

## WELCOME BACK

Welcome back to the 2023 School Year! We hope you have all had a lovely Christmas and enjoyed the beautiful, sunny weather of the new year.

We have had a fantastic start to the school year. On Monday our grades 1-6 students bounced in with huge smiles showing that they were excited to be back at school to see their friends, meet their teachers and start the new school year. There was a positive buzz, lovely calm atmosphere, smiling faces and beautiful manners. What a great start! Well done everyone!

It was lovely to see our new preps arrive on Tuesday looking very smart and very cute in their new school uniforms. All of the prep grades came to visit my office this week as they toured the school with beaming smiles that showed their excitement and maybe a few nerves. They have settled in beautifully and should be very proud of themselves. I would like to extend a special welcome to our new prep students and their families and wish them many happy years ahead with us at Tyabb Primary School.



I would also like to welcome our other new students and their families. Welcome to:

- Grade 1 - Isla-Daisy, Levi
- Grade 2 - Ava
- Grade 3 - Drazick
- Grade 4 - Ollie, Deegan

I am sure the whole school community joins me in welcoming you all to our fabulous school and I trust that your time with us will be positive and enjoyable.

## NEW STAFF

We welcome several new staff to our school this year.



Bryony Cheers will join us as a part time science teacher. Bryony will work with our current science teacher Kathie Toft to teach the science curriculum. Bryony is an experienced teacher who is excited to be joining the Tyabb Team.



Rebecca Colley will be joining us as a teacher aide. Rebecca will be supporting our students and teachers in prep. Her experience as a parent and through her working career will make her a valuable support to the students at Tyabb PS.



Tatiana Dorosh has also been employed as a teacher aide and will initially start as an aide in prep to ensure our new prep students have a smooth transition and positive start. Welcome Tatiana!

## WELCOME TO OUR NEW AUSLAN TEACHER



Last year Meg Huther successfully launched an introduction to Auslan with lessons and activities that were loved by students across the school. The students learnt the alphabet in Auslan, common greetings and numbers. This year Mandy Haddad is returning from family leave to continue the great work started by Meg Huther.

Students across the school will have 6 months of Auslan and 6 months of Music as a part of our specialist program. It will be terrific to build on the skills taught during 2022. Welcome back Mandy!

## PARENT/TEACHER MEET AND GREET

We can not emphasise enough the importance of the partnership and positive relationship between school and home. Our beginning of year parent/teacher meet and greet sessions will take place after school on Wednesday 15<sup>th</sup> and Thursday 16<sup>th</sup> February.

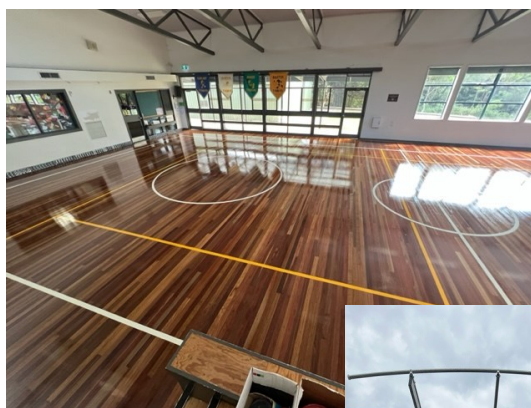
These sessions are an opportunity to meet your child/children's teacher, build that important partnership between school and home and exchange any background information that may assist teachers at the start of the year.

**Online booking process via Sentral will be open at 10.00am on Friday morning. Please contact the office if you need further support with this.**

Whilst optional we do recommend that you take this opportunity to start this important parent /teacher partnership by meeting your child's teacher on this night. Students are not expected to attend these sessions as it is an information session between parents and teachers.

**Please note that a Meet and Greet session for 4C will take place at the beginning of term 2 when Mr Fitt returns from family leave. More information will come home closer to the time.**

## HOLIDAY BUILDING WORK



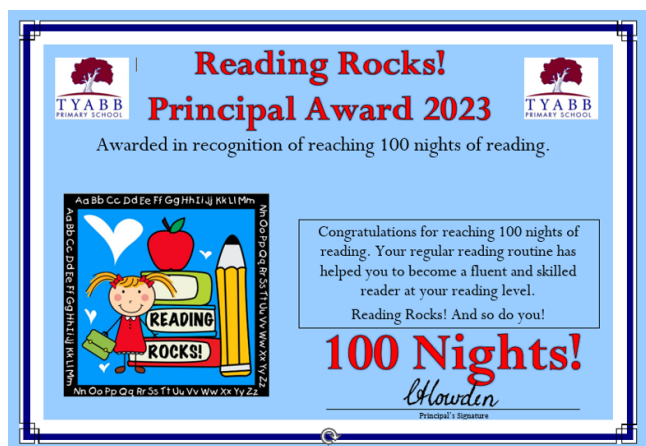
**We have had the timber floors sanded back and revarnished. The floors are shiny and new—too good to use!**

**We are in the process of building a barrel vault (waterproof shade sail) between our two portables to provide our students with shelter and shade.**





## READING ROCKS AND SO DO YOU!



Evidence suggests that children who read for enjoyment every day develop a broader vocabulary, increased general knowledge and a better understanding of other cultures. In fact, reading for pleasure is more likely to determine whether a child does well at school and is successful in their future years. The more you read the better you will be at it.

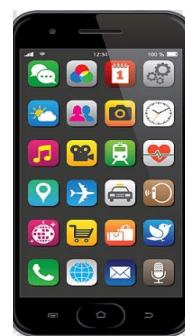
Teaching children to read should be a strong partnership between home and school. At school we are constantly modelling reading, teaching reading strategies, reading novels to children, exposing them to different text types, giving them opportunities to read independently, with small groups and providing feedback about how they can improve. But your child needs your help as well to reinforce the important strategies taught at school and build a love for reading by reading each night.

As we have done in the last couple of years, we will celebrate when a student reaches 100, 200 and 300 nights of reading. Classroom teachers will have charts up in their classroom to show when children reach the important milestones and Mrs Howden will give a special reading award to every child that meets the 100, 200 and 300 night reading target. We are committed to providing the best education for your children but we can't do this alone. We look forward to you helping your children to read.

**Last year 371 students reached 100 nights and 223 reached 200—lets aim for higher in 2023!!!**

## MOBILE PHONE POLICY

The Victorian Government takes the safe and responsible use of digital technologies, student safety and wellbeing, and the development of social skills and positive behaviour, very seriously. On this basis, the Minister for Education, announced that a mobile phone policy would be mandated in all government schools. As stated by the Minister, this policy will remove a major distraction from our classrooms, so that teachers can teach, and students can learn in a more focused, positive and supported environment.



Whilst the Victorian Government acknowledges that we live in a technology-rich world where mobile phones are an important communication tool, research has found that mobile phones can be disruptive in classrooms and open to misuse at school. The unregulated presence of mobile phones in classrooms can undermine students' capacity to think, learn, remember, pay attention and regulate emotion. At recess and lunchtime, opportunities for students to communicate with each other face-to-face or be involved in physical activity are also valued, rather than students being focused on a mobile phone, particularly when they are using it to engage with social media.

All schools are required to have a local school policy on mobile phones that reflects this requirement and which provides details for the implementation of the policy at their school. This policy requires that students who choose to bring mobile phones to school must have them switched off and securely stored during school hours, including recess and lunchtime. Please refer to the following copy of our Mobile Phone Policy and all of our school policies on our website at [tyabbps.vic.edu.au](http://tyabbps.vic.edu.au)

# Yearly Reminders

## BELL TIMES:

Students are asked to arrive at school for an 8.50am bell. This first bell is a signal for teachers and students to enter their classrooms and prepare for the day (changing readers, handing in notices, taking down chairs etc) so they are ready to begin instruction time at 9.00am. It is important to note that there is a teacher on yard duty from 8.45am. Students are not supervised outside prior to this time and should be dropped off close to this time. We ask that parents make arrangements for their children or use the before and after school service Camp Australia if they can not work to these times. We should not see any students in the yard prior to 8.30am as they should be in before school care where they are properly supervised. The final school bell rings at 3.30pm with teachers on duty until 3.50pm. Students still in our grounds after this 3.50pm bell will be taken to the office and parents contacted. We ask that you make every effort to pick up your child between 3.30pm and 3.50pm.

## ANAPHYLAXIS:

It is important to note that we have children at Tyabb Primary School who have anaphylaxis. Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. These children are severely allergic to the following foods – nuts (including peanut butter and nutella), eggs (raw and boiled), tuna, food colourings and cow's milk.

We have asked that the children in these grades and the grades next door avoid bringing these foods to school as the smallest trace can trigger a severe, life threatening reaction requiring immediate treatment and urgent medical attention. We understand that this can limit the lunch choices for other children in these grades but know you will appreciate how special children are and that protecting their health should be a priority.

## HATS:

Tyabb Primary School is a 'Sunsmart' school. It is compulsory for all children to wear hats when outside until the end of April. Please ensure that your child has an official school hat that is a broad-brimmed Trigger hat. Baseball caps or fashion hats do not properly protect the children from the sun and are not acceptable. Children who do not have hats will be asked to stay in a set undercover area and after repeated occasions a reminder note will be sent home. It is important to label this hat with your child's name so it can be returned when it is left outside.

## UNIFORM:

It has been terrific to see our students start the school year dressed smartly and wearing the correct school uniform. We thank parents and students for making a real effort to follow our school uniform policy and maintain a real sense of pride. The wearing of school uniform is compulsory at Tyabb Primary School. We continue to ask that students wear the correct school shoes (black or white school shoes or runners) and **do not** wear brightly coloured or fluoro shoes, fluoro laces, and fashion shoes. Thank you for your support with this.

## DISABLED PARKING:



We currently have two parking spots at the front of our school designated for disabled parking.

These are clearly marked with both a painted symbol and sign. A disabled parking space can only be used by someone who has been issued with a blue / white disabled parking permit displayed prominently in the vehicle. Parking in these spaces without a permit is illegal and can lead to an on the spot fine. We appreciate that parking spots are limited at our school but need to ask that you be considerate of our parents and visitors with disabilities that limit their access in to our school.



### QUICK PICK UP ZONE

Parents and visitors are only permitted to park for 5 minutes between 3.30pm and 4.00pm and are encouraged to wait in their cars for children to come to them. We understand that parents with younger children may want to leave the vehicle to support their child and this is permitted for the 5 minute period. Parents and visitors will not be permitted to leave cars at the front of the school during

this 30 minute period, blocking valuable spaces during these busy times. **ALL** spaces must be free and available for the quick pick up of children.

To assist with this change, children will be instructed to go straight to the 'Quick Pickup' zone and watch and wait for parents. There will be no playing at this time as children are expected to watch for parents pulling in and go straight to the car. We ask that parents reinforce these instructions to their children.

### STUDENT ACCIDENT INSURANCE

I consider Tyabb Primary School to be an extremely safe and secure environment but when young children are out playing or even during a supervised activity they can have accidents. We have in place strict guidelines as to how activities are conducted and document all possible risks. The best laid plans can always go astray with unforeseen or unavoidable events.

The Department of Education does not cover children for medical and accident insurance. In the event of a serious accident staff are instructed to take all reasonable action to ensure the welfare of students. This includes the calling of an ambulance. The cost for an ambulance can be considerable, ranging from \$600 - \$3000. This cost is not compensated by the school and it is the legal responsibility of guardians to make good any payments.

I urge you to take out ambulance cover to safe guard you from any possible financial hardship. Student accident insurance policies are also available from some commercial insurers.

### CHILDREN'S CROSSING RULES



At Tyabb Primary School **ALL** students are expected to cross the road using the supervised school crossings. This also includes our students with older siblings who go to Flinders College. With major roads on our borders, it is extremely dangerous for young children to cross without assistance. The children's crossing is there to help keep your children safe coming to and from school. There are a few simple crossing rules to ensure everyone's safety. Please go through these rules with your children:

1. Stop at the yellow line painted on the path
2. Dismount bikes, scooters and skateboards
3. Wait for the crossing supervisor to enter the road and stop the traffic
4. You may cross after the whistle is blown three times
5. Always listen to the crossing supervisor as sometimes they may give verbal commands such as STOP or WAIT

### Did you know?

The speed zones around most schools are reduced to 40km between 8.00-9.30 and 2.30-4.00.

There is no stopping within 10 metres on the departure side of the crossing.

There is no stopping within 20 metres on the approach side of a crossing.

There is 'no standing' on a children's crossing

The crossing must be completely vacated of all pedestrians including the crossing supervisor before motorists can proceed.



## **School Council Election 2023— Information for Parents**

**Next week a note will come home asking if you would like to nominate for our School Council for 2023. The following is some information that explains the role of School Council.**

### **What is a school council and what does it do?**

All government schools in Victoria have a school council. They are legally constituted bodies that are given powers to set the key directions of a school within statewide guidelines. In doing this, a school council is able to directly influence the quality of education that the school provides for its students.

### **Who is on the school council?**

For most primary school councils, there are three possible categories of membership:

- A mandated elected Parent category – more than one-third of the total members must be from this category. Department employees can be Parent members at their child's school as long as they are not engaged in work at the school.
- A mandated elected school employee category – members of this category may make up no more than one-third of the total membership of school council. The principal of the school is automatically one of these members.
- An optional community member category – members are co-opted by a decision of the council because of their special skills, interests or experiences. Department employees are not eligible to be community members.

Generally, the term of office for all members is two years. The term of office of half the members expires each year, creating vacancies for the annual school council elections.

### **Why is parent membership so important?**

Parents on school councils provide important viewpoints and have valuable skills that can help shape the direction of the school. Those parents who become active on a school council find their involvement satisfying and may also find that their children feel a greater sense of belonging.

### **Do I need special experience to be on school council?**

Each member brings their own valuable life skills and knowledge to the role. Councillors may need to develop skills and acquire knowledge in areas that are unfamiliar to them. What you do need is an interest in your child's school and the desire to work in partnership with others to help shape the school's future.

### **How can you become involved?**

The most obvious way is to vote in the elections, which are held in Term one each year. However, ballots are only held if more people nominate as candidates than there are positions vacant. In view of this, you might consider standing for election as a member of the school council encouraging another person to stand for election.

### **What do you need to do to stand for election?**

The principal will issue a Notice of Election and Call for Nominations following the commencement of Term one each year. All school council elections must be completed by the end of March unless the usual time line has been varied by the Minister. If you decide to stand for election, you can arrange for someone to nominate you as a candidate or you can nominate yourself in the Parent category. Department employees whose child is enrolled in a school in which they are not engaged in work are eligible to nominate for parent membership of the school council at that school. Once the nomination form is completed, return it to the principal within the time stated on the Notice of Election. You will receive a Nomination Form Receipt following the receipt of your completed nomination.

Generally, if there are more nominations received than there are vacancies on council, a ballot will be conducted during the two weeks after the call for nominations has closed.

### **Please contact the principal for further information if required.**



## 2023 PARENT INFORMATION INTERVIEWS



Our annual Parent Information Interviews (Meet and Greets) will take place early this term. This will give you the opportunity to meet with your child's classroom teacher for 10 minutes to discuss your child's personality / interests / strengths / weaknesses.

These interviews are information giving interviews by the parent, not a formal academic interview. It may also give you an opportunity to meet your child's teacher if you haven't already done so.

Whilst not compulsory, we **highly recommend** you make an appointment as this information is invaluable for a smooth start to the year.

***Dates: Wednesday 15th February – 3:50 pm to 6:50 pm***

***Thursday 16th February – 3:50 pm to 5:50 pm***

***Sausage Sizzle will be available: Wednesday 4.00pm to 6.30pm***

***Thursday 4.00pm to 5.30pm***

***Please note: 3A, 3B and 5B will be commencing at 2:30pm on 16th February due to class size.***

***4C will be conducting the Parent information interviews at the commencement of term two due to Mr Jonathan Fitt being on leave for this term.***

Interviews are strictly 10 minutes.

Interview times can be booked through your Sentral app. Please call the office if you have any difficulties making a time or accessing the app to make an appointment.

# IMPORTANT DATES FOR 2023

## STARTING DATES

Friday 27th January—Teachers return only

Monday 30th January—Grade 1– 6 students start school

Tuesday 31st January—2023 Preps begin

Please note that preps do not attend on Wednesdays until after the Labour Day weekend ( Mon 13th March)

## CURRICULUM DAYS 2023

Friday 27th January—Teachers return only—(Curriculum Day 1)

Friday 10th March—Pupil Free Curriculum Day 2

Friday 26th May – Pupil Free Curriculum Day 3

Curriculum Day 4—to be confirmed

Common Practice Day ( pupil free) - Monday 6th November ( Day before cup day)

## SCHOOL CAMPS FOR 2023

Camp Name	Approximate Cost	Dates
Grade 3 Briars Camp	\$335	Monday 9 <sup>th</sup> – Wednesday 11 <sup>th</sup> October
Grade 4 Phillip Island	\$340	Wednesday 22 <sup>nd</sup> —Fri 24 <sup>th</sup> March
Grade 5 Camp Rumbug	\$370	Monday 26 <sup>th</sup> —Wed 28 <sup>th</sup> April
Grade 6 Camp Woorabinda	\$300	Monday 6 <sup>th</sup> —Friday 10 <sup>th</sup> February

## 2023 Victoria School Holidays and Term Dates

Period	Start	Finish	Length
Term 1	Monday 30th January 2023	Thursday 6th April 2022	10 weeks
School Holidays	Saturday 10th April 2023	Sunday 23rd April 2023	
Term 2	Monday 24th April 2023	Friday, 23rd June 2023	9 weeks
School Holidays	Saturday, 24th June 2023	Sunday 9th July 2023	
Term 3	Monday, 10 <sup>th</sup> July 2023	Friday, 15th September 2023	10 weeks
School Holidays	Saturday 16th September 2023	Sunday, 1st October 2023	
Term 4	Monday, 2nd October 2023	Wednesday 20th Dec 2023	12 weeks
2023/2024 Summer School Holidays	Thursday, 21st December 2023	Tuesday, 30th January 2024	



## SOME TIPS FOR THE SCHOOL MORNING ROUTINE

### Key points

**A morning routine helps children arrive at school ready to learn and play. Think about what you need to achieve in the mornings. You can probably do many things the night before.**

**When you've worked out a morning routine, write it up and display it where everyone can see it.**

**Plenty of sleep, time and positive attention can help children cooperate with school morning routines.**

### Morning routine for school: the whys and hows

Staying calm and being organised in the morning will help you and your child feel positive about the day ahead. It will also help you reduce stress, which is good for everyone's wellbeing.

One of the best ways to stay calm and get organised is to have a **morning routine for school**. A routine will help your child know what's happening and remember what they need to do.

### Planning a routine for school mornings

The first step in planning your morning routine for school could be to **make a weekly schedule** with reminders of what your child needs for school each day. For example, your child might need:

- a library bag on Monday
- sports clothes on Wednesday
- show and tell on Friday.

The next step is to **list the regular activities and things** you need to do to get ready for school each day. You can split these activities into things you can do the night before and things that have to be done in the morning.

Things you might do **the night before** include:

- checking what your child needs for the next day
- packing your child's bag
- signing school notes
- laying out uniforms
- making lunches.

Things that have to be done **in the morning** include:

- getting out of bed
- having a healthy breakfast
- cleaning teeth, washing and getting dressed
- leaving the house on time.  
To get to work and school on time, **you probably need to do your morning activities at certain times.**

So when you're planning your routine, it's a good idea to think about:

- how long morning activities take
- what time morning activities need to happen.

### Example routine for school mornings

Here's an example of what a school morning routine might look like:

- 7.30 am: your child gets up.
- 7.40 am: your child eats breakfast.
- 8.00 am: your child washes their face, brushes their teeth, gets dressed and puts on shoes.
- 8.20 am: your child puts lunch in their bag and looks at books while you get ready to go.
- 8.25 am: you help your child put on sunscreen.

## Tips to help your school morning routine work well

Once you've worked out your routine, these tips can help things go smoothly on school mornings:

### Tips to help you organise your time

- Get your child to have a bath or shower the night before, so you don't need to make time for this in the morning. Make sure your child gets to bed with plenty of time for a good night's sleep. This will help your child wake up refreshed.
- Get up 15-30 minutes earlier than you think you need to. This will give you more time in the morning.

Think about an alarm for children who find it hard to wake up or don't like getting out of bed.

### Tips to encourage cooperation and good behaviour

- Tackle the morning as positively as you can. Good moods can be infectious. You and your child could do this by sharing one thing that you're each looking forward to during the day. Give your child calm, clear instructions about what you want them to do, and follow up with specific praise as soon as they start to cooperate. You might need to remind younger children more often about what they're meant to be doing and when.
- Encourage children to do more for themselves as they get older and more independent. For example, a 5-year-old can do things like putting their lunch box in their bag. An 8-year-old can get dressed on their own, make their own breakfast, and tidy up after themselves.
- Cut down on distractions like television, tablets and other devices, unless screen time is a special treat for being ready on time.

Give your child positive attention for good behaviour, rather than attention for arguing, whining or stalling. For example, say 'I love the way you're eating up your toast' rather than 'Stop playing with your toast'. This will encourage the behaviour you want to see on school mornings.

Make it fun – for example, try our 'Beat the buzzer' game to encourage your child to be ready on time.

You're off to  
**GREAT**  
**PLACES!**  
Today is your day!  
Your  
**MOUNTAIN**  
is waiting  
So... get on your  
**WAY!**

## **PRIVACY COLLECTION STATEMENT – Primary Schools**

### **Information for parents and carers**

During the ordinary course of your child's attendance at our school, school staff will collect your child's personal and health information when necessary to educate your child, or to support your child's social and emotional wellbeing or health in the school context. Such information will also be collected when required to fulfil a legal obligation, including duty of care, anti-discrimination law and occupational health and safety law. If that information is not collected, the school may be unable to provide optimal education or support to your child, or fulfil those legal obligations.

For example, health information may be collected through the school nurse, primary welfare officer or wellbeing staff member. If your child is referred to a specific health service at school, such as a Student Support Services officer, the required consent will be obtained. Our school also collects information provided by parents and carers through the School Entrance Health Questionnaire (SEHQ) and the Early Childhood Intervention Service (ECIS) Transition Form.

Our school may use online tools, such as apps and other software, to effectively collect and manage information about your child for teaching and learning purposes, parent communication and engagement; student administration; and school management purposes. When our school uses these online tools, we take steps to ensure that your child's information is secure. If you have any concerns about the use of these online tools, please contact us.

School staff will only share your child's personal or health information with other staff who need to know to enable the school to educate or support your child, or fulfil a legal obligation.

When our students transfer to another Victorian government school, personal and health information about that student will be transferred to that next school. Transferring this information is in the best interests of our students and assists that next school to provide optimal education and support to students.

In some limited circumstances, information may be disclosed outside of the school (and outside of the Department of Education and Training). The school will seek your consent for such disclosures unless the disclosure is allowed or mandated by law.

Our school values the privacy of every person. When collecting and managing personal and health information, all school staff must comply with Victorian privacy law. For more information about privacy including about how to access personal and health information held by the school about you or your child, see our schools' privacy policy: <https://www.education.vic.gov.au/Pages/schoolsprivacypolicy.aspx>





# What's Happening

## Term 1

Please note that this page will be updated each newsletter as new events are scheduled

Monday 6th - 10th February	Grade 6 Camp Woorabinda
Thursday 9th February	Call for nominations to be on School Council
Wednesday 15th February	Parent/teacher Meet and Greet Interviews (3.50—6.50pm)
Thursday 16th February	Meet and greet interviews take place in your child's classroom, after school between (3.50-5.50pm)
Thursday 16th February	Closing date for School Council nominations
Monday 20th February	School Council Meeting
Thursday 2nd March	District Swimming—selected students only
Thursday 9th March	Closing of School Council ballot
Friday 10th March	Curriculum Day - Student Free
Monday 13th March	Labour Day Public Holiday
March 9th March	Southern Peninsula Division Swimming - selected students only
Wednesday 22nd—24th March	Grade 4 Camp Phillip Island
Monday 28th March	School Council Meeting
Monday 3rd April	WHOLE SCHOOL PHOTOS
Thursday 6th April	Last Day Term 1



Please look on the Sentral App Calendar for up to date events. This calendar will be updated regularly.

### CSEF (CAMPS, SPORTS, EXCURSION FUND)

If you have a Centrelink Health Care Card or Pensioner Concession Card you may be eligible for CSEF for your child.

Please come to the office to fill out a form.

If you have previously applied through Tyabb Primary we will reapply on your behalf for this year.

Applications for this year close on 23rd June 2023.

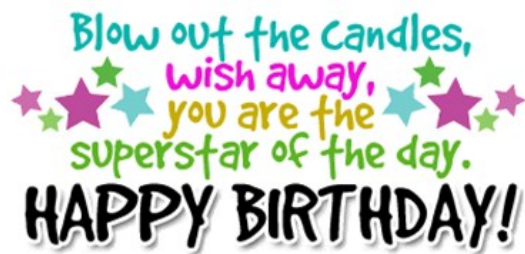
Welcome back to the new school year. Just a couple of reminders/ housekeeping re uniform and art smocks.

A reminder for all children to bring a **NAMED** art smock that will be stored in a tub at the art room. Art is always fun but sometimes very, very, very messy. It needn't be a purchased smock- one of your old t-shirts or shirts works well too.



A reminder too to label all your child's school uniform and belongings with their name so if it is lost or misplaced it is easily returned to them. Many jumpers, windcheaters, vests, lunch boxes, drink bottles, sports equipment and rugby jumpers appear in lost property and sit idle for a long time because they are not named. We endeavour to look through the lost property on a regular basis but cannot possibly return items that are not named.





## January

### PREP

Zahli

Zac

Ava

Kobi

Ezra

Lilah

Willow

### GRADE ONE

Harrison

Samuel

Savannah

Ava

Patrick

### GRADE TWO

Taj

Felicity

Reggie

Milly

### GRADE THREE

Isla

Abigail

Harper

Lily

Olivia

### GRADE FOUR

Emeline

Jett

Emily

Jacob

Cruze

River

Linc

Alexis

Addison

### GRADE FIVE

Angus

Tyson

Alexis

Freya

Dieter

### GRADE SIX

Ethan

Ava

Milla

Ruby

Ada

Jesse

Zachariah

## February

### PREP

David

Kirra

Willow

### GRADE ONE

Oliver

Jesse

Kaleb

Connor

Archer

Elise

Leevi

Jack

### GRADE TWO

Timothy

Beau

Theo

Max

### GRADE THREE

Abby

Sam

### GRADE FOUR

Ellie

Liv

Stephanie

Nate

Jaden

Leo

Isabella

Jack

### GRADE FIVE

Bella

Ayla

Brodee

### GRADE SIX

Indyanah

Ruby

Hannah

Isla





# Community News



## ATTENTION PARENTS & CARERS

You're invited to join our successful B Happy B Healthy social-emotional learning workshop to assist your child to build crucial life long skills.

### ABOUT THE PROGRAM:

- Designed to be run with 6-14y/o children
- Based on positive psychology and mindfulness
- Minimise symptoms of stress and anxiety
- Teach your child to self-regulate big emotions
- Boost confidence and resilience in your child
- Comprehensive manual and activities included

**15% OFF** when you sign up before Feb 20th

### IN-PERSON WORKSHOP DATES:

**Melbourne** - March 8th or July 18th

**Brisbane** - March 13th or July 24th

**Sydney** - March 15th or July 26th

For all the finer details please visit  
[www.happyhealthykids.net.au](http://www.happyhealthykids.net.au)  
or email your enquiry to [info@happyhealthykids.net.au](mailto:info@happyhealthykids.net.au)



## JOIN THE FUN!

**Tuerong & Surrounds:  
All Girls Auskick Centre**

**RM Hopper Reserve  
20th February - 20th March  
4:30pm - 5:30pm**



For more details, contact [chloe.beck@afl.com.au](mailto:chloe.beck@afl.com.au)

# peninsula ORTHODONTICS



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

03 5975 5166