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| FACE Meeting Minutes |

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| **Date:** | 11/8/2025 |
| **Time:** | 6:30 – 7:35 |
| **Topic:** | Mental Health: Understanding and Promoting Wellbeing  Presented by Stacey Mortimer (School Psychologist- St James Kotara South). |
| **Attendees:** | **Staff:** Sonya Boslem (School Principal), Deb Petersen (Assistant Principal), Joe Hamilton (Primary Coordinator), Stacey Mortimer (School Psychologist), Fr. Joseph Figurado (Parish Priest).  **Parents:** Samantha Spano,Val Fox, Katie Greville, Natalie Thompson, Lotte Donnelly, Anna Mulquiney, Tess Phillips, Divya Mehra and Nick Bates. |

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| **Meeting Objective/s** | | |
| The meeting is the first FACE meeting for St. James since dissolution of the P&F. Tonight’s meeting focuses on promoting wellbeing and understanding mental health as well an outline of Stacey’s role as School Psychologist in our school. | | |
| **Agenda** | | |
| **Name** | **Topic** | **Time** |
| Sonya Boslem | Welcome to all  Acknowledgement of Country  Prayer | 6:30pm |
| Sonya Boslem | **Principals Report**   * Students settled well into T3 * 3 students represented in Aspire at St James. Congratulations to these students * NAIDOC week celebrations being held currently across the school. * Sacramental Day to be held in the Parish on Friday or those students currently receiving Sacraments. * A number of school wide celebrations upcoming including Bookweek and Fathers’ Day. * Funds from our Fathers’ Day stall will be going towards purchasing of Maths measurement resources. (Parents expressed their gratitude for nominating something to fundraise for). * Consultation with building works are happening with big school events as large numbers of guests on site. Last year, works ceased to accommodate school but this cannot happen this year due to logistics. * Fans now installed and are functional in the hall. These were purchased with residual P&F funds. $5000 dedicated funds used to purchase decodable readers for infants and $10032 committed for new bubbler systems around the school. 3 areas will now have new bubblers (hall, near bike rack, Fr. Doran) | 6:35pm |
| Fr Joseph | **Parish report**   * Recognised the declining rate of church attendance across the diocese. Encourages families to come along to Mass at least once per month. Extended the invitation to all families at St James’. * Students coming to mass can participate in Catechism classes at mass, learning more about our faith. * Explained his role to families as Parish Priest. Visiting schools and being a presence in 3 primary schools and 1 high school. | 6:40pm |
| Val Fox | **Federation update**   * Explained role to new families in attendance * St. James representative for 3 years. * Highlighted the good work the federation does and the resources available through the federation for families including webinars. * Outlined the RISE project- research collab with University of Newcastle and Kathy Gillespie overseeing the project, schools will be involved. | 6:45pm |
| Sonya Boslem (on behalf of playgroup representatives) | **Playgroup update**   * Recent increase in playgroup numbers including families of students next year * Current balance of $381 in funds. * Friday 19th September no playgroup due to school event. | 6:50pm |
| Sam Spano | **Fundraising**   * Thursday 27th November will be school disco * DJ booked in for event * Sam looking for volunteers on the night * Xmas themed event | 6:55pm |
| Stacey Mortimer | **Presentation on Mental Health: understanding and promoting wellbeing**   * Defined mental health * Mental health v mental illness * Statistics show increase in mental health disorders in young people * Risk factors include genetics, family history, trauma and chronic medical conditions * Protective factors include strong social support, supportive family, access to services, healthy coping mechanisms, positive life experiences. * Developing resilience in students; praise, encouraging students to tackle difficult situations, be supportive, be assertive, set aside time, disappointments are temporary. * Some warning signs students aren’t coping; attention seeking, not eating, increased eating, clingy, crying, telling lies, grumpy or mean, can’t concentrate, avoidance, acting out. * How can we support struggling students? Meet students whee they are at, don’t force kids to talk, help them understand what they have control over, problem solving, power of laughter, power of the creative arts. * Introduction to the Grow Your Mind program at St. James (school wellbeing program) as a way to teach students how their brain works ie. Guard dog, sifting sooty, sensitive octopus, wise owl. * Some questions were asked and answered about Stacey’s role in the school, the referral process and how she supports students whilst at school. * Some useful websites and resources for families include the following: * <https://parents.au.reachout.com> * <https://www.beyondblue.org.au> * Raising Children Network * Black Dog Institute * <https://emerginminds.com.au> | 7:00pm |
| Sonya | Meeting closed | 7:35pm |
| **Action Items** | | |
| **Name** | **Action Item** | **Deadline** |
| Sam Spano | Helpers needed and requested by Sam for the running of our school disco in November | ASAP |
|  | Next Face meeting is Monday 3rd November | 3/11/2025 |
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