

ISSUE 4, 2025

8TH December, 2025

2025

St Paul's Primary School Wellbeing & Community Newsletter



The St Paul's Community acknowledges the Wurundjeri people as the Traditional Custodians of the land on which we teach, learn and pray. We acknowledge the continued deep spiritual attachment and relationship that Aboriginal and Torres Strait people have to Country and pay our respects to Elders, past and present as we commit ourselves to the ongoing journey of reconciliation.

End of Year Message

Dear St Paul's Families,

Welcome to our final Wellbeing & Community Newsletter for 2025. What a wonderful year we have had!

In this edition you will find:

- Updates to our 2026 Core Wellbeing Team
- Child Safety and E-Safety News
- Respectful Relationships SEL Program Overviews
- Community Highlights (Sports Day / Carols Night)
- Summer Safety Tips
- Upcoming Community Events

We hope you enjoy reading it and look forward to bringing you new editions of our Wellbeing & Community Newsletter in 2026!



Core Wellbeing Team - Term 4



Lisa Peplow

**Religious Education Leader /
Child Safety Officer**

lpeplow@spsunshinewest.catholic.edu.au



Cathy Doran

Deputy Principal

cdoran@spsunshinewest.catholic.edu.au



Nicole Azarnikow

Student Wellbeing

nazarnikow@spsunshinewest.catholic.edu.au

Works on Mon & Wed



Kara Brizzi

Learning Diversity Leader

kbrizzi@spsunshinewest.catholic.edu.au



Annamaria Schembri

**Learning Diversity Leader /
Family Engagement Leader**

aschembri@spsunshinewest.catholic.edu.au

Works on Mon, Tues & Thurs



New Core Wellbeing Team Member - 2026



Claudia Razi

Student Wellbeing Leader

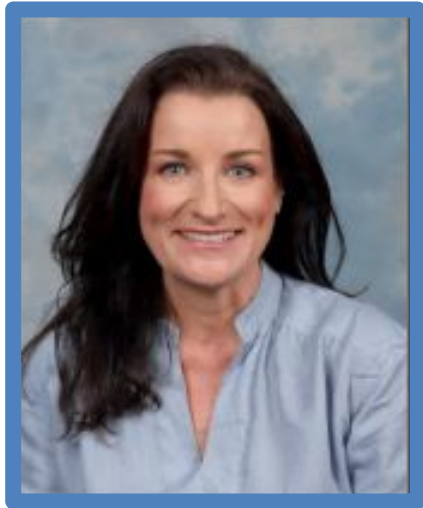
crazi@spsunshinewest.catholic.edu.au

Next year, I am excited to be joining the St Paul's Core Wellbeing Team as the Student Wellbeing Leader while Mrs Rebeca and Mrs Nicole are on parental leave. I am currently a Grade 5 classroom teacher (SRC), provide Literacy and Numeracy support for the senior students as well as a grade 5/6 year level coordinator.

I am passionate about supporting students' wellbeing, fostering positive relationships, and helping every learner feel safe, connected, and empowered. I look forward to working with our students, families, and staff in this new role.



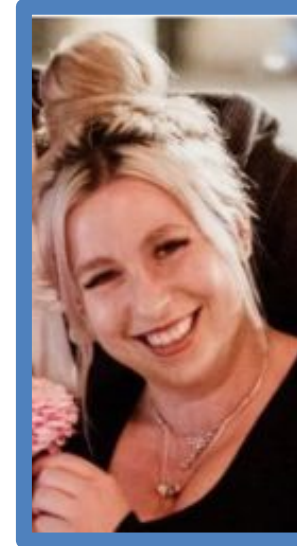
Additional Wellbeing Support



Narelle Mullenger

Wellbeing Support Officer

Narelle works alongside the Core Wellbeing Team in the Mental Health & Wellbeing Hub. She works with small groups of students to provide additional Social Emotional Learning lessons.



Emily Dyos

Catholic Care School Psychologist

Emily our Psychologist / School Counsellor started working at St Paul's in 2023, she will be leaving at the end of 2025.

In her role, Emily has walked alongside some of our students and families as they go through life's journey, providing psychological support, assessments and counselling.

Next year we look forward to welcoming a new Catholic Care counsellor to St. Paul's



Child Safety at St Paul's – Child Safety Awareness Day Friday 7th November

The students of St Paul's participated in Child Safety Awareness Day in honour of Day for Daniel. So many students showed their support by wearing RED. Students engaged in lessons about how to stay safe and what to do if they are feeling unsafe in any situation. At St. Paul's "All students have the right to feel culturally safe and be safe at all times". Thank you to our Student Leaders and Student Representative Council who promoted the St. Paul's Child Safety flow chart, which is on display in all classrooms. This flowchart tells students what to do if they need help or feel unsafe, further embedding St. Paul's commitment to Child Safety.



What to Do If You Feel Unsafe

All students at St. Paul's Primary School have the right to be safe and feel safe.
If you feel unsafe or are unhappy with something that happened, or is happening, at our School, here are the steps to take:

Step One: Tell a Trusted Staff Member

The matter will be investigated and discussed to try and solve the problem.



Step Two: Student Wellbeing/Core Wellbeing Team

If the problem or concern cannot be resolved by the initial Staff Member in Step One, you are encouraged to speak to the Student Wellbeing Leader or a member of the Core Wellbeing Team.



Step Three: Child Safety Officer

If the problem or concern cannot be resolved by the Student Wellbeing Leader or a member from the Core Wellbeing Team, you are encouraged to speak to the Child Safety Officer. You can come to the office and ask for the Child Safety Officer or email childsafes@spsunshinewest.catholic.edu.au

The Child Safe Officer will work with the Deputy Principals and Principal to help you with your problem or concern.



Child Safety at St Paul's - eSafety News

From 10 December 2025, certain social media platforms won't be allowed to let Australian children under 16 create or keep an account.

The eSafety commissioner will be running online information sessions for parents and carers to understand the changes, their purpose and implications.

The 30-minute webinar will help parents and carers understand the upcoming changes to social media access for children under 16.

Join the information session to:

- understand the purpose of the new age restrictions and how they aim to protect young Australians
- understand which platforms will require users to be 16+ and what platforms they can still access
- get tips and resources to support your child's online safety and wellbeing through the transition.

Parents and carers will gain:

- a clear understanding of the new rules and their implications\
- confidence in guiding their child through these changes
- access to trusted resources to support safe and positive online engagement.

[CLICK HERE FOR MORE INFORMATION](#) or Visit the eSafety Commissioner Website www.esafety.gov.au



RESILIENCE RIGHTS & RESPECTFUL RELATIONSHIPS



Education
and Training

The Respectful Relationships Program

Everyone in our community deserves to be respected, valued and treated equally. We know that changes in attitudes and behaviours can be achieved when positive attitudes, behaviours and equality are embedded in our school.

This year, St Paul's has continued to implement the Respectful Relationships Program to teach social emotional learning. The Respectful Relationships program supports schools to promote and model respect, positive attitudes and behaviours. It teaches our children how to build healthy relationships, resilience and confidence.

Respectful Relationships is about embedding a culture of respect and equality across our entire community, from our classrooms to staff rooms, sporting fields, and social events. This approach leads to positive impacts on students' academic outcomes, their mental health, classroom behaviour, and relationships between teachers and students.

At St Paul's, we want to lead the way in saying yes to respect and equality, and creating genuine and lasting change so that every child in our school has the opportunity to achieve their full potential.



Term 4 Social Emotional Learning Recap

In Term 4, students from Prep to Grade 6 explored the next two topics in the Respectful Relationships curriculum — Gender and Identity and Positive Gender Relations. These areas are central to developing students' ability to understand themselves, build healthy relationships, and navigate life with resilience and confidence.

Topic 7: Gender and Identity

Learning activities within this topic assist students to challenge stereotypes and critique the influence of gender norms on attitudes and behaviour. They learn about key issues relating to human rights and what respectful, gender-inclusive behaviours look like in action. The activities promote respect for diversity and difference.

Topic 8: Positive Gender Relations

Learning activities within this topic focus on building an understanding of the effects of violence and focus on the standards associated with respectful relationships. Students develop the skills needed to solve problems, set boundaries within relationships, and play an active role within the prevention of violence. They develop peer support and help-seeking skills that can be applied in response to situations involving violence in family, peer, community or on-line relationships.

Term 4 SEL Work Samples

Why is it important to learn about some of the similarities and differences between students in the class?

It's important to learn about differences because we can make more friends and learn more about their language and their experiences and about their life.

Why is it important to appreciate and respect differences between people?

Because if we don't we could upset them and hurt their feelings.

How can we show appreciation and respect for each others' differences and preferences?

We can show respect by welcoming them and help them if they need help or if they feel uncomfortable we can also help to make them feel comfortable.

Kiara Sheriff (MEM)

Name: Myer
Date:

Diversity

What I like:

- noodles
- smoothie
- apples
- pop
- Mango
- chips
- crafting

What we both like:

- blue
- blue
- coke
- coke
- strawberry
- strawberry
- ch

What my friend likes:

- pizza
- strawberry
- smoothie
- lat
- popcorn
- apple
- swimming

We like things that are the same. We like different things. We are still friends.

Myer Nguyen (JEF)

Term 4 SEL Work Samples

Keeping kids safe!

Amelia PET

Recognise My body clues Activity

Funny tummy

Sweaty palms

Crying

Wobbly knees

Hair stands on end

Heart pounding

If I recognise that my body is giving me clues:

I can GO to a safe place
I can say NO
I can TELL an adult who will help me

Adults I can talk to are: Mum

Kids Help Line 1800 55 1800

© 2019 Daniel Morcombe Foundation

Amelia PET

Keeping kids safe!

07 NOV 2025

Oscar

Report My safety network Activity

1 List your safety helpers. They must be adults and should include someone who lives at home, males and females, as well as people who live outside the home
Suggestions: Mum, Dad, Carer, Grandparent, Uncle, Teacher, Principal, Friend of Mum or Dad, Police

2 Colour in and cut out your hand

3 Take home and show the adults on your list

Kids Help Line 1800 55 1800

Emergency 000

Kids Help Line 1800 55 1800

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Oscar PMF

Community Highlight - Sports Day



Community Highlight - Carols Night



Summer Safety

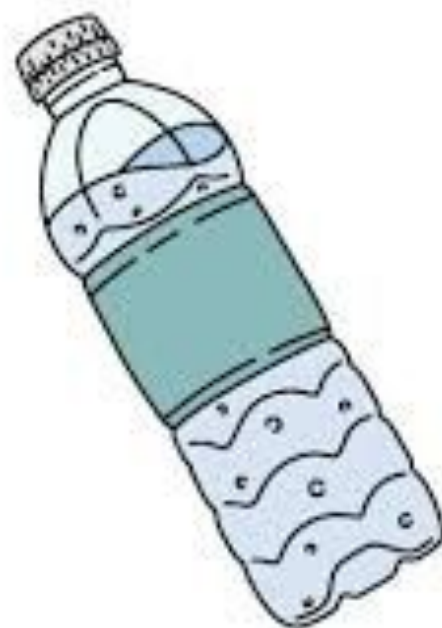
With summer finally here and the sun starting to shine, here are some useful fact sheets from the Royal Children's Hospital that are perfect for helping us stay safe over the summer holidays.

In and Around Water



https://www.rch.org.au/kidsinfo/fact_sheets/Safety_In_and_around_water/

Dehydration in Babies and Children



https://www.rch.org.au/kidsinfo/fact_sheets/Dehydration/

Safety: Backyards and Playgrounds



https://www.rch.org.au/kidsinfo/fact_sheets/Safety_Backyards_and_playgrounds/

Sun Safety



Some reminders as we head towards the summer school holidays...

To help protect your skin and eyes from UV damage, wear a broad-brim, bucket or legionnaire hat that shades the face, neck, eyes and ears.

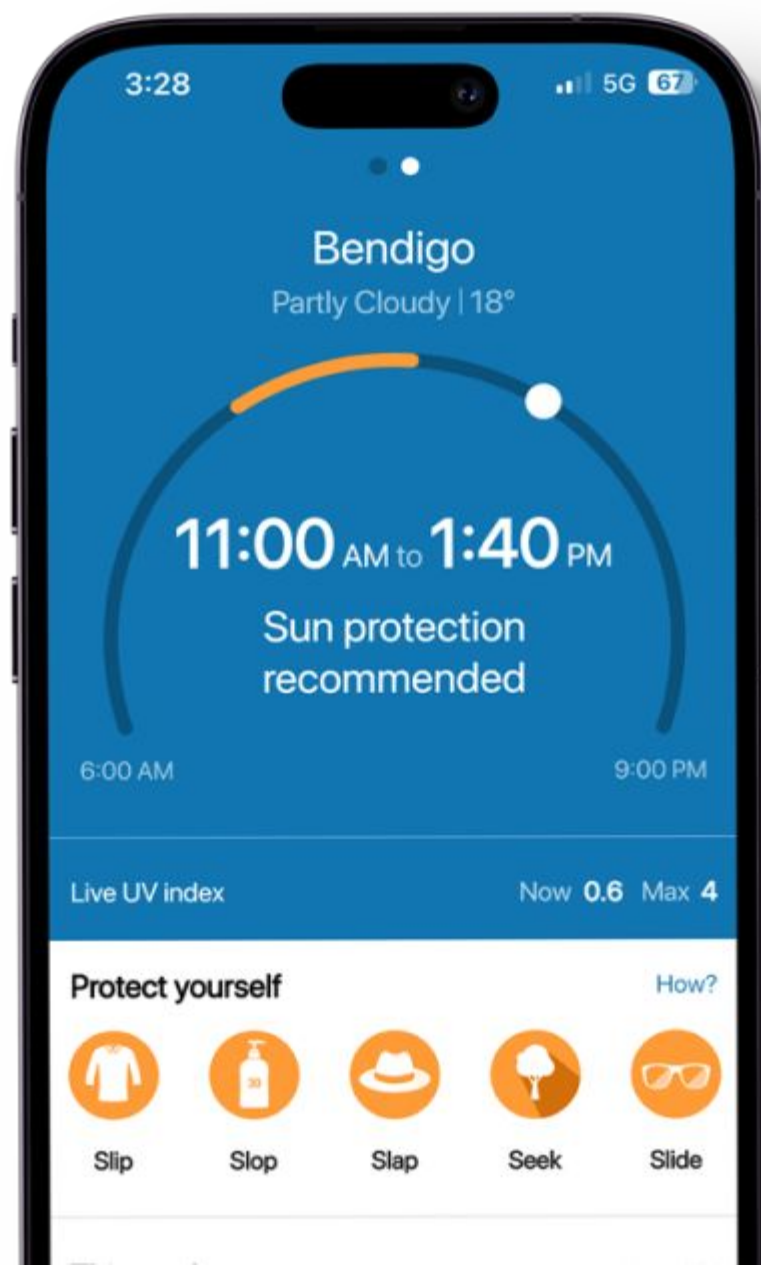
The sun's ultraviolet (UV) radiation is the main cause of skin cancer.

Sun protection is recommended whenever the UV level reaches 3 or above.

Download the free SunSmart app or visit [sunsmart.com.au](https://www.sunsmart.com.au) to check what times you need to use sun protection each day.

During the sun protection times, protect yourself in five ways:

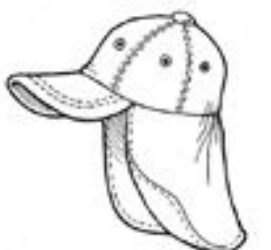
1. Slip on clothing that covers as much skin as possible.
2. Slop on SPF30 (or higher) broadspectrum, water-resistant sunscreen 20 minutes before you go outdoors and reapply every two hours.
3. Slap on a broad-brimmed hat that shades your face, head, neck and ears.
4. Seek shade.
5. Slide on sunglasses that meet the Australian Standard for UV protection.



Free SunSmart Global UV app puts sun protection advice at your fingertips.

Know what the UV index is before you head outdoors. Whenever it is three or more cover your skin to prevent damage. Use the SunSmart Global UV app to see the UV level based on your location.

Visit <https://www.sunsmart.com.au/resources/sunsmart-app> for more information.

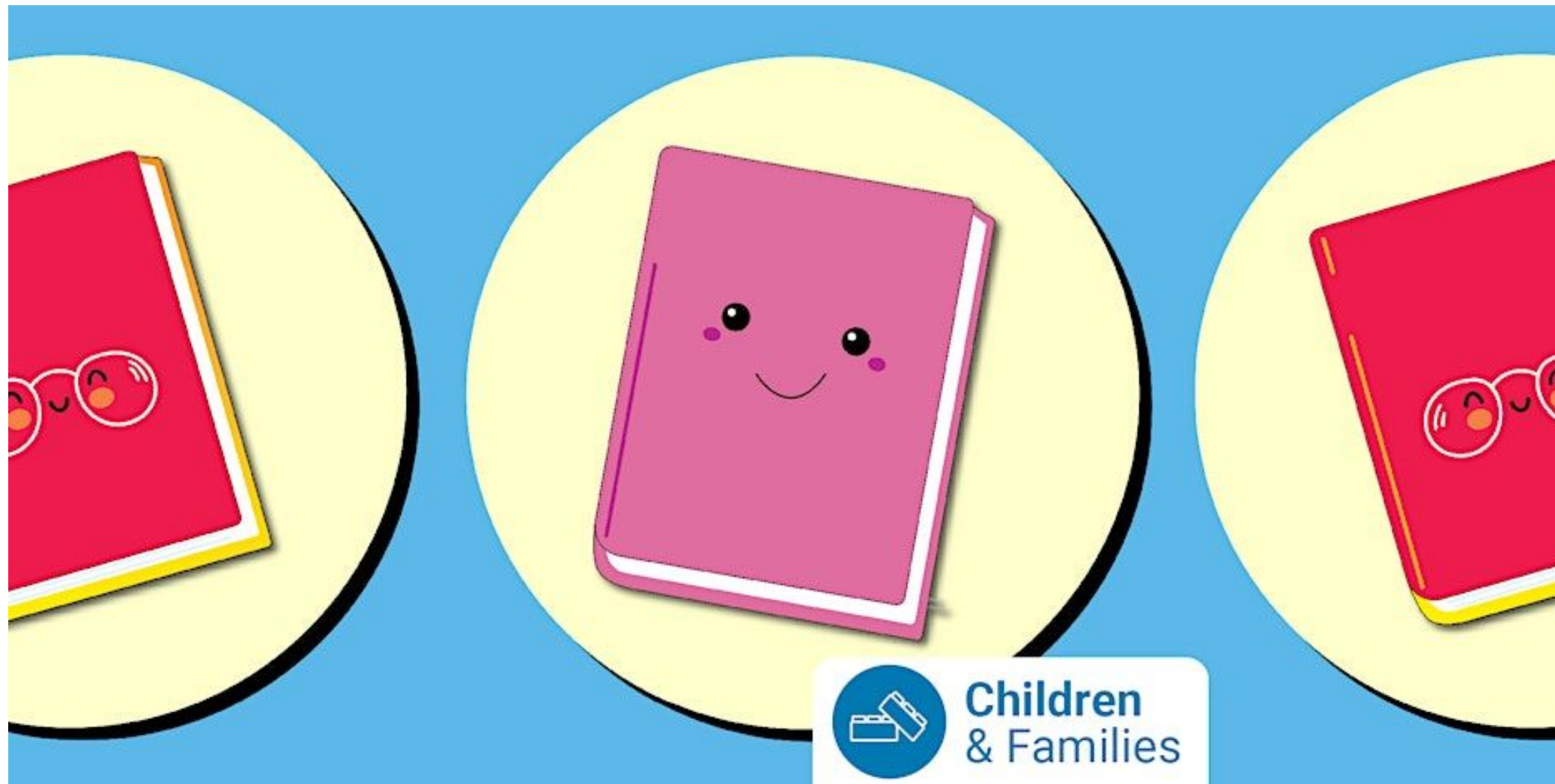


Children & Families - Events at Brimbank Libraries

Celebrate learning and creativity with a range of special children's events at Brimbank Libraries.

Including End of Year Celebrations, Storytimes, Code Club, Big Summer Read Launch and more.

Visit <https://www.eventbrite.com/cc/children-families-events-2540279> for more information.



NEED TO TALK?

Support & Information Contact Point for Young People

Crisis Helplines

Emergency Services

(Call if you or someone you know is in danger)

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Open: 24/7

Lifeline

lifeline.org.au

13 11 14

Open: 24/7

Help & Support

Kids Help Line

kidshelpline.com.au

1800 551 800

Open: 24/7

Beyondblue

<https://www.beyondblue.org.au/>

1300 224 636

Open: 24/7

Butterfly Foundation

<https://butterfly.org.au/>

1800 334 673

Open: 8am – midnight, 7 days

Victorian Aboriginal Health Service

vahs.org.au/yarning-safenstrong

1800 959 563

Open: 24/7

Family Violence

1800RESPECT

1800respect.org.au

1800 737 732

Open: 24/7

The Orange Door

orangedoor.vic.gov.au

1800 312 820

Open: 24/7

Quick Help Guide

Support Available To You During Times of Crisis

Help & Support Lines

Lifeline

lifeline.org.au

13 11 14

Open: 24/7

Nurse On Call

<https://www.healthdirect.gov.au/nurse-on-call>

1300 60 60 24

Open: 24/7

Griefline

<https://griefline.org.au/>

1300 845 745

Open: 7 days, 12 noon–3 am

Vinnies Welfare Assistance Line

www.vinnies.org.au

1800 305 330

Open: Mon–Fri, 10am–3pm

HeadtoHelp

headtohelp.org.au

1800 595 212

Open: Mon–Fri, 8.30am–5pm

SANE

<https://www.sane.org/>

1800 187 263

Open: 10am – 10pm weekdays

Victorian Aboriginal Health Service

vahs.org.au/yarning-safenstrong

1800 959 563

Open: 24/7

MensLine

www.mensline.org.au

1300 789 978

Open: 24/7 for men

Support Services

Jesuit Social Services

<https://jss.org.au/>

8595 2438

Open: 24/7

Smith Family

<https://www.thesmithfamily.com.au/>

0468 521 300

Open: 9am–5pm

Food

Anglicare Emergency Relief – Sunshine

Walk in Service – No appointment required

0427 812 517

Open: Mon and Thurs, 10am–1pm

Salvation Army – Sunshine

Leave a message and they will contact you.

9364 9335

Open: Wed to Fri, 10am–3pm

Family Violence

GenWest

<https://genwest.org.au/>

1800 436 937

Open: 24/7

1800RESPECT

1800respect.org.au

1800 737 732

Open: 24/7

Safe Steps

www.safesteps.org.au

If you cannot safely call the phoneline email: safesteps@safesteps.org.au

1800 015 188

Open: 24/7

Financial Stress

Anglicare

anglicarevic.org.au

0439 271 411

Open: 24/7

Good Shepherd Australia New Zealand

They provide free, confidential and independent advice.

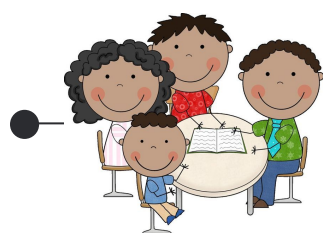
1800 007 007

For more helpful numbers, see

<https://www.health.vic.gov.au/mental-health-services/telephone-and-online-services>



Looking Ahead - Term 1, 2026 Community Events



28th Jan

Whole School Learning
Conversations – 8.45am –
6.30pm
&
Parent Child Safety
Briefings 9.00 – 6.00pm



29th Jan

All Students Commence
(Preps from 9.00am –
12.45pm)



6th Feb

Beginning of Year School
Mass 10.00am



18th Feb

Ash Wednesday Mass
10.00am



9th March

Labour Day – Public
Holiday



If you would like any further information about the content presented in this newsletter or have any suggestions regarding topics to cover in our next issue, please feel free to contact us:

Nicole Azarnikow

nazarnikow@spsunshinewest.catholic.edu.au

Lisa Peplow

lpeplow@spsunshinewest.catholic.edu.au

To view previous issues of the Wellbeing and Community Newsletter, [visit our school website.](#)

