

## COMING EVENTS

Date	Event
9 April	ANZAC acknowledgement
9 April	Last day Term 1
10 to 13 April	Easter
27 April	Term 2 classes commence
4 to 20 May	Externally Set Tasks for Year 12s

## CONTACT US

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 Deputy Principal Year 11: Pippa Baxter  
 Deputy Principal Year 12: Vicki Bogensperger  
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## FROM THE PRINCIPAL *Dan McCormack*

COVID-19 is certainly in the news at the moment and rest assured that the Department of Education is closely monitoring the situation and continues to take advice from the Department of Health. At a school level, we have made a number of changes to our operations in order to follow directions and advice we are given. While some of our long held activities have been cancelled, others have been postponed until later in the hope they can go ahead at that time. We certainly appreciate your understanding and support as we focus on the continuing wellbeing of our students during this challenging time.

It is hard to believe we are in nearly in Week 8 already - the term is certainly flying by especially for our Year 12s who are aiming towards attaining their WACE at the end of this year. A reminder to all our ATAR students in both year groups that a holiday revision program is fundamental to doing well in the first semester exams – please see your Year Coordinator if you need help with this.

Progress reports are being sent to you with this newsletter so you can see the progress of your son/daughter with their senior schooling studies. At this stage we will not be having a parent night, however our Year Coordinators, VET Coordinator and subject teachers will be calling any of you who have the requested interview box ticked on the report. If you do not have the interview requested ticked but would still like to talk to teachers, please call on 90923100 or email [easterngoldfields.college@education.wa.edu.au](mailto:easterngoldfields.college@education.wa.edu.au) with your requests and we will get those teachers to get in touch with you.



This year ANZAC Day falls at the end of the first term holidays. As you are no doubt aware, ANZAC ceremonies around the nation will not take place in their usual format.

Our college will still be acknowledging the contribution of ANZACS and other service men and women in shaping the country in which we live. Our ANZAC acknowledgement will take place in individual classes on the last day of term.



## Look after yourself

Your brain and body are closely connected – looking after your body has great benefits for your mind. Activities like sport, dance, walking or yoga can increase your performance by increasing oxygen to your brain. It's also great at reducing tension from stress and school pressure.

Some stress can be useful in keeping us motivated – without it we would find it hard to stay awake! However, during Year 12, and especially during exam time, you may find your stress levels rising high into the 'critical zone', causing a dramatic decline in performance. Proven strategies for beating stress include:

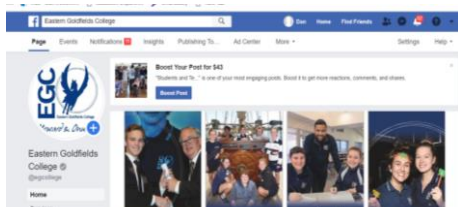
Relaxation: smartphone apps like Smiling Mind can help.

Time management: try making a list of activities and prioritise.

Connecting with others: talk about your worries, laugh, be positive!

Remember to be kind to yourself: take some time out to do the things you enjoy or help you maintain your wellbeing.

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<https://www.facebook.com/egcollege>



## WHAT'S HAPPENING AT EGC



Cert III Events students – Clean up Australia



Curtin Ahead – Wednesday Workshop



Deputy Mayor Lisa Malicky talks to EPP students



EPP students take over Hospitality



Hula Hoop Mentor Challenge