

DIVERSE LEARNING

September Newsletter 2023



Diverse Learning acknowledges the Kaurna people as the Traditional Custodians of the Adelaide region, where we are located. We recognise the Kaurna peoples' cultural, spiritual, physical and emotional connection with their land. We honour and pay our respects to Kaurna elders, both past and present, and all generations of Kaurna people, now and into the future. We acknowledge the other Traditional Owners who live across South Australia and our nation wide.



HELLO SPRING



We have a few exciting things we would love to share with you

- what's Happening in September
- We have a new logo
- World Gratitude Day
- National Child Protection Week
“where we start matters”
- R U OKAY Day
- Program - The Mix North
- “5 Minutes with”
- !!Something exciting is Coming!!





What's Happening In September



4th September
Fathers Day

19th – 25th September
International Week of Deaf People
<https://deafaustralia.org.au/nwdp/>

3rd – 9th September
National Child Protection Week

<https://www.napcan.org.au/ncpw-theme/#:-:text=National%20Child%20Protection%20Week%3A%203%20-%209%20September%202023&text=This%20year%20National%20Child%20Protection,community%20needs%20a%20fair%20go%27>

19th – 25th September
International Week of Deaf People

<https://deafaustralia.org.au/nwdp/>

6th September
Indigenous Literacy Day

<https://www.indigenouliteracyfoundation.org.au/ild>

21st September
World Gratitude Day
International Day of Peace

<https://www.un.org/en/observances/international-day-peace>

8th September
International Literacy Day

<https://www.education.gov.au/newsroom/articles/celebrate-international-literacy-day-today>

23rd September
International Day of Sign Languages

<https://wfdeaf.org/iwdeaf2023/>

14th September
R U OK Day

<https://www.ruok.org.au/how-to-ask>

23rd September
International Day of Sign Languages

<https://wfdeaf.org/iwdeaf2023/>

16th September
Clean Up The World Day

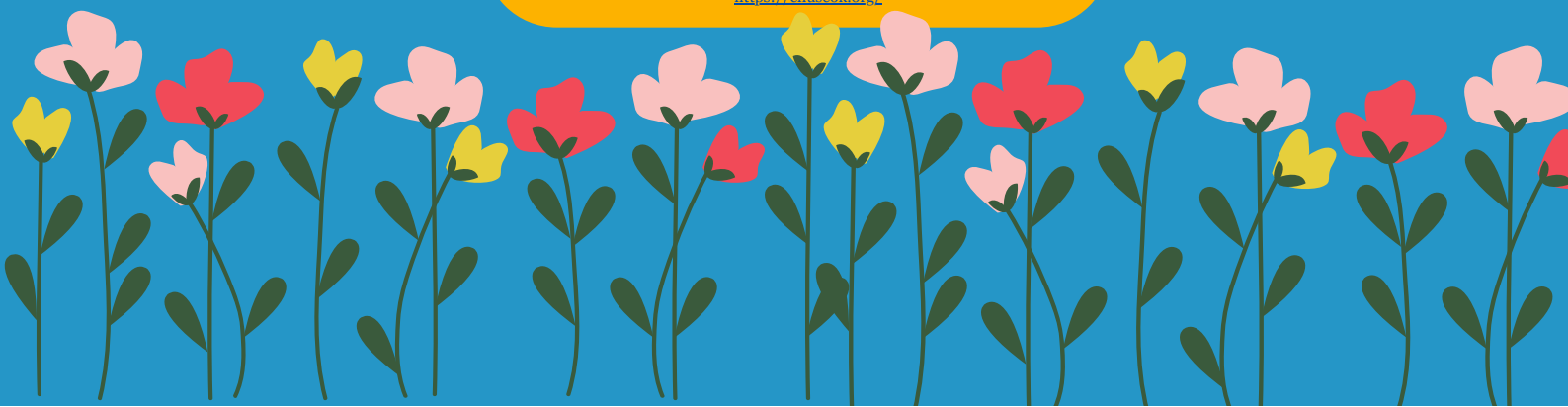
<https://www.worldcleanupday.org/country/australia>

24th – 25th September
Yom Kippur

<https://www.almanac.com/content/when-vom-kippur>

29th September
Chuseok

<https://chuseok.org/>



We have officially changed our Logo!

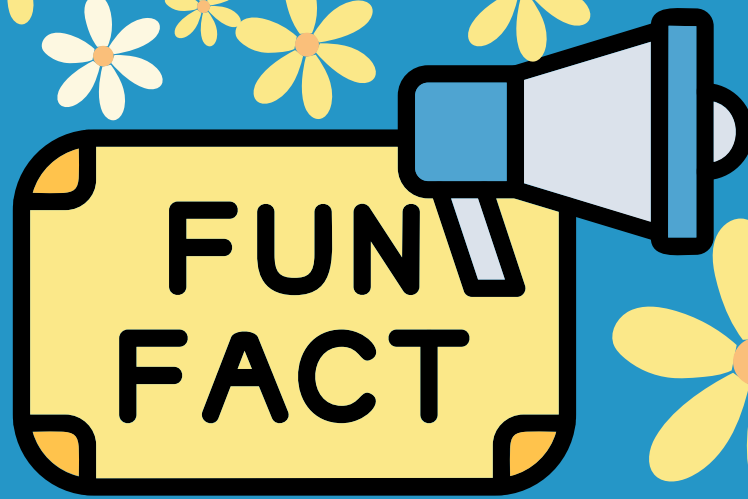


As of the 1st July 2023 we became a company!
We have also changed the face of Diverse by re designing our logo.
Big Thankyou to Alex for sparking the idea about the Platypus.
We our now recognised by the below image.



Diverse Learning embraces Neurodivergence and understands that our
clients and staff are beautiful and unique just as they are.
Our goal is to offer support to be your best you.





FUN FACTS ABOUT THE PLATYPUS

Neurodivergent- Oxford Dictionary says:

“differing in mental or neurological function from what is considered typical or normal; not neurotypical.”

- Has fur but spends a large majority of its life in the water
- It is born with teeth but loses them before adulthood
- Is blind underwater and searches for food using mechanoreceptors and electroreceptors!
- Is born with Venomous spurs on back legs but they only develop in the male species
- Propels itself to swim with its front legs only
- Is a mammal that lays eggs
- Has no stomach to digest food! It spends 12 hours a day searching and eating.
- Stores fat in its tail
- Holds caught food underwater in its cheeks.
- Under UV lighting they give off a biofluorescent green/Blue glow!

World Gratitude Day

World Gratitude Day has been designed to bring the whole world together in a day that is all about being thankful. World Gratitude Day joins organisations, nationals, and individuals in sharing their gratitude in a number of different ways.

A little bit of gratitude can go a very long way. It is important for people to feel appreciated for everything that they do. There are also many other benefits that are associated with giving gratitude. Did you know that it is actually good for your own health too? Being thankful results in a whole host of emotional and physical benefits.

For instance, you can boost your immune system, lower stress levels and improve sleep by being thankful. Gratitude can also help to improve self-esteem and lower symptoms of depression. It can enhance your professional and social skills too. Who knew that expressing gratitude could offer so many amazing benefits?

Thu Sep 21st, 2023

World Gratitude Day

Taking time to appreciate the little things can bring about big joy. Focusing on what you have instead of what you lack cultivates contentment.

Where we start Matters



In 2023, the message that ‘Every child in every community needs a fair go’ will be complemented with the theme ‘Where we start matters’. Where we start our lives in terms of where we live, the resources available to us, and the opportunities presented to us make a significant difference to our life outcomes.

Where we start as a service sector in offering children and their families support and assistance makes a significant difference to life outcomes.

Where we start as decision makers in addressing large complex policy problems such as child abuse and neglect, also has a significant personal, social and economic outcomes.

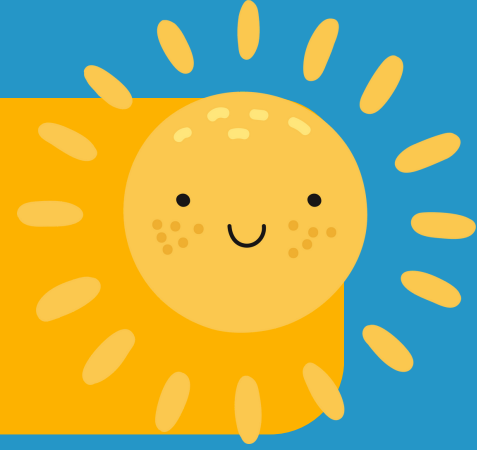
We invite you to use this theme to explore and talk about the many ways that ‘where we start matters’ for children, young people and their families.

A 9-year-old girl pointed out that “A community is like a puzzle, you need to have all the bits to make it work.”

When all the pieces are in place, a community is strong and supportive of children. The more pieces that are removed, the less supportive the community is for children.



R U OK? Day



R U OK? Day 2023 is Thursday 14 September

and is our national day of action when we remind Australians that every day is the day to ask, 'are you OK?' and start a meaningful conversation whenever they spot the signs that someone they care about might be struggling with life

Make staying connected and asking R U OK? part of your everyday

Start by asking, 'are you OK?'

No, I'm not OK. **Yes, I'm fine.**

Dig a bit deeper:

"What's been happening?"

"Have you been feeling this way for a while?"

"I'm ready to listen if you want to talk."

But your gut says they're not:

"It's just that you don't seem to be your usual self lately."

"I'm always here if you want to chat."

"Is there someone else you'd rather talk to?"

Listen with an open mind

Encourage action and offer support

"How can I help?"

"Have you thought about seeing your doctor?"

"What would help take the pressure off?"

Make time to check in

"Let's chat again next week."

R U OK?

ruok.org.au

Ask R U OK? **Have a conversation using these 4 steps**

1 Ask R U OK?

How are you travelling?

You don't seem yourself lately - want to talk about it?

2 Listen

I'm here to listen if you want to talk more.

Have you been feeling this way for a while?

3 Encourage action

What do you think is a first step that would help you through this?

Have you spoken to your doctor about this?

4 Check in

Just wanted to check in and see how you're doing?

Have things improved for you since we last spoke?

R U OK?

Learn more at ruok.org.au

Start a conversation using these 4 steps

1 Ask R U OK? **2 Listen**

3 Encourage action **4 Check in**

Find tips at ruok.org.au

Useful contacts for someone who's not OK

If your life is in danger or you're concerned for your own or someone else's safety please call 000.

You can find support by contacting your local doctor or one of these crisis lines available 24/7.

Lifeline	Beyond Blue	Suicide Call Back Service	Mensline
13 11 14 lifeline.org.au	1300 224 636 beyondblue.org.au	1300 659 467 suicidecallbackservice.org.au	1300 789 978 mensline.org.au

Local services

More contacts: ruok.org.au/findhelp

R U OK?
A conversation could change a life.

Visit us at ruok.org.au



IT'S OKAY
to not be
OKAY

5 Minutes with...

KASEY

He/Him

What does Kasey do?

Support Work and Team Leader

Favourite Things:

Diverse Learning

Spider-Man

Video Games

Interesting Fact:

I once swam with

SHARKS!

Dislikes:

Annoying Songs

Other skills/Talents:

Rock Climbing

Camping Skills

Contact:

Kasey@diverselearning.com.au



VIRGO

ELEMENT	♁ Earth
RULING PLANET	Mercury
COLORS	White, yellow, green, olive
LUCKY STONES	Sapphire, Emerald, Topaz
CHARACTERISTICS	<ul style="list-style-type: none">• Service• Analysis• Differentiates• Critical• Detailist

Your goals and aspirations will finally fall into place.

As a Virgo, your attention to detail and methodical approach will pay off today, so embrace every opportunity that comes your way. Let your instincts guide you, and the world will open up to your limitless possibilities

Something exciting is coming!!

Diverse Learning is excited to be starting a **Food pantry for our community**. We understand that accepting support from strangers in busy community spaces can be challenging. We are planning to open our office space for a couple of hours each week to support our diverse learning families.

We are currently working on the final details so connect with staff to find out more and watch this space for our opening date.





The Mix North



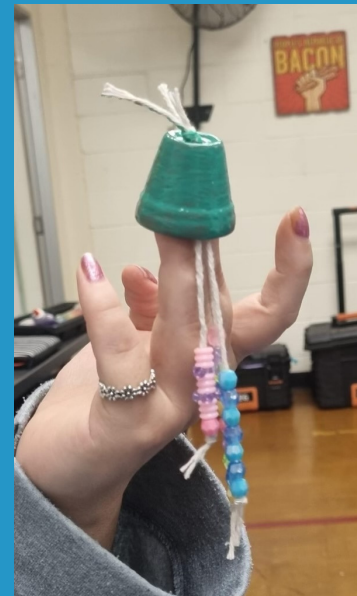
With the start of spring we embraced our green thumbs to celebrate ALL THINGS SPRING :)

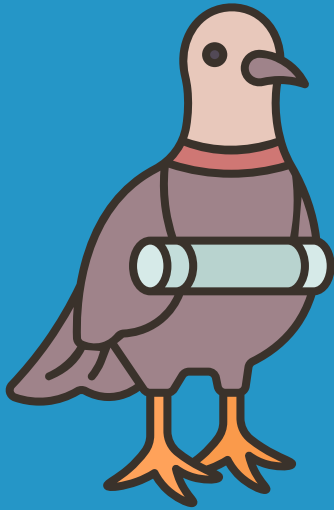
Our fantastic club families got creative with pots and plants and took home their creations to watch them grow. We have one final session this term so contact Marguerita to enquire about joining for this session or in Term 4.

marguerita@diverselearning.com.au



I have a GREEN THUMB





CONTACT US

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Email And General enquiries:

Information on Diverse services,
Marketing, Sales.

info@diverselearning.com.au

PH: 0881024370

Employment Vacancies :

Volunteering,
Postions Vacant,
Resumes.

Pickme@diverselearning.com.au

Program Liaison:

Information on programs,
enrolling in programs,
donating to programs.

Marguerita@diverselearning.com.au



**WE WANT YOUR
FEEDBACK**

Feedback and Complaints

Staff feedback

Praise

Suggestions

We welcome feedback to ensure the
services you receive are good.

If you would like to provide feedback or
would like to make a complaint, you can
contact us via the following

Feedback@diverselearning.com.au

Our professional team review our
feedback and complaints to make
improvements. Our team manage
complaints as promptly as possible to
reach a satisfactory results.

We will continue to provide you updates
as we resolve your complaint

Your personal information will not be
shared with anyone without your
consent. Consent means saying
yes to sharing information with others.