

# St Mary MacKillop

Compassion ~ "Be of good heart" (St Mary MacKillop 1876)

## NEWS

### INSIDE

#### Vision

As partners in Catholic education and open to God's presence, we pursue fullness of life for all.

#### Mission

At St Mary MacKillop College we are people who affirm the dignity of every person, who act with respect and compassion, who reverence relationships, who have hearts for generosity and forgiveness.

*We celebrate our Catholic identity.*

*We respect the unique dignity, faith and gifts of each person.*

*We value learning, aspiration and connectedness and we work together to create a positive future.*

#### FROM THE PRINCIPAL

Dear Parents, Guardians and Friends,

It was a wonderful feeling, walking through the school yard and seeing the familiar faces of our students again. It is wonderful to have the school looking more normal and like all of the Staff, I have really missed the young men and women of our College.

Things will not quite be normal just yet. Our Assemblies and meetings will continue to be virtual, most sports off campus will still be a no go zone, and we have to ensure that our personal hygiene is a priority. These are small inconveniences for a short period of time.

A few reminders:

- If dropping off and/or picking up students from school, we ask that parents remain in their vehicles, or if necessary, come into the Front Office. Please DO NOT stop in the street and ask your son/daughter to enter your car in an illegal manner. This practice is not safe and congests the road for others.
- Students are required to wear their full and complete Winter Uniform. PE uniform may be worn by students from Year 7 to 12 on days when Practical PE classes are held. Year 9 to 12 students should not be wearing PE uniform on days of Theory classes.

Friday, 12 June 2020

- Faith Matters
- Seeking Donations
- Teaching & Learning
- LRC Week

**ABSENCE NOTIFICATION**  
**PH: 5032 9771**  
**Press 2**

### FUTURE EVENTS

#### JUNE

- Thurs 18<sup>th</sup>** Student Free Day,  
Teachers Professional  
Practice Day
- Fri 26<sup>th</sup>** Last Day of Term 2

#### JULY

- Mon 13<sup>th</sup>** First Day of Term 3  
Year 7 2021 Enrolment  
Applications Due
- Tues 28<sup>th</sup>** Transition Day for  
Grade 6 students

#### AUGUST

- Mon 3<sup>rd</sup> – Fri 7<sup>th</sup>** JJAMM Week
- Wed 5<sup>th</sup>** Feast Day Mass



## FROM THE PRINCIPAL

- Students and staff are expected to maintain high standards of personal hygiene including:
  - Using hand sanitiser on entering classes.
  - Wiping down tables and chairs at the start of each lesson.
  - Supplying their own water bottles.
- Students are expected to stay home if they are unwell.
- If a student becomes unwell at school, they will be isolated and their parent/guardian will be called immediately to collect the student as soon as possible.
- Next week we move further “back to normal” as our bell times revert back to our pre-remote learning timetable.

We are still unsure of the status for Camps, excursions, sports and other events for Term 3. The current advice is that we will be informed before the beginning of Term 3. At this stage the Year 10 CHARTSEC Driver Education Camp has been re-scheduled to October and the Year 8 Cape Bridgewater Beach Camp will be held in November. Mr Joyce, Sport Coordinator, is liaising with other local schools to arrange some sporting competitions when the restrictions are lifted.

I take this opportunity to thank the St Mary MacKillop College Community for its response to this very difficult time in our history.

My heartfelt thanks to:

- The Leadership Team for their constant commitment to providing the best outcomes for the students.
- The Teaching Staff for their ability to adapt in a very short time to deliver a curriculum via remote learning, in such an effective and efficient manner.
- The Non-Teaching Staff for all of the many ways that you have supported the Teachers and the students, to enable our students to learn and be supported.
- The families of our students, for your support of your child/ren and of the College.
- The School Captains and student leaders, for answering the call to service and maintaining a sense of connection.
- The students, who have embraced a new way of learning and kept a positive outlook over the past 9 weeks.

Regards

**Michelle Haeusler**  
Principal



## MACBOOK RETURNS

Year 7 and 8 students are reminded that their MacBooks are to be returned to the IT Office on the final Thursday of term, Thursday 25<sup>th</sup> June. As students will not have access to their MacBook over the school holidays, they may wish to back up their data prior to returning their MacBook. If students are using Google Docs and storing files in the cloud, then they will have access to their work over the holidays. If not, they may wish to do a manual back-up to a portable hard drive.

**Catherine Smith**  
Teaching & Learning Leader: Learning Resources



# FAITH MATTERS

...As long as a person has **hope**, they can recover from anything...hope is the belief that circumstances will get better...

The power of **hope** has certainly been exemplified this week with the young boy who had gone missing at Mt Difficult and was found two days later. Hundreds of people were involved in the search - Police on foot and in the air, SES, family, and numerous other people who gave their time to help find the missing boy. Apparently, there were close to 500 people involved, each one of them keeping **hope** the boy would be found. As news came through that he had been found, I was so relieved - the power of **hope**. Over the past number of weeks, it has been the trust and **hope** that things would get better that helped me to make my way through the uncertainty of the health pandemic. Now that our school community is back together again, my **hope** is that not only does it remain this way, but that we have all had the opportunity to express our gratitude to the people around us who have helped and guided us through. I've found a number of 'silver linings' over the past few months - none greater than life slowing down and spending time together as a family.

Refugee Week is an annual week in Australia devoted to informing the public about refugees and celebrate positive contributions made by refugees to Australian society. This year it will be held between June 14 and June 20. This year's theme is "Celebrating the Year of Welcome" and it will mostly be held using an online platform. The website <https://www.refugeeweek.org.au/> has many resources and online bookings for guest speakers.

World Refugee Day is held on June 20.

Reconciling God, we pray for the day when all Australians stand together

Recognising that we are called as one people to compassion and justice.

Heal the blindness that looks but does not see, the deafness which refuses to listen and so does not hear, the dullness which hears but does not comprehend, and the lack of integrity that knows but does not act.

God, in your love and solidarity you call us to stand with those who are most vulnerable, especially asylum seekers who risk all to find protection and a secure future for their families.

Hear our prayer and the unuttered cries of our hearts offered in the name of your son, Jesus, who was himself a refugee. Amen.

*Source: Josephite prayer vigil in solidarity with asylum seekers*



**Alison Wright**  
Director of Mission

## WELLBEING WEDNESDAY

Focus on taking a minute out of your day to practice deep breathing. Sometimes life feels as if it is taking over, and it is important to ensure we can continue to conquer the day without becoming overwhelmed. The link below is a guide to breathing exercises if you need some guidance.

<https://www.headspace.com/meditation/breathing-exercises>

Thanks,  
The Social Justice and Wellbeing Committee





## SEEKING DONATIONS

If you have St Mary MacKillop College uniforms that your children have outgrown or no longer need, you might be able to help!

We are seeking donations of second hand uniforms that are in good condition. If you can help, please drop uniforms off at the Front Office.



## CAMPS, SPORTS & EXCURSIONS FUND

If you are a valid means tested concession card holder or a temporary foster parent you may be eligible to apply for the Camp, Sports & Excursions Fund (CSEF). Cards are to be current as of 28 January 2020 or 14 April 2020.

The allowance of \$225 (for eligible secondary school students) will be paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child. As part of the Victorian Government's commitment to breaking the link between a student's background and their outcomes, the CSEF helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities that exist beyond the classroom.

For more information, or to request an application form please contact the Front Office on 03 5032 9771. Applications must be signed and returned to the Front Office as soon as possible. All applications must be received by Friday 26<sup>th</sup> June.

# TEACHING AND LEARNING

St Mary MacKillop College is a great place of community and relationship building. This week it was so wonderful to welcome back our Years 7 to 10 students and we returned to some sense of 'business as usual'. We are back to being a community of students from Years 7 to 12 and we are once again socialising and continuing to build positive working relationships. On Tuesday our Years 7 to 10 students were greeted with balloons as they walked through the gates of the school, along with welcome back messages in chalk on the brick pathways. This shows what a wonderfully welcoming community we are. Our students have fallen back into familiar structures, however, additional routines such as hand sanitising and physical distancing will continue to make our school a safe environment for all.



Wow, what a term it has been so far! Now all of our students have returned it is timely to reflect on where we have come in our online teaching and learning journey, and how proud we should all be of what we have accomplished.

The move to online learning was carefully planned by the Leadership Team and staff. We are truly blessed to have a dedicated staff and their commitment to preparing rich learning experiences throughout this time is very much appreciated. Our staff have also ensured the wellbeing of our students has been paramount. Online homeroom each morning, College assemblies, masses and TA interviews have maintained the connection students have with the school. Our teaching staff are exceptional and well-practiced at collaboration, and worked together to share their resources, knowledge and expertise as we prepared for online classes. Remote meetings and professional learning has also become the 'new normal' for staff. We certainly have our students at the centre of everything that we do and made sure continuity of learning occurred. Many hours were spent preparing engaging online classes that were delivered through Google Meet and Google Classroom. I mentioned in a previous newsletter that we are all lifelong learners. We have all learnt new skills and will continue to use what we have learnt into the future to engage our students in their learning. I very much appreciate the hard work done by all to ensure a smooth transition from online learning back to face-to-face classes.

Our amazing students showed that they are flexible and were able to adapt to an online learning environment. Thank you for being so supportive of your peers and teachers throughout this time. I encourage our students to think about all they learnt during this time and not to forget the many skills and strategies they have developed to make them effective learners. These include: personal organisation, prioritising the work that needs to be completed, and communicating with your teachers. Our parents have also been so wonderful during this time. Many thanks for your supportive messages and calls.

Below are some quotes from our Years 7 to 10 students on being back at school:

*I feel way better coming back to school to see my friends.*

*Life is amazing at school and I missed it.*

*I am happy to see my friends and I like how things are set up at the moment with self-study time*

## **2021 Subject Selection Process**

Thank you to the families who logged on to our recent 2021 Google Meet subject selection information sessions. A reminder that students need to complete their online subject selections by 9am on Wednesday 24 June.

We are blessed with many articulate students at the College. In the lead up to the information sessions I interviewed four current Year 12 students and asked them for their reflections on the subject selection process throughout the years. The video can be found in the folder titled 'The Voices of our Students' in the link [here](#). Thank you to Liam Cumming, Madison Curran, Bridgette King and Declan Myers for agreeing to be interviewed.

# TEACHING AND LEARNING

Many thanks also to our dedicated Pathways Team for working closely with our students throughout the subject selection process.

## **Spotlight on Learning: Visual Arts**

At the beginning of the year the staff gathered at the Swan Hill Regional Art Gallery for a professional learning day. Being new to the Swan Hill area it was a wonderful opportunity to see work from the artists in this region.

Throughout my teaching career I have always been amazed at the artistic talents of students. During this year I have had the opportunity to visit our students engaging in their art classes and I am so impressed at the talent and creativity our students demonstrate. Mr Wood regularly contributes photos of student work in our newsletter and I look forward to seeing these in each edition. We are blessed to have many talented art students here. We also have a number of artworks around the school which contribute to our vibrant learning environment. When I walk out the door of the Pastoral Care Centre I see artwork to the left with words that highlight us as a Catholic community. The artwork in the corridor heading to the south yard is also colourful and eye catching.

Recently I read an article titled 'Why an education in visual arts is the key to arming students for the future'. This article addressed the many reasons why the study of visual arts is important. The link to the article can be found [here](#). I also watched a video on the NSW Education Live website from contemporary artist Ben Quilty. In this video filmed at his studio he explains his artistic process and how he finds inspiration. What I found most interesting were the powerful quotes Ben makes about art. I have included these below:

*Art is a pure, beautiful healthy and incredibly powerful way to respond to the world.*

*Art is about everything. It's about being human. It's about responding to the world. It's about feeling the world, and then it's about talking to the world, and it's about talking to other people.*

The link to the video can be found [here](#).

We have a dynamic team of visual arts teachers here at St Mary MacKillop College and I thank them for all the work they do to support our students. They share their wealth of experience and expertise with our students and nurture their artistic talents so they are able to create amazing works of art.

**Nathan Lane**

Deputy Principal Teaching & Learning

## WELLBEING TEAM

During our time of remote learning the Wellbeing Team continued to provide support to our students through phone calls and online counselling sessions. We attended many online professional development sessions to ensure that we were well equipped to manage.

**Mandy McCallum**

Director of Wellbeing



(L-R) Josie Rovere, Mandy McCallum, Leonie Gleeson



# TEACHING AND LEARNING

## What I learnt today at SMMC...

My cow is so very grand  
attention she does demand  
she dresses in pink silk  
and will only give milk  
to the sound of the marching band

Maeve Sheldrick –  
Year 7 English Limerick



Year 7 Humanities students are completing research and putting a biography together about a famous Egyptian.



Year 10 Science students are looking at adaptations and designing a bird beak that can collect as much bird seed as possible in 15 seconds.



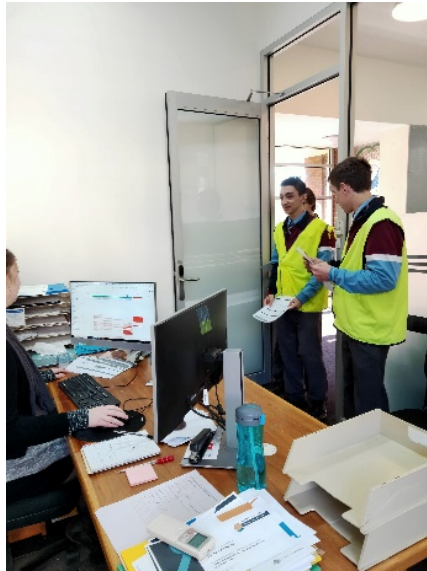
Senior students studying in the LRC.



The final day of remote learning for our students studying at school.



# TEACHING AND LEARNING



When the VCAL students can't go offsite....  
They conducted an onsite risk assessment of a workstation within the School.



Year 11 English students engaging in their persuasive writing task.



Year 12 Biology students are preparing for an upcoming assessment task.



# VCAL WORK PLACEMENT

**Name:** Caitlyn Tidyman (Year 11)

**Employer:** My chosen work placement for Term 1 was at Little Swan Early Learning Centre

It is a locally owned business by a former Swan Hill College teacher. It is ran by Rob and his wife, also his mother-in-law Wendy as well as lots of other early learning educators.

**Roles that you have undertaken:**

My role was to engage with the children, always including and explaining things so they could have more of an understanding. They were as curious as a cat. I had to learn how to use different languages, vocal variations to communicate with the children. Using my imagination was vital and always thinking two steps ahead for their safety.



There was a lot of time management involved as well as multi-tasking - you have to think about how many children are inside and out. You need to make sure each child puts on sunscreen, wears a hat, involving everyone as well as teaching them through play. There was a lot to consider with reminding them to wash their hands, go to the toilet; it wasn't as easy as what I thought it would have been.

**What do you like about the placement?**

I love this placement because it really got me involved; from filling out incident reports to teaching me how to talk to the kids, showing me the procedures they follow for clean-up, lunch and recess. I have truly learned a lot about how big of a responsibility it is to take care of children.

**What have you learned so far from the placement?**

There are a lot of OHS procedures as well as every day tasks, for example, my day at Little Swan starts something like this:

- Pressing the buzzer so that I could get access into the door (this is for children's safety so no one can get in)
- Being greeted by Wendy at the front office and using hand sanitizer.
- Walking into the under-threes room to go to the staff room making sure all doors were closed
- Going to the room I was in for the day, taking off my shoes and going to wash my hands in case I touched something at home that one of the kids are allergic to - this is done after recess and lunch as well.
- Reading a book to them or playing outside (using multi-tasking and time management)
- Getting recess set up for the kids so wiping down the table, making sure the spray bottle was close to the table and put back up high so the kids cannot reach it, the same goes for at lunch and afternoon tea.
- End of the day pack up - everything gets thoroughly cleaned and wiped over and put in its place ready for the following morning.

I have learned how to communicate with little children and to work with other learning staff. I think that I have a greater appreciation of the day to day challenges of working with children. I have learned the importance of routine and that you can never take anything for granted when working with young people.



# LRC WEEK



Week 7 of this term was LRC week at school, where we celebrated all things Library, IT & Information. With a number of activities on offer it was fantastic to see staff and students participate at home and at school.

A big thank you to the IT staff for sharing some handy tips and tricks throughout the week. Thank you also to the Library staff who put together all of the activities including The Guess Who competition, Computer Game Kahoot and Homeroom Quiz.

A big congratulation to our activity winners!

- The Guess Who competition was won by Emily Hall, with 7 correct answers.
- Well done to Oliver Cameron who showed off his computer game knowledge in the Kahoot Challenge.
- Woods 2 came out on top with the correct novels and authors for the homeroom quiz.





# LEARNING RESOURCE CENTRE

We have been very busy in the Learning Resource Centre (LRC) over the past 8 weeks during online learning as we were the hub for students who couldn't work from home. It was great to still see some students at school during this time. We are now very excited to have everyone back at school and using the LRC. Come on in to the LRC when you return to school to see all of the new books and displays. The LRC committee is hoping to run some fun activities next term as well, so watch this space.

**Catherine Smith**

Teaching & Learning Leader: Learning Resources





# NATIONAL RECONCILIATION WEEK

We celebrated National Reconciliation Week (NRW), a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. The dates for NRW are the same each year; 27 May to 3 June.

The 2020 National Reconciliation Week theme was 'In This Together'; every one of us has a role to play when it comes to reconciliation, and in playing our part we collectively build relationships and communities that value Aboriginal and Torres Strait Islander peoples, histories and cultures.



Students learnt about the history behind National Sorry Day, a day of remembrance to acknowledge and recognise members of the stolen generations, and of two significant milestones in the reconciliation journey—the successful 1967 referendum, and the High Court Mabo decision.

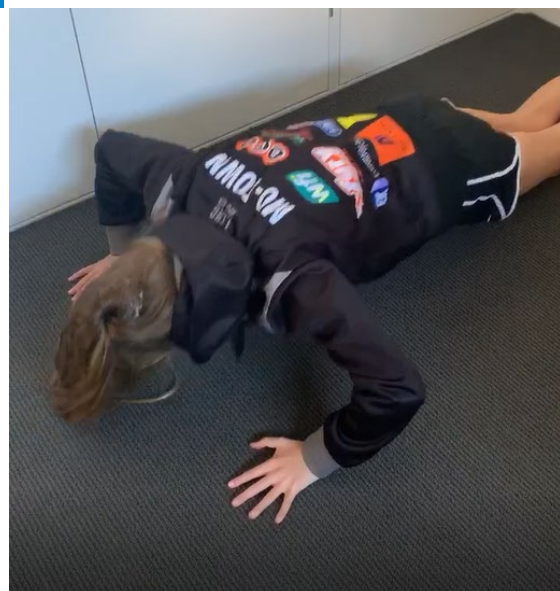


## PUSH-UP CHALLENGE

The 3041 push-up challenge is a fantastic initiative to raise awareness and funds for mental health. There is a strong correlation between exercise and mental health which drives the motto of 'push for better together' with the Push-Up Challenge. The challenge is to complete 3,041 push ups in 21 days, with the number 3,041 representing the number of lives lost to suicide in 2018. Congratulations to the staff and students who completed this challenge, with especial congratulations to Montana Davies (Year 7) who completed 21,000 push ups in 21 days.

**Luke Crow**

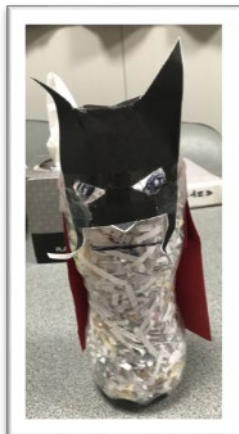
Health and Physical Education Coordinator



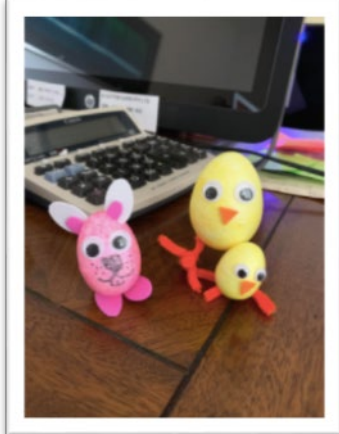


# YEAR 8 ART & DESIGN

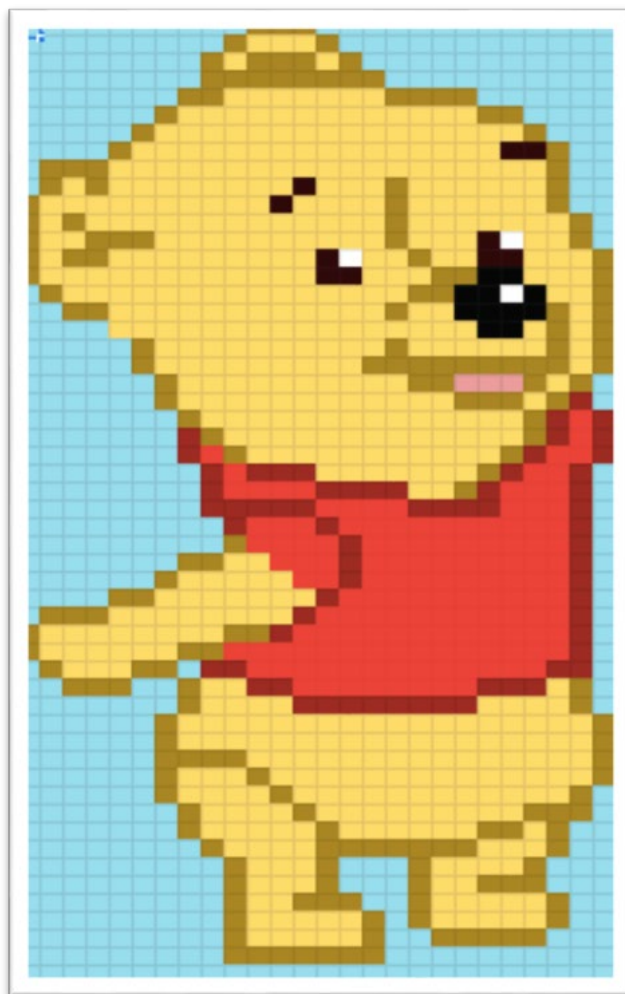
A collection of artworks from term 2.



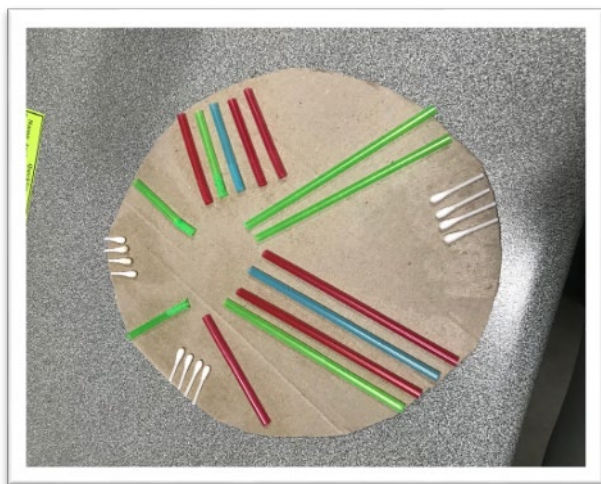
Characters to show form by:  
Anthony Caccaviello



Trinity Sutton



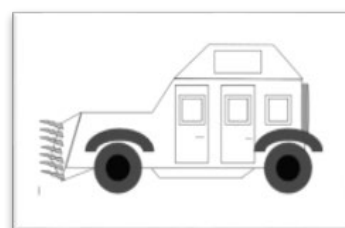
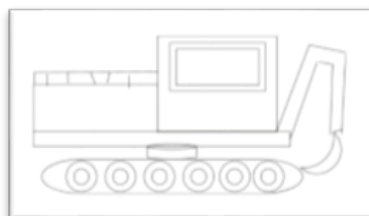
Pixel Art by Trinity Sutton



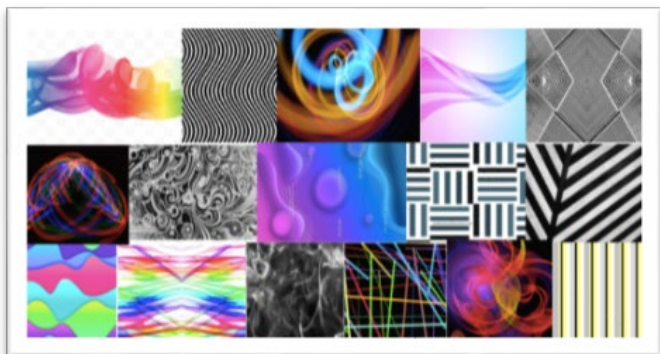
Line artwork made from materials by Eloise Storer



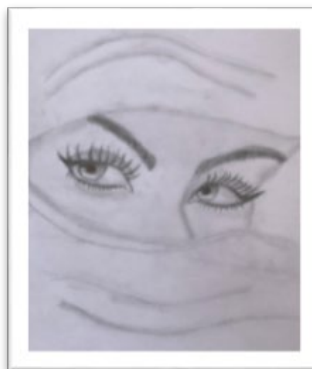
Line artwork by Eloise Storer and Roderick Hampson



Artwork emphasizing line by Harry Scott

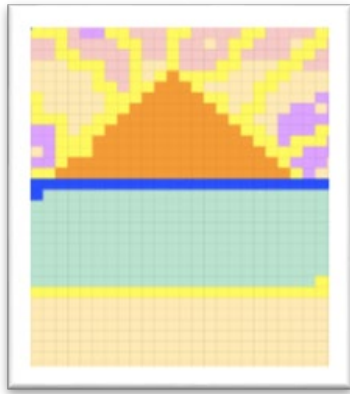


Elements of Art by Sophie Sutton

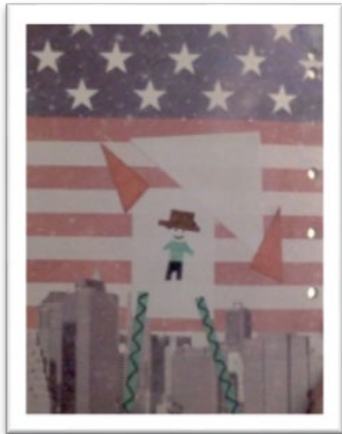


Line artworks by Trinity Sutton and Eloise Storer

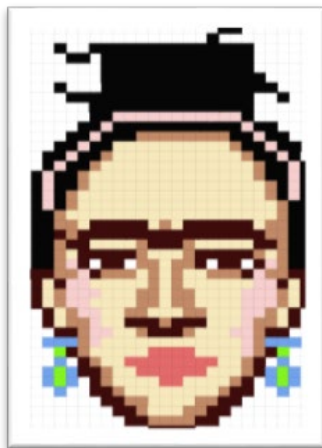
# YEAR 8 ART & DESIGN



Artworks by Ella Vrolijk



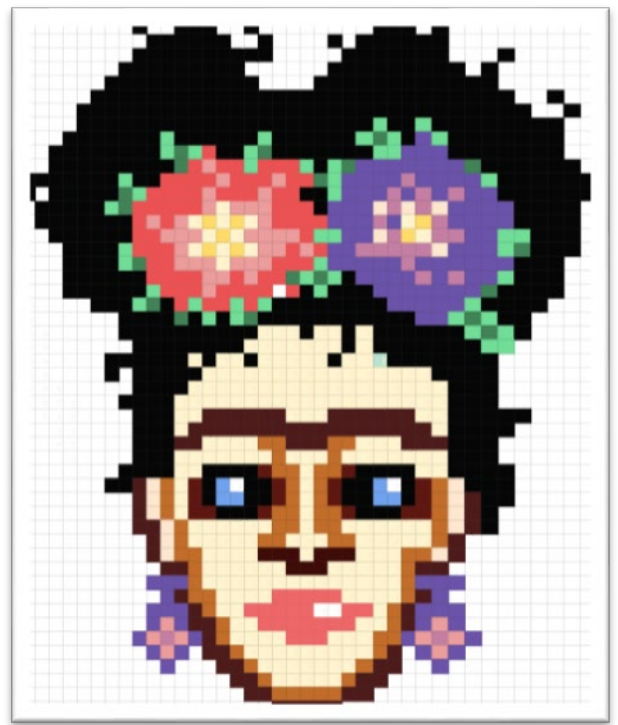
Collage by Ethan Fitzpatrick



Trinity Sutton- Frida Kahlo



Shapes by Roderick Hampson and Ethan Fitzpatrick



Eloise Storer - Frida Kahlo inspired artwork



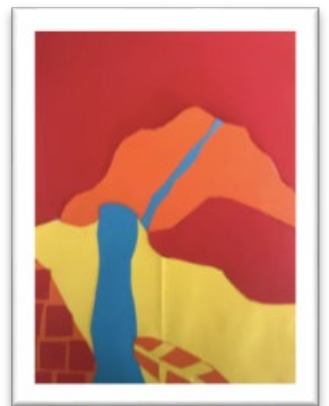
Picasso by Anna Whiting



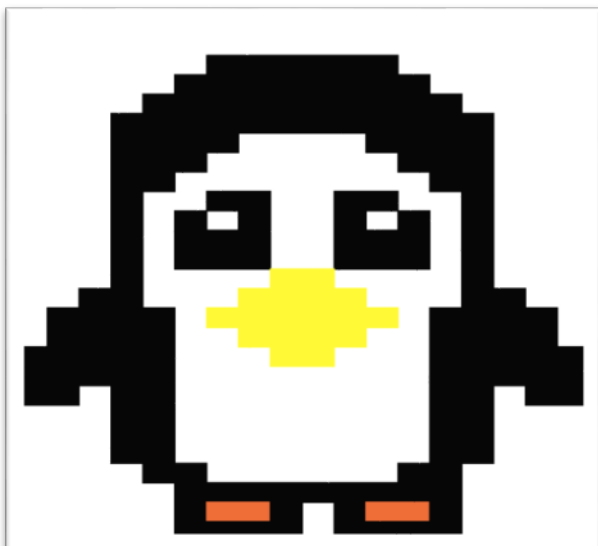
Abstract



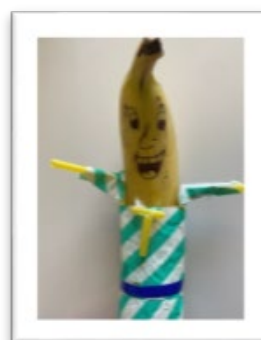
Pixel Art by Grace Morton



Ella Vrolijk



Pixel Art by Rebecca Mullan



Art Teacher & Banana in Pajamas  
- Mr Jeremy Wood





# tips to get back into life during COVID-19

**Life has changed for all of us due to COVID-19 restrictions. Some people have enjoyed these changes, others have found it challenging and many of us will have experienced a mixture of these things.**

You might have had to transition to online school or study without much warning. You might have had less time to talk to friends, or had to change the way you spend time together. You might have had your work hours reduced or cut altogether, adding huge financial pressure on rent or bills. Spending more time at home may have put additional pressure on already strained family or household relationships, making it challenging for you to find space to look after your wellbeing.



## Common responses

### As a result of COVID-19 challenges you might find yourself:

- struggling to find motivation
- finding it hard to keep a routine
- not keeping up with day to day chores
- being less interested in things you usually enjoy
- sleeping a lot more or less
- increasing the use of alcohol and other drugs
- struggling to exercise
- feeling worried about the future.



**Our 7 tips for a healthy headspace can help you build new ways of coping during these unusual times**

## So what can you do?

Prepare yourself by thinking about how your life has changed and what you want your life to look like.

You might find that some things are easier to return to than others. This will be different for everyone, and that's OK.

### It can be tricky to know where to begin.

#### Here are a few ideas to help you get started:

- think about the fun things you want to do once restrictions ease
- write out a plan to help motivate yourself. Sometimes detail can help motivate you even if you don't quite feel like it at the time
- ask your family and friends to get involved
- take it slow. Gradually try new things. You don't need to do everything straight away
- start with something that seems easier, before moving to difficult things
- if you're worried about catching the virus remember to practice hand hygiene and physical distancing
- think about what you might need to do if things don't go well, and write down a few ideas of what might help you get back on track
- keep in mind that things may change and restrictions could start again

The easing of restrictions might be an exciting, fun, and enjoyable time for some. For others, it might be scary, uncertain or overwhelming. It's normal to feel anything and everything, so remember to be kind to yourself.

## Preparing for change

Many people are starting to think about how life will change when restrictions ease. While some people are looking forward to this, it doesn't mean the next few weeks or months will be smooth sailing for everyone.

### You might be:

- thinking that returning to your life before COVID-19 seems like a huge task
- finding things that used to be easy becoming difficult, worrying or scary
- finding it hard to get going
- concerned you might catch the virus
- realising you want to make changes to the way you live your life
- wondering if your friendships will be the same
- thinking about how to re-establish intimate relationships
- worrying about your alcohol and other drugs use.

## Where do I go for help?

If you need support – start by reaching out to a trusted friend, family member, teacher or Elder to share what you are going through.

### headspace

**headspace:** visit [headspace.org.au](https://headspace.org.au) to find your nearest centre or call eheadspace on 1800 650 890

If you ever feel unable to cope because of overwhelming or intense emotions, or if you have any thoughts of harming yourself, then ask for help immediately.

### National 24/7 crisis services

If you are in an emergency situation or need immediate assistance, contact mental health services or emergency services on 000.

- **Lifeline:** 13 11 14 or [lifeline.org.au](https://lifeline.org.au)
- **Suicide Call Back Service:** 1300 659 467 or [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)
- **Beyond Blue:** 1300 224 636 or [beyondblue.org.au](https://beyondblue.org.au)

### Additional youth services

- **Kids Helpline:** 1800 55 1800 or [kidshelpline.com.au](https://kidshelpline.com.au)
- **ReachOut:** [reachout.com](https://reachout.com)





# tips to get back into life during COVID-19

## for family and friends

**Life has changed for all of us due to COVID-19 restrictions. Some people have enjoyed these changes, others have found it challenging and many of us will have experienced a mixture of these things.**

Your household might have had to transition to online school, study and working from home without much warning, and your contact with close friends and other social groups may have changed. Members of the household might have had their work hours reduced or cut altogether, adding huge financial pressure on rent or bills. Spending more time at home may have put additional pressure on already strained family or household relationships, making it challenging for you to find space to look after your wellbeing.



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## Common responses

**As a result of COVID-19 challenges you, your family or household members might find yourselves:**

- struggling to find motivation or keep a routine
- not keeping up with day to day chores
- being less interested in things usually enjoy
- sleeping a lot more or less
- increasing the use of alcohol and other drugs
- struggling to exercise
- making comparisons with others and feeling inadequate
- feeling worried about the future.

People manage their feelings differently and isolation might have meant that you or the people close to you have had to find new ways to look after themselves.

Some might have taken more breaks, stayed in bed or relaxed more often. Others may have tried to change their expectations and be kinder to themselves. Others might have connected with others online, or played online challenges and games. Some may have avoided difficult conversations or activities.



**Our 7 tips for a healthy headspace can help build new ways of coping during these unusual times**



## Preparing for change

Many people are starting to think about how life will change when restrictions ease.

While some people are looking forward to this, it doesn't mean the next few weeks or months will be smooth sailing for everyone.

### **People in your household might be:**

- thinking that returning to life before COVID-19 seems like a huge task
- finding things that used to be easy becoming difficult, worrying or scary
- finding it hard to get going
- concerned about catching the virus
- realising they want to make changes to the way they live their lives
- wondering if their friendships will be the same
- thinking about how to re-establish intimate relationships
- worrying about their alcohol and other drugs use.



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## So what can you do?

Prepare yourself by thinking about how your lives have changed, and what you want your lives to look like.

You might find that some things are easier to return to than others. This will be different for everyone, and that's OK.

Taking some time to come together to talk about how you've felt during the restrictions, and what your household might look like when things go back to normal may help to ease some of those concerns.

**It can be tricky to know where to begin.**

**Here are a few ideas to help your household get started:**

- think about the fun things you all would like to do once restrictions ease
- write out a plan to help motivate yourselves
- take it slow. Gradually try new things. You don't need to do everything straight away
- start with something that seems easier, before moving to difficult things
- if members are worried about catching the virus, remember to practise hand hygiene and physical distancing
- be mindful of the use of alcohol and other drugs
- keep in mind that things may change and restrictions could start again

The easing of restrictions might be an exciting, fun, and enjoyable time for many. For others, it might be scary, uncertain or overwhelming. Remember that how you're seeing someone else respond might not actually be what they're feeling.

Take time to have conversations with your family or household and consider using side-by-side communication and "I statements" to help everyone feel more comfortable. For more tips on communication, check out the headspace *Responding to Family Conflict*.

It's normal to feel anything and everything, so remember to be kind to yourself and to the people in your household. Consider that people may be affected, and may respond in very different ways.

## Where do I go for help?

If you or a young person needs support, the following services could be of assistance.

### headspace

**headspace:** visit [headspace.org.au](https://headspace.org.au) to find your nearest centre or call eheadspace on 1800 650 890

If you ever feel unable to cope because of overwhelming or intense emotions, or if you or someone you know has any thoughts of harming themselves, then ask for help immediately.

### National 24/7 crisis services

If you are in an emergency situation or need immediate assistance, contact mental health services or emergency services on 000.

- **Lifeline:** 13 11 14 or [lifeline.org.au](https://lifeline.org.au)
- **Suicide Call Back Service:** 1300 659 467 or [suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)
- **Beyond Blue:** 1300 224 636 or [beyondblue.org.au](https://beyondblue.org.au)

### Additional youth services

- **Kids Helpline:** 1800 55 1800 or [kidshelpline.com.au](https://kidshelpline.com.au)
- **ReachOut:** [reachout.com](https://reachout.com)



MyTime groups are for parents and carers of a child with a disability, developmental delay or chronic medical condition.

A **FREE** service where you can socialise and share ideas with others who understand caring for a child with additional needs.

It's your time to catch up with other parents/carers in a relaxed setting. Play helpers are there to keep your children busy and active. Siblings under 6 are welcome.

## What will you get out of my time?

**Assistance**

**Community**

**Shared  
Experiences**

**Friendship**

**Connections**

**Come along and see for yourself the benefit of being part of a group like this!  
Every Thursday from 10am-11.30am**

### LOCATION

**Via Zoom**

[https://us02web.  
zoom.us/j/71106  
72278](https://us02web.zoom.us/j/7110672278)

Meeting ID: 711  
067 2278

**(online video  
conferencing)**

### TERM DATES

**May 7th, 14th,  
21st and 28th  
and June 4th,  
11th, 18th and  
25th**

### CONTACT

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