



G'day there!

I've found a new superpower - it's called mindfulness and it makes me strong. My Flying Doctor mates have told me that mindfulness means being present in the moment and feeling calm and focused. When we're mindful we can enjoy the world around us and let go of worries. Check out these cool tools and meet some ripper folks to help unlock your superpower too.

Cheerio,

Flynn the Flyer

Outback Morning Tea



Kids across Australia got together for Outback Morning Tea fundraisers on 25 November, which is Flying Doctor Founder John Flynn's birthday.

Grades 3-4 at Narre Warren Primary School did a ripper job! They studied the Flying Doctor in history and geography and hosted their own Outback Morning Tea to raise funds.

Lamingtons, ANZAC biscuits and Drop Scones were a huge hit.

Ask mum and dad to help download the CWA recipes

<https://outbackmorningtea.com.au/>



Keep calm with cool tools

Feeling mindful helps us feel better about thinking, learning and making friends. Spending a few minutes calmly meditating can change our entire day! You can road test these free mindfulness apps with your family, but ask mum and dad first!

- > **Smiling Mind** <https://www.smilingmind.com.au/>
- > **Headspace Meditation** <https://www.headspace.com/headspace-meditation-app>
- > **Stop, Breathe & Think** <https://www.stopbreathethink.com/>
- > **Calm** <https://www.calm.com/>



Come and say G'day

Come and meet my helper mates at these top events. Step aboard our simulator and meet our crew at:

Minyip Show and Shine > 23 February

Kyabram Show and Shine > 1 March

Red Hill Show > 7 March

Wodonga Show > 14 March

Summer safety shout out

Summer is one of the best times to play outside and bike, hike and swim with your mates.

To save yourself from a sizzled snoz, don't forget to wear plenty of sunscreen and chuck on a hat!



"When I grow up I want to be a... Mental Health Clinician"



Meet Peter Quin. He's a Mental Health Clinician helping people talk about their worries, understand what makes them upset or sad – and find ways to feel better.

Peter travels through remote Gippsland towns talking with people at the Bush Nursing Clinics or through telehealth video chats.

He told me that sometimes how we feel, think and behave may be different from what is normal for us. Talking with someone like Peter helps share worries if something is bothering us. He helps come up with ideas for our minds and bodies to feel stronger and calmer.

"I always tell people it's healthier to share your worries with someone you trust. Focussing on things that are important, and finding different ways to talk about or do things can stop them becoming overwhelming.

"Some people in the bush can feel quite lonely or worry about sharing their pressures. It's a privilege supporting them with strategies to manage stress."

Peter has always helped others – he was a Sea Scout as a kid and volunteered helping with refugee charities.

At school Peter loved geography and economics. When he studied for his Social Workers degree he said English, maths and statistics were helpful subjects. Peter loves the calm of country living in Orbost and relaxes by playing his guitar, canoeing and bushwalking.

Peter's healthy strategies to cope with stress are:

- > Plenty of sleep
- > Limit screen time
- > Exercise each day
- > Play team sport
- > Talk to family, teachers or friends if you have worries

Charlotte's Flying Doctor meet-up

I've got mates across the country and my Education pal Tom visited Langwarrin Primary School recently.

"We organised the Royal Flying Doctor Service to attend our school as we had a Grade 4 student who was particularly interested to learn more about it," Langwarrin PS's Acting Principal Mr Moorhouse told me. "She thought other students in her year level would like to learn about it too. Charlotte presented her idea to the school's leadership team by creating a PowerPoint and we thought it was a brilliant idea."



"The kids learned so much about a service that is so unique to Australia."

Tom had a VIP visit with Charlotte and presented her with Gold Wings to thank her for her support. Great effort Charlotte and Langwarrin PS!

Talk to your school about a visit this year
<https://flyingdoctor4education.org.au/>

Meet my mates! Kids across Australia



Meet Clara and Evie

Meet Connor and Violet

How old are you?

Clara is 4, Evie is 8

Connor is 11, Violet is 6

What is the name of your town or suburb and what is special about it?

Northern Melbourne, Vic. There's cool graffiti like a giant shoe in different colours and we have a great dog park where we take our dog Maggie.

Swifts Creek, Vic. Everyone knows you, and it's very quiet. It's in the mountains.

How many kids at your school?

320

40

What do you like to learn about at school?

Evie loves history especially learning about when our grandparents were young. Clara loves making art and playing outside.

Violet loves swimming lessons and Connor loves maths.

What do you like to do out of school?

Evie loves to read, beach boogie boarding and checking out the rock pools. Clara loves her trampoline and cubby house, and playing snakes and ladders.

Violet does gymnastics in Bairnsdale which is 1.5 hours drive every Monday, and Connor goes fishing every day.

DID YOU KNOW?

Turtles can breathe through their bottoms.

Frogs can breathe through their skins.

Humans breathe through our mouths and nose 23,000 times a day.

BONZA WINNERS

Congrats to our winners Clara, Evie, Connor and Violet who shared their stories in this edition. Your families have won an RFDS Adventure book set by George Ivanoff.

We'd love to learn about other Kids Club members, and feature you in our next newsletter. You could win a Flying Doctor pilot bear. To enter, talk to mum, dad or your guardian first, fill in these questions and send them with a clear photo of you to flynntheflyer@rfdsvic.com.au

We love hearing from all our Kids Club members – even if your story or fan mail is not published, all entries will go into our yearly draw to win an RFDS prize pack.

P.S. Remember to send your photo.

Your name:

Your age:

Name and email of your guardian:

Tell us...

What's the name of your town or suburb and what is something cool about it?

How many kids at your school?

What do you like to learn about at school?

What do you like to do out of school?

twitter.com/RoyalFlyingDoc
www.instagram.com/royalflyingdoc
www.facebook.com/royalflyingdoctorservice
www.flyingdoctor.org.au/vic/flying-doctor-kids-club



Mindful fun

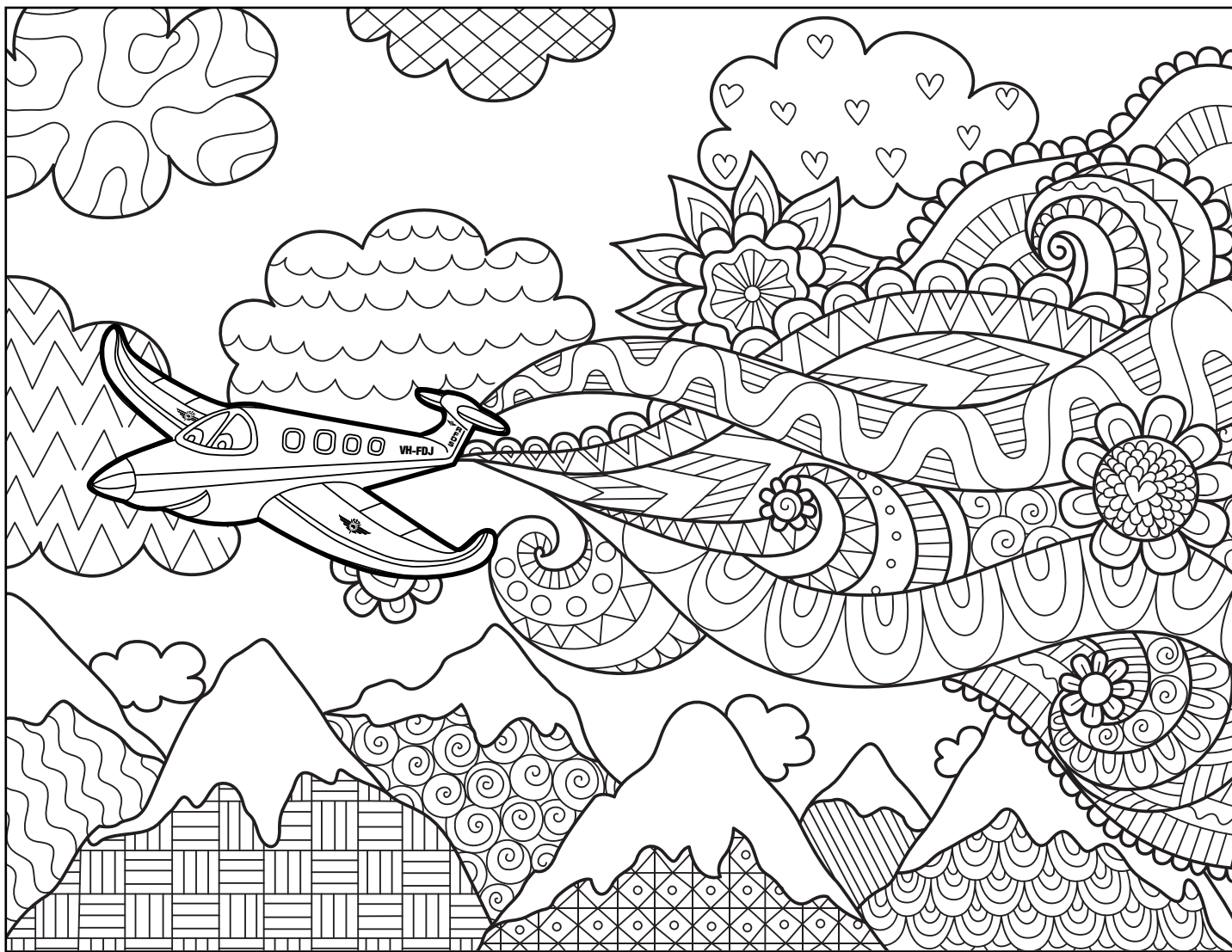
There are loads of benefits of colouring for mindfulness! Find a quiet spot and spend some time adding colour to these pictures.

SHARE YOUR ARTWORK:

I love hanging bright pictures in my hangar, and my Flying Doc mates love getting letters and drawings.

Ask mum or dad to scan your art and email it to flynntheflyer@rfdsvic.com.au
You might see it in the next newsletter!

Happy creating!



You can find out more about the Flying Doctors here at www.flyingdoctor.org.au or if you are in Victoria, NSW or Tasmania you can book a visit to your school at www.flyingdoctor4education.org.au

See you next time Kids Club co-pilots! Cheerio,
Flynn the Flyer

