



# Mallacoota P-12 College

## Newsletter

Tuesday 20<sup>th</sup> April, 2021

Week 1 of 10

### PRINCIPAL'S REPORT

Welcome to the new school term. Having spent much of the break in town, it was great to see so many students involved in the myriad of events and activities offered over the holiday break. Returning to school this week it has been wonderful having all of our students back and hearing about the exciting, relaxing, interesting and energising things they got up to during the holidays.

It looks like the upgrade to our buildings will finally begin within the week. It is likely that our front entrance will be unavailable during the works period. We encourage families who usually drop off or collect their children from the front gate to consider alternate drop off and pick up points during construction. Alternate entrances include the corner of Betka Rd and Bucknall St, and Hunter St North and South. Additionally, for bus travellers, we hope to be able to maintain access through the small gate near the bus stop. Just a reminder that our office is now located in the Betka Room. All visitors are required to sign in at the office upon arrival and sign out when leaving.

During Week 2 of this term, we encourage all families to make the most of the opportunity to meet with teachers for Parent Teacher Interviews. Within our current Covid-19 operations guide, these interviews are able to be held on-site. We do realise that some parents may be more comfortable accessing their interview via phone. Bookings for interviews can be done using the uEducateUs app or by contacting the office staff who can book your required interview times for you. If you wish

to access your interviews via phone, please let our office staff know. We also encourage students to be part of these discussions as an opportunity to celebrate successes and plan for future learning. If you are unable to meet with a particular teacher, please contact the school so that other opportunities can be made to meet with staff.

Last term we participated in some online NAPLAN co-ordinated and practise test sessions. These helped us to iron out a few minor access issues, while also providing our students with an opportunity to access the online platform and become familiar with the types of questions they can expect to appear during the upcoming NAPLAN tests. Additional practise tests are available in the lead up to the official test period. Information about NAPLAN was provided to parents of Year 3, 5, 7 & 9 students last term. If you did not receive the leaflet, please call or pop into the office to collect another copy. In some instances, a parent may choose to withdraw their child from the NAPLAN tests. If you wish to have your child withdrawn from NAPLAN, please contact Kathy as this needs to be recorded on the NAPLAN platform and a withdrawal form must be signed by the parent prior to the test period.

Next week our Year 9 students Bridie, Meena, Ruben, Seth and Tristan will be heading to the Snowy River Campus of the School for Student Leadership. We wish them a fantastic term of hiking, paddling, surfing,

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#### WHAT'S ON

<b>21 Apr</b>	Study Halls
<b>27 &amp; 29 Apr</b>	Parent Teacher Interviews
<b>6 - 7 May</b>	State Surfing, Jan Juc
<b>10 May</b>	Bell Shakespeare visit (Years 7-10)
<b>11 - 13 May</b>	NAPLAN (Years 3, 5, 7 and 9)
<b>14 May</b>	Assembly
<b>14 May</b>	Cross Country (TBC)
<b>14 Jun</b>	Queen's Birthday Public Holiday
<b>21-25 Jun</b>	Year 7 & 8 Gabo Camp
<b>25 Jun</b>	End of Term 2

#### STUDY HALLS ARE BACK BY POPULAR DEMAND!

Study Halls sessions will be held every second Wednesday (starting this week) - check the later years' calendar.

Sessions are held from 3.30 pm - 6.30 pm in the Year 12 Common Room and Rooms 19/20. A light meal is served around 4.30pm.

Any students taking a VCE subject are welcome - others can attend by negotiation.

Contact Peter Embleton at the school for more information.



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learning, reflecting and developing leadership skills and new friendships with other students from across the state. We look forward to hearing about their adventures during their term away and supporting their community learning project upon their return.

At the end of last term David Howes, the Deputy Secretary of Education, visited the school to see how the school was progressing after a very difficult 2020. As a result of this meeting the school has been given permission to engage extra staff to support the school during this term. The pool of teachers who are available are the ones who volunteered their time after the fires but were unable to be used due to the impact of Covid. Discussion also took place about making the power supply to the school more robust in the future. Several options are being investigated.

The School Review will take place in Week 5 of this term. Bronwyn van Amerongen is our reviewer and she will be working closely with the school leadership team and the challenge partners during this time. There will be opportunities for the review team to have further discussions with parents, students and staff as part of the process.

On a positive note I was very impressed with the student-led assembly at the end of last term. It was very pleasing to see how well it was run and managed by the senior students and also the level of confidence exhibited by all of the students who presented during the session.

Have a great week,

Kathy Scott and Rick Emonson

### THE SECOND YEAR OF BUSHFIRE RECOVERY

Recommendations from David Younger, Clinical Psychologist

#### INTRODUCTION AND EXPECTATIONS

Over 12 months have passed since the fires. Whilst it may seem like life should be back to 'normal' by now, for many living in fire affected communities this is far from the case.

As people begin their 'second year of recovery' they are often starting to look ahead more. The first 12 months can be chaotic, highly disrupted, stressful and tiring, but gradually routines start to come back into place.

2020 was a highly disrupted year and many people will now be wanting to focus on re-establishing connection with others. During the second year, tiredness and fatigue may be felt, along with the realisation that there is still a lot of recovery related work to be done. We have come to understand that 'recovery is a journey not an outcome'. It is important to find a speed for recovery that is right for you and will support you to stay healthy.

Below are some suggestions about how to take care of yourself and others (adults, children and youth) during the second year.

#### WHAT TO LOOK OUT FOR

- Feeling overwhelmed at all the recovery-related tasks still to be completed.
- Beginning to recognise how long recovery is going to take.
- Tiredness, fatigue and possibly exhaustion start to come through.
- Grief and loss can be felt.
- Fluctuating emotions, for example: anger, frustration, sadness, becoming withdrawn.
- Alternatively, feeling like you cannot stop and that you are in a highly stressed state, for example 'I need to do everything at once'.
- At times you may feel isolated and as if others have forgotten and don't understand.
- In children, changes in behaviour that were not there prior to the fires, for example: clinginess, wanting to sleep with mum and dad, bed wetting, nightmares/dreams.
- In youth, changes in emotions, for example anxiety and anger, becoming withdrawn, engaging in risk-taking behaviour, a seize the day 'it doesn't really matter' type of outlook.

#### WHAT TO DO TO SUPPORT YOURSELF AND OTHERS

- Learn to recognise signs of stress, for example sleep disturbance, irritability, anger, increased alcohol use, more frequent arguments with family or friends.
- Find a 'speed for recovery' that is right for you. Remember, it is important to maintain your health and wellbeing throughout the recovery journey.
- Prioritise tasks and always leave time for 'rest and recreation' each week.
- Maintain daily routines; don't let the disruption take over your life.
- Don't be afraid to ask for help or to talk to those you trust about challenges.
- Involve yourself in community-based activities.
- In children and youth, adopt an 'inquisitive observation and curious questioning' approach and when you notice changes in behaviour, ask questions. Try to find out the source of the problem, provide an answer if possible and always offer support.



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*Connor  
Skylar  
Hamish*

### TERM TWO CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	April 19 Term 2 begins	April 20	April 21	April 22	April 23
<b>WEEK 2</b>	April 26	April 27 Parent Teacher Interviews  OES Hike	April 28  OES Hike	April 29 Parent Teacher Interviews  OES Hike	April 30
<b>WEEK 3</b>	May 3	May 4	May 5	May 6 State Surfing, Jan Juc	May 7 State Surfing, Jan Juc
<b>WEEK 4</b>	May 10 Bell Shakespeare (Years 7 – 10)	May 11 NAPLAN (Years 3, 5, 7, and 9)	May 12 NAPLAN (Years 3, 5, 7, and 9)	May 13 NAPLAN (Years 3, 5, 7, and 9)	May 14 Assembly  Cross Country (TBC)
<b>WEEK 5</b>	May 17	May 18 OES Day Hike and Activity	May 19	May 20	May 21
<b>WEEK 6</b>	May 24 East Gippsland Cross Country	May 25	May 26	May 27	May 28
<b>WEEK 7</b>	May 31	June 1	June 2	June 3 Primary and Secondary Gippsland Cross Country	June 4
<b>WEEK 8</b>	June 7	June 8	June 9	June 10	June 11
<b>WEEK 9</b>	June 14 Queen's Birthday Public Holiday	June 15	June 16	June 17	June 18
<b>WEEK 10</b>	June 21 Year 7 & 8 Gabo Camp	June 22 Year 7 & 8 Gabo Camp  Secondary East Gippsland Soccer/ Netball/Badminton	June 23 Year 7 & 8 Gabo Camp	June 24 Year 7 & 8 Gabo Camp	June 25 Year 7 & 8 Gabo Camp  End Term 2