

#### VOLUME 13 <u>MAY 19, 2023</u>

#### College Calendar

#### Monday May 22- May 24

Grade 3/4 Roses Gap Camp

Tuesday May 23

Buloke Youth Health Expo Birchip

Thursday June 1

SSS Rehearsal 3

**Tuesday June 6** 

Primary and Secondary Regional **Cross Country** 

Monday June 12

Kings Birthday Holiday

Monday June 13-June 16

Years 10-11 exams

Thursday June 15

GAT

#### **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
- Aim High

#### **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



10 Sutcliff Street, SEA LAKE VIC 3533 (PO Box 231, SEA LAKE VIC 3533) Ph: 03 5070 2106 Email: tyrrell.co@education.vic.gov.au Web: www.tyrrell.vic.edu.au Portal: https://tyrrell-vic.compass.education Facebook: Tyrrell Sea Lake

## S

#### 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 RAT Infestation! community members learns today.

#### Dear Students and Families,

#### Well Represented

A well-deserved congratulations, to the students who proudly represented our College this week at the Mallee Division Primary and Secondary Cross-Country events. All participating students tried their best and were worthy representatives of our school and district. Mrs. Plant received a message from one of the other participating schools commenting on the way our students encouraged, cheered and supported each other.

#### Intense Experience

On meeting the returning Year 7 and 8 Bogong campers last Friday, I was astounded by the resilience demonstrated by staff and students on their camp. As the usual hut style accommodation was unavailable the campers were accommodated in tents. The harsh conditions were met with a resilient mindset by staff and students that enabled the participants to take full advantage of the opportunity. Well done to all of you!

#### Enjoy

On behalf of the staff at the College we would like to wish all of the debutantes our best wishes for the upcoming Debutante Ball.

#### Next Week

Our Year 3 and 4 students are off on camp again next week. Heading off to Roses Gap for a great experience. The Year 9 and 10 students will travel to Birchip on Tuesday to attend the Buloke Health Expo in Birchip.

Now that I have your attention: Please let the front office know if you require additional RAT tests to regularly test your children, so our School Nurse Carol can send more home. We have had a number of students and staff away unwell this week so please encourage your child/ren to be vigilant and use the hand sanitiser, face masks and RAT tests that are available.

Although we are encouraging all our students to attend school every day, please keep your child/ren home if they are unwell and keep us informed via Compass.

Alan Coffey Principal



# Primary Cross Country



On Friday 5<sup>th</sup> May we held our Primary Cross Country down at the Sea Lake Football Oval. In ideal weather conditions, the students from both Tyrrell and St Mary's were eager to get out on the running track and try their very best. The day started with the 11 and 12 year-old boys and girls running the 3km track followed by the 9 and 10 year old boys and girls running the 2km track. All students participating showed great effort, sportsmanship and encouragement. It was great to see students from both schools cheering and chanting for each other as they completed their laps. On conclusion of our Primary Cross Country, 19 students were entered into the Zone Division Cross Country held on Tues-day 16<sup>th</sup> May.

Many thanks go to Rene and Janet for their efforts on the recording table, staff from both schools for getting the students ready to race and supervising the students before and after, the day wouldn't run smoothly without you all. Finally, a massive thank you to all the parents, family and friends for coming and encouraging the students running, it was great to see so many of you there to cheer your kids on. **Miss G.** 

Prima	ry Cross-Country Winners and Runn	ers Up:
Age Group:	Winner	Runners Up
9-Year-old Girls	Noraa Fairclough	Brooklyn Wight
9-Year-old Boys	Jackson Halliday	Jack Brady
10-Year-old Girls	Layla Kiley	Charli McClelland
10-Year-old Boys	Tom McClelland	Kaiden Wight
11-Year-old Girls	Arli Roberts	Charlotte Gallagher
11-Year-old Boys	Milton Bailey	Finn Austerberry
12-Year-old Girls	Samantha McConville	Mollie Braddock
12 Year old Boys	Jack Hodgson	Oliver Brady



Tyrrell College celebrated all our amazing mothers, grandmothers and significant mother figures with a Mothers Day luncheon on Monday the 15th of May. Our mums we treated to some amazing food, courtesy of Tyrrell College staff donations and were lucky enough to have some beautiful warm weather for the special day. Many students had also made some fantastic gifts for their mothers and grandmothers and there were lots of smiling faces throughout the luncheon. Many thanks to Mrs Summerhayes and Mrs Wight for their fantastic organisation of the event and the students and staff who helped with the set-up, pack up and food preparations. We hope everyone had a wonderful afternoon.

# Mothers Day Celebrations



# SECONDARY DIVISION CROSS COUNTRY

On Wednesday 15<sup>th</sup> May Secondary students braved chilly conditions in Ouyen to compete in the Division Cross Country Championships.

The students are to be commended on their efforts and as a result we achieved some excellent individual and team performances.

Cooper Allan- 1st 18-20 Years Boys

Sol Kelly – 1<sup>st</sup> 17 Years Boys

Mon Kelly - 1st 17-20 Years Girls

Judd Durie- 1<sup>st</sup> 15 Years Boys

Ethan Ellis – 2<sup>nd</sup> 16 Years Boys

Billy McClelland- 3rd 16 Years Boys

Scott Barbary- 2nd 14 years Boys

Archie Alday- 2<sup>nd</sup> 14 years Boys

Angus Renney- 9th 14 Years Boys

Zander Wight – 12th 12/13 Boys

Ben Barbary- 11th 12/13 Boys

Zaida Tait- 9th 14 Years Girls

Scarlett McGarry- 2nd 15 Years Girls

Georgia McClelland- 6th 15 Years Girls

Faith Golosino- 7th 15 Years Girls

Ī	Team pennants:
I	12/13 Years - 2 <sup>nd</sup>
I	15/16 Years- 1st

Thank you to Jess Cova for accompanying the students and manning a checkpoint on the course.

In finishing, I would like to mention that I received feedback from a staff member at another school who wanted to commend our students for the support they gave each other throughout the day, on and off the track. What wonderful feedback to receive about our students.

A number of students have now qualified for Regional Competition in St Arnaud in early June. Information will be passed on to these students next week.

Nat Plant





Congratulations

# Keely Gríffíths, Paddy Kelly & Flynn McGarry

Congratulations to Keely Griffiths, Paddy Kelly and Flynn McGarry on being recipients of the Freemasons Foundation Tertiary Scholarship. Keely and Paddy were presented their certificates in an awards ceremony last Thursday evening accompanied by their parents. We are very proud of how well our 2022 Year 12s are going this year and look forward to hearing more updates throughout the year.



# YEAR 7/8 BOGONG CAMP





Year 7 & 8 students were incredibly fortunate to attend camp at the Outdoor School near Bogong. The students were greeted with plenty of warm sunshine during the day which was much appreciated after struggling through very cold nights of around zero degrees or below. This was a particularly challenging experience since everyone was in tents due to a landslide earlier in the year which made the official Bogong accommodation inaccessible.

With a light sprinkling of early snow at Falls Creek, everyone was excited to head to the mountain top for some fun snowball fights, snow angels and snow man building. Although many returned to camp with cold hands and saturated shoes, they all agreed it was amazing to see and touch snow for the first time. Students enjoyed seeing and exploring Wallace's Hut, further on from Falls Creek Ski Resort, which was built in 1889 by the three Wallace brothers and is the oldest surviving cattlemen's hut.

One activity requiring a great deal of cooperation, support and encouragement was the building of a bridge. After being shown some technical rope tying techniques, students were put to the test as they planned and executed their plan to build a bridge which would safely transfer every member of their group across an imaginary lava pit. Students taught each other how to rope logs together in tripod configurations which they then manoeuvred across the lava pit with logs as connecting bridges. The overall constructions may have not passed official safety regulations but there was no way they were losing any students to the lava below and much care and determination was shown by students as they ensured everyone made it across safely.

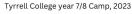
Students were excited to head off on their first orienteering adventure and, once they were given three basic steps to follow, they were sent on their way. A competitive spirit set in as each group interpreted their map to navigate around a designated area to collect letters from hidden markers. Secrecy was a top priority with no one being prepared to reveal letters to other groups. Some were extra clever finding some arrows, golf balls and a black snake!

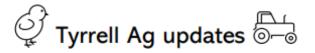
The bike riding day was a favourite for many with a 20km bike ride along a sealed track which followed the picturesque Ovens River. A leisurely lunch at a secluded camping site topped off the day.

Whilst the nights were tough, the overall camp was enjoyable with the five day camp experience focusing on developing resilience when faced with challenges along with respect for one another. This camp certainly had many challenges but it was great fun.

Mrs Fiona Wright







There have been some new additions to Tyrrell's Ag Program lately...

2 weeks ago we had 10 chicks hatch in the big chicken pen. Luckily the 7/8s were quick to catch them and the mother hen to ensure their safety. The students (and some staff) were all very eager to meet the latest additions. This week we had Bailee and Bron chaperone the early learning kids to meet and pet some of the chickens.





Over the past month we have had our Food Ladder System established. Thanks to everyone who has assisted in getting the system ready. We are the first Food Ladder System in all of Victoria. Veronica and Nigel (the experts from Food Ladder) arrived on Tuesday and have been busy fitting out the inside of the polycarbonate greenhouse. They were very impressed with the progress Tyrrell made in a short time. Over the next two weeks all students will be involved in assisting Nigel and Veronica in the set up and sowing of the first seeds. We can't wait to see the finished product and harvest our first crop!

To find out more about Food Ladder, visit www.Foodladder.org



The VET Ag students have been busy sowing this year's crop into the paddocks with Mr Wright. The VCE students have been learning about the export industry and animal production in preparation for their upcoming excursions to Clohesy's farm and Donnan's farm; where they will have the opportunity to interact with a wide range of industry experts.





Term 3 will bring with it not just the emergence of some of the vegetables/herbs the 9 Farm production class have sown, but also some calves. Miss Wright was successful in Tyrrell becoming a part of Dairy Australia's, COWS CREATE CAREERS Program. The calves will be adopted by Tyrrell College for a period of three weeks. The year 9's will be responsible for rearing the calves, but Miss Wright will ensure all students have the opportunity to meet the calves. Due to very strict biosecurity laws the Ag area will be off limits to all students who are not accompanied by either Miss Wright or Mr Wright.



# BREAKFAST CLUB MENU 🚝



#### Week starting May 22nd:

Monday 22<sup>nd</sup> May - Scrambled eggs Tuesday 23rd May - Ham & Cheese Croissants Wednesday 24th May - Raisin toast, Cereal, Toast, Yoghurt, Fruit & Muesli Thursday 25th May - Pancakes Friday 26th May - Spaghetti & Baked Beans on Toast



Foundation – Will Henderson		
Grade 1/2 - Mikayla Halliday		
Grade 3/4 - Messer Bailey		
Grade 5/6– Arli Roberts		
Year 7- Oscar Conlan		

Year 8- Sophie McClelland
Year 9– Judd Durie
Year 10- Scarlett McGarry
Year 11- Mon Kelly
Year 12- Rhyce Sielaff





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

May 15- Callum Mott

May 17- Milton Bailey

#### 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 **G**ood **H**ygiene practices and **I**mmunisations 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 <u>portal</u> 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 <u>online</u>, 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:

- <u>Students</u> 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.
- Make sure she washes her hands thoroughly and regularly
- 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
- 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.



## Something to consider from the School Nurse

Is there more to your Childs Behaviour ? childmind Institute. (childmind.org)

When children act out more than occasionally — with frequent tantrums, outbursts or defiance — the first step to dealing with the problem behavior is finding out what's behind it. And the cause may not be obvious.

Especially when children are young, they may not be able to tell you what they're feeling. And in fact they may not even know what's bothering them.

<u>Tantrums and outbursts</u> are usually signs that kids are struggling with feelings they don't have the skills to manage. They may be overwhelmed by their frustration or anger and not know how to express themselves more effectively, or calm themselves down. They may need help developing skills to control their behavior.

But if it's happening a lot, it could be caused by a number of underlying issues.

Anxiety

We tend to think of anxious kids as shy, clingy or timid, but anxiety can also cause kids to act out. When anxious children are put into situations that trigger their anxiety, they may lash out or have a tantrum in an effort to escape that situation. It's not uncommon for it to happen at school, where demands and expectations may put pressure on them that they can't handle. For instance, if a child who has social anxiety feels criticized, they might throw books and papers on the floor, or punch the person making them uncomfortable. And that behavior can be very confusing to teachers and other staff, since it seems to come out of nowhere.

#### ADHD

ADHD is usually diagnosed when kids are having trouble paying attention. But for many children with the disorder — and their parents — behavior is a big problem, too. They may ignore instructions. And they may lash out, throw a tantrum or be defiant when they are asked to do things they don't want to do.

This behavior is often a result of <u>ADHD</u> symptoms. They may not do what they're told because they are distracted, or because it's unusually hard for them to tolerate tasks that are difficult or boring. They're especially likely to misbehave if they're asked to stop doing something they enjoy, like playing a video game. So things like homework, going to bed, getting dressed and coming to dinner can become battlegrounds.

Children with ADHD are also more impulsive than other kids. They may be overwhelmed with frustration or other powerful feelings, and might impulsively throw a shoe or push someone or yell "shut up!"

#### Learning Disorders

If a child acts out repeatedly in school or during homework time it could be the result of a learning

disorder. If, for instance, they have trouble with math problems or a writing assignment, rather than

ask for help, they might rip up the paper or start something with another child to create a diversion. Kids who find learning harder than other kids do can be very frustrated and lose their temper frequently. And if they don't know they have a learning disorder, they can worry that they're stupid. So they often tend to hide their struggles. Getting into trouble might be less painful than letting people know that something is wrong with them. Paying attention to when the problem behavior happens can lead to exposing a learning issue and getting a child help.

#### Sensory Processing Problems

Children who have trouble processing sensory information can have extreme and confusing behavior when their senses are overwhelmed. They might do things like scream if their faces get wet or have a meltdown if they're in a situation that's too bright, noisy or crowded. They might refuse to wear clothes that they find uncomfortable or eat food that feels wrong in their mouths.

## Something to consider from the School Nurse

Kids with sensory problems can also be rigid about routines and get upset or resist changes that seem insignificant to other people. They are also at risk for running away when an environment feels too overwhelming for them. The "fight or flight" response can kick in when kids are feeling overloaded with sensory input, and their panicked reactions can put them in real danger.

#### Depression

Some children who have frequent temper tantrums have a disorder called <u>disruptive mood</u> <u>dysregulation disorder</u>, or <u>DMDD</u>. These kids have severe tantrums with <u>chronic</u> irritability in between outbursts. They tend to view thigs negatively, and are quick to explode over issues that seem minor to other people.

#### Autism

Children on the autism spectrum are often prone to dramatic meltdowns. These children tend to be rigid — dependent on consistent routines for their emotional comfort — and any unexpected change can set them off. And they may lack the language and communication skills to express what they want or need.

Some behavior problems in kids with autism can be caused by medical issues that have gone unrecognized, especially in kids who are nonverbal. These include things like acid reflux, constipation, allergies, menstrual cramps, ear infections and even bone fractures. All kids exhibit more negative behaviors when they don't feel well, and kids on the spectrum may explode out of frustration that they are in pain and don't know how to communicate it, or make it stop.

#### Trauma

Children who have been subjected to trauma or abuse often have trouble managing strong emotions. As babies and toddlers, children learn from adults how to calm and soothe themselves by being calmed and soothed by adults. If they haven't had that experience, because of neglect, they can be quick to act out when they get upset, and have trouble calming down. They need coaching and practice at deescalating when they feel overwhelmed.

Kids who have experienced trauma also tend to interpret other people as hostile to them, so they may act out irritably in response. They may develop the belief that they're bad, and what's happened to them is their fault. This leads to the expectation that people are not going to like them or treat them well, so there's no point in trying to behave.

Tyrrell College Has a supportive Wellbeing Team available to help, Led by Rashall Roberts a qualified Mental Health Practioner. Referrals to the Wellbeing team and Rashall can be made by the parent/Carer or requested by the student themselves. If you would like to discuss any of the above or have other concerns please don't hesitate to contact Tyrrell College on 50702106 to speak to a wellbeing team member or College Principal Alan Coffey.



# PLEASE JOIN US AT THE SEA LAKE

# DEB BALL

SPONSORED BY THE SEA LAKE HOSPITAL AUXILIARY

## SATURDAY MAY 20TH

## SEA LAKE COMMUNITY CENTRE

### DOORS OPEN AT 7.30 PM

TICKETS: \$15 FOR ADULTS \$5 FOR STUDENTS

STRICTLY NON-BYO EVENT: BAR WILL BE OPERATING

**Tyrrell Times Page 13** 





NORTH CENTRAL HOCKEY ASSOCIATION PRESENTS: IIIIIIIIIIIIIII TSIDE E

TLR.ORG.AU/

CKER

TOGETHER WE CAN CHANGE THE GAME FOR MENTAL HEALTH IN SPORT

DELIVERED BY A REGISTERED MENTAL HEALTH PROFESSIONAL

ONE HOUR SESSION COVERING; WELFARE SUPPORT, STARTING CONVERSATIONS, SIGNS OF ILL MENTAL HEALTH

CHARLTON PARK (FOOTBALL CLUBROOMS) MONDAY 22ND MAY 7PM- 8PM

ALL CODES WELCOME AND ENCOURAGED TO ATTEND \*\*FREE EVENT\*\*



# Story Walking at Green Lake

# Take a walk around Green Lake and find out about Mallee history and culture

Come and join us for a leisurely walk around Green Lake where we will make stops to intersperse stories and readings from works of literature and history from and about the Mallee region

All welcome!

Date and time: Sunday 21 May 2023 11:00am-12:30pm Location: Green Lake Regional Park Sea Lake VIC 3533 Cost: Free

More details and booking information can be found <u>via Eventbrite</u> and <u>malleereads.com</u>









# 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.

 $\checkmark$  Big Emotions

🗸 Understanding

 $\checkmark$  Strategies

### Workshop Details:

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

Date: Thursday 22<sup>nd</sup> 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:**

Hosted By:

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

## www.catholiccarevic.org.au

(03) 5438 1300 | 176 - 178 McCrae Street, Bendigo VIC 3550

