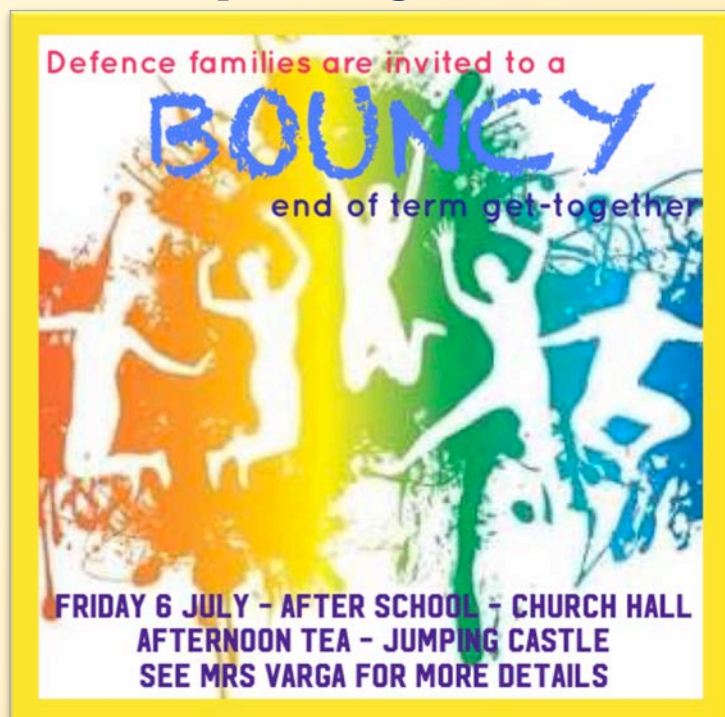


## Upcoming Activities



## Defence Club

Defence Club is a fortnightly group, which provides an opportunity for students to connect, create and have fun. Defence Club meets at the following times:

Years 3 & 4 - Tuesday lunch  
Years 5 & 6 - Tuesday recess  
Secondary - Thursday recess

## Don't forget to let us know...

As Defence families, we tend to expect the unexpected, particularly when it comes to last minute training courses, deployments and postings. So we are better able to support you and your family during these times, I would encourage you to let class teachers and myself know that there will be a change in circumstances that may affect your child's ability to cope.



Once again we are approaching the end of another term and it has been as full and busy as ever. Students have been involved in many academic and extracurricular activities, including the Eisteddfod, sporting competitions, the incredible Bye Bye Birdie production and the Athletics Carnival. It has been wonderful to see so many of our Defence students involved in these activities and achieving some outstanding results.



Grow up into Christ

## Contact Details

Defence Transition Mentor  
Mrs Adrienne Varga  
EMAIL: [dtm@ncs.nsw.edu.au](mailto:dtm@ncs.nsw.edu.au)  
Phone: 0403 079 449

## Memories of ANZAC Day

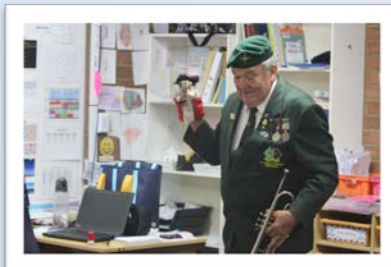


This year we commemorated ANZAC Day with a special assembly. The highlight was, without doubt, the inspiring address by LCDR Belinda Finlay, who spoke of the ANZAC biscuit tradition. Special thanks also go to Mr Peter Williams, who played the bugle and Mr Fred Campbell, who represented the RSL. It was wonderful to see so many students involved in the running of the assembly. Students presented bible readings, laid flowers in remembrance of the fallen, manned the catafalque party and performed the Australian and New Zealand National Anthems.



In the weeks leading up to ANZAC Day, students were inspired to create a commemorative mural. It was a lot of fun and hard work and involved students from many year levels. We are all very proud of their efforts.

Following the assembly, Mr Peter Williams treated Stage 1 classes to a special bugle presentation. His stories had us all enthralled.



## Developing Resilience

For many students, the focus in recent weeks has been on looking to the future. As kindergarten enrolments flow in, year 6 students begin preparing to enter secondary school, and next year's seniors ponder subject choices and career paths, it is no wonder thoughts tend towards strategies to cope with change and develop resilience.



If you have a child who is feeling anxious or about to go through a significant period of change, there is a great deal of resources available to help children develop their resilience. I have heard it said that resilience isn't a state to be arrived at; rather it is like a muscle to be worked. In any case, there are some simple things we can do to help our children develop a positive approach when faced with adversity and change.

The following strategies may be worth considering:

- Encourage children to talk about how they are feeling and actively listen, without judging, dismissing their feelings, or trying to "fix it".
- Focus on the positive aspects of what is known, talk about what can be expected, help them to develop a mental picture and encourage them to talk to others who are going through similar transitions.
- Encourage children to focus on the things they can control, set manageable goals, have a positive, optimistic outlook, and use positive self-talk.
- Pray about it! Prayer is the most powerful weapon in our arsenal. We are reminded in the Bible to: "Cast all your anxiety on him because he cares for you." 1 Peter 5:7



FREE

Australian  
Kookaburra Kids  
Foundation

FREE

Kookaburra Kids Camps are mental health specific and age appropriate for ADF children who have a parent with a mental illness.



# KOOKABURRA KIDS HIGH SCHOOL CAMP

FREE DEFENCE CAMP FREE

Coming up we have our camp for high school kids from Australian Defence Force families. To be eligible for this camp children must be part of a Serving or Ex-Serving Defence Force family. Camp will be held just South of Sydney. Kids must be referred before they will be accepted into the program.

To refer a child please go to our website or [CLICK HERE](#)

Transport options will be available.  
Contact us for more info

JULY  
**27-29**  
2018

High School Kids from a Serving or Ex-Serving Defence Force family

Would your child like to come along?

To find out more information please contact

Michael 02 9525 7474 or [michael.auton@kookaburrakids.org.au](mailto:michael.auton@kookaburrakids.org.au)

The Kookaburra Kids Program for Serving and Ex-Serving ADF families has been funded by the Australian Government

FREE

Australian  
Kookaburra Kids  
Foundation

FREE

Kookaburra Kids are running a free holiday activity day for children of serving/ ex-serving Defence members whose mental health has been affected by their service.

To register for this fun program, simply refer your child via [www.kookaburrakids.org.au](http://www.kookaburrakids.org.au)

Click "Refer" & fill in the details.

This activity is a great way to introduce your child to the Kookaburra Kids program or keep them connected!



# MOVIES AND LUNCH

NOWRA

Hotel Transylvania 3

JULY  
**12TH**  
2018

For Kids aged 8-18 years

FREE

FREE

To find out more information please contact Bethany - 0417 952 062 or [bethany.metcalf-allan@kookaburrakids.org.au](mailto:bethany.metcalf-allan@kookaburrakids.org.au)

The Kookaburra Kids Program for Serving and Ex-Serving ADF Families has been funded by the Australian Government.

# Defence Families Australia Feedback



**We want to talk to Defence families to find out about what issues they are facing.  
What works? What doesn't work?**

**Did you know that the DFA Team are all partners of current ADF members?**

In August each year, we meet with Defence policymakers in Canberra including CDF, Service Chiefs and the Minister for Defence Personnel.

We are reviewing what's happening in our local Defence Communities. We want to advocate for the programs that most benefit our families and the issues that most affect our families.

My name is Emma Steil and I am your local DFA Delegate. I'd love to speak to you. Please call me, or contact me online via email or my Facebook page.

e: [act.sthns@dfa.org.au](mailto:act.sthns@dfa.org.au)  
m: 0419 333 101  
Facebook: @DFAACTSouthernNSW

## Kookaburra Retreat (SDFA)



### Kookaburra Retreat Playgroup

The Shoalhaven Defence Families Association is a not for profit organisation which aims to bring fun, friendship and connection to new and existing defence and civilian families in the Shoalhaven and surrounding areas.

Located at Nowra Hill, parents and carers can enjoy a cuppa whilst supervising their little ones in the great playground with lots of outdoor toys and an indoor playroom for quieter moments or on wet days.

Playgroup is open to the public and the cost per visit is \$3 per family.

For more information visit  
[www.sdfa.com.au](http://www.sdfa.com.au)

#### Tuesday

9.30am Free play - inside and outside  
10am Craft activity such as painting, gluing, threading, etc  
10.30am Morning tea  
10.50am Free play - inside and outside  
11.20am Circle Time - Story and or Music  
12pm Pack up time.



Flat 1 & 2 Canberra Dr Nowra Hill NSW 2540

Kookaburra Retreat is a community centre supporting Defence families in the Shoalhaven. It offers a range of programs, including weekly catch-ups (with crèche facilities), playgroup, craft and scrap-booking sessions, social dinners, ladies nights out, excursions and participation in community fundraising.