

FROM THE PRINCIPAL'S DESK

Dear Parents and Carers,

I hope this Kalori finds you safe and well after the recent severe weather and high winds. When unpredictable events occur and there is a potential for schools to close, it is important that you keep checking COMPASS for up-to-date information from the school.

We had very little damage at school with one large tree branch down (on the newly mended fence). The arborist will be here by the end of the week to remove and inspect the damaged tree.

2024 Soiree

Congratulations to our performers, instrumental teachers and teachers for a wonderful night of entertainment at our recent soiree. A heart felt thank you to Ms Garbers who does an outstanding job coordinating the whole event. I think all who attended the evening performance would agree, our talented students have many opportunities to participate and excel in our amazing performing arts program.

Major Capital Works update

We are getting very close to the final stages of planning for our future Major Capital Works project. This planning will progress to the point where we are ready to go to tender. This means, when project funds are announced in a future state budget, the project can go out straight to tender.

The future Major Capital Works project will include removing the double portable at the top of the school to build a new administration building. Once this work is complete, the current administration area, art room and staff room will be refurbished to include 4 new learning spaces and an art room.

Peer Observing to Learn and Learning Walks

As a high performing school, we constantly strive to improve as reflected in our School Strategic Plan and Annual Implementation Plan. At Mount Eliza North we use Peer Observations and Learning Walks to monitor our key improvement strategies and progress towards our targets. Staff and leaders visit classrooms with a focus on student wellbeing, the whole school instructional model and learner agency in our classrooms.

Our final staff meeting for each term is an opportunity to reflect on the work we have completed during the term, this includes professional learning, Sprint teamwork in literacy, numeracy, learner agency and student wellbeing.

Parent Opinion Survey closes Friday 20th October

Thank you to those parents who have taken the time to complete the Parent Opinion Survey. As of this morning we have had a response rate of 32% of our parent community. With 3 weeks to go I would encourage all parents who have yet to complete the survey to please do so. Your feedback is important to us, with all data carefully analysed to identify trends or areas for future improvement. The survey period is between Monday 29th July to Friday 20th September. Parent Opinion Survey results will be presented to School Council in Term 4.

To complete the survey click on the link <https://www.orima.com.au/parent>

Enter the school name: Mount Eliza North Primary School

Enter the school PIN: 649323

After School Extra-Curricular Activities

In Term 4 we are hosting two after school activities run by Kids Unlimited, an affiliation of Team Kids. Kids Unlimited will be offering 8 sessions of chess for an hour on a Tuesday afternoon and Robotics for 8 sessions for an hour on Wednesday afternoons. These sessions are available to all students from Years 1 - 6 and are paid for by parents or carers. Enrolment information is included in this newsletter.

Canteen News

Sara Shaw our canteen manager will be finishing up and the end of this term to start a new career as an Education Support staff member at a secondary school. Sara has had a strong affiliation with us for the past 19 years as all four of her children attended Mount Eliza North Primary School. Sara has efficiently organised our canteen for the past 13 years and is a much loved and appreciated member of staff.

On behalf of the school community, I would like to thank Sara for her work over the years and wish her all the very best in her new role.

Our new canteen manager is Catherine Burbridge, an experienced manager and member of the Hungry Hamper staff.

The canteen will open in the first week of term on Wednesday 9th October, giving Catherine time to set up for a busy Term 4.

Dobson's – School Uniform Supplier

Dobson's are anticipating opening their Mornington shop by November. In the meantime, they will begin trading from our school uniform shop early in Term 4. We will send out more details to parents regarding ordering and trading hours early next term.

I would like to take this opportunity to thank Lea Miller our uniform shop coordinator for all her work over her many years with us.

Planning Week

Next week is planning week, where the students have all of their specialist classes on one day and staff meet to plan for the following term. This is always a big week in schools.

Enjoy the rest of your week.

Kind regards,

Julie O'Brien

Principal

FROM THE NURSE



Dear Parents/Guardians,

This is a timely reminder that unfortunately seasonal colds, coughs, and flu illnesses continue to circulate during Spring. Also, in recent times we have had a number of children reporting to sick bay complaining of tummy problems. Mount Eliza North Primary School is very conscious of personal hygiene and makes every effort to avoid transmitting illnesses by encouraging regular handwashing, provision of hand sanitiser lotion and tissues etc. in classrooms. Caregivers can assist greatly by please **keeping sick children at home until they are fully recovered**. In the case of illnesses which cause vomiting and/or diarrhoea, children should not return to school until it has been at least 24 hours since the last episode of vomiting/diarrhoea. In the case of a fever, similarly children should have been 'fever-free' without medication for 24 hours. If you have any questions, please contact the First Aid Officer between 10.00am - 3.30pm on 9787 6611. Thank you for your understanding and consideration.

Kate Lyell
First Aid Officer

HEADLICE

Recently there has been some reported incidents of headlice at Mount Eliza North Primary School. We kindly ask parents to exercise caution when sending their child(ren) to school each morning through the following:

- Hair longer than shoulder length should be tied up in a pony-tail/ plait/ braid
- Using preventors such as tea tree or lavender oil in hair

If your child(ren) are found with headlice please keep them home until all headlice have been treated and no more eggs/ lice are found in hair.

We appreciate your understanding and cooperation with this matter.

FROM THE ASSISTANT PRINCIPAL CURRICULUM/PYP...

MOUNT ELIZA SECONDARY COLLEGE YEAR 6 VISIT

Last Thursday some students from Mount Eliza Secondary College visited our Year 6s to speak about their Community Projects. The Community Projects have some similarities to the Year 6 Exhibition in that students identify a community issue and take action to learn more about the issue, and find ways to support in this area. The presentation from the Mount Eliza students supported our Year 6s to consider ways they might be able to take action as result of their research, which was timely; as our Year 6 students are well into their Exhibition and are beginning to consider possible action as a result of their issue. Action can take shape in many ways and does not have to involve fundraising and big changes. It can be small actions that can lead to bigger changes. Action is authentic, meaningful, mindful, responsible and responsive.

Action can be:

- A change in attitude
- A consideration or plan for action in the future
- A demonstration of responsibility, or respect for self, others and the environment
- An engagement in school decision-making or an expression of support in community, local and global decision-making

When taking action students demonstrate agency by making responsible choices; these choices can sometimes include conscious decisions not to act. Students take action in response to their inquiries or motivation to make a positive difference, bring about positive change or further learning. Action can be short or long term, revisited or ongoing. It can be individual or as a group and can take place at home, school or in the wider community.

There are several forms of action such as:

Participation: Being actively involved in the learning community and showing commitment to contributing as individuals and as members of a group.

Advocacy: Taking action individually or collectively to publicly support positive social, environmental or political change.

Social Justice: Taking action to support positive change relating to human rights, equality and equity.

Social Entrepreneurship: Supporting positive social change by responding to the needs of communities and addressing challenges and opportunities in resourceful and sustainable ways.

Lifestyle Choices: Making positive lifestyle changes in response to learning.



OPEN AFTERNOON REMINDER

On Wednesday 18th September we will be having an Open Afternoon from Foundation to Year 5. This will be an opportunity for parents and carers to visit classrooms and share in the learning that has been taking place this term. Classrooms will be open from 2.30pm until 4.45pm. Our Year 6 students will be showcasing their learning during their Exhibition. The Exhibition will take place on Wednesday 16th October. We are looking forward to welcoming families into our school on these afternoons.

**Yours in Learning,
Caroline Chilianis
Assistant Principal – PYP and Curriculum**

FROM THE ASSISTANT PRINCIPAL ... WELLBEING

As a parent I know that when you ask your child "What did you do at school today?" the response is usually "Nothing!!"

We all know that is not true, however, to help facilitate the conversations I will continue to communicate the work within the wellbeing space with families via Kalori. This term the focus has been on anti-bullying strategies including explaining to students what is bullying, and how to use the Stop, Go Tell strategy, including having a bank of quick comebacks that can be used to empower students without enflaming the interaction.

When I talk to the students about bullying and their experiences it is often the case that the bullying is happening within their own friendship group. In response to that evidence, I presented to students in assembly this week about how to be a good friend and what is a healthy friendship. Talking to primary-aged children about healthy friendships is important for their social development. Here are some strategies you can use to support the conversations happening at school:

Define a Healthy Friendship:

Explain what a good friend is: someone who is kind, listens, shares, and respects others.

Discuss how a healthy friendship makes them feel happy, safe, and valued.

Use Real-Life Examples:

Point out examples of healthy friendships in their lives or in stories they enjoy.

Highlight positive behaviours like helping each other, sharing, or playing together nicely.

Role-Playing Scenarios:

Act out common friendship scenarios with your child. For instance, how to join a group of friends, how to resolve conflicts, or how to support a friend who is upset.

Discuss what went well and what could be improved.

Teach Conflict Resolution: (This supports the quick comeback strategies from my last article)

Explain that disagreements are normal but can be handled respectfully. Encourage using "I" statements like "I feel upset when..." to express feelings without blaming.

Discuss the importance of apologising and forgiving in maintaining friendships.

Encourage Inclusivity:

Talk about the value of including others, especially those who might feel left out. Emphasize that a good friend is kind to everyone, not just their closest friends.

Monitor and Guide:

Pay attention to your child's friendships. If they mention issues, listen and offer gentle advice without taking over.

Encourage them to express their feelings and thoughts about their friendships.

Discuss Online Friendships:

If your child is old enough to be online, talk about how to be a good friend digitally. Discuss the importance of kindness and respect online, just as in face-to-face interactions.

Encourage Self-Reflection:

Ask your child to think about how they feel after spending time with their friends. Do they feel happy and supported, or upset and anxious? This can help them identify healthy vs. unhealthy friendships.

By using these strategies, parents can help their children build and maintain positive, healthy friendships that contribute to their overall well-being.



NEWS FROM THE PE HALL—SPORT WITH MRS SEABURGH



HOUSE ATHLETICS DAY - YEAR 3-6

On Friday 23rd August we had our House Athletics at Ballam Park. What a great day our students had. It was great to see our students trying so hard and challenging themselves. Everyone was trying to get points for their house. We were very lucky to have many parents who came along to assist. They were brilliant and we are very grateful for their help on our sports days. A big thank you to all of our teachers and staff.

Last week we had our House Athletics at Ballam Park. The day was filled with lots of sporting activities like long jump, discus, shot put, running and lots more events. If you entered an event you would get a house point for your house, and everyone knows the house with the most points wins. In the end *Gold House* took the win with Green House in a close second and Red third with Blue last but not least. I hope you all had fun and did your best.

Zane C - Grevillea (Red) House Captain

DISTRICT ATHLETICS

On Tuesday a team 70 MENPS students competed at Ballam Park in the annual District Athletics Day. The weather was perfect for an aths day, considering the wind storm on Monday.

MENPS had great results. All of the training our students did paid off. It was great to see our students trying so hard and displaying great sportsmanship. Thank you to Mrs. Gillan, Mr. White, Mrs. Evenden and Mrs. Creed for assisting on the day. A big thank you to Mrs. Sparks for helping on the finish line all day. Thank you to all of our parents who came along to support our students.

District Athletics was the last district carnival that the Year 6's will compete in for our primary school years. It was a fun day for everyone and we all got to see our friends from other schools.

I competed in shot put and triple jump. I was proud of my effort in shot put and excited to now be able to compete in the division carnival in Term 4. The highlight of the day was cheering on all of the MENPS students and seeing the team work in the relays.

Goodluck to all of our students competing at Division.

By Tyler M - Grevillea (Red) House Captain

The following students will compete in the Division Athletics on Wednesday 9th October at Mornington Athletics Track.

NAME	EVENT	NAME	EVENT
Toby A	12/13 yr - 800m	Harris	10 yr - relay
Tyler M	12/13 yr - Shot put	Lenny M	10 yr - triple jump and relay
Tom S	12/13 yr - triple and high jump	Charlie P	10 yr - triple jump
Cooper A	11 yr - 100m and 200m	Izzy M	10 yr - long jump
Samara K	11 yr - 200m	Will S	10 yr - 100m and relay
Ned E	11 yr - triple jump	Kaylen H	10 yr - hurdles
Scarlet H	10 yr - 800m	Will B	10 yr - long jump
Henry S	10 yr - discus and relay	Tommy	11 yr - shot put
Ashlee H	11 yr - high jump		

AFL 9's Day

On 21st of August we went to Dandenong to play AFL Nines against 6 other schools in our division. We had to be there by 9:30 in the morning. Soon after we got there every school bunched up to hear the rules because it wasn't normal AFL rules. Some of the schools were Skye, Resurrection and St Gerards. Some rules shocked us. We couldn't tackle to the ground, we couldn't fend off and we had to be on a specific spot on the ground to shoot for goal. We had a 'bye' first so we could watch our competition. We could already see none of the schools were very good. We could definitely tell that was because, when we played our first team one person on the other team threw it like an NFL throw. Anyway we beat this team by about 60 to 70 points. The next team we played was Skye and that was fun. We beat them by 160 points. A positive for them was they were the only team to score a goal against us. I am not going to talk about every team but we beat every team by about 50. A fun moment was everyone on the team had scored a goal before halftime in the second game. We were easily the best team on the day and we are now going to regionals. Hopefully we get some even better competition this time.

By George C - Year 6

Angela Seaburgh

PE Teacher

VICTORIAN HIGH ABILITY PROGRAM WITH MRS MCEVOY

Students in Year 5 participated in a VCES (Victorian Challenge and Enrichment Series) workshop titled Dinosaur Dynamics. The students, via Zoom with Ecolinc, a specialist scientist centre, listened to Paleontologist, Tim Richards explain about how Paleontologists use clues to establish how particular dinosaurs moved. The students were given the opportunity to pose questions for Tim to respond to. Following on from this, students engaged in hands-on activities where, acting as junior Paleontologists, they evaluated a series of clues including fossil footprints, functional morphology, biomechanical modelling and comparative movement of modern-day creatures. It was a fascinating presentation that enriched the students' understanding of animal adaptations and movement.



FROM THE SCHOOL OFFICE

Updating Contact Details

Recently we sent out a Compass reminder for families to update their contact details through Compass Education. If you have recently changed your contact details or have not previously provided them to the office, please do so now through Compass Education, using the instructions provided in the Compass Post.

Dogs in School

Recently there have been reported incidents of dogs being off-lead inside the school grounds. Please note this is not part of school policy and that if you bring your dog to pick-up/ drop-off, they must remain outside of the grounds on lead. We thank our parent community for their cooperation and understanding.

Kind Regards,

Admin Team

Jo, Amy and Leah

Final Trading - Uniforms by Design

As we will be removing the remaining stock from the school shop next Wednesday afternoon, 11th September, please note that the shop will not be open for trading as usual. If you have a requirement for any items that have the school logo, please feel free to email an order through to me on lea.miller311@gmail.com and I will process before the stock is removed and deliver to class.

These items include:

Short and long sleeve polo shirts
Windcheater (limited sizes available)
Stud Jacket
Rugby Shorts
Winter skirt and pinafore
Hat
Beanie
Sports/House t-shirt

Thank you to all the parents and carers for their support over the years. I've found it a pleasure looking after the uniform shop and liaising with all of you.

Kind regards

Lea Miller

Western Port Writes Literary Festival coming in September

From Friday 6 to Sunday 8 September, the **Western Port Writes Literary Festival** is bringing readers and writers together to celebrate stories from the Peninsula and beyond.

On Friday, Saturday and Sunday, there's a full program of author conversations, writerly panels, and community events for all ages and reading interests, with sessions taking place in Bittern, Balnarring and Somers.

The festival lineup includes talented writers from across and beyond the peninsula. Special festival events include:

Friday 6/9. Publishing Day. Workshop and panels for emerging writers.
Saturday 7/9. Children's Program. Readings and activities, free to attend, bookings essential.
Friday 6/9. Community Storytime Concert. A night of shared words and music.
Saturday 7/9. Crime Night Dinner with Jon Faine, Vikki Petraitis and Christian White.
Sunday 8/9. Wine & Words with winemakers Cathy Gowdie, Kathleen Quealy and Aaron Drummond.

Tickets are on sale via the website, where you can check out the full festival program and book for all sessions.

To book and find out more: www.westernportwrites.com.au



MOBILE PHONE POLICY

All Victorian government schools are required to implement a local Mobile Phone Policy. Students who choose to bring mobile phones to school must have them switched off and handed in to their teacher at the start of each day. All devices will be securely stored at the office during school hours. Students are asked not to have their phone out of their school bag whilst in the yard before or after school. If a student needs to make a phone call, they should speak to their teacher and go to the school office.

You can access the school's Mobile Phone – Student Use & Digital Technologies Policies on the school website.

A decorative border of magnolia flowers in shades of pink, purple, and white, with green leaves and branches, framing the central text.

SAVE THE DATE

Oaks Day
Spring Lunch

THURSDAY NOVEMBER 7

12-4PM

UPSTAIRS @ CASA DE PLAYA
MORNINGTON



FOOTY PIE DAY

MEAT OR VEG PIE* + DRINK + CHOCOLATE \$10
OR
SAUSAGE ROLL + DRINK + CHOCOLATE \$10
OR
DRINK + CHOCOLATE \$4.00

*GLUTEN FREE PIES AVAILABLE



**TAKE HOME FAMILY PIES ALSO
AVAILABLE \$30
BEEF, CHICKEN OR APPLE
ORDER VIA COMPASS**

MOUNT ELIZA ART & DESIGN SHOW

25-27 OCT 2024

Less than 2 months to go!

We have had **over 90 artist and makers apply** to exhibit within the Art Show! We now have our Shop feature artists locked in – the amazing [Corde Macramé!](#)

There are two big changes are happening this year!

1. The **Gallery & Shop space will now be within the big gymnasium** and not within the halls of the school.
2. The **Café will be a delicious Patisserie serving hot drinks and yummy cakes** (MENPS parents to bring in!) and we will have a bunch of cool **food trucks to serve lunch.**

Opening Night Gala Tickets are NOW on sale!

Check out the Live Auction Items – which [includes a painting by Dr Joseph Brown](#), who is Australia's greatest art collector, whose art collection is housed at the NGV!



Have an item you want to donate to the Live Auction or Silent Auction (a great way to promote your business while supporting the school!)? We want to hear from you!

Jen Brown
Art Show Lead
0407 536 726
artshow@menps.vic.edu.au

We're still looking for **someone to support us with social media** – so if you love Instagram or Facebook, please get in contact with us. We'd also love some **help with seeking donations and sponsorship!**

<p>OPENING NIGHT GALA TICKETS BUY NOW!</p>	<p>SILENT AUCTION Take a look at what's on offer!</p>	<p>BECOME A SPONSOR OR DONATE AN ITEM</p>
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Please say a BIG THANK YOU to our sponsors!





Extra-Curricular Activities

at Mt Eliza North Primary

ENROL ONLINE NOW!



CHESS

- ✓ Tue, 3:30 - 4:30 pm
- ✓ Starts on 22 Oct
- ✓ \$190 for 8 sessions
- ✓ For Years 1-6
- ✓ Room: To be confirmed

Chess is the original and enduring "thought sport" played throughout the world and has many benefits for young people. These include improved cognitive skills as well as self confidence and resilience. With coaches who rank among the best players in the country our chess programs are tailored to suit the needs of all abilities.

ROBOTICS

- ✓ Wed, 3:30 - 4:30 pm
- ✓ Starts on 23 Oct
- ✓ \$240 for 8 sessions
- ✓ For Years 1-6
- ✓ Room: STEM Room

The Lego WeDo program is an engaging introduction into the world of robotics and a great way to develop interest in maths, science and engineering. This hands-on program will see students working together to solve a range of real problems all with the support of experienced robotics coaches. Students will develop the confidence to ask questions and find answers at the same time.

TRIALS AVAILABLE!
PLEASE CALL TO BOOK ONE IN



Scan or click the QR code to enrol online!

Kids Unlimited

info@kidsunlimited.com.au
www.kidsunlimited.com.au
1300 424 377

SPRING Holidays

Team
Kids

BOOK TODAY
teamkids.com.au
1300 035 000

BEST
HOLIDAY
PROGRAMS
IN AUSTRALIA

31ST JUL

OSHC

HAPPY
EDUCATORS
DAY



26TH AUG

DOG
APPRECIATION
DAY



2ND SEPT

Spring
PARTY FUN



29TH JUL

Crazy Hair
- Day -



.. DONT MISS OUT! ..

EPIC TERMS

Activities



.. TEAMKIDS.COM.AU ..

19-23RD AUG

Book Week



OLYMPICS
CLUB

NEW
THIS
TERM

WEEK 1-4



SCIENCE
WEEK

12-16TH AUG



SPRING Holidays



BOOK TODAY
teamkids.com.au
1 300 035 000





Circle of Security® Parenting Program



All children want to feel loved and safe. The Circle Of Security® parenting program has been developed with decades of evidence on ways to strengthen secure parent-child relationships.

The program supports parents to provide children with the confidence and freedom to explore their world while feeling a sense of comfort and security. The program assists parents to see behaviour as communication rather than a problem. Experienced and trained Circle Of Security® Family Life practitioners will facilitate the group sessions.

The Circle Of Security® parenting program will help you:

- Support your child's self esteem
- Tune in to your child's world by reading important cues
- Understand your child's emotional needs
- Connect with your child and enjoy being in the moment
- Strengthen your bond and attachment with your child



For further information please contact:

(03) 8599 5433 or briefsupport@familylife.com.au

www.familylife.com.au



MAY 2024



Baby Music Class



Family Life invites you and your children to come and share a creative musical experience in our new Baby Music Classes!

Music classes in infancy and early childhood have been shown to improve cognitive and social development, and support positive relationships between children and parents.

The Early Childhood Education Baby Music Class was created for all children aged 0 - 5 years and is a fun, relaxed class designed to celebrate making music with your kids.

At Baby Music Class you will have fun dancing and singing, learn to play percussion instruments, and support healthy development through musical play.

Where: The 'Sun Room', Family Life 197 Bluff Road, Sandringham

When: Tuesdays, 15th October - 17th December 2024

Time: 10:30am to 11:30am

Cost: FREE

Suitable for: Parents with children aged 0 - 5 years

Eligibility: Families residing within the Bayside Peninsula region

To register for the group, follow the link to fill in the referral form. Under "Get Support" select "Parents & Families" and then select "Playgroup: Baby Music Group"



<https://www.familylife.com.au/parent/parents-for-support-with-family-life/>



For further information please contact:
(03) 8599 5433 or briefsupport@familylife.com.au
www.familylife.com.au

MAY 2024



Tuning in to Kids®



Tuning in to Kids® is a parenting program that focuses on the emotional connection between parents/carers and their children, from preschoolers to teens.

The program has success in improving parenting, parent-child relationships, parental meta emotion, children's emotional competence and behaviour. Backed by evidence-based research, this 6-8 session parenting program focuses on developing key skills in recognising and responding to your children's emotions. This program is designed for parents of children aged 3 to 10 years old.

Would you like to learn how to:

- Be better at talking with your child?
- Be better at understanding your child?
- Help your child learn to manage their emotions?
- Help to prevent behaviour problems in your child?
- Teach your child to deal with conflict?

Where: Online via Zoom

When: Thursdays, 17th October - 5th December 2024

Time: 10.30 am - 12.30 pm

Cost: FREE

Suitable for: Parents with children aged 3 - 10 years

Eligibility: Families residing within the Bayside Peninsula region

To register for the group, follow the link to fill in the referral form. Under "Get Support" select "Parents & Families" and then select "Parenting Program: Tuning into Kids"
<https://www.familylife.com.au/support/request-for-support-with-familylife/>



SUPPORTED BY



Proudly supported by City of Kingston, Parent Child Mother Goose Australia

For further information please contact:

(03) 8599 5433 or brieffsupport@familylife.com.au www.familylife.com.au



MAY 2024



Parent-Child Mother Goose®



Family Life invites you and your children to come along to the Parent-Child Mother Goose Program.

Parent-Child Mother Goose is an evidence-based program that strengthens attachment and interaction between parents and their young children 0 - 5 years, by introducing them to the pleasure and power of using rhymes, songs and oral stories together.

Cuddle - Communicate - Connect

- Enjoy learning rhymes, songs and oral stories together
- Strengthen your bond
- Improve your child's language, pre-literacy, and literacy skills
- Have some fun with your child

Where: Westall Community Hub, 35 Fairbank Rd, Clayton South VIC 3169

When: Thursdays, 17th October - 5th December 2024

Time: 10:00am to 11:00am

Cost: FREE

Suitable for: Parents with children aged 0 - 5 years

Eligibility: Families residing within the Bayside Peninsula region

To register for the group, follow the link to fill in the referral form. Under "Get Support" select "Parents & Families" and then select "Playgroups: Parent Child Mother Goose"
<https://www.familylife.com.au/support/request-for-support-with-familylife/>



SUPPORTED BY



Proudly supported by City of Kingston, Parent Child Mother Goose Australia

For further information please contact:

(03) 8599 5433 or brieffsupport@familylife.com.au www.familylife.com.au



MAY 2024





What About Me?

An activity based group for primary school aged children of separated parents



Our Program

Aim

What About Me? has been developed to support primary school aged children who have experienced family separation and/or reside with only one of their parent's. The program aims to address the impact of separation and parental conflict and provides support to children in a safe environment.

This is achieved by

Psychoeducation delivered through art therapy, child-centred play therapy, and peer supported group therapy.

Facilitators

Group facilitators are specialised and experienced practitioners in the family and child welfare space. The group is child-focused and facilitators work within the best interests of the child and the child safe standards frameworks.

Session Topics

Unpacking Family

The aim of this session is to explore family dynamics and help children to better understand their family system.

It's Never the Child's Fault

This session aims to support children to understand parental separation.

Safe Relationships

This session aims to educate children and explore what is and isn't a safe and healthy relationship, helping children identify the trusted adults in their life.

Adult Worries

This session helps children to identify, unpack and explore which worries and responsibilities belong to adults.



Tuning in to Teens®



A free program for parents and carers of young people aged 10 to 18 years old.

Would you like to:

- Better understand your teen?
- Communicate effectively with your teen?
- Help your teen manage their emotions?
- Prevent behaviour challenges in your teen?
- Support your teen to manage conflict effectively?

Our six to eight week Tuning into Teens® program teaches parents how to help their teen develop emotional intelligence.

Teenagers with higher emotional intelligence:

- Have more stable and satisfying relationships
- Are better at managing peer pressure
- Are lower risk of mental health and substance concerns
- Have greater success making friends
- Are more able to manage conflict
- Have greater career success

Where: Online via Zoom

When: Wednesdays, 16th October - 4th December 2024

Time: 10:30am - 12:30pm

Cost: FREE

Suitable for: Parents with young people aged 10 -18 years

Eligibility: Families residing within the Bayside Peninsula region

To register for the group, follow the link to fill in the referral form. Under "Get Support" select "Parents & Families" and then select "Parenting Programs: Tuning into Teens"



<https://www.familylife.com.au/parents/parents-for-parents>
with familylife@familylife.com.au



For further information please contact: **03 (03) 8599 5433** or earlyhelp@familylife.com.au www.familylife.com.au

Koorie Kids Day Out

FRIDAY 18TH OCTOBER

10:00M-2:00PM

Art Activity

Dance Workshop with
Indigenous Outreach Project

Includes morning tea, lunch and cultural showbag



Welcome to Country by Bunurong Land Council

Open to all Aboriginal and Torres Strait Islander
Primary School students across the Mornington Peninsula

To register please contact Ange
clwb@willumwarrain.org.au

0403 528 034

R.S.V.P Friday
20th September

Transport Support Available



WILLUM WARRAIN
Aboriginal Association Incorporated



PREVENT BULLYING & EMPOWER CHILDREN

FREE WEBINAR

THU 29TH AUGUST
7:30-8:30PM

EDUCATORS

PARENTS

CHILDREN



DR ZACH GREIG THE STAND UP PROJECT

Dr. Zach Greig holds a PhD in Community Empowerment, and has nearly 20 years of experience researching and working with community members. He founded The Stand Up Project (SUP) in 2019 – a student leadership program designed to reduce discrimination, harassment, and bullying. Dr. Greig helps to foster positive social change through Upstander Training, which empowers young people to stand up for themselves and others.

WHAT YOU'LL LEARN

THE SOCIAL PHENOMENA BEHIND BULLYING

Gain insight into underlying social factors that contribute to poor behaviour and bullying in schools, moving beyond simply labelling specific children as 'the problem'.

EMPOWERING STUDENT SOLUTIONS

Discover practical strategies to allow children to identify issues affecting them, and actively develop their own impactful solutions to prevent and respond to poor behaviours.

EFFECTIVE BULLYING RESPONSES

Learn to engage and support children who are either experiencing or witnessing bullying, equipping yourself with the tools needed to create positive social change.

 thestandupproject.com

FREE
SESSION



ENROL TO ATTEND

PRESENTED BY

Team
Kids

+

THE
STAND UP
PROJECT
STAND UP FOR ACTION

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★★★★★

“SUP's student leadership and empowerment model is an important part of the solution in addressing poor behaviour in schools.”

Principal

★★★★★

“Dr. Zach Greig has created a truly ground-breaking and impactful program. His approach and guidance are so simple, but make so much sense.”

Sam Hoath, TeamKids
Founding Director

★★★★★

“The Stand Up Project is amazing. I can't wait to teach others how to be an Upstander.”

Grade 6 Student