



COBURG WEST PRIMARY SCHOOL

Term 4

17th December, 2020

DATE	ACTIVITY	DETAILS
Thursday 17 th December	END OF TERM 4	Dismissal at 3:30pm
Friday 18 th December	CURRICULUM DAY	PUPIL FREE
Wednesday 27 th January 2021	CURRICULUM DAY	PUPIL FREE
Thursday 28 th January 2021	Start of Term 1 2021	Students from Grades 1 to 6 return from 9am
Wednesday 17 th February 2021	CURRICULUM DAY	PUPIL FREE
Tuesday 27 th April 2021	CURRICULUM DAY	PUPIL FREE

Dear School Community,

The end is here. We have today reached the final day of the 2020 School Year.

To all those families who have been sending in cards and emails with lovely messages of thanks and appreciation for our work through this difficult year, I thank each and every one of you. It's these wonderful messages which assure us that our efforts are valued and appreciated.

Congratulations to our Graduating Class of 2020. These amazing Grade 6 students celebrated their Graduation on Wednesday. While all students were acknowledged, we congratulate the recipients of our special awards:

The Rod Prowse Citizenship Award

- Ayda O
- Henry M

The Mr T Performing Arts Award

- Lola S

The Sports Award

- Claire R

Please join me in bidding farewell to the following staff members;

- Ms Quigley who is due to have her second child early in the new year
- Mr Rye and Ms Trevaskis who are both taking up positions at other schools
- Ms Osman who will be working in another school for 2021 and returning to us in 2022
- Ms Siciliano who will be following her dreams and exploring a new career path

Please join me in thanking them all and wishing them well in what lies ahead.

As we move into the 2021 school year, our teaching teams will be as follows;

Grade Prep

- Ms LeBon / Ms Corn
- Mr Pennington
- Ms Youla

Grade 1/2

- Ms Esposito
- Ms Blackman

- Mr Peric
- Ms Fonte de Vos
- Ms Saville
- Ms Alihos
- Ms Preston

Grade 3/4

- Ms Mardesic
- Ms Roberts
- Ms Rigby
- Ms Spiteri / Ms Pavich
- Mr Krauss
- Ms Spyrou

Grade 5/6

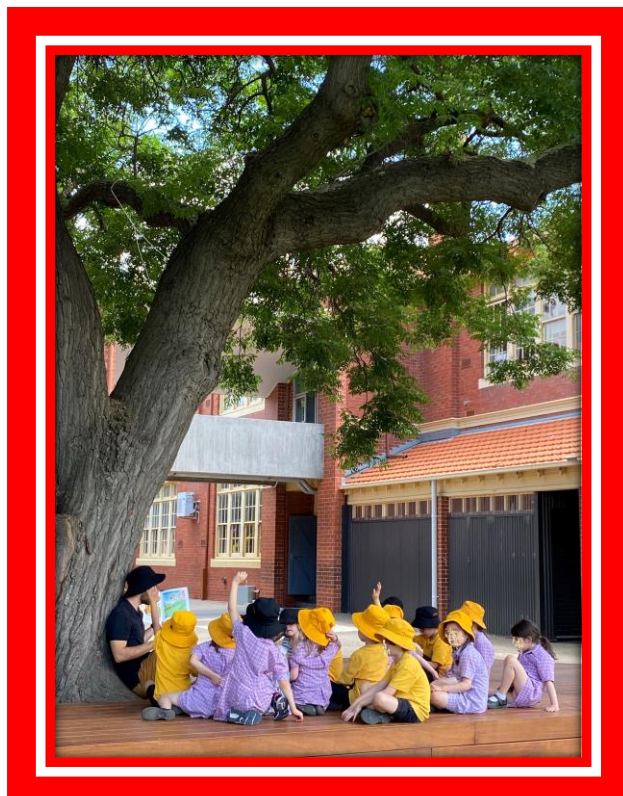
- Ms Franco
- Mr Niciak
- Ms Blatti / Mr Kashani
- Mr Torpey
- Mr Jenkins
- Ms Stewart / Ms McKenzie

We welcome Mr Krauss and Mr Kashani to our staff, along with an official welcome to Ms Fonte de Vos.

On behalf of every staff member here at CWPS I wish you all well for the festive season and especially for the New Year. Keep safe across these holidays and we look forward to welcoming you all back at

9am on Thursday 28th January 2020.

**Best wishes from
Mark Colagrande
Principal**



**Happy
Holidays!**

COBURG WEST PRIMARY SCHOOL

ROAD SAFETY SURVEY FINDINGS SNAPSHOT



76
respondents



74% travel to CWPS
with an adult



66% live less
than 1km from
school



71% feel that CWPS
encourages children
to walk or ride

91%

of families use active
transport to get to CWPS



of parents feel unsafe
or very unsafe about
their child walking or
riding to CWPS

48%

71%

said their child wants
to walk or ride to
CWPS

DANGEROUS LOCATIONS IDENTIFIED BY PARENTS

Reynard St

- Congestion resulting in poor visibility for those crossing
- 40km/hr speed limit feels too fast for the narrow area
- Reynard/Shafsbury St intersection mentioned consistently
- Narrow footpaths



FOR PARENTS AND CARERS

Wellbeing support for students over school holidays

It's been a big year and this guide provides tips and resources for parents, carers and families to support the mental health and wellbeing of children and young people in their care over the school holidays. This includes services to reach out to if more support is needed.

Actions that support positive mental health

Encourage your young person to:

- Exercise and eat healthily to boost their mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things they enjoy
- Practice positive self-talk, and remind them they are not alone
- Seek professional help if needed.¹

The Department have developed wellbeing activities and conversation starters for parents and carers of [primary school-aged children](#) and [secondary school-aged children](#).

Feeling fit: [mindful new resources and activities for year 9 or secondary students](#). Smiling Mind gives tips on self-care, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.



Signs a child or young person may need mental health support

In some cases, these actions will not be enough to support positive mental health.

Keep an eye out and seek professional help for change that lasts two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating²

Young people supporting each other

Young people are most likely to turn to each other for support, before seeking out an adult or service provider.

Young people can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting their friend know they may need to tell a trusted adult about their concerns.

Having these types of conversations can be difficult for young people. Information for young people on how to support a friend is available on the headspace website: [How to help a friend going through a tough time](#)

¹ [Healthcare professionals should refer to the \[National Health Commission's Mental Health Act 2017\]\(#\) for more information.](#)
² [Healthcare professionals should refer to the \[National Health Commission's Mental Health Act 2017\]\(#\) for more information.](#)
³ [Healthcare professionals should refer to the \[Mental Health Act 2017\]\(#\).](#)



Mental health support

- **Younisaid GP**
- **HeadSpace Counselling:** Victorian Government secondary school students, including those who have just finished schooling, can access counselling services from headspace. During the holidays, students can self-refer by calling their [local headspace centre](#).
- **HeadSpace:** 180 0 650 690
www.headspace.org.au/headspace
- **Kidshelpline:** 1800 521 600
www.kidshelpline.com.au
- **Lifeline:** 13 11 14
www.lifeline.org.au
- **Beyond Blues:** 180 022 4 626
www.beyondblues.org.au
- **Head to Help:** 1800 595 510
www.headtohelp.org.au
- **Suicide Call Back Service:** 1800 659 467
www.suicidecallback.org.au
- [Family violence information and support services](#)
- **Contacting 000** for urgent assistance

Family violence support and resources

- **Safe Steps:** 180 0 015 188
www.safesteps.org.au
- **1800 RESPECT:** 180 0 237 238
www.1800respect.org.au
- **What's okay at home:**
www.woah.org.au
- [Family violence support](#)

Eastern Victoria bushfires: first anniversary

We are also approaching the first anniversary for some communities who experienced last Summer's eastern Victoria bushfires. The anniversary may trigger worry or anxiety levels in children and young people that are similar to what they experienced during the event.

For more information on supporting children and young people during this time:

- **Emerging Minds: Traumatic events, anniversaries and other triggers**
emergingminds.org.au/traumatic-events-anniversaries-and-other-triggers
- **Trauma and Grief Network: Understanding and managing a first anniversary reaction**
traumandgrief.org.au/understanding-and-managing-a-first-anniversary-reaction

Self-harm and suicide prevention resources

- [Getting a mental health care plan \(Reach Out\)](#)
- [What you need to know about self-harm \(headspace\)](#)
- [How to help when someone is suicidal \(SANE Australia\)](#)

headspace parent seminars on understanding mental health

- Local headspace centres are running seminars over the school holidays to strengthen parents' understanding of mental health and build skills and strategies to support mental health. For further information about dates contact: headspace@headspace.org.au
- headspace National has partnered with the Department of Education and Training to deliver two parent and carer twilight webinars to discuss:
 - o supporting young people – **Notice Ask, Connect** (Thursday 10 December 2020) [information and registration here](#)
 - o supporting young people transitioning from primary to secondary school (Tuesday 15 December 2020) [information and registration here](#)

Mental health resources

- **Mental Health Toolkit:** contains resources for students, parents and carers to support the mental health and wellbeing of children and young people in their care including:
 - o [Raising Learners Podcast Series](#), providing expert advice/information to parents/carers on topics including how to keep your child safe online
 - o [Understanding mental health – fact sheet \(Oxygen\)](#)
 - o [Learn how to handle tough times \(headspace\)](#)
 - o [Get into life \(to keep your headspace healthy\) \(headspace\)](#)
- [Supporting your young person during the holidays \(headspace\)](#)