

Jinga

a school and community newsletter

No. 1 February 10th 2023



The Jinga

The Jinga is a community newsletter produced by Cann River P-12 College, for the school and the wider community to enjoy.

You can keep up to date with what has happened and what's on the horizon. Jinga is published fortnightly on a <u>Friday</u>, throughout school terms. If you have any community information you would like published in the Jinga, please contact us at the school:

Email: sarah.nation@education.vic.gov.au

Telephone: (03) 5158 6245 Facsimile (03) 5158 6361

Cut off dates for Jinga, will be every fortnight on

Wednesday

22nd February 8th March 22nd March 5th April

Front Cover:

1st Swimming day for 2023

It is free of charge to include any upcoming community events or news stories so please feel free to email anything of interest.

Advertising Rates for commercial businesses are as follows:

Full Page advertisement \$11.00

1/2 page advertisement \$5.50

1/4 page advertisement \$2.75

When submitting your advertisement, please let us know the duration.

Thank you.

Bank details for direct deposit

BSB: 313 140 A/C: 120 621 36

Acting Principal's page

Welcome back to the 2023 school year. I hope you all had a restful and enjoyable break.

As a new member of the Cann River Community, I'd like to thank staff, parents and students for being so welcoming over my first few weeks in the role of Acting Principal. I'd also like to welcome the following new students to our school; Tahlia, Levi, Bella, Trien Khang and Rory.

As I am new to the school I thought I'd share a little about myself. For the past six years I have been working at the Alpine School in Marlo. Prior to that I spent six years teaching in Lilydale and two years teaching in Warrnambool. My wife and I have three children and we currently live in Marlo.

Please don't hesitate to come in and say hello if you are in at school.

Our students have quickly settled in after being away for the summer break. Many thanks to Anthony Stephenson who has done a wonderful job over the holidays in making sure that the school grounds were in excellent condition for the start of term one.

We have had a busy first few weeks. On Wednesday the 1st Feb our years 9, 10, 11 and 12's were visited by DEECA (formerly DELWP) and ENVITE Environment who delivered an information session on career and education opportunities in the natural resource management industry. Thank you to Patsy Killeen for liaising with the DEECA to organise this session.

On Tuesday the 7th Feb we had our first incursion with Warren and Michelle from the Gippsland Mobile Tech School. Students from years 7 - 10 were very engaged in the program, which is titled Digital Art. We are grateful to Paul Smith for organising this learning opportunity for our students.

Students from Prep to year 9 had their first swimming session at Orbost pool on Wednesday the 8th February. The purpose of these sessions is to enable our students to become more confident in the water, learn about water safety, and further develop their swimming skills. Thank you to Tammy Grubesic for her work in organising our swimming program and to all of the staff who helped to run the session.

On a different note, a reminder that as per our mobile phone policy students aren't allowed to have mobile phones during the school day. As a result, if you need to get in touch with your child during the day please give our fantastic office staff a call and they will pass on the message.

Finally, during their years at school all students encounter challenging situations, both in and out of the classroom. If you have any questions or concerns about your child's academic or social development please don't hesitate to contact either their classroom teacher or myself so that we can best support them.

Kind regards,

Nick Woodward

Nills Will

Acting Principal



Privacy Collection Notice



Information for students, parents and carers

The Department of Education (the department) values your privacy and is committed to protecting the personal and health information that schools collect.

All school staff must comply with Victorian privacy law and the Schools' Privacy Policy. (https://www.education.vic.gov.au/Pages/schoolsprivacypolicy.aspx) This notice explains how the department, including Victorian government schools (schools), handles personal and health information. On occasion, specific

consent will be sought for the collection and use of information, for example, for a student to receive a health service. Our schools are also required by legislation, such as the *Education and Training Reform Act 2006*, to collect some of this information.

Throughout this notice, 'staff' includes principals, teachers, student support service officers, youth workers, social workers, nurses and any other allied health practitioners, and all other employees, contractors, volunteers and service providers of the school and the department.

On enrolment, and during the ordinary course of a student's attendance at a school, schools will collect information about students and their families for the following purposes:

educating students

supporting students' social and emotional wellbeing, and health

fulfilling legal obligations, including duty of care, anti-discrimination law and occupational health and safety law communicating and engaging with parents

student administration

school management

supporting policy in relation to student education and wellbeing.

If this information is not collected, schools may be unable to provide optimal education or support to students or fulfil legal obligations.

For example, our schools rely on parents to provide **health information** about any medical condition or disability that their child has, medication their child may take while at school, any known allergies and contact details of their child's doctor. If parents do not provide all relevant health information, this may put their child's health at risk.

Our schools also require current, relevant information about all **parents and carers** so that schools can take account of safety concerns that affect their children. Parents should provide schools with copies of all current parenting plans and court orders about or that affect their children and provide updated copies when they change.

When parents enrol their child in primary school, they will be asked to provide personal and health information in several ways, including via the Enrolment Form, the School Entrance Health Questionnaire (SEHQ) and the Early Childhood Intervention Service (ECIS) Transition Form.

The **Enrolment Form** is used to collect information that is essential for the purposes listed above, and requests information such as:

- Emergency contacts Individuals parents nominate for a school to contact during an emergency. Parents should ensure that their nominated emergency contact agrees to their contact details being provided to the school and that they understand their details may be disclosed by the department if lawful, e.g. in the case of emergency communications relating to bush fires or floods.
- Student background information Information about country of birth, Aboriginal or Torres Strait Islander origin, language spoken at home and parent occupation. This information enables the department to allocate appropriate resources to schools. The department also uses this information to plan for future educational needs in Victoria and shares some information with the Commonwealth government to monitor, plan and allocate resources.

- Immunisation status This assists schools to manage health risks and legal obligations. The department may also provide this information to the Department of Health and Department of Families, Fairness and Housing to assess immunisation rates in Victoria, but not in a way which identifies students.
- Visa status This is required to process a student's enrolment.

All schools may use departmental systems and online tools such as apps and other software to effectively collect and manage information about students and families for the purposes listed above.

When schools use these online tools, they take steps to ensure that student information is secure. If parents or carers have any concerns about the use of these online tools, please contact the school.

School staff will only share student and family information with other school staff who need to know to enable them to educate or support the student as described above. Information will only be shared outside the school (and outside the department) as required or authorised by law, including where sharing is required to meet duty of care, anti-discrimination, occupational health and safety, and child wellbeing and safety obligations. The information collected will not be disclosed beyond the school and department without parent consent unless such disclosure is lawful.

When a student transfers to another school (including Catholic, independent and interstate), personal and/or health information about that student may be transferred to the next school. Transferring this information is in the best interests of the student and assists the next school to provide the best possible education and support to the student. For further detail about how and what level of information is provided to the next school, refer to the: Enrolment: Student transfers between schools (https://www2.education.vic.gov.au/pal/enrolement/guidance/student-transfers-between-schools

Schools only provide school reports and ordinary school communications to students, parents, carers or others who have a legal right to that information. Requests for access to other student information or by others must be made by lodging a Freedom of Information (FOI) application.

To update student or family information, parents should contact their school.

For more information about how schools and the department collect and manage personal and health information, or how to access personal and health information held by a school about you or your child, refer to the: Schools' Privacy Policy

NEEDED

Our students are in need of swimming goggles and rashies.

If you have any that you no longer need,

Please could we have them at the school.

Much appreciated,
Thank you









We went swimming yesterday. It was great and I did a good duck dive.

Hunter 9.2.23



I went swimming yesterday.

It was excellent because I did doggy paddle.

We got a photo.

Jett 9.2.23.



We went swimming yesterday and i had the best day because I went under water. Wyatt 9.2.23



Prep/1/2

I am going swimming.

Wyatt is going swimming with me.

We will have fun.

31.1.23 James



I am going to swim.

I will doggy paddle with James.

I will have fun.

Wyatt 31.1.23



I am going swimming with my school. It will be fun. We will be going to the Orbost pool.

Hunter 31.1.23



The river is fun because you get to go in the deep end and you get to have toys. 31.1.23 Jett.



Prep/1/2

I have a Poppit and it pops and I love it.

Charlie .7.2.23





Tomorrow we are going
Swimming at the pool and
The swimming pool is big.
We will have fun.
James and Jett 7.2.23



PREP-2 ART!

Due to timetable clashes with other Art classes, Grade Prep-2 are doing Art in the old Music room this year. Student have taken to their new room very well. The display board outside this room will feature their weekly efforts. Please feel free to take a look!

Many thanks to the support staff who came up with the idea to use this room and who did most of the tidying and relocating of instruments.



School holiday recounts Grade 3-6

My Recount

30/1/2023

On the first day we went to Melbourne to see family. We also went to Waverly Gardens. We also happened to see our auntie she was going to our grandma's house, so we went to Waverly Gardens with her. We went to EB games, and she let us pick a Nintendo switch game because she got us a Nintendo switch for Christmas. I chose Nintendo switch sports Nik got Pokémon brilliant diamond.

We only stayed in Dandenong for three days. Then my grandma came up to Cann River for the first time.

On Christmas, I got 3 towels, a dress, a unicorn diary and pencil case, a top, some shorts, 100 board games set for all of us and a polymer clay kit. I gave my parents the marbled record I had made at camp, and they loved it.

We also had a BBQ at the farm with my dad's friends lan and Simon.

A few days later, we had to go to Melbourne again to take my grandma back home.

A couple days later, it was New Year's Eve. We went down to Lakes Entrance to see fireworks. We all got show bags. I got a pusheen one with a backpack, drink bottle, keyring, book, mouse pad, money holder (which broke) and nail stickers. Nik got a Pokémon show bag with a duffle bag, bottle, cards, notebook and keyring. And Zoe got a bubble tea bag with stickers, slippers, cup, bag and keyring. We had dumplings for dinner and watched the fireworks and left.

A few days later our cousins came up. We were playing in the cars, me and Niki got the 4 Runner (which had the Melway), Achilles and Zoe had the Hilux and Nik had the Kia.

Our cousins were going to stay for 10 days.

One day I went for a hike with Apollo, Zeus, Nik, Zoe, Dennis, My dad, Achilles and Niki. We saw two red belly blacks then we turned back and went back to the camp site.

We went to the river twice. One time we went to the waterfall, and I got swept away by the current to the deep end but obviously I survived.

We also went to Top Fun, we played the arcade games. I played ice ball and a dog ball game. I got a bouncy ball, a slap band and a slinky. My cousin Niki's ball bounced down the road all the way to Cann River (not really). Then we drove home.

The day after that, we were driving up to the farm. my cousin Achilles spotted Tori and yelled, "I can jump up the stairs with a pogo stick."

The next day when we went fishing, we saw someone who used to live in our house. My uncle caught a flat head about 90cm long.

At the tie dye workshop, I saw Remy. Apparently, my cousin Achilles climbed a tree, and a goanna climbed the tree next to him.

A few days later, our cousins left Cann River.

We went to Pambula beach three times, saw Blake and Dom at the post office, played with Remy and Aida at their pool and went to the river like 100 times.

The day before school we had a BBQ up at the farm with our friends.



By Chryssie

On the Holidays

On the holidays I went to the

Christmas festival at the Community Centre.

I was playing in the park and I saw lots of sausage dogs. They were cute.

I went to the food van and I got some little round donuts. I finished my donuts and I saw a tea cup Pomeranian it was cute and fluffy.

Santa came and gave out presents to the children. I got a llama that you paint.

I had a fabulous day.

Ruby 2.2.23









The Best Holidays Ever

I went to Mandy's motel. At the motel I went to swim because it was hot. I went under the water with no goggles. I didn't block my nose. I did shut my mouth though. Also I had dinner there. We went across the road to Squires. Mandy had a chicken fillet, Remy had chips and a sprite, Aida had chips, nuggets and a sprite, I had chips, a chicken burger and a vanilla coke. We had to chase Molly.

I went to the Christmas carnival. I got to stay on the bouncy castle six times more than the time you are supposed to because no one was there. Dad got a flat tyre because there was a truck accident and Dad went through Cabbage Tree palms road. I saw a camper who had put their tent on the road at Marlo.

The holidays were the BEST!!!

On the Holidays

On the holidays I went to Melbourne. In Melbourne we went to my mum's mum, it was very fun.

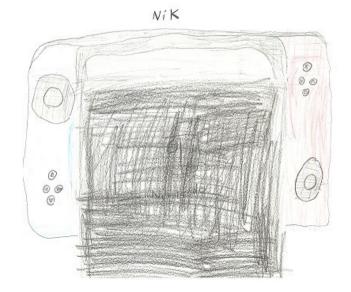
We got a Nintendo Switch for Christmas with Mariokart 8 deluxe, Nintendo Switch sports, Pokémon Brilliant Diamond and later on Pokémon Quest & Pokémon Unite. And then we went to my dad's mum and saw my cousins. My cousins and I made a ramp for going down with Jenga blocks & Hot Wheels cars and then we dropped other Hot Wheels down the track and watched them explode.

When I got home from Melbourne we played on the Nintendo Switch. I played Pokémon Brilliant Diamond. When my cousins came over we saw a sausage dog cross King Charles Spaniel, the first night my cousins slept at my house. When my cousins came to the farm the parents set up the camper van. When they finished the camper van the kids moved the camp fire pit. Near the end of the holidays we were banned from the Nintendo Switch.

I had a supercalifragilistic expialidocious day.

By Nik





Going to the Beach

On the holidays I went to the beach. I had a swim and I saw fish and I brought my boogie board. I went very deep with my dad and my mum.

Chryssie, Nik and I could not touch the ground. Me and Chryssie saw a pufferfish.

And at the end it was lovely.

By Zoe



MY HOLIDYS

My favourite part of the holidays was finding out what my Christmas presents were. In Cann River I got: a pogo stick, a new tablet, a new animal (kittens and puppies) puzzle and a spray paint art kit.

In Melbourne I got some Miraculous dolls, a science kit, a new texta case, Frozen 2 puzzle and a new fox plushy.

When I got back to Lakes Entrance, Mum, Nan and I went to BIG BEARS DONNUTS. We got KFC for dinner and I had to share the back seat with a giant bird cage.

I really enjoyed the school holidays and I hope that the next Christmas holidays are the same.







Going to the Beach

I went to the Pearl Point beach on the holidays with Samson, Nanna and Grampa.

We strapped the boogie boards to us and we caught some good waves.

Then we made a big plane in the sand with me buried in it, it was hard to get out of it.

Then we buried Samson in the plane too.

I fell off the boogie board then dug a hole in the sand.

I then had my ham and lettuce sandwich.

It was a very good day.

Heidi 1/2/23

On the Holidays

I went to Marlo with my cousins and went to my other cousin's birthday.

We had to leave because my sister had bad sunburn. She didn't even want her lollies, I said, "You're crazy." When we got back we all went to bed.

In the morning, we said goodbye. We were back in the country air when we got out of Marlo. I had a great time.

By Elliott



By Aida C.

Recount

I swam in the pool on the holidays, it was warm. The top of it was cold. I can hold my breath on land for thirty seconds and underwater for twenty. I want to learn how to do it for ten minutes. I have cold showers now and I saw my aunty twice. Milly the Chihuahua is going to doggy school, the first lesson of the day is politeness, then tricks, then golden hour. I teach primary and Remy teaches secondary.





One Long Drive

Everyone is tired, nobody had a good sleep, and nobody has anything to do. Until the strangest thing happened. A shiny red Honda pulls into the old crooked driveway. I didn't think much of it, until dad tells Levi and I to go outside. Levi looks at me in confusion.

OK. Now I'm confused. Who is this person? Why did my dad want me to see them? I managed to get a slight peek at who it was, and there was two people but I still don't know who they are! I'm shaken with excitement just waiting to see who it is! The car door creaks open, and a dirty brown boot slowly and carefully steps out.

But wait! I see two faces! Who are they? Oh! I know those faces! It's Grandma and Grandpa!

That was brilliant! I've got to get them an Oscar! Levi, my dad and I run up to give them a hug. We jump into the Honda.

The engine roars as the smoke flies up into the air and we drive away with a big smile. There felt like too much happiness at once that day!

By Bella



Gippsland Tech Visit.

On Tuesday February 7th, Gippsland Technical School visited Cann River P-12 College. Students in years 7-10 participated in activities related to Digital Art – Making Movies Part 1. Thanks to Warren and Michelle for demonstrating these activities.

































The garden has sprung up in a big way over the summer holidays!

In a short amount of time, the garden turned into an unruly forest with many vegetables going to seed. For our first session back in the garden, we set out to collect the seed heads and save broccoli and lettuce seeds for future planting. We composted the plants and sowed some seeds in trays.

It was a wonderfully warm day, so we celebrated our achievements for the session with some fruit, fresh iced tea, and lovely company.

As the weather cools and the garden comes back to production, we will see more edible harvests. We have a fresh shipment of seeds coming in, featuring some of the students' favourites - carrots and sugar snap peas. Yum!

Stay tuned for more!
As always, thanks for your support,



What is happening with the Fire Danger Period declaration?

As of the 22nd of November, there was no fire danger period declared for the East Gippsland District of the CFA. The CFA declares the fire danger period each year for each council area at different times in the lead up to the fire season. This depends on the amount of rain, grassland curing rate and other local conditions.

This may change and it is important you keep up to date. You can use the CFA website to get current information about restrictions, fire bans and ratings.

Total Fire Bans & Fire Danger Ratings | CFA (Country Fire Authority)

The Vic Emergency app is the official Victorian government app for access to community information and warnings for all types of emergencies in Victoria. The app is managed by Emergency Management Victoria. You can download the app from the

App store https://itunes.apple.com/au/app/vicemergency/id356559665 or

Goggle Play https://play.google.com/store/apps/details?id=com.naturallybeing.fireready

What has changed about the Australian Danger Fire Rating System that you need to know?

From 1st September 2022, a new fire danger rating system was introduced across Australia that changes the way fire danger is calculated. The new system uses up to data, science, technology, and decades of research on how fires behave in the different vegetation types found across Australia.

The new system has four levels of fire danger, with each level requiring residents/visitors in that area to take different action to ensure their own personal safety. This system helps you understand how dangerous a fire could be if one started in your area.

It is important to understand the ratings and what it means for you.



It is your responsibility to monitor conditions and official sources for warnings by going to cfa.vic.gov.au, emergency.vic.gov.au or call the Vic Emergency Hotline on 1800 226.

There is also roadside signage that provides the basic daily fire danger rating. Remain informed about the fire danger in your area and make a plan about the decisions you will be make for you and your family in the event of a fire or other emergency. It is best to do this before the fire season when you can calmly plan and assess your choices and when you will enact your plan.

Know Your Daily Fire Danger Rating



	What does it mean?	What should I do?
CATASTROPHIC	If a fire starts and takes hold, lives are likely to be lost. > These are the most dangerous conditions for a fire.	For your survival, leave bushfire risk areas. > Your life may depend on the decisions you make, even before there is a fire. > For your survival, do not be in bushfire risk areas. > Stay safe by going to a safer location early in the morning or the night before. > Homes cannot withstand fires in these conditions. You may not be able to leave and help may not be available.
EXTREME	Fires will spread quickly and be extremely dangerous. These are dangerous fire conditions. Expect hot, dry and windy conditions.	Take action now to protect your life and property Check your bushfire plan and that your property is fire ready If a fire starts, take immediate action. If you and your property are not prepared to the highest level, go to a safer location well before the fire impacts. Reconsider travel through bushfire risk areas. Leaving bushfire risk areas early in the day is your safest option.
HIGH	Fires can be dangerous.	Be ready to act. There's a heightened risk. Be alert for fires in your area. Decide what you will do if a fire starts. If a fire starts, your life and property may be at risk. The safest option is to avoid bushfire risk areas.
MODERATE	Most fires can be controlled.	Plan and prepare. » Stay up to date and be ready to act if there is a fire.

What can I do to be prepared for emergencies in my area

Have you started thinking about what you will do in a fire or other type of emergency?

What action you can take now to be better prepared?

Do you have an Emergency Management Plan for your household and family?

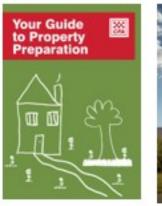
The Country Fire Authority (CFA) have a number of resources that can assist you in your planning and preparation for the fire season as do the SES for floods. Some of the key things to consider are:

- Prepare your property for fire and other emergencies such as storms and flooding.
- · Create fuel breaks around your property and the assets you want to protect & maintain them.
- The safest place to be is away from the threat.
- · Leaving early is the safest option to protect yourself and your family and you need to plan for this.
- Decide when you will leave and where you will go on hot, dry, windy days when the risk of a fire starting is increased.
- Talk to your family and friends about when you will leave and where you will go. This could be for an extended period of time so ensure you take what you need.

For more information contact Suzy Claringbould, Safer Together Facilitator for Cann & Buchan Valley

Ph 0447040531 or suz.claringbould@delwp.vic.gov.au

Resources that can help you create your own Individual Emergency Management Plan for Fires, Floods and Storms



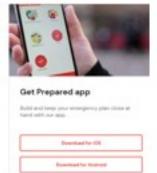




Plan & Prepare | CFA (Country Fire Authority)







Create an Emergency Plan

Survival Kit checklist

Download the App: Phone

Emergency preparedness guide | Australian Red Cross







The SES use the Red Cross RediPlan and Checklist

Home | Victoria State Emergency Service (ses.vic.gov.au)

NOORINBEE PUBLIC PURPOSES RESERVE COMMITTEE Inc. Notice is given of a PUBLIC MEETING

to be held at **The Noorinbee Hall** on **Sunday 19 February 2023** commencing at **4:00pm**.

The purpose of the meeting is to nominate no less than three (3) or more than nine (9) persons as the Committee of Management for the Noorinbee Public Purposes Reserve for a term of three years. The current committee's term will expire on March 28, 2023.

All positions will be declared open and nominations will be accepted prior to or on the evening. Nominations from women, Aboriginal people, people with disabilities, young people and people from culturally diverse backgrounds are encouraged.

Further information, nomination forms and nominee declaration forms may be obtained by contacting your local Department of Energy, Environment, and Climate Action office or at the meeting. For further enquiries please contact the Secretary/Treasurer, Leonie Cameron on 0427 171 951









Cann River Community Centre

13 Princes Highway Cann River, PO Box 84, Cann River, 3890 Phone 03 5158 6465

admin@cannrivercommunitycentre.org

The Community Centre Staff and Committee of Governance wish Nikki all the best in her new job.

Thanks for all of your hard work and enthusiasm over the almost 3 years you worked at the Community Centre. We will miss you.

See below for activities at the Community Centre this fortnight

Gold Coin Community Lunch - Everybody welcome Wednesdays 12pm to 1.00pm

Play Group 0-4's - By Orbost Regional Health team Mondays 10.00 to 12.00

Centrelink & Medicare Agent Support Wednesdays and Thursdays 10.30 to 3.30

Services Australia equipment available for self service **Weekdays** 10.30 to 3.30

Youth Group Fridays Fridays 4.00pm to 8.00pm

> Craft & Bargain Opportunity Shop **Weekdays** 10.00 to 4.30pm

Reclink Cann Create Art Classes Thursdays 1.00pm to 2.30pm

Printing/Copying, Free WiFi and Computer use **Weekdays** 10.00 to 4.30pm

Positions Vacant at Cann River Community Centre

Administration & Centre Support Officer

Bookkeeper

Both positions offer immediate start and great conditions, please call or email or drop in to find out more information and receive a position description.



Position Vacant

Administration and Community Services Officer

- 6 months Casual Contact
- View to permanent
- Part Time 20-30 hrs per week
- Located in Cann River
- Community Focus, Customer Service role
- Friendly workplace
- Above award wages

To obtain a position description, please email your interest to: manager@cannrivercommunitycentre.org
Or call Cann River Community Centre on

5158 6465

Monday-Friday 10am-4pm

Cann River Community Centre Administration and Customer Services Officer role supports the CRCC Inc Manager and Volunteer team across all areas of office coordination and program administration.

We seek a great problem solver, with superb organisation skills who loves providing support to our local community

You have strong values and bring a positive and supportive attitude to your work.

- Strong administrative, organisational and problem-solving skills, including ability to balance priorities and meet deadlines in a team environment.
- High level of computer literacy and demonstrated experience in using all Microsoft Office applications.
- Excellent written and verbal communication skills.
- Ability to work with people from diverse backgrounds.
- Flexibility with regards to hours worked in line with the requirements of CRCC Inc.



Position Vacant

Bookkeeper

- Permanent Part Time, 5 hrs per week
- MYOB Software
- Payroll, including STP, Superannuation,
 Workcover and Payroll Tax, and Portable
 Long Service Leave
- Financial reporting with commentary, ATO relationship management, Record keeping, Bank reconciliations, Monthly P&L
- Above award wages

To obtain a position description, please email your interest to:

manager@cannrivercommunitycentre.org Or call Cann River Community Centre on

5158 6465

Monday-Friday 10am-4pm

The Bookkeeper will be responsible for managing Cann River Community Centre's accounting, bookkeeping and payroll obligations. You will be an experienced bookkeeper with basic accounting qualifications and experience, looking to work for a community-minded non-profit organisation.

This role is not just about financial stewardship responsibilities. It is an opportunity for you to add value to our small team of Staff and Volunteers; to make a genuine contribution towards improving the strength and goals of the organisation's performance. We are looking for someone interested in gaining a deep understanding of our organisation and all its moving parts.

Ideally you will work from the office, but there is the opportunity to work from home from time-totime if required.

Immediate start available.

Your responsibilities will include Bookkeeping, Accounting services, Taxation services, BAS and IAS reconciliations, Assisting with developing budgets, Supporting staff with grant budgets and acquittals











Newsletter – February 2023

Orbost GP Dr Anis

8th February 2023 22nd February 2023

Maternal & Child Nurse

February Dates TBC

Position Vacant: Home Care Worker – Casual Position.

CVBNC is seeking applications for the position of Home Care Worker. If you are interested, forward your CV and expression of interest to CVBNC.

Are Your Details Correct?

Please see reception to confirm your details are correct on our system

JODIE ALLEN Masseuse

Phone Jodie on 0438 096 808 To make your appointment.

BEMM River Clinic – 22nd February 2023

CVBNC is pleased to advise that regular monthly nursing clinics will be provided to residents at Bemm River. CVBNC RIPERN trained Registered

Physio Maddie Rosen 10th February 2023 Physio Carla Zijlstra 24th February 2023 Podiatrist Nerida Manning 10th February 2023

Pathology Tuesday and Thursday before 11am weekly.
Urgent pathology five days per week

Telephone CVBNC on 51 586 210 for an appointment to see **Doctor**, Physio or Podiatrist

Tel: 1300 363 322 Royal Flying Doctor Service

Counsellor

Tel:5154 6625 Dental Service Orbost

Next Visit 2nd February 2023

Bus to Bairnsdale

Next bus 7th & 21st February. Please contact CVBNC to book your place



Verbal aggression has become more prevalent towards our staff. This behaviour will **NOT** be tolerated and you will be asked to exit the building. We kindly ask to treat our staff with respect. We will endeavour to assist you as expediently as we can.

RFDS Counsellors

Call 1300 363 322 to make an appointment.

Peter Quinn - 8th & 22nd
February 2023

Robvn Smith - 6th February 2023

Sasha Wood - 6th February 2023

COVID-19 Symptoms

Many health conditions may resemble COVID-19 (hay fever). Symptoms may include congestion, and/or runny nose. If you are concerned or your symptoms are different than what you would usually experience, contact CVBNC Nursing staff for advice.

IMPORTANT PHONE NUMBERS

 CVBNC Nurse on call
 5158 6274

 Covid-19 Hotline
 1800 675 398

 Bush Fire Support
 1800 001 068

 Head-To-Help
 1800 595 212

 Mental Health Wellbeing RFDS
 03 8412 0480

The Cave

Recommencing in 2023!

PAG:

Recommencing -9th February 2023 lunch at CVBNC





...sharing the housework



WORD SEARCH

DJIRRA 1800 150 303

RAINBOW DOOR 1800 729 367





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RESPECT **ENVIRONMENT** CARE LISTENING **OUR COMMUNITY EMPATHY KINDNESS** SELF RESPECT **FEELINGS EQUALS** FIRST NATION PEOPLE THOUGHTFUL **TRUST PRAISE AUTONOMY** SHARED DECISIONS JOY **HUMAN RIGHTS** CHOICE OPPORTUNITY

UNDERSTAND

APPRECIATED **TALENT DIVERSITY** SAFETY MUTUAL **LGBTIQ GENTLE PETS** OLDER PEOPLE **FREE** YOUNG PEOPLE CONSENT

TEACHERS

Respect Victoria



Get set for a year with healthy lunchboxes.

Healthy Lunchbox Week is an initiative of Nutrition Australia that helps families access credible lunchbox nutrition information and recipes setting them up for the year ahead.

Around one third of children's daily food intake comes from their lunchbox so let's make sure it counts. Use this time to build your bank of lunchbox inspiration and know-how.

Nutrition Australia have teamed up with other health-focused organisations providing a collection of lunchbox resources making the Healthy Lunchbox Week website a hub of the best lunchbox information.

For recipes, lunchbox tips, videos and more, check out www.healthylunchboxweek.org.au .





East Gippsland Kinship Carer Support Group

Are you caring for a child or children because a family member or friend is unable to? Would you like to meet others who are in a similar situation and will understand what you are going through?

Would you like to be with people who will listen to your stories without judgement?

All Kinship Carers are welcome and morning tea will be supplied

WHEN:

The third Thursday of each month at 10:30am-12:30pm

WHERE:

The Hub 27 Dalmahoy Street Bairnsdale

RSVP FOR CATERING:

Anita on 0475 740 927 or kinshipcaregippsland@berrystreet.org.au or use the following link to register https://forms.office.com/r/GxK2dgVsBu

2023 MEETING DATES:

19th of January
16th of February
16th of March
20th of April
18th of May
15th of June
20th of July
17th of August
21st of September
19th of October
16th of November
21st of December







Massage Therapy Remedial / Sports / Relaxation Winter special - Hot Rocks Contact Jodie 0438 096 808

Cann River Hall Hire Fees as of January 2023

Hire fees per hour:

- Hire of Main Hall only \$10 per hour
- Hire of the hall and kitchen \$15 hour

Hire fees **PER DAY** (includes setup time & pick up time):

- Private Hire of Hall and Kitchen \$100 (bond required of \$100)
- Community group or not for profit \$100 (no bond required)

Key pickup & drop-off: Normally, hirers, are asked to pick up the key from the Cann River P/12 College (51586245).

If you cannot arrange this, let us know, and we can organise for the key to be left elsewhere, or one of our committee members to meet you at the hall.

We ask that the hall hirers keep the hall clean and tidy. If the committee has to employ a cleaner, there may be a surcharge on future bookings.

Selection Civil Bobcat and Tipper Hire

- Minor earthworks

- Block clearing and clean ups

- Site preparation

- Driveways

All enquires, contact Mick Connley 0409 586 380 selectioncivil@outlook.com



Petals Gardening Maintenance

Is your garden getting out of control?

Cant keep up with the weeding?

Call Bron on 0428 789 965

No mowing or whipper snipping, just good old weeding and beautifying !!





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Servicing Orbost to Mallacoota.

Domestic and commercial experience.

REC:28752

0438 521 928

Call Larz Van der sant for friendly, local and punctual service.

-ebruary/March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
13 Playgroup at Community centre	14	15 Lunch at Community centre	16	17 Youth group at Community centre
20 Reclink (to be confirmed)	Reclink (to be confirmed) Swimming, at Orbost pool Preps - Yr 10 Bush nurse bus to Bairnsdale	22 Dr at Bush nursing centre Lunch at Community centre	Drumbeat visit Reclink (to be confirmed)	Jinga Physio at Bush nursing centre
27 Reclink (to be confirmed)	28	1 Lunch at Community centre	2 Drumbeat visit Reclink (to be confirmed)	Swimming sports At Orbost pool Preps—VCE