



# Mount Evelyn Primary School



## NEWSLETTER

Issue 19

18/12/2025



### PRINCIPAL'S REPORT

Dear parents, students and friends,

Merry Christmas to all.

As the year draws to a close today, it affords the opportunity to reflect on what has once again been a wonderful year for Mount Evelyn PS.

The list of highlights goes on and on: Arts festival gallery and visiting artists, interschool sports, sporting success with many individuals and teams achieving success at regional and state levels, Auslan presentations in the community, art and drumming workshops, year 3/4 and 5/6 camps to strengthen independence and student connections, year level and whole school excursions and incursions to complement and deepen classroom learning, wellbeing workshops, indigenous celebrations, fun community engagement events such as the colour run and disco, pancake Wednesdays and breakfast club, the annual teachers vs Yr 6 games (teachers once again victorious btw!), book week celebrations and author visit, and the end of year Christmas carols. Above all these though is the individual academic, social and emotional growth shown by our students as they have worked towards being their best.

Earlier this week, our community gathered to celebrate and farewell our Yr 6 class of 2025. A momentous occasion for both students and families alike, the graduation was a wonderful opportunity to reflect on the learning journey of the last 7 years. Milestones like this (along with the always cute Foundation/Yr 6 photo comparison) highlight the personal and academic growth made by our students. I am sure our students will look back fondly on their time at Mt Evelyn PS. We know that you are more than ready for year 7 and all the opportunities awaiting at secondary school. Congratulations to the following year 6 students who were recognised at the graduation event for their outstanding achievements across the year. You are very worthy recipients of these awards.

- PE Award: Hugo Gibbs
- Performing Arts Award: Trinity Jones
- Auslan Award: Bonnie Kemper
- Visual Art Award: Aria Strahan
- Science Award: Ruby-Lyn Lovett and Fletcher Scowcroft
- Lucy McAleer Friendship Award: Aime Palmer
- Angie O'Hare Memorial Award: Jed Noorman

I would specifically like to acknowledge and thank Ms Ange Wilson and Mrs Courtney Tucci, our two year 6 teachers, for their unwavering support and guidance of their students in their final primary school year.

Principal: Trevor Vass  
Phone 9736 2233

Website: [mtevelynps.vic.edu.au](http://mtevelynps.vic.edu.au)  
Email: [mount.evelyn.ps@education.vic.gov.au](mailto:mount.evelyn.ps@education.vic.gov.au)

Last week we were delighted to announce our 2026 School Captains. With many highly capable students to choose from, all of whom demonstrate genuine leadership capacity, we were presented with the challenging task of selecting just 4. Congratulations to Patrick Freeman, Florence Orton, Evelyn Bickford and Jude Hickingbotham. Today, our new captains took over officially from our outgoing captains Hugo, Amos, Ellie and Edie, concluding today's final assembly. Congratulations to our outgoing captains for the wonderful job they have done this year confidently and diligently representing our school as student leaders. I am confident the skills you have learnt along the way will see you continuing to be a leader in other facets of your lives.

The end of the year means we are also farewelling a few staff members who are moving on to other new adventures. Firstly, Mr Paul Harris is retiring after a very successful career as a PE teacher in several schools where he has influenced many students sporting journeys. Under his encouraging and supportive guidance many Mount Evelyn students, both teams and individuals, have experienced high levels of sporting success.

We wish Paul all the best as he looks forward to hitting the golf course as much as possible.

Mrs Carly Molnar has been at Mount Evelyn for 18 years and would be known by most as our expert Auslan teacher, a role she willingly took on and educated herself in. Carly has worked hard to develop not only our students understanding of the Auslan language but also to increase empathy and understanding towards members of our community with disability and those who are different to us. This lasting legacy will help students navigate a world where these qualities are needed more than ever. Best wishes Carly as you take on this next exciting opportunity in your career.

Mrs Cindy Fletcher has only been with us for this year, and we thank her for her contribution to the school and the positive relationships she has formed with her year 3 students. It has been great having you back this year and we wish you all the best at Chirnside Park PS.

Mrs Sarah Jefcott is planning a year away from teaching full time after having been an important part of our Foundation team for the last couple of years. She has promised us she will be a regular face around the school as a casual relief teacher, in between travelling. Sarah has helped her Foundation classes start their school journey off on the right foot, setting them up for successful learning in the years to come.

Dan Murphy is a name at our school most wouldn't know – he has been our IT technician for the last 8 years and has consistently gone above and beyond to create a well resourced and smoothly operating school network and fleet of computers. No technical issue is ever too much for Dan, who has quite unassumingly gone about getting the job done. Thanks Dan for your skillful management of our schools IT infrastructure and your support of the kids when they manage to lock themselves out of a computer. All the best for your next big adventure.

We also have several Education Support staff members who will be concluding their time at Mount Evelyn PS. We would like to extend a huge thanks to them for the tireless work they do to support all our students in classes across the school. Best wishes to Kate Kent, Louise Alderman, Rachel Darke, Jordan Leslie, Natalie Eichlemann, and Breanna Patten.

Our graduation event this week also marks the end of an era for many families whose association with the school concludes. Best wishes to the Apostoladis, Arbuckle, Bakes, Balsdon, Haukinima, Hill, Jones, Lovett, McDonald, Noorman, Penna, Rota, Sampson, Taebering, Wilson, Coutts, Hall, Hobson, Hunt, Murphy, Palmer, Stanway, Wood and Ottley families. Farewell also to the Tannock, Cooper/Verhees, and Neave families. We thank you for your partnership with us and entrusting us with you children.

To our wonderful staff, thank you for an amazing year. Our teachers, education support and office teams all work hard to ensure each year is a successful one for every student who puts on the Mt Evelyn uniform each morning. Most wouldn't see or even be aware of the extraordinary effort put in by our dedicated staff week in week out to provide the best outcomes possible. Finally, I would like to extend my sincerest thanks to our school community – students, parents and families. I wish you all a wonderful Christmas and new year period and hope the festive season and school break provides you with peace, connection and relaxation.

I look forward to the new year and the many wonderful opportunities ahead for the new school year. The school year for all students, including Foundation, begins on Wednesday 28<sup>th</sup> January

Sincerely,  
Trevor Vass,

Merry  
CHRISTMAS



# VACATION CARE

Dear Families,

On behalf of the Mount Evelyn Primary School Combined OSHC, we would like to invite you to join our Vacation Care Program. Booking form and enrolment packs for the January 2026 school holiday program are available from Mount Evelyn and Woori Yallock OSHC service, and school office or on our QR code. We are open to the community for Vacation Care bookings.

Mount Evelyn Primary School OSHC services are an accredited childcare provider, and eligible families can apply for CCS subsidy. Please contact us by phone or email.

Email: [oshc.mount.evelyn.ps@education.vic.gov.au](mailto:oshc.mount.evelyn.ps@education.vic.gov.au)

[oshc.mount.evelyn.woori.ps@education.vic.gov.au](mailto:oshc.mount.evelyn.woori.ps@education.vic.gov.au)

Phone Number: 9736 2123

Nominated Supervisor hours, Melissa McDonald

Monday to Friday 5.30am – 1.30pm

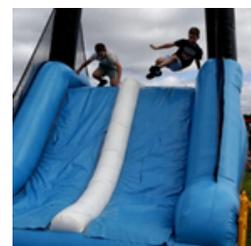
Service Hours - Monday to Friday 6.30am – 6.30pm



## JANUARY 2026 SCHOOL HOLIDAY PROGRAM



Day/Date	Program
Mon 12 <sup>th</sup> January	Healesville Sanctuary <b>Excursion</b>
Tues 13 <sup>th</sup> January	Scavenger Hunt
Wed 14 <sup>th</sup> January	Splashtastic Water Games <b>Incursion</b>
Thurs 15 <sup>th</sup> January	Giant Games <b>Incursion</b>
Fri 16 <sup>th</sup> January	Disco Day
Mon 19 <sup>th</sup> January	Ninja Warrior <b>Incursion</b>
Tues 20 <sup>th</sup> January	Decorate your own Water Bottle <b>Incursion</b>
Wed 21 <sup>st</sup> January	Reading Cinemas <b>Excursion</b>
Thurs 22 <sup>nd</sup> January	Wheels Day
Fri 23 <sup>rd</sup> January	All things Australian



# Community Advertisements

## Supporting children during times of change and uncertainty



In times of uncertainty, it is natural to feel overwhelmed by the changes to our daily lives and to worry about the impact on the social and emotional wellbeing of our children and young people. It can sometimes be easy to focus on the aspects of our lives where we have little control. However, consistent evidence from around the world shows that there are things we can do as parents or carers to support children's resilience and wellbeing during uncertainty or when they adapt to big changes, whatever they are.

### How may children respond during times of uncertainty?

- worried, clingy and uncooperative
- sad and angry one minute, okay the next
- fighting thoughts and nightmares
- regression to earlier behaviours
- stomach aches and headaches.

### Young people may react in similar, but different ways:

- mood changes
- tired and distracted
- retreating from social networks
- engaging in risky behaviours
- sleep problems and headaches.

"The only thing in life that is permanent is change. Change is the one constant in life."

- Fallin, 2013



### Help your child or young person

At least one caring and consistent adult carer who is coping as best as they can and supports open and positive relationships is key. Check in regularly with their child. Listen carefully; their concerns might be different to what you expect.

- Offer your attention, patience and love
- Calmly listen
- Acknowledge and affirm your child's feelings and help your child to identify helpful ways to manage feelings (try out the handprint tool on the following page)
- Encourage your child to ask for help from trusted adults
- Involve your child in decisions that affect them
- Respond to your child's questions with clear and factual but age appropriate information
- Problem-solve together around worries or difficult issues, look for the things you 'can' control or do
- Model positive ways to cope, gratefulness for what you do have and healthy self-care
- Take time out to play and have fun together.

Taking things through together, sharing in positive coping activities, creative problem-solving and shared decision-making help your child focus on what they 'can' influence. This builds important resilience skills, for now and for life.

**Helpful hint:** children and young people respond in unique ways. It can be helpful to recognise if your child is behaving differently but not compare them to others.



### Managing big feelings: a helping hand

Worried? Upset? Bored? Frustrated? These are normal feelings during times of change and uncertainty. Sometimes, feelings take over our behaviour. Other times, we can get stuck in our thoughts and feelings. This handprint tool offers a 'helping hand' for managing feelings in a positive way. It can be helpful for children (and parents or carers) for learning emotional literacy and lifting our spirits.

### The power is in your hands

- Draw around your hand and choose an emotion that's bothering you.
- Think of 5 things you like to do and that you can do by yourself where you are. Choose a mixture of relaxing and fun activities - be creative! Draw or write them on the fingers of your handprint.
- Place your handprint somewhere you can find it easily.
- Now the tricky part... notice when you are feeling the emotion. Don't try to stop or ignore it, just spot it. Then choose one or more of the helpful activities from your handprint.
- Make a new handprint as often as you like. Draw or paint on paper, old cardboard, make a handprint in the mud or sand, or use chalk outside.



### Other ways to help

- Maintain daily routines as much as possible
- Stay social - connect with others, give and accept help
- Keep active - go for a walk, dance to music, sing, play with a pet
- Dream and plan - fun activities to look forward to
- Self-care - it can be hard to be patient and creative when you're feeling overwhelmed. It is important to find a few moments (or more) when you can take a break, rest, breathe deeply and care for yourself.

**Top tip for parent/carers:** help younger children by laying out any activity resources so they can find these themselves when they need to.

**Top tip:** It's not always easy to know how you feel, example, if you are whining, feeling grumpy, looking for a snack or bugging others you might be feeling bored. That is a good time to look for, or draw, your handprint.

You can't pour from an empty cup. Look after yourself so you are better able to look after the children in your care.



MacKillop Seasons  
1300 379 569  
mackillopseasons.org.au



## For parents and carers Wellbeing support for students during the school holidays

This guide provides tips and resources for parents, carers and families to support the mental health and wellbeing of children and young people in their care during the school holidays. This includes services to reach out to if more support is needed.

### Actions that support positive mental health

- Encourage your young person to:
- Exercise and eat healthily to boost their mood
  - Prioritise sleep to support mental and emotional wellbeing
  - Explore relaxation techniques and coping strategies
  - Stay in touch and catch up with friends and loved ones
  - Make time to do things they enjoy
  - Practice positive self-talk, and remind them they are not alone
  - Seek professional help if needed.<sup>1</sup>

The Department have developed wellbeing activities and conversation starters for parents and carers of [primary school-aged children](#) and [secondary school-aged children](#).

**Feeling it:** [mindfulness resources and activities for senior secondary students](#). Smiling Mind gives tips on self-care, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.

### Signs a child or young person may need mental health support

In some cases, these actions will not be enough to support positive mental health.

Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating.<sup>2,3</sup>



<sup>1</sup> headspace - a parents guide to school issues and stress <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/>  
<sup>2</sup> headspace mental health and you poster [https://headspace.org.au/assets/uploads/Mental\\_Health\\_Posters\\_mgp.pdf#p=6](https://headspace.org.au/assets/uploads/Mental_Health_Posters_mgp.pdf#p=6)  
<sup>3</sup> headspace - how to talk to your children about mental health <http://www.headspace.org.au/learn/>

### Young people supporting each other

Young people are most likely to turn to each other for support before seeking out an adult or service provider.

Young people can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting their friend know they may need to tell a trusted adult about their concerns.

Having these types of conversations can be difficult for young people. Information for young people on how to support a friend is available on the headspace website: [How to help a friend going through a tough time](#)

### Mental health support

- Your local GP**
- headspace Counselling:** Victorian Government secondary school students, including those who have just finished schooling, can access counselling services from headspace. During the holidays, students can self-refer by calling their local [headspace centre](#).
- eheadspace:** 1800 650 890 [www.headspace.org.au/eheadspace](http://www.headspace.org.au/eheadspace)
- Kids Helpline:** 1800 551 800 [www.kidshelpline.com.au](http://www.kidshelpline.com.au)
- Parentline:** counselling and support for parents and carers, 13 22 89 [services.dffh.vic.gov.au/parentline](http://services.dffh.vic.gov.au/parentline)
- Lifeline:** 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)
- Beyond Blue:** 1300 224 636 [www.beyondblue.org.au](http://www.beyondblue.org.au)
- Head to Help:** 1800 595 212 [www.headtohelp.org.au](http://www.headtohelp.org.au)
- Suicide Call Back Service:** 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)
- Family violence information and support services**
- Contacting 000** for urgent assistance

### Family violence support and resources

- Safe Steps:** 1800 015 188 [www.safesteps.org.au](http://www.safesteps.org.au)
- 1800RESPECT:** 1800 737 732 [www.1800respect.org.au](http://www.1800respect.org.au)
- What's okay at home:** [www.woah.org.au](http://www.woah.org.au)
- Family violence support**

### Self-harm and suicide prevention resources

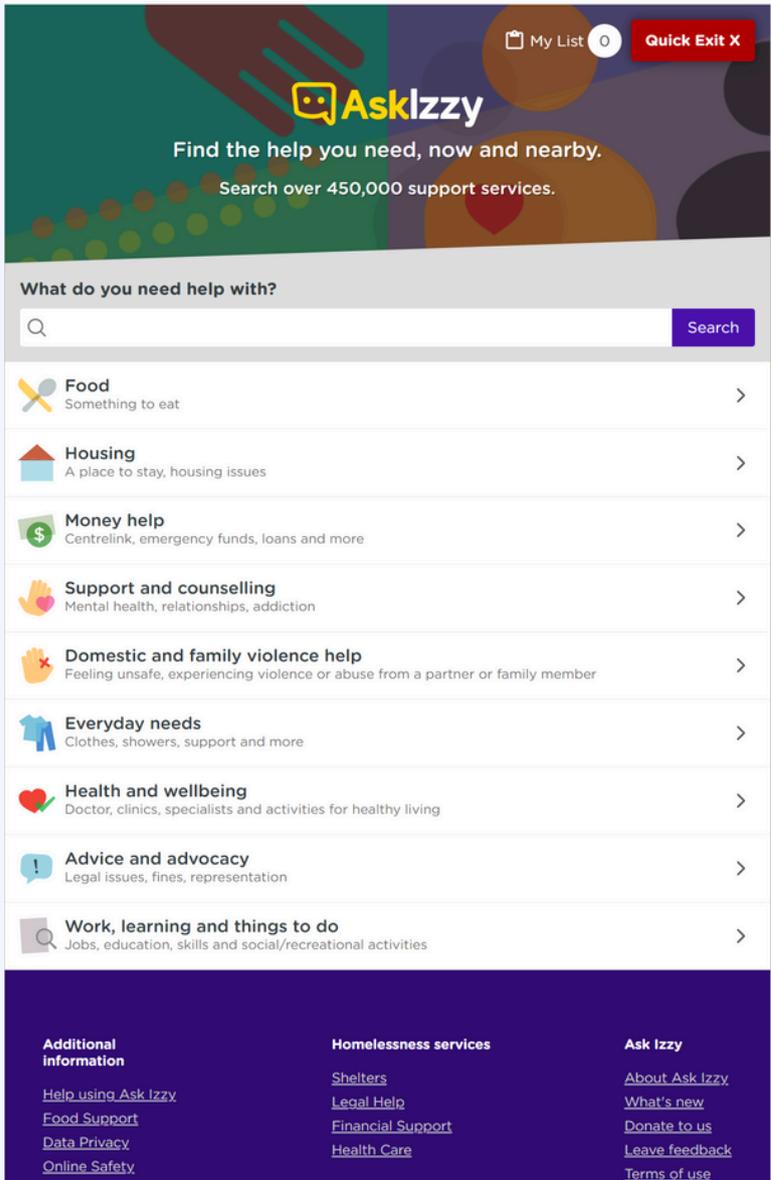
- Getting a mental health care plan (ReachOut)**
- What you need to know about self-harm (headspace)**
- How to help when someone is suicidal (SANE Australia)**

### Mental health resources

- Mental Health Toolkit:** contains resources for students, parents and carers to support the mental health and wellbeing of children and young people in their care including:
  - [Raising Learners Podcast Series](#): providing expert advice/information to parents/carers on topics including how to keep your child safe online
  - [Understanding mental health - fact sheet \(Orygen\)](#)
  - [Learn how to handle tough times \(headspace\)](#)
  - [Get into life \(to keep your headspacehealthy\) \(headspace\)](#)
- Supporting your young person during the holidays (headspace)**



# Community Advertisements



My List 0 Quick Exit X

**Ask Izzy**  
Find the help you need, now and nearby.  
Search over 450,000 support services.

What do you need help with?

Search

- Food**  
Something to eat
- Housing**  
A place to stay, housing issues
- Money help**  
Centrelink, emergency funds, loans and more
- Support and counselling**  
Mental health, relationships, addiction
- Domestic and family violence help**  
Feeling unsafe, experiencing violence or abuse from a partner or family member
- Everyday needs**  
Clothes, showers, support and more
- Health and wellbeing**  
Doctor, clinics, specialists and activities for healthy living
- Advice and advocacy**  
Legal issues, fines, representation
- Work, learning and things to do**  
Jobs, education, skills and social/recreational activities

**Additional information**  
[Help using Ask Izzy](#)  
[Food Support](#)  
[Data Privacy](#)  
[Online Safety](#)

**Homelessness services**  
[Shelters](#)  
[Legal Help](#)  
[Financial Support](#)  
[Health Care](#)

**Ask Izzy**  
[About Ask Izzy](#)  
[What's new](#)  
[Donate to us](#)  
[Leave feedback](#)  
[Terms of use](#)



**K KARTING MADNESS**  
**AUSTRALIA'S LARGEST INDOOR GO KART VENUE**  
**RACING LEAGUES / BIRTHDAY FUNCTIONS**

- ADULT Karts
- ROOKIE Karts
- DUAL SEATED Karts

**OPEN 7 DAYS**

**ARCADIE GAMES**  
**POOL TABLES**

**BAYSWATER**  
 (03) 9320 8281  
 9A/841 Mountain Hwy,  
 Bayswater 3153

**LASERTAG**  
**BOWLING**

**BRAYBROOK**  
 (03) 9317 8222  
 234 Ballarat Rd,  
 Braybrook 3019

[WWW.KARTINGMADNESS.COM.AU](#)