

100 YEARS

1917 - 2017

COBURG WEST PRIMARY SCHOOL

27th July 2018

2018 TERM DATES

Term 1	Wednesday 31 st January – Thursday 29 th March
Term 2	Monday 16 th April – Friday 29 th June
Term 3	Monday 16 th July – Friday 21 st September
Term 4	Monday 8 th October – Friday 21 st December

DATE	ACTIVITY	DETAILS
Wednesday 1 st August	Family maths problem solving night	6-8pm (small Hall)
Wednesday 1 st August	Prep Fire Visit 1	
Thursday 2 nd August	Grade 1/2 Bundoora Wildlife Excursion	
Friday 3 rd August	100 Days of Prep	12:30-1:30pm
Thursday 9 th August	Prep Fire Visit 2	
Monday 13 th August-Friday 17 th August	National Science Week	
	Monday 20 th August-Friday 24 th August is Book Week	
Monday 20 th August	Dress up Day	Dress up in your favourite book character
Monday 20 th August	Government Incursion	Grade 3/4
Monday 20 th August	Pictures and Pages book sale	Refer to flyer for more information
Tuesday 21 st August	Government Incursion	Grade 3/4
Tuesday 21 st August	Pictures and Pages book sale	Refer to flyer for more information
Thursday 23 rd August	Author Visit	Coral Vass
Wednesday 29 th August	SSV Coburg District	
Wednesday 29 th August and Thursday 30 th August	Father's Day Stall	Small Hall
Wednesday 29 th August	Prep Transition session 1	Play and Stay 2.30pm—3.15pm
Wednesday 5 th September	Curriculum Day	Pupil free Day
Thursday 6 th September	Grade 2 Bush Day	8.00am-6.00pm
Friday 14 th September	3/4 AFL Girls Gala Day	Selected students
Wednesday 19 th September-Friday 21 st September	3/4 Camp	Mt Evelyn
Thursday 20 th September	Prep Transition session 2	Introduction to Prep 2019

G'day to the Coburg West Primary School Community. My name is Carmel Lancuba and I am currently filling in for Mr. Colagrande who has taken some Long Service Long. He is currently enjoying the fine weather in Italy and will be visiting Malta in the next couple of weeks.

I would like to thank all the staff, students and parents/carers who have made me feel so welcome from my very first day at Coburg West. I look forward to getting to know as many parents/carers and students as I can over the next six weeks whilst on yard duty, helping out in the classrooms and attending the Games Club each Monday.

Finally, the staff would like to welcome back to all of the students and parents/carers. We hope you all had a safe and relaxing term break and ready to get back into what I have been told a very exciting and productive term 3.

2018 Parent Opinion Survey

The Parent Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted amongst a sample of randomly selected families. It is designed to assist schools in gaining understanding of the community's perception of the school climate, student behaviour and student engagement.

Families have been randomly selected to complete the survey. These families will receive an email including the specific link to the survey. The survey will only be accessible from Monday 23rd July to Sunday 26th August. Once the survey has been completed, the school will receive the results from the survey will and this will contribute to the future goals at Coburg West PS.

Carmel Lancuba
Acting Principal

Canteen

Falafel wraps are no longer available from the Canteen
Sorry for the inconvenience
Please have lunch orders in the day before.
Thankyou.

RESPECT HONESTY ENDEAVOUR FRIENDLINESS
RESPONSIBILITY CO OPERATION

NAME	GRADE	VALUE	AWARDED BY
Oscar H	Prep D	Respect	Nicole Dunn
Nasia	1/2Z	Respect	Ms Zampatti
Sandina C	1/2L	Respect	Ms Blackman
Lucy	1/2M	Respect	Miss Mardesic
Serena	1/2B	Support	Mrs Barling/Ms Stewart
Arzaan	1/2Y	Respect	Miss Youla
Hadley S	1/2E	Respect	Mrs Esposito
Mia B	1/2A	Support	Miss Alderuccio
Noah C	3/4R	Endeavour	Kay Roberts
Aidan D	3/4C	Respect	Ms Currie/Ms Spiteri
Annabelle M	3/4A	Respect	Miss Amerena
Dionne C	3/4F	Co operation	Miss Franco
Hugo D	3/4B	Co Operation	Mrs Pavich/Miss Preston
Milly H	3/4P	Resilience	Miss Emma
Veronica M	5/6B	Friendliness	Ms. Blatti
Cheyenne S	5/6M	Respect	Ms Meagher



To help celebrate this fabulous environmental event we are providing each child at CWPS with a seedling to bring home - to nurture, love, grow - and hopefully plant in your own garden.

Thank you in advance for your support,

The Community and Engagement Team 😊



google: "Coburg West School Community"
<https://www.facebook.com/groups/343163175722450/>

Email: cwpspfa@hotmail.com

Father's Day Stall – Help needed and appreciated

Father's Day stall is coming! Wednesday 29/8/18 and Thursday 30/8/18. Stay tuned for sign-up call for volunteers to assist with running of stall. This is a fun one to be involved with!

Helping with school events is a great way to meet other parents, have fun, learn new skills and contribute to the success of our school. We'd love to see some new faces at the Father's Day stall, volunteering is quick, easy and you can volunteer a few hours to suit your availability.

If you would like to register your interest in assisting please email cwpspfa@hotmail.com, or stand by for the sign-up email. If you're not on the CWSC mailing list, please let us know about that as well, so we can make sure you don't miss out!

Next event

SHORE RESERVE SHOWDOWN

Parent's Footy Fundraiser – from 1pm Sunday 5th August @ Shore Reserve

This event is for everyone, there will be a BBQ & bar, coffee made by Old Faithful Café & Coburg West family-owned Good Times, Face painting, hair spray, cake stall, YMCA & AFL activities. Even if you're not playing, please come on down.

What are we called?

We will announce the winner of the competition to name our team at assembly on Monday 30th. We will make them an honorary players card to commemorate their achievement!

We need volunteers & there are spots for parents & for kids!!!!

Sign up here <http://signup.com/go/HdwSWXw>

- Face painters – we are talking simple school colours
- Hair sprayers – again school colours
- Ticket bothers – they pay, you give them a ticket
- Snag turners – to both cook, sell & serve
- Cake Stall – servers

- Clean up crew – leaving it how we found it
- Match Day official – keeping the law & order
- Goal umpire – kids shift (put your name down & enter kids name in WWCC field)
- Boundary umpire – kids shift (put your name down & enter kids name in the WWCC field)
- Runners – kids shift (put your name down & enter kids name in the WWCC pass on messages to the players form the coach
- Time keeper – so the exhausted players can finish the match
- Score keeper – can you be honest & impartial – this job is for you!

Get your bake on!

Want to get involved with the Shore Reserve Showdown but not sure how? Got a great cake, slice, biscuit recipe up your sleeve?

Heads up - we'll be asking for baked donations for the cake stall to be held as part of the great interschool showdown on August 5th at Shore Reserve. In the spirit of a true community collaboration, all funds raised will be split between CWPS and PVS – so we need lots of baked deliciousness!

We would particularly welcome individual items that can be eaten on the day - some popular items include cupcakes, muffins, slices, rum balls and of course what sort of cake stand doesn't sell Honey Joys!

- Please include a label with all ingredients listed – this is really important for allergies and dietary requirements
- There will be no refrigeration so no cream please
- No nuts please
- Drop off will be on game day (5 August) at Shore Reserve from 10am. For anyone that absolutely can't make this time but keen to contribute, please contact Jo Scott (jo.scully@gmail.com) to make alternative drop off arrangements.
- Individual and smaller serves packaged, labelled and ready to go would be great!

Thanks for your support of this great community event - please contact Jo Scott (jo.scully@gmail.com) if you have any questions.

A huge thanks to our event planning team.

We would like to thank the parents who have already supported this event, including the players & coach – see picture, Bec Henry as Banking co-ordinator, Georgia Michaelis as BBQ Co-ordinator, Jo Scott as Cake Stall co-ordinator, Ruth McClelland as Face Painting co-ordinator, Sue Combridge as First Aid leader, Malgosia Bieda as Graphic Designer, Darren Saffin as Marketing co-ordinator.

We would also like to acknowledge that all this work is being done in partnership with the parents of Pascoe Vale South Primary School, who have been a real pleasure to work with.

Get to know the team...



L-R: Coach Rick Pograri, Corey Walker, Steve Garlick, Aaron Knuckey, Matt Cairns, Darren Harrison, Darren Saffin, Heather McGiddy (Captain), Chris McGuigan, Kris Carton, Mel Gangemi, Louise Rinaldi, Nick Mattiske, Satta Van Daal, Tony Combridge, Darren Rinaldi, Marc Smajila.

Not shown: Team Manager Christine Doolan, Jennie McKenzie, Adem Genc, Phil O'Meara, Anthony Fewster, Vlad Jotic, Danny Hobson, Gerard Monahan, Rob Dimitrioski, Steve Leicester, Mahammad Soufi-Sabbagh & Kenna Bradley.

If you would like to be involved with the planning of these events but can't make the meeting times, please let us know by emailing cwpsfa@hotmail.com.

Most of the working groups will meet at times convenient to them separately to the CWSC meetings, however the committee welcomes the sub-committee to attend the CWSC meetings where events can be discussed with the wider school community.

Event	Date	Committee	Volunteers Needed
Shore Reserve Showdown – Interschool Footy Match	Sunday 5th August	Christine Doolan, Heather McGiddy, Darren Saffin	Yes - go to SignUp
Father's Day Stall	Wednesday 29th, Thursday 30th August	Charlotte Smith	Yes – keep an eye out for SignUp
Book Drive – Pictures & Pages	Monday 20th August	Helen Davey, Heidi Babatsikos	More info to come
Trivia Night	Saturday 8 th September	Mel Pagliaro, Kimberley Palay, Louise Rinaldi	Donations needed!
Bunnings BBQ	Sunday 7th October	TBC	Yes – keep an eye out for SignUp

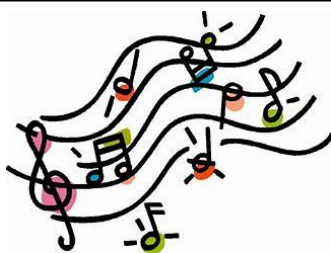
Next Meeting for 2018 – Monday 6th August, 9.30am in the Community Room.

Month	Term	Day/Time
August	3	Monday 6 th 9:30 am
September	3	Tuesday 4 th 7 pm
October	4	Monday 8 th 9:30 am
November	4	Tuesday 13 th 7pm
Dec	4	Monday 3 rd 9:30 am

Everyone is welcome and we would love to meet especially the new parents to Coburg West Primary.

The Community room is just down the hallway from the School office – open all day for school community members to meet or sit for a cup of tea or coffee.

Meetings are a great way to meet other parents or caregivers, have a chat, have some input, and raise any issues you would like the committee to follow up.



PRIVATE MUSIC LESSONS AVAILABLE AT CWPS

MARIANNE ROTHCHILD- VIOLIN/ENSEMBLE TEACHER- 0417 550 924

ASHA HENFRY- FLUTE TEACHER – 0408 959 950

SOPHIE MECALLEF- GUITAR TEACHER – 0466 577 998

ANNETTE ELDRIDGE- CELLO TEACHER- 0435 340 535

CHRISTINE- RECORDER/FLUTE/CHOIR – 0431 943 889

RYAN WILLIAMS- DRUM TEACHER -0431 616 602

DENNIS –KEYBOARD TEACHER – 0414 414 256

World Of Maths Roadshow

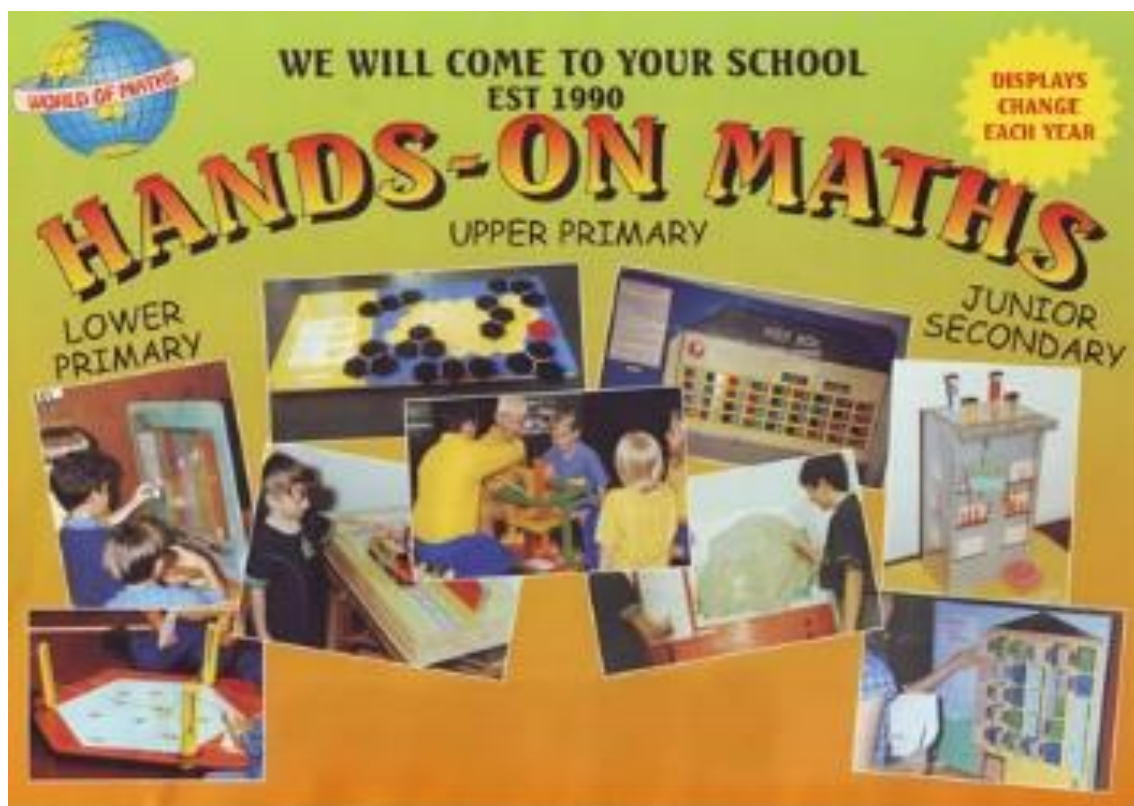
Family Maths Problem Solving Night

Wednesday August 1st 6-8pm.

All Grade Levels Welcome.

A gold coin donation appreciated.

Please indicate your attendance on the return paper note. The note is on compass news.



As part of an early celebration of Numeracy Week and to encourage real-life mathematical problem solving the Maths Team has organized the World Of Maths to conduct a fun, engaging Family Maths Problem Solving night. Everyone is encouraged to attend. Students solve real-life, practical problems. World of Maths is an enjoyable event which makes the students want to think. It promotes confidence and positive attitudes towards mathematics. PLEASE JOIN US FOR A FUN NIGHT!

COBURG WEST PRIMARY SCHOOL
OUT OF HOURS CHILD CARE PROGRAM

PROPOSED USERS FOR 2019

Phone 0417 032 288/9384 6306

*This form **only** needs to be completed if you require extra days or need to make any changes for 2019.*

(PLEASE NOTE do not fill this form in if you have no changes for 2019)

PERMANENT PLACES IN 2018 WILL CONTINUE INTO 2019 UNLESS NOTIFIED VIA THIS FORM....

Please include SIBLINGS who will commence PREP in 2019 on this form.

CHILD/CHILDREN'S NAME/S.....

NAME OF PARENT/GUARDIAN

CONTACT PHONE NOS. HomeBusiness

MOBILE.....

REASON FOR NEEDING CARE: (Please circle)

1. Child of serious abuse or neglect

3. Other reason / Specify.....

2. Child's parent/s satisfy the work/ training study test

PLEASE CIRCLE THE DAY/ DAYS YOUR CHILD / CHILDREN WILL REQUIRE BEFORECARE IN 2019.

MONDAY A.M.

TUESDAY A.M.

WEDNESDAY A.M.

THURSDAY A.M.

FRIDAY A.M.

***PLEASE INDICATE THE DAYS YOU NO LONGER REQUIRE FOR 2019**

.....

.....

PLEASE CIRCLE THE DAY/DAYS YOUR CHILD / CHILDREN WILL REQUIRE AFTERCARE IN 2019.

MONDAY P.M.

TUESDAY P.M.

WEDNESDAY P.M.

THURSDAY P.M.

FRIDAY P.M.

***PLEASE INDICATE THE DAYS YOU NO LONGER REQUIRE FOR 2019**

.....

.....

Your child/'s names will be placed on our waiting list in order of receipt.



THIS QUALIFICATION WILL GIVE YOU THE SKILLS AND KNOWLEDGE TO PROVIDE ASSISTANCE AND SUPPORT TO TEACHERS AND STUDENTS IN A RANGE OF EDUCATIONAL SETTINGS. THIS INCLUDES PRIMARY, SECONDARY & SPECIAL DEVELOPMENT SCHOOLS & AREAS OF EARLY CHILDHOOD EDUCATION

GRADUATES WORK AS :

- EDUCATION ASSISTANTS/TEACHER AIDES
- SUPPORT WORKERS (WORKING WITH CHILDREN WITH DISABILITIES)

COURSE DETAILS:

ASK US ABOUT EMPLOYMENT OUTCOMES ACHIEVED UPON COMPLETION OF THIS COURSE



Become a Teacher's Aide

Certificate III in Education Support: (Sept. 2018)

THIS QUALIFICATION WILL GIVE YOU THE SKILLS AND KNOWLEDGE TO PROVIDE ASSISTANCE AND SUPPORT TO TEACHERS AND STUDENTS IN A RANGE OF EDUCATIONAL SETTINGS. THIS INCLUDES PRIMARY, SECONDARY & SPECIAL DEVELOPMENT SCHOOLS & AREAS OF EARLY CHILDHOOD EDUCATION

GRADUATES WORK AS:

- EDUCATION ASSISTANTS/TEACHER AIDES
- SUPPORT WORKERS (WORKING WITH CHILDREN WITH DISABILITIES)

Course Details:

FRIDAY: 14 SEPT. 2018 — 7 JUNE 2019

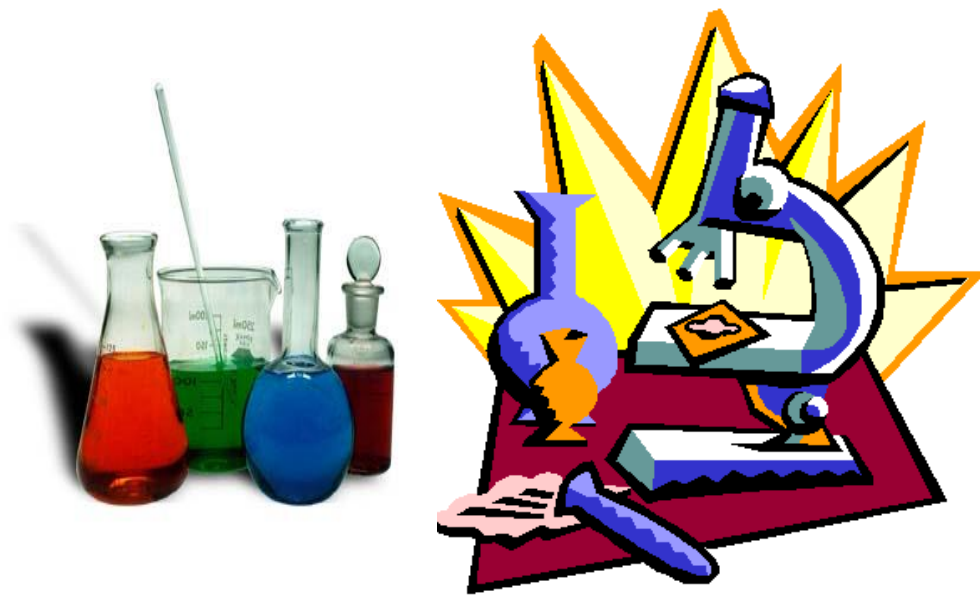
24 SESSIONS, 2 WORKSHOPS + 100 HR PLACEMENT

9:15 AM TO 3.15 PM

at MERRILANDS COMMUNITY CENTRE, RESERVOIR

Ring PRACE on 9462 6077 or visit our website: www.prace.vic.edu.au

NATIONAL SCIENCE WEEK AT COBURG WEST PS



You are invited to attend our science morning on **Monday the 13th of August** between **11:30 – 12:30**.

The Program for the day will be as follows:

Prep students will be working with the grade 3/4 classes.

Grade 1/2's will be participating in a science incursion which will be offered to the students only. To minimise disruptions and to maximise the learning time, we will be unable to offer this activity to parents. However, photos of the event will be uploaded on See Saw for parents to view.

Grade 5/6's will be conducting experiments in their own classrooms.

You are all welcome to join us and take part in the activities prepared for your child's class.

We hope you enjoy our **Science Week** program.



Coburg West Primary School

Enrolments for 2019 Prep NOW OPEN

Welcoming our 2019 Prep Students

Transition Session 1

Play & Stay

**Wednesday 29th August
2.30-3.15pm**

An opportunity for you and your child to familiarise yourselves with the Prep Learning area through activities and story time.

Transition Session 2

Introduction to Prep 2019

**Thursday 20th September
9.30-10.30am**

Families are invited to visit for an information session (for parents) and play in the Prep learning area (for children).

All currently enrolled families, and those that are considering enrollment, are invited to our transition sessions.

Please confirm your placement at our transition sessions by visiting our website and following the link to the Eventbrite booking system.

Preparing for Prep at Coburg West Primary School

Orientation Session 1

Welcome to school

**Tuesday 16th October
2.15-3.15pm**

Parents are invited to an information session whilst children play in the Prep Learning space and meet some of their specialist teachers.

Orientation Session 2

Buddy time

**Thursday 15th November
9.30-10.30am**

Children meet their school 'buddy' and spend time getting to know them. Parents are invited to morning tea hosted by the Coburg West School Community.

Orientation Session 3

Meet your teacher

**Tuesday 18th December
12-12.45pm**

This session is held in your child's proposed 2019 classroom. They will meet their 2019 teacher and classmates.

Further information regarding the booking system for our Orientation sessions will be provided with your **confirmation of placement** letter. Expect this early September.

FOR FURTHER ENQUIRIES PLEASE CONTACT:

Jodie Kennon (Prep/Foundation Coordinator)
at school or email kennon.jodie@edumail.vic.gov.au

Mark Colagrande (Principal) or Dan Copping (Acting Assistant Principal)
may be contacted Monday to Friday through the school office on 9386 1286.

*We look forward to
working with you and
your family soon!*

Prep Transition Session 1 Stay and Play

<https://www.eventbrite.com.au/e/prep-transition-session-1-play-and-stay-tickets-48472368158>

Prep Transition Session 2 - Welcome to Prep 2019

<https://www.eventbrite.com.au/e/prep-transition-session-2-introduction-to-prep-2019-tickets-48472638968>



Our Major fundraiser for the year. The school Trivia night is fast approaching

8th September

This can only happen with the help of **YOU** the school community.

In previous years this event has raised in excess **\$15,000** for the school

In order to achieve this, we need **donations**.

This money raised benefits all the children and school community to help make our school a better place. We have over **300** families at the school our community is huge, if each family is able to donate just one item we will be on track to make this another successful event.

We need donations for both our silent and live auctions. These can be experiences or actual items/memorabilia /unwanted gifts.

Do you work somewhere that might be willing to give?

Or do you have friends or relatives that might be able to help?

This is a great marketing opportunity for a business to promote themselves to the school community, their logo will be featured in the newsletter and social media.

Ideas:

- ❖ Do you have a holiday home that you would be willing to donate for a weekend?
- ❖ Are you a chef who would be willing to donate their services to create a dinner party in someone's home?
- ❖ Do you own a business that could offer a service or experience?
- ❖ Are you a personal trainer that could offer some classes?
- ❖ Do you run a kids party business that could donate a party package?
- ❖ Do you work in hospitality? Perhaps you can donate a dinner for two/coffee for a year?

The ideas are limitless.....

Coburg West School Community Group
Contact: Louise Rinaldi; 0428133889_loulouhay@hotmail.com
Melissa Pagliaro; 0447448987 melandcarlp@gmail.com



Hockey Club
EST 1923



Hook in2 Hockey

Commences Tuesday 24th July
@5.30-6.30pm

Terrific affordable program for boys & girls keen
to try hockey for the first time.

Supportive coaches and great team atmosphere

Brunswick Secondary College

For more details contact

Graeme at

juniors@brunswickhockeyclub.org.au

or phone 0421 610 194



Moreland City Libraries Free Events



Registrations essential online at moreland.vic.gov.au/read-more
or phone 9353 4000

Short story writing competition 'What I love about Moreland...'



Writers of all ages are invited to enter Moreland City Libraries' 2018 story writing competition. Write a story in 500 words or less, themed around a place or suburb in Moreland that is funny or inspiring. Entry forms are available at all Moreland Libraries or you can download a copy from our website. **Entries close Friday 27 July**

Keep warm in winter – without it costing the earth

6.30 pm, Tuesday 17 July, Fawkner Library

2 pm, Saturday 21 July, Glenroy Library



With energy prices rising, now is your chance to rethink energy usage in your home. Winter can be a hard time to keep your home at a comfortable temperature, without having to face enormous energy bills. Lucy Best from Moreland Energy Foundation will give you practical and simple advice to make your home more comfortable as well as save you money on energy.

Poetic melodies of deep connection

7 pm, Thursday 19 July, Coburg Library



Monica Karo is an Indigenous poet, actor and singer songwriter. Enjoy an evening of songs and poetry reflecting a deep connectedness to spirituality through her ancestry.

Express yourself through art

7.30 pm, Thursday 19 July, Glenroy Library



A light-hearted and fun introduction to art therapy and how to express yourself in different ways using creative mediums. You don't need any creative skill or experience. All art supplies provided. The event will be facilitated by qualified Art Therapist Evie Sacher.

Peter Norden – former Pentridge Prison chaplain

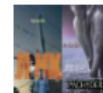
1.45 pm, Saturday 21 July, Coburg Library



Peter Norden was the chaplain at Pentridge Prison for seven years. He provided pastoral care and spiritual support to prisoners and their families. Peter will discuss his experiences in prisons and his role as a public advocate for prisoners' rights and criminal justice reform. Presented by the Coburg Historical Society.

Road maps, mistakes and action – my blueprint for writing fiction

7.30 pm, Thursday 26 July, Glenroy Library



Hugh McGinlay, author of the Catherine Kint mysteries will unpack his metaphorical bag of tricks for writing fiction. He will talk about plotlines, drafting, character exploration and how to write a novel when you have exactly no time in your day.

Tuition facilitation by your local Dr of Education and colleagues

\$55 p/h

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- Sketching
- Life Drawing
- Cartooning

education121 Learning Centre
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www.education121.com.au learn@education121.com.au

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Celebrate your child's next birthday here with us as they experience a fun and engaging **art/craft or science party!** (suitable 3-13 yrs)

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ENROL NOW
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 Moonee Ponds

ELF Early Learning Friends

SCHOOL READINESS PROGRAMS

Targeting your child's needs in a small group context.

Innovative learning programs designed and developed by - Dr of Education, former Primary Principal, and Teacher Education academic.
 Programs taught by fully qualified and registered teachers

Extending the learning - Bridging the gap between kinder and primary school our ELF programs give your child the advantage they need to succeed!

Early Years Programs (3-5 yo)
 Aligned to the Victorian Early Years Learning and Development Framework (VEYLF) & Victorian Curriculum
learn@education121.com.au www.education121.com.au



Term Classes for Children EUCALYPT KID'S CLAY CLUB

Class Information and Enrolments Online
www.eucalypthomewares.com.au/classes

Classes held at Eucalypt Studio 5/169 Beavers Rd, Northcote



Eucalypt Homewares has a new studio space in Northcote, Victoria.

Melanie from Eucalypt Homewares has 20 years of ceramic experience, working and teaching in her Perth based studio. A degree in Primary Education and Advanced Diploma in Studio Ceramics, Melanie has facilitated primary school artist in residence projects, run PD for teachers and taught students from Pre - school age through to seniors.

In early 2018 Melanie moved to Melbourne with her family and has opened an exciting new studio space in Northcote where she makes and sells her ceramic tableware, runs adult workshops and childrens classes. Because of this multiuse facility, students not only learn clay skills in a safe and supported environment, but they do so in amongst the workings of a boutique ceramic factory. This offers them the opportunity of experiencing first hand how an artist studio is operated.

You can enrol and find more information about the classes and workshops Melanie runs for both children and adults on the Eucalypt Homewares website.

Melanie also facilitates schools in whole school clay projects or clay murals, email Melanie for further information.

Website- www.eucalypthomewares.com.au

Email- melanie@eucalypthomewares.com.au




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• Skin Needling	• Freckle and Skin Tag Removal
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• Skin Peels	• Medical Grade Light Therapy
• Microdermabrasion	• IPL Treatments

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TOORAK / PASCOE VALE




MORELAND'S CHILDREN

Great kids have great dads

A three-week interactive program for dads

Great parents bring up great kids and you can be that father or father figure you've always wanted to be.

In these sessions we will talk about what being a dad means to you and the ways you can raise healthy, happy kids. The sessions will be based on the 'Parents Building Solutions' package which delivers the topics participants want to discuss. These topics can include communication, discipline, resilience and feelings.

These sessions will be facilitated by Joanne Templeton from Parentzone Northern and Cal Revell from Brotherhood of St Laurence. Parentzone Northern is the regional parenting service for the Northern Metropolitan area of Melbourne. Parentzone and the programs it offers are funded by the State Department of Education and Training and the Australian Government Department of Social Services.



KEY DETAILS

Time: 7 – 9 pm
DATE: Wednesdays 5, 12 and 19 September 2018
Venue: Coburg Early Years Centre
 1 Wardens Walk
 Coburg
Cost: FREE
Bookings: Bookings are essential as places are limited.
 To make a booking visit:
moreland.vic.gov.au/parent-information
Bookings close: Wednesday 5 September 2018
For more please phone 9240 1111.

D18/233236 2018/JULY10/DSDE76

Moreland Language Link
 廣東話 9280 1910 ភាសាខ្មែរ 9280 1918
 Italiano 9280 1911 普通话 9280 0750
 Ελληνικά 9280 1912 ភាសាស៊ី 9280 0751
 العربية 9280 1913
 Türkçe 9280 1914 All other languages
 Tiếng Việt 9280 1915 9280 1919

MORELAND



MORELAND'S CHILDREN

Wishing Away Worries

So what is normal and who is doing all the worrying?

Fear and anxiety are part of a normal range of emotions, but there seems to be an increasing number of parents and carers who believe their children worry too much.

This interactive workshop will look into:

- How to deal with emotions
- Learn how others might deal with worries
- Get some strategies to help you and your child deal with anxieties
- Learn how to begin to change the anxiety levels you and your child may be experiencing

This session will be facilitated by Parentzone Northern, the regional parenting service for the Northern Metropolitan area of Melbourne. The State Department of Education and Training (DET) and the Australian Government Department of Social Services (DSS) fund Parentzone and the programs it offers.



KEY DETAILS

Time: 7 – 9 pm
Date: Wednesday 15 August 2018
Venue: Moreland Civic Centre,
 90 Bell Street, Coburg
 (Enter via Urquhart Street)
Cost: FREE
Bookings: Bookings are essential as places are limited.
 To make a booking visit:
moreland.vic.gov.au/parent-information
Bookings close Tuesday 14 August 2018
For more information please phone 9240 1111.

D18/234548 2018/JULY10/DSDE77

Moreland Language Link
 廣東話 9280 1910 ភាសាខ្មែរ 9280 1918
 Italiano 9280 1911 普通话 9280 0750
 Ελληνικά 9280 1912 ភាសាស៊ី 9280 0751
 العربية 9280 1913
 Türkçe 9280 1914 All other languages
 Tiếng Việt 9280 1915 9280 1919

MORELAND



MORELAND'S CHILDREN

Screen Time

Do you find it difficult to get the children off the computer or away from the TV?

Is screen time starting to become dominating or excessive?

This session considers how powerful screen time and social media actually are – along with the traps to avoid excessive use and practical strategies for families.

This session will be presented by Melinda Vander Reest, Consultant from Early Life Foundations. Melinda is a passionate children's advocate with more than 28 years of experience working with young children and their families in Community and Independent settings. She has Early Childhood and Primary training as well as a Bachelor of Special Education and an Advanced Certificate of Child and Family development.

As part of her role at Early Life Foundations, Melinda mentors educators working in the Early Childhood sector as well as providing support to teachers implementing the play-based pedagogy Walker Learning. Melinda is a sort after speaker and facilitator across Australia and has experience consulting internationally.

Moreland Language Link

廣東話	9280 1910	印尼	9280 1918
Italiano	9280 1911	普通话	9280 0750
Ελληνικά	9280 1912	越南	9280 0751
فارسی	9280 1913		
Türkçe	9280 1914	All other languages	
Tiếng Việt	9280 1915		



KEY DETAILS

Time: 7 – 9 pm
Date: Tuesday 7 August 2018
Venue: Moreland Civic Centre,
90 Bell Street, Coburg
(Enter via Urquhart Street)

Cost: \$11 per person

Bookings:
Bookings are essential as places are limited.

To make a booking visit:
moreland.vic.gov.au/parent-information

Bookings close Monday 6 August 2018
For more information please phone
9240 1111.

D18/241384 2018/JULY10/OSDE73

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