

# Well-Being Newsletter

## Term Two 2021

We have had a great Term so far with so much happening in our wellbeing space. We have some great teams working together to keep things moving forward. Our teacher Wellbeing team (Karen, Haley, Pauleen and Hayden) are working with me to achieve targets set for wellbeing in our 4 year strategic plan and our annual implementation plan (smaller one year goals). These goals include ensuring our Berry Street Educational Model is being implemented throughout our school and that our Respectful Relationships program is working to address issues as they arise.

We also have another wellbeing team that consists of Ang and Emma (school council president and vice president) Anne, Deb and myself. We are working on many projects such as teacher wellbeing, The Nest, support for new families and engaging community after 2020. \* Edit\* and now 2021 lockdown!

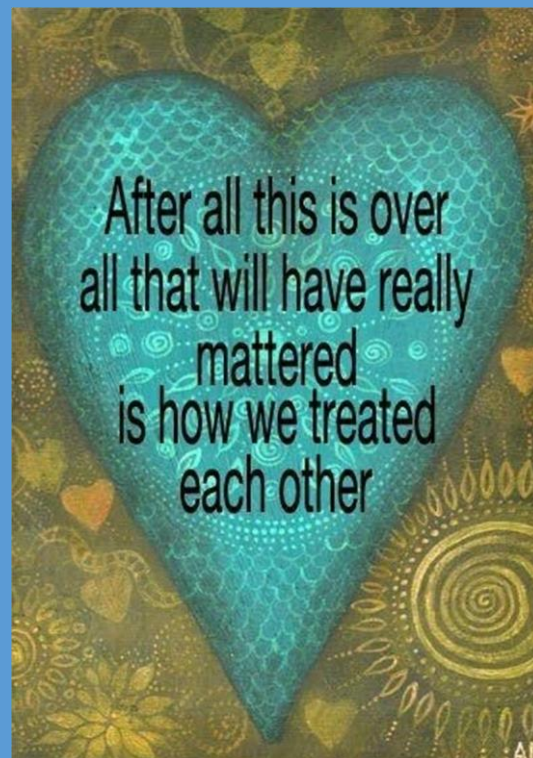
Anne our Wellbeing Support Officer is making some lovely connections with children that have engaged in her support, a space to chat away from family and classrooms is something many children don't have access to and are enjoying. If you would like your child to chat to Anne ask your teacher for a permission form or you can download one from here.

[https://drive.google.com/file/d/1ShAlujjJQjZkLS0odIAk9d6e\\_xSOLtKi/view?usp=sharing](https://drive.google.com/file/d/1ShAlujjJQjZkLS0odIAk9d6e_xSOLtKi/view?usp=sharing)

A huge thank you to all those that have sent something through to include in this newsletter. It is very much appreciated.

Being organised and starting this newsletter weeks in advance was perhaps not a great idea (and rarely happens) as things change so quickly and we now find ourselves back in lockdown! There seems to be a much calmer approach all round this time as we all seem to have given ourselves permission to do what is best for our families. We need to keep in mind and understand every family wants something different during this time. Some families want 9-3 online teaching to keep strict routine, some want hard copies only, no computer sessions, some don't

### Dates to Remember

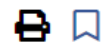


want to print, some want hands on, some want simple worksheets and some families don't want anything. We try to provide a manageable amount of work for our students, that complies with Department regulations and also doesn't impact families trying to juggle work and remote learning. Our teachers and all Patch staff are doing the same thing at home with their own families. We thank our community for always being flexible and understanding, we know EVERYONE is doing the best they can and that is fabulous and ENOUGH. If your day becomes too stressful, just STOP, everyone's mental health and wellbeing has to come first. I think we are getting better at giving ourselves permission for that to happen.

Alesha x

## GRATITUDE

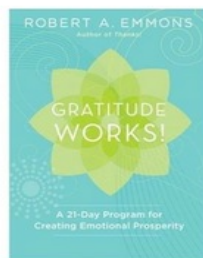
### How Gratitude Can Help You Through Hard Times



It's easy to feel grateful when life is good, says **Robert Emmons**. But when disaster strikes, gratitude is worth the effort.

BY **ROBERT EMMONS** | MAY 13, 2013

A decade's worth of research on gratitude has shown me that when life is going well, gratitude allows us to celebrate and magnify the goodness. But what about when life goes badly? In the midst of the economic maelstrom that has gripped our country, I have often been asked if people can—or even should—feel grateful under such dire circumstances.



This essay is adapted from *Gratitude Works!: A 21-Day Program for Creating Emotional Prosperity*

My response is that not only will a grateful attitude help—it is *essential*. In fact, it is precisely under crisis conditions when we have the most to gain by a grateful perspective on life. In the face of demoralization, gratitude has the power to energize. In the face of brokenness, gratitude has the power to heal. In the face of despair, gratitude has the power to bring hope. In other words, gratitude can help us cope with hard times.

Don't get me wrong. I am not suggesting that gratitude will come easily or naturally in a crisis. It's easy to feel grateful for the good things. No one "feels" grateful that he or she has lost a job or a home or good health or has taken a devastating hit on his or her retirement portfolio.

Continue reading this article by following the link:

[https://greatergood.berkeley.edu/article/item/how\\_gratitude\\_can\\_help\\_you\\_through\\_hard\\_times](https://greatergood.berkeley.edu/article/item/how_gratitude_can_help_you_through_hard_times)



## 10 Things To Always Include On Your Gratitude List

1. The family members who love and support you.
2. The friends who stick by you through thick and thin.
3. The warmth and comfort of home.
4. The certainty of your next meal.
5. The opportunities you have to improve your life.
6. The freedoms you enjoy every day.
7. The beauty of nature all around you.
8. The instant access to unlimited information online.
9. The ease of transportation and travel.
10. The comfort of your bed as you go to sleep



EVERY KID IS ONE  
CARING ADULT AWAY  
FROM BEING A  
SUCCESS STORY.

Don't say anything online that  
you wouldn't want plastered on  
a billboard with your face on it.

— Erin Bury

## The Nest

Please find below the available days and times for parent lead sessions in The Nest (open to our kinder families too). We know we are still in the midst of COVID but it is great to be organised for when we are not! You might run a book circle, yoga, woman's circle, men's chat and coffee, singing group, craft group, support group, special interest group, coffee and a chat hour..... the ideas are endless!!! As this develops, we may find some of these sessions will be paid sessions, parents will need WWCC and public liability etc.... Please email our lovely Emma (Ned and Heath's mum) at [emmataylorflowers@gmail.com](mailto:emmataylorflowers@gmail.com) if you have a specific day and time you would like to access in Term 3. 😊



# The Nest

Weekly, monthly or one-off places available. Session times may be adjusted to suit.

The beginnings of a timetable to bring our community together to share skills, ideas and friendship

	9-11AM	12-2	2.30-3.30
M			
T	Anne Wellbeing Support- Available all day for those students with permission forms signed.		
W			
T	Private Practitioner - Space unavailable to students/parents today.		
F	Anne Wellbeing Support- Available all day for those students with permission forms signed.		





Messenger Kids



Zoom

## How you can help your kids keep connected with their friends during lockdown.

As we navigate a 'new' normal with lockdowns happening now and then, as parents we have to be proactive at helping our kids stay connected. While school can fill some of this space, it can't fill it all and we as parents need to help to make that happen. If you have some ideas in place for when lockdown happens you will help your child to be connected with friends which helps their motivation and wellbeing (and yours).

Try:

- Letting your child do their schoolwork with a friend or a group of friends over Facetime, Kids Messenger, Zoom or another platform.
- Set up a Zoom (or other platform) play date with friends after school.
- Organise a Netflix' party where a group can watch the same movie at the same time.
- Connect with local kids for a bike ride or walk within the COVID rules.
- Sign up to Minecraft Education to create a world!
- A good old fashioned phone call with a friend.
- For some kids connecting via their computer games is also a social space.
- Write emails or letters to friends, teachers, family.
- Make and send a video to friends and family to say hi.



FaceTime



## This Time Last Year

This time, in this spot of the year,  
When the Autumn leaves did fall.  
When the air hovered still and the nightly chill,  
We were sent back to our houses.

We shut the door upon the world  
And turned inwards to face our home.  
We watched the newsmen count the numbers –  
Fear clutched at our throats at it all.

Our life stopped still, our plans lined through,  
We changed our form of being.  
We masked our faces to feed our family,  
We worried a cough was the worst.

We grooved our tracks around our homes,  
Each day a print of the one before.  
Jobs were moulded to suit the spread,  
Computer lines jammed with work and school.

Our lives would unfold from within our houses,  
It seemed a travel back in time.  
Sometimes the feeling of slowness peaced the air,  
Sometimes we were stretched beyond our coping.

We would lose our touch on each other's faces  
And see them only through the screen.  
Without the typed-in mystery portals,  
We could have been alone on a ship on a sea.

For some it was a time of peace,  
Their arms wrapped around their folk.  
For some deep stress locked in their cages,  
Others lost in loneliness.

Through all the sadness and the hold of time,  
Maybe we found a treasure all of our own.  
Maybe we learnt a new and wondrous skill,  
Maybe we loved the close of home.

And now what a different sunrise,  
We are grateful beyond our knowing.  
Our masks unhooked, our bounds are free,  
We can again hold tight our friends.

And the things we missed, we should rank them special –  
A certain face, a boundless road...  
We should hold them close in the front of our hearts  
And bind them through the new balance of our own.

Jodie Cameron,  
Charlie and Henry's mum

***\*\*How a few weeks can change things! Jodie sent this beautiful poem through before our current lockdown began. A beautiful reminder and reflection, thanks Jodie for all the time you put into these poems. It is a perfectly timed reminder to look for the treasures...***



# Facebook Fun!



ARIA

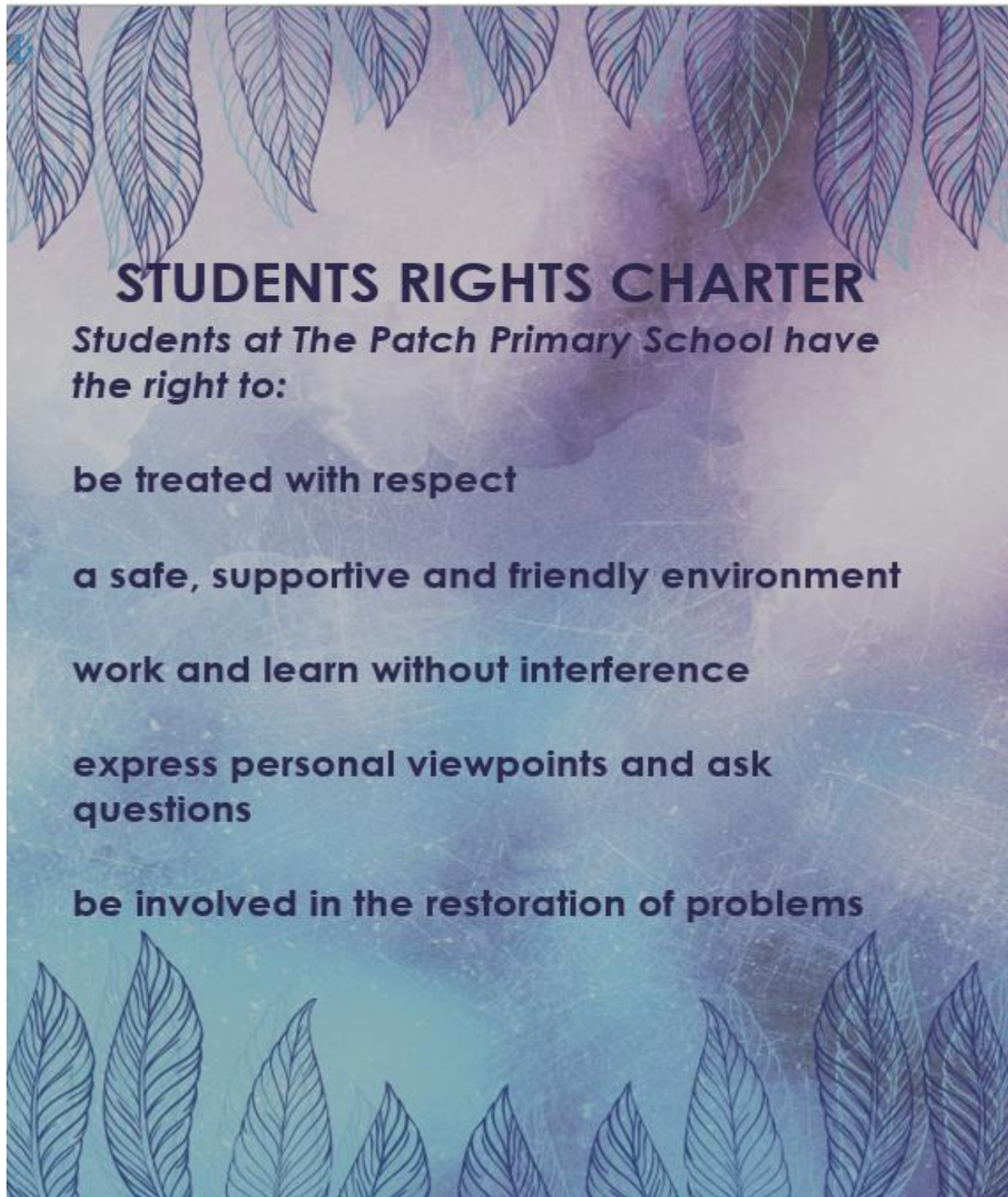
@ARIA.Official · Music award

If you want a fun, feel good way to waste some time during lock down on Facebook and you love music, look up the Aria Facebook page and take a trip down memory lane!! They have snippets of film clips from the Top 10 songs from all different years. Look up those significant years in your life and remember.....ahhh the 80's what a cheesy, delightful era.....I know most of you weren't born then...well you missed out on the hideously, awesome fashion and music!!! ENJOY!





Did you know this is displayed in every classroom??





# Some helpful resources from Anne

## The 8 Secrets of Wellbeing and Websites/apps That Can Help

(sourced from Michael Carr-Gregg's website)

1. **If you can't change it, change the way you think about it** (ecouch/this way up/moodgym)
2. **See life as it is, but focus on the good bits** (Three Good Things)
3. **If you want to feel good, do good** (The kindness app)
4. **When we are together, everything is better** (Happify)
5. **Be active, rest and relax** (Couch to 5K)
6. **There is more to life, when you stop and notice** (Headspace/Smiling Mind)
7. **Find time to lose yourself in what you love** (Blinklist)
8. **It helps to know what you are looking for** (Bucketlistly/Soon)



### Extra Resources

- John and Julie Gottman's [website](#)
- The 5 languages of love [website](#)

### Favourite Books

- '[Change Your Thinking](#)' by Sarah Edelman
- '[Why Kindness is Good for You](#)' by David R. Hamilton

Anne Lawry  
Wellbeing Support

# eSafety for our young people

During last year I attended some interesting and informative training conducted by the eSafety Commission via webinar.



With the increased use of the internet during COVID-19 there was a 40% increase in reports to the eSafety Commission. One example was bullying through gaming – 17% of children made a report in the previous twelve months. One in five decided to retaliate which caused an escalation to the issue.

**Building the personal and social capability in 5-11 year old children assists to reduce anti-social behaviour.** Depending upon where a child is at emotionally will influence their emotional response to online content and how they respond to it.



**Some indicators that a student is being impacted by something they've seen online are:**

- Showing signs of anxiety
- Behaviour changes – withdrawing or acting out the aggression or violence seen
- Peer conflict
- Carrying anger
- Overuse – repeated viewing of aggressive or violent content.

**Some interesting statistics are:**

- 33% of 8-17 y.o. have been contacted by strangers online
- Some evidence suggests that 1 in 10 children are being sexually solicited online
- Last financial year the eSafety Commission conducted 11,210 investigations into grooming, sexual solicitation, child sexual exploitation – an increase of 56%
- During lock down there was a 40% increase in contacts to Kidshepline and headspace.



**The eSafety Commission's top tips for parents to assist in protecting their children online include:**



- Using parental controls in apps and on devices to monitor and limit what your child does online
- Setting time limits for using devices during non-school hours
- Keeping your child in open areas of the home when using their devices
- Turning on or reviewing privacy settings to restrict who contacts your child in apps and games
- Keeping engaged through co-view and co-play by joining in with your child's online activities.

**The eSafety Commission has concluded that the biggest issue is that children are not sufficiently supervised in their online use.**

**What else is being done to reduce the impact?**

- Legislation response
- Technical response – during the previous 12 months, in response to pressure from the eSafety Commission, media services have improved the time it takes them to remove inappropriate content – usually within 24 hrs rather than 48 hrs or more
- Behavioural/education response.

**Parents can assist their child to map their wellbeing network so that they know who they can turn to when they have an online issue. For example:**

- Personal – Family members; Close friends
- External – Kidshelpline phone: 1800 55 1800 or email: [counsellor@kidshelpline.com.au](mailto:counsellor@kidshelpline.com.au)
- School – Trusted school staff; Wellbeing team members; Vice Principal; Principal.



**To ensure your child knows what online help is available. The eSafety Commission website has numerous resources for parents and children at <https://www.esafety.gov.au/>**

**eSafety for parents:**

- COVID-19 response – an online safety kit for parents and carers practising social distancing: It covers: The big issues; Children under 5; Sexting and sending nudes; Skills and advice; Cyberbullying
- Encouraging a whole school approach to eSafety

- Online safety for under 5s booklet – managing screen time and setting age-appropriate boundaries.
- Kids helpline has counsellors available 24/7 on the phone 1800 55 1800 or by email at [counsellor@kidshelpline.com.au](mailto:counsellor@kidshelpline.com.au). Web counselling is also an option.



Parentline is a free counselling service for parents on 13 22 89.

Think U Know – this AFP website has more information about reporting grooming – <https://www.thinkuknow.org.au/>



There's a saying, 'It takes a village to raise a child.'

However, it's clear that these days takes a whole community working together to keep a child safe online.

Anne Lawry  
Wellbeing Support

## **How to contact Anne or ask for help**

If you would like your child to see Anne you can go through any avenue that is most comfortable for you.

1. Contact your child's teacher, discuss the issue and they can send a hard copy of the form home for you to sign.
2. Email online form to Kim at the office and ask her to get Anne to call or email you.
3. Email Anne directly at [5173-wellbeing@schools.vic.edu.au](mailto:5173-wellbeing@schools.vic.edu.au)





## Serpent Earth Health

[angel@serpentearthhealth.com.au](mailto:angel@serpentearthhealth.com.au)

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

Angel is a mum of two awesome Patchlings, a School Council member and your local wild, loving naturopath & herbalist.

We all know that proper nutrition is important, and we all know that kids can have their own ideas on what that should look like. My 3-year-old refused to eat any of her dinner the other night and ate three apples instead \*sigh\*.

Nutrition is a big deal though, not only is it feeding the physical growth of our bodies, but it also supports mood, the stress response and thus behaviour.

It supports our sleep quality by stabilising blood sugar levels overnight, and good nutrition feeds our immune system so we can take on all the bugs going around.

Get in the good stuff where you can, if dinner is always a fight, use breakfast, lunch, snacks as a place to get in the nutrient loading, that way 3 apples for dinner is no big deal (however enormously frustrating because I spent 2 hours making an incredibly delicious highly nutritious meal!!...ok I feel better now).

Key things to get into your kids each day (and yourselves!):

	Protein	Good Fat	Fibre	B Vitamins	Water
<b>Examples please.</b>	Whole Eggs Meat Fish  Quinoa Beans & Lentils Tofu Hempseed	Avocado  Nuts & Seeds Chia Seeds  Olive Oil Coconut Oil  Fish Whole Eggs	Green leafy vegetables  Cruciferous Vegetables (broccoli cauliflower)  Avocado Fruit  Wholegrains (brown rice, quinoa, breads) Lentils & beans	Red meat & organ meat  Fish  Nutritional Yeast  Green Leafy Vegetables  Oats Nuts & Seeds Wild Rice & Quinoa	From the tap Mt Fiji or Franklin (any clean water)  Non caffeinated tea such as chamomile or rooibos
<b>Got any ideas?</b>	Eggs any-way (poached is my fav), on wholegrain toast.  Dahl  Quinoa breakfast bowl with walnuts, hemp seed, dried figs and macadamia milk a drizzle of honey & sprinkle of cinnamon, YUM!!	Chia pods or porridge.  Smashed avo on wholegrain toast or quinoa, with cherry tomatoes, feta cheese, and a drizzle of olive oil.  My kids will eat half an avo as a snack on its own.	You can toss all of those ingredients above together and make a salad. Throw in some tofu, halloumi or chicken, and you have some extra protein too.	Oat porridge with a sprinkle of nuts  Beef Sausage, or a fortified vegan/veg sausage on a bed of green leaves and wild rice cooked with dukkha spice.	Save the juices for parties and outings.



## Recipe

### Chia Pudding Yum Yum

(serves 2, halve ingredients for a single serve)

6 Tablespoons of chia seeds

1 tablespoon of honey

2 teaspoons of vanilla

½ cup milk of your choice (coconut, almond, oat, cow etc)

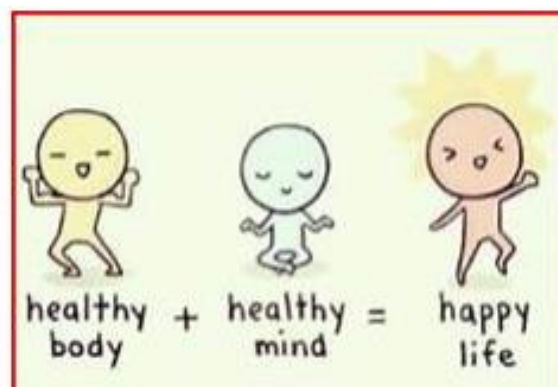
(Toppings of your choice frozen berries or fresh, peanut butter, chopped nuts & seeds, banana etc)

Mix all the ingredients together in a bowl. Leave on the table at room temperature to thicken, it will take about 15 minutes. (You can leave it in the fridge overnight so it's ready for brekkie in the morning)

Once thick, stir together again and add a splash of extra milk if needed.

Stir in your favourite toppings and dig in!

If you begin to see the good in every situation, you will be surprised at how little negativity life really throws at you.



"The greatest wealth is health"

THE HIGHLY SENSITIVE/ HIGHLY EMPATHETIC CHILD

# THE HIGHLY SENSITIVE/ HIGHLY EMPATHIC CHILD

And what you can do to help.....



***By Maree Eisma***

*Womens Wellness Coach-*

15-20% of the  
population are  
considered to  
be highly  
sensitive/Empathic.

"You're such a shy little thing... aren't you?", "What are you worrying about now?", "Are you tired.. AGAIN?", "Toughen up sweetie or this world will eat you alive"... Do any of those statements resonate with you.... Or perhaps someone you care about?

Well Hello. I am Maree Eisma (a clinical and mental health social worker and counsellor) employed in both a school setting and part time in private practice. I have a passion for working with the highly empathetic / highly sensitive beings in this world especially our little ones. I wanted to lift the veil on heightened sensitivity in children and share what you as a parent may benefit from knowing so you can best support a highly sensitive child or young person.

The above mentioned phrases are often the ones uttered by people in perceived authority to the child/ young person. They may even be utterances made by yourself at one time or another, because perhaps you like many other parents, are struggling to know how to best relate and nurture a highly sensitive child.

The problem with these statements, made by well meaning- and no-harm-intending authority figures, is that there is a failure to recognize the way that highly sensitive children are attempting to deal with being in a world that is overly stimulating and where a vast amount of energy is being channelled in simply processing the barrage of stimulation that is circling in and around them.

Continue reading this fabulous article written by one of our amazing parents by following the link:

[https://drive.google.com/file/d/1\\_4doJwG70CaMmkBLr5kWoSEM-0EU6bwT/view?usp=sharing](https://drive.google.com/file/d/1_4doJwG70CaMmkBLr5kWoSEM-0EU6bwT/view?usp=sharing)



# 7 Reasons Why It's Important to Let Your Kids Struggle

Big Life Journal

## 1. Struggle leads to growth



Struggle is an **essential component** of growth. If we only engage in activities that come easily to us, we're not stretching ourselves. And if we don't stretch ourselves, we will never reach our full potential.

## 2. Struggling enough vs. struggling too much



Teach children that asking for help is **not "giving up."** Instead, it's another strategy that children can use to solve a tough problem or overcome a big obstacle.

## 3. Builds problem-solving skills



Through the **process of struggling**, children develop creative problem-solving skills. Without struggle, children never encounter problems to work through.

## 4. Struggling fosters growth mindset



Through struggle, children realize that their **brains can grow**, they can do hard things, and that mistakes are simply learning opportunities. As a result, **they embrace struggle** instead of fearing and avoiding it.

## 5. Struggling Teaches Children to Manage Emotions



Struggle results in emotions like frustration, sadness, disappointment, and sometimes anger. We should **accept feelings without judging** them and we should learn strategies that help us work through difficult emotions.

## 6. How to teach self-regulation



**Help children find strategies** that keep them calm. Next time the child becomes frustrated, remind them of the strategies that help them manage frustration.

## 7. Struggle builds superheroes

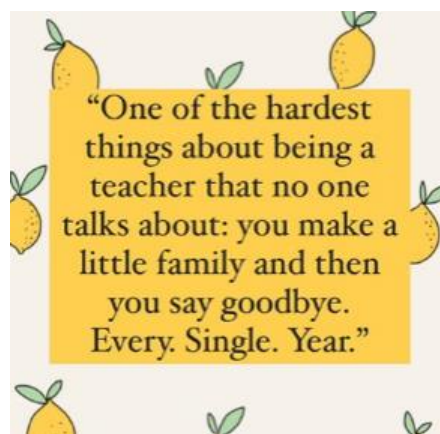
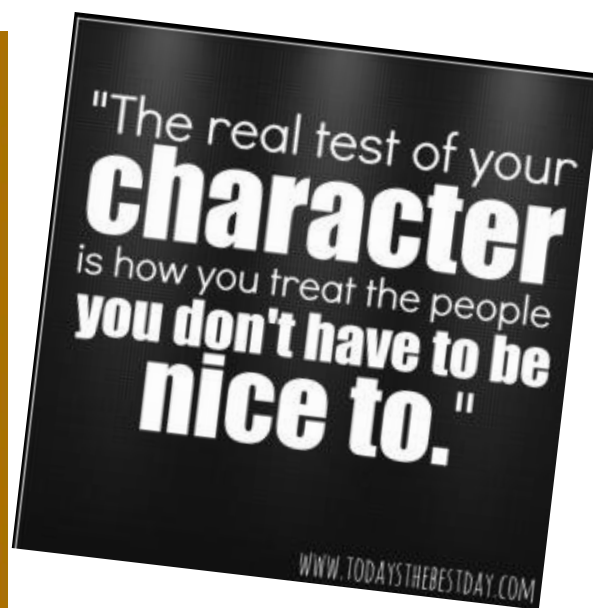
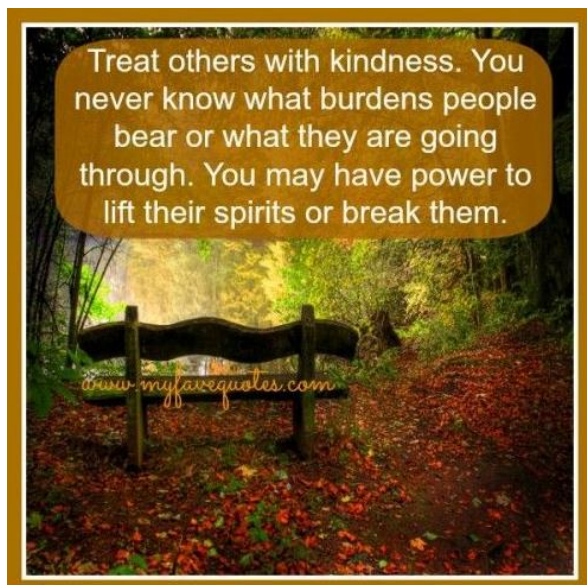


Through safe and developmentally appropriate struggle, we help children build the mindset and skills they need for a **happy and successful life**.

Read more here:

<https://biglifejournal.com.au/blogs/blog/struggle-is-important>









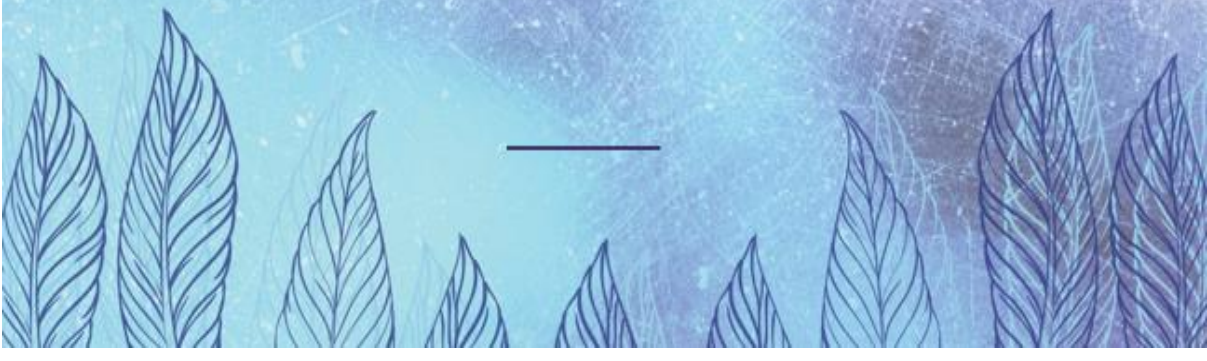
# AN INVITATION

To all our new in Grade 1-6 families that have transferred here from other schools and joined our beautiful school community in 2020 or 2021, we would love to have you come along to a morning tea to connect with our Patch community and meet other families.

Date and Time(was organised) BUT will be announced as soon as we get the COVID safe green light!

We just want you to know we are thinking of you and want to make sure we can help you feel welcome and part of our school community. In the meantime, please reach out to your teachers and school council if you need help or are feeling disconnected.

We are all here to help 🤝







# Building Better Brains

Shortening the Distance Between Heart and Brain

As you know last year our school was fortunate enough to receive a grant and have some brilliant parent/teacher education from Tony and Sian at Building Better Brains. I'm always keeping up with what they are doing and offering through their website as I think they are such a brilliant resource to all of us. They have some amazing short courses and webinars on offer that I'm sure some of you would find valuable. Head over to their website to read more about each course or go on the waitlist for some of Sian's in person clinical services for 2-12 year olds, teens and adults.

They also have some FABULOUS **FREE** materials for you to download as you can see on the next few pages.

Head over to their website:

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

## The Mission of BBB

In a world where change is the only constant, **Building Better Brains Australia** commits to growing capacity in the careers of our most valuable and vulnerable, our children.

The mission of **Building Better Brains Australia** is to engage, educate and empower parents, teachers and mental health professionals using evidence based strategies to help build better brains for the generation in our care.

We deliver brain wise, trauma smart approaches to teaching and learning with a focus on play, creativity and superskills. This is the cornerstone for building resilient, flexible and emotionally intelligent young minds that are capable, confident and creative.

Our workshops are engaging, practical and full of real stories that open up dialogue for long lasting change.

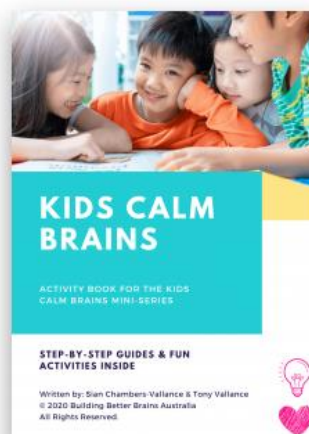
**Building Better Brains Australia** is the love child of award winning husband and wife power team – Sian Chambers-Vallance and Tony Vallance.



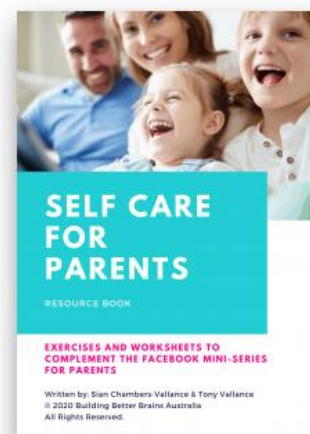
# Resource and Guide Books for Parents



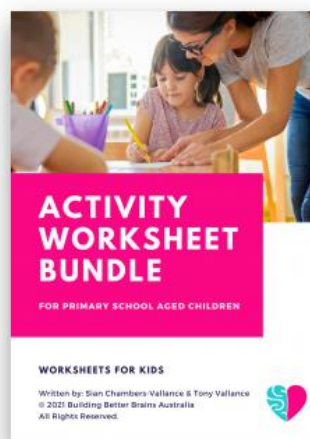
**How to Help Your Kids Thrive, Not Just Survive**



**Kids Calm Brains Activity Book For Kids**



**Self Care For Parents Resource Book**



**Activity Worksheet Bundle for Families**



**Building A More Mindful Family Activity Book**



**Power of Play Information Book For Parents**



**Self Care Weekly Activity Planner For Parents**



**Lunch Box Love Notes (Printable)**



## Short Courses and Webinars from Building Better Brains.

### Connection Based Parenting



90-Minute Webinar | Coming Soon

[Read More](#)

### Mindful Parents



90-Minute Webinar | Coming Soon

[Read More](#)

### 2,4,6,8 This is How We Regulate!



90-Minute Webinar | Coming Soon

[Read More](#)

### Superhero Parenting – Dad Edition



90-Minute Webinar | Coming Soon

[Read More](#)

### How To Create a Meaningful Connection With Your Child



60-Minute Webinar | Online | Self-Paced

[Read More](#)

### Kids Calm Brains Video Course For Children



30 Minutes | With Activity Book

[Read More](#)

### Unlocking the Secrets of Brain and Behavior



6-Hour Course | Self-Guided | Online

[Read More](#)

### Filial Therapy Parenting Course



7-Week Course | Self-Guided | Online

[Read More](#)

### Mindful Mummies



6-Week Course | Online | Self-Guided

[Read More](#)

### Neuroplay Early Intervention and Support Program



10-Week Program | Self-Paced

### Re-Connect Family Play Therapy



6-Week Program | Coming Soon

### Taming The Tiger



90-Minute Webinar | Coming Soon



## POSITIVE PARENTING TELEPHONE SERVICE

**FREE**  
VICTORIA WIDE SERVICE  
FOR

- Parents
- Grandparents
- Carers

Caring for children aged 2 - 12 years

OUR FREE 6 TO 10  
WEEK PARENTING PROGRAM  
HELPS YOU TO:

- Have stronger more positive relationships with your children
- Set rules and limits
- Manage everyday behaviour problems
- Teach new skills



Participants complete a workbook or online modules which are supported by weekly 30 minute phone calls with a trained parenting educator.

All of this can be done from the comfort of your own home at a time that suits you



Enrol now and make a  
positive start to last a lifetime

Please call  
**1800 880 660**

Enrolments are taken all year round

# Inspiro Belgrave

Don't forget we have a wonderful resource right at our doorstep.... Call  
Inspiro on 03 9028 0153

Our children's health services aim to prepare kids for school. Our family support services also help parents, youth and pregnant women.

We can help with



MENTAL HEALTH  
AND WELLBEING



YOUR DIABETES



YOUR TEETH



MOBILITY AND  
FALLS PREVENTION



MOVEMENT,  
BALANCE AND PAIN  
MANAGEMENT



YOUR FEET



SOCIAL SUPPORT



FAMILY SUPPORT



CHILDREN'S  
MOVEMENT AND  
MOTOR SKILLS



FINANCIAL  
SUPPORT

Give them a call to ask for advice.



## Other helpful Contacts

**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](#)





Set an example.  
Treat everyone  
with **kindness**  
and respect,  
even those who  
are rude to you —  
not because they are nice,  
simplereminders.com  
but because you are.

Simple Reminders  
SIMPLEREMINDERS.COM

We look forward to seeing you all soon, in person, back at school.

Thanks for all the support of our school staff and for showing care, kindness and understanding even when things are uncertain and ever changing. Thank you to all those that have contributed to the Wellbeing Newsletter. If you have anything you would like to add for Week 8 next Term please email me at [alesha.sangster@education.vic.gov.au](mailto:alesha.sangster@education.vic.gov.au)