

HARRISON DEFENCE NEWSLETTER

DSM Newsletter

Ninth Edition

WELCOME

Welcome to our families who have recently arrived. We send out this newsletter twice a year to let you know what has been happening, what is coming up and to highlight different resources you may find useful.

At Harrison we have approximately 300 Defence students which is a large number.

The Defence School Mentor (DSM) roles help support Defence students during transitions in and out of school and during parental absences. We attend many classes each week and assist the teachers with what ever task is at hand, allowing us to interact with the students. We also have our activity groups and hang outs for students for parents we have Harrison Hearts on Monday mornings at 9am. We also aim to offer at least one evening social event and one morning social event per term. Other things we do are:

- Help with the initial paperwork for Education Assistance,
- Organise Morning Teas for students and parents as well as parent dinners/family events.
- Organise Care Packages with classes of students with parents away,
- Coordinate activity groups and projects for Defence students,
- Provide support to those children and families going through postings/deployments and guidance on how to access services for support,
- Assist Teachers with the running of Anzac Day and Remembrance Day Services,



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Weekly Activities for this year - All now take place in the Defence Room located in the library!

Lunch Groups - **Monday** is Kinder to Year 2
Tuesday is Year 3 to Year 4.

Wednesday is Years 5 & 6 Hang Out

We play board and card games such as Twister, UNO, Matching Pairs, Guess Who, Headbandz etc, with the occasional team challenge! We do art and craft every couple of weeks.

Seniors Hang-out Session –

Thursday for Years 7-10

A chance to just hang out with a mix of games, music, drawing and much more.

Senior students please remember that Miss Zoe can also be found in her office upstairs in the Vast Building.

Harrison Hearts – Mondays in the Defence Room in the school library.

We help out teachers around the school with items they would like cut, laminated etc for activities in their classroom. Held every **Monday** between **9:00am and 11:00am**, this volunteer group is open to all community members. We would love to have you join us for a cuppa, a chat and to create some resources for the classrooms. The more the merrier. Please remember to sign in as a volunteer at the front office. Siblings are also Welcome.

Other News



So many things are always happening at Harrison School that sometimes it can be hard to keep up.

This year so far we have successfully recruited a new Defence School Mentor for the Senior School who is Zoe Rossiter. We had a lovely Anzac Service at the end of last term, it was particularly good to see so many of our students involved. For those that may wish to be involved in Remembrance Day please let us know and to students who may like to join cadets the mid year intake is happening now for Army, Navy and Airforce! Further information towards the end of this newsletter.

Tyler Turtle once again visited Harrison School early in term 2 to do some workshops on resilience and support strategies with some of our Kindy and Year 1/2 students.

We have both recently attended a professional learning day at Generation Next where we learnt of strategies and support mechanisms for children/teens coping with mental illness/change/trauma.

Many of our Harrison School Defence Families came together to enjoy Dinner at the Lakes in Gungahlin last week, by all accounts a great night was had and many new connections were made. It was so successful that there will be more later in the year!

Last week Zoe along with Sarah Wicken (Senior School Music Teacher) took our year 7 to 10 Band Students on an excursion to the Royal Military College at Duntroon where they were fortunate enough to be able to spend the morning workshoping their music alongside the Australian Army Band. Next week our year 6 band students will have the honour of workshoping with the RMC Rock Band following their concert at the school.



Christmas Care Parcels!



START
HAPPY
with
VEGEMITE



So this year Harrison School would once again like to thank and acknowledge our Australian Troops who are serving overseas this coming Christmas. As such we would like to request your assistance with providing any of the following:

- Instant Noodles
- Biscuits Pre-packaged
- Lollies/chips
- Vegemite
- Spare Bx2 Mailing Boxes

We are aiming to have all the parcels done and ready to go by the End of Term 3!



Education Assistance Scheme

Should anyone be requesting forms they are to be directed to Defence Family Helpline in the first instance or education.supportprograms@defence.gov.au. Please be aware that there is a new requirement for members to provide supporting evidence when requesting tutoring. This is reflected on the newly published forms. In accordance with PACMAN Chapter 8 , Part 4, Division 1, 8.4.5, tutoring at the gaining location is available to maintain academic achievement. The intent of the policy is to meet the gap, via tuition, where a child's education has declined in grades as a direct result of the posting. In order for the Delegate to remain compliant with policy there is a requirement to sight the report cards from the losing location and the gaining location prior to the Delegate committing funds. This new process has been implemented in consultation with Policy owners and will over time become expected.

DCO Support During Deployment

DCO recognises that a deployment can be a stressful time for families. To assist you during these times, DCO can provide you with a range of services and support including information, brief counselling, referral to specialist community services, regular telephone contact and various support activities. If you would like to receive regular phone contact, deployment information, newsletters and updates regarding DCO services and group programs while your defence member is absent, then it is essential that you contact DCO to register your contact details and the level of assistance you require. Email dco.deployments@defence.gov.au or Tel: 1800 624 608.



Defence Family Helpline

Defence families seeking advice, support or connection with their local community can call 1800 624 608. The Defence Family Helpline operates 24 –7 and is staffed by qualified human service professionals including social workers and psychologists. All calls will receive assessment and support from a human service professional. Families can also email the Defence Family Helpline at DefenceFamilyHelpline@defence.gov.au & will receive a response within 24 hours.





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

m: 0419 333 101

Facebook: @DFAACTSouthernNSW



Supporting children who have a parent with a mental illness as a result of military service. Kookaburrakids.org.au or phone 02 95257474

OPEN ARMS

Veterans & Families
Counselling

Open Arms provides counselling and support services to Australia's military community. If you have served one day of continuous full-time service in the ADF you can call us for support. We also support families, reservists and some peacekeepers.

24 HR: 1800 011 046

SOLDIER ON

Soldier On staff work side by side with individuals and families, to strengthen resilience and develop meaningful connections with family members, mates, and the local community through a diverse range of health and wellbeing services, employment opportunities, learning and education programs, and participation in community, social, and sporting activities.

Cadet Units are Now Recruiting!!

ARMY CADETS

Information sessions Monday 8th & Thursday 11th July @ 6.30pm @ HMAS Harman

<https://www.armycadets.gov.au/>

AIRFORCE CADETS

334 Squadron (Harman) Information Sessions 24th & 31st July
<http://334sqn.aafc.org.au/node/3>

327 Squadron (Gungahlin) Bradley.Lochrin@airforcecadets.gov.au

315 Squadron (Harman) Information Session 23rd July - <http://315sqn.aafc.org.au/>

<http://www.aafc.org.au/>

NAVY CADETS

<https://www.navycadets.gov.au/> or <https://www.navycadets.gov.au/unit-finder>



i-Parent—The Office of the Children's eSafety Commissioner has put together a wonderful resource to help parents learn about the digital environment and keep updated on their children's technology use.

www.esafety.gov.au/education-resources/iparent

Contact Us

If you have any questions or wish to make an appointment to speak with us, below is our email and school phone number.

Sarah McGavin available Mon - Wed and Fri, and Zoe Rossiter available Mon - Thu school hours.

sarah.mcgavin@ed.act.edu.au & zoe.rossiter@ed.act.edu.au

School phone—02 6142 2200