



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 8—5th 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,

Leadership Recognition

As a part of our School Wide Positive Behaviour Program, student who achieve well against our school values (Be Kind, Be Safe, Be a Learner) come to the office to show their work or share their success with Mr Byworth or myself. We are delighted to have had so many students coming up with their school work lately! These students receive direct encouragement and praise from us, and are also given the opportunity to stand at assembly for a round of applause. Celebrating excellence in this ways builds children's confidence, and recognises those students who always do the right thing too! If your child tells you that they got to come to the office to share their work, please ask them to tell you all about their achievement, and celebrate their success at home as well!

Student Health

There has been significant illness in the community recently, coming into the colder weather. Please ensure that students are kept home if unwell. We would like to continue to minimize the spread of illness throughout the school and our wider community.

Staff are using hygiene promoting strategies to keep students well, including hand sanitizer, air filters, open windows and doors (where possible) and reminding students to wash hands thoroughly.

Twilight Fair

It was amazing to have Jules F., once of our parents, talking at assembly this week about our wonderful Parent and Community Group, encouraging families to join the team! Her passion for the school and enthusiasm in welcoming new members was palpable. Please take up the offer. We need as much help as possible to ensure this year's Fair is as successful as the previous one in 2022. If you would like to join the team please let the office staff know and we will add you to the Messenger Group that organises activities. Please remember we appreciate every little bit of help, you don't have to commit hours a week!

We are seeking donations for our Silent Auctions. If you have any business connections, ideas or donations, please contact the office.

COMING EVENTS—also on Sentral Calendar

LUNCH ORDERS—EACH TUES & FRI

Order by 8am Tues and 8am for Friday

JUNE 2024

Wed 5th	Newsletter Published
Thurs 6th	P-2 Gymnastics
Fri 7th	Assembly— Grades 3-6
Mon 10th	KING'S BIRTHDAY PUBLIC HOLIDAY
Thurs 13th	P-2 Gymnastics
Fri 14th	Assembly P—2 Start Time 3pm
Mon 17th	School Council Meeting
Wed 19th	Newsletter published
Thurs 20th	World Refugee Day
Fri 21st	Gr 3-6 Athletics
Fri 21st	Assembly 3—6 Start Time 3pm
Fri 28th	Prep—Year 2 Athletics
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

Long Weekend

Due to the Monarch's Birthday Public Holiday on Monday the 10th of June, the school will be closed. I hope this long weekend is an opportunity for everyone to enjoy some rest, have some fun, and enjoy some extra time with your families.

Warmest wishes,

Tina

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.

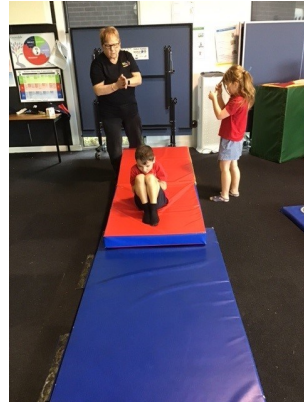


Remember if you shop at IGA in Marshalltown Road, to bring your IGA docket in regularly—there is a box in the office to place them into. We must have all docket for the month in by the 15th of the following month.

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...

Gymnastics—Junior School



1/2 Practical and Social Learning

This week in 1/2 PSL the students enjoyed following a recipe and making their own playdoh. Lots of fun and creativity!





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.

STUDENT AWARDS:

Sabya Sachi	FR	For learning from his mistakes during writing and becoming a better, more resilient learner as a result.
Yara D	FR	For taking risks in her learning and having a go at writing even when she is unsure.
Leon J	FP	For trying his best when counting in Maths. Fantastic work!
Oliver R	FP	For showing independence in his learning. Keep up the great work!
Isla J	FS	For taking risks with learning and having a growth mindset. Your work is always neat and well thought out.
Zoe R	FS	For following our school value of safety and using our resources responsibly. You are a star!
Yethuli S	FS	For a fantastic start at Grovedale Primary. We are lucky to have you!
Xavier S	12A	For working hard on his learning goals and showing pride in his achievements.
Lukas H	12A	For working hard on showing attentive listening and building his independence.
Mateo L	12C	For developing his confidence to 'have a go' and take risks in his learning.
Xavier G	12C	For taking risks with his learning.
Luke C	12T	For enjoying new learning and viewing challenges with enthusiasm.
August B	12T	For always trying his best, staying focused and being a great role model to his peers.
Archer P	12W	For writing an impressive book summary of the Darkest Dark!
Hendrix L	12W	For always giving tasks a red hot go! You are always open to a challenge to prove your understanding.
Fox M	34B	For showing a positive attitude towards all maths lessons. Well done Fox!
Flynn H	34B	For working well cooperatively on his project in Inquiry. Well done Flynn!
Izzy D	34D	For increasing her sound letter knowledge and improving her reading fluency.
Tommy S	34D	For challenging himself in maths and smashing his multiplication goals.
Abby D	34F	For always trying your best in all activities.
Bentley W	34F	For using your brain breaks to help you re-focus.
Ariah P	34R	For a positive attitude towards learning tasks.
Alex P	34R	For always working hard on classroom tasks.
Luna G	56B	For always working to the best of her ability in all subject areas.
Imogen S	56B	For always hard to meet our learning intentions across all subjects.
Sehaj K	56M	For showing the value of Be A Learner by working towards her learning goals.
Rushil P	56M	For showing the value of Be A Learner by working towards his learning goals.
Oliver A	56N	For your enthusiastic effort in Writing this week. It is great to see you engaged with your learning.
Elsa S	56N	For being engaged in your learning and working to achieve our learning intentions.
Charlie T	56W	For taking risks with his learning and working to achieve his goals.
Jemma C	56W	For taking risks with her learning and improving after feedback.



PRINCIPAL AWARDS:

Matina K	56	For your enthusiastic approach to all learning tasks, always going above and beyond with your learning.
Kolette E	34	For always striving to be the best learner you can be.
Jack G	12	For showing all the amazing qualities of a learner including focus, determination and stamina.
Hudson B	Prep	For taking risks in learning and learning from his mistakes. It is great to see you enjoy the learning process Hudson.



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 trampolining 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 or call on 1300 366 437.

Book online today at 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 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 | support@villageoshc.com.au



Fly into the rest of Term 2 with VillageOSHC!

Glide through the rest of the term hassle-free with a low cost, guilt free, super fun Outside School Hours Care!

Your children will reach new heights of fun with our diverse range of arts and crafts, sports, science and group games to engage in!

Our highly-trained Educators, delicious snacks, and relaxing environment will have your children soaring on cloud-nine while in our care!



Enrol & Book today at VillageOSHC.com.au and breeze through the rest of Term 2!

Bits and Pieces

COMMUNITY FILM NIGHT
Saturday 15th June at 6.30pm, Grovedale Neighbourhood House

FASHION REIMAGINED

Information and bookings

Presented by




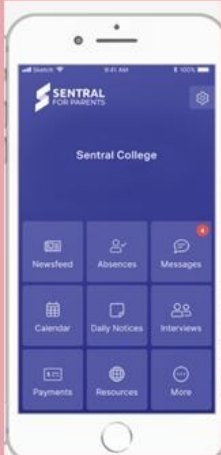
With the support and partnership of

Come join our great film and networking night. Participate in the discussion of sustainable fashion and how to reimagine our relationship with clothing. This is a free event, however, bookings are essential.

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.

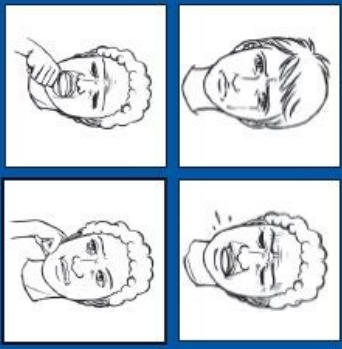
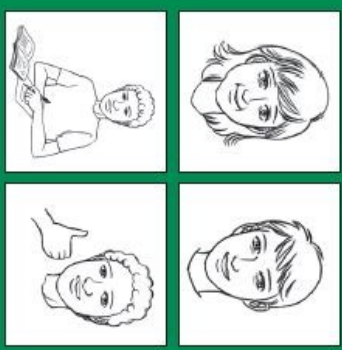
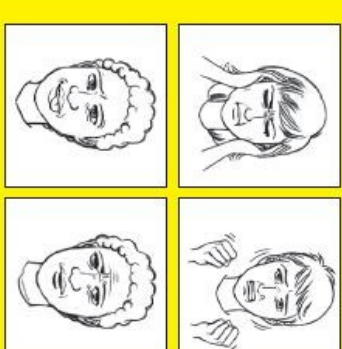
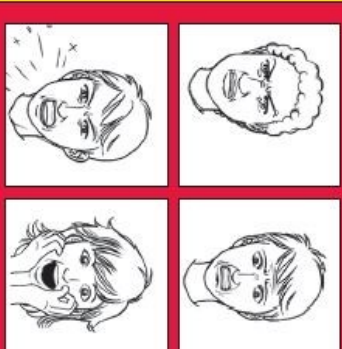


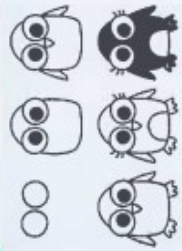
By law parents/carers are required to provide the school an explanation for their child's absence.

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.

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>
--	--	--	--



**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 2, 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-uken/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 2, 2024

Program	Location / Venue	Days / Dates	Time	Bookings
Dad's Tuning in to Kids	Norlane Child & Family Centre, 52-56 Gerbera Ave, Norlane	Thursdays 2 May – 6 June	9.30am – 11.30am	 <p>Meli, the new name for BCYF and Bethany</p> <p>www.meli.org.au</p> <p>Ph: 5226 8900</p> 
Bringing Up Great Kids - First 1000 Days	Meli 16 Ballarat Road, Hamlyn Heights	Tuesdays 30 Apr – 4 June	9.30am - 11.30am	
Strengthening Family Connections	Lethbridge Primary School 2 Stephenson St, Lethbridge	Wednesdays 24 Apr – 12 June	4.00pm – 7.00pm	
Bringing Up Great Kids	Armstrong Creek East Community Hub 46-70 Central Blvd, Armstrong Creek	Tuesdays 30 Apr – 4 June	12.30pm – 2.30pm	
Tuning in to Teens	Meli 16 Ballarat Road, Hamlyn Heights	Thursdays 2 May – 6 June	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)	Childrens Services Building	Wednesdays 24 Apr – 29 May	6.30pm – 8.30pm	 <p>CatholicCare Victoria – Warrnambool</p> <p>www.catholiccarevic.org.au</p> <p>Ph: 4344 4588 E: helen.diamond@catholiccarevic.org.au</p>
Circle of Security (Abbreviated version)	Moynes Shire	Tuesdays 30 Apr – 4 June	5.30pm – 7.00pm	
Tuning in to Teens	Headspace Warrnambool	Fridays 19 Apr – 24 May	1.00pm – 3.00pm	



Parent Education Events

Term 2, 2024

Program	Location / Venue	Days / Dates	Time	Bookings
Tuning in to Teens	Online via Zoom	Wednesdays 10 May – 14 June	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	Online via Zoom	Thursdays 4 May – 8 June	7.00pm - 9.00pm	
Circle of Security	Virginia Todd Community Centre 9-15 Clarence St, Geelong West	Wednesdays 3 May – 21 June	7.00pm - 9.00pm	
Bringing Up Great Kids	Online via Zoom	Tuesdays 30 Apr – 4 June	7.00pm - 9.00pm	
No More Scaredy Cats	Online via Zoom	Thursdays 2 May – 31 May	7.00pm – 9.00pm	
To express your interest for the following programs please scan the QR code				
Bringing Up Great Kids - First 1000 Days		Stepping Stones		
Flourishing Families		The Dad Workshop		
Our Kids – Parenting after Separation	Online via Zoom Family Relationship Centre 7 Ryan Place, Geelong	Tuesdays 30 Apr – 4 June Thursdays 2 May – 6 June	Contact the Family Relationship Centre for times	 <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>

