



# COASTHILL NEWS



The Inverloch/Kongwak Primary School Newsletter

Principal :  
Brett Smith

*We Give Our Best To Be Our Best*

Assistant Principal:  
Mel McRae

**Our Vision: All students to achieve their full potential and to develop into confident, well-rounded citizens.**

**Our Values : Be Respectful, Be Safe, Be an Active Learner.**

Ph: 56 741 253

Supervision Times: 8:30 Morning Yard Duty

3:30-3:45pm Afternoon Yard Duty

Ph: 56 574 224

## PRINCIPAL'S MESSAGE

## Wominjeka

26th May 2023 Edition 15

### Reconciliation Week.

Tomorrow is the start of National Reconciliation Week. Over the next week students will be involved in a range of activities to understand the significance and intent of Reconciliation Week.

Last year we were proudly accredited as having a Reconciliation Action Plan that focussed on fostering Respect and Relationships in the classroom, school and community. This year we are working hard to make the document come alive and contribute to our staff and students' understandings of reconciliation. Through this work, we hope to have our students to 'Be a Voice for Generations to Come'-the theme of Reconciliation Week 2023.



Preps walking around the Learning Stone on Sorry Day



The magnificent 1B and their Yr 4 helpers signing and singing at the Biggest Afternoon Tea.

### Thank You

Last week I succumbed to one of the dreaded lurgies lingering around and was out of action for the week. I'd like to thank Mel McRae for leading the school last week and all the lovely staff who showed real teamwork with the challenges that arose over the week.

### Congratulations

Thanks to 1B and a team of Year 4 students who sang and signed at the Anglican Church's Biggest Afternoon Tea. Thanks to Mrs Sheppard who made this happen.

### Educational Choices Evening

Congratulations to Sally Dunn, Sarah Gentsch and Ashley Newton for presenting and promoting our two schools. Despite the cold, thunder and lightning, we had a large audience of prospective 2024 parents.

**Brett Smith**

## DIARY DATES

<b>May</b>	
29 <sup>th</sup>	Pupil Free Day
<b>June</b>	
1 <sup>st</sup>	Regional Cross Country
12 <sup>th</sup>	King's Birthday Public Holiday
19 <sup>th</sup>	World Refugee Day
23 <sup>rd</sup>	End of Term 2
<b>July</b>	
17 <sup>th</sup>	Fete Meeting

## PRESCHOOL—PREP KEY DATES

<b>June</b>	
13 <sup>th</sup>	IPS School Tour (9am)
20 <sup>th</sup>	IPS School Tour (4pm)
22 <sup>nd</sup>	KPS School Tour (9am)
<b>July</b>	
28-	Enrolment applications due
<b>Aug</b>	
11-	School enrolment packs available
25-	All school enrolment forms due
<b>Sept</b>	
5-	Information Night for parents of enrolled students
<b>MORE DETAILS LATER transition dates, kinder visits</b>	

For school tours ring Inverloch PS – 56 741 253



*"We at Inverloch and Kongwak Primary Schools, acknowledge that we live and learn on the traditional lands of the Boonwurrung and Bunurong people. We pay respect to the Elders past and present, and emerging."*

# SWPBS

## SCHOOL WIDE POSITIVE BEHAVIOUR SUPPORT

This week our SWPBS logo has been left plain, awaiting creative input from our student cohort. Please see my Compass post about SWPBS designs. In the coming weeks we will also be elaborating our current behaviour matrix to incorporate other areas in our school that our students and staff have told us are 'hotspots'; places where it is more difficult to feel respected, feel safe and/or be an active learner. These are areas where our students need more support to learn and show expected respectful, safe and active learner behaviours.

This coming week we are shifting our focus toward being SAFE, with us unpacking the behavioural expectation, "**Be An UPSTANDER.**"

Be an **UPSTANDER!**

Here are 4 ways upstanders help support & protect their peers being bullied.

An **upstander** is someone who recognizes when something is wrong and does something to make it right.

- 1 BE A BUDDY**  
Show the target of bullying they have a friend
- 2 INTERRUPT**  
Offer a distraction to interrupt the bullying
- 3 SPEAK OUT**  
Say something, so they know bullying is NOT ok
- 4 TELL SOMEONE**  
Whether it's during the bullying or later

**CHOOSE PEACE STOP BULLYING**

Take some time to reflect within yourselves, and with your children... Do you do any of these things? Which one could you try next time you recognise that something isn't right?

*Kate Eldred*

## ARTIST OF THE WEEK




Our artist of the week is Georgia K in grade 6 with her Spanish tile designs. Georgia has created these Azulejo designs to be hand painted in glazes onto the clay tiles she has cut.




**Congratulations Georgia!**

**SIGNS  
OF  
THE  
WEEK**



**Lightning**



**Thunder**

**MUSIC NEWS**

WANTED...

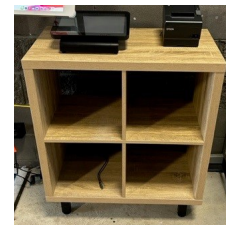
Drum sticks or chop sticks.

Soon we will be practicing our drumming skills and need drum sticks or chop sticks. If you have any of these that you are happy to donate please send them along with your child.

Thanks

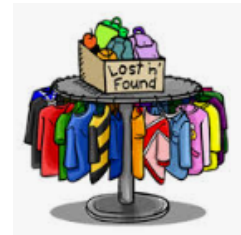
## New Sign In /Out

Next week the new Compass Kiosk at Inverloch PS will be operational for sign ins and outs. The new system should be more reliable and easier to use than the iPads and have the capacity to directly update the classroom rolls.



## SECOND HAND UNIFORM SALES

All unnamed lost property will be available next Tuesday - Friday in foyer. (Gold coin donation or complimentary)



## PFA Update

**Another Mother's Day Stall** success recently with lots of parents stepping in to help on the day and beforehand. Shout out to Helina and Mel for coordinating all the gifts, helpers and making sure siblings didn't buy their Mum the same thing.

**Sausage Sizzle at Cross Country** was back again last week to feed hungry kids after their races. Thanks to all the helpers, including Tracey for organising donated bread and fruit from Woolies, Mick for towing the bbq trailer, Mel, Jem & Georgie for serving and tomato sauce management and Chappy for supplying and cooking 400 sausages.

**Colour Fun Run planned for Term 4** – stay tuned for details.



Next meeting 7pm 17th July  
All welcome



## GREEN TEAM

Congratulations to the IPS Green Team members– encouraging us to be responsible custodians of the land we live, work, learn and play upon.

## Library News

If you are looking for a peaceful and warm space to spend the second half of lunchtime on Tuesdays, Wednesday's and Thursday's, the library is open for quiet reading - just wait for the half time bell and the sign to go up on the window.

Our amazing Library Monitors reading to some of the younger students at lunchtime.



## Unexplained Absences

It is a department requirement that we have parent/carer approval and explanation for all absences. Next week, we will be sending a form via email to those parents whose child has been absent from school without an explanation.

Please either complete, sign and return the form to the school OR log into Compass and complete your child's absence details for the listed date/s.

On occasion absences may have been recorded on dates when your son/daughter was involved in school business (e.g.: sport, duty). Please indicate if this is the case and we will rectify our records. We apologise for any inconvenience.

If you'd like to view our Attendance Policy, it can be found [HERE](#)

If you have any questions or would like help to enter the information on Compass, please call the school office on 56741253 and we'd be happy to help.

## SPARE CLOTHES

Please pack a change of pants in your child's bag. The school oval is wet and we do not have enough spare pants to help those students who fall while playing footy and come to the office wet and muddy.

# CHAPLAIN'S NEWS MAY 2023

Hi everyone!

## **Having fun with Yarn!**

Who would have thought that a ball of yarn could provide so much fun at playtimes? I make myself available to chat with students outside in the playground and have been continually amazed at the joy children have making friendship bracelets and learning how to finger knit. This is an opportunity for learning as we have to persevere, be patient with each other and ourselves, start over when we lose our stitches, undo various tangles, and ask for help. In recent weeks it has been especially delightful to see children helping each other to make and create.

If anyone has 8ply colourful yarn they would like to donate that would be appreciated. Children can bring it along to school and pass it to me directly or alternately, leave in the wellbeing room behind the library.

## **Groceries**

A reminder that the school has a supply of donated groceries in baskets in the foyer. Please come and take some items that your family can use.

## **Seasons for Growth**

At Inverloch/Kongwak P.S. staff are working to best meet the academic, emotional, social and wellbeing needs of our students.

We are offering a small group program for selected students in year 3-6 called Seasons for Growth. This program supports those who have experienced grief or loss. Loss at any time can be challenging. We recognise that when changes occur in families through separation, divorce, bereavement or other loss experiences, young people may benefit from learning how to make sense of these changes.

Seasons for Growth is a small group program that supports children and young people to learn change is part of life, naming and caring for feelings, problem-solving, making good choices and developing support networks. Please contact your child's class teacher, Mel McCrae or myself, if you think this program may be appropriate for your child.

Kind regards

*Kerry Ware*



## Seasons for Growth Children and Young People Program

“The only thing in life that is permanent is change.  
Change is the one constant in life”

(Fallin, 2013, p.5)

**The Seasons for Growth Children and Young Peoples program** is an Australian early intervention education program based on the belief that change and loss are part of life, and grief is a normal response to these losses. Children and young people (aged 6-18 years) benefit from the opportunity to learn about how death, separation, divorce or other significant loss events may impact on their lives. The *Seasons for Growth* programs provide an opportunity for participants to learn the knowledge, skills and attitudes required to understand and respond well to such experiences.

**Seasons for Growth**, written by Professor Anne Graham AO, in 1996 aimed to address the lack of resources available for children and young people adjusting to death, family separation and divorce.

**Seasons for Growth relies on research**, strategies and techniques consistent with high quality psychosocial education. *Seasons for Growth* has been adapted to support children and young people with experiences of suicide, forced migration, home-based care and Indigenous and Torres Strait Islander Peoples.

MacKillop has a long history of collaboration with agencies (Headspace schools, Emerging Minds, NALAG, Interrelate, CatholicCare) and school systems (Government, Catholic and Independent) in the adaptation and delivery of the programs.



### Why “Seasons for Growth”?

**The metaphor of the seasons** provides a vivid, symbolic framework for exploring the experience of change and loss. For children and young people, the use of a metaphor is significant because it provides a concrete way of engaging with the more abstract experience of grief.



## How Does it Work?

**Seasons for Growth session content reflects key themes** to support the children and young people process their experience and learn knowledge and skills to build emotional literacy and resilience.

**The program's foundation is built upon J. William Worden's theory of grief**, the disciplines of recognition and wellbeing and Childhood Studies. These foundations remind us to respect the dignity and self-worth of all children and young people and emphasizes the importance of young people's active participation and 'voice', as an 'expert' in their own experience. The linchpin of the program is the quality of the learning experience, based on conversations with and between the young people.

**The program has a sound curriculum structure** and incorporates a wide range of age-appropriate activities including writing, drawing, discussion, stories, role plays, music, guided meditation and journaling.

## What do Participants Learn in the Program?

Worden's Tasks	Seasons for Growth Tasks	Season	Session Content
To accept the reality of the loss	Learn that change and loss are part of life	AUTUMN	<b>Session 1:</b> Life is like the seasons <b>Session 2:</b> Change is part of life
To process the pain of grief	Learn about different ways people experience change and loss	WINTER	<b>Session 3:</b> Valuing my story <b>Session 4:</b> Naming my feelings
To adjust to a changed world after the loss	Learn skills to assist with adapting to change and loss	SPRING	<b>Session 5:</b> Caring for my feelings <b>Session 6:</b> Remembering the good times
To find an enduring connection with what has been lost while embarking on a new life	Learn about ways that help in moving forward with life	SUMMER	<b>Session 7:</b> Making good choices <b>Session 8:</b> Moving forward





## Program Outcomes:

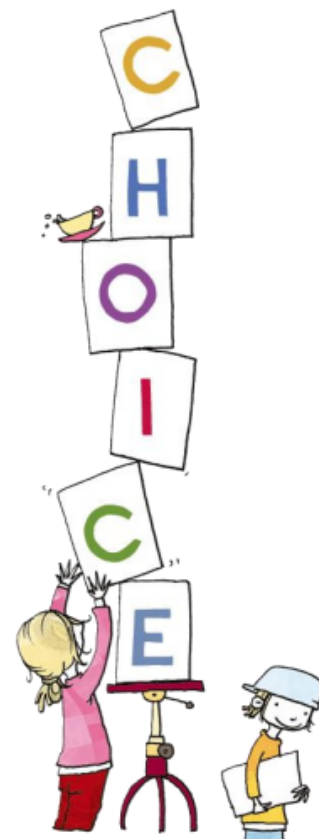
- Supports children and young people to understand and respond well to their experience of loss
- Assists children and young people to understand that their feelings and other reactions are normal
- Develops skills for coping, problem solving and decision making
- Builds a peer support network
- Helps restore self-confidence and self-esteem
- Educates children and young people about the grief process.

## How is the Program Structured?

**Seasons for Growth is a small group program** (4-7 participants) and caters for ages 6-18 years. Children and young people are invited to attend the appropriate group level:

- Level 1** (6 - 8 years): 40 min sessions
- Level 2** (9 -10 years): 40 min sessions
- Level 3** (11-12 years): 45 min sessions
- Level 4** (13-18 years): 50 min sessions

There are 8 formal sessions.





## Who can Deliver *Seasons for Growth*?

**Seasons for Growth is delivered by one adult facilitator or 'Companion'.** Companions may be teachers, counsellors, psychologist, social workers, chaplains, health professionals who undertake a one-day training workshop. All Companions must be endorsed by their school/agency ensuring the appropriate state or territory child protection requirements.

## How are Companions Supported with *Seasons for Growth* Implementation?

1. Face-to-face training and Seasons for Growth Companion Manual and Participant Journals
2. Additional evidence-informed information and access to online resources
3. Ongoing support from MacKillop Family Services Trainers
4. Structured debriefing with identified professional within their school or agency
5. Reconnector network and learning sessions, newsletters, conferences

## Communities Supported by *Seasons for Growth*

**Seasons for Growth** has supported in excess of **300,000 children** and young people in Australia, New Zealand, Singapore, Scotland, Ireland, England and Wales.

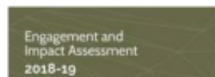
## About Research and Evaluation

**Research and evaluation** are the cornerstones of our programs. MacKillop Family Services has a partnership with Southern Cross University for ongoing support from program author, Professor Anne Graham AO, Director of the Centre for Children and Young People.

**There have been six different evaluations of *Seasons for Growth***; conducted in 1999, 2004, 2005, 2010, 2011 and 2019. The evaluations consistently report the program helps children and young people experiencing change, loss and grief; builds participants' understanding and skills and enables them to express their views, thoughts and feelings; strengthens participants' social and support networks and improves participants' emotional wellbeing. The 2019 evaluation showed a statistically significant increase in the ratings of children/young people's wellbeing over time.

### *Seasons for Growth* endorsement and review:

- **BeYOU** - a national wellbeing initiative in education
- Evidence-Based Programme Guidebook by the Child Family Community Australia, **AIFS**
- **'High impact'** rating in Australian Research Council's Engagement and Impact Assessment 2018–19 National Report
- **NSW Parliament Showcase** (2019), Southern Cross University





... no season lasts forever,  
... not even Winter.



# PUPIL FREE DAY

**Disney Explosion**

**Monday 29th May**  
Opening hours: 6:45am – 6pm

Coming up on Monday the 29th of May , Inverloch Primary School will be having a pupil free day. TheirCare will be providing care from 6:45am - 6:00pm with planned activities throughout the day.



Disney Karaoke

Disney inspired scavenger hunt

Disney Word searchers

Olaf inspired marshmallow pops

## Book in now

Secure your spot through FullyBooked.

## Any questions?

Please reach out with any enquiries you may have. You can find the service number and email address below.

## Remember to bring

- Hat
- Recess/Morning Tea
- Lunch
- Drink bottle
- Appropriate clothing and shoes



Breakfast and afternoon tea are provided.

### TIMES

Before School: 6:45AM-8:30AM  
After School: 3:30PM-6:00PM  
Holidays: 6:45AM-6:00PM

### CONTACT HEAD OFFICE

1300 072 410  
info@theircare.com.au

### CONTACT SERVICE

0499 604 476  
inverloch@theircare.com.au

# COMMUNITY NEWS

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



## 1-2-3 Magic & Emotion Coaching Program

**Free live ONLINE** program for parents of children aged 2 to 12

### Tired of yelling and nagging?

**Resolve difficult behaviour in children aged 2 to 12.**

In 3 sessions parents will learn:

- How to discipline without arguing, yelling or smacking;
- How to handle challenging behaviours;
- How to use emotion coaching to encourage good behaviour;
- Strategies for encouraging good behaviour;
- How to sort behaviours and choose correct strategies using "The 3 Choices Model".

We'll also work on strategies so you can:

- Strengthen your relationship with your child;
- Strengthen your child's emotional resilience.

Parents will receive:

- **A FREE workbook (valued at \$12) to apply the concepts learnt**
- **A Certificate of Completion**

***Do this highly sought after program live online from the comfort of your own home - Or come in and do it in person!***

### When?

**11:30am – 2:30pm**

Over 3 Thursdays:

**May 11<sup>th</sup>**

**May 18<sup>th</sup>**

**June 1<sup>st</sup>, 2023**

### Cost?

**FREE**

### Get in touch

**Bookings are essential!**

**\*\*\*Applications close**

**TUESDAY 9<sup>TH</sup> MAY\*\*\***

Please contact:

**Uniting Gippsland  
3 Church St. Leongatha  
5662 5150**

[gippsland.leongatha.reception@vt.uniting.org](mailto:gippsland.leongatha.reception@vt.uniting.org)

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## 1-2-3 Magic & Emotion Coaching Parenting Program

### Application Form

Dear Parent/Carer

You are invited to join a parenting program that could make a positive difference to your child's development. *1-2-3 Magic & Emotion Coaching* is a 3-week group program for parents of children aged 2 – 12 years of age.

#### DETAILS:

<b>Name:</b>	
<b>Identified Gender:</b>	
<b>Address:</b>	
<b>Contact Phone (9am-5pm):</b>	
<b>Will you be attending program online or in person?</b>	<input type="checkbox"/> Online <input type="checkbox"/> In Person (at 3 Church St Leongatha)
<b>Email *(necessary to join online group):</b>	
<b>Do any of the family identify as Aboriginal/Torres Strait Islanders?</b>	<input type="checkbox"/> Yes <input type="checkbox"/> No  Family member(s) who identify as ATSI:
<b>Country of Birth:</b>	
<b>Primary language spoken at home:</b>	

# COMMUNITY NEWS

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## ***We're for girls – Girl Guides***

**For girls aged 6 years & over : Come and try**

**Girl Guide units in Leongatha, Phillip Island and Wonthaggi**

Girl Guides are a volunteer, world-wide organization for girls & women

Enabling skills in leadership, teamwork, community service, the outdoors, guiding traditions, craft & games

Email Girl Guides Victoria [guides@guidesvic.org.au](mailto:guides@guidesvic.org.au) or call (03) 8606 3500.

Wonthaggi Guides: Cheryl Bertrand - 0408 391 035 ([Cheryl.bertrand@guidesvic.org.au](mailto:Cheryl.bertrand@guidesvic.org.au))

**2023 JUNIORS**  
**TRAINING:  
WEDNESDAYS!**

U12s, U10s, U8s & U6s  
🕒 **5:00PM - 6:00PM**

U14s  
🕒 **5:30PM - 6:30PM**

U17s  
🕒 **5:30PM - 7:00PM**

📍 **THOMPSON RESERVE**

**SEASON STARTS SOON!  
REGISTER NOW &  
GET GAME READY!**

The poster features a soccer ball with the Inverloch Stars logo, a player in a red and yellow striped jersey, and a Mitre soccer ball on a field.

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## IKFNC PRESENTS THE INVERLOCH COMMUNITY BALL

DANCE THE NIGHT AWAY TO  
INVERLOCH'S OWN

# ***HOT TUB***

Book online: [www.trybooking.com/CHYIG](http://www.trybooking.com/CHYIG)



29 July - 7pm  
Inverloch  
Community Hub

Dress code  
ALL THINGS  
RAINBOW

\$50 PER PERSON



# COMMUNITY NEWS

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## SPOTLIGHT ON SOFTBALL



**BASS COAST SOFTBALL**

5 - 6:30PM  
FRIDAY  
NIGHTS FOR  
**5 WEEKS**  
STARTING  
MAY 5TH

FOR  
JUNIORS  
3+ YEARS  
**& ADULTS**  
ALL EQUIPMENT  
PROVIDED

**ALL ABILITIES WELCOME**

COME & TRY  
ONE SESSION  
FREE!  
JUNIORS \$35  
ADULTS \$45

**BASS RECREATION  
RESERVE**  
100 MADE AVE, BASS



TO REGISTER VISIT: [www.softballvic.org.au/registration/](http://www.softballvic.org.au/registration/) OR SCAN





## 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






### 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

**BERRY STREET** | Believing in  
Children,  
Young People,  
Families &  
Their Future.



A Not-for-Profit community-based school



## Enrol Now

Ballet,  
Jazz, Tap, Hip Hop  
Theatrical Jazz,  
Contemporary, Lyrical & Stretch

**Qualified Teachers**

**Small class sizes**

**Volunteer committee**

**Trial classes available**

**Not for Profit school**

**Develop friendships**

**Community connections**

**Agnes 2 years to Adults,  
Beginners to Advanced**

Enquire and come and try a class at no cost.  
Email: [bcballet1@gmail.com](mailto:bcballet1@gmail.com)  
Ph: 0439 167 026  
Facebook: <https://www.facebook.com/BassCoastBS>