

20 July 2022  
Issue 8

# Bright P-12 College Newsletter

## DYLAN ALCOTT VISIT

"Dylan Alcott is the 2022 Australian of the year, grand slam winner and much more. On Wednesday the 15th of June grades 5-12 from Bright P-12 College were lucky enough to witness Dylan's presentation. Dylan told us about purpose and how he won a gold medal in wheelchair basketball, we were lucky enough to hold the medal (it was very heavy but weren't allowed to say it). Dylan eventually believed he had another purpose in life. Wheelchair tennis, which a couple years later won him another gold medal. He spoke of ups and down in his life that left us all inspired to live life to the full. He is a great role model and amazing entertainer, we are glad he came." Words by Harry D.



## BREAKFAST CLUB



Breakfast club runs Thursday mornings from 8:30. All students at Bright P-12 College are invited to come along to the Cooking Room in the morning for some breakfast.

Breakfast club is supported by the Beechworth Bakery, Woolworths and the Breakfast Program.



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## Principal's Message

Dear Students, Parents, Guardians and Carers,

As I look through this extra-long issue of our school newsletter, it's great to be reminded of what a huge variety of wonderful activities we're enjoying at school. From an inspiring talk by Dylan Alcott to the Year 9 Leadership Camp; from the incredibly creative work of our Year 5 & 6 students in their Passion Projects to the students from our College who participated in the International Spacecraft Exploration Challenge during the school holidays. Our students are experiencing a rich abundance of opportunities which help them develop academically and socially and I am proud to share their stories with you.

In Term 3, we continue with an action-packed array of activities including our ski programs, which kicked off over the weekend with the first day of the BCST program, a great start to the season. The tone around the College both in Bright and at our Dinner Plain campus is very positive and students have settled into this term's learning program with ease and exuberance. Well done!

COVIDSafe measures will continue to be in place across all Victorian government schools to ensure

every possible effort is made to ensure staff and students are safe and that schools remain open over this term.

We have air purifiers in every classroom and cross ventilation through keeping windows and doors ajar. Students can wear their puffer jackets inside the classroom as well as in the yard to keep warm during the colder months.

Rapid Antigen Tests are available at the Front Office for families to use if students are showing symptoms. We have a good supply of RATs so please make use of them if needed.

Face masks are recommended for certain settings. Here is a link to current advice from the Victorian government: <https://www.coronavirus.vic.gov.au/face-masks>

Please keep your child at home if they are feeling unwell and allow them to make a speedy recovery.

Jean Olley - Principal

**NOTE: ALL CALENDAR EVENTS ARE SUBJECT TO CHANGE. PLEASE CHECK COMPASS FOR MOST UP-TO-DATE ADVICE**

## LIBRARY NEWS

We recently received a delivery of new books in our school Library. The new books include Primary fiction and non-fiction, as well as novels for Secondary students. New titles include Children's Book Council shortlisted books as well as our regular order of newly published books. Students can check which books we have in the Library via Compass - click on the star tab and select School Library.

Thanks to parents who have donated funds for Library books.



## COLLEGE CALENDAR

### JULY

21 JUL	Yr 5/6 STEM Incursion
21 JUL	Hume Senior Boys Badminton
22 JUL	White Card Course
25 JUL	ADF Incursion
25 JUL	Yr 9 into Yr 10 Information Evening
26 JUL	Yr10 Outdoor Ed XC Ski Day
27 JUL	Yr 10 into Yr 11 Information Evening
28 JUL	Secondary House Athletics Carnival
29 JUL	Yr 11 Outdoor Ed XC Ski Day
29 JUL	Yr 3-6 House Athletics Carnival

### AUGUST

1 AUG	Yr 9 Outdoor Ed XC Ski Day
4-5 AUG	Yr 11 Outdoor Ed XC Ski overnight trip
10 AUG	Prep 2023 Information Evening
24 AUG	Yr 6 into Yr 7 Information Evening



## NEW STAFF



Hello, I'm Caitlin Nolan, a new teacher at Bright P-12 College. I will be teaching Year 12 Psychology, Year 7 Science and Year 7 PE. I live in Myrtleford and also work there as a tutor at Marian college. I worked at headspace Wodonga as a Youth Worker for 14 months before these roles, so I have a keen interest in youth mental health and wellbeing. I enjoy getting outdoors walking, camping and downhill skiing. I have spent some time combining these interests with work in Canada at a Summer Camp and at the Dinner Plain campus for a Winter season.

When I'm not working I love gardening, reading, watching Netflix, making pottery and spending time with my partner & labrador. I'm looking forward to getting to know the Bright P-12 College community!

Risa Meddings

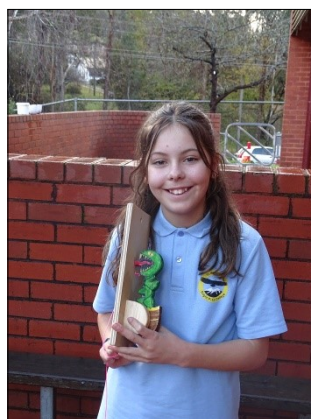
Konnichiwa - watashi no namae wa Risa desu. I have lived in Bright for 10 years, but before that I lived in Tokyo, Japan. I have 2 daughters who attend Bright P-12 College, and my family runs Rok Salt.

Before I came to Bright I worked at a hospital office in Tokyo. I'm excited to see all the students learning Japanese here.



## Yr 5 WOODWORK

Following on from the success of the recent Year 6 Woodwork classes, students in Year 5 were given the task to design and then sandpaper their own wooden shape and mount it onto a wooden base to create a door knocker. Some of the great ideas included a banana, a bus, a flower and various animals. Great work Year 5 students—fantastic creativity!





# GERMAN INCURSION

Last month, we had a guest presenter/ teacher for the Years 4 - 6 German classes, Katja Schoenfelder. She came from the Goethe Institut and ran a special KinderUni incursion (children's university). Students learnt about the Periscope, it's connection to Germany and how they work. Students were able to use German sentences to describe what they could see and where it was: *Ich sehe das Buch auf dem Tisch*. Everyone had a lot of fun secretly placing a stationery item for their partner to see using a periscope. It was a great morning.

The incursion was funded by the Department of Education and Training.



## SECONDARY INTERSCHOOL SPORT

In the last week of last term, we had secondary interschool sports. Our students competed in:

Junior, intermediate and senior badminton, junior and senior netball, senior soccer, senior basketball.

Well done everyone who competed, especially those who battled the cold winter conditions to represent Bright P-12 College. Our Year 7 and senior boys badminton placed first in their age groups. These teams will move onto the Hume level badminton.





## CANTEEN NEWS

The Canteen online ordering is up and running, with our first orders coming through. Parents are now able to order their child's lunch online by clicking the items you want and paying via Compass. We are also still accepting the notes and cash system, so choose what works best for you.

Click on the link below for instructions on how to order.

<http://www.brightp12.vic.edu.au/images/misc/CompassParentGuide-Canteen.pdf>

This system allows us to streamline the delivery of nourishing food to your children.

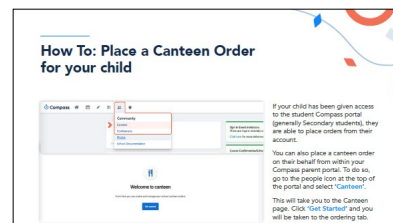
There are many other options, so stay tuned as we roll out special days... sausage sizzle, pizza day, sushi surprise and so much more.

While we transition to online, we would love to have the children write notes. They can send in their favourite recipes with less than 5 ingredients so we can share these online and even add them to the menu.

We also need a name for the Canteen...so come up with something you feel encompasses our Canteen.

Thank you for trying this new technology, we appreciate your feedback.

A huge thank you to Robyn our Canteen Manager for her work getting this online ordering system organised and thanks again for participating. Let us know if you have any questions via email to [Jean.Olley@education.vic.gov.au](mailto:Jean.Olley@education.vic.gov.au)



## MATHS APP

Town Squared – a FREE game to build maths confidence

Dear parents and carers,

An opportunity is available for you to try a new game-based platform that helps your children to better understand maths, builds their confidence, reduces maths anxiety, and provides you with insights and tips along the way.

We are excited to announce that the whole platform is currently free!

Download here - <https://apps.apple.com/au/app/town-squared/id1570197726>

Developed by Playlunch Games with The Mathematical Association of Victoria, Town Squared is a game that immerses children in a beautiful multiplayer world that weaves maths concepts and financial literacy learning into gameplay. Children play interesting scenarios in a collaborative and encouraging environment with their friends, applying the maths they learn in the classroom as they go.

The game also provides families with access to our Family Portal, with resources including articles by MAV that explain maths concepts, and home activities to encourage children's interests and maths skills.

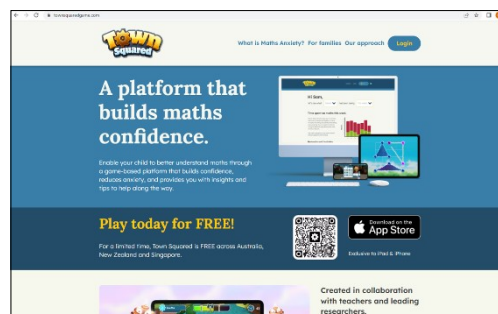
Help change a conversation about maths from one of avoidance and fear, to one of curiosity and skill-building.

Town Squared is a safe environment for children and families:

- kidSAFE certified
- No advertising to children
- No cyber-bullying
- Designed with screen time in mind
- Your data is safe and secure

Currently available for iPhone and iPad, with Android and PC versions coming soon.

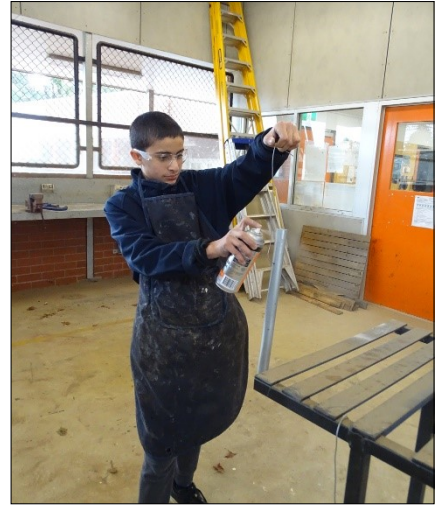
<https://www.townsgame.com/>





## Yr 9 WOODWORK / METALWORK

Year 9 Metalwork is jam packed with projects. Firstly, students learn how to read plans and work with sheet metal to produce a colourbond bird feeder. They practice using the battery drill, pop rivet gun, magna bender and tin snips to list just a few of the skills required in this project. They then move onto making wind chimes where they learn about cutting metal with a hacksaw, metal filing, drilling with the pedestal drill and basics of spray painting. Those students who complete the above projects can then embark on a design-based project where they design and produce a marshmallow roasting fork. These skills and techniques are taught under the umbrella of school and industry OH&S standards. This develops a sound and safe foundation for students to moving into the workforce.





## JAPANESE SPEECH CONTEST

The Japanese Speech Competition was held at the Community Centre. Students in Prep through to Year 7 performed speeches they had learned in Japanese. The students spoke about topics such as pets, families, hobbies, trips to Japan, food and making arrangements. All students put in a tremendous effort rehearsing and learning their speeches and were very brave performing in front of an audience and on the stage. Special thanks to all the families for encouraging and assisting the children as well as coming to support students on the day. A huge Arigatou to our judges, Henstridge Sensei, Takako-san and Risa-san, and thank you to Noriaki san for writing all the speeches and co-ordinating the whole contest. And finally, thank you to the Year 7 students who helped set up/pack down the chairs, usher the younger students onto stage, hand out participation certificates/stickers and ran short interval entertainment games in Japanese. ありがとうございます。



## Yr 3-12 HUME CROSS COUNTRY

In June, 12 students represented Bright P-12 College at the Hume Regional Cross Country Running Championships in Benalla. All students put in an amazing effort on the course. Lachie S, Lachie R, Eleanor C, Josie H, Darcy Y, Ewan L, Tuhina M, Kynan J, Theo G, Walter B, Millie H and Fraser S displayed speed, endurance and the ability to finish what they set out to do (even though it hurt). Parents were proud of their attitude on the track; they were humble, respectful, driven and tough. One of the team was tripped over within the first 10 meters, and got up to start behind the pack by a good 50m. Despite being stepped on, in pain and having to make up the lost time, he finished the race and didn't come last. It was a real display of grit and being a good sport. Off track, students were encouraging and were found on the side-lines cheering on their peers, excited for Bright runners to do well and run their best. Thanks to everyone for their great attitude, for being good sports, and for a fun day.





## INDIGENOUS INCURSION

Last month, some of our students in the Year 12 Indigenous Languages class visited Prep B. The focus of the lesson was on sharing the Dhudhuroa language with the Prep students. Year 12 students read the story, 'Mad Magpie', or Kurrinkingka (the Dhudhuroa word for Magpie) to Ms. Pederick's class. After the story we played some games to help practice and learn the Dhudhuroa language words for: Magpie – kurrinkingka, River – morroka, Kangaroo – yawarro, Boomerang – wankewa, Elder (old man) – djerribong and Tree – berrwa. Everyone had a lot of fun. Some students even felt confident to come out the front and use the newly learnt Dhudhuroa words to lead the game. To finish the lesson, students had time to colour an image as part of the NAIDOC week resources. (It featured some Yawarro-s and Wankewa-s).

Well done to the Year 12 students involved: Joe G, Maya C and Mia L and thank you for being a part of the Dhudhuroa language revival process.



## Yr 3/4 ART

Following on from fantastic portraits inspired by the work of Frida Kahlo, Years 3 & 4 have continued to study Mexican Art, making "Day of the Dead" masks. This project has extended skills in 3D modelling and working with mixed media resulting in highly individual work. Students have worked extremely hard on their designs which is reflected in their amazing masks. Well done everyone.



## Yr 9 LEADERSHIP CAMP

While at the Snowy River Campus, with 38 other students from around the state, we took part in an experience none of us will forget. We engaged in many new and different activities and classes, from surfing (which was a new experience for most of us) to doing group activities, expeditions and events with all the Snowy students.

While at Snowy, we were all able to do our part and have a go, helping around the campus and doing group activities, we never stood back from anything and gave it our all. During our time here, we learnt a lot about ourselves and others, about how we could grow in different ways and getting to know more about our peers. We were able to express ourselves freely and be ourselves and we made lasting friendships.

We all have something which we gained from this school, from making new friends, building up our confidence and public speaking and overall working on our leadership and teamwork.

This is an experience which we all highly encourage other students to take part in. Students heading into year nine should consider taking part in this camp.

Words by Year 9 Leadership Camp students.



## 2023 SUBJECT SELECTION PROCESS

**Monday 25th July:** Year 9 into Year 10 Information Evening 6pm - 7pm @ College Library

We will discuss subject selections / VCE acceleration in Year 10 / Work experience / City experience camp

**Wednesday 27th July:** Year 10 into Year 11 Information Evening 6pm - 7pm @ College Library (Note: there will also be optional initial subject selection conferences from 5pm - 6pm and 7pm - 7.30pm on Wed 27th July)

We will discuss subject selections / VCE structure / VCE VM structure / ATAR and scaling / Careers

**Friday 29th July:** Year Level Assemblies at end of Period 4 to go through subject selection process with students

**Friday 29th July:** Online subject selections open for current Year 8, 9, 10 & 11

**Friday 5th August:** Online subject selections close for current Year 8, 9, 10 & 11

**Monday 15th August - Friday 19th August:** Final subject selection conferences for current Year 10 & 11 students

**Monday 22nd August - Friday 26th August:** Final subject selection conferences for current Year 8 & 9 students

## HOST FAMILIES NEEDED

We are looking for host families for the 2023 Bad Aibling sister school visit. It will be approximately 3 weeks in February/ March 2023. You don't have to be learning German, just interested in learning about Germany from your guest and sharing your knowledge of Australia.

Students will arrive as a group, accompanied by two teachers from Germany and spend approximately 3 weeks living in Bright with their host family, attending school and participating in a cultural program organised by Bright P-12 College.

Students are approximately 15 years old. For more information and to register your interest, contact Frank Kusch or Katrina Ciolli at Bright P-12 College **BEFORE 29th JULY 2022.**

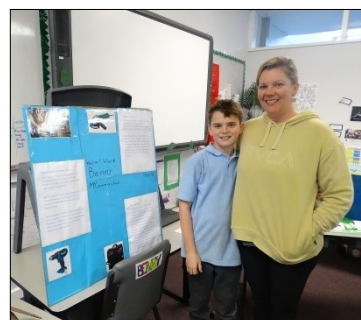
[frank.kusch@education.vic.gov.au](mailto:frank.kusch@education.vic.gov.au) / [katrina.ciolli@education.vic.gov.au](mailto:katrina.ciolli@education.vic.gov.au) or 5755 1166





## Yr 5/6 PASSION PROJECTS

The Year 5 and 6 Expo, held in the last week of Term 2, enabled students to showcase their 'Passion Projects' with families, teachers and fellow pupils. The projects came about in response to student feedback, with teachers giving students ownership of their learning for this project. The brief saw each student undertake research based around an 'essential question' on a topic of their choosing, before preparing and presenting their project in their chosen medium. A huge amount of effort and dedication contributed to making the Expo a great success, with many students going the 'extra mile' to give their presentation a 'wow' factor to impress families, students and teachers. Over 50 parents attended and all students did a great job of presenting their projects.





# MUSIC

Welcome to Term 3! Please see below for details of the instrumental options for your children.

Our Prep-Year 2 and Year 3-6 Choirs will continue to practice this term and both the choirs and the ukulele groups have been popular with Primary students. The Groups still have places available and are free to join. If your child is interested, these are the times we practice:

P-2 Choir: start of lunch Fridays

3-6 Choir: start of lunch Wednesdays

P-2 Ukulele Group: 8:15am Wednesdays

3-6 Ukulele Group: 8:15am Fridays

If you have any questions about learning an instrument or participating in music groups at Bright P-12 College, please contact Jason Campbell.

## Primary Concert

Primary Students will be involved in an Incursion organised by the Footsteps Dance Company. This program will supplement and enhance the Performing Arts Program. This is designed to give the students a positive and engaging experience with dance. The students will learn many dance skills which will be taught by an experienced and qualified dance teacher. Each day from the 5th-8th of September the students will be divided into class groups and they will work with each other for the week on a dance, which will be performed at the end of the week at the Bright Entertainment Centre.



### Rachel Campbell - Piano, Keyboard, Clarinet, Saxophone

I have been teaching music for 25 years as an instrumental teacher and classroom music teacher. I teach piano from grade 1 and clarinet and saxophone from grade 3. Students can choose to take AMEB exams or simply play for pleasure.

I hold a Bachelor of Music (Performance – Clarinet/Bass Clarinet) and a Graduate Diploma of Education. I have professional experience as a musician having served in the Royal Australian Navy Band for 5 years.

Contact Rachel on 0412 635 843

### Jason Campbell - Trumpet, Trombone, Tuba, Flute, Clarinet, Saxophone, Bass Guitar, Ukulele Groups, Beginner Guitar and Drums, Choirs, Ensembles

I am the Music Coordinator at Bright P-12 College and a fully qualified Instrumental Music Teacher, with a Bachelor of Education (Sec) (Music). I was a professional musician with the Royal Australian Navy for 11.5 years. I have lots of experience teaching brass, woodwind and basic rock instruments over a number of years with primary and secondary aged children. I teach beginners on Ukulele and run a couple of groups for students at Bright P-12 College. I can also teach beginner guitar and drums. I run the Choirs and Ensembles at the College. Over the years we have had Choirs, Rock Groups and Concert Bands at Bright P-12 College.

Contact Jason via [Jason.Campbell@education.vic.gov.au](mailto:Jason.Campbell@education.vic.gov.au)



### Phil Stone - Guitar-Electric, Acoustic, Classical, Bass, Ukulele, Music Theory and Arranging

I have a Diploma of Music from Melba Memorial Conservatorium. I have been a guitar tutor at a number of facilities including the Murray Conservatorium and the Shanghai International School. I can teach beginner to advanced students.

I have played with famous people including Darryl Braithwaite, Rick Price, Vanetta Fields and Renee Geyer.

Contact Phil on 0488 288 587



# WINE LABEL COMPETITION

## 12 Bright Vines Secondary Social Enterprise Wine Label Competition

**\$100 Prize (open to students only)**

This year we are opening up the wine label design competition for the 2022 vintage of 12 Bright Vines to all students across the school. Students wanting assistance with their design and/or using Photoshop can get help from Ms Geri Ward in the Primary Art room in the 2nd half of lunch on Tuesdays and Thursdays. **The closing date is Monday 1st August, 2022.** Please email entries to Libby Dean at [elizabeth.dean@education.vic.gov.au](mailto:elizabeth.dean@education.vic.gov.au) Designs should ideally be in PhotoShop or another digital format and must follow the competition guidelines below.

### Front label

- Dimensions: 12.5-13cm wide by 7cm high
- The front label must feature the following text:
  - 12 Bright Vines
  - Sauvignon Blanc
  - 2022
  - Alpine Valleys
  - 750ml



### Back label

- Dimensions: 6cm wide by 7cm high
- The back label must include the following logos (as shown on the sample back label above): Ringer Reef, Dalbosco Winery & Bright P-12 College
- The back label must feature the following text:

'12 Bright Vines' is a social enterprise for Bright P-12 College, connecting the school with the community.

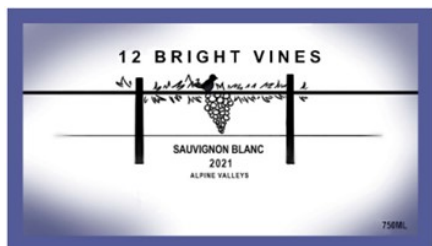
PRODUCT OF AUSTRALIA PRODUCED BY RINGER REEF PTY LTD

6853 GREAT ALPINE ROAD, POREPUNKAH VIC 3740

PRESERVATIVE (220) ADDED PRODUCED WITH MILK PRODUCTS, TRACES MAY REMAIN

APPROX \_\_\_ STANDARD DRINKS \_\_\_% ALC/VOL

### Winning labels from previous years



Johanna Bryan 2021



Emma Redden 2019



Lauren Bartlett 2018



Elly Jenkins 2017



Matilda Manning 2016

## INTERSCHOOL SNOWSPORTS CHAMPIONSHIPS

The 2022 Victorian Interschools Snowsports Championships are being held at Mt Buller.

For all the info, visit <https://www.interschools.com.au/home-victoria/>





# 2022 ALLAN J FINDLAY MEMORIAL BURSARY

Congratulations to Bright P-12 College's Fox Williams, who was shortlisted for the 2022 Allan J Findlay Memorial Bursary.

Alexander Cameron from Myrtleford P12 was the outright winner, but due to the exceptional quality of the two other shortlisted applications, the Lions and Rotary Clubs considered it appropriate to also present awards to Fox and also Maddison Pasqualotto (Marian College), whom by all accounts interviewed extremely well, and are to be commended for their efforts.

In recognition and celebration of his life, the Allan J Findlay Memorial Bursary was established by the Lions Club of Bright and the Rotary Club of Bright to assist young people in achieving their goals and thereby being able to give back to their community.

The hope is that this annual Bursary will not only remind us all of Allan and his extraordinary community spirit, but also of the continued need for others to engage with, and subsequently support their communities.



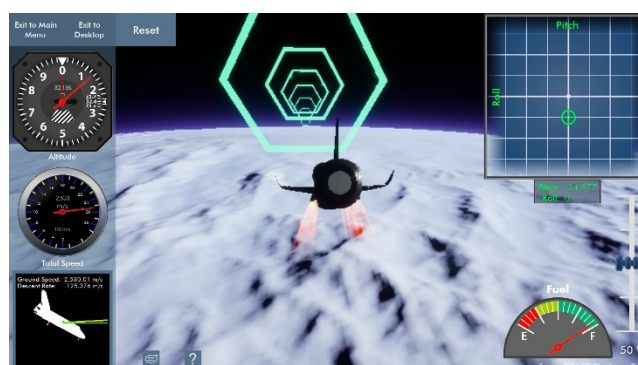
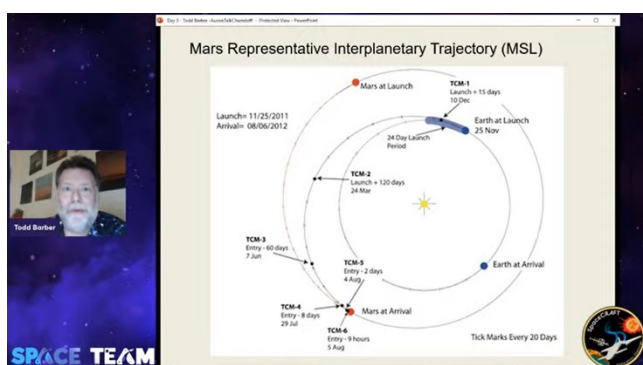
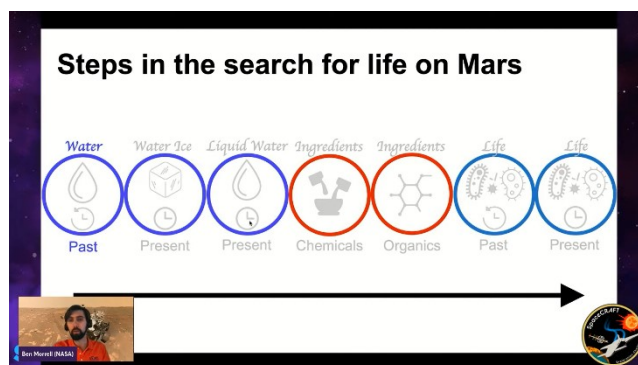
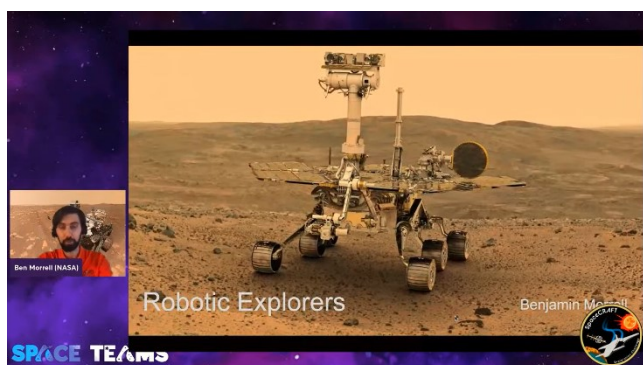
## SPACE TEAMS

Over the school holidays, eight students from Bright P-12 College joined a group of 150 young people worldwide who participated in an International Spacecraft Exploration Challenge.

Students spent six days on-line, designing and virtually exploring a planet, then designing a space station and finally, building a habitat on a remote planet.



Participants listened to presentations from former NASA astronauts and industry experts on topics including Mars robotic exploration. Using Live Chat, students were able to ask questions of the experts and learn more about their experience. At the end of their fascinating talks, presenters were asked for a key message for the young participants. While there were many inspiring quotes, one stand-out was from Todd Barber, Senior Propulsion Engineer, who spoke to students about Astrodynamics "There are no shortage of problems in the world. Find the problem you really care about and solve it."





# SANDPIT FUN AT LUNCHTIME

Students in our younger Primary classes came together during a sunny lunchtime to create a series of sand sculpture masterpieces. They worked hard and demonstrated a keen sense of teamwork as they challenged themselves to create this monster sand creation.



## COMMUNITY NOTICES

### JOB OPPORTUNITIES FOR STUDENTS

The Porepunkah Pub is seeking to increase their team across the food preparation and service areas of their business.

They are offering above award wages, including all penalty rates under the Hospitality Award, flexibility with rosters regarding days and hours and other perks and incentives. The team at the Porepunkah Pub empower and support each other in a wonderful environment for any person wanting to begin or continue their casual employment in the hospitality industry.

For more information, please contact Jodie at the Porepunkah Pub on 03 5756 2111.

### WE ARE HIRING

She N He Hair Design are looking for an enthusiastic, friendly junior aged between 15 - 17 to work after school hours Tuesday to Friday - approximately 10-12 hours a week.

Duties will include but are not limited to:

- greeting clients
- sweeping the floor
- making tea and coffee
- general cleaning
- customer service

Please contact Kerry if you are interested or have any questions - 0439209822



100% subsidised  
Certificate III in Hospitality

## Traineeships

These can be completed either while continuing school, or by those interested in starting their careers.

**BENEFITS include:**

- Getting ahead of the game, with hands-on experience
- Earning as you're learning (full above-award wages!)
- Claiming your place in Australia's world-class hospitality industry with an in-demand qualification (debt-free!!!) in hospitality management
- This specialist qualification provides a solid pathway to a wide range of occupations and/or further studies, where your true potential can shine.

Hospitality traineeships are much more than just making coffees and serving customers. You'll be working (and earning!) in a real business to learn the ins and outs of how a business operates, learning real skills on-the-job, AND working towards a nationally recognised qualification!

Hospitality qualifications can take you all over the world!

**INTERESTED**  
in finding out more?

BeechworthBakery.com.au  
> Careers  
> Traineeships





## BIG YELLOW CAREERS AT

William Adams CAT

**COME AND WORK WITH ONE OF THE WORLD'S BEST BRANDS AND ENJOY OUTSTANDING CONDITIONS, BENEFITS, AND CAREER OPPORTUNITIES**

William Adams is Victoria and Tasmania's only official Caterpillar dealer.

You could become a qualified:

- Diesel Technician
- Boilermaker
- Auto Electrician
- Machinist

When you choose to do your apprenticeship with us, you're joining some of the best people in the industry. You'll learn your trade on world-class Cat® equipment in a safe work environment and enjoy other amazing benefits like:

- Above award wages plus overtime
- A full uniform (including overalls, personal protective equipment and steel capped boots)
- Your own subsidised Caterpillar tool kit worth over \$9000
- A Caterpillar passport which allows you to work for any Cat dealer around the world

So what are you waiting for? Talk to us about a William Adams apprenticeship today!

**TO VIEW OUR CURRENT VACANCIES AND TO APPLY, VISIT THE 'CAREERS' SECTION OF OUR WEBSITE, OR SCAN THE QR CODE**





**GET IN TOUCH TO FIND OUT MORE**  
(03) 9566 0700 | CAREERS@WILLIAMADAMS.COM.AU | WILLIAMADAMS.COM.AU

**LET'S DO THE WORK.™**

William Adams CAT

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# COMMUNITY NOTICES



## Positive Parenting Telephone Service

Our free 6 to 10 week program helps you to:

- have stronger, more positive relationships
- set rules and limits
- manage everyday behaviour problems.

Our program is for parents, grandparents and carers of children aged 2 to 12 years.

Participants complete a workbook and are supported by weekly 30 minute phone calls with a trained parenting educator.

All of this can be done from the comfort of your own home at a time that suits you.

 **1800 880 660**

This is a **FREE** service, and enrolments are taken all year round. Call us for more information or to enrol.



## Parenting Programs - Term 3 2022

\*There is no cost to attend these programs

**gateway health**  
People living well

Location	Program	Duration	When	Where	Register
Wodonga	Tuning in to Kids Emotionally intelligent parenting (2 - 10 years)	5 weeks	Fridays 12 August - 9 September 10am to 12pm	Gateway Health 155 High Street Training Room (G10)	Phone 02 6022 8888
Wodonga	Tuning in to Teens Emotionally intelligent parenting (10 years and over)	6 weeks	Tuesdays 9 August - 13 September 6pm to 8pm	Online via Zoom (Link will be provided)	Phone 02 6022 8888
Wodonga	Mother Goose (0 - 2 years)	Full term	Wednesdays 13 July - 14 September 10.30am to 11.30am	Gateway Health 155 High Street F11A & B	Phone 0457 279 796
Wangaratta	Tuning in to Kids Emotionally intelligent parenting (2 - 10 years)	5 weeks	Wednesdays 17 August - 14 September 9.30am to 11.30am	Gateway Health 45-47 Mackay St Nissen Hut - Multi Purpose Room	Phone 02 6022 8888
Lavington	Mother Goose (0 - 2 years)	Full term	Fridays 22 July - 23 September 10.30am to 11.30am	Orana Community Centre 40 Cardo Drive Springdale Heights	Phone 02 6025 3988

For more information call 02 6022 8888 or email [parenting@gatewayhealth.org.au](mailto:parenting@gatewayhealth.org.au)

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## Parenting information sessions - Term 3 2022

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2 hour sessions - Bookings are essential

The Power of Positive Parenting (From the Triple P International)	Adolescent Parenting	Raising Resilient Children (From the Triple P International)
For parents and carers of children aged between 2 and 12 years	For parents and carers of children aged between 12 and 17 years	For parents and carers of children aged between 2 and 12 years
This session will provide information on: <ul style="list-style-type: none"> <li>• Building strong relationships with children</li> <li>• Good communication</li> <li>• Teaching children new skills</li> <li>• Predictable routines</li> <li>• Focussing on the positives</li> <li>• Positive environments</li> <li>• Expectations of children</li> <li>• Balancing family life</li> </ul>	This session will provide information on: <ul style="list-style-type: none"> <li>• Development of teenagers - impacts and challenges</li> <li>• How you can support your teenager's emotions and help them build resilience</li> <li>• Connecting with your teenager</li> <li>• Helping to problem solve</li> <li>• Family values</li> </ul>	This session will provide information on: <ul style="list-style-type: none"> <li>• Recognising and accepting feelings</li> <li>• Expression of feelings</li> <li>• Building a positive outlook</li> <li>• Developing coping skills</li> <li>• Dealing with negative feelings</li> <li>• Stressful life events</li> </ul>
Tuesday 2 August 10am to 12pm Gateway Health 155 High Street Wodonga Rooms F11A & B	Tuesday 26 July 6pm to 8pm Online via Zoom (Link will be provided)	Thursday 28 July 7pm to 9pm Online via Zoom (Link will be provided)

To book your place contact Andrea on 0457 279 796  
or email [parenting@gatewayhealth.org.au](mailto:parenting@gatewayhealth.org.au)

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