



Pelican's Progress

Issue 9– 28th July 2023

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WHAT HAVE WE BEEN UP TO?

Gippsland Badminton– The Intermediate girls have made it through to the State final in August. Well done.



Keep Informed -Important Diary Dates

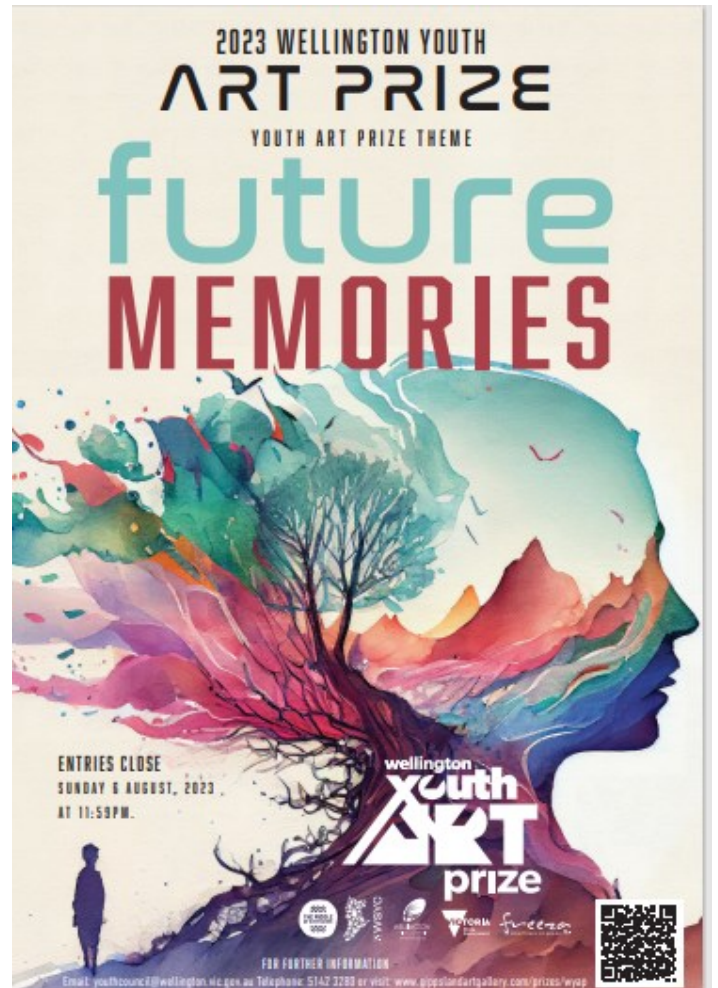
AUGUST

- July 31st– Aug 2nd Yr 9 Morrisby interviews
- 7th Intermediate and Sen Basketball
- 9th Intermediate girls badminton state final MSAC
- 23rd Yr 7 Information Night (for current Year 6's)
- 25th Yarram vs Maffra shoot

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



PRINCIPALS REPORT

This week's report is from our School Captains Lily and Sylvia

In the last two weeks our school has given students various activities that helped achieve outstanding learning. A large group of students ranging from years 7-11 visited the Melbourne Art Gallery to gain a deeper understanding of the wider world of art. This allowed collaboration with wider organisations, showing career options and inspiration for students' art pieces.



Other industry collaboration opportunities have been offered to year 9 students. They have been visiting industries and receiving tours in realms such as hospitality and technology. This inspires career opportunities and presents a view of what life outside school is like as our year 9's enter their senior school journey. The year 9s have also been on an excursion to Lardner Park to a job skills expo. This again creates opportunities for career inspiration, making subject selection easier. We had subject selections for our year 9, 10 and 11 students.

Additionally, our VCE English units 3+4 students have been collaborating with community members as part of their oral presentations. Students were grouped according to the theme of their speech and 'experts' from the community were invited to listen and ask questions. This gave the audience of the speech more depth and broadened students knowledge of their issue. Another guest returning to the school is 'education guru' Greg Mitchell. Greg inspires students to be kind, and innovative and to inspire education. He works with many levels of the school to make learning fun and accessible to all.



Year 8 students have commenced broadening horizons and will continue collaborating with community organisations throughout term 3.

We also had the Dental Van this week and next offering free dental care. This looks after student's health and makes healthcare more accessible.

We would also love to mention that the 2022 Tarra Mia is out (school magazine)! If you wish to order one for 2023, please pay \$30 to the office.





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

Download the In Tarra App on you 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!!)



LARDNER PARK GARDEN + HOME EXPO

All things garden & home
Saturday 14 + Sunday 15 October

We would like to invite your students to create some artwork for display at our upcoming Garden + Home Expo. We'd encourage them to make paper flowers, drawings or anything depicting a garden or landscape. The kids can use their imagination!

The artwork will be displayed on walls and in pavilions for all exhibitors and patrons to admire. Although the event won't be open during school hours for an excursion, we'd love to see families at the event.

Prizes will be awarded to the winning artwork.

It would be appreciated if you could advertise the Lardner Park Garden + Home Expo in a school newsletter prior to October.

Please advise if your school is entering the artwork competition. Entries to be delivered to Lardner Park by Friday September 15 for judging.

155 Burnt Road Lardner, Victoria, 3821
(03) 5626 1373
www.lardnerpark.com.au/garden-home-expo/
gardenexpo@lardnerpark.com.au

Lardner Park

Strategic Partners




YARRAM
Basketball Association

Term 4 SEASON

Starting October 3rd

REGISTRATIONS NOW OPEN

Thursday GAME NIGHT

Register via PlayHQ.com
search-Yarram Basketball Association

For questions or queries contact us
via Facebook - Yarram Basketball or at
YarramBasketballAssociation@outlook.com



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

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

- laptops & tablets
- uniforms & shoes
- books & supplies
- sports fees & gear
- lessons & activities
- camps & excursion

*Many types of income and Centrelink payments are eligible

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

Jade or Sharon
enquiriesp@berrystreet.org.au
1300 610 355

DELIVERED BY

BERRY STREET

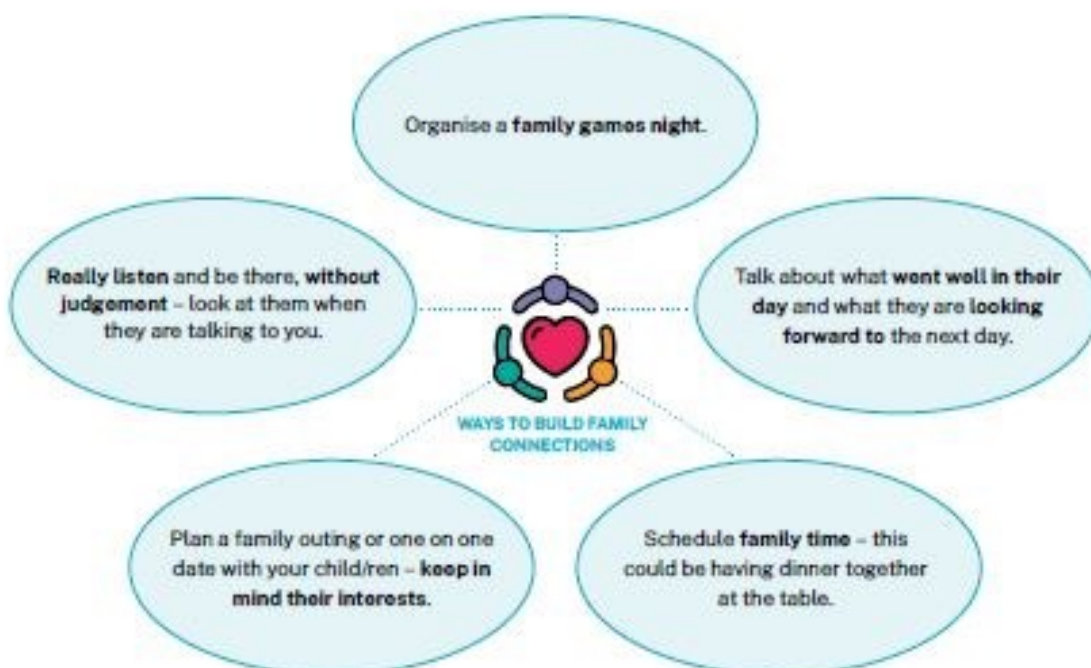
Find out more at saverplus.org.au



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.

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