

Well-Being Newsletter

Term One 2020

Welcome back to our Well-being Newsletter for 2020. For new families to our school, we send out this newsletter out once per term and you are all welcome to contribute. I include a variety of information and people are welcome to take what they want from it and ignore what doesn't work for them. 😊 It is important in a community to have resources and options, as a school we certainly know we can't do it all, so by regularly providing information on external support services and information on a range of well-being topics, we hope that if you should ever need it, it will be here, or may prompt you to seek the support you or your loved ones might need.

We know we have a range of skills in our local community, so we would love for you to share that in this space. A huge thank you to all of you that sent something through this term.

Our Nest has been revamped by our parent Well-Being team and is ready for you to use! It is a place of connection and we ask that you feel free to book and use it as you would like, you could run book circles, women's circles, craft activities, nutrition info, mediation....anything! It can be a one off, weekly, monthly....however you want to do it. Just book a time with Emma (Ned's Mum) at emmataylorflowers@gmail.com, send me your flyer and we will advertise your sessions. We have change table and a feeding chair for mums too.

Sometimes only one person may come, but the connection made in that one interaction may change the course of that person's day, week or life.

Don't forget that we have lots of info in the well-being hub too if you need it. Please help yourself to anything that interests you.

Alesha x

Dates to Remember

Spectrum Journeys Supporting Girls on the Autism

Spectrum- Sat 14th March

Parents Building Solutions- Tuesdays from March 23rd

Relax Unwind/ Wellbeing Workshop- Monday March 23rd

Supporting Family Carers Info Session- Monday March 23rd

Epilepsy Awareness Free Dress (wear something Purple)- Thursday March 26th

Women's Circle- The Nest- Monday April 20th 9.30am

Spectrum Journeys Supporting Transitions in Early Childhood and Primary Workshop Tuesday 16th June



The Nest @The Patch Primary

A huge thank you to everyone that contributed to the revamp of The Nest- it looks amazing!! Your generosity and hard work is appreciated by our whole community!



Behind the Scenes

There is always something happening behind the scenes in the Well-Being space! At the moment we are working with Natasha from the Shire of Yarra Ranges to apply for a grant that will hopefully enable us to run some parent sessions. We are looking at the possibility of:

- A workshop facilitated by Building Better Brains Australia (<https://buildingbetterbrains.com.au/>) for teachers and parents exploring aspects such as :

The use of sensory exploration activities to reduce stress and aid connection

Exploring how to interpret the need behind challenging behaviours

Play based strategies for challenging behaviours

Understanding why connection before correction is key to a thriving relationship

Learning how to bring more calm to your chaos

- A second session facilitated by BBBA on supporting children with friendship issues. concern within the school community. The session will cover the following themes:

What should parents/teachers say

How do we best support children

What is the right advice to give for friendship issues

How to support children develop resilience and their own voice

- **NDIS information sessions.**

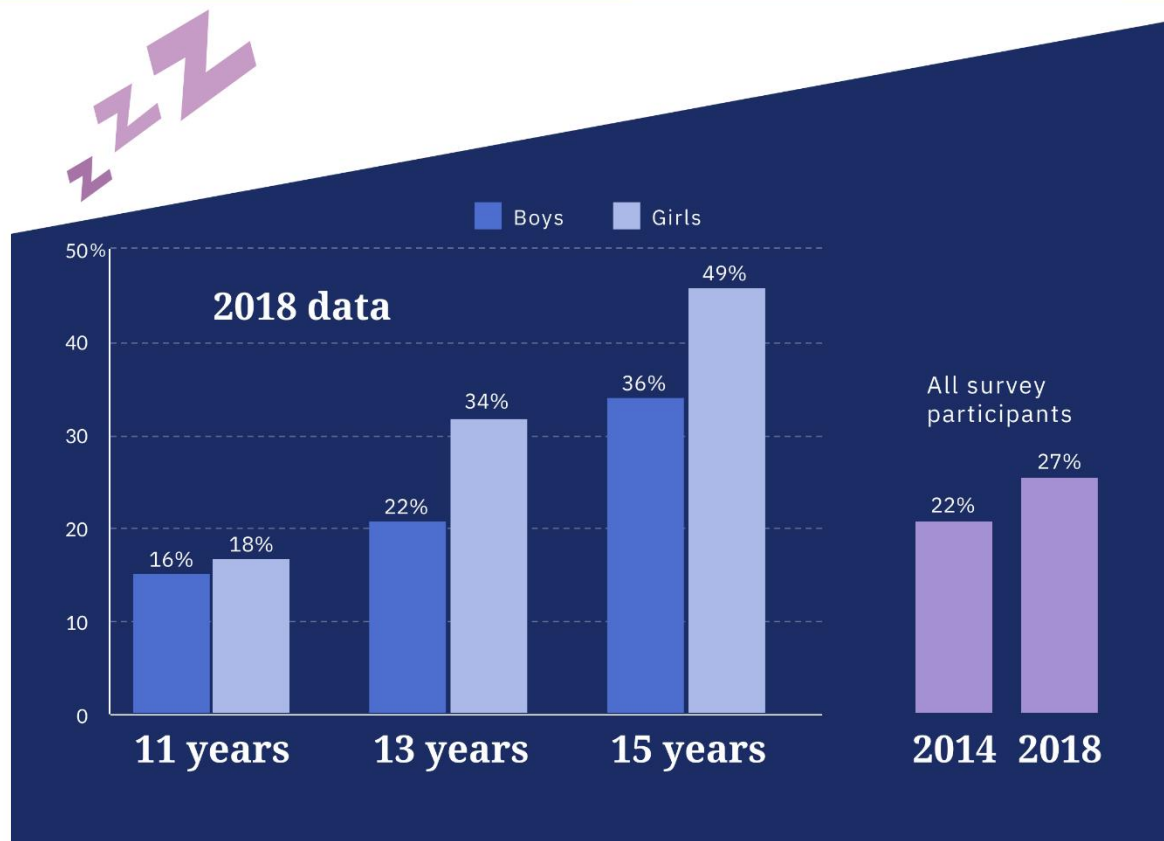
These sessions will support the school community (staff and parents) to better understand NDIS and how to access supports. We have had a number of families unsure how to access NDIS or if they are eligible.

Separately to the sessions above we are liaising with Sarah from Inspiro and are currently looking into grants to support a FREE project for teachers and parents around cyber safety, using the workshops model they used last year- This would be in conjunction with other local schools at a venue to be determined (hopefully The Patch).

Keep your fingers crossed, we will keep you updated when we hear more!

Sleep and schoolwork

A new Health Behaviour in School Aged Children study offers insights into the lives of 11- to 15-year-olds in England. Below are the proportions of young people who reported **not** having enough sleep to be able to concentrate on their schoolwork.



Source: Brooks, F. Klemra, E., Chester, K., Magnusson, J. & Spencer, N. (2020) 'HBSC England National Report: Findings from the 2018 HBSC study for England.' Hatfield, England: University of Hertfordshire.

Teacher

Whilst the cohort measured here are slightly older than our Patchies we would agree that sleep is key for our young people to have stamina, concentration and resilience. The Royal Children's Hospital recommend as a rough guide: one to three

year-olds need 12–14 **hours**, three to six year-olds need 10–12 **hours** and seven to 12 year-olds need 10–11 **hours**.

Bedtime problems – children

- Many families have problems getting their children to bed, especially preschool and primary school-age children. Many children will use excuses to avoid going to bed such as 'I need to go to the toilet' or 'I just need to tell you something', which can often delay sleep time significantly.

It is not unusual for children to have night-time worries or fears, which can prevent them from getting to sleep easily. There are a number of strategies that can help them overcome their night-time worries.

Whatever the cause of the bedtime problems, it is important that the family decides on (and sticks to) clear rules about a bedtime routine. Praising your child and reinforcing good behaviour will also help to improve bedtime problems.

For sleep problems in younger children, see our fact sheet [Sleep problems – babies and toddlers](#).

Strategies to improve bedtime behaviour

Be clear about what your child needs

What a child wants is not always what they need. Although your child may want to stay up, they may not understand the importance of sleep. As the adult, you need to decide what is reasonable bedtime behaviour and be clear about the behaviours you expect. Setting limits often benefits children in more ways than just improving sleep, as they feel secure and contained.

- Explain the new rules to your child during the day. Don't leave it to tell them for the first time when they're stalling at bedtime. You do not need to go into a lengthy discussion.
- Remember, this is not a punishment, so try to engage your child and explain the importance and benefits of sleep (e.g. growing up to be strong and healthy, being awake for exciting activities).
- Expect some resistance. Your child probably doesn't want to change, so things may get worse briefly before they get better.

Implement a consistent bedtime routine

Behaviour change can be challenging and it may take some time before you see improvement.

- Have a predictable, enjoyable routine with calm activities such as a bath or a set number of stories.
- Avoid stimulating activities, such as watching TV, running around or computer games.

- Have a set bedtime that has already been explained during the daytime.
- Try to avoid negotiating with your child at bedtime and do not enter into a battle if they protest. Calmly remind them of the new rules and continue. Remember, this is what they need.
- Put your child to bed and leave the room while they are still awake.
- Be consistent and stick to your routine.

Dealing with resistance

If your child calls out:

- Calmly tell your child it's time to sleep.
- Do not enter into a discussion.
- If they get upset, return to reassure them but be brief and limit what you say.

If your child comes out of their room:

- Calmly return them to bed, while holding their hand. Remember, this is not punishment, but be firm.
- For some children, any attention (even a parent getting angry with them) is better than sleep, so limit what you say. Be calm, repetitive and boring, and do not enter into a discussion.
- If they get out of bed again, return them to bed again. Repeat as many times as is necessary.

Positive reinforcement

Positive reinforcement and rewards are an important part of any behaviour change.

- Praise your child first thing in the morning for things they did right the night before. The idea is to focus on success, not on failure.
- Consider rewarding them for sticking to the rules (e.g. sticker charts work well, even in older children).
- For children who are very resistant or struggling with the new routine, break the process down into different parts and reward your child for each part (e.g. a sticker for getting into bed, staying in bed and sleeping through the night).
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For more information head to:

https://www.rch.org.au/kidsinfo/fact_sheets/Bedtime_problems/

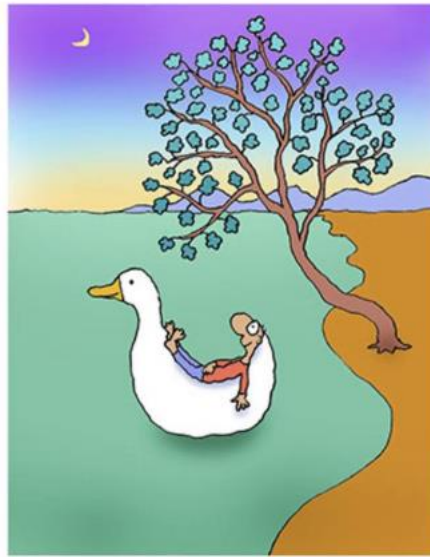
Embrace the JOMO!

In a world where children are the busiest they have ever been (making parents even busier) it is ok to stop and say to your children, 'we need a break, we just can't manage that this week'. I think Leunig says it best...

JOMO (Joy OF Missing Out.)

Oh the joy of missing out.
When the world begins to shout
And rush towards that shining thing;
The latest bit of mental bling –
Trying to have it, see it, do it,
You simply know you won't go through it;
The anxious clamouring and need
This restless hungry thing to feed.

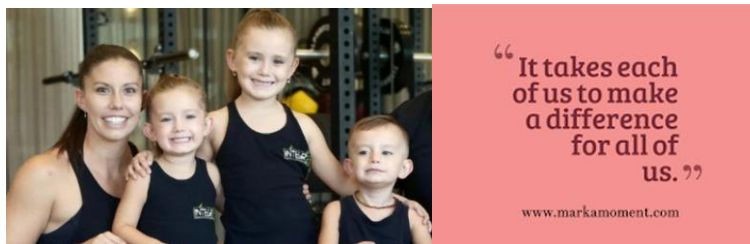
Instead, you feel the loveliness;
The pleasure of your emptiness.
You spurn the treasure on the shelf
In favour of your peaceful self;
Without regret, without a doubt.
Oh the joy of missing out.



let them be little

cause they're only
that way for a while.
give them hope,
give them praise,
give them love everyday.
let them cry,
let them giggle,
let them sleep in the middle.
oh, just let them be little.

Why do we teach Respectful Relationships?



As the country grappled with the horror of the horrific death of Hannah Clarke and her 3 gorgeous children, questions were asked about what can be done. As a primary school we may feel that these issues are too big for us to deal with BUT there is always something we can do. It is for the Hannah Clarks and her children that we teach Respectful Relationships. Australia's first Royal Commission into Family Violence was completed in 2015. The Commission made 227 recommendations to reduce the impact of family violence in our community. The important role that schools and early childhood settings can play in long-term prevention of family violence was highlighted. The Royal Commission heard a range of evidence from experts in the field that made clear that for there to be a reduction in rates of violence in the long-term, attitudes and behaviours must change, and school-based programs and culture can drive this change for young people.

We embrace the program across all year levels at The Patch. It covers 6 topics:

TOPIC 1: EMOTIONAL LITERACY Emotional literacy can be defined as the ability to understand ourselves and other people. It includes the ability to understand, express and manage our own emotions, build empathy, and to respond appropriately to the emotions of others. Building a large vocabulary for emotions helps to increase emotional literacy and build self-awareness and empathy for others.

TOPIC 2: PERSONAL STRENGTHS Children and young people need a vocabulary to help them recognise and understand strengths and positive qualities in themselves and others. This topic provides learning activities to build this vocabulary and to use it when discussing personal, social and ethical challenges. Research in the field of positive psychology emphasises the importance of identifying and using individual strengths. Social and emotional learning programs which use strengthbased approaches promote student wellbeing, positive behaviour and academic achievement.

TOPIC 3: POSITIVE COPING Learning activities in this topic provide opportunities for students to identify and discuss different types of coping strategies. When children and young people develop a language around coping, they are more likely to be able to understand and deliberately utilise a range of productive coping strategies and diminish their use of unproductive coping strategies. Students learn to extend their repertoire of coping strategies and benefit from critically reflecting on their own choices and being exposed to alternative options. Activities introduce students to the concept of self-talk and

practice using positive self-talk to approach and manage challenging situations. Positive self-talk is a key strategy for coping with negative thoughts, emotions and events. It is associated with greater persistence in the face of challenge, and can be learnt or strengthened through practice.

TOPIC 4: PROBLEM SOLVING Problem-solving skills are an important part of the coping repertoire. The classroom program provides a number of learning activities to develop students' problem-solving skills. The activities in the program assist students to develop their critical and creative thinking skills, and to apply them to scenarios exploring personal, social and ethical dilemmas.

TOPIC 5: STRESS MANAGEMENT Children and young people experience a range of personal, social and work-related stressors in their everyday lives. Activities within this topic have an explicit focus on teaching positive approaches to stress management. Assisting students to recognise their personal signs and symptoms of stress, and to develop strategies that will help them to deal with stress effectively, will help students cope with future challenges. The activities focus on the ways in which self-calming strategies can be used to manage stressful situations.

TOPIC 6: HELP-SEEKING Learning activities in this topic area are designed to help students discuss the importance of seeking help and providing peer support when dealing with problems that are too big to solve alone. This helps to normalise and destigmatise help-seeking behaviour. Scenario-based activities help students identify situations in which help should be sought, identify trusted sources of help, and practice seeking help from peers and adults.

TOPIC 7: GENDER AND IDENTITY Learning activities within this topic assist students to challenge stereotypes and critique the influence of gender norms on attitudes and behaviour. They learn about key issues relating to human rights and gender identity, and focus on the importance of respect within relationships. The activities promote respect for diversity and difference.

TOPIC 8: POSITIVE GENDER RELATIONS Learning activities within this topic focus on building an understanding of the effects of gender-based violence and focus on the standards associated with respectful relationships. Students develop the skills needed to solve problems, set boundaries within relationships, and play an active role within the prevention of gender-based violence. They develop peer support and help-seeking skills that can be applied in response to situations involving gender-based violence in family, peer, community or on-line relationships.

To read more about this or look at some of the lessons covered please follow the link to :

<https://fuse.education.vic.gov.au/ResourcePackage/ByPin?pin=2JZX4R>





Supporting Transitions in Early Childhood & Primary Workshop



This workshop is for **Parents, Carers and Education Professionals** who are keen to hear practical strategies, ideas and encouragement on supporting children with transitions in Early Childhood and Primary.

The content of this workshop is aimed at supporting children in early years and primary school.

This seminar is for both parents/carers and teachers/educators in the early childhood and primary education settings. Christina will explore the journey both parent and child take as they venture into the next phase of the child's development. The following topics will be explored with strategies and stories coming from the lived experience as an Autistic parent to 2 Autistic children and the professional experience as a special education teacher:

- Preparing for transitions
- Feeling safe
- Separation anxiety
- When it doesn't go to plan

Presenter: Christina Keeble, Special Education Teacher

Date: Tuesday 16th June 2020

Time: 7pm – 9pm with doors open from 6:40pm

Price: Parent/ Carer - \$20 inc GST
Education Professional - \$25 inc GST including a Certificate of Participation

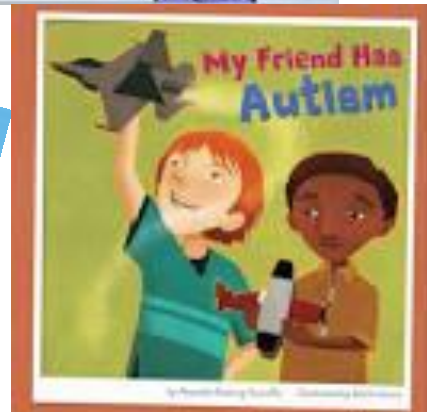
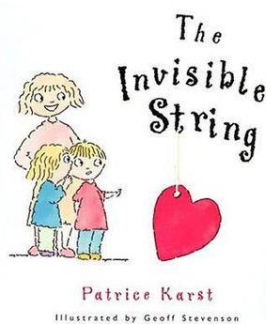
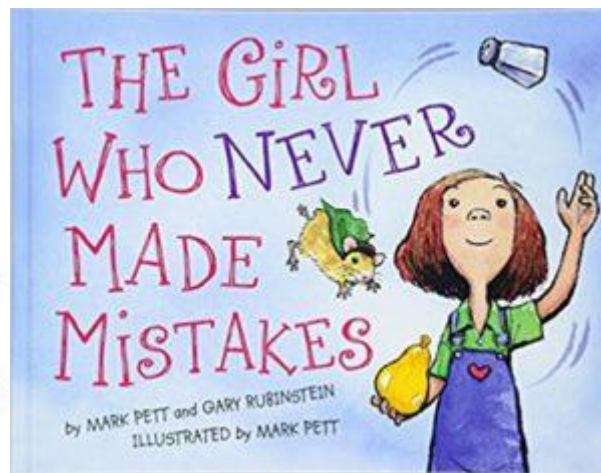
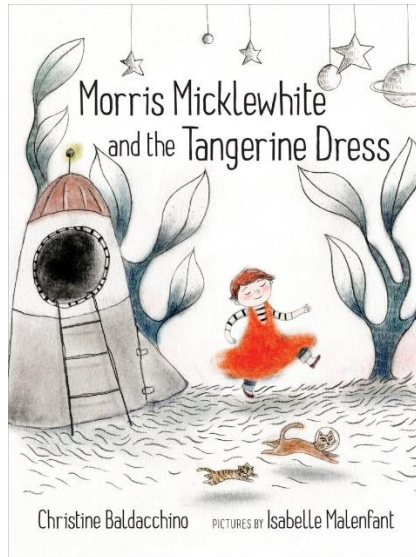
Location: Mooroolbark Salvation Army
Cnr Manchester Road & Fletcher Road, Mooroolbark

To book your ticket: [eventbrite.com.au/e/81238573761](https://www.eventbrite.com.au/e/81238573761)

Spectrum Journeys Inc is a not for profit community service that aims to equip & encourage early childhood educators, teachers, future professionals & families as they support children on the Autism Spectrum to flourish. For more information, see Spectrum Journeys Inc on Facebook or visit our website
Inc. No: A0058931G ABN: 90282551903 DRG Donation Approved Address: 15/286-288 Maroondah Hwy Chirnside Park 3116

www.spectrumjourneys.org.au

Books



From our community...

"If I had my child to raise all over again, I'd build self-esteem first, and the house later. I'd finger-paint more, and point the finger less. I would do less correcting and more connecting. I'd take my eyes off my watch, and watch with my eyes. I'd take more hikes and fly more kites. I'd stop playing serious, and seriously play. I would run through more fields and gaze at more stars. I'd do more hugging and less tugging." - Diane Loomans

*Thanks to Matt
(Sylvie's dad -
Prep) for giving
us food for
thought and
reflection...*

So often, children are punished for being human. Children are not allowed to have grumpy moods, bad days, disrespectful tones, or bad attitudes, yet we adults have them all the time. None of us are perfect, and we must stop holding our children to a higher standard of perfection than we can attain ourselves.



-Rebecca Eanes
The Newbie's Guide
to Positive Parenting

We have some amazing people in our school community! Do you have a special skill or business to share? Prepare a flyer or article for our next newsletter in Week 8 Term

2.

Green Cashew Soup

This four-ingredient soup is perfect for a cool Autumns day. So creamy, simple, and easy to make, and will impress the fussiest eaters.

3 large zucchinis

300g raw unsalted cashews

2 - 3 handfuls of basil leaves

2lt vegetable stock

Serves 4



1. Soak the cashews in hot water for 1hr. The set aside.

2. In a saucepan heat the vegetable stock, add chopped zucchini and simmer until soft.

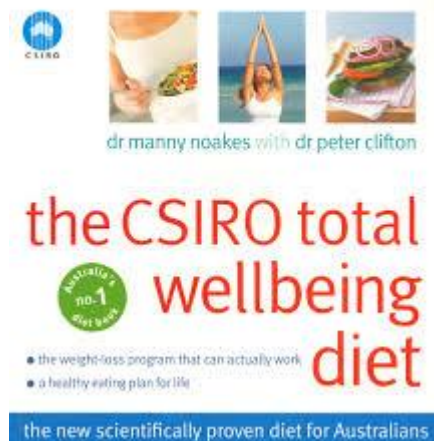
3. Drain cashews and add to soup stock base, continue to cook for a further 10 minutes. Add basil leaves and cook on low heat for a further 5 minutes.

4. Blend with a hand mixer or in small batches in a blender.

5. Sprinkle with olive oil, dukkah, or crushed cashews and toasted turkish bread on the side.

Vegan, GF, kid friendly, dinner, lunch.

Thanks for the delish recipe Emma- Pixie's mum -Prep



A lifestyle change for the Moons

Our family has recently started a CSIRO Total wellbeing diet.

We LOVE food so it was a hard move to make but so far so good. We chose it because we are sick of feeling bloated all the time, it's CSIRO and feels less like a diet and seems inexpensive, easy and works with making meals for the whole family.

I love their app!

What I mean it feels less like a diet is that we have kind of continued eating similar things which makes shopping easy but what it has done so far is teach us about portion control and given us recipe ideas which we can sustain making in the future.

I also love it as I can have chocolate, coffee and wine :) Soooo important!

I have another friend doing it with her family too and it's been nice to chat to someone about the meals :) Also they have a scheme in place where you can get your money back if you are eligible after the initial 12 weeks. It costs \$200. Also, if anyone is interested, I am happy to chat to them about it. I sound like a sales rep bahhaahaa, but I am not!

Thanks Sam(Polly's mum Grade One) for the tip- wine and chocolate caught our attention!



Kate is Sam's mum from Grade 3 and she run a local Hiking and Fitness business. They currently offer 2hr hikes Mondays, Wednesdays & Fridays and a Day Hike every weekend. I have attached our current flyer however here's an outline of what we do.

"We motivate our community to safely achieve a healthy mind and healthy body. We are not a traditional fitness organisation. Our mission is to create membership packages that provide adventure, outdoor fitness that includes hiking the best trails, health services and mindfulness... all this while caring for the world around us Hiked offers hikes, overnight hiking, camping, personal and group training, bootcamps, adventure trips, volunteer trips around the world, as well as health coaching and nutritional consultation"

Contact Kate for further details on : 0456 228 660

WHO ARE WE ? HIKED



p: 0456 228 660
w: hiked.com.au

WHAT DO WE DO?

- FIT TO HIKE PROGRAM
- BEGINNERS HIKES
- MIDWEEK HIKES
- WEEKEND DAY HIKES
- OVERNIGHT HIKES
- INTERNATIONAL HIKES
- GROUP FITNESS TRAINING
- PERSONAL TRAINING
- NUTRITIONAL CONSULTATIONS
- MEMBERSHIPS OR CASUAL BOOKINGS



p: 0456 228 660
w: hiked.com.au

2020 HIKED ADVENTURES

HIKED ADVENTURE TRIPS

- Peru
- Tasmania
- Larapinta
- Nepal
- New Zealand



WEEKEND ADVENTURES

- Mt Buffalo - Feb
- Wilsons Prom - March
- Lorne - May
- Dayleford - July
- Gramplons - Sept
- Blue Mountains - Oct
- Thredbo - Nov



p: 0456 228 660
w: hiked.com.au

HIKED FITNESS & HEALTH



GROUP TRAINING

- Bootcamps
- Boxing
- Cardio
- Circuit
- Mixed Cardio/Boxing



NUTRITION CONSULTATIONS

- Lose Weight
- Reduce Cholesterol
- Manage Chronic Illness (specialising in Diabetes)
- Boost Energy
- Gut Health

BOOK ONE SESSION AND GET ONE FREE NUTRITION CONSULTATION FOR FREE



p: 0456 228 660
w: hiked.com.au

CORINNE NIJJER

RECIPE SHARE

SIMPLE | PLANT-BASED | NUTRITIOUS

Choc Chip Cookies



Ingredients

1 1/2 cups oat flour
1/2 cup old-fashioned oats
1/2 cup maple syrup
1/2 cup almond, tahini or peanut butter (Can sub nut butter for two ripe mashed bananas)
2 Tbsp ground flaxseeds
3 tsp vanilla extract
1/2 cup saltanas or raisins or goji berries
1/2 cup non dairy dark choc chips or cacao nibs

Method

1. Preheat oven to 180 degrees celcius. Line baking tray with baking paper.
2. Mix all ingredients together in large mixing bowl. When well combined scoop out 1 Tbsp scoops and press flat onto baking paper.
3. Bake until golden brown - around 10 - 15min.





<https://mygoodnesskitchen.com/about/>

Amanda is a mum to one of our lovely Preps as well as being an Australian vegan recipe-developer, content creator, food photographer and published cookbook author. She has a wonderful website that it worth a peek (oh and a delish recipe to try)!

Wholewheat Vegan Pancakes/Pikelets

INGREDIENTS

- 1 cup / 250 ml soy milk or oat milk
- 1 tbsp apple cider vinegar
- 1 cup / 125 grams wholemeal flour
- 1/3 cup / 30 grams rolled oats
- 3 tsp baking powder
- 2 tbsp raw sugar
- 1/4 tsp fine sea salt
- 2 tbsp hemp seeds (optional)
- 2 tbsp sunflower oil
- 1-2 tsp vanilla extract

INSTRUCTIONS

1. In a medium bowl combine the soy/oat milk with the apple cider vinegar - to make vegan buttermilk- and set aside.
2. In a large mixing bowl whisk together the whole wheat flour, rolled oats, baking powder, sugar and salt. Add the hemp seeds if you are adding them.
3. After 5 minutes stir the sunflower oil in to the "buttermilk" followed by the vanilla extract.
4. Add the wet ingredients to the dry and whisk together until just combined. Don't over-whisk, lumps are fine. Overmixing will make tough, rubbery pancakes!
5. Allow the batter to sit for 5 minutes while heating a non-stick pan over medium heat. The pan is ready when you splatter a little water onto the pan surface, the water dances around the pan and evaporates.
6. Add a little coconut oil or buttery spread to the hot pan and wait until it melts.
7. Using a large spoon or small ladle add the batter onto the hot skillet. Cook for 2 to 3 minutes or until small bubbles form on the surface of the pancakes and flip. Adjust the heat lower if the pancakes are too dark. Cook on the opposite sides for 1 minute or until golden brown. Repeat with the remaining batter.

Serve the whole wheat vegan pancakes with dairy-free yoghurt, fresh berries and maple syrup or make the pancakes smaller and serve them with jam.

<https://www.mygoodnesskitchen.com>

If you're always
trying to be **normal**
you will **never know**
how **amazing** you can be.

- Maya Angelou

Goalcast



parenting ✨ ideas

INSIGHTS

Respectfully breaking the masculinity strait jacket



There's nothing so mindless as a mob, which was abundantly clear last year when a group of boys from a Melbourne school were filmed making a misogynist chant on a crowded tram.

While it's easy to blame the mob for such behaviour it shows that out dated ideas about masculinity persist. There's still a lot of work to be done to teach boys to respect women and treat them as equals.

Calling out the bro' code

The tendency for boys to bond tightly is dual-edged sword. On the one hand, a tight set of mates provides a boy with a sense of safety, security and belonging. On the other hand, the bonds between young males can propel a boy to act in ways that are reckless, amoral and just plain stupid.

It takes a brave boy to go against the crowd and call out this bro' code. Doubly so when he has to stand up and call out the sexist behaviour of his friends. Calling out your mates' sexist comments, like calling out violent acts, is the quickest road to ostracism and being branded a loser, loner or loathsome by the mob.

Respectful attitudes take courage

It takes courage and real leadership to swim on your own against the tide, particularly when the mob is swimming the other way. Courage, leadership and respectful behaviour are part of the ongoing conversations about respectful behaviours that adults need to have with boys from the early primary school years.

Respectful attitudes requires eldership

Men have major role to play in helping boys develop healthy values and attitudes that they can take into their adult lives. Men's lifestyles and beliefs become touchstones for adolescent boys who are searching for legitimate pathways to adulthood.

Boys need to see genuine reactions of outrage and disgust by the men in their lives to sleazy, inappropriate behaviours toward women displayed by some current high profile celebrities so they see that misogyny and disrespect plays no part in decent masculinity. Similarly, they need to see men calling out inappropriate remarks made toward women in the workplace, in the community and at home.

Respectful attitudes are forged through rites of passage

One of the great opportunities we have as a culture is the reintroduction of healthy rites of passage from boyhood (and girlhood) into manhood (and womanhood). It is through adult-initiated rites of passage that boys leave behind the vestiges of boyhood, taking on the mantle of manhood and the responsibilities that go with being a man.

Provided as a part of our school's Parenting Ideas membership

parentingideas.com.au

Epilepsy

Thinking, Learning & Memory

Seizures can affect the way the brain works in many ways. Seizures that begin or involve areas of the brain with thinking, paying attention, remembering, understanding and talking could certainly affect how you do in school or work.

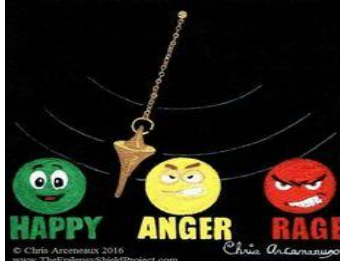
Problems could also be related to underlying neurological problems. Whatever is giving rise to seizures could also affect learning and memory or other function. Changes in mood and sleep problems also can lead to similar types of cognitive problems.

We used to think that these problems happened in people who had epilepsy for a long time or those with frequent seizures. We now know that some children with newly diagnosed seizures may also report learning or behavior problems and that these could be present before the seizures.

Cognitive problems are one of the most frequent problems for people with seizures.

www.facebook.com/kickinpurple

LIFE WITH EPILEPSY SUDDEN MOOD SWINGS



On Thursday 26th March
we are having a Free
Dress- Wear Purple Day
to raise awareness
about Epilepsy

Do you want to raise awareness about something that impacts your child? Send me an email! with your idea. It doesn't always have to be about raising money. Free Dress days are great ways for your child to know they are supported and free to talk about what makes them unique with their friends teachers and community.

sangster.alesha.a@edumail.vic.gov.au

Brain fog

- ~ fuzzy thinking
- ~ Problems with short term memory
- ~ Problems with concentration and focusing
- ~ Problems thinking of words or using the right word
- ~ Problems transposing numbers and doing math

k.com/MigraineurMisfits





Supporting Girls on the Autism Spectrum Workshop

This workshop is for **Parents, Carers, Primary Teachers & Integration Aides** who are keen to hear lived experiences, practical strategies and ideas to assist females on the Autism Spectrum.



This workshop is facilitated by Ebony Birch-Hanger. Ebony brings a range of experiences as a Neurodevelopmental Therapist, Special Education Teacher, Teacher of the Deaf and Education Consultant.

This workshop will explore:

- Females and Masking
- Females and social situations at School
- Supporting Females with transitions at School

Presenter: Ebony Birch-Hanger

Date: Saturday 14th March 2020

Time: 9:30am – 11:30am with doors open from 9:10am

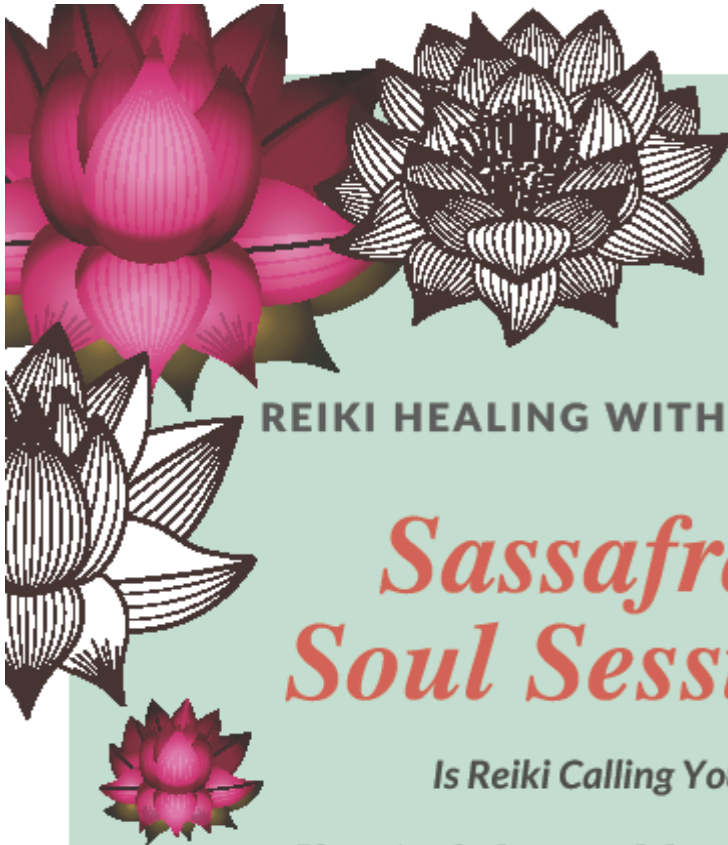
Price: \$20 inc GST for Parents and Carers
\$25 inc GST for Professionals including a Certificate of Participation

Location: Knox Community Arts Centre
Cnr Mountain Hwy & Scoresby Road, Bayswater 3153

To book your ticket: eventbrite.com.au/e/82904115441

Spectrum Journeys Inc is a not for profit community service that aims to equip & encourage early childhood educators, teachers, future professionals & families as they support children on the Autism Spectrum to flourish. For more information, see Spectrum Journeys Inc on Facebook or visit our website
Inc. No: A0058931G ABN: 90282551903 DRG Donation Approved Address: 15/286-288 Maroondah Hwy Chirnside Park 3116

www.spectrumjourneys.org.au



REIKI HEALING WITH CORINNE

Sassafras Soul Sessions

Is Reiki Calling You?

*If you're feeling tired, heavy, stuck or
disconnected from your personal power,
perhaps it's time to return to that LOVING
space within you, where all the answers flow
to you effortlessly.*

Return To Love  Return To Reiki

Book Your Healing Session Today

Website: www.corinnenijjer.com

Email: cnijjer@corinnenijjer.com

Contact: 0438 272 564

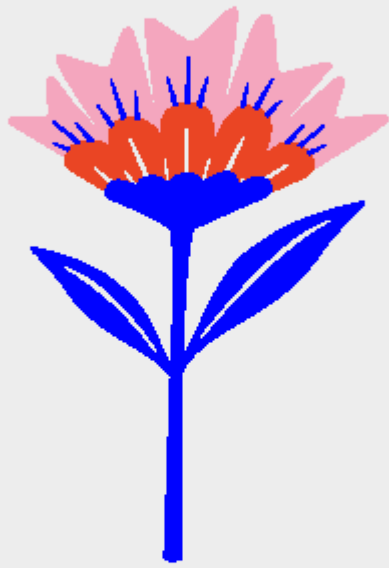
2b/353 Mount Dandenong Tourist Rd, Sassafras, Vic,
3787



Thanks Corrine (Iggy's
mum-Grade 3) for all your
input and work for The
Nest and our newsletter,
your Reiki space looks
amazing..☺

SISTERHOOD

20.04.2020



THE PATCH WOMEN'S CIRCLES

Come along to The Nest
space for a cozy chat, a
warm cuppa and some lovely
plant-based treats.

Please let Corinne know if
you can make it:

0438 272 564

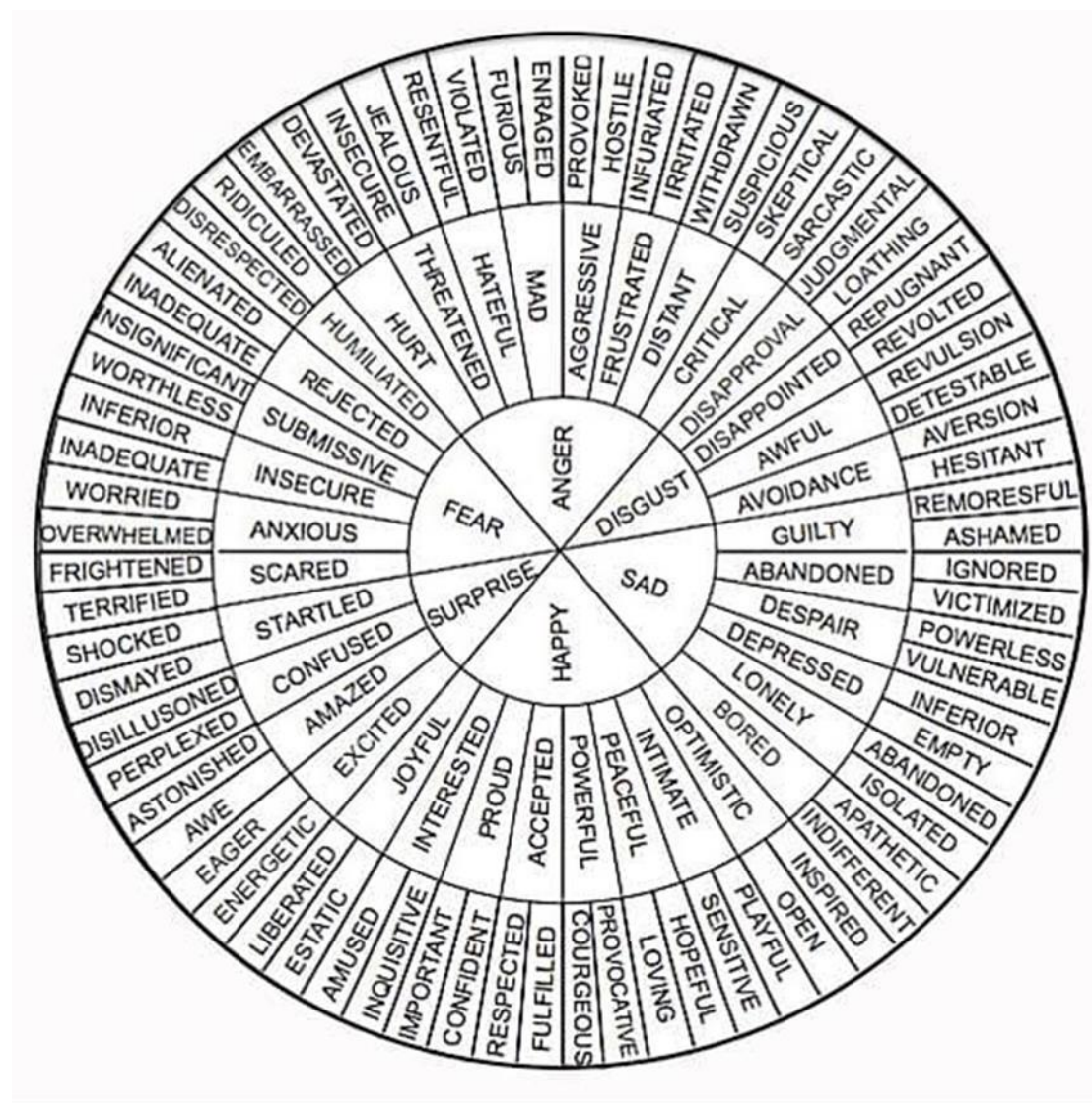
Monday April 20th at 9:30am until 11am

**Find Us In The Old
Japanese Room.**

The Emotion Wheel: What It Is and How to Use It

Head over to the Positive Psychology website and read about the emotion wheel and how you can use it!

<https://positivepsychology.com/emotion-wheel/>



Useful Contacts...

For Men

No To Violence: Male Family Violence Prevention Association

Peak body for individuals and organisations who want to contribute to male family violence prevention.

03 9487 4500

www.ntv.org.au

Men's Referral Service

Anonymous and confidential telephone service provided by men for men. It offers a central point of contact for men who want to stop violent or abusive behaviour towards their family members.

1300 766 491 (Mon-Fri 8am-10pm, Sat-Sun 10am-4pm)

MensLine Australia

Professional telephone and online support, information and referral service for men, specialising in family and relationship concerns.

1300 789 978

www.mensline.org.au

For Women

Women's Safety After Separation

Information for women facing separation, particularly where there is violence and abuse.

ncsmc.org.au/wsas/welcome.htm

WIRE (Women's Information and Referral Exchange) is a Victoria-wide free generalist

information, support and referral service run by women for women.

1300 134 130 (9am - 5pm)

wire.org.au

Women's Health Victoria

Free, confidential and statewide health service offering information, support, a library and referral options for women. Run from the Royal Women's Hospital.

thewomens.org.au/WomensHealthInformationCentre

Centres Against Sexual Assault (CASAs)

Centres offer 24 hour crisis support to recent victims of sexual assault, as well as counselling, legal and medical support and information.

www.casa.org.au

1800 806 292 (all callers are automatically transferred to their local CASA within Victoria)
(Eastern CASA is in East Ringwood - 9870 7330)

Adults Surviving Child Abuse (ASCA)

Counselling support line, information, support, referral for survivors, supporters and health professionals.

1300 657 380 (7 days, 9am-5pm)

For Children and Young People

DHS Child Protection Crisis Line

131 278 (24 hours/7 days) - statewide

Australian Childhood Foundation

www.childhood.org.au

1800 176 453 or 03 9874 3922

Parentline Victoria

www.parentline.vic.gov.au

132 289 (8am-midnight, 7 days)

Kids Helpline

<https://kidshelpline.com.au/>

1800 551 800 (24 hours/7 days)

Australian Childhood Foundation

Works to protect the rights and ensure the safety of children. Provides trauma counselling,

professional training, advocacy, research and parent support.

www.childhood.org.au

For LGBTIQ

QLife Australia (formerly Switchboard Victoria)

Australia's first nationally-oriented counselling and referral service for people of diverse sex, genders and sexualities. Provides nationwide early intervention, peer supported telephone and web-based services to support LGBTIQ people of all ages.

www qlife.org.au

1800 184 527 (3pm-midnight, 7 days)

Gay and Lesbian Health Victoria (GLHV)

GLHV is a lesbian, gay, bisexual, transgender and intersex (LGBTI) health and wellbeing policy and resource unit.

www.glhv.org.au/

03 9479 8760



If you would like to include an article in our Term 2 Well-being newsletter about well-being please email me your article

sangster.alesha.a@edumail.vic.gov.au



www.arcvic.org.au

The Anxiety Recovery Centre Victoria (ARCVic) is a state-wide, specialist mental health organisation, providing support, recovery and educational services to people and families living with anxiety disorders. We aim to support and equip people with knowledge and skills that will build resilience and recovery and reduce the impact of anxiety disorders.

Community support and self-help services play a vital role in promoting the emotional, mental and social well-being of people living with anxiety disorders.

Supporting people to learn and implement effective self-help and self-management of their symptoms will contribute to their inner resilience, quality of life and recovery. Isolation and alienation from family, friends and the community militate against recovery. Regaining a sense of belonging and confidence with others is often most effectively achieved through connection with a community of people with common conditions and experiences.

Partnerships between professionals and consumers, and support and clinical services, will ensure that the experience and knowledge of people with anxiety disorders will be valued and heeded, and contribute to the development of appropriate and effective services.



PARENTS BUILDING SOLUTIONS

A Program for Dads, Mums, Grandparents & Carers of **Primary School** aged children

Share experiences and ideas and learn strategies to support your children

**Managing Children
and Screen Time**

Dates: Tuesdays 17 March 2020.

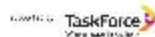
Time: 6.00pm - 8.30pm

Where: Cockatoo Community House
23 Bailey Rd, Cockatoo 3781

Bookings: Gabrielle : 5968 9031
Email: gabrielleh@Taskforce.org.au
Jasbir Singh Suropada- Parentzone
jasbir.suropada@anglicarevic.org.au
Call or Text 0431203177 to register



Cockatoo Community House



anglicarevic.org.au

BETTER
TOMORROWS



RELAX AND UNWIND - IMPROVE YOUR WELLBEING WORKSHOP

FREE workshop for carers by Carers Victoria
supported by TaskForce and Cockatoo Community House

Do you sometimes feel like your brain is spinning?
Are you feeling tired and stressed?
Caring can contribute to increased tension and fatigue.

This is a practical workshop exploring some relaxation techniques and a craft based activity. Giving you an opportunity to explore a sense of what best relaxes and helps you unwind. No prior creative or craft skills required.

WHO SHOULD ATTEND

The workshop is open to all families and carers, particularly those wanting to explore a variety of strategies for relaxation.

TOPICS INCLUDE

- Explore how relaxation helps reduce stress and improve wellbeing.
- Choose relaxation activities to suit individual needs.
- Plan for regular relaxation.

BOOKING INFORMATION

To secure your place, visit www.carersvic7275.eventbrite.com.au or for further information please phone Gabrielle Higgins, TaskForce on 5968 9031 or Education Services at Carers Victoria on 1800 514 845.

When Monday 23 March

Time 12.00pm - 2.00pm
Workshop two hour duration

Where
Cockatoo Community House
23 Bailey Road, Cockatoo

Cost Free
Refreshments provided

ALSO join us from 10.00am - 11.00am for our "Supporting Family Carers" session. Visit www.carersvic7274.eventbrite.com.au for further information.

CARERS VICTORIA EDUCATION SERVICES

T 1800 514 845
E education@carersvictoria.org.au
www.carersvictoria.org.au
f /carersvictoria
t @carersvictoria



19/7 MAR 2020

CARERS • AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS • AN AUSTRALIA THAT VALUES

www.carersvictoria.org.au



SUPPORTING FAMILY CARERS INFORMATION SESSION

FREE workshop for carers by Carers Victoria
supported by TaskForce and Cockatoo Community House

1 in 8 people at any time provide unpaid care or support to someone in need. Caring can be a complex and challenging time, and Carers Victoria is here to assist.

This one hour information session provides information about carers and the supports that are available to carers.

WHO SHOULD ATTEND

This session is open to people who are new to the caring role, organisations wanting to know more about carers and the supports available, and anyone wanting to know more about caring and supports available.

TOPICS INCLUDE

Learn about caring and the challenges carers face, Carer Victoria and its services, other services and supports available to carers, and how to make referrals using Carers ID.

BOOKING INFORMATION

To secure your place, visit www.carersvic7274.eventbrite.com.au or for further information please phone Gabrielle Higgins, TaskForce on 5968 9031 or Education Services at Carers Victoria on 1800 514 845.

When Monday 23 March

Time 10.00am - 11.00am
Workshop one hour duration

Where

Cockatoo Community House
23 Bailey Road, Cockatoo

Cost Free
Refreshments provided

ALSO join us from 12.00pm - 2.00pm for our "Relax and Unwind Wellbeing" workshop.
Visit www.carersvic7275.eventbrite.com.au for further information.

CARERS VICTORIA EDUCATION SERVICES

T 1800 514 845
E education@carersvictoria.org.au
www.carersvictoria.org.au
f /carersvictoria
t @carersvictoria



19th MAR 2020

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www.carersvictoria.org.au



03 9259 4200 EDVOS Operating Hours: M-F: 9am-8pm & Sat: 9am-5pm

Who is EDVOS?

EDVOS is the specialist family violence service in Melbourne's eastern metropolitan region (EMR).

EDVOS is a not-for-profit organisation, primarily funded by the State Government of Victoria.

EDVOS also receives grants and donations from other sources.

- We provide a broad range of integrated services to support women and children who are responding to family violence.
- We prioritise the safety of women and children as a fundamental human right, while working to ensure perpetrators are held accountable for using violence.
- We support women to make informed choices through programs and services that are individual, sensitive and evidence-based.
- Our highly trained staff provide support, information, case management, safety planning, community education, programs for pet safety and a strong network of referral pathways to other services.

“ Kindness is
a gift everyone can
afford to give. ”

- Unknown

“ Kindness is
caring for others,
even when they may
not care for you. ”

- RAKtivist

Community
Health
Service

inspiro

BELGRAVE

Belgrave Community Hub

1616-1624 Burwood Highway, Belgrave
VIC 3160

Opening times: 8.45am - 4.45pm

Monday to Friday

All other times by appointment

Services available:

- Counselling
- Diabetes education
- Dietetics/nutrition
- Physiotherapy
- Podiatry
- Children's Occupational Therapy
- Children's Speech Therapy
- Dental

Phone: CONTACT / HOURS

T: [03 9028 0153](tel:0390280153)

F: (03) 9739 4689

E: hello@inspiro.org.au

it is not
your job
to be
everything
to everyone.

*Thank you all for reading
and I hope you have found
something in here that has
been helpful, interesting or
thought provoking. See you
again next term — Alesha x*