

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)

Coming Events

Other Key Dates

Friday 26th June Term 2 concludes 2.30pm finish
Monday 13th July Term 3 commences

Reporting Key Dates

Friday 26th June Semester 1 Reports published 4pm

Principal's Report

Semester 1 Reporting

Teachers having been carefully completing Semester 1 reports. The Semester reports now include teacher feedback in the form of feed up, feed back and feed forward for each summative assessment completed within each unit. It will also include a comment on how each student has adjusted to the remote and flexible learning environment. Semester reports will be published on Compass 4pm Friday 26th June.

Semester 2 courses

Selections for Semester two have been completed in homegroup with the REAL mentor. Courses will be provided to students next week.

End of Term & School Holidays

Term two finishes next Friday 26th June with a 2.30pm dismissal time. Term 3 begins Monday 13th July.

Richelle Moyle, Principal

Assistant Principal's Report

Reporting

Semester 1 reports published 4pm Friday 26th June. Staff look forward to giving feed up, back and forward to students.

REAL Home group Week 10

Take it or leave it task (food packaging and labelling) and weekly reading and comprehension tasks.

Winter Uniform

With the temperatures dropping and the start of winter, we wanted to inform families that our uniform shop on

site is fully stocked. Please make an appointment with the office if you wish to purchase items.

Beanies \$12, Scarves \$10, Soft Shell Jackets \$75, Boys Trousers \$28 and Girls pants \$40. Students who are out of school uniform will be asked to change..

Attitude to Learning

Recent research shows that a child's attitude towards learning and school is very strongly influenced by their parents and guardians. As your kids move through their school years, it is important to keep emphasising the importance of learning and encourage them to get the most out of their school experience.

Top tips:

1. Take an interest in your child's school.
2. Focus on the positive aspects of school.
3. Approach learning with positive messages.
4. Show respect for their teachers with the words and actions your child sees.
5. Take an interest in your child's homework and assignments.
6. Reward your child for their approach to learning and attitude towards their work.

Canteen

Due to COVID19 restrictions the canteen is closed, however Wendy is doing lunch orders. Orders can be made before school and first recess only. Thank you for your understanding.

Course Selection

Student's course selection forms were due back to their REAL mentor Tuesday 16th June. We hope families

have been having valuable conversations about subject choices and career paths.

“Your attitude, determines your direction”

Jocelyn Ziebell, Assistant Principal

Middle Years News

Well done on another excellent week back at school, it has been great to see students back to doing some hands on learning. The food coming out of Mrs Billingsley’s cooking classes are a particular highlight.

All students should have submitted their course selection forms for semester 2. If you have not done this, please get in contact with your Student Engagement Leader or REAL Mentor as soon as possible.

Mckye Turner

Uniform Update

Wearing our school uniform:

- Promotes equality amongst all students
- Further develops a sense of pride, connectedness and identification with our school
- Provides durable clothing that is cost effective and practical for our school environment
- Maintains and enhances the positive image of the school in the community

With the colder weather, we have extensive optional outerwear for additional warmth.

- Blue College beanie
- Blue College scarf
- Soft shell winter jacket
- Students may wear a long sleeved white collarless T-Shirt under their uniform shirt.

A reminder that all students are expected to wear the prescribed School Uniform while attending school and taking part in functions which are part of the school program (excursions, sports trips, etc.) and that the following items are not permitted.

- Hooded jumpers under uniform
- Hats/ beanies inside
- Tracksuit pants / Sport shorts are not deemed part of the daily school uniform.
- coloured shoes (black shoes only)

MUSIC

“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.”- Plato
What a term we have had so far, we done to all the musicians (and parents!) for their patience and persistence with online learning- you have done so well! As we all return to school next week, students are reminded:

1. Check your music lesson and rehearsal time- times are on Compass!
2. Music rehearsals will slowly start back (bands etc)-

we ask for patience.

3. Come down and visit the PAC and say hello!

We hope to have things back to normal as soon as possible so that your music journey can continue progressing! Please be patient. In the meantime, keep up your music practice, jamming and playing- we look forward to seeing you all very soon!

In gratitude, kindness, good health and great music,
Rhys McKee, Music program coordinator

Health Tips

Emotional Strategies to Assist with Study Demands

Emotional stress can be particularly painful and challenging to deal with. Emotional stress when it comes to study can prevent you from finding solutions. Instead, emotional stress can cause you to ruminate on things on study loads that may be increasing or seem stressful, leading to avoidance coping which further exacerbates your stress levels. One of the most challenging aspects of emotional stress is the feeling of being unable to change the situation, therefore it is important to learn how to work on emotional responses to stress to change the way we think about study loads. Some things to try to help with emotional stress are:

Practice mindfulness: When we feel emotional stress, it's also often experienced as physical pain: a 'heavy' feeling in the chest, an unsettled feeling in the stomach, a dull headache. It's common to try to escape these feelings, but it can actually be helpful to go deeper into the experience and use mindfulness to really notice where these emotional responses are felt physically.

Distract yourself: Whilst it is common belief that if we didn't express our emotions, they would show themselves in other ways. However, it is also acceptable to distract yourself from emotional pain with a healthy alternative, such as a feel-good movie or activities with friends is helpful. This can lessen the feelings of the emotional stress associated with the study demand.

Block off some time: If you find that emotional stress and rumination creep into your awareness quite a bit, and distraction doesn't work, try scheduling some time— an hour a day, perhaps—where you allow yourself to think about your situation fully and mull over solutions, concoct hypothetical possibilities, replay upsetting exchanges, or whatever you feel the emotional urge to do. Journaling is a great technique to try here, especially if it's done as both an exploration of your inner emotional world and an exploration of potential solutions. You may find yourself more relaxed at the end of the day because you will have set time aside to focus on your emotions; that time is just later.

Find the evidence: emotional stress can be combatted

Tallangatta Secondary College is committed to the safety and wellbeing of all children and young people.

This is the primary focus of our care and decision making. Tallangatta Secondary College has zero tolerance for child abuse.

by finding evidence to counteract what thoughts you are having. Reaching out to those who can help whether it be your REAL mentors or teachers can assist you in uncovering contracting evidence to how you feel. Feel like you are falling behind? Discuss with your teacher how to catch up and create a plan. Thoughts of not studying hard enough? Discuss study techniques with your REAL mentor. Putting plans in place helps ease the emotional brain, where our stress centre lies.

Always, if you are feeling particularly overwhelmed and you feel like you require some extra support, please speak to your REAL mentor or your Student Engagement Leader who can place a referral to the wellbeing team.

Take care,

Mahalia

Sue Reid contact details
Susan.Reid@ths.vic.gov.au

Personal health, hygiene and wellbeing

- Basic hygiene involves washing your hands, cleaning your body and teeth, and covering your mouth when coughing. Teenagers also have some new hygiene needs.

- Good hygiene is important for health. Smelling OK, having clean clothes and being able to manage shaving or periods is also good for confidence.

Throughout COVID-19 we have heard and read a lot about the importance of hygiene, in particularly washing hands, sneezing into your elbow and if sick, stay at home. It is important to keep on going with this practice.

Now we are back at school, it is important we remember to be mindful of our appearance and don't forget to change out of our pyjamas as we are in other people's company!

Keeping clean is an important part of staying healthy. For example, the simple act of washing hands before eating and after using the toilet is a proven and effective way of fighting off germs and avoiding sickness.

Being clean is also an important part of confidence for teenagers. If your child's body and breath smell OK, her clothes are clean, and she's on top of her basic personal hygiene, it can help her feel comfortable with other people.

Parents play an important role in making sure teens know about how his body and hygiene needs are going to change, and in getting him ready to manage the changes. *The earlier you can start having these conversations, the better* – ideally, before your child hits puberty.

Body odour

When children reach puberty, a new type of sweat gland develops in their armpits and genital areas. Skin bacteria feed on the sweat this type of gland produces, and this can lead to body odour (BO).

If your child washes her body and changes her clothes regularly, especially after physical activity, it'll help to

reduce the build-up of bacteria and avoid BO. Changing underwear and other clothes worn next to the skin is especially important. These clothes collect dead skin cells, sweat and body fluids, which bacteria love to eat. That's why they get smelly.

Smelly feet

Smelly feet and shoes can also be a problem for your child, whether they are sporty or not. They can be avoided by giving feet extra attention in the shower, and making sure they're completely dry before putting shoes on. It's a good idea to encourage alternate shoes and to wear cotton socks instead of ones made from synthetic fibres.

Dental hygiene

Good dental and mouth hygiene is as important now as it was when your child was little, and you'll need to keep making regular dental appointments for them. Brushing teeth twice a day, flossing and going to the dentist regularly are vital if your child wants to avoid bad breath, gum problems and tooth decay.

If your child is in the habit of doing things at the same time each day, hygiene can be a normal and predictable part of a routine. A written schedule might also help your child remember what to do when.

If you're finding it difficult to talk with your child about puberty and periods, personal hygiene etc feel free to send me an email to have a chat- nurse@tallangatta-sc.vic.edu.au.

<https://raisingchildren.net.au/pre-teens/healthy-lifestyle/hygiene-dental-care/hygiene-pre-teens-teens>

Leah, Tallangatta Secondary School Nurse

Headspace



Headspace is seeking input from young people in your area as to how we can best support them following the 2019-2020 bushfires.

We would be most grateful if you could please share the following in your school newsletter or among your school community so we can have as many voices heard as possible.

Young people aged 12-25: Let us know what headspace can bring to you that will help with yours and your communities recovery from the 2019-2020 bushfire season! We have a brief survey for you https://www.surveymonkey.com/r/headspace_bushfires

Your input will help us to develop the right support for your needs.

Family, friends, and organisations supporting young people in your area:

We also have a short survey for bushfire affected families, friends and communities. Let us know what you think we could do to help young people find their way through recovery:

<https://www.surveymonkey.com/r/headspaceBForganisations>

----- JOIN THE TEAM -----

We're hiring!

Afternoon Jobs Available

Perfect for High School Students. 2-4-hour shifts after school or on weekends. Uniforms are provided. No previous experience required.

A taste of what you will be doing

The Loadout position requires an understanding of all equipment and processes, to ensure proper loading of our product from the chiller into trucks. This position will be expected to adhere to all safety regulations and practice safe operations at all times. Meat processing is physically demanding work and will suit someone with a good level of fitness.

- Pushing lamb carcasses along rails towards loading deck
- Stacking lamb carcasses into trucks
- Trimming of carcasses
- Bagging of carcasses
- Light cleaning tasks

What you should bring with you

- Enjoy practical and manual activities
- Good hand-eye coordination, knife skills from advantage
- Adhere to safe work practices
- Reliable, committed, on time and positive work attitude
- Willing to undergo Q Fever Vaccination

How to contact us

Call or email Corina:

Phone: 0260712240

Email: hr@smithstmp.com.au

Address: 397 Bryants Gap Road, Tallangatta, VIC, 3700

smiths

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SCOOTER WORKSHOP

Learn new skills and tricks with AI's Skate Co!
A FREE PROGRAM

TUESDAY 7 JULY, 2020

TALLANGATTA SKATE PARK

10.00AM TO 10.45AM

11.00AM TO 11.45AM

Please call Council to register on 6071 5100

CORRYONG SKATE PARK

2.00PM TO 2.45PM

3.00PM TO 3.45PM

Please call Council to register on 6076 2160

For children aged 6+
Limited to 10 participants per workshop
BYO: Scooter, Helmet, knee & elbow guards.
Waiver to be completed



Wednesday 17 June 2020

New early entry program

2021 Swinburne University Early Entry Program

Swinburne has just announced a new early entry program for the 2021 intake! Offers will be made on a recommendation from your school and will be 'ATAR free'.

You will still need to complete year 12 and meet subject prerequisites, but in the words of Swinburne, *'this isn't an easy way out, it's a determined person's way forward'*.

How do I apply?

Step 1: check that your course is eligible and that you meet the subject prerequisites.

Step 2: ask your school to fill out the recommendation form. Your school will make an assessment based on your past results and capacity for tertiary study.

Step 3: In August / September, add your course/s to your VTAC preference list. Your career adviser will talk to you about the order of courses on your list.

If your school agrees to recommend you and if you achieve a minimum English study score of 20, meet other subject prerequisites and complete year 12, you will receive a guaranteed offer.

For a list of eligible courses, to download the recommendation form and to register your interest, go to <https://bit.ly/2UMKGtT>

Competitions

Creative Arts

Bright Awards – run by Billy Blue College of Design at Torrens University. Entries are now open for students in years 10-12 and their school to win monetary prizes to help kick start creative dreams, <https://bit.ly/37w7Auy>

Film + Japanese

Video Matsuri Contest. You will produce a short film that includes the Japanese language, <https://bit.ly/2BaMqWY>

Wildlife photography

2020 Crikey! Magazine Photography Competition. This is a partnership between Crikey! Magazine and the Australia Zoo, <https://bit.ly/2ACCKV2>

Science Writing

UNSW Bragg Student Prize for Science Writing. For students in Years 7 – 10. In 800 words, you will describe some scientific research that has delivered a solution that you believe could change the future for our planet. The theme is 'The Big Ideas Saving the Planet', <https://bit.ly/3eZJ8VJ>



Technology Scholarship

Westpac Young Technologist Scholarship

This is a fantastic scholarship for students applying for technology related degrees at one of the following universities:

- RMIT University
- University of Wollongong
- Western Sydney University
- Queensland University of Technology
- Murdoch University

The *Careers Department* has information about the scholarship and profiles of previous recipients on their website. Go to <https://bit.ly/2BeteHz>

You can participate in an information session about the scholarship on June 17th, 6pm, <https://bit.ly/2N3bOAE>

Employment resources

Do you need a Tax File Number (TFN)? If you are planning to get a job or if you would like to study at university or TAFE next year, you will need a TFN. You will need to apply for a TFN – these aren't issued automatically. To start the application process, go to <http://bit.ly/2aLCSjJ>

Find out about your rights at work: learn about your rights, responsibilities, how to resolve issues in the workplace and rules about unpaid work, <https://bit.ly/1Svl7DP>

Learn about safety in the workplace: your rights and responsibilities - <https://bit.ly/2K2AYPK> and how to stay safe - <https://bit.ly/2VA24j5>

Interesting STEM articles

Careers With STEM

Space careers

Looking for an outta this world STEM career? The space industry in Australia is taking off, and our space hub is full of exciting opportunities. Keep up-to-date on industry news and be inspired by real people with the coolest of space jobs, <https://bit.ly/2Y2MkJW>

Careers in economics

Economics researcher Calvin He was inspired by the Global Financial Crisis in school – now he helps the Reserve Bank of Australia answer big questions about the economy, <https://bit.ly/2C8rhgq>

Why our cities need your IT and design skills

Information technology, engineering and design are merging into new and exciting career areas improving our cities and communities. Here's how to get skilled up and land a job, <https://bit.ly/2N3eRsw>



Careers With STEM Job Kits

Careers With STEM have created free downloadable job kits for - Software Engineer and Machine Learning Engineer. You can download the kits at <https://bit.ly/30Xtcz1>

Monash University - Medicine and Health

The Faculty of Medicine, Nursing and Health Science has developed two videos for rural students interested in applying for medicine at Monash

Boost your chances of getting into medicine, <https://bit.ly/3d72BSm>

New Monash Rural End-to-End Program, <https://bit.ly/2BbJwRO>

You can also view videos of Monash students studying courses such as nursing, midwifery, biomedicine, radiography and medicine, <https://bit.ly/3hrThvP>

Creative arts & media

JMC Academy

JMC offer courses in

- Animation
- Audio Engineering & Sound Production
- Contemporary Music Performance
- Design (Visual Communication)
- Entertainment Business Management
- Film & Television Production
- Game Design
- Songwriting

The Academy recently held a virtual open day and have made recordings from the day available for prospective students and their families to access. Visit <https://bit.ly/2ZEN3ro>



Open Days

This year the majority of TAFE and higher education institutes will run their open days online. The following are examples of universities that have released their open dates:

La Trobe University

Melbourne – Sunday 2 August
Regional campuses – Sunday 23 August
Register, <http://bit.ly/3chXyPA>

University of Wollongong

Saturday 8 August
Register, <http://bit.ly/2l1SrFp>

RMIT University

Saturday 8 and Sunday 9 August
Register, <https://bit.ly/2UIPlwV>

Victoria University and Victoria Polytechnic

Saturday 15 August
Register: <https://bit.ly/3ddCGIV>

Deakin University

Sunday 16 August
Register: <http://bit.ly/2vebl3X>

The University of Melbourne

Sunday 16 August
Register, <http://bit.ly/39l2xaJ>

Australia National University

Saturday 22 August
Register, <https://bit.ly/30M7j5j>

The Australian School of Business, UNSW

Australian School of Business posts regular videos to their YouTube channel that provide updates on what is going on in the faculty and gives insights into a key business issue each week. To search the YouTube channel, go to <http://bit.ly/1ENyXZp>

Take a virtual tour of the Federation University

Use this link for information on how to take a 360-degree tour of the following areas at the Ballarat campus: general campus tour, Nursing labs, Science and Engineering buildings, and the Visual and Performing Arts facilities, <http://bit.ly/2ssWx36>

Upcoming virtual events

InspirED Virtual Careers Expo

Students and their families will be able to:

Connect with Universities

- Visit virtual booths from over 80 University and Higher Education providers!
- Ask live questions or book a video chat with student advisors
- Early admission information, scholarship applications and other relevant topics

Date: 17 – 21 June, 2020

Information and RSVP - <https://bit.ly/2AcLrD>

Charles Sturt University

Charles Sturt Advantage

This early entry program is now open and 77 courses are eligible! Assessments are based on your 'soft skills' such as empathy and resilience, <https://bit.ly/2UmOlgT>

Charles Sturt are running an information seminar on the Advantage program for prospective students and their families.

Date: Tuesday 23 June, 6.30pm – 8pm

Information and RSVP, <https://bit.ly/2YHCgFr>

Year 10 Subject Selection Evening

Year 10 students who may be interested in applying for Charles Sturt in the future can participate in this information session about career pathways, assumed knowledge, applications and more.

Date: Wednesday 24 June, 6pm – 7pm,

Information and RSVP: <https://bit.ly/3hzHYBB>

Upcoming virtual events

Discover Deakin Seminars

Deakin University is running the following online information sessions for prospective students in

June

17	Law
17	Engineering
18	Sport Development & Management
22	Software Engineering
23	Biomedical Science
25	Environment

July

4	Teaching
15	Medical Imaging
20	Occupational Therapy
21	Public Health & Health Promotion
22	Optometry
23	Nursing and Midwifery
27	Exercise and Sport Science
28	Nutrition Sciences
29	Psychology
30	Health Sciences

Information and RSVP - <https://bit.ly/2YIZXi5>

Western Victorian Careers Expo

This event will be run online and there is a huge range of exhibitors that students and families can connect with. Whilst this event is targeted to students in Western Victoria, all prospective students are welcome to participate.

Date: Tuesday 23 June, 9.30am – 4.30pm.

Information and RSVP: <https://bit.ly/3fuUdhR>

Monash University – Online Information Seminars

Monash are hosting an online information evenings for prospective students and their families on the following dates in August: 11, 12, 25.

Register via <https://bit.ly/39GmmOQ>

Monash Indigenous Winter Camp

The Indigenous Winter Camp aims to provide Aboriginal and/or Torres Strait Islander students from year 10-12 with an in-depth insight into university life, while focusing on team-building, meeting new people, culture, confidence building and health and well-being.

Monash is running a virtual three-part Winter Camp series in July. For information and to register, visit <https://bit.ly/3gHAlsx>

Australian Catholic University – Talk with Industry series

Australian Catholic University is running the following online sessions for prospective students:

17 June: Talk with occupational therapists and speech pathologists

2 July: Talk with exercise scientists and physiotherapists

Information and RSVP - <https://bit.ly/2XwbkYr>



Collarts – Webinar Series

Collarts is running the following online webinars for prospective students:

June

29	Interior Design
30	Fashion & Sustainability
30	Fashion Marketing

July

1	Animation & VFX
1	Digital & Social Media
7	Dramatic Arts (Comedy)
7	Screen & Media
8	Music Performance
8	Music Production
9	Audio Engineering
10	Entertainment Management
10	Entertainment Journalism

Information and RSVP - <https://bit.ly/2KBApv2>

Webinars

Resources Engineering – Mining and Renewable Energy

Monash University, Thursday 30 July from 5-6pm, <https://bit.ly/3cmoxlP>

Why Years 9 & 10 Matter: Pathways to Harvard, Oxford, and Beyond

Saturday 20 June, <https://bit.ly/3chLNYh>

Basair - how to become a pilot

22 and 25 June 2020, <https://bit.ly/370jMUj>

Federation University – Your Fed Future

Federation University is running the following online information sessions for prospective students in June:

17	Study social work
22	Study engineering
23	Study nursing

Information and RSVP - <https://bit.ly/2WfWfLo>

Access recordings of previous webinars on careers, pathways, scholarships and visual arts etc., at <https://bit.ly/3bKOlsq>

RMIT University – Discover What's Next series

RMIT University is running the following online sessions for prospective students:

June

18	Communications, Journalism & Media
23	Business & Law
25	Engineering
30	Flight Training & Aviation

July

2	Science
9	Computer Science & Information Technology
16	Fashion
23	Health & Biomedical Sciences
28	Education & Social Sciences
30	Building & Construction

Information and RSVP - <https://bit.ly/2MOUGeg>

Swinburne University – Mid-Year Web Sessions

Swinburne University is running the following online web sessions in June:

17	Redesigning Melbourne (Architecture, Urban Design, Engineering etc.)
18	Help with TAFE and university fees

Information and RSVP - <https://bit.ly/2XgiQaW>

Torrens University – Interactive Online Workshops

Torrens will be running the following online workshops in June:

22	Hospitality
23	Event Management
23	Nutrition
25	Design & Creative Technology

Information and RSVP - <https://bit.ly/37xRNeH>