



Avenues College

Resilience ❖ Courage
Respect ❖ Creativity



2020 Term Two Update B-12



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Avenues College
Avenues College Children's Centre
Avenues College Sport
Avenues College Resource Centre

Term Two will not be the one we planned for at the beginning of this year, but as you will see through this newsletter, there is certainly good learning happening. Our staff team enjoyed the opportunity in the last week of Term 1 to develop learning programs for delivery either at home or school and many of us learned ways of teaching that are new and potentially ongoing when COVID 19 no longer threatens...

Our families have been extremely flexible and supportive of the programs we have delivered across the college – Class DoJo is now used by most of our families from Preschool to Year 7; Google Classroom has taken off across the secondary years, from year 8 to 12. Although both of these programs have been used before, the uptake and feedback to and from teachers has increased significantly. We intend to continue this traffic! Thank you to all families who have provided feedback to help us improve both the content and delivery of these materials.

We conducted an online survey during week 1, asking our Year 8-12 students for specific feedback on the Google Classroom platform. We received feedback from 135 students and teaching staff have used the ideas offered to improve content and feedback options as a result.

Attendance across the college has become just about normal this week, with a number of families continuing to protect vulnerable family members by keeping their children at home. Teachers will continue to support the learning at home for these students, but the widespread online focus will change back to face to face teaching for most of our children and young people. With the increased attendance, on site physical distancing has become more difficult, but our advice is that adults are the most vulnerable. Adults are attempting to maintain 1.5m between us, and I thank you all for the respectful ways in which you are adhering to the difficulties of staying out of the college grounds and buildings.

One of the really good things coming out of the COVID experience has been people realising that teaching is not an easy job. Many parents have told us, that a week or two at home, watching their child learn, helping them with their work, checking it, and making sure they completed it, has been a hard task. Thank you to all those parents that have realised just how complex and mentally exhausting the job of teaching is. I want to also recognise that the effort required to be teacher as well as parent has been very significant!

The College has managed to ensure that each of our toilet blocks has soap, paper towels (and air driers in the secondary spaces), and hand sanitiser in public spaces and each of our classrooms. Children are asked to continue their excellent compliance in this area, washing or sanitizing their hands when they enter new learning spaces.

Our college is committed to improving learning outcomes for our students, and our focus on improved reading will develop over this term. On Friday June 19 we will have a Student Free Day in which our team learning will be shared across the college.

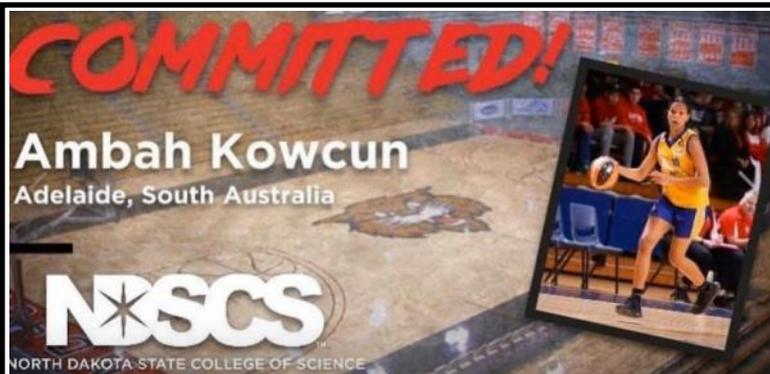
Robyn McLean, Principal



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CONGRATULATIONS to past Avenues College student **Ambah Kowcun** ... she has earned a scholarship to travel to the **USA** (North Dakota State College of Science) and play basketball for the **Wildcats!**

We wish her all the best with her basketball career and we are excited to see where her passion will lead her next!

Ambah Kowcun
21 hrs

Excited to become a Wildcat in August 🏀❤️🐾🇺🇸 Thankyou to **Forestville Eagles** for welcoming me to this amazing club and a big thanks to Adelaide and everyone in it for being part of my journey. Massive thanks to **Australian Indigenous Basketball** as well for everything you have done for me & to all my family for the ongoing love and support 😊❤️👉🌟 #GoCats



HEALTH AND IMMUNISATION MANAGEMENT SERVICES

INFORMATION FOR PARENTS/CAREGIVERS

Families may have recently received notification from Medicare about missed/overdue meningococcal vaccination.

- Letters being received by parents for students 17 and 18 years of age, most often relates to the Meningococcal ACWY vaccine. This vaccine is offered to year 10 students attending school from 2019, therefore students who were in year 11 or 12 last year may only access this vaccine through GP or Immunisation clinics. This is a single dose Free vaccine covering different stains of meningococcal disease from meningococcal B.
- Students who were in Year 10 in 2019 and missed both meningococcal ACWY and meningococcal B at school are eligible to catch up both vaccines in 2020 at GP or immunisation clinics.
- Reminder letters are also now sent to those that do not receive family assistance payments. Adolescent overdue reminder letters are sent to individuals at 14.5, 15, 17, and 18 years of age.

These letters will indicate if an individual is overdue for any vaccine on the standard NIP schedule, not just those vaccines on the adolescent schedule. The summary of the changes is tabled below:

School-based reminder	Age by Year			
Reminder letter due	14.5	15	17	18

Further information is available at:

<https://www.humanservices.gov.au/individuals/services/medicare/australian-immunisation-register>

Year 4/5 Science FORCE



(Left to right- Seth, Corbin and Brock)

In Science the year 4/5 class have been looking at force.

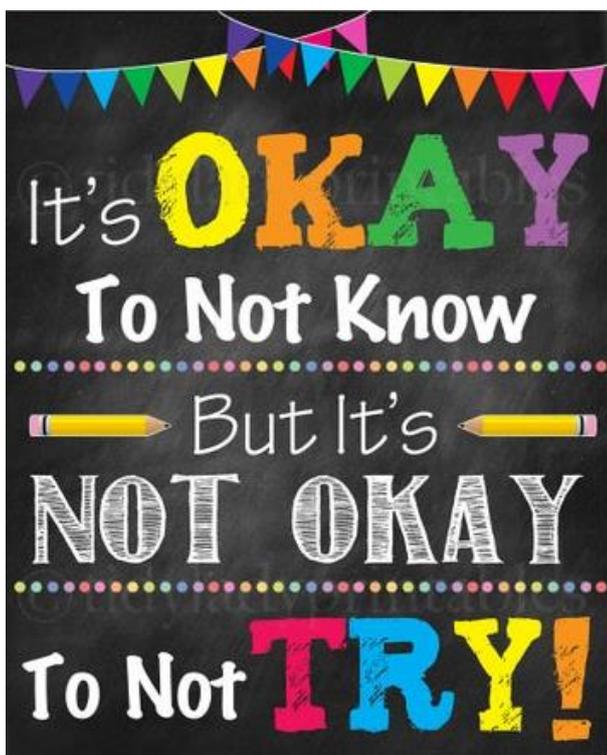
Students had an opportunity to make their own parachute. They had to follow certain requirements with guidelines on how many items they could use to create their parachute as well as which materials would work best.

With only 30 minutes in which to design and create their parachutes, they were under the pump. However, their results were quite impressive.

Desi, Josh and Ms Walker judged them on creativity, how well it floats down to the ground and overall. Seth took first place for float time, Brock for creativity and Corbin for the overall!



Year 4/5 with Miss Price



GO OUT
THERE
AND DO
AMAZING
THINGS

Devon Clothing Uniform Shop Modbury
Shop 24, Clovercrest Plaza
429 Montague Rd, Modbury SA 5092
modcus@devonclothing.com.au
08 8350 7930



WINTER IS COMING AND OUR SHOPS ARE OPEN FOR BUSINESS FROM MONDAY APRIL 20!

Mon - Fri 9am - 5pm
Sat 10am - 1pm

Current Gift Voucher Promotion finishes this Sunday 19th April

Whilst attending our shops to keep our staff and the community safe,
please adhere to Social Distancing Regulations.

Limit attendance to 1 parent or guardian with the student(s) requiring a fitting.
We have limited customer numbers in the shops to a maximum of 4 at any time.

Check the Devon website for updated Corona Virus Information
devonclothing.com.au

Online orders will continue to receive
free delivery to personal addresses
PO Boxes are not included in free delivery



3 Ways to Talk Yourself Up

Here are some ways to help
change the direction of your self-talk



1.

Listen to what you are saying to yourself



Notice what your inner voice is saying



Is your self-talk mostly positive or negative?



Each day, make notes on what you're thinking



2.

Challenge your self-talk



Is there any actual evidence for what I'm thinking?



What would I say if a friend were in a similar situation?



Can I do anything to change what I'm feeling bad about?



3.

Change your self-talk



Make a list of the positive things about yourself



Instead of saying: 'I'll never be able to do this', try:
'Is there anything I can do that will help me do this?'



Camp Australia Avenues College OSHC

Welcome back to everyone we hope you have all had a well deserved break.

School is open and so is Before and After school care, 7am-8.30am and 3pm-6pm. OSHC is located in the learning street adjacent the junior primary classes.

Breakfast is available in the mornings along with quiet activities before children go the courtyard at 8.30am where there is a Teacher on duty.

Afternoon tea is available in the afternoons—a fresh fruit and vegetable platter along with a second snack. This may include something we have cooked e.g. biscuits or cakes, rice crackers, cheese, wholemeal bread sandwiches or pita bread with salsa, cheese, grated carrot.

Programmed and spontaneous activities.

We have a beautiful new space bright, light filled with new furniture and resources, flexible play spaces both indoors and out.

We offer a variety of activities including painting, cooking, arts and crafts, board games, lego, home corner and much more.

Our program offers activities based on the children's interests as well as multi-cultural calendar events.

We use the My Time Our Place and Early Years Learning Framework Curriculums to enhance and promote children's learning.

We provide a safe, stimulating, relaxing environment for children who's parents work, have an appointment or you need a break.

Booking is easy and registration is free, simply go to www.campaustralia.com.au click on new parent and away you go. Once you have registered and completed the online enrolment form you can begin booking online using the parent portal, there is a customer care team available on 1300 105 343 if you have any questions or alternatively call the service on 0412 561 671 during OSHC hours or leave a message and I will return your call.

Currently as parents are not allowed on site if your child is booked into OSHC please ring 0412 561 671 and I will meet you at the front of the reception area to collect or drop off your child/children.

Look forward to seeing you.

Kind Regards

Michelle

Camp Australia Avenues College OSH

Visit our blog for helpful information and fun activities.

New articles are added each week for parents and cover various topics to help families. This month we are focusing on all things COVID-19. We talk about how to adjust to the changes you've made in your household, including fun activity ideas to entertain your child at home. Visit the blog here: <https://campaustralia.com.au/blog>



Coronavirus Mental Wellbeing Support Service [1800 512 348](tel:1800512348)

From toddlers to teens: How to talk about the coronavirus

Regardless of how old your children are, there's a helpful way to have the 'COVID-19 conversation'. Here's what you need to know.

Sharing age-appropriate information with your kids about serious situations is important, and if you're wondering how to do that in the coronavirus climate, you're not alone.

One thing's for sure: it's likely they know a little – or a lot – about it already, even if they're small.

"Young children won't have much concept of 'coronavirus' specifically, but they'll know something's happening simply because so many routines are changing," says child and adolescent psychiatrist and former director of Beyond Blue, Professor Brett McDermott.

And while what you choose to say to your kids about coronavirus will depend on their age, McDermott says the process of talking to them is the same.

He suggests these four steps:

- **Start the conversation.** "Kids have an underlying feeling that their parents will protect them, so if you wait for them to raise it, some children may think, 'If my parents won't talk about this, it must be really bad'."
- **Pick your moment.** "Children get anxious when they're taken aside for a chat, so don't turn this into a dedicated event. Instead, choose a time when you're together anyway, for example around the dinner table, where conversation tends to be free flowing." You could start by asking what they already know about what's currently happening. "Just take care to pick a moment when you're not feeling anxious about this yourself, because anxiety is contagious."
- **Strike the right tone.** "The way you deliver your message is just as important as what you say. Be warm, thoughtful and acknowledge that it's an emotional time, but, without being too brief, deliver what you want to say in a matter-of-fact way."
- **Encourage questions.** Once you've said what you want to, ask if there's anything else they'd like to know. "When kids ask questions, it demonstrates their understanding of the messages you've been trying to get across, and is also an opportunity to address any specific worries they have." Plus, as well as monitoring children's exposure to media reports about coronavirus, try to be with them when they do watch, read or listen to age-appropriate coverage. "That way, they can ask questions about what they hear and you can make sure they understand the content."

Now that you're across how to talk to your children, here are a few tips about what to say, depending on their age.

Young children

Professor McDermott says a little information goes a long way. "And they don't need technical words like 'coronavirus' or even 'virus'," he says. "Normalise it by using an example they already understand, something like, 'You know how in winter, people get coughs, colds and a runny nose more often? Well, this is a bit like that. And while that's all it is for most people, it might be a little bit more serious for older people, so we need to help protect them by using the new Australian superpower – washing our hands!'"

Tweens

Call it what it is – a virus that causes flu-like symptoms. "Then, be clear that while it's like the flu, the difference is we don't have a vaccine or a flu shot yet—explain that's why keeping our distance from others & washing our hands is important because that's how we stop the virus spreading. It's also important to reassure kids of this age that while this is the situation now, we know it'll get better because very smart people all over the world, including right here in Australia, are working 24 hours on a vaccine. And once that's made, it will protect us."

Teenagers

They've probably been exposed to what's happening in places like Italy and Spain through news and social media, but might not have the ability to process that information. "So as parents, you need to be savvy. Acknowledge that this situation is complex but stress that every country is different and that we have some real advantages here in Australia, including that we've been able to learn from what's happening in other countries and we have one of the best healthcare systems in the world."

Stick with that same message every time you talk to your teenagers rather than feeling you need to update them every time there's a new development. "Being repetitive and consistent in how you talk to teenagers about this can help to protect them from feeling stressed or uncertain, particularly if the situation keeps evolving."

Ways to look after your mental health amid the coronavirus pandemic

The coronavirus pandemic has had a profound impact on all facets of society. It's crucial that people take a practical approach to dealing with COVID-19.

Try to maintain perspective

While it is reasonable for people to be concerned about the outbreak of coronavirus, try to remember that medical, scientific and public health experts around the world are working hard to contain the virus, treat those affected and develop a vaccine as quickly as possible.

Find a healthy balance in relation to media coverage

Being exposed to large volumes of negative information can heighten feelings of anxiety. While it's important to stay informed, you may find it useful to limit your media intake if it is upsetting you or your family.

Try to maintain a practical and calm approach

Widespread panic can complicate efforts to manage the outbreak effectively. Do your best to stay calm and follow official advice, particularly around observing good hygiene habits. The Australian Psychological Society has [advice about maintaining positive mental health during the outbreak](#).

Try not to make assumptions

To contribute to a sense of community wellbeing, try to remember that the coronavirus can affect anyone regardless of their nationality or ethnicity and remember that those with the disease have not done anything wrong.

Seek support

It's normal to feel overwhelmed or stressed by news of the outbreak. We encourage people who have experienced mental health issues in the past to:

- activate your support network
- acknowledge feelings of distress
- seek professional support early if you're having difficulties.

For those already managing a mental health issue, continue with your treatment plan and monitor for any new symptoms. Social contact and maintaining routines can be supportive for our mental health and wellbeing. In circumstances where this is not possible, staying connected with friends and family online or by phone may assist. Beyond Blue also has a dedicated page on its forums about [coping during the coronavirus outbreak](#). Acknowledge feelings of distress and seek further professional support if required.

Beyond Blue has fact sheets about [anxiety](#) and offers other practical advice and resources at beyondblue.org.au.

The [Beyond Blue Support Service](#) offers short term counselling and referrals by phone and webchat on 1800 512 348.

AVENUES ARTS COLLECTIVE



A group of dedicated Avenues Arts students worked closely with our Artist-in-Residence, the insanely talented Sarah Boese, to create this stunning mural on the side wall of our Gymnasium. The intricate process of laying a base coat for the background, sketching in the full design freehand using chalk and then gradually adding layers and shades of aerosol paint took about six weeks to complete. The finished design shows a depth and amazing details which can be appreciated from up close or far away.

Congratulations to all who assisted and many thanks to Ms Dzino (Arts Leader) for managing the whole process.



Sarah Boese is an Adelaide based mural artist and illustrator with a Bachelor Degree in Visual Communication. Sarah's work is often influenced by nature, fantasy, narrative and organic forms. Her style is recognisably vibrant, bold and fluid. Check out her body of work at www.sarahboese.com.au or her Instagram page [sehboese](https://www.instagram.com/sehboese)

Diary Dates

Student Free Day
Friday 19th June

Last Day of Semester One
Friday 26th June

First Day of Semester Two
Monday 29th June

Last Day of Term Two
Friday 3rd July

First Day of Term Three
Monday 20th July

THE EXCHANGE 2020

Disappointingly, we were left with no option but to postpone the 2020 exchange which was scheduled for the end of Term Two.

Both Avenues College and Cheltenham Secondary College have agreed to a postponement of the event ... tentatively set for Week 9 of Term Three. Of course our travel to Victoria will depend on the developing COVID-19 situation and its impact on interstate travel and accommodation and also group gatherings.

We will be keeping families and students well informed. A training schedule for the squad will be developed and advised in line with any restrictions from the Health Department and Department for Education recommendations.

We ask that any requests for documentation, payments and support for training be given your prompt attention due to the ever-decreasing time frames we are trying to work with.

Let's back up our 2019 Exchange win with another one!!