



Jinga

a school and community newsletter

No. 2 February 24th 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 Friday, 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

8th March

22nd March

4th April

Front Cover:

**Student Representative Council (SRC)
&
Sports house captains**

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

From the Principal's desk

Acting Principal's report

Hi, and welcome to our second edition of Jinga for the year.

On Monday we held our first assembly, in which we presented our Student Leaders for the year. By stepping up to represent their peers on the Student Representative Council, and as house captains/vice captains these students have the opportunity to have a voice in school events and to act as role models for others.

Our student leaders for 2023 are;

SRC Representatives

VCE David Mongta-Porter & Ruby Stork

7/8 Seth Buckland & Kaiden Schmetzer

P-2 Charlie Gardner & Jett Puyenbroek

9/10 Brooke Connley & Alexis Renaut

3-6 Zoe Maragos, Bella Wolstencroft,
Nick Maragos & Elliott Pardew

Brown house leaders

Captains

Jack Connley & Chryssie Maragos

Vice Captains

Nicole Rutjens & Remy Crawshaw

Congratulations!

Orange house leaders

Captains

Archer Stephenson & Danielle Gardner

Vice Captains

Josh Gardner & Tori Klein

As the term progresses, things are starting to get busier. This week our year 7 – 10 students have had their first Drumbeat session, which is a program being facilitated by Warren Adair from Gippsland Lakes Complete Health. Drumbeat will continue every week until early in the second term. Thank you to Tom Hubble for your work in organising this opportunity for our students.

Our staff, led by Tammy Grubestic, continue to run our swimming program. Next Friday the 3rd March we will be having our College Swimming Sports. We have our fingers crossed for a warm day.

Please be aware that on the Friday 10th March we have our first Student free day for the year. Staff will be taking part in Professional Development.

Finally, if you have any concerns or issues, please don't hesitate to make a time to come and speak to me.

Kind regards,

Nick Woodward

Acting Principal

Vaping and *your health*



What are e-cigarettes?

E-cigarettes, also known as 'vapes', are **electronic devices** that heat a liquid (or 'juice') to create an aerosol that users **inhale**. Using an e-cigarette is commonly called '**vaping**'. E-cigarettes come in **all shapes and sizes** and can look like a highlighter, a pen or USB.

Some people mistakenly believe the 'cloud' from vaping is a vapour, like steam. It is really **an aerosol**, a fine spray of **chemicals** that enter the body via the lungs and small particles that can **lodge in the lungs**.

What's inside an e-cigarette?

The short answer is '**no-one knows**', and that's a problem. An e-cigarette can contain **many different chemicals** – very few are identified and none have been tested to show they are safe to inhale. Some of the chemicals found in aerosols can **cause cancer**, others can **cause swelling** and **irritation in the throat** and **lungs** and can impact the **heart**.

Even though the packaging on an e-cigarette might say it doesn't contain nicotine, **most e-cigarettes in Australia are labelled wrongly and do actually contain nicotine**.



How vaping affects your body

Vaping can cause significant harm to your body in the short and long term - even if you use non-nicotine e-cigarettes.

Short-term:

- Vomiting
- Nausea
- Coughing
- Shortness of breath
- Mouth irritation



Long-term:

- Lung damage
- Heart disease

E-cigarettes haven't been around long enough to know if they cause other diseases, but most experts think it is likely they will cause **lung** and **mouth cancers**.

Other risks: Nicotine is a **poison** and can make you really sick if it is swallowed accidentally. There have also been cases of e-cigarettes **exploding** and **catching fire**.



How vaping can lead to addiction

- **Nicotine is a highly addictive** drug that can be found in e-cigarettes even when they're labelled 'nicotine-free'
- Some e-cigarettes have been shown to contain as much nicotine as a whole packet of cigarettes
- Your brain is still developing until you're 25
- Nicotine use **affects brain development**, especially the part responsible for attention, memory and learning
- Nicotine use can lead to **life-long issues**
- Nicotine **addiction happens really fast**, which makes it hard to stop vaping and increases the chance you'll start smoking cigarettes to get that nicotine 'hit'



Prep / 1 / 2

At the pool I was
swimming under the
water. I tried dog
paddle. It is fun.

Wyatt 22.2.23



At the pool we got to go to the
deep end.

It was fun.

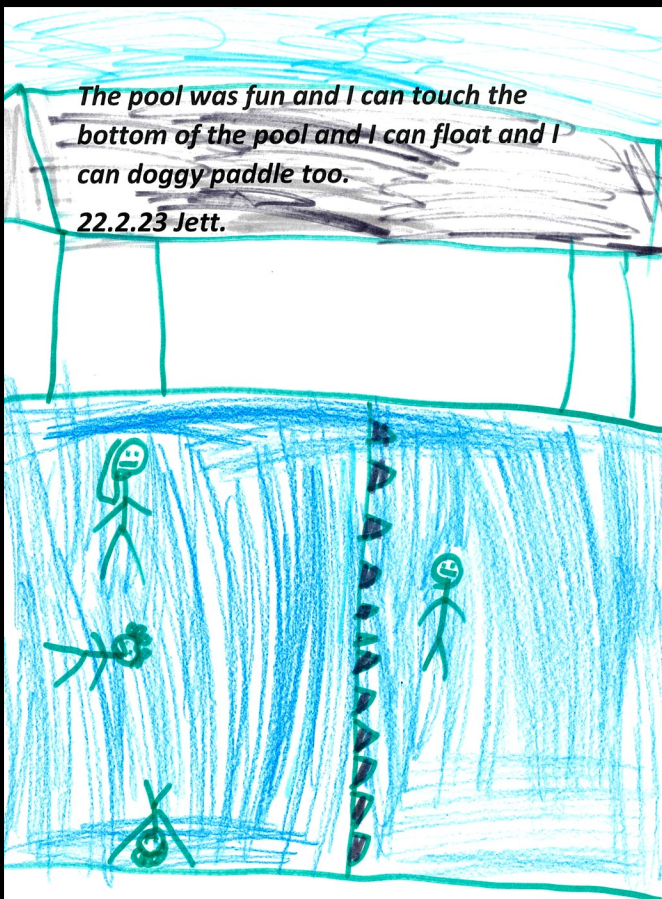
I got to go under water.

James 22.2.23



*The pool was fun and I can touch the
bottom of the pool and I can float and I
can doggy paddle too.*

22.2.23 Jett.



At the pool I was swimming
under the water. it was fun. I
was in the big pool.

Hunter 22.2.23



Prep / 1 / 2

We brought our bakugans. They are the best because they roll out on cores and they go big. They are cool. Drago can fly. Wyatt and Hunter

17.2.23



Me and James and Wyatt are playing BAKUGAN in the playground with Drago. Drago is also 500 b.

Jett and Wyatt. 16.2.23



Ninja turtles are the best and they are green and they are fast. 10.2.23 Jett.



Prep / 1 / 2

Yesterday I was at the pool
and I had fun.

I went on the bus.

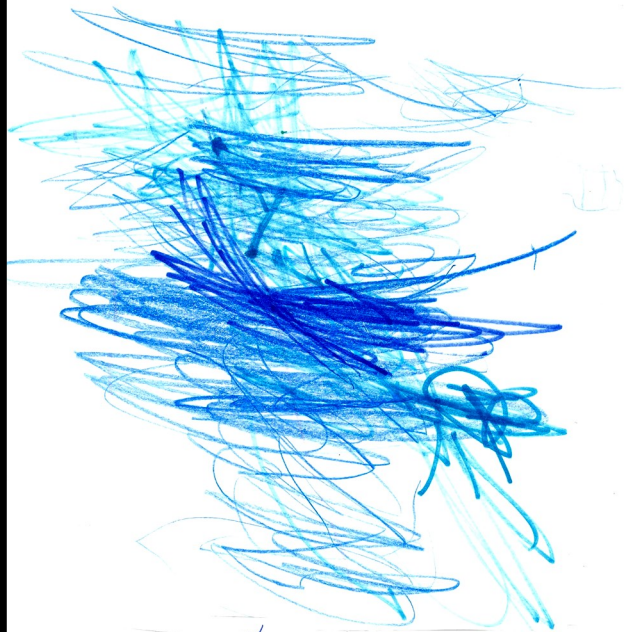
I love the pool.

I had a blue slushy.

Charlie .22.2.23.



I am at the swimming pool.



I am at the swimming pool.



I got my LOL surprise yesterday.

The bunny turns fully pink and the
person turns camo.

I love my LOL.

They are fun because they colour-
change.

Charlie .17.2.23



Bakugan are cool because
they can battle and they can
go big.

Bakugan can go everywhere
because they can fit in your
hand.

James and Wyatt 14.2.23



Grade P-2 P.E.

This term in PE, Grade P-2 have been improving their cricket skills!



Trien Khang is doing some great catching! Jett can throw the ball above his head and catch it!



We started with a warm up as usual and ended with everyone having a go at catching the tennis ball that Tammy had hit with the cricket bat.



On Monday we had an assembly with presentations to students who have been nominated for the Student Representative Council, and Sports House captains.



My Autobiography

Introduction

My name is Chryssie I was born in a hospital in Melbourne called St Vincent's Private Hospital in Victoria. I was born on the 10th of June 2011.

Who I am in life

My full name is Chryssie Maragos, When I was in kinder, I went to Shalimar Park preschool. for prep to year 4 I went to Rosewood Downs Primary School. Now I go to Cann River P-12 College, and I am in grade 6. I got 11 first place ribbons in swimming in 2022, I've been S.R.C in 2022 and this year I'm House Captain.

What life means to me

My family is Nik (my brother), Zoe (my sister), Agapi (my mum) & Theo (my dad). I love arts and craft. I am currently working on a paint by number sunset, that I got for Christmas.

The houses I've lived in

The houses I've lived in are 26 Eugenia Street Doveton, 88 Neasham Drive Dandenong, 10 Tyson Street Cann River & 291 Tamboon Road Cann River.

Outlook on the future

When I grow up, I want to be an animal breeder. I want to breed animals like cats, dogs, guinea pigs, chooks, ducks, lambs, lizards & birds. I also want to travel to Greece, Queensland, Broome, Canada & America.

Conclusion

Like I have already said I was born in Melbourne. I want to travel to some places and be an animal breeder that breeds and sells animals.

By Chryssie Maragos

My Autobiography

My name is Zoe Maragos.

Introduction

I am eight and I live in Cann River and I am in Grade three.

Who I am in life

I go to Cann River P-12 College. I started school when I was 6 and now I am eight.

I live with my sister Chrissie, Nick, Mum and Dad.

What life means to me

I like playing corners and my school teacher is Mrs Stephenson. My favourite subject is art. I am an SRC representative this year. When I don't go to school I sometimes go to the beach.

What is my outlook on the future?

When I get older I want to be a swimmer and live on our farm. I would also like to visit Melbourne.

Conclusion

My name is Zoe Maragos and I live in Cann River. I am in Grade 3 and I am looking forward to what happens to me in the future.

My Autobiography

Introduction

My name is Nikiforos, I live in Cann River.

I am 10 years old and I was born in Melbourne.

I went to Shalamapark Kindergarten. I have lived in three houses and went to two different primary schools.

Who I am in life

I am a cheeky person. I like to sneak into my sisters' room.

I don't know if I want to go to college or not.

I go to Cann River P-12 College.

What life means to me

I have a few friends. I would like to live in Cann River for the rest of my life.

What is my outlook in the future

I will have two jobs, I will live on a farm. I will have 16 geese, 18 chickens, 20 sheep, 25 cows, 30 bulls, 5 horses & 3 dogs.

Conclusion

As I have already said, I was born in Melbourne in Victoria.

I would like to stay on the farm for the rest of my life.

By Nikiforos

Read more of my amazing autobiography at Nik.vic.edu.au

YEAR 3-6 ART

We have been busy in art, investigating the work of Picasso and drawing inspiration from his art to re-imagine ourselves.

We used cardboard and pastels to create self-portraits for our birthday chart in class. We hope you like our funky creations!



FRESH FROM THE GARDEN

Hello from the garden!

With all the recent hot weather we've spent a couple of sessions in the cool of the classroom drilling holes and securing clothes pegs to planks to make our own glove holders. We've all learnt a new skill or two and kept cool while at it. Thanks Mr O'Brien for lending us your tools and materials.

I've been cutting up the veggies from the garden and sharing them during recess and lunch as a yummy treat.

Thanks to Ms Greenwood, we now have worms in our worm farm and we hope they will thrive and will one day eat up all our scraps. Thank you Ms Greenwood!

It's been lovely to see the school community get behind the garden in such a supportive way. Thanks to all involved!

Until next time,
Ms Opal and all the gardeners

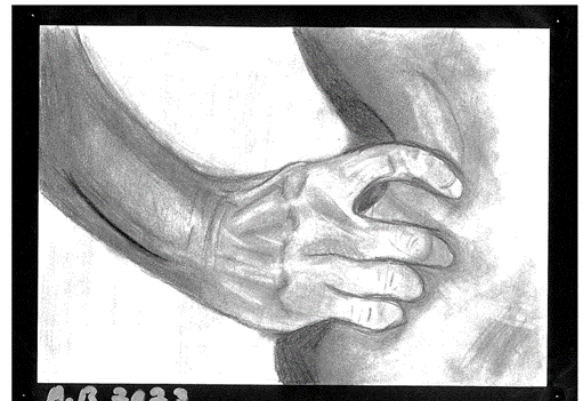




9/10 Art

Artworks by:

- Hailey Gardner
- Nicole Rutjens
- Tobie Gardner
- Brooke Connley
- Alexis Renaut
- Josh Gardner
- Toby Rutjens



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



reclink
australia

SPORTS
SHARE!

reclink
connect

AAA
play

Reclink is excited to be back in the new year with some old and favourite programs for a range of ages and interests and new ones also. Check out the new program whether you're wanting to improve your fitness or have some you time, relax or play a sport, learn something new, socialise, gain confidence or all the above. Come along and try it out.

Kelly is looking forward to delivering our programs to Cann River, Bemm River and Orbost this term, it is a delight to work alongside other agencies and within these communities.

This term Alanna is excited for her participants to feel change inside and out, get sweaty, have a go, have you time, gain confidence & skill but most importantly to do it for you.

We are excited to introduce Lisa Broome to our East Gippsland Team. Lisa is working as an Arts Coordinator and Community Connector for the Orbost, Cann River and Mallacoota communities and surrounding districts. Lisa has worked as a teacher at several schools in the Far East Gippsland region, specialising in Music. She really enjoys playing violin in a local band and photographing the amazing wildlife and scenery in our spectacular region. Lisa is really looking forward to connecting with all the communities and supporting and developing existing and new ideas for lots of fun Arts activities.

Jen and Cal are enjoying delivering Ocean Confidence and Learn to Surf sessions on Fridays. Ocean Confidence is all about learning about our local beaches: rips, hazards, weather conditions, and swimming safely. The inlet has been a wonderful place to float, practise our survival backstroke, and enjoy being in the water. Our learn to surf program is gaining in popularity, and was booked out last week! Everyone enjoyed riding waves in the whitewater and feeling the stoke of surfing! Bookings essential.

With the many different activities and sessions on offer that each of us are proud to deliver, please reach out to one of our team or pop into one of our programs if you have any questions.

Looking forward to seeing familiar and new faces soon!

From the Reclink team.



reclink
australia

CANN KIDS MUSIC

WITH LISA

MONDAYS

3:20PM - 4:30PM

CANN RIVER P-12 COLLEGE



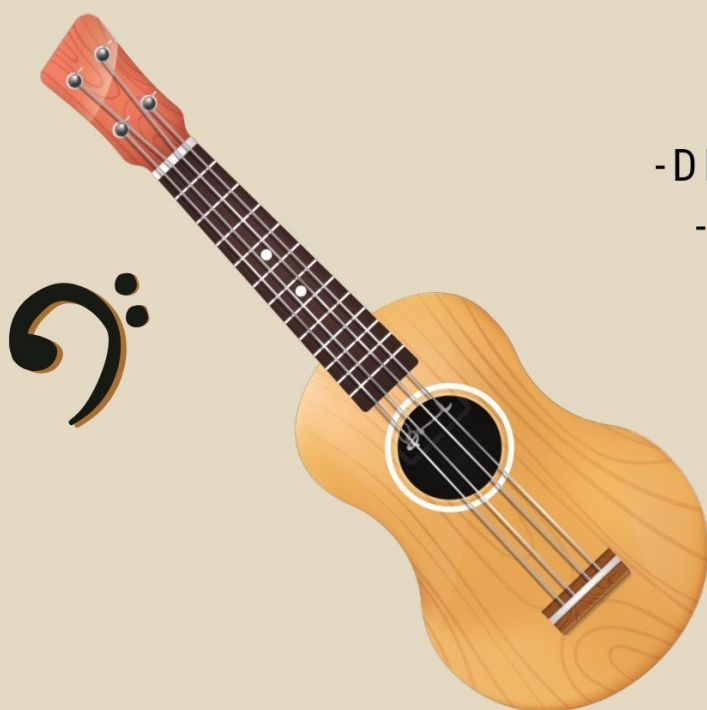
UKULELE PLAY ALONG SESSION
DRUM & PERCUSSION CIRCLE & MORE

FOR ENQUIRIES CONTACT LISA ON 0401 568 503



CANN COMMUNITY MUSIC

-DRUMMING/PERCUSSION
-UKULELE SING ALONG
& MORE



THURSDAYS

2:15PM - 3:15PM

CANN RIVER COMMUNITY CENTRE

ALL ABILITIES WELCOME

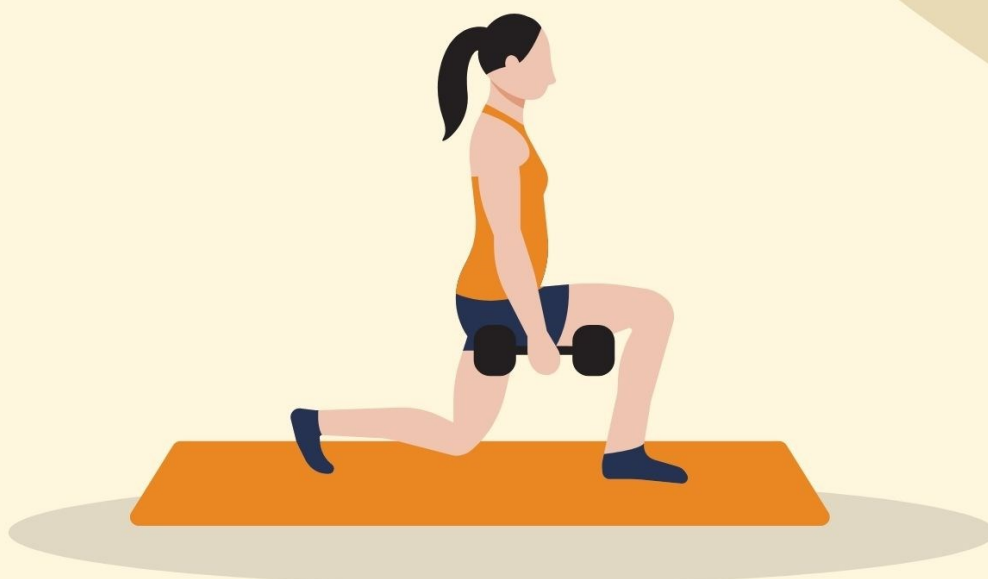
NO MUSICAL EXPERIENCE NECESSARY

BOOKING ESSENTIAL CONTACT LISA ON 0401 568 503



FITNESS

CANN RIVER



MONDAYS

5:15PM - 6:00PM

CANN RIVER COMMUNITY HALL

FOR ENQUIRIES CONTACT
ALANNA ON 0422 664 667



Cann River Community Centre

5158 6465 admin@cannrivercommunitycentre.org



Winter Festival preparations are getting underway.

Are you interested in training ? Join the team of trainers who will lead creative workshops across the region and in our district

Come in and talk to us or send an email before 28th Feb

Centrelink & Medicare Agency



We provide support to connect and solve your Centrelink & Medicare queries on Wednesdays & Thursdays from 10.30am to 3.30pm



Services Australia equipment self service is available every day 10.00 to 4.00pm

- WiFi Internet
- Fax machine
- Phone
- Printer & Scanner
- Forms
- Computer



Gold Coin Community Lunch - All welcome **Wednesdays** 12pm to 1.00pm

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



Youth Group all welcome 12-25yrs **Fridays** 4.00pm to 8.00pm

Printing/Copying, Free Wi-Fi and Computer use Weekdays 10.00 to 4.30pm



Craft by local artists & Bargain Opportunity Shop open Weekdays 10.00 to 4.30pm

Reclink Cann Create Art Classes **Thursdays** 1.00pm to 2.30pm



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 co-ordination 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-to-time 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 – March 2023

Orbost GP Dr Anis 8th March 2023 22nd March 2023	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 <u>Masseuse</u> Phone Jodie on 0438 096 808 To make your appointment.
Maternal & Child Nurse 16 th March 2023	BEMM River Clinic – 22nd March 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 10 th March 2023 31 st March 2023 Podiatrist Nerida Manning 22 nd March 2023 Pathology Tuesday and Thursday before 11am weekly. Urgent pathology five days per week	Bus to Bairnsdale Next bus 7 th & 21 st March. 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 – 8 th & 22 nd March 2023 Robyn Smith – TBC Sasha Wood – TBC
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 2 nd March 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: 9 th March 2023 outing to Raymond Island 23 rd March Lunch at CVBNC



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 !!



LV Electrical and Air conditioning

For all your electrical and air conditioning installation needs.

Servicing Orbest to Mallacoota.

Domestic and commercial experience.

REC:28752

0438 521 928

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

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
27 Playgroup at Community centre Fitness at the hall Kids music at the school	28	1 Lunch at Community centre	2 Reclink Music at the Community centre	3 School swimming sports at Orbest pool Youth group at Community centre
6 Playgroup at Community centre Fitness at the hall Kids music at the school	7	8 Lunch at Community Centre	9 Jinga Reclink Music at the Community centre	10 Pupil free day Youth group at Community centre
13 Labour Day Public Holiday	14	15 Lunch at Community Centre	16 Reclink Music at the Community centre	17 Youth group at Community centre