



Corryong College

Keeping In Touch

2nd November, 2017

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Dear Parents/Guardians,

This week, we saw our Year 12's commence their VCE exams with English being first off the rank. Whilst students entered apprehensively, they gave positive feedback after each exam completion, affirming their studies and revision work. We wish them all the very best through all exams with the last concluding on November 22nd with Indonesian.

It was with such delight that the English Competition results came in highlighting a number of excellent students who have demonstrated dedication, as well as personal challenge, to take on the English Competition. This year we had 27 students participate from Year 3 to Year 11. The college received eleven participation awards, three merits, nine credits and an outstanding four distinctions. Please join me in congratulating Barry Pearce (Year 8), Bailey McManus (Year 9), Tom Ross (Year 11) and Mitch Grogan (Year 11). This achievement placed the four Distinction recipients in the top eleven percent within each of their year level categories. This is an outstanding achievement. Congratulations to you all!

The Resilience Project

This week, founder and presenter Hugh van Cuylenburg, introduced The Resilience Project to our community. Hugh spent months living and volunteering in the far north of India, where there was no running water, no electricity and no beds; everyone slept on the floor of their desert huts. People had very little to call their own. Surprisingly though, he was faced with not doom or gloom, but surrounded by people that were consistently happy. Here he learnt the essence of having a happier more fulfilling life. The people within this desert village demonstrated true happiness through great resilience. How? Gratitude, empathy and mindfulness were part of their autonomous values in their everyday actions. Gratitude, empathy and mindfulness, simple as they sound, have become lost somewhere in our busy technological society that drowns us in constant negative media that desensitises us against hurt and pain of others, or in our 'throw away' and consumerist society. Hugh described the concept of happiness; how having everything (physical and figurative items) are no longer enough. With this consumerist society, where having the best of technology or having the so-called 'perfect' (but very unrealistic) body image, is never attainable nor sustainable. This challenge we put on ourselves and influence in those around us, either through supporting this negative mindset or choosing to ignore it, is contributing to the vastly growing risk in human health; mental illness. In 2030, it is proposed depression will be the highest illness in the world, moreover, suicide will be the largest cause of death. Even on a lighter, yet still very confronting issue is that 1 in 3 teenager girls and 1 in 5 teenage boys will suffer from anxiety. This has dramatically increased from previous years. With these confronting issues, Hugh delivers the simplicity in how we can all work individually and together, to shift towards positive mindset and resilience. The following breaks down the three areas of gratitude, empathy and mindfulness; what they are and how you can develop these in your, and our community's, life.

1. Gratitude: Be happy with what you have. Remind yourself of the good things that you have experienced on a daily basis. We, teachers, parents and students, need to only simply change our approach to questioning how our day was to asking, what was some good things that happened to you today? Keeping a gratitude journal can assist.
2. Empathy (Compassion): Be mindful of incidental acts of kindness; holding open a door for someone, greeting others as they pass, thanking someone personally. Smiles are contagious. They cost nothing, nor does compassion to others.
3. Mindfulness: How often do we think of the present? Research actually states that 43% of our time is spent thinking about the future, and 38% about the past. This definitely doesn't leave much time thinking about the 'now'. What if we spent more time being in the present? Listening to our bodies, our breath and just being still. 15-20 minutes of meditation per day is proven to have huge benefits in mental and physical health. Is that tough? Of course! In our busy lives, how do we do it? Maybe take time out from our technological screens or television. I challenge you to start at 5 minutes a day for the next week. How will this make you feel?

The feedback from staff, parents and students has been phenomenal! All have been speaking of the strong messages and how each individual is going to take these strategies on board. Some have spoken how they will alter them to fit their lifestyle and/or how they will encourage their children to develop this positive mind set and build resilience. It is has been an inspiring week. For this amazing and uplifting experience, we give our immense thanks to the Corryong Neighbourhood Centre who funded and coordinated this brilliant opportunity, to not only our college students, staff and parents, but also our whole Towong area. This was to ensure that we continue to develop as a community, where sharing the load and owning the responsibility of all in it, is to model and support the development towards a positive mindset, build resilience for *all* our community members.

With a grateful heart,

Fran Heath
Principal



CALENDAR OF EVENTS Term 4, 2017

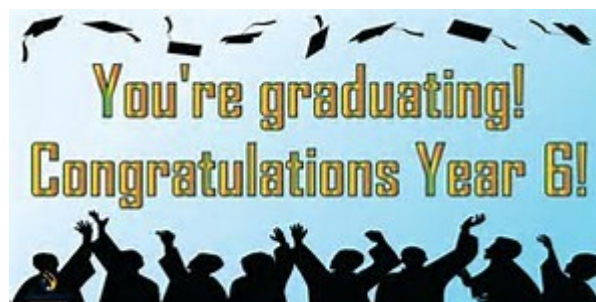
Mon 6th November Pupil Free Day	Tuesday 7th November Public Holiday Melbourne Cup Day	Wednesday 8th Nov CFA Graduation Tallangatta Bike Ed/Water Bug Excursion (Junior)	Thurs 9th November Tough Mudder Day	Fri 10th November Medieval Day
Mon 13th EXAMS Year 11	Tues 14th EXAMS Year 11	Wed 15th EXAMS Year 11	Thurs 16th EXAMS Year 11	Fri 17th EXAMS Year 11 Foundation Transition
Mon 20th Head start Year 11/12	Tues 21st Head start Year 11/12	Wed 22nd Head start Year 11/12	Thurs 23rd Head start Year 11/12	Fri 24th Head start Year 11/12

Year 6 Graduation will be held in the HUB on Friday the 8th of December starting at 6pm.

Each family is encouraged to bring a main meal or dessert to share.

Dress is smart casual.

If you have any other enquires please contact Georgia Dally at the Senior Campus.



A BLOCK CLOSURE

Just a reminder to all students that A Block will be closed from Monday 30th October for VCE Exams. Please keep noise to a minimum around A Block, this also includes all Year 10/11 who have lockers in their.

OP Shop Roster October /November 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 Di Brennan PM Lorna & Sam	7 Melbourne Cup Day	8 Judi & Rowie PM Rowie & Lorna	9 Sam Pryse Julie Farrell PM Kimb Heycox Recycling	10 Barb & Bob Brown PM Kelly Jarvis	11 Barb & Emily
13 Di Brennan PM Lorna & Sam	14 Rowie & Ann PM Rowie & Lorna Julie Matherson	15 Judi & Rowie PM Rowie & Lorna	16 Redel & Lee PM Sally Permezel	17 Sacred Heart School PM Sharon Nankervis	18 Dee Lebner
20 Di Brennan Isobel Crawford PM Lorna & Sam	21 Rowie & Ann PM Rowie & Lorna	22 Judi & Rowie PM Rowie & Lorna Melissa Humphrey	23 Tania Costello Meredith & Sarah PM Kate Butler Recycling	24 Fiona Miles PM Kelly Jarvis	25 Redel Whitehead

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 Council Meeting Dates:

The next meeting for Term 4 will be held Week 4 Monday 30th October and Week 8 Monday 27th November

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

F-4 HAPPENINGS



TERM
4

Upcoming Events

Foundation Transition

Friday November 17th 9am - 1pm

Friday December 1st 9am—1pm

Friday December 8th 9am—3.20pm (Full day)

Grade 2 - 4 Water Bugs and Bike Ed

Wednesday 8th November the students will be riding down to Corryong Creek to observe water bugs.

Jump Rope for Heart

All students will participate in a jump rope for heart program for 6 weeks incorporated in their morning sports. Students will receive a sponsorship form to collect sponsors. In the last week there will be a "Jump Off".

Grandparents and Friends Day

Friday 1st December - More details to follow.

SPOTLIGHT DATES

10th Nov (Bike ride), 8th Dec

Everyone meets at the quiet tree then walk to Uniting Church Hall

Five to fourteen year olds students are welcome to attend and enjoy afternoon tea, games, stories and craft activities.

Time; 3.30—5pm



TOWONG SHIRE
COUNCIL

On Wednesday afternoon Foundation and Grade 1 went down to the town Library for the Arty Pants session which was set up for Children's Week celebrations. Students started out making balloon fruit under the capable leadership of Justin and his 2 helpers from Arty Pants. We made a banana first then moved on to a red fruit which we could choose to make into an apple, a tomato or a strawberry. Once we had finished the fruit we split up so that half of the students could go into the Library area and hear Beth read a couple of stories. The other group stayed in the meeting room to dress up and have a turn in the photo booth. This was a lot of students first experience in the photo booth and they loved having photos to take home. The dress ups were a huge hit too, with so many different hats and items to wear.

One the groups had swapped and taken their turn at both activities we came together to make a balloon dog to take home. Kerry from Corryong Health slinkyd about a million apples for the students to enjoy, as well as a fruit kebab to eat on the way out.



Students from Foundation - Year 2 went down to Wodonga last Friday to visit the Wodonga Cube to view the stage play of "Room on the Broom" and the Wodonga Library. A great time was had by all.



The Year 4 students last week spent 3 days at the Snowy River Camp at Tallangatta Valley.

On Day 1:

They attended a leadership course and went swimming and fishing.

Day 2 & 3:

They went canoeing, abseiling, rock climbing, adventure activities, horse grooming and the flying fox.

All the students thoroughly enjoyed themselves on the camp.



GRADE 5/6 KANGA CRICKET



On Friday the 27th of October the Khancoban and Sacred Heart Grade 5 and 6's came and joined us at Corryong College for a Kanga cricket day. All students participated and had great fun. We had Year Eight students as our coaches and they did an amazing job. They were encouraging and very supportive. Mr Sinclair and some Year Eight students were cooking the sausages for two dollars, on the BBQ. All of the students and teachers had a great day !!!

By Shei McLean



Tough Mud Corryong

Tough Mud Corryong is not only about our students coming together for an amazing event, it is also about raising some much needed funds for our school. Last year we raised over \$6,000 through this event and we are hoping that that money along with what we raise this year will allow us to resurface our basketball court. So jump online and support our students - there's also some great prizes on offer for every dollar you raise. Simply visit www.myprofilepage.com.au to start fundraising or collect a sponsorship booklet from the office. With only 3 weeks to go until our event, time is running out.

Register Your Team Now!

Register your team now for Tough Mud Corryong. Teams should consist of 4 - 10 students. Team entry is \$20. We are only 3 weeks away from event day so get yourself organised. You can register your team during form assembly.



MUD

TOUGH

THURSDAY
NOVEMBER
NINE

2017 VCE Unit 3&4 VCE Examination Timetable



Date	Time	Subject
Wednesday 1 st November	9am – 12:15pm	English
Thursday 2 nd November	9am – 11:45am	Psychology
Friday 3 rd November	9am – 11:45am	Biology
	2pm – 3:45pm	Further Maths (1)
Monday 6 th November	9am – 10:45am	Further Maths (2)
	3 – 5:15pm	Business Management
Wednesday 8 th November	9am – 10:15am	Maths Methods (1)
	3 – 5:15pm	History: Revolutions
Thursday 9 th November	11:45am – 2pm	Maths Methods (2)
	3 – 5:15pm	Physical Education
Friday 10 th November	11:45am – 2pm	Health & Human Development
Monday 13 th November	9 – 10:45am	Product Design & Technology
	9 – 10:45am	VET Hospitality
Tuesday 14 th November	9 – 11:45am	Chemistry
	2 – 3:45pm	Visual Communication & Design
Wednesday 15 th November	9 – 11:45am	Physics
Friday 17 th November	9 -10:45am	Studio Arts
	9 -10:45am	VET Furnishing
Tuesday 21 st November	9- 10:45am	VET Engineering
Wednesday 22 nd November	11:45 – 2pm	Indonesian

Year 11 Exam Timetable 13th –17th November 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15-10:45am (90 minutes)	<u>Unit 3&4 Hospo</u> 9:00-10:45am A4 Careers Session Library	<u>EXAM</u> Indonesian Psychology Engineering Vis Comm Library	<u>EXAM</u> English 9:15am – 12:30pm Library	<u>EXAM</u> H&HD Chemistry PE Library	<u>EXAM</u> General & Further Maths Part 2 Library
11:15am-12:45pm (90 minutes)	<u>EXAM</u> Biology PD&T Metal Library *Year 11s doing Year 12 go to A2	Study Library	LUNCH 12:30pm – 1:45pm	<u>EXAM</u> General & Further Maths Part 1 Library	Celebratory Activity Off Campus
1:45pm – 3:15pm (90 minutes)	Study Library	<u>EXAM</u> Art History Furnishing Physics Library	Study Library	Study Library	Celebratory Activity Off Campus

VCAL Classes and SWL /SBA to run as the normal timetable, but students must attend elective subject exams held on Monday, Tuesday and also Thursday morning.

