Dear Galen Community,

It is with great sadness that our Galen Catholic Community mourns the death of Year 9 student, Ben Northey, who passed away on Wednesday evening (16/8/2017).

Galen is a tight knit community and the loss of a student is felt deeply by all. Our hearts go out to the family and they are in the thoughts and prayers of the entire community at this very sad time.

We ask you to pray for Ben’s friends and family, especially his brother Jack in Year 12, Jack’s twin sister Alice, older sister Sarah, and cousins attending Galen, Georgina Northey (Year 10), Gus Northey (Year 9), Zac Northey (Year 11), Isobel Northey (past Galen student), Callum Northey (grade 6 student) and friends. We also ask that you take good care of each other as we come to terms with this tragic loss in our community.

All Galen students were informed of Ben’s passing on Thursday morning in homeroom and students in Year 9 and Year 12 also attended a Prayer Liturgy.

Our Chapel and Wellbeing rooms are available to all our students to access as well as Wellbeing staff if they feel the need to speak to someone.

We ask that you keep the whole Galen community and in particular Ben’s family in your prayers at this time.

May Ben rest in peace.

Kind regards,

Pat Arcuri
Acting Principal
What’s On

- Thurs Aug 24 - Founders’ Day
- Thurs Aug 24 - Year 12 Reconnect
- Sat Aug 26 - Santa Teresa group return
- Wed Aug 30 - Grade 6 Testing Day
- Thurs Aug 31-Sep 1: Yr 10 Camp
- Thurs Aug 31 - Injections Yr 11 & 12
- Wed Sep 6-8: Galen Band Tour
- Thurs Sep 7 - Yr 9 Forensic Science
- Mon Sep 11-14: Yr 12 VCAL Placement
- Thurs Sep 14 - Parent/Teacher Evening
- Fri Sep 15 - Parent/Teacher Morning (student free day)
- Mon Sep 18-22: Yr 12 VCAL Placement
- Wed Sep 20-22: Italian Camp
- Fri Sep 22 - Last day of Term 3
- Mon Oct 9 - Start of Term 4
- Mon Oct 9-11: Year 12 Practice Exams
- Tues Oct 17 - Yr 9 Night of Notables 6pm
- Tues Oct 17 - VCE Arts/Tech Exhibition at 7pm
- Tues Oct 24 - Year 12 Farewell Assembly
- Thurs Oct 26-27: Year 7 Camp
- Mon Oct 30-Nov 3: VCAL/Yr 9 Lake Mungo Immersion
- Wed Nov 1 - Unit 3/4 VCAA Written Exams begin
- Thurs Nov 2-3: Year 7 Camp
- Mon Nov 6 - Headstart Preparation Day (student free day)
- Tues Nov 7 - Melbourne Cup
- Mon Nov 13-17: Yr 11 VCAL Placement
- Mon Nov 13 - Jnr Production Rehearsal
- Tues Nov 14 - Jnr Production at WPAC
- Tues Nov 14 - Yr 9 Discovery Healthy You Healthy Us Day
- Thurs Nov 16 - Yr 11 Study Day
- Thurs Nov 16 - Yr 7 & Yr 10 Injections
- Fri Nov 17 - Yr 11 Exams begin
- Mon Nov 20-24: Yr 9 Adventure Camp
- Mon Nov 20-24: Yr 11 VCAL Placement
- Mon Nov 20-23: Yr 11 Exams
- Tues Nov 21-23: Yr 10 Exams
- Thurs Nov 23 - Yr 12 Graduation Evening

Revised plans for Founders’ Day

In light of the sudden death of Year 9 student Ben Northey, we’ve changed our plans for Founders’ Day 2017. The Year 12 Reconnect day will still go ahead as planned from periods 3 through to 5. The rest of the school will participate in a Founders’ Day ceremony during Periods 1 & 2. This will have an indigenous theme and there will also be a healing ceremony during this gathering. All Galen students are requested to attend as it’s important that we come together as a Catholic community.

For the remainder of the day students will attend timetabled classes as per a normal school day.

The carnival stalls and activities that were originally planned will take place later this term. This date will be confirmed soon.

Thank you,

Deb Doyle
Acting Deputy Principal - Catholic Identity

FIRE Carrier Induction - Invitation to Parents

We invite parents to join us to share in the liturgy planned for Founders’ Day and any parent wishing to be inducted as a FIRE Carrier is welcome to do so. Please email Debra Doyle: debra.doyle@galen.vic.edu.au to express your interest.

School Drink for Parents and Guardians

Get together with old friends and meet new ones

Precinct Bar 6:00pm Friday September 1st

All welcome

(A table is booked in the bar under “Galen” as a meeting point)

Next Meeting

Our next meeting is scheduled for September 12th at 6.30pm in the staff room.
Nine students from Galen’s Politics Club were part of ABC’s Q&A live audience for high school students on Monday the 24th of August. The weekly political discussion program had a focus on youth issues and young people’s involvement in politics, with four panelists being students at high schools in Victoria. Rural students were represented by panelist Jock Madden, who was joined on the panel by fellow teenagers Aretha Brown, Pinidu Chandraesker and Jacinta Speer. Federal Members of Parliament included Josh Frydenberg, the Minister for Energy and the Environment, and Catherine King, the Shadow Minister for Health.

We departed from school at 4:00pm to arrive at the Melbourne studio by 8:30pm. Questions on the night were pre-selected from students attending on the night, however the number of questions were limited. Due to this, no questions from Galen were chosen for the panel to answer. The selected questions were on a range of subjects, from the Adani mine, to gay marriage, to privacy risks that could develop from the government’s new Super Ministry.

The Galen students on the trip debated the views, positions and answers given by the panelists on the bus ride home. The group agreed they would be excited to attend another Q&A high school session in future and were very grateful to Mrs Holligan and Mr Turnbull for providing the opportunity to do so.

Written by Macey Gillman - Year 10

Poetry Slam OutLoud Heats Melbourne

On Tuesday 8th August, Galen’s poetry slam team competed in the heats of the OutLoud Poetry Slam at the Wheeler Centre for Books and Writing in Melbourne. Year 8 students Madison Saunders, Tayla McCully, Isobelle Fischer and Ella McInnes ably represented Galen with their poem on CyberBullying. Facing stiff competition from some of the best schools in the state, the team were word perfect and delivered their message with feeling. While not successful in making through to the final 5, the students with their support crew of 8 other Galen poetry slammers witnessed some amazing performances. The trip was rounded out by a visit to ACMI, our national museum of film, TV, video games, digital culture & art Services.
On Thursday 10th August, a committed group of students attended the annual Sandhurst Diocese Winter Sleepout at St Augustine’s College in Kyabram. Student and staff participants shared in a simple meal of soup and bread along with hearing from guest speakers. Students and staff then braved the cool night sleeping on the concrete outside. As usual, this was an enormously successful event and along with raising awareness, the event managed to raise significant funds for the Vinnies Winter Appeal. Special thanks to Mrs Deb Doyle and Mrs Sarah McLeod for supporting the students in their commitment to Social Justice and their endeavors in being advocates for the marginalised.

Sleepout participants: Year 7s: Jorja O’Connor, Kirra Ousley, Josephine Hogan. Year 8s: Georgina Stallard, Declan Quin, Aryan Arachchige, Jimi Wingrave. Year 9s: Sandra Francis, Mia Einersen, Jasmine Shulz. Year 10 Olivia Gamble. Year 12s: Emma Gamble, Lucy Lee, India Dalzotto.

“The whole experience was inspiring with guest speakers and activities throughout the night that delivered facts and made us think of what we could do to help those in need. Although it may have been cold outside to sleep, it gave everyone a real insight to experience what the homelessness have to go through.” – Olivia Gamble

Social Justice News
Students brave the cold in solidarity

CALL FOR SUPPORT
Birthing Kit Foundation Australia and Zonta Wangaratta

On average, 1 in 27 women will die from complications during pregnancy or delivery. For every woman who dies in childbirth another 30 women incur horrific injuries and infections. Since its launch in 1999, Birthing Kit Foundation Australia has raised much-needed funds for supplies and training to reduce these statistics. They work tirelessly to provide education programs and the supply of clean birthing kits.

This year Galen Catholic College will continue its support for this cause, by aiming to raise $600 for the purchase of supplies to produce 200 birthing kits. Social Justice Leaders across the school will also commit time to the actual production of the kits, here at the College in partnership with Zonta Wangaratta.

But we are also asking you for support and would like to extend an invitation to you, to assist us in reaching our fundraising goal. The cost of items for each life-saving birthing kit totals $3. All donations are gratefully accepted and no contribution is too small. If you would like to contribute to this cause, students can bring donations to their homeroom teacher. Homeroom Teachers will be collecting funds for the month of September. If you have any queries regarding the Birthing Kits, email: skye.hunter@galen.vic.edu.au or go to: www.bkfa.org.au
Football Achievement

Congratulations to Jordan McKenzie (Year 9) who was awarded equal second in the Tallangatta League Junior best and fairest football competition. He received this award at The Commercial Club Albury on Monday 14th August. Well done Jordan!

Hume Sports Region
Intermediate Boys Netball

On Friday 11th August Galen Catholic College entered an Intermediate Year 9/10 boys team in the Netball tournament held at the WNA courts at the Barr Reserve. The team comprising Mitchell Holt and Josh Smart (Co-Captains) Michael Bannister, Cameron Chamberlain, Jacob Talarico, Lewis Sharrock, Trent Matthes, Lewis Holland-Dean, Josh Masters and Will Saritschny played 4 Pool games against Corryong, Seymour, Benalla FCJ and Wodonga Huon. Comfortable wins in all of these games saw the boys through to the semi-final against St Mary’s Seymour where they opened up a match winning lead early and were never threatened.

Into the Grand Final against arch rivals Cathedral College and the game was an arm wrestle from the opening whistle through the first half with scores tied at the main break. We swung some changes with the boys and they quickly settled, running out 6 goal winners at the end.

We now head to Melbourne on the 4th September to play State, which is an awesome accomplishment for the boys.

I would like to thank Denise Graham & Maddy O’Keefe for umpiring for us on the day, Terry Magree for his assistance (and Coffee) Friday morning, Will Nolan for organising uniforms, netballs and bibs on the day, Amanda White for her help in getting things organised and keeping me focused during the games and Linda O’Donohue for being Assistant Coach. Well done boys!

Written by Peter ODonohue
On Thursday the 10th August, we made our way to Echuca for the North East Zone Clay Target Championships. The team of shooters consisted of Alistar Sunderland, Brady Micheli, Colby McQuade, Harry Canning, Jacob Motha, Jacques Simian, James McIntyre, Joseph McMillan, Katelyn Van Gastelen, Lachlan White, Liam Colin, Noah McGauran, Riley Sandral, Ryan Cole, Thomas Davey, and Tom Fox.

The event consisted of 20 target single barrels, shot from 15 metres in two visits. All broken targets were counted with a score given at the end of each visit with an overall total tallied at the end of the day. Galen participated in 3 different age groups including Senior Boys, Junior Boys, and Senior Girls. Students who participated at this championship needed to hold a junior shooters license and have the ability to compete at a competent and safe level in clay target shooting.

All students performed well on the day with our top scorers being Colby McQuade & Alistar Sunderland on 15, Riley Sandral on 16 and Jacob Motha excelling and taking out the overall winner of the day, with 19 targets hit out of a possible 20. Well done to all students for their respect for the safety of the firearms, and procedures. They conducted themselves in a great manner, representing Galen in the best way.

Thank you to our bus driver Bob Glossop who not only drove us, but helped out by referring and ensuring the firearms were transported correctly. A big thank you also goes to Peter O’Donohue, who holds a shooters permit and who helped organize and ensure students were aware of and adhered to all safety guidelines. Our parents Cathy Van Gastelen, Anton Motha, Peter Sandral, Craig Davey, and Dave Cole who attended, drove, and supported the staff and students, ensuring a great day was had by all. Also to Will Nolan for helping manage the team on the day.

Jacob will compete in the individual zone section at the next round, in Echuca on the 4th September, 2017. Galen will also take part in a Field and Game shoot in Benalla on the 10th October, if students are interested in taking part they are encouraged to speak to Mrs White or Peter O’Donohue for more details.

Thank you to our bus driver Bob Glossop who not only drove us, but helped out by referring and ensuring the firearms were transported correctly. A big thank you also goes to Peter O’Donohue, who holds a shooters permit and who helped
**UNIT 3 4 - VCE PRACTICE EXAMS**

**OCTOBER 5**

<table>
<thead>
<tr>
<th>DAY</th>
<th>9.00am – 12.15pm</th>
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<tr>
<td><strong>THURS OCT 5</strong> (Holidays)</td>
<td>English (110)</td>
<td>Further Maths (58)</td>
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<td>English Literature (10)</td>
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<td><strong>Senior Building 1</strong></td>
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Students who do both English and English Literature please do English at this time and Literature on Oct 11. Some students may have other commitments such as Revision Lectures and work. This is unavoidable. Where possible please advise your subject teacher.

**OCTOBER 9, 10, 11,**

**ALL EXAMS WILL TAKE PLACE IN SENIOR BUILDING 1. (except for MUSIC Rm 2.6)**

(Numbers of students listed)

<table>
<thead>
<tr>
<th>DAY</th>
<th>8.45 am– 11.30 am</th>
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<td><strong>MON OCT 9</strong></td>
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<td><strong>LINE A</strong></td>
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<td>ACC HOLLE 7</td>
<td>BIO QUINK 25</td>
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<td>HHD FAITH 13</td>
<td>COM PASZJ 20</td>
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<td>PE PERKJ 15</td>
<td>POT HERNR 13</td>
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<td>SAR SALM 12</td>
<td>HIA ODWYA 12</td>
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<td>ITA BELLC Oral Prep.</td>
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<td>DRA NOLAJ Oral Prep.</td>
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<td><strong>TUES OCT 10</strong></td>
<td><strong>LINE B</strong></td>
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<td>BMG BATTA 17</td>
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<td>PHYS WATSG 8</td>
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<td>PSY BURKA 15</td>
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<td><strong>WED OCT 11</strong></td>
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<td>BIO BATTA 11</td>
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<td>HAN BROMJ 13</td>
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- Year 11 students – Exams take precedence over classes.
- Students with special consideration – please see Mr Grogan.
Composite School Fees Reminder

As the school year is now well advanced, this reminder is a friendly prompt for all parents with outstanding fees, to assess their current balance.

If you have already contacted the school this year to discuss payments or have a 2017 agreement in place, we thank you in advance.

If you have not yet made contact with the school, we ask that you advise what your payment intentions are to finalise your balance before the end of the current school year.

In cases of financial hardship or where special/difficult circumstances exist, parents/guardians are invited to contact Sandra Smith on (03)5723 8312 for an appointment to discuss ways of alleviating this financial burden. Parents and guardians are strongly urged to make such arrangements rather than allow debts to accumulate with the School. These arrangements are to be negotiated on an annual basis. All details discussed are of course strictly confidential. Your cooperation is much appreciated.

Timor-Leste Earn and Learn

This year Galen is once again collecting Earn and Learn stickers from Woolworths. We encourage you to place your stickers in the Galen box at Woolworths or the box located in the main office here at Galen. This year the Timor-Leste students will coordinate these stickers to enable the team to purchase small school supplies for the schools we visit.

STEM EXPO 2017 & Digital Harvest Conference

The 2017 STEM Expo was once again a resounding success. With everything from robotics to coding and virtual reality, using technology in farming for sustainability and much, much more. Importantly The STEM Expo provided students with the opportunity to further look into their interests and possible career options in the future.

The Digital Harvest Conference for teachers on Friday 18th August provided a great opportunity for teachers across the region to learn the skills needed to equip students for jobs of the future.

Make sure you check the Galen website in the coming days for a full report and photos from both events. A huge congratulations to the team involved making these STEM events such a great success!

Reunion Notice

Class of 1988

A 30th reunion for Galen alumni, class of 1983-1988 for April 2018, will be held in Wangaratta. We have set up a closed Facebook group to help find and inform the past students via a Facebook group: Galen College Reunion 1983-1988 Sat 21st April 2018:

https://www.facebook.com/groups/GalenClassof1988Reunion

Alternatively, please email if you have any inquiries: galenreunion8388@gmail.com

Liz Hackett (Headland) Class of 88

Who’s Who at Galen

Leadership Team
- Bernard Neal: Principal
- Patrick Arcuri: Deputy Principal—Staff & Students
- Marie Salingar: Deputy Principal – Learning & Teaching
- Genevieve O’Reilly: Deputy Principal – Catholic Identity
- Dom Giannone: Business Manager
- Anthony Batters: Professional Development Co-ordinator
- Kylie Quin: Daily Organiser
- Mick Grogan: Senior School Director
- Rob Walker: Middle School Director
- Wendy Chuck: Junior School Director
- Rebekah Coustos: Human Resources Manager

School Board
- Fr Mike Pullar: Parish Priest
- Suellen Loki: Board Chair
- Colin McClounan: Deputy Chair
- Bernard Neal: Principal
- Phil Bretherton: CEO Representative
- Patrick Arcuri: Deputy Principal
- Dom Giannone: Business Manager
- Cheryl Impink: Parents’ Assoc. Representative
- Hannah Clancy: Parent Representative
- Karen Archer: Parent Representative
- Tracey Bright: Parent Representative

Parents Association Executive
- Jodie Sutton: President
- Julie Dart: Vice President
- Louise Robinson: Secretary
- Carolyn Hicks: Treasurer

The Parents Association can be contacted via email: gpa@galen.vic.edu.au

Members of the Board can be contacted via the office on 03 5723 6322 or email: admin-enquiry@galen.vic.edu.au

The best way to contact Galen staff members direct is by email. All staff have email addresses which follow the formula: firstname.surname@galen.vic.edu.au

Newsletter enquiries can be emailed directly to the Publications & Promotions Officer: malcolm.webster@galen.vic.edu.au

Galen Catholic College
College Street, Wangaratta
PO Box 630 Wangaratta Vic 3676

Principal: Bernard Neal
Email: principal@galen.vic.edu.au
Phone: 03 5721 6322
Web: www.galen.vic.edu.au
Grief is a reaction experienced in response to the loss of a loved one, whether a family member, friend, or someone else which is close. The process of grieving is normal and expected. It can occur both in the period immediately after a loss, and in the months and years to follow.

Grief is experienced in different ways by different people. Young people may have different reactions to those of adults because of their age and developmental stage, because the consequences for them may be different, and because of their family situation.

It can be particularly difficult for a young person to cope with a loss that results from a disaster such as a flood or bushfire. Disasters are usually unexpected, leaving people little time to prepare. They can have widespread effects, not only on the person experiencing the loss but also on support networks of friends, family and community. Dealing with the trauma of the disaster itself can be challenging, but recovery is likely to be more difficult if the person has lost friends or loved ones, or their home or school. It can also make it harder for you as a parent or carer to support your child through their grief if you have also experienced loss or trauma.

There is no single ‘right’ way to respond to the loss of a friend or loved one. There are a range of normal grief reactions which you may notice in your child, including:

- Shock and disbelief that the person has died
- Longing for the person – wishing they were around, to be able to touch them or be comforted by them
- Feelings of anger or resentment – for being abandoned, for the unfairness of the loss, or towards those thought to be responsible for the loss
- Feeling sad that the person has gone
- Guilt – for example that they were unable to save the person, or that they survived while their loved one did not
- Anxiety – about the future, how things will be without their loved one around, or their own safety
- Preoccupation with thoughts of the person who has died
- Difficulty concentrating
- Changes to sleep patterns and appetite
- Difficulties concentrating
- Changes to sleep patterns and appetite

Your child may act like they are not affected, or appear to be unaffected and getting on with their life, which may cause them guilt. Some choose to express their grief through rituals or creative expression such as art or music, rather than talking about it which is healthy and normal. Others may act out in more challenging ways, through drinking, drug use or other risk-taking behaviours.

Most young people will be resilient and will carry on with their lives while moving through the grieving process. For some, however, the loss may create more serious mental health problems that will require specialist assessment and treatment.

How to support your child in the grieving process

Families are extremely important in supporting a young person who is grieving and helping them to deal with their loss. Continuing your family life with as little interruption as possible, as well as their social and school life, allows your child to maintain a sense of safety and security, and to feel hopeful about the future.

It can be particularly challenging for families to support each other when a family member has died. Everyone will grieve for the loss of their loved one in different ways, and may not feel able to provide support while grieving themselves.

It is important to acknowledge that your children may respond in ways that are difficult for you to understand. They might respond with defiant or risk-taking behaviour — although this might seem disruptive and frustrating to you, it may be their way of coping and therefore require some understanding.

Professional support for the whole family might be helpful if you’re finding it difficult to support each other through a loss.
Some other strategies that may be helpful in supporting your child:

- Acknowledge their loss and the need to take time to grieve
- Provide information about normal patterns of grief
- Encourage continued participation in enjoyable activities such as sports or hobbies, and family activities
- Support your child in gathering stories and memories

‘Complicated grief’ describes grief which continues at a high level and affects the young person’s functioning for at least six months. Young people experiencing complicated grief may display:

- Ongoing, intense yearning for the person who has died
- Anger or guilt
- Difficulties in their relationships
- Disruptions to their daily functioning, such as problems with concentration, memory, sleeping, eating, or performance at school or work

They may also experience symptoms of other mental health problems including depression, anxiety, post-traumatic stress disorder, or even thoughts of suicide. These problems can be treated, but they require a proper assessment by a health professional.

If your child is reporting suicidal thoughts or plans to harm themselves, or you feel concerned for their safety, it’s important to seek immediate help. Contact your local mental health service, CATT team or hospital emergency department, and stay with them until they can be seen by a mental health worker.

Supporting your child in seeking help

The grieving process can take time, and it is not unusual for young people to experience ups and downs over months or years while dealing with the death of a loved one. Generally, people find that things get easier as time passes, and will experience more good times and less difficult times. However, if your child’s grief is persistent and severe, getting help early can reduce the effects on their life and improve the chances of a full recovery.

It is important to support your child in finding a health professional such as a GP or counsellor who they trust and feel comfortable with. If they have had a positive experience with a family GP or another health professional in the past, encourage them to contact them again. You could also support them to contact your local community health centre or headspace centre.

For more information visit, and to find out how to get help, visit headspace.org.au

Acknowledgements


ReachOut Australia

Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.
INFORMATION FOR PARENTS AND TEACHERS OF CHILDREN AFFECTED BY DEATH OF A CHILD

The most commonly asked questions are:
1. What can be regarded as "normal" reactions for children after such an event?
2. How should parents respond to, and handle their children after such an event?
3. How should parents and teachers answer the questions that arise?

Each child's response will be unique and a wide range of reactions are possible.

Parents and teachers too are affected - they have their own reactions to distressing events. Such reactions may make it harder to respond to a child's reaction; sometimes it may aid understanding of the children's responses.

1. Often children experience considerable insecurity about this situation that adults were powerless to prevent. Some behaviour may regress, eg. bed-wetting, wanting to sleep with parents etc.

2. Try to re-establish as "normal" a routine as soon as possible. In the transition period children may test out "the rules" of good behaviour to see if some rules still apply.

3. Children are likely to require lots of reassurance, adult understanding and attention. They need to be allowed to express their reactions, their grief (anger, frustration) at the loss.

*Do not force expression* - it may come out in non-verbal ways like drawing, actions, and games. Very young children often will talk in abstract ways (the "thing" or monsters).


5. Bizarre or aggressive games or fantasies are possible. These are quite normal, and if not over-reacted to, are likely to disappear. Talking and drawing are good outlets. Of course, if any physical harm appears likely (in games), intervene as per usual.

6. Some reactions may appear weeks/months later and could be triggered by another loss. Children may grieve more intermittently and over a longer period of time than an adult. The intensity of the emotions cannot be sustained for very long, so children will let the grief go, then come back to it in small spurts.

7. **LISTEN**  **REASSURE**  **RE-ESTABLISH NORMALITY**  **ALLOW EXPRESSION OF FEELINGS**

8. Children's questions can be answered simply and directly. If the question is too hard, feels inappropriate, or you find it very distressing to answer, asking the child what they think the answer to their question is, can help you and the child start to discuss the feeling behind the question being asked.

9. Some people decide that they will only discuss the issue with a child if and when the child raises it. Other people decide that raising the issue themselves gives the child permission to talk (because a child isn't talking about the loss, doesn't mean the child isn't thinking about it). The view you take will depend on your own personality and experiences.
ESPECIALLY FOR TEENS

(This list was developed by teens in the Bereavement Support Program, Caledonia Health Care.)

Things that helped me with my grief

- being acknowledged (knowing people were thinking of me)
- working (it was often a relief to stay busy)
- helping (helping others made me feel better)
- sharing (when friends told me of similar losses, I felt less alone)
- talking (I was grateful for friends who were willing to listen)
- crying (it helped loosen up the knots inside me and brought relief)
- laughing (I learned it was OK to laugh and have a good time, too)
- hugging (it often meant more than words could say)
- being with my friends (I like sometimes doing the old, "normal" stuff and getting away from home)
- being alone (sometimes that's what I wanted most - there aren't any rules for grief)

Things that hurt

- being avoided (people didn't know what to say or do)
- being pushed to talk (sometimes I didn't feel like talking or didn't like people being nosy)
- feeling different (people whispered about me, looked at me. Sometimes I just wanted to forget what had happened and feel normal again)
- being offered a replacement (like people saying I should get another dog or that my mother should have another baby)
- not being asked (it hurt when people asked my friends what happened because they were afraid to ask me)
- being told how to feel ("you shouldn't cry", "don't be angry", "you should be over this by now", "everyone feels that way")

Ways you can express sympathy

- say "I'm sorry this happened to you." (It is direct and simple)
- give a hug, take some flowers, bake a cake, lend a teddy bear
- listen
- don't be afraid to mention the dead person's name. Remember to keep in touch
- find out if s/he wants to do "routine" activities or wants a break
- don't act embarrassed if a grieving friend cries OR laughs. Just BE there!

Things that might be a support to grieving teenagers:

- keeping a journal or diary
- joining a support group of peers who are also grieving
- writing letters of "regrets and appreciations" to the one who has died.

Adapted from 'School Crisis Response and Saferooms' Cheri Lovre
DESIGN COMPETITION
RECOGNISING
BPANGERANG COUNTRY

Help celebrate the connection of the
Bpangerang people to country in
and around Wangaratta.

Design a sign for residents to display on their
properties recognising Bpangerang heritage,
tradition and culture.

First prize $750
Free entry

Entry forms & details available online at
https://drive.google.com/open?id=0ByFPbWv_rCziejJ2SVU4dEdBY0E
or scan the QR code and follow the link

An initiative of Wangaratta Urban Landcare Group

Generously supported by North East Catchment Management Authority
Wild Wangaratta
Photographic Competition

Photograph your favourite animal, bird, insect, wildflower, tree, river, creek, billabong, view, bushland place or any other natural aspect of Wangaratta and enter to be in the running for cash prizes.

Total prize pool $950 and entry is free. Open to all ages

Get out and about and have a look at what’s over the back fence!

To enter scan the QR code below to visit the web site: https://sites.google.com/view/wildwangarattaphotocomp

An initiative of Wangaratta Urban Landcare Group
Sponsored by North East Catchment Management Authority
Registrations are now being taken for the 2017/18 LITTLE ATHLETICS Season

Fees for this season are:

One child $115, Two Children $210, Three Children $305

Four Children $400, Uniforms $35

All registrations MUST be completed online at www.lavic.com.au before attending a registration day on:

** Saturday 7th October 10am – 2pm **

or

Monday 9th October 4pm – 5:30pm

Appin Street Sports Complex

**This year we are combining our first Registration Day with our Come and Try Day, where we will also be celebrating our 50th Birthday. Kids are welcome to come down and have a go at:**

* Long Jump  * Triple Jump  * High Jump  * Shot Put
  * Turbo Jav  * Vortex  * Sprinting

www.wangarattalac.com.au

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