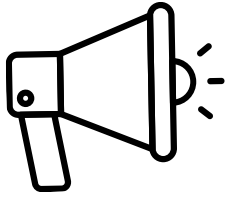


July 4, 2025
Issue 021



UPCOMING EVENTS

Monday July 21

First day of Term 3

Wednesday July 23

TIS Excursion Year 12

Tuesday July 29

**Year 11/12 parent/teacher
interviews**

Wednesday July 30

F-3 Vision Testing

Thursday July 31

SSS Rehearsal 4

Friday August 1

Foundation 2026

**'Come and Try' session 1
9-11am**

Term Dates

Term 1: 29 Jan - 4 April

Term 2: 22 Apr - 4 July

Term 3: 21 Jul - 19 Sep

Term 4: 6 Oct - 19 Dec

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

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.

PRINCIPAL'S REPORT

Dear Tyrrell College Community,

Farewell

As my time as Acting Principal at Tyrrell College comes to an end, I want to say a big thank you to everyone for making me feel so welcome and supported.

It has been a real privilege to step into this role and be part of such a friendly and caring school. Over the past term, I've seen so many great things happening in classrooms and around the school yard. I've been proud to see how friendly and committed to learning our students are, how dedicated our staff are, and how supportive our families continue to be.

As I hand the role over to Sally, I know the school is in great hands and will continue to thrive. Thank you once again for the opportunity to be part of Tyrrell College. I've really enjoyed my time here and will take away many great memories.

Have a happy and safe weekend.

Mr Craig Kelly
Acting Principal

VCE AG/HORT

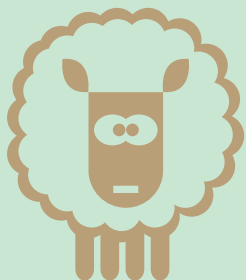
VCE Agricultural and Horticultural students, Archie and Cooper, travelled to Nutrien Ag Solutions in Birchip to view first hand how commercial soil sampling is undertaken. The students were fortunate to have agronomist Rik Maatman explain to them how they do it, what they are looking for, why they do it, and the important information that soil sampling can provide to inform and assist farm planning.



Students also visited Joel Donnan at Anden Stud, who was in the middle of their stud lambing. Joel was a font of information and took the time to discuss and show Archie and Cooper what is involved in their production cycle including embryo transfer and why they do that, explained the importance of monitoring and data collection, how they assess the sheep and how genetics influences their breeding lines to continue to produce high performing livestock.

We thank both Rik and Joel for giving up their time and sharing their knowledge with us. It is greatly appreciated and both students learnt a lot from seeing it first hand and having discussions.

-Ms Kellie Matthews





PRIMARY PYJAMA PARTY

LAST FRIDAY THE PRIMARY GALLERY TURNED INTO COSY LOUNGES AS STUDENTS AND TEACHERS CELEBRATED PYJAMA DAY IN THE COMFIEST WAY POSSIBLE! DRESSED IN THEIR FAVOURITE PYJAMAS, DRESSING GOWNS, AND SLIPPERS, EVERYONE ENJOYED A FUN-FILLED DAY OF RELAXATION, LAUGHTER, AND LEARNING.

THE DAY WAS PACKED WITH EXCITING ACTIVITIES, INCLUDING:

- 🌟 **MOVIE TIME** – CLASSES SETTLED IN TO ENJOY A SPECIAL MOVIE SCREENING. WITH THE LIGHTS DOWN LOW AND THE POPCORN POPPING, IT FELT JUST LIKE A CINEMA!
- 📖 **BOOK ADVENTURES** – PYJAMA DAY WAS THE PERFECT EXCUSE TO SNUGGLE UP WITH A GOOD BOOK! TEACHERS AND STUDENTS ENJOYED THE MATT COSGRAVE CLASSIC “LLAMAS IN PYJAMAS”.
- 🎨 **CREATIVE ACTIVITIES** – FROM DESIGNING DREAM PYJAMAS TO MAKING SLEEP MASKS, CHILDREN TOOK PART IN FUN CRAFTS AND ACTIVITIES RELATED TO OUR SHARED BOOK.

PYJAMA DAY WASN'T JUST ABOUT COMFORT—IT WAS ALSO A CHANCE TO SLOW DOWN, ENJOY THE LITTLE THINGS, AND CELEBRATE A LOVE OF READING AND TOGETHERNESS. THANK YOU TO ALL OUR FAMILIES FOR SUPPORTING THE DAY AND HELPING CREATE SUCH A MEMORABLE EXPERIENCE FOR OUR STUDENTS.





Primary *Winter Sports*

Team Spirit Shines in Swan Hill!

Our Grade 5 and 6 students had an exciting and action-packed day on Friday 27th June as they travelled to Swan Hill to participate in the Winter Sports Carnival. Joining forces with students from St. Mary's, our teams took to the fields and courts to compete in both Netball and Football. The competition was tough, but our students rose to the challenge with great determination, teamwork, and sportsmanship. We are proud to share that the boys' football team finished Runners-Up in their division, and the girls' netball team also came Runners-Up in their division. What a fantastic achievement!

A big thank you to Mr White, Mrs Wight, Rene, and Alison for their support and coaching throughout the day. Your efforts helped make the day a memorable one for our students. Well done to all who participated - you represented both schools with pride!

Coach G



Year 7 Ground Jars



On Monday June 23 the Year 7 class, Miss Cook and Miss Ruby Mazzerella all made jars which included: sediment (rocks), charcoal, clay and sand, in Humanities class. Firstly, we got the jars from Miss Cook and Mrs Wright. Next we collected rocks from the front gate. The charcoal came from Mrs Amos' fire, the clay came from the Art room. The clay was very fiddly, but we made it work in the end. The sand came from the sand pit. We then combined them in this order: sediment (rocks), charcoal, clay an then sand. We also had to put baking paper in between each layer so the different layers didn't overlap. Thank you to Miss Cook and Miss Ruby Mazzerella for assisting us on the day.

-Written by Milana Barry

Happy
Birthday

Congratulations to the students
who are celebrating a birthday
this week.

Wednesday July 2-
Tommy Jones
Cayson Mannix



Taken

MOMENTS

Friday June 27, 2025

Foundation- Luke
Grade 1/2- Tessa
Grade 3/4- Eva
Grade 5/6- Oscar
Year 7- Charlotte
Year 8- Miley
Year 9- Hamish
Year 10- Abby
Year 12- Tye



VM Cooking Class



Red Velvet Cake Challenge

What a mammoth task it turned out to be! The VM Boys took on the classic Red Velvet cake challenge, and while it got very messy at times, they absolutely got the job done.

The Adventure Unfolds:

The boys dove headfirst into this baking adventure, flour flying and mixing bowls everywhere. It was messy, it was chaotic, but most importantly - it was fun!

The Plot Twist:

Jack Stacey and Charlie Mitchell decided to put their own creative spin on things, transforming their Red Velvet into a stunning Blue Velvet cake with pink icing. Talk about thinking outside the box!

The Results:

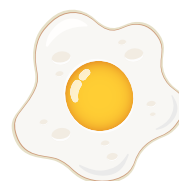
Despite the kitchen looking like a baking tornado had hit, the final results were absolutely delicious. The boys proved that sometimes the messiest cooking sessions produce the most memorable (and tasty) outcomes.

What they Learned:

- Baking is an adventure, not a precision sport
- Creative variations can lead to amazing discoveries
- Getting messy is half the fun
- Teamwork makes even mammoth tasks manageable
- Blue Velvet with pink icing? Surprisingly delicious!

Sometimes the best cooking experiences are the ones where you throw the recipe book out the window and just go for it!

-Ms Cook



READING Awards

100 Nights:

Grade 1/2-

Congratulations!

Milo
Naomi
Olly
Bonnie



Congratulations to these students and keep up the great work!

SKATE FEST Swan Hill

Curlewis Street Carpark
Synthetic Ice Skating Rink
5 - 20 July, 2025

www.visitswanhill.com.au/play/winter-wonderland/



SCAN ME

Book your session
tickets today

PRESENTED BY:



100 DAYS OF SCHOOL

Foundation are celebrating 100 days of learning at Tyrrell College! We invite Foundation and their Year 12 buddies to come dressed up as themselves 100 years from now.

TUESDAY 29.7.25



COMBINED COMMUNITY RESILIENCE PROJECT

PARENT WEBINAR ON

‘BUILDING RESILIENCE AT HOME’

St. Mary's Primary School and Tyrrell College, Sea Lake, invite all their families and wider community members to attend a special parent workshop on 'Building Resilience at Home' on Thursday 31 July from 6:30pm-7:30pm.

The workshop is designed to empower parents and carers by equipping them with practical strategies to practise Gratitude, Empathy and Mindfulness (GEM) at home. Families can register for the event using the link below and you will be sent an email link and calendar invite.

https://forms.theresilienceproject.com.au/single-event-confirmation/?event_id=419222

This workshop will also be streamed live at The Sea Lake Community Complex (during training) for those parents that wish to watch whilst in town. Families also have the option of streaming the workshop at home by registering via the link above.

The workshop will also be recorded for those that cannot watch it on this night. The recording will be sent to staff at St. Mary's and Tyrrell College and this will be shared with families after the event.

What: Resilience Project Parent Webinar on 'Building Resilience at Home'

When: Thursday 31 July from 6:30-7:30pm

Where: Streamed Live at the Sea Lake Community Complex or watched from home.

Please register via the below link or QR code.

https://forms.theresilienceproject.com.au/single-event-confirmation/?event_id=419222



Building Resilience at Home Parent Webinar

WHEN

Thursday 31 July
6:30-7:30pm

DURATION

60 minutes

WHERE

Online
or streamed LIVE at Sea
Lake Community Complex

ABOUT THIS WORKSHOP

A whole school approach is key to supporting student wellbeing. This session is designed to connect the classroom to home, providing a consistency and common language for your child and family.

Register
via the
QR code



This presentation will promote positive wellbeing and will provide you with:



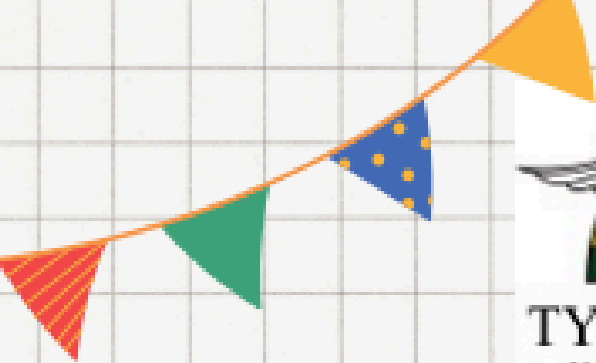
A knowledge of the TRP program and how it is run in your child's school.



Tips and strategies to support your child's wellbeing at home through the GEM principles.



Ideas on how to support your own personal wellbeing.



FOUNDATION 2026 COME AND TRY DAYS

Come along to experience our school, meet
our friendly staff and have some fun!

WHEN:

1. **FRIDAY 1ST OF AUGUST 9:30-11:00AM**
2. **FRIDAY 22ND OF AUGUST 9:30-11:00AM**
3. **FRIDAY 12TH OF SEPTEMBER 9:30-11:00AM**

Please bring a water bottle and a fruit
snack.



Contact our front office staff if your child
will be attending
(03) 50702106

Childrens Health Information



Did you know you can access the Royal Childrens Hospital (RCH) information via Facebook and Instagram, as well as on their website.

<https://www.rch.org.au/home/>

They have some great introductory DVDs to help explain to children what happens when they attend medical appointments. There is also a great resource library dedicated to Kids Health Info on the home page options.

RCH video clip:

What to expect when you go to the doctors for kids

<https://www.youtube.com/watch?v=zaP-7loLV4k>

Information medical fact sheets:

https://www.rch.org.au/kidsinfo/fact_sheets/



Sleep....



The Importance of Sleep is underrated.

Studies show and health recommendations state, that for children to grow and function at a healthy level they need quality unbroken hours of sleep with different hours required at different stages of life. World Health recommendations are that children through to adults need the minimum amount of sleep as follows:

3-5 yrs = 10-13hrs

7-12yrs = 9-11hrs

13-18yrs = 8-10hrs

18yrs + = 7-8hrs

A Government inquiry into sleep found that 'children who have, on average, three hours of screen time per day are more likely to have higher rates of poor sleep and poorer educational outcomes than children who spend less time in front of screens.'²⁴ The impact artificial light can have on sleep stating that 'exposure to artificial light, particularly in the blue area of the visual spectrum suppresses melatonin production and, in turn, causes sleep disturbance.'³⁸ The most common sources of 'blue rich lights are: laptops, televisions, computer monitors, cool white house lights and cool white outdoor lighting, particularly street lighting.'³⁹

Teenagers need around 9 hours of sleep. HOW MUCH SLEEP IS YOUR CHILD HAVING?

The golden rules of sleep:

- Get up at the same time everyday.
- Exercise for at least 20 minutes per day (a walk at lunchtime is good)
- Turn off all technology 1 hour before bed
- Dim lighting in the room
- Have a warm-hot shower
- Do something to relax: read a book, breathing exercise
- Ensure that the bedroom environment is cool and comfortable
- Quiet
- Dark
- Absolutely no technology in the bedroom

-Carol Elliot- School Nurse





Magic & Mysteries WINTER SCHOOL HOLIDAY ACTIVITIES



RIVER LIGHTS

RIVER LIGHTS

Friday 11 July – Sunday 20 July

Journey through the Pioneer Settlement at night and immerse yourself in an unforgettable light show experience. Ten nights only. Tickets from riverlights.com.au



VICTORIA
EVERY BIT DIFFERENT



PIONEER SETTLEMENT

School Holiday Activations

- Butter Making • Rope Making
- Pioneer School • Print Shop

River Lights Neon Pom Poms

Make your own neon 'glow in the dark' pom poms and come back at night for River Lights to see it glow!



Plus our Winter School Holiday Program!
Visit www.pioneersettlement.com.au

THE DANDY LION STUDIO

Crazy Critters

Wednesday 9 July, 10am – 11.30am & 1 – 2.30pm

Magic Hats

Thursday 10 July, 10am – 11.30am

A magician's necessity... Create your unique hat from a magic table of papers and craft goodies.

Magic Minibeasts

Friday July 11, 10am – 11.30am

Dali Long Legged Creatures

Wednesday July 16,
10am – 11.30am & 1 – 2.30pm

Pop Stick Puzzles

Thursday July 17, 10am – 11.30am



Bookings essential.
Visit dandylionstudio.net
or call 0493 686 549.

SWAN HILL LIBRARY

Glow & Go: Neon Jewellery Making

FREE • Friday 11 July, 2pm – 3pm

Join us for a fun-filled jewellery making session using bright neon beads and stretchy spaghetti string. Check out how your glowing necklaces and bracelets light up under a black light – the perfect accessories for a glowing night out! All materials provided – just bring your creativity! Suitable for children 4 – 12. Bookings essential.



Robinvale School Holiday Program

Monday 7 July – Saturday 19 July

Check the Robinvale Library's Facebook page or newsletter for more details on their School Holiday Program of exciting activities.

Library Outreach Holiday Program

- Tuesday 8 July: Gray Park, Lake Boga
 - Wednesday 9 July: Nyah West Park, Nyah West
 - Thursday 10 July: Manangatang Park & Mallee Gardens, Manangatang
- 11am – 1pm • FREE, all ages events.
Join in the magical fun. Pet rocks and Jack and the Beanstalk castles. All children to be actively supervised by an adult.



swan hill regional library

Lots more activities
all winter holidays!

Visit library.swanhill.vic.gov.au for more info.



SWAN HILL INC

SkateFest

Saturday 5 July – Sunday 20 July

A pop-up synthetic ice skating rink takes over Curlewis Street, bringing icy fun and family-friendly vibes to the CBD.

Scan the QR code to book online.



SWAN HILL TOWN HALL

Dinosaur Time Machine

\$18 – \$25 • Saturday 12 July, 1pm and 6pm

Learn about the ancient world of dinosaurs. Take a trip in a giant time machine and get up close and personal with a life sized T-Rex. Two adventurous performers use science, circus, puppetry and imagination to give you a glimpse into history. Recommended age: 3–9 years.



Bookings essential.

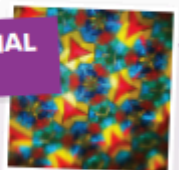
Visit swanhilltownhall.com or call 5036 2384.

SWAN HILL REGIONAL ART GALLERY

Discover the wonders of the Kaleidoscope

Thursday July 10, 10.30am – 11.30am

Learn about how kaleidoscopes work and then assemble and decorate your own to take home.



All workshops are delivered at the Swan Hill Regional Library by local artist Robyn Patterson, for primary school aged children. Cost is \$5 per child or free with a Gallery Family Membership.



SWAN HILL REGIONAL GALLERY

Bookings essential – 5036 2430.

For more workshops visit
www.swanhillregionalartgallery.com.au



Scan the QR code

for more great Winter School Holiday Activities on the Swan Hill Rural City Council website!



Our September School Holidays theme is "Scavenger Hunt"!

Want to get involved or feature your event or activity? Email us at marketing@visitswanhill.com.au to find out how you can be part of the fun.



LONGEREONG COLLEGE

OPEN DAY

**SUNDAY
AUGUST 10TH
10AM-4PM**



REGISTER TODAY

See first-hand the 'Life at Longy' experience.

**EXPLORE
AGRICULTURE
STUDY OPTIONS**

**VIEW OUR
OUTSTANDING
FACILITIES**

**MEET OUR
FRIENDLY
COMMUNITY**

CULTIVATING CAREERS IN AGRICULTURE

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