



TYRRELL TIMES

College Calendar

Tuesday June 6

Primary and Secondary Regional
Cross Country

Thursday June 8

SRC Big Freeze event

Friday June 9

Pupil Free Day

Monday June 12

Kings Birthday Holiday

Monday June 13-June 16

Years 10-11 exams

Thursday June 15

GAT

Monday June 19-June 23

Year 11 Camp
Year 3/4 Roses Gap Camp
Year 10 Work Experience

Purpose Statement & Values

To provide a safe, positive and challenging environment where everyone aspires to aim high and become responsible, caring and contributing community members.

Respect

Responsibility

Honesty

Term Dates

Term 1: 30 Jan - 06 Apr 2023
Term 2: 24 Apr - 23 Jun 2023
Term 3: 10 Jul - 15 Sep 2023
Term 4: 02 Oct - 20 Dec 2023

PRINCIPAL'S REPORT

Acknowledgement

We acknowledge the Wergaia peoples as the traditional custodians of the lands upon which Tyrrell College is situated. We pay our respects to their elders – past, present, and emerging – and we acknowledge their deep care of the lands we live on. We also acknowledge that for tens of thousands of years our First Nation's peoples have engaged in – and passed on – excellent teaching and learning practices on the spaces upon which our community members learn today.

Dear Students and Families,

Say Cheese!

You will have noticed the communications regarding the activation of the CCTV system, scheduled for next Tuesday, on our website, Compass and Seesaw.

Our school has an obligation to ensure the school environment is safe and secure, and fulfil our duty of care to students, staff and visitors. The CCTV system will assist our school to fulfil these obligations and to prevent and manage other inappropriate behaviour on school grounds. CCTV will also provide enhanced capability to protect our school's assets against vandalism and theft.

We will follow Department of Education and Training policy requirements for the design, installation, management and use of the CCTV systems. This policy is available at: [CCTV in Schools – Installation and Management](#).

If you have any questions or concerns at this stage, please contact me on 5070 2106 or at alan.coffey@education.vic.gov.au

Student Free Day

Next Friday, 9 June, is an approved Student Free Day. Staff will be working on-site on assessment and reporting, and we hope you enjoy the extra-long weekend.

Student Wellbeing

This week our Year 7 to 11 students participated in two amazing programs. The Flourish Girl program promotes mental health and emotional intelligence, and Man Cave promotes healthy masculinity. The feedback from students and staff on the impact and

benefits from being involved is remarkable. Many students have asked to have more sessions of these type of programs. Our whole school wellbeing initiative, The Resilience Project provides students with two or three sessions per week to learn and practise practical wellbeing strategies.

The Flourish Girl and Man Cave facilitators commented on the high levels of engagement displayed by our students. Well done, everyone!

Pink and Blue

Our wonderful SRC have been busy organising another two fun-filled school events that also raise awareness and funds for two very worthwhile charities. Today (Friday) was our Pink Day to raise awareness of Breast Cancer and funds for the McGrath Foundation. It was also a fun day where everyone relaxed and dressed up, filling the classrooms and corridors with pink. Parents Club supported this cause by providing delicious pink cakes and slices for sale to further boost our fundraising endeavours. Their efforts were very much appreciated!

Next Thursday will be our annual Big Freeze event where we will do our best to raise funds to fight MND (Motor Neurone Disease). Personally, I'm hoping for a heat wave as I've agreed to slide into a pool of icy water. What was I thinking when I agreed? If I'm not blue before I go into the pool, I'm sure I will be once I'm in there!

Alan Coffey Principal

Is there a need for Outside School Hours Care in Sea Lake?

Have your Say!

Please take the time to scan this QR Code to complete a quick survey to voice if you do or don't have a need for a service of this type in Sea Lake, or contact Tyrrell College directly on 03 5070 2106.

This survey will be open to the public until 5pm, Wednesday 7 June 2023.

Please see page 7 for more details.



Milo the Monkey's Birthday!



On Monday, the Foundation Class and their Year 12 buddies celebrated Milo the Monkeys birthday. The Foundation class have learnt all the single sounds in the alphabet and had a great party with lots of food.

A special thanks to Dude Kelly and Tom Mitchell for dressing up as Milo the Monkey and Ben the Bear.

Mr Ron Schauer



HAPPY BIRTHDAY

GREAT



BULLOKE YOUTH HEALTH EXPO



KNOWLEDGE EMPOWERS YOU TO MAKE INFORMED DECISIONS

Even though most young people are choosing not to experiment with drugs, it is important to arm yourself with knowledge so you are ready to make informed, safe and healthy choices.



WHAT'S IN THE E-LIQUID?

- E-liquids contain chemicals that are known to cause harm.
- 2-chlorophenol used in disinfectant/cleaning products and insecticides
- Acetone used in nail polish remover
- Permethrin used in insecticide
- Propylene glycol, vegetable glycerine/glycerol causes inflammatory changes to lung tissue
- And more. Each batch, each one is different.

- Some of the chemicals found in vapes are corrosive and cause inflammation of the cells and tissue in your lungs.
- Regular use can lead to scar tissue which ultimately affects the exchange of oxygen and carbon dioxide.



BULOKE YOUTH HEALTH EXPO

The 11th Buloke Youth Health Expo was held Tuesday 23rd May in Birchip with the Year 9 & 10 students from the 5 Buloke Government Secondary Schools attending.

The day started at 9:30am with students having access to fruit plates on arrival then a welcome by Secondary School Nurse Manager Jacinta Miller. The theme for the day was "Our Today Determines our Tomorrow" with expert speakers for all sessions. First up was Accredited Mental Health Practitioner, Tim O'Donnell, with a creative approach to Mental Health and the value of music to improve mood. The next session took on the form of a youth summit which was conducted by Buloke Youth Workers Rory White and Torri Tillig, where students were split into 5 groups to develop feasible ideas and supports for the shires "Buloke Youth Plan" going forward.

Lunch was provided by the Birchip P12 VCAL Food Tech students led by Kristy Knights, with 2 choices of soup and a range of ingredients for students to build their own sandwiches. With any food allergies also catered for, no one should have gone hungry.

Lunchtime also saw a range of service providers and activities for students to access out on the oval which were popular with students. Rory and Torri along with Healthy Kids Advisor-Subria Sailor from Buloke Shire Council had a smoothy bike where students could make their own fruit smoothy with a blender powered by riding a pushbike.

The Anglicare KIT (keeping in touch) van was also present again this year with Brooke Warren. The van is Bendigo based and is a portable Mental Health resource designed to increase young people's awareness and understanding of mental health. It also aims to build young peoples ability to self-manage their mental health and wellbeing.

The Buloke Library van and Tori Gentle were in attendance with students learning what resources/books, etc. were available to them including e-books via the borrow box program.

Reclink provided some physical activities for students to challenge their reflexes. Reclink is a program that brings sport and recreation programs to disadvantaged persons to create socially inclusive life changing opportunities.

The Head Space table was popular with giveaways and information on how to access the service led by Celeste Costa a Psychologist and clinical registrar based in the Swan Hill centre.

Inga Hamilton, from Sustainability Victoria (a Resource Smart Schools Facilitator) put the students recycling knowledge to the test with various activities involving everyday used packaging and waste.

And yes... there was the inevitable footy to kick around which seems to appear wherever Tyrrell College students congregate. It was pleasing to see interschool networking alive and well on the oval!

The last session for the day was a presentation by Sharon Torpey, founder of the Drug Education Australia. Sharon has presented to communities and schools Australia wide, she understands small regional communities and grew up in Lascelles, Victoria (just down the road). As a former Health and PE teacher, she is aware that all young people need drug and alcohol education because everyone is affected by the decisions made by those who do take any form of Drug or Alcohol, including cigarettes and vapes. She networks regularly with health professional's and paramedics and a key part of her message is about factual information and safety and minimising harm. Sharon had some interesting statistics and facts from recent world studies around vaping, with one study analysing the contents of all vapes available commercially which were found to contain Nicotine, when there was no indication in the contents list. There are no labelling laws around vapes / vaping liquids requiring manufacturers to declare all the chemicals present as yet. The health outcomes of vaping are only starting to be seen, however the damage to lung tissue is rapid compared to cigarettes and long lasting.

Each school attending received an education resources package and all students received a free drink bottle and dental pack courtesy of the Smile Squad. Thank you goes to Kerrin Griffiths and Graham Williams for supervising the students attending and Jess Cova for student support on the day.

Carol Elliot – School Nurse

Year 8 Health and P.E



On Tuesday 23rd May, the Active Youth Program welcomed Celeste Costa (Mental Health Clinician) and Kelly Stacey (Art Therapy Student) from Headspace in Swan Hill. They explained the role of Headspace and how they can assist youths as well as discussed issues that some teenagers may face growing up such as peer pressure and bullying. The session included some coping strategies and the importance of self care.

This activity was then followed by local Cert IV fitness Instructor Jodi Cox, who facilitated a fun and energetic fitness session for the Year 8's. Jodi commenced the session with a bootcamp style warm up before getting into a boxing activity and concluding with some core work.

On behalf of Rhonda Allan (Mallee Sports Assembly) and Tyrrell College, we thank these ladies for their time and continued support of youth today.

Ms Kellie Matthews

BREAKFAST CLUB MENU

Week starting June 5:

Monday 5th June - Ham & Cheese Croissant

Tuesday 6th June - Toast, Raisin Toast, Cereal & Yoghurt

Wednesday 7th June - Scrambled Eggs

Thursday 8th June - Pancakes



TOKEN MOMENTS

26.5.23

Grade 1/2 - Lara Allan

Year 8- Sophie McConville

Grade 3/4 - Darcey Manley

Year 9- Alex Rainsford

Grade 5/6- Tyson Allan

Year 10- Brody Kelly

Year 7- Tehlia Puzey-Chalmers

Year 12- Dylan Kelly



HAPPY BIRTHDAY!



Happy Birthday to the following students who celebrated a birthday this week:

May 29- Dude Kelly

June 1- Mon Kelly

Reading Awards

50 nights:

Grade 3/4: Evie Gallagher

Grade 5/6: Arli Roberts

Congratulations

ARIA LEO on 100 nights!

Is there a need for Outside School Hours Care in Sea Lake?

Tyrrell College is asking the Sea Lake and broader community to find out if there is a genuine need for Outside School Hours Care for school aged children. The Outside School Hours Care (OSHC) Establishment Grants Initiative is an \$81.6 million commitment to fund OSHC services at government schools. This Initiative has supported over 300 government schools so far. Its aim is to give families greater flexibility for hours of employment by providing care for children before and after school hours, and can also include the running of school holiday programs. The service would be open to all children regardless of what school they are enrolled at.

Please take the time to scan this QR Code to complete a quick survey to voice if you do or don't have a need for a service of this type in Sea Lake, or contact Tyrrell College directly on 03 5070 2106. **This survey will be open to the public until 5pm, Wednesday 7 June 2023.**

Additional information about the funding can be found [Outside School Hours Care Establishment Grants Initiative | Victorian Government \(www.vic.gov.au\)](#) including some great videos on how the grant has supported school communities historically.



Tyrrell College *Parents & Friends Committee*



This week.....

Our P&F committee catered for the 'Pink Day' raising money for breast cancer research at Tyrrell College this Friday. We have had multiple parents and carers who kindly offered to bake "pink" cakes and slices to be made up into morning tea packs and sold in the school canteen at recess time. Many thanks to Caroline Welsh for facilitating this and to Caroline, Rachel Bailey, Miranda Conlan, Sally Austerberry and Nat Prange for helping to put together the morning tea packs on the day. There was a fantastic array of pink slices/cakes and it was much appreciated by all the students and staff! Thanks also to the SRC students and Ms Cook for selling the packs at lunch time.

Parents and Friends aim is to raise funds through fundraising activities to cover the costs of numerous school projects and equipment to benefit all students. Some of which have included raising funds for sports equipment, playground equipment, fundraising for school camps, excursions, seminars, classroom items etc. We also contribute to funding the breakfast club, which is available to all students every morning.



Tyrrell College P & F



The SRC are having a BIG FREEZE event on Thursday June 8th

Make sure everyone is wearing their blue clothes along with a gold coin donation

Nominated students and teachers will also be taking part on the ice plunge at lunch

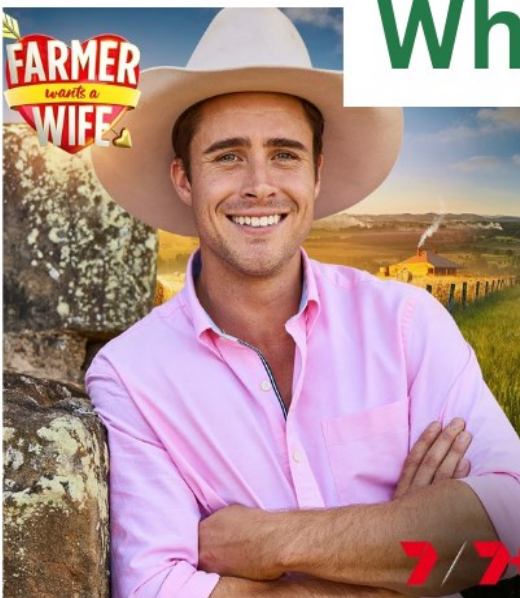




Annual General Meeting &
Stakeholder Event
Monday 5 June
Rex Theatre from 5.00 pm
SCAN CODE FOR DETAILS

Theme:

Why Ag?



School Covid Update,

Covid is still present in our community with one or 2 cases occurring each week, As we approach winter the numbers of positive cases is likely to increase in our community, alongside of the Flu (influenza) these are the 2 biggest causes of hospitalisation that can be prevented with Good Hygiene practices and Immunisations to prevent or minimise the affects to yourself and family.



All Victorian government schools are required to continue to implement important practices to reduce the risk of COVID-19 transmission for students and staff.

Good personal hygiene is still to be encouraged at home and on arrival at school with the use of hand sanitiser and hand washing, coughing into elbow etc and face masks will continue to be made available for staff, students and visitors who wish to wear them, just ask at the general office for them **Staff and students** are strongly recommended to ensure they keep up-to-date with all

recommended and available COVID-19 vaccinations as vaccinations are the best way to protect individuals, families and school communities from the severe effects of COVID-19 and reduce the spread of the virus.

It is recommended that rapid antigen tests (RATs) are used by students and staff:

- If you have symptoms of COVID-19 infection, no matter how mild
- If you are a household or close contact of someone who has COVID-19
- If you are a social contact of someone who has COVID-19.



If you would like a RAT test kit please contact the school direct or put a note in your childs diary.

Students (or their parents) should report a positive result to their school, either by phone 03 50702106 ,or through the COVID Test [portal](#) or written notification/email tyrrell.co@education.vic.gov.au

The Department of Health recommends that all Victorians should report their positive RAT result to the Department of Health [online](#), or by calling 1800 675 398.

The Department of Health also recommends that masks should be worn by a person who is a close contact of someone who has tested positive for COVID-19 when leaving home.

Additionally, the Department of Health recommends that masks should be worn by a person who has COVID-19 for at least 7 days after a positive test when they need to leave home.

Where a student or staff member is identified as a positive case, the following steps should be taken:

1. Students who report a positive result are recommended to isolate for a minimum of 5 days and not attend school until their symptoms have resolved. Students who isolate as a result of a positive COVID-19 test should be supported in the same way as students with an extended absence due to illness or injury, with learning materials provided to support their continued learning.
2. There are some simple things your child can do to keep covidsafe at school.
3. · Make sure she washes her hands thoroughly and regularly
4. · Sneeze or cough into a tissue or elbow
5. · Eat a packed lunch from home rather than buying food
6. · Maintain distance from others where possible
7. If your child has any cold or flu-like symptoms – like a cough, fever, or runny nose they should stay at home unless they have a daily AM negative RAT.test.





Kids and Anger

During this workshop we will explore why children get angry, understand your response to your child's anger and gain strategies in assisting children to appropriately express anger.

✓ Big Emotions

✓ Understanding

✓ Strategies

Workshop Details:

Location: St Mary's Primary School
47 Hannon Street, Sea Lake

Date: Thursday 22nd June 2023
Arrival 1:15pm
Session 1:30pm - 3:30pm

Please note that this is a single session workshop.

There is no cost for this workshop.

No childcare is provided.

Groups are subject to maximum and minimum numbers determined seven working days prior to the event. **Early registration is encouraged.**

RSVP to:

Online at www.catholiccarevic.org.au/register or via the QR code above.

Reception | CatholicCare Victoria Bendigo | P 5438 1300

E bendigo.reception@catholiccarevic.org.au

Hosted By:



www.catholiccarevic.org.au

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