

RIPPLEBROOK PRIMARY SCHOOL NEWSLETTER



Issue: 4 Date: 26th June 2026

PRINCIPAL'S MESSAGE

Enrolments

We welcome another two students to our school with Maya and Emmison joining us to start Term 3. Our enrolment numbers continue to grow with a few confirmed Prep enrolments for 2027 and additional school tours and enquiries from prospective families. At this stage we will be starting next year with close to 50 enrolments. Our final class structures and teaching staff will be determined on student numbers, student needs and supports available.

Camp

We will be heading to Allambee Camp (near Yarragon) during the last week of Term 3 (Monday 14th-Wednesday 16th September) and we ask that all families indicate on the expression of interest/deposit form which students are attending overnight or as day visitors. This camp is very suitable for Prep-Grade 6 students-one of the very few school camps in Victoria who cater for younger students. School will be open and supervised by staff not attending camp, however we hope most students will enjoy the experience of a two-night, three-day camp away from home. Next year will be our Sleepover Year and we plan for camp again in two-years' time. Costs for camp are determined by numbers attending-the more that go, the cheaper the overall costs for bus transport, accommodation, meals and camp staffing for adventure activities.

Container Deposit Scheme

Thankyou to the families and students who have used our gate collection bags or schoolyard collection bins for the 10-cent recyclable drink containers. These are emptied regularly for returning to the CDS depots and our school's fundraising efforts are now over \$800.



KEY DATES

June

Friday 26th Last Day of Term 2
(2:30 pm Finish)

July

Monday 13th First day of Term 3
NAIDOC Week
Friday 24th School Tree Day
Monday 27th Book Fair Opens
Friday 31st Family & Friends Day
Dress Up Day for Book Week

July

Friday 31st Book Fair Closes
Online Prep Enrolments Close

August

Monday 3rd Prep Enrolment offers Made
Monday 17th National Science Week
Wednesday 19th Flying Start begins
Friday 21st Flying Start

OUR SCHOOL VALUES

Be Responsible
Be Safe

Be Respectful
Be an Active Learner

Be Resilient
Be an Active Learner



PRINCIPAL'S MESSAGE PART 2

Junior Change Table

We were fortunate to receive a sizable donation from local community groups to allow us to purchase our own junior change table, which allows staff to safely and hygienically attend to students' needs. This device will assist current and future students and provide access through Disability Inclusion supports.



Carparking

We are now in the fortunate situation of having too many families for the existing carparks at school. A reminder that we have one-way traffic for parking (enter from Lang Lang side, exit Drouin side). If parents are finding it difficult to park in the side or front carparks, there is often room next to the staff carpark at the eastern end of the oval. Parents parking here will need to drive in, past the staff cars and then reverse park so they are facing Westernport Road. Parents will need to walk to the front gate to collect their children as staff won't be able to see cars parked in this area from the gates. Families who use OSHC have all commented that they find it easier to do pickup when the carparks are empty. Another good reason to enrol in OSHC!

Jump Rope for Heart

Ripplebrook Primary School will again be taking part in skipping during Term 3 to develop students' fitness, coordination, stamina and rope tricks as well as raising funds for the Heart Foundation. Students can choose to ask sponsors for donations, however this is certainly not compulsory. Our school jump-off day will be held later in August when the weather should be improving. Skipping ropes will be available each recess and lunch time for students to use as well as in weekly PE classes.



Nigel Kilpatrick
Principal

OFFICE NEWS

RIPPLEBROOK SCHOOL COUNCIL

Our next School Council meetings will be on the following dates.

Term 3

Monday 3rd August

TBC September

Term 4

TBC

These meetings take place in the school library from 6:15 pm till 8:15 pm.

BREAKFAST CLUB

BEFORE SCHOOL SUPERVISION

Reminder: Breakfast Club doesn't open until 8 am.

Students are not permitted to enter Breakfast Club after 8:30 am. Students are welcome to arrive at school from this time. Please note that the schoolyard is not supervised until 8:45 a.m., and students remain the responsibility of parents.



COMPASS PARENT PORTAL

If you are having concerns logging on to the portal for the first time or if you have misplaced your login details, please contact Amanda or Mr Baker in the office for assistance.

The Compass Parent Portal can be accessed by the following link:

<https://ripplebrookps-vic.compass.education/login.aspx>

ATTENDANCE & ABSENCE

As a School we use Compass, to monitor student attendance. In the case of a child/ren being absent from school, it is most important that the school is notified.

Parents/Carers need to contact the school office (5627 6278) on or before the first day of your child/ren's absence by 9.45 am or log on to Compass to record the absence and continue this process until they return to school.

When students have not arrived at school and the school's administration staff have not received written or verbal notification, an SMS notification will be sent out at 10:00 am to parents/carers seeking explanations of their child's absence. We kindly request that you contact the school ASAP in response to this message.

UNEXPLAINED ABSENCE LETTERS

Unexplained absence letters are sent home to families regularly. Please sign and return these for accurate records.

NEWSLETTER DISTRIBUTION

Just a reminder that School Newsletters come out on Thursdays (hopefully!) at the end of each month. Copies of the school newsletter are electronically sent out on Compass. You can also find a copy of the newsletter on the school website and Facebook page. A hard copy of the newsletter is provided to the eldest student in the family if it was requested by families.

OFFICE NEWS

Office Reminders

Note for our families, just a reminder that the office is usually only manned most days of the week. If you need additional copies of any forms or notices that have gone home, please contact your classroom staff or check on Compass.

Please make sure all notices come with your child to their room or are handed into the office. Also, if we can't answer your call at the time, please leave a message as we do check the voicemail on a regular basis throughout the day and we will get back to you as soon as we can. For an emergency call the school mobile on 0428 276 279

Office Hours for Term 3 2026

Our school office will be manned most days out of the week this term with Amanda and Mr Baker working in the office over the week.

Amanda will be in on Mondays, Thursdays and Fridays from 9 am to 4 pm for anything financial-related and general office matters.

Mr Baker will be in the office most day except Thursdays and Friday mornings for general office inquiries from 9 am to 4 pm.

If the office is closed on a day the phone will be going through to the 2/3 classroom.

NEWS FROM THE SCHOOL BUSINESS MANAGER

GRADE LEVEL	EVENT	COST DUE	PERMISSION DUE
All	Families who returned signed 2026 Voluntary Curriculum Contributions	\$ 60	Term 1
All	Families who returned signed 2026 Voluntary Curriculum Contributions	\$ 60	Term 2
All	Camp Deposit	\$50	Term 2

Parent Payment Policy 2026

2026 Parent Payment Policy letters have been sent home late last year. If you would like a copy, please drop by the office to ask for a new copy.

Voluntary Curriculum Contributions

Thanks to families for their voluntary curriculum contributions. This has enabled us to purchase/update learning resources at the school. This supports the enrichment of your children's education and overall learning environment at Ripplebrook Primary School.

CSEF

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities. Forms are at the office if you haven't already filled one out.

Payment Options

Families now have several ways to pay for school uniforms, school camp, excursions, and voluntary curriculum contributions. Payments can be made at the office by card if that is your preferred method, or through BPay, direct deposit, or cash.

If you need to discuss payments, please call Amanda McLaughlin, our School Business Manager, she is in on Mondays, Thursdays, and Fridays.



Amanda McLaughlin
Business Manager

OFFICE NEWS

Little Angler Kits

The Victorian Government is committed to increasing the number and diversity of people fishing and enjoying Victoria's local seafood, growing healthy and sustainable fisheries sectors and contributing to Victoria's social and economic prosperity. This is why the Victorian Government distributed 95,000 Little Angler kits to primary aged students in 2023/24, via the Victorian Fisheries Authority, as part of a \$1.5M election commitment, funded via the sale of Victorian recreational fishing licences, i.e. funded by recreational fishers.

The aim of this election commitment was to continue to grow recreational fishing participation in Victoria, by actively encouraging primary school aged children to learn more about the art of fishing, marine life and the natural environment. Encouraging children to be outside and active aligns with whole of Victorian Government initiatives underway to optimise health, wellbeing, connectedness and inclusiveness in Victoria.

Following the successful implementation of the commitment, the Victorian Government will run the program again in 2026, via the Victorian Fisheries Authority, offering 82,500 Little Angler kits to primary school children in 2026.

The FREE kits provide a wonderful school holiday activity for children with their families and help ease the cost of living, providing a fun activity close to home.

Grade 5 students at all Victorian schools, including ours, will be offered the opportunity to receive a FREE Little Angler Kit. Grade 5 students have been selected based on the Victorian Curriculum focus, movement and motor development, and safety considerations.

Receiving kits

The rollout of kits will occur in August 2026 so that all participating children will have a kit in time for the September school holidays.

The kits include a rod, reel with line, tackle tray, some tackle (including fishing hooks and lead-free sinkers) and information on how to use them to catch a fish. The tackle tray will be wrapped in cardboard and placed inside a pocket inside the fishing kit bag, which will be sealed with a cable tie to discourage students from opening their kits until they are with a parent or carer. The kits will also have a safety label attached to the outside of the kit bag, recommending that students wait to open the kits until they are under the care and supervision of an adult.

Kits will be handed out to students to take home with them as soon as the school receives them. Teachers will tell students not to open the kits until they are safely at home with a parent or carer, however parents can contact the school and request to collect their kit from the school themselves if they prefer.

More information

For instructional videos and online resources about where and how to fish, visit the Little Angler hub.



Courtney Baker
Office Admin

MENTAL HEALTH IN PRIMARY SCHOOL

While school holidays are a well-earned break time for our students after a busy term, they can also be a time when bedtimes drift later, and sleep routines become less consistent. For primary school-aged children, maintaining healthy sleep habits throughout the holidays is important for their wellbeing, learning, behaviour and mental health.

Children aged 5–12 years generally need around 9–11 hours of quality sleep each night. Sleep is an essential part of children's daily routine for helping them grow, stay healthy and to fight off illness. It helps the brain process new information, store memories and prepare for learning. When children get enough sleep, they are often happier, more focused, better able to regulate their emotions and more ready to participate in school and daily activities. It is not common for school-aged children to experience sleepiness during the day.

While it can be tempting to allow later nights and sleep-ins during the holidays, significant changes to sleep schedules can make it difficult for children to return to school routines. It is recommended by sleep experts to keep bedtimes and wake-up times as consistent as possible, ideally varying by no more than about an hour. Regular sleep and wake times help support the body's natural sleep-wake cycle and make it easier for children to settle at night and wake feeling refreshed.

A predictable bedtime routine is also important. Quiet, calm activities for approximately 30 minutes before bed can signal to a child's body that it is time to wind down (eg. activities such as having a bath, brushing teeth, reading together or listening to calming music). Limiting your child's screen use before bed is particularly helpful, as the light from phones, tablets and televisions can interfere with the release of melatonin, the hormone that helps us feel sleepy. Making sure children spend some time outside and get exercise during the day can also assist with sleep at night.

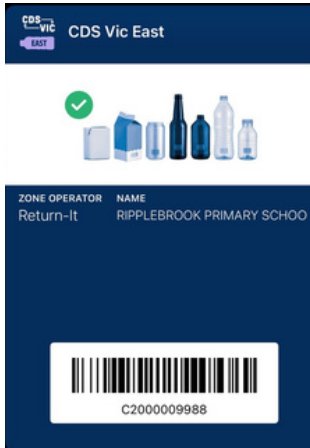
Sleep and mental health are closely connected. Research shows that adequate sleep supports mood, resilience, emotional regulation and self-esteem. Children who are consistently tired may be more irritable, anxious, emotional or have difficulty concentrating. Good sleep habits can help reduce stress and support positive mental health, while poor sleep may contribute to behavioural and emotional difficulties.

As families enjoy the school holidays, maintaining familiar sleep routines can make the transition back to school much smoother. A consistent bedtime, regular wake-up time and calming evening routine are simple strategies that support children's physical health, learning and emotional wellbeing. Another idea is to begin returning to school-term sleep schedules a few days before school resumes.

Healthy sleep is one of the most important foundations for children's learning, wellbeing and mental health. A little consistency during the holidays can make a big difference when the new school term begins.



Mrs Robyn Smith
Mental Health and
Wellbeing Leader
(MHWL)



VICTORIA CONTAINER DEPOSIT SCHEME

Ripplebrook Primary School is now a registered organisation for the Return-It Recycling scheme. If you would like to donate some or all of your 10c returns to the school, please use the code C2000009988.

MENTAL HEALTH IN PRIMARY SCHOOL

For more information on children's sleep - <https://parenting.sa.gov.au/for-parents/parent-easy-guides/sleep-after-the-first-year>

Or if you would like a copy of SLEEPWISE Information Booklet for Parents and Carers – Government of South Australia, please contact me.



Last week, our P-3 students joined an eSmart Storytime webinar where they listened to the story The Day Lucy and Leo are Tele-Sported. The story explored technology compulsion and the importance of spending time offline doing activities we enjoy with others. Through the characters Lucy and Leo, students discussed what balance can look like in their days and identified screen-free activities they enjoyed. The key message for students was to balance time spent online with time spent offline.

Please see the attached flyer for take home messages for families and a link to Beacon app for reliable information about the online world.



Mrs Robyn Smith
Mental Health and
Wellbeing Leader
(MHWL)

MENTAL HEALTH IN PRIMARY SCHOOL



The Day Lucy and Leo are Tele-sported

Written by Liesel Winkler & Kim Maslin Pictures by Phoebe Zeng



Take home messages for families:

Balance is key

Digital play can be fun, engaging and creative. Like Lucy and Leo discovered, it is not about stopping screens altogether, but finding a healthy balance between screen time and other activities like playing outside, moving our bodies, and spending time with others.

Make time for real world play

We all benefit from active, hands-on experiences such as running, building, creating and exploring. These activities support our physical health, social skills and wellbeing, and can be just as enjoyable as time spent on screens.

Notice when it's time for a break

Young people may need support to recognise when to pause or stop using technology. Signs such as feeling tired, sitting for long periods or missing out on other activities can be gentle prompts to take a break and try something different.

Talk about daily balance

Stories like The Day Lucy and Leo Are Tele-sported provide a great opportunity to talk with young people about what a "balanced day" looks like. Together, you might explore what they enjoy doing both on screens and away from screens, and how to include a mix of both.

Model balanced use

Young people learn from what they see. When adults demonstrate their own balance between screen use and other activities, it helps young people understand that taking breaks, moving our bodies and connecting with others are important for everyone.



Mrs Robyn Smith
Mental Health and
Wellbeing Leader
(MHWL)



JUNIOR SCHOOL COUNCIL

Our Pyjama Fun Day was a wonderful way to celebrate the end of term! It was fantastic to see everyone arrive in their cosy and creative pyjamas, ready for a day of relaxation and fun with friends.

Students enjoyed a well-deserved movie session with popcorn, providing the perfect opportunity to unwind after a busy and successful term of learning.

Thank you to everyone who contributed a gold coin donation. **We raised** These funds will be put towards next term's charity fundraiser, and we appreciate your support in helping us make a positive difference.

A big thank you to our students and families for making the day such a success—we loved seeing all the comfy outfits and sharing such a special end-of-term celebration together!



Mrs. Smith and our Junior School Council representatives
Gordi P/1, Will & Marley 2/3 and Taj 4/5&6 with School Captains

THUMBS UP



To the helpers that help Ms Scanlon in the kitchen on Fridays



To the parent helpers that come in each week and help around the school, especially Tamara in the library, and Emma helping sort our shed contents.



To all the families who attended Parent Teacher Interviews



To the School Council parents, thank you for everything you have done this term.



To all the students and Staff for a fantastic Term 2, you have all worked really hard and deserve the upcoming holidays.



OUR SCHOOL LIBRARY NEWS

Our library needs your help! If you can spare an hour or two to help in our school library, Mr Baker would really appreciate the help.

He is looking for help with covering books, tidying and sorting the shelves and general tasks around the library.

Book of the Month

"My feelings, my rules" perfectly sums up the importance of validating your emotions and setting healthy boundaries. Here is a breakdown of how to navigate this concept and ensure you are taking care of yourself along the way.

You're precious when you're happy, and you're precious when you're blue.

With all your different feelings, it's just part of being you!



ANNUAL PRIVACY REMINDER FOR OUR SCHOOL COMMUNITY

Our school collects and uses student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' privacy policy and the Schools' privacy collection notice. Our Photographing, Filming and Recording Students policy describes how we collect and use photographs, video and recordings of students. The policy also explains when parent consent is required and how it can be provided and withdrawn.

We ask parents to also review the guidance we provide on how we use [Microsoft 365/Google Workspace for Education] safely at the school and what parents can do to further protect their child's information. If after reviewing the guidance, you have any questions or concerns regarding your child using [Microsoft 365/Google Workspace for Education], please contact the school.

For more information about privacy, refer to: Schools' privacy policy: information for parents.

STUDENT DIARIES

Ripplebrook Primary School values the relationship between parents, carers, students, and staff. At all times we encourage open and honest communication and believe this will model our student's responsible problem-solving and social and well-being behaviours.

The diaries are an opportunity for communication between home and the classroom. We expect that diaries will travel between home and school daily. Diaries are checked in the classroom regularly and initialed to indicate that they have been seen. All information home from school (e.g. information on special events or permission slips) is placed in the rear of these diaries or family pouches.

It is extremely important that these diaries are checked at home each day. We understand that everyone has busy lives, but your assistance with this communication channel is greatly appreciated.



CLASS NEWS FROM PREP/ONE

The Prep/1 students have been busy with their learning and assessments this term. It has been wonderful to see the progress they are making across all areas of the curriculum.

In Literacy, students have been focusing on developing their letter-sound knowledge and word-building skills. They have also enjoyed exploring a variety of texts, making connections to other stories and relating them to their own experiences.

In Humanities, students have been learning about significant Australian landmarks and their importance to people and culture. They have developed an understanding of natural and human-made features and have practised locating these landmarks on a map of Australia, further developing their mapping skills.

In Mathematics, students have been learning new mathematical games while consolidating their addition and subtraction skills. Our Year 1 students have also been building their understanding of place value through hands-on learning experiences using MAB blocks.

The school's vegetable garden is thriving, and students have been excited to watch the plants grow and develop. Some students have even enjoyed tasting the delicious tomatoes harvested from the garden. There was great excitement when the broccoli began to form, and students have enjoyed observing the vegetables growing bigger each day.

We have recently planted a blueberry bush and some strawberry plants and are looking forward to watching them grow and produce fruit in the coming months. The garden continues to provide valuable opportunities for students to learn about plant growth, sustainability, and healthy eating



Mrs. McIntosh, Ms Drury
Prep/One Team

CLASS NEWS FROM TWO/THREE

It has been a busy and rewarding term in our Grade 2/3 classroom. Students have shown great enthusiasm for their learning and have continued to build confidence, independence, and resilience across all areas of the curriculum.

In Maths, students have been developing their understanding of time, including reading, writing, and representing time on both analogue and digital clocks. They have practised telling the time and have also explored the relationship between units of time, such as minutes and hours.

We have also continued to focus on mental maths strategies to build number fluency and efficiency. In particular, students have been learning and applying the compensation strategy, where they adjust numbers to make calculations easier (for example, solving $49 + 32$ by thinking $50 + 32$ and then adjusting). These strategies support students in developing flexible thinking and confidence when solving problems both mentally and in written form.

Students have been focusing on key comprehension strategies such as predicting, inferring, and identifying character traits in reading lessons. Through our author study of Bob Graham, using texts such as 'Jigsaw' and 'Max', students have explored how authors convey meaning through both words and illustrations. They have practised using evidence from the text to justify their ideas and have engaged in rich discussions to deepen their understanding.

We have also continued to develop reading fluency, with a focus on accuracy, appropriate pace, and expression.

In Writing, students have been learning about public speaking and the process of planning, drafting, and presenting a speech. They are learning how to structure their ideas with a clear introduction, supporting details, and a conclusion. There has been a focus on using descriptive language, persuasive elements, and speaking clearly and confidently in front of an audience.

All students will present their speeches to the class, providing a valuable opportunity to build confidence and oral communication skills. Grade 3 students also have the opportunity to participate in the Lions Club Public Speaking Competition. The topic is: "If you could go on a holiday anywhere in Australia, where would you go and why? Tell us about what you would see and do there."

In Phonics, students have been focusing on the "ey" and "y" sounds, learning to recognise these patterns in words and apply them in their reading and writing.

We participated in National Simultaneous Storytime on Wednesday 27th May, enjoying the story Luna Roo the Kangaroo Ballerina. This was a wonderful shared reading experience that schools and students across Australia all enjoyed at the same time on the same day, promoting a love of reading and storytelling.

As part of our eSmart program, students joined the eSmart webinar on Tuesday 16th June - 'The Day Lucy and Leo Are Teleported'. A key focus was understanding how to maintain a healthy balance between online and offline activities, and recognising how to make positive choices when using technology.

Wishing all families a safe, relaxing, and happy holiday break and look forward to another exciting term ahead.



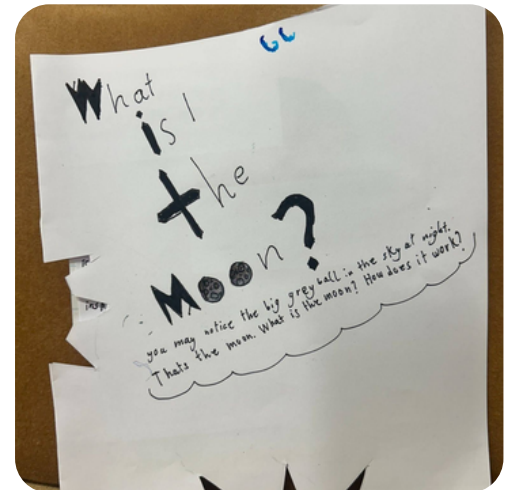
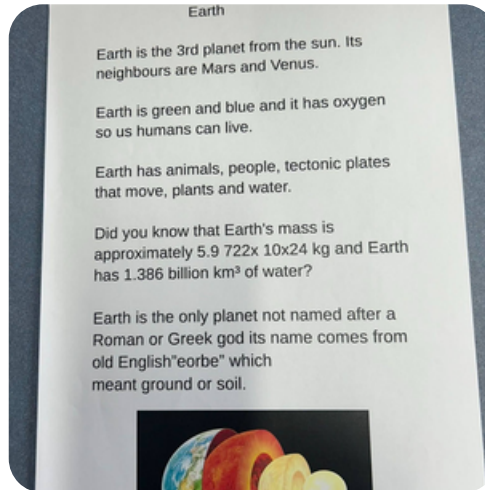
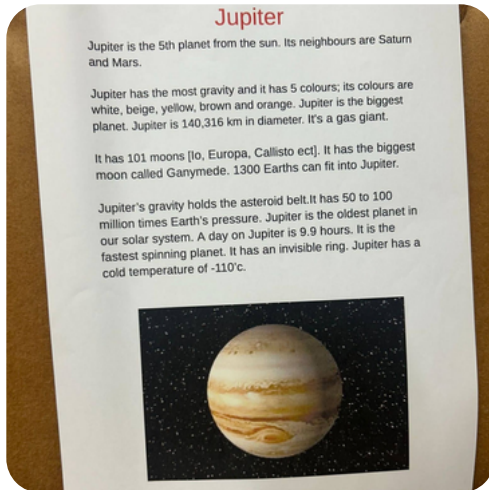
Mrs Smith, Mrs Wilson, and Mr Baker

Two/Three Team



CLASS NEWS FROM FOUR/FIVE & SIX

Students have continued to develop their writing techniques through the topics of Space and Solar Systems. Students have written an explanation on How the Moon works and an information report on a planet of their choice. Through this process they have discovered some interesting facts as well as the importance of summarising key information and keeping their writing brief but to the point.



Students have been working on their Lions Club Junior Public Speaking topics ready for Term 3 where one student from Grades 3-4 and one student from Grades 5-6 will be chosen to represent the school at the Drouin Lions Club Zone final to be held in July/August.

The Grade 3-4 topic is "If you could travel anywhere in Australia, where would you go and why?" The Grade 5-6 topic is "If you could invite anyone to dinner (living or deceased), who would you invite and what would you serve them?"

All students are preparing their 3 or 4-minute speech with a focus on detailed research, cue cards, expression, eye-contact and audience involvement. We have had a number of students involved in previous years with public speaking and we hope to be involved with this program on an annual basis to practise speaking and listening skills.

Students have been practising their times-tables automatic recall with number patterns, sequencing and using their egg-carton bead containers to visually represent the multiplication problem. Students have also been working with the different branches of numbers: Cardinal (has a value), Ordinal (has a position) and Nominal (has a name or identity).

With the World Cup taking place in North America, students have also been using the statistics from soccer matches to look at rankings, goals scored differential, player guernsey numbers and timeline of host nations.



FIFA WORLD CUP
UNITED STATES - CANADA - MEXICO



Mr Kilpatrick, and Mr. Miller
Grade 4/5 & 6 Team



OUR SCHOOL VALUES Be Responsible
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Be an Active Learner

Be Resilient



What a fantastic term we've had at OSHC! Our numbers are continuously growing which is great to see. The children have been engaged, creative and full of energy exploring new interests and strengthening friendships every day. Highlights included our themed craft sessions, and the FEAST program where children practiced measuring, mixing and sharing their tasty creations. Our sports afternoons were a joy, with children developing teamwork and confidence through cooperative games and mini tournaments.

Learning and wellbeing were at the heart of everything we did. We focused on social skills, resilience and independence through play based activities, quiet reflection time and peer led projects. We celebrated many small achievements from improved communication and problem solving to brave first attempts at new activities all of which contributed to a warm, inclusive environment.

A big thank you to families for your ongoing support and to the children for their enthusiasm. Just a reminder all OSHC related questions need to be directed to Paula via the OSHC phone on 0428 276 279.

We look forward to returning next term with more fun programs, and special events. If you have feedback or ideas for activities you'd like to see, please get in touch. I'd love to hear from you! Wishing all families a safe and happy break,
Paula & Sophie



Ms Paula Scanlon
OSHC Coordinator

MEAL DEAL



**Stickybeaks from the
School Office \$10**

**Meal Deal \$9 per student
Lunch \$ 5
Treat \$4**

Hot lunch is prepared by Ms Scanlon and a parent helper each Friday.

The cost is \$9 per student for lunch and a treat. All money and orders need to be in on a Wednesday morning (students normally bring these in their Stickybeaks reusable bags which are available for \$10 from the office) and put in their lunch order tub that will be in their classroom so it can be counted for catering purposes.

Please note from time to time the Hot Lunch menu can change from what is originally planned, but we will endeavour to let you know asap if this happens.

Date	Lunch	Treat	Parent Helper
17/7	Homemade sausage rolls	Ms Scanlon's confetti slice	Sarah
24/7	Katsu chicken with coconut rice	Ms Scanlon's Chocolate cake	Renee
31/7	Family and Friends Day Stuffed potato with all the trimmings	Ice cream on a stick	Erin
7/8	Mini meat loaf with potato bake, roast pumpkin, carrots, peas and gravy.	Mama's raspberry coconut slice	Sam
14/8	Slow cooker orzo marry me chicken	Lolly slice	Tim
21/8	Chicken pesto pasta	Giant choc chip cookie	David/Kristie

Ms. Scanlon is looking for parents to help with Hot Lunch this year, if you would like to help her with this, please let Paula know. You will need to make sure you have a valid WWCC and that we have a copy of it.

CHAPPY NEWS

Hello, I'm your School Chaplain Samantha Bond or 'Chappy'. I have been a School Chaplain for 15 years in Qld and Vic, primary and high school. School Chaplains work closely with Mental Health and Wellbeing support in the school and are here for students, families and staff. My role is to support the wellbeing program of the whole school in this community.

I am here every Tuesday and alternating Wednesday and Friday. Chaplains run social skills and wellbeing groups, lunch programs, one to one mentoring and just support across the school generally. I can also arrange food hampers etc. If you feel your child would benefit from one to one mentoring, you can contact me through the school, MHIPs (Mrs. Smith), or via email

samantha.bond@education.vic.gov.au

FUN WITH LUNCH TIME CLUBS!

COOKING CLUB-ALTERNATING WEDNESDAYS@SNACK

This month we have made Ham and Cheese Mini Quiches (you could call them breakfast muffins). We made our own yogurt dough into Cinnamon Scroll. And this week we have experimented with Chicken noodles as a soup or stir fry using broccollini, carrot and cherry tomatoes. Some even added tinned tuna and/or salmon.



DRUMMING EVERY ALTERNATING FRIDAY@SNACK

Drumming games on Djembe or mini bongos and tambourines are fun and loud. We are learning some simple beats as we play.



LOOM BANDS- EVERY TUESDAY@ LUNCH PLAY TIME

This is something students of all sorts simply love. It's easy to learn and so satisfying for them.



CARD MAKING- WEDNESDAY CLUBS

As I am here alternating Wednesdays, we are doing card making fortnightly. Using an array of crafty bits and pieces, students can be super creative.

CHAPPY NEWS

CHAPLAINCY GROUP WORK

Unlimited (Potential) Group 4,5,6.

Our focus is on Trust Games and how building trust builds courage too. The castle of our potential has many doors and latches to open. If we can build our trust and courage, we will be able to explore our castle of potential more. This week we successfully tried trust falls.



KIDS HELPLINE- PARENT HELP

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

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



Kids Helpline is for everyone really. It's a safe site that children from 5 years-adults can access and get information on friendship issues to emotional guidance relevant to the age. Parents and children/youth can use the site for counselling via online webchat or a free call from mobile or landline on 1800 55 1800.

TALK TO OTHER PARENTS JUST LIKE YOU

There are also groups you can join for support online through their website. Parenting help and for children seeking some help.

REMEMBER THAT LAUGHTER IS GOOD MEDICINE :))

Support your child's emotional wellbeing (and improve yours, too!)

The Triple P – Positive Parenting Program® has been developed here in Australia and is now the world's most widely researched parenting program with hundreds of clinical trials and real-world studies to back it up. From confidently handling a toddler meltdown, to learning how to control your emotions and deal with anger management, Triple P empowers you with a toolbox of strategies, skills, and knowledge. It can help you create a closer bond with your child as you support their learning, development, life skills and emotional wellbeing. Triple P can work for you too — and it's online! AND IT IS FREE! <https://www.triplep-parenting.net.au/>



Ms Sam Bond
Chappy
School Chaplain



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