



# 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 2 Week 10—19th June 2024**

### '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,

Thank you for a great Term 2 and I hope you are all looking forward to school holidays. It has been a busy term with lots of exciting events for our students, including:

- Swimming program
  - Cross Country
  - Athletics Carnival (this week and next week)
  - Prep Health Assessments
  - Mother's Day Stall
  - Education Week Open Classrooms
  - School Dentist
  - P-2 Gymnastics Program
- Launch of school-wide reward program.

### Security Camera Upgrade

Recently we have also had an upgrade of our existing security and surveillance camera system. These will be of great benefit for helping keep our school building safe from vandalism, especially during the school holidays. This has been completed in accordance with the Department of Education's CCTV in Schools Policy <https://www2.education.vic.gov.au/pal/cctv-in-schools/policy>.

### Junior School Council Fundraiser

Our Junior School Council has decided they would like to raise some funds to get professional signage made for our Gaga Pit. They are hoping to have signage that clearly states the rules of the game to help students who play Gaga Ball to play positively.

To raise these funds, they have organised a Casual Dress Day for our Year Prep-2 students this coming Friday 21 June, and another one for our Year 3-6 students next Friday 28 June.

Students are invited to wear sensible, appropriate casual clothes and to donate a gold coin for the cause. Students are reminded to still wear close toed shoes as per the OH&S policy.

### End of Term 2

Next Friday 28 June is the last day of Term 2. Students will be dismissed at 2.30pm. We will not be having an assembly on this day as our Year P-2 and students will be involved in their Athletics Carnival.

Continued on Page 2



### COMING EVENTS—also on Sentral Calendar

#### LUNCH ORDERS—EACH TUES & FRI

Order by 8am Tues and 8am for Friday

#### JUNE 2024

Fri 14th	Assembly P—2 Start Time 3pm
Mon 17th	Parent Group Meeting 2.30pm at school
Mon 17th	School Council Meeting
Wed 19th	Newsletter published
Thurs 20th	World Refugee Day
Fri 21st	Gr 3-6 Athletics at Corio Athletic Track Years P—2 Casual Clothes Day
Fri 21st	Assembly—Cancelled due to Athletics
Mon 24th	You Yangs—Year 5's
Tues 25th	You Yangs—Year 6's
Fri 28th	Prep—Year 2 Athletics at Grovedale PS 11.40 –1.30pm Years 3—6 Casual Clothes Day
Fri 28th	Last Day of Term—2.30pm finish

#### JULY 2024

Mon 15th	School Term 3 starts
Fri 19th	P—2 Assembly
Wed 24th	Newsletter Published
Fri 26th	3—6 Assembly

#### AUGUST 2024

Fri 2nd	P—2 Assembly
Fri 2nd	Foundation Level—celebrating 100 days at school
Mon 5th	Curriculum Day—no students at school
Fri 9th	3—6 Assembly
12th—16th	Science Week
Fri 16th	P—2 Assembly
19th—23rd	Book Week
Wed 21st	Newsletter Published
Fri 23rd	3—6 Assembly
Fri 30th	"Wear it Purple Day"
Fri 30th	P—2 Assembly

#### SEPTEMBER 2024

Sunday 1st	FATHER'S DAY
Fri 6th	3-6 Assembly
Fri 13th	P—2 Assembly
Fri 20th	Last day of Term 3—2.30pm Finish

### **2025 Prep Enrolments**

If you have a child who you plan on attending Prep at Grovedale PS next year in 2025 please ensure that you have completed and returned their enrolment paperwork. Please also speak with any of your friends who may be planning on sending their child to GPS in 2025. The enrolment process and 2025 planning are well underway already and the more notice we have the better in order for our logistical organisation.

### **Victorian High Abilities Program (VHAP)**

Some of our Year 5&6 students have been selected to participate in a series of online lessons under the Victorian High Abilities Program.

Mav E-M and Lani R will be completing the Maths program, while Kayleigh W, Adelaide W and Ariana V will complete the Literacy program. Well done students and keep up the great work.

### **Holiday Learning**

Teachers always see a noticeable 'dip' in student achievement and academics following a school holiday period, especially the summer holidays. There are many ways in which you can continue to engage your child learning over the break. Please consider:

- Having them write recounts about any day out adventures that your family goes on
- Playing card games such as Uno
- Continuing to read out loud to an adult for 20 minutes each night
- Playing number games linked to timetables using a deck of cards.

Please enjoy your final week of Term 3 and we look forward to the students coming back nice and refreshed after the holidays. School finishes at 2.30pm on Friday 28th June.

Thanks

Mr Byworth



### **Near Miss at the NIDO Driveway**

It has been reported that a NIDO parent had a near miss with a child that ran straight across the driveway without stopping and looking first.

The driver was very cautious exiting the driveway however they rang our school to explain that children were not looking. Just running straight down the footpath to the School Crossing Supervisor. If you drop your child off up past the NIDO driveway please explain to your child to stop and look for cars entering and exiting.

We appreciate you having this conversation to keep all our children safe.



**Friday 28th June, Term 2  
finishes  
at 2.30pm**



**Monday 15th July Term 3  
commences**

## 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

### Parking Safety Reminder

While there has been improvement in the speeds we are seeing from local traffic due to the Bailey St/Marshalltown Road intersection, we are still seeing considerable illegal and unsafe parking practices.

Please park only in legal parking bays, to allow the School Crossing Guard to have full visibility of the road in both directions.

Also, please do not park in NIDO's carpark if you are not collecting a child from the centre, this is not public parking and causes issues for families who are trying to pick up toddlers.

Please arrive earlier for collection if you need to be close to the gates, or park further away and walk up to the meeting point you have set up with your child.

As always, our aim is not inconvenience families, but to keep children safe, and your assistance in this is both necessary and deeply appreciated.

### SCHOOL BEANIES—

School beanies can be purchased. Forms have been sent via Sentral (check the Resource tab in the App)

and there are hard copies in the office. \$20—can be paid via EFT, Cash or BPay.

## 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 docket in regularly—there is a box in the office to place them into. We must have all docket for the month in by the 15th of the following month.

**Example:** Please send all of your May docket in by the 14th of June. 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!!

## The fun stuff..

On Tuesday 11th June, Professor Bunsen came to school for an interactive science incursion. He showed us a variety of different experiments with solids, liquids and gases, as well as reversible and irreversible changes. It was an amazing incursion and the 3/4 students were really involved in the experiments.



The Professor Bunsen Science Incursion was so cool and he showed the 3/4 students all about matter and the states of matter. My favourite experiment was when he shot a toy panda out of a glass milk bottle, he also exploded balloons. The balloons went bang! The balloons went pop! The balloons went bam!

Arlo



Bam! We were watching Professor Bunsen. He blew a red panda across the room, and we all laughed as that red panda did nothing wrong to deserve all that exploding. My favourite experiment the he did was when he put the most tiniest orby in normal water and the orby turned out BIG!!!

Kade



### Victorian Premiers' Reading Challenge

The Victorian Premiers' Reading Challenge is now open and Grovedale Primary School is excited to be participating. The PRC application offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
- a modern user-friendly interface
- rewarding students with badges as challenge milestones are achieved
- the option for students to mark books as a favourite, give them a star rating or complete a book review

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 6 September 2024.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

To read the Premier's letter to parents, view the booklist and for more information about the Victorian Premiers' Reading Challenge, visit: <https://www.vic.gov.au/premiers-reading-challenge>

**Each student will receive their individual code to log into the VPRC this week.**



## 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.

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 2024 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.

Children aged between 5 and 17 years who are at risk of severe illness can also receive a 2024 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.](#)

## CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

### APPLICATIONS CLOSE 28TH JUNE 2024

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum. CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

**\*\*If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF.** A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$150 for primary school students

### **HOW TO APPLY for NEW STUDENTS (even if you are an existing family) or CHANGED FAMILY CIRCUMSTANCES**

New applicants should contact the school office to obtain a CSEF application form or download from the website below. If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

**If you are eligible, you only need to complete an application form if any of the following changes have occurred:**

- **new student enrolments:** your child has started or changed to Grovedale PS this year.
- **changed family circumstances:** such as a change of custody, change of name, concession card number, or new siblings commencing this year (eg: This includes an existing family who has a **NEW** student starting at Grovedale Primary School)

**Check with the school office if you are unsure if you have completed a CSEF form or if we have applied on your behalf due to the fact that you received the funding in 2023.**

**More information can be found at this link:**

<https://www2.education.vic.gov.au/pal/camps-sports-and-excursions-fund/guidance/submitting-application>

## Building a national picture of child health—Foundation (PREP) only

**From May 2024, our school, along with thousands of others across the country, will participate in the Australian Early Development Census (AEDC).**

The AEDC is a teacher-completed census (similar to a questionnaire) which provides a comprehensive picture of how children have developed by the time they start their first year of full-time school.

The AEDC is an Australian Government Initiative and is completed nationally every three years.

Children don't miss any class time while the AEDC is completed, and parents/carers don't need to supply schools with any new information.

In the previous 2021 AEDC, our school profile indicated that: *>Optional information: summarise your school's profile from the 2021 AEDC<*

We used the results to support ... *>Optional information: ways the census results helped your school or improved community services<*

The data collected through the AEDC is used by schools, communities and governments to better understand children and families' needs, and identify the services, resources and support they need.

AEDC data is reported at a school, community, state/territory and national level. AEDC results for individual children are not reported and the AEDC is not used as an individual diagnostic tool.

Some teachers have found that completing the AEDC made them more aware of the needs of individual children and their class, and that the data was useful for planning for transitions to Year 1 and developing programs.

Participation in the AEDC is voluntary, however the AEDC relies on all schools with children in their first year of full-time school participating in the collection. Parents/carers don't need to take any action unless they choose not to include their children in the census.

To find out more about the AEDC and how it is being used to help children and families visit: [www.aedc.gov.au](http://www.aedc.gov.au).

### STUDENT AWARDS:

Lilly-Jazz M-R	FR	For showing kindness by always respecting equipment, class resources and other people's things. What an incredible start at Grovedale Primary School!
Kobe O	FR	For being kind to our gardens and always caring for the environment and its animals.
Sahai S	FP	For being kind by making sure his friends are okay.
Joel F	FP	For showing kindness to peers by giving words of encouragement. Well done!
Shia P	FS	For working hard toward your writing and taking the time to read over what you have written.
Eadie G	FS	For always being kind and caring towards your peers and for respecting other people's belongings.
Lia K	12A	For always being willing to help those who are in need and always offering a helping hand.
Eddie-Ray F	12A	For always greeting others with a smile and a positive attitude.
Hayden C	12C	For looking out for and helping others
Nayla S	12C	For showing kindness to our gardens
Max M	12T	For showing kindness by helping and supporting his peers when they find tasks challenging.
River D	12T	For working well in small groups and being kind to others.
Tennyson J-W	12W	For always being polite, positive and kind to others during all classroom activities! Well done!
Zoe G	12W	For always showing kindness and being respectful in the classroom.
Jett R	34B	For helping others if they are stuck and giving them kind advice to help them keep going. Well done Jett!
Tessie O	34B	For being a kind and helpful friend in class. Well done Tessie!
Anabelle B	34D	For showing kindness to a peer in class and supporting them with their learning.
Tayer K	34D	For showing kindness to a peer in class and supporting them with their learning.
Nicholas L	34F	For waiting respectfully for his turn.
Katie S	34F	For using manners and kind words in the classroom.
Teghbir S	34R	For using manners in the classroom.
Isla D	34R	For being a kind positive and hard working member of our class.
Sienna K	56B	For treating others respectfully in class and setting a good example for all.
Ruby A	56B	For showing kindness by acknowledging the effort and achievement of others.
Patrick O	56M	For showing the value of kindness by being respectful of equipment and looking after the school Gardens.
Mateo G	56M	For treating others with kindness and contributing positively in class.
Mikayla D	56N	For treating others with kindness and respect.
Noah M	56N	For your kind and inclusive nature towards your classmates.
Darcy B	56W	For the kind and thoughtful way you include others in activities.
Mitchell T	56W	For showing kindness by noticing others doing the right thing at sport.



### PRINCIPAL AWARDS:

Toby B	56	For your positive attitude and the way you always show kindness and understanding to those around you.
Kaydence D	34	For coming to school with a smile on your face each day and treating other people with kindness and respect.
Linc W	12	For respecting the property of others.
Jordan J	Prep	For showing kindness by always respecting our gardens, equipment, class resources and other people's belongings.



# Grovedale Primary School

## Additional Details

Monday 1 July to Friday 12 July  
7:00am – 6:00pm

Please provide morning tea and a healthy, nut free packed lunch for your child.

- Activity day
- Inclusion and activities
- Excursion and activities

Pay from just \$8.70 after CCS\*  
Session fee \$86.95\*\*

\*With the maximum Child Care Subsidy  
\*\*Without Child Care Subsidy

### Monday 1 July



#### Initiative Games & Treasure Hunt

Take on a variety of unique and challenging objectives with the powers of friendship, trust and teamwork!

Pay from \$8.70 after CCS\*  
Session Fee Only\*\*

### Tuesday 2 July



#### DIY Games Galore & Heaps of Activities!

Enjoy fun games and challenges! Build and compete in a game of DIY Four In One, and design a balloon race car!

Pay from \$10.20 after CCS\*  
Session Fee + \$15\*\*

### Wednesday 3 July



#### Bounce

Ascend to new heights of thrilling fun at BOUNCE, the ideal spot to showcase your incredible trampoline skills and athletic talent!

Pay from \$12.50 after CCS\*  
Session Fee + \$38\*\*

### Thursday 4 July



#### Multi Sports & Sushi

Bring your A-game and teamwork to navigate through team games! Remember to stay SunSMART, keep hydrated, and have fun!

Pay from \$8.70 after CCS\*  
Session Fee Only\*\*

### Friday 5 July



#### Nature Plate & Pinata

Embark on a hunt for natural treasures around our service. Then, channel your discoveries into creating a stunning work of natural art!

Pay from \$8.70 after CCS\*  
Session Fee Only\*\*

### Monday 8 July



#### DIY Dreamcatchers & Team Games

Get ready to weave dreams, add bursts of colour and create something magical to hang by your bedside!

Pay from \$8.70 after CCS\*  
Session Fee Only\*\*

### Tuesday 9 July



#### Obstacle Course & Indicator Blues

Create an exciting and physically engaging obstacle course that challenges you mentally and physically!

Pay from \$8.70 after CCS\*  
Session Fee Only\*\*

### Wednesday 10 July



#### Wonderful Winter Wear & Heaps of Activities!

Stay toasty and fashionable by crafting your cozy DIY winter wardrobe with colourful scarfs, beanies and gloves!

Pay from \$10.20 after CCS\*  
Session Fee + \$15\*\*

### Thursday 11 July



#### You're going to the movies!

Grab some popcorn and watch the latest kids film with your friends.

Pay from \$12.50 after CCS\*  
Session Fee + \$38\*\*

### Friday 12 July



#### Lava Lamp Science Experiment & Leaf and Nature Collage

Engage in a hands-on science experiment by exploring chemical reactions in a mesmerising lava lamp.

Pay from \$8.70 after CCS\*  
Session Fee Only\*\*



## What do I need to know about the Holiday Care Program?

### What food should I pack for my child?

Please pack a healthy, nut free morning snack and lunch as you would for a normal school day. The service will provide a delicious and healthy afternoon snack.

Please ensure a refillable water bottle is packed for your child.

### What should my child wear to vacation care?

Your child should wear long pants (trackies or leggings), a shirt that covers their shoulders (no singlets), a hat and a warm jacket. Your child must also wear closed shoes (no thongs or sandals).

If the children are doing art or a messy activity, please wear old clothing or pack an art smock.

### What if I have a question about Child Care Subsidy?

We are approved to process your Child Care Subsidy payments from the Federal Government. However, we are not in control of how much subsidy is paid by the Government to each family.

If you have questions about Child Care Subsidy please contact Services Australia on 136 150.

### How will CCS help you save money during vacation care?

CCS covers up to 90% of the session fee, inclusion fee and excursion fee based on the household income.

For example, a family eligible for 64% CCS will only pay 36% of the remaining session fee. This means for a 10 hour session costing \$100, the family will pay the gap fee of \$36 with the remaining \$64 covered by CCS. That's \$3.60 per hour!

### Where do I find excursion bus times?

If you have already booked your vacation care sessions, log in to your LookedAfter account, go to your booking calendar and click on the excursion session. Information regarding the session will pop up and you will find the bus time listed under 'Service'.

If you are booking a session, follow the usual booking process. You will find the information under 'Service'.

### My question is not listed here

If you have any other questions, please contact our friendly Australian-based customer service team at [support@villageoshc.com.au](mailto:support@villageoshc.com.au) or call on 1300 366 437.

Book online today at [villageoshc.com.au](http://villageoshc.com.au) for super fun holiday programs!

## Operating Days, Hours and Fees

Before School Care | Mon-Fri 7:00 AM - 8:45 AM  
After School Care | Mon-Fri 3:15 PM - 6:00 PM

Before School Care	After School Care
Permanent Rate: \$19.95	Permanent Rate: \$25.95
Casual Rate: \$22.35	Casual Rate: \$29.85
Pay from \$1.99 after CCS	Pay from \$2.59 after CCS

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.

## How to Enrol (for free) and Book

1. Visit [VillageOSHC.com.au](http://VillageOSHC.com.au) and click "Book Your Sessions" in the top corner.
2. This will take you to our booking platform; LookedAfter. Click "Log in/Enrol".
3. Create your account.
4. Check your inbox for a verification email to activate your account. (check junk folder if not found.)
5. Once you've logged in, enrol your children with the relevant details.
6. Book your sessions by searching for your school with "Find My School".

Scan the QR Code and book with VillageOSHC today!



VillageOSHC

[www.villageoshc.com.au](http://www.villageoshc.com.au) | [support@villageoshc.com.au](mailto:support@villageoshc.com.au)



# Time to book for Term 3 with VillageOSHC!

## Low Cost, Guilt Free, Super Fun

The time is now to prepare for an exciting start to Term 3 with VillageOSHC!

Join us for a guaranteed fun time, with our range of creative games and activities that provide hours of joy in a supportive safe!

Enrol and book with VillageOSHC for a laugh-a-minute experience in Term 3!



Book now for an amazing time in Term 3 at [VillageOSHC.com.au](http://VillageOSHC.com.au)!



## Bits and Pieces

ZEN HEN HULA  
**ART CLUB**  
@ THE ZEN HEN HULA WORKSHOP  
CUZENS PLACE, GEELONG

Enter via the orange doors on Cuzens Place

Monday's, Tuesdays & Wednesday's  
5-12 years old  
4.30pm - 5.30pm

**Term Three | \$150**

BOOK AT  
ZENHENHULA.COM.AU

**Winter School Holidays**  
@ the Zen Hen Hula Workshop  
Cuzens Place, Geelong

**\$15 Per session**  
Bookings essential

ZEN HEN HULA | ARTCLUB SESSIONS  
book via [www.zenhenhula.com.au](http://www.zenhenhula.com.au)

<p><b>TUESDAY 2ND JULY</b></p> <p>Neon Self Portraits 10am - 11am</p> <p>Radical Robots 11.30-12.30pm</p>	<p><b>WEDNESDAY 3RD JULY</b></p> <p>Planet Earth 10am - 11am</p> <p>Disco Pugs 11.30-12.30pm</p>
<p><b>WEDNESDAY 10TH JULY</b></p> <p>What's your Favourite Song? 10am - 11am</p> <p>Panda's Paradise 11.30-12.30pm</p>	<p><b>THURSDAY 11TH JULY</b></p> <p>Watercolour Dogs 10am - 11am</p> <p>Magical Mermaids 11.30-12.30pm</p>

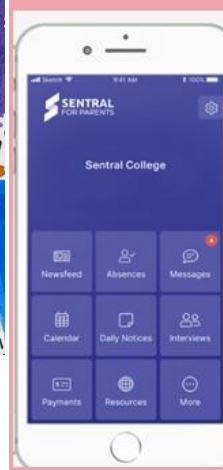
Zen Hen Hula Winter School Holidays Ticketing:

[Zen Hen Hula | ARTCLUB | Winter School Holiday Sessions Tickets, Tue 02/07/2024 at 10:00 am | Eventbrite](#)

## 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.**



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.

**2024 ESCAPE to the Trails**

Explore our backyard with the best coastal & hinterland trails right here on the **Surf Coast**

**7 July @ ANGLESEA**  
4km / 7.5km / 16km / 29km

THE TRAIL RUNNING SERIES  
TRAILRUNNINGSERIES.COM.AU

Are you looking for some holiday running fun?

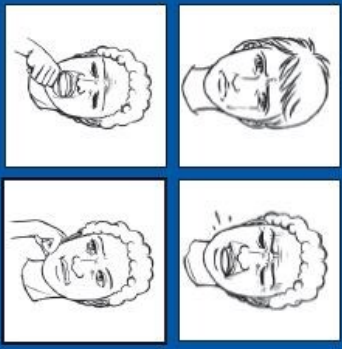
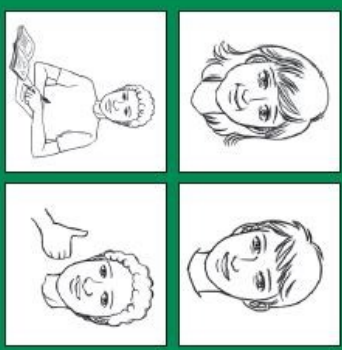
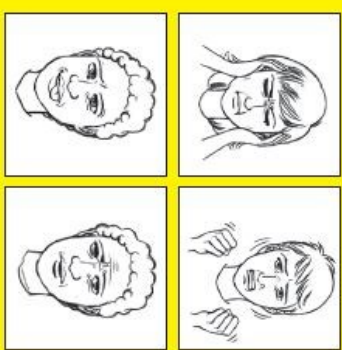
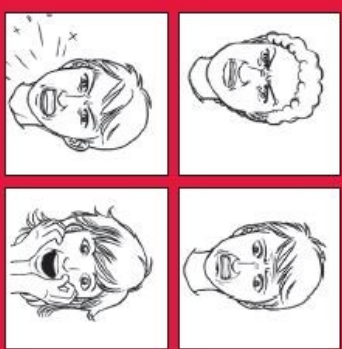
The friendly 4km fun run has always been popular with school-aged children, and parents jogging/walking with their families.

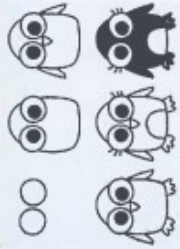
[events@rapidascent.com.au](mailto:events@rapidascent.com.au)

03 5261 5511

[Escape to the trails this winter - The Trail Running Series \(rapidascent.com.au\)](#)

# 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>
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**Guided  
Drawing**

Mrs Saunders  
Mrs Anderson

OLC Room 10

# LUNCH CLUBS

*Recess*

**MON**



**Sport & Games**

Multipurpose Room

Mr Blake & Mr Shiell

**TUE**

**Dancing**

12W Room 5

Ms Woods



**WED**

**Grade 1&2 Choir**



Mrs Waldron  
Art Room



**Computers**

Library Mrs Clarke

**THU**

**Grade 3-6 Choir**



Mrs Waldron  
Art Room

Mrs Armstrong  
Renzow



**FRI**



OLC Room 9  
Ms Pantelimon  
Mrs Carter

**Mindful Colouring**



**Gardening**

Veggie Patch  
Ms Marshall

*Lunch*

# PARENT EDUCATION EVENTS

GEELONG and BARWON  
SOUTHWEST REGION



## TERM 3, 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 Day

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.

### 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.

### 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.

### 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-uker/triple-p/](http://www.triplep-parenting.net.au/vic-uker/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 3, 2024

Program	Location / Venue	Days / Dates	Time	Bookings
Bringing Up Great Kids - Adolescents	Online via Zoom	Mondays 05 Aug – 09 Sep	7.00pm - 9.00pm	 <p>Regional Parenting Service</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	Bellarine Community Health 23-25 Palmerston Street, Drysdale	Wednesdays 07 Aug – 11 Sep	6.00pm - 8.00pm	
Tuning in to Kids - Drummond Street Services	Wurriki Nyal 137-139 Mercer Street, Geelong	Mondays 29 Jul – 02 Sep	5.30pm - 7.30pm	
Circle of Security	Wurriki Nyal 137-139 Mercer Street, Geelong	Tuesdays 23 Jul – 10 Sep	7.00pm - 9.00pm	
BUGK First 1000 Days	Online via Zoom	Wednesdays 31 Jul – 04 Sep	7.00pm - 8.30pm	
Bringing Up Great Kids	Chilwell Primary School 313A Pakington Street, Newtown	Thursdays 01 Aug – 05 Sep	7.00pm - 9.00pm	
To express your interest for the following programs please contact Regional Parenting Service				
The Dad Workshop		Flourishing Families		The Anxiety Coach
Our Kids – Parenting after Separation	Family Relationship Centre 1/100 Brougham Street, Geelong	Thursday 25 Jul – 29 Aug	Contact the Family Relationship Centre for times	 <p>Family Relationship Centre</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>Drummond Street Services</p> <p><a href="http://ds.org.au/events/">ds.org.au/events/</a></p>

Parent Education Events

Term 3, 2024

Program	Location / Venue	Days / Dates	Time	Bookings
Circle of Security	Bellarine Living & Learning Centre, 20 Worden Court, Whittington	Thursdays 1 Aug – 5 Sep	9.30am - 11.30am	 <p>Meli, the new name for BCYF and Bethany</p> <p><a href="http://www.meli.org.au">www.meli.org.au</a></p> <p>Ph: 5226 8900</p> 
Tuning into Kids	Grovedale Community Hub 45 Heyers Road, Grovedale	Tuesdays 30 Jul – 3 Sep	9.30am - 11.30am	
Strengthening Family Connections	Meli 16 Ballarat Road, Hamlyn Heights	Wednesdays 24 Jul – 11 Sep	4.30pm - 7.30pm	
Tuning in to Teens	Meli 222 Malop Street, Geelong	Tuesdays 30 Jul – 3 Sep	9.30am - 11.30am	
To express your interest for the following programs please contact MELI				
Baby College		Bumps to Bubs		Bubs to Tots
Circle of Security (Abbreviated version)	Moyné Shire	Tuesdays 23 Jul – 10 Sep	6.00pm - 8.00pm	 <p>CatholicCare Victoria – Warrnambool</p> <p><a href="http://www.catholiccarevic.org.au">www.catholiccarevic.org.au</a></p> <p>Ph: 4344 4588 E: <a href="mailto:helen.diamond@catholiccarevic.org.au">helen.diamond@catholiccarevic.org.au</a></p>
Circle of Security (Abbreviated version)	Childrens Services Building	Wednesdays 24 Jul – 28 Aug	TBA	