



Term 3 – Bulletin **Friday 3rd September 2021**

Our Vision

At Hazelwood North Primary School we are a community of life-long learners who are inclusive, kind and curious.
We are problem solvers who work together with confidence to strive for growth and excellence.

Hi everyone,

I am sure everyone is as disappointed as I am that we will not be returning on-site this term. I know many are finding these lockdowns difficult, so I commend you on continuing to support your children with their learning during these times. I can't thank you enough for the time and energy you put in to ensure your children are completing their learning. A HUGE thanks to the staff of our school who are either working from home to provide learning activities and feedback or are on site providing supervision and support for students of parents who are authorised workers.

I have attached an information sheet for "Managing Your Mental Health Online" which has a lot of information and links to available services.

Children's mental health has been quite topical in the news this past week and listening to the Chief Psychiatrist, Neil Coventry, he said to "remember feeling anxious and confused is a normal reaction to an abnormal situation." Director of Mental Health, Ric Haslam and Coordinator of Clinical Psychology, Alice Morgan, at the RCH had some tips for parents and carers to support children and identify early warning signs of stress:

- Warning signs include changes to eating, sleeping, activity levels, tearfulness and persistent worries
- Ask regularly how they are going and listen carefully to their answers
- Look at what is expected of kids and scale back if needed
- Model some coping strategies – deep breaths, asking for a hand.
- Keep a routine with a consistent bed time
- Regular breaks away from screens and preferably outside
- Physical activity – great for mood and physical health
- Find ways to support your child to maintain contact with friends

Student Free Day: Monday 6th September

As you are aware, we have rescheduled this a number of times and can't possibly do so again. The day is so all staff can undertake work around PB4L and improving our school environment. This means there will be no on-site supervision for students or learning activities assigned on Monday.

Path from Tennis Hall

The School council, in particular Adam Leslie, have been working with the Shire to get a path made from the Tennis Club Hall to our school. The good news is that the Shire have approved the funding for this and will start construction on this soon. When completed the school will then make a path around the perimeter of our car park to enable a safe passage. A big thank you to Adam for the many phone calls and meetings he has had in relation to getting this done.

Year 2 Sleepover

Unfortunately, the sleepover has to be cancelled for the second year in row. I know many students and parents will be disappointed.

Remember that the 17th September is the last day of term. Hopefully we will see everyone back on site on the 4th October!!

Keep smiling and take care,

Gillian Connolly ☺

I Acknowledge the Traditional Custodians of this land where I work and live, and pay my respects to elders past, present and emerging. I extend that Acknowledgement to all other Aboriginal and Torres Strait Islander people in Australia



Sport news

District Basketball: Well done to the 2 teams that competed. By all reports the students represented our school in a positive way and had a fantastic time. Thanks to our parent helpers and Mr Simmons for attending. Thank you to Jason Sutherland in particular for coaching the teams and developing their confidence.

Division Basketball: Congratulations to our boys team who made it through to represent our District. The date set is **Friday October 22nd** at this point.

Division Football: Disappointing news for our team! Unfortunately, due to ongoing lockdowns, the decision has been made to cancel the Division level of Winter Sports.

Division Athletics: The date has been rescheduled to Thursday October 14th.

Jump Rope for Heart

Well done to our registered students for their wonderful efforts. The final date for raising money and registering your skipping was Monday 30th Aug. Here is a rundown of our students' efforts as of Wednesday 1st September:

Money raised: \$6,602! (Our goal was \$5000!)

Top fundraisers: Chase \$1159.71 with 6hrs 25mins skipped, James \$780.63, and Chevy \$551.54 with 2hr 9mins skipped.

Other leaders: Fundraising

Time skipping

F/1X	Ebony	\$281.36	Isla	4hrs 20m
	Phoebe	\$252.94	Phoebe	3hrs 32m
	Isla	\$145.28	Elijah	1hr 10m
F/1M	Tommy	\$122.92	Alexei	2hr 40m
	Benna	\$55	Benna	2hr 5m
	Alexei	\$40	Chloe	1hr 43m
1/2M	Scarlet	\$349.86	Jason	3hr 32m
	Maisy	\$263.09	Scarlet	3hr 20m
	Jason	\$252.94	Jessie	2hr 38m
3/4A	Jack	\$281.05	Bryce	2hr 5m
	Ella	\$151.38	Ella	1hr 14m
	Ryan	\$113.85	William	1hr 5m
3/4K	Emersyn	\$112.86	Frankie	1hr
	Frankie	\$20.88	Emersyn	42m
5/6A	Mason	\$61.76	Gracie	5hr 23m
	Kayla	\$25.44	Chelsea	2hrs
	Chelsea	\$20.88	Kayla	1hr 34m
5/6S	Indy	\$230.56	Jordan	2hrs
	Kian	\$227.48	Riley	1hr 5m
	Abbie	\$117.86	Abbie	41m

Well done also to all of our other skippers: Eliza, Zalee, Lucy and Henry, Hugh, Noah, Macy, Abel and Isaiah, Ava, Artan, Flynn, Tyler, and Michael Lissa.

Hazelwood North Primary School is committed to child safety and upholding the Child Safe Standards

Managing Your Mental Health Online

Digital Mental Health Gateway

Head to Health

Head to Health

A website that links Australians to free or low-cost online and phone mental health services. headtohealth.gov.au

Phone and Online Counselling



Lifeline 13 11 14

24/7 phone counselling, and online crisis support chat available each evening.



Suicide Call Back Service 1300 659 467

National 24/7 professional telephone & online counselling for anyone affected by suicide.



Beyond Blue Support Service 1300 22 4636

Telephone (24/7), online and email counselling, and moderated forums.



1800RESPECT 1800 737 732

24/7 phone & online counselling for people seeking help for domestic violence situations.



MensLine Australia 1300 78 99 78

Advice, therapy and support for men with families and relationship concerns.



QLife 1800 184 527

Online chat or phone counselling for lesbian, gay, bisexual, transgender and intersex (LGBTI) people.



Butterfly Foundation 1800 33 4673

Telephone, online counselling, referral and online support groups for eating disorders.



Open Arms 1800 011 046

Phone and online counselling for veterans and their families.



SANE Australia 1800 18 7263

Phone counselling and moderated forums providing peer-to-peer support.



FriendLine 1800 424 287

A national support line "ready for a cuppa and a conversation" with trained volunteers.

Young People



Kids Helpline 1800 55 1800

24/7 phone and online counselling for youth (5-25yrs).



Niggle

A free app for youth designed as a self-help toolkit for all things related to mental, social and emotional wellbeing.



eheadspace

Internet chat, email or phone support for young people (12-25yrs) with a range of issues.



ReachOut

Practical tools, support and moderated forums to help youth get through everything from everyday issues to tough times.



The BRAVE Program

Prevention, intervention, and treatment of anxiety in young people.



Bite Back

BITE BACK

Free online activities, psychoeducation and positive psychology aiming to promote wellbeing and resilience in young people.

Programs



MindSpot

Free clinician supported online programs for stress, worry, anxiety and depression in adults aged 18+.



THIS WAY UP

A range of self-paced online CBT courses for stress, insomnia, anxiety and depression. Courses can be done as self-help or guided by your own clinician. Courses are either free or low cost.



Mental Health Online

Free online programs for a range of issues, with self-guided or therapist support options.



MyCompass

A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress. It's also appropriate for people who simply want to build good mental health.



MoodGYM

A free, interactive program based on Cognitive-Behavioural Therapy (CBT) and Interpersonal Therapy (IPT) to help prevent and manage symptoms of depression and anxiety.



e-Couch

A free, self-help program with modules for depression, generalised anxiety & worry, social anxiety, relationship breakdown, and loss & grief.



Healthy Mind

An Easy Read program to help people with intellectual disability to recognise and regulate thoughts and feelings.



ParentWorks

Online program for parents and caregivers providing evidence-based parenting strategies.



Centre for Clinical Interventions

Free downloadable self-help workbooks and modules for a range of mental health and wellbeing issues.

Apps



MoodMission

A free app designed to help individuals overcome low moods and anxiety by discovering new coping strategies.



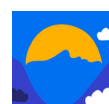
Daybreak

A website and app which supports individuals to cut back or take a break from using alcohol.



Smiling Mind

A free website and app teaching mindfulness meditation to young people and adults.



BeyondNow

A free app and online tool that helps users create a safety plan for when experiencing suicidal thoughts.

Aboriginal and Torres Strait Islanders



WellMob

Social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islanders.



iBobbly

A social and emotional wellbeing self-help app for young Aboriginal and Torres Strait Islander Australians aged 15 years and older.