

# WHAT'S ON @ ROSSBOURNE

## Community Information Forum Committee

Coming together to share our expertise and information is a powerful way to support each other in this ever-changing world.

To this end, we would like to establish an Information Forum Committee comprising staff and parents to develop a series of information evenings on topics that are relevant to our community.

The Committee would develop a program structure and source relevant guest speakers to enhance our discovery journey. If you are able to spare some time twice a term to work in a team to develop and establish this exciting program, please email Nici Bonning [bonnin@rossbourne.vic.edu.au](mailto:bonnin@rossbourne.vic.edu.au).

## School Board

Rossbourne is fortunate to be governed by a Board of volunteer professionals, who come together to ensure our school is striving to provide the best possible education for neuro diverse students.

At the May Annual General Meeting, Lee Wills stood down from her role as Chairperson, a role she has held for the last 5 years. We thank Lee for the sharing of her expertise and the support she has generously given the Executive at Rossbourne, we are fortunate to have Lee remain on the School Board.

We would like to welcome our new Chairperson, Rowena Stocks. Rowena brings to the role many years of experience in the Human Resources arena and an intimate knowledge of Rossbourne, as her daughter is a member of Rossbourne's Alumni. We thank Rowena and all the Board members for their ongoing commitment to our school.

## School Uniform

Reminder for all parents and students, during Term 2 & 3, students are required to wear their Blazers to and from school. The winter uniform is a long sleeve plain white shirt with the school tie and either pants or pleated skirt. The woollen jumper is optional.

On the journey to and from school our students are ambassadors for the school and should wear the uniform correctly and with pride.

## Student Lockers

New student lockers have been installed around the school this week; locker allocation has been "managed" by homeroom teachers and all students have their own locker. We encourage students to bring a lock to school for their locker and teachers will record any codes or store spare keys in the event of students not being able to access their lockers.



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## **Athletics Carnival**

Tuesday 6<sup>th</sup> June at Tom Kelly Athletics Track - 125 George Street Doncaster East.

We welcome any parents, grandparents or supporters to cheer the students on.

Students and staff will depart from Rossbourne shortly after 9.00am with the aim to return to school by 2.30pm. Once back at school we will have our presentation ceremony for the remainder of the day and students will be dismissed at the regular end of school time 3:30pm.

## **School Calendar**

Reminder to all parents that a 2023 Calendar of Events is available on SEQTA. This calendar is continually updated. You can find the link in the Portal workspace, which you can access from the left side of the screen.

## **SchoolTV - The State of Youth Mental Health**

Parents and carers can play a crucial role in their children's mental health. As a result, staying informed on the current state of youth mental health is vital, as it not only affects individuals, but also families and communities. According to recent research, the frequency of mental health disorders among young people is increasing, with anxiety, depression, and self-harm being among the most common challenges.

One of the reasons being attributed to this rise is the heightened stress and anxiety that many young people face in today's society. Academic success, social media, and family issues are all influencing factors. Many young people are still suffering the long-term consequences of the pandemic, such as social isolation, uncertainty and loss.

Parents can play an important role in their children's mental health. Creating a safe and open environment for your children to talk about their emotions, thoughts, and feelings is vital. Encouraging healthy habits like regular exercise, a balanced diet, and proper sleep can help reduce their stress levels and boost your child's overall mental health. There are also many resources and services available to children, adolescents, and their families, such as school counsellors, various mental health organisations, support lines, and of course, mental health professionals. It is important to remember that seeking help is a show of strength, not weakness, and that early intervention is critical in addressing mental health difficulties.

This edition of SchoolTV, discusses some of the major mental health issues affecting young people and how to support a child experiencing them. We hope you take time to reflect on the information offered in this month's edition.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Here is the link to this month's edition <https://rossbourne.vic.schooltv.me/newsletter/state-youth-mental-health>



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## ROSSBOURNE AFTER SCHOOL BASKETBALL PROGRAM

HoopNow is Back! We are super excited to be able to facilitate **Rossbourne's** amazing after school basketball program in 2023!

HoopNow runs a wide variety of group programs and private basketball sessions aiming to focus on **positive social participation, encouragement and teamwork.**



**SIGN UP!**

**OR SIGN UP HERE:**

[www.hoopnow.com.au/rossbourne](http://www.hoopnow.com.au/rossbourne)

 @hoop\_now

 Hoop Now

Visit: [www.hoopnow.com.au/contact-us](http://www.hoopnow.com.au/contact-us)

Text: 0434 821 415 and we will give you a call ASAP



**Join  
Today**

**Dates:**

Every week during school term

**Current students:**

Mon and/or Wed 3:30-4:30pm

**Past students/Alumni:**

Monday's 4:30-5:30pm