

LETHBRIDGE PRIMARY SCHOOL

2 Stephenson Street, Lethbridge, Vic. 3332 Phone: 03 5281 7214
Email: lethbridge.ps@education.vic.gov.au
www.lethbridgeps.vic.edu.au

Newsletter No. 14

8th September 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.

September	Monday	11	Learning Celebrations 2.45-3.15pm	FAMILIES WELCOME!
	Wednesday	13	Specialist Showcase 2.30-4pm Routleys orders close 12.00pm	FAMILIES WELCOME!
	Thursday	14	Footy/Team colours day Routleys delivery	
	Friday	15	End of term assembly – 2pm	FAMILIES WELCOME!
	Friday	15	Final day of term 3 – early dismissal at 2.30pm	
October	Monday	2	Term 4 begins for all students	
	Monday	23	Student Free Day – OSH bookings open	
November	Monday	6	Student Free Day – OSH bookings open	

BREAKFAST CLUB IS BACK!

8.40am Multi Purpose Room

Monday September 11
Wednesday September 13



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 a Wednesday September 13, 2023.

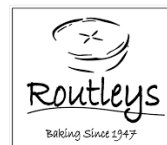
Orders will be delivered to school on Thursday 2023.

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!

CELEBRATIONS

It is hard to believe we are almost at the end of Term 3! Our Prep students are on the edge of entering a second year at school and our Year 6 students are preparing for transition to secondary school. This term has certainly been action packed and we have seen high levels of student engagement. Our calendar of school events has been full of exciting activities for students and families. These have included:

- Basketball clinics
- Parent Teacher Interviews
- Dental Van visit
- Ecolinc incursions
- 100 Days of Prep celebration
- Cyber Safety incursion
- SRC special lunch fundraiser
- National Day of Action Against Bullying and Violence learning experiences
- Book Fair
- Guest Speakers for Inquiry
- Cricket Clinic
- Book Week Parade
- Science Week celebrations
- Father's Day Stall
- Earth Ed excursions

LEARNING CELEBRATIONS – OPEN CLASSROOMS!

Families are invited to be part of our Term 3 Learning Celebrations on Monday September 11; 2.45-3.15pm.

Our Learning Celebrations are a wonderful opportunity to acknowledge learning progress, share new learnings and showcase the engagement of students.

STUDENT WELLBEING

Towards the end of the term, we have noticed changes in student engagement. There are multiple reasons that can be contributing to this and as we have had such a busy term, tiredness could be a factor. Our high expectation at school mean that routines are implemented consistently to support students in their success during the school day. A consistent routine and consistent expectations are the foundation in providing a predictable environment.

We acknowledge positive behaviours and demonstrations of our expected behaviours with House Points and Dojo Points. Adjustments are also implemented to support students. We have multiple wellbeing programs to support student in regulating emotions, learning social skills and to engage in learning. The formats of these programs include small groups and individual students. Some programs are implemented during learning time, while others are implemented during break times.

Communication between families and staff has a significant influence on the success of students. If you have concerns, please contact your child's teacher. There may be adjustments we can suggest, and there are external family supports we can also recommend.

STUDENT FREE DAYS – Term 4

The below dates have been identified as student free days in Term 4.

- Monday October 23
- Monday November 6

Community OSH are open for bookings on these days. Please book online by October 10.

Please note that minimum bookings will apply to ensure the program can go ahead.

TERM 4 EVENTS

Plans for special events in Term 4 are underway. Specific information will be shared with families soon regarding:

- Swimming program
- Colour Fun Run
- Year 6 Graduation
- Year 6 Celebration Day
- 2024 Prep Transition
- Year 6 to 7 Transition
- Christmas Raffle

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.

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.

Enjoy your weekend,
Chelsey



Join us for all the fun!

**LETHBRIDGE
COMMUNITYOSH
CURRICULUM DAY PROGRAMS**

23rd October & 6th November
8.00am-5.30pm
\$69.00

Book online by 10th October 2023
www.commosh.edu.au

The poster features a green heart icon with 'communityosh' text, a blue star, a blue squiggle, a purple flower, a red squiggle, and a yellow star.



BREAKFAST CLUB – PARENT VOLUNTEER SCHEDULE






	Parent	Parent	Parent
Monday September 11	Rachael	Ashlea	Kate
Wednesday September 13	Rachael	Alex	Emily

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 13; 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.*

Student performances have been scheduled for 2.30 – 3.20pm.

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

YEAR 1-3 NEWS

Students in Years 1-3 have been focusing on diary writing. The students have worked through the writing process from planning to publishing to create their own diary. They have been encouraged to add details to events and use descriptive language when editing.

Diary of a New Zealand kid

Page 1

September 3rd Spring

7:00 AM: I wake up from a spectacular dream and wish I had stayed longer. I need to go to school, so I leap out of bed and hurry to my wardrobe. I wrench the curtain down and rapidly get dressed in record time, even faster than a cheetah running a race.



7:30 AM: Dad waves goodbye and goes to work while Mum stays home. My sister is still in the bathroom, hogging as usual. I race down the stairs and trip by accident and fall downstairs landing on my backside. OOF! That's a quick way to go down the stairs. Choosing breakfast is really easy because there is only one meal in the house which is the classic

juice and toast with peanut butter or jam.

8:15 AM

GO! GO! GO! Mum shouts as my sister finally leaves the bathroom and shoves me downstairs where Mum is waiting for me. Then Lisa (my sister) deliberately trips on her horrible looking high heels that are a bright shade of pink that looks like a baboon which had a big problem. SAM! Mum shouts so loud our house trembles with force, I swear I heard a glass cup shatter.

8:30 AM,

"Hop in the car everybody" demanded Mum dramatically. "Stop urging us Mum" I complained to a sooky looking sister. But eventually we all jumped in the red Tesla (metaphorically not literally that would be weird).

A few minutes later...

Page 2

8:59 AM

"Quickly" Mum barked "The bell will go any second!" Dingdong! Dingdong! Dingdong! Dingdong!

"We have to get to the class before Mr Sturt gets crazy about the people who are going to be late" responded Lisa. We strutted out of our Tesla for no reason. When we got to school our teacher told us that we had been too late and we had to do double maths, NOOOOOOOOOOOOOOOOO!



10:00: YAY! It's not maths, it is performing arts and we are sitting on the dirty, colourful, floor and Mrs Wisp as usual is sitting on the mat with us, the grade 4s. There are 12 of us and we are pretty comfortable with our own spots, I like performing arts because all we do is dancing and fun acting games.



11:00:AM It's lunch time and I am waiting in line for a meal at the cafeteria. There are approximately 45 kids waiting in line. Finally I have my lunch which is a piece of bread in the form of a sandwich, but it's packed with toppings.

2:00: PM

In the last hour we are doing reading, our least favourite subject, our teacher Mrs Milo was so mean she just told us to do a boring task, then to make it worse she always drinks milo while we work.



Page 3



3:00:PM DING DING DING!

That's the bell. We get to go home now! Yay! We drive the Tesla back home and leap out.

5:00:PM I arrive home from school and have dinner tonight. We are having fish and chips wrapped in a tightly wrapped newspaper.

7:00pm Then I go to have a shower and I instantly fall asleep on the bed with my Darth Vader ginormous plush teddy and can't wait till the next day.



The end

By Ben

STUDENTS OF THE WEEK

Term 3, Week 8

Prep B	Piper For using some lovely expression when reading aloud and for always being ready to discuss our books. Well done Pip!
Grade 1 / 2 F	Archie For his great work in reading. Your effort and attitude have been wonderful. Well done Archie!
Grade 2 / 3 M	Bella For displaying an understanding of volume using centimetres-cubed and then drawing side views, top and bottom views. Well don Bella!
Grade 4 / 5M	Brooklyn For stretching herself and not giving up when completing challenging learning tasks. Keep pushing yourself Brooklyn.
Grade 5 / 6R	Lowla, Jewel and Trinity For your incredible enthusiasm on Science Day and for always being open to help where needed! I appreciate your assistance and your willingness to lend a hand. Well done!
Art Award	Blake For his effort and focus learning the dance for the Specialist Showcase. Amazing effort, well done!
STEM Award	Lowla For her amazing contributions and organisation on our Science Day! Thank you Lowla!
P.E Award	Grace For trying her personal best in our cricket clinic. Fantastic Grace!
Italian Award	Bailey For his enthusiasm when making pasta. Bravo Bailey!
Principal's Award	Lily For her enthusiastic attitude during our Maths group sessions.

Term 3, Week 9

Prep B	Chiara For consistently displaying a positive attitude towards your classmates and your learning. Keep up the excellent work Chiara!
Grade 1 / 2 F	Jordyn For her great work during maths calculating the perimeter and area of objects. Fantastic work Jordyn!
Grade 2 / 3 M	Meadow For listening to writing feedback and applying this to improve her diary of a Papua New Guinea student. Congratulations Meadow!
Grade 4 / 5M	Ethan For persisting when challenged and not giving up. Keep it up Ethan.
Grade 5 / 6R	Jaxen For maintaining a positive attitude at all times and sharing your kindness with others. Well done Jaxen!
P.E Award	Jewel For her efforts throughout our cricket clinic. I love that you gave everything a good go. Keep up the great work Jewell!
STEM Award	Jordan C For being a wonderful helping when cleaning up the room after painting. Thank you, Jordan, your help is appreciated!
Principal's Award	Ben For his enthusiastic attitude during our Maths group sessions.

Join us for all the fun!



LETHBRIDGE COMMUNITYOSH CURRICULUM DAY PROGRAMS



23rd October & 6th November
8.00am-5.30pm
\$69.00



Book online by 10th October 2023
www.commosh.edu.au



AUGUST 2023

COMMUNITYOSH NEWSLETTER LETHBRIDGE PRIMARY SCHOOL



At OSH this past month we have enjoyed the weather finally warming up and being able to play outside for long periods.

We have also explored various themes such as 'Craft', 'Nature', 'Science' and 'Book Week'. This has led to us engaging in a wide variety of games and activities including crafts, experiments, fine motor skills, gardening, and more.

We hope to see you next week!



TO ENROL & BOOK, LOGIN OR CREATE YOUR ACCOUNT AT
WWW.COMMUNITYOSH.EDU.AU OR EMAIL ADMIN@COMMOSH.EDU.AU

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

GO TEAM!



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.

GO TEAM!



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.

**GOLDEN
PLAINS
YOUTH**

September

School Holiday Program

Open to all young people aged 12 to 25 years

Scan for more info



Week 1

Monday 18th September

12:30 to 4pm

Drop-in - MasterChef

Golden Plains Youth Hub

Tuesday 19th September*

10am to 12:30pm

Drop-in - Acrylic Pour

Golden Plains Youth Hub

Wednesday 20th September*

9am to 6pm

Hosier to Holbein

Street Art & Gallery Visit

National Gallery of Victoria & Hosier Lane

12:30 to 4pm

Drop-in - Fun Food

Golden Plains Youth Hub

Thursday 21st September*

10am to 1pm

All Aboard Skate Workshop

Bannockburn Skate Park

10:30am to 2pm*

Rollerway

Rollerway Skate Centre - Newtown

To learn more and register for events please go to

goldenplains.vic.gov.au/school-activity-program

Week 2

Tuesday 26th September

12:30 to 4pm

Drop-in - GameOn

Golden Plains Youth Hub

Wednesday 27th September

12:30 to 4pm

Drop-in - Fun Food

Golden Plains Youth Hub

Thursday 28th September*

10am to 1pm

AllOverMeredith Skate Workshop

Meredith Skate Park

2:30pm to 4:30pm*

Movie Afternoon

Golden Plains Youth Hub

***Registration required for events -**

Please proceed to our Website to

register



Golden Plains Youth



@GoldenPlainsYouth

VYF
VICTORIAN
YOUTH
FEST



Spring INTO Summer

18 SEPTEMBER
TO 15 OCTOBER

Kids come and try. **FISHING DAY Lethbridge Lake** Public parking and entry Broom Road

SUNDAY 24th
September 10 till 2

Adult supervision required

We have fishing rods for loan from fish care or bring your own, bait supplied heaps of giveaways.



BBQ, Coffee van

face painter 11am-1pm

Enquiries 0417365686 Or visit goldenplains.vic.gov.au




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

 03 5226 8900  groups@meli.org.au

Meli

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 Birralelee 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 Birralelee 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



MELI

Bringing Up Great Kids - Parenting Adolescents



The Bringing Up Great Kids Parenting Adolescents program is a six week supportive program for parents with children aged 10 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".

PROGRAM DETAILS

LOCATION	Bannockburn Cultural Centre Barwon Room 27 High Street, Bannockburn
DATES	17 Oct - 21 Nov 2023
DAY/TIME	Tuesdays 5.30pm - 7.30pm
COST	FREE

Scan QR code to register your interest →



meli.org.au  meli.community  meli.community

 groups@meli.org.au

COMMENCING OCTOBER 12TH – NOVEMBER 30TH (THURSDAYS WEEKLY)

CIRCLE OF SECURITY

PROGRAM FOR PARENTS

STARTS 12:45PM TO 2:45PM THURSDAY 12TH OCTOBER

Ballarat CatholicCare will be delivering Circle of Security parenting program for parents and carers of children aged 0-5 years. Circle of security Parenting is a relationship based 8-week parenting program helping you to:

- Understand your child's emotional world by learning to read emotional needs.
- Support your child's ability to successfully manage emotions.
- Enhance the development of your child's self-esteem.
- Honour the innate wisdom and desire for your child to be secure.

★ **FREE** ★
8-WEEK PROGRAM



Location: Bannockburn Family Services Building,
2A Pope Street Bannockburn,
Cost: Free

Register now

To register contact **Andrea Clarke**,
Regional parenting program.
andrea.clarke@catholiccarevic.org.au
Ph: 1300 303 988

for further enquiries contact **Heather Anderson**
at gpshealthandwellbeing@Gplains.vic.gov.au
Ph: 03 5220 7111





Spring 18 SEPTEMBER TO 15 OCTOBER INTO Summer

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



2 Pope Street,
Bannockburn, VIC 3331

19 Heales Street,
Smythesdale, VIC 3351

☎ 5220 7111

@ enquiries@gplains.vic.gov.au

📧 goldenplains.vic.gov.au

f GoldenPlainsShire

🐦 @GPSCouncilNews

📷 lovegoldenplains

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