



PATCHWORK NEWS

RESPECT, RESPONSIBILITY, INTEGRITY

Friday 9th May - Term 2, Issue 1 2025



9756 7463

OSHClub: 1300 395 735 / 0400 708 773



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



Website: www.thepatchps.vic.edu.au

DATES TO REMEMBER

MAY

- Mon 12th Mother's and Special Person's Afternoon (Whole School)
@ 2:30 - 3:30pm
- Tues 13th Open Afternoon - ALL WELCOME (3:45 - 4:45pm)
- Thurs 15th Second Hand Uniform Sale (8.45am - 9.15am)
- Fri 16th House Athletics Day (Whole School)
@ Morrison Reserve Athletics Track, Mt Evelyn
- Wed 21st Yr 5/6 Sovereign Hill Camp Commences
- Wed 21st National Simultaneous Storytime for Preps
- Fri 23rd Year 5/6 Sovereign Hill Camp Returns
- Fri 30th District Cross Country (Qualified students only)
- Fri 30th Reconciliation Day - 'Wear it Yellow'

JUNE

- Tues 3rd Divisional Cross Country (Qualified students only)
- Fri 6th SRC- Free Dress-Charity fundraiser TBC
- Fri 6th Community Action Afternoon (3pm-5pm)
- Mon 9th KING'S BIRTHDAY PUBLIC HOLIDAY**
- Thurs 12th Regional Cross Country (Qualified students only)
- Wed 18th Yr 3/4 Phillip Island Camp Commences
- Fri 20th Yr 3/4 Phillip Island Camp Returns
- Mon 23rd Yr 1/2 History Excursion to NGV and Polly Woodside
- Tues 24th District Winter Sports (Qualified students only)
- Tues 24th Smile Squad School Visits Commence
- Sat 28th Trivia Night

JULY

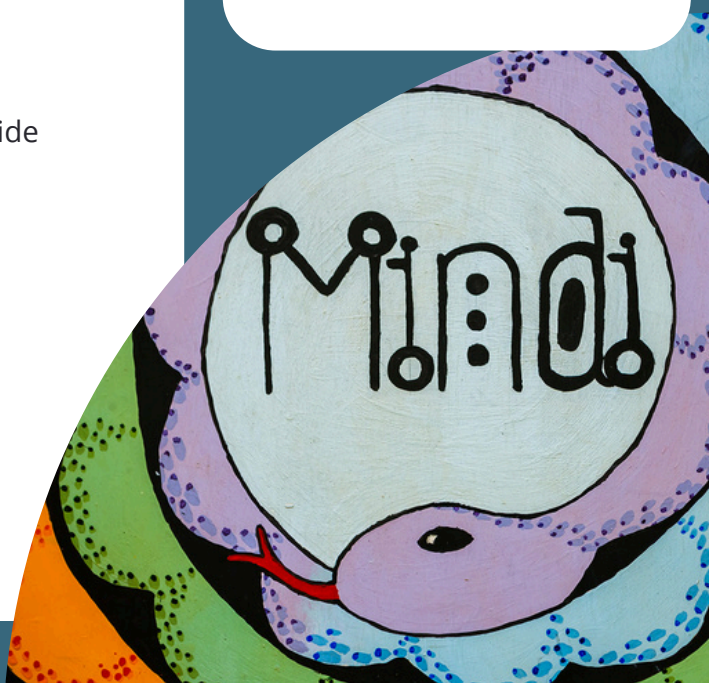
- Fri 4th Smile Squad School Visits Finish
- Fri 4th LAST DAY OF TERM 2**
Early Finish @ 2:20pm & 2.30pm
- Mon 21st FIRST DAY OF TERM 3**
- Wed 30th Prep 100 Days of School

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

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

Hi Patchies,

It has been a glorious start to Term 2! Not only has the weather been beautiful for lots of outdoor play opportunities, but all the building work fences came down! It has been wonderful to be able to freely move around the whole school for the first time since I arrived at The Patch.

This week our Library opened up again! Deb and the Library Leaders have done a brilliant job in chipping away at all the shelving and books that needed moving and sorting. This has resulted in R&R re-locating back to the Library – a calm space where students can read or play board games. In addition, our Library is already being put to good use with Lunch Clubs fully operating again. Story writing, comic drawing and MineCraft clubs in the Library have been very popular so far.

Our Eco Centre has been recently revamped, too. Kim has overseen the installation of ovens and other wonderful interactive resources, including some homes for Spike (our blue tongue lizard) and our butterfly visitors. Jess has been creating an amazing nature mural in there that is a must-see. Make sure to spend some time in the Eco Centre during our Open Afternoon!

Next week is full of events. Monday afternoon is our Mother's & Special Person's Afternoon with a theme of 'relaxation'. Then, on Tuesday, we have our Open Afternoon after school to celebrate our new spaces with current, former and future families. And on Friday we have our House Athletics Day in Mt Evelyn. This is always a tonne of fun with lots of active games and modified races.

We have camps coming up soon! Later this month our Year 5/6s head off to Sovereign Hill to pan for gold and explore what life was like during the gold rush. Next month our Year 3/4s head to the Phillip Island Adventure Camp to take part in lots of outdoor activities: giant swing, ropes course, flying fox and much more. Plus, they get to see the penguin parade and koala sanctuary! Each camp should be a great experience for all our senior students.

Take care and see you around the loop,

Jim



Mother's & Special Person's Afternoon

Monday 12th May

2.30pm - 3.30pm

(in the classrooms)

**COME ALONG AND HAVE A
RELAXING GOOD TIME!!**

see Compass for more info



SECOND HAND UNIFORM SALE

When: Thursday 15th May - 8:45 - 9:45am

Where: The breezeway between the Main Building
& the 1/2 Learning Hub

The Second Hand Uniform Shop is run by our
amazing parent volunteers and all proceeds of
sales go directly to school fundraising!
All payments for second hand items are processed
via Qkr! (no cash sales).



The Patch Primary School



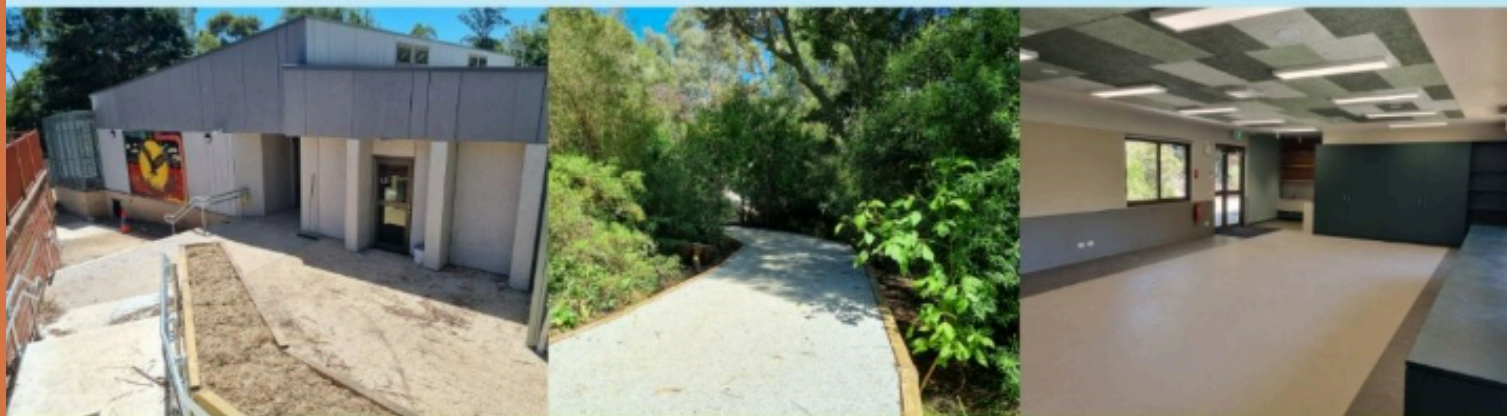
Open Afternoon

3:45 – 4:45pm
Tuesday 13th May

All our brand new and updated buildings and outdoor spaces are open!

All current, former and future families are welcome to join us in exploring our revamped school.

Activity booklets for families will be available from the office upon arrival.



No booking required - 9756 7463 to book a tour

The Patch Primary School

presents



2026 Prep Get to Know Us Session

**5pm Tuesday 13th May
in our Library**

Join our Patchie Principal, Jim, as he presents information on all The Patch has to offer: nature-based learning, wellbeing initiatives, learning programs & more.

A guide for online enrolment will be included.

No booking required - 9756 7463 to book a tour

26th ANZAC CEREMONY FOR SCHOOLS

On Wednesday 23rd April our Senior School Choir attended the 26th Annual ANZAC Ceremony for Schools at the Dandenong Ranges National Park in Ferntree Gully.

The Senior School Choir were invited to sing alongside the Tecoma Primary School Choir.

We also had three year 6 students lay a wreath on behalf of our school.

Congratulations to all involved on representing our school so well!!!



Smile Squad is coming to The Patch Primary School

Dear families,

The Smile Squad team from EACH are coming to our school from 23rd June 2025.

Smile Squad is the Victorian Government free school dental program.

This means all students can get a free dental check-up, preventive services, and treatment at school.

How to access free dental care

We need your consent before we can provide services. Consent is usually provided by a parent or guardian.

Sign up to Smile Squad at: <https://bit.ly/smilesquadvic>

OR use the below QR code:



Please complete and submit the consent form, this will be sent directly to EACH.

Paper copies of the consent form are available. Please contact the school office if you would like to request one.

The electronic consent form can be translated into more than 100 languages, and the paper form is available in 13 languages.

Smile Squad dental packs

All children deserve a healthy smile, and the Smile Squad free school dental program is working hard to help make sure this happens.

Your child(ren) will soon receive a free dental pack to bring home. The dental pack contains a toothbrush, full sized toothpaste, and an oral health brochure.

Please take the time to read the brochure. It's full of helpful hints and tips to help your whole family eat well, drink well and clean well – for life.

Smile Squad provides standard strength fluoride toothpaste that is generally used by ages six and over, unless recommended by a dental or trained health professional.

If your child is under six, please talk to a dental or trained health professional to find out if your child might benefit from using this toothpaste. You can also choose to put the toothpaste away until they turn six or give it to someone else in your family to use.

Do I need to attend my child's appointment?

No, you do not need to attend your child's appointment. You can attend if you would like to, and you can take your child to the community dental clinic if you prefer.

EACH Smile Squad look forward to seeing you soon.

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
Mob: 0408 102 542

Hiro Mukai

Violin
Email: hiro1656@hotmail.com
Mob: 0423 765 312

Mieke Florisson

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

Eddie Cole

Guitar
Email: music@eddiecole.com
Mob: 0417 152 947

Madeleine Rowe

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





NEWS FROM THE PATCH KINDER

It is with mixed emotions that we share the news that Holly will be leaving The Patch, with May 12th being her last day with us.

Holly's journey at The Patch began in our AKC program before she transitioned into her current role, where she has become a beloved member of our community. Her kindness, warmth, and dedication have left a lasting imprint on our Patchlings.

Since beginning with us, Holly has approached her role with quiet determination, steadily growing in confidence and finding her voice as an educator and mentor. It has been inspiring to watch her evolve from a reserved presence into a self-assured educator.

We are especially grateful for the way Holly has shared her Indigenous culture and knowledge, enriching both our children and our team with invaluable insights and traditions.

Although we are sad to say goodbye, we are immensely proud of Holly as she embarks on her new role in youth work with Indigenous children—a path that aligns so deeply with her passion and purpose. There is no doubt that she will excel in this new journey, making a meaningful impact on the lives of those she works with.

Holly, you will be greatly missed at The Patch, but we celebrate this next chapter for you with admiration and gratitude.

Wishing you all the best in your new role!



NEWS FROM THE PATCH KINDER

FOREST KINDER

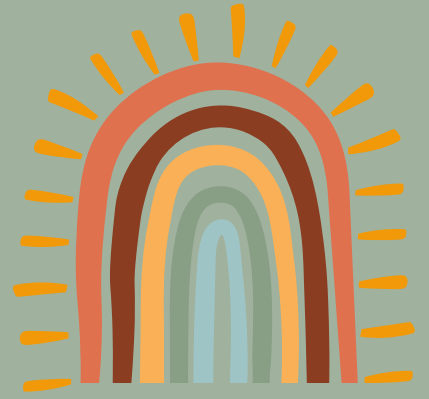
Forest Kinder has started for 2026. We are excited to work with Kim and the Grade Five's this year and look forward to lots of fun in the wonderful learning landscape that is The Patch School. Our first session was filled with fun as our Red Wombats and Green Platypus met their Buddy and went exploring together in Fern Gully.

2026 KINDER


Enrolments are now open for 2026 Kinder and Pre-Kinder programs. First round offers have been sent out so if you have already enrolled, please check your inbox / junk folder. There are still several spaces available in each program, however they are filling fast. You can either come and see us at The Kinder or use the QR code to enrol.



2025 Term 2 - Wellbeing Section



Indigo & Alesha



We have had a great start to Term 2. With all the fences down and our school almost back to normal, it feels like we are blooming again! Lunchtime clubs are happening, parents and families are being welcomed back to our beautiful spaces and our amazing students and teachers finally have their own space, heating, cooling, phones and technology. There are still finishing touches to happen but we are all feeling like a weight has lifted and we can start to get back to all the amazing things that make us Patchies!

A shout out to Jim, who unknowingly walked into all of that chaos and somehow has popped out the other end with boundless energy and positivity, we are glad it didn't scare him off!!

I want to remind you about Sarah our Wellbeing Support who is here Wednesday/Thursday. If you would like your child to have weekly sessions with Sarah to unpack any issues, just have a person to connect with or workshop wellbeing issues please send me an email and I will send you the form to fill out. We also have some friendship skills groups running with Sarah too that has space if you would like your child to join in again just let me know.

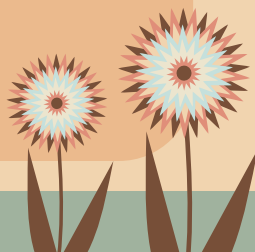
As camps start to happen, it is often a time of anxiety for parents about sending their child away. Often as parents we focus on all the things they will struggle with, all the things they need us for, all the bumps or worries they might have. Letting our kids experience these things, in a controlled space like camp gives our kids an amazing confidence and 9 times out of 10, gives our kids a new found belief that they 'can'.

Teachers and ES are old hands at helping students through the struggles. Jim and I will be there on ¾ camp to give extra support and I will be heading with the 5/6's to help support students at Sovereign Hill.

Sometimes the uncomfortable moments bring about incredible growth, camp is one of those times. A key tip would be not to overtalk it, sometimes too much extra reassurance, alerts kids in to thinking their might be a problem! Let them pack their bag so they have control and don't sweat the small stuff. Who cares if they don't change their socks or forget to brush their teeth, getting there and having fun is the achievement.

Alesha x

*What if I fall?, Oh my darling,
but what if you fly?
Erin Hanson*





gratitude shout outs



Marta Salek

Thank you Marta for always being on hand when we need help with our school chickens. We are all grateful for your time and effort to ensure our chickens are well looked after. We can't wait to get some more chickens later in the year!

Leanne

For arranging for our students to attend the ANZAC Day ceremony! What a wonderful way to showcase The Patch Primary School talent to our wider community!

A heartfelt thank you to Ollie for being such an incredible sports teacher and all-round legend. Your kindness, patience, and dedication never go unnoticed. You go above and beyond to make every child feel included, supported, and seen—and your calming, caring way with the kids is something truly special. We're so grateful to have you!

Ollie

For the hours spend organising cross country and athletics day. We know how much time and effort it takes to organise these big events that our students love and we are very grateful!



gratitude shout outs



Jess Dunn

Thank you Jess for the incredible artwork you have painted in the Eco Centre. It is absolutely stunning and such a beautiful feature of the Eco Centre now. You are an incredible artist and we are grateful that you agreed to painting such a huge masterpiece for us!

Erin Cole and Yvonne!
Thank you so much Erin and Yvonne for bringing so much curiosity, learning and pure joy to our school community through the butterflies. We have loved watching the changes in caterpillars and chrysalis'. Watching the Monarch butterfly emerge from the chrysalis is a moment we will never forget.
Thankyou!

Kim C

For your unbelievable dedication to transforming the STEM room into a beautiful sanctuary for learning. Your hard work and hours of time have absolutely paid off, as the space you have created is magic.

Alesha

For the support you have shown both our staff and our students over the last term. You have made the lives of us teachers so much easier, and we know the kids all value your support and positivity so much.



gratitude shout outs



To our fundraising team who work behind the scenes, planning, organising and making amazing things happen for our school!

Thank to Erica who has done a great job jumping in to the office and filling in for Kim! We appreciate your willingness to always help and your positivity and love of our kids!

Thanks to Grace (3/4 teacher) for the support you give your students and for making school so enjoyable for our little guy. You are amazing, thank you!

Big thanks to Kim S in the office for your help with every single thing we could possibly need as parents. For being a kind smiling face to greet us at the window, and a helping support over the phone.

ATTENTION DADS & MALE CARERS...



Term 2 Dads Chat is now open for booking. Maroondah and Yarra Ranges Councils will be hosting a strengths-based series of four workshops that focus on connecting with other local dads and dives deep into your role as a dad or male carer.

Join Tony from Building Better Brains to share ideas and get hands on with tools and techniques that make you feel more connected to your children and other dads.

This series of workshops will explore:

1. Communication, patience and play
2. Fatherhood and all the feels
3. Understanding the developing brains of children
4. Parenting styles and attachment
5. The power of play

For dads, grandfathers, step-dads and male carers with children 0 to 8 years.

Workshop series details

Date: Monday 5th, 12th 19th and 26th May 2025

Time: 7pm to 9pm

Venue: Chirnside Park Football Club

Cost: Free.

Bookings: Dads Chat

Participants are encouraged to attend all four sessions - Please note that these sessions are designed for adults and are not suitable for children to attend.

Testimonials from Term 1 Dads Chat participants:

- Honestly the entire course was great. The amount of knowledge and advice from Tony was amazing. I am already seeing improvements with my 4 year old. It's huge! And now I am setting myself up better with my 1 year old from the start.
- These workshops have put us all in contact with a lot of dads who have either already gone through stages of dading or are going through same stages of dading. This is very important. I really enjoyed hearing the science and theory side of the child's brain and hearing from other dads about their challenges struggles and solutions.
- These workshops are great and bring a real sense of community which is often missing in these times. Really enjoyed the whole experience. Thank you.





Dads Chat

Term 2 2025

A strengths-based series of four workshops that focus on connecting with other local dads and dives deep into your role as a dad or male carer.

For dads, grandfathers, step-dads and male carers with children aged 0 to 8 years.

Share ideas and get hands on with tools and techniques that make you feel more connected to your children and other dads. The workshops will cover topics such as; parenting styles, communication, the power of play, understanding the developing brain and supporting emotions.

Date; Mondays - 5th, 12th, 19th and 26th May

Time: 7pm - 9pm

Location: Chirnside Park Football Club

Cost: Free. Booking essential.

Find out more and book:

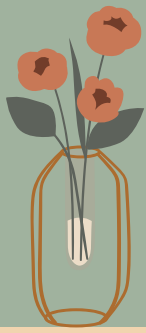


Scan the QR code or visit www.trybooking.com/CZYLO

For more information contact Michelle Lehmann

Yarra Ranges Council Family and Children's Services

Phone 9294 6270 or email earlyyears@yarraranges.vic.gov.au



School Wide Positive Behaviour



Time for a change!

As part of our move in to SWPBS we have decided it is time to look at our school values of Respect, Responsibility and Integrity and ask ourselves as a school community if these are the 3 values that best represent us as a school.

Our staff spent part of curriculum day revisiting the values and discussing what our schools identify was. We came up with lots of ideas and words that we felt better encapsulated our Patch way. Ideas such as connection, community, courage, curiosity, kindness and growth to name a few. We discussed the idea of incorporating different facets of who we are, as we felt Respect, Responsibility and Integrity could perhaps be incorporated by 'kindness' or a words students connect with, and did not necessarily need different labels.

SWPBS will have lots of work done creating behaviour matrix's and expected behaviours linked to our school values so we want to spend time asking staff, students and parents what they think so we all have voice in our values moving forward and feel connected to our core values.

SWPBS is about the focus on acknowledging positive behaviours and celebrating and encouraging these. It is an exciting time of change and building on the fantastic foundations we already have with out Berry Street Model.

In the next week or so you will receive a survey and we would love your voice and input on this before we make out final decision.

"It is the connection not the correction that we find the most powerful to shape behaviour"



Yarra Ranges Council Resources



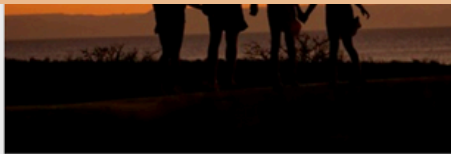
Family Webinars:

<https://www.yarraranges.vic.gov.au/Community/Family/Family-Webinars>



Parenting Through Stress & Isolation

In this practical webinar for parents and carers of children aged 0-12 years Bec Filliponi takes you through simple strategies to increase your ability to regulate your emotions while parenting and dealing with stress and isolation.



Mindful Parents

Practice mindful moments in your daily life. Train the brain for a sense of calm, self compassion and kindness. Participants explore how mindfulness physically changes our brain, behaviour & transforms our relationships.



Connection Based Parenting

How to build better brains and relationships for all ages. Learn how to use games, play and connection to help regulate your child's stress responses.

Family Activities & Resources:

<https://www.yarraranges.vic.gov.au/Community/Family/Family-activities-and-resources>



Create a recycled flower

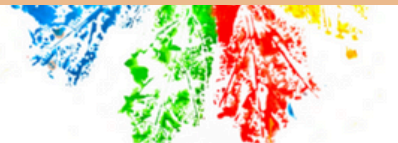
This activity allows children to be creative, to appreciate the shapes and colours of flowers, and supports fine motor skills as they cut and create their made flowers.



Let's Talk Feelings

A game that creates opportunity for children to recognise and talk about emotions and their expression.

This is called emotional literacy and supports children to develop empathy and to regulate their emotional states.



Leaf Printing

Get outside for a nature walk close to home then make some beautiful leaf printing art using the leaves collected. So simple and effective, and a wonderful activity to do together!

School Holiday Activities

<https://www.yarraranges.vic.gov.au/Community/Family/Family-activities-and-resources>



The Owl's Apprentice



IMAGINE LIVE



FRITZ

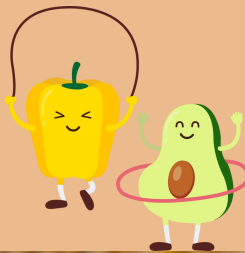
SOME LUNCH BOX IDEAS FOR THIS COLDER WEATHER...



As the weather gets colder, you may be looking for some inspo of some yummy lunch box ideas for school lunches? Here is some inspo & ideas...



Follow this link for ideas & recipes:
<https://healthyfamilyproject.com/22-warm-lunchbox-ideas-winter/>





SOME AUTUMN CRAFT IDEAS!

Follow this link for craft ideas:
[CRAFT IDEAS LINK](#)





FROM THE WELLBEING OFFICE...



Hello Patchies! Sarah here from Wellbeing with some updates on what I've been up to this term.

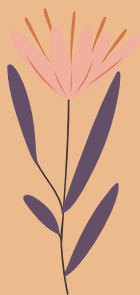
A few weeks ago I attended a Professional Development day on "Creative Ways to Help Children Regulate and Manage Anger". I've been since brushing up on all sorts of creative ideas to work with these issues. Some are more physical, including ways for children to process the energy of anger in a healthy way e.g. star jumps, dancing, stress balls etc. Others involve drawing and art, such as making a collage on what anger means to the person. Also important is uncovering what other feelings are underneath the anger that are often out of our awareness, such as disappointment or sadness, and learning to sit with those.

Besides working one-on-one with many students on anger or various other wellbeing issues (anxiety, home troubles, social stuff etc) I am also starting up the Friendship Groups to help those experiencing friendship or social challenges. This week (2nd week of term as I write this), at 12pm Thursday, a small group of 3/4s are starting, and we shall see how it all works out over the next few weeks. The group shall involve getting to know each other, learning strategies for the playground and classroom, playing games and having fun – and whatever else seems to emerge as useful!

Sofia and I are also bringing back the Kindness Matters Group at 2:30pm on Thursday afternoons. We are still getting the ball rolling so it may begin with students who have already participated in the group before. Once it is running smoothly we will look into bringing in more new students. For those who are unsure what the Kindness Matters Group is about, it is a student led group where participants come up with ideas that they can spread kindness in their school community. For example last year there were awards for kind people in each classroom as well as Kindness Matters members available at recess for those struggling to find someone to play with. I'm excited to see what the students do this year

That's about it from me,

Sarah

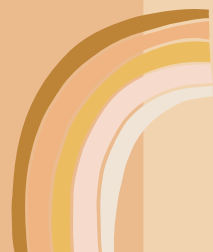
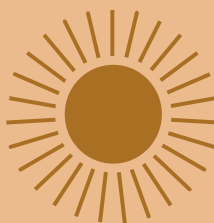


HERE'S TO BEING
KIND TO YOURSELF
AT EVERY
STAGE OF YOUR
GROWTH.



THE BEST WAY TO
PREPARE FOR THE
FUTURE IS TO BE
TOTALLY PRESENT

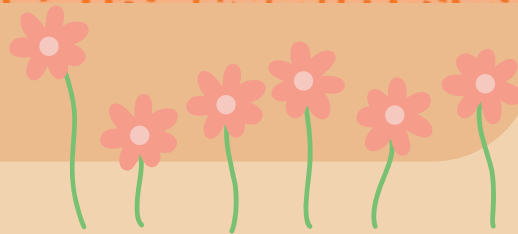
THE SUN WILL
RISE AGAIN
TOMORROW.



COURAGE
COMES IN
MANY SHAPES
AND STRENGTH
LOOKS DIFFERENT
DAY BY DAY

FOCUS ON THE NEXT
STEP
NOT THE WHOLE PATH

DAYLIGHT ILLUSTRATIONS





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

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

Specifically for men:

No To Violence: Male Family Violence Prevention Association

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

03 9487 4500

www.ntv.org.au

Men's Referral Service

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

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

MensLine Australia

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

1300 789 978

www.mensline.org.au

Specifically for women:

Women's Safety After Separation

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

ncsmc.org.au/wsas/welcome.htm

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

1300 134 130 (9am – 5pm)

wire.org.au

Women's Health Victoria

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

thewomens.org.au/WomensHealthInformationCentre

Centres Against Sexual Assault (CASAs)

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

www.casa.org.au

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

(Eastern CASA is in East Ringwood – 9870 7330)

Adults Surviving Child Abuse (ASCA)

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

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

For LGBTQIA+:

QLife Australia (formerly Switchboard Victoria)

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

www.qlife.org.au

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

Gay and Lesbian Health Victoria (GLHV)

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

www.glhv.org.au/

03 9479 8760

For Children and Young People:

DHS Child Protection Crisis Line

131 278 (24 hours/7 days) – state wide

Australian Childhood Foundation

www.childhood.org.au

1800 176 453 or 03 9874 3922

Parentline Victoria

www.parentline.vic.gov.au

132 289 (8am-midnight, 7 days)

Kids Helpline

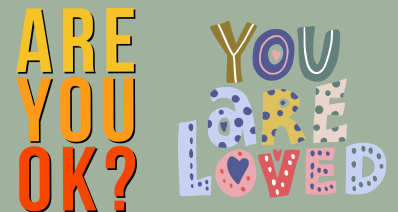
<https://kidshelpline.com.au/>

1800 551 800 (24 hours/7 days)

Australian Childhood Foundation

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

www.childhood.org.au



Who is The Orange Door for?

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

Outer Eastern Melbourne

1800 271 150

oema@orangedoor.vic.gov.au

4-16 Devon Street

(Corner Pierson Drive and Railway Grove)

Croydon, 3136



If you or anyone you know needs help:

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

Community Notices

Kindergarten Readiness

When is the right time to start Kindergarten?

This evidence based session provides invaluable information to support you in knowing when your child is ready to commence kindergarten and help you in making an informed decision.

Presented by Early Life Foundation.

Date: Thursday 22 May 2025

Time: 7.30pm - 8.30pm

Where: Online

Book: trybooking.com/DARMP



For information about kindergartens in your area visit [Starting Blocks](#)

For enquiries or support with booking please contact:
Michelle Lehmann - Yarra Ranges Council Family & Children's Services
Phone: 0407 319 456 / Email: m.lehmann@yarraranges.vic.gov.au

In partnership with Knox,
Maroondah, Whitehorse
and Yarra Ranges Councils



We're coming to town

Give life. Give blood in Upwey.

26 to 31 May



We're popping up at Upwey:

Upwey Community Hall
1443 Burwood Hwy,
Upwey 3158

See website for opening hours

Book your donation now



13 14 95

give blood

Monbulk District MEN'S SHED Inc.

Free
Event!

Wellness for Men

Age well – love life!

Join us for an informative and empowering evening focused on helping men live healthier, happier lives. Guest speakers will share insights on:

- Heart health and exercise
- Prostate cancer: The risks and the reality
- Understanding hearing loss
- From strength to strength: Men's mental health awareness

When and Where:

Wednesday 28 May
Doors open at 6.00 PM
Event from 6:30 PM – 9:00 PM

Monbulk Living and Learning
Centre, 21 Main Street, Monbulk

All men, family and friends
welcome!



Light refreshments and drinks provided

Registrations are required

To register scan QR code or email mensshmonbulk@gmail.com

For further information please message the Monbulk Men's
Shed at mensshmonbulk@gmail.com



Community Notices



"Wild. Messy. Unhinged."

Please call or email to arrange your session
Phone 0408 080 796
Email: amberwilliamsphotography@gmail.com
Website: www.amberwilliams.com
Social: www.instagram.com/amberwilliamsphotography



ArtisticCat

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 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

KIDS YOGA

Creative Movement and Dance

9 Weeks to Focus, Move and Calm Happy Kids



Term 2: 30th April - 4th July

Wednesday @ Ananda Yoga Belgrave	
High School (12-18 yrs)	4:00pm-4:50pm
Primary (9-12yrs)	5:00pm-5:50pm

Friday @ Ananda Yoga Belgrave	
Kinder (3-6yrs)	3pm-3:50pm
Primary (6-9yrs)	4pm-4:55pm

Investment
Trial class: \$10
Casual: \$25 per class
Term 2: 9 week \$180

For more information:
Elanor Franklin 0409 696 768
info@melbournekidsyoga.com.au



Community Notices

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





Parenting Anxious Children

A 6-week program for parents of 4 to 12 year olds

- Learn parenting strategies to help your child deal with uncomfortable emotions such as fear and anger
- Support your child to cope with life's challenges both at school and at home
- Set boundaries and find solutions for challenging behaviours
- Teach your child the skills of resilience to bounce back from adversity

Please Note: Parenting Anxious Children is a six-week interactive program. To participate, you'll need a device with video and audio capabilities.

When: Thursday mornings (6 sessions)

Dates: May 8th to June 12th 2025

Time: 10:00 am to 12:00 pm

Where: Online via Zoom

Cost: Free to attend

Enquiries: sharon.muir@anglicarevic.org.au

Registration: [Click here](#) or scan QR code



PARENTZONE



BETTER
TOMORROWS



Tweens, Teens and Screens

Parenting in the Digital Age

A 6-week program for parents of 8 to 14 year olds

This program is for parents who wish to:

- Explore how excessive screen use may negatively impact emotional, social and physical well-being, Learn how to discuss harmful online
- content with your child such as violence, cyberbullying, online influencers, sexual content, privacy and misinformation Learn strategies to set boundaries and manage conflict in the family that often arises from excessive screen use.
- Deal with anxiety and anger - both yours and theirs while improving family relationships
-

When: Mondays (6 evening sessions)

Dates: May 12th June 23rd 2025

No session on 9th June - King's Birthday

Time: 7:00 to 9:00 pm

Where: Online via Zoom

Cost: Free to attend (bookings essential)

Registrations: [Click Here](#) or scan QR code

Enquiries: sharon.muir@anglicarevic.org.au



PARENT*ZONE*