Greetings parents and friends of our school,

**Mental Health - SKIPS**

To help our school be more supportive of our community members, we have commenced SKIPS through EACH (Eastern Area Community Health). The teachers have had 3 hours of workshops and the senior students have had their first session. ALL the feedback has been extraordinarily positive. Parents are invited to an information session on Tuesday 2-3pm. No one is asked to disclose any personal information. Preschoolers are welcome! Please let the office know by the form attached, in person or phone.

More than 20% of us will experience times of poor mental health during our lives. Many of us will have loved ones or friends, or neighbours with chronic or episodic mental health problems. Mental illnesses tend to fall into four broad categories: mood, anxiety, psychotic and personality disorders, but symptoms of more than one may be present in any individual. Mental illnesses are treatable but what works for one may not work for another. It is complicated! Understanding helps!

**Disco**

A great night is anticipated for all the children joining in the PFA organized DISCO on Friday night. You can still pay for entry tomorrow!

**80s Night**

I hope that many of you are planning to come along to the low key 80s night on Saturday. Come along, relax, meet a few people, listen to music, dance (exercise my 2 left feet), BYO drinks so you can have what you like! I'm not getting dressed up but just wearing old jeans (I could wear my wedding outfit but that would be too......).

**School Sports**

We are planning to have twilight (about 5:30 – 7:30) inter-house sports at school on Friday 24 October. It is many years since this occurred at St Joseph's School and we hope this is a most successful inaugural event. As parents, what would you like to have included? Think on it and we will ask for your suggestions soon!

**Transition**

As part of the transition to secondary school, our Year Five students attended Mt Lilydale Mercy College MLMC to experience some of the differences. Having experienced the glitter of what is on offer some of our students want to change now, but we will keep them a little longer! To deepen our understanding, for the next two days Mr Justin Colley will be shadowing in class at MLMC some of the teachers our students will experience next year.

**2015 Enrolments**

If you are considering enrolling another child please contact the office for a form. Please encourage friends and neighbours to also contact us. Forms are available from the office or are downloadable.

God bless us all,

John
Trinity Sunday

This weekend we celebrate Trinity Sunday. The Church believes that God’s very self is a relationship – among Father, Son and Holy Spirit. The Holy Trinity, this God of relationships, seeks to save the world, not condemn it. That relationship pours love into the world.

Aren’t we similar? Just like God, relationships are central to our nature. Our friendships build us up or tear us down. They help to fulfil our dreams or they get in the way. Do your relationships bring love into the world? Do your friends challenge you to live a better life? Do you associate with people who inspire you to goodness and compassion? Is the world around you and your friends a better place when you all get together?

This past week we finished our Easter season with the celebration of Pentecost. The seniors put on an excellent play demonstrating the arrival of the Holy Spirit to the disciples to give them strength and guidance to carry on the work of Jesus.

Please remember the children making their first Eucharist in two weeks’ time, in your prayers. Wishing you all a happy week,

Karen McQuade
Christian Life Leader
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<thead>
<tr>
<th><strong>Week 9</strong></th>
<th><strong>Activity</strong></th>
<th><strong>Location</strong></th>
<th><strong>Location if wet</strong></th>
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<tr>
<td><strong>Echidnas</strong></td>
<td>Relays</td>
<td>Basketball court</td>
<td>Church meeting room</td>
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<td>Mrs O’Brien</td>
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<td><strong>Dingos</strong></td>
<td>Commando</td>
<td>SPA gym or driveway</td>
<td>SPA gym (one third)</td>
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<td>Mr Booth</td>
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<td><strong>Kookaburras</strong></td>
<td>Games</td>
<td>Basketball court</td>
<td>South building shared area</td>
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<td>Mrs Brown/Mrs Broderick</td>
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<td><strong>Kangaroos</strong></td>
<td>Pentathlon</td>
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<td>Art room or passage outside</td>
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<td>Mrs Wetham/Mrs McQuade</td>
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<tr>
<td><strong>Wombats</strong></td>
<td>Circuit Training</td>
<td>SPA gym (one third)</td>
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<td>Mrs Vranken</td>
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<td><strong>Koalas</strong></td>
<td>Skipping</td>
<td>Roundabout</td>
<td>SPA gym (one third)</td>
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<td>Mr Colley</td>
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<tr>
<td><strong>Bandicoots</strong></td>
<td>Boundary Run</td>
<td>Meet outside office. Run around cross country track and oval</td>
<td>Join in with aerobics</td>
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<td>Mrs Vanstan/ Miss Bourke</td>
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<td><strong>Tassie Devils</strong></td>
<td>Aerobics</td>
<td>SPA Performing Arts</td>
<td>SPA Performing Arts</td>
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<td>Mrs Traynor</td>
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From the Wellbeing Desk

The conversation about ‘Stranger Danger’ came up the other day. It is not a term used as much these days but rather we talk about Protective Behaviours. This term refers to how we upskill our children to think about and maximise their own personal safety. I found an article that outlines some simple tips and ideas for us all to think about and discuss with our children. Of course the discussion around online personal safety is something we also need to encourage.

Our Friendship Groups this term have focussed on team work and positive self-talk and actions. We watched a great clip on line by the Kid President looking at 20 positive things we say more of everyday. This is great for the whole family to watch and discuss too. The children really enjoyed this and we are hoping to see and hear more positive actions and words.

I am currently running the Seasons for Growth group with some Middle children. Over the rest of the year I am hoping to run the Junior and Senior programs. It is not too late if you would like to enrol your Junior or Senior child. The Seasons for Growth program is a grief and loss program that focuses on understanding the effects of change, loss and grief. It aims to promote resilience, coping resources and life skills in young people. Please contact me if you wish to add your child’s name to a group or you would like further information.

Once again I am available On Tuesday and Wednesday mornings if you wish to discuss your child’s social or emotional needs. Feel free to pop in for a cuppa and a chat.

Best Wishes
Prue Vanstan

MENTAL HEALTH AWARENESS SESSION

Tuesday 17th June from 2pm – 3pm
in the staffroom

I will be attending the mental health awareness session.

Name:__________________________________________________________Please print
PROTECTIVE BEHAVIOURS
Teaching your child to maximise their personal safety

While children are very young, they rely totally on the care of their parent or other trusted adult. As they grow older, they start to be more independent and to venture out into the world where parents do not control the environment. This is normal and is usually exciting and fun. Unfortunately, it also brings dangers that the child has to learn to handle more and more by themselves.

The parent's job is to ensure that their child is safe from harm as far as possible. A major part of this is to teach the child to be aware of their own body signals, which will help them recognise when they are feeling unsafe. You could draw a body shape and discuss where you both feel the signals. e.g. a sore tummy. Ask them what safety means to them and talk about everyday examples of times we feel safe as well as things that do not feel safe.

Let them know that they **should always tell you** about anything that makes them feel unsafe. Emphasise that we all have the right to feel safe and that you will always listen to them. You can also pick up if they are anxious if you notice changes in behaviour or body language.

Together you can identify a **list of trusted people** who they can talk to or call. It is especially important that there are a number of adults they can approach, as one or other might not be available, might not believe them or might be the problem.

The child needs to have a **range of skills** that will enable them to deal with the worrying situation at an age-appropriate level... One way to make this easier is to use “Even if...” questions to discuss options for action. For example, “How could you keep yourself safe even if you heard a strange noise at night?” or “How could you keep yourself safe even if I was late to get you from school?” Having some light-hearted ideas will stop this becoming too intense or anxiety provoking. Make a list and revise it or practise the ideas from time to time.

**Home alone**
Usually, children start to be left for short periods while the parent quickly goes to do something for a few minutes. The timing of this depends on the child's sense of responsibility and their ability to follow instructions. The skills they need are to be able to follow some basic safety rules which the parent should explain clearly and practise with them until they are clear.

**Answering the phone**
Sometimes it is best to tell your child not to answer the phone at all. People will always ring back! Make sure your child never tells someone unknown that they are home alone. They could just say that Mum or Dad cannot come to the phone right now. If someone asks “What number is this?” they could reply “What number were you trying to call?”

**Answering the front door**
Tell your child to check who is there by looking through a side window or asking “Who is it?” before opening the door. Never invite anyone you do not know into the house (this includes uninvited sales people). If a person refuses to leave – call the police on “000”

**Safety at Public events**
If you are planning a trip to the Zoo or the Show or some other crowded place, you need to make sure that the children have appropriate basic safety rules. If you can, give specific information about where to meet if you get separated. Eg. A gate number or a particular stall that is easy to identify. Wrist tags with your mobile number on them are helpful as long as your child also knows the kind of people who will be safest to approach for help. Eg. people in family groups, a police officer or security guard. Having their name on them in large print may make it too easy for the wrong person to pretend they know them.

**Safety Houses**
Many schools have set up Safety House programs in their communities. This involves nominating approved houses where there will be a trusted adult available to help a child or elderly person who is frightened. The houses have a “smiley” face sign to show that they are safe places.

**Helpful Organisations – Their Websites:**
The information on this page has come from the websites below. Each has much more detail about the aspects of safety outlined above and are well worth a look!

Children’s Protection Society
www.cps.org.au

The Royal Children’s Hospital Safety Centre
www.rch.org.au/safetycentre

The Safety House Association of Victoria
www.safetyhouse.org.au

Victoria Police
www.police.vic.gov.au

For a complete list of Regional Parenting Service articles go to the City of Greater Geelong website www.geelongaustralia.com.au/community/family/services/article/8cbe34b53070368.aspx
This term is full of fun activities for all to enjoy.

Children’s Annual Disco- this Friday 13th June, 6:30-8:30. It’s on tomorrow! Tickets, which include a drink, large snake lolly and chips, will cost $6 per child, or $15 per family for families of three children or more. No tickets will be sold on the night. A booking form has gone home. Please return the form tomorrow if you haven’t already. Children are welcome to bring some money along to buy glowsticks. Only current St Joseph’s children are allowed to attend. Parents are encouraged to help with supervision, sales of glowsticks and distribution of snacks and drinks. Tickets will go home tomorrow but don’t worry if you forget to bring them as names have been recorded and will be marked off at the door.

Parent’s 80’s night- this Saturday 14th June, 7:30 till late. The P&F have decided to organise a casual night of fun, laughter, singing and dancing. We will be playing your favourite 80’s music and videos. You can dress up if you like, and bring along your favourite photo of yourself in the 80’s. No kids. Friends and family welcome.
Gold coin donation. BYO nibbles and drinks. Tea and coffee will be provided. We will be having prizes for the most creatively dressed, the best mullet and the best 80’s moves. Babysitting for school age children will now be available. $5 per child. They will be able to watch a movie, and popcorn will be provided. See Cathy Linder or phone her on 0409 187 166 if you would like to know more.

Shopping Tour- Saturday 23rd August. A great social day out with a bit of retail therapy, while school. Tickets are now available. If we have between 36-44 people they will cost $33. If we have over 44 people the tickets will cost $28. Invite your mum, sisters, daughters and friends! We will be visiting 11 outlets on the day which may include places like Russell Athletics, Sirocco, Kitchen items, Manchester, kid’s clothing etc. See Cathy Linder regarding tickets, or to help choose the outlets we will be visiting; or leave your name and contact number at the office if you are interested in coming.

The next P&F meeting will be held next Tuesday 17th June at 7:00p.m. in the Staffroom. All welcome.

Yarra Valley Uniforms

Ph: Donna 0427 516 375

Open on Thursdays at 3pm.
This year we have booked 5\textsuperscript{th} – 19\textsuperscript{th} June for our Metal2Metal challenge.

This is only a short time away so keep in mind the metals that will be accepted: Stainless Steel, Copper, Aluminium, Brass, Cars & Car Parts, Clothes lines, Lawn Mowers, Sinks, Colourbond Fencing, Guttering, Roof Sheeting, Pots and Pans, Tools, Soft Drink Cans, Computer Towers, White Goods, Steel Beams, Car Batteries, Electrical Cables, Hot Water Systems & Pipes, Taps & Plumbing, and lots more!

\textbf{Spread the word amongst your neighbours!!! Save tip fees and help make money for our school.}

\textbf{SUNDAY 15\textsuperscript{th} JUNE}
10am – 12:30pm
\textbf{WARBURTON HEALTH AND FITNESS EXPO}
\textbf{FREE ENTRY}

\textbf{REDWOOD COMMUNITY CENTRE}

3505 Warburton Hwy Warburton

For more info: 0405 311 384 or 0419 270 717
www.facebook.com/IntenseFitnessPersonalTrainingByCorrieCrunden/events
TRX Suspension Training – Boxing for Fitness – Food & Nutrition Coach – Outlast Nutrition info & Samples
CAMP FOR BUILDING SELF ESTEEM AND CONFIDENCE FOR KIDS!!
On the weekend of Fri. 13th February - Sun. 15th February 2015 $60 Full Fee*

We have discovered that if you try to build up kids in this amazing area of their lives, they are so glad when adults try they almost do it all for them! This Level 1 camp starts kids off on this exciting adventure, and they usually don’t want to stop! We already have quite a few kids booked in. You can ring for a prebooking, which will hold a space for 21 days, giving enough time to formally confirm the booking. See www.kidsofgold.org.au for further info, pictures, slideshow etc.

WHAT IS IT? A camp designed especially to build confidence and self-esteem for Primary Kids in Grades 4-6 (& 9yr olds only in Gde 3). Students going into Year 7 in 2015 are still eligible, as well as Grade 3s going into Grade 4 in 2015.
There are 4 Levels that kids can ultimately do if they continue to come! Overcoming issues like shyness, bullying and inability to make friends are some of the areas that parents have seen their kids ‘winning through’ on through this camp. Fun games, low ropes and initiative activities, wall climbing, dramas etc are all in the program.
WHERE IS IT? In the Yarra Valley at the safe and attractive setting of the Lyrebird Park Camp, 510 Beenak Rd Yellingbo. It is found in Melways Map 308 K10, and is marked as 1km further along Beenak Road.

FEEDBACK COMMENTS:
“I couldn’t believe how much of a change I saw in her in just a weekend!”
“Both my daughters have been to KOG, one has been there twice, and they love it!”
“ He had a ball! ‘Come and meet my new friend, his name is Kendrick!’ was the first thing he said when we saw him at the end of camp. He has always been a bit shy to start with, but after having some initial hesitation on the first night, he wants to go back again!

COST? $60 per child. There are full sponsorships available to some on application ( $60 is only 43% of the full price), and will be met through subsidies received through fundraising efforts and Kids of Gold sponsors. Bendigo Bank, Bunnings and the Shire of Yarra Ranges support our cause as much as they are able.

CONTACT - Enquiries/prebooking to ‘Kids of Gold’ on 0418 170 027 (Jenny) or 9737 9475 (Gary) or 0415 427 396 (Gary).

KIDS OF GOLD, 323 MONBULK RD SILVAN VIC 3795
ABN 57 327 231 83
Millgrove Preschool – Enrol Now!

Millgrove Preschool has places available in the both the 3 year old and 4 year old group this year, and is accepting enrolments for 2015 and beyond. Enrolments accepted from birth.

Need help paying fees?

Do you have a current Health Care Card or Pension Card?
You may be able to claim the Kindergarten Fee Subsidy which makes term kinder fees for 4yr old groups free. Call or email us with the type of card you have and the expiry date. Keep us up to date with the latest expiry date.

KIK Start- Kids in Kindergarten Support to Access Resources
Do you need help paying your 4yr old kindergarten fees? Are you ineligible for the Kindergarten Fee Subsidy? KIK Start may be able to help.
Eligible families are those who:
- Are experiencing hardship to access or stay enrolled in 4 year old kindergarten
- Live within Yarra Ranges or attend a community managed kindergarten service within the municipality
- Are not eligible for the Kindergarten Fee Subsidy
For more information contact KIK Start Information & Referral Worker on 5967 1769 or Family and Children’s Services Yarra Ranges Council Ph. 1300 368 333. Or call or email the Yarra Ranges Kindergarten Office on 5966 2225 or enrol@yrkinders.com.

Early Start Kindergarten – For all Aboriginal and Torres Strait Islander Children and for families who have had contact with Child Protection (or has been referred by them to Child First).
Early Start Kindergarten provides free or low cost kindergarten to eligible three year old children where programs are offered by a qualified teacher. Some services will be able to offer your child a place in a program for four year olds or a mixed age group.
Applications for Early Start Kindergarten Funding are made by the service on your behalf and the grant is paid directly to the service.
For more information visit www.education.vic.gov.au/childhood/parents/kindergarten/Pages/earlystart.aspx
Contact your regional Department of Education and Early Childhood Development office at Dandenong on 03 8765 5600. Or call or email the Yarra Ranges Kindergarten Office on 5966 2225 or enrol@yrkinders.com.

Millgrove Preschool -Entry via Moore Crescent, Millgrove. Right next to the sporting oval and beside Milwarra Primary School- Millgrove Campus. Contact Yarra Ranges Kindergartens on 5966 2225 or enrol@yrkinders.com

Call Millgrove Preschool on 5966 5426 to arrange a visit.
Like us on Facebook. New website coming soon!
St Vinnies Winter Appeal

Donations of blankets, doonas, warm coats and non-perishable food would be much appreciated. These will be used to assist those in our community who are struggling, especially during the colder winter months.

Please make sure any food you are donating is undamaged and within the use-by date.

Donations can be left at the school office until the last day of term – June 27th.