

WEEROONA COLLEGE BENDIGO

28th June 2021

WCB VISION

WE CARE ABOUT OUR STUDENTS AT
WEEROONA COLLEGE BENDIGO AND
WE HELP THEM TO THRIVE



Phone | 5443 2133
Absence Line | 4433 4911

www.weeroona.vic.edu.au
weeroona.co@education.vic.gov.au

PO Box 566 | BENDIGO | Victoria 3552
383 Napier Street | BENDIGO | Victoria 3550

UPCOMING EVENTS

#Issue 4

OPEN HOURS**SCHOOL**

Start 9.00am
Lunch 11.45am -12.35pm
Recess 1.45pm - 2.05pm
Finish 3.15pm

OFFICE

Monday – Thursday
8.15am – 4.15pm
Friday
8.15am – 4.00pm

UNIFORMS - NOONE

Monday to Friday 9:00am - 5:00pm
Saturday 10:00am - 1:00pm

21 Queen Street Bendigo.
(03) 5440 5600

JUNE	
14th	<i>Queens Birthday– Public Holiday</i>
25th	<i>Last Day of Term 2—2:30pm dismissal</i>
JULY	
12th	<i>Frist Day of Term 3</i>

CONTACTS**PRINCIPAL**

Jason Bysouth

ASSISTANT PRINCIPALS

Sarah Trew (Acting)

WELLBEING TEAM

Wellbeing | Julie Nicol
Wellbeing | Bridget Chambers
Chaplain | Carl Rusbridge
Nurse | Tammy Nancarrow
Mental Health Practitioner | Megan King

KATYIL**COMMUNITY LEADERS**

Jack McIntosh
Marion Stewart

LEARNING ADVISORS

L7A Michelle Griffin
L7B Callum Draper
L8A Kate Flanders
L8B Meryl Hayes
Brian Edebohls
L9A Scott Nicholls
L9B Matt Reeves
L1A Sarah Davis
L1B Mark Adams

WANNOP**COMMUNITY LEADERS**

Karli Winzar
James Ginnivan

LEARNING ADVISORS

W7A Maddison Morrow
Karli Winzar
W7B Lucas Cruz Rocha
W8A Ryan Currie
W8B Chloe Neath
Helen Peppinck
W9A Alex Madden
W9B Tilley Rose
W1A Paul Oshea
Geoff Dempster
W1B Amy Bradley

MERIN**COMMUNITY LEADERS**

Nadine Harper
Trent Bysouth

LEARNING ADVISORS

M7A Kellie Simson
M7B Lucy James
M8A Kieryn McKemmish
M8B Brooke Nowell
M9A Christine Edgar
Chris Emond
M9B Robyn Turner
M1A Tania Hosking
M1B Jian Luo

KAPPEN**COMMUNITY LEADERS**

Liam Ireland
Ryan Pollard

LEARNING ADVISORS

K7A Kane Goldsworthy
Ryan Pollard
K7B Ebony Mclean
K8A Tara Pocklington
K8B Sophie Alford
K9A Yinmu Liu
Liam Ireland
K9B Sarah-Jane BALDWIN
K1A Leigh Schroeter

FROM THE PRINCIPAL

Dear parents and carers,

Yesterday the Acting Premier has announced new circuit breaker restrictions for Victoria to swiftly address the recent COVID-19 outbreak.

The restrictions will be in place from 11.59pm Thursday night for a seven-day period.

Following advice from the Victorian Chief Health Officer, all Victorian schools will move to a period of remote and flexible learning from Monday 31 May to Thursday 3 June inclusive.

Today (Friday 28 May) will be a student-free day to allow schools time to prepare. Remote and flexible learning will begin on Monday 31 May.

Where to find my learning materials

- Teachers have developed learning materials that can be accessed from home
- Resources can be found by logging onto Compass and accessing each class in your child's schedule. Learning materials will be located in:
 - Learning Tasks
 - Resources
 - Individual lesson plans

How to access other online information

- In some subjects, students may be asked to access learning materials from online resources, beyond the Compass portal. These may include Stile, YouTube, Google. Please ensure you have their login details for these resources to access at home.
- If you do not know your login, please email weeroona.co@edumail.vic.gov.au

As with other remote learning periods, our school will provide on-site supervision for students in the following categories:

- **Children where both parents and/or carers are [authorised workers](#) who cannot work from home, work for an essential provider and where no other supervision arrangements can be made:**
 - Where there are two parents/carers, both must be authorised workers, working outside the home in order for their children to be eligible for on-site provision
 - For single parents/ carers, the authorised worker must be working outside the home in order for their children to be eligible for on-site provision.
- **Children experiencing vulnerability, including:**
 - children in out-of-home care
 - children deemed vulnerable by a government agency, funded family or family violence service, and is assessed as requiring education and care outside the family home
 - children identified by a school or early childhood service as vulnerable, including via referral from a government agency, or funded family or family violence service, homeless or youth justice service or mental health or other health service.

If your child requires on-site supervision, please complete onsite attendance form and email to your child's Learning Advisor.

Information is available to [support your child's learning from home](#).

Jason Bysouth

Principal

FROM THE ASSISTANT PRINCIPAL

Breakfast Club

It has been great to be able to talk to students whilst they are having breakfast in the morning. A reminder that Breakfast Club is available every morning for all students. It is a great time to catch up with friends over a bowl of cereal or some toast, listen to the 'old peoples' music choices and have a conversation with different staff from around the College.

Leaving school safely at the end of the school day



When picking students up at the end of the school day it is important that parents / Guardians adhere to all parking signs. Knight Street has some parking bays that are 2 minute drop off and pick up zones during the beginning and the end of the school day. Napier Street is very busy at the end of the school day. Both the town bus and country bus stops are located at the front of the school in Napier Street. Parking is not permitted at the front of the school as indicated by the No Stopping Signs. If parking on the other side of Napier Street, please encourage students to cross at the traffic lights. It is very dangerous to be crossing anywhere else. Parking in the staff car parks (both Knight Street and Napier Street) is **not** permitted at the end of the school day; this poses a safety risk for students that are leaving the school grounds.

Bus Travel

It has been disappointing to have reports from the bus companies and members of the community about Weeroona College Bendigo students behaviour around and on the public buses.

There have been reports of students throwing items out of the bus windows into oncoming traffic, this is extremely dangerous behaviour that may result in students not being able to use the bus systems. It is asked that all families have conversations with their children about the dangers and consequences for this type of behaviour.

We have also had reports of students stepping out onto the road before the buses have arrived, a reminder that all students need to remain behind the footpath/bus stop until the bus has come to a complete stop, this is for the safety of all road uses.

Sarah Trew

Acting Assistant Principal

ATTENDANCE MATTERS

Late Arrivals

If your child is running late to school we ask that you notify the school as to the reason for the late arrival. You can do this via Compass, writing a note or calling the absence line on 44334911 (be sure to state the child's name, date and reason for late arrival).

Absence Notification

If your child is absent or late for one or more classes and you have not notified the school, you will receive a notification via Compass. We ask that you act on this message by either clicking on the link provided or calling the Administration Office on 5443 2133 to explain the absence.

Unexplained Absence Letters

If you have not notified the school of your child's late arrival/absence from school, you will receive an unexplained absence letter in the mail. These are sent home every month with a reply paid envelope for your convenience. Absence explanations must come from a student's parent/carer. It is important to return these letters as soon as possible to avoid receiving them every month for the same absences.

Early Departures

We understand that sometimes appointments can only be made during school hours. If you need to pick your child up early from school, we ask that you please write a note and give it to your child to hand into the Administration Office to get a leave pass. Alternatively you can put a note on Compass, or call the absence line.

If you have any queries, please do not hesitate in calling the Administration Office and ask for Martine or Wendy in attendance.

ADMINISTRATION

CSEF - Reminder that if you hold a current Health Care Card you are eligible for CSEF—Camps Sports and Excursion fund of \$225 - forms are available from our Administration Office or for more information you can contact Weeroona College Bendigo on 5443 2133. Term 2 applications close 25th June 2021.

Compass ID cards - All students have been issued a 2021 student ID card. They are to use their card when signing in late or leaving early.

IMMUNISATIONS- The City of Greater Bendigo nurses will be at Weeroona College Bendigo on Wednesday 16th June conducting catch up sessions for Yr 7, 8 & 10's.

If you have a student who has missed their vaccinations, please consent and return Immunisation the card to the Administration Office by Friday 11th June.

If your student has had their vaccination elsewhere or you decline the vaccination, we ask that you tick the "NO" box and return the Immunisation card to the Admin office.

If you have any queries, please do not hesitate in calling the Administration Office on 5443 2133.

THE GLOBAL LEARNING CENTRE

National Simultaneous Story time

On the 19th of May, Book Club students gathered to participate in the National Simultaneous Story time. WCB students joined over 1 million other students nation-wide to listen to 'Give Me Some Space' by Philip Bunting. This year the book was read by Dr. Shannon Walker from the International Space Station. Students also participated in a variety of space-themed activities such as: solar system bingo, constellation cards, galaxy playdoh, space scratch art, rocket bookmarks and repurposing old CD's to make planets. Students also got to enjoy some light refreshments.



The Makerspace

The Makerspace theme for this term has been hugely popular with students exploring various different scientific principles under the banner of Kitchen Science. Students have reconstructed the phases of the moon using Oreo biscuits, constructed a DNA double helix using lollies, examined the different layers of soil using edible ingredients and made edible playdoh.



THE GLOBAL LEARNING CENTRE



THE GLOBAL LEARNING CENTRE

Premiers' Reading Challenge

All students of WCB are registered to compete in this very achievable challenge. Students are asked to read 15 books between January 5th and September 16th. Students need to record their reading using the Online App which can be found at:

<https://vprc.eduweb.vic.gov.au/>

Students can log into this website using their Compass details or a username and passcode given to them by their English teacher. If students are having any difficulties using this website or have any general questions about the Challenge they can visit the GLC and talk to one of the librarians.

As of this week, WCB students have registered 1393 books on the Challenge website and 13 students have already successfully completed the Challenge.



Lego Week



The GLC will be hosting Lego Week from 7th-11th of June. During this week all of the activities in the library and in the Makerspace will be Lego themed. Some of the activities require students to sign-up as numbers are capped. Sign-up sheets are located in the GLC and students can refer to Compass for more information.

Fiction Expansion

With all English classes undertaking Independent Reading, READ groups and at-home reading demand for books has never been higher. The GLC has expended considerable resources to bulk up all of our collections, and as a result we were short of shelving. This week the VCAL class, assisted the librarians in assembling and installing a new bay of shelving to house the college's burgeoning fiction collection. WCB students now have access to over 22,000 books.



COMPASS LEARNING TASK CATEGORY TAGS

In order to identify the purpose for each Learning Task on Compass, the following Category Tags are used:

Assessment

The red “Assessment” tag identifies Learning Tasks that relate to work that is graded. This includes Learning Tasks that students are required to submit work to, such as a SAT (School Assessed Task).

This tag also applies to the Progressive Report that includes an overall grade on a particular unit of work and judgement against the College values.

General

The green “General” tag identifies Learning Tasks where students submit class work and receive feedback to monitor their progression of skills.

Homework

The blue “Homework” tag identifies Learning Tasks where students submit work that is completed at home to practise the skills learnt in class.



IMMUNISATION CATCH UPS

The City of Greater Bendigo nurses will be at Weeroona College Bendigo on Wednesday 16th June conducting catch up sessions for Yr 7, 8 & 10's.

If you have a student who has missed their vaccinations, please consent and return Immunisation the card to the Administration Office by Friday 11th June.

If your student has had their vaccination elsewhere or you decline the vaccination, we ask that you tick the “NO” box and return the Immunisation card to the Admin office.

If you have any queries, please do not hesitate in calling the Administration Office on 5443 2133.

SKATE COMP

Wednesday 19/5 saw students from across the College battle it out at the inaugural WCB Skate Competition.

The competition involved students on both skateboards and scooters. Students were given time to showcase their skills with tricks such as longest manual, longest jump, best trick and best ramp trick.

It was great to see these students show-off their skills in front of a large crowd in attendance, with students emersed in the action around all corners of the Wannop basketball court.

The atmosphere of the day was made even better thanks to the school rock band, who were belting out some rock classics.

Special shoutout to well-known music artist Baker Boy who was guest judge on the day.



Thanks for everyone who skated/ scooted in the WCB Skate Comp, was a pleasure to be a part of it! And thank you to Mr Curry for arranging our special guest and Australia's best rapper Baker Boy! Also Mr Ireland and Ruby for organising the prizes and safety equipment. Legends! -Jordan

BENDIGO TECH SCHOOL - FARMING TECHNOLOGY

This term, two programming classes attended the Bendigo Technology School to develop a greater understanding of how the Internet of Things applies and links in with industry. Through the 3-day program students were required to utilise the Internet of Things (IoT) devices and Geographic Information Systems (GIS) to help a local agriculture scenario improve their sustainability and productivity. Utilising the design thinking process students were required to ideate, prototype, test, pitch and reflect on their prototypes. All students had a great time in understanding how IoT and technology concepts applied to our local area.

Student feedback:

“I didn’t realise how much technology and data was used in the farming industry.”

“Interesting”

“When are we coming back?”

“It was great to see how research and planning helped our idea”

https://drive.google.com/file/d/15fy1FFXTos9DtJOVU07y7mkqkxpC_f_L/view



DEBATING TEAM

On the 11th of May the Junior and Senior WCB Debating Teams competed in Round 1&2 of the Victorian Inter-school Debating Competition at Bendigo Senior Secondary College. Their opponents were Bendigo South East and Girton Grammar. The Junior Team, led by Abby Hayes, had newcomers Amy Jefferis and Seth Francis competing in their first ever debates! Senior Team Captains Chelsea Price and Maddi Grinter, were deftly supported by 3rd speaker specialist, Alex Khoo, with the unbridled confidence of Will Beaton and emerging talent, Shelby Boldiston, the Senior team were always going to be a tough proposition for any opponent.

The topic of Round 1 debates put forward the premise that ‘all alcoholic products should be subject to plain packaging’. Supported brilliantly by the speechwriting skills of Senior Team’s Chelsea and Maddi, the Junior Team was led out by Abby Hayes who argued the case that plain packaging could be considered a form of government censorship and how this idea ultimately suppresses individual liberties. The second speaker Seth ‘The Enforcer’, presented the case on the importance of the alcohol industry to the Australian economy. Finally, Third Speaker Amy successfully rebutted the opponents’ arguments and summarized the team case. Weeroona secured victory against the BSE team! “They presented strong arguments”, Seth later observed, “but perhaps a bit more practice in delivering their speech might have helped.” Amy agreed and “wished them all the best for the following rounds.”

Due to a communication error, the Round 2 debates were forfeits by our opponents and so practice debates happened, with WCB taking all points as a result. These debates were an ‘Advised Round’, meaning teams only receive the premise of the debate one hour before the scheduled time.

The advised topic suggested that “all graduate teachers should be made to complete their first three years teaching in either public or regional schools”. With both the Junior and Senior teams sitting on the affirmative side of the debates, we had 1 hour to come up with three strong arguments! Both teams did well and gained some valuable experience. Some excellent debating practice was demonstrated by the adjudicator for our Senior team and the Junior Team commented that “we worked well in forming our ideas but were a bit flustered when speaking which costed us the victory.”

Ultimately, the evening was a success, winning three of the four debates which resulted in a fantastic time together and I'm sure I speak for everyone in saying, “We can't wait for the next debate!”

Seth Francis

W7B



NUMERACY NEWS

Over the course of the year, students will have the opportunity to showcase their skills in various Mathematics competitions.

1. Maths Olympiad

The Maths Olympiads are five separate problem-solving competitions for high achieving students in school Years 7 and 8. The competitions have a reputation for excellence in mathematical education, resulting in thousands of schools from across Australia and New Zealand entering teams into the competition every year.

We currently have 9 students; Madi Thomas, Kiara McKwen, Ryan Lewin, Izzy Hicks, Amy Jefferies, Seth Francis, Sarah Piotrowski, Michael Spicer and Xavier Emerson, who have started their journey with the Maths Olympiad and doing a great job so far.

2. Maths Games Day

A Maths Games day for Years 7-10 students is taking place at **Bendigo Senior Secondary College on June 15 and 16**. The Victorian Challenge and Enrichment Series, in coordination with MAV, is running Maths Games Days around Victoria.

Enrolment is only for high ability students in metropolitan and regional Victorian Government schools.

WCB has registered for two teams of 4 at each in the Years 7/8 and the 9/10 categories. If students are interested they need to see their Maths Teacher and pass on their names ASAP.

3. Australian Maths Competition – (AMC)

The 2021 AMC will be held between Wednesday 4th August – Friday 6th August.

Australian entries close: 30th July (online)

The AMC is an engaging 30-problem competition that demonstrates the importance and relevance of mathematics in students' everyday lives; it is open to students in years 3 to 12. Australia's leading educators and academics, with a deep understanding of our national curriculum standards, actively design the unique AMC problems each year.

The AMC has five divisions: Middle Primary (years 3–4), Upper Primary (years 5–6), Junior (years 7–8), Intermediate (years 9–10) and Senior (years 11–12). If you are interested, we will be collecting names early in Term 3.

PERFORMING ARTS

Term 2 is disappearing in front us. We're already over half way done !!

I guess this means that the last few weeks are going to be super busy. With rehearsals happening every day, classroom noise dominating the hallways in the Performing Arts building, the drama, music and instrumental staff are hard pressed to find a spare moment.

Over the last couple of weeks, we've had plenty of performances, excursions, rehearsals and lessons take place. It's super hard keeping all this on the straight and narrow and ensuring that there is enough space for everything to happen without any clashes.

The regular questions I receive from students and parents - when is my lesson, when do ensemble rehearsal happen, what's the easiest method to consent for an excursion? Compass. If you are having problems accessing Compass, you can contact the Admin Office staff who will be only to happy to help you out. Compass is a super powerful tool that will keep you informed of everything that is going on within the Performing Arts Department, and Weeroona College Bendigo.

Count Basie Band.

Year 7 brass and woodwind students would have had their second Count Basie Band rehearsal by the time you're reading this newsletter. I run this band with help from Mr John Matthews. This band rehearses Thursday mornings with instrument noise beginning at 8:15am. This means students will need to arrive before 8:15 so they have time to setup and be ready to play by 8:15.

Is band really that important? Yes, it really is. While lessons are the foundation for learning and honing your instrumental skills, band puts these skills to use. The more you use a skillset, the quicker that skillset advances. Playing with other people also helps with confidence when playing an instrument or performing. There are lots of reasons why band is important, but these are the two that spring to mind.

Lastly, take your band music to your instrumental lesson. Your instrumental teachers DO WANT TO HELP you with your band music.

Music Week.

What an event this is !!!!! Ran by BIMP (Bendigo Instrumental Music Program), this event starts on Monday 21st June and finishes on Thursday 24th June. Aimed at Strings, Brass, Woodwind and Percussion students across Weeroona College, Crusoe College, Eaglehawk Secondary College and Bendigo South East College, students meet up at the Baptist Church in Junortoun, rehearse in combined school ensembles, attend instrument specific masterclasses and finish the event with a gala concert on the Thursday night.

If you're a Year 7 instrumental student questioning whether you have the skills to attend, question no more!!!! Yes you do have the skills, and yes you should attend. It's an amazing program that I've never heard a student regret attending. Want more info? Please contact myself or your instrumental teacher.

Excursions.

Staff will notify students about up and coming excursions, but we can't consent students to attend. This needs to be done by a parent/guardian. If you're struggling with Compass access, a paper consent form can be generated for the student to bring home that can be signed and returned to the Admin office. The easiest method, hands down is online consent through Compass. All the excursion details will be here and payment (if applicable) can be submitted through Compass as well.

College Production 2021 'Grease'.

The 'Grease' cast is putting in an amazing amount of effort and showing a tremendous amount of dedication to task. Mr E and I are genuinely impressed.

One thing I do want to remind all cast members of is commitment to rehearsals. Life is busy, Mr E and I understand this all too well. But with the amount of rehearsals we have, versus what we are trying to achieve, EVERY rehearsal counts. They really do. The closer we get to our performance dates, that goes double for every rehearsal. If you can't make it to a rehearsal, please come and let either Mr E or myself know. Simply not attending rehearsal doesn't demonstrate the dedication that's on show by our cast currently.

Bottomline, any problems, come have a chat with us. Rehearsals are currently Wednesday after school from 3:30pm to 5pm. Monday after school rehearsals are not every week, but will probably be scheduled more often from here on in. Check in on Compass, with Mr E or myself if you're not sure.

Sound and Light.

Mr E and I are looking for interested students who would like to learn how to use our amazing light rig and how to setup sound for in school performances (Rock Band, Concert Band, Theatre sound).

Interested, come see either Mr E or myself to get involved.

Instrumental lessons.

Commitment. Commitment to practicing. Commitment to turning up to your lessons. Commitment to listening to your instrumental teacher. If you can tick these three boxes, then you will see signs of improvement.

I know that reads very seriously, but learning an instrument doesn't happen on its own. It's like a plant. It needs to be watered, it needs fresh air and it needs sun light. Take one of these things away and the plant will suffer.

Give your instrumental lessons some commitment and you'll get back twice as much as you give.

Parents, please feel free to contact me either via email christopher.blackshaw@education.vic.gov.au or through Weeroona College Bendigo on 5443 2133.

Stay safe everyone, and warm. Winter is close.

All the best, Chris.



RUGBY JUMPERS

Students in Year 10 at Weeroona College Bendigo in 2022 have the opportunity to purchase a College rugby top to wear as part of their college uniform.

The design for next year is in our school colours of navy, maroon and white. The college logo will be embroidered on the front with 'Year 10' embroidered underneath. The students name will appear across the top back of the rugby top.

The cost for rugby tops is \$75.00 and is to be paid to the Administration Office with the students order form. Order forms will be given out towards the end of Term 2

If you are unable to pay at the Administration office you can pay via BPAY, if you require your BPAY details please contact the Administration Office.

We strongly encourage all students to try on a sample before putting in their order form.



ENERGY BREAKTHROUGH

Students in the Energy Breakthrough elective have been hard at work designing and cutting stickers for our trikes in preparation for upcoming races. Additionally they have finished servicing each vehicle and they are running as smooth as ever.

Our Pit Crew had their first training session this month and planned out our monthly sessions moving forward for the remainder of the year.

On Saturday the 8th of May we held a sausage sizzle at Bunnings Epsom, it was a successful day where we managed to raise \$1100 for the program which will go towards some new race shoes for the team, big thanks to all of the parents and friends who helped out on the day. Thankyou to Brumby's for supplying the bread and sponsoring the team for the year.

The Victorian HPV series has announced two races for the year which will be held in August at the METEC Driver Education Centre and October at the Lang Lang Rec Reserve exact dates are still TBC.

We welcome two new sponsors this month in First Class Finishes Painting and Decorating and Brumby's Epsom Village. If you or someone you know is interested in sponsoring the team please contact me via the school for more information.

We're looking forward to an exciting year, all support is appreciated.

Jack McIntosh



ENERGY BREAKTHROUGH TEAM PROUDLY SUPPORTED BY THE FOLLOWING SPONSORS



WORK EXPERIENCE

Year 10 students who have secured a Work Experience placement for June 21st – 25th or July 5th – 9th are reminded that they will need to phone their employers the week prior to confirm/remind them of your upcoming placement.

Employer Evaluation Sheets, Thankyou Letters and Employer Guidelines are currently being mailed to employers.

Any students who have not secured a placement are required at school during the last week of term.

PHOENIX FM 106.7FM

On Friday 21st May Weeroona College Bendigo College captains and staff had the great honour of been interviewed on Phoenix FM radio 106.7FM.

Students had an opportunity to talk about 3 inspirational people in their lives, what schooling and education meant to them and how they have found their leadership opportunities at WCB.

Students and staff really enjoyed this experience and will have another opportunity soon to talk about local heroes of Weeroona College Bendigo both past and present as well as how our College has developed over the years.

A big thanks to John and Janine who made the experience very relaxed and extremely positive. Congratulations to our College captains who did the College proud.



WCB SPORT



Year 7 Boys Football

Thursday 6th May saw the WCB Year 7 Boys AFL Football team compete in the Sandhurst Secondary Schools Sports Association Year 7 Football Carnival at the Epsom Recreation Reserve. On a warm and great day for footy, it was pleasing to see the team compete very hard. Beaten by a strong Catherine McAuley outfit in the first game saw a stronger effort in the squads second game against Crusoe College.



Weeroona College Bendigo Year 7 Boys Football 2021

Sandhurst Division Cross Country

The Sandhurst Division Secondary Schools Cross Country, after being postponed, was held at the Sebastian Harness Racing Club on Monday 17th May. WCB had students participate in all age groups and competed well throughout the course of the day.

UPCOMING SPORTS DATES

JUNE

Tuesday 1st June Loddon Mallee Region Cross Country - St Arnaud—POSTPONED UNTIL FURTHER NOTICE

Wednesday 9th June – Sportsforce Advance – Primary District Soccer Carnival

Thursday 10th June – Sportsforce Advance – Primary District Soccer Carnival

Wednesday 16th June – Sportsforce Advance – Primary District Soccer Carnival

Wednesday 23rd June – Year 7/8 Girls Football

Thursday 24th June – Year 8 Boys Football

Novel Coronavirus (COVID-19)

how to cope with stress related to COVID-19



It can feel stressful and overwhelming during an event like the outbreak of the Novel Coronavirus (COVID-19) and we can all be affected differently.

You might feel overwhelmed by the information, conversations and the increased levels of stress in your community. It can be hard to know what information to trust especially in a situation where things are changing so quickly. It can be helpful to keep up-to-date but it's also okay to switch off from the 24 hour media cycle if this is getting too much.

During this time some things in your life may be affected by attempts to contain the spread of the virus. You may have been looking forward to a gig or a trip that's been cancelled. You may be affected by school, uni or your workplace temporarily closing. Or you may have a loved one who is directly affected by the virus.

It's important to find the right level or type of support for you. And keep in mind that the type of support you may need can change as time passes. For many people staying connected to family and friends/loved ones is important.

Tips to maintain a healthy headspace during this time

- 1 Be mindful of exposure to information through stories, traditional and social media. It can be helpful to take a break from the 24-hour news cycle
- 2 Do things that make you feel safe and connected, and be with those who are helpful to your wellbeing
- 3 Engage in activities that promote a sense of calm and feeling grounded (use of alcohol and other drugs can be counterproductive with this)
- 4 Our [7 tips for a healthy headspace](#) demonstrate simple and effective things that can help people to create and maintain a healthy headspace, irrespective of whether they have been affected by COVID-19 or not
- 5 It can help to talk with a trusted adult if it all feels a bit much.

headspace National Youth Mental Health Foundation is funded by the Australian Government of Health
Version 1 - 20 March 2020

Please note

The latest medical information is changing on a daily basis. If you suspect you are at risk, or would simply like to understand COVID-19 more, please visit the Department of Health's website.

health.gov.au

Common reactions

Fear and anxiety

At this time you might experience feelings of fear or anxiety. You might be worried about the virus and how it might affect you, your loved ones or your life.

Anger, frustration and confusion

It can be difficult to understand what to do in these situations because of the volume of different information available. This might feel confusing and frustrating, this is normal. Events like these can reduce the things we normally do in our days and that can seem unfair. This might make you feel frustrated or angry.

Sadness

If you've been asked to stay at home or stop your normal activities you might feel disconnected from important people or things in your life. This might make you feel sad or bored.

Denial

When bad things are happening, some people might prefer not to think about them at all. This might be helpful to start with, but our feelings can catch us by surprise later on. It's OK to distract yourself, but also find some time to think about what is happening and how you're going.

If you start to notice that you are experiencing these things, it is important to remember that these are normal reactions to a not normal time. During this time it is important as best as possible to keep engaged with the activities that support your wellbeing. You might need to get creative in how you continue to do them.



Are you looking for information or assistance during COVID-19?

There is a range of services and information available from agencies and government organisations to help answer any questions you may have, or to provide assistance to you during the COVID-19 pandemic.

The City of Greater Bendigo has compiled the following information to ensure you are contacting the correct agency or government organisation to provide you with the information and assistance you need.

For services provided by the City of Greater Bendigo

City of Greater Bendigo

COVID-19 updates are available at www.bendigo.vic.gov.au/About/Media-Releases/Greater-Bendigo-COVID-19-updates

☎ 5434 6000

💻 www.bendigo.vic.gov.au

📺 Follow us on social media

For information on financial support

Centrelink

Delivers government payments and services.

☎ 13 24 68

💻 www.servicesaustralia.gov.au

Victorian Government Financial Assistance Information

💻 www.premier.vic.gov.au

💻 www.sro.vic.gov.au/news/new-tax-measures-support-businesses

Commonwealth Government Financial Assistance Information

💻 www.australia.gov.au

Bendigo Family and Financial Services

Financial counselling and advocacy to negotiate with providers regarding a large range of debts, in addition to overdue utility or phone bills.

☎ 5441 5277

💻 www.bendigofamilyandfinancialservices.org

For health and family support

Department of Health & Human Services

Information on COVID-19.

💻 www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19

Bendigo Health

Information on COVID-19 and screening clinic.

💻 www.bendigohealth.org.au/coronavirus

Bendigo Community Health Services

A range of primary and community health services that are mostly free or minimal cost.

☎ Bendigo: 5406 1200

☎ Elmore: 5406 1200

✉ bchs@bchs.com.au

💻 www.bchs.com.au

Gianna Centre

A caring family support, education, and referral service for men, women and young people dealing predominantly with pregnancy, parenting, fertility, relationships, loss, grief, and other related issues.

☎ Client inquiries: 0419 496 443 or 0428 400 159

☎ General inquiries: 0417 392 255

For information on schools and education

Department of Education Victoria

Education and training - Information, updates and advice as of March 28 about the outbreak of COVID-19.

💻 www.education.vic.gov.au/about/department/Pages/coronavirus.aspx

La Trobe University

La Trobe University COVID-19 Financial Assistance Program.

💻 www.latrobe.edu.au/students/admin/fees-and-money/assistance/covid-19-assistance-program

💻 www.latrobe.edu.au/scholarships/forms/covid-19-financial-assistance-application

For information on housing and accommodation assistance

Haven; Home, Safe

Integrated affordable rental housing and homelessness services.

☎ 5444 9000

💻 www.havenhomesafe.org.au

Anglicare

Crisis accommodation service assisting homeless young people aged 16-19 years. Child and family services .

☎ 5440 1100 (Contact by phone to arrange assistance)

💻 www.anglicarevic.org.au

For assistance with mental health issues

Bendigo Health

Range of inpatient and community-based services provided to people who are experiencing mental health problems.

☎ Mental Health Regional Triage Service 1300 363 788.
(24 hours a day, seven days week)

💻 www.bendigohealth.org.au/MentalHealthServices

Mind Australia

Mental health information, advice and support coordination.

☎ 9938 1960 (Contact by phone to arrange assistance)

💻 www.mindaustralia.org.au/services/victoria/centre-mental-health-and-wellbeing-bendigo

Bendigo Community Health Services Inc.

General counselling and referral.

☎ 5406 1200

💻 www.bchs.com.au

Headspace Bendigo

Tailored and holistic mental health support to people aged 12-25 years.

☎ 5406 1400 (Contact by phone to arrange assistance)

✉ headspace@bchs.com.au

Mental Health Triage Services

This service offers crisis care 24 hours a day, seven days week.

☎ 1300 363 788

💻 www.bendigohealth.org.au/mentalhealthTriageServices

For people needing crisis support

Telephone/online support services

Beyond Blue

💻 www.beyondblue.org.au

Kid's Helpline

☎ 1800 55 1800

💻 www.kidshelpline.com.au

Men's Line

☎ 1300 78 99 78

💻 www.mensline.org.au

Lifeline

☎ 13 11 14

💻 0477 131 114 text messaging service (6pm to midnight)

💻 www.lifeline.org.au/get-help/online-services/crisis-chat
(7pm to midnight)

Victorian Council of Churches

☎ 9412 8481

✉ emergencies@vcc.org.au

💻 <https://vccem.org.au>

For family violence services

Domestic Violence Resource Centre Victoria

A state-wide specialist family violence organisation.

💻 www.dvrcv.org.au

Annie North

A crisis and transitional supported accommodation/refuge services for women and children who are escaping domestic and family violence, or who are homeless due to domestic and family violence.

💻 www.annienorth.org.au

Family Violence Response Centre

☎ 1800 015 188

Centre for Non Violence

Providing a range of services and programs that respond to and work to prevent family violence and homelessness across the Loddon region.

☎ 1800 884 292

☎ 5430 3050

✉ reception@cnv.org.au

💻 www.cnv.org.au

Women's Health Loddon Mallee

Regional women's health service for communities across regional North-West Victoria with a strategic focus on sexual and reproductive health, prevention of violence against women, and gender equity.

☎ 1800 350 233

☎ 5443 0233

✉ whlm@whlm.org.au

💻 www.whlm.org.au

For food relief

A Reasonable Christianity

☎ 0404 599 769

Bendigo Baptist Community Care

☎ 5441 4747

Bendigo Family and Financial Services

☎ 5441 5277

Eaglehawk Community House

☎ 5446 8322

Eaglehawk Foodcare 3556

☎ 0403 698 715

Eaglehawk Uniting Food and Care

☎ 5446 9177

Heathcote Foodshare

☎ 0411 158 071

Salvation Army

☎ 5440 8410

Uniting

☎ 5443 4972

Vinnies Bendigo

☎ 5443 5688

Vinnies Kangaroo Flat

☎ 5447 9800

Woolworths Basic Box

Available to the elderly, people with disabilities and anyone in mandatory isolation

☎ 1800 000 610

💻 www.woolworths.com.au/shop/discover/priorityassistance

For business support

Business Victoria

Advice, updates and support to help workplaces plan and respond to COVID-19.

☎ 13 22 15

💻 www.business.vic.gov.au

💻 www.business.vic.gov.au/disputes-disasters-and-succession-planning/illness-and-business-management-plan/coronavirus-business-support

Be Bendigo

Business support information.

☎ 5442 7816

💻 www.bebendigo.com.au

Victorian Chamber of Commerce

💻 www.victorianchamber.com.au