



Be Safe, Be Respectful, Be Your Best

**Newsletter Term Three**  
**Edition No 12**  
(August 1<sup>st</sup> 2018)

**MINI BLITZ- Weeks 3 & 4**  
**'Personal Strengths**

"Be who you are, let yourself shine. Your personal strengths are yours, not mine!"



Good Afternoon Everyone

**Grandparents Day**

Having our students' grandparents and Carers attend our liturgy and joining their grandchildren in their classes was a very special day for us all.

It was a day where we could witness the beautiful connection between the grandparents and their grandchildren - it is indeed a very special relationship. Grandparents' Day was an opportunity for students to show their grandparents their creativity and talents. It was especially a day of celebration where the children celebrated the love that their grandparents give them. The Grandmas, Nannas, Grannies, Pa's, Poppies, Granddads celebrated the great privilege they

have to love, guide and support their sons and daughters and their grandsons and granddaughters.

Thank you to all involved in the planning of this special day

**Parent Teacher Interviews**

Thank you to all parents who attended Parent Teacher Interviews last week. Parent Teacher interviews are formal opportunities to discuss your child's growth and development. Please know, if at any time during the school year you would like to discuss your child's learning or social & emotional development, please do not hesitate to contact your child's classroom teacher.

**Parking**

Please refrain from Parking between Orr Street and Churchill Place when dropping off and picking up your children. We have had a number of complaints from neighbours which has required further discussions with Police. Police have advised us that they will be monitoring the area before and after school.

**Building Project**

Extensions to our Discovery Centre are about to commence. You may notice that the beautiful cross at the front of our school will be moved. This is only temporary while the extensions take's place.

Our Leadership centre should be operational within the next 3 weeks. Final inspections, moving of furniture and resources are all currently in place.

**Prep Enrolment**

Just a note to our existing families who may not have attended the prep information evening last Thursday.

Enrolment packs are available at the front office.

**Active Healthy Kids**

Ella Skeehan, one of our Grade 6 Leaders, is a member of Active Healthy Kids Australia (AHKA). She is passionate about ensuring that young people enjoy the benefits of physical activity.

AHKA commenced in August 2017, comprises 11 children and young people aged 8-17 years from around the country who are committed to playing an active role in helping to create a healthier Australia. They believe that one important way to achieve this is to keep physical activity fun!

One of our main areas of focus of AHKA has been the development of an online kid's physical activity survey that the YAC has co-developed and that has now been launched online

<https://www.surveymonkey.com/r/AHKAYOURVOICE>

(please see attached participant information sheet for specific information about the survey).

Ella, with the school's support, would like our students to participate in completing the survey.

I have attached an information sheet

This is a fabulous way for us as a school community to help develop opportunities for our students to ensure we get them moving more every day!

## Social Justice

Towards the end of Last term - we have many of our students from the Leadership Centre, off their own backs, start initiatives that support others that do not have all the privileges in life that we are able to engage in.

Mitch Adkins has started a project of collecting old football boots to send up to communities in the Northern Territory. If you have any discarded football boots lying around your home that you would like to donate, please don't hesitate to drop them off to our school office.

Ella Sheehan, Helena Shaw and Mia Kennedy have been selling cup- cakes and running a competition "Guess the amount of lollies in the jar" to support the Rosie Cullen Foundation in raising money for our projects in Cebu.

A Key Goal of Sacred Heart is developing a 'Social awareness' which calls our students to action. Our students are certainly an inspiration to us, helping others in need and engaging in humanitarian Initiatives

Well done

Take care

Arn

### Acknowledgement of Traditional Custodians

Sacred Heart acknowledges the traditional custodians of the land on which this school is built. We commit ourselves to working in partnership with Aboriginal people for reconciliation and justice.

### Yarrowonga Neighbourhood House

Registered Training Organisation No 21765

#### Beauty and Wellbeing

Monday 30<sup>th</sup> July – 3<sup>rd</sup> September

#### Event Planning

Wednesday 1<sup>st</sup> August – 19<sup>th</sup> September

#### Introduction to Childcare

Wednesday 8<sup>th</sup> August – 19<sup>th</sup> September

#### Excel Basics

Wednesday 15<sup>th</sup> – 29<sup>th</sup> August

#### Customer Service

Tuesday 21<sup>st</sup> August

#### RSA Vic

Friday 24<sup>th</sup> August

For more details or to enrol in any of these short courses, see our term guide, visit [www.ynh.org.au](http://www.ynh.org.au) or drop in to:



1 Hargrave Court, Yarrowonga 3730  
Ph: 03 5744 3911  
Email: [office@ynh.org.au](mailto:office@ynh.org.au)

### Nationally Recognised Training

at  
Yarrowonga Neighbourhood House  
Registered Training Organisation No 21765



#### CHC43115 Certificate IV in Disability

Thursday 26<sup>th</sup> July 2018 – 12 December 2019

#### CHC33015 Certificate III in Individual Support

Thursday 2<sup>nd</sup> August 2018 – 8<sup>th</sup> August 2019 (in Cobram)

#### SITHFAB002 Provide responsible service of alcohol

Friday 3<sup>rd</sup> August

#### HLTAID003 Provide first aid & HLTAID001 Provide CPR

Wednesday 8<sup>th</sup> August

#### SITHGAM001 Provide responsible gambling services

Friday 10<sup>th</sup> August

For more details or to enrol in any of the listed courses, see our term guide, visit [www.ynh.org.au](http://www.ynh.org.au) or drop in to:



1 Hargrave Court, Yarrowonga 3730  
Ph: 03 5744 3911  
Email: [office@ynh.org.au](mailto:office@ynh.org.au)

### For Sale

Size 4 Girl's winter tunic in excellent condition for sale.

Yvonne Strawbridge can be contacted on 0413 310 756.

| Week                         | <b>Term 3</b>   |   |  |   |   |                      |   |
|------------------------------|---|---|--|---|---|----------------------|---|
|                              | Mon 30 <sup>th</sup>  | Tue 31 <sup>st</sup>                                    | Wed 1 <sup>st</sup>  | Thu 2 <sup>nd</sup>   | Fri 3 <sup>rd</sup>   | Sat 4 <sup>th</sup>  | Sun 5 <sup>th</sup>   |
| <b>3<br/>(July/<br/>Aug)</b> |  |   | Foundation<br>100 Days of<br>Learning<br>10am-11am   |   | Lightning<br>Premiership<br>Yrs. 5/6<br>Woods Point<br>Visit- 1H<br>Parish Mass-<br>Preps<br>Whole School<br>Assembly<br>2.50pm |                      | Presentation<br>Mass  |
|                              | Mon 6 <sup>th</sup>   | Tue 7 <sup>th</sup>                                     | Wed 8 <sup>th</sup>  | Thu 9 <sup>th</sup>   | Fri 10 <sup>th</sup>  | Sat 11 <sup>th</sup> | Sun 12 <sup>th</sup>  |
| <b>4<br/>(Aug)</b>           |   |   | Feast of Mary<br>Mackillop   |   | Woods Point<br>Visit- 6S<br>Parish Mass-<br>Yr 1<br>Whole School<br>Assembly<br>2.50pm  |                      | Lions Club<br>Regional<br>Public<br>Speaking<br>Competition |
|                              | Mon 13 <sup>th</sup>  | Tue 14 <sup>th</sup>                                    | Wed 15 <sup>th</sup>   | Thu 16 <sup>th</sup>  | Fri 17 <sup>th</sup>  | Sat 18 <sup>th</sup> | Sun 19 <sup>th</sup>  |
| <b>5<br/>(Aug)</b>           |   | Year 1<br>Excursion -<br>Yarra/Mul<br>Pioneer<br>Museum | Year 2<br>Excursion -<br>Yarra/Mul<br>Pioneer<br>Museum<br>Prep Cultural<br>Japanese<br>Immersion<br>Day |   | Woods Point<br>Visit- Prep M<br>Parish Mass-<br>Yr 2<br>Whole School<br>Assembly<br>2.50pm                                      |                      | Presentation<br>Mass  |
|                              | Mon 20 <sup>th</sup>  | Tue 21 <sup>st</sup>                                    | Wed 22 <sup>nd</sup>   | Thu 23 <sup>rd</sup>  | Fri 24 <sup>th</sup>  | Sat 25 <sup>th</sup> | Sun 26 <sup>th</sup>  |
| <b>6<br/>(Aug)</b>           | Book Week<br>begins   | Book Week   | Book Week<br><br>Yarrawonga<br>ELF-<br>Community<br>Reading Day-<br>Foundation<br>Centre (tbc)           | <b>Book Week<br/>Parade 10am</b><br><br><b>Hot Shots<br/>Tennis</b> | Woods Point<br>Visit- Prep S<br>Parish Mass-<br>Yr 3<br><b>Hot Shots<br/>Tennis</b><br>Whole School<br>Assembly<br>2.50pm       |                      |   |
|                              | Mon 27 <sup>th</sup>  | Tue 28 <sup>th</sup>                                    | Wed 29 <sup>th</sup>   | Thu 30 <sup>th</sup>  | Fri 31 <sup>st</sup>  | Sat 1 <sup>st</sup>  | Sun 2 <sup>nd</sup>   |
| <b>7<br/>(Aug)</b>           |   |   |  | <b>Hot Shots<br/>Tennis</b>   | Woods Point<br>Visit- Prep G<br>Parish Mass-<br>Yr 4<br><b>Hot Shots<br/>Tennis</b><br>Whole School<br>Assembly<br>2.50pm       |                      | Father's<br>Day   |

### Sacred Heart is a Child Safe School

Sacred Heart Primary School promotes the safety, wellbeing and inclusion of all children, including those with a disability.

### Book Club

Book Club orders will close this Friday. Get your orders in asap.



**BUS SAFETY-** TFNSW are running a Slow down to 40 when Bus lights flash campaign, to make parents/motorists picking up children more aware of the dangers and the road safety rules of slowing to 40km/h when lights are flashing.

Research commissioned by the Centre for Road Safety highlighted a need to improve motorists' awareness of, and compliance with, road rules around bus flashing lights. Lights flash on the front and back of a bus when the bus is picking up or setting down School children. By Law you must slow down to 40km/h when Bus lights flash. When Bus lights are flashing, young children are on foot around the Bus. When travelling by Bus, children are most at risk in the minutes after they get off the bus.

## Catholic Identity

## Meegan McInness

### Reconciliation Program

Our students in Year 3 have commenced their preparation for the Sacrament of Reconciliation. We wish them well and will keep these students in our prayers as they work towards receiving the Sacrament.

### Presentation Mass

This Sunday is a children's Mass and the first Presentation Mass for our Candidates. We would love to have many children and families there to help us celebrate our Sunday Liturgy.

### Grandparents Day.

Thank you to all who contributed to last Friday's liturgy. It was wonderful to have so many grandparents and special guests join us for the liturgy, enjoy morning tea and then come back to school to see the children at work. We hope you all enjoyed the day.

Have a great week everyone,

Meegan McInness

Catholic Identity Leader

[mmcinness001@shyarrowonga.catholic.edu.au](mailto:mmcinness001@shyarrowonga.catholic.edu.au)

## Pastoral Wellbeing

## Janine Buerckner



[jbuerckn@shyarrowonga.catholic.edu.au](mailto:jbuerckn@shyarrowonga.catholic.edu.au)

Welcome back to Term 3. I trust everyone had a happy and enjoyable break. If you have any issues that you'd like to discuss, regarding your children's education or their social or emotional wellbeing, please feel free to come and see me – my office is in the Admin Block.

Our Breakfast Club is held on Wednesday and Friday mornings, before school, and all are welcome.

In light of the amazing rescue of the 12 Thai soccer players and their coach, I found the following article to be both empowering and thought-provoking:

## **The Power of Gratitude for a Happier Life by Dr Jodi Richardson Part Two**



*Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at [drjodirichardson.com.au](http://drjodirichardson.com.au) and say hello on [facebook.com/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson). Enquiries to [jodi@drjodirichardson.com.au](mailto:jodi@drjodirichardson.com.au)*

### **Supporting your child to become more grateful begins with teaching three fundamental ideas:**

1. Awareness that someone has purposefully done something to benefit them.
2. Awareness that taking action to provide you a benefit cost that person in some way.
3. Understanding that the benefit of that person's actions is valuable to them.

### **There are loads of fun ways to practise gratitude. Here are a few to get you started:**

- Regularly express sincere gratitude to your partner and to your children, explaining why.
- Prompt your kids to note things they're grateful for in colourful textas on poster paper on the fridge.
- Paint a wall in chalk paint for your family to artistically (or not!) express their gratitude using chalk.

Ask each family member what they're thankful for each evening at dinner.

Stop to savour and appreciate the little things like a beautiful flower or a colourful sunset.

Find the silver lining in difficult circumstances.

Relive happy moments together.

- Hold hands at the dinner table and thank the person who prepared the food.
- Ask the kids to take photos of the things they're grateful for.
- Keep thank-you notes at the ready and let the kids know when you write one and why. Encourage them to do the same.
- Encourage a contribution from your kids' pocket money towards something they want.
- Start a gratitude journal and invite the kids to make contributions.
- Encourage your kids to help others.
- Help your kids reflect on what they're grateful for, last thing at night.
- Start a gratitude jar and each weekend spend time reading over the notes within.



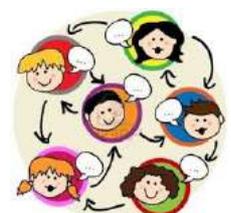
It's really about finding the right fit for your family. You may need to try a few different ideas. You don't even have to do it every day, even just a few times a week works well, though it is good to get into a routine with it.

Lastly, Associate Professor Jeffrey Froh, a leading authority on gratitude in young people, tells us that "the deepest sense of gratitude in life comes from connecting to a bigger picture, to an issue that matters to others, and doing things that contribute to society down the road."

Knowing this, we can also be on the lookout for opportunities to fan the flames of our children's passions and yearnings to make a difference in the lives of others. Step-by-step, day-by-day, we can raise grateful young people who are happier because of their perspective, and who lead rich and fulfilling lives because of what they do for others.

### **CHILDREN'S CHATTER MATTERS**

**In order to prepare for the language & learning demands of the school environment, children need ample time and opportunity to engage meaningful interactions with their family.**



Ten activities will be provided this term focusing on communicating for different social purposes. These activities will help your child/ren to make the necessary adjustments to their language so they can communicate for a variety of purposes, e.g. to tell stories, recount events, persuade, give instructions and report information. Learning about the language and types of words we use in each of these different contexts supports not only the child's oral language but written language development also.

Feel free to adjust these activities according to your child's grade level.

**\*\* The art of persuading!**

Many children are very good at arguing but have they got the power of persuasion. Can they justify their decisions and provide evidence? The ability to provide a convincing argument both verbally and in written form is a critical life skill that children need to develop.

Ask your child to provide 3 reasons for and against each of these situations:

- a. Having the following animals as pets (encourage them to be as creative as possible)  
- snake, cat, koala, mouse, seahorse, magpie, giraffe.
- b. having a sleepover at a friend's house
- c. staying up to watch a late-night movie
- d. buying a new electronic game

Encourage them to use the language of persuasion for example: "I believe that a snake would make an excellent pet for the following reasons: firstly it would certainly scare away unwanted visitors....."

**\*\*The art of persuasion.**

Show your child how to become more aware of the persuasive devices used by advertising companies. As you drive around notice and discuss the ads on various boards and signage. You could also look through the junk mail and catalogues. Focus on the words or images that influence you most. Would you buy this product - why or why not?



If you have any questions you can contact Jasman Studzinski, Ed. Speech Pathologist through the School's Special Education Coordinator, Janine Buerckner.

## Michael Grose Webinar

### "Win kids' cooperation without fears, tears and cauliflower ears"

**The following information is about the above webinar on the Parenting Ideas website:**

As our school is a Parenting Ideas Schools member, you can attend the upcoming webinar *Win kids' cooperation without fears, tears and cauliflower ears* with Michael Grose at no cost! Use the voucher code below to register for the webinar valued at \$37 per person.

#### **About the webinar**

Let's face it, many discipline measures of the past just don't cut it anymore. That doesn't mean that raising respectful, well-behaved and cooperative kids isn't important. In this era of digital distraction, shifting society norms and changing attitudes toward authority, discipline has just become a whole lot harder. In this webinar, experienced parenting educator Michael Grose will share the best of his tried and true techniques to help you get more cooperation and better behaviour from even the most challenging kids.

In this webinar you'll learn:

- the parenting style that's best suited to raising cooperative, well-behaved and successful kids in the 21st Century

- the most important question to ask yourself when kids repeatedly misbehave, that will lead to behavioural improvement
- an easy-to-apply approach to help you get more cooperation from kids without repeating yourself, raising your voice or bringing kids to tears
- a practical definition of misbehaviour that you can use in any situation
- two types of consequences to use to get more responsible behaviour and the secret to making them stick
- when kids need to be listened to and when their behaviour needs managing.

#### When

Tuesday 14 August 2018 7:30 PM – 8:30 PM AEST

Catch up available: If you can't make the scheduled webinar time, you don't have to miss out — simply register for it and a recording will be made available for you to catch up anytime. This recording will be available to everyone who registers, which also means those who attend can listen to it more than once.

#### Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a Parenting Ideas membership.

#### How to use the voucher – GREATKIDS (this is valid until 14<sup>th</sup> September, 2018)

1. Go to [www.parentingideas.com.au/product/win-kids-cooperation-without-fears-tears-cauliflower-ears/](http://www.parentingideas.com.au/product/win-kids-cooperation-without-fears-tears-cauliflower-ears/)
2. Click 'Add to cart' and proceed to the cart when you are ready.
3. Enter the coupon code and click 'Apply'. Your discount of \$37 will be applied to the order.



## Extend After School Care at Sacred Heart Primary School

### August community month: Nurses in our community

This month we will look at how nurses are involved in our community.

Where do they work? What do they do? Do you know a nurse?

I will be arranging a visit from a local nurse to the service

Over the next week or so the children will be working on a project for an Extend competition.

“Build a friend for Gilbert” our mascot gecko. We are making him a paper mache family. If we win we will get a science incursion.

We are lucky enough to have had a few days where the weather has been sunny and no wind. So we have spent these afternoons outside in the fresh air.

The most popular activity outside at the moment is the High gym bars, and chasey around the big playground.

This week our sport of the week is Hockey, next week it will be Frisbees!

Jo Kingston (Team leader) and the Extend team



### What's on in the coming week: Week 4 Term 3

This week we are having a daily activity of building a family for our friend gilbert the lizard.

#### Monday 6th August:

Mondrian abstract artwork,

#### Tuesday 7th August:

Newspaper sunflowers and watercolour, Pancakes

#### Wednesday 8th August:

Self-portraits using any medium you like

#### Thursday 9th August:

Paper fold book marks, How do leaves breath?

#### Friday 10th August:

Native American art, Blind man's Bluff

Eye word scramble, Simon Says

### Prep 100 Days of Learning

Today, our Prep students celebrated '100 Days of Learning'. We had many parents, families and visitors join in the celebrations this morning. The students were super excited to share many things they have learnt as well as participating in some fun, hands on activities.



### Winners are Grinners!

Hopefully your child has told you about our HOUSE POINTS or you have heard about it from someone else and know how it's a big focus for us this year at SHPS. As part of our PBIS Framework, this is a whole school approach. It is about acknowledging our students who display any one of the 3Bs; Be Safe, Be Respectful and Be Your Best.

Each week we have a specific mantra that will relate to one of our school's expectations. It is a time for our staff and students to focus on the expectation and acknowledge the students who are following our expectation. This is an opportunity for staff to talk about it, to model it and to teach it. Each day students are rewarded house points for displaying one of the 3Bs and these points are added to their house team. 'Golden Tickets' are given out at recess and lunchtime and this means you get **two** points for your house tally. Teachers are asked to explicitly name the positive behaviour they saw and the student has to be able to tell their teacher why they were chosen to get a 'golden ticket'. At the end of the week, our Year 6 Sports Captains tally the results and they are shared at Monday mornings whole school assembly. With a special 'drum roll' the winner is announced and the captains get to add a token to their house team. When a team has received 5 tokens they are rewarded with an early lunch and extra play time. At the end of the semester the house team with the most house tokens will be crowned the winners. In Semester One we saw Lourdes (Green House) take out the Winning Cup! Keep up the great work everyone and continue to Be Safe, Be Respectful and Be Your Best!

### Reconciliation and Fire Carriers Ceremony

Congratulations to all our new Fire Carriers for 2018 who were initiated last Wednesday at our Reconciliation Ceremony. A big thanks goes to Mrs Cussen for organising the ceremony with support from Treahna Hamm. It was great to see all our students and staff being respectful of the occasion. These are our Fire Carriers for 2018: Teachers... Daniel Boulton, Marley Fountain, Kate Trembath. Students: Hannah Loughnan, Will Murphy, Lachlan McDonald, Oscar Whiteley, Mekaylah Duns, Mason Kolodziej, Ella McCarthy, Myley McGlynn-Phillips, Levi Saunders, Michelle Pelham, Charlie Cole, Billy Cummins, Xavier Watson, Hunter Irvine, Anna Zanin and Lach Jones.





**OUR PBIS  
HOUSE  
WINNERS  
FOR  
SEMESTER 1  
2018**

# **Congratulations Lourdes - Go Green !**



**Always following our 3Bs**

- **Be Safe**
- **Be Respectful**
- **Be Your Best**



**GRANDPARENTS DAY 2018- Thank you to all for attending.**





Thank you for taking the time to consider completing the Active Healthy Kids Australia (AHKA) **'Your Voice' Survey**. Please read through this information with your Dad or Mum before completing the online survey, which could take up to 20 minutes.

### **Introduction**

My name is Natasha Schranz and I am the Co-chair of AHKA. Along with colleagues from the University of South Australia (UniSA), I founded AHKA in 2013 (a group of 13 physical activity researchers from around Australia), in order to develop the first ever Australian Physical Activity Report Card for kids that was launched in 2014. After releasing two more Report Cards in 2015 and 2016, AHKA has realised how important it is to understand what Australian children and young people think and feel about physical activity. That's why we're asking you to tell us what you think so that we can help Aussie kids move more every day.

This information sheet should provide the answers to some of the questions you may have about completing the survey. At any stage please feel free to contact me or my colleague Vanessa Glennon who is the AHKA Project Officer with any further queries.

### **Natasha Schranz**

t (08) 8302 1285 | m 0403 658 592 | e [natasha.schranz@mymail.unisa.edu.au](mailto:natasha.schranz@mymail.unisa.edu.au)

### **Vanessa Glennon**

t (08) 8302 1277 | e [vanessa.glennon@unisa.edu.au](mailto:vanessa.glennon@unisa.edu.au)

### **Who should complete the survey?**

We are hoping that a large number of boys and girls from around Australia aged 5-17 years will complete the survey so that we can get a good understanding of what Australian children and young people think and feel about physical activity.

### ***If you are aged 5-10 years:***

To increase the amount of fun you have when answering the questions we would like to ask you to do the survey with your Dad, Mum, older brother/ sister or another adult in your life. That way, they can help you if there's something (an idea or a word) that you don't understand. But we would like to make it very clear that we are interested in YOUR answers, not someone else's.

### ***If you are aged 11-17 years:***

We hope you enjoy the experience of completing the survey. You are welcome to do the survey with the help of your Mum, Dad, older brother/ sister or another adult in your life but if you do, it is important that the answers you give reflect YOUR thoughts and feelings and not someone else's.

### **What we are asking you to do?**

To help us select the 'best' questions to ask kids and teens about physical activity we first asked a group of adults, from different backgrounds and professions who understand how important it is for kids to be physically active, what they thought we should ask. We then went through all of the adult questions with the members of the AHKA Youth Advisory Council to work out if they really were the 'best' questions and whether we needed to make any changes. The final list of questions that includes some basic questions about you is what we have included in our survey. When going through the survey it would be great if you could:

- Write/select an answer for all of the questions;
- give as much detail as possible; and
- be as honest as you are comfortable with.

If you don't want to answer all the questions in one go you can always come back and finish them off at another time. Just make sure you use the same computer, tablet/iPad or smartphone that you used the first time.

### **Ready to complete the survey?**

#### ***Consent to participate***

By completing and submitting your answers you will be giving your informed consent to participate in this project.

#### ***Benefits of participating***

AHKA believes that it is important for us to engage with the kids of today to understand what they think and feel about physical activity and being physically active. By completing our online survey you will be helping us help get Aussie kids to move more every day through what we do in the future.

#### ***Risks associated with participating***

There are minimal risks associated with completing the survey. However, answering the questions may make you feel uncomfortable. At any point if you do not want to finish the survey please stop immediately and exit the website.

#### ***Confidentiality***

All information collected will be used by AHKA to inform our future actions. Electronic data will be stored for five years on a password protected computer on the University of South Australia server in a locked office at the University of South Australia (City East Campus, RM C7-42) that only the AHKA Co-Chair has access to.

Active Healthy Kids Australia will take every care to remove responses from any identifying material as early as possible. Likewise individuals' responses will be kept confidential by the researcher and not be identified in the reporting of the research. However AHKA cannot guarantee the confidentiality or anonymity of material transferred by email or the internet. All records containing

personal information will remain confidential and no information which could lead to identification of any individual will be released, unless required by law.

Upon request (only) summary data will be provided to third parties who can use the data to influence the physical activity experiences or opportunities children and young people engage in. Summary data will be provided at the postcode level for age and sex.

### ***Summary of findings***

A summary of the findings will be made available on the AHKA website once all responses are collated and synthesised. The findings may also be published in a scientific journal and/or Report for the broader Australian public, but you will not be identified in any way.

### **What else do I need to know?**

Everyone who completes the survey will have the choice to go in the draw to win one of 5 physical activity prizes, up to the value of \$200, that include the choice of:

- Activity/sports apparel and/or equipment voucher
- Tickets to a physical activity or sports event of your choice (subject to availability)\*
- Entrance passes to a fun physical activity destination of your choice (e.g. climbing, trampolining, skateboarding) \*

\* Transport and/or accommodation not included

To go into the draw you will need to enter a valid email address at the end of the survey before you submit your answers. The prize draw will take place on September 18<sup>th</sup> 2018 and winners will be contacted via email.

We may like to use the information collected during this project for further research, however whenever the information is used you will not be identified in any way.

The University of South Australia's Human Research Ethics Committee has approved this project. Participants or third parties who wish to lodge a complaint about either the project or the way it is being conducted should contact the Executive Officer of UniSA HREC in the first instance, email: [humanethics@unisa.edu.au](mailto:humanethics@unisa.edu.au) or tel: (08) 8302 3118. While we would be most appreciative of your participation in this project you are free to withdraw at any time without prejudice.

**Thank you very much for taking the time to read this information sheet and for completing our 'Your Voice' survey.**

Natasha Schranz PhD  
Active Healthy Kids Australia Co-Chair  
Alliance for Research in Exercise, Nutrition and Activity (ARENA)  
School of Health Sciences | University of South Australia  
t (08) 8302 1285 | m 0403 658 592 | e [natasha.schranz@mymail.unisa.edu.au](mailto:natasha.schranz@mymail.unisa.edu.au)

# Respectful Relationships

## Primary years

We are making Victoria the Education State – a state renowned for its world-leading education system that gives our children the best start to a healthy, happy and prosperous life.

The Victorian Government is investing \$21.8 million to support Respectful Relationships in all Victorian schools, because the best relationships are respectful ones.

### ABOUT RESPECTFUL RELATIONSHIPS

Respectful Relationships is a wide ranging initiative to help young Victorians deal with a range of challenges they may face and covers topics including being respectful, resilient and engaged at school and confident in themselves.

Respectful Relationships promotes equality and helps boys as well as girls learn how to build healthy relationships. The initiative prepares them to face challenges by developing problem-solving skills and building empathy, resilience and confidence.

Family violence has a devastating impact on our community and affects people from all walks of life. The Royal Commission into Family Violence recommended Respectful Relationships be introduced to all schools to change attitudes and prevent the prevalence of family violence in future generations.

In 2016 Respectful Relationships became a core component of the Victorian Curriculum and is being taught in all government and Catholic schools and many independent schools.

Respectful Relationships is underpinned by evidence that shows schools can play a key role in preventing family violence by helping students develop an understanding of healthy relationships and respect.



### RESPECTFUL RELATIONSHIP LEADING AND PARTNER SCHOOLS

In 2017, more than 120 Victorian Schools are receiving funding and intensive professional development training to become Respectful Relationships Leading Schools and over 900 schools are being mentored by the Leading schools to become Respectful Relationships Partner schools.

These schools are being supported to implement a whole school approach to Respectful Relationships. Schools will look at their culture, practices and policies relating to gender and drive meaningful change, building an enhanced culture of respect and equality as schools and as workplaces.

Leading and Partner Schools are provided with targeted assistance to support and refer students and families who are affected by family violence.

### RESILIENCE, RIGHTS & RESPECTFUL RELATIONSHIPS TEACHING AND LEARNING MATERIALS

Resilience, Rights & Respectful Relationships teaching and learning materials for Prep-to-Year 12. They are available online for all schools to use.

The resources have been developed by world-leading experts from Deakin University and the Melbourne Graduate School of Education. These age-appropriate resources for the curriculum delivery and include lesson plans and activities that help students learn and practice social skills and apply them in a positive way to learning, life and relationships.

### WHAT IS TAUGHT IN THE PRIMARY YEARS?

In the primary years, the focus of Respectful Relationships is on treating everyone with respect and dignity. The teaching resources provide tailored learning materials for Prep to year 6, including age appropriate lesson plans and activities that help students learn new skills and build confidence and resilience.

### WHAT ARE THE BENEFITS OF CHILDREN LEARNING ABOUT RESPECTFUL RELATIONSHIPS?

We know that a good education is about more than simply getting good marks, it is about supporting children to become contributing members of our communities, with productive and healthy adult lives.

Evidence shows that respectful relationships education:

- helps equip children with the skills to communicate positively and respectfully, build positive relationships and challenge stereotypes that don't support equality
- positively impacts overall academic outcomes, mental health, classroom behaviour and student-teacher relationships (Our Watch, 2016).

### HOW CAN RESPECTFUL RELATIONSHIPS HELP ADDRESS FAMILY VIOLENCE?

Family violence is complex and multifaceted but research shows that gender inequality is a key driver (VicHealth, 2007).

More than one in three Australian women aged over 18 has experienced violence since the age of 15 (Australian Bureau of Statistics, 2012). A 2013 VicHealth study found that of Australian young people aged 16-24:

- Almost a quarter believe that partner violence can be excused if the person is so angry they lose control
- Only half knew where to get help if they were faced with a problem about violence against women (VicHealth, 2013).

The evidence supporting Respectful Relationships is overwhelming and comes from respected institutions such as the World Health Organization and The Royal Commission into Family Violence. Helping children develop an understanding of healthy relationships and respect is key to preventing family violence in the future.

The Respectful Relationships Education in Schools (RREIS) trialed across 19 schools, and reaching 1,700 teachers and 4,000 students was found to have had a positive effect on; students' attitudes, knowledge and skills, and school policies, culture and ethos.

### MORE INFORMATION:

For more information visit:

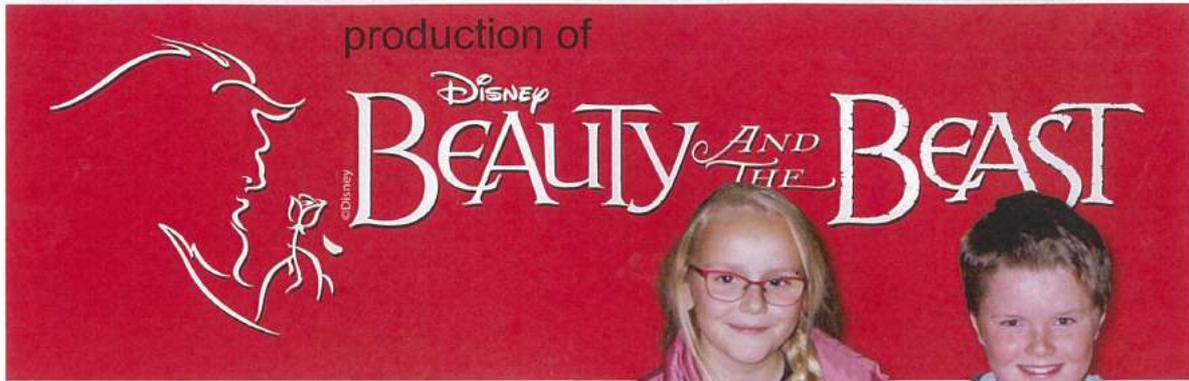
[education.vic.gov.au/respectfulrelationships](http://education.vic.gov.au/respectfulrelationships)

For enquiries email:

[respectful.relationships@edumail.vic.gov.au](mailto:respectful.relationships@edumail.vic.gov.au)

**ALLEGRO**  
THEATRE  
COMPANY  
**YARRAWONGA**

**YARRAWONGA TOWN HALL**



**Friday July 27**  
**Saturday July 28**

**Friday August 3**  
**Saturday August 4**

**Friday August 10**  
**Saturday August 11**

all performances at 7:30 pm

**Bookings available from July 16 at**  
**Yarrowonga-Mulwala**  
**Visitor Information Centre**  
**5744 1989 or 1800 062 260**



Music by **Alan Menken**      Lyrics by **Howard Ashman & Tim Rice**      Book by **Linda Woolverton**

By arrangement with Hal Leonard Australia Pty Ltd, Exclusive agent for Music Theatre International (NY)