



Greensborough Primary School - 2062

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Website: www.greensborough.vic.edu.au

Borough Bulletin ***07 May 2020***

<i>Thursday 7 May 2020</i>	Blue Dress-Up Day – Gold Coin Donation
<i>Friday 8 May 2020</i>	Collect Week 5 & 6 Learning Packs – 11:30AM to 1:30PM Drop off Red Learning Packs for marking Blue Dress-Up Day Gold Coin Donation Collection
<i>Friday 22 May 2020</i>	Collect Week 7 & 8 Learning Packs – 11:30AM to 1:30PM Drop off Green Learning Packs for marking
<i>Monday 8 June 2020</i>	Queen's Birthday Public Holiday
<i>Friday 26 June 2020</i>	Last Day of Term 2
<i>Tuesday 04 August 2020</i>	MPS School Photo Day

Principal's Report

As we started a new school year at the beginning of Term One and welcomed our new Preps to their first year of schooling, who could have envisaged that we'd be starting Term Two teaching remotely and holding meetings via video conferences? Our goals throughout this pandemic and new teaching regime, are threefold. The first is for our families to stay safe and well, the second is to deliver a teaching and learning program that caters for our students' learning needs and the third is to come through this, having retained our strong community spirit and connectedness to GPS. I think our community is working hard to ensure we will achieve these goals.

We understand that the transition to remote learning this term has not been plain sailing and it's been challenging for both families and staff. We acknowledge the difficulties families are experiencing to work from home, supervise their children's remote learning program, while also possibly caring for pre-schoolers or other family members, many with the added stress of reduced income. To assist families, staff have worked hard to listen to feedback and ensure the Home Learning Packs are 'user friendly', and cater to the learning needs of their students. Our first Home Learning Pack was a steep learning curve for everyone and some of our instructions and tasks were not easily understood by parents – staff worked hard to rectify this and judging by the huge reduction in the amount of phone and email queries, our second packs were easier for students and parents to follow. We appreciate the helpful and positive feedback from parents and caregivers.

I think our community should be proud of the way they have risen to the challenge presented by COVID-19 and remote learning. Everyone has worked hard to learn new skills and technologies, and adapt to this temporary situation. Every cloud has its silver lining, and I'm sure you'd agree our School Captains and Vice Captains have risen to the occasion and are working hard to engage their peers and help them stay connected to the school. Their videos and School Assembly presentations mean we can join together to celebrate our 'Pupils of the Week'. I'd like to thank our PE teacher, Daniela Darling for coordinating this with our School Captains, Emma and James.

Both students and staff are excited by the use of Seesaw and are discussing how this can still be incorporated in teaching and learning programs when we all return to school. Staff are pleased to be able to give timely feedback to tasks uploaded on this platform. Families may notice that aides who work in your child's classroom, may also give feedback on students' work. This is because the aides are an integral part of the teaching and learning programs in classrooms and are involved in all aspects of student work. They take great pride and pleasure in celebrating students' achievements.

Dress In Blue Day



Today was our "Dress In Blue Day" when many of us dressed in blue to show our support for our police officers. Today's fundraiser will be for the Police Legacy Remembrance Foundation and families can donate a gold coin tomorrow when everyone comes to collect their new Home Learning pack and drop off their current pack, between 11.30am and 1.30pm

This fundraiser is for a terrific cause and is a great way to use the coins that are collecting in our wallets and purses as we've working in a cashless society for the last few weeks. I hope many of you had a chance to upload your photo on Seesaw, so we can see everyone dressed in blue!

Students' Songs

When the Formidable Vegetables visited our school last term, they created several songs with class groups. The songs were both entertaining and educational. The songs have been placed on our school blog under the Sustainability Tab or families can follow the link below.

<http://2020athomelearningresources.global2.vic.edu.au/sustainability-at-q-p-s/>



2021 Prep Enrolments

If any families know anyone who is coming to Greensborough Primary next year, please encourage them to register their details as soon as possible, (this includes siblings of current students). We have already had a number of enquiries and school tours for places in 2021 and the sooner we get a sense of our intake for next year, the sooner we can start planning for grade structures.

Annual Privacy Reminder

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the [Schools' Privacy Policy](#).

Please take time to remind yourself of the school's collection statement, found on our website www.Greensborough.vic.edu.au

For more information about privacy, see: [Schools' Privacy Policy – information for parents](#). This information also available in nine community languages.

We look forward to school resuming and teaching our students face to face once more. At this stage we have no further updates from DET as to when that will be. In the meantime I encourage families to continue to stay safe and do the best you can with your home learning routine. And remember, if you can't complete all tasks, that's okay.....just do the best you can and keep communicating with your class teacher.

We wish all our mothers and carers a very happy Mothers' Day this Sunday May 10th.

Angela Morrìt

Principal

PE REPORT

Sock Ladder Challenge

Well done to the students who participated in the Sock Ladder Challenge. It was great to see your smiling faces and it looked like you had lots of fun doing it.

These students will receive a certificate and a little prize in their take home packs on Friday:

- | | |
|--------------------|-------------------|
| ★ Stephanie (Prep) | ★ Connor (1/2B) |
| ★ Tamim (Prep) | ★ Liam (3/4A) |
| ★ Kaushik (1/2A) | ★ Caden (3/4A) |
| ★ Lachie (1/2B) | ★ Kayleigh (3/4B) |

Congratulations!

Mrs Darling...

Library News

Hello everyone. I hope that you are all well and managing in these strange times. I just wanted to remind you that there are many options for your children to access literature if they are looking for something to read. I have mentioned **Story Box Library** – we have free access until the 6th June.

The link is <https://storyboxlibrary.com.au/>

- ★ User name – green01
- ★ Password – green01



It has quality Australian literature read by well-known Australian storytellers. Please have a look.

Your children could also check out some of the websites of their favourite authors. **David Williams** is doing readings from his many wonderful books. **Roald Dahl's** website has lots of entertaining activities for children. **Tristan Bancks** has chapters from Detention and Two Wolves that are excellent for older readers. And stars read **JK Rowling's** Harry Potter. Videos are posted weekly on **Harry Potter at Home**. An audio-only version will be streamed for free on Spotify and Spotify Kids for children.

With so much of the outside world currently out of bounds, the **#ReadtheWorld** initiative brings the creative and imaginative world of children's stories into the lives of children across the world. As part of a collaboration between UNICEF, the International Publishers Association, and the World Health Organization, popular children's authors read extracts of their books to millions of children and young people currently amid the COVID-19 pandemic <https://www.unicef.org/coronavirus/read-the-world>

And of course your local library will have many ebooks that can be borrowed. They can be read on a kindle or ipad.

If you have some great websites that the children can access you can message me via Seesaw and I will put them on the blog.

Take care

Looking forward to seeing everyone very soon,

Jen Farley

Teacher librarian



'Thunk It' with Mr Stephens

Design your Dream House Competition

Hello Families of Greensborough Primary School,

Everyone can thunk! Thunking is a simple activity that anyone of any age can do. All it takes is a simple idea, prompt or message that makes you think about the world in a totally new way. Generally, at school, we do a lot of 'thunking'. Sometimes we 'thunk' alone; sometimes we 'thunk together'.



So far our weekly thunks have included Time Travel and the meaning of ANZAC Day. There have been over 50 responses from students and families P - 6 on their thoughts on these topics. This fortnight, I am holding a very special competition open to all students on the topic of a dream home. I have already received some fantastic contributions. I will announce the winner next Wednesday 13th May with a very special **'You Thunk It'** award. We have already had two previous winners and you can see their special awards on the website.

If you are wondering what this thunking is all about, visit the **'Thunk It with Mr Stephens'** page on the blog. You will find this fortnight's thunk titled 'The Big Orange Splot'.

Feel free to leave a comment on the blog (scroll down to the bottom of the page) or send me an email with contributions.



<http://2020athomelearningresources.global2.vic.edu.au/thunk-it-with-mr-stephens/>

Happy Thunking!

Mr Stephens

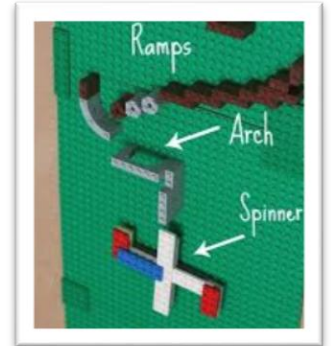
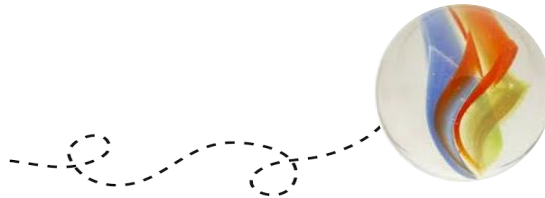


3/4 Inquiry - Marble Runs



Ms Gauci's Cereal Box Marble Run

This Term our Inquiry focus is '**Design and Technology**' and we will be making a recycled marble run, helping students to get creative as well as learn a few simple laws of physics. We will take their marble on an adventure through a course, using just gravity as 'fuel'. We will be using materials that are already lying around in your recycling box. Basically, things that will make tunnels, chutes and towers.



Pupil of the Week

Term 2 - Current Week

Prep	Tomas	For using his Magic Words in his writing and sounding out words he doesn't know.
Grade 1/2A	Adam C	For great imagination in creating a rocket for his Integration Studies task.
Grade 1/2 B	Hugo S	For his Sensational effort on his Spaceship for Design and Technology. You worked so hard!
Grade 3/4 A	Hugo F	For his narrative titled 'Five-Eight to the Rescue'. Your opening paragraph really grabbed my attention. Well done Hugo!
Grade 3/4 B	Tiffany	For the pride shown in her 'Groups in my Community' Symbols for Inquiry work.
Grade 5/6 A	Daisy	For her wonderful 'Big Write' about the masquerade ball.
Grade 5/6 B	Louis	For his outstanding writing piece 'Don't let the pigeons drive the truck'.
Chinese	Isabella 3/4A	For her fabulous work and efforts in completing all tasks set for week 1 and 2. The giant panda research poster was excellent.
PE	Amber 5/6B	For including informative observations about her pulse rate into her exercise journal. Well done!

Cooperation **A**chievement **R**espect **E**mpathy

PATHS' Activity Sheet

20 Ways to Calm Down



Do deep breathing.

Take a walk.

Give yourself quiet time.

Clean out your desk.

Put your head down.

Rearrange your room.

Ask the teacher if you can have a "time-out."

Paint or draw.

Ask if you can write in your journal.

Talk to a friend on the phone.

Listen to or play music.

Play with a pet.

Read a book.

Make a list of things you like about yourself.

Do something for others.

Take one thing at a time.

Talk to someone you trust.

Shoot baskets.

Kick a soccer ball (outdoors).

Watch a funny movie.

Now add two ideas of your very own:

1. _____

2. _____

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Laura Tillotson

PATHS Coordinator

Cooperation **A**chievement **R**espect **E**mpathy

Parents & Friends

Easter Raffle

Thank you to all the generous families who donated eggs and chocolates for our Easter Raffle. The raffle has been suspended until we all return to school.



Entertainment Books

Get your new Entertainment Membership today to support Greensborough Primary School and receive this year's exclusive Entertainment offers.

Entertainment Memberships can start anytime and are packed with thousands of substantial savings on dining, travel and fun family activities.

“My favourite way to save...”
is when I save up to **\$60 off** dining

- ★ BONUS \$10 JB Hi-Fi eGift Card with any membership purchased!
Use Promo Code: GIFTME at check out
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Buy now to grab March Entertainment Offers

FUNDRAISING WITH **entertainment**

The Membership App is easy to download to start using instantly. New offers are added weekly for ongoing value all year round.

<https://www.entertainment.com.au/subscription?fundraiser=189481>

Thankyou,

Kim Hill

On behalf of P&F

Diamond Valley Community Support Financial Assistance

Diamond Valley Community support (DVCS) is an independent not-for-profit organisation that provides direct aid, assistance, support and information for people who live in the Banyule City Council area and have an address showing on their Centrelink card in one of the following suburbs: Briar Hill, Bundoora (part of), Eltham North (part of), Greensborough (part of), Lower Plenty, Montmorency, St Helena and Watsonia.



DVCS services currently include a Back to School Program that provides eligible families a cheque for **\$100 per child** (up to \$500 per family). The cheque will be made out to the school, and is to be used for educational purposes, i.e. Subject Contributions, camps, excursions, and so on. DVCS is located at Shop 378a Level 3, Greensborough Plaza. Ph: 03 9435 8282 / 03 9435 5440.

Oz Child School Counselling Services



Families new to the school may not be aware, that at Greensborough Primary our students are able to access counselling provided by the OzChild organization. This is a great service to families as it means there is very little disruption to the students' day as there is no travel time and parents don't need to take time off work. In order to receive counselling families need to obtain a Mental Health Care Plan and a referral letter from your GP and return them to school and we will forward them to OzChild.

We have been very fortunate to have had excellent health professionals provided to us and our current counsellor is no exception. If any families would like further information about this service please contact Margaret or myself at any time.

Family Information Details

Thank you to all the families who returned the forms with student information details that were sent home in Term 1. Unfortunately, not everyone has returned their forms. We would be very grateful if you could check around at home and return your form. It is important that all families check these details and return them to us with any changes to contact numbers and also medical information to ensure student safety and speedy communication with parents.

Families are also asked to check information re employment details as these may have changed recently due to Victoria's State of Emergency and the Lock-Down Restrictions. Student funding from the Government is driven by the levels of schooling of students and their family and community characteristics, e.g. types of employment, so it is important we enter the correct data to receive the correct funding entitlement for our students.

Link to Greensborough Primary School Blog:



<http://2020athomelearningresources.global2.vic.edu.au/>

CSEF – Camps, Sports and Excursion Fund

The Camps, Sports and Excursions Fund (CSEF) provides payments for eligible students to attend activities like:

- School camps or trips
- Swimming and school-organised sport programs
- Outdoor education programs
- Excursions and incursions.



Due to the Covid-19 Shut-Down some families who were ineligible to apply for the CSEF may have had a change to their financial circumstances and may now qualify for a Health Care Card.

Families holding an eligible Health Care Card, Pensioner Concession Card, Veterans Affairs Gold Card, or a temporary foster parent can submit a CSEF form to the office when school returns.

A CSEF application form has been provided at the bottom of this newsletter. Please note due dates have been extended beyond the period of the Shut-Down.

When filling in your form you can list more than one student if they are attending the same school. You will need to present a copy of your valid Health Care Card with your completed form.

Submitting your CSEF form can be done in person to the office once school resumes or you can email the completed form and copy of your card to Greensborough.ps@edumail.vic.gov.au now. Call Mehgan if you have any questions.

Payments amounts for 2020 are:

- \$125 per year for each eligible primary school student

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CAMPS, SPORTS AND EXCURSIONS FUND (CSEF) APPLICATION FORM

School Name

School REF ID

Parent/legal guardian details

Surname

First name

Address

Town/suburb State Postcode

Contact number

Centrelink pensioner concession OR Health care card number (CRN)

- - - OR

☐ Foster parent* OR ☐ Veterans affairs pensioner (Gold Card)**

*Foster Parents must provide a copy of the temporary care order letter from the Department of Health and Human Services (DHHS).

**Applicants must provide a copy of the Veteran Affairs Gold card

Student details

Child's surname	Child's first name	Student ID	Date of birth (dd/mm/yyyy)	Year level

I authorise the Department of Education and Training (DET) to use Centrelink Confirmation eServices to perform an enquiry of my Centrelink customer details and concession card status in order to enable the business to determine if I qualify for a concession, rebate or service. I also authorise the Australian Government Department of Human Services (DHS) to provide the results of that enquiry to DET.

I understand that:

- DHS will use information I have provided to DET to confirm my eligibility for the Camps, Sports and Excursions Fund and will disclose to DET personal information including my name, address, payment and concession card type and status.
- this consent, once signed, remains valid while my child is enrolled at a registered Victorian school unless I withdraw it by contacting the school.
- I can obtain proof of my circumstances/details from DHS and provide it to DET so that my eligibility for the Camps, Sports and Excursions Fund can be determined.
- If I withdraw my consent or do not alternatively provide proof of my circumstances/details, I may not be eligible for the Camps, Sports and Excursions Fund provided by DET.
- Information regarding my eligibility for the Camps, Sports and Excursions Fund may be disclosed to the Victorian Department of Health and Human Services and /or State Schools Relief for the purpose of evaluating concession card services or confirming eligibility for assistance.

You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child's school.

Signature of applicant Date / /

Greensborough College is committed to being a school for our community. Our College is dedicated to preparing all students for success and to create meaningful citizenship by encouraging students to strive for excellence. All individuals are treated with care and respect. The College provides a welcoming and friendly environment for all members of the community.

A CONFIDENT START

Greensborough College believes that the transition from primary school to secondary school is a very important factor in a child's social, emotional and academic success in secondary school. Our Year 7 Program is designed specifically with transition in mind. Each Home Group has their own Home Group teacher and room.

The College also offers an Orientation Camp, and a Year 7 Student Management Team with a strong Pastoral Care Program to ensure Year 7 students quickly form new friendships and develop positive relationships with staff.

Parents are always welcome at our College. We encourage communication between parents and staff utilising the COMPASS system.

INFORMATION PACKS

At Greensborough College we are trying to reduce our ecological footprint by moving our primary school packs to a digital format.

Information on the following programs and documents can be found on our website at:

<https://www.greensc.vic.edu.au> > Discover Us
> Primary School Packs

- Forging Futures Program (Grade 5/6) / Application
- Introducing Greensborough College
- Explore Night (Open Night) Invitation
- Athletic Development Program / Application
- BYOD Netbook Program
- English Skills Reading Program / Application
- High Achievers Program / Application
- Scholarship Program / Application
- Music Program
- School Tour information



Bundoora
Secondary College

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FRESH VISION
PATHWAYS DRIVEN**



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and make your mark**

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the buzz is about**

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online to answer all your
questions**

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Online Meeting Today**

<https://www.trybooking.com/BJJU0>



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Bundoora

**TAKE
CONTROL**

Big Picture
EDUCATION AUSTRALIA

ONE STUDENT AT A TIME IN
A COMMUNITY OF LEARNERS

FSA
FUTURE SCHOOLS
ALLIANCE

ParentZone Northern May Professional Online Sessions

Play Together, Learn Together - Professionals

This session will help you support your clients to explore what play can look like in their home and current limited environment and help you to think outside the box with your practice. We will reference a playful resource that focuses on building parent/child relationships and understanding of children's learning

Thursday 7th May
10.00am - 11.30am

**FULL _ Spaces available
for 2nd June**



Adolescent Development - Professionals

This session will support professionals working with adolescents to better understand this stage of development and the changes young people are going through. During the session the areas of development will be discussed including social, emotional, intellectual, physical and language.

Thursday 14th May
10.00am - 11.30am

**FULL _ Spaces available
for 11th June**



Autism - Professionals

This session will give professionals the opportunity to discuss some key strategies and practical tips. There will be some interactive activities where you can share experiences and ideas.

Wednesday 20th May
10.00am - 11.30am

**FULL _ Spaces available
for 18th June**



Early Years Development - Professionals

This session will help workers to better understand the developmental needs of young children. We will explore brain development, expectations of ages and stages and managing our responses to their needs.

Tuesday 26th May
10.00am - 11.30am

**FULL _ Spaces available
for 25th June**



Bookings for all sessions are essential. To book call
ParentZone on 03 8641 8900 or 0458 550 071
or email ParentZone.Preston@anglicarevic.org.au

ParentZone Northern May Parent Online Sessions

Raising Resilient Teens

This interactive session focuses on:

- exploring what resilience means
- identifying what influences resilience
- discussing the role you can have in building your teen's resilience

Wednesday 6th May
6.00pm - 7.30pm



Teen's Challenging Behaviours

This interactive session focuses on:

- the feelings and needs that are underneath behaviour
- understanding what happens in the brain when we get overwhelmed
- exploring how to navigate your changing relationship with your teen

Tuesday 12th May
6.00pm - 7.30pm



Dad's Building Solutions - taster

Dads Building Solutions is for fathers or male carers who want to come together to talk about parenting. In this session we will talk about what being a dad means to you, how to build resilience in your children, being a positive role model, and what it takes to raise healthy, happy kids.

Wednesday 13th May
6.00pm - 7.30pm



Bookings for all sessions are essential. To book call ParentZone on
03 8641 8900 or 0458 550 071
or email ParentZone.Preston@anglicarevic.org.au

ParentZone Northern May Parent Online Sessions

Communicating with your Kids

This interactive session focuses on:

- identifying what gets in the way of connecting with your kids
- exploring how to better manage your emotions when communicating with your kids
- share ideas about problem solving with your kids

Tuesday 19th May

1.30pm - 3.00pm

Dealing with Feelings

This interactive session focuses on:

- getting to know our own feelings and triggers
- exploring the feelings underneath our kid's behaviours
- exploring ways to better manage our responses to our kid's emotions

Thursday 21st May

10.00am - 11.30am

Talking with your Teens

This interactive session focuses on:

- identifying what gets in the way of connecting with your teen
- exploring how to better manage your emotions when communicating with your teen
- share ideas about problem solving with your teen

Wednesday 27th May

6.00pm - 7.30pm

Raising Resilient Kids

This interactive session focuses on:

- exploring what resilience means
- identifying what influences resilience
- discussing the role you can have in building your kid's resilience

Thursday 28th May

10.00am - 11.30am



Bookings for all sessions are essential. To book call ParentZone on
03 8641 8900 or 0458 550 071
or email ParentZone.Preston@anglicarevic.org.au

Parenting Support

Do you have a child under the age of 12 and need support with parenting?



Would you like to:

- Enjoy parenting more?
- Address concerns about your child's behaviour?
- Use positive parenting strategies to improve your child's behaviour?

Help is available through a **Family Support Worker** who will help you learn new skills to better manage your child's behaviour.

The **Family Support Worker** can assist families in dealing with:

- Tantrums
- Bedtime problems
- Mealtime difficulties
- Children not following instructions
- Aggression towards parents, siblings and others *or*
- Other areas of concern

How to access the Family Support Worker

Referrals to the **Family Support Worker** can be made by contacting our Service Co-ordination team at healthAbility on **Ph 9430 9100** between 9am and 5pm Monday to Friday.



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917 Main Road Eltham VIC 3095

T (03) 9430 9100 F (03) 9431 0339 healthability.org.au

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Coronavirus (COVID-19): Managing Stress and Anxiety

TIP SHEET

The outbreak of coronavirus (COVID-19) is impacting people in significant ways, and it's understandable that people are feeling heightened stress and anxiety.

It's important to take care of yourself by using strategies that help you to manage your stress levels and responses to the current state of uncertainty, change and social isolation.

Signs of stress and anxiety

Stress and anxiety can result in a range of different physical and emotional reactions. Be aware of signs that might indicate that you're stressed or anxious, including:

- Being short-tempered or irritable
- Headaches
- An upset stomach
- Sleeping difficulties
- A lack of concentration
- Feeling run down
- Tension in your jaw, or shoulders or other parts of your body
- Fatigue or extreme tiredness
- Rumination or racing mind
- Feelings of worry, fear or unease
- Finding it difficult to relax and be calm.



Stay updated, mindfully

In times of crisis, it's recommended that you monitor how much, and what news you're exposing yourself to, as well as when you're consuming it.

Set some boundaries around the amount of time you will dedicate to reading or watching the news, such as 30 minutes in the morning and 30 minutes in the evening. This can keep you updated with the latest information, but also put restrictions on your exposure, as consuming too much media can increase anxiety.

Avoid watching the news before sleep as this can interrupt your ability to fall asleep or sleep soundly.

It's also important that you ensure that you are getting your information from reliable sources, such as the Australian Government's health alerts or the World Health Organization.

Keep your routine

During times of external instability and change, it's important to keep your routine the same, or as similar as possible to maintain structure in your day, which can be beneficial for your mental health. This includes when you wake up, eat, work, engage in leisurely activities, and sleep.

If you're working from home, set boundaries around the time you begin work, have breaks and finish your day. This can maintain your sense of structure and minimise your work spilling over to your personal life.

If you can, try to set up a dedicated place of work in your home to minimise noise and distractions. This can be particularly helpful if you're working from home when you have a partner, housemates, or children who are at home, which can bring its unique set of challenges.

If you're out of work, try to plan your day to maintain or rebuild a sense of purpose and structure. You can stick to your routine by scheduling your tasks for the day, such as cleaning and cooking, as well as leisure time. We also recommend staying informed about the government services that are available for people impacted by coronavirus, including financial supports.

Stay connected

With increased social isolation, people are at greater risk of feeling lonely and isolated. Positive relationships are essential for our mental health and wellbeing, and it's important to spend time talking with friends and loved ones who will be able to provide you with connection and support.

While we are having to physically distance ourselves from others, we can maintain our relationships by using communication methods still available to us, such as the telephone, text messages, email and video conferencing. You can also spend quality time with people you live with.



Stay active

Although, during this time we're spending more time at home, it's important to continue to exercise outdoors where possible, to benefit our mental health and keep us in touch with nature.

This could involve walking, jogging or cycling (while adhering to social distancing guidelines). It's recommended to exercise for at least 15 to 30 minutes, three days a week. If you're finding this hard, even just a 10-minute walk each day can have a positive impact on your mood and re-energise you. You could also exercise indoors by using online videos to work out, practise yoga or other types of activity.

Practise self-care

Self-care involves looking after our physical, emotional and mental health. This means eating a healthy and balanced diet, with plenty of fresh fruit and vegetables, exercising regularly and getting restful and adequate sleep. It also includes making time to do the things you love, such as reading, writing, gardening, listening to music or spending time on a hobby.

Rest and relaxation

Aim for seven to eight hours of sleep each night. It's important to practise sleep hygiene, particularly if you have trouble sleeping. Some useful resources on sleep are provided on the next page of this tip sheet.

Take regular work or study breaks during the day, especially in the current circumstances which may mean you're experiencing a heightened state of anxiety. Try to take 5 to 10 minute breaks each hour to switch off from screens or smart devices and do something calming and relaxing. Some relaxation exercises include meditation, mindfulness, yoga and progressive muscle relaxation.

There are less formal ways to relax, such as listening to music, going for a walk, having a gentle stretch or drinking a glass of water. There are a range of relaxation apps for smartphones that are available to download, which are listed over the page.



Remember to keep things in perspective while in social isolation, and be kind to yourself.

During times of anxiety and stress, we're more likely to focus on the negatives and view things as worse than they really are.

Try to remind yourself that the current situation is temporary, and that by staying home, you are doing your bit in helping to slow the spread of the virus in your community.

Also remember that as a community, we are all in this together, and this new and unprecedented period might even have some benefits, such as enhanced relationships (albeit at a distance) with family, friends and neighbours.



Useful resources

Sleep

Beyond Blue - Sleeping well

<https://www.beyondblue.org.au/get-support/staying-well/sleeping-well>

headspace – Sleeping well for a healthy headspace

<https://headspace.org.au/young-people/sleeping-well-for-a-healthy-headspace>

Relaxation apps

Smiling Mind

www.smilingmind.com.au

Breathe

<https://au.reachout.com/reachout-breath-app>



Need support?

If you're feeling stressed, anxious or overwhelmed by the current situation and would like some support, our counsellors are here for you.

We're committed to supporting people throughout the coronavirus situation. We're continuing to deliver services via telephone, online and video-conferencing appointments, including through our online counselling service.

For more information or to talk to us about how we can support you:

- Visit www.rav.org.au
- Call 1300 364 277

To learn about our typing-based online counselling service or to book an appointment, visit onlinecounselling.rav.org.au

About us

Relationships Australia Victoria (RAV) is a community-based, not-for-profit organisation with no religious affiliations. We have over 70 years' experience providing family and relationship support services across Melbourne and Victoria. Our vision is for positive, respectful, safe and fulfilling relationships for all Australians.

We provide counselling; family dispute resolution (mediation); family violence prevention, support and recovery services; relationship skills courses; mental health services; workplace services; and professional development and training, along with a diverse range of other services and programs.

Our services are for all members of the community, regardless of their religion, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances. We are committed to ensuring that our services are relevant, inclusive and accessible.