



PATCHWORK NEWS

KINDNESS, COURAGE, CONNECTION

Friday 13th February - Term 1, Issue 1 2026



9756 7463 OSHClub: 1300 395 735 / 0400 708 773



Email: the.patch.ps@education.vic.gov.au



Website: www.thepatchps.vic.edu.au

DATES TO REMEMBER

FEBRUARY

Wed 18th Parent Information Night
Year 1 - 4.:00pm
Year 2 - 4:30pm
Year 3/4 - 5:00pm
Year 5/6 - 5:30pm
Prep Classrooms Open 3:45pm - 4:45pm

Tues 24th District Swimming (Selected Students)

Wed 25th Prep Family Picnic (5pm on the oval)

MARCH

Fri 6th CURRICULUM DAY

Mon 9th LABOUR DAY PUBLIC HOLIDAY

Tues 10th Division Swimming (Qualified Students)

Wed 11th Yr 5/6 Surf Excursion

Wed 11th Yr 3 & Yr 5 NAPLAN Begins

Wed 11th Preps First Wednesday at School

Thurs 12th Prep Information Night (4:00pm - 4:45pm)

Mon 23rd Yr 3 & Yr 5 NAPLAN Concludes

Wed 25th Yr 3/4 MiniBoss Team Building Incursion

Fri 27th PATCHFEST26 (Dress up in Orange for Harmony Day)

Thurs 31st Regional Swimming (Qualified Students)

APRIL

Thurs 2nd LAST DAY OF TERM 1 - Early Finish 2:30pm

BELL TIMES

8:55am First Bell

9:00am Learning Begins

11-11:45am First Break

11:45-12pm Lunch eating time

2-2:30pm Second Break

3:20pm Prep &Yr1/2 Dismissal

3.30pm Yr 3-6 Dismissal

ASSEMBLY

9.00am Friday mornings



MESSAGE FROM THE PRINCIPAL

Principal's email: james.burnside@education.vic.gov.au
Assistant Principal's email: alesha.sangster@education.vic.gov.au

HHi Patchies,

Our community has proven how well we can support one another during these initial weeks of 2026. In response to the car incident last Friday, our families shared care and support for those involved and offered help to us in finding solutions for the future. I am proud of the kindness shown by our whole school community. So many of you quietly lend a hand behind the scenes; whether this be a drop-off of food to uplift others' spirits, being there for words and hugs when a family faces tragedy, organising resource replacements for a teacher in need or offering to be a taxi for those families without a second option on an Extreme day. These little things create a big picture of a caring community, and we see you. Thank you.

Speaking of Extreme Fire Danger Rating days, we are getting pretty familiar with Knox Central Primary School! We are so lucky to have a beautiful sister school for relocations. We practically get an entire building to use when we relocate there, including use of a science room and library. So, please know that if another Extreme day occurs this month, the relocation option is open to everyone if you need it. All I ask is your support by putting your child's name in the Google Form the evening before so I can ensure adequate staffing. Everyone who has attended, thus far, has been excellent with this.

Overall, the first two full weeks of school have been fantastic. Students have been eager and engaged. They have been trying really hard to show our new values each day. In particular, kindness has been evident as students support all our newcomers in the yard. I know I keep repeatedly saying I'm proud, but this is how I feel as I walk around our school and see so many happy and helpful students running around enjoying each other's company and our vast environment.

Make sure to keep your eye on the Dates to Remember. We have our Information Evenings for families next week, our Prep Picnic the following week, and then a number of sporting opportunities for senior students, including District Swimming and the Surf Excursion. The big one to remember is that Friday 6th March is a Curriculum Day – meaning no students so you have a 4-day Labour Weekend – as staff do additional Berry Street training. This training helps support our continued focus on unconditional positive regard and wellbeing strategies for students.

Have a great weekend!

Jim



Annual privacy reminder for our school community

Our school collects and uses student and parent personal information for standard school functions or where permitted by law, as stated in the [Schools' Privacy Policy](#) and the [Schools' Privacy Collection Notice](#).

[Our Photographing, Filming and Recording Students](#) Policy, describes how we collect and use photographs, video and recordings of students. The policy also explains when parent consent is required and how it can be provided and withdrawn.

We ask parents to also review the guidance we provide on how we use Google Workspace for Education safely at the school and what parents can do to further protect their child's information. If after reviewing the guidance, you have any questions or concerns regarding your child using Google Workspace for Education, please contact the school.

For more information about privacy, refer to: [Schools' privacy policy: information for parents](#).

Personal Property / Injury Insurance

The education departments insurance policy does not cover personal property damage/loss or accident/injury costs for students.

Parents are generally responsible for paying the cost of medical treatment for injured students, including any transport costs. Ambulance cover is encouraged as the school will not hesitate to call an ambulance if we are concerned for a child's wellbeing.



INSTRUMENTAL MUSIC LESSONS

Our school has an excellent extracurricular music program with 4 instrumental music teachers offering lessons on various instruments. All instrumental teachers are contractors, set their own fees and timetables. Music lessons can fill up quickly, so waiting lists are a possibility for some lessons. If you are interested in music lessons for your child/ren it is best to contact the teacher directly.

Jess Dunn

Jnr Choir, small group ukulele / voice, solo voice / ukulele

Email : jessdunn.arts@gmail.com

Mob : 0408 102 542

Eddie Cole

Guitar

Email: music@eddiecole.com

Mob: 0417 152 947

Mieke Florisson

Senior (Yr3-Yr6) Piano

Email: miekeflorisson@bigpond.com

Mob: 0407 647 511

Madeleine Rowe

Junior (Prep - Yr 2) Piano

Email: musicalmother@hotmail.com

Mob: 0408 539 523

2026

PARENT PAYMENT CONTRIBUTIONS

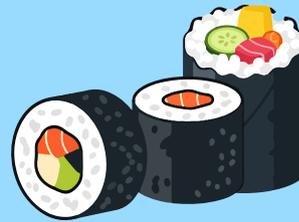
Qkr! is now open for Parent Payment Contributions for 2026!

Payments are able to be made all throughout 2026 on Qkr!

Further information is available from the office or on our [school website](#).

Thank you! 😊

SUSHI LUNCH ORDERS (Thursdays)



School Lunch Orders – FAQ

Payment of school lunch orders will all appear as “The Blacksmith Belgrave” on your Bank Statement

Please be aware our school lunch orders are run by one business - The Blacksmith Belgrave. The business operates two shopfronts - The Blacksmith Cafe and Mama Yama Sushi Express. Any Sushi ordered will show as The Blacksmith Belgrave on your statement.

Allergies – cannot guarantee 100% “free from”

There have been food health safety changes to the way allergens are managed and communicated. Due to the very small risk of cross contamination the governing bodies have decided to change their approach to mitigating risk. This means restaurants are no longer able to communicate that any of their products are gluten free or other allergen free unless they run a completely separate kitchen/prep area. Please be aware that the lunch order food preparation processes have not changed. However customers need to be made aware that there is always a small risk similar to the way many products sold in supermarkets always state “MAY CONTAIN TRACES OF XXX”

Mistakes – sometimes happen - please report via the school ASAP

As I'm sure all families can appreciate there may be times when mistakes happen. The best thing to do if your child thinks a mistake has occurred is to let someone in the office know straight away. This way we can try to fix the problem as soon as possible. The team in the office are then able to contact The Blacksmith and Sushi Express directly. In most cases the missing item will be brought to the school on the same day. If your child does not let staff know it can be more difficult to manage however we can still process a refund or deliver the following week once the problem has been identified.

Illness / Need to cancel orders

Wherever possible it would be appreciated if The Blacksmith can be given the opportunity to postpone an order to an alternative day. The QKR app is really useful however there are fees applied to all orders and all refunds which is why it is always preferred to reschedule an order where practical.

Please call The Blacksmith on 9754 1174 for any changes to orders and let our team know your child's name, class and school. Please bear in mind the team deliver to up to six (6) schools on any one day so it is really important that late rescheduled orders are kept to a minimum if at all possible.

PATCH FEST 26'



27th March 3.30pm-7.30pm

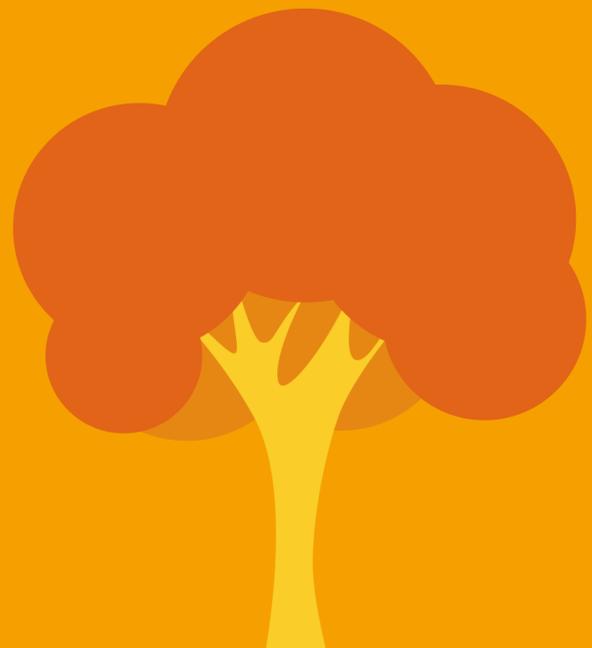
What's happening???

It is not long until PatchFest26-

We are busy getting our posters
and signs ready and
our team is planning behind the scenes
for a great day/night.

What we have in store is:

- Class performances
- Harmony Day themes- dress in orange
- Belly dancing performance
- Dj to dance the night away
- Teacher/student races
- Face paint
- Crazy hair
- Easter raffle
- Giant games- jenga etc..
- Temporary tattoos
- A bar for the grown ups!
- Icecream
- Fairyfloss
- Taco truck
- Kallista scout toasties
- Sausage sizzle
- Andy's smoke meats (veg options)
- Glen cooks food (veg options)
- Sushi



PATCH FEST ^{26'}



Can you donate...the more donations we have the more profit we will have!! There may be other items as we go on but here is a great start. We would love some help collecting the following items:

FOR THE BAR

- Bottles of whitewine
- bottles of redwine
- bottles of prosecco

FOR THE RAFFLE

- Easter Eggsoreasterthemeditems-oneperfamily would be great!
- 3-6 large baskets
- cellophane

27th March 3.30pm-7.30pm



PATCH FEST 26'



All alcohol to be dropped
directly to office by an adult
students may bring other
items.

PRIZES- SMALL ITEMS

Balls, fidgets, textas, colouring books, stickers etc...

MISCELLANEOUS ITEMS WE NEED...

- temporary tattoos
- coloured wool/string
- brown bags for sushi and toasties 500
- napkins 1000
- Large paper plates
- large clear sandwich bags (to put paper plates in for cake stall)
- Permanent markers- all colours for grade 2

Many thanks in advance for your generous donations. Closer to the time we will be asking for some help to run some of our stalls- stay tuned!



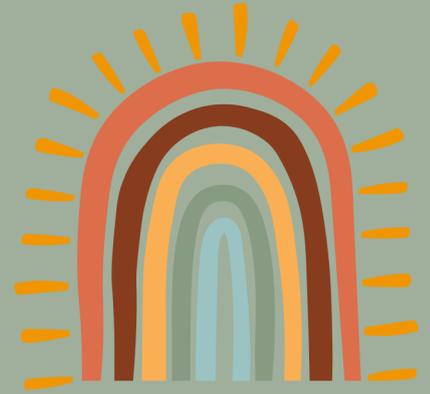
PATCH FEST 26'

**DO YOU HAVE A
CONNECTION TO SOME
CULTURAL DANCERS THAT
WOULD LIKE TO PERFORM AT
PATCH FEST TO CELEBRATE
OUR HARMONY DAY THEME??
WE WOULD LOVE SOME
DANCING HAPPENING WHILE
THE PATCHFEST IS GOING
ON- LET US KNOW!**

HARMONY DAY



2026 Term 1 - Wellbeing Section



Alesha



Hello beautiful Patch Community,
Another year has begun.....looking into the grades the mix of kids seems perfect in their lovely small grades and our new staff, students and families have become part of our Patch family in a heart beat, which has been lovely.

Last Friday, we once again came together as a community to rally around and make sure our students/staff/community were ok. Our amazing principal, Jim, lead with his usual calm, along with our staff, teachers and parents to ensure everything was ticked off and everyone's mental health was looked after and people were safe. Indigo's Pintrest perfect classroom took a battering and sadly all her 100s of hours of work over the holidays had to be taken down and thrown out by the MakeSafe along with so, so many of her resources and personal items she had bought for the classroom. We wholeheartedly thank the lovely community, lead by Viv (Noah and Olive's mum) that raised money for her to be able to repurchase some of these things and when the room is finally ready we will help her, as a team, to get it back to beautiful.

Having everyone safe and ok is what matters most.

As always our door is open. Jim and I are here if you need us. Don't let a worry consume you, come in and we can workshop it together to find a solution. We are always open to any conversation, please just ask.....

We look forward to a beautiful year ahead....

Alesha x



Our School Values & SWPBS



THE PATCH PRIMARY SCHOOL VALUES



Kindness helps everyone feel safe, cared for, and happy at school.

Courage helps us learn new things, solve problems, and speak up when something isn't right.

Connection brings us together, helps us make friends, and makes sure everyone feels they belong.

OUR PATCH PROMISE

Being a student at The Patch Primary School...

means living our school values every day. We show **kindness** by caring for each other and our environment and understand making mistakes is how we learn and grow. We use **courage** when we try new things, stand up for what's right, and share our voices. We build **connection** by working together and respecting and accepting everyone's uniqueness. Surrounded by nature, we care for the land, plants, and animals, and we honour the wisdom and stories of the **First Nations people** who have cared for Country for thousands of years.



Kindness



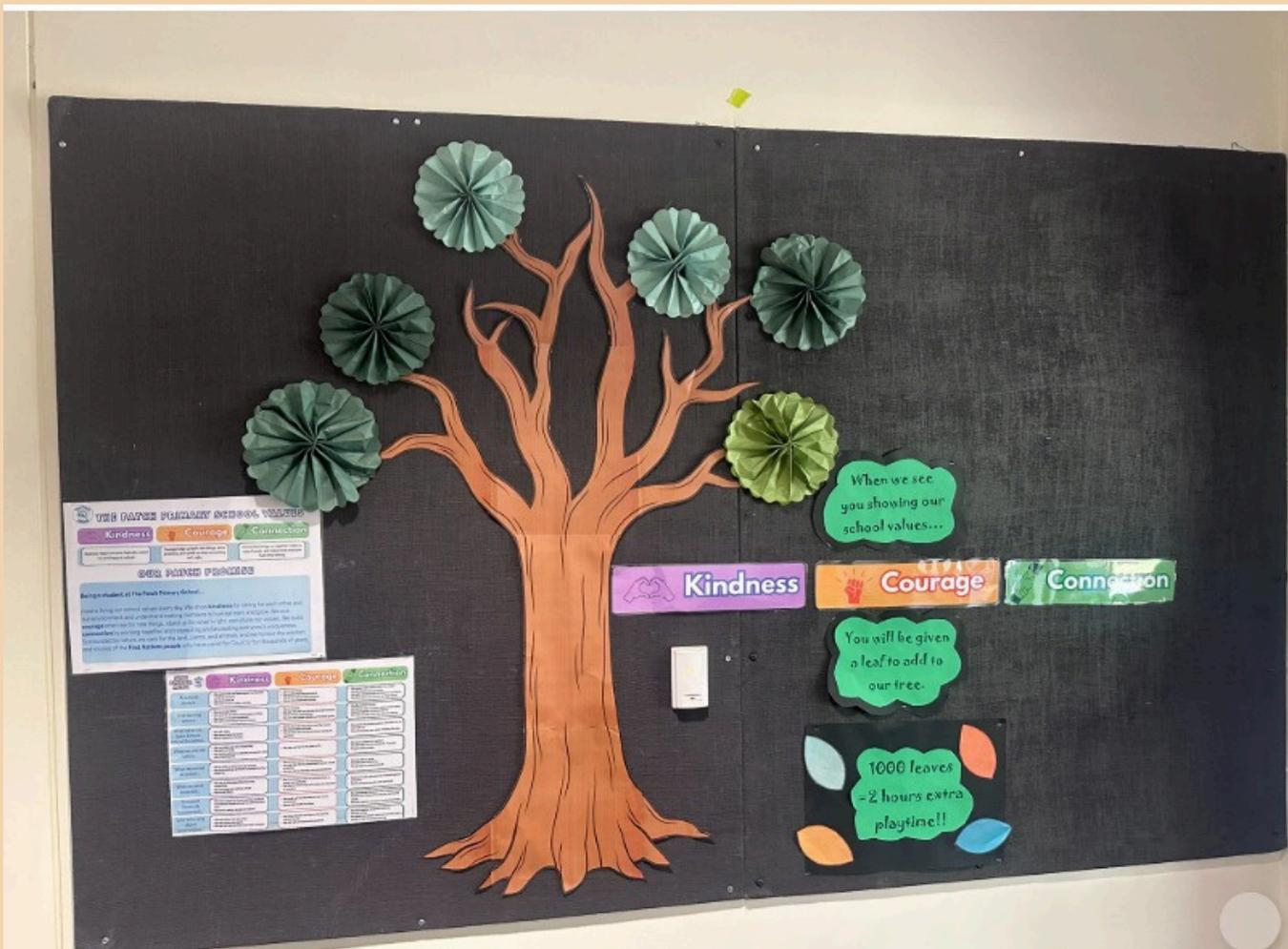
Courage



Connection

As a Patch student...	<ul style="list-style-type: none"> We speak kindly and show respect to all people including ourselves. We show gratitude. We know it is ok to make a mistake. 	<ul style="list-style-type: none"> We try new things. We persist when things are hard. We ask for help and ask questions. We are accountable and honest. 	<ul style="list-style-type: none"> We respect what makes each of us unique. We give people personal space. We talk to trusted adults and share our problems. We show care to everyone in our Patch family.
In all learning spaces...	<ul style="list-style-type: none"> We encourage others. We celebrate the effort and success of others. We share and respect equipment. We clean up and respect shared spaces. 	<ul style="list-style-type: none"> We are creative. We take risks with our learning & accept feedback. We aim for our personal best. We work with people outside our friendship group. 	<ul style="list-style-type: none"> We allow others to learn. We actively listen to others without interrupting. We work together to solve problems. We enact our 'Self Care' plan when we need to.
When we arrive, leave & move around the school...	<ul style="list-style-type: none"> We walk safely. We respect personal space. We are organised and ready. 	<ul style="list-style-type: none"> We line up in roll order before and after recess. We always walk in roll order. We use class exit procedures before leaving for playtimes. 	<ul style="list-style-type: none"> We stand in the correct position and watch for our car at pick up. We enter and exit cars safely following the rules.
When we use the toilets...	<ul style="list-style-type: none"> We use toilets and sinks respectfully. We wash our hands. We use the bathroom at playtime, so we don't miss out on learning time. 	<ul style="list-style-type: none"> We take a partner to the toilet in P-2. 	<ul style="list-style-type: none"> We report problems to teachers. We seek help from a trusted adult if needed. We give others privacy.
When we are not at school...	<ul style="list-style-type: none"> We are polite to others and use manners. We show gratitude and thanks to people that have helped us. 	<ul style="list-style-type: none"> We are brave and try new experiences. We seek help from a trusted adult if we are unsure or worried. We stay safe by following rules and procedures. 	<ul style="list-style-type: none"> We stay with our group. We follow adult instruction. We represent our school proudly.
When we are at assembly...	<ul style="list-style-type: none"> We sing the Wominjeka Welcome song respectfully. We encourage and celebrate others. We actively listen. 	<ul style="list-style-type: none"> We try to be brave when we speak/perform or accept our certificate. We sing our school song with pride and understand its meaning. 	<ul style="list-style-type: none"> We listen to and understand our Acknowledgment of Country. We let someone know they did a good job.
To respect Country & Environment...	<ul style="list-style-type: none"> We show respect for Country and the stories of First Nations People and seek to understand and learn. We care for plants, animals and spaces. 	<ul style="list-style-type: none"> We speak up if we see waste or harm to the environment. We are role models for others. 	<ul style="list-style-type: none"> We acknowledge the land of the traditional owners. We listen and respect First Nations stories and voices. We work together to keep our environment clean.
To be safe using digital technologies...	<ul style="list-style-type: none"> We share ideas with each other. We help others who need it. We use tech appropriately as per the IT contract. 	<ul style="list-style-type: none"> We follow direction and stay on the task the teacher has set. We visit safe and appropriate websites. 	<ul style="list-style-type: none"> We work together and praise creativity. We stay on task. We speak to an adult if others are not being safe or we see or hear something worrying.

Whole School Reward System 1000 leaves = 2 hour extra playtime!





Please read our the updates from The Forge Institute-lots happening! We are in the process of trying to find a permanent home to run workshops (looks like the TinShed in Belgrave might happen) and for young people to have a hangout! If you have an arty teen we would love to hear their voice on what they would like. There is a forum flyer on the page below to register.





A Poem From Jodie

Still Me

I wake up every morning and it's still me -
The thread of me goes back so far.
We are trapped in our head with our mind and our thoughts,
We must water our good thoughts well.

Jodie Cameron
(Charlie & Henry's mum)



On those tough days when kids are struggling to separate, here are a few helpful tips.....

Practice in Advance: Use short separations with family or friends to build confidence and independence before school starts.

Create Routines: Maintain consistent, calm morning routines, potentially using a picture schedule, to reduce anxiety.

Use Visuals: Read books such as *The Invisible String*, and share positive stories about your own experiences.

Create a "Comfort" Item: Allow your child to take a small, safe item from home (like a note or stone) to school. Something to keep in their pocket.

Drop-off Strategies

Be Quick and Calm: Keep goodbyes short, confident, and positive. Avoid lingering, as this can heighten anxiety.

Never Sneak Away: Always say goodbye, even if it causes tears, to build trust that you will return.

Have a Ritual: Create a special, quick handshake, kiss, or hug ritual.

Trust the Teachers: Allow staff to manage the transition, as children often settle quickly once the parent leaves.

Managing Emotions and School Refusal

Validate Feelings: Acknowledge their anxiety with empathy ("I know this feels hard") without validating avoidance.

Focus on Positives: Remind them of fun activities, friends, or teachers they will see.

Stay Consistent: Avoid letting your child stay home due to separation anxiety, as this makes future separation harder.

Communicate with School: If the anxiety is persistent, work closely with teachers on a plan.

What to Avoid

Showing Your Own Anxiety: Children pick up on parent stress, so stay calm and confident.

Criticizing Emotions: Avoid comparing them to others or calling them a "cry baby".

Returning Immediately: If you return because they are crying, it teaches them they cannot handle the separation.



gratitude shout outs



Indi/Indigo our kids are so lucky to have such a caring teacher. We saw your lovely room and know how much love went in to it for our kids. Please call on us parents when the time is right we will help you get it back on track. Thanks for looking after our kids so well through it all.

Henry C - Grade 6. A big thank you to Henry C for looking after his Prep buddies and taking them to the sick bay after they both had a tumble.

Indi, thank you for your kind and gentle ways. My child is coming to school with ease this year knowing she is coming to you.

To Jim for his clear communication around Fire Danger Rating shut down days. It isn't easy to plan for these without a forecast but his compass notices of upcoming potential closures and timely updates really help



gratitude shout outs



Anna Moss

for always spreading kindness
and doing so much for our whole
school community

Hayden- for being
that calm, stable rock
for everyone when
things feel a little out
of control or there is a
hard day.

If you know Jude you
will absolutely know
how amazing she is.
She is so incredibly kind,
caring and thoughtful.
She always goes above
and beyond and we
couldn't be more
thankful for her support.
Jude - you're awesome.
Thank you.

To the universe, divine
intervention, positive
energy.....whatever it
wasthat kept our
community out of
harms way last
Friday. Gratitude in
bucket loads!!!!



gratitude shout outs



Michelle Noonan PS - A huge thank you to Michelle, our new integration aide, for the positivity, warmth, and calm, gentle care she brings to our classroom each day. She has settled into The Patch so beautifully, it truly feels like she has always been here. We are incredibly lucky to have her supporting and nurturing our students

A huge thank you to Jim, Alesha and Kim who always take such beautiful care of us all. We are all so grateful for you every single day ❤️
🙏 XXXX

Parents Emily, Louise and Simon, and to all the parents and teachers who stayed to help last Friday at the incident, your love and support mean the world of difference. The gratitude I have towards you is insurmountable.

To our leaders Alesha, Jim and Kellie - A huge thank you to our wonderful leaders Alesha, Jim and Kellie for supporting us all to feel settled, prepared, and ready for another new year. They are a brilliant team, and we are so lucky to have such caring, supportive, inspiring, and approachable leaders who give so much to our students, staff, and wider community, while always valuing voice and agency. Would not want to work anywhere else in the world



gratitude shout outs



To Tarli, for going above and beyond in her first year of teaching: being kind and supportive to the kids, making class engaging and fun, teaching each child to their ability, putting so much thought and care into her work. What an amazing teacher she is! Our kids are lucky to have her on board.

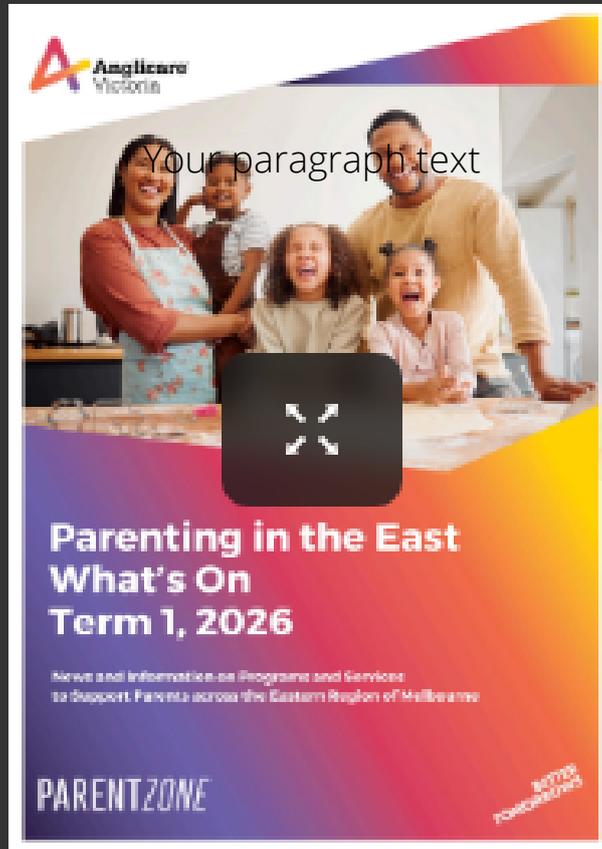
I'd like to shout out Tarli for her time in providing reassuring words and preparation before class. This made all the difference in settling an anxious child. And looking through the window at a wonderfully prepared room with a teacher busy preparing the fun for the day provides much excitement and calms nerves. Thank you to Tarli and all the wonderful teachers at The Patch who go out of their way to do this

Viv and the Patch community- for rallying quickly to help support a young teacher. Your thoughtfulness and kindness has been greatly appreciated.

Indi The Patch is so lucky to have you, you can see you have a heart and love for teaching like your mum. Thanks for looking out for kids even when they are not in your grade!

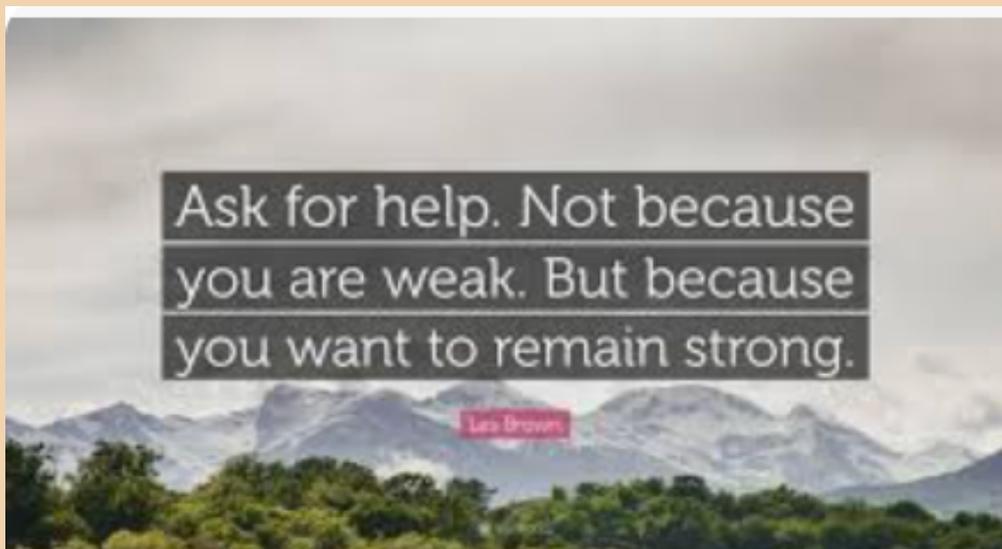


Check out all the Incredible Courses/Workshops and help available through Anglicare Victoria. From Parent Support Groups to Art Therapy..... A wonderful resource for Term One

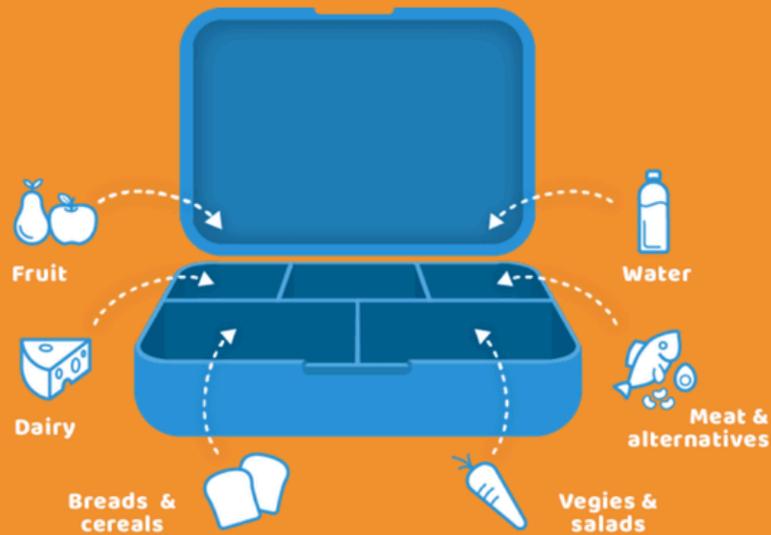


Flipbook created with  issuu

[Publish for free](#)



A healthy lunch box contains...



What's inside?

- [Rissole](#) and lettuce roll
- Baked carrot chunks
- Sultanas and dried apple
- Banana
- Water



What's inside?

- Chicken and lettuce sandwich on wholemeal bread
- Carrot sticks
- Apple
- Yoghurt tub
- Water



What's inside?

- [Tomato and cheese damper](#)
- [Classic bean salad](#)
- Vegie skewer
- Strawberries
- Custard
- Water with cucumber slices



What's inside?

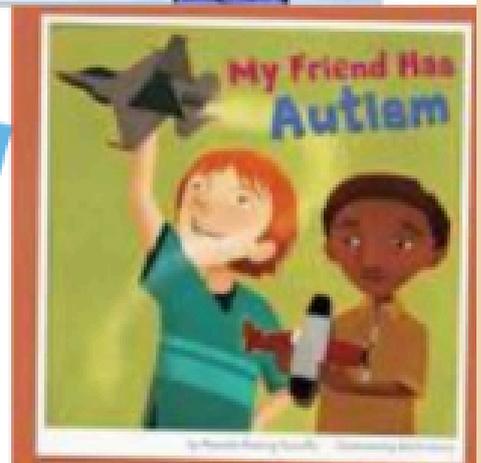
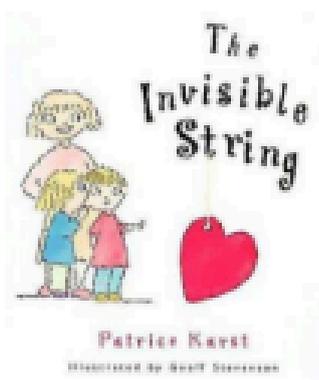
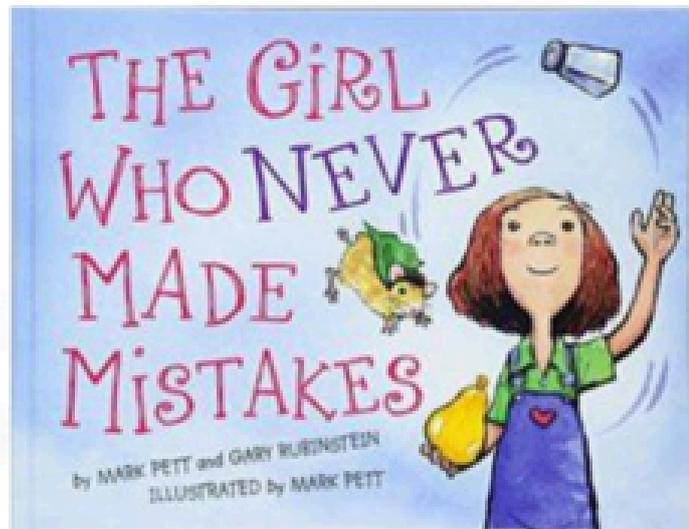
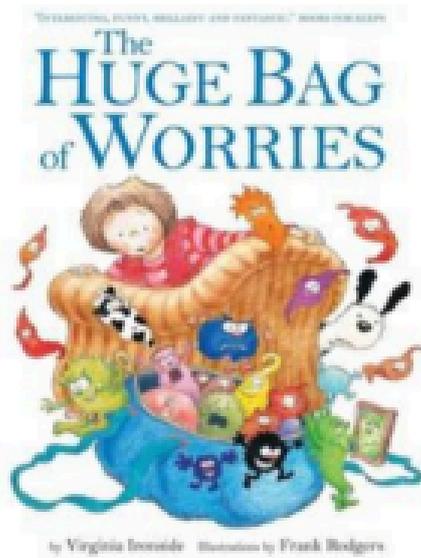
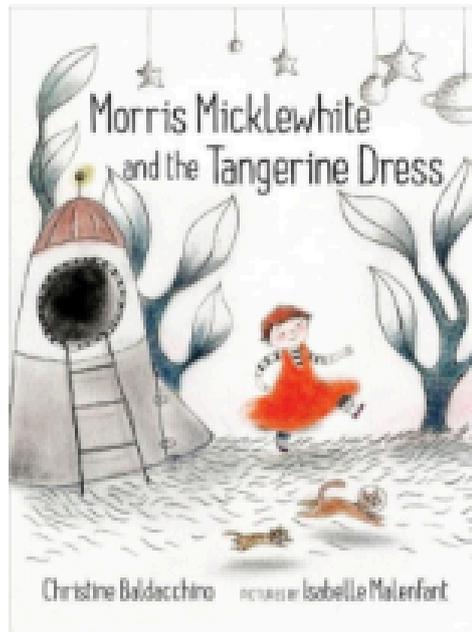
- [Beef and veg sausage rolls](#)
- Cucumber and carrot sticks
- [Apple pie overnight oats](#)
- [Berrylicious smoothie](#)
- Water



What's inside?

- [Naan](#)
- [Vegetable curry.](#)
- Melon
- Yoghurt
- Water

Wellbeing Books





FROM THE WELLBEING OFFICE...



Welcome back to a new year! I hope you all had a restful and fun summer break.

I'm looking forward to getting back into the swing of things, greetings familiar faces and meeting the new preps for 2026.

Song Writing Group

Next Wednesday at second play I am bringing back the **Song Writing Group for 3/4s in Term 1.**

Last year the students who participated enjoyed working together on piano, guitar, ukulele, glockenspiel or with their voices or lyrical ideas to create new songs. It seemed a success so I am excited to try it out again this term.

By writing songs together students learn turn-taking skills, listening skills, social skills, creativity and problem-solving skills. What's more, music gives the opportunity for self-expression which can be a wonderful stress reliever.

Anyone in grade 3/4 who enjoys music can give it a go – with or without musical skills!

One-On-Ones

As I've mentioned in previous newsletters, any student who is struggling with their wellbeing can fill out a Wellbeing Opt-In form to see me.

As studies show that children learn and express themselves through play (rather than only talking), students can have fun with lego, games or drawing in my office. Or some prefer to shoot hoops outside with the basketball. For more info please email me at wellbeing.thepatch@gmail.com

More groups or ideas may develop as the year progresses so watch this space!

...Sarah

That Child



That child who never stops talking,
who calls out, interrupts, and forgets the rules,
who always seems to be “in trouble” —
that child is still learning how to feel safe.

That child who won't line up,
who storms off, shuts down, or refuses,
who pushes back at every request —
that child is not trying to be difficult.

That child is trying to cope.

That child who is loud,
or silly, or restless,
who can't sit still,
who distracts everyone else —
that child might be carrying worry
too big for their small body.

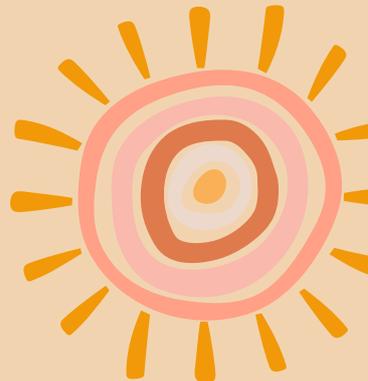
That child who argues,
who swears, who rolls their eyes,
who seems rude or disrespectful —
that child may have learned
that being tough is the only way
to protect themselves.

That child who cries quickly,
or gets angry fast,
or panics over little things —
that child's nervous system
is working overtime.

That child who is “too much”,
or “not enough”,
who needs reminders, breaks,
second chances and extra patience —
that child is still worthy
of kindness.



Because one day,
that child will remember
the teacher who stayed calm,
the adult who didn't shame them,
the classroom that made space for them,
the school that kept believing.
And that might be the moment
everything begins to change.





Supporting Wellbeing in Our Community

AS PART OF OUR LOCAL COMMUNITY,
WE'RE OFFERING YOU **\$20 OFF ANY SPA
OR WELLBEING EXPERIENCE.**

BOOK ONLINE WITH THE CODE
'PATCHWELLBEING' TO RECEIVE YOUR
EXCLUSIVE DISCOUNT

Valid until 31st March only

*Terms and conditions apply

www.naturalwellness.net.au



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

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

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) – state wide

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



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.

Outer Eastern Melbourne

1800 271 150

oema@orangedoor.vic.gov.au

4-16 Devon Street

(Corner Pierson Drive and Railway Grove)

Croydon, 3136



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](#)

Community News

Open Door Creative Kids Club

Ages: 8 -14 years

\$5 per week

Sign Up Now!
Limited places

Join us for fun-filled afternoons of art & craft workshops, designed especially for young creators!

WEDNESDAYS
3:45 PM - 5:15 PM
Starting March 25th 2026

For more information collect flyer from the Open Door Op Shop

Roll up your sleeves, Upwey.

Flex that community spirit and get ready to give blood.

23 February - 4 March

Look for us inside at
Upwey Community Hall
1443 Burwood Hwy

Book a donation ☎ 13 14 95

Life IS THE REASON

Come on down to The Patch Tennis Club and join in the fun! 5ETS has a range of programs to suit the family, from hot shots pathway to private lessons.

5ETS Program

- Red Ball 5-8yr old program – Tues afternoons & Sat morning
- Orange ball 8-10yr old program – Sat morning
- Semi/Private tennis coaching – via appointment

ANZ Tennis Hot Shots Pathway

AGE	PROGRAM	LAUNCH PAD STAGE	RED STAGE	ORANGE STAGE	GREEN STAGE
3-5	Fundamental and Development Motor Skills (FMS)	Coast \$10 weekly North \$10 weekly Residential \$10 weekly			

For further information on the programs above or private coaching please contact Jessica Lainis on 0421 805 696 or email 5etcoaching@gmail.com