



DEKTA Newsletter

Welcome to DEKTA

Since our last newsletter DEKTA held its AGM! We would like to welcome aboard a couple of new members and to say a sad farewell to several of our members who have resigned and are moving onto new challenges in their lives. We thank you so very much for all that you did for DEKTA. We will miss your passion and dedication to our Profession. Good luck with whatever your future endeavours may be.



Edition

March, 2023

DEKTA executive Committee 2023 contacts

PRESIDENT :

Kim Brodribb 9439 2183

VICE PRESIDENT :

Annmaree Watkins
9435 8694

SECRETARY :

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TREASURER : Jenny Fluck

Introducing our 2023 DEKTA Committee

President: Kim Brodribb

Vice President: Annmaree Watkins

Secretary: Kaye Perry

Treasurer: Jenny Fluck

Assistant Treasurer: Bronwyn Mahony

Newsletter Provider: Carol Doran


General Committee: Suzy Pap

Jacqui Harley

Jo Barker

Certificate Producer: Carol Doran

To the world
you may be just
a teacher but to
your students
you are a HERO!



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DEKTA feels that more than ever we need to be looking after our own Wellbeing. We hear the word Wellbeing a lot these days but what does it actually mean?

"Wellbeing is not just the absence of disease or illness. It's a complex com-

bination of a person's physical, mental, emotional and social health factors. Wellbeing is strongly linked to happiness and life satisfaction. In short, wellbeing could be described as how you feel about yourself and your life."

Why Is it important?

- 1 in 4 adolescents have a mental illness
 - 1 in 7 primary schools kids have a mental illness
 - 1 in 5 adults will experience mental ill-health throughout the year
- 65% of adolescents do not seek help for mental illness

So, with this in mind DEKTA believe that staying connected and having support or someone to listen to you, who knows what you are going through, is more important than ever. The DEKTA committee is made up of teachers, assistants and people who care about the Early Years Profession and who still work in the industry.

Within our profession there is really no-one to turn to for advice or to just listen or to brainstorm that is why DEKTA is such an important group.



DEKTA Membership

If you are interested in joining then please go to our website – www.dekta.org.au

And follow the prompts it's really easy.

WE HAVE EXTENDED OUR MEMBERSHIP UNTIL 1st MAY.

What does being a member of DEKTA entitle you to?

Making Connections – PD opportunities which you are welcome to join via zoom as we know how precious our working time is. This year we will be bringing some of these opportunities in the evening. This is to try and accommodate all our members as well as the different working hours that we find ourselves in.

Annual Conference – This is where DEKTA brings you up to date, informative, fun learning and a time to connect with other professionals in a one day event. (If you're a member of DEKTA this conference is at a heavily discounted rate.)

Monthly Newsletters that aim to keep you informed on what is happening.

Wellbeing events where we can meet together in a private, confidential and safe space to discuss whatever we feel we need to share.

If you are paying your own membership to DEKTA, this can be claimed on your tax.



**DID YOU
KNOW?**

MEMBERS

Please find attached our current membership list. Please check that if you think you're a member that your name is on this list.

If you have any queries about your membership, please email DEKTA – dekta@internode.on.net

SAVE THE DATE

AUTUMN PAMPER & WELCOME NIGHT

Friday May 5th – starting at 5.30pm – 7.30pm

Diamond Hills Preschool Greensborough. ALL MEMBERS WELCOME.

This is a great night to spoil yourself with a massage and to sit and debrief with other professionals.

PAMPER NIGHT NUMBER 2

Friday November 10th

PROFESSIONAL DEVELOPMENT OPPORTUNITY

Friday 26th May – 2.30pm via Zoom – Presenter – Kelly Goodsir.
More information coming your way soon.

Also upcoming will be a Making Connections Evening meeting.
Details to be confirmed soon.

PSFO UPDATE:

We currently have 4 PSFO's working in the area. They are all full time so that they can support 3 and 4 year old children who are in a funded program. They have many useful resources that they are more than happy to share with you. If needed their referral form can be found on the Uniting Website.



Do You know about the organisation Be You?

DEKTA discovered about this initiative at our AGM and we wanted to share it with our members -

Be You is the national mental health in education initiative delivered by Beyond Blue, in collaboration with Early Childhood Australia and headspace. Be You supports educators from early learning services and schools to develop a positive, inclusive and resilient learning community where every child, young person, educator and family can achieve their best possible mental health.

What does Be You offer?

Be You offers a range of online, evidence-based tools, resources and professional learning aimed at improving the skills and knowledge of educators to support mental health and wellbeing in children and young people.

Joining is free.

Want to know more?

Simply go to their website: beyou.edu.au

Self-care Tips



10 TIPS FOR TEACHER SELF-CARE

1. Eat, hydrate, sleep.
2. Stretch, meditate, move.
3. Write myself a love letter.
4. Follow 80/20 rule at home.
5. Go to bed prepared.
6. Nurture my creativity.
7. Make fun a priority.
8. Socialize regularly.
9. Practice acts of kindness.
10. Take a self-care day.



Final thoughts ...



Lets
grow
together

