



## Principal's Address

**Dear parents and caregivers,**

That's a wrap for Term 3! We look forward to the adventures that Term 4 always delivers with graduation proceedings and end-of-year happenings.

### Swimming

Swimming lessons will commence next term in Week 3, on 24th October. Swimming lessons are an essential part of every child's learning, particularly as so many homes have swimming pools and it is a common part of Australian culture to go to the beach. Traditionally, we have high numbers of students attending. Please consider continuing this tradition and ensuring your child receives this vital education. Forms were sent home this week.

### Faction Athletics Carnival

A huge thank you and congratulations to Mr Edgelow for a very successful carnival. There is an enormous amount of preparation required for this event; thank you also to all staff who spent the year-level sports time reinforcing the games and skills required as well as ensuring students were placed in their correct events.

Students conducted themselves with admirable behaviour, adhering to our school values. Thank you to our student leaders and faction captains who assisted all staff.

Lastly, congratulations to those students who were awarded runner-up and champion medallions as well as Mr Clyne for his incredible cheerleading skills.



### PBS Reward Day

Eligible students had an amazing time at either the circus skills (PP-Year 6) or Farmyard on Wheels (Kindy). Thank you to Ms Rule for organising these special events for our wonderful students.

Enjoy your holidays and come back safe and sound on Tuesday, 11th October!

### Next Term

Next term students return on Tuesday the 11th of October.

Ashburton Drive Primary School  
6 Nullagine Way Gosnells Wa 6110

Phone: 9234 6300

[AshburtonDrive.PS@education.wa.edu.au](mailto:AshburtonDrive.PS@education.wa.edu.au)

### School Hours

Monday - Friday

8.45am - 2.45pm

Recess: 10.55am - 11.15am

Lunch: 1.15pm - 1.45pm

Final Bell: 2.45pm

### Dates To Remember

#### 11th October

- Students Resume

#### 17th October

- Wildlife Incursion - Green Block

#### 21st October

- Assembly - Room 9
- Office Display - Room 14
- Newsletter - Room 13
- Colour Run

#### 24th October

- Swimming PP-Yr 6 - 24th October - 4th November
- Diwali - (Hindu and Sikh Festival of Lights)

#### 27th October

- Interschool Athletics Carnival

#### 28th October

- World Teacher Day

**Positive Behaviour Support Focus Term 4 Week 1 & 2 is “Eat in the Right Areas”**

Week One and two of Term 4 the focus of our PBS lessons (Positive Behaviour Support) is to “Eat in the right areas” and was taken from our focus area of Show Care and Respect by Yerdarap. Please support us by discussing this with your children and encouraging them to 'Eat in the right areas' both at home and school.

**Avenues for Information**

There are so many school events taking place this term. Please stay up to date with the latest information by ensuring you are connected to Connect. Both the Primary School and P&C are on Facebook, please find us there for updates and notices. The school website can be found at <https://www.ashburtondriveps.wa.edu.au/>

Kind Regards  
Heather Fallo  
Principal

**Hoodwinked**

HOODWINKED NEWS!  
"Hear ye, hear ye!" Its time to get excited! Our Musical Theatre students are working hard to produce the fabulous, Out of the Ark, Hoodwinked musical for you in Term 4.  
It's all happening - lines are being rehearsed, songs are being sung and dances are being choreographed each week.  
The school choir has just joined the production, so we now have a cast of 70 children ranging from Year 2-6! What a wonderful opportunity for our students. Dates are almost confirmed - stay tuned!

Ward regards,  
Nel Ranasinghe  
Music Teacher



**School Chaplain News**

# Unconditional Love

Tell them you love them and do it often

- Tell them they are loved simply because they are your child.
- Your love needs to be unconditional even when you disagree.
- Even when they've behaved badly tell them you love them.
- Set a goal to never end the day without letting you child know they are loved.
- Surprise them sometimes by telling them you love them when they don't expect it.
- Write how you feel in cards, notes, emails and text messages for them.



More information: [thefatheringproject.org](http://thefatheringproject.org)

# Term 4 Parent Planner



## Ashburton Drive Primary School Term Planner: Parent Term 4, 2022



Week	Monday <i>10 October</i>	Tuesday <i>11 October</i>	Wednesday <i>12 October</i>	Thursday <i>13 October</i>	Friday <i>14 October</i>
<b>1</b>	<b>Staff PD Day</b>	<b>Students Resume</b>		Kindy	Kindy
<b>2</b>	<i>17 October</i> Green Block - Wildlife Incursion	<i>18 October</i>	<i>19 October</i> * Kindy	<i>20 October</i> Kindy	<i>21 October</i> * Kindy * Assembly – Room 9 * Office Display – Room 14 * Newsletter – Room 13 * Colour Run
<b>3</b>	<i>24 October</i> * Swimming PP-6 * 24 <sup>th</sup> October - Diwali (Hindu and Sikh festival of lights)	<i>25 October</i> Swimming PP-6	<i>26 October</i> *Swimming PP-6 *Astronomy Night 5.30pm-8.30pm (SEECs STEM)	<i>27 October</i> * Kindy * Swimming PP-6 * Interschool Athletics Carnival (Small Schools, Langford)	<i>28 October</i> * Kindy * Swimming PP-6 * World Teacher Day
<b>4</b>	<i>31 October</i> * Swimming PP-6	<i>1 November</i> * Swimming PP-6 * Jumpstart Kindy Orientation Program	<i>2 November</i> * Kindy * Swimming PP-6	<i>3 November</i> * Kindy * Swimming PP-6	<i>4 November</i> * Kindy * Swimming PP-6 * Newsletter - Room 4
<b>5</b>	<i>7 November</i> <u>Rehearsal</u> Hoodwinked - Lumen Christi College	<i>8 November</i> * Jumpstart Kindy Orientation Program	<i>9 November</i> Hoodwinked Public show - Lumen Christi College	<i>10 November</i> *Kindy * Hoodwinked Public show - Lumen Christi College	<i>11 November</i> * Kindy * Assembly – Room 6 * Office Display – Unit 2 * Remembrance Day
<b>6</b>	<i>14 November</i>	<i>15 November</i> * Jumpstart Kindy Orientation Program * First Aid Incursion Year 1 & 2 Strickland Block -Wet area	<i>16 November</i> * Kindy * World Go home on time day * Kindy Orientation - External	<i>17 November</i> Kindy	<i>18 November</i> * Kindy * Newsletter – Room 2
<b>7</b>	<i>21 November</i>	<i>21 November</i> * Jumpstart Kindy Orientation Program	<i>23 November</i> *Kindy Orientation – Internal	<i>24 November</i> Kindy	<i>25 November</i> * Kindy * Office Display – Room 9
<b>8</b>	<i>28 November</i>	<i>29 November</i> * Jumpstart Kindy Orientation Program	<i>30 November</i> * Kindy	<i>1 December</i> *Kindy * SRC hosting inter-primary school STEM competition	<i>2 December</i> * Kindy * Newsletter – Room 14 * STEM Fair * School Disco
<b>9</b>	<i>5 December</i>	<i>6 December</i>	<i>7 December</i>	<i>8 December</i> Kindy	<i>9 December</i> * Kindy * Year 6 Graduation * Office Display – Room 13
<b>10</b>	<i>12 December</i>	<i>13 December</i> * Endeavour Award Assembly – Music Items	<i>14 December</i> * Kindy * Reports go home * Pre-Primary Graduation * Kindy PB - Water Play Day * P-6 PB Water Fun	<i>15 December</i> * Kindy * Graduation Year 6 Assembly * Newsletter – Graduation * Last day of term 4 * 18 <sup>th</sup> December Hanukkah (begins - Jewish celebration)	<i>16 December</i> <b>Staff PD Day</b>

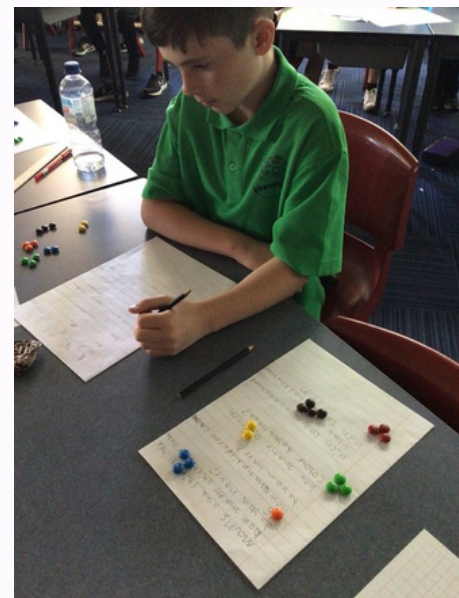
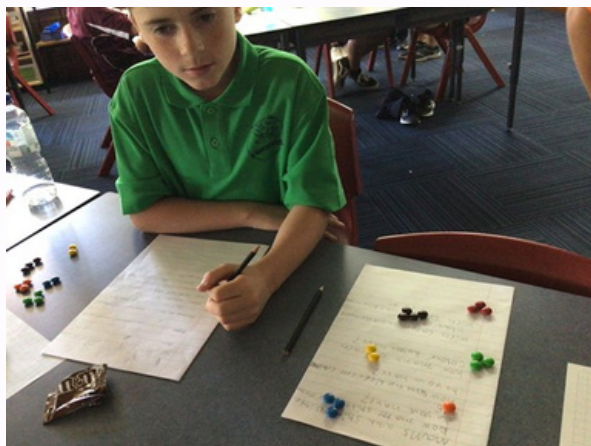
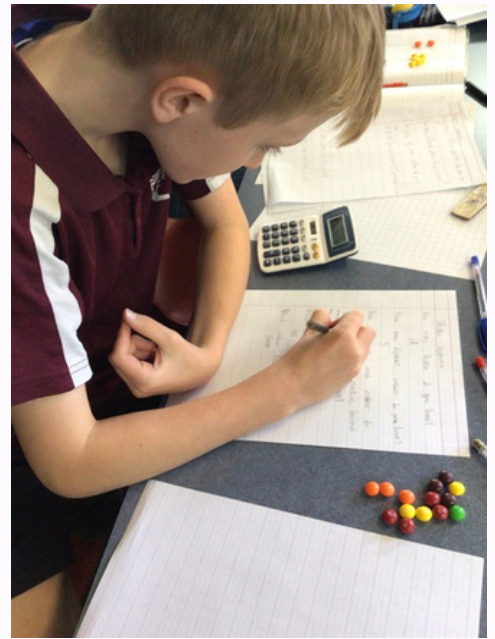


# Room 17 & Room 18

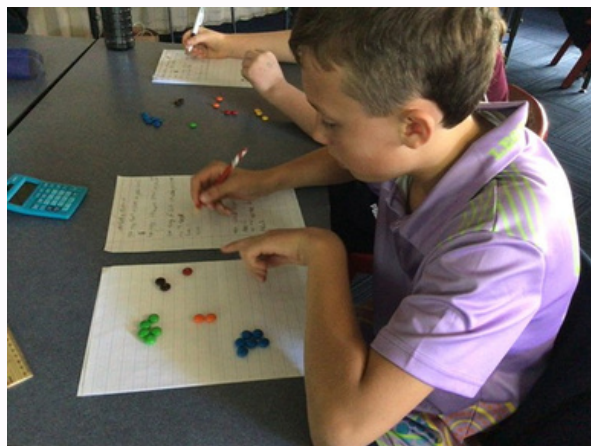
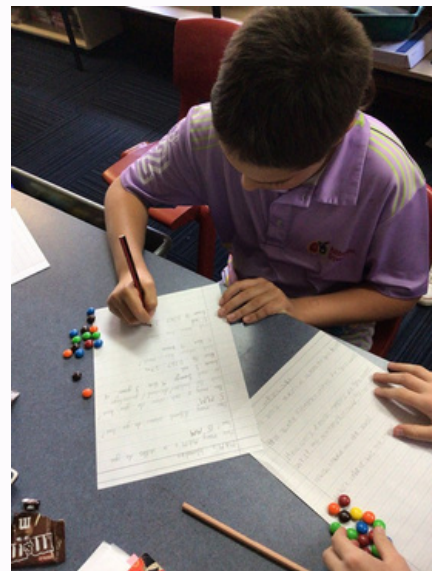
## MATHS INVESTIGATION & CHALLENGES

Over the past three weeks in room 17, students have had the pleasure of working together with Miss Morgan & Mr Goltman during Maths lessons. They have learned about adding money, giving change and budgeting.

This week they have learned about Probability. It was fun finding the probability of how many different coloured M&M's or Skittles were inside a small packet. They counted how many there were, put the information into a tally and then drew up a graph to show their results. Then of course they ate their M&M's and skittles at the end!







## Mini golf models

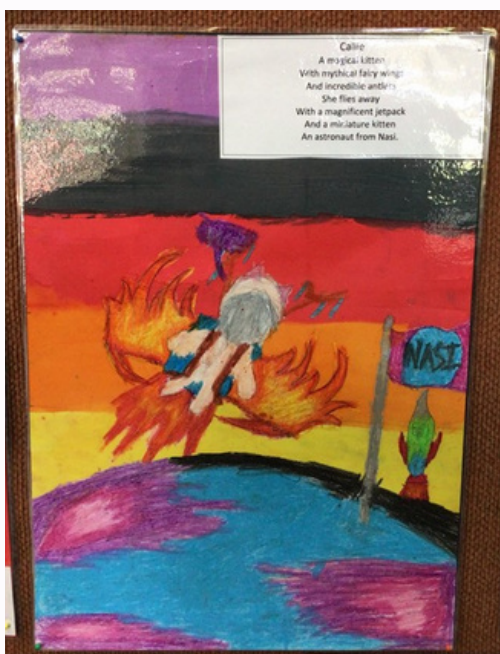
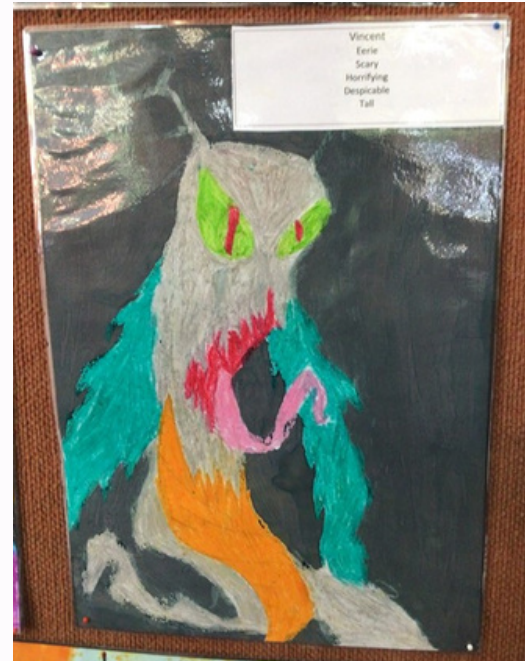
Room 18 had to complete a challenge. The challenge was to make a model of a mini golf course with specific measurements. It had to have a total area of between 5-7 square metres, 70% of its surface needed short grass, some straight lines, a flag hole and a novelty item.





# ART

We created our own mythical creatures as part of our Talk4Writing lessons with Miss Morgan.





# Merit Certificate Winners - Term 3 Week 10

Esma

Zack

Jaxon

Jye

Heath

Nevaeh

Riley

Nate

Haze

Dekota

Harper

Jaeden

Claire

Kohu

Lamija

Japnoor

Chucky

River

Elise

James

Brianna

Jett

Charlie

Emily

Nysha

Silvia

Jai

Samuel

Jarir

Antony

## Green Block



## Strickland Block



## Draffen Block



## Medallions



We hope everyone had a great day at the Sports Carnival and well done to De Grey on the win!!

## Fundraising

We would like to take the opportunity to again thank Bunnings Maddington & Jesson's Flower for their generous gifts for our Father's day raffle it was very generous!



We are excited to announce we are planning a disco and Christmas raffle for Term 4. So keep an eye out for the information to come out!

Please follow us on Facebook for updates.

The P&C would like to say thank you and enjoy your retirement to Judy, we will miss you so much!!

Thank you

Yvonne

P&C Secretary



## Community News

### TREK2School Study



All students in Year 5 and 6 AND their parent/carer are invited to participate in an important research study

Researchers at the Telethon Kids Institute and the University of Western Australia are working with the Department of Transport to understand **how and why children in years 5-6 travel to school and what they see and experience along the way.**

By completing an online survey, all students in Years 5 and 6 and their parent/carer will have the opportunity to provide valuable information about traffic, parking and road safety in your community, helping to inform future transport initiatives and programs.

A **Study Information Pack** will be sent to all parents/carers of students in Years 5-6 shortly.

#### WHAT'S INVOLVED?

- All students in Years 5-6 will be invited to complete **one confidential 30-minute online survey** at school during class time.
- Parents/carers of students in Years 5-6 will also be invited to complete **one confidential 20-minute online survey** at home.
- Students may choose to participate in the student survey without a parent/carer participating in the parent/carer survey and vice versa.**

#### WHO IS CONDUCTING THE RESEARCH?

This study is being led by the Telethon Kids Institute and the University of Western Australia in partnership with the Department of Transport. A summary of the research findings will be provided to your school.

#### WHAT ARE THE NEXT STEPS?

Simply complete the **yellow consent form** within the **Study Information Pack** you will receive shortly and return it to the school's Front Office by the due date.

To maximise the quality of the research it is important that as many students in Years 5-6 and parents/carers complete the survey as possible.



Approval to conduct this research (2021/ET000413) has been provided by the University of Western Australia, in accordance with its ethics review and approval procedures. Any person considering participation in this research project, or agreeing to participate, may raise any questions or issues with the researchers at any time. In addition, any person not satisfied with the response of researchers may raise ethics issues or concerns, and may make any complaints about this research project by contacting the Human Research Ethics Office at the University of Western Australia on (08) 6488 3703 or by emailing [hreo@uwa.edu.au](mailto:hreo@uwa.edu.au). All research participants are entitled to retain a copy of any information form and/or consent form relating to this research project.

This project has also met the policy requirements of the WA Department of Education.

**FUN & FREE SCHOOL HOLIDAY ACTIVITY!**

Get up close and personal with the animals with our friends from Protection of the Earth & Wildlife Association.

**MEET THE NATIVE ANIMALS**

Tuesday 27 September - Saturday 1 October

10am-2pm daily  
Located outside Target

### Maddington Little Athletics New 2022/2023 Season Starting

<b>Family, Fun &amp; Fitness</b> Athletes can compete in a range of different events including distance running, sprints, walks, hurdles, long jump, high jump, javelin, shot put and discus. We cater for all different fitness levels and abilities and welcome everyone. We compete with the Gosnell centre at Langford Oval, every Saturday morning from 7:45am.	<b>Registration Info</b> Registration is for a twelve-month period that includes both the summer season (October - March) and the optional winter season (May - August) for athletes from age 5 through to 17. Fees per athlete are \$200.00, discounts apply for more than one child per family. Kilgorts vouchers are available for families who are eligible. We offer 2 training sessions to try for free before you register.	<b>Club Training Days</b> Training Days Tuesdays and Thursdays 4:30-6:30pm Training Venue Harmony Fields, Attock st, Maddington Pre-Season Training Start Date Thursday 22nd of September 2022 First competition Starts 15 <sup>th</sup> of October 2022
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**For more information**

Maddington-Little-Athletics-Club

Brenda 0423653144

[brenda1375@bigpond.com](mailto:brenda1375@bigpond.com)



### South East Metro Parenting Support Service

Workshops for Parents and Carers of children 0-18 years living in the South-East Metro

#### Term 4 Parenting Program

September	October
<b>Young Active Parents Program</b> <b>Tuesday</b> <b>27 September - 20 December 2022</b> <b>9.30am - 11.30am</b> Communicare 28 Cecil Avenue Cannington <b>Bookings:</b> parenting@communicare.org.au <a href="https://yapp2022.eventbrite.com.au">https://yapp2022.eventbrite.com.au</a>	<b>Introducing Solids to your Baby</b> <b>Wednesday</b> <b>12 October 2022</b> <b>9.30am - 10.30am</b> Serpentine Jarrahdale Community Recreation Centre Mead Street Byford <b>Bookings:</b> parenting@communicare.org.au <a href="https://intro2solids.eventbrite.com.au">https://intro2solids.eventbrite.com.au</a>
<b>Mindfulness and Self-care</b> <b>Friday</b> <b>14 October 2022</b> <b>9.30am - 12.00pm</b> Woodlupine Family Centre 88 Hale Road Forrestfield <b>Bookings:</b> parenting@communicare.org.au <a href="https://Mindfulness_14022.eventbrite.com.au">https://Mindfulness_14022.eventbrite.com.au</a>	<b>Circle of Security Parenting</b> <b>Mondays</b> <b>17 October - 5 December 2022</b> <b>12.30pm - 2.00pm</b> Online Program (Zoom) <b>Bookings:</b> parenting@communicare.org.au <a href="https://COSP_24Online.eventbrite.com.au">https://COSP_24Online.eventbrite.com.au</a>
<b>1-2-3 Magic and Emotion Coaching</b> <b>Mondays</b> <b>17 - 31 October 2022</b> <b>12.30pm - 2.30pm</b> East Maddington Child and Parent Centre 79 Pritchford Avenue (opposite 171 Westfield Street) East Maddington <b>Bookings:</b> cpceastmaddington@centrecare.com.au	<b>Let's Talk Toddlers</b> <b>Tuesday</b> <b>18 October 2022</b> <b>9.30am - 11.30am</b> Manning Community Centre Early Years Room 2 Conochie Crescent Manning <b>Bookings:</b> parenting@communicare.org.au <a href="https://Toddlers_181022.eventbrite.com.au">https://Toddlers_181022.eventbrite.com.au</a>

November	December
<b>Kids and Anxiety</b> <b>Tuesday</b> <b>22 November 2022</b> <b>9.15am - 11.15am</b> Kelmscott Primary School River Road Kelmscott <b>Bookings:</b> parenting@communicare.org.au <a href="https://kidsandxiety_kps.eventbrite.com.au/">https://kidsandxiety_kps.eventbrite.com.au/</a>	<b>Transition to High School</b> <b>Thursday</b> <b>24 November 2022</b> <b>12.30pm - 2.00pm</b> East Maddington Child and Parent Centre 79 Pritchford Avenue (opposite 171 Westfield Street) East Maddington <b>Bookings:</b> cpceastmaddington@centrecare.com.au
<b>5 Love Languages of Children</b> <b>Thursday</b> <b>24 November 2022</b> <b>3.30pm - 5.00pm</b> Lesmurdie Library 21 Reid Road Lesmurdie <b>Bookings:</b> parenting@communicare.org.au <a href="https://5lovelanguages_241122.eventbrite.com.au/">https://5lovelanguages_241122.eventbrite.com.au/</a>	<b>Protective Behaviours</b> <b>Monday</b> <b>12 December 2022</b> <b>9.30am - 11.30am</b> Online Program (Zoom) <b>Bookings:</b> parenting@communicare.org.au <a href="https://protectivebehaviours121222.eventbrite.com.au/">https://protectivebehaviours121222.eventbrite.com.au/</a>

December	January
<b>Let's Talk Toilet Training</b> <b>Thursday</b> <b>8 December 2022</b> <b>1.30pm - 3.00pm</b> Forrestfield Public Library 3 Salix Way Forrestfield <b>Bookings:</b> parenting@communicare.org.au <a href="https://letstalktoilettraining_081222.eventbrite.com.au/">https://letstalktoilettraining_081222.eventbrite.com.au/</a>	<b>Let's Talk Toilet Training</b> <b>Thursday</b> <b>17 November 2022</b> <b>12.30pm - 2.00pm</b> East Maddington Child and Parent Centre 79 Pritchford Avenue (opposite 171 Westfield Street) East Maddington <b>Bookings:</b> cpceastmaddington@centrecare.com.au

All workshops are provided free to parents and carers living in the South-East Metro area.

October	November
<b>Circle of Security Parenting</b> <b>Tuesday</b> <b>18 October - 6 December 2022</b> <b>6.30pm - 8.30pm</b> Online Program (Zoom) <b>Bookings:</b> parenting@communicare.org.au <a href="https://cosp_18oct.eventbrite.com.au/">https://cosp_18oct.eventbrite.com.au/</a>	<b>Circle of Security Parenting</b> <b>Wednesday</b> <b>19 October - 7 December 2022</b> <b>9.30am - 11.00am</b> Serpentine Jarrahdale Community Recreation Centre Mead Street Byford <b>Bookings:</b> parenting@communicare.org.au <a href="https://cosp_14byford.eventbrite.com.au/">https://cosp_14byford.eventbrite.com.au/</a>
<b>Circle of Security Parenting</b> <b>Wednesday</b> <b>19 October - 7 December 2022</b> <b>9.30am - 11.30am</b> Belmont Community Hub 23 Wright Street Cloverdale <b>Bookings:</b> parenting@communicare.org.au <a href="https://cosp_belmont_191022.eventbrite.com.au/">https://cosp_belmont_191022.eventbrite.com.au/</a>	<b>Autism in the Early Years</b> <b>Developing my Child's Independence</b> <b>Friday</b> <b>21 October 2022</b> <b>9.30am - 12.00pm</b> Communicare 28 Cecil Avenue Cannington <b>Bookings:</b> <a href="https://www.autism.org.au/event/">https://www.autism.org.au/event/</a>
<b>Little Sprouts</b> <b>Tuesdays</b> <b>25 October - 22 November 2022</b> <b>9.30am - 11.30am</b> Victoria Park Community Centre 248 Gloucester Street East Victoria Park <b>Bookings:</b> parenting@communicare.org.au <a href="https://littlesprouts_251022.eventbrite.com.au/">https://littlesprouts_251022.eventbrite.com.au/</a>	<b>The Power of Play</b> <b>Supporting your child's intellectual, emotional, social, and physical development.</b> <b>Thursday - 27 October 2022</b> <b>9.30am - 11.30am</b> Communicare 28 Cecil Avenue Cannington <b>Bookings:</b> parenting@communicare.org.au <a href="https://thepowerofplay_271022.eventbrite.com.au/">https://thepowerofplay_271022.eventbrite.com.au/</a>
November	December
<b>Tuning in to Kids</b> <b>Wednesdays</b> <b>2 November - 7 December 2022</b> <b>9.30am - 11.30am</b> Riverton Library 67 Riley Road Riverton <b>Bookings:</b> parenting@communicare.org.au <a href="https://tuningintokids_021122.eventbrite.com.au/">https://tuningintokids_021122.eventbrite.com.au/</a>	<b>ADHD Info Session for Parents</b> <b>Self-care and Stress Management</b> <b>Thursday</b> <b>3 November 2022</b> <b>9.30am - 12.00pm</b> Online Program (Zoom) <b>Bookings:</b> parenting@communicare.org.au <a href="https://adhdselfcarestress_031122.eventbrite.com.au/">https://adhdselfcarestress_031122.eventbrite.com.au/</a>

#### Workshop Overviews


<b>All About Adolescents (1-session program)</b> <b>For parents and carers of young people 8-18 years</b> Parenting adolescent boys and girls can be a challenging experience. It is a time of huge social and emotional changes for them, and for parents. This introductory program aims to provide parents and carers an understanding of the various aspects of adolescent boys and girls, and provide effective strategies to assist in supporting both parent and child. <b>Autism in the Early Years: Developing my Child's Independence (1-session program)</b> <b>For parents and carers of children 0-6 years</b> This workshop will cover the following topics: <ul style="list-style-type: none"> <li>Understanding why everyday self-care skills can be hard for a child with ASD.</li> <li>Teaching strategies for all skills.</li> <li>Tips for specific skill areas (e.g. eating, sleeping, toileting etc).</li> </ul>	<b>Circle of Security Parenting (8-session program)</b> <b>For parents and carers of children 0-5 years</b> At times all parents feel lost or without a clue about what our child might need from us. The Circle of Security Parenting program looks beneath behaviour to make sense of what your child is really asking from you. It provides a 'map' to help better read your child's needs, understand your child's emotional world, support your child's ability to successfully manage emotions, build their self-esteem, support their need to build new skills and strengthen the relationship you have with your child. <b>Food Sensations® for Children (5-session program)</b> <b>For parents and carers with at least one child under 5 years</b> Join Foodbank WA's university qualified nutritionists for a free, hands-on and fun healthy eating and cooking program. Enjoy getting to know other parents and take home free recipe books, a shopping bag, 'Let's Feed the Family' parents' guide and kids healthy eating plate. <ul style="list-style-type: none"> <li>Healthy eating for children aged 0-5 years</li> <li>Tips for making mealtimes less stressful</li> <li>Lunchboxes, label reading and food safety</li> <li>Feeding the family on a budget</li> <li>Quick, easy, delicious, low cost recipes</li> </ul> Parents are required to bring along their child to the free creche. Children will join the parents at the end of the session to share a healthy meal. <b>5 Love Languages of Children (1-session program)</b> <b>For parents and carers of children 0-12 years</b> Each child expresses and receives love through one of five different communication styles. This introductory course assists parents and caregivers to discover their child's primary language and provides skills in conveying unconditional feelings of respect and affection. Based on 'The Five Love Languages of Children' by Gary Chapman and Ross Campbell MD.
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November	December
<b>All About Adolescents</b> <b>Thursday</b> <b>3 November 2022</b> <b>6.30pm - 8.00pm</b> Woodlupine Family Centre 88 Hale Road Forrestfield <b>Bookings:</b> parenting@communicare.org.au <a href="https://AllAboutAdolescents.eventbrite.com.au">https://AllAboutAdolescents.eventbrite.com.au</a>	<b>Grow them Up</b> <b>Friday</b> <b>4 - 11 November 2022</b> <b>9.30am - 11.30am</b> Communicare 28 Cecil Avenue Cannington <b>Bookings:</b> parenting@communicare.org.au <a href="https://growthemup_041122.eventbrite.com.au/">https://growthemup_041122.eventbrite.com.au/</a>
<b>ADHD Peer Support for Parents</b> <b>Thursday</b> <b>10 November 2022</b> <b>9.30am - 11.00am</b> Communicare 28 Cecil Avenue Cannington <b>Bookings:</b> parenting@communicare.org.au <a href="https://ADHDPeerSupport_101122.eventbrite.com.au">https://ADHDPeerSupport_101122.eventbrite.com.au</a>	<b>Food Sensations® for Children</b> <b>Thursday</b> <b>17 November - 15 December 2022</b> <b>9.15am - 12.00pm</b> Communicare 28 Cecil Avenue Cannington <b>Bookings:</b> parenting@communicare.org.au <a href="https://foodsensations_171122.eventbrite.com.au/">https://foodsensations_171122.eventbrite.com.au/</a>
<b>Let's Talk Toilet Training</b> <b>Thursday</b> <b>17 November 2022</b> <b>9.30am - 11.30am</b> John McCraith Hall 97 Hensman Street South Perth <b>Bookings:</b> parenting@communicare.org.au <a href="https://toiletting_171122.eventbrite.com.au/">https://toiletting_171122.eventbrite.com.au/</a>	<b>Let's Talk Toilet Training</b> <b>Thursday</b> <b>17 November 2022</b> <b>12.30pm - 2.00pm</b> East Maddington Child and Parent Centre 79 Pritchford Avenue (opposite 171 Westfield Street) East Maddington <b>Bookings:</b> cpceastmaddington@centrecare.com.au
<b>Raising Children in a Digital world</b> <b>Thursday</b> <b>18 November 2022</b> <b>4.00pm - 5.30pm</b> Meering Lakes Family Centre 104 Edney Road High Wycombe <b>Bookings:</b> parenting@communicare.org.au <a href="https://raisingchildrenadigitalworld_171122.eventbrite.com.au/">https://raisingchildrenadigitalworld_171122.eventbrite.com.au/</a>	<b>Let's Talk Toilet Training</b> <b>Friday</b> <b>18 November 2022</b> <b>9.30am - 11.00am</b> Forest Lakes Family Centre 39 Towncentre Drive Thornlie <b>Bookings:</b> info@familycentre.com.au or 9493 3322

All workshops are provided free to parents and carers living in the South-East Metro area.

<b>Grow them Up (2-session program)</b> <b>For parents and carers of young people 3-12 years</b> Discover new ways to build knowledge, skills and motivation in your children that help them achieve their goals, build strong relationships with family and friends and make good decisions in different areas of their life. Come and explore with other parents - topics such as increasing capacity in social skills, building strong values & identity, managing money wisely and creating a vision / motivation toward future goals.	<b>Information for Parents of Children with ADHD: Communication (1-session program)</b> <b>For parents and carers of children with ADHD</b> Presented by Complex Attention and Hyperactivity Disorders Service (CAHS) This session looks at the impact stress and challenging behaviours of ADHD can have on the family including: <ul style="list-style-type: none"> <li>Why family self-care is important</li> <li>What are some of the positives and challenges of caring for children with ADHD</li> <li>The body's response to stress</li> <li>Stress management strategies</li> </ul> Participants will come away with a better understanding of the importance of self-care and how you can realistically achieve this for your family.
<b>Introducing Solids to your Baby (1-session program)</b> <b>For parents and carers of babies 0-12 months</b> As babies get older, they need solid food to get enough nutrients for growth and development. Get your questions answered by an experienced Child and Family Health Nurse. Topics include: <ul style="list-style-type: none"> <li>Ready Set Go. Why does timing matter?</li> <li>First Foods. What should I feed my baby?</li> <li>Allergy Prevention. When do I introduce food allergens?</li> <li>Questions &amp; Answers</li> </ul>	<b>Kids and Anxiety (1-session program)</b> <b>For parents and carers of children 3-12 years</b> Whilst some feelings of anxiety can be a normal part of a child's development, an increasing number of children are experiencing high levels of anxiety that are impacting on their everyday life. This workshop aims to assist parents and carers to understand anxiety and will provide simple strategies to use at home. <b>Let's Talk Toddlers (1-session program)</b> <b>For parents and carers of toddlers (18 months - 3 years)</b> This introductory parenting workshop assists parents to better understand their toddler's world. It includes providing practical ideas on how you can meet your child's needs and manage challenging behaviours, whilst building a secure relationship with them.

<b>Let's Talk Toilet Training (1-session program)</b> <b>For parents and carers of toddlers (18 months - 4 years)</b> How and when is the best time to 'take the plunge' into toilet training your child? This is an exciting stage for your toddler - but may fill parents with trepidation! Come and learn how best to approach this process and what skills are needed from you and your child. <b>Little Sprouts (5-session program)</b> <b>For parents and carers of babies 0 - 9 months</b> Have you had a new baby? Join us for a cuppa in a relaxing and welcoming space, to share and learn about your baby's growth and development, along with others who are also on this important journey. Topics and information will include: <ul style="list-style-type: none"> <li>Calming and connecting with your baby through massage</li> <li>Understanding your baby - early brain development</li> <li>Tuning in to your baby - social and emotional development</li> <li>Play with your baby - building brains through play</li> <li>Taking care of you, so you can take care of baby.</li> </ul> <b>Mindfulness and Self-care (1-session program)</b> <b>For parents and carers of children 0-18 years</b> Most of us are hard on ourselves when it comes to parenting. Would you like to learn some mindfulness skills and practices to help you be kinder to yourself? This workshop looks at mindfulness practice and self-compassion, and why they are vital for our well-being. <b>Peer Support for Parents and Carer of Children with ADHD (1-session program)</b> <b>For parents and carers of children 3-12 years</b> Do you have a child with ADHD? Do you often feel overwhelmed by daily challenges? We invite you to come along and meet other families going through similar experiences, exchange ideas and support each other through discussion and sharing. <b>Protective Behaviours (1-session program)</b> <b>For parents and carers of children 3-12 years</b> Equip your child with the language and principles of protective behaviours. These can help children identify unsafe situations and arm them with the tools to either seek appropriate assistance or protect themselves, as you can't be with your children 24 hours a day. <b>Raising Children in a Digital World (1-session program)</b> <b>For parents and carers of children 4-12 years</b> Participants will learn strategies to help them support their children in a digital world including how to best use technology to enhance their child's development, rather than detract from it. This workshop uses research from Telethon Collaborate for Kids. <b>1-2-3 Magic and Emotion Coaching (3-session program)</b> <b>For parents and carers of children 0-12 years</b> Responding to your child's challenging behaviours can be exhausting. This program will help you understand why the behaviour may be occurring, and help you develop appropriate boundaries, as well as provide coaching strategies to help children understand their emotions and how to better manage 'big feelings'.
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<b>The Power of Play - Supporting your Child's Intellectual, emotional, social and physical development</b> <b>For parents and carers of children 0-12 years</b> Play is an essential activity for all children. It gives them the opportunity to develop imagination, problem solving skills and interpersonal skills. But, what does play look like in everyday life and how as parents can we set the scene for a healthy and age appropriate play environment? This workshop will inform parents on the value of play and different, creative ways to interact with their child to support their development. <b>Transition to High School (1-session program)</b> <b>For parents and carers of pre-teens/early teens</b> Moving from primary school to high school is a significant event in a child's life. It often involves new classmates, changing friendships, multiple classes with different teachers, self-directed learning and an increased workload including homework. Children are often also experiencing the changes and challenges related to going through puberty at the same time. This workshop explores the world of an emerging teen and how parents can support them to build confidence, new skills, and resilience in this next stage of their life. <b>Tuning in to Kids (6-session program)</b> <b>For parents and carers of children 3-12 years</b> This workshop aims to help parents teach their children to understand and regulate their emotions. Children with good emotional intelligence often have better emotional, social and physical functioning, as well as fewer behavioural challenges. <b>Young Active Parents Program (Term Program)</b> <b>For parents under the age of 25 years</b> Come and meet other parents in a welcoming atmosphere. Play and learn with your child and enjoy different fun activities each week. A group facilitator will be available each week for further support.	 <p>Working alongside parents and caregivers for the wellbeing and development of their children by recognising and building on their knowledge, strengths and confidence.</p> <p>Communicare Parenting and Families</p>
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