

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

Fri 23rd October Thankyou Day public holiday
Fri 30th October Year 12 Last Day

Mon 2nd November Pupil free day
Tue 3rd November Melbourne Cup public holiday

Principal's Report

Welcome back to onsite teaching and learning

Welcome back to all staff and students to onsite teaching and learning. R&FL has been a significant change in teaching and learning and we should all be very proud on what we have achieved together. We acknowledge that some students progressed in their learning and some despite their best efforts and those of their families and teachers, not progressed as much as they had hoped. We will support those who have not progressed and continue to extend and stretch those who have progressed. The term will pass very quickly with Year 12 students only having two more weeks of formal classes before they begin their study week and end of year exams.

Parent Opinion Survey

All parents are asked to complete the 2020 Parent Opinion Survey. The survey opened Monday 12th October and closes Friday 13th November. A high response rate is critical for the validity of our data and I encourage you all to complete the survey, if you haven't already. Thank you to those parents that have already completed their survey.

Yr 7 2021 Compass / Laptop evening

Thank you to parents who were able to attend the evening via webex. Families were introduced to Compass and how the laptop is used to enhance learning at TSC. Thank you to Mr Mitch Harris for facilitating the evening.

2021 enrolment

We ask families and students to inform the College if

they are not returning in 2021. Please contact the front office, Engagement Leader or REAL mentor so that the required paperwork can be completed.

Public Holiday Friday 23rd October

A reminder that next Friday is a public holiday. The Grand final Public Holiday has been renamed 'Thank You Day' for 2020, thanking us all for the sacrifices we made to stop the spread of Coronavirus. The College will not be open Friday 23rd October.

Richelle Moyle
Principal

Assistant Principal's Report

Students were welcomed back on Monday and have made a positive start to term 4. Well done!





Sun Smart and School Uniform

Now that Term 4 is underway, I would like to remind families that our Sun Smart policy is now in effect. Students have been prepared with hats and have demonstrated sunsmart behaviours in the yard. Just a reminder that if hats have been misplaced and or worn out, new hats can be purchased from the office for \$10. Sunscreen can also be found in the main and Year Level offices for students to apply. Thank you to staff and students for your ongoing Sunsmart behaviours.

Up & Coming Events

Book week – week 3

National Bandanna Day – SLT lead week 4

Jocelyn Ziebell – Assistant Principal

Later Years News

It has been very exciting to have our students back on site this week. We thank parents and families for your support of the students and the school during this difficult time. We will make the most of the two weeks that our Year 12 students have left with us.

We are still waiting to see what we can do in relation to the final day and graduation for our students, but at this stage there can be no formal graduation and we have arranged to take the students out to Snowy River Camp on Friday 30th October which is their final day. Information will be provided as this is organised.

The English exam is on Tuesday 10th November and all exams will be conducted in the Tallangatta Sports Complex. Students have received their individual timetables with exam times and locations and they also received the Navigator prior to the GAT which details all the requirements of each exam.

Well done to all the students who completed the GAT. This will be used to assist with the scores for the end of the year. Students were also informed about the Consideration of Educational Disadvantage which has been implemented by the Department. Students have the opportunity to submit information to the school detailing the effect that Remote learning and the bushfire had on their performance this year. This will be used by staff in providing Expected grades and scores to the VCAA.

We will be conducting the interviews for the school leadership positions on Friday and will announce the positions on Monday.

Year 10 and 11 students have been given copies of their selected subjects for 2021 and have been asked to check and confirm this information.

Sue McKenzie

Middle Years News

Thank you to all staff and students for a fantastic return to school.

Please ensure you are bringing your mask every day, and also your hat, as the weather is starting to get quite warm. If you forget either of these, they can be borrowed from the Middle Years Office. Students should also be drinking plenty of water.

In week 4, Year 9 students will complete the Love Bites program, further details will be released via Compass.

If students are having any issues with the return to school, they are encouraged to seek out their REAL mentor teachers, or their engagement leaders in order to seek support.

Mckye Turner

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.

Health Tips

National nutrition week October 15th- 21st 2020

Considering it is Mental Health week and National nutrition week I thought this would be appropriate for this week's health tips.

Did you know that your food choices can affect the way you feel? Energy slumps, feeling low and difficulty sleeping can all be the result of poor food choices.



Improving your diet may help to:

- Improve your mood
- Give you more energy
- Help you think more clearly.
- Here are our top tips to boost your mood through food!

Choose the right carbohydrates:

Our brain runs primarily on glucose which we get from eating carbohydrate rich foods. Severely restricting carbohydrates can make you feel grumpy and tired as the brain is no longer getting an adequate glucose supply.

Better carbohydrate choices for sustained energy release:

- Fruit
- Wholegrains like grainy bread, brown rice and oats
- Sweet potato
- Milk and yoghurt

Avoid these refined carbohydrates as they raise sugar levels too quickly:

- Soft drink
- Juice
- Snack foods like biscuits and chips
- Lollies and chocolate
- White bread

Timing is important

When you eat can have an effect on your mood:

- Going long periods of time without eating can cause a drop in blood sugar levels, leading to feeling tired and irritable.
- Overeating to the point of feeling uncomfortable can make you feel tired and lethargic.
- Eating moderate sized meals on a consistent schedule will help maintain steady blood sugar levels and result in an even mood.

For more information: <https://nutritionaustralia.org/>

Fact sheet: How food can affect your mood

Leah-Tallangatta Secondary School Nurse

Dimensions of Wellness

When talking about wellbeing and wellness, did you know that there are many dimensions of wellness that we need to be taking care of? Swarbrick, a renowned psychologist described the different dimensions of wellness and how we can look out for each of them:

Physical Wellness: having a healthy body and habits, good nutrition and doing exercise.

Intellectual Wellness: engaging in lifelong learning, applying your new knowledge and sharing knowledge with others.

Environmental Wellness: feeling safe in our environments, having access to food, shelter and water.

Spiritual Wellness: feeling like you have meaning and purpose in your life, as well as balance and peace.

Social Wellness: having good relationships, and showing genuine care and concern for mankind.

Emotional Wellness: being able to express feelings, enjoy life, cope well with stress and change to life adjustments as they arise.

Financial Wellness: having control over our money, being able to meet practical demands of money and knowledge on how to budget and save.

Occupational or Educational Wellness: doing activities at work or school that provide meaning and purpose.

When thinking about your own wellness and self-care, I encourage you to look deeply into each of these dimensions and see where you can make changes, improve something or better understand where you are at in your wellbeing and wellness journey.

TSC Wellbeing Team

Local Cricket

With cricket season commencing soon, Tallangatta CC are looking for players in the following age groups:

T20 Blast- 7-10yr olds and beginners to start in November

Under 12- starting on 30th October

Under 14- starting on 24th October

Under 15 Girls- start date to be confirmed

For anyone interested please text to 0417389260 (Johnathon Thomas)

Or register at www.playcricket.com.au



2020/21 Season Training

Juniors - Tuesday 4.30pm - 5.30pm

Seniors - Tuesday & Thursday
5.30pm - 6.45pm

Training will be at the North Albury pool until we can train at WAVES.

Contact Jenny Farrington on 0413 006 554 for more details



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

This weeks newsletter was compiled by Imogen Day Thankyou Imogen!