



# 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 8—23rd November 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,

**Splatacular** — On Thursday this week (tonight) we are having a planning meeting in the staffroom. All are welcome. It commences at 5:30pm and concludes at 6:30pm, to allow those who work to join us. Please come through the Staff Carpark to the staffroom door as the front of the school will be locked.

On December 1<sup>st</sup> we are having our Splatacular! Fundraising closed on the 17<sup>th</sup> of Nov, so I hope you ordered the prize you had your eye on. The Grovedale Parents and Friends Group is planning some great activities to enjoy on the day. More will be published about this shortly so watch this space! This one is a combination of a colour run, with the added joy (!) of slime. Children will need an old white shirt, old pants and shoes to participate in. Children won't be returning to classrooms afterwards, so we recommend bringing a blanket for the car seat, it's going to be messy!

**LOTE** — Schools are mandated to teach a language, however the amount of time and the organisation of this program is based on the contextual needs of the school. Research around the effective teaching of a second language shows it takes 480 hours to reach fluency in a group 1 language (Italian is group 1). Given that one hour per week for a child from Prep to 6 equates to 280 hours, we have considered alternatives that we believe are more engaging, more relevant to the Victorian Curriculum and more relevant to our children's community. For these reasons we will be replacing Italian with Aboriginal Languages in 2024. We will be working with Wadawurrung to employ a Traditional Owner one day per fortnight. This person will work with a cohort level each term, to teach Aboriginal Languages. The classroom teacher will stay in the class to learn alongside the students, thereby supporting our capacity to embed Aboriginal Perspectives into the curriculum, which is a requirement of the Victorian Curriculum. I am very excited by the opportunity for our students to experience and explore this content, particularly our First Nations students.

**Transition** - Over the next weeks we are running transition sessions to help our students become increasingly familiar with their new year levels. In the last week of term on Tuesday we will be moving lots of the rooms around so additional support for moving furniture would be helpful. We will only need a couple of extra people. Please let the office know if you can assist.

Continued on Page 2

## 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**

#### NOV 2023

21st/22nd/23rd	3/4 cohort BIKE ED
Thurs 23rd	Parent Club Meeting 5.30pm
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

*Early Departure for  
last Day of Term*  
**Wed 20th Dec at 1.30pm**



## Principal Report continued.....

**Helping children with transition** – Moving into a new class is exciting for some and somewhat challenging for others. Facing these challenges teaches our students the skills required to manage change when they are older. In school we learn the skills to navigate obstacles. If your child finds transition a little intimidating, there is so much you can do to help them. Coming to the school over the holidays, reminding them of all of the challenges they have overcome before (including starting new years at school), staying in touch with their learning through reading and daily activities, and having them talk or draw about the things they are looking forward to, all help.

A social story is a personalised booklet where new ideas or activities are explained in really clear terms. Feeling anxious is almost always about the 'unknown' so when we fill in the gaps of knowledge for our children, they feel more comfortable. We will be posting a Social Story on Sentral for all families to be able to use over the holidays, to help children with the transition into the next year level, so keep an eye out for that!

There are some excellent ideas online if you search 'How to help my child with transitions', including this simple one:

<https://www.savethechildren.org/us/charity-stories/how-to-help-children-transition-school-closures-coronavirus#:~:text=Encourage%20positive%20thinking,.Bring%20on%20the%20fun!>

**Playground Upgrades** – Next week some temporary fencing will go up on the Junior Playground while some new pieces of equipment are installed. This should only take a day or two. We have selected some pretty cool sensory equipment and we're excited to see our children enjoying these new types of play. Please remember that all funds raised over the last two years have been used (with additional school funding ) to purchase this equipment. Thank you so much for your efforts in this area.

Have the most wonderful weekend.

Tina



Thank you so much for supporting our school to be the best it can be, especially through fundraising. Later this term, our junior playground is being updated and the fundraising from the Colour Splatacular School Fun Run will go towards this project.

**The Colour Splatacular School Fun Run will be on Friday 1<sup>st</sup> December 2023 around 2pm from to 3.15pm. Final details are being discussed at a Parent Meeting tonight (23.11.23 at 5.30pm in our staffroom)**

- Please make sure students wear a WHITE shirt and closed in shoes.
- Students will be given free sunglasses and a rainbow headband for the event.
- Students will be covered in non-toxic, biodegradable colour powder from head to toe.
- Students will also be covered in non-toxic water-based slime as well!
- Colour Powder is made of high-quality corn starch and permitted food colours. Safety data sheet is available upon request for Colour and Slime.

**Please note: ALL fundraising closed 17th November 2023.**

Further information about how the day will be run will be communicated via SENTRAL.

## Health Update for our GPS community

Good afternoon GPS families

This is a timely reminder to be vigilant with cold/flu symptoms.

Whilst school attendance is critically important, this does not include unwell children.

To minimise the spread of sickness in our school please do not send your child to school if they have any cold/flu symptoms.

### Department of Education & Training – Management of Covid-19 in schools

It is recommended that staff members, students or visitors who have symptoms of cold, influenza or COVID-19 undergo testing for COVID-19.

**Parents of symptomatic students will be asked to collect their child from school and keep them home until they are no longer symptomatic.**

Students should not attend school until their symptoms resolve.

Most people are still infectious after 5 days and you should stay home if you are still experiencing symptoms like a runny nose, sore throat, cough, shortness of breath, fever, chills, or sweats.

A negative RAT result is a helpful tool to determine whether you are still infectious. If you're unsure about ending your isolation, you should contact a GP or a GP Respiratory Clinic.

At school we will continue to use strong hygiene measures including sanitising, handwashing, air filters, open doors and supporting those students who wish to wear a mask.

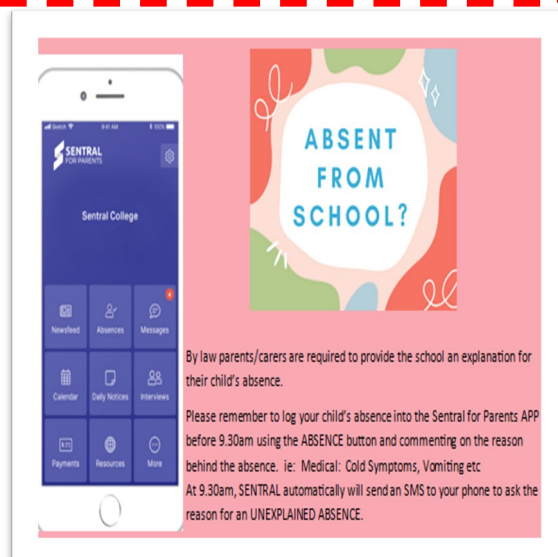
### SAFE TO SCHOOL—

Keeping our children safe

**FOR THE SAFETY OF YOUR CHILDREN AND ALL PEDESTRIANS 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.**

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

40km/h	← 22m →
50km/h	← 28m →
60km/h	← 33m →
80km/h	← 44m →
100km/h	← 56m →



### 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.



## 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 November dockets in by the 14th of December. 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:

Urwah A	FC	For always making sure you are playing safely with your friends.
Jonathon O	FC	For keeping our classroom safe by packing up equipment.
Charlotte H	FS	For using our iPads responsibly and taking care to return them safely. You're a great role model.
Hamish K	FS	For playing safely in the yard and letting a teacher know if problems arise.
Tayla O	12A	For always being mindful of others and setting a great example to the class.
Dasha M	12A	For caring about the safety of others and setting a wonderful example to the class.
Nicholas L	12B	For always waiting patiently and following instructions given to him by his teachers. Well done Nicholas!
Skylah T	12B	For moving around the room with consideration for others. Well done Skylah!
Levi M	12R	For respecting the personal space of others. You are a great role model Levi!
Alex P	12R	For being calm and considerate of others and their learning in the class room and respecting their personal space.
Lexi J	12T	For respecting the personal space of others.
Clarke C	12T	For following teacher instructions and seeking help when he is unsure.
Emily M	34L	For respecting other's personal space.
Imanjot B	34L	For using equipment and resources respectfully.
Liam A	34P	For using digital devices appropriately.
Katie S	34P	For respecting the personal space of others.
Kayleigh W	34R	For always modelling safe behaviour in the classroom and school yard.
Aishveen K	34R	For the kind and respectful way you treat other people.
Milly M	34W	For working hard and making positive choices during activities. Keep it up!
Arianna V	34W	For always making choices that keep yourself and others ready to learn.
Charlie T	56C	For being safe when moving around the classroom and OLC.
Hayden C	56C	For safely using and packing away equipment when finished.
Ed M	56M	For always being a kind and respectful learner and showing safety in the way he uses resources and plays games.
Rushil P	56M	For always being a safe and focused learner and a valuable member of 56M.
Zoe O	56W	For always demonstrating safety at school, and being a role model for others.
Zahrlie J	56W	For being a safety conscious student who cares greatly for our school community.



### PRINCIPAL AWARDS:

Sophie D	56	For always demonstrating safety in the classroom and consideration for others.
Noah M	34	For using different strategies so he is ready to learn.
Ariel Y	12	For seeking adult help when she has concerns or is unsure.
Luke A	Prep	For always being ready to learn. You are kind and considerate and an excellent role model to others.



# Entertainment

Grovedale Primary School



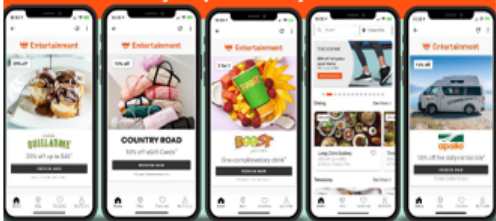
<https://subscribe.entertainment.com.au/fundraiser/113g119>

## Need ideas for Christmas Presents?

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

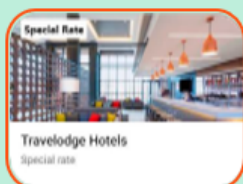
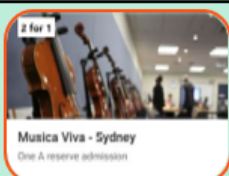
The Entertainment App discounts now work all year round.

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!



## Come and try Calisthenics with Wingrove!

*Do you love to dance? Looking to try something new?*

Come and Try classes for the 2024 season are beginning this weekend!!

First 2 classes FREE

All classes are held at the Grovedale Community Hub, 45 Heyers Rd, Grovedale.

Tinies	Subbies	Juniors	Inters	Seniors	Notes
Saturday 28/10	Tuesday 31/10	Monday 30/10	Tuesday 31/10	Monday 30/10	Welcoming new and current pupils to come and try their 2024 section.
9:15 -10:30am	4:30 — 6:30pm	5:00—7:00pm	6:30 — 9:00pm	7:00—9:30pm	
3-7 years	Under 10yrs	Under 13yrs	Under 17yrs	16yrs +	
Come and Try	Come and Try	Come and Try	Come and Try		





**GET INVOLVED IN THE FUN  
FOR THE REST OF TERM 4!  
BOOK NOW AT VillageOSHC.COM**

## 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!**

## 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.**



## 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 RE-  
TURN IT WHEN IT IS LOST IN  
THE YARD.**

**Book your Before and After  
School Care for the rest of  
Term 4 with VillageOSHC!**

Enjoy a large variety of activities and games for children of all ages.

Participate in sustainability, outdoor activities, group games, arts and crafts, and countless other opportunities to create, play and bond!

Enjoy the rest of your school term with Low Cost, Guilt Free, Super Fun Outside School Hours Care!

**Book now at [VillageOSHC.com.au](http://VillageOSHC.com.au)**

**2023 BURSON OCEAN WATER SWIM**

**FROM 9AM, THURSDAY DECEMBER 28, 2023.**

**4 SWIMS**

KID'S DASH (200M & 300M),  
OPEN-AGE 600M, OPEN-AGE  
2.5KM AND TRADITIONAL 1.2KM

FOR MORE  
INFORMATION GO TO  
[WWW.ROCK2RAMP.COM](http://WWW.ROCK2RAMP.COM)

**REGISTER VIA THE  
QR CODE NOW**

## WORKING BEE DATES:

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

**9am—12pm**

**December 9th**

Calling all  
parents and care givers!  
We're seeking helping hands  
to spruce up our site, tidying  
gardens, clearing drains, in-  
stalling garden edging – all  
sorts of activities. No experi-  
ence needed!  
Every contribution helps to  
improve our school grounds.



**General Information:** We believe in giving children opportunities to do the things they love and enjoy in a supportive and encouraging environment. We provide quality childcare in safe and fun surroundings for children out of school. Our holiday program is focused around sports, games, and outings to local attractions. Our friendly staff are passionate about working with children. They are provided with training on behaviour management techniques, first aid, child protection and activity planning/delivery.

**Who can attend:** Children aged 5-12 yrs.  
**What do you need to bring:** Shoes and appropriate clothing, jacket or sweater, hot drink bottle and food.  
**Food:** Please bring plenty of packed food and drink for morning tea/lunch/afternoon tea. Lunch will be from approximately 12:30pm to 1:00pm each day.

**Program activities:** Program activities are adapted to suit children of all ages and children may be grouped by age depending on numbers. Program activities may vary without notice dependent on weather conditions and program numbers.

**Payment details:** Payment is required 7 days from receiving an invoice. An invoice will be issued once attendance has been completed and will be adjusted based on CCS subsidies.

**CCS (Child Care Subsidies):** Kelly Club is CCS approved with Services Australia, which means you can enjoy a subsidy of up to 90% of your fees, depending on your circumstances. This is then paid directly to Kelly Club on your behalf. For more information visit [www.my.gov.au](http://www.my.gov.au).

**Cancellations:** Kelly Club requires 24 hours written notice for a booking cancellation. Fees will be charged if notice is not received. Kelly Club will require 5 days written notice for booking an excursion/holiday day and 3 days written notice for a booking cancellation for an excursion/holiday day. Excursion fees – up to \$45 per child. Excursion fees – up to \$30 per child.

**Please note:** Every day will be taken to ensure the safety of your child/ren and their property. However, arguments of Kelly Club accept no liability for any injury sustained to your child/ren or any loss or damage to his/her property whilst on the program. If your child/ren are collected late after the conclusion of the program you will be charged \$1 per minute.

Website: <https://www.kellyclub.com.au/nazareth>  
Contact: Cat Glover  
Email: [nazareth@kellyclub.com.au](mailto:nazareth@kellyclub.com.au)  
Phone: 0435 763 449  
Facebook: N/A  
Address: 10-12 Griffith Street, Grovedale, 3216

## DECEMBER 2023 HOLIDAY PROGRAM NAZARETH CATHOLIC SCHOOL

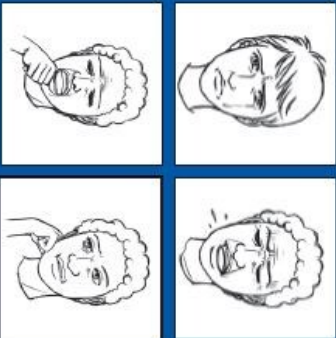
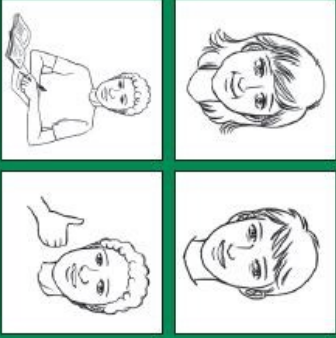
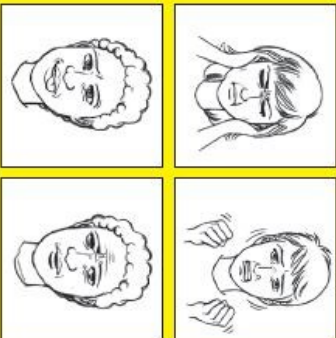
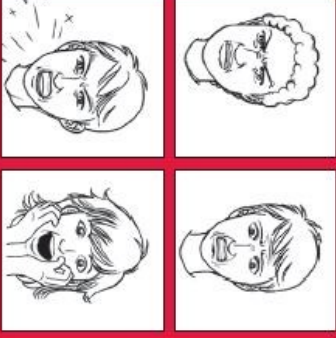
	Mon 11 December	Tues 12 December	Wed 13 December	Thurs 14 December	Fri 15 December
WEEK 1	<b>SCHOOL DAY</b> SCHOOL DAY	<b>SCHOOL DAY</b> SCHOOL DAY	<b>SCHOOL DAY</b> SCHOOL DAY	<b>SCHOOL DAY</b> SCHOOL DAY	<b>SCHOOL DAY</b> SCHOOL DAY
WEEK 2	<b>OUR AMAZING RACE</b> Get ready to rumble as we race from challenge to challenge! Who will be the winner? The coaches or the kids?	<b>JUNIOR COOK OFF</b> Food just tastes better when you make it! Today we are going to cook up a storm. Become a junior master chef as you present your dish to our panel of judges.	<b>COOL CARTOONS</b> We all love cartoons so why not become your favourite cartoon character for a day? We've got you covered with some cartoon-istic activities planned.	<b>MOVIE DAY</b> Come along on an Excursion to the Cinema to watch the new Wonka movie.  An additional fee of \$20 for the excursion	<b>CLASSIC AUSSIE XMAS</b> We're celebrating the most wonderful time of the year the classic Aussie way. Set, self and sand with a sprinkling of Santa.
	<b>FULL DAY: \$72</b> 6:30am - 6:00pm	<b>EVENT DAY: additional \$20-45</b> 6:30am - 6:00pm			



**BOOK ONLINE NOW AT [www.kellyclub.com.au](http://www.kellyclub.com.au)**

See Sentral newsfeed for more information

# 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>





# SUMMER HOLIDAY PROGRAMME

Monday 18th December to Thursday 21st December  
Monday 8th January to Thursday 25th January



We are excited to be back for a fun-filled School Holiday Programme including lots of Sports, awesome games & MUCH MORE!



BOOK ONLINE NOW AT

**KELLYSPORTS.COM.AU**

\*THEME DAY & DAILY SPORTS SCHEDULES ARE AVAILABLE ONLINE

## SUMMER 2023/24 HOLIDAY PROGRAMME

Geelong Sports Hub, 1 Crown St South Geelong

A timetable and full programme information is available online or at the programme venue.

**Who can attend:** Boys & Girls aged 5-12 yrs

**General information:** We believe in giving children opportunities to do the things they love and enjoy in a supportive and encouraging environment. Our friendly staff are passionate about working with children. They are provided with training on behaviour management techniques, first aid and activity planning/delivery.

**What do you need to bring:** Appropriate clothing, jacket or sweatshirt, hat, drink bottle and food for morning tea, lunch and afternoon tea.

**Payment details:** Payment is required up-front within 2 hours of your booking. A receipt will be issued when a completed booking is received. All details will be included on the receipt.

**Please note:** Every care will be taken to ensure the safety of your child/ren and their property. However, organisers of Kelly Sports accept no liability for any injury sustained to your child/ren or any loss or damage to his/her property whilst on the programme.

**Prices:** (Including GST)

**Full Day:** \$60

**Five-Day Price:** \$250

Mon-Fri, 8:00am to 5:00pm

**Early Bird -** Sign up before 4th Of December and pay \$55 per day or \$225 for a full week

**Website:** [www.kellysports.com.au/Geelong](http://www.kellysports.com.au/Geelong)

**Contact:** Nick Clydesdale

**Email:** [geelong@kellysports.com.au](mailto:geelong@kellysports.com.au)

**Phone:** 0497 770 909

**Facebook:** Kelly Sports Australia

**Address:** 1 Crown St, South Geelong

BOOK ONLINE NOW AT **KELLYSPORTS.COM.AU**



**Who can attend:** Boys & Girls aged 5-12 years old

**General Information:** We believe in giving children opportunities to do the things they love and enjoy in a supportive and encouraging environment. Our friendly staff are passionate about working with children. They are provided with training on behaviour management techniques, first aid and activity planning/delivery.

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**Website:** [www.kellysports.com.au/Geelong](http://www.kellysports.com.au/Geelong)  
**Contact:** Nick Clydesdale  
**Email:** [geelong@kellysports.com.au](mailto:geelong@kellysports.com.au)  
**Phone:** 0497 770 909  
**Facebook:** Kelly Sports Geelong  
**Address:** 1 Crown Street, Geelong

## SUMMER 2023/24 HOLIDAY PROGRAMME

GEELONG SPORTS HUB

Mon 18th Dec	Tue 19th Dec	Wed 20th Dec	Thu 21st Dec	Fri 22nd Dec
<b>DAY 1 FUN</b> Kelly Sports is starting the HP with some basketball and volleyball FUN! We will be shooting hoops at the Geelong sports hub then moving right next door to try out some volleyball! You get the best of both worlds on Day 1 FUN!	<b>SOCCER WORLD CUP</b> Do you love soccer? Dribble, zig zag, shoot and score your way into our Soccer themed day. We will have a mini world cup day to see which team is the clear best!	<b>DODGEBALL DAY</b> Dodgie, duck, dip, dive and... DODGIE! Our holiday Dodgeball Tournament is back. Our friendly competition will help improve your throwing and catching skills!	<b>CHRISTMAS GAMES</b> Come along for another day of Kelly Sports action. This time, festive cheer. Teams games, Santa and more, games and lots of fun leading into Christmas weekend!	<b>PROGRAMME NOT ON TODAY</b>
Mon 8th Jan	Tue 9th Jan	Wed 10th Jan	Thu 11th Jan	Fri 12th Jan
<b>COMPETITION DAY</b> Get your competitive juices flowing and try your luck with many of our fun challenges and team prizes! Paper aeroplane, coloring, quiz and port challenges await!	<b>BIG BASH SMASH</b> Come along today and show off your power lifting skills in our Big Bash Cricket competition! Today will be jam-packed with sporting action!	<b>BASKETBALL BLITZ</b> Do you love basketball? Dribble, zig zag, shoot and slam dunk your way into our Basketball themed day. We will also include Netball and plenty of games the kids will love.	<b>FOOTBALL CODES</b> Join us today as we explore a range of different football codes that around the world. AFL, Soccer and Gaelic football are all on the agenda in this action packed day.	<b>WATER WARS</b> Cool off today with our water bomb wars, sponge races and water games. Kids are also encouraged to bring along their own water guns. Today will also include a number of sporting activities.

**FULL DAY: \$60**  
Mon - Fri, 8:00am - 5:00pm

**FULL WEEK: \$250**  
8:00am - 5:00pm

ACTIVITY LISTED IS THE MAIN ACTIVITY FOR THE DAY. EACH DAY WILL ALSO INCLUDE OTHER SPORTS & GAMES THE KIDS WILL LOVE



BOOK ONLINE NOW AT **KELLYSPORTS.COM.AU**



**Website:** [www.kellysports.com.au/Geelong](http://www.kellysports.com.au/Geelong)  
**Contact:** Nick Clydesdale  
**Email:** [geelong@kellysports.com.au](mailto:geelong@kellysports.com.au)  
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## SUMMER 2023/24 HOLIDAY PROGRAMME

GEELONG SPORTS HUB

Mon 15th Jan	Tue 16th Jan	Wed 17th Jan	Thu 18th Jan	Fri 19th Jan
<b>KIDS OLYMPICS</b> Our life supporters will show off their skills in the Kelly Sports Olympic relay. The kids will be well on their way to becoming Olympic champions. We will have a relay race with many games, jumping, throwing & team-based events.	<b>AUSTRALIAN OPEN</b> Show off your skills in the Australian Open. We will have a relay race with many games, jumping, throwing & team-based events.	<b>VIC BEACH VOLLEYBALL</b> Kelly Sports is starting the HP next door to see our friends at the VIC Involved Centre. Get excited to jump, hit and smash the ball over the net. Should be lots of fun and something new for the kids to try.	<b>DISCO</b> Do you love to dance? Do you love to sing? Our Disco Party is back with all of our favourite songs and dancing challenges. Bring your dancing shoes!	<b>SOCCER</b> Do you love soccer? Dribble, zig zag, shoot and score your way into our Soccer themed day. We will have a mini world cup day to see which team is the clear best!
Mon 22nd Jan	Tue 23rd Jan	Wed 24th Jan	Thu 25th Jan	Fri 26th Jan
<b>BASKETBALL BLITZ</b> Do you want to be a Basketball superstar? Jump, dribble and shoot your way through the day at Kelly Sports.	<b>STRIKING GAMES</b> Show us your striking skills. Sports will include Cricket, Hockey, Tennis. Develop your hand eye coordination and have a blast with a range of sports!	<b>FOOTY COLOURS DAY</b> The Australian Open has started, so it's time for some Tennis fun. We will create, serve, volley our way through the day, while also developing our hand and backhand techniques.	<b>KIDS CHOICE</b> Today Kelly Sports will be a day of mystery and fun of surprises. Kids will get all the power to choose what games/activities we will be doing. What a great day to be a kid!	<b>PROGRAMME NOT ON TODAY</b>

**FULL DAY: \$60**  
Mon - Fri, 8:00am - 5:00pm

**FULL WEEK: \$250**  
8:00am - 5:00pm

ACTIVITY LISTED IS THE MAIN ACTIVITY FOR THE DAY. EACH DAY WILL ALSO INCLUDE OTHER SPORTS & GAMES THE KIDS WILL LOVE



BOOK ONLINE NOW AT **KELLYSPORTS.COM.AU**



# PARENT EDUCATION EVENTS

GEELONG and BARWON  
SOUTHWEST REGION



## TERM 1, 2024

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.

### 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.

### 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.

### 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.

## Parent Education Events

Term 1, 2024

Program	Location / Venue	Days / Dates	Time	Bookings
The Dad Workshop	Online via Zoom	Tuesdays 6 Feb – 12 Mar	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	Virginia Todd Community Centre 9-15 Clarence St, Geelong West	Wednesdays 21 Feb – 27 Mar	7.00pm - 9.00pm	
Circle of Security	Virginia Todd Community Centre 9-15 Clarence St, Geelong West	Thursdays 8 Feb – 28 Mar	7.00pm - 9.00pm	
Bringing up Great Kids - Adolescents	Online via Zoom	Wednesdays 7 Feb – 13 Mar	7.00pm - 9.00pm	
Flourishing Families	Online via Zoom	Thursdays 15 Feb – 14 Mar	7.30pm - 9.00pm	
Bringing Up Great Kids - First 1000 Days	Online via Zoom	Tuesdays 20 Feb – 19 Mar	7.00pm – 8.30pm	
To express your interest for the following programs please scan the QR code				
No More Scaredy Cats	Stepping Stones	Tuning in to Teens	Bringing Up Great Kids	
Our Kids – Parenting after Separation	Family Relationship Centre 7 Ryan Place, Geelong	Tuesdays 13 Feb – 19 Mar  Thursdays 15 Feb – 21 Mar	12.00pm – 2.00pm  5.45pm – 7.45pm	 <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="http://ds.org.au/events/">ds.org.au/events/</a></p>



## Parent Education Events

Term 1, 2024

Program	Location / Venue	Days / Dates	Time	Bookings
Tuning in to Kids	Kurrambee Myaring Community Centre, 12 Merrijig Drive, Torquay	Thursdays 15 Feb – 21 Mar	12.30pm – 2.30pm	 <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	Poa Banyul Community Hub 110-122 Unity Drive, Mount Duneed	Tuesday 13 Feb – 19 Mar	9.30am - 11.30am	
Strengthening Family Connections	Lethbridge Primary School 2 Stephenson St, Lethbridge	Wednesday 7 Feb – 27 Mar	TBA	
Bringing Up Great Kids	Leopold Child & Family Centre 31-39 Kensington Rd, Leopold	Thursday 15 Feb – 21 Mar	9.30am – 11.30am	
Tuning in to Teens	Meli 16 Ballarat Road, Hamlyn Heights	Tuesdays 13 Feb – 19 Mar	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 (Abbreviated)	Childrens Services Building	Wednesdays 21 Feb – 27 Mar	6.30pm – 8.30pm	 <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	Moynes Shire - Location TBC	Tuesdays 20 Feb – 26 Mar	5.30pm – 7.00pm	
Living with Teens	Online via Zoom	Thursdays 8 Feb – 22 Feb	6.30pm – 8.30pm	

