



## NEWSLETTER

August 19th 2020 - Week 6 Term 3

### Principal's Message

As we are working through round two of remote learning it is important that parents do look after themselves during this time. Being kind to yourself has never been so important. If you need help with any aspect of the remote learning work please let us know so we can assist.

Below is an invitation from the DET which some of you may find useful.

Robert Boucher

### Free webinar for families

On Tuesday 25 August, the Department of Education and Training is presenting a free webinar for parents and carers by renowned child psychologist Dr Michael Carr-Gregg, on building family resilience during coronavirus (COVID-19). Parents and carers play a vital role in helping children feel safe through uncertain times.

Dr Carr-Gregg's webinar is aptly named **Managing the Coronacoaster – Tips for building resilient families in the coronavirus era**.

In this webinar, Dr Carr-Gregg provides tools and strategies for parents and carers to help manage the lockdown and remote learning. Topics include:

- your supportive role
- setting the emotional tone
- focusing on what you can control
- how to deal with disappointment

further resources and where to get help.

Dr Carr-Gregg's presentation will run for 45 minutes. This will be followed by a 15-minute question-and-answer session in which parents and carers can ask Dr Carr-Gregg questions.

#### **Webinar details**

- **When:** Tuesday 25 August
- **Time:** 7:30pm
- **Duration:** 45-minute presentation followed by 15-minute questions and answers session
- **Format:** online via Webex

**Cost:** free

#### **How to register**

To register and for more information visit the [Managing the Coronacoaster – Tips for building resilient families in the coronavirus era eventbrite page](https://www.eventbrite.com.au/e/managing-the-coronacoaster-tips-for-building-resilient-families-in-the-coronavirus-era-eventbrite-page).

<https://www.eventbrite.com.au/e/managing-the-coronacoaster-tips-for-building-resilient-families-registration-116837404823>

**ARTWORK ON DISPLAY IN THE FOYER OF TAMBO CAMPUS**

Caroline Firus has had her artwork hung in the foyer at Tambo Campus. Her artwork titled “The Deaf Butterfly” (Acrylic paint on wooden panel 1.5 m wide and 1.1m high) is about communication in Deaf culture. Caroline’s idea was to talk about closing the gap between people who can hear and those who are deaf.

“ Most of the hearing people are not confident to take any action to communicate with the deaf people because they have no skills in sign language. Commonly, the deaf people experience an isolation from the hearing people and often feel lonely. I think it is a time for us to close the gap, to make the hearing community get along with the deaf community very well”

Caroline Firus 2019

The subject matter is the handshapes representing words in Australian Sign Language and word “Auslan” which is an abbreviation for “Australian Sign Language”. The words are:



“Great”



“Butterfly”



“Friend”



“Connection”



“Auslan”



“C for the first letter of my name”



Rainbow Serpents the Prep/Grade 1's have made based on the Rainbow Serpent Aboriginal Dreamtime story.

Evelyn's Aboriginal Rainbow Serpent



Lauren's Aboriginal Rainbow Serpent

# YEAR 8 ENGLISH - 'HAIKU'

1, 2, 3  
this may be the first  
this could be the second or not  
totally the third

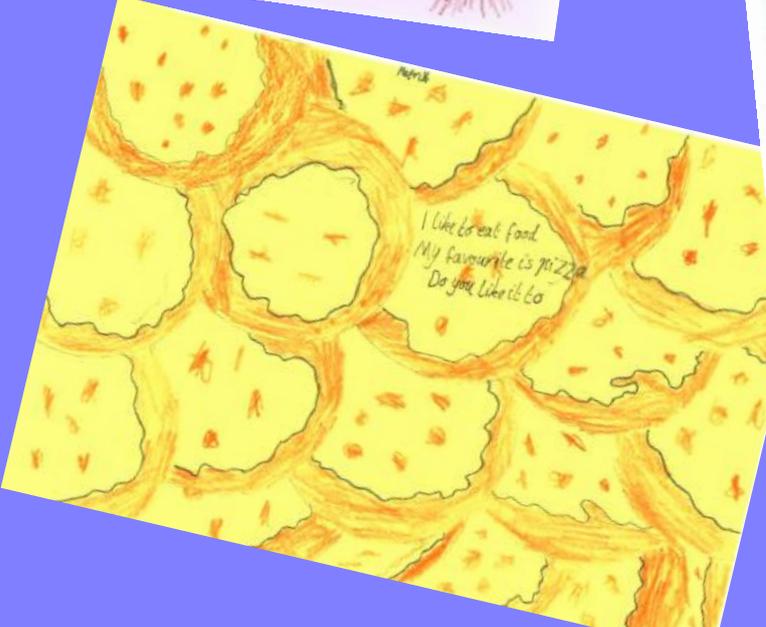
1 2 3



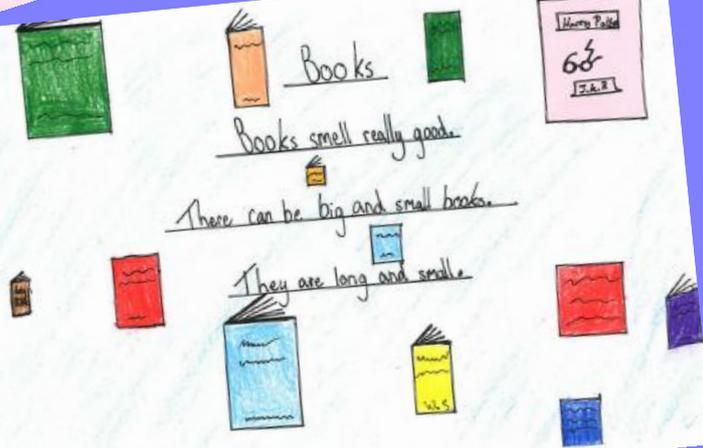
Blossoms Are Blooming  
Trees are swaying in the Wind  
Colours flying high



I like to eat food  
My favourite is pizza  
Do you like it too



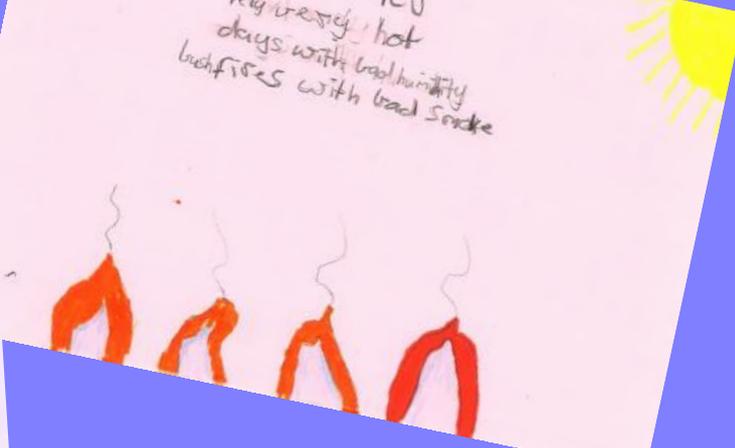
Books  
Books small really good.  
There can be big and small books.  
They are long and small.



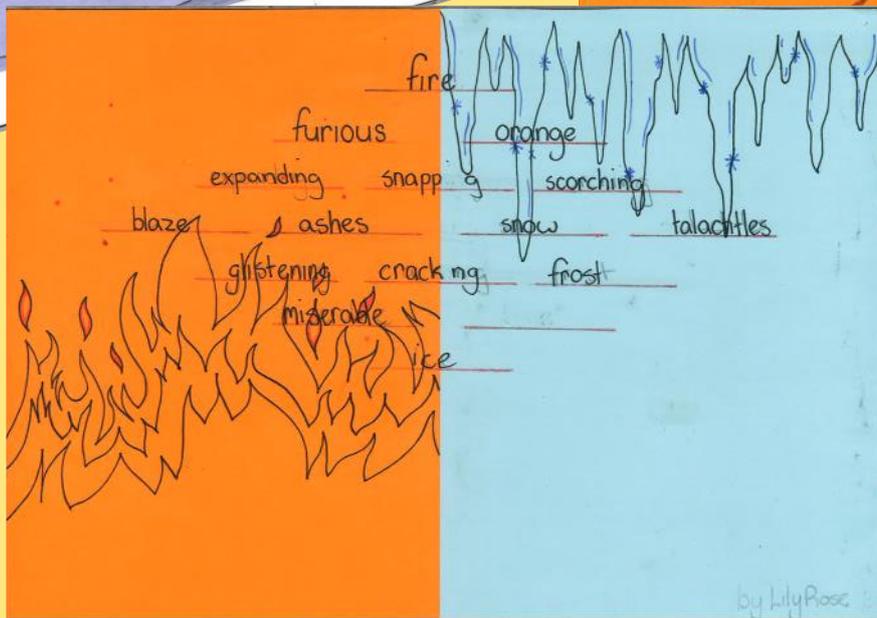
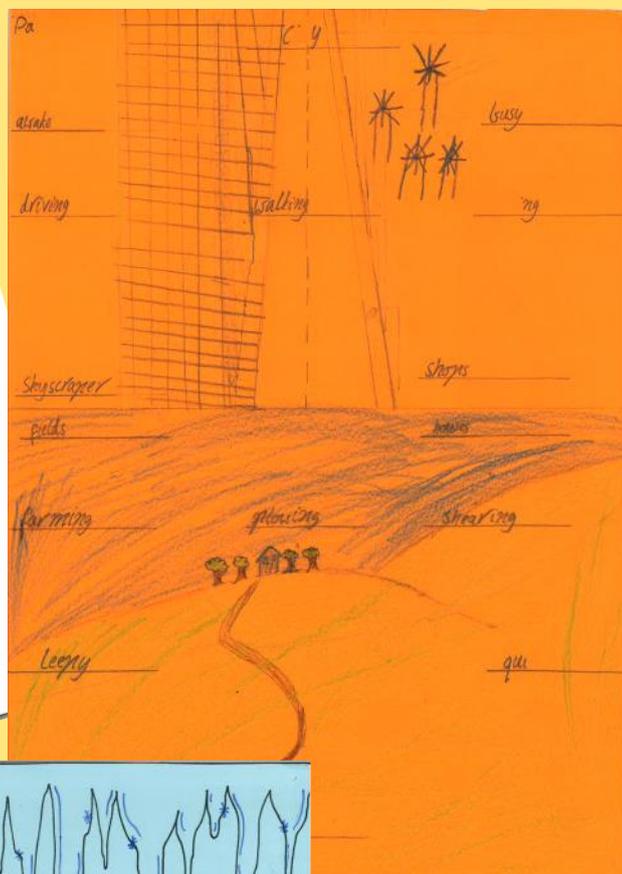
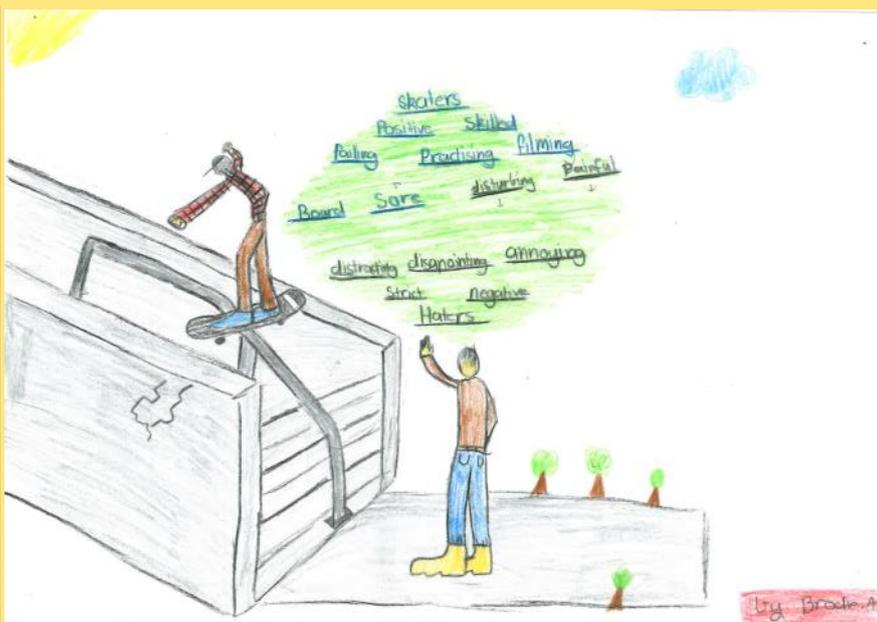
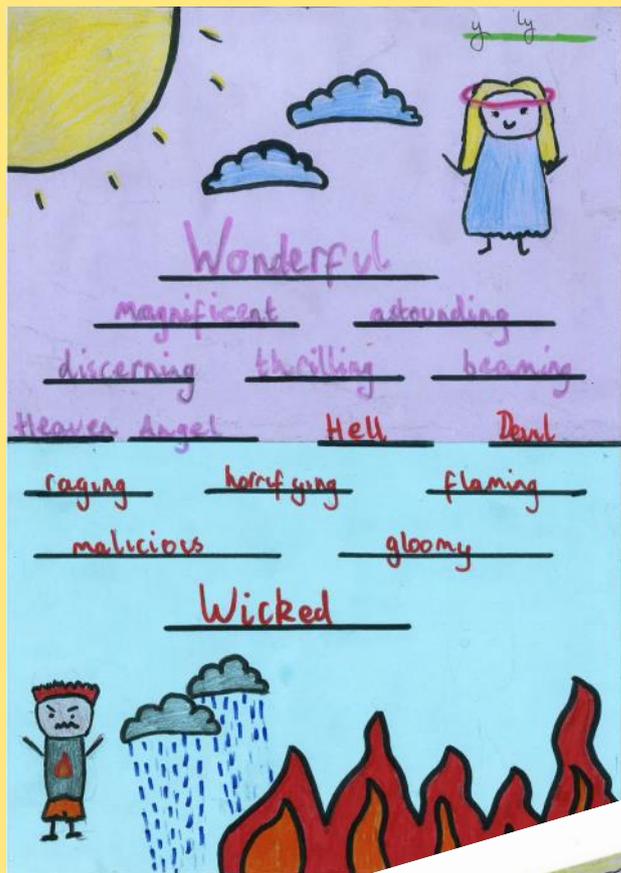
I can ride gup  
hills  
can ride my motor bike  
Motor bikes are good



Summer  
very very hot  
days with bad humidity  
beach fires with bad smoke



# YEAR 8 ENGLISH - 'DIAMANTE'

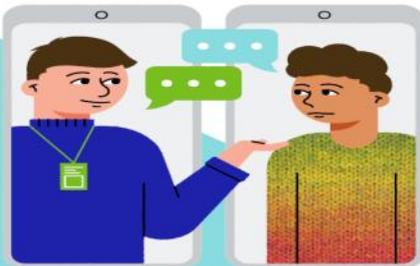




## Lockdown is hard.

We are all experiencing up and downs with our mental health, but if you are struggling, **don't wait to get help.**

headspace centres in Victoria are still open and able to offer appointments to young people via phone and online services.



### Find your closest centre

headspace centres are still here for you. In response to COVID-19, headspace centres across the country are operating a combination of in-person, online and phone services – depending on the situation in their local communities.

You can find your closest centre at [headspace.org.au/centres](https://headspace.org.au/centres)

### Create a headspace account

Just by visiting the headspace website at [headspace.org.au](https://headspace.org.au) and creating an account, you can access lots of great mental health resources including group chats, online communities, interactive resources and 1:1 direct support with professionals.



### Free headspace counselling in regional schools

If your school is more than 60km from a headspace centre, you may be eligible to access the headspace regional phone counselling service.

Secondary students living in regional Victoria who cannot easily access face-to-face counselling can step away from their class and speak to a professional counsellor.

To find out more, speak to your school's wellbeing support team.

# headspace.org.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health