

# EGCConnection

Issue 6 • 7 May, 2020

## COMING EVENTS

Date	Event
15 May	Mentor challenges Period 6
Details for Wednesday workshops will be out soon.	
1 June	WA Day – public holiday

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## FROM THE PRINCIPAL *Dan McCormack*

Term 2 has started well and we have a large number of our students attending again. These are certainly unprecedented times and our focus is on ensuring that we maintain learning and keep students and staff safe.

The State Government has given parents a choice about whether their children return to school for face-to-face teaching or learn from home. It is a personal decision influenced by each family's circumstances.

Current arrangements will be in place and reviewed ahead of Week 4 commencing 18 May. As always, State Government decisions will be based on the best health advice.

Online Literacy & Numeracy Assessment results for those students who sat the tests in March have been sent out. Many students have now achieved their literacy and numeracy standards which is fantastic. Any student who did not reach the standard will be able to re-sit their OLNA in August/September.

Reminder - to achieve a Western Australian Certificate of Education (secondary graduation), students will need to demonstrate a minimum standard of literacy and numeracy, either through prequalifying by achieving Band 8 or higher in their Year 9 NAPLAN or through OLNA.

Workshops in literacy and numeracy for students who have not successfully passed their OLNA run each Wednesday.



## Student Council

Congratulations to the following students in Year 11 who have joined our Student Council.

Aaliyah Forrest  
 Keenan Forbes-Harrington  
 Mitchell Dowling  
 Nancy Brown  
 James Ingram  
 Eliza Keogh  
 Jared Campbell  
 Kristy Boyes  
 Casey Linto  
 Molly Quartermaine  
 Nyilale Nyanzu-Young  
 Elise Wilson

We wish them well as they represent the student body alongside our Year 12 members.

## Toolkit for a healthy headspace

**Get into life** -Set a goal or task that you want to achieve for the day - it can be something small like making your bed, going for a walk or calling a friend. Use this time to try some new hobbies and keep doing the things you love as best you can like reading, drawing or exercising.

**Learn skills for tough times** - It might be helpful to learn new coping skills to maintain and improve wellbeing. Try journaling thoughts and feelings, practice some breathing exercises, explore mental health apps or websites, create a new routine, or take a digital detox.

**Create connections** - While we can't physically connect with friends and loved ones, there's so many other ways to stay connected. Try connecting by video chat through Zoom or house party or try a phone call with friends and family. Online video and board games can be used to connect with others.

**Eat well** - Minimise unhealthy snacks while in isolation. It's good to develop coping strategies that are not related to food. Make sure your diet includes things like: colourful fruits and vegetables, foods high in fibre (wholegrain cereals and bread, beans, chickpeas, lentils and nuts), fermented foods like unsweetened yogurt, olive oil, and fish (tinned is fine).

**Stay active** - Try doing an online fitness program or a yoga class on Instagram Live, challenge your friends to a push up challenge, get outside for fresh air or have a living room dance party – all great free ways to keep up physical and mental health.

**Get enough sleep** - Try to stick with a sleep routine. Go to bed and wake up at the same time as much as possible and aim for at least 8 hours of sleep a night. Switch off from electronics 30-60 minutes before bed.

### UNIFORMS - EGC IS OUR STUDENTS' WORKPLACE – AND THEY NEED TO BE DRESSED IN THEIR WORKPLACE UNIFORM!

We understand there may be times for whatever reason that a student is out of uniform and we are quite happy to loan a college jumper out to them for the day if this is possible. Otherwise students are requested to gain a uniform pass when they arrive at school. Due to being located on such a public area, the college tops make it easy for staff to identify our students, along with generating a strong sense of pride and belonging. Uniforms are available from The Green Door Gallery – 100 Brookman Street, Kalgoorlie.

