### ISSUE 3 MARCH 2024



OFFICER SPECIALIST SCHOOL NEWSLETTER

https://officerss.vic.edu.au

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MILL HANDER

### DUKE OF ED CMSS OF 2024

**CLASS 506** We visit with Class 506.



WHAT A DAY! See a full day activities in 308 with our two page feature. Issue 3 | March 2024



### **Contact Information.**

#### Street Address.

3 Parker Street, Officer, Vic. 3809



eMail: officer.ss@education.vic.gov.au



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#### ACKNOWLEDGEMENT

Officer Specialist School acknowledges the traditional owners of the land throughout Australia. We pay our respects to them and their cultures, and to the elders past, present and future.

### **Message From The Principal**

#### Hi Everyone.

Autumn is here but we are having such unpredictable weather. I hope you all coped with the hot, hot, hot long weekend! While the hot weather continues please keep sending the hats and making sure students have sunscreen. A change of clothes means that when it is hot students can enjoy water play so send in NAMED clothes each day.

Last Friday we had an amazing day, listening to the speeches of students who were nominated for School Captain and Student Representative Council (SRC). I felt so proud of the students who stood in front of their peers and spoke using a microphone, some using their communication devices. It took real courage to speak publicly like that and they all did a great job.

The Primary students have already voted for their captains and the Secondary students will vote this week. We will then have a Presentation Assembly so watch out for the details.

Last week I also had a meeting with the architects and builders who will start our building project in April. We have four classrooms built to the rear of the school, a roof built over the basketball court near the gym with two adjoining community meeting rooms. There will be areas of the school blocked off and changes to access to playgrounds during the project, but the result will be worth the wait!!

I hope you have been checking the Principal Updates that I send out on Compass each week. If you have questions about anything to do with our school, please just email me and I will try to answer via the updates so that the whole of the school community receives the information.

The newsletters so far this year have been fantastic, with lots of information about programs across the school. I hope you are enjoying the shared information. Don't forget to check Seesaw as well for more about individual classes and students.

Don't forget that Monday, March 18th is a Curriculum Day when staff will engage in Professional Learning and planning. No students attend this day.

Regards

Helene Rowe

Principal Officer Specialist School



# Calendar Of Events 2024

www.officerss.vic.edu.au

Here's a quick Snapshot at some of the key dates to remember for 2024. Dates are correct at the time of printing. But dates can change due to varying circumstances. We will inform the school community of any changes.

### July

- 30th SSG's Primary
- 31th SSG's Secondary

### August

- 5th Curriculum Day
- **7th** Community Connection Morning tea 9.00-10.30am

### September

- 9th Arts Celebration
- **12th** Community Connection Morning tea 9.00-10.30am
- 20th Celebration Assembly 1.30pm finish
- 20th End of Term

### October

- 14th Community Connection Morning tea 9.00-10.30am
- 25th Secondary Formal

### November

- 5th Melbourne Cup
- 11th Prep Transition #1
- 13th Community Connection Morning tea 9.00-10.30am
- **18th -** Prep Transition #2
- 19th Sec Art Celebration
- 20th Prim Art Celebration
- 25th Prep Transition #3

CELEBRATION

Wednesday 27th March

10am - 11am

**Community Hub** 

School early finish is on 28th at 1:30pm

June

March

Assembly 10am-11am

(See Details below)

School Finish 1:30pm

April.

15th - Term 2 Begins

May

**Connection Morning tea** 

1st - Grads Reunion

6th - Community

9.00-10.30am • 24th - School Photos

25th - Anzac Day

• 28th - End Of Term.

• 27th - Celebration

- 6th Community Connection Morning tea 9.00-10.30am
- 10th Kings Birthday
- 13th Harmony Day
- (Celebrating Cultural Diversity)
- 26th 100 Days of School
- 28th Celebration Assembly
- 1.30pm finish
- 28th End of Term

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# Annual Privacy Reminder For our School Commity.

Quick Access To Both Documents via QR Codes.



### **DIGITAL LEARNING POLICY**



PHOTOGRAPHING, FILMING AND RECORDING STUDENTS' POLICY Our school collects and uses student and parent personal information for standard school functions or, where permitted by law, as stated in the School's Privacy Policy and the School's Privacy Collection Notice. Please click on the link to Schools' Privacy Policy and information Schools' privacy policy: information for parents | vic.gov.au (www.vic.gov.au) Our Photographing, Filming, and Recording Students Policy (*http://tinyurl.com/3kmbcfk9*), describes how we collect and use photographs, video, and recordings of students. The policy also explains when parent consent is required and how it can be provided and withdrawn.

We ask parents to also review our *Digital Learning Policy,* (*http://tinyurl.com/4x8n7cdr*). This provides guidance on how we use, *Microsoft 365/Google Workspace for Education* safely at the school and what parents can do to further protect their child's information. If after reviewing the guidance, you have any questions or concerns regarding your child using Microsoft 365/Google Workspace for Education, please contact the school. For more privacy information, refer to Schools' Privacy Policy information for parents.

This information is also available in ten community languages:

- \* Amharic
- \* Arabic
  - \* Dari
- \* Gujarati
- \* Mandarin
  - \* Somali
- \* Sudanese
- \* Turkish
- \* Urdu
- \* Vietnamese



# Travel Education Support Levels

Requires 1:1 supervision walking to gate/bus/OSHC

With prompts walks to gate/bus/OSHC

Walks independently to gate/bus/OSHC

> Students with School ID Card & Large Green Dot -

independent travelers to destination outside of school grounds

# **Travel Education Initiative**

### Dear Parents and Carers,

We are excited to inform you about an upcoming initiative aimed at enhancing our students' travel experience to and from school. Over the next few weeks, we will be implementing a new system to identify how our students travel and what level of support they require to transition to their mode of transport.

Each student will be provided with bag tags containing essential information such as their name, room number, days of travel, level of support needed, and mode of transportation (bus, car, OSCH, walking/cycling). This system will not only streamline our efforts but also ensure the safety and efficiency of our students' travel arrangements.

We believe that this new system will greatly benefit our students, from Preps to our most senior students, by supporting their ongoing travel education. It will also enable our staff to identify students and provide the necessary assistance for a smooth transition to their designated travel options quickly and accurately.

Our support levels will be categorized using a traffic light system:

- Red: 1:1 support by either parents or staff
- Yellow: Supervised support
- Green: Independent travel

On the next pages, you will find posters providing examples of the tags and further details regarding the traffic light support system.

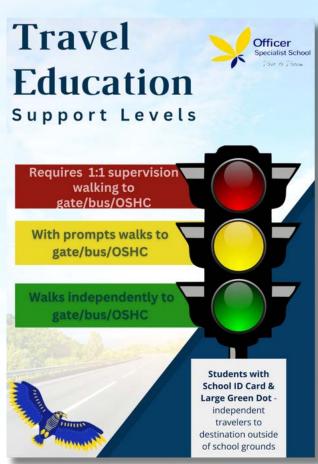
If your child misplaces their tag, please notify the classroom staff, and replacement tags will be promptly provided to ensure continuity in their travel arrangements.

We are committed to prioritizing the safety and well-being of our students, and this new system underscores our dedication to child safety. If you have any questions or concerns regarding this initiative, please do not hesi contact us.

Sincerely,

Karen lewis

**Assistant Principal** 



Officer

Bag Tags



STUDENT NAME

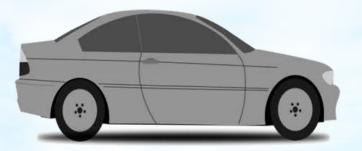
Student ID: HID0002 Date of birth: 29/05/2007

\*HI D0002\*

Pakenham - Yellow Bus

Outside School Hours Care

**OSHC** 



### Parent or Carer transporting

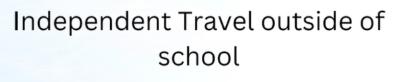
× server



Berwick - Purple Bus

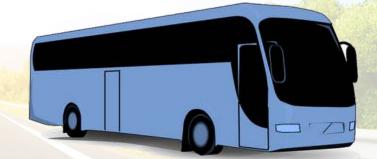


Pakenham - Green Bus





Nar Nar Goon - Red Bus



### Berwick - Blue Bus

### Bag tags will include :

es: 12/2023

- Name
- Days of Travel

- Level of support
- Room Number

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#### **Primary Department**



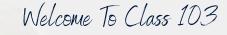
**Classroom Teachers** Fan Bi & Jess Keane

In Term One, students from 102 were settling well into their new classroom. They are learning the new class schedules by using visuals and started to establish trust and positive relationships with their new teachers and ES. In Term One, we focused on the Kindness book and designed activities around this topic. Students had opportunities to practice their kindness by making a 'Hello hat', learning to recognise their names as well as other peers'; creating a Kindness Stick Man; coloring in for the school well-being dog Kobby's birthday, etc. Students have also participated in various cooking activities, such as banana milkshakes, fairy bread, vegemite bread, and dumplings. We also explored the Activity Room, and the Just Right Room and will be visiting the Shivering Chicken Café in Week 8. It is good to see students become more comfortable with their new environment and engage in their learning.

WOW

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### Primary Department CLASSROOM SNOP



Classroom Teacher Rachel Choi

Welcome to room 1.03! Our lovely students have had a busy start to the term engaging in many activities. We have started our weekly Intensive Interaction (II) collaborative session with the school Allied Health team which has been great for developing social skills with peers.

Our students have also engaged in various activities related to our focus book for the term "Kindness Makes Us Strong" by Sophie Beer. For one of the activities, our students in the 100 building made dumplings. Students followed step-by-step instructions to chop the ingredients and fill the dumpling skins. Students in 1.03 enjoyed making and eating the dumplings. Another activity that the students have particularly enjoyed was "Beach Day". After reading our focus book, students dressed up in beachwear and played with their peers at "the beach". This is where we saw many social skills displayed by the students such as water play, sharing toys, and making sandcastles together.

During our numeracy sessions, the students have been working on number recognition, simple addition, and one-to-one correspondence. Our students have been using various manipulatives, engaged in hands-on tasks, and completed numerous mathematic questions using IXL Mathematics and HelpKidzLearn using our interactive screen.

This term, 1.03 has been practicing dental hygiene during our weekly self-care/life skills sessions with our school Occupational therapist. Here students engage in activities that focus on following instructions to brush their teeth appropriately. Our students have had lots of fun so far brushing their teeth in the classroom and completing follow-up activities.

We are excited to continue our learning journey throughout the year. 1.03 students are looking forward to the many activities that await!

#### **Primary Department**



### Welcome To Class 308

Classroom Teachers Rachel Shambrock

### TERM ONE .... So far...! ... in 3.08

What a fabulous start to 2024, here in Room 3.08. I am really impressed with how the students have begun the new year and settling into a new routine for 2024. Students are arriving each day ready for a fun-filled day with lots of action and exciting learning activities. Each student in 3.08 is making many adjustments to the changes that a new year brings, and working towards areas of learning and skills that are priority for them. Well done, 3.08 on an awesome start to Term 1.! It's exciting to see you grow and learn. You are all superheroes.!!



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Classroom Teacher Rachel Shambrook



### Our day in 3.08:

•**Structured and informal play!!** (An opportunity for the students to play their favorite activities, learn some new ones, practice fine motor skills, and learn about the world around them. It aims to allow 3.08 students to become happier, and healthier, love learning, further develop skills and develop friendship skills.)

•**Music and singing** (Morning Circle is one of 3.08 students' favorite times of day when we listen, sing, and learn about everyday topics and social skills. We are learning classmates' names and how to say "Hello" to them.

•Kindness focus activities – (A feature across our personal and social development, literacy, and maths activities. Students learn that kindness is shown in so many ways and that we can share our kindness with others. Students are practicing saying "Hello!", sharing a drink, being patient, taking turns, sharing equipment and learning to help others.)

•**Reading and Writing** – (3.08 students are learning to gain meaning from pictures, symbols, letters, and written words and to communicate using visual symbols, their communication device, and their own handwriting.)

•Maths - Number, recognition, counting, and shape – (Students are embracing the topics of number, counting, and shape in representing numbers with concrete materials, pictures, and numerals, learning familiar counting patterns and identifying features of shapes. It is exciting to see 3.08 have extend their familiarity with shapes, their features and their ability to copy shape pictures.)

•Other Curriculum activities – 3.08 students attend Performing Arts to develop an appreciation of music and action songs. In PE, they are developing ball skills, gross motor skills, movement, balance and coordination. In Bike Education students are becoming familiar with bikes and working towards the next steps in bike riding and building. In Personal and Social Capacity, 3.08 students, are learning more about feelings and self-help skills for daily activities.

This term has seen a number of Whole School specialist activities. The students in 3.08 have enthusiastically embraced "I heart you… "day (Valentines Day), Summer and Beach Day and Crazy Socks Day – what fun we have had joining in a variety of activities to focus on these key ideas and develop a 'love of fun'.

Thank you 3.08 for making the start of 2024 such a fun time!



Classroom Teacher Marian Mikhiel

Welcome to the 2024 school year! It is hard to believe that we are already in week 7 of term 1. Here's a quick snapshot of what's been happening in 5.06.

We have been focusing on revisiting our classroom rules, transitioning safely around the school, getting to know our friends, and settling back into routines. Students in 506 have enjoyed visiting the PBS shop to redeem prizes for demonstrating our school values: Responsible, Friendly, Respectful, and Safe in the classroom and during playtime. It has been wonderful witnessing their efforts demonstrating these values whilst they encourage their peers.

In reading, students have been enjoying exploring the book "Walk of the Whales" by Nick Bland. They have been examining how the author uses language and illustrations to convey messages and evoke emotions. Additionally, students have been actively engaged in creating opinion posters expressing their ideas and viewpoints on whether the whales should go back to the ocean or stay on land.

Students have been practicing writing a sentence using a capital letter at the start of the sentence, followed by finger spaces between the words, and a full stop at the end of the sentence.





#### **Primary Department**



#### **Classroom 506 Continued**





In Math, we have been exploring the topic of Place Value with three-digit numbers. Students have enjoyed playing the game 'Master Mind' as well as creating numbers with MAB and Unfix blocks. Through these activities, students have grasped the concept that three-digit numbers are made up of hundreds, tens, and ones.

We have been focusing on the topic of friendship and discussing the qualities we would like to see in a friend. Through our exploration, we examined various skills necessary to build and maintain friendships, such as interacting positively and caring for one another.

Finally, our weekly visits to the Activity room, Engine room, and the Just Right room have been successful. Students have been vigilant in using different equipment to regulate their emotions.



#### Secondary Department



Classroom Teacher Adam Marchant

The students in classroom 508 have commenced their Victorian Pathways Certificate coursework, applying their knowledge to real-world inquiry projects. They have used personal numeracy skills to plan, map, and schedule a public transport excursion for their peers. Now that they have gained written approval by writing a letter to Helene our principal, it is time to book the trips! The posters shown here are a part of a portfolio of digital self-profile documents students are collating to build awareness of their strengths and interests. This particular one allowed them to express what is 'on their minds' as they explore their pathways programs and head closer toward the transition to post-school life.









The School Carteen

The school canteen will begin serving this year on 14th March and will be open every Thursday after that.

All orders are through the Flexischools app.

If you are new to OSS, simply download the Flexischools app from the <u>Apple</u> or <u>Google</u> stores and follow the prompts to create an account. Once setup, click "Order Food" to see the online catalogues available, place your order and pay. Orders can be placed at any time, up until our specified cut-off time (as shown in the App). At OSS, this is 8am each Thursday.







# What is The Duke of ED



THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD

2024 Program

# Young people are at the heart of everything we do.

The Duke of Edinburgh's International Award Office Australia is a national organisation focussed on supporting young people to thrive. We collaborate with a network of Award partners and volunteers including schools, organisations, governments, and businesses, to support Australian young people meet new challenges, gain important life skills, and realise their potential.

Our organisation is part of a global community which uses the Duke of Ed Award Framework to deliver many positive outcomes for young people. We are committed to ensuring young people are heard, valued, recognised, supported, and safe as they embark on and complete their Duke of Ed Award journey.

### What We Believe

We believe that when young people are provided with the right support and opportunities, they can achieve amazing outcomes for themselves and their communities. Through our flagship International Award Framework, we are committed to providing every young person in Australia with the opportunity to thrive; we help them build resilience, explore opportunities, and be recognised in preparation for life and work in a rapidly changing world.













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Program

The students participating in the Duke of Edinburgh as their Pathway have had the opportunity to explore many different locations. The students are not only learning in a different environment but are also enriching their life skills. Students have been developing their navigational skills, directional language and many social skills. One of the most important skills the students are developing, is the skill to be confident. The conversations between peers and staff and very different while on the Duke of Edinburgh, as it allows students to be completely themselves unquarded.

All the students are showcasing many skills and I look forward to seeing them all develop further!





Department of Education

Our school is very excited to be part of the National Disability Insurance Scheme (NDIS) Navigators Initiative. NDIS Navigators will be in all Victorian government specialist schools by 2025 to help you navigate and understand the NDIS and get the most out of the support available to your child.

ncis

From the start of term 1, 2024 Susan Daniel will be the NDIS Navigator at Officer Specialist School.

### The role will include:

- Provide information and advice on the NDIS and available support.
- Support with accessing the NDIS.
- Guidance on where to look for services and how to make the best selection for your child.
- Support with ongoing management of NDIS plans and how to raise questions or concerns with the NDIS or NDIS-funded organisations.
- Assist you in connecting with an NDIS Local Area Coordinator Partner (Latrobe Community Health Service) and/or Early Childhood Partner (Link Community Health Service) for advice and support.

If you would like to talk about how the NDIS Navigator service can support your family, please contact:

### Susan Daniel

NDIS Navigator Officer Specialist School Phone: 03 5943 2800 Email: **susan.daniel@education.vic.gov.au** 





The Association for Children with Disabilities (ACD) is the Victorian advocacy service for children with disability and their families. The ACD helps families gain the knowledge, skills, and confidence to advocate for their children.

### ACD Services are free and include:

- Information Resources
- Workshops and peer support
- The ACD Support Line a telephone advocacy service

To learn more please visit Website <u>https://www.acd.org.au/</u> Facebook Page: <u>https://www.facebook.com/acdvic/</u>

### Upcoming Workshops.

The ACD runs many Online Workshops for families. During March they are running some sessions on First Steps to Support and Connection. This workshop series is about providing practical information to help you decide where to start and find what you need to support your child and family.

Follow the link to book your session https://www.eventbrite.com.au/o/associationfor-children-with-a-disability-7575063849

### **Upcoming workshop**



### First Steps to Support and Connection

Practical information to help you decide where to start and find what you need to support your child and your family.



Download our 2024 January to July workshop program in PDF format from our site. <u>www.acd.org.au</u>

# Mixed Football Fun for People with a Mild to Medium Disability!

000 SPIDERS

### **SENIOR SQUAD**

- Mixed program for people aged from 14
- Two teams to suits all levels and abilities
- Encourages skills development, teamwork, friendship and fun!
- Wednesday evening training and skills sessions
- 10-round Sunday mixed competition in the FIDA football league, plus finals
- · Social dinner after training, recreation activities year-round and more

### **COME & TRY DAY!**

- Sunday 24th March
- Join in the activities without obligation
- Free sausage sizzle afterwards
- Greenwood Park. Greenwood Ave, Ringwood
- 9.30 am to 11.00 am followed by sausage sizzle

### Ringwood Spiders All-abilities Sports Club's Vision:

To provide and promote active participation in community sport and social activities for people with a disability,

To provide people with a disability an opportunity to interact, participate and build social skills and leadership within the community.

### Like to know more?

**f**: Ringwood-Spiders-All-Abilities-Sports-Club Web: www.ringwoodspiders.com **email:** info@ringwoodspiders.com

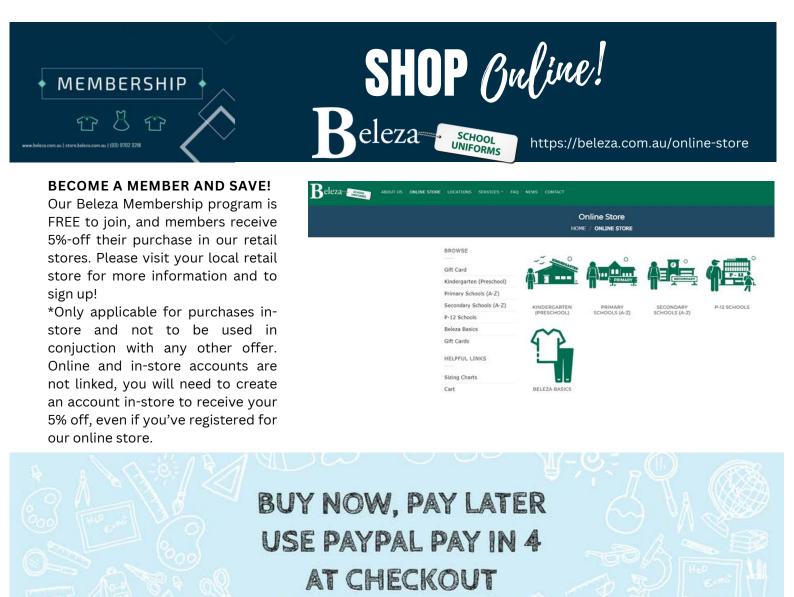


**Beleza Pakenham Store.** 7/99 Bald Hill Rd Pakenham, VIC 3810 Phone - (03) 5941 4989 https://beleza.com.au/

Monday – Friday: 9:00am to 5:00pm Saturday: 10:00am to 1:00pm

### **Temporary Changes to Trading Hours for School Holidays**

With the end of Term 1 quickly approaching, we'd like to advise you that there are changes to the trading hours of all Beleza retail stores during the holiday break. Your local Beleza store will be closed for the Easter public holidays and during the first week of holidays. We'd recommend families check their local store's Google listing to confirm opening hours before visiting a store. As we have multiple Beleza locations across Victoria, we suggest searching "Beleza + Your Suburb Name" to ensure you're getting the most relevant information. Please note that all stores will be closed from Friday 28th of March to Sunday 7th of April. We'll return to our usual trading days and hours across all stores from Monday 8th of April, however as our trading days differ from store to store, please check your local store's trading hours. We'd like to apologise for any inconvenience that these changes may cause, and thank you for your understanding. We hope you all have a safe and enjoyable holiday break! Kind regards, Beleza School Uniforms



### Cardinia Youth Services Autumn School Holiday Program



Bookings for our Autumn Teenage School Holiday Program are now open!

Secure your place by scanning the QR code, phoning **1800 496 884** or visiting www.cardinia.vic.gov.au/tshp.

Please refer to 'things you need to know' on the booking from for additional information about activities.

Pickleball My Place Youth Centre	Tuesday 2 April, 1.30pm - 3.30pm	Cost: Free
Trip to Luna Park 18 Lower Esplanade, St Kilda	Wednesday 3 April, 10am - 4pm	Cost: \$28
Uno tournament My Place Youth Centre	Thursday 4 April, 1.30pm - 3.30pm	Cost: Free
<b>Op-shopping</b> Various locations across Cardinia!	Tuesday 9 April, 10.30am - 3.30pm	Cost: Free
Comic book workshop with Dean RankineMy Place Youth CentreWednesday 10 April, 1.30pm - 3pmCost: \$5		
Cooking on a budget My Place Youth Centre	Thursday 11 April, 1.30pm - 3.30pm	Cost: \$5



All Cardinia Youth Services activities are fully supervised drug, alcohol, vape and smoke-free

myplace@cardinia.vic.gov.au 1800 4 YOUTH (1800 496 884)



Immune Deficiencies Foundation Australia proudly hosts International Entertainment Australia's...

# 2024 RAZZAMATAZZ VARIETY SHOWS

A dynamic and inclusive live theatre show for all ages and abilities. Experience exciting acrobatics, mesmerising juggling and quick-witted comedy keeping you at the edge of your seats! Don't miss this high energy, world-class show!

A FREE EVENT with an accessible, flexible environment, and a relaxed attitude to audience noise and movement.

Featuring moving, flashing lights, upbeat and sometimes dramatic music.





Showtimes are approx. 1 hour with no interval.





DAY TWO: Monday 29th April @ 10.30am & 12.30pm

LOCATION: The Thornbury Theatre, Thornbury VIC

### COST: FREE - bookings are essential.

\*Bookings from schools, organisations, carers and families are all welcome.



To book complimentary tickets, please email your order and details to <u>meredithnewman@showintent.com.au</u> or call / text 0404-367-782





Ages: 9-18 years | Cost: \$99 including one caregiver

The Inclusive Keeper Club program is for children who love animals but are unable to attend our mainstream Keeper Club program due to specialised learning or physical needs, and may require additional support from a parent, guardian or carer.

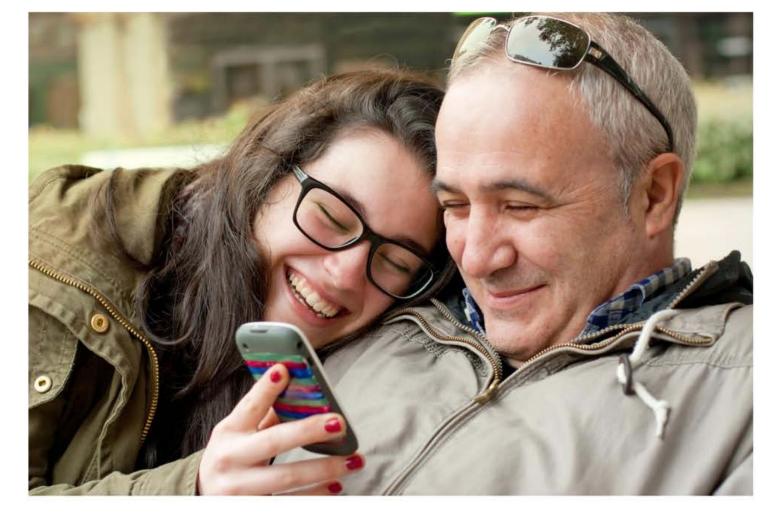
Children can get up close with our native Australian animals and care for them like our Keepers do. Children will be able to go into enclosures, place food trays inside, view wildlife up-close, make enrichments to keep the animals entertained, and be guided by one of our experienced Education Officers.

It is anticipated that those attending the program are children who have a particular affinity with animals and a desire to care for them.



Moonlit Sanctuary Wildlife Conservation Park 550 Tyabb-Tooradin Rd, Pearcedale | Phone 5978 7935 www.moonlitsanctuary.com.au Open daily between 10am and 4pm.





### **Tuning in to Teens**™

A six-session parenting program for parents or carers of adolescents aged 10 to 18 years.

Tuning in to Teens helps guide parents through a five stage emotional coaching program. This program offers parents an alternative parenting style to help improve communication and emotional awareness. Throughout the program we will cover a range of topics, including:

- Improving conversations with your teen
- Helping prevent behavioural challenges through emotional coaching
- Managing adolescent emotions, worries and anxieties
- Encouraging emotional intelligence to help deal with conflict and improve relationships

Cost Free

Date Every Thursday 2<sup>nd</sup> May to 13<sup>th</sup> June \*No group 16<sup>th</sup> May

Time 10am until 12:30pm

Light refreshments will be served

Venue Uniting 53-55 Webb Street Narre Warren VIC 3805

Get in touch

**Bookings Essential** 

Please call the Group Workers on **03 5990 8400** to register or email: groupwork.south@vt.uniting.org

unitingvictas.org.au



# Join Us for Sing&Grow! Sing&Grow



Sing&Grow provides Music Therapy services in the community for families with children aged from birth to 5 years. Groups usually meet for an hour, once a week, for 8 weeks.

During sessions, a Music Therapist will lead you in singing, dancing and playing instruments with your child. We use familiar and original songs to help you and your child have fun playing together and learn new ways to support child development.

### **Group Information**

- When: 10am -11.30am \*Light refreshments will be served
- Where: Cranbourne Library: 65 Berwick-Cranbourne Road, Cranbourne 3977
- Dates:

### Wednesdays:

1<sup>st</sup> May – 26<sup>th</sup> June 2024 \*No group 22<sup>nd</sup> May

### To register contact:

\*Registrations essential Email: <u>groupwork.south@vt.uniting.org</u> Phone: 5990 8400

### In partnership with:





part of the

family

plgy matters

Copyright © 2022 Sing&Grow is part of the Play Matters Australia Family https://playmatters.org.au/sing-and-grow



### **Bringing Up Great Kids**

A six-session parenting program for parents or carers of children aged 2-12 years. Bringing Up Great Kids (BUGK) promotes respectful, caring, and nurturing relationships between parents and their children.

The program encourages mindfulness and reflection to enhance parents and carers communication with their children. It helps parents explore the influences in their own parenting practices. BUGK aims to:

- Help parents and carers to reflect and develop meaningful interactions with their children.
- Learn more about brain development and how this influences a child's thoughts, feelings, and behaviours.
- Understand the meaning behind children's behaviours.
- Help identify obstacles parents are experiencing that might affect their ability to parent the way they would like.
- Explore ways of increasing parents' self-care and wellbeing.

Cost Free

Date Every Tuesday 30<sup>th</sup> April – 11<sup>th</sup> June 2024 \*No group 14<sup>th</sup> May

Time 10am until 12:30pm

Light refreshments will be served

#### Venue

Uniting Pakenham Level 2/50 Station Street, Pakenham

Get in touch

**Bookings Essential** 

Please call the Group Workers on **03 5990 8400** to register or email: groupwork.south@vt.uniting.org

unitingvictas.org.au





## EXPRESSION OF INTEREST WEEKEND CAMP ILUKA RETREAT

22-24TH MARCH 2024 MORNINGTON PENINSULA

Iluka Retreat is set on a stunning 36 acres on Victoria's beautiful Mornington Peninsula, with a diverse landscape, including a large lake for water sports, natural springs, wetlands, Bird Hide, Low ropes obstacle course, tree climbing, orienteering courses and more.

Scan QR Code to complete Expression of interest.



Calming Waves Support Services 0431 464 951

shelly@cwss.com.au

# Parents and Carers

Want to be more involved in your child's school experience?



Parent and teacher communication plays a significant role in a child's learning experience.

The Compass app enables parents to engage closely with school to see how their child is performing and feeling, book their next teacher conference, pay fees easily, and get ready for the next excursion.

The Compass app gives busy parents access to everything they need to know.

Any queries after downloading the app, please contact the school directly

www.compass.education