

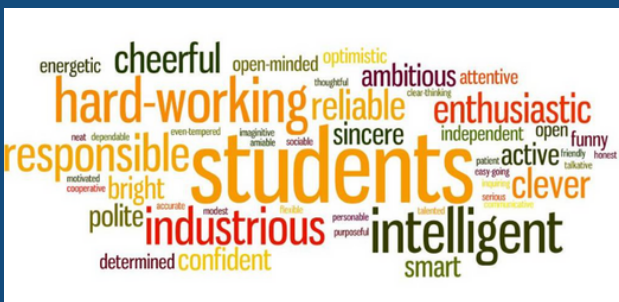


St Ambrose Parish School



Centred by Faith, In Partnership with Community
We Provide Excellence in Learning

Respectful Responsible Resilient Kind



St. Ambrose School

Acknowledgment of Country

We acknowledge the Dja Dja Wurrung peoples of the Kulin Nation as the traditional custodians of the land we learn, play, meet and live on. We pay our respects to elders past, present, and emerging and say thank you for sharing this beautiful country.

Soul's Work is Invisible
Ribbons of grace grow in me
streaming freely amidst my
waking & sleeping
Radiance & mystery mingle,
maturing & softening my heart &
spirit

Soul's work is invisible
germinating jeweled faithfulness
and nimble newness
Few words capture
the texture
of transformation
So how can I tell you
of its gift-
of its light-
of its beauty-
Seedlings emerge from
darkness I do not see or know
Miracle and
wonder and
goodness resound!



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Our next newsletter will be published
on Friday, Feb 23rd.

“Live life to the full” John 10:10

2024 Term 1 Dates

2024 Term 1	
Monday 12 February 2024	Cobaw tennis x 4 Gr 5/6 students
Wednesday 14 February 2024	Ash Wednesday & Commissioning Mass 9.30am Prep rest day
Tuesday 20 February 2024	Parent-Student-Teacher interviews
Wednesday 21 February 2024	Prep rest day
Thursday 22 February 2024	Parent-Student-Teacher interviews
Monday 26 February 2024	Cobaw Summer Sports – Gr 5/6
Tuesday 27 February 2024	Classroom information sessions 3.45-4.30pm
Wednesday 28 February 2024	Prep rest day
Thursday 29 February 2024	Grade 3/4 Mass 9.30am Classroom information sessions 3.45-4.30pm
Wednesday 6 March 2024	Prep rest day
Thursday 7 March 2024	Prep Reading Information Session 2.40pm
Friday 8 March 2024	Grade 1/2 Mass 9.30am
Monday 11 March 2024	Labour Day Public Holiday
Tuesday 12 March 2024	Grade 5/6 Phillip Island Camp
Wednesday 13 March 2024	Grade 5/6 Phillip Island Camp Sacrament of Reconciliation Practice 11.45am NAPLAN Grade 3
Thursday 14 March 2024	Grade 5/6 Phillip Island Camp Sacrament of Reconciliation 12.30pm Sacrament of Reconciliation Afternoon Tea 1.30pm NAPLAN Grade 3
Saturday 16 March 2024	St Ambrose Fete 9am-1pm
Monday 18 March 2024	NAPLAN Grades 3 & 5
Tuesday 19 March 2024	Whole School Sports Day Palm Sunday Liturgy (Grades 1/2)
Wednesday 20 March 2024	School Photos NAPLAN Grades 3 & 5 Holy Thursday Liturgy (Grades 3/4)
Thursday 21 March 2024	NAPLAN Grade 5
Friday 22 March 2024	National Ride to School Day
Sunday 24 March 2024	Palm Sunday
Monday 25 March 2024	NAPLAN G Good Friday Liturgy (Grades 5/6) 2.45pm
Tuesday 26 March 2024	Grade 5 visit to Sacred Heart College Easter Sunday Liturgy (Prep) 2.45pm
Wednesday 27 March 2024	End of Term Mass 9.30am End of Term 1 - students dismissed at 3.30pm
Thursday 28 March 2024	School closure day – Maths PD
Friday 29 March 2024	Good Friday
Saturday 30 March 2024	Easter Saturday
Sunday 31 March 2024	Easter Sunday
Monday 1 April 2024	Easter Monday
Monday 15 April 2024	Term 2 commences

Message from the Principal

Dear families, parishioners, and friends,

It has been a joy to reconnect with our students and families and hear about the many and varied holiday adventures! I am very pleased to report that during the first week, our students have been demonstrating the school expectations and values in the classroom as well as in the yard and it has been wonderful to see them looking healthy, rested, and ready to embrace a new school year. After two years of construction, we are now experiencing the benefits of the work and certainly feel blessed to have such a beautiful environment in which to learn together. You may have noticed the Resilience Project sign on our front fence. Following on from our communications last year our staff have done the training and are ready to start this thorough and effective social/emotional development program.



The research is clear; the more positive emotion you experience, the more resilient you will be. For that reason the engaging lessons focus on three key pillars proven to cultivate positive emotion; Gratitude, Empathy, and Mindfulness. Key to happiness are gratitude, empathy, and mindfulness. Please read Erin Brass's page carefully as we may need to hear from you and to support the learning you need to be informed.

Our Fete Committee is working hard to organise an enjoyable fete for our community. Please look out for the Operoo going out today and respond if you can help in any way.

Planning is currently underway for this year's Catholic Education Week, beginning 10th March. The 2024 theme, 'In the light of Christ', is drawn from the Melbourne Archdiocese Catholic Schools (MACS) strategic plan, MACS 2030: Forming Lives to Enrich the World. The week is an opportunity for all Catholic schools in the Archdiocese of Melbourne to celebrate their Catholic identity, and the pivotal role they play within their local community.

Welcome to our New Families

We are delighted to welcome the following new families into our school community: Davey, Ehrenberg, James, Kennedy, Kirwan, Lawlor, McCarthy, Morgan, Nanbu, Nyathi, Rankin, Rowe, Sharpe, Taylor, Wiekling & Willis.

School Improvement Plan

Our staff meet on Tuesday and Thursday afternoons after school to continue with professional development and school improvement planning. Each year we collaborate on an Annual Action Plan which is in line with our School Improvement goals. Following our review process last year we have set the following goals. We will keep you updated!

Our Strategic Intent:

During this school improvement cycle, St Ambrose Primary School, Woodend will focus on building a strong performance and development culture that gives voice and agency to students, staff, and families, enabling them to make connections between the Catholic faith and traditions and everyday life.

GOAL <i>We aim to...</i>	KEY IMPROVEMENT STRATEGIES <i>By:</i>	INTENDED OUTCOMES <i>So that:</i>
<i>To build an authentic and empowered Catholic Learning Community.</i>	Create the conditions for all members of the community to make connections between the Catholic faith and traditions and everyday life	That students are co-designing prayer, class masses and inquiries and acting for common good. That staff capability to design and implement authentic and rigorous RE curriculum is strengthened. That the school community participates in enriching the Catholic identity of the school.

GOAL <i>We aim to:</i>	KEY IMPROVEMENT STRATEGIES <i>By:</i>	INTENDED OUTCOMES <i>So that:</i>
<i>To build a rigorous Performance and Development culture underpinned by reflective practice</i>	Establish a feedback, coaching and mentoring framework to enable consistent practice	That staff can articulate and enact a consistent and agreed approach to learning and teaching. That student outcomes improve across all curriculum areas (especially in numeracy.)

GOAL <i>We aim to:</i>	KEY IMPROVEMENT STRATEGIES <i>By:</i>	INTENDED OUTCOMES <i>So that:</i>
<i>To develop a whole-school approach to student voice, agency and participation for optimal wellbeing and learning</i>	Develop a culture of student feedback and inclusion in decision-making	That students are engaged and empowered in their learning

Anaphylaxis

For your further information click on this link to view our [Anaphylactic-Shock-Management Policy](#). As part of our health education our children learn about why we can't share food at school. Food allergies is one of the reasons which you could also talk with your child about.

Birthday & Food Treats

In the interests of our children's health needs please read the information later in this newsletter about birthday food and treats. It is our school policy that treats are not provided at school. Thank you for your understanding and co-operation.

PFA

If you are keen to join our Parents and Friends Association we would love to hear from you! Please email your interest to me on:

principal@sawoodend.catholic.edu.au

The primary function of the PFA is to plan some fundraising as well as social opportunities to connect as a community.

Music Lessons



The Ranges Music Network is excited to be back making music with all of our creative individuals in Term 1!

We have an exciting new program replacing our group lesson format -- called Launchpad! It is a hybrid of individual and ensemble learning that will launch your musicians into the world of 'speaking' and sharing in the language of music. We're all very excited for what opportunities it will bring.

For younger musicians just getting started our play-based Discovery Club is a fun way to try a bit of Guitars, Keyboards, Drums, Voices, and more to explore and develop our musical vocabulary. Foundation musicians can join in the fun from Term 2.

To get started please reach out via email to shaun@rangesmusic.net or text 0449922425. You can learn more at <https://rangesmusic.net>.

Thanks as always for your support. If you have any questions just drop me a line here.

See you soon
Shaun Evans

Classroom Information sessions

Classroom Information Sessions will be offered on after school on Feb 27th and Feb 29th. It will allow further opportunities to learn more about how your children's teachers support your child in their learning, classroom routines, and expectations. We encourage you to attend the sessions relevant to you. We hope that you will gain further clarity and insight into how we can work together to support your child's growth.

Playground Security: Please shut the gates

So that we keep our playground secure we ask that you shut the gates when you have dropped off your children. We will be having two additional gates installed near the senior playground as well as near the bike stands in the coming weeks. By closing these securely our younger children are less inclined to go offsite.

School Uniform

Your children are looking very smart in their uniforms. Our uniform policy can be accessed via this link [Uniform Policy & Dress Code](#) All of our students are expected to wear the full school uniform. This includes plain navy socks. Sports socks with logos are not part of our school uniform.

Year Six Rugby Tops

The students collaborated on their class name for the year which is "Year Six legends" and their tops also display our PBL four expectations which they will lead in our school. The Year 6 class may wear the rugby top throughout the year on any day. All students now have their sports shirt and they may wear this on sports days in terms 1-3 and on any day in term 4.

We thank Lisa & Adam Johnstone, who supplied the rugby tops and Buffalo Sports who supplied the shirts. The students are very happy with them!

Playground Markings

Our children will find fresh and inviting games marked onto the asphalt on Wednesday morning.

We hope that they enjoy these new play options.

We ask that you stay off the back of school asphalt areas after school on Tuesday 13th Feb as these areas will be being painted.





Positive Behaviour for Learning

Centred By Faith, In Partnership with Community We Provide Excellence in Learning



	Indoor Learning Areas	Outdoors	Transitions	In the Community	Toilets
Bee Respectful	<ul style="list-style-type: none"> I follow staff instructions I use whole-body listening I allow others to learn I show patience I use and inside voice I keep the school clean and take care of the environment 	<ul style="list-style-type: none"> I follow staff instructions I follow the rules of the game I show patience I stay in bounds unless I get teacher permission I keep the school clean and take care of the environment 	<ul style="list-style-type: none"> I enter and exit learning areas quietly I walk to the line on time I show patience I arrive at school between 8:30 and 8:55am I share the corridors, paths, doorways and gates in an orderly manner 	<ul style="list-style-type: none"> I look after my belongings I stay with my group I show patience I follow the expectations of the place where we are visiting I display good manners to others 	<ul style="list-style-type: none"> I am respectful of others privacy I use an inside voice I show patience I ask permission to use the toilets during class time
Bee Responsible	<ul style="list-style-type: none"> I wear the correct school uniform I am organised for learning I am a Digital Citizen I tell and adult if there is a problem I care for my school 	<ul style="list-style-type: none"> I wear the correct school uniform I know where and how to play in each area I am SunSmart I move around the school safely 	<ul style="list-style-type: none"> I return borrowed sports equipment back in its right place I am bike safe I keep myself and others safe I will speak up and report unsafe behaviour 	<ul style="list-style-type: none"> I wear the correct school uniform I follow community expectations I am a Digital Citizen I follow the road, bus and pedestrian safety rules 	<ul style="list-style-type: none"> I use good hygiene practices I leave the toilet clean and tidy I use the toilet only for toileting I walk directly to the toilet and back I use water responsibly
Bee Resilient	<ul style="list-style-type: none"> I learn from feedback I have a growth mindset I learn from my mistakes I self-regulate and use the strategies I know to keep calm 	<ul style="list-style-type: none"> I stay positive I listen to and consider others opinions I will be fair and bounce back I am a good sport 		<ul style="list-style-type: none"> I will make positive connections in my community I will give new experiences a go 	
Bee Kind	<ul style="list-style-type: none"> I treat others the way they would like to be treated I am considerate of others feelings I am inclusive I help and include others I encourage others I listen to others points of view 	<ul style="list-style-type: none"> I treat others the way they would like to be treated I am considerate of others feelings I am inclusive I look out for others 	<ul style="list-style-type: none"> I am considerate of others personal space 	<ul style="list-style-type: none"> I treat others the way they would like to be treated I greet people with a smile I understand and appreciate difference I am kind and caring towards others in person 	<ul style="list-style-type: none"> I am considerate of others privacy

School Bell Times

8.45 am	Classrooms Open
9.00 am	Classes begin
10.55 am	Eat Playlunch
11.00 am	Recess outdoor play
11.40 am	Classes Resume
1.55pm	Eat Lunch
2.00 pm	Lunch Outdoor Play
2.40 pm	Classes Resume
3.30 pm	Dismissal

The above poster is being professionally printed so that we can display one in each classroom.

This will make our behaviour expectations visible to students and teachers. Your children may be keeping you informed about their progress with positive behaviours for learning. Our school has taken this approach to explicitly guide our community in how we behave together and treat each other.

Healthy Snacks & Nude Food



As your child's first recess time will be at 10.55am, it is essential that they come to school having eaten a healthy and nutritional breakfast that will keep them energised through the morning. The same is said for their morning break and lunch meals that should provide your child with a healthy nutritional meal to see them through the day.

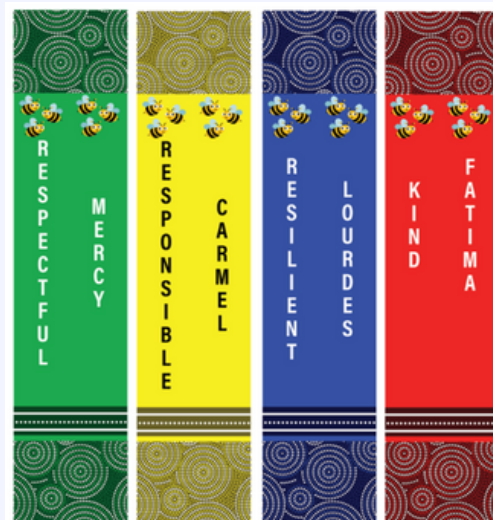
Your child may also have a raw food snack at 10.00 am if they are hungry. We encourage nude food to lessen our ecological footprint.

It is great to see so many children using lunch boxes with compartments or waxed cloth which minimises the need for plastic wrapping. Please note that the junior school children will have 10-15 minutes to eat before they go outside for their recess and lunchtime play break and the senior students will have ten minutes.

Staffing 2024

Class	Name	ESO
Prep K	Ms. Rebecca Keenan	Sandy & Joel
Prep T	Mrs. Debbie Taylor	
1-2 S	Ms. Alexis Seddon	Michelle
1-2 C-M	Mrs. Kate Callinan (Mon-Thurs) Mrs. Emma McMahon	Jenny N
1-2 O	Mr. Pat Old	Joel Fiona Joel Fiona
3-4 M	Mrs. Christine McLay	Rhonda
3-4 R	Mrs. Alison Raco	Jodie
3-4 T-W	Mrs. Haley Te Wiata (Mon-Wed) Mrs. Kelly Woodman (Thurs & Fri)	
5-6 M	Mrs. Brenda McDonald	Joanna
5-6 P	Mr. Micheal Portelli	Janene
Visual Arts	Ms. Clare Shannon	
Auslan	Mrs. Kate Old	
Health & PE	Mrs. Kristy Cavric	
Music Performing Arts	Mrs. Nicole Byrne	
Mental Health & Wellbeing Leader	Ms Erin Brass (Mon-Thurs)	
Finance Officer	Mrs. Karen Basa (Mon-Wed)	
Administration Officer	Mrs. Justine Mitchener	
ICT Leader	Mr. Micheal Portelli	
Religious Education Leader	Mrs. Jocelyn Devlin (Thurs or Fri)	
Learning Diversity & Literacy Teacher & Leader	Mrs. Jennifer Boldiston	
Deputy Principal/ Wellbeing for Teaching & Learning Leader	Mrs. Debbie Geisler	
Principal	Ms. Bronwyn Phillips	
Parish Priest	Rev Fr. Martin Fleming	

We feel blessed to be part of a professional and dynamic team! We are committed to working together to provide the best education that we can for your children.



Meeting Place

The meeting place symbol pictured below will be painted in the middle of the seating in the sanctuary to signify a meeting place and yarning circle area for our students.



Infection Control

In consideration of our school community, we ask that you abide by the recommendations set out by the government and keep your children at home if they are unwell. If you are living with a Covid positive person we ask that you wear a mask when on the school grounds.

Thank you.

Please click on the link below for the Exclusion requirement table

<https://www.health.vic.gov.au/infectious-diseases/school-exclusion-table>

Be Sun smart: Apply Sunscreen

During term one and term four, we ask that our children apply sunscreen before they come to school. Each class also has a supply of sunscreen which is reapplied before going out to lunch. Children need also to wear their St Ambrose sunhat when outdoors. Your child may also bring their own sunscreen from home if you prefer a particular brand or if your child has skin allergies. You can access our SunSmart policy via this link - [SunSmart Policy](#)

Bushfire Procedures for the Bushfire Season

St. Ambrose Parish School is listed on the 2023-24 BARR and will be required to close on days with a fire danger rating listed as Catastrophic.

The following information will help us plan and prepare our school to support the safety of staff, students, and the wider community.

Assessing bushfire and grassfire risk Schools and early childhood education services are categorised based on their risk of bushfire and grassfire in line with the Victorian Education Facility Bushfire Risk Methodology and review this classification annually. To inform this classification, we have used the Commonwealth Scientific and Industrial Research Organisation (CSIRO) analysis informed by the Bushfire Management Overlay, Victorian Fire Risk Register, and terrain and fuel type exposure.

Our school is rated as CAT 3. This means that St. Ambrose Parish School:

- Must close on days forecast as 'Catastrophic' by the Bureau of Meteorology within our designated fire district. Australian Fire Danger Rating System In September 2022, Australia introduced a new fire danger forecasting system, the Australian Fire Danger Rating System (AFDRS). A nationally consistent system will more accurately predict fire danger and produce clear, simple messages for communities. Victoria has been using a 6-tier system for fire danger ratings, from 'Low' or 'Moderate' to 'Code Red'. The AFDRS have replaced the Victorian system this year and uses 4 tiers of fire danger, from 'Moderate' to 'Catastrophic'.

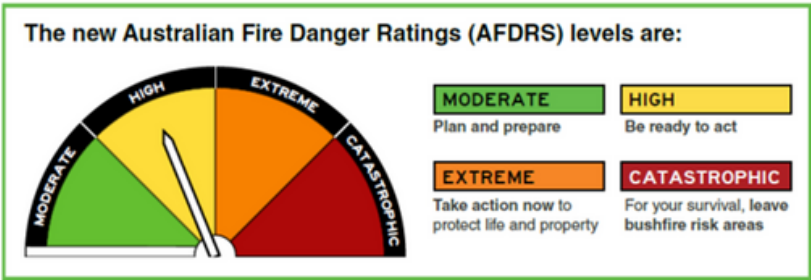
What can parents do?

- Make sure we have your current contact details, including your mobile phone numbers. Keep in touch with us by reading our newsletters, by checking our website <https://www.sawoodend.catholic.edu.au/> and by talking to your child's teacher or any other member of the teaching staff.
- If your child is old enough, talk to them about bushfires and your family's bushfire survival plan. You can access more information about school closures on the Catholic Education Commission of Victoria Ltd (CECV) website. For up-to-date information on this year's fire season, visit the CFA website or call the 24-hour Victorian Bushfires Information Line on 1800 240 667.

Fire danger ratings describe the potential level of danger should a bushfire start. They are important because they provide people with information so that they can take action to protect themselves and others from the potentially dangerous impacts of bushfires.

From September 1, Australians will have a simplified, action-oriented Fire Danger Rating System.

The new Australian Fire Danger Ratings (AFDRS) levels are:



MODERATE Plan and prepare	HIGH Be ready to act
EXTREME Take action now to protect life and property	CATASTROPHIC For your survival, leave bushfire risk areas

- The AFDRS will also introduce 'off' for those days where no proactive action is required by the community. On these days, you will still need to abide by local seasonal laws and regulations, but there is little or no risk of a fire that starts spreading in a dangerous or life-threatening way.
- The AFDRS is informed by one of Australia's largest social research projects which found that most Australians do not understand the current system, and would prefer a simpler, action-oriented set of fire danger ratings.
- The AFDRS is being implemented consistently across Australia and will mean that wherever you are across the country, you will be able to understand the threat posed on any given day and make appropriate decisions to keep you and your family safe.

Canteen & Subway Lunches

You may resume ordering a Friday lunch for your children from Subway. We are unable to open the canteen on Wednesdays yet as we are calling for volunteers to assist in running the canteen. The current canteen helpers need additional assistance to make the canteen sustainable. An Operoo will be sent out at the end of next week about this.

Introducing our 2024 Student Leaders

We congratulate the following students who have a formal leadership role in 2024. They will receive their badges at the Ash Wednesday Mass on Wednesday, February, 14th. The mass will begin at 9.30 am and the staff commissioning and student leadership badgers will be given out after the mass.
You are all welcome.

School Captains	Sustainability Leaders
Ava R	Mary G
Elijah E	Joseph M
Sports Captains	IT Leaders
Alani F	Hayden L
Angus T	Bailey P
Lourdes Captains	Dash B
Indie R H	Assistant to DP
Bruno B	Eva P
Fatima Captains	Sidney M
Ruby P	Faith Leaders
Dash B	Audrey C
Mercy Captains	Mary G
Charlotte N	Cultural Leaders
Harry M	Audrey C
Carmel Captains	Charlotte N
Arlia M	Social Justice Leaders
Austin S	Violet D
Arts Leaders	Maeve D
Violet D	Angus H
Bailey P	Spencer R

Vegetable Garden

We are seeking your help to clean up our vegetable garden raised beds in preparation for future planting. If you can help us weed them out please email me. Any amount of time will help and it can be done over the weekend out of hours if you prefer.

We aim to resume garden club & and garden-based learning opportunities as part of our social/emotional and inquiry learning programs soon. We will keep you informed. THANKYOU!

Literacy Testing

Thank you for bringing your children in for their formal pre-testing in Literacy. Our teachers found great benefit in having this uninterrupted time to gain an accurate measure of where to start the year with your child in terms of their Literacy learning and they also valued this 1-1 time to build on their rapport with each of their students for 2024. We hope that your children also enjoyed this opportunity to spend time with their teacher and ease into the New School Year.

2024 Parent Buddy Program

Thank you to all the families that offered to be a part of the New Parent Buddy Program for 2024. Given the amount of preps starting with us that are from existing St Ambrose families, we had more offers of support than we needed. The amount of offers just highlights the beautiful and supportive community that St Ambrose is. Our chosen supportive families have been allocated their new families, and have already connected over the summer break.

Newsletter

Our next newsletter will be published on Friday, February 23rd.



“Human life is an exchange of glances: someone who by looking at us, steals a first smile. Thus, we who smile freely at those who are locked up in sadness, open a way out for them: an exchange of glances, looking people in the eye will open the doors of hearts.” Pope Francis.



Bronwyn Phillips
Principal

2024 Term Dates



Term 1	9 wks	Monday 29th January	Thursday 28 th March 2.30 finish (Staff Day) (Students finish on Wed 27 th March at 3.30 pm)
Term 2	11 wks	Monday 15th April	Friday 28 th June 2.30 finish
Term 3	10 wks	Tuesday 16 th July	Friday 20 th September 2.30 finish
Term 4	11 wks	Monday 7 th October	Thursday 19 th December (last Day for staff) Students classes finish on Fri Dec 13 th at 3.30pm) Numeracy Testing on Mon 16 th & Tues 17 th)

Public Holidays 2024



Term 1	Monday 11 th March	Labour Day
Term 2	Thursday 25th April	ANZAC Day
Term 3	Monday 10 th June	King's Birthday
Term 4	Tuesday 5 th November	Cup Day

School Closure days 2024 (4 allocated for professional development)

Term 1	Thursday 28 th March	Maths/Planning
Term 2	Monday 13 th May	Literacy
Term 3	Friday 30 th August	Religious Ed
Term 4	Monday 4 th November	Report Writing

Time in Lieu Closure Days 2024

Term 3	Monday 15 th July
Term 4	Thursday 19 th December

2024 School Fees

- Family fee: \$2,030.00 per family
- Student Levy: \$665.00 per student
- Gr 3/4 camp \$ 260.00
- Gr 5/6 camp \$ 500.00
- Swimming Levy \$30.00

There is an increase of \$60 in the family fee and \$40 in the curriculum fee. This is a 3.9% increase which is within the recommended 5% increase.

Thank you for your efforts to keep your payment of fees up to date. This greatly assists us to meet our costs, update resources, and to continue to deliver quality programs for your children.

Note all outstanding fees for 2023 should now be paid unless a payment plan has been negotiated.

Concessional School Fees for Eligible Students

Students of eligible families are entitled to concessional school fees. See Karen at the office to find out more about concessional fees.





HAPPY BIRTHDAY!!

- 1 January Lachie G, Redmond O
- 4 January Scarlett M
- 5 January Jacques B
- 7 January Harriet F
- 10 January Rose B, Neave K
- 12 January Lachie E, Jock R
- 15 January Leo H, Hayden L, Lucas T
- 16 January Patrick F, Baz R, Mack R
- 17 January Caysen E-S
- 19 January Tess J
- 20 January Sophie V
- 21 January Leon G
- 23 January Billie H
- 24 January Oli J, Lucy S
- 27 January Amari B
- 28 January Bailey P
- 30 January Emrys G
- 31 January Isabelle A, Ryder M
- 2 February Lachie M
- 4 February Teddy M
- 5 February Ava H, Joseph O, Agatha W
- 7 February Henry B, Varli F
- 9 February Rupert F
- 15 February Scarlett AG, Leah W
- 17 February Nick G
- 20 February Everly B



Congratulations to Loz & Kitso on the arrival of baby Motse, born December 18 2023, Motse is their third child and little brother to Mosako and Leboko.

“Motse is adored dearly and the adjustment at home has been fantastic.”
Loz





Prep K Classroom Feature

Prep K have made a fabulous start to their first year of school at St Ambrose!





Mental Health & Wellbeing at St Ambrose

Erin Brass

THE RESILIENCE PROJECT™

With only a few weeks left of school in 2023, we at St Ambrose were gifted a surprising opportunity. Jellis Craig, Woodend, has funded for us to participate in The Resilience Project (TRP) Program from Foundation to Year 6 for the entirety of 2024.

WHY?

Current research tells us...



The Resilience Project is committed to **teaching positive mental health strategies** to prevent mental ill-health and **build young people's capacity to deal with adversity.**

Teachers and students will engage in weekly lessons and activities around the key principles of **Gratitude, Empathy, Mindfulness (GEM) and Emotional Literacy** to build resilience.

The program has been designed to address multiple curriculum areas and also addresses the first six topics of the Respectful Relationships curriculum. This means we are able to fulfil our goals for Respectful Relationships whilst making the most of what the Resilience Project has to offer.

There will be ample opportunities for families to be involved in the curriculum, at home, with more information and resources to come.

We are in the process of finalising when in the school week each class will complete their TRP lesson. We are also excited to make the links to our Inquiry topic, Wellbeing, for term 1.

Check out their website for more information:
[The Resilience Project](#)

The Imperfects podcast, led by Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, is all about how perfectly imperfect we all are. Hugh, Josh and Ryan chat to a variety of interesting people who bravely share their struggles and imperfections, and we all learn some valuable take-aways we can apply to our own imperfect lives.



EVIDENCE-BASED

The Resilience Project's School Partnership Program has been independently evaluated by both The [University of Adelaide](#) and The [University of Melbourne](#). Click the links or scan the QR code to find out more about the impact the program has on **emotional wellbeing** and **behavioral changes**.





Parenting Together

This two-session PILOT program has been designed especially for *couples* who are parenting together. It aims to build strength and connection in the adult relationship before exploring new ways to manage parenting challenges together.

✓ Relationship Building ✓ Support Children

Workshop Details:

Location: Online via Zoom
Date: Thursdays 22nd and 29th February 2024
Time: 7pm-9pm

Register:

W [Register now](#)
P 03 5438 1300
E lisa.castles@catholiccarevic.org.au or
julia.feiss@catholiccarevic.org.au

This is a free two session program delivered by the Loddon Mallee Regional Parenting Team.



www.catholiccarevic.org.au
(03) 5438 1300 | 176 – 178 McCrae St, Bendigo VIC 3550



COMMUNITY NEWS

TERM 1 AT THE WOODEND NEIGHBOURHOOD HOUSE



WOODEND YOUTH SPACE
TERM 1

Young people aged 12 - 17 welcome!

FORTNIGHTLY ON TUESDAYS 4PM - 5.30PM **FREE**

BEE CREATIVE
8+ YEARS OLD
WEDNESDAYS 4.15PM - 5.15PM

WEDNESDAYS (8 WEEKS) 4.15PM - 5.15PM **\$96**

YOGA FOR TWEENS TEENS AND PARENTS
WEDNESDAYS 6PM - 7PM

WEDNESDAYS (8 WEEKS) 6PM - 7PM **\$240**
FOR TEEN AND PARENT

CREATIVE YOGA FOR PARENTS & KIDS
TERM 1

WEDNESDAYS (8 WEEKS) 4.30PM - 5.30PM **\$240**
FOR CHILD AND PARENT

47 Forest Street, Woodend woodendnh.org.au
reception@woodendnh.org.au 5427 1845



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