

Wycheproof P-12 College

A State school established in 1876



03 5493 7409 or 5493 7308 Fax: 03 5493 7506

wycheproof.p12@edumail.vic.gov.au

www.wychep12.vic.gov.au



Newsletter No. 4 - 19th March, 2020

DIARY DATES

MARCH

Thur	19	LMR Swimming Carnival CANCELLED
Fri	20	MATES - Games Night POSTPONED
Mon	23	'This Girl Can' - Lunch walk POSTPONED
Tue	24	Primary Yoga @ lunch POSTPONED
Tue	24	Art Gallery Excursion - Melb CANCELLED (Yr 7-10 + VCE Art subjects)
Wed	25	Secondary Yoga @ lunch POSTPONED
Fri	27	Aussie Hero Dress-Up Day
Fri	27	LAST DAY TERM 1 - 2:30pm finish
Fri	27	Wycheproof Debutante Ball POSTPONED

APRIL

Tue	14	First Day Term 2
Fri	24	ANZAC Day Service (Recess - SRC selling Anzac biscuits \$1 ea)

MAY

Fri	8	Quiz Night
Fri	22	NCD Cross Country - St Arnaud
Tue	26	Buloke Health Expo - Yr 9/10

JUNE

Tue	2	LMR Cross Country
Mon	8	QUEEN'S B'DAY HOLIDAY - NO SCHOOL
Fri	12	PUPIL FREE DAY - NO SCHOOL
Mo-Fri	22-26	Yr 10/11 Work Experience

New Early Learning Centre

Our whole community was delighted by the announcement that the Andrews Labor Government would be providing \$700,000 towards the new Wycheproof Early Learning Centre. A big thank you needs to be said to all of those who have helped with the campaign to ensure this valuable resource will be built for our community – especially the current kinder families who have been a driving force in getting this project across the line. Thank you to all our Year 12s last year who added a very loud student voice to our call for action. It is exciting to know that the new Kinder will ensure that our youngest citizens will have the best possible start to their future education. A special thanks to the Buloke Shire Council (led by Anthony Judd) for being so supportive of this application. Thank you also to Ali Cupper MP - Independent for Mildura, who has been very supportive of our call for a new facility. Her recent visit to Wycheproof was certainly a 'Kinder Surprise.' Our community will be well-resourced moving into the future and it is sensational that this project will result in a new Early Learning Centre for Wycheproof Families.

We wish everyone a safe and happy holiday vacation full of Easter delights.

Christine McKersie - Principal



SRC DRESS UP DAY

~ AUSSIE HERO ~

Friday, 27th March
(last day of term)



GOLD COIN DONATION - BUSHFIRE APPEAL -



280 Broadway
Ph: 5493 7455

Members of Wycheproof and District community are looking to mobilise an on-the-ground Community Response Team of volunteers in an effort to help those most vulnerable in our community during the COVID-19 State of Emergency.

The Response Team will be made up of a team of Central Organisers, who can be contacted to arrange the pick-up and delivery of pre-ordered essential items from local shops (such as Wycheproof IGA, Bakery on Broadway, Chalmer's Butchers and chemists), and Volunteer Couriers who will deliver the items to your front door.

A mail out will be delivered to all households soon with more information. In the interim, contact Wycheproof Community Resource Centre on (03) 5493 7455 between 9:00 am – 5:00 pm Monday to Friday.

If you are feeling overwhelmed by the current circumstances please know that you are not alone. If you do need to talk to someone or you know someone close to you is struggling, remember these services are available:

Lifeline	13 11 14	Kids Helpline	1800 55 1800
Beyond Blue	1300 22 4636	Parentline	13 22 89

Wycheproof P-12 College ~ "Be Your Best"

NCD
 *
TRIATHLON
 *
BOORT

Ten of our fittest and most determined students took on the challenge of participating in the annual NCD triathlon held at Boort last week. Eight of those ten kids completed the individual triathlon that was a 4km run, 12km cycle and a 300m swim. Then they backed it up by competing a stage each of the team triathlon which was a 4km run, 16km cycle and a 300m swim. Our intermediate boys' team consisting of Charlie Fawcett, Spencer Nicholls and Xavier McKersie took out the top spot in the intermediate age group and crossed the

line in 2nd overall for all teams which was an outstanding achievement from these boys. This was the only win for the day but Ella Sheahan was 2nd and Spencer Nicholls was 3rd in their respective individual races. Cameron Mens, James Ison and Joe Coles also claimed a 2nd in the senior teams' race so it was a successful day out for our school. Big thanks again to Noel Gretgrix for helping with marshalling and carting over equipment on the day and to Suzi Thompson for her fantastic photography work.



Hunter



Spencer



Ella



Ella, Kate & Taya



Joe, James & Cameron



RESULTS

INDIVIDUAL YEAR 9/10 MALE

- (winners time: 44.26)
- 3rd Spencer Nicholls - 45.43
- 4th Charlie Fawcett - 46.18
- 5th Joe Coles - 48.37
- 9th James Ison - 50.42
- 15th Hunter Connolly - 54.46
- 16th Xavier McKersie - 57.17

INDIVIDUAL YEAR 9/10 FEMALE

- (winners time: 49.18)
- 2nd Ella Sheahan - 50.19
- 6th Kate Thompson - 59.09

TEAM YR 9/10 MALE

- 1st 52.14
- Charlie Fawcett/Spencer Nicholls/Xavier McKersie

TEAM YR 9/10 FEMALE

- (winners time: 58.21)
- 4th Taya Bartram/Ella Sheahan/Kate Thompson - 1:03.27

TEAM YR 11/12 MALE

- 1st -52.00
- 2nd Cameron Mens/James Ison/Joe Coles - 55.05



Charlie



Joe



James



Kate



Xavier



INTERMEDIATE BOYS TEAM CHAMPIONS
C. Fawcett, X. McKersie, S. Nicholls

2020 NCD TRIATHLON TEAM

Back: K Thompson, N. Gretgrix (Staff), T Bartram, J Ison, C Mens, J Coles, E Sheahan, C. Duffy (coach), H Connolly

Front: C Fawcett, X McKersie, S Nicholls.

Josie Carrigg - 2020 Rotary Student Exchange Program



I have been in Sweden for almost 2 months. I'm currently living in a small village called Sundborn. Sundborn is famous because it is home to Sweden's most famous artist Carl Larsson. I go to school in a bigger town called Falun. In Falun there used to be a big copper mine. The mine is now closed but it is a world heritage site and a very big tourist attraction in the summer. They also have 2 big ski jumps which never get used. The red paint that they paint houses within Scandinavia originated here. I have already done some pretty amazing things. Like winter bathing. On my orientation week, myself and other exchange students went bathing in water that was about -7 degrees. It was freezing. I also went skiing in Norway to a place called Trysil with my school that was amazing the slopes were 10/10. My host family took me to visit the dalahäst which is a very big landmark in this region of Sweden. The Dalahäst is a carved horse that is painted bright red with details and a harness in white, green, yellow and blue. Sweden is very different from Australia and it has taken some time to get used to. When I first arrived the sun wouldn't come up until 9 am and then went down at 3 pm thankfully it is up longer now. In Sweden the sun never shines, I miss feeling the warmth of the sun on my skin. In Sweden, they also drive on the other side of the road. When I arrived I was not aware of this and I always went to sit in the driver's seat. I also often thought that cars were driverless when they drove past. Sweden is the most beautiful place I have ever been to. I'm surrounded by lakes and forests. It's so lush and green. It is currently very cold in Sweden. Last week it was -7 when I left for school my hair froze. I'm wondering what has happened to me because when I go outside now and it's 1 degree I don't find it cold anymore. The food here is a bit different from Australia it's very plain and they eat so many potatoes. I have tried lots of traditional Swedish food most of it has been nice apart from Caviar and fermented Herring which has to be the worst thing I have ever eaten and it smells so very bad. I find that I am becoming more open to trying new things that I would not normally have in Australia. My favourite place so far is the church in Sundborn. I think it is a very angelic place I have ever been to. It constantly takes my breath away. My host family are very nice and I like them a lot. I live in a traditional red house that is fully furnished by IKEA of course. My host family has a Dog named Mackan he is so adorable. I have started to play floorball which is basically street hockey. I like it a lot. The Swedish language is very different from English. When I first Arrived it sounded like they were just throwing sounds out of there mouths. Now it is getting easier and I can understand quite a bit of it. I often find myself replacing English words like and, food, I, me and good with Swedish ones. The biggest thing I love about Sweden is how environmentally conscious everyone is. Here there's no question whether climate change is real everyone just knows that it is and there government is actually taking proper steps to combat it. Swedes sort their rubbish into 8 different groups of rubbish so they can make sure that it is recycled or disposed of properly. At my school they also are running a big Model United Nations. Normally it would be with kids from all over the world but because of the coronavirus the other countries that would normally participate are not allowed to come so it will just be Swedish schools. I am a delegate from Canada. I think it's really great that we are getting taught about the United Nations because it is very important and also interesting. In 3 weeks I will be crossing the arctic circle to go very far up north to a place called Kiruna to see the northern lights, I'm so very excited about this. I very much encourage students to think about applying to go on a Rotary Youth Exchange because Financially it is the cheapest program but also because Rotary looks after you in both Australia and your Host Country. I know that if anything ever goes wrong I will always be taken care of. Rotary allows you to choose from a whole lot of countries like France, Germany, Switzerland, Finland, Taiwan, USA and many many more. You can apply if your in the years 9 to 12 but I recommend being a little bit older than 16 because moving away from everything you know for a year is very hard. If your thinking of applying or have any questions about it your more then welcome to email or message me my email is Josiec13@hotmail.com. I strongly recommend applying even if you don't get in you make friends and learn.

<https://ryea.org.au/>
Missing Wycheproof Dearly
Hey Du,

Josie



Highest achievers for the fortnight:-

CLASS	CLASS AVERAGE	HIGHEST STUDENT GROWTH	
Year 5	227%	Brayden Tony Lourdsnathan	433%
Year 6	188%	Jack Cowell	600%
Year 7	70%	Lily Humphreys	167%
Year 8	86%	Isabelle Mulquiny	267%
Year 9	106%	Dotty Carrigg	200%
Year 10	88%	Joe Coles	167%

Overall score

CLASS	CLASS AVERAGE	HIGHEST STUDENT GROWTH	
Year 5	152%	Brayden Tony Lourdsnathan	278%
Year 6	138%	Jack Cowell	333%
Year 7	60%	Lily Humphreys	167%
Year 8	81%	Isabelle Mulquiny	100%
Year 9	94%	Dotty Carrigg	189%
Year 10	92%	Taya Bartram	164%

**A student's percentage is a score reflection of how their growth is achieved. Eg. 148% = student is learning at the rate of 1.48 years. Parents and students are reminded that Maths Pathways can be accessed from any location.



Mathletics Hall of Fame

Prep - Yr 2

- | | |
|------------------|-----------|
| 1. Riley Beattie | 3,500 pts |
| 2. Connor McLeod | 3,300 pts |
| 3. Leah Crawford | 2,710 pts |

Year 3-4

- | | |
|-------------------|-----------|
| 1. Ever Harrison | 2,998 pts |
| 2. Morgan Beattie | 2,810 pts |
| 3. Gaivin Sandhu | 2,450 pts |

Year 5

1. Kiarah Browne

Year 6

1. Angus Cowell

MATHS MATE CHAMPIONS



- | | |
|-------|-----------------------------------|
| Yr 3 | Max Borchard |
| Yr 4 | Morgan Beattie & Priya Coatsworth |
| Yr 5 | Grace McKersie |
| Yr 6 | Libby Thompson |
| Yr 7 | Eliza MacDonald |
| Yr 8 | Paige Arnel |
| Yr 9 | Kate Thompson |
| Yr 10 | Joe Coles |

WINTER JACKET ORDER

Orders are now being taken for the school uniform Soft Shell Winter Jackets at the school office.

CHILD	10 - 14	\$73
ADULT	S - 3XL	\$79

Phenomenal! The only way to describe the efforts of all the students who competed at the Sandhurst Goldfields division swimming event. The students all swam well against some tough competition. Wycheproof had four podium finishes for the day and several swims that just missed out. They all represented our school well and should be proud of their individual and team efforts. Special thanks to Jan and Suzi for their tireless efforts at swimming training. Your efforts were well rewarded.



2020 PRIMARY SWIMMING TEAM



Back: Libby Thompson, Darcy Coles, Ollie Daykin, Max Fawcett.

Front: Lana Fawcett, Mitchell Coatsworth, Grace McKersie, Tessa Sheahan, Dakota Connolly.

Darcy Coles - 2nd
11 yo Boys 50m Freestyle



Lana Fawcett - 3rd
9/10 yo Girls 50m Breaststroke



<< Max Fawcett - 3rd
12/13 yo Boys 50m Breaststroke

RESULTS

2nd	Libby Thompson	12/13 y/o Girls 50m Breast
2nd	Darcy Coles	11 y/o Boys 50m Free
3rd	Max Fawcett	12/13 y/o Boys 50m Breast
3rd	Lana Fawcett	9/10 y/o Girls 50m Breast
4th	Ollie Daykin	12/13 y/o Boys 50m Free
4th	Darcy Coles	11 y/o Boys 50m Breast
4th	Dakota Connolly	11 y/o Girls 50m Breast
4th	Libby Thompson	12/13 y/o Girls 50m Back
4th	Ollie Daykin	12/13 y/o Boys 50m Back

9-13 yrs 4x50m girls medley relay team

12/13 yrs 4x50m boys freestyle relay team



Grace, Libby, Dakota, Tessa



Mitchell, Max, Ollie, Darcy



Grace, Tessa, Lana, Dakota



A quick stop at McDonalds on the way home



L. Thompson - 2nd
12/13 yo Girls 50m Breaststroke



SCHOOL SPORTS VICTORIA
PRIMARY
DIVISION MEET

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Shrek was awesome. The dragon looked so realistic, just like the movie. The dragons roar was so loud! At the start, Shrek nearly jumped off the stage. - Max Borchard Yr 3

I loved Shrek the Musical. Shrek was ugly. Fiona was my favourite character. The band were underneath the stage. - Calissa Buchanan Yr 3

I enjoyed the trip to the musical. I really don't know how they are so loud. It was amazing how Gingy moved, even his eyebrows and turned into a grumpy gingerbread. They all did an outstanding job and all deserve credit. The makeup was good, but frightening at the same time. - Priya Coatsworth Yr 4

The dragon looked so awesome when its eyes shut. It was so loud. Gingy was weird because of the way his mouth moved. I don't know how they got the mouth to move. - Mitchell Coatsworth Yr 4

I reckon, in the musical, the gingerbread man looked the most realistic. It was very, very loud! I didn't expect it to be like it was. - Desmond Polzin Yr 4



Desmond



Chevy, Morgan, Calissa - Gaivin & Priya (back)

Shrek was amazing! It was actually not as I expected. As soon as the lights went off my ears burst! But I loved the dancing and the costumes because they were bright and colourful. - Gaivin Sandhu Yr 4

Everything looked so realistic. It was amazing and the musical was completely different to the movie. - Morgan Beattie Yr 4



Daniel



Mason, Desmond



Gracie, Eabha, Eliza



Tessa, Lana, Libby, Dakota, Darcy

Year 1 / 2 Shrek responses
 My favourite part was when Shrek and Fiona kissed on stage. - Jewels Yr 1
 The funniest part was when the dragon sang a song. - Tyler Yr 2
 My favourite part was at the end because they were all together and sang a song. The funniest part was when Shrek farted because it was loud. - Chevy Yr 2
 My favourite part was when Shrek farted and when he jumped out of the book. - Mason Yr 1
 My favourite part was when Shrek jumped out the book. The funniest part was when Shrek farted. - Finbar Yr 2
 The funniest part was when Shrek jumped out of the book. - Riley Yr 1
 My favourite part was when Shrek was loud- when he growled at people. The funniest part was when Shrek farted. - Daniel Yr 1



Riley



Finbar

Shrek the musical

My favourite part was when Shrek and Princess Fiona got married. I loved when the dragon sang and when all the dancers danced at the end. - Olivia Yr 6

I loved it when the three blind mice were dancing and my favourite part was when donkey was singing. - Grace Yr 5

I liked it when at the start of the musical, Shrek jumped out of a book and started singing but my favourite part was during the intermission this guy came up to Tessa and I and said, 'Up high, brother!' and put his hand out for a high five. - Lana Yr 5

I was amazed at the sight of the theatre and I enjoyed seeing the live band play. The best part of the day was when Shrek had just found his home. - Lachlan Buchanan Yr 6

I liked it when Shrek found donkey and my favourite part of the musical was when Shrek had a funny look because they said Princess Fiona watched 'Married at First Sight'! - Locke Coles Yr 6

My favourite part was playing 'chores' on the bus and I loved it when we watched the musical. The best part of the day was going to Calder Park and getting a Subway cookie. - Ruby Yr 6

I loved it when Lord Farquaad walked out and he was so short and my favourite part was when Shrek and Princess Fiona had a farting competition! The best part of the day was when everyone was watching the play. - Ollie Yr 6

I loved the musical – it was amazing! I loved the funny parts of the play but the best part of the day was Lord Farquaad – he was incredible. - Hamish Yr 5

My favourite part was when they had a fart battle. I liked it when the people played the instruments but my favourite part of the play was the King telling Shrek to save the princess. - Mark Yr 6

My favourite part was when the dragon came out on stage and I liked it when Princess Fiona and Shrek had a competition. My favourite part, though, was when we got to Melbourne. - Tessa Yr 5

My favourite part of the musical was when the dragon appeared and I also liked it when the donkey came out of nowhere. The best part of the day was the trip home. - Kiarah Yr 5

The trip on the way back was fun and was my favourite part. I loved it when Lord Farquaad came on to stage because he was on his knees. The best part of the day was when we went to Calder Park. - Libby Yr 6

My favourite part was going to see Shrek and probably the bus trip. I loved it how there were lots of dancers. - Dakota Yr 5

The best part of the day was watching the musical – I loved the whole thing! The best part was when the donkey met Shrek. - Darcy Yr 5



CAREER NEWS

From NCLLEN



THE ADF GAP YEAR 2021 APPLICATIONS ARE NOW OPEN.



Get an exciting 12-month taste of life in the Navy, Army or Air Force, and enjoy full job training, meaningful work and memorable experiences – plus much more.

For further information go to:

<https://www.defencejobs.gov.au/students-and-education/gap-year/?page=1&perPage=21&query=>

ADF Work Experience

The Australian Defence Work Experience Program provides opportunities for young people who have an interest in a Defence career to gain exposure to job roles that are available in the Australian Defence Force and Australian Public Service. Work experience opportunities are available for both secondary and tertiary students. Students participating in Defence work experience placements must be at least 15 years of age at the time of the placement. For further information visit:

www.defence.gov.au/workexperience/

Work Experience Bureau of Meteorology

As Australia's national weather, climate, ocean and water agency, we offer students the opportunity to gain first-hand experience in our core weather and science services.

Our work experience program aims to give opportunities to:

- Gain insight and experience into Bureau's everyday work, providing reliable and responsive weather, climate and ocean services for Australia
- Enquire about the type of work being undertaken at Bureau of Meteorology
- Demonstrate the wide variety of interesting careers available within the Bureau of Meteorology; especially STEM disciplines
- Gain essential work experience and/or skills
- Explore your interests
- Align school studies with career aspirations

Visit <http://www.bom.gov.au/careers/work-experience/>

DEAKIN STEP ON CAMPUS TOURS

Get a sneak peek into life at Deakin with a tailored campus tour. It's a great way for you and your family to explore our state-of-the-art facilities, while learning more about the courses you're interested in.

Led by current students, the 45-minute group tours are a fun and informal introduction to uni life. You'll learn about the different study options on offer and how to make the best transition into university. There'll also be plenty of opportunities to ask questions during and after the tour. Key dates are April 1 – April 9

<https://www.deakin.edu.au/about-deakin/events/step-on-campus>



Spencer Nicholls & Cian Polzin recently completed training and obtained their Construction Induction Card - Work Safely in the Construction Industry, at the NCTTC in Charlton. This unit of competency provides a basic introduction to OH & S in order to work safely in the construction industry.



Yr 7/8 Camp Queenscliff



Demi, William, Keely



Whitney, Eabha, Savannah



Demi, Sharna, Paige, Keely, Mason, Jacob

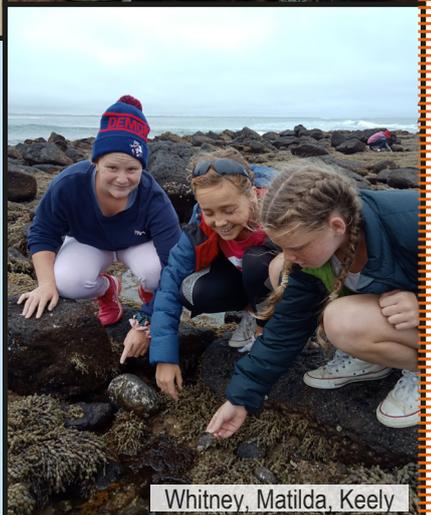


Keely, William, Matilda, Paige, Eliza



Mason

7/8 Camp 2020 was an incredible camp to Queenscliff this year. Our favourite activities were the maze, mini golf and the beach. We had amazing modern style cabins and games on site such as: jumping pillow, pool and chess. While we were at the beach, we enjoyed waves, fish and chips and friendly seagulls. Stand up paddle boarding was challenging and fun. Will Ison fell in three times and Paige, Savannah and Eabha all did backbends and handstands on the board while the rest were relaxing or racing. Overall it was a great trip and we look forward to our next!



Whitney, Matilda, Keely



Eabha, Jacob



Paige, Matilda, Lily, Whitney

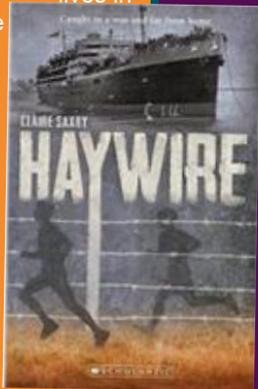


HOT READS IN THE LIBRARY



by Claire Saxby

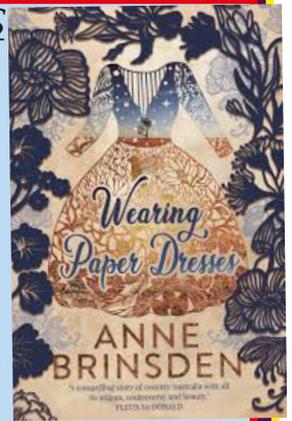
In 1939, 14-year-old Tom Hay where his family runs the local bakery. Max Gruber is nearly fourteen-years-old. He is sent to his Uncle Ferdy in London, but is then interred as an 'enemy alien' and shipped to Australia aboard the Dunera. He arrives in Hay and meets Tom. The two boys become friends and find their lives and their friendship influenced by a far-away conflict in Europe. Good story for any age.



WEARING PAPER DRESSES

by Anne Brinsden

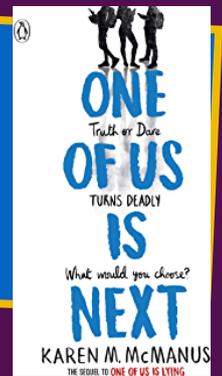
Set in the Australian Outback in Victoria in the 1950's the story follows two sisters and their parents. whose time living in the city is cut short, when their Father has to move them all back to the red, dusty outback of the Mallee. However, living in the Mallee causes their mother to have nervous breakdowns and makes her mental health spiral out of control. We follow along the story from the daughter Marjorie's point of view and we get to see how she has to deal with having a mother who isn't stable and how her and her sister, Ruby, have to stick by one another throughout these difficult years. A good read for secondary students.



ONE OF US IS NEXT

by Karen McManus

The highly anticipated sequel to the bestselling thriller 'One of Us Is Lying! There's a new mystery to solve at Bayview High, and there's a whole new set of rules. If you enjoyed 'One of us is Lying' then make sure you read 'One of us is next'.



LONG DISTANCE PLAYLIST

by Tara Eglington

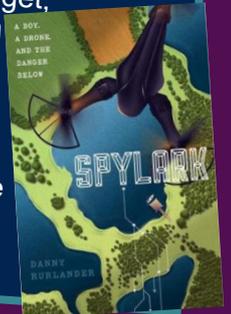
A story of independence, battling adversity and following your heart and dreams. Teenagers Isolde, a ballerina hoping to attend the National Ballet School and Taylor, a snowboarder heading for the Olympics, used to be best friends until they had a big fight. After not talking for 18 months, they reconnect when Taylor helps Isolde get through a break up. Through emails, DM's and playlists, the two bond over their hardships and their friendship slowly becomes something more. Recommended upper primary.



SPYLARK

by Danny Rurlander

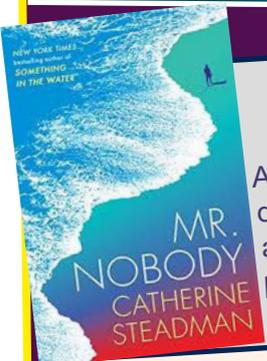
Tom has had some difficulties in his life since the loss of his father and his debilitating injury he has lived with his great-Aunt in the Lake District in the UK. He has thrown himself into creating his drone technology. When his drone views some potential terrorist activity, with the Queen as the target, he must rely on and learn to trust his new friends. This novel will appeal to a wide range of readers - there is the appeal of spying, mystery, suspense and adventure, and drone and weapon technology. Suitable for 9+



MR NOBODY

by CATHERINE STEADMAN

A psychiatrist treating a man with no memory discovers that her patient knows far more about her past than his own in a gripping psychological thriller. Secondary students



Eleanor Oliphant is completely fine

by Gail Honeyman

Eleanor is, a character that grew on me the more I read. She has had a scarred childhood, though we don't learn exactly what happened until later in the story, she wears the evidence on her face. Raised in a series of Foster homes, then given an apartment by social services who still check on her even though she is now thirty. She has few social skills, is very matter of fact, has no friends, few filters and has a schedule that she keeps to, a job she likes and insists she is fine. Until a crush with a musician and an IT guy named Raymond derails her schedule and her life. A really good read ideal for upper secondary students



Talking to children about COVID19

It has been non-stop with information and updates on the novel coronavirus (COVID19) and some of this can be confusing for all of us. It can be frightening for children seeing parents worried and hearing that their activities are cancelled and even the possibility of not going to school.

Children may ask tricky questions and it is important to provide essential, accurate information. Ask what do they know already and listen to the answer. Answer questions in a matter-of-fact way; they don't need too many details to fire their imagination.

Questions and answers could be something like this from Dr Jacqueline Sperling at the Harvard Health Blog: **What is the new coronavirus?** The new coronavirus is a germ that can make people feel sick, like they have a cold or flu. Remember how that can make you feel? Some people may get a little sick but some people can get a high temperature and cough so much it can make it hard to breathe.

How do you catch this coronavirus? The virus spreads like the flu or a cold. The germs are in sneezes or coughs, because sneezes and coughs can send tiny drops carrying germs into the air. Those germs can get into another person's body when they touch their mouth or eyes, or when they breathe in those germs through their nose or their mouth.

Emphasise ways to avoid getting any virus, wash hands with soap and water: before eating, after going to the toilet and after coughing or sneezing. Try not to touch your eyes, nose or mouth. Cover your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow. Continue healthy habits: exercise, drink water and get plenty of sleep. *For anyone who smokes; now is the time to quit. Call the Quitline 137 848, it is believed that smokers are at a high risk of developing a severe COVID19 illness.*

Why are some people wearing masks? Should I wear a mask? Masks may be worn by people who are sick so that they don't share germs. There are special masks for doctors and nurses to wear so

they can help people who have the virus. You do not need to wear a mask

Can you die from the new coronavirus? Most people who have caught the virus have not died, just like with the flu. Some people who are very old or very sick have died but doctors and nurses are working hard to look after anyone who is sick and to help everyone in need to keep the virus from spreading.

For more facts see the WHO Myth Busters page <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

Some other tips: *Limit news exposure on the new coronavirus.* While it can be helpful by keeping everyone informed, sometimes stories in the media can be alarming and talk about things in a way to make us worried and scared. Limit TV news to when small children are asleep, or read the news independently so that children do not hear the stories.

Keep an eye out for reassurance seeking. It is natural for a child to ask questions. But if a they are overly anxious they may be asking similar questions all of the time and the level of anxiety increasing despite receiving a consistent answer. This is *reassurance seeking behaviour*. If you notice this then seek support from Parentline 132289 or Kids Helpline 1800 55 1800 or for older children contact headspace.

As we are coming into flu season many people may just develop a cold or flu and so remember that the seasonal flu vaccine will be available in April. There is also a lot of information about keeping a social distance and that includes kissing; while shaking hands is optional.

The last points for everyone:

If you feel unwell stay at home.

If you take medication ensure you have adequate supplies, particularly if you need to use asthma inhalers.

Phone your GP first if you need medical attention and the doctor will advise you what to do.

Remember if you have the COVID19 test it can take around 2 weeks at present to get the result (due to a backlog in pathology labs) and while waiting you will need to isolate yourself at home until you know the result.



Ms Yap came to Adelaide and we had a beautiful dinner together yesterday. I introduced my boyfriend (the man on the far left in the photo) to her and her family. We had spent a nice evening talking much about Chinese classes in Wyche and Charlton. I felt that kids are growing up so fast. Time flies!

I have just started my second semester at UniSA. Btw, I was lucky to pass the Literacy and Numeracy Test recently. I hope my future study and placement will go well.

I wish you all a very good Easter holiday after the 1st term.

Regards Muye



NOTICES HOME

Prep - Yr 12

Re: Information in the event of COVID 19 closure of school & work which can be completed from home should this happen.
From - Yr level teachers.

~***~



WEEK

8



R. Beattie (P/1/2), E. Harrison (3/4)
A. Cowell (5/6), M Fawcett (5/6)



WYCHEPROOF COMMUNITY RESOURCE CENTRE (280 BROADWAY / PH 5493 7455):

COVID-19 STATE OF EMERGENCY: For the most vulnerable members of our community, to arrange the pick-up and delivery of **PRE-ORDERED ESSENTIAL ITEMS** from local shops, by Volunteer Couriers to your front door contact WCRC - 5493 7455 (9am-5pm, Mon - Fri)

YOGA - WITH AVERYLL LOFT: 7 - 7:45am, Tuesdays, (Mar 10 - April 14), Wycheproof Shire Hall Supper Room, Cost \$14/session or \$60 for 6 week block (Seniors- \$10/session or \$40 for 6 week block) Free light, healthy breakfast at the first & last sessions. Enquiries/registration WCRC.

CALENDARS: **1/2 price** \$10 each. Includes lots of terrific scenic pics, local annual events with local identities.

WYCHEPROOF NARRAPORT FOOTBALL, NETBALL & HOCKEY CLUBS: ALL training is **CANCELLED** until further notice.



Wishing everyone a
SAFE & HAPPY EASTER



Wycheproof P-12 College ~ "Be Your Best"