

# WELCOME!

## Parent Wellbeing Bulletin June 2022



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This is certainly true, no parent is perfect, just as no child is perfect – however, being authentic and a ‘real’ parent for your child, is more likely to strengthen your relationship and create a sense of safety and security for your child. Wanting your children to be honest or real with you, requires modelling similar, positive behaviours. It’s ok to let your child/ren know when you are tired, not managing, worried, fearful or upset however it is also important to not ‘parentify’ children and use them as support systems.

Use your inner guidance about how much and what you share with your child, but just keep it real!

### Purpose of a Parent 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!

# Parent Wellbeing Bulletin

## June 2022



### Student Wellbeing Team:

**Guiseppe Relia**

*Student Wellbeing Coordinator*

**Sanela Avdic**

*Social Worker*

**Lea Marrison**

*Mental Health Practitioner*

**Tajinder Wulff**

*Mental Health Practitioner*

**Kylie Rackham**

*Inclusion and Individual Needs Coordinator*

**Clare Jones, Ky Laurito, Ling Ma, Wayne Marsh, Deanna Poon, Fiona Tan, Corina Tay, Merrill Tunstall**

*Inclusion Aides*

**Eva Gray, Melissa Wade**

*School Nurses*

### Key Dates 2022

24<sup>th</sup> June - End Term 2

3<sup>rd</sup> – 10<sup>th</sup> July – NAIDOC week

11<sup>th</sup> July – Start Term 3

27<sup>th</sup> August – Wear It Purple Day

9<sup>th</sup> September – R U OK day?

16<sup>th</sup> September – End Term 3

3<sup>rd</sup> October – Start Term 4

6<sup>th</sup> – 10<sup>th</sup> September – Women's Health Week

20<sup>th</sup> December – End Term 4

## COMMUNITY SUPPORT SERVICES

### Knox Children, family and community services

Contact us

**Phone**

(03) 9298 8000

**Address**

511 Burwood Highway, Wantirna South VIC 3152.

**Email**

[knoxcc@knox.vic.gov.au](mailto:knoxcc@knox.vic.gov.au)

### EACH – Community Health Service

1063 Burwood Hwy, Ferntree Gully VIC 3156

Phone: 1300 003 224



Outer East Melbourne

7 -13 High St, Bayswater VIC 3153

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## WHAT'S HAPPENING IN KNOX?

### Green cleaning workshop

Join this free workshop on World Environment Day to learn how to save money and reduce waste when cleaning your home.



Learn how to clean and look after your home without it costing the planet.

This workshop will cover:

- how to reduce your packaged waste by changing your cleaning products
- alternatives for cleaning your home
- simple recipes for making your own cleaning products.

Entry is free however registration is required.

Phone: 1800 546 53

### Showcase of living options for Knox over 55s

Thinking about downsizing or resizing, but not sure on the next step? Come along to our showcase to hear about different living options for Knox Over 55s.



Do you think about downsizing or resizing, but not sure how to take the next step?

You may have an adult child returning home or you're thinking about moving to a retirement village. What should you consider before making that decision?

You may be keen to hear about some new innovations across Victoria, such as co-housing or home-sharing.

You may be happy with your current home but need a bit of decluttering or tweaking to make your home more accessible.

As diverse as your situation may be, come along to our showcase to hear about the various living options for Knox Over 55s. You can also share with us what works for you.

This is a free event however bookings are required.

This activity is part of the [Knox Over 55s Zest4Life program](#).

### **Bayswater Makers Market – free entry**

A monthly indoor market with a variety of high-quality goods from local makers.

Local produce on offer includes:

- honey
- cakes
- olive oil
- dog biscuits
- wood and glass crafts
- cards
- jewellery
- candles
- toys
- art
- many other textiles & crafts

# Parent Wellbeing Bulletin

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## Mental health first aid for parents and carers

A free Mental Health First Aid (MHFA) course for parents and carers of people with a disability.



Do you care for someone with a disability and live, work or play in Knox?

We are running a free Mental Health First Aid (MHFA) course in partnership with Orana Community House and delivered by Neami National.

This course will focus on assisting people who have a disability and are experiencing a mental health problem or crisis.

You'll learn:

- How to provide initial support to adults aged 18 and over who are experiencing a mental health problem or crisis.
- What to do until appropriate professional help is received or the crisis resolves.

Continued next page....

[We are Family: How families, parents and communities can be awesome allies for gender and sexually diverse teenagers](#)



Come to this fun and engaging online webinar and gain the skills and confidence to become an ally for all LGBTQIA+ young people. Discover why toilets and pronouns literally save lives. Understand how simple words and actions of an ally can make a difference to teenagers. This webinar is for all families and members of community who want to be part of the village that raises healthy young adults. This webinar will cover the following topics:

- Sex, gender and sexuality. What's the difference?
- What's the big deal?
- Toilets and pronouns
- OK, so how do I talk about this stuff?
- How can I make a difference?
- Resources and more info

Presented by:

Dr. Kate Barrelle, STREAT

When?

Wednesday 15 June 7pm - 8:30pm

## [Taming the Tiger](#)

Anger is a natural human emotion to stress or fear. It functions to alert, inform and prepare us for action. Learn how to identify the emotional triggers in yourself and your family that lead to anger, understand the science and function of emotions, explore coping skills, resourcing, effective communication and learn practical tools and techniques to help restore calm and emotional health to your family

When?

Monday 20 June 7:30pm - 9pm

<https://www.trybooking.com/BZLUH>

# Parent Wellbeing Bulletin

## June 2022



The course will run over 4 sessions:

- Wednesday 8 June 2022, 11:30 am to 2:30 pm
- Wednesday 15 June 2022, 11:30 am to 2:30 pm
- Wednesday 22 June 2022, 11:30 am to 2:30 pm
- Wednesday 29 June 2022, 11:30 am to 2:30 pm

A light lunch will be provided at each session.

When

Wednesday, June 15, 2022 - 11:30 AM - 02:30 PM

Wednesday, June 22, 2022 - 11:30 AM - 02:30 PM

Wednesday, June 29, 2022 - 11:30 AM - 02:30 PM

Where: Orana Neighbourhood House, 62 Coleman Road,  
Wantirna South VIC 3152

Cost - Free

Contact: For more information, email Knox City Council  
Team Leader Disability and Inclusion Alison Treeby  
on [Alison.Treeby@knox.vic.gov.au](mailto:Alison.Treeby@knox.vic.gov.au)

## Social Media - Parent Support Webinar



This webinar will cover:

- Supporting young people to take action against cyberbullying and to promote healthy online use

Insight into the opportunities

- and risks of young people being online
- An overview of popular social media platforms
- Proactive and reactive strategies to share with young people

Presented by:

Project Rockit

When?

Tuesday 14 June 7:30pm - 8:45pm

