



THE INGLEBURN INFORMER

Proudly brought to you by the Journalism Club

Term 4 Week 2 2016



Executive Notes

Newsletter Term 4 Week 2

Welcome back to Term 4!

Debating success

Congratulations to Freya, Zoe, Marcel and Maheema in Year 6 for their outstanding achievement in debating. Last week they were runners up in the finals of the South Western Sydney Region of the Premier's Debating Challenge. This places them 2nd out of 64 schools! Well done also to Miss Scocco and Mrs Bellenger who have coached the students. This is the furthest we have gotten in the competition in recent years and the students have done extremely well to get this far.

Kindergarten Orientation

Yesterday I had the pleasure of meeting some of our students enrolling in Kinder in 2017 and their parents. The orientation program will be running for the next 6 weeks alternating between Thursday and Tuesday each week. We look forward to meeting all of our new students and encourage any parents with a child starting next year who has not enrolled to do so urgently in order to join in the orientation program.

Christmas Concert

For those families who were here last year, you would recall how wonderful our Christmas Concert was. So wonderful was this event that we are holding another one this year and would love for the community to once again come along. The concert will be held at our school on the evening of Wednesday 7th December 2016. Please make sure you save the date, it's an event not to be missed.

Morning Supervision

Parents and carers are politely reminded that teachers are not on duty in the playground until 8:30am and therefore it is advisable that students do not arrive at school until this time for their own safety. The morning is also a time when the gates are open. Please ensure your child understands the importance of remaining inside the school grounds once he/she has arrived at school in the morning.

Learning Garden

Members of the P&C, students and staff have been working hard over the past few weeks to create our Learning Garden. Thank you to the P&C for their wonderful contribution to this area. We encourage your support of the P&C wherever possible to keep this wonderful support for the students going.

Breakfast Club & Canteen Volunteers

Our breakfast club is currently only operating 2 mornings a week and our school canteen is short on volunteers. If you are able to spare as little as half an hour once a week, please contact the canteen or the office.

Selective high school placement in 2018

Notes regarding selective high school placement for 2018 have been sent home to students in Year 5. If you would like to have your child considered for Year 7 selective high school entry in 2018, you need to apply now. You will need to **apply on the internet** using a valid email address (not the student's email address). Please return the intention to apply slip to school if you will be applying.

Detailed instructions on how to apply online are available from the school and at www.schools.nsw.edu.au/shsplacement. **The application website closes on 14 November 2016.**

Late Applications will not be accepted.

Mrs Sharon Galway
Relieving Deputy Principal

Dates To Remember

Term 4

Week 2

October 17th – Living Eggs program (2 weeks)

October 20 – Kinder Orientation

Week 3

October 24th – November 4th – School Swimming Scheme

October 25th – Kinder Orientation 2

Week 4

October 31st – November 4th – School Swimming Scheme

November 3rd – Kinder Orientation 3

November 3rd – My Mob, My Culture

Week 5

November 7th – P&C Meeting 9.15am

November 8th – Kinder Orientation 4

November 10th – Kinder Farm Excursion

November 11th – Inspire showcase

Week 6

November 17th – Kinder Orientation 5

Week 7

November 22nd – Kinder Orientation 6

Week 8

December 1st – My Mob, My Culture

Week 9

December 5th – P&C Meeting 9.15am

Week 10

December 12th – Presentation

assembly/Celebration of learning

December 13th – Sports Presentation Assembly

December 15th – Year 6 Farewell

December 16th – Last day for students

Debating Recount

By: Marcel and Maheema

The Premier's Debating Challenge is held every year. This year our senior debating team Honour consisting of Freya, Zoe, Marcel and Maheema successfully won all of the preliminary debates. This led them to compete in knockout rounds in the South Western Sydney Region. In their first round they were pitted against Curran Hills. The topic for that debate was "That all primary school students should learn a musical instrument". The results of the debate were very close but in the end Ingleburn won.

During the last week of Term 3 Ingleburn Honour participated in the quarter final, of the Premier's Debating Challenge, against Campbelltown North Public School. The topic was "That all parents should provide a pet for their children!" The winner for that debate was Ingleburn Honour.

Last week Ingleburn Honour travelled to Newington Public School for their Semi Final Debate!! The topic given to them to debate was "That Australia should have a three day weekend". It was a very close debate, but Ingleburn Honour emerged victorious, getting them to the Grand Final.

On the 13th of October Ingleburn Honour went to Greenway Park to compete in the Final of the Premier's Debating Challenge. In this debate Ingleburn Honour competed against Casula Public School. The topic for the debate was "That Schools should teach more maths and science than art and music". Ingleburn Honour debated for the affirmative side while Casula debated for the negative side. It was a very difficult debate against Casula, unfortunately Ingleburn lost that debate. Despite this, the Honour team did extremely well and finished 2nd out of 64 debating teams in the South West Sydney region.

Both debating teams (Ingleburn Honour and Ingleburn Excel) did very well and has made us all very proud, Miss Scocco and Mrs Bellenger were also very helpful and gave up their lunchtimes to help the debating teams.

Ingleburn's Got Talent- Term 4

Auditions

There will be a Talent Show in Term 4. The auditions will be held during weeks 1-3 of term 4 in the hall. Students can plan any performance including singing, dancing, drama acts, playing music, comedy and so on. They can perform with their friends or individually.

What to bring to auditions: Music on CD or USB if you will be using music. We look forward to seeing your performances!

Miss De Giorgio and the Talent Show Team.

Kindergarten Orientations

Kindergarten orientations will occur over the next 6 weeks, on alternating Tuesdays and Thursdays. If you have a child of school age, please ensure your child is enrolled for next year. We wish all of our 2017 Kindergarten students a wonderful orientation!

By Madison

Swimming Scheme

Splish, splash in the pool, the swimming scheme is really cool.

The swimming scheme is a program for students interested in learning to swim. Here's a few reminders for those students going to the swimming scheme.

What to bring: Towel, swimmers, goggles, water and a cap (optional)

The swimming scheme will start from Monday Week 3, 24/10-4/11/2016. The cost for two weeks would be \$60.

You will need to arrive at school by 8:30am.

App Review



Beaker is an educational app where you mix chemicals to make explosions, fireworks, new chemical mixes and melt special chemicals. With Beaker you can learn the periodic table names and the scientific names for gases and solids. I would recommend this app for aspiring scientists. I rate this app 5/5 stars.

Pineapple Pen is a game based off of a YouTube video which is hilarious and has over 50 million views! This is a challenging game where you try to stick a pen inside a pineapple or apple. If you get it directly in the middle you then try sticking it into 2 at once. This is a good game for anyone looking to pass time or if you liked the YouTube video. I rate this app 3/5.



By Harrison and Aamer

Book Fair

On Wednesday 16th November the Book Fair will begin at our school. The Book Fair will end on Wednesday the 23rd of November. There will be books and novelty items to purchase starting at \$1.

By Tara

The Reading Jungle

**The Reading Jungle
Is a quiet place to read
All throughout the day**

The Talent Quest

**It's the talent quest
Make sure to practice your
act
Try to do your best**

Poetry

The Start Of Term

*It's the start of the term,
We are all ready to learn,
The holidays are done,
Now it's time to learn and have fun,
Remember to follow the rules,
So we can have a safe school,
Now it's finally term 4,
But we can't lay back we have to learn more,
It's nearly the end of the year,
So everyone will have a cheer,
The kindy's will be here soon,
They will have so much fun, they'll be over the moon,
Hopefully the term is great,
Because soon the year 6's will graduate.*

By: Tanaya, Adeeba, Linh & Adiba

Corner

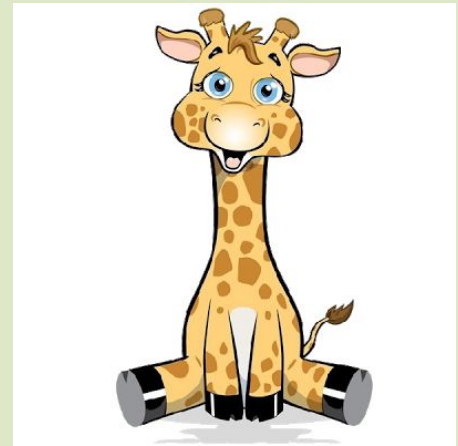
JC's Adventures

JC Went UNDERCOVER!!!!!!!!!!

He approached 4I's door wondering what work they were doing and if the welcome sign was evil!

Miss Issa caught him and invited him, he really found two students work from the class very interesting! He also joined in writing with 4I and Miss Issa. Then he got a fantastic selfie with Miss Issa.

By: Courtney and Elika



Lego Maker Club

Lego Maker Club has recommenced this Term on Thursday afternoons. If you would like to join in on the fun please see the office for a permission note. The cost is \$5 per week. We hope to see you Thursday afternoon at the Discovery Centre. Check out the awesome back to school themed creations made this week at Lego Makers Club.



Healthy Eating

Fruity Breakfast Couscous

Ingredients:

- 1 cup whole-wheat Couscous
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ cup fresh orange juice
- 2 tsp vanilla bean paste
- $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{2}$ cup fresh strawberries (finely diced, stem removed)
- $\frac{1}{2}$ cup green grapes (cut in half, seeds removed)
- $\frac{1}{4}$ flaked almonds
- 200g natural yogurt
- 1 tbs (*to serve,*Optional)

Method:

- 1.Heat water, orange juice, vanilla bean paste and cinnamon in a small saucepan over medium high heat, bring to the boil.
- 2.Place couscous in a bowl and pour boiling water mixture over couscous. Cover couscous with cling wrap and aside for 5 minutes or until all of the liquid is absorbed.
- 3.Removed cling wrap and fluff the couscous with a fork, spoon couscous into bowls, top with fruit, natural yogurt. Flaked almonds and optional, drizzle of honey

By Leanne

Banana parcels

Ingredients:

- 4 bananas, peeled and sliced in half length way
- 1 large passionfruit
- 4 large strawberries
- $\frac{1}{2}$ cup low-fat natural yoghurt
- Rind of $\frac{1}{2}$ orange

Method:

Preheat the barbecue. Take 4 squares of aluminium foil and fold to make double thickness. Place a banana in centre and sprinkle with half of passionfruit pulp. Turn in the edges of the foil to enclose banana. Place on the barbecue and cook the banana for 5 minutes. Then move to serving plate. Open up parcel, slice a strawberry & place it on top of each parcel. Top with remaining passionfruit. In the small bowl mix yoghurt and orange rind and serve with parcel.

Serves 4.

<https://www.eatforhealth.gov.au/eating-well/healthy-recipes/banana-parcels>

By: Noah

Peanut Butter Slices

Ingredients

- 1 cup natural peanut butter
- 1 teaspoon vanilla bean paste
- $\frac{1}{2}$ cup brown sugar
- 1 cup wholemeal flour
- 1 teaspoon bicarbonate soda
- 1 cup traditional oats
- $\frac{2}{3}$ cup milk
- 100g 70% dark chocolate, melted
- 1 teaspoon vegetable oil
- 2 $\frac{1}{2}$ tablespoons salted roasted peanuts, chopped

Step 1

Preheat oven to 180C or 160C fan-force. Grease and line base and 2 long sides of a 20cm x 30cm lamington pan.

Step 2

Whisk peanut butter and vanilla in a large bowl until combined. Stir in sugar until combined. Sift flour and bicarbonate over peanut mixture (tip in the flour kernels). Add oats and milk and stir to combine. Transfer to prepared pan and press surface with hands to level. Bake for 20 minutes or until a skewer inserted in centre comes out clean. Cool in pan.

Step 3

Combine melted chocolate and oil in a small bowl. Spread over slice. Sprinkle with peanuts. Stand for 1 hour or until set. Cut into 20 pieces.

By Saqib



Class Report

This term 6SM is learning about Road Safety in our PDH/PE lesson. We are getting taught about the importance of paying attention whether they are the driver, passenger or even the pedestrian. It is always important to stay focused on the traffic, because 1 mistake may cost someone's life... We are also learning about science. We are going to conduct science experiments during our upcoming science lessons. Miss Watkins, our class teacher, described our behaviour as loud!

By Candice, Akrivi and Freya

140 Character review

Warriors - Forest Of Secrets

Fireheart still attempts to figure out the truth of Redtail's death, yet he uncovers secrets that some believe should have been left hidden.

By: Marcel

Classroom Review

2MPT

This week I had the pleasure of taking a look in on what 2MPT are learning about and they are learning about matters like gas, fluids and solids they are investigating what happens to matters when you change the temperature.

Bv: Ashton

Junior Book Review

Diary of a wimpy kid Cabin Fever

Greg Heffley is in big trouble. School property has been ruined & Greg has become a prime suspect. But the crazy thing is that he's innocent. Or at least he is sort of.

The authorities are closing in, when a surprise blizzard strikes. Now he is dying indoors, wondering what could be worse than being stuck in a house with his family.

Diary of a Wimpy Kid: Cabin Fever is a young adult novel by Jeff Kinney. It is the 6th book of the 'Wimpy Kid' series. The series follows Greg's misadventures.

It has been described as "one of the most successful children's series ever published" by The Washington Post. And "bent on world domination" by Time Magazine. This book consisting of 217 pages is a fun-filled, humorous & entertaining book. I rate this book 4.2 snowflakes out of 5.

By Srudiksha

Senior Book Review

Conspiracy 365 March

Trapped with a train bearing down on him Cal's chances of survival look grim. The cops and criminal gangs are unrelenting they want him behind bars ... or dead. The stakes are getting higher but all the clues to the Ormond singularity just lead to more puzzles and more danger. This is a great book for year 5-6, it's a wonderful book for seniors that are interested in mystery. We rate this book 4\5.

By: Carol, Taninder and Adiba

Comic Strip

By: Abrial and Olivia

Debating grand final

Zoë, Maheema, Miss Scocco, Marcel and Freya left the school on Thursday...



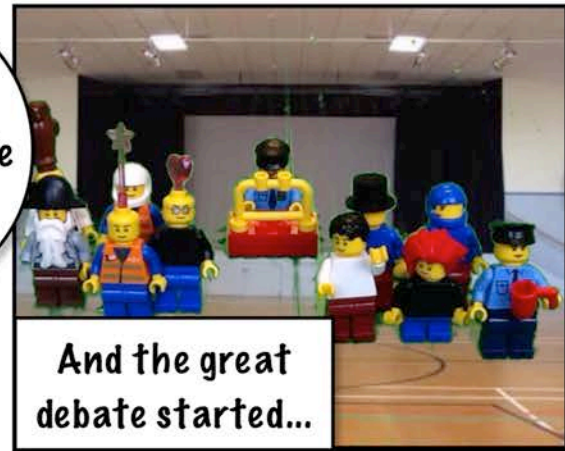
I'm miss Scocco

I'm so nervous

When they arrived at greenway park, they saw Casula P.S...

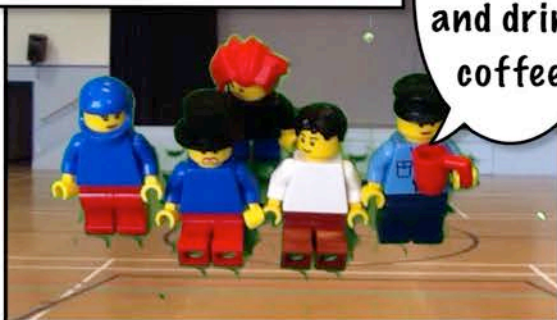


Hey is that a pirate teacher?!



And the great debate started...

They were great but Casula won.



Calm down and drink coffee

Well done debaters!



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Getting Prepared for the NDIS

Information Session for the Tongan Speaking Community

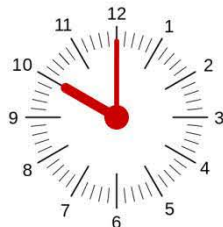


Come to our FREE information session for people with disabilities, families and carers.

- Learn about the changes in disability including the **National Disability Insurance Scheme (NDIS)**
- Learn more about Disability in Australia and the rights of people living with Disability, and managing NDIS individual funding packages.
- **Meet with local disability services, advocates and linkers** to find out what supports are available to you now.



FRIDAY
18TH NOVEMBER 2016



10:00AM – 1:30PM



Rockdale Library, Meeting Room 3
2 Bryant Street,
Rockdale, NSW 2216

REGISTER BY: MONDAY 14TH NOVEMBER

Please contact Mercy at capacitybuilding@ecsc.org.au or **(02) 9569 1288**

Tongan interpreter will be present on the day

Light Lunch will be provided

This event is organized by Ethnic Community Services Co-operative (ECSC) with funding from the NSW Department of Family and Community Services (South Eastern Sydney District)



**Ethnic Community
Services Co-operative**
A voice for diversity and inclusion
(Formerly known as Ethnic Child Care, Family and Community Services Co-operative)



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Mondays 5-7 pm

Macquarie Fields

Macquarie Fields Leisure
Centre
Thursdays 4.30-6.30 pm

Mount Annan

Mount Annan Leisure Centre
Saturdays 1-3 pm



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Health
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Term 4 Locations 2016



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Tahmoor Public
School
Tuesdays 4-6 pm

Mittagong

Mittagong PCYC
Thursdays 4-6
pm



REGISTER TODAY 1800 780 900

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Health
South Western Sydney
Local Health District

Macarthur Paediatric Occupational Therapy
138 Thunderbolt Dr, Raby. Phone: 9824 8945

THE 2016 "WRITE ON CLUB"

MAKING HANDWRITING FUN GROUP!

What?? A handwriting assessment and group program for infants and primary school children during the September / October school holidays.

Program will involve:

1. Screening and assessment of handwriting legibility and speed.
2. 3 group sessions (1 hour each session) of 4 participants involving fun sensory motor activities teaching children about correct handwriting techniques.
3. Follow-up sessions focusing on letter formation and handwriting legibility (as required)

Who for?? Groups will be run separately for Kindergarten; Years 1-2; Years 3-4 and 5-6 children who have difficulties in:

- | | |
|-----------------|---------------------|
| ☺ - neatness | ☺ - writing posture |
| ☺ - speed | ☺ - fluency |
| ☺ - pencil grip | |

When??

Time: Morning sessions. (Time advised at screening).
September school holidays 2016. Tuesday, Wednesday and Thursday of the first week (27th, 28th, 29th September).

Cost?? (claimable on most health funds or through Medicare under Allied Health Care Plan through GP)

\$150 Screening assessment

\$75 per 1 hour session

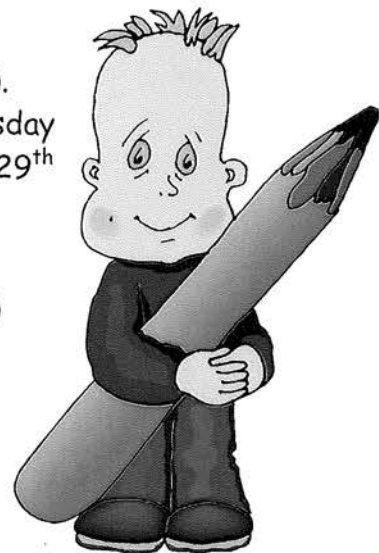
Total Cost \$350

The group program is suitable for children with ASD. Social skills will be incorporated. Groups are claimable under FaHCSIA

Where?? Macarthur Paediatric Occupational Therapy.

138 Thunderbolt Drive, Raby

Bookings?? Phone Narelle, Tahlita, Taighlor or Jo-Ann on 9824 8945



Getting Ready for School Group

An eight week Occupational Therapy group therapy program for children going to kindergarten in 2017 with concerns about:

- * Fine motor coordination
- * Drawing skills
- * Cutting skills
- * Self care skills
- * Pencil grasp and control
- * Social and Group skills

WHEN: Monday mornings Term four 17th October to 5th December.

Friday mornings Term four 14th October to 2th December.

DURATION: 8 week program-90 minutes per week

WHERE: Macarthur Paediatric Occupational Therapy
138 Thunderbolt Drive, Raby

COST: Screening Assessment prior to Group \$150
\$100 per weekly group (Claimable on most health funds) Groups are claimable under FaHCSIA

BOOKINGS: Phone or talk to Narelle, Tahlita, Taighlor or Jo-Ann for bookings and further details PH: 9824 8945



Free Health Education Program for Women delivered by trained Bilingual Community Educators

The New Healthy Women's Program

The program consists of 8 x 2 hour weekly sessions:

- *Week 1 – 13.10.16 – Introduction to the New Healthy Women's programme
- *Week 2 – 20.10.16 – Food and Healthy Eating
- *Week 3 – 27.10.16 – Learning about our Bodies
- *Week 4 - 3.11.16 – Changes in our Lives
- *Week 5 – 10.11.16 – Taking care of our Bodies
- *Week 6 – 17.11.16 – Dealing with Stress
- *Week 7 – 24.11.16 – Using Health Services
- *Week 8 – 1.12.16 – Group choice (optional)

Language: Hindi/English

Time: 10.00am – 12.00pm

Venue: Ingleburn Community Health Centre

For bookings please contact:

Supreeja Soundiah

Bilingual Community Educator

0490 149 150

Or

Tessa

8788 4200

The New Healthy Women's Program

The program consists of 8 x 2 hour weekly sessions:

- *Week 1 – 14.10.16 – Introduction to the New Healthy Women's programme
- *Week 2 – 21.10.16 – Food and Healthy Eating
- *Week 3 – 28.10.16 – Learning about our Bodies
- *Week 4 - 4.11.16 – Changes in our Lives
- *Week 5 – 11.11.16 – Taking care of our Bodies
- *Week 6 – 18.11.16 – Dealing with Stress
- *Week 7 – 25.11.16 – Using Health Services
- *Week 8 – 2.12.16 – Group choice (optional)

Language: Nepali/English

Time: 10.00am – 12.00pm

Venue: Ingleburn Community Health Centre

For bookings please contact:

Nisha Shrestha

0468 437 579 or nisha.keo@gmail.com



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SEASONS PARENTING

This workshop gives an understanding of divorce/separation from a child's perspective and helps parents to support their children through family change.

2 Friday mornings
 10am - 12:30pm
 9 & 16 December

Workshop Fee: \$15 per session

CIRCLE OF SECURITY

Helping parents understand their child's world by learning to read their emotional needs. Secure children have empathy, greater self esteem, better relationships and increased capacity to handle their emotions. This program is a must for all parents.

6 Thursday evenings
 6pm - 8:30pm
 3, 10, 17, 24 November 1 & 8 December

Workshop Fee: \$15 per session

MY KIDS AND ME

A program for parents who have had their children removed from their care. It explores grief and loss and the impact on parents and children. Helps participants to develop strengths and build support networks.

7 non-consecutive Thursday mornings
 10am - 12pm
 13, 20 October 3, 10, 17, 24 November & 1 December

Workshop Fee: \$15 per session

WOMEN AS MOTHERS*

WAM offers a supportive & nurturing environment for new mothers to make new friends whilst sharing parenting experiences, coping strategies & encouraging realistic expectations of themselves & their relationships. Topics include Becoming a mother & the needs of baby; Motherhood myths; Changing Relationships; Self Care and Baby Massage.

5 Wednesday mornings
 9:30am - 11:45am
 26 October 2, 9, 16, 23 November
 * Facilitators trained by Karitane

Workshop Fee: \$15 per session



SEASONS FOR GROWTH

This program provides the opportunity for participants to understand and cope with grief and loss and changes that occur throughout life. It educates people about the grief process and assists them to develop skills for coping, problem solving and decision making. The program also builds a peer support network and helps restore self confidence.

4 Thursday afternoons
 2pm - 4pm
 13, 20, 27 October & 3 November
Claymore Community Centre, Cnr Gould & Dobell Rds, Claymore

Workshop Fee: No fee

BRINGING UP GREAT KIDS

This course is designed for parents who are seeking to learn more about their child's needs and how to better respond to behaviours. Participants will learn mindfulness techniques to increase awareness of thoughts and feelings.

4 Wednesday afternoons
 1:30pm - 3:30pm
 16, 23, 30 November & 7 December

Workshop Fee: \$15 per session

GRASSROOTS PARENTING

This program, for parents of children aged 5-12 years, covers child development, behaviour and management of safety, play and nurturing the whole family.

Primary School Aged Children - 6 December

Child development, discipline, consequences, communication, negotiating, safety and play.

Nurturing the Whole Family - 13 December

Self esteem, family resilience, assertiveness & nutrition.

2 Tuesday mornings: 9:30am - 11:45am

Workshop Fee: \$15 per session

123 MAGIC AND EMOTION COACHING

This time tested program provides parents with easy to use disciplining techniques for their children, without letting emotions get the better of them. Learn to be present and consistent as a parent.

3 Friday mornings: 9:30am - 11:45am
 14, 21 & 28 October

OR

3 Friday afternoons: 1pm - 3:15pm
 14, 21 & 28 October

OR

3 Thursday afternoons: 1pm - 3:15pm
 24 November 1 & 8 December

Workshop Fee: \$15 per session

KEEPING KIDS IN MIND

A post-separation parenting program which helps parents learn how to deal with the emotional and practical issues of parenting after separation. The program helps explore grief and loss and the impact separation has on parents and their children.

5 Monday mornings
 17, 24, 31 October 7 & 14 November: 10am - 12:30pm

OR

5 Friday afternoons

4, 11, 18, 25 November & 2 December: 12:30-2:30pm

OR

5 Tuesday evenings, 6pm - 8:30pm
 8, 15, 22, 29 November & 6 December

Workshop Fee: \$20 per session

BRINGING UP GREAT TEENS

A workshop for parents of teenagers covering connecting with teens, managing conflict, big issues and psychological challenges.

4 Tuesday mornings
 10am - 12:30pm
 1, 8, 15 & 22 November

Workshop Fee: \$15 per session

KIDS & BULLYING

This course aims to help parents better understand a range of issues associated with bullying and cyberbullying and to equip them with strategies on how to best deal with them.

2 Tuesday mornings
 9:30am - 11:45am
 11 & 18 October

Workshop Fee: \$15 per session

MORE HARMONY NO HARM (FOR MEN)

Topics covered include understanding and managing strong emotions, effective communication, assertiveness skills & positive behaviours for healthy relationships.

5 Tuesday evenings
 5:30pm - 7:30pm
 8, 15, 22, 29 November & 6 December

Workshop Fee: \$15 per session