



# Govedale News

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<http://sentral.govedaleps.vic.edu.au/portal2/#!/login>

**Term 4 Week 4 — 27th Oct 2021**

## 'Our commitment to Child Safety'

Govedale Primary School is committed to the safety and wellbeing of all children and young people. This will be the primary focus of our care and decision-making. Govedale Primary School has zero tolerance for child abuse.

Govedale Primary School is committed to providing a child safe environment where children and young people are safe and feel safe, and their voices are heard about decisions that affect their lives. Particular attention will be paid to the cultural safety of Aboriginal children and children from culturally and/or linguistically diverse backgrounds, as well as the safety of children with a disability. Every person involved in Govedale Primary School has a responsibility to understand the important and specific role he/she plays individually and collectively to ensure that the wellbeing and safety of all children and young people is at the forefront of all they do and every decision they make.

## PRINCIPAL NEWS

Dear Parents and Carers,

### COVID Update:

It is exciting to be slowly opening up with the easing of restrictions. I am really looking forward to the time when we can go back to normal. I started as Principal at Govedale during COVID and cannot wait to be able to run the school with parents on site and community connections able to be built face-to-face! My hope is that we are not far off.

Term 4 is always full of activities including transition days (both in to our school, and moving to secondary school), celebrations and graduation activities to name but a few. We are expecting an updated Operations Guide from the Department of Education and Training in the next days, to inform our decision making. Please understand that given the circumstances, our planning will always align with the Guide, and will be conservative. We are doing all that we can to stay open, and to keep all students, staff and families as safe from exposure as we can.

Please notify us if your child has been to an exposure site, or is a close contact of a positive case. It is essential that we are able to respond quickly as a school, to ensure we follow protocols and minimise risk.

Students cannot attend school if they are in DHS directed quarantine, regardless of receiving negative test results.

Thank you for your incredible support of the new rules regarding masks. Children have been attending school with their masks on quite happily. I have been surprised by how easily students have adjusted to the masks, which has made the transition seamless. I should always remember how adaptable children really are!

## COMING EVENTS—also on your Sentral Calendar

### OCTOBER 2021

Thurs 28th | YEARS 3/4—Bike Ed 1. (4 week program on a Thurs-day)

Fri 29th | World Teachers' Day

Fri 29th | Pyjama Day—Gold Coin Donation for playground equipment (GaGa pit)

### NOVEMBER 2021

Tues 2nd | Market Day—Preps (opportunity to purchase small items that the 5/6 cohort make)

Wed 3rd | Market Day—1/2 Cohort

Thurs 4th | Years 3/4 Bike Ed Program 2.

Thurs 4th | Market Day—3/4 Cohort

Fri 5th | Market Day—5/6 Cohort

Thurs 11th | Years 3/4 Bike Ed Program 3.

Thurs 11th | Transition Program 1

Thurs 18th | Years 3/4 Bike Ed Program 4.

Fri 19th | Year 4—Big Bike Ride

Fri 19th | Foundation/Year 1—BBQ  
Year 2—Sleep Over (pending health advice)

Fri 26th | Transition Program 2

Mon 29th | School Council Meeting

### DECEMBER 2021

Fri 3rd | Colour Fun Run—Information to come out soon

Tues 7th | Transition Program 3

Fri 10th | Year 6 Graduation

Wed 15th | Adventure Park Excursion (Year 5/6 Only)

Fri 17th | Last Day Term 4—1.30pm finish

See Page 2 for more information



## PRINCIPAL NEWS

### **Curriculum Days:**

On Friday the teachers worked incredibly hard to revise the whole school curriculum in reading and writing, backwards mapping our scope and sequence documents against our Naplan data. This supports us to ensure we are teaching the concepts and skills that our students need to know, and is critical to our ongoing academic success.

The Education Support staff spent the day learning about and preparing a variety of social stories to support students with anxieties, and they worked collaboratively on identifying the individual strategies and interventions that work with our students, recording these in a consistent manner to enable increased targeted support for students.

On Monday the whole staff did the first of four full days learning the Berry Street Education Model (BSEM). This focused on student wellbeing, including the development of Ready to Learn plans. The day included many specific and practical strategies for supporting every child to identify and manage their own emotional state, in order to be ready to learn and participate fully in their education.

The two days were highly complimentary, with one focusing on improving academic achievement and the other focusing on ensuring students were able to engage fully in their education.

We thank you for your understanding and support of these days. While the timing wasn't ideal, the learning was powerful and will make a significant difference here for years to come.

### **Parent Calendar:**

Just a reminder to keep an eye on the live parent calendar. We are now updating this regularly so you will have more timely information about school events. There are even proposed dates for 2022 and 2023 in there already! Open the Sentral App and click on the Calendar tile to see what's coming up – it's that easy!

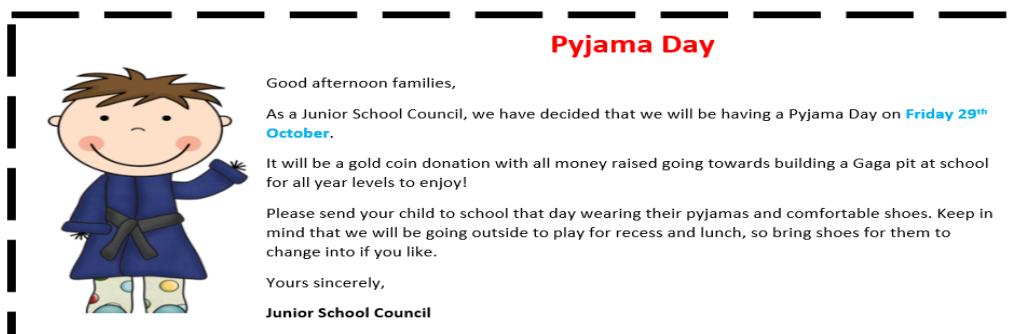
Warmest wishes,      Tina

## PRINCIPAL NEWS

### **Covid Safe Practices**

In order to minimise the risk of any transmission occurring, we have a number of protocols in place:

- We adhere to the DET Covid Safe Management Plan.
- **Masks are mandatory for students from years 3-6 when indoors, unless a medical exemption is provided.**
- **Masks are highly recommended for students from years P-2, when indoors, unless a medical exemption is provided.**
- **All staff wear masks unless face-to-face teaching.**
- The school continues additional cleaning and sanitising daily.
- Every student is required to adhere to strict hand sanitising protocols, including sanitising upon entering the class.
- Class materials are not shared unless absolutely necessary, and are cleaned before and after each use.
- Non-essential visitors are not allowed on school grounds, further reducing chances on infection.
- All visitors to the office are required to sign in and adhere to covid safe practices including wearing a mask, hand sanitising and maintaining 1.5m distance between themselves and others.
- Where possible, ventilation is increased through open doors and/or windows.
- All staff have been trained in and are using Infection Control measures.
- All spaces in the school are marked with density limits and signage must be observed.
- The school is not conducting assemblies or gatherings that mix cohorts.
- Any student who is unwell should not attend school, and will be sent home if displaying signs of illness consistent with Covid-19.



#### **Privacy reminder**

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the [Schools' Privacy Policy](#).

Please take time to remind yourself of the school's collection statement, found on our website:

<http://grovedaleps.vic.edu.au/wp-content/uploads/2020/05/Schools-Privacy-Policy.pdf>

For more information about privacy, refer to: [Schools' Privacy Policy — information for parents](#). This information is also available in nine community languages:

## **Recording Student Absences**

When your child is absent from school, the Department of Education requires a reason so this reflects against their Attendance Data.



**PLEASE USE THE SENTRAL APP or CONTACT THE SCHOOL  
(preferably prior to 9.30am) to record the absence.**

#### **STUDENT AWARDS:**

Pippa M	FD	For always putting her best effort into everything she does. What a super star!
Ariel Y	FD	For actively listening in class discussions and putting up her hand to share her ideas and offer answers to questions. You are amazing!
Ben M	34B	For making a positive return to school.
Jeremiah H	34B	For always showing respect towards his peers and teachers.
Maison J	34M	For your valuable contribution to reading groups during remote learning.
Hannah W	34M	For your growing confidence to work independently and give each task a go.
Jillian R	34R	For demonstrating fantastic ICT skills creating her passion project about the impact of balloons on our environment.
Noah M	34R	For taking responsibility for his learning and making the most of all opportunities during Remote Learning.
Alexis Mc	56C	For her great organisation and team work during Market Day preparation.
Tom Mc	56C	For his positive attitude towards returning to onsite learning.
Brianna T	56N	For contributing to class discussions in a respectful and valuable manner.
Liam M	56N	For his responsibility and willingness to lend a hand whenever needed around the class and school.



#### **BIKE Education: Years 3 and 4**

This Thursday 28/10/21, we will be commencing the Grade 3/4 Bike Ed program as part of our P.E. lessons. Thank-you to the parents who responded to the Survey we sent out. As a result, we have been able to organise a bike and helmet for those students who require one to participate. It is expected that all students participate in Bike Ed, no matter their ability level, as the program caters for all students.



Students are to bring their bike and helmet to school for four Thursdays, starting next week (28th October).

At this stage no parent help is allowed on site, but we will let you know if that changes, as helpers will make the program even better.

If you have any questions regarding the Bike Ed program, please get in touch with Mr Venn or Mr Waldron as soon as you can.

## BOOK WEEK—Thank You

Thank you to all the families that supported the Book Fair.

We were able receive as a promotion from Scholastic some extra books for our library which was related to your purchases.



**COME TO ATHLETICS!**

Grovevale Little Athletics Club is one of nine clubs competing in the Geelong region, giving kids from ages 5 - 15 the opportunity to compete in a range of athletic events each week for fun, fitness and enjoyment!

**REGISTRATIONS ARE OPEN**

[www.lavic.com.au](http://www.lavic.com.au)  
Register online for November '21 to March '22 at Landy Field every Saturday from 8:15am - 12:00pm. For more information visit [www.geelonglac.com.au](http://www.geelonglac.com.au) or contact Julia on 0427 011 690 or email [grovevalelittleaths@outlook.com](mailto:grovevalelittleaths@outlook.com)

**GROVEDALE EST. 1916 LITTLE ATHLETICS CLUB**

## FAMILY LEGOMASTERS WORKSHOP (ANNIE O'REILLY ON ZOOM!)

Join us to celebrate Children's Week, with Annie O'Reilly from LEGOMASTERS and drummond street services, for a fun and interactive zoom session on block building.

In this session, we will explore fun ways that families can connect through block building.

Put your family's block building skills to the test in our webinar which will include mindfulness breathing, express your feelings and a building challenge all through using block or LEGO.

Please note, you will require your own interlocking blocks to participate in the session [they don't have to be Lego].

This session is suitable for children aged 6-12years and their families.

OCTOBER 27

4:00 to 4:45PM

FREE EVENT

ONLINE, book at:  
[www.ds.org.au/events/  
family-lego-session](http://www.ds.org.au/events/family-lego-session)



We acknowledge the traditional owners of the land where we work and pay respects to elders past, present and future.



Enquiries to Sinem at  
[events@ds.org.au](mailto:events@ds.org.au)

## PARENTING CHILDREN WHO WORRY TOO MUCH (for parents of children aged 2–10 years)

Come along to find out more about anxiety and strategies to help your child worry less and help your child to stay positive.

\$10 or free with concession card

Book on our website:  
[www.ds.org.au](http://www.ds.org.au)  
under Parenting Groups

**WEDNESDAY  
NOVEMBER 3**

12:00PM–1:30PM

ONLINE:  
Link will be sent when you book.



We acknowledge the traditional owners of the land where we work and pay respects to elders past, present and future.

Variety  
ACTIVATE  
INCLUSION  
SPORTS DAYS

## A FREE, FUN & INCLUSIVE DAY OF ACTIVITIES TO TRY!



FOR PHYSICAL, SENSORY &  
INTELLECTUAL DISABILITIES

Wednesday 17th November 2021  
10:00am - 1:00pm  
Leisuretime Sports Precinct  
262-282 Anakie Rd, Norlane VIC 3214

Limited places available.  
[To register attendance CLICK HERE](#)

Hosted by:



**variety**  
the children's charity

Contact:  
Kristy Rohrer  
+61 2 8736 1223  
[aisd@reports.org.au](mailto:aisd@reports.org.au)

Variety Activate Inclusion Sports Days (AISD) give kids the opportunity to try sports they might otherwise miss out on. Aimed at kids aged 5-18 with learning difficulties, intellectual, sensory and physical disabilities, the days are an opportunity to have a go in a fun and inclusive environment.

<https://www.activateinclusion.com.au/events/activate-inclusion-sports-day-Geelong>

Activate Inclusion Sports Days encourage and empower kids to explore sporting opportunities in their local community.

- the health benefits of physical activity
- building social wellbeing and friendship
- strengthening balance, coordination and mobility skills
- working as part of a team, collaborating and planning
- increased self-esteem through a sense of achievement

## LOST PROPERTY

Please don't forget to name your child's school garments so we can return them when they leave them lying around the school.

**At the end of TERM 4—ALL LOST PROPERTY including toys/containers/drink bottles will be sent to the charity shop.**



**IGA GROVEDALE EAST—Dockets  
Marshalltown Road.**



Remember if you shop at IGA in Marshalltown Road, to bring your IGA dockets in regularly—there is a box in the office to place them into. We must have all dockets for the month in by the 15th of the following month.

**Example:** Please send all of your October dockets in by the 14th of Oct. We have to have them to IGA on the 15th of each month. Keep collecting!

A huge Thank You to IGA for your ongoing support and sponsorship of the school. Thank You IGA!!



**GOODBYE TO BEING COOPED UP AND BORED!  
WE HAVE SOME FUN ACTIVITIES FOR YOU TO DO AT HOME!**

### Delicious Easy to Make Fruit Frozen Yoghurt Bark Recipe

Have the kids fall in love with this easy to make Frozen Yoghurt Bark Recipe. This fruit bark is a definite keeper. A treat all kids and adults seem to love, and it's healthy!

#### Ingredients:

- 16-20 oz. plain or vanilla yoghurt
- 2 Kiwi
- 4 Strawberries
- 1/3 cup Blueberries
- 1/3 cup Mango
- 1/4 cup Granola

#### Directions:

1. Chop all the fruit into small bite-sized pieces.
2. On a small cookie sheet covered with parchment paper, spread the yoghurt all over in an even layer.
3. Place the chopped fruit all over the top and sprinkle granola on.
4. Freeze for 2-3 hours or until frozen.
5. Break or cut large pieces off and hand out to kids or adults for a delicious, healthy snack. Eat right away or place back in freezer until ready to eat.

### SCIENCE: Water on the Move

#### Materials needed:

- A Glass of Water
- An Empty Glass
- Paper towel

#### Instructions:

- Twist a couple of pieces of paper towel together until it forms something that looks a little like a piece of rope, this will be the 'wick' that will absorb and transfer the water (a bit like the wick on a candle transferring the wax to the flame).
- Place one end of the paper towels into the glass filled with water and the other into the empty glass. Watch what happens (this experiment takes a little bit of patience).

## 2nd Hand Uniform

The office has tubs of clothing ranging from Size 4—Size 16. Gold Coin donation per item except for kilts, which will vary from \$15 to \$25 depending on the quality of the kilt. There are some Bomber Jackets and they are \$5 if in really good condition. If you are in need of more uniform, please contact the office to let us know when you are likely to come in.



## ESSENTIAL CARE SERVICES

**EXTEND REMAINS OPEN FOR AUTHORISED WORKERS AND VULNERABLE CHILDREN**

We offer fun, COVIDsafe programs for permitted children. Our priority is keeping everyone safe during this latest outbreak. Please remember:

- Wear your mask when dropping off or picking up your child.
- Wipe down the sign in/out tablet before and after each use.
- Please maintain a distance of 1.5m for all people in the service.

It will be these small contributions that will make the biggest difference!  
We are all in this together.

Enquiries 1300 366 437 [extend.com.au](http://extend.com.au)

## EXTEND OUTSIDE SCHOOL HOURS CARE.

Extend offers the chance for children to learn and play in a fun and supported environment. Our programs develop and nurture young minds with science, cooking, sports and imaginative play. So, what are you waiting for? Enrol and book online at [extend.com.au](http://extend.com.au) today!

#### BENEFITS OF ENROLMENT

##### *Peace of mind.*

Enrolling ensures we have the right information to safely care for your child. Once enrolled, you can book into any programs.

#### EASY AND FREE ENROLMENT

##### *10 minutes is all it takes.*

Create an account and provide some information about you, your child and your emergency contacts.

#### EASY AND FLEXIBLE BOOKINGS

##### *When plans change, it's okay.*

Once enrolled, simply select your school and book sessions as required. Book for the term, on a needs basis or right up until the last minute.

#### CHILD CARE SUBSIDY

##### *Helping families save money.*

The Child Care Subsidy (CCS) is a government fee relief program providing assistance to families for the cost of child care. To register visit [my.gov.au](http://my.gov.au).



# PARENT EDUCATION EVENTS

## GEELONG & BARWON SOUTH WEST REGION – TERM 4, 2021



All Regional Parenting Service programs are free and will be offered face to face or Online via Zoom  
Bookings are Essential. [www.geelongaustralia.com.au/parenting](http://www.geelongaustralia.com.au/parenting) or Ph: 5272 4781

### GEELONG REGION

**Programs provided by  
City of Greater Geelong  
Regional Parenting Service**

#### POSITIVE PARENTING PROGRAM

Dates: Monday 1 November – 22 November

Time: 7.00pm - 9.00pm

**'Ariston' 245-249 Pakington St, Newtown**

Positive Parenting Program is a 4-week program for parents of children aged 2 – 8 years.

There is no right way to be a parent, but the PPP program offers:

- Information and support;
- Practical answers to everyday parenting concerns;
- Group will run for 4 weeks, followed up by 2 weekly telephone sessions.

#### STEPPING STONES

**Dates: Monday 1 November – 29 November**

Time: 7.00pm - 9.00pm

**'Ariston' 245-249 Pakington St, Newtown**

Stepping Stones is a 5-week program for families with a child who has a disability. The program aims to help parents use Positive Parenting to acquire new skills and knowledge. Skills are practiced and parents receive constructive feedback about their use of skills.

#### THE DAD WORKSHOP

**Dates: Monday 11 October – 15 November**

Time: 7.30pm - 9.00pm (Online via Zoom)

This 6-week program will focus on giving you the tools you need to create a better life for your entire family.

We will look at simple things you can do to improve:

- Your relationship with yourself;
- Your relationship with your partner;
- Your relationship with your kids.

### TUNING IN TO KIDS

**Dates: Wednesday 13 October – 11 November**

Time: 7.30pm - 9.00pm (Online via Zoom)

Tuning in to Kids is a 6-week supportive program for parents of children aged 4 to 10 yrs.

The program aims to:

- Help parents teach and support their child/ren to understand and manage their emotions;
- Support parents in encouraging children to express emotions appropriately;
- Maximise children's social, behavioural and learning outcomes.

### BRINGING UP GREAT KIDS

**Dates: Tuesday 19 October – 23 November**

Time: 7.30pm - 9.00pm (Online via Zoom)

Bringing up Great Kids is a 6-week supportive program for parents of children aged 12 months to 9 yrs.

The program aims to:

- Develop parents' skills to enhance communication with their children;
- Promote positive interactions between parents and their child/ren;
- Encourage the development of a child's positive self-identity.

### FLOURISHING FAMILIES

**Dates: Tuesday 5 October – 2 November**

Time: 7.30pm - 9.00pm (Online via Zoom)

A 6-week program for parents with children of all ages to discover how you can help your family to flourish.

Learn about:

- How you can promote resilience;
- Increase awareness of your family's strengths;
- Create and nurture positive family relationships;
- Give feedback to support individual growth.

## PARENTING YOUR TEENAGER

**Dates:** Thursday 21 October – 25 November

**Time:** 7.30pm - 9.00pm (Online via Zoom)

Parenting Your Teenager is a 6-week supportive program for parents of teens aged 12 to 18 years.

The program aims to:

- Support parents to connect and communicate with their teens;
- Assist parents with understanding adolescent development;
- Help parents to assist their teen to develop emotional intelligence;
- Remain empathetic and stay connected.

## BRINGING UP GREAT KIDS—The First 1000 Days

**Dates:** Monday 18 October – 22 November

**Time:** 7.00pm – 8.30pm (Online via Zoom)

The first 1,000 days of life is a program for parents with children aged under 2 years and designed to nurture parents as they embark on their journey. It provides parents with a knowledge about brain development and an understanding of how children grow and what they need. The centrality of family relationships and opportunities for parents to reflect on their own childhood and how to connect with their children are all explored.

## NO SCAREDY CATS— Reducing Anxiety & Building Resilience in Children

**Dates:** Tuesday 19 October – 9 November

**Time:** 7.30pm - 9.00pm (Online via Zoom)

A 4-week program for parents of children 2 – 12 years to gain an understanding of the increasing levels of anxiety in their child and strategies to help manage the “traps and tripwires” with strengthening sayings, questioning strategies and mindful exercises.

**Programs provided by Family Relationship Centre Contact - Ph: 5246 5600**

## OUR KIDS – Parenting After Separation

**Date:** Tuesday 12 October – 23 November

**Time:** 6.00pm - 8.00pm

**Date:** Thursday 14 October – 25 November

**Time:** 10.00am – 12.00pm

Our Kids is a 6-week course on parenting after separation and the impact of parental conflict on children. The course encourages parents to focus on the needs of their children and develop helpful communication strategies following separation. Courses run weekly for six weeks during school terms. Morning and evening sessions are available.

## Programs provided by Barwon Child Youth & Family (BCYF)

**Contact BCYF regarding program delivery**

**Ph: 5226 8900 or [www.bcyf.org.au](http://www.bcyf.org.au)**

## BUMPS TO BUBS

**Date:** Wednesday 6 October – 8 December

**Time:** 1.30pm – 3.00pm

**Northern Bay Family Learning Centre, Goldsworthy Rd, Corio**

Bumps to Bubs is a 10-week program and brings young mothers and mothers-to-be (up to 23 years) with babies 0-1 year, together to support the journey of parenting.

## BUMPS TO TOTS

**Date:** Tuesday 5 October – 7 December

**Time:** 1.30pm – 3.00pm

**Northern Bay Family Learning Centre, Goldsworthy Rd, Corio**

The Bubs to Tots Group Program brings mothers (up to 24 years) and toddlers together to support parents with knowledge and skills to enhance children's development in the 1-2 year age group.

## TUNING IN TO KIDS

**Date:** Tuesday 12 October – 16 November

**Time:** 10.30am – 12.30pm

**Online via Zoom**

Tuning in to Kids is a 6-week supportive program for parents of children aged 3 years – 12 years. The program aims to:

- Encourage parents to effectively tune in to their children's emotions;
- Supports parents to teach their children how to understand and regulate their emotions;
- Helps parents respond to and foster their child's individual needs.

## BRINGING UP GREAT KIDS

**Date:** Wednesday 20 October – 24 November

**Time:** 10.30am – 12.30pm

**Online via Zoom**

Bringing Up Great Kids is a 6-week supportive program for parents of children aged 12 months – 12 years.

The program aims to:

- Support parents with the skills to enhance their communication with their children;
- Promote positive interactions between parent and child;
- Encourage the development of children's positive self-identity.

## TUNING IN TO TEENS

Dates: Thursday 21 October – 25 November

Time: 12.30pm – 2.30pm

Online via Zoom

Tuning in to Teens is a 6-week supportive program for parents of adolescents aged 10 years to 18 years.

The program aims to:

- Support parents to connect and communicate with their teen;
- Assist parents with understanding adolescent development;
- Help parents to assist their teen to manage emotions and develop emotional intelligence.

### Programs provided by Drummond St Services

For information on Drummond St seminars and groups [www.ds.org.au/events/](http://www.ds.org.au/events/)

## LOCKDOWN TIPS

No matter how long lockdown goes: there are tips and tools for strengthening your capacity to manage.

## PARENTING KIDS WHO WORRY

One session: online Wednesday 6 October

This popular seminar offers basic information and strategies to help kids worry less alongside how to develop an action plan for helping them move from feeling anxious to feeling more empowered. Plus check in for future dates or put yourself on waiting list for Grovedale/Herne Hills areas.

## THE VILLAGE – QUEERSPACE

Dates: 3 August - 17 September & 3 November – 8 December

Online via Zoom

The Village is a 7-week program for parents of gender diverse and gender non-conforming children. This program is for parents who wish to share and talk through experiences and anxieties they may be feeling. The group discusses various topics each week facilitated by a queerspace host and a queerspace counsellor.

## BARWON SOUTH WEST

### REGION

Programs provided by CatholicCare

### Victoria

Registrations are compulsory to attend

Email: [ballaratfrc@centacareballarat.org.au](mailto:ballaratfrc@centacareballarat.org.au)

Ph: 1300 303 988

## CIRCLE OF SECURITY

Group 1 (8 weeks)

Date: Tuesday 19 October – 14 December

Time: 10.00am – 12.00pm (Online via Zoom)

Group 2 (6 weeks)

Delivered in partnership with City of Warrnambool

Date: Wednesday 27 October – 1 December

Time: 10.00am – 12.00pm

Archie Graham Centre, Timor Street Warrnambool

Circle of Security is an 8-week relationship-based parenting program.

The program aims to:

- Understand your child's emotional world by learning to read emotional needs;
- Honour the innate wisdom and desire for your child to be secure;
- Support your child's ability to successfully manage emotions;
- Enhance the development of your child's self-esteem.

## LIVING WITH TEENS

Date: Thursday 14 & 21 October

Time: 6.30pm – 8.30pm (Online via Zoom)

A model for building strong, secure connections. Living with Teens is a 2-week program.

The program covers:

- What parents need to be able to meet teen's needs;
- What teens need from parents;
- Adolescent development.