK 4	February 20 th	February 21 st	February 22 nd	February 23 rd	February 24 th
WEEK 5	February 27 th	February 28 th	March 1 st	March 2 nd EG Secondary Swimming *Primary Division Swimming Bairnsdale	March 3 rd
WEEK 6	March 6 th Yr 10/11/12 Camp Coopers Creek & Walhalla	March 7 th Yr 10/11/12 Camp Coopers Creek & Walhalla	March 8 th Yr 10/11/12 Camp Coopers Creek & Walhalla	March 9 th Yr 10/11/12 Camp Coopers Creek & Walhalla	March 10 th Yr 10/11/12 Camp Coopers Creek & Walhalla *Pupil Free Day Wellbeing PD Bairnsdale

DYSLEXIA IS...

<p>neurobiological</p>  <p>The brain processes written and spoken information differently.</p>	<p>language-based</p>  <p>It is not a problem with vision.</p>
<p>genetic</p>  <p>Dyslexia is passed through families.</p>	<p>common</p>  <p>About 1 in 5 have dyslexia.</p>

A friendly reminder
all students need to
wear hats outdoors
in term 1.



Grade 4-Yr12 Swimming Carnival in Eden

Reminder that the event is next
Tuesday 7th of February. Please
approve your uEducateUs notice
by **Friday 3rd (this Friday)**.



Respecting Learning Striving