

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

<i>Fri 3rd - Fri 10th Nov</i>	Unit 1 and 2 Exams	<i>Tues 14th Nov</i>	Summer Concert
<i>Mon 6th Nov</i>	Student Free Day	<i>Wed 15th Nov</i>	School Council
<i>Tues 7th Nov</i>	Melbourne Cup - Public Holiday	<i>Mon 20th Nov</i>	Future Makers residential program begins (2 weeks)
<i>Mon 13th Nov</i>	Student Led Conferences 4-7pm	<i>Fri 24th Nov</i>	Last day Year 11
<i>Mon 13th Nov</i>	Unit 3 Step Up begins (2 weeks)		

Principal's Report

Staff Professional Learning Day

On Monday November 6th, all staff will be involved in auditing and review of our new curriculum structure. Staff have time in Learning Areas for planning and preparation for the upcoming Unit 3 and 4 VCE Headstart program.

GPA Progress reports

Cycle 7 GPA progress reports will be published on Compass this Friday, 3rd November at 4pm. This will be the last GPA report for our Year 11 students. Student Led Conferences are scheduled for Monday 13th November. Bookings can be made on Compass.

Richelle Moyle

Principal

Assistant Principal's Report

Teach the Teacher

Nine of our Year 7 students met with representative from VIC Student Representative Council earlier in the week to review our school's Attitudes To School Survey data in order to create a focus for the program. The purpose of Teach the Teacher is to give students a voice that allows them to help teachers improve their teaching. Students collaborated and decided to focus on feedback. The students will be supported by Mr Harris and myself to

drive the improvement of teacher feedback to students. Students are planning to survey cohorts of TSC students prior to creating an action plan to improve the quality and timing of teacher feedback to students.

Vaccinations – Year 7 & 10

We have a School Vaccination Session scheduled at TSC on Wednesday 22/11/2023 at 9.00am to deliver the Year 10 Meningococcal ACWY catch up vaccination program and the Year 7 catch up vaccination program.

We will be asking parents to provide online consent rather than paper based consent forms for this catch up program. This information was emailed through Compass by our office staff this week. This included the links for your reference.

The following vaccines will be offered on this day:

YEAR LEVEL	VACCINES OFFERED
YEAR 10 MALE & FEMALE STUDENTS Catch up for students who were not vaccinated earlier in the year	NIMENRIX (Meningococcal ACWY) 1 DOSE ONLY
YEAR 7 MALE & FEMALE STUDENTS Catch up for students who were not vaccinated earlier in the year	Human Papilloma Virus (HPV) 1 Dose only Diphtheria, Tetanus and Pertussis 1 Dose only

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

These vaccinations are funded as part of the Victorian Secondary School Vaccination Program. Should your child miss out on starting their vaccination course this year they may not be eligible to receive them for free in subsequent years. Please complete the online consent process as soon as possible (by 20/11/2023 at the latest) as vaccination cannot proceed without consent.

Please contact our Nurse, Leah if your child needs additional supports with vaccinations (needle phobia or anxiety).

Morning Yard Duty Supervision

Staff commence yard duty at 8.45am in the morning. We are asking parents and students to ensure they are not entering school grounds prior to this time. Thank you for your cooperation.

Joce Ziebell

Assistant Principal

Teaching and Learning Our Core Business!

Term 4 is a long term. Students are often tired, stressed, and lacking in motivation. Motivation is a key factor in keep up with academics. We can all help each other with keeping motivated. Remind students that they are the experts in their own motivation and that you can help them combat the motivation-sappers to get through the last weeks of the year. Here are some common examples. If a student is momentarily feeling tired or lacking energy, they may need help with keeping a routine. Regular sleep, eating well and exercise will all help maintain energy levels. Students may also benefit from doing things they love to help recharge their batteries. If a student is feeling overwhelmed by what they are supposed to do, creating daily plans like checklists and crossing things off can be a tangible way of keeping on top of things. If a student is feeling overloaded with school, work, family or other obligations, try considering how they are spending their time and how it matches with their goals. As always, having someone to talk through concerns will be highly beneficial, whether that be a parent, friend or teacher when it comes to helping stay motivated.

Kate Pristov and Kerryn McCormack

Learning Specialists

Student Engagement News

Adventure to the Melbourne Zoo for VCE VM Class

Last Thursday, the Year 11 VCE VM class participated in a planned journey to Melbourne Zoo. Setting off in the early morning, we took the train from Wodonga to

Melbourne. On arrival at Melbourne, we caught another train ride to the zoo. Upon arrival, we were warmly welcomed by Claire, a zookeeper who offered us an exclusive glimpse behind the scenes of zoo operations. Claire's informative talk gave us insight into various aspects of the zoo, from animal care to the impact of pollution on wildlife. After her presentation, Mr. Harris & Mr Livingstone gave us the opportunity to explore the zoo freely, exploring the diverse range of animals and completing activities in our VCE VM work booklets. Following our zoo adventure, we traveled to the South Wharf DFO for some shopping before making our way back to the train station.

This trip offered an opportunity for students to explore the skills learned throughout the year and connect with each other on an excursion.

Thank you to Mr Livingstone for attending the excursion and ensuring that students maximised the opportunities presented to them.

Mitchell Harris



'Music is probably the only real magic I have encountered in my life. There's not some trick involved in it. It's pure, it's real. It moves, it heals, it communicates and does all these incredible things.'

- Tom Petty.

Just a reminder to all summer concert musicians that we are less than two weeks out from the concert. Students MUST be putting quality practice in between lessons to improve/ maintain the quality of their performance and confidence.

Next week, lessons will not be in the PAC, they will be moved into A4 in the art wing. Compass will be updated to reflect this, and students will need to check their timetable regularly.

I would like to thank Sal Kimber for her expertise with our band students on Thursday this week. Sal used her vast music industry experience to help improve the quality and confidence of our band students' performances leading up the summer concert and Battle of the Bands on the 9th of December. All students were highly respectful and hardworking during this rehearsal. As always, I would like to thank all community members, parents/ guardians, staff, and students for their continued support of our little music program. I see the positive difference that the performing arts make every day, and I am very grateful.

With kindness and gratitude as always,

Rhys Douglas McKee

Music Program Coordinator.

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.

From the Wellbeing Team

Now the weather is starting to warm up, we are starting to get more requests for bottled water from students whom have forgotten their water. Students are strongly recommended to bring their own water bottles and refill at the bubblers. Remember, that plastic bottles used for bottled water are not good for the environment. So please, remind students as they walk out the door, don't forget your hat and your water bottle!

Why is water important for good health?

Water is an essential part of a healthy balanced diet. Over half of the human body is made up of water. We need water to:

- digest food and to absorb nutrients.
- move our bodies well.
- get rid of waste products.
- keep our body at the right temperature.

Drinking water also keeps your teeth and mouth healthy. In most parts of Australia, the tap water contains fluoride. This helps to protect against tooth decay.

Water is also needed for the body to make saliva. You need saliva to wash food away from your teeth. Saliva also helps you: chew, taste and swallow.

So how can I stay hydrated?

To stay hydrated, it's important to drink before you feel

thirsty. This is especially important if you are exercising or if it's a hot day. Even if you're not thirsty, try to drink water regularly throughout the day.

You can stay hydrated by:

- always carrying a water bottle with you.
- keeping chilled water in the fridge on hot days.
- flavouring water with lemon, strawberries or mint if you find it hard to drink plain tap water.
- always having water on the table when you're eating.

How can I tell if I'm well hydrated?

You can tell if you are well hydrated by the colour of your urine. If it's pale yellow or straw-coloured, you are probably well hydrated. If it's darker yellow, you need to drink more water.

What happens when you don't drink enough water?

Not drinking enough water can make you very ill. Severe dehydration can lead to dizziness and collapse.

If you are showing any signs of dehydration, drink some water straight away.

Signs that you are dehydrated and need to drink more water include:

- feeling thirsty
- dark coloured urine
- headaches
- dry skin, tongue and mouth

**Tallangatta
Secondary College**

**2023 PRESENTATION DAY
FRIDAY 15TH DECEMBER**

**TIME: ARRIVE 9:45AM FOR 10AM START
LOCATION: TSC ORMIDALE**

**ALL STUDENTS TO ATTEND IN FULL SCHOOL UNIFORM.
PLEASE CONTACT THE FRONT OFFICE FOR MORE INFORMATION.**

**RESPECTFUL
RELATIONSHIPS**

1800RESPECT
NATIONAL DOMESTIC FAMILY AND
SEXUAL VIOLENCE COUNSELLING SERVICE

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

- tiredness
- irritability
- light headedness or fainting.

What if I don't enjoy drinking water?

You can vary the taste of plain tap water by:

- keeping water in the refrigerator so it is cool and refreshing.
- adding some berries, lemon slices or other fruit for a change in flavour

For more information: <https://www.healthdirect.gov.au/>

Apply For Vouchers | Get Active Victoria



Important dates: Round 7 open to apply for a voucher now- from *Tuesday 10 October 2023* until allocation exhausted.
 • Vouchers expiry date: *Tuesday 30 April 2024.*

What costs are covered?

Vouchers up to \$200 can be used to pay for membership, registration, or participation fees at a registered Get Active Kids sport or active recreation club, association or program.

You can find a registered activity provider when you apply or ask your local club if they have registered.

If uniform and equipment are part of the membership or registration fee, a voucher can be used to pay for that uniform or equipment (for example, safety equipment, mouthguards).

How much is the voucher worth?

Each voucher is up to \$200 for an eligible child. When a voucher is presented to a registered activity provider, the provider will reduce the membership or registration fee (and any related uniform or equipment costs included with registration) by up to \$200 at the time of registration.

This weeks newsletter was compiled by Nikeah Wakeling



Thankyou!

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

Tallangatta Secondary College

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

2023 BOLGA MAGAZINE

If your child would like to receive a copy of the BOLGA (Annual School Magazine) this year, please pay the \$15 charge that is on your family account.

Please make payment by Monday 13th November or contact the office.

WE NEED TO CONFIRM NUMBERS FOR ORDERING. THANKYOU