

*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 16th Oct	Whole College Assembly	Fri 3rd - Fri 10th Nov	Unit 1 and 2 Exams
Tues 17th Oct	Last day Year 12 students	Mon 6th Nov	Student Free Day
Wed 18th Oct	School Council	Tues 7th Nov	Melbourne Cup - Public Holiday
Tues 24th Oct	VCAA exams commence	Mon 13th Nov	Student Led Conferences 4-7pm
Fri 3rd Nov	GPA Cycle 7 Published at 4pm	Tues 14th Nov	Summer Concert

### Principal's Report

#### Year 12 final days

During the Year 12 level assembly last Thursday, Mrs Billingsley and I spoke to the Year 12 students about their behaviour and attitude as they finish their schooling with us. It is our expectation that their attitude, conduct and work ethic remains high. Each student received a letter regarding this, as well as important dates. Please be sure that you read and discuss this letter with your child.

#### BolgaFest

A very fancy BolgaFest took place Wednesday evening. A film festival of short films created and produced by students and teachers. Thank you to all students and staff involved, particularly Mr Cameron Graeber and Mrs Petrina Mansfield for their inspiration and production and Mrs Carol Fisher for catering. It has been some time since the College held a production. How wonderful it was to see it part of the school program again being enjoyed by all.

I always talk about respect and kindness and the last scene of the feature film was a great reminder to me of what it is. It is not superficial politeness. The reality here at TSC is that it is what connects us as a school community, and it was shown Wednesday evening with the 240 plus staff, students, parents and community members genuinely sharing a moment of pride.

#### State Athletics

Next Monday we will have five students compete in State Athletics. Good luck to Dakira Cooper, Holly Cooper, Angel Cawood, Charlotte Lamb and Scarlett Fabris

*Richelle Moyle*

### Assistant Principal's Report

#### Term 4 – SunSmart

Our SunSmart policy is activated this term and students have responded well to this requirement again. Parent support, both in terms of creating the appropriate attitude and in ensuring that their student possesses the correct school hat will greatly assist us. If hats have been misplaced, tampered with, graffitied (eg: white out) or worn out, families can purchase new items from the office for \$10. Students must wear the school hat only.

#### 2024 School Captains

Mrs Billingsley and I have been interviewing school captain applicants this week and we look forward to announcing the successful team at Monday's Whole School Assembly.

#### Action Against Bullying

The College takes a strong stance against bullying. On a daily basis we reinforce with our students our stance on creating a safe and supportive school community for everyone. Sometimes it can be difficult for parents or carers to know what to do when their child talks to them about bullying. You

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



are an important part of our work to prevent bullying and to respond effectively if it happens because stopping bullying involves everyone.

If your child talks to you about bullying:

1) Listen calmly and get the full story. Your calm response is important to allow your child to tell you all about the situation. After they've told you their story, ask questions to get more details if you need to: who, what, where, when. Although you may feel some strong emotions about your child's experience, try to keep calm to avoid adding more distress to your child.

2) Reassure your child that they are not to blame. Many children blame themselves and this may make them feel even worse. You could say things like, 'That sounds really hard to deal with. No one should have to put up with that, or 'I'm so glad you told me. You should be able to feel safe at school; that's not fair at all.

3) Ask your child what they want to do and what they want you to do. A critical part of your response is to avoid jumping in to solve the problem. While it is natural to want to protect your child, helping them to find their own solution is a better option. It helps them feel they have some power in the situation.

4) Visit [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find some strategies. The website has tips and ideas for different bullying situations. One idea is to practise strategies at home to help your child feel more confident.

5) Contact the school (REAL Learning Mentor or Student Engagement Leader). Your child may be reluctant for you to do this, so discuss the idea and reassure them that the school would want to know and is able to help. Make an appointment to meet with your child's Student Engagement Leader and, if you need to, ask to talk with me please as the Assistant Principal. Please contact the school immediately if you have a concern about your child's safety.

6) Check in regularly with your child. Keep the conversation going. It can take time to resolve issues, so check in regularly with your child about their experiences and their feelings. Your ongoing support is important.

#### Year 7 2024 Q&A Online Session

On Wednesday 18th October our Yr 7 Student Engagement Leader, Mr Harris, will hold an online question and answer session for transitioning families. The link can be obtained from calling the office or on the school's Facebook page. We look forward to meeting with our new families. Mr Harris, Mr Watson and I will be heading out to feeder Primary Schools in Weeks 4 – 7 to meet with Grade 6 teachers and Principals to gather transition information and supports. We value these sessions in setting our students and staff up for success.

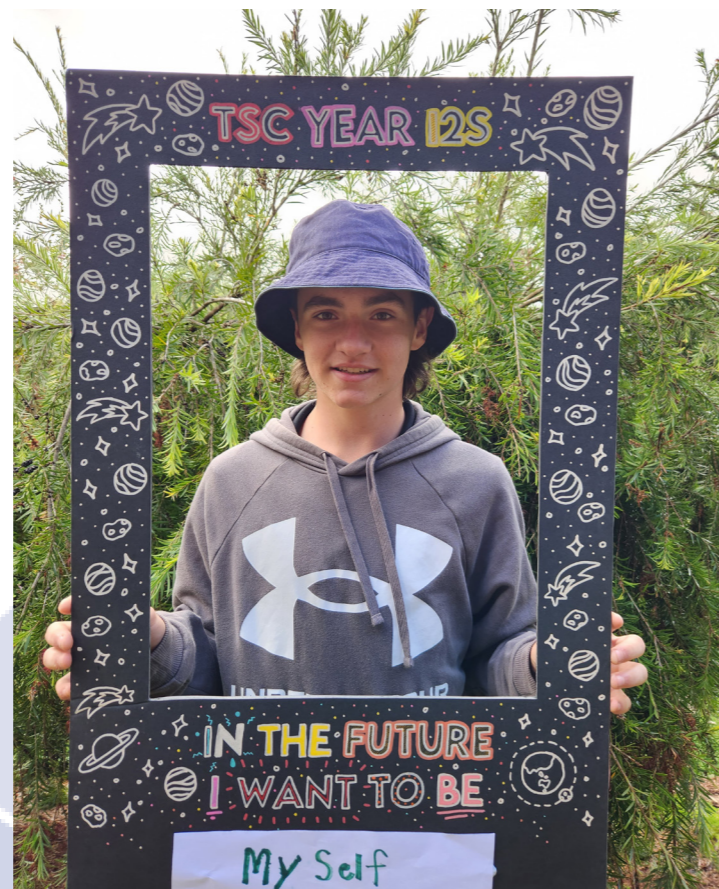
**Jocelyn Ziebell**

*Assistant Principal*

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.

## Year 12 Class of 2023



**James Furze** - My hobbies are footy and cricket. I like spending time with my family and friends, going camping, and fishing. My part time job is plumbing. I am looking forward to winning footy and getting out of school and graduating.

## Student Engagement News

### Year 10 Course Counselling into VCE

All current Year 10 students, and their parents or carers, are required to attend a course counselling interview.

When: Wednesday 18th October 8:30am to 1pm or Friday 20th October 11am to 3:30pm.

Bookings are now open on Compass.

## Teaching and Learning Our Core Business!

Revision, revision, revision ..... there is a lot of it happening at the moment as our Year 12s prepare for their final exams in a couple of weeks. Not long after that our Year 11s will be undertaking their end of year exams. In fact, students in all year levels will be revising their work to prepare for assessments throughout this term. What helps and what doesn't when it comes to learning and revising work?

**According to the University of Queensland, some things that may help are:**

• **Minimising distractions** - staying clear of noise and

distractions while learning and revising can help you focus your attention better.

• **Using active recall** - test yourself, or ask someone else to test you, on what you've been learning. Forcing yourself to actively recall your learning has links to deeper memory formation.

• **Spacing out your learning** - revise regularly and plan your study sessions so that they are not too close together.

**Some things that may not help are:**

• **Cramming** - cramming in one long session may not help. Instead, space out your study sessions.

• **Multitasking** - research has shown that focusing on multiple things at a time may impair both long term and short-term memory. Instead, focus on one thing at a time. Remember, every expert started as a beginner!

*Kate Pristov and Kerryn McCormack*

*Learning Specialists*

## From the Wellbeing Team

**MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT'.**

4 MILLION Australians have a mental health condition

Mental health conditions are a leading cause of illness and disability in Australia.

This year's theme enables us to re-double our efforts to ensure that everybody should receive quality mental health care and that the human rights and well-being of people with mental illness are respected in all parts of the world so that every person with a mental health difficulty has:

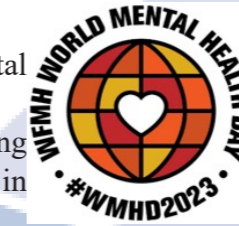
• The right to be protected from known harms to mental health; a universal right which applies to the entire population, but especially the vulnerable including children, minorities and the displaced peoples.

• The right to access quality and affordable care when a person is struggling with their mental health.

• The right to freedom and dignity, including the right of choice.

The 2023 World Mental Health Day theme 'Mental Health is a Universal Human Right' provides us with an opportunity to re-kindle our efforts to make the world a better place.

There are lots of different ways to look after your mental health. Stuck for ideas? These ten tips are a helpful starting point.



1) **Stay active**- Exercise increases wellbeing and helps reduce symptoms of common mental health concerns. 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 even as your activities and environment change.

3) **Connect with others**- Where possible, we can also connect with others now by going out for a coffee or meal together, seeing a film, or going to an event. 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**- 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) **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. Getting enough rest is the foundation to protecting your mental health.

8) **Be kind to yourself**- Remind yourself that there is no right or wrong reaction to the uncertainties, or to worrying events. Allow yourself extra grace if your productivity and motivation have been impacted by the changing environment.

9) **Maintain perspective**- With uncertain times, try and view changes with openness and acceptance. Remind yourself of things you're grateful for and things you've learned.

10) **Seek help**- It's normal to experience anxiety and stress, however, don't let it take control of you. Talking to trusted friends, family, or your GP can help you through it. There are also many online and telehealth resources available.

For more information and professional support services: <https://lookafteryourmentalhealthaustralia.org.au/mental-health-tips/>

Reach out for support through the wellbeing team.



**RESPECTFUL  
RELATIONSHIPS**



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

**1800RESPECT**

NATIONAL DOMESTIC FAMILY AND SEXUAL VIOLENCE COUNSELLING SERVICE



This weeks newsletter was compiled by  
Ricky Rast & Ethan Slocombe



Thankyou!

## REMEMBER YOUR HATS FOR TERM 4

Bucket hats can be purchased  
from the front office for \$10.00

# Learn to Animate!

A WORKSHOP ON  
STORYTELLING, LEARNING  
TO ANIMATE AND MENTAL  
HEALTH

### IN THE LIBRARY

LUNCHTIME (1PM TO 1:30PM)  
24-26TH OCTOBER

REGISTER FOR ONE OF THE  
THREE SESSIONS BY RSVP WITH  
SUE AT THE LIBRARY.



# Summer Music Concert

14TH NOVEMBER 2023- 6PM  
TALLANGATTA SECONDARY PERFORMING ARTS CENTRE



- Rock Bands
- Solo Musicians
- Good Times
- Choir
- Vocalists
- Happy Vibes

145 Towong St, Tallangatta VIC 3700

**FREE ENTRY**