



St Augustine's College  
AUGUSTINE HEIGHTS

*Be together in heart and mind*



# ST AUGUSTINE'S CATHOLIC COLLEGE

DEFENCE WELCOME BOOKLET

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# Welcome Message

I want to extend the welcome to St Augustine's College and would like to formally introduce myself and give you a little background on me and why I chose to become the DSM for StAC.

In 2022, I had the pleasure of being appointed to this role as Defence School Mentor at St Augustine's, and with it, I bring a wealth of experience.

I am a member of a defence family, with my father still an actively serving member at RAAF Amberley. I have experienced four postings and lengthy periods of parental absence due to exercise or deployment.



**Ben Woodland**  
*School Defence Mentor*

I can empathise with every defence family, know the struggles, and understand the ups and downs we go through. The deployments, the moves, the courses, the goodbyes - the whole kit and kaboodle.

As a result of several moves, I experienced multiple DSM programs, which allowed me to see what worked and what did not. With this knowledge, I believe I have been able to implement a schedule that works for all students.

Since the start of 2022, I have been immersed in the school community, where I have already built relationships with the children in their classes as a learning support school officer. I have continued building and maintaining these solid and safe relationships.

Over the course of my 2022 DSM program, I have seen significant progress and success in most of my students, which has led to an all-around learning, social, and emotional benefit. I believe that students find great comfort in having a warm adult that can act as a safe person or someone to talk to during times of adversity, particularly someone who has been in their shoes.

# School Values

We seek to promote these values for our students, staff and parents:

## **Spirituality**

Having a sense of the sacred and our relationship with God through an expression of prayer and community worship

## **Respect**

Having respect for oneself and others fostering honesty, cooperation, courtesy, consideration and self esteem

## **Honesty and Compassion**

Being true to God, to self and to others by being genuine, just, fair and trustworthy in whatever we do

## **Care and Compassion**

Caring for self and others

## **Responsibility**

Being accountable for one's own actions, being able to resolve differences in constructive, non violent and peaceful ways, contributing to the community and taking care of the environment

## **Understanding, Tolerance and Inclusion**

Valuing difference, accepting diversity within a democratic society, being included and including others.

## **Social Justice**

Being committed to the pursuit and protection of the rights of others and the common good

## **Personal Best**

Challenging each person to excel and achieve his or her best personal potential in academic, spiritual, physical, artistic and relationship pursuits.

We are people of spirit and faith who ...





# Our Team



**Graham Meertens**  
Principal



**Andrea Merrett**  
Head of Senior School



**Helen Farrelly**  
Head of Middle School



**Kate McArthur**  
Head of Early and Junior  
School



**Anne English**  
Assistant Principal



**Natalie Cullen**  
Assistant Principal

# Essential Information

Here is some information that may be helpful in the transition to St Augustine's Catholic College.

## School term dates 2023

**Term 1:** Monday 23rd January – Friday 31st of March.

**Term 2:** Monday 17th of April – Friday 23rd of June.

**Term 3:** Monday 10th of July – Friday 15th September.

**Term 4:** Tuesday 3rd of October – Friday 8th of December.

## School Bell times

<b>HG</b>	8:35am–9:00am
<b>P1</b>	9:00am–9:50am
<b>P2</b>	9:50am–10:40am
<b>Recess</b>	10:40am–11:10am
<b>P3</b>	11:10am–12:00pm
<b>P4</b>	12:00pm–12:50pm
<b>Lunch</b>	12:50pm–1:20pm
<b>P5</b>	1:20pm–2:10pm
<b>P6</b>	2:10pm–2:55pm



P.S. We use music instead of a traditional school bell.

## School Canteen (Tuckshop)

The school canteen is open 5 days a week from 8:30am and has a great selection of affordable food for student which is available for purchase online, recess and lunch.





# How is the program delivered?

I have had first hand experience with what has worked and what has not worked for defence students under the delivery of the program.

For this reason I am able to deliver an effective and supportive program that supports all students and their families.

## DSM main aims

1. Support Defence students to access school-based social and emotional supports, in line with school policy and procedure.
2. Provide Defence students with age-appropriate, social and emotional support that enhances existing school supports.
3. Provide Defence families with information about the school environment and available DMFS supports relevant to their student's development.
4. Raise awareness and build capacity among school staff to respond to the social and emotional needs of students from Defence families.

## What to expect

- Regular lunchtime activities 'defence club'.
- Termly morning teas.
- Termly lunches for students.
- VIP support for students facing parental absence.
- Regular school based community building activities.
- Regular student check-in sessions.
- A open door policy for students.





# What's around?

If you are new to this area, this section is for you.

There are many fantastic activities, restaurants, and shopping places around southeast Queensland. For your convenience, I have compiled a list of things to help you find your way, and these are my recommendations.

Here is your guide to what's around:

## **Restaurants**

- Springfield Garden Restaurant (Best Chinese ever!)  
30-34 Commercial Drive, Springfield 07 3381 8000
- Springfield Lake Hotel (Great pub feed)  
7/1 Springfield Lakes Blvd 07 3818 9600
- The Big Belly Cafe, Goonda (Best Indian food around)  
1/12 Queen Street 07 3143 4666
- Burrito Bar (Better than Guzman)  
22/393 Redbank Plains Rd 07 3497 9427

## **Activities**

- Mount Coot-ha Lookout. (Viewing platform looks over the city of Brisbane)
- Tamborine Rainforest Skywalk (Fantastic Green walk)
- Springfield lakes picnic area. (Great spot for a afternoon snack and RC boats on Saturdays )
- E-Scooter through Southbank (Fun way to see the city)
- Springfield Orion Lagoon and Playground (Awesome for the whole family)

## **Shopping Centres**

- Springfield Orion Shopping Centre (Conveniently close and wide variety)
- Indoorliply Shopping Centre (Largest Shopping centre)
- Springfield Shopping Centre (Smaller shopping centre but has everything you need)
- Redbank Plaza (Closest Shopping Centre with a Kmart, Rebel Sport etc)
- Yamanto Shopping centre (Close to RAAF Amberley with a Kmart)



# Defence Organisations

## **Educational Liaison Officers (EDLOs)**

Regional Education Liaison Officers (EDLOs) are professionally trained teachers who understand both the different State and Territory education systems and the Defence lifestyle. They can advise Defence families and children on education issues, particularly related to relocating. EDLOs can assist with changing schools between the various State and Territory primary, secondary and tertiary education systems. EDLOs are linked to schools and education systems, working to raise the issues that affect Defence families and ensure that equity of educational opportunity is available to all mobile Defence children.

The contact number for the EDLO at Brisbane is Mrs Christine Jones 3354 0554.

## **Teen SMART**

Teen SMART workshops are for Defence teenagers to help them manage issues arising from deployment and relocation.

During the workshops, Defence teenagers can meet and share their stories about being part of a military family. They can also learn some ideas and tactics to help them stay connected to their parents while they are away on deployment, and meet new friends when they move to a new posting location.

The workshop will also cover other things, like managing change and coping when feeling stressed out. There will be some tips and hints for handling emotions, and some great relaxation techniques, too.



## **Defence Member and Family Helpline**

Providing support, advice or someone to talk to at anytime.

**1800 624 608**

[defence.gov.au](http://defence.gov.au)

# Defence Organisations

## Open Arms

Open Arms offers Support and counselling for current and ex-serving ADF personnel and their families (including children) is available through Open Arms. They can provide you with free confidential counselling, to support mental health and wellbeing.

Open Arms provides counselling services that can help you build strong and healthy relationships at all stages of family life, including:

- The absence of a parent during deployment, and adjusting when they return home
- Helping children with concerns around changes and stressors like making friends at a new school
- Understanding, identifying and working through trauma
- Transitioning from the Australian Defence Force to civilian life
- Working through relationship breakdowns and challenges
- Building a blended family
- Supporting the family of a serving member who has died.

All Open Arms counsellors understand military culture, the unique demands of military service and its impact on military families. Some counsellors have had military experience themselves.

For further information: <https://www.openarms.gov.au/> or phone 1800 011 046



**FREE AND CONFIDENTIAL COUNSELLING**

**1800 011 046**  
**OpenArms.gov.au**



# Contact Details

Should you need anything throughout your child's time at StAC, feel free to contact me at any time, and I look forward to facilitating a great time with us at StAC.

I aim to ensure all students feel safe, comfortable and educated about decisions directly involving them, whether it be a transition due to posting, the first day of school, or the last day of year 12.

Students and parents are encouraged to engage with the DSM with School-based defence-related support as the DSM works closely with student well-being and pastoral support precincts on most student-related matters.



**Ben Woodland**  
*School Defence Mentor*



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