

# Corryong College

## Keeping In Touch

31st August, 2018

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### Dear Parents/Guardians, School Levies and Charges

Each week, it is evidenced through KIT, the Facebook page and through your family's conversations with your children, the amazing educational programs and activities that the college facilitates in each realm of your child's learning. For the college to provide this, each program budget heavily relies on payment of school levies and charges. We are asking that all parents and carers please settle the outstanding school levies and charges of which you will have received in the post this week. As we are well into term 3, I can not stress enough how crucial this is in continuing the exceptional learning experiences that each program budget provides. School levies and charges for the *Essential Education Items* are as follows;

- **Prep to Year 2 - \$120**
- **Year 3 to Year 6 - \$200**
- **Year 7 and 8 - \$210**
- **Year 9 and 10 - \$210**
- **Year 11 and 12 - \$210**

These levies and charges are more than reasonable when compared to charges issued by other schools. The payments are a significant component of meeting your child's educational needs. Therefore we ask you to please take this seriously and make arrangements, as soon as possible, for payment at the college office. If you are struggling to pay these and would like to discuss a payment plan, please arrange a time to meet me with the front office staff. Thanking you all in advance for support in this matter.

### Teaching your teen skills to self-monitor digital-free downtime

It has been a while since I have written about the readings that I come across. The following is from an article *Hold the Phone*, that you may have seen in last weekends' *Weekend* newspaper. Whilst it refers predominantly to teen girls and their 'excessive use' of their personal mobile phone, the concepts can be related to all teens or children that have social media at their finger tips. By no means is the following direct instructions, however you might find some clarity in understanding your child's infatuation with their phone, and ways in which you as a role model can support your child develop skills in self-monitoring their use, and being able to establish a balance that includes digital-free downtime.

As stated by the clinical psychologist Dr Sarah Hughes, there are right - and wrong - ways to go about setting limits.

A few understandings first. As a parent or carer, you'll think your child's phone use is excessive and unreasonable and you'll struggle to understand why they find it so challenging to tear their eyes away from their screen. However, Dr Sarah Hughes states that it is normal for your teens to want to use their phone to connect with friends as it makes them happy in the here and now, but they also need to learn to balance this need with digital-free downtime, to eliminate being up all night which later impacts their concentration or positive state. You can force them to correct this by taking away their phone, but as most of you will know, this is a short-term resolution and won't last without making yours, and their life, a nightmare. Dr Hughes states that taking away their phone does not help them to learn the skills to self-monitor. Teaching skills for self-monitoring is more work up-front, but it's also a more permanent solution. She recommends collaborating with your teen. Practice this in your own mind before addressing it with your child. This will help you avoid the blow-ups and also give you time to think about their possible reactions and calm ways in which you negotiate. Remember, if you are using and have access to your phone 24/7, then why can't they? Maybe this can be a joint agreement. Admitting your faults might feel uncomfortable, but will help the conversation in being effective in you leading by example. Work towards mutual agreements, agree to disagree, and don't be afraid to acknowledge when your child is right. Dr Hughes gives some examples of agreements:

**I agree** to hand in my phone between the hours of 9:30pm and 7:30am (remember this should be age appropriate so alter for your child's age).

**I agree** to only use my phone between 7pm and 7:45pm after homework is done.

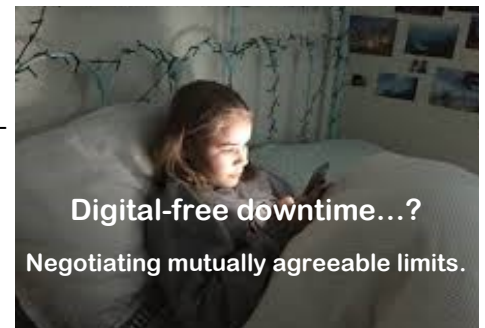
**I agree** to have 45 minutes of phone-free time each afternoon.

**I agree** to put my phone down when family members are talking to me.

**I agree** and acknowledge that if I'm not able to stick to these limits, my parents will need further restrictions to help me have better phone boundaries.

Remember, your child won't like handing in their phone as they'll worry about you reading their private messages. Avoid the conflict by letting them put a passcode on their phone before handing it in.

Once you reach mutually agreeable phone limits, then set a time, ideally a fortnight, to discuss how well the new boundaries have worked. If you are interested in the complete article, please contact the senior campus office and I can get it to you.





## Events and Activities Galore!

Firstly, I would like to thank once again, the amazing Parents Club. After last weeks great efforts in our Book Week BBQ, this week the F-4 campus was gifted \$500 worth of sandpit toys, trucks and diggers. Wow! The kids have thought it was Christmas! Very grateful to you all for your tireless efforts in providing the best for our children.

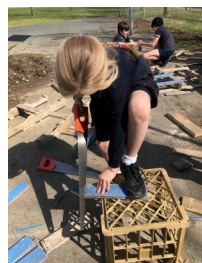


Melissa Humphrey was a hit with our VCAL students Trinity Byatt and Emily Lattanzio, as they worked together with Melissa's guidance to put together a proposal for the Parent Club. The proposal focused on a request for support in an engagement activity that works towards developing greater communication and employability skills. Thanks Melissa, for working with the girls in writing professional proposals.

A big thank you also, to the parents for assisting the F-4 students in the tree planting day this week. Landcare worked hard all day with our younger students to rejuvenate the fauna along the bike path to Colac Colac. It was a great day had by all. Thanks Landcare for this great opportunity.



Meanwhile, our amazing gardener Kaye Laverty continues to produce brilliant work with our children learning how to use recycled pallets for garden furniture and planter boxes. PLEASE remember, WE ARE ALWAYS LOOKING FOR VOLUNTEERS IN THE GARDEN AND KITCHEN!



One of my strong beliefs in the principal position is to ensure students know who I am, to be present, and a part of their positive learning experiences rather than the traditional notions of seeing the principal in only those time of 'sent to the office'. I attempt to get around

to classes as much as possible. I love having conversations with our students to check in on how their learning is going and how they are going in general. It reminds me how lucky we are to have such great children and dedicated staff at our college.

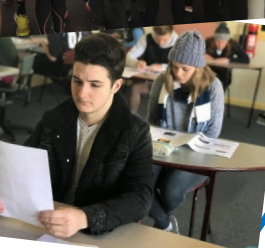
Below are a few photos of our students engaging in a variety of activities including; Year 7 careers workshop, one-on-one Career Pathways conferences for Year 11-12, VCE students commencing a SAC, Math classes, Year 6-7 Transition day for feeding schools, interactive activities during literacy intervention, footy colours days, and the current MAT class. These are just some of the classes I visited during the week and feel so fortunate to see our student developing their self confidence in being a learner. It is such a privileged position that I have to see all of our children growing each day.



*Wishing you a great week ahead!*

**Fran Heath**

**College Principal**



## CALENDAR OF EVENTS Term 3, 2018

<b>Mon 3rd Sept</b>	<b>Tues 4th</b> <b>Project Rocket Family Evening</b> <b>Venue– Corryong College 6-7.30pm</b>	<b>Wed 5th</b> <b>Project Rocket</b> <b>Year 9</b> <b>Year 5/6</b>	<b>Thurs 6th</b> <b>OM Athletics</b> <b>MAT - Year 8</b> <b>1.40-3.20pm</b>	<b>Fri 7th</b> <b>Year 6 transition</b> <b>MAT– Year 8</b> <b>9-12.50pm</b> <b>TRVSSA District Athletics</b>
<b>Mon 10th</b> <b>School Social</b>	<b>Tues 11th</b> <b>Cross Country Color Run</b> <b>About You Survey</b> <b>Year 5/7/8/10/11</b>	<b>Wed 12th</b> <b>Wheel talk Year 10-11</b> <b>Year 4 Snowy Camp</b> <b>Year 2 Museum visit</b>	<b>Thurs 13th</b> <b>MAT - Year 8</b> <b>1.40-3.20pm</b> <b>Year 4 Snowy Camp</b>	<b>Fri 14th</b> <b>Year 6 Transition</b> <b>MAT– Year 8</b> <b>9-12.50pm</b> <b>Year 4 Snowy Camp</b>
<b>Mon 17th</b>	<b>Tues 18th</b> <b>OM Junior Sport</b>	<b>Wed 19th</b> <b>Seal Day F-6</b>	<b>Thurs 20th</b> <b>OM Intermediate Sport</b> <b>Mat - Year 8</b> <b>1.40-3.20pm</b>	<b>Fri 21st</b>

The 2018 Corryong College Color Run promises to be bigger and better than ever. Come along and enjoy what promises to be an amazing day. And don't forget, this is also a major fundraiser for our school - visit [www.schoolfundraising.com.au](http://www.schoolfundraising.com.au) to sign up. All money raised goes towards upgrading and improving facilities around Corryong College. This could include extra shading, more students seating and playground equipment.



## Homework

Home Group	Subjects	Homework
9A & 9B	Maths	Maths Mate due every Monday
9A & B	English	Spelling words due Friday
12	Psychology	Chapter tests 11,12,13

### OP Shop Roster September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>3</b> <b>AM</b> DI Brennan  <b>PM</b> Lorna Sam	<b>4</b> <b>AM</b> Colleen Wood  <b>PM</b> Lorna	<b>5</b> <b>AM</b> Judi Barb <b>PM</b> Lorna & Bev Jane Mongan & Rita	<b>6</b> <b>AM</b> Redel  <b>PM</b> Kimb H	<b>7</b> <b>AM</b> Petrina Hewatt Sam Nicholas <b>PM</b> Colleen Wood	<b>8</b> <b>AM</b> Kim Tight
<b>10</b> <b>AM</b> Di Brennan  <b>PM</b> Lorna Sam	<b>11</b> <b>AM</b> Kirsty Heinjus  <b>PM</b> Lorna Kate B	<b>12</b> <b>AM</b> Judi Barb <b>PM</b> Lorna & Bev Annika Johnstone	<b>13</b> <b>AM</b> Sam Pryse  <b>PM</b> Diane MacDonald	<b>14</b> <b>AM</b> SHS  <b>PM</b> Colleen Wood	<b>15</b> <b>AM</b> Sally P
<b>17</b> <b>AM</b> Di Brennan  <b>PM</b> Lorna Sam	<b>18</b> <b>AM</b> Chris Gray  <b>PM</b> Lorna	<b>19</b> <b>AM</b> Judi Barb <b>PM</b> Lorna Bev	<b>20</b> <b>AM</b> Redel  <b>PM</b> Kimb H	<b>21</b> <b>AM</b> Lisa G  <b>PM</b> Janette Rixon	<b>22</b> <b>AM</b> Dee Lebner

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);

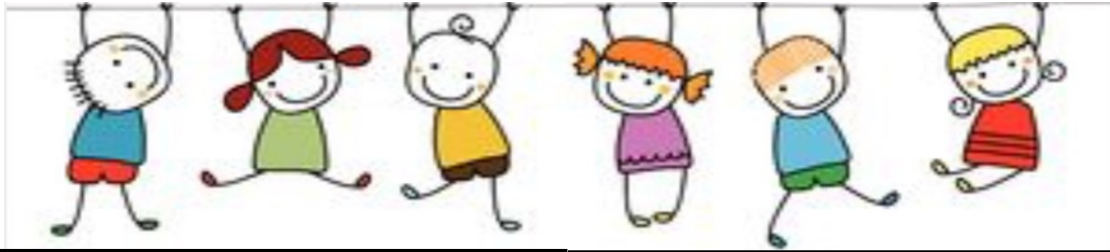


### Corryong College Council Meeting Dates:

The next meeting for Term 3 2018 will be held on Monday 3rd September with Facilities and Finance Committee Meetings been held during the week prior to Council Meetings.



## F-4 HAPPENINGS



### Upcoming Events

#### Every Monday in Term 3

All students will have an assembly in the Library from 2.50pm—3.20pm. All parents are welcome to attend.

#### Friday 7th September - District Athletics

#### Tuesday 11th September - Color Run Day

#### Tuesday 11th Sept - Parent Information night

Parents of 2019 Foundation students are welcome to join us for an information session at the Junior College Campus from 7-8pm

#### Wednesday 12th Sept— Year 2 Museum visit

#### Wednesday 12th Sept—Friday 14th Sept

Year 4 students will be going to the Snowy River camp.

#### Wednesday 19th Sept - Seal Day

All students from Foundation - 4 will be going up to the senior campus to learn all about the roles of Emergency services in our community.

#### Friday 21st September - Footy Colours Day

All students came dressed up in the favourite footy colours.

What a fantastic day it was for tree planting. All students from the Junior Campus worked tirelessly down the Colac Colac bike path on Monday planting over 200 trees. A big thank you goes to the Upper Murray Landcare group for organising this very successful day and to all our parent volunteers.



A huge thank you goes out to our Parents Club for donating \$500 towards sandpit toys. The students have thoroughly enjoyed the new toys and the sandpit has been a hive of activity. It's been a busy week for Parents Club who cooked up a yummy barbeque last Thursday for our Book Week parade day.

### PHONICS CODE OF THE WEEK

The Secret Codes – Whole School Phonics

**Code Rule #19 - i and o have Won the Lottery.**

i and o won the lottery

The vowels i and o **may** say their second sound (long sound) when followed by 2 consonants.

If I try the long sound and it doesn't fit, then I know I can use I and o's 1<sup>st</sup> (short) sound.

Can you find these words in the word-search below?

find, child, blind, tiny, pony, post, most, ghost, wind, grind, hind, mind, mild, wild, sigh

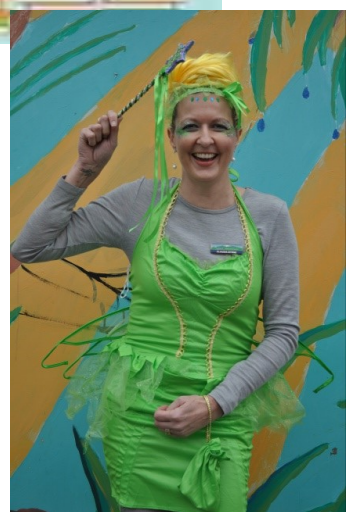
gh	o	s	t	a	t	i	n	y	p
w	i	l	d	m	i	n	d	O	o
	p	o	n	y	w	i	n	D	s
h	i	n	d	m	o	s	t	R	t
k	u	m	i	l	d	o	p	I	U
f	i	n	d	o	b	l	i	N	d
s	i	g	h	k	v	l	m	o	k
g	r	i	n	d	m	ch	i	l	d



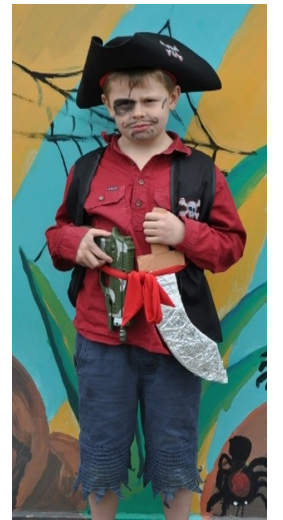
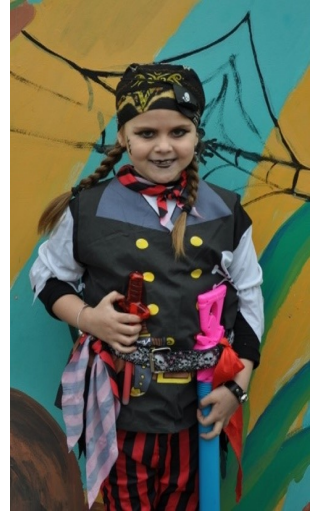




# Book Week











Don't miss this years Colour Run and House Cross Country. There is Age Champions to be decided, a House Carnival to be won and of course, there's the Colour Run itself.

**11:30**

## **9/10 YEARS HOUSE X-COUNTRY**

Students aged 9 and 10 will compete in the House Cross Country over 2km.

**11:45**

## **11-14 YEARS HOUSE X-COUNTRY**

Students aged 11-14 will compete in the House Cross Country over 3km.

**12:00**

## **15-20 YEARS HOUSE X-COUNTRY**

Students aged over 15 will compete in the House Cross Country over 3km.

**12:50**

## **BBQ AND CUPCAKE STALL**

There will be a bbq and cup cake stall operating during lunchtime.

**2:00**

## **THE COLOUR RUN**

The Colour Run is open to all students in Years F-12 as well as our parents and teachers.



## Year 5 and 6 Happenings.

The first half of Term 3 has been a busy one for the Year 5 and 6 Learning Team.

Early in the term we had Honor Auchinleck and Lieutenant Colonel Graham Smith come and chat to the students about the Light Horse during the First World War. This was to provide some background information to help the students with the biographies of local men who joined the Light Horse during that conflict. Students also got the opportunity to try out their bugling skills using a bugle that was presented to Honor's grandfather, General Sir Harry Chauvel, as a remembrance of the charge at Beersheba in 1917.



Honor and Graham are both members of the Chauvel Foundation, a foundation set up to highlight the traditions and history of the Light Horse. They were both extremely pleased with the quality of the students work done that far and also their enthusiasm in carrying out the task. They have both been very supportive, spreading the news of what the students are doing throughout Australia.



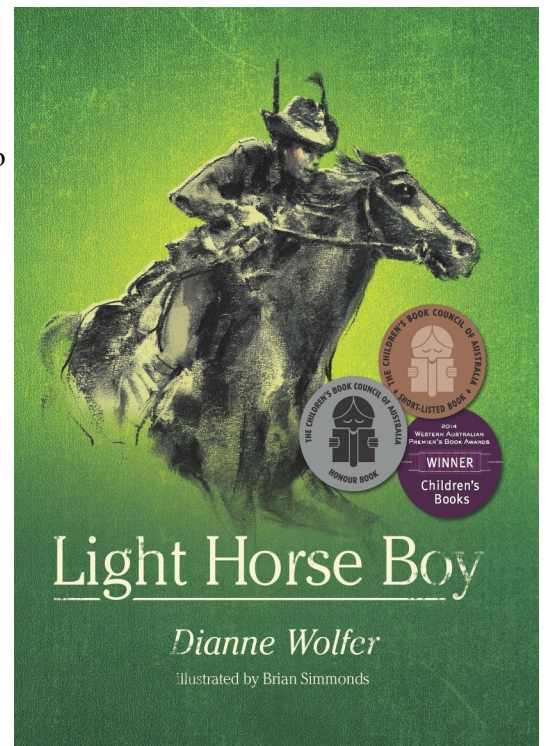
Next week, Chloe Strahan from ABC Goulburn Murray will be visiting the class to interview a number of students and record some film footage of them working on the biographies. This will then be uploading to the ABC Goulburn Murray.

Also, along the theme of the Light Horse, Honor made contact with Diana Wolfer, author of the book *The Light Horse Boy* (which the class is reading) and she was so impressed with the students work that she expressed a wish to meet with the class when she visits Victoria in November. More news of that as it comes to hand.



Last week, Brett Findlay delivered three poddy calves for the students to take care of as part of their Cows Create Careers unit. A great deal of work went into ensuring that the enclosure was all ready for our three guests. Many thanks goes to Craig and Reece Findlay for giving up their time after school and making sure that the fences were "calf proof". Prior to this we had a visit from our Industry advocate Ric Thompson from Murray Goulburn, who discussed with students the different employment options in the Dairy Industry.

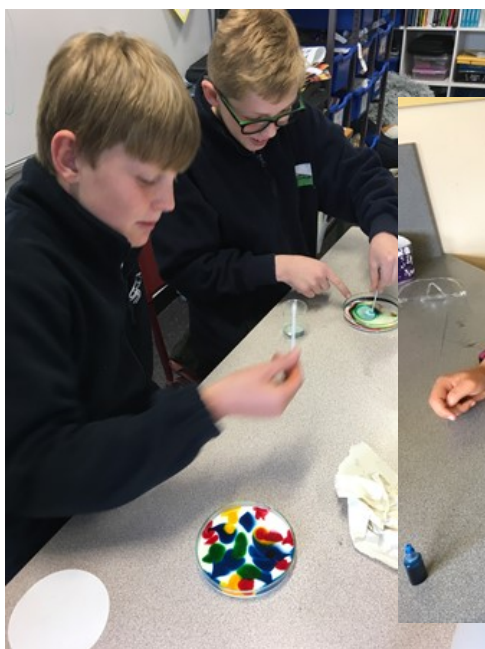
The students have been currently working on a series of tasks that relate to the Dairy Industry and the science of milk. After a short democratic voting sequence, the students named the three guests Dozer, Oreo and Usain.





From a teaching perspective, it has been great to hear of the discussions between students and family members on both of these projects.

We look forward to being able to announce the publication of our “*Light Horse of the Upper Murray*” book and associated website.







# SUPPORT: PARENT, CARER AND EDUCATORS FORUM

All parents welcome

## SUPPORT: PARENT, CARER AND EDUCATOR FORUM



The **SUPPORT: Parent, Carer and Educator Forum** is an opportunity for the broader school community to come together and learn from our team of expert presenters about the strengths and challenges of navigating the online world as a young person.

Our Head of Programs and lead presenters will share their in-depth knowledge of major social media platforms and the issue of (cyber)bullying, while also providing a range of hot tips and strategies that parents, guardians and carers can use to support young people online. This session also allows for an open Q&A at the end where we can answer all your burning questions.

The forum includes:

- The background behind PROJECT ROCKIT, Australia's youth driven movement against (cyber)bullying
- Some of our **key learnings** from working with over 300,000 students across the country in the past 12 years
- **Digital literacy** about what social media platforms are out there and how young people are using them
- **Credible tips and strategies** for how adults can best support their young person online
- **Additional resources** where they can learn more about different social media platforms
- **Q&A** at the end with our team members

We hope to see you at the Forum!



This forum is brought to you by Corryong College, headspace Albury Wodonga, Towong Shire Council, and Gateway Health's School Focused Youth Service.

**When:** Tuesday 4th September, 2018 6 pm to 7:30 pm, light refreshments provided

**Where:** Corryong College

**RSVP** on [Eventbrite](https://www.eventbrite.com.au/e/project-rockit-support-parent-carer-educators-forum-corryong-tickets-48725316734) [www.eventbrite.com.au/e/project-rockit-support-parent-carer-educators-forum-corryong-tickets-48725316734](https://www.eventbrite.com.au/e/project-rockit-support-parent-carer-educators-forum-corryong-tickets-48725316734) (or browse Corryong Events) or via text to Sarah McQualter (School Focused Youth Service Coordinator) on 0429605617.





Mount Beauty & District  
Community Bank® Branch



**Bendigo Bank**

#### Semi & Prelim

#### Admission Prices

Adult: **\$12:00**  
Concession: **\$8:00**  
14-17 years: **\$5:00**  
Includes fixture

#### Grand Final

#### Admission prices

Adult: **\$15:00**  
Concession: **\$10:00**  
14-17 years: **\$5.00**  
*Includes fixture and raffle*

**NO BYO Alcohol or glass permitted**

**NO DOGS permitted**



## Preliminary Final

**1st September 2018 at Corryong Recreation Reserve**

**Football**

#### Seniors—2:15pm

Federals v Corryong

#### Reserves—12:30pm

Cudgewa v Tumbarumba

#### Under 13s—11:15am

Federal v Tumbarumba

**Netball**

#### A Grade—2:30pm

Federal v Corryong

#### B Grade—1:10pm

Federal v Cudgewa

#### C Grade—12:15pm

Federal v Bullioh

#### D Grade—11:20pm

Corryong v Bullioh

#### 15&Under—10.25

Bullioh V Border Walwa

#### 11&Under— 9.25

Federal V Corryong



## LEARN TO PLAY FOOTBALL

The introductory program  
for boys and girls aged 4-9

**Club/Organisation:** Corryong Soccer

**Venue:** Sacred Heart School Corryong

**Start date:** Term 4 Mondays 3:30pm-4:15pm

**Price:** \$60

**Contact:** Kate Elphick 0438934683 or Face Book



**Participant Pack includes:**  
Ball, Boot Bag,  
Shin Pads, Water Bottle  
& Sticker Sheet

**REGISTER**  
[miniroos.com.au](http://miniroos.com.au)





# Corryong Op Shop Volunteers

Thank you for your interest in supporting our Op Shop as a volunteer.

Our Op Shop supports our three local schools by providing regular, much needed funds for equipment that would not be purchased through the general budget, while providing a service to the wider community.

Please fill out your details below:

**Name:** .....

**Address:** .....

**Phone:** ..... **Email:** .....

**Please indicate below in what way you would like to be involved** (Tick all relevant boxes)

- ◇ Working in the shop – shop
  - ◇ Working in the shop – sorting
  - ◇ Rag cutting
  - ◇ Committee member
  - ◇ Emergency relief
- (Your name and phone number would appear on the roster)

**Your Preference for Work**

- ◇ I like to work alone
- ◇ I like to work with others

**What is your availability?** (Tick all relevant boxes)

Monday ☐ Morning ☐ Afternoon

Tuesday ☐ Morning ☐ Afternoon

Wednesday ☐ Morning ☐ Afternoon

Thursday ☐ Morning ☐ Afternoon

Friday ☐ Morning ☐ Afternoon

Saturday ☐ Morning

☐ Once a week ☐ Once a fortnight ☐ Once a month ☐ Bi-monthly ☐ Other .....

Please indicate any other special requirements; for example “I would like to work with ...”

.....  
.....

Thank you for your interest. Any enquiries should be directed to Sally Permezel, Roster Co-Ordinator  
ph: 0418 474 995 [sallypermezel@bigpond.com](mailto:sallypermezel@bigpond.com);

School Representative Name: ..... Contact Number: .....