



WEDDERBURN
COLLEGE

NEWSLETTER

Term 2 Week 02
22 April 2020

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The Newsletter is designed to offer an information service to the parents of Wedderburn College students and local people interested in Education.

FROM THE PRINCIPAL

Dear Parents, Guardians, Carers and Friends of Wedderburn College

Remote Learning

Welcome back; to all of our students, families and staff for Term Two. We are now almost at the end of our second week of Remote Learning. Our staff have spent considerable time redesigning their learning programs to be able to support students in this new way, and we have tried diligently to design systems and protocols that are flexible and practical.

All official information has been communicated to our families via documents on Compass. This includes the 'Learning from Home' Overview. Our teachers and support staff are speaking with our students on a daily basis, as a check in on how they are going and to help direct or resolve any issues. Secondary students are also in regular contact with their subject teachers. If you have any queries relating, these teachers are your first port of call. Our students are our priority and our care for them and their learning continues during this time. You can read from **Ms Lauren Barker** in this newsletter about adjustments and changes for VCE students. This information will be communicated by **Mrs Barker** via Compass as it comes to light.

I thank all members of our community for the way they have adjusted to this new situation where children are learning remotely. This has been easier for some than others, but the changes are significant and everything is affected. Trying to develop healthy study and work habits in a home environment comes with unique challenges.

Attached is a letter from the Secretary - Department of Education, which I have been asked to distribute to our community.

I welcome any feedback you may have about how things are going and you can email me directly about your experience of Remote Learning on rachel.lechmere@education.vic.gov.au

We look forward to getting all students and staff back as soon as it is safe and we have word from the State Government. In the meantime, take good care of one another, and let's keep our lines of communication open.

Learning Conversations

There is an opportunity for parents who would like to discuss their child's progress during Term 1, to book a learning conversation. These will be conducted on this Monday 27 April as planned, however they will be conducted by phone and not face-to-face. The interview bookings can be made via Compass between 9.00am - 3.30pm.

Ms Rachel Lechmere, Principal

LEARNING FROM HOME: INFORMATION FOR PARENTS AND CARERS

Advice, tips and resources to support children as they learn from home.

This factsheet provides advice, tips and resources to help you support your child's continuity of learning from home.

To increase physical distancing across the population and prevent the transmission of coronavirus (COVID-19), children in government schools will move to remote and flexible learning and care at the commencement of Term 2.

This means that from the start of Term 2 most children will be learning from home.

For more information on coronavirus (COVID-19), visit the [Victorian Government website](#)

[about learning from home](#)

When you start to think about helping your child to learn from home, remember that no one expects you to be a subject matter expert or teacher. The most important thing you can do is to continue to provide comfort, support and encouragement to your child.

You can help your child to learn from home by working with their school and supporting your child as they undertake the activities provided.

HOW THE SCHOOL WILL SUPPORT YOUR CHILD

Your child's school will:

- communicate with you and your child about teacher responsibilities and what you and your child need to do
- communicate with you and provide learning activities for your child to do at home
- use their normal communication tools such as their website, newsletters, emails and other online tools
- provide technical support with devices, as needed.

ACCESS TO COMPUTER DEVICES AND INTERNET

Your child's schools will contact you in the first week of Term 2 to determine if your child needs access to the internet, or if they need to borrow a laptop or tablet. This will include children from disadvantaged and vulnerable backgrounds, and those who attend schools in bushfire-affected areas - these children will be given priority.

The Department has partnered with Telstra to provide 1000 4G dongle devices with 4G internet access, and 4000 SIM cards that provide 4G internet access, for families who do not have access to the internet at home. These will be free of charge, and will be provided for the next six months.

Devices will be distributed in the first two weeks of Term 2.

You do not need to understand how to use tablets or laptops. Most children have been using them at school and are familiar with how to use them.

If you do not have internet access at home, for example, if you live in an area without 4G reception, talk to your school about how your child may receive materials that do not require online access. These can be mailed to your child, or you could collect them. Completed tasks can be returned in the same way. The materials are aligned to the Victorian Curriculum F-10.

How you can support your child

You can support your child by:

- having a routine and setting expectations
- making sure your child has a space to work in
- providing a level of supervision suitable to your child's stage of development
- monitoring communications from teachers
- checking in with your child often to help them manage and pace their work
- monitoring how much time your child is spending online.

YOUR CHILD'S RESPONSIBILITIES DURING REMOTE LEARNING

You should change these responsibilities according to the age and stage of your child.

Your child's responsibilities include:

- regularly monitor digital platforms for announcements and feedback from their teachers
- do their best work by completing tasks with integrity and academic honesty
- do their best to meet timelines and due dates
- communicate openly with their teachers and tell them if they have any concerns or issues
- collaborate and support their classmates
- continue to abide by their school's behaviour guidelines.

SETTING UP A LEARNING ENVIRONMENT

Every home is different but it's important to provide a quiet and comfortable space in which to learn.

Where possible, extended learning should take place in a space your family shares. For example, a lounge room or dining room. These spaces are preferable over a bedroom, where your child can feel isolated and supervision can be more challenging.

It should be a place:

- that can be quiet at times
- that has a strong internet signal, if possible
- where you or another adult is present as you would normally when your child is online, dependent on age

ESTABLISHING ROUTINES AND EXPECTATIONS

Start and end each day with a check-in to help your child:

- clarify and understand the instructions they get from their teachers
- help them organise themselves and set priorities for their learning at home.

A healthy daily routine is great for mental and physical health, as well as concentration and learning.

Encourage regular exercise breaks. This might mean going for a walk, using exercise DVDs and apps, dancing, floor exercises or using home exercise equipment.

Encourage healthy eating habits and make sure they drink enough water.

Communicating with your child

We encourage you to start and finish each day with a simple check-in. These check-ins can be a regular part of each day.

Morning check ins

In the morning, ask:

- What are you learning today?
- What are your learning targets or goals?
- How will you be spending your time?
- What resources do you need?
- What support do you need?

Afternoon check-ins

In the afternoon, ask:

- What did you learn today?
- What was challenging? You could come up with a way to deal with the same problem if it comes up again.
- Consider three things that went well today. Why were they good?
- Are you ok? Do you need to ask your teacher for something? Do you need help with something to make tomorrow more successful?

These questions allow your child to:

- process the instructions they get from their teachers
- help them organise themselves and set priorities.

You could also check-in with your child throughout the day. This depends on your child's needs.

ADVICE FOR PARENTS OF CHILDREN WITH ADDITIONAL NEEDS

- [How you can support your child with additional needs at home](#) - this resource helps you support your child's learning at home.
- [Understanding learning difficulties for parents: a practical guide](#) - this guide provides you with practical advice about learning difficulties. This includes the evidence base supporting particular intervention programs and a [recommended apps](#) list for children with learning difficulties.

RESOURCES AND TIPS

In addition to the resources and materials that your early childhood service or school may provide, you could also use the following resources:

GET PARENTS INVOLVED WITH LITERACY

[Get parents involved with literacy](#) includes programs and supports, including the 'Literacy and numeracy tips to help your child' booklet. This booklet gives advice to parents with children from birth to year 6 about supporting their child's literary and numeracy learning.

You can also find ideas to [support the development of early literacy skills](#) including speaking listening, reading and writing for children aged from birth through to the early years of school.

PREMIERS' READING CHALLENGE

The [2020 Premiers' Reading Challenge](#) is now open and provides a great incentive to spend more time reading.

Ask your child's teacher if their school or early childhood service is taking part in the 2020 Challenge.

Participating schools will register your child and give you a username and password.

Participating early childhood services will register your child, and all you need to do is start reading with your child every day.

If your child's school or early childhood service is not taking part, your child can still take part. Visit:

- [registering school students as home-based readers](#)
- [registering young children \(birth to 5 years old\) as home based readers](#)

More information on how to take part in the Challenge is available at: [School student and parents: taking part in the Challenge](#)

MATHEMATICS AND NUMERACY AT HOME

[Mathematics and numeracy at home](#) provides links to a range of advice and resources for families.

To support the development of numeracy skills for children aged from birth to the early years of school visit: [How to build numeracy skills from birth to year 2](#).

SCIENCE, TECHNOLOGY, ENGINEERING AND MATHS (STEM)

Find ways to engage children in [science, technology, engineering and maths \(STEM\) experiences](#).

Visit the [Fun at home](#) webpage for more parent-focused resources.

MANAGING SCREEN TIME AND ONLINE SAFETY

It's important you keep a balanced approach to home learning. Time spent using digital devices for learning should be broken up with physical exercise and offline learning tasks often.

It's also important that during this time of remote learning we maintain safe and responsible use of information and communication technologies. This includes:

- The appropriate use of digital platforms, privacy and information protection
- Respectful online communication.

MENTAL HEALTH AND WELLBEING CHECK-IN

Just as you set aside time for physical exercise, it is important to make time each day to check in on your child's mental health and wellbeing.

As your child adjusts to their new routine and not being able to see their friends in person, it is important to be understanding of their feelings of frustration, anxiousness and even anger - every child will react differently.

To support your child, use these mental health and wellbeing check ins to:

- Provide an opportunity to talk about how they feel and listen to what they say
- Identify one or two things they could do to address what they are concerned or angry about
- Ask how they are going, whether they are finding it easy or hard to learn remotely, and if there is anything they'd like your help with.

There is a risk that your child may be bullied online. If you think this happening to them, support is available on how to talk to your child and your school at: [bully stoppers](#).

If you have any other concerns about the health and wellbeing of your child, contact your school directly, which will have access to resources that can help.

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FROM THE ASSISTANT PRINCIPAL

Routines, Routines.....The Key To Success

Welcome back to everybody, I hope you had a good break in isolation and did your best to make the most of the strange times we find ourselves in.

Remote learning or learning from home will require a significant period of adjustment all involved. From teaching staff preparing their curriculum from home, students not leaving home to go to school and parents and guardians facilitating and being the teacher at home. It is a very different landscape we find ourselves working in.

The most important act you can do for your child is to develop consistent and sustained routine. In this abnormal situation we want to normalise it as best we can and to do that we need to establish routines. If possible, I would suggest run the school day at home, get them up at the same time, begin at 9.00am with a plan for the day, start session 1 (1a&1b) at 9.10am, break at 10.50am for 25minutes. Start session 2 (2a&2b) at 11.15am, lunch at 12.55pm and begin session 3 (3a&3b) at 1.45pm with a plan to finish at 3.30pm. Your children require consistency and an expectation that they know what is ahead of them the next day.

We are very concerned about the welfare of our students, to facilitate the care of our students each staff member has been allocated a group of students to contact every day and will continue to do so until we all head back to school. This is a check-in for each of our students to ensure they are travelling ok. We are asking each staff member to speak to the student and if you are, please leave a message, one of our staff members, please return their call - this would be much appreciated. **If you have not been contacted by anyone from Wedderburn College, including no messages please let myself know asap.**

DET recognises that there are many barriers to learning from home that include no internet and no digital device (laptop, ipad, etc). The families who have students with no digital device or internet and have filled out the survey, your information has been collated and sent off to DET. We are waiting their reply. Good luck with your remote learning and I hope we all gain great growth out of this experience; especially how challenging teaching can be.

Mr Dean Lockhart, Assistant Principal

FOUNDATION/1

Well this is our second week of Remote Learning and it's so pleasing to hear how well you are all going, and completing the set tasks. The format in your booklets has been refined to make it easier to follow. I am missing seeing you though, and counting the weeks until we might be back at school. I hope you all are enjoying the Story Time sessions each day. Keep up the wonderful work you are doing. Take time to enjoy your children, to smell the roses and see the beauty in the colour of those autumn trees. Take Care

Mrs Tanya Chalmers, Teacher

YEAR 2/3

Hello everyone!

I feel like you all should be writing the newsletter this week to tell me about how your child is doing with their learning! But I would first of all like to say a big "Well Done" and "Thank You" to all the parents, grandparents and carers who have taken on the big job of helping your child to learn at home. Thank you also for the feedback you have given me about the learning program your child has been given. We are all starting to step into our different roles but I would like to remind you to contact me via Compass using email, if you have any questions. We have had a few issues with uploading your child's work onto Compass, so in the meantime please keep a collection of their work that I can view at some stage. If you check your newsfeed I have added instructions for something called 'Flipgrid' which is a way to share your child's learning. I have enjoyed speaking to some of the students on the phone but I am missing seeing all of them every day!

Keep up the great work everyone!

Mrs Deirdre McKenzie, Teacher

YEAR 5/6

What an interesting start to Term 2 we have had! Not only because of remote learning but also because of the fantastic results Grade 5/6 have been achieving in Maths as well as the subjects and topics we are studying.

Congratulations to **Aidan** for achieving a 400% growth rate this cycle! Watch out Aidan, **Kayla** came in at 367% for this cycle another humongous effort. Congratulations also need to go to the following. **Jade** 233%, **Matilda** and **Eleanor** 200%, **Evan** and **Tyson** on 167%, **Hope** on 133% and **Will** on 100%. There are some students who have not had their tests marked yet due to technical difficulties. We are working on this. A pat on the back for everyone who has attempted our first remote learning Maths test.

In Science we are working on Animal Adaptations. We look forward to seeing the weird wonderful and whacky creatures everyone has come up with after we have all learnt about how animals live in different environments and what physical features help them do so.

In English we are working on a newspaper that will be a term long project. We look forward to reading news other than the Corona Virus!

It has been excellent getting to know all families on a different level and we look forward to continuing this term in a similar fashion that it has started out. Fairly positive with some hiccups and resilient and caring attitudes from all!

Mrs Annita Steel and Mrs Maddi Postle

YEAR 7 AND 8

The Year 7 and 8 English classes are attempting to run as per usual - despite our unusual circumstances, with all tasks assigned in the Weekly Lesson Plans aligning with the Victorian Curriculum as well as with traditional College planning. Year 8 students were able to present their persuasive speeches on WebEx on Friday 17 April. Whilst some students experienced technical difficulties, the session was successful overall. It was great to see those students who were having WebEx issues, emailing the teacher a video of themselves presenting their speech.

Year 7 students are presenting their persuasive speeches on WebEx on Wednesday 22 April, hopefully with the same level of success. Alternate arrangements will be made with individual students if technology does not cooperate.

With the conclusion of the persuasive language topic, both Year 7 and 8 English classes are commencing new topics.

The Year 7 class will be analysing, annotating and creating their own newspaper. During this topic, they will learn about the features of a newspaper, a newspaper's function in society, the language and sometimes bias that newspapers use, and techniques specific to the development of strong newspaper articles.

The Year 8 class are commencing their Short Stories Unit and are currently learning the features of a short story including; plot, character, conflict, theme and setting. They will further break down each of these features and practice the skills required to execute these features, in the coming weeks.

Both Year 7 and 8 classes are reminded that they should be still completing their daily Sustained Silent Reading (SSR) and logging the details of it on their Remote Learning Reading Log, found on Compass (instructions to the document are on the Weekly Lesson Plans). The Remote Learning Reading Log, should be uploaded at the conclusion of each week via appropriate weekly Learning Task on Compass.

Please do not hesitate to contact your English teacher, if you have any concerns or issues accessing the Weekly Lesson Plans on Compass.

Miss Kirsten Graham Teacher

SENIOR ADVOCACY

Welcome to Term Two. I am sure we have all had an interesting start to our Term with remote learning. It's definitely not our normal and it may take a few weeks for us all to become comfortable with WebEx chats and digital assessments. Until then, we all need to continue to be supportive and flexible wherever we can.

Important VCAA updates:

The Victorian Government has announced that, on advice from Victoria's Chief Health Officer, all Victorian government schools will move to remote and flexible learning and teaching for Term 2. Further details of the announcement can be found at <https://www.premier.vic.gov.au/victorian-students-to-learn-from-home-as-vce-timelines-revised/>

The Victorian Government also announced the following adjustments to the delivery of the VCE:

- The General Achievement Test (GAT) will move from June to October or November 2020.
- End-of-year exams will be postponed until at least December 2020.

- School-based assessment tasks will be reduced where possible to relieve some pressure on students as they move to remote and flexible learning arrangements.

VCAL students will have more time to complete their courses and this will be consistent with the revised dates for the VCE. The VCAA has also been asked to consider a compressed end-of-year exam schedule to minimise disruption as much as possible. Regular updates will be provided on the VCAA webpage and dispersed to students and families as appropriate.

Students and learners - VCE, VCE VET AND VCAL

You will understandably be concerned about how learning from home and delayed assessment will affect your 2020 results. One of the strengths of the VCE is that it balances your school-based assessment with external exams. This flexibility means that your school can respond to the current challenges in a way that best supports you to achieve your outcomes.

If you are in Year 12, you will be able to sit your 2020 exams. This will likely happen in December 2020, at the earliest. For those looking to go on to tertiary study in 2021, institutions across the country are committed to ensuring entrance will be open and available.

If you are undertaking VCAL, your school will be able to offer alternative assessments to workplace learning. If you are enrolled in a VET unit with a mandatory work placement, you will need to defer your mandatory work placement until it can be conducted. This may affect the timing of the award of your certificate.

In the meantime, your primary goal during this time is to focus on learning, stay in contact with your teachers and keep on track. Turn to your teachers and family for guidance and support, and our school will provide you with more information as it becomes available.

Guidance for attending classes at school:

Please see below for advice around attending the College for **pre arranged** purposes:

- Students can only come to school for a designated class organised by their teacher
- Students must enter via the front office and sign in. Only one student at the front office at any time. Students should remain outside until the front office is free before entering. Students should use hand sanitiser located at the front office upon entering the school. They should wash their hands regularly while at school
- Students must adhere to social distancing rules while at school. Students should remind another person in a polite manner if social distancing is not being followed.
- Students will have no more than 8 students in a classroom at any one time. Teachers will split classes into different rooms if necessary.
- A student who is requesting assistance from a teacher will do so from their desk. Teachers will not approach a student's desk.
- Students handing in work to a teacher, will leave their work on their desk. Teachers will collect work once the students have left the classroom.
- Buses are available for normal bus travellers. Students must adhere to social distancing while travelling on the bus.

Please make sure that if you have any questions, concerns or require support to be in touch with your Pastoral Care staff member and class teachers. We are here to help, guide and support you in every way that we can.

Mrs Lauren Barker, Senior Student Leader

COMPASS

Don't wait for the end of semester to view your child's progress. Log in to Compass and view teacher feedback and feed forward at any time by checking out your child's Learning Tasks. Children also receive regular (every 5 weeks) progress reports on their Organisation, Behaviour, Attitude to Learning and Work Completion. Learning Tasks and Reports can be found on your child's profile page.

LIBRARY NEWS

Scholastic Book Club

There is a Virtual Book Club this term. Use the link to the catalogue:

<https://scholastic.com.au/book-club/virtual-catalogue-1/>

Orders close 6th May 2020.

Order online using the Loop and orders will be sent to the school. We will deliver them to your homes when they arrive.

If you have any trouble or questions please call Scholastic on 1800 021 233.

The school Library is still open.

Please change your Library books often. Contact Miss MacKay at mackay.hilary.h@edumail.vic.gov.au if you would like your old books collected and some new exciting ones delivered to your home.



The Premier's Reading Challenge is on again this year.

If you have not logged in to register books, contact **Miss MacKay** to get log in instructions and your user name and password. These have changed from previous Challenges.

Foundation, Grade 1 and 2 students should record at least 30 books they have read or "experienced". Grade 3, 4, 5, 6 and Years 7, 8, 9 and 10 should read 15 books (mostly from the extensive reading lists and 5 from their own choice.)

Miss Hilary MacKay and Mrs Joan Earl

Careers and Pathways



Due to the current government restrictions, Defence Force Recruiting is unable to host or participate in all current and upcoming foreseeable events which involve physical or face-to-face contact. Defence Force Recruiting has begun recording a variety of information sessions that are able to be watched on demand virtually. These information sessions are almost identical to the presentations that would have been given face-to-face by military members. Please see the links below:

ADF Careers Information Session (This is our generic presentation):

www.youtube.com/watch?v=Okuy-qmFPX4

RMC (Royal Military College) Careers Information Session:

www.youtube.com/watch?v=RRV2jmviTIE&feature=emb_title

Another great resource is the ADF Australian YouTube Channel:

www.youtube.com/user/DefenceJobsAustralia/videos



The Australian Apprenticeships & Traineeships Information Service provides information for people considering career options, employers looking at recruitment and those providing support and advice. Visit:

www.aapathways.com.au/students

VICTORIAN POLICE RECRUITMENT



Attend a free online information session to find out more about the role of the Police, the recruitment process and what a day in the life of a Police Officer looks like.

For further information and to register visit: www.police.vic.gov.au/police-information-sessions



After extensive consultation with High School Students, it was determined there was a lack of useful resources available to help them understand Career choices. My Big Tomorrow was created to fill that void with inspiration, information and education. My Big Tomorrow is a fantastic resource to research different careers:

www.mybigtomorrow.com.au

JOB PROFILE

Health Promotion Practitioner



Health promotion practitioners plan projects to improve the health of individuals and the community.

Duties and Tasks:

- plan and coordinate health promotion programs for community groups

- provide health education and teach skills to help people make informed health decisions
- plan and advocate for environmental changes to support healthy lifestyle choices
- support organisations to develop policies that build healthier communities, workplaces and environments
- supervise and coordinate community workers and volunteers
- develop local and national campaigns covering issues such as nutrition, exercise, drugs and sexual health, and implement these within the community
- evaluate projects and initiatives to measure their success and potential for improvement.

Related Courses

Diploma of Health Science (Uni-link), Bachelor of Arts/Bachelor of Health Science, Bachelor of Health Sciences, Bachelor of Nutrition Science, Bachelor of Biomedical Science, Bachelor of Public Health and Health Promotion, Bachelor of Exercise and Sport Science

Related Careers

Training Officer, Veterinarian, Dietician, Nutritionist, Environmental Health Officer, Midwife, Nurse – Registered, Nurse – Enrolled, Psychologist, Social Worker, Welfare Worker, Community Worker.

Future Growth

Very Strong

For further information visit

www.gooduniversitiesguide.com.au/careers-guide/browse/health-promotion-practitioner

Lauren Barker, Senior Student Leader

Sue Clay 
Careers and Pathways
 Email: s.clay@ncllen.org.au

PARENTS ASSOCIATION NEWS

Wedderburn College Debutante Ball

Due to the Covid-19 virus we have had to postpone the Deb Ball till a later date. Once all of the restrictions have been lifted we can then proceed with preparations for a date later this year or early next year.

This year's Deb Ball Pie drive fundraiser has also had to be postponed to a later date yet to be advised. If you have any questions please feel free to contact: Kylie Cunningham on 0409389916 or Jo Winslett on 0407049268. Thanks

Kylie Cunningham. Parents Association President

COMMUNITY NEWS

UNIFORMS FOR SALE

Wedderburn College Parents Association sell SECOND HAND and NEW UNIFORMS to help raise funds for camps, books, excursions etc. These uniforms can be purchased from the Uniform Shop at the School, located on Chapel Street side of the school. (Building formally known as the HUB)

Hours: Thursday 3pm to 4pm
 Friday 8.30am to 9.30am
 Or phone **Kylie** on **0409 389 916** or **Jo** on **0407049268** to arrange another time.

RAMJAC Uniform Price List

SS Champion Polo Navy/Gold	\$24.00
LS Champion Polo Navy/Gold	\$26.00
Champion Jacket	\$40.00
Micro Fibre Shorts	\$30.00
Drill Shorts	\$30.00
Skirt with Skort	\$37.00
Microfiber Track pant -Kids	\$40.00
Microfiber Track pant -Adult	\$44.00
LS Tee with Logo	\$18.00
Padded Vest	\$45.00
Bonded Polar Fleece Vest	\$39.00
Bonded Polar Fleece Jacket	\$44.00
Polar Fleece ½ zip jumper	\$32-\$36
Wide Brimmed Hat	\$15.00
Bucket Hat	\$15.00
Beanie	\$15.00



***** Navy Socks Now Available*****

We have a wide variety of sizes to try on. Orders taken and paid for on the day via Cash or Credit Card and delivered to the School Uniform Shop the following week.

Second Hand Uniform Price List

Polar Fleece Jumpers	\$3.00
Navy Polo	\$2.00
Shorts	\$2.00
Track pants	\$2.00
Hats/Beanies	\$2.00
Dresses	\$5.00
P/F Vest & Full zip Jacket	\$5.00
Champion Jacket	\$5.00

Donations of unwanted or no longer needed uniforms are greatly appreciated. These can be dropped off to the front office or call or text **Kylie** on **0409 389 916** for other arrangements.

Wide variety of sizes to purchase on the day. Cash only.

New Dresses now Available \$55 each.

FOR SALE

School Magazine - Jumbunna 2019 - \$20.00ea. Limited number. Contact Front Office.

Looking after your Mental Health during Coronavirus PART 1

Don't ignore how you feel

Acknowledge your feelings. It is normal to feel worried, anxious, stressed, sad or uncertain right now. We are all in this together – but some of us might be struggling more than others. Talk to someone or write down how you feel.



Do something you enjoy & relax

Do something at least once a day that you enjoy. This will be different for everyone. Take time to relax. Don't feel bad about having 'me' time.



Connect

It is hard for most of us to not see our friends or family during this time. Stay connected by calling, messaging or video calling them. You could even write a letter. Continue to be social.



Mindfulness & Meditation

This can help to reduce fear and anxiety. There are many free apps available. SmilingMind have created a special 'Thrive Inside' program on their app.



Accurate Information

Only read information from an accurate website – www.health.gov.au. Others may not have the right information. This can cause fear and panic for no

REASON. For the most up to date information about coronavirus please visit:
<https://www.health.gov.au/> Resource- Northern District Community Health ndch.org.au



