



## What's On?

7 October  
Rms 1,3,4,7 Aquarium

10 October  
Rms 1,3,4,7,8, 16  
Variety Dream Day

13 October  
Rms 11,13,14 Aquarium

24 October  
Camp Rm 11

25 October  
Camp Rms 13 & 14

31 October  
Pupil Free Day

1 November  
Melbourne Cup  
Public Holiday

14-18 November  
Senior School Camp

21-25 November  
Swimming

2 December  
ACMI Excursion

5 December  
Year 12 Graduation

7 December  
Year 6 Graduation

20 December  
Last Day Term 4  
1pm finish

30 January 2023  
Term 1 begins

Welcome back to all students and their families to Term 4!

We were all very excited to see students return with such energy and enthusiasm this week after a relaxing break.

While many of us took some rest during the school holidays, tradespeople worked through the two-week break and completed some important projects around our school. While we see evidence of this in the grounds, much of the work took place indoors, in our newly-created learning spaces. I have attached photos of the new classrooms below. Provided that all the building works for Stage 2 are completed by Friday 7 October, we anticipate moving four classrooms into these new classrooms. Exciting!!

There are many important events happening during Term 4. This month we have the Secondary camp and then in November we have the Senior Secondary camp. Later in the term we have the not-to-be-missed graduations for our Year 6 and Year 12 students, these are important milestone celebrations that represent the culmination of efforts of students, parents and teachers over many years.

I also strongly encourage parents and carers to log regularly log into Seesaw and Compass for important school notices. Please see Tanya or Nichole in reception if you have difficulty accessing the sites.

Finally warm congratulations to Megan and Shannon on the birth of **TED** who safely arrived at 1.29am on 26th September weighing in at 3.24kg.

Cheers,  
Nance



# MENTAL HEALTH NEWS

## World Mental Health Day—Monday 10th October

We look forward to acknowledging world mental health day next Monday.

This day seeks to make mental health a global priority for everyone.

It is a time for us to reflect on our own mental health and the strategies we can use to stay happy and healthy. We can check in on our friends, colleagues and community members and work towards taking the stigma out of mental health.



### The Mental Health Continuum: a scale to measure how we are feeling



## 10 tips for Mental Health Day

- 1) Stay Active
- 2) Eat well
- 3) Connect with others
- 4) Do something you enjoy each day
- 5) Limit media consumption (and choose trusted sources)
- 6) Keep to a routine
- 7) Get an early night
- 8) Be kind to yourself
- 9) Maintain perspective
- 10) Seek help

<https://lookafteryourmentalhealthaustralia.org.au/mental-health-tips/>

## Helpline numbers

### Beyond Blue

1300 22 4636

### Lifeline

13 11 14 – 24 hours a day

7 days a week

### Carer Support

1800 242 636 or 1300 554 660

### Lifeline Text

0477 13 11 14 – 6pm to midnight (AEDT)

7 nights a week

### Kids Helpline

1800 55 1800

[www.kidshelpline.com.au](http://www.kidshelpline.com.au)

### MensLine Australia

1300 789 978



Room 7 had a wonderful time at Blackwood camp! The happy campers enjoyed digging for treasure, learning archery, roasting marshmallows and doing the high ropes course!



On the menu for Term 4 are Custom Made Toasted Sandwiches being delivered by Rooms 6 and 9. Look out for the flyer being sent home with your child.

Student: Sean

Room: 9

Bread - one	Meat - one	Sauce - one	Filling
Brown	Ham	Tomato	Cheese
White	Chicken	Mustard	Spinach
		Mayo	Tomato
		Sweet chilli	All

Drink: orange apple blackcurrant

Cost: \$3 (sandwich only) \$2 (drink only) \$5 (drink & sandwich)



We had a fabulous Charity Day last term with lots of lovely Riverside golfing ladies!

A big shout out to the catering team for helping prepare our grazing boxes- thank you Annie, Teresa, Tanya, Chris. The students that attended did a wonderful job representing our school.

We hope the funds raised will go towards some exciting new projects (sensory room) at school

**Optimistic October 2022**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Write down three things you can look forward to this month	2 Find something to be optimistic about (even if it's a difficult time)	3 Take a small step towards a goal that really matters to you	4 Start your day with the most important thing on your to-do list	5 Be a realistic optimist. See life as it is, but focus on what's good	6 Remind yourself that things can change for the better	7 Look for the good in people around you today
8 Make some progress on a project or task you have been avoiding	9 Share an important goal with someone you trust	10 Take time to reflect on what you have accomplished recently	11 Avoid blaming yourself or others. Find a helpful way forward	12 Look out for positive news and reasons to be cheerful today	13 Ask for help to overcome an obstacle you are facing	14 Do something constructive to improve a difficult situation
15 Thank yourself for achieving the things you often take for granted	16 Put down your to-do list and do something fun or uplifting	17 Take a small step towards a positive change you want to see in society	18 Set hopeful but realistic goals for the days ahead	19 Identify one of your positive qualities that will be helpful in the future	20 Find joy in tackling a task you've put off for some time	21 Let go of the expectations of others and focus on what matters to you
22 Share a hopeful quote, picture or video with a friend or colleague	23 Recognise that you have a choice about what to prioritise	24 Write down three specific things that have gone well recently	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face	27 Be kind to yourself today. Remember, progress takes time	28 Ask yourself, will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to	30 Identify three things that give you hope for the future	31 Set a goal that brings a sense of purpose for the coming month				

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**

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Some families and individuals need some nights away but can't cope with structured respite houses full of strangers, for others respite can be having a day away from each other, or mum or dad having time to go to a yoga class during the week. Whatever respite looks like to you, talk to us about that and we will help you design the respite that works best for you.

More people do this than you may imagine and we spend a lot of time with families designing respite that works just for them. Sometimes this has just been about activities on a particular day, other times it's getting away for the weekend with a friend or our staff staying in your home with you when parents want to get away. A favourite is supporting someone in an activity while parents have a date night or just go out to dinner together.

It's good to remember that respite is not one thing that we or others offer you. If you get the chance to imagine better and expect more, then the respite opportunities we create together will make more sense to you.

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#### To contact us or find out more

Phone: 0408 148 156 or 93879985 and ask for the Escapades Coordinator

Email: [recreation@milparinka.org.au](mailto:recreation@milparinka.org.au)  
331 Albert Street, Brunswick  
Website: [www.milparinka.org.au](http://www.milparinka.org.au)



## Escapades...

### A Recreation and Respite Program for Adults and Children in the Northern Suburbs



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#### What do we do?

Escapades provides recreational, leisure and respite opportunities for adults and children who have a disability.

#### What does that look like?

There are two main ways in which we provide leisure and respite opportunities. First we provide a program of activities that you can select from and join in when you want to. Second you can design your own leisure or respite, as you know what works for you and what you like best. We think the best moments happen when you are choosing what you want to do, who you want to do it with and when you want to do it.

Lots of times people are attending our programs simply because you want to have a good time. Other times you may attend as you or your family need to have a break, some respite, from normal responsibilities. In the end it doesn't really matter why you come along. Taking part is about being with mates and enjoying time together.

#### Here are some of the things that people have told us they love to do:

Meeting up with people is a great way to make new friends, extend existing friendships and have a great time. So a lot of things we do involves getting people together who share interests in the same things. Some of the things people have told us they enjoy include:

**Going out for Dinner:** on Friday night's people get together in small groups and go and do what friends do, share a meal, watch a movie or and see a show or live band.

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**Saturday Nights Out:** join in the Lounge on a Saturday night and get together with mates to share dinner, watch movies, play games, karaoke, visit local venues and basically just hang out and have a great time.

**Bushwalking:** join others who share your enjoyment of walking to walk through some of the more interesting places around Melbourne, it's not always in nature. We get together before hand to make a healthy lunch and then go out for a stroll.

**A wide range of Individual and group recreational and social activities:** We encourage people to get out into the community and join fun activities with their mates. You can attend our planned activities like mini golf, wave pools, bowling, the movies, zoos, swimming or design your own activities that we can support you with.

**It's a Party:** Through the year we love to have a good boogie with our friends, some of the parties we have are Halloween and the 80's disco. Come along, have a dance, share some food, and enjoy the great company.

**Camps and Holidays:** People love to get away but it can be hard to organise so leave the stress up to us to plan a trip away with you. Whether it's just you or a small group of friends. Sometimes it's in Victoria or somewhere further away like Surfers Paradise.

#### About Respite:

Having time away from home and giving each other a break is important to many individuals and their families. At Milparinka we provide planned respite support in a number of ways because we understand that Respite can look different for different people

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## Teens and Beyond

Free workshop series



### Are you the parent or carer of a teenager 13+ with disability?

If the answer is yes, then this online workshop is for you!

You'll get information to help build your skills and confidence to navigate the teenage years.

### Topics include:

- >> Getting the right NDIS support for your teen
- >> What school and post-school options are available
- >> How to start planning for the future

### More information:

- >> Workshops runs over three sessions in October
- >> This is a workshop for parents and carers of children with disability aged 13+
- >> Bookings are essential
- >> We strongly recommend parents attend all sessions
- >> Our professional workshop facilitators are all parents or carers of children with disability

### Read more and register now:



For more information contact: [educate@acd.org.au](mailto:educate@acd.org.au)

03 9880 7000 or 1800 654 013 (regional callers)

[www.acd.org.au](http://www.acd.org.au)

**Book now**  
[bit.ly/TeensBeyondOCT](http://bit.ly/TeensBeyondOCT)

## PEOPLE OUTDOORS

# CAMPS FOR PEOPLE LIVING WITH DISABILITY

Adventure for All!



- Overnight Camps
- Weekend Camps
- School Holiday Camps

All meals, activities, transport and accommodation included. Central pick up point.

We are a Registered NDIS Service Provider. NDIS plan not required to attend.

Kids, teens and adults welcome.

Campers supported by professional staff.

30 years experience!

Call today to find out more:  
Melbourne - 03 9863 6824  
Ballarat - 0455 514 879

[www.peopleoutdoors.org.au](http://www.peopleoutdoors.org.au)



## COME & TRY



## CRICKET

Brunswick Street Oval  
Fitzroy North

Mondays - Terms 4 & 1

Come & Try Dates:  
October 10<sup>th</sup> & 24<sup>th</sup>

5:30pm - 7:00pm

Come & Trys are FREE!

Express your interest...  
<https://forms.office.com/r/7BxaqHy908>

### Questions?

[melbourneinnereast.cricket@specialolympics.com.au](mailto:melbourneinnereast.cricket@specialolympics.com.au)



## PARENT PARTICIPANTS NEEDED FOR RESEARCH

# Siblings of children with a disability

Project ID: 30565

Project title: A study of the daily life of siblings of children with a disability through the Covid-19 pandemic and recovery in Australia.

*Are you a parent of a child with a disability who has a sibling over 10 years old?*

*How has Covid-19 impacted your family?*

*What does your child who is a sibling need as we recover from*



**You are invited to participate in a study to better understand the experiences of siblings of children with a disability & the impact of Covid-19 & lockdowns on your family. Follow the link via the QR code or link below:**

[https://monash.a.z1.qualtrics.com/jfe/form/SV\\_ahmickm0CI0DYr4](https://monash.a.z1.qualtrics.com/jfe/form/SV_ahmickm0CI0DYr4)

**Participation consists of a 20-30 minute online survey. We appreciate your time.**



### QUESTIONS? CONTACT

Associate Professor Helen Bourke

For more information, please email  
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Or call 99044470