



SACRED HEART PRIMARY SCHOOL

Newsletter

Sacred Heart Primary School, Diamond Creek

Telephone: 03 9438 1590

Email: principal@shdiamondcreek.catholic.edu.au

Website: www.shdiamondcreek.catholic.edu.au

Working together to build a learning community that embraces faith,
diversity and personal growth.

View the Newsletter online: <https://www.shdiamondcreek.catholic.edu.au/newsletters-forms/>

Newsletter No 2 Term 2

5 May 2022

A Mother's Day Prayer

In the name of
JESUS CHRIST,
we lift up all
MOTHERS today.



We thank them for their
sacrifices so that we can
have a life of contentment.
Grant them favour, Lord
and may they have a
wonderful place in existence
in Your heart of **GRACE**.

bejoycreations.com

Dear Sacred Heart families and friends,

Following on from the information about Learning Intentions and Success Criteria in our last newsletter, this week we would like to talk to you about Learning Walks and Talks. This activity enables us to see how the students have taken onboard the instructions and whether they are able to apply this knowledge correctly and accurately in different situations. The Learning Talk is focussed on 5 questions devised by Dr. Lynn Sharratt.

Learning walks and talks are a systematic, non-evaluative approach to knowing what is happening in classrooms and in the school. It is a collaborative, growth-promoting process.

Using a defined protocol, leaders walk into classrooms to listen and observe. Observers do not interrupt the lesson, and the walks take three to five minutes.

Walks focus on what students are learning and the level of challenge of the tasks in which students are engaged. Observers look for evidence of deconstructed learning goals and clear co-constructed success criteria and descriptive feedback to students based on the success criteria. Observers also look for evidence of professional learning in the school that aligns with the needs identified in student work.

The process of learning walks and talks includes five key questions for students:

1. What are you learning?
2. How are you doing?
3. How do you know?
4. How can you improve?
5. Where do you go for help?

Source: Sharratt & Fullan, 2012; Sharratt

We wish all the mothers in our community a very happy day on Sunday.

Jim & Gina



WORKING BEE: - RESCHEDULED

Due to the forecasted weather for Saturday, we have decided to reschedule the Working Bee to Saturday 4 June.

If families would like to take up the option of mini-working bees before this date the link to book in is <https://docs.google.com/spreadsheets/d/1Og1M5O9arSVDdvLpaeaVSHzjMKvht0Jw2sK3eskN0vw/edit?usp=sharing>

We would strongly encourage families opting for mini - working bees over this term to focus on the log fort garden and the driveway gardens.

MOTHERS DAY:

Tomorrow we will celebrate Mothers Day with an afternoon celebration. Assembly will be held at 2.45 pm on this day and then following this we will proceed to the basketball court where all students will be given a Zooper Dooper and all mothers or special persons will be provided with a cupcake and small presentation by their child/ren.



PARENTAL INVOLVEMENT:

At Sacred Heart we are fortunate to enjoy a parent group that supports and enriches our Community through their involvement.

We look forward to continuing this partnership in 2022. We are also very appreciative of other support parents can offer, for example, assisting in hearing students read aloud, changing readers etc.

If you want to be involved in helping in the classroom, you will need to ensure you have completed the online training and have provided a copy of your Working With Children check and vaccination status to the office. Here is a link to the online training video, <https://youtu.be/Y-dp-9Gzm0I> This has also been shared with all parents via Operoo.

If you are available to help out please make contact with your child/rens classroom teacher.

NATIONAL WALK SAFELY TO SCHOOL DAY:

Walk Safely to School Day (WSTSD) is an annual, national event when all Primary School children are encouraged to walk and commute safely to school. The objectives of WSTSD are:

- To encourage parents and carers to walk to school with primary school age children and reinforce safe pedestrian behaviour.
- To promote the health benefits of walking and help create regular walking habits at an early age.
- To help children develop the vital road-crossing skills they will need as they become mature pedestrians.

For Walk Safely to School Day, which will be held Friday 20th May, staff members have volunteered to be present at four assembly points around Diamond Creek (Mitre 10 car park, Brooks Street, Everleigh Drive, St John's Anglican Church) at 8.00am to depart for Sacred Heart at no later than 8.15am. More information will be provided soon.

RETURN OF SPORT UNIFORMS:

Can all students that participated in Inter School Sport Basketball in Term 1 please return their singlets to the office this week.

WORKING WITH CHILDREN CHECKS (WWCC):

Just a reminder to all families that if you intend to help out in any capacity at school, excursions, classroom help, tuck shop etc. you must have a current working with children check. This is a free application and can be found at <http://www.workingwithchildren.vic.gov.au/>

HOUSE POINTS:

At the conclusion of Term 1 results were as follows:

MACKILLOP (Red)	BUNJIL (Blue)	CORDNER (Green)
3914	4093	3631

Congratulations to all students in BUNJIL (BLUE) house who will have the privilege of a free dress day as the result of Term 1 house points. Students are encouraged to wear something BLUE as well as their free clothes. This will happen on Tuesday 10th May.

MOTHERS DAY STALL:

The Mother's Day Stall was held today. There was such a positive buzz with the students, as they selected gifts for their mothers and the important females in their lives. Thank you to Liz Nardella, the Parents Association and the number of parent volunteers for once again organising this opportunity for the students and being there to set up, clean up and help the students purchase these gifts.

50 DAYS OF FOUNDATION (PREP):

Congratulations to our Foundation students and staff who celebrated 50 days of Foundation on Wednesday 4th May.

A MORNING IN THE LIFE OF LOYOLA:

On Wednesday students in Year 4 participated in an excursion to Loyola College, Watsonia. The purpose of the excursion was to acquaint students with the College and the Secondary School environment. The students were given the opportunity to participate in a number of lessons under the direction of the Secondary School teachers. Each group also was allocated student leaders from Loyola to support them. Well done to all our Year 4 students that represented the school in such a respectful way.

NAPLAN TESTING:

Our Year 3 and 5 students will be participating in the National Assessment Program Literacy And Numeracy (NAPLAN) testing over the next couple of weeks. Good luck to these students. Below is a letter that surfaced a number of years ago but we think it is such an important message for the entire community to read and reflect upon.

My Dearest Students,

Next week you will sit the NAPLAN test. I know how hard you have worked, but there is something very important you must know:

The NAPLAN test does not assess all of what makes each of you special and unique. The people who create these tests and score them do not know each of you the way I do, and certainly not the way your families do.

They do not know that some of you speak two languages, or that you love to sing or draw. They have not seen your natural talent for dancing. They do not know that your friends count on you to be there for them, that your laughter can brighten the darkest day, or that your face turns red when you feel shy. They do not know that you participate in sports, wonder about the future, or sometimes you help your little brother or sister after school. They do not know that you are kind, trustworthy, and thoughtful and every day you try to be your very best.

The scores you will get from this test will tell you something, but they will not tell you everything. There are many ways of being smart. You are smart! You are the light that brightens my day! So while you are preparing for the test and in the midst of it all, remember that there is no way to 'test' all of the amazing and awesome things that make you, YOU!

Try your hardest and believe in yourself, this is what your parents and your teachers always want you to do.

Remember you are made in the image of God, and that is truly wonderful.

Love,

Your Teachers.

CAMP:

Camp is an opportunity for students to develop leadership skills and to work as part of a team, it provides them with great personal development skills such as working collaboratively, taking responsibility for themselves and learning skills to live more independently. Congratulations to our Year 5/6 students and staff that attended camp this week at Campaspe Downs Camp, Kyneton. The students were involved in a large number of activities over the three days. Great achievement for all these students.

UNIFORM CHANGE OVER:

It is asked that by Monday 9th May all students are wearing their correct winter uniform. The Uniform Shop is open each Monday from 3.15pm – 3.45pm in the Community Centre. All orders made online will be processed also at this time and sent home via the tub system.

FOUNDATION 2023:

We have had a number of prospective new families come to visit the school during Term 1. Our 2023 Enrolment Information Night will be held from 7.00pm on Tuesday 24th May. If any parents know of families who have a child ready to start school next year, please let them know about these dates and if any of our families have students ready to start school in 2023 please ensure you complete an enrolment form and get it to the office ASAP.



**SACRED HEART PRIMARY
SCHOOL,
DIAMOND CREEK**

INFORMATION EVENING



**2023 ENROLMENT
INFORMATION EVENING
TUESDAY 24 MAY 7PM**

**TELEPHONE: 03 9438 1590
EMAIL: OFFICE@SHDIAMONDCREEK.CATHOLIC.EDU.AU
WEBSITE: WWW.SHDIAMONDCREEK.CATHOLIC.EDU.AU
25 GIPSON STREET, DIAMOND CREEK**

STUDENT NEWS:

Congratulations to Tyler Stacey. Tyler won the Victorian State Championship in his division. He also passed a Judo practical and knowledge test called a grading at the Yarra Judo Club. This is no easy task and requires a great deal of practice. The grade is awarded by the presentation of a coloured Judo belt and a certificate at their Judo club. Junior Judo belts are in varying colours signifying age and expertise. Tyler has been awarded a Junior Orange belt.



Congratulations also to Emily Lamb who took out player of the day on Saturday for the U9s Sacred Heart Netball Team. The team had three new players and Emily was a lovely supportive friend to all.

Congratulations to Charlotte Lewis and Sophie Lewis on their first game with the Sacred Heart club. They did a great job and the team is so happy to have them play.

PARENTS ASSOCIATION:

The Parents Association are working hard behind the scenes on the social and fundraising event of the year – Bogan Bingo – to be held in the Parish Hall on Saturday 14th May. In order for this to be a success, we really need bottoms on seats! Previous years' social events have been a great opportunity to have a fun night out with friends (old and newly made school friends), families and for the community to come together. All profits made on the night go towards purchasing the tools, equipment and resources that enhance our children's education.

Unfortunately, COVID put a stop to many of our social activities – now that restrictions are easing, this is the perfect event to get back into the swing of things! Organise your table and purchase tickets online via CDFPay: <https://shdiamondcreek.cdfpay.org.au/MonitorOnline/app/#!/login>



YOUR CHANCE TO WIN \$1000

In the Bogan Bingo Reverse Draw

GET IN NOW - ONLY 100 TICKETS FOR SALE

TICKETS - \$30 EACH OR 2 FOR \$50

Tickets can be purchased online via CDFPay or at the door.

Revised date: **SAT 14 MAY**
Any tickets purchased for the previous date will be valid for this date.

The last ticket purchased on the night is the winner.
BE QUICK! FIRST IN, BEST DRESSED.

Name: _____ Phone No: _____
No. of Tickets: _____
Payment Type: (please circle) EFT CASH CDFPAY

SACRED HEART SCHOOL
presents
Bogan Bingo
EST. 2005
7pm kickoff
WE ROCK. WE KNOW
NEW DATE SAT 14 MAY
TICKETS \$30 EACH OR 2 FOR \$50
BEST DRESSED PRIZES ALL LEGENDS WELCOME!
\$1000 CASH RAFFLE EFTPOS AVAILABLE
LIVE MAJOR AUCTIONS

VENUE: PARISH HALL BYO DRINKS & FOOD

Name: _____ No. of Tickets: _____
Table group(if known): _____ Total \$: _____
Payment Method (circle): CDFPay Cash EFT: BSB 083-347 Account: 423962316 Ref: NAME BBINGO

Only 1 week to go!

Save the date:

SATURDAY 21ST MAY ELECTION DAY BBQ

A polling booth will be set up at Sacred Heart on Election Day, Saturday 21st May. The Parents Association will be running a BBQ and cake stall on this day. This will be a fantastic opportunity for us to raise money for the school.

To do this we need some generous volunteers to help support the BBQ and cake stall for 1.5 hourly sessions with set up, cooking, serving and clean up. If you are able to assist, please return the slip below back to school.

ELECTION DAY VOLUNTEER SLIP

Your Name _____ Child's name _____
Child's class _____ Phone number _____

Please indicate your preferred time:

Anytime Set up 7:30am 8:30-10am 10-11:30am
 11:30-1pm 1-2:30pm 2:30-4pm clean up 4pm onwards



SACRED HEART PRIMARY SCHOOL

Wellbeing

On Friday 13th May (next week) we will be running a SELebration Day. This day is an opportunity to celebrate Social Emotional Learning at Sacred Heart.

On this day, we have planned the first block as a Diversity Dash (coloured fun run) sponsored by Safe Schools - this was part of the positive start to schools program. This event is about inclusion and the engagement of all students no matter their background, gender or ability.

We ask students to come to school in clothes they can wear to the fun run and to bring a change of clothes for after, this day will be casual clothes. Please ensure all items are clearly labelled.

We will need parent support for this event. If you are able to help from 9.00am - 10.50am please let us know via the Operoo form shared and please ensure you are vaccinated and have a current Working With Children Check.

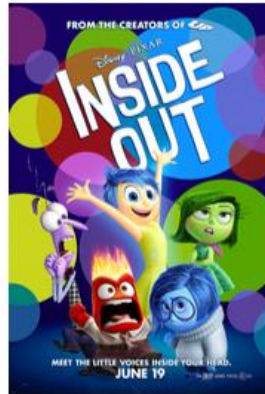
We will be distributing the Sacred Heart Emotions book that the students created as part of 16 Days of Activism last year. One book will be provided for each family. We are asking that teachers and parents read this with their class and use it as a springboard to discuss some of the different emotions.

The student leaders will also present the movie Inside Out during play breaks. This movie is rated PG so if there are any parents that do not want their child to view this movie please email gmurphy@shdiamondcreek.catholic.edu.au





SELebration Day At Sacred Heart



On Friday 13th May, Sacred Heart will be SELebrating wellbeing and Social Emotional Learning. On this day, all students will be involved in a Diversity Dash (Colour Fun Run) sponsored by Safe Schools. We will also share our Sacred Heart Emotions publication that all students contributed to last year and will offer an optional screening of Inside Out (rated PG) during play breaks. Students are asked to wear clothes appropriate for the colour fun and a change of clothes for afterwards in a labelled plastic bag.



INSIGHTS

A Mother's Day message for Dads



Mother's Day is a sensitive topic to write about. While it is a day of joy and delight for many families, it can also be a day of difficulty, and even pain, trauma, or sadness for many others. Many of us have farewelled a mother, experienced a relationship rupture with our mum, or experienced other challenges. And so many mums, this Mother's Day, will be grappling with co-parenting, separation or divorce, or an inability to be with their children in loving and meaningful ways.

There are two other challenges that Mother's Day brings:

First, even on the day when Mum should be feeling loved on by everyone, the overwhelming load of cooking, cleaning, and even thinking about what the kids should "surprise her with" still falls to too many mums. This is not how it ought to be. And second, one day of bliss (if it works out that way at all) is nice, but what about the other 364 days of the year?

So this is a Mother's Day Insights with a difference. This is for the dads, the co-parents, the partners, the ex's, and anyone else who wants to make sure that the Mum of the house gets the love and respect she deserves, not just on Mother's Day, but on all of the days.

Mum, pass this on to your partner and others who matter. This is not for you this time. It's for them to read, memorise, and live.

Help mum develop a sense of time affluence

Have you noticed how often Mum is flustered? How often it seems like there's not enough time? And what time there is floats through the day like confetti, with just a minute here or there... and then the never ending demand that she get back into the rat race?

Recent research tells us our happiness goes up as our rushing goes down. It's called "time affluence" and it means that we slow our lives down so that it literally feels like we have more time, even if we don't.

How can partners do this? Help Mum build a sense of time affluence (or abundance if you prefer) by going for a walk rather than driving – and not walking for exercise. Create it by having a "yoyo" night (You're On Your Own) where the kids sort themselves out with leftovers or cheese toasties. Create a system where Mum doesn't have to feel obliged to do everything for everyone every time. Step back. Slow down. Or at least, let Mum do that a little more.

Be open to mum's influence

Have you noticed how Mum is always the one who steps back and let's everyone else decide? What would it be like if we were more inclined to look to Mum when decisions are being made and say, "Would you like to decide this one?"

parenting * ideas

It's true that sometimes Mum is tired of making decisions. Perhaps she doesn't want to. But studies show that even in our modern 2022, Mum is often voiceless. Everyone else gets what they want while Mum serves and does what she's told. If everyone could stop being a bossy boots and let Mum have a clearer, louder voice, not by yelling, but by seeking her counsel and inviting her opinions, it might make life nicer for all, especially Mum.

Ask how you can help

If everyone said, "Mum, how can I help?" or if partners said, "Honey, what do you need?" it might make Mum's day.

You know what's bigger? Help without asking. It shouldn't be up to Mum to have to tell everyone how to help and when to help and hassle them for not helping already. Do it without needing to be asked. This means remembering to empty the garbage or run the bins to the street, cleaning the kitchen, putting a load of washing on... you know, all that stuff that the cleaning fairy usually does.

Drop your agenda and help her with hers

It's easy to get caught up in our own agenda and forget that the woman we're brushing our teeth next to in the bathroom is a real person with hopes, dreams, and desires. Recognise her perspective and elevate her by treating her so well that your children will know how the most important person in your life ought to be treated. That way, when they're bigger (or even now), your kids have no doubt how they ought to treat their partner when they are old enough – and how they should expect to be treated.

The greatest compliment any dad could ever hear is "You always treated mum like she was the most wonderful woman in the world."

Bring that approach to every interaction. Make mum's day – every day.

(And a quick bonus tip: Do the leg work to make sure Mum actually has a nice Mother's Day and that she doesn't end up cooking, cleaning, or choosing her own gifts!)



Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel 9's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families podcast. He has written 6 books about families and parenting. For further details visit www.happyfamilies.com.au.

Upcoming Webinar for Parents

Dr Justin Coulson presents: Encouraging good behaviour

Dr Justin Coulson writes and speaks about parenting and family – because nothing matters more. Justin returned to full time study in his late twenties where he earned first class honours and a subsequent PhD in Psychology so that he could learn how to be a better husband and father. Now the focus of his life is his family and helping other families flourish – in that order. Justin has written six books and is a four-time bestselling author. He is an occasional columnist for the New York Times and appears regularly in all of Australia's major news outlets for television, radio, and print.

We have a membership with Parenting Ideas, one of Australia's most trusted sources of parenting education and support. As part of this membership, all the parents and carers in our community can attend this webinar at no cost.

Encouraging good behaviour

Discipline is one of the most confusing and challenging topics that parents grapple with. When you look up the word discipline in the dictionary the first definition is "punishment". But this is a relatively new way of understanding the word. Until a couple of hundred years ago, to be disciplined meant to be shown a way to follow. This webinar, presented by Dr Justin Coulson is for every parent who has ever been so desperate to get their kids to 'behave' that they've tried Triple P, Super-Nanny, 1-2-3 Magic, and pretty much everything else out there, and still found themselves stuck. It explores the concept of discipline and how parents can encourage good behaviour in children.

Key learning and discussion points include:

- why the centuries-old strategies we still cling to should be left in the past
- how we get discipline wrong and why
- real world examples of discipline that are as imperfect as parents and their kids, but that still work
- ideas for discipline that turn everything you thought you knew about the topic on its head
- applicable strategies for everyone

The webinar will be held on 8 June 2022 at 8-9 PM AEST.

Redeem your webinar – it's easy!

To redeem your webinar click or copy and paste this link:

<https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-encouraging-good-behaviour>

1. Click 'Add to cart'
2. Click 'View cart'
3. Enter the coupon code ENCOURAGE and click 'Apply'
4. Enter our organisation's name to verify your eligibility. The \$39 discount will then be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. These are the details you will use to login to your account and access your webinar and resources.
7. Click 'Place Order'

This offer is valid until 8 September 2022. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



SACRED HEART PRIMARY SCHOOL

Student of the Week

Foundation
 1/2 NS
 1/2 PA
 3/4 NJ
 3/4 RM
 PE
 LOTE
 STEM
 Performing Arts
 Visual Arts
 Science

Lex Ridd
 Ava Brack
 Eleanor Audley
 Saige Down
 Marcus Mennilli
 Tyler Stacey
 Annabelle Ross
 Sade Ambrose
 Rachael Hardy
 Alannah Stanic
 Grace & Lily Buhagiar



Term 2 Week 1 Students of the Week





SACRED HEART PRIMARY SCHOOL

Important Dates

Term 2 Dates 2022

Given our experience of the last two years we understand that families will appreciate that all public events on this calendar will be subject to the COVID restrictions at the time.

Please take note of dates each week as changes occur often due to changing restrictions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 WEEK 2 B	3	4	5	6	7	8
Year 5/6 Camp Parents Association 7.30pm	Year 5/6 Camp	Year 5/6 Camp Year 1/2 Mass Year 4 Visit Loyola 9.30-12.00 50 Days of Foundation	Mother's Day stall	No ISS Assembly 2.45pm - followed by Mothers Day presentation		MOTHERS DAY
9 WEEK 3 A	10	11	12	13	14	15
FAMILY WEEK Winter Uniform to be worn	NAPLAN until 20 May Free dress day for Winning House	Year 5/6 Mass	NAPLAN - Year 3 & 5 Writing	No ISS Wellbeing Day - Diversity Dash (colour fun run) Assembly 3pm	Bogan Bingo	
16 WEEK 4 B	17	18	19	20	21	22
'Train like a Vixen' Year 3/4 NAPLAN - Year 5 Language Convention & Reading	SAC 7.30pm	NAPLAN - Year 3 Language Convention & Reading Year 3/4 Mass	Year 1/2 Excursion Sovereign Hill Foundation Excursion Melbourne Zoo NAPLAN - Year 3 & 5 Writing	Walk Safely to School Day ISS v Laurimar (away) Assembly 3pm	Election	
23 WEEK 5 A	24	25	26	27	28	29
PSGs this week	District Cross Country 2023 Enrolment	Foundation Mass	Sorry Day	ISS v Apollo B (away) Assembly 3pm		

	Information Evening 7pm			National Reconciliation Week until 3 June		
30 WEEK 6 B	31					
SCHOOL CLOSURE - Report Writing Day						

June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Year 1/2 Mass	2	3 ISS v Glen Katherin B (home) Assembly 3pm	4 Working Bee 9am -12pm	5
6 WEEK 7 A	7 SAC 7.30pm	8 Year 5/6 Mass Staff Meeting CPR Update 3.40-5.40pm	9 Year 3/4 Immigration Museum Excursion	10 ISS v Green Parkways (home) Assembly 3pm	11	12
13 WEEK 8 B	14	15 Foundation Excursion - Melbourne Museum Year 3/4 Mass	16	17 ISS v Diamond Creek (away) Assembly 3pm Reports sent home	18 Confirmation Commitment Mass	19 Confirmation Commitment Mass
20 WEEK 9 A	21 Learning Conversations 4-6pm	22 Learning Conversations 2-7pm Students Finish at 1.30pm	23	24 ISS v BYE SACRED HEART FEAST DAY FINISH TERM 2 2.30pm		

This week at Sacred Heart



A busy week in 1/2 NS



50 days of Foundation



The students shopping up a storm at the Mothers Day Stall





SACRED HEART PRIMARY SCHOOL

Community News



HELPING YOUR CHILD

BE BETTER THAN OKAY

PRESENTED BY DR HELEN STREET & LOYOLA COLLEGE

This session will include a focus on **challenging** traditional notions of success, **supporting** autonomous motivation, taking a **positive approach** to feedback and **developing** effective communication with your adolescent children.

Thursday 26 May, 2022 | 7 — 8pm
Inigo Theatre, Loyola College
Open to local parents of primary & secondary students

BOOK NOW VIA LOYOLA.VIC.EDU.AU/TICKETS

ABOUT DR. HELEN STREET

Dr Helen Street is one of Australia's most highly respected experts in wellbeing and resilience.

She works as an education consultant, an applied social psychologist and an honorary fellow at The University of Western Australia. With a passion for educational reform and challenging the status quo, Helen has become known as a pioneer in the development and support of long-term learning engagement, motivation and wellbeing in schools.

Over the past twenty years, Helen has worked with schools in Europe, the UK, Australia and SE Asia, and published four books, several book chapters and more than 100 articles and academic papers supporting wellbeing in young people. Her fourth book, *'Contextual Wellbeing — creating positive school from the inside out'* has become an international best-seller in education and has led to an increasing reconsideration of wellbeing at a systems level, involving every aspect of school context.



TO LEARN MORE, HEAD TO:

W: POSITIVESCHOOLS.COM
E: HELEN.STREET@UWA.EDU.AU
T: [@DRHELENSTREET](https://www.instagram.com/drhelenstreet)

ALL KIDS INVITED

JOIN US AS WE LAUNCH OUR FREE CLINIC AT:

Sacred Heart Diamond Creek Primary school
25 Gipson St, Diamond Creek VIC 3089
Tuesday 17th May 2022
3:45pm -4:45pm Ages 5-12 years old

JOIN YOUR LOCAL HEAD COACH

Michael Zagami | 0406 805 074
vic34.football@sportstaracademy.com



MORE THAN SPORT



Voted Best national school aged activity (5-12 years old)

1300 372 300
SPORTSTARACADEMY.COM





CELEBRATING 150 YEARS
OF PARADE COLLEGE

You are invited to

150 PAST PRESENT PARADE

FRIDAY 13TH MAY 2022

7:30PM & 8:00PM

VILLAGE CINEMAS, WESTFIELD PLENTY VALLEY

Tickets available via Humanitix:

<https://events.humanitix.com/tours/150-past-present-parade-premiere>



healthAbility



Parenting Support Groups - Term 2 2022

We are excited to present the Parent Support Group seminars and webinars for term 2 2022. This term features a range of both in person and online formats with a variety of topics. Please note sessions that are currently scheduled to occur in person may change to online sessions if Coronavirus restrictions change.

Seminars

Helping your child with their emotions



Developing emotional intelligence

Would you like to:

- Understand why feelings matter
- Help children identify and manage their feelings
- Learn ways to develop our child's emotional skills

Details

When: Wednesday 18 May

Time: 9.30am to 11.30am

Where: healthAbility, 917 Main Rd, Eltham

Cost: \$25 per adult, \$40 couple and \$16.50 concession

Bookings: Essential

via trybooking.com/BYZWX

Bringing out the best in your child's behaviour



Would you like to learn:

- How to encourage desirable behaviour
- Encourage your child to cooperate
- Use parenting tips for challenging children

Details

When: Wednesday 25 May

Time: 9.30am to 11.30am

Where: healthAbility, 917 Main Rd, Eltham

Cost: \$25 per adult, \$40 couple and \$16.50 concession

Bookings: Essential via trybooking.com/BZDJJ

How to give great instructions

Would you like to learn:

- How to give great instructions
- Ways to encourage cooperation
- Common mistakes to avoid

Details

When: Wednesday 1 June

Time: 9.30am to 11.30am

Where: healthAbility, 917 Main Rd, Eltham

Cost: \$25 per adult, \$40 couple and \$16.50 concession

Bookings: Essential

via trybooking.com/BZDMA

Getting your kids to listen



Building your child's resilience



Would you like to learn:

- What is resilience
- Where does resilience come from
- Why is resilience important
- How you can build resilience in your child
- Tips for building supportive relationships
- Tips for building confidence

When: Wednesday 8 June

Time: 9.30am to 11.30am

Where: healthAbility, 917 Main Rd, Eltham

Cost: \$25 per adult, \$40 couple and \$16.50 concession

Bookings: Essential via trybooking.com/BZFXA

Helping your anxious child



Would you like to learn:

- How anxiety can affect children
- What you can do to support your anxious child
- Helpful and unhelpful responses to your child's anxiety
- Where to do for further help

Details

When: Wednesday 15 June

Time: 7.00pm to 8.30pm

Where: Online, access details will be sent to your email when you purchase a ticket

Cost: \$25 per adult, \$40 couple and \$16.50 concession

Bookings: Essential via trybooking.com/BZHEV

Family wellbeing: ways to reduce conflict



This webinar will cover how to:

- Make the most of family time
- Use routines to support wellbeing
- Use communication tips for building positive parent and child relationships
- Manage sibling flights and family conflict

Details

When: Wednesday 22 June

Time: 7.00pm to 8.30pm

Where: Online, access details will be emailed to you once you purchase a ticket

Cost: \$25 per adult, \$40 couple and \$16.50 concession

Bookings: Essential via trybooking.com/BZIAX

Pop-up COVID-19 vaccination clinics

Coronavirus
(Covid-19)

Saturday 7 May, 10am-4pm
Edendale Community Environment Farm
30 Gastons Road, Eltham

Friday 13 May, 2.30pm-7pm
Nillumbik Shire Council offices
Civic Drive, Greensborough

Saturday 28 May 9am-1pm
Plenty Hall, Memorial Drive, Plenty

First, second and third doses.
For those eligible, fourth doses are also available.

Walk-ins and bookings are accepted for all age groups.

Book online via <https://portal.cvms.vic.gov.au>
or by calling the Victorian Coronavirus Hotline on 1800 675 398.

Proudly supported by

