



Mallacoota P-12 College

Newsletter

Tuesday 13th October, 2020

Week 2 of 11

PRINCIPAL'S REPORT



“Start where you are. Use what you have. Do what you can.” *Arthur Ashe*

**NOW ALL OUR STUDENTS ARE BACK-
Hooray!!**

School Surveys on BUSHFIRE Preparedness for our School Community

In the lead up to summer, Mallacoota P-12 College is considering how we can best support students and families with their preparedness for the upcoming bushfire season, and we have designed a survey to identify your needs and opinions. Students and Staff will also be surveyed.

The Link will be sent to you by email and text this Thursday, 15th October.

A hard copy will also be available from the Office.

We understand that even thinking about this may be confronting, however the evidence indicates that it is important to start these discussions in order to safely and effectively support the school community.

Preparedness refers to:

- **Practical Preparedness** including having a clear bushfire plan, knowing where to access accurate information about local bushfire activity, understanding how to assess fire risk, packing essential belongings, etc.
- **Emotional/Psychological Preparedness** (these terms are used interchangeably) including anticipating and identifying how you may respond in the event of a bushfire, understanding emotions that you may experience and how to manage them, and feeling confident in plans you have to keep your families and animals safe.

WHAT'S ON?

OCTOBER

- 14 Feel Good Day (Free Dress)
- 15 Bushfire Preparedness Survey link sent out via email and text
- 23 Grand Final Public Holiday (No students required at school)
- 26 CBCA Book Week: Dress Up Day
- 27 CBCA Book Week: Book Fair

NOVEMBER

- 3 Melbourne Cup Public Holiday (No students required at school)
- 9 VCE Exam period begins

DECEMBER

- 2 VCE Exam period ends
- 18 Term 4 ends

Parent/Carer Survey

- This survey takes approximately 15 minutes to complete and includes eight questions.
- There are no right or wrong answers. Any responses are valid and will be helpful in planning.
- Your responses are anonymous and only summarised results will be used to help us better understand how we and other relevant agencies can meet the needs of families in the community.
- If you have several children and/or young people attending the school, please simply answer questions from an overall perspective.
- This survey is not compulsory, and you can skip questions if you want to.

Information gathered will be used in tailoring and implementing strategies around bushfire preparedness in Term 4, which may include providing opportunities to collaborate and coordinate with external community groups, initiatives and agencies. We will share survey findings and our subsequent plans around preparedness in coming weeks.

Tim, Kathy and Tegan

continued over page



Mallacoota P-12 College

Newsletter

A Message to Parents from Michael Grose

The coronavirus pandemic and its associated disruptions are beginning to take a toll on our mental health and wellbeing. You don't need to look far in your community or social networks to identify a worrying trend of people experiencing a range of challenging emotions including mood swings, despair, anger, sullenness and lack of motivation.

People who usually pride themselves on being able to manage most difficulties that come their way now find themselves suddenly unable to cope, leading to a profound sense of disappointment. A number of people have spoken about feeling guilty for being a less than perfect parent, partner, teacher, work colleague or friend during these times.

This inability to cope is understandable. Our capacity to adapt to acutely stressful situations such as natural disasters has been severely depleted by the long-term nature of the pandemic. It's common in situations of great uncertainty to feel exhausted and experience periods of burnout. Coupled with this is a sense of loss that many people feel – loss of connection to friends and family, loss of freedom and a loss of a way of life.

There is no handbook for functioning in a pandemic however it's apparent that we need to accept that our lives will be different for some time. It also helps to expect less of yourself, which is the opposite to how high-achievers and perfectionists ordinarily operate. Feeling comfortable with uncertainty takes some getting used to as most of us have an innate wish to feel in control.

Daily wellbeing treats

Self-care is a proven remedy to most wellbeing ailments, but it's ironic that for many of us our self-care activities have been restricted by the coronavirus. Coffee with friends, a massage or a visit to the gym and other such activities are out for many people. However, this doesn't mean that we should neglect our mental health and wellbeing. Instead we need to look closer to home for our regular wellbeing treats. Things that help include regular deep breathing to start the body's relaxation response, practising moments of mindfulness to shut down mental chatter, finding hidden exercise opportunities to promote mood-enhancing endorphins and spending time each day in calm-inducing green space.

Resilience bank account

During my conversations one person described living in this era as "always feeling a little off balance, like standing

in a dinghy in a rough sea and not knowing when the storm will pass."

Our mental reserves are constantly being called upon, so it's necessary to build regular practices into our lives that build our resilience. Hopefully, most of us had bulging resilience bank accounts before the pandemic hit but it's never too late to start. Attending to areas such as sleep, good nutrition, regular exercise, relationship-building and self-care help keep our resilience buckets filled up.

Humans are adaptive and can get better at anything with practice, including living through a once in a century pandemic and all the changes it brings to our lives.

continued over page

BABY NEWS:

Congratulations to Jennie Rush and family on the birth of Katie Buchanan

and

Congratulations to Keely Martin and James Wallace on the birth of Ben Wallace

Welcome to the world Katie and Ben!





Mallacoota P-12 College

Newsletter

It is great to have ALL our students back!

Now that we have all returned, all students will be expected to attend school as normal. This means if you choose to keep your child/children home after their year level has returned to on-site schooling, we can no longer support their learning from home.

This does not apply to children who need to be absent for health or medical reasons. For those families, please contact us so we can make an appropriate plan.

This same approach is being taken by all government schools in Victoria.

To support the health and wellbeing of all our students and staff, our school will continue an enhanced cleaning routine and will encourage frequent hand washing.

If your child is ill or is feeling unwell, they must not attend school. They must remain home and seek medical advice.

While the Chief Health Officer has advised that students will not be required to maintain physical distancing at school, there will be a number of important changes to our school operations, consistent with health advice. This will apply until further notice. I will provide more detail about our local school context as soon as possible, but it is important to note that changes will include:

- Maintaining social distancing while waiting to collect child/children at the end of the school day (for those parents who collect their child/children from school);
- Children to enter/exit from one of these three access points: Bucknall Street (front gates) Lees Rd (north of Library) or Lees Rd (beside the woodwork room);
- Restrictions on access to the school site for anyone other than immediate school staff and students;
- The way we conduct parent-teacher meetings and interviews

We understand that some families may feel anxious about this move back to classroom teaching and learning. I can assure you that this decision has been taken on the basis of the best health advice available to our state.

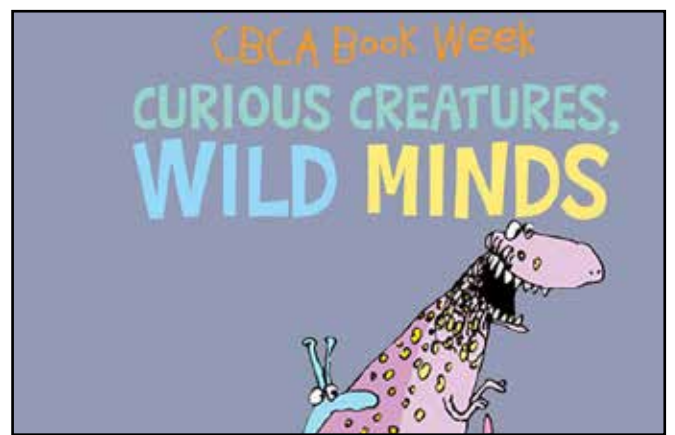
More information about the return to school and coronavirus (COVID-19) can be found on the Department's website, which will continue to be updated:

<https://www.education.vic.gov.au/about/department/Pages/coronavirus.aspx>

Thank you for your continued support and patience during this time. We look forward to welcoming our students back to the classroom.

Yours sincerely,

Tim Cashmore & Kathy Scott



Children's Book Council of Australia Book Week 2020 'Curious Creatures, Wild Minds'

While we are all still settling back into the school routine, Library staff Cass and Trudy have decided to postpone Book Week celebrations until Week 4. While it is a bit longer to wait, this gives everyone a bit more time to work on their fabulous costumes!

Monday 26th October: Dress Up Day

Due to COVID we are not able to congregate in groups larger than class sizes, so unfortunately this year we will not be able to have a parade or invite caregivers to school.

Students will celebrate the day with their class by showing off their costumes and participating in some special reading activities.

Tuesday 27th October: Book Fair

Each class will take it in turns to visit the library so that students can browse the books for sale. Students will complete a wish list to take home. Parents can decide what they would like to purchase, and pay by credit card online, noting the receipt number on the wish list.

Students return to school with their completed wish list to collect their book(s). (If stock is already sold, a reorder will be placed.)

The link for payments is <https://parentpayments.scholastic.com.au/BookFairs>.

Many thanks,
Cass and Trudy



Mallacoota P-12 College

Newsletter

Mental Health Week

October 12 - 16

Mental Health Week raises community awareness about mental health issues. The aim is to promote social and emotional wellbeing to the community, encouraging people to maximise their health potential, enhancing the coping capacity of communities, families, individuals and increasing mental health recovery.

This week we are celebrating Mental Health week with a tip for each day:

Monday Tip

Get enough sleep

- Sleep is as essential for good health as oxygen, food and water.
- Getting enough sleep supports physical health, brain function, emotional wellbeing, safety, and ability to function day to day.
- 5 to 11 year olds need between 9 to 11 hours of sleep every night.
- Teenagers need between 8 and 10 hours of sleep every night.

Tuesday Tip

Have fun

- Having fun and laughing can help you feel happier.
- Being humorous in a stressful situation can lighten the mood.

Wednesday Tip

Connect with others

- Have friends that make you feel good about yourself.
- A good friend is someone you can trust and is able to listen to you just as much as you listen to them.
- Tell a parent, trusted adult or teacher if you are sad or need some extra support. It will help you to feel better.

Plus 'Feel Good Day' with free dress

It's all about celebrating your own and each other's individual style, strengths and talents. Loving your own uniqueness compared to no one else.

Thursday Tip

Take care of yourself

- Be active and eat well – these help maintain a healthy body.

- Being active and eating healthy food nourishes your body and mind and keep you feeling good, inside and out!

Friday Tip

Take time to enjoy

- Set aside time for activities, hobbies and projects you enjoy.
- Taking a walk in nature or skating; reading a book; catching up with friends: drawing; playing with your pets are some of the ways to feel good!

'Mental Health begins with me.' By celebrating the positive events in our life, connecting with others and trying something new can create meaning in our lives.

Helen Bryan,
School Nurse

P.S. Why not try this 30 Day Self Care Challenge (from hidethecookiejar.com)

30 Day Self Care Challenge					
Day 1 Paint Your Toe Nails	Day 2 Grab your fav drink while running errands	Day 3 Call a Friend	Day 4 Write a list of things that make you happy	Day 5 Eat a healthy snack	Day 6 Walk outside
Day 7 Watch a funny YouTube Video	Day 8 Put on Cream or Body Butter	Day 9 Tidy a Small Space for Yourself	Day 10 Find a Quote for your week	Day 11 Stretch	Day 12 Get dressed in your favourite outfit!
Day 13 Make a list of your goals for the week	Day 14 Book some pampering (hair, nails, etc)	Day 15 Exercise for 5 minutes	Day 16 Colour, Doodle or Draw	Day 17 Give yourself a Mask or Facial	Day 18 Have a cup of coffee or tea
Day 19 Do some aroma therapy (candle, EO's, etc.)	Day 20 Get some Flowers (picked or buy them)	Day 21 Have a dance party to a favorite song	Day 22 Pray or Meditate	Day 23 Plan a day out (by yourself or a date)	Day 24 Make a list of things you're thankful for
Day 25 Have a little treat	Day 26 Look through your old photos	Day 27 Book a medical appt. you've been putting off	Day 28 Go to bed 5 minutes earlier	Day 29 Make a Playlist of your favourite music	Day 30 Read a book or magazine



Mallacoota P-12 College

Newsletter

Mallacoota P-12 College Multipurpose Sports Facility Update



Things are coming along. We are very excited to see the concrete base has been installed, including sleeves for the two new rings (there will be four in total). Thanks to Lotty and his crew. Background/ongoing work that is being done is the fabrication, galvanising and painting of the walls, rings, goals, etc. We are also working with the Shire in re-developing the parking and road. We are looking forward to beginning our installation later this term. Check out the cool pic!



Please stay off the concrete for now (we need to maintain the sleeves as is).

Thanks,
Simon Berry

Physical activity is vital for children of all ages. Kids should accumulate 60 minutes or more of moderate to vigorous physical activity every day (involving mainly aerobic activities). Activities that are vigorous, as well as those that strengthen muscle and bone, should be incorporated at least 3 days per week.

- 1. BEND AND TOUCH YOUR TOES X 10**
With your feet shoulder width apart, reach your arms straight to the sky as high as you can, now bend forward and touch your toes trying really hard to keep your legs straight.
- 2. LEAP X 20**
Pretend to leap from building to building with big long steps.
- 3. RUN AS FAST AS YOU CAN ON THE SPOT TO CATCH THAT BADDIE X 20 SECONDS**
Make sure you move those arms and legs as fast as possible.
- 4. JUMP AS HIGH AS YOU CAN IN THE ONE SPOT X 10**
With your feet shoulder width apart, and arms by your side, bend down like you are going to sit on a chair, bring your arms and push your feet into the ground and jump into the air.
- 5. WALK ON YOUR TOES X 10 STEPS**
Pretend you're waddling and walk as quietly as possible.
- 6. COMMANDO CRAWL X 10**
Lying on your tummy, pull yourself along the ground as quietly and quickly as possible.

EXERCISE RIGHT at home

FOR MORE RESOURCES AND INFORMATION ON HOW TO STAY ACTIVE, VISIT EXERCISEWRIGHT.COM.AU

Positive Parenting

ZERO TO THREE
Early experiences set a lifetime

Positive parenting describes a set of parental behaviors that foster a child's capacity to **love, trust, explore and learn**. The goal of positive parenting is to help parents guide their children's healthy development in the context of the family's culture. Key elements of positive parenting include the ability to:

- Understand or imagine the child's point of view, especially during challenging moments.
- Respond with interest and sensitivity to the child's cues.
- Recognize that parenting can be stressful and mistakes are a natural part of child-rearing.
- Recognize and celebrate the child's strengths, abilities, and capacity to learn and develop.
- Provide consistent, age-appropriate guidelines and limits for child behavior.
- Work toward a balance of meeting parental needs and child needs.
- Delight in moments of connection with the child.
- Recognize and regulate their own feelings and behaviors before they respond to the child.
- Seek help, support or additional information on parenting when needed.

© 2017 ZERO TO THREE | www.zerotothree.org



Mallacoota P-12 College

Newsletter

TERM FOUR CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 2	October 12 Secondary students return to on site learning MENTAL HEALTH CARE WEEK	October 13 MENTAL HEALTH CARE WEEK	October 14 Feel Good Day (Free Dress) MENTAL HEALTH CARE WEEK	October 15 MENTAL HEALTH CARE WEEK	October 16 MENTAL HEALTH CARE WEEK
WEEK 3	October 19	October 20	October 21	October 22	October 23 Grand Final Public Holiday No students required at school
WEEK 4	October 26 Book Week: Dress up Day YOUTH SAFETY WEEK	October 27 Book Week: Book Fair YOUTH SAFETY WEEK	October 28 YOUTH SAFETY WEEK	October 29 YOUTH SAFETY WEEK	October 30 Day for Daniel (Wear red) YOUTH SAFETY WEEK
WEEK 5	November 2	November 3 Melbourne Cup Day Public Holiday No students required at school	November 4	November 5	November 6
WEEK 6	November 9 VCE Exam period begins	November 10	November 11	November 12	November 13
WEEK 7	November 16	November 17	November 18	November 19	November 20
WEEK 8	November 23	November 24	November 25	November 26	November 27
WEEK 9	November 30	December 1	December 2 VCE Exam period ends	December 3	December 4
WEEK 10	December 7	December 8	December 9	December 10	December 11
WEEK 11	December 14	December 15	December 16	December 17	December 18 Term 4 ends

AFL GRAND FINAL PUBLIC HOLIDAY



FRIDAY, OCTOBER 23RD
NO STUDENTS REQUIRED AT SCHOOL ON THIS DAY!

