



WEDDERBURN  
COLLEGE

# NEWSLETTER

Term 3 Week 1  
15 July 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.

## COMING DATES

*Please note: An official College Calendar with all dates for the year was distributed to all families via Compass and the Homeroom. Should you require one, please ask at the Front Office.*

15 July - 17 July	Wednesday - Friday	Year 10 Driver's Education
20 July - 24 July	Monday - Friday	Year 9 Ski Camp
20 July	Monday	School Council Meeting
9 September	Wednesday	General Achievement Test (GAT)
11 September	Friday	Try a VET Day for Year 9, 2021
9 November - 2 December	Monday	End of Year Written Examinations

## FROM THE PRINCIPAL

Dear Parents, Guardians, Carers and Friends of Wedderburn College

### Term 3

Thankfully, for us here at Wedderburn College, the Term has been able to get underway as planned. The wider situation is somewhat of a 'moving feast' as you're no doubt experiencing in many aspects of your lives, so we will keep you informed about anything that might affect our school operations. On Monday, our staff gathered to work on the establishment of our Professional Learning Communities to improve student outcomes. I thank them for their strong participation on this day and extend special thanks to our facilitators, **Mrs Tanya Chalmers, Mrs Deirdre McKenzie, Miss Kirsten Graham & Miss Emma Milne** who did a fantastic job. It is healthy to look for the opportunities that any situation presents as well as being aware of its challenges. Your flexibility, adaptability, sense of balance, and cooperative gifts are all being brought to centre stage - thank you for sharing them with us. Our Resilience behaviours in our SWPBS Matrix are SO important at this time, particularly '*Focus on what I can control* and '*Identify and manage our emotions*'.

### Focus on what I can Control

There is much in our external world that feels out of our control, and sometimes we can feel overwhelmed by this. However, we are individuals who have free choice in every moment to decide our actions and our attitudes in our own lives. Feeling like we are making decisions about as many aspects of our lives as possible, and not viewing oneself as having 'no choice at all' will assist in helping to feel less overwhelmed. We can still choose kindness, peace and calm.

### Identify and Manage our Emotions

Times of stress, changing rules and guidelines, constant media sensationalism, confusion about truth - fear and anxiety can rise in these situations. The comments and actions of others can sometimes trigger this within us too. This can help explain why sometimes it may feel like you're on an emotional roller coaster. When this happens it is important to look to try to understand why we have been triggered and take responsibility for our own emotions as a way of understanding ourselves. When triggered, some people lash out at others, argue or attack (on social media). While never acceptable, it is also not at all helpful at this time. Being able to identify our emotions helps us to take a step back and think about how we will manage them, and avoids putting it out and on to others to deal with.

At the College we are lucky to be immersed in the natural sense of fun and enjoyment of life that so many of our young people have. 'Keeping a sense of humour' is another resilient behaviour. In situations like the one we are dealing with, everything can get so serious and we may forget to notice and appreciate those who keep us light and laughing! Let's spend some time this week letting others know that we appreciate them.

### **Improvement Works**

The improvement works have continued at the College over the holidays; including the moving of a pathway for the Chapel St entrance to the BER, the installation of automatic doors in the breezeway, some tinting of windows and new façade and painting on Block A. We acknowledge the \$20K grant from the Federal Government's Locals Schools Community Fund (Mallee) that allowed us to install the automatic doors to make our building more accessible and connected.

So many of you have noticed and commented on our grounds and buildings and how amazing they are looking. I wish to thank **Mr Dean Lockhart** for his vision and management of these improvements. Since July 2018, with the support of school council, Dean has been undertaking continuous planning and implementation of projects that now, as they come to fruition, are bringing great pride to our whole Wedderburn community, creating a school that is safe, welcoming, and functional. Allowing our students every opportunity to be happy, active and thrive in their learning has been his motivation and we are all grateful beneficiaries of this.

**Ms Rachel Lechmere (Principal)**

## **FROM THE ASSISTANT PRINCIPAL**

Welcome back to all staff and students, I hope you have all had a good break, despite the fact we could not go anywhere. With COVID-19 still a concern within our community we must continue to be cautious and control what we can. We will continue to wash and sanitise our hands as best we can. Please see the schedule below.

### **Washing Hands**

All students to wash their hands before homeroom, after recess and after lunch

Foundation and Year 1	BER Toilets
Year 2, 3 and 4	KLC Toilets
Year 5 and 6	Two sinks between Rooms 1, 2, 3 and 4
Year 7 and 8	Gallery Toilets
Year 9	Science Room
Year 10 and 11	Food Technology rooms
Year 12	Gallery Toilets

There are soap / soap dispensers and instructions on how to wash your hands located at each wash station.

### **Sanitising Hands & Drinking Bottles**

Students will sanitise their hands upon entry and exit of every classroom. Instructions on how students are to sanitise their hands are located at every station. All students are required to bring their own drinking bottles - all bubble taps will be closed with the exception of the bottle re-filling taps.

**Mr Dean Lockhart (Assistant Principal)**

### **FOUNDATION/1**

Welcome back to Term 3. It's great to see everyone's smiling face. This week in Maths, we have started to investigate patterns with colours, shapes and numbers. It's amazing how many patterns there are in nature! In Numeracy, each mathematics session begins with counting. We will be playing a Korean counting game, 'Sam-yuk-gu', for skip counting. In this activity, students practise counting according to rules established for certain numbers. The rule could be that every second number is replaced by a clap. Our inquiry topic this term involves activities that build students understanding of 'place'. This is a key geographical concept. Already we have brainstormed all the great places we could go on holidays to: the beach, jungle, desert and bush.

**Mrs Tanya Chalmers, Teacher**

## **YEAR 2/3**

Welcome back to Term 3! It was great to see all the happy faces back yesterday. We are back into the swing of things so hopefully you will be back to reading every night. Also some extra work on learning the two, three, five and ten times tables would be a big help for your child.

During Literacy we are looking at improving our reading comprehension by predicting what will happen in a text. When your child is reading, look at the title and pictures and help them predict what they think will happen in the story. You could also do this at the end of a chapter for those reading longer books. Then discuss at the end how close their prediction was. Knowing what could happen helps readers think about what they are reading and helps them to make sense of it.

A reminder to make sure all students bring a drink bottle to school - our bubble taps are not in use.

**Mrs Deirdre McKenzie, Teacher**

## **YEAR 3/4**

It has been an enjoyable start to Term 3 with seeing all the joyous faces walking in as the sun shone brightly. This term in Reading, we look forward to reading a class text together and making connections with our own lives and other texts along the way. We plan to view the film afterward of the same text to be able to make comparisons of how different authors view situations differently as well as how each text represents characters, relationships, settings and plot.

During Writing, we will look briefly at letter writing and how this has changed over time. We look forward to seeing how language from earlier times compares to contemporary language in the modern day. If you have any interesting letters from earlier years which represents the beautiful handwriting such as; war times, telegrams, old cards, etc. It would be appreciated to email Miss Higgins a photo or to bring in a photocopy for us to be able to see how letter writing has changed over time.

This week we looked at the Maths topic of Fractions. It was excellent to see all the students were willing to accept the challenge with representing fractions that they may not have ever seen before. Some students explored the ideas around 6 halves, 3 and a quarter, 5 sevenths, 10 eighths, 5 thirds as well as the general 3 quarters, 1 half and 1 sixth. It was interesting to notice that they weren't as challenging as we first thought they might be. I look forward to exploring more about fractions over the term.

We are yet to start our new Inquiry topic of ecosystems and living things. We look forward to creating a large Ecosystem at the back of the classroom as we learn more about the topic.

Happy Term 3!

**Ms Jessica Higgins, Teacher**

## **YEAR 5/6**

It has been a lovely start to Term 3 in the Year 5/6 classroom. In English we are learning about the importance of NAIDOC Week, which is traditionally celebrated from the 5 -12 of July. Whilst the celebrations have been postponed to November at this stage, we are enjoying learning about the celebration. We are reflecting on cultural histories and traditions, including reading the book 'Young Dark Emu', as well as a collection of Dreamtime stories. As we have been working on our creative writing unit, we will be extending our skills by drawing influence from the Dreamtime stories.

The next Maths Pathways test is on 24 July. Students are encouraged to revise their modules before the test, as this will help them achieve a higher growth percentage. As always, students should be practicing their times tables at home, as well as reading each night for a minimum of 15 minutes.

Have a great week.

**Mrs Annita Steel and Mrs Maddi Postle, Teachers**

## YEAR 7 and YEAR 8

Term Three is finally upon us and the Year 7 and 8 English classes are eager to start their new topics. Year 7 students will be completing a film text study this term, on the film *Ever After*. To assist their understanding of this film, students will look into different versions and make comparisons between versions of Cinderella including; the Grimm's Brothers version, the well-known Disney version and the many other versions in between.

Year 8 students are going to be completing Literacy Circles, where they will be reading different texts in small groups. Students will go through a process of analysing book trailers and front covers of the texts, before selecting their preferences to read within a small group. Students will have to make sure they are following the expectations of Literacy Circles and keeping up to date with their activity booklet!

Miss Kirsten Graham, Year 7 and 8 English teacher

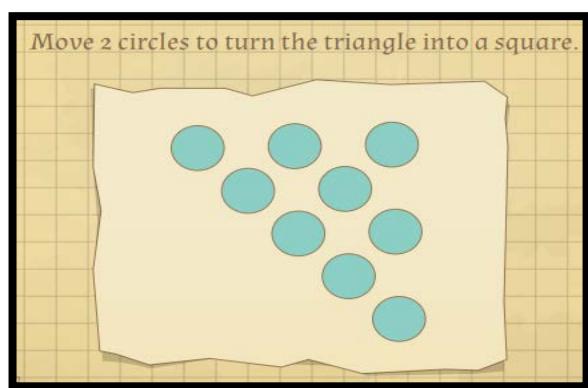
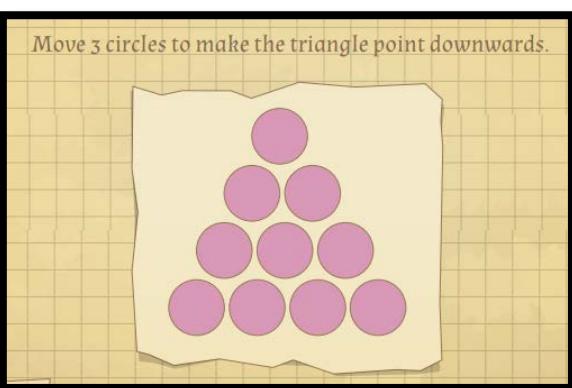
## MATHS PATHWAY

Congratulations to this fortnight's Maths Pathway champions.

CLASS	CLASS AVERAGE	HIGHEST STUDENT GROWTH
Year 5	97%	Eleanor and Aiden with 167%
Year 6	113%	Jade, Will and Evan with 167%
Year 7	117%	Sianna with 233%
Year 8	103%	Chelsea, Clayton, Claire and Nash with 167%
Year 9	79%	Shelby, Mack, Neve, Seth, Eliza and Anna with 133%
Year 10	90%	Ayla with 200%

Just a reminder that students achieving 100% growth rate each cycle is equivalent to one year's growth achieved in the Mathematics curriculum. Every student should be striving to achieve 100% growth each cycle. To achieve success, students should be finishing their assigned modules and revising the content regularly. Congratulations to **Sianna** for achieving the highest growth this cycle with 233% and well done to **Year 7** for achieving the highest average growth rate this cycle with 117%.

## Maths Brainteasers



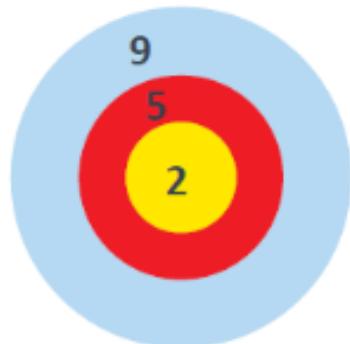
## Maths Joke

Why was the maths book depressed?

Find out the answer in the next newsletter.

The twins each have three darts and a dartboard with three rings.

Here is Hana's board. What possible totals can she score if all of her darts land on the board?



Here is Henri's board. Not all of the numbers on his are the same as on Hana's.



The possible totals that Henri can make are 9, 11, 13, 15, 16, 18, 20, 23, 25, 30.

What numbers are on Henri's board?

**Mr Danny Fowles and Miss Emma Milne, Teachers**

#### **SENIOR ADVOCACY**

Welcome back to Term 3! I hope that all of our students and families have taken some time to rest and recuperate across the school holidays - particularly after the turbulent Term 2 we have all experienced! Term 3 is a busy term for our Senior Students, with a large amount of class content and assessments to be completed for our Year 12s in particular. Very soon, students will start to receive information regarding their end of year examinations and VTAC applications, so please keep an eye out in the newsletter and on Compass. Parents and students are also reminded to be logging into Compass on a regular basis and checking our continuous reporting of Learning Tasks and assessments. This Term has 10 weeks of classes and although it seems long, there will be many events and opportunities taking place for our Senior Students.

#### **Term 3 Career Advisor dates**

Sue Clay, our Career Advisor will be available to meet with students on the following dates this term. Please email or discuss with Mrs Barker if you would like to make an appointment time.

Monday	20 July
Friday	31 July
Thursday	6 August
Tuesday	18 August (VTAC session?)
Monday	31 August
Wednesday	16 September

## **Year 10 Information Package:**

In lieu of a 2021 VCE and VCAL information evening this year, Wedderburn College will be producing an information package and narrated PowerPoint presentation for all Year 10 students and their families. Year 10 students will receive their information package outlining their Post Compulsory Options for their Year 11 studies during Week 4 of Term 3. This package will include essential information for students making decisions for VCE and VCAL pathways in 2021. The information package will also contain vital information about subject selections. An accompanying, narrated PowerPoint presentation will be available to download from Compass. The narrated PowerPoint and information package will cover the options open to students in 2021 including studying VCE, VCAL and the continuation of their current VET courses. There will be a number of staff and students explaining the different pathways students can take in VCE and VCAL throughout the PowerPoint presentation. From this initial information package students will make decisions about the program that will best suit them for next year.

Please keep an eye out in the newsletter and on Compass for further information regarding the delivery of these packages and resources.

Have a great week everyone!

## **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.

## **GENERAL NEWS**

### **LIBRARY NEWS**

#### **Premier's Reading Challenge**

I hope everyone has been reading regularly during the holidays. The Premier's Reading Challenge has 2 months to go. A huge graph showing the progress of each class from Foundation to Year 10 is decorating the foyer at school. Please make sure you register books as you read them. See Miss MacKay or Joan in the Library for your username and password if you have lost them.

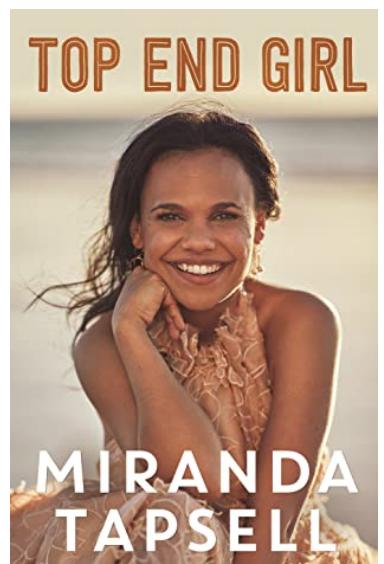
#### **New Books and Great Recent Books**

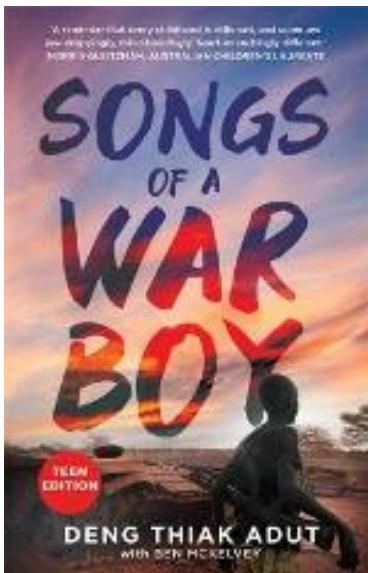
##### **Secondary Readers**

"Top End Girl" by Miranda Tapsell

Miranda Tapsell is a young indigenous actor who has acted in some really well known shows, "The Sapphires", "Love Child", "Play School" and "Top End Wedding".

This book is about her childhood in the Top End of Australia, her inspiration and journey to become an actor and developing into a writer and producer of her own films. It is a funny and relaxed story about growing up and finding your way in the world

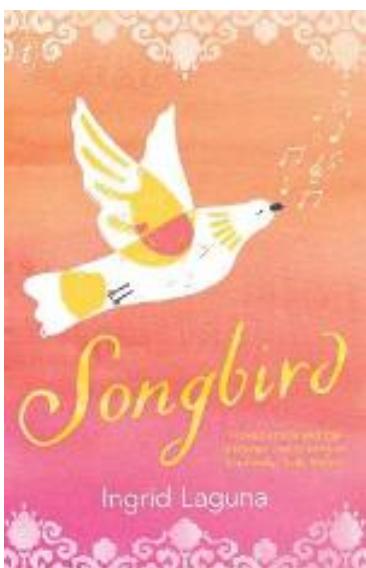




### "Songs of a War Boy" by Deng Thiak Adut

Deng Adut was six years old when war came to his village in South Sudan. Taken from his mother, he was conscripted into the Sudanese People's Liberation Army. He was taught to use an AK-47 and sent into battle. Shot in the back, plagued by illness and the relentless brutality of war, Deng's future was bleak. A child soldier must kill or be killed. But, after five years, he was rescued by his brother John and, miraculously, they became the third Sudanese family resettled in Australia. Songs of a War Boy is the inspirational memoir of a young man who has overcome unthinkable adversity to become a lawyer, refugee advocate and NSW Australian of the Year. It is also an important reminder of the power of compassion.

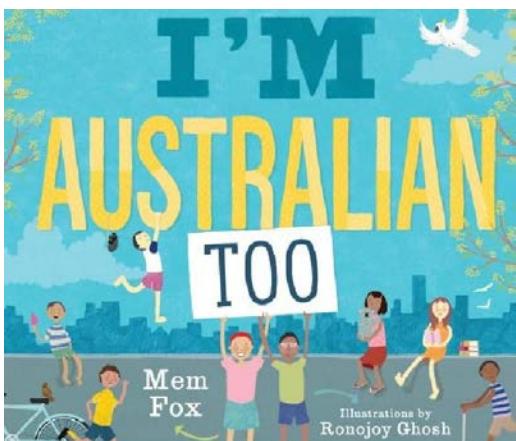
### Upper Primary/Lower Secondary



### "Songbird" by Ingrid Laguna

Jamila has left her friends, her school and her home in Iraq, and now she has a new home. It's safe in Australia, but Jamila is finding it hard to settle in. She misses her best friend and worries for her dad's safety back in Iraq. It's hard to speak and write in English all day. And Jamila has a secret she wants to keep hidden. When she joins the choir, Jamila begins to feel happy. Singing helps take her worries away. And singing will help her find her place in her new life, a place where she can shine. Songbird is a tender story about belonging, about the importance of friendship and asking for help, and about the parts of our lives we keep concealed.

### All Ages



### "I'm Australian Too" by Mem Fox and Ronojoy Ghosh

I'm Australian! How about you? Many people from many places have come across the seas to make Australia their home. How Australian is that? From countries near and far, many have made their home in Australia, sharing it with the original inhabitants, and living in peace beneath the Southern Star. Mem Fox celebrates Australia's incredible multicultural heritage in this beautiful book illustrated by Ronojoy Ghosh.

## CAREERS AND PATHWAYS

### Year 12 Reminders



#### EARLY ENTRY PROGRAMS

Latrobe ASPIRE Close 31 August

Australian Catholic Uni - CAP

Close 12 August (Melbourne), September 2 (Ballarat)

Charles Sturt Advantage Close 31 August

Swinburne University Early Entry Program

[www.swinburne.edu.au/alerts/coronavirus/future-student/early-entry-program/](http://www.swinburne.edu.au/alerts/coronavirus/future-student/early-entry-program/)

ACU - Guarantee Open - August 3rd

[www.acu.edu.au/study-at-acu/admission-pathways/acu-guarantee](http://www.acu.edu.au/study-at-acu/admission-pathways/acu-guarantee)

#### YOUTHRISE SCHOLARSHIPS

UNIVERSITY Open - Close August 24 2020

[www.youthrivevictoria.org.au/scholarships/uni-scholarships/](http://www.youthrivevictoria.org.au/scholarships/uni-scholarships/)

RURAL CHANCES (TAFE/Apprenticeships) -

Open September 4 2020

[www.youthrivevictoria.org.au/scholarships/rural-chances/how-to-apply/](http://www.youthrivevictoria.org.au/scholarships/rural-chances/how-to-apply/)

#### ACU | Guarantee and Entry Pathways



Guarantee your place at ACU, even before your Year 12 exams. The ACU Guarantee program offers eligible Year 12 students a place at ACU based on your Year 11 results.

Offers may be made as early as September. While successful applicants must still complete their Year 12 exams, you can do so secure in the knowledge that your marks from Year 11 meet our entry requirements. You may also enhance your entry score by including a short personal statement that gives ACU an insight into your personal circumstances and motivation for university study. Applications open 3 August 2020.

To register your interest visit: [www.acu.edu.au/study-at-acu/admission-pathways/acu-guarantee](http://www.acu.edu.au/study-at-acu/admission-pathways/acu-guarantee)

#### HARVEST CASUALS 🍂🌾🎃



Looking for casual work this harvest? We've got roles available across the state from the Wimmera and Mallee regions right across to the Murray in the north east. To find out more and/or to apply:

[www.graincorp.com.au/careers/harvest-recruitment](http://www.graincorp.com.au/careers/harvest-recruitment)



Charlton, Birchip, Dimboola, Sea Lake. To find out more and/or to apply visit:

<https://skilledworkforce.programmed.com.au/grainflow/>

#### DISCOVER DEAKIN COURSE WEBINARS



Occupational Therapy

Monday 20 July  
6:00pm - 7:00pm

Public Health & Health Promotion Tuesday 21 July  
6:00pm - 7:00pm

#### Optometry

Wednesday 22 July

6:00pm - 7:00pm

Thursday 23 July

6:00pm - 6:30pm

To Register Visit:

[www.deakin.edu.au/about-deakin/events](http://www.deakin.edu.au/about-deakin/events)

#### JOB PROFILE DIETICIAN



Dietitians apply the art and science of human nutrition to help people understand the relationship between food and health, make healthy dietary choices, and prevent and treat illness and disease.

#### Duties and Tasks

- Collect, organise, and assess data relating to the health and nutritional status of individuals, groups, and communities
- Interpret and communicate scientific information, advice, education and professional opinion to individuals, groups, and communities
- Manage nutrition care for individuals by planning appropriate diets and menus
- Educate people about their individual nutritional needs and methods of accessing and preparing their food
- Manage food service systems to provide safe and nutritious food by designing nutritionally appropriate menus and implementing nutrition policies
- Plan, evaluate and implement nutrition programs with individuals, groups, or communities as part of a team (this may be in a community health, public health, or food industry setting)
- Conduct food-related and nutrition-related research and evaluate practice.
- Monitors food intake and quality to provide nutritional care.
- Supervises the preparation and serving of meals.
- Provides nutrition assessments, nutrition management, and nutrition education, research, and training.
- Consults with other health professionals and related workers to manage the dietary and nutritional needs of patients.
- Collects, organises, and assesses data relating to health and nutritional status of individuals, groups, and communities.
- Plans diets and menus and instructs people on the requirements and importance of diet and on the planning and preparation of food.
- Calculates nutritional values of food served.
- Plans, conducts, and evaluates nutrition intervention programs and compiles educational material.

#### Related Courses

Bachelor of Nutrition Science,  
Bachelor of Applied Science/  
Master of Dietetics

#### Future Growth

Very Strong

For further information visit [www.myfuture.edu.au](http://www.myfuture.edu.au) or [www.gooduniversitiesguide.com.au/careers-guide/dietitian#you](http://www.gooduniversitiesguide.com.au/careers-guide/dietitian#you)

Lauren Barker, Senior Student Leader

Sue Clay, Careers and Pathways



Email: [s.clay@ncllen.org.au](mailto:s.clay@ncllen.org.au)

# SCHOOL WIDE POSITIVE BEHAVIOUR SUPPORTS

## The SWPBS Scoop

### CURRENT FOCUS: RESILIENCE

*Always in all areas*

#### WE ARE RESILIENT

I will...

- Accept when routines change
- Keep trying
- Focus on what I can control
- View situations positively
- Always keep a sense of humour
- Identify and manage my emotions
- Be a problem solver
- Build and look after friendships

DON'T FORGET TO  
BANK YOUR BUCKS  
AND BAG A BARGAIN!

DID YOU KNOW THAT  
THE BURN BANK HAS A  
CRICKET BAT FOR  
16 BUCKS?!



WEDDERBURN  
COLLEGE

PARENT'S ASSOCIATION NEWS

**WEDDERBURN COLLEGE DEBUTANTE BALL  
SHARP'S BAKERY - 2020 PIE DRIVE**

Orders and Payments in by this Friday 17 July 2020  
Expected delivery Thursday 30 July 2020

NAME: \_\_\_\_\_ PHONE No: \_\_\_\_\_

VARIETIES	SIZE	PRICE	QUANTITY	TOTAL AMOUNT
MEAT	FAMILY	\$12.50		
TOM, CHEESE & ONION	FAMILY	\$13.50		
CURRY	FAMILY	\$13.50		
POTATO	FAMILY	\$13.50		
MUSHROOM	FAMILY	\$13.50		
EGG & BACON	FAMILY	\$13.50		
CHICKEN	FAMILY	\$13.50		
PASTIE	FAMILY	\$12.50		
APPLE	FAMILY	\$12.00		
APRICOT	FAMILY	\$12.00		
MEAT	SINGLE	\$ 4.70		
PASTIES	SINGLE	\$ 4.70		
TOM CHEESE & ONION	SINGLE	\$ 5.20		
CURRY	SINGLE	\$ 5.20		
POTATO	SINGLE	\$ 5.20		
MUSHROOM	SINGLE	\$ 5.20		
EGG & BACON	SINGLE	\$ 5.20		
CHICKEN WELLINGTON	SINGLE	\$ 5.70		
MALLEE BULL (chunky beef)	SINGLE	\$ 5.70		
PARTY PIES ½ DOZ	MINI	\$ 7.20		
PARTY PASTIES ½ DOZ	MINI	\$ 7.20		
SAUSAGE ROLLS ½ DOZ	MINI	\$ 6.00		
VANILLA SLICE		\$ 4.20		
TOTAL AMOUNT DUE				\$

Please hand your ORDER FORMS and MONEY back to either Laura Rowe,  
Nadia Martin or Kylie Cunningham

If you have any queries, please call Kylie Cunningham on 0409 389 916  
**A NEW DATE FOR THE DEBUTANT BALL IS STILL TO BE CONFIRMED**

## 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.



**LODDON  
SHIRE**

## **2021 Kindergarten Enrolments**

Enrolments are now open for 4 year old and 3 year old kindergarten. **Enrolments close Monday 31 August 2020.**

Do you have a child turning 3 years or 4 years of age by 30 April 2021?

Loddon Shire will be providing funded three and four year old kindergarten programs in 2021.

Complete your child's enrolment online at [www.loddon.vic.gov.au](http://www.loddon.vic.gov.au)

For more information please contact Loddon Shire Early Years Department (03) 5494 1201.

**Prompt return of your child's enrolment form is recommended to assist in the planning for programs that will run in 2021.**

Boort Preschool	Dingee Preschool	Inglewood Kindergarten	Pyramid Hill Preschool	Wedderburn Preschool
5455 2292	5436 8401	5438 3533	5455 7230	5494 3183
0498 707 799	0498 606 345	0498 505 277	0498 606 023	0498 707 005

## Promoting Diabetes Awareness Week 12<sup>th</sup>-18<sup>th</sup> July

### **DIAbetes CONNECTED | COVID-19**

It is now more important than ever to **Be Connected** to your diabetes healthcare team, and not skip your regular appointments during COVID-19.

**Stay connected to  
your health team**



Inglewood & Districts Health Service have plenty of arrangements in place to keep you safe if you need to contact your diabetes healthcare team.

Our Community Health Team are available over the phone, so you can continue to receive health care without leaving your home.

For your Diabetes management and overall health during isolation contact your local *Diabetes Educator – Michelle Clark on 5431 7000 or email [mclark@idhs.vic.gov.au](mailto:mclark@idhs.vic.gov.au)*

#### What is Diabetes? – Part 2



To recap from the last article, the discussion was about how food fuels our body, and that glucose is transported by insulin (taxicabs) to our cells, the cells convert it to energy for use.

If this process does not happen or faulty, the blood stream cannot maintain healthy levels of glucose, then long and short-term complications can occur.

Firstly, thirst, hunger, confusion, fatigue, mood swings, blurry vision, slow to heal, skin infections, tingling, pain; numbness in hands/feet, weight gain may be experienced.



Diabetes can increase the risk of a heart attack by four times, is the leading cause of blindness, kidney failure is three times more common, amputations are 15 times more common, and more than 30 percent will experience depression, anxiety and distress. If you have any of these symptoms please visit your doctor and tell them so, they will then screen for diabetes, early diagnosis and management is key to reducing diabetes related complications.

Why do these complications occur? To be continued .....

If you have any questions, feel free to contact the diabetes educator either by email or phone, a response will be published anonymously. Email: [mclark@idhs.vic.gov.au](mailto:mclark@idhs.vic.gov.au) P: 03 54317000

#### Mental Health & Wellbeing

### **WINNING WAYS TO WELLBEING**



INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

Mental Health Foundation of New Zealand

NO REWARD WITHOUT EFFORT

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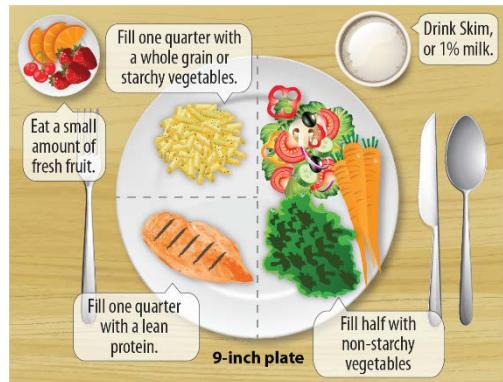
## Healthy Eating for people with Diabetes

A healthy diet used in the treatment of diabetes is similar to the diet recommended for all Australians. To help manage your diabetes, Diabetes Australia recommend that you:

- ⇒ Eat regular meals & healthy snacks spread over the day
- ⇒ Base meals on high fibre carbohydrate foods such as wholegrain breads, beans, lentils, vegetables and fruits
- ⇒ Watch the amount of fat you eat and limit the amount of saturated fat by choosing lean meats and low fat dairy foods. Try to avoid fried takeaway foods, pastries and biscuits.
- ⇒ Keep your weight within the healthy weight range by matching the amount of food you eat with the amount you burn up each day.

### **Winter Fruit & Vegetables:**

Apples, avocado, bananas, kiwifruit, grapefruit, mandarin, strawberries. Broccoli, cauliflower, kale, potatoes, pumpkin, sweet potato.



## Staying Active – Introducing Shelley Evely

- **Role at IDHS:** Occupational Therapist, which means I support people of all abilities to engage in activities (i.e. their occupations) they find meaningful.
- I currently work in the a few roles at IDHS and am expanding the service as well:
- Residential care facility – making sure that people have the right equipment (wheelchairs, toilet/shower aids, pressure care) and that they can continue their normal routines as much as possible.
- Transition care program – helping people to get back home by prescribing home modifications or equipment or helping people to move into the residential care facility with the right equipment.
- People's homes – prescribing home modifications so that people can stay at home for as long as possible and helping people to develop routines and build on their skills.
- New to the service is working with children to develop fine and gross motor skills, sensory regulation and emotional regulation skills.
- Referral pathways:
  - General Practitioner (EPC)
  - Aged Care Package (through your case manager)
  - Directly (fee for service)
  - NDIS



## Quit Smoking to improve your Health

Smoking damages all people who smoke. However, for people with another illness, such as diabetes, asthma or high blood pressure, smoking worsens symptoms and makes illness harder to manage.

Quitting smoking is one of the best things you can do to manage your diabetes and stay healthier for longer however, it is important to contact your doctor and/or diabetes educator before quitting. Stopping smoking can affect how well you absorb insulin and your dose may need to be monitored or changed.

For information on beginning your quitting journey contact IDHS Community Health Nurse & Quit Educator, Chris Elliott & Bethany Takakis.

**Now is the perfect time to stop smoking**  
You'll have the **best chance of quitting** for good if you:

Know your triggers to smoke and plan for them

Manage your physical and mental health

Create new habits instead of smoking

Ask your doctor for low-cost NRT or stop-smoking medicine

Talk to Quitline to find strategies that work for you

Call **Quitline 13 7848**  
[quit.org.au/coronavirus](http://quit.org.au/coronavirus)