



# Linkup

## Manangatang P-12 College Newsletter

Respect

Relationships

Resilience

Responsibility



### Secondary Athletics

Six of our secondary students headed off to Bendigo in the wee hours of Thursday morning to participate in the Regional Athletics carnival. Well done to all of the students who participated, particularly Maddi who took eight seconds off her 400m time. Congratulations to Jordyn who will be going on to represent the College in Javelin at the State Finals later this term. Thank you to Mr Vine for accompanying the students to the Bendigo.

### Year 5/6 Lawn Bowls

Congratulations to the 5/6 students who were successful in winning the division lawn bowls held in Nyah West last Thursday. Thank you to Sarah Plant for organising this and to John Hughes, Peter and Lisa for teaching the students the finer points and for their assistance on the day. Particular thanks to Bella Oliver for the additional coaching and support she provided to the year 5/6 students.

### New Playground

During the school holidays the fences were finally taken down from around the new playground. The playground was made possible by a grant the school received at the end of 2022. Despite the many setbacks and delays we experienced along the way. Students have been enjoying the new playground facilities and admiring the view from the tallest tower.

### Rubicon

Year 9 students are currently attending the Rubicon outdoor camp. Students from Manangatang P12 College have joined with students from Ouyen to attend the camp and all reports so far indicate a great time is being had by all. Thank you to Mr Vine for all of the organisation and for attending the camp with the students.

### Primary Regional Athletics

Two of our Primary Students travelled to Bendigo on Monday to compete at the Regional Athletic Championships. Congratulations to Rory and Lily on their achievements. Lily has advanced to the State Championships to compete in high jump.

### Hats

As the weather heats up, please can everyone remember that broad brimmed hats are needed for outdoor activities, during recess and lunch and before and after school.

Have a great weekend

Linda

Students are now required to wear a broad brimmed hat when outside.

Caps are not permitted uniform.

Hats are available to purchase from the Office.



## KEY DATES

### OCTOBER

- 14 RUBICON CAMP
- 21 SECONDARY STATE ATHLETICS
- 21 PRIM REG BOWLS
- 22 F/1/2 CAMP

### NOVEMBER

- 4 PUPIL FREE DAY (TBC)
- 5 MELBOURNE CUP PUBLIC HOLIDAY
- 6 PRIM STATE ATHS



### OCTOBER BIRTHDAYS

- 15 LILLY R
- 16 SUE
- 28 JIMMY

### NOVEMBER BIRTHDAYS

- 7 LANE
- 15 TOBY

### Friday the 25th of October is Casual Day

Casual Dress is allowed by gold coin donation. All proceeds raised go towards our SRC sponsored child—Pheaktra

## Division Bowls

On Thursday 10<sup>th</sup> of October the Year 5/6 class went to Nyah West for Division Bowls.

We won our first game against Swan Hill Primary School, then we won against Beverford Primary and played Nyah again in the Grand Final which we won.

We are now going to Echuca in two weeks to play Regional Bowls.

We would like to thank everyone who organised and helped our game: Bella, Peter, Lisa W, Mr Hughes and Hazel Grant for helping coach us. A special thank you to the Manangatang Bowls Club for letting us use their bowls and green to practise on.

Thank you to Sarah and Corey for taking us to Nyah and buying us ice-creams.

From the Year 5/6 Class



## Secondary Regional Athletics

Our Secondary Athletics team performed brilliantly at Bendigo in fantastic conditions, with many personal bests achieved.

The highlight was Jordyn winning the 15 Girls Javelin. Her first throw launched beautifully and travelled 32.59 metres. She had two opponents nudge 30 metres, but they were unable to beat Jordyn's throw. Jordyn will now go to the State Championships on Monday. Good luck Jordyn! Jordyn also finished 2<sup>nd</sup> in the 15 girls 100m sprint with a time of 14.21 seconds (pb).

Other results included:

Caitlin - 4<sup>th</sup> 16 Girls Discus (pb)

Zoe J - 5<sup>th</sup> 14 Girls Javelin (pb)

Jayda - 5<sup>th</sup> 16 Girls Long Jump

Jordyn - 5<sup>th</sup> 15 Girls Long Jump (pb)

6<sup>th</sup> 15 Girls Discus

Maddi R - 6<sup>th</sup> 12/13 Girls 400m (pb)



The relay of Maddi, Caitlin, Jayda and Jordyn finished 5<sup>th</sup> in the 16 year old girls 4x100m event.

The students represented the College well and should be proud of their efforts.

## Primary Regional Athletics

Rory and Lily had a great day out in Bendigo on Monday competing at the Regional Athletics Championships.

Rory in the 10 boys 200mt and Lily in 12/13 girls high jump.

Congratulations to Rory on achieving 8<sup>th</sup> with a 0.6 second pb.

Awesome achievement by Lily, jumping a pb of 1.36 and placing 1<sup>st</sup> place in a very tight competition (a tie for 1st place and a 3 way tie for 3rd), qualifying her for State Championships.



Many thanks to parents Sara and Billy for taking the students down and supporting them in their individual events.



Parents and carers play an important role in supporting their children to be safe online and on social media. You can help your children safely navigate their digital world and educate them to avoid harmful online experiences. You can explore websites, games, apps and social media together and set some rules and boundaries.

Your support and guidance can give your children the knowledge to make sound decisions online and confidence to ask for help when they need it. It is also important to stay informed about online safety.

The Department of Education recognises this important issue and has developed fact sheets about supports to help keep students safe online and what to do if they are involved in an online incident.

The fact sheets contain links to evidence-based information on supporting positive and safe online experiences, signs a child or young person might need support, what to do if something unsafe happens online, and where to reach out to for more support.

To access the fact sheets, refer to the [Safe Socials webpage](#). The fact sheets are available in 19 community languages.

The government is also launching public consultation on age limits for social media.

You and your children can share your experiences to inform proposed changes via an online survey, before 5 pm on Friday 1 November 2024. For more information on the survey and to take part, refer to [Proposed changes to social media age limits](#) on the Engage Victoria website.

If you have any queries about this information, you can contact the department by email:

[bullystoppers@education.vic.gov.au](mailto:bullystoppers@education.vic.gov.au)

# College News

## Wellbeing Update—Kim Critchley

**Mental Health Week**-World Mental Health Day is observed on October 10th every year to raise awareness about mental health issues and to mobilise efforts in support of mental health. It was first celebrated in 1992 as an initiative by the World Federation for Mental Health (WFMH), a global organisation dedicated to promoting mental health worldwide. Over the years, the day has grown in importance, with more countries and organisations participating in campaigns to break the stigma surrounding mental health issues. **Manangatang College** also celebrated the day, which is also **HeadSpace Day**, whose message was **Pause Reflect and Reconnect**. This day was celebrated with a sausage sizzle for lunch and activities throughout lunch time to support the theme.

### Tips to reduce stress levels:

- Mindfulness meditation involves focusing on the present moment without judgment. It helps in reducing anxiety and stress by allowing individuals to detach from racing thoughts and emotions. Spending even 10 minutes a day on mindfulness can calm the mind and improve overall emotional well-being.
- Physical activity is a natural stress reliever. Exercise releases endorphins, which are chemicals in the brain that act as natural mood elevators. Whether it's a brisk walk, yoga, or high-intensity workouts, regular exercise helps in lowering stress levels and boosting mental clarity.
- Poor sleep can exacerbate stress, making it harder to cope with daily challenges. Creating a consistent sleep schedule, ensuring you get 7-9 hours of sleep, and practicing good sleep hygiene can significantly reduce stress and improve mood.
- High levels of caffeine and sugar can elevate stress hormones and lead to jitteriness or mood swings. Reducing the intake of these stimulants can help in maintaining a more stable mood and reduce the physiological symptoms of stress.
- Social support is crucial when dealing with stress. Whether it's talking to a friend, spending time with family, or seeking support from a counsellor, connecting with others can provide emotional comfort, perspective, and a sense of belonging.
- Deep breathing can activate the body's relaxation response, lowering heart rate and reducing stress levels. Techniques such as diaphragmatic breathing or box breathing involve slow, deep breaths that help bring a sense of calm and can be practiced anytime stress levels rise.
- Poor time management can lead to overwhelming stress, especially when you feel like you're running behind on tasks. Organising your day by prioritising tasks, setting realistic goals, and breaking them into smaller steps can help you manage stress more effectively.



Each of these tips offers practical ways to manage stress levels and improve mental well-being. When implemented regularly they can create a more balanced and less stressful lifestyle.

Going outside and blowing bubbles with your child/ren can help them to reduce their stress, or try getting them to blow up a balloon and letting it go, then repeat, which is another great way to get your child/ren involved. Breathing is a great way to calm our amygdala to a manageable level. No matter how old we are breathing is instrumental in helping to maintain our mental health. In through the nose and out through the mouth.



### Support services

#### Adult

Lifeline: 13 11 14  
lifeline.org.au  
Suicide Call Back Service: 1300 659 467  
suicidecallbackservice.org.au  
Beyond Blue: 1300 224 636  
beyondblue.org.au/forums  
MensLine Australia: 1300 789 978  
mensline.org.au

#### Youth

Kids Helpline: 1800 551 800  
kidshelpline.com.au  
headspace: 1800 650 890  
headspace.org.au  
ReachOut: ReachOut.com

#### Other resources

Head to Health: mental health portal  
headtohealth.gov.au  
Life in Mind: suicide prevention portal  
lifeinmindaustralia.com.au  
SANE: online forums saneforums.org

healthfonet.ecu.edu.au - Aboriginal and Torres Strait Islander  
1800 184 527 qlife.org.au - Lesbian, gay, bisexual, trans, and/or intersex  
mhima.org.au - Culturally and linguistically diverse



### Importance of Education

#### Why is education important?

- Education gives us Knowledge
- Education teaches us lessons of Humanity
- Education comprises good thoughts in human being
- Education tells men how to think, how to work properly, how to make decision.
- Education contributes to human development
- Education gives us employment and identity.
- Education highlights the human talents.
- Education leads to innovations and discoveries.
- Education develops a meaningful outlook on life.

# Thunderstorm asthma – be prepared this pollen season

Grass pollen season, which typically runs from October to December each year in Victoria, brings an increase in asthma and hay fever symptoms. It also increases the risk of [thunderstorm asthma](#). For people with asthma or hay fever, especially those who experience wheezing or coughing with their hay fever, thunderstorm asthma can be sudden, serious and even life threatening.

Manangatang P-12 College will implement a range of measures to keep our school community safe as the risk of thunderstorm asthma increases.

Many of our staff are trained in asthma first aid, and we will monitor the VicEmergency app to receive thunderstorm warnings, and, where appropriate, keep students indoors when weather forecasts identify greater risk.

During the season, there are some things you can do to prepare and protect yourself and your family:

If your child has ever had asthma, talk to your doctor about what you can do to help protect them from the risk of thunderstorm asthma this pollen season, including updating your asthma action plan. Taking an asthma preventer properly and regularly is key to preventing asthma, including thunderstorm asthma.

If your child has hay fever, see your pharmacist or doctor for a hay fever treatment plan and check if you should have an asthma reliever puffer. These are available from a pharmacy without a prescription.

If your child has hay fever and experiences wheezing and coughing, it is important to make sure they don't also have asthma. Speak to your doctor about an asthma action plan.

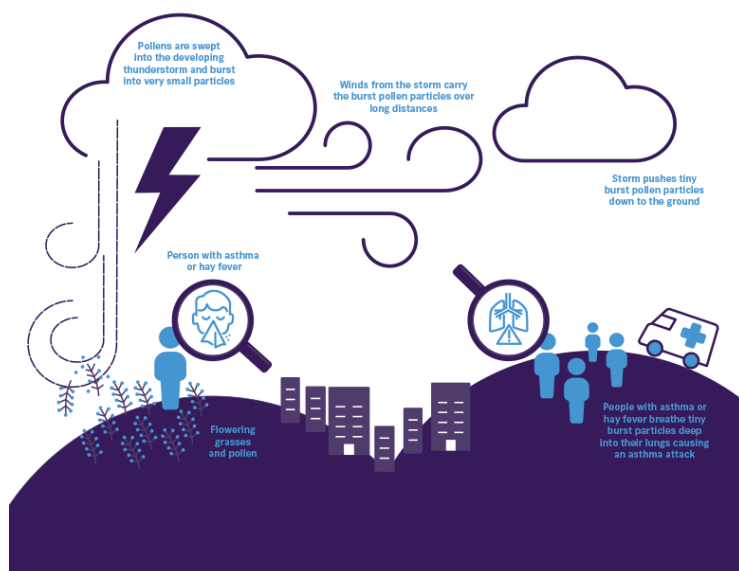
Where possible, avoid being outside during thunderstorms from October to December, especially during the wind gusts that come before the storm. Go inside and close your doors and windows. If you have your air conditioning on, turn it to 'recirculate'.

Protect yourself this pollen season – managing asthma and allergies matters.

[Find out more](#)

For more information, speak to your doctor. You can also visit the [Better Health Channel](#) website.

## THUNDERSTORM ASTHMA

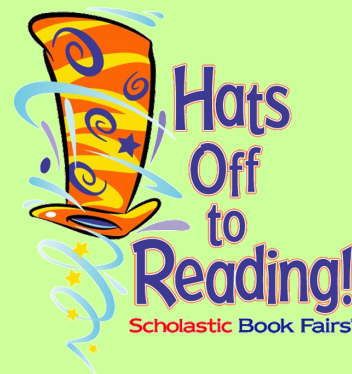


# Our Scholastic Book Fair is nearly here!

**Wednesday 23rd October to Friday 25th October**

Come along to find the best new books and help to earn free books for our library!

**Lunch times  
ALL WELCOME**



# College News

## COWS CREATE CAREERS

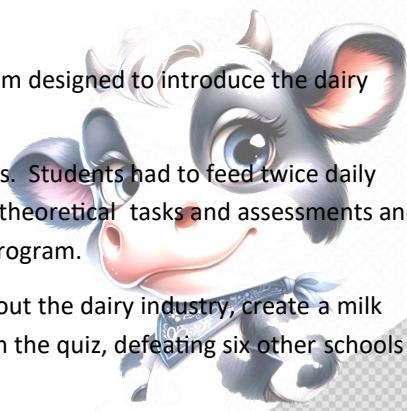
Year 8 & 9 students recently completed the Cows Create Careers program, an innovative program designed to introduce the dairy industry to students.

The school was provided with two calves for the duration of the program – Ferdinand and Bones. Students had to feed twice daily (including weekends), monitor and record growth, clean pens and water troughs, complete the theoretical tasks and assessments and then participate in an online session with other schools from across the state to celebrate the program.

In the online session, students competed against the other schools to answer quiz questions about the dairy industry, create a milk carton design and marketing campaign and a range of other activities. We were fortunate to win the quiz, defeating six other schools and received an honourable mention for the creation of the milk drink 'Tasty Tang Milk'.

This was an extremely worthwhile program for the students, who gained valuable insight into the dairy industry and the value of the dairy industry to Australian Agriculture.

We would like to thank Bethune Lane Dairy in Lake Boga for providing the calves and ongoing support to the students and to The Gardiner Foundation and Max Care Foods for sponsoring the program and providing feeding equipment, powdered milk and grain mix for the calves.



 Events Calendar	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>October</b>	14 Yr 9 Rubicon Camp	15 Yr 9 Rubicon Camp	16 Yr 9 Rubicon Camp	17 Yr 9 Rubicon Camp Library Van 	18 Yr 9 Rubicon Camp Frozen Friday
	21 Sec State Athletics Prim Regional Bowls	22 F/1/2 Camp	23	24	25 Frozen Friday 
	28	29	30	31 Library Van 	1 Frozen Friday
<b>November</b>	4 Pupil Free Day—TBC	5 Melbourne Cup Public Holiday	6 Primary State Aths	7	8 Frozen Friday

# College News



Department  
of Education

Dear parents and carers

As shared with you previously, parents and carers of every child enrolled in a Victorian government school in 2025 will receive the one-off School Saving Bonus \$400 support.

In the coming months, the Department of Education will send you 2 email communications for each of your children enrolled in Victorian government schools.

By Friday 18 October 2024, please ensure that your child's 2025 enrolment is completed and that your contact information is up to date.

The 2 emails from the Department of Education will:

1. Confirm your email address between mid-October and late-November.

Provide you with your unique \$400 School Saving Bonus code by the end of November.

If you do not receive a confirmation email from the department by late-November, please check your spam or junk folders and contact Manangatang P-12 College if needed.

You can read more about the School Saving Bonus on the [Department of Education website](#), with key information now available in 14 different languages.

Kind regards

Linda Connell

Acting Principal

## Child safety and wellbeing at Manangatang P-12 College: information for families and the school community

The Victorian Government has announced new [Child Safe Standards](#) to further strengthen child safety across organisations, including schools. The new standards recognise the critical importance of families and the broader school community in maintaining and promoting child safety and wellbeing.

Manangatang P-12 College has reviewed and updated our child safety policies and procedures to ensure they meet the requirements of the new standards. These are available to view on our school's website and by request at the school's front office.

We are committed to continuous improvement in our approach to child safety and wellbeing and welcome feedback from families and members of our school community on ways we can further strengthen our child safety policies, procedures and practices.

If you have any suggestions, comments or questions, please contact the principal.



## PARENT PAYMENTS POLICY

### ONE PAGE OVERVIEW



#### FREE INSTRUCTION

- Schools provide students with free instruction and ensure students have free access to all items, activities and services that are used by the school to fulfil the requirements of the Curriculum. This includes the Victorian Curriculum F-10, the Victorian Certificate of Education (VCE) including the VCE Vocational Major and the Victorian Pathways Certificate.
- Schools may invite parents to make a financial contribution to support the school.



#### PARENT PAYMENT REQUESTS

Schools can request contributions from parents under three categories:

##### Curriculum Contributions

Voluntary financial contributions for curriculum items and activities which the school deems necessary for students to learn the Curriculum.

##### Other Contributions

Voluntary financial contributions for non-curriculum items and activities that relate to the school's functions and objectives.

##### Extra-Curricular Items and Activities

Items and activities that enhance or broaden the schooling experience of students and are above and beyond what the school provides for free to deliver the Curriculum. These are provided on a user-pays basis.

- Schools may also invite parents to supply or purchase educational items to use and own (e.g. textbooks, stationery, digital devices).



#### FINANCIAL HELP FOR FAMILIES

- Schools put in place financial hardship arrangements to support families who cannot pay for items or activities so that their child doesn't miss out.
- Schools have a nominated parent payment contact person(s) that parents can have a confidential discussion with regarding financial hardship arrangements.



#### SCHOOL PROCESSES

- Schools must obtain school council approval for their parent payment arrangements and publish all requests and communications for each year level on their school website for transparency.



## MAGPIE ALERT

Please beware

Magpie season will soon be upon us

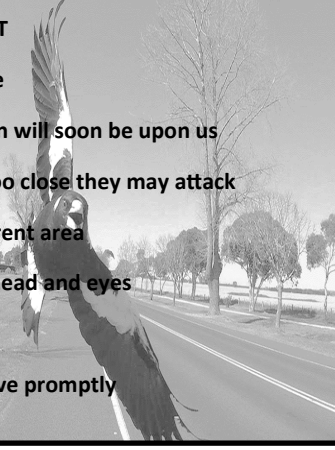
If you come too close they may attack

Play in a different area

Protect your head and eyes

Wear a hat

Don't run, leave promptly

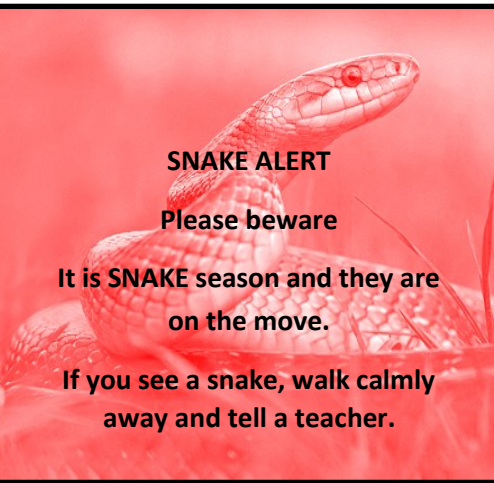


## SNAKE ALERT

Please beware

It is SNAKE season and they are on the move.

If you see a snake, walk calmly away and tell a teacher.



# Healthier lunchbox swaps



## TRY OUT THESE SIX HEALTHIER LUNCHBOX SWAPS

### SWAP OUT



White bread, rolls, wraps, crackers and crispbreads

### SWAP IN

Wholegrain or high-fibre options



### SWAP OUT



Butter on bread, rolls or wraps

### SWAP IN

Avocado, hommus or plant-based dips and spreads



### SWAP OUT



Cordial, juice poppers or sugary drinks

### SWAP IN

Water or plain milk or milk alternative



### SWAP OUT



Potato chips

### SWAP IN

Veggie sticks with hommus



### SWAP OUT



Sweet and savoury biscuits

### SWAP IN

Plain popcorn or basic pikelets



### SWAP OUT



Iced cakes, muffins and buns

### SWAP IN

Homemade fruit loaf or muesli slice



# College News

## Lost Property

There are quite a few jumpers, hats and other personal items (lunchboxes) being found in the yard and left behind in classrooms. **It is easy to return items when they have been labelled.** To help staff return items, can you please ensure that all personal items have a name on them.

Could parents please check their child's clothing labels for names as some uniforms have gone missing at the pool and in the schoolyard.



Dear Parents/Carers

If your child is feeling unwell or has cold-like symptoms please keep them at home.



***Manangatang P-12 College acknowledges Aboriginal and Torres Strait Islander peoples as the first peoples and traditional custodians of the lands where we live, learn and work.***



## MANANGATANG MARKET & TAKEAWAY

### WEDNESDAY LUNCH ORDER MENU

**TO ORDER: Ring 0475 434 714**

**PLEASE NOTE: \* Some prices have increased \***

Payment can be made directly to the shop or sent into school in a clearly labelled envelope

### HOT FOOD

Chicken Nuggets & Chips \$6.00

Chicken Strips – each \$2.00

Loaded toasted sandwich \$7.00

Pie, Pastie, Sausage Rolls \$5.00

Crinkle Cut Chips \$2.50

### SANDWICHES & WRAPS

Ham or Chicken Salad Sandwich \$6.50

Ham or Chicken Salad Roll \$7.50

Ham or Chicken Salad Wrap \$10.00

Sandwich – 2 fillings \$5.00

Extra fillings \$0.50

Fillings: chicken, ham, cheese, lettuce, carrot, tomato, onion, beetroot

### DRINKS

Fruit Box \$2.50

Nippy Milk Box \$2.50

Oak Milk 750ml \$5.50

Sparkling Water \$2.50

Water \$2.00



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