



*School Values:*  
*Respect*  
*Teamwork*  
*Persistence*

**Newsletter**  
**Thursday, March 22**  
**2018**

<b>Every Monday &amp; Friday</b>	<b>Middle Years Breakfast Club</b>
<b>Every Monday</b>	<b>Later Years Breakfast Club</b>
<b>Term 1</b>	<b>Tuesday Jan 30 to Thursday March 29</b>
<b>Friday Term 1, 2 &amp; 4</b>	<b>P-5 Swimming</b>
<b>Friday Term 1, 2 &amp; 4</b>	<b>Middle Years Swimming Cobden Indoor Pool</b>
<b>Friday March 23</b>	<b>Sailability Regatta at Hopkins River, Warrnambool</b>
<b>Thursday March 29</b>	<b>Final day of Term 1</b>

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- Sovereign Hill excursion**

**From the Principal**

Many of our school families, students and staff have been impacted by the bushfires of March 17<sup>th</sup>. Our community was quick to inform and support each other during this very difficult time. Thanks to everyone who spread the word about buses, checked on each other and offered assistance. While some of our families have lost property, and had land and rural buildings damaged, we are fortunate that no one was injured during this event. The emergency services of our area did an amazing job and continue to do so as the big clean-up is on going.

For the majority the fires were unexpected, and for some they remain a threat at the present time. Even if you have not been directly impacted, the bushfires can bring up past memories that can sit in the front of your mind for those who have experienced fires or other traumatic events.

The impact of unexpected events can cause distressing reactions. These are common and expected and can include difficulty concentrating, feeling overwhelmed, problems sleeping, replaying of the event and feelings of sadness, fear or anger. Children and young people can also display these symptoms. Other signs children may display include problems with eating, nightmares, changes in behaviour including aggression, anxiety about their safety or being separated from parents and not wanting to attend school. If symptoms or changes in behaviour continue and you are worried, then it is important for you to talk with someone about this, or seek support for your child. We will also let you know if we are concerned about your child.

If you are concerned about your child then we may be able to provide support through the school. There will be counsellors available over the coming weeks.

The attached information sheets provide more details regarding reactions, as well as strategies that may help your children, other family members and friends. They include:

We recommend that if symptoms or reactions continue for more than one week, it is important to seek advice and support.

Below are the phone numbers for support services who are available to assist you in working out what may be the best approach if you are worried about your child, family members or friends, or if you just need to talk about what to do:

- Beyond Blue 1300 224 636
- Lifeline 131114
- eHeadspace 1800 650 890
- Kids Helpline 1800 551 800
- Your local Doctor

## School Council Election

We have two new school councillors resulting from our election last week. Leonie Meade and Kaylene Wright were the successful candidates and Judy Lucas was re-elected. Congratulations to these wonderful parent representatives and a big thank you to all parents who volunteered to run for election.

## EXTRA-CURRICULAR PROGRAMS

### Essendon Players Visit to Hampden.

Last week we were lucky enough to have our first visit from an AFL club. The Essendon Bombers sent six of their young players to visit at both campuses while they were attending a training camp at Port Campbell. Local lads Zach and Jackson Merrett, along with Jarrod Ridley came to Cobden and Anthony Tipungwuti, Patrick Ambrose and Ben McNeice visited Terang. The students enjoyed a kick to kick and a question and answer session with our visitors. Autographs were signed and everyone had fun.

### Sailing

Sailing has commenced with all Cobden students participating in two sailing days over the last few weeks. This Friday Declan Smith, Angus Hoffrichter, Cori Marett, Bailey Borland, Jesse Duke and Aliza Dentith will compete in the annual regatta at Warrnambool. We wish these students well as they compete against the other special schools in our area.



### Stars of the Week



Zach Rowe  
Luca Janetzki

