Tallangatta Secondary College

Newsletter

Issue: 13  Date: Thursday 7th May 2020

P.O. Box 81 Tallangatta  Phone: (02) 6071 5000  Fax: (02) 6071 2445
Email: tallangatta.sc@edumail.vic.gov.au  Website: www.tallangatta-sc.vic.edu.au

Big Enough To Deliver, Small Enough To Care.

BEFORE AND AFTER SCHOOL SUPERVISION

Staff supervision for students arriving before school is between 8.35am and 9.00am and for students after school between 3.20pm and 3.45pm.

At Tallangatta Secondary College, students are encouraged not to bring a mobile phone to school unless there is a compelling reason to do so. Students who choose to bring a mobile phone to school must have them switched off and securely stored during school hours.

Our Values - Respect, Empathy, Attitude and Learning (REAL)

Before and After School Supervision

Tallangatta Secondary College is committed to empowering all to become resilient and confident lifelong learners with a strong sense of self and community.

Before and After School Supervision

Staff supervision for students arriving before school is between 8.35am and 9.00am and for students after school between 3.20pm and 3.45pm.

At Tallangatta Secondary College, students are encouraged not to bring a mobile phone to school unless there is a compelling reason to do so. Students who choose to bring a mobile phone to school must have them switched off and securely stored during school hours.

Coming Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 – 7 Transition Key Dates</td>
<td></td>
</tr>
<tr>
<td>Friday 29th May - Applications for Year 7 Placement 2021 form to be returned to Primary school.</td>
<td></td>
</tr>
<tr>
<td>Other Key Dates</td>
<td></td>
</tr>
<tr>
<td>Friday 5th June</td>
<td>Pupil free day</td>
</tr>
</tbody>
</table>

Principal's Report

Remote and Flexible Learning - reporting

Our school community continues to progress well through R&FL. Thank you all for your patience and understanding.

We have made a decision to not complete Cycle 3 and 4 GPA reports or facilitate Student Led Conferences this term. Our aim is to always provide authentic reporting and feel that our GPA matrix is not relevant to R&FL. We also feel that it would be an added stress to students, parents and teachers to set up online SLCs.

As always, I encourage parents to contact REAL mentors or classroom teachers if you have concerns with your child’s learning progress.

Semester 1 reports this year include written feedback on each summative assessment and are available on Compass, 4pm Friday 26th June.

6 – 7 Transition

A reminder that the 2021 Year 7 Placement form is due back to primary schools by Friday 29th May. Families of non-government (Catholic and independent) primary schools may contact the College directly for a copy of the form. Please feel free to contact Mr Mckye Turner if you have any questions regarding 6 – 7 transition.

Richelle Moyle, Principal

Assistant Principal’s Report

Thank you all for your contributions towards Remote & Flexible Learning. Your cooperation and understanding is appreciated. We are all feeling our way through this and appreciate the partnership. Please continue to make contact with the school for assistance.

Helpful Learning Apps

Here is a list of helpful apps that will assist students in understanding written text and lessons on Compass.

- Text to Speech
- Scan and Translate
- Dyslexia app
- Maths Ninja
- Wellbeing

This week we are focusing on keeping your family feeling safe, happy and cared for through clear communication and using family conferences and agreements.

Family agreements are positive statements that can be written down, or just spoken. They include procedures, tasks and rules that are agreed upon by the whole family to make sure everyone is treated fairly and with respect.

Family agreements and rules are important because:
- They help your kids feel safe and secure and keep...
your family life more peaceful.
• They help you establish order if you and/or your partner need to work from home or if you have other family members staying with you.
• They include rules and consequences that are agreed upon by everyone in the family, so everyone is more likely to adhere to them.
• They support the development of family values, so your children have a basis for making good decisions and choices in their lives going forward.

**Attendance & Bus Requests**
Please continue to submit these forms weekly by Thursday so we can plan for the following week. Where possible students must be learning from home during this pandemic.

Students must check in via email with their REAL home group mentor daily by 9.30am to ensure their daily attendance is recorded. The office will continue to make attendance phone calls for students that don’t attend morning home group remotely.

**House Trick Shot - House Competition**
Thank you to all students and staff that entered. The top five entrants have been selected and the school community can vote.

**State Schools Relief Fund Applications**
Please contact Michelle Butler in the office if you would like to apply for any of the relief packages. The offerings to students in need are as follows:
• Lenovo 11E laptops (in line with DET specifications). Applications for these devices will only be received for students who have no access to a device
• Internet USBs with 50GB of data per month (for 3 months). Applications for these USBs will only be received for students who have no access to home internet
• Study packages comprising of a desk and chair (suitable for secondary students)
• Standard stationery packages for secondary students

**More Internet Data**
Many providers are offering extra data to existing customers. Below is a link for Telstra customers https://www.telstra.com.au/covid19/supporting-you-during-covid-19

**Smile Squad Dentist**
The Smile Squad at Albury Wodonga Health Dental Services were due to operate at TSC throughout Term 2. Like schools, dental services across the country are adapting to new ways of working in line with current measures to limit the spread of coronavirus (COVID-19). All non-urgent dental services, including Smile Squad, are now on hold. If you have a dental emergency or require oral health advice, contact RDHM on 1800 833 039 or use the online community dental clinics search for a list of community dental clinics in their area.

**Jocelyn Ziebell, Assistant Principal**

---

**Later Years News**

**Advice from the VCAA for parents of VCE/VET/VCAL students**
To support learning at home, you don’t need to take on the role of a teacher. The most important thing you can do is to continue to provide:
• a routine for your children, informed by the teaching and learning program provided by your school
• a regular place for your child to do their school work
• encouragement for your child as they adjust to this new way of learning.

This week VCAA released updated study designs for 2020 (these can be found at www.vcaa.vic.edu.au ). These changes only apply to students completing a Unit 3 & 4 sequence (Year 12 subject) in 2020. Unit 1 & 2 (Year 11) assessments will continue to be determined by the subject teacher. The bulk of the changes occur in Unit 4 (term 3 & 4) where key knowledge and key skills have been altered or deleted. It is important that students are aware of these changes or they risk studying content that will no longer be relevant to this year’s exam. Teachers will explain these changes to their classes in detail.

Changes to VCAL are being discussed this week and will be relayed to students and parents

**Callum Turner**

---

**Middle Years News**
Well done to students for continuing to engage with their online learning. It’s great to see so many middle years students receiving positive chronicles for their hard work and dedication.

Please continue to check in with your REAL mentor each morning so you can be marked off the role correctly. This needs to be done before 9:30am.

Thank you to all parents for supporting students and the school at this difficult time. Please continue to check the Compass newsfeed, and Facebook for continued updates.

**Mckye Turner**
Dear Parents, Guardians and Carers,
On behalf of the HPE team we just want to say well done on the way you are supporting your child/ren in these challenging times.
We have been really impressed with the level of engagement and participation in the physical activities that we have been putting into our lesson plans. This participation doesn’t happen without your support, so a big thank you from us!! Each week we have tried to add in a new theme for improving overall health and wellbeing, such as mindfulness, gratitude, healthy eating habits and water consumption. It is important that we all continue to consider these behaviours each day and look after ourselves mentally and physically.
Please reach out to us if the workload is posing as a concern, we will work together to come up with a solution!
If students are looking for something else to stimulate their physical activity we have posted - The RHS E-Challenge on Compass, and students may also wish to vote on their favourite trick shot. Voting closes on Wednesday the 13th May. Thanks to everyone who posted a trick, They were very entertaining. We are also taking entries for the Mixed Netball Competition so that we can run this as soon as we return to school. Individual or team entries can be submitted to JA@tallangatta-sc.vic.edu.au.
I would love to give a detailed update on school sport but currently we are waiting on SSV to make decisions about what will run and what will be cut from the program and the dates of these events. I will endeavour to get this information out to families as soon as it comes to hand. Our new uniforms for Netball and Football are very close, I can’t wait to post some photos when they arrive.
Thanks again for your efforts so far in term two, look after yourselves!
The TSC HPE team

Health Tips

SELF CARE

Here’s some of our wellbeing team showing you what they do for self-care

Mrs Ziebell likes to ride her bike, walk her dogs, play waterpolo in the summer and tend to her farm.

Leah Likes to get some vital fresh air and tend to her veggie patch to produce delicious healthy food

Mahalia likes to crochet, doing something with her hands helps her switch off at the end of the day.
What is self-care?
It is any activity that we do deliberately and consciously in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook.

Why should we do it?
Good and regular self-care is vital in improving mood and general wellbeing. The saying goes “you can’t pour from an empty cup”. If we don’t take time to do things we enjoy then all areas of our life including school, work, and relationships will be impacted.

How can we do it?
The great thing about self-care is that everyone gets to choose what works for them. Once you have established what things you enjoy doing then it is important to set aside time regularly to do it. Examples include:

- Regular exercise
- Reading a good book
- Eating a well-balanced diet
- Getting outdoors in the fresh air
- Spending time with loved ones
- Playing music
- Drawing/painting
- Watching a favourite show or movie

Remember!
A ‘full’ self-care cup should include a few different things rather than just one. So if you enjoy watching movies then make sure you also find time to do something active, like going for a walk or bike ride.

Leah - TSC Nurse

Dealing with Bad World News
It can sometimes feel like bad news follow us around, and its tough to unplug from phones, social media and wifi. It is normal to feel overwhelmed by the news, especially when good news stories seem hard to come by. This information might be helpful if you’ve been feeling overwhelmed by the news, you don’t know how to react to bad world news, or if you’re finding it hard to disconnect from the media.

There are endless kinds of reactions to bad news including feeling anxious and worried, depressed and sad, helpless, confused and angry. These feelings are more common than you think. A part of this effect ha to do with how easily accessible information is today. It can be almost impossible when you factor how dependant the world is on being online. Biology also supports these reactions; when we see upsetting information, our bodies release stress hormones to deal with negative emotions.

How to cope with bad world news:

*Learn to switch off:* Nearly 80% of Facebook users will see shared news articles with a negative emphasis, therefore it is easy to become overwhelmed by your time on social media. Take breaks from time to time, particularly if you notice the news is impacting you. Replace the time you’d normally spend online with something offline such as a reading a book or socialising with your friends.

*Try to understand what’s upsetting you:* Sometimes world news can hit close to home. Whether it’s a tragedy in your family’s country of origin, or the death of a person you really admired, world news can sometime feel very personal. If what you’re feeling is more than just a sense of empathy for those affected by a tragedy, it’s worth speaking about it to someone you trust.

*Accept your level of control:* When something bad happens, our immediate response may be to ask ourselves what we can do to help, and how we can put an end to it. This sometimes can make us feel helpless. While there are usually things, big and small, that a person can do to help a situation, we can’t stop it entirely on our own. Learning to understand how much influence we can have over something is a very important step in reducing the stress we might feel on hearing bad news.

Take care,

Mahalia

Re-forming of 1st Tallangatta Scout Group
Corryong has just re-formed their Scout Group, now it's Tallangatta's turn. Scouts are open to youth from 5 to 18, and there are plenty of opportunities for Adults to assist as Uniformed Leaders, Adult Helpers and Rostered Parents.

Scouting is fun, builds character, personal responsibility and community involvement.

If you are interested in having your child join, or even helping out yourself, please email me. Ian Hall, District Commissioner, Upper Murray District dc.uppermurray@scoutsvictoria.com.au

Or look for the 1st Tallangatta Facebook page for further information.

And remember, Scouts is totally fee free until March 2021, so come along and 'try before you buy!'

Ian Hall
District Commissioner, Upper Murray District
Gateway Health offer a range of group parenting programs as well as one on one (individual) parenting support sessions to parents and carers across the region. In term 2 our support options will look a little different due to the challenging times we are facing with the current pandemic. We want parents and carers to know that we are still operating and able to offer support.

Our group programs will not be running in term two, however we are able to offer the programs below to families on a one on one basis via telephone or zoom.

Programs we are able to offer individuals include:

- Tuning into Kids (2-10 years)
- Triple P - Positive Parenting Program (2-10 years)
- Tuning into Teens (12 and above)
- Engaging Adolescents (12 and above)
- Parenting Transgender and Gender Diverse Children and Teenagers (any age)

We are also able to offer general parenting support as well.

**Where is it held?**
All appointments are currently delivered via telephone or zoom

**When is it?**
Appointments are available Monday to Friday during business hours

**How do I join in?**
To register contact our Intake Team on
Ph: (02) 6022 8888

info@gatewayhealth.org.au  www.gatewayhealth.org.au
Tallangatta Secondary

MIXED NETBALL TOURNAMENT

2020 welcomes back the TSC Mixed Netball Tournament. The competition will begin on our return to school and will include a middle year’s division (year 7-9) and a senior’s division (year 10-12).

Entry requirements:
- Teams from previous years can re-enter or students can organise a new team to enter
- All team members must be in the same division (middle and senior years can’t mix)
- Allocate only one person to send in your team list
- Individuals are welcome to sign up and can be placed into a team
- Include your year level when signing up

Signups will be online this year
If you’re interested email JA@tallangatta-sc.vic.edu.au for all entries or any other questions

Volunteers for umpires can also be emailed through

WATCH OUT SENIORS!
THIS YEAR TEACHERS WILL ALSO BE ENTERING A TEAM
Upcoming virtual career events and webinars

Virtual Careers Expo

The Virtual Careers Expo is an innovative and interactive collaboration between Australia’s major tertiary education providers, designed to showcase the wide range of options available to students as they prepare for life after school.

You and your family will be able to:

- Explore the Virtual Careers Expo Hall
- Visit more than 50 stands hosted by exhibitors from across the country
- Talk to staff and student ambassadors through text or video chat
- Head to the Webcast Hub for live and on-demand video presentations
- Meet other students in the virtual social lounge
- Explore the virtual campus
- Attend from the comfort of your own home
- Learn more about how COVID-19 will affect your school year.

This event is a must for anyone considering studying at university or TAFE in the future.

All face to face university experience days and career expos have been cancelled across Australia – this event will assist you to research your post school options and prepare for university and TAFE applications.

When: Thursday 7 and Friday 8 May, 2020
Information and RSVP: https://bit.ly/2VE4uzk

Collarts – Open Day

Collarts is a creative media college located in the Melbourne area.

Courses are offered in:

- animation & VFX
- comedy
- audio engineering
- digital & social media
- entertainment journalism
- entertainment management
- fashion marketing & sustainability
- interior design
- music production
- music performance and
- screen & media.

The institute is running on online open day. You will be able to listen to detailed information sessions and ask teachers and student advisers questions via Live Chat.

When: Saturday 16 May
Information and RSVP: https://bit.ly/2JU0xTH

Careers in Medicine Information Session

The UNSW Rural Clinical School (Albury-Wodonga campus) is hosting an online event for Year 10 – 12 students interested in pursuing a career in Medicine.

Students will be able to find out about the UCAT, the application process for medicine courses, and what it’s like to study medicine at university. The event will be held on Tuesday 12 May. Please register your place by 5 May by emailing Anj Comb at a.comb@unsw.edu.au

Careers in Maths and Data

In this webinar, Careers with STEM founder Heather Catchpole takes you through the latest edition of Careers with STEM and it’s all about careers that use maths and data – from how maths is helping us through the COVID-19 pandemic, to understanding and predicting extreme weather and bushfires.

Get stories of YouTube trend experts, health data scientists, tradies, and more surprising careers that use maths and data every day!

When: 18 May, 11am – 1.45pm.
Information and RSVP: https://bit.ly/2Ya8wIK

Year13 Career Expo

Finding your dream job has never been easier.

The Year13 Expo lets you find a career you’re genuinely passionate about without even having to get out of bed.

Over the course of the week, you’ll hear from experts, chat with influencers and explore all of your post-school options at our digital careers expo that you can access from anywhere you have internet.

Oh, plus we’ve got $5,000 and some amazing mentorship and work experience opportunities up for grabs with the Year13 Passport.

When: The Expo will run between 18 – 22 May.
Information and RSVP: https://bit.ly/2Kle3rC
Inside Monash Seminars

Monash University is running online information sessions that will enable prospective students to explore course and careers areas that interest them most.

Dates in May are as follows:

| 13  | Media Communication |
| 14  | Engineering         |
| 19  | Be the designer the world needs |
| 20  | What’s it really like to study fine art? |
| 20  | Politics, Philosophy & Economics |
| 21  | Shape the future as an architect of change |
| 26  | Arts & Global Studies |
| 27  | Pharmacy & Pharmaceutical Science |

For information and to register, visit https://bit.ly/2KZurv9

Photography Studies College Virtual Open Day

Photography Studies College is located in South Melbourne. The College is running an open day for prospective students.

- Experience our brand-new campus, purpose built for professional photographers through our virtual walk-through
- Attend our live information sessions, and chat with our award-winning teachers about our job focused photography courses.
- Interact with our current students about workload, our hands-on course content and College life.
- Join our FAQ sessions
- You will also have a rare opportunity to show your images to our esteemed academic convenors.

Date: Sunday 17 May, 10am – 3pm
Information and RSVP: bit.ly/2yniA08

National Youth Science Forum (NYSF)

Are you in Year 11 and have a passion for all things science? You should consider applying for the NYSF.

This is a two-week residential program where students are immersed in hands-on science activities, lab experiments, field trips and meet researchers who are leaders in their field.

The two-week program will be held during January 2021. Applications close 14 June and must be endorsed by your local Rotary club. For more information and to apply, go to http://bit.ly/2itZV9

Explore your global university options

Are you interested in learning about universities from around the world? Crimson Education has developed a YouTube channel that profiles global universities. You can access the channel at https://bit.ly/2qwiRkX

Maths competition

Mathematics and Statistics Research Competition 2020

The University of Melbourne School of Mathematics and Statistics is pleased to announce the launch of its new Research Competition.

Victorian students in Years 7 – 12 have the opportunity to showcase their creativity and problem solving abilities as they work through the mathematical project of their choice.

Applications are now open and you can enter the competition as an individual or as a team. For information and to register your place, visit https://bit.ly/35CS4fx

Careers in Sport

My Career Match has developed an excellent 3-page guide to careers in sport. You can download the resource at this link - https://bit.ly/2UwkqB8

Commerce vs Economics

Which study area would you be more suited to? The Australian School of Business, UNSW, has developed a video to help you decide. They have also developed a video focused on careers in economics. To download both, go to:
http://tinyurl.com/qb2zswp and http://tinyurl.com/njlehwg

Upcoming virtual career events and webinars

The University of Melbourne – Meet Melbourne Live

The University of Melbourne is running online information sessions that will enable prospective students to deep dive into the course and careers areas that interest them most.

Dates in May are as follows:

| 5   | Agriculture & Food Sciences |
| 6   | Health |
| 7   | Law |
| 12  | Architecture, Building, Planning & Design |
| 13  | Science |
| 14  | Engineering |
| 19  | Visual & Performing Arts |
| 20  | Music |
| 21  | Education |
| 25  | Veterinary Medicine |
| 26  | Arts, Humanities, & Social Sciences |
| 27  | Commerce |
| 28  | IT & Computer Science |

For information and to register, visit http://bit.ly/2TJWmxa

Applying Medicine, Dentistry or Oral Health?

If you are in Year 12 and plan to apply for any of these health science courses to start in 2021, you may need to sit the UCAT ANZ (University Clinical Aptitude Test).

The UCAT ANZ is a two-hour, computer-based test which assesses a range of mental abilities identified by universities as important to practicing in the fields of medicine and dentistry.

It consists of five separately timed subtests which each contain a number of questions in a multiple-choice format.

You will sit the test in July 2020 and selected universities use your UCAT ANZ results as part of the selection process, in conjunction with your ATAR and HSC/VCE results, and in some cases an interview.

You will only have one chance to sit the UCAT ANZ this year. It’s important to note that applications close on the 11th of May and late applications close on the 18th of May.

Please go to https://www.ucat.edu.au/ for more information about the UCAT ANZ, to see if you have to sit the test, and to register for the test.
Have an occupation goal? Want to know how this job may change over the next 10 years? University of New England (UNE) has developed a ‘future of work predictor’.

Using the online software, simply search for the occupation you are interested in, choose the education level you are planning to attain (e.g., Bachelor degree), your post code or the post code of where you would like to work in the future and your email address.

UNE will provide you with information on how this job may change in terms of tasks, duties, qualifications, wages and employment growth.


Exciting STEM resources

15 jobs that don’t exist…yet

What will a job search look like in 2050? No-one knows – but one popular estimate suggests 65% of primary school-aged kids will end up in yet-to-be-created careers.

We’re guessing packed with next-gen STEM gigs in cutting-edge fields like Augmented Reality (AR), data analytics, and Artificial Intelligence (AI)-based service roles.

Careers With STEM looked into their digital crystal balls and came up with 15 jobs they think you might find advertised in 30+ years. And yep, all of them require STEM skills! https://bit.ly/3feuXfP

7 paths to computer science careers

From horse paddocks to high-rise apartments, there are many ways to plug into coding. Meet the 7 people taking wildly different paths to a career in computer science, ending up in unexpected places. https://bit.ly/3StvFws

Register to participate in weekly STEM challenges

Australia National University is running online weekly STEM challenges for secondary school students. The next challenge will be released on Monday 11 May, so register today! https://bit.ly/3b8jHkX

Apply for university courses

The following universities are now accepting applications for the 2021 intake:

**University of New England**

Applications are now open for the direct early entry program. It’s free to apply and applications will close Friday 25 September, https://bit.ly/39H41Vo

**Australia National University (ANU)**

Applications are now open for Year 12 students to apply for courses, scholarships, and accommodation at ANU. Applications will be based on Year 11 results. For information on key dates and the admissions process, go to https://bit.ly/2WvbyHn

Apply for early entry programs

Year 12 students are now able to apply for several early entry and guaranteed entry university programs.

**Australian Catholic University**

**Community Achievers Program:** Applications open on Friday 1 May 2020 and successful students could receive a conditional university offer as early as September, https://bit.ly/2KJeSqJ

**Passion for Business:** applications are now open for this early entry program. For information on the scheme, eligibility criteria, and the courses available, visit https://bit.ly/2xJNmP

**Passion for Law:** applications are now open for this early entry program. For information on the scheme, eligibility criteria, and the courses available, visit https://bit.ly/3aKarmwi

**La Trobe University**

**Aspire Early Admissions Program:** Applications open on Friday 1 May 2020 and successful students could receive a conditional university offer as early as September, http://bit.ly/2v9WOLN

**Southern Cross University**

**Transition to Uni:** Applications are now open for this new guaranteed entry program. For information on this exciting new initiative, visit https://bit.ly/3ayFmTb

Dates for your diary

The following events are running virtually


12: Careers in Medicine Information Session, UNSW Rural Clinical School, RSVP by 5th of May, a.combi@unsw.edu.au


June
