

#StrongerTogether

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## June Newsletter #1



### **The Gift of Having One Another.**

**Jam family - you have all risen to the occasion of 2020. We have seen so much strength and growth - and we are only in June! Many changes now occur: school resumes and social distancing rules have been altered.**

For some individuals, the last few months were time to reflect, to spend time with family and recharge. For others, it has been an anxious time of the unknown.

Currently, there is nothing more needed than having a **buddy** - someone outside your inner circle who is there to **listen, not fix and not judge**; someone who is there just for you.

What a unique opportunity our Year 9 cohort has! Having the support of an older female, who has walked in their shoes not that long ago is something very special.

The Jam Project is all about connections and support. Being there for each other is so important right now!

In this issue, we will explore the different aspects of **change** we are all experiencing now. Back to school is associated with excitement but also fear and hesitation. Hope you will enjoy this newsletter,  
*Naomi & Liat*

## **School is Back!**

**With the official return of schools, there is great excitement in the air - and for some trepidation. We wish to take this time and acknowledge just how well you have all been doing with your studies - whether at university or school.**

This truly has been the year of change! Below we gathered a list of questions we would like you to answer. **We would love to hear from you** - our Year 9

cohort, buddies and parents. Please feel free to share your responses to the questions below ([jamproject@ncjwavic.org.au](mailto:jamproject@ncjwavic.org.au)).



### Reflection on Iso Time

- What is it that you are most appreciative for?
- Were you productive during this time?
- Did you find yourself enjoying some timeout and how did you utilise the time?
- Did you show random acts of kindness to others?
- Did you learn a new talent, craft or hobby?
- Have your active listening skills changed during this time?



### **Back to School - What Does This Mean for You?**

- Routine?
- Structure?
- Seeing your friends and building those connections?
- Time away from the computer and more contact time?
- Being more active?
- Anxiousness?
- Excitement?

## Back to School - The Parents Perspective.



For parents, it can also be a tough time sending your children back to school - as it can bring up certain emotions for our teens. We wanted to share with our Jam parents some suggestions that may help support those harder days.

- If you know your child has had a rough day or you have experienced a hard conversation ending with abruptness try this: take five deep breaths, wait a few minutes and follow it up with knocking on their bedroom door and leaving tea or hot chocolate there with a message (i.e. *I am here when you need me*).
- The dishes, laundry and other household chores will always be there. Perhaps your teen will benefit

from 10 minutes of uninterrupted time with you. Let them lead the conversation or the activity.

Keep us posted if some of these suggestions have been useful for you.

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## The People We are Supporting are Calling On Us Now More Than Ever.



**NCJWA Vic is now in the middle of a critical funding drive.** All donations we receive during this time will help us to continue our work.

A donation from you, whatever the size, means the world to us. It helps support our work in so many ways. **Your generous gift will make a real difference to the lives of vulnerable women and girls in the Jewish and broader communities.**

EVERY DOLLAR COUNTS! With your help we know we can be #StrongerTogether.

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### Latest news.



### Desserts and Smiles

Due to social distancing restrictions, we decided to host an additional Jam Session at the end of May - a Dessert Party. There were smiles all round and the conversation flowed. The desserts looked delicious and

there was a touch of pink all around. See you at our next Jam Session this Sunday!



Artwork by: Madeline Stamer

### **An Active Session**

Don't miss our upcoming Jam Session this Sunday (**14 June 6:30pm-8:00pm**). The session is open to buddies and participants. Please wear **active clothes** and bring a **Yoga mat** if you have one. Zoom details will be sent on Sunday morning.

**[REGISTER NOW >](#)**





### **Aussie Music - Live and Free**

**Victoria Together the State of Music** is a fantastic initiative, showcasing the Australian music industry. This is an opportunity to watch free concerts (live streamed or recorded).

### **Upcoming events.**

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## JAM SESSION

This virtual Jam Session is open to buddies and participants. Please wear **active clothes** and bring a **Yoga mat** if you have one.

**Sunday 14 June 2020**

**6:30pm - 8:00pm**

**Via Zoom**

**[REGISTER NOW >](#)**

**Would you like to help us?**

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