

Term 1, Friday 31st March 2023

NEWSLETTER

Caring for Self, Caring for Others, Caring for the Environment



Dear Families,

Congratulations on a successful Cross Country at Newmerella Recreation Reserve last Thursday. Everyone participated and cheered on all students, demonstrating 'caring for others' with good sportsmanship. The next level of competition is for students aged 9 years and above, something for the younger students to work towards. Congratulations Tyran Walker on making it through to Division level, which will be held at Bairnsdale in Term 2.

Our Centenary Celebration Open day was a success. It was wonderful to be part of such a historical event, it was very overwhelming hearing all the stories and seeing the bonds that were created at St Joseph's, and live on today. A small community with big hearts, we are all lucky to have such a wonderful school.

A BIG thankyou to the food and coffee vans, staff helping with the entertainment with the dinosaur dig, face paint and hair braiding, costume frame and memorabilia stand. We still have items available for purchase at the office.

Thankyou Parish members for your help on Sunday after mass, with the BBQ lunch. It was a big turn out and fun was had by all.

Professional Learning Day

On Friday our teachers collaborated with Delma Brazzalle (DOSCEL School Officer in Learning & Teaching) to continue developing their skills in the teaching of numeracy. St Joseph Primary School's strategic goal is to meet and exceed the Melbourne Mean for numeracy NAPLAN results. Our focus this year is on Number-Place Value.

Using student assessment (formal and informal) data, teachers identify the needs of our students, plan and implement targeted lessons using High Impact Teaching Strategies such as direct instruction and differentiation.

It was a very successful day! I encourage you to find out what your child is learning by getting involved, ask questions, view their learning on Seesaw, come into the classroom and/ or communicate with their teacher. It makes a huge difference in your child's learning when you share in their journey.

This week

Giant Easter Egg Raffle

Our Giant Easter Egg Raffle will be held on Thursday April 6th, as part of our final school assembly for the term. We thank all families for your support with this special event. All funds raised from our raffle will go towards the purchase of new literacy intervention resources. We have a BBQ lunch

4-8 Raymond Street (PO Box 314)
Orbost Vic, 3888

P: (03) 5154 1289
E: principal@stjorbost.catholic.edu.au

www.stjorbost.catholic.edu.au

Next Term

Term 2 begins with a school Closure Day on Monday 24th April, followed by ANZAC DAY on Tuesday 25th April. St Joseph's Primary School has been invited to march in the parade. Mrs Daly and staff will meet you at 10:30am Voss Motors. Please wear summer school uniform. Our school leaders will present the wreath.

Students and staff being back on Wednesday 26th April.

St Joseph's Primary School years 4-6 will be teaming up with Nungurner Primary School to participate in a 2 day program called 'Choosical'. Information flyer is in this newsletter.

It already looks like it will be a busy Term 2: Winter Sports, National Sorry Day, Mother's Day Breakfast & Stall, AFL Clinics, Illustrator Marc McBride, Forge Creek Theatre Excursions, Buchan Caves, Nexus Art Performance, Fritta Friday & Crazy Hair Day.

Ms Jenny Miralles will be on Long Service Leave for the first three weeks, we welcome Mrs Pauline Stewart in for ART lessons.

Ms Jill Dunphy is on Long Service Leave from Week 4 and we welcome Mrs Anisah Furness (who has been in the classroom already getting to know the students).

We wish all families and friends a Happy Easter and a restful, fun holiday.

God Bless

Kirsten Daly, Principal

HAPPY 100TH BIRTHDAY!



Lord, the resurrection of Your Son has given us new life and renewed hope.

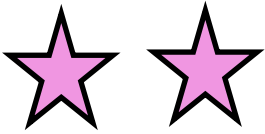
Help us to live as new people in pursuit of the Christian ideal.

Grant us wisdom to know what we must do, the will to want to do it, the courage to undertake it, the perseverance to continue to do it, and the strength to complete it.





100 Years





2023



I ❤️ Cross
Country
XC





ST JOSEPH'S
Walk in the light
 PRIMARY SCHOOL - ORBOST

SCHOOL TOUR

CATHOLIC EDUCATION WEEK



22nd to 26th May- Every day

- 9:30am to 10:30am - see the classes in action
- 4:00 pm to 5:00 pm

*Wondering...
 What is Catholic
 Education?*

- Come in
- Look around
- Ask lots of questions



BOOK NOW



Call 5154 1289 or book on our website
www.stjorbost.catholic.edu.au



April 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4 Division Cross Country	5 Whole School Mass	6 Last Day Term 2.15pm finish	7 Good Friday	8 Holidays	9 Holidays
10 Holidays	11 Holidays	12 Holidays	13 Holidays	14 Holidays	15 Holidays	16 Holidays
17 Holidays	18 Holidays	19 Holidays	20 Holidays	21 Holidays	22 Holidays	23 Holidays
24 School Closure Day	25 Anzac Day	26	27	28	29	30

May 2023

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 School Photos	2	3	4	5	6	7
8 GRIP Leadership	9	10 Pupil Free Day	11	12	13	14
15	16	17 Winter Sports	18	19	20	21
22	23 AFL Clinic	24	25 Forge Theatre	26	27	28
29	30 AFL Clinic	31				



River Baker Cafe' – School Lunch Price List 2023

Hot Foods

Sauce	0.20
Meat Pie	5.50
Sausage Roll	4.00
Party Pie	1.50
Mini Pizza	3.50
Wally Dog	4.50
Pizza Pie	6.50
Egg and Bacon Pie	5.00
Pasties meat/veg	5.00

Cakes

Donuts	2.00
Patty Cake	3.50
Line Cookies (GF)	4.00
Hedgehog	4.00
Muffins	4.00
Lamington	4.00
Custard tart	4.00
Lemon Slice	3.50
M and M Cookie	3.50

Drinks

Big M Small	3.00
Big M Large	4.50
Prima	2.00
Pop Top	2.00
Juice Large 300ml	4.00
Water 600ml	3.00
Nippys Small	3.00
Nippys Large	3.80

Sandwiches/Wraps/Rolls

Cold Meat/ Egg Salad	7.50
Cheese and Salad	6.50

All Sangas, wraps and rolls with:

x2 Filling	5.50
x3 Filling	6.00
x4 Filling	6.50
Vege/Peanut/ Jam	3.50

Birthdays – Make a birthday note and we will supply a mud cake cup cake and a candle free of charge

**PLEASE NOTE NEW PRICES FOR
2023**



Could \$500 help with next year's back to school costs?

Learn tips and tricks to grow your budget and saving skills. Save for 10 months. Get up to \$500 of matched savings for school expenses. Just in time for 2024.

Must meet all eligibility criteria:



- Have a current Health Care or Pensioner Concession Card AND an eligible Centrelink payment*
- Be studying yourself OR have a child in school (can be starting school next year)
- Have regular income from work (either yourself or your partner)*
- Be 18+ years old

*Many types of income and Centrelink payments are eligible



For more info, visit saverplus.org.au or call 1300 610 355. To fill in an online enquiry form, [CLICK HERE](#).



1-2-3 Magic & Emotion Coaching Program

Free live **ONLINE** program for parents of children aged 2 to 12

Tired of yelling and nagging?

Resolve difficult behaviour in children aged 2 to 12.

In 3 sessions parents will learn:

- How to discipline without arguing, yelling or smacking;
- How to handle challenging behaviours;
- How to use emotion coaching to encourage good behaviour;
- Strategies for encouraging good behaviour;
- How to sort behaviours and choose correct strategies using "The 3 Choices Model".

We'll also work on strategies so you can:

- Strengthen your relationship with your child;
- Strengthen your child's emotional resilience.

Parents will receive:

- A **FREE** workbook (valued at \$12) to apply the concepts learnt
- A Certificate of Completion

Do this highly sought after program live online from the comfort of your own home Or come in and do it in person!

When?
11:30am - 2:30pm

Over 3 Thursdays:
March 2nd
March 9th
March 16th, 2023

Cost?
FREE

Get in touch Bookings are essential as places are limited!

Please contact:

Uniting Gippsland
3 Church St. Leongatha
5662 5150
gippsland.leongatha.reception@vt.uniting.org

Parentshop
making parenting easier

Uniting



LibrariesConnect

Storytime and Rhymetime are back!

Storytime and Rhymetime sessions are back at Bairnsdale, Lakes Entrance, Orbost and Paynesville Libraries. Storytime is back at Mallacoota and Omeo Libraries. No bookings are required.

Storytime (for ages 2 - 5)

Bairnsdale Library | Tuesdays at 11.00 am
Lakes Entrance Library | Tuesdays at 11.00 am
Mallacoota Library | Fridays at 2.15 pm
Omeo Library | Wednesdays at 11.15 am
Orbost Library | Tuesdays at 10.30 am
Paynesville Library | Tuesdays at 11.00 am

Rhymetime (for ages 0 - 2)

Bairnsdale Library | Wednesdays at 10.30 am
Lakes Entrance Library | Wednesdays at 10.30 am
Orbost Library | Thursdays at 10.00 am
Paynesville Library | Mondays at 10.30 am

For more information phone 5152 4225.

Do you like to keep FIT? Do you want to get PAID for running around?

Come and join us at East Gippsland Umpires and be involved in the national game and help out our local community football! Opportunities to umpire in the Gippsland League, EGFNL, ODFNL and the Bairnsdale Junior association are available. We are seeking new field, boundary and goal umpires.



OUR HOME & TRAINING VENUE is at;
Bairnsdale City Oval, Macarthur Street, Bairnsdale

- We train on Wednesday nights from 6:00pm to 7:00pm. During the season we run a canteen where food can be purchased.
- No prior experience is required, all you need is a keen interest in having fun and running!
- We are seeking Field umpires in all age levels, from U/11's through to seniors. The incentives for umpiring a game range from \$40 - \$190, depending on the level umpired.
- Boundary umpires are required for U/16, U17.5, U/18 and seniors. The incentives range from \$35 - \$110 depending on the level umpired.
- Goal umpires are required for U/16, U/18 and Senior football. The incentives range from \$40 - \$80 depending on the level umpired.
- Come and join us for a run on a Wednesday night, YOU might ENJOY it!

CONTACTS

President - Damien Donohue
(0474512072)
Secretary - Tracey West
(0403504797)
Director of Umpiring - David Pacht
(0438530880)

The EGUA has an external and private Facebook page to keep in touch. Search up: East Gippsland Umpires.

Our Website

[Home - East Gippsland Umpires Association - GameDay \(mygameday.app\)](#)

STEAM Fun Come and Try Day



Come and try some of our new STEAM gadgets!

Try out our Makedo, Bee-Bots, Osmo, KickBrick and Snap Circuits.

Drop in anytime between the times listed to join in the fun.

Parents/carers are required to accompany their children.

For more information about this FREE event, phone 5152 4225 or ask staff at the library.

Thursday 13 April
Bairnsdale Library
2.00 pm – 4.00 pm

Monday 17 April
Paynesville
Service Centre
2.00 pm – 4.00 pm

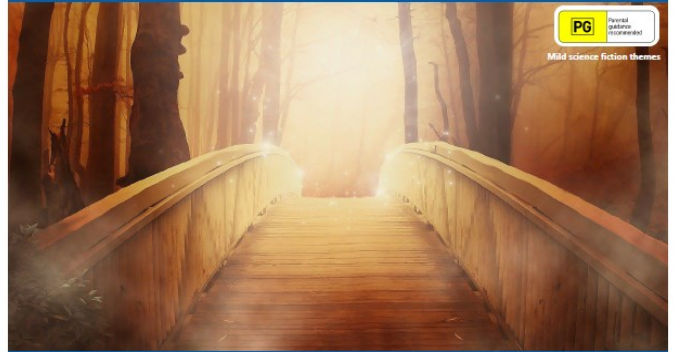
Wednesday 19 April
Orbost Service Centre
2.00 pm – 4.00 pm

Friday 21 April
Lakes Entrance
Service Centre
2.15 pm – 4.15 pm

Friday 21 April
Omeo Service Centre
2.00 pm – 4.00 pm



School Holiday Movie Screening Strange World



PG Parental Guidance Suggested
Mild science fiction themes

Join us for a screening of the film *Strange World!*

The Clades are a legendary family of explorers who embark on an epic journey to a mysterious subterranean land.

Inhabited by surreal lifeforms, the family soon encounter a motley crew that consists of a mischievous blob, a three-legged dog and a slew of ravenous creatures.

In order to save the miracle plant Pando that is the planets source of energy, the family must set aside their differences and attempt to navigate the uncharted, treacherous lands.

Orbost Service Centre
Wednesday 12 April
2.00 pm – 4.00 pm

Omeo Service Centre
Thursday 13 April
2.00 pm – 4.00 pm

Lakes Entrance Service Centre
Wednesday 19 April
2.15 pm – 4.15 pm

Bairnsdale Library
Wednesday 19 April
2.00 pm – 4.00 pm

Paynesville Service Centre
Thursday 20 April
2.00 pm – 4.00 pm

Phone 5152 4225 or book in person at the library for this FREE event.



School Holiday Activity Session Treasure Chests and Maps



School Holiday fun has arrived at your Library!

Here's another one of the library's popular school holiday activity sessions for you to enjoy.

Come along and create your very own treasure chest and map! Become a pirate for the day and sail the high seas as you delve into your crafty side.

Bring along your family or friends and have some fun these school holidays!

Phone 5152 4225 or book in person at the library for this FREE event.

Bairnsdale Library
Wednesday 12 April
2.00 pm – 3.30 pm

Paynesville Service Centre
Thursday 13 April
2.00 pm – 3.30 pm

Omeo Service Centre
Friday 14 April
2.00 pm – 3.30 pm

Orbost Service Centre
Monday 17 April
2.00 pm – 3.30 pm

Lakes Entrance Service Centre
Wednesday 19 April
10.00 am – 11.30 am



Easter Activity Session



Children of ages 5 to 12 are invited along to enjoy Easter stories, craft activities and Easter games



Phone 5152 4225 or book in person at the library for this FREE event.



Tuesday 4 April
Paynesville Service Centre
3.45 pm – 4.45 pm

Wednesday 5 April
Bairnsdale Library
4.00 pm – 5.00 pm

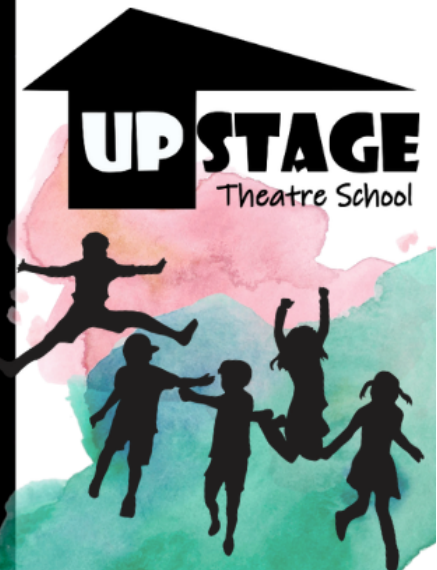
Wednesday 5 April
Orbost Service Centre
3.45 pm – 4.45 pm

Thursday 6 April
Lakes Entrance Service Centre
3.45 pm – 4.45 pm

New Class

NEW WEDNESDAY AFTER SCHOOL DRAMA CLASS

CONTACT TIFF OR JENN TO BOOK
0429 127 820 // 0439 392
UPSTAGE728@GMAIL.COM



Orbost Auskick Centre

@ Lochiel Park

Come and join in the footy fun with Orbost Auskick.

Begins Sunday 30th April for 10 weeks.
9am start.

Register and pay through the QR code provided or go to

www.play.afl/play/auskick



NET SET GO PROGRAM & JUNIOR COMPETITION WILL BEGIN ON WED 26TH APRIL 2023



Lochiel Park
Term 2 & 3
Wednesdays
NetSetGo
3.30pm - 4.30pm
Juniors
4.30pm - 6pm

Wed 26th Apr & Wed 3rd May - will be Come & Try days, for those who would like to see what they think, before they register

For those ready to go, registrations are now open: Either use the link below to go to Netball Connect or tap on your Netball Connect App in your phone

NetSetGo Registration Link: (Your child will receive a ball & t-shirt)

<https://registration-netball.squadi.com/userRegistration?organisationId=07dfdb90-fd94-4c5d-8d24-fb5d6ad1e77b&competitionId=3ccd0ffa-5e82-4edb-8fa6-c38dc94d4dde>

Net 5-7yo beginners & not ready to move up yet - fun games incorporating skills

Set 7-9yo focuses on refining fundamental motor skills and introducing modified match play + not ready to move up yet

Go 9-11yo develops specific skills through match play + a game (some of this age group will also participate in Junior competition) (register them as a junior if they are past getting a ball & t-shirt)

Junior Registration Link:

<https://registration-netball.squadi.com/userRegistration?organisationId=07dfdb90-fd94-4c5d-8d24-fb5d6ad1e77b&competitionId=69a0308e-5598-4823-b827-9d428f0ddeb8>

A Junior Competition for 11 - 14yo (incorporating some advanced younger ones). Games only.

Please contact me for any inquiries - [Tric Christy](mailto:Tric.Christy@netball.org.au) 0428541400



Start the School Year off Right with
Healthy Back to School Lunches



School Fees have been processed.

St Joseph's Primary School offer CENTREPAY. If you would like to make a deduction from your Centrelink payments towards your school fee account please contact Amanda at the office.

A reminder to all parents that hold a current Health Care Card, it must be presented to the office to receive the concession on school fees

School Banking Details for Direct Payments

BANK—NAB Sale

BSB 083-879 Account 695452766

The East Gippsland Soccer League is back. Registrations are open!

Ages Groups and Eligibility:

U7 – 1st Jan 2016- 31 Dec 2017

U9 – 1st Jan 2014 – 31st Dec 2015

U11 – 1st Jan 2012 – 31st Dec 2013

U13 – 1st Jan 2010 – 31st Dec 2011

Season: 29th April – August **12th Finals:** 19th – 26th August

Price: \$180

Location: Howitt Park, Bairnsdale

Teams will be based on location: Bairnsdale, Lakes Entrance, Tambo Valley, Paynesville/Eagle Point and Orbost.

Register using the QR Code or at:

<https://www.gofootball.com.au/play/pick-your-location/East-Gippsland-United-FC>



Being a community sport, we ask that parents/guardians volunteer for team roles such as coach, manager, jersey washer and fruit supplier.



HEAD LICE ALERT

PLEASE CHECK YOUR CHILD'S HAIR TONIGHT!

TO CHECK

Check the scalp for insects or eggs.
Use a fine-tooth comb on wet hair then comb through the hair in sections looking for eggs or lice, repeat over a few days.

TO TREAT

Wet the hair and scalp with conditioner or use chemical shampoo/ lotion (containing insecticide) – this will kill the lice and eggs. Using a fine metal comb, or special head lice comb you can get from a chemist, go through the hair in sections to comb the lice and eggs out.

Always re-treat 7–10 days after the first treatment, to kill any head lice that may have hatched from eggs that survived the first treatment.

TIPS

- ✓ Check and treat the hair every night
- ✓ Please tie up long hair for school
- ✓ If your child has head lice please check everyone in the family home
- ✓ Do not share hairbrushes, towels, hats/ scarves etc.



STAY HOME WHEN SICK



#FIGHT FLU



Bookings and Cancellations Policy Update

Bookings are essential. These can be made through the Orbost Primary School Office direct or by phone **51541119** from 9am to 3pm, Monday to Friday. Or contacting the Orbost Cluster Outside School Hours Care on **0484 785 119**, from 3pm to 5pm, Monday to Friday.

If your child is booked in and will **not be attending, please advise staff at the service as early as possible so we can cancel your booking. Failure to do so will result in being charged for the booking.**

Fees

- Outside School Hours Care (after school) \$16.00
- Vacation Care \$28.00 per day.

Reduced care fees are available through accessing your MYGOV account and following the test for the Childcare Subsidy (CCS). The (CCS) is, in most cases paid directly to the Childcare Service to reduce the out of pocket expenses to families.

Accounts are sent out to the supplied address on a regular basis; these can be paid by direct deposit, cheque or cash.

Non-payment of fees

If fees are more than 1 week in arrears, the child will be excluded from attending the service until payment has been made.

**ORBOST PRIMARY SCHOOL AFTER SCHOOL CARE
MONDAY 24TH APRIL IS A PUPIL FREE DAY AT SCHOOL.**

CHILDCARE CHANGES

**PARENTS WHO ARE REQUIRING THIS SERVICE FOR THAT DAY WILL NEED TO
BOOK IN ADVANCE BY 5TH APRIL 2023.**

NO LATE BOOKINGS WILL BE EXCEPTED DUE TO STAFFING.

Changes to gap fee payments

Families using child care must pay the gap fee using electronic means from 1 July 2023.

Electronic funds transfer, or EFT, is when a customer pays a bill using electronic means. Typical EFT payment methods include:

- bank or credit card, including mobile wallets
- direct deposit or bank transfer, including PayID
- online payment systems through third-party software
- BPAY or Centrepay.

This change will help us protect Child Care Subsidy (CCS) against fraud and non-compliance. Most services already accept EFT payments. Similarly, over 98% of families already use EFT to pay their gap fee.

Exemptions will apply in limited circumstances. We will provide more information about exemptions soon. We'll also develop some materials you can use to communicate this measure to families.

Find detailed information about the changes and what you need to do [on our website](#)

Changes to CCS from July 2023

Child Care Subsidy (CCS) is changing from July. Most families using child care will get more subsidy. Some families previously not eligible for CCS will now get it.

Help your families understand what's changing by displaying this [poster](#) and [factsheet](#) at your service.

Families can stay up to date by:

- visiting the [Services Australia website](#)
- subscribing to news for families at servicesaustralia.gov.au/news
- following the [Family Update Facebook page](#).



BUILDING RESILIENCE IN CHILDREN

Resilience ... it's a familiar word, isn't it? But what does it really mean? When we talk about resilience, we're talking about a child's ability to cope with ups and downs, and bounce back from the challenges they experience during childhood – for example moving home, changing schools, studying for an exam or dealing with the death of a loved one. Building resilience helps children not only to deal with current difficulties that are a part of everyday life, but also to develop the basic skills and habits that will help them deal with challenges later in life, during adolescence and adulthood.

Resilience is important for children's mental health. Children with greater resilience are better able to manage stress, which is a common response to difficult events. Stress is a risk factor for mental health conditions such as anxiety and depression, if the level of stress is severe or ongoing.

So where does resilience come from?

Resilience is shaped partly by the individual characteristics we are born with (our genes, temperament and personality) and partly by the environment we grow up in — our family, community and the broader society. While there are some things we can't change, such as our biological makeup, there are many things we can change.

One way of explaining the concept of resilience is to imagine a plane encountering turbulence mid-flight. The turbulence, or poor weather, represents adversity. Different planes will respond to poor weather conditions in different ways, in the same way different children respond to the same adversity in different ways.

- the pilot (the child)
- the co-pilot (the child's family, friends, teachers and health professionals)
- the type of plane (the child's individual characteristics such as age and temperament)
- the equipment available to the pilot, co-pilots and ground crew
- the severity and duration of the poor weather.

We can all help children become more resilient and the good news is, you don't have to do it alone. You can ask other adults such as carers and grandparents to help. Building children's resilience is everyone's business, and it's never too early or too late to get started. We've got some simple things that you can do in your own home.

How can I build resilience in my child?

The latest research shows that there are five areas that offer the best chance for building resilience in children.

As a parent, carer, or significant adult, you can help to develop essential skills, habits and attitudes for building resilience at home by helping your child to:

Build good relationships with others including adults and peers

Quality relationships are important for resilience. You can help develop your child's resilience by helping them to develop essential skills, habits and attitudes for building resilience at home by helping your child to:

It is important to remember to:

- spend quality time with your child
- support your child to build relationships with other adults
- help your child develop social skills and friendships with peers
- help your child to develop empathy

Build their independence

Autonomy and responsibility play an important role in building children's resilience. You can encourage your children to take on responsibilities and develop a sense of autonomy.

It's important to remember that as parents, it's natural for us to want to protect our children from negative experiences, but it's important not to shield them completely from life's challenges. Working through difficulties and problems – with adult support as required – will give your child a chance to learn about themselves, develop resilience, and grow as a person.

Learn to identify, express and manage their emotions

Being resilient is not always about feeling better or having fewer emotional reactions. It's about managing and responding to emotions in a healthy and positive way. You and other adults in your child's life play a role in helping children articulate, respond to and manage emotions.

It's important to remember the following:

- Improving children's resilience is not about helping them feel less. It's about helping children to manage their feelings in a healthy way.
- Children with a sensitive temperament can be just as resilient as any other child.
- Children respond to 'difficult events' in different ways and may need different types of support. Siblings experiencing the same difficult event (e.g. a natural disaster) may respond differently. For example, one child might avoid talking about a one-off adverse event (e.g. a natural disaster) and act as if it hasn't affected them at all. While another may become very anxious about specific situations such as going to school or separating from a parent or carer following the natural disaster.
- have been tailored for pre-school aged children (1–5 years) and primary school aged children (6–12 years)
- should be prioritised in a way that best meets your child's needs.

If your child is currently experiencing stress, challenges or hardships in life which are affecting their well-being, additional professional support may be necessary.

Build their confidence by taking on personal challenges

Provide your child with opportunities to build their confidence and learn how to deal with obstacles, success and failure when they undertake personal challenges.

It is important to remember the following:

- One idea that is very relevant to building children's confidence by taking personal challenges is 'healthy risks'. Healthy risks are age and developmentally appropriate risks such as walking to the shops with a sibling or alone. Healthy risks are not only about the risk of getting physically hurt, but also about the risk of losing, failing or making a mistake.

As a parent, you need to define what you consider to be a 'healthy risk' for your child – depending on their age, maturity and your own comfort level. It may be useful to ask yourself what risks you have let your child take in the past. What was the outcome? Would you encourage your child to take that risk again? It may be helpful to discuss 'healthy risk-taking' with other parents.

There are some simple things you can do to build your child's resilience in these areas. You might be able to think of more. It's important to remember that the strategies we recommend are;

- suitable for everyday use with children aged 0–12 years
- have been tailored for pre-school aged children (1–5 years) and primary school aged children (6–12 years)
- should be prioritised in a way that best meets your child's needs.

If your child is currently experiencing stress, challenges or hardships in life which are affecting their well-being, additional professional support may be necessary.





WHAT IS CHOOSICAL

In collaboration with a team of professional artists and facilitators, Grade 4 - 6 students will co-design, create and present a musical experience based on the big mental health issues that matter to them

WHO ARE SPROUTS CREATIVE



Artists Bridget a'Beckett and Sharni Page met on stage in the international production of Cabaret starring Tina Arena and Todd McKenney in 2002.

In 2019 they combined their qualifications in psychotherapy, music and performing arts to found Sprouts Creative, an organisation that helps families, schools and organisations support children in their social emotional development.

Their skills in facilitation, role play, music and theatre connect to a child's imagination and engage their whole bodies in the learning, making problem-solving feel like play!

In collaboration with a team of award-winning artists, educators and early childhood professionals, Sprouts Creative have developed a reputation for high quality educational programs, theatre and music that help to improve the lives of children in Australia.



WHAT ARE THE BENEFITS TO STUDENTS?

To engage and connect in a creative process supported by therapeutic processes

To recognise the importance of collaboration, exploration and reflection in processing mental health challenges

To understand that they are not experiencing these issues on their own

To feel pride and see the value in their contributions

To be their own proactive problem solvers

To tap into their creativity and have fun with their peers!

DAY ONE: Wellbeing Day

Facilitator: Sharni Page, Psychotherapist / Performer

Assistant: Bridget a'Beckett, Musician / Performer

Workshop One (2 hours)

MORNING



Students explore five topics identified as current challenges in a questionnaire supplied to the school (prior to workshop)



Through exploration they'll gain a deeper understanding of these issues and explore strategies for each. They will then agree as a group on which issue they want to explore further

————— LUNCH BREAK —————

Workshop Two (2 hours)

AFTERNOON



Students will flesh out their chosen theme. They will explore self-expression through music, role play, movement, sculpture and language

BEHIND THE SCENES (min. 2 weeks)

A songwriter, choreographer and music producer will create a song and performance piece based on the movement, ideas and musical motifs discovered in the Wellbeing Day workshops.

Artists will share the creation process via regular video updates and encourage feedback and suggestions from students.

Finished song will be delivered to the school for students to learn prior to Day Two

DAY TWO: Learn and Perform

Facilitator: Bridget a'Beckett, Musician / Performer

Assistant: Sharni Page, Psychotherapist / Performer

Workshop Three (3 hours)



Students will have an in-depth session with Sprouts Creative artists to learn the song and performance piece.

Parents and carers will be invited to watch the performance at the end of the workshop

How do I protect my kids from cyber bullying during school holidays?

July 1st, 2021



Question

I've already noticed my three teens, aged 14, 15 and 17, are online a lot more over the school holidays. I'm concerned that their interactions with people over Instagram and other social media apps might lead to problems. What can I do to protect them from cyber bullying over the break?

Answer

School holidays should be a welcome break for families: a chance to relax and get away from anything that's been stressing or upsetting you during term time.

However, holidays can also be a risky time for cyber bullying. During the holidays, many kids are less supervised and more reliant on technology for social contact – and they don't have to turn up at school the next day and face the consequences of what they've done.

The good news is there are things parents can do to prevent and reduce these problems.

1. Enjoy tech safely

Take the time to talk with kids about how to use their devices in ways that are safe, responsible and respectful of other people – and what to do if something goes wrong. You can use the Dolly's Dream [Parent Hub](#) to get started talking to kids about things like cyber bullying, social media and communicating with strangers online.

You might also sit down and take the Dolly's Dream [DigiPledge](#) together – the DigiPledge is designed for families to explore topics such as navigating social media and gaming.

Serious cyber bullying, illegal content and abusive image-sharing can be [reported](#) to the Office of the eSafety Commissioner.

2. Make the party season a good time

Older kids have been studying hard for months, and are ready to enjoy themselves! So, it's important to have sensible, honest chats with your teens about partying safely. This includes topics like drinking and drugs, planning transport, looking after your friends, and what to do in an emergency – see these guides by [Kids Helpline](#) and the [Alcohol and Drug Foundation](#).

We also suggest brainstorming with your kids about situations like these:

- "How do we use social media at parties?" This includes thinking twice, getting consent before posting pics of other people, and showing respect and kindness.
- "What if you end up at a party with people you didn't want to see?" Do your kids have friends they can stick with, other places they can go, or a plan for how to respond if someone tries to start some drama?

3. Make friends and build strengths

The holidays are a perfect time for kids to make new friends and build skills and confidence. You might check out:

- School holiday programs at your local council, library, or sports and rec centre
- Youth mentoring programs – try [this directory](#)
- Scouts, Guides, sporting teams, or programs for arts, theatre, circus skills, or outdoor adventures
- Volunteering

For shy or anxious kids, it can be helpful to plan ahead of time for things like: how to greet new people, easy conversation starters, finding things in common, showing care for others and speaking to a trusted adult if something's wrong.

4. Stressed? Reach out for support

During the holidays, kids are away from the teachers and wellbeing staff who supported them at school with problems such as bullying. It's important kids know to speak to a trusted adult if something's bothering them during the holidays, and understand that they can access free, confidential counselling over web or phone, for any reason, any time – and they don't need anyone's permission. These services include:

- Dollys Dream Support Line: 0488 881 033
- [Kids Helpline](#): 1800 551 800
- [Beyond Blue](#): 1300 224 636
- [ehelpspace](#)
- [Lifeline](#): 131 114

Related articles



[How much screen time should my kids be having?](#)



[How to talk to your child's school about bullying](#)



[What's the best way to set tech boundaries?](#)