

Sacred Heart Catholic Primary School Diamond Creek

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Sacred Heart Newsletter

Newsletter No 3 Term 1
18th February 2021

Dates for the Diary

Mon 22nd Feb	STUDENTS DISMISSED AT 1.30 PM Learning Conversations 2pm – 5pm
Tues 23rd Feb	Learning Conversations 3.45 pm – 7pm Shrove Tuesday – Pancake Day
Thurs 25th Feb	KABOOM Sports Carnival 5pm -7pm

Dear Sacred Heart families and friends,

Fr. Steve's Mass and Homily:

The link to last weekend's Mass can be found here:

<https://www.youtube.com/watch?v=SDTcrlReOvw>

What a relief we are back! With the Premier of Victoria announcing that due to an increase in COVID-19 cases our State was placed into a short period of Lock Down (Monday 15 to Wednesday 17 February 2021) - our first thoughts were ones of concern for our students, staff and families, particularly those new to Sacred Heart Primary School, as we have only recently reconnected with school in the physical sense. At the same time, we had complete confidence in our community to remain connected and support each other. With the news of returning to flexible and remote provisional learning communicated to schools at 2.50 pm on Friday, and the short sharp impact of the circuit breaker, it was decided to enable families an opportunity to work on fundamentals with their children and for some families the decision to just concentrate on reading was encouraged due to the trauma this impact had on individuals over 2020. We thank all our families for the support and patience in the decision not to return to the structured Remote Learning offered in 2020 as we waited for further directives from Melbourne Archdiocese Catholic Schools and the Victorian Government. We were extremely grateful to receive the news that schools would return today.

For some of our students, staff and families this may be a time of heightened concern and anxiety. As parents and educators one of the most powerful things we can do is to maintain a positive approach with our children as they navigate this period of uncertainty. We encourage you to reach out to your child's teachers if you notice changes in your child or need support.

Without a doubt, there will be good times and more challenging times as we progress through 2021 but be assured that we are here to partner with you throughout this year and those to come.

Year 1 -6 Learning Conversations:



School
Interviews

Learning Conversations

Now that we are able to return to normal schooling after our short circuit-breaker lockdown, we will be able to resume our Learning Conversations but with some necessary amendments.

Year 1 - 6 Learning Conversations will now be held on Monday 22nd February, 2 pm to 5 pm and Tuesday 23rd February 3.45 pm to 7 pm.

However, on Tuesday 23rd February we will still be holding our First Reconciliation ceremony at 6.30 pm for our Year 3 families. This will mean that any families who have already scheduled a Learning Conversation in the 6.15 pm or 6.30 pm time slots on Tuesday 23rd February might need to consider rescheduling these meetings.

If other families need to also reschedule their Learning Conversations please use the link below to change your times. In order for staff to be able to prepare for the Learning Conversations this site will be locked at 9.00am on Monday 22 February.

Please log on to www.schoolinterviews.com.au and enter the code **wvsc8** to secure a booking or click on this link: <https://www.schoolinterviews.com.au/code?code=wvsc8>.

The Learning Conversations will be a face to face meeting in the child's classroom (subject to any COVID restrictions). If you would prefer to have an online meeting with your child's teacher, please contact the office.

If your child is in Prep or has a Student Support Group (SSG) meeting you do not need to make a booking. Preps will be meeting with their teachers on Wednesdays and SSG Meetings will be held in Weeks 5 & 6.

Please note, on **Monday 22nd February, students will be dismissed at 1.30 pm** to allow staff to meet with families shortly after. If you are unable to pick up your child/ren at this time, please contact the office so that we can make suitable arrangements for supervision.

Reconciliation:

We pray for our Year 3 students and their families as they prepare to celebrate the Sacrament of Reconciliation on Tuesday 23rd February. These students were unable to receive this Sacrament in 2020 due to COVID restrictions. Our 2021 Year 2 students will receive the Sacrament of Reconciliation in Term 4.

Uniform Shop:

Thank you to Angela McIlroy for volunteering to coordinate the uniform shop for 2021. Orders can be made online or the shop will be open each Monday from 3.15 pm - 3.45 pm in the school Community Centre starting Monday 1st March. Orders made online now will be processed on a Monday afternoon.

Parenting Seminar - Kids and Anxiety:

Anxiety can be a pain. It can stop us from doing things that we want to do, and when it takes control of a child's life, it can take control of whole families as well. It is very common for people to struggle with anxiety, but it's become even more common recently. Over the last 12 months, our world has been turned upside

down and become predictably unpredictable. It's been hard to navigate for adults, but for many kids it's been confusing and overwhelming. Unsurprisingly, we're noticing more kids (and adults) struggling with anxiety, some who were pretty familiar with it before COVID-19, and some who are new to the frustrations that anxiety can cause when it takes control of us. Anxiety can be scary, and can make us feel stuck and powerless.

We will be running a 1 hour seminar on understanding anxiety for parents. We will explore questions such as:

- What is anxiety?
- Why do we experience it?
- What can we do about it?
- How can we help our kids?

The seminar will include some tips on how you and your family can experiment with reclaiming authority over anxiety.

Anna Johnson is a Registered Psychologist working in Private Practice in Diamond Creek, and has over 14 years' experience in the field. She works with many children, teenagers and their families to reduce the power of anxiety in their lives. Anna will be presenting this seminar at Sacred Heart on Wednesday 24th March at 7 pm. More details to follow soon.

Kaboom Kids Sports Twilight Event:

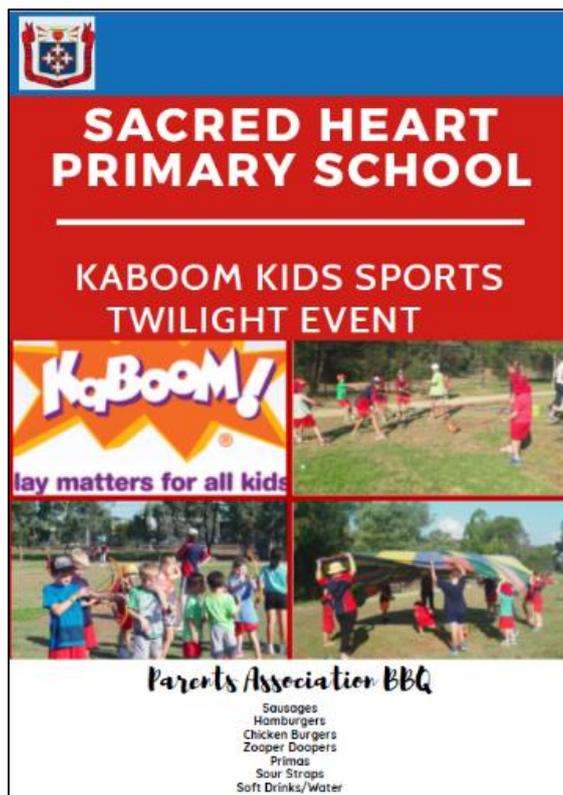
The Kaboom Kids Sport Twilight event is to be held on Thursday 25th February, 2021 from 5.00pm – 7.00pm at Sacred Heart Primary. The carnival is designed to be a fun family event when the whole school community can come together and celebrate the beginning of a new school year. In keeping with this philosophy many of the activities are non-competitive and focus on fun participation for all including parents, siblings and the wider community.

This year we will be using Kaboom! Kids Sport. Emphasis is placed on all the children being actively involved in a non-competitive environment. It involves fun filled challenges that enhance the development of basic PE and social skills common to modified and traditional sports. It uses exciting and safe equipment tailored to the developmental stages of the children. All activities are designed so the children are working on fun activities developing their hand eye coordination skills and getting active without needing a specific sports skill base to start with, so the activities overcome that initial barrier to participation that some children can have if they are not confident with their ability levels in any one specific sport. Kaboom! Kids Sport encourages teamwork, communication, problem solving, wellbeing and positive leadership skills. The students interact using fun, safe and specifically designed equipment for a wonderful evening. This event will be run in small groups.

- Events will commence at 5.00pm - students should be at school approximately 10 minutes earlier.
- Students are asked to wear their sports uniform.
- When families arrive at the venue the children are to head to the marshalling area on the school oval.
- There is plenty of space for picnic rugs or fold up chairs around the oval and on the courts for families to have dinner together.
- BYO dinner, although the Parents Association will be selling drinks, icy poles, sausages and burgers.
- Parents/siblings are welcome to move around the oval participating in the events.
- Please ensure your son/daughter has a hat, sunscreen and drink bottle.
- It is recommended that the students have a snack before the event and then the formal side of the sports will be finished by 6.00pm where they can then join their families for dinner.

We look forward to an exciting community building event fun for all ages and it is **anticipated that all families will attend the evening**. More information has been sent out via Operoo to help cater for

numbers. If there are any older siblings that would be prepared to help with the supervision of stations if they could please see me on arrival and I will allocate them a position.



**SACRED HEART
PRIMARY SCHOOL**

**KABOOM KIDS SPORTS
TWILIGHT EVENT**

KaBOOM!
Play matters for all kids

Parents Association BBQ

- Sausages
- Hamburgers
- Chicken Burgers
- Zooper Doopers
- Primas
- Sour Straws
- Soft Drinks/Water

Running Club:

On Friday 19th February the school running club run by Dale Nardella (Sienna & Jack's dad) will start up again each Friday for the remainder of Term 1. Dale has a current Working With Children Check and will supervise the students. This takes place on the oval starting at 8am each week. This is a great opportunity for students to increase their fitness but also for our Year 3-6 students to obtain some support with running leading up to the District Cross Country trials early in Term 2.



**SACRED HEART
PRIMARY SCHOOL**

RUNNING CLUB

Sacred Heart Running Club
Friday 8.00am - 8.30am
Starting Friday 19 February (each Friday)

Students are to meet on the oval at 8am where they will have the opportunity to work on their running capacity and technique in a fun, inclusive and safe session. This will be run by one of our Dads who is a Level 1 Community Athletics Coach. This can be done for fun or in preparation for the Athletics and Cross Country carnivals. this is a FREE activity.

District Swim Carnival:

The District Swimming Carnival is Monday 22nd February at WaterMarc, Greensborough. Good luck to the following students that will represent Sacred Heart Primary School at this event; Isaac Sciberras, Harper Bishop, Tadhg O’Neill, Penny Motschall, Nala Santostefano, Tess Pearce, Heidi Madden, Harrison Oke, Kieran Madden, Hector Santostefano, Xavier Sciberras, Scarlett Oke, Zarah Clough, Alice Brunnen, Claire Waddington, Evelyn McIlroy and Ally Blakely.

The Diamond Valley Primary School Sports Association, in line with the School Sport Victoria COVID-19 Safe Plan, are informing all parents that they are unable to attend Interschool Sport and District carnivals until further notice.

Interschool Sport:

Sacred Heart competes in the District Interschool Sport Competition conducted throughout the year. Interschool Sport will begin tomorrow Friday 19th February with a game against Diamond Creek at their home grounds.

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Rescheduled Pancake Tuesday:

Due to the circuit breaker lock down we have rescheduled Pancake Tuesday to Tuesday 23rd February. If you have not yet returned your order with payment please do so by Monday 22nd February.

Bush Fire Preparedness:

By nature of our location, the Victorian State Government has classified Sacred Heart Primary School as High Risk; this means that on Code Red Fire Danger Rating Days in this District, the CECV, on advice from the Bureau of Meteorology will advise school closure. Where possible, three days’ notice of a planned closure will be provided. Further details will also be available on the following websites: www.cecv.catholic.edu.au and www.education.vic.gov.au.

The students will be involved in a practice evacuation exercise on Thursday 4 March monitored by our Emergency Management Plan provider, Dynamiq.

House Points:

At the conclusion of week 4 the results were as follows:

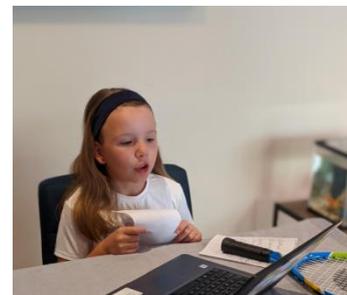
MACKILLOP (RED)	BUNJIL (BLUE)	CORDNER (GREEN)
1024	842	747

Student News:Lily Arvaji

Congratulations to Lily who participates in the junior parkrun and received a new Personal Best last week.

Audrey Hodgson

Audrey had been invited to do the coin toss on the Margaret Court Arena at the Australian Open on Saturday 13th February. Unfortunately, due to the restrictions, this could not happen. Tennis Australia arranged for Audrey to have a Zoom conference with World Number 4 Daniil Medvedev. Well done Audrey what a great experience and opportunity for you.



Staff Bios:

Gloria Lewis:



Hi my name is Gloria Lewis. I will be working as the LSO in the 1 / 2 Homerooms in 2021. I was born and raised in Lautoka, Fiji where I met my husband who worked for the Australian Government there. We married in Fiji before relocating back to Melbourne in 1986. We lived in Greensborough for four years before we settled in Diamond Creek in 1990. We have three children, our oldest daughter lives and works in Canberra whilst our middle daughter and son still live at home.

My connection with Sacred Heart School and Parish goes back to the 90's. I served on the Parish Baptismal Team for a few years. I was also on the Sacred Heart Netball Club Committee as well as coaching a few teams. I played hockey for Greensborough for 20 years as well as netball with a few teams in the Diamond Valley and Jika Leagues over the years. I retired from playing sports after tearing my Achilles tendon and it was time to enjoy my children's sports.

In Fiji, I worked in Sales and Marketing and Reservations in the Tourism Industry. Once settled in Melbourne, I worked for the Commonwealth Bank for over 10 years until I had my son. I went on to work as a Personal Carer for the Sisters of The Good Samaritan in Northcote before joining the Department Of Human Services specialising in Disability work. After a few years, I moved over to St. John Of God (Churinga) until I joined the Sacred Heart Family in 2011.

I have worked throughout all the year levels in the school as an LSO and I am still learning. This year will be my third year in the Foundation-2 area and it's a joy to watch the children grow. I find working with children who have special needs can be challenging at times and also very interesting. I find that every day is a new day and I wouldn't change a thing.

Sacred Heart Primary School Community is a vibrant and supportive community and for this, I'm very thankful that I'm a part of it.

Tash Llewellyn:

Hello. My name is Tash Llewellyn. This is my first year at Sacred Heart and I will be supporting the children and teachers in Prep NC as a Learning Support Officer. I'm very excited to be a part of the staff here and to get to know all the students and families at Sacred Heart.

I was born in England and moved to Australia in 2003. I love supporting and helping children in any way I can. My hobbies include playing the Soprano and Tenor saxophones and sewing.



INSIGHTS

Seven ways to be a positive influence on children and young people



Parents and teachers influence children most during their first twelve years of life. We have less influence over teens as they become increasingly independent and look to their peers for guidance and approval.

The following strategies will help ensure that you have a positive influence on children at any age.

1. Be available

Nothing says "You matter" more than a busy parent giving a child undivided attention. Research has established that children whose parents are emotionally present for their kids have better social, academic, and wellbeing outcomes than those whose parents aren't available.

2. Be warm

Sometimes we can forget that our children are people too – particularly when they're irritable, tired and obnoxious. By responding to kids warmly (even when you don't feel like it), you show that you value them as people. A gentle touch, a smile, or soft words bring warmth to a relationship, and increase the likelihood that you'll be listened to and be a positive influence on their lives.

3. Listen, but don't fix

Parents can fix sore knees, broken hearts, messy friendships, and even some difficult homework projects. But kids generally don't need adults to fix them. They just want us to 'get' what they're going through. When you see the world through their eyes, you are more understanding – and more likely to be listened to when they need us.

4. Set limits

Nothing says "I love you" more than a firm and clear "No!" from mum or dad.

"No, you can't say that to your sister. How can you make things right?"

"No, it's not ok for you to stay out until midnight. You're 14."

"No, I don't feel right about you having your smartphone/tablet/laptop in your bedroom. Ever!"

Children and young people will often argue with you, but setting limits means that you are having a positive influence on your children. The trick is to not become too authoritarian or you'll simply drive unwanted behaviour underground.

5. Play

Playing games and laughing together binds us close to our kids. Through play you build a relationship of trust with that facilitates our ongoing positive influence.

6. Be grateful

Grateful people are happier, healthier, have better relationships, sleep better, have more income, are less materialistic, achieve better academic outcomes and are more energetic. By being grateful you'll be a positive influence in the lives of your children. Say thanks often – and mean it.

7. Love them and show it every day

We're always correcting our kids or telling them what to do. Pick this up, put that away, get off the computer, pack your bag, tidy up your room, and so on... and that's before 7.30 in the morning! Our ratio of negative to positive statements can often be the wrong way round. So find opportunities to tell your kids such things as:

- "You really make a positive difference around here."
- "I am amazed at the exceptional effort you make at..."
- "I love you – no matter what."

Your time with kids is short. By setting a positive example, you can be a positive and lasting influence in your children's lives.



Dr Justin Coulson

Dr Justin Coulson helps families be happier. His Goalcast and TEDx positive parenting videos have been viewed by more than 100 million people. He is the author of 6 books about creating flourishing families and raising resilient children. Justin and his wife, Kylie, are the parents of 6 daughters. Find the Dr Justin Coulson's Happy Families podcast on Apple Podcasts and Spotify. For further details visit www.happyfamilies.com.au

CALENDAR

February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22 WEEK 5 A	23	24	25	26	27	28
Assembly District Swimming 9.30am – 1.00pm Learning Conversations-SSGs this week	Learning Conversations 2020 Reconciliation 6:30pm Sacred Heart	Preps no school	Kaboom Kids Sports Twilight Sports 5-7pm	ISS v		

March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 WEEK 6 B	2	3	4	5	6	7
Preps Full Time Loyola Students doing community service Assembly	Advisory Board 7.30pm General Faith Night- 7pm-8:15		General Faith Night- 7pm -8:15	School Closure – Pedagogy of Encounter (St Mary's & St Thomas)		
8 WEEK 7 A	9	10	11	12	13	14
LABOUR DAY HOLIDAY				ISS v		
15 WEEK 8 B	16	17	18	19	20	21
Harmony Week Assembly 5/6 Camp – The Briars	5/6 Camp – The Briars	5/6 Camp – The Briars St Patrick's Day		ISS v Ride2School Day National Day of Action against Bullying & Violence	Commitment Mass for Eucharist	Commitment Mass for Eucharist
22 WEEK 9 A	23	24	25	26	27	28
Assembly		The Annunciation Parent Session - Anna Johnson		ISS v		
29 WEEK 10 B	30	31				
Assembly						

April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			END OF TERM 1 2.30PM	GOOD FRIDAY		EASTER SUNDAY



News from the Office

2021 SCHOOL FEES

The 2021 Fees and Levies statements have now been emailed to all families.

Should you wish to pay your fees via a regular payment (weekly, fortnightly, monthly), please complete the Direct Debit Authority (attached to the newsletter email) and return it to the office as soon as possible. Direct Debit Authority forms can be emailed or collected from the office.

If you have any queries regarding fees, please do not hesitate to contact Allison Garrard on 9438-1590.

Production 2021

2021 is going to be another busy year in Performing Arts, as it is a Production year. We have our fingers crossed that we will have a more "normal" year compared with 2020.

We are currently fine-tuning the script and have also opened up to the students in Years 3-6 the opportunity to show interest in auditioning for a role.

We are hopeful that by the end of this term we will have set the cast. It is wonderful to have so many students already putting their name down for consideration.

The short listing and audition process is a long and carefully considered process. Students who will be invited to audition will have ample time to prepare, as well, I will be giving them some information to help with the process. The final decision on the cast will be made by myself, Mrs. Sandy Morgan and Mr. Jim O'Sullivan.

I look forward to working with all of the students of Sacred Heart this year, as we work together to produce another wonderful whole school production.

Mrs. Rachel Murphy
Performing Arts Coordinator

Book Club

Issue 1 Orders Due back Friday 19th February 2021

Our school will be participating again in Scholastic Book Club this year. Up to twice a term throughout the school year, a Club catalogue will be sent home with a different selection of books offered for all ages. Due dates for orders are published throughout the year in the weekly school newsletter.

How to order?

*It is easy to order. The Book Club Linked Online Ordering Platform, **LOOP** allows you to securely order and pay online credit/debit card. By ordering through **LOOP** you will also be eligible for bonus offers and rewards. Visit scholastic.com.au/LOOP.*

Alternatively, you can place your order by completing the order form at the back of the catalogue and returning it with the correct cash amount in an envelope, addressed to "Book Club" through the classroom tub system.

When will the orders be delivered?

Your child's order will be delivered to class, approximately 1-2 weeks of orders closing. A "Gift" option is available through online orders. If this option is selected, we will notify you when your order is ready to be collected from the school office.

Why support Book Club?

Your Book Club orders also help support our school as 20% of your order spend goes back to our school in valuable Scholastic Rewards that are then used by our library to purchase additional books and resources. Last year, despite the interrupted year, we raised approximately \$350 - thank you for your ongoing support!

If you have any queries, please feel free to email me at sasha_t@hotmail.com.au or call/text on 0481394559.

Sincerely,

Sasha Topolcsanyi



Sacred Heart Primary School



Lunch Orders now Online – visit CDF Pay to order

TUCKSHOP MENU 2021

HOT FOOD

Hot Dog	\$4.00
Lasagne	\$4.00
Mac & Cheese	\$4.00
Sausage Roll	\$3.50
Margherita Pizza	\$4.00
Dim Sim	\$1.00
Chicken Nuggets	\$0.80
6 for	\$4.00
Party Pie	\$1.20
Sauce	\$0.10

COUNTER SALES

Lamington	\$0.20
Choc Chip Cookie (home made)	\$1.00
Snowball	\$0.40
Popcorn	\$1.00
Chips	\$1.00
Sour Straps	\$0.20
Fruit Lolly Bag	\$0.60

FRESH FOOD

Chicken Schnitzel	\$6.00
(Lettuce, Cheese & Mayo Salad Roll (Lettuce, Tomato, Cucumber, Beetroot, Carrot	\$3.50
Add Ham or Chicken	\$4.50
Vegemite Roll	\$2.50
Vegemite & Cheese Roll	\$3.00
Fruit Salad in a cup	\$3.00

DRINKS

Nippys Choc/Straw milk	\$2.00
Glee Aerated Fruit Drink	\$2.00
Prima	\$1.00
Slushie	\$1.50

FROZEN FOOD

Frozen Pineapple	\$0.50
Zooper Dooper	\$0.50
Moosie	\$1.00
Sourtube	\$0.60
Slushie	

All orders must be placed by Thursday morning.
For any inquiries, please contact Chiquita Keating 0448 450 008.

This week @ Sacred Heart



Amelia read a few books to her buddy Madi and Madi read her reader to Amelia .

Community News



DRUMS



GUITAR



PIANO



SINGING & DANCE



Teaching a wide range of music styles such as pop, rock, funk and jazz, along with accompanying music theory and history!

All lessons are held weekly and timetabled during school hours

Why learn music? Learning music helps develop left and right brain coordination, listening and comprehension skills, positive feedback and greater self belief. Our lessons nurture creativity, confidence and independence.

Music Performance Concerts are hosted every year to showcase our students' exceptional progress and build performance skills.

"My children are very different personalities and one is on the spectrum. We have watched all of them grow with 2DMW from Prep for 5 years and witnessed the transformation of their abilities and confidence.

We are consistently amazed at the positive attitude, confidence, discipline and great standard achieved with 2DMW Teachers."
- Sarah and Dev, Parents

To enrol or learn more about our programs, head to our website

[2dreammusic.com](https://www.2dreammusic.com)



For enquiries, contact:

Jason Stonehouse 0419 872 875 | contact@2dreammusic.com



WHITEFRIARS
CATHOLIC COLLEGE FOR BOYS

OPEN DAY

Sunday 14 March



Tours from 10.30am bookings required
Register at whitefriars.vic.edu.au

156 Park Road Donvale Vic 3111

Belong. Believe. Become.



Catholic
Ladies' College

See yourself here.

Year 7 2023 applications
close August 20th 2021

Thursday 25 February 9.15am – 11.15am (On campus)	Tuesday 23 March 9.15am – 11.15am (On campus)
Thursday 4 March 9.15am – 11.15am (On campus)	Tuesday 20 April 4.30pm – 5.30pm (Virtual Principal Q&A)
Wednesday 17 March 4.30pm – 5.30pm (On campus)	Tuesday 27 April 9.15am – 11.15am (On campus)

Book your place online
www.clc.vic.edu.au



DIAMOND CREEK
JUNIOR FOOTBALL CLUB



2021 FOOTY SEASON REGISTRATIONS NOW OPEN



Diamond Creek Junior Football Club "FUN, FAIR, FOOTY" are currently seeking players for our Primary School age groups, U9, U10, U11, U12.

Registrations can be completed online via the NFFL Website: www.nfl.org.au

- Log onto: www.nfl.org.au
- Click onto "Football" tab
- Click onto "2021 Football Player Registration Forms"
- Click onto "Diamond Creek"

For any further information please contact our Secretary, secretary@diamondcreekjfc.com.au

Diamond Creek Auskick registrations are also now open. Auskickers run, jump, kick, laugh, express themselves and create their own special moments that just happens to be footy. No matter if you know the game or not, Auskick is inclusive for everyone aged 5 – 12 at any ability to play.

Auskick Registrations via: <https://play.afl/auskick/2021-registration>

For any further information please contact our Auskick Co Ordinator, auskick@diamondcreekjfc.com.au

park sounds

Live Music and Food Trucks
Sunday 21 Feb 2021
 Two shows only 12pm & 5pm
 SILLS BEND, WARRINGAL PARKLANDS,
 BEVERLEY RD, HEIDELBERG

Featuring:
 The Mik Maks
 Velvet Archers
 Jourdain
 The Voices

Bookings Essential!
 To book your tickets head to banyule.vic.gov.au

Banyule
CITY COUNCIL



supporting young people during COVID-19

headspace Greensborough in partnership with headspace National, are hosting a webinar for parents and carers of young people to support their mental health through COVID-19.

Information presented will:

- Strengthen your understanding of mental health and mental health literacy.
- Build skills and strategies to support the mental health and wellbeing of your young person, including their transition to work and study.
- Build awareness of local, state and national supports available to young people.
- Showcase local headspace centre community resources.

The webinar will consist of a presentation on youth mental health, followed by a panel with guest speakers.

When

Tuesday 23rd March 2021
6pm – 7.15pm AEDT

How do I register?

Click here to register via Eventbrite, or type the URL below into your web browser:

<https://www.eventbrite.com.au/e/greensborough-covid-19-parent-and-carer-webinar-supporting-young-people-registration-133187927677>

After you have registered, you will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar.

Contact

For more information email:
headspaceSchools@headspace.org.au



**Judo – The Gentle Way
@ Holy Trinity Primary School
Eltham North
4 x Free trial classes**

Judo is a martial art that focusses on grappling only (throws and hold-downs) for the young ones. There is no kicking or punching in the sport and no manipulation of still developing joints for judoka U15.

One of our unique features is that parents/caretakers join U7 year old children on the mat and participate in the action. This really helps to settle in shy, nervous, introverted or reluctant children. Parents also get a good feeling for the sport. Parents and children love the physical interaction and all the fun playing games like "Crazy Horse", "Bulldozers", "Ninja Control", "Toe Tapping" and many more.

Benefits of judo

- Developing physical fitness.
- Growth in strength and flexibility.
- Increased speed and agility.
- Greater endurance.
- Good static and dynamic balance.
- Improved reaction time.
- Improved coordination.
- Increased self-confidence.
- Can be used for "gentle" self-defence

More benefits contributing to other sport and general safety

- Great for rugby, AFL, basketball, soccer and other sports
- Learn to fall safely - reduce injury and concussion risk in falls on the playground, at home or in other sports
- Learn to 'ride out' bumps/body crashes - stay on feet, reduced injury
- Increased overall body strength reduces concussion risk in above mentioned contact sports
- Confidence in one-on-one situations in sport and in general

Training times - Saturdays

09h00 – 09h45 : 4 – 6 yrs

10h00 – 11h00: 7+yrs

Contact Detail

yarrajudo@gmail.com

Yarra Judo Instagram account

Yarra Judo Facebook Page