

Tin Town Tales

Emmaville Central School & Community News

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Issue 14

Tuesday 22 September 2020

Term 3 Week 10

As this is the last week of Term 3, I would like to congratulate all staff and students on their work this term, and I am sure all will be looking forward to a well earned break. Just a reminder that school resumes for students and staff on Monday 12th October.

Year 12

To our amazing Year 12, who are in their final weeks of school, we wish you a safe and productive holiday where you can master your knowledge of your subjects and be ready for your upcoming exams. This year the HSC exams have been moved back one week, so students are expected to be at school until Monday 19th October. My advice to Year 12 is work hard at your studies over the next few weeks. It is not too late to master a concept, and I am sure you will be rewarded for your extra efforts.

Royal Far West Visit

Last week the school was visited by Royal Far West Clinicians as part of the Bush Fire Recovery Program. During the week the Royal Far West team worked with students doing a program called Stormbirds. They also presented a very interesting presentation to staff on the impacts of trauma, both short term and long term, on student learning. Royal Far West in conjunction with HP have also donated eight laptops to the school, so that ongoing telehealth appointments can happen with Royal Far West clinicians and medical staff. Many thanks to the team for all their hard work, especially as they all had to self isolate for two weeks prior to their visit.

Breakfast Club donation

The Glen Innes Leo's club, a group of teenagers from Glen Innes, who volunteer and raise money to support our communities have provided the school with a \$100 donation. This will be used to assist with the costs of Breakfast Club, so every student has the opportunity to have breakfast every day at school. Our thanks to the Leo club for this outstanding donation

SECONDARY NEWS

A very different term draws to a close this week. Restrictions relating to Covid continue to change, as does the situation, and I would like to commend our students for being so flexible and responsible in ensuring we meet all hygiene requirements.

It is wonderful to hear that we are now able to have a school formal to recognise our Year 12 students, although it will be a very different event this year, we are working hard to ensure that we can still make it special for our graduates. Year 12 students attend school until Monday 19th October 2020.

Stage 5 Food Tech

Students in stage 5 Food Tech have been doing amazing work- their presentation of late has been outstanding. Last week they made 'Buddah Bowls' which were a nutritious meal. You might like to try them at home!

EGG BUDDAH BOWL

INGREDIENTS:

SERVES 4

- 600g piece pumpkin, deseeded, peeled, cut into 2cm cubes
- Olive oil cooking spray
- 1 small red onion, thinly sliced

- 1/4 cup white wine vinegar
- 1 cup quinoa
- 1 bunch broccolini, trimmed
- 4 eggs
- 1 large carrot, finely shredded
- 1 large red beetroot, peeled, grated
- 1 large avocado, sliced

Dressing:

- 1/3 cup vegetable oil
- 2 tbs rice wine vinegar
- 2 tsp sesame oil
- 2 tsp honey
- 1/2-1 tsp wasabi or chilli flakes



METHOD:

1. Preheat oven to 200°C. Line a baking tray with baking paper. Spread pumpkin onto tray and spray with olive oil. Season with salt and pepper. Roast pumpkin for 20 minutes or until tender. Cool. Place onion and vinegar into a bowl and stand for 20 minutes. Drain well
2. Put 3 cups water into a saucepan and bring to the boil. Add quinoa, cover and reduce heat to medium low. Simmer for 10-15 minutes or until quinoa is tender. Drain and rinse under cold water. Drain well
3. Bring a medium saucepan of water to the boil. Add broccolini and cook for 1 minute or until just tender. Remove with tongs. Return water to the boil. Add eggs and cook for 7 minutes. Drain
4. To make dressing whisk oil, vinegar, sesame oil, honey and wasabi in a jug. Season with salt and white pepper
5. Spoon quinoa into shallow bowls. Add pumpkin, red onion, broccolini, carrot, beetroot and avocado. Drizzle dressing over bowl. Peel eggs, cut in half and place on top of bowls. Serve.

I hope everyone has a safe and happy break- can't wait to see everyone in Term 4!

Miss Rebecca Grant

Head Teacher- Secondary Studies.



Kindergarten 2021

Kindergarten teacher, Miss Sarah Lanz, has been busy contacting parents and carers of our 2021 Kindergarten enrolments. With current restrictions in place, our Kindy Orientation cannot be conducted just yet. A virtual tour of our school is on the agenda.

Social Media and Cybersafety

Over the past weeks, a message regarding social media and cybersafety has been stressed to all students. Parents and carers should pay particular attention to the age restrictions to open an account with Facebook, Twitter, Instagram, Pinterest, Tik Tok, Snapchat and YouTube. The Deputy Secretary of the Department of Education also notified that the eSafety Commissioner is aware of distressing reports about a video of a suicide circulating social media platforms. eSafety has contacted social media companies about the reports and will continue working with them to monitor the situation.

I strongly recommend keeping your children offline and off social media (including Facebook, Twitter, Instagram and Tik Tok) for the next couple of days if possible, and heavily supervise all social media interactions until the content of concern has been removed. I encourage anyone who may be at risk or experiencing emotional distress, including worried family and friends, to contact one of the following services:

- ♣ Kids Helpline. 1800 55 1800. Phone support is there all day, every day. Online support is open from 8am-midnight every day (AEST).
- ♣ Suicide Callback Service. 1300 659 467. Phone support all day, every day, and follow-up calls.
- ♣ eHeadspace. 1800 650 890. Open 9am-1am daily (AEST).
- ♣ Lifeline. 13 11 14. Phone support all day, every day. Online support 7pm-4am daily (AEST).
- ♣ Beyondblue. 1300 22 4636. Phone support all day, every day. Online support 3pm-midnight every day.

Stormbirds Program

Last week, Royal Far West came to our school to engage students in Year 4-6 to look at the importance of dealing with stressful situations, in particular the bushfires, drought and COVID-19. I would like to extend a huge thank you to Louise, Amanda and Eleanor for travelling such a long way and getting to know our students.





→ Year 3 Check-in tests in Reading and Numeracy will take place on Thursday 24 September with Mr Rodwell.

- Please remember to bring your water bottle to fill with filtered water at school. Our bubblers are still not operating due to COVID-19.
- At this stage, the excursion is still going ahead next term. Payments can be made via the school website – click on the 'make a payment' link.

Have a safe and happy holiday break. Looking forward to seeing everyone again next term.
Mrs Rebecca Sullivan
Assistant Principal



Glen Innes & District Community Centre

Phone 6732 1682

Email projects@gleninnescommunitycentre.org.au

Glen Innes & District Community Centre will now be operating an outreach centre at
Emmaville Memorial Hall every 2nd Tuesday from 11am – 3pm.
Commencing 29 September 2020

They offer access to information on a range of services including Bushfire Recovery & Drought relief.

- Power and phone bill assistance available on the day.

Tackling the topic of suicide with your child

A guide to having the conversation

Talking to your children about their mental health when you suspect there is an issue can be a challenging task for any parent.

You may have noticed your child's behaviour change and they've become more withdrawn. Preparation is key before asking them how they are feeling.

Parents should not be afraid to use the word 'suicide' or use terms like 'thoughts of death' or 'being better off dead' when talking to their child who they suspect is struggling with their mental health.

There is no evidence to suggest that they will put the idea in their heads which is often a concern for parents. Research has shown that acknowledging and talking about suicide may in fact reduce, rather than increase, suicide risk.

Asking is much safer than not asking or not asking directly enough.

Preparing yourself for the responses you might get are just as important as the preparation to ensure your child opens up to you and trusts you to help. Parents should be prepared if their child does admit to having suicidal thoughts and to respond with empathy. It is not their job to try and fix the problem for their child.

Allowing the child to be heard is really important.

There are ways to prepare to ensure you get the most out of the opportunity to talk to your child.

Things to think about before approaching your child

1. Time and location

Choose a private, comfortable place, with enough time.

Don't do it during a family mealtime, or late in the day when they are tired. Instead find a time when it's just the two of you and you can talk as long as you need without having to rush off. Health anxiety is fuelled by your perceptions of your risk of harm.

2. Start the conversation

If you are stuck with how to start the conversation, mention the change in behaviour you've noticed and add something positive, for example, 'I know you're usually so cheerful and lately I've noticed that this has changed. I just want to make sure that everything is going okay with you.'

Encourage them to talk by using open-ended questions like, 'What can you tell me about it?'

If they're reluctant to talk, ask more questions or agree to speak again at another time.

3. Listen and understand

Listen actively and allow them to talk. Don't interrupt or offer advice straight away.

Avoid the temptation to fill the silences.

When appropriate, reflect on some of what you've heard to show you understand.



**Black Dog
Institute**

4. Encourage help-seeking

Encourage your child to seek help by asking them what they feel comfortable doing.

Are they ready to talk to a GP for a referral to a clinician? Would they rather look at digital support?

Help them decide on the first step towards a solution.

Offer your practical support at this stage. Discuss what you can do to help towards a solution.

5. Finish the conversation

Tell them you will find the support they have asked for and that you will be by their side as they seek support.

Arrange a time to check-in again in the not-so-distant future. This can become a regular catch up if needed.

Make sure you follow up on the ideas you came up with together – even if things change, it's good for your child to know you are true to your word.

Helpful resources and online resources

Kids Helpline | 1800 55 1800

kidshelpline.com.au

Beyondblue | 1300 22 4636

beyondblue.org.au/get-support/national-help-lines-and-websites

eHeadspace

headspace.org.au/eheadspace

Brave online

brave-online.com



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