

Pelican's Progress

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Keep Informed -Important Diary Dates

FEBRUARY

26th School Photos

29th Interhouse Swimming Sports

MARCH

1st Wellington Swimming

4th Yr 8 Sci/SOSE Walkerville excursion 8th Parks Week event & color week

11th Labour Day

12th/13th Dental Van visit (prior appoints)

13th-20th NAPLAN

14th Gippsland swimming

<u>UNIFORM SHOP</u>—is open on Wednesday's from 12.30 –2.00pm <u>BEAT MATHS</u> – 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?

Welcome to Country





Science

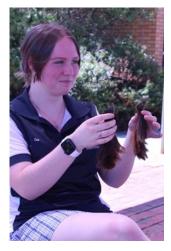
Theatre Studies





PRINCIPALS REPORT

"As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others." Audrey Hepburn





the air is crisp and clean, the snow on the slopes is powdery and blue. These days are rare and treasured. The optimism I feel at the start of each school year reminds me of blue bird days; everything and anything feels possible. My challenge is to keep this optimistic outlook even during the storms that we know will come.

leave. In 30min the storm ripped through our community, uprooting trees, downing powerlines and damaging vital telecominformation evening. were glued to windows watching mother to let them know the evening was cancelled before we lost all that music brings to our lives. power to communicate.

and while our school remained open we were unable to function as usual. I am so grateful to the incredible staff at YSC who pitched in and helped sort students and families with resources and books, who got out vital communication and who put our grounds back together. Indeed, two ex-students Leo Cashmore and Jarian Long both arrived with their chainsaws on Wednesday morning, happy to pitch in and clean up the school. It is times like this that our community shines.

In small towns like Yarram, our volunteer workforce helps to keep our community safe. To honour the work of first responders one up a nomination form. of our senior teachers, Andrea Blunden, and Year 12 student, Zoe Macdonald shaved their heads to raise funds and awareness of a range of essential services including the SES, CFA and the Red

Cross. As part of the session Ms Blunden spoke about the trauma first responders faced and the impact that it had on mental health. She also referenced the recent extreme weather event and how quickly volunteers arrived to move trees that were blocking vulnerable people in their homes. While Zoe and her teacher were the focus of the day, other students got on board and supported the cause by shaving their heads as well.



In skiing we call them bluebird days. The day after a storm, when Last week the music staff from Yarram Secondary College went to Yarram Primary School to play a few songs and answer questions soft, while above the skies are an incredible, surreally perfect about our amazing music program. A core goal for our music coordinator Lachlan Bowden and his team is to reinvigorate the Primary Instrumental Program (PIP), which was put on hold over COVID.

The PIP program offers interested students in Grade 5 and 6 the opportunity to visit the secondary college each week to partake in No one could have predicted, that Yarram would be hit with a music lessons with sessional music staff. Currently, we have 5 mini cyclonic storm two days after my return from long service instrumental music teachers, each with their own unique set of skills and specialisations. Lachlan is keen to maintain connections with the primary schools and expand our music program. So, if munications towers. Staff, busy preparing for a Year 7 parent you have put your musical talent on hold, now is the time to contact our front office staff. You are never too old to learn an innature in awe. We just managed to get out a message to parents strument. I would encourage all our students to consider the joy

Hot topics for education continue to centre on teacher shortages, Waking the next day with no power or phones felt apocalyptic reconnecting families to schools and the mental health of both students and staff. A core focus of our AIP for 2024 reflects these concerns. The AIP was shared with our school council members on Tuesday night and I look forward to working with staff to realise our goals and targets.

> At the moment we are calling for parent volunteers who might be interested in sitting on school council. School council meet twice a term and offer advice on school governance and projects. It is a wonderful opportunity to see behind the scenes. If you are interested can you please reach out to Michelle Taylor-Reid and pick

Lyn Kerrison **Principal**



Promoting Safety Around Our School

As we continue to prioritise the safety and well-being of our students, staff, and community, it is imperative that we address certain concerns regarding traffic and pedestrian safety around our school premises.

- 1. Speeding is Not Acceptable Near a School: Speeding vehicles pose a significant threat to the safety of our students and pedestrians. We urge all drivers to adhere to the posted speed limits, especially in school zones. Excessive speed reduces reaction time and increases the likelihood of accidents, particularly in areas where children are present. Please be mindful of your speed and drive cautiously, especially during peak drop-off and pick-up times.
- 2. Correct Use of School Crossings at All Times: Our designated school crossings are in place to provide a safe passage for students and pedestrians. It is crucial for everyone to use these crossings correctly and responsibly. Students should be instructed to cross only at designated areas and to wait for the crossing guard's signal before proceeding. Drivers must also be vigilant and yield to pedestrians at all marked crossings.
- 3. Crossing the Street Safely: Teaching children proper pedestrian safety is essential for their well-being. Parents and or guardians, please take the time to educate your children on safe pedestrian practices, including looking both ways before crossing the street, using crosswalks whenever possible, and making eye contact with drivers before stepping onto the road. Additionally, encourage older students to serve as role models by following these safety guidelines themselves.

By working together as a community and prioritising safety, we can create a secure environment for everyone.

Let us all remain vigilant and committed to ensuring the well-being of our students both in and around the school premises.



Interchange Gippsland are a not for profit, registered NDIS organisation who are committed to providing quality, meaningful opportunities for people of all ages living with disability

ROADIES Camp offers the opportunity for teens 13-17 years with a disability to experience new things, meet new people, form friendships, develop life and living skills all while having fun in a supported group environment!

We are also seeking young volunteers (under 17 years) who would like to assist on our programs for our young participants 10-17 years! The role of young volunteers is to offer peer support, model good behaviours and encourage participation in activities. The friendships developed between volunteer and participant is an amazing thing for all.





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

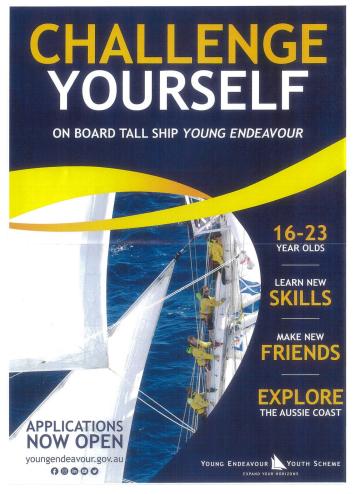
Download the In Tarra App on you phone, as above, shop at one of the below stores, and sign your points to YSC. Each month, depending on the points scored, we receive money which is donated by local businesses. Get behind your local businesses

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!!)









Parents & Carers

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 DEGREASE CHANCES OF ANXIETY & DEPRESSION

FEELING SUPPORTED

BUILDS TEAMWORK AND COOPERATION



Organise a family games night.

Really listen and be there, without judgement - look at them when they are talking to you.



Talk about what went well in their day and what they are looking forward to the next day.

Plan a family outing or one on one date with your child/ren - keep in mind their interests.

Schedule family time - this could be having dinner together at the table.



TALK & LISTEN. BE THERE. FEEL CONNECTED

• Talk to someone – and really

• Find ways to collaborate

· Talk or phone instead of

• Play with your kids

emailing

• Join a team or club

· Plan a social event with work

Examples:

listen

remotely)

colleagues

Examples:

 Go for a gentle stroll at lunchtime

DO WHAT YOU CAN, ENJOY WHAT YOU DO. MOVE YOUR MOOD

- Join a sports team
- Organise a shared lunch (even Break up long periods of
- if it has to be a "virtual lunch")
 Reconnect with an old friend sitting
- Eat lunch with colleagues Have walking meetings Take a yoga, Pilates or Tai (virtually whilst working
 - Chi class
 - lift

- Use the stairs instead of the
- Do some gardening
- Try some stretches



EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

Examples:

- 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
- · Get to know your colleagues more
- Join a book club
- · Listen to a podcast or read a journal article



Your time, your words, your presence

Examples:

- 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
- 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



THE SIMPLE THINGS THAT

Examples:

- Keep a beautiful object near your desk
- Plan to look up at the night
- 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