



# PATCHWORK NEWS

RESPECT, RESPONSIBILITY, INTEGRITY

Friday 8<sup>th</sup> August - Term 3, Issue 1 2025



9756 7463

OSHClub: 1300 395 735 / 0400 708 773



Email: [the.patch.ps@education.vic.gov.au](mailto:the.patch.ps@education.vic.gov.au)



Website: [www.thepatchps.vic.edu.au](http://www.thepatchps.vic.edu.au)

## DATES TO REMEMBER

### AUGUST

- Mon 11th Yr 5/6 DreamCity Incursion (no payment req)
- Tues 12th Parent / Teacher Conferences (2.30pm - 7pm)
- Tues 12th Prep School Nurse Visit
- Fri 15th NAIDOC Sessions for all classes
- Wed 20th District Athletics (qualified students only)
- Thurs 21st Second Hand Uniform Sale
- Fri 22nd Book Week Dress Up - 'Book an Adventure'
- Fri 29th Yr 5/6 Senior HoopTime

### SEPTEMBER

- Mon 1st District Tennis (qualified students only)
- Fri 5th Father's Day & Special Person's Celebration (2.30pm - 3.30pm)
- Tues 9th Yr 3/4 SRC Market Stall Day
- Wed 10th District Summer Sports (qualified students only)
- Fri 12th Yr 3/4 Junior HoopTime
- Wed 17th Division Athletics (qualified students only)
- Thurs 18th Yr 5/6 Production - 'What a Knight!'**  
Prep - Yr 4 excursion during school time for matinee  
Main event at Emerald SC at 7pm (tickets via Try Booking)
- Fri 19th Last Day of Term 3 - Early finish (2.20pm & 2.30pm)**

### OCTOBER

- Mon 6th First Day of Term 4**
- Wed 15th 3/4G & 3/4P Student Showcase (5-6pm)
- Wed 15th 3/4I & 3/4E Student Showcase (6-7pm)
- Thurs 16th Division Basketball (qualified students only)
- Thurs 16th Prep & Yr 1 Camp Afternoon
- Fri 17th Division Volleyball (qualified students only)
- Mon 20th 1/2B & 1/2C Student Showcase (5-6pm) & Marble Run Fun (6-7)
- Mon 20th 1/2H & 1/2T Marble Run Fun (5-6pm) & Student Showcase (6-7)
- Tues 21st Division Softball (qualified students only)
- Wed 22nd Division Cricket (qualified students only)
- Thurs 23rd Regional Athletics (qualified students only)
- Fri 24th Division Tennis (qualified students only)
- Fri 24th Casual Dress Day
- Thurs 30th Prep Student Showcase (5-6pm)
- Fri 31st CURRICULUM DAY - Student Free Day

## BELL TIMES

8:55am First Bell

9:00am Learning Begins

11-11:45am First Break

11:45-12pm Lunch eating time

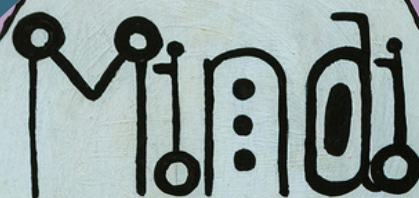
2-2:30pm Second Break

3:20pm Prep & Yr 1/2 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)

Happy Friday!

It has been a lovely start to Term 3 with so many sunny days to enjoy the outdoors.

Another congratulations to our Preps who recently celebrated their 100 Days of School! It is always fun to see so many littlies dressed as 100-year-olds. Thank you to all the families who took time off to join the celebrations. And a big thank you to our School Council parents for organising morning tea for everyone.

Our Year 5/6 Girls' Footy Team did our school proud last week. They worked well as a team and showed great sportsmanship on their way to 2<sup>nd</sup> place at District, after finishing in 1<sup>st</sup> place in MONDEC. Well done!

Next week we have our Parent-Teacher Meetings on Tuesday 12<sup>th</sup> August from 2:30pm. As previously mentioned, Alesha, myself and our wonderful ES will host all our students in the Hall from 2:30pm for some karaoke. We will bring students across to pick-up at regular times (3:20pm & 3:30pm), but feel free to collect them early from the Hall if you have an early PT Meeting. We'll send out extra information on the location of each teacher on Tuesday morning.

We've had recent reports of cars slipping on grass when wet. At the top of the entrance gravel carpark this has been an issue on damp mornings. Please avoid parking on the grass, as this can cause a potential crushing hazard. Fortunately, the process for the carpark to be bitumened is making progress behind-the-scenes. Once engineer reports approve the proposed drainage system, we hope to see works on the carpark begin in the coming months.

Keep a look out for parent/carer morning or afternoon teas over the next couple of weeks. The 3/4s have theirs next Friday afternoon, and times for the 1/2s and 5/6s will be released soon. These are great opportunities to connect as part of The Patch community. And we have an awesome, caring community here. So don't be shy!

Have a great weekend,

Jim



# 2026 Prep Offers

## ***ACTION BY FRI 22 AUGUST***

**All Prep 2026 enrolment offers have now been sent out.**

**Please ensure you accept your spot by Friday 22 August.**

Visit [students.educationapps.vic.gov.au/s/](https://students.educationapps.vic.gov.au/s/) to accept your offer and complete the online enrolment form.

Please ensure that all documents required are attached to the application.

You can download the Foundation (Prep) enrolment information pack here : [Enrolling in Foundation \(Prep\)](#)

### **Enrolment Timeline**

1. Submit your online application for Foundation (Prep) by Friday 25 July 2025.
2. You will be notified of the outcome of your application between Monday 28 July and Friday 8 August 2025. If you receive an enrolment offer, you should respond to the offer on VicStudents by Friday 22 August 2025.
3. Take part in enrolment information and transition sessions during Term 4, 2025.
4. Prepare your child to start Prep from Wednesday 28 January 2026.

## **Senior Sports at The Patch**



# WHAT A KNIGHT!

## The Countdown is On – What A Knight! is Coming!

The stage is set, the scripts are memorised, and the energy is electric — our 2025 Grade 5/6 School Production, What A Knight!, is less than six weeks away!

Our incredible students are deep in rehearsal mode, perfecting choreography, learning lines, and mastering the art of stagecraft as they prepare to bring this hilarious medieval adventure to life. With sword fights, princesses, potions, and plenty of laughs, this is one show you won't want to miss!

**Performance Date:** Thursday 18th September

**Venue:** Emerald Performing Arts Centre

**Two Performances:**

- **Matinee (12:30 PM):** For Prep–4 students, with limited tickets available for family and friends.
- **Evening Performance (7:00 PM):** Open to the whole school community.

Every Grade 5/6 student will be part of the magic — whether centre stage in a lead speaking role, singing and dancing in the vibrant chorus, or working behind the scenes to bring this unforgettable show to life.

Save the date and get ready for a KNIGHT to remember!

Ticketing information will be shared soon — stay tuned!

## Calling All Creative Helpers!

As we prepare for our exciting Grade 5/6 production What A Knight!, we are on the lookout for volunteers and donations to help bring our medieval world to life!

We're calling on our wonderful school community for support in the following areas:

### Volunteers Needed

Do you have skills in:

- Carpentry or construction? We'd love help building simple set pieces and props.
- Sewing or costume making? We're creating extra medieval costumes and could use some expert hands. We'd also love to recruit a volunteer costume coordinator.

### Donations of Materials

We're also seeking donations (borrowed or permanent) of the following items to use as props or costume materials:

- Kitchen utensils: Wooden spoons, ladles, whisks, rustic bowls or jugs
- Corflute sheets (for lightweight set pieces)
- Timber offcuts (nothing too large)
- Hessian sacks, large white or cream sacks
- Barrels or wooden crates
- Old milk urns
- Toy plastic swords or shields
- Animal head costumes or masks
- Glass beakers or jars (for "potions" in the magician's lab)
- Any materials and/or costumes that fit with the medieval theme (think mock chain mail, tunics, tabards, dresses)

If you can help in any way, please get in touch with Paul.

[paul.todd@education.vic.gov.au](mailto:paul.todd@education.vic.gov.au)



# SECOND HAND UNIFORM SALE!

\$2 per item  
Qkr! only

THURSDAY 21<sup>ST</sup> AUGUST  
8.45AM - 9.15AM

In the breezeway between the main building & Y1/2's  
Donations can be dropped at the office  
Thank you to our parent helpers for running the sale!



**BASKETBALL HELPERS  
NEEDED!**

Our junior (yr3/4) & senior (yr5/6)  
HoopTime days are coming up and we are  
looking for parent helpers to assist with  
coaching and scoring!

All volunteers will need a valid Working With Children's Check  
(WWCC). Please make sure your WWCC is registered at the office.

Please let Ollie know if you can help.  
[oliver.piesse-walton@education.vic.gov.au](mailto:oliver.piesse-walton@education.vic.gov.au)

🏀 **SENIOR HOOPTIME** 🏀

**FRIDAY 29<sup>TH</sup> AUGUST**

🏀 **JUNIOR HOOPTIME** 🏀

**FRIDAY 12<sup>TH</sup> SEPTEMBER**

## Yr3/4 Afternoon Tea!

Dear Parents and Carers,

We'd love to welcome you to a relaxed Afternoon Tea hosted by the School Council for Grade 3 and 4 parents and carers. It's a chance to connect with other families and meet members of the School Council.

📅 Date: Friday 15 August ⌚ Time: 2:30pm - until pick up 📍 Location: Eco Centre and Garden

Tea, coffee and biscuits will be provided, and siblings are welcome. We hope you can join us for a friendly catch-up and chat.

Warm regards, School Council



# 100 Days of School Celebration



On Wednesday the 30<sup>th</sup> of July our wonderful Prep children spent the day celebrating all of the hard work, learning and growth they have made over their first 100 days at school. They got to show off their work, and complete different activities with their special people throughout the morning. The children got to chalk bomb the school, writing as many '100's as they could and then ended the day with a dance party which was fantastic! We are all so proud of our Preps and we are looking forward to seeing just how much they grow throughout the rest of the year.



# PHILOSOPHY AT THE PATCH WITH THE PREPS

## Preps' Philosophical Thinking 😊

This week our Preps had their very first Philosophy session. We shared our thinking and discussed how we all think in our own special way because of the different things we've seen, heard, done, and felt in our lives. We learned that listening to each other's thinking helps us grow our own ideas, too. Here are some thoughtful snippets from our discussions :-).

What is thinking?

Thinking is.....

Deciding something. Frankie

When you close your eyes and you think about things. June

Thinking about what other people do. Dane

Thinking is listening. Harry

Thinking is helping people. Eloise

Something you do inside your brain. Heidi

Thinking is thinking really hard of what to do. Lua

When you like, figure something out. Milly

Ideas and thinking is learning. Lucy P

Thinking is when you want to know something and you think about it and you feel the answer in your head and then you know what you wanted to know. Willow

When you're trying to work out what you are doing the next day. Remy

Thinking is like you dream about something or you hear it, then you think about it.

Thinking is wondering whether you should do something or not. Mietta

Thinking is sort of choosing. Lucy P

Where does thinking happen/come from?

Thinking comes from a question. Harvey

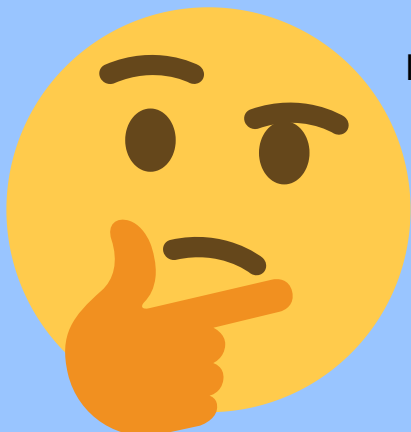
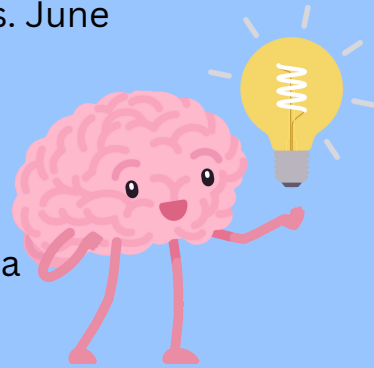
It comes from the inside of your brain. Ryan

Your dreams when you sleep. Savannah

Thinking comes from your mind. Harry

Inside my head. Reuben

Knowledge. Dane



## Drop off / Pick Up Reminder

To ease congestion and ensure a smooth flow of traffic that does not impact too greatly on our community please adhere to the following:

- Please move down as far as you can before dropping off or picking up your child/ren.
- Please do not arrive too early for pick up.
- If your child is not there, please continue around the ring road and do another lap to avoid holding others up.
- Please give way to those making a right turn into the school - this will help prevent traffic locking up in the driveway.
- Please adhere to the 10kph speed limit the whole way through the ring road for the safety of all.

Thank you all so much for your co-operation!



## INSTRUMENTAL MUSIC LESSONS

Our school has an excellent extracurricular music program with 5 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 individually.

### Jess Dunn

Junior Choir, small group ukulele lessons, small group voice lessons, solo lessons (voice or ukulele)  
Email: [jessdunn.arts@gmail.com](mailto:jessdunn.arts@gmail.com)  
Mob: 0408 102 542

### Hiro Mukai

Violin  
Email: [hiro1656@hotmail.com](mailto:hiro1656@hotmail.com)  
Mob: 0423 765 312

### Eddie Cole

Guitar  
Email: [music@eddiecole.com](mailto:music@eddiecole.com)  
Mob: 0417 152 947

### Mieke Florisson

Senior (Yr3-Yr6) Piano  
Email: [miekeflorisson@bigpond.com](mailto:miekeflorisson@bigpond.com)  
Mob: 0407 647 511

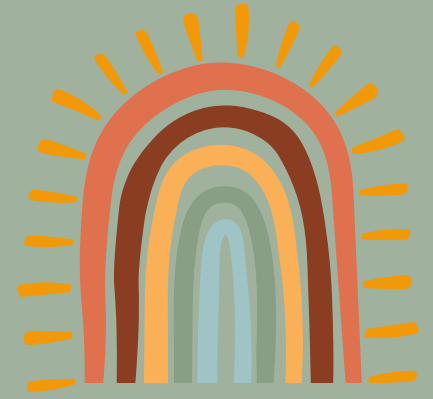
### Madeleine Rowe

Junior (Prep - Yr2) Piano  
Email: [musicalmother@hotmail.com](mailto:musicalmother@hotmail.com)  
Mob: 0408 539 523





# 2025 Term 3 - Wellbeing Section



Indigo & Alesha



Dear Patch Community,

Term 3 has started beautifully in the well-being space. Jim and I were chatting about how positive the school environment is, it feels like the difficulties of last year seem mostly behind us and the positivity has returned to students and staff. We are so proud of the relationships and trust being built with Jim and I as we work as a team to be available to help students and families as much as possible throughout the day. There is lots happening to update procedures and systems as we continue to keep improving the already beautiful aspects of wellbeing at The Patch.

Speaking of change, we are excited to announce that from 2026 our new school values will be Kindness, Courage, and Connection.

KINDNESS is at the heart of everything we do. We teach our students to be thoughtful, inclusive, and caring towards others, helping create a safe and welcoming environment for all.

COURAGE encourages our students to have a go, try new things, and speak up for what's right, even when it's hard. Connection reminds us of the importance of building strong relationships—with our peers, our teachers, our families, and community. We think of connection to our environment, our First Nations people, the world around us and our school family.

The Wellbeing Pillar team is working behind the scenes to create a Behaviour Matrix to develop explicit expectations of students in each area of the school. This will then link to our Resilience Plans (soon to be called Self-Care Plans) and Behaviour Management Plan.

I am also the Mental Health and Wellbeing Leader (MHWL) on our staff. The MHWL plays a key role in:

Supporting students' social and emotional development

Coordinating wellbeing initiatives across the school

Working closely with teachers and families to create inclusive, supportive learning environments

Connecting students and families to external services when extra help is needed

This year for me is about learning, supporting and building capacity in this roll and 2026 will be about implementing structures and processes to best help our kids in this area. I am connecting with other leaders in the hills community to ensure we have best practice an systems in place.

Im always here fore a chat or if you need help.

Warm regards,  
Alesha



You can't teach children  
to behave better,  
by making them  
feel worse. When most  
children feel better  
they behave better.

Pam Leo



# gratitude shout outs



**The ES team at The Patch PS for supporting all our students so well.**

**Big shout out to Tina Smigielski for hosting the Trivia Night and working hard all evening to ensure the night ran smoothly and everyone had a good time. Thank you!**

**Grade 6 Paul for all his hard work on our 5/6 production**

**Thanks to the Prep team for a wonderful 100 days of school celebration and to the parents who put on morning tea for us newbies.**

**The fundraising committee for putting on an awesome trivia night for everyone.**



# gratitude shout outs



Erica, for her constant kindness. You are a star!

Jim for his positivity, his endless energy and care of all the kids and staff at the school. We value all you do and appreciate your hard work at The Patch!

Haley - you are an amazing teacher and always have a smile on your face even when having a difficult day! You're awesome.

A huge thank you to Yale for being such an amazing and inspirational teacher, and for taking such beautiful care of 5/6Y! ❤️

Thanks to the Prep team for a wonderful 100 days of school celebration and to the parents who put on morning tea for us newbies.

Indi, thanks for teaching my child with such care and listening and helping them in the classroom. You will be a great teacher!

# Body Safety



## Body safety essentials for parents

For parents and carers

**Tuesday  
2 September**  
**Thursday  
4 September**  
7pm to 9pm  
Online event



Free  
Bookings  
essential

Be empowered with safety tools and knowledge to help protect children from sexual abuse at these free webinars presented by Body Safety Australia.

You will learn:

- Risks, myths, and misconceptions about childhood sexual abuse.
- Ten key areas of body safety.
- How to identify grooming behaviours.
- Age-appropriate play.
- Digital technology use, grooming, and abuse prevention.
- Practical body safety strategies to implement at home.
- How to support at-risk children, including self-care techniques.

For parents and carers of preschool-aged children

Tuesday 2 September, 7pm to 9pm

For parents and carers of primary school-aged children

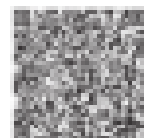
Thursday 4 September, 7pm to 9pm

### How to book

Book online at: [www.maroondah.vic.gov.au/body-safety-webinar](http://www.maroondah.vic.gov.au/body-safety-webinar)

For more information, please contact Cathie Willis, Children's Services Project Officer on 03 9298 5740 or email [childrens.services.events@maroondah.vic.gov.au](mailto:childrens.services.events@maroondah.vic.gov.au)

Presented in partnership with Rosendales, Knox, Whitehorse and Yarra Ranges Councils.



1300 88 22 33 or 9298 4598  
[www.maroondah.vic.gov.au](http://www.maroondah.vic.gov.au)



## PODCASTS RELATED TO RESPECTFUL RELATIONSHIPS

The following three podcasts are freely available and focus on gender norms and stereotypes. These are an easy listen when in the car and on the way to work if podcasts are your thing!

- Am I Equal? - A mini series by Laura Henshaw
- Raising Beautiful Boys - Pop Culture Parenting
- Are our boys ok? Fighting online misogyny with Kate Scott - Ladies, we need to talk.



There are no  
*perfect parents,*  
and there are no  
*perfect children,*  
but there are  
plenty of  
*perfect moments*  
along the way.



**“Teachers who  
love teaching,  
teach children to  
love learning.”**

**— Unknown**



# Something for the Dads



## Helping men create stronger connections.

My journey from tradesman to men's mental health specialist and counsellor has been enriching. It allows me to support men as they navigate life challenges, build stronger connections, and embrace their growth with confidence and clarity.

Before stepping into this work, I spent over 20 years running my own plumbing business while raising a family. I understand firsthand the pressures men face—balancing work, relationships, and fatherhood in a world that often expects us to push through without stopping to take a breath or show vulnerability.

Like many men, I grew up in an environment where showing emotions wasn't accepted. The unspoken rule was simple: suck it up and get on with it. But through my journey, I came to see how this 'tough it out' approach impacts not just our well-being, but also our ability to

connect with our kids, partners and mates. This awareness changed the way I approached being a husband, a father, and a man.

After years of conversations with other men, I discovered that most of us were carrying similar struggles, quietly searching for ways to create meaningful change. That understanding led me to make a major shift—leaving the tools behind to study counselling. Today, I support men through mentoring, counselling, and workshops.

Having walked this path myself, I bring real-world experience and professional insight to our work together. Sometimes, we just need someone who truly gets it to help light the way forward.

Walking beside you,  
Mark.



<https://markgee.com.au/workshops/a-dads-journey-online/>

### Walking the path of a modern man.

What does it mean to be a dad today? It can be a lonely journey, trying to figure it out as you go, learning through the tough moments and the good ones. Between work pressures and family life, it's not always easy to find the right balance.

A Dad's Journey is a guided 6-week program where you'll discover practical ways that work for you to strengthen family connections and navigate daily challenges. Each week builds on the last, building on your own unique strengths, with clear guidance and support throughout.

#### Outcomes:

- Stronger connections with your partner and children
- Better understanding of yourself
- Practical tools for challenging moments
- Supportive network of other dads
- Lasting positive impact on your family

- ✉ Weekly Monday morning emails with reflective prompts
- 🕒 8:00pm Thursday evening 90 min. live group sessions via Zoom
- 📖 Reflections on weekly topic
- 🗣️ Time for questions and share experiences without any pressure to just listen
- 👥 Supportive community of fellow dads



# Yarra Ranges Council Resources



## Community relief and support agencies

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

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

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

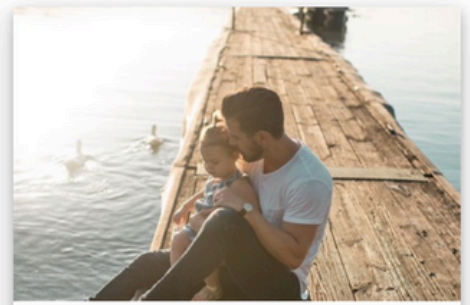
[www.yarraranges.vic.gov.au/Our-services/Health-and-wellbeing/Community-relief-and-support-agencies/Family-violence-support](http://www.yarraranges.vic.gov.au/Our-services/Health-and-wellbeing/Community-relief-and-support-agencies/Family-violence-support)

## Family Webinars

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

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

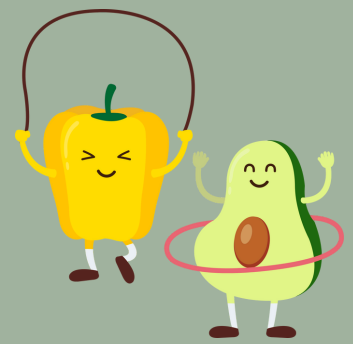
Stay up to date with the latest news for families and children 0-12 years by subscribing to the [Yarra Ranges Families and Children's newsletter](#).



<https://www.yarraranges.vic.gov.au/Our-services/Early-years-and-preschool/Family-Webinars>



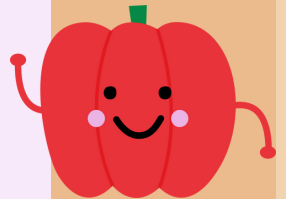
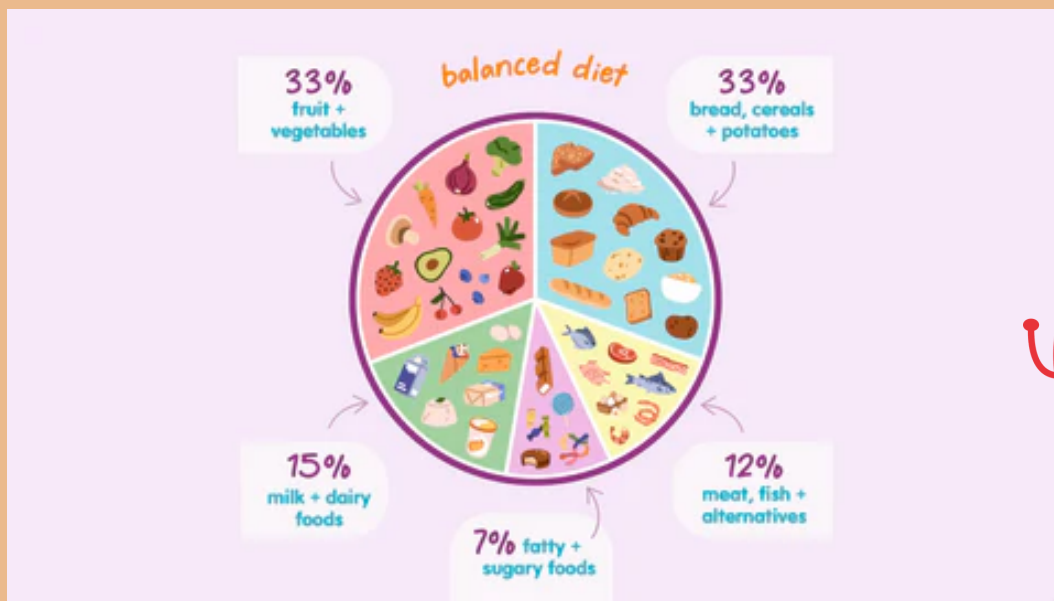
# some school lunch box inspo...



Some info and inspo on ways to pack your kids school lunches....



Follow this link:  
<https://bbox.com.au/blogs/all/fuel-for-winter-nutritious-lunchbox-ideas-for-active-kids?srsId=AfmBOopV-4MsoYHERWpZLRdWsVepuI42Vlx6s6Ejav6z9VzdK6-wagrV>

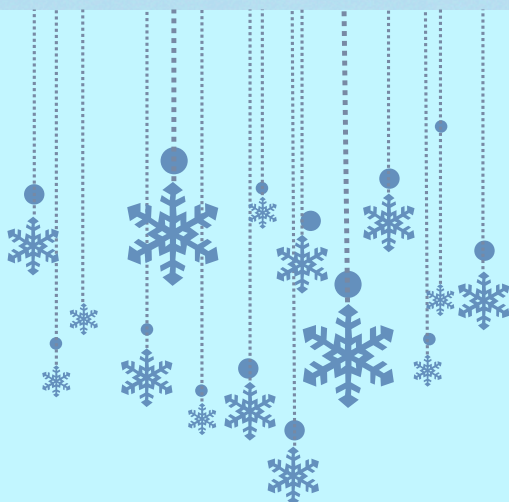
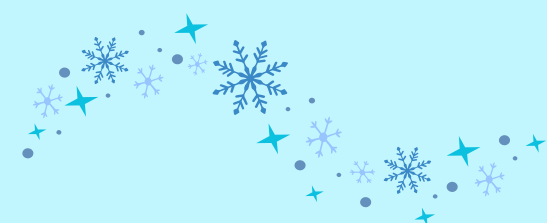




# SOME WINTER CRAFT IDEAS!

Follow this link for craft ideas:

<https://www.officeworks.com.au/noteworthy/post/learn-winter-craft-ideas-for-kids>





# FROM THE WELLBEING OFFICE...



Hi everyone,

It has been a bit of a slow start to the term for me, having just come back from being unwell in the first week. I've heard that lots of families have had a rough few weeks with the flu and other sickness and I wish everyone in the Patch community a speedy recovery! Anyway, here is what I've been up to otherwise:

## **Stormbirds Training**

Last term I trained up to become a Stormbirds facilitator. This is a group program for children who have suffered trauma through storms, floods, and other wild weather as I know that in the Dandenong Ranges we have had a few rough storms in the last few years. As much as I was excited to learn how to help the school community in these times, I do hope none of us need this help anytime soon!

## **Friendship Groups**

Last term I ran a group on Thursdays for a few grade 3/4s as well as one for some 1/2s. We talked about what friendship means to us all, how to be a good friend, opened up about challenges on the playground and in the classroom, played games and drew pictures. I will be open to running these this term also.

## **Kindness Matters Group**

Sofia and I have been working with students to come up with ideas of how we can spread kindness throughout the school. The children have also been creating their "Kindness Boxes", for other to put in their nominations of anyone who has been kind in their class. Each class will receive a box, designed by our very own Patchies! More events and ideas to come.

## **Student, Staff and Parents**

Besides all this, I have been doing my usual work with students one-on-one as well as parents and staff to try to support wellbeing at the Patch. I've got some new games in my office and even some Lego now!

For anyone who is keen to chat please note that I am in on Wednesdays and Thursdays.

You can contact me via email: [wellbeing.thepatch@gmail.com](mailto:wellbeing.thepatch@gmail.com)

...Sarah Strachan



# A poem from Jody...

## I Am Home

The trees dapple the light,  
It shifts as though living,  
The shade softens the stare of the day.

The curve of the laneways,  
The trees hug the road,  
All is lit with the colour of the seasons.

The mountain holds us steady,  
And lifts us to the sky.  
We rest easy on its curves of moulded earth.

The gardens speak with colour,  
Around their storybook houses,  
All in layers on a canvas of green.

The trees stand tall to the sky,  
The bark in its draping,  
Peels back the smooth colours of its layers.

The greens and the browns,  
My eyes can rest gentle,  
The air lifts me up with its clean.

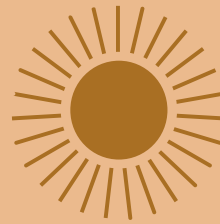
The trees breathe their stillness,  
The birds in their song,  
My soul is lifted high in this place.

When I go and return,  
It is all that I see -  
I am home, with my tall trees and the mountain.

Jodie Cameron  
(Charlie & Henry's mum)

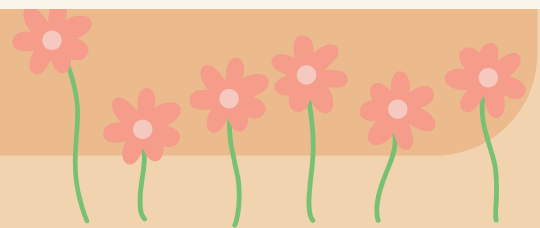


WHAT'S  
THE  
BEST  
THAT  
COULD  
HAPPEN?



BE THE REASON WHY  
SOMEONE FEELS INCLUDED,  
WELCOMED, SUPPORTED,  
SAFE, AND VALUED.

@BRITANDCO



LEAVE  
PEOPLE  
+ PLACES  
BETTER  
THAN YOU FOUND THEM

@OH\_SGRACEFUL



# 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 Notices

**FREE ZUMBA**  
FITNESS SESSIONS

**THURSDAYS @ 9.30am**  
August 14<sup>th</sup> until September 18<sup>th</sup>  
Monbulk Rangers Soccer Clubrooms  
121 Old Emerald Rd, Monbulk 3793

Join our energetic qualified instructor to move & groove your way into the day.  
Bring your friends, make new friends & enjoy a laugh.

REGISTRATION REQUIRED  
SCAN THE QR CODE OR VISIT  
<https://club.reclink.org/programs/AX6URB>



**VICTORIA** State Government  
**reclink australia**

CONTACT  
Kristy: 0434 319 977  
kristy.shaw@reclink.org

# I WANT MY MDR



**RADIOTHON 2025 FUNDRAISER GIG**  
FRI 12 SEPT, 6PM-MIDNIGHT - SOOKI LOUNGE, BELGRAVE

**LOIN GROIN | THE DEFIBS | THE LICKSPITS**  
**BETH SEYMOUR | HEARTS & ROCKETS**

**KHRISTIAN MIZZI | BENOIT**  
**MOONSHINE COALITION**

**INFRAGHOSTS | STATHIS//DAVEY//KIM**

GET YOUR TICKETS AT  
[WWW.3MDR.COM](http://WWW.3MDR.COM)  
OR AT THE DOOR

**3MDR** 97.1fm  
CELEBRATING 40 YEARS SINCE 1985

\$10 CONCESSION  
\$15 SUBSCRIBERS  
\$25 NON-SUBSCRIBERS  
\$40 FAMILY (4)



**Amber Williams**  
PHOTOGRAPHY

*"Wild. Messy. Unhemmed."*

Please call or email to arrange your session  
Phone 0408 080 796  
Email: [amberwilliamsphotography@gmail.com](mailto:amberwilliamsphotography@gmail.com)  
Website: [www.amberwilliams.com](http://www.amberwilliams.com)  
Social: [www.instagram.com/amberwilliamsphotography](https://www.instagram.com/amberwilliamsphotography)



# Community Notices



**EMERALD LAKERS**

TEAMS FOR ALL AGES

REGISTER TO PLAY **BASKETBALL**  
EMERALD LAKERS

REGISTRATION LINK  
[www.emerald Lakers.com.au](http://www.emerald Lakers.com.au)

More Information  
[join@emerald Lakers.com.au](mailto:join@emerald Lakers.com.au)

Home of the Lakers  
Emerald Primary School - Basketball Stadium

SCAN QR CODE by bitty



## KIDS OF GOLD CAMPS!

Lvl 1, Oct. 2025 Edition

**WEEKEND CAMP FOR KIDS IN GRADE 4 TO 6**

**\$85 FULL PRICE**

FROM FRIDAY 24<sup>TH</sup> TO SUNDAY 26<sup>TH</sup> OCTOBER 2025

To help kids build their self-esteem and confidence

**YOU ARE SUPER! Special!**



info@kidsogold.com.au  
0447 909 832

## Artisticat

FANTASTIC ONLINE ART CLASSES

Brilliant artists and instructors take the classes in real-time on Zoom.


- Easy to organise - we make it simple for you.
- The kids produce amazing work and are really proud of their art!
- All age groups covered!
- Super affordable
- To see the activities planned for the classes click visit our website. [www.artisticat.com.au](http://www.artisticat.com.au) There are some amazing art ideas planned!

**FIRST CLASS FREE!**

Just \$14 a class (exc GST)  
The full price varies depending on the number of classes in the term.

**LIMITED PLACES BOOK NOW!**

To book go to [www.artisticat.com.au](http://www.artisticat.com.au)



## \$5 Dance Fun Fest Week

Unlimited classes for just \$5

August 11-16 2025



For the love of

**DANCE**



# Community Notices

**BELCOMA**  
NETBALL CLUB  
Est. 1929

**NOW RECRUITING: MODIFIED U11**

**Kids aged 7-10 and new to netball?**

We've got the team for you! Join our Modified U11 team for Spring 2025 and learn netball in a welcoming and supportive environment.

**PLEASE CONTACT**  
**BELCOMA.PRESIDENT@GMAIL.COM**

## LONGEVITY SECRETS

Why do some older people look vibrant?

Maybe they've discovered their health potential.



Age proof your body

Live better for longer!

## IS THIS YOU?

Do you want:

- ✓ More energy?
- ✓ Great sleep?
- ✓ Improved fitness?
- ✓ More strength and better balance?

Is what the health experts say confusing and disjointed?

We give you key elements that we have trialled and tested to extend your health and wellbeing

## 6 WEEK HEALTH PROGRAM

Our 6 week program developed by a physiotherapist and personal trainer with a combined 60 years dedicated to health and wellbeing will give you the skills you need for a long and healthy life.

Bookings essential as its limited positions.

For details contact:

Allan Abbott 0419 379 371  
or  
Jess O'Meara 0421 805 696

