

Yarrowonga College P-4 Campus



**Weekly
Catch Up**
4th September, 2020
Issue No. 24

Dear Parents and Friends of the
P-4 Campus,

Hard to believe it is September already,
and that we will be celebrating Father's
Day on Sunday!

There are now only two weeks left of the
term, and although the return to on-site
learning was initially thought to be
happening in the last week of term, the

Education Department website states the current restrictions are likely to apply
until the end of the term. Hopefully we will all hear some positive news on
Sunday and receive clear details soon about returning to on-site schooling!

Today will be the final Learning Pack collection for this term, and your P-4
teachers have planned for and included work for the final two weeks. You will
find that the teachers have provided an alternative plan for week 10 – assuming
we continue with remote learning. The packs also include a letter outlining an
exciting initiative that we really hope all our families will get on board with!

We would love our families to help us create a P-4 Campus 'Covid Cook Book',
full of recipes chosen and submitted by students that they have enjoyed making
and eating while at home during remote learning!

Please see the letter (and recipe template) in your learning packs for more
details. You can also call the office or email Kellie.Thorp@yarrowonga.vic.edu.au
directly if you have any questions or would like more information on how to get
involved.

*Hope you all enjoy a lovely Father's
Day on Sunday, and get to connect
with your family... even if it has to be
online or over the phone!*

Kind Regards, Mrs Thorp



*News from your
friendly P-4 Campus
Leaders*

**CLICK HERE TO VIEW OUR
WEEK 8 VIRTUAL ASSEMBLY!!!**

Thanks for sending in your funny
photos this week! They definitely
made us smile... the prize this week
goes to Hannah M (Prep B) - who sent
in two photos, and combined one with
a different take on the lego house
challenge! Well Done, Hannah!

On Sunday it is Father's Day, so our
challenge this week is not a
competition. Instead we hope you are
able to do something really special for
your Dad or that special person who
deserves to be recognised and
thanked for all they do for you!

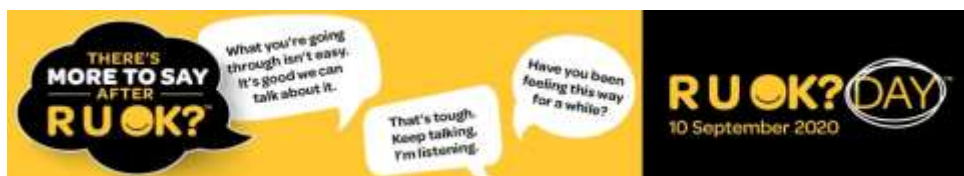


*Late lego house
entries from Samuel
and Jade. We think
they're really neat!!*

Apologies to our Lego House entrants for
not getting your prizes into the packs for
you today! We will organize to get them
to you next week!

Campus Leaders Challenge Funny Photos to make us Smile!





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?" especially if someone in your world is struggling with life's ups and downs.

The message for **R U OK? Day 2020** is: **'THERE'S MORE TO SAY AFTER R U OK?'**

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.

On the last page of this newsletter you will find some information on how to recognise the signs if someone you know might not be doing so well, as well as advice on how to ask "R U OK", to continue the conversation and to provide understanding and support.

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.



All the best wishes to these students, celebrating a birthday this week!

SEPTEMBER

5th – Lylli T & Archie H

6th – Ruby Anne L

8th – Maddi W

9th – Jamar Z

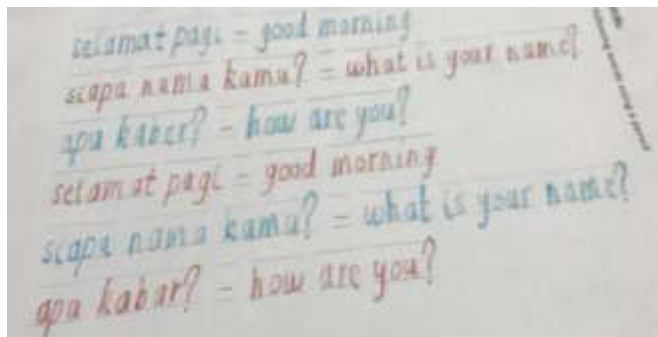
11th – Harmony W

And Happy Birthday to Ekjot T, who also celebrated her birthday on Wednesday, 2nd Sep. Sorry we missed you in last week's newsletter!!

Specialist Recognition Awards

Congratulations to the following students, who were recognised by the teachers on Friday 28th for their efforts with Specialist activities on-site:

- Brydie P (Prep)
- Jayden S (Grade 1)
- Tayissa D (Grade 2)
- Khloe D (Grade 3)
- Ever McG-P (Grade 4)



Values Awards During Remote Learning 2.0 – This Week's Winners

The challenges of remote learning require **Integrity**, **Responsibility**, **Cooperation**, **Honesty** and **Respect**. Congratulations to the following students for their efforts!

Tully E (PA) - for using the hands-on learning matrix to learn her Magic Words and sharing photos with her teacher via Seesaw

Lucas R (PA) -for working hard on learning his Red Magic Words and not giving up, even though there are so many Red words to learn

Cooper D (PB) - for working so hard during remote learning

Willow W (PB) - for really putting in the effort with her remote learning tasks

Thomas W (PC) - for his daily updates on See Saw and other fun activities he has been doing

Charlie L (PC) - for working so well at home and sending in work all the time

Robert C (PD) - for having such a positive attitude towards remote learning, joining Google Meets and Seesaw

Brydie P (PD) - for working hard during remote learning, both when at school and at home

Maya O (1A) - for sending in lots of photos and updates of the work being completing during remote learning

Taylah C (1A) - for submitting her great money work from remote learning

Sophie H (1B) - for her fabulous Chicken Report using powerpoint in google classroom

Charlotte V (1B) - for the great effort she is putting into her remote learning.

Immy M (1C) - for always treating others with kindness and respect

Layken S (1C) - for always trying his best and interacting with others in a positive manner

Harry G (2A) - for asking questions to ensure he is understanding during remote learning

Christah M (2A) - for working hard every day on her remote learning

Reed Mc (2B) - for being calm, respectful and helpful towards a prep student who had lost something valuable

Oscar L (2B) - for working really consistently through the term and turning in his work regularly

Georgia A (2C) - for excellent efforts in Google Classroom

Isabelle Porter (2C) - for always putting in 100% effort with all of her learning

Spencer K (3A) - for taking responsibility for his learning by attending and contributing to google meets

Rihanna W (3A) -for completing such amazing work in writing and SOSE and for getting her siblings support to share this work with her teachers

Jack B (3B) - for showing responsibility during remote home learning, completing all tasks and remembering to log in to all google meets

Emily N (3B) - for persevering and getting onto google classroom and showing responsibility during meets

Maddison N (3C) - for showing independence and consistently getting through all school work each day

Mitchell B (3C) - for consistently and willingly completing all learning tasks to the best of his ability and for giving 100% to remote learning 2.0

Noah M (4A) - For his positive, happy-go-lucky attitude during Meets, always on time and eager to participate

Jett H (4A) - For his positive input with Google Meets and dedication to his school work

Curtis J (4B) - For completing lots of fabulous work through Google Docs

Harry Mc (4B) - For showing improved courtesy and attentiveness in Google Meets

Natalie W (4C) - For the fantastic effort put in with all her work, especially her week 7 art

Jack I (4C) - For his consistent efforts with all areas of his learning and submission of work

Remote Learning Super Star snapshots



WHAT ARE THEY SAYING?	WHAT ARE THEY DOING?	WHAT'S GOING ON IN THEIR LIFE?
Do they seem: <ul style="list-style-type: none"> • Confused or irrational • Moody • Unable to switch off • Concerned about the future • Concerned they're a burden • Lonely or lacking self-esteem • Concerned they're trapped or in pain 	Are they: <ul style="list-style-type: none"> • Experiencing mood swings • Becoming withdrawn • Changing their online behaviour • Losing interest in what they used to love • Unable to concentrate • Less interested in their appearance and personal hygiene • Behaving recklessly • Changing their sleep patterns 	Are they experiencing: <ul style="list-style-type: none"> • Relationship issues • Major health issues • Work pressure or constant stress • Financial difficulty • Loss of someone or something they care about

R U OK have developed four conversational steps to help you navigate a conversation with someone you're worried about...

1. ASK R U OK?

- Be relaxed, friendly and concerned in your approach.
- Help them open up by asking questions like "How are you going?" or "What's been happening?"
- Mention specific things that have made you concerned for them, like "You seem less chatty than usual. How are you going?"



2. LISTEN WITH AN OPEN MIND

- Take what they say seriously and don't interrupt or rush the conversation.
- Don't judge their experiences or reactions but acknowledge that things seem tough for them.
- If they need time to think, sit patiently with the silence.
- Encourage them to explain: "How are you feeling about that?" or "How long have you felt that way?"
- Show that you've listened by repeating back what you've heard (in your own words) and ask if you have understood them properly.

3. ENCOURAGE ACTION

- Ask: "What have you done in the past to manage similar situations?"
- Ask: "How would you like me to support you?"
- Ask: "What's something you can do for yourself right now? Something that's enjoyable or relaxing?"
- You could say: "When I was going through a difficult time, I tried this... You might find it useful too."
- If they've been feeling really down for more than 2 weeks, encourage them to see a health professional. You could say, "It might be useful to link in with someone who can support you. I'm happy to assist you to find the right person to talk to."
- Be positive about the role of professionals in getting through tough times.

NEED EXPERT HELP? Some conversations are too big for family and friends to take on alone. If someone's been really low for more than 2 weeks - or is at risk - please contact a professional as soon as you can.

4. CHECK IN

- Pop a reminder in your diary to call them in a couple of weeks. If they're really struggling, follow up with them sooner.
- You could say: "I've been thinking of you and wanted to know how you've been going since we last chatted."
- Ask if they've found a better way to manage the situation. If they haven't done anything, don't judge them. They might just need someone to listen to them for the moment.
- Stay in touch and be there for them. Genuine care and concern can make a real difference.