



*Be Safe, Be Respectful, Be Your Best*

**Newsletter Term Three  
Edition No 15  
(September 12<sup>th</sup> 2018)**

**MINI BLITZ- Weeks 9 & 10**  
**'Representing our School'**  
"When out and about  
representing our school, being  
respectful is REALLY COOL!"

Good afternoon Parents and Carers,

The End of the term is approaching very quickly. Today our grade 6's held their annual market day to raise money for their Canberra camp. The students have put an enormous amount of work into preparing and organising their business enterprises. A big thankyou to the staff and parents for all their support and guidance.

**Sandhurst Arts Alive**

Congratulations to the students who attended the Sandhurst Arts Alive performance in Shepparton, last Thursday, with Mrs Cussen and Ms Fountain. It sounds like the students from Grades 5 and 6 enjoyed dancing to the audience of schools from across our diocese. Well done to this group for their efforts in practising for their performance and for their wonderful behaviour at the event. They certainly were terrific ambassadors for our school.

**Sacred Heart Athletics Day**

This great event will take place this Friday. As with all our special events, we welcome parents and grandparents to pop down and support their team.

**Last day of Term**

Reminder that we will be finishing school at 2.30pm on the last day of term (next Friday)

**School Closure Day**

We will be holding a school closure day On Friday 26<sup>th</sup> of October. Please mark this day in your diaries.

**Team Work**

It is vital that our teachers and parents work together as a team to ensure the very best support for our children. If a parent has any concerns about their child/ren, I ask that they first speak with their class teacher immediately so that "we are on the same page". We will then work together to ensure the best outcomes for your child/ren.

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.

Yarrowonga Mulwala Lakers Cricket Club are seeking interest from girls of any age who would be interested in playing cricket in a girls competition this season. Expression of interest to Gary Athanitis 0438817795 email [gary.athanitis@shcy.vic.edu.au](mailto:gary.athanitis@shcy.vic.edu.au)

## Catholic Identity

Meegan McInness

Thank you everyone, for another busy term. Congratulations again to our Year 3 students on receiving the Sacrament of Reconciliation.

Congratulations also to Macy Quarrell who was baptised last Sunday.

Children's Mass: The only Children's Mass for Term 4 is Sunday 18<sup>th</sup> November and we would love to have many children help us celebrate, please note this in your diary now.

### Season of Creation 1 September - 4 October 2018

The Season of Creation from Sept 1st until the Feast of St Francis of Assisi October 4th is a time of special focus on prayer and action for Care of Creation. Catholic people are being asked by Pope Francis, Cardinal Turkson and many others, to take a leading role in caring for the future of creation and the most vulnerable.

Valuable information and resources can be found at:

- Global Catholic Climate Movement [www.catholicclimatemovement.global](http://www.catholicclimatemovement.global)
- Vatican Laudato Si' 2018 Conference, 'Saving our Common Home and the Future of Life on Earth' [www.laudato-siconference.com/](http://www.laudato-siconference.com/).
- Season of Creation [www.seasonofcreation.org](http://www.seasonofcreation.org)

All year levels will have Creation as their focus for their Religion lessons for the beginning of next term.

I hope everyone has a relaxing and safe holiday ready for a busy Term 4.

Meegan McInness

Mmcinness001@shyarrowonga.catholic.edu.au

Week	Term 3						
	Mon 10 <sup>th</sup>	Tue 11 <sup>th</sup>	Wed 12 <sup>th</sup>	Thu 13 <sup>th</sup>	Fri 14 <sup>th</sup>	Sat 15 <sup>th</sup>	Sun 16 <sup>th</sup>
9 (Sept)			Whole School Market Day (Year 6)		School Athletics Carnival		
	Mon 17 <sup>th</sup>	Tue 18 <sup>th</sup>	Wed 19 <sup>th</sup>	Thu 20 <sup>th</sup>	Fri 21 <sup>st</sup>	Sat 22 <sup>nd</sup>	Sun 23 <sup>rd</sup>
10 (Sept)	Yr 5 Ballarat Camp  P & F Meeting 7.30pm SHC	Yr 5 Ballarat Camp	Yr 5 Ballarat Camp		Whole School Assembly & Awards 11.30am  End of Term 2.30pm	End of Term finish 2.30pm Fri 21 <sup>st</sup>	



[jbuerckn@shyarrowonga.catholic.edu.au](mailto: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.

### A Parenting For Independence Audit by Michael Grose

#### RESPONSIBLE BEHAVIOUR

Following the release of his book, *'Spoonfed Generation'*, many parents have asked him for some benchmarks so they can assess independence building in their family.



This is a somewhat difficult task as parenting is subjective: every child is different and every parent's personal circumstances are different. However, it's also good to have benchmarks so I created the following audit to help you assess how effectively your parenting is aimed at setting your kids up for independence.

**Give yourself a score from 0 (not at all) to 10 (extensively) on the following eight questions.**

1. Do you insist that your children do self-help tasks themselves on a daily basis. (*Self-help tasks refer to age-relevant everyday jobs such as feeding themselves, making their own beds, making their own school lunches, asking a coach for assistance.*)
2. How much do you expect your children to help at home without being paid?
3. How much opportunity do you give your kids to organise their own lives and take responsibility for the consequences, free from constant reminders and rescuing when they muck up?
4. Do you provide opportunities for your children to expand their horizons and take positive risks? (*Positive risk-taking includes navigating their neighbourhood, walking to school, taking public transport and going to friend's houses.*)
5. How much do you allow your children to make their own decisions about the issues that affect them such as choices of clothing, hobbies and friendships?
6. Do you encourage your children to keep themselves occupied? How good are your kids at keeping themselves occupied rather than relying on you to amuse them or spend time with them?
7. Do your children cooperate and behave well without constant reminders; do they generally behave well, independently of you? (*Score higher for never having to remind them.*)
8. Are your children well organised or do they need constant reminders for everyday activities such as taking things to school, remembering special days and organising themselves? (*Score higher for being well organised.*)



#### Score:

75-80: Wow! Your kids will be out of your hair before you know it.

65-74: Well done. This is a good 'normal' level.

55-64: You/they may have an area or two to pick up on.

45-54: Hmm! Your kids could lift their game a little.

0-44: Let's say there's plenty of room for improvement. Pick one area to work on at a time.

How did you go? Did you score higher on some questions than others? Would you score differently for different children? If so, that's quite natural as parenting is rarely even across the family as we tend to adjust our expectations to suit different kids.

This audit gives an insight into the different aspects of independence and self-sufficiency that I discuss in my book *Spoonfed Generation: How to raise independent children*: 1. self-help, 2. helping others, 3. responsibility, 4. expanding horizons, 5. autonomy, 6. self-occupier, 7. self-discipline and 8. self-organisation.

You can get your copy at our bookstore now. <https://www.parentingideas.com.au/product/spoonfed-generation/>



## 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.

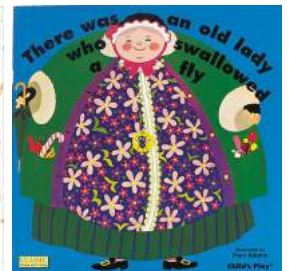
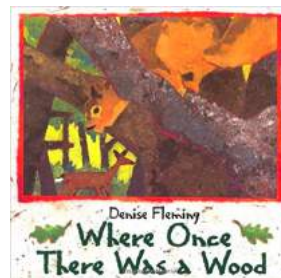
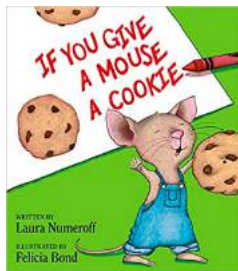
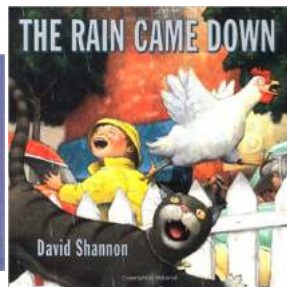
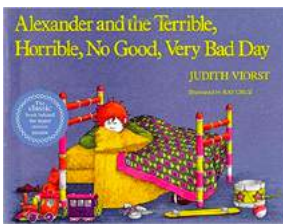
Learning about the language and types of words we use in each of these different contexts supports not only the child's oral language but written language development also.

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

### Writing to explain/ Report writing

**\*\*In reading and writing, understanding cause and effect can help your child learn to read more critically and to write stories with captivating plots and fascinating characters. Some fabulous books you can read with your child to help them develop a deeper understanding of cause and effect include:**

- 'Alexander and the Terrible, Horrible, No Good, Very Bad Day' by Judith Viorst
- 'If You Give a Mouse a Cookie' by Laura Numeroff
- 'The Rain Came Down' by David Shannon
- 'Where Once There Was a Wood' by Denise Fleming
- 'There Was an Old Lady Who Swallowed a Fly' by Pam Adamz



Don't forget to chat about what happened in the story and why. Ask your child what they might do if they were in that situation.

**\*\*Once you and your child have talked about and read stories that deal with *cause and effect*, your child might have started to notice a pattern of words that indicate cause and effect. Ask your child to identify some of the "clue words", when you read together, that indicate cause and effect, e.g. 'as a result', 'because', 'consequently', 'due to', 'nevertheless', 'since', 'so', 'therefore', 'thus'. Challenge them to use some of these words when they are giving verbal explanations or reporting on something that happened. For example; "I have just cleaned my room *consequently* I think I should be allowed to stay at my best friend's house."**

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 Yarrawonga

September Community month: The Dentist

October Community Month will be Radiology





The visit by Nurse Chris and Doctor Nay Lwin was a great success.  
The children had so much fun.



### Art Classes

The children have finished their Wassily Kandinsky artwork: some are starting or finished their Pablo Picasso art work. Charlotte and Sam have chosen to work on Vincent Van Gogh works next. I have been impressed by the level of interest and quality of work the children are producing. Some of our works are displayed in the Mercy Centre.



**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. The full list of activities is up on the Mercy Center entrance. Any questions feel free to approach Extend educators.

Jo Kingston (Team leader) and the Extend team

### **What's on in the coming week: Week 10 Term 3**

**Sport of the week: Downball**

#### **Monday 17th September:**

Making hedgehog, animal hats

#### **Tuesday 18th September:**

Balloon games, ball Tiggy

#### **Wednesday 19th September:**

Cheese pastries, free choice

#### **Thursday 20th September:**

Lockdown practice, Dental activities

#### **Friday 21st September:**

Art class: Vincent Van Gogh, Cooking honey joys

**LookedAfter: [extend.com.au](http://extend.com.au)**

## State Soccer Championships

Congratulations to our State Soccer Team. The girls represented our school very proudly on Friday scoring 2 goals on the day. Our goal scorers were Torah and Maeve assisted by their team mates. Thank you to our coach, Chris Duffy, and linesmen, Pat Mansfield, for their wonderful leadership. To quote the girls, 'Our coach, parents and families are legends and we couldn't have got here without them'. I was impressed with our girl's sportsmanship and positive team spirit. They brought such joy and determination to each game. We definitely had the best cheer and the most fun on the day. Mrs Whiteley



## Athletic's Carnival- Canteen Food

On Friday 14<sup>th</sup> 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.



### Sandhurst Arts on Show Performance

An awesome day at the 'Arts on Show' in Shepparton last Thursday. We sang, dance, interacted with other schools, laughed and had a ball. Here are a few snippets of our wonderful day. Every child represented their school proudly. Mrs Cussen.



## Staff Emails

[pgoldman@shyarrowonga.catholic.edu.au](mailto:pgoldman@shyarrowonga.catholic.edu.au), [Imaroney@shyarrowonga.catholic.edu.au](mailto:Imaroney@shyarrowonga.catholic.edu.au)  
[kphillips@shyarrowonga.catholic.edu.au](mailto:kphillips@shyarrowonga.catholic.edu.au), [jsagaidak@shyarrowonga.catholic.edu.au](mailto:jsagaidak@shyarrowonga.catholic.edu.au)  
[kzanin@shyarrowonga.catholic.edu.au](mailto:kzanin@shyarrowonga.catholic.edu.au), [mmclarty@shyarrowonga.catholic.edu.au](mailto:mmclarty@shyarrowonga.catholic.edu.au)  
[lhandreck@shyarrowonga.catholic.edu.au](mailto:lhandreck@shyarrowonga.catholic.edu.au), [astacey@shyarrowonga.catholic.edu.au](mailto:astacey@shyarrowonga.catholic.edu.au)  
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[lboyer@shyarrowonga.catholic.edu.au](mailto:lboyer@shyarrowonga.catholic.edu.au), [xkennedy@shyarrowonga.catholic.edu.au](mailto:xkennedy@shyarrowonga.catholic.edu.au)  
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[ashley@shyarrowonga.catholic.edu.au](mailto:ashley@shyarrowonga.catholic.edu.au), [aleslie@shyarrowonga.catholic.edu.au](mailto:aleslie@shyarrowonga.catholic.edu.au)

## Invitation for parents to join our Maternity Reference Group

**Have you had a baby recently or are you an existing parent? Are you a mum or dad and knows what it's like to navigate the system? If so, we want to hear from you!**

Yarrowonga Health is committed to involving parents and carers in the delivery and improvement of our maternity services. We are creating a new group to assist this.

The group will meet and discuss experiences, give opinions and input on information and new initiatives and to represent mothers and parents in the community as a 'voice' in relation

to maternal health matters in our region.

If this sounds like something that would interest you please contact us to express your interest via:

Email: [Jodie.new@yh.org.au](mailto:Jodie.new@yh.org.au) or phone 03 57 438 198.

Don't wait – make a difference to your community today!







## Sacred Heart Parent & Friends Association

### VOLUNTEER REQUEST

This event could not take place without our wonderful school community. Please contact Sonia by phone 0407 197 665 or Belinda on 0414 971 399 or by email [sjbourke1@bigpond.com](mailto:sjbourke1@bigpond.com) or [belinda@besproduction.com.au](mailto:belinda@besproduction.com.au) or return the slip below to the school office if you are able to assist. We would be delighted to hear from you.

<b>Name:</b>	
<b>Phone:</b>	
<b>Email:</b>	
<b>Saturday 20th October 2018 Triathlons—Olympic, Sprint &amp; Mini</b>	
9:45am to 2pm Rego	
12.30pm to 6.00pm Marshall *can be shared (shorter times available)	
<b>Sunday 21st October 2018 Yarrawonga Foreshore Fun Run 10k, 5km &amp; Junior Fun Run 3k &amp; 1k</b>	
6.00am to 7.30am Set Up	
7.00am to 9.00am Regos	
8.30am to 10.30am Marshall	

# YARRAWONGA-MULWALA *Little Athletics*

## The 2018 season of Little Athletics is almost here

We are open to all children between the ages of 5-15 with events held each week on Monday at 5pm. Season runs for 10 weeks from October 8.

*So if you or your child think they could be the next Usain Bolt or Sally Pearson, then...*

# WE WANT YOU

Fees this season are \$95 per child  
YMLA singlets will also need to be purchased.

### Parent participation

*Family, Fun and Fitness*

is our motto so come along and get involved.

**You will love it!**

It is vital that all children be supervised  
by a parent/guardian each week

[www.yarrawongamulwalalac.com.au](http://www.yarrawongamulwalalac.com.au)

FOLLOW US ON  
**facebook**

Yarrawonga Mulwala  
Little Athletics Centre

### Further Information

Chris **0407 432 728** Travis **0438 313 911**

Helen **0419 143 760**



*2018 Registrations  
and payments*

are online at  
**[www.lavic.com.au](http://www.lavic.com.au)**

**Open Day/  
Come and Try**

**Saturday, September 22, 10am**  
All new and returning members welcome.





# Portsea Camp January 2019.

## Vacancies exist for children

to participate in the Portsea Children's Camp  
January 19<sup>th</sup>. – 25<sup>th</sup>. 2019.

### Requirements:-

- \* be prepared to have a great time with others
- be aged 9 – 12 years old
- be prepared to be away from parents for 7 days
- should be ready for excitement, adventure and mateship
- fill in an application form available from Noel Tinney.
- Phone Noel on 0427 550 923 and leave a message, or send an email to [jcntinney@gmail.com](mailto:jcntinney@gmail.com)
- Total cost \$343 per child, which is broken down to
  - \$30 subsidy by the Rotary Club of Yarrawonga-Mulwala
  - \$313 to be paid by the child's parents.

**For any inquires or application forms, contact Noel Tinney**

**Phone: 0427 550 923    Email: [jcntinney@gmail.com](mailto:jcntinney@gmail.com)**

**A project supported by the Rotary Club of Yarrawonga-Mulwala.**

Portsea Camp   Portsea Camp   Portsea Camp   Portsea Camp



## **The Portsea Camp. - Summer holiday on a budget.**

The Portsea Camp has a long history of providing exciting holidays for school children who may not have an opportunity for a holiday with their peers. The Camp is situated on 2.8 hectares of securely fenced land on the bay beach at Portsea. The Portsea Camp offers a safe residential holiday experience for 9 to 12 year old children. It is accredited by the Camping Association of Victoria, and is fully supervised by responsible adults, with a ratio of less than 1 adult to every 10 children. There is a medical team available on site 24 hours a day with all Recreational Officers trained in first aid. Meals are provided by an extensive kitchen which serves healthy, nutritious meals, as well as catering for special diets.

### **What activities are available?**

You may choose riding the giant swing or the flying fox, absailing from the old fort, climbing on a purpose built boulder wall, archery, discos, concerts (your acts), helicopter rescue and CFA demonstration, cricket, football, giant slide, tug-o-war, Star Wars game, orienteering, mountain-bike riding, and much, much more.

### **Who can go?**

The camp is open to schoolchildren aged 9 to 12 years who want to have a good time. It is aimed at those children who would not normally be able to have a holiday. The camp provides a special opportunity for children of similar ages to enjoy a holiday together in a safe, supervised environment. Children who have been pampered at home may not like the camp as they are required to be self sufficient and able to do things for themselves. The children are encouraged to mix with others and to create their own entertainment. Computer games, videos and other forms of pre-packaged entertainment are not welcomed at the camp.

### **Who looks after you?**

Counselors are the adults with most contact with the children. They are responsible for the well being and day to day needs of a group of children. They make sure the children get to meals on time, keep their hut clean and tidy, organize groups for different activities and help with any problems the children may have. Recreational officers organize and supervise the activities for the children to participate in. They are trained and qualified and attend up to 5 camps a year. All counselors and rec. officers are now required to have a Working with Children card.

**How do you get there?**

Bus travel to and from the camp is included in the cost. Buses usually leave Yarrawonga about 8.30am and arrive back about 3pm. The buses are usually tourist coaches giving a very comfortable trip each way. Counselors are present on the bus to help organize entertainment and refreshments.

**What is the cost?**

The summer camps are designed for children who would not normally get a holiday. The cost is set at a much lower level than the regular cost of a camp there. There is a camp fee of \$343, which includes bus fare, hat and T-shirt. However the Rotary Club of Yarrawonga-Mulwala contributes \$30 per student. This will mean the camp will cost parents \$313 per child.

**When is the camp?**

The Yarrawonga group is booked into the third camp for 2019. This is from Saturday, January 19<sup>th</sup>. to Friday, January 25<sup>th</sup>., 2019. It is a 7 day camp.

**Who do you contact?**

The Rotary Club of Yarrawonga-Mulwala is acting as the coordinating body for this area. The club accepts all applications from students and counselors. All camp fees are paid to the Rotary Club who then forwards them to the Portsea camp in one payment. Rotarian Noel Tinney is the contact person to answer all inquiries  
Noel's contact details are:-

<b><u>Mobile:</u></b>	0427 550 923(leave a message if no answer)
<b><u>Email:</u></b>	jcntinney@gmail.com

**Yarrawonga 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.





Would you like to make comment or ask questions about FamilyCare's services? Are you interested in finding out more about what we do at FamilyCare? We are hosting a community forum that will showcase FamilyCare's services and provide an opportunity to ask questions and meet with other likeminded community members. Presentations will include:

**Child FIRST**

**Child and Family Services**

**Carer Support Services**

**Disability Support Services**

**Community Development**

**Thursday 11 October 2018**

**10:00—1:00**

**FamilyCare, 49 Broadway Street, Cobram**

**A light lunch will be provided.**

**[Click here](#) to register your attendance or call 5823 7000**

# 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 9<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> October & 13<sup>th</sup>, 20<sup>th</sup> November 2018

Venue: Cobram Community House,  
43 Punt Road, Cobram

### This course will be conducted over five sessions:

#### Tuesday 9<sup>th</sup> 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 23<sup>rd</sup> Oct Session 2. *Getting your point across effectively!*

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



#### Tuesday 30<sup>th</sup> Oct Session 3. *NDIS Planning & Why have a Person-centred Plan*

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



#### Tuesday 13<sup>th</sup> Nov Session 4. *The NDIS funding & purchasing process*

- managing your funding package
- engaging and purchasing services



#### Tuesday 20<sup>th</sup> 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 18<sup>th</sup> September, 2018** (register early places limited)

# VALID



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 2419/3

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](http://WWW.CVCHILDHEALTH.COM.AU)