

# NEWSLETTER

March 2016

## A word from our Principal

Term 1 has rushed past and as usual it's been busy. It was great to see such a good attendance at the orientation week excursions in week one with the seniors having a great day at MSAC and the junior students surfing the waves at Torquay. It has been pleasing to see the amount of work the Senior students have worked through this term. Paul and Kyleigh have a great group, working well together. There a number of new students in both programs with the new kids in the senior group fitting in quite well.

In the junior program some of the students have been a bit unsettled through the term but it is good to see that most are settling well as we finish term 1. It is always a challenge coming into a new environment and getting to know new teachers and classmates as well as a new school environment but students have done well and I am looking forward to a great term 2.

I would like to remind families that Monday April 11<sup>th</sup> is a student free day as staff need time to work through material for our upcoming school review and some new legislative requirements from the Victorian government that relates to all schools. I look forward to seeing all students back to school on Tuesday April 12<sup>th</sup> bright and rested after a good break.

Thank you to all the parents and carers who I have worked with this term your continued support is appreciated and we can only help our young people be the best they can be if we work together.

Wishing all the Doxa School families and friends a safe and happy Easter season and an enjoyable school holiday.

John Russell  
Principal

**Don't forget to check us out on the Doxa School Bendigo Facebook page**  
**at [www.facebook.com/DoxaSchoolBendigo](http://www.facebook.com/DoxaSchoolBendigo)**

Like our page and be kept up to date with all things happening throughout the term.



### IMPORTANT DATES TO REMEMBER

Thursday 24th March @ 2pm students finish for last day of term 1  
Monday 11th April - student free day  
Tuesday 12th April - students return for the start of term 2  
Monday 9th to Tuesday 10th May - junior City Camp  
Thursday 26th May 6pm to 7.30pm



# News from the Senior Team

Congratulations to Matt Koutsou who won Best First Year Auto Apprentice category at the recent Bendigo Kangan Awards Night. Matt left Doxa last year to take up an apprenticeship at Wheelz Plus.

Soon after commencing work, his boss Geoff spoke highly of Matt's skill and commitment to his work. It is great to see Matt's efforts to learn his trade recognised by his TAFE teachers.

Matt was very keen to enter the auto trade and after two outstanding Work Experiences, secured work at Wheelz Plus.

# News from the Junior Team

Term 1 is coming to a close and junior students are completing a variety of literacy, numeracy, project and current affair tasks. The group is slowly settling into Doxa school life and many students are feeling happier and content with their routines.

Erica, Ethan and Kayla are commencing Hospitality and Hair and Beauty VET modules- well done! Many are researching DE Bono's 6 Thinking Hats and all students are participating in utilising the Mood Meter to assist individuals and the group with a visual tool for personal emotions and feelings.

Electives have had high attendance and participation, so keep up the good work- with only 1 week to go!

The ILP meetings are always a fantastic opportunity to stay connected with the school and home. A big thanks to all parents and carers for your continued support and input to the Doxa program.

Personal Development workshops and Boys and Girls Groups, remain a meaningful and purposeful social and emotional experience for all students.

Parents who can come by and assist in either Lou or Carina's room in the mornings are ALWAYS welcome.

Please remember hats and sunscreen- its still HOT!



**1<sup>st</sup> TERM STAR STUDENTS**



**Kayla- for having a go and effective listening skills**

**Kristy- for making positive choices**

**Zeke- for being fair**

**Erica- for commitment and excellent attitude**

**Jake- for excellence in personal development**

***"From little things, big things grow"***

We hope you all enjoy the Easter break and return rested and relaxed for the start of term 2.  
Carina, Lou, Vanessa, Tony & Nick

# NEWS FROM THE WELL BEING TEAM

The Wellbeing Team has begun the year with two new staff coming on board - welcome Nick and Mick. We're not sure if this will begin a trend of only employing people with an 'ick' name, so stay tuned for a 'Richard' to join the party in the future.

It's been a busy start to the school year and it's been great to be able build our relationships with all students. There has been time for individual support, group work, assessments, referrals, meetings and much more.

We have also enjoyed spending some time with the students contributing to their ILP development. These are always a great way to build connections between families, other schools/professionals and ourselves, and to make sure every student has the right planning in place for them.

One of the highlights of the year so far has been the introduction of the Mood Meter into our school community. This is a great way of building the emotional awareness of everyone at school.

A very big thank-you to Tony and Vanessa for helping us to use it well. Families are always welcome to come and find out more about the things we are doing so next time you're in, make sure you mark your emotional state on one of our Mood Meter when you arrive!!!



## Headspace is in Bendigo

Headspace provides support, information and assistance for young people aged 12 to 25 years who are going through a tough time. They aim to provide support as early as possible, so young people can access this service whether they feel their problem is really small or really big. Many young people go to Headspace are if they are:

- feeling depressed or anxious,
- feeling like they are not coping,
- not sleeping well or sleeping too much,
- finding it hard to concentrate or make decisions, or
- feeling alone or that no-one understands them.

Young people receive free support from a range of professionals including youth workers, sexual health workers, social workers, and alcohol and other drug workers. These workers are skilled in listening to young people and can help them to identify problems, define goals and achieve creative solutions to issues.

Headspace also supports parents and carers of young people. They have great information and tip sheets on their website at [www.headspace.org.au](http://www.headspace.org.au).

You can also give them a call on 5434 5345 or email [headspace@bchs.com.au](mailto:headspace@bchs.com.au) and they will contact you to make an appointment. This phone number and email address are checked during business hours only. If you need urgent help, please call the Crisis, Assessment and Treatment Team on 1300 363 788 or Lifeline 13 11 14

The Headspace centre is situated at 78 to 80 Pall Mall , Bendigo. They're open Monday to Friday from 9am to 5pm.

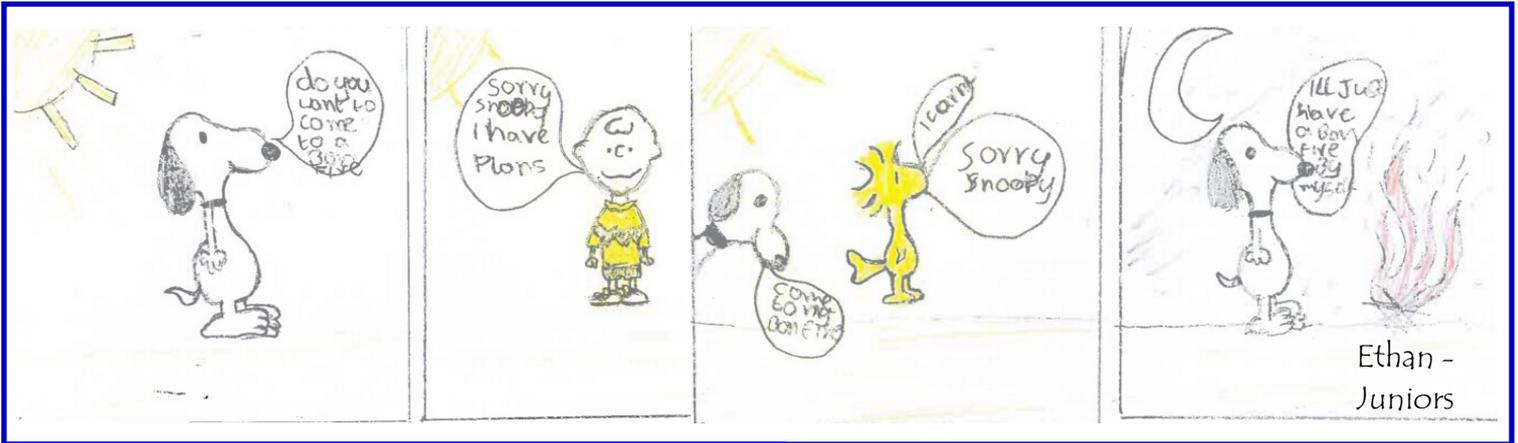
## Cybersafety

If you, like many parents, feel out of touch with what your kids are doing online and overwhelmed by what's out there, there's great information for parents and carers at [www.cybersmart.gov.au](http://www.cybersmart.gov.au). Just click on the Parents tab.

## Doxa is a 'Don't Bully' school

If you think that your child is having problems with Bullying at school don't ignore it, as the consequences can be serious. Listen to them and take their fears, feelings and concerns seriously. Make an appointment to speak to one of the student well being workers to discuss ways to help.

# STUDENT CONTRIBUTIONS



Ethan - Juniors

**Objective:** create four comic strips showing four different narrative view points.

**Requirements**

1. Each comic strip will contain dialogue (word bubbles) and narration (square narration boxes).
2. Each comic strip should be narrated using one of the following perspectives: first-person, second-person, third-person objective, third-person limited, and third-person omniscient.
3. Make an effort. If you are not good at drawing, create good storylines and use stick men.

If you decide to work with a partner, you will make FIVE comic strips (one for each POV) and color them.



## THE GATHERING JACK S—JUNIORS

1

'Why can't I just board and go back to Nelson Grammar?' I said, trying to keep my voice even in the lounge-room quiet. She stops listening the minute you raise your voice.

'You know why. There isn't enough money.'  
'But I could board with Gran. She said I could.'

Her expression froze up. 'You wrote and discussed this with your grandmother?'

I realised I had made a tactical mistake. She had a real grip on her shoulder about taking charity, especially from her mother. 'She suggested it,' I lied.

'I won't have you going to her behind my back.'  
'I didn't go behind your back. She asked me. She's my grandmother.'

'She's my mother and she doesn't need the worry of a teenager at her age. You'll make new friends at Three North. You haven't given it a chance.'

New friends? I never had any old ones. We never stayed anywhere long enough. In fact, my grandmother was the closest thing I had to a best friend. Besides, I couldn't relate to kids my own age.

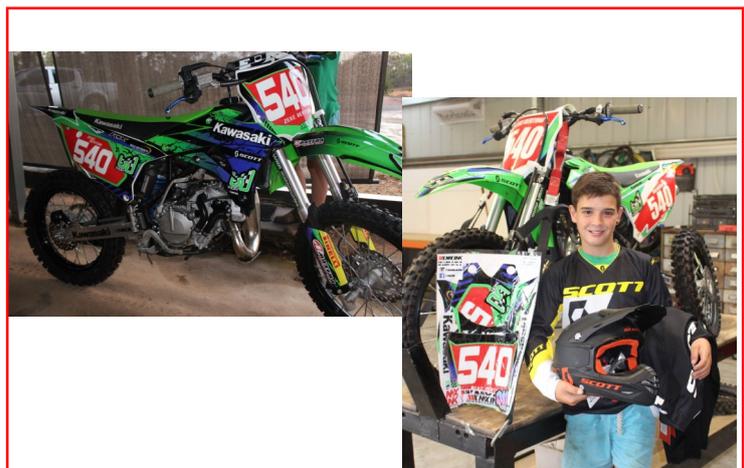
'Why bother?' I asked bitterly. 'You'll just up and move us in another year like you always do. Why should I keep having to move just because you do?'

'Don't take that tone with me, Nathaniel,' she said coldly. 'You think I enjoy moving so often? I do what's best for us both.'

Excellent  
Sorting/organising / Comprehension

## WHAT OUR STUDENTS GET UP TO IN THEIR SPARE TIME

**Zeke is one of our Junior students. He has a passion for motorbikes. Last week, Zeke spent the day in Echuca, catching up with the rest of his mates in the WBR Junior Race Team. He picked up his new gear for the 2016 season including his sticker kit for his bike, a new helmet, new tyre and some other parts to keep his bike in top condition. Zeke and his dad spent the rest of the day prepping his gear for the coming season. Competition starts on March 19th. Good luck for 2016 Zeke.**



# Photos from Doxa Junior Orientation Week





# Bringing up Great Kids Bendigo



Parents and carers would you like to.....

- build strong and positive relationships with your children?
- increase your children's confidence and resilience?
- listen and talk more with your children?
- understand messages from your children and how to respond to them?

Then register for this six session program

### Term 2, 2016

**When:** Wednesday 20th April - 25th May 2016  
**Time:** Arrival and registration 9.00am  
 Sessions 9.15am - 11.15am  
**Where:** St Peter's Catholic Primary School, 23 Fenton Street Long Gully  
**Cost:** \$40 or \$20 concession  
**Child Care:** Sorry, child care is not provided  
**Facilitators:** Ky Gregg and Megan Simpson - Family Education Services

For bookings and enquires phone Ky Gregg on 5438 1300

Parenting Programs run by CatholicCare Sandhurst beginning Term 2, 2016. To book or for more information contact

KY GREGG on 5438 1300



# Tuning in to Kids Bendigo

Bendigo

Want to learn how to help your child manage feelings and emotions (emotional intelligence)?

Children with emotional intelligence...

have greater success with making and keeping friends

are more able to calm down when upset or angry

have better concentration at school



In this six session program you'll find out how to help your child understand and manage feelings such as worry, frustration and anger.

### Term 2, 2016

**When:** Monday 2nd May - 6th June 2016  
**Time:** Arrival and registration 6.15pm  
 Sessions 6.30pm - 8.30pm  
**Where:** CatholicCare Sandhurst Noel Daly Room, 176 McCrae Street Bendigo  
**Cost:** \$40 for the whole course or \$20 concession  
**Child Care:** Sorry, child care is not provided  
**Facilitators:** Megan Simpson and Ky Gregg  
**Parking:** On site parking available - enter via 116 Hargreaves Street

For bookings and enquiries phone Ky Gregg on 5438 1300



# Tuning In To Teens Bendigo

Bendigo



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

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?

### Term 2, 2016

**When:** Wednesday 20th April - 25th May 2016  
**Time:** Arrival and registration 6:45pm  
 Sessions 7.00pm - 9.00pm  
**Where:** CatholicCare Sandhurst Noel Daly Room, 176-178 McCrae St, Bendigo  
**Cost:** \$40 for the whole course or \$20 concession  
**Child Care:** Sorry, child care is not provided  
**Facilitators:** Family Education Team  
**Parking:** On site parking available - enter via 116 Hargreaves Street

For bookings and enquiries phone Ky Gregg on 5438 1300

