

## YOUR WEEKLY SNAPSHOT



Welcome to this week's edition of "Your Weekly Snapshot".

National Mental Health week starts on Monday 5th October. You will find a link to the programs facilitated across the state. These raise awareness that 'we all have a role to play' in supporting mental health. In case you were wondering how we can support your workplace in building mental health and wellness, we have a range of Wellbeing programs that might interest you. ACECQA's Information sheets are a handy tool for all education and care workplaces, and you will find more information below. You will also find all the details for our last workshops for 2020 which is Little Scientists Design and Technology.

## THIS WEEK'S ARTICLES



### National Mental Health Week

'We all have a role to play' is the theme for this year's National Mental Health Week. It starts on the 5th October and runs until the 10th October. The 10th of October also incorporates World Mental Health Day. National Mental Health Week is an invitation to get involved and engage in activities that support mental health and raise awareness.

'We all have a role to play to find ways to support our own mental health and the mental health of our families and friends. During the COVID-19 crisis we have had to develop new and innovative ways of keeping connected, checking in with each other and preventing ill-health where possible.'

Mental Health Week (2019) retrieved from: <https://mhct.org/mentalhealthweek/>

[View program here](#)



Australian Children's  
Education & Care  
Quality Authority

QUALITY AREA 1

**BE PART OF  
RECONCILIATION**



### ACECQA Information Sheets

ACECQA has developed a range of information sheets that directly link to the National Quality Standard. These are great resources for referencing practice and procedures, they can also be used for critical reflection and igniting professional conversations.

'This range of information sheets offers practical strategies to support educators and providers to think about quality practice and topics related to the seven quality areas of the National Quality Standard.' ACECQA, Information sheets (2020) retrieved from: <https://www.acecqa.gov.au/resources/supporting-materials/infosheet>

Image retrieved from: [https://www.acecqa.gov.au/sites/default/files/2019-08/QA1\\_BePartOfReconciliation\\_0.pdf](https://www.acecqa.gov.au/sites/default/files/2019-08/QA1_BePartOfReconciliation_0.pdf)

**View catalogue of information sheets here**



## Wellbeing Programs

Gowrie Training & Consultancy provide a range of sessions, series and programs with a focus on wellbeing and relationships that are suitable for children, educators and teams. We acknowledge that all learning and development starts with positive and reciprocal relationships.

Wellbeing focus areas include: Yoga & Mindfulness, Workplace Wellness Packages, Infant Massage, Working in Teams, Communication and more!

**Contact us to discuss your special area of interest!**



### **Little Scientists Design and Technology**

Workshops across Tasmania in November

During this workshop, you will engage in technical learning through design, production, investigation and analysis and you will learn how to foster children's technical competence. You will understand the potential of technology education for assessing the impact of technologies on society and the environment.

The session will provide the opportunity to engage with design and technologies in a hands-on and fun way and you will acquire a variety of technology education approaches you can use in your setting.

**[Learn more here](#)**



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