

# LETHBRIDGE PRIMARY SCHOOL

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www.lethbridgeps.vic.edu.au

Newsletter No. 3

1 March 2024

## 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.

March	Monday	4	Athletics Day!	WEAR YOUR HOUSE COLOURS!
	Tuesday	5	MARC Van	
	Wednesday	6	2:30 – 6pm Parent Teacher Interviews	
	Thursday	7	Smile Squad visit	
	Friday	8	Visiting Artist	
	Friday	8	2:30pm Student Performances & Assembly	FAMILIES WELCOME!
	Monday	11	Labour Day	NO STUDENTS AT SCHOOL
	Wed - Mon	13-25	Year 3 and 5 NAPLAN	
	Wed	20	Cross Country	MORE INFORMATION SOON
	Thursday	28	Last day of Term 1 – 2.30pm dismissal	

### CONGRATULATIONS TO OUR 2024 STUDENT LEADERS

At our Assembly last Friday, we shared the celebration of our Student Leaders. Throughout this week, our Captains have visited classrooms to conduct surveys. The purpose of these surveys has been to gain input from all students in connection to House Rewards, lunch time clubs and fundraising. You can read more about our School Captains and School Vice-Captains later in this newsletter.

**School Captains:** Ruby and Jai

**School Vice-Captains:** Cassidy, Beau, Jaxen & Jasper

**Blue House Captains:** Briah and Tomas

**Red House Captains:** Saige and Heath

**Gold House Captains:** Jenna and Dyer

**Green House Captains:** Alex and Jackson

**Specialist Captains:** Byron, Fraser & Zav



### WHAT ARE OUR STUDENT LEADERS RESPONSIBLE FOR?

#### School Captains and Vice Captains

As the most significant student leaders in the school, School Captains are expected to be ambassadors who embody the school values of Care, Respect, Collaboration, and Resilience. They must be approachable, reliable, and trustworthy with high expectations of themselves and others. The School Captains are to take an active role in all aspects of the school community and work with others to achieve the best possible outcomes.

#### House Captains

House Captains are expected to encourage and support all students to participate in House activities and events. They are to set a good example of sportsmanship and house pride. House Captains must always be approachable, reliable and embody the school's values.

#### Specialist Captains

The Specialist Captain is expected to support the teachers of specialist subjects at our school including STEM, Italian, P.E. and Art. They must be reliable and prepared to award certificates at assembly, and support teachers in coordinating lunch time activities.

### MEET AND GREET!

On Tuesday February 20, we hosted our annual meet and greet event. The sun was shining, and it was a warm day, so Mr Pro Whip ice-cream was a busy visitor! Thank you to the many families who were able to attend, we appreciate your time and efforts in meeting our new staff and networking with other families.

### STUDENT SAFETY

Please use the pathways to enter and exit the school grounds. Walking through the car park is a safety risk. Parking can become congested, particularly at the end of the school day. Please use the space behind the tennis club for more parking. Parking along the fence line opposite the school is not permitted.



## **PARENT / TEACHER INTERVIEWS**

Our Parent / Teacher Interviews have been scheduled for **Wednesday March 6**. The purpose of these interviews will be to share learning goals for 2024. These interviews are also an opportunity for parents to share any relevant information with your child's teacher. We schedule interviews in terms 1 and 3, however please contact your child's teacher if you have questions or concerns at other times.

Interview bookings are available on Sentral. Bookings will close at 5pm on Monday March 4.

## **SCHOOL SPORTING EVENTS – TERM 1**

Mrs Palmer has been busily preparing for our whole school sport events.

We have a very busy term ahead of us in the sport area and the students have already begun practising for the Lethbridge Primary School Athletics Carnival during P.E. lessons. Some students have also used their lunchtime to improve athletics skills!

This year The Lethbridge Athletics Carnival will take place at the school on **Monday March 4**. We would love for you to attend and support the students participating in each of the events.

The P/1 students will participate in a junior version of athletics, where we will focus on having fun, building skills and participation. This will take place between 9am and 11am.

The Year 2-6 students will participate on the same day, from 11:30 am onwards in more traditional athletic events and we will be looking for students to represent our school at the District Athletic Sports.

### **Lethbridge Athletics Carnival**

**When:** Monday March 4, 2024

**Where:** Lethbridge Primary School

**Time:**

**P/1:** 9:00am - 11:00am

**Years 2-6:** 11:30am - 3pm (inclusive of a lunch break 1:30 – 2:20pm)

## **SMILE SQUAD VISIT**

The DHSV Smile Squad team are heading back to our school on **Thursday 7<sup>th</sup> March** to complete six-monthly fluoride varnish applications. Only those students who provided consent last year will be seen. Fluoride varnish applications help make sure students have the best chance of preventing tooth decay, so we're excited Smile Squad are coming back.

Consent for this fluoride varnish application was provided when students' initial consent forms were returned in 2023. If you wish for your child not to receive a fluoride varnish application, please contact the Smile Squad team on [smilesquad@dhsv.org.au](mailto:smilesquad@dhsv.org.au). Please ensure you include your child's name and school they attend.

## **VISITING ARTIST**

On Friday March 8 we will welcome our visiting artist back to Lethbridge Primary School. Students will participate in a dance workshop with a specialist instructor. Families are welcome to join us for assembly from 2:30pm. Our assembly is scheduled earlier for this date as students will be sharing their performances! Parents and families are welcome to join us for assembly.

Take care and stay safe,  
Chelsey

## **LATE ARRIVALS and EARLY DEPARTURES**

Supervision of students is available from 8.50am. The Community OSH program is available for students who are attending school prior to 8.50am.

Our first bell at 9am indicates the beginning of learning time. It is important that students arrive to school on time to avoid significant teacher instruction time from 9am.

Students who arrive late, need to be signed in at the office by a parent or carer.

If you need to collect your child or children early from school, please notify us by contacting your child's teacher or phoning the office. This is particularly helpful if you are collecting your child during a break time or special event.

Students are dismissed at 3.20pm. Teachers will attend the front gate to speak with parents until 3.30pm to share successes and discuss any concerns. This is a wonderful opportunity to make contact with your child's teacher on a regular basis.

## 2024 SCHOOL CAPTAIN AND SCHOOL VICE-CAPTAIN INTRODUCTIONS

Hello everyone, we are the School and Vice Captains at Lethbridge Primary School for 2024. Our School Captains this year are Ruby and Jai, and our Vice Captains are Beau, Cassidy, Jasper and Jaxen. We are excited to help the school in any way we can, such as fundraising with the SRC team.

From Ruby:

Hi, my name is Ruby and I am School Captain with Jai. I have been at Lethbridge Primary School since Prep and I am really excited to be one of your School Captains for 2024! 🌟 I am willing to help younger students if they need help in the yard or in class time. I will help the younger students if they need help learning the expectations and values in the yard. I will always be happy to help anyone who would like someone to play with at lunch or recess. I am gladly helping lead the Prep and Year One students with their Athletics activities on Monday as a group leader and I am excited to help them do the best they can! 🏆  
Please remember I am here to help.

From Jai:

Hi!! I'm Jai and I am the LPS School Captain for 2024 alongside Ruby. I am so happy to represent our school and help make it a better place!! 😊 I'm looking forward to helping younger kids in the school yard and my peers. I will achieve this by being on gate duty a few times a week with Miss Marks to get to know younger students and their families. I want everyone to know that they have someone to help them in the school yard!

From Cassidy:

Hi!! I'm Cassidy, the Lethbridge Primary School Vice-Captain for 2024 with Beau, Jasper and Jaxen. I am extremely excited to help the school to become an even greater place. I'm very committed to our school values of responsibility and resilience. We are all very eager to be celebrating the amazing 150th birthday for Lethbridge Primary School this year!! I'm starting to get to know all the wonderful new students and building new friendships. Cross Country is coming up soon so I will be happy to help the Prep students and new students WIN!!

I am looking forward to the adventure this year. 😊😊😊😊

From Jaxen:

Hi, my name is Jaxen and I am a Vice Captain of L.P.S. I am joined by Jasper, Cassidy and Beau. I am thrilled to be assisting around the school. As a school leader and as part of a leadership team we will make this school a more enjoyable place to come and make it a place you want to come to every day. I will achieve this by including and helping all of the kids, so they recognise us. We are also looking forward to the upcoming school birthday. I hope you are looking forward to an adventurous year.

From Beau:

Hello, my name is Beau and I am a Vice-Captain here at LPS. I am joined by Cassidy, Jasper and Jaxen and the School Captains Ruby and Jai. This year I am proud to be a part of the School Captain team for 2024. This year I am excited to celebrate the School's 150th year in the making and I'm sure you are too. If you don't know me, I will be standing at the front entrance throughout the weeks to come. If your child needs help making friends at school I will help them to get more confident and find friends. I will achieve this by walking around with them and including them in games and activities. That's just a little bit about me!

From Jasper-

Hi! My name is Jasper Potter and I am one of the School Vice-Captains for 2024 with the other Vice-Captains Beau, Cassidy and Jaxen. I am excited to be part of the school leadership team this year. The leadership team has already got a few ideas for events this year, such as the school's 150th birthday 🎂 and hot cross bun day. I will be out at the front gate before school so you can get to know me a bit better. I am looking forward to making this school an even better place than it already is! 😊😊

Thank you for reading our introductions. We hope you enjoy the rest of this week's newsletter.

By Ruby, Jai, Cassidy, Beau, Jaxen C and Jasper! 🌟

# MELI



## Strengthening Family Connections

### Would you like some support to manage challenges with your kids?

Strengthening Family Connections is a **FREE 8 week program** for parents and their children aged between 8 and 12 years. The program aims to build a positive family culture and strengthens connections in families, improving communication and leading to successful, confident kids and parents.

#### Benefits to parents

- Learn strategies to manage difficult behaviour
- Develop confidence to set limits and boundaries
- Long term reduction in depression and anxiety

#### Benefits to children

- Learn to understand and manage their emotions
- Learn communication and life skills
- Learn to problem solve

#### PROGRAM DETAILS

**LOCATION** Lethbridge Primary School  
2 Stephenson Street  
Lethbridge

**DATES** 24 April - 12 June 2024

**DAY/TIME** Wednesday  
4.00pm - 7.00pm

**CONTACT** For more information contact the school or contact Tina W at Mell on 5226 8900  
Email: [groups@mell.org.au](mailto:groups@mell.org.au)

**COST** FREE



A family meal is provided at the end of every session of the SFC program

[mell.org.au](http://mell.org.au) [mell.community](https://www.facebook.com/mell.community) [mell.community](https://www.instagram.com/mell.community)

[info@mell.org.au](mailto:info@mell.org.au)

### WELLBEING

MELI will be leading their Strengthening Family Connections program at Lethbridge Primary School next term.

The sessions will be held at school and include a family meal at the end of each session.

Lethbridge Primary School families are welcome to register first for this opportunity before we offer it to the wider community and neighbouring schools.

Strengthening Family Connections is a **FREE 8-week program** for parents and their children aged between 8 and 12 years. The program aims to build a positive family culture and strengthens connections in families, improving communication and leading to successful, confident kids and parents.

Please see the attached flyer for more information.

Parents are welcome to contact the school office or MELI for more information.

### PARENT PAYMENTS

Thank you to families who have already contributed to essential learning materials and voluntary payments. We are very appreciative. These contributions support us to provide effective programs for our students. Parents wishing to make contributions towards the Parent Payment Arrangements for 2024 are welcome to contact the office by phone or visit us in person.

### HEALTH AND HYGIENE

While at school, students are supported with health and hygiene protocols such as using hand sanitiser. Throughout our learning spaces, we also have air purifiers and encourage ventilation through classrooms during the school day.

It is recommended that staff members, students or visitors who have symptoms of cold, influenza or COVID-19 undergo testing for COVID-19. Parents of symptomatic students will be contacted to collect their child from school and keep them home until they are no longer symptomatic.

There is at present an increase in community transmission of COVID-19 in Victoria.

You can help us keep our school as safe as possible by taking 2 important steps:

1. Ensure your COVID-19 vaccinations are up to date. Information on how and where to get vaccinated is available on the Get Vaccinated webpage.
2. If your child shows symptoms of COVID-19, please ensure they stay home and get tested. The easiest way to test is to use a rapid antigen test (RAT). Free RATs are available from your local council where you can collect 2 packs of 5 RATs and an extra 2 packs for each person in your household. People with disability and their carers can get 4 packs of 5 RATs. You are not required to have a Medicare card and you can collect RATs as many times as you need. You can also buy RATs at supermarkets, pharmacies and other retailers.

If your child has symptoms but tests negative, please ensure they stay home until they no longer have symptoms.

If the RAT test result is positive, please ensure they stay home for at least 5 days and until there are no more symptoms.

## SCHOOL PREPARATIONS FOR THE BUSHFIRE SEASON

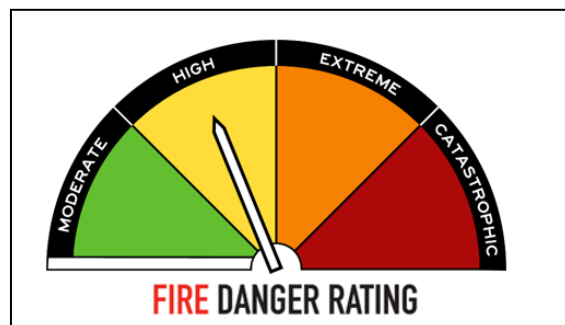
Each year, to prepare for bushfires and grassfires, schools and early childhood services complete a range of activities.

The Department of Education runs an annual fire risk assessment of schools and early childhood services. They are allocated a category of risk (categories 0 to 4) and are published on the Bushfire At-Risk Register (BARR).

All schools and early childhood services listed on the BARR and Category 4 list will also close when a Catastrophic fire danger rating day is forecast in their fire weather district.

When the Bureau of Meteorology provides public fire danger rating forecasts or fire weather warnings, they use fire weather district areas. In Victoria,

there are 9 fire weather districts, which are based on Local Government Area boundaries. Our school is in the **Central district**. As part of preparing our school for the fire season, we have updated and completed our Emergency Management Plan, and completed preparation tasks such as clearing the guttering of our buildings.



### ***What does this mean for our school?***

**Our school has been identified as being at risk of bushfire or grassfire and is a **Category 4** school.**

Our school will **close** on a day forecasted as Catastrophic fire danger rating in the Central fire district.

### ***What is the department's policy?***

The department's [Bushfire and Grassfire Preparedness Policy](#) requires all schools and early childhood services on the BARR and the Category 4 list to close when a Catastrophic fire danger rating day is forecast in their fire weather district. All school bus routes which travel in or through a district with Catastrophic fire danger must also be cancelled.

### ***When will our school be closed due to Catastrophic fire danger?***

Our school will **close** on a day forecasted as Catastrophic fire danger rating in the Central fire district.

Closure of the school due to a forecast Catastrophic day will be confirmed on the day prior and we will provide you with advice before the end of the school day. Any information regarding potential or confirmed Catastrophic fire danger days will be communicated to you by via Sentral and Class Dojo.

**Once confirmed, the decision to close will not change, even if the weather forecast changes.** This is to avoid confusion and help your family plan alternative care arrangements for your child. It is also important to be aware that:

- No one will be on site on days where the school is closed due to a forecast Catastrophic day.
- Out-of-school-hours care will also be cancelled on these days.
- All bus routes that travel through the Catastrophic area will be cancelled.
- School camps will be cancelled if a Catastrophic fire danger rating day is forecast for fire weather district in which the camp is located, or if the travel involves passing through areas that have Catastrophic fire danger.

Families are encouraged to action their Bushfire Survival Plan on Catastrophic fire danger rating days. **On such days, children should never be left at home alone or in the care of older children.**

For those of us living in a bushfire prone area, the Country Fire Authority (CFA) advises that when Catastrophic days are forecast, the safest option is to leave the night before or early on the morning of the Catastrophic day.

### ***What can families and the school community do to help us prepare?***

- Ensure we have your current contact details, including your mobile phone numbers.
- Keep in touch with us by reading our newsletters, and checking notifications regularly on Sentral and Class Dojo.
- Make sure your family's bushfire survival plan is up-to-date and includes alternative care arrangements in the event that our school is **closed** due to elevated fire danger or closed due to a Catastrophic fire danger. Further information can be found on the [CFA's website](#).
- Action your family's bushfire survival plan if your own triggers are met. Our school community may be spread out across many areas and some families may be at higher risk than others. Your family's safety is critical, so please let us know if you are actioning your bushfire survival plan and if your children will be absent on these days.
- If your child is old enough, talk to [them about bushfires](#) and your family's bushfire survival plan.

You can find more information on emergencies, warnings and preparedness actions here:

- VicEmergency app – that can be downloaded on your android and iOS mobile devices
- VicEmergency Hotline (1800 226 226)
- Website <https://emergency.vic.gov.au>
- Facebook (<https://www.facebook.com/vicemergency>)
- Twitter (<https://twitter.com/vicemergency>)
- ABC local radio, Sky News and other emergency broadcasters

## STUDENTS OF THE WEEK

### Term 1, Week 4

<b>P/1 B</b>	<b>Maya</b> For being determined and working hard during our maths lesson on addition facts to 10 to complete her work! AMAZING effort and concentration Maya!
<b>P/1 MC</b>	<b>Levi</b> For demonstrating wonderful learner traits - listening, thinking, participating. What an amazing way to start your school life. Well done Levi. Keep up the great work!
<b>2/3 B</b>	<b>Amelia B</b> For working so hard during Writing to improve your persuasive texts. You demonstrated commitment to improving your work by editing and stretching out your sentences. Fantastic effort!
<b>3/4 M</b>	<b>Austin</b> For displaying improved confidence in Mathematics, especially with different addition and subtraction strategies. Well done Austin!
<b>5/6 H</b>	<b>Jackson D</b> For demonstrating enthusiasm towards your learning in class. You are always well prepared and ready to learn. Keep up the awesome work, Jackson!
<b>5/6 O</b>	<b>Fraser</b> For consistent effort in listening actively during class discussions. Keep up the fantastic thoughtful responses, Fraser! Well done.
<b>Art Award</b>	<b>Arlow</b> For her wonderful effort and detail in drawing a self-portrait. <b>Piper</b> For her great drawing skills of 6 wonderful fish and painting them in the primary and secondary colours.
<b>P.E. Award</b>	<b>Ruby</b> For her enthusiasm when practicing for athletics! Fantastic Ruby, keep up the great work!
<b>STEM Award</b>	<b>Flora</b> For her participation when learning about the life cycle of a plant. Keep up the great work Flora!
<b>Principal's Award</b>	<b>Byron</b> For your positive attitude and persistence when solving new challenges.

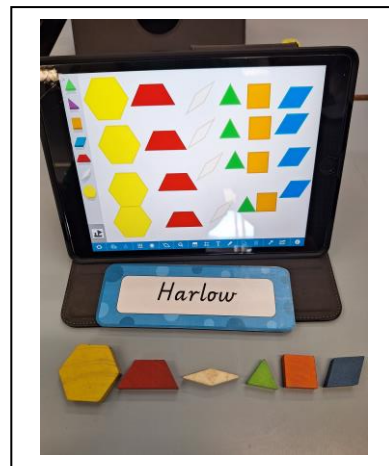
### Term 1, Week 5

<b>P/1 B</b>	<b>Rylan</b> For writing such a creative response to Zack and his lunch box. I was super impressed with your use of sounds and rereading your work to make sure it made sense. Excellent effort Rylan!
<b>P/1 MC</b>	<b>Hailey</b> For always being respectful to others, both in the classroom, and in the playground. Keep it up Hailey!
<b>2/3 B</b>	<b>Jarvis P</b> For being determined and putting in an amazing effort to practice and improve your handwriting. Well done Jarvis!
<b>3/4 M</b>	<b>Oliver</b> For your kindness and willingness to help your peers with Google Slides on their Chromebooks.
<b>5/6 H</b>	<b>Briah</b> For demonstrating perseverance. Your willingness to participate in whole class discussions is fantastic to see. I am incredibly proud of the way you never give up and keep trying different ways to deepen your knowledge. Well done, Briah!
<b>5/6 O</b>	<b>Alex</b> For showing initiative in volunteering to clean up after others and caring for classmates by offering to share your own resources. Excellent work Alex!
<b>Art Award</b>	<b>Heath</b> For his monochromatic painting using purple, demonstrating his ability to change the tint and shades in his artwork. <b>Jai</b> For adding creative finishing details to his monochromatic artwork piece of a night sky.
<b>Italian Award</b>	<b>Nikola</b> For being a wonderful helper during our lesson. Thank you Nikola, I really appreciate it.
<b>P.E. Award</b>	<b>Briah</b> For her willingness to train for athletics during her own time. Your effort is amazing Briah!
<b>Principal's Award</b>	<b>Jack</b> For proudly sharing his learning and achievements in Mathematics.

## IN THE CLASSROOM

### Learning in Maths

Students in Prep and Grade 1 have been investigating patterns. They have made repeating and growing patterns and have learnt how patterns can be made by thinking about size, colour, shape, orientation and even tessellation. Here are some photos of the work that students did this week using pattern blocks and the iPads. There are many patterns in our environment. See if you can spot some of them!



## AT-SCHOOL MUSIC

Learn at school, during school & without leaving school

Pat Wheeler is at Lethbridge Primary School on Fridays to conduct instrumental music sessions with individual students.

### Key information

Piano, drums and beginner guitar are available.

### To register and make a booking:

Bookings and payments are managed directly by At School Music.

Go to [atschoolmusic.au](https://atschoolmusic.au) and complete the enquiry form at the bottom of the page.

Staff at At-School Music will contact families directly using information provided by parents in the website enquiry submitted.

## CAMPS, SPORTS AND EXCURSIONS FUND (CSEF)



School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

## FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. The allowance (\$150 for Primary school students) is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

To be eligible for the fund you must:

- on the first day of Term one, or;
- on the first day of Term two;
- a) Hold a Veterans Affairs Gold Card, Centrelink Health Care Card (HCC), Pensioner Concession Card (PCC), OR
- b) Be a temporary foster parent, and
- c) Submit an application to the school by the due date.

Parents who receive a Carer Allowance on behalf of a child, or any other benefit or allowance not income tested by Centrelink, are not eligible for the CSEF unless they also comply with one of (a) or (b) above.

If you applied for CSEF at Lethbridge Primary School last year, you do not need to complete an application for this year, unless there has been a change of family circumstances. You only need to complete an application form if any of the following has occurred:

- new student enrolments; your child has started at Lethbridge Primary School in 2023.
- changed family circumstances; such as a change of custody, change of name, concession card number, or new siblings commencing this year (eg prep students)

Please contact the office to obtain a CSEF application form or download from [www.education.vic.gov.au/csef](http://www.education.vic.gov.au/csef)

## CONVEYANCE ALLOWANCE

The conveyance allowance is a contribution towards transport costs and is not intended to cover the full cost of transporting children to and from school.

Eligibility

An application on behalf of a student may be submitted if the student is:

- a Victorian resident;
- school aged and enrolled (3) three or more days per week at a school; and
- attending a school/campus located outside the Melbourne metropolitan conveyance boundary

A student who meets the above requirements may be eligible if they:

- attend their nearest or designated neighbourhood government school/campus appropriate to their year level, at which admission is permissible, and
- reside 4.8km or more by the shortest practicable route from the campus attended

For further information regarding the Conveyance Allowance Program see: <https://www2.education.vic.gov.au/pal/conveyance-allowance/policy?Redirect=1>

If you think you may be eligible for Conveyance Allowance, please see Meagan in the office.



## DEVICES AND BEING SAFE ONLINE

As part of our Launching into Lethbridge program, students have worked with their teachers to establish routines and expectations for device use at school. The devices are used to complement learning and as a result, other learning materials are used to support student success. The Year 3 and 4 students have explored their devices to become more familiar with them as a tool for learning and are navigating various applications and programs, where as our Year 5 and 6 students are more confident in navigating various platforms to apply and showcase their learning.

The routines and expectations developed with students helps build consistent understanding to use devices safely. We use the Victorian Curriculum to inform our learning programs using technology and refer to the e-Safety Commissioner resources for additional support.

The e-Safety Commissioner website is a useful resource for managing devices, age requirements and conversation starters if concerns arise.

### eSafetyparents

## Screen time for your child – 7 tips

There is a lot of conflicting advice and emerging research around screen time. But, the right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine. It can be easy to focus only on the clock and how long your child is spending in front of the screen, but the quality and nature of what they are doing online, and your involvement are just as important.

Consider your child's screen use in the context of their overall health and wellbeing – for example, is online time getting in the way of their sleep and exercise? Is it impacting on their face-to-face connections with family and friends? The answers to these questions will guide you and help strike the right balance of online and offline activities for your child.



### 1. Be involved

Sharing screen time and online activities like gaming with your child helps you gauge the appropriateness of what they are doing and manage potential risks. It's also a great way to start conversations with your child about their online experiences.

### 2. Work with your child to set boundaries for screen use

If you decide that setting screen time limits is right for you and your child, discuss these new rules with your child. Older children are more likely to cooperate if they have been part of the decision-making process. Colourful pictures or charts of daily limits and other important activities is a fun way to get younger children on board.

### 3. Be clear about the consequences of not switching off

Part of our role as parents is to set clear limitations and boundaries. The same applies to technology limitations so, being clear and consistent about the consequences for your child if they do not stick to these rules is paramount. The [Raising Children Network](#) provides some useful tools and advice.

#### 4. Set device-free zones and times at home

Device-free zones can help you manage your family's digital use. Here are some ideas for setting digital boundaries within your home:

- no devices in the bedroom for younger children
- all screens off in bedrooms after a certain time for older children
- all screens off at least one hour before planned bedtime
- all family members switch off at dinner time
- charge devices overnight in a place your child cannot access

#### 5. Ask your child to explain their screen use

Get your child in the habit of explaining why they want to be in front of a screen or online. It's a great way to get them thinking about their own digital habits and balancing screen time with other activities.

#### 6. Use tech tools to help manage access

There are robust products and device functions which allow you to see which apps are being used in your home and for how long. But try not to use these tools to secretly monitor your child. Instead, be open about the process and check the whole family's usage, including your own. Start with [Google Family Link](#) for Android devices or [parental controls](#) and [Screen Time](#) for iPhone/iPad.

#### 7. Lead by example

Your behaviour is one of the most effective ways to help your child develop a positive digital mindset. Show your child you can put down your device too.



## COMMUNITY NOTICES



**TENNIS LESSONS**

Where: Lethbridge Tennis Club  
When: Tuesdays

**ANY AGE ANY ABILITY**

**\$5 - GROUP LESSONS**  
**\$20 - PRIVATE LESSONS**

**CONTACT US**

0430 726 486  
allcourttennis1@gmail.com

Inverleigh Junior Football



# Registrations *open.*

Free Club Gift + 50% sibling discount.

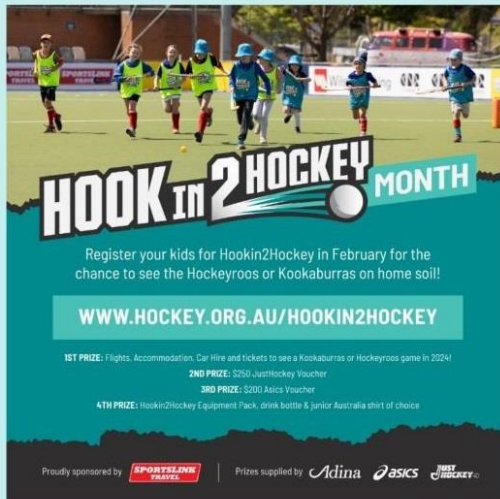


Season Launch - 6 March, 5pm - IFNC Reserve

*Junior Coordinators: Kate Shaw 0404 065 405 or Emma Bourke 0409 865 583*

## IT'S HOOKIN2HOCKEY MONTH

Learn to play hockey for children aged 5 to 12  
Free to attend first session.  
Equipment provided for use



**HOOKIN2HOCKEY MONTH**

Register your kids for Hookin2Hockey in February for the chance to see the Hockeyroos or Kookaburras on home soil!

[WWW.HOCKEY.ORG.AU/HOOKIN2HOCKEY](http://WWW.HOCKEY.ORG.AU/HOOKIN2HOCKEY)

1ST PRIZE: Flights, Accommodation, Car Hire and tickets to see a Kookaburras or Hockeyroos game in 2024!  
2ND PRIZE: \$250 JustHockey Voucher  
3RD PRIZE: \$200 Asics Voucher  
4TH PRIZE: Hookin2Hockey Equipment Pack, drink bottle & junior Australia shirt of choice

Proudly sponsored by **SPORTSLINK** Prizes supplied by **Adina** **asics** **JUST HOCKEY**

Register now for your chance  
to win great prizes.



## SECONDARY SCHOOL TOURS



**Year 7 Enrolment Information Evening**  
**Tuesday 5 March, 2024 from 6:00pm to 7:30pm**

**Open Day Tours**  
**Wednesday 6 March, 2024: 9:30am to 10:30am**

**Selected Entry Advanced Learning Program Information Evening**  
**Tuesday 26 March, 2024: 6:30pm to 7:30pm**

For further information, contact our office on  
 (03) 4243 0500 or  
[matthew.flinders.girls.sc@education.vic.gov.au](mailto:matthew.flinders.girls.sc@education.vic.gov.au)



*Come and See*  
**OPEN DAYS 2024**

**Wednesday 13, Friday 15  
 and Friday 22 March 2024**

**Multiple Information  
 and Tour Sessions**


**Bookings are essential**  
 and can be made online from  
 Wednesday 31 January 2024

**[clonard.vic.edu.au](http://clonard.vic.edu.au)**



Kildare  
 EDUCATION  
 MINISTRIES  
an Anglican Diocese






Bannockburn P-12 College would like to invite you to our

**2025 Year 7 Information Evening**

Wednesday, 20 March, 2024  
 From 5:15PM - 7:15PM

Where: Bannockburn P-12 College,  
 139 Milton Street, Bannockburn

LEARNING FOR LIFE  
 139 Milton Street Bannockburn VIC 3201 | (03) 5261 1955 | (03) 5261 1943 | [bannockburn.p12@education.vic.gov.au](mailto:bannockburn.p12@education.vic.gov.au)  
[bannockburn2.vic.edu.au](http://bannockburn2.vic.edu.au)





**ST JOSEPH'S COLLEGE GEELONG**

**COLLEGE TOURS**

St Joseph's College Geelong invite you to join our College Tours this semester.

We are proud to continue offering an innovative education, and we welcome all senior primary school boys and their families to come and visit us.

**Year 7 applications for 2025 are now open, apply via the college website.**

**Bookings essential, register via our College Website: [sjc.vic.edu.au](http://sjc.vic.edu.au)**



**Tours commence at 9:00am**

Monday 18 March	Wednesday 20 March
Tuesday 26 March	Wednesday 27 March
Wednesday 17 April	Friday 19 April

# PARENT EDUCATION EVENTS

GEELONG and BARWON  
SOUTHWEST REGION



## TERM 1, 2024

All Regional Parenting Service programs along with MELI (*formerly Barwon Child Youth & Family (BCYF) and Bethany*), Family Relationship Centre, Drummond St Services and Barwon Southwest Region programs will be offered face to face or online. Bookings are essential. For details of dates, times and venues please see below.

### BRINGING UP GREAT KIDS

#### The First 1000 Days

The first 1,000 days of life is a program for parents with children aged under 2 years and designed to nurture parents as they embark on their journey. It provides parents with knowledge about brain development and an understanding of how children grow and what they need. The centrality of family relationships and opportunities for parents to reflect on their own childhood and how to connect with their children are all explored.

### BRINGING UP GREAT KIDS

Bringing up Great Kids is a 6-week supportive program for parents of children aged 12 months to 9 years.

The program aims to:

- develop parents' skills to enhance communication with their children;
- promote positive interactions between parents and their child/ren;
- encourage the development of a child's positive self-identity.

### CIRCLE OF SECURITY

Circle of Security is an 8-week supportive program for parents of children aged birth to 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.

### TUNING IN TO KIDS

Tuning in to kids is a 6-week supportive program for parents of children aged 4 to 10 years.

The program aims to:

- help parents teach and support their child/ren to understand and manage their emotions;
- support parents in encouraging children to express emotions appropriately;
- maximise children's social, behavioural and learning outcomes.

### BRINGING UP GREAT KIDS

#### Parenting Adolescents

The program builds on maintaining positive relationships and interactions between parents and adolescents during the ages of 10 to 17 years.

This 6-week program will look at having a better understanding and being able to support your adolescent.

- Finding meaningful ways to stay connected with you adolescent;
- Understand that all behaviour and interaction have a meaning attached to it;
- Develop an increased understanding about the messages that they communicate to their adolescent through their behaviour, actions and attitudes;
- Develop skills to identify and manage their stress associated with parenting.

### OUR KIDS – Parenting After Separation

Our Kids is a 6-week course on parenting after separation and the impact of parental conflict on children. The course encourages parents to focus on the needs of their children and develop helpful communication strategies following separation. Courses run weekly for 6 weeks during school terms. Morning and evening sessions are available.

### THE DAD WORKSHOP

This 6-week program will focus on giving you the tools you need to create a better life for your entire family.

We will look at simple things you can do to improve:

- your relationship with yourself;
- your relationship with your partner;
- your relationship with your kids.

### FLOURISHING FAMILIES

A 5-week program for parents with children of all ages to discover how you can help your family to flourish.

Learn about:

- how you can promote resilience;
- increase awareness of your family's strengths;
- create and nurture positive family relationships;
- give feedback to support individual growth.

### BUBS TO TOTS

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

### NO MORE SCAREDY CATS

#### Reducing Anxiety and Building Resilience in Children

A 4-week program for parents of children 5 to 12 years to gain an understanding of the increasing levels of anxiety in a child and strategies to help manage the "traps and tripwires" with strengthening sayings, questioning strategies and mindful exercises.

### TUNING IN TO TEENS

Tuning in to teens is a 6-week supportive program for parents of teens aged 12 to 18 years.

The program aims to:

- support parents to connect and communicate with their teens;
- assist parents with understanding adolescent development;
- help parents to assist their teen to develop emotional intelligence;
- remain empathetic and stay connected.

### LIVING WITH TEENS

A model for building strong, secure connections. Living with Teens is a 3-week program.

The program aims to cover:

- what parents need to be able to meet teen's needs;
- what teens need from parents;
- adolescent development.

### BUMPS TO BUBS

Bumps to Bubs brings young mothers and mothers-to-be (up to 23 years) with babies 0 to 1 year, together to support the journey of parenting.

### DADS TUNING INTO KIDS

Dads Tuning into Kids is a 6-week supportive program specifically for Dads of children aged 3 to 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.

### POSITIVE PARENTING PROGRAM

Available online via the Triple P website

[www.triplep-parenting.net.au/vic-uk/en/triple-p/](http://www.triplep-parenting.net.au/vic-uk/en/triple-p/)

### STRENGTHENING FAMILY CONNECTIONS

Strengthening Family Connections is a free 8-week program for parents and their children aged 8 to 12 years. The program aims to build a positive family culture and strengthen family connections.

### STEPPING STONES

Stepping Stones is a 5-week program for families with a child who has a disability. The program aims to help parents use Positive Parenting to acquire new skills and knowledge. Skills are practiced and parents receive constructive feedback about their use of skills.

## Parent Education Events

Term 1, 2024

Program	Location / Venue	Days / Dates	Time	Bookings
The Dad Workshop	Online via Zoom	Tuesdays 6 Feb – 12 Mar	7.00pm - 9.00pm	 <p><b>Regional Parenting Service</b>  <a href="http://www.geelongaustralia.com.au/parenting">www.geelongaustralia.com.au/parenting</a>                      Ph: 5272 4741</p> 
Tuning in to Kids	Virginia Todd Community Centre 9-15 Clarence St, Geelong West	Wednesdays 21 Feb – 27 Mar	7.00pm - 9.00pm	
Circle of Security	Virginia Todd Community Centre 9-15 Clarence St, Geelong West	Thursdays 8 Feb – 28 Mar	7.00pm - 9.00pm	
Bringing up Great Kids - Adolescents	Online via Zoom	Wednesdays 7 Feb – 13 Mar	7.00pm - 9.00pm	
Flourishing Families	Online via Zoom	Thursdays 15 Feb – 14 Mar	7.30pm - 9.00pm	
Bringing Up Great Kids - First 1000 Days	Online via Zoom	Tuesdays 20 Feb – 19 Mar	7.00pm – 8.30pm	
<b>To express your interest for the following programs please scan the QR code</b>				
No More Scaredy Cats      Stepping Stones      Tuning in to Teens      Bringing Up Great Kids				
Our Kids – Parenting after Separation	Family Relationship Centre 7 Ryan Place, Geelong	Tuesdays 13 Feb – 19 Mar  Thursdays 15 Feb – 21 Mar	12.00pm – 2.00pm  5.45pm – 7.45pm	 <p><b>Family Relationship Centre</b>  <a href="http://www.catholiccarevic.org.au">www.catholiccarevic.org.au</a>                      Ph: 5246 5600</p>
Online parenting programs	Drummond St Services offer a range of online programs, please see their website for further details.	Various dates and times		 <p><b>Drummond Street Services</b>  <a href="http://ds.org.au/events/">ds.org.au/events/</a></p>

## Parent Education Events

Term 1, 2024

Program	Location / Venue	Days / Dates	Time	Bookings
Tuning in to Kids	Kurrambee Myaring Community Centre, 12 Merrijig Drive, Torquay	Thursdays 15 Feb – 21 Mar	12.30pm – 2.30pm	 <p><b>MELI</b>                      Meli, the new name for BCYF and Bethany  <a href="http://www.bcyf.org.au">www.bcyf.org.au</a>                      Ph: 5226 8900</p> 
Circle of Security	Poa Banyul Community Hub 110-122 Unity Drive, Mount Duneed	Tuesday 13 Feb – 19 Mar	9.30am - 11.30am	
Strengthening Family Connections	Lethbridge Primary School 2 Stephenson St, Lethbridge	Wednesday 7 Feb – 27 Mar	TBA	
Bringing Up Great Kids	Leopold Child & Family Centre 31-39 Kensington Rd, Leopold	Thursday 15 Feb – 21 Mar	9.30am – 11.30am	
Tuning in to Teens	Meli 16 Ballarat Road, Hamlyn Heights	Tuesdays 13 Feb – 19 Mar	12.30pm - 2.30pm	
<b>To express your interest for the following programs please contact MELI</b>				
Baby College      Bumps to Bubs      Bubs to Tots				
Circle of Security (Abbreviated)	Childrens Services Building	Wednesdays 21 Feb – 27 Mar	6.30pm – 8.30pm	 <p><b>CatholicCare Victoria – Warrnambool</b>  <a href="http://www.catholiccarevic.org.au">www.catholiccarevic.org.au</a>                      Ph: 4344 4588                      E: <a href="mailto:helen.diamond@catholiccarevic.org.au">helen.diamond@catholiccarevic.org.au</a></p>
Circle of Security	Moyne Shire - Location TBC	Tuesdays 20 Feb – 26 Mar	5.30pm – 7.00pm	
Living with Teens	Online via Zoom	Thursdays 8 Feb – 22 Feb	6.30pm – 8.30pm	