

2024 Term 1 Wellbeing Newsletter



Hello Lovely Community,

It feel like the last few years have had lots of change and upheaval and this year is no different!! Lots of physical changes are happening around the school, it seems it is an everchanging jigsaw puzzle Jim has inherited! I think we can all agree he is doing a brilliant job of juggling it all with a smile and a positive attitude. One day in the not too distant future we will have a new beautiful space again and the noise and destruction will be a memory!! PatchFest was a wonderful distraction and brought teachers, students and families together to celebrate everything we love about our Patch of Paradise- lots of happy feel good moments lead by our incredible pocket rocket AP Michelle. She was still jogging around the place at 9pm with a pep in her step!! Wonder woman!

This year, on Mondays I have release time from my grade for wellbeing work. If there is any time you need a debrief or workshop anything that is worrying you that perhaps doesn't need to be escalated to Jim or Michelle, feel free to make a time and come on in. I'm obviously not a councillor BUT I may be able to help with services or strategies OR just be a place to download and understand. Enjoy a well deserved break everyone and we will be back next term ready for the next instalment!

Kind regards
Alesha x

REMINDERS

- ✓ Please email any contributions for next Term's Wellbeing Newsletter to:
alesha.sangster@education.vic.gov.au 😊

Contributions include:

- ✓ -Recipes
- Poems
- Articles
- Infographics/ images that have resonated with you
- Any other wellness related content that you think the community would benefit from seeing.

UPCOMING DATES

March 28th

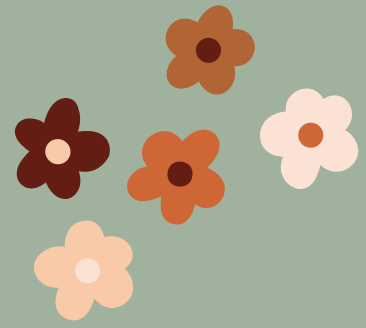
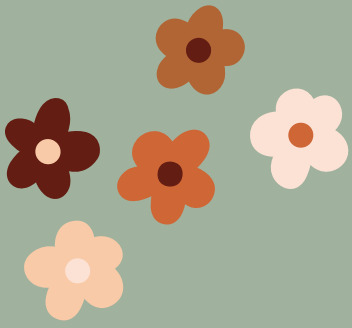
Last day of Term 1
2.30pm finish

April 15th

FIRST DAY OF TERM 2

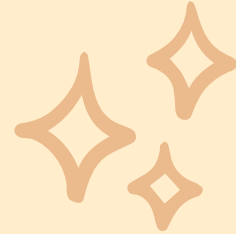


GRATITUDE SHOUT OUT PAGE



GRATITUDE SHOUT OUT:

Indigo and Paula- A huge shout out to Indigo and Paula who have moved tutoring spaces 4 times this year , lugging furniture and resources all over the school and still somehow managing to keep the program going. Your work with our kids is appreciated and valued.

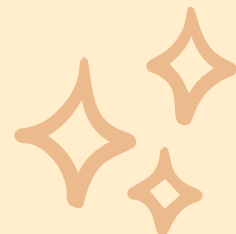


GRATITUDE SHOUT OUT:


Michelle - For always thinking it can be done even when it feels like it cant. PatchFest was what our community needed and we thank you for steering the ship for our community 😊

GRATITUDE SHOUT OUT:


Irene: Thank you so much to Irene who is doing such an amazing job teaching 3/4 !! Your kindness and gentleness make your classroom such a happy and safe space for the children.




GRATITUDE SHOUT OUT PAGE



Prep Team- for all your hard work moving into the library and creating a lovely space for our children to continue to learn- we appreciate you.



GRATITUDE SHOUT OUT:
Lukas- For going above and beyond, you are always putting your hand up to help. We appreciate your talents and all that you bring to The Patch. Thanks for the music at PatchFest, you created a beautiful atmosphere!



GRATITUDE SHOUT OUT:
Anne- Thank you to Anne! We will miss seeing your beautiful smiling face around the school! Thank you too for your beautiful and wise articles in the Wellbeing Newsletter.

**ANOTHER BEAUTIFUL POEM
FROM ONE OF OUR LOVELY
PARENTS...**

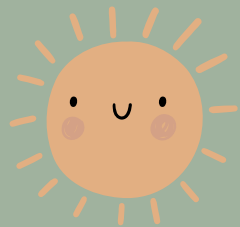


A Moment

In the quiet of a moment,
At the length of a golden day,
My eyes take me out of myself -
I see that softness pinks the clouds.

Jodie Cameron
(Charlie & Henry's mum)

A FINAL WORD FROM ANNE....



Reflecting upon my time at TPPS

As news of my impending retirement has trickled down through the school community, I have received some lovely messages which have caused me to pause and reminisce about my time at TPPS since commencing during term 1 of 2021. What follows is a potted history.

Throughout most of 2021, the lockdowns and subsequent restrictions continued to make life very challenging for the majority of us. I was no exception. I felt very constrained in my role because for much of that year, I was unable to meet with people face to face. In addition, the storm on Wednesday June 9th was devastating for several families from TPPS and hugely impactful for the majority of school families.

The whole school community continued to function in the 'new normal'. School events were planned - some were cancelled, postponed or successfully rescheduled. Some actually went ahead as planned!! Excursions remained as incursions. Remember the word, "pivot"? Everyone was pivoting!!

By 2022 there were no more lockdowns. However, disruptions to classes and staff attendances continued and created ongoing uncertainty for many students and families. Thankfully, camps; excursions; picnics; sporting events and various music performances were able to proceed. Much planning went into the school's 40th birthday celebration in October and a fantastic time was had by all. The year ended well with the Colour Fun Run and Grade 6 graduation.

Things were almost back to 'normal', but this raised the question about what is 'normal'? It became apparent that it didn't mean a return to how things were before the pandemic. 2023 was a much less disrupted school year for most. However, for myself, a badly injured ankle at the beginning of term 3, and with school access impeded by stalled construction on a gently sloping pathway, I was forced to 'pivot' once again and work offsite for seven weeks.

At the conclusion of term 3, the TPPS community put on a wonderful production, 'Willow the Wonderer' before fondly farewelling retiring Principal, Deb Hermann who had been at the helm for around 16 years.

Term 4 commenced with welcoming a new Principal, Jim Burnside and his family. It concluded with the commencement of building works with the kindergarten relocating; a successful inaugural Patchmas celebration evening; Grade 6 graduation and several musical performances. Unfortunately, I missed many of these lovely events having tripped on raised concrete and faceplanted onto the concrete pathway close by to The Nest in early December. It was a bruising experience.

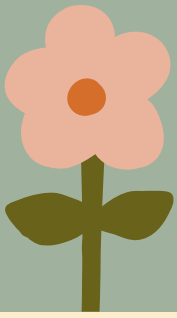
2024 has brought with it another storm which resulted in inconvenience and some lengthy disruptions, along with some extreme weather days, just to keep everyone on their toes. The 'big build' has continued in earnest. Everyone's patience and resilience are being tested and they are learning about the importance of being flexible once more. All that 'pivoting' practice in recent years has proved useful.

We're all looking forward to an exciting finish to term 1 with Patchfest 2024 and the School Fun Run.

It has been a privilege and an honour to have been accepted into such a wonderfully caring school community. As my husband and I look forward to the next chapter in our lives, I am very aware of how much I will miss everyone in the TPPS community. I greatly value the trust that has been extended to me, the many interesting chats and all the fabulous people, young and older, who make this school such a special place to have been in.

With my very best wishes,
Anne Lawry
Wellbeing Support





HOW DO WE INCREASE RESILIENCE IN OUR CHILDREN CONT....



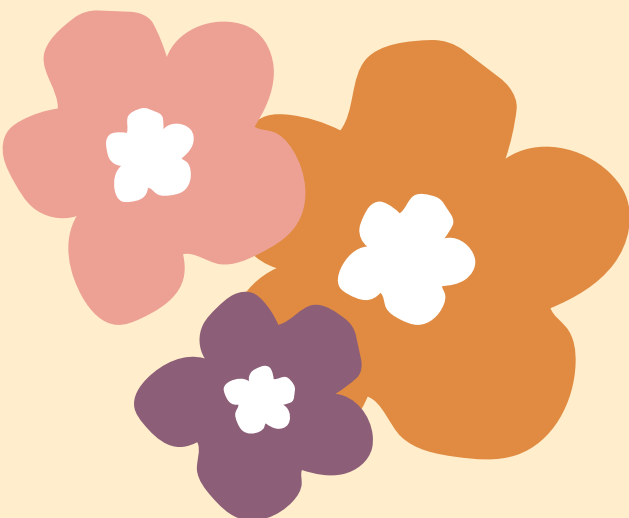
Canva

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Sorry, you cannot access this page

Please visit our [Help Center](#) for more information. Error code:
[869beed0495b077c]

Thank you Anne for coming to The Patch with your quiet calm ways, for listening, caring and guiding. We will miss you and we wish you a relaxed and happy retirement. From all of you Patch family...





Gather My Crew



Help Literacy Hub

INFORMATION AND resources Helpful Tips Tips for Getting Help Tips for Giving Help Tips for Referrers Tips for Grief and Loss Tips for Illness and Injury Tips for Disasters

 Gather My Crew /

A helpful website for seeking help.....
<https://www.gathermycrew.org.au/help-literacy-hub/>

Meet Megan

About Me

Hi! I'm Megan and I deeply enjoy supporting others through the use of movement.

I may look familiar to you - I have been a teacher at The Patch PS since 2010!

I am currently studying **Dance Movement Therapy** and am very excited to be bringing my offerings to The Patch PS.

Contact

Please notify The Patch office to express your interest. Alternatively get in touch directly:

megan@theshakelab.com.au

0438601611

www.theshakelab.com.au



DMT

The American Dance Movement Therapy Association (ADTA) defines dance/movement therapy as the psychotherapeutic use of movement to promote emotional, social, cognitive and physical integration of the individual.

I will be providing 1:1 sessions and/or small groups. These sessions can support emotional regulation, build confidence, ease anxiety, improve social skills, expand mobility and provide an avenue for self expression.

In my sessions I utilise movement, art, music and props. My approach is warm, responsive and enthusiastic.



MEGAN BISHOP

DMT STUDENT

Hi! I'm Megan (known also as Meggs!) and I am passionate about all things MOVEMENT. My life has been intertwined with dance from a young age - learning, performing, creating, teaching... This love and curiosity has led me to studying a diploma in Dance Movement Therapy. Through my studies I am learning the evidence, knowledge and tools behind something I have always known in my heart - that movement is therapeutic. I hope to integrate this diploma with my experience as a school educator and dance facilitator to support people with therapeutic movement as well as collaborate and create meaningful dance projects in my local community.

EDUCATION

Diploma in Dance Movement Therapy - Dance Therapy Training Aotearoa, NZ (in progress)

Certificate in DMT attained

Master of Arts & Entertainment Management - Deakin University

Graduate Diploma of Education (Primary) - La Trobe University

Bachelor of Arts (Contemporary Dance & Health Promotion) - Deakin University

SKILLS

Creative Thinking (BIG ideas and planning / execution)

Interpersonal Skills

Empathy

Choreographic / Production skills

CONTACT

 0438601611

 megan@theshakelab.com.au

 www.theshakelab.com.au

 Melbourne, Australia



EXPERIENCE

Group Facilitator /Therapy support

2022 –2024

Various placements

- Facilitating therapeutic dance groups
- 1:1 dance movement therapy
- Supporting online DMT groups

The Shake Lab - Director

May 2017 – current

- Owner and Director of 'The Shake Lab' Creating, planning and teaching dance classes for adults
- Facilitating dance workshops and school projects in the community

Primary School teacher / Performing Arts teacher

January 2010 – current

The Patch PS / Malvern East PS

- Accomplished level Primary classroom teacher
- Performing Arts Teacher
(Specialist teacher)

"The Body says what words cannot."

Martha Graham

YARRA RANGES SCHOOL HOLIDAY ACTIVITIES

[HTTPS://WWW.YARRARANGES.VIC.GOV.AU/COMMUNITY/FAMILY/SCHOOL-HOLIDAY-ACTIVITIES](https://www.yarraranges.vic.gov.au/community/family/school-holiday-activities)



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MAR 2024

Two Girls from Amoonguna

Two Girls From Amoonguna
Sally M Nangala Mulda and Marlene Rubuntja's tale of resilience and enduring childhood friendship. An ACMI touring exhibition.

 Yarra Ranges Regional Museum, 35-37 Castella Street, Lilydale 3140




02

APR 2024

Night Bush Walk

Bring your torch and comfortable shoes and take a walk to see what animals we can find in the dark!

 Mt Evelyn Rotunda - just to the left of the Community House, Wary Cres, Mt Evelyn 3796




10

APR 2024

Nature Wreaths

Connect with Nature and celebrate Nature Play Week!

 Healesville Seniors Hall, 18 Green Street, Healesville 3777




10

APR 2024

Djirri Djirri Interactive Dance Performance

A Wurundjeri interactive dance performance at The Memo Healesville for the whole family. The Djirri Djirri Dancers share a snapshot of Wurundjeri culture, Wurundjeri women and their dance journey, and finish off by teaching a Djirri Djirri dance.

 The Memo, 235 Maroondah Hwy, Healesville 3777

We like to always start the year with a reminder about, "that child"

That Child

Dear Parent

I know. You're worried. Every day, your child comes home with a story about THAT kid. The one who is always hitting shoving pinching scratching maybe even biting other children. The one who always has to hold my hand in the hallway. The one who has a special spot at the carpet, and sometimes sits on a chair rather than the floor. The one who had to leave the block centre because blocks are not for throwing. The one who climbed over the playground fence right exactly as I was telling her to stop. The one who poured his neighbour's milk onto the floor in a fit of anger. On purpose. While I was watching. And then, when I asked him to clean it up, emptied the ENTIRE paper towel dispenser. On purpose. While I was watching. The one who dropped the REAL ACTUAL F-word in gym class.

You're worried that THAT child is detracting from your child's learning experience. You're worried that he takes up too much of my time and energy, and that your child won't get his fair share. You're worried that she is really going to hurt someone some day. You're worried that "someone" might be your child. You're worried that your child is going to start using aggression to get what she wants. You're worried your child is going to fall behind academically because I might not notice that he is struggling to hold a pencil. I know.

Your child, this year, in this classroom, at this age, is not THAT child. Your child is not perfect, but she generally follows rules. He is able to share toys peaceably. She does not throw furniture. He raises his hand to speak. She works when it is time to work, and plays when it is time to play. He can be trusted to go straight to the bathroom and straight back again with no shenanigans. She thinks that the S-word is "stupid" and the C-word is "crap." I know.

I know, and I am worried too.

You see, I worry all the time. About ALL of them. I worry about your child's pencil grip, and another child's letter sounds, and that little tiny one's shyness, and that other one's chronically empty lunchbox. I worry that Gavin's coat is not warm enough, and that Talitha's dad yells at her for printing the letter B backwards. Most of my car rides and showers are consumed with the worrying.

But I know, you want to talk about THAT child. Because Talitha's backward Bs are not going to give your child a black eye.

I want to talk about THAT child, too, but there are so many things I can't tell you.

I can't tell you that she was adopted from an orphanage at 18 months.

I can't tell you that he is on an elimination diet for possible food allergies, and that he is therefore hungry ALL THE TIME.

I can't tell you that her parents are in the middle of a horrendous divorce, and she has been staying with her grandma.

I can't tell you that I'm starting to worry that grandma drinks...

I can't tell you that his asthma medication makes him agitated.

I can't tell you that her mum is a single parent, and so she (the child) is at school from the moment before-care opens, until the moment after-care closes, and then the drive between home and school takes 40 minutes, and so she (the child) is getting less sleep than most adults.

I can't tell you that he has been a witness to domestic violence.

That's okay, you say. You understand I can't share personal or family information. You just want to know what I am DOING about That Child's behavior.

I would love to tell you. But I can't.

I can't tell you that she receives speech services, that she has a severe language delay, and that the therapist feels the aggression is linked to frustration about being unable to communicate.

EASTER RECIPES TO MAKE WITH THE FAMILY



<https://www.bbcgoodfood.com/recipes/collection/easter-kids-recipes>



Easter egg cheesecake

★★★★★ 35 ratings

Got leftover Easter eggs to use up? Try incorporating them into an easy no-bake vanilla cheesecake. Chill the cheesecake overnight for the best results

20 mins Easy Vegetarian



Easter traybake

★★★★☆ 10 ratings

Make this easy Easter-themed traybake with the kids. It features a chocolate sponge covered in fudge icing then decorated with Easter sweets and treats.

55 mins Easy Vegetarian



Easter simnel cake

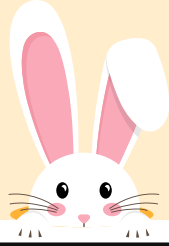
★★★★★ 62 ratings

Bake this classic Easter simnel cake. Top with 11 balls of marzipan – said to represent 11 of Jesus’s disciples, leaving off Judas – or with spring flowers

2 hrs 30 mins Easy Vegetarian



PRINTABLE EASTER COLOURING SHEETS...

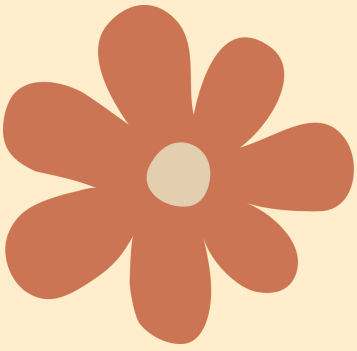


<https://www.crayola.com/free-coloring-pages/print/easter-eggs-coloring-page/>

Happy Easter!



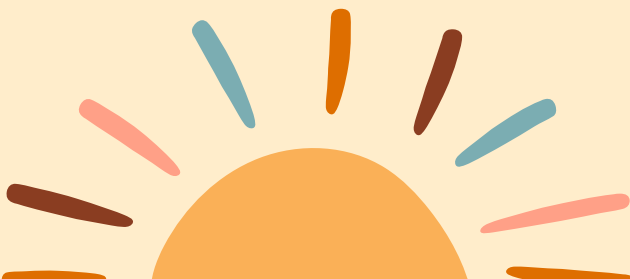
BELIEVE
IN YOUR
ABILITY TO
OVERCOME
OBSTACLES



"Community is much more than belonging to something; its about doing something together that makes belonging matter"



you are
enough.





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

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



If you or anyone you know needs help:

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

Specifically for men:

No To Violence: Male Family Violence Prevention Association

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

03 9487 4500

www.ntv.org.au

Men's Referral Service

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

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

MensLine Australia

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

1300 789 978

www.mensline.org.au

Specifically for women:

Women's Safety After Separation

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

ncsmc.org.au/wsas/welcome.htm

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

1300 134 130 (9am – 5pm)

wire.org.au

Women's Health Victoria

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

thewomens.org.au/WomensHealthInformationCentre

Centres Against Sexual Assault (CASAs)

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

www.casa.org.au

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

(Eastern CASA is in East Ringwood – 9870 7330)

Adults Surviving Child Abuse (ASCA)

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

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

For LGBTQIA+:

QLife Australia (formerly Switchboard Victoria)

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

www.qlife.org.au

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

Gay and Lesbian Health Victoria (GLHV)

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

www.glhv.org.au/

03 9479 8760

For Children and Young People:

DHS Child Protection Crisis Line

131 278 (24 hours/7 days) – statewide

Australian Childhood Foundation

www.childhood.org.au

1800 176 453 or 03 9874 3922

Parentline Victoria

www.parentline.vic.gov.au

132 289 (8am-midnight, 7 days)

Kids Helpline

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

1800 551 800 (24 hours/7 days)

Australian Childhood Foundation

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

www.childhood.org.au



ARE
YOU
OK?



Outer Eastern Melbourne

1800 271 150

oema@orangedoor.vic.gov.au

4-16 Devon Street

(Corner Pierson Drive and Railway Grove)

Croydon, 3136

Who is The Orange Door for?

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