



# Linkup

## Manangatang P-12 College Newsletter

Respect

Relationships

Resilience

Responsibility

### Father's Day Edition

Welcome everyone to this special edition of Linkup. This edition of Linkup acknowledges the wonderful fathers, grandfathers, stepdads and carers who are part of our school community. I have been humbled and touched by the support our dads give to our College. Dads contribute in a variety of ways to the smooth running of our College but in particular I'd like to thank dads who:

- have given up time in the holidays to mow the oval lawns
- represent other parents on College Council
- have supported our students by providing their time, knowledge and resources to complete technology projects
- attend school events
- drop into the office to share an insight or idea in order to improve how our College operates
- contribute or facilitate school beautification projects

To these dads please know you are noticed and your contribution, presence and participation is appreciated.

### R U O K Day September 10.

September 10 is R U O K (are you okay) Day, Please take the time to check in on your loved ones, friends and those who may not have someone to check on them, to make sure they are OK. Sometimes a friendly gesture or a kind word is all it takes to remind people that they are not alone and they are cared for.



## KEY DATES

### SEPTEMBER

- 16 COLLEGE COUNCIL
- 18 FOOTY COLOURS DAY
- END OF TERM 3



### SEPTEMBER BIRTHDAYS

- 1 BEN ZANKER
- 5 MR PHIL MATTHEWS
- 11 LACHLAN JONES
- 14 LEX WILSON
- 20 WILL GRANT
- 30 RYLEE TAYLOR
- 30 MRS BILLY KYDD

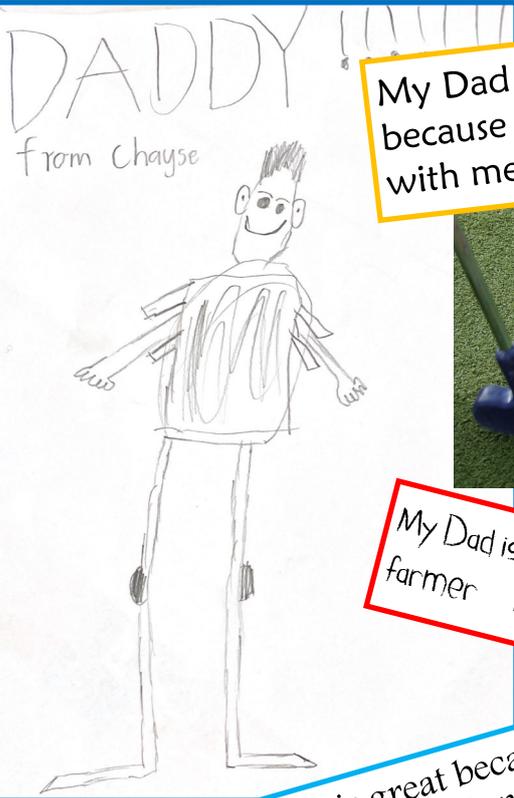
### PLEASE NOTE:

Asbestos removal will be undertaken on Saturday 29<sup>th</sup> August, no one is permitted on the school grounds

Please visit our Website  
[www.manang.vic.edu.au](http://www.manang.vic.edu.au)



# Father's Day



My Dad is great because he plays golf with me - Ella



Thanks Dad for doing the chook pen. Darcy

THANK YOU DAD FOR BUYING ME A YZ65 I REALLY LIKE IT. LOVE JASPER. X

My Dad is great because he is a farmer Lilly



My Dad is great because he helps me with stuff - Daniel

Thank you Dad for buying us all motorbikes and taking us places to ride them Love Cooper X

My Dad is great because he plays catch with me - Mitchell



Thank you Dad for taking us motorbike riding! Love Torja. X

Thank you Dad for everything you do for me and our family.

Maddi

Thanks Dad for being at hospital with me and helping me and a big thank you for bringing me home to our family. Matilda

My Dad is great because he works hard - Jasmine

My Dad is great because he gives me lollies - Kayla

My Mum is great because she is going to buy me a sandpit - Jaice

MY DAD IS GREAT BECAUSE HE LETS ME HELP HIM - HUNTER

My Dad is great because he plays hide and seek, and plays cubbies with me - Melody

My Dad is great because he plays with me - Will

# Father's Day

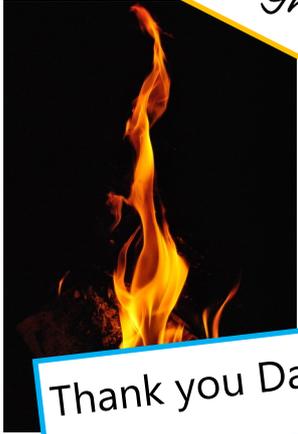
Thank you Dad for fixing my motorbike. Jack

Thank you Dad for looking after me – Ingrid

Thank you for being a good Dad – Maddi

Thank you Dad for being the best!!!!!! – Aidan

Thank you Dad for always being there for me – Amelia



Thank you Dad for the blade that you gave me – Love from Brock

Thank you Dad for helping me get unstuck from the mud – Lily



Thank you Dad for the fire – Bella

Thank you Dad for my shoes so much – Lillie

Thank you Dad for helping me fix my motorbike when it is broken - Elise

Thanks Dad for being funny. Zoe

Thank you Dad for being the best dad ever. Thank you for teaching me how to drive. Isabel

Thanks Dad for having fun with me. Jayden

# Dad:

**A SON'S FIRST HERO,  
A DAUGHTER'S FIRST LOVE**



# Father's Day

## Year 6 Literacy

After reading "Hating Alison Ashley" students created a fictitious Dad to write about in the same style as the main character, Erika. She continually made up stories about her family and her life to make it sound better. Her explanations became so creative and unbelievable that it became humorous. Following are some examples.

### Dad

My Dad is the best Dad ever. For my twelfth birthday he brought me a dirt bike. Dad and I rode everywhere together and it was so fun. One morning I woke up and went into the kitchen and saw Dad. He had made me breakfast. When I was eating it he told me to go upstairs and pack my bags. At first I had no idea why. Then I saw out the window Dad loading up the bikes into a new van. We travelled the world racing dirt bikes and having the best time together. CP



### The best ever Father.

Jess was a member of the richest family in town. She only wore brand clothing and shoes. In school she got special privileges. Her Dad was the mayor of the town. No one liked him but he was the only person qualified to be one. He would threaten anyone who tried to do anything to his family, especially his sweet little girl Jess. Jess was the favourite child. One day at school, Jess stole the answer sheet to the test and got caught by the teacher. The teacher threatened to give her detention, but of course, Jess called her Dad and her Dad had something to say. "If you give my daughter a detention I will get you fired". Jess got away with it. At home Jess had a huge room with a TV, walk in robe, bathroom and a movie room.

Some days she gets to go to work with her dad and make the rules up for her town. That was how Jess's life was. JP



### MY FATHER

My father is a rich man that is a chef who travels the world. He makes all sorts of food. His favourite thing to cook is roast dinner. He's travelled the world and he has become a worldwide chef. He's come first in all of the competitions that he has competed in. We were in Japan and he had to make sushi. He was the first one finished. He did 20 on a plate and then served them to the judges and he won. CJ



### My Dream Dad

My Dad is great. He is the mayor of the town and he lets me have whatever I want. He is very rich and is always helping me with my homework. He has a private jet and together we like to travel to other country's to explore. RZ

**If you have recently changed your address, phone number, or email address, please contact the school and make sure your details are accurate. This is important at this time to enable us to communicate with you effectively during remote learning**



# KEEPSAKE INTERVIEW



Year.....

Name.....

Dad's name is.....

How old is Dad?.....

What is Dad's job?.....

What is Dad's favourite food?.....

What is Dad's favourite place to take me?.....

What TV show does Dad watch?.....

How does Dad relax?.....

If we could play any game, we would play:.....

What is something Dad always says?.....

What do I always say to Dad?.....

My favourite thing to do with Dad is.....

I love my Dad because.....

Happy  Fathers Day 

# College News

## Music Remote Learning

During remote learning students have been exploring pitch. As many students had limited access to pitched instruments they have been collecting and creating objects to replicate pitch. Students have used drinking glasses, pipe, recycled jars, bullet shell, straws, bottles, etc. Once the objects were collected they then had to order them from low to high pitch. (K. DEPYLE)



Buy a book from



## Book Club

to help build  
our classroom  
resources

orders are due:

Friday 4<sup>th</sup> September, 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](https://www.scholastic.com.au/LOOP) and register today!





# College News

## GUEST SPEAKERS

For the next few weeks senior secondary students will be hearing from a range of guest speakers about subject choices, career pathways and personal workforce journeys. With the Covid situation students have been unable to participate in an industry camp or local industry excursions or complete work experience. The aim of the guest speakers is to try and provide some valuable insight into a range of career paths. Each week the speaker is a surprise, but all have a connection to Manangatang in some way.

Abbie Walters, Lauren Grant and Kelissa O'Shannassy spoke to the Year 9-12 students on Monday in a Zoom lesson. Abbie spoke about her journey from leaving school and entering the Police Force and the different streams within the force. Lauren spoke about her pathway into University to study Pharmacy and having the opportunities of working in Tasmania, Melbourne and Swan Hill. Kelissa who recently completed Year 12, spoke to the students about subject selection, researching job opportunities in specific fields before selecting a university degree and the importance of leadership, volunteering and community service. Unfortunately Kelissa was unable to take up her spot at Camp America this year but hopes to head off to University in 2021.

We thank Lauren, Abbie and Kelissa for giving up their time to provide such a valuable insight into these careers.

Guest speaker sessions are at 12.30 pm each Monday. Parents are most welcome to also listen in. It may also assist students with making pathway selection choices.

Natalie Plant

Senior Student Co-ordinator

## Short film competition

*3-5 minutes*

*Stop motion is allowed but no CGI*

*It needs to tell a story based on the theme of isolation*

*You can have up to five people involved in it*



The film is to be submitted on USB. Submissions to be received by Friday 11<sup>th</sup> of September.

Clips will be downloaded to Compass, where you can vote for your favourite one.

There will be Primary and Secondary prize categories.

## Cyber Safety

There will be an online cyber safety class next Friday 4<sup>th</sup> September, via zoom

It will be run in two sessions:

- grades 4,5 &6
- all secondary students.

These will be run by Andrew Downes, Swan Hill Police youth liaison officer.

More information will be sent via Compass

**Internet  
Safety**



# College News

Dear parents and carers,

Parents and carers play a vital role in helping children feel safe through uncertain times.

Some resources to check out....

For some tips on managing change, Reachout.com provide some great advice at: <https://au.reachout.com/articles/7-tips-for-dealing-with-change>

Check out this great book to talk to kids about Covid19: When the World Went Inside by Charlie Golding – Author, Read by DAMO MUSIC for KIDSLink: <https://youtu.be/Fc2vJUTXiM>

Smiling Mind have released a pack to help families during this time. There's lots of mindfulness activities, tips for helping with anxiety, helping children to be positive etc. The link to the free pack is: <https://www.smilingmind.com.au/kids-care-packs>

For tips on getting a good night's sleep during the Covid 19 Pandemic, check out the Sleep Health Foundation: <https://www.sleephealthfoundation.org.au/getting-good-sleep-during-the-covid-19-pandemic.html>



## Need to talk?

-  **1800respect:** Support services for people impacted by sexual assault, domestic or family violence and abuse.
-  **Beyondblue 1300 22 4636:** Support for anxiety and depression, available 24/7.
-  **Lifeline 13 11 14:** Provides 24-hour crisis counselling, support groups and suicide prevention services.
-  **Kids Helpline 1800 55 1800:** 24/7 counselling for children and young people aged 5-25.
-  **Blue Knot Foundation 1300 657 380:** Provides support for victims of childhood trauma and abuse.



## Manangatang Podcast

VCAL WRS are inviting you to join our fortnightly Podcast called "MP12 Radio" that is available to download from our schools Facebook page. MP12 Radio is Manangatang P-12 College's first podcast ever and is a summary of what has been happening around the school and the community. Podcast's will premiere ever two weeks in-between Linkups so you do not miss out on important information during that week. Thank you to all who listened to our first podcast and for making it a huge success and we look forward to many wonderful podcasts to come.

Upcoming MP12 Podcast dates:  
3<sup>rd</sup> of September, 17<sup>th</sup> of September



# College News

## R U OK? Day is Thursday 10 September 2020.

It's our national day of action when we remind Australians that every day is the day to ask, "Are you OK?" if someone in your world is struggling with life's ups and downs.



The message for R U OK? Day 2020 is:



2020 has been a challenging year for everyone and circumstances have made it even more important for us all to stay connected and, for those who are able, be willing to support those around us. In the lead-up to R U OK? Day we'll help Australians know what to say when someone says they're not OK and guide them through how they can continue a conversation that could change a life.

You don't have to be an expert to keep the conversation going when someone says they're not OK. By knowing what to say you can help someone feel supported and access appropriate help long before they're in crisis, which can make a really positive difference to their life.

Learn what to say after R U OK? and download our FREE resources for tips and ideas to help you share the message in your community.

<https://www.ruok.org.au/>



## Lockdown is hard.

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

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



### Find your closest centre

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

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



### Create a headspace account

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



### Free headspace counselling in regional schools

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

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

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

**[headspace.org.au](https://headspace.org.au)**

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

# 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 be sold and taken 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.***

