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Purpose of the Parent Wellbeing Bulletin:

To provide our Wantirna College Parent/Carer community with a platform to share what's going on in the broader community, offer parenting advice and ideas from various organisations, and give you the opportunity to tell us what topics you would like included in the bulletin.

It's our way of connecting with you!

Student Wellbeing Team:

Guiseppa Relia

Student Wellbeing Coordinator

Lea Marrison

Mental Health Practitioner

Tajinder Wulff

Mental Health Practitioner

Talea-Jane Simpson

Student Counsellor

Susan, Yvonne, Johara, Candace, Olivia,

Jane, Aaron, Isabella, Kasun and Donna.

Counselling/Social Work Placement

Eva Gray, Melissa Wade

School Nurses

Key Dates:

Fri 10 February School Photo Day	Wed 8 March Year 7 Immunisations
Mon 13 February VCE Parent Info Night, 6:30pm	Tue 14 March Parents of Performing Arts AGM
Tue 14 February Catch up Photo Day	Wed 15 - Fri 27 March NAPLAN
Wed 15 February Year 7 Family Night, 5:30pm	Wed 15 March Year 10 Immunisations
Mon 20 - Wed 22 February Year 7 Camp	Thu 16 March Staff Concert
Tue 28 February Whole School Swimming Carnival	Mon 20 - Fri 24 March Year 8 Challenge Week
Wed 1 March Curriculum Day	Tue 21 March College Council AGM
Tue 7 March SRC Free Dress Day	Tue 28 March OPEN DAY!

Community Support Services:

Knox Children, Family and Community Services

Knox offers a range of inclusive and accessible services to support children, families, seniors and those living with a disability.

Address: 511 Burwood Highway, Wantirna South VIC 3152.

Email: knoxcc@knox.vic.gov.au

Phone: (03) 9298 8000

EACH Community Health

EACH provides a range of health, disability, counselling and mental health services across Australia.

Address: 1063 Burwood Hwy, Ferntree Gully VIC 3156

Phone: 1300 003 224

headspace Knox

headspace Knox offers young people aged 12-25 a welcoming environment where they can access confidential and free mental health support, health advice, and general information.

Address: 2 Capital City Boulevard, Westfield Knox Ozone, Wantirna South, Victoria 3152

Email: info@headspaceknox.com.au

Phone: (03) 9801 6088

How to give teens feedback for improvement

It can be tempting to allow children to continue to behave badly or to perform chores, homework or sports practice poorly when they argue or resist feedback. Parents need to be part coach, teacher and counsellor so that kids learn how to behave well, develop healthy attitudes to learning and know how to get the best out of themselves. Feedback is one of the most effective tools we have to achieve this.



Give it poorly and it will at best be ignored and at worst, rupture relationships and damage self-worth. If you provide feedback effectively, you'll see improvement in behavior, attitudes and learning, even among feedback resistant teens.

Here's how to deliver feedback to make sure it sticks:

Make it specific

It's absolutely essential to give feedback about one behavior, skill or attitude at a time, if you want improvement. "Jai, if you make eye contact with your brother when you talk to him, he's more likely to listen to you." The feedback needs to be specific rather generalized so that a child or teen knows exactly how to do better. It also needs to be delivered in a non-judgmental way.

Ensure its descriptive

"That's not the way to behave inside" doesn't help much. "Use your quiet voice when you play inside the house" cues a child into how to behave. Use phrases and terms that have real meaning for kids rather than vague, non-descriptive language such as 'be a good girl', so kids not only know what's expected but they understand how to meet your expectations.

It's got to be timely

Providing feedback to a toddler half an hour after they've thrown a tantrum in public will ensure there's no impact. On the other hand, providing behavioural feedback when a teenager is angry will ensure one thing – you'll have an argument on your hands. Feedback needs to be fairly immediate for young children and if possible, provided before an event or activity. "When you set the table put the fork on this side and the knife on the other." Choose the time and place to provide feedback to older children, remembering that angry tweens and teens generally don't listen.

How to give kids feedback for improvement (Continued)

Give from a place of calm

Angry parents generally deliver feedback poorly to kids. Regardless of how well you choose your words and how accurate your feedback may be, feedback delivered angrily will prompt the flight/fight response from a child or young person. They will ignore you or start an argument, but they won't take your message on board when you're mad at them.

Give sparingly

When children require approval for every scribble, homework problem and picture they draw, it's probably because they have always been offered feedback on every scribble, homework problem and picture they draw. It's vital that children develop their own internal sense of validation and honest self-assessment, because as they grow up and face hardship, they need to be able to look to themselves for strength and approval. If they can't, they will be much more vulnerable to superficial external approval that comes their way in the form of peer pressure, bullying and the usual social jostling. As you wean them off of your feedback, turn their "Mummy, is this picture good?" or "Dad, did I do a good job?" back on them, and ask them how they feel about their work.

Feedback is a wonderful parenting tool that requires attention to detail, sensitivity and a willingness to respect the dignity of the child or young person who is receiving it. It's also most effective when given sparingly, rather than like a nervous tic, which keeps kids anchored to you for approval



Parents: looking after yourself

Why looking after yourself is important as a parent

Raising children is an important job, and looking after yourself helps you do the job well. That's because looking after yourself physically, mentally and emotionally helps you give your children what they need to grow and thrive. Looking after yourself involves looking after your relationships, your health and your wellbeing. When you're focused on looking after babies or children, it's easy to forget or run out of time to look after these parts of your life. But looking after yourself is worth it – it's good for you and good for your children.



Looking after your relationship with your partner

For parents with partners, looking after your relationship can help you both get the most out of being parents and partners. Open communication can help you cope with the relationship changes and challenges that come with raising children. You might be getting less sleep, less time to talk to each other, and less time alone with each other. This can sometimes lead to disagreements. You can handle these tensions and keep your relationship positive by talking with each other about how you're feeling and finding ways to support each other. It also helps to pick your battles and set aside a time and place to discuss frustrations and work out solutions. Setting realistic expectations, being understanding and forgiving each other can often make the difference between staying together and drifting apart.

Looking after yourself: activity, food and rest

Three things make a world of difference to your energy levels and ability to help your children grow and thrive:

- staying active
- eating healthy food
- getting as much rest as you can.

Regular exercise improves circulation, increases your overall metabolism, boosts the immune system and makes you feel good. A daily walk gets you out of the house and into the fresh air. A change of scenery can do wonders for your mood, or you can just jump around the house listening to your favourite music.

Healthy food gives you energy. Have some simple food on hand, like fresh vegetables cut up ready to eat with dips, fruit, yoghurt and wholegrain bread.

When it comes to rest, there are two golden rules: go to bed early, and nap whenever you can!

Dealing with stress

Most parents feel stressed from time to time. After all, raising children is an important and challenging job. For example, there are everyday challenges like getting yourself and the children out the door and off to school and work on time. And you might sometimes have to navigate bigger challenges like financial issues, health concerns, relationship issues and so on. You can manage stress by thinking positively, using routines, staying connected with others, and making time for yourself. Even a few minutes alone to drink a cup of tea can help bring your stress levels down.

Asking family or friends for support – or just talking to others about how you feel – can take the pressure off too.

Looking after yourself by getting support

A range of services can help you as you navigate the challenges that come with raising children. You can get free parenting advice in every state of Australia by calling a parenting hotline. There are also many services and support options that can help you.

Events of Interest

Coonara Community House 22 Willow Road, Upper Ferntree Gully VIC 3156
Open 9am - 4pm Monday - Friday (03) 9758 7081 | enquiries@coonarahouse.org.au

Community 4pm

Social Groups

Walking Group for Beginners
We will start with a 30-40-minute walk followed by coffee and build up our stamina to gradually increase our walks.
Wednesdays 9:30am from Coonara
During school terms
Cost: FREE

Let's Do Explore
Visit interesting places around the local area or further afield. Stay and join the group for lunch at your own expense.
Every second Wednesday 10:30am - 12:00pm
Start date: 8th February
Cost: \$10 membership fee
Own transport required

Knitters/Crochets Group
Do you like to knit or crochet? Do you want to help those in need stay warm during the cold months? New knitters always welcome. Materials supplied.
Wednesdays 10:30am - 12:30pm
During school terms

Mahjong (Western Rules)
Come and join this fun group and play the great game of Mahjong. It is best played with 4 people but 2 or 3 can also play together. It is played with tiles and racks at a card table or similar. Snacks and drinks will be provided for beginners.
Tuesdays 10:00am - 12:30pm
Starting on 17th January
Gold coin donation (no charge for members)
During school term only

Coonara Sea Club
Contact Coonara as membership is subject to vacancies.
Second Wednesday of the month 7:00pm - 8:30pm
Membership \$45 single or \$65 family

Mindfulness Colouring in
Come along and colour in with the adult colouring books. Join us for a chat and coffee.
Wednesdays 1:30pm - 3:30pm
Cost: FREE
During school terms

Crochet for Children and Adults
Please register your interest.
Call 9758 7081 or email enquiries@coonarahouse.org.au

Events

Industry Forum
Continuing on from a successful Industry Forum event in 2022, we would like to meet again with Services providers to collaborate with us and discuss your client's training needs to develop education pathways and connect with industries, job needs and strategies. Industry experts available too discuss job opportunities and return to work strategies for employees and exploring the needs of training. A wealth of information to be explored. Light lunch provided.
Thursday 6:30am - 12:00pm
20th March 2023
Cost: \$5

Wednesday Community Lunch
On Wednesdays, volunteers prepare a low cost, delicious lunch for the community. For catering purposes, please let us know if you are coming.
Wednesdays 12:30pm
Cost: \$5

Volunteer

Growing and Propagating Food
Join other volunteers to keep our fresh food growing which is utilised for our community lunches and our Grow Free cart.
Tuesdays 9:30am - 12:30pm

Children's Activities

Preschool Music and Dance Classes
In this creative development program, children will learn to listen, dance routines to music choreographed by the trainer. Parents attend the class with the children.
Monday's 9:30am - 10:15am
8th February - 3rd April (8 weeks)
No class on 12th March
Cost: \$65
Suitable for children 2.5 to 5 years
Info or catering & footwear provided

Introduction to Crocheting
Learn simple Croch 10 Croch Block croch to program a small showcase of 2D Games made with Scotch 3.5 as well as an introduction to creating Pixel Art sprites with MS Paint - which we will be using in our games as a bonus.
Friday's 4:00pm - 5:00pm
26th February - 31st March (6 weeks)
Cost: \$45
Suitable for children 8 to 12 years

Junior Chef
Does your child enjoy cooking? Then enroll them in this simple cooking class. Participants will get to take home what they make.
Wednesdays 4:15pm - 5:45pm
8th February - 8th April (8 weeks)
Cost: \$152 (includes ingredients)
Thursdays 4:00pm - 5:30pm
16th February - 8th April (8 weeks)
Cost: \$148.00 (includes ingredients)
Suitable for children 8 to 12 years
Limited places.

Drawing and Painting for Kids
Introduction to art, a fun and creative class:
• Basic understanding of how to draw
• Learn how to use colour wheels
• Form shapes, shading and shadows
• Step by step cartoons
• Painting, rock painting, wall colour and introductions
Wednesdays 4:00pm - 5:30pm
15th February - 8th April (8 weeks)
Cost: \$114 (includes materials)
Suitable for children 8 to 12 years

Sewing for Children
This class is designed to learn sewing skills. This term the children will basic sewing skills and make a simple aproned backpack. Made from a men's business shirt and will also make a hat and to use sun-dyes to embellish it.
Monday's 4:00pm - 5:30pm
20th February - 3rd April (6 weeks)
No class on 15th March
Cost: \$117.50 (includes materials)
Suitable for children 8 to 12 years

Guitar Classes
Learn to play Electric Guitar, Rock and Metal Music.
Thursdays 4:30pm - 5:30pm
23rd February - 26th March (6 weeks)
Cost: \$72
Suitable for children 12 to 16 years

Coonara Early Learning Centre
Kiddies - 3 Year-Old Kinder & Occasional Care. Contact us to register for 2023.
Phone 9758 7081 or email enquiries@coonarahouse.org.au

Bookings for all courses are essential due to space restrictions. Should Covid restrictions return, courses would revert to Zoom, if possible. Students will be contacted.

Online | Parents Building Solutions

14 Feb 2023

Time: 7:00pm - 8:30pm
Price: FREE
Contact: Michelle Brown
Phone: 0429 174 150
Email: michelle.brown@anglicarevic.org.au

Open to Parents & Carers of Teenagers. Come & share experiences, ideas and learn new strategies. Join the interactive sessions online.

- Feeling stuck or struggling with your teenager.
- How to get your teenager to listen, without having to yell.
- Building a better relationship with your teens.
- Discuss and share strategies that work.

Date: Tuesday 14 February 2023
Time: 7pm - 8.30pm
Where: Online via Zoom
Cost: Free

For more information, contact:
Michelle Brown
0429 174 150
Michelle.brown@anglicarevic.org.au

Register using this link:
<https://forms.office.com/r/c17k1Akk2>


Knox Arts and Events
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Knox Festival returns on Saturday 4 March at Wally Tew Reserve, Ferntree Gully!

Featuring a range of activities for the whole family including arts, science and outdoor play, food trucks, thrilling rides, community stalls, amazing stage programs, sports, an outdoor roller rink, 'come and try' activities and fireworks finale.

FREE entry.

RSVP to the event for updates!



SAT, 4 MAR AT 10:00



MOVE YOUR WAY

Move Your Way is back!
13 February - 12 March 2023
Book your free classes today
knox.vic.gov.au/MoveYourWay



AUTISM FAMILY SWIM NIGHT KNOX MARCH

6:00PM - 8:00PM Sunday 5th March 2023
Knox Leisureworks, 35 Tormore Rd, Boronia, VIC

REGISTER



The cost is \$10 per person which includes entry to the pool and BBQ dinner.
This is a private event so the pool will be closed to the public from 6:00pm-8:00pm.
All attendees under the age of 18 needs to be supervised with a parent, carer, support worker or responsible adult.
Parents/carers/support workers need to purchase a ticket.
May be claimable on NDIS if applicable.
We do not offer refunds.