



Ocean Outlook

166 Shara Boulevard, Ocean Shores 2483 P: (02) 6680 2766 F: (02) 66802764
E: oceanshore-p.school@det.nsw.edu.au W: www.oceanshore-p.schools.nsw.gov.au

10th May, 2019

Issue 2, Term 2

Principal's Report

Operation Dolphin - week 3

I am inspiring. I use the toilet during break times.

Coming Up!

Sun 12 May

- Mothers Day

Tue 14 - Fri 17 May

- NAPLAN online Yrs 3 and 5

Tue 14 May

- Farmers market 2G

Thur 16 May

- K-2 Environmental celebration assembly 1:45pm - 2:15pm
- K-2 Fun Run 2:15 - 3:15pm

Fri 17 May

- Headlands district cross country - see attached info
- K-2 Ditto show

Mon 20 May

- Book Club orders due

Tue 21 May

- Scripture/Ethics commence
- Maths Olympiad competition

Payments Due

Camp Goodenough deposit \$50

Book Packs \$20

Payments can be made via our school website.

I would like to wish all mothers and significant women in our children's lives a happy Mothers Day for Sunday. I have no doubt the children will spoil you (and you will appreciate your P&C organised gift).

Could families please remember to send \$2 to go to P&C to cover costs (and raise funds) in lieu of our traditional Mothers Day Stall? Thanks to those who already sent the money this week.

National Assessment Program Literacy and Numeracy (NAPLAN)

Next week students in Years 3 and 5 will participate in NAPLAN Online and I am aware of some anxiety associated with this.

While we encourage all children to do their best, it is important to emphasise that NAPLAN is a point in time assessment to provide information on what we do well and what we can improve on. It provides interesting information on literacy and numeracy for students, parents/carers and the school, but is by no means an exhaustive measure of student achievement and success.

If your child is participating in NAPLAN next week, please be sure to reinforce that it is to provide feedback to guide the school, it is not a competition or a pass/fail examination. It is certainly not worth becoming anxious about.

More information is available for families at: <https://www.nap.edu.au/>

K-2 Cross Country

The Cross Country Fun Run for those children who turn 5-7 will be held at the school on Thursday 16th May from 2.15pm. Families and friends are invited to cheer the children on. This will follow the K-2 Environmental Assembly which is in the hall from 1:45pm.

Stage 3 Boys and Girls Group Thanks

I would like to thank our two special visitors who donated their time and expertise for Boys and Girls Group today. Gayle Ratcliffe

(Occupational Therapist) and Dr Zewlan Moor (General Practitioner) volunteered to spend time with the Year 5/6 boys and girls and covered topics including personal care and puberty. This was of immense value to our students and an example of our wonderful community members sharing their time, expertise and interests for the benefit of our students!

Supervision before school

Families are reminded that supervision starts when teachers commence duty at 8.45am. Children should not be at school prior to this as we are unable to guarantee their safety. If they do arrive before this time, they are to sit sensibly on the silver seats in the eating area. Before and after school care is available through Rainbow Region Kids 0266217397 ext 134 or rrkassist@nrcg.org.au

Stewart House Fundraiser

Stewart House provides the opportunity for selected students to experience Sydney and is NSW Public Education's charity of choice. I have been fortunate to send dozens of students over the years and their feedback has been overwhelmingly positive. Children should bring home a donation drive envelope. Please consider returning this to school with \$2 (or more) by Friday 24th May to go into the draw to win a \$4000 holiday.

Sea Bin

Thanks to Isabel Borrelli from Primary Ethics, Pete Ceglinski from the Seabin Project visited OSPS yesterday. Pete shared his journey to raise awareness of and combat the issue of plastics polluting our oceans. I would urge all families to discuss Pete's presentation with the children, do what you can to minimise plastic usage and visit Pete's website: <https://seabinproject.com/> Thanks to Pete for sharing his time and message!

Continued over page...

Girls Soccer

Congratulations to our girls soccer team, who under the coaching of Ammie Doyle and guidance of Petria Essery, won both their games at yesterday's Gala Day. This puts the girls into Round 3 of the PSSA State Knockout competition.

Beachathon/Colour Run Wrap-Up

Emma is finalising the colour run. Please be sure to select prizes so they can be ordered and processed. We have raised a record amount of money to go

towards the new adventure playspace. Once prizes and administration costs are paid, it should be in the vicinity of \$8500! We are looking forward to presenting the prizes when they are received.

Check out the design brief children will be working on attached to today's newsletter.

Martin Gill
Principal



Our girls soccer team after their round 2 win.



Congratulations to Ben and Archer McCallum who have been selected in the under 11's north coast region rugby league team to compete at the state carnival.

Far North Coast Dance Festival

The senior, K-2 and stage 2 dance groups have been selected to perform at the Far North Coast Dance Festival on Tuesday 4th June at The Gold Coast Arts Centre at 7.00pm.

Notes have been sent home outlining the details. Please return permission notes and money to the office by Friday 31st May.

Tickets are on sale now!

Bookings Gold Coast Arts Centre 07 55884000 or go online at <https://hota.com.au/>

Adult \$25.00

Concession \$15.00

Children (U15) \$15.00

Bundjalung word of the week

Bowie



Whale

Canteen Update

The students, teachers and any other lucky people whom visited the school last Friday were fortunate enough to smell the flavours of the world coming from the canteen.

A massive thank you to Nadine, Lydia, Luanne and Barbara for their efforts in cooking up a months' worth of food for our students. We will be having another cook up so please do help.

The new menu is out and you should have received it. If not pick one up from the front reception.

We are working on a sign-up data base for people to volunteer to assist in the canteen. We are asking all

parents to volunteer once a year- this would keep the canteen open, otherwise it will have to close. So, if you haven't got your name and number down with Nadine please do. Her number is 0432418130.

A big shout out to Food Culture in Ocean Shores for giving us some free produce.

A lot of the ingredients were sourced locally from the school's garden as well as our local community.

ENJOY our new winter Menu!

#healthy food = #healthy kids= # happy kids=

#happy parents= #happy and healthy community!!!

Bell times Tuesday - Thursday (NAPLAN)

To accommodate NAPLAN next week there will be a change to the normal bell times as follows:

Session 1: 9:15am - 11am

Recess: 11am - 11.25am

Session 2: 11.25am - 12.55pm

Lunch: 12.55pm - 1.45pm

Session 3: 1.45pm - 3.15pm

SeaBin Project Presentation





The Canteen Menu

Term 2 2019 - Commencing Week 2, 2019

COLD FOOD

Sushi

- Tofu Pockets	\$ 2.00
- Avocado (GF, DF)	\$ 3.50
- Tuna (GF)	\$ 3.50
- Tuna & Avocado (GF)	\$ 3.50
- Chicken Teriyaki	\$ 3.50

RICE PAPER ROLLS

- Teriyaki Chicken & Vegetables	\$ 3.50
- Vegetarian	\$ 3.50

All served with soy sauce (not GF).

Tamari available from canteen if required.

Please pre-order all sushi, tofu pockets & rice paper rolls

Order by Thursday 3.15pm.

Place your order in the SUSHI BOX located in office

WHOLEMEAL SANDWICHES (LIGHTLY BUTTERED)

- Cheese or Vegemite or Honey	\$ 2.20
- Egg, Lettuce & Mayonnaise	\$ 3.00
- Salad Lettuce, Tomato, Cucumber, Carrot	\$ 3.00
- Ham, Tomato & Cheese	\$ 3.50
- Tuna with Mayonnaise	\$ 3.50

WHOLEMEAL WRAPS

- Salad	\$ 3.50
- Chicken & Salad	\$ 4.50
- Ham & Salad	\$ 4.50
Mexican Bean Wrap (GF, VEG)	\$ 4.50
Gluten Free Bread or Wraps Extra	\$ 1.00

All Sandwiches & Wraps can be toasted.

Please mark this clearly on your order form.

HOT FOOD

Burgers	
- Cheese Burger Homemade Beef Patty	\$ 4.50
- Chicken Burger Pan Fied Chicken Breast	\$ 4.50
- Vegie Burger Homemade Vegie Patty	\$ 4.50
Gluten Free Bread Roll Extra	\$ 1.50
<i>All Burgers served with Lettuce, tomato, cheese, mayonnaise & tomato sauce</i>	
<i>BBQ or Sweet Chilli sauce available on request.</i>	
Butter Chicken Curry	\$ 5.50
Vegetable Curry	\$ 4.50
Beans on rice	\$ 4.50
Rice	\$ 2.00

PIZZA

Margherita	\$ 3.50
Ham & Pineapple	\$ 4.00
Gluten Free Pizza Base Extra	\$ 1.00

PASTA

Napoletana (GF, VEG)	\$ 4.50
Bolognese (GF)	\$ 5.00
Gluten Free Pasta extra	\$ 1.50

HOT ROLLS

- Cheese and Spinach Roll FULL	\$ 4.20
- Sausage Roll FULL	\$ 3.80
- Gluten free Organics Steak Pie	\$ 5.40
- Chicken Mornai Pie	\$ 4.50

SOUP

Pumpkin Soup (GF, VEG)	\$ 4.00
<i>(Served with a wholemeal dinner roll)</i>	
Gluten Free Roll Extra	\$ 2.00
Tomato Sauce Extra	\$ 0.20

DRINKS

- Just Juice Poppers	\$ 1.70
<i>(Apple, Apple & Blackcurrent or Paradise Punch)</i>	
- Plain Milk	\$ 1.50
- Chocolate Milk	\$ 2.00
- Banana Smoothie	\$ 3.00
Rice Milk Available Extra	\$ 1.00

SNACKS

- Red Rock Deli Chips	\$ 1.50
- Popcorn	\$ 1.00
- Muffin (GF)	\$ 1.00
- Frozen Yoghurt	\$ 2.50
- Frozen Pineapple Rings	\$ 0.50
- Juicies	\$ 1.00
- Fresh Fruit	\$ 0.30
- Custard Cups	\$ 1.00
- Biscuits	\$ 1.00
- Picklets	\$ 1.00
- Jelly & Fruit	\$ 1.00

(These items can be purchased at the canteen during Recess and Lunch. They are not available for pre-order).

Ocean Shores Public School Adventure Playspace – It's time to get designing and have some FUN

Thanks to some serious fundraising and the support of our wonderful P&C, all classes are invited to put forward a design for our new adventure playspace. Be creative.

Purpose:

- Provide an interactive, fun and challenging area for students to enjoy
- Encourage physical activity, strength, coordination and skill development
- Provide a variety opportunities for many students to access and enjoy the area at once
- Have a variety of challenges in an appealing, outdoor setting.

Considerations:

- Size – has been determined by available playground space (see drawings)
- Budget – to date P&C has pledged \$30,000. Phase 1 including shaped mound, pipe, balustrade and softfall will cost approximately \$15,000, so there will be another \$15,000 to spend. (Note, further fundraising will result in additional money.)
- Materials – consideration should be given to cost, safety and longevity of materials.

Safety:

- All work must comply with Playing Safe Guidelines:
<https://www.kidsafensw.org/imagesDB/wysiwyg/playing-safe.pdf> (note there are very clear guidelines regarding fall heights)
- Banned equipment - Swings: All types, including swinging ropes and tyres; Seesaws Roundabouts (carousels) Maypoles; and Flying foxes
- The agreed-upon proposal must be signed off by the principal and the Department's Asset Management Unit
- Supervision of students using the equipment is important – so there should be no climbing points/potential hazards behind the mound (out of view)
- There must be no places for children to get stuck and consideration should be given to avoiding places for dangerous insects or animals to hide.

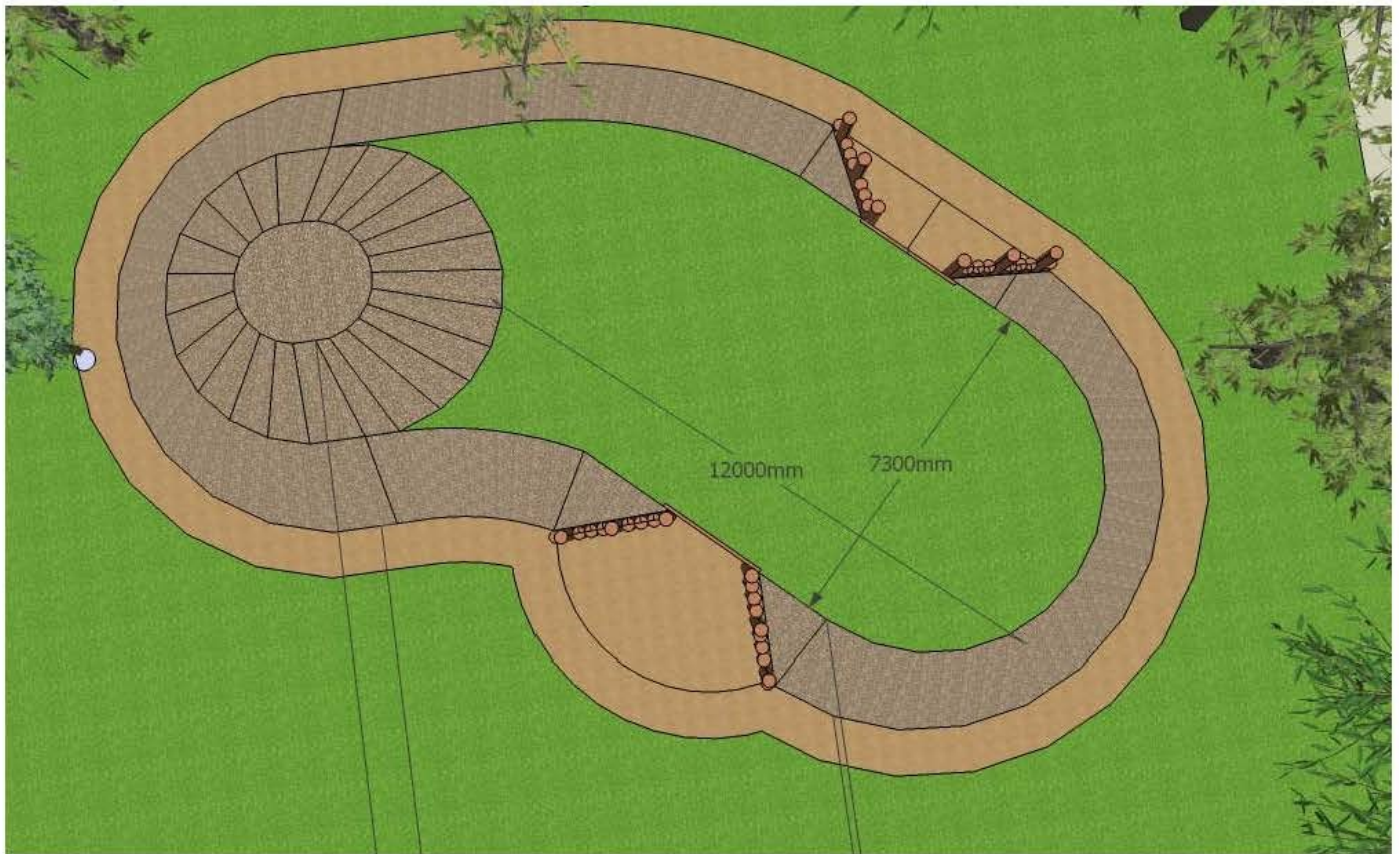
Presentations:

- These may be in the form of drawings, 3D models/dioramas, or through computer software
- Will be assessed by a panel comprising of Rob, Mr Gill, teaching staff rep, parliamentarian rep and P&C rep.

Proposed timeline:

- Week 2 – Rob/Mr Gill to meet with stages at play equipment site to explain scope
- Weeks 2-7 classes and/or individuals work on proposals. Shaping of mound, balustrades, turf and softfall will be installed
- Week 8 – classes decide on entry (or combination of entries) to go to panel
- Week 9 – Panel considers entries, applies guidelines and drafts proposal
- Week 10 – Proposal share with school community.

Note: Once the proposal is priced up and agreed to by Asset Management, work may commence. We are hoping to secure more money over time, so some of the work may be delayed for phases 2 and 3.







Mindfulness

MINDFULNESS UPDATE

School Mindfulness

- This Term the lucky class of 5/6 R will be participating in the 8 week mindfulness course. Parents, watch out for weekly home plays and get your kids to teach you what they have learnt.

Upcoming Adult 8 week mindfulness course

- The next adult course will begin this term week 3 on Thursday the 16th May and will continue for 8 weeks on a Thursday until the 4th July. There are medicare rebates available. Please email barb@ohrs.com.au

By Barbara underwood

Term Two Week 2 2019

Hello Mindful Community. Did you manage to look up Big Life Journal and set up automatic print sheets to be sent to your email? If not give it a go, it's so helpful.

So this week class 5/6 R commenced their very first week of mindfulness. We discussed the brain parts responsible for memory (hippocampus or hippocampus) stress (amygdala or the guard dog) and the pre frontal cortex (the wise old owl responsible for logical reasoning and making good decisions. When we are stressed we are not able to make good choices so we must learn how to self regulate our emotions. We practiced calming our minds and bodies through mindful listening. The class did great. I could see their brains growing right in front of me!!!

NAPLAN is coming up and students may feel anxious- please see attached Mindfulness meditation to read to your child before the test to help them get out of their Amygdala(fight or flight centre) and into their pre frontal cortex.

Mindful Test Taking

Raise your hand if you have ever taken a test. Raise your hand if you want to tell me how you feel when you take a test.

Take answers. Often, they will identify nervous, afraid, wanting to do well, etc.

Yes, and do you think mindfulness could help with those feelings? Today, we're going to learn how to be mindful for tests.

Testing Scenario Get your mindful bodies on and let your eyes close. Imagine you are taking a test. You are answering questions easily. Then you come to a question that is really hard. You know you learned it, but you can't remember now. Notice how you start to feel. It's a really hard question and you don't think you will be able to answer it. Without mindfulness, you might feel discouraged for the rest of the test. But imagine that when you reach that hard problem, instead of getting discouraged or frustrated, you remember to be mindful. Imagine yourself putting down your pencil and closing your eyes. You take a few deep breaths. You notice how your body is feeling and you keep breathing. You notice how your body feels and you keep breathing until you feel more calm. Then you open your eyes, you look at the problem again and your mind feels clear again. You continue your test and finish. Imagine putting your pencil down and feeling calm and satisfied.

Pre-test Calming – Mindful Meditation

Your class can also practice mindfulness before any tests. Let's imagine there is a big, important test today, and the whole class and your teacher are feeling nervous.

Now, let your eyes close.

Sit comfortably.

"

Place your hands on your lap.

Open your ears. Ring bell. Listen carefully.

Raise your hand when you don't hear the sound anymore.

Place one hand where you feel the movement of your breath.

Take three slow, deep breaths...normal, natural, calming breaths.

Notice how your body feels.

If you feel anxious, nervous or tense notice where you feel that in your body.

If you feel anxious, breathe in one deep breath and as you breathe out, breathe out anxiety.

If you feel nervous, breathe in one deep breath and as you breathe out, breathe out nervousness.

If you feel tension in your body, breathe in one deep breath. As you breathe out, breathe out the tension.

Take your next breath imagining ease coming into your body.

Breathe calm into your body.

Imagine yourself taking your test with ease.

Imagine ease in your body and in your mind through the entire test.

Imagine putting your pencil down with ease at the end of your test.

Ring bell.

Wrap-up There are many times that we might feel nervous, anxious, frustrated or afraid. We can use mindfulness any of those times. And, the next time you are going to take a test, you can ask your teacher to read you the pre-test calming.

Journal 1. What are some feelings you have before, during and after tests? !2. Do you think feeling calm helps you do well on tests? Why? 3. What will you do next time you are having trouble answering a questions on a test, or feeling nervous about a test?



Community announcements



the family centre TRIPLE P

Thursdays June 6-27, 10am-12.30pm
Ocean Shores Baptist Church

FREE



4 week parenting course for parents of children 2 – 12 years. Assists parents to build positive relationships with their children and create a stable, supportive and harmonious family. The course introduces proven methods to encourage behaviour you would like more of from your children and deal positively and consistently with problem behaviour.
NO COST

Bookings are essential please call 9am-12.30pm Monday-Friday
(02) 6686 4109 or email info@thefamilycentre.org.au



SAT 18 MAY 2019 10AM-3PM

THE KINSHIP FESTIVAL

A FREE EVENT FOR ALL FAMILIES

KNOX PARK - MURWILLUMBAH

CONNECT, SHARE AND PARTICIPATE IN THE WISDOM AND PRACTICE OF HEALTHY FAMILIES, STRONG VALUES AND VIBRANT COMMUNITY CULTURE

Free nature crafts and activities for kids all day
Create a giant sand, earth and ochre community sculpture
Join dance troupes from across the Bundjalung Nation in a celebration of kinship
Free Bush Tucker lunch - vegetarian option available
Live music with OKA
Indigenous market stalls

More info: kinship@mccentre.org.au 02 6672 3003 0431951162



The Kinship Festival is a drug and alcohol-free event

THE KINSHIP FESTIVAL

SAT 18 MAY 2019 10AM - 3PM

KNOX PARK - MURWILLUMBAH

Connect, share and participate in the wisdom and practice of healthy families, strong values and vibrant community culture



Calling all First Nations People

Do you have a poem or rap song to share?

You are invited to perform your

Poetry

on the ***Gwarima* Stage**

(*story /to run* Bundjalung-Yugambeh language)

It's easy to register - just fill in and return the form (see over)



Our Poetry Performance element is dedicated to the memory of long-term Kinship Festival supporter and committee member, **Aunty Lorraine (Jedda) Parsons**



Poetry Performance REGISTRATION FORM

Kinship Festival

National Families Week 10am-3pm - Saturday 18 May 2019

Gwarima Stage, Knox Park Murwillumbah 2484

Fun • Family • Culture • Sharing • Learning • Openness • Gentleness • Empowerment • Kids - jarjums all involved
• Self-determination • Kinship • Showing mainstream how we do things our way • Pride • Role-reversal • Respect
• Unifying • Love and Care for Country

Writer's Name			
Age group (tick applicable group)	<input type="checkbox"/> 5-12	<input type="checkbox"/> 12-24	<input type="checkbox"/> Open
Postcode			
Telephone	Landline: Mobile:		
Email			
Performer's Name (if performed by someone other than the writer)			

Kinship Festival is a family-friendly event, and while we appreciate that creative performances may be diverse in content and delivery styles, we request that material performed is respectful and suitable for people of all ages. Thank you.

Please note that performances are to be kept to **5 minutes' duration**

All enquiries to: Angela 0401 025 195 or Lami 0434 998 773 or Kym 0455 911 715

NB: Registration forms to be received by **Friday 3 May 2019** to:

kinship@mccentre.org.au or Murwillumbah Community Centre
Nullum St (PO Box 722), Murwillumbah 2484

Community announcements

Lismore Gem & Lapidary Club Inc.



Proudly Presents
The 29th Annual
Gemfest
Lismore Showground



***Saturday 18th May**
9am—5pm
***Sunday 19th May**
9am—3 pm
Entry: \$5 - Adult, \$1 - Child,
Free - Under 5 Yrs

Jewellery, Fossils, Kids' Activities,
Crystals, Gemstones, Food Stalls & much
more. www.gemclublismore.org.au



Under 9s Rugby Union Club (Billy Goats) is low on numbers and we would love if you could play.
Coach (Luke)- 0401 243 538
Every Friday
Home ground is **Brunswick field**
Training on **Wednesday 5:00pm**



You're Invited to the 24th Annual Byron Bay Tri!

Get Out. Get Active. Have Fun!

When: 11 May 2019

Where: Byron Bay

What: Various distances

RSVP: Enter before Friday 10 May

www.byronbaytri.com.au



Use the code *getACTIVE* at
checkout for 15% off!

BYRON BAY PRIMARY SCHOOL BASKETBALL WINTER 2019 - TERM's 2 & 3

Young Beez- (Ages 5-8) Thursdays 3.30
- 4.15pm @ Byron Public School starts
9/05/19

**Hoops at The Hive Mini Beez (Ages 8-
12)** Tuesdays 4-5pm @ Cavanbah Centre
starts 14/05/19

!! MUSTERS !! FOR ALL COMPS FROM 24/4/19 to 11/5/19

PRIMARY SCHOOL GIRLS- Sat 4/5/19
& 11/5/19- 10-11.30am

PRIMARY SCHOOL BOYS- Monday
24/4/19 & 6/5/19 - 5-6pm

NB- (PSB-Winter comp played on Mon-
days)

Just turn up if looking for a team or have a
team

For more information

www.aussiehoops.com.au or

www.byronbasketball.com or ph; 66872246
a/hrs or e-mail, info@byronbasketball.com

Please support the local businesses who support our newsletter




A wonderful and fun experience for kids to learn the heart of yoga- joy, connection and the celebration of their own uniqueness

Yoga Shack Kids

Ages 5-8

EVERY THURSDAY OF SCHOOL TERM
STARTING 16TH MAY FROM 3.30-4.15 AT
THE YOGA SHACK IN OCEAN SHORES.
JUST \$80 FOR 8 WEEK BLOCK.

Taking enrolments now at info@theyogashack.com.au or call
Amy on 0414221316 for more details



YOGA CLASSES EVERY DAY
SOUTH GOLDEN BEACH COMMUNITY HALL

ALL LEVELS!

*Come in comfortable clothes,
an open heart & a smile!*

TIMETABLE ON:
www.yogakulabyronbay.com



- ♦ A team of caring Doctors for all your family health needs
- ♦ Local, Accessible, and Professional

BULK BILLING all Children and Concession cards

Ph: 0266 801 580
www.oceanshoresmedical.com

PARENTING COURSES

123 MAGIC

Wednesdays May 15-29, 10am-12.30pm

This 3 week course explores a down-to-earth, child-friendly and effective discipline approach that encourages good behaviour for children 2-12 yrs.

VENUE: MURWILLUMBAH COMMUNITY CENTRE. COST: \$15

CIRCLE OF SECURITY PARENTING

Thursdays May 9-Jun 20, 10am-12pm

The 7 week Circle of Security Parenting course is based on decades of research on children 0-5yrs showing how to create, support and strengthen secure parent-child relationship. Parents will learn how to understand their child's emotional world by learning to read emotional needs, support their child's ability to manage emotions and enhance the development of their child's self-esteem. Parents will also learn to honour their own innate wisdom and fulfil their desire for their child to be secure

VENUE: THE FAMILY CENTRE, AMBER ROAD. COST: \$40

CIRCLE OF SECURITY SEMINAR

Wednesday Jun 19, 10am-12pm

A 2 hour seminar that provides an introduction to our 7 week Circle of Security parenting program which is based on decades of research on children 0-5yrs about how secure parent-child relationships can be supported and strengthened. Parents will learn how to identify their child's emotional needs and respond to their behaviours.

VENUE: MURWILLUMBAH COMMUNITY CENTRE. NO COST

"I was starting to doubt myself as a parent. Having a new born child and a two year old and was finding it difficult with my 2 year old daughter. I have seen a massive improvement in our relationship and I feel so much better with my parenting. Friends and family have even made comment of the change."

PARTICIPANT – CIRCLE OF SECURITY

BRINGING UP GREAT KIDS

Thursdays May 23-Jun 27, 10am-12pm

Relationship and reflective practices are the heart of this program. Parents have the opportunity to identify the important messages they want to convey to their children and understand the messages that children communicate to their parents. Parents aim to discover how to overcome some of the obstacles that are getting in the way of being the kind of parent they would like to be.

VENUE: MURWILLUMBAH COMMUNITY CENTRE. COST: \$30

UNDERSTANDING TEENAGERS

Wednesdays May 15-Jun 19, 5.15-7.15pm

6 week course for the parents of teenagers. It can be difficult to know how to respond to challenging behaviours. Knowing more about how to support and communicate with teenagers can assist in supporting them safely through adolescence. Topics include the impact of brain and hormone development, stages of child and youth development, parenting styles, managing tension points, behaviour and talking through challenging issues.

VENUE: MURWILLUMBAH COMMUNITY CENTRE. COST: \$30

"I found the course to be invaluable as it has given me the skills, confidence and understanding to approach my daughter in a different way than when she was younger. We now have a closer bond and I'm finding if situations do arise that challenge both of us, we are able to work it out"

PARTICIPANT – UNDERSTANDING TEENAGERS

FAMILY CENTRE PLAYGROUPS

All playgroups 9.30am-11.30am

Find connection with other parents/carers and children while learning and playing together.

Access to useful information regarding parenting, local services and activities.

Playgroups are run during NSW school terms.

NO COST

Monday – Banora Point

Tuesday – Tweed Heads West

Wednesday – Tweed Heads South

Thursday – Murwillumbah

"My son loves coming to playgroup each week. I also look forward to the interaction with other parents."

The co-ordinator does an awesome job of giving helpful advice and keeping the kids interested with ever changing activities. We love it!"

"Great support with referral to services."

PARTICIPANT – PLAYGROUP

RELATIONSHIP COURSES

ANGER & EMOTIONAL INTELLIGENCE

Friday Jun 7, 9.30am-3.30pm

1 day course for men and women. Content includes: identify what anger is and what it does, what triggers your anger and ways to make it work for you and your relationships

VENUE: THE FAMILY CENTRE, AMBER ROAD.
COST: \$15 (includes lunch)

Went in not realising why I react the way I do sometimes.
Now I have the knowledge for helpful strategies to cope and handle stress and negative emotions.

PARTICIPANT – ANGER AND EMOTIONAL INTELLIGENCE

CONVERSATIONS FOR CHANGE

Saturday June 8, 9.30am-3.30pm

1 day course explores steps for handling life's most difficult and important conversations in valued relationship with partners, family, friends and colleagues. You'll learn how to prepare for situations and transform anger and hurt feelings into a useful conversation. In this workshop you will learn and practice the skills that can open up a dialogue about the most difficult topics.

VENUE: THE FAMILY CENTRE, FRANCES STREET.
COST: \$15 (includes lunch)

Are you a parent,
carer, service
provider, community
member or
student?

Do you want to
find out how to get
involved with
The Family
Centre?

Interested in
volunteering?

COME ALONG TO THE FAMILY CENTRE INFORMATION SESSION

Friday May 10, 10pm-12pm

The Family Centre, Unit 1/14 Amber Road
South Tweed Heads

FIND OUT ABOUT:

- Our people and where we are located
- Our work with children, young people, families, schools & communities
- Our community activities and our partners

EVERYONE IS WELCOME!

We look forward to seeing you at the info session

RSVP: Tuesday May 14 to (07) 5524 8711 or
info@thefamilycentre.org.au

Child minding is available please indicate if you need it when you RSVP

CREATING REAL CONNECTIONS

Saturday May 25, 9.30am-3.30pm

1 day course explores stresses on healthy relating, roadblocks to communication, listening and managing emotions.

VENUE: MURWILLUMBAH COMMUNITY CENTRE
COST: \$15 (includes lunch)

It was a good course and I will try to implement some of the strategies, even though it seems impossible with my ex. However, I will use my knowledge from today's course for other relationships in my life.

PARTICIPANT – CREATING REAL CONNECTIONS

COURSES FOR WOMEN

SELF ESTEEM FOR WOMEN

Saturdays May 25 and June 8, 9.30am-3.30pm

A 2 day course covering personal development, self-awareness, relationships and power, setting and maintaining boundaries, communication and conflict.

VENUE: THE FAMILY CENTRE, AMBER ROAD.
COST: \$30 (includes lunch)

Group circles are a great way to release and express, all of the information is of great help and very useful references.

PARTICIPANT – SELF ESTEEM FOR WOMEN

COURSES FOR MEN

PATHWAYS TO CHANGE FOR MEN

Saturdays May 4 and May 18, 9.30am-3.30pm

2 day self-awareness and self-development course for men. Designed to assist men with parenting, maintaining healthy relationships and making positive life choices.

VENUE: THE FAMILY CENTRE, FRANCES STREET.
COST: \$30 (includes lunch)

I'm not walking away a perfect man but I am walking away a better equipped man thanks to this.

PARTICIPANT – PATHWAYS TO CHANGE FOR MEN

BOOKINGS ARE ESSENTIAL

For further information on any of our courses or workshops please call 9am-12.30pm Monday-Friday
(07) 5524 8711 or go to www.thefamilycentre.org.au

If you are unable to pay for course fees please talk with our intake worker or the course facilitator.

The Family Centre is committed to providing equal access to all the courses we offer. Child minding is available upon request.

PARENTING COURSES

123 MAGIC

Tuesdays Jun 4-18, 12.30pm-2.30pm

This 3 week course explores a down-to-earth, child-friendly and effective discipline approach that encourages good behaviour for children 2-12 yrs.

VENUE: BALLINA PRESBYTERIAN CHURCH HALL. COST: \$15

A fantastic course for any parent looking to understand their children's behaviour and their parenting practices. A great opportunity to reflect on your family dynamics and patterns.

PARTICIPANT – 123 MAGIC

TRIPLE P COURSE

Thursdays Jun 6-27, 10.00am-12.30pm

4 week parenting course for parents of children 2 – 12 years. Assists parents to build positive relationships with their children and create a stable, supportive and harmonious family. The course introduces proven methods to encourage behaviour you would like more of from your children and deal positively and consistently with problem behaviour.

VENUE: OCEAN SHORES BAPTIST CHURCH. NO COST

CIRCLE OF SECURITY SEMINAR

Wednesday July 3, 9.30-11.30am

A 2hr seminar that provides an introduction to our 8 week Circle of Security parenting program which is based on decades of research on children 0-5yrs about how secure parent-child relationships can be supported and strengthened. Parents will learn how to identify their child's emotional needs and respond to their behaviours.

VENUE: BALLINA PRESBYTERIAN CHURCH. NO COST

"I was starting to doubt myself as a parent. Having a new born child and a two year old and was finding it difficult with my 2 year old daughter. I have seen a massive improvement in our relationship and I feel so much better with my parenting. Friends and family have even made comment of the change."

PARTICIPANT – CIRCLE OF SECURITY

FAMILY CENTRE PLAYGROUPS

All playgroups 10am-12pm

Wednesdays

South Golden Beach

Thursdays

Ballina Public School, Aboriginal Learning Centre

Find connection with other parents/carers and children while learning and playing together.

Access to useful information regarding parenting, local services and activities.

Playgroups are run during NSW school terms.

NO COST

"My son loves coming to playgroup each week. I also look forward to the interaction with other parents. The co-ordinator does an awesome job of giving helpful advice and keeping the kids interested with ever changing activities. We love it!"

"Great support with referral to services."

PARTICIPANT – PLAYGROUP

BOOKINGS ARE ESSENTIAL

For further information on any of our courses or workshops please call 9am-12.30pm Monday-Friday
(02) 6686 4109 or go to www.thefamilycentre.org.au

If you are unable to pay for course fees please talk with our intake worker or the course facilitator.

The Family Centre is committed to providing equal access to all the courses we offer. Child minding is available upon request.