

# CHANNELS



Follow us on Social Media

## Important dates

**25 May** P-6 Virtual Cross Country

**10 May** Mother's Day



**26 June** End of Term 2

*Please view Compass Calendar for further details*

**"Kyabram P-12 College is a Child-Safe School"**

## Principal's Report

**Paul Tozer**

*"Excellence Through Opportunity"*

**Dear Parents and Friends,**

In our remote learning environment, our school community has come together to ensure that our young people are continuing to receive care, support and a rigorous learning program. A broad range of people have worked hard to complete their roles, often in a modified form, in order to support each other through this event. An important role, way up there amongst the most important, is that of our students' mothers. Of course our mothers in the traditional sense, but also those who are supporting children in the role of mother.

I would like to wish all of our mothers a Happy Mother's Day on Sunday and thank you for the massive part you play in our lives. Those roles are many and varied in today's world, but are always done with the child's best interest at heart.

The stereotype of a mother conjures up thoughts of a person who will disregard their own comfort for that of their child. A person who will fiercely protect their child from all ills and work to ensure safe and prosperous passage throughout their childhood. These characteristics, while very relevant to our amazing mums, are also seen in others and thankfully they are in high supply within our school community.

During our current COVID 19 event, these traits are as important as ever. We must continue to work together to keep all those in our community safe and follow the guidelines from our experts who will chart us a course back to normality. Our remote learning program is working well and engaging our students in meaningful learning, but like the majority, we are looking forward to the day when our students can again join us and their classmates at school. The better we can adhere to the health guidelines such as social distancing and proven hygiene practices, the sooner we will have our classrooms back and our wonderful community running at full speed.

If you have any questions or concerns regarding your child's remote learning program, please do not hesitate to contact the college for clarification and support. We understand that this method of delivery may present a range of queries for families and we look forward to supporting you.



*Some goodies from Yr 9 Food Tech Class in preparation for their virtual Bake Off.*



# Primary Principal's Report

Kate Whitford

## Learning from home

Congratulations and thank you to staff, students and parents for the work and amazing effort you have all put into our new Seesaw learning program. I have been so impressed by the lesson quality, the responses from students (obvious support at home), the feedback on tasks and the general engagement and interaction between home and school.

I know some students are spending a lot of time on tasks so I have included the timing the Department passed on to teachers showing what each student should be doing each day while learning from home. If your child is working on a task continuously and reaches the time specified they can submit where they are up to and move onto the next subject. Staff do not expect individual students to be spending all day completing tasks on seesaw. If your child is spending extra time trying to use the tools on Seesaw (e.g making the text boxes) it may be quicker and easier to complete the work on paper and upload a photo of it.

Subject	P-2	3-6
Literacy (Reading & Writing)	45-60 minutes	45-60 minutes
Numeracy	30-45 minutes	30-45 minutes
Phys Ed	30-45 minutes	30 minutes
Play based learning (Inquiry, Art, Performing Art.)	30-45 minutes	
Other (Science, Digital Technologies, Inquiry, The Arts)		90 minutes

### Mother's Day

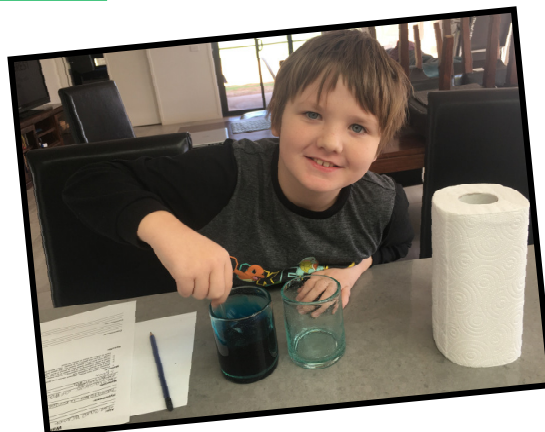
On behalf of all staff I would like to say 'Happy Mother's Day' to all of our mums and hope you have a nice, relaxing day this Sunday.



### NO NAPLAN Testing

At this time of year we are usually busy preparing students in Grades 3 and 5 for NAPLAN tests in early May. Due to the closure of schools the department has cancelled these tests for 2020.

*Oliver and Teague doing some great work at home.*



Kate Whitford

Primary Campus Principal

whitford.kathleen.v@edumail.vic.gov.au



# Secondary Principal's Report

Todd Woodfine

I would like to take this opportunity to thank all of our students and their families for your patience and support as we continue through our remote learning program. A reminder that students need to continue to follow their individual timetable and attempt all learning tasks to the best of their ability. It is important for students to take regular breaks between classes. Please contact your teachers if you have any questions or concerns in regards to your learning program.

It is pleasing to hear the positive comments from our staff on how attentive and productive our students have been whilst working from home. As a result, we are rewarding students with Positive Behaviour Cards and Vouchers from our local businesses and I would like to congratulate two Year 9 students Melissa Coombes and Porsha Emini who have won two vouchers from the Kyabram Bakery.

It is essential that we take the time to look after our own health and wellbeing. "We can't control what's going on around us, but we can choose how we respond". A good resource on mental health is the Action for Happiness website: [www.actionforhappiness.org/meaningful-may](http://www.actionforhappiness.org/meaningful-may).

They are encouraging people to join them for Meaningful May and find ways to respond to this challenge with a sense of purpose. Below is an 'action calendar' for the month of May:




## ACTION CALENDAR: MEANINGFUL MAY 2020




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe</b></p>  				<p><b>1</b> Take a minute to remember what really matters to you and why</p>	<p><b>2</b> Do something meaningful for someone you really care about</p>	<p><b>3</b> Reconnect with nature today, even if you're stuck indoors</p>
<p><b>4</b> Focus on what you can do rather than what you can't do</p>	<p><b>5</b> Send friends a photo of a time you all enjoyed together</p>	<p><b>6</b> Take a step towards one of your life goals, however small</p>	<p><b>7</b> Let someone you love know how much they mean to you</p>	<p><b>8</b> Set yourself a kindness mission. Give your time to help others</p>	<p><b>9</b> Look out for positive news and reasons to be cheerful today</p>	<p><b>10</b> Tell someone about why your favourite music means a lot to you</p>
<p><b>11</b> What are your most important values? Use them today</p>	<p><b>12</b> Be grateful for the little things, even in difficult times</p>	<p><b>13</b> Today do something to care for the natural world</p>	<p><b>14</b> Show your gratitude to people who are helping to make things better</p>	<p><b>15</b> Find out about the values and traditions of another culture</p>	<p><b>16</b> Look around you and notice five things you find meaningful</p>	<p><b>17</b> Take a positive action to help in your local community</p>
<p><b>18</b> Hand-write a note to someone you love and send them a photo of it</p>	<p><b>19</b> Find a way to craft what you are doing to give it more meaning</p>	<p><b>20</b> Reflect on what makes you feel really valued and appreciated</p>	<p><b>21</b> Share photos of 3 things you find meaningful or memorable</p>	<p><b>22</b> Ask a loved one or colleague what matters most to them and why</p>	<p><b>23</b> Share an inspiring quote with others to give them a boost</p>	<p><b>24</b> Do something special today and revisit it in your memory tonight</p>
<p><b>25</b> Give your time to help a project or charity you care about</p>	<p><b>26</b> Recall three things you've done that you are really proud of</p>	<p><b>27</b> Today link your decisions and choices to your purpose in life</p>	<p><b>28</b> Tell someone about an event in your life that was really meaningful</p>	<p><b>29</b> Think about how your actions make a difference for others</p>	<p><b>30</b> Find three good reasons to be hopeful about the future</p>	<p><b>31</b> Look up at the sky. Remember we are all part of something bigger</p>

ACTION FOR HAPPINESS







[www.actionforhappiness.org](http://www.actionforhappiness.org)

**Keep Calm · Stay Wise · Be Kind**

31 actions to look after ourselves and each other as we face this global crisis together



# PREP – 6 VIRTUAL CROSS COUNTRY

Sarah Mangan



## Prep–6 VIRTUAL CROSS COUNTRY

During the week beginning 25<sup>th</sup> May students who choose to participate will be required to run their distance and submit their time via email.

Make sure in the weeks leading up to the event you organise your track by measuring out the distance for your age group. You can do this by using a fitness watch, or phone with either the “run keeper” or “Strava” app.

The South Boundary road track is great and is 2km long, so would be appropriate for all distances. Other options could be running around an oval, the Ky Rec is 500m for 1 full lap (outside of the oval on the gravel). You could measure a track out at the Northern oval using the oval and the netball courts to make it a bit more interesting. Just a couple of options, please always ensure you check with an adult first!

**Ribbons and prizes will be awarded.**

HAPPY RUNNING 😊

### **Suggested training:**

1. Complete the “Cross Country training” on the PE choice board.
2. Complete one run the same distance you will do on the day - time it.
3. Complete one run for 8 minutes, walk for 2 minutes, run for 8 minutes, walk for 2 minutes.

**ALWAYS WARM UP AND COOL DOWN**

### **Categories and distances:**

Prep Boy or Girls – 600m

Gr 1 Boys or Girls – 1km

Gr 2 Boys or Girls – 2km

### **GRADE 3-6**

8/9 Year old Boys or Girls – 2km

10 YO Boys or Girls – 2km

11 YO Boys or Girls – 3km

## FUN RUN PRIZES

The prizes have arrived at school, however, due to current restrictions we will not hand them out until we return to school. They will be sorted and ready to be handed out on day one!

### **Congratulations to our top 5 fundraisers!**

Nathan in 1H \$440

Charlie in 1R \$417

Regan in 3/4 Barnes \$350

Michael in Yr 8 \$303

Baylee 5/6PP \$303

## Primary Instrumental Music Lessons

Sue Meeking

How about unpacking that instrument? Many instrumental students will have been sent home with a book or set of tunes to try as we left school last term. Please don't waste this perfect chance to go over your music and try out more advanced tunes. It is very likely your music teacher has made contact by text or telephone calls or email. You are welcome to set up a session or discussion with your usual teacher by replying to these messages. If you are practising at home please send a photo, to celebrate, to [meeking.susan.a@edumail.vic.gov.au](mailto:meeking.susan.a@edumail.vic.gov.au).

If you do not normally learn an instrument why not pull out an instrument sitting in a cupboard and try it out? Perhaps, when we return to school, you would like to take advantage of our brilliant extra-curricular music lessons. The sessions are fairly priced; even free in some cases.

