

A WORD FROM OUR PRINCIPAL

July 2013

Welcome back to the start of Term 3. It's great to be back from leave and catch up with everyone and meet and welcome the new students. The term has once again started off busy and I am sure it will be holiday time again before we know it!

The Core program have completed their orientation week and have been allocated a classroom and teacher for the remainder of the year. If you have any questions, please phone the school to make an appointment with your child's teacher.

This coming Monday, we will be holding an AFL footy day at the school to kick off our 'Help us kick goals' fundraiser (see attached for more information) Students are encouraged to come in their favourite footy team colours and be in the running for a prize for best dressed.

The Vocational Ed students finished last term off with a couple of successful weeks of work experience. See the attached list for businesses who have placed our students and we ask you to support them where possible.

A reminder to students and their families of some basic Doxa rules

- If your child is ill or going to be absent for the day, please phone the school before 10.30am.
- The Core program commences at 9am.
- VCAL students commence at 9.30am
 - All students are required to be at school prior to commencement of their class
- Students are not allowed a smoke break unless appropriate parent/guardian permission is obtained.
- Smoking is only permitted in the designated area. No smoking on school grounds
- Students are expected to keep their area clean and tidy and are reminded to place their rubbish in the bins situated around the school.

EMA applications close on 2nd August. If you are eligible for EMA and haven't applied, please contact the office.

Submissions for Travel allowance close on 23rd August. Please contact the school if your child requires bus/train passes for the remainder of the year.

Included in this newsletter is some information about current parenting programs and workshops on offer at CentaCare Bendigo. More information is available from their office on 5438 1300

I would like to take the opportunity to thank Peter Carr and all of the Doxa staff and volunteers for keeping the place running in my absence. It seems as though no one really missed me at all!! Maybe time for another holiday.

John Russell **Principal**



<u>Don't forget to check us out on the Doxa School Bendigo Facebook page</u> <u>at www.facebook.com/DoxaSchoolBendigo</u>

IMPORTANT DATES TO REMEMBER

Monday 29th July - AFL footy day & lunch Monday 9th to Friday 13th - Voc Ed work experience



118 Hargreaves St Bendigo 3550

Email: principal@doxabendigo.catholic.edu.au

Ph 54428140 Fax 54428360

www3. doxabendigo. catholic. edu. au

VCAL Work Experience Program

The following businesses have helped us out with our VCAL work experience program throughout the term.

Please support these businesses where possible.

- Shed 7 Hairdressing 47 View St Bendigo Ph 5441 4277
- CDM Plastering Bendigo 5442 1709
- Diesel & Dirt Maintenance Bendigo 5441 1990
- Salvation Army Bendigo 5441 1647
- GeJay Automotive Bendigo 5443 7188
- Permanent Ink Tattooing Kyneton 0423 221 044
- Pare Forge Shelbourne 5435 3397

Help Us Kick Goals



Please share this information with family and friends, as it is a great opportunity to get great seats to see AFL games for rounds 19 & 20.

All proceeds go towards re-equipping the student kitchen with some new appliances.

Parenting Programs and Workshops

Terms 3 & 4, 2013





Bringing up Great Kids Program Monday Afternoons, 5th August—9th September, 1pm—3pm

You are invited to this fun, relaxed and informative **six week** parenting program. It is a great opportunity to get together with other parents, have some time out and talk about the ups and downs of parenting. You will learn ways to support your children's brain, social and emotional development.

Tuning in to Kids Program Thursday Evenings, 8th August-12th September, 6.30pm - 8.30pm

Tuning in to Kids is a **six session** parenting program for mums, dads and carers to help you to teach your children about their emotions and how to manage them. This helps them to be able to calm themselves down, manage feelings such as fear and anger, have better relationships with others and deal with conflict with others.

Tuning in to Teens Program Wednesday Mornings, 9th October—20th November (no session 30/10 Bendigo Cup), 10am—12noon

Tuning in to Teens is a six session parenting program for parents and carers of teens. The program explores why teenagers behave the way they do, how to communicate with your teen and how to help them manage their often intense emotions.

Separation and Divorce Recovery Program

Tuesday Evenings, 8th October-26th November (8 sessions), 7pm - 9pm

This program assists you through your experience of separation and divorce. It is designed to provide both support and an opportunity to find new ways to work through your situation and move on. The program is a mixed gendered group and is open to everyone.

Kids and Anger Workshop

Morning Session: Tuesday 13th August, 9.30am—11.30am Evening Session: Wednesday 18th September, 7pm—9pm

During this two hour workshop we will discuss the reasons why kids get angry and ways to help them to express their anger appropriately.

Help your Kids to Worry Less Workshop

Evening Session: Monday 22nd July, 7pm-9pm

Evening Session: Monday 16th September 2013, 7pm—9pm

During this two hour workshop we will explore whey children worry and ways parents and carers can support them to manage their worries.

All Programs and Workshops will be held in the

CentaCare Function Room

at 176 McCrae Street, Bendigo



For all bookings and enquiries, please contact <u>Ky Gregg</u> on 5438 1300

For further details flyers are available at www.centacare-sandhurst.org.au