



## Newsletter: 5 Thursday 19 September 2024

### Vision:

*Our school empowers all students to embrace learning, achieve their personal best while developing their emotional, social and physical wellbeing, and through this make positive contributions to the community.*

WELSHPOOL AND DISTRICT PRIMARY SCHOOL No: 5396

### Staff Professional Development

Over the last couple of weeks staff have had a number of learning opportunities. Chloe and I had the opportunity to attend SPPIKE training. This is a 5 day live in, professional development broken into 3 days this term and 2 days next term. The program focuses on cultural awareness and connection. Throughout the program we are challenged with our own beliefs, judgments and perceptions. We are asked to question the processes and procedures within our schools. We look at connection to each other, our students, our families, our community. Days were long (8:30am – 8:30pm) but highly engaging and thought provoking. We look forward to sharing some of our thinking during term 4.

Our Education Support staff have had the opportunity to undertake some learning with Anushka from the Student Support Service team. They were focusing on phonics and the theory behind the learning, as well as what this looks like in a classroom.

Georgia and Chloe spent a day with Ange Rogers undertaking training around place value (Numeracy). They looked at assessment and analysing data for student next steps. This work supports the Numeracy professional development all staff undertook last year focusing on the Big Ideas of Maths.

### End of term wrap up

Can you believe that we are at the end of another term? It again has been another busy term with change of staff and staff on leave, fun and games with the Olympics, numerous staff professional development days, author incursions, Grade 6 and incoming Prep transition days, book week and Book Fair, dress up days and quality teaching and learning. The truth is, even though it is busy we love it and can't wait to do it all again next term. Enjoy the break, rest up and get ready for the final term of the year.

### Upcoming dates for the calendar

**Friday 20th September**

PJ day

Last day term 3 2.30 finish

**Monday 7th October**

Term 4 starts

**Monday 14th October**

2025 Prep transition starts

**Tuesday 15th October**

School Council

**Monday 4th November**

Curriculum Day No students

TheirCare operational

**Tuesday 5th November**

Melbourne Cup Public Holiday

**Wednesday 6th—Friday 8th November**

Grade 3/4 Rumbug Camp

**Thursday 7th November**

Grade P/1/2 Sleepover

**Friday 8th November**

Early home Grade P/1/2

**Tuesday 12th November**

School Council

**Monday 9th—Friday 13th December**

School swimming program

**Wednesday 18th December**

Christmas Celebration Port Welshpool

**Thursday 19th and Friday 20th December**

Curriculum Days

Staff first aid training and planning

TheirCare operational

As always, if you require anything please do not hesitate to contact us, either via the office or directly to the classroom teacher.

**Gabrielle Boyd**  
Principal  
Little School, Big Heart



Web: <http://www.welshpoolps.vic.edu.au>  
Email: [welshpool\\_ps@education.vic.gov.au](mailto:welshpool_ps@education.vic.gov.au)  
Address: 5960 South Gippsland Highway, Welshpool Vic 3966  
Phone: 03 56881460 Mobile: 0428 444 292  
Direct Deposit Details: BSB 633-000 Account No: 156869083 Bendigo Bank Toora

# WDPS Looking ahead 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
T3 WEEK 10	16	17	18 Adam Wallace virtual Author visit	19 Newsletter	20 PJ Day LAST DAY OF TERM 3 2.30 dismissal
T4 WEEK 1	<u>October 7</u> START TERM 4	8	9	10	11 OT
T4 WEEK 2	14 Prep transition	15 School Council Meeting	16	17 Newsletter	18
T4 WEEK 3	21 Prep transition	22	23	24	25 OT
T4 WEEK 4	28 Prep transition	29	30	31 Newsletter	<u>November 1</u>
T4 WEEK 5	4 CURRICULUM DAY	5 PUBLIC HOLIDAY	6	7 PREP & GRADE 1/2 SLEEP	8 OT Early home Grade P/1/2
			GRADE 3 AND 4 CAMP RUMBUG		
T4 WEEK 6	11 Prep transition	12 School Council Meeting	13	14 Newsletter	15
T4 WEEK 7	18 Prep transition	19	20	21	22 OT
T4 WEEK 8	25 Prep transition	26	27	28 Newsletter	29

## REMINDER TO PARENTS, ENTERING ABSCENCES ON COMPASS .

If a student is **absent** from school, please ensure you make the appropriate entry on Compass with the relevant code applicable. Unexplained absences must be identified.

If a student is **late**, parents are required to sign them in on the Ipad in the office and hand the printed slip to the classroom teacher or office admin, for role marking.



# Compass notification

## Grade 3 & 4 Rumbug Camp

An event, Grade 3 and 4 Rumbug camp, has been created in Compass.

Families are asked to log onto Compass and approve this camp.

Please note that the cost for Rumbug is \$349 and money will be payable prior to camp.

Families have the option to use CSEF, any credits on account, pay in full or set up payment instalments. Please let Sandra know if you would like to use CSEF, any credits on account (if applicable), or set up instalments.

All money must be paid through the office and not through Compass (Compass pay).

Any questions or concerns please contact us asap.



**For the month of September. We would like to wish the following students a HAPPY BIRTHDAY !!**

**Nhiam,  
Charlie, Jazza**

# P/1 Classroom



Term 3 complete!

Well-done to all P/1 students for their flexibility this term with having Mrs Southwell then back to Mrs Wade. We also had lots of different events and activities throughout the term which made some days very different to the usual routine.

It has been great to see the growth and learning throughout this term. Congratulation P/1! Have a safe and restful break. I can not wait to see what term 4 brings us.

Mrs Wade



## SPPIKE

The SPPIKE training that Gabbi and myself attended was a very different type of professional development. The training was a real challenge on your own personal thoughts, feelings and emotions towards culture, beliefs and perceptions. The aim of the professional development is to promote positive cultural awareness and how we go about doing so in the school environment. The program was hosted by 2 facilitators, Mark Corrie and Toby Adams. During the 3 days we engaged with a range of thought-provoking activities, always with the same thought of 'how does this impact our students at WDPS or how can we support our students at WDPS with this information'.

We have come away from this training with fresh perspectives as well as a school-based project. The school-based project is something that both myself, Gabbi and staff look forward to working on in term 4 with all the students.



# 2/3 Classroom



Over the last week students in 2/3 have been reviewing their learning goals across literacy and numeracy. It has been wonderful to celebrate the learning success that they have achieved so far.

The last two weeks we have been very busy with a range of visitors and incursion occurring. Thursday 5<sup>th</sup> the P-3 students had Josh visit from the Melbourne Museum with the Dinosaurs... traces of the past incursion. Josh brought along a range of dinosaur bones, fossils and replicas. He spoke to students about dinosaurs and the process that occurs when a fossil is made.

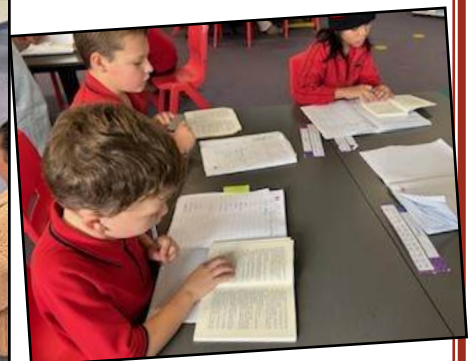
On Friday 6<sup>th</sup> our Grade 3 students were fortunate enough to have a visit from Josh again with the Robots on the road incursion. During this students were able to engage with robots and iPad and learn about programming and coding.

We have also had RUOK? Day, footy colours day and an online visit from Adam Wallace.

We hope everybody has a relaxing break and we can't wait to see you all next term.

If you have any concerns and wish to discuss anything, please don't hesitate to contact us in person or via email.

Mrs Round and Ms Allan



# 4/5/6 Classroom

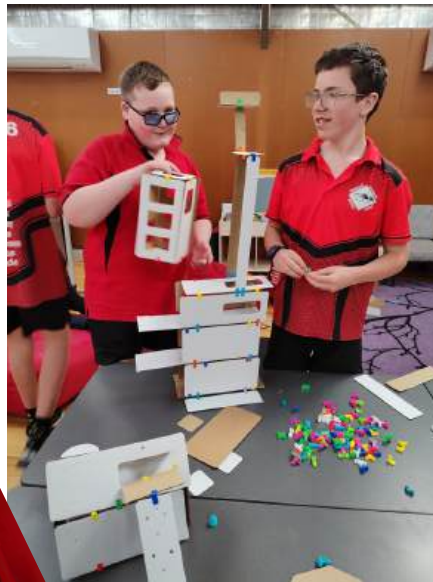


It feels like this term has just flown by! The students have enjoyed the range of fun and exciting activities this term, including the WDPS Olympics day, the Potato Olympics, science incursions, author incursions/webinars and sports events to list a few.

Over the course of this term, it has been really pleasing to see the efforts that the grade 4,5 and 6 students have made to continue to grow as learners. Notable highlights this term include students listening to and acting upon feedback on their writing pieces, as well as the work with the Resilience Project and the conversations that have resulted from these lessons. There have also been several students who have made significant progress with their reading levels this term, which has reflected their hard work in reading lessons.

Great work this term 4,5,6 class. I am looking forward to a busy final term for 2024!

Mr Moore







Last Thursday 12<sup>th</sup> our school took part in RUOK? Day. The annual campaign is a national day of action highlighting the importance of meaningful conversations.

Throughout the week students learnt about the importance of focusing on your own wellbeing and checking in on those around us. Students learnt about the different ways to ask if someone is okay and the different steps involved in having a conversation about it.

As a whole school students also visited the different businesses in our community to check in and ask how they were doing. Students gifted each business with a small bunch of flowers and a range of letters they had written earlier in the week.



**really**  
**Are they OK?**  
**Ask them today**      **Have a conversation using these 4 steps**

1. Ask R U OK?
2. Listen with an open mind
3. Encourage action
4. Check in

How are you travelling?

I'm here to listen if you want to talk more.

Have you spoken to your doctor about this?

Just wanted to check in and see how you're doing?

**RUOK?**  
A conversation could change a life.

Find more tips at [ruok.org.au](http://ruok.org.au)



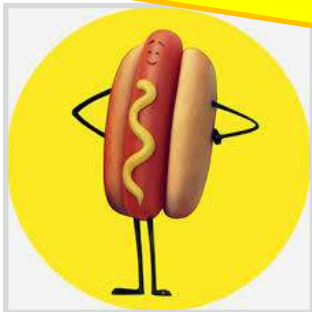
## Parents & Friends Association (PFA)

Have a great break everyone, see you all next term.

Lisa Van Kuyk



**HOTDOG  
WEDNESDAY  
ORDERS IN BY  
WEDNESDAY  
9AM**



**URGENT**  
**VOLUNTEERS NEEDED**  
**In order to continue our  
Hotdog Wednesdays we  
are desperately needing  
more volunteers.**  
**If you can assist us with any of  
the dates for the upcoming term  
please make contact with Lisa  
Van Kuyk or the school office.**

### SCHOOL HOTDOG ROSTER Term 4

October:  
Wed 9th  
Wed 16th—Sandra  
Wed 23rd—Linda  
Wed 30th—Sandra  
November:  
Wed 6  
Wed 13—Sandra  
Wed 20  
Wed 27—Sandra  
December:  
Wed 4  
Wed 11—Sandra



### WDPS HOTDOG ORDER FORM



NAME: \_\_\_\_\_

	Description	\$	QTY	Total \$
Hotdog		\$2.00 ea		
Drink	Choc/Straw/Plain Milk	\$1.50 ea		
	Juice Box	\$1.50 ea		
Icy Poles	Various Flavours	\$0.50 ea		
				\$





## WELSHPOOL & DISTRICT PRIMARY SCHOOL

5960 South Gippsland Highway, Welshpool Vic 3966 Phone: 03 5688 1460

ABN 25 484 307 847

Email: [welshpool.ps@education.vic.gov.au](mailto:welshpool.ps@education.vic.gov.au)

Website: <http://www.welshpoolps.vic.edu.au>

---

Dear parents and carers,

In Term 4, 2024, families with a child enrolled in a government school from Prep to Year 12 in 2025 will receive the one-off \$400 School Saving Bonus.

The \$400 School Saving Bonus provides families with support for education-related costs, such as school activities and/or school uniforms and textbooks.

The School Saving Bonus is not available for full-fee international students, home schooled students, TAFE students and students attending kindergarten in 2025.

### Actions for parents and carers

Before 18 October 2024, the Department of Education is asking parents and carers to:

- **Complete enrolment:** If your child, or children are changing government school for Term 1 2025, or starting Prep or Year 7 in 2025. For more information, read about [Enrolling in School](#).
- **Check your contact information:** Ensure your email address and phone number is up to date with us. You can check this information by contacting us directly.

We need to ensure your contact information is up to date as the Department of Education will email you twice:

- in October, to verify your email address
- in November, with your \$400 School Saving Bonus.

Please check your junk mail regularly to make sure you do not miss an important email.

To learn more about the School Saving Bonus, refer to the attached [School Saving Bonus Information sheet for government school parents and carers](#) or visit [vic.gov.au/school-saving-bonus](http://vic.gov.au/school-saving-bonus).

# School Saving Bonus

## Information for government school parents and carers

### About the School Saving Bonus

The Victorian Government is making life that little bit easier for families by providing a one-off \$400 School Saving Bonus.

This support will help cover the cost of school uniforms, textbooks, and school activities like camps, excursions and sports.

The School Saving Bonus is in addition to existing and continuing means-tested supports for Camps, Sports and Excursions Fund (CSEF) and the Affordable School Uniforms Program.

The School Saving Bonus will be provided to schools and families in Term 4, 2024.

### Who receives the School Saving Bonus

The School Saving Bonus is available for parents and carers of all Victorian government school students from Prep to Year 12 in 2025, except for full-fee international students, home schooled students, TAFE students and students attending kindergarten in 2025.

### Actions for parents and carers

Parents and carers of children who meet the School Saving Bonus eligibility above are required to do the following by Friday 18 October 2024:

- **Complete enrolment**

If your child, or children are changing government school for Term 1 2025, or starting Prep or Year 7 in 2025, please complete enrolment. For more information, read about [Enrolling in School](#).

- **Check your contact information**

Ensure your contact information is up to date with your school. You can check this information by contacting your school directly.

### Accessing the \$400 School Saving Bonus

You do not need to apply for the School Saving Bonus.

The Department of Education will email you in November 2024 with your \$400 School Saving Bonus. You will be able to access it via an online system.

You can decide how to best use the School Saving Bonus for your family's needs. You can choose how to allocate the \$400 in the online system.

The bonus can be used towards 2025 school costs, which may include:



- camps, trips, excursions and incursions
- swimming and sporting programs
- outdoor education programs
- graduations
- school uniforms
- textbooks.

The bonus can be used at your school's approved textbook or uniform suppliers either in-store or online, or through State Schools' Relief. The list of suppliers may include a school uniform or bookshop. Any amount that you choose to allocate to textbooks and uniforms will be valid until 30 June 2025. It will then transfer to your child's school account for future activities.

Funds will roll over for use in future years if it is not all spent in 2025.

### **Families with more than one eligible child**

Families who have more than one child at the same school can combine their School Saving Bonus payments to use on one child, or for a specific activity. So, for example, a family with 3 children who are all government school students would receive support to the value of \$1,200 and choose how they spend those funds. The School Saving Bonus cannot be combined across different schools.

### **More information**

To learn more about the School Saving Bonus visit [vic.gov.au/school-saving-bonus](https://vic.gov.au/school-saving-bonus). Translated information will also be available on the School Saving Bonus website in the next few weeks.

# SCHOOL NURSING NEWSLETTER



## FREE HEALTH, WELLBEING & DEVELOPMENT CHECKS FOR PREP STUDENTS

The Primary School Nursing Program is a free health and wellbeing service offered to all Victorian students in their first year of school. The program aims to assist with the early identification of children with potential health, wellbeing or development concerns which may impact on their education and offers screening which may include:

- Hearing
- Vision
- Speech
- Dental
- Motor Skills
- Behaviour & social skills

The Primary School Nurse also provided advice, information & other health & support services



### 1 FINDING THEIR VOICE: SPEECH DEVELOPMENT

Communication skills are the building blocks for success. Engage in conversations with your child and encourage them to express themselves verbally. Reading aloud together and singing songs are fun ways to boost speech development!

### SCHOOL HEALTH PLANS

DO YOU HAVE YOUR CHILD'S HEALTH PLANS READY FOR SCHOOL?  
Allergies & eczema plans available at [www.allergy.org.au](http://www.allergy.org.au)  
Asthma plans are available at [www.asthma.org.au](http://www.asthma.org.au)  
Please discuss your plans with your Family Doctor and once completed give a copy to your school.



VISITING SCHOOL NURSE DETAILS:  
Judy Bright  
M 04 38 32 3512  
[judith.bright@education.vic.gov.au](mailto:judith.bright@education.vic.gov.au)

### 3 SWEET DREAMS: THE POWER OF SLEEP:

Did you know that adequate sleep is essential for your child's growth and development? Here are some tips to help your child drift into restful slumber: maintain a consistent bedtime routine, create a calm and cozy sleep environment, limit screen time before bed, and ensure they get plenty of physical activity during the day. By following these simple steps, you'll help your child develop a healthy sleep pattern that will benefit them for years to come. Sweet dreams!



### 4 EMBRACING EMOTIONS: EMOTIONAL REGULATION:

Help your child understand and manage their feelings in a positive way. Encourage your child to express feelings through words or creative activities like drawing. Teach deep breathing exercises and model healthy emotional responses. Create a safe space for open conversations about their day. With patience and understanding, we can help our children grow into resilient, confident individuals.



### 5 SAY CHEESE! ORAL HEALTH MATTERS:

Healthy teeth and gums are essential for overall well-being. Make brushing and flossing a fun and interactive experience. Limit sugary snacks and beverages, and don't forget to schedule regular dental check-ups to keep those smiles sparkling bright!



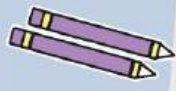
### 2 CLEAR VISION FOR BRIGHT FUTURES

Healthy eyesight is essential for your child's academic success and exploration of the world around them. As parents, we can support their vision by encouraging breaks from screen time and facilitating outdoor play, giving their eyes the rest they need to thrive. It is recommended for all children commencing school to have an eye check at the optometrist. These assessments are typically free with a Medicare card at any optometrist. To find your nearest optometrist and book an appointment, visit [www.optometry.org.au](http://www.optometry.org.au).

**Latrobe Community Health Service Dental Clinics** are located in Morwell, Moe, Churchill & Warragul & provide dental services for all children ages 0-17 years.

Eligible children can access free dental treatment up to the value of \$1,013 over two years at Latrobe Community Health Service community dental clinics. Families receiving Family Tax Benefit Part A, Disability Support Pension or other relevant Australian Government payments are eligible. The Federal Government will cover the cost. For children aged 12 years and below, dental treatment is free.

Anglicare/Parentzone parenting courses- (03) 51 359 555 or [parentzone.org.au](http://parentzone.org.au)  
Poisons information- 13 11 25  
Parentline- 1300 30 1300  
Homelessness assistance 1800 825 955  
<http://homelessness.vic.gov.au/population-child>  
LCHS Dental Service: 1800 242 696



National Continence Helpline 1800 33 00 66  
LCHS continence nurse: 1800 242 696  
SafeSteps Family Violence support: 1800 015 188 or [www.safesteps.org.au](http://www.safesteps.org.au)  
Food Security: [www.foodsecurity.org.au](http://www.foodsecurity.org.au)  
Royal Children's Hospital- 8345 5522  
The Orange Door: 1800 319 354



# Primary School Nursing Program

## School Entrant Health Questionnaire



The Primary School Nursing Program is a free health and wellbeing service offered to all Victorian students in their first year of school.

The program aims to assist in the early identification of children with potential health, wellbeing or development concerns which may impact on their education and offers screening which may include:



Hearing



Vision



Speech



Dental



Motor skills



Behaviour and social skills

The Primary School Nurse also provides advice, information and referrals to other health and support services.

Information about the Primary School Nursing Program, including how to access and complete the School Entrant Health Questionnaire, will be sent home soon.

# Primary School Nursing Program

## School Entrant Health Questionnaire

The Primary School Nursing Program is a free health and wellbeing service offered to all Victorian students in their first year of school.

The program aims to assist in the early identification of children with potential health, wellbeing or development concerns which may impact on their education and offers screening which may include:



Hearing



Vision



Speech



Dental



Motor skills




Behaviour and social skills

The Primary School Nurse also provides advice, information and referrals to other health and support services.

Information about the Primary School Nursing Program, including how to access and complete the School Entrant Health Questionnaire, will be sent home soon.

I'm fundraising for




NATIONAL  
**Pyjama Day**

Please join us on 20<sup>th</sup> of September (last day of term) for Pyjama Day.  
Wear your comfiest and cosiest PJ's for the day!  
We are raising funds for out of home care children.  
Gold coin donation.

**Upcoming...**



**ROADIES Day Trips!**




13 - 17 YEARS OLD

	<b>Monopoly Dreams!</b> • Melbourne CBD	SEP <b>14</b>
	<b>Wetlands Mini Golf!</b> • Wheelers Hill	SEP <b>25</b>
	<b>Twisted Science!</b> • Moorabbin	OCT <b>12</b>
	<b>Phillip Island Go Karts &amp; Chocolate Factory!</b> • Phillip Island	NOV <b>09</b>
	<b>Holey Moley &amp; Arcade!</b> • Moorabbin	DEC <b>14</b>

NDIS Plan charges apply!

Interchange Gippsland  
1300 736 765  
admin@icg.asn.au

**Dive into fun and fitness this summer**




**Discover the joy of swimming**

The Corner Inlet Swimming Club would like to welcome new and existing families to the start of our 2024 training season. Come down to the Toora Swimming Pool for some fun, fitness and friendly competition. Members are offered accessible training to improve their technique and fitness, all while having fun in the pool.

**WHO:** Our club is open to anyone who is confident in swimming 2 laps of the pool in 3 different types of strokes and is aged 7 years +

**WHEN:** Monday's from 5:30pm  
Friday's from 4:00pm



**Join us today!**

 [DolphinsGSC@gmail.com](mailto:DolphinsGSC@gmail.com)  
 Free - 0407 354 618  
 Dolphins - Corner Inlet Swimming Club

**COACH**



# ADAM WALLACE



**On 18th September Adam will be virtually visiting our school to talk to students about reading and writing. This is a fantastic opportunity to learn even more about the practices of professional authors and how they write the interesting and engaging stories we love.**

**To order go to: [www.lamontauthors.com.au](http://www.lamontauthors.com.au) and select "Buy our Author's Books". All orders must be completed by 29th September 2024. Please note: These books will not be available to be signed.**





Parentzone delivers parent and carer education sessions to further enhance your skills and support your needs as a caregiver. All programs are completely free, ranging from 6 weekly sessions to 1 off sessions. Programs are delivered either online or in person and support all ages and stages of parenting. Please see a list of the programs we will deliver in term 4.

**PROGRAM NAME**

- Dads Matter
- Parenting After Separation
- Working Towards Reconnection
- Tuning into Teens
- Raising Resilient Kids and Tweens
- Tuning into Kids
- Bringing up Great Kids
- Dealing with feelings
- Emotion Focused Parenting
- Calm Parents, Happy Kids
- Managing Challenging Behaviour
- Setting Boundaries
- Communication
- Sibling Rivalry
- Dealing with Transitions

To See full details of the programs please click the following link  
<https://www.anglicarevic.org.au/about-us/newsletters/gippsland-parentzone-term-4-2024/>

For more information or to discuss our programs please contact us on: (03) 5135 9555 or email [parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)



# ParentZone Gippsland

## Term 4 Newsletter 2024

Information on programs to support parents and carers across Gippsland

E: [parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)  
 M: PO Box 959 Morwell Vic 3840  
 P: (03) 5135 9555



BETTER TOMORROWS

## How can ParentZone Support you

At ParentZone we offer all carers and parents a space to develop and strengthen their parenting skills while creating positive changes in their family. We provide free parenting groups, workshops, resources, and training to all parents and caregivers across the Gippsland region. Our skilled and experienced facilitators tailor education programs to enhance your family. This is done by using evidence informed frameworks such as Parents Building Solutions, Breaking the Cycle, Small talk and many more. ParentZone programs support all ages and stages, from newborns to teenagers. Our programs address the challenges faced by parents including family violence and development milestones. For more information or to discuss our programs please contact us on:

[parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)  
 P: (03) 5135 9555

## Frequently Asked Questions

**How do I register?**

Simply scan the individual QR code on the flyer of your chosen session OR enter the unique MS forms code into your internet browser OR contact ParentZone directly on 03 5135 9555 or [parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au).

**Do the sessions cost?**

All ParentZone facilitated sessions are completely FREE of charge.

**What if I can't make all of the sessions?**

To gain the full learning and support from programs we suggest you attend all sessions. However, we understand that illness and life happen, we do have a requirement in order to receive a certificate of completion you attend a minimum of 4 of the 6 sessions.

**What technology do I need for online sessions?**

Our online session use the ZOOM platform, you will need a device that is compatible with a working camera and microphone.

**Do I have to keep my camera on?**

Yes, there is a requirement that your camera is on, this allows the facilitator and other participants to see one another. All our programs are designed to be interactive sessions with parent participation encouraged.

**Are the sessions recorded?**

No, our sessions are not recorded. This is to protect the privacy of participants as the sessions are interactive and each program is designed to cover topics to meet your parenting needs.

**Can my partner or support person attend as well?**

Yes, anyone who can support your parenting is welcome to attend.

**Can you diagnose my Child?**

No, ParentZone offers general parenting advice and education we can suggest some referral pathways or services to contact for specialised direction and advice.



## Program Overview

Please see full flyers for program description and links to enrolment.

PROGRAM NAME	DURATION	PAGE NUMBER
Dads Matter	6 Weeks online	Page 4
Parenting After Separation	3 Weeks in Person	Page 4
Working Towards Reconnection	6 Weeks in Person	Page 5
Tuning into Teens	6 Weeks online	Page 6
Raising Resilient Kids and Tweens	6 Weeks online	Page 6
Tuning into Kids	2 locations	Page 7
Bringing up Great Kids	6 Weeks online	Page 8
Dealing with feelings	3 Week in person	Page 8
Emotion Focused Parenting	6 Weeks online	Page 9
Calm Parents, Happy Kids	6 Weeks online	Page 9
Managing Challenging Behaviour	Single Session online	Page 10
Setting Boundaries	Single Session in person	Page 10
Communication	Single Session online	Page 10
Sibling Rivalry	Single Session online	Page 11
Dealing Transitions	Single Session online	Page 11

For more information or to discuss our programs please contact us on:  
[parentzone.gippsland@anglicarevic.org.au](mailto:parentzone.gippsland@anglicarevic.org.au)  
 P: (03) 5135 9555







### Dads Matter

These 6 sessions discuss parenting strategies, share experiences and develop your relationship and connection with your child, in a supportive environment with other dads.

We aim to:

- Increasing your confidence as a parent.
- Improve your communication and connection to your children.
- Create a healthy environment based on understanding boundaries.
- Learn how to cope with stress, emotions, and anger.
- Give you time to connect with other dads.

**When:** Monday 7th October - Monday 11th November  
**Time:** 4:00pm-6:00pm  
**Where:** ZOOM

To Register Click the link or scan the code  
<https://forms.office.com/r/TKC129WSqf>



### Parenting After Separation

Are you finding it difficult to navigate your child's feelings and behaviour after separation?

Would you like to:

- Learn how to best support your children through separation?
- Learn ways to better deal with your emotions and theirs?
- Build communication skills for the future, for yourself and your children?
- Develop strategies to manage your children's behaviour
- Develop self-care strategies to help you through this period.

**When:** Wednesday 27th November -Wednesday 11th December  
**Time:** 10:00am - 2: 00pm  
**Where:** 190 Commercial Road Morwell 3840

To Register Click the link or scan the code  
<https://forms.office.com/r/pX96eL4A3X>



**PARENTZONE**



### Working Towards Reconnection

Often Parent groups are not designed for those who are currently not providing full time care or are living without their children. For whatever reason your parenting journey has been interrupted and you may be working towards reconnection, re-establishing a parenting relationship, reconnecting after separation, or parenting at a distance for an extended time.

We understand this can raise many deep emotions from guilt, shame, resentment and grief, while also feeling fear and anxiety about how to cope once you are back in the full-time parenting role.

Working Toward Reconnection looks at these emotions in a safe, judgement free and proactive space.

We look at:

- You as the parent
- How to re-establish connection.
- Self-care.
- Practical parenting strategies.
- Communication and connection.
- Emotion coaching and regulation.

This 6-week program gives you the space and opportunity to work through parenting goals that will enhance your parent child relationship focusing on empowering you to reconnect with your child.

**When:** Thursday 31st October - Thursday 5th December  
**Time:** 10:30am - 12:30pm  
**Where:** 190 Commercial Road Morwell 3840

To Register Click the link or scan the code  
<https://forms.office.com/r/3Qxdp4pW0T>



**PARENTZONE**



### Tuning into Teens

Parenting program that teaches parents skills to help their teens begin to understand and regulate their emotions.

Tuning into Teens is an evidence-based program designed to support parents and caregivers emotionally tune into their teenagers. We work towards giving you a better understanding of your teen's behaviours, emotions, and reason why their brains are designed to challenge you at certain times!

We look to improve communication, managing emotions, conflict and challenging behaviours in a program designed to support you as caregivers.

**When:** Tuesday 15th October - Tuesday 26th November  
1 week gap due to Melbourne Cup day holiday  
**Time:** 1:30pm-3:30pm  
**Where:** ZOOM

To Register Click the link or scan the code  
<https://forms.office.com/r/fbsyKIW0Va1>



### Raising Resilient Kids and Tweens

This Parents Building solutions program is recommended for parents and carers of children aged 8-12 years of age.

During this 6-week program, learn parenting strategies to improve your relationship with your tween and teen. Teach your child the skills of resilience to bounce back from life's challenges while you improve communication and connections with your tween or teen. Understand why young people behave the way they do and learn to establish boundaries with your tween or teen along with effective ways to deal with anger and anxiety.

**When:** Tuesday 22nd October - Tuesday 26th November  
1 week gap due to Melbourne Cup day holiday  
**Time:** 11:30am - 1:30pm  
**Where:** ZOOM

To Register Click the link or scan the code  
<https://forms.office.com/r/RKa1zpg0g4>



**PARENTZONE**



### Tuning Into Kids

Emotionally intelligent parenting For parents of children Aged 3-12 Years.

Tuning into Kids is an evidence-based program designed to support parents and caregivers emotionally tune in and support their children.

We work towards giving you a better understanding of your children, yourself, and improve communication, managing emotions, conflict, and challenging behaviours.

Would you like tips and strategies to:

- Better understand and communicate with your child?
- Help your child learn to manage their emotions and deal with conflict?
- Manage challenging behaviours?
- Parent anxious children?
- Raise resilient children?

Children with emotional intelligence:

- Have greater success with making and keeping friends
- Show improved concentration at school
- Have fewer illnesses.

**When:** Monday 14th October - Monday 18th November  
**Time:** 10:30am - 12:30pm

**Where:** Leongatha Healthcare Building (opposite the main hospital building) 14 Koonwarra Rd, Leongatha VIC 3953

To Register Click the link or scan the code  
<https://forms.office.com/r/ds1CSdgJRs>



OR

**When:** Friday 25th October - Friday 29th November  
**Time:** 12:00pm - 2:00pm  
**Where:** ZOOM

To Register Click the link or scan the code  
<https://forms.office.com/r/dLAp9dnQ4>



**PARENTZONE**





## Bringing up Great Kids

Recommended for parents and carers of children aged 2-10 years of age.

Bringing up Great Kids (BUGK) parenting program is a mindful parenting program which gives parents the skills to slow down and respond to children in a calm and relaxed manner, leading to less stress in their lives and positive changes in their children's behaviour.

The BUGK program supports parents as they explore what influences their parenting practices, and the messages their passing onto their children.

**When:** Wednesday 16th October - Wednesday 20th November  
**Time:** 12:30pm - 2:30pm  
**Where:** ZOOM

To Register Click the link or scan the code  
<https://forms.office.com/r/m7uP427VXq>



## Dealing with Feelings

Do you or your children have difficulty in expressing feelings in appropriate ways. Are there challenges when communicating or even greeting each other? Does your child often seem anxious, angry, frustrated, jealous or sad?

This program looks at positive responses to this parenting challenges, improved communication and understanding of your children's emotions and development and how to create a harmonious home life.

**When:** Monday 25th November - Monday 9th December  
**Time:** 10:00am - 2:00pm  
**Where:** 190 Commercial road Morwell

To Register Click the link or scan the code  
<https://forms.office.com/r/rNZce0JFvX>



**PARENTZONE**



## Emotion Focused Parenting

For parents and carers with children in primary school and into year 7.

During this 6-week program we discuss the complexities facing parents trying to get children to school and staying there for the day. Discussions such as separation anxiety, social development, and inclusion, how to work with and build on your child's resilience. Work on effective communication and positive reinforcements and dealing with your own feelings and stressors regarding this challenging time.

These are interactive sessions with parents and caregivers who all understand the position you are in.

**When:** Wednesday 16th October - Wednesday 20th November  
**Time:** 10:00am-12:00pm  
**Where:** ZOOM

To Register Click the link or scan the code  
<https://forms.office.com/r/86rqKVJ0by>



## Calm Parents, Happy Kids

Ideal for those caring for children aged 3-13 years.

During this program we delve into understanding your parenting styles, how to embrace and develop your parenting skills in an inclusive, understanding and supportive environment.

We discuss topics such as: Working with child development stages and the changes to behaviours that come with them.

Behaviour and discipline.  
How to get children to listen without yelling.  
Communication and feelings.  
Creating family agreements.  
Helping to manage and understand feelings, and problem solving.

**When:** Tuesday 22nd October - Tuesday 26th November  
1 week gap due to Melbourne Cup day holiday  
**Time:** 9:30am - 11:30am  
**Where:** ZOOM

To Register Click the link or scan the code  
<https://forms.office.com/r/Xnwx67pYZj>



**PARENTZONE**



## Single sessions

### Managing Challenging Behaviours

Throughout this session, parents will gain a better understanding as to why challenging behaviours occur and learn strategies to deal with them. Parents will look at how to communicate better and explore ways to stay connected with their child.

**When:** Thursday 17th October  
**Time:** 12:00pm-2:00pm  
**Where:** ZOOM

To Register Click the link or scan the code  
<https://forms.office.com/r/DFGyNt1bQ5t>



### Setting Boundaries

This session will support parents with strategies to help their children bounce back from adversity. Parents will learn how to support their child to cope with change and deal with anger and anxiety. Explore ways to improve communication and meet other parents also wanting to raise resilient children.

**When:** Wednesday 23rd October  
**Time:** 12:30pm- 2:30pm  
**Where:** 190 Commercial Road Morwell 3840

To Register Click the link or scan the code  
<https://forms.office.com/r/mUZGhPcCnH>



### Communication

This session is designed to improve communication across the family. Develop strategies to listen without judgment. Help your child learn to problem solve. Make safe choices and build stronger connections.

**When:** Wednesday 11th December  
**Time:** 10:30am- 12:30pm  
**Where:** ZOOM

To Register Click the link or scan the code  
<https://forms.office.com/r/D1smZfdpHC>



**PARENTZONE**



## Sibling Rivalry

Has sibling rivalry made your home a battleground? If so, come along to this 2-hour session to work through ways to support your children communicate effectively, make better choices, establish consistent positive rules, consequences, boundaries and support good relationships. Help your children to deal with issues and problem solve effectively giving them a skill for life.

**When:** Wednesday 4th December  
**Time:** 12:30pm- 2:30pm  
**Where:** ZOOM

To Register Click the link or scan the code  
<https://forms.office.com/r/TDacc7sily>



## Dealing with Transitions

Have you noticed your child needs time to process and cope with transitions. How to understand what children are telling us and respond effectively. Explore ways of communicating with your child so they will listen.

**When:** Wednesday 6th November  
**Time:** 9:30am- 11:30am  
**Where:** ZOOM

To Register Click the link or scan the code  
<https://forms.office.com/r/mar68tDYWB>



**PARENTZONE**