

Issue 13: 28th August 2020

Calendar

September

18 Last day of Term 3
 2.30pm dismissal

October

5 Term 4 Starts
7 GAT VCE students



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A few words from the Principal.....Zlatko Pear

Remote Learning

We are now at the end of the fourth week of flexible/remote learning. We have approximately 50 students each day attending the Care and Supervision Program at school. These students are accessing the same lessons and completing the same work as students learning remotely from home. Whilst the feedback from families has been positive and supportive, there is definitely a sense of fatigue within some sections of our community. It is really important that we remain engaged and connected over the next few weeks.

We are hopeful that as the situation improves, we will be able to return to on-site learning in Term 4. I would like to thank you for your ongoing patience and support. We will keep you informed of any information or developments as we receive them from the Department.

Please contact me at the College if have any concerns, question or need any extra support.

Student Surveys

Every year the Education Department surveys students about their opinions on all aspects of life at school. This year the surveys will be completed remotely, taking place over the next few weeks. All students from Years 4-12, unless you have chosen to opt out, will complete the survey. Categories include remote learning experience, student engagement, connectedness to school, and peers and student safety. The results are collated by the Department and distributed to schools in Term 4. As part of our Continuous Improvement Cycle, all the student opinion data will be analysed and the results will help guide our planning for 2021 onwards.

Central Australia

Unfortunately, our planned Central Australia trip was officially cancelled for this year. The airline has agreed to provide us with a credit towards future trips. This is obviously upsetting for all of us and we feel particularly sad for the students who were looking forward to such a great experience. We are now planning to run the trip at a similar time in 2021. Parents have been given the option of receiving a refund or leaving the funds as a credit towards the 2021 trip.

.....Zlatko Pear

Myrtleford P12 College is a Child Safe School.

All our Child Safe policies can be accessed on the College website.
<http://www.myrtlefordp12.vic.edu.au>

SCIENCE WEEK

...with Mrs Mitchell



Science week, remote style! My Chemistry, Physics and Year 8 Science students have been completing optional practical activities at home. Here are some examples.

Colour Symphony

Here is a photo of a Year 8 Science at-home prac, called "Colour Symphony". To do this experiment at home, simply pour a thin layer of milk onto a dish and drop some food colouring into the milk. Next, dip a cotton bud into dish soap, then dab it into the milk dish and watch the symphony begin. Try it yourself today!

Rock Candy (1:3 ratio) by Kade

Rock Candy

Year 8 Science prac on crystallisation-making rock candy.

These photos are Kade's results.



1st day after finishing set up



Day 1



Day 2



Day 3



Day 4

I think my stick is a bit too far off the bottom because most of the sugar crystals have formed on the bottom of the glass.

There doesn't seem to be much change now but there is a crust of crystals on the top that might be stopping evaporation.

SCIENCE WEEK

Egg Drop Challenge



Samantha sent in a video of her "egg drop challenge" completed for Year 11 Physics, which demonstrates inertia. Snapshots from Samantha's video shown here.

Inertia- Newtons First Law of Motion

Inertia is the **resistance of the object to any change in its motion**, including a change in direction. An object will stay still or keep moving at the same speed and in a straight

pH Indicator

This is the result of a pH indicator made with red cabbage. Red indicates low pH (acidic), blue indicates high pH (basic) and the colour spectrum in between indicates the pH spectrum. This is a Year 11 Chemistry prac.

Picture by Monique



If you are looking for some interesting Science activities, try one of these sites. There is plenty of great information, videos, activities and experiments to explore and have fun with.

<https://www.scienceweek.net.au/diy-science/>

<https://sciencebob.com/>

...Lia Mitchell

Science at Home with Year 6

The Year 6s have been celebrating Science Week by doing some home experiments. They uploaded their videos and photos to 'Padlet' so they could share them with their teachers and fellow students. *Ms Bigger/Ms Hawkes*

padlet

Kate Hawkes + 8 1h

Science at Home with Year 6!

Move aside Einstein...

Samantha SCHIPKIE 1h

Foaming bottle.

It was a bit anti-climactic..



1

1 comment

Donna Bigger 1h

Hey Sam, did you get any pictures or video that you can upload?

Add comment

Hunter DINES 1d

BUILD A FIZZ INFLATOR

i also did the can and balloon experiment



2

1 comment

Donna Bigger 1d

Wow Hunter, this is very cool. What made the balloon blow up?

Add comment

Jordan FULLER 5d

Egg Drop Challenge

The scariest thing I have ever done!



Egg Drop_Jordan Fuller
00:11.69 video
padlet drive

2

2 comments

Jordan FULLER 5d

<https://sciencebob.com/try-the-egg-drop-challenge/>

Donna Bigger 2d

Nice one Jordan!

Add comment

Molly KNOBEL 4h

Egg Drop Challenge



WIN_20200826_13_51_48_Pro
00:03.01 video
padlet drive

2

1 comment

Donna Bigger 2h

You've got the skills Molly! Well done.

Add comment

Donna Bigger 5d

The Foaming Bottle

Watch Ms Bigger's son Fraser make a LOT of foam!



Foaming bottle
00:55 video
padlet drive

3

2 comments

Kate Hawkes 4d

<https://sciencebob.com/fantastic-foamy-fountain/>

Hayden WATSON 2d

hehe

Add comment

Ashlee COUSINS 5h

Slime with borax



4

1 comment

Donna Bigger 5h

It looks like a cake! What did you think of the final result?

Add comment

Lillian STEWART 2d

Hoop glider

I also did the paper clip one



3

2 comments

Kate Hawkes 2d

Awesome work Lillian! How far did it glide?

Donna Bigger 2d

Great Job Lillian, you are fast! Did you beat Ms Hawkes' distance from her video?

Add comment

Kate Hawkes 5d

Incredible Hoop Glider!

Yes, Meeko the dog thought it would glide further too... but trust me, it can fly quite a distance with little thrust.



IMG 7992
00:03.2 video
padlet drive

2

1 comment

Kate Hawkes 5d

<https://sciencebob.com/the-incredible-hoop-glider/>

Add comment

Lily NOTARIANNI 7h

i did make ice-cream in a bag and it tasted really good.



3

1 comment

Donna Bigger 5h

Yummmmmmm! Did it take very long to make?

Add comment

Kate Hawkes 5d

Egg Drop Challenge

Even Bron & Mr Lindsay got in on the action... only one egg was harmed in the process ;)



Egg drop Bron & Adam
00:20.11 video
padlet drive

1

1 comment

Donna Bigger 2d

Bron is an absolute champ egg drop challenger!

Add comment

Talking about Maths... with Ms Macrae



Maths Pathway Remote Learning – Amazing Efforts from Students in Years 7-9

Students in Years 7-9 have been making great progress with their learning in Mathematics across the last couple of weeks of remote learning.

A big congratulations to the following students, who have gone above and beyond with their efforts in Maths:

Year 7 Students	Year 8 Students	Year 9
Ebony Carver	Mikala Hackett	Tyler Heywood
Teagan Brown	Summer Caponecchia	Heidi Murray
Bayden Heywood	Ethan Luppino	Dakota O’Sullivan
Rian Minnaar	Matilda Knobel	Lani Cousins
Alexis Carver		Oaka Harris
Taya Duncombe		Olivia Buckley
Brooke Parolin		Jack Chisholm
Darcy Crisp		Amelie Walch
Aaron Kiss		
Amber Howell		

7 THRESHOLD AGRICULTURE

1 MILLION YEARS AGO 5000 YEARS AGO 1000 YEARS AGO

Early humans survived by foraging for food, moving from one place to another as the seasons changed or resources were used up. Then, in several locations at the same time about 11,000 years ago, humans learned to farm. People stayed in one place to tend crops. Populations exploded. Civilizations formed and became diverse. Collective learning accelerated.

<p>INGREDIENTS & GOLDILOCKS CONDITIONS</p> <ul style="list-style-type: none"> Increasingly dense human communities Knowledge about the environment Warmer climates after the last ice age Increasing competition for resources 	<p>➔</p>	<p>NEW COMPLEXITY</p> <ul style="list-style-type: none"> Domestication of plants & animals Villages, cities, & agrarian civilizations 	<p>QUESTIONS</p> <p>Was farming an improvement over foraging?</p>
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<http://www.bighistoryproject.com> **BIG HISTORY PROJECT**

Big History Project in Years 9/10

A worldwide pandemic brings the world to us, however in Big History we have already done it! During remote learning, Year 9s and 10s have been looking into the world's first humans and have discovered how we are all related! Ewww I don't think anyone will look at their classmates the same way again remotely or otherwise. Then bam, we humans invented agriculture in places like Mesopotamia, the Greco-Roman empire, and Jericho in the West Bank region of the Middle East, which incidentally is where the oldest continuously inhabited place is on the planet. We humans then stopped foregoing and stayed in once place, but then we needed cities and states and laws to govern what happened. Que, social status, power, and human burials.

Next week, we will look at what happened on a fateful day in 79 AD in the Roman city of Pompeii and come face to face with a man who lived two thousand years ago.

Julie Maine

Talking About Careers

with Danielle Caponecchia

Weekly Careers Newsletter: This newsletter is jam packed full of the latest careers news from around the state. It has updates from universities and other institutions. Scholarship, job vacancies, career pathway information and so much more. I encourage both students and parents to take the time to read this.

To access the newsletter go to <https://myrtlefordp12careers.com/> or type in myrtlefordp12careers.com Click on the Careers Newsletter in the drop down box under the 'IMPORTANT INFO' tab on the top row. From there you will see the newsletters from the past six weeks. Click on the top one for the most recent.

Newsletters will go onto the portal every Tuesday.

Please feel free to contact me with any queries or questions.

Topics in this week's newsletter:

- Hotel management courses
- Students applying for nursing / midwifery courses (Yr 12)
- Australian Defence Force Academy – open day
- Careers in psychology
- View the new La Trobe University Sports Stadium
- Apprenticeships – Electrical Instrumentation, Fitter, Heavy Diesel
- Early admission programs closing soon for La Trobe University, Swinburne University and Charles Sturt University
- Virtual open days
- Upcoming virtual career events

What is VETDSS?

This week's Career Topic

If you're a high school student looking to get a head-start in your future career, the VET Delivered to Secondary Students (VETDSS) program is for you. VETDSS allows high school students to study a nationally recognised TAFE qualification as part of their secondary schooling.

How does VETDSS work?

You need to be between the ages of 15-19. VETDSS qualifications can be completed alongside your Year 10, VCAL, or VCE studies, and give you the opportunity to explore and gain new skills in the industries and career pathways that interest you. As a VETDSS student, you'll attend classes at GOTAFE one day per week, at either our Shepparton, Wangaratta, Seymour, Benalla or Online campuses. You'll combine VETDSS study with your normal VCE or VCAL classes, and your VETDSS course may even contribute towards your ATAR.

How, when and where do I enrol?

Secondary school students wishing to participate in a GOTAFE VETDSS program should complete the normal course selection process with their school. Upon completion of your school course selection, the school will forward this information to GOTAFE for enrolment. All VETDSS program referrals must be endorsed by the school.



A FREE TAFE INITIATIVE COURSE

AG SCHOOLS PROGRAM 2021

Victoria's leading school-based Traineeship in Agriculture.
Specifically designed for years 10, 11 & 12

TEACHING SITES FOR 2021		
SHEPPARTON DECA SITE SCHOOLS	WANGARATTA SITE SCHOOLS	WODONGA TAFE SITE SCHOOLS
Cobram	Benalla	Corryong
Kyabram	Beechworth	Rutherglen
Mooroopna	Bright	Tallangatta
Nathalia	Myrtleford	Wodonga
Nurmarkah	Wangaratta	
Shepparton	Yarrowonga	

WHAT THE AG SCHOOLS PROGRAM OFFERS:

- PRACTICAL HANDS ON TRAINING
- SCHOOL BASED TRAINEESHIP
- FUNDING AVAILABLE FOR EMPLOYERS
- INDUSTRY SUPPORTED
- REAL-WORLD APPLICATION AND EDUCATION

See your School Based Trainee Coordinator to discuss suitability and seek approval to enrol in Certificate II in Agriculture (AHC2016) or Certificate III in Agriculture (AHC3016) as a VET subject.

FOR FURTHER INFORMATION AND FEES, PLEASE CONTACT US:

www.wodongatafe.edu.au | info@wodongatafe.edu.au
1300 MY TAFE (1300 69 8233)



Funding may be made available to eligible individuals by State and Commonwealth Governments. If funding is utilised, this may affect opportunities to access additional funding in the future. All listed courses lead to an AQF qualification or statement of attainment. Free TAFE on selected courses only. Other fees and charges may apply. See www.tafe.vic.gov.au All listed courses lead to an AQF qualification or statement of attainment. RTD: 3097



BECOME A LEADER IN THE SPORTS INDUSTRY



Application and enrolment process



Undertake a dual Diploma

Diploma of Sport (Sport Development) SIS50319 & Diploma of Leadership and Management BSB51918

- ✦ The program is developed and delivered in a unique collaboration between Richmond Football Club and Swinburne University of Technology and develops the next generation of sports industry leaders.
- ✦ We welcome school leavers & mature age students passionate about all types of sport, not just Australian Rules Football
- ✦ Contact time is 3 face-to-face days per week
- ✦ Program Includes
 - ✦ University Pathways
 - ✦ Placement and Employment Opportunities
 - ✦ Outstanding Student Experience
 - ✦ Athletic Development
 - ✦ Institute Ambassadors

Pathway Options

Students who have successfully completed the Diploma of Sport (Sport Development)/Diploma of Leadership and Management may be eligible to progress to a Swinburne degree, in a range of undergraduate courses such as Business, and Exercise and Sport Science. Eligible students may receive up to one year of credit. Please refer to the Swinburne website for detailed information on pathways.

Placement and Employment Opportunities

Richmond Football Club, its subsidiary company Aligned Leisure, and businesses in the RISL Sports Industry Network are committed to providing real employment and placement opportunities.

In 2019, we had a 83% completion rate for our regional program. Many of these students (approx. 87%) gained employment at the Richmond Institute and Aligned Leisure, along with other areas of the sporting industry and our industry network. Many of our students also moved into further study.

The club anticipates its future young leaders will come from this program. Aligned Leisure currently manages Wodonga Sports and Leisure Centre, WAVES and the Albury and Lavington Swim Centres.

Outstanding Student Experience

We focus on growing students' character, resilience and confidence so our graduates are match fit, work

ready and life ready! Students also have the opportunity to attend national and international trips, and gain extra qualifications including First Aid, ASCA Strength & Conditioning, Ments Health First Aid, CASADA Level 1 & 2, Sport Australia Coaching and Level 1 AFL.

Athletic Development

Students complete practical sessions each day and train in a high-performance environment with access to state of the art facilities and coaching.

Institute Ambassadors

We regularly use a range of guest speakers, industry experts and formal ambassadors as part of the program.



All students are inspired to thrive and unleash their full potential

Additional Benefits

- ✦ Outstanding student experiences and outcomes over the last three years.
- ✦ Focus on personal and professional development, allowing students to understand themselves, improve their physical and mental fitness and stand out from the crowd.
- ✦ A passionate Student Experience Team who support student engagement and wellbeing throughout the course as well as future career and pathway opportunities.
- ✦ Benefits of being a Swinburne student including access to facilities and student services.
- ✦ Athlete-friendly delivery to allow a combination of industry work and sporting commitments to the program.

Next Steps

Register your interest and select an Open Day to attend on our website: richmondinstitute.com.au

Important Dates

November 2020:
Enrolment & Induction Day
Classroom Based Sessions
February 2021 - December 2021:
Classroom Based Sessions

VET Student Loan

A VET Student Loan is available for this course – allowing you to defer part of your fees if you're eligible. Find out more at: education.gov.au/vet-student-loans



GET IN TOUCH

E sportsleadership@richmondinstitute.com.au
M 0473 111 109
W richmondinstitute.com.au

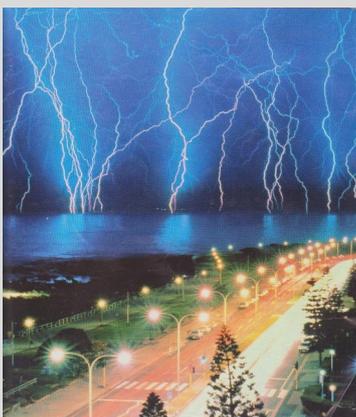


Melbourne - Diploma of Sport (Sport Development) SIS50319 & Diploma of Leadership and Management BSB51918

Mildura - Diploma of Sport (Sport Development) SIS50319 & Diploma of Leadership and Management BSB51918



Picture Stimulus Writing-Israel Guerin



!!!A TERRIBLE STORM!!! By Israel Guerin, Year 4M

I felt a cold shiver all over my body. The wind was howling, the leaves from the trees were rustling. I was all by myself caught in this storm. Nobody else was outside. They went inside to cover up from the storm. I heard the whoosh from the waves as they crashed towards the shore. I knew it was going to be a long night.

I held myself tightly. In the distance I could see the storm terrorising the town up ahead. I could even hear the light pitter-patter of the hail as it stormed down towards the ground. It was coming. The sky started to rumble really loudly. I saw a flash of lightning up ahead. I knew my parents were worried but I wasn't. I was as brave as could be. I charged through the rain getting totally soaked. Just a little rain wouldn't stop me.

Now the storm was getting really close. I closed my eyes just as another flash of lightning bolted down from the sky. The thunder rolled again for a really long time. Another lightning bolt came from the sky. A crackling sound of thunder made me shiver. I slowed down a bit so I could have a rest but not only for that reason: the storm was here.

I shielded my face from the terrible winds. I took a deep breath and got up again. I started to walk, then jog, and then I ran as fast as I could towards home. I stopped silently as the wind died down a bit but not for long. I couldn't see a thing, the sky was so dark I couldn't see where I was going. As the sky cleared a bit I smelt the familiar smell. The rain was pitter pattering loudly.

As I looked in front of me I saw my home. I was finally safe and sound.

LIBRARY NEWS *.....Mrs Morgan*

CBCA Book Awards

Normally at this time of year, the library would be displaying the shortlisted books from the CBCA Book Awards for students and teachers to explore and enjoy. As we can't share the books in this way this year, over the next few newsletters I will share some information about the shortlisted books with you. We have all of the shortlisted books in the College library, available for borrowing after the award winners are announced.

A little about the Awards...

The 2020 CBCA Shortlist is a treasure trove of some of the best Australian children's books published over the past year. Announcement of the winners for 2020 has been postponed until Friday October 16th.

There are six categories in the CBCA Book of the Year Awards— in this newsletter you can read about two.

<https://cbca.org.au/>

CBCA Book of the Year: Early Childhood

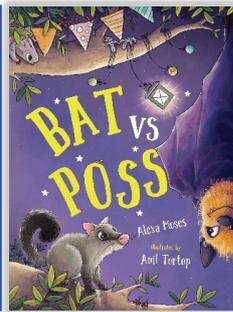
Books suitable for pre and beginning readers in the age range of 0-6 years.

Includes works of fiction, poetry, wordless, board and concept books.



The publisher says...

One pet rabbit. One dark night. One hungry fox. A wonderfully entertaining picture book about a clever pet rabbit on the run.

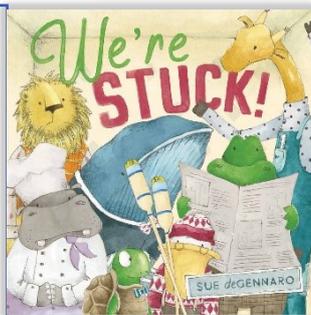


The publisher says...

Meek the possum and her sisters three are happy living in the sprawling paperbark tree - until the day Squabbles the bat moves in. A story about sharing and making friends. Meek lives with her three sisters, a gaggle of birds, lizards and other creatures next to a tumbledown terrace house. Everyone shares the space, and life is pretty sweet until the day a rude and messy fruit bat named Squabbles moves in - and demands everyone else move OUT. Will Meek be able to get rid of Squabbles, or is there a way for everyone to get along?

The publisher says...

When Turtle races into the lift of Building 24, there is a nod and a blink and a step to the side. A grunt and a sigh and a lean to the right. But what happens when the lift stops moving? Crocodile has a meeting to get to. And Giraffe has a doctor's appointment. And Turtle really, really needs to get to the shop.



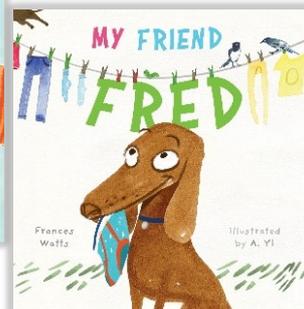
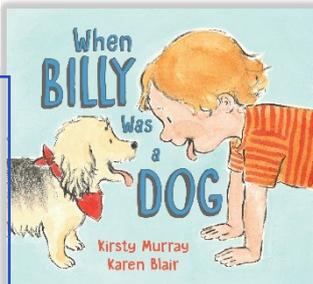
The publisher says...

A heartwarming story of letting go and starting anew, of moving from the country to the city, with a unique illustration style that allows room and space for the reader's imagination.



The publisher says...

'Can I please, please, please have a dog?' asked Billy. 'Would you walk it every day and wash it if it got dirty?' 'I would, I promise!' said Billy. Billy wants a dog. He really really really wants one. Billy's parents aren't so sure. So one morning, Billy takes matters into his own paws.



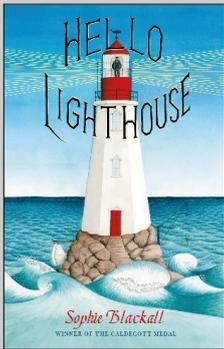
The publisher says...

This delightful picture book is about a friendship between an exuberant but loveable dachshund and his more retiring, tidy housemate.

This information, and more can be found on the CBCA website <https://cbca.org.au/>

CBCA Picture Book of the Year

Books in this category have text and illustrations that achieve a unity between art and literature, where the story, theme or concept is enhanced by the illustrations. The age range is 0-18 years.

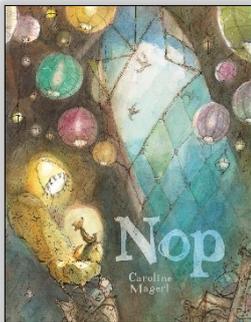
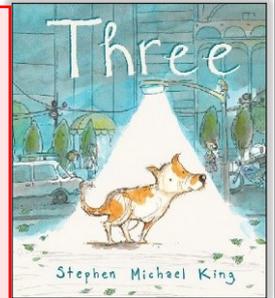


The publisher says...

On the highest rock of a tiny island at the edge of the world stands a lighthouse. From dusk to dawn, the lighthouse beams, sending its light out to sea, guiding the ships on their way. As the seasons pass and the waves rise and fall, outside, the wind blows; inside, the lighthouse keeper writes, and the rhythms of his life unfold. But change is on the horizon...

The publisher says...

One, two, three...Every day was a hop and a skip for Three. He was happy to walk from here to there, wherever his nose led, or wherever his legs took him...all the way to new friends.

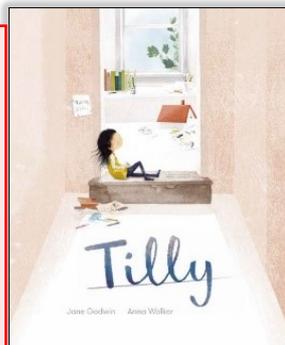


The publisher says...

Nop is a scruffy kind of bear. He sits on a dusty armchair in Oddmint's Dumporeum surrounded by the beaders, knitters, patchers and stitchers who are much too busy to talk to him. So he watches the litter tumble until, armed with a new bow tie, he has an idea that will change his life forever. This story began with a memory of Caroline's school holidays in Sydney. Her father was welding a steel yacht in a boat yard and she wandered off...only to discover the local dump, a home for the things people throw out! Many years later, her daughter Jen made a teddy bear out of scraps for her father. It's a very sorry-looking, but endearing creature. Named Roadkill, ten years later it still sits on top of his desk.

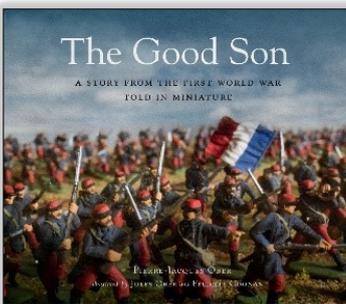
The publisher says...

Tilly has found the perfect hiding place to keep her special treasures. No one knows about it, not even her big brothers and sister, who know everything. But one day, something happens that Tilly could never have imagined...



The publisher says...

But what does a parrot need? A book about wanting and needing; what a child wants and what a wild bird needs.



The publisher says...

It is Christmas time, 1914, and World War I rages. A young French soldier named Pierre had quietly left his regiment to visit his family for two days, and when he returned, he was imprisoned. Now he faces execution for desertion, and as he waits in isolation, he meditates on big questions: the nature of patriotism, the horrors of war, the joys of friendship, the love of family, and how even in times of danger, there is a whole world inside every one of us. And how sometimes that world is the only refuge. Its publication coinciding with the centennial of the signing of the Treaty of Versailles, this moving and sparsely narrated story, based on true events, is re-enacted in fascinating miniature scenes that convey the emotional complexity of the tale.

This information, and more can be found on the CBCA website <https://cbca.org.au/>

If you have a HCLC library membership, you can enjoy some of the books on the StoryBox Library platform, read aloud, for you to share and enjoy.

I asked ...Miss Wall

What is your all time favourite book?

"Outlander" by Diana Gabaldon

Do you have a favourite author, and who is it?

Yes! Diana Gabaldon

What is your favourite genre to read?

Historical fiction/ romance, but I also love domestic fiction

What are you reading at the moment?

"I give my marriage a year" by Holly Wainwright



HEALTH CORNER...with Adolescent Health Nurse Rosemary Bunge

On Wednesday I delivered some awesome placemats to the Myrtleford Lodge. Thanks to Year 1 and 2 during remote learning art classes, and to Mrs Cartwright, whose idea it was to make them. When I arrived to deliver our gifts some of the residents were walking outside in the sun and they were so excited to see what you had done (when the Diversional Therapist showed them). Pictured below are some of the students who were on site with their placemat gifts, and a few photos of some of the other beautiful ones that were made.



As part of the Art program during remote learning, students at Myrtleford P-12 College have created some beautiful art which we have used to turn into these amazing place mats. We hope these wonderful paintings help to brighten your day and bring a smile to your face.

HEALTH CORNER...with Adolescent Health Nurse Rosemary Bunge

Intergenerational Learning

Our caring for our friends at Myrtleford Lodge continues with more lovely letters written by some of our students. Great work Indy Espejo, Sienna Molina, Aiden Thorpe and Year 20'D, these letters are so appreciated by the residents.

I had a lovely email of thanks for you all saying:

“please let the students know that the last letters are now displayed in the activities room on the glass windows, the Residents have all been seen reading and enjoying them.

They certainly make you smile.

Please also pass on to the students that I will bind them together once everyone has had a chance to enjoy them so that they can then become a beautiful book of memories for all of us. Please also thank the children for thinking of us all at Myrtleford Lodge, we are also thinking of them all and hope that they are finding the home schooling not too difficult, we hope that they will soon return to the classroom to enjoy face to face learning with their teachers and to reconnect to enjoy the friendships of their peers.” *Judith*

Feelings of worry/ anxiety - At present we know we are all facing lots of restrictions and changes to our lives. This can cause some anxiety, and it is important that we deal with these feeling.

Below is a simple Anxiety tool, that we all can use anywhere, anytime, to help cope with these feelings if they are causing us any discomfort or distress.

<p>Find 5 things you can see.</p>		<p>Find 4 things you can touch.</p>
	<p><i>Anxiety</i> Grounding Tool Helpful when you are feeling anxious.</p>	
<p>Find 3 things you can hear.</p>	<p>Find 2 things you can smell.</p>	<p>Find 1 thing you can taste.</p>

.....Rosemary Bunge

Quote of the week: ‘People need to hear what they’re doing right far more often than what they’re doing wrong.’ Lauren Fortenberry

Please Note:

THE CANTEEN IS CLOSED FOR TERM 3

Students attending school will need to bring food from home.

Unfortunately due to ongoing COVID 19 restrictions, school banking will not resume during Term 3. Students can however, continue their saving habits by visiting their local Commonwealth Bank.

Save your ice cream containers!

The Science department is in need of 2L and 4L ice cream containers. Please save them and bring them in for Term 4.



Wellbeing Support during COVID 19 pandemic

FOR STUDENTS

- [Beyond Blue Surviving School before, during and after COVID 19.](#)
- [A guide to dealing with constant change due to COVID 19](#)
- [5 steps to study success at home](#)
- [7 tips to help with stress and anxiety](#)
- [Tips to keep good mental health](#)

FOR PARENTS

- [How to have a great conversation](#)
- [Tips for supporting a teenager who is stressed](#)
- [Surviving Year 12 \(for parents\)](#)

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