

LETHBRIDGE PRIMARY SCHOOL

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www.lethbridgeps.vic.edu.au

Newsletter No. 13

25th August 2023

Care Respect Collaboration Resilience

Lethbridge Primary School acknowledge the traditional custodians of our school lands, the Wadawurrung people, and pay our respects to Elder's past, present and future.

August	Monday	28	Science Week celebrations!
	Tuesday	29	School Photos
	Wednesday	30	Cricket Clinic
	Thursday	31	Final day to bring in coins for the Coin Line!
September	Friday	1	Father's Day Stall – all gifts \$5
	Friday	1	Assembly; 3pm
	Tuesday	5	Regional Athletics (selected students)
	Wednesday	6	Cricket Clinic
	Thursday	7	Year 4-6 excursion – Earth Ed
	Friday	8	P-3 excursion – Earth Ed
	Monday	11	Learning Celebrations 2.45-3.15pm FAMILIES WELCOME!
	Wednesday	13	Specialist Showcase 2.30-4pm FAMILIES WELCOME!
	Thursday	14	Footy/Team colours day
	Friday	15	Final day of term 3 – early dismissal at 2.30pm



BREAKFAST CLUB IS BACK! 8.40am Multi Purpose Room

Monday August 28
Wednesday August 30
Monday September 4
Wednesday September 6
Monday September 11
Wednesday September 13



Parents, can you help at Breakfast Club?
Please contact us, we would love to hear from you!

SCHOOL FUNDRAISER – ROUTLEYS BAKERY!

As part of our fundraising efforts this year, our Parent Fundraising Committee have arranged a fundraising drive with Routleys Bakery!

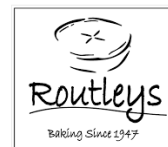
Orders are now open online, and will close at midday on Wednesday September 13, 2023.

Orders will be delivered to school on Thursday September 14, 2023.

To order:

Visit the Routleys Bakery Fundraising Portal:
<https://fundraising.routleysbakery.com.au>

1. Add items to your cart
2. View Cart
3. Enter a student name and class
4. Select 'Lethbridge Primary' on the Billing and Shipping page
5. Enter your payment details to confirm your order.



Save the date!

SPECIALIST SHOWCASE WEDNESDAY SEPTEMBER 13 2.30-4PM

A celebration of our specialist subjects:

Visual Arts STEM Physical Education Italian Performing Arts

Be part of our celebrations:

Student performances, art activities, science skills and Italian treats!

BOOK WEEK!

Book Week has been a wonderful opportunity to celebrate the art of writing, expression when reading, word choice and a growing vocabulary. In classrooms and during MARC Van sessions, we have been involved in developing colourful displays, story telling and engrossed in understanding the importance of reading. Today, we celebrated by dressing up in costumes connected with favourite characters, authors and illustrators.

Thank you to our wonderful families for their creativity in preparing costumes, visiting our Book Fair and spectating at our Book Week Parade.

BREAKFAST CLUB

We have had such a supportive response to our request for supplies. Thank you to the families who have donated products such as milk and juice. Thank you also to the parents who have volunteered their time on Monday and Wednesday mornings. Our Breakfast Club is more sustainable due to the products and parent helpers!

We are looking for more parents to help us at Breakfast Club. If you have availability on Monday or Wednesday mornings, please contact us! Parents helping at Breakfast Club generally arrive at 8:30am and leave by 9:20am following the clean up.

STUDENT SAFETY

Please remember that the speed limit along Stephenson Street is 40km/h. Please take care when approaching and leaving the school to ensure community safety is the priority.



SAFETY AND SECURITY

We recently conducted a security audit to evaluate the effectiveness of our facilities from a safety perspective. These audits help us to support procedures such as Emergency Management and Occupational Health and Safety. As a result, we are implementing improvements. These include the closing of school gates during school hours. Access to school grounds during school hours will be available through the centre front gate and signage will be displayed on other gates notifying visitors to sign in at the office when they arrive.

2024 PLANNING

Plans for 2024 are underway. Workforce planning is managed based on our enrolments. If you know that your family is leaving the Lethbridge Primary School community next year, please inform us at the office as soon as possible. This information helps us ensure our staffing plans accurately align to our enrolment projections.

PARENT/GUARDIAN OPINION SURVEY

Information regarding the annual Parent/Guardian Opinion Survey was sent home this week. The Parent / Caregiver / Guardian Opinion Survey is an annual survey offered by the Department of Education that is designed to assist schools in gaining an understanding of families’ perceptions of school climate, student behaviour, and student engagement.

The survey is optional but we encourage all families to participate. Our school will use the survey results to help inform and direct future school.

The Parent / Caregiver / Guardian Opinion Survey is open and will close on Friday 8 September 2023.

The survey will be conducted online, only takes 20 minutes to complete, and can be accessed at any convenient time within the survey period on desktop computers, laptops, tablets or smartphones. The online survey will be available in English and 10 other languages including Arabic, Greek, Hakha Chin, Hindi, Japanese, Punjabi, Simplified Chinese, Somali, Turkish, and Vietnamese.




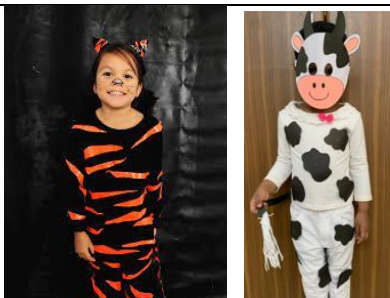
Enjoy your weekend,
Chelsey

SPECIALIST SHOWCASE!

We are super excited about our upcoming Specialist Showcase! Mrs Palmer and Mrs Condon have been working with students to prepare artwork and performances to celebrate our specialist program. We encourage all families to join us for this celebration – Wednesday September 15; 2.30pm-4pm.

To prepare for the performances, students are invited to wear costumes connected to their music theme. *Please note that students will need to wear their uniform to school and bring their costume items to school on this date.*

<p>Class: Prep</p> <p>Theme: Colourful!</p> <p><i>Clothing that is brightly coloured.</i></p> <p><i>This could include t-shirts, ribbons, socks or dresses.</i></p>	
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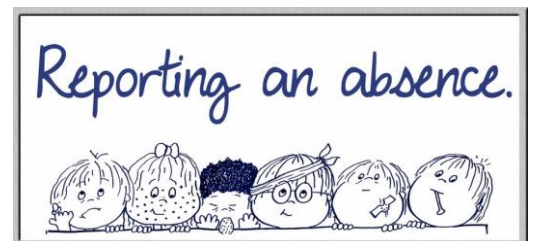
<p>Class: Year 1/2</p> <p>Theme: Rock and Roll!</p> <p>Sunglasses, bandanas, dark coloured clothing, jeans</p>	
<p>Class: Year 2/3</p> <p>Theme: Neon and bright!</p> <p>Accessories such as beaded necklaces, headbands and sunglasses, anything in neon colours.</p>	
<p>Class: Year 4/5</p> <p>Theme: Boot scooting!</p> <p>Hats, belts, denim.</p>	
<p>Class: Year 5/6</p> <p>Theme: Animal prints!</p> <p>Clothing with animal prints and patterns, masks and headbands with ears.</p>	

NAPLAN RESULTS

A reminder that NAPLAN reports for students in Years 3 and 5 are available at the office for collection by parents.

STUDENT ATTENDANCE

Did you know you can communicate your child's absences through Sentral? It is Department of Education policy for families to notify the school of any absences. If we do not receive communication, we are then expected to contact you. You can advise us of absences in several ways, directly to the office, via telephone or on Sentral.



RECYCLING ITEMS WANTED

A reminder that if you have any of the following items in your recycling, we will happily take them off your hands for our Science Day on Monday 28th August.

- Newspapers
- Straws
- Unused icy pole sticks
- 600ml or smaller soft drink/water bottles
- Paper cups
- Foil
- Corks
- Balloons

TISSUES

It would be appreciated if students could please bring along a box of tissues for their classroom.

LOST PROPERTY

We have a large collection of lost property, most of which is unnamed. If you are missing uniform items, please check the lost property basket in the office. We also suggest uniform items are clearly labelled, so that if they are lost, they can be returned to your child.

BOOK CLUB

Orders for Issue 6 are **due by Wednesday 30th August**. Orders can be made online <https://mybookclubs.scholastic.com.au/Parent/Login.aspx> or by returning the completed order form and correct money to the office.



BREAKFAST CLUB – PARENT VOLUNTEER SCHEDULE

	Parent	Parent	Parent	Parent
Monday August 28	Mandy	Rachael	Jason/Lucy	Please contact us if you can help!
Wednesday August 30	Mandy	Rachael	Emily	Please contact us if you can help!
Monday September 4	Mandy	Rachael	Kate	Jason/Lucy
Wednesday September 6	Mandy	Clare	Louisa	Please contact us if you can help!
Monday September 11	Mandy	Rachael	Ashlea	Kate
Wednesday September 13	Mandy	Rachael	Alex	Emily

Parent Helpers needed!

Please contact us if you are available on Monday or Wednesday mornings.

Parents helping at Breakfast Club arrive at approximately 8.30am to set up, and finish at approximately 9.20am, when clean-up is complete.

Younger siblings are welcome!



TERM 3 LUNCH CLUBS SCHEDULE



Our Clubs are created by our students and led by our Student Leaders.
Speak with a student leader if you would like to offer a Club to other students.

STUDENTS OF THE WEEK

Term 3, Week 6

Prep B	Beatrice For working really hard in Maths to explore difference ways to make amounts of money to \$10. Excellent work Bea!
Grade 1 / 2 F	Matilda For her fantastic work during reading showing great enthusiasm and using expression. Well done Matilda.
Grade 2 / 3 M	Zoe For her application in Mathematics and always persisting with new skills. Well done Zoe!
Grade 4 / 5M	Blake For his outstanding writing in his holiday journal while in Queensland. Keep up the great work Blake!
Grade 5 / 6R	Ruby For working incredibly hard to produce wonderful short stories, using descriptive language to show instead of tell. Well done, Ruby!
Art Award	Matilda For rocking her awesome dance moves during Performing Arts, particularly her air guitar. Awesome effort Matilda!
STEM Award	Mia For her curiosity when sifting difference mixtures. Brilliant work Mia, keep it up!
P.E. Award	Kate For taking on feedback when practicing using a hockey stick and never giving up. Keep up the great work Kate!
Italian Award	Tilly For her willingness to pronounce greeting in Italian. Brava Tilly!
M.A.R.C Awards	Hayden For his enthusiasm in MARC. Well done!
Principal's Award	Mack For his positive attitude when solving challenges.

Term 3, Week 7

Prep B	Milla For having a fabulous week! You have tried really hard to complete all of your learning tasks to a high standard. Keep up the great effort Milla!
Grade 1 / 2 F	Ruby-Rae For her positive attitude to challenges in maths and creation of many different arrays. Well done Ruby!
Grade 2 / 3 M	Shabad For displaying resilience and always applying feedback to improve his learning. Congratulations Shabad!
Grade 4 / 5M	Briah For asking for feedback on how to improve and making connections between all areas of learning. You are a shining star Briah.
Grade 5 / 6R	Harry For recognising and appreciating the importance of education. What a great attitude to have. Well done, Harry!
Art	Alex Great effort in learning the class dance for the specialist showcase. Well done Alex!
STEM Award	Shabad For his effort and cooperation when making paper. Fantastic Shabad!
Principal's Award	Ryan B For this problem solving skills and positive attitude when facing new challenges.

4 – 6 NEWS

On Tuesday Rob from Deakin University came to talk to us about engineering. He is a mechanical engineer and used to work at Ford. He explained the different stages of the engineering process and showed us photos of things he has worked on. He told us about how he cut up a Ranger when engineering the Bronco and why it isn't sold in Australia. We learnt a lot from Rob.



NATIONAL DAY OF ACTION AGAINST BULLYING AND VIOLENCE

On Friday the 18th of August our Year six students visited all classes to support the National Day of Action against Bullying and Violence. This year's theme was growing connections as it is believed that the more connections you have the easier it is if you have to face bullying or to prevent bullying. The student leaders led activities to teach the students all about actions they can take against bullying and violence. The activities in Mr Fleet and Mrs Boal's classes entailed making paper chains to represent the people students are connected with. Mrs McKenzie's class and the Year 4-6 cohort made trees that had branches to represent the people they are connected with including friends, family, school and community. The aim was to highlight Australian schools and their efforts to counter bullying and violence.

Toby and Lowla
School Captains

CRICKET BLAST

On Wednesday the school participated in their first of three Woolworths Cricket Blast sessions as part of their PE program. Students worked on their bowling, catching, and throwing skills, as well as cooperating with a partner and in small groups to compete in various challenges. Everyone had a smile on their face while mastering some new techniques. I wonder what we will achieve in next week's session.



THE BOOK FAIR

There has been a very exciting event this week in the spare room where you can buy accessories including; posters, erasers, books, comics and much more.

The book fair is an amazing experience to see all the amazing books that are displayed in front of you.

One of the best things about the book fair is that there are books that are normally not always found in shops.

From the book fair, I just had to buy a mini gamer controller that looks so cool and a jumbo poster that I just couldn't resist.

One of the best things about the book fair is that you can come to school normally, run straight to the book fair and pay for the accessories or precious books in your hands.

Thank you for organising this amazing event Mrs Boal.

Ben H – 2/3M

PICK & MIX



VEGETABLES

GRAIN AND CEREAL FOOD

WATER

MEAT OR MEAT ALTERNATIVE



PICK & MIX

1

FRESH FRUIT

- Fruit salad
- Fruit kebabs

- DRIED FRUIT**
- Dried fruit, nut, popcorn mixes*

- In natural juice (not syrup)



FRESH CRUNCHY VEGIES

- Hommus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

SALADS

- Coleslaw and potato salad (reduced fat dressing)
 - Mexican bean, tomato, lettuce and cheese salad
 - Pesto pasta salad*
- BAKED ITEMS**
- Grilled or roasted vegetables
 - Wholemeal vegetable muffins or scones
 - Vegetable slice (with grated zucchini and carrot)
 - Popcorn

- Pumpkin soup
- Potato and leek soup
- Chicken and corn soup

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

Tip:

- Freeze the night before to keep cool during the day

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, silveride, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebab sticks
- Peanut butter*

- Wholegrain sandwich, roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

- Vegetable frittata
- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)
- Homemade pizzas with lean roast or deli meats and vegetables

Can serve with:

- Side salad
- Steamed or roasted vegetables

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or cous cous dishes
- Noodle dishes
- Sushi

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

- Fruit loaf
- Wholemeal fruit based muffins

- ### SNACKS
- High fibre, low sugar cereal (e.g. muesli)
 - English muffins
 - Crackers
 - Crispbreads
 - Rice cakes
 - Corn thins
 - Wholemeal scones
 - Pikelets
 - Crumpets
 - Hot cross buns (no icing)

6

- Take a water bottle (for refilling throughout the day)
- Tip:**
- Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.



**Check your school's policy regarding the use of nuts and products containing nuts.*

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service:
<http://heas.health.vic.gov.au/>



Department of Education

2 Treasury Place
East Melbourne Victoria 3002
Telephone: 03 9637 2000
DX210083

Dear parents and carers

The National Assessment Program – Literacy and Numeracy (NAPLAN) assessments held earlier this year had a very high participation rate from Victorian students, with participation levels returning to pre-COVID levels.

Last month, families with children in grades 3 or 5 or years 7 or 9 who participated in the assessments received their results through an individual NAPLAN report.

Today, the statewide results have been released, and I am pleased to have this opportunity to provide some information about Victoria's performance.

There are a total of 20 tests each year across grades 3 and 5 and years 7 and 9 that assess student achievement in reading, writing, numeracy, spelling, grammar and punctuation. Of the 20 tests, Victorian was ranked first or second in 16, more than any other state or territory, and an improvement on the 2022 results when the equivalent figure was 12.

NAPLAN results for Grade 3 are of particular importance because the first 3 years of schooling establish the foundation for further success. Victorian Grade 3 students achieved the highest results in the country for both reading and numeracy.

In secondary schools, Victoria had the lowest proportion of students needing additional support in both years 7 and 9 in both reading and numeracy compared to all other states and territories.

The results have also highlighted the fact that we need to continue our efforts to close the gap between advantaged and disadvantaged students. While Aboriginal students in Victoria achieved higher results on average than in other states and territories, the gap between the performance of Aboriginal and non-Aboriginal students is still too large, as is the gap between the average performance of metropolitan students and that of regional students.

Overall, however, while we are clearly focused on the areas where further improvement is needed, these are excellent results. They are a tribute to the outstanding work of teachers, principals and staff in the schools across our state.

No one would suggest our schools are perfect. Education is always an unfinished business. But on the evidence of today's release of the statewide NAPLAN results, Victorian teachers and school principals are doing a great job.

Dr David Howes
Deputy Secretary, Schools and Regional Services

COMMUNITY NOTICES

Teesdale Primary Spring Holiday Program 18TH-28TH APRIL 2023



Families can claim Child Care Subsidy if you are registered with MYGOV and the Family Assistance Office.

7.00am – 6.00pm Main Road Teesdale VIC 3328 Ph: 0448 674 516 www.commosh.edu.au

Monday 18th Little Athletics

Make sure you have a big breakfast as we will be running, swinging and throwing all morning. We will be learning the fundamentals of soccer, basketball, athletics, AFL and tee-ball to develop essential motor skills in a fun and non-competitive environment.
Incursion Fee: \$15.00



Wednesday 20th Inflatable World

Join us for an action packed day! Enjoy the Inflatable Obstacle Course and Interactive sports zone at Inflatable World South Geelong. All children must wear socks to participate so be sure to wear or pack a pair today.
Excursion Fee: \$28.00 Please arrive by 8.30am



Tuesday 26th Footy Fever

The AFL Grand Final is only a few days away. Come dressed in your team colours and compete in our Handball Targets and Goal Kicking Competition. In the afternoon play Mascot Mix Up and King of the Coaches.
Incursion Fee: \$15.00



Thursday 28th Movie Excursion

We are off to the movies today at Hoyts to see the latest Childrens' Movie. Sit back and relax and get transported to another world. Movie title to be confirmed and parents advised a week prior once session times are released.
Excursion Fee: \$15.00 Please arrive by 9.00am



Children need to pack morning tea, lunch and afternoon tea.
Please ensure children are wearing closed in shoes, weather appropriate clothing, hat and bring a refillable drink bottle.

Belmont Primary Spring Holiday Program 18TH-28TH SEPTEMBER 2023



Families can claim Child Care Subsidy if you are registered with MYGOV and the Family Assistance Office.

7.00am-6.00pm 51 Mt Pleasant Rd Belmont VIC 3216 Ph: 0475836057 www.commosh.edu.au

Monday 18th Little Athletics

Make sure you have a big breakfast as we will be running, swinging and throwing all morning. We will be learning the fundamentals of soccer, basketball, athletics, AFL and tee-ball to develop essential motor skills in a fun and non-competitive environment.



Tuesday 19th Spring Festival

Spring is here and it's time to get outside and enjoy some games together.
Play Balloon Pop, Knock Down Cans, Relay Races and Ring Toss. Make a Bug Puppet and Collage Butterflies.



Wednesday 20th
Inflatable World Excursion
Join us for an action packed day! Enjoy the Inflatable Obstacle Course and Interactive sports zone at Inflatable World Geelong. All children must wear socks to participate so be sure to wear or pack a pair today.
Please arrive by 9.00am



Thursday 21st Play Hut Excursion

The Play Hut is jam packed with fun structures to enjoy. There is a never ending tube slide, a huge multi-tiered play structure with obstacles, hanging rungs and climbing holds, a tower with layers of webbing to climb through, and a trampoline perched high up in the air.
Please arrive by 9.00am

Friday 22nd
Pirate Party
Set your sails and navigate your way to our High Seas Party. Make a sand art bottle, play Cannon Ball Attack, get entangled in Bandage Your Shipmate Game and win at the Hook Toss Challenge.



Monday 25th
Ten Pin Bowling Excursion
Strike it lucky at Geelong AMF. Have fun individually and in teams and play two rounds of bowling. In the afternoon enjoy outdoor games on the Playground.
Please arrive by 9.00am



Tuesday 26th
Footy Fever
The AFL Grand Final is only a few days away. Come dressed in your team colours and compete in our Handball Targets and Goal Kicking Competition. In the afternoon play Mascot Mix Up and King of the Coaches.



Wednesday 27th
Space Adventure
Blast off and out of orbit at our Outer Space Party today! Learn more about the galaxy, constellations, gravity and space travel. Make a glow in the dark Moon Rock, play Solar System Dunk and Pin the Tail on the Comet.



Thursday 28th
Movie Excursion
We are off to the movies today at Hoyts to see the latest Childrens' Movie. Sit back and relax and get transported to another world. Movie title to be confirmed and parents advised a week prior once session times are released.
Please arrive by 9.00am



AFL Grand Final
Public Holiday
Friday 29th

Children need to pack morning tea, lunch and afternoon tea.
Please ensure children are wearing closed in shoes, weather appropriate clothing, hat and bring a refillable drink bottle.

PARENTING EDUCATION CALENDAR

Term 3, 2023

Meli is a leading not for profit community service organisation supporting children, young people and families, to be safe, connected and empowered to live well.



 meli.community
 meli.community
www.meli.org.au

Meli

 03 5226 8900  groups@meli.org.au

Meli Parenting Education Programs



BABY COLLEGE

Pre-birth – 6mths

Baby College brings women who are pregnant in their third trimester or have a child less than 6 months old, together to support the journey of parenting. Baby College is open to women over 25 years and first-time pregnancy is not a requirement.

The program aims to:

- Enhance parent and child attachment.
- Increase understanding of child development.



BUMPS TO BUBS

Pre-birth – 12mths

Bumps to Bubs brings young mothers and mothers-to-be up to age *23 or 25 [please see individual schedule for age range] with babies 0-1 year, together to support the journey of parenting. The program aims to:

- Bring young mothers and babies together for fun, learning and friendship in a relaxed setting.
- Enhance parent and child attachment.
- Increase understanding of child development.



BUBS TO TOTS

12mths – 2yrs

Bubs to Tots brings mothers [up to 24 years] of children in the 1-2 year age group together for support and education.

The program aims to:

- Provide education to enhance children's early development.
- Promote parent and child attachment/relationships through the promotion of play.
- Assist parents with managing and enjoying the toddler years.



CIRCLE OF SECURITY

Birth – 5yrs

Circle of Security is a 6 week supportive program for parents of children aged birth – 5 years. The program aims to:

- Help parents understand how to build feelings of security for children in their early years.
- Assist parents with skills to build on the positive relationship with their child.
- Develop confidence in parents to respond to their child in a way which builds a secure foundation for children.



BRINGING UP GREAT KIDS

12mths – 12yrs

Bringing Up Great Kids is a 6 week supportive program for parents of children aged 12 months – 12 years.

The program aims to:

- Develop parents skills to enhance communication with their children.
- Promote positive interactions between parents and their children.
- Encourage the development of children's positive self-identity.



TUNING IN TO KIDS

3yrs – 12yrs

Tuning in to Kids is a 6 week supportive program for parents of children aged 3 years – 12 years. The program aims to:

- Help parents teach their children to understand and manage their emotions.
- Support parents in encouraging children to express emotions appropriately.
- Maximise children's social, behavioural and learning outcomes.



DADS TUNING IN TO KIDS

3yrs – 12yrs

Dads Tuning in to Kids is a 6 week supportive program specifically for dads of children aged 3 years – 12 years.

The program aims to:

- Help dads to effectively tune in to their child's emotions.
- Encourage dads to strengthen their emotional connection with their child.
- Support dads to build skills in emotion coaching to assist their child's individual needs.



STRENGTHENING FAMILY CONNECTIONS

8yrs – 12yrs

Strengthening Family Connections is an 8 week program for parents and their children aged 8 years – 12 years.

The program aims to:

- Build a positive culture and improve communication among family members.
- Help develop successful, confident children and parents.
- Build skills in all family members to improve family functioning.



BRINGING UP GREAT KIDS - PARENTING ADOLESCENTS

10yrs – 18yrs

Bringing Up Great Kids - Parenting Adolescents is a 6 week supportive program for parents of children aged 10 years to 18 years. The program aims to:

- Support parents to build a positive relationship with their adolescent.
- Assist parents understanding of what is going on in the adolescent brain.
- Explore the changing role from "custodian" to "consultant".




TUNING IN TO TEENS

10yrs – 18yrs

Tuning in to Teens is a 6 week supportive program for parents of adolescents aged 10 years to 18 years. The program aims to:

- Support parents to connect and communicate with their teen.
- Assist parents with understanding adolescent development.
- Help parents to assist their teen to develop emotional intelligence.

GROUP	VENUE	DATES	DAYS/TIMES
 BABY COLLEGE	Korayn Birralee Family Centre (Early Help) 146 Purnell Road Corio	Every school term Term 3 dates: 12 July – 13 September	Wednesday 1.30pm – 3.30pm
 BUMPS TO BUBS <small>MOTHERS AND MOTHERS-TO-BE UP TO AGE 25</small>	Northern Bay Family Learning Centre (Early Help) Goldsworthy Road Corio	Every school term Term 3 dates: 12 July – 13 September	Wednesday 1.30pm – 3.00pm
 BUMPS TO BUBS <small>MOTHERS AND MOTHERS-TO-BE UP TO AGE 25</small>	Armstrong Creek East Community Hub 46 Central Boulevard Armstrong Creek	Every school term Term 3 dates: 26 July – 13 September	Wednesday 1.00pm - 2.30pm
 BUBS TO TOTS	Northern Bay Family Learning Centre (Early Help) Goldsworthy Road Corio	Every school term Term 3 dates: 13 July – 14 September	Thursday 10.00am – 11.30am
 CIRCLE OF SECURITY	Northern Bay Family Learning Centre (Early Help) Goldsworthy Road Corio	25 July – 29 August	Tuesday 9.30am – 11.30am
 BRINGING UP GREAT KIDS	Kurrambee Myaring Community Centre 12 Merrilg Drive Torquay	27 July – 31 August	Thursday 12.30pm – 2.30pm
 TUNING IN TO KIDS	Bellarine Learning and Living Centre 20 Worden Court Whittington	27 July – 31 August	Thursday 10.30am – 12.30pm
 DADS TUNING IN TO KIDS	Korayn Birralee Community Centre (Early Help) 146 Purnell Road Corio	27 July - 31 August	Thursday 5.30pm - 7.30pm
 TUNING IN TO TEENS	Meli 222 Malop Street Geelong	3 August - 7 September	Thursday 12.30pm - 2.30pm
 STRENGTHENING FAMILY CONNECTIONS	Lara Secondary School 120 Flinders Avenue Lara	18 July - 5 September	Wednesday 2.15pm to 5.00pm



DROP IN SERVICE Golden Plains



BCYF drop in service provides free support to families

Our drop in service provides
free support to families who:

- may be seeking advice or
require information
- may be experiencing family
challenges and need support
- would like to build their
skills as parents
- are keen to find out about other
services available for families and/or
- may need support with
referrals to other services.

DROP IN SERVICE DETAILS

By appointment or drop-in
Bannockburn Family Services Centre
2A Pope Street, Bannockburn
Monday & Friday 10.00am - 1.00pm

WHO Parents/Carers/Families

COST Free

For more information
please contact:

CONTACT (Text messages and
phone calls welcome)

OUR DROP IN SERVICE IS FREE AND DOES NOT
REQUIRE AN APPOINTMENT OR REFERRAL

*Face to face meetings are offered in line with
COVID requirements at the centre

Kim 0428 197 961

Meli Kids Run

AT THE SURF COAST CENTURY

Sunday 17 September
Anglesea Main Beach

- 2.5km course - on the beach and paths
- For kids aged up to 12yrs
- \$10 entry, includes finisher ribbon,
race plate and fruit at the finish
- Plus spot prizes, food and coffee
available on the day

100KM
SURF COAST CENTURY

supporting

**foster a
future**

MELI

mel.org.au/
surf-coast-century-fundraiser



Spring TO Summer

18 SEPTEMBER

TO 15 OCTOBER

The four week program offers a range of physical activities across
Golden Plains, delivered by experienced local health, fitness and
sport professionals with options suitable for all ages, interests and
fitness levels.

ACTIVE
GOLDEN PLAINS

Council's four week 'Spring into Summer' program returns to
Golden Plains in 2023 with the program running across the
Shire from Monday 18 September to Sunday 15 October.

The program offers a range of physical activities to be delivered
across Golden Plains, delivered by experienced local health,
fitness and sport professionals with options suitable for all
ages, interests and fitness levels.

The program allows community members to explore new ways
to move with a range of different activities that encourage
physical activity and social connection.

The timetable will be released shortly, with a mix of free and
low-cost activities, there is something for everyone.

To get involved in this year's Spring into Summer program, or
if you have any queries, contact Council's Recreation Team on
5220 7111 or email:

recreation@gplains.vic.gov.au

For further information and updates, visit Council's website:

goldenplains.vic.gov.au/activegoldenplains

FREE



LCC Junior Memberships*

COME TRY DAY

Sunday 27th August 10am - 12pm



- Junior Girls
- Under 11's • Under 13's
- Under 15's • Under 17's

* Cricket Australia Insurance Payable

Golden Plains Little Athletics Club is one of 5 clubs affiliated with the Corio Little Athletics Centre.

We compete on Saturdays at Avalon Airport Athletic Arena, Corio.

**** New season starts Saturday 7th October**



Come and Try Day!
Friday 29th September
10am - 12noon
Goldsworthy Reserve Corio

Our focus is on fun, friendship and following our motto
"Do your Best, Be your Best"

Little Athletics is for children aged 5-17 yrs
Athletes must be aged 5-16 years on December 31st

Club Contacts

President:	Heather Parkinson 0403 195 283
Vice President:	Lauren Goulden
Treasurer:	Kim Sandhu
Publicity Officers:	Bec Eastgate & Allison Wellington
Team Manager:	Natalie Schwuch

Golden Plains Little Athletics Club

Email: goldenplainsathclub@gmail.com  Golden Plains Little Athletics Club



Geelong Galaxy FC is accepting expressions of interest for the 2024 junior NPLW season.

Please complete the registration form at the following link.
<https://forms.gle/UmWzPNW9HAFHV77t7>

Registrants will be notified of trial dates at a later time.

For more information regarding the club please visit: <https://geelonggalaxyfc.com>