

DIARY DATES:

STEP INTO PREP
FRIDAY 23RD JULY
FRIDAY 30TH JULY
1.50PM—3.00PM

AFL GALA DAY
FRIDAY 23RD JULY

ATHLETICS DAY
FRIDAY 6TH AUGUST

SCHOOL COUNCIL
MON 23RD AUGUST

YEAR 6 SWIMMING
MON 23RD AUG
TUE 24TH AUG
WED 25TH AUG
THU 26TH AUG

YEAR 5/6 CAMP
WED 8TH SEP
THU 9TH SEP
FRI 10TH SEP

REMINDERS:

YEAR 5/6 CAMP
PAYMENTS
LAST DAY OF TERM 3
FRI 17TH SEP

From The Principal

Welcome back to all for the start of yet another term. It is great to be back and staff and students are looking forward to a productive term 3. This term we anticipate the possible completion of our new building which will give us four state-of-the art classrooms and modern student amenities. We are all very excited!

COVID

The current outbreak of infections in Melbourne serves as a reminder of how quickly the Coronavirus pandemic can get out of control and how important it is to not become complacent in regards to hygiene and infection control. Therefore, I remind all parents and carers of the requirement to wear a mask and check in using our QR code when entering school buildings.

LOOKING AFTER YOUR CHILD'S MENTAL HEALTH

Changes in your child's mood and behaviour are normal part of growing up. While you know your child better than anyone, sometimes it can also be hard to know the difference between normal behaviour and potential mental health concerns. No one expects you to be an expert in mental health but there are things you can do to support your child.

TALK TO YOUR CHILD

It can be hard to talk about mental health. Sometimes we are worried it might be upsetting or we are worried we might make things worse.

There isn't a perfect way to start the conversation. What you say will depend on your child's age and their understanding. Try to use statements like these:

- *I've noticed that you seem to have a lot on your mind lately. I'm happy to talk or listen and see if I can help.*
- *It seems like you [haven't been yourself lately/ have been up and down], how are things?*
- *You seem [anxious/sad], what is happening for you? We can work it out together.*
- *It's ok if you don't want to talk to me, you could talk to [trusted/known adult]. I will keep letting you know I love you and am concerned.*

If your child opens to you:

- Reassure them everything will be okay and that you're glad they are talking to you
- Acknowledge that talking about personal thoughts and feelings can be hard
- Ask what they need from you (although they might not know what they need)
- Offer to help them find information and support.

For more tips on talking to your child, see:

<https://raisingchildren.net.au/>

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

Tony Malgioglio
Principal



