



Newsletter

Thursday 25th July 2019 - Term 3

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Flexibuzz: Naranga School

Principal's Report

Dear students, family & friends

Term 3 has started with lots of changes!

The Lower Juniors have now moved into their beautiful **new Junior School building**. It took us all – adults as well as children! – to get used to the new layout of the building. The students have had great fun working out how their new classroom should be set up, and teachers are loving the bright spacious classrooms. The therapy room is in constant use, and this week the library has been hosting the Book Fair.

Another change was the move made by the **Upper Junior classes** into the classrooms previously used by the Lower Juniors (and the Seniors before that!), and the **Pathways classes** have moved into the portables vacated by the Upper Juniors. An additional class has been created in the Upper Juniors, and we welcome our new teacher, Mrs Leiva, to the school community.

At assembly last week I announced to the school community that I am leaving Naranga at the end of this term. I am taking up the role of Principal at a small independent school for children with social and emotional disorders, The Currajong School. It has been a difficult decision to move on from Naranga. I have taken great pleasure in working with such wonderful children and their families during the past eight years. It has also been a huge privilege to work alongside teachers and other staff who have such a depth and breadth of skill, enormous empathy and genuine compassion. I am, nevertheless, excited to be moving on to the next phase of my career. There will be a celebration at the end of the term to which the whole school community will be invited. Thank you to the many people who have already expressed their congratulations.

Sue
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Principal

BOOK FAIR

Book Fair has now ended. Thank you to all the families that visited and purchased on behalf of the school.



NEWSLETTER

As mentioned earlier this year, this will be the last newsletter that will be printed and sent home with the students. You can either install the FlexiBuzz app on your phone, read it on the website or ask the office to directly email the newsletter. If none of these options are suitable for you, please call the office and a paper copy will be sent home with your child.

9am every Wednesday—School Assembly Term 3 Important Dates

- Fri 26th July Athletics Carnival
- Wed 31st July Career Expo 5pm-7.30pm
- Exhibits & guest speakers re NDIS & Disability Support Pension
- Mon 5th Aug Curriculum Day-pupil free day
- Wed 7th—Fri 9th Aug Life Ed for Seniors
- Mon 12th-Wed 14th Aug Senior School Camp
- Mon 9th-Fri 13th Sept Y10 Work Experience

Term 4 Important Dates

- Mon 28th Oct School Concert
 - Mon 11th-Thurs 14th Nov Pathways Camp
- Please remember that you are always very welcome to join us for our **whole-school assembly** at 9am every **Wednesday**. There will be a morning tea after assembly each week at 9.25am for ALL PARENTS & FRIENDS in the Welfare Room.

FATHER'S DAY STALL

WEDNESDAY 28TH AUGUST

9.30am to 2.30pm

THURSDAY 29TH AUGUST

9.00am to 12.00pm

Prices from 50c to \$15

Please send your child with money and a bag to hide the present in on the day.



parenting **ideas**

The Anxious Kids Seminar is coming to the Mornington Peninsula

Society is in the grip of an anxiety epidemic. One in four kids are diagnosed with an anxiety disorder, and many more go undiagnosed. Parents and teachers play a critical role in helping kids to recognise and manage their anxious feelings.

Parenting expert, award-winning speaker and author of 11 books Michael Gross, together with wellbeing expert and researcher Dr. Joel Robertson will be touring across Australia and New Zealand to present their evidence-based approach to managing kids' anxiety. Here they will speak about the tools and strategies for helping children succeed in their recently released and highly acclaimed book *Anxious Kids*.

This is your chance to hear from the authors of the best-selling book *Anxious Kids*, in a skills-rich session full of actionable steps and take-home ideas.

Anxious Kids Seminar Tour

Date
**Thursday
1 August 2019**

Time
7pm - 8pm

Location
**Rowland Secondary College,
100 Eastbourne Rd, Mornington**

Tickets
49.95

Who is this seminar for?

This seminar is ideal for parents, carers, teachers and other professionals who work with children.

You will learn:

- The signs of anxiety and how it impacts on children and teens
- How to respond constructively when a child or teen is anxious
- Tools to teach kids to help regulate their anxiety
- The thought factors you can influence to minimise anxiety
- Why assessment of anxiety-inducing events is not the answer and what to do instead
- How to create a wellbeing plan for your child or young person



About the Presenters

Michael Gross and Dr. Joel Robertson are co-authors of the highly-acclaimed new book *Anxious Kids: How children can turn their anxiety into resilience*.

Michael Gross is one of Australia's leading parenting and educational writers and speakers. Michael supports schools across Australia and internationally to build strong partnerships with their parent communities.

Dr Joel Robertson is an expert on anxiety, through extensive studies and personal experience. He has spent more than 20 years in the field of health, wellbeing, clinical practice, elite sport and education.

To secure your tickets today, visit:

www.parentingideas.com.au/anxious-kids-seminar-tour



Your local boutique ZOO

Fully interactive with our animals from parrots, roos, wallabies, emus dingoes crocodiles and also farm animals including Hamish our clydesdale and so much more



MISSION STATEMENT

Learn, smell, hold & touch Nature. All are welcome. No challenge is to great. Supporting us can only help us support others.



Champs

A peer support program for children aged 8-12



The Champs program offers peer support to children who have a parent/adult family member with a mental illness. Champs is for primary school age children, including those who do not live with their parents.

Parents or other primary carers are invited to attend the parents' peer support group held at the same time.

"I liked everything... I learned I am not alone and there are other people like me..." (child, 11yrs)

This is a **FREE** program.

WHERE: Frankston North Community Centre, 26 Mahogany Avenue, Frankston North

WHEN: Mondays, 4:00pm - 5:30pm
July 29th, August 5th 12th 19th 26th
Sept 2nd 9th 16th



The Champs program is an initiative supported by the FaPMI (Families where a Parent has a Mental Illness) Program. The group will be co-facilitated by staff from Peninsula Health Mental Health Service & people with lived experience.

Referrals close July 19th
Contact Sarah Dickenson/
Katrina Rehm
FaPMI Coordinators
Peninsula Health
P — 03 9784 6999
E—MHFaPMI@phen.vic.gov.au



FOR MORE INFORMATION ON THE FaPMI PROGRAM PLEASE REFER TO WWW.GOVERNOR.ORG.AU

Funky Farm is located in Coolart Rd Hasting and is home to over 200 animals including horses, cows, sheep, goats and native wildlife such as reptiles, crocodiles, dingoes, wombats, & kangaroos. The farm is open to the public on certain days. Call 1300 386 593.

Victorian Carer Strategy 2018-22

CARER GRANTS NOW OPEN FOR APPLICATIONS

Carers will have more opportunities to be healthy, active and connected to other carers with applications now open for carer grants programs. Over the next 4 years the Victorian Government will provide \$4 million for two major grants programs. One grants program is for local organisations to partner with local groups of carers to have gatherings, physical activities or social events. The other grants program is for statewide organisations to partner with carer representative or advocacy groups to implement better support opportunities and improved conditions for carers across Victoria.

Supporting Carers Locally Grants Program

Grants from \$1,000 to \$20,000 are available for groups of local carers, together with local organisations such as councils, Neighbourhood Houses, Community Health Centres or local sport and recreation clubs. The aim is for local carers to have opportunities to get together and be supported so they can enjoy each other company, learn more about local services available to them and the person they care for, and improve their health and wellbeing. The grants can assist with such things as activities, venues, staff, refreshments and transport, all of which help improve carers' physical and mental health by strengthening connections with family, friends and other local carers. Please be aware that to apply for a grant under this program an Australian Business Number (ABN) is required for funds to be provided if the application is successful. Carer groups or associations that wish to apply for a grant but do not have an ABN will need to use an auspice organisation to support their application. An auspice organisation can receive grant funds on behalf of a group and will also take responsibility for making sure a grant project is carried out and completed. Carer groups may already have a connection with a local school or council, a not-for-profit organisation or a sport or recreation club that would become a partner for the grant application.

For more information go to <https://www2.health.vic.gov.au/victorian-carers>

Carers Victoria is available to answer questions and help those wishing to apply for a Supporting Carers Locally Grant.

Please ring Carers Victoria on 1800 514 845 or

email enquiries@carersvictoria.org.au

Interpreters are also available if required.

Carer Organisations Statewide Partnership Grants Program

Grants from \$100,000 to \$250,000 are available to enable partnerships between carer specific and other organisations. The aim of these partnerships is to develop state wide approaches to improving conditions and opportunities for carers.

Examples of the focus and results of potential partnerships include:

- Better workplace conditions for carers
 - Improved support in schools for students who have care responsibilities at home
- Improved access and support for carers from health service providers

For more information go to <https://www2.health.vic.gov.au/victorian-carers>

For any questions email victoriancarerstrategy@dhhs.vic.gov.au

Applications for both of these grants programs need to be submitted to the Department of Health and Human Services for assessment by **5pm, Monday 19 August 2019**. For full application guidelines and to apply go to www2.health.vic.gov.au/victorian-carers



national tree day
PLANET ARK TOYOTA

Event
NARANGA TREE PLANTING DAY

When
Wednesday 31/07/19
after assembly, session 1.

Where
House group areas.
Collect information and equipment.

Visit treeday.planetark.org Hotline 1300 88 5000

#nationaltreeday

Connect with Nature
National Tree Day is organised by Planet Ark in partnership with Toyota Australia



BAM Allstars

Now exciting for 2018!
Classes for all age groups with limited places available in these locations:
Frankston Seaford Highset Brighton Worthington
All abilities social and inclusive dance classes
Phone: 6425 723 848
www.bamallstars.org.au www.facebook.com/bamallstars

Fair of AMAZING TOYS

Specialising in Kids cuts & After School Appointments
Bookings Essential

Ph: 5976 8889 | www.amazingtoys.com.au
45 Mornington Tyabb Rd, Mornington

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- Jumping Castles
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- Childrens Party Entertainers
- Party Hire Equipment
- Helium Balloons
- Party Supplies
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45 Mornington Tyabb Rd, Mornington
5976 8889 - 0438 017175
www.amazingtoys.com.au

All Abilities Basketball
Weekly court fees of \$10 which covers weekly game fees and a trophy at the end of each season (June & December).
Call Chris Whateley on 0402 723 457.



Monday CLOSED
Tuesday 10:00am – 5:00pm
Wednesday 10:00am – 5:00pm
Thursday 10:00am – 5:00pm
Friday 10:00am – 5:00pm
Saturday 9:30am – 12:30pm
Sunday CLOSED

PARENTS AND CARERS.
'COFFEE AND A CHAT' GROUP

The Parent Forum Group 'Coffee and Chat' has started again in 2018. Come along and join this opportunity to share ideas. This morning tea takes place on Wednesdays after assembly and is a good opportunity to share ideas.

Welcome to our new parents in the school. Please come along for a coffee and chat!

Parents and Carers welcome every Wednesday.
9.30am – in the Wellbeing Room. (After Assembly)

Naranga School
NARANGA PARENTS AND FRIENDS

Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- Books & tablets
- Uniforms & shoes
- sports fees & gear
- Insurance & activities
- Books & supplies
- snacks & accessories

To join Saver Plus, you must be at least 18 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment.

saverplus

SAINTS PLAY

COME AND TRY AUSSIE RULES WITH SAINTSPLAY.

VISIT A SAINTSPLAY CENTRE AND SEE IF IT'S FOR YOU!

FUN FOOTY ACTIVITIES RUN BY SAINTS COMMUNITY COACHES AT ST KILDA FOOTBALL CLUB'S ELITE FACILITIES FOR 6 WEEKS.

STARTING DATE: MONDAY 29 JULY 2018
VENUE: Ocean House Centre
151 East Road SEAFORD VIC 3188

STARTING DATE: FRIDAY 2 AUGUST 2018
VENUE: ISSA PAIS
Linton Street MOORABBIN VIC 3189

TIME: 5PM – 6PM
COST: \$10/SESSION PER CHILD
REGISTER HERE:
<https://www.saunders.com.au/saintsplay/>

SAINTS PLAY is a specially designed fitness program for children aged 5-12 with fun development challenges such as school bagging, AFL skills or 10-15.