



St Theresa's School Albion



Be Safe,
Be Happy,
Be Caring,
Be Ready To
Learn.

Newsletter August 20th 2021 (Term 3 Week 6)

Hi Everyone, LOCKDOWN 6 continues this week and for another couple of weeks after that, which is not ideal but we will make the best of it.



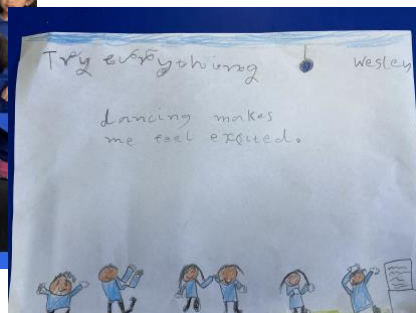
Everyone is trying to stay upbeat and happy but none more so than our school captains, Jack and Annie-Rose who had a wonderful idea, put their creative talents together and came up with this fantastic message for you all on video. It's great, they're great and we're proud of them...have a watch, you'll enjoy it!

[School Captains Special Message](#)



A SNAPSHOT OF ON-LINE LEARNING

*Yesterday we danced, did some Art, learnt some more Italian words and learnt how to use Auslan to tell a story!
We were very busy and here is our day in pictures.*



CONCERT UPDATE...THE SCHOOL CONCERT HAS BEEN POSTPONED UNTIL 2022

Unfortunately, the uncertainty of COVID LOCKDOWN 6, has forced us to rethink the 2021 SCHOOL PRODUCTION which was due to be held early in Term 4. POSTPONING the production until 2022 seems to be the only option.

Even if we get back to school for the last 2 weeks of Term 3 (and that's not certain to happen), there simply would not be enough time to do justice to the school production, nor would we be able to have a 'live' audience.

We understand that everyone will be disappointed, we are as well. But we feel extra sad for our Year 6s who will miss out on their final St Theresa's concert, that's why we're planning something special for them. But we'll talk more about this next term.

COMMUNITY NEWS...some of these ideas might appeal to your family

Brimbank Leisure Centres Online Health and Fitness programs - no cost options for young people

If you are wanting to try some new options for health and fitness during this current lockdown then our Brimbank Leisure Centres Online Health and Fitness programs are a great option.

Brimbank Leisure Centres offer a wide range of online services and "train at home" options to keep you any your family active during lockdown.

Keeping active is great not only for your physical health, but your mental health too. You and your family may want to make use of at least one and if not all of the below online options.

There are a wide range of social connection groups, workout guides, virtual group fitness and virtual health and fitness content available. Check out descriptions of each of our offerings below;

We have created video and online content free of charge for you to enjoy and get involved with.

<https://www.youtube.com/channel/UCWbliiJGIFQ7TT1uS78yh3q/videos>

Brimbank Leisure Centres app.

The app is a great way to interact with all of our services and has links to all of our online content so you can access it later.

<https://apps.apple.com/au/app/brimbank-leisure-centres/id1522647365>

Brimbank Leisure Centres Strava Club. (It's Facebook for fitness)

This is our social platform where you can connect with everyone and post your latest activity. Whether it's walking the dog, riding your bike or training for the marathon, it's great to share, see what your friends are up to, and make new connections too.

<https://www.strava.com/clubs/629102>

LifeFitness Digital Coach:

This is like having a gym instructor in your pocket. Pick your type of workout and an interactive and instructive workout is ready to go.

No equipment necessary.

https://lifefitness.digitalcoach.fitness/render/kiosk_category/zbbb6

Brimbank Leisure Centre Website:

Find all of the Leisure Centre offerings on our website and start to plan your post lockdown health

EXCITING INFORMATION FROM BRIMBANK LIBRARIES

Next week is [Children's Book Week](#) (21st to 27th August).

The theme this year is New Worlds, Old Worlds and Other Worlds. We have a range of fun events on across the week, as well as in the lead up. Please see attached flyer or our website for more information and bookings.

We are also launching a monthly Lego challenge. Children can complete the challenges to enter the competition. They can submit their entries for the lego challenge via:

-Brimbank Libraries Virtual Lego Club: <https://www.facebook.com/groups/brimbanklegoclub/about>

-Email: library@brimbank.vic.gov.au

- Instagram: #brimbanklibrarieslegochallenge

For more information visit our website: <https://www.brimbanklibraries.vic.gov.au/index.php/what-s-on/book-an-event>

Brimbank Libraries
Imagine, Explore, Discover, Connect



Lego Challenge

Complete a monthly Lego Challenge to go into the draw to win a prize!

Submit an image of your creation any time between 9am on the first day and 5pm on the last day of each month to be in to win a Lego kit.

Choose how to enter:

- On Facebook via the Brimbank Libraries Virtual Lego group
- On Instagram with #brimbanklibrarieslegochallenge
- Or email them to library@brimbank.vic.gov.au



Old Worlds. New Worlds. Other Worlds.

Design your own world or alternate universe using Lego.

Challenge open 1 - 31 August

Spring Into September

Design a creation inspired by spring.

Challenge open 1 - 30 September

Halloween

Create a spook-tacular Halloween inspired Lego design.

Challenge open 1 - 31 October

Kids vs. Adults

Challenge a parent, carer or older brother or sister to a Lego build-off!

Challenge open 1 - 30 November

Merry Christmas

Create a Christmas inspired Lego scene, character or something to spread some festive cheer!

Challenge open 1 - 31 December



Visit our website for more information: [brimbanklibraries.vic.gov.au](https://www.brimbanklibraries.vic.gov.au)

Deer Park	4 Neale Road, Deer Park	T 9249 4660
Keilor	704B Old Calder Highway, Keilor	T 9249 4670
St Albans	71A Alfreda Street, St Albans	T 9249 4650
Sunshine	301 Hampshire Road, Sunshine	T 9249 4640
Sydenham	1 Station Street, Taylors Lakes	T 9249 4680



#BrimbankLibraries

Libraries
Change Lives



Recently I have been made aware of the [Victoria University Psychology Clinic](http://victoriauniversity.edu.au/psychology-clinic). It offers affordable psychological services including weekly counselling, psychological assessments and runs a range of programs including a parenting program, which is starting in the next few weeks and a mindfulness group. Some of our families may find this service beneficial. It is **very affordable** requiring only a \$20 administration fee. Basically, anyone who is interested just emails the clinic and someone will follow up with an intake call. They see children, adolescents and adults. Please refer to the pamphlet below for more information.

APPOINTMENTS

Please contact us by phone, email or via our online booking form to refer yourself, a friend, or a family member to our clinic. GPs can refer clients via our online booking form or by sending referral paperwork to vupc@vu.edu.au

Once we receive your enquiry, a provisional psychologist will call you to ascertain whether our clinic can help you. If our services are appropriate, a clinician will then arrange an initial appointment.

CONTACT US

vu.edu.au/psychology-clinic
vupc@vu.edu.au
 03 9919 2353

PRICES

Service provision is based upon an affordable pricing structure. Individual therapy fees are on a sliding scale based on family income. For more information on individual fees and fees for organisations and groups, please contact our clinic.

LOCATION

Our clinic is located at MetroWest in Footscray, which is only a five minute walk from Footscray Station.

MetroWest
 47 Paisley Street, Footscray 3011

SERVICES

Our clinic specialises in cognitive-behavioural therapy and psychodynamic therapy. We provide assessment and treatment of issues in the areas of:

- depression
- anxiety
- social skills
- parenting
- child behaviour problems
- learning difficulties
- family difficulties
- difficult life events.

If you are unsure whether we can help you, do not hesitate to enquire. We can also provide information about other services and referral to them if appropriate.

LIMIT OF SERVICES

Please note that we do not provide medical treatment, a crisis intervention service or 24 hour service. If you are looking for immediate assistance, please call LifeLine on **13 11 14**.

Furthermore, we do not provide assessments or reports for Legal, TAC, or Workers Compensation proceedings.

GROUP PROGRAMS

We provide education and therapy programs for groups of 8-10 clients. These programs reflect our areas of expertise in parenting and child behaviour problems, anxiety and depression.

Social Skills Groups

We run social skills groups for children with ADHD or ASD diagnoses at various times during the year. These groups are for both children and their parents and are set in a supportive, fun learning environment.

Mindfulness Groups

We run six-week mindfulness training courses to anyone interested in learning this valuable stress management skill.

Parent-Baby Groups

Our groups are for all parents of children under 2 years who wish to explore and strengthen, in a supportive environment, their relationship with their baby. This is an attachment-focussed intervention.

Mood Disorder Groups

We run groups for people wishing to learn more about and manage their mood disorder (depression, dysthymia and others) from a cognitive-behavioural perspective.

If you are interested in our group programs, please contact us by calling **03 9919 2353** or alternatively email vupc@vu.edu.au

OUR CLINIC

Our Psychology clinic is open to members of the public and offers psychology services for adults, children and families.

We understand that common issues such as work stress, relationship troubles and coping with illness can affect our mood and wellbeing. For this reason, we equip people with the skills needed to function better and to prevent problems in everyday life.

Assessment and treatment is provided by our postgraduate psychology students — provisional psychologists. They are supervised by experienced psychologists, qualified as supervisors by the Australian Health Practitioner Regulation Agency (AHPRA).

OTHER CLINICS

We also have clinics in the areas of:

- clinical exercise and rehabilitation
- dermal therapy
- massage
- nutrition
- osteopathy

For more information about our range of clinics, visit vu.edu.au/clinics



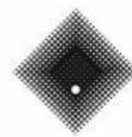


PARENTING PROGRAM

A free, five week online program for parents of children aged 4 to 12 years run by provisional psychologists at Victoria University.

The program will cover:

- Responding to your child's emotional needs
- Rethinking discipline and behavioural management strategies
- Responding to developmental changes in your child



**VICTORIA
UNIVERSITY**

MELBOURNE AUSTRALIA

Commencing in August 2021, with both daytime and evening sessions available.

Spaces are limited, and a waitlist will be available for future groups.

To register your interest:

Email: vupc@vu.edu.au

Phone: 03 9919 2353

Website: www.vu.edu.au/psychology-clinic

Dear Parents, this article explains that technology is now a part of all our lives. Blanket statements that suggest screens and social media are to blame for kid's poor mental health aren't helpful. There is an invitation to attend a FREE WEBINAR around this topic, at the end of the article.

Prioritising mental health in the digital world



Whilst there may not yet be conclusive evidence linking digital media use to poor mental health outcomes there's no denying that it's one of the chief concerns facing parents and educators of children and adolescents, growing up in a digital world. The contradictory research findings confirm that this is a complex topic.

There's certainly consensus in the research that young people are heavy technology users, which comes at a cost of their psychological and physical needs. Their digital behaviours eat into the time that was once available for three pillars of mental health – sleep, relationships and exercise.

Minimising sleep disruption

Sleep is vital for mental wellbeing and emotional regulation in childhood and adolescence. Inadequate amounts or poor-quality sleep can cause mental health issues. Studies consistently show that Australian children and teens aren't getting enough sleep. Digital device use is also linked to sleep disruption, impacting the sleep-wake cycle. The Lancet study suggested that nearly 60% of the impact of young people's psychological distress could be attributed to disrupted sleep and exposure to cyberbullying.

Parents need to remind children and young adolescents about the critical role sleep plays in their psychological wellbeing. Parents can help adolescents foster healthy social media habits by establishing a digital curfew, keeping devices out of bedrooms and discouraging teens from 'bookending' their day with social media as it can easily trigger the stress response at these times.

Maintaining healthy relationships

Positive relationships are fundamental to a young person's psychological wellbeing. Adolescents are biologically wired for relational connection. They want to be part of a tribe. Whilst teens and pre-teens may insist that technology connects them and

caters for their relational needs, if used excessively or inappropriately, technology use can compromise their relationships and deteriorate their mental health.

Parents need to encourage and sustain opportunities for real interactions amongst adolescents. When we connect in-person the brain releases oxytocin, the social bonding hormone, which isn't replicated online. The need for keeping a balance between digital and face-to-face interactions is paramount.

Ensuring sufficient exercise

Sedentary social media and digital consumption frequently replaces physical movement on weekends and after school, which are the opportunity times for kids' sport, free play and outdoor activities. Brain science now informs us that physical exercise boosts serotonin and neurotransmitters such as dopamine and norepinephrine that play a critical role in regulating adolescents' mood. Lack of exercise is now being linked to the current anxiety epidemic that we are seeing in young people.

Parents need to ensure that children experience a minimum of 30 minutes exercise, and teens a minimum of 60 minutes. "Go outside and play" is a term that this generation needs to hear as frequently as children in past eras.

In closing

The research into the links between kids' digital technology use and their mental health presents a complex picture that defies simplistic conclusions. Blanket statements and headlines that suggest screens and social media are to blame for kid's poor mental health aren't helpful as technology is now a part of all our lives. However, there is enough evidence to suggest that the key pillars of mental health outlined above can be severely impacted by the overuse of digital technology. All things in moderation, a common guideline for healthy living, is best when considering kids' social media and digital technology use.

Dr Kristy Goodwin presents a related webinar: Taming digital distractions

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Taming digital distractions' **at no cost.**

About

In this webinar, Dr Kristy Goodwin helps parents and carers understand why children and adolescents are vulnerable to digital distractions. She provides science-backed solutions to help kids and teens develop healthy digital behaviours so that they can focus, learn and thrive online.

When

Wednesday 8 September 2021 at 8:00 PM AEST

To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-taming-digital-distractions>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the coupon code TAMING and click 'Apply Coupon' Your discount of \$39 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click 'Place Order'

This offer is valid until 8 December 2021. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of *Raising Your Child in a Digital World*, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit www.drkristygoodwin.com.