## THE VOICE OF THE FLATS



December 21st, 2018

Osbornes Flat Primary School 354 Osbornes Flat Road Osbornes Flat VIC 3691 Phone: (02) 6027 1415

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Principal: Sarah Kohne

#### **Dates for the diary**

Monday 28th January—collect stationery packs from school.

Wednesday 30th January—first day of school for students.

#### FROM THE OFFICE

In 2019 I will only be working 3 days per week—Mondays, Wednesdays and Fridays, so there will be changes to some administrative procedures to ensure that notes and money and other interactions between parents and the office work smoothly. We will advise you of these at the start of Term 1.

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#### YACKANDANDAH BUS LINES AWARDS

Yack Bus Lines have generously donated a \$50 award to two of our students for their behaviour and attitude on the bus this year. The recipients are Nate Dryden and Matilda Moore. Congratulations to them both.

#### STATIONERY PACK COLLECTION

MONDAY 28th JANUARY at school between 12 and 2pm. Please make sure you pay for these with cash or cheque on the day, or by EFT the day before. you have forgotten the amount you can email me the week before.



### PRINCIPALS MESSAGES

<u>Christmas Craft Day</u>: The students had so much fun on Wednesday completing craft activities in multi age groups. The students all completed 3 different activities including paper chain xmas trees, decorating reindeers, tealight candle holders, 2019 calendars, xmas turkeys and xmas tree decorations.

<u>Farewells:</u> We wish Tracy Whitehead and Nicki Hulett good luck as they pursue other paths next year. We will welcome Nicki back to our teaching team in 2020.

Mental health session

# FREE YOUTH MENTAL HEALTH FIRST AID COURSE FOR INDIGO SHIRE COMMUNITY MEMBERS

Free Accredited Youth Mental Health First Aid (YMHFA) Course.

Available to Indigo Shire community members who work closely with young people in the shire, such as sport coaches, scout & guide leaders, junior CFA leaders etc, as well as parents of young people aged 10-25

#### WHAT THE COURSE COVERS

- The course teaches adults how to assist adolescents who are developing a mental health problem or in a mental health crisis. Course participants learn about adolescent development, the signs and symptoms of the common and more significant mental health problems young people can experience, where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective, and how to provide first aid in a crisis situation.
- Course topics cover: developing mental health problems, anxiety, depression, psychosis, eating disorders and substance use problems, as well as suicide and other mental health crises.
- Participants receive a copy of the Youth MHFA manual and will be eligible to become an accredited Mental Health First Aider
- Refreshments & light-lunch provided

DATES: SAT 19TH & SUN 20TH JAN 2019, 9AM-4.30PM LOCATION: INDIGO SHIRE, VENUE TBC

To entrol contact Indigo Shire Youth Officer Sal Kimber on sal.kimber@indigoshire.vic.gov.au or call/text 0422 373 542. Limited positions, contact Sal asap to book your spot.





<u>Pupil Free Day: Tuesday the 29<sup>th</sup> January</u> will be a staff development day. During this day teachers will complete all mandatory training such as child safe training, OH and S, inclusion and anaphylaxis. Part of the day will be spent planning the content that will be covered during Term 1 and setting up the classroom spaces in readiness for students return Wednesday.

Integrated Studies: The focus for Term 1 will be Earth and Space Science from F-6. F-2 will focus on seasons and changes in the night sky. They will examine earth's resources and how best to care for these. 3/4 will focus on understanding earth's rotation, and looking at the relative size of the earth, moon and sun. They will examine how the earths landscape changes as a result of human activity. 5/6 students will learn to understand the solar system as well as understanding how natural disasters can affect the earth's landscape.

HAVE A SAFE, HAPPY AND RESTFUL HOLIDAY AND A VERY
MERRY CHRISTMAS AND HAPPY NEW YEAR TO YOU AND YOUR
FAMILIES.

Sarah