

2023 Term 3 Wellbeing Newsletter



Term 3 has gone by so quickly! This wellbeing newsletter will be a slightly shorter version due to the crazy term of production organisation! We have a lot of work happening in the wellbeing space as usual. Our whole staff had a wellbeing meeting to review some of our practises and discuss where our next focus should be. We looked at what we do well and the areas that need improvement. This week our staff focused wellbeing team will meet to review and analyse the Attitude to School Survey. This is a survey given to grade 4-6 students and it gives us some very interesting data to work with for our school. On the last day of school our staff will all be having a full day professional learning day revisiting the Berry Street Educational Model. Next term we will be having a professional learning session from Safe Schools to ensure our staff understand LGBTIQ+ terminology, experiences and how to best support our children and families with kindness and understanding. Remember if there is anything you would like our newsletter to focus on please send through ideas and we will research and provide information for you.
Alesha & Indi x

REMINDERS

- ✓ Please email all shout outs and any other contributions for next Term's Wellbeing Newsletter to me: indigo.sangster@educational.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

SEPTEMBER. 14

WHOLE SCHOOL PRODUCTION/ LAST DAY OF TERM

SEPTEMBER. 15

CURRICULUM DAY/NO SCHOOL/ SCHOOL HOLIDAYS START

OCTOBER. 2

FIRST DAY OF TERM 4



GRATITUDE SHOUT OUT PAGE

Last term we asked for special shout outs to be submitted, for those people in our community who have helped you in some way that you would like to do a special shout out to. If you would like to post a gratitude shout out in next terms newsletter, please email them to me at: indigo.sangster@education.vic.gov.au

GRATITUDE SHOUT OUT 1:

Anna- you see the potential in all of our kids, you embrace everyone with positivity and give everyone a chance to shine. Thank you for creating a space where our kids can shine.

GRATITUDE SHOUT OUT 2:


Hua- We would like to thank you for stepping into the $\frac{3}{4}$ team and looking after all of Yales kids so beautifully. We consider you part of our Patch family and we appreciate all of the extra things you have done this term.

GRATITUDE SHOUT OUT PAGE



GRATITUDE SHOUT OUT 3: New Staff- Lukas, Erica, Kim, Naomi, Jemma-

Thank you all for joining The Patch with positivity and energy. You have so quickly become part of the team and we thank you for embracing our students and caring so much. We are lucky to have you all here.




GRATITUDE SHOUT OUT 4: Kim-

Every time I call or ask a question; Kim is there with such a beautiful smile and a kind word. Thank you for always being so patient and helpful to everyone, our whole community appreciates you.

GRATITUDE SHOUT OUT 5: Parents who made lunch for staff on parent-teacher interview day-

Thank you so much for taking time out of your days to organise and provide a lunch for staff on parent-teacher interview day. All staff were extremely grateful.



**AN IMPORTANT REMINDER, SENT IN FROM ONE OF OUR
LOVELY PARENTS**

SHARING  KINDNESS

The Power of "YET"

I MAY NOT
UNDERSTAND IT

→ YET

I CAN'T DO IT

→ YET

I MAY NOT HAVE
FIGURED IT OUT

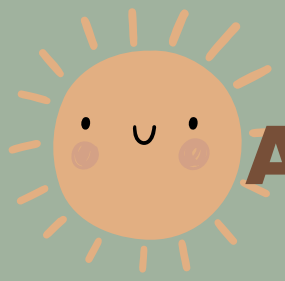
→ YET

I MAY NOT BE
ABLE TO DO IT ON
MY OWN

→ YET

I MAY NOT BE
WHERE I WANT
TO BE

→ YET



SCHOOL HOLIDAY ACTIVITIES BY THE YARRA RANGES COUNCIL



The Yarra Ranges Council page always has lots of great ideas and programs for school holidays. See the below for some ideas and follow the link to find out more information!



Citizen Science event – Flora and Frog survey

It's school holidays! Spend a morning with like-minded people aged anywhere from 3-93 in a Friends of the Helmeted Honeyeater hosted citizen science event. We'll record the flora & frogs we see and hear.

Yellingbo Nature Conservation Area, Meeting point advised upon registration, Yellingbo 3139

Tagged as: Environment, Kids & family, School holiday program, Youth events



Inventi Ensemble - Fauns And Forests

Step into an enchanted forest of creatures, trees, rivers and storms, of bugs, fairies, dances and fauns. In this interactive kids' show, attendees will meet the musical instruments, hear the tales of the forest and draw an artwork.

Arts Centre, Warburton, 3409 Warburton Highway, Warburton 3799

Tagged as: Kids & family, Music, School holiday program



Cyanotype Sun Printing Workshop with Rebecca Murray

Get creative with nature this school holidays. Make your own blue print via a photographic process using sunlight, with artist Rebecca Murray.

Yarra Ranges Regional Museum, 35-37 Castella Street, Lilydale 3140

Tagged as: Kids & family, School holiday program, Workshop, Youth events



Nature Drawing Adventure

Join us for a relaxing creative holiday activity where children can enjoy an outdoor drawing adventure by creating their own nature journal.

Yarra Ranges Regional Museum, 35-37 Castella Street, Lilydale 3140

Tagged as: Community art, Exhibitions, Kids & family, School holiday program, Workshop

LINK FOR MORE INFO:

[HTTPS://WWW.YARRARANGES.VIC.GOV.AU/COMMUNITY/FAMILY/SCHOOL-HOLIDAY-ACTIVITIES](https://www.yarraranges.vic.gov.au/community/family/school-holiday-activities)



BERRY STREET EDUCATIONAL MODEL



You all by now would have heard about the Berry Street Educational Model. For new parents (or old parents who need a refresher), here is a link to a video that explains the model in a little snapshot. You can check out the Berry Street website for more info here:
<https://www.berrystreet.org.au/learning-and-resources/berry-street-education-model>

LINK TO VIDEO:
HTTPS://YOUTU.BE/COBTOBN62-C



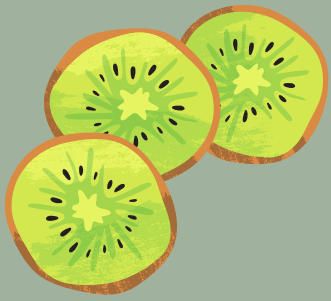
BERRY STREET
EDUCATION MODEL
Curriculum and Classroom Strategies

Proven strategies to help all students succeed

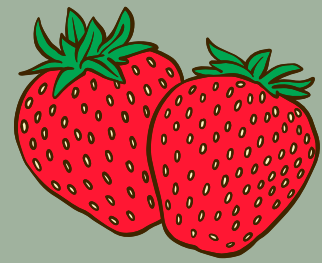
[bsem.org.au](https://www.bsem.org.au)

**DON'T FORGET TO CHECK OUT
YOUR KIDS BERRY STREET SCHOOL
DIARIES!**

BERRY
STREET



SOME INSPIRATION TO PRACTISE NUDE FOOD LUNCH-BOXES



Limiting the amount of wrappers and rubbish we include in our lunchboxes is not only a great way to keep our environment happy- It also promotes packing more whole, unprocessed foods that help fuel our students brains for big days of learning. Below are some tips for packing clean lunchboxes, and a few snack ideas!

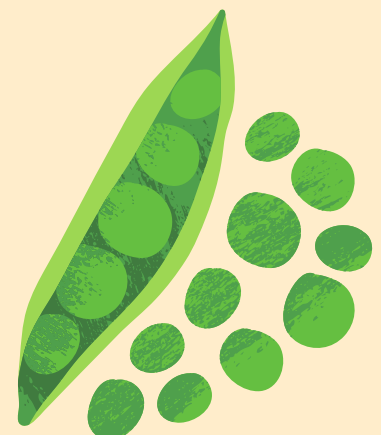
Here are 8 tips for packing a waste free lunchbox:

<https://myfoodbook.com.au/tips/8-tips-for-waste-free-lunch-boxes>



Here are 29 plastic free lunch box snacks:

<https://myfoodbook.com.au/tips/8-tips-for-waste-free-lunch-boxes>



My healthy lunchbox

Mix and match a food from each food group to make a healthy lunchbox



Choose mostly wholegrain options. The slow release energy will provide nutrients for concentration in the classroom as well as lots of energy for playtime.

Include protein that is unprocessed, as processed meats such as devon, chicken loaf and salami are often high in fat and salt and can be lacking in nutrients.

Always add veggies to the lunchbox to make sure your kids are getting all the nutrients they need. Add grated veggies to sandwiches, or veggie sticks to munch on.

Include a piece of fruit everyday. They are full of vitamins, minerals, fibre and more! Try cutting fruit into bite size pieces or making fruit salad.

Healthy snacks help kids refuel between meals. The healthiest snacks are based on fruits, vegetables, dairy and wholegrains.



Wholegrain wrap



Lean chicken breast



Lettuce



Grapes



Carrot sticks



Wholegrain bread



Low-fat cheese



Potato



Cut orange wedges



Cherry tomatoes



Wholegrain crackers



Hummus dip



Celery sticks



Strawberries



Low-fat milk



Brown rice



Tuna



Leftover cooked peas and carrot



Banana



Low-fat yoghurt



Wholegrain pasta



Boiled egg



Salad



Apple



Unsalted popcorn

Make the change

It's easy to pack a nutritious lunch with no throw-away packaging



Reusable containers



Beeswax wrap



Fabric wrap



Drink bottle



Reusable cutlery



Reusable lunchbox

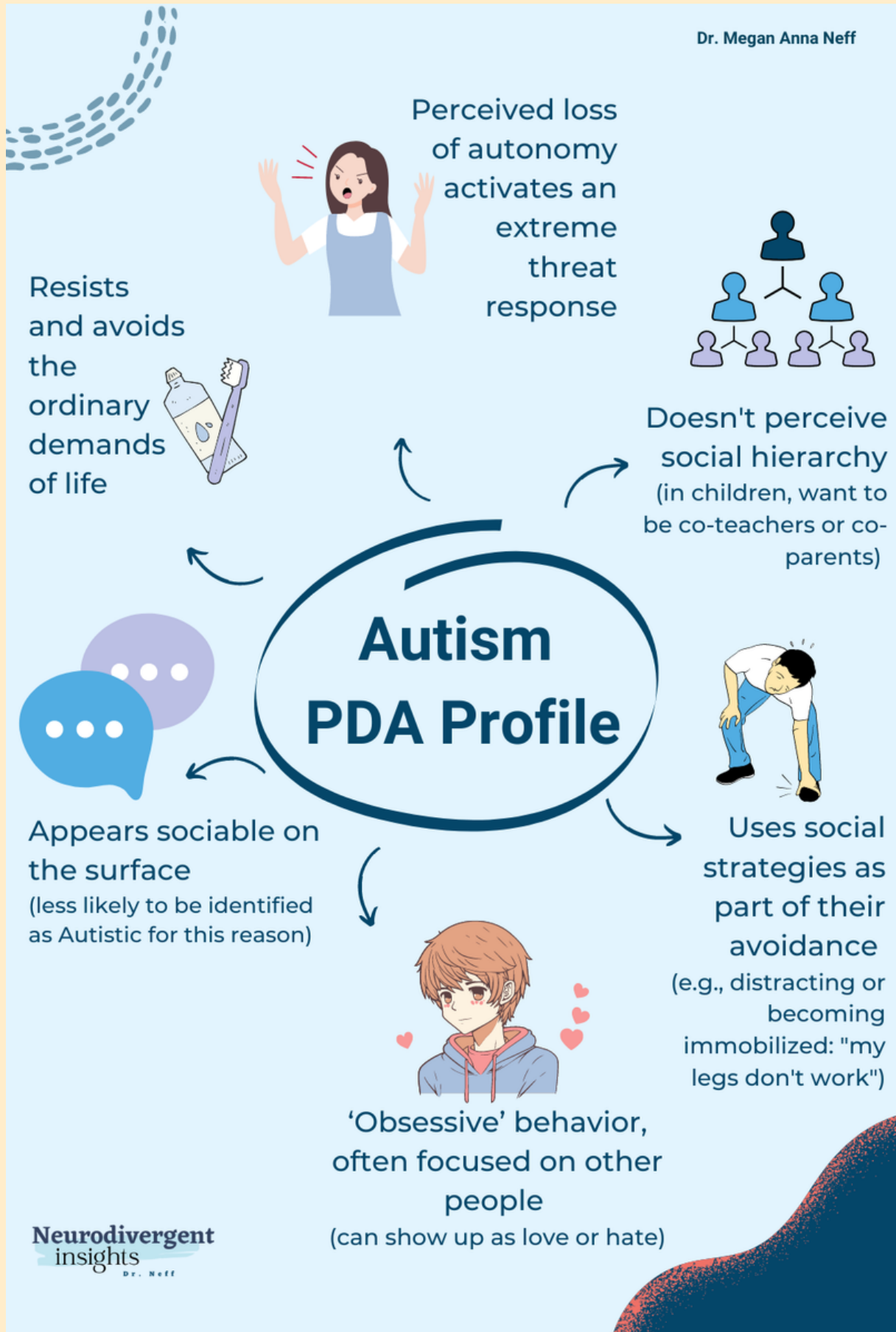


Natural skin

A BIT ABOUT PDA (PATHOLOGICAL DEMAND AVOIDANCE)

AS SOURCED FROM: [HTTPS://NEURODIVERGENTINSIGHTS.COM/AUTISM-INFOGRAPHICS/AUTISM-PDA-EXPLAINED](https://neurodivergentinsights.com/autism-infographics/autism-pda-explained)

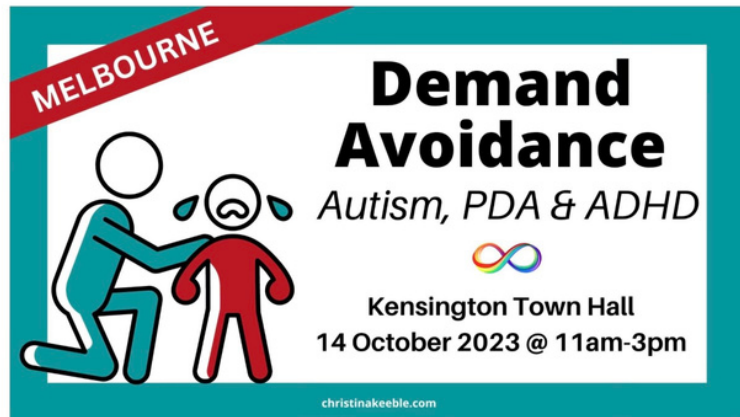
Dr. Megan Anna Neff



EVENT ON AUTISM, PDA (PATHOLOGICAL DEMAND AVOIDANCE) & ADHD



Melbourne - Demand Avoidance: Autism, PDA & ADHD



ABOUT

Melbourne, join Christina Keeble in person as she explores what demand avoidance is, how it can look in Autistic & ADHD kids & explain what PDA (Pathological Demand Avoidance) is.

She will delve into why traditional behaviour strategies don't work & how to best support with trauma informed, relationship based approaches.

Christina Keeble
CONSULTING

She will delve into why traditional behaviour strategies don't work & how to best support with trauma informed, relationship based approaches.

Christina has 21 years of professional experience as a specialist teacher, experience in disability & community services & lived experience as an Autistic mum to 2 neurodivergent PDAers.

Suited for ND adults, parents/carers, teachers, ed support staff, disability workers, allied health & more. Not suited for children.

Digital copy of the notes & the certificate of attendance will be emailed out after the live event. Tickets \$67 - limited tickets available.

If you are plan or self managed, you might be able to claim the ticket under parent training for NDIS funding.

The event will be held in Kensington Town Hall, the event is NOT catered.

DATE

Sat 14 Oct 2023 11:00 AM - 3:00 PM (UTC+10)

LOCATION

 [Get directions](#)

Kensington Town Hall
30-34 Bellair St, Kensington VIC 3031

FOLLOW THE LINK
TO ACCESS MORE
INFO AND TO
BOOK-

<https://christinakeeble.com/events/>

30 DAY KINDNESS CHALLENGE-

ANOTHER GREAT RESOURCE SENT IN FROM ONE OF OUR LOVELY PARENTS

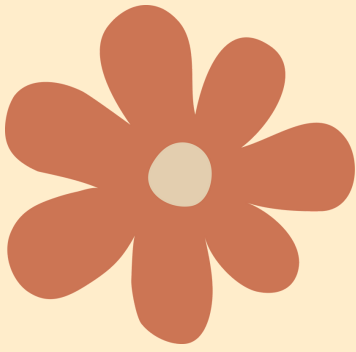


TO ACCESS THE FULL RESOURCE AND DOWNLOAD THE PDF-
FOLLOW THIS LINK:
[PDF KINDNESS CHALLENGE](#)

SHARING  KINDNESS

30 DAY Kindness ACTIVITY

- | | | |
|---------------------------------|---------------------------------|---------------------------------|
| <input type="checkbox"/> Day 1 | <input type="checkbox"/> Day 11 | <input type="checkbox"/> Day 21 |
| <input type="checkbox"/> Day 2 | <input type="checkbox"/> Day 12 | <input type="checkbox"/> Day 22 |
| <input type="checkbox"/> Day 3 | <input type="checkbox"/> Day 13 | <input type="checkbox"/> Day 23 |
| <input type="checkbox"/> Day 4 | <input type="checkbox"/> Day 14 | <input type="checkbox"/> Day 24 |
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| <input type="checkbox"/> Day 9 | <input type="checkbox"/> Day 19 | <input type="checkbox"/> Day 29 |
| <input type="checkbox"/> Day 10 | <input type="checkbox"/> Day 20 | <input type="checkbox"/> Day 30 |



I am worthy and deserving of love and happiness

I trust in my abilities and potential

DAILY AFFIRMATIONS

I choose to focus on the good in my life

I am grateful for all I have

I am in control of my thoughts and emotions



"All kids need is a little help, a little hope, and someone who believes in them."

—
BESTOFLIFE.COM



MY DAILY AFFIRMATIONS

 I AM BEAUTIFUL	 I AM BRAVE	 I AM CREATIVE
 I AM HEARD	 I AM KIND	 I AM LOVED
 I AM POWERFUL	 I AM SEEN	 I AM WORTHY

Back the Label
BELIEVE. ACHIEVE. CREATE. EMPOWER.



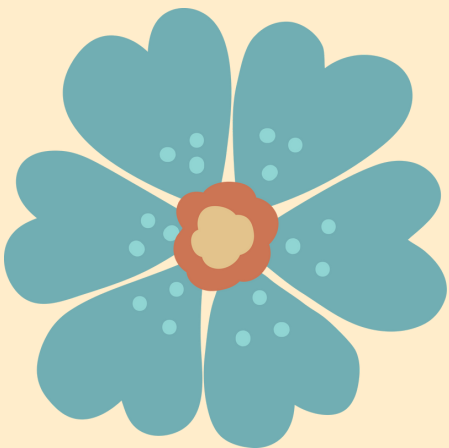


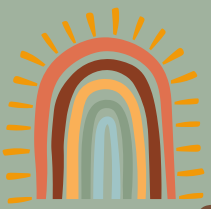
"There is no such thing as a perfect parent. So just go be a real one."

BESTOFLIFE.COM

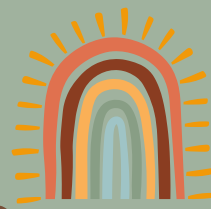
I HOPE YOU
KNOW YOU'RE
CAPABLE +
BRAVE +
SIGNIFICANT.

EVEN WHEN IT FEELS
LIKE YOU'RE
NOT.





REMEMBER, IT IS 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

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

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

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 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

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

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

YOU
ARE
LOVED



ARE
YOU
OK?



Outer Eastern Melbourne

1800 271 150

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.