

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

Wednesday 19th August School Council

Reporting Key Dates

Friday 14th August GPA Cycle 5

Principal's Report

Remote and Flexible Learning 2.0

Thank you to everyone for their resilience and understanding during this time. The second week of R&FL 2.0 is progressing smoothly. A reminder of the program:

- All students check in with their REAL mentor during home group each day
- Period 1, 2 and 3 will proceed as timetabled with a lesson plan available on Compass.
- Period 4 is an optional 'catch up' OR 'check in' session where students can access their timetabled teacher through Webex to ask questions or complete or revise their learning. VCE teachers may continue to provide a lesson plan on Compass and explicitly teach via Webex during this period as required.

Roles and Responsibilities for students and parents / carers during R&FL 2.0 were distributed via Compass newsfeed, along with the Request for Onsite attendance form. This week we began to administer temperature checks of all onsite students.

Our Later Years team are keeping up to date with announcements from the government and DET re support and processes for our year 12 students. Please contact them if you have questions or concerns.

Additional Internet data

Many providers are offering extra data to existing customers. All families are encouraged to contact their provider to access this support. Below is a link for Telstra customers.

<https://www.telstra.com.au/covid19/supporting-you-during-covid-19>

GPA and SLC

GPA reports will be published on Compass this Friday. At this stage Student Led Conferences (SLC) will not occur, however we are planning to hold something similar via Webex for parents and students during week 10. Further information will be provided shortly.

Take care,
Richelle Moyle
Principal

Assistant Principal's Report

Moving to Remote and Flexible Learning 2.0

We would like to express our ongoing support, thanks and gratitude to students and families with displaying resilience with the move to R&FL. We encourage families to keep up the communication, in order for us to provide the necessary supports for your child to achieve success when learning from home. On-site application forms are due to the front office each Thursday, in order for us to staff the following week and inform bus drivers of expected loads. Please note that there has been a change in Students daily routine during R&FL. Period 1, 2 and 3 will proceed as timetabled, however session four will be a 'catch up' OR 'check in' session where students can access their teacher through Webex to ask questions or complete or revise their learning. VCE teachers can continue to provide a lesson plan and explicitly teach via Webex where required. Students learning journey, experiences, along with everyone's health and wellbeing

is our priority. Please ensure you keep in regular contact with your son/daughters teachers and or REAL mentor for supports and or regular feedback.

Roll Marking During R&FL

Students will be required to engage in REAL homegroup each morning and lessons, in order for staff to accurately mark rolls. In the am students are to complete the REAL homegroup activity and email their teacher by 9am. If students are ill or have medical appointments please call the office and or approve absence on Compass.

Temperature Checks for on-site students

From week 5 students on site will have their temperature screened. This is in compliance with the Victorian Governments Operation Guide released last Friday.

Temperature screening does not replace the need for other important public health measures such as hand hygiene, enhanced cleaning and social distancing. The checks will be conducted by the office ladies using non-contact inferred thermometers. Please call the school if you have any questions or concerns.

Wearing of Masks – Stage 3

Wearing a face mask can protect you and our community. Staff, students and visitors to the college must wear masks. If attending the college please ensure you call ahead and book an appointment. Where possible consult over the phone.

10 Tips for Teens – How to manage stress whilst working remotely

The pandemic has changed the way we live and interact. For teens, it's impacted everything from schooling to socialising with friends. If you've felt stressed, know that you are not alone – there's support available. To help you cope with stress during these challenging times, here are our top 10 tips.

Accept and tolerate uncertainty

In these times of uncertainty, it is understandable to feel stressed about the changes to the way we live in response to the coronavirus pandemic. You might be worried about studying alone, a disruption to your daily routines, or feel isolated from the world. Feelings of anxiety and stress arise when we feel helpless or like the future is out of our control, and right now, this is completely normal. Try to practice tolerating uncertainty in your daily life. For example, choose a random Netflix show without knowing anything about it. Ask yourself, if things turned out okay, and if not, what happened? What did I do to cope? Even if things don't go to plan, you still have the skills and strength to deal with them.

Exercise and stay active

Exercise is a great way to destress, improve mood, and boost energy. It is not only an important part of maintaining our physical health, but also our mental and emotional

health. Aim to get 30 minutes of exercise in each day. Be creative! You might choose to go for a walk one day, do a yoga or Pilates class on YouTube, or find a free class online. Many gyms are offering free live streams during this time.

Practice mindfulness, relaxation or meditation

Stay in the present moment and remember you are not your thoughts! When we are stressed, we often find ourselves getting caught up in negative stories about ourselves, others or the world around us. This is not only unhelpful, but causes us to feel more stressed! Remember to notice difficult thoughts and feelings and practice letting go. You can try this by refocusing your attention on a hobby, exercise, or a 5-minute breathing meditation.

Eat & sleep well

It can sound simple, but sometimes coming back to the basics is the most important step we can take to looking after ourselves. Focus on having regular, nutritious and healthy meals that include a range of food groups. To maintain energy levels throughout the day while studying and working at home, try having a small, nutritious snack at mid-morning and mid-afternoon. In terms of sleep, you may find your sleep cycle has shifted and changed given you are not set to the usual routines of getting up earlier for school. Try and keep to a regular sleep and wake time by setting an alarm to ensure your sleep cycle doesn't get too confused.

Reward yourself

Staying focused on your studies is so difficult with so many distractions and temptations at home. Work out a reward system that helps acknowledge the hard work you've put in for the day. After each hour of study, reward yourself with a call to your friends, an online game, cooking your favourite meal, or watching your favourite TV show. Not only does this make you feel good, you have also deserved it!

Reduce screen time

Although screens might seem like our best friends at the moment – and they are certainly a great resource to support our study, work, interests, and social lives – we all know that too much screen time is not good for us. It can interrupt our sleep-wake cycle, distract us from what we need to get done, and isolate us from our loved ones. Obviously, we will be spending more time on our screens at the moment, as it is a good way to keep socially connected, but just make sure you monitor it. Take note of how often you're on your phone, tablet, or computer and make sure you are scheduling time for "screen free" time.

Stay socially and emotionally connected

Make contact with a friend and family member every day. Talking to someone can make you feel less alone even if there is no easy solution. Choose someone you can trust

about the best way to deal with an issue by working out what to say, selecting a time that is right, and reaching out. Realising that other people are going through the same thing can help us feel validated and normalise our emotions. It's also important to have downtime with friends by making a call, text, and utilising other platforms such as Zoom and WhatsApp.

Create healthy routines and structure

Given you are studying from home, there is much more flexibility to your school day. Although this can sound appealing, it is important to ensure you maintain some sense of structure and routine to your day so that you complete everything you need to get done and support your mental health. Set an alarm in the mornings, have a shower, and choose a time for starting your schoolwork. Ensure there are regular breaks scheduled in as well. Perhaps choose a similar time to if you were at school, to take your recess and lunch break. Make sure you also schedule in regular "brain breaks", working for approximately 25 minutes and then taking a short 5 min break to visit the bathroom, get a drink, or stretch your legs.

Set a goal

Goal-setting is another way to reduce stress and improve how you feel. Most of us know what it's like to feel anxious about an upcoming exam or assignment. We can worry about it in our minds and it can affect our ability to sleep, eat, and relax. Take back some control by setting a goal and breaking this down into more manageable 'chunks.' That way, a big stress can suddenly feel more controllable!

Seek support

If you feel overwhelmed during these times, even with putting these self-care strategies in place, make sure you reach out to a professional for a chat. Below are some great options for speaking to someone online or via the phone while self-isolating. Remember, you are not alone!

- Lifeline (13 11 14) has 24/7 phone and online support.
- Kids Helpline (1800 55 1800) has 24/7 phone and online support for young people aged 5 to 25.
- headspace has free online and phone support for young people aged 12 to 25.
- Online forums, like the ReachOut Forums, are a great way to anonymously connect with others.
- If you can't get a face-to-face appointment, you could ask your health professional if you can have a session over FaceTime/Skype/Zoom.

If you're feeling stressed due to COVID-19 or are experiencing mental health concerns, please reach out. What type of exercise can I do during COVID-19 restrictions?

You can still exercise in some public places. You can meet up with a friend, family member, or trainer. You can: walk, jog, ride a bike or scooter, kick a ball at the oval. Just

remember to stay home if you are unwell, keep 1.5 metres apart, avoid physical contact, and wash your hands.

At home.

- weights training — if you don't have any weights, make your own with filled water bottles, cans or jars.
- yoga.
- pilates.
- backyard sports.
- going up and down stairs.
- on-the-spot running, star jumps, sit ups and push ups.
- gardening.
- dancing.

"I can be changed by what happens to me. But I refuse to be reduced by it". Maya Angelou

Jocelyn Ziebell

Assistant Principal

Later Years News

As we move into Remote and Flexible Learning we remind all our senior students to keep in touch with their teachers, Real Mentor and Engagement Leaders. This is a difficult time and we are all here to support students and make sure you have a positive experience and continue to be engaged with your work here at the college. It is also vital that you look after your health, both physically and emotionally.

We will be contacting our Year 12 students to offer assistance with Tertiary applications, but if you have any questions please make contact with Mr Turner or Mrs McKenzie. The TSC Careers site and VTAC have a wide range of resources which will assist with this process also.

We will be following up some of our Year 11 students to discuss their course selection choices over the next few weeks and will have that finalised as soon as possible.

Year 10 students are encouraged to continue investigating their subject options. The activities in homegroup will have assisted with this and you are encouraged to ensure you complete these and the ones which will be offered over the next few weeks.

Sue McKenzie

Middle Years News

Well done to all students and families for a successful first week of remote and flexible learning. Students need to ensure they are checking in with their REAL mentor each morning, via email in order to be marked present on the role. REAL mentor and Student Engagement Leaders will be following up on student absences.

Year level assemblies are up on Compass, please ensure you are engaging with them as they contain vital information for students.

Period 4 classes are now dedicated time for students to log onto Webex and engage with their teacher. This is a great opportunity for students to seek face to face feedback and have an open discussion with their teacher

while working from home. Students are encouraged to join these sessions, and engage with the class. If students are having trouble getting onto Webex, they should email their REAL mentor, or Mr Rial.

If students or parents have any concerns about classwork, or need support, please get in contact with your REAL mentor and Student Engagement Leader as soon as possible.

Morrisby interviews were completed last week, and were a great success. Feedback from parents was excellent, with students gaining great insight into their career aspirations moving forward.

Peer Support applications for 2021, we had over 25 applicants which is excellent, shortlisting applicants will begin next week.

Mckye Turner



With the transition back to R&F learning, the senior tournament will have to be put on hold for the time being.

Trick Shot House Challenge

R&F learning welcomes back the Trick Shot House Challenge! Starting this week, both students and staff will be able to show off some of their best talents and trick shots. This time round, each week will be a different sporting theme.

This week's theme is: Your best Frisbee or Juggling trick shot

You can simply enter the competition by videoing yourself completing your trick shot and uploading it to an online folder with your NAME and HOUSE. The link to upload your video is DropBox. There will be a labelled folder for each week so make sure you upload your video into the correct one.

Each video entry will be worth 10 points for your house, but it must be relevant to the sport theme for that week.

The best videos will be short listed for a final in Week 10!

SLT News

Despite remote learning and the struggles following COVID-19, the Student Leadership Team is back and better than ever. Before our first lockdown, our team successfully ran a bushfire relief day in which we raised an awesome \$253. This day included a students vs teachers volleyball game and dress in emergency service attire to spread awareness and express our support for those affected by the devastating bushfires at the beginning of the year.

During remote learning, our Captains were very busy creating a fun and light-hearted video for the school Facebook page, discussing tips and tricks how to deal with COVID-19. We were involved in the virtual ANZAC Day ceremony, as we were unable to host this event like every other year. Only a short time ago, we also were included in an online forum in which had multiple Victorian schools to discuss the impact of COVID-19 on VCE student's learning.

Moving forward, SLT is ready to make the rest of this year more optimistic. Our team has started planning a possible 'Masked Singer' competition, Fight MND Week and focussing on mental health with R U OK Day nearing. We are extremely excited to be working with each other once again to bring our fellow students some hope and fun during these uncertain times.

So get excited and stay tuned for what's to come!

Tallangatta Secondary College's Student Leadership Team - By Cassandra Elliot



Mixed Netball Tournament

Well done to everyone who was involved with the middle year's netball competition. The amount of energy and involvement in the tournament was really amazing to see. A massive thank you to everyone who helped umpire and score games as this helped the lunchtime tournament run a lot smoother.

After a few weeks of games the Grand final came down to the two top teams on the ladder, Ben and Friends and Team 5. Both teams were eager for the win, as the match ended in a draw, having to go into extra time to decide a winner. Ben and Friends came out on top winning 8 – 6 against Team 5.



Health Tips

Anger and its Effects on Mental Health

Feeling anger is okay as it serves purpose in getting us through hard feelings, and motivates us to change things we don't like. Anger can become a problem with it comes out as aggression or affects a persons daily life and relationships. Anger can be a sign of deeper feelings, a lack of control or an inability to manage feelings of anger. Learning to recognize and express anger is good practice for mental health.

Anger can be a way of expressing other feelings such as embarrassment, guilt, hurt, threatened, misunderstood or loss of connection to others. Signs that anger however are becoming a problem are: feeling angry moreso than not, feeling sad as a result of getting angry, feeling the need to use anger to get people to do something, withdrawing from people or situations, bottling things up rather than coping with them, and regretting the things you did or said when you were angry.

Anger can sometimes feel intense and overwhelming, but it does not need to lead to violent or aggressive behaviour. Five steps to manage your anger in a healthy way are:

A - *Acknowledging triggers and signs.* These can be physical, thoughts, feelings or something around you that you know makes you angry.

N - *Neutralise the situation.* Dealing with your body's reaction to anger can help calm you emotions and find a better way of expressing them. You could try taking a break or walking away, using a delay (count to ten before you respond), or do something physical to distract yourself.

G - *Get to the bottom of why you are feeling angry.* Remind yourself that it is okay to be angry. When you find a reason for your anger, it is easier to work out solutions to it. Ask yourself questions like:

-Did someone say or do something to upset me?

-Do I have other feelings right now that might affect the way I am reacting?

-Does the situation bring up bad memories?

E - *Explore your solutions.* Brainstorm helpful ways to resolve your anger.

R - *Reach out to someone you trust.* Talk to a safe person at school, a friend, the college wellbeing team, or someone outside of school. These people will be able to guide you and find you extra support if you feel that your anger is ongoing.

Take care,

Wellbeing Team

Looking after our smiles!

Dental Health week- 3-9th August 2020

We may all be studying and working from home and in particularly with Covid restrictions we shouldn't be in

that much contact for people to see our pearly white teeth especially as we should be wearing masks, however this week is very important as any other week to make sure we are looking after our teeth for when we get to show our smiles to all again!

Dental Health Week (DHW) is the Australian Dental Association's (ADA)'s major annual oral health campaign. The ADA and this campaign aim to educate Australians about the importance of maintaining good oral health by promoting four key messages:

- Brush twice a day with fluoride toothpaste.
- Clean between your teeth daily using floss or interdental brushes.
- Eat a healthy, balanced diet and limit sugar intake.
- Visit the dentist regularly for check-ups and preventive care.

The focus of this year's campaign is on the harm sugar does to oral health, aiming to help Australians to 'get sugar savvy'. The campaign includes recommended daily sugar consumption levels, advice on reading food labels, and spells out the effect sugar has on our teeth. This information is reinforced with three main sugar messages:

- Consume no more than 6 teaspoons (24 grams) of free sugar per day as recommended by the World Health Organization (WHO).
- Choose foods with less than 10 grams of sugar per 100 grams.
- Look out for hidden sugars when purchasing foods and drinks.

Tempting as it is to think that everyone is practicing good oral health, the reality is that the oral health of many Australians is not where it should be.

- Less than 50% of Australians adults have had a dental check-up in the last 12 months.
- 53% of Australians brush their teeth only once-a-day.
- Nearly 40% never floss or clean between their teeth.
- 73% of young people (14-18 years) are consuming too much sugar.
- 47% of adults (18+ years) are consuming too much sugar.

More statistics on the oral health of Australian children and adults can be found in Australia's Oral Health Tracker.

There are multiple ways to access sugar information as part of Dental Health Week this year. A visit to your dentist is great for face-to-face advice where your questions can be answered. If you don't have a regular dentist, check out the ADA's Find A Dentist site to locate one nearby. Additionally, written and audio content is available by exploring the Dental Health Week website as well as the ADA's Your Dental Health webpage.

<https://www.ada.org.au/Dental-Health-Week-2020>

Leah-Tallangatta Secondary School Nurse



MUSIC

“A painter paints pictures on canvas. But musicians paint their pictures on silence.”

Leopold Stokowski

Welcome to week five! Thank you to all musicians for their contributions to the program so far, online lessons through WebEx have been going well and the music is sounding good! Unfortunately rehearsals have been paused for now, though we are working on an online/interactive project- instrumental students will be emailed later this week and can take part if they wish.

Music online can be tough, though we have done it before and we can do it again! Stay patient, remember: you don't always have to be the best, you just have to do your best.

I wish to sincerely thank all parents, community members and students for supporting our little music program. The positive difference that music makes in the lives of the young (and old!) simply cannot be measured. Please contact me at the college if you have any questions, concerns or good news!

See you online!

In gratitude, kindness, good health and great music as always,

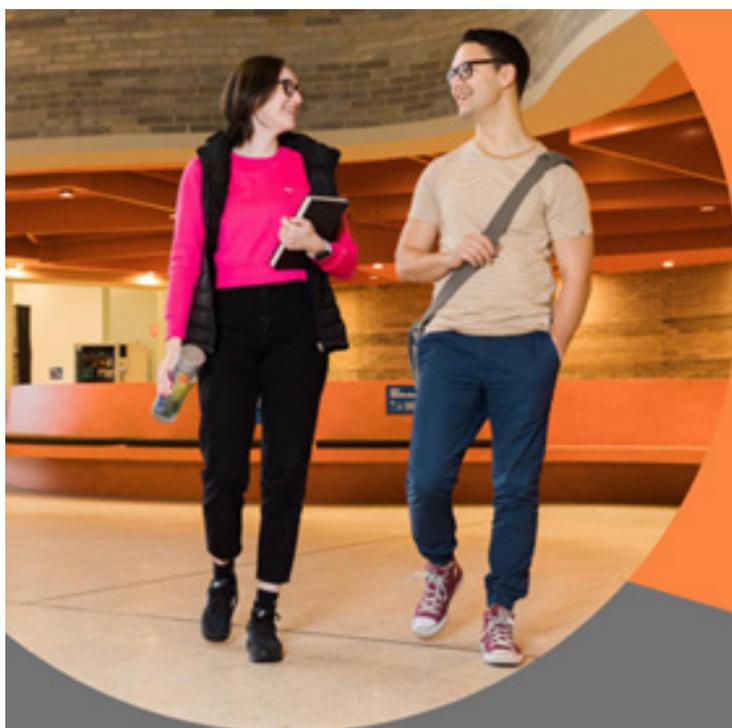
Rhys McKee

Music program coordinator



Each week the newsletter will be published by students from the Hearld Bolga class.

This weeks newsletter was compiled by Meredith Butler Thankyou Meredith!



MIAP & INAP

INDIGENOUS PATHWAYS TO MONASH

The Monash Indigenous Access Program (MIAP) and Indigenous Non-Award Pathway (INAP) are both pathway programs specifically designed to support Indigenous Australians in making a successful transition to university study.

MIAP is a full-time program which is Abstudy approved. INAP is part-time and is for those students who are unable to study full-time, you cannot receive Abstudy while enrolled in INAP. You can apply if you:

- Are of Australian Aboriginal or Torres Strait Islander descent; and
- have writing skills comparable to a Year 12 pass or TAFE equivalent; and
- can demonstrate a strong commitment to tertiary study; and either
- have applied through VTAC to undertake a degree course at Monash University and either have just missed out on a place or think that you will miss out on an offer of a place; or
- are mature age and interested in pursuing further study.