

*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

Wednesday 16th Sep  
Monday 14th Sep

School Council  
Class Conferences

Friday 18th Sep  
Monday 5th Oct

End of Term 3  
Start of Term 4

## Principal's Report

### Fight MND Week

Congratulations to the SLT and the whole school community for an outstanding week of building awareness, care and raising funds to help find a cure for MND. Total funds raised \$3185.00

### 2021 Year 7

A reminder that reply slips for 2021 enrolment are due to the college by this Friday 4th September. Please contact the front office, Mr McKye Turner or Mrs Jocelyn Zeibell if you have any questions.

### Webex Year Level assemblies

A reminder that parents are welcome to attend the year level assemblies held fortnightly on Webex. Look for the invite on Compass newsfeed.

Take care,

*Richelle Moyle, Principal*

## Assistant Principal's Report

### Fathers or Special Persons Day

What does Father's or Special Persons Day mean in your family? Is it more than just a few new pairs of socks and jocks to add to the wardrobe?

Being a dad is a very hands-on, involved role. You need to be there for your children, show them unconditional love, help them feel special, and parent as a team with your partner to be the best dad for your children.

**So how should dads celebrate Father's Day? Here are a few tips from the fathering project:**

- Start a family ritual – it might be an activity like having a picnic in your favourite park or attending a sporting

match, or maybe make a speech after dinner about what being a dad has meant for you this year.

- Spend time one-to-one with each of your children on the day, telling them how much you love them and love being their dad.
- Give your own dad a call, drop in to see him or share a meal together.
- Appreciate the thought and effort that has gone into the gifts and cards you receive from your children, and treasure these mementos.

### Year 7 HPV Vaccinations

The new vaccination date will be 14th December. If your son or daughter has an aversion to needles please contact Mr McKye Turner and we will provide additional supports.

### MND Ice Bucket Challenge

Special thanks to the SLT group, staff and school community for doing the ice bucket challenge and donating funds. The response and total raised \$3185 was outstanding and such a positive distraction from the COVID pandemic. We blew our initial target of \$500 out of the park. Well done to all for raising awareness about the Motor Neurone Disease.



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

## MND REAL Homework Poster Competition

Congratulations to the following students;

### Middle Years:

1st – Meredith Butler

Fight MND (Motor Neurone Disease)



**What is Motor Neurone disease (MND)?**  
MND is the name given to a group of diseases in which the nerve cells (neurons) controlling the muscles that enable us to move around, speak, swallow and breathe fail to work normally and eventually die.

**How to help (donate to MND)**  
1. Donate money online on the link below  
<https://fightmnd.org.au/donate/>  
2. Buy a Fight MND beanie from the website above or your local Coles or Bunnings.

**Facts about MND**  
- A person's lifetime risk of developing MND is up to 1 in 300.  
- Most people diagnosed with MND are over the age of 40, with the highest incidence occurring between the ages of 50 and 70.

- There is more men than women who contract the disease.  
- MND affects up to 5,000 adults in the UK at any one time.  
- There is 5 different types of the disease.

**What is the big freeze at the G (AFL)?**  
The Big Freeze at the G is a MND fundraiser event at the Queen's Birthday match. In support of the 'Cure for MND Foundation', several well-known football and television personalities get dunked into a giant ice pool before the start of the game.

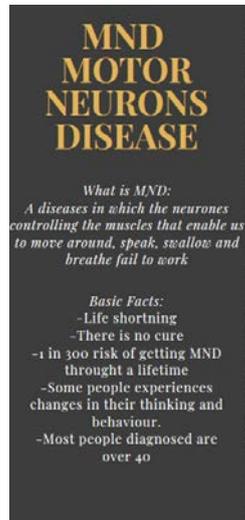


2nd – Matilda Heffernan

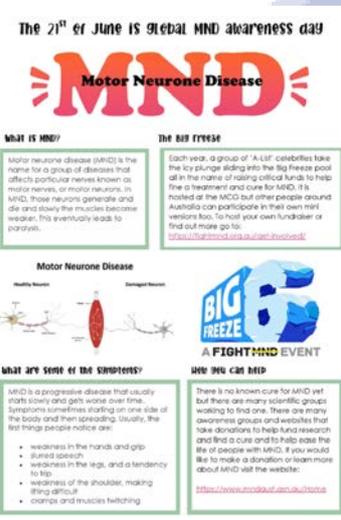


### Later Years:

1st – Charlie Van Velzen



2nd – Ellie Holland



These students have won a canteen voucher. Please collect these in term 4 from Mrs Ziebell. Well done to all who entered.

### 2021 Year 7 Students

We have commenced work with the feeder Primary schools. This week we have held Webex meetings with grade 6 students and classes. Students are working on a video or letter to their 2021 teacher. During week 9 TSC will be posting learning area videos and week 10 we will hold a virtual information session for students and parents via facebook (opportunity for Q&A via Webex).

### Whole staff professional learning

Staff have been busy learning how to support additional needs students and have completed the following PD sessions – Trauma Informed Practice, Calmer Classrooms and Autism.

*Jocelyn Ziebell,*  
Assistant Principal

## Later Years News

### YEAR 12

We are in the process of organising some information and practice GAT sessions for our Year 12 students. The first of these sessions will be available next week and information will be forwarded to students when this is finalised.

The revision lectures are on again this weekend and we continue to encourage students to participate in these. Students are encouraged to continue to work on the VTAC/UAC applications and to seek advice from Mr Turner or Mrs McKenzie. The VTAC and the school careers website have valuable information to assist students in their research.

### YEAR 11

As we try to finalise our subject offerings for next year, we are sending students the subjects they have chosen for 2021 to ensure we have the correct information. Students have been asked to confirm that the information is correct or to contact a member of the LY team with any issues.

### YEAR 10

Students have been sent a copy of the tentative subject blocking sheet for 2021 and have been asked to complete another google doc of their subject choices. Please speak to your REAL mentor or a member of the LY team with any questions regarding this. Remember to access the handbook for information on the subjects. The final course selection will be held at the end of this term or early next term.

*Sue McKenzie*

## Middle Years News

Well done to all students and families for another successful week of Remote and Flexible learning.

Great to see students using the dedicated time in period 4 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.

Transition has begun with our feeder primary schools. Mr Turner and Mrs Ziebell have been Webexing with prospective Year 7 students and their teachers, and are looking forward to getting these students on site as soon as possible to continue with transition.

*Mckye Turner*

## Calling all year 8 girls in Victoria

Our Scholarship applications have been extended until 16 October for all Victorian students.



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.

This is a 4 year, \$20,000 scholarship for girls from year 9-12. Please share this email or our website with any girls you feel meet the criteria.

We believe that these Scholarships will help those students who are the most educationally disadvantaged. It is a wonderful opportunity.

This is our website for any additional information <https://www.hardingmillereducationfoundation.org.au/>

## SLT News

### ICE BUCKET CHALLENGE



Hi Everyone,

We are so proud of the huge effort everyone put in this week to support us and our school in raising money for Motor Neurone Disease.

We thank everyone who shared our posts on Facebook, donated or completed the Ice Bucket challenge. To say, we are shocked and amazed at the generosity shown this week, is an understatement. Our goal of \$500 has been blown out of the park with our total currently sitting at \$3,185.

We understand that many people have found this year challenging and we hope that by running our Ice Bucket Challenge, we gave you all a reason to laugh again, while also raising money and awareness for the scary disease that is MND.

We would also like to thank Ms Ziebell and Ms McKenzie for their assistance running this week.

Once again, thank you for your support, we look forward to running more events!

*Amy Wood, Grace Carney and the TSC SLT Team*



Here are the Ice Bucket challenge video award winners

#### Teachers section

*Most Facebook Reactions* – Yanti Grant

*Most Creative* – Sue Carey / Petrina Mansfield

*Funniest Reaction* – Seren Sutherland closely followed by Mahalia Scholz and Dhani Riehl

*Most Dedicated* – Mckye Turner

#### Student section

*Most Facebook Reactions* – Darcy Coulston - Williams

*Most Creative Idea* – Tenielle Lord / Darcy Coulston – Williams

*Funniest Reaction* – Kate McDonald

*Most Dedicated* – Riley Kurtz



## MUSIC

*“Music washes away from the soul the dust of everyday life.” – Berthold Auerbach*

Welcome to week eight! 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! Our music captains have been hard at work supporting the program and have been working on ideas to reach out to the community.

Keep up your music playing as it is great for the mind, body and spirit. 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*

## Health Tips

### National Asthma week- 1st- 7th September 2020

Spring is the season where the weather warms, flowers begin to bloom and there's an overall sense of new beginning in the air. Yet we all know that 2020 has and continues to be, a big year for people with asthma. So, as we spring into the season, take time this Asthma Week to take a breather.

This Asthma Week is about YOU – putting your health and wellbeing at the forefront, even for just a few minutes each day.

Asthma Week starts at the turn of spring when hay fever symptoms strike and millions of Australians sneeze and wheeze. Asthma and hay fever affect a large cohort of Australians, 1 in 9 and 1 in 5 respectively. With 80% of people with asthma having hay fever too, hay fever symptoms can mask asthma, making it harder to manage. To help you in this journey, look at some ideas and activities that might help you take a break and help to get your asthma well controlled. Check out the Asthma

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Australia foundation link Take a Breather Checklist that you can download and, keep handy!

### **GET SOME SUN**

A rich source of Vitamin D comes from the sun, and there is growing interest and research into the potential role of Vitamin D in asthma management. There is currently not enough evidence to recommend Vitamin D supplementation as part of usual asthma care, however being outdoors is great for your immune system and overall health and wellbeing. So today, knock off 30 minutes early for a walk or if you are at home take time, enjoy your outdoor space and bask in the glorious sunshine. Just remember to be SunSmart.

### **MAKE A CHANGE**

Take this opportunity to kick bad habits to the kerb, like smoking, to improve your asthma and overall health. Most people know smoking is not good for them but are unaware of the negative impact it can have on their asthma or the asthma of loved ones. Take time to read our guide on asthma and smoking to improve how you feel and help you live well with your asthma.

### **HAVE A CHAT**

Book in a time to speak with our Asthma Educators about your asthma. The Asthma Educators are here to answer your asthma questions, provide support for not only people with asthma but their carers, and are trained to help you with Australian best-practice asthma management and evidence-based information. So, give them a call on 1800 ASTHMA (1800 278 462) and get back to living freely.

### **DE-STRESS**

Symptoms of anxiety or depression may arise at any time of the year, but we know that 2020 has and continues to be, a big year for people with asthma. Download their guide on mental health and asthma, to better understand how it could be a trigger for your asthma and take a step towards improving your mental wellbeing.

### **HAVE A LAUGH**

There's nothing like a good laugh to make you feel better, and it's great for your overall health! Although laughter can be a trigger for some people with asthma, laughter should not necessarily be avoided. If you find laughter makes your asthma symptoms worse, make an appointment with your doctor for an asthma review. Moral of the story: take some time to catch up with friends and loved ones either face to face or digitally and get those belly laughs going.

### **GET COOKING**

We know that healthy eating and a diet of fresh foods and vegetables is an important part of asthma management. Healthy eating also has a great impact on your general health and wellbeing. Aim for five serves of vegetables and two serves of fruit every day and try to limit take-away and processed foods. So, get cooking and explore

your culinary talents.

### **REACH OUT**

Book in to see your doctor for an asthma review. An asthma review is a chance for you to talk with your doctor about your asthma. A chance to talk about any symptoms you may be experiencing, any concerns you may have, and perhaps discuss ways to better manage your asthma.

<https://asthma.org.au/get-involved/asthma-week/>

*Leah-Tallangatta Secondary School Nurse*

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## **How Does Nature Impact our Wellbeing?**

### **Nature heals**

Being in nature, or even viewing scenes of nature, reduces anger, fear and stress, and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones.

Research done in hospitals, offices, and schools has found that even a simple plant in a room can have a significant impact on stress and anxiety

### **Nature soothes**

In addition, nature helps us to cope with pain. Because we are genetically programmed to find trees, plants, water, and other nature elements engrossing, we are absorbed by nature scenes and distracted from our pain and discomfort.

### **Nature Restores**

Time in nature or viewing nature scenes increases our ability to pay attention. Because humans find nature inherently interesting, we can naturally focus on what we are experiencing out in nature. This also provides a respite for our overactive minds, refreshing us for new tasks

### **Nature Connects**

When humans view nature scenes, research shows that parts of the brain associated with empathy and love light up, but when viewed urban scenes, the parts of the brain associated with fear and anxiety were activated. It appears as though nature inspires feeling that connect us to each other and our environment

So staff, I put forward to you to get out in nature and reap the benefits as explained above. Send us your snaps out in the wilderness running free amongst the flora and fauna; smelling the roses, climbing a tree, weeding the garden, enjoying the sun (or rain as it may be) – get creative.

*Wellbeing Team*



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

*This weeks newsletter was compiled by Meredith Butler Thankyou Meredith!*

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# WRITER'S COMPETITION



PROMPT FOR THE COMPETITION IS THIS IMAGE

NEED MORE INSPIRATION? TRY ONE OF THESE PROMPTS AS A STARTING POINT:

- HE SLIPS THE BOOTS FROM HIS FEET AND LEAVES THEM SITTING NEATLY TOGETHER.
- LEGEND SAYS THE BOOTS ONLY APPEAR IN YOUR GREATEST TIME OF NEED.
- HOW MANY TIMES HAVE I TOLD YOU NOT TO GO THERE?
- THIS IS A LOT HARDER THAN IT LOOKS AND I DON'T THINK YOU REALISE THAT.

## COMPETITION GUIDELINES AND RULES:

- ENTRIES DUE BY MONDAY 21ST SEPTEMBER 2020
- WORD LIMIT: 1500 WORDS
- FORM: NARRATIVE OR POETRY
- ALL ENTRIES MUST BE THE STUDENT'S OWN WORK.

STUDENTS MAY ENTER MORE THAN ONCE - EMAIL ENTRIES TO MRS SUE CAREY

WINNERS WILL BE ANNOUNCED IN TERM FOUR  
CASH PRIZES TO BE WON!

- JUNIOR DIVISION: YEARS 7-9 WINNER & RUNNER UP
- SENIOR DIVISION: YEARS 10 - 12 WINNER & RUNNER UP

# MANAGING ILLNESS IN SCHOOLS AND EARLY CHILDHOOD SERVICES DURING THE CORONAVIRUS (COVID-19) PANDEMIC

One of the most important things we can do to slow the spread of coronavirus (COVID-19) in our community is to stay at home when we are unwell, even when we have the mildest of symptoms.

## What you need to know:

### 1. If a child is unwell, even with the mildest of symptoms, they must stay at home

- If a child becomes unwell during the day, they must be collected from school/early childhood education and care (ECEC) as soon as possible.

### 2. If a child has any of the symptoms of coronavirus (COVID-19) outlined below, however mild, they should get tested and they must remain at home until they receive their results:

- fever
- chills or sweats
- cough
- sore throat
- shortness of breath
- runny nose
- loss of sense of smell or taste.

In certain circumstances headache, muscle soreness, stuffy nose, nausea, vomiting and diarrhoea may also be considered symptoms.

For further advice:

- call the 24-hour coronavirus (COVID-19) hotline 1800 675 398
- call a general practitioner
- use the Department of Health and Human Services (DHHS) [online self-assessment tool](#).

Visit: [Where to get tested](#).

### 3. A child must stay at home until they are symptom free, even if their coronavirus (COVID-19) test is negative

If a person has tested positive for coronavirus (COVID-19) they must isolate until they receive clearance from the Department of Health and Human Services. Read the [What to do if you've tested positive for coronavirus \(COVID-19\) factsheet](#) (PDF) for more information.

If a person is a close contact of someone who has tested positive for coronavirus (COVID-19) the Department of Health and Human Services will get in contact to tell them they are a close contact of a person who is confirmed to have coronavirus (COVID-19). A close contact must quarantine at home. Read the [What to do if you have been in close contact with someone with coronavirus \(COVID-19\) factsheet \(Word\)](#) for more information.

For information on the minimum periods students and children need to stay at home for other conditions, refer to the [DHHS school exclusion table](#).

**This advice has been prepared by the Department of Education and Training, Safer Care Victoria and the Department of Health and Human Services**

#### **4. Children do NOT need a medical certificate before returning to school/ECEC**

Once symptoms have cleared, there is no requirement from the Department of Education and Training or DHHS for children/students to have a medical certificate before they return to school/ECEC.

*Thank you for your support in following these steps, together we can all stay safe.*