



Grovedale News

143 Bailey St Grovedale 3216

Tel: 5243 3902

Email: grovedale.ps@education.vic.gov.au

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

Term 4 Week 10—6th December 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,

What a wonderful event our Splatacular was on Friday! We raised \$5,101.60 but more importantly, we had a wonderful time as a community. Thanks to all who helped to organised and run the event so smoothly. We couldn't do these events without you!

Our transitions have been outstanding, and we are using all of the information we have gathered on each transition to make changes in order to have the best possible plan in place for 2024. When students have their third and final transition next Tuesday, they will be with their teacher and 2024 class, including the classroom space. Changes will no be considered after this date, in order to facilitate a smooth transition into next year.

Shortly we will be putting a P-6 Social Story out on Sentral which will support all students in feeling as though they are informed and ready for next year. Please download this booklet and share with your children regularly, particularly if they are feeling a little anxious about next year.

As we head rapidly towards the Summer holidays there are still many events to be ready for in preparation for the end of the year. Our final assembly for the year will be on 20th December at 1pm where we will farewell our Year 6 students by celebrating their primary school years together.

On Friday evening we have our P-2 BBQ and Year 2 Sleepover which is exciting for our littlest students who will be having their first night experience at school!

On Saturday we are having one last Working Bee for the year. Details are further on in the newsletter. We would love to see as many families in attendance as possible so that we can get the school prepped for the holidays and term 1.

Finally I would like to extend an enormous thanks to our School Council who met for the last time in 2023 this week. This Council, so ably led by Ben O'Connor (SC President) has been incredibly productive and supportive in assisting us to make great decisions for your children. They represent the views of the community well, take great care to understand and ask questions about initiatives and topics for consideration, and always put the needs of our students first. We couldn't ask for more than that. Thank you!

Warm Wishes,

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

DEC 2023

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
Tues 12th	NO LUNCH ORDERS TODAY
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	Assembly—1pm
Wed 20th	LAST DAY TERM 4—1.30PM FINISH

FORMS / PAYMENT DUE BACK

5/6 Camp 28/2—01/03	\$140 deposit due Fri 15th Dec '23
Yr1—6	Swimming Carnival on 7th Feb 2024 Note and \$\$ due Tuesday 19th Dec '23

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



'A Path to Success'

Practical and Social Learning (PSL)

The 5/6 PSL team finished up the year with 'icing on top'. We decorated cookies with colourful icing and sprinkles.

Thanks for a great year 😊

Pheem ,Mrs Clarke and Mrs M



Tom M and Noah D cashed in their stickers to teach 5/6C a volleyball PE lesson.



SCHOOL CROSSING AWARDS

by Phyllis

For good manners while using the crossing

- Malachi H
- Izzy D
- Lani R
- Ari F
- Alex F



MOBILE PHONES AT SCHOOL.

A reminder that the Department of Education has in place a mobile phone ban that requires students who bring mobile phones to school to have them switched off and securely put away during school hours.

The department is requiring all schools to ensure this ban is in place and enforced from the start of the 2024 school year.

The ban applies equally to all government schools right across the state.

This helps ensure that school is a learning environment free from unnecessary distractions and disruptions.

By ensuring mobile phones are kept away at recess and lunch times, students can interact with each other face-to-face, without the distractions and social pressures that mobile phones can cause.

I ask for the support of all our families, staff and students in continuing to support the implementation of this policy in our school.

Exceptions: For a small number of students with particular health needs, an exception to the policy may be granted. Please contact me if you would like to discuss this.

Emergencies: In the event of an emergency or if you need to immediately contact your child, I ask that families contact the school office who will pass on a message as required.

School mobile phone policy: A copy of our school's local mobile phone policy, which implements the government's mobile policy in line with our local context, is available [here](#). (if you cannot get the link, it is on the school's website)

Parent support: The Mobile phones in schools webpage provides links to resources for families to help them balance their children's time using mobile phones.

If you have further questions, please contact the administration office.

Regards, Tina Barnett

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.

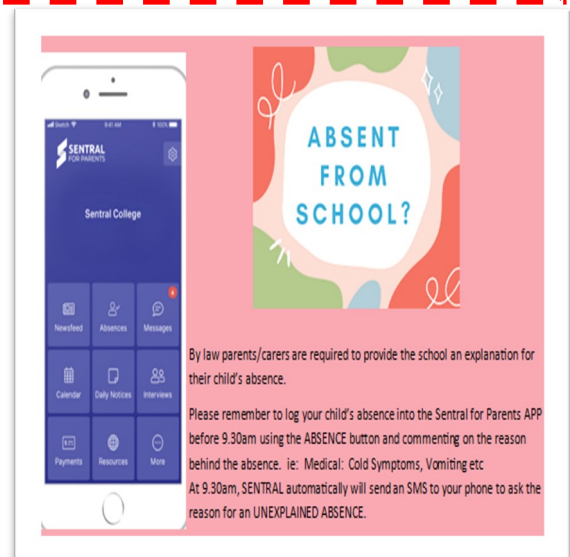
A negative RAT result is a helpful tool to determine whether you are still infectious. If you're unsure about ending your isolation, you should contact a GP or a GP Respiratory Clinic.

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.



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:

Flynn S	FC	For taking your time and showing pride in your work.
Ava S	FC	For being an active listener on the floor.
Diya M	FS	For taking her time and showing pride in the presentation of her work. It is always neat and well organised.
Callaghan W	FS	For asking questions during whole class instruction and being eager to find out answers, explore and learn.
Archie C	12A	For demonstrating the value of 'Being a Learner' by always completing his work to an exceptional standard.
Murphy J	12A	For being a learner by being an active listener on the floor.
Jack G	12B	For the amazing focus and hard work you have put into all your learning. Well done Jack!
Kaydence D	12B	For seeking help with learning and taking on feedback. Well done Kaydence!
Cailen M	12R	For being a curious and engaged learner during our inquiry into Indigenous Aboriginal culture.
Arlo S	12R	For being open to working cooperatively with others in the class.
Anabelle B	12T	For aiming to achieve the best she can.
Emjay J	12T	For showing such an improvement in her classwork and trying her best.
Ruby A	34L	For acting upon feedback to improve her work.
Cedrick R	34L	For being eager to find out answers, explore and learn.
Oliver A	34P	For taking initiative in his learning and challenging himself. Well done!
Max M-D	34P	For asking questions and being a curious learner. Fantastic work!
Nevayah C	34R	For a positive attitude towards learning tasks.
Makenzi J	34R	For always putting in a huge effort with your school work.
Noah B	34W	For being persistent and trying your hardest in writing!
Cooper N	34W	For knowing when to ask for help and giving all tasks a go!
Callum W	56C	For being focused and applying effort to all learning tasks. Well done finishing the year off strong!
Sehaj K	56C	For connecting related ideas during maths and applying new strategies learnt. Well done!
Braxton W	56M	For having a positive mindset towards his learning and being proactive by seeking help when needed.
Emily S	56M	For showing determination and focus on her class tasks so she always puts herself in a positive place for learning. Well done Em.
Ruby J work.	56W	For putting great effort into the content and quality of her
Connor W	56W	For being eager to find answers, explore and learn.



PRINCIPAL AWARDS:

Seremphu S	56	For showing dedication and determination towards her learning. She has done an amazing job settling into school here in Australia. Her kind nature and positive mindset has made her a wonderful addition to Grovedale Primary School.
Indi M	34	For always being a hard-working and diligent student. You are an excellent role model for your classmates.
August B	12	For always demonstrating the values of being a learner through the amazing effort you put into work every day.
Jarwhn L	Prep	For taking his time and showing pride in his work.

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



25% off
Infinity at Sydney Tower
25% off. Up to \$50



2 for 1
Musica Viva - Sydney
One A reserve admission



Special Rate
Travelodge Hotels
Special rate

What are you waiting for?
Buy your Membership and we receive 20% for our fundraising

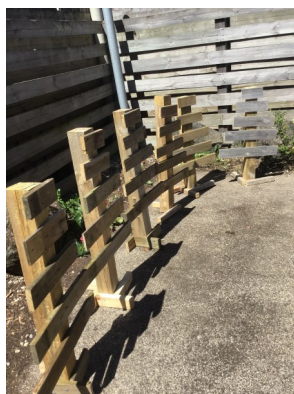
[Join now!](#)



PRACTICAL AND SOCIAL LEARNING (PSL)

Our 5/6 PSL team successfully planned and created wooden Christmas trees. We worked with saws, measuring tapes, hammer & nails and power drills. We are really happy with the end result. We hope they brighten up your houses in the Christmas season .

We also cooked crumbed Latina in the air fryer, which surprised many, as they had never experienced eating them before . Well done 5/6 PSL for trying something new and different.



Grade 5/6's enjoying transition activities last week - this activity involved collaborating and problem solving to make a the longest ledge that would hold a marble





JOIN VillageOSHC FOR A NEW YEAR OF SUPER FUN OSHC!
2024 BOOKINGS OPEN AT 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 and click Book Now. You will be directed to our booking platform, 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!



Book for Term 4 2024 with Before and After School Care provided by VillageOSHC!



Plan ahead for the new year. Book for Term 1 or the whole year! Whether you work, study or have personal commitments, VillageOSHC is here for you.

2024 bookings are now open!



Book now at VillageOSHC.com.au!

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 RETURN IT WHEN IT IS LOST IN THE YARD.

ROCK2RAMP
ANGLESEA SLSC

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

BURSON
AUTO PARTS

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, installing garden edging – all sorts of activities. No experience needed! Every contribution helps to improve our school grounds.



Grade 1/2 Practical and Social Learning

This term the Grade 1/2 PSL group has created a fairy garden and bug hotel. The students have practiced teamwork and enjoyed working hands on to bring their project to life.

Families and students are welcome to come and have a look at our creations in the garden next to 1/2R.

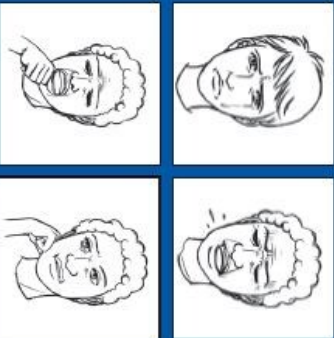
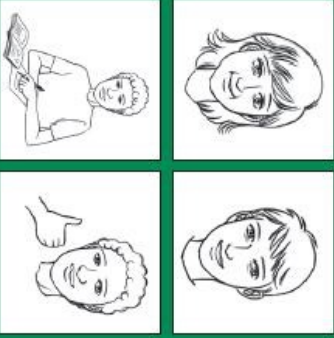
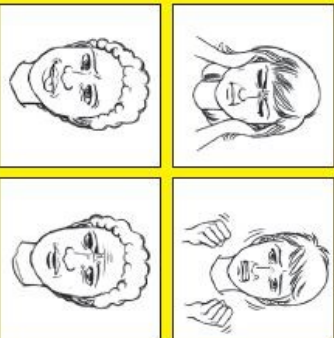
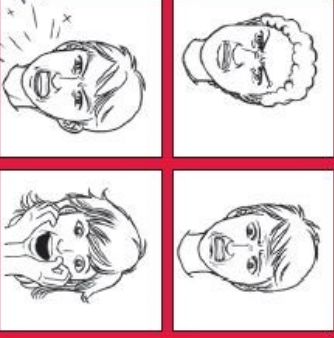
Please do not touch or enter the garden

Australian
School
RUN 4 FUN
COLOUR
SPLATACULAR

DOUBLE THE FUN!



The **ZONES** of Regulation™

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



Website: <https://www.kellyclub.com.au/nazareth>
 Contact: Cat Glover
 Email: 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

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 children's activities in a fun and safe environment, with a focus on social skills, teamwork, and learning through play. Our friendly staff are passionate about working with children, and we provide training in behaviour management techniques, first aid, child protection and safety planning/delivery.

Who can attend: Children aged 5-12 yrs

What do you need to bring: Shoes and appropriate clothing, pocket or reusable hot, drink bottle and food.

Food: Please bring plenty of packed food and drink for morning tea/lunch/dinner. Lunch will be served approximately 12:30pm to 1:00pm each day.

Program activities: Program activities are tailored 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 availability.

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

CCS (Child Care Subsidy): Kelly Club is CCS approved with Services Australia, which means you can enjoy a subsidy of up to 95% of your fee, depending on your circumstances. This is the paid directly to Kelly Club on your behalf. For more information visit www.my.gov.au

Concessions: Kelly Club requires 24 hours written notice for a booking cancellation. Fees will be charged if notice is not received. Kelly Club will require 3 days written notice for booking on account/return days and 2 days written notice for booking cancellation for return days. Event fees are \$45 per child/return fees, up to \$30 per child.

Please note: Every care will be taken to ensure the safety of your child/ren and their property. However, organisers of Kelly Club accept no liability for any injury sustained by your child/ren or any loss or damage to his/her property whilst in the program. If your child/ren are injured due to the negligence of the program you will be charged \$1 per minute.

Mon 11 December	Tues 12 December	Wed 13 December	Thurs 14 December	Fri 15 December
SCHOOL DAY	SCHOOL DAY	SCHOOL DAY	SCHOOL DAY	SCHOOL DAY

Mon 18 December	Tues 19 December	Wed 20 December	Thurs 21 December	Fri 22 December
OUR AMAZING RACE Get ready to rumble as we race from challenge to challenge! Who will be the winner? The coaches or the kids!	JUNIOR COOK OFF 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.	COOL CARTOONS 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.	MOVIE DAY Come along on an Excursion to the Cinema to watch the new Wonka movie. An additional fee of \$20 for the excursion	CLASSIC AUSSIE XMAS We're celebrating the most wonderful time of the year the classic Aussie song, Sun, Surf and Sand with a sprinkling of Santa.

FULL DAY: \$72
6:30am - 6:00pm
EVENT DAYS: additional \$20-45
6:30am - 6:00pm

BOOK ONLINE NOW AT www.kellyclub.com.au

SCHOOL HOLIDAY PROGRAMS

COMMON GROUND project

SCHOOL HOLIDAY PROGRAM!

GARDEN COOKUPS
Harvest some summer produce for pizza and pickle making with Amy, our in-house food system foodie! On Monday we'll prepare pizzas with toppings straight out of the garden and cooked in our woodfired oven, and on Thursday we'll pickle fresh farm produce for you to share with family and friends.

UPCYCLING WORKSHOPS
Come and join Issy, one of our waste warriors at OGP for a fun filled workshop upcycling old items into new! These workshops will focus on upcycling household items into new and amazing products. Activities will include 't-shirt to tote bag', DIY plant pot and seedlings, and insect hotels

FARM ARTS AND CRAFT
Get creative with our resident artist Libby! A day of arts and crafts on the farm, exploring plant dyes, farm-themed painting in the garden and making clay seed bombs. Kids will take home everything they create as a memento for their day on the farm at Common Ground Project.

FUN ON THE FARM - MONDAYS-WEDNESDAYS 1PM-4PM
Join us for our ever-popular Fun On The Farm program! We'll meet our friendly farm animals, get muddy in the garden and learn all about where your fruit and veg come from!

JANUARY

Group bookings available
BY REQUEST FOR FRIDAYS, SATURDAYS OR SUNDAYS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1	2	3	4	5	6
7	8 9am-12pm - Garden Pizza party!	9 10am-12pm - Upcycle t-shirt to tote bag	10 9am-12pm - Farm Arts and Crafts	11 1pm-4pm - Garden Pickle Party!	12	13
14	15 9am-12pm - Garden Pizza party!	16 10am-12pm - Upcycle DIY Plant Pots	17 9am-12pm - Farm Arts and Crafts	18 1pm-4pm - Garden Pickle Party!	19	20
21	22 9am-12pm - Garden Pizza party!	23 10am-12pm - Upcycle Insect hotels and farm scavenger hunt	24 9am-12pm - Farm Arts and Crafts	25 1pm-4pm - Garden Pickle Party!	26	27
28	29	30	31			

Full event details and costs on our website
www.commongroundproject.com.au
 675 Anglesea Rd, Freshwater Creek



Website: www.kellysports.com.au/Geelong
 Contact: Nick Clydesdale
 Email: 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

Monday 11 Dec	Tuesday 12 Dec	Wednesday 13 Dec	Thursday 14 Dec	Friday 15 Dec
DAY 1 FUN We have some fantastic fun activities for you to enjoy. We will have a variety of games and challenges for you to try. We will have a special prize for the winner of the day.	SOCCER WORLD CUP We have some fantastic fun activities for you to enjoy. We will have a variety of games and challenges for you to try. We will have a special prize for the winner of the day.	DOODLE DAY We have some fantastic fun activities for you to enjoy. We will have a variety of games and challenges for you to try. We will have a special prize for the winner of the day.	CHRISTMAS GAMES We have some fantastic fun activities for you to enjoy. We will have a variety of games and challenges for you to try. We will have a special prize for the winner of the day.	PROGRAMME NOT ON TODAY

FULL DAY: \$60
Mon - Fri, 8:00am - 5:00pm
FULL WEEK: \$250
Sat - Sun, 8:00am - 5:00pm
BOOK ONLINE NOW AT KELLYSPORTS.COM.AU



Website: www.kellysports.com.au/Geelong
 Contact: Nick Clydesdale
 Email: 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

Monday 11 Dec	Tuesday 12 Dec	Wednesday 13 Dec	Thursday 14 Dec	Friday 15 Dec
KIDS OLYMPICS We have some fantastic fun activities for you to enjoy. We will have a variety of games and challenges for you to try. We will have a special prize for the winner of the day.	AUSTRALIAN OPEN We have some fantastic fun activities for you to enjoy. We will have a variety of games and challenges for you to try. We will have a special prize for the winner of the day.	VIC BEACH VOLLEYBALL We have some fantastic fun activities for you to enjoy. We will have a variety of games and challenges for you to try. We will have a special prize for the winner of the day.	DISCO We have some fantastic fun activities for you to enjoy. We will have a variety of games and challenges for you to try. We will have a special prize for the winner of the day.	SOCCER We have some fantastic fun activities for you to enjoy. We will have a variety of games and challenges for you to try. We will have a special prize for the winner of the day.

FULL DAY: \$60
Mon - Fri, 8:00am - 5:00pm
FULL WEEK: \$250
Sat - Sun, 8:00am - 5:00pm
BOOK ONLINE NOW AT KELLYSPORTS.COM.AU

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

Contact: Nick Clydesdale

Email: 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

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/

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>Regional Parenting Service</p> <p>www.geelongaustralia.com.au/parenting</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>Family Relationship Centre</p> <p>www.catholiccarevic.org.au</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>Drummond Street Services</p> <p>ds.org.au/events/</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>Meli</p> <p>Meli, the new name for BCYF and Bethany</p> <p>www.bcyf.org.au</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				 <p>CatholicCare Victoria – Warrnambool</p> <p>www.catholiccarevic.org.au</p> <p>Ph: 4344 4588</p> <p>E: helen.diamond@catholiccarevic.org.au</p>
Baby College	Bumps to Bubs	Bubs to Tots		
Circle of Security (Abbreviated)	Childrens Services Building	Wednesdays 21 Feb – 27 Mar	6.30pm – 8.30pm	
Circle of Security	Moyn Shire - Location TBC	Tuesdays 20 Feb – 26 Mar	5.30pm – 7.00pm	 <p>CatholicCare Victoria – Warrnambool</p> <p>www.catholiccarevic.org.au</p> <p>Ph: 4344 4588</p> <p>E: helen.diamond@catholiccarevic.org.au</p>
Living with Teens	Online via Zoom	Thursdays 8 Feb – 22 Feb	6.30pm – 8.30pm	

