

# 2024 Term 4 Wellbeing Newsletter



Hello Lovely Community,

Thank you for another wonderful year of contributing to our wellbeing newsletter. It has been such a community effort and I am very grateful for all of the fabulous input.

Thanks to Indigo who puts all the pieces together to save me 17 hours of doing it myself to make it look beautiful.

We hope next year to get some of our regular therapists on board to contribute their amazing knowledge and strategies for our students. Next year I would like to start a wellbeing directory of services that our community have used and recommend. Sometimes it is hard to know where to start and knowing one of our community members recommends someone can be helpful.

We will try again next year for our Families Supporting Families group to take off. Thanks to Ange and Kate who listened to the needs of our community and tried to get it off the ground, we can try some alternate days and times next year to see if this helps.

We look forward to starting some work with School Wide Positive Behaviours and implementing some fun and practical ideas to keep improving behaviour and mental health.

We have some ideas around some inclusive projects for 2025 that encompass LGBTIQ+ and celebrate our schools wonderful and diverse cultures!

Haley, Hayden and I will be starting our training with the Mental Health in Primary Schools Program. Part of my AP role next year is to implement a range of supports through this program for our students. This includes helping the disengaged and school refusers to connect with their school environment. I'm looking forward to finding out what the program involves as the training begins.

It has been a hard year for our staff working in some pretty difficult, cramped and noisy conditions. As always they try as hard as possible to ensure it doesn't impact students learning. This includes our office staff and leadership who are trying to function without any quiet or uninterrupted space.

We hope with a more settled year next year we can start to find ways to focus on our staff wellbeing.

I hope to find some reasonable ways we can implement some boundaries to ensure that all our staff can leave their work at work and have protected family time.

Part of this will be starting to separate:

- what is a teachers role
- what is admin
- what belongs to therapies and external providers
- what belongs at home or for parents
- ,what might be for the wellbeing officer etc...

Then us as staff feeling confident and supported to direct families to the right space to get the support they need. I think this will be a good starting point to help teacher/staff/parent wellbeing and overwhelm, but that is all in the thinking process and work for next year!

Enjoy all the celebrations as the year comes to an end.  
Alesha

## REMINDERS

- ✓ **Please email any contributions for next Term's Wellbeing Newsletter to:**

alesha.sangster@education.vic.gov.au OR  
indigo.sangster@education.vic.gov.au 😊

- ✓ **Contributions include:**

- Recipes
- Poems
- Articles
- Infographics/ images that have resonated with you
- Any other wellness related content that you think the community would benefit from seeing.

## UPCOMING DATES

### Thursday 19th Dec

Last day of Term 4  
2.30pm finish

### Thursday 30th Jan

FIRST DAY OF TERM 1 2025





# GRATITUDE SHOUT OUT PAGE



## GRATITUDE SHOUT OUT:

A huge thank you to lovely Nicola who shows so much care and love to all the children in her class! It is much appreciated! ❤️



## GRATITUDE SHOUT OUT:-

The Patch School people (teachers, staff & kids), for playing your part in making a space where my usually anxious child feels safe enough to run around and explore. Their world has expanded so much since starting at this school & we are so relieved and happy about that. Thank you so much.



## GRATITUDE SHOUT OUT:

Deb Allen- Even though she's not in any of our kids' classes, she always takes a moment to notice their achievements and celebrate milestones with our family. She's a very kind and thoughtful member of the Patch school.



## GRATITUDE SHOUT OUT:-

Jude, for always being a welcoming and incredibly important part of our 5/6 team! Your initiative and presence and knowledge are always reassuring and it is a pleasure to work alongside you!

# GRATITUDE SHOUT OUT PAGE CONT.....

## **Gratitude Shout Out:**

A big shout out to the amazing Marta Salek, David Beard, Fiona and Matt Renwick and Jo and Darius Lane for spending their weekends repairing the chicken coop ready for our new hens. The chooks are such a well-loved part of our school and it has been amazing to have so much help restoring their home. Thank you to Marta for sourcing our beautiful new chooks too. You are amazing and we are all very grateful.

## **GRATITUDE SHOUT OUT:**

**Leanne** – for the support and patience she showed the students during the Patch talent show. Her gentle guidance was wonderful to witness. Thanks Leanne.

## **GRATITUDE SHOUT OUT:**

Hayley Burke, for her determination and tenacity in assisting the students who need some extra support. Our families are very lucky to have her working so tirelessly for them..

## **GRATITUDE SHOUT OUT:**

Thank you to Tania for all extra support she is providing staff to improve their practice and curriculum knowledge.

# GRATITUDE SHOUT OUT PAGE CONT.....

## **GRATITUDE SHOUT OUT:**

Haley, for doing a great job in such a crazy space! Your kids adore you and we are so grateful for all your hard work.

## **Gratitude Shout Out:**

Tania and Lesh for just always being there. Always there when you need assistance with anything.

## **Gratitude Shout Out:**

**Kim-** for running the school from that desk and giving endless patience to our questions and concerns. You are a gem and we are so lucky to have you legend!

## **GRATITUDE SHOUT OUT:**

**Jayde-** for the consistent love and care you show to our boy and to your whole class. What an amazing teacher you are and we can't thank you enough for your constant positivity and efforts this year! You are amazing!

# GRATITUDE SHOUT OUT PAGE CONT.....

## **GRATITUDE SHOUT OUT:**

Thank you beautiful Nicola for being so kind and caring to your little people in 3/4I. It is noticed and appreciated so much!

## **Gratitude Shout Out:**

Thanks so much to Leanne, Jess, Lukas and all the Patchies who helped set up and make the talent show day so fun for the kids!

## **Gratitude Shout Out:**

Deb A and Paula for going above and beyond and hopping in the pool to support our little people and Indi for coming along too as an extra pair of hands!

## **GRATITUDE SHOUT OUT:**

To all the families at pick up time that do another lap when their child is not there. It makes the teachers job so much easier and makes the pick up process a lot quicker for everyone!

# A BEAUTIFUL POEM...

## Another Day On This Earth

It rises with the sun,  
It peeps in at curtain edges,  
The stage ready for the start of our day.

The birds spill with morning song,  
All is lit with golden light,  
The air speaks clean with its sponging by the night.

We get busy with our day,  
We head in our directions,  
A spread of different chapters for us all.

We drive from point to point,  
We tick off all our tasks,  
We move with the clock to make our mark.

The clock turns through the day,  
As the sun arcs above us.  
We are all busy deep within our lives.

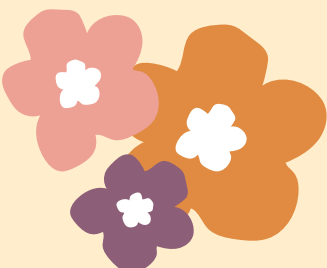
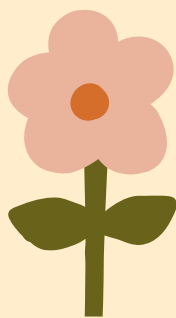
Sometimes the day flows smooth,  
Sometimes it catches at every seam,  
Sometimes we seem to veer around inside a flurry.

I try to notice the things of beauty,  
And hold them to my heart.  
The things that give my day such colour.

His hand in my hand,  
The sound of their voices,  
The flowers as they gaze to the sun.

Then the earth in her steady turn,  
Will sweep us towards the night,  
We have each had the gift of the lit day.

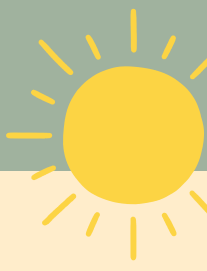
I am glad for this day,  
Another day on this earth.  
The earth will turn for us again tonight.



Jodie Cameron  
(Charlie & Henry's mum)



# Picture Story Books for our ND kids....



An active boy has feelings so big it feels like there's a YETI bursting to get out!



A girl with a hard time being quiet learns of the excitement in books and her imagination.



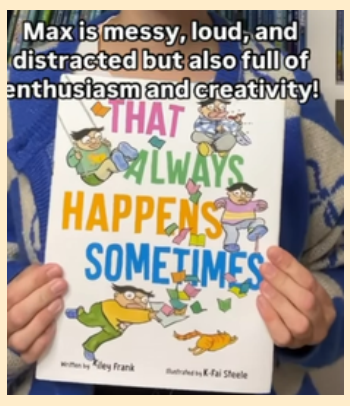
A funny and sweet story about a girl who loves to be the center of attention.



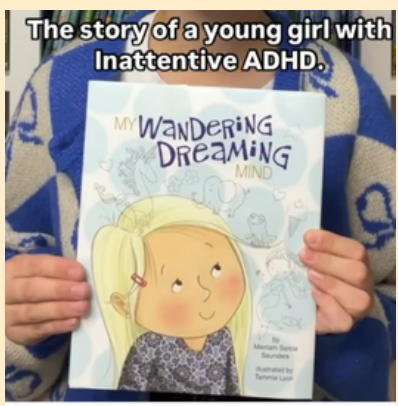
A messy, exuberant child prepares for a visit from her grandparents.



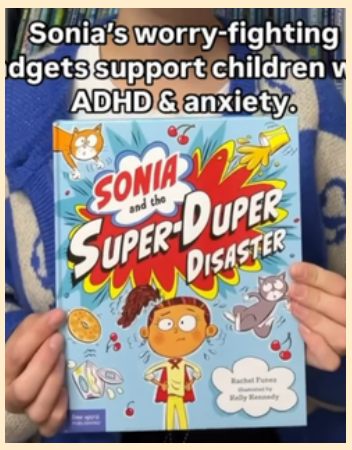
The story of a boy with Hyperactive-Impulsive ADHD.



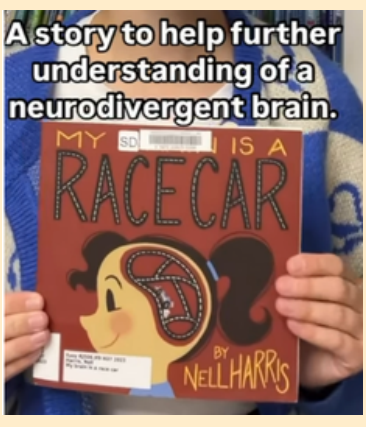
Max is messy, loud, and distracted but also full of enthusiasm and creativity!



The story of a young girl with Inattentive ADHD.



Sonia's worry-fighting gets support children v ADHD & anxiety.



A story to help further understanding of a neurodivergent brain.



A picture book about an active boy who learns to manage his impulsivity.



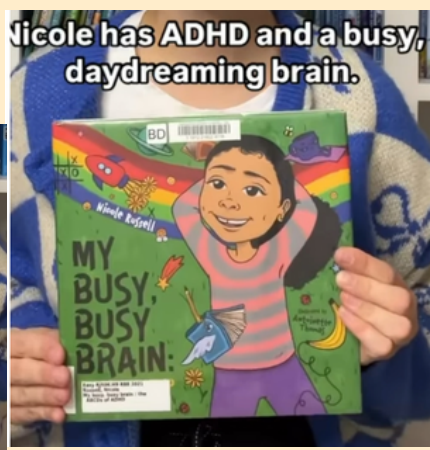
Based on the experiences of a real girl named Annabelle who has ADHD.



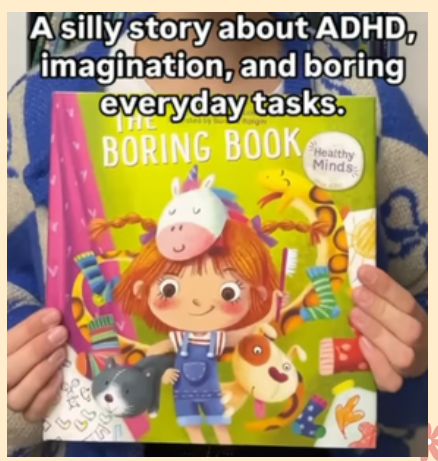
A series of books about a very busy girl who is full of big ideas.



Daisy's imagination runs wild, but she wants to prove she cares too.



Nicole has ADHD and a busy, daydreaming brain.



A silly story about ADHD, imagination, and boring everyday tasks.



# Some amazing contributions from Patch parents...



## Gratitude

Talk about gratitude during circle time.

Go for a walk. Each step, think of something you are grateful for.

Keep a gratitude journal – writing it down makes it observable.

Set up an appreciation station.

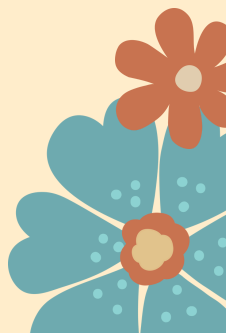
Every day, say aloud three good things that happened.



## NATURE GRATITUDE

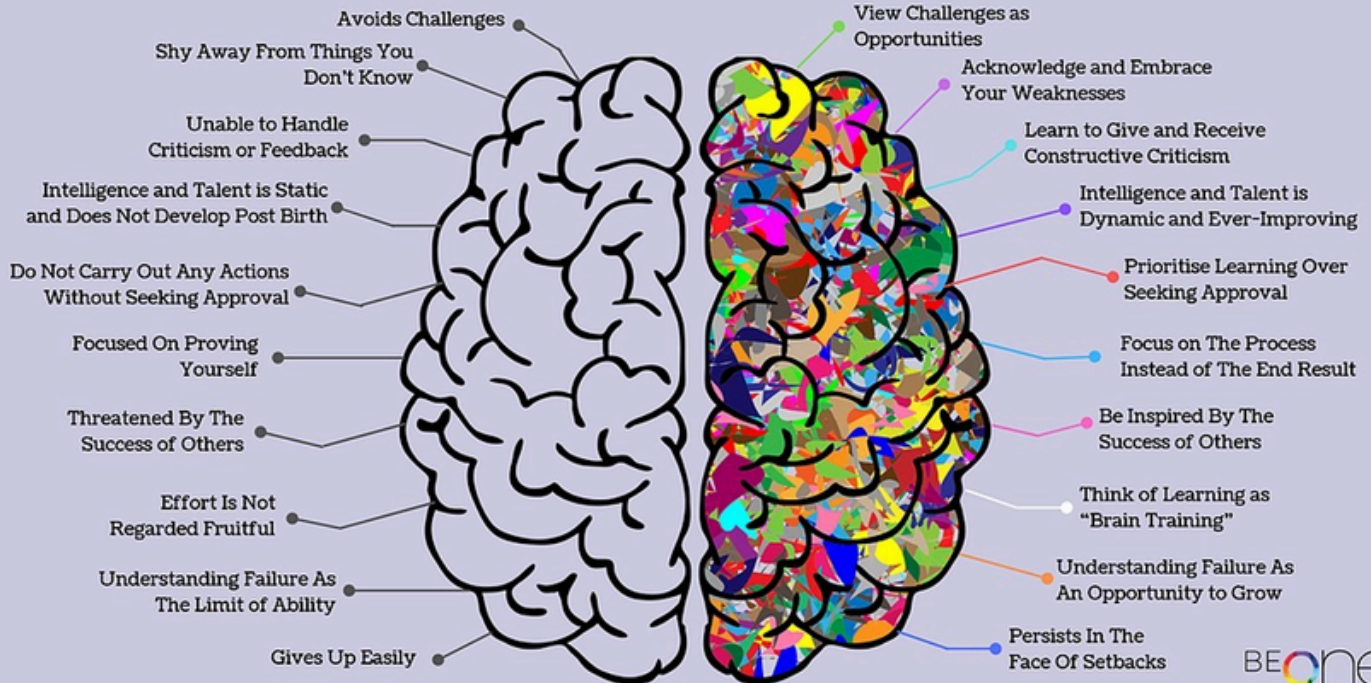
Quietly, to yourself, name three things in nature for which you are grateful. As you recall these things, send them a thank you. For example:

Thank you, trees.  
Thank you, rain.  
Thank you, ladybugs.





## FIXED MINDSET VS GROWTH MINDSET



## Calm corners at home!

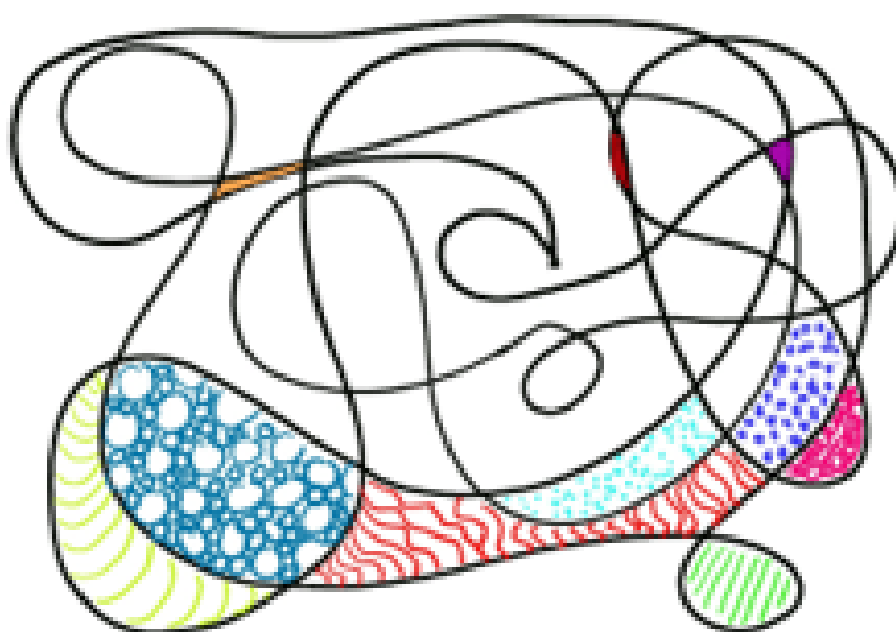
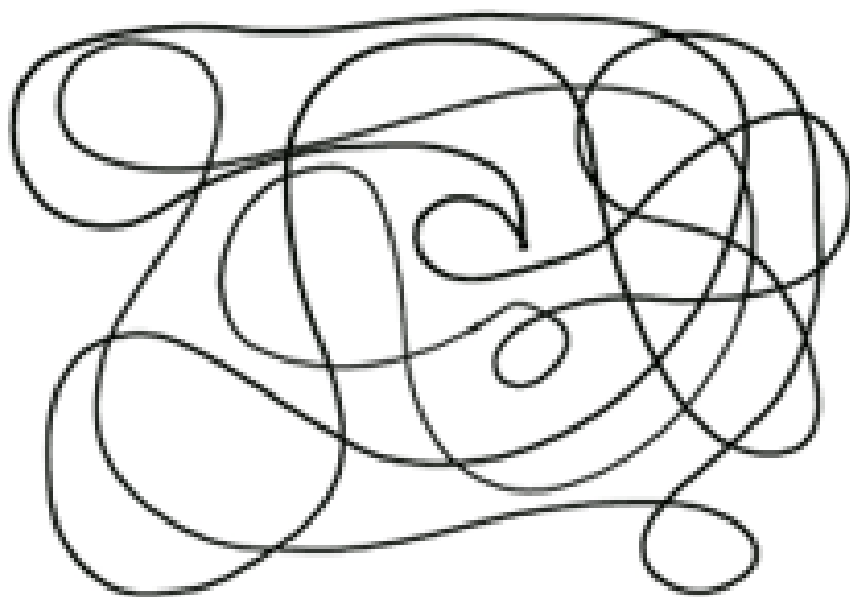
They provide a space for students to remove themselves from situations and self-regulate.

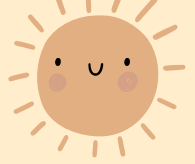




# Zentangle Fun!

Using a blank piece of paper draw lines that all cross over (see first example). Then using different colours and patterns, fill in each section (see second example). Make sure you change patterns and/or colours every time you come to a line! Have fun!



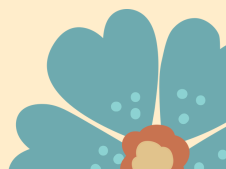
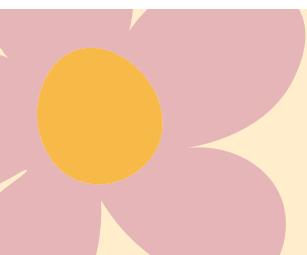


BEHIND  
THIS



ANGER

MIGHT  
BE



# Yarra Ranges Council- Children's Week Activities

## Children's Week 2024

Yarra Ranges children and families will be able to enjoy a range of activities as part of Children's Week 2024 celebrations.



### Kids Fest

Free fun activities for Children and their families during Children's week.



### Explore the Wonderous Water Cycle

Where does water come from? Join us in this fun science workshop to discover the answer!



### Duplo Duck

Parents and Care Givers join us with your little one and together explore building with DUPLO and making your take home DUPLO duck.



### Rhythms of the World

Come and immerse yourself in these culturally rich communities by participating in a full program of music & dance workshops.

Be entertained by multi-cultural performances and tantalise your taste buds with a culinary extravaganza of food from around the world!



### Healthy Lifestyles - balancing health and technology

Join local dietitian and coders as we explore the balance between health and gaming.

Suitable for children aged 5-12 years and their families.  
Celebrating Children's Week in Yarra Ranges.



### Storytime with Rose

Join Rose as she takes us all on an adventure through stories, songs and actions.



### Platypus Discovery - Children's Week in Yarra Ranges

Join us on the extraordinary journey where science, wonder and platypuses collide!



### Pizza and Movie Family Night

Get ready for a cosy night of fun! Kids (and parents!) can wear their favourite pyjamas and bring along a beanbag or cushion to sit on, while watching a family-friendly movie and eating pizza.

# Summer Holiday Recipes!



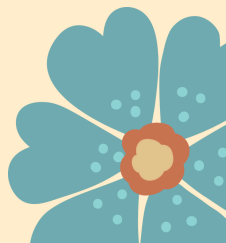
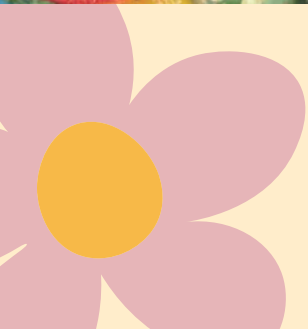
## Epic Summer Salad!



## Green Goodness Summer Smoothie



## Mango Summer Salad



# NEWS FROM Sarah- WELLBEING SUPPORT...

Hello everyone, here's a little update from the Wellbeing Office:

## Creative Ways to Help Children Manage Anxiety

In September last term I attended a workshop on this which was very insightful. It included all sorts of ways we can use play to help children process their feelings: from drawing activities, to making a "pet worry" and talking to it when worries come up. Another idea I really liked was drawing and cutting out a "mum in my pocket" for children suffering from separation anxiety and writing helpful phrases mum might say on the back of it, so the child takes her with them all day.

If anyone would like to know more about creative activities that might help their child, please contact me at [wellbeing.thepatch@gmail.com](mailto:wellbeing.thepatch@gmail.com)

## Grade 1 Friendship Group

The Friendship Group has been going well. Each Thursday afternoon the students involved run scenarios around social challenges as well as play games to take turns leading and cooperating. Sometimes we even do art activities. It is a relaxed environment and we try to keep it fun!

## Song Writing Group

This ran last term for grade 2s but has wound down for the year. Watch this space for next year...

## Magic Worry Balloon Exercise

Here is one you might like to try with your child whenever a stressful event is coming up like a performance or test, or even just for everyday

Situations:

Imagine you have a balloon. What colour is it? Is it sparkly? Does it have patterns on it? Is it big or small?

Take a deep breath in. On the way out, blow into your balloon. Watch it expand. Repeat these breaths 3 times.

Then, imagine you tie off your magic balloon, and then watch it float away into the sky, taking your worry with it.

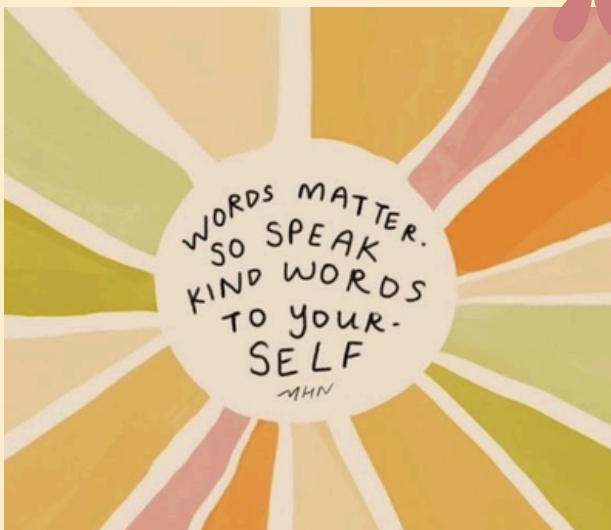
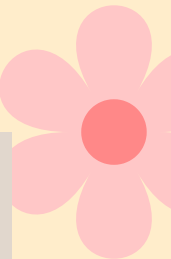
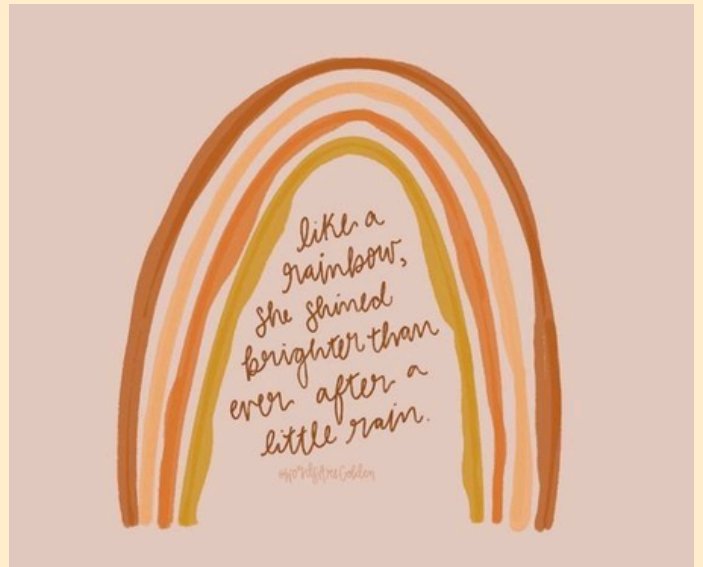
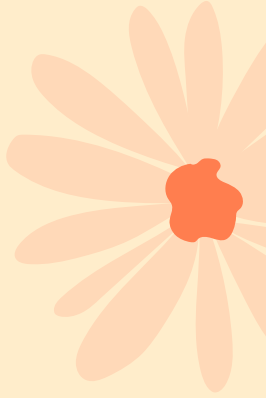
That's it for me, have a great rest of your Term 4!

Sarah Strachan



just  
**GROW**  
with the  
**FLOW**

@LITLEDDESIGNS





**NOW TAKING BOOKINGS FOR 2025**

3-6 year old spots currently available

# **SELBY** **CHILDCARE**

Selby childcare is a hidden gem. Situated in a quiet bush setting in Selby. We pride ourselves on building strong relationships with children and their families. Our qualified educators are caring and nurturing, providing a fun, educational and inclusive environment for all children up to 6 years of age.

Our centre is a calm and nurturing environment, perfect for children who are new to childcare. We also cater for the older children providing them a play based curriculum with longer hours to cater for working parents.

Open School Terms ONLY



- Mixed Ages
- Small numbers
- Community Based
- Offering longer hours

Situated within Selby Community House  
occ@selbyhouse.org.au 9754-2039 1 Minak Road, Selby

# **REMEMBER, IT IS OK TO NOT BE OK...**

**SEE THE PAGE'S BELOW FOR SOME HELPFUL CONTACTS FOR THOSE WHO MAY NEED THEM:**



## **If you or anyone you know needs help:**

- [Lifeline](#) on 13 11 14
- [Beyond Blue](#) on 1300 224 636
- [MensLine Australia](#) on 1300 789 978
- [Suicide Call Back Service](#) on 1300 659 467
- [Kids Helpline](#) on 1800 551 800
- [Headspace](#) on 1800 650 890
- [QLife](#) on 1800 184 527
- [Relationships Australia](#) on 1300 364 277
- [ReachOut Australia](#)

## **Specifically 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](http://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](http://www.mensline.org.au)

## Specifically 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](http://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](http://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](http://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](http://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 LGBTQIA+:

### **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/](http://www.glhv.org.au/)

03 9479 8760

## For Children and Young People:

### **DHS Child Protection Crisis Line**

131 278 (24 hours/7 days) – statewide

### **Australian Childhood Foundation**

[www.childhood.org.au](http://www.childhood.org.au)

1800 176 453 or 03 9874 3922

### **Parentline Victoria**

[www.parentline.vic.gov.au](http://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](http://www.childhood.org.au)



**ARE  
YOU  
OK?**



### **Outer Eastern Melbourne**

1800 271 150

[oema@orangedoor.vic.gov.au](mailto:oema@orangedoor.vic.gov.au)

4-16 Devon Street

(Corner Pierson Drive and Railway Grove)

Croydon, 3136

### **Who is The Orange Door for?**

The Orange Door is a free service for adults, children and young people who are experiencing or have experienced family violence and families who need extra support with the care of children.