

# Well-Being Newsletter

## Term Two 2022

Welcome back to our Well-being Newsletter for Term 2!

While life has settled down a little since 2021, we are still facing unpredictable days and a post-covid hangover. It is perhaps now that we might start to recognise the effects of vicarious trauma or in fact trauma we have faced over the past few years. This is to be expected, it is unrealistic to think after the last few years that we will all just return to life as we knew it with no scars or healing to do. This is where we as community need to stay strong and close, and hold those that need holding. This might be kids, parents, teachers, principals, aides or our beautiful office and external support staff. We all have a different story and experience with COVID, while our narratives are different, our need to feel safe and have a sense of belonging is crucial to all of us to start healing.

This is true for our kids too, while we may see them bubble along, in true kid fashion, the aftermath of missed events, strange rules and lost connection cannot be underestimated. So, the message is, **it is ok, to not be ok**. It is ok for all of us to have a down day, week or month, to

### Dates to Remember

**Tuesday 21<sup>st</sup> June (5.45pm)**  
Annual Report to Community

**Tuesday 21<sup>st</sup> June (6.00pm)**  
School Council

**Friday 24<sup>th</sup> June**  
Prep & Grade 6 Buddy Picnic

**Friday 24<sup>th</sup> June**  
LAST DAY OF TERM 2  
Early Finish  
2pm Preps & siblings  
2.15pm Y1/2's & siblings  
2.30pm Y3, 4/5 & 6

**Monday 11<sup>th</sup> July**  
FIRST DAY OF TERM 3

need support or not hold it all together. All we need to do is be understanding and forgiving to each other.

For new families to our school, we welcome you with open arms and hope this year we can begin to connect our beautiful Patch community once more. We send out this newsletter out once per term and you are all welcome to contribute. We 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. I have my lovely daughter putting together the newsletter for this term and next, so we will put a call out again next term closer to the Term 3 edition for anything you may like to contribute, whether that be recipes, quotes, programs or anything else you see fit. You can email her at [indigo.sangster@educaton.vic.gov.au](mailto:indigo.sangster@educaton.vic.gov.au) if you have something that is not a dated piece that you would like in next terms edition.

Alesha x

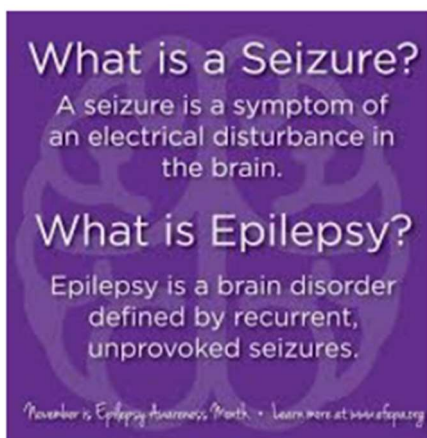


# THIS TERM WE HAD A DRESS IN PURPLE FOR EPILEPSY DAY...

Congratulations to Poppy 3A who has raised an incredible \$1062.00 for the Epilepsy Foundation. A huge thank you to our wonderful community for supporting such a worthwhile cause, that will hopefully one day help some of our Patch students as they face their struggles with Epilepsy. Raising awareness around Epilepsy is so important and makes a huge difference to the lives of those living with it. If you would like to explore more about

Epilepsy, a great source to check out is through this link:

<https://epilepsyfoundation.org.au/understanding-epilepsy/>



## ***One year since the storm- support & gatherings:***

*A message from our council...*

Hello Yarra Ranges community members,

I wanted to reach out on this day, one year on from the storm that had such a significant impact on so many of you. I am thinking of your communities today.

Council recently recorded some videos with Psychologist Rob Gordon to provide information to community members who are in recovery from the storm. The first video explains some of the experiences that people may be having one year on. The second video is about supporting children and young people at this time. The third video provides strategies for providing emotional support to people you may come across in your community who are distressed at this time. The videos can be found here and you may wish to share them with your networks [12 months on - storm anniversary Support Yarra Ranges](#).

If you or someone you know need further support at this time, a list of support services can be found here [Agencies who can help you Support Yarra Ranges](#). It is never too late to reach out for support for any of us.

There are more storm anniversary community gatherings coming up. Further information can be found here: [Storm Anniversary Events Support Yarra Ranges](#). Please note that the Mums of the Hills event has been postponed to this coming Sunday. Further info here: [Reconnecting to Our Forest – Community Nature Walks – Mums of the Hills](#).

I will be in contact soon with information about upcoming programs – Bush Playgroup Term 3, Youth Digital Storytelling Project, Parenting Stronger for Challenging Times program, new dates for the children’s Seasons for Growth Program, Community Mental Health First Aid Training for community volunteers, Youth Mental Health First Aid training (online) for school impacted school staff and more.

Take care in the days ahead.

Warm regards

Jess



Jessica Adams (she/her)

**Recovery Officer**

**Tuesday-Friday**

03 9294 6866 / 0419 569 490

[j.adams@yarraranges.vic.gov.au](mailto:j.adams@yarraranges.vic.gov.au)

# FROM OUR WELLBEING COORDINATOR, ANNE

## ASPECTS OF RESILIENCE...

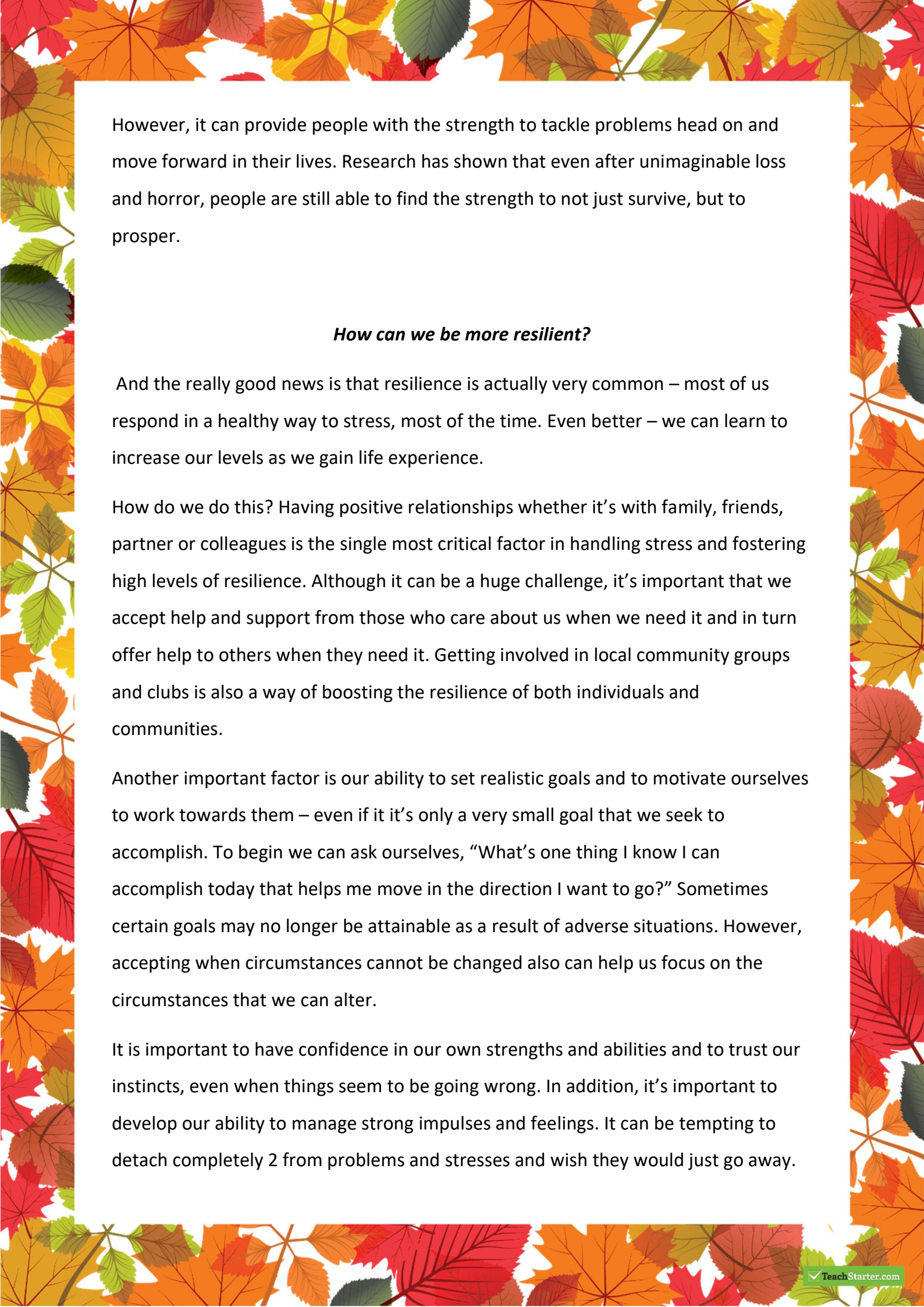


Resilience is a word we frequently hear these days. All of us have demonstrated a great deal of resilience as we've endured stringent lock down requirements over the course of 2020 and 2021. We continue to show enormous resilience as the need continues for us to be flexible and to make adjustments at short notice. This has been particularly true during this year thus far, with the high frequency of disruptions to school life.

### ***What is resilience?***

At some point we all have to face challenges and difficulties in our lives. Some of these might feel big at the time, but over our lifetime we find that they reduce in significance. For example, failing a driving test or an exam. Others can have a major impact on our lives both individually (bereavement or job loss) or on a whole community (storms, fire and flood). How we deal with these problems can play a major role in not only the outcome, but also the long-term psychological and physical consequences.

Some people seem to have the ability to remain calm in the face of disaster, while others seem to fall apart. This ability, known as resilience, mental toughness or good old-fashioned "grit", doesn't eliminate stress or magically erase life's difficulties.



However, it can provide people with the strength to tackle problems head on and move forward in their lives. Research has shown that even after unimaginable loss and horror, people are still able to find the strength to not just survive, but to prosper.

### ***How can we be more resilient?***

And the really good news is that resilience is actually very common – most of us respond in a healthy way to stress, most of the time. Even better – we can learn to increase our levels as we gain life experience.

How do we do this? Having positive relationships whether it's with family, friends, partner or colleagues is the single most critical factor in handling stress and fostering high levels of resilience. Although it can be a huge challenge, it's important that we accept help and support from those who care about us when we need it and in turn offer help to others when they need it. Getting involved in local community groups and clubs is also a way of boosting the resilience of both individuals and communities.

Another important factor is our ability to set realistic goals and to motivate ourselves to work towards them – even if it's only a very small goal that we seek to accomplish. To begin we can ask ourselves, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?" Sometimes certain goals may no longer be attainable as a result of adverse situations. However, accepting when circumstances cannot be changed also can help us focus on the circumstances that we can alter.

It is important to have confidence in our own strengths and abilities and to trust our instincts, even when things seem to be going wrong. In addition, it's important to develop our ability to manage strong impulses and feelings. It can be tempting to detach completely from problems and stresses and wish they would just go away.

However, taking positive action is often much more productive. Even when facing very difficult situations, it can be useful to try to stand back and look at the wider perspective – to try and not see things in black and white, but maintain an optimistic outlook. If we visualise what we would like to happen rather than worrying about what we fear might happen, we will be much better able to cope and keep focused.

We can't change the fact that highly stressful events happen, but we can change how we interpret and respond to these events. Resilient people have the ability to re-frame and reappraise situations and switch into goal-directed problem-focused coping. However, it's also been proven that a good sense of humour is very beneficial. At times we know that we have experienced personal growth resulting from a challenging period. We may have discovered an inner strength and sense of purpose as well as a higher appreciation for life than we were previously aware of. Or, by getting through, with grit and determination, we have demonstrated to ourselves that we are a survivor.

### ***Some suggestions on how we can build resilience:***

#### ***Setting Goals***

Goals can be broken down into weekly, daily, hourly or even minute by the minute. In our own lives, when things are tough, setting extremely short-term and specific (yet simple) goals allows the mind to focus on one thing at a time, without distraction.

#### ***Mental Visualisation***

Mental visualisation has been used by world-class athletes and sports people for many years. It was found that those who did best were using mental imagery to prepare themselves for the exercise. They imagined themselves going through the various actions which assisted their minds to be prepared. The athlete was more able to maintain full control of their physical and mental faculties. We can do this in our



own lives by conducting mental rehearsals ourselves. For example, imagining being successful doing something we fear, such as public speaking. Or we can visualise ourselves eating healthily and exercising if we know that these personal goals will be challenging for us to achieve.

### ***Positive Self-Talk***

We all tend to practise a lot of negative self-talk – “I can’t possibly do that” or “I handled that really badly” or “I’m no good...”. Learning to block negative self-talk and deliberately choosing to use only positive thinking is an effective means of providing motivation to keep on going.

### ***Control of Arousal***

When our bodies feel overwhelmed or in danger, they release cortisol and endorphins – the natural response to stress. Breathing techniques are one method that can be used easily and without others being aware to assist in controlling heightened stress levels. 3 Despite at times feeling exhausted with the thought of having to be resilient one more time, it is my hope that when we look back on this period in our life, we will be able to hold our head up high in the knowledge that we did survive, and that in doing so, we demonstrated to ourselves just how much resolve and inner strength we have that perhaps we were not aware of previously.



# FROM OUR WELLBEING COORDINATOR. ANNE

## THE DIFFERENCE BETWEEN BEING A BULLY, RUDE OR MEAN...

Many parents are concerned about bullying and desire to protect their children from it. In addition, parents usually never like to hear that their child is being accused of being a bully.

Sometimes behaviour might be mistakenly viewed as bullying, when it is actually someone being rude and/or mean. So how do we tell the difference and how do we explain that difference to our children?

### **What does rude behaviour look like?**

It is inadvertently saying or doing something that hurts someone else. In children this takes the form of social errors like burping in someone's face, jumping ahead in line, bragging about achieving the highest grade, throwing a pile of autumn leaves in another child's face or taking sticks from someone else's cubby house. These incidents are usually spontaneous, unplanned thoughtless actions; being ill-mannered or a demonstration of narcissistic behaviour. However, they are not intended to hurt someone.

### **What does mean behaviour look like?**

It is deliberately saying or doing something to hurt someone one or two times. It aims to hurt or denigrate someone. Mean behaviour in children can be motivated by feelings of anger and/or the desire to feel better about themselves and to look better in the eyes of others.

Rude and mean behaviour are not acceptable. However, these behaviours do differ from bullying.

### **What does bullying behaviour look like?**

It's more than just a fight or disliking someone. It is intentionally aggressive behaviour, repeated over time, that leaves the victim feeling powerless and fearful. There are many kinds of bullying such as:

- Physical - Poking, hitting, punching, kicking, spitting, tripping or pushing someone; breaking someone's things; pulling faces or making rude hand signals.
- Verbal - Name calling; teasing; putting someone down; threatening to cause someone harm.
- Relational/Social - exclusion; hazing (any activity expected of someone joining or participating in a group that humiliates, degrades, abuses, or endangers them, regardless of a person's willingness to participate); spreading rumours; lying; playing horrible jokes; embarrassing someone in public.
- Cyberbullying - Using technology to hurt someone else by sending hurtful messages, pictures or comments.

Children who bully choose to say or do something intentionally hurtful to others and they keep doing it - usually without feeling regret or remorse - even when the target of their bullying shows or expresses hurt or asks the aggressor to stop.

### **Some reasons for bullying behaviour include:**

- Feeling jealous
- Wanting others to like us
- Wanting to feel better about ourselves
- Wanting to fit in with friends
- Feeling angry inside
- Liking to be in control or to have power over others
- Have been the target of a bully
- Failing to understand that it's not okay behaviour.

### **Some ways that bullying can impact:**

- Difficulty sleeping
- Loss of appetite
- Trouble concentrating
- Feeling down
- Have difficulty coping
- Considering self-harming
- Suicidal feelings
- Feeling physically ill
- Feeling powerless, helpless and hopeless
- Feeling isolated, sad, angry and confused
- Feeling unsafe or fearful.

It can be a challenge to differentiate between a situation that entails bullying or one where someone is insensitive or mean. Bullying behaviour is really a form of being mean as well. Regardless of whether a certain behaviour meets the formal definition of bullying or is just plain mean, it is not okay. One way to get to the core of the problem is through a simple question, "Was the behaviour kind?" If it was not, then it is not okay.

### **Some suggestions for children facing a challenging situation with a bully:**

- Keep space between yourself and the bully
- Don't bully them back
- Tell them what they are doing is not okay
- Talk to an adult you trust
- Take time to do something nice for yourself
- Ask for assistance with reporting [cyberbullying](#) or assault.

As adults it's important to remember to model kind and respectful behaviour in all our interactions with others because our children are watching and learning from us.

## **FROM OUR WELLBEING COORDINATOR, ANNE**

### **THE PATCH PRIMARY SCHOOL WELLBEING SUPPORT UPDATE...**

After commencing at TPPS during term 1 of 2021, I experienced a stop/start year along with the whole school community. Although this was not the ideal way to commence in my role, I was very appreciative of the opportunity to come alongside parents, albeit by phone, as they supported their precious little people through the various lock downs.

When onsite I am based in The Nest, a truly special place. The provision of this lovely, safe space enables me to spend time in meaningful conversation with those who come to see me.

Currently my two work days at TPPS are on Monday and Tuesday. Parents are most welcome to drop by at the beginning or end of a school day or to make an appointment to see me during school hours.

Students are referred to see me via their parent, a staff member or self-referral. Parental permission is required in advance before a student can see me. To obtain the Opt-In form please contact the school office. Signed Opt-In forms can be returned either via the office or the classroom teacher.

Since returning to working onsite, quite a number of students have come to see me with high levels of anxiety. Following the lockdowns and the ongoing uncertainty and disruptions, this is unsurprising. Other students are experiencing issues resulting from challenges associated with immature social skills. Again, this is unsurprising as students have missed two years of practice. These issues also increase anxiety, resulting in some students showing a reluctance to want to attend school. These issues are not isolated to TPPS. My colleagues in schools across the state are observing the same kinds of issues. However, it does appear to be more prevalent an issue within schools from the Melbourne Metropolitan region.

One means of reducing stress for our students is to teach them grounding techniques and to provide opportunities for grounding experiences. Some examples of grounding techniques include: controlled, slow breathing; sand or clay play; tactile play and connecting with the other senses of sight, hearing, and smell. Grounding experiences can include going on a forest or beach walk.

A second means of reducing stress could be to provide opportunities for students to practice their social skills and to learn more about appropriate social behaviour. Pauleen Gould is currently running a wonderful Social Skills program for the Grade 1's and 2's on Tuesdays and I appreciate the opportunity to be involved. For the students who come to see

me, it is more helpful when there is consistency in the use of the similar terminology and strategies that they are learning from Pauleen.

As a result of the midyear storms of 2021, quite a number of students experienced trauma. Many were referred to me for debriefing and support. It is anticipated that if there are any high wind events in coming months, some students will be needing opportunities to talk through their past trauma once again with someone who has a listening ear.

Over my time at TPPS thus far, there have been additional opportunities to provide wellbeing support to staff, students and their families in the areas of grief/loss; anger; loneliness; bullying; parental separation; family violence; development of self-purpose, self-esteem and mental health. On occasion these issues have entailed the recommendation of a referral for further professional support or the provision of information of other available resources for support.

I am grateful for the opportunity to participate in Staff Wellbeing meetings and to contribute to the Wellbeing newsletter. I am also very impressed that there is a Wellbeing Parent Group and am grateful for the lovely warm welcome I have received as a member of both Wellbeing teams. With the school community moving towards an increase in parent/family gatherings, I look forward to meeting many more members of the school community in coming months.

Looking ahead to Term 3, we are moving toward a plan to offer parents with an opportunity to attend 3 fortnightly information sessions relating to the exploration of aspects of boundaries in parenting. More details will be provided closer to that time.

Take care,

Anne Lawry

Wellbeing Support

FOR ANOTHER USEFUL SOURCE/ARTICLE FROM ANNE, 'The Window of Tolerance' FOLLOW THE LINK BELOW:

<https://www.gov.ie/SiteCollectionDocuments/Education/ID%20The%20Window%20of%20Tolerance%20%2006%2016.pdf>

## Free upcoming webinars for parents and carers

Yarra Ranges Council are hosting a series of parenting events in June covering a wide range of topics for parents and carers with teenagers and younger children.

Events are free for parents and carers who live or work in the Yarra Ranges, Maroondah and Knox Council regions.

### EVENT 1: TAMING THE TIGER

Anger is a natural human emotion to stress or fear. It functions to alert, inform and prepare us for action.

Learn how to identify the emotional triggers in yourself and your family that lead to anger, understand the science and function of emotions, explore coping skills, resourcing, effective communication and learn practical tools and techniques to help restore calm and emotional health to your family.

PRESENTED BY: Building Better Brains

WHEN: Monday 20<sup>th</sup> June 7.30pm-9pm

LINK TO BOOK: <https://www.trybooking.com/events/landing?eid=904339&>



### EVENT 2: CONNECTION BASED PARENTING

How to build better brains and relationships for all ages. Learn what connections are essential for building resilient, confident and emotionally intelligent brains and how to use games, play and connection to help regulate your child's stress and anxiety responses.

Participants will find new ways to support challenging behaviour and increase family fun.

PRESENTED BY: Building Better Brains

WHEN: Thursday 23<sup>rd</sup> June 7.30pm-9pm

LINK TO BOOK: <https://www.trybooking.com/events/landing?eid=904341&>



### **EVENT 3: TAMING THE TECHNOLOGY**

If you sometimes feel like your child's device has become an extension of their body, had an argument about how much time they spend online or just had concerns about what they're accessing then you are in the majority of Australian parents/carers who feel exactly the same way!

Sometimes understanding children's and teen's online behaviour can feel overwhelming, but it can be managed! This forum provides *essential* information and resources for protecting children online, understanding online behaviours and finding new ways to communicate with them about technology.

PRESENTED BY: The Human Development Workshop

WHEN: Wednesday 27<sup>th</sup> June 7.30pm-9pm

LINK TO BOOK: <https://www.trybooking.com/events/landing?eid=904345&>

### **Get in touch**

If you have questions relating to these webinars, please contact Kirsten Malseed at [k.malseed@yarraranges.vic.gov.au](mailto:k.malseed@yarraranges.vic.gov.au)

# YARRA RANGES COUNCIL WINTER SCHOOL HOLIDAY PROGRAM!

Come in from the cold this winter school holidays and enjoy a range of free children's activities. Learn about native bees and make your own insect habitat, enjoy a zoo party performance, join a T-Rex tea party performance, discover a real superhero or relax with a tiny teddy story time and teddy bear hunt.

Suitable for children aged 0-8 years and their families.  
Registration is essential as places are limited.

For further information and to register visit <https://www.yarraranges.vic.gov.au/Community/Family>

## YARRA RANGES COUNCIL WINTER SCHOOL HOLIDAYS

*Family fun in your community!  
For children aged 0-12 years and their families.*

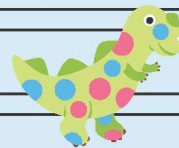


Wednesday 29th June - Yarra Glen  
Discover native bees and make an insect habitat for your garden.



Friday 1st July - Monbulk  
Come along to a Zoo Party performance, but watch out for cheeky monkeys!

Monday 4th July - Yarra Junction  
Join us for a T-RIFFIC T-Rex Tea Party performance.



Tuesday 5th July - Mt Evelyn  
Bring along your teddies for a special teddy bear story time and teddy hunt.

Thursday 7th July - Kilsyth  
Enjoy a superhero performance with a superhero unlike any you've ever met!



For up to date information on activities, events and programs for families and children in the Yarra Ranges like and follow Yarra Ranges Families on Facebook at [www.facebook.com/yrrfamilies](https://www.facebook.com/yrrfamilies)

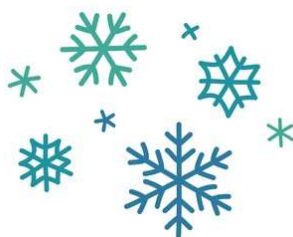


Yarra Ranges Council is a  
Child Safe Organisation

Covid safety protocols in place at all events.



Booking is essential as places are limited. For further information and to book, visit:  
[www.yarraranges.vic.gov.au/Community/Family/School-holiday-activities](https://www.yarraranges.vic.gov.au/Community/Family/School-holiday-activities)  
If you require support to book please contact Michelle Lehmann at [earlyyears@yarraranges.vic.gov.au](mailto:earlyyears@yarraranges.vic.gov.au) or call 1300 368 333





# **UPCOMING SCHOOL HOLIDAY EVENTS AT BURRINJA...**

***The Winter Circus Carnival has arrived in the hills!!***

***Events include:***



## ***Winter Circus Carnival***

- *Sunday 26<sup>th</sup> June 12pm-4pm, Park at Burrinja*
- Try uni-cycling, juggling, hula hooping and more at free drop-in workshops, get your face painted, conquer the obstacle course, enjoy free live circus performances throughout the day, plus competitions, games and crafts and so much more!
- No bookings required, so mark the date in your calendar!

## ***Big Tops and Tiny Tots***

- *Sunday 26<sup>th</sup> June 1pm, in the Lyre Room*
- A circus adventure for 3-6 year olds
- Luth's on an action packed circus adventure... but she needs your help!
- She's looking for energetic, giggle-ready 3-6 year-olds to help her to solve a whole host of fun physical challenges in this smile-inducing, interactive show.

## ***Aerial Kids 5-13 years***

- *Tuesday 28<sup>th</sup> & Wednesday 29<sup>th</sup> June, at Burrinja Theatre*
- Perfect for students wanting to get up in the air! Build your strength and learn basic shapes and climbs on the tissue and trapeze. Suitable for all abilities.

## ***Circus Mix Kids 5-13 years***

- *Tuesday 28<sup>th</sup> & Wednesday 29<sup>th</sup> June, at Burrinja Theatre*
- Try a little bit of everything in Circus Mix! These classes are the perfect place to explore general circus skills like juggling, tumbling, hula hoops, trapeze, tight wire and more.

***And many more... See link for even more events!***

<https://www.burrinja.org.au/burrinja-whats-on/what-s-on-all-events>

BURRINJA & RUCCIS PRESENT

# BURRINJA CIRCUS FESTIVAL



CIRCUS  
HOLIDAY PROGRAM

28th - 30th June



## OPULENCE

A DECADENT CIRCUS CABARET

Tuesday 28 June, 7:30pm

WINTER CIRCUS  
CARNIVAL!

Sunday 26 June

12pm - 4pm



**BOOK NOW:**  
[BURRINJA.ORG.AU](http://BURRINJA.ORG.AU)

# A thought for others...

*During these cold winter months, it is often easy to forget that blankets, heaters, a warm meal, a warm bed or a roof over our heads are a luxury. A luxury that not everyone is fortunate to have access to.*

## **A BIT ABOUT ANGLICARE VICTORIA:**

Anglicare Victoria works with children, young people and families. We prevent harm and empower people to overcome challenges and achieve their full potential.

We believe in families and know that with access to the right support every family can grow and achieve their goals.

We work with families towards positive change. Whether it be a helping hand in a time of crisis, or providing longer-term support and care. We partner with local communities, the private and public sectors and our donors to deliver better results.

*By donating to Anglicare Victoria, you will be helping someone in need.*

*You can check out Anglicare Victoria's website for yourself with this link:*

<https://www.anglicarevic.org.au/about-us/>

or you can choose to donate through this link:

<https://www.anglicarevic.org.au/donation/>



**Anglicare<sup>®</sup>**  
Victoria

## The Heart of The Patch

In the heart of The Patch,  
There pumps a bright light.  
It beckons to all who come near.

With rustic tin,  
And old-time charm -  
A delicious piece of history on our streets.

With doors always welcoming,  
And the slant of golden light,  
It feels a warm step-back in time.

Relaxed is the feel,  
The staff all in smiles.  
A place where we all fit to our comfort.

The pull of the talk,  
The call of first names.  
A place where chatter bursts the air.

To peer in at lollies,  
To draw near to a coffee,  
To be there feels a chat with old friends.

With a warm glow in Winter,  
And a cool blast in Summer,  
It softens the edge of the day.

It's all cosy with colour,  
At the heart of The Patch Store -  
A place where love warms the air.

Jodie Cameron xxx  
(Charlie & Henry's mum)



# ANOTHER FUN HILLS EVENT TO LOOK FORWARD TO...



Belgrave Lantern Parade promises another amazing celebration of creativity and community in the Hills.

Each year the Lantern Parade brings together the community of the Hills in a celebration of friendship, light, warmth and creativity on the shortest day of winter. The street is reclaimed for the people and thousands flock to take part in one of the best and biggest community-made spectacles as hundreds of lanterns line the main street, accompanied by drummers, dancers and performers of all sorts. There's also a line-up of fabulous performers and events before and after the Parade, and the Parade Village with fire pits, food stalls and community signing into the night.

Each year we see more big lanterns, from more groups in the community, coming together in the weeks and months leading up to the parade and working with our Hill's own Lantern Artists to create awe-inspiring large group lanterns of special significance.



# Some fun and easy wellness activities to try over the holidays....

## **MAKING HOMEMADE PUMPKIN SOUP... perfect for winter:**

### Ingredients;

- 1.2 kg pumpkin (any type) OR butternut squash
- 1 onion, sliced
- 2 garlic cloves
- 3 cups vegetable or chicken broth/stock
- 1 cup water
- Salt and pepper



### Method;

- Cut the pumpkin into 3cm / 2.25" slices. Cut the skin off and scrape seeds out. Cut into 4cm / 1.5" chunks.
- Place the pumpkin, onion, garlic, broth and water in a pot - liquid won't quite cover all the pumpkin. Bring to a boil, uncovered, then reduce heat and let simmer rapidly until pumpkin is tender (check with butter knife) - about 10 minutes.
- Remove from heat and use a stick blender to blend until smooth.
- Season to taste with salt and pepper, stir through cream (never boil soup after adding soup, cream will split).
- Ladle soup into bowls, drizzle over a bit of cream, sprinkle with pepper and parsley if desired. Serve with crusty bread!

Sourced from: <https://www.recipetineats.com/classic-pumpkin-soup/>

## **How about taking some time to have a go at a kids guided meditation?**

There are many links available on YouTube for all different types of meditation.

Here's one link to get you started...

[https://youtu.be/VZ\\_wdeog5Ek](https://youtu.be/VZ_wdeog5Ek)



## **BAKE SOME APPLE AND CINNAMON MUFFINS... YUM!**

### Ingredients;

- 2 cups all-purpose flour + 2 teaspoons for coating apples
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 2 teaspoons ground cinnamon + ½ teaspoon for coating apples
- 2 cups diced apples
- ½ cup unsalted butter , room temperature
- 1 cup granulated sugar
- 2 large eggs
- 2 teaspoons vanilla extract
- ½ cup milk



### Method;

- Preheat oven to 190° F. Spray muffin tins with bakers spray or coat well with shortening or butter and flour, making sure to discard any excess flour from the tins after coating.
- Sift together 2 cups flour, baking powder, salt, and 2 teaspoons cinnamon in a medium bowl. Set aside.
- Mix 2 teaspoons flour with ½ teaspoon cinnamon. Toss diced apples with the flour/cinnamon mixture to coat apples in a separate bowl. Set aside.
- Cream together butter and sugar until lightened in colour, about 3 minutes. Add an egg, one at a time, taking care to fully incorporate before adding the other. Mix in vanilla.
- Gently fold in flour mixture, alternating with milk. Stir until just combined. Fold in diced apples and scoop mixture into prepared muffin tins, filling about 2/3 to ¾ full. Bake until a toothpick or skewer inserted in the middle comes out clean, about 30 minutes.

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Sourced from: <https://addapinch.com/cinnamon-apple-muffins-recipe/#recipe>

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## HOW ABOUT TRYING SOME YOGA..?

# SUN SALUTATION FOR KIDS

### Look up at the sky

Stand tall with your legs hip width apart, feet facing forward, arms alongside your body. Inhale deeply, look up and reach your arms to the sky. Say, "Hello, sun in the sky!"



### Pretend to be a jellyfish

Exhale, bend your upper body, reach for your toes and pretend your arms are jellyfish tentacles. Say, "Hello, jellyfish in the sea!"



### Pretend to be a sand castle

Place your palms flat on the ground, inhale and step your right foot back. Keep your back flat and your chest open, pretending to be a sand castle. Say, "Hello, sand castle on the beach!"



### Pretend to be a dolphin

Exhale and step your left foot back to create an upside-down V. Straighten your legs, relax your neck and look down between your legs. Imagine being a dolphin gliding through the waves. Take 5 deep breaths. Say, "Hello, dolphin in the waves!"



### Pretend to be a crab

As you inhale, shift forward, drop your knees, and come to an all-fours position. Imagine you are a crab scuttling across the sand. Say, "Hello, crab on the sand!"



### Pretend to be an urchin

As you exhale, sit on your heels, keeping palms flat in front of you, rest your head on the mat. Bring your arms back alongside your body and imagine being an urchin floating. Say, "Hello, urchin resting on a rock!"



Reverse the steps back to standing. Then repeat the sequence on the left side.

printable yoga poster



Another activity that is great for both adult and children wellbeing is ***practising gratitude***. Since Covid-19, I think a lot of eyes were opened to the little everyday pleasures we may have taken for granted. Following the prompts below could help you to just slow down and appreciate the little positives in each day!

# Gratitude Journal Prompts

1. What was the best thing that happened today?
2. Who makes you feel loved and why?
3. Name something that makes you happy.
4. What is your favorite outdoor activity?
5. Name someone that helps you.
6. Name someone that is nice to you.
7. What is your favorite thing to do on the weekend?
8. Name something that you are grateful to have.
9. What do you like to do with your family and why?
10. Where is your favorite place to go?
11. Name someone that makes you smile.
12. Who is your best friend and why?
13. What do you like most about your school or job?
14. What do you like most about your favorite subject?
15. Who was the last person to give you something?
16. What is the best gift that you have ever received?
17. Name the best thing that has ever happened to you.
18. What is your favorite game or sport and why?
19. Where is your favorite place to play or relax?
20. What do you like most about your family?
21. Name an animal that you feel thankful for.
22. What is your favorite thing to do at home?
23. Name a person that you love and why?
24. What is your favorite hobby and why?
25. Who do you like to spend time with?
26. Name someone that you feel grateful for.

[rhythmsofplay.com](http://rhythmsofplay.com)

# ADHD

**doesn't mean you can't concentrate for long periods of times. ADHD in most cases means that you have trouble focusing on things that you're not interested in.**

@KERWINRAE

be kind  
for everyone you meet  
is fighting a  
battle you know nothing  
about

*An  
important reminder!*

***Remember, it's ok to not be ok...***

***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 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)

**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.glvh.org.au/](http://www.glvh.org.au/)

**03 9479 8760**

