



Mallacoota P-12 College

Newsletter

Tuesday 2nd March, 2021

Week 6 of 10

PRINCIPAL'S REPORT

When we think about highlights, last week brought a few our way. Wednesday saw the Year 5-12 students head to Eden for the swimming carnival. Not only did Gabo win (Go Gabo!), but the support and encouragement that all students showed towards others regardless of house team or age, was heart-warming. So many students jumped in and had go even when the distance between the start and finish line was pretty daunting. On many occasions, students swam along beside to support others towards the finish line. It always amazes us when a student chooses to give the whole 50m a go for the very first time, only to show up again and again for every subsequent race. Now that really is conquering a challenge.

Election of Primary Leaders

On Friday, many Year 5 and 6 students delivered their House and Primary School captain speeches to the Primary students. A high level of thought and preparation was evident, and the speeches were delivered with confidence. The nominees spoke from the heart, showing a commitment to supporting others and a willingness to give of themselves to contribute to our positive school culture. We would like to congratulate every one of the nominees for their excellent efforts and for the students who have been voted into the following positions:

Primary School Captains: Halle and Skylar

Primary Vice Captains: Mikayla and Unya

Gabo House Captains: Bridie and Winter

Gabo Vice Captain: Matisse

Bastion House Captains: Heidi and Hayley

Bastion Vice Captain: Aliza

Biology SAC in Orbost

Also on Friday, our Year 10 and 11 Biology class went to Orbost to combine with their Orbost and Swift Creek peers to participate in a practical SAC.

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Congratulations

Primary School Leaders

Here are the results of last Friday's elections.

Primary School Captains: Halle and Skylar

Primary Vice Captains: Mikayla and Unya

Gabo House Captains: Bridie and Winter

Gabo Vice Captain: Matisse

Bastion House Captains: Heidi and Hayley

Bastion Vice Captain: Aliza



*Audrey
Hannah
Evie
Halle
Winter
Milo*

WHAT'S ON

3 Mar	Year 12 Information Evening, Room 7 at 7pm
8 Mar	Labour Day Public Holiday
8 Mar	International Women's Day
10 Mar	Year 9/10/11 VCE, VET & VCAL Parent Information Session
11 Mar	Community Consultation Evening, Room 7 at 7pm
12 Mar	Youth Participation and Engagement Workshop, 9 am - 1 pm
22 Mar	STEAM Travelling Roadshow
22 Mar - 1 Apr	VCAL Work Placements
1 Apr	Last day of Term 1



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This class is part of the VCE collaboration program, with students being taught via a combination of Webex, online learning and face-to-face teaching time, delivered from Orbost Secondary College.

Youth Participation and Engagement Workshop

Youth Affairs Council Vic are offering our Year 7-10 students an opportunity to participate in a Youth Participation and Engagement workshop on Friday 12th March. This is an opportunity for our students to learn how to engage with the community during bushfire recovery. Student input is encouraged, and participants will find out how their voice can be heard. A flyer for the event is included in the newsletter. Students can register for the event using the included weblink or the QR code provided. More information is available by contacting Kathy.

STEAM Traveling Roadshow

Coming up on Monday 22nd March, students from Prep to Year 10 will participate in a STEAM traveling roadshow. (STEAM is an educational approach to learning that uses Science, Technology, Engineering, The Arts and Mathematics as access points for guiding student inquiry, dialogue and critical thinking.) There will be a range of activities including all ages physical workshops delivered by Gipps Sport and Netball Victoria, along with some Agriculture-Technology workshops which address the issues of food waste at the farm gate and milk myths. This program is a LLEN based program (Local Learning Employment Network.)

Staffing changes

We would like to take this opportunity to thank parents and guardians for their understanding and the sharing of their concerns regarding the recent staffing changes with the prep/one and 3/4 classes. The change reflects the college's commitment to providing the best possible educational environment for all the students at the school. Please feel free to contact either Kathy or Rick if you wish to discuss the situation further.

Upcoming school review

Bronwyn Van Amerongen has been appointed to undertake the college's review mid-way during term two. She is currently working with the school on reviewing the VRQA and child safe standards.

Community Consultation Evening

The Community Consultation Evening forms an integral part of this process and will take place on Thursday the 11th of March in room 7 commencing at 7.00pm. We would like to encourage as many parents and students to take part in this evening as your views and input will help shape the formulation of the new strategic plan of the school. Please contact the college to register your attendance as this is required as part of the schools COVID safe plan. The evening is only open to school parents and students and not the general community. The evening's discussion will focus on addressing the schools previous goals of:

- To improve the academic achievement of all students - learning catch up and extension
- To improve the engagement and wellbeing of all students - happy, healthy and active kids

If you are unable to attend the evening but would still like to have your views considered, please either email the school at Mallacoota.p12@education.vic.gov.au or to arrange at time to have a discussion with Kathy or Rick.

COVID safe restrictions

Although the restrictions regarding the wearing of masks has been eased the school still need to operate within the Department's COVID safe requirements. All visitors to the school must still sign in at the office. We would still encourage parents to drop students off at the main gates and pick them up from the same area.

Wishing you a wonderful week,

Rick and Kathy





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Year Five - Twelve Swimming Carnival



The 2021 Swimming Carnival was a huge success. This year we broke with recent tradition and went to Eden instead of Orbost. It was really nice to be together and cheer on swimmers from both Bastion and Gabo. The day started with 25 metre races and Gabo established a commanding early lead which they managed to maintain throughout the day. The 50 metre races were hotly contested and a particular highlight was the Morris family race which really bought the carnival home for Gabo. Congratulations to every single participant, swimmers and cheerers, and good luck to all those who made it through to the next round of interschool swimming. Particular thanks to Mr Berry who was our marshall, Priya who did much of the work behind the scenes, and all other staff members and parents who attended on the day.

- The Secondary Writers' Club





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Youth Participation and Engagement Workshops



Want to learn how to engage with your local community during bushfire recovery? Got some ideas but not sure how to share them?

Get involved in our youth advocacy workshops to find out how your voice can be heard. Connect with other young people and learn about their experiences. You will learn about:

- participating in your local community recovery
- making decisions
- getting support for your ideas
- working with different groups and organisations
- gaining support from various people for your ideas

Tell me more

These workshops are for young people in the Outer Gippsland bushfire-affected areas to share their experiences.

Cost: Free (includes free pizza)

Where: Mallacoota P-12 College (25 spaces available)

When: Friday 12 March, 9:00 am-1:00 pm

Contact person: Kathy Scott, Assistant Principal

Register: at bit.ly/3qcMHxf or scan the QR code



Who is running the workshops?

The workshops will be run by Youth Affairs Council Victoria (YACVic) in partnership with the Trauma Recovery Team at the Department of Education and Training.

Support for your bushfire experience

Support is available from your school or the Bushfire Recovery Practitioner who will attend the workshop. You can also access support from Kids Helpline 1800 55 1800 or headspace headspace.org.au/eheadspace/





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Self-regulation coping strategies Students can use at school

BREATHE
As I focus my attention on my breathing, I will take extra long out-breaths.

Squeeze a stress ball or use another teacher approved fidget gadget.

Think of or write a list of three positive things in my life.

Tell my teacher I would like to help or take on a classroom responsibility.

Roll my neck and shoulders.

Imagine a peaceful & calming place.

Ask my teacher for help if I feel upset or overwhelmed.

Count to 10, and back in coordination with my breath.

Squeeze my fists together as hard as I can... hold... then relax my hands.

Use I-statements to express how I am feeling, what I need, or what I hope for.

Push against the wall as hard as I can & then relax my body.

Push my palms together.

Think of at least three things I am grateful for.

Tell my teacher I need help with the task or lesson.

Listen to calming music with headphones.

Write down my thoughts or questions if my teacher can't address them right away.

Think of a soccer ball.

Focus in on my senses, noting:
Five things I see
Four things I feel
Three things I hear
Two things I smell &
One thing I taste.

Move away from the distraction or person who is bothering me.

Volunteer to help clean or organise the classroom.

Drink water.

Ask to work with a friend.

When I feel upset, sad, or unfocused at school I can:

Kids Inspire
Reclaiming Lives, Rebuilding Futures

Place my hands over my ears and breathe slowly & deeply, listening to the sound that my breath makes.

Go outside during break time and notice the sky, trees & sounds from nature.

Talk with my school counsellor/pastoral support.

Help a classmate or my teacher.

Ask permission to take a short walk down the hallway or up & down the stairs. And then return.

Tell myself a positive affirmation or mantra. Repeat.

Do an act of kindness.

Slowly trace my hand with my finger, breathing in as I trace my fingers going up... breathing out as I trace my fingers going down.

Remind myself it's ok to make a mistake.

Use an approved break card to let my teacher know I need a break & then use a timer to remind me when to return.

Journal or write a letter.

Ask if I can do my work standing up.

Ask permission to quietly jog in place for a minute or do 20 jumping jacks.

Stretch.

Take a 3-5 minute break in a designated classroom 'peace corner'.

Rub or tap my temples.

Invent a secret hand signal with my teacher that communicates I need help.

Give myself an arm & hand massage.

Rest my head on the desk for a moment or two.

Give myself or a stuffed animal a hug.

Devise a secret code word or signal with my teacher that means time to get back on track.

Smile or laugh, even if I have to fake it.

Visualise a person who supports me & cheers me on.



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TERM ONE CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 6	March 1	March 2	March 3 Year 12 Information Evening, Room 7 at 7pm	March 4	March 5
WEEK 7	March 8 Labour Day Public Holiday	March 9	March 10 Year 9/10/11 VCE, VET & VCAL Parent Information Session	March 11 Secondary Gippsland Swimming Carnival Community Consultation Session, Room 7 at 7pm	March 12 Youth Participation and Engagement Session, 9am – 1pm
WEEK 8	March 13	March 14	March 15	March 16	March 17
WEEK 9	March 22 Travelling Roadshow Art, Tech, Sport VCAL Work Placements	March 23 VCAL Work Placements	March 24 Secondary East Gippsland Tennis/Volleyball VCAL Work Placements	March 25 VCAL Work Placements	March 26 VCAL Work Placements
WEEK 10	March 29 VCAL Work Placements	March 30 VCAL Work Placements	March 31 VCAL Work Placements	April 1 Last day of Term 1 VCAL Work Placements	April 2 Good Friday



ParentZone Gippsland Term 1 Programs 2021

Breaking The Cycle

For parents and carers of adolescents who are violent or abusive in the home

Mondays

1st February – 29th March (no session on 8th March)
10:30am – 12:30pm

Online via Zoom

Homework Club:

For parents and carers to assist your children with their homework or just have some fun reading and playing games.

Tuesdays

Throughout school term
3:30pm – 5:00pm

Online via Zoom

Dads Matter

A group for Dads the talk about parenting, share stories and learn new strategies.

Fridays

19th February – 19th March
10:30am – 12:30pm

Online via Zoom

Let's Talk About Parenting

Learn strategies, share stories and take some time out for you!

Warragul: Tuesdays 16th February – 16th March, 10:30am – 12:30pm
Warragul Specialist Centre, 199 Sutton Street Warragul

East Bairnsdale: Wednesdays: 10th February – 17th March (no session 3rd March), 10:30am – 12:30pm
East Bairnsdale HUB, 24 Hoddinott St, East Bairnsdale

Online via Zoom – Morning: Thursdays 11th February – 11th March, 10:30am – 12:30pm

Online via Zoom – Evening: Thursdays 11th February – 11th March, 5:30pm – 7:30pm

COST: FREE Bookings essential.

For more information or to register please contact – ParentZone Gippsland on 5135 9555 or email ParentZone.Gippsland@anglicarevic.org.au

PARENTZONE



TO HELP CHILDREN FOLLOW INSTRUCTIONS

- 1 COMMAND THEIR ATTENTION**
Be sure your child is focused on you.
- 2 MINIMIZE DISTRACTIONS**
Turn off music or TV.
- 3 LOWER YOUR VOICE**
Speak quietly so they will need to stop talking and get closer to hear.
- 4 CHECK FOR UNDERSTANDING**
Ask your child to repeat the directions you just gave them.
- 5 THE CHOICE TRICK**
Give them two options that both achieve your desired result. Do you want to put on the blue socks or the red socks?
- 6 GIVE SIMPLE STEPS**
Break down your instructions to just a few steps.
- 7 NUMBER YOUR STEPS**
Once you break down your steps, give them in order so they are easier to remember. First, second, third...
- 8 BE EXACT**
What are the alternative solutions to the problem you are trying to solve?
- 9 VISUAL CUES**
Some kids process instructions better visually, so use calendars, charts, lists, etc. to help them remember.

Games To Practice

Just like any skill, having children follow instructions is something that will improve with practice! One fun way you can work on how to get kids to listen is by turning it into a game. There are several classic kiddie games you can play with your children to help them:

Simon Says:

You know how this one goes. "Simon" gives directions and everyone else follows. If they don't, they're "out" until you have a winner. A great way to help children follow instructions.

Red Light/ Green Light:

Another game centred around following instructions. Red means stop, green means go. Anyone who doesn't freeze on red is "out". You can use coloured visual cues for kids if they have trouble with verbal commands.

"I Spy":

Start out easy by placing a couple of items in front of your children and ask them to point to the correct one based on what you spy. This helps them learn how to pay attention and listen to your clues.

Follow the Leader

Take a walk around your house or outside. Whoever the "leader" does, everyone else must follow suit. You and your kids can take turns practicing leading and following directions.