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P-12 College
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Linkup

Manangatang P-12 College Newsletter

Respect

Relationships

Resilience

Responsibility

KEY DATES

MAY

STAY AT HOME IF POSSIBLE

- 20 COLLEGE COUNCIL
- 22 FRIENDS ZOOM MEETING
- 25 PUPIL FREE DAY
- 26 YEARS F-2 & 10-12, AND STUDENTS OF WORKING PARENTS RETURN TO SCHOOL
- 27 NATIONAL SIMULTANEOUS STORY TIME

JUNE

- 8 QUEENS BIRTHDAY PUBLIC HOLIDAY
- 9 YEARS 3-10 RETURN TO SCHOOL
- 17 COLLEGE COUNCIL
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JUNE BIRTHDAYS

- 5 HUNTER BARKER
- 6 ISABELLA OLIVER
- 7 COLBY ELFORD
- 13 MITCHELL JONES
- 22 CAITLIN JOHNSON
- 27 JUSTIN HILL

Welcome to Week 5 everyone,

I'd like to thank you all for your continued support and assistance with the provision of remote learning to our students. Next week marks another change to our learning program with most students returning to onsite learning. From Tuesday next week F-2 and Years 10-12 students completing senior studies, students of working parents or who fall into a 'vulnerable' category will be returning to school. The families who contacted the school fall under these categories. Remote learning will still be available to students in Years 3-10 who fall outside these groups. Please read the Covid 19 Resumption Guidelines for Parents, you'll find these on Compass, so that we maintain the same understanding about how we will proceed until May 31.

There should be another update from the Victorian Government and therefore Department of Education around May 31 to confirm next steps for the rest of the term. Having said that, all students will be required to resume onsite learning from June 9.

Pupil Free Day on May 25 to assist with return to school May 26

School will look different for the students returning to school:

- the classrooms will be set up so that students sit 1.5 metres apart, a seating plan will be in place
- students will not be allowed to enter classrooms unless they have sanitised their hands, therefore they will be asked to stand outside until the teacher is satisfied this has been done
- students will be asked to bring a water bottle to school, the bubble taps will only be used to refill bottles
- students will be discouraged from sharing equipment
- parents dropping off and picking up students will be asked to maintain social distancing
- students who catch a bus to and from school are encouraged to carry their own sanitiser

These are some of the measures that will be put in place to keep themselves safe from the unlikely event of an infection.

Students not returning to school on Tuesday can still access remote learning until June 9. The Compass timetable will be in effect from Monday, remote learners will join classes during those lesson times. All lesson plans will be on Compass and teachers are contactable during school hours.

Manangatang P12 Virtual PE Challenges and Fun Facebook page

If you haven't had a look already do yourself a favour and check out the Manangatang P12 Virtual PE Challenges and Fun Facebook page. Congratulations and well done to all who have contributed to it, it looks like you all had a lot of fun. I would like to acknowledge Nat Plant for organising this page and for taking the time to publish the great activities we've been doing since remote learning started.

Manangatang Pilot Group

Last term the Manangatang Pilot Group established itself and has since created an action plan. The group hopes to involve members of our community in trying to identify and prioritise actions that will bring additional resources to benefit the health and wellbeing of all members of the community. This edition of Linkup comes with their most recent newsletter. I encourage you to read this publication and to become involved as much as you can.

Wishing you all a safe and happy weekend.

Nat Mouvet

COVID-19 Resumption of face to face schooling, guidelines for Manangatang P-12 College May 26 – June 9 (Review June 9)

Hygiene

- All staff and students will wash hands regularly- not just after toilet breaks but before and after recess and lunch breaks. Soap as well as sanitiser will be available in all shared spaces e.g. toilets, the library, the staffroom.
- Temperature checks on all staff and students will be carried out at the beginning of the school day.

In Classrooms

- Students will line up outside classrooms and will only be allowed into classrooms after hands are washed or sanitised.
- Supplementary cleaning of taps, door handles and communally used surfaces will be carried out during school days. Teachers will be responsible for ensuring door handles and hard surfaces are wiped over at the commencement and the end of each session. Each classroom will be supplied with disposable cleaning wipes.
- Seating plans will be put in place. Students will be allocated the same desk for their lessons.
- Play equipment is included in the cleaning schedule
- If any confirmed cases of Covid19 are identified amongst the student or staff cohorts at the school, that or those persons will be isolated immediately, the relevant authorities notified ASAP, and the school will be locked-down at the end of that school day for deep cleaning. It will not re-open until declared “safe” by a person qualified to so declare.

Health checks

- Teachers and Support staff who seek a health check will be supported in accessing tests.
- Staff are especially reminded that if they are feeling unwell with flu-like symptoms – even mild symptoms - they should seek a health check if they are at school when they begin to feel unwell. If at home they should not attend school if feeling unwell.
- Students who feel ill will be immediately sent home or isolated for the remainder of the day
- Education staff are entitled to priority health checks if they experience symptoms

Operations & return details

- All staff and students will resume school on May 26th after a pupil-free day on 25th May.
- Manangatang P-12 College is returning to on site teaching, therefore students in Years 3-10 who choose to learn remotely will be required to join classes, as scheduled, on the Compass timetable.
- Lessons will continue to be shared on Compass.
- There will be no assembly-type gatherings until further notice.
- There will be no staff gatherings until further notice.
- There will be no inter-school sport until further notice.

- There will be no camps until further notice.

Social Distancing

- All staff will be responsible for their own social distancing and out-of- classroom social distancing, wherever students congregate.
- Within classrooms it is the responsibility of the class teacher to implement social distancing in as much as the classroom environment can be managed.

PPE

- All staff who request masks, shields or gloves will be provided with them.
- Students who bring personal protective equipment from home will be encouraged to make use of it.

Remote learning and transition back

- When students begin to return to school there will be a period when some struggle to settle back at school. Some will be over excited to see their friends and others will be distant. The social and emotional health of students will be given a high priority and I ask that you be alert to identify students who may need support.

Restrictions

- We will expect that parents do not enter any buildings unless invited. Signs will be affixed to doors stating that due to the Coronavirus, access will be restricted until the pandemic is declared “under control”.
- No trade or other visiting personnel are permitted on site unless an urgent need exists.
- There will be no inter-school sport until further notice.
- There will be no camps until further notice.

Students:

- Students must have their own water bottles the bubble taps will not be used for drinking.
- Students are encouraged to bring their own bottles for refilling
- Should be observing social-distancing of 1.5 metres *if practical*.
- Are not to engage in contact activities or activities where contact is likely.

Buses:

Buses will run as normal. The following practices will be put in place:

- Siblings will be seated together where it is not possible to socially distance students
- All hard surfaces will be wiped with bleach
- Hand sanitiser will be supplied but students are encouraged to bring their own

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Dear Parents and Carers,

Learning from home is a big change for schools, teachers, students and families. We would love to know how this new way of learning is going for your child so far, so we are inviting you and your child to please take the time to complete the Learning from Home Survey. The information you provide will be used to drive school improvements.

The survey will be conducted **online** and should take **10 minutes** to complete.

The survey can be completed on any internet enabled device (desktop or laptop computer, tablet, smartphone) and is compatible with most browsers.

The survey will be open until **Friday 26 June 2020**.

Please be assured that your responses are completely confidential. The survey is conducted anonymously and it is important to us that you complete the survey as honestly as possible. Your comments in the final, open-ended questions will be provided back to the school.

Please follow the instructions below to complete the survey. **Please note that there are separate instructions for parents and students.**

To complete the PARENT survey, simply:

Click on the link below, or copy and paste the text into your browser. This link will take you directly to the survey.

NOTE: Only **one parent** from your family is invited to complete the survey.

<https://www.orima.com.au/lfh/parents>

Select the School and Campus name below.

School Name: Manangatang P-12 College

Enter the School PIN below.

PIN: 191826

When complete, please click on the 'FINISHED!' button at the end of the survey to submit your answers. Please note that the survey will time out after **60 minutes of inactivity**.

To complete the STUDENT survey, simply ask / assist your child to follow the instructions below:

Click on the link below, or copy and paste the text into your browser. This link will take you directly to the survey.

NOTE: Only students in **Years 4 to 12** are invited to participate in this survey.

<https://www.orima.com.au/lfh/students>

Select the School and Campus name below.

School Name: Manangatang P-12 College

Enter the School PIN below.

PIN: 9821

If you don't know what a question means, please ask your parent or teacher to help you. When you have finished the survey, please click on the 'FINISHED!' button on the last page to submit your answers. Please note that the survey will time out after **60 minutes of inactivity**.

Questions?

Please do not hesitate to contact me if you have any general queries about the survey. For specific technical or participation related queries, you may also contact the Department or the supplier administering the survey, ORIMA Research.

Should you have any technical queries regarding the survey, please do not hesitate to contact ORIMA Research on 1800 654 585 (toll free), or by email: atoss@orima.com

Should you have any participation or survey-related queries, please contact the School, or the Department by email: attitudes.school.survey@edumail.vic.gov.au

Thank you for taking the time to participate, your feedback is important to us.

Yours sincerely,
Nat Mouvet
Principal

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CUBBY HOUSES

Last week Manangatang P-12 College held a Cubby House Building Challenge as part of our STEM Curriculum. A Curriculum that is STEM-based incorporates real-life situations to help the student learn. STEM teaching and learning goes beyond the mere transfer of knowledge. It engages students and equips them with critical thinking, problem solving, creative and collaborative skills, and ultimately establishes connections between the school and the community. All students submitted photos of their Cubby's and the vote was put to the public via our School Facebook page. Congratulations to Aidan, Rory and Frankie Plant for taking out the challenge. Second place was Isabel Grant and third place was Jayda and Chayse Plant. Well done to all the students involved. We are very lucky to have such creative students at our school.



Cubby 6



Cubby 4



Cubby 5



Cubby 1



Cubby 7

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VIRTUAL CROSS COUNTRY WEEK

Due to the current isolation situation the Cross Country event looked a little different this year. Students and their families were encouraged to get active throughout the whole week by running, riding or walking a variety of distances. Dressing up and house spirit were also encouraged and this was certainly a high point for the week. There is even a grain bag painted green and red just out of town- well done to Anders, Charli, Maddi and Lilly for that amazing display.

Fortunately we were blessed with fantastic weather throughout the week which made getting out of bed in the mornings for a run, a little bit easier. Some students achieved personal best times whilst others just enjoyed the break away from the computer screen. Regardless, it was so pleasing to see so many families getting active together and enjoying some of the amazing scenery the Mallee has to offer. The family dog, cat or sheep that featured prominently in photos would have also appreciated the physical activity.

Although this challenge was for fun and not the official event it was great to see some friendly rivalry between Wattle and Mallee. Over the week Wattle's participation was slightly higher however Mallee efforts with team chant videos and decorating the countryside were very impressive. In this case, both teams are the winners.

Hopefully sporting events and activities will recommence in the not to distance future and we can look forward to reigniting the competition between Wattle and Mallee.

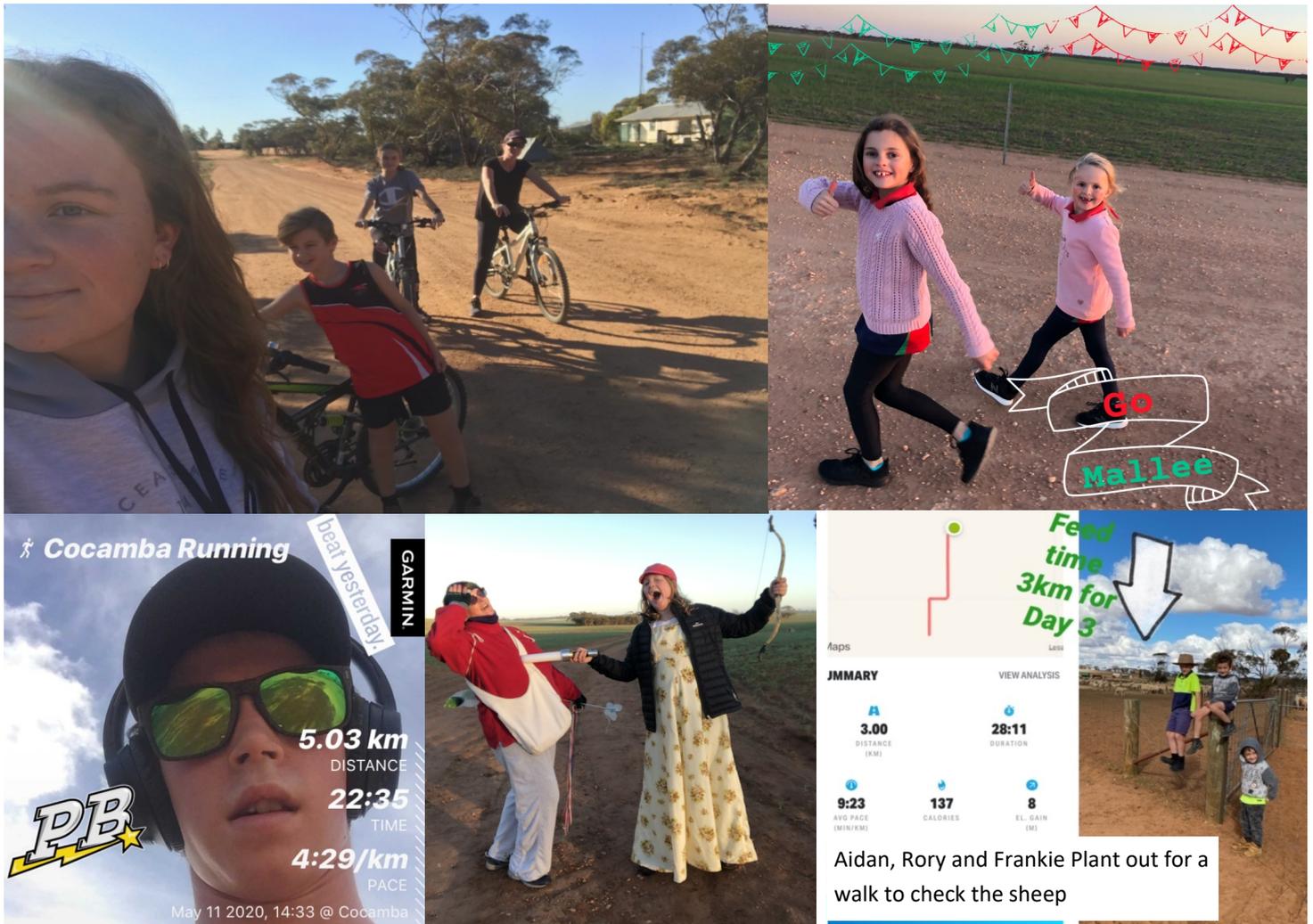
Thank you to everyone who sent in photos or watch data, took the time to dress up and approached the week with such enthusiasm and positivity. Physical activity is so important for physical and mental health.

There is a slide show of photos which students will be able to view at school or on the Manangatang P-12 College Virtual PE Challenges Facebook page. Unfortunately it is too big to post on the College Facebook page.

Students who participated should have received their certificates this week.

Well done

Natalie Plant



Aidan, Rory and Frankie Plant out for a walk to check the sheep

College News

Marie and Jack running past their Go wattle sign



The Johnson girls out on a walk



Jobhi, Jayda and Chayse Plant in Wattle dress ups



Charli and Anders Plant, who were able to write Mallee on their GPS map on the Manangatang footy oval and run around town in some crazy dress ups.



Ann and Isabel Grant (and dog and cat) dressed up for their morning walk each day. Isabel even completed a walk in high heels.



National Simultaneous Story-time

Manangatang p-6 has registered to join this event on May 27th, at 11.00 am to read **Chicken Divas**, by Whitney and Britney. Our principal, Nat Mouvet, has willingly volunteered to be our reader and families will need to be logged into the following meeting room, in **ZOOM** at **10.50a.m.**

Kaylene De Pyle

<https://zoom.us/j/5890338263?pwd=WHA4QjRtY0FjNStFN2pwUjA0c1NQZz09>

Meeting ID: 589 033 8263 Password: kdp2020

This will be our first ever virtual story-time. During the week subjects have been invited to use the resources related to this story and dress-up for the occasion. Looking forward to see you all there.



WHITNEY and BRITNEY

CHICKEN DIVAS

#1millionkidsreading #NSS2020

NATIONAL SIMULTANEOUS STORYTIME

Virtual storytime

LET'S GET 1 MILLION KIDS READING!

Join in the fun from the comfort of your home for **VIRTUAL STORYTIME** on Wed 27 May at 11am AEST.

FREE downloadable resources to share with your kids, students and friends, when you register. Plus between 13 April - 26 May 2020 you have the chance to WIN one of 50 book packs worth \$100 for your library!

REGISTER HERE! alia.org.au/nss

THANK-YOU

The Food, Fibre, Tech elective class would like to thank Mr Rod Mackenzie of CODMAC for giving up his time to join our webex lesson this week. The focus this term is on animal production and Rod gave a very thorough report about yabbies. Rod provided so much valuable information which will help the class to set up a small yabby farm in the Ag plot area in the near future. Thank-you Rod.

Nat Plant and FFT class



Friends Program – Parent Information Session

FRIENDS PROGRAM

Since Thursday 6th February, 2020, Fi Mertz (of Local Logic Place) has been delivering the *Friends Program* to Year 4-6 students with the support of Scott Behm. The aim is to build resilience and reduce anxiety in students, strengthening student's ability to recognise their feelings and respond to them in a healthy way.

Fi and Scott would like to meet with parents and carers of the Year 4-6 students to provide them with information about the program so that parents can reinforce learnings with students at home.

PARENT INFORMATION SESSION

Date: Friday 22nd May, 2020

Time: 1:30 – 2 pm

Online Meeting link for Zoom: <https://zoom.us/j/3080107485?pwd=aEVnMmdxbXlaZmZlZU0pacEJXSnJDZz09>



HEADSETS FOR SALE

The College has a supply of recommended headphones for sale.



Please contact the College for orders.

\$35.00 each.



The **Manangatang Pilot** is an initiative of the Swan Hill municipality's *Better Together Collective*. The **Manangatang Pilot** started in January 2020 with financial and in-kind support from a range of services including the Manangatang P-12 College, Mallee Family Care, Murray Mallee Local Learning and Employment Network, Swan Hill Rural City Council, Mallee Sexual Assault Unit – Mallee Domestic Violence Service and Robinvale District Health Services to name a few.

The **Manangatang Pilot** is based on the *Better Together Collective's* first Pilot – the Woorinen Pilot. Like the Woorinen Pilot the **Manangatang Pilot** uses the school as a 'platform' (because schools are a great way of reaching people) to better deliver supports and services to students, their families and the broader community. It is a different way of working with families and communities because the first stage of the 'Pilot' is always hearing from the community – you – about what you need.

This is because we believe, as services, we do a better job when we listen to your needs and work together to meet them.

Stage 1 – Building the Manang Pilot

Local services have been hearing from you – as the Manangatang community - to better understand your needs and what we could do to better meet these needs. We have:

- ✓ Held small and targeted discussion groups with Manangatang P-12 students in Years 4-6 and 7-12
- ✓ Heard from families during the Welcome Breakfast and school swimming carnivals
- ✓ Reviewed what was shared by the Manang & District Preschool and Manang P-12 College students and families through the Swan Hill Rural City Council Municipal Early-Middle Years Plan and Youth Strategy consultations in 2019
- ✓ Looked at key school data including 2019 'Be You' mental wellbeing surveys and Attitude to Schools Surveys
- ✓ Looked at key demographic data including ABS Census Population and Housing data and
- ✓ Met with key services and community members, in Manangatang, on 27th February, 2020

This listening does not stop – and you can build on our understanding at any point by sharing with us:

- ➔ What your needs or your community's needs are?
- ➔ What services work well and what is missing?
- ➔ What we could do that might help?

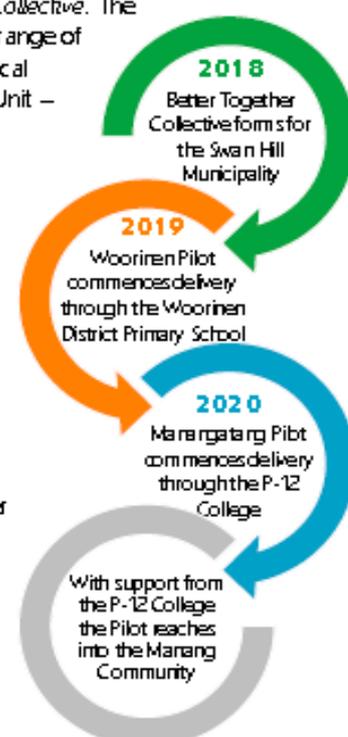
To share your thoughts you can contact one of the project workers:

Rachael Williams 0416 201643 rachael@locallogicplace.com.au

Cath O'Connor 0439 965 878 cocconnor@malleefamilycare.com.au

Fi Mertz 0427 875 049 fi@locallogicplace.com.au

The other important thing we have been doing during Stage 1 of the **Manangatang Pilot** is understanding what services are already in or visiting Manangatang – how these services support you, when and where they visit, and what could be improved. This is called 'service mapping' and the diagram on the following pages shows two boxes – the first shows just some of the services that were already in or visiting Manangatang (this list is not complete) and the second box shows the services and supports that have started (or increased) since the beginning of this year (some because of the Pilot, some not).



Existing Services & Supports



- Manangatang & District Kindergarten
- Manangatang P-12 College educational and wellbeing supports
- MFC 'Small Talk' Supported Playgroup (Courtney Tepper)
- SHRCC Empower Youth program and Coaching Young People for Success programs (Will Burns)
- RDHS Health and Wellbeing services (variety of services and providers)
- MTHCS Health and Wellbeing services (variety of services and providers)
- SHRCC Maternal & Child Health (Julie Duffus)
-

New (or increased) Services & Supports



- Manangatang P-12 College Wellbeing Coordinator (Kim Critchely)
- Friends Resilience Program (Fi Mertz) (more information below)
- SHRCC Empower Youth program and Coaching Young People for Success programs (extended delivery)
- SHRCC Maternal & Child Health (evolved delivery)
- Mental, Emotional, Social and Spiritual Health (MESH) support groups (delivered by Mallee Domestic Violence Service and Fi Mertz)
- MFC Parenting Under Pressure (PUP) (Kayla Thornton)
- MFC Community Engagement Worker (Cath O'Connor) working in community
- School Focused Youth Services support and program funding
- RFDS Visiting GP Program

The **Friends Resilience Program** has commenced with students in Years 4-6. So far students have learnt about identifying different feelings in your body and in other people, regulating emotions by acting on feelings before they become too strong, relaxation strategies and the benefits of positive thinking. The delivery of Friends was adapted to be done online and is now almost complete with students doing an amazing job of learning in this new way! This work has been funded by Mallee Family Care and the Murray Mallee Local Learning and Employment Network (MMLLEN).



**FRIENDS
RESILIENCE**

Mallee Family Care's Community Engagement Worker (Cath O'Connor), together with the MMLLEN and Manangatang's Debbie Arentz have re-drafted and re-formatted the **Traveller's Tour of Manangatang Booklet and New Resident's Guide**. The MMLLEN and Mallee Family Care will also fund the printing of these valuable resources.



Where to Next..

- ✓ With the current Coronavirus (COVID-19) outbreak, most service outreach into Manangatang has been paused, but will re-start as soon as it is safe to do so.
- ✓ All services remain contactable by telephone and email.
- ✓ A single page local service directory is currently being developed to support you in connecting with services.
- ✓ The Manangatang Pilot project workers are still working 'behind the scenes' to help in any way they can.

Until we see you again in person we wish you all the best during this period. Be calm and stay safe.



Victorian Premiers' Reading Challenge

The Victorian Premiers' Reading Challenge is now open and Manangatang P-12 College is excited to be participating. A new application is being used this year that offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
- a modern user-friendly interface
- rewarding students with badges as challenge milestones are achieved

the option for students to mark books as a favourite, give them a star rating or complete a book review

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 4 September 2020.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

To read the Premier's letter to parents, view the booklists and for more information about the Victorian Premiers' Reading Challenge, visit: www.education.vic.gov.au/prc

Teachers will provide you with your Premier's Reading Challenge login, (Yes, sorry another login) Once you have your login details follow step 1.

Go to Premier Reading Challenge Victoria 2020 site.

Step 1. - Logging in with a Challenge password

Your teacher will give you a Challenge username and password. Keep them in a safe place. If you lose or forget your Challenge password, ask your Challenge coordinator, Mrs Carroll or class teacher to generate a new one for you.

Go to the [Challenge application](#).

1. Select the School/Student button.

2. Select the VPRC login option.

Enter your username and password. Select Login.

Step 2. - Adding books to your reading list

If you see a book on the Recommended books or Trending book lists you want to read, select the +Add book button below the book.

You can also search the catalogue for a book you want to add.

Select Search Books in the side menu.

Enter the book's name, author, series name or ISBN number in the search field.

Select the Search button.

Find the book you want from the search results and select the book title.

This will open the book details.

Select the +Add book button.

The book will appear in your reading list on your dashboard.

You should only add books you want to read to your reading list. If you mark a book as finished but want to remove it, speak to your Challenge coordinator or class teacher. If the book has already been verified, it cannot be removed from your reading list.

If you have any problems just keep a list and I can complete them on line for you later or, please contact me at the College.

Happy reading.

Leonie Carroll

Premier's Reading Challenge Coordinator.

Number of books you need to read

[Prep to year 2](#)

Number of books: 30

Number of books from the Challenge book list: 20 or more

[Year 3 to year 9](#)

Number of books: 15

Number of books from the Challenge book list: 10 or more

[Year 10](#)

Number of books: 15

Number of books from the Challenge book list: 5 or more

balancing online schooling and working from home

Coronavirus (COVID-19) has resulted in new opportunities and challenges for those supporting and caring for young people in our community.

The transition to online schooling and working from home will be exciting for some people who may thrive in this new style of working and learning and for others this transition may be quite stressful and overwhelming. It may also be a mixture of both these experiences. All of these feelings and experiences are understandable in these circumstances.

Each household will be different in what they are managing. There may be multiple people of various ages trying to transition to online schooling and working at home or there may be just one or two in your household. Everyone will balance this differently with each household having different ways of managing and different priorities. This is okay. There is no one right way to go about this and no household will get it perfectly right.

The initial weeks of this transition will be the hardest whilst everyone is trying to adapt to new routines.

Here are some tips to support the balance of online schooling and working from home.

1. create good communication

Creating good communication between young people and others at home will be very important during this time. It could be the difference between balancing and negotiating everybody's different needs or increasing conflict in the household.

Some important ideas for good communication include:

- **communicating early**

Start conversations and model talking early when you are noticing things aren't working so well or there are differences in priorities, expectations or people's needs being met in the household.

- **taking a 'you and me vs the problem' approach**

If you think about any problems coming up 'side by side' rather than 'you vs me' you are more likely to get a good outcome for everyone. This includes letting everyone have a turn to express their perspective, expectations and opinions in a respectful way.

- **acknowledging and summarising what each person has said when communicating**

This shows you're interested and listening to the other people. When we feel our perspective has been heard and understood we are more able to listen to what the other people have to say.

- **using 'I' statements rather than you statements**

Using 'I' statements to express our perspective or needs helps us to own what we are saying rather than giving a sense of blame that can happen with 'you' statements.

Take some time to talk about what everyone in the house is going to need to be effective in online schooling and

working from home. It is good to set up a time for this conversation when everyone is available and able to be focus on what you are talking about. This conversation may need to keep occurring over time as you try things out and adapt to see how it is going.

This conversation could include thinking together about ideas such as:

- how you will let each other know when you can be available to support young people's online schooling and when are you not able to be interrupted
- how you will let each other know when you need some help or support
- how you are going to manage shared work and schooling spaces
- what is working or not working for the household?

If you feel like there is some tension between household members during this transition or you would like more ideas on communication, check out the responding to family conflict fact sheet for more tips and information.



2. consider and manage your expectations

Each household will be managing different things during this time. For some households, those working from home are going to need to prioritise work and won't be available for online schooling support. Other households will have more flexibility in moving between supporting online schooling and working.

Consider what your household is managing and adjust your expectations accordingly.

It is okay if you are not always available or if young people aren't completing all of the allocated tasks during this time. If this is happening some things to think about include:

- using the communication tools discussed above to have a conversation with the young person and ask them about what feels reasonable and manageable. Once they have come up with some ideas, negotiate and work together to come up with an agreed solution.
- keeping the communication with teachers going so that they are aware of what is happening for the young person during this time.

Usually school time and work time is a time of social contact for young people and adults too. Discuss expectations around talking to friends during school or work time and encourage peer to peer connection in an appropriate way to maintain social connectedness.

4. Foster Independence

Young people are usually independent during their school day without the support of care givers to guide their work. Whenever possible, try to encourage this to remain the same.

Take some time to talk to them and ask them about what they would normally do if they got a bit stuck at school with some work or don't know quite what to do.

Some ideas might include:

- sending a question to the teacher
- asking their friends.

Independence also includes things like encouraging young people to make their lunch, choose what to do at breaks or lunch time and setting up their work space.



3. create a routine

As much as possible try to keep to a normal routine for online schooling and working from home. It can be easy for work time, school time and home time to merge into one which can be overwhelming at times. It can be good to create routines to differentiate this time and support being able to 'switch off' from work or school time.

Some ideas around this could be:

- taking a walk around the block or exercise when you finish work/school to mimic your usual travel home time (whilst still obeying the COVID-19 restrictions)
- packing down your work space at the end of your work day, closing computers and putting books away. You may even want to cover your station with a blanket
- changing into different clothes for work or study time and home time.

5. Use your resources

Think about the resources that you have around you. This may be adults in the household taking turns to provide support to young people. If this is not possible, there may be other extended family members or friends that have special skills in areas such as Maths or English that young people can reach out to for support with tasks online or via phone when required.

6. Get creative and flexible

There are many ways of learning and different areas of learning for young people. As young people develop they are learning how to be independent and complete the tasks of an adult. The online learning environment creates an opportunity for young people to have the time to learn different skills associated with this process. These skills might include:

- cooking a meal for the household
- helping out with chores
- learning how to pay bills and managing finances
- taking care of the garden.

Remember to use the communication ideas discussed above in thinking about and trying out these ideas. Ask young people what they are interested in learning and negotiate to come up with what will be appropriate for your household.

If online schooling support is required consider whether these tasks could occur outside normal school hours so that you are able to provide support during non-work hours.

7. Take regular breaks

Stepping away from the computer, getting some fresh air and stretching is important for everybody. If you do this on a regular basis everybody in the house will be more productive in their work and learning. It also supports good physical and mental wellbeing.

8. Model self-compassion

We are experiencing something very unusual and unprecedented at the moment with the transition to online schooling and working from home.

Remember, nobody is going to get this perfectly right. Lots of people are experiencing increased stress and anxiety at the moment and that is really understandable. It is important to take care of yourself during this time. If we can model self-compassion, talking about our experiences and looking after ourselves to young people, they are more likely to practise this themselves.

For some more ideas on looking after yourself during COVID-19 check out the 7 tips for a healthy headspace and how to cope with stress related to the Coronavirus outbreak situation.

check in with yourself

It's important to check in with yourself and notice what might be making you feel good or what might be contributing to your stress and worries. It can be helpful to practice self-care, and our resources can help to give you a sense of control during this unusual time.

Check out our headspace COVID-19 resources for a range of information and support services:

headspace.org.au/covid-19

The latest medical information for COVID-19/ Coronavirus is changing on a regular basis. If you would like to understand more, please visit the Department of Health's website.

health.gov.au

There's support available

If you think your young person might be feeling overwhelmed, anxious or needs additional support help is available.

By visiting the headspace website, young people can connect with others, interact with self-help tools and access lots of great mental health resources. This is in addition to one-to-one direct support that young people can access via eheadspace or at headspace centres.

Help is available through these mental health organisations

- headspace: visit [headspace.org.au](https://www.headspace.org.au) to find your nearest centre or call eheadspace on 1800 650 890
- Kids Helpline: 1800 55 1800 or [kidshelpline.com.au](https://www.kidshelpline.com.au)
- ReachOut: [reachout.com](https://www.reachout.com)
- SANE Australia: 1800 187 263 or [sane.org](https://www.sane.org)

You can speak to your local General Practitioner (GP) and help make a plan to support your young person's mental health. Appointments with your GPs are available over the phone, via a video chat or in-person.

Search for your local health service or GP on the healthdirect website.

If you feel like someone you love might need immediate support, help is available:

National 24/7 crisis services

- Lifeline: 13 11 14 or [lifeline.org.au](https://www.lifeline.org.au)
- Suicide Call Back Service: 1300 659 467 or [suicidecallbackservice.org.au](https://www.suicidecallbackservice.org.au)
- Beyond Blue: 1300 224 636 or [beyondblue.org.au](https://www.beyondblue.org.au)



Protect yourself and your family

Wash your hands regularly



1

Wet your hands.



2

Put soap on
your hands.



3

Rub the soap over all
parts of your hands for
at least 20 seconds.



4

Rinse your
hands under
running water.



5

Dry your hands thoroughly
with disposable paper towel
or hand dryer.

Stay germ free and healthy

Manangatang

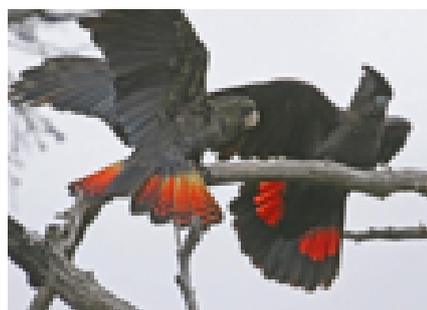
ONLINE PLAYGROUP TERM 2

Wednesdays — 2pm-2.30pm
on Zoom

Thursdays — 10am-10.30am
on Facebook Live
(recorded session)

Join the Courtney Smalltalk Playgroup Facebook page

<https://www.facebook.com/courtneysmalltalk.playgroup> and be added to the closed group for Playgroups



Any questions please contact Courtney on 0418 157 923

mfc
malleefamilycare

smalltalk
Giving your kids a great start

Gaming and Gambling

“The modern gaming world may seem foreign and overwhelming to many parents” – Victorian Responsible Gambling Foundation.

Video games are becoming one of the most popular forms of entertainment. The benefits of gaming may range from improving co-ordination and problem-solving skills to improving multitasking skills and social skills. But there are negative consequences of online gaming.

The line between online gaming and gambling is becoming too blurry. Game design has evolved to include gambling-like elements. Gambling advertisements can also be seen in gaming platforms. These elements make gambling seem ‘normal’ to young people who do not understand the risks associated with gambling. It also offers your child the opportunity to practice gambling.

“We know that the younger one gambles, the more likely it is that they may end up with a gambling issue” – YMCA Youth Services.

To reduce your child's exposure to gambling or gambling advertising:

Talk to your child about the risks and potential risks that are associated with gambling.

Monitor the purchase of games or micro transactions

Prevent unintentional access to gambling sites by using a filter like Gamblock or Betfilter.

If you are worried about your child's gaming and gambling behaviour, your next step is easier than you think.

Phone your local Anglicare Victoria Mildura office, with free and confidential Therapeutic Counselling and Financial Counselling to anyone affected by gambling.

Anglicare Victoria

Phone: 1800 244 323

Visit gamblershelp.com.au for more information

School Nurse Visit

It is hoped that Kerrie McCosh, primary school nurse, will be visiting our school this term. The purpose of this visit is to undertake health assessments and discuss health concerns that parents and/or teachers may have with their children/students.

Prep Grade Health Assessments: All parents of prep grade children will be asked to complete a Health Questionnaire and return the form to the school before June 2nd 2020. If you do not wish your child to be seen by the school nurse, please sign the non-consent section and return the form to the school.

Referrals (All Grades): Parents and/or teachers may refer children from any grade for assessments of vision, hearing, basic speech, physical abilities, medical conditions, behavioural and parenting issues. Please collect a referral form from the school office. Completed forms are to be handed into the school office prior to June 2nd 2020. Should parents wish to have an interview with the School Nurse, please indicate your request on the form.

Please note: You can talk to the school nurse at any time throughout the year. The school has her mobile phone number.

Talking to Children and Young People About the Coronavirus

 childmind.org/article/talking-to-kids-about-the-coronavirus

News of the coronavirus COVID-19 is everywhere, from the front page of all the papers to the playground at school. Many parents are wondering how to bring up the epidemic in a way that will be reassuring and not make kids more worried than they already may be. Here is some advice from the experts at the Child Mind Institute.

- **Don't be afraid to discuss the coronavirus.** Most children will have already heard about the virus or seen people wearing face masks, so parents shouldn't avoid talking about it. Not talking about something can actually make kids worry *more*. Look at the conversation as an opportunity to convey the facts and set the emotional tone. "You take on the news and you're the person who filters the news to your kid," explains Janine Domingues, PhD, a child psychologist at the Child Mind Institute. Your goal is to help your children feel informed and get fact-based information that is likely more reassuring than whatever they're hearing from their friends or on the news.

- **Be developmentally appropriate.** Don't volunteer too much information, as this may be overwhelming. Instead, try to answer your child's questions. Do your best to answer honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters.

Take your cues from your child. Invite your child to tell you anything they may have heard about the coronavirus, and how they feel. Give them ample opportunity to ask questions. You want to be prepared to answer (but not prompt) questions. Your goal is to avoid encouraging frightening fantasies.

Deal with your own anxiety. "When you're feeling most anxious or panicked, that isn't the time to talk to your kids about what's happening with the coronavirus," warns Dr. Domingues. If you notice that you are feeling anxious, take some time to calm down before trying to have a conversation or answer your child's questions.

- **Be reassuring.** Children are very egocentric, so hearing about the coronavirus on the news may be enough to make them seriously worry that they'll catch it. It's helpful to reassure your child about how rare the coronavirus actually is (the flu is much more common) and that kids actually seem to have milder symptoms.

Focus on what you're doing to stay safe. An important way to reassure kids is to emphasize the safety precautions that you are taking. Jamie Howard, PhD, a child psychologist at the Child Mind Institute, notes, "Kids feel empowered when they know what to do to keep themselves safe." We know that the coronavirus is transmitted mostly by coughing and touching surfaces. The CDC recommends thoroughly washing your hands as the primary means of staying healthy. So remind kids that they are taking care of themselves by washing their hands with soap and water for 20 seconds (or the length of two "Happy Birthday" songs) when they come in from outside, before they eat, and after blowing their nose, coughing, sneezing or using the bathroom. If kids ask about face masks, explain that the experts at the CDC say they aren't necessary for most people. If kids see people wearing face masks, explain that those people are being extra cautious.

Stick to routine. "We don't like uncertainty, so staying rooted in routines and predictability is going to be helpful right now," advises Dr. Domingues. This is particularly important if your child's school or daycare shuts down. Make sure you are taking care of the basics just like you would during a spring break or summer vacation. Structured days with regular mealtimes and bedtimes are an essential part of keeping kids happy and healthy.

Keep talking. Tell kids that you will continue to keep them updated as you learn more. "Let them know that the lines of communication are going to be open," says Dr. Domingues. "You can say, 'Even though we don't have the answers to everything right now, know that once we know more, mom or dad will let you know, too.'"

Supporting Children and Young People During the Coronavirus Crisis

 childmind.org/article/supporting-kids-during-the-covid-19-crisis

As schools close and workplaces go remote to prevent the spread of the new coronavirus, parents everywhere are struggling to keep children healthy and occupied. If you're anxious about how to protect and nurture kids through this crisis — often juggling work obligations at the same time — you're in good (virtual) company. I know, as I write this from home, with my 2-year-old hovering, that we have a lot to figure out.

Here are tips from the Child Mind Institute's clinicians to help calm fears, manage stress and keep the peace.

Keep routines in place

The experts all agree that setting and sticking to a regular schedule is key, even when you're all at home all day. Kids should get up, eat and go to bed at their normal times. Consistency and structure are calming during times of stress. Kids, especially younger ones or those who are anxious, benefit from knowing what's going to happen and when.

The schedule can mimic a school or day camp schedule, changing activities at predictable intervals, and alternating periods of study and play.

It may help to print out a schedule and go over it as a family each morning. Setting a timer will help kids know when activities are about to begin or end. Having regular reminders will help head off meltdowns when it's time to transition from one thing to the next.

Be creative about new activities — and exercise

Incorporate new activities into your routine, like doing a puzzle or having family game time in the evening. For example, my family is baking our way through a favorite dessert cookbook together with my daughter as sous chef.

Build in activities that help everyone get some exercise (without contact with other kids or things touched by other kids, like playground equipment). Take a daily family walk or bike ride or do yoga — great ways to let kids burn off energy and make sure everyone is staying active.

David Anderson, PhD, a clinical psychologist at the Child Mind Institute, recommends brainstorming ways to go "back to the 80s," before the time of screen prevalence. "I've been asking parents to think about their favorite activities at summer camp or at home before screens," he says. "They often then generate lists of arts and crafts activities, science projects, imaginary games, musical activities, board games, household projects, etc."

Manage your own anxiety

It's completely understandable to be anxious right now (how could we not be?) but how we manage that anxiety has a big impact on our kids. Keeping your worries in check will help your whole family navigate this uncertain situation as easily as possible.

“Watch out for catastrophic thinking,” says Mark Reinecke, PhD, a clinical psychologist with the Child Mind Institute. For example, assuming every cough is a sign you’ve been infected, or reading news stories that dwell on worst-case scenarios. “Keep a sense of perspective, engage in solution-focused thinking and balance this with mindful acceptance.”

For those moments when you do catch yourself feeling anxious, try to avoid talking about your concerns within earshot of children. If you’re feeling overwhelmed, step away and take a break. That could look like taking a shower or going outside or into another room and taking a few deep breaths.

Limit consumption of news

Staying informed is important, but it’s a good idea to limit consumption of news and social media that has the potential to feed your anxiety, and that of your kids. Turn the TV off and mute or unfollow friends or co-workers who are prone to sharing panic-inducing posts.

Take a social media hiatus or make a point of following accounts that share content that take your mind off the crisis, whether it’s about nature, art, baking or crafts.

Stay in touch virtually

Keep your support network strong, even when you’re only able to call or text friends and family. Socializing plays an important role in regulating your mood and helping you stay grounded. And the same is true for your children.

Let kids use social media (within reason) and Skype or FaceTime to stay connected to peers even if they aren’t usually allowed to do so. Communication can help kids feel less alone and mitigate some of the stress that comes from being away from friends.

Technology can also help younger kids feel closer to relatives or friends they can’t see at the moment. My parents video chat with their granddaughter every night and read her a (digital) bedtime story. It’s not perfect, but it helps us all feel closer and less stressed.

Make plans

In the face of events that are scary and largely out of our control, it’s important to be proactive about what you *can* control. Making plans helps you visualize the near future. How can your kids have virtual play dates? What can your family do that would be fun outside? What are favorite foods you can cook during this time? Make lists that kids can add to. Seeing you problem solve in response to this crisis can be instructive and reassuring for kids.

Even better, assign kids tasks that will help them feel that they are part of the plan and making a valuable contribution to the family.

Keep it positive

Though adults are feeling apprehensive, to most children the words “School’s closed” are cause for celebration. “My kid was thrilled when he found out school would be closing,” says Rachel Busman, PsyD, a clinical psychologist at the Child Mind Institute. Parents, she says, should validate that feeling of excitement and use it as a springboard to help kids stay calm and happy.

Let kids know that you’re glad they’re excited, but make sure they understand that though it may *feel* like vacations they’ve had in the past, things will be different this time. For example, Dr. Busman

suggests, "It's so cool to have everyone home together. We're going to have good time! Remember, though, we'll still be doing work and sticking to a regular schedule."

Keep kids in the loop — but keep it simple

"Talking to children in a clear, reasonable way about what's going on is the best way to help them understand," says Dr. Busman. "But remember kids don't need to know every little thing." Unless kids ask specifically, there's no reason to volunteer information that might worry them.

For example, our two-year-old daughter Alice is used to seeing her grandparents regularly, but right now we're keeping our distance to make sure everyone stays safe. When she asks about them we say: "We won't see Grandma and Grandpa this week but we will see them soon!" We *don't* say: "We're staying away from Grandma and Grandpa because we could get them sick." Older kids can handle — and expect — more detail, but you should still be thoughtful about what kinds of information you share with them.

Check in with little kids

Young children may be oblivious to the facts of the situation, but they may still feel unsettled by the changes in routine, or pick up on the fact that people around them are worried and upset. Plan to check in with younger children periodically and give them the chance to process any worries they may be having. Children who are tantruming more than usual, being defiant or acting out may actually be feeling anxious. Pick a calm, undistracted time and gently ask how they're feeling and make sure to respond to outbursts in a calm, consistent, comforting way.

Sometimes the path of least resistance is the right path

Remember to be reasonable and kind to yourself. We all want to be our best parenting selves as much as we can, but sometimes that best self is the one that says, "Go for it," when a kid asks for more time on the iPad. My daughter is watching *Elmo's World* — and possibly drawing on the wall — as I write this. That shrill red Muppet is the only reason I'm able to write at all.

"We should forgive ourselves the image of perfection that we normally aspire to as parents," says Dr. Anderson. "Maybe your kids don't have TV or screens on the weeknights during the school year, but now that school is cancelled or online, we can give ourselves license to relax these boundaries a bit. We can explain to our kids that this is a unique situation and re-institute boundaries once more when life returns to normal."

Accept and ask for help

If you have a partner at home, agree that you'll trade off when it comes to childcare. Especially if one or both of you are working from home and have younger children. That way everyone gets a break and some breathing room.

Everyone who can pitch in, should. Give kids age appropriate jobs. For example, teens might be able to help mind younger siblings when both parents have to work. Most children can set the table, help keep communal spaces clean, do dishes or take out the trash. Even toddlers can learn to pick up their own toys. Working as a team will help your whole family stay busy and make sure no one person (Mum) is overwhelmed.

As the number of coronavirus cases rise across Australia, the level of anxiety within the community is increasing.

Feelings of worry and unease can be expected following a stressful event, such as the recent declaration of a global pandemic, however, it is important that we learn to manage our stress before it turns to more severe anxiety and panic.

This information sheet outlines some useful strategies which can help both adults and children cope with the stress or anxiety experienced as a result of the coronavirus outbreak.

Learn the facts



Constant media coverage about the coronavirus can keep us in a heightened state of anxiety. Try to limit related media exposure and instead seek out factual information from reliable sources such as the Australian Government's health alert or other trusted organisations such as the World Health Organization.

Keep things in perspective

When we are stressed, it is easy to see things as worse than they really are. Rather than imagining the worst-case scenario and worrying about it, ask yourself:

- *Am I getting ahead of myself, assuming something bad will happen when I really don't know the outcome?* Remind yourself that the actual number of confirmed cases of coronavirus in Australia is extremely low.
- *Am I overestimating how bad the consequences will be?* Remember, illness due to coronavirus infection is usually mild and most people recover without needing specialised treatment.
- *Am I underestimating my ability to cope?* Sometimes thinking about how you would cope, even if the worst were to happen, can help you put things into perspective.

Take reasonable precautions

Being proactive by following basic hygiene principles can keep your anxiety at bay. The World Health Organization recommends a number of protective measures against the coronavirus, including to:

- wash your hands frequently
- avoid touching your eyes, nose and mouth
- stay at home if you begin to feel unwell until you fully recover
- seek medical care early if you have a fever, cough or experience breathing difficulties.

Practise self-care

To help encourage a positive frame of mind, it is important to look after yourself. Everybody practises self-care differently with some examples including:

- maintaining good social connections and communicating openly with family and friends
- making time for activities and hobbies you enjoy

- keeping up a healthy lifestyle by eating a balanced diet, exercising regularly, getting quality sleep and avoiding the use of alcohol, tobacco and other drugs to cope with stress
- practising relaxation, meditation and mindfulness to give your body a chance to settle and readjust to a calm state.

Tips for talking with children about the coronavirus

Children will inevitably pick up on the concerns and anxiety of others, whether this be through listening and observing what is happening at home or at school. It is important that they can speak to you about their own concerns.

Answer their questions

Do not be afraid to talk about the coronavirus with children. Given the extensive media coverage and the increasing number of people wearing face masks in public, it is not surprising that some children are already aware of the virus.

Providing opportunities to answer their questions in an honest and age-appropriate way can help reduce any anxiety they may be experiencing. You can do this by:

- speaking to them about coronavirus in a calm manner
- asking them what they already know about the virus so you can clarify any misunderstandings they may have
- letting them know that it is normal to experience some anxiety when new and stressful situations arise
- giving them a sense of control by explaining what they can do to stay safe (e.g., wash their hands regularly, stay away from people who are coughing or sneezing)
- not overwhelming them with unnecessary information (e.g., death rates) as this can increase their anxiety
- reassure them that coronavirus is less common and severe in children compared to adults
- allowing regular contact (e.g., by phone) with people they may worry about, such as grandparents, to reassure them that they are okay.

Talk about how they are feeling

Explain to your child that it is normal to feel worried about getting sick. Listen to your child's concerns and reassure them that you are there to help them with whatever may arise in the future. It is important to model calmness when discussing the coronavirus with children and not alarm them with any concerns you may have about it. Children will look to you for cues on how to manage their own worries so it is important to stay calm and manage your own anxieties before bringing up the subject with them and answering their questions.

Limit media exposure

It is important to monitor children's exposure to media reports about the coronavirus as frequent exposure can increase their level of fear and anxiety. Try to be with your child when they are watching, listening or reading the news so you are able to address any questions or concerns they may have.

Seek additional support when needed

If you feel that the stress or anxiety you or your child experience as a result of the coronavirus is impacting on everyday life, a psychologist may be able to help.

Psychologists are highly trained and qualified professionals, skilled in providing effective interventions for a range of mental health concerns, including stress. A psychologist can help you manage your stress and anxiety using techniques based on the best available research.

If you are referred to a psychologist by your GP, you might be eligible for a Medicare rebate. You may also be eligible to receive psychology services via telehealth so that you do not need to travel to see a psychologist. Ask your psychologist or GP for details.

There are number of ways to access a psychologist. You can:

- use the Australia-wide Find a Psychologist™ service. Go to findapsychologist.com.au or call 1800 333 497
- ask your GP or another health professional to refer you.

College News

Do you have any batteries that you don't want?

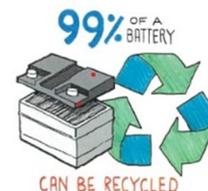
If so, come down to the College and drop them off behind the Music room.

We accept any motor vehicle batteries. These batteries will then be taken for money to Swan Hill where they will be recycled.

The money will then be used for College camps and improvements to the school.

Follow signs in College to reach battery drop off.

Please place batteries on wooden pallet so it is easier to remove.



WANTED!!!

VCAL are seeking donation of the following items to help complete a number of projects.

Chemical shuttles or just shuttle frames.

Pallets – in very good condition

Mini orb

Timber pieces – suitable for tabletops

If you or anyone that you know has any of these materials, please contact the College immediately.

Items can be dropped off at the back of the tech room

please organise with College first.

Thank-you to the Walters family who collected pallets from Swan Hill and dropped them off at School.

COLLEGE PAYMENTS ARE NOW DUE

College payments can be paid directly into the College bank account

BSB 033 250

Account number 602160

with your name as a reference,

or by cheque made payable to

Manangatang P-12 College...Thankyou

**Manangatang P-12 College
4105 Mallee Highway, Manangatang
Victoria 3546**

Phone: 03 5035 1270

Fax: 03 5035 1244

www.manang.vic.edu.au

www.facebook.com/manangatangp12

E-mail:

manangatang.p12@edumail.vic.gov.au

***Manangatang P-12 College
acknowledges Aboriginal and Torres
Strait Islander peoples as the first
peoples and traditional custodians of
the lands where we live, learn and
work.***

