

# Jumbunnna

LALOR EAST PRIMARY SCHOOL NEWSLETTER

Issue Number 22

27 August 2019

## From the Principal

### Thank you!

A **HUGE** thank you to the 50 parents who took the time to complete our 2019 Parent Opinion Survey! We are very grateful that we now have enough completed surveys for this data to be included in our School Review in term 4. We will share the data with you once the collating has happened.

A special thank you to Manal Ghaly for setting up computers in room 2 so parents could complete the surveys. You are **SUPER STAR** Manal!

### Friendships

Being a child should be the best years of our lives. At least that's what the adults think! Being a child can be complicated. There is so much information to process and so many new things to learn.

One of the most difficult spaces to navigate is that of developing strong, positive, nurturing friendships. It can be very challenging at times. One day someone is your best friend and then the next day, they don't seem to like you. It is all very confusing. Sometimes we expect children to have the same skills that we have developed over many years and unless we take the time to talk to them and help expand their skills, this won't ever happen.

This is something girls particularly seem to struggle with and as the mother of two girls I have dealt with this first hand. I have included an informative article from the Parenting Ideas Team about how to help girls develop the skills to survive and thrive on the roller coaster that is friendship.

## Girls with Attitude

At LEPS we try to develop the whole child, not just focus on academics. Sometimes to boost the academics, we need to boost our feelings of self worth. When we feel good about ourselves and believe in ourselves, we can achieve so much more. Feeling good about ourselves is particularly relevant for young girls who are bombarded with thousands of images of how we are all supposed to look and behave.

To help combat the 'lies' that the media portrays, we have been running a fantastic program for a small group of our 5/6s girls called Girls with Attitude. I have been fortunate to be included in the group this term which Adrian Parisi has been running. Even though we have only had three sessions so far, I can already see a shift in confidence in the girls and I have been loving how open and honest they have been about their feelings and emotions. I wish I had been able to be part of such an amazing program when I was in high school. It would have stopped many a self doubt I had about myself growing up.

But don't worry, we are not just running this program for our girls, we know boys also face similar challenges and Adrian will be running a similar program for the boys in term 4 so they can grow up to be strong, confident and respectful males.

## Happy Father's Day

Wishing all our Dad's, grandfathers, uncles, big brothers and other significant males an incredible Father's Day for Sunday 1 September. We hope you are thoroughly spoiled. Maybe you might be the lucky winner of our wonderful raffle first prize, a new barbecue!

Linda Richards



LALOR EAST  
PRIMARY SCHOOL

January						
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## UPCOMING EVENTS

### Thursday 29 August

Fathers' Day Stall  
(main selling day)

### Friday 30 August

Fathers' Day Stall  
(leftovers) Lunch Time

Girls Futsal

Lalor Division

Championship 2019

9am-3:30pm



### Friday 6 September

Boys Futsal

Lalor Division

Championship 2019

9am-3:30pm

### Wednesday 18 September

JSC Out of Uniform Day

Mini Fete

11:30am - 1:30pm

## 2019 TERM DATES

**Term 3**

15 Jul - 20 Sep

**Term 4**

7 Oct - 20 Dec



### When relationships go wrong for girls by Collett Smart

Girlhood relationships are so important, yet they can be both wonderful and awful in the same week. A friendship fallout hurts, but children need to know that arguing doesn't have to be the end of the friendship. Developmentally, some squabbling is vital because it helps kids learn about respectful conflict resolution. Here's how parents can help at these difficult times:

#### Listen to their story

When inevitable conflict arises, girls can often get caught in a 'rumination loop' replaying the scene over in their minds, like a song stuck on repeat, which makes things feel catastrophic. As a girl's brain is still learning how to interpret some responses, she may be misinterpreting a friend's words or signals. If this is the case, ask her to look for evidence to support her interpretation. Suggest your daughter talks to her friend privately in an assertive way. Help her plan the conversation beforehand, starting with 'I' words, which encourage her to own her feelings. She could say, 'I felt let down when ...' Model apologies at home. Help her think of ways to say, 'I'm sorry. Can we fix this?'

#### Discuss the shifting nature of friendships

Relationships don't always last. As girls grow their tastes and interests change. They want to explore the possibilities of new people and activities. This often leads to hurt when one girl is not ready for a shift.

Parents can help by explaining that changes in friendships are a part of growing up (although never an excuse for meanness). Rather than simply dismissing a girls' feelings as silly, acknowledge the hurt and gently reassure her there are many new, interesting people she will meet.

#### Expand her village

Ensure your daughter has friends in a few settings - a neighbour, a team mate, a family friend. They can provide a different connection and helps girls realise they are not alone.

#### Discuss toxic friendships

Most girls will experience the pain of interacting with a toxic 'friend' during their school years. This type of interaction is called relational aggression and serves to damage a person's sense of social place. For instance, a girl may appear to be friendly but she may use passive-aggressive strategies such as gossip, ostracism and online exclusion. These actions can be very confusing, leading to feelings of shame and loneliness.

When not given healthy ways to express their pain, girls can often internalise their emotions in unhealthy ways like such as through self-harm, anxiety, eating disorders and self-loathing.

## When relationships go wrong for girls continued by Collett Smart

### Allow her to express hurt

Allow your daughter the chance to process pain, vent or cry when they are hurting. Adults may not be able to change a toxic person's behaviour, but shouldn't underestimate the power of listening and being available. Don't assume that you know what your daughter needs. Rather ask, "What do you need from me in this situation?" When a relationship problem escalates it may need to be taken to the school for further intervention.

### Provide growth opportunities

Help your daughter develop the skills for developing healthy friendships. Explicitly teach your daughter to think about what compassion, kindness and empathy look like in a friend and helps her recognise what it means to be a good friend herself.

Helping girls manage friendship issues can be exhausting so parent self-care becomes a priority during these times. Girls benefit enormously from having a caring, emotionally healthy adult in their lives who can support them and help them process their thoughts and emotions when peer relationships turn sour.



### Collett Smart

Collett Smart is a psychologist, qualified teacher and author of '[THEY'LL Be OKAY: 15 Conversations To Help Your Child Through Troubled Times](#)'. Collett has over 20 years' experience in private/public schools, as well as in private practice. She appears regularly in the media as an expert in teen and family issues, has delivered psychology seminars worldwide and is an Ambassador for International Justice Mission Australia.

## OFFICE NEWS

**Office hours are 8:30am-4:00pm**

**Change of Details**

Parents if you have any change of address, phone numbers, work details or numbers, could you please let the office know.

**Student Banking**

**Parents please ensure** that the deposit slip is fully completed by you e.g. name, account number, student number and amount as we are unable to process payments with incomplete information.

**Spare Uniform**

Please consider putting extra clothes in your child's bag for the winter months in case of any accidents that might occur due to wet weather.

**Payments**

**Parents please ensure** all payments are to be placed in a school envelope with your child's permission note. This is to be handed to your child's teacher, not the front office.

## BREAKFAST CLUB

**Breakfast Club has moved!**

Breakfast Club has relocated to the foyer of the Multipurpose Centre in the canteen section. But don't worry, everything else is still the same!

Breakfast Club is open each morning from 8:30 to 9:00 am. We provide a **FREE** breakfast of toast, cereal and fresh fruit for students and their family. So come along and enjoy a nourishing breakfast before school begins.

We thank and appreciate the ongoing support from Foodbank Victoria, Bakers Delight Mernda Village, Christina Bakery, Semper Dental and Fare Share.

Amanda Einsiedel  
Breakfast Club Coordinator

## STUDENT SAFETY

We continue to be concerned by the safety of our students at the front of the school as a result of our parents not following basic road rules.

Help us to keep our children safe by:

- 1) Ensuring they only cross at the crossing
- 2) Travelling in one direction along Cleveland Street and not doing U-Turns and blocking the flow of traffic
- 3) Not parking on the crossing or in NO STANDING zones.

These are just three of the things I have seen our parents do recently. The Whittlesea Council and Police are aware of our concerns and are monitoring the situation. Some parents have already received infringements notices for not following the rules and risking the lives of our students.

I ask that all members of our community to please show **COOPERATION**, **CARING** and **RESPECT** when using Cleveland Street.

**SAVE THE DATE:**

Wednesday 18 September

**School Mini Fete**

Time: 11:30am - 1:30pm

Save your coins to spend and help us raise money for new furniture for our new school buildings

**LEPS MINI FETE**

**Wednesday 18 September 2019**

For our School Mini Fete this year, the students in grades 5/6 Pobjoy/Aitken would like to have a 'Trash and Treasure' stall.

We are asking for any preloved items to sell at the Mini Fete.

We will accept any of the following items; toys, books, comics, magazines, CDs, DVDs, costume jewellery or games.

We cannot accept clothes, shoes, hats nor any damaged items.

# Student of the Week



*Congratulations to these students for receiving a  
Student of Week award yesterday at assembly*

**Prep / Mrs D** Andrew

**Prep / Natalie** Hassan

**1/2 Karen** Kurt, Rhea, Louis

**1/2 Steph Chan** Hakan

**3/4 Hewison/Kassos** Lana

**5/6 Kristian** Bojana

**5/6 Jones** Naif

**5/6 Pobjoy/Aitken** Kevin & Lachlan

**OHSC** Sasha

## Commonwealth Bank Awards



Well Done on your latest banking reward:

**Luca**

# Grade 4 Pen Licences

Congratulations to the following students from Grade 4 who have been awarded their Pen Licence; Mia, Zayn and Raffy



## Fathers' Day Stall

**Thursday 29 August**

Fathers' Day Stall  
(main selling day)

**Friday 30 August**

Fathers' Day Stall (leftovers) Lunch  
Time



## Fathers' Day Raffle

Fantastic Prizes to be WON!

Tickets \$1.00 each or 6 for \$5.00

Raffle will be drawn

Thursday 29 August

You can purchase extra tickets at the  
office

# Maths Talk this week

## The Orange Challenge - Grade 5/6C

Grade 5-6C students were presented with an orange and asked to brainstorm what attributes can be measured for the orange. Some suggestions we came up with were:

- capacity • mass • weight • volume • circumference • surface area.

In groups of 2 and 3, we were asked to choose an attribute to investigate and discussed how we would measure our attribute. We then created a poster on the equipment and the procedure we used.



*We were Mathematicians by using a measure tape to measure the orange peel accurately and knowing how to convert to mms and metres - Jennifer & Rachel*

*Today I discovered that I can weigh the orange on a digital kitchen scale. It was 245 gms. We also cut up 1/3 of the orange to weigh it. Ms Lauren challenged us to find the weight of a 3kg bag - Atakan & Siobhan*

*I was a Mathematician by using the guess & check strategy to work out the weight of the orange. I also discovered that a little thing like juice can affect the weight of an orange - Ibrahim*

*Today I found this Maths lesson a successful session because everyone knew what they had to do & we all used the instructional model. I helped my peers and used logic to explain my thinking - Datl*

*I discovered that you can measure the circumference of an orange by going around it. You can measure so many attributes of an orange - Andrew*

*I was a Mathematician by using estimating the length of the orange peel first and then measuring it - Baneen*

# Schoolwide Positive Behaviours



Name the Shop Winners;  
Joued runner up & Wissam winner

## EASTLAND

Where the caring, cooperative, honest and respectful students go.

I strongly agree with the items we need to follow. Lana

I like the final draft, it's looking great. Tala

I like how you added lots of detail. Ruby

I agree students should not play in the toilets (respect). Helen

### SWPBS INFORMATION FOR PARENTS

Here is a copy of the Behaviour Matrix that has been developed collaboratively with the staff and student leaders. The SWPBS Behaviour Matrix is a chart that clearly communicates the school's expectations for positive behaviours in various school environments. The purpose of a behaviour matrix is to identify and display positive behaviours that meet behavioural expectations across all school contexts and settings. The grade 3 / 4 students have provided feedback on the matrix and were generally very impressed.

I agree everyone needs privacy. Sam

It is appropriate because it could help people. Janna

It's good to see rules for the school. Xzavier

Can the big area spider web be bigger. Joued

I agree that we need to look after our toilet facilities. Hadeya

# BEHAVIOUR MATRIX

	 <b>All settings</b>	 <b>Transitions &amp; Assembly</b>	 <b>Offices</b>	 <b>Toilets</b>	 <b>Oval/Playground</b>	 <b>Online</b>
<b>Respect</b>	<ul style="list-style-type: none"> <li>I always follow teachers instructions</li> <li>I always use my manners eg. please, thank you, excuse me</li> <li>I respect people's beliefs, customs and opinions</li> <li>I speak politely</li> <li>I treat everyone fairly</li> <li>I wear my uniform correctly</li> </ul>	<ul style="list-style-type: none"> <li>I walk to assembly</li> <li>I remove my hat or beanie before the anthem begins</li> <li>I stand for the anthem</li> </ul>	<ul style="list-style-type: none"> <li>I wait patiently</li> <li>I stand back to respect people's privacy</li> <li>I knock on doors or say "excuse me"</li> <li>I come back later if a meeting is in progress</li> </ul>	<ul style="list-style-type: none"> <li>I respect people's privacy</li> <li>I use the correct toilets (p-2) (3-4)</li> <li>I use the toilets correctly</li> </ul>	<ul style="list-style-type: none"> <li>I listen to the referee and yard duty teacher</li> <li>I use playground equipment properly</li> <li>I stay within the boundaries</li> </ul>	<ul style="list-style-type: none"> <li>I use appropriate language and images online</li> <li>I ask permission before posting images online</li> <li>I respect other people's opinions/privacy</li> <li>I use and return devices correctly.</li> </ul>
<b>Caring</b>	<ul style="list-style-type: none"> <li>I celebrate the success of others</li> <li>I help people when they are hurt or sad</li> <li>I share school equipment</li> <li>I support and encourage my peers</li> <li>I care for school property, buildings and environment</li> <li>I keep my hands and legs to myself</li> </ul>	<ul style="list-style-type: none"> <li>I walk past classrooms and offices quietly</li> </ul>	<ul style="list-style-type: none"> <li>I welcome all students, families, visitors and staff</li> <li>I use my inside voice</li> </ul>	<ul style="list-style-type: none"> <li>I walk to the toilets</li> <li>I keep the toilets clean</li> <li>I wash my hands and turn off taps</li> <li>I flush the toilet</li> <li>I place paper towels in the bin</li> </ul>	<ul style="list-style-type: none"> <li>I share the space with others</li> </ul>	<ul style="list-style-type: none"> <li>I am positive in my discussions</li> <li>I care for other players and encourage them</li> </ul>
<b>Cooperation</b>	<ul style="list-style-type: none"> <li>I am willing to work with all other people</li> </ul>	<ul style="list-style-type: none"> <li>I use the correct door when entering and exiting</li> <li>I keep to the left when walking in the corridor</li> <li>I keep the hallways clean</li> </ul>	<ul style="list-style-type: none"> <li>I lend a hand if a job needs doing</li> <li>I hand money and notes in on time</li> </ul>	<ul style="list-style-type: none"> <li>I go with someone responsible</li> <li>I stay with my partner</li> <li>I try to go during break times</li> </ul>	<ul style="list-style-type: none"> <li>I encourage others</li> <li>I share the slides and the monkey bars..</li> <li>I take turns</li> <li>I go to line up when the first bell rings</li> </ul>	<ul style="list-style-type: none"> <li>I work with my team and share the workload</li> </ul>
<b>Honesty</b>	<ul style="list-style-type: none"> <li>I always tell the truth</li> <li>I include all of the details of the event</li> <li>I take responsibility for my actions</li> </ul>	<ul style="list-style-type: none"> <li>I go directly to where I was instructed to go and return promptly</li> </ul>	<ul style="list-style-type: none"> <li>I hand in money and other items that are not mine</li> </ul>	<ul style="list-style-type: none"> <li>I report any damage</li> <li>I only go to the toilet if I really need to</li> </ul>	<ul style="list-style-type: none"> <li>I listen to others to solve conflict</li> </ul>	<ul style="list-style-type: none"> <li>I am truthful about what I am posting</li> <li>I block and report anyone who is unkind</li> <li>I tell my parents what I am doing online and with who</li> </ul>
<b>Personal Best</b>	<ul style="list-style-type: none"> <li>I show our school values all the time</li> <li>I try my best in my work</li> <li>I ask for help if I need it</li> <li>I wear my uniform correctly</li> </ul>	<ul style="list-style-type: none"> <li>I move quickly between activities</li> <li>I am prepared when presenting at assembly</li> </ul>	<ul style="list-style-type: none"> <li>I am an efficient monitor by doing jobs quickly</li> </ul>	<ul style="list-style-type: none"> <li>I return to class quickly to avoid missing learning time</li> </ul>	<ul style="list-style-type: none"> <li>I try hard to follow the rules of the game</li> <li>I use equipment safely</li> </ul>	<ul style="list-style-type: none"> <li>I access age appropriate web content</li> <li>I keep to a time limit when online</li> <li>I finish my online activities an hour before going to bed</li> </ul>

A copy of rewards chart has been included in the Jumbunna. The chart has a list of different experiences the students can save their points up for. Some students are saving their points up to 150 so they can pick the music played when the bell goes.

# REWARDS CHART

<b>30</b>	<ul style="list-style-type: none"> <li>Choose a book to read to the class</li> <li>Sit in the teacher's chair for an hour</li> <li>Free lunchtime computer pass</li> </ul>
<b>50</b>	<ul style="list-style-type: none"> <li>Ipad or computer time for 30 minutes in class</li> <li>20 minute game outside with the whole class</li> <li>Read a book to the Preps</li> </ul>
<b>70</b>	<ul style="list-style-type: none"> <li>Half hour class game</li> <li>Whole class enjoy background music for 30 minutes</li> <li>Help Sharyn in the library for an hour- time negotiated with teacher</li> </ul>
<b>100</b>	<ul style="list-style-type: none"> <li>15 minutes free time for the whole class</li> <li>Help Preps for an hour – timing agreed with teacher</li> <li>Office assistant for 45 minutes-time agreed with teacher and office staff</li> </ul>
<b>150</b>	<ul style="list-style-type: none"> <li>Wear casual clothes for the day</li> <li>Make announcements on the PA for the day</li> <li>Pick the song before the bell – needs to be appropriate</li> </ul>
<b>200</b>	<ul style="list-style-type: none"> <li>Extra session of Art for you and a friend- time agreed with teachers</li> <li>Help out in the Oral Language room – negotiated with teachers involved</li> <li>Visit another class for 30 minutes – time agreed with both class teachers</li> </ul>
<b>250</b>	<ul style="list-style-type: none"> <li>Wear your casual clothes for the week</li> <li>You can be the teacher for one hour</li> <li>Special job at assembly</li> </ul>
<b>300</b>	<ul style="list-style-type: none"> <li><b>2 students</b> from your class can combine points to choose a sports game for the whole class for 1 hour</li> <li>Use the Art room for you and a friend during lunchtime – negotiated with teacher</li> <li>Free time for 45 minutes in class –timing agreed with the teacher</li> </ul>
<b>350</b>	<ul style="list-style-type: none"> <li><b>3 students from your class can combine points</b> to choose free play for the whole class for 1 hour in an area of their choice-teacher agreement needed</li> <li>You can be the Assistant Principal for 2 hours</li> </ul>
<b>400</b>	<ul style="list-style-type: none"> <li><b>2 students</b> from your class can combine points to choose a longer lunchtime for the whole class (15 minutes)</li> <li><b>2 students</b> from your class can combine points to choose a movie afternoon for the class with popcorn</li> </ul>
<b>450</b>	<ul style="list-style-type: none"> <li><b>3 students</b> can combine points from your class to choose 1 hour Technology Time for the whole class- negotiated with teacher</li> <li>You can be principal for two hours</li> <li><b>3 students</b> from your class can combine points to choose to use the Gym for half an hour at lunch time – negotiated with Mr Sharples</li> </ul>
<b>500</b>	<ul style="list-style-type: none"> <li><b>3 students</b> can combine points from your class to get a Casual Dress day for your class</li> <li><b>3 students</b> can combine their points to choose to have lunch with Linda and Scott</li> <li><b>3 students</b> can combine points to choose a class party – negotiated with teacher</li> </ul>

# CHILD SAFE STANDARDS

## Information for Families

Lalor East Primary School will act to protect children from abuse and build an environment where children feel respected, valued and encouraged to reach their full potential. We do this by providing a culture of child safety embedded throughout our school so that child safety is part of everyone's everyday thinking and practice. This culture has been achieved through proactive leadership in demonstrating the appropriate values, attitudes and behaviours of Lalor East Primary School.

Our child safe environment is the product of a range of strategies and initiatives. At Lalor East Primary School, we foster a culture of openness, inclusiveness and awareness. Children and adults know what to do if they observe or are subject to abuse or inappropriate behaviour.

All staff and volunteers must consider the safety of all children, and recognise the importance of cultural safety for Aboriginal children, cultural safety for children from culturally and linguistically diverse backgrounds and the safety of children with a disability.

### OUR COMMITMENT TO CHILD SAFETY

#### Lalor East Primary School:

- has zero tolerance for child abuse
- actively works to listen to and empower children
- has systems to protect children from abuse, and will take all allegations and concerns very seriously and responds to them consistently in line with the organisation's policies and procedures
- is committed to promoting physical, emotional and cultural safety for all children
- is committed to providing a safe environment for all children.

### CHILD SAFETY OFFICER

Linda Richards (School Principal) is our designated Child Safety Officer.

### SUPPORTING DOCUMENTS

Copies of the following documents can be accessed from our website or our school office

- Protecting Children from Abuse - Information for Parents & Carers
- Child Safe Policy
- Child Safe Code of Conduct
- Mandatory Reporting Policy.

School website: [www.laloreastps.vic.edu.au](http://www.laloreastps.vic.edu.au)

Click on the School Tab and then Child Safe Link to access the policies listed above

# ARE YOU GOING ON CAMP?

*\$50 (cash only) deposits due*

# NOW



*for*

## The Portsea Camp

## 24 – 26 Feb 2020

**TOTAL COST OF CAMP IS \$320**





Life Skills  
Creative Time  
New Experiences  
Construction & Manipulative Play  
Outdoor Play Time  
Homework & Quiet Time

To book, visit:  
[www.campaustralia.com.au](http://www.campaustralia.com.au)  
or call 1300 105 343



# SUPERHERO

## SCHOOL HOLIDAYS



### Are you ready for an epic adventure?

This Spring, we've got a brave, bold, exciting line-up of activities. Book into an experience that will bring out the superhero in all children, join us at

## Superhero School Holidays!

Your kids will experience fun workshops and activities to build their superhero characters from concept to reality. They'll create their costumes in *Masks & Magic*, bowl away the baddies in *Strike Force!* and complete their first superhero mission in *Operation: Rescue*.



**Masks & Magic**



**Operation: Rescue**



**Strike Force!**

**Book now.** To find out when these activities are on during the school holidays and join in the fun, visit: [www.campaustralia.com.au/holidayclubs](http://www.campaustralia.com.au/holidayclubs).

Plus, every attended booking gets an entry into our competition. Your family could be on your way to the theme parks in the Gold Coast. See our website for more info.

We look forward to seeing you at **Superhero School Holidays**.

The Camp Australia Team

Conditions apply, see <https://www.campaustralia.com.au/promotion-terms-and-conditions>. AU res 18+. Starts: 9/8/19. Ends: 11:59pm AEDST 20/10/19. 1 entry p/session p/child booked. Child must attend session for entry to be valid. Draw: 55 Erina Plaza, 210 Central Coast HWY, Erina NSW 2250 at 10am AEDST on 22/10/19. Winners at [campaustralia.com.au/families/holidayclub](http://campaustralia.com.au/families/holidayclub) (& The Advertiser for any SA winners) on 25/10/19. Prizes: 1x trip for 2 adults & 2 children (12yrs & under) to Coolangatta, QLD valued at \$6,600; & 8x \$500 travel vouchers. Promoter: Camp Australia Pty Ltd (ABN 96 060 703 120) of 1731 Malvern Rd, Glen Iris, VIC, 3146. Permits: NSW. LTP5/19/36128 ACT. TP19/03714 SA. T19/1121.

Safety • Meaningful • Innovative • Leadership • Education

we make kids smile



EXCLUSIVE OFFER

# BOYS SUIT PACKAGE

SELECTED SUIT SEPARATES

JACKETS \$69.95

TROUSERS \$29.95

SHIRTS \$29.95

BOYSTIES \$15.95

TOTAL VALUE \$148.80

**\$115**  
NOW

**SAVE \$30.80**

\*TSCs apply. In-store only. While stocks last, styles may vary. Cannot be used with any other offer. Offer can only be redeemed with 1pc. One \$100 per person. See store for more details.



## Tuning in to Teens

**A FREE 5 week Parent programme for parents and carers of young people aged 10 - 18 years**

Would you like to learn how to:  
 Be better at talking with your teen?  
 Be better at understanding your teen?  
 Help your teen learn to manage their emotions?  
 Help prevent behavioral problems in your teen?  
 Teach your teen to deal with conflict

**DATES:** Wednesday evenings 21st August - 18th September (5 weeks)

**TIME:** 6:00 pm to 8:00 pm (refreshments provided)

**WHERE:** Parentzone, 10 Hurtle St, Lalor

This 5 week programme provides a number of skills & strategies to help with everyday parenting challenges, based on emotionally tuned parenting

For bookings & enquiries contact:  
 Parentzone on 03 86418900 or 0458 550 071  
 parentzone.preston@anglicarevic.org.au



anglicarevic.org.au

BETTER TOMORROWS

July - November



2019

## LITTLE BIG TALK

**Free Speech Pathology Drop-in for residents of Whittlesea - for children under school age**

- Bring your child to the session if you have questions or concerns about your child's communication skills.
- For children aged birth to school entry.
- Limited number of spaces available. No appointment or referral is required; however, you may be required to wait, or asked to attend another date if the session is full.
- This session is intended for families who are not already engaged with, or on a waiting list for a speech pathologist or early intervention.
- If deemed appropriate, a Speech Pathologist will talk to you about ways to help your child's communication, and may refer you to another service.

When	Where (Drop-In Session)	Time
Tues 10 September	Epping Views Primary School	9.00am - 11.30am
Tues 26 November	Mernda Central College	9.00am - 11.30am



Education and Training



Lalor East Primary School

Junior School Council

# Out Of School Uniform Day

**And The MEGA Mini Fete**

**Wednesday 18 September**

**\$2 Donation**

Money raised will go towards **Eat Up;** an organisation that provides free snacks and lunch to schools across Victoria