



# PATCHWORK NEWS

KINDNESS, COURAGE, CONNECTION

Friday 8th May - Term 2, Issue 1 2026



9756 7463

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## DATES TO REMEMBER

### MAY

Mon 11 <sup>th</sup>	Yr 1/2 Narrative Dress Up Day (2.30pm)
Tues 12 <sup>th</sup>	Second-Hand Uniform Sale (2.45pm-3.15pm)
Wed 13 <sup>th</sup>	Yr 1/2 Healesville Sanctuary Excursion
Wed 13 <sup>th</sup>	Yr 5/6 NEVR Choir Rehearsal & Concert @ Hammer Hall
Fri 15 <sup>th</sup>	Whole School House Carnival 
Sun 17 <sup>th</sup>	Ukulele Festival for Jess Dunn's students
Wed 20 <sup>th</sup>	Open Afternoon (all welcome)
Wed 20 <sup>th</sup>	Prep 2027 'Get to Know Us' Session (5.00pm)
Fri 22 <sup>nd</sup>	District Cross Country (Qualified Students)
Tues 26 <sup>th</sup>	National Sorry Day
Wed 27 <sup>th</sup>	National Reconciliation Week
Fri 29 <sup>th</sup>	Free Dress Day - Indigenous Colours 
Fri 29 <sup>th</sup>	Back Up Day for Whole School House Carnival

### JUNE

Tues 2 <sup>nd</sup>	Division Cross Country (Qualified Students)
Fri 5 <sup>th</sup>	<b>CURRICULUM DAY - Student Free Day</b>
Mon 8 <sup>th</sup>	<b>KING'S BIRTHDAY PUBLIC HOLIDAY</b>
Fri 12 <sup>th</sup>	Second-Hand Uniform Sale (8.45am-9.15am)
Fri 12 <sup>th</sup>	Prep, Yr1 & Yr2 Talent Show
Tues 16 <sup>th</sup>	Neurodiversity Pride Day
Sat 20 <sup>th</sup>	Belgrave Lantern Parade
Wed 24 <sup>th</sup>	Yr 3/4 Country Showcase (3.30pm-4.30pm)
Wed 24 <sup>th</sup>	Yr 7 Placement Offers Made
Fri 26 <sup>th</sup>	Yr 3 - Yr 6 Talent Show
Fri 26 <sup>th</sup>	Semester 2 Student Reports available on Compass
Fri 26 <sup>th</sup>	<b>LAST DAY OF TERM 2 - EARLY FINISH 2.30pm</b>

## 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](mailto:james.burnside@education.vic.gov.au)  
Assistant Principal's email: [alesha.sangster@education.vic.gov.au](mailto:alesha.sangster@education.vic.gov.au)

Hi Patchies,

It has been a brilliant start to Term 2. Camps, choirs, cross country and special afternoons. I love these opportunities for our school community to connect.

The Year 5/6 Camp at Somers Beach was the best camp experience. Our students were amazing across the 3 days. They confidently jumped into surfing, paddle boarding, kayaking, shirt printing, team challenges, some funky dancing and a little karaoke. It was a tonne of fun. We could not be more proud of how enthusiastic and inclusive they were.

Our NEVR Choir have been practising for their big performance on Wednesday 13<sup>th</sup> May. Their dedication to practise and represent our school on stage has been wonderful to see. Best of luck to all participants!

I loved seeing the energy our students brought on Cross Country Day. The switch to run around the entire school helped them keep running the whole way (especially when they realised halfway that there was no option but to keep going!). Whether placing 1<sup>st</sup> or 20<sup>th</sup>, every child should be proud of their efforts to run around our steep hills and dodge the many trees on their way to the finish line.

Thank you to all those who came along for our mothers and Special Persons Afternoon! It means a lot to our students to have a special person with them to celebrate how much you mean to them. We could see the excitement throughout the day as they prepared. We hope you or the special person enjoyed the experience – and that the 5/6 special persons escaped without too much make-up...

The weather may now be more winter this week than the summer-like weather of last week, but we're Patchies, so I know next week's Athletics Day will be a success no matter what. We look forward to seeing everyone in their house colours competing and cheering on their peers. Good luck to everyone!

Have a great weekend and a wonderful Mothers Day to all who celebrate it!

Cheers,

Jim



**The Patch  
Primary School**



# Open Afternoon

**3:45 – 4:45pm  
Wednesday 20<sup>th</sup> May**

*All current, former and future families are welcome to join us for our Open Afternoon. All our buildings and outdoor spaces will be open with an activity to complete in each!*

*Activity booklets for families will be available from the office upon arrival. Completed booklets go in the draw for prizes!*



No booking required - 9756 7463 to book a tour

**The Patch  
Primary School**



*presents*

# 2027 Prep Get to Know Us Session

**5pm Wednesday 20th May  
in our Library**

Join our Leadership & Prep Team as we present information on all The Patch has to offer; from nature-based learning and individual learning goals to wellbeing initiatives. A guide for online enrolment will be included.

No booking required - 9756 7463 to book a tour

# SECONDHAND UNIFORM SALE

Please drop off any freshly washed and undamaged donations to the office by Thursday 7 May 2026.

**WHEN**  
TUESDAY 12 MAY 2026  
2:45PM - 3:15PM

**WHERE**  
IN THE BREEZEWAY BETWEEN  
THE MAIN BUILDING AND THE  
GRADE 1/2 BUILDING

**COST**  
\$2 PER ITEM  
PAYABLE VIA QQR

# 5/6 LORD SOMERS CAMP

On the first week back to school after the holidays, all of the grade 5/6s went to Lord Somers Camp. It was probably my favourite camp because it had a lot of different activities. My favourite part of Lord Somers Camp was the kayaking, even though the river was super stinky!

Jensen 5/6K

Camp was a great time! I loved stand up paddle boarding it was soo much fun! Lord Somers rules!

Poppy 5/6K

For our 5/6 camp we went to Lord Somers Camp and we had loads of fun. My favourite activity was screen printing because we got to keep the t-shirts. I was in a cabin with all my friends and we had so much fun.

Emily 5/6G

Lord Somers Camp was the best camp I've been on! There were so many awesome energy pumping activities. My favourite activity was paddleboarding and karaoke. Thank you to all the staff for making camp so much fun, we couldn't be more grateful for all of the work they put into getting us there and having the best time.

Koby 5/6G

Camp was EPIC!!!! It was so much fun! My absolute favourite part was the stand up paddleboarding!

Jarvie 5\6P

I had a great time at Lord Somers Camp, it was definitely the best camp I've ever been on. The food was good, staff were really nice and helpful to the students and the cabins were great fun as well. It was really fun with my friends.

Calum 5/6P

On camp, we did kayaking, stand up paddle boarding, and surfing! We also got to make our own t-shirts, isn't that cool!? These are memories that I'll always remember. The staff at the camp were really nice and one of them did a backflip!! So, over all, it was great!

Norah 5/6W

Camp was amazing, its was my last camp as a year 6 but definitely the best, it was such a vibe! I was happy being in a great cabin and I was with all of my friends in the activity group. Every time when the bell rang we got to do games and dances like limbo and the macarena. My favourite activity was stand up paddle boarding it was so much fun! It was my favourite camp.

Violet 5/6W



# Anaphylaxis & Nuts in School



Peanuts and nuts are the most common trigger for a severe anaphylactic reaction due to food-induced anaphylaxis.

Blanket banning of nuts or other foods associated with anaphylaxis and allergies is not recommended because:

- it can create complacency amongst staff and students
- it cannot eliminate the presence of all allergens
- it is not possible to eliminate these foods from a school with certainty.

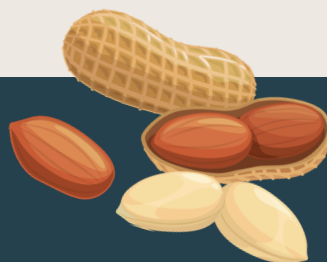
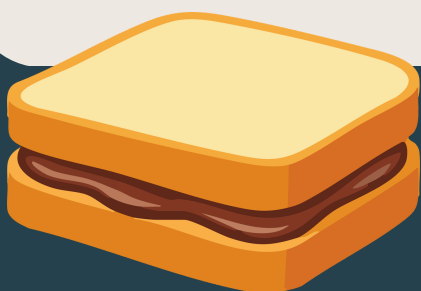
**At present, we do not have any students recorded as having a severe allergy/anaphylaxis to nuts.** As such, it is ok to send Nutella and nut containing products to school.

It is still important that we implement risk minimisation strategies, such as:

- Request that all student lunch boxes and water bottles are clearly labelled with the student's name.
- Educate students and the school community about food allergy so they understand why they should only eat their own food and why they should not share or offer food to students with food allergies.
- In early primary school years, communicate with parents/guardians in classes that have a student with food allergies about not sending 'messy' foods that contain the student's food allergens where possible. For example, sliced cheese is less messy and therefore less risk than grated cheese. Staff need to be aware of students who are eating food that can be messy (such as egg sandwiches, milk in tetra packs or yoghurt tubs) and be prepared to clean appropriately.

Our schools Anaphylaxis Policy is currently being updated and approved by School Council. Once ratified, it will be available on our school website.

If you have any questions, please contact the school on 9756 7463 or [the.patch.ps@education.vic.gov.au](mailto:the.patch.ps@education.vic.gov.au)



# 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.

## 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

If you are interested in music lessons for your child/ren it is best to contact the music teacher directly.

## WORKING WITH CHILDREN CHECK



The Working with Children Check (WWCC) is a screening process for assessing or re-assessing people who work with or care for children in Victoria.

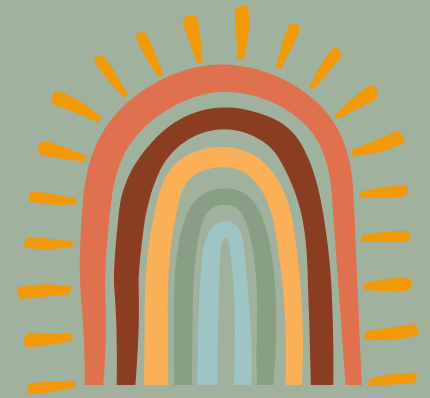
In order to sign in as a volunteer or parent helper at The Patch primary School you need to hold a Working with Children Check Card.

The Volunteer WWCC is free and easy to obtain through the Services Australia website - even if you are not planning on being a regular parent helper, we encourage parents to apply for the WWCC and provide a copy for us to keep on file at the office.

Parent helpers for the classroom, excursions, camps, sports days and special events are highly valued and we would love for everyone to have the opportunity to be a part of our wonderful Patch community!

Apply for your WWCC [here](#).

# 2026 Term 2 - Wellbeing Section



Alesha

## **Hello beautiful Patch Community,**

The leaves have changed and the cold winds have blown in, with a sprinkle of snow, but it is such a beautiful time on the mountain. We have had a settled start to Term 2, and 2I have been able to move back to their classroom this week. So we reset and move forward again!

PatchFest was such a fabulous experience, it was so wonderful to see so many of our community put their hand up to help. I know for me it was a learning experience and I was truly grateful for the support to make it all happen!! We had some fantastic feedback and got a few new ideas for next time!!! We made almost 10k so a great result for our school!! In the coming weeks we will be having a fundraising meeting and set or sites on the Trivia Night in Term 3

Our whole school reward system linked to our SWPBS school values is going strong, 1000 leaves equals 2 hours of extra playtime. OSHC is also on board and students are so proud to bring their leaves up!

Stay tuned for the day of play!!

Once again, our doors are always open if you need Jim or myself, some days we are running and may take some time to get back to you, but please know we always will when we get a moment.

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.

# Meet our beautiful SRC

We have had our first SRC meeting and what a beautiful crew I have this year!! Soooooo many wonderful ideas put forward in one meeting!!!!

This year I welcome, Millie (Elke's grade), Reggie (Ange's grade), Norah B (Tania's grade), Sage (Harry's grade), Joe (Kent's grade), Henry (Kate's grade), Emily (Grace's grade), Benji (Paul's grade).

Stay tuned for some great ideas moving forward!



# WHEN TO BEGIN CONSENT AND BODY SAFETY CONVERSATIONS

by Jayneen Sanders

**This resource includes guidance on when and how you can begin conversations with children around consent and body safety.**

All children are different, and you know the children in your life best. Be guided by their ability to focus and the questions they ask. These conversations are ongoing and can happen over years. Use their questions, family discussions, children's books, and situations that may occur to have open and ongoing conversations. Everyday situations that may arise can be teaching and learning opportunities. The below age groups are intended as a guide only, and you should use your judgement to determine what is age and developmentally appropriate for the child you are talking to.

Content has been adapted from Educate2Empower Publishing with permission.



## Birth – 2 yrs (non-verbal)

- Use the correct terms for children's private parts from day 1.
- Tell children what you are doing to their body and why  
e.g. 'I'm just putting your socks on so your feet will be warm.'
- Validate their feelings, e.g. 'I can see you are sad, but I need to go shopping. I'll be back very soon. Gran will take good care of you.'
- Note children's body language, e.g. if you are playing a tickling game and you can see from their body language they don't like it, stop immediately.
- Ensure health professionals talk to children about what they are doing to their body and always ask for consent before entering your child's body boundary.



## 2 - 3 yrs (verbal)

- Introduce the term 'body boundary' — the invisible space around our bodies. Explain that everyone needs to ask for consent before entering another person's body boundary.
- Let children know they can say 'No' to kisses and hugs if they want to. How they greet another person is always their choice.
- Let children know they can say, 'No' to tickling games and inform adults (and other children) when your child says 'Stop!' they need to stop immediately.
- Ensure health professionals ask for children's consent.
- Let children have choice and agency wherever possible, and if it is safe to do so.

## 3 yrs – 6 yrs +

- Continue to reinforce the concepts of body boundaries and consent.
- Formally (and over a number of sessions) teach children about: feeling safe and feeling unsafe; early warning signs; a safety team; the difference between secrets and surprises; the difference between safe and unsafe touch; private parts are private and what to do if they are touched inappropriately, see inappropriate images or someone asks them to touch their private parts.



For free, printable versions of this resource, please scan the QR code:

[www.ChildSafety.gov.au/one-talk-time](http://www.ChildSafety.gov.au/one-talk-time)  
[www.e2epublishing.info](http://www.e2epublishing.info)

# MY BODY SAFETY RULES

by Jayneen Sanders

## I have a body boundary

My body boundary is the invisible space around my body. No one can enter my body boundary without my permission or consent.

Consent is an important word. It means asking if something is okay or not okay. It means one person asks for permission and another person happily gives permission or they don't.



## My body is my body and it belongs to me!

I can say 'No!' if I don't want to kiss or hug someone.

I can give them a high five, shake their hand or elbow bump instead.

I am the boss of my body and what I say goes!



## I have a safety team

These are 3 to 5 adults that make me feel safe and who I trust. If I feel worried, scared or unsafe, I can tell an adult on my safety team how I am feeling and why I am feeling that way. They will listen to me, believe me and help me. It is always my choice who is on my safety team. One adult should not be a family member.

Aunt Sue  
Grandma  
Mum  
Dad  
Mr Ross  
(My Teacher)



## Early warning signs

If I feel frightened or unsafe I may sweat a lot, get a sick tummy, become shaky all over and my heart might beat really fast. These feelings are called my Early Warning Signs.

If I feel this way about anything, I need to tell a safe adult on my safety team straight away.



## Private parts

My private parts are the parts of my body under my swimwear. My mouth is a private part too. I always call my private parts by their correct name. No one can touch my private parts, ask me to touch or look at their private parts or show me pictures of private parts. If any of these things happen, I need to tell a trusted adult on my safety team straight away.



## Secrets

I never keep secrets, I only keep surprises because they will always be told. If anyone asks me to keep a secret that makes me feel bad or unsafe, I need to tell an adult on my safety team straight away.



For free, printable versions of this resource, scan the QR code:

[www.ChildSafety.gov.au/one-talk-time](http://www.ChildSafety.gov.au/one-talk-time)

[www.e2epublishing.info](http://www.e2epublishing.info)

Content has been adapted from Educate2Empower Publishing with permission.

# MY EARLY WARNING SIGNS

by Jayneen Sanders

IF I FEEL UNCOMFORTABLE, SCARED OR UNSAFE  
MY BODY LETS ME KNOW.

Here is how!

Hair feels like it is  
standing on end

Sweaty brow

Start to cry

Heart beats fast

Goosebumps

Shaky all over

Sweaty palms

Need to go to the toilet

Feel sick in  
the tummy

**If I feel unsafe, I  
need to tell a  
trusted adult on  
my safety team  
straight away!**

Wobbly legs



### How to protect children and young people from grooming

You can learn more about grooming on the National Office for Child Safety's website:

[www.ChildSafety.gov.au/About-Child-Sexual-Abuse/Grooming](http://www.ChildSafety.gov.au/About-Child-Sexual-Abuse/Grooming).

You can teach children and young people what is appropriate and inappropriate contact, and understand safe and unsafe behaviours (both online and offline).

Encouraging open and honest communication, without shame or stigma, about what respectful relationships, consent, and body boundaries look like is important.

For tips and support on how to start these conversations, we have developed a conversation toolkit to support adults to have age-appropriate discussions with children and young people about sexual abuse. It is available at:

[www.ChildSafety.gov.au/Having-Conversations](http://www.ChildSafety.gov.au/Having-Conversations).

Further information about grooming and online safety can be found on: [www.eSafety.gov.au](http://www.eSafety.gov.au) and [www.ACCCE.gov.au](http://www.ACCCE.gov.au).

### What to do about suspected grooming

It is important to understand the signs of grooming, and talk to children and young people if you notice changes in their behaviour or suspect something isn't right. They may not understand they are being groomed.

If you suspect grooming is taking place, visit [www.ChildSafety.gov.au/Make-Report](http://www.ChildSafety.gov.au/Make-Report) to find out how to make a report.

### Get support

If you, or someone you know, has been impacted by grooming or child sexual abuse, there are services and resources available to help.

For more information, visit our get support page at [www.ChildSafety.gov.au/Get-Support](http://www.ChildSafety.gov.au/Get-Support).



For free, printable versions of this resource, scan the QR code:





# A Poem From Jodie

The Fall into Autumn


When the air turns to quick and the days pull back shorter,  
The earth calls the die of the leaves.  
She streaks them of colour and pulls them to her breast,  
So her trees may snug deep the cold.

They may choose their cloth for their final dance -  
They have worked their green all the year.  
A breath of red, now orange fire,  
The sharp surprise of yellow.

They light up the mountain - each a torch to their colour,  
Their transience sharps up their splendour.  
They quiver in their beauty as they hold the top note,  
They rejoice to the heavens in their full.

Then, content their life's work, they loosen their hold  
And let go to the breath of the wind.  
They fall to their flutter, to the adore of the earth -  
The fall into Autumn complete.

Jodie Cameron  
Charlie & Henry's mum xxx



*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



Hayden, firstly, for your Mars Bar slice and secondly for being such a thoughtful person and looking after all you work colleagues when they need it most.

Kellie who works hard behind the scenes support staff with their teaching practise. It is wonderful to have a dedicated persaon to focus on upskilling teaching staff

Indi- for all your work getting the kids classroom ready AGAIN. You have made it all so seamless for our kids...

Paul -for keeping us all so well informed about how we can stand up as teachers and ES and ask for more funding to help our students. We appreciate your work.



# gratitude shout outs



Leanne- for your incredible work organising NEVR Choir- as usual you create some amazing oppertunities for our students and we look forward to the final performance at Hammer Hall

Anna Moss- for not running for the hills when we decided to change the date of PatchFest. It was a pleasure to work alongside you and I appreciate all your work.

Amanda for being such a supportive, kind and clever aid - for her enthusiasm and expertise

This gratitude shoutout is for the wonderful Alesha, who has shown unwavering support and compassion for our child, who is really struggling this year. Thank you Alesha xox



# gratitude shout outs



Ollie for his ability to wrangle hundreds of kids and make sure they run in the right direction and give it their all for the cross country event. For motivating them with such kindness and passion and for the tunes (cue Metallica, what a legend)! And to all the educators across the whole school, we see how hard you work and how much you care. Thank you 😊

Kate W (5/6 teacher) for her care and commitment to supporting a student to participate in all the water activities on camp! She truly went above and beyond.

Alesha for all her hard work organising Patchfest

This shout out goes to Elke. We can not express enough how grateful we are for you. You manage the classroom in the most amazingly positive way. It has honestly been such a great start to the year. Thank you for making not only our child's school life better, but also taking some of the stress away from us. It would be unfair to not have this call out also go to all the Patch Primary staff. You are amazing!! There has been such a positive vibe around the school, it all starts from the top!! Thank you for everything Xx



# gratitude shout outs



The 5/6 team and Jim for an awesome camp experience for the senior school students. Thank you - it was a memorable final primary school camp for our kiddo.

Harry. You are doing an awesome job as a new teacher. Thanks for creating a fun and enjoyable class for learning.

Henry (grade 1) for being kind when a friend was upset

To the teachers and staff at the patch school. I hope your pay conditions improve to reflect the amount of work and care you put into our community. It is sad that our beautiful school relies heavily on your overcommitment & under-compensation in the important roles that you play in our children's lives (and thus all of our futures). Thank you though, and wishing you all the best outcomes!!



# gratitude shout outs



Jude (ES) for being her generous thoughtful and caring self - for encouraging a kid to attend camp by themselves for the first time and providing the support to make it happen!

To all the incredible staff who attended the camp.

Thanks to the amazing Prep team (and parent volunteers) for giving our kiddos a superb camp afternoon experience! An afternoon to remember!! X

Elke, for her kindness and calming energy in supporting Eden to manage her feelings about things that are challenging. As a parent I feel so reassured knowing that Eden's well-being is being managed by such a supportive teacher. Elke just knows exactly what to say in those pivotal moments!



# gratitude shout outs



Ange. For coming and doing observations with the 56s. it was a nice opportunity to chat and share.

I would love to thank beautiful Leanne for her endless kindness and gentleness with the children, as well as inspiring them to make beautiful music. We're all so lucky to have you! ❤️🎵

Kim Coveney for being such a caring and thoughtful friend and always going the extra mile to help people if they need it. Thanks Kim, we love you

Harry thanks for making such a good connection with my child, they refused school a lot last year, but this year they are happy to come- thank you!!



**Building Better Brains**®

Together We Can

If you need some information, therapy or are looking for some parenting courses. Please check out the team at Building Better Brains. We have worked with them in the past and they are an incredible team with a wealth of knowledge.

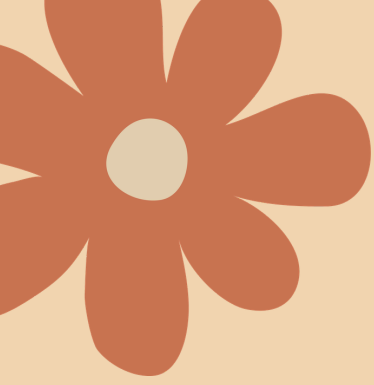
## THERAPEUTIC GROUPS TIMETABLE

### 2026

**REGISTER NOW!**

Monday	Tuesday	Wednesday
4:15- 5:00 <b>Sensory Science &amp; Building Blocks</b>	4:00- 5:00 <b>Find Your Tribe Junior (8-12 yrs)</b> 5:15- 6:00 <b>Girl's Talk (9-12 yrs)</b>	10:30- 12:30 <b>Project ME (9-13 yrs)</b> 4:15- 5:00 <b>Express Yourself Drama</b>
Thursday	Friday	Saturday
4:00- 5:30 <b>Find Your Tribe (13-18 yrs)</b>		9:30- 10:15 <b>Sensational Art Play &amp; Science</b>

[www.buildingbetterbrains.com.au](http://www.buildingbetterbrains.com.au)



## The Everything Engine

Before the sun has touched the sky,  
She's holding tears, suppressing sigh.  
A lesson planned with careful thought,  
But it's the quiet battles that are fought.

Be the counselor, with patient ear,  
To calm the doubt, to soothe the fear.

Be the warden, firm and stern,  
Ensuring space for minds to learn.

Be the nurse, with caring band,  
A gentle touch, a guiding hand.

Be the actor, bright and gay,  
To chase the apathy away.

Be the cleaner, on hands and knees,  
To help a child, for hearts to please.

Be the parent, when they fall,  
When they have no one else to call.

With broken pencils, unpaid time,  
And dreams that feel beyond her prime.

They say to teach is just to guide,  
But she hides the "everything" inside.

She is the anchor, the sail, the shore,  
Always asked to give just more.

A thousand faces in her mind,  
Leaving her own rest behind.

For she is more than a teacher, it's true,  
She is a world, made just for you





# 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](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) – state wide

### **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)



#### 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](mailto: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

## ART CLUB

on Mondays



This is a new after school activity for our arty Patchies in grades 3 - 6.

Jess Dunn is excited to share her passion for visual art and craft with kids at The Patch!

Students are collected by Jess at 3.15pm, and picked up by parents at 5.00pm from the school art room.

The cost is \$20 weekly, with a \$20 materials fee each term.

To sign up or learn more please email [jessdunn.arts@gmail.com](mailto:jessdunn.arts@gmail.com)



## Roll up your sleeves, Upwey.

Flex that community spirit and get ready to give blood.

25- 30 May



Look for us inside at  
Upwey Community Hall  
1443 Burwood Hwy



Book a donation ☎ 13 14 95

Life IS THE REASON

# ALL IN

NATIONAL RECONCILIATION WEEK 2026  
27 MAY - 3 JUNE

## Wurundjeri Country Reconciliation Week 2026

Come along for a free community event in celebration of National Reconciliation Week hosted by Cardinia Shire Council.

Enjoy a Welcome to Country, a community performance and family-friendly activities.

**Monday 1 June, 12:30 - 2pm**  
Hills Hub, Emerald

The Hills Hub will also be showcasing local First Nations artist Benny Clarke's photographic exhibition. The exhibition celebrates the strength, diversity and stories of local Aboriginal and Torres Strait Islander peoples.

For more information, contact Cardinia Shire Council on 1300 787 624 or [www.cardinia.vic.gov.au](http://www.cardinia.vic.gov.au)

The theme for National Reconciliation Week 2026 is 'All In' - a call for all Australians to commit wholeheartedly to reconciliation every single day.

'All In' makes clear that all of us must step away from the sidelines and take action to make change.

The theme also reminds us that reconciliation and advancing Aboriginal and Torres Strait Islander peoples' rights isn't a passive activity, and it is not solely the responsibility of First Nations people, but every Australian.



## COULD YOU FOSTER A CHILD?

We **URGENTLY** need **Foster Carers** in your area. Enquire now on how you can help change a child's life.

[Canifoster.com.au](http://Canifoster.com.au) | 1800 932 273

