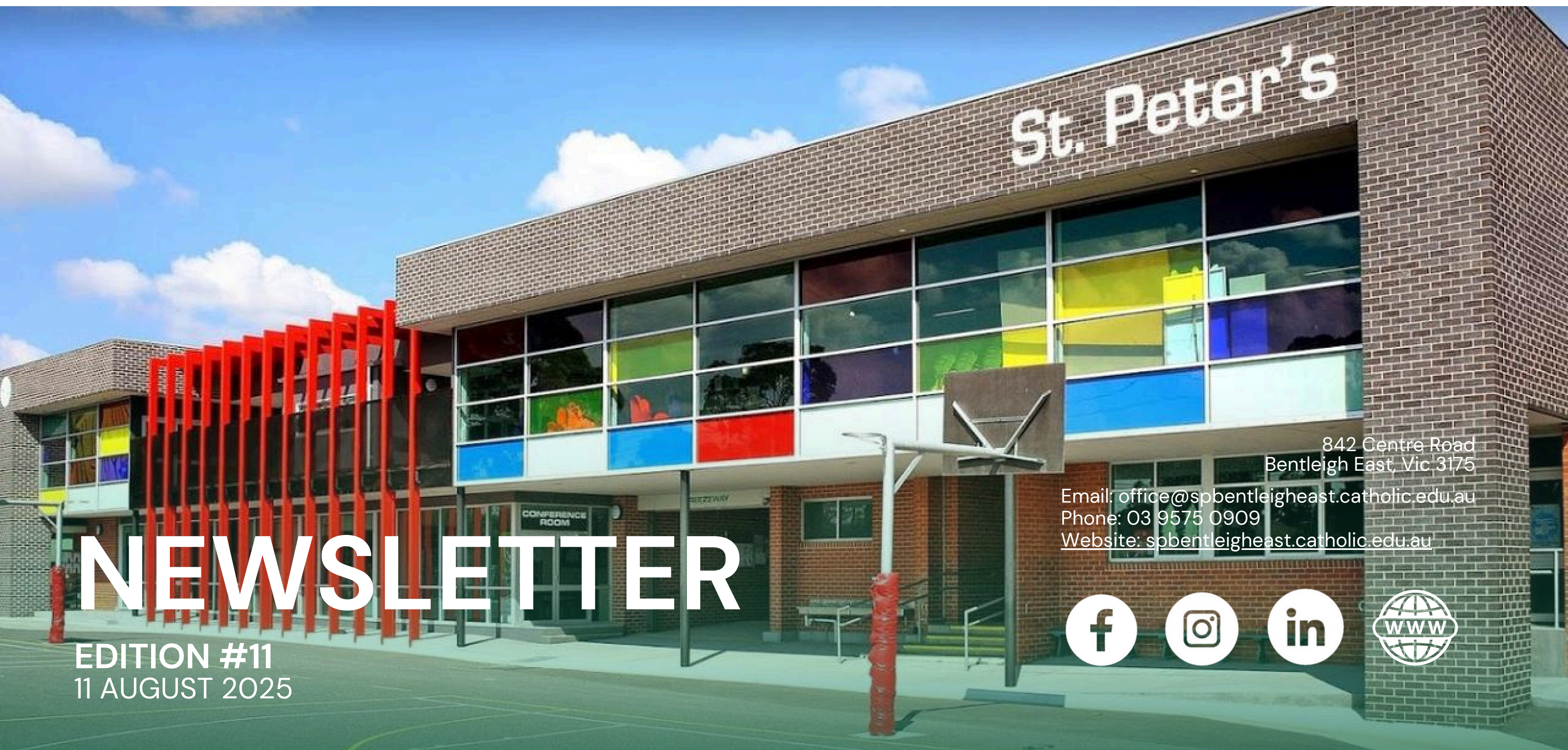




St. Peter's

842 Centre Road  
Bentleigh East, Vic 3175

Email: [office@spbentleigheast.catholic.edu.au](mailto:office@spbentleigheast.catholic.edu.au)

Phone: 03 9575 0909

Website: [spbentleigheast.catholic.edu.au](http://spbentleigheast.catholic.edu.au)

# NEWSLETTER

EDITION #11  
11 AUGUST 2025





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CHRIS JOPLIN  
ACTING PRINCIPAL

# ACTING PRINCIPAL'S NEWS

## Welcome to Week 4 Term 3

We're thrilled to share some fantastic happenings within our St. Peter's community over the next few weeks:

- **Tonight: Year 3 & 4 Film Festival** — a memorable evening as our young filmmakers take the spotlight!
- **Storytime for 2026 Foundation Students** — a special welcome for our newest family members (details coming soon).
- **Parents & Friends' Bush Dance (Friday, 29<sup>th</sup> August)**— a lively and fun filled gathering for everyone to connect and celebrate.
- **Father's Day Breakfast (Wednesday 3<sup>rd</sup> September) & Dad's Football Match (Saturday 30<sup>th</sup> August)** — Don't forget, the reigning champions will be defending their title!
- **Book Week Parade/Fair/Activities 18<sup>th</sup> - 22<sup>nd</sup> August)** - Students come dressed as their favourite book character. We'll have a book fair all week and many classroom activities. More information in the Teaching and Learning page.

These events bring our community closer, foster friendships and create lasting memories. Keep an eye out for communications with more details coming your way soon!

## Kid's Helpline Program — Grade 4: Building Upstanders & Good Citizens

We're excited to announce that our Grade 4 students will soon participate in a Kids Helpline program focused on fostering upstander behaviour and positive citizenship. The program will explore important themes such as:

- Everyone has a right to safety
- Understanding bullying versus conflict
- Misuse of power
- Types of bullying: direct/indirect, offline/online
- The impacts of bullying behaviour
- Everyone has a role to play
- Staying calm, cool, and connected
- Barriers to being an upstander
- Ways to stand up and support, even without being seen

We encourage families to continue the conversation at home once the program concludes.

**Thank you:** We'd like to thank the St. Peter's community for your support for our Principal, Jane Ward, after the passing of her mother last week. Many families have offered support and a message in regards to this will come out to families soon. I'd also like to thank the St. Peter's community for your support as I step into the role of Acting Principal over the next few weeks. Your trust and encouragement mean so much to me and reinforce the strength of our shared commitment to St. Peter's.

*"May the God of  
HOPE fill you with all  
JOY and PEACE"*  
Romans 15:13a



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# LEARNING & TEACHING

**Book Week** is from Monday 18th August until Friday 22nd August (week 5). The theme this year is **Book an Adventure**. We will be having a Book Fair and a Book Week Parade. The children will be asked to come dressed as their favourite book character on **Friday, 22nd August**. The parade will be at 9:00am. There is no need to go out and buy expensive costumes, use your imagination and use things you have around the house. Our 2<sup>nd</sup> Hand Uniform stall will also have costumes available.



## BOOK FAIR

**What:** St Peter's Book Fair

**Where:** Library West Wing

**When:** Monday 18th August - Friday, 22nd August

### Opening Times:

Monday, 18th August: 11:00am - 4:00pm

Tuesday, 19th to Thursday, 21st August: 8.30am - 4:00pm

Friday, 22nd August: 8.30am - 11.40am

**Books and novelties range from \$5.00 to \$30.00**



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# WELLBEING

## What is the Peer Support program?

The Peer Support program provides students with a supportive environment where children and young people develop skills, understandings, attitudes and strategies to improve their mental, social and emotional wellbeing.

Positive relationships are developed across the school through a series of engaging activities with a range of students of all ages.

The program enables participating students to contribute in an environment where all can join in.

Those students helping to lead the program also gain leadership skills.

## How does Peer Support work?

Our students will meet in small, mixed level groups across 4 sessions will run for about 1hr using materials from Peer Support Australia. Peer Support Australia's mission is to provide an evidence based, peer led approach to enhance the mental, social and emotional wellbeing of young people.

Peer Support has trained our staff and our staff have trained our student Peer Leaders to run supervised sessions to develop protective factors and strengthen positive relationships across the school. Peer Leaders will work with small groups of Foundation - Year 4 students. Our Year 5 & 6 students lead the sessions with the supervision of a classroom teacher.

## Our 2025 Unit: Keeping Friends

This module supports students to develop the skills, knowledge and attitudes necessary to maintain friendships and interact with one another in a friendly and positive way.

Keeping Friends focuses on developing the following skills:

- critical thinking
- empathy
- conflict resolution
- assertiveness
- relationship building







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# PEER SUPPORT

Year 5 Peer support leader training







# YEAR 5/6 SOCCER

On Tuesday the 12th of August, the Year 5/6 Girls Soccer team had our beach side soccer tournament. There was lots of good competition and the supporters were spectacular. There were lots of good sportsmanship and strong players. After playing four games we made it to the Grandfinal where we versed Galilee. In the first half we scored but Galilee came back in the second half with about 10 minutes left on the clock. In the last 5 minutes we came back with a fantastic goal leaving the result as 2-1, making us the winners! Thank you to Mr Cav and Gabby for coaching us and supporting us throughout the whole day!

**By Sarah Reilly & Mila Caon**







# FAITH & COMMUNITY

## CELEBRATING THE FEAST OF SAINT MARY MACKILLOP

This week, our school community gathered to celebrate the Feast of Saint Mary MacKillop, Australia's first saint and a woman whose life was marked by deep faith, courage and compassion.

Mary MacKillop was born in Melbourne in 1842 and died in Sydney on 8 August 1909.

Taking the religious name Mary of the Cross, she recognised the urgent need for education among poor and isolated children in the Australian colonies. In response, she founded the Sisters of St Joseph of the Sacred Heart, women devoted to teaching and serving those most in need.

Mary placed her trust in God's providence and pioneered a new way of religious life, choosing to live simply among the people, especially the poor and those on the margins. Her life was characterised by perseverance, humility and a deep desire to follow God's will in all things.

Her commitment to Catholic education, her care for the vulnerable and her belief in the dignity of every person have left a legacy that continues to inspire. Today, the work she began lives on through the Sisters of St Joseph and all those who share her mission.

Mary MacKillop's well known words, "Never see a need without doing something about it," remain a challenge and inspiration to us all. As we reflect on her life, may we be encouraged to trust in God's guidance, walk gently with others and respond generously to those in need.







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# FAITH & COMMUNITY

## ATTENTION YEAR 3 AND 4 FAMILIES

TONIGHT IS YOUR  
OPPORTUNITY TO SEE  
THE WORLD PREMIERE OF  
THE MOVIES THAT THE  
STUDENTS HAVE BEEN  
WORKING HARD ON  
THROUGHOUT THE TERM.

YOU'RE INVITED TO THE WORLD PREMIERE OF

### THE YEAR 3 MOVIES

TUESDAY 12<sup>TH</sup> AUGUST | 5:45PM ARRIVAL  
FOR 6:00PM START

St Peter's School Hall  
All families welcome.  
Students can sit with  
families.  
Approximate  
running time 30  
minutes

YOU'RE INVITED TO THE WORLD PREMIERE OF

### THE YEAR 4 MOVIES

TUESDAY 12<sup>TH</sup> AUGUST | 6:45PM ARRIVAL  
FOR 7:00PM START

St Peter's School Hall  
All families welcome.  
Students can sit with  
families.  
Approximate  
running time 45  
minutes

NEXT





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# FATHER'S DAY BREAKFAST

Preparations are underway for our **Father's Day Breakfast**, to be held on **Wednesday, 3<sup>rd</sup> September 2025**. You can book tickets through **Flexischools** for either the **7:15am sitting** or the **8:00am sitting**.

We'll be serving bacon & egg rolls, cereal, fruit and toast. **Gluten Free items will be available.**

Calling all the dads/male guardians in our community.

Please join us for a special breakfast on

**Wednesday, 3<sup>rd</sup> September 2025**

Two sittings:  
7:15am - 7:45am or  
8:00am - 8:30am  
\$15 per family includes  
*Egg & Bacon Rolls, Cereal, Toast, Fruit*  
Gluten Free available

Please book through Flexischools.

If you would like to send through a photo of your child/ren with their dad/male guardian, please email photos through to:

[community@spbentleigheast.catholic.edu.au](mailto:community@spbentleigheast.catholic.edu.au)

**MUMS: WE WILL NEED VOLUNTEERS TO ASSIST WITH THE COOKING, SERVING AND CLEANING PLEASE SIGN UP USING THIS LINK.**







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**GIDDY UP**  
for our bootscooting hooting  
**PARENTS AND FRIENDS' BUSH DANCE!**

**FRIDAY 29<sup>TH</sup> AUGUST**  
TWO SESSIONS TO CHOOSE FROM  
6:00PM TO 6:45PM OR  
7:00PM TO 7:45PM

**\$5 PER FAMILY INCLUDES HOME MADE LEMONADE REFRESHMENT**

TICKETS CAN BE BOOKED THROUGH FLEXISCHOOLS -  
PLEASE NOTE: ONE BOOKING PER FAMILY



**MAKE SURE YOU BOOK YOUR TICKETS FOR THE PARENTS AND FRIENDS' BUSH DANCE.**

**BOOK THROUGH FLEXISCHOOLS \$5 PER FAMILY (YOU ONLY NEED TO MAKE ONE BOOKING PER FAMILY.)**

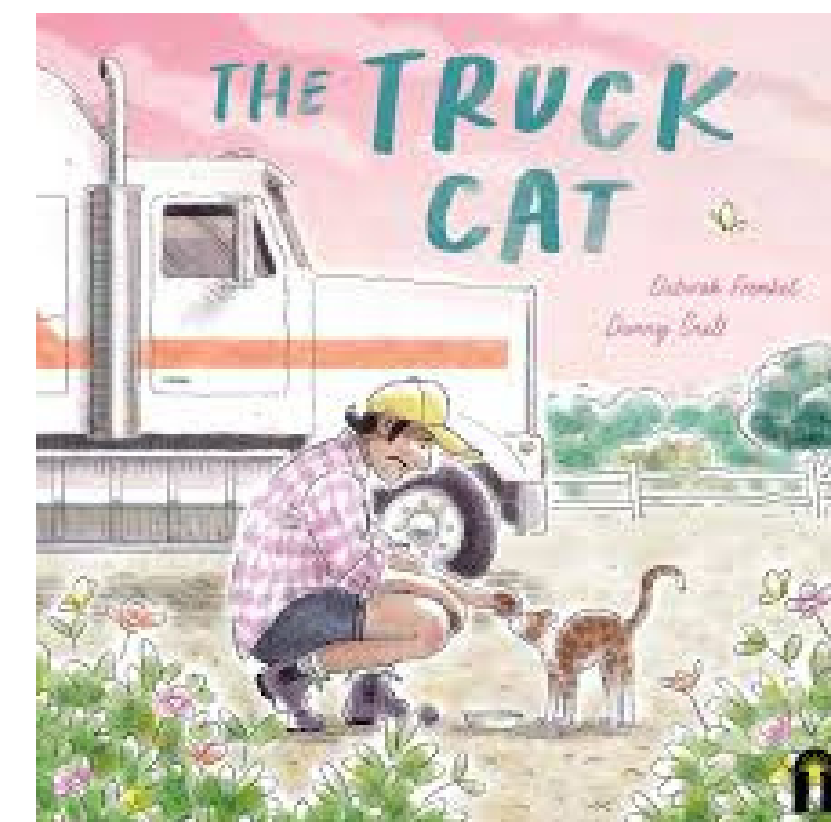




## NATIONAL SIMULTANEOUS STORYTIME (LIBERTY'S POINT OF VIEW)

Books, toys, kids, jail, high fives and lots of cuddles is what I experienced on Tuesday last week and so did the class of 6RB. Me and one of my friends, Sophie, got the opportunity to go to a nearby kindergarten and so did a few other lucky students (in 6RB only). Me, Sophie and our teacher, Mrs Burchell all went to Busy bee kindergarten. Here is the most rambunctious story you have ever heard...it all started after snack (the first play time) I was jumping with joy just thinking about National Simultaneous Storytime. When we leaped through the gates me, Mrs Burchell and Sophie were all really excited and a bit nervous. The walk was 14 minutes but we had lots to talk about. I was leading the way because Mrs Burchell's GPS was not leading us to the correct place! After we got there we had to wait in the "office" because Mrs Burchell had forgotten her working with children's check! After waiting for quite a while Mrs Burchell had got sent a picture of it so we got to go properly in! We walked in and were surprised to see the kids were all sitting on the floor very nicely! Me and Sophie started to read and of course the little kids started to roll on the floor, run around and start talking to us while we were reading. I forgot to tell you what we read, we read... THE TRUCK CAT!!! After we had finished reading we had to explain the activity. The activity was... they had to colour in a truck and a cat and put them together to make a masterpiece. Of course they all needed a lot of help. When most of them were done I started playing with the kids but while I was playing with them my kind friend Sophie was helping a very cute little girl. While I was playing with the little kids I was put in jail and I got too many hugs to count but I asked if they wanted to do...A CONGA LINE and they reapplied "What's that?" I was really surprised so I got to work teaching them and they loved doing the conga line and I bet they are still having fun with conga lines right now! Mrs Burchell, me and Sophie had so many experiences to tell everyone when we got back. I also got to go to a year one class (1RC). They were very good at listening and they did everything I said! I loved doing National Simultaneous Storytime!

**WRITTEN BY: LIBERTY (6RB)**







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## NATIONAL SIMULTANEOUS STORYTIME WRITTEN BY NAOMI 6RB

Hello, as some of you might know, 6RB is in this leadership role called 'Community'. In our 'Community' role, we are in charge of opening and closing the school gates, hole-punching your walk-ride to school cards and even ensuring that first aid bags are placed on the yard each day. But this year, we got a chance to be involved in National Simultaneous Storytime too, not only at St Peter's but at our local kindergartens as well. We had an amazing time, especially at the kindergarten, which I would love to tell you about my experience. Me and my friend Leo went to this kindergarten called Brady Road kindergarten. We had a fun, but stressful time too. We played together, we did some music together and we did activities together. The book we read to the kindergarteners was called The Truck Cat, it is written by Deborah Frenkel and Illustrated by Danny Snell. I read the story and Leo explained the activity, which was that the kids had to colour in this cat and truck and stick them together. Some of them were a bit picky and were not interested in participating in the fun. The kids that didn't want to participate listened and enjoyed the music Leo was playing on his guitar. In the meantime, me and Mrs Burchell were having not as much fun as Leo, but having a bit less than him, because of all the kids pulling onto us for help! It was adorable, and all the memories and the aroma of the delicious foods in the kindergarten flooded back into my head. After we finished reading the book and helping them do the activity, it was now free time, so we got to play with them. The first thing we did together was Jail, where they capture us and push us into the couch, but to be honest with you, they were VERY strong to be kindergarteners, one of them didn't really have the strength to pull me, so they used their teeth to grab on my jacket, making it very disgusting to touch that area. Next thing we did was that they gave us a tour around the whole place, which is usually to be first, but they are kindergarteners, so they have an excuse. It was very hard where to go when the kids were showing us around, because there were 2 groups, and they were pulling us both like we were the rope to tug of war, so we decided to go inside. We played a lot and it was so fun, they were good at listening and their artworks were beautiful. Finally, it was time to go, the kids were so sad we had to go, and wouldn't stop touching and rubbing Mrs Burchell's tummy! We had such a fun time, and I wished we could go there anytime we wanted to.







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# CO-CURRICULAR NEWS

## Performing Arts

After the massive success of the Yr 5/6 Popstars performance last term, we are very excited for the other year level performances!

Please note these dates in your calendar (there has been a change or two!)

- Foundation Performance: Wednesday the 17th of September at 6pm
- Year 1/2 Performances: Tuesday the 16th of September
  - Yr 1 at 6pm, Yr 2 at 7pm.
- Year 3/4 Short Film Festival: Tuesday the 12 of August -
  - Yr 3 at 6pm, Yr 4 at 7pm.

We look forward to seeing you all there for the shows!

**Drew Lane**

**Enrol NOW for Term 3 2025**  
LIMITED PLACES AVAILABLE



Thursdays @ 4pm & 5pm  
St Peter's Primary School, East Bentleigh.

Students can choose to do a single stream or a double stream (2 classes @ 4pm and 5pm)...

To enrol or for more info, email Jenni at [admin@fedpas.com](mailto:admin@fedpas.com) or call 0425 792 369!

**Junior FEDPAS (Prep & Yr 1)**

Tailored for younger students to encourage a love of performing and develop their confidence. This stream gives our youngest students an introduction to Performance, Movement, Vocal Development and Stagecraft.

**4pm only - FULL waitlist only**

**Performance (Yr 2-6)**

Explore acting, singing and movement through theatre games, improvisation, characterisation & script work. With a focus on developing self-confidence, imagination and teamwork skills, students will experience the joys of performing on the stage.

**4pm Limited places available 5pm - Places available**

**Film & Tech (Yr 2-6)**

Explore creativity through film. Learn basic techniques of film (ie. shots, angles, zoom, panning, focus, lighting, sound & editing). Create a short film, scripted and directed by yourself! Students will also explore backstage elements of theatre such as sound & lighting and how to run a show!

**4pm FULL 5pm - Places available**

FEDPAS is run by Drew Lane who teaches Performing Arts at St Peter's. Drew has a Masters Degree in Performing Arts and over 25 years experience in performance and theatre.



**TERM 4 Dance**



**CELEBRATING 30 YEARS**

**BOOK ONLINE NOW AT**  
**KELLYSPORTS.COM.AU**

**INFORMATION**  
FOR PARENTS

**DANCE PROGRAM**  
TERM 4 2025

Program runs weekly, one day a week during lunchtime.

**This term's dance program will include:**

- ✓ New routine
- ✓ Weekly steps
- ✓ Experienced coaches
- ✓ Dance games
- ✓ End of term performance

Our dance program is designed to get your child movin' and groovin' whilst learning a new routine. New steps are taught each week, accompanied with dancing games and stretches. This program is designed to improve fitness, coordination, balance and dance moves all in an enjoyable group environment, listening to funky tunes!

**For Foundation - Grade 3 students.**

**\$140 FOR 10 WEEKS**  
Sign up anytime and only pay for the remaining weeks in the term.  
**\$14 per week**

**Where: St Peter's Hall**  
**When: Thursdays**  
**Time: 1:50pm-2:30pm**  
**Start: 9th October**  
**End: 11th December**

**JOIN NOW**

Website: [kellysports.com.au/metro-south-east](https://kellysports.com.au/metro-south-east)  
Contact: Paul & Tash Kalweit  
Email: [natasha@kellysports.com.au](mailto:natasha@kellysports.com.au)  
Phone: 0413 080 025  
Facebook: Kelly Sports Metro South East Melbourne



**KELLYSPORTS.COM.AU**





# PARENTS & FRIENDS NEWS



## TERM 3 EVENTS - SAVE THE DATES

**BOOK WEEK PARADE**  
WEEK 5 - FRIDAY 22ND AUGUST

**BUSH DANCE**  
WEEK 6 - FRIDAY 29TH AUGUST

**FATHER'S DAY BREAKFAST**  
WEEK 7 - WEDNESDAY 3RD SEPTEMBER

**FATHER'S DAY STALL**  
WEEK 7 - FRIDAY 5TH SEPTEMBER

**SAUSAGE SIZZLE / FOOTY COLOURS DAY**  
WEEK 9 - MONDAY 15TH SEPTEMBER

### NEXT P&F MEETINGS TERM 3 -

Monday 1<sup>st</sup> September, 7pm

We look forward to seeing all our existing and new P&F members at our Term 3 Meetings

All parents welcome !

### BOOK WEEK SECOND HAND COSTUMES & SCHOOL UNIFORM STALL

Monday 18th August  
8:30am - 9:30am in the Breezeway

Along with the second hand uniform stall, we will be selling Book Week costumes for \$5 at our upcoming stall.

So drop off your pre-loved book week costumes to the office so we can Reduce, Reuse, Recycle for Book Week!



**2025 DADS FOOTY MATCH**

Cheer on the dads.

**BATTLE OF THE ST.'S**

Bring the family!

Bar is open.



Enjoy the BBQ.



**SAT AUG 30**

**GAME TIME 2 PM**

**MCKINNON RESERVE**

Be there to watch St Peter's fight it out against St Paul's once again.

**CONSOLIDATED**

Darren Eyckens: 0455020121  
Fatih Arik: 0492496033

Big thanks to our generous 2025 sponsors





# PARENTS & FRIENDS NEWS



## BUSH DANCE - FRIDAY 29<sup>TH</sup> OCTOBER

Our second Parents & Friends Bush Dance is on Friday 29th August. Get your checkered shirts and cowboy boots on and join us for what will be a fun night for the whole family !

There are two sessions to choose from:  
6:00pm - 6:45pm  
or  
7:00pm to 7:45pm

Please book tickets through Flexischools. You only need to book once PER FAMILY.

Just select ONE child's name and book how many children & adults will be attending.

We look forward to dosey doeing with you all on the night!

## MICHEAL HANNEY RETIREMENT UPDATE

Michael Hanney recently updated us on what he's been up to.

I hope you and your families are all well. I do miss everyone at St Peters but have settled in to retirement. My new golf clubs have arrived and I just wanted to pass on my thanks to the parent body for the very generous gift. I have attached some photos including my second place in a recent competition (Thanks to my new clubs) and also one of Pa time.

Kind regards  
**Michael**



| Leaderboards |                                        |      |       |
|--------------|----------------------------------------|------|-------|
| Rank         | Player                                 | Thru | Total |
| 1            | <a href="#">Ken Waller</a> [30]        | F    | 39    |
| 2            | <a href="#">Michael Hanney</a> [22]    | F    | 37    |
| 2            | <a href="#">Colin Hay</a> [32]         | F    | 37    |
| 4            | <a href="#">Gerard Munday</a> [22]     | F    | 36    |
| 5            | <a href="#">Greg Gibson</a> [33]       | F    | 35    |
| 5            | <a href="#">Graham Blair</a> [22]      | F    | 35    |
| 5            | <a href="#">Ron Fenton</a> [27]        | F    | 35    |
| 8            | <a href="#">Robert Grant</a> [22]      | F    | 34    |
| 8            | <a href="#">John Hammond</a> [26]      | F    | 34    |
| 8            | <a href="#">Bill Chung</a> [23]        | F    | 34    |
| 11           | <a href="#">Frank Hosemans</a> [29]    | F    | 33    |
| 11           | <a href="#">Clive Chew</a> [27]        | F    | 33    |
| 13           | <a href="#">Charlie Arthurton</a> [24] | F    | 32    |
| 13           | <a href="#">David McClelland</a> [31]  | F    | 32    |
| 15           | <a href="#">Enzo Adorno</a> [25]       | F    | 31    |
| 15           | <a href="#">Wayne Williams</a> [22]    | F    | 31    |
| 15           | <a href="#">Steve Clegg</a> [22]       | F    | 31    |
| 15           | <a href="#">Patrick McGaughey</a> [23] | F    | 31    |
| 15           | <a href="#">Peter Wells</a> [30]       | F    | 31    |
| 20           | <a href="#">Jacky Wong</a> [23]        | F    | 30    |





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# PARISH NEWS



**St. PETER's**

844 Centre Rd, East Bentleigh 3165



**St. PAUL's**

122 Jasper Rd, Bentleigh 3204



**St. CATHERINE's**

2 Buchan St, Moorabbin 3189

We deeply respect the Aboriginal Community of Bunnerong upon whose land our parish resides

Please [click here](#) for the most recent Parish Bulletin

## Mass, Confession & Adoration Times

### Saturday

St Catherine's 8.30am

St Paul's 6.00pm

St Peter's 6.30pm

### Sunday

St Peter's 8.30am

St Paul's 9.30am

St Catherine's 10.30am

St Peter's 10.30am

St Peter's 5.30pm





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# COMMUNITY NEWS



**SALESIAN COLLEGE CHADSTONE** EST. 1957  
10 Bosco Street  
Chadstone Victoria  
Australia 3148  
T +61 3 9807 2644  
[www.salesian.vic.edu.au](http://www.salesian.vic.edu.au)

## DISCOVER WHY BOYS THRIVE AT SALESIAN COLLEGE CHADSTONE

Grounded in the spirit of St John Bosco, we provide a safe, inclusive environment where each boy is known, challenged and supported to become a good Christian and honest citizen who are ready to lead with integrity in a rapidly changing world.

**RESERVE YOUR PLACE**

**Date:** Monday 11 August  
**Time:** 7pm  
**Location:** Salesian College Chadstone

**REGISTER NOW**  
<https://www.salesian.vic.edu.au/book-a-tour/>

### COUNCIL OF INTERNATIONAL SCHOOLS ANNOUNCEMENT

We're delighted to share that Salesian College Chadstone has officially been awarded membership with the Council of International Schools (CIS); a globally recognised organisation dedicated to high standards in international education.

You'll hear from our Principal, Mr Mark Ashmore, meet current students and connect with Assistant Principals across key areas of the College. Learn how our tailored teaching, strong culture of care, and focus on individual growth empower young men to achieve outstanding VCE results and pursue diverse pathways in university, trades and beyond.

**THERE'S STILL TIME TO APPLY FOR YEAR 7, 2026**

We're currently reviewing applications for Year 7, 2026, and while places are limited, we welcome expressions of interest from families who are still considering their options. Visit our website to find out more about our enrolment process via <https://www.salesian.vic.edu.au/enrolment/apply/>

**MARY POPPINS TICKETS ON SALE**

Get ready for something practically perfect in every way! The joint Salesian College Chadstone and Sacred Heart Girls' College production of Mary Poppins is coming soon!

**Performance Dates:** Thursday 7 August - Saturday 9 August  
**Venue:** Alexander Theatre Monash University  
**Bookings:** <https://www.monash.edu/performing-arts-centres/event/mary-poppins/>

**YEAR 7, 2027 APPLICATIONS CLOSING SOON!**

Applications for Year 7, 2027 at Salesian College Chadstone will close on Friday 15 August, 2025. Get in touch with our College Registrar Michelle Collins or apply online today via <https://www.salesian.vic.edu.au/enrolment/apply/>

**TERM 3 LIVERPOOL FC INTERNATIONAL ACADEMY AFTER SCHOOL CLINICS**

Are you ready to play like a Red? Our Term 3 Liverpool FC International Academy after school clinics are now open for registrations!

**Day:** Monday  
**Time:** 4:00pm - 5:30pm  
**Location:** Salesian College Chadstone  
**Registrations:** <https://www.salesian.vic.edu.au/about-us/community-partnership/>

**MARY POPPINS**  
THE BROADWAY MUSICAL  
ON 11 AUGUST 2026

**LEARN TO PLAY "THE LIVERPOOL WAY"**  
ON 11 AUGUST 2026

View our full 2024 Highlights and Results via [salesian.vic.edu.au](http://salesian.vic.edu.au)

## 2027 ENROLMENTS CLOSE 15 AUGUST 2025



**APPLY NOW**



 **ST BEDE'S COLLEGE**

*Per Vias Rectas  
By Right Paths*





**ST MARY'S COLLEGE**

**Learning Together, Growing Together**

**Book a Tour Today**







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# COMMUNITY NEWS

## ONE STEP AT A TIME PROGRAM: PARENT SUPPORT FOR CHILDHOOD ANXIETY

**Free Lunch Time Seminar for Education Staff**

**Date: Friday 1st August 2025**

**Time: 12pm - 1pm**



Clinicians at Swinburne University have developed a program to help parents manage childhood anxiety in children aged 6-11 years.

The program works for a range of child problems, such as:

- Difficulties sleeping at night due to worries
- Fears and phobias
- Difficulty separating from or worrying about parental safety
- Trouble sleeping alone in their bed
- Fear of the dark
- Scared of lifts, trains, and people
- Fear of dogs and other animals
- Excessive worry and constant reassurance seeking
- Fear of germs and other health problems

The One Step at a Time Program involves:

- Comprehensive psychological assessment of the child's anxiety
- Seven sessions of online counselling through video conferencing
- Parent-focused cognitive behavioral therapy (CBT) skills to help parents manage and support their child's anxiety
- Two combined parent-child sessions
- Reflective parenting strategies based on attachment and mentalization theory
- Access to a website with self-help materials to supplement therapy.

### About the Workshop

This session will provide an overview of the One Step at a Time program, including its structure, aims, and outcomes from the pilot evaluation. It will be particularly helpful for school staff interested in learning more about childhood anxiety and how to support families or make referrals to the program.

**Please Register Here**

**Webinar Link: MS TEAMS**



**Dr Chris Ludlow**

Chris is a Lecturer in Psychology at Swinburne University and Deputy Director of the Swinburne Psychology Clinic. He developed the One Step at a Time Program and has worked extensively across child and adolescent mental health, forensic settings, and child protection. He was also Deputy Director of a training program at the Anna Freud Centre.



## ONE STEP AT A TIME PROGRAM: PARENT SUPPORT FOR CHILDHOOD ANXIETY

**Swinburne Psychology Clinic**

**Parents / guardians:**

Do you have a primary school-aged child experiencing symptoms of anxiety?

Clinicians at Swinburne University have developed a program to help parents manage childhood anxiety in children aged 6-11 years.

Does your child experience any of the following?

- Difficulties sleeping at night due to worries
- Fears and phobias
- Difficulty separating from you or worrying about parental safety
- Trouble sleeping alone in their bed
- Fear of the dark
- Scared of lifts, trains, and people
- Fear of dogs and other animals
- Excessive worry and constant reassurance seeking
- Fear of germs and other health problems

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worldwide

marriage encounter

**Live Your Best Life in Love...**

**A Marriage Encounter weekend is for you...**

Every married couple deserves this very special weekend.

Time-out to nurture your most precious relationship away from life's distractions.

The two of you will come away from your weekend feeling more deeply connected and with tools to help keep your renewed intimacy alive.

No group sharing is required.

The weekend is based around Catholic values. Couples of all faiths are very welcome.

**Please check our website for details and to book your special weekend:**

**We have 2 further weekends on offer this year**

**October 3-5 at Tooleybuc Sporting Club / Tooleybuc Motor Inn - a great weekend getaway**

**October 10-12 at St Paul's Retreat Centre, Wantirna South**

Starts Friday evening at 7pm and finishes Sunday afternoon around 4:30pm

Information/Bookings: Phone **Mercy & James 0409 183 676** or

Email: [vicbookings@wwme.org.au](mailto:vicbookings@wwme.org.au) Website: [wwme.org.au](http://wwme.org.au)