



2017  
July



### Weekly Defence Club

#### Stage 2

Years 3 and 4 students  
Thursdays at lunchtime

#### Stage 3

Years 5 and 6 students  
Tuesdays at recess

#### Secondary

Thursdays at recess

### Defence Transition Mentor

Mrs Adrienne Varga

EMAIL

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PHONE

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## Term 3 DTM News

Welcome back to another term at Nowra Christian School. I hope your family has had a restful break and you are looking forward to all that term 3 has to offer.

I thought I would share with you a couple of activities that are coming up this term:

## GAME TIME



**FRIDAY 1 SEPTEMBER, FROM 3PM  
DETAILS TO FOLLOW**

### Defence Family Afternoon

Our next family gathering will be a little different this term. So get your game plan together, and join us for afternoon tea and a little competition.

For more information, or to let me know you're coming, give me a call or send me an email.

### Nowra Coffee Clubs

Melissa Hedger, from DCO, will once again be hosting monthly coffee catch-ups for Defence partners, family and friends.

This is a great opportunity to stay connected with DCO and to meet and support other Defence families. It was great to see a few familiar faces at the last get-together in Nowra.

Melissa is hoping to relaunch the coffee club in the Bay and Basin area. This is my stomping ground, so I will be attending these events. Let me know if you are interested in coming along and I will see you there.

### Nowra Coffee Clubs

The Tea Club  
46 Berry Street  
2nd Tuesday each month  
10:30-12:30

**Next event:**  
Tuesday 8 August

### Huskisson Coffee Club

The Husky Bakery  
11 Currambene Street  
2nd Friday each month  
10:30-12:30

**Next event:**  
(Subject to interest)  
Friday 11 August

# Introducing Kookaburra Kids

I have been hearing great things about a foundation called Kookaburra Kids, particularly in relation to a new program for Defence families. I thought I would share a little about this program.

## About Kookaburra Kids

The Kookaburra Kids program provides support to children who live in a family affected by mental illness.

The core program is open to civilians, however, a new Defence specific program has been created which takes into account the unique stresses that Defence families often encounter.

The program provides respite camps, activity days and age-appropriate mental health education focusing on coping skills and resilience, while allowing children to bond with peers who are facing similar challenges.

## Who Is Eligible?

The program is available for children of current serving and ex-serving ADF families, where a family member is affected by mental health issues.

## Where and When?

Camps and activity days are held in various locations across Australia, including Sydney, the South Coast and Canberra.

The next Kookaburra Kids camp will be held on 11-13 August, with other events scheduled throughout the year.

## What next?

This is a great program which has been providing children with respite and support for many years. It is great to see the program extended to cater to the needs of Defence families. There may be families within our school community, or within our social networks, who would benefit from this kind of support. Hopefully word will spread.



**This is a FREE program which caters to the unique needs of children from Defence families affected by mental health issues**



If you are interested in finding out more about this program, please feel free to contact me. Alternatively, you may wish to contact Kookaburra Kids directly (details below).



## Supporting Kids to Be Kids

**Kookaburra Kids Contacts:**

**[www.kookaburrakids.org.au](http://www.kookaburrakids.org.au)**

**(02) 9525 7474**

**[info@kookaburrakids.org.au](mailto:info@kookaburrakids.org.au)**