



Community feedback

Help inspire the students of East Loddon

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Resilience
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CONTACT

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From the Principal

P-4 Feedback Surveys

Thanks are extended to all P-4 families who have completed the survey that was distributed last Friday. This survey closes tomorrow. Please endeavour to complete it for our P-4 staff, if you have not done so already.

Community Feedback Please

Reece Hendy from Nacho Station, along with Mrs Heaslip, would love some further community feedback for their 'On The Land' district project. Please read the information on the back of today's newsletter carefully and assist if possible.

'VCE Ag' - Good News Story

Mrs Gladman and Mrs Maxted shared a brilliant 'ag' story with me earlier this week which I am keen to share. Dave Smyth at Pioneer recently donated a whole bag of Canola seed to the college's Ag program, and enlisted the help of Adrian Hocking to work up the Ag plot and plant the seed. This was done recently before the rain and we should see it germinating shortly. The year 11 Ag students will be working on this throughout the year, using some of the canola for grazing. It is great to see that something such as this can be co-ordinated whilst we are in such conditions. Thanks are extended to Dave and Adrian for their generosity, time and effort!



Learning At School In Remote Conditions

I would like to once again thank all families for their terrific efforts in this current environment of remote learning. Whilst there can be difficult and trying times, we very much appreciate the efforts of all in following departmental advice and are only wanting all families to do the best that they can with supporting learning from home. In my opinion, looking after your wellbeing and the wellbeing of

immediate family members comes before education, as one feeds into the other.

Last night I had the pleasure of attending a webinar with one of Australia's highest profile psychologists, Dr Michael Carr-Gregg. Michael spoke a great deal about wellbeing and reiterated some very important points. There was a great deal of talk around what we can and cannot control in our lives and how we should approach that of which we can control. There was also talk around acknowledging feelings and thoughts and not simply trying to dismiss them. In the case of our current remote learning environment, it is important to take note of many things. Currently, the education department and State Premier have made it clear that remote learning conditions will continue throughout term 2 unless medical advice changes. We cannot control the fact that we are in a remote learning environment, but we can control how we handle this environment. My advice to families is to 'do what you can' with academic work, and look after your wellbeing first and foremost. The 3 building blocks to positive wellbeing are Sleep, Exercise and Diet. Endeavour to have your children maintain regular sleep and wake times each week-day. Endeavour to exercise each day and also endeavour to eat healthy foods and portion sizes. Notice that I have said 'endeavour to' at the start of each of the points above. These things won't always happen; just do your best!

Something I have tried this week, is to 'switch-off' at a certain time each night and do something relatively 'low-key' for myself. This has consisted of me plonking myself onto the couch each night and watching an episode of the Micheal Jordan Netflix documentary 'The Last Dance'. Doing something similar yourself each night may also assist in keeping your wellbeing in check.

Please continue to look after yourself and stay safe!

Regards, Steve Leed

Literacy & Numeracy

Wait time



When we pose a question to students, it's important to give them plenty of 'wait time' before offering a prompt or solution. This is really hard to do! It's also important so we allow our children to process the information and problem solve. Aim to wait 3-5 seconds.

Maths Videos

Looking for a little break from the books? Why not play a Maths game at home?

This video only goes for 3 and a half minutes and explains a Maths Number Game called Countdown.

<https://bit.ly/ELCountdown>

Everyday Activities that Count as Learning

Sometimes we are doing more educating that we think.



More ideas next week.

Sarah Clare

Curriculum Learning Specialist

Check out where Wilko has been



So apparently I'm getting about a bit! I am absolutely loving the pics coming in with reports of 'where Wilko is'. I have put four of these above, but they are all available on the parents Facebook page. I wish I could put them all on, because they all made me laugh a lot! Looks like I get my car serviced at Bears Lagoon garage now. Keep 'em coming kids. Note to Marissa— I'm scared of horses so you've done a good job getting me that close to one. To the Lister's— I'm so happy you had me set up as the DJ at my welcoming party. Baxter— you must be doing English mate, by the look on your face. And the Lawry girls— Maths, you beauty!!!! Did mum or dad teach you that gambling game?

In news from school, I've been continuing with my online senior classes, as have most of the year 11 and 12 staff. This is allowing our kids to stay up to date with where we are usually at, for this time of the year. Sometimes there are some

hiccups though. On Tuesday I had a student leave during class and when I asked where she had gone, apparently the cows were out on the road and mum and dad weren't home. That's why I love East Loddon. We've either got the best excuses or the best liars in the state! Either way, I'm happy.

For those who are battling a bit getting kids enthused, stick with it. We are getting there and getting better at it from our end. Don't feel like you can't ring for suggestions and if in doubt please revert to our wellbeing teams Plan B activities. Even if it's for the sanity of breaking up the day or week. Some beautiful pics have been sent from some senior students' families proving that there's more to life than just schoolwork. Thanks go to Bakers and Collins families these photos are pictured on the back page.

Regards'
Scott Wilkinson
Assistant Principal



Sub-School Captains

Junior

A Thank You or Two From Us to You.

Thank you for organising your children's learning from home each day.

Thank you for communicating so openly and regularly with the school.

Thank you for shifting your own work and other commitments.

Thank you for your resilience and positive attitudes.

Thank you for caring so deeply about

your children and families.

Assessment Booklet

Next week you will receive a short assessment booklet which will be delivered via the buses on Monday for each of your children in P-4.

In this book, you will find some assessment tasks (tests) to help us get an idea of your students' abilities at this point in time. It is important that your child complete the tasks independently, and the completed booklet be returned to school via the buses once it has been finished.

Middle

This week, I asked our Middle School Captains to share some of the positives of remote learning. When we focus on the positives, it can help in changing our mindset when we're having a tough day!

Mason:

I think some of the positives of remote learning are:

1. Being able to be in casual clothes and not needing to change into school uniform.

2. Being able to work from the comfort of your home.

3. Being able to refill your water bottle without having to ask a teacher.

4. Having my mum bring yummy food to me while I am working!



Senior

Big THANK YOU to our awesome bus drivers. They are kindly delivering a whole range of school resources and equipment to students. This is awesome. Another **big THANK YOU** to parents and students for participating in the Where's Wilko challenge. Hopefully it is bringing a smile to your day.

VCAA changes for VCE Unit 4

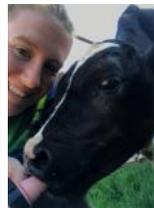
The Victorian Curriculum Assessment Authority has released the changes to the VCE Unit 4 study designs. The information was distributed to students and parents. Subject



teachers have discussed this with students also.

To all the beautiful people out there who are currently working overtime as Mums and recently promoted classroom teachers. You are amazing and I hope those dear students of yours that double as your own children provide some extra cuddles and care this Sunday. **Happy Mothers Day.** Especially thinking of anyone that is unable to be with their Mum on this day also.

Pictured are some of Ben C's lambs and Bridget B's calves from their farm life.



AROUND ELP

SPORTS

Eating tips for school children:

School age is the perfect time for children to learn about healthy food.

Children need a wide variety of foods for a well-balanced diet. The amount of physical activity they have in a day will be an important part of how much they need to eat.

When children are busy and active, snacking is important to keep energy levels high.

A healthy morning snack at recess and one after school are usually needed each day.

Breakfast is important

It is important to encourage breakfast. A good night's sleep followed by food in the morning helps your child to stay active and concentrate at school/home.

Healthy tips for school-aged children

Children need a variety of different foods each day.

Snacks are an important part of a healthy diet for active children.

Make snacks nutritious, not just high in energy.

Let children tell you when they're full.

Let children help with food preparation and meal planning.

Encourage physical activities for the whole family.

Encourage children to drink plain water.

Year 7 Science Experiments

Photos from Chloe H completing her Science experiment



Annemarie S at school



ELP12 'ON THE LAND' ART PROJECT - WE NEED YOUR INPUT!

Our College art department was lucky enough to receive a grant from Creative Victoria to participate in a Creative Learning Partnership project, where our Year 8 and Year 9/10 Graphics students get to work alongside local Bendigo artist Reece Hendy from Nacho Station.

from Nacho Station.

During Term 1, we started building some hands-on skills with Reece and researching into our local area, as our idea is to create artworks that represent our fantastic district... but to do that, we need your help!

Our students have created a short survey for East Loddon residents to fill out, telling us stories about the history of our area and your opinion on what makes it so special.

Please pass this on to your family, friends and neighbours who live within the district, as we need the help of the whole East Loddon community. Your responses will help 'paint the picture' of what the various townships/areas within this great district are all about.

Find the online survey here: <https://www.nacho-station.com/east-loddon-community-history>

If you have any questions, please get in touch with me

(heaslip.samantha.l@edumail.vic.gov.au)

Thank you!
Mrs Heaslip
Art / Vis Com / Textiles Teacher



Community feedback

Help inspire the students of East Loddon

East Loddon
Creative
Learning
Partnership

On the Land
Community & History
Contributors
Project Updates
Students Progress

Answer a few quick questions to inspire the students and give them some interesting stories to tell.

Name *

First Name Last Name

Email *

What town do you live in? *

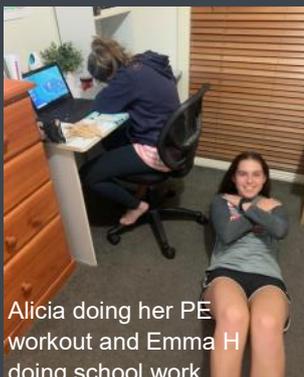
Some photos of what students are doing



The top two photo's are from Ben C



Bridget B with her calves



Alicia doing her PE workout and Emma H doing school work.



Sam H Spaghetti Bolognaise for his elective

A challenge for each of us-

What? To develop an 'Attitude of Gratitude!'

Why? To have a more positive focus to life and feel happier! Who doesn't want that?!

When? Anytime, but before bed is a chance to let good feelings about the day ease us into sleep

How? Answer these 'Six of the Best' questions:

Today, what was the best thing...

- I saw?
- I ate?
- I did for me? (or, I learnt today?)
- I did for someone else?
- I received?
- I found funny?



Let's try it and see how gratitude can make us mentally stronger!

Source-Cameron-Hill & Yates Seminars 'Staying Alive with Gratitude'

A Few Funnies to Share-

-Today's Weather? Room Temperature?

-I used to hate facial hair. But then it grew on me.

-After a few days of not going out, I saw someone I knew walking by on the sidewalk outside. I immediately ran to the window and started yelling to them. Now I understand dogs.

Help please!!

I am CeeVee the Caterpillar and I am after some more body parts please! I want to 'hang' around the school to help you celebrate when school returns! I'm currently a bit short in length to be noticed. If you have a knitted, crocheted or handmade piece to attach another segment to my body, that would be awesome. Get creating and send in a contribution to the school from your family soon. A great evening project in front of the fire and telly! Here's my starting body

