



# Pelican's Progress

Issue 8– 22nd June 2023

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## Keep Informed -Important Diary Dates

### JULY

17th	Dental Van visit
18th	VCE Art Excursion
20th	Intermediate & Senior Badminton
21st	Yr 7 & 8 Badminton
25th	Lardner Jobs skills
27th	Intermediate & Senior Basketball
28th	Wellington Athletics

UNIFORM SHOP—is open on Wednesday's from 12.30 –2.00pm

BEAT MATHS – after school Mondays in the library

**"80% of success is showing up"**

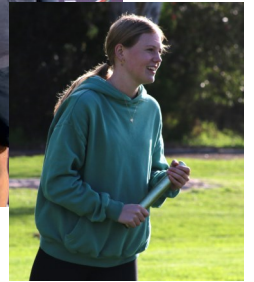
**Failure to notify the school by 9.30am of  
your child being away, will result in a text  
being sent home**

**Please call the Hotline 51825522-press 1**

## WHAT HAVE WE BEEN UP TO?

We congratulate our 4 students who competed in the State Cross Country Championships yesterday.

Lily Marazzato, Lilly Collins, Lydia Trotta and Tanner Hall. They students represented themselves and the school well.



### Inter school Netball



### Inter house Athletics



# PRINCIPALS REPORT



*“As you navigate through the rest of your life, be open to collaboration. Other people and other people’s ideas are often better than your own. Find a group of people who challenge and inspire you, spend time with them, and it will change your life.” Amy Poehler.*

During the last week of Term 2, our Year 11 students attended The Summit camp in Trafalgar. At the start of the camp our students were put into two teams and challenged to ‘get comfortable being uncomfortable’. Over three days our students collaborated in their teams to undertake numerous challenges and strategic team battles including a timed obstacle course, which included crawling through the dreaded wombat hole tunnel. Our students had to face their fear of heights, combat claustrophobic anxiety and endure extreme cold to complete the challenges. They did this by working as a collaborative team, and by supporting, encouraging and helping each other out.

This term collaboration is our term focus and when I think about the best moments of my life, when I have been successful and happy, they have been in situations, teams and offices where there has been collaboration. Collaboration is different to cooperation because it involves challenge. Collaboration can be confronting, it can put you outside your comfort zone, but it can also inspire you to think differently about life or a problem at hand.

As our students navigate Term 3, I would love them to be open to collaborative experiences in their classrooms, in their sporting pursuits, in their friendships and their study. If our students surround themselves, not just with people who think and feel the same as they do, but with their peers who are confident and comfortable to challenge exclusionary behaviour or fixed mindset thinking, our whole school community will experience more joy, more progress and more success.

So, my challenge this term will be to talk to more of my community, not just the ones who pop into my office, or who approach me in the staff room or school yard. I expect this will challenge me, but I hope that from these conversations I will grow and develop as a leader.

On Tuesday I was able to see collaboration in action, when the whole school took to our outside spaces and ovals for the annual House Athletics Carnival. Some collaborative highlights included the inaugural tandem bike ride, the tug of war and the event hubs where teachers and students worked together to document times and distance achieved in discuss, shotput, javelin, long jump and triple jump events.

It was also wonderful to see staff supporting each other to ensure that our students had a great day, pitching in to set up the events and teacher stations, in the pre-dawn cold and then collaboratively problem solving each and every issue that arose. It bodes well for a wonderful term.



Term 3 is always hard to navigate as the days are short and the sun, when it shines, leaves you wanting more. I am confident that as a school community we can navigate the winter blues, knuckle down, and do the heavy lifting required. For our juniors this will mean being more attentive, more engaged, and more invested in the process of learning; and for our most senior student’s it will mean staying focused and being resilient to the academic demands of Unit 3 & 4 subjects as SACs and SATs are finalised.

Finally, I wish you all an amazing term. Seek out collaborative opportunities and not just with your friends. And, keep me in the loop about any epiphanies you have that will make our school better, more inclusive and empathetic.



**Lyn Kerrison**  
**Principal**





Congratulations to all who participated in this great day of our sporting calendar.

Results 1st Sharks 1624.8, 2nd Falcons 1497.6 3rd Eagles 1184.6

New record 15yrs M 100mt Archie Francis 12.45s (Brayden Wilson 2014, 12.5s)

Athletics Age Grp Champs 13yrs Clyde Collins, Sharks, Zoe Hustwayte, Sharks, 14yrs James Mattern, Falcons, Joanna Trotta, Eagles, 15yrs Archie Francis, Sharks, Lexie Francis, Sharks, 16yrs Jack Scott, Sharks, Lily Marazatto, Falcons 17yrs Tanner Hall, Falcons, Grace Cook, Falcons, Open Dylan Coulthard, Sharks, Takara Barns, Sharks





## Sign up today to get “free” money for YSC, just by shopping in Yarram and surrounds.

Download the In Tarra App on your phone, as above, shop at one of the below stores, and sign your points to YSC. Each month, depending on the points scored, we receive money which is donated by local businesses. Get behind your local businesses

### Shops involved are:

196 Fish and Chips, Yarram Coffee Palace, Artichoke Books, Yarram Foodworks, Yarram Automotive, Commercial Hotel, Yarram Bakery Café, Yarram Betta Electrical, Yarram Bargain Centre, Yarram Plaza Hot bread, Jack River Produce, Yarram Fresh flowers, Victoria Hotel, Alberton, Café Aga, Port Albert General Store, Wildfish

When you sign in you go to Points it will bring up a QR code when you pick YSC and scan your phone at the counter of the shop. Easy and it doesn't cost you anything (apart from what you've purchased!!)

## LOOKING FOR AN AFTER SCHOOL JOB?



**POSITION AVAILABLE:** Yarram vet centre - end of day cleaner/assistant. Must be at least 16 years old. Hours 3.30pm to 5.30pm (Wednesday to Friday) Duties include:- cleaning animal cages- mopping floors- general cleaning around the clinic- washing, sorting, folding laundry- assisting vet nurses when needed. No experience required. Must be a responsible individual. Expressions of interest to be sent to Zareena at [zareena@yarramvet.com.au](mailto:zareena@yarramvet.com.au)



## Want \$500 to help you with school costs?

saverplus

Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

### To join Saver Plus, you must:

- ✓ Have a current Health Care or Pensioner Concession Card AND an eligible Centrelink payment\*
- ✓ Be studying yourself OR have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)\*
- ✓ Be 18+ years old

\*Many types of income and Centrelink payments are eligible

### Here are some of the school costs the \$500 can be used for:



### For more information, please contact your local Saver Plus coordinator:

Jade or Sharon

[enquiriesp@berrystreet.org.au](mailto:enquiriesp@berrystreet.org.au)

1300 610 355

### DELIVERED BY

BERRY STREET

Find out more at [saverplus.org.au](http://saverplus.org.au)

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.

FOSTER ARTS MUSIC & DRAMA ASSOCIATION  
invites YOUNG ACTORS to play their part in the



21<sup>st</sup> Annual Bendigo Community Bank



## SOUTH GIPPSLAND ONE ACT PLAY FESTIVAL

26 & 27 August 2023  
Foster War Memorial Arts Centre

### YOUNG PLAYERS FESTIVAL

9:00 Saturday morning 26 August 2023

## THEATRE The Stage of Your Life

Primary Schools Secondary Colleges Theatre Groups

Get your Act together  
Show us what you can do!

(A short play about 15 – 30 minutes long)

Expert adjudication – over \$600 in awards and prizes

including \$200 - Llew Vale Community Bank Most Outstanding Youth Production

Festival entries close 24 July 2023

For details, information, ideas & entry forms  
[theatre@famda.org.au](mailto:theatre@famda.org.au) or 0418 342 445  
[www.famda.org.au](http://www.famda.org.au)

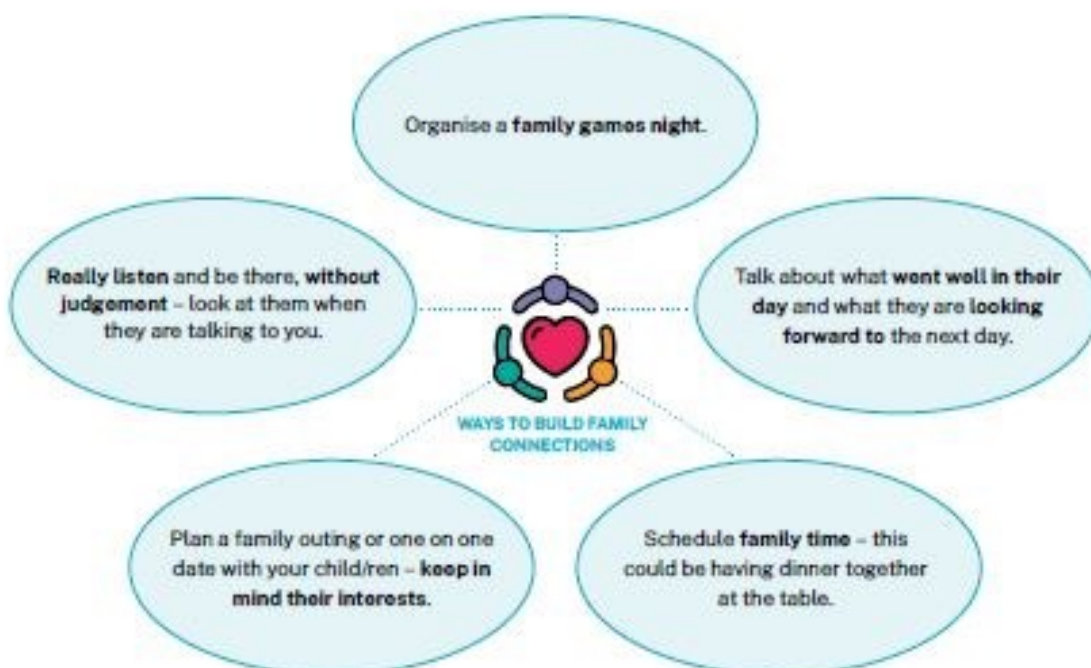
Community Bank  
Toora & District and Foster





## MAKING CONNECTIONS & SUPPORTING YOUR CHILDREN

Building your relationships and connections with your children is key to helping them **feel loved, safe and secure**. Feeling genuine connection also has many positive impacts on our mental health, some benefits include:

- HELP DECREASE CHANCES OF ANXIETY & DEPRESSION
- GIVES US PURPOSE
- HELPS DEVELOP GREATER EMPATHY
- SENSE OF BELONGING
- FEELING SUPPORTED
- BUILDS TEAMWORK AND COOPERATION
- ENHANCES HAPPINESS
- INCREASES SELF ESTEEM



 <p><b>CONNECT</b></p> <p>TALK &amp; LISTEN, BE THERE, FEEL CONNECTED</p>	 <p><b>BE ACTIVE</b></p> <p>DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD</p>	 <p><b>KEEP LEARNING</b></p> <p>EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF</p>	 <p><b>Give</b></p> <p>Your time, your words, your presence</p>	 <p><b>TAKE NOTICE</b></p> <p>REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY</p>
<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Talk to someone – and really listen</li> <li>• Organise a shared lunch (even if it has to be a “virtual lunch”)</li> <li>• Reconnect with an old friend</li> <li>• Eat lunch with colleagues (virtually whilst working remotely)</li> <li>• Find ways to collaborate</li> <li>• Plan a social event with work colleagues</li> <li>• Play with your kids</li> <li>• Talk or phone instead of emailing</li> <li>• Join a team or club</li> </ul>	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Go for a gentle stroll at lunchtime</li> <li>• Join a sports team</li> <li>• Break up long periods of sitting</li> <li>• Have walking meetings</li> <li>• Take a yoga, Pilates or Tai Chi class</li> <li>• Use the stairs instead of the lift</li> <li>• Do some gardening</li> <li>• Try some stretches</li> </ul>	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Take a course</li> <li>• Learn an instrument or language</li> <li>• Visit a public art space</li> <li>• Add to your work knowledge</li> <li>• Organise lunchtime workshops</li> <li>• Set a goal and work towards achieving it</li> <li>• Take on a new task or help someone</li> <li>• Get to know your colleagues more</li> <li>• Join a book club</li> <li>• Listen to a podcast or read a journal article</li> </ul>	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Compliment someone</li> <li>• Help a colleague with their work</li> <li>• Share your ideas or feedback</li> <li>• Get involved with a charity</li> <li>• Express gratitude - thank someone</li> <li>• Make someone a cup of tea</li> <li>• Support a friend or <b>whānau</b> member</li> <li>• Do the dishes for someone</li> <li>• Perform a random act of kindness for a colleague, friend or even a stranger</li> </ul>	<p><b>Examples:</b></p> <ul style="list-style-type: none"> <li>• Keep a beautiful object near your desk</li> <li>• Plan to look up at the night sky</li> <li>• Notice signs of the season changing</li> <li>• Practise gratitude</li> <li>• Try mindfulness meditation</li> <li>• Sit quietly in a garden or park</li> <li>• Listen to your favourite music</li> <li>• Take a break from digital devices</li> <li>• Single-task – do one thing at a time</li> </ul>



