



# 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 3 Week 2 —24th July 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,

## School Uniform

We have had a wonderful response to the launch of our Student Dress Code policy, which was sent to all families via Sentral on Friday. Thank you to the families who have taken this opportunity to ensure that students are in correct and appropriate uniform. As you are aware, uniforms help to increase equity, sense of community and school pride – all important cornerstones of a positive school experience.

Please note that in the review, no new items were added for purchase. I have heard some confusion about leggings not being part of the school uniform. Please be aware that leggings were not part of the previous school uniform policy either. They are listed as an exclusion. School Council discussed leggings in depth, and determined that for a range of reasons (including the lack of durability, lack of warmth and how many students are wearing leggings that are torn, have holes, are colour-faded, or are too small), they would not be added to the uniform. There are inexpensive alternatives available at shops like K-mart, Target, Big W and Best & Less. Navy pants that are thick, durable and have straight legs (with or without a cuff) are acceptable forms of tracksuit pants.

We do understand that if you don't already have the correct uniform items, you may need some time to locate and purchase them. Please let us know if you are experiencing issues and we will work with you on this.

Please ensure that your child is not wearing false nails, as these do not comply with the policy, and are dangerous.

## Naplan Celebration

Enormous congratulations to our year 3 and 5 students, who achieved outstanding results in the recent Naplan assessments. While Naplan is a snapshot in time, it does show us as a school how we are tracking in terms of similar schools, Network schools and the State. It is also a benchmark we use in our planning for school improvement. I am delighted to see that our year 3 and 5 students exceeded State outcomes in Reading! Well done! We also achieved 7/8 of our Annual Improvement Plan targets. This is a marvelous outcome for our students.

Continued on Page 2



### COMING EVENTS—also on Sentral Calendar

#### LUNCH ORDERS—EACH TUES & FRI

Order by 8am Tues and 8am for Friday

#### JULY 2024

Wed 24th	Newsletter Published
Fri 26th	Years 5-6 Winter Lightning Prem Day
Fri 26th	3—6 Assembly
Tues 30th	Scholastic Issue #5—oline orders to be completed

#### AUGUST 2024

Fri 2nd	P—2 Assembly
Fri 2nd	Foundation Level—celebrating 100 days at school
Fri 2nd	Principal's Day
Mon 5th	Curriculum Day—no students at school
Tues 6th	1st Prep 2025 Come n Visit Session—bookings essential
Fri 9th	3—6 Assembly
Fri 9th	District Aths—Selected students only
12th—16th	Science Week
Wed 14th	Student Led Conferences—School finishes at 1.30pm Interviews commence from 2pm. Book interview through Sentral.
Thurs 15th	Years 3 and 4 RACV Incurion
Thurs 15th	2nd Come n Visit Session for Prep 2025
Fri 16th	P—2 Assembly
19th—23rd	Book Week
Wed 21st	Newsletter Published
Fri 23rd	3—6 Assembly
Tues 27th	3rd Come n Visit session for Prep 2025
Thurs 29th	Emergency Drill—Onsite Evacuation Drill
Fri 30th	Father's Day Stall
Fri 30th	"Wear it Purple Day"
Fri 30th	P—2 Assembly

#### SEPTEMBER 2024

Sunday 1st	FATHER'S DAY
Wed 4th	Year 6—Graduation Photos
Fri 6th	3-6 Assembly
Thurs 12th	RU OK Day
Fri 13th	P—2 Assembly
Fri 20th	Last day of Term 3—2.30pm Finish

## Student Led Conferences

On Wednesday the 14th of August Student Led Conferences are being held.

You will be notified when Sentral bookings open. Students are required to attend the conference where they will share their learning and their goals with you.

Students will be dismissed from school at 1:30pm to allow for teachers to conduct the Conferences. Village OSHC will be operating from 1:30pm to provide care for working parents.

## Writing Curriculum Day

Monday the 5th of August is a pupil free day.

On this day literacy specialist Emina McLean will be working directly with our staff on teaching writing skills. Emina is a celebrated author in this area. She works at a university, system and school level to support the development of curriculum practices that lift student outcomes.

We will learn about the most evidence-based writing models, the why, what, how and when of writing, writing assessment, and planning considerations. It is an exciting opportunity for our team to have privileged time working with such a sought after expert.

Village OSHC will be open on this day to support families.

## 2025 Enrolments

We have headed into our 2025 planning and request that if you have an intention to enrol or leave the school, you let us know as soon as possible. This information makes an enormous difference when we are making staffing decisions.

Please let any friends or family that you think may be hoping to enroll with us, to give the office a call.

Warmest wishes,

Tina



## Congratulations Madi

Madison S of 56W has been lucky enough to be picked to work on the pilot of MEAN GIRLS Jr - the musical

CentreStage Agency

Congratulations to Cassiana, Madison, Lilly and Rori for day 1 of rehearsals. We're so proud of each of you helping create the pilot production of Mean Girls Jr whi... See more

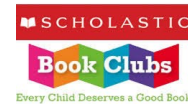


SCHOLASTIC BOOK CLUB

ISSUE #5

ORDERS DUE ON-LINE BY

TUES 30th July 2024



**A big Shout Out to Tom Harrison and Staff at Shady Places who donated Shade Cloth for an Art Room Project. Contact Tom for any shade sail needs.**

[tom@shadyplaces.com](mailto:tom@shadyplaces.com)

phone: 03 83609172

mobile: 0490451432



Friday 20th September,  
Term 3 finishes  
at 2.30pm

Monday 7th October Term 4  
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 July docket in by the 14th of August. 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!!






To celebrate NAIDOC Week this year, the grade 5/6 students conducted research on some Aboriginal Australian trailblazers and change makers. NAIDOC Week was celebrated around Australia from the 7th to 14th of July with the theme of *Blak, Loud and Proud*.

### Life Achievements

Yunupingu set up a cattle station, timber mill, and a nursery in Arnhem land. In 1989 at 18 years old Yunupingu joined Yothu Yindi as an instrumentalist and a vocalist.



Did you know Yunupingu died at 74 years old on the 3rd of April 2023.

Dr Lowitja O'Donoghue had 3 jobs throughout her adult hood. Her 3 jobs were activist, nurse and civil servant.

She joined the Aborigines' Advancement League of South Australia and fought for a Yes vote in the 1967 referendum.

She was responsible for putting national Aboriginal welfare policies in place.



### PATTY MILLS

By Aada and Ruby

#### Childhood

Patty Mills was born and raised in Canberra. He was bullied during school from a young age. He started to play basketball for a club his parents made and his love for basketball made an effect on his life.

#### Awards and Achievements

- Youngest Player ever to be selected for the Australian Boomers
- Basketball Australia's Junior Male of the Year
- NAIDOC National Sportsperson of the Year

#### Schools

- Marist College
- Market Regional College
- St Mary's College of California
- Lake Ginninderra College

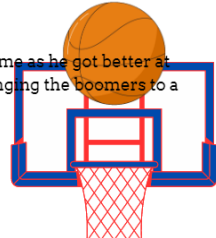
**Patty Mills**  
Patrick Thomas Mills  
D.O.B.: 11-08-1988  
P.O.B.: Canberra  
Patty Mills is infact an only child  
Age: 33  
Patty Mills parents are....  
Yvonne Mills  
Benny Mills

**Patty Mills** was born and raised in Canberra but lives mostly in America.

When **Patty Mills** was young he got gold at the Australian Youth Olympic festival and was the youngest ever player to be called up to the Boomers (mens Aus team). He faced lots of racial discrimination and bullying even though he was so good at **basketball**. Paddy mills was good enough to get ACT NAIDOC sportsperson of the year

when he was young **Cathy freeman** was an inspiration to **Patty Mills** and he was a cross country runner at a younger age - before he played **basketball**.

One of **Patty Mills** challenges was racial bullying which he overcome as he got better at **basketball**. the second one of **Patty Mills** main challenges was bringing the Boomers to a medal which he finally overcame in the 2020 Olympics.



### ISAIAH'S MOTIVATION

" striving for equality is something i want to make a part of who i am and not just for ( people of ) colour but everything " he said

### ISAIAH FIREBRACE

Aboriginal Australian Singer

by Immy and Stella

#### Family

Mother-Gunditjmarra  
Father-Yorta Yorta  
Sister- carly mitchell

Isaiah Firebrace only had one biological sister but was raised among 11 other children.

#### school life

Isaiah firebrace attended st Josephs collage from prep -12 in 2005

#### Personal

Age-24

Birthday-21st of November 1999

born-Portland Victoria

Raised-Moama New South Wales

#### singing life

In 2020 Isaiah performed on the masked singer as the wizard and placed 6th

In 2016 Isaiah performed in the 8th season of x factor and placed 1st

#### TV appearances


Masked Singer  
X Factor

In 2008 Isaiah released his first song keep on loving me and has had many popular hits scince

#### adult life


in 2017 Isaiah published his first book come together

on the 25th of october he was charged with domestic violence



### EDDIE MABO

Presented by Milla and seth



### THE ACHIEVEMENTS AND HIGHLIGHTS

He did, referendum on Indigenous rights in [1967] and the Mabo judgment in [1988]. He established the black community school in Townsville.

In 1970 he became president of the all black school council for the rights of Indigenous people



The fun stuff..



GROVEDALE PRIMARY SCHOOL

# FATHER'S DAY Stall



FRIDAY | 30TH | AUGUST

Gifts are available for students to purchase for \$2, \$3, \$5 and \$6



Please send cash in an envelope to school on the day.

Please write students name and amount on the front of the envelope

maximum of 2 gifts per student.



This is a school event organised by the Parents and Community group. If you would like to be involved in this group please email [grovedale.ps@education.vic.gov.au](mailto:grovedale.ps@education.vic.gov.au)



## GEELONG

### LITTLE HOOPERS

HoopCity U Spalding Little Hoopers is for the early hoopers aged 4-7 years old. It is an introduction to the fun and fundamentals of basketball.

### PREP

Hoop City U Prep is our Introductory level for ages 7-11. Prep classes are tailored for athletes just starting on their basketball journey. Learn the basics of basketball from dribbling, shooting form, passing, team work. Our expert coaches will ensure you develop your basic fundamental skills.

### HCU SILVER U12-18S

Hoop City U Silver is for Junior Development aged 11-16. Silver classes are designed for athletes that have a good foundation of basic basketball skills. This class will include combo moves, shooting drills, timing and spacing concepts along with finishing moves.

## GEELONG

### HOOP CITY U SCHEDULE

#### MONDAYS

- Little Hoopers - 4:30-5:30pm
- Prep - 4:30-5:30pm
- U12s HCU Silver - 6-7pm
- U16s Boys HCU Silver - 7-8pm

#### TUESDAYS

- U14s HCU Silver - 6-7pm

#### WEDNESDAYS

- Little Hoopers - 4:30-5:30pm
- Prep - 4:30-5:30pm
- U12/14s HCU Silver - 5:30-6:30pm
- U16s Girls HCU Silver - 5:30-6:30pm

#### THURSDAYS

- U16s Girls HCU Silver - 6-7pm
- U16s Boys HCU Silver - 6-7pm

#### FRIDAYS

- Prep - 4:30-5:30pm

#### SATURDAYS

- Little Hoopers - 8:30-9:30am
- U12/14s HCU Silver - 9:30-10:30am
- U16/18s HCU Silver - 10:30-11:30am

BOOK VIA THE HOOP CITY APP

Refer to website and app for all timeslots and details



### 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.](#)



### **STUDENT AWARDS:**

Sonia K	FR	For following our iPad expectations and packing them away very carefully.
Estelle M	FR	For having an impressive start to term 3 by eagerly following instructions and our iPad expectations.
Sam W-C	FP	For moving around the classroom safely.
Gracie G	FS	For respecting the personal space of others.
Tommie M	FS	For using his class iPad responsibly and packing it away safely.
Cooper W	FS	For taking care of his class iPad and for being a responsible helper to pack them away.
Olivia B	12A	For using strategies that help her and others around to her engage in amazing learning.
Eloise O	12A	For always demonstrating the values of kindness through your words and actions towards others.
Noah C	12C	For making safe choices in the classroom and listening to teacher instructions
Monique B	12C	For using our ready to learn scale after recess and lunch to show how you are feeling.
Diesel F	12T	For using a strategy from his ready to learn plan to keep him and others safe.
Isabelle S	12T	For making safe choices in the classroom and listening to teacher instructions
Donte T	12W	For making positive choices in classroom activities. We can see you are trying hard!
Andie K	12W	always making choices that keep yourself and others safe and ready to learn.
Asha B	34B	For always making choices that keep yourself and others safe and ready to learn. !
Linc H	34B	For using our classroom equipment and resources correctly and safely during learning activities.
Tayer K	34D	For always being safe when using our classroom equipment and resources during learning activities
Oliver J	34D	For always using ICT equipment and resources correctly.
Shaia B	34F	For always following iPad expectations and being willing to plug them in without being asked.
Willoughby B	34F	For walking during transitions in the classroom.
Ava W	34R	For always demonstrating calm and respectful behaviour in the classroom.
Arlo J	34R	For always making safe choices in the classroom and schoolyard.
Gloria T	56B	For always moving around the school yard safely and appropriately.
Ebony K	56B	For always being a safe student in the classroom and the yard.
Sofia P	56N	For being a safe and considerate friend and classmate.
Ethan McN	56N	For being safe and thoughtful when interacting with others in the classroom and sport.
Emily S	56U	For being a safe member of our classroom.
Zaiden K	56U	For being safe when using classroom equipment.
Phoebe C	56W	For being a safe and thoughtful friend and classmate.
Mia H	56W	For interacting with her friends and classmates in a safe and considerate way.



### **PRINCIPAL AWARDS:**

Clem J	56	For always demonstrating safety at school, showing respect and being a role model for others.
Anabelle B	34	For consistently demonstrating safety within all areas at school, you are a wonderful role model to your peers.
Aleyna G	12	For always setting an example to others on how to be safe and calm in and out of the classroom.
Maia G	Prep	For treating everybody with kindness and striving to do her best every day.

# Bits and Pieces



## RAISING EMOTIONALLY INTELLIGENT CHILDREN

How can we raise emotionally intelligent children whilst not passing on our own baggage and wounds?

So much of how we parent has got to do with how we were raised and the messages we interpret to be true. Raising our children in this modern age with compassion and empathy can be hard, especially in this fast-paced stressed world in which we live.

Join Lael Stone as she gives parents and educators tips and insights into how we can raise emotionally aware children with boundaries, humour, and love.

Key points of Lael's talk:

- What is Emotional Intelligence?
- Navigating big feelings.
- Limits and boundaries.
- Creating cooperation.
- Parents, imprints, and why we get triggered.



**TUESDAY 30 JULY**

7.00pm–8.30pm

### VENUE

OneHope Centre  
4–32 Province Boulevard,  
Highton

### BOOKINGS

Scan the QR code  
This is a free event but bookings are essential.



CITY OF GEELONG

## LOST PROPERTY—ALL ITEMS AT THE FRONT OFFICE

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

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



## 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 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)



Book online at [VillageOSHC.com.au](http://VillageOSHC.com.au) | Book 24 hours in advance for the best price!



We're inviting children of all ages to spring into a fantastic Outside School Hours Care service with VillageOSHC!

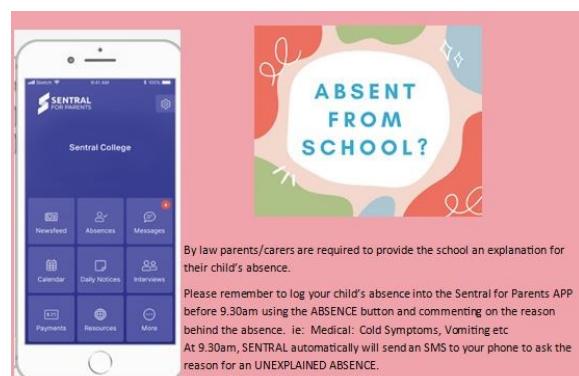
Join us in Term 3 as we head outside and get active for the spring, eat delicious healthy snacks, and make new lasting friendships over the term!



Check out these wonderful photo examples of the creative work children do in our service every day!

Enjoy VillageOSHC's affordable and convenient service while you work, study or attend to personal commitments!

Spring into action!  
Enrol and Book at [VillageOSHC.com.au](http://VillageOSHC.com.au) today!

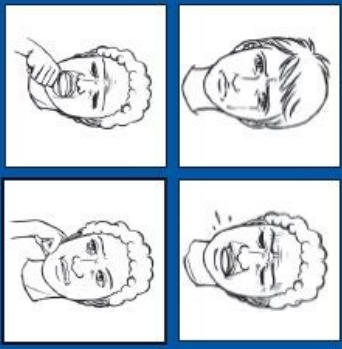
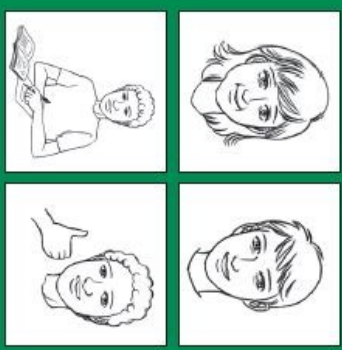
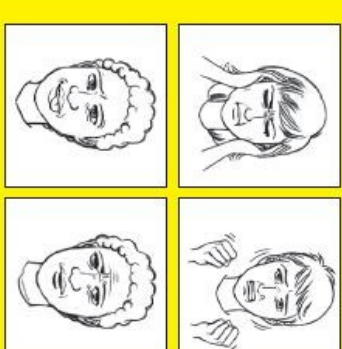
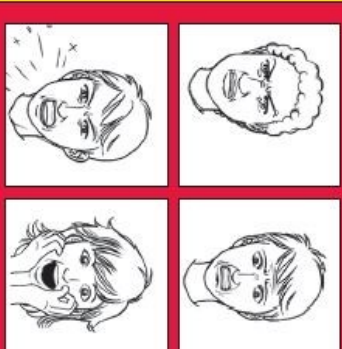


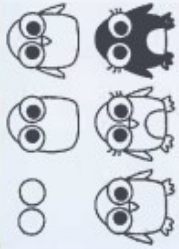
By law parents/carers are required to provide the school an explanation for their child's absence.

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><b>BLUE ZONE</b></p> <p>Sad Sick Tired Bored</p> <p>Moving Slowly</p>	 <p><b>GREEN ZONE</b></p> <p>Happy Calm Feeling Okay Focused</p> <p>Ready to Learn</p>	 <p><b>YELLOW ZONE</b></p> <p>Frustrated Worried Silly/Wiggly Excited</p> <p>Loss of Some Control</p>	 <p><b>RED ZONE</b></p> <p>Mad/Angry Terrified Elated/Ecstatic Devastated</p> <p>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-uken/triple-p/](http://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 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	
<b>To express your interest for the following programs please contact Regional Parenting Service</b>				
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	
<b>To express your interest for the following programs please contact MELI</b>				
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</p> <p>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	