



## ANZAC DAY

A proposal to replace the cancelled ANZAC Day service with a “light salute” was discussed last week by year 6. In response to this some students designed posters to encourage people to participate.

### ANZAC DAY CELEBRATION

DUE TO COVID 19, ANZAC day celebrations will not be gathering with everyone there. Most people are planning to stand in their drive ways and still pay their respects. That way they are still obeying the Australian government rules.

The ANZAC day is to celebrate the Australians that fought for our country, and to pay our respects to the soldiers that didn't come home.

Although it's going to be a bit different this year it is still the same as it always has been.



### Join the light

**On Saturday at dawn go out onto your driveway and light a candle to remember those who served and sacrificed for our country.**

By Ruby.



## -ANZAC DAY 2020-



### National Light Salute

To commemorate Anzac Day this year due to Corona virus restrictions, please stand in your driveway, window or balcony with a light or flame to show your support on the 25th of April just before dawn.



# College News

## ANZAC DAY 2020

It was a different ANZAC day this year.

Because of the Corona Virus the traditional ANZAC day ceremonies across the country were cancelled. Our community usually gather at the town hall to acknowledge and pay our respects to those who have served our country. The Manangatang service, usually run by Frank Holdsworth and Geoff Plant, with music from the Price family and Freule Jones, and the school participating in reading the poems didn't happen this year.

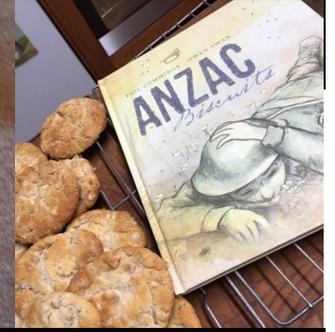
## #StandAtDawn

Anzac Day, 25 April 2020



But we did other things to remember.

ANZAC day is a time to reflect. This year we remembered in a different way, we went to the end of the drive way with torches and lanterns, read poems, did our best to play music, listened to the service over the radio and reflected with a minute's silence.



## Foundation and Grade One News

In the Foundation and Grade One class, we have been working really hard completing our Numeracy and Literacy lessons.

For our lesson on Wednesday, we decided that because we have worked so hard that we would have a bit of fun while completing our remote learning.

Everyone attended our lesson dressed in a costume. We had a friendly ghost, a giraffe, a dinosaur and some superheroes!



## SPORT AND PE

### **School Sport Victoria**

At the moment the only sports to be cancelled are Team Vic competitions. Currently other sporting competitions and events are postponed. As information becomes available it will be passed on to families.

### **Cross -Country**

The school cross country date was set for May 5th. This is likely to be postponed. However students are encouraged to continue training in preparation. [A virtual cross country event will be held in the coming weeks.](#) Details in next Link -Up.

### **PE Challenges Facebook page**

A facebook page - 'Manangatang P12 virtual PE challenges and Fun' has been created. The purpose of this page is to get students and families active and complete some or all of the activities. This is not compulsory but I would strongly encourage all students to participate.

Students can be as creative as they like.

If you would like to share videos and photos to the page that would be great.

Please note the page is a closed group so only students and/or families of the College are able to join the group. Please do not share anything from the group.

For those without Facebook the challenges will be posted on compass and in Link Up. You can still send in videos to me.

Prizes will be awarded .

Challenges :

- Create a movement to music or tik tok type dance - please ensure music is appropriate.
- Perform a Farm yard/backyard/ home workout - see videos on Facebook for examples.
- a parent/ family member to a race
- Perform a ball trick - use any ball. Be as creative as you like eg. basketball trick shot, juggling
- Go exploring- Find things that start with the letters of your name
- Skipping challenge- trick or routine or continuous skipping
- Cross country training - running, riding, walking each day. Tick off days you completed some training
- Hula hoop challenge - multiple hoops at same time, continuous or different body parts hula hooping.

To upload a video - click on timelapse on iphone/ipad- record for about 30sec-1min ( a few reps of each exercise) then save. This will save the video in fast forward and will be quick to watch.

New challenges after week 3 .

Good Luck  
Nat Plant



# College News

## MANANGATANG P-12 COLLEGE VIRTUAL CROSS COUNTRY

May 11– 17 is cross country week.

Complete any of the activities throughout the week. Family participation is encouraged.

- 1km family walk
- Family bike ride
- 2km cross country run
- 3km cross country run
- 5 km cross country run
- 10km (or longer) bike ride



### To record your efforts:

Take a photo; use an app on your phone such as strava, run- keeper or map my run; use sports watch data or record it in your PE training diary.

Wattle V Mallee competition is encouraged.

Which house can get the most participants?

Dress up or wear your house colours .

Send photos directly to Nat Plant or email: [emms.natalie.r@edumail.vic.gov.au](mailto:emms.natalie.r@edumail.vic.gov.au)

**Prizes will be awarded.**

**\*\* Please note this is NOT the official cross country event\*\*\*\***

MAY 11-17TH



# College News

## REMOTE SCHOOLING

We would love to see your children remote schooling at their workspaces.

Send us your photos and we will feature them in future Linkups

Please email photos to [grant.ann.m@edumail.vic.gov.au](mailto:grant.ann.m@edumail.vic.gov.au)



## HEADSETS FOR SALE

The College has a supply of recommended headphones for sale.

Please contact the College for orders.

**\$35.00 each.**



## Mother's Day



Mother's Day is just around the corner, a day in which we honour the most important people in the world – our mothers.

This year's Mother's Day is shaping up to be a challenging one due to the Coronavirus pandemic.

Whether you are in quarantine, affected by travel restrictions, or simply thinking about keeping Mum safe – this year, seeing our mothers in person on Mother's Day is going to be quite difficult.

On the other hand, it's times like these when Mum needs and deserves our attention, and let's admit it – we also need our Mummy more than ever.

This "Coronavirus Mother's Day" is an opportunity to do something special, while still maintaining social distancing measures and keeping everyone safe and healthy.

Here are some ideas on how to make her day feel extra special:

**Serve her breakfast in bed.**

**Check places off your bucket list (virtually).**

Even if you can't hop on a plane and sightsee, you and your mum can still bask in the world's beauty with virtual tours of museums, gardens, mansions, and national parks.

**Take an online cooking class.**

With a virtual cooking class, you can get the whole family to pitch in for her Mother's Day brunch or dinner. Whether you're looking for a speciality class (cheese-making, for example) or want to cook an entire meal from scratch, Google has plenty of options.

**Watch a movie together**

**Create a Mother's day slideshow**

**Zoom conference with Mum/Grandma**

**Give her a manicure**

**Take a virtual dance class together.**

Mum has always been your go-to dance partner. Now more than ever, you both need to tap into the joy that dancing brings. Take a virtual cardio dance class, or go for something more zen like a yoga or pilates class.

**Picnic in your backyard.**

**Learn a new craft or skill.**

Mum has always been your biggest supporter, so now's the time to show her the same level of support. Think of a craft or project she's always wanted to try, and round up all the necessary supplies in time for Mother's Day. Then spend the day cheering each other on as you learn how to knit, paint, or whatever else you choose.

**We would love to see how you celebrated Mother's Day.**

**Send us your photos and we will feature them in our next Linkup.**

**Please email photos to [grant.ann.m@edumail.vic.gov.au](mailto:grant.ann.m@edumail.vic.gov.au)**

# College News

## Library News

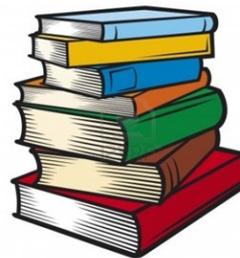
Book Club has gone virtual!

Yes, you can still go online and order.

Orders will be delivered to the College, I will notify you for delivery arrangements.

Last orders will be **Friday 8<sup>th</sup> May** for this issue.

New members please contact me at the College, I'm happy to help.



**Or, here is the link to copy and paste in your browser:**

[scholastic.com.au/book-club/virtual-catalogue-1/](http://scholastic.com.au/book-club/virtual-catalogue-1/)

**46 titles @ \$5 or under**

**45 titles @ \$5 or UNDER**

**Click here to go directly to the catalogue**

Buy a book from

**SCHOLASTIC**

**Book Club**

to help build  
our classroom  
resources

orders are due: **Friday 8<sup>th</sup> May 2020**

**Book Club LOOP**  
The EASIEST way for parents to order and pay for Book Club!

**Parents: Are you registered for LOOP?**  
**LOOP** is the easiest way for you to order and pay online for your child's Book Club order, if you wish to pay by credit card.

Parents who are registered for **LOOP** receive exclusive sneak peeks, downloads and offers throughout the school year—don't miss out!

Head to [scholastic.com.au/LOOP](http://scholastic.com.au/LOOP) and register today!

**SCHOLASTIC**

## **IMPORTANT INFORMATION ABOUT LINKUP**

Linkup will now be published fortnightly.

If anyone wants to be added or deleted from the email list please contact the College.

During this time of isolation hard copies will not be sent home but can be available at the College office or the Post Office.



## 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](http://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.

### 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.

1. Go to the Challenge application.
2. Select the School/Student button.
3. Select the VPRC login option.
4. Enter your username and password.
5. 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.

1. Select Search Books in the side menu.
2. Enter the book's name, author, series name or ISBN number in the search field.
3. Select the Search button.
4. Find the book you want from the search results and select the book title.

This will open the book details.

5. 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

# 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

# Talking to Children and Young People About the Coronavirus

 [childmind.org/article/talking-to-kids-about-the-coronavirus](https://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 day-care 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

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 [childmind.org/article/supporting-kids-during-the-covid-19-crisis](https://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](http://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.***



This text will give you information about accessing your child's classes and their LEARNING TASKS including FEEDBACK

Use your details to LOGIN to Compass

CLICK on the child's PROFILE you wish to look at

All news items that have been posted

DASHBOARD will present this information about your child

CHRONICLE Incidents that have been entered by staff

Student:

Year 8

Active

DAILY TIMETABLE

**SCHEDULE** will allow you to access the weekly **TIMETABLE**. From here you can access the **LEARNING TASKS**

Today ◀ ▶ Jump to: 21/04/2020 Go Week

	Apr 19, 2020	Mon 20	Tue 21 5:49pm	Wed 22	Thu 23	Fri 24	Sa
8am					Letter to the Edit...		
9am		9:10: 1 - 8ENG1 - R9 - BYM	8:50: HG - 8HGR1 - R6 - PWM 8:55: 1 - 8HUM1 - R6 - PWM	8:50: HG - 8HGR1 - R6 - PWM 8:55: 1 - 8ENG1 - R9 - BYM	8:50: HG - 8HGR1 - R6 - PWM 8:55: 1 - 8SCI1 - R7 - JF	8:50: HG - 8HGR1 - R6 - PWM 8:55: 1 - 8MAT11 - SLC - SNG	
10am		10:10: 2 - 8SCI1 - R7 - JF	9:55: 2 - 8ENG1 - R9 - BYM	9:55: 2 - 8HEA1 - R6 - SRB	9:55: 2 - 8ENG1 - R9 - BYM	9:55: 2 - 8HUM1 - R6 - PWM	
11am		11:30: 3 - 8MAT11 - SLC - SNG	11:20: 3 - 8SPO1 - R6 - SRB	11:20: 3 - 8ENG1 - R9 - BYM	11:20: 3 - 8MUS21 - KAD	11:20: 3 - 8MAT11 - SLC - SNG	
12pm		12:25: 4 - 8MAT11 - SLC - SNG	12:20: 4 - 8MAT11 - SLC - SNG	12:20: 4 - 8SCI1 - R7 - JF	12:20: 4 - 8MUS21 - KAD	12:20: 4 - 8HUM1 - R6 - PWM	
1pm							

Find the **CLASS** you wish to view

As the number of coronavirus cases rise

**Maths Yr6**  
6MAT1 (2020 Academic)

Dashboard Schedule Learning Tasks Sessions Resources

DAY: Tuesday, 21 April at 12:20 PM (Upcoming Session)

TEACHER: Steve TAYLOR (Email Teacher)

LESSON PLAN: No recorded lesson plan.

CLASS NEWS FEED:
 

- link: <https://zoom.us/j/2222548888?pwd=K2x1NnJOaUd5OWNHNFVZyZlwZWZEQT09>  
Meeting ID: 222 254 8888  
Password: @S2J3T  
4 days ago by Steve TAYLOR
- Maths Pathways: These are your log ins that we will use to enter program  
@Student\_logins  
Feb 13th by Steve TAYLOR

Will give you details of the lesson

Will give you resources such as worksheets, links, subject specific information

**Maths Yr6**  
6MAT1 (2020 Academic)

Dashboard Schedule Learning Tasks Sessions Resources

We will now look at a typical **LEARNING TASK**.

**CLICK** on **LEARNING TASKS**

**CLASS**                      **LEARNING TASK**                      **DUE DATE**

Code/ Student Name	Learning Task	Status	Result	Actions
3 Literacy Yr3	Remote Learning Feedback - A Handwriting Task Subject-wide Task   Report: No	Due date: 26/06/20 04:00 PM Submitted: <input type="checkbox"/> Pending	-	
3 Literacy Yr3	Remote Learning Feedback - A Reading Task Subject-wide Task   Report: No	Due date: 26/06/20 04:00 PM Submitted: <input type="checkbox"/> Pending	-	
3 Literacy Yr3	Remote Learning Feedback - 4 Word Stories Subject-wide Task   Report: No	Due date: 26/06/20 04:00 PM Submitted: <input type="checkbox"/> Pending	-	
3 Literacy Yr3	Remote Learning Feedback - Literacy Activities Subject-wide Task   Report: No	Due date: 26/06/20 04:00 PM Submitted: <input type="checkbox"/> Pending	-	
3 Literacy Yr3	The Wrong Key	Due date: 26/03/20 04:00 PM	-	

Now you can **SELECT** a task and **CLICK**

On this page you have... **TASK**    **DUE DATE**    **ONLINE SUBMISSION**    **DESCRIPTION OF TASK**    **UPLOADING**

**Task Details**    **Feedback**

**Name:** Remote Learning Feedback - Literacy Activities  
**Due Date:** 26/06/2020 04:00 PM  
**Online Submission Enabled:** Yes

This provides feedback for all tasks undertaken during this time  
 The following tasks are covered

**Suffixes & Prefixes**  
 A suffix is a collection of letters placed at the end of the word  
 A prefix is a collection of letters placed at the start of the word  
 The task is to find and list all words with common suffixes / prefixes  
 These may include  
 -ed -ing -ly dis- un-

**Your Work | Not-submitted**  
 + Actions  
 Filename    Submitted  
 You have not submitted any items yet

**ONLINE SUBMISSION** means you can upload your work for the teacher to review

**CLICK** on **ACTIONS** to upload your file

**Task Details**    **Feedback**

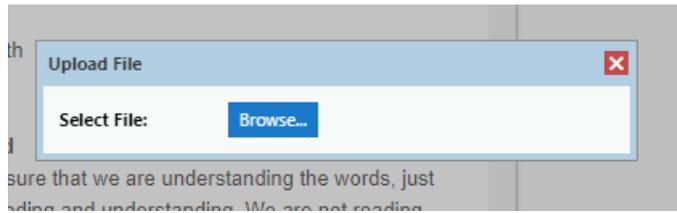
**Name:** Remote Learning Feedback - Literacy Activities  
**Due Date:** 26/06/2020 04:00 PM  
**Online Submission Enabled:** Yes

This task involves

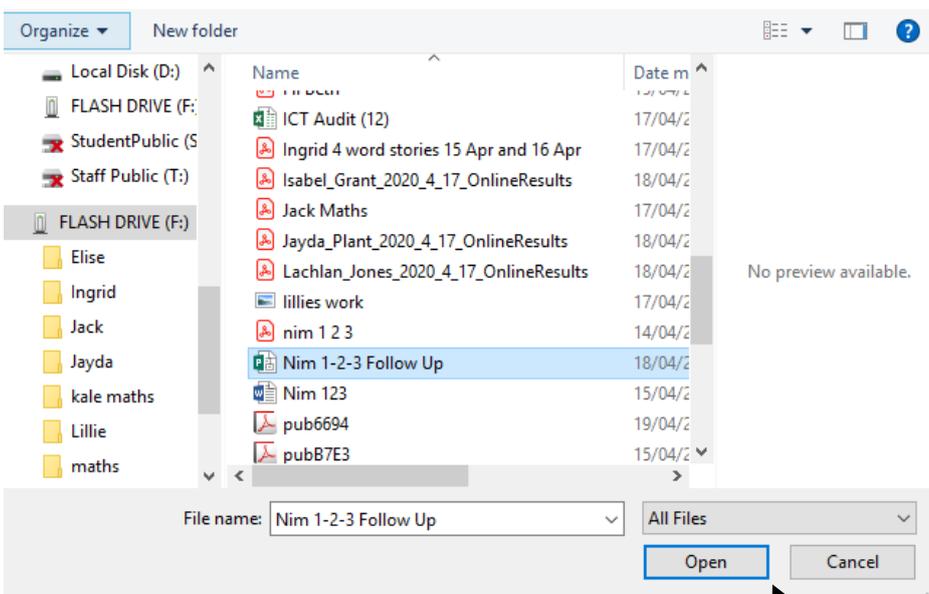
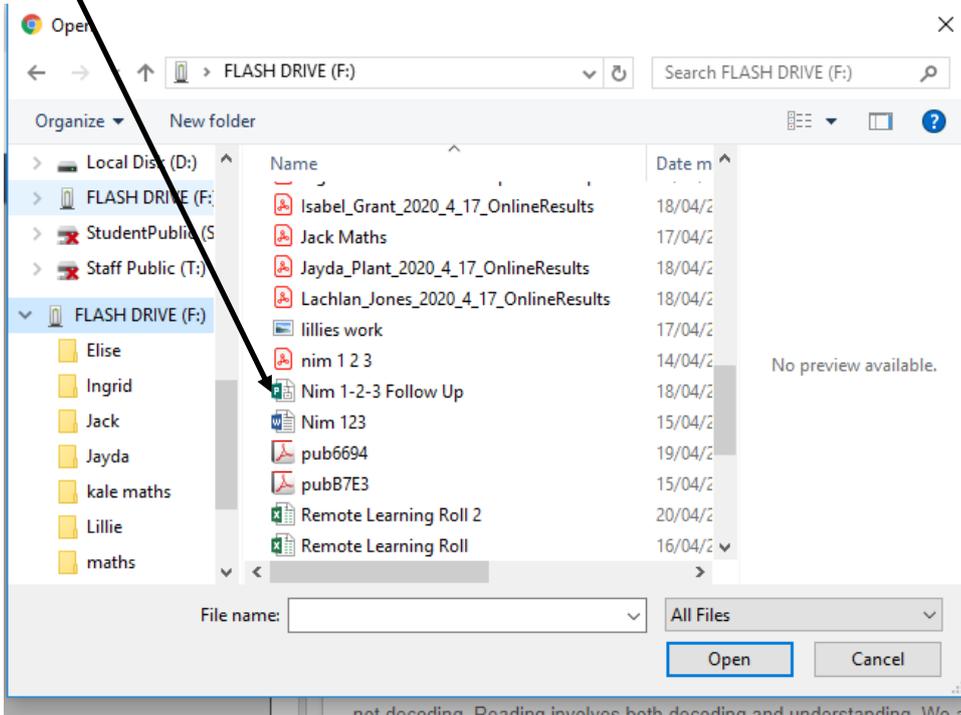
- explaining unfamiliar words
- matching words to a definition
- wordsearches and crosswords
- making words

**Your Work | Not-submitted**  
 + Actions  
 File Upload    Submitted  
 Submit Link    any items yet

You need to **LOCATE** your **FILE**. **CLICK** on **BROWSE**



**CLICK** on the file you wish to **UPLOAD**



Now **CLICK** on **OPEN**

Your FILE has now been UPLOADED

Learning Task - Remote Learning Feedback - Literacy Activities

Task Details Feedback

Name: Remote Learning Feedback - Literacy Activities  
Due Date: 26/06/2020 04:00 PM  
Online Submission Enabled: Yes

This task involves  
a. explaining unfamiliar words  
b. matching words to a definition

Your Work | Submitted on time

Filename	Submitted
Nim 1-2-3 Follow Up.pub	20/04 10:20 PM

Now after a task has been SUBMITTED, it is ASSESSED and FEEDBACK given

Here is how you can access FEEDBACK

CLICK on FEEDBACK

Learning Task - Remote Learning Feedback - Literacy Activities

Task Details Feedback

Name: Remote Learning Feedback - Literacy Activities  
Due Date: 26/06/2020 04:00 PM  
Online Submission Enabled: Yes

This task involves  
a. explaining unfamiliar words  
b. matching words to a definition

Your Work | Submitted on time

Filename	Submitted
Nim 1-2-3 Follow Up.pub	20/04 10:20 PM

You can then SELECT the LEARNING TASK you wish to view from the TEACHER RESPONSES

Learning Task - Remote Learning Feedback - Numeracy

Task Details Feedback

Grades

Any assessment results provided below are raw scores and may change during school or state based statistical assessment moderation. The statistical, state based, moderation process is used to ensure that schools' assessments are comparable throughout the state. It involves adjusting each schools' coursework scores for that study to match the level and spread of the combined examination and GAT scores for the students in that school doing that study. For more information on assessment moderation, please contact the school.

No grades available yet

Teacher Responses

Filename	Uploaded
Jasper's Clock.jpg	20/04/2020 11:04 AM
Dice Totals.jpg	20/04/2020 11:11 AM
Dice Totals pg 2.jpg	20/04/2020 11:12 AM
Dice Totals pg 3.jpg	20/04/2020 11:14 AM
is pg 4.jpg	20/04/2020 11:20 AM

Conversation

Add comment...

PLEASE CONTACT THE COLLEGE IF YOU REQUIRE EXTRA ASSISTANCE