

# Corryong College

## Keeping In Touch

9th June 2017

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### **Dear Parents/Guardians, Exams, SACs, and SATs**

Well done to Year 9/10 who worked hard on their exams this week. Teachers will be working hard to mark and give feedback to their students. In the meantime, VCE students are completing their Semester 1 studies for their SACs and SATs over the next couple of weeks. VCE students will sit the GAT next Wednesday which is a test of general knowledge and skills in written communication, mathematics, science & technology, humanities, the arts and social sciences. Although GAT results do not count directly towards a student's VCE results, they play an important role in checking that school-based and external assessments have been accurately assessed.

### **Understanding Teen Development**

Beginning my teaching career in secondary education and prior to that, working with groups of teenagers from detention centres, as well as within schools that solely cater for students with emotional behaviour disorder, I have done much reading about supporting teens and coaching them to make better decisions. The question I often get from parents is how to get their kids on the right track. It is a difficult question to answer and each child varies in their needs from one to the next.

As we know from experience or witnessing others, the teenage years can be mystifying for parents, teachers and children themselves. Some teens will go from being the level-headed child to risk-taking behaviour. The encouragement years ago was to give teens their space and let them make their mistakes. I have never believed this to be a positive outlook and believe quite the opposite. Teens need assistance in navigating this volatile time in their life. They need adults to stay tuned in and emotionally connected. Below is a simple outline of the four varying development stages in adolescents and what they need to navigate through this time.

#### **Ages 11 to 12**

During this age, puberty effects parts of the brain responsible for prospective memory. Coaching in organisational skills can help. Build memory cues into daily routines, such as placing their school bag (with diary) by the front door, clothes laid out for the next day. Support children in decision-making, thinking through pros and cons and considering other view points. Children who have the ability to make sound decisions tend to have less anxiety and sadness. Remaining warm and approving during disagreements often supports great self-control and lower rates of anxiety. This does not mean that children get away with negative behaviour or demanding in their 'wants', but are supported to learn why certain decisions can not be made or what the alternate options when relevant.

#### **Ages 13 to 14**

This is known as the 'emotional age' with heightened sensitivity to others' opinions, children react strongly. Social skills won't be fully matured nor are teens' ability to work through emotions, making this a time of confusion. Response to stress can often be over dramatic; door-slamming or tears is common. During this time, teens need coaching on friendship skills and how to read their peers' expressions and body language. Choosing friends is also a learnt skill they need support in, e.g. choosing friends with similar interests and leaving 'friends' that make them feel sad or negative. How to repair friendships is another skill to be supported. Provide companionship, problem-solving and emotional support, however it is also important not to delve into children's emotional outburst, as at times, the drama is only short lived.

#### **Ages 15 to 16**

Risk-taking is the game at this age. This is the effect of the reward receptors in the brain which are running rampant and associated with feelings of pleasure and satisfaction. Unfortunately fears of danger are temporarily suppressed. The ability to make and keep good friends is especially useful, and often those who have friends they can trust and get support from are less likely to engage in risky behaviour. Whilst this time is tough for adults that are witnessing this negative attitude, it is more vital to continue that warmth, support and continued respect as a platform of trust for children to feel they can talk through issues without being judged or scrutinised.

#### **Ages 17 to 18**

In older teens, the parts of the prefrontal cortex responsible for judgement and decision-making are typically developed enough to serve as a brake on runaway emotions and risk-taking. Executive-function skills, such as problem solving and planning strategies, continue to develop at least through age 20. During this age, teens are better at noticing how others feel and showing empathy. Still with the lack of ability to decipher people's motives and attitudes in complex social situations, it is still vital for adults to support them in navigating through decision making and problem solving in their social lives. As I stated above, each child is different in their stages of development, however this may give you a little insight and understanding for teens particular behaviours that occurs through these four stages.

For the long weekend, I hope you all have an enjoyable time lapping up family, friends and relaxation.

**Fran Heath - Acting Principal**

## CALENDAR OF EVENTS Term 2, 2017

<b>Week 9</b> <b>Mon 12th</b> <b>Queens Birthday</b> <b>Holiday</b>	<b>Tues 13th</b> <b>Year 10 Work</b> <b>Experience</b>	<b>Wed 14th</b> <b>Year 10 Work</b> <b>Experience</b>	<b>Thur 15th</b> <b>Year 10 Work</b> <b>Experience</b>	<b>Fri 16th</b> <b>Year 10 Work</b> <b>Experience</b> <b>Yr12 TIS Day</b>
<b>Week 10</b> <b>Mon 19th</b> <b>Music Student Concert</b> <b>for Parents</b>	<b>Tues 20th</b>	<b>Wed 21st</b> <b>Hume Cross Country</b>	<b>Thur 22nd</b> <b>CFA—Mt Beauty</b>	<b>Fri 23rd</b>
<b>Week 11</b> <b>Mon 26th</b>	<b>Tues 27th</b> <b>OM Junior Sport</b>	<b>Wed 28th</b>	<b>Thur 29th</b> <b>OM Inter &amp;</b> <b>Senior Sport</b>	<b>Fri 30th</b> <b>Last Day Term 2</b> <b>Students Finish at</b> <b>2.30pm</b>

<b>Home Group</b>	<b>Subject</b>	<b>Homework</b>
Years 7 - 10	Maths	Mathletics

### Later Years News

**The GAT is on Wednesday 14<sup>th</sup> June from 10am-1:15am** in the Library. Student studying a Unit 3&4 subject are not required to attend classes this day. They just need to turn up to the exam and can wear casual dress. If students arrive on the bus in the morning they will need to gather and stay in their VCE room. Once the GAT has finished we would like them to leave the premises.

**TIS Day – The Tertiary Information Day** will be held on Friday 16<sup>th</sup> June. This will be an out of school whole day excursion.

8 5-9 June	11 Biology AOS 2	11 Art (Presentation) 11 Biology AOS 2 12 Art (Studio Process)	VCE Indonesian (Listening) 12 Psych AOS2	12 History Rev AOS2 (Dis. Ed) VCE H&HD	<b>Report Writing Day</b> <b>Pupil Free Day</b>
9 12-16 June	<b>QUEENS B'DAY</b> <b>Public Holiday</b>	11 Biology AOS 2 VCE History AOS2	<b>General Achieve- ment Test (All Unit 3&amp;4 students)</b> 10.00am – 1.15pm	11 English AOS1 (Stasiland)	VCE Vis Comm SAT (Brief/Ideas)  <b>TIS Day Year 12s</b>
10 19-23 June	11 Psychology (Mental Health) 12 Psych AOS2B		11 Psych Film Write up	12 English AOS2	12 English AOS2
11 26-30 June			11 Psychology (Film Summary)		



### Corryong College Council Meeting Dates:

The next meeting will be held **Monday 26th June**

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

## F-4 HAPPENINGS



12th June Queens birthday.

19th June—Book club orders to be returned to the Junior campus.

16th June—Assembly—All welcome.

**Pie & Sausage Roll Day every Tuesday. If your child would like to place an order please forward the correct money in an envelope on the Monday prior.**

Prices:- Sausage Rolls \$3.50 Pies \$4.00. Vegie Roll \$4.00 and Iced donuts \$2.00.



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.

THANK YOU

A special thanks to Candice Taylor for her help in organising the Junior campus library.

Candice is processing and re shelving all the books



### STORIES FROM MRS BYRNES FOUNDATION 1 CLASS

My dad is a Policeman. My mum works at home by Hayden Taylor

On the holidays I went to my Poppy's by Mabel Edwards

First you play nicely. Next you help your friend. Then you play a game.

Finally I have a good friend by Mac Brindley

First I had my Grandad come to my home for 3 days but he stayed for 2 days. It was fun and then he came to netball by Isabelle McVean

Lost Property - Could all parents please check names on all school clothing and return any that have mistakenly been brought home.





## The Ovens and Mitta Cross Country

The Corryong College cross country crew of 2017. Congratulations to all our students who made the trip to sunny Beechworth for this years Ovens and Mitta Cross Country. Special mention to Kristy Whitehead who took home the win in the 14 Year Girls - awesome run!!! Other highlights included Riley Saxon 12th, Jemma Pearce 5th, Amy Whitehead 6th, Ben Hewatt 10th, Maddie McKimmie 9th and Ruby Ritchie 11th



## The Upper Hume Cross Country

Bella (6th) and Jess (7th), just two of the five students who qualified for the Hume Cross Country following the Upper Hume Cross Country. Also qualifying were Zoe McKimmie (5th), Zac Whitsed (6th) and Hayley Whitsed who had an awesome run to win the 10 years girls. Well done to all our competitors







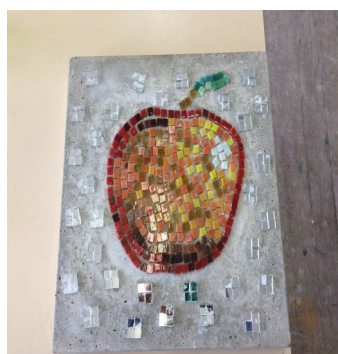
Year 5 and Year 6 are recycling pallets to make pot plants and gathering leaves.



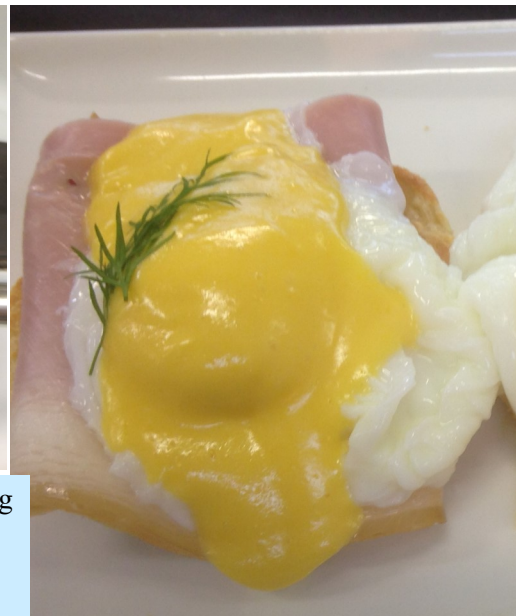
## 2017 VCAL PROJECTS

This years VCAL class have undertaken a variety of projects within the school grounds with the focus being on improving the areas that all students use during their class breaks. Our goal has been to use recycled items wherever possible. Areas of focus include outside the Hub, outside the Library, Faulty Towers and the SAKG. All construction work has been undertaken by the students themselves.

Some examples of the projects undertaken include a bird bath, which was decided upon to encourage more native birds and to dress up the hospitality entrance and make it more inviting; bird houses in a number of trees around the grounds; herb gardens in recycled tyres; mosaic stepping stones; pot plants and a timber bench for students to sit upon during lunch.







VET Hospitality hosted another amazing Faulty Towers Breakfast on May 28th. There will be two sessions of **High Tea** on **Sunday 30th July 10am to 12.00 1pm –3pm** Please book by phoning **Ph 02 6076 1566**



### OP Shop Roster June 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 Queens Birthday Public Holiday	13 Rowie	14 Judi Mercer Rowie	15 Sally Permezel	16 Meredith Higman Sarah O'Connor	17 Lee Learmonth
	Rowie Lorna	Rowie Lorna	Melissa Whitehead	Lisa Greenhill Peter Hunt	
19 Di Brennan	20 Rowie	21 Judi Mercer Rowie Rowie Lorna	22 Redel Whitehead	23 Sacred Heart School	24 Barb & Emi- ly Kiebat
Lorna Hogg Sam Pryse	Rowie Lorna		Kimb Heycox	Kelly Jarvis	
26 Di Brennan	27 Rowie	28 Judi Mercer Rowie Rowie Lorna	29 Gabby Samwells	30 Fiona Miles	AM = 10am- 12.30
Lorna Hogg Sam Pryse	Rowie Lorna		*Helper Required	*Helper Required	PM= 12.30-

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](mailto:sallypermezel@bigpond.com);