

Well-Being Newsletter

Term Two 2020

Where do we start with well-being this term? What a huge few months it has been! A new kind of normal, different sorts of connections a new way to be. Navigating the world for ourselves and our children without really knowing how. For some, this has been a positive experience, a welcome reprieve from the incredibly busy schedules we all have. I remember wishing I could get off the merry-go-round just for a week, and then we were off for much longer. It has been a unique experience to reassess what is important, what do our kids really need in their lives to be happy? Were they ok without all of the organised sports and rushing from one event to another? A very unique time to reset and make some changes moving forward.

Remote learning was a whole other scenario, again for some it was an extremely difficult time and for others a very joyful experience. Juggling work and helping children complete tasks was a massive work load and our staff certainly acknowledge the incredible effort everyone put in. Even if you decided it was best for your family to un-plug, we hope you felt supported by our school to do that without guilt. I think our community certainly appreciated the wonderful leadership from Deb and Michelle, keeping the focus on everyone's well-being, I think their viral video showed others also appreciated school leaders speaking out on the importance of this. It was shared on many other school Facebook pages, Tracey Ezard's page and thousands of private pages. The Age online even wrote about it!!

I know for our staff we are much happier now that the bike racks are full and the children are back with us in our classrooms to nurture and be with every day. Whatever your experience was during this time, I think we can all celebrate the roles we played, whatever that looked like, our perfect imperfection as parents, students, teachers and a community should be celebrated! Well done Patchies!

Alesha x

Dates to Remember

Building Better Brains Online sessions- FREE

Thursday 13/8/20 7-9pm

Thursday 27/8/20 7-9pm

Thursday 10/9/20 7-9pm

*details in newsletter

Unfortunately, at this stage our NDIS info session has been cancelled.





Tracey Ezard - Engage, Collaborate, Act

21 May at 11:53 am · 🌐

I love how school leaders have been holding the space for their communities to just be. And to practice some compassion for themselves. This is Deb and Michelle, Principal and Assistant Principal from The Patch Primary School in Victoria talking with their community at the start of remote learning. Love your work- and your humanness



The Patch Primary School

Posted by Alesha Sangster
29 April · 🌐



6:27pm

Home schooling: 'Parents you need permission to take a breath'

By Nicole Precel

Families and primary school students feeling a bit overwhelmed by home schooling may find comfort in this Facebook post.

The video from The Patch Primary School in the Dandenong Ranges is being widely shared online, and encourages students and parents to look after themselves as a priority.

"Number one is you have to look after yourselves first, that's the most important thing. You need to get your sleep and you need to not worry," said school principal Deb Hermann.



More ▾

"WHEN SCHOOLS FLOURISH, ALL FLOURISHES."

MARTIN LUTHER

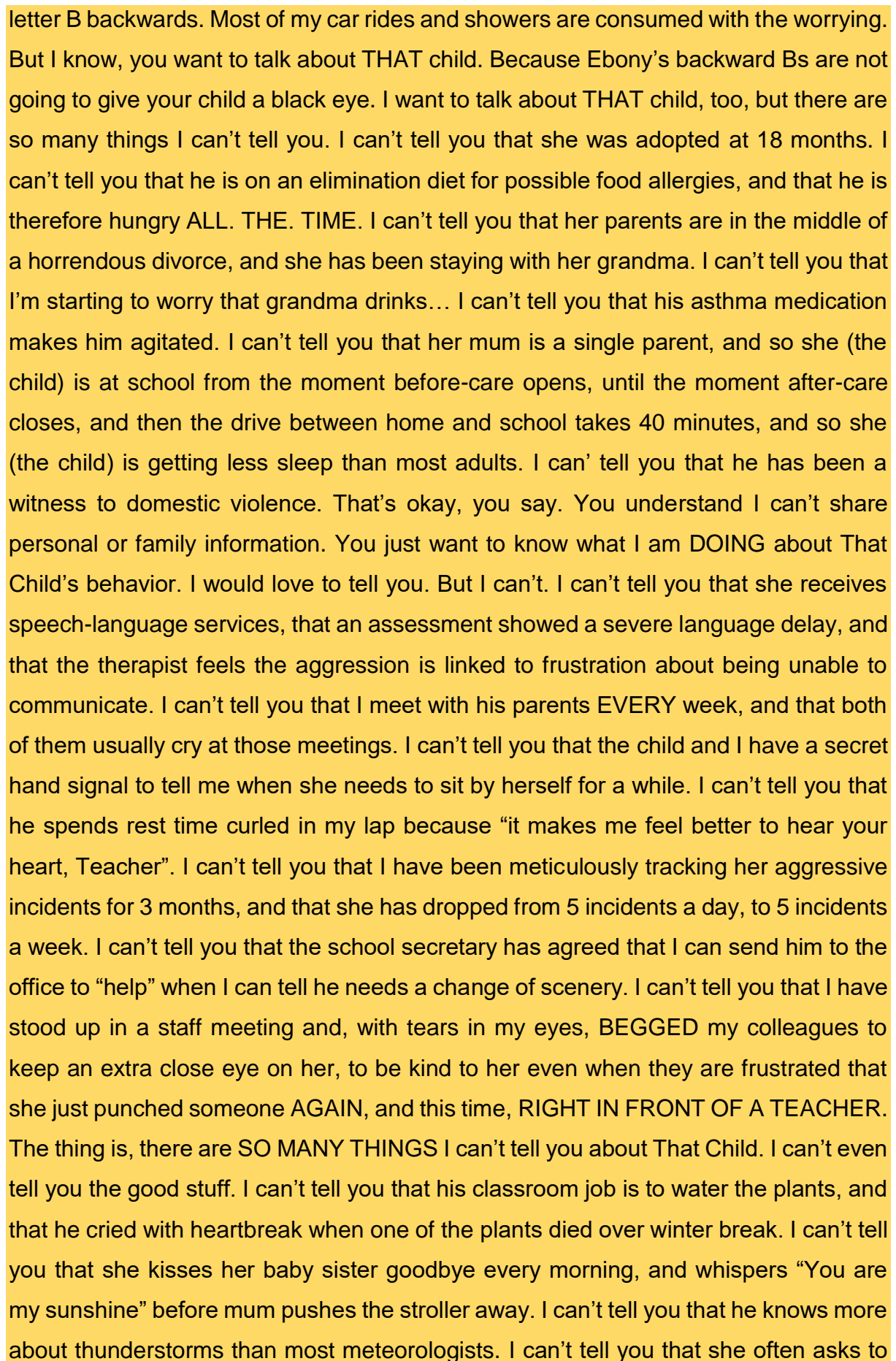
Lifehack Quotes

We include this piece every year, as a reminder to us all, that behind most behaviours or silence, there is a story.....please take the time to read and rememeber.

That child

Dear Parent,

I know. You're worried. Every day, your child comes home with a story about THAT kid. The one who is always hitting shoving pinching scratching maybe even biting other children. The one who always has to hold my hand in the hallway. The one who has a special spot at the carpet, and sometimes sits on a chair rather than the floor. The one who had to leave the block centre because blocks are not for throwing. The one who climbed over the playground fence right exactly as I was telling her to stop. The one who poured his neighbour's milk onto the floor in a fit of anger. On purpose. While I was watching. And then, when I asked him to clean it up, emptied the ENTIRE paper towel dispenser. On purpose. While I was watching. The one who dropped the REAL ACTUAL Fword in gym class. You're worried that THAT child is detracting from your child's learning experience. You're worried that he takes up too much of my time and energy, and that your child won't get his fair share. You're worried that she is really going to hurt someone some day. You're worried that "someone" might be your child. You're worried that your child is going to start using aggression to get what she wants. You're worried your child is going to fall behind academically because I might not notice that he is struggling to hold a pencil. I know. Your child, this year, in this classroom, at this age, is not THAT child. Your child is not perfect, but she generally follows rules. He is able to share toys peaceably. She does not throw furniture. He raises his hand to speak. She works when it is time to work, and plays when it is time to play. He can be trusted to go straight to the bathroom and straight back again with no shenanigans. She thinks that the S-word is "stupid" and the C-word is "crap." I know. I know, and I am worried too. You see, I worry all the time. About ALL of them. I worry about your child's pencil grip, and another child's letter sounds, and that little tiny one's shyness, and that other one's chronically empty lunchbox. I worry that Zander's coat is not warm enough, and that Ebony's dad yells at her for printing the

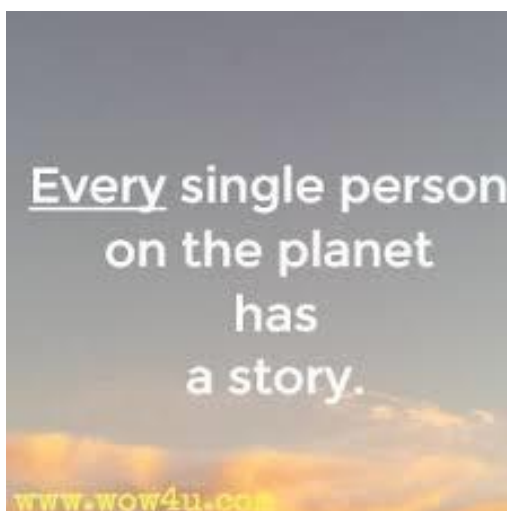


letter B backwards. Most of my car rides and showers are consumed with the worrying. But I know, you want to talk about THAT child. Because Ebony's backward Bs are not going to give your child a black eye. I want to talk about THAT child, too, but there are so many things I can't tell you. I can't tell you that she was adopted at 18 months. I can't tell you that he is on an elimination diet for possible food allergies, and that he is therefore hungry ALL. THE. TIME. I can't tell you that her parents are in the middle of a horrendous divorce, and she has been staying with her grandma. I can't tell you that I'm starting to worry that grandma drinks... I can't tell you that his asthma medication makes him agitated. I can't tell you that her mum is a single parent, and so she (the child) is at school from the moment before-care opens, until the moment after-care closes, and then the drive between home and school takes 40 minutes, and so she (the child) is getting less sleep than most adults. I can't tell you that he has been a witness to domestic violence. That's okay, you say. You understand I can't share personal or family information. You just want to know what I am DOING about That Child's behavior. I would love to tell you. But I can't. I can't tell you that she receives speech-language services, that an assessment showed a severe language delay, and that the therapist feels the aggression is linked to frustration about being unable to communicate. I can't tell you that I meet with his parents EVERY week, and that both of them usually cry at those meetings. I can't tell you that the child and I have a secret hand signal to tell me when she needs to sit by herself for a while. I can't tell you that he spends rest time curled in my lap because "it makes me feel better to hear your heart, Teacher". I can't tell you that I have been meticulously tracking her aggressive incidents for 3 months, and that she has dropped from 5 incidents a day, to 5 incidents a week. I can't tell you that the school secretary has agreed that I can send him to the office to "help" when I can tell he needs a change of scenery. I can't tell you that I have stood up in a staff meeting and, with tears in my eyes, BEGGED my colleagues to keep an extra close eye on her, to be kind to her even when they are frustrated that she just punched someone AGAIN, and this time, RIGHT IN FRONT OF A TEACHER. The thing is, there are SO MANY THINGS I can't tell you about That Child. I can't even tell you the good stuff. I can't tell you that his classroom job is to water the plants, and that he cried with heartbreak when one of the plants died over winter break. I can't tell you that she kisses her baby sister goodbye every morning, and whispers "You are my sunshine" before mum pushes the stroller away. I can't tell you that he knows more about thunderstorms than most meteorologists. I can't tell you that she often asks to

help sharpen the pencils during playtime. I can't tell you that she strokes her best friend's hair at rest time. I can't tell you that when a classmate is crying, he rushes over with his favourite stuffy from the story corner. The thing is, dear parent, that I can only talk to you about YOUR child. So, what I can tell you is this: If ever, at any point, YOUR child, or any of your children, becomes THAT child... I will not share your personal family business with other parents in the classroom. I will communicate with you frequently, clearly, and kindly. I will make sure there are tissues nearby at all our meetings, and if you let me, I will hold your hand when you cry. I will advocate for your child and family to receive the highest quality of specialist services, and I will cooperate with those professionals to the fullest possible extent. I will make sure your child gets extra love and affection when she needs it most. I will be a voice for your child in our school community. I will, no matter what happens, continue to look for, and to find, the good, amazing, special, and wonderful things about your child. I will remind him and YOU of those good amazing special wonderful things, over and over again. And when another parent comes to me, with concerns about YOUR child... I will tell them all of this, all over again.

With so much love,

Teacher



Building Better Brains

We are very excited to announce that with some juggling we are still going to be able to **offer 3 of our parent/teacher sessions** next term! They will be **FREE** as we have had a grant to provide them from the Yarra Ranges Council so we would love as many parents as possible to join us online for these sessions.

The sessions will run from 7-9pm online on Thursday evenings on the following dates 13/8, 27/8, 10/9

The following areas will be covered.

1. Understanding the brain and behaviour and supporting our children through trauma.
2. Connection based strategies for healthy relationships - including using play, regulation techniques and creativity
3. Addressing the social concerns in your community around friendship issues - learning tools and skills to help support children develop in positive social ways and navigate friendship issues.

All workshops will include lots of practical resources, tools, scripts and techniques that can start being implemented in school and/or family life right away.

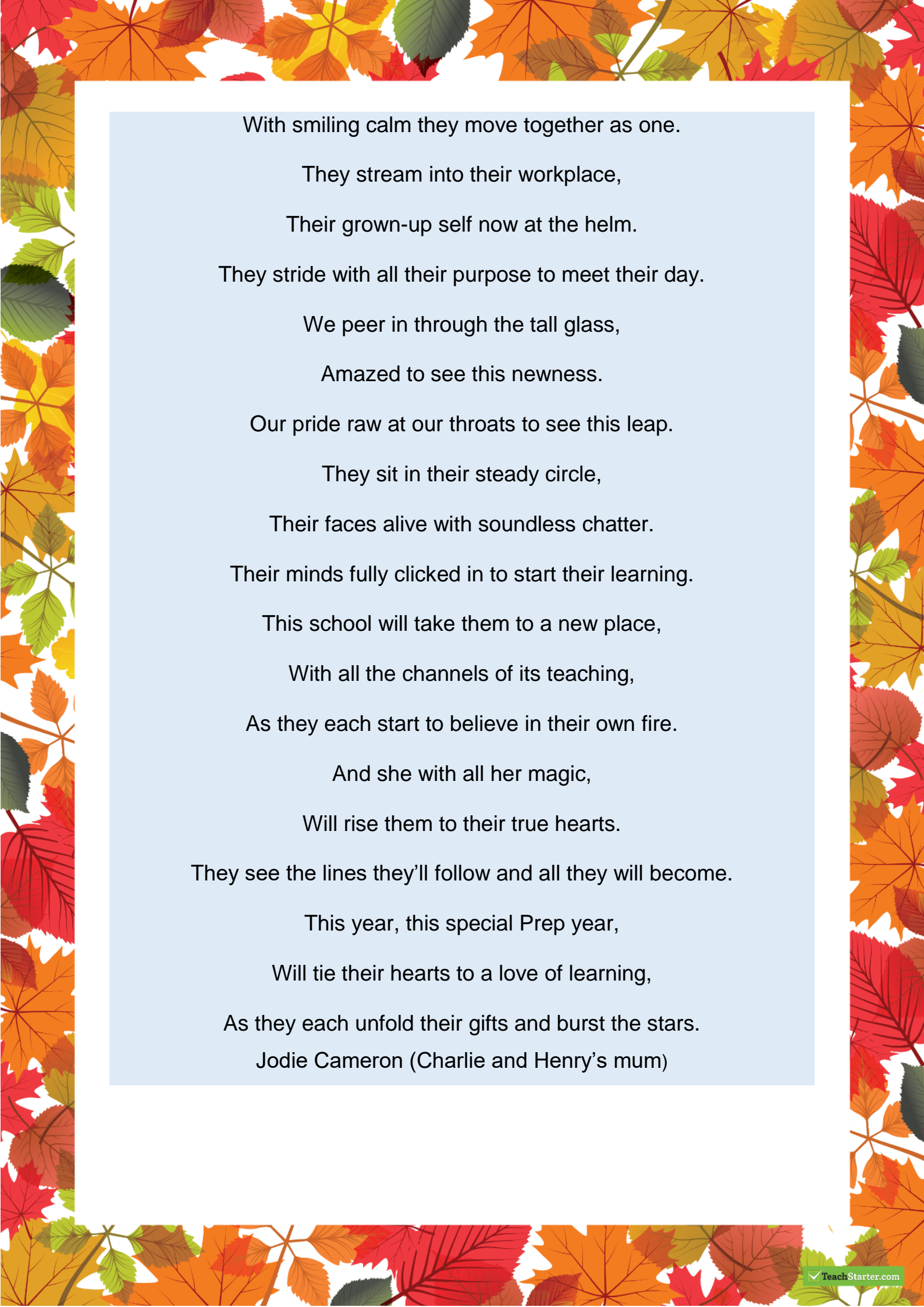
There will be more details closer to the dates 😊

Prep and Grade 6 – special years at school.

During COVID we are aware that every grade has had special moments missed. While we have tried to fill these with other moments and special times the best way we can, we can not fill all of the gaps due to restrictions. One thing is for sure, this will be probably the most rememebred school year of their lives! Here is a gorgeous poem written by Jodie Cameron, Henry and Charlie's mum about our Preps and for those that did not see Viv's poem on Facebook for the Grade 6 children, here is the written version.

The Same Shade Of Blue

The moment has come
And the new year has begun,
For our tiniest people to start their learning.
Last year there were colours,
Sometimes draped to their mothers.
And now, all the same shade of blue.
In the moments before the bell call
Some heap quietly with their family –
Some already playing far out wide.
When the bell comes they are ready –
The leaving without its tearing.

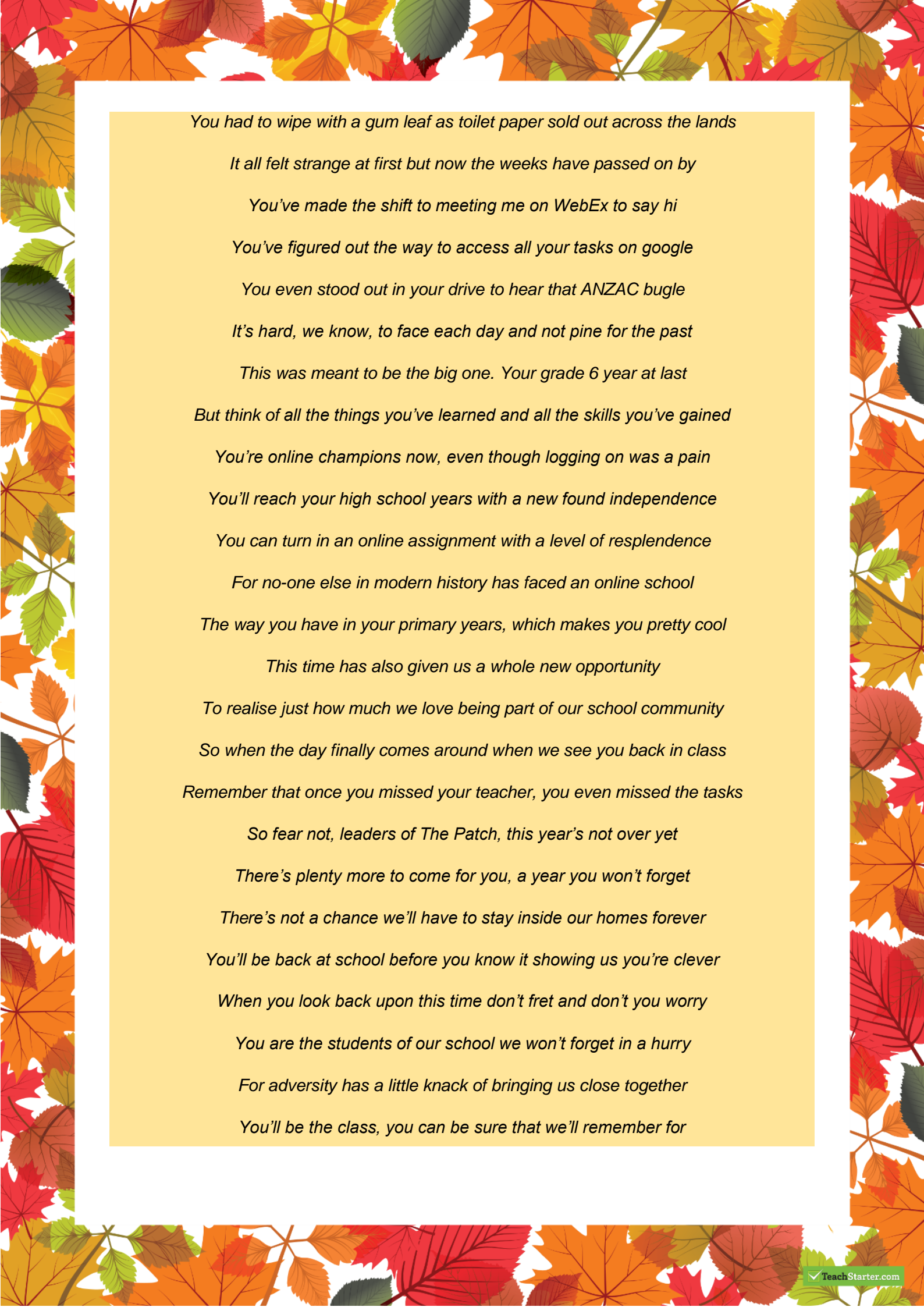


With smiling calm they move together as one.
They stream into their workplace,
Their grown-up self now at the helm.
They stride with all their purpose to meet their day.
We peer in through the tall glass,
Amazed to see this newness.
Our pride raw at our throats to see this leap.
They sit in their steady circle,
Their faces alive with soundless chatter.
Their minds fully clicked in to start their learning.
This school will take them to a new place,
With all the channels of its teaching,
As they each start to believe in their own fire.
And she with all her magic,
Will rise them to their true hearts.
They see the lines they'll follow and all they will become.
This year, this special Prep year,
Will tie their hearts to a love of learning,
As they each unfold their gifts and burst the stars.
Jodie Cameron (Charlie and Henry's mum)

The Ballad Of An Online Champion

Written and read by Viv Hughes during the COVID-19 remote learning period of 2020

*Twas 20 years ago this year That I was in your shoes
Way back when in primary school Before I was a 'Hughes'
I knew this was a different year, I felt the change a blowing
For I was in grade 6 at last, a sign that I was growing
Grade 6 is special that's for sure, as all of us know well
A time of coming age, a right, a passage some may tell
The final treck, that last big step, before you leave the station
That joy of being top dog of the school, affords no explanation
This time is held in high regard by all those who pass through it
You felt it back in January. That spark was there, you knew it
The year had come for you at The Patch. You faced the door with Wonder
And herded into your classrooms with a rumbling of great thunder
You had big plans for this school year. The mask project was a goodie
And you couldn't wait until the day you received your grade 6 hoodie
You took upon your monitor role like Clancy to his horse
You knew you'd made it. Here you were, roaring off along the course
But something was hiding in the wings. A stop sign in disguise
A virus hit our shores this year and forced us all inside
No longer could you roam the yard and play with your prep buddy
Instead you had to stay at home. Inside your blanket cubby
You were thrown right in the deep end as your classroom moved online
The feeling of unease crept in, despite the reassurance you'd be fine
So you packed your bags and books away and went to wash your hands*

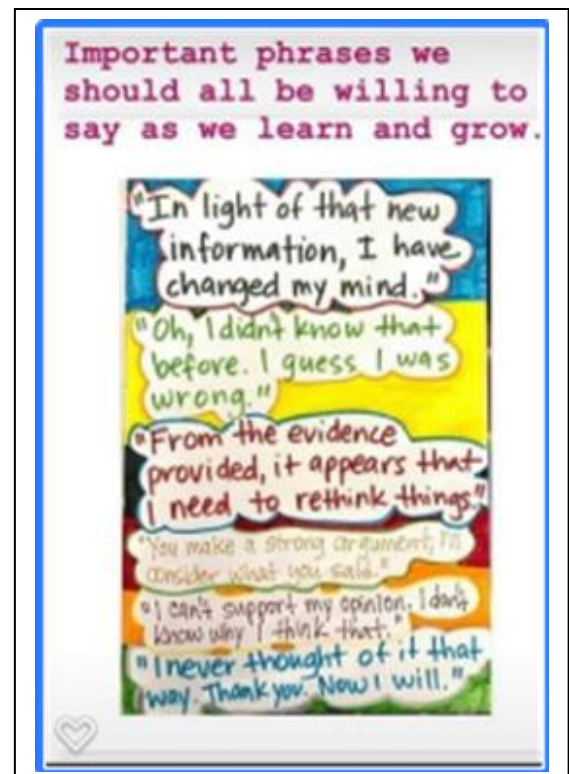


*You had to wipe with a gum leaf as toilet paper sold out across the lands
It all felt strange at first but now the weeks have passed on by
You've made the shift to meeting me on WebEx to say hi
You've figured out the way to access all your tasks on google
You even stood out in your drive to hear that ANZAC bugle
It's hard, we know, to face each day and not pine for the past
This was meant to be the big one. Your grade 6 year at last
But think of all the things you've learned and all the skills you've gained
You're online champions now, even though logging on was a pain
You'll reach your high school years with a new found independence
You can turn in an online assignment with a level of resplendence
For no-one else in modern history has faced an online school
The way you have in your primary years, which makes you pretty cool
This time has also given us a whole new opportunity
To realise just how much we love being part of our school community
So when the day finally comes around when we see you back in class
Remember that once you missed your teacher, you even missed the tasks
So fear not, leaders of The Patch, this year's not over yet
There's plenty more to come for you, a year you won't forget
There's not a chance we'll have to stay inside our homes forever
You'll be back at school before you know it showing us you're clever
When you look back upon this time don't fret and don't you worry
You are the students of our school we won't forget in a hurry
For adversity has a little knack of bringing us close together
You'll be the class, you can be sure that we'll remember for*

Inclusive spaces.....



The bathroom in the main building next to our first aid station is a bathroom for everyone and is non-gender specific. Your child is welcome to use this toilet if they would prefer to, so please discuss this with them if you think this would make them feel more comfortable than using the gendered toilets.



The 5 Domains of BSEM

The five domains of the Berry Street Education Model correspond with child-development capacities that each student must build in order to be 'ready to learn'. When considering how to best meet the needs of students, we focus on building self-regulatory ability, relational capacity and then nurture willingness to engage in learning.

At The Patch all staff have been extensively trained in the The Berry Street Educational Model. Here is a reminder about the 5 domains it covers. We have used this model to bring constancy to our classrooms and wider school practice.

Berry Street focuses on social and emotional well-being essential for academic growth to occur.



Body

Building students' capacity by increasing physical regulation of the stress response, de-escalation and focus.



Relationship

Nurturing on-task learning through relational classroom management strategies.



Stamina

Creating a culture of academic persistence by nurturing resilience, emotional intelligence and a growth mindset.



Engagement

Motivating students with strategies that increase their willingness to learn.



Character

Harnessing a values and character strengths approach to instill students' self-knowledge for future pathways.



1800RESPECT
NATIONAL SEXUAL ASSAULT, DOMESTIC
FAMILY VIOLENCE COUNSELLING SERVICE

What is family violence?

Family violence is a set or pattern of behaviours in which someone seeks power and control over you, causing you to feel threatened, worthless or fearful. Family violence can take many forms:

- It can be physical, psychological and emotional, economic, social, sexual or spiritual
- It can include behaviour that is violent, threatening, controlling, intimidating and isolating
- It can affect people from all ages, social, cultural and religious backgrounds, and people with a disability
- It can occur between family members, parents and children, against elders, against pets, in marriages, de-facto relationships, same sex relationships, couples who are separated or divorced, and even within shared households
- In most cases, it is committed by men against a female partner or ex-partner.

Living with family violence is a confronting and often confusing experience. These questions may help you to understand whether you are experiencing family violence.

Is this person:

- Making you feel scared or afraid?
- Yelling at you or saying bad things to you?
- Putting you down?
- Hitting, punching or pushing you?
- Stopping you from seeing your family or friends?
- Not giving you something you need like medication or food?
- Controlling your money against your will?
- Threatening to take or harm your children?
- Harming or threatening to harm your pets?
- Not letting you have your own belief system?

Family violence is a criminal offence. Unfortunately, one in four women in Australia have experienced violence by a partner they may or may not have been living with. (Source: ANROWS 2015)

For services, programs and responses to family violence in CALD (Culturally and Linguistically Diverse) communities, contact InTouch Multicultural Centre against Family Violence on 1800 755 988 (Monday to Friday, 10.00am – 4.00pm). EDVOS also has access to free interpreter services if required.

What to do if you need help:

If you are in immediate danger call 000

Contact EDVOS on 03 9259 4200 between 9am – 8pm Monday to Friday and 9am – 5pm Saturday

Contact Safe Steps on 1800 015 188 24 hours per day or visit: safesteps.org.au

Tell someone you can trust – family, friends, neighbours or your doctor



 03 9028 0153

Have you explored Inspiro in Belgrave? If you need a service it is worth exploring what they offer. Give them a call and ask!

Belgrave Community Hub is managed by Inspiro Community Health and offers:

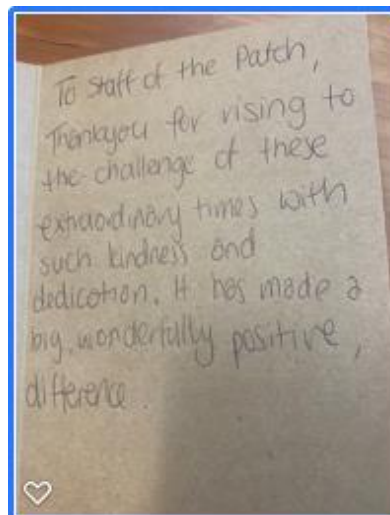
- [Counselling](#)
- [Diabetes education](#)
- [Dietetics](#) (nutritionists)
- [Physiotherapy](#)
- [Podiatry](#)
- [Social support](#)
- [Occupational therapy](#)
- [Children's occupational therapy](#)
- [Children's speech therapy](#)
- [Needle syringe exchange program](#)
- [Maternal and child health services provided by Yarra Ranges Council](#)
- [Dental services will be offered in 2019](#)

The Hub is easy to get to

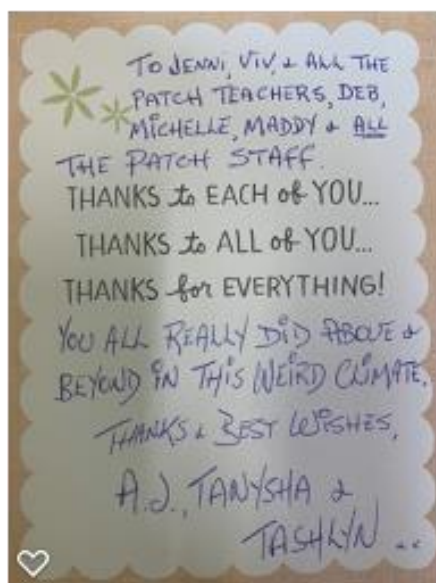
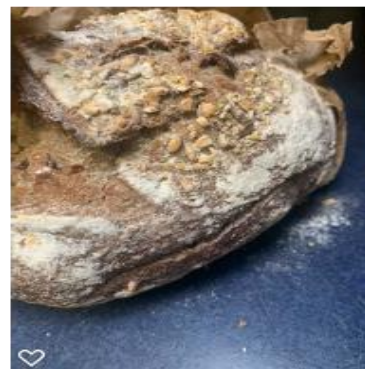
Belgrave Community Hub is close to public transport including Belgrave Train Station, the Hub is a 2 minute walk away at 1616-1624 Burwood Highway, Belgrave (next door to the Cameo Cinemas).

- Belgrave Community Hub is open from 8.45am – 4.45pm Monday to Friday.
- Contact Inspiro Community Health: 9738 8853
- Contact Council's Maternal and Child Health services: 1300 368 333
- Contact Dandenong Ranges Emergency Relief Service: 9754 7777

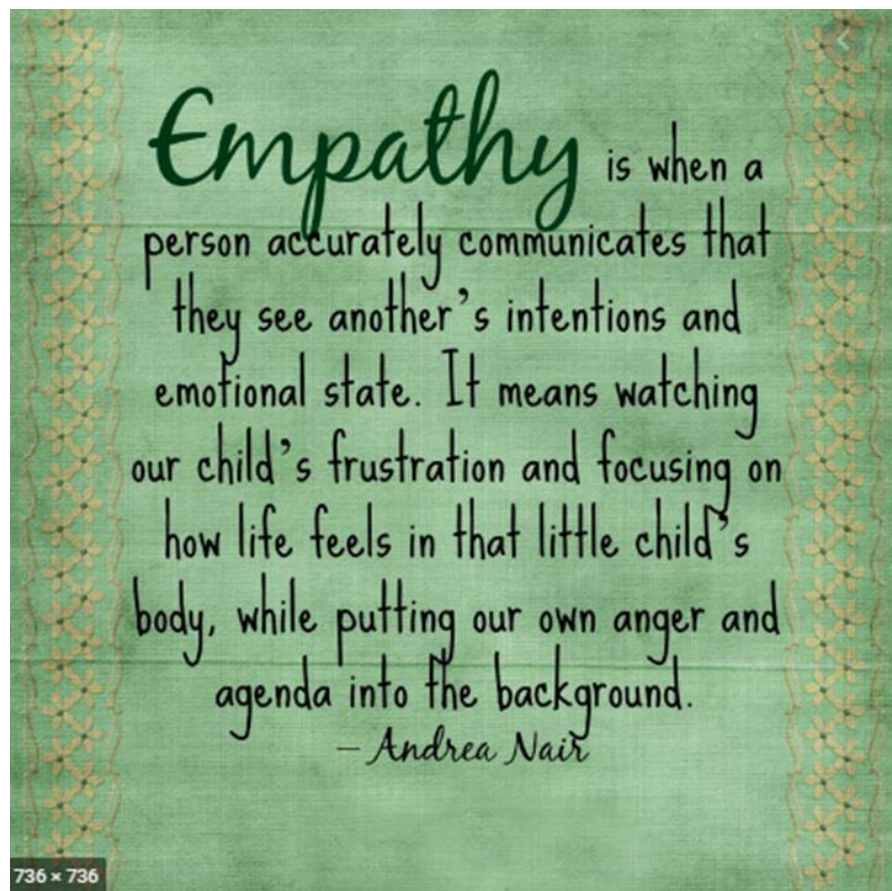
Thank You



All of the staff would like to whole heartedly thank our community for all of the kind emails, words of support, delicious home-made bread, sweet treats, cards and flowers we have recently received. They are received with aratitute and appreciation.



If you, or someone you know is considering enrolling next year please ask them to contact Maddy at the office ASAP. The due date for enrolments is the end of July. ☺

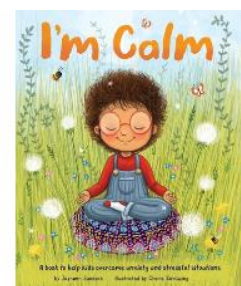
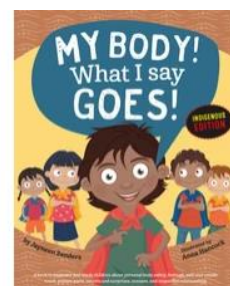
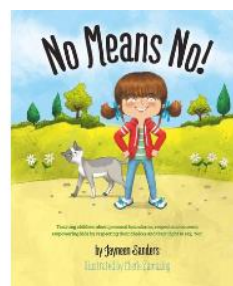
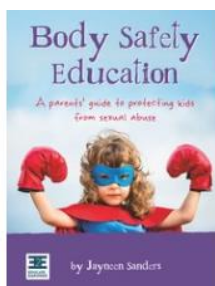
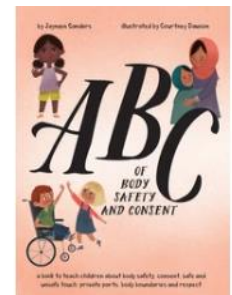
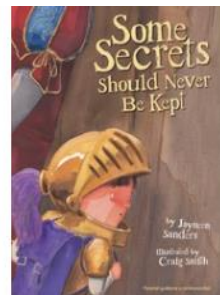
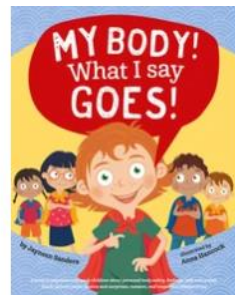
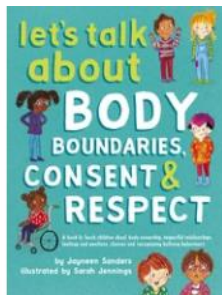


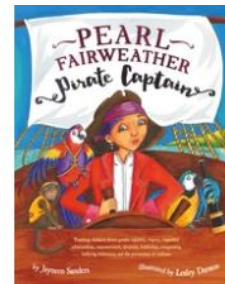
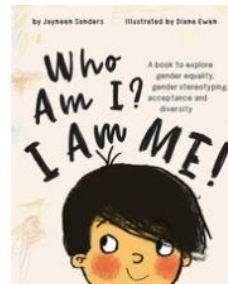
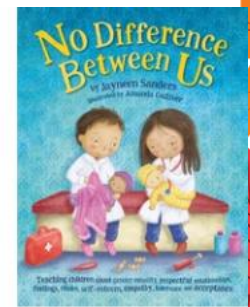
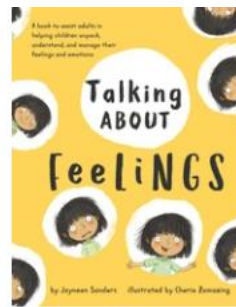
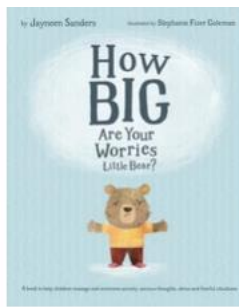
Amazing Books for your shelf

I encourage you all to head over to the Educate to Empower website and check out some of these books. They deal with issues that are sometimes difficult to talk about. Using stories is a great way to open up conversation about all sort of topics. Jay did a lot of teaching at The Patch many years ago and is an incredible author and passionate advocate for body safety, gender equity and respectful relationships!

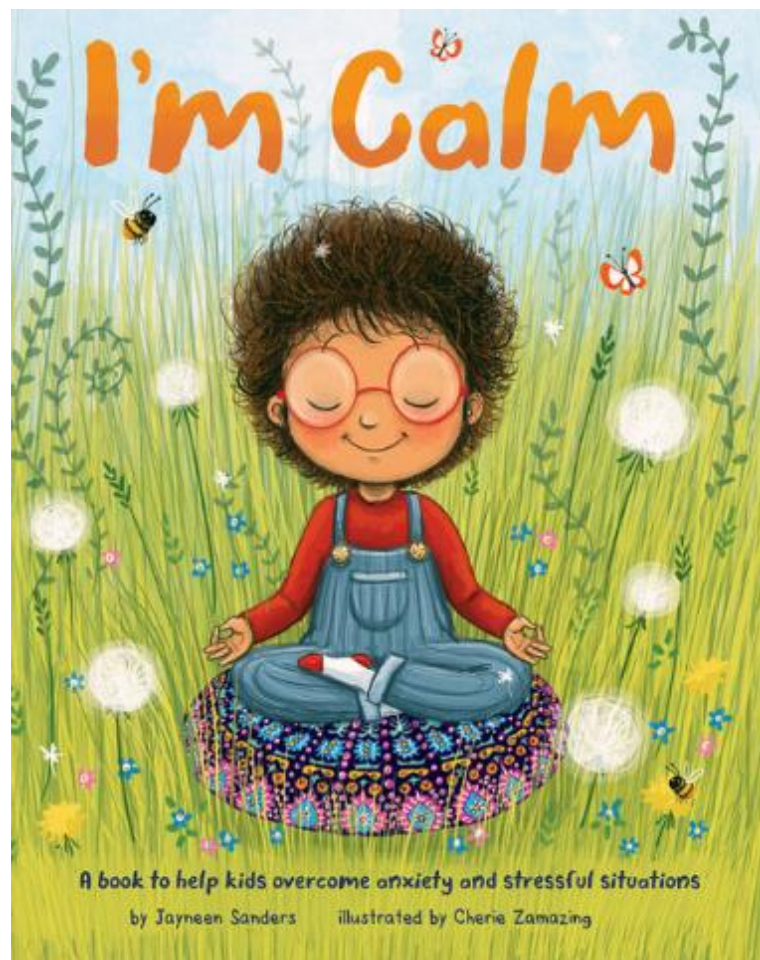
Jayneen Sanders

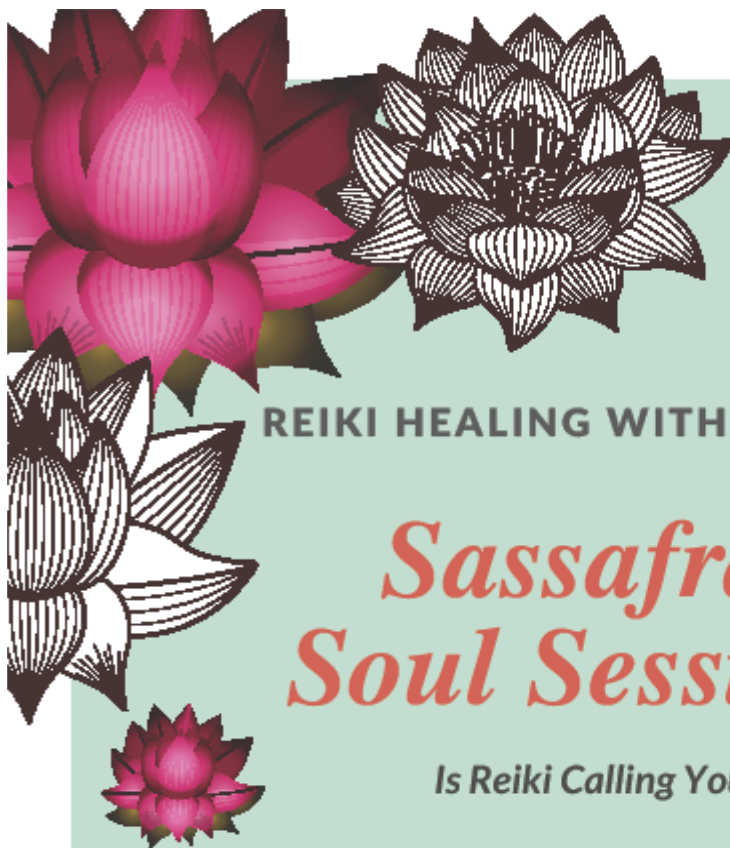
Jayneen Sanders (aka Jay Dale) is an experienced author, publisher, elementary school teacher, mother of three and an active advocate for body safety, gender equality and respectful relationship education being taught both in homes and in schools. She is also lead author of Engage Literacy published by Capstone Classroom, and has had published over 100 stories for children. Jayneen feels passionately that we can do so much more to keep our children safe by teaching them age-appropriate and empowering prevention education.





There is also a FREE ebook to read to your children to help overcome stress and anxiety, very helpful during this pandemic.





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



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](http://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 3 Well-being newsletter please email me your article

alesha.sangster@education.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.