

Congratulations

Lillia Allpress
Ava Ashton
Jack Bourke
Elli Buerckner
Emily Buerckner
Charlotte Burrows
Charlotte Seal
Ben Coffey
Kendall Connell
Charli Cummins
James Cummins
Eliza Dowling
Rhys Driscoll
Beau Ferguson
Zoe Freestone
Jazmin Johnson
Lucas Kaine

Kasey Magro
Emma Mangan
Liam Mansfield
Fynlay Martin
Abbi McLarty
Flynn Woolley
Alexia Nagle
Daniel O'Connor
Macy Quarrell
Tige Sanderson
Cody Sonnenschein
Oliver Tresize
Maxwell Vodusek
Oliver Watson
Alexis Williams
Lucy Judd
Samantha Knight
Lillie Anne Raven

Tonight 33 of our students will make the Sacrament of Reconciliation.

They are very excited and should be very proud of the way they have prepared.

I would like to thank our Home-based leaders, Sonia Bourke, Jenny Buerckner, Kylie Buerckner, Carmel Freestone, Christine Martin, Kath Knight, Maureen McLarty and Pat Mansfield for taking on this role. Thanks also to Father Steve for his ongoing guidance to our candidates and to Father John Corcoran from Cobram who will assist Father Steve tonight.

Finally, a big thank you to the students and their families for their enthusiasm and dedication to the Homebased program. Let's keep all these children in our prayers.

Have a great week all,

Meegan McInness

Mmcinness001@shyarrowonga.catholic.edu.au





Be Safe, Be Respectful, Be Your Best

Newsletter Term Three
Edition No 14
(August 29th 2018)

MINI BLITZ- Weeks 7 & 8
'Playing Fairly'
"When we're playing with our friends in the yard, playing fairly isn't that hard."



Tonight, our Grade 3 students and members of our parish will participate and receive the Sacrament of Reconciliation for the first time. This is an important and exciting part of our Students faith journey.

Learning and Teaching Review

Last Friday a Panel from the Catholic Education Office attended our school to Validate our self-review of our 'Learning and Teaching' at Sacred Heart. This required them to look at every detail of our teaching and learning practices and discern what we say we are doing actually aligns and is visible in our documentation, leadership and classrooms. It was a very affirming process, we received a very positive response to what we are currently doing and the goals we have for future development.

I'd like to congratulate the teachers and staff for the excellent work that they do. I am also extremely proud of the students who showed the visitors great care and respect as well as demonstrating their love for this beautiful school of ours.

Book Week

We had a great Book Week Celebration last Thursday. Thank you to all the parents who helped their children get dressed up and remind us of the joy provided by books. A special thank you to Mrs Ryan for all her enthusiasm in organising and ensuring Book Week is a highlight of our year.

Father's Day breakfast

I hope all the dads and significant menfolk can make it to breakfast and be spoilt this Friday before school.

Car Park

Much discussion has taken place with staff and school board in regards to the parking situation at school – in particular around pick up and drop off. Paul Somerville from Moira Shire came and discussed options with the School Board on Tuesday evening which will be displayed in the administration area and at Father's Day breakfast for your feedback and other possibilities to ensure the safety of our students.

A gathering will take place on Tuesday September 11th at Burkes Hotel @ 7.00pm. Please come and 'Have your say' in how we continue to build on our current practices to engage our parents and community into the life of Sacred Heart.

"Very little is needed to make a happy life: it is all within yourself in your way of thinking" **Marcus Aurelius**

Kind Regards

Arn

Acknowledgement of Traditional Custodians

Sacred Heart acknowledges the traditional custodians of the land on which this school is built. We commit ourselves to working in partnership with Aboriginal people for reconciliation and justice.

Sacred Heart is a Child Safe School

Sacred Heart Primary School promotes the safety, wellbeing and inclusion of all children, including those with a disability.

Father's Day Breakie

When: Friday 31st Aug

Time: 6.30am-8.30am

Where: Mercy Centre

Cost: \$10



Congratulations

Congratulations to the Knight Family, Shauntee, Matt, Ella and Jordan on the recent arrival of Evie, a baby sister for Jordan in Year 1M. All are doing well.



RSPCA Awareness Day

We thank all our students and families for their support in raising awareness for our mistreated and abused animals. We thank Jaime Towner, Mackenzie Dare & Trinny Preer for all their fantastic organisation.



Week	Term 3						
	Mon 27 th	Tue 28 th	Wed 29 th	Thu 30 th	Fri 31 st	Sat 1 st	Sun 2 nd
7 (Aug/ Sept)			Father's Day Gift Stalls 9.30am-1.00pm Jenny Kjar-Landscaping Meeting 9.30am Reconciliation Ceremony 7pm RSPCA Fundraiser	Hot Shots Tennis	Father's Day Breakie Footy Colours Day Woods Point Visit- Prep G Parish Mass-Yr 4 Hot Shots Tennis Whole School Assembly 2.50pm		Father's Day
			Mon 3 rd	Tue 4 th	Wed 5 th	Thu 6 th	Fri 7 th
8 (Sept)		Sacred Heart Chess Tournament		Hot Shots Tennis Festival of the Sacred Heart Singing Shepp	State Soccer-Melb Woods Point Visit- 1S Parish Mass-Yr 5 Hot Shots Tennis Whole School Assembly 2.50pm		
	Mon 10 th	Tue 11 th	Wed 12 th	Thu 13 th	Fri 14 th	Sat 15 th	Sun 16 th
9 (Sept)			Whole School Market Day (Year 6)		School Athletics Carnival		
	Mon 17 th	Tue 18 th	Wed 19 th	Thu 20 th	Fri 21 st	Sat 22 nd	Sun 23 rd
10 (Sept)	Yr 5 Ballarat Camp	Yr 5 Ballarat Camp	Yr 5 Ballarat Camp		End of Term 2.30pm		

Pastoral Wellbeing

Janine Buerckner



jbuerckn@shyarrowonga.catholic.edu.au

If you have any issues that you'd like to discuss, regarding your children's education or their social or emotional wellbeing, please feel free to come and see me – my office is in the Admin Block.

Our Breakfast Club is held on Wednesday and Friday mornings, before school, and all are welcome.

The Role of Parents and Screen Time by Martine Oglethorpe Part Two



Look at how you are role modelling screen-time behaviours

We know our kids learn much more from watching what we do, as opposed to listening to what we say. So how is your technology use affecting you? Are you ignoring others because you are scrolling? Are you falling asleep with a phone or tablet landing on your forehead? Are you able to give yourself over to certain tasks and focus without being distracted by beeps and notifications? Are you giving yourself some time without a

device to enjoy family, friends and activities that keep you healthy and balanced?

Have rules that are 'no brainers' for your family

When it comes to technology, the rules often change as our children develop and mature. But we can also make some universal rules for the whole family based on our individual family values and what is important to us. It may be that there are no phones in the bedroom at night. It may be that there is no technology after a certain time of the day. It should certainly be that devices never ever come to the table at dinner time. Aiming for at least a few meals where the family is eating together is crucial. Your kids need this time to talk, connect with family and have a break from being 'switched on' to a device. They need to get into the habit of not eating and scrolling. So, make your rules early and stick to them.

Build a culture of balanced play in your home

There is no doubt that we as parents need to work harder today to nurture all the many elements of a child's development. When a small device appears to provide them with so much it is little wonder our kids have trouble putting them down and going outside to play. Unlike a book or a game, there is often no end to what happens with a device. There is always something more to see or do, another level to reach, another city to build or another army to destroy. So, we need to get better at providing lots of other ways for our kids to be entertained, informed and connected to others. This may mean we have to physically go outside and play with them rather than simply tell them to go out. It may mean we have to insist on visits to places where devices don't come out. Kids still want to run and jump and play – they just need to be reminded and encouraged to do so even more today. By building other ways to learn, play and interact into our kids' lives from an early age, we are helping these things become part of their daily lives – habits that in turn become behaviours.



So, while we often feel like the devices are taking over, all of these strategies rely on us – the parents. We need to be the ones to get in early and help show them the way. We need to take a look at what we are modelling to them in terms of our own device use and our own lifestyle. We need to be helping them form the right behaviours. There are many wonderful benefits that come with these devices, so ensuring we are using them in positive ways, and are in control, will go a long way to ensuring we are all reaping those benefits.

CHILDREN'S CHATTER MATTERS

In order to prepare for the language & learning demands of the school environment, children need ample time and opportunity to engage meaningful interactions with their family.



Ten activities will be provided this term focusing on communicating for different social purposes.

These activities will help your child/ren to make the necessary adjustments to their language so they can communicate for a variety of purposes, e.g. to tell stories, recount events, persuade, give instructions and report information.

Learning about the language and types of words we use in each of these different contexts supports not only the child's oral language but written language development also.

Feel free to adjust these activities according to your child's grade level.

** When your child brings home pictures from school that they have drawn, make up a story to go with them. Try to include the seven parts of the story (Setting, Problem, Feelings, Plan, Action, Solution, End).

Recount

Recounts are a way of retelling an important event or describing an experience. Rather than retelling every minor detail, it's important children can select the important information or events, and expand on these in an interesting manner.

**Read with your child a variety of texts used to recount, including newspaper reports, letters, diaries, journals, retells, autobiographies, biographies, etc. Have your child read texts and search for specific words that indicate:

- The orientation e.g. who, when, where, what, why, how
- The time sequence e.g. yesterday, today, tomorrow, first, next, after that, lastly
- Past events (time of content), e.g. A year ago, last night, horse and cart, telegram
- The action, e.g. screamed, swam, chased

Your child's teacher will have access to these cue cards for you to print off and use to guide your child's language at home.



If you have any questions you can contact Jasman Studzinski, Ed. Speech Pathologist through the School's Special Education Coordinator, Janine Buerckner.

Extend After School Care at Sacred Heart Primary School Extend OSHC at Sacred Heart Yarrowonga



August community month: Nurses, and Doctors in our community:

We will be having a visit from a local Nurse and Doctor to the service on Thursday the 30th of August.

September community month: will be the Dentist

Art Classes

The children have almost finished their first art piece in the style of Wassily Kandinsky. Maths in Art: Concentric circles. Children can search and bring their own ideas to the classes for us to follow, any artist, style or era. Annabel Johnston has chosen Pablo Picasso.



Congratulations to our Top 3 entries in the Junior and Senior categories.

Vote online today at extend.com.au



Spring vacation care Holiday program bookings are now open, and the list of planned activities is available on the Extend website, including the excursions and incursions. Book now and get the early bird special
Jo Kingston (Team leader) and the Extend team

What's on in the coming week: Week 8 Term 3

Monday 3rd September:

Who has been to the Dentist? Cupcakes, Lego challenge

Tuesday 4th September:

What do dentist do? Fortunes for my friends, Farmer Sam game

Wednesday 5th September:

Make a snail ecosystem, fruit painting

Thursday 6th September:

Sly fox game, pinwheel pizza, good food for our teeth

Friday 7th September:

Snakes vs humans game, Art class: Pablo Picasso

LookedAfter: extend.com.au

Star Achiever

*Congrats to Issy Osborne in Year 5.
She competed in the Victorian Team
Gymnastics Championships last
weekend and finished 2nd overall.
Awesome effort Issy.*



Each day approximately 500 primary and secondary students will come together to share workshops and performances.



You are invited to attend the daily reprise that showcases selected performances at 4pm to 5pm
in the Mercy Centennial Stadium, Notre Dame College, Shepparton
This is a **FREE** event.



Sandhurst Arts on Show - Sept 4 -6, 2018

The spectacular three-day music festival, Sandhurst Arts on Show will take place on September 4th, 5th and 6th at Notre Dame College, Shepparton.

Primary and secondary students from schools across the Sandhurst Diocese will meet to share workshops and performances through a variety of Performing Arts disciplines including choral, instrumental, dance and drama.

At the end of each day all students will come together at 4pm to showcase their skills and God-given talents. The reprise will provide a forum for schools with new and developing Arts programs to see the performance outcomes of schools with established programs.

Parents and community members are welcome to attend the daily reprise:

Where: Mercy Stadium, Notre Dame College, Shepparton

Time: 4pm - 5pm

Dates: Sept 4th, 5th & 6th. **Sacred Heart Yarrawonga will be performing on Thursday 6th September.**

All welcome.

Thanks Christopher Columbus-Book Week 2018

What a wonderful occasion it was for our school community in celebrating 'Book Week' this week. Our Book Week Parade was the highlight of the week with 'Christopher Columbus' aka Mrs Noeline Ryan co-ordinating the whole week and doing an amazing job. We must thank all our families for getting into the spirit of the Book Week parade. The bar gets raised each year and this year was no exception. Well done to all our students and staff on their efforts in celebrating books and characters. A huge audience of parents, grandparents and friends enjoyed seeing the students parade. It was also great to see Leni Ramsdale get into the spirit of the day by dressing up as Miss Harlequinn whilst in Melbourne at the moment.

BOOK WEEK 2018



Sport Colours Day

Friday
31st August



Wear your team's
colours with pride



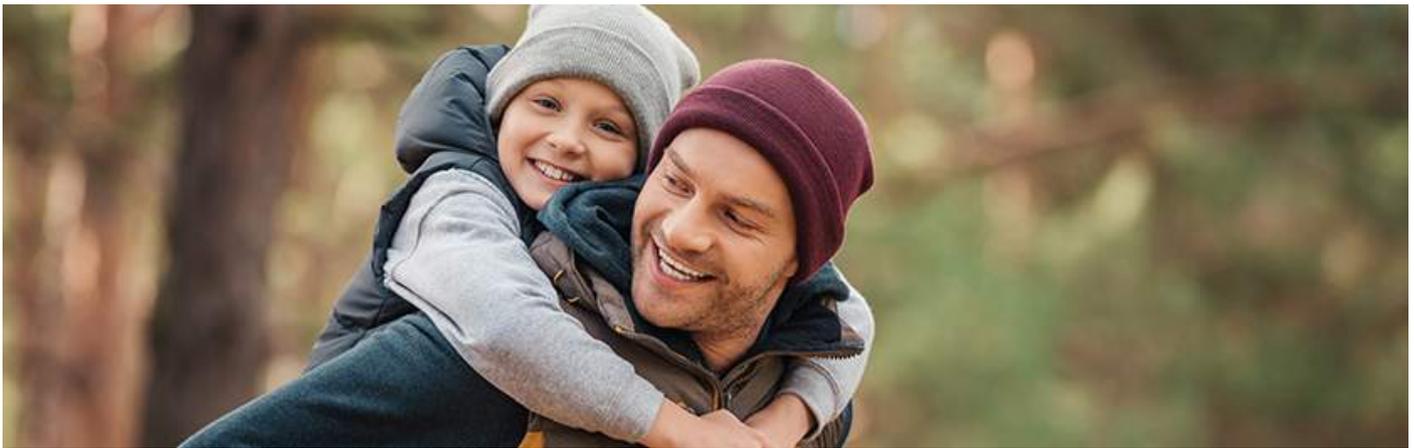
No Canteen- Wednesday 12th September

Due to the Yr 6 Market Day on Wednesday 12th September, there will be no canteen on this day. Students are welcome to bring along some coins and spend at the market.

Athletic's Carnival- Canteen Food

On Friday 14th September, canteen items will be offered down at the School Sports. Cold & Hot Drinks, chips, Dim Sims, Potato Cakes, Hot Dogs, Salad Rolls and cakes.

Kids need good men in their lives



POSITIVE PARENTING

by Michael Grose



While rummaging through my bookshelves at home recently I stumbled across *Romulus, My Father* by Raimond Gaita, a book that had a huge impact on me as a father.

Romulus, My Father is a lovingly told memoir of a hard-working father who remained faithful to his family and friends despite his wife's affairs, her mental illness and dealing with the hardships of earning a living in 1950s and '60s rural Australia. It's a tale of love, friendship and character.

One line in the book, "*I know what a good man is because I saw it in my father,*" struck an instant chord with me. It was a reminder that kids need to have close experiences with men who have real depth of character and strength if they are to adopt those qualities themselves and also look for them in partners.

Role models of quality

Sadly, children and young people are less likely to see these qualities in many of our current political leaders and other public figures. Self-interest and shallowness of character, at least in a public sense, seems to be standard fare at present.

Like Gaita, I had the good fortune to have a father who was also a good man. He wasn't wealthy, famous or ambitious. Rather he was kind, considerate and generous. He had experienced an unhappy and – I suspect though he never spoke of it – abusive childhood but he was determined that his children would never experience the same treatment that he received.

As a disciplinarian, he was soft but that didn't mean he was a pushover. He'd stand his ground with his children over issues that really mattered, such as how we siblings treated each other, displays of dishonesty and disrespect, and taking shortcuts in our studies or with work. He was a community-minded man who, through his example, taught his children the importance of serving and giving to those who didn't have the same serving of luck that we

did. He was also an involved father who, despite being busy, always had time to play cricket and football after work with my brother and me. He was never too busy for his children.

A compass and a map

Significantly, my father gave me my moral compass in the form of the value system that he lived by. His many sayings including his most popular mantra: "If you can't say a good word about anyone don't say anything at all". That still rattles around in my head today. Through his active community involvement, his devotion to family and his propensity to have a good laugh, he gave me a map to follow on how to live a good life.

I don't have a monopoly on being raised by a good man. If you were raised by a good man then count your blessings because you had a wonderful head start in life. Your task is to make sure your father's legacy lives on in your own children. You'll do that by being a man of strength and character, and by being a wise, loving presence in your children's lives whatever their age.

If, through whatever circumstance, you didn't have a good man close to you in your life as a child, then start the process with your own kids. Many men who have gone before you weren't close to their own fathers, or had fathers who were ineffectual, but they became great fathers despite their circumstances.

With public life increasingly producing male role models of dubious quality, it's up to dads and other significant males in the lives of children and young people to be good men, strong men and men of honour.

That's the legacy that we leave.

Happy Father's Day!

27 August 2018

Father to father: 7 tips for fathering success

POSITIVE PARENTING

by Michael Grose

Fatherhood is life-changing. It's a very personal journey that a man experiences when he takes on the responsibility of parenting his kids. It's also a vital role, and it's all too easy to neglect the positive impact a father can have on his children's lives.

Every father's parenting journey will be different, and there is no one-size-fits-all answer to its challenges. But Father's Day is just around the corner, so this is a great time for some tried and trusted parenting tips to help you be the best dad you can be.

Father's Day is a wonderful opportunity to reflect on how men shape the lives of their children.

1. Play to your strengths

Fathers often parent in a more active or action-oriented way than mums, so games, play time and physical activity become important parts of a man's parenting repertoire. Your partner may not always appreciate your more active approach, particularly if you play with kids just before bedtime and then leave it to her to calm them down.

How to make it happen: Be yourself, but be smart about it!

2. Lighten up – don't take yourself too seriously

It's easy to get caught up in your own importance, taking yourself and your work too seriously. For many men a bad day at work translates into poor or, at best, distracted experiences when they're with their families. Consider putting a strategy in place, such as exercise, to help you leave work, and the bad moods it may engender, behind.

How to make it happen: Be present in mind as well as in body when you're with your kids.

3. Find something in common with your child

It would be wonderful to say that you can always connect with your kids, but family life is never that straightforward. There'll always be a child who we struggle to connect with, or a developmental stage during which the child feels alien to you. In these times it helps if you share a common interest (such as a love of sport or music) with them, so that you always have something that will bring you together, even though you may not always see eye to eye.

How to make it happen: Take an active interest in what interests your child.

4. Go easy on your son sometimes

Many dads are tough on their boys and have expectations that go way beyond their son's interest and abilities. Remember, it takes boys a little longer to mature. Resist the temptation to turn every game and every father-son activity into a lesson and avoid giving advice when your all your son wants is to be understood.

How to make it happen: See the boy as he is now, not the man you want him to grow up to be.

5. Enjoy the outdoors with your daughter

The biological nature of fatherhood causes most men to be very protective of their daughters. But that doesn't mean you should put your daughter on a pedestal and treat her like a little princess. Expect a lot from her. Play with her, and get her outdoors as it will do wonders for her confidence and independence.

How to make it happen: Enjoy spending time outside with your daughters on a regular basis.

6. Be ready for kids to knock you off your pedestal

Most children in the preschool and middle-to-late-primary school years look up to their dads. "My dad is bigger and better than your dad!" is a type of mantra that's familiar to many men. Make the most of this admiration as the Superman Syndrome won't last. Young children soon turn into adolescents, who generally go to great lengths to prove that you're just Clarke Kent after all. Expect them to stop laughing at your jokes, roll their eyes at your well-intentioned advice and even give you the cold shoulder in public. Ouch! It can be hurtful to a man who just wants to be the best dad he can be.

How to make it happen: Don't take yourself too seriously, and give them room to be grumpy sometimes.

7. Give your kids a compass and a map

One day your children will become truly independent individuals. Don't worry! You won't be irrelevant, you'll just be taking the backseat in a more practical and managerial sense. There are two things you can do to help your kids safely navigate the world when you're not around. First, help them develop a set of positive values including integrity, honesty and respect that will act as their moral compass when they have difficult decisions to make.

Second, reveal your personal story over time, as this narrative will become ingrained like personal map that will guide them when life gets tough. It's good to know that they won't be in uncharted territory when they finally strike out on their own.

How to make it happen: Take the time to tell kids your story and own it – don't make them guess it or learn it from someone else.

Father's Day is a wonderful opportunity to reflect on how men shape the lives of their children. It's a very personal reflection as each man's experience of fatherhood is as unique as the children they are raising. Take the time to reflect on your own fathering style as well as the contribution that a father (either your own dad or else's dad) has made to your own life.

Staff Emails

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CATHOLIC EDUCATION SANDHURST COUNCIL FOR THE ARTS

proudly presents...

SANDHURST

Arts on Show!

SONG ~ DANCE ~ DRAMA

Tuesday 4 September
to
Thursday 6 September 2016

Mercy Centennial Stadium
Notre Dame College ~ Shepparton

Daily Reprise Performance
4pm to 5pm

Everyone Welcome!



Featuring a medley performance from the Broadway Musical 'Godspell'
by secondary students who attended the **STAGE DOOR** Performing Arts Camp.

CENTRAL VICTORIAN CHILD HEALTH PRESENTS...

DR TONY ATTWOOD

Autism Workshop

FRIDAY NOVEMBER 2, 2018

WESTSIDE PERFORMING ARTS CENTRE, MOOROOPNA

MORNING SESSION

Cognitive Abilities: a different way of thinking and learning
9am - 1pm

AFTERNOON SESSION

The profile of abilities in girls with ASD-Level 1 (Asperger's Syndrome)
1pm - 3pm
Optional Q&A session 3-3:30pm

TICKETS

Parents/carers of children who have been seen at one of our clinics in the last 12 months are eligible for a CVCH client discount.

Morning session

Includes morning tea and lunch.
General admission: \$65
CVCH client discount: \$50

Afternoon session

General admission: \$50
CVCH client discount: \$35

Whole day

Includes morning tea and lunch.
General admission: \$110
CVCH client discount: \$80

To purchase tickets:

<https://www.trybooking.com/VDMC>
Or phone our Shepparton clinic;
03 5831 2413

Esteemed Professor Tony Attwood is a clinical psychologist who has specialised in Autism Spectrum Disorders since he qualified as a clinical psychologist in England in 1975.

He has worked with many thousands of individuals of all ages with Asperger's syndrome or an Autism Spectrum Disorder. He presents for us sessions on cognitive abilities, thinking and learning profiles, and the presentation of ASD in girls.



Central
Victorian Child Health 

WWW.CVCHILDHEALTH.COM.AU

Yarrowonga Lawn Tennis Club
2018/19
Junior Saturday Tennis

The Saturday Morning Junior Tennis Season begins on
Saturday October 13th.

Past, current and new players are welcome to participate in one of our junior programs including Hot Shots, coaching sessions and match play. Membership renewals and sign up to the programs will be conducted over two Friday nights. Come and join us for a fabulous summer season of tennis.

Sign Up Afternoons
Friday 14th & 21st September
at YLTC Clubrooms
4:30pm - 6:00pm



Enquire: Junior Committee Jason Bassett
Lisa Linehan Greg Dunn Stephen York.

VALID & Moira Shire Council

present

NDIS - Families as Planning Partners Course in Cobram

A five week DAY course 9.45am – 2.00pm on the dates below

To be held on Tuesday 9th, 23rd, 30th October & 13th, 20th November 2018

Venue: Cobram Community House,
43 Punt Road, Cobram

This course will be conducted over five sessions:

Tuesday 9th Oct Session 1. *NDIS introduction & the Families' role*

- an introduction to the what, how and who gets the NDIS
- what is the families role in light of the NDIS?



Tuesday 23rd Oct Session 2. *Getting your point across effectively!*

- being aware of how you communicate
- communicating your needs with the NDIS, workers & services



Tuesday 30th Oct Session 3. *NDIS Planning & Why have a Person-centred Plan*

- person-centred plan (PCP) & its' benefits
- the NDIS planning process



Tuesday 13th Nov Session 4. *The NDIS funding & purchasing process*

- managing your funding package
- engaging and purchasing services



Tuesday 20th Nov Session 5. *Consolidating your plan!*

- building the information in your NDIS 'plan'
- consolidating the info for your family members' 'Whole of Life' plan.



Attendees are asked to commit to attending the whole course. Attending one or two sessions is not an option.

Expression of Interest by Tuesday 18th September, 2018 (register early places limited)

VALID


moira
SHIRE