



# Regional Swimming Results

## 1st place goes to States

Free style

Tully 4th

Eden 3rd

Maggie 1st

Teo 8th

Back stroke

Emily 1st

Maggie 2nd

Rex 1st



Breast stroke

1st Josie

1st Emily

5th Noah



Butterfly

4th Tully

3rd Eden

4th Walker

2nd Nyah

1st Rex



Relays

1st 11 girls

3rd 11 boys

3rd 12 girls

1st 12 boys





## SCHOOL COUNCIL NEWS

This week both schools had their AGMs . Congratulations to the following:

	Inverloch PS	Kongwak PS
President	<i>Brad Lester</i>	<i>Belinda Jeffries</i>
Vice President	<i>Wendy Moyle</i>	<i>Virginia Hunt</i>
Treasurer	<i>To be filled</i>	<i>Belinda Jeffries</i>
Minute Secretary	<i>Mel McRae</i>	<i>Sharon Churchill</i>
New	<i>Julie Jackson (DET rep)</i>	<i>Kate Davis</i>

- The Year 4 and 6 camp was approved.
- The Annual Reports were approved.
- Changes to asthma and sun protection policies and practices discussed and being updated



Students, teachers and parents have been learning the Brooklyn Shuffle (to the song Night Fever) to participate in a Flash Mob at the Great Fete. To join the flash mob, be near the music stage at 11.50am. The flash mob will start **after** you hear the band play "Crazy."

Night Fever will then play and we would love as many people as possible to join us in front of the stage.

This is planned to be at approximately 12 o'clock.

If you want to learn it at home, google "Never Stop Dancing Brooklyn Shuffle" for youtube instruction videos.

This is an opportunity to have fun and a laugh with the students and community members - no dancing experience required!!

If you want more information contact Erin on 0405 522 903.

[NIGHT FEVER LEARN THE STEPS 1](#)

[NIGHT FEVER - LEARN THE STEPS 2 - YouTube](#)

## SIGNS OF THE WEEK



rainbow



day

## Artist of the Week



Our Artist of the Week is Harlow Reed in Grade 6 with her transformation oil pastel drawing. Harlow has creatively transformed the image of a pizza cutting wheel into a roller skate and enhanced the image by placing the object into an environment giving it a local context.



[sbrweekend.com.au](https://sbrweekend.com.au)

Use code **IKPS** when entering the 2K and 5K.

The school receives 50%!

### Swim. Bike. Run. Enjoy any one, two or The Lot!

The SBR Weekend is an event comprised of swimming, cycling and running. The event is shared around the Bass Coast community over a weekend. Whether you do one event or more, there's a fun and festive atmosphere when you're done with the Inverloch Kongwak Primary School fete on Saturday followed by SBR's Run festival in Inverloch on Sunday. The Run course follows the road between Inverloch and Cape Paterson – the first time it has been closed for an event! Offering 2, 5, 10, 21.1 and 42.2 K distances, the views are amazing! For every registration in the 2K and 5K runs, 50% will be donated back to the school. The team running this event are donating 50% of the registration fee to IKPS when IKPS families pre register (or register at the Fete).

Participants can register online for the 2 and 5 km run on the Sunday and use the **IKPS** as the code.



## **Do you have a concession card? If so you may qualify for government funding!**

### **CAMP SCHOOL EXCURSION FUND (CSEF)**

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

**CAMPS, SPORTS & EXCURSIONS FUND (CSEF)** School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum. CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities. If you hold a **valid means-tested concession card** or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

**As part of the funding Prep students will receive a uniform package and further information will be sent home regarding this once an application has been made.**

MORE INFORMATION For more information about CSEF visit:  
<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

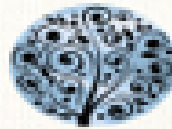
### **HOW TO APPLY**

New applicants should contact the school office to obtain a CSEF application form from the start of next year.

**If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.** You only need to complete an application form if any of the following changes have occurred: • new student enrolments; your child has started or changed schools this year. • changed family circumstances; such as a change of custody, change of name, concession card number, or new siblings commencing this year. Please check with the school office if you are unsure.

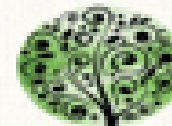
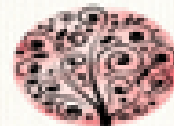
“ Grief comes in many forms ... ”

Wanting to  
be with others



Wanting to  
be alone

Not knowing  
what to do



Asking for  
help.



We are offering Seasons for Growth Adult Seminar program to all parents at Inverloch Kongwak Primary School.

Date: Monday May 8

Time: 12.00-3.00

Place: The Hub meeting room

Cost: \$14 (to cover cost of your journal).

### **Understanding Change, Loss and Grief**

This is a 3 hour Seminar is where groups and individuals are seeking to deepen their general understanding of change, loss and grief and learn about how different people respond and explore approaches to manage change, loss and grief.

If you are interested in coming along to this seminar, please complete the form attached and return to the school.

For any further information please pop into school for a chat or give me a call at the school on Mondays or Tuesdays. Return the slip below to book your place in the seminar.

Kerry Ware

Chaplain

Inverloch Kongwak P.S.

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**Seasons for Growth Adult Seminar**

I will be attending the Seasons for Growth Adult Seminar.

Name (Print): \_\_\_\_\_

Phone: \_\_\_\_\_



We are also providing an opportunity for a series of four follow up sessions for individuals who would like to reflect on their personal stories in a supportive group.

Dates: Monday May 15, 22, 29 & June 5

Time: 12.00-3.00

Place: The Hub meeting room

Cost: \$27 (to cover cost of your journal).

### Exploring the Seasons of Grief

Seasons of Grief is a small group adult program which runs over 4 sessions, that combines psychology and education with peer support, within a person-centred learning approach. It uses the metaphor of the seasons to explore the cyclic nature of grief.

Seasons for Growth normalises participants' experiences, and can increase protective factors (including building personal resilience and social skills) while minimising some risk factors (including isolation) that influence mental health

and wellbeing. The program also supports the development of communication, decision making and problem solving skills.

Participants will need to have attended the first seminar to participate in these sessions.

For any further information please pop into school for a chat or give me a call at the school on Mondays or Tuesdays.

Kerry Ware

Chaplain

Inverloch Kongwak P.S.



Dear Parents/Guardians and Students,

The Dudley campus of Bass Coast College would like to invite you to attend an information evening for prospective 2024 year 7 students.

The evening will provide community members with an introduction to the Dudley campus. This time will also provide a space for potential students/parents/guardians to ask questions about Bass Coast College programs and meet the Dudley campus principal team members.

This information evening will take place on Tuesday the 4th of April at the Dudley campus commencing at 6.30pm and concluding at 7.30pm. Attending community members can park on the school grounds and be directed to our Flexible Learning Centre (FLC) via the Dudley campus front office upon arrival. Community members seeking more information are welcome to contact the Dudley office on (03) 5672 0900.

Kind regards,

Phillip De Salvo Acting Dudley Campus Principal



# Seasons for Growth

## ADULT PROGRAM



An innovative Australian grief and loss education program that uses the imagery of the seasons to illustrate the experience of grief.

It does not provide counselling or therapy.



### What does it do?

*Seasons for Growth* aims to strengthen the social and emotional wellbeing of adults who are dealing with significant life changes by:

- Exploring the impact of the change and loss on everyday life
- Learning new ways to respond to these changes

### Who is it for?

Anyone who is living with the effects of change and loss. Many factors can cause change such as:

- Friends can come and go
- Loss of someone or something you love
- Parents and families separate
- Moving to a new place
- Impact of illness
- Family work-life changes

Change affects everyone differently, as does grief. It's the impact of the change, not the event itself that *Seasons for Growth* focuses on.

We suggest that anyone affected by bereavement wait 6-12 months before participating in a *Seasons for Growth* program.

### **How does it work?**

*Seasons for Growth* is a small group program that combines psychology and education with peer support, within a person centred learning approach. It uses the metaphor of the seasons to explore the cyclic nature of grief, and is underpinned by William Worden's tasks of grieving.

*Seasons for Growth* normalises participants' experiences, and can increase protective factors (including building personal resilience and social skills) while minimising some risk factors (including isolation) that influence mental health and wellbeing. The program also supports the development of communication, decision making and problem solving skills.

### **How is it delivered?**

Run over 4-8 sessions, *Exploring the Seasons of Grief* is a small group (4-7 participants) grief and loss program.

The *Understanding Change, Loss and Grief* 3 hours Seminar is designed for use in a wide variety of contexts with up to 25 participants, where groups and individuals are seeking to deepen their general understanding of change, loss and grief.

Trained 'Companions' facilitate either/both elements of the *Seasons for Growth* adult program. Companions may be agency staff, endorsed volunteers or other suitable adults who undertake a two-day training workshop and subsequent accreditation with Good Grief.

### **Outcomes**

*Seasons for Growth* provides the support and space to:

- **Learn** about how different people respond to change, loss and grief
- **Understand** that it is normal to experience a range of grief reactions
- **Explore** new approaches to dealing with change, loss and grief in their lives
- **Build** communication, decision making and problem solving skills
- **Participate** in a supportive network of peers and adults
- **Integrate** their new learning into their relationships with family, friends and others

### **Evidence**

*Seasons for Growth* has been evaluation on a number of occasions with the following conclusions:

#### **The University of Melbourne, 2005**

*"Reduces participants' isolation and develops their concern for other people"*

#### **Department of Health and Ageing, 2008**

*"The content and structure of the program is professional, well designed and well executed to deliver fundamental and positive change."*

#### **University of Central Queensland, 2008**

*"The systematic progression through the program was therapeutic... individuals felt more in control of their own lives and their responses to situations, thus building resilience."*

#### **Mental Health Association NSW, 2010**

*"Participants achieved increased knowledge, skills and understanding about change, loss and grief and tools to help manage both current and past issues."*

# COMMUNITY NEWS

The following Community News articles promote community connections and communications. They are not considered school activities

**THE HOUSE IN THE HUB**  
*whats on*  
**Workshops and Community**

Welcome to  
Inverloch  
Morning Tea



10am - 11am  
27/03

Flower  
Arranging



2pm - 4pm  
22/03

Mosaic  
Workshop



5:30pm - 7pm  
1/02 - 22/02

Bird Life  
Bass Coast



5:30pm - 7pm  
23/02 & 2/03

[www.inverlochcommunityhouse.org.au](http://www.inverlochcommunityhouse.org.au)  
t. 5674 2444

**THE HOUSE IN THE HUB**  
*whats on*  
**February 24th & March 31st**  
**2:30pm to 6:00pm**

Swap your best  
dress



Put a lid on it



Summer Sizzle  
Community  
BBQ



Know Your  
Waste



[www.inverlochcommunityhouse.org.au](http://www.inverlochcommunityhouse.org.au)  
t. 5674 2444

## HARMONY WEEK

*Celebrating Our Cultural Diversity*

Thursday 23 March 2023

3.30pm - 4.30

Afterschool - Crafternoon

Suitable for children 4-8 years old

All Children must be accompanied by a carer

Everyone gets a yummy icecream!



For Bookings please ring 03 5672 1875  
or visit [www.eventbrite.com](http://www.eventbrite.com)

 myli  
my community library



# COMMUNITY NEWS

The following Community News articles promote community connections and communications. They are not considered school activities



## INVERLOCH HISTORICAL SOCIETY

World renowned Palaeontologists (dinosaur experts) are speaking at the Hall at the Hub in Inverloch on Monday the 17<sup>th</sup> of April at 2.30 PM. Come and hear Professor Patricia Vickers-Rich AO and Dr. Tom Rich speak on their subject: "Palaeontology at Inverloch"

This is an amazing opportunity for you to hear them talk about dinosaurs that have been found at Inverloch.



Everyone invited with a \$3.00 donation for adults and children free. A great school holiday event.

RSVP to  
[secretary@inverlochhistory.com](mailto:secretary@inverlochhistory.com)  
Pres/Sec Lewis Stone 0407 505141

## COME & TRY FOOTY 4 FUN



Experience Australia's most loved sport through AFL Victoria's FREE Footy 4 Fun events delivered across Victoria! A footy experience full of fun activities, modified games & memorable moments to take home with you!

*Footy 4 Fun 'Come & Try' is an opportunity for kids aged 5-12 years to experience an introduction to the basics of football in through fun activities.*

### WHERE:

Leongatha Rec Reserve  
(Velodrome)

### WHEN:

Monday 10th April  
12:45pm



**REGISTER HERE!**



# SCHOOL HOLIDAY PROGRAMS

PRICES STARTING FROM \$99



SCAN THE QR CODE  
FOR MORE INFORMATION AND REGISTRATION



Ages 7-10  
Super Stars Camps



Ages 8-14  
All Girls Squad



Ages 8-14  
Super Stars Squad



Ages 15-17  
Super Stars Academy



# COMMUNITY NEWS

The following Community News articles promote community connections and communications. They are not considered school activities

## INVERLOCH AUSKICK



Hi Families and Carers 😊

Our 10-week program kicks off on Friday 28 April at 5:30pm at the Inverloch Kongwak Football Netball Club (IKFNC). We encourage you to register your child asap to ensure they receive their awesome AFL packs. Auskick is for boys and girls turning 5 this year and up to 12 years of age. The groups start at kinder and go right through to grade 3 plus. There is an 'all girls' group as well or the girls can participate in any group they choose.

Each week a range of activities take place centred around AFL football to ensure maximal engagement and most of all have fun. Come and Try sessions are currently being negotiated with both primary schools in Inverloch and Kongwak late March.

For anyone who may find the registration payment ((\$91 for the 10 week program, plus a presentation celebration) and/or purchasing uniforms (footy boots etc) difficult please contact me for assistance. This will be kept confidential and is all about giving the kids the opportunity to be involved in local sport.

If there are any questions, please contact me on 0408 281953 and also 'check and like' our Inverloch Auskick Facebook Page as all of our communication is here.

Please register at [www.playafl.com.au](http://www.playafl.com.au)

Cheers Big K  
Coordinator  
Inverloch Auskick



## Bass Coast Kinship Carer Support Group

Are you caring for a child or children because a family member or friend is unable to? Would you like to meet others who are in a similar situation and will understand what you are going through? Would you like to be with people who will listen to your stories without judgement? **All Kinship Carers are welcome and morning tea will be supplied**

**WHEN:**  
The second Tuesday of each month  
at 10am-12pm

**WHERE:**  
Ventnor Recreation Reserve  
96-114 Lyall Street  
Ventnor

**RSVP FOR CATERING:**  
Anita on 0475 740 927 or  
[kinshipcaregippsland@berrystreet.org.au](mailto:kinshipcaregippsland@berrystreet.org.au)  
or use the following link to register  
<https://forms.office.com/r/GxK2dgVsBu>

**2023 MEETING DATES:**  
10<sup>th</sup> of January  
14<sup>th</sup> of February  
14<sup>th</sup> of March  
11<sup>th</sup> of April  
9<sup>th</sup> of May  
13<sup>th</sup> of June  
11<sup>th</sup> of July  
8<sup>th</sup> of August  
12<sup>th</sup> of September  
10<sup>th</sup> of October  
14<sup>th</sup> of November  
12<sup>th</sup> of December



## Back to School. But with less stress.

Saver Plus. Start saving now. Make next year easier.  
A savings coach. Up to \$500 in matched savings.  
It's free.

\*Eligibility criteria apply

[saverplus.org.au](http://saverplus.org.au)

## Are you eligible to join Saver Plus & receive \$500 for your back to school costs?

Must meet all eligibility criteria:

- ✓ Have a current Health Care or Pensioner Concession Card **AND** an eligible Centrelink payment\*
- ✓ Be studying yourself OR have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)\*
- ✓ Be 18+ years old

\*Many types of income and Centrelink payments are eligible

## INVERLOCH KONGWAK NetSetGo 2023

**Ages: 5-10**

**Come and Try: Wed 4-5pm 15 March - 4 April**

**FREE AND NO NEED TO REGISTER**

**NetSetGo Season: Wed 4-5pm 26 April - 21 June - \$87**

Register online <https://netballconnect.worldsportaction.com/login>

<https://www.facebook.com/IKFNC.NetSetGo>

[iknetsetgo@gmail.com](mailto:iknetsetgo@gmail.com)