

Connection

Semester 1, 2020

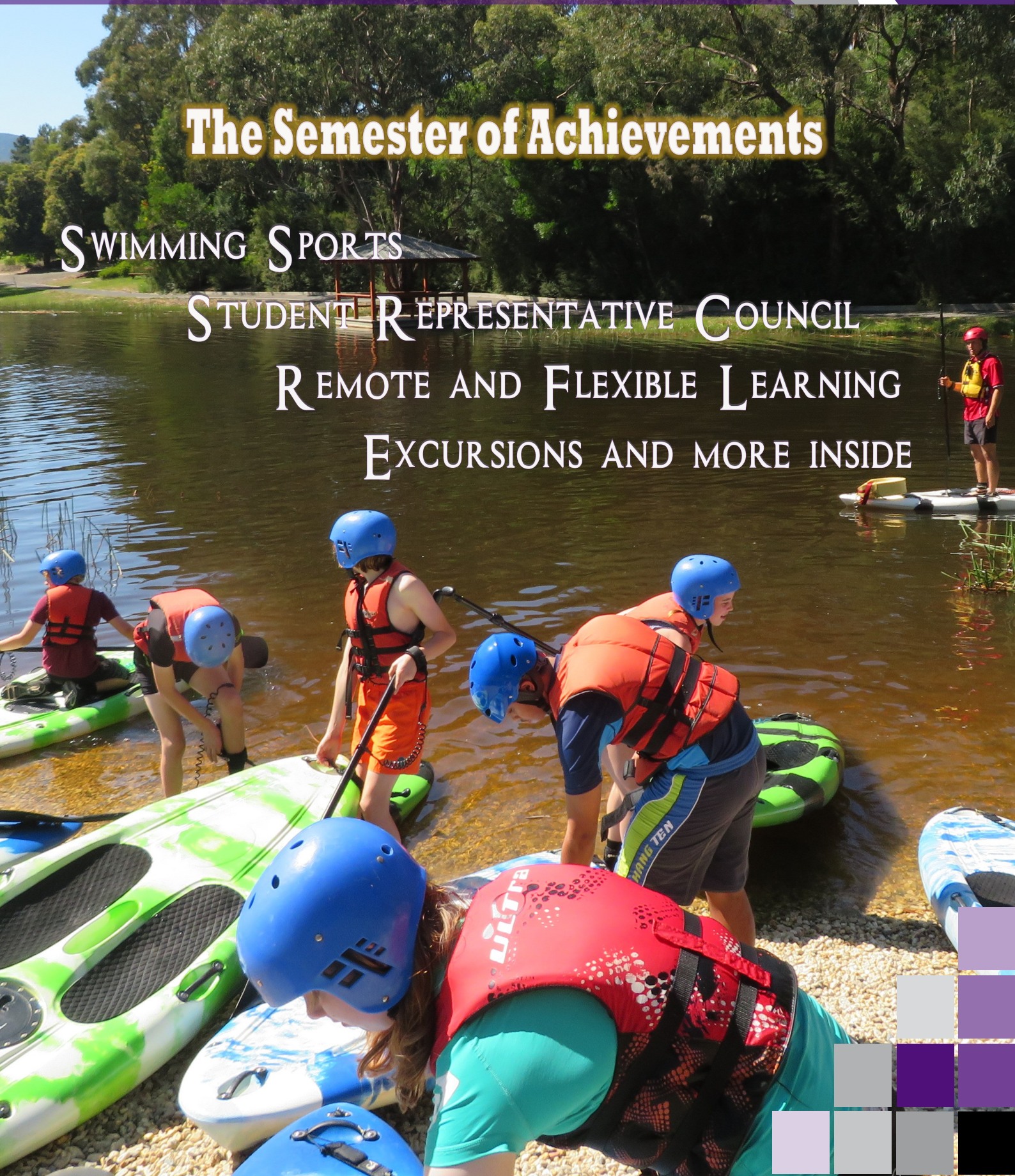
The Semester of Achievements

SWIMMING SPORTS

STUDENT REPRESENTATIVE COUNCIL

REMOTE AND FLEXIBLE LEARNING

EXCURSIONS AND MORE INSIDE



As the Acting Principal of Echuca College, it has been my pleasure to oversee such a great start to the year. Our College Magazine is a highlight of each term and, in spite of the challenges we face, it is important we celebrate the great achievements of our students through this publication. This magazine is being produced digitally for Term 1 so all members of the community can still get access to it.



Our enrolments continue to grow from the numbers we had in 2019 and work around the college has continued to develop with the goal of providing more learning spaces for our students. The refurbishment of our new Stem (Science, Technology, Engineering and Maths) room commenced and will be completed in several stages over the course of the year. Towards the end of the term we faced, and continue to face the unprecedented challenge of COVID-19. While finishing the term early was unfortunate, it was a decision made in the best interests of all members of the college community. With the transition to online, remote learning in Term 2, there are many challenges ahead which we will face together for the benefit of our students.

Term 1 commenced with a whole staff training day, which was the final day of our Berry Street Professional Development. Berry Street specialises in strategies to address student needs for healing, growth, and achievement. We also welcomed a range of new staff to the college to replace staff who have retired or moved on to other opportunities, and to meet the needs of our growing cohort. Our Year 7 students have settled in well and 130 of them attend the 3-day camp at Adanac in Gippsland halfway through the term. They were fortunate to be able to attend the camp as it was one of the last overnight activities prior to the shut down.

At the end of 2019 we elected our College Captains, Dana Lluz and Rhys Watson and our Vice Captains, Jones Anderson and Nurul Sanif as well as our House Leaders. In Term 1 this year we called for nominations among students willing to participate in our Student Representative Council (SRC). We have strong representation in all year levels across the college and look forward to seeing what this highly motivated group of students can achieve this year. Our Beacon Leaders were also announced after an extensive interview process. We had 12 applicants for 6 positions and the panel agreed we could have had all 12 had the program allowed for it. The Beacon Breakfast gave all 6 new leaders an opportunity to speak publicly in front of a large group of school and community leaders. The students, James Gadsden, Harrison McClay, Ethan Dryburgh, Georgina Scurrah, Sara McPherson and Ashka Foley will lead a range of events facilitated by Beacon throughout the year. The learning of our staff continues through the development of Professional Learning Communities (PLCs) which are now embedded across the school.

At Echuca College we are proud to celebrate the achievements of all students. Each year students at Echuca College have many opportunities to participate in extra-curricular activities. We encourage all students to put their hands up and step outside their comfort zones to try new things. In 2019, Echuca College had many successes on the sporting fields and in the academic fields. We have started 2020 in similar fashion winning the inter-school swimming sports. We also had three students participate in the Lions Youth of the Year award. Kaitlyn Bulmer, Rhys Watson and Nurul Sanif represented the college proudly and although they did not win, they gained some valuable experience across a range of areas. They were required to attend an interview, complete two impromptu speeches, and deliver a five minute prepared speech.

As we reached the end of Term 1, work commenced to plan our annual Discovery Night. The evening is a great opportunity to celebrate what is great about Echuca College. The night is usually very well supported by our teachers and educational support staff who attend and who add to the quality of the discussions with parents and students. Unfortunately, due to the emerging COVID-19 situation, it needed to be postponed but we are looking at alternate ways we can conduct this important college event.

I encourage you all to stay safe and take care of each other in these difficult times.

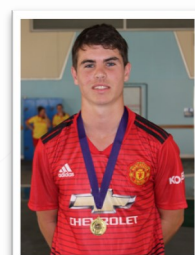
Simon Wood - Acting Principal

House Swimming

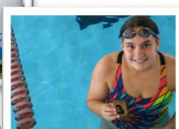
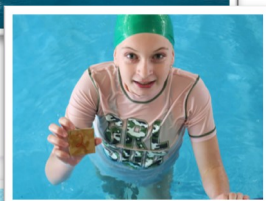
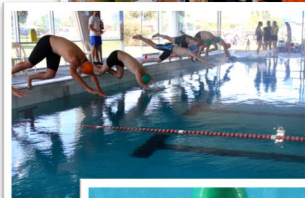
Echuca College Swimming Sports were on Wednesday 12 February. Perricoota took the honours at the House Swimming Sports over Wharparilla with Kanyapella in third place. Lara Judd, Wharparilla, again stole the show breaking four records despite not having starting blocks. Aaron Fleisher from Dhungala also broke two records. Kanyapella won the House Spirit award.



Congratulation to all students who actively participated throughout the day and displayed **Echuca College Pride**



Echuca College Swimming Carnival 2020



Perricoota			Total point : 575.0				
	13 Yr	14 Yr	15 Yr	16 Yr	17 Yr	20 Yr	
Male	39.0	90.0	37.0	67.0	60.0	120.0	413.0
Female	5.0	78.0	0.0	0.0	45.0	34.0	162.0
Total	44.0	168.0	37.0	67.0	105.0	154.0	575.0
Wharparila			Total point : 389.0				
	13 Yr	14 Yr	15 Yr	16 Yr	17 Yr	20 Yr	
Male	29.0	28.0	0.0	10.0	38.0	34.0	139.0
Female	20.0	40.0	0.0	60.0	0.0	130.0	250.0
Total	49.0	68.0	0.0	70.0	38.0	164.0	389.0
Kanyapella			Total point : 229.0				
	13 Yr	14 Yr	15 Yr	16 Yr	17 Yr	18 Yr	
Male	42.0	3.0	0.0	8.0	0.0	6.0	59.0
Female	87.0	28.0	0.0	16.0	0.0	39.0	170.0
Total	129.0	31.0	0.0	24.0	0.0	45.0	229.0
Moirra			Total point : 231.0				
	13 Yr	14 Yr	15 Yr	16 Yr	17 Yr	18 Yr	
Male	21.0	12.0	60.0	10.0	23.0	32.0	158.0
Female	2.0	14.0	0.0	10.0	29.0	0.0	55.0
Total	23.0	26.0	60.0	20.0	52.0	32.0	213.0
Dhungala			Total point : 170.0				
	13 Yr	14 Yr	15 Yr	16 Yr	17 Yr	18 Yr	
Male	3.0	22.0	10.0	63.0	6.0	33.0	137.0
Female	8.0	10.0	0.0	8.0	3.0	4.0	33.0
Total	11.0	32.0	10.0	71.0	9.0	37.0	170.0

12th of February 2020

Campaspe Swimming

GIMME 5 that's 5 in a row at the Inter-School Swimming Sports taking out the coveted overall trophy! Congratulation to Aaron Fleischer and Lara Judd on their respective record swims. Shout out to Lara, Zac Ross, Amelia Reid and Emma Judd on their age champion wins!

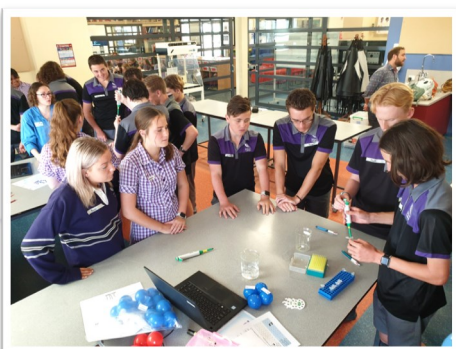
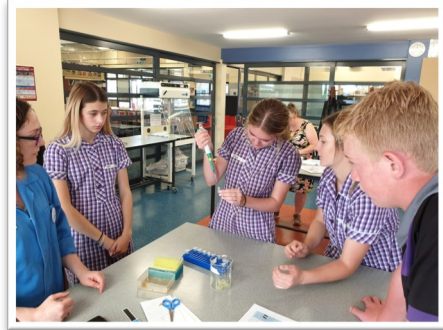




GTAC @ EC

Echuca College

has been lucky enough to host the Gene Technology Access Centre aka GTAC. Our Year 9 Advanced Science and VCE Biology students were lucky enough to participate in several hands on, practical tasks exposing them to new techniques and research methods. Many thanks to the fun, engaging and knowledgeable staff .



Lunchtime Activities



In Term 1 we commenced our lunchtime activities program at Echuca College. On the oval Mr Briggs runs a game of American Touch Football. We started with groups of 5 aside but by the end there were many more playing and even more spectators.

The inside activity at the same time was led by Mr Phillips who showcased a 'best of' highlights reel from the NBA. There were indoor and outdoor activity every lunchtime of the week throughout term. We welcome all students to demonstrate Echuca College PRIDE by participating in a positive way through these activities.

CFA Presentation

During Home Group today, staff and students were lucky enough to hear from career firefighter Commander Luke Waterson, Bamawm Extension CFA Captain George Calleja, Echuca Junior CFA firefighters Daniel Phyland, Georgia O'Callaghan and Jordan Simpson. The College heard about Luke & George's



day to day life in their CFA roles and their involvement over the summer's bushfires. Students wishing to get involved in their local CFA brigade are encouraged to see their House Leaders. Thank you for promoting the CFA and supporting our semester focus.

Gaga Ball—Tute



During Home Group in Term 1 all classes ‘volunteered’ a Tribute to represent them in a secret competition this week it was gagaball *Congratulation* to Rory Van der Zand from Wharparilla who earned the prize for his home group. Challenges happened each week throughout the term.

Smoking Ceremony

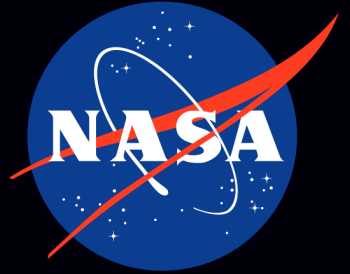


Uncle Rick Ronnan conducted a traditional smoking ceremony which is used as a cleansing ritual and to awaken the spirits of the land to ensure guidance and a successful 2020 for our students and staff.

Thanks Uncle Rick!



THE JOURNEY TO



The journey to NASA began in May 2018. Twenty five brave and ambitious students put up their hands to be part of a trip to America in December 2019. Lots of working part time jobs, saving money, completing jobs around the house, meetings of excited students at school and eager parents happened before the trip could go ahead.



Fast forward to December 2019, the impossible became possible and we all headed to Melbourne Airport. We were met by staff from Educational World



the G'day Space Students were



In preparation for the trip students took part in a teleconference with Tom Nolan from NASA. Tom spoke about the work he does with NASA and the opportunities available to young people today in the STEM field. He discussed how Earth appears from the 20 space stations sent up by NASA as well as fielding questions from the students. Tom referred to the idea that "impossible is only temporary." Our knowledge and problem solving abilities combine to help answer questions that were previously thought impossible.

Students were NASA ready

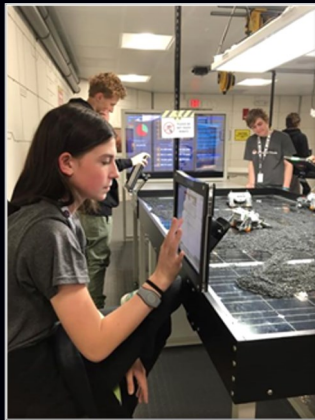


DAY 01

Today was such an amazing day! We were able to test our knowledge and skill, yet also learn a bucket load about the NASA organisation. We were divided into three different groups, and what felt like a battle to the death, to be the BEST team, turned out to be a fun and informing day. From saving your space craft from disaster, to planting and harvesting plants for space, the NASA employees took immense care of us and made sure we all felt comfortable. I couldn't have asked for a better



ONCE WE ARRIVED IN ORLANDO OUR SPACE ADVENTURE BEGAN



DAY 02

"Today, we visited Kennedy space centre to go and do the astronaut training which included, virtual reality, micro gravity chairs, launch experience and a mars rover simulation. Some of us came out from Lander/Rover simulator pumping with adrenaline – others were pale and shaking! Whilst at the Kennedy space centre we also got to enjoy a bus tour of the facilities launch pads and museum, this included a magnificent view of the spacecraft Saturn 5, the very rocket used to get to the moon and the 150 metre tall building it was assembled in."



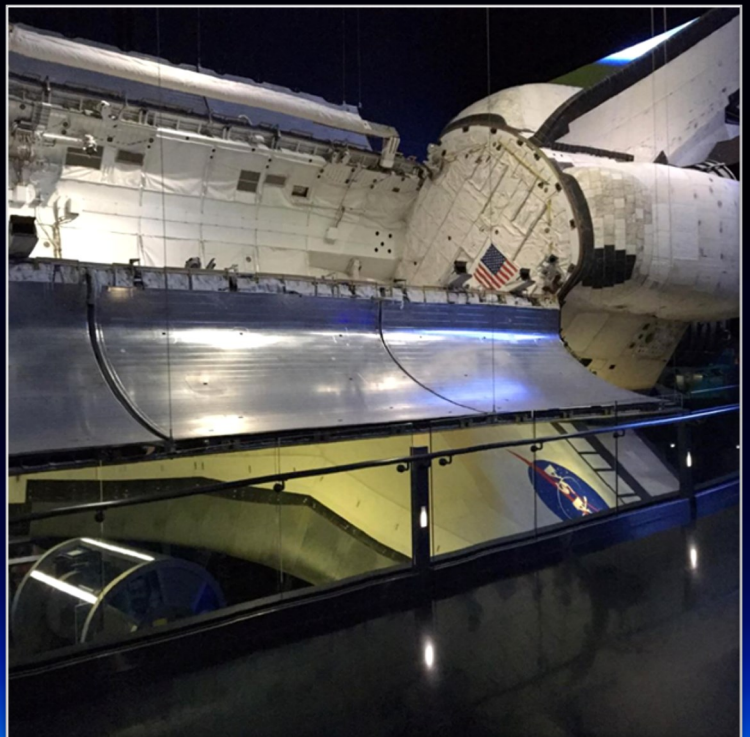


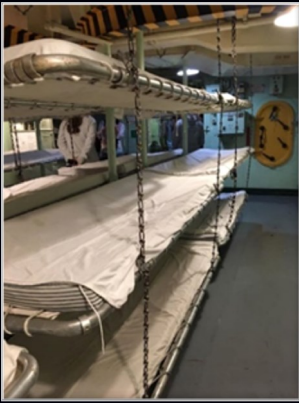
Our Astronaut training was now complete as we had finished a number of collaborating problem-solving activities and assisted with NASA research.



DAY 03

We went back to NASA and did some of the other activities around the park. These included the space shuttle simulator, Apollo 11 iMax theatre, Hall of Fame and viewing Atlantis. We then had lunch with a real astronaut -Don Thomas. Don spoke about how he'd been on 4 shuttle missions and he shared many personal stories. On one mission he had to repair a satellite. Don also told us that on his 3rd mission he brought pizza up in his pocket for lunch. After a group photo with Don some people finished their NASA experience with a bit more light shopping at the gift store. We then headed to the airport and 5 hours later we arrived at San Francisco. We got to the new hotel and settled in for the night. Most of us left Kennedy Space Centre wishing we had more time there





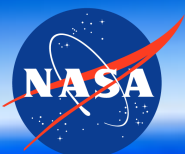
DAY 04

Today we had an amazing tour of the JSS HORNET learning about its historical and technical advancements for its time. Afterwards we drove to the Golden Gate Bridge. Even though it was wet and fog was clouding the view as we walked across the bridge, it was an impressive sight."



DAY 05

"Today we went to Knott's Berry Farm, one of the first theme park's in the US. We went on a tour called "Energy in Motion". We learned about basics physics concepts such as Newton's Three Laws of motion, centripetal and centrifugal forces and energy conservation. As we learned about these concepts we got a chance to test them out on actual roller coasters such as 'xcellerator' 'the silver bullet' 'supreme scream' and many others. Once the tour ended we got a chance to explore the park for ourselves and ride the parks heavy weights like 'hang time' and 'ghost rider'. After tea we went back for more rides.



DAY 06

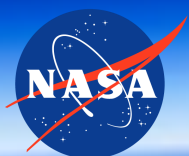
By 8.30 all were on the bus heading to Universal Studios in Hollywood. At 9.30 students were briefed in front of the famous globe and then scampered off for an action packed day. Everyone tackled the day differently so this is one version of the day. First ride was at Harry Potter. Who knew VR (Virtual Reality) could scare you just as much as real heights. The writers know they will never be able to play quidditch- it is too far off the ground and way too fast.

It was a quick stroll and a short wait before we went to "The Walking Dead" attraction. We would advise you only do this attraction if you can handle jump scares.

A much tamer show was "Universal's Animal Actors". We heard about how animals are trained to execute moves that look natural. We then went on a Studio Tour. This saw us travel around the different sets on a bus. There was too much to do so it was only a quick stop for lunch before we were part of an informative and funny "Special Effects Show". The last ride of the day was "Kung Fu Panda" before a quick drink and back to the bus to start our journey home



Given everything that has happened in 2020 we are even luckier we got to go and experience NASA first hand. Only time will tell as to how many astro physicists, aeronautical engineers, space scientists or international travellers will arise from this trip. All we know is "We are NASA ready".





Kanyapella Term 1 report

2020 Kanyapella welcomed 28 Year 7's into the house. Kanyapellas House Captains for 2020 are Levi Dixon and Kelsea Gordon, who lead the house at the school swimming sports day where we performed very well winning the house spirit award.

Recently students nominated to be part of Echuca College Governing Council. Congratulations to the following students for taking on the leadership role: Kailey Sutton, Oakley Tarrant, Lexie Byron, Ada Bridger-King, Ami Bugess, Raiden Hart and Nathan Accurso. These students will participate in a range of leadership activities throughout the year, representing, Kanyapella and the voice of the college

12 PE Biomechanics Activity



Student Leadership / Voice



College SRC members have elected representatives from grades 7 to 12. The combined group of peer nominated and teacher/student endorsed elected SRC members of the College Leadership Team, together with the House Captains and Vice Captains selected these highly motivated and committed students.

The college SRC will begin to formulate a plan of action for 2020 that will leave a lasting legacy and initiate positive school wide change, hold fund raising events to raise money for charity and advise on student suggestions for improving the quality of college life.

In short the college executive and staff recognises the importance of providing students with a voice and providing a platform from which that voice can be heard.

Throughout 2020 the SRC will undertake many initiatives, fostering positive multi-age interactions between students, teachers and the wider community. Promote environmental issues and allow for fundraising to support various organisations.

The student executive will continue to be active representatives for their peers and readily contribute suggestions to improve both the dynamic and aesthetic appeal of our college. In doing so, the SRC will continue to enhance its profile within both the college and local community. The college captains, vice captains and house captains will lead and chair meetings and help drive positive change whilst being ably assisted by the SRC body. All members have the responsibility of representing the college at formal events and leading SRC activities to help enhance all facets of college life.

Each house representative can be seen below

Mr Dolan - Student Engagement

SRC / Governing

Perricoota	Moira	Dhungala	Wharparilla	Kanyapella
Jazz Hone Yr7	Bella Treacy Yr7	Chelsea Gillie Yr7	Noah Parkinson Yr7	Kailey Sutton Yr7
Lila Broadhead Yr8	Danielle Slade Yr7	Tegan Lenne Yr8	William Gadsden Yr8	Oakley Tarrant Yr7
Mikayla Johnson Yr8	Hayley Savage Yr7	Bella Galizia Yr9	Ella Birtles Yr9	Lexie Byron Yr8
Angelle Murillo Yr9	Neiki Vesty Yr8	Ashka Foley Yr9	James Gadsden Yr9	Ada Bridger-King Yr8
Imogen Tall Yr10	Sara McPherson Yr9	Cody MacGibbon Yr9	Charli Parker Yr10	Ami Burgess Yr8
Alex Hunter Yr11	Caitlyn Harrop Yr10	Riley Armstrong Yr10	Caleb Millen Yr11	Raiden Hart Yr8
	Chloe Boucher Yr10	Jess Powell Yr10		Nathan Accurso Yr9
	Natasha Glover Yr10	Dekoda Dean Yr 10		
	Kaitlyn Bulmer Yr11	Samantha Williams Yr11		
	Zac Barker Yr11	Bailey Sawers Yr11		
	Grace Shaw Yr11			

Lockington Lions Youth of Year

The Lockington Lions Club held the annual "Youth Of The Year" Quest on Sunday 23rd Feb where three local youth made some very engaging presentations. The 3 competitors were Joni Grundy, Vanity Conroy and Emily Mitchell. They made their presentations before three judges.

Joni spoke on involvement with the army cadets and the personal growth and confidence that she has gained from becoming a cadet. Joni has risen up the ranks and is now in charge of The Echuca branch of Army Cadets.



Vanity made her presentation on Pro Choice where she put forward a very strong argument supporting the rights of the individual to make the choice without the threats of abuse, and stigma attached to the subject.

Emily chose the subject of her life changing travel to Timor where she found the heartbreaking poverty, frailty of the population and the ability of the individual to be able to make a difference. She said that had she given into the willingness to stay in her comfort zone, she would never have experienced such a life changing event and she now intends to take on Medicine at University to enable her to be able make a difference to these societies.

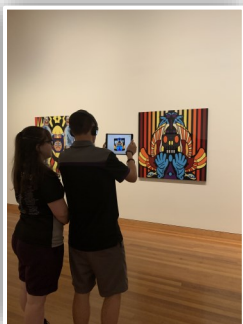
The judges were very impressed with the very high standard of presentations and awarded the public speaking award and overall winner to Emily Mitchell.

On behalf of the Lockington Lions Club, we would like to congratulate the 3 contestants on taking up the Quest and wish them all the success in their very bright futures.

VCE Studio Art Excursion

Our VCE Studio Art students travelled to Bendigo early in the term to be involved in a Studio Arts Inspiration Day. Students heard from past students and gallery staff on the roles they play working at the Bendigo Art Gallery. One of the presenters was 2019 Echuca College graduate Nadira Sanif who talked about her folio theme and gave tips to current VCE students in the region.

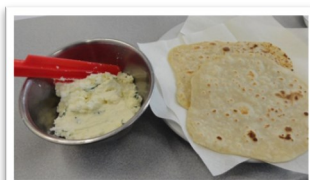
All students came back with new inspiration towards their folios and we look forward to watching them all progress over the year!



Cheese Making Food Studies

SAY CHEESE!! Year 11 Food Studies Students have been making ricotta cheese in small groups. They used a variety of milks including cow, soy, goat and camel. Lemon juice was used as the acid to make the curds and whey - Miss Muffet would be impressed! Students also made roti bread to complement the cheese, using flours from early agricultural food systems. Some of the flours utilised were chickpea, teff, charcoal, green banana and hemp flour. Yummy!

Mr. Wood sampled the goat and camel varieties and gave both the *Thumbs Up!*





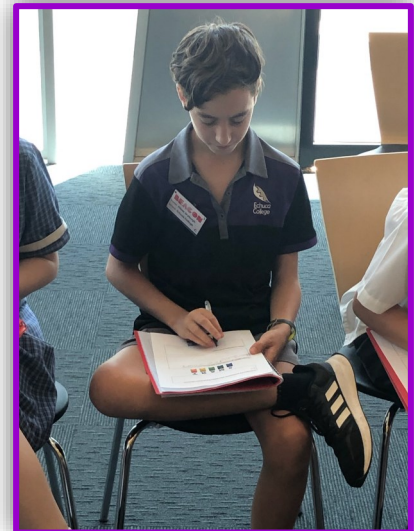
Beacon Leaders

Please congratulate the students who applied to be a Beacon leader as the competition was strong with all students demonstrating enthusiasm at their interview, which was possibly a little daunting for them.

The successful applicants are: Sara McPherson, Harrison McClay, James Gadsden, Ashka Foley, Georgina Scurrah and Ethan Dryburgh.

As a Beacon leader the students will represent the Beacon Foundation, Echuca College and the community by developing their leadership, public speaking and networking skills. They will assist in planning promoting and hosting Beacon events including: Business Breakfast, Careers Expo, Mock Interviews, Pathways Pledge Ceremony and the Annual General Meeting.

The Beacon leaders will attend a Leadership Development Day along with Beacon leaders from the other secondary schools in Echuca/Moama.



CFA Cake Stall

Congratulations to Year 7 students Lotti Waterson (Dhungala) and Jazz Hone (Perricoota) who coordinated a bake sale to raise money for the CFA over the summer break. The dynamic duo set a target of raising \$100 for their cause but well and truly exceeded this - raising over \$1000!

Echuca College is so proud of your generosity



College APP

We have updated our App! Please update it now or download it from the the Apple store or Google Play.

Some of the new features are:

- Live and current Calendar (updated from XUNO)
- Newsletters
- Direct links to XUNO, Website & Facebook Site
- Absence SMS line
- News feed
- Resources (Canteen menu, maps & other documents)
- Sports - Results and notices (coming soon)

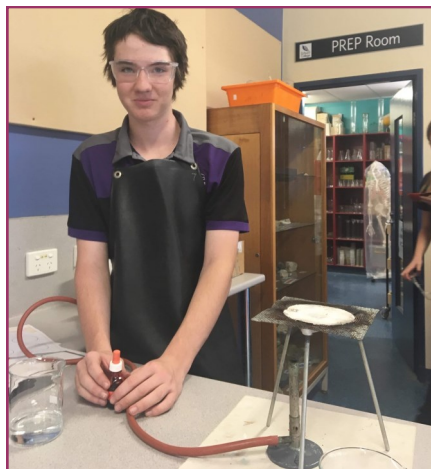
Where do I get it?

Apple: <http://apple.co/219ayuh>

Chemistry Design Own Experiment

This term Year 10 Chemistry students honed their scientific skills by designing and performing a quick experiment. The question they answered was “Does red water boil faster than blue water?”

The results were very interesting !



Fletcher Good



Well done Fletch!

Winner of U16 bowling in the league
with

15 wickets @ 12.73 .

Under 16 team of the year , and

Fire Brigade Running

Four Echuca College student who are junior members of the Echuca Fire

Brigade Running Team, competed on the weekend in the State Urban Junior Championships in Horsham Georgia O'Callaghan, Jordan Simpson, Martyn

Currey and Sam Schmedje competed in the U14 and U17 categories.

The U17's were in the top 20 in most event and the U14's competed in

the U17 four-man events along with their own categories finishing in the top 30.

59 teams from across Victoria including two teams from Harvey WA,

competed for two days in a number of events.

Harvey A, were declared the

overall aggregate winners.





Barook Clay Target

A fabulous day of clay target shooting was enjoyed by 7 members of the Echuca College Shooting Team. The Barook Field and Game shoot is a highlight on our calendar and could not happen without the consistent support of parents. Thank you so much for all you do.

The results are as follows:

Erin Blachford 3rd senior girls.

John McAsey 1st junior boys non-member.



Bianca Norris and Erin Blachford 1st senior girls team.

Ryan Dobson John McAsey 2nd junior boys member team.

A big congratulations to Xavier Hann who came 4th, after participating in a tough shoot out for 3rd place in the junior boys member category.



LMR Golf 2020

Seventeen golfers represented the College in Bendigo in the Loddon Mallee event over 9 holes.

Aaron Loader was runner up in the Senior event with a fine score of three over par. This included an eight on one hole which cost him the win! Darcy Whyte was third in the Junior section, shooting two over par, another fine score. Both boys have qualified for the State Final. It was great to see the Year 7 Boys, Lachie Pumpa, Cooper Groves, Rory Lummis and Charlie Mundie take to the course and hit some good shots. Other participants were Josh Bavich, Riley Armstrong, Zac McKenzie, Dylan Verhey, Jarves Burge, Lachy Fish, Luka Van de Zand, Alex Kidd, Mitch Tanti, Lachy Carter and Fletcher Good.



Student Success in our Community

Southern 80 Results

Congratulations to our students who competed in the 2020 southern

80 - special mention to Jake Rawe (Moirra) on his second placing in U16 males;

Tom Hilet (Wharparilla) on 3rd U14 males

Eden Henderson (Dhungala) 4th U16 girls and Gemma Fox (Dhungala) 4th U14 girls

- impressive stuff!-

Kai Shiels Bronze Star



Congratulations to Wharparilla's Kai Shiels (Year 7) who was awarded his Bronze Star swimming award at the Campaspe Swimming Carnival. Kai spent many hours training for the award and on testing day was required to swim in clothing, perform rescues and demonstrate water safe behaviours. Kai also completed a theory test. Kai will now be eligible to complete his Bronze Medallion where he hopes to put his water awareness skills into action and become a life guard. Stellar effort Kai!

Australian Day New Citizens



Congratulations to Naomi Villafuerte (Year 10) and her mum on becoming Australian citizens at the Campaspe Shire's Australia Day AU celebrations. Welcome to our beautiful country - officially!

Year 7 Camp

The year 7 camp took place from Wednesday March 11 to Friday 13. Again the camp was held at ADANAC in Yarra Junction, luckily the weather was very kind to us across the three days. This made the water activities much more enjoyable, with all students enjoying the water slide, stand up paddle boarding and the water trampoline. There were a number of other activities on offer throughout the three days which required students to work in teams and build relationships with their classmates. Examples of these activities were the hut building, ropes course, mountain boarding and frisbee golf. It was really good to see all the teachers getting involved with some of the teachers enjoying the activities more than the students. The highlight of the camp was all the students displaying the school values throughout the trip, in particular being respectful to all the staff at ADANAC.





Message From Principal

What an amazing term it has been. When you reflect upon the learning which has occurred over the past 11 weeks, it is quite incredible. As we transitioned to remote and flexible learning from Wednesday 15 April, it became immediately clear how adaptable our college community can be. From the outset, we had all staff and students who could do so, working from home. We used Microsoft Teams to learn, collaborate and communicate, as well as our regular learning management system, Xuno and a number of other platforms. Our classrooms at the college, normally such vibrant and busy places, fell silent, with only a very small number of people in each day. For a place which normally sees over 800 people move through it every day, it was eerily quiet.

The learning program we delivered was as close as possible to the classroom experience. Teachers of practical classes became very inventive with the work they were setting. I heard about and saw evidence of PE classes taking place in people's living rooms, Foods classes happening in kitchens across Echuca and our sheds became the work stations for Technology students across the college.



All of this was only possible with the fantastic support of parents, many of whom were also working from home and managing a household at the same time. For this we are extremely grateful and feel privileged that parents were able to share in some of the classroom experiences for this time.

We all became very proficient in the use of online communication platforms, whether it be Webex, Zoom, Google Classrooms, Microsoft Teams or any of the other numerous platforms which suddenly became central to all our lives. Travelling to work or a meeting became a thing of the past as we met with people from across the state and across the country from our home or, in my case, from a desk at Echuca College.

Pulling together, working as a team, supporting each other as a community of learners were key aspects of our time in isolation. There was a certain irony to the fact that many relationships grew stronger in isolation because of the adversity we faced together.

It was also important during this challenging time to practice self-care and we saw this happening in so many creative ways. Some students took up photography as a hobby, others wrote stories or drew pictures and for some, it was enough to actually spend time away from their screen to get some rest. However we managed ourselves during this time, the importance of talking with others and sharing difficulties and challenges remained high.



DIVERSITY
STRENGTH



Then, in a sign of how successfully the state of Victoria had managed the isolation, we commenced the transition back to on-site learning. Our senior students returned first and had the entire college to themselves for two weeks. With three weeks of the term to go, our junior students also returned and started working in their classrooms once more. For some, the transition went smoothly and for others it was more challenging. However, of all the lessons from remote and flexible learning, the most important was perhaps the ability to be flexible and adaptable in an ever-changing environment.

I thank all members of our community for the support provided during this unprecedented time. We have all demonstrated Echuca College PRIDE through our response to an incredible challenge. We look forward to continuing our great work together in Term 3.

Simon Wood

Acting Principal – Echuca College

Message From Mr. Briggs

Wow! What an amazing experience we've all been through over the last few months. Enduring the Covid-19 pandemic will certainly be a time in history we will never forget. Who would've thought that supermarkets would run out of supplies and that students across Australia would transition into remote learning within days.



Initially the transition to remote and flexible learning was challenging for everyone because of so many factors. I'm so glad we were able to supply over 120 students with a laptop and another 20 with internet access. The IT team of Dilshan and Dale along with the office staff did an tremendous job attending to the needs of our school community.

The two things that impressed me the most during remote and flexible learning was the courage and persistence of staff and students. All staff and students had to adapt to a new style of teaching and learning and it was great to hear of the successes in many classes. I know my year 7 maths class, my only class, shifted into remote and flexible learning quickly and our learning continued with live lessons on Microsoft Teams.

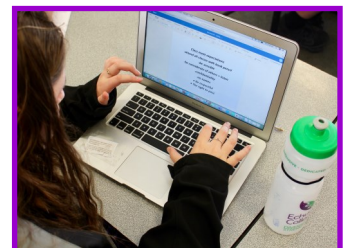
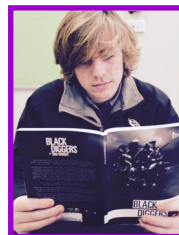
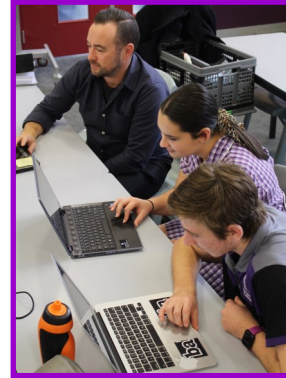
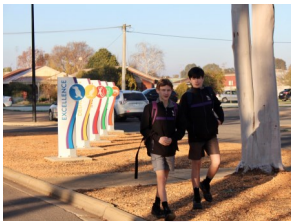
Across the College Mr. Dougall and Mr. Bright were leading and supporting our wonderful House Leaders who were constantly checking in on many of our students and assisting them with remote learning, ICT and wellbeing support. When we commenced on-site learning we were glad to see all students return with smiling faces and a handful of sleepy eyes. Our wellbeing team of Dorinda, David and Olivia were able to focus on supporting students and families in a variety of ways.

What a courageous, supportive, challenging, skill developing Term it has been. Well done to everyone.

Andrew Briggs

Assitant Principal – Echuca College

Return To School





Online Learning



Remote Learning at the start of Term 2 was a new daily for all students in Victoria, and it brought about lots of experiences and feelings. Being able to wake up later than the

usual 7am was probably one of the biggest highlights that came out of the whole experience, together with being able to wear trackies and a hoodie (and occasionally, PJs too). The day progressed through with our normal timetables, with the exception of not being able to see people in person and not moving around between classroom to classroom. The first call of the first week was a little rocky, to say the least, as the teachers as well as fellow peers tried to find their footing with Microsoft Teams. As the weeks went on, I think we all became tech geniuses eventually.

As you would expect, there were challenges with Microsoft Teams that students struggled with during this time, such as internet connection issues, not being able to find resources and files, and some files getting deleted unexpectedly. There were also many challenges regarding students' wellbeing, such as loss of motivation, lack of physical activity, and the general isolation that

anyone may have felt during this time. But along with challenges came opportunities with this new kind of learning. Being able to work at your own pace, calling your teachers via video call if you needed help with a question, and the unity that we all achieved during this difficult period.

If anything, this experience highlighted how important communication is between all of us.

Being back on-site has been a whirlwind of emotion, which I think is expected. I missed seeing my peers' and teachers' faces, as well as learning in a more familiar environment. Over the next two terms, we senior students will need to buckle down and back into the groove of things, ready to take on exams on the 9th of November. We hope that things will be back to normal soon, and that everyone stays safe in the meantime.

Dana Llux





The recent COVID-19 crisis left many of us dazed and confused. However, as I think we all know, life still carried on, and as we all moved to an online learning

format, life became turned upside down for many of us. However, I am glad to say that my experiences with online learning were quite enjoyable. Because of this, I am going to highlighting my day to day routine in isolation and explain exactly why I enjoyed home learning.

Because I live an hour-long bus ride away from the college, waking up and experiencing my day to day morning routine was much less of a burden. Hopping into bed the night before, setting my alarm for 8:30am instead of 7:00am comforted me. That extra hour and a half of sleep time allowed me to wake up feeling refreshed and ready to get into making myself a quick breakfast. Usually just cereal and fruit, but some days, these easy starts allowed me to treat myself with things such as poached eggs on toast. Obviously, the time dreaded by many (9:00am) eventually came around, signalling the start of the school day. I'd launch up my PC and hop onto Microsoft Teams. Unlike many, I surprisingly found remote learning less stressful and much more efficient than working from a classroom. Being left to do the work at my own pace, without the normal class distractions, allowed me to complete much more

work than I normally would. And when recess/ lunchtime rolled around, it was much more satisfying, being able to just relax and practice my music or something else along those lines.

Obviously, the online learning came with its challenges. All Australians know, the internet around the country is less than reliable, and some mornings, oh did you know it. Join a teams meeting -> drop out -> join back -> dropout again -> repeat. This was a common theme among many students throughout the remote learning experience including me. As well as the old internet cutting out, not having social interaction became a problem after some time. Missing your friends and the banter that I had become so used to was certainly a problem and often escalated boredom that I was already experiencing.

Returning to on-site learning is definitely a strange feeling but being back has given me a new found motivation to really push myself to achieve my

aspiration and I look forward to restarting and accomplishing more with the school captains, friends and teachers in the following terms.

Jones Anderson



Online Learning



Online learning was a very unique experience. I would wake up and have time to cook a good breakfast, then grab a blanket or a jumper and tune into class.

Some challenges I faced were the amount of work given and constant need to show evidence which is very understandable but very time consuming and stressful. I also found that it was hard to separate my school life and home life, since our homes are full of distractions and are usually a place for relaxation. Another challenge that I faced was fasting during online class. I'm a Muslim and Ramadan is a very Holy month where we choose not to eat food or drink during the day. Usually I would be too distracted at school from learning or talking to my friends to feel tired or hungry. Though, this time my energy levels were low, and I found it hard to focus, it was a challenge, but I did not want to use Ramadan as an excuse for poor work.

Some opportunities I had during online learning was more time to practise piano and drumming, as well as spending time with my family.

As Year 12's we were also able to see how much our teachers really went over and beyond to help us during such a critical time.

Mr Gallimore even dropped off some notes for our Biology class and Mrs. Rix would call to check up on me, to see if I were stressed out and how she could help me out. All my teachers, Mr Wood and Mrs Kervin expressed their supportiveness.

It was amazing to see the unity and connectedness within the college and if anything, this hardship has made us even stronger as a school.

For term 3 and 4, I am aiming to make the most out of on-site learning in preparation for the exams. Something that I have been holding onto that my dad said during this time was the saying 'good things never come easy.' I hope that through this obstacle we are all able to gain an insight of ourselves and work towards our goals and ambitions.

WE CAN DO IT, CLASS OF 2020!

Echuca College Vice Captain,

Ash Sanif





For the majority of Term 2 students took part in an online learning program. For many of us it meant getting up in the morning and attending all of our classes virtually, from 9.00 to 3.15,

Monday to Friday. As was to be expected, switching our classes online brought with it a number of challenges across all year levels, and not just a dodgy internet connection. Personally, I found it especially hard to stay motivated and get through all my work, as well as missing seeing all my friends at lunch times.

However, I also found some benefits to staying at home. After all, I'm sure we all enjoyed sleeping in and being able to get a snack whenever we were hungry!

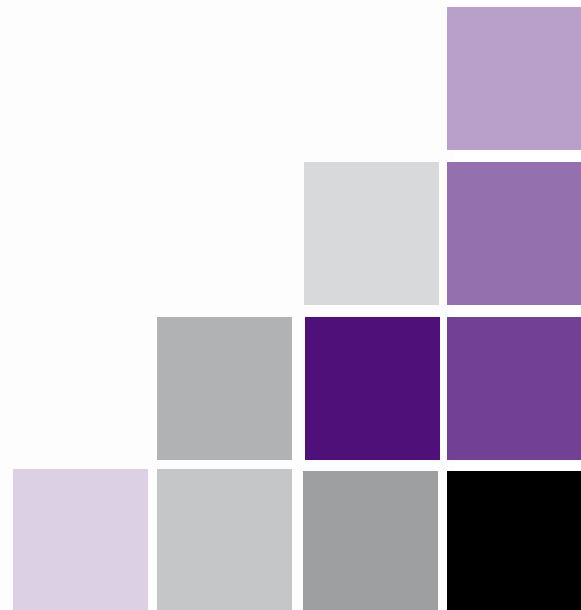
The part I missed most about on-site learning was simply being able to see all of my teachers and fellow classmates, in person. And even though there are now a lot of new safety procedures we need to follow it is definitely worth being back. I don't think any of us have appreciated school more than we do now.

This year has already gone by so quickly, and I can't wait to be back in Term Three. Even though we haven't been able to do all of the same events as past Year 12 students, I can't wait to see what the rest of the year has for us.

Rhys Watson



DIVERSITY OF STRENGTH





Gateway

The students at Echuca College Transition Classroom (Gateway) are preparing for life not only in school but post school, by taking part in challenging learning experiences that extend practical and academic skills, strengthen emotional intelligence and promote social responsibility.


Students are placed in this setting, with the support of parents/carers, based their learning needs. Teaching and learning programs are highly individualised, with a balanced focus on academic, behavioural, social and emotional skills. The structure, quality teaching and individualised support given by the staff goes a long way to breaking the bonds of negativity.

The class consists of a maximum of 12 students and is supported by a main classroom teacher, Mr Dolan and a School Learning Support Officer, Mrs Cochrane. The school Welfare Team and Careers Advisor also play a role in each student's development and wellbeing. Transition meetings will be held and a plan of action put in place to achieve the set goals.

Examples of the transition may include:

- The students returning to mainstream school initially on a part time basis then increasing to full time
- TAFE or further study outside the school environment
- Full time or part time employment
- The students continuing their senior studies at an alternate school setting
- A successful transition to any new setting will require the attainment of goals set down by the staff of Gateway.

They include:

- Adherence to the rules of both Gateway and Echuca College as a whole.
 - A willingness to develop skills that will facilitate a successful return to mainstream schooling or an alternative setting
- 

Looking After Your-

Energy drinks may seem to be a helpful part of a student's study life, but how aware are we of the dangers these drinks may pose? Energy drinks contain large amounts of sugar and caffeine which has a negative effect on an adolescent body. An average 500ml can of energy drink can contain around 160mg of caffeine however the recommended daily intake for a child is only 105mg of caffeine per day.

But how does this have a negative effect on a teenager? Studies have found that the consumption of energy drinks can cause increased heart rate, increased health issues including depression and drug abuse as well as poorer educational outcomes. The lower educational results are also made worse again if students are skipping meals and consuming energy drinks to replace a traditional breakfast, lunch or dinner. Some users of energy drinks report heart palpitations, agitation, stomach issues, effects on the brain and occasionally has caused death.

It is really important for parents to have a talk with their children about the effect these drinks have on their development. Parents should encourage children to not drink energy drinks and to have a healthier option instead.

Sugar & Caffeine in Energy Drinks



	Rockstar Xdurance	Energy Edge	Monster Energy	Monster Assault	Tiger	Red Bull Energy Drink	Red Bull The Blue Edition	Relentless Origin	Lucozade Energy Original	Boost	Tesco Blue Spark	Red Thunder	Blue Bear	Emerge	Monster Rehab	KIX Energy	Mountain Dew
	500ml	440ml	500ml	500ml	250ml	250ml	250ml	500ml	380ml	250ml	250ml	250ml	250ml	250ml	500ml	250ml*	500ml
Sugar	17 69g	14 55g	14 55g	14 55g	7 28g	7 28g	7 28g	6 24g	4 17g	3 12g	3 12g	3 12g	3 12g	3 11g	3 11g	1 4g	0 0g
Caffeine	2 160mg	2 160mg	2 160mg	2 160mg	1 80mg	1 80mg	1 80mg	2 160mg	1/2 46mg	1 75mg	1 75mg	1 75mg	1 75mg	1 75mg	2 160mg	1 75mg	1 76mg

1 teaspoon = 4g sugar

1 cup of espresso = 80mg caffeine

Data collected April 2019
*KIX Energy is no longer available in the UK

Check before you choose



Energy drinks are not suitable:

- for children under 16 years of age
- as a mixer with alcohol
- for rehydration after sport or exercise
- for pregnant or breast-feeding women



Year 12 Games Night

On the 10th of March the year 12s of 2020 had our first year 12 event, a games night. An opportunity for students to take a break from studying and for teachers to take a break from teaching, the games night included both classics and newer titles and allowed us to compete in a fun and friendly way. Students versed teachers (with us students often winning) in a variety of games, from Mario Kart to Super Smash Bros and even table tennis.

Collectively, we voted on a dress theme for last terms event, something starting with the same letter as your first name. There were some interesting costumes, with a special mention going to Ash the Ash Ketchum and Austin the amphibian.

Duffy organized a pizza dinner to keep us energized (huge thanks!) and after a quick break and some photos we all got back into it.

It was a super fun night and everyone enjoyed themselves, can't wait for the next event!





XUNO –Parent Portal

All Reports and Attendance information about your student is available on XUNO. You can also directly communicate with your students teachers. We strongly encourage all families to login to XUNO.

To log on families must have a current email address that has been registered with the school. Please contact our administration office if you need to update or register your email address.

The address to XUNO is:

<https://xuno.echucacollege.vic.edu.au/portal/>

This site is also listed on our website.

Your username will be your Family Code. If you do not know this please contact the office, or you can retrieve this yourself. If you do not have a password or have not logged into XUNO before, you can reset your password by following the prompts via:

<https://xuno.echucacollege.vic.edu.au/pwd/>

Once you have your username and password, simply type this into the login page and click “Login”.



Please see a full set of instructions on our website;

www.echucacollege.vic.edu.au under the publications tab and click on the Parent/Family Portal –Introduction link.



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