

# Appin Park News

LEARNING  
FOR LIVING  
I SHOW RESPECT  
I AM RESPONSIBLE  
I CARE

21st October, 2021

## Save the Date

**October**  
22 All students at school

**November**  
29 Student Free Day

**December**  
17 Last Day of Term 4  
- Student Free Day

Hello Everyone

Finally, we are at the end of another lockdown and with that the return of all staff and students to onsite learning from tomorrow. Once again, we can be proud of our entire school community in the way everyone has supported and worked through the ongoing challenges and sudden changes for schools.



Many of you will have heard that Wangaratta High School is closed today after a student tested positive to COVID-19. The closure allows the school to identify and

contact primary close contacts of the student. It also allows for thorough cleaning to take place. The student is not a bus traveller and buses continue to run as normal. This news is a timely reminder for us all to remain vigilant in following the COVID safe advice. Be assured that we have processes and support in place if a covid case is identified in our own school community and would provide information to our families as quickly as possible.



All adults coming onsite must wear a mask and please, check in via our QR code at the gates or office. Visitors are not to enter any buildings onsite unless first coming to the office. Contact the office by phone wherever possible if you have messages for staff or students.

We are still waiting for guidance around which school events will be permitted this term including swimming, excursions, graduation and end of year activities. Information will be shared when available.

**Staff changes** - Mrs Elliott will be on leave from Tuesday 26<sup>th</sup> October, returning Monday 29<sup>th</sup> October. She will be replaced by Mrs Dykes Monday, Tuesday and Wednesday and Ms Selwood on Thursday and Friday. We are looking forward to having Maddie and Robyn back working in our junior unit.



### Student Free days

This term we have 2 student free days. **Monday 29<sup>th</sup> November** and **Friday 17<sup>th</sup> December**. Students will have their last day of term 4 on Thursday 16<sup>th</sup> December, finishing at 3:15.

**Hooray! Zooper Doopers on sale at the canteen every Friday 50 cents each, starts tomorrow!**



*Fiona Carson - Principal*



**Book Club orders due Friday 29th October. Please note we do not accept cash orders. All orders need to use "Loop" - Book Club's online ordering system.**



# Feeling It

[SMILINGMIND.COM.AU](http://SMILINGMIND.COM.AU)

## How to do a 5-step vibe check!

Imagine your feelings are visible, like an energy field around you that changes colour as you experience different emotions. Cool colours are for feelings that are low in energy, while warm colours are for feelings that are high energy.

Colours are also different based on how pleasant the emotion you're experiencing feels. For example, the blue zone is for low energy, unpleasant feelings like sadness, boredom and loneliness. The green zone is for low-energy emotions that feel nice, like contentment, gratitude, and satisfaction. On the high-energy spectrum, yellow is for energising feelings that are pleasant, like excitement, joy and silliness; while red is for unpleasant but energising feelings like anger, frustration and anxiety.

### STEP 1: ASK WHAT COLOUR YOUR ENERGY FIELD IS.

You can use your body for clues – if you're slumped over or breathing slowly, you're in a low energy state. If your shoulders are tense and your blood is pumping, it's probably high energy.

### STEP 2: GET CURIOUS ABOUT IT.

Ask, why do I feel this way? What is something that happened recently that could be having an impact? Are there memories I have associated with this place or situation?

### STEP 3: NAME THE VIBE.

Think about the colour you landed on, what emotions fall under that colour? Can you find one, or maybe a couple, that best represent where you're at? Precisely naming our emotions helps us understand what's really going on and allows us to identify and communicate what we need.

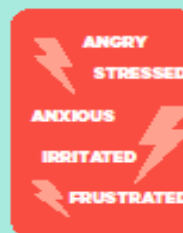
### STEP 4: LET IT OUT!

You could journal, talk to a friend, dance around your bedroom or express your emotions creatively through art or music. It's entirely up to you! Whether the emotion you're feeling is enjoyable or challenging, it's always good to express it and allow it to flow on through.

### STEP 5: WORK WITH YOUR VIBE.

For example, if you find yourself down in the blue, you might consciously try to up your energy by dancing around the house. If you find yourself in the red, you might find a breathing exercise or mindfulness meditation could help bring you back into the green.

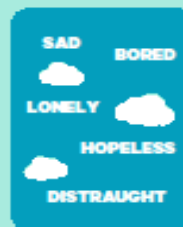
### RED



### YELLOW



### BLUE



### GREEN



**WANGARATTA**  
LITTLE ATHLETICS CENTRE

Sprints | Middle Distance | Hurdles | Discus | Shotput  
Javelin | Long Jump | Triple Jump | High Jump

Season starts Friday 5<sup>th</sup> November

\*\*Info & training night and welcome pack collection  
29<sup>th</sup> October 4.30-6.30pm\*\*

FRIDAY NIGHTS: U6-U9 4.30pm U9-U11 5.15pm U12-U16 6.30pm      WHERE: Appin Street Athletics Track

REGISTER: <https://lavic.com.au/centres/wangaratta>      DETAILS: <http://www.wangarattalac.com.au>