



# Grovedale News

143 Bailey St Grovedale 3216

Tel: 5243 3902

Email: [grovedale.ps@education.vic.gov.au](mailto:grovedale.ps@education.vic.gov.au)

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

**Term 4 Week 2—11th October 2023**

## 'Our commitment to Child Safety'

Grovedale 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. Grovedale Primary School has zero tolerance for child abuse.

Grovedale 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 Grovedale 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.

Dear Families,

It's hard to believe the last term for 2024 is upon us! Please keep a close eye on all of our communication channels, as this is traditionally a busy time. The Parent Calendar went out on Sentral last week, please remember this is a guide and dates can change. It does give you a great idea of what's coming up, however.

**Common PPD** – On the **13<sup>th</sup> of November**, the teachers will be working on report development. This is a **student free day**. Please book your place in OSHC early to avoid missing out. Our provider has applied to increase the capacity of our OSHC program, as it is booked out on occasion now. I will let you know if and when this application is approved. In the meantime, book early if you are a working family.



**2024 Class Placement Planning** – This term we spend a great deal of time planning for 2024 classes, structures and curriculum that will give each child the highest chance of success. We do not finalise many of the decisions until later in the term, as many elements evolve over the next 10 weeks.

**SEE NEXT PAGE FOR MORE ON 2024 CLASS PLACEMENT**

**Referendum** – Just a reminder that our school is a Voting Centre for the Referendum on Saturday. Be sure to come along and support our fundraising group by purchasing a classic democracy sausage! Thank you to the GPS Parent and Community Group once again for organising this. Funds raised will be added to the new playground equipment upgrade which is currently in progress. More on that exciting news to come.

Have the most wonderful weekend.

Tina

## COMING EVENTS—also on Sentral Calendar

### LUNCH ORDERS—EACH TUES & FRI (Fri start Term 4)

**Order by 8pm Mon for Tues and 8pm Thurs for Friday**

#### OCT 2023

Fri 13th	Start fundraising for SPLATACULAR
Fri 13th	Assembly starting at 2.50pm (Week 2)
Sat 14th	Referendum Voting @ Grovedale PS
Sat 14th	Working Bee—9am to 12pm
Mon 16th	School Council Meeting
Wed 18th	Evacuation DRILL
Fri 20th	5/6 Cohort run their MARKET DAY
Wed 25th	Geelong Cup Public Holiday
Fri 27th	WORLD TEACHER'S DAY
Fri 27th	Assembly starting at 2.50pm (Week 4)

#### NOV 2023

Mon 6th	School Council Meeting
7th/8th/9th	3/4 cohort BIKE ED
Wed 8th	Newsletter Published
Fri 10th	Assembly starting at 2.50pm (Week 6)
Mon 13th	Student Free Day— Professional Practice Day for teachers
14th/15th/16th	3/4 cohort BIKE ED
Wed 15th	Transition Day No: 1
Wed 15th	Newsletter Published
Fri 17th	Last day to fundraise for SPLATACULAR
21st/22nd/23rd	3/4 cohort BIKE ED
Thurs 23rd	Parent Club Meeting
Fri 24th	Year 4 only—BIG BIKE RIDE
Fri 24th	Assembly starting at 2.50pm (Week 8)
Thurs 30th	Transition Day No: 2

#### DEC 2023

Fri 1st	Colour Splatacular
Mon 4th	Wide Smiles Dental Visit (P-1)
Mon 4th	School Council Meeting (final meeting for 2023)
Wed 6th	Newsletter Published
Fri 8th	Assembly starting at 2.50pm (Week 10)
Fri 8th	Foundation & Year 1 BBQ after school Year 2—SLEEPOVER (including BBQ)
Sat 9th	Working Bee (if required)
Tues 12th	STATEWIDE Transition Day (GPS No: 3)
Wed 13th	Year 6 Graduation Day
Fri 15th	5/6 Adventure Park Excursion
Fri 15th	Reports Published
Wed 20th	LAST DAY TERM 4—1.30PM FINISH

## .....2024 CLASS PLACEMENT CONTINUED

### 2024 Class Placement Planning –

This term we spend a great deal of time planning for 2024 classes, structures and curriculum that will give each child the highest chance of success. We do not finalise many of the decisions until later in the term, as many elements evolve over the next 10 weeks. During this time we test different models and groupings. When we develop each class, we aim for a balance of ability, gender, special needs, social dynamics

We consider other elements including siblings, class size, location, child's previous placement for example.

Parents and carers can inform me of any special circumstances they believe need to be considered when placing their child in a class. This must be submitted in writing (hard copy or via email) by Friday the 27<sup>th</sup> of October, 2023.

Our school's email is: [grovedale.ps@education.vic.gov.au](mailto:grovedale.ps@education.vic.gov.au)

Correspondence that will be accepted for consideration may include factors such as:

- Issues relating to learning disabilities or difficulties
- Issues relating to medical need or physical impairment
- Emotional issues which **dramatically** impact the learning environment
- Placement of multiples, defacto/step siblings in the same year level.

Correspondence based on the following will not be considered:

- Requesting or not requesting a teacher by name
- Requesting a teacher of a particular gender
- Requesting that two students be placed in the same class unless there is a documented, valid need for special consideration.

Thank you for considering these factors before you submit a request. This allows us to prioritise the most critical needs.

## Tom's Marketplace

Tom's Marketplace  
donated fruit to our  
school. If your family  
can support his business you will find Tom  
at:

Shop 12/40 Main St, ARMSTRONG CREEK.



### SAFE TO SCHOOL—Keeping our children safe

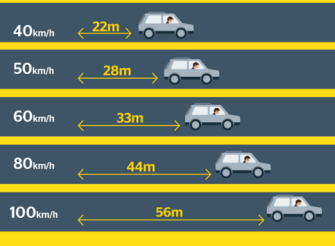
FOR THE SAFETY OF YOUR  
CHILDREN AND ALL PEDES-  
TRIANS AT THE FRONT OF  
THE SCHOOL, PLEASE DO  
NOT LET YOUR CHILDREN  
OUT OF THE CAR ON THE  
ROAD SIDE. PLEASE MAKE  
SURE THEY GET OUT ON  
THE KERB. ALSO PARKING WITHIN THE FLAG  
AREA IS ILLEGAL AND FINES WILL BE GIVEN IF  
YOU ARE FOUND IN THESE AREAS.



**Safety** is a high priority at our school, and it is even one of our values: Respect, Responsibility, Safety. Please ensure you are continuing to model safety when driving around the school, particularly at pick up and drop off.

Touching your mobile phone whilst driving can result in a loss of points and significant fines! The reason for this is the danger posed to other road users (in our case this includes young children crossing the road) when drivers are distracted. For more information on phone safety while driving click on the link: <https://www.vicroads.vic.gov.au/safety-and-road-rules/driver-safety/mobile-phones-and-driving>

### FOMO? You're missing the road when looking at your phone for 2 seconds



### Stay well this winter

Symptoms of influenza (flu) can hit very quickly and may last several weeks. Vaccination is the best way to protect yourself and others from getting the flu.

[Annual influenza vaccination](#) is recommended from mid-April each year and is free under the [National Immunisation Program](#) for those at higher risk of complications from the flu.

### Keeping our school community well

Parents, carers and students are encouraged to practice prevention measures, including:

- washing and sanitising hands regularly
- avoiding touching eyes, nose and mouth with unwashed hands
- covering nose and mouth when coughing or sneezing · staying home if unwell and consulting a general practitioner (GP) or [Nurse-on-call](#) as required
- staying up to date with flu and COVID-19 vaccinations.

### Flu vaccinations

Flu vaccinations can be booked through GPs and pharmacies, many of which can also provide COVID-19 vaccinations. Flu vaccination is recommended for everyone aged 6 months and over.

Some people are more at risk of complications from flu and are eligible for free vaccination as part of the [National Immunisation Program](#).

### COVID-19 booster

The 2023 COVID-19 booster dose is available for everyone aged 18 and above.

Getting your booster dose remains the best way to prevent severe illness or hospitalisation, especially in people aged over 65 and those at higher risk of severe illness.

You can have your booster dose 6 months after your last dose or COVID infection.

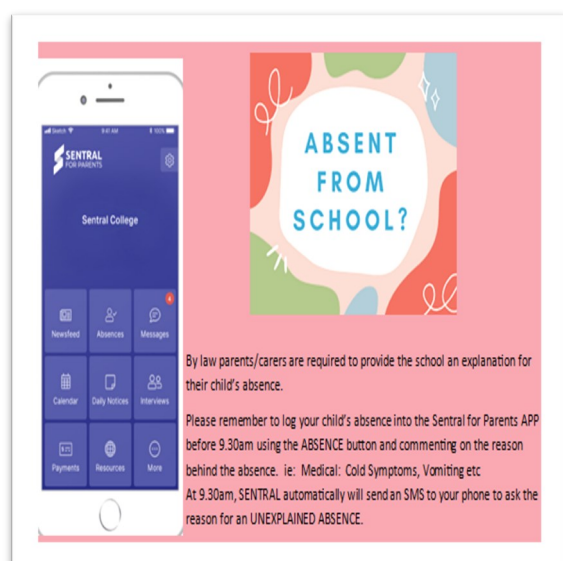
Children aged between 5 and 17 years who are at risk of severe illness can also receive a 2023 booster dose. You can get your next dose at your local pharmacy or GP. To find one near you, refer to the [vaccine clinic finder](#).

### Find out more

For more information about preventing flu, and immunisation, refer to:

[Better Health Channel influenza flu immunisation fact sheet](#) ·

[Getting vaccinated against influenza](#).



By law parents/carers are required to provide the school an explanation for their child's absence.

Please remember to log your child's absence into the Sentral for Parents APP before 9.30am using the ABSENCE button and commenting on the reason behind the absence. ie: Medical: Cold Symptoms, Vomiting etc  
At 9.30am, SENTRAL automatically will send an SMS to your phone to ask the reason for an UNEXPLAINED ABSENCE.

## DID YOU KNOW TO KEEP YOUR IGA DOCKETS FOR OUR SCHOOL FUNDRAISER????

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 August dockets in by the 14th of September. 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!!

### STUDENT AWARDS:

Nami C	FC	For sitting safely in your learning spot.
Xavier S	FC	For doing your best at following instructions.
Lyla O	FS	For being a great packing up person and keeping our classroom safe and organised.
Sofia T	FS	For being quiet, calm and considerate of others and their learning in the classroom.
Teijin B	12B	For moving around the room sensibly and quietly. You are a great role model Teijin!
Linc W	12B	For moving around the room with consideration for others. Well done Linc!
Isabelle O	12R	For moving around the room sensibly and quietly. You are a great role model Isabelle!
Mayla A	12R	For listening and following teacher instructions inside and outside of the classroom. Keep it up!
Siobhan N	12T	For always waiting patiently and following instructions given to her by her teachers.
Maisie S	12T	For respecting the personal space of others.
Brody L	34L	For always using our iPads in a safe manner.
Ava W	34L	For always being a safe and calm person who looks out for others.
Charlotte C	34P	For crossing the road safely and following the road rules.
Kaiden Y	34P	For moving around the classroom in a safe way.
Lani R	34R	For being a great role model in our classroom. I really love how hard you work.
Gemma P	34R	For using your strategies on your Ready to Learn plan to stay in the green zone.
Ella D	34W	For making positive choices during classroom activities. Keep it up!
Kade W	34W	For working hard at keeping your hands to yourself—you are making an amazing effort!
Clemence J	56C	For always respecting the personal space of others and using her inside voice.
Darcy G	56C	For always using equipment and resources correctly.
Ryan F	56M	For using strategies to help stay or return to the green zone to help manage social situations and improve his learning.
Ryley B	56M	For always showing the value of safety in the way he moves around the classroom, plays in the playground and respects the personal space of others.
Will C	56W	For using his initiative to be helpful around class.
Ashton S	56W	For starting the term with such a polite and positive attitude.



### PRINCIPAL AWARDS:

Amaya L	56	For always being aware of our surroundings and moving around the school in a safe manner. She always plays by the rules and within our boundaries.
Sofia P	34	For always modelling safe behaviour in the classroom and schoolyard by using kind words and actions towards others.
Asha B	12	For being a fantastic role model to her peers by reporting concerns and always following instructions from her teachers.
Lia K	Prep	For keeping our classroom safe by packing up after activities.





# 5/6 Excursions/Incursions

## YOU YANGS

During the last week of Term 3 the Grade 5's and 6's enjoyed a day out exploring the You Yangs Regional Park. They did a nature scavenger hunt and participated in a Ranger led walk around Big Rock where they learnt about Wadawurrung culture and the use of the region by early settlers. A highlight was the view from the top of Big Rock and the free time exploring the climbing rocks where we had lunch. It was a great way to celebrate the end of the term and have some fun learning in the outdoors.

Read on to see some comments made by some of the students on their experience.

"It was great to get out of the class and have some fun with friends. Also learning new information from the tour guide Maddi, who told us about the Wadawurrung culture. It was so fun and I can't wait to go again next year." Immy



"The Rock Slide is a naturally smoothed granite rock, which means over time the rain and people sliding down it has worn down the granite." Ed

"As soon as I stepped foot on Big Rock I felt a special connection between the land and the owners, the Wadawurrung people." Alex

"I was very lucky to even go on a trip because in Nepal you will never experience this much fun. I am very grateful for this." Seremphu

"Big Rock looked like a mountain. Everything looked like ants and we were giants." Lily

"As I climbed up Big Rock the vast view surrounded me. I gazed up into the clear blue sky. In the near distance I spotted something brown soaring above our heads. It circled, slightly tilted to one side then dived in a flash! "An eagle!" I heard someone yell. Everyone started turning around and staring intently, waiting for what it would do next. "Beautiful. I thought silently to myself." Amaya

"We had a great time learning about the culture. It was a blast!" Malachi

"My group found everything in the scavenger hunt but the hardest thing to find was the bird." Izzy

## ECONOMICS INCURSION

On Monday the 9<sup>th</sup> October the Grade 5/6 students participated in a fun and engaging economics incursion. Students explored the differences between economic needs and wants and learnt about the personal and societal benefits of work and trading.

Students participated in an interactive game and a whole-class economy activity in which they purchased, produced and sold materials and goods to investigate the role supply, demand and government have in determining prices. It was well received by the students and was a fun way to learn in a different environment.



# Entertainment

Grovedale Primary School



<https://subscribe.entertainment.com.au/fundraiser/113g119>

## Need ideas for Christmas Presents?

Every order placed via the QR code or ordering online directly deposits 20% into your school's fundraising account.

The Entertainment App discounts now work all year round.

More convenient than the coupon book – you always have your phone with you!



Support our fundraising – 20% comes directly to us

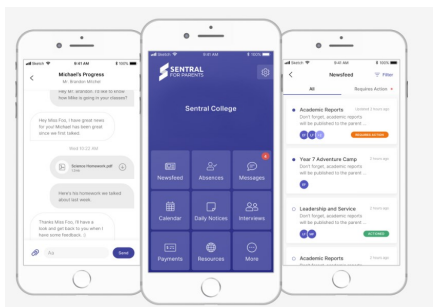
Check out the discounts in your city – Click here



What are you waiting for?

Buy your Membership and we receive 20% for our fundraising

[Join now!](#)



## HATS

We are a SunSmart school. Hats need to be worn from September to the end of April 2024.

Please make sure your child is wearing a wide brimmed hat from this date, otherwise they will only be able to play in areas of shade.

Bellarine Uniforms will have more sizes if you prefer to have a logo on the hat or try Kmart or Best n Less.

**PLEASE ENSURE THE HAT IS NAMED SO WE CAN RETURN IT WHEN IT IS LOST IN THE YARD.**



Thank you to all our wonderful families who volunteered their time to help the Parents Group at the “voice” referendum BBQ







**GEAR UP FOR TERM 4 WITH VILLAGEOSHC!**  
BOOK NOW AT [VILLAGEOSHC.COM.AU](http://VILLAGEOSHC.COM.AU)!

### How to Enrol (for free) and Book

VillageOSHC is a new provider at the school. Therefore, you must enrol your child at VillageOSHC in order to book into Before or After School Care. To enrol, visit [villageOSHC.com.au](http://villageOSHC.com.au) and click Book Now. You will be directed to our booking platform, [villageoshc.lookedafter.com](http://villageoshc.lookedafter.com). Click Login/Enrol in the top right corner and follow the prompts. After you've enrolled your child, you can book your sessions.

### Operating Days, Hours and Fees

Before School Care	After School Care
Monday - Friday	Monday - Friday
7:00am - 8:45am	3:15pm - 6:00pm
Session Fee: \$19.95	Session Fee: \$25.95

Book 24 hours in advance to receive the permanent rate. Bookings made within 24 hours receive the casual rate. Cancel free of charge, 24 hours in advance.

Enrol and book today for the start of Term 4!




**GEAR UP FOR TERM 4 WITH VILLAGEOSHC!**

VillageOSHC offers Outside School Hours Care on site at your school. We are geared up to provide children with an exciting new term that combats the daily grind with fantastic activities and delicious health-based snacks! Our service is low cost, guilt free and super fun!

**GET READY FOR A NEW TERM FULL OF:**

- Nutritious breakfast and afternoon snacks!
- Fun activities and games that inspire learning, teamwork and creativity!
- Caring and supportive Educators trained to keep children safe and bring out their best selves!

BOOK TODAY AT [VILLAGEOSHC.COM.AU](http://VILLAGEOSHC.COM.AU) AND ENJOY THE NEW TERM!



**RAISE YOUR GAME IN TERM 4**

**LITTLE HOOPERS**

- Ages 4-7
- Lowered rings
- Beginner basics

**PREP** → **SILVER**

- Ages 7-11
- Fun and fundamentals
- Ages 11-16
- Junior development

**PRO READY** ← **GOLD**


- Ages 17+
- Aspiring pro's
- Aspiring college athletes
- Ages 14-17
- Elite talent (invite only)
- SAC program

Located at 190 Torquay Rd, Grovedale VIC 3216  
Contact us on 0407 028 630  
Look us up at [www.hoopcity.com.au/locations/geelong](http://www.hoopcity.com.au/locations/geelong)

## LOST PROPERTY—ALL ITEMS AT THE FRONT OFFICE

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

**PLEASE ENSURE ALL SCHOOL UNIFORM IS NAMED, SO THEY CAN BE RETURNED TO THE OWNER.**

**ArtistiCat**  
FANTASTIC ONLINE ART CLASSES

Brilliant artists and instructors take the classes in real-time on Zoom.

- Easy to organise: we make it simple for you.
- The kids produce amazing work and are really proud of their art!
- All age groups covered!
- Super affordable.
- To see the activities planned for the classes click visit our website: [www.artisticat.com.au](http://www.artisticat.com.au) There are some amazing art ideas planned!

**FIRST CLASS FREE!**

Just \$13.50 a class (inc GST)  
The full price varies depending on the number of classes in the term.

**LIMITED PLACES BOOK NOW!**

To book go to [www.artisticat.com.au](http://www.artisticat.com.au)

### WORKING BEE DATES:

Please consider helping us to keep our school clean and tidy.

**9am—12pm**

Calling all parents and care givers! We're seeking helping hands to spruce up our site, tidying gardens, clearing drains, installing garden edging – all sorts of activities. No experience needed!

Every contribution helps to improve our school grounds.

- October 14th
- December 9th

### Working Bee



### BUILDING RESILIENCE THROUGH INDEPENDENCE

PRESENTED BY ANDY MCNEILLY

Andy has been running simple and fun workshops to help parents create more connection with their family.

Many of our children are struggling with worry and anxiety. They may face social and online challenges and can often feel stuck. As parents, we can find this difficult to help our children as they confront issues so different to the ones we faced at their age.

This workshop is designed to help parents teach their children to be more resilient while building their independence. It will give parents simple and practical ideas to help their children, while developing strong, loving, and connected relationships.



**THURSDAY 16 NOVEMBER**  
7.30pm–9.00pm

**VENUE**  
Surf Coast Shire Council  
1 Merrigig Drive, Torquay

#### BOOKINGS

Scan the QR code or visit [geelong.link/BuildingResilience](http://geelong.link/BuildingResilience)

This is a free event but bookings are essential.







GEELONG ARTS CENTRE'S

# Wonder

CHILDREN'S FESTIVAL

**16-21 OCT**

**16-18 OCTOBER**  
GEELONG SCHOOLS  
MUSIC AND MOVEMENT  
FESTIVAL

**17-21 OCTOBER**  
CHROMATICA BY THE  
INDIRECT OBJECT

**17 OCTOBER**  
NGARREEMEELEE NG'ITU  
(TO DANCE TOGETHER)

**19-21 OCTOBER**  
WARU - JOURNEY  
OF THE SMALL TURTLE

**20 OCTOBER**  
TWEENS NIGHT:  
RAINBOW RAVE!

**20-21 OCTOBER**  
DR AUDIO'S  
GIANT ADVENTURE

**21 OCTOBER**  
THE MIK MAK'S  
IN CONCERT!

**21 OCTOBER:**  
**FREE + FUN**  
DAZZLING DAN  
THE MAGIC MAN  
ROVING CIRCUS  
ENTERTAINERS  
THE PLANTS  
+ MORE!

geelong arts centre

CREATIVE VICTORIA

## Experience wonder, joy and boundless curiosity with Geelong Arts Centre's Wonder Children's Festival!

From 16 – 21 October, immerse your little ones in the magical world of the arts and prepare for an extraordinary journey filled with wonderment, joy, and boundless curiosity, as children aged up to 12 years are invited to experience the transformative power of the arts like never before.

With an incredible lineup of free and ticketed events, including dazzling headline performances from Indigenous dance powerhouse, *Bangarra*, a concert extraordinaire from pioneering local children's entertainers, *The Mik Moks*, First Nations dance workshops, a *Tweens disco night*, and even the opportunity to create music using real life plants with *Playable Streets*, Geelong Arts Centre's Wonder Children's Festival is designed to captivate the hearts and minds of all young, avid arts adventurers.

Plus, unleash their creativity with amazing interactive workshops and installations, where they can dance, sing, play music, and explore their own artistic expression.

**Geelong Arts Centre's Wonder Children's Festival is more than just a spectator event – it's an opportunity for young people to become active participants in the magic. Let their imaginations run wild as they step into the spotlight and get involved in the artistic process.**

Check out what's on, and book your tickets now to be a part of a truly Wonder-ful experience that will ignite their passion for the arts and create treasured memories for years to come.

### BOOK NOW

CALL 1300 251 200

IN PERSON 81 RYRIE ST, GEELONG

ONLINE [GEELONGARTSCENTRE.ORG.AU](https://geelongartscentre.org.au)



# Kids Funfest

**MONDAY 23 OCTOBER**  
9.30AM-12PM | LEOPOLD MEMORIAL PARK

Get ready for a day of adventure, laughter and fun at Kids Funfest.

FEATURING:

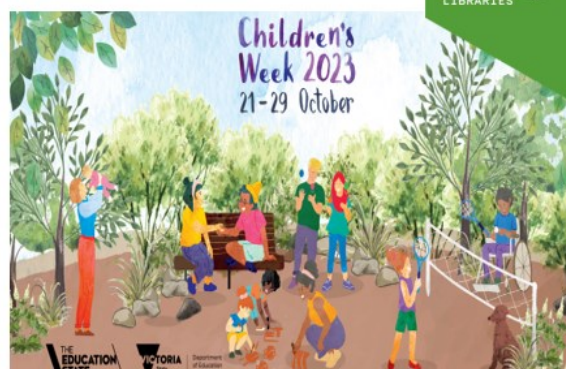
- Dazzling Dan the Magic Man
- Firekeepers
- AFL Barwon
- Hoop Fusion
- Larissa
- Krazy Koala
- Imaginarium
- Mini Movers
- Coffee van

Scan the QR code for full event information or visit [geelongaustralia.com.au/childrensweek](https://geelongaustralia.com.au/childrensweek)

VICTORIA State Government

CITY OF GREATER GEELONG

## CHILDREN & FAMILIES



### BOUNCE BACK TO THE LIBRARY

For Children's Week 2023 come visit our libraries as many times as you can to earn a certificate!

Collect your Bounce Back to the Library Passport and a take home activity from any of the Geelong Libraries!

No Bookings Required.  
Ages 3-12 years old

#### RUNNING AT ALL BRANCHES

CHILDRENS WEEK:  
21 – 29 October 2023

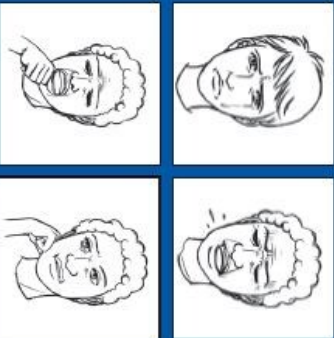
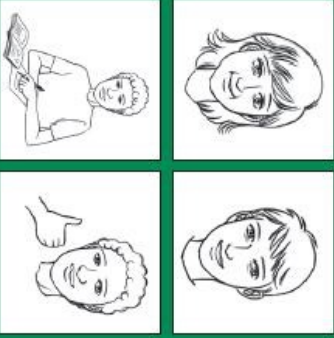
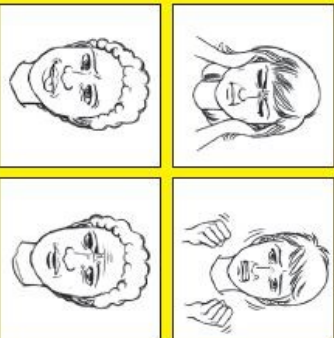
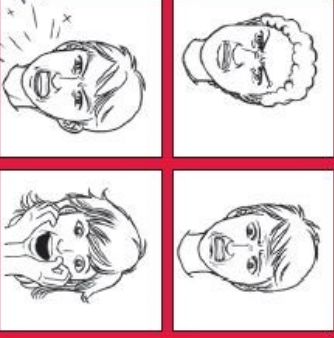
#### Earn your Certificate!

3 Visits = Bronze Certificate  
5 Visits = Silver Certificate  
10 Visits = Gold Certificate  
11+ Visits = Platinum Certificate

All events are FREE unless otherwise specified.  
Online [grlc.vic.gov.au](https://grlc.vic.gov.au)  
In person at any branch or phone 03 4301 0500



# The **ZONES** of Regulation™

			
<p><b>BLUE ZONE</b></p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p><b>GREEN ZONE</b></p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p><b>YELLOW ZONE</b></p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p><b>RED ZONE</b></p> <p>Mad/Angry Terrified Elated/Ecstatic Devastated Out of Control</p>

# PARENT EDUCATION EVENTS

GEELONG and BARWON  
SOUTHWEST REGION



## TERM 4, 2023

All Regional Parenting Service programs along with MELI (*formerly Barwon Child Youth & Family (BCYF) and Bethany*), Family Relationship Centre, Drummond St Services and Barwon Southwest Region programs will be offered face to face or online. Bookings are essential. For details of dates, times and venues please see below.

### FEATURE FORUM

#### ***BUILDING RESILIENCE THROUGH INDEPENDENCE***

Thursday 16 November  
7.30pm – 9.00pm  
Surf Coast Shire Council,  
1 Merrijig Drive, Torquay



Scan the QR code or visit [Eventbrite](#) for tickets.

#### **Presented by Andy McNeilly**

Many of our children are struggling with worry and anxiety.

They may face social and online challenges and can often feel stuck. As parents, we can find this difficult to help our children, as they confront issues so different to the ones we faced at a similar age.

We want to help our adolescents to build their resilience, so when they encounter new challenges, they can tackle them with more confidence. This workshop is designed to help parents teach their children to be more resilient while building their independence. It will give parents simple and practical ideas to help their children, while developing strong, loving, and connected relationships.

### BRINGING UP GREAT KIDS

#### **The First 1000 Days**

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 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.

### BRINGING UP GREAT KIDS

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

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.

### CIRCLE OF SECURITY

Circle of Security is an 8-week supportive program for parents of children aged birth to 5 years.

The program aims to:

- help parents understand how to build feelings of security for children in their early years;
- assist parents with skills to build on the positive relationship with their child;
- develop confidence in parents to respond to their child in a way which builds a secure foundation for children.

### TUNING IN TO KIDS

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

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

#### Parenting Adolescents

The program builds on maintaining positive relationships and interactions between parents and adolescents during the ages of 10 to 17 years.

This 6-week program will look at having a better understanding and being able to support your adolescent.

- Finding meaningful ways to stay connected with you adolescent;
- Understand that all behaviour and interaction have a meaning attached to it;
- Develop an increased understanding about the messages that they communicate to their adolescent through their behaviour, actions and attitudes;
- Develop skills to identify and manage their stress associated with parenting.

### STEPPING STONES

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.

### OUR KIDS – Parenting After Separation

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 6 weeks during school terms. Morning and evening sessions are available.

### THE DAD WORKSHOP

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.

### FLOURISHING FAMILIES

A 5-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.

### BUBS TO TOTS

Bubs to Tots brings mothers (up to 24 years) of children in the 1 to 2 year age group together for support and education.

### NO MORE SCAREDY CATS

#### Reducing Anxiety and Building Resilience in Children

A 4-week program for parents of children 5 to 12 years to gain an understanding of the increasing levels of anxiety in a child and strategies to help manage the "traps and tripwires" with strengthening sayings, questioning strategies and mindful exercises.

### TUNING IN TO TEENS

Tuning in to teens 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.

### LIVING WITH TEENS

A model for building strong, secure connections. Living with Teens is a 3-week program.

The program aims to cover:

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

### BUMPS TO BUBS

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

### DADS TUNING INTO KIDS

Dads Tuning into Kids is a 6-week supportive program specifically for Dads of children aged 3 to 12 years.

The program aims to:

- help dads to effectively tune in to their child's emotions;
- encourage dads to strengthen their emotional connection with their child;
- support dads to build skills in emotion coaching to assist their child's individual needs.

### POSITIVE PARENTING PROGRAM

Available online via the Triple P website

[www.triplep-parenting.net.au/vic-uk/en/triple-p/](http://www.triplep-parenting.net.au/vic-uk/en/triple-p/)

### STRENGTHENING FAMILY CONNECTIONS

Strengthening Family Connections is a free 8-week program for parents and their children aged 8 to 12 years. The program aims to build a positive family culture and strengthen family connections.



## Parent Education Events

Term 4, 2023

Program	Location / Venue	Days / Dates	Time	Bookings
Tuning in to Teens	Online via Zoom	Thursdays 12 Oct – 16 Nov	7.00pm - 9.00pm	 <p><b>Regional Parenting Service</b></p> <p><a href="http://www.geelongaustralia.com.au/parenting">www.geelongaustralia.com.au/parenting</a></p> <p>Ph: 5272 4741</p> 
Tuning in to Kids	Online via Zoom	Wednesdays 25 Oct – 6 Dec	7.00pm - 9.00pm	
Circle of Security	Virginia Todd Community Centre 9-15 Clarence St, Geelong West	Mondays 9 Oct – 4 Dec	7.00pm - 9.00pm	
Bringing up Great Kids - Adolescents	Kurambee Myaring Community Centre, 12 Merrijig Drive Torquay VIC 3228	Tuesdays 14 Nov – 19 Dec	7.00pm - 9.00pm	
Bringing Up Great Kids	Virginia Todd Community Centre 9-15 Clarence St, Geelong West	Thursdays 19 Oct – 23 Nov	7.00pm - 9.00pm	
To express your interest for the following programs please scan the QR code				
The Dad Workshop	Stepping Stones	Flourishing Families		
BUGK First 1000 Days	No More Scaredy Cats			
Our Kids – Parenting after Separation	Family Relationship Centre 7 Ryan Place, Geelong	Tuesdays 10 Oct – 21 Nov Thursdays 12 Oct – 16 Nov	6.00pm – 8.00pm	 <p><b>Family Relationship Centre</b></p> <p><a href="http://www.catholiccarevic.org.au">www.catholiccarevic.org.au</a></p> <p>Ph: 5246 5600</p>
Online parenting programs	Drummond St Services offer a range of online programs, please see their website for further details.	Various dates and times		 <p><b>Drummond Street Services</b></p> <p><a href="https://ds.org.au/events/">ds.org.au/events/</a></p>



## Parent Education Events

Term 4, 2023

Program	Location / Venue	Days / Dates	Time	Bookings
Tuning in to Kids	Meli 222 Malop Street, Geelong, VIC 3220	Thursdays 19 Oct – 23 Nov	10.30am - 12.30pm	 <p><b>Meli</b></p> <p>Meli, the new name for BCYF and Bethany</p> <p><a href="http://www.bcyf.org.au">www.bcyf.org.au</a></p> <p>Ph: 5226 8900</p> 
Circle of Security	Meli 222 Malop Street, Geelong, VIC 3220	Tuesday 17 Oct – 21 Nov	9.30am - 11.30am	
Strengthening Family Connections	Torquay College 45-55 Grossman's Rd Torquay VIC 3228	Wednesday 11 Oct – 29 Nov	2.00pm - 5.00pm	
Bringing Up Great Kids – Parenting Adolescents	Bannockburn Cultural Centre – Barwon Room, 27 High St, Bannockburn VIC 3331	Tuesday 17 Oct – 21 Nov	5.30pm – 7.30pm	
Tuning in to Teens	Kurrambee Myaring Community Centre, 12 Merrijig Drive, Torquay VIC 3228	Thursdays 19 Oct – 23 Nov	12.30pm - 2.30pm	
To express your interest for the following programs please contact MELI				
Baby College	Bumps to Bubs	Bubs to Tots		
Circle of Security	Children's Services Centre 550-600 Raglan Pde, Warrnambool	Wednesdays 26 July – 30 Aug	6.30pm – 8.00pm	 <p><b>CatholicCare Victoria – Warrnambool</b></p> <p><a href="http://www.catholiccarevic.org.au">www.catholiccarevic.org.au</a></p> <p>Ph: 4344 4588</p> <p>E: <a href="mailto:helen.diamond@catholiccarevic.org.au">helen.diamond@catholiccarevic.org.au</a></p>
Circle of Security	Moyne Shire - Location TBC	Thursdays 12 Oct – 16 Nov	5.00pm – 7.00pm	
Tuning in to Teens	City of Warrnambool & Headspace	Thursdays 23 Nov – 7 Dec	Time TBA	
Living with Teens	Online via Zoom	Thursdays 23 Nov – 7 Dec	Time TBA	

