



Coral Park Primary School

Achieving *SUCCESS*

145 Coral Drive, Hampton Park 3976

www.coralparkps.vic.edu.au

Email: coral.park.ps@education.vic.gov.au

Phone 9702 8398

NEWSLETTER

Term 1 Issue 1, 1st February 2024

Welcome Back for 2024

Welcome back to what promises to be another fantastic year of learning at Coral Park. I entrust that you have all had a fabulous break and are excited to be back at school. A very warm welcome is extended to our new Prep students and to any new students attending our wonderful school for the first time. The first week has seen our students settle in really well and there is already a serious amount of learning happening across the school.



Principal's Reading Challenge

The 'Principal's Reading Challenge' is on again for this year bigger and brighter than ever. As part of our ongoing commitment to getting all children to develop their reading skills, we are giving away free books. As you reach 100, 200 and 300 hundred nights of reading you will be able to choose a book to keep and add to your personal home library. The race is on to see who will be the first to report to the principal's office claiming their first 100 nights. I think this year it might be a Prep student who gets in first. Next week I will announce the first challenge for the year, so stay tuned for that.

School Council Nominations

Our school council plays an important part in how we operate as a school and this year is no exception. If you are interested in becoming a school counsellor, nominations open on **Monday 5th February** and close on **Monday 19th February at 4pm**. **Nominations will not be accepted after this period has expired. Nomination forms can be obtained from the front office.**

As a school counsellor you will be committing to two meetings a term. Meetings are held onsite at 3:45pm. This is a fantastic opportunity to support the fabulous work being done by Coral Park Primary School. We have one position to fill, so don't be shy, give it a try.

School Hours for 2024

The school will open at 8:30am each morning and all students arriving at this time will need to enter through gate 1 and go to the basketball courts where they will be supervised until 8:45am. At this time gate 2 will open and students will be able to enter classrooms and prepare for a 9am start for learning.

Please update your information

To ensure you remain up to date with school communications and so you are aware of school news it is vital we have your current contact information. This is also essential in case something happens to your child while they are at school and we need to contact you. Please ensure that if your phone number, email or address change that you give the school a call and have our office staff update your details.

Sun Smart /Hats

Coral Park is a Sun Smart school and as such it is compulsory for all students to wear a hat to participate in outdoor activities. This includes PE, recess and lunchtime. Any student who does not wear their hat in the yard will be sent indoors. Skin cancer is a major health issue in Australia due the nature of the harshness of the ultra – violet rays we are exposed to. Wearing of hats is so important to help protect your children from the harmful nature of these UV rays. School hats are available at the office for \$10.

Annual privacy reminder for 2024

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy.

Please take time to remind yourself of our school's collection notice, found on our website www.coralparkps.vic.edu.au.

Our Wonderful Staff

Thank you to all the staff who have worked really hard over the past week to prepare for the 2024 school year. As educators, you are a dedicated and resilient staff, and your efforts do not go unnoticed.

Enjoy Life!

Justin Blake-Thompson

Principal

Diary Dates



FEBRUARY

Tuesday 6th February
Playgroup Resumes
9.30 - 11.30am

Friday 9th February
Assembly in the MPC at 2.30pm
Item by the Band
All Welcome

Friday 23rd February
Assembly in the MPC at 2.30pm
Item by the Band
All Welcome

MARCH

Tuesday 19th March
School Photos
(Information closer to the date)

HATS & DRINK BOTTLES

Coral Park is a SunSmart school and is committed to ensuring our students and staff are protected from the harsh effects of the sun during the warmer months of September to May. School hats need to be worn for all outside activities to ensure for protection from UV rays and water bottles need to be used to ensure students remain hydrated and ready to learn. Hats are available for \$10 from the office.



LEARNING TIME BEGINS AT 9.00AM



It is important for students to arrive at school by 8.55am each day so they can put their bag away, change their sharebook and have their name marked on the roll, before learning time starts at 9am. Students arriving late miss out on valuable learning time and cause disruptions when they arrive to class late. Classrooms are open from 8.45am for students to get organized for their day.

Sometimes arriving late at school can't be avoided, due to early morning appointments, traffic chaos or the occasional alarm clock that hasn't gone off etc. In these instances, it is important for students to remember to go to the office on their way to class for a late slip. ***Students who are late must go to the office to be marked as arriving at school.***

Playgroup News

Playgroup resumes next week
on Tuesday 6th February 2024.

Playgroup is free and everyone is welcome
each Tuesday and Friday from 9.30–11.30am

2024 TERM DATES

Term 1
30 January - 28 March

Term 2
15 April - 28 June

Term 3
15 July - 20 September

Term 4
7 October - 20 December

2024 CURRICULUM CONTRIBUTION (BOOKLIST)

Thank you to our wonderful families who have already paid the 2024 Curriculum Contribution for their children! We appreciate your prompt payment and your support.

Coral Park Primary School does not charge compulsory fees and relies on the generous contributions of families to be able to purchase resources to enhance our student curriculum and improve our great school.

We are asking families to make a contribution of \$100 per child.

Contributions can be made over the phone, using the payment form on the notice, to the office, or direct deposited into the school bank account.

School bank details are: Coral Park Primary School
BSB 063 250
Account Number 009 018 17



Introducing our 2024 School Captains...



Captain - **Deeksha**

Vice Captain - **Alana**



Captain - **Fatima**

Vice Captain - **Min**



Captain - **Leon**

Vice Captain - **Bella**



Captain - **Noor**

Vice Captain - **Ayen**



Introducing our our 2024 SWPBS Captains...

Indigo s16

Maryam s15

Congratulations to Indigo and Maryam on being selected as our 2024 SWPBS Captains.



Getting to know our captains a little...

How did they become SWPBS Captains you ask?

Staff and students voted on students who consistently display our school values of respect, responsibility, determination and resilience.

Our successful captains are students who:

- *regularly apply themselves to their work diligently
- *help others when appropriate both in the classroom and outside
- *show kindness towards their peers
- *ask for help when needed
- *learn from their mistakes
- *are confident talking with and leading other students

We asked Indigo; "Why did you want to be a SWPBS captain?"

Indigo replied: *"so I can make a positive change to the school and its community, and be inclusive of others in our school".*

We asked Maryam; "How did you feel when you were announced as a SWPBS captain at assembly?"

Maryam answered: *"Excited but nervous at the same time, wondering what is going to happen now".*

Indigo: *"Oh my gosh, I felt so happy, scared, relieved. For the two weeks leading up to the announcement I was really scared. I would have been happy if someone else got it, but I was so happy I was shaking".*

What kinds of roles and responsibilities will our captains be taking on?

At assembly, Maryam and Indigo will be calling for all students who have completed their green, orange and yellow SWPBS sticker charts to stand so all students, staff and families can applaud their success. Each week, they will have the opportunity to move through different classrooms to take photos of students with their completed charts. They will be asking these students how they were able to fill their charts and what rewards they received in acknowledgement of such positive behaviours. Maryam and Indigo will be responsible for handing out icy pole rewards when students achieve them. The girls are super excited to contribute to their peer's success at Coral Park Primary School, we can't wait to see them in action!

School Wide Positive Behaviour Support (SWPBS) is a framework used across the whole school to model, acknowledge and reward positive behaviour. Everyone in the school community is aware of our behaviour expectations and using the SWPBS framework is an effective way of reducing negative and unwanted behaviour. By focussing on good behaviour choices, students are encouraged to gain attention by doing the correct thing, rather than getting attention for doing the wrong thing.

Students are given clear details of what positive behaviour looks like and there are posters and banners throughout the school as reminders of our school values and to display them. Students choose a reward chart and gain stickers for positive behaviour and displaying school values, then when their chart is full of stickers they can select a reward of their choice.

Just a reminder that all students need to attend school in our school colour of **royal blue** and **gold**. Please familiarise yourself with the Student Dress Code Policy and make sure your child follows our uniform expectations.



Student Dress Code Policy

Purpose:

The purpose of the Student Dress Code is to outline Coral Park Primary School's requirements for student dress and appearance and to provide information about uniform purchase and support dress code implementation and exemption processes.

This dress code has been developed by Coral Park Primary School's School Council in close consultation with our school community to ensure that it respects the rights of individual students whilst reflecting the values and interests of our community.

Rationale:

The Student Dress Code:

- assists students in taking pride in their own appearance, allows them to be recognised as an integral part of our school community and develops pride in representing our school
- aims to reduce student competition on the basis of clothing
- ensures students are dressed safely and appropriately for school activities
- takes into account issues of equality, socio-economic status and health
- maintains individual safety and group security when outside the school environment
- details the school's expectations of student appearance during school hours and associated school activities
- assists in increasing students' engagement and belonging to the school, promoting unity and self-esteem
- upholds human rights and anti-discrimination laws
- complies with the Department of Education and Training (DET) guidelines, the Education and Training Reform Act 2006, Education and Training Regulations 2007, the Charter of Human Rights and Responsibilities and the Equal Opportunity Act 1995.

The School Council has developed a dress code that we believe provides a range of choices for students and is cost effective for families.

Scope:

Students are expected to comply with this Student Dress Code while travelling to and from school, during school hours and when attending school activities such as excursions. The Principal, in conjunction with staff and parents, has the responsibility for the implementation of the Student Dress Code. The Principal should ensure guidelines are consistent with the Student Wellbeing Engagement Policy, Sun Smart Policy and DET Guidelines.

Uniform

- students are provided with a choice of clothes that allows them to engage safely in a range of school activities (e.g. sport, classroom lessons, art, science), are contemporary, follows health and safety guidelines, caters for different cultural, religious and family financial circumstances, balances the rights of individuals with the rights of the school and caters for different weather conditions
- students in Year 6 have the option of purchasing and wearing a specially designed polo shirt commemorating their final year of primary schooling. **The design will be selected collaboratively by Year 6 students and teachers each year.** The Coral Park logo will appear on the front and the names of Year 6 students and teachers will be printed on the back
- religious head coverings may be worn by students, however, these head coverings must be in Coral Park School colours, black, white or navy blue.

Coral Park Primary School's school uniform expectations are as follows:

Year-round items (it is **not** compulsory for these items to have the school logo):

Students at Coral Park will wear the school colours of royal blue and gold.

- Bottoms, students have the **choice** of:
 - Royal blue pants (tracksuit pants, leggings)
 - Royal blue shorts, skirts, skirts
- Tops, students have the **choice** of:
 - Gold polo shirt
 - Gold long sleeve t-shirt
 - Royal Blue long sleeve polo shirt
 - Royal blue windcheater
 - Royal blue bomber jacket



- Footwear:
 - students must wear closed toe shoes, suitable for their engagement in all areas of their schooling, including indoor, Physical Education and playground use. Examples are (but not limited to) runners, school shoes, skate shoes, play shoes.
 - Socks must be worn by all students; these can be white, grey, navy or black. No brightly coloured or patterned socks

- Students may also wear a navy and blue check school dress all year round.
- Hats are compulsory from September to the beginning of May. Royal blue bucket hats or wide-brimmed hats are the only style of hats permitted.

Jackets and beanies are permitted outside when appropriate to the weather, these need not be in school colours. They are not permitted in classrooms.

Royal blue school bags can be purchased from PSW, however, these are **NOT** compulsory. Students can use any school bag, as long as it is big enough to hold a lunch box, drink bottle, reader pouch, library bag, jumper.

General appearance

While at school, travelling to or from school or participating in school activities, Coral Park Primary School students must comply with the following:

- Uniforms must be clean and in good repair
- Uniforms must be clearly marked with the owner's name
- Additional layers of clothing may be worn underneath the uniform for added warmth or for cultural reasons, provided these undergarments are either completely hidden or are school colours, navy or white.

Jewellery and cosmetics

For student safety and to help minimise unnecessary competition between students, students are not permitted to wear decorative jewellery to school. Stud earrings or sleepers worn in the ears, and watches, are the only acceptable jewellery. Necklaces with religious meaning are also acceptable, if staff are unsure of appropriateness or religious meaning, they can work with leadership and/or parents on confirmation.

Cosmetics (make up) may not be worn at school. Only clear nail polish is permitted.

Hair and sun safety

- students with hair reaching or past their shoulders must be their hair back.
- This is to assist with the management of head lice throughout the school
- students must wear a Coral Park Primary School wide brimmed hat or bucket hat when playing outside during the months of September through to the beginning of May – school uniform hats may also be worn outside of this time period, by parent or student choice
- hats are available for purchase from the front office
- hats or hoods are not to be worn inside during class or during school assembly



- students are permitted to wear sunglasses during outdoor activities. Sunglasses should be close fitting, wrap-around that meet the Australian Standards 1067 and cover as much of the eye area as possible

Purchase of uniforms

- the school recommends PSW as the supplier of the school uniform, parents may order directly online: [Making your school look great Coral Park Primary School - Schools \(psw.com.au\)](https://www.psw.com.au)
- you can also purchase school coloured uniform pieces from other retailers such as K-mart, Big W, Target or Best n Less.

Support for families experiencing financial difficulty

Please contact the Principal or Wellbeing Assistant Principal to discuss support that we may be able to provide to families experiencing difficulty with meeting uniform costs, including information about eligibility for uniform support through State Schools' Relief. Further information about State Schools' Relief is also available on their website: <https://www.ssr.net.au/>

Coral Park Primary School has second hand uniform available for purchase on a fortnightly basis at the school assembly, the cost is a small donation per piece. The dates of assemblies can be found in the school newsletter each week. There are also second-hand uniform items in the school Sick Bay that can be borrowed if immediate need is determined.

Implementation

- Coral Park Primary School will ensure that this Student Dress Code is communicated to all families and students through our website and by emailing all parents and carers. Information regarding appropriate school attire is in the parent information booklet and is given to parents on enrolment of their child
- regular school uniform reminders are published in the school newsletter
- we will assist students who may be experiencing difficulties complying with this policy where possible (see above)
- students wearing non-compliant uniform items may be asked to change into a compliant item of clothing provided by the school
- if a student is out of school uniform or otherwise breaches the Student Dress Code on a recurring basis, a note will be provided to the student and parents by the classroom teacher
- if non-compliance with the dress code becomes a continued occurrence, the Wellbeing Assistant Principal will be informed and a phone call home may be required. In this event, the school will continue to work with the student and family to support compliance, as indicated above
- students should only be excluded from school activities for breaches of the dress code when all other measures have been attempted without success.

Exemptions to the Student Dress Code

We recognise that there may be situations where the application of this dress code may affect students unequally.

Parents or carers may apply in writing to the Principal for an exemption to this Student Dress Code if:

- an aspect of this code prevents the student from complying with a requirement of their religious, ethnic or cultural beliefs or background
- the student has a particular disability or health condition that requires a departure from the dress code
- the student or their parents/carers can demonstrate particular economic hardship that prevents them from complying with the dress code.

When the Principal receives a request for an exemption, they will:

- consider the grounds for the exemption request

- explain the process to the student and/or their parents/carers
- encourage the student and/or their parents/carers to support their application with evidence.

The Principal or delegate will then try to negotiate a resolution that is acceptable to all parties. If an exemption is not allowed, then written reasons will be provided to the student and/or their parents or carers. Each case will be considered on a case-by-case basis and may involve the Regional Office if need be.

If the Principal is consistently granting exemptions for the same issue, the school will review its Student Dress Code Policy.

Concerns about this Student Dress Code

Coral Park Primary School welcomes feedback from the school community in relation to this Student Dress Code. If you have a concern or complaint about the Student Dress Code, further information about raising a concern or complaint is available in our school's Parent Complaint Policy, available [Policies & Forms \(coralparkpsw.vic.edu.au\)](https://www.coralparkpsw.vic.edu.au). If parents, carers or students would like the Student Dress Code changed, they should bring these concerns to the School Council for consideration in its next review of the dress code.

Further information and resources

- Coral Park Primary School SunSmart Policy
- Coral Park Primary School Parent Complaint Policy
- Coral Park Primary School Student Wellbeing and Engagement Policy
- Department of Education and Training [Student Dress Code](https://www.education.vic.gov.au)
- Department of Education and Training [Student Engagement policies and guidelines](https://www.education.vic.gov.au)

Evaluation

The Department of Education and Training's guidance requires school councils to decide annually whether or not amendments or a full review of the dress code is required.

Review Cycle

This policy was last updated on 4th June 2021 and is scheduled for review in 2022.

PROTECT

Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.



It's everyone's responsibility.

Adults at school must listen and respond to concerns about child abuse.

If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources

www.education.vic.gov.au/protect



CORAL PARK PRIMARY CANTEN MENU

OPEN THURSDAY

ONLINE ORDERING IS NOW AVAILABLE AND OUR PREFERRED ORDERING METHOD

HEARTY HOT FOOD

Lasagne 97% fat free	\$6.10	ⓈⓈⓈ
Macaroni Cheese 97% fat free	\$6.10	ⓈⓈⓈ
Dim Sims Steamed	\$1.20	ⓈⓈⓈ
Chicken crumbed tender	\$2.70	ⓈⓈⓈGF
Hot Dog	\$4.50	ⓈⓈ
Hot Noodles Beef or Chicken	\$3.50	ⓈⓈ
Beef Cheese Burger, Lettuce and Sauce	\$6.30	ⓈⓈⓈ
Chicken and Cheese Burger, Lettuce & May	\$6.30	ⓈⓈⓈ
Gluten Free Hot Dog (no roll)	\$3.50	ⓈⓈⓈGF
Chicken Breast Nugget - Bag of 3	\$4.20	ⓈⓈ
Chicken Breast Nugget - Bag of 6	\$7.50	ⓈⓈ
Lite N Up Beef Pie	\$6.10	ⓈⓈ
Lite N Up Sausage Roll	\$5.50	ⓈⓈ
Lite N Up Snack Party Pie	\$1.50	ⓈⓈ

All pies heart foundation approved, low GI, reduced fat

TASTY JAFFLES

Spaghetti	\$4.00	ⓈⓈⓈ V
Cheese	\$4.00	ⓈⓈⓈ V
Ham and Cheese	\$5.00	ⓈⓈⓈ

You can now order online through QKR

Download the App through the App store or Google Play

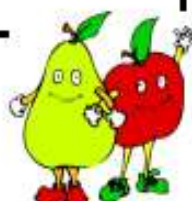
Preferred Payment Method



SPECIAL SNACKS

Popcorn Butter	\$2.00	ⓈⓈⓈGF
Chips Honey/Soy or Salt Vinegar	\$2.00	ⓈⓈ
Choc Chip Cookies	\$3.00	ⓈⓈ
Gingerbread	\$2.20	ⓈⓈ
Ovalteenies	\$1.40	ⓈⓈ
Homemade Mini Muffin	\$1.20	ⓈⓈ
Sun Fruits	\$1.00	ⓈⓈ
Yoghurt Frogs (\$ pack)	\$1.00	ⓈⓈ
Red Licorice	\$1.00	ⓈⓈ

ⓈⓈⓈ Every Day Foods
 ⓈⓈ Select Carefully foods
 V Denotes Vegetarian
 GF Denotes Gluten Free.



PLEASE NOTE: SOME PRODUCTS MAY CONTAIN EGG

SUPER SANDWICHES AND SALADS

	Sandwich	
Vegemite	\$2.50	ⓈⓈⓈ V
Cheese	\$2.60	ⓈⓈⓈ V
Ham (97% fat free)	\$3.60	ⓈⓈ
Ham (97% fat free) and Salad	\$5.10	ⓈⓈ
Ham & Cheese	\$4.50	ⓈⓈ
Roast Chicken	\$4.50	ⓈⓈⓈ
Roast Chicken & Salad	\$5.30	ⓈⓈⓈ
Fresh Salad (lettuce,cucumber,tomato,carrot)	\$4.50	ⓈⓈⓈ V

Wraps extra \$0.80

***All sandwiches on wholemeal bread ***

White bread available on request

FRESH MADE SALAD BOXES

No longer available

EXTRAS

Salad Dressing Tub	\$0.50	ⓈⓈ
Tomato Sauce	\$0.50	ⓈⓈ
LUNCH BAGS	\$0.30	

This menu has been categorised by Nutrition Australia as a guide to encourage healthy choices

DRINKS

600ml Water	\$3.15	ⓈⓈⓈGF
250ml Milk (Reduced Fat) Chocolate, Strawberry	\$3.45	ⓈⓈⓈGF
100% Fruit Juice 250ml	\$3.35	ⓈⓈⓈGF
Apple or Tropical		
Chill J Sparkling 100% Fruit Drink	\$3.35	ⓈⓈⓈGF
Grape, Watermelon, Raspberry, Lemonade		

FROZEN TREATS

Frozen 100% Juice Tubes	\$1.20	ⓈⓈⓈGF
Frozen Skim Milk Tubes (Choc or Blue)	\$2.70	ⓈⓈⓈGF
Frozen Pineapple and Watermelon	\$0.80	ⓈⓈⓈGF
Twisted Frozen Yoghurt Choc/Van or		
Mango/W'Melon/Strawberry	\$3.10	ⓈⓈⓈGF
Streets Paddle Pop Rainbow	\$2.60	ⓈⓈ

PRICES SUBJECT TO CHANGE

EFFECTIVE JANUARY 2024

IF YOUR CHILD HAS ANY FOOD ALLERGIES PLEASE CLEARLY MARK BAG

Traffic Safety Concerns

please do the right thing for the safety of all...

Parking around the school is always an issue at drop off and pick up times. Most parents are fabulous and do the right thing every day but get very frustrated by the few who endanger the lives of our students. Our road is a 40 zone at all times to assist with safety. Please make sure you practice safe driving and parking at all times to keep our students safe.



Remember:

You must be safely parked in a designated car park before your child exits the car.

Make sure your child gets out of the car on the curb side, NOT the road side.



Parents **MUST NOT** perform u-turns on Coral Drive. There are enough roundabouts to keep traffic flowing. Do not turn into driveways to turn the car around either, as this causes a risk to students AND blocks the traffic flow.

NEVER call your child across the road to meet you, as it is extremely dangerous when children run out from between parked cars. Keep your child safe by holding their hand as they cross the road.



Always follow the instructions of the crossing supervisors – it is their job to keep everyone safe while crossing the road.



DADS MATTER GROUPS



Dads Matter

(It's a family thing)

Come and join one of our fun programs for fathers, grandfathers and their children.



Scan the QR code to find out more:



Contact the City of Casey:

Web: casey.vic.gov.au
Email: caseymatter@casey.vic.gov.au
Phone: 03 9755 5200
Post: PO Box 1000, Narre Warren VIC 3865
NRS: 130 677 for the deaf, hearing or speech impaired

Customer Service Centres:

Narre Warren: Bursf Place, Patrick Northwest Drive, Narre Warren
Cranbourne: Cranbourne Park Shopping Centre, Cranbourne
ABN: 63 525 295 742

111 111 (Translating and Interpreting Service) 111 111 (Translating and Interpreting Service) 111 111 (Translating and Interpreting Service)

CASEYVIC.GOV.AU

DAD'S LITTLE BUILDERS



Dads Matter

(It's a family thing)

Build a woodwork project with your children.
 Meet other dads and grandfathers.

When: Mondays (during school terms)
Where: Arbourlea Family and Community Centre
 75 Wheelers Park Drive, Cranbourne North
Time: 6.00 pm – 7.30 pm
Who: Father figures and their children (up to 6 years of age)
Cost: FREE
Registration is essential: email dadsmatter@casey.vic.gov.au



- Spend quality time with your child.
- Talk to other dads about fatherhood.
- Help your child learn woodworking skills and become more confident.
- Build side by side with your child.

Contact the City of Casey:

Web: casey.vic.gov.au
Email: caseymatter@casey.vic.gov.au
Phone: 03 9755 5200
Post: PO Box 1000, Narre Warren VIC 3865
NRS: 130 677 for the deaf, hearing or speech impaired

Customer Service Centres:

Narre Warren: Bursf Place, Patrick Northwest Drive, Narre Warren
Cranbourne: Cranbourne Park Shopping Centre, Cranbourne
ABN: 63 525 295 742

111 111 (Translating and Interpreting Service) 111 111 (Translating and Interpreting Service) 111 111 (Translating and Interpreting Service)

CASEYVIC.GOV.AU

BABY PLAY TIME



Dads Matter

(It's a family thing)

Dads and father figures are invited to come along and have fun with your baby. Meet other dads in your community.

When: Thursdays (during school terms)
Where: Orana Community Place
 16 Playwright Street, Clyde North
Time: 10.00 am – 11.30 am
Who: Father figures and their babies (up to 18 months of age)
Cost: FREE
To register: email dadsmatter@casey.vic.gov.au



Remember to bring your own snacks, water and change of clothes for baby.

- Spend special time with your baby.
- Grow the bond with your baby.
- Talk to other dads about fatherhood.

Contact the City of Casey:

Web: casey.vic.gov.au
Email: caseymatter@casey.vic.gov.au
Phone: 03 9755 5200
Post: PO Box 1000, Narre Warren VIC 3865
NRS: 130 677 for the deaf, hearing or speech impaired

Customer Service Centres:

Narre Warren: Bursf Place, Patrick Northwest Drive, Narre Warren
Cranbourne: Cranbourne Park Shopping Centre, Cranbourne
ABN: 63 525 295 742

111 111 (Translating and Interpreting Service) 111 111 (Translating and Interpreting Service) 111 111 (Translating and Interpreting Service)

CASEYVIC.GOV.AU

COOK IT WITH DAD



Dads Matter

(It's a family thing)

For fathers and grandfathers to cook with their children.
 Have fun and eat tasty food!

When: Saturdays (during school terms)
Where: Selandra Family and Children's Centre
 45 Haffinger Drive, Clyde North
Time: 10.30 am – 12.00 pm
Who: Father figures and their children (up to 6 years of age)
Cost: FREE
Registration is essential: email dadsmatter@casey.vic.gov.au



- Spend quality time with your child.
- Meet other dads.
- Help your child learn life skills.
- Learn how to cook tasty and healthy meals with your family.

Contact the City of Casey:

Web: casey.vic.gov.au
Email: caseymatter@casey.vic.gov.au
Phone: 03 9755 5200
Post: PO Box 1000, Narre Warren VIC 3865
NRS: 130 677 for the deaf, hearing or speech impaired

Customer Service Centres:

Narre Warren: Bursf Place, Patrick Northwest Drive, Narre Warren
Cranbourne: Cranbourne Park Shopping Centre, Cranbourne
ABN: 63 525 295 742

111 111 (Translating and Interpreting Service) 111 111 (Translating and Interpreting Service) 111 111 (Translating and Interpreting Service)

CASEYVIC.GOV.AU



Receive up to \$500 from ANZ for your 2025 back to school costs

Achieve a savings goal for 10 months and ANZ will match it up to \$500. You need to:

- ✓ Be 18 years or older
- ✓ Have a current Health Care Card or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops

Terms and conditions apply.


saverplus
saverplus.org.au

Saver Plus is a program for people on lower incomes. It's about bolstering their financial skills, so they can develop (and keep) good savings habits.

If parents commit to saving up to \$50 a month for 10 months, ANZ will match it with up to \$500. Participants can put that money towards education costs for themselves or their children.



Eat Well Spend Well

A six-session parenting program for parents or carers with children of any age.

The Eat Well Spend Well program centres on equipping parents with tools to manage their budget whilst cooking healthy and nutritious meals.

Each session parents or carers will cook a meal which they then eat together.

Eat Well Spend Well aims to:

- Introduce parents to budgeting tips
- Improve financial literacy
- Explore money beliefs and spending habits
- Provide information on healthy eating
- Teach basic cooking skills to create healthy meals

Cost
Free

Date
Every Tuesday
13th February – 19th March 2024

Time
10am until 1:30pm

Venue
Lynbrook Community Centre
2 Harris Street
Lynbrook 3975

Get in touch
Bookings Essential

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

unitingvictas.org.au

Uniting



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 Monday
5th February – 18th March 2024

No group 11th March (Public Holiday)

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@vict.uniting.org.au

unitingvictas.org.au

Uniting



Tuning in to Kids™ Online

A seven-session parenting program for parents or carers of children aged 2-10 years. Tuning in to Kids is underpinned by a five step emotional coaching tool.

Tuning in to Kids will help children understand and identify their emotions, and learn more effective ways to express their emotions.

Tuning in to Kids aims to:

- Help parents and carers to gain knowledge on emotional intelligence.
- Support parents to emotionally coach their child by tuning in to their child's emotions.
- Provide parents with the tools to help their child learn to manage their emotions and solve problems.
- Explore ways parents can teach their child to manage with conflict in their life.

Cost
Free

Date
Every Thursday
8th February – 21st March 2024

Time
10.00am until 12:00pm

Venue
Online Forum – link will be provided upon registration

Get in touch
Bookings Essential

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

unitingvictas.org.au

Uniting



Parenting and Mental Health

A six-session parenting program for parents or carers of children aged 0-18 years.

The group promotes respectful, caring, and nurturing relationships between parents and their children, whilst supporting parents experiencing mental health difficulties. Our Parenting and Mental Health program is facilitated in partnership with FaPMI (Families where a Parent has a Mental Illness) and input from a Consumer Consultant from the Mental Health program at Monash Health.

The program aims to:

- Provide a supportive learning environment for parents to develop new skills
- Learn more about brain development and how this influences a child's thoughts, feelings, and behaviours.
- Provide information, support and ideas to help parents remain calm when challenging behaviours present
- Explore ways of increasing self-care and wellbeing.

Cost
Free

Date
Every Tuesday
6th February – 12th March 2024

Time
10am until 12:30pm

Light refreshments will be served

Venue
Strathaird Family & Community Centre
106-108 Strathaird Dr,
Narre Warren South

Get in touch
Bookings Essential

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

unitingvictas.org.au



MonashHealth

Uniting