

NEWSLETTER

August 2013

A WORD FROM OUR PRINCIPAL

Well, here we are half way through the term already. These winter mornings certainly have been chilly. We have had staff and students suffering from the effects of cold and flu.

As usual, there is always lots going on at Doxa. Our new students seem to be settling in to the Doxa program. Parents/Carers are advised to contact the school if they are finding their child's transition difficult.

Jude's VCAL class have just finished their bridges project. The students were set the task of building a bridge from icy pole sticks with the bridge holding the most weight judged the winner - congratulations to Jade Osborne. We may have a budding bridge engineer in our midst! See our Facebook page for some photos.

The Coffee Project being run by Pauls VCAL class is proving to be a big success with local businesses. Our outdoor area is a hive of activity on Tuesday mornings from 10.30am to 11.30am and starting next week, Thursdays also. The students are providing a great service and we encourage family and friends to drop in and support our students during our operating time for a coffee and a chat.

VCAL students are encouraged to think about their upcoming work experience program from 9th to 13th September. If students need support in making decisions on what to do, they need to speak to Pete so he can offer assistance.

A big thanks to the Bendigo Food Bank for their kind donation of frozen goods in support of our breakfast and cooking programs. They offer great support to us as a not-for-profit organisation.

The Semester 2 Family Dinner will happen on Thursday, 5th September from 5.30pm to 7.30pm. Students and their immediate families are encouraged to attend. See attached for further information.

Included is some information on workshops that are on offer through CentaCare Bendigo. For more information give them a ring on 5438 1300.

John Russell
Principal

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



IMPORTANT DATES TO REMEMBER

Thursday 29th August - Core day trip to Werribee Zoo
Tuesday 3rd September - Jude's VCAL class day trip to Melbourne Zoo
Thursday 5th September - Doxa Family Dinner
Monday 9th Sept - Friday 13th Sept - VCAL work Experience
Thursday 19th September - Student last day of term
Tuesday, 8th October - Students return for start of term 4



Kids and Anger

Evening session



During this two hour workshop for parents, carers and educators we will discuss:

- The reasons why children get angry
- Understanding your own response to your children's anger
- Ways to help children express their anger appropriately

When: Wednesday 18th September 2013

Time: Arrival & Registration: 6.45pm
Workshop: 7.00pm-9.00pm

Where: CentaCare Function Room
176-178 McCrae St, Bendigo

Cost: No cost (please provide own childcare)

Facilitators: Prue Robertson and Barb Webb

For bookings and enquiries contact
[Ky Gregg](#) on Ph. 54 381 300

Groups are subject to maximum and minimum numbers. Early registration is encouraged.



How to help your kids Worry less evening session

During this two hour workshop we will explore the reasons why children worry and ways parents and carers can support them. It will include ideas as well as practical tools to assist children to manage their worries. This workshop is for parents and carers and professionals working with children.



When: Monday 16th September 2013

Time: Arrival & Registration: 6.45pm
Workshop: 7.00pm-9.00pm

Where: Centacare Function Room
176-178 McCrae St Bendigo

After hours parking is available in the CentaCare staff car park, the driveway before 114 Hargreaves Street

Cost: No cost (please provide own childcare)

Facilitators: Ky Gregg and Kate Kerlin

For bookings and enquiries contact
[Ky Gregg](#) Ph-54 381300

All groups are subject to minimum and maximum numbers.
Early registration is encouraged



Separation and Divorce Recovery Program

Evening sessions

The Separation and Divorce Recovery 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.

It provides a forum to help make sense of it all and will cover a different theme each week, including:

- Understanding the effects of loss
- Responding to your emotions
- Letting go
- Building on strengths
- Managing difficult situations and moving on



When: Tuesday 8th October-26th November (8 consecutive weeks)

Time Arrival and Registration: 6.45pm
Sessions: 7.00pm-9.00pm

Where: CentaCare Function Room
176-178 McCrae St Bendigo After hours parking is available in the CentaCare staff car park, the driveway before 114 Hargreaves Street.

Facilitators Ky Gregg and Narelle Williams

Cost: \$20 for all 8 weeks, supper included (child care not provided)

Booking and enquiries to [Ky Gregg](#) Ph.5438 1300

All groups are subject to minimum and maximum numbers.
Early registration is encouraged



Tuning Into Teens

Morning program

Join our six session parenting program for parents and carers of teens.

Would you like to learn how to:

- Be better at talking with your teen?
- Be better at understanding your teen?
- Help your teen learn to manage their emotions?
- Help to prevent behaviour problems in your teen?



Tuning in to Teens shows you how to help your teen develop Emotional Intelligence.

When: Wednesday 9th October-20th Nov 2013
(no session 30/10 for Bendigo Cup)

Time: Arrival and Registration-9.45am
Program 10.00am-12.00pm

Where: CentaCare Function Room
176-178 McCrae St, Bendigo

Cost: \$20.00 for all 6 weeks (no charge for HCC)

Facilitators: Marlene McLachlan and Barb Webb

Booking and Enquiries to [Ky Gregg](#) ph 54381300

All groups are subject to minimum and maximum numbers, early registration is encouraged





Doxa School Bendigo
Invite

**Our students
and their immediate family**

To attend our
**Family Dinner for a culinary feast
(Doxa Style)
At Doxa School
On Thursday 5th September from
5.30pm to 7.30pm**

RSVP Colleen or Josie
on 03 5442 8140

Email: clingard@doxabendigo.catholic.edu.au

BY Tuesday 3rd September.

