



Corryong College

Keeping In Touch

15th December, 2017

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Dear Parents/Guardians, .

I read a great article this week around the nature versus nurture debate in *Shaping Little Humans*. The debate; is it nature (what children are born with) or is it nurture (how the human environment shapes children)? Another way to look at this is to view nature as human potential and nurture as human influence. Therefore, our biology lays out possible pathways for children along the line of gender, temperament and intelligence. This notion is of the fixed mindset. Studies goes well against this theory, and lends to the strong importance of understanding growth mindset. Here it can be argued that yes, biology impacts on kids' pathways, however it only presents possibilities, not fate. This is evident when children in a particular family share a trait, characteristic or value (such as tolerance, persistence, independence, kindness) of which you can safely attribute this to the impact of parents or carers. It is quite clearly upbringing, rather than nature, that causes the similarities. If parenting is the art of shaping little humans then its useful to consider the tools we have at our disposal to influence children. Through this reading, *modelling* is emphasised as a key aspect to influencing children attitudes and sense of self. *Modelling* was stated as the most powerful way to shape our children.

The parent-child relationship is an intimate one where kids see every quirk and foibles first hand, therefore it's no wonder many children conduct their relationships to others or events, in similar ways to their parents. This includes how they resolve or avoid conflict.

Research into optimism and pessimism found that most children's explanatory style closely resembles that of the parent they spend most time around. Therefore, it is suggested that adults need to be aware of how they speak about themselves and the world as the sponge-like nature of kids mean that they will soak up their parents optimism, or on the other hand, their pessimism.

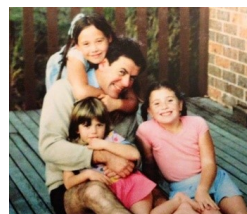
The messages we give through our language and behaviour on a daily basis also shape the children we are raising. This is evident also in vast research; tell a child they are capable; back this up by treating them as if they are capable and you will be sending a powerful message a long the lines of: 'I really believe you can do this'. We all know that actions speak louder than words when it comes to the messages we give children.

The traits and characteristics that parents or carers value, has a massive impact on children. For example, if you as a parent or carer, model to a child values of persistence then you'll more than likely foster this in each child but in different ways. You may throw your eyes up in despair when your child fights tooth and nail to stay up longer each night but secretly, you may welcome the fact that you have a child that can stay the course when a particular thing matters to them. If you value persistence you'll push your child to go a little harder at a homework conundrum rather than allow them to give in too easily. All in all, your values will be shown through the things you stand up for and frequently fight over with your kids.

This is quite likely, stating the obvious, however the lifestyle you lead helps to shape the children you are raising. "All work and no fun" is a lifestyle that stressed out parents present to their children. Your lifestyle impacts on your stress levels and well-being which also impacts on your children. This is obvious, however in reality, tough to process as we don't always lead a life that is all sunshine and roses. However, at the end of the day, we must question ourselves as role models to children, how do we model positive lifestyle? How do we model an optimistic attitude even through those tough times? How do we act and react to situations? How do we model work/life balance, display positive and respectful relationships as well as self-care and self-respect. As we move through this busy time of year and into the holiday break, I question you all, how are you going to take time out to show your kids that down time should be valued, or that it's not the presents under the trees but the presence and quality time with loved ones that is the gift over Christmas and throughout life.

Go well and with ease as we immerse ourselves in the Christmas spirit!

Fran Heath
Principal



A little reflection of what values were instilled in my life growing up; love, support, work hard for what you want, persist until you get there, and above all; respect everything and everyone by supporting them with opportunities to be a better version of themselves.

CALENDAR OF EVENTS Term 4, 2017

Mon 18th	Tue 19th Pool fun day F-6	Wed 20th Presentation Evening 7pm	Thurs 21st Last day for School Buses	Fri 22nd
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CALENDAR OF EVENTS Term 1, 2018

Mon 29th Jan	Tues 30th Students back to school Term 1 starts 2018	Wed 31st	Thurs 1st Feb	Fri 2nd Feb
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Don't miss out on the 2017 Corryong College Presentation Night to be held next week. This is our opportunity as a school community to celebrate everything great our students have achieved this year, including some amazing live performance and of course the presentation of our VCE awards... who will be DUX in 2017?



... CELEBRATING ... PRESENTATION · EVENING ·

Featuring:

Live student performances

Award presentations including DUX of Corryong College

Wednesday 20th December 7:00pm @ the
ECA Centre



Corryong College Council Meeting Dates:

The next meeting for Term 1 2018 will be held Week 4 Monday TBA

Facilities and Finance Committee Meetings will be held during the week prior to Council Meetings.

F-4 HAPPENINGS



Head Lice

It has been brought to our attention that some students are experiencing head lice. Please check your child's hair vigilantly and treat if necessary.

Swimming Program

SWIM FUN DAY 19th of December.

Presentation Evening

Wednesday 20th December 7pm

Lost and found

An opal earring was found at the Junior Campus on Grandparents day if anyone has lost one please contact the School.



It was all systems go at the pool this week. With perfect swimming conditions all the students have participated in a 5 day swimming program where they have learnt swimming techniques and stroke corrections. A big thankyou to all the parents that have volunteered their time to assist with the swimming.



Swimming



Swimming Program



CHRISTMAS BREAKFAST

All the students thoroughly enjoyed their "Christmas" theme at Breakfast Club this week.



Bogong School Camp



Last week 22 excited Year 9 students boarded a bus and headed for the tranquil surrounds of Bogong Village. Filled with anticipation the group arrived and got straight into unpacking and settling in. The next five days would be action packed, with each student testing their limits and stepping outside of their comfort zone in a bid to return to Corryong with zero regrets. From rock climbing and abseiling, to bridge building, bike riding and high ropes the students took it all in their stride, even reserving enough energy for the nightly Kelly pool competitions which quickly became the most important activity on the daily itinerary. Despite testing their limits as individuals the group quickly became like family for the week, supporting each other through the activities and providing many laughs over dinner table conversations. As Friday came around and the weary students boarded the bus that would take them back to the Upper Murray, each student took a quick look around and reflected on the opportunity they had been given and the changes they had made. Bogong Camp 2017 allowed each student the opportunity to grow within themselves and also develop friendships and an appreciation for the environment along the way.



Bogong School Camp



OP Shop Roster December 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18 Di Brennan Isobel Crawford PM Lorna & Sam	19 Rowie & Ann PM Rowie & Lorna	20 Judi & Rowie PM Rowie & Lorna Rita & Jane	21 Meredith Higman Sarah O'Connor PM Kate Butler RECYCLE	22 Gabby Samwells Petrina Hewatt PM Sally Permezel	23 Dee Lebner
25 CLOSED	26 CLOSED	27 Judi & Rowie PM Rowie & Lorna	28 Redel & Lee PM Riccarda Brindley	29 Barb & Bob Brown PM Lisa Greenhill	30 Barb & Emily

If you can't work your roster day? Please arrange a swap with another volunteer or call an emergency worker from the list below.

Judi Mercer 02 6076 8382 Redel Whitehead 02 6076 8232 Joanne Bennetts 0427 762 276

Teigan Klippel 02 6076 2038 Mert Bennetts (Not Thursdays) 0447 761 294 Any queries regarding the roster call Sally Permezel 60760529 or email sallypermezel@bigpond.com;

CORRYONG COLLEGE - CANTEEN ROSTER TERM 1 2018

MANAGERESS: Georgie Scammell

If allocated day is not suitable, please swap with someone else listed or **SENIOR CAMPUS - CANTEEN**

6076 1566

Senior Campus

Junior Campus

Parent Helpers will need to be at the canteen by 10.30am

Orders will be collected by – 11.15am

February 2018		
Thursday 1 st		
Friday 2nd	Kaylene Paton	Leanne Mckimmie
Monday 5th		
Tuesday 6th		
Wednesday 7th		
Thursday 8th		Tameeka Mulquiney
Friday 9th	Brenda Whitehead	Michele Smith
Monday 12th	Kerrie Twigg	
Tuesday 13th		
Wednesday 14th		
Thursday 15 th	Meredith Higman	
Friday 16 th	Sam Byatt	Kirsty Heinjus
Monday 19th		
Tuesday 20th		
Wednesday 21st		
Thursday 22nd	Kate Butler	
Friday 23rd	Nat Mouat	Megan Spurgeon
Monday 26th		
Tuesday 27th		
Wednesday 28th		
March Thursday 1st		
Friday 2nd	Elizabeth Norman	Melissa Whitehead
Monday 5th		
Tuesday 6th		
Wednesday 7th		
Thursday 8th	Tracey Paul	
Friday 9th	Trudy Sheather	Brenda Whitehead
Monday 12th		
Tuesday 13th		
Wednesday 14th	Tanya Bandy	
Thursday 15th		
Friday 16th	Nicole Martin	Riccarda Brindley
Monday 19th	Kerrie Twigg	
Tuesday 20th		
Wednesday 21st		
Thursday 22nd		
Friday 23rd	Elise Wilson	Charynda Stokes
Monday 26th		
Tuesday 27th	Julie Farrell	
Wednesday 28th		
Thursday 29th		
Friday 30 th	Bonita Nicholas	Leanne Mckimmie

Thank you for volunteering for the Canteen Roster. If you are available to help please contact us!
Your help is most appreciated.