

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

Mon 12th Oct All students back on-site

Tues 13th Oct 2021 Yr7 Laptop info evening (Webex)

Fri 23rd Oct Thankyou Day public holiday

Fri 30th Oct Yr 12 Last Day

Principal's Report

Term 4

We look forward to all students returning to onsite learning on Monday 12th October.

The department released updated guidelines for term 4 last Sunday night. There are some similarities and differences from when we returned to onsite learning after R&FL 1.0.

COVIDSafe Behaviours

- Regular hand hygiene
- Use of drink bottles
- Staying home if unwell
- Face masks
- Temperature checks are not required.

COVIDSafe Spaces

- Enhanced daily cleaning
- Enhanced ventilation

COVIDSafe Activities

- Excursions, camps and the Physical Education swimming program can occur
- Visitors to the school remain limited.
- 2021 Yr 7 transition programs including tours, award ceremony and Year 12 graduation are at this stage not permitted.

The guidelines will also be regularly reviewed in line with the changing context of COVID-19 in Victoria. As Term 4 proceeds, based on health advice some measures may no longer be required and/ or new measures may be introduced.

GAT

Congratulations to our students who sat the GAT yesterday. Your resilience and perseverance has been exceptional. This year we offered online Webex sessions to parents and students, as well as the opportunity for students to complete a practice GAT. Thank you to staff involved in the organisation of the GAT, particularly Mrs Sue McKenzie and Mr Cal Turner. .

Richelle Moyle
Principal

Assistant Principal's Report

Welcome back to term 4. We are on the countdown till we are all back on site week two. We would like to acknowledge the resilience of our students and staff throughout R&FL and we hope that you have all found some time to relax and rejuvenate over the break.

Sun Smart and School Uniform

With Term 4 underway, I would like to reinforce that our Sun Smart policy is now in effect. Parent support, both in terms of creating the appropriate attitude and in ensuring that their student possesses the correct school hat, will greatly assist in providing for their welfare in this matter. This is Government Policy and is required to be enforced in our school. If hats have been misplaced or worn out, they can be purchased from the office for \$10. Across the board students have adhered to this policy which is pleasing and appreciated.

The Importance of Sleep - Insufficient sleep negatively impacts your ability to carry out basic

functions that could affect your work, driving, tasks around the home, and your engagement with others and the wider community. It can impact negatively on your creativity, productivity, judgement, and decision-making processes.

Tips to help you prioritise your sleep

- Develop a good sleep routine, ensure you go to sleep around the same time each night.
 - Create a wind down plan to relax, turn the main lights down, take a warm shower, read a book and relax.
 - Don't use your mobile phones, or tablet before going to bed. Switch on your night mode avoid blue light from mobiles or tablets a good hour before bed.
 - Avoid caffeine close to bedtime in coffee, tea, also in colas and soft drinks.
 - Make your sleep space dark, comfortable and around 17-19C.
 - Also make sure you have a comfortable pillow!
- Sleep well and look after your mental health and wellness.

Are you ready for success?

It's important for students to return to school with a positive working attitude and work ethic. Prior to returning to onsite learning students should be fully prepared with their learning resources and equipment to support learning. Please take the time to make sure you have a binder, loose leaf or exercise book per class to take Cornell notes, fully stocked pencil case, PE uniform, hat, protective equipment, charged laptop etc... Having a check list prior to returning to school aids in students developing metacognitive awareness of their own learning and aide in setting them up for success. Students and parents should also take the time to reflect on the students past reports and set new SMART goals for term 4 as a family. Resources and templates can be found on the internet or in your child's planner. When students are able to set goals, it helps them be accountable for every action or step they take. Having goals makes learners aware of their actions, efforts, and even their time management skills. Setting goals obligates them to take action, regardless of the obstacles that may be in place.

"Success comes in cans, failure in can'ts."

– Author Unknown

Jocelyn Ziebell

Assistant Principal

Later Years News

Welcome back to Term 4. We are very excited to have our students back in classes with us next week. Year 12 students will be have a very busy last few weeks of term as they prepare for their external exams. The last

day for Year 12 students is Friday 30th October. They will have the following week as a study week with exams beginning on the 9th November. All students will have received the Navigator Guide which details the exam timetable and information about exam requirements. All students will also be given out their individual exam timetables next week. Information regarding the final day and graduation will be forwarded to students as arrangements are finalised.

The VCAA recognise that some students enrolled in VCE and VCE VET scored studies have experienced particularly difficult circumstances this year as a result of both coronavirus (COVID-19) and/or bushfires. This includes health and wellbeing challenges, financial stress, extra home responsibilities and family stresses. To ensure fairness for all students, Consideration of Educational Disadvantage (CED) will be considered for all students. Information on this process has just been released to schools and details for parents and students will be posted to the Compass Newsfeed by the end of the week. There is also a process of consideration for VCAL students which will also be given to parents and students.

YEAR 11

Thank you to the students who applied for leadership positions at the college for next year. The interviews will be conducted next week, with positions being announced by the end of the week.

We had a number of Year 11 students complete the GAT this week and they will also be involved in the external exams for their Unit 3/4 subjects. Unit 2 exams will be held during class time in the week commencing 9th November with Unit 3 Headstart commencing on Monday 16th November and running for two weeks. The last day for Year 11 students will be Friday 27th November.

Sue McKenzie

Middle Years News

Welcome back to all students, staff and families. I hope you have had a relaxing holiday, and we look forward to the final term of what has been a very challenging

**REMEMBER YOUR
HATS
DURING TERM 4
Bucket hats can be purchased
from the front office for \$10.00**

year. Face to face classes will begin again on Monday the 12th of October (week 2). Please contact your REAL Mentor with any queries of concerns. Course selection will occur in the coming weeks, students should begin considering what subjects they would like to do, and which pathways they would like to follow.

Mckye Tuner



*“Without music, life would be a mistake”
— Friedrich Nietzsche.*

Welcome back to everyone! I hope everyone had some rest over the break. I hope too that the musicians were able to do a bit of practice and keep their skills up.

As we know, week one is online, though we will be back onsite in week two which will be really good! Lesson times have been emailed out to students, could students please make sure they read this email to make sure their lesson time is accurate!

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- and onsite week two!

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

Rhys McKee

Music program coordinator

Health Tips

How to be a good friend

Why good friends are so important

Having good friends who love and support you for who you are is really important for your happiness. Figure out what makes a good friend, and learn how you can be there for your friends when they need you most. Research has shown that the better the quality of your relationships, the more likely you are to be happy. So, being a great friend to someone and having friends support your back is good for your wellbeing. But what, exactly, makes a good friend?

Signs of a good friend

Friends will come and go in your life. No matter how long your friendships last, the most important thing is your friends' acceptance of you for who you are. A good

friend walks the talk and shows that they care by their actions – big and small.

A good friend:

- is there for you, no matter what
- doesn't judge you
- doesn't put you down or deliberately hurt your feelings
- is kind and respectful to you
- is someone whose company you enjoy
- is loyal
- is trustworthy and willing to tell you the truth, even when it's hard for you to hear
- laughs with you
- sticks around when things get tough
- makes you smile
- is there to listen
- comforts you when you cry.

How to be a good friend

If you treat the people around you in the ways described above, then you're already a good friend to them. But it's not always easy to know how to be there for your friends. If you treat the people around you in the ways described above, then you're already a good friend to them. But it's not always easy to know how to be there for your friends.

Listen to them

Try to understand a situation from your friend's point of view. Ask questions to get a sense of the problem or issue, but the main thing is to listen to them. You don't have to have all the answers, and don't assume that your friend wants advice – they might just want to talk so that they can work it out for themselves.

Get the facts

If your friend has a medical or mental health issue, a good way to offer support is to learn about what they've been diagnosed with. Being interested in what they're going through shows you care, and that you plan to stick around no matter what's going on.

Ask them what they need

If you're worried about someone and you want to be there for them, ask them what they need. You'll then know what they find helpful during tough times, and you can offer them support in a way that's genuinely helpful.

Get physical

If you're a hugger, ask your friend whether it'd be okay to hug them. Once you get the thumbs up, hug away! Hugging your friends can be a great way to show you care for them. Physical contact can be comforting, especially when someone feels alone.

Keep in touch

Even if you don't live nearby, show your friends you're there for them by making an effort to keep in regular touch through social media, texts or calls.

Tell them how you feel

You don't have to make a big deal about it all the time,

but you can make a real difference to how someone is feeling just by letting them know how important they are to you. So, go for it!

Be willing to make a tough call

If you think your friend's safety is at risk, you might need to act without their consent and get help. It can be a tough call, particularly when you're worried about how they'll react, but remember that good friends care enough to step up, and that you're doing it to protect them from harm.

TSC Wellbeing Team

Mental Health week - World Mental Health Day 10th October 2020

World Mental Health Day 2020

"Look after your mental health, Australia."

1 in 5 Australians are affected by mental illness annually, yet many don't seek help because of stigma.

During the COVID-19 pandemic, prioritising mental health and wellbeing has been more important than ever. This World Mental Health Day – October 10 – the message is simple: "Look after your mental health, Australia."

Mental Health Tips

There are lots of different ways to look after your mental health. Here are 10 tips:

1. Stay active

Exercise increases wellbeing and helps reduce symptoms of common mental health concerns. Your gym may have closed or the football and netball may be on hold, but that doesn't mean you can't exercise! Yoga, Pilates, bike riding – all are achievable. Have a search on the internet for free workout videos and guides.

2. Eat well

Eating a nutritious diet is great for both your physical and mental health. As much as possible, try and stick to a healthy diet despite changes to routine and environment

3. Connect with others

Physical distancing is crucial right now, but social connection is more important than ever! Use technology to talk to your friends and family, using video chats to talk face-to-face where possible. Reach out to your neighbours and community. Share how you're feeling, and invite others to share with you.

4. Do something you enjoy each day

Try and do things that make you feel physically and emotionally comfortable, engaging in activities that make you feel safe and calm. Continue to do the things you enjoy as much as possible.

5. Limit media consumption (and choose trusted sources)

Choose how often you engage with news and social media, and be sure to find news sources that are

trustworthy and factual. Add in some content that makes you laugh and feel comfortable wherever possible.

6. Try and keep to a routine

Keep to your regular routine as much as possible, including exercise, sleep, daily chores, work, recreational activities and connecting with others.

7. Get an early night

Prioritise getting enough sleep each night, to help you feel more energised and focused during the day, and to protect your mental health.

8. Be kind to yourself

Remind yourself that there is no right or wrong reaction to what is happening right now. Allow yourself extra grace as your productivity is likely limited and your environment has changed a lot.

9. Try and maintain perspective

While this is an uncertain time, try and view these changes with openness and acceptance. You may have more downtime to pursue your hobbies or learn something new. You may be able to connect more regularly with friends and family.

10. Seek help

It is likely and normal that you will experience some anxiety and stress during this time. Talking to trusted friends, family, a teacher, the wellbeing team or your GP is a great starting point. There are also many online and telehealth resources available.

If you or someone you care for is in need of immediate assistance you can contact the below National 24/7 Crisis Counselling Services:

Need support	Need more information?
Lifeline 13 11 14 – 24 hours a day 7 days a week Lifeline Text 0477 13 11 14 – 6pm to midnight (AEDT) 7 nights a week Beyond Blue 1300 22 4636 www.beyondblue.org.au Butterfly Foundation National Helpline 1800 334 673 Carer Support 1800 242 636 or 1300 554 660 SANE Australia Help Centre 1800 187 263 www.sane.org Suicide Call Back Service 1300 659 467 Kids Helpline 1800 55 1800 www.kidshelpline.com.au MensLine Australia 1300 789 978 QLife 1800 184 527 Open Arms – Veterans and Families Counselling 1800 011 046	Head to Health www.headtohealth.gov.au Black Dog www.blackdoginstitute.org.au Headspace www.eheadsace.org.au R U OK? www.ruok.org.au ReachOut www.au.reachout.com Embrace Multicultural Mental Health www.embracementalhealth.org.au

For more info:

<https://lookafteryourmentalhealthaustralia.org.au/>

Leah - Tallangatta Secondary School Nurse