

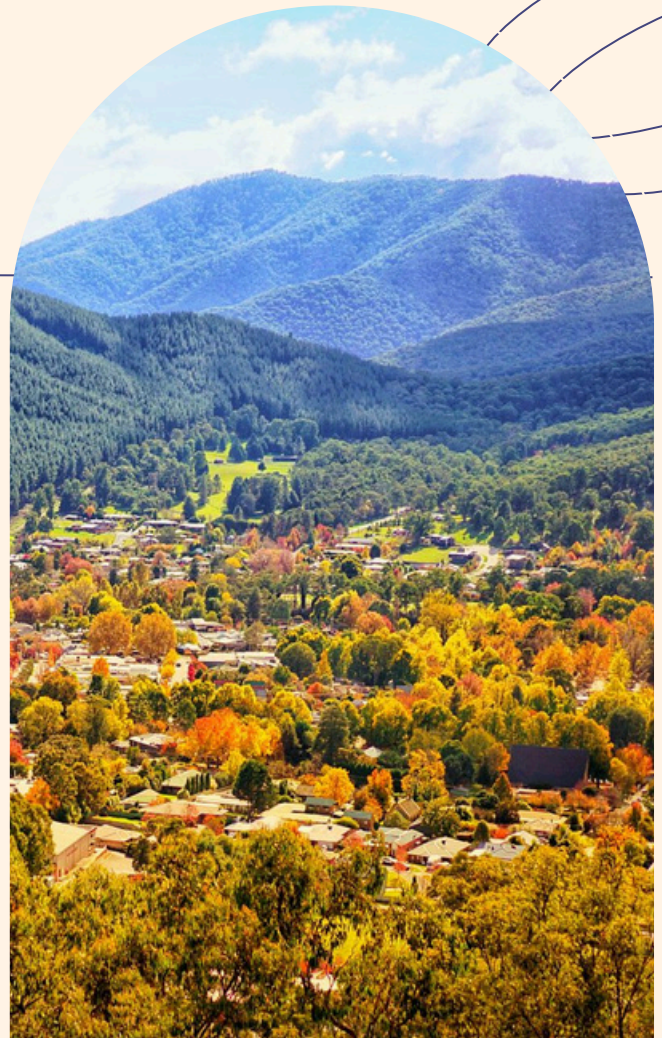
Lumos! Newsletter

TO OUR LOVELY FAMILIES...

A Beautiful April in Melbourne ✧

April in the southern hemisphere paints Melbourne in warm shades of red and gold. This year's autumn feels especially gentle — crisp air, soft sunlight, and a pace that naturally slows us down. As the weather cools, we prepare alongside our children for the colder days ahead.

南半球的四月，把墨尔本染成一片温暖的红与黄。今年的秋天格外柔和，空气清爽、阳光恰好，让人愿意放慢脚步，静静感受季节的变化。随着气温渐凉，我们也陪着孩子们，一起准备迎接更冷的日子。



Health Reminder

Larger temperature shifts, children may be more prone to illness.

Flu vaccines are now available

The latest nasal spray flu vaccine has been released in Australia — a friendlier option for children who dislike needles

昼夜温差加大，
孩子更容易生病。

流感疫苗已开放施打，
最新喷剂式（鼻喷）疫苗已在澳洲上市，
对害怕打针的孩子更友善。



Understanding Sandplay Therapy: Big Feelings in a Small World

On an autumn afternoon, our art therapist (Counsellor) Cynthia guided our team through a sandplay therapy experience. She opened several boxes filled with miniature toys including figurines, animals, stones, shells, plants, building tools. The room instantly was filled with curiosity and excitement.

In sandplay therapy, each object can carry symbolic meaning. These symbols don't have fixed interpretations, but they help children express emotions and experiences that may be difficult to put into words. The sand tray, with its defined boundaries, becomes a safe "canvas" where children can create freely. The blue base and soft, sun dried sand offer a calming, nature like atmosphere that helps children settle.

一个秋日午后，我们的艺术治疗师 Cynthia 带领团队体验沙盘治疗。她打开装满迷你玩具的盒子——人偶、动物、石头、贝壳、植物、建构工具.....让大家瞬间进入期待的状态。

在沙盘治疗中，玩具不一定有固定意义，却能成为孩子表达情绪与经验的媒介。那只带有边界的沙盘，就像一块安静的画布；蓝色底板与柔软海沙，让人自然放松，也让孩子更愿意靠近自己的内在世界。

During the group session, Everyone was invited to choose items that spoke to them one picked a cactus, one picked a dinosaur, others picked a small boat, a fence, a crystal. With gentle prompts, we built a shared world inside the sand tray.

The room remained quiet and focused. No one spoke, and Cynthia did not comment on anyone's choices or arrangement. This non judgmental space allowed everyone to feel safe, accepted, and fully engaged. Later in the discussion, we learnt that children of different ages – preschoolers, primary school students, and teens, often express themes in their sand worlds that reflect their developmental stage. These creations offer valuable insight into a child's inner world and guide the therapeutic process.

在团体体验里，Cynthia 引导大家挑选吸引自己的玩具——仙人掌、恐龙、小船、栅栏、矿石..... 整个过程安静、专注，没有评价、没有压力。这样的空间让每个人都能安心投入，感受到被接纳的温度。

Cynthia 也分享，不同年龄的孩子常会在沙盘中呈现与其发展阶段相关的主题，这些作品帮助治疗师更贴近孩子的真实感受。



Sandplay is especially helpful for children

who: 沙盘治疗特别适合以下孩子：

- Are shy or struggle to express themselves 害羞、不善表达
- Experience anxiety or emotional sensitivity 容易焦虑或情绪敏感
- Are adjusting to family changes 面对家庭变动
- Face social or school challenges 在学校遇到社交或适应困难
- Have low confidence or fear of failure 缺乏自信、害怕失败
- Have experienced trauma or major events 有创伤或重大事件经验
- Learn best through play and symbolic expression 透过游戏与象征更容易表达自己

TERM 2 SOCIAL
PROGRAM SIGNING UP
第二学期社交小组开始报名

* Scan for Details *
扫描二维码 了解更多



Does Sandplay Combine with Other Therapy Approaches?

Depending on each child's needs, therapists may integrate:

- CBT (Cognitive Behaviour Therapy) To help children understand the connection between thoughts, feelings, and actions when they are ready.
- Art and Creative Activities Such as drawing or crafting characters to extend the stories created in the sand.
- Play Therapy Elements Supporting social skills, emotional regulation, and natural interaction.

This flexible approach ensures each child receives support that truly fits them.

我们会根据孩子的需要灵活运用不同方法，让治疗更贴近他们的节奏：

- CBT（认知行为治疗）技巧：在孩子准备好时，协助理解想法、情绪与行为的连结。
- 艺术创作与手作活动：延伸沙盘中的故事，让表达更完整。
- 游戏治疗元素：在自然互动中练习社交与情绪调节。



✧ Important Reminder for Plan Managed Families

If your child is Plan Managed, please ensure your Plan Manager processes invoices before the billing deadline. NDIS does not cover late fees, so any overdue charges will need to be paid by families. 若您的孩子是 Plan Managed，请确认 Plan Manager 是否在账单截止日前完成付款。NDIS 不承担逾期费用，若产生滞纳金将需由家长自行承担。

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