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 Principal ● Zlatko Pear

Inspirational.

Issue 5: 1st May 2020

Calendar

June

26 Last day of Term 2

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

Remote/Flexible Learning

Wow, it's the end of week three but it feels like we've been undertaking remote and flexible learning for more than just 20 days. This has been a busy, and at times, difficult period for all of us. Feedback from the community has been overwhelmingly positive. Our survey data shows that a number of students are 'loving/thriving' learning from home, most are 'getting on with it' and coping well and some children are struggling. We are in constant contact with these students and their families to provide the additional support they need.

Our school is in a privileged position regarding computers and other technology. All our secondary students have a computer. Primary school students have borrowed over 130 netbooks/IPads from the school. We have also lent out a number of 'Dongles' and more a due to arrive next week. This means that 95% of our families are now confident they have adequate internet access at home to properly engage with remote/flexible learning.

Teachers are working hard at home preparing learning activities and providing feedback to all their students. They are reporting that the new skills learnt over the past month will enhance their teaching when classes return to 'normal'.

I have spoken to a lot of parents and I know that some are finding this new way of learning difficult. It is really important to remember that children are **not being home schooled**. It is not the parent's obligation to 'teach'. This responsibility still belongs to the teachers. Teachers are online every day, during regular school hours. They are setting the work, they are teaching the curriculum, correcting and giving students feedback. Teachers are also there to provide you and your children with any support you need and to answer any questions you may have. I am working from school, the office is open every day and there are always a number of staff working on-site every day. So please call if you have any questions or need any additional support.

I have not received any new information regarding changes to the current arrangements. Obviously May 11th looms as an important date. I assume this is when we will find out what the plans for the immediate future of schooling in Victoria will be.

Thank you for your continued support and patience.

Staff Change

Liz Crawford has been teaching one our Year 6 classes since the start of the school year. Liz stepped in at short notice to replace Donna Bigger in late January. Donna will start back with us on Monday. I would like to thank Liz for her enthusiasm and her friendly and professional manner. She has done a fantastic job with her class over the past three months and I'm sure her students and their families appreciate her commitment. We look forward to having Liz work with us in the future.

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>

From Term 1



BLOOD DONATIONS STILL REQUIRED

The donor centre is still open in Wangaratta and the need for blood is as great as ever.

Driving to the donor centre is considered essential travel. There is no evidence to suggest COVID 19 is spread via the blood hence it is safe to give as long as you are healthy and well. They are taking all precautions in the donor centre for your safety too.

If you would like to give call 13 14 95 for an appointment or hop on line <https://www.donateblood.com.au/one-step-closer>

Our school nurse Rosemary made her 50th blood donation late last term. Great contribution Rosemary!

Be Respectful – Be Responsible – Be a Responsible Community Member – Be Safe

Green Card Winners

Term 1 Week 8



- Prepared and ready to participate
- Following teacher directions
- Keeping my learning space tidy
- Wearing my uniform proudly
- Focussing on my own work
- Using respectful language
- Arriving and leaving quietly and safely
- Showing kindness to others
- Trying my hardest

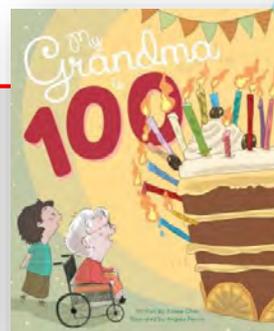
Congratulations!!

Aimee Chan Visit



Last term Prep –Year 2 students were lucky to have a visit from a local author, Aimee Chan.

Aimee read her new picture story book “My Grandma is 100” to the students, and Aimee shared the process involved in producing a picture story book. The students were very excited to share the book with Aimee, and they had lots of questions for her about her writing, and the characters in the book. They also heard a special message from the real Grandma Edna.



Library leaders Zali and Jordan had prepared a library display for the visit and shared that with Aimee, who was very impressed with their efforts.



Year 8 Science

Last term, the Year 8s made models of a specialised cell, including red blood cell, muscle cell, nerve cell and goblet cell. They had a lot of fun and the finished product looked fabulous!
Lia Mitchell

Alex's Fat Cell



Victoria Police Visit

Late last term, we had LSC Lisa Lorenz visit the school and talk to a couple of classes. Lisa met the VCAL students to discuss her 20 year career in Victoria Police - all the training she has to do and has done. She discussed the many opportunities that some organisations offer when you work for them. LSC Lisa Lorenz now runs her own station at Tangambalanga and talked about how her skills have developed over many years.



When Lisa visited the Year 9's she spoke about your rights when you are spoken to by Police, and went through her equipment, training requirements and police vehicle. In both classes, she set aside time for students to ask questions of which there many great questions. Lisa made the point to both classes that she was not entirely sure what she wanted to do when she was at school. At one point she thought she might drive trucks!



Her first jobs were working in offices. She never thought about policing. There is greatness and a great job waiting for you out there!

All the students from VCAL and Year 9 are truly grateful for the time she gave them. The School Community would also like to thank the nearby Police Stations for their support in getting Lisa to visit the school.

Mr. Selway





ANZAC DAY



Junior School Captains Scarlett Luppino and Archer Novak represented the College on Saturday, laying a wreath at the memorial on behalf of Myrtleford P12 College. On behalf of the whole school community, thank you Scarlett and Archer.

Students in 2AH were tasked with making something from their garden to commemorate ANZAC Day. No instructions were given other than using items from their own gardens. The students came up with some beautiful arrangements as you can see in the examples here.



Gavin Figueroa, 2AH



Tanishka Sharma, 2AH

Letters of Gratitude from Year 5...

As part of learning about Anzac Day last week, the students in Year 5 were encouraged to write a letter of thanks to someone that they would like to show their appreciation too. Please enjoy reading these letters of gratitude. Mrs Watson 5W

To the ANZACS,

Thanks to the ANZAC soldiers that fought in all the wars. Thanks for your sacrifice and for keeping us all safe. Thank you that we can live in a free country.

From Isaac Whittingham (5W)

Dear Life Saving Solder ,

Thank you for everything. You could have picked any job but you chose to protect all of us. You are a champion in your own way, you work as hard as you can to save our country. That means you are grateful. I really wish I could meet you one day. Keep strong and know everyone in our country is always cheering you on.

Sincerely Charlee Savage (5W)

Dear Pop,

I would like to thank you for going to the Vietnam War. It was sad that you got shot in the arm. I know you are proud of what you did for this country. When I was older you came down to see us. You told us all about it. You told us "It was the scariest thing that you had ever done".

From Riley Howell (5W)

Dear Soldiers,

Thank you for serving our country. You are very brave for putting yourself at risk to protecting our beautiful country. You fought so hard and I appreciate that. Thank you.

From Machydie Paahi (5W)



Letters of Gratitude from Year 5

Dear Nurses of the world wars and of today,

You played a very important role in the wars, thank you for saving people's lives. Thank you for all of the sacrifices you made in being there to help, if it wasn't for you many soldiers would not have lived another day. You would have seen some horrible things in your service in the war so again thank you for your compassion in caring for people. I have been reading about the Anzacs and I know that the conditions you worked in were horrible at times, sometimes you had no food or sleep but you still had to do your job and look after the soldiers because they needed you. I read that more than 3000 Australian nurses served during World War One, and that many never recovered from what they had seen and the stress of it all, and many lost their lives too. So I thank you. This is a poem Mum showed me about the ANZACS and even though I don't totally understand yet what it means I am writing it in my thank you letter to you.

They shall grow not old,
As we that are left grow old
Age shall not weary them,
Nor the years condemn.
At the going down of the sun and in the morning
We will remember them.

Nurses of today are still helping and saving people's lives, they work so hard to always be there, I am grateful to know if I ever needed help I could rely on a nurse to help me. I thank you all for that you do. I know that nurses work very hard and may not get the respect or appreciation you deserve, so I thank you.

Being a nurse would not be easy, you must have a caring heart and a real need to help people, so I thank you.

So thank you to each and every nurse. Thank you for keeping our world turning, you are all heroes to me.

From Rianna Brown (5W)

Dear Soldiers,

I am writing this letter to say thank you for protecting us for all these years. Even to the ones that we have lost along the way. I'm sorry I won't be able to go to the dawn service tomorrow. Because of the coronavirus we can't go celebrate. So I am going to pay my respects for our past and present by singing the national anthem. Wish you all our luck!

From Ryder Harris (5W)

Thank you to my mum who was in the Australian Army, and to all the personnel who help our country during the past 100 years.

All these people help make Australia a better and safe place by helping, supporting and peacekeeping where it is needed. If we didn't have all these good people we would not have what we have today.

It makes me proud that my mum was a part of the peace keeping forces and supported other nations in East Timor twice and the Solomon Islands.

All of the personnel should be thanked and we are grateful for all their hard work they have done.

We must think of all those who are not here with us who died during the worst times during war. We are so lucky to have what we have today.

LEST WE FORGET.....

From Sienna Schell (5W)



Look for more of Year 5W's letters of gratitude throughout the newsletter.

ANZAC Day



Acrostic Poems 4M

All soldiers determined.
 Nobodys sadder than their mum
 and dad.
 Zillions of people pray.
 Australia New Zealand Army
 Corps.
 Cold frosty days.
 Dirty and wet stays.
 Allies and enemies.
 Yells of help from the trenches.

Declan Thompson

Aircraft flying
 Nervous new soldiers
 Zooming bullets passing by
 Angry army's fighting each other
 Cold courageous soldiers
 Dirty, muddy and slushy trenches
 Allies working together
 Young men died

Kade Morgan

Australians come together
 Never forget
 Zone
 Army Corp
 Colourful patches
 Dawn service
 April 25th
 Yummy A.N.Z.A.C biscuits

Isabelle Morrison

A day to remember
 Never forget
 Zipping bullets they had to
 dodge
 Always remember
 Courageously they fought
 Don't forget
 At dawn
 You remember

Hunter Macgowan

Australian and
 New
 Zealand
 Anzac
 Cookies

Day to commemorate
 And celebrate soldiers
 Yearly

Madilyn Ramia

Appreciate
 New
 Zealand
 Anzac cookies
 Commemorate
 Dawn
 A respectful gathering
 Yesterday soldiers will never be forgotten

Siena Molina

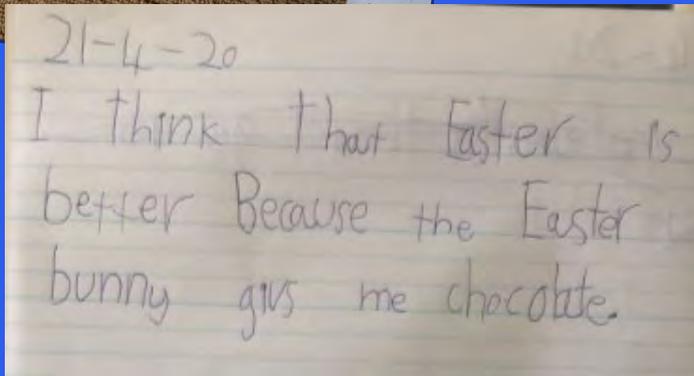
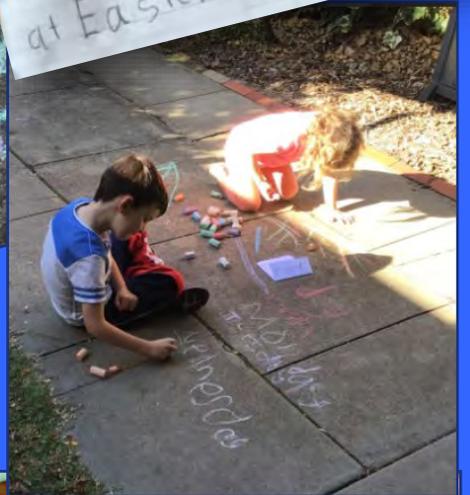
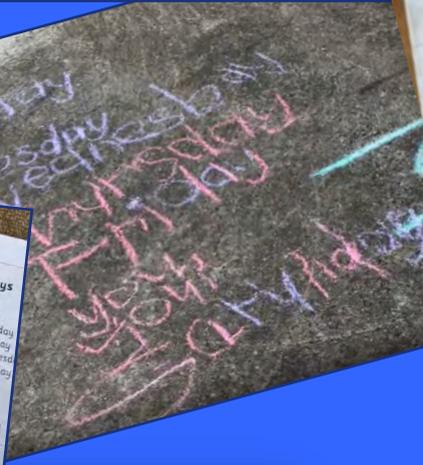
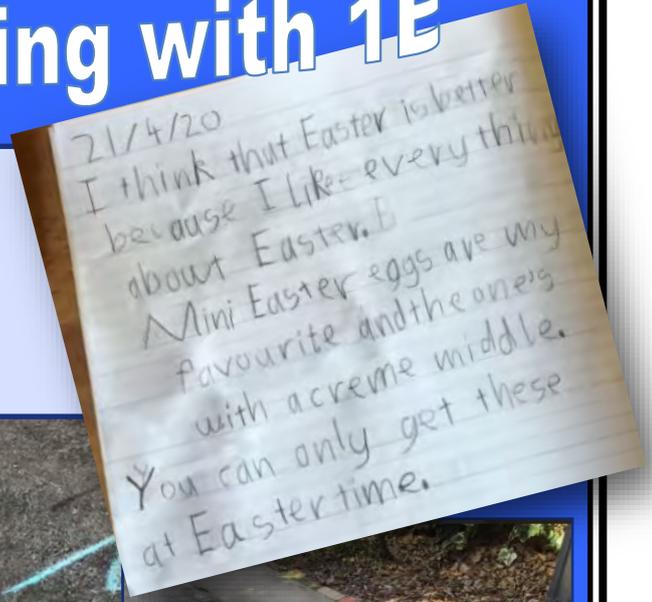
Army of soldiers fight from day to
 Night. As many soldiers die,
 Zero people smile.
 Anzac Cookies are eaten.
 Ceremonies are held.
 Dawn, is the time you wake up for
 the 'dawn service.' On
 April 25th, every
 Year. People come together to
 remember.

Samuel Iaria

Spelling and Writing with 1E

Here are some examples of students from 1E using various types of materials to practise their spelling and writing at home.

Mrs Wall



More letters of gratitude from students in 5W....

Dear Buddy,
 Thank you for being here in these hard times. You've helped me through the tough and easy and you mean the world to me. I would be lost without you and I want to thank you for always being by my side. I love you endlessly and thank you so much. Buddy you're my best friend and I'm so glad all my friends got to see you.
 From Millie Trezise (5W)

To Mum,
 You are the best mum in the world. You help me when I need it the most. You buy me stuff I want. You let me dance. I love you so much...to the moon and back then back again. You are my superhero. You help me with my school work.
 Love Indi Lindbom (5W)

To all the firefighters,
 I'd like to thank all of the firefighters for saving people in the big bush fires earlier this year. You guys are the most bravest and kindest people. I think you should have a big pat on the back. You saved lots and lots of people and their homes and you also saved the wild life.
 Regards Matilda Gabler (5W)

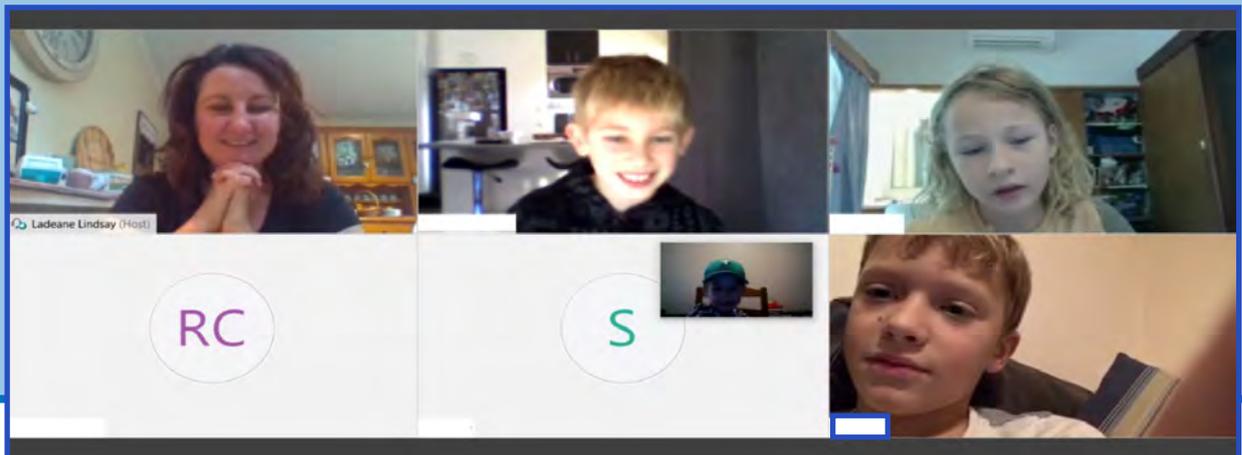
3L Class Dojo Weekly Challenge:



No doubt remote learning poses a variety of complications for students, parents and teachers. As a way to engage students and assist families, 3L have been using Class Dojo points to support remote learning. For each Google Classroom task completed, students earn a total of five points. Additional points are received for completing a new day reflection, solving the daily challenge, up-levelling work and demonstrating a conscientious effort, for tech savvy students who provide support to others and for those you demonstrate independence. At the end of a week, the Class Dojo Champ is announced. This student is then invited to select five friends for an online Webex Meeting time of connection.

Last week, Louis Sanderson was our Class Dojo Champ, and on Friday morning, we held our very first small group Webex meeting. The boys enjoyed chatting with one another, telling jokes and being able to see one another's face. We miss each other and being at school together, so it was fun to connect and hang out together. Who will be the next 3L Class Dojo Champ?!

Mrs Lindsay



More letters of gratitude from students in 5W....

Dear Dad,

I thank you for giving me courage to overcome so many hard obstacles that I never could've done without you. You have helped me through partly all my life. And done good things in my life. You have given me advice to future things that I will face. You have also told me to be creative. That's how I have my mind right now making my own things up. You have set my mind to be efficient at the things I do. I am very fast with my math's because of you. You have done so many things to help with my life.

From Luqel Treena-Melville (5W)

To Mrs Watson,

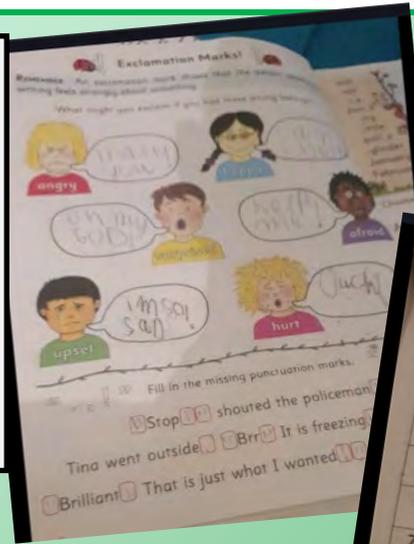
Thank you for being an amazing teacher. I appreciate all your hard work and time that you put into all of our learning. I understand how hard it must be for you to learn new programs on the internet in a very short time. (I know I wouldn't be able to do that!) It has been a very good year so far when you were teaching us, this is a very new way of learning being in isolation. I feel it was a lot better when we were all learning at school. I hope we are all back at school soon! You have shown me that learning can be fun! Being part of this school year with you is something that I will never forget. You have made a positive difference in my learning life. I am deeply thankful you are my teacher and hope to see you soon. How does being in isolation make you feel? Have a great weekend you deserve it.

From Bella Turner (5W)

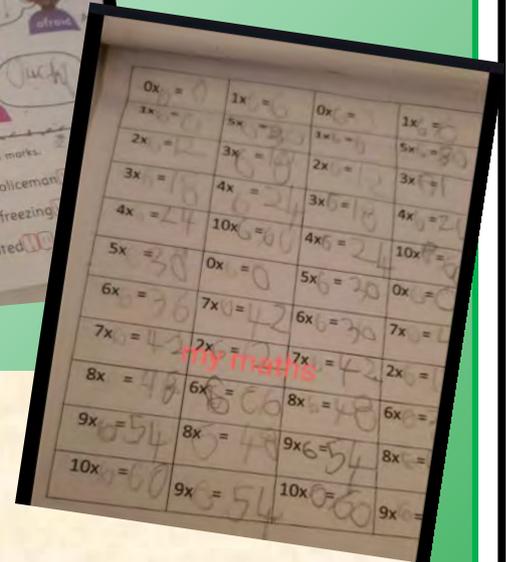
BIOGRAPHY WORK IN YEAR 4MS

In 4MS students have just finished learning about autobiographies, and have now begun biography work. Here is a Zack DeLaRue's Bio Poem, and a little example of maths and punctuation work from Shane Barnik.

Mrs McIntyre/Mr Sharp



Shane's Maths and punctuation work



Bio Poem: Zack (Year 4)

Zack

Fast runner, likes walking the dog, loves star wars, plays roblox.

Son of Christopher and Marita, brother of Ruby, Ben and Simon.

Lover of ... Lamborghinis, blue tongue lizards and games

Who feels... Sad in isolation sometimes, relieved when finishes school work for each day and sad for the people that have passed away from coronavirus.

Who needs... full protection gear for motorbike, needs more shelves to put lego on and needs new football boots.

Who gives... time to his family to do their work and do chores for them, gives gratefulness for the people that give me and gives happiness to his family.

Who fears... for getting things wrong, fears scary movies and fears tarantulas.

Who would like... A lamborghini, a WHOLE room filled with lego and have infinite robux.

Who comes from Myrtleford, Australia and lives in Myrtleford, Australia.

De La Rue

A letter of gratitude from 5W....

Dear Mrs Watson

I'm writing this for you because I am grateful to have you as a teacher even through this tough time we are all going through. You try to help all the people in the class like if they get stuck on something you help them get through it or help them understand what they are working on. You helped me understand what some of the things were like. I asked what Rapid Recall was and you said it was Studyladder. I asked you not only because you're my teacher but I asked you because my mum didn't know what it was. You're a good teacher and I trust you to look after my class better than any other teacher I know. I am sooo grateful to have you. Thanks for helping me with all the stuff I needed help with and I hope I can help you in the future.

From Kobe Chisholm (5W)

The Quarantine Chronicles-Year 7

The Writing Task: The Quarantine Chronicles

Experiment with our writing style, making light of an otherwise terrible situation. Students were encouraged to 'play' with punctuation, vocab and sentence structure and tell the tales of their time at home.

D is for drive with Dad

Never in my whole entire life did I think that I would be this thrilled to go for a drive to Mt Beauty . It was Saturday the 18th of April and around 3:30pm, when the most exciting thing for the whole week happened. I asked dad, he agreed that this was his favourite job he had all week - because he had his favourite child (in my opinion) assisting him. Dad and I hopped in the yellow and white vehicle and made our way over the Rosewhite Gap (if you haven't caught on to what is happening - my Dad works for the Bright RACV and he got a job) The blue gum trees filled my view and the tarred road weaved in between, making it exquisite. Beneath us laid paddocks full of green grass and cattle roaming.



Brooke 18/4/2020

H is for hole.

We dug a hole. A big hole. Digging a hole is harder than it looks. First off you have to start digging through the grass and that's just tough. Then, dirt, dirt and more dirt. It never ends. Plus, our hole was 4 metres wide. By the way - we aren't even finished digging yet. Then there is clay... like who even likes clay and what is it even good for? I'll tell you what it is not good for - is digging through! It weighs a ton and it's just everywhere when you dig. It SUCKS! Blisters on your hands, sweat dripping off your face.... far out, it's like we are living in hell! Well you are probably wondering why we dug this stupid hole. Its for a fire pit. Yeah I know that's pretty boring - I wish we were digging for gold or something, that would be so cool. However, we might find gold you never know what's under our front yard. We were digging once and found a whole lawn mower, now that's weird. Well if we find some gold I'll be sure to tell you. So if your parents tell you that they are going to make a fireplace, run... just run. (Or bang your head against a wall it will probably be just as boring and painful as digging a hole).



Lachy

D is for Disc Brake

Disc Brakes and Mountain bikes.... they go together like Coronavirus and People. Who would have thought they could be so dangerous? Not me that's for sure, but as I have discovered it is just a wee bit painful. So I would advise against doing and will explain why. To start, it's a wee bit painful. Secondly. It makes a right mess. Thirdly and foremost you'll have to go to hospital and that's worst place to be for diseases. So the moral of this story is try not to injure yourself and stay at home because if you stay at home you can slow the spread then once this is over you can make up for the shortage of injuries.



Blake

A is for 'Atomik'

'What the heck is an Atomik?' I hear you say. Stay calm, I haven't misspelled 'Atomic Bomb' but the Atomik is a bit of a bomb and could be just as dangerous (the way I use it). The Atomik I'm talking about is a cheap and nasty two wheeled death trap, the perfect cure for quarantine boredom. You guessed it, she's a motorbike, a little blue rocket that goes that fast she makes my eyes water. Actually, it's the flying bugs that makes them water but I can exaggerate can't I?

I love to ride her, even though my knees are up around my ears. Riding her makes me concentrate, which makes me forget about all other things, including closing my mouth. So the bugs get in there too but that's okay it means I don't have to stop to eat. It is tempting to tell you that I'm a gun rider but the truth is, my excitement about riding outweighs my ability. The other day, I went for a ride and I was accelerating a little too much before hitting a tight, tree lined corner. Not my fault I might add, the throttle got stuck.....I swear. I skillfully managed to miss the first two trees and was admiring my flukiness when I came to grief with the third and largest of the three. That didn't stop my blue rocket though. That little legend just wanted to keep going. Still on her seat, I was untangling my legs to stand up, and even though her front end was a little mangled, she just kept spinning those wheels like a champ. She reminded me of a goat trying to untangle its horns from a chicken wire fence by ramming into it. Anyway, eventually I got her sorted out and together we rode off into the sunset. Isn't that romantic?

By Zali Feltrin

Q is for Quarantine Crazy

Quarantine crazy. That's what I'm calling that feeling of insanity due to being stuck indoors for all these weeks. Trapped in our tiny homes, left to stew in here with our work while a pandemic spreads across the globe. Not being allowed to interact with others in case you become one of the unfortunate few who contract the deadly disease. Doesn't it just make you feel so trapped? I can safely say that I've gone quarantine crazy! Sure, we're permitted to go out for short bike rides or walks, but it's just not the same. I mean, going out for a ride is all well and good, but it's not the same without a friend by your side. All this isolation is driving me mad! Stuck with the same people 24/7, not interacting with anyone new, it's just so infuriating! I can't even begin to imagine how mental the people who contracted the ailment would be. I honestly feel sorry for them. On top of feeling completely alone, they have a virus that can kill! Those poor, poor souls.

Emlyn Connor

A is for Antidote & Anxiety

A is for antidote, hopefully they will find an antidote or vaccine for Coronavirus soon so we can all return to school and people all around the world stop getting sick and dying. A is also for anxiety which we are all anxious during this quarantine stage as we can't see our family or friends and I worry my parents will get Coronavirus as they are both Nurses and are still both working at the hospital and blood bank. I know that the Government and Healthcare workers are all trying their best to stop the spread of Coronavirus, but it's really hard not being able to see my friends and go to the park or basketball court with them. I never thought I would miss school!

Jock Pascoe

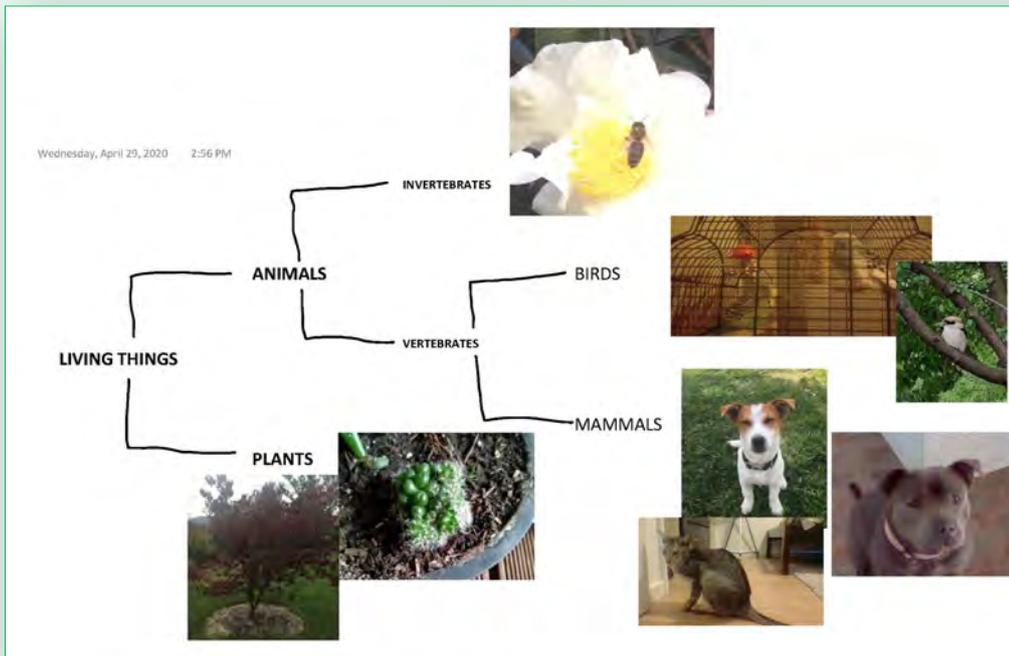
Talking about Maths.... with Ms Macrae

Maths at Home

We know that students at M-P12 College have been working hard on their Maths whilst doing remote learning this term. A big congratulations to the following students in Years 7-10, who have been working above and beyond in Maths across the last three weeks:

Year 7	Tahlia Bug (7A), Bayden Heywood (7A), Brooke Parolin (7B), Lachlan Macgown (7B), Sahara Giles (7B)
Year 8	Georgia McRae, Hari Barbisan, Jaydon Clark, Matilda Knobel, Rachel Larsen, Cody Howell, Ashton McPherson
Year 9	Lani Cousins, Heidi Murray, Ainoah Sevilla, Reuben Thomas, Zach Allan, Tyler Heywood
Year 10	Amy Gunson, Luke Dale, Liam Macgowan, Liam Morgan, Rowan Hulsbosch, Ned Pascoe, Dusty Poulton, Brody Wilson

Science at home with 7B



Over the last three weeks, Year 7s have been studying the classification of living things. Whilst we can't visit the Zoo at the moment, students in 7B have done a great job of finding living things around their homes in some quarantine fieldwork!

Being a great scientist is all about

asking great questions, and being thoughtful about what you are studying! Congratulations to the following 7B students who have been being great Scientists from home over the last few weeks:

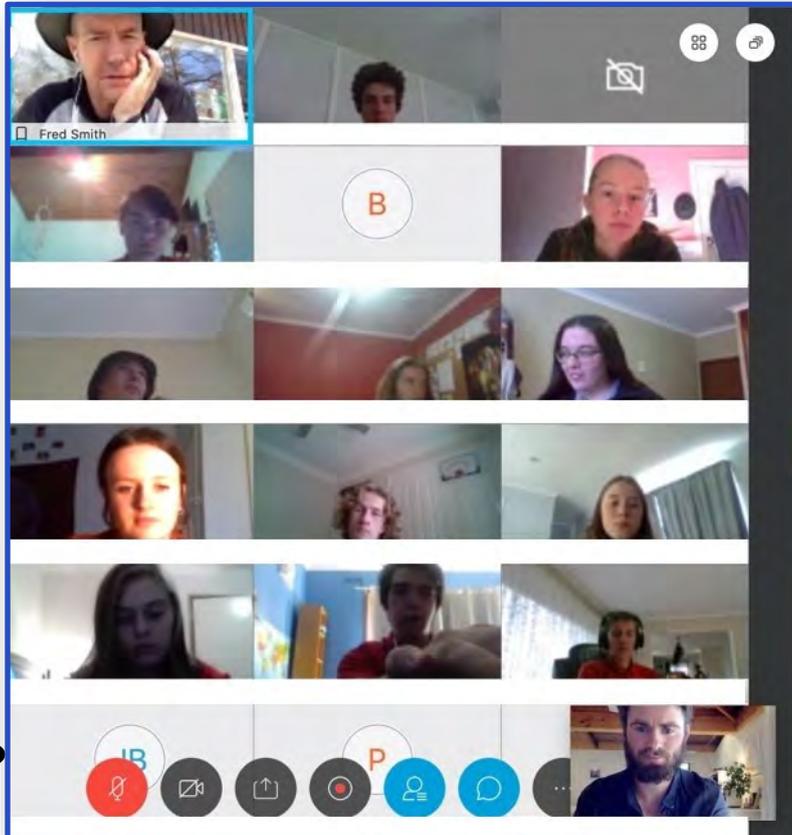
Zoe Doodeward

Alex Cameron

Alexis Carver

Ms Macrae

Year 10 Guest Speaker - Fred Smith



Despite having to stay away from school, the students of Year 10 English were still able to hear from guest speaker, singer/songwriter and diplomat Fred Smith, via Webex. The year 10s are currently studying a unit on War Literature, containing a number of songs from Fred's 2010 album 'Dust of Uruzgan'.

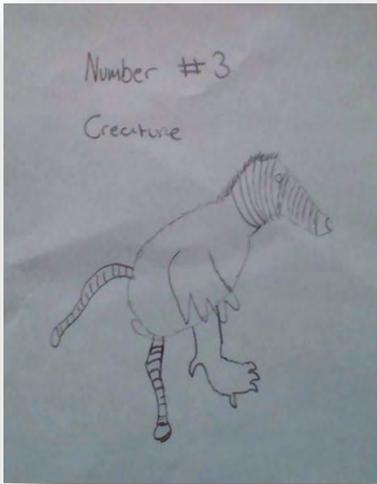
In the Webex, Fred described his experiences as a diplomat working overseas in conflict zones such as East Timor, Bougainville and Afghanistan. He discussed the importance of understanding the point of view of a character to be able to write about any situation, and that while having lived experience was important, using the experience of others could be just as effective. He described his own choices for certain lyrics or ideas in his songs and how he approaches song writing to grapple with challenging situations. He also discussed his own journey and how his choices have led to having multiple successful careers.

Students listened to Fred's songs, read about his experiences, and watched a film that had only been released in the previous week for ANZAC day before conducting the Webex. Special thanks to Ned Pascoe, Amy Gunson, Tom Crisp, Ashlyn Buckley, Liam Morgan and Liam Macgowan who each prepared well considered questions for Fred. This experience has been highly valuable for students in their understanding of current conflicts around the world and a form of literature that is both engaging and relevant.

Thanks to Fred for giving up his time to speak with these students. We will continue to follow his journey with interest.

Adrian Harbisan

Visual Arts/Design and Technology



Ethan Luppino's-
Mythical Creature

The Visual Arts/Design & Technology area have really stepped up to the challenge of remote learning with some great work being produced across both subjects. These range from portraits, movie scenes home safety poems, home safety movies and even songs and dances about home safety. Here's just a few examples of students work.

Mr Murray



Alex Durling -Movie Scene

Workstation Safety

Safe;

Your personalized space (presumably) best for learning because you designed it
Not much to worry about sitting down at a desk
Positive mind set to do work at said station

Haiku;

It's your own workplace
You have to take care of it
Right mentality

Unsafe;

Be careful of electrical outlets around your feet
Be careful not to spill liquids on the workstation area as it could lead to a laptop malfunction
Ants could be a problem if you have allergies to them and aren't careful
Breaks are necessary during long periods of sitting

Haiku;

Careful and aware
Health and positive mindset
You have to take breaks

Poem by Brody Wilson, including a Haiku (a traditional form of Japanese poetry).



James Bankier- Portrait of his dog



A snap shot of a stop motion movie on Chainsaw safety by James Lennox

LIBRARY NEWS



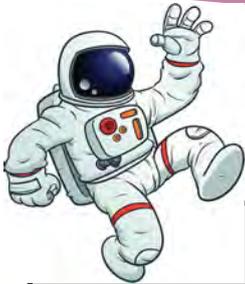
The Premier's Reading Challenge is OPEN!

Year 3-10 use your eduPass username and logon (Same as Google classroom)
 Prep-2 students email me your interest at morgan.kathleen.j@edumail.vic.gov.au and I will reply with your log on details.

Preschool children at home can also get involved by registering online.

Audible Books has made lots of the books available to kids of all ages FREE for as long as schools are closed.
 No sign up, just books to listen to for free!
 Follow the link below and start listening.
<https://stories.audible.com/start-listen>

Stream videos of authors and actors reading children's books with on this link: [Storyline Online](#).



Watch astronauts on the Space Station read children's books at [Storytime from Space](#).



Zoos Victoria has 24/7 live streams of animals and their keepers.

<https://www.zoo.org.au/animals-at-home/>

Victorian
 premiers'
 reading
 challenge



READING:
 EVERYBODY
 EVERYDAY



VICTORIA
 State
 Government

Victorian Premiers' Reading Challenge

The Victorian Premiers' Reading Challenge is now open and Myrtleford P12 College is excited to be participating. A new application is being used this year that offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
 - a modern user-friendly interface
 - rewarding students with badges as challenge milestones are achieved
- the option for students to mark books as a favourite, give them a star rating or complete a book review

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 4 September 2020.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

To read the Premier's letter to parents, view the booklists and for more information about the Victorian Premiers' Reading Challenge, visit: www.education.vic.gov.au/prc

PARENTS CLUB NEWS

Like the students, Parents' Club met online for the first time using Webex - other than some video/audio glitches and random children/cats, the meeting went well!

The Easter Raffle at the end of last term raised \$1000. Thank you Belinda Ramia for organising and Kaleena Kneebone for distributing over forty prizes.

Sadly, the Mother's Day Stall will not go ahead this year but we are still planning the Pie Drive. Watch for forms next month and collection will be on Wednesday 10th June.

Also, pencil into your calendar Friday 6 November for the Twilight Fair. We need a huge show of volunteer commitment to go ahead. Let us know your ideas or if you can help before the next meeting.

Claire Stock

**Friday 6th
November
SAVE THIS
DATE!**



Next web meeting will be 11am on Friday 15th May.

A link will be posted on Myrtleford P12 Families FaceBook page - all welcome!

Meanwhile at school...



Filming a dance for Grade 2



Savannah working on her tasks for the day



Charlotte completed her Maths and then coloured a fabulous Elsa

HEALTH CORNER...with Adolescent Health Nurse Rosemary Bunge

In these challenging/weird and wacky times a few ideas to support people if they are feeling anxious.

What we know about stress and anxiety

We all feel anxious sometimes – it might be about exam results, a job interview or even who will win the final of a sports match. This anxiety is a normal part of life and in fact is necessary to help us avoid danger or perform at our best. For some people, the feelings of anxiety can be much more extreme. This anxiety is more than feeling stressed – it's a serious condition that makes day-to-day life difficult. If this happens we need help to cope.

1. Why we worry

Stress is a normal reaction to situations where we feel under pressure – it's part of our natural survival instinct. When we feel threatened, our body automatically channels energy to help us escape the danger. The chemicals released by our brain can make us feel nervous and they can also make it hard to think clearly.

2. Our response

Think about how you feel when you're stressed or scared. Your heart starts racing, your breathing gets faster and you feel really alert. Most of the time, these feelings go away once the stressful situation is over. Sometimes big events in our lives can also cause us to worry and feel uncertain about the future.

3. Anxiety

For some people, anxious feelings can happen for no apparent reason or won't go away, even after the stressful situation has passed. Anxiety can make it hard for a person to cope with daily life. They might find it difficult to get the feelings of worry under control, which can be a very scary and upsetting experience. Some people have panic attacks or intense fear about things in their everyday life. This makes day to day living difficult so we need help.

There are lots of things that we can do to help ourselves cope better but sometimes we also need help from other people.

Support from family and friends

Our friends and family accepting us for who we are can help protect our mental health, especially during times that can be stressful.

Talking with family and friends

Sometimes it can be hard to talk about how you are feeling with your parents or close friends. You might think "What will they say?" "How will they understand?" But the truth is they want the best for you. They do not want to see you hurting.

Parents and friends will react in different ways. Some may be supportive and caring while others might have trouble understanding your experiences. It can be surprising to see how helpful people can be when you let them know what's going on. Others might feel frustrated because they don't know how to help or because they feel disappointed that they had not seen how unhappy or anxious you were.

If their reaction is because they don't know much about anxiety or depression then you may be able to learn about it together. Talking about what is going on can really help.

Help available

At this time the best way to access health professionals is via:

- your local doctor
- online mental health service
- [headspace](#) centres
- School wellbeing team

Some online and phone supports:

Online chat **beyond blue chat online** (3pm - 12am)

www.youthbeyondblue.com

Phone **1300 22 4636**(24 hours)

Headspace www.eheadspace.org.au

Phone 1800 650 890 headspace

If you would like to chat you can contact the school nurse via email bunge.rosemary.k@edumail.vic.gov.au to arrange a time.

Take care and remember to breathe.

....Rosemary

Quote of the Week: When you can't control what's happening, challenge yourself to control the way you respond to what's happening. That's where your power is. Buddhist quote

Bits and pieces...

What could go wrong with Webex meetings you ask?

Here is a few IT bloopers some of the staff have experienced over the last few weeks:

- Early mornings 2am meeting (meant for the afternoon)
- Late night 10.40pm class (meant for the morning)
- Being the only one in a Webex meeting-because it doesn't start until the next day!



Classic on-line learning moment.... Prep student Bowie, reported in for his Jolly Phonics quiz as "Mr Cartwright". He then proceeded to award his teacher, Mrs Lock, 10 Dojo points for her work!

Letter of gratitude...

To the police,

Thank you for protecting everyone and for leaving your family to help people in need. I remember when you came to Myrtleford to help with the bushfires. By doing that you helped shut down the roads and knocked on peoples doors to see if they were okay. I also know you help stop people from stealing things and you also get people to follow the rules so everyone can be safe and happy. So thank you for helping us.

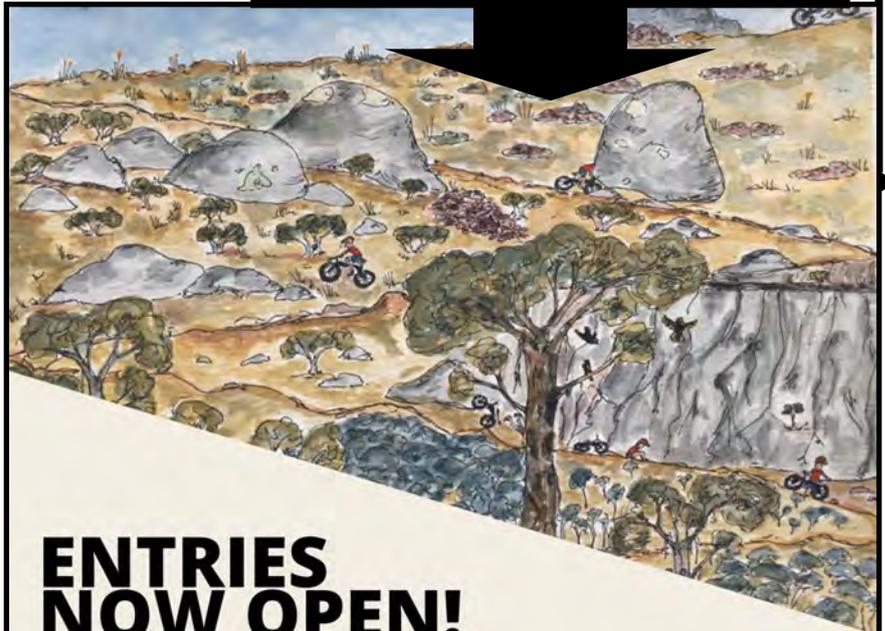
From Olive Fullwood (5W)

Do you love breakfast at school?

Well here is your opportunity to share remotely. Please contact school nurse Rosemary Bunge bunge.rosemary.k@edumail.vic.gov.au or via phone at front office and leave a message for me, and I will make you up a breakfast pack of the goodies we usually share at school. Then you just need to get someone to drop into the office and collect. Simple, all you need is smile.
Rosemary Bunge (School Nurse)



Get involved and create something for this great Youth initiative!



ENTRIES NOW OPEN!

PHOTOGRAPHY. CREATIVE FICTION. INTERVIEWS. POETRY. OPINION PIECES. DRAWINGS. NON-FICTION. REVIEWS.

Alpine Shire Council is calling on the young people of the Alpine Shire to submit works for THE GAP, the inaugural magazine created by youth, for youth.

Submissions close on June 30th, 2020

Email your submissions to ydo@alpineshire.vic.gov.au

For more information, contact 0428 425 528

ALPINE THE GAP

ISSUE ONE
2020

Ashley's Corner

Good morning everybody, I hope you had a fantastic holiday and got up to some very exciting activities. Coming out from the holidays, many students may be suffering from, "holiday jet lag," but give it a week or two and we should be used the school movement once again. I myself enjoyed the time off and I am hopeful to write to you all during the year.

Today, I would like to bring up experiences with unfortunate situations that can leave you feeling yucky. It can be hard, for moments like this tend to get you down, but you can find that the worst moments that you experience, can actually be the best learning tools for you. It is all about having a growth mindset.

A growth mindset you ask. What is that exactly? Well, instead of saying a situation, "is the worst in your life," or, "I can't do this," you take those words and change them slightly. Instead of, "I can't do this," think instead, "I need help to do this." With this thinking, you can get those horrible moments and use them to learn. Without adopting this level of thinking myself, I would not be able to say this to you, to whomever reads this. For me, I have had moments that I wish I had never gone through, but since they have happened, I have realised that life is so much more than what meets the eye, and I suggest you try to enjoy it as much as you can.

Until next time,

Ashley O'Brien

Letters of gratitude written by students from 5W....

Dear Doctors and Nurses,

I would like to thank the doctors/nurses as well as the military and delivery drivers. But I would like to give a special thank you to the nurses and doctors because right now they are going through a tough time. They are helping people in need with Covid-19 (giving them shelter, giving them special treatment, etc...). It's hard for other people because they are becoming unemployed! They have to work at home although the doctors and nurses are in danger dealing with a virus. Doctors are looking for a cure. They are working long hours, which means they don't get to see their family very often. It must be really hard for people in the Northern and Western part of the globe (Europe, America, Italy, Spain etc...) because lots of people have family in those countries and they get very worried for their safety.

I would like to thank all the doctors and nurses in the world for keeping us safe.

From Kyran Clarke (5W)

Dear Frontliner,

I hope you are having a superb day so far! My name is Hyacinth Sepno just like the flower Hyacinth. The Philippines is where I'm from but I've lived in Myrtleford for about 2 years now and I really love this town! I have two little brothers and I'm the oldest child in the family. When it's my free time I like to play soccer with my friends and practice my soccer drills. In case you didn't know we really appreciate you helping the people in need. We thank you for helping the people who are sick and for helping fight this virus. It means more than you'll ever think.

Can I tell you a joke!? Why was the horse called Horsey? Because it was a horse! Hehe. Sorry if I made you laugh THAT hard! I just like making jokes so it brings smiles to people's faces.

Well I hope you have a enjoy the rest of your day! Remember to be yourself!

Yours sincerely, Hyacinth Sepno (5W)



Talking About Careers

with Danielle Caponecchia

Free online courses for High School Students

Training Provider	Description	Hyperlink
Coursera	From calculus to guitar for beginners, we want to help high school students everywhere keep learning. Start learning for free!	coursera
Sparketh (30 day free trial only)	Unlimited access to 1000+ art video lessons for 6 to 18-year-olds. Learning art with Sparketh is fun and effective. Gain unlimited access to a library of 1000+ bite-sized video lessons taught by talented mentors. With new courses weekly, you will never run out of new things to learn. Spark your creativity.	sparketh
Code.org	Anyone can learn computer science, from K – 12. 49 million students have learned on Code.org! Get started coding today. Our courses and activities are free! It's easier - and way more fun - than you ever thought. Create an account to save your projects.	code
Collarts	Our new online workshop portal is going live on Monday 20 April! Students and teachers will be able to gain access to a range of micro workshops in various areas. We will be adding more videos to this over the coming months, and hope to have a library of resources for your students and teachers to use. The first four workshops available are good for students studying subjects such as media, drama, design, visual arts and music. Workshop topics: A beginner's guide to Logic Pro X How to develop a character in six steps Creating a Cinemagraph with Davinci Resolve How to create a mood board	collarts
Deakin University	What if you could learn something career changing for free? With Deakin's free online courses, you can keep your mind sharp by building valuable work and life skills, so when the world is back in business, so are you.	Deakin
The Open University	<u>Take your learning further</u> Making the decision to study can be a big step, which is why you'll want a trusted University. The Open University has over 40 years' experience delivering flexible learning and 170,000 students are studying with us right now. Not ready for University study then browse over <u>900 free courses on OpenLearn</u>	OpenLearning
Future Learn	Short online courses Choose from hundreds of online courses from top universities and specialist organisations	futurelearn
LinkedIn (1 month free trial only)	Learn business, creative, and technology skills to achieve your personal and professional goals. Courses for every step of your career. Instructors with real-world experience.	linkedin
Massive Open Online English Course	MOOEC is a collection of free online English lessons provided by universities and colleges.	MOOEC
The University of Queensland	Browse free online courses in a variety of subjects. The University of Queensland courses can be audited free or students can choose to receive a verified certificate for a small fee. Select a course to learn more.	UQx



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