

Big Enough To Deliver, Small Enough To Care.



BEFORE AND AFTER SCHOOL SUPERVISION

Staff supervision for students arriving before school is between 8.45am 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 21st to Fri 25th Aug	Book Week	Wed 6th Sep	VCE Expo 5pm - 7pm
Mon 28th Aug to Fri 8th Sep	Year 9 Morrisby Interviews	Tues 12th Sep	OM Term 3 Sports - Year 7 & 8
Wed 30th Aug	O&M Athletics	Thurs 14th Sep	OM Term 3 Sports - Year 9 & 10
Tues 5th Sep	Youth Crew	Fri 15th Sep	Last Day of Term - Finish at 2:30pm

Principal's Report

Parent/Caregiver/Guardian Opinion Survey

This year all families are invited to participate in the 2023 Parent/Caregiver/Guardian Opinion Survey. Please take the time to complete the survey as your opinions are important to us and will contribute to the future management and organisation of our school. The online survey should take 20 minutes to complete, can be completed on any internet enabled device (iPad, Desktop or Laptop, Smartphone) and is compatible with most browsers. A link to the survey has been sent via Compass to all families. The survey closes Friday 8th September.

Student Led Conferences and GPA reports

It was great to see many parents engage in the Student Led Conferences on Monday night. We had 212 bookings. Thank you to our teachers for their time in supporting our students.

A reminder to all parents that Cycle 5 GPA reports were made available on Compass last Friday 11th August. Please contact your child's REAL mentor or relevant classroom teacher if you have any questions.

Lockdown Drill

Each term we rehearse one of our emergency procedures. By rehearsing emergency drills, we can identify any potential problems in our procedures and ensure awareness and understanding when an emergency event

occurs. On Tuesday, we held a Lockdown drill. Thank you to all staff and students for the manner in which the drill was conducted.

Richelle Moyle

Principal

Assistant Principal's Report

Behaviour Support Plans

At TSC many of our students with additional needs have Behaviour Support Plan's (BSP). These are personalised plans for children who require a range of supports with their behaviour to support them with engaging in their learning. A BSP is a written plan that describes the adjustments, goals and strategies to meet a student's individual educational needs so they can reach their full potential in the classroom and yard. The components of a BSP includes:

- Strategies to build on the person's strengths.
- Strategies to reduce the behaviour(s) of concern.
- Positive strategies to be used prior to using restrictive practice.
- Identification of regulated restrictive practices.

Role Modelling and Teaching Acceptance

As roles models we can collectively help your children learn that everyone is different and unique in their own way. It can also be helpful to reflect your own behaviours to identify any unconscious prejudices or even times you may joke about things that might seem harmless, but that could give your child the wrong idea. A few tips

from the professionals include:

1. Role model inclusivity. Consider how you treat people from other backgrounds, cultures and abilities etc.
2. Demonstrate to your child/children how to make other people feel comfortable by treating everyone with respect, regardless of their differences.
3. Talk to them about what bullying behaviour is. Let them know that it's never okay to bully others, and that it shows strength of character to support people who may be feeling left out.

Later in the term we are holding our very first Colour Run with the theme "inclusion". Students will be required to purchase or bring a plain white shirt and bus travellers will be required to change before they travel. The wellbeing team have invited Tallangatta Health, Gateway Community Health, Junction Support Services, Local Police, Indigenous Support Services and Headspace to attend and set up stalls at lunchtime.

*Assistant Principal
Jocelyn Ziebell*

Teaching and Learning Our Core Business!

Thank you to families for attending our SLC evening earlier this week to share the learning that's been happening with your child.

Over the last few weeks, we have been showcasing a subject area and highlighting what students have been learning in each year level. So far we have covered English, Humanities and Science. This week we will be looking at what students have been learning in their Maths classes.

Most students are wrapping up their first topic of the semester and completing their assessment tasks. Students in Year 7 this term have been improving their knowledge and skills with Data Analysis as well as

Fractions and Percentages. Students in Year 8 and 9 have just completed their Data Analysis topics and will be moving into Geometry, where they will learn more about shapes and angles. Year 10 students have just finished their Pythagoras' Theorem and Trigonometry topic and are now starting Data Analysis.

Each year, learning in Maths builds on what has been learnt in previous years. We love seeing the progress our students make as they show improvement!

*Kate Pristov and Kerryn McCormack
Learning Specialists*

Year 12 Class of 2023



Ruby Counsell - I love spending time with friends and family. I love to paint and my favourite thing to do is going down to see my uncle. I am looking forward to graduating at the end of year.

Student Leadership Team

Book Week Dress-Up Day

Dress-Up Day for Book Week is next Wednesday!

It is a chance to showcase our favourite characters and books. Gold coin donation is required. All money raised



VCE Expo

Wednesday 6th September
from 5:00 - 7:00pm

Main presentation @6pm



**For Year 9 and 10
students and their
parents and carers.**

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.

will go towards the Indigenous Literacy Foundation.
PLEASE NOTE: This is a dress-up day **NOT** a casual clothing day for the students.

Check out our Book Week poster at the back of this week's newsletter.

Book Week - Book Sale

During Book Week, the Library will have an assortment of books looking for a new home. Students will be able to give a gold coin to Mrs. Turner in the Library and then they can fill a bag full of any books that interest them.

Colour Run

The Colour Run is on the last day of term during Period 5 on the school ovals. Students will wear their school uniform to school and will need to bring a change of clothes (white shirt, short/pants, and shoes) to change into at lunchtime. We encourage families to start looking for a white shirt to be worn during the event to bring out the arrangement of colours being used. Please check out the event details on Compass for more information.

Next Meeting

Students are encouraged to participate in the fortnightly meetings and voice their views. Our next meeting is on Monday 28th August at lunchtime in M5.

MUSIC

I think everything in life is art. What you do. How you dress. The way you love someone, and how you talk. Your smile and your personality. What you believe in, and all your dreams. The way you drink your tea. How you decorate your home. Or party. Your grocery list. The food you make. How your writing looks. And the way you feel. Life is art.- Helena Bonham Carter

Welcome back loyal readers! Just a quick update regarding the summer concert, we have had to move the concert to Tuesday November 14th at 6pm. Many apologies for any inconvenience caused; please let me know if there are any questions or concerns. As always, the PAC was full of musical goodness, with many students starting their first lessons or improving on their current songs.

The Year 10 drama class have been working on their short film tasks these past few weeks, with many students up to the editing stage. It has been a joy to witness improvements in the students' costume designs, performing abilities and general creativity in developing/editing their stories.

Thank you to all students, parents, and community

members for your support with the performing arts- it has made a huge difference!

In great music, and with gratitude and kindness as always,

Rhys McKee

Music Program Coordinator

Meet our New Staff

Our Year 10 Media class will interview our new staff that have arrived at our school recently.

Ricky Montgomery



Ricky Montgomery is currently an IT technician at Tallangatta Secondary College. He grew up in Porepunkah on the Buckland River and later began working in Wodonga, mainly managing IT systems in schools. When he's not working, he enjoys woodworking, fishing and, of course, spending time with family. Ricky's favourite sport is fly fishing, His favourite genre of music is rock and roll, specifically REO Speedwagon. A favourite book of Ricky's would be 'How to rebuild a HR Holden'. He enjoys a meal of Lamb chops with gravy or mint sauce and roast vegies and lemon curd tart for dessert. Ricky doesn't really follow any AFL team as his dad was a central umpire and all he would look forward to was to get hotdog for lunch.

Student Reporter - Saiya Smith

**RESPECTFUL
RELATIONSHIPS**

THE
EDUCATION
STATE

VICTORIA
Department of
Education and Training

If you or someone you know is experiencing family violence, help is available at:

1800RESPECT

NATIONAL DOMESTIC FAMILY AND
SEXUAL VIOLENCE COUNSELLING SERVICE



SPORT



Hume Region Intermediate Netball Results

Well done to the Intermediate Girls Netball team who represented Tallangatta SC at the recent Hume region in Wangaratta. A fantastic performance from the girls who played four games and finished third overall. Well done on your hard work throughout Term Two/Three with your training and representation of Tallangatta SC.



Hume Regional Badminton

The boys represented our school at the Hume Regional Badminton tournament on Tuesday. They placed 2nd - narrowly missing out on qualifying for the state championship. They put in an incredible effort and made Tallangatta Secondary proud!

Congratulation to Harrison Main, Casey McCabe, Hayden Fleming, and Ethan Wilson on their incredible Badminton flair and effort.

Mr Webbey



JOIN US FOR BREAKFAST TO CELEBRATE

Special Persons Day

September 4, 2023
8AM

Parents, guardians,
students and staff
welcome

PLEASE RSVP TO THE OFFICE ON 60715 000 BY THE
29 AUGUST FOR CATERING PURPOSES



Year 8 Science Class



In a science class last week, students in Year 8 had the opportunity to create a cell made entirely of jelly and lollies. This cell had to represent either a plant, animal, or fungi cell. Students enjoyed developing and creating the jelly cell representation.

Seren Sutherland



From the Wellbeing Team

Managing teenage stress

It's particularly important for teenagers to learn how to manage stress. It's a regular part of life that, if not managed effectively, can significantly affect their physical and mental health beyond their formative years.

How can you help a stressed teen?

The best ways to help a stressed teen are to communicate and to provide regular support.

It's often said, communication is key to a healthy relationship. The organisation ReachOut has plenty of

tips.

Here are some ways you can help a stressed teenager:

- *Acknowledge their stress.* A teen is more likely to open up and accept your support if they know you're taking what they're going through seriously. Even though you were a teenager once, it's important to remember that teenage issues and experiences are unique to everyone.
- *Help them to figure out what's within their control and what isn't.* Working out what you can actually have an impact on, and then learning to accept what is out of your control, can be really helpful for managing stress. If your teenager is struggling with this, ReachOut has a guide to help young people with accepting what is out of their control.
- *Help them to learn some stress management techniques.* You can introduce them to relaxation, deep breathing and muscle relaxation techniques, or encourage them to try mindfulness or meditation. Other helpful ideas for managing teen stress include journaling, yoga, creative expression, or spending time in nature.
- *Encourage and help them to find other sources of support.* While it's a positive thing if your teen is open to working with you to manage their stress, it can also be a good idea to reach out to other available supports. Encourage them to talk to family and friends, and make sure they have a strong support network around them. They could talk to a teacher or the school counsellor or a mental health hotline.

Ways to improve teenage mental health and stress

Stress can be harmful to a teen's health and wellbeing if they have been experiencing it for some time. If your child has been showing signs of stress, try our suggested strategies for supporting them.

If your child has been stressed for a long period of time, or if nothing seems to be helping, it's a good idea to seek outside help. Have a chat to a GP or encourage your teen to talk to our school Mental health practitioner or an external professional.

If they need someone to talk with urgently, encourage them to contact a mental health hotline such as:

- Lifeline: 13 11 14
- Kids Helpline: 1800 55 1800
- Beyond Blue: 1300 224 636

This weeks newsletter was compiled by

Saiya Smith and Chloe Gentleman



Thankyou!



BOOK WEEK DRESS UP WEDNESDAY 23RD AUGUST

Dress up as your favourite book character and join the parade @ recess in the Undercover Area!

\$\$\$
Gold
Coin
Donation

*Read, Grow,
Inspire!*

\$50 Dymocks
voucher up for
grabs

Must come
dressed in book
week theme:
NOT a casual
clothes
day

Enclosed shoes are
a MUST

\$\$\$ going to Indigenous Literacy Foundation

