

# Thomastown West Primary School Newsletter

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## 2022 IMPORTANT DATES:

Tue	26 July	School Council 6:30pm onsite TWPS
Thurs	28 July	Pre-Prep School readiness Program <b>Session 1. 2.15-3.15pm</b> (Students starting school in 2023)
Fri	29 July	Grade 5/6 Swim Survival Program
Thurs	4 Aug	Pre-Prep School readiness Program <b>Session 2. 2.15-3.15pm</b> (Students starting school in 2023)
Fri	5 Aug	<b>100 Days of Learning</b>
Thurs	11 Aug	Pre-Prep School readiness Program <b>Session 3. 2.15-3.15pm</b>
Fri	12 Aug	<b>Curriculum Day</b> (Students do not attend school)
Thurs	18 Aug	Pre-Prep School readiness Program <b>Session 4. 2.15-3.15pm</b>
Tue	23 Aug	<b>Book Week Parade</b>
Thurs	25 Aug	Pre-Prep School readiness Program <b>Session 5. 2.15-3.15pm</b>
Thurs	1 Sep	Pre-Prep School readiness Program <b>Session 6. 2.15-3.15pm</b>
Tue	6 Sep	Athletics Divisional Finals
Thurs	8 Sep	<b>Curriculum Day: To be Confirmed</b> (Students do not attend school)
Fri	9 Sep	Grade 1/2 excursion Toys & Forces Science Works excursion
Wed	14 Sep	Grade 3/4 Science works Museum excursion
Thur	15 Sep	Parent/Student/Teacher interviews
Fri	16 Sep	Last Day Term 3 1.15pm finish

No.21 22nd July 2022

## From the Principal Team

### Book Week Parade

Each year since 1945 the Children's book Council of Australia has brought children and books together across Australia. During this time schools and public libraries spend one glorious week celebrating books and Australian children's authors and illustrators. **To celebrate Book Week at TWPS, we will be having a book week parade.** This is a chance for your child to come to school dressed as a character from their favourite book. We can't wait to see the imagination



and creativity of our students. It's such an entertaining day! If your child has a younger sibling who doesn't yet attend our school... They too can dress up and join the parade! Of course, Parents and Carers are also welcome to join in! The more, the merrier. We will have a confirmed date for the parade (during Week 7) for you in the coming week. ☺

### School Uniform

It is official school policy. endorsed by our School Council that the wearing of school uniform be compulsory for all our students. We understand that winter is here and it's COLD, but there are quite a number of students who are wearing black or grey hooded jumpers underneath their red polo shirt but NOT their bomber jacket. Of course, students can wear a different coloured thick jacket in the mornings or outside over their uniform jumper or uniform bomber jacket to stay warm. Students are encouraged to take off their thick jackets when they enter their classrooms that are heated. **Please remember that NAVY BLUE and RED are our school colours NOT black and NOT grey!**



**Did you know...** Often when the children do not wear their uniform they tell us "It's in the wash!" If this is the case, could you please write a note to inform your child's classroom teacher. ☺ Thank you! If you need to purchase uniform supplies, the 'School Uniform' shop, is located at Thomastown Secondary College and is open for sales every Second Tuesday afternoon between 2.00pm and 3.00pm.

**Need Help?** Speak to Miss G, your classroom teacher, the office staff or Mrs Young if you would like some financial support. Uniform Shop vouchers can be accessed through State Schools Relief for those families who qualify.

### Welcome to TWPS, Najah!



We are thrilled to announce that Najah Halabi is joining the TWPS team. Najah is a new casual relief teacher who has recently worked at TWPS. We are delighted that Najah has now accepted a role working on Mondays and Tuesdays in room 19. We look forward to seeing the positive impact Miss Halabi has with her students, colleagues and the wider community

Sandi Young  
Principal

Vanessa Trpceviski  
Acting Assistant

## NEWSLETTER SRC PJ DAY

Last term, the SRC team organised a pyjama day fundraiser. Students wore pyjamas and brought a gold coin donation. The grade 1,2s and also preps raised \$37, the grade 3,4s raised \$64 and finally the grade 5,6s raised \$39. All together we raised \$140. A vote was taken in all the grades to determine which charity the money would go to. The money will be donated to the Lort Smith Animal Hospital located in Campbellfield. We thank all that participated in pyjama day the Lort Smith Animal Hospital thank you for the donation. Later this term you will have you more news coming about different fundraisers.

Your SRC captains Aliya and Nasirine





# Stars of the Week



## Term 3- Week 2

Victoria	<b>2</b>	For striving to be her best when working respectfully in the classroom.
Lara	<b>3</b>	Trying her best in writing sentences independently. Keep up the good work.
Isaiah	<b>5</b>	Isiah demonstrated respect by raising his hand and waiting for his turn when contributing.
Molly	<b>6</b>	For always showing empathy towards her peers and helping them when needed.
Andy	<b>20</b>	For showing responsibility by arriving at school ready to learn every morning, and remembering to change his reader.
Natahlia Darius	<b>09</b>	For excellent work on her layers of the sun homework task and remaining focused. Welcome to Thomastown West and Room 09.
A J Mya A	<b>10</b>	Welcome to Thomastown and Room 10. For striving to be her best when completing her work. Well done and keep this up.
Olivia	<b>11</b>	Using excellent justifications during Shades of Meaning.
Hussain	<b>12</b>	For striving to be his best and always putting extra effort into his homework tasks.
Fatma	<b>15</b>	For consistently striving to be her best and taking responsibility for her learning by
Scott	<b>17</b>	For showing kindness and empathy towards other students in the yard.
Hassan Phoenix	<b>18</b>	For striving to be his best and producing a descriptive piece of writing that included a variety of writers' tools. Welcome to Thomastown West and Room 18.
Anastasia		<b>ART:</b> For demonstrating great commitment when designing her Aboriginal and Torres Strait Islander artwork.
Zack Maria		<b>STEM:</b> For being super productive and a helpful partner in STEM this week.
Alaa		<b>PE:</b> For striving to be her best during her basketball lesson.



# Stars of the Week

Term 3 - Week 2



Hello Everyone ,

## How to Talk and Listen to your children # 2

*Last week we looked at how and when to talk to your children. This week we are looking at helping your children Tell the Truth and encouraging them to Talk About School.*

### Telling the Truth

*All children lie at times to get themselves out of trouble or to get their way, but telling lies can become a habit for some children. It is therefore vital for parents/carers to encourage their children to tell the truth. Here are some suggestions on how to do this:*

1. Be aware that your behaviour as a parent/carer may encourage lying. For example, you don't need to ask, "Who broke the vase?" if the only one in the room was the child you are talking to. Instead, ask, "How did the vase break?" and talk about how your child can repair or replace it, such as doing chores to earn enough money to repair or replace it.
2. If you suspect your child is lying, it's best not to accuse them of being a liar as this will heighten their emotions and they will dig in with their lie. Instead, you might say, "I'd like to believe you, but it's hard for me to believe you are telling the truth because no one else was in the room." Then wait, giving your child a chance to straighten things out. You may have to wait a while. Sometimes, children will tell the truth in a private bedtime conversation. Sometimes it takes two or three days before children come clean.
3. When your child does confess, thank them for telling the truth. Tell them you think they are brave for taking responsibility for their mistake. Some children are great storytellers. The problem for some parents/carers is helping children distinguish between truth and fiction. Some children will tell big lies for attention. You could set aside daily storytelling time if your child does this. During this time, encourage your child to invent tall tales, the wilder and more unbelievable, the better. You can also join in by sharing your own tales.

*This activity is fun for both the parent/carer and the child, and it helps your child learn the difference between fact and fiction and demonstrates there is a place for both. The time spent together will also address your child's need for attention.*

#### 4. Ensure all consequences are measured and constructive.

Sometimes the fear of being punished will prevent a child from telling the truth. If, however, the consequence of admitting to making a mistake or doing something wrong is a calm conversation with their parent or carer, the result may be different. You can still explain why you're disappointed in their behaviour and discuss what they should do next time, but not give them a reason to fear telling the truth.

## Talking About School

1. Spend some time each day talking with your child about school. Since the answer to the question, “What did you do at school today?” is likely to be “Nothing,” try to ask specific questions, for example:

- What was one thing you enjoyed at school today?
- What was the hardest thing you did today?
- How did your maths test go?
- Who did you sit with in art?
- What was something new you learned?

2. Experiment with times to see when your children are more likely to talk. Don’t force or guilt your child into having a conversation. Some children may want to tell you all about their day as soon as they see you after school, but others may want to chat just before bedtime.

3. If your child finds school stressful or particularly challenging, give them at least an hour of processing and winding-down time after school before asking them about their day. Recovery time is crucial for children on the Autism Spectrum and children with mental health conditions such as ADHD, Dyslexia and trauma.

4. If you can’t get any information out of your child, ask their teacher or aide to send home a small list of activities your child enjoyed throughout the week, each Friday, so you have some conversation starters when they are calm over the weekend. Once your child gets used to talking about school, you won’t need the teacher’s input anymore.

5. **Talk to your child about your day.** You can show your child they are not alone by telling them about your day and what you enjoyed or found challenging. For example, if you work, tell them about problems you had to solve, people you had to work with (*that you may not have wanted to work with*), *deadlines, jobs you were responsible for completing and new skills you learned*. You can then ask your child to share similar experiences they may have had that day. For example, *did they have any problems, did they do any group or team work, do they have any assignments due, or did they learn something new?*



6. If your child has homework, ask them to show you what they are learning at school at the moment and build a conversation around that topic. Ask them what they have learned already; you could even do some research together on the topic.



Learning the art of really talking and listening to children is one of the most powerful ways parents/carers can show their love and help their children to be successful throughout their lives.



*Gita Peterson*

Mental Health & Wellbeing Coordinator

*Gurleen Gogia*

& Student Welfare Officer

## TOP DOJO EARNERS

**Term 3 Week 2**

Congratulations to **Room 12** with **157 Dojo points**

You are the class with the highest number of Dojo points this week!



Prep	Vicky & Maggie <b>1 Dojo Points</b>
Grade 1/2	Hareem, Shakira & Elissa <b>12 Dojo Points</b>
Grade 3/4	Doaa <b>11 Dojo Points</b>
Grade 5/6	Chelsea <b>12 Dojo Points</b>
Most Dojo points Prep - 6	<b>Room 12</b> <b>157 Dojo Points</b>


# EVERY DAY OF LEARNING COUNTS

## Term 3 Week 2 Student Attendance Report

As part of the Department of Education *Every Day Counts* initiative, schools report attendance in percentages. **The Government regard 95% as the minimum satisfactory attendance for a school student.**

The percentages in the table below indicates the average attendance for each class for this week.

The shaded boxes below indicate which classroom has the highest level of attendance for their year level.

Prep	Last Week	This Week	Year 3/4	Last Week	This Week
Room 2	71%	83%	Room 9	79%	85%
Room 3	77%	86%	Room 10	83%	85%
Year 1/2	Last Week	This Week	Room 11	76%	65%
Room 5	87%	80%	Room 12	86%	79%
Room 6	81%	74%	Year 5/6	Last Week	This Week
Room 19	77%	75%	Room 15	85%	77%
Room 20	84%	 <b>97%</b>	Room 17	82%	81%
			Room 18	83%	85%

## EVERY DAY OF LEARNING REALLY DOES COUNT!

At TWPS we want every child to achieve their full potential and we know that parents share this goal. There is a clear link between good attendance and educational achievement. If your child is not in school, on time, as often as possible they will be missing out on many important parts of their education.

### Why is regular attendance at school important?

Regular school attendance will mean that your child has a better chance in life. Your child will achieve better when they go to school all day, every school day...

✓they learn better    ✓they make friends    ✓they are happier    ✓they have a brighter future

If your child is sick, of course it is appropriate to keep your child at home but

other 'days off' school add up to lost learning. See below:

No Absence	10 days absence	12 days absence	19 days absence	29 days absence	38 days absence
190 days of education	180 days of education	178 days of education	171 days of education	161 days of education	152 days of education
100%	95%	94%	90%	85%	80%
Very Good		Worrying		Serious Concern	
Best chance of success. Gets your child off to a flying start!		Less chance of success. Makes it harder for your child to make progress.		Your child will find it very difficult to make progress.	





# THOMASTOWN WEST COMMUNITY HUB

98 MAIN STREET, THOMASTOWN | TERM 3, 2022

***"Re-establishing connections to support transitions"***

## Monday

1:30 pm – 2:15 pm  
YOUNG VOICES IN  
MEDIA

3:15 pm – 4:30 pm  
HOMEWORK CLUB



## Thursday

10:50 am – 11:20 am  
FUN READING CLUB

1:30 pm – 2:15 pm  
STRATEGIC BOARD GAMES



## Tuesday

1:30 pm – 2:15 pm  
STEAM

3:15 pm – 4:30 pm  
DIGITAL ART



## Friday

9:30 am – 1:00 pm  
LEARN ENGLISH  
(bookings essential)  
Call PRACE 9462 6077

2:15 pm – 3:00 pm  
KOORIE KIDS GROUP  
with Eva



**New permission notes have been sent home. Hub Clubs have changed since Term 2. Students require a new permission note.**

WCC is committed to the safety and wellbeing of children and young people. We recognise the importance and responsibility for ensuring a safe and supportive environment that respects the rights of young people, enabling them to thrive.

For further information, please  
contact:

P: (03) 9401 6666

E: [twch@whittleseacc.org.au](mailto:twch@whittleseacc.org.au)

images: Flaticon.com





# The Hub Working Bee

**Thursday 15th September 2022**  
**11:30 am - 2:30 pm (lunch provided)**  
**98 Main Street, Thomastown 3074**



**Please rsvp to either:**

**Ruvee**

**[rratnayake@whittleseacc.org.au](mailto:rratnayake@whittleseacc.org.au) | (03) 9401 6613**

**or**

**Dean**

**[DMarando@whittleseacc.org.au](mailto:DMarando@whittleseacc.org.au) | 0473 019 831**



**Whittlesea  
Community  
Connections**  
Making a positive difference everyday



## Thomastown West Primary School

warmly welcomes our **NEW** After School Care provider  
**KidsCo.**

see you all in Term 3!



KidsCo.

### After School Care for little legends

We're making every day the BEST day ever for the families of Thomastown West Primary School!  
Our After School Care programs focus on developing skills that enable the next generation to embark on a journey of fun, connection, exploration and real-life skills in our care.



I would recommend KidsCo OSHC to a friend because my daughter said it's fun and they have varieties of activities. I loved how they designed their mobile app as a parent, and booking is as easy as 1 2 3.

- Box Hill North Primary Mum

We understand that life can be unpredictable,  
that's why we provide accessible, fair  
and flexible care for all families

- ✓ All of our programs are subsidised by CCS
- ✓ Book up to 2 hours before the session starts
- ✓ We don't charge for cancellations or late bookings
- ✓ Manage your account and bookings through our app



After School Care Program Sample	Monday	Tuesday	Wednesday	Thursday	Friday
	3:15pm - 3:30pm Sign in	3:15pm - 3:30pm Sign in	3:15pm - 3:30pm Sign in	3:15pm - 3:30pm Sign in	3:15pm - 3:30pm Sign in
	3:30pm - 3:45pm Afternoon tea	3:30pm - 3:45pm Afternoon tea	3:30pm - 3:45pm Afternoon tea	3:30pm - 3:45pm Afternoon tea	3:30pm - 3:45pm Afternoon tea
	STEAM Zone Coding	STEAM Zone Angry Birds	STEAM Zone Rollercoaster Tycoon	STEAM Zone Little Farmers	STEAM Zone The Band
	Physical Literacy All Sports Football	Physical Literacy All Sports Soccer	Physical Literacy Grand Final Day	Physical Literacy Ninja Warrior	Physical Literacy Survivor
	Zen Garden Always Available	Zen Garden Always Available	Zen Garden Always Available	Zen Garden Always Available	Zen Garden Always Available
	Quiet Homework Area Always Available	Quiet Homework Area Always Available	Quiet Homework Area Always Available	Quiet Homework Area Always Available	Quiet Homework Area Always Available

Enrol your child online now!  
[kidsco.net.au/oshc-thomastown](https://kidsco.net.au/oshc-thomastown)

If you need any help please email us at [oshc@kidsco.net.au](mailto:oshc@kidsco.net.au)

# Parent Code of Conduct at Thomastown West PS

A code of conduct for parents, carers and visitors, ensures that communications with our staff or anyone who visits our school site (including an online environment, such as Zoom, Class Dojo, our School Facebook page and emails) is able to do so in a safe and harmonious manner. This ensures that students, staff, parents and other visitors are not subjected to inappropriate, aggressive, hostile or violent behaviours.

**At Thomastown West Primary School we believe the following:**

- ✓ We all have the right to do as much work and learning as possible.
- ✓ We all have the right to feel comfortable and safe.



**We have 5 key school VALUES which we encourage everyone to *live* by our school values:**

**Respect**      **Responsibility**      **Resilience**      **Empathy** and **Strive to be our best**

**We teach the children that:**

- ✓ *Values guide the way we think, speak and behave.*
- ✓ *Values help us to decide what is right and what is wrong.*

**At Thomastown West Primary School, Parents and visitors are expected to:**

- ✓ Treat all persons associated with the school with respect and courtesy.
- ✓ Ensure their child/children are punctual to class.
- ✓ Make appointments in advance of expecting to obtain an interview.
- ✓ Allow staff to supervise, investigate and manage students without interference.
- ✓ Discuss issues or concerns about the school, staff or students through the correct procedures.
- ✓ Follow school procedures governing entry and behaviour on school grounds, including any restrictions that may be imposed.

**Under no circumstance are parents to approach another student or parent regarding any incidents or issues.**

**Your co-operation is sought in maintaining a safe and happy school.**



*This updated Parent Code of Conduct was approved by TWPS School Council in October 2021.*





**Apply  
now**

# Have you applied for Kindergarten in 2023?

**Apply by 30 June to be considered in the first round of offers.**

**3 & 4 year old kindergarten placement offers are going out to families during July/August.**

You can access kindergarten for free or low cost, if you or your child,

- Holds an eligible Health Care/Concession card
- Holds a Refugee/Asylum seeker visa
- Identifies as Aboriginal and/or Torres Strait Islander

For further information and to Apply visit [www.whittlesea.vic.gov.au/kinder](http://www.whittlesea.vic.gov.au/kinder) or email [keo@whittlesea.vic.gov.au](mailto:keo@whittlesea.vic.gov.au) if you have any other questions.



# Available on Wednesday & Fridays only

**\*Online Orders ONLY No Cash payments accepted\***



SNACKS:		FAST FOODS:	
NUT FREE BANANA BREAD: (H)	\$4.00	BEEF PIE: (H)	\$4.00
FRESH FRUIT SALAD: (H)	\$3.50	TWIN PARTY PIES: (H)	\$2.50
SWEET YOHURT WITH GRANOLA: (H)	\$3.00	CHEESEBURGER W TOMATO SAUCE: (H)	\$4.50
HOMMUS DIP WITH VEGETABLE STICKS AND HOMEMADE PITA CRISP. (H)	\$4.00	HOME MADE SAUSAGE ROLL: (H)	\$4.00
TOASTED SANDWICHES:		RICOTTA & SPINICH ROLLS: (H) (V)	\$4.00
CHEESE: (H)(V)	\$3.20	HOTDOG: (H)	\$4.00
CHEESE & TOMATO: (H)(V)	\$3.50	MINI RICOTTA PASTRY: (H)	\$1.50
HAM & CHEESE	\$4.00	CHICKEN NUGGETS: (H)	
*EACH EXTRA FILLING COSTS	\$0.50 EXTRA	> 6 PACK	\$ 4.20
		> EACH	\$ 0.80
TOASTED PANINI / WRAPS:		POTATO WEDGES: (H)(V)	\$3.00
<u>TANDOORI CHICKEN WRAP: (H)</u> Tender chicken meat marinated in tandoori spices with baby spinach, tomato and cucumber yoghurt sauce.	\$5.50	> WITH SOUR CREAM/SWEET CHILLI	\$4.00
<u>CHICKEN SNITZEL WRAP: (H)</u> Homemade crumb chicken breast grilled with lettuce, tomato, cheese and our sweet chilli mayonnaise.	\$5.50	TOMATO SAUCE EXTRA	\$0.25
<u>MILD SALAMI PANINI:</u> A crusty roll with mayonnaise, baby spinach, tomato, mild salami and cheese.	\$5.50	HOT MEALS:	
<u>HAM PANINI:</u> A roll filled with spinach, tomato, cheese and mild mustard.	\$5.50	BUTTER CHICKEN WITH RICE: (H)	\$6.00
SANDWICHES:		PENNE WITH BOLOGNAISE SAUCE: (H)	\$6.00
TASTY CHEESE (H)(V)	\$3.00	PENNE NAPOLI SAUCE: (H)(V)	\$5.50
EGG & MAYONAISE (H)	\$3.50	RICOTTA & SPINICH CANNALONI: (H)(V)	\$6.00
HAM CHEESE	\$4.00	HOUSEMADE SALADS:	
VEGEMITE & CHEESE (V)	\$3.20	<u>LEMON THYME CHICKEN SALAD:</u> Marinated chicken tenderloin grilled on a bed of mesclun lettuce, tomato, cucumber, couscous, with a citrus dressing. (H)	\$5.50
VEGEMITE	\$2.70	<u>TRADITIONAL GREEK STYLE SALAD:</u> A mix of cucumber, tomato, olives, Kalamata olives, feta on a bed of lettuce with an herb and olive dressing. (H) (V)	\$5.00
SALAD	\$4.00	<u>ROASTED GRILLED VEGETABLE SALAD:</u> In house grilled pumpkin, eggplant, zucchini, roasted capsicum on a bed of baby spinach & a balsamic glaze. (H) (V)	\$5.50
EXTRAS:		DRINKS:	
CHEESE	\$0.50	SPRING WATER 220ML	\$1.20
TOMATO	\$0.30	600ML	\$2.00
CUCUMBER	\$0.30	TROPICAL FRIUT JUICE BOX	\$1.50
LETTUCE	\$0.30	DRINKING YOGHURT	\$2.50
BEETROOT	\$0.30	CHOCOLATE MILK	\$2.20
CARROT	\$0.30	STRAWBERRY MILK	\$2.20

Please turn over for more information regarding the colour coding. (V) = VEGETARIAN (H) = HALAL



## OUR SCHOOL TUCKSHOP IS NOW ONLINE!

Download the free app or access [www.myschoolconnect.com.au](http://www.myschoolconnect.com.au)

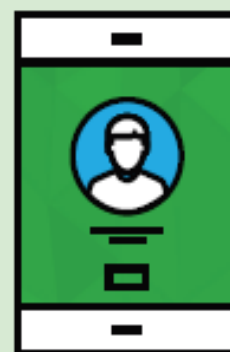


### 1. REGISTER YOUR ACCOUNT

Register on any device, simply login to [www.myschoolconnect.com.au](http://www.myschoolconnect.com.au) and click on "Create Account", follow the prompts to add your email and password.

### 2. ADD YOUR STUDENT

And make sure that you select your school and classroom details.



### 3. SELECT "TOP UP"

To add money to your account via Credit Card or Paypal, you can choose Direct Deposit but allow 3-5 working days to process prior to ordering. You can also pay as you go, simply skip the pop up screen for adding funds and start ordering.

(Please note Merchant Fees applies to Credit Card or Paypal Transactions)

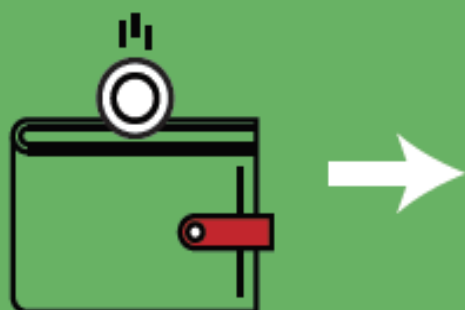


## 4. ORDER

To start ordering lunches simply select your Student and click "Buy Now", and you can order for the day, week. It's that simple!

## 5. CHECKOUT

Once you have completed your order, view your order summary in the "cart" and proceed to "checkout". Select your preferred form of payment and submit, all orders are confirmed via email.



## NOTE ON PAID ORDERS

Note that only paid orders will be sent to your canteen, not those still sitting in your cart. To start ordering lunches simply select your Student and click "Buy Now", and you can order for the day, week. It's that simple!



[www.myschoolconnect.com.au](http://www.myschoolconnect.com.au)



My School Connect has a 7 day a week Support Line, contact 1300 030 915





# Tuning in to Teens

## Emotionally Intelligent Parenting

*A free six-session interactive online parenting program for parents or carers of adolescents*

Would you like to learn how to:

- be better at talking with your teen?
- be better at understanding your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

Feedback from previous participants:

- "This program was complete and helpful"
- "I understand my teen's emotions better"
- "Overall our house is calmer and there are less explosive emotions"
- "My teen and I are talking more and arguing less!"
- "I feel happier as a parent"

*Tuning in to Teens* shows you how to help your teen develop *emotional intelligence*. Adolescents with higher emotional intelligence:

- are more resilient - this means change and stress are easier to deal with
- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success - Emotional intelligence may be a better predictor of academic and career success than IQ!

**\*\* To be eligible to participate in this program, you must reside in Banyule, Nillumbik, Darebin, Yarra or Whittlesea.**

**Where:** Online via video call (Zoom)

**When:** Wednesdays 11am – 1pm, from 10<sup>th</sup> August – 14<sup>th</sup> September

**Contact:** Candice (0417 047 426) or Ella (0429 097 979) from Family Services

# Covid Vax Pop up Clinics

This is a great opportunity for parents to receive a 4<sup>th</sup> winter dose or for all adults and children to catch up on a 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> dose without having to book into a GP or pharmacy.

## Tuesday 26th July

- Mill Park Library – 394 Plenty Rd Mill Park
- 11.30am-4.30pm

### Doses:

- Children 5-11
- Adults 12+ - 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> dose
- Adults 30+ - 4<sup>th</sup> dose

**\*\* Walk in's only – no bookings required.**



## Pop-up Playgroup and Information Sharing

The City of Whittlesea invites you to come along and join our fully facilitated Pop-Up Playgroup and Information Sharing event.

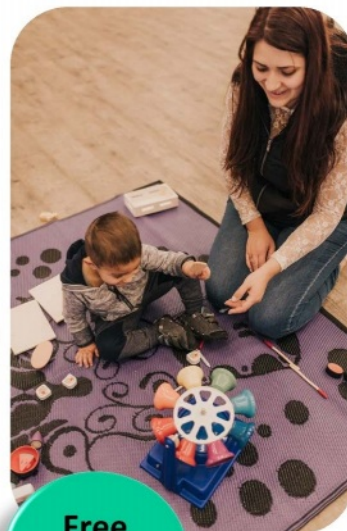
Participate in a free playgroup session

- Art
- Music
- Storytime
- Nature play activities
- Learn about local community services

**When:** Wednesday 10<sup>th</sup> August 2022, 10am – 12pm

**Where:** Kirrip Community Centre, 135 De Rossi Bvd, Wollert

**For more information:** Contact Council's Playgroup Development Officer by email: [playgroups@whittlesea.vic.gov.au](mailto:playgroups@whittlesea.vic.gov.au)



**Free  
Event**



[whittlesea.vic.gov.au](http://whittlesea.vic.gov.au)



# Parentline

Parentline is a phone service for parents and carers of children from birth to 18 years old. We offer confidential and anonymous counselling and support on parenting issues.



## What does Parentline do:

Qualified counsellors are available to:

- talk about any issues to do with parenting and your relationships with your child
- help you with ways to cope and be a positive parent
- help with your family's wellbeing and resilience
- connect you with services in your area.

## Your call

- Parentline respects your privacy. Your call is confidential and anonymous.
- Calls are not time limited and you can call back as often as you need.
- Parentline's qualified and experienced counsellors have social work or psychology backgrounds. You can ask for a male or female counsellor and ask to speak to the same counsellor if you call back again.
- Parentline can assist non-English speaking parents and carers connect to a translating and interpreting service.
- If you're hearing impaired, you can call Parentline using the National Relay Service.
- Calls from a landline are charged at a local call rate. Mobile call rates will depend on your network provider. Check with your provider if you're unsure.

We are happy to call you back to minimise the cost to you. If you choose a call back, we will ring back and you'll be placed at the front of the queue until you're connected with the next available counsellor.

## Some reasons to ring Parentline

We can discuss a range of issues about parenting, including:

- child behaviour and development
- parent / carer child relationships
- education
- bullying
- living with teenagers
- family violence



kids**helpline**  
Anytime Any Reason

1800 55 1800 | [kidshelpline.com.au](https://www.kidshelpline.com.au)





## Parents Building Solutions

Are you tired of yelling?

Want to understand why children  
behave the way they do?

Do you want to discuss and share  
ideas that work?

This 6 week parenting programme  
helps you come up with solutions to  
common parenting challenges.

**DATE:** Thursday 11th August-  
15th September 2022 (6 weeks)

**TIME:** 7.00pm-8.30pm

**WHERE:** Online via Zoom

**COST:** This session is free of  
charge but registration is essential

For enquiries and bookings contact:  
ParentZone on 03 8641 8900 or email:  
[parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)



# PARENTZONE



## Dads Building Solutions- Taster

Based on ParentZone's Parents Building Solutions, this program will enable dads to come together to discuss what parenting issues and concerns they have.

Together they will work on strategies and ideas on how to become the dad they want to be.

**DATE:** Thursday 4th August 2022

**TIME:** 7.00pm - 8.30pm

**WHERE:** Online via Zoom

For enquiries contact: ParentZone on 03 8641 8900 or Email:  
[parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au)  
For bookings go to:  
<https://www.trybooking.com/BZRKY>



**PARENTZONE**





## School Refusal- Professionals

In this 2-hour session for professionals, we will address many of the issues associated with school refusal, such as:

- Social anxiety in children and teens
- Building resilience and self-esteem
- Parenting from love and compassion instead of fear and worry
- Helping parents dealing with their own anxiety about school refusal

**DATE:** Thursday 21st July 2022

**TIME:** 10.00am - 12.00pm

**WHERE:** Online Via Zoom

**COST:** This session is free of charge but registration is essential

For enquiries contact Parentzone on 03 8641 8900 or

Email: [parentzone.northern@anglicarevic.org.au](mailto:parentzone.northern@anglicarevic.org.au).

For bookings go to Try Booking:

<https://www.trybooking.com/BZRKM>



**PARENT**ZONE