



Kurnai College
PATHWAYS TO SUCCESS

Morwell Newsletter

Thursday 23rd July 2020

KEY DATES

Wednesday August 5th Year 10 Course Counselling
1:30 pm – 6:00 pm
Please have your student make an appointment time.



Michelle Reid
Campus Principal

Message from our Campus Principal

WELCOME

Hello and welcome back to our parents, carers and other learning community members.

I hope our families were able to have a somewhat relaxing break over the holidays - a number of students have told me about being able to get away and catching up with friends and family.

Unfortunately for many of us, this won't be possible again for a time, while some of our state has gone back into lockdown. Hopefully our community here will continue to be safe - let's all make sure we maintain social distancing, good hand hygiene, and keeping ourselves and our kids home if they are unwell.

I know there is a great deal of uncertainty in the community, and this can cause stress. If your child is feeling any anxiety, please contact your Year Level Team Leader to discuss the possibility of support from our Youth Worker, Cate.

SLEEP AND YOUNG PEOPLE

I know many families got really out of routine during the long period of remote learning. Bedtimes possibly have been disrupted because there was no need to get up super early for school.

It's important to remember that young people need LOTS of sleep to function - the amount may surprise some people!!

Kids aged 6 - 13 need around 10 - 12 hours of sleep a night. Say they have to get up at 7:30am to get to school by 8:30am, then that means that they need to be in bed asleep no later than 9:00pm. Teenagers 14 - 18 years need at least eight hours a night - this means that they need to be asleep by between 9 and 11pm if they get up at 7:30am. Of course, if they have to get up earlier, bedtime has to be earlier too.

College Principal
Anthony Rodaughan

Campus Principal
Michelle Reid

School Hours: 8:25am - 2:50pm
Students are supervised from 8:10am - 3:00pm

Morwell Campus

PH: (03) 5165 0600
PO Box 3411
MORWELL Business Centre, 3841

EMAIL: kurnai.co@education.vic.gov.au

**Attendance
Hotline**

5132 3711

Message from our Principal continues.....

SLEEP AND YOUNG PEOPLEcontinued

Some of the reasons that young people don't get enough sleep is because screen time gets in the way, and sometimes this happens when the grownups think the kids are actually asleep. It is a very good idea to store devices outside the bedroom at night. A break from screens for ½ an hour before bedtime can also improve sleep quality.

(Source: Stanford Children's Health, courtesy of the Smith Family)

BUILDING PROGRESS

It was great to see the bricklayers on site today – they have completed a huge amount of work. The library building continues to be on track for completion at the end of the year.

We are also in the planning stages of constructing some more shelter with a verandah to be constructed along the front of the Year 7/8 Learning Centre.

CAMPS OR EXCURSIONS CANCELLED DUE TO COVID-19 Charges for any camps or excursions that have been cancelled due to Covid-19 have been credited to your family account.

If you made a payment and would like a refund, please contact any campus office for a payment requisition and we will refund the money into your bank account.

If no refund is requested or CSEF was used as payment, this will be on your account as a credit for use in the future.

EASY LEARNING CLUB

Easy Learning Club has resumed, 3:00—4:15. Food Provided. COVID Safe Practises in place.

Year 7 & 8 News

Return to Term 3

Our students have made an excellent start to Term 3. Attendance at school has been fantastic and students have been well engaged with their learning. It is really important to remember that in our current environment, we are limited in our ability to lend resources to students. This means that our students need to be really organised, ensuring that:

- They have all the required books, pens, pencils and similar stationery
- That they have their device and that it is charged.

Parents will be contacted by email and sms to identify when a student is not meeting these expectations. Please follow up at home and assist your child to put in place the processes necessary to ensure they can come to school ready to be successful each day. If you are having any trouble with any of this, don't hesitate to contact us for assistance, ideas or even to debrief about the troubles you are having supporting your child's education. We're here to help.

Tech School Excursion

Excursions that are not to Melbourne can, for the most part, go ahead. Therefore, our planned excursion for Year 7 students to the Tech School in Morwell is going ahead on the 30th July and 6th August. This is an opportunity that has gone to the first 50 students to consent on Compass and is already full. Students will be separated into two groups of 25 with one group going on the 30th and the other on the 6th. The Tech School is an exciting opportunity that immerses our students into high tech and realistic educational opportunities and environments that we can't reproduce in a mainstream school location.

Year 8 Camp

With the uncertain nature of COVID we have been forced to make the tough decision to cancel Year 8 camp which would have gone ahead in Term 4. This is a shame, but the early decision will save families from making payments on the camp only to find it cancelled later.

Easy Learning Club

Easy Learning Club has resumed, 3:00—4:15. Food Provided. COVID Safe Practises in place.



Daniel Swallow
Assistant Principal - Junior Subschool
daniel.swallow@education.vic.gov.au



Ross Johnson
Year 7/8 Assistant Team Leader
ross.johnson@education.vic.gov.au

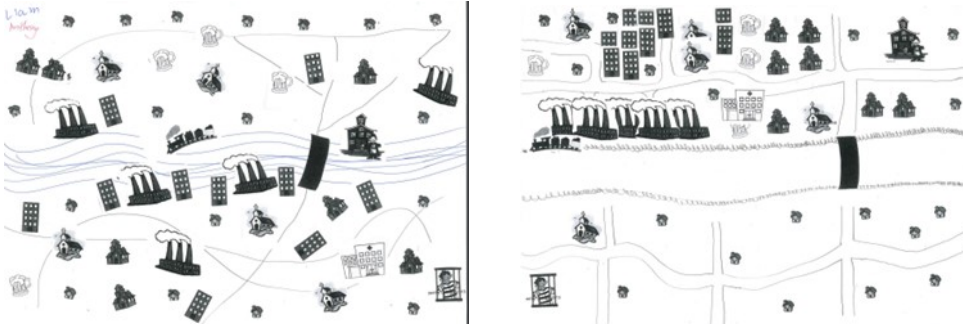


Ben Kimpton
Year 7/8 Assistant Team Leader
ben.kimpton@education.vic.gov.au

Year 9 News

Around the grounds...

It was great to see students trying to make sense of the growth and migration caused by the Industrial Revolution.



Kellie Asmussen
Year 9 Team Leader
kellie.asmussen@education.vic.gov.au

Careers – Morrisby Interviews

It has been a long time coming and a large amount of work has occurred in helping students to complete their Morrisby testing but the first lot of Morrisby Interviews occurred last week! A career mentor remotely chats individually to each student about their strengths and career aptitudes. For those who have their heart set on a certain career, this process also helps them to take stock and start to work on areas of need if required. Hopefully, we can get through these interviews over the coming weeks.

Careers – E Portfolio

After Morrisby Interviews, students will begin documenting their achievements in an electronic portfolio. This helps them to make the transition to adult learning as well as store important documents needed for career-based activities such as copies of school reports, work experience evaluations, lists of achievements and certificates, as well as resume and reference details. Completed portfolios can be used to assist students with the selection of units for further study and can also help when transitioning.

Back to School Concerns

Just a reminder that our uniform involves wearing navy blue pants, not leggings or jeans, and no other jumper than the school hoodie can be worn under the school shirt.

Smoking is not allowed on school grounds and tobacco is considered an illicit substance for those under the age of 18. Please speak to your child about these laws so they can avoid any repercussions.

Every day counts so please notify our absence hotline of any absences and make contact if needed.

A COVID-19 Free Term 3

It is hoped that Term 3 will be business as usual however there are a few things that are different regarding COVID-19 regulations. Students need:

- a charged laptop throughout Term 3 and are to bring it to class everyday
- their own drink bottle as the water fountains are not currently operational
- to not make physical contact so a hand wave or a wink will have to do
- to not chew gum and spitting is now very dangerous and should not be done
- to not bring mobile phones to class as per usual

Reports

Please look over the end of semester reports with your child to go over their learning goals and improvements for Semester 2.. If you are having trouble accessing the report or would like to discuss any concerns, please make contact so we can provide any needed support.

Year 10 News

Welcome back for the start of Term 3. This term will be very busy for all Year 10 students. They will be deciding on their Year 11 courses and subject choices by Wednesday August 5th. They will also begin arranging their Term 3 work experience for week 9 if it can go ahead.

Teachers are still using social distancing. All students are required to bring their own drink bottle to school. All students are expected to have their own device in class and to be in full uniform. Attendance needs to be on a regular basis for the rest of the year as our students are getting organised for Year 11. Students have been efficient at using the hand sanitisers on the way into and out of the classroom.

Camp

The camp to Tasmania at the end of next term has now been cancelled due to the uncertainty of COVID-19. Refunds can be arranged by contacting the office.

Technology

Here is an example of a project completed by Adam Stevens in his Electronics class last term. Great work!



Reminders

Students will require a device (please contact us if you need some support).

Students need to arrive at school by 8:35 am please.

Contact Details

If you have any questions or concerns regarding Year 10 students please don't hesitate to e-mail us or phone on 51650 600

sheryl.tangi@education.vic.gov.au

Dates To Remember

Monday 27th July	VCAL Applications due back with signatures
Tuesday 4th August	Tomorrow Man/Woman on-line session period 1 and 2
Wednesday 5th August	Year 10 Course counselling 1:30 pm – 6 pm. Please have your student make an appointment time.
Monday 7th - Friday 11th September	Re-scheduled Year 10 Work Experience - CAMP TRIP CANCELLED



Sheryl Tangi
Year 10 Team Leader
sheryl.tangi@education.vic.gov.au

THE YEAR 10 TEAM



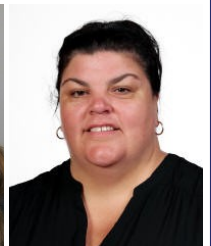
Froso Pizzi



Emma Hudson



Angela Thomas



Megan Schwarzenberg



Michelle Reid

SCHOOL NURSE UPDATE

Let's talk about sex!

This term many of the students have started doing sexual education classes at the school for year 7 and 8. This can be an awkward time for many students but can also awaken their curiosity.

Parental involvement is very important during this time of development but it can be difficult to know what to say and how to say it. Some tips on talking to your child about sex are

- It's easier if you start talking with your child at a younger age
- Be open and honest
- It's normal to feel awkward
- You don't have to be an expert—you can find the answers together
- Talk with your partner or other adults about what they think and how they do things
- Try not to be shocked or make a fuss
- Read up and familiarise yourself with the basics
- Keep the lines of communication open

Research shows that if a student has quality education in sexual health that they are more likely to delay starting to have sex until they're ready, as well as making safe and mature decisions when it comes to relationships.

For more information please see www.betterhealth.vic.gov.au or you can contact me for advice.

I work Tuesday, Wednesday and Thursdays across all the campuses of Kurnai. Students or families can organise to see me by talking to their teachers or the welfare team or email pearse-clark.sarah.l@edumail.vic.gov.au

Sarah – School Nurse

CSEF

Due to COVID-19, you may now be eligible for Camps Sports Excursion Fund (CSEF). To be eligible you must be one of the following:

1. a parent/carer (of the relevant student) who is:

- on the first day of term one or the first day of term two an eligible beneficiary of either a Centrelink Health Care Card or a Pensioner Concession Card; or
- an eligible beneficiary of a Veterans Affairs Gold Card; or

2. a temporary foster carer; or

3. the parent/carer of a student who is 16 years or older and who holds a valid concession card (such as a Youth Allowance Health Care Card or Disability Support Pension Card).

The parent/carer must submit an application to the school prior to the end of Term 2.

Provided the above conditions are satisfied, the amount payable is:

- \$225 for secondary school students.

If you have already applied for this earlier, you do not need to do anything as you have already received your CSEF; however for those that may now be eligible please contact the school to get your application form in or use the link below before the end of Term 2.

<https://www.education.vic.gov.au/Documents/about/programs/health/CSEF-Application-Form-2020.pdf>

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RETURNING FROM REMOTE LEARNING SURVEY

Kurnai College is interested in hearing from you regarding your families experience while your child/ren were studying remotely.

This has been a significant event in our Learning Community and we are wanting to record this experience to look at how we can utilise the outcomes for future learning.

The survey can be found via the below link and will stay open until Friday 26 June.

<http://forms.gle/KyVUBK7xxQmyP9Ct9>

We appreciate your time, and input during this period of adaptation of learning.

* Multiple entries are available if required.

Expression of Interest

Youthful persons interested in training as volunteer Surf Life Savers

13 years and older

Good swimmers (16 pool laps in 9 minutes)

Prepared to learn First Aid skills

To Paddle a Life Saving Surf Board

To Learn Radio Communications & Signals

To Drive an IRB (Inshore Rescue Boat)

To Conduct Beach Patrols

To Drive an ATV

Contact: Text to Golden Beach SLSC Inc. 0447227278

On Facebook: Golden Beach Swimming & Life Saving Club



Living WELL LATROBE

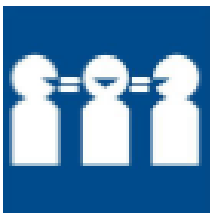
Latrobe City Council COVID Helpline

Do you have questions about what local support is available to you during COVID-19? Are you caring for someone who needs help? We can help you connect with supports and better understand what is available in our community.

Coronavirus has put additional pressure on individuals and communities and many businesses and organisations are operating differently. We want to hear how you can best be supported during this time and into the future as we work through the challenges. We want to help build a stronger resilient community.

Phone 1300 367 700 and choose option 2, or send us an email COVID19Helpline@latrobe.vic.gov.au

You can leave us a message and we can call you at a time that suits you best.



If you need an interpreter, call TIS National on 131 450 and ask for Latrobe City Council.

For specific advice on Coronavirus and Government information call the National Helpline on 1800 020 080. The line operates 24 hours a day, seven days a week.