


# 2023 Term 4 Wellbeing Newsletter



Hello Lovely Community,  
Here we are at the end of ANOTHER year! We have luckily had a fairly stable school year in our Patch bubble while the country and world around us has been largely unsettled. Our transition to our new Principal Jim has been seamless as his values and community focus mirrors the already strong Patch community. While our sanctuary can feel safe and stable, we acknowledge that many of our community families have broader reaching heartache happening in many different ways. The beauty of our community is we are here for each other, regardless of differing views, opinions and ideas and irrespective of if we agree or disagree. We all understand that RESPECT for each other is all we need to keep a harmonious, connected community. Thank-you to all that have contributed to our Well-Being Newsletter this year, it is truly a community newsletter and the wealth of knowledge in this space is a gift. We have more happening in the Well-Being space next year; it will just be a little tricky with the building works but as always we will find a way. Huge thanks to Indigo who puts most of the work into this Newsletter, saving her mumma 100s of hours battling a computer!  
Kind regards  
Alesha x

## REMINDERS

- ✓ **Please email any contributions for next Term's Wellbeing Newsletter to me: [indigo.sangster@education.vic.gov.au](mailto: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

**DECEMBER, 7**  
WHOLE SCHOOL  
CELEBRATION CONCERT

**DECEMBER, 19**  
LAST DAY OF SCHOOL  
FOR ALL STUDENTS

**JANUARY, 31**  
FIRST DAY OF TERM 1





# GRATITUDE SHOUT OUT PAGE

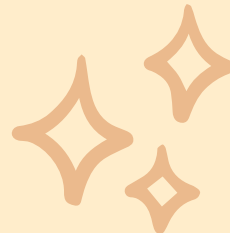
Last term we had our first ever gratitude page, and the feedback on it was incredibly positive. We asked for shout outs dedicated to those people in our community who helped you in some way that you would like to do a special shout out to. It is so important to acknowledge the little moments of positivity happening all around us, and by giving a forum to post your shout outs, we hope this promotes *looking* for the happy moments.

If you would like to post a gratitude shout out in next terms newsletter, there will be a survey sent out during the term.

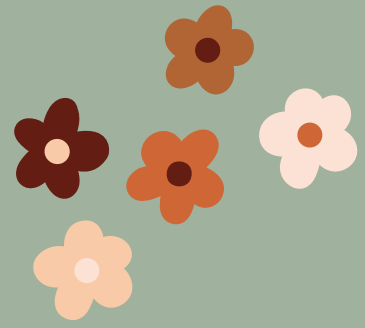
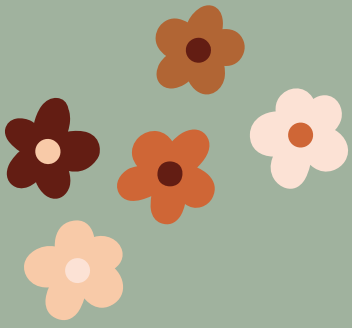


**GRATITUDE SHOUT OUT:**  
**Jodie Cameron-** For always contributing to our newsletters, and for always treating people with kindness and respect. She always finds time to send us messages of gratitude for the work we do at school which is so appreciated. Thank you Jodie!!

**GRATITUDE SHOUT OUT:**  
**Jim-** You have already bought so much excitement and energy to The Patch- We are all so grateful to have such a positive leader in our school. Thank you!

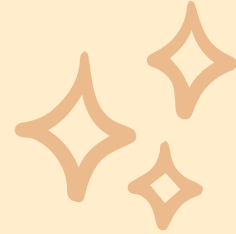


# GRATITUDE SHOUT OUT PAGE



## GRATITUDE SHOUT OUT:

**Ange Ellis-** A huge shout out to Ange. Ange volunteers hours upon hours of her time for our school. Basketball clinics at lunchtimes and ALL of the work that she does as our School Council president. We all appreciate you and see you and thank you from the bottom of our hearts for caring so much about our kids and school community!

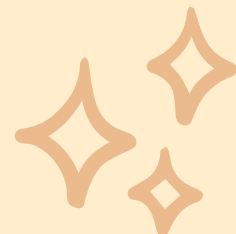


## GRATITUDE SHOUT OUT:

**Glenn Moffit-** For always being willing to help with whatever we need. And with a smile 😊

## GRATITUDE SHOUT OUT:

**Amber Williams-** For your amazing assistance with our production photos. Thank you!



# GRATITUDE SHOUT OUT PAGE

**GRATITUDE SHOUT OUT:  
Grade 3/4 Teachers &  
Support Staff-** for taking  
such good care of our  
humans at swimming all  
week, assisting with the  
change in routine and  
encouraging our young  
ones. Your support is much  
appreciated!

**GRATITUDE SHOUT OUT:  
Specialist teachers-** For  
the love, support and  
magic you bring to our  
school through your  
amazing programs. We  
appreciate your flexibility  
this term with all the  
craziness!

I would like to thank Indi  
and Alesha for creating this  
beautiful newsletter for us  
all! It encapsulates the very  
essence of the school and  
its beautiful heart. Thank  
you Indi and Alesha xxx

**GRATITUDE SHOUT OUT:  
Mikhaela Bourke-** for  
sharing her energy,  
creativity, cleverness, huge  
heart and precious time to  
support our school in so  
many wonderful ways.  
Thank-you Mikhaela.

...thanks to this person, so kind!!

# A BEAUTIFUL POEM WRITTEN BY JODIE CAMERON (CHARLIE AND HENRY'S MUM)...



## The Magical Key

We drift down in the night,  
Through the shape of the lock -  
The magical key is surrender.

~

There is a place we cannot go to  
By force or by want,  
We cannot buy it with riches, nor fool the guard.

We can only sink there in the night,  
As our thoughts thin our head,  
As our body grows soft for our travels.

Folding down below thought,  
We sink down with our essence,  
As we let go of the world and its hold.

We sink in formless drift,  
Our body in free float -  
To the mystery land we call sleep.

It is only if a thought  
Fills the screen of our head,  
We stay tight on the surface and count the hours.

But when we sink as we should  
And our weight pulls us heavy,  
We drift down between strands of thought.

We will forget our very journey,  
Though we trek the fields nightly,  
As we sink beneath the limits of our world.

We arrive into a story -  
Clear with motion and colour.  
We see the story through the lens of our own eyes.

We feel each felt feeling,  
The message woven through in clues.  
Each story made from the mirrors of our mind.

We go through chapters of this place,  
While our body cleans the ship  
And gathers up the thoughts that spilled the day.

Then, at our allotted hour,  
We are sent back to this world.  
We rise up through all the layers towards our land.

Our thoughts now neatly stacked,  
Our muscles now full with life,  
We burst the surface and gasp a lungful of new air.

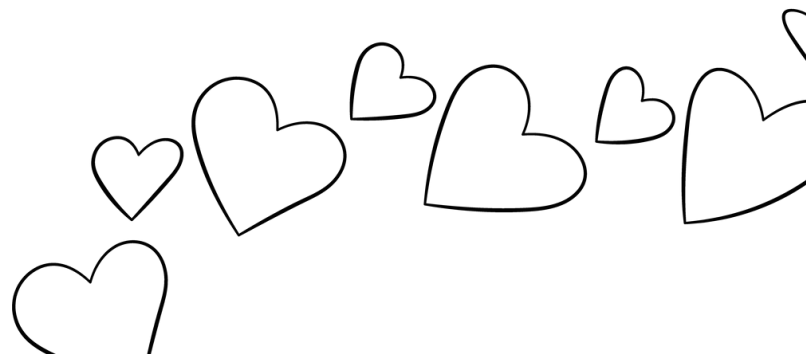
Here at the junction of these worlds,  
We see the day and feel the night -  
We bring back memories and snapshotted scenes.

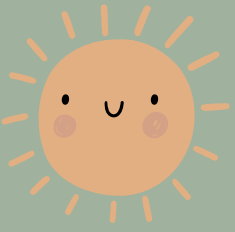
We cycle between these worlds,  
So we may live our very best.  
Each world contains the healing for the other.

~

We drift down in the night,  
Through the shape of the lock -  
The magical key is surrender.

Jodie Cameron  
(Charlie & Henry's mum)





# SCHOOL HOLIDAY ACTIVITIES BY THE YARRA RANGES COUNCIL

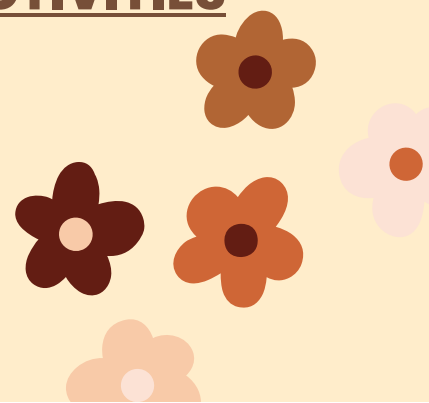


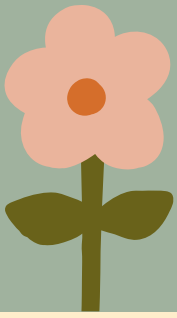
The Yarra Ranges Council page always has lots of great ideas and programs for school holidays. Follow the link below to their page where you can find more ideas for the school holidays!

The screenshot shows the Yarra Ranges Council website navigation bar with the following menu items: Home, Community, Environment, Business & Jobs, Development, Experience, Council, and Contact Us. Below the navigation bar is a search bar with the placeholder text "Type here to search...". The main content area shows a breadcrumb trail: Home / Community / Family / School holiday activities. The page title is "School holiday activities". Below the title is a text box that says: "Stay up to date with the latest news for families and children 0-12 years by subscribing to the [Yarra Ranges Families and Children's newsletter](#)."

**LINK TO YARRA RANGES SCHOOL HOLIDAYS PAGE:**

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





# UNDERSTANDING DYSLEXIA



Dyslexia is a complex and diverse learning disability, that affects many of our students here at The Patch. However, Dyslexia has a lot of misconceptions surrounding it, that can lead to incorrect stereotypes, misunderstanding and confusion. Below is an article for parents, to find out a bit more about Dyslexia to help remove the stigma around it, and spread more accurate and reliable information...

## LINK TO ARTICLE:

[HTTPS://KIDShealth.org/en/PARENTS/DYSLEXIA.HTML#  
:~:TEXT=DYSLEXIA%20\(DIS-LEK-  
SEE,ENOUGH%20AND%20WANT%20TO%20LEARN.](https://kidshealth.org/en/parents/dyslexia.html#:~:text=DYSLEXIA%20(DIS-LEK-SEE,ENOUGH%20AND%20WANT%20TO%20LEARN.)



[KidsHealth](#) > [Parents](#) > Understanding Dyslexia

## Understanding Dyslexia

en español: [Entender la dislexia](#)

Medically reviewed by: [Cynthia M. Zettler-Greeley, PhD](#)  
[Nemours BrightStart!](#)

OR YOU CAN CHECK OUT THE  
AUSTRALIAN DYSLEXIA  
ASSOCIATION FOR MORE INFO...



[CLICK HERE](#)  
FOR ADA



# BE FREE, TO BE YOU, AT THE PATCH PS!



The Wellbeing Pillar Team has been working on a number of goals aligning to the schools AIP. As part of this process a key area staff identified as wanting to be upskilled in was ensuring our LGBTIQ+ community was represented and that our school was a safe and inclusive place.

We recently had Patrick from Safe School run a PD for our staff. It was an invaluable session and staff that attended gained a lot of knowledge as the first steps to a more inclusive school environment.

We covered a range of topic in the first module including:

- What is Safe Schools?
- Definitions of sex, gender, sexuality and gender affirmation
- Experiences of LGBTIQ+ students at school
- Legal and policy considerations
- Whole school approaches to LGBTIQ+ inclusion
- Where to go for support

We still have lots of work to do in this space to make our LGBTIQ+ community visible and represented.

Our next steps include working on having Gender Affirmation Plans for our LGBTIQ+ students and families so they don't need to repeat their stories again and again (these plans can be fluid as individuals need to adapt them)

Module 2 will include:

- LGBTIQ+ recap
- Intersectionality
- LGBTIQ+ young people with a disability\*
- Supporting non-binary students\*
- Responding to school community\*
- LGBTIQ+ inclusion in sport and PE\*
- Scenarios



While staff upskill, I would love to call on our LGBTIQ+ students and families to be the voice in what The Patch PS can do to make families feel safe, connected and represented.

Please email me at [alesha.sangster@education.vic.gov.au](mailto:alesha.sangster@education.vic.gov.au) if you would like to be part of our Rainbow Working Team starting Term One next year!

# The difference between sex, gender and sexuality



**W** SEXUALITY **M**  
Heterosexual

LESBIAN  
GAY  
BISEXUAL

SAME -  
GENDER  
ATTRACTED



**Man** GENDER **Woman**  
Cisgender

TRANSGENDER

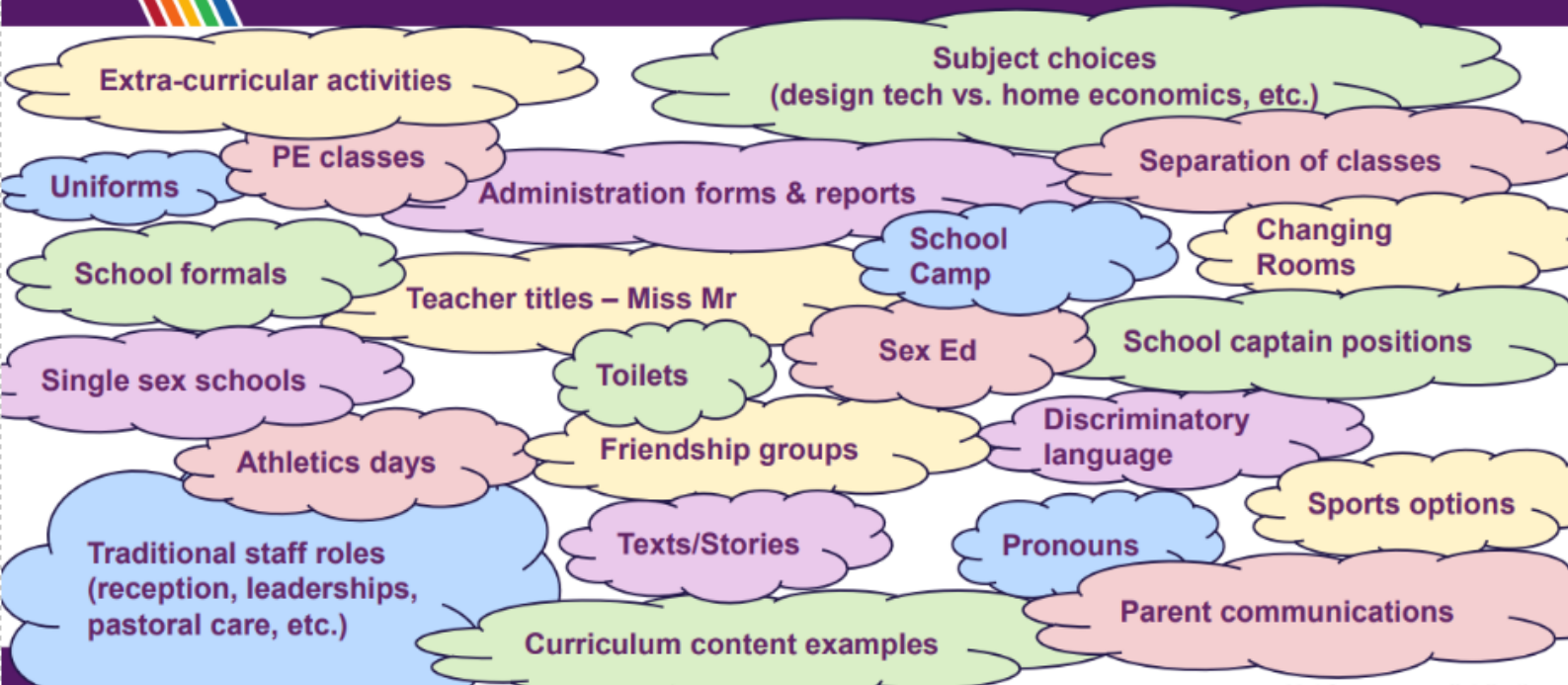
GENDER  
DIVERSE

**M** SEX **F**  
Endosex

INTERSEX

QUEER and QUESTIONING **+**

## Exclusion at school



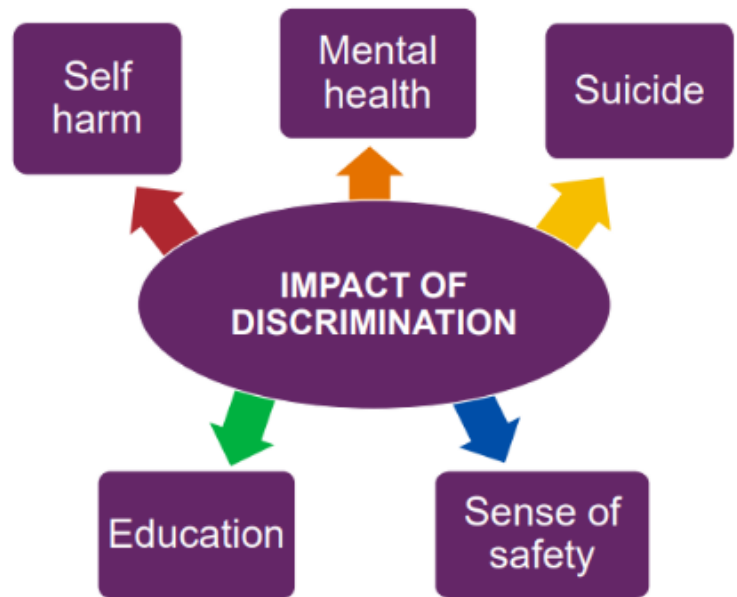
**OUR SCHOOL  
STANDS UP FOR  
INCLUSION  
+  
DIVERSITY**

# Impact of discrimination

LGBTQA+ young people experience higher rates of:

- Harassment
- Exclusion
- Bullying
- Assault

... compared to non-LGBTQA+ peers.



## Get to know support services

Helpful Tips





# A GREAT CONTRIBUTION SENT IN BY ONE OF OUR LOVELY PARENTS




A METAPHOR  
**EVERY**  
PARENT NEEDS



@instituteofchildpsych →




Think about your child **as a boat on the ocean** on its way to a certain destination— *all the outcomes you want for your child.*



@instituteofchildpsych →




The journey will have days where there is **smooth sailing, days where there are waves, and days where there are hurricanes.**

Your child will still get to their destination as long as ***we're mindful of what they need to keep the boat afloat.***

@instituteofchildpsych →



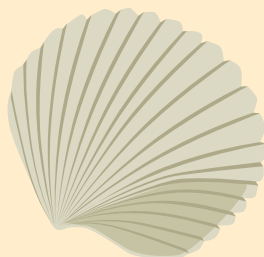

**The Anchor**

Our job is to be an **anchor for our children**, so when the waters are turbulent, they can stay afloat .

It means we have to be a safe harbour; *it doesn't mean we can protect them from every storm.*



@instituteofchildpsych →





## A Good Anchor...

- Stays calm in the midst of chaos
- Stays close when a child is dysregulated
- Names a child's emotions
- Reflects back their experience
- Listens without trying to fix it

@instituteofchildpsych



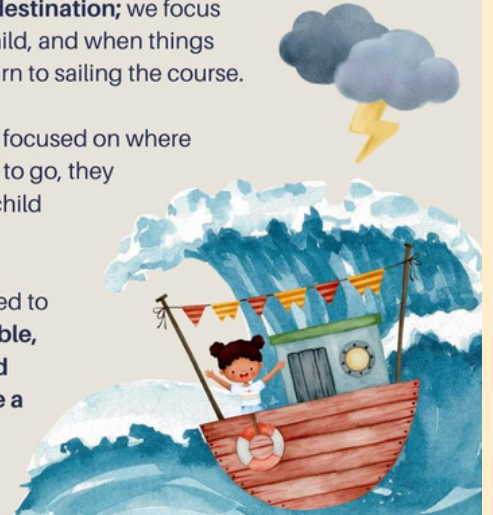
## When The Storm Hits...



In the middle of an emotional storm, **we don't focus on the destination**; we focus on preserving our child, and when things have settled, we return to sailing the course.

Many parents get so focused on where they want their child to go, they forget to meet their child where they are at.

As an anchor, we need to be **steady, predictable, calm, and grounded in the moment to be a source of security for our children.**



@instituteofchildpsych



## The Wind



Your job is to help your child keep sailing forward, to be the wind behind their backs to they keep moving and growing.

**This requires the child to have connection but also AUTONOMY.**



@instituteofchildpsych



**If we hold on too hard, they can't learn, move, or grow.**



Similarly, if we are **frequently absent, distracted, or disengaged**— they feel invisible and scared—they cling to us or numb out their feelings to cope with feeling alone.



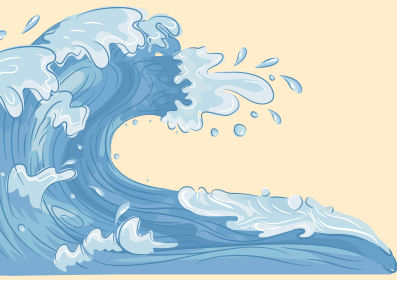
@instituteofchildpsych



## As the wind we can:



- Encourage and make room for lots of play
- Work on our own emotion regulation so children feel safe to explore
- Celebrate their successes
- Focus on process praise (*what they did well and how they did it vs. "Good job"*)
- Get kids involved in household tasks to encourage belonging and competence
- Getting kids to help with others (*i.e. volunteering, helping raise a pet, or assist a neighbor in need*)





# SOME YUMMY SUMMER RECIPES



## 50 EASY SUMMER RECIPES

<https://www.bestrecipes.com.au/easy-dinners/galleries/easy-summer-dinner-recipes/usnihzn8>

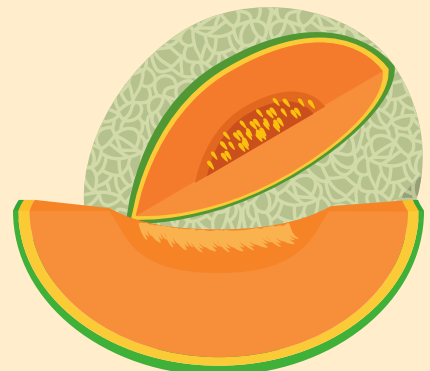


## TROPICAL SUMMER FRUIT SMOOTHIE RECIPE

<https://www.aberdeenskitchen.com/2015/07/tropical-summer-fruit-smoothie/>

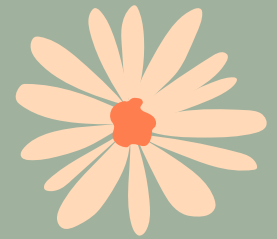
## 51 BEST SALAD RECIPES

<https://www.loveandlemons.com/salad-recipes/>





# SPOTLIGHT ON GIRLS WITH AUTISM



## This guide aims to



Introduce the female presentation of autism



Recognise the key issues facing girls with autism at school



Provide practical school-based strategies



Share personal, professional and academic experiences



Accurate rates of autism in girls are harder to measure. The challenge of receiving a proper diagnosis for their daughter is an early hurdle faced by many parents.

Boys are often diagnosed in early childhood, whereas girls often receive their diagnosis later, with an average age of diagnosis being nine.<sup>2</sup>

This difference in diagnosis ratios has been attributed to

- Girls with autism presenting differently<sup>3</sup>
- Gender bias in existing screening tools and diagnostic criteria
- Existing stereotypes about how autism presents
- Lack of clinician's training and experience in recognising autism in girls

This practical guide has been developed to support autistic girls at school and uses the lived experience of autistic girls and women, together with input from teachers, psychologists and other key professionals.

## Did you know ?



*Girls with autism may present differently to boys (see page 4)*



*Asperger's now comes under the autism umbrella*



*Girls often get diagnosed later than boys*



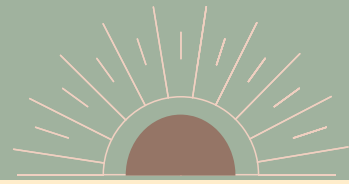
*Girls are skilled at camouflaging their autism*

*For a list of resources, go to page 14.*

TO READ ON PLEASE FOLLOW THE LINK BELOW- SENT IN BY ONE OF OUR LOVELY PARENTS...  
<https://drive.google.com/file/d/19FvZdIS1NwA3JPIVJceA5JRdo-BQQkdZ/view?usp=sharing>



# BUILDING BETTER BRAINS- BUILDING A MORE MINDFUL FAMILY



## BUILDING A MORE MINDFUL FAMILY

ACTIVITY BOOK



### ABOUT US

Our mission is to engage, educate and empower parents, teachers, and mental health professionals using evidence-based strategies to help build better brains for the generation in our care. We deliver brain-wise, trauma-smart approaches to teaching and learning with a focus on play, creativity, and super skills. This is the cornerstone for building resilient, flexible, and emotionally intelligent young minds that are capable, confident, and creative. Building Better Brains Australia is the love child of award-winning husband and wife power team – Sian Chambers-Vallance and Tony Vallance.

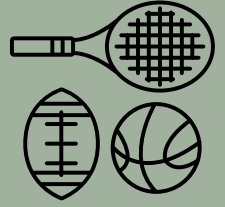
TO READ ON PLEASE FOLLOW THE LINK BELOW-

[https://drive.google.com/file/d/12E1n8ZoFb37k60ZAuOLKYd1D3C-IMY7N/view?usp=sharing\\_](https://drive.google.com/file/d/12E1n8ZoFb37k60ZAuOLKYd1D3C-IMY7N/view?usp=sharing_)





# PHYSICAL EDUCATION & IT'S RELATIONSHIP WITH WELLBEING



There is no doubt that PE is a fundamental component of a student's education, and their overall wellbeing. Here is some additional info about the benefits of PE.

## Benefits of Physical Education



Cognitive  
Functioning  
(Cox, 2008)

Physical  
Respect  
(Talbot,  
2001)

English  
improvement  
(Tremarche,  
2007)

Supports  
intellectual  
development  
(Bailey, 2006)

Improves  
Cognitive  
Control  
(Hillman,  
2009)

Personal  
Responsibility  
(Wright *et al*,  
2004)

Improve  
attendance  
and attitude  
(Sandford *et al*,  
2004)

Social  
Development  
(Parker &  
Stiehl, 2005)

Improve  
Maths  
(Carlson,  
2008)

Improves  
Concentration  
(Budde, *et al*,  
2008)

Improves  
general  
attitude  
(Marsh,  
2003)

Improves  
movement  
patterns  
(Abbott,  
2002)





# CHECK OUT THESE BEAUTIFUL ACKNOWLEDGEMENT PLAQUES



A business run by one of Alesha's friends.  
We were very honoured to be gifted the first of these plaques and it hangs  
proudly in the entry of our house....

**Jharmbi  
& Co**

## WURUNDJERI COUNTRY PLAQUE

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These plaque's are a great way to show Acknowledgement of country in your homes... See the link below to purchase one for yourself:

<https://jharmbian.dco.bigcartel.com/product/welcome-plaque-wurundjeri>



# A GREAT RESOURCE FOR SOME OF OUR GRADUATING YEAR 6'S...



Michelle Mitchell - Author, Speaker, Educator

22 October at 21:00 · 🌐



If your tween is going to high school they will need the 3 c's.... (which are also handy for any kid who is in a new environment where they don't know anyone!)

- ★ 1. Look for the carers...those who smile at you and are willing to have a conversation. They are a few in every crowd.
- ★ 2. Keep an eye out for kids with common interests, and people who may share similar values.
- ★ 3. There is no better way to make friendship than simply contribute, so be prepared to join in conversations or activities even if they feel uncomfortable.

## Prepare for High School

Things things that help in any new environment:

- ★ Look for the carers.
- ★ Look for common ground.
- ★ Look for ways to contribute

@michellemitchellauthor | michellemitchell.org



Michelle Mitchell - Author, Speaker, Educator

17 October at 07:35 · 🌐



NEW BLOG.

If you have a young one starting high school, you might relate to the term “nerve-cited”. It’s a word that expresses the feeling of being both nervous and excited at the same time. I personally remember feeling nerve-cited on my first day of high school. I couldn’t get through the school gate quickly enough, even though I was apprehensive about what might await me.

There might be a little nerve-citement in your house at the moment. If your child is leaving behind primary school friends and transitioning to a new high school, the enormity of that transition might start to hit them once you begin buying school uniforms, shoes and textbooks. For those who are staying at the same school, the knowledge that school life (as they knew it) won’t return is still daunting to face.



[https://michellemitchell.org/nerve-cited-12-tips-for-starting-high-school/?fbclid=IWAR3FJSEN4JLLKZKZ\\_08DDUPMH8ATKXBJWR\\_BPGVGCPV36B9KD41EGIXFEM](https://michellemitchell.org/nerve-cited-12-tips-for-starting-high-school/?fbclid=IWAR3FJSEN4JLLKZKZ_08DDUPMH8ATKXBJWR_BPGVGCPV36B9KD41EGIXFEM)





# MUMS OF THE HILL: CHECK ME OUT PROJECT...



THANK YOU TO THE BEAUTIFUL MUM WHO SENT THIS IN... A GREAT CONTRIBUTION!



**Mums  
of the Hills**  
Inc

About Check Me Out Events News Resources  
Hub Events Shop

## The Check Me Out Project

### Check Me Out Roadshow Mooroolbark

Sunday, 26 November 2023  
10:00 – 16:00

Bring your friends along to this fun and empowering self-care day.

- Location: The Parent Hub: 168 Manchester Rd, Mooroolbark VIC 3138
- Date: Sunday November 26th
- Time: 10am-12 noon - 1pm - 4pm

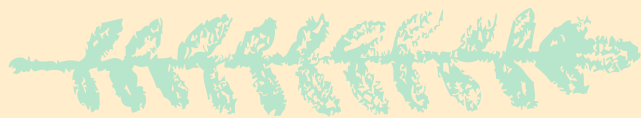
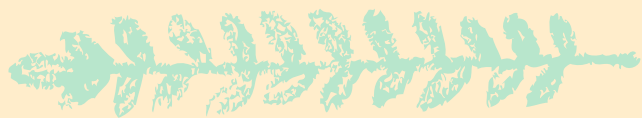
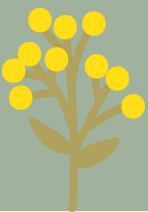
We're providing the time and professional support needed to focus on your health plan plus the opportunity to meet others looking after their health too.

At the event you can expect:

- A child minding service (if needed) while you complete your checklist (booking essential)
- A health check list – to make planning easy
- Health professionals on hand to answer general preventative health questions
- Free pamper pack for every attendee completing their checklist
- Q&A sessions with the attending healthcare professionals.

FOLLOW LINK FOR MORE INFO: [HERE](#)

# ANOTHER GREAT CONTRIBUTION FROM ONE OF OUR PARENTS...



## What is the Mood Meter?

The Mood Meter is a tool used to recognize and understand emotions. The Mood Meter helps us to understand that all emotions are ok. We all experience a wide variety of emotions throughout our lives daily. We also begin to learn about appropriate strategies for self-regulation of our emotions.

The Mood Meter is divided into **four color quadrants** - red, blue, green, and yellow - each representing a different set of feelings. Feelings are grouped together on the mood meter based on their pleasantness and energy level.

**Red feelings:** High in energy and more unpleasant

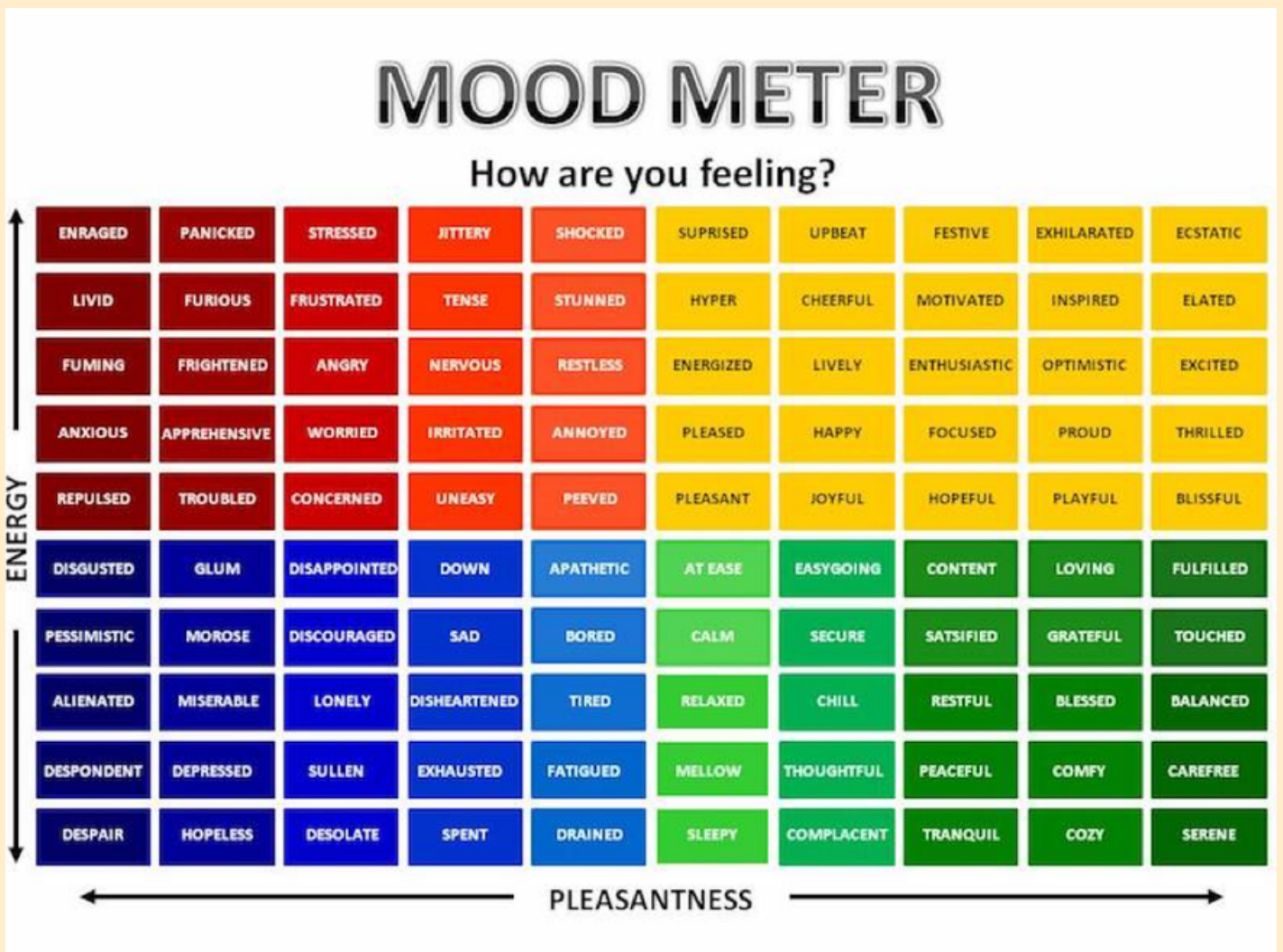
**Blue feelings:** Low in energy and more unpleasant

**Green feelings:** Low in energy and more pleasant

**Yellow feelings:** High in energy and more pleasant

# Why recognize feelings?

Helping members of our school community, especially students, recognize feelings helps them understand how feelings impact decisions and behaviors. It's also the first step in helping students develop empathy, the ability to understand the feelings of another person.



# FROM OUR WELLBEING SUPPORT, ANNE...



PLEASE FOLLOW THE LINK BELOW TO SEE ANNE'S  
DOCUMENT: **HOLIDAYS ARE FAST APPROACHING...**

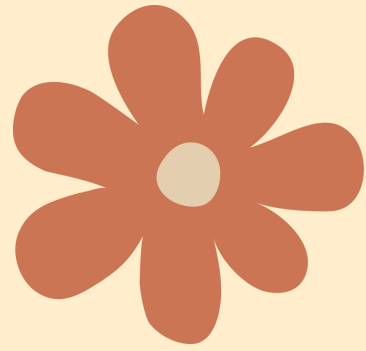
[https://docs.google.com/document/d/1iRZE85-xV52-UiMDylUHplc\\_aAqPq9Jk/edit?usp=sharing&ouid=102916251062853764726&rtpof=true&sd=true](https://docs.google.com/document/d/1iRZE85-xV52-UiMDylUHplc_aAqPq9Jk/edit?usp=sharing&ouid=102916251062853764726&rtpof=true&sd=true)



PLEASE FOLLOW THE LINK BELOW TO SEE ANNE'S  
DOCUMENT: **SAFEST COMMUNITY POSSIBLE FOR OUR  
CHILDREN...**

[https://docs.google.com/document/d/15TC9eiZeemGlc\\_a-2wGlk8KOlxDBBDHpt/edit?usp=sharing&ouid=102916251062853764726&rtpof=true&sd=true](https://docs.google.com/document/d/15TC9eiZeemGlc_a-2wGlk8KOlxDBBDHpt/edit?usp=sharing&ouid=102916251062853764726&rtpof=true&sd=true)

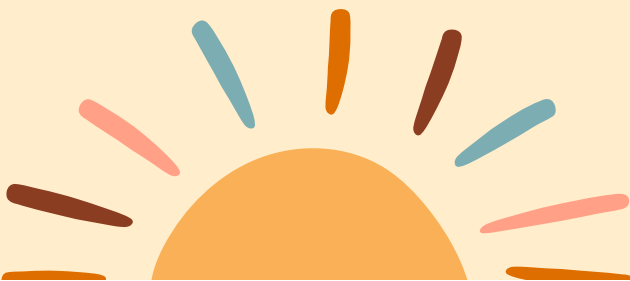




good things are coming  
good things are coming  
good things are coming



WHEN YOU FOCUS  
ON THE GOOD  
THE GOOD GETS  
BETTER



I AM  
PROUD  
OF  
MYSELF

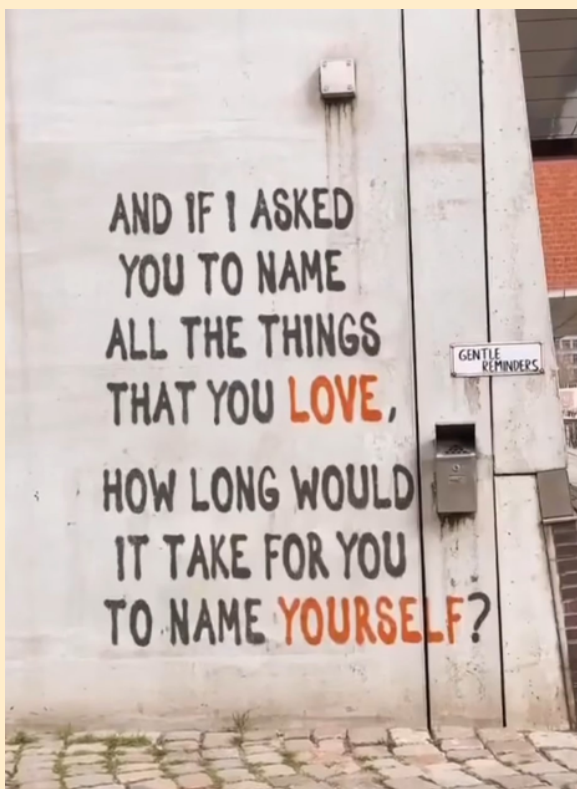


CELEBRATE  
the  
TINY  
VICTORIES

Here's to the teacher mums whose hearts are heavy on a Sunday. Who will spend the week tipping from a near-empty cup looking after the babies of others, hoping that there is enough left at the end of the day for their own. Here's to the mums who spend the day teaching through bleary eyes after another restless night, only to leave school knowing there's no rest in sight. Here's to the teacher mums who are expected to work like their capacity and priorities remain unchanged by motherhood. Here's to the teacher mums who desperately want to progress in their career, yet get overlooked because being a mother has casted doubt. Here's to the teacher mums facing another week of constantly questioning whether they are good enough, present enough, capable enough. Spreading their 100% across two worlds that require so damn much of them.



YOU ARE  
WORTHY OF  
EVERY GOOD  
THING



## PROBLEM FOCUSED

## SOLUTION FOCUSED

bossy	→	natural leader, visionary
defiant	→	holds strong beliefs, bold, determined
demanding	→	knows what they want, outspoken
dramatic	→	expressive, passionate
fearful	→	cautious, careful
fussy	→	has strong preferences
hyperactive	→	energetic, enthusiastic, on the go
impulsive	→	spontaneous, instinctive
oppositional	→	advocates for a different perspective
rebellious	→	is finding their way
stubborn	→	persistent, determined, steadfast
talkative	→	enjoys communicating
tattletale	→	seeks justice, respects rules
unfocused	→	multitasks, pays attention to many things
wants attention	→	advocates for needs, seeks connection

### What if they get mad at me?

If people get mad at you for having boundaries, it means they've benefited from you not having any.

You don't need to keep people happy every minute of the day. You are not responsible for other people's feelings. If someone has a reaction to your boundary, you didn't 'make' them react. You chose to voice your feelings and needs. They chose their reaction. You cannot control what other people do.

DANIELL KOEPKE

you are  
**PERFECT**  
exactly as YOU ARE.  
all YOU NEED TO CHANGE  
is THE  
thought  
THAT YOU  
NEED to change!

natural life



# AGE-APPROPRIATE CHORES FOR KIDS

## 2-3 YEARS

- Throw away trash
- Wipe up spills
- Dust with a duster
- Wipe baseboards
- Place books on shelves
- Put toys in bins
- Collect dirty clothes
- Put clothes in hamper
- Fold napkins
- Help clear the table
- Water plants
- Rinse fruits + veggies

## 4-5 YEARS

- Help dry dishes
- Sort clean silverware
- Set the table
- Fold dish towels
- Help load washer/dryer
- Put away laundry
- Match clean socks
- Make the bed
- Mop small areas
- Feed pets
- Harvest fruits + veggies
- Help pull weeds

## 6-7 YEARS

- Empty the dishwasher
- Use a handheld vacuum
- Straighten bookshelf
- Sweep floors
- Clean windows
- Wipe bathroom sinks
- Sort laundry
- Fold bath towels
- Peel vegetables
- Prepare small snacks
- Help put away groceries
- Take sheets off bed

## 8-9 YEARS

- Load the dishwasher
- Wipe off the table
- Fold laundry
- Hang laundry to dry
- Wipe counters
- Dust shelves
- Put sheets on bed
- Help plan meals
- Help with meal prep
- Rake leaves
- Maintain bicycles
- Sweep driveway

## 10-11 YEARS

- Wash own laundry
- Prepare simple meals
- Take bins to curb
- Bring bins from curb
- Wash mirrors
- Organize mud room
- Vacuum the car
- Hand wash dishes
- Mop floors
- Vacuum
- Put groceries away
- Pack own lunch

## 12+ YEARS

- Watch younger siblings
- Supervise chores
- Clean the bathroom
- Iron clothes
- Wash the car
- Prepare full meals
- Clean the garage
- Paint walls
- Paint the fence
- Change lightbulbs
- Mow the lawn
- Help with home repairs



## INSTEAD OF "HOW WAS YOUR DAY"

WHAT WAS THE BEST PART OF YOUR DAY?

WHO WERE YOU KIND TO TODAY?

WHAT WAS THE HARDEST PART OF YOUR DAY?

WHAT'S ONE THING YOU'RE GRATEFUL FOR?

WHAT WAS THE TRICKIEST FEELING YOU HAD TODAY?

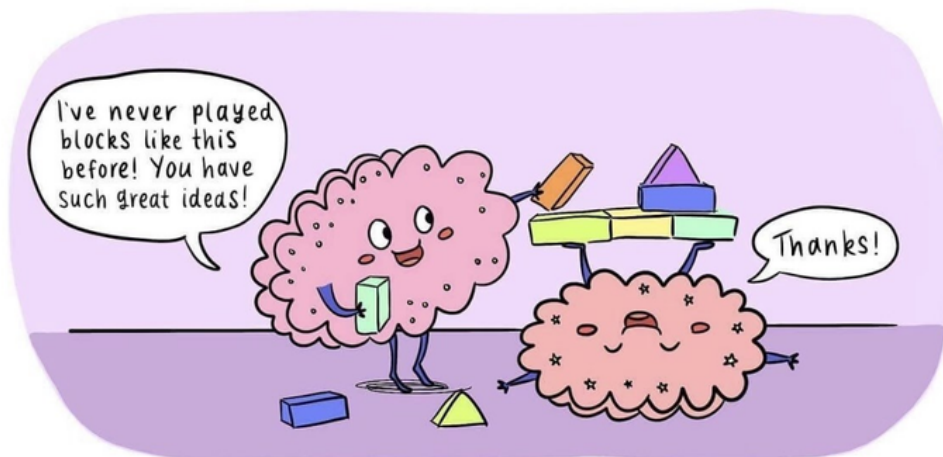
WHAT'S A MOMENT YOU WOULD DO-OVER?

WHAT ARE YOU MOST PROUD OF?



ALL brains are EQUALLY important.

Sometimes people think that neurotypical brains are the best ones, just because they are the brains that lots of people are used to.



The truth is- the world NEEDS people who think differently, otherwise things would never change.



## You can be a kind person & still:

- say no.
- prioritise your needs.
- set boundaries.
- disagree with people.
- be honest.
- challenge poor behaviour.
- walk away from toxic environments.
- make mistakes.
- stand up for yourself.
- protect your time & space.

@h.e.l.e.n.m.a.r.i.e



There are **no bad children**.  
 There are **bad choices**.  
 There are **bad moments**.  
 There are **bad days**.  
 There are **bad situations**.  
 But there are **no bad children**.

-L.R. Knost

@gozenlove



## Zones of Regulation

HOW CAN YOU HELP YOURSELF?

WHEN I AM IN GREEN ZONE I CAN...



- LISTEN
- LEARN
- WORK HARD
- BE A POSITIVE ROLE MODEL

WHEN I AM IN BLUE ZONE I CAN...



- ASK FOR A BREAK
- TAKE 3 DEEP BREATHS
- STAND AND STRETCH
- ASK FOR A FIDGET OR HUG

WHEN I AM IN YELLOW ZONE I CAN...

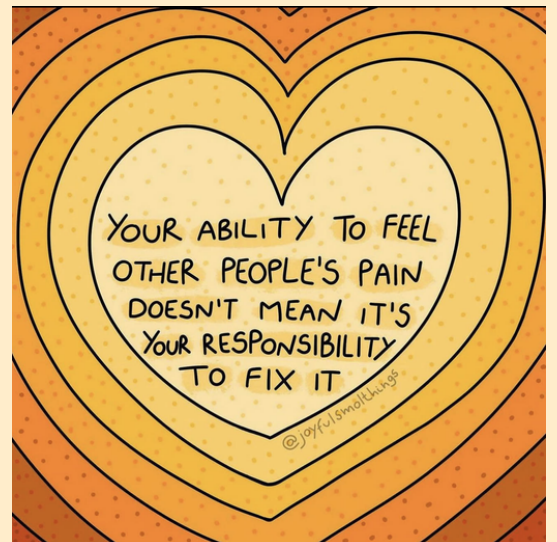


- ASK FOR A FIDGET
- COUNT TO 10
- TAKE 3 DEEP BREATHS
- TALK TO AN ADULT

WHEN I AM IN RED ZONE I CAN...



- TAKE 5 DEEP BREATHS
- ASK FOR A BREAK OR FIDGET
- THINK OF A PLACE WHERE I FEEL CALM
- GO FOR A WALK





**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)

YOU  
ARE  
LOVED



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.