**From the Principal**

**Sad News**
Our school community has been saddened by the tragic deaths of two of our students; Kal-Kidan and Mekdes Sceney and their parents in a small plane crash. Our thoughts and prayers go out to the family and friends. The Wellbeing team and DECS counselors are supporting students, staff and families during this difficult time. If you have concerns about how your child may be coping please do not hesitate to contact me (Principal Miriam McDonald) and/or Charity McAleer, School Counselor, ph: 89883 7000.

Attached to this enews is a letter which has been distributed to all students to take home today. It contains helpful advice regarding reactions to stressful situations, and some useful numbers to contact for out of hours or during the term break if required. A tribute wall to the Sceney girls will be a part of the student run Health Expo in the gym tomorrow, where students can post messages.

**Harmony Day**
The Aboriginal & Islander Education Worker, Penny Kellaway along with the Home Liaison Officer, Debbie Russell arranged in conjunction with the Special Needs Centre students and staff a most successful day with boomerang decorating, friendship bracelet creations, face-painting and origami. The Special Needs Unit opened their doors to the rest of the school at recess and lunch to be treated to the culinary delights of Kangaroo stew, Kangaroo rissoles, rice and damper tasting which got a huge response with 7 dampers being made on demand.

A fantastic day was had, quoted by Thaiday Tom “I don’t want this day to end”. We would like to say a big thanks to the Special Needs Centre students and their staff, Gillian Webb, Amanda Clarke, Diane Bryce, Ambra Dalla Costa and Amos Olley for all their assistance.

Also a very big thank you to Year 9 student Kaycee Walker who helped with everything from setting up to damper making, painting faces, bracelet demonstrator and who was nominated as Harmony Day Helper.

Kaycee also baked this beautiful cake to mark the occasion choosing the indigenous flag for her cake design

Well done Kaycee!!
PARCS
On Friday 15\textsuperscript{th} March, Taminmin College took two teams away to the PARCS Rugby League cluster day, held at Allphones Park, Palmerston. The teams, made up of an under 13’s and an under 15’s team played quite well throughout the day. Both teams were a mix of experienced and new comers to the sport and our results reflected this. Our under 15’s tried hard, but were beaten by some more experienced, and larger opponents. Our under 13’s played strongly, winning a few games, which was enough to be joint winners on the day. Congratulations to all the boys who played on the day.

Congratulations to Cody Taylor in year 7 who has been selected for the U12’s PARCS Basketball team that is heading over to Gove to participate in the Arnhem cluster. Cody has previously played over in Gove for PARCS soccer.

Special Care Nursery
The 2012 VET Hospitality students had the privilege of handing over the cheque to the Special Care Nursery recently. Just under $5000.00 was raised last year at the Teal Func, a charity function run at Taminmin College. Pictured is trainer/teacher Helen Grant with some students handing over the cheque at Royal Darwin Hospital.

NAPLAN
NAPLAN is an annual assessment for all students in Years 3, 5, 7 and 9. It tests the types of skills that are essential for every child to progress through school and life. The tests cover skills in reading, writing, spelling, grammar and punctuation, and numeracy. The assessments are undertaken every year in the second full week in May. A NAPLAN report will be issued by Taminmin later in the year. The same report format is used for every student in Australia. we will notify you when the reports are being sent home.

For more information about NAPLAN: http://www.nap.edu.au/
Uniforms
Just a reminder to all that students must wear the full Taminmin uniform to school every day. This consists of Taminmin shirt, black shorts to mid-thigh, covered footwear (no thongs), and caps/ hats for P.E.

Please ensure students wear the appropriate clothing to school at all times to eliminate uniform slips and detentions being received. Pictured here are Dane and Telfer as examples of wearing the correct uniform. Telfer’s attire is with the senior school shirt and Dane is in the sports shirt.

Back to School Vouchers
Just a reminder that the Back to School Vouchers must be used by the end of term 1. Any unspent portion of vouchers after this date will be allocated to student resources.

Attendance - Week 10
Year 07 92.9
Year 08 89.62
Year 09 87.77
Year 10 82.04
Year 11 81.38
Year 12 80.72
Totals 85.86

We wish our Taminmin students, staff and families a safe and restful term break,

Miriam McDonald
Principal

VET News

Certificate II in Rural Operations
The Cert II Rural Operations class has been working hard the past few weeks in hot conditions carrying out fencing work and chemical applications whilst treating weeds. 2013 has seen a class of twelve enthusiastic students excel in the chosen field of agriculture in their early units despite the hot conditions. Over the next few weeks students will commence their livestock handling units as the 2013 show team is selected and handling begins in preparation for Katherine and Darwin shows. – Matt Deveraux.

Certificate III in Agriculture
The 2013 Cert III Agriculture course is back to full strength with ten enthusiastic students taking part in the program. Over the coming weeks these students will also branch into their show and livestock units carrying out and managing the Brahman Stud operations, weaning, animal husbandry, show preparations and

Swampdogs Rugby Union NT
Training 5.30pm, Freds Pass Show Grounds
All Ages
feed plans for livestock. With the current weather conditions these students have been heavily involved with class room research and assessments for their program setting them up for a big year in the field.

Their first outing will be to a low stress livestock handling and working dog school at Douglas Daly Research Farm on the 30th April – 1st May. – Matt Deveraux.

**VET Gallery**

**Certificate II in Rural Operations**

**Certificate III in Agriculture**

Priscilla Dahlhelm
Urban VET Manager
89837120

**Wellbeing Corner**

**Immunisation Program 2013**
Parents/Carers of Male students currently in Year 10.

*In February 2013, the Australian Government extended the eligibility criteria for the National Male Human Papillomavirus (HPV) Vaccination Catch-up Program.*

*In 2013 and 2014 boys in Year 9 will be able to get the HPV vaccine at school.*

*In addition free HPV vaccine will be provided to:*  
- **Boys aged 15 who are not in Year 9 or not at school** can receive the HPV vaccine at a Community Care Centre, Aboriginal Medical Service or GP. Boys who receive their first dose of HPV vaccine before they turn 16 years of age are eligible to receive free vaccine for all three doses. Ideally the full course
of three doses must be completed before the end of the current school year.

For more information and resources please visit:
Or contact the Centre for Disease Control on 8922 8044.

Ringworm

Ringworm is an infection that is caused by a fungus. It is very contagious and can affect the scalp, face, body, feet or nails. Ringworm affects both humans and animals. Ringworm gets its name from the raised pattern the infection forms on the skin. It looks like a circle.

Signs and symptoms

Ringworm on the body begins as a ring-shaped, flat rash. Gradually the ring becomes larger and spreads, with the inside of the ring clearing. The outside of the ring can be either dry and scaly or wet and crusty.

How it is spread

Ringworm is spread by contact with humans, animals and contaminated objects. Humans are most likely to get infected from contact with other people who already have ringworm, school playgrounds, gyms, contaminated clothing, bath mats, towels, damp floors and showers.

Treatment

Ringworm is difficult to prevent because it is very common and contagious even before the symptoms appear. Ringworm can be treated effectively with most anti-fungal medications, such as Canasten cream. Early treatment is important to prevent spreading.

It is important to:

- Avoid contact with infected people. Where this is not possible, wash your hands thoroughly with soap and water and dry them well
- Pay special attention to drying moist areas on the body
- Don't share brushes, combs, hats, clothing or linen with an infected child
- Do not walk in bare feet on damp floors or in communal showers
- Avoid contact with infected pets and wash your pets with antifungal solution
- Don't let an infected child use communal pools or baths until you have started the appropriate treatment
- Wash clothing and linen (eg. sheets and pillowcases) often and with hot water
- If you have ringworm on the feet spray all shoes with antifungal spray (eg. Dr. Scholl) to help stop your feet being re-infected after treatment

Peta Richards
Health Promoting School Nurse
**Funky Chicken**

Last Tuesday Taminmin Library launched the hilarious picturebook *The Funky Chicken* – with a theatrical performance by the BookChooks, an eggperimental theatre company whose cast was drawn from Taminmin Library, College staff & students and the local community. It was a hoot – 250 children, parents, and other folks made up the audience, and the performance was a smash hit – even if destined to be a one hit wonder.

The beautiful costumes, props and set were designed and made by Taminmin Library staff member, Lyn Carseldine, with help from volunteer, Del Seib. The stars of the show were *Funky Chicken* (teacher David Andrews), the *Sneaky Crocodile* (school caretaker Les Schultz) & author Chris Collin (as himself), but the supporting cast were also very talented. The school farm lent chickens and Luke from the Territory Wildlife Park brought a baby crocodile for show & tell. Library staff member Megan Pohlner excelled as crowd & animal wrangler for the day.

Copies of the book are still for sale @ $24.95 in the Library.

After the launch Chris [author] joined with the performers and helpers for a wonderful lunch catered by Steve Bogner [VET Trainer] and his Cert II students. Lunch included salt and pepper crocodile and chicken wings tandoori style.

After lunch Chris held 2 writing workshops for year 11 English students and year 7 LL students which were both informative and entertaining.

**Your Tutor**

In Week 1 of Term 2 there will be information sessions for students and parents in the Library. Tuesday 16th April 4-5pm in the Library. Contact Liz Short on liz.short@ntschools.net or phone 89837128 for more information.

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**Other News**

**Whole School Harmony Day Report**

This year’s Harmony Day at Taminmin Middle School theme was “Everybody belongs: Many Stories, One Australia”. Last Friday, the 22nd of March year 7 and 8 students long with teachers and assistants celebrated harmony day. At lunchtime there was a Sepaktakraw demonstration.

The Special Education Centre invited everybody to eat kangaroo stew, damper, read the story board, view art
Electronic Student Profile (esp)
The new Electronic Student Profile (esp) is now available for all Taminmin College students.

Esp is the first online program in Australian public schools to give parents easy access to their child's records. Esp will keep you in touch with your child's progress and development.

How do I register?
To register please visit the school office where you will be required to sign a Parent Application to Access Electronic Student Profile. You will then receive a personal registration card for your child that will include a unique username and password as well as information on how to access esp. You can find out more about esp by calling or visiting the school office at anytime or visit https://esp.ntschools.net

work, listen to Garrumul and make boomerangs and friendship bands. Students had told, written and drawn stories about their family backgrounds creating a display "story board".

Year 7 and 8 students and PC teachers had investigated harmony day and this year's theme each in different ways. During the last lesson the judges, Mrs Robyn Morrison, Mrs Beverly Rahati, Mrs Liz Short and Ms Lucy Murrell visited the classrooms, listened to, viewed and read the stories and enjoyed the presentations and celebrations. There were many outstanding entries this year. Congratulations to all who entered. Unfortunately only a few can win. The winners are:

The class display that best expresses the theme: “Everyone belongs: Many Stories- One Australia” 1st Prize Trophy and $50.00 – Congratulations to the Special Education Centre teachers and students.

Best PC design and commitment to producing a 2013 Harmony day mosaic mural expressing this year's theme. Prize money $50.00 to assist with the making of the mosaic wall display for courtyard - Congratulations 8B Megan Fordham’s class, Rainbow Australia design.

Best student(s) contributor to “class and school Harmony” on the day and in preparations Prize: Trophy (Total prize money $30.00) –

- Kaycee Walker, year 9 (Baked excellent cake, enthusiasm, assisted teachers throughout the day)
- Eddie Manderson year 7 (Volunteering to cook pancakes, set up chairs for everyone at the start of the day, ran errands, volunteered to help other students, cleaned up the classroom, consistently helpful)

- 1st Prize: Most Outstanding Story(ies) reflecting the theme by a Yr 8 student (or group of yr 8 students) $50.00 – The class of 8LL “Our Stories, our heritage, our family” (Christine Shaw). All students had used www.ancestry.com for two weeks to research, discuss and produced stories about their family heritage. Each reflected the diversity that makes up Australia's population and migration history. Particular congratulations to Alan Jones, Daniel McKell, Sian Wright, Maili Clark, Ayla Thorbjornsen, Jaimi Pearsons and Reece Webster.

- 2nd Prize: Excellence in Story(ies) reflecting the theme by a Yr 8 student (or group of year 8 students) $30.00 Belinda Bryce. Excellent oral and written presentation, confidently presented about her family heritage. Belinda also created clay tablets and wrote her story using runes script.

- 3rd Prize: Highly Commended Story(ies) reflecting the theme by a Yr 8 student (or group of year 8 students) $20.00 Sian Wright. Sian’s fascinating family history was supported by historical sources, a picture of HMS Buffalo and also a family history book.

- 1st Prize: Most Outstanding Story(ies) reflecting the theme by a Yr 7 student (or group of year 7 students) $50.00. The Story Tree (7E Lisa George). An
During the NT School holidays 8th to 14th April 2013 qualified motorcross coaches will be conducting the Kick Start motorcycle riding program. This is a basic entry level course to selecting the correct motorbike, riding gear and in understanding how to get started in motorcycling. Day and half day sessions available at various locations around Darwin, Palmerston and down the track.

Fee: FREE—yes, that’s right a FREE holiday activity. To find out more details and locations closest to you email mkntaustralia@gmail.com or phone Maureen on 0438 844 814.

Outstanding presentation. A beautiful tree, students circled around and with stories attached. Deeply moving story telling by a diversity of students that reflect our student population. Excellent courtesy and respect displayed to each and all. Overall the theme “Everyone belongs: many stories, one Australia” was excellently executed.

- **2nd Prize:** Excellence in Story(ies) reflecting the theme by a Yr 7 student (or group of year 7 students) $30.00. Video story, 3D display and food sharing (7C Nelly Labiche). Impressive video made by students about new student migrant being bullied; excellent 3D display and food and drink sharing. Excellent courtesy and respect displayed to each and all.

- **3rd Prize:** Highly Commended Story(ies) reflecting the theme by a Yr 7 student (or group of year 7 students) $20.00. Random Acts of Kindness and story sharing (7F Kathy Silburn). A collection of written personal life stories by students displayed beautifully. Excellent courtesy and respect displayed to each and all.

Most students and PC classes also enjoyed their Harmony Day learning, stories, activities while sharing food and drinks with each other. Congratulations to all students and their teachers for the great celebrations and submissions. Our Middle School Harmony Day did a great job at reflecting the 2013 theme “Everybody belongs: Many stories, one Australia.”

Lucy Murrell  
EAL/d, ML, Indigenous literacy Specialist Teacher, Harmony Day and International Students Coordinator

**Dukes of Edinburgh**  
The Duke of Edinburgh’s Award is the most recognised and utilised youth development program in Australia. The aim of the program is to motivate youth to become involved in a balanced program of self-development activities. The Award is conducted at Taminmin College and students in Year 9 and above (aged 14 and over) are able to join.

The Award is a non-competitive program involving community service and adventure based activities of a practical and physical nature. These activities provide opportunities for the student to acquire and develop skills, initiative and self-esteem. Achievement in The Duke of Edinburgh's Award, especially the Silver and Gold Awards, has been recognised by many employers when choosing applicants for employment. On successful completion of Bronze and Silver awards 10 credits per award and 20 credits for Gold are awarded towards their NTCET.

There are three Award Levels - Bronze, Silver and Gold with the requirements of each level becoming progressively more demanding. The four key aspects of the Duke of Edinburgh’s Award (Community Service, Skill, Physical Recreation and Adventurous Journey) parallel components offered through the School. As the
Award Level increases so does the requirement and expectation that these activities are further developed outside of school time. Through the process of completing an award, participants should develop:

- self-belief and self-confidence
- an independent and self-motivating attitude
- a sense of responsibility to others and a connection to the community
- life skills - negotiation, research, communication, problem solving and presentation skills
- new friendships and relationships with their peers and older people
- employability skills - teamwork, initiative, enterprise, planning, self-management and technology skills

A one-off fee of $75 applies prior to the commencement of the Award and for each subsequent level. This fee covers registration, management of the official Record Book, certificates and insurance.

If you wish to find out anything more about the program contact Matt Lee on 89837038 or via email matt.lee@ntschools.net

**Community Notices**

**COME AND TRY ORIENTEERING** - the ideal way to exercise your mind and your body. Great for families of all ages. Your FIRST EVENT is FREE, with experienced club members and coaches on hand to get you started. Events are held on Sunday mornings.

**Next event:**
On: Sunday 10th March  
At: East Point  
Start: Picnic area on left just past Pee Wee's restaurant  
Coaching: between 8 and 9am  
Time: any time between 7am and 9am; finish before 11am.

**Coming events:**
Sun 7th April – Malak  
Sun 5th May - Jingili  
Sun 26th May – Mitchells Creek/ Rosebery  
Sun 16th June – Holmes Jungle

Enquiries and more details: phone Susi Bertei on 89815841.
Come and try Karate

NT Tang Soo Do martial arts training helps develop a healthy sense of respect for family, friends, school and community.

Improves Fitness, teaches Self Defence Skills and promotes Discipline, Integrity and Respect.

Age and belt specific classes from 4 years to teenagers and adults.

Classes held at:
The Lifestyle Studio NT
31 Tilston Avenue
(next to the Tennis Courts)
Phone 8932 1080

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FIRST CLASS FREE PASS
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Darwin Entertainment Centre 08 8980 3333  www.yourcentre.com.au
3 April 2013

Dear Parent/Guardian,

We are writing to advise you that our school has experienced the death of two of our students and their family in tragic circumstances. You may be aware of the recent news coverage of the small plane crash in the Top End. Your child may be feeling particularly distressed at this time and it is important to inform you of the support available within our community.

It is very common for people to experience strong emotional or physical reactions following a traumatic event. However responses are also very individual and may manifest in many ways. With support and understanding from loved ones, emotional reactions usually pass more quickly. Sometimes, the traumatic event is so painful that professional assistance from a counsellor may be necessary.

The Wellbeing Team at Taminmin College is available to support students and families at this time. If you have concerns about how your child may be coping please do not hesitate to contact the Principal Miriam McDonald and/or School Counsellor Charity McAleer on 8983 7000.

Please find attached information about stress reactions and ways to assist.

During the week holiday break if additional support is required you can also contact Headspace Palmerston ph: 8931 5999, Kids Helpline 1800 551800 or Lifeline 131114.

Regards,

Miriam McDonald
Principal
Taminmin College
How to help a person who has experienced a traumatic event

1. **Let the person tell their story if they wish, but do not push them to do so if they don’t want to.** People who experience a traumatic event have their own pace for dealing with the trauma. In trying to help such a person it is important to let them set the pace and not force the issue. Urging someone into a discussion of a traumatic event may actually re-traumatise a victim.

2. **Be a patient and sympathetic listener, before giving any advice.** Make personal contact and listen non-judgmentally before making any recommendations for help.

3. **Validate the persons stress reactions as being normal responses to abnormal events.** Explain that stress reactions are normal for days, even weeks after a trauma and that people usually have a normal recovery of their emotions. These stress reactions include shock, fear, grief, emotional numbing, indecisiveness, worry, unwanted memories, fatigue, difficulty sleeping, being easily startled, distrust and irritability.

4. **Encourage the person to reach out to other people who can provide support and share feelings about what is happening.** Encourage traumatised people to talk with family, friends, following their own instincts on how much they say and with whom they talk. Don’t tell the person to stop reliving and simply forget the trauma, and to get on with life.

5. **Advise the person not to use alcohol or drugs to cope.** Instead use simple relaxation methods.

6. **If the stress reaction persists for more than a month, encourage the person to seek professional help.** If the person continues to experience stress reactions or severe distress that interferes with normal functioning after a month following the trauma, encourage the person to seek professional help, if not yet sought.

Reference: Mental Health First Aid
If you have experienced a traumatic event (an injury, loss of a loved one or property, a serious threat, or any overwhelming emotional experience), or know of someone who has, this information may assist you in coming to terms with the event.

Even though the event itself may be over, you could now be experiencing, or may experience later, some strong reactions. It is quite natural, in fact quite understandable, for people to experience emotional 'aftershocks' when they have lived through a traumatic event.

Emotional aftershock (or stress reactions) can appear immediately after a traumatic event or they may appear a few hours to a few days later. Sometimes, weeks or months may pass before the reactions appear.

Fortunately, most people find that, although the event initially impacts on their lives, they recover relatively quickly and return to their normal routine within a short space of time.

Stress reactions may last a few days, weeks or months. They may also last longer depending on the severity of the trauma and other things happening in your life at the time. Understanding and support from loved ones helps the stress reactions to pass more quickly. Occasionally it may be important to seek professional assistance from a trained counsellor. This doesn't mean you're crazy or weak. It simply indicates that you may need some specialist advice on how to minimise the impact the event is having on you.

Should I seek further professional assistance?
If the symptoms described over the page feel severe or if they last longer than six weeks, you may need further assistance through the support of a professional counsellor. (You may also wish to seek assistance from a counsellor before this occurs to touch base with someone who understands your situation).

Some Common Stress Reactions

**Physical**
- Upset stomach
- Tremors (fists, hands)
- Feeling uncoordinated
- Profuse sweating
- Chills
- Diarrhoea
- Dizziness
- Chest pain (see a doctor)
- Rapid heart beat
- Rapid breathing
- Increased blood pressure
- Headache
- Muscle aches
- Sleep disturbances
Thinking
Difficulty making decisions
Difficulty problem solving
Confusion
Disorientation
Feeling isolated
Difficulty concentrating
Memory problems
Difficulty naming common objects
Seeing the events over and over
Distressing dreams
Poor attention span

Emotional
Fear
Guilt
Difficulty in problem solving
Worry about others
Wanting to hide
Limiting contact with others
Anger
Irritability
Feeling numb
Startled
Shocked
Grief

The following suggestions can help to reduce the pain associated with a traumatic event. Why not give some a try?

For Yourself
• Try to rest more
• Contact friends and have someone stay with you for a few hours or for a day or so
• Talk to people who love you
• Re-occurring thoughts, dreams or flashbacks are normal, try not to fight them. They'll decrease over time and become less painful
• Maintain as normal a schedule as possible
• Eat well balanced and regular meals (even when you don’t feel like it)
• Try to keep a reasonable level of physical activity – it is often quite refreshing
• Find a good counsellor if the feelings are prolonged or intense
• Try to express your feelings as they arise.

For Family Members and Friends
• Listen carefully
• Spend time with the traumatised person
• Offer your assistance and a listening ear even if they have not asked for help
• Reassure them that they are safe
• Help them with everyday tasks (i.e. Caring for children, cleaning etc)
• Give them some private time
• Don’t tell them they are lucky it wasn’t worse – upset people are not consoled by this
• Tell them that you are sorry such an event has occurred and that you want to assist them in any way you can.