

# 2024 Term 3 Wellbeing Newsletter



Hello Lovely Community,

Here we are almost at the end of Term 3 already! We have almost made it through Winter and every now and then we are getting a taste of the warm Spring sun that warms the soul and brings that positive energy to our day! Another huge thank you to everyone for their continued support of our staff, while they continue to support your children in amongst the moving parts of the renovations. At the moment, we also face a huge teacher shortage and many days we are unable to get replacement teachers or aides when staff or their families are unwell. Thanks goes to our teachers/aides who fill in classes and yard duties during their planning time or lunch break to avoid classes being split and to support their colleagues.

We have so much input to our newsletter this term, thank you so much to all that have contributed. Remember all contributions from our community are added and we leave it to families to decide if they use the information or not. Everyone has a different take on what works for them or what aligns with their values.

Thank you for all the heartfelt shoutouts too, remember these are anonymous so a lovely way to thank those who do those little things in our community that may go unnoticed otherwise.

While the terrain may be difficult to navigate at the moment, just know we are all still here to support and help you anyway we can. It won't be long and we will be back to open doors and easier connection in some lovely facilities.

Please enjoy the collaborative effort of our community who put this newsletter together, with a lot of work by Indigo making it look pretty!!! Please reach out if you need anything wellbeing related, Warm Regards- Alesha x

## REMINDERS

- ✓ **Please email any contributions for next Term's Wellbeing Newsletter to:**  
alesha.sangster@education.vic.gov.au OR indigo.sangster@education.vic.gov.au 😊
- ✓ **Contributions include:**
  - Recipes
  - Poems
  - Articles
  - Infographics/ images that have resonated with you
  - Any other wellness related content that you think the community would benefit from seeing.

## UPCOMING DATES

### September 20

Last day of Term 3  
2.30pm finish

### October 7

FIRST DAY OF TERM 4



# GRATITUDE SHOUT OUT PAGE

## GRATITUDE SHOUT OUT:

**Sofia**- For your endless efforts running an incredible art program, kindness matters, and for jumping in where you are needed constantly. The work you are doing is not going unnoticed and we are all in awe of the art you are creating with the students, all without a classroom. You manage to do all of that with a huge smile and without a single complaint. We love you Sof!

**GRATITUDE SHOUT OUT:-**  
To Kate Hutchings, Helen Toohey and Charlie Blomley. For being our amazing and wonderful parent helpers on our Grade 5/6 City Camp. We couldn't have done it all, without you. All 44km's of city streets and sights. From settling nerves to traffic control and everything else in between. You guys are fabulous 🌟❤️ And it was so much fun!! We are blessed to have so many awesome parents and carers in our school community!

## GRATITUDE SHOUT OUT:

**Deb A**- Thank you for making the prep classes run so smoothly. You are constantly going above and beyond for those kids, and you make it such a safe space for those little guys. Thanks for everything you do Deb!

# GRATITUDE SHOUT OUT PAGE CONT.....

**Gratitude Shout Out:**  
We want to give a heartfelt shout-out to the wonderful Alesha from Prep A. Her kindness, compassion, and thoughtfulness shine through in everything she does. Alesha consistently goes above and beyond, ensuring that everyone at the school feels safe and included. Her warmth and joy brings so much to our community, and we want her to know just how much we appreciate her.

**GRATITUDE SHOUT OUT:**  
**Karen R-** For your huge heart and infectious positive energy. Your presence in the school is felt by all and we can't wait to have you back soon. You are a giant ball of light in so many of our lives and we appreciate your upbeat energy and passion for life!

**GRATITUDE SHOUT OUT:**  
To everyone who has had a helping hand in one way or another for both of my placements including when I had to make days up unexpectedly. Couldn't have done it without such a supportive workplace.-  
Naomi x

# GRATITUDE SHOUT OUT PAGE CONT.....

**GRATITUDE SHOUT OUT:**  
**The D'Abico family-** For being a constant support system for our community, our staff, and our tutoring program. You guys are always there with so much positivity, support and generosity, and it really goes a long way. Thanks for everything!

**Gratitude Shout Out: Ange Moffit-** how you fit it all in I will never know! I see you running basketball clinics, at SRC meetings, at our Families Supporting Families sessions, with school leadership in our review process and also at school council at night, while having your own job and family to run too! The gratitude we have for you is endless and the change you make in our community is just enormous. Thank you!

**Gratitude Shout Out:**  
**Jude Kainbacher** for always helping us out in the classrooms. She goes above and beyond for the students she works with. Our 5/6 area wouldn't be the same without you!

**GRATITUDE SHOUT OUT:**  
To all of the staff who wait at the drop off zone every morning to welcome the kids. It's heart warming see you out there with your beautiful smiles.



# GRATITUDE SHOUT OUT PAGE CONT.....

## GRATITUDE SHOUT OUT:

A big gratitude shout-out to Indigo for her incredible tutoring, patience and dedication. She has made a significant difference in the kids learning journey.

## Gratitude Shout Out:

**Tania** – her consistent support to the grade 6s on guiding them through the final year, and the time she takes to understand all the kids and gives them all a fair opportunity to do their best.

## Gratitude Shout Out:

**Jude**– for your support for our students and your quick humour! We appreciate you and love having you around our school! Thank you!

## Gratitude Shout Out: **Hayden Grade 2 teacher.**

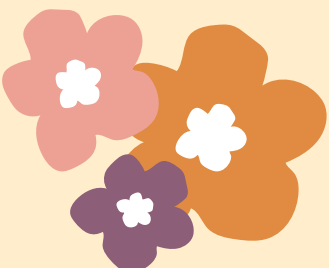
For understanding his students' needs and creating an engaging space for them to learn and play. Thank you.



# KINDNESS MATTERS



Our beautiful Kindness Matter team, lead by Sofia, has their Kindness Cart in action. It is a cart full of activities that they set up for students that are struggling in the yard. The Kindness Matters team also award Kindness certificates to those that have shown kindness to others. These are given out at assembly each week with a beautiful handmade felt badge.





# Families Supporting Families

**When:** Friday 13th Sep

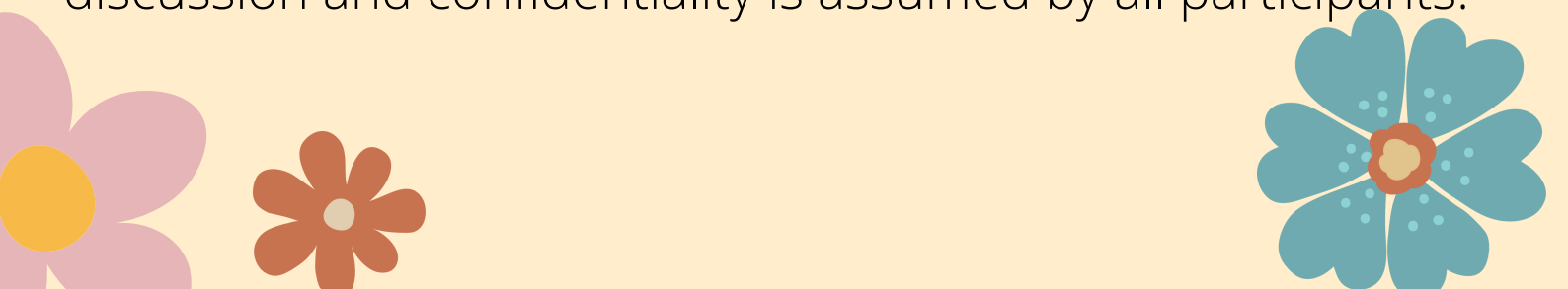
**Where:** The Nest **Time:** 9-11am

**Who:** Open to anyone who has a child at the school. This session will look at DIP (funding process at school). Haley (Disability Inclusion Coordinator and Alesha (Wellbeing Specialist) will be available to answer any questions you may have about the process. Also any parents with expertise or advice for other parents, please come along and share your wisdom and experiences.

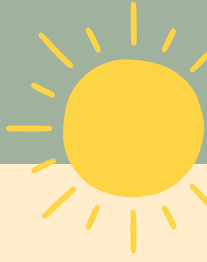
For example you may be wondering?

- How do I start the process if I feel my child may need a diagnosis?
- If my child has a diagnosis what supports are in place at school for my child?
- Does everyone with a diagnosis have access to an aide?
- If I am eligible to apply for assistance through the DIP process, what does that look like and what do I need?
- Everything is hard, I feel overwhelmed, can anyone help me with.....

All queries and questions welcomed, this is a safe and private discussion and confidentiality is assumed by all participants.



# A message from our Disability Inclusion Coordinator



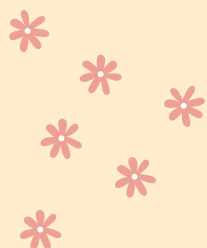
Hi everyone!

My name is Haley, and I am the Disability Inclusion Coordinator at TPPS. Working with students with additional needs has always been a passion of mine and I have worked as an Education Support staff member before I began my teaching career. My role is to work with families to support children with additional needs, whether that is through providing advice and details of external service providers, organising assessments through our Student Support Services (SSS) team or applying for funding for Education Support within our classrooms. I also work closely with our incredible ES team.

Our school was one of the first schools to move from the Program for Students with Disabilities to the new Disability Inclusion Profile, which supports students with additional needs through a strengths-based model. In this process, 31 different activities are discussed and the level of adjustments that are in place for these students is recorded. Not every student with a diagnosis will require this level of support. Our teaching team are all experienced and dedicated to providing education that is accessible to all our students.

If you have concerns around your child and their needs here at school, the first person to consult with is always your child's teacher. I am always happy to answer any questions and offer support where I can.

I can be contacted at **[haley.burke@education.vic.gov.au](mailto:haley.burke@education.vic.gov.au)**



# A beautiful heartfelt poem..



## Sometimes A Thought

Sometimes a thought with a worrying tail  
Burrows its way inside me.  
Straight past my senses, past the sensible answers,  
Straight to my soft insides.

It loops around and around, like a circling cat,  
It holds me with an inside grip.  
It shortens my breath, it narrows my gaze,  
It carves a track within me.

I slow-deepen my breath, I try all my ways,  
I pull the thought back to the screen of reason.  
Yet the grip in my belly will hold me there tight,  
It aches its pain within me.

My mind turns on itself, it leads me towards panic,  
Sometimes my tears burst the surface.  
The worry fills my whole screen, it holds my mind to the task,  
I cannot see the beauty before me.

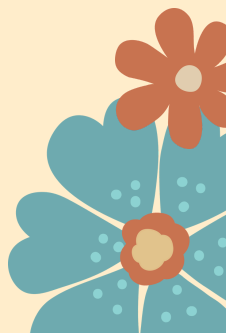
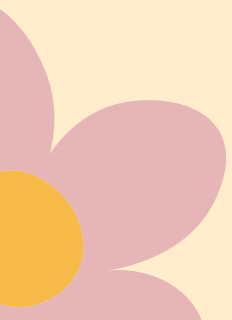
Life carries on around me, dishes clatter to the sink,  
The bin needs emptying once again.  
I can follow my footsteps and be where I need to be,  
Inside I'm lost in the search for my own voice.

I try to feel my body moving, to bring me to the moment,  
I try to earth myself once again.  
I try to soften the parts that hold tight with their tension,  
I try to listen for my wisest words.

Sometimes I hear the story, the reason for the worry,  
The answer to the deep need.  
Sometimes I sink to meditation and feel it at its level -  
Feel the release from the trappings of its pain.

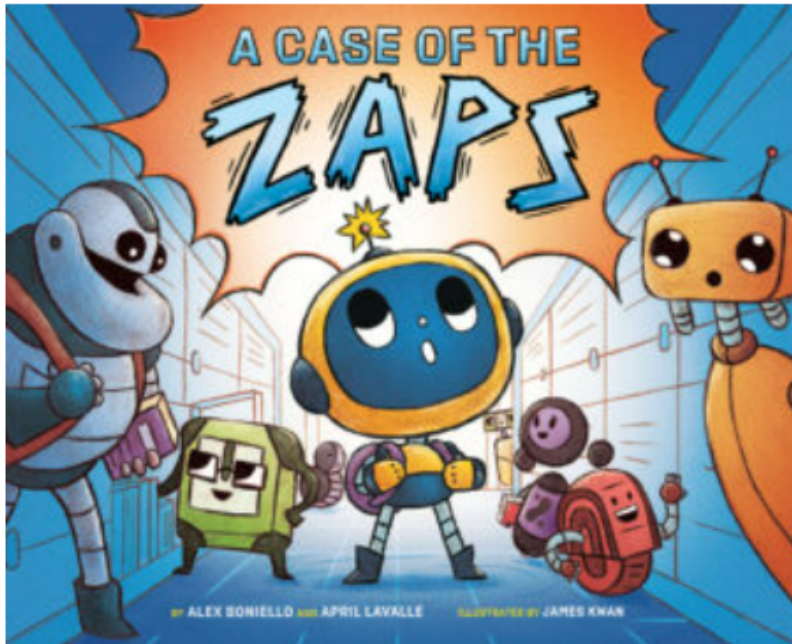
Sometimes calm comes on its own, sometimes it comes with the new day,  
Sometimes it comes with a new way forward.  
Sometimes it holds its lesson and the deepest of answers  
And I can see the world's beauty again.

Jodie Cameron  
(Charlie & Henry's mum)





# Wellbeing Books for anxiety

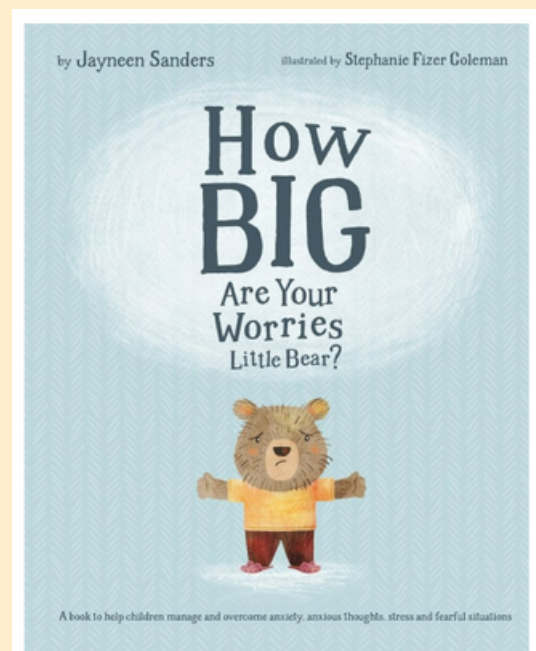


A story of a kid robot who sometimes gets “the zaps” provides a clever way to introduce the concept of anxiety to kids, as well as ways to manage it. “This playful story is perfect for families looking to start open conversations about anxiety with their children while also normalizing the sensation of other emotions that come along with it,” says an expert from the Child Mind Institute. Ages 4–8.

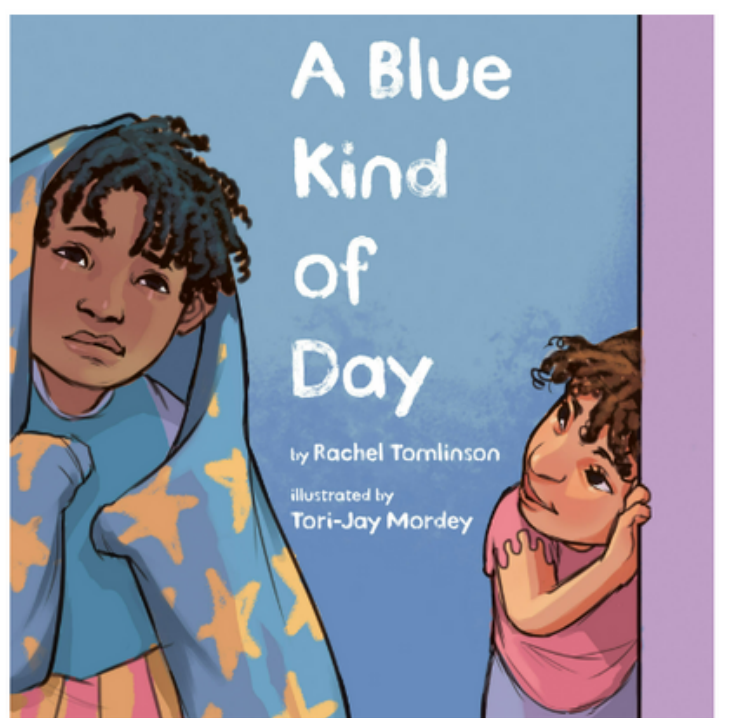


In this whimsical rhyming book, Wince, the monster of worries, learns that the more he worries, the more the pesky WorryBug grows. Eventually the WorryBug grows so big that it can't be ignored, and Wince knows he needs to do something. The book does a good job of illustrating how anxiety can become overwhelming and teaches kids how they can take charge of their anxiety. Ages 3-8.

Anxious about school, soccer practice, and monsters under his bed, baby bear worried day and night, despite his family telling him to stop worrying. But when his mom began encouraging him to talk about and even draw out his worries, the feelings began to subside. “I like that the book emphasizes the importance of sharing your thoughts and feelings,” says an expert at the Child Mind Institute. Another plus: The book suggests questions that you can ask your child as you're reading together. Ages 6-10.



# Wellbeing book about depression

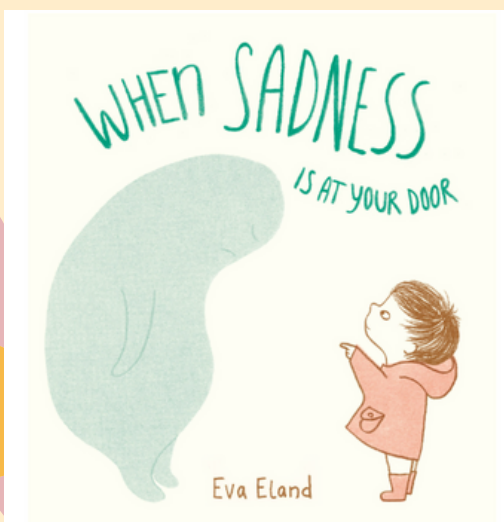


Kids and parents alike will find helpful messages in this story about a boy who feels too sad to get out of bed. The boy's parents and younger sibling try to cheer him up with jokes, silly faces, and toys. But, ultimately, it takes a lot of waiting and love. "Young children will find it helpful to see images of someone who is sad being supported and not rushed to come out of sadness," says an expert from the Child Mind Institute. "Plus, for parents, the story models how to validate and sit with discomfort instead of trying to fix the situation for their children." An author's note from Tomlinson, a psychologist, is directed to parents. Ages 4-8.



Sadness and other big emotions take the form of a dark cloud, a ball of worries, and a swirl of fog in this lyrical book about childhood depression.

The cloud usually follows as Abigail goes about her activities, but sometimes she's able to leave it behind. At the beach, for instance, she traps it in a sandcastle and goes for ice cream. "The illustrations really help the story come to life and provide an easier way for young kids who may not have the vocabulary to describe their emotions," says an expert from the Child Mind Institute. "The images of the character embracing her cloud and finding enough distance from it to see light and joy are heartwarming and provide hope." Ages 4-8.



Portraying sadness as a visitor that you shouldn't be afraid of, this book makes it easier for kids to imagine the emotion as something outside themselves. When sadness arrives, the main character still reads, plays, and decides sadness doesn't want to stay indoors. "The idea of continuing to do things with sadness is important," says an expert from the Child Mind Institute. "It's something that's with the child, but doesn't define them." Ages 3-8.





# From the Yarra Ranges Council



## Health & Wellbeing Advisory Committee

The new Health & Wellbeing Advisory Committee allows for community voice and a consultative process for a wider range of activities and initiatives, as well as advice to support Council's decision making and monitors the achievement of objectives of the Municipal Health & Wellbeing Plan 2021-2025.



The 12 endorsed committee members represent;

- Diversity of gender, culture, lived experience and age
- Nine townships across the Yarra Ranges and a representative from all wards
- Bring the skills and expertise of multiple sectors including urban farming, health, education, National Disability Insurance Scheme, volunteer groups, local business owners and various other community services



<https://www.yarraranges.vic.gov.au/Community/Health-and-Wellbeing/Health-Wellbeing-Advisory-Committee>

[Home](#) / [Community](#) / [Health and Wellbeing](#) / [Community relief and support agencies](#)

## Community relief and support agencies

Recent events have caused unprecedented challenges for everyone. Many individuals, families and communities find themselves needing support and it can be daunting to ask for help, and to know where to start.

Please know that there are many organisations located in the Yarra Ranges that are dedicated to providing support to people when they need it. It is ok to ask for help. Support is available in the Yarra Ranges for people who need assistance.

Below is a list of services that are available to the Yarra Ranges community. These organisations will respond to your enquiry about the availability of services and are an excellent source of information, resources, community connection and can offer referrals to additional services if necessary.

<https://www.yarraranges.vic.gov.au/Community/Health-and-Wellbeing/Community-relief-and-support-agencies>

[Home](#) / [Community](#) / [Family](#) / [Family Webinars](#)

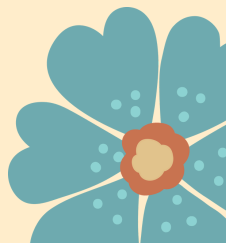
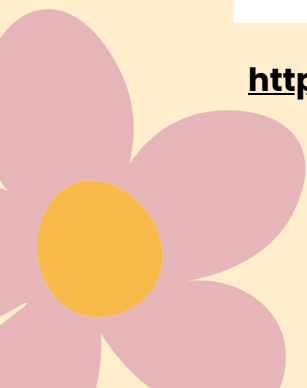
## Family Webinars

Are you looking for more information and resources for your family? Watch our series of webinars here.

The Family and Children's Services team at Yarra Ranges Council are committed to supporting families and keeping our community connected.

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](#).

<https://www.yarraranges.vic.gov.au/Community/Family/Family-Webinars>



# Neurodiversity



When children understand more about how neurodivergent children communicate and play, it can encourage all children to interact respectfully and on equal terms. This helps to get rid of the expectation that neurodivergent children should change.

## How to embrace neurodiversity in family life

You can embrace neurodiversity as part of everyday family life. You don't have to be neurodivergent yourself. Here are ideas:

- Talk with your children about neurodiversity, neurodivergence and acceptance. For example, you could say, 'Some people's brains work differently from other people's. This means they learn and make friends differently too'.
- Use books to learn and talk about neurodiversity and neurodivergence. For younger children, try *Some brains* by Nelly Thomas, *The brain forest* by Sandhya Menon or *Just right for you* by Melanie Heyworth. For older children, try *The spectrum girl's survival toolkit* by Siena Castellon or *The autism and neurodiversity self advocacy handbook* by Barb Cook and Yenn Purkis.
- Find meaningful ways to include neurodivergent children in your social activities. For example, if you're inviting an autistic child to a birthday party, you could ask the parents how you can accommodate their child's needs. Or you could include some 'What to expect' information with the invitation.
- Look for appropriate ways for your child to communicate with neurodivergent friends. For example, you could help your child use pictures and drawing to communicate with a friend who doesn't use words.

## How to embrace neurodiversity in the community

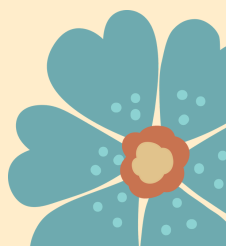
Here are ideas for embracing neurodiversity in the community:

- Be aware of the language you use. It's OK to ask if you're not sure. For example, 'Do you prefer 'autistic child' or 'child with autism'?'
- Challenge unhelpful attitudes. For example, you could speak up if you hear someone criticising a parent whose child is having a meltdown in the park.
- Avoid assumptions. For example, there could be many reasons why a child is eating only packaged snacks at a picnic or wearing headphones at the supermarket.
- Look for ways to make your community more inclusive. For example, you could be part of a petition encouraging the local supermarket to opt into one 'quiet hour' a week, when lights are dimmed and no music is played.
- Talk respectfully about neurodiversity and neurodivergence. You probably know people who are neurodivergent, even if they haven't told you.



## Neurodiversity and neurodivergence: a guide for families

<https://raisingchildren.net.au/guides/a-z-health-reference/neurodiversity-neurodivergence-guide-for-families>





## What is the Hidden Disabilities Sunflower?

The Hidden Disabilities Sunflower is a simple tool for you to voluntarily share that you have a disability or condition that may not be immediately apparent – and that you may need a helping hand, understanding, or more time in shops, at work, on transport, or in public spaces.

### Just because you can't see it, doesn't mean it is not there

Globally 1 in 7 of us live with a disability. That is approximately 1.3 billion people.

But while some of us experience a disability that is visible, many have a non-visible condition or experience a combination of both visible and non-visible conditions. These disabilities can be temporary, situational or permanent. They can be neurological, cognitive and neurodevelopmental as well as physical, visual, auditory and include sensory and processing difficulties. They can also be respiratory as well as chronic health conditions such as arthritis and diabetes, chronic pain and sleep disorders.

### Making the invisible visible

As diverse as these conditions are, so are your individual access needs and the barriers you face in your daily life. So you can opt to wear the Sunflower to discreetly be seen in shops, at work, on transport, or in public spaces.

## How can we help you?

If you can't find what you're looking for on our website, you can contact us by email or on our social media channels.





# Yarra Ranges Council- School Hols Activities

## School holiday activities

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](#).

9 Result(s) Found

Get updates for this search



Have you ever seen a platypus in the wild?

Platy-project



Be a Detective



Baby Play - a sensory experience



I SPY - create and play

Create your own 'I Spy' game to enjoy with family and friends.

Suitable for all children aged 3 - 8 years (older siblings welcome)

Booking required.

Mt Evelyn Community House, 50 Wray Cres, Mt Evelyn 3796



Clay Birds Nests

Connect with nature, engage with your creativity and incorporate STEM skills in this free school holiday program. Design and build a nature nest to add to your garden and see who comes to visit.

Booking is required.

Belgrave Library, Renyolds Lane, Belgrave 3160

<https://www.yarraranges.vic.gov.au/Community/Family/School-holiday-activities>

# EMOTIONAL REGULATION & SENSORY MODULATION

**DATE:**

**TUESDAY 17 SEPTEMBER 2024**

**The online workshop will be presented by:**

**Shanelle Karunanayake** – Senior Clinician/Occupational Therapist, Community Engagement Team.  
Sophie Ruzyla – Senior Clinician/Occupational Therapist, Community Engagement Team

**This workshop will focus on:**

- To understand sensory modulation and its relevance in mental health
- To explore the sensory processing system and its impact on behaviour and emotions
- To identify common sensory processing challenges in various mental health conditions
- To understand evidence-based sensory modulation strategies and interventions

**Target audience:**

**Staff working in a range of settings including education, health and child and family services.**

**Time:**

**9.30 AM to 12.30 PM**

**Cost:**

**\$40.00 (includes GST, and seminar materials)**

**Book direct!**

**EVENTBRITE <https://www.eventbrite.com/e/emotional-regulation-and-sensory-modulation-2024-tickets-969593529347>**

**Request Registration for groups:**

**Email Registration to: [CommunitySeminarCYMHS@easternhealth.org.au](mailto:CommunitySeminarCYMHS@easternhealth.org.au)**

**Seminar Location:**

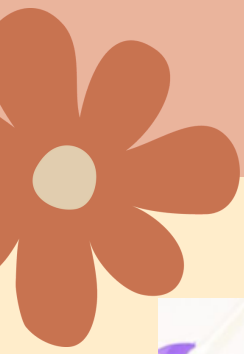
**ONLINE DELIVERY  via Zoom**

**Contact:**

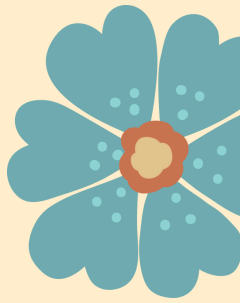
**Marion Bernard  
Community Engagement Seminars  
on 9871 7710**

All prices and dates quoted are subject to change by CYMHS. Seminar fees are kept as low as possible. Enrolled participants will be notified of any changes to advertised programs when necessary. Participants are not entitled to a refund unless **WRITTEN** cancellation has been received at least 24 hours prior to the event. The department reserves the right to cancel any scheduled programs when necessary and course fees will be refunded if the course is cancelled.

# Some spring themed kids crafts inspo for this school holidays...



Cotton tip flower craft!



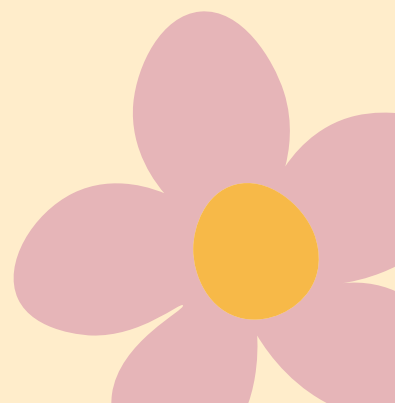
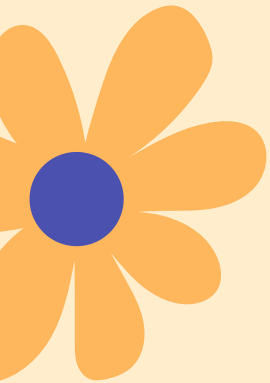
Paper plate flower beds!



**FORK STAMPED TULIPS CRAFT**



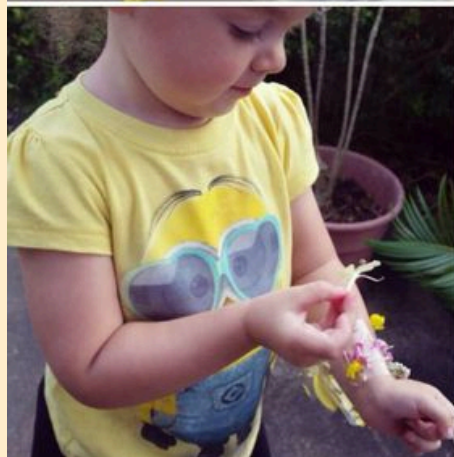
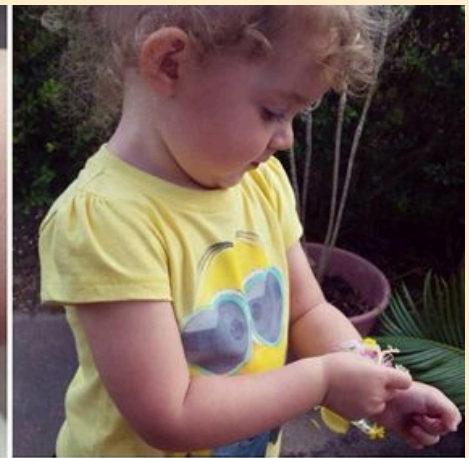
Fork stamped tulips!







Toilet roll bugs!



Sticky tape flower bracelets!





## sun salutation



Some easy yoga for kids to do in the  
spring sunshine!



# NEWS FROM Sarah WELLBEING SUPPORT...

**Hi everyone, it's been a busy term so far at the Patch Primary School for Wellbeing. Here is what the students and I have been up to!**

## **🎲 On-On-One 🎨**

**In supporting students one-on-one we've been playing games like Uno, Chess, Guess Who, Connect 4 and Scrabble amongst others. We have also been building puzzles and using "Funk Fish Feelings Cards" - a game that helps students identify and talk about their feelings. Some students prefer to kick a ball around or draw pictures while we chat during sessions. Whatever boosts wellbeing and helps students feel at ease!**

## **🎸 Song Writing Groups 🎵**

**This term I have been running Song Writing Groups for Grade 2s at 11am Wednesdays and for Grade 3/4s at 11am Thursdays. Sofia and the Kindness Matters team help set these up, so thank you to these special people!**

**Song Writing has involved: writing lyrics (which has tied in with poetry writing in class), making melodies to sing the words to, and coming up with chords/riffs on ukulele or guitar to accompany the tune.**

## **👯 Friendship Group 🐱**

**The Friendship Group is another new one for Grade 1s on Thursday afternoons at 2:30pm in the Nest. We have been doing art activities such as making a Wanted Ad poster for "What We Are Looking For in a Friend", writing down traits we admire and decorating the poster. We have also been talking about conflict on the playground and in class and new ways to resolve these issues. In future sessions we may be using the puppets that students are making in art class for role playing social scenarios.**

**That's it from me! I am always open to other ideas or any wellbeing needs that the Patch community feels may be important.**

**Feedback is always welcome. Email me at [wellbeing@thepatch.gmail.com](mailto:wellbeing@thepatch.gmail.com)**



**...Sarah Strachan**

# An Anxiety Resource- Contributed by a parent...



## Cool Kids programs

### A world renowned anxiety management program suite

Cool Kids is a cognitive-behavioural skills-based program that teaches children, teenagers and their caregivers how to better manage anxiety. The suite also contains an adaptation for young people on the autistic spectrum.

We have been running the program at Macquarie University since 1993, and numerous research studies have found that most young people who complete our programs show significant improvement.

The Cool Kids suite of programs target all the types of anxiety. Topics covered in the Cool Kids programs include:

- learning about feelings and anxiety
- learning to think realistically
- fighting fear by facing fear
- parenting an anxious child
- learning coping skills such as building confidence, relaxation or problem solving.

Follow the link to read more: [CLICK HERE](#)



## Mindful breathing

This exercise can be used as a relaxing and thoughtful way to start the day, end the day or help relax and calm your child.

**Tip:** find somewhere quiet or put on some relaxing music in the background. For younger children, this can be done with a parent or teacher guiding them. For older children, it can be done alone or with others.

1. Find a comfortable place to sit or to lie down on your back.
2. Place your hands on your stomach.
3. Take a big deep breath – in through your nose and out through your mouth. Do this three times and then gently close your eyes.
4. Continue to slowly breathe in through your nose and count 1, 2, 3 in your head (or out loud).
5. Hold your breath and count 1, 2, 3 in your head (or out loud).
6. Slowly breathe out through your mouth and count 1, 2, 3 in your head (or out loud).
7. Count 1, 2, 3 in your head (or out loud) and then breathe in again through your nose.
8. Repeat these steps for five minutes and think about the questions below while you are breathing.
9. When you have finished, gently open your eyes. Have a look at the room around you and think about how you feel. Do you feel different compared to before the activity?

### Questions to think about

- What parts of your body move when you breathe in?
- Do different parts of your body move when you breathe out?
- Can you feel your hands moving?
- What does it feel like when you breathe in – where does the breath go?
- What does your breath sound like?
- What other sounds can you hear while you're breathing?
- Does your body feel heavy or light while you're breathing?



<https://education.qld.gov.au/curriculums/learningfromhome/wellbeing-activities-booklet.pdf>



Some nice ideas to  
implement into your  
week...

## Acts of Kindness Ideas

1. Leave a positive review for a small business.



2. Send flowers to a friend.

3. Make a cup of tea for your colleagues.



4. Send someone a handwritten note or letter.



5. Send a motivational text to a friend that is struggling.



6. Smile and say hello to people you may pass every day, but have never spoken to before.



7. Call a friend that you haven't spoken to for a while.

8. Let someone go in front of you in a queue.



9. Put a surprise note on someone's desk.

10. Take someone for lunch instead of eating at your desk.





FOR ALL WOMEN

# SOMA & SOUL SATURDAY NIGHT

*A Women's Embodiment  
Yoga Gathering*

*Saturday 14th September  
6:00 - 9:00pm  
@ Ananda in Belgrave*

*\$44 Early Bird & Members  
\$55 Full Price*



Host: Kate Christensen



**Soma + Soul** is a somatic & soulful evening of deep feminine practice dedicated to supporting you to cultivate nervous system equilibrium, emotional empowerment & divine remembrance. This gathering and class for women is an opportunity to tune out to all the demands and to-do's and tune in to you and your soul whispers. All of you and all your feelings are welcome.

This is a simple & approachable practice that includes slow movement, breathwork, sounding, restorative poses and meditation.

Visit <https://kate-christensen-reweaving-wholeness.square.site/s/shop> or text Kate on 0455-349-555 for full details ♥

# Serpent Earth Health



Hello Patch Families!

I'm Angel, your Patch Community holistic care practitioner, a degree qualified Naturopath with a Diploma in Psychotherapy and Counselling.

My work has shown me that the roots of physical ailments often lie in trauma or unmet psychological or emotional needs. This directs me to treat the whole person, not just the symptoms, through addressing physical, psychological and spiritual aspects, with depth and heart.

The mental- emotional aspect of self, as far as I'm concerned, is the first pillar of health that is necessary for change to fully integrate in the body.

Our bodies will take us through incredible journeys that embody dark and difficult times. I aim not to simply rush through these paths with remedies only, but to understand them, respect and learn what it is your body wanted from you in such a way that it caused distress to get attention.

It is not just about the healing, but it is always about the incredible growth and evolution of self that comes with each difficult path as we shed our old skin and surrender to change.

There is power in your ordeal. I warmly invite you to come and experience the healing of mind, body and spirit with me.

face to face & online both available.

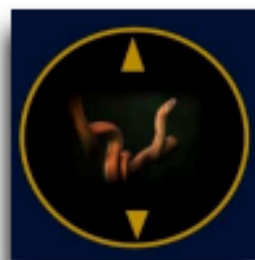
naturopathy & psychotherapy available as dual or individual care.

book online at [www.serpentearthhealth.com.au](http://www.serpentearthhealth.com.au)

If you don't see a time that works for you, email me at [angel@serpentearthhealth.com.au](mailto:angel@serpentearthhealth.com.au), and we will make a plan.

With Care,

Angel



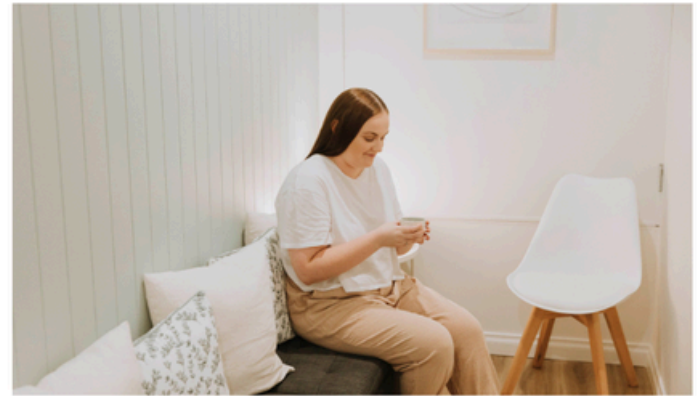




# WELLNESS CENTRE & BOUTIQUE DAY SPA

📍 114 MAIN ROAD, MONBULK VIC 3793  
🕒 MON - SAT

At Natural Wellness Centre we offer a range of holistic health therapies and treatments that support women and their families through all stages of life, from pregnancy and childbirth to menopause and beyond.



## OUR OFFERINGS:

- Spa & Wellness treatments
- Bowen Therapy
- Naturopathy
- Iridology
- Kinesiology
- Pregnancy Care

10% OFF  
Spa &  
Wellness

PLUS MORE..

Visit our website for more information



FOLLOW US ON OUR  
SOCIALS

@NATURALWELLNESS.CENTRE

0434 343 583

hello@naturalwellness.net.au

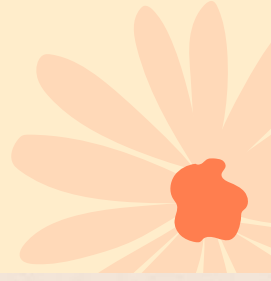
www.naturalwellness.net.au

Mention this flyer for 10% off Spa & Wellness Treatments exclusive to The Patch Primary School community. Valid for the month of September 2024. Not valid with Gift Vouchers or Other Special Offers.

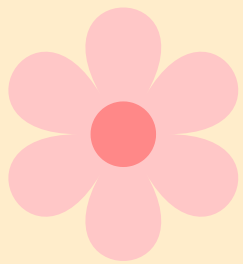




Children are a gift we receive on terms we are not allowed to negotiate. Accepting those terms is our gift to them for however much time we are allowed to have together



**enjoy  
where  
you are  
now**



*be nice  
to your  
self*



**YOU  
ARE  
KILLING  
IT.**

**YOU  
ARE  
POWERFUL.**

**YOU  
CAN DO  
ANYTHING.**

**YOU  
ARE  
BRILLIANT.**

**YOU  
ARE SO  
LOVED.**

**YOU  
ARE MY  
INSPIRATION.**

**YOU  
MAKE A  
DIFFERENCE.**

**YOU  
ARE  
STRONG.**





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

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



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

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

## **Specifically for men:**

### **No To Violence: Male Family Violence Prevention Association**

Peak body for individuals and organisations who want to contribute to male family violence prevention.

03 9487 4500

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

### **Men's Referral Service**

Anonymous and confidential telephone service provided by men for men. It offers a central point of contact for men who want to stop violent or abusive behaviour towards their family members.

1300 766 491 (Mon-Fri 8am-10pm, Sat-Sun 10am-4pm)

### **MensLine Australia**

Professional telephone and online support, information and referral service for men, specialising in family and relationship concerns.

1300 789 978

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



## Specifically for women:

### **Women's Safety After Separation**

Information for women facing separation, particularly where there is violence and abuse.

[ncsmc.org.au/wsas/welcome.htm](http://ncsmc.org.au/wsas/welcome.htm)

**WIRE (Women's Information and Referral Exchange) is a Victoria-wide free generalist** information, support and referral service run by women for women.

1300 134 130 (9am – 5pm)

[wire.org.au](http://wire.org.au)

### **Women's Health Victoria**

Free, confidential and statewide health service offering information, support, a library and referral options for women. Run from the Royal Women's Hospital.

[thewomens.org.au/WomensHealthInformationCentre](http://thewomens.org.au/WomensHealthInformationCentre)

### **Centres Against Sexual Assault (CASAs)**

Centres offer 24 hour crisis support to recent victims of sexual assault, as well as counselling, legal and medical support and information.

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

1800 806 292 (all callers are automatically transferred to their local CASA within Victoria)

(Eastern CASA is in East Ringwood – 9870 7330)

### **Adults Surviving Child Abuse (ASCA)**

Counselling support line, information, support, referral for survivors, supporters and health professionals.

1300 657 380 (7 days, 9am-5pm)

## For LGBTQIA+:

### **QLife Australia (formerly Switchboard Victoria)**

Australia's first nationally-oriented counselling and referral service for people of diverse sex, genders and sexualities. Provides nationwide early intervention, peer supported telephone and web-based services to support LGBTIQ people of all ages.

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

1800 184 527 (3pm-midnight, 7 days)

### **Gay and Lesbian Health Victoria (GLHV)**

GLHV is a lesbian, gay, bisexual, transgender and intersex (LGBTI) health and wellbeing policy and resource unit.

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

03 9479 8760

## For Children and Young People:

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

131 278 (24 hours/7 days) – statewide

### **Australian Childhood Foundation**

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

1800 176 453 or 03 9874 3922

### **Parentline Victoria**

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

132 289 (8am-midnight, 7 days)

### **Kids Helpline**

<https://kidshelpline.com.au/>

1800 551 800 (24 hours/7 days)

### **Australian Childhood Foundation**

Works to protect the rights and ensure the safety of children. Provides trauma counselling, professional training, advocacy, research and parent support.

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



ARE  
YOU  
OK?



### **Outer Eastern Melbourne**

1800 271 150

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

4-16 Devon Street

(Corner Pierson Drive and Railway Grove)

Croydon, 3136

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

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