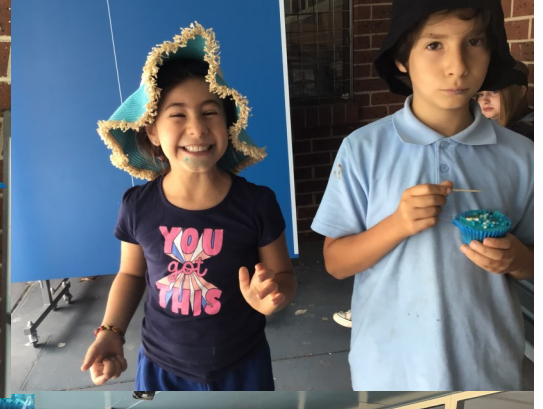




Jinga

a school and community newsletter

No. 4 March 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:

Do it for Dolly fundraiser

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

Dear Cann River P-12 College community,

As we enter the final two weeks of term, our staff and students continue to be really busy. Here some highlights and upcoming events;

Do it for Dolly Day

A huge thank you to all of the staff and students, who dressed in blue and bought morning tea from the SRC cake stall, for Cann River P-12's Do It For Dolly Day on Tuesday. Do It For Dolly Day is a day dedicated to bringing the community together, spreading kindness and uniting in taking a stand against bullying. Thank you to the SRC and the staff who supported them. With a special thank you to Brooke Connley, for the huge amount of extra work she dedicated to the day, and for stepping up in her role as a student leader. Overall just over \$220 dollars was raised and donated which is a great effort!

Grades 3 – 6 Camp

Next Wednesday, Thursday, and Friday our students in the grade 3-6 class will be travelling up to Merimbula, to take part in their annual school camp. The itinerary is action packed with activities such as swimming, barefoot bowls, and a visit to Potoroo Palace, just to name a few. During the camp Pauline, Tammy and Opal will also be supporting our students in further developing their resilience and their understanding of respectful relationships.

Staff Curriculum Day

Term 2 officially starts on Monday the 24th April, followed by the Anzac Day public holiday on the Tuesday. In light of this the Monday will be a **student free day** which will allow staff to plan curriculum and assessment for the upcoming term.

Teacher's Aide needed

We currently have a job advertisement seeking a new teacher's aide to support our students in the classroom. If this position appeals to you or if you know of someone who would be a great addition to our school, please refer to the advertisements on Recruitment Online or get in touch with our office for any further information.

Kind regards,

Nick Woodward



Acting Principal

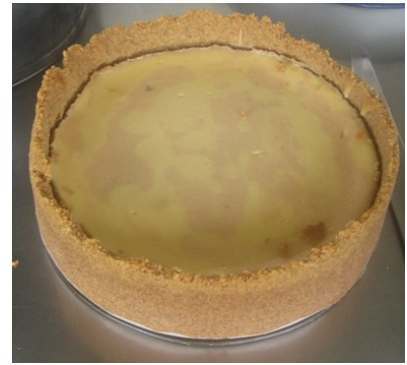
KINDNESS



Year 9 students made delicious cheesecakes to finish a chapter on 'Dairy' in food tech this week.



Brooke made an 'OREO' cheesecake slice



Tobie made a STRAWBERRY cheesecake



Counselling with Jeff

I'd like to take a minute of your time to introduce myself, and tell you a little bit about me and what I do.

I live in Bairnsdale with my wife Deb, and we have been in East Gippsland for around 45 years. Originally, I worked as a head teacher in various rural schools, but found I had a real interest in helping people beyond the school room, and trained as a counsellor. Before teaching I had experience as a cleaner, storeman, retail assistant and labourer in various workplaces in Melbourne. I now run Riviera Counselling and work throughout Gippsland with various organisations as well as offering private counselling.

I will be attending at Cann River P-12 every second Thursday. I am available to assist with counselling directly with students in the secondary school. No doctor's referral is necessary, an appointment can be made by simply asking the school to arrange one. Parents and carers can also make appointments, and I can assist with parenting issues, relationships, or any other issues which may be impacting the family. All counselling is confidential and when making appointments, it is not necessary to explain what it is for, simply ring the school office and request to see me and a suitable time will be organised for you.

I work from the Wellness Model; I do not diagnose people or prescribe medication. The Wellness Model recognises that we are each doing the best we can, with what we know, in the circumstances we find ourselves. The counselling process works to help you figure out a better way to get what you need in life.

How can you tell if you, or a family member could benefit from this approach? It's fairly simple. If you are successfully meeting your needs in life, you will be satisfied, content and happy. If you are not, you will be experiencing negative emotions like anger, frustration, sadness or anxiety.

If you are not sure if counselling is for you or a family member, but would like to find out more, call the school and we can arrange a time to catch up and see if it could be useful.

Jeff

Drumbeat Thursday 23/3/23.



BUY SWAP & SELL

Noorinbee Hall and Recreation Reserve

Sunday 16th April, 2023

9.00 am to 1.00 pm

**PLEASE BRING YOUR
UNWANTED GOODS AND SET
UP A STALL.**

Food and drinks available.

For more information:

Deb Taylor 0407782029

Percussion Workshop with Mark Grunden for Monday April 3rd at 3.20 pm at Cann River Hall. This workshop will be run instead of the Cann Kids' music session at the school. Alanna and I will be supporting the Percussion workshop. It is open to all ages and abilities and will be loads of fun! We would love to see lots of adults join in with the kids and then if anyone is coming to the Far East Music Festival on Good Friday, they can join in with all the other Far East Communities who will be participating in the Percussion Street Parade.

PERCUSSION WORKSHOP

FAR EAST MUSIC FESTIVAL

with Mark Grunden

Calling all Cann River & surrounding residents!
Join us for a fun workshop & get involved in the
Far East Music Festival, April 7-9 in Mallacoota.
Learn the Samba Reggae, Los Percasos rhythms & walking
dance steps for the Percussion Street Parade.
There's a part to play for everyone!
All ages & abilities welcome.



Monday, April 3
3.20pm

Cann River Hall,
Tamboon Road
Cann River

**MORE
INFO**

Lisa Broome
0401 568 503
lisa.broome@reclink.org
www.fareastmusicfestival.com.au
ALL WELCOME!







REGIONAL
ARTS
VICTORIA



reclink
australia



Moorj Aboriginal
Council



O.Y.F.
Caring Time



MUSIC VICTORIA

The Far East Music Recovery project has received grant funding from the Australian Government

CANN RIVER

JAM SESSION

DRUMS | GUITARS | KEYBOARDS | SINGING | & MORE

GRADE 5 AND UP



Thursdays
3:20-4:20pm

CANN RIVER P-12 COLLEGE
MUSIC / ART ROOM



For enquiries contact Lisa on 0401 568 503



CANN RIVER

WALKING GROUP

START FROM THE
CANN RIVER BUSH NURSING CENTRE

Wednesdays
9:30am – 10:15am



Australian Government

For enquiries contact Kelly on 0435 482 232



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



reclink
australia

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 CREATE

**THURSDAYS
12:30 - 2:00PM
CANN RIVER
COMMUNITY CENTRE**

To book or for more information
contact Sabine on 0402 658 010



EMERGENCY MANAGEMENT FILMING COMPETITION

SUBMISSIONS ARE NOW OPEN!!

Young people of East Gippsland Aged 12-25 are able to put their filming skills to use by creating a video up to 3-minutes, focuses around the community recovery from disasters such as the Black Summer Bush Fires that took place in 2019-2020.

Film ideas that could be used:

- Interview with someone who was involved/affected by local disasters
- Video timeline of before during and after events
- Anything related to recovery and resilience experiences

Video submissions may be used for future Emergency Management purposes

Email ChloeP@egipps.vic.gov.au to find out how to submit or go to Youth on the East Gippsland Shire website



Shire of Gippsland

RURAL



YOGA

WITH NADINE

**CANN
RIVER**

TUESDAY
(MAT YOGA)

5:00PM - 6:00PM

THE HALL
CANN RIVER

WEDNESDAY
(GENTLE | CHAIR YOGA)

10:30AM - 11:30AM

BUSH NURSE CENTRE
CANN RIVER

EMERGENCY RECOVERY
VICTORIA

reclink
australia

Australian Government

For enquiries contact Kelly on 0435 482 232



Cann River Community Centre

5158 6465 admin@cannrivercommunitycentre.org



Winter Festival training. Learn from the team to lead creative workshops across in our district. Call us to find out more.

Training date

- Genoa Hall Saturday 1st April

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

Thursdays

Reclink Cann Community Music 12.30pm to 1.30pm

Reclink Cann Create Art Classes 1.30pm to 3.00pm

reclink
australia

HAIRDRESSING SERVICES
At Cann River Community Centre
By Emma Taylor

Call 0405 066 918
Book an appointment for Tuesday

School Holiday Excursion to Cape Conran leaving at 9am, all day on the beach, lunch provided.

THE OPEN SPACES PROJECT



GIPPSLAND YOUTH ARE COMING TO:



CANN RIVER

Thursday 13th April


gippsland-youth-east-gipps



**EXCURSION TO CAPE CONRAN
SURF SHACK LESSONS and more.**



Newsletter – April 2023

Orbost GP Dr Anis 5 th April 2023 19 th April 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>Massense</u> Phone Jodie on 0438 096 808 To make your appointment.
Maternal & Child Nurse 20 th April 2023 18 th May 2023	BEMM River Clinic –19th April 2023 CVBNC is pleased to advise that regular monthly nursing clinics will be provided to residents at Bemm River. CVBNC RIPERN trained Registered Nurses will be conducting the monthly Clinics. For more info contact CVBNC		
Physio Maddie Rosen 31 st March, 28 th April Carla Zijlstra 14 th April 2023 Podiatrist Nerida Manning TBC 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 4 th May 2023	Bus to Bairnsdale Next bus 4 th April. 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. <u>Peter Quinn</u> – 19 th April 2023 <u>Robyn Smith</u> – 3 rd , 17 th , 21 st April <u>Sasha Wood</u> – 17 th , 21 st April	
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		Consumer Advisory Group Meeting 21st April 3:30 PAG: 6 th April Lunch at CVBNC 20 th April Bush to Lakes Entrance	
CVBNC will be <u>CLOSED</u> the following dates over Easter: Friday April 7 th Monday April 10 th In the case of an emergency phone 000			
Register your interest for Covid-19 Vaccine & Flu Vaccine Phone CVBNC 5158 6210			



CVBNC acknowledges the support of the Victorian Government



East Gippsland Women in Agriculture Network presents

How to Repair a Fence (including electric)

Friday 31st March 2023

CANN RIVER

Where: 1010 Monaro Highway, Noorinbee

When: 31st March 2023

Time: 10am to 12.30pm

Cost: free (must RSVP)



To register:

Emma Orgill

0400 467 921

emma.orgill@fevl.org.au

lunch is included

Can't make this date?
Other workshops on the
30th March - Orbost
8th June - Sarsfield
9th June - Buchan



This project is supported by the East Gippsland Shire, Gippsland Agricultural Group, and the East Gippsland Catchment Authority, through funding from Emergency Recovery Victoria and the Australian Government's National Landcare Program

LANTERN WORKSHOP TRAINING

Learn how to deliver your own community workshop, teaching others to make lanterns for your next community event

Workshops run from 10am to 3pm covering:

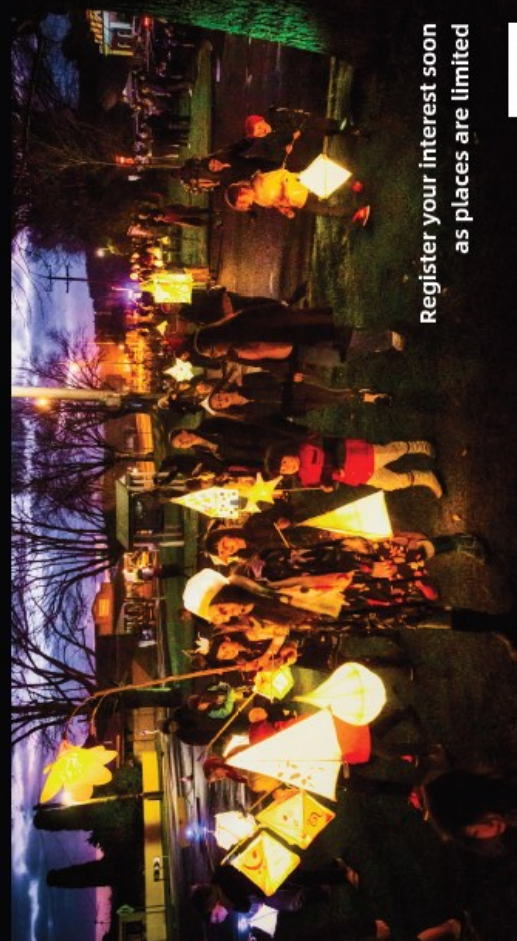
- sourcing materials
- planning a lantern event
- lantern event logistics
- lantern design for your event
- types of lighting
- running your own workshop
- making a lantern, step by step!

Location & dates

- Sarsfield Hall
Saturday 18 March 2023
- Orbost Exhibition Centre
Thursday 23 March 2023
- Swifts Creek Community Centre
Saturday 25 March 2023
- Genoa Hall
Saturday 1 April 2023

To book your place in our Lantern Workshop Training, please contact your local CRC or Place Manager Support Office for Mallacoota and Cann Valley Districts: Lea Davis E: lead@egipps.vic.gov.au.

To learn more about the workshop, contact Tracey Johnson E: traceyj3@gmail.com



Register your interest soon
as places are limited



This project is available to residents of districts with a Community Recovery Committee. Supported by East Gippsland Shire Council and jointly funded by the Victorian Government and Commonwealth Government under the Commonwealth-State Disaster Recovery Funding Arrangements.



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/April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
27 Playgroup at community centre Reclink activities - see advert	28 Reclink activities - see advert	29 Lunch at community centre	30 Reclink activities - see advert	31 Youth group at community centre
3 Playgroup at community centre Reclink activities - see advert	4 Reclink activities - see advert	5 Lunch at community Centre	6 Jinga Easter egg hunt Last day of term 1 Early finish - 2:30pm Reclink activities - see advert	7 Good Friday Public Holiday School holidays begin. School resumes on Wednesday 26th April