Dear Parents,

2 more sleeps to go........
It is so exciting as our fair is almost upon us. There has been an incredible buzz of activity in and around the school and so many people have been unbelievably generous and kind with donations, making craft, jams, chutneys, cakes and so many more things. My office is likened to Aladdin’s treasure trove and it truly is a visual symbol of all our community spirit.

There are a significant number of people to thank and next week’s newsletter will be indeed devoted to acknowledging all those people who have enabled this fair to come together. In other schools, the fair/fete committees usually have a 2 year lead-in time, but at Armadale we can get it happening in a matter of months! There has also been an amazing amount of media coverage, through our website, our Facebook page, our boards, our advertisement in the Sun Herald which has brought in a number of ex-students who went to school here in the 1940’s! They are all looking forward to coming and seeing how the school has changed. I even spoke on Smooth FM this morning to Mike Perso and went live for 1 minute speaking about our Fair on Saturday! I have been approached by politicians and Ministers wanting to come to our fair, so be on the look out for Michael O’Brien – our state Treasurer and Kelly O’Dwyer – Federal Member for Higgins.

Just a couple of final reminders for parents:
♦ The children are not required to wear school uniform nor do they need to dress up in olden day clothes, we will have a special day for that in September. Just casual clothes will be fine on Saturday.
♦ The children need to be at school 30 minutes before their performance time.
♦ Please note the performance times:
  ◦ 10.45am Prep students perform
  ◦ 11.15am Year 1&2 students perform
  ◦ 11.45am Year 3&4 students perform
  ◦ 12.15pm Year 5&6 students perform

Let’s keep our fingers crossed for sunny weather and I can’t wait to see everyone at our school and don’t forget to bring your family and friends!

School Uniform for Girls
Just a quick note to our parents that I asked all of our girls in assembly yesterday to ensure they wear their full school uniform at all times. There has been an increasing trend for just bike shorts and leggings to be worn with the polo tops. To help you avoid any “discussion” in the mornings, I told the girls there will be consequences for girls who do not follow our uniform policy. Girls may continue to wear bike shorts and leggings but only if they are underneath school dresses, tunics, skirts, and culottes. This is particularly relevant for our young ladies who are developing quickly and I firmly believe modesty should prevail at all times!

Loop bands and Footy cards
I love children bringing their hobbies to school to play with and share and it is great to see the interactions happening across the different classes. Could parents please remind children to look after their boxes and albums and make sure these are clearly labelled with their names. I also spoke to the children regarding finding items that are inadvertently left on the grass or steps, that if it doesn’t have a name it doesn’t mean that they then can take the item.

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This Week’s Events
Friday 28 March
♦ Icypoles $1

Saturday 29 March
♦ School Fair 10.00am - 4.00pm
   see page 8 for the programme

Tuesday 1 April
♦ Prep Reading Information Session 6.00-6.45pm in Infant Hall

Friday 4 April
♦ Footy Colours Dress Up day
♦ Easter raffle drawn
♦ End of term 2.30pm

Coming Events
Tuesday 22 April
♦ Term 2 commences 9.00am

Friday 2 May
♦ Prep Cocktail Party

Don’t forget icypoles for sale tomorrow - only $1
Principal’s report continued …

All items found need to be brought to the office or to my office where they can be returned. It would also be helpful for parents to chat to the younger students about what a fair trade is or a swap so that nobody walks away from a trade where they feel it was unfair. I know some schools ban these hobbies but I believe it is more important to teach the children to treat everyone and their property with respect and fairness.

See you at the fair!!

Rochelle Cukier
Principal

This Week’s Awards

House Points
Densham won this week’s house points and will have 10 minutes extra play tomorrow. Congratulations!

Artist of the Week:
Stephanie Murphy

Art Class of the Week: 1/2K

Performer of the Week:
Emma Singer

Performing Class of the Week: 3/4S

You Can Do It! Awards:
Connor Seremelis 1/2A
Nina van Schoonhoven 1/2D
Maddy Fleetwood 1/2E
Charlie Zelouf 1/2K
Alfie Holuique 1/2P
Riley Thompson 3/4C
Leo Kim 3/4J
Tilly Hunt 3/4M
Lily Johnson 3/4W
Flossie Corsham 5B
Holly Lovell 5B
Luke Hrysomallis 5F
John Kartsakis 6N
Venetia Tsakmakis 6Z
Milla Burgemeestre 6Z

A Recount about World Down Syndrome Day

World Down Syndrome Day is a celebration for kids that are born with one extra chromosome. Today, Friday the 21st of March is World Down Syndrome Day. My classmate, Henni has Down Syndrome because she was born with one extra chromosome in each cell. Most people are born with 46 chromosomes, Henni was born with 47 chromosomes. That means Henni has Trisomy 21. The one extra chromosome that Henni has, makes it harder for her to understand. The celebration for this day is to wear odd socks. This is the reason why: The two socks are the same, but still different in a way. Just like it is with Henni and I. She can read and write, but with some help. She can also speak, but differently. But 3/4J and the whole school should treat Henni the way we want to be treated.

By Nikola Athanasopoulos

OOSHC News

Please note that the April Holiday Program is fully booked and we are not accepting any more enrolments for the program.

Katie Wallman
Visual Arts News
Visual Artist of the Week: Stephanie Murphy 6N

For her excellent painting of Ned Kelly in the Australian countryside. She has created wonderful effects from combining different colours and paying attention to detail.

Sports News
Footy Colours Day next Friday 4 April
We are looking forward to celebrating the 2014 AFL football season. Children are asked to wear their favourite football team colours at a special assembly and parade on Friday 4 April from 9:00am - 9:45am. We will be running some special footy activities throughout the day. Parents, family & friends are welcome at the parade.

Sports Co-ordinator

Library News
After receiving feedback on ‘Out of hours’ borrowing, the library will be looking at starting this in Term 2 with the weekday yet to be confirmed.

The Library Club will be starting in Term 2 during a weekday recess. Students will be able to get extra time outside of their designated time during the week to explore the library and borrow books.

The Space theme has left the library universe to make way for the 130th celebration. The theme was well received by students with the astronaut being the favourite piece.

LIBRARY BOOKS! With one week left it is time to bring back books that were borrowed early in the term.

Happy reading,

Brett Leyshan

Visual Art Class of the Week 1/2K
For the wonderful paintings they did of magpies. They look fantastic!

Art Smocks
All students need an art smock for term 2. A number of students still do not have one. If you do not have an art smock please make sure you get one over the holidays and put it in your classroom’s Art Smock Tub. These can be purchased from the uniform shop.

Lucy Gorman
Visual Arts Co-ordinator

Wanted!
Donations for Year 1&2 Investigations are always welcome throughout the year, including:
- Dress ups and costumes
- Racing cars/matchbox cars
- Home office/kitchen type play areas (e.g. shelves, plates, utensils etc.)

Year 1&2 Teachers
Performing Arts News

Performer of the Week
Emma Singer, 6N, for her energy and passion that she brings to all performing tasks. She has a strong and confident voice which she uses to evoke emotion and conviction in all her performances.

Performing Arts Class of the Week
3/4S for their ability to work as a team to bring together a fantastic dance for the 130th Birthday Fair. They have astounding energy and have made impressive progress. Well done, 3/4S! You are a force to be reckoned with.

Assembly Performances

5F present ‘Hard Knock Life’ at last week’s assembly

1/2A presented a hilarious performance poem entitled ‘Falling Asleep in Class.’ They made the whole audience laugh with their fantastic surprise ending. Miss it? Catch a second peek at this weekend’s Birthday Fair!

130th Birthday Fair Performances
Not long now! Come be wowed by the exciting performances from all year levels. You’re sure to be entertained!

Armadale’s Parents Have Talent (we hope!)
We’re still on the lookout for the creative secret skills of our school’s parents! If you have any skills that you think would benefit our school production such as sewing, publicity, crafting or boundless enthusiasm, I’d love to know. We’re looking to build a wonderful group of parent helpers who work together to support their children in Production and create an astonishingly exciting show. If you could please email me at vollugi.lisa.m@edumail.vic.gov.au, your children, the school and I would be greatly appreciative.

Peter Pan
After the astounding talent shown by the school last week, the cast will be announced on Monday 31st March. If you are not chosen this time, please try not to feel sad! There are many other important ways to be involved in production without being onstage. There’s so many exciting opportunities to perform throughout the year, particularly at the End of Year concert. There are also many more school productions in your future. I sincerely hope you’ve enjoyed the process of trying out and that you’ve had a bunch of fun singing, acting and dancing with your friends!

Yours in theatre,
Lisa Vollugi
Performing Arts Coordinator
vollugi.lisa.m@edumail.vic.gov.au

Premiers’ Reading Challenge

Click on this link to take you to the student login page of the PRC website and for more information about the challenge click here.
# You Can Do It! Awards

<table>
<thead>
<tr>
<th>Name</th>
<th>Award</th>
</tr>
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<tbody>
<tr>
<td>Connor Seremelis 1/2A</td>
<td>For confidently using a pipette to place drops of dye on the paper to create a beautiful pattern.</td>
</tr>
<tr>
<td>Nina van Schoonhoven 1/2D</td>
<td>For asking interesting questions and respecting what her classmates have to say too.</td>
</tr>
<tr>
<td>Maddy Fleetwood 1/2E</td>
<td>For demonstrating initiative with her research and for making good choices in her learning.</td>
</tr>
<tr>
<td>Charlie Zelouf 1/2K</td>
<td>For always being a happy, helpful and concerned class member.</td>
</tr>
<tr>
<td>Alfie Holuigue 1/2P</td>
<td>For his persistence in focusing on all learning tasks and asking very important questions.</td>
</tr>
<tr>
<td>Riley Thompson 3/4C</td>
<td>For the consistent approach he has maintained throughout term 1 in all his learning areas. Great job Riley!</td>
</tr>
<tr>
<td>Leo Kim 3/4J</td>
<td>For being a helpful learning partner. Leo’ gets along’ with all classmates, in and out of the classroom. Keep it up Leo!</td>
</tr>
<tr>
<td>Tilly Hunt 3/4M</td>
<td>For always demonstrating persistence and enthusiasm when completing her work. You are going from strength to strength Tilly, keep it up!</td>
</tr>
<tr>
<td>Lily Johnson 3/4W</td>
<td>For demonstrating persistence and showing great confidence when working on her maths investigation – The Fruit Grower. A great effort Lily!</td>
</tr>
<tr>
<td>Flossie Corsham 5B</td>
<td>For her positive work ethic in class and for endeavouring to improve her narrative writing. Keep it up Flossie!</td>
</tr>
<tr>
<td>Holly Lovell 5B</td>
<td>For her enthusiastic attitude to improving her narrative writing. Your stories are excellent Holly!</td>
</tr>
<tr>
<td>Luke Hrysomallis 5F</td>
<td>For demonstrating an enthusiastic attitude to his learning and actively participating in all learning activities.</td>
</tr>
<tr>
<td>John Kartsakis 6N</td>
<td>For demonstrating great skills and ideas during our Year 6 Leadership Program—we’ll look forward to seeing more of your ideas put into practise during the year!</td>
</tr>
<tr>
<td>Venetia Tsakmakis 6Z</td>
<td>For preparing and delivering assembly extremely well last week. You showed great confidence and spoke very clearly in front of a large audience. Well done Venetia!</td>
</tr>
<tr>
<td>Milla Burgemeestre 6Z</td>
<td>For showing fantastic persistence and organisation with all of her work tasks. You have displayed excellent work habits. Well done Milla!</td>
</tr>
</tbody>
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# The 5 Keys of YCDI! Education

Our core purpose is the development of young people’s social and emotional capabilities, including:

- **Confidence** (academic, social)
- **Persistence**
- **Organisation**
- **Getting Along, and**
- **Resilience.**

Central to the development of these 5 Key Foundations is instilling in young people 12 Habits of the Mind, including:

- **Accepting Myself**
- **Taking Risks**
- **Being Independent**
- **I Can Do It**
- **Giving Effort**
- **Working Tough**
- **Setting Goals**
- **Planning My Time**
- **Being Tolerant of Others**
- **Thinking First**
- **Playing by the Rules, and**
- **Social Responsibility**
On Tuesday March 18th, the year 3/4s went to Macedon and Kyneton. We had a fun trip to Kyneton Botanical Gardens. When we got there we had our snack and looked around at all the nature. Then we went to the streets of Kyneton and looked at all differences, and as well we saw the Black Saturday memorial tiles. We went to Mt Macedon and saw the Memorial cross and the view was amazing. After that we went to Macedon school. They had lots of different things. We had lots of fun.

By Mimi and Will 3/4W

Last Tuesday the Year 3/4s went on an excursion to Kyneton and Macedon Primary School. First, we went to look at the tiles from the Black Saturday Memorial, and we talked about how many homes got destroyed. Then we walked around Kyneton and talked about the differences between Kyneton and Armadale. Kyneton looked a bit like the ‘Wild West’! A lot of the kids spotted that the prices of the houses were very low compared to the prices in Armadale. The drive to Mt Macedon was long and pretty steep! We saw Hanging Rock. When we arrived at Macedon Primary School, we got paired up with kids from Macedon. I was with Quinn and Saxon. We had great fun.

Jeongwoo 3/4C

The Best Thing About Our Excursion

Visiting and having a warm welcome from Macedon Primary School. We felt so welcome! The students were really friendly!

Sasha 3/4S

Meeting the Macedon Primary School students and letting us look around their wonderful school.

Rory 3/4S

I enjoyed going to Macedon Primary School and comparing the difference between our two schools. I had a lot of fun! I also enjoyed the Memorial Cross. I really liked getting to have a look at it and being able to appreciate it.

Sofia 3/4M

I liked going to Macedon Primary School because we could see the differences between our school and their school. I also really enjoyed meeting all of the kids at Macedon Primary.

Connor 3/4M

On Tuesday March 18th all Year 3/4 classes went to Kyneton. We walked around the town and figured out what was the same and what was different. We then had lunch at a park where we visited a special cross. It reminds us of all the people who died during the war. Next we went to Macedon Primary School and we did a Scavenger Hunt.

Oliver & Nara 3/4J
Hi everyone,

As we wind down to the end of term we’d like to thank all of you, our tireless families, for contributing to this Saturday’s Birthday Fair – and what a wonderful big bash it will be!

A few reminders:
- Level 5 Icy Pole volunteer for tomorrow at 11.00am please.
- Our 130th Birthday Fair! – 2 sleeps to go!
- Easter Prizes – prize draw at close of term assembly.
- Footy Colours Day – Friday 4 April.
- Prep Cocktail Party – Friday 2 May.

Saturday 29 March – Our Birthday Fair!
Again, we thank you – all your hard work will pay off this Saturday with smiles and laughter and lots of fun. We’d also like to thank the Simmons family for donating their new product Go Water to sell at the Fair. Why not try some of this new high quality mineral water in eco-friendly cardboard packaging this Saturday? Please see the special section on page 8 for the full Fair programme and if you’d like to help, respond to a Fair co-ordinator or class rep with your details asap.

Easter Prizes – drawn at final assembly
Have you popped an egg into the office yet? Special Easter prizes will be drawn at the final assembly of the term.

Icy Pole Friday Tomorrow – $1.00 each if you feel like a treat.

Prep Cocktail Party – Friday 2 May
Details next term.

Exciting Things Happen At Armadale Primary

Michelle Moffat

130th Birthday Fair Cake Stall
The eldest child in each family has brought home a plate for the Cake Stall. All donations can be dropped off tomorrow, Friday 28 March, in the Italian room. Details are enclosed with the plate package. And if you are not a baker, a monetary donation is always welcome!

Working With Children Check
Parents who wish to help in the classroom or attend excursions will need to obtain a Working With Children Check. Go to the WWC website by clicking on this link. The application process is detailed on this page of the site by following this link.

Food Safety Procedures:
- Make food preparation area pet free
- Wash hands before and during food preparation (see below)
- Ensure all work surfaces and utensils are cleaned thoroughly prior to use
- Wash back of your hands, wrists and between fingers and under the fingernails
- Use soap and warm water and dry with a paper towel
- Wash hands again after handling garbage, using a tissue, handling pets, smoking, touching hair or changing a nappy.

Jam / Preserve Makers for the School Fair
Hello to all our clever jam / preserve makers!
Prior to making your preserves/jams can you please go to the office and pick up a copy of:
1. Food Safety Procedures
2. Ingredients labels
3. Jars - if you require/if available

When you bring your goodies into the office, please tick your name off the list and write your family number on the ingredients label.

Thank you so much.

Mel Cooper & Ellen Beischer
0437 566 556 0402 339 181

Mish McGrory and Brigid Warwick
0412554434 0412128164
Email: mish@m McGroryonline.com brigid@warwick.com.au
PFA Co-Presidents
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Where</th>
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<tbody>
<tr>
<td>10.00am</td>
<td><strong>Town Crier rings bell and makes Announcement to commence the Festivities</strong></td>
<td>Stage</td>
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<tr>
<td>10.15am</td>
<td>Footsteps Bush Dance and Billy Carts</td>
<td>Basketball Court</td>
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<tr>
<td>10.15am</td>
<td><strong>‘Animals on the Move’ Farmyard Animals School tour</strong></td>
<td>Next to Dome</td>
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<td>10.45am</td>
<td>BBQ</td>
<td>Canteen area</td>
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<td></td>
<td>Devonshire teas</td>
<td>Multi-purpose HALL</td>
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<td></td>
<td><strong>PREP STUDENT PERFORMANCES</strong></td>
<td>STAGE</td>
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<tr>
<td>11.00am</td>
<td>Spinning wheel lucky draw Westside Circus performers</td>
<td>Roving everywhere</td>
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<tr>
<td>11.15am</td>
<td><strong>YEAR 1 AND 2 PERFORMANCES</strong></td>
<td>STAGE</td>
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<tr>
<td>11.30am</td>
<td>Spinning wheel lucky draw</td>
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<tr>
<td>11.45am</td>
<td><strong>YEAR 3 AND 4 PERFORMANCES</strong></td>
<td>STAGE</td>
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<td>12 noon</td>
<td>Spinning wheel lucky draw</td>
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<tr>
<td>12.15pm</td>
<td><strong>YEAR 5 AND 6 PERFORMANCES</strong></td>
<td>STAGE</td>
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<tr>
<td>12.45pm</td>
<td><strong>FORMAL WELCOME AND SPEECHES</strong></td>
<td>Stage</td>
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<td></td>
<td><strong>Special Guests</strong></td>
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<td>1.00pm</td>
<td>Traditional games, wet sponge and footy handball</td>
<td>Basketball Courts</td>
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<td></td>
<td>Spinning wheel lucky draw</td>
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<tr>
<td>1.30pm</td>
<td>Spinning wheel lucky draw</td>
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<tr>
<td>2.00pm</td>
<td><strong>School tour</strong></td>
<td>Meet under Plane Tree</td>
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<td>Spinning wheel lucky draw</td>
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<td>2.30pm</td>
<td>Spinning wheel lucky draw</td>
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<tr>
<td>3.00pm</td>
<td><strong>Paper Plane and Billy Cart Prize draws</strong></td>
<td>Basketball Courts</td>
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<td></td>
<td>Spinning wheel lucky draw</td>
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<tr>
<td>3.30pm</td>
<td>Traditional games prize draws</td>
<td>Basketball Courts</td>
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<td></td>
<td>Spinning wheel lucky draw</td>
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<td>4.00pm</td>
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FAIR NEWS

ONLY 2 DAYS TO GO!

THANK YOU FOR ALL YOUR WONDERFUL SUPPORT SO FAR... WE ARE STILL LOOKING FOR HELP IN THE FOLLOWING AREAS... SO PLEASE, DO YOUR BIT TO HELP MAKE THE ARMADALE PRIMARY 130TH CELEBRATION FAIR A SUCCESS!

Volunteers – If you are available to help on the day, please make sure you touch base with your Class Reps, there are still plenty of spots to be filled!

We would also love some extra help on Friday 28th March, from 12midday to 6pm! If you have some time you could spare, please just turn up!

Lucky Jars - Please put a special prize in a jar (suitable for Primary aged Children), anything from erasers, little toys and trinkets to vouchers and movie tickets. Lucky Jars can be left in collection the box by the office. Contact Kim Hyde for more info 0412 561 520.

Trash and Treasure – Collections having been filling Mrs Cukiers office! Thank you to those that have made donations so far.

Lemonade Stall – We are in need of lemons for the lemonade stall... if you have a lemon tree, or would like to contribute some lemons, please leave them in Mrs Cukiers office.

Peg Dolls – We are looking for extra wool (for hair) and fabric and trim scraps (for clothes) for out peg doll stall. If you have anything, please leave it in Mrs. Cukiers office in a bag marked ‘PEG DOLLS’. Contact Sarah Monahan for more info 0400 527 242
SFYS HQ Update...

Hello and welcome to the first of the SFYS Student News for 2014. I hope you all had a safe and wonderful summer holiday and have settled back into your studies this year.

The School Focussed Youth Service program has recently gone through some significant changes in terms of how we work with schools, however, we have been advised by your schools to keep doing these newsletters for students and the accompanying parent versions.

Your schools keep telling us that ‘Mental Health’ is one of the biggest issues young people are dealing with, especially things like anxiety and depression, with a lot of young people reporting feeling worried a lot of the time.

This newsletter focuses on explaining what ‘Mental Health’ is, as we know there are still a lot of myths and stigma around the topic of Mental Health. On the back of the newsletter are some ‘Top 10 Tips’ for helping you to maintain good mental health, as well as information on some services that can support you if you are wanting some help or further information.

Accompanying this newsletter is the Parent version which contains the same information, just written up a little differently! If you think it would benefit your parents to know a bit more about the topic of ‘Mental Health’, make sure you get a copy to them 😊

If you have any questions about anything in this newsletter, or any of the services I recommend having a chat to one of the teachers or support staff at your school, and they will be able to answer your questions. If you have suggestions for the next newsletter call me on 8290 7026 or hcarpent@stommington.vic.gov.au.

Holly Carpenter- SFYS Coordinator

What is ‘mental health’?

What do you first think about when you hear the term ‘mental health’? Chances are, like most people, you actually think of mental illness! The term ‘mental health’ sadly has a lot of stigma in our society, and people see it as something negative.

The fact is that we all have mental health, just the same as we have physical health! And just like physical health, sometimes our mental health isn’t doing so well, so we have what is called a ‘mental health issue’.

Having a mental health issue doesn’t mean you are ‘crazy’ or ‘dangerous’, or ‘violent’. It also doesn’t mean that you are stuck with a mental health issue for life, as in most cases people get over their difficulties and continue to lead happy lives.

You can even keep living your life as usual when you have a mental health issue. 20% of our Federal politicians are on anti-depressants, and they run the country! So having depression or another mental health issue doesn’t stop you from living a full and active life.

There are lots of different types of mental health issues, and you’ve probably heard of the most common two, which are depression and anxiety. About a third of people will experience one of these at some point in their lives.

In Australia it is estimated that 1 in 5 people will have some form of mental health issue at any one time- that’s over 1 million people! So mental health issues are actually very common, and most of the time can be addressed through the support of family, friends or your family doctor, a psychologist, or a psychiatrist.

Mental health issues affect people of all ages, including children and teenagers. Most people first experience mental health issues between the ages of 15-25 years, so it is important that you understand the signs of mental health issues and also what you can do to have positive mental health!

There are lots of supports available if you are having mental health issues, and I am not referring to men in white suits! In fact only about 1 in 200 young people get admitted to hospital for a mental health issue, which is low compared to the rate of 1 in 4 having a mental health issue.

Most young people usually attend counselling with a youth worker or psychologist where they can learn new skills to overcome their difficulties, as well as having someone they can talk to privately about what is happening in their life. On the back of this newsletter are a range of services you can contact for support 😊
What affects Mental Health?

This is a tricky question to answer! There are many factors which affect your mental health including,

Family History- some mental health issues are more likely to occur if other members of a family also have them. But this certainly doesn’t mean that if someone in your family has a mental health issue that you will get one.

Chemical Imbalance- an imbalance of chemicals (called neurotransmitters) in the brain can cause symptoms of a mental illness to emerge. Most drugs, like anti-depressants, used to manage mental health difficulties try to correct this chemical balance.

Stressful life events- experiences such as grief or loss, experiencing violence or a traumatic accident may trigger mental health difficulties. General stress and feelings of helplessness can also trigger mental health difficulties.

Drug use- research has shown that using drugs may lead to mental health difficulties. For example, there has been a link between psychosis and the heavy use of marijuana and amphetamines. Using alcohol also increases your risk of mental health issues if you drink excessively, or use alcohol as a coping mechanism.

Where to get support...

Kids Helpline 1800 551 800: a confidential (private), free telephone counselling service for young people aged 5-25. Available 24 hours 7 days a week, and free to call from landlines and Optus and Virgin mobiles.

Headspace 9526 1600: a one-stop-shop where you can see a GP, a counsellor or a psychologist. You can call and ask questions about yourself, or a friend who you might be worried about. Service is low-cost or free.

Your GP: can help you if you are feeling anxious or depressed and make sure you get the help you need, or answer any questions you might have about what is going on in your life at the moment.

Your School: you can speak to a teacher you trust or your school welfare person and ask for some help. Even if you aren’t sure what is wrong, they can offer you support and help you work things out.

Want to know more about services for young people?

For information on other services and youth events, call the Youth Services Team in your area:

Stonnington Youth Services: 8290 7020
Glen Eira Youth Services: 9524 3676
St Kilda Youth Services: 9534 3685

Top 10 tips for Mental Health

There are many things you can do to have good mental health- do you need to improve on any of these areas?

1. Like Yourself
Healthy self-esteem is essential for good mental health. Get to know who you are, acknowledge your good qualities, and learn to balance what you can and cannot change about yourself.

2. Build Confidence
Identify your abilities and weaknesses together, we all have both! Do the best with what you have, and try and work on the areas where you think you can improve.

3. Eat right, Keep fit
A balanced diet and regular exercise is essential for health and to reduce stress and enjoy life. Exercise is one of nature’s best anti-depressants!

4. Make Time for Family and Friends
Having positive and supportive relationships is very important for good mental health. Take the time to nurture your relationships and connect with people.

5. Give and Accept Support
Call on your friends and family for support when you need. This will actually make your relationships stronger!

6. Get enough sleep
It is not possible to have good mental health without enough sleep! Our brains won’t function properly without sleep. Also try and set aside some time to relax before going to sleep to ensure you sleep well.

7. Set short-term and long-term goals
This gives you something to look forward to as well as helping you prioritise how to use your time when you are feeling stressed.

8. Deal with problems when they happen
Try to deal with problems when they happen, instead of letting them build up into bigger problems.

9. Find Strength in Numbers
Share your problem with others who have had similar experiences. You’ll feel less isolated. This website is a great place to start: www.whatworks4u.org

10. Identify and Deal with Moods
We all need to find safe and constructive ways to express our feelings of anger, sadness, joy and fear. It’s good to learn helpful ways to express more challenging emotions like anger and sadness.
“
My kids came home and asked when they could go back again!
”

Karen, mother of Jamie (18) and Emily (15)

Whilst all care is taken to ensure the validity of advertisements in this newsletter we take no responsibility and imply no endorsement.

AUBURN HIGH SCHOOL INFORMATION NIGHT
THURSDAY 27TH MARCH
7.00 - 9.00PM

AUBURN HIGH SCHOOL
INFORMATION NIGHT
THURSDAY 27TH MARCH
7.00 - 9.00PM

Does your child struggle with:
Processing information
Attention & concentration
Expressing themselves
Reading/writing/spelling
Writing neatly

Ages 5-15
John Saunders
8 Psych, M Sp Path, MSPAA

Consultation services at Prahran Clinic PH 9533 2549
Private health & Medicare rebates

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**$25 UNLIMITED BOWLING & LASER TAG.**

**SCHOOL HOLIDAYS AT STRIKE.**

*UNTIL 5PM EVERYDAY 5TH – 21ST APRIL FOR KIDS UNDER 15 & ACCOMPANYING ADULTS. See website for terms and conditions.

**STRIKEBOWLING.COM.AU**

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**SCHOOL HOLIDAY PROGRAMS**

**SoccerWise**

**CAULFIELD SOUTH - Program Dates**

<table>
<thead>
<tr>
<th>Monday</th>
<th>7 April</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>8 April</td>
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<tr>
<td>Wednesday</td>
<td>9 April</td>
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<td>Thursday</td>
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<td>Friday</td>
<td>11 April</td>
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Half day (Morning or Afternoon) or Full day booking options available!

**HAWTHERN EAST - Program Dates**

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<tr>
<th>Monday</th>
<th>14 April</th>
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<tr>
<td>Tuesday</td>
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<tr>
<td>Wednesday</td>
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<td>Thursday</td>
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<td>Friday</td>
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FOR BOOKINGS:
Bookings@SoccerWise.com.au
www.SoccerWise.com.au
0419 253 837

*Bookings Essential, Limited Places.

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**CHASE BASKETBALL**

**www.chasebasketball.com.au**

Chase Basketball April Holiday Camps

The Chase Basketball team is happy to announce the opening of registrations for the

CHASE BASKETBALL April 2014 holiday camps.

**APRIL SCHOOL HOLIDAY CAMPS @ MSAC:**

7 & 8 April: Beginner/Intermediate & Advanced Camps - 9am - 3pm
9 April: Shoot 500 Clinic -- 9am - 3pm
10 & 11 April: Beginner/Intermediate & Advanced Camps -- 9am - 3pm
10 & 11 April: Junior Dribblers Camps -- 9am - 1pm
14 & 15 April: Beginner/Intermediate & Advanced Camps -- 9am - 3pm
16 April: Shoot & Ball Handling Clinic -- 9am - 3pm

Head to www.chasebasketball.com.au for more details or to register or contact our
Chase Basketball team at admin@gaze.com.au // 9699 2204.

Chase your best this Easter holidays!