TERM 4
WEEK 1
10/10/25

# PRINCIPAL'S REPORT

What an exciting and action-packed term we have ahead! Our students are in for a fantastic range of learning opportunities and experiences. While our focus on high-quality teaching and learning continues, this term also brings a wonderful mix of activities — performances, swimming, clubs, sports days, the Slime Splash and Colour Dash, Runners–Walkers, house sports, the Port Fairy Cup, and much more!

All term dates and events have been shared with families via XUNO, and they are also available in the XUNO calendar for your convenience. Please take a moment to check these regularly so you don't miss any important dates.

A big thank you to everyone for ensuring students are wearing their hats — it's been great not to have to ask, "Where's your hat?" quite so often on yard duty! As you know, this is part of our SunSmart Policy and helps keep our students safe under the sun.

Fresh Fruit Fridays kicked off today, and what a hit they continue to be! Thank you to our wonderful parents and helpers who prepare and deliver the fruit — your support makes this much-loved fortnightly treat possible. If you have half an hour free on a Friday morning, we'd love your help. And yes, there will be a Fresh Fruit Friday on the final day of term (just in case your fruit bowl is running low!).

Continuing on next page...

## OCTOBER

Happy Birthday to :

Harper F
Winnie C
Cooper
Pippa
Reagan
Namayah
Van
Mimi
Ivy A
Zavier
Darcy
Delilah B
Felix
Harper H
Freya
Jackson W
Mairead
Ari

Continuing on...

Breakfast Club has also resumed and runs on Tuesday and Thursday mornings from 8:15am. Everyone is welcome — it's a great way for students to start their day. Please note that Breakfast Club won't run during the final week of term.

Student Clubs begin in a fortnight! With just three sessions this term, it's a great opportunity to share a short, fun activity or skill with students. If you'd like to offer a club, please email or message me via XUNO — we'd love to have you involved.

To celebrate Book Week last term, IronBird Bookshop hosted a whole-school book cover competition. We're thrilled to announce the winners, who will receive their prizes at next week's assembly:

- Foundation: Lulu W
- Year 1: Ruby F
- Year 2: Piper C
- Year 3: Mae S
- Year 4: Mason T
- Year 5: Johnnie R
- Year 6: Ymai D

A big thank you to Sarah from IronBird Bookshop for her ongoing support and engagement with our school.

It's been wonderful to see all our students back this week — full of smiles, energy, and enthusiasm for the term ahead. Let's make it a great one!

Kate

# YR6 GRADUATION SPONSORSHIP OPPORTUNITY

Port Fairy Consolidated School graduation celebrations are fast approaching.
This event is an important milestone for our Year 6 students, marking their achievements and celebrating their journey with us.

We are reaching out to local businesses and organisations to invite support for our Year 6 Graduation Program by contributing towards our students end of year activities.

For more information or to express your interest, please contact the school office.

5568 1051
port.fairy.cs@education.vic.gov.au




# The Lost and Found is overflowing!

Please come to the front of the school before and after school and check for your children's jackets, lunch boxes and other treasures!

# SOMETHING IS COMING

## TO PORT FAIRY CONSOLIDATED

**Launch Date**
**Friday 17th October**
**At Assembly**

**Keep your eyes on our Facebook Page for Clues!**

# MHiPS NEWS

Mental Health in Primary Schools

Mrs. McLauchlan

## Term 4 Social and Emotional Learning:
### Resilience, Rights & Respectful Relationships
### Topic 8: Positive Gender Relations

This term, our Resilience, Rights and Respectful Relationships (4Rs) lessons focus on Topic 8: Positive Gender Relations. This topic contains content the Department of Education requires us to teach.

These sessions are an important part of our school's wellbeing and inclusion program and help students build the knowledge, empathy, and confidence to develop safe, respectful relationships with others.
We recognise that some of the content covered this term can be sensitive, as we explore topics such as:

- Understanding what violence and gender-based violence mean
- Recognising power dynamics in relationships and how they can be used positively or negatively
- Learning about consent and the importance of respectful communication
- Identifying ways to be an upstander and support peers if someone is being treated unfairly
- Knowing where to go for help and how to seek support safely

Our teachers plan the lessons with great care and sensitivity, ensuring they are age-appropriate, researched and evidence-based, and supported by our school wellbeing team. We are mindful that some students may find aspects of this topic challenging, and we encourage open conversations at home. By educating our young people about respect, equality, and empathy, we help create a community where everyone feels safe, valued, and empowered. These are essential conversations – even when they are difficult – because education is how we create change.

If you have any questions about the program or would like to discuss how we support students through these lessons, please don't hesitate to contact your child's teacher or a member of our wellbeing team.

The Resilience, Rights and Respectful Relationships teaching and learning resources are available online at:
https://arc.educationapps.vic.gov.au/learning/sites/respectful-relationships/1785/Respectful-Relationships-resources

Jane

# FOUNDATION HOMEROOM HAPPENINGS

## What We Learned

### Literacy

Welcome back to Term 4! I hope you all had a lovely break and are raring to go!!

This week we reviewed the /ch/ diagraph in Sounds Write and worked on the formation of our handwriting ensuring we are positioning letters on the base line. I have seen a little laziness creeping into our handwriting so we will be refocusing on correct letter formation over the coming weeks. In writing we worked on 8 and 9 word dictation sentences using our word building words from Sounds Write and have been smashing it!!

### Numeracy

In Numeracy we have been working on tens facts (eg. which number goes with 8 to make 10) using icy pole sticks and tens frames with counters to commit these to long term memory. We have also been working on numbers from 1-30 and the months of year as most of those have either 30 or 31 days in them,

### Extra

In humanities, we have learned some interesting facts about Europe and what makes Europe unique. I love seeing the love of learning shine through when we talk about the continents!









## Reminders

Reader change on Mondays. Please ensure readers come in to be checked and changed. Parents have volunteered to do some extra reading with the children on Monday mornings and we will use their current readers for this.

Please remember to return swimming forms and if there is anyone available to help out with swimming this year please let me know. You will be needed from 11:30 to 1:30 on a Monday from Week 4 to walk to and from the pool and help children with changing.

## Upcoming Events

13/10 : Musica Viva @ St Patrick's Port Fairy
20/10 : Parent/Teacher Interviews - Student Free Day
Week 4 : Swimming begins
Week 8 : F-2 Camp (more info to come)
4/11 : Port Fairy Cup
26/11 : Student Free Day
5/12 : Carols by the Bluestone
9/12 : Statewide Transition
19/12 : Last day of school, 2.30 finish

## Specialist

Monday: Music
Tuesday: Science/Art
Thursday: PE



# YEAR 1/2 HOMEROOM HAPPENINGS

## What We Learned

What an exciting time we had on Wednesday morning when we visited the school library. It has undergone a fantastic refurbishment under the leadership of Athena Morton(our own Port Fairy Librarian and Foundation parent!)The children loved looking at the books, and were able to borrow 2 books each. Every Wednesday will be Library Day for students to borrow books and they can keep a book for 2 weeks.

### Literacy

In Literacy we have begun a Core Knowledge unit on Animals and Habitat. In this unit we will look at non-fiction text features,headings, maps, diagrams, photographs, and specific vocabulary.

### Numeracy

In Maths, we focussed on place value - reading, writing, and making 2 and 3 digit numbers.









## Reminders

Please remember to bring reader cases every Monday.

Swimming notes returned ASAP.

## Upcoming Events

13/10 : Musica Viva @ St Patrick's Port Fairy
20/10 : Parent/Teacher Interviews - Student Free Day
Week 4 : Swimming begins
Week 8 : F-2 Camp (more info to come)
4/11 : Port Fairy Cup
26/11 : Student Free Day
5/12 : Carols by the Bluestone
9/12 : Statewide Transition
19/12 : Last day of school, 2.30 finish

## Specialist

Monday: Music
Wednesday: Library-Science/Art
Thursday: PE



# YEAR 3/4 HOMEROOM HAPPENINGS

## What We Learned

### Literacy

We have been settling back into school and re-learning our routines around literacy, numeracy and general class time.

In Literacy we have begun our term's Core Knowledge unit on Mountains and how and why they are important to us and our environment. We continue to review our understanding of pre-fixes and suffixes as well as our daily choral read practice.

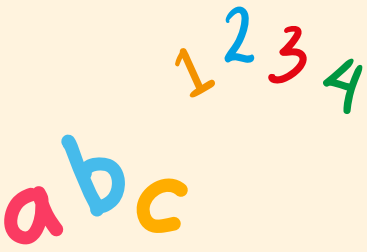
### Numeracy

In Numeracy we are beginning our unit of division. We have been learning how to make arrays, and how to use number lines to help visualise what division actually means. We have also been doing our daily review as well as our Facts on Fire.

### Extra

Both classes are lucky to have a 4th year student teacher with us for the month - we welcome Keely Mair to 3/4W and Georgia Sandland to 3/4I. They are with us until 31/10 and will then be fully qualified teachers! Keely and Georgia joined us for school camp and have already developed positive relationships with the students.






## Reminders

Swimming starts Monday 27th October, Week 4. Please return forms to the school office.

Please pack labelled bathers, goggles, and a towel in a bag that your child can carry to and from the pool.

## Upcoming Events

13/10 : Musica Viva @ St Patrick's Port Fairy
20/10 : Parent/Teacher Interviews - Student Free
Week 4 : Swimming begins
4/11 : Port Fairy Cup
21/11 : Try-athalon
26/11 : Student Free Day
5/12 : Carols by the Bluestone
9/12 : Statewide Transition
19/12 : Last day of school, 2.30 finish

## Specialist

Tuesday: Science, Art, Music
Wednesday: P.E.
Thursday: ODD cooking, EVEN garden

### JOKE

Two windmills were sitting on a hill. One asks the other, "Do you have a favorite song?" The other replies, "Well... all my life I have been a heavy metal fan."

# YEAR 5/6
# HOMEROOM HAPPENINGS

## What We Learned

### Literacy

We finalised our focus on Local, State and Federal Government. We will now move into another Novel Study following Term Two's 47. This term our novel is Boy Overboard - available on Spotify.

### Numeracy

We finished off our term exploring division and the ways that we can approach it; the long way was very unpopular. Term Four will kick off with percentages. We have enjoyed discussing interest rates and taxes.

## Reminders

Swimming note to be returned by Monday 13th.

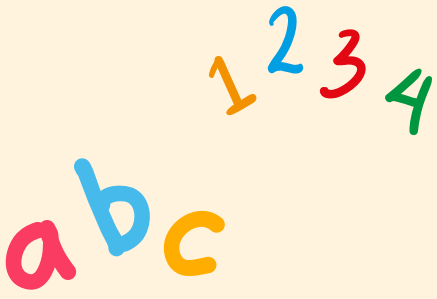
## Upcoming Events

13/10 : Musica Viva @ St Patrick's Port Fairy
20/10 : Parent/Teacher Interviews - Student Free Day
Week 4 : Swimming begins
4/11 : Port Fairy Cup
21/11 : Try-athalon
26/11 : Student Free Day
5/12 : Carols by the Bluestone
9/12 : Statewide Transition
11/12 : Yr6 Grad
19/12 : Last day of school, 2.30 finish

## Specialist

Tuesday - Music
Wednesday - Art, Science, PE
Thursday - Cooking






**JOKE**

Why was 6 afraid of 7?

Because 7, 8 (ate) 9

# PE
# HOMEROOM HAPPENINGS

## What We Learned

Welcome back for Term 4!
As you can see below, the upcoming dates list, Term 4 is VERY busy!

Well done to our Regional athletes competing in Ballarat today ; Harrison.S 1500m, 800m, Ymai 1500m, Mia 1500m, Sam 1500m, Zachary Shot Put, Indigo Shot Put and Discus, Bronte 100m and Hurdles, Dilly Hurdles.
Thank you to the parents who made the big trip to support our team.

Next Friday is 3/4 Moyne Sports day. This is for the whole of Year 3/4 and is a fun day of participation and having a go at either Netball, AFL(modified) or Soccer (modified). There is no moving forward to the next level, so this is a great way for the Yr 3/4 's to get a feel for sports days prior to Yr 5/6.

We will all be **walking to Gardens Oval** on this day and would love to have at least one parent/guardian helper from each Yr 3/4 class to assist. Please leave your name with office staff or contact myself or one of the Yr 3/4 teachers if you can help.

Please ensure you send a water bottle and hat for Term 4 PE. Hopefully we get some warmer weather soon and will be spending more time on the lower oval where there isn't access to drinking water.

Brooke Green - Physical Education Coordinator

## Upcoming Events

17/10 - Yr 3/4 Moyne Sports Day, Gardens Oval,
20/10 - Yr 3/4 Regional Hoop Time, Hamilton
27/10 - Yr 5/6 Regional Hoop Time, Hamilton
30/10 - Yr 5/6 Moyne District Cricket Day, Southcombe Park
7/11 - Division Cricket, Southcombe Park
21/11 - Yr's 3-6 Try-athlon, Belfast Aquatics

## Reminders

Swimming notes to be returned to the school office.

# MUSIC
# HOMEROOM HAPPENINGS

## What We Learned

Welcome to Term 4!

This week we looked into some of the materials the Spring Music Festival forwarded to us in preparation for the children's concert 'El Camino' that the whole school is attending on Monday at 2pm.

The children all came home with an example of a Zamponas, or Pan flute, that they made. This is one of the instruments we will see, & hear, in the concert.

We have several children singing in the Spring Music Festival Children's Choir which will perform in 'Eva' the closing gala for the Festival on Sunday afternoon! We hope they enjoy this wonderful opportunity.

The next 2 Tuesdays afternoons I will be gathering the children who are taking part in the Southwest Sing at the Warrnambool show to practice the 3 songs they will perform with other primary students from the district. More information to follow when it comes to hand.

Jenelle Baulch

## Upcoming Events

10th-12th October - Spring Music Festival 'Mosaic'
13th October - Spring Music Festival children's Concert 'El Camino'
25th October - Southwest Sing at Warrnambool Show
5th December - Carols by the Bluestone

# ART
# HOMEROOM HAPPENINGS

## What We Learned

This week as part of Learning To Learn in Art all students did an outdoor writing and drawing activity aimed at encouraging students to creatively think for themselves.

Each student had the task of thinking about 'What is something small that you would like to change? Some students had big ideas then needed to think through how to make their idea smaller and possibly achievable.

They each considered 'why' they wanted their thing to change, then 'how'. It was fabulous to see so many students independently thinking creatively for themselves.

Through further group discussion of some ideas we looked at 'who', with each grade concluding that it is 'us' that can make change happen.

## Upcoming Events

Saturday 1st November - Port Fairy Annual Show

## Reminders

Start planning your entries for the Port Fairy Annual Show!

# SCIENCE
# HOMEROOM HAPPENINGS

## What We Learned

We continue our work on endangered species and are linked into the Zoos Victoria 'totes for wildlife' program.

We have been asked to be 'bat ambassadors' for the Southern Bent-wing bats. A regional microbat! No bigger than a 50 cent piece, weighing as much as a lolly pop, that travels over 150 km to find food using sound waves! Chasing and catching moths in their tail and eating it as they fly! They shelter and raise their young in nearby caves! (Warrnambool, Portland and Naracoorte).



The Bat is critically endangered. We have been learning about their amazing life cycle, survival adaptations and what they need to live each day!

We will continue to discover our local wildlife species and explore how science, zoos and indigenous organisations (Eastern Marr) work to help critically endangered species.

## Upcoming Events

Zoos Victoria - Totes for wildlife - Southern Bent-wing Bat! School's program begins soon!!!

# GREEN TEAM HOMEROOM HAPPENINGS

## Actions to help

We are one of two schools in Victoria chosen to be a Totes for wildlife school!



The focus creature is the Southern Bent-wing bat! A local critically endangered species.

You can help by purchasing a tote bag for $10!

We have a target to sell 50 bags and raise $500 to help the bats. Bags will go on sale soon ($10 - cash only) the green team are busy organising the final touches and will be ready to take your orders soon!

## Reminders

**Nude food days:** Keep bringing nude food lunches! We are always on the look out for great grades to be the next golden lunchbox winners! Bring fresh fruit (wrapped by nature), and pack lunches into reusable containers.

## Upcoming Events

Zoo's Victoria - Totes for wildlife - fundraiser begins soon!

# SAKGP
# HOMEROOM HAPPENINGS

## Upcoming Events

We are back in the kitchen next week!
Ready to harvest, prepare and share meals together.

Our main menu this term is:

- Nacho bowls - mexican beans
- San chow bow - lettuce cups (note no oil sesame used)
- Sweet pea and leek risotto
- SAKG Christmas lunch

## What we've cooked

Our menu is set this fortnight with Nacho bowls, Mexican beans with roast pumpkin, fennel and silverbeet. Guacamole and salsa! The students mix and create beautiful bowls and enjoy them as part of our kitchen garden program!

## Donations

Coriander, pumpkin and fresh limes or lemons!!

Stephanie Alexander KITCHEN GARDEN FOUNDATION.
Growing Harvesting Preparing Sharing

# Fried Rice Lettuce Cups

**Season:** All

**Serves:** 30 tastes or 6 at home

**Fresh from the garden:** lettuce, carrot, eggs, red onion, silverbeet, spring onions

## Equipment:

- metric measuring cup and spoons
- clean tea towel
- chopping board
- cook's knife
- vegetable peeler
- small bowl
- whisk or fork
- wok
- wok sang
- serving platters

## Ingredients:

- 6 eggs
- 3 tbsp light soy sauce
- 2 cm knob of ginger, peeled and finely chopped
- 2 tbsp sunflower oil
- 4 cups cooked rice
- 8 spring onions, finely chopped
- 2 silverbeet leaves, finely chopped
- 1 small red onion, peeled and finely chopped
- 1 small carrot, julienned or grated
- 2 tsp sesame oil
- 30 small whole lettuce leaves

## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Beat the eggs in the small bowl with 1 tbsp soy and the ginger.
3. Heat the wok with 1 tbsp sunflower oil.
4. Pour in the egg mixture and leave to cook for 20 seconds, before folding onto itself and cooking through.
5. Remove the egg from the wok and allow it to cool on the chopping board, then slice it.
6. Heat the remaining sunflower oil and the sesame oil in the wok.
7. Add onion, carrot and spring onions and cook for 2 minutes, then add rice and remaining soy sauce.
8. Reduce the heat and add the silverbeet and cooked egg slices. Combine ingredients, then remove the wok from the heat.
9. Divide between serving platters for each table.
10. Provide each table with a platter of washed lettuce leaves. Diners place the rice in the leaves, roll and eat.



Stephanie Alexander KITCHEN GARDEN FOUNDATION.
Growing Harvesting Preparing Sharing

# Mexican Beans with Roasted Sweet Potato or Pumpkin, Fennel & Silverbeet

**Season:** Winter/Spring

**Serves:** 30 tastes in the classroom or 6 at home

**Fresh from the garden:** capsicum, chilli, coriander, garlic, onion, parsley, sweet potato or pumpkin

## Equipment:

- metric measuring scales and spoons
- clean tea towel
- cook's knife
- chopping board
- small frying pan
- wooden spoon
- mortar and pestle
- vegetable peeler
- large bowl
- mixing spoon
- large baking tray
- large saucepan with lid
- colander

## Ingredients:

- 2 medium sweet potatoes or pumpkin (approx. 500 g), chopped into 2 cm cubes
- 1½ tsp cumin seeds, dry roasted and ground
- 1½ tsp cinnamon
- 1 tbsp olive oil, plus extra for drizzling
- sea salt, to taste
- freshly ground black pepper, to taste
- 2 onions, peeled and roughly chopped
- 1 red chilli, de-seeded and finely sliced
- 1 green chilli, de-seeded and finely sliced
- 1 fennel bulb, roughly chopped
- 1 handful of silverbeet, shredded
- 3 garlic cloves, peeled and finely chopped
- 10 tomatoes, roughly chopped, or 2 × 400 g tins chopped tomatoes
- 2 × 400 g tins beans or 200 g dried beans soaked and cooked (such as cannellini, kidney, black eyed, chickpeas)
- 1 small handful of parsley, roughly chopped
- 1 large handful of coriander, roughly chopped



## What to do:

1. Preheat the oven to 200°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Place the sweet potato or pumpkin in the bowl and sprinkle with 1 tsp of cumin and 1 tsp of cinnamon, then drizzle with ½ tbsp olive oil and a pinch of salt and pepper.
4. Toss to coat, layer on the baking tray and bake for 20 minutes until soft and golden.
5. Heat the large saucepan on medium heat and add the remaining olive oil.
6. Add the onion, chilli, fennel, silverbeet and garlic and cook for 5 minutes.
7. Add the remaining spices and cook for another 5 minutes, stirring. Add the tomatoes and beans.
8. Stir well and bring to the boil, reduce heat and simmer with the lid on for 20 minutes.
9. Add some water if the sauce looks too thick.
10. Stir the sweet potato/pumpkin and herbs through the bean mixture.
11. Taste and season with salt and pepper.

Stephanie Alexander KITCHEN GARDEN FOUNDATION.
Growing Harvesting Preparing Sharing

# Leek & Mixed Pea Risotto

**Season:** Winter/Spring

**Serves:** 30 tastes in the classroom or 6 at home

**Fresh from the garden:** leeks, parsley, peas (snow or sugar snap), soft-leaved herbs

For risotto, you add stock a little at a time to the pan of rice, stir and wait for the rice to absorb it. Adding the stock warm ensures the rice keeps cooking, rather than going cold and heating up again. You'll need to keep a pot of warm stock close to your risotto pot. The arborio rice variety is traditionally used in risotto as it is short and fat and can absorb a lot of liquid without going gluggy. In risotto, you want the rice to be soft but with a tiny bit of nuttiness at the centre – it's all about *texture*.

## Equipment:

- medium saucepan with lid
- metric measuring scales, jug and spoon
- clean tea towel
- chopping board
- cook's knife
- grater
- large heavy-based pot
- wooden spoon
- ladle

## Ingredients:

- 1.5 L of chicken or vegetable stock
- 3 tbsp extra-virgin olive oil
- 3 small leeks, trimmed and finely sliced
- 400 g risotto rice
- 1 large handful of snow or sugar snap peas
- ½ tsp salt
- ½ tsp black pepper
- 1 tsp of butter
- 1 handful of soft-leaved herbs, washed and torn
- 50 g parmesan, grated



## What to do:

1. Heat the stock in the medium saucepan.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Heat the olive oil in the large pot, add the leek and stir for 4–5 minutes or until the leek is soft.
4. Add the rice and turn up the heat, keep stirring it. After a minute it will look slightly translucent.
5. Add your first ladle of hot stock and stir.
6. Lower the heat and continue adding stock, stirring and allowing each ladle to be fully absorbed.
7. Add peas and cook until tender.
8. Test the rice; is should be soft but with a slight bite.
9. Remove from the heat and add the salt, pepper, butter, herbs and parmesan.
10. Taste and adjust seasoning as necessary.
11. Cover and rest for 2 minutes before serving.

# Weekly Award Winners

This weeks awards will be presented at next Friday's assembly in the school hall at 2:55pm.

FV – Eden
For the improvements you have shown in your writing and for the enthusiasm, imagination and curiosity you displayed during our discussions about the continent of Europe. Well done, Eden. You show real maturity when it comes to your learning which makes you a pleasure to teach.

1/2D – Aurora
For the calm, thoughtful, and determined way you approach each day. You consistently give your best in everything you do. Keep up the great work Aurora!

1/2M – Savannah
For always coming into class with a beaming smile as you greet your teacher. Your cheerful energy brings joy to our classroom, Sav. Keep doing your best!

1/2M – Archer W
For your dedication to your reading. You have come a long way, and should be very proud of the time and effort you make for your reading, both at home and school. Well done Archer!

3/4I – Tommy
For continuously showing up with a positive attitude and engaging with activities in class, as well as on school camp. Your resilience and consistent positivity are a testament to your character.

3/4I – Arden
For being a caring and kind friend. How you cared for an injured friend and made sure they were comfortable and safe really exemplified our school value of belonging. Your kind heart and caring of others is an example we can all learn from. Thank you.

3/4I – Harper H
For being so brave on school camp. You tried activities that you had never tried before and were so positive and encouraging of those around you. Well done for trying your best and pushing yourself!

3/4W – June
For being an outstanding role model who shines in every way. You consistently show kindness, compassion, determination and a positive attitude in all that you do. Whether in the classroom or playground you always demonstrate our school values. Thanks for being you June!

3/4W – Jaxson H
For showing incredible determination and a wonderful sense of adventure on camp! You should be so proud of your courage, enthusiasm and willingness to try new things. Well done Jaxson!

5/6A – Jackson P
For thoughtfully sharing ideas and asking insightful questions during learning to deepen his understanding of each topic. Well done Jackson.

5/6A – Delilah B
For approaching challenges with bravery and determination. You seek help when things feel hard and work thoughtfully to problem-solve. Well done, Delilah.

5/6H – Emma
It is always lovely being greeted with a 'good morning' from you, Emma. We really appreciate the kindness and love of learning that you bring to our classroom.

5/6H – Jet
The leadership and teamwork that you demonstrate is fantastic! I can always trust you to do a responsible job with the person you are working with.

Lions Eye Health Program
Australia

# World Sight Day 2025

Warrnambool Lions Club will be offering a free community-based

EYE SCREENING SESSION, for children aged 3-18 years old.

GATEWAY PLAZA

Saturday 11th October

11 am – 1:00 pm

For furtherinformationcontact: SueAmos0408308096



# FRIDAY NIGHT 5-A-SIDE

Ages 6-14 from beginner to experienced
7 Games throughout Terms 4 and 1
Every Second Friday Starting October 24
Games Start at 5:30pm
Garden's Oval
$45

*Note: This replaces the Saturday Soccer from Terms 2 & 3.*
*There will be no Saturday Soccer in 2026*

# 2025/2026 JUNIOR PENNANT

proudly supported by

Beyond Bank AUSTRALIA

WARRNAMBOOL LAWN TENNIS CLUB

**START DATE 1ST NOVEMBER**

**ONLINE REGISTRATIONS NOW OPEN**

WWW.WARRNAMBOOLLAWNTENNIS.COM

SEASON 2025-26

# WE ARE COMMUNITY



Join our community and experience the joy of athletics!

REGISTER TODAY







Fridays 4:30pm
10th Oct 2025 - 20th Feb 2026
(excludes school holidays)

Port Fairy Showgrounds
$135 per child

Children born 2009-2020 are eligible to register

https://lavic.com.au/membership/



# DRAMAFEST SouthWest

**October**
**Thursday 30th**

**REARDON THEATRE**
**35 Bank Street**
**Port Fairy**

Led by international award-winning artist

**JENNIFER MONK**

MOYNE SHIRE

**Big Dreams Start in Small Towns!**

## Drama Club (Prep-Grade2) 3.45 - 4.45pm $10

A playful, supportive class full of theatre games, storytelling, character play, scene building, and dress-ups—designed to build confidence and creativity.

## Drama Lab (Grade3-5) 5 - 6pm $10

A dynamic, hands-on workshop exploring theatre games, improvisation, character work, and scene creation. A space for kids to explore, collaborate, and perform.

## Acting Studio (Grade 6 - Yr 9) 6.15 - 7.45pm $13.50

Stagecraft and skills in improvisation, voice, body, character development, monologues & scenes, intro to text analysis

# Stepfamilies - through your children's eyes



"Through the eyes of children: – being part of a stepfamily"

## This workshop covers:

- Stepfamily myths
- Stepfamilies through the eyes of children – the good and the tricky bits
- Supporting children with adjusting to new family relationships
- Transitioning between homes
- Ways to support and strengthen your relationship with your child/ren
- Parenting approach
- Common difficulties for couples

This free 3 hour workshop aims to assist parents in developing a greater understanding of what their children need and how they can best support them.

For more information or to register, scan the QR code or visit www.catholiccarevic.org.au/workshops

CatholicCare VICTORIA

FAMILY RELATIONSHIP CENTRE

An Australian Government Initiative

www.catholiccarevic.org.au

# PARENT EDUCATION EVENTS

**GEELONG and BARWON SOUTHWEST REGION**



## TERM 4, 2025

**All Regional Parenting Service programs along with MELI *(formerly Barwon Child Youth & Family (BCYF) and Bethany)*, Family Relationship Centre, Drummond St Services and Barwon Southwest Region programs will be offered face to face or online. Bookings are essential. For details of dates, times and venues please see below.**

## FEATURE FORUM

***THE PARENTING MANIFESTO SERIES***

Wednesday nights
18th March to 6th May 2026
7.00pm – 8.30pm
Waurn Ponds Library,
230 Pioneer Rd, Grovedale

*Scan the QR code to learn more and book, or visit Geelong.link/ParentingManifesto*

**Presented by Sue Wong and Justin Robinson**

**Parenting is one of life's greatest responsibilities — and one of its most rewarding challenges. Amidst the noise, the nappies, and the never-ending to-do lists, it's easy to lose sight of who you are.**

This in-person series, guided gently by My Manifesto co-authors Sue Wong and Justin Robinson, offers parents of young children and teenage children a unique and inspiring opportunity: to pause, reflect, and intentionally create a life statement that anchor them in their values, strengths, dreams, and personal wisdom

Over six intimate and uplifting workshops, you'll craft your personal manifesto – your private declaration of intention and clarity – and reconnect with the self you want to bring to parenting, partnership, and daily life.

All participants receive a complimentary copy of the book: My Manifesto – A compassionate guide to reveal your best life, and a beautiful set of inspiration cards to accompany their journey.

## BRINGING UP GREAT KIDS
### The First 1000 Days

The first 1,000 days of life is a program for parents with children aged under 2 years and designed to nurture parents as they embark on their journey. It provides parents with knowledge about brain development and an understanding of how children grow and what they need. The centrality of family relationships and opportunities for parents to reflect on their own childhood and how to connect with their children are all explored.

## BRINGING UP GREAT KIDS

Bringing up Great Kids is a 6-week supportive program for parents of children aged 12 months to 9 years.

The program aims to:

- develop parents' skills to enhance communication with their child/ren
- promote positive interactions between parents and their child/ren
- encourage the development of a child's positive self-identity

## CIRCLE OF SECURITY

Circle of Security is an 8-week supportive program for parents of children aged birth to 5 years.

The program aims to:

- help parents understand how to build feelings of security for children in their early years
- assist parents with skills to build on the positive relationship with their child
- develop confidence in parents to respond to their child in a way which builds a secure foundation for children

Regional Parenting Service
VICTORIA State Government
City of Greater Geelong

# Parent Education Events

**Term 4, 2025**

## TUNING IN TO KIDS

Tuning in to kids is a 6-week supportive program for parents of children aged 4 to 10 years.

The program aims to:

- help parents teach and support their child/ren to understand and manage their emotions
- support parents in encouraging children to express emotions appropriately
- maximise children's social, behavioural and learning outcomes

## BRINGING UP GREAT KIDS

### Parenting Adolescents

The program builds on maintaining positive relationships and interactions between parents and adolescents during the ages of 10 to 17 years.

This 6-week program will look at having a better understanding and being able to support your adolescent.

- Finding meaningful ways to stay connected with your adolescent
- Understand that all behaviour and interaction have a meaning attached to it
- Develop an increased understanding about the messages that they communicate to their adolescent through their behaviour, actions and attitudes
- Develop skills to identify and manage their stress associated with parenting

## STRENGTHENING FAMILY CONNECTIONS

Strengthening Family Connections is a free 8-week program for parents and their children aged 8 to 12 years. The program aims to build a positive family culture and strengthen family connections.

## OUR KIDS – Parenting After Separation

Our Kids is a 6-week course on parenting after separation and the impact of parental conflict on children. The course encourages parents to focus on the needs of their children and develop helpful communication strategies following separation. Courses run weekly for 6 weeks during school terms. Morning and evening sessions are available.

## FLOURISHING FAMILIES

A 5-week program for parents with children of all ages to discover how you can help your family to flourish.

Learn about:

- how you can promote resilience
- increase awareness of your family's strengths
- create and nurture positive family relationships
- give feedback to support individual growth

## THE ANXIETY COACH

### Reducing Anxiety and Building Resilience in Children

A 5-week program for parents of children 5 to 12 years to gain an understanding of the increasing levels of anxiety in a child and strategies to help manage the "traps and tripwires" with strengthening sayings, questioning strategies and mindful exercises.

## TUNING IN TO TEENS

Tuning in to teens is a 6-week supportive program for parents of teens aged 12 to 18 years.

The program aims to:

- support parents to connect and communicate with their teens
- assist parents with understanding adolescent development
- help parents to assist their teen to develop emotional intelligence
- remain empathetic and stay connected

## THE DAD WORKSHOP

This 6-week program will focus on giving you the tools you need to create a better life for your entire family.

We will look at simple things you can do to improve:

- your relationship with yourself
- your relationship with your partner
- your relationship with your kids

## POSITIVE PARENTING PROGRAM

Available online via the Triple P website

www.triplep-parenting.net.au/vic-uken/triple-p/

## LIVING WITH TEENS

A model for building strong, secure connections. Living with Teens is a 3-week program.

The program aims to cover:

- what parents need to be able to meet teen's needs
- what teens need from parents
- adolescent development

## BUMPS TO BUBS

Bumps to Bubs brings young mothers and mothers-to-be (up to 23 years) with babies 0 to 1 year, together to support the journey of parenting.

## BUBS TO TOTS

Bubs to Tots brings mothers (up to 24 years) of children in the 1 to 2 year age group together for support and education.

## DADS TUNING IN TO KIDS

Dads Tuning into Kids is a 6-week supportive program specifically for Dads of children aged 3 to 12 years.

The program aims to:

- help dads to effectively tune in to their child's emotions
- encourage dads to strengthen their emotional connection with their child
- support dads to build skills in emotion coaching to assist their child's individual needs

## STEPPING STONES

Stepping Stones is a 5-week program for families with a child who has a disability. The program aims to help parents use Positive Parenting to acquire new skills and knowledge. Skills are practiced and parents receive constructive feedback about their use of skills.

## GRANDPARENTING PROGRAM

Being a grandparent is one of the most exciting times in our life. A lot of information and safety recommendations have changed since we had our own young children.

In this session, come together with other grandparents to discuss some of the fun times we share with our grandchildren but to also look at the many guidelines that have changed since we had our own young children.

## Parent Education Events

**Term 4, 2025**

| Program | Location / Venue | Days / Dates | Time | Bookings |
|---|---|---|---|---|
| Tuning in to Kids | Virginia Todd<br>9-15 Clarence Street, Geelong West | Wednesdays<br>15 Oct – 19 Nov | 7.00pm – 9.00pm | Regional Parenting Service<br>www.geelongaustralia.com.au/parenting<br>Ph: 5272 4741 |
| Tuning in to Teens | Online via Zoom | Thursdays<br>23 Oct – 27 Nov | 7.00pm – 9.00pm | |
| Circle of Security | Virginia Todd<br>9-15 Clarence Street, Geelong West | Tuesdays<br>07 Oct – 25 Nov | 7.00pm – 9.00pm | |
| Bringing up Great Kids First 1000 Days | Online via Zoom | Wednesdays<br>15 Oct – 12 Nov | 7.00pm – 8.30pm | |
| Bringing up Great Kids | Virginia Todd<br>9-15 Clarence Street, Geelong West | Thursdays<br>09 Oct – 13 Nov | 7.00pm – 9.00pm | |
| The Dad Workshop | Online via Zoom | Tuesdays<br>14 Oct – 18 Nov | 7.00pm – 9.00pm | |
| The Parenting Manifesto | Waurn Ponds Library,<br>230 Pioneer Rd, Grovedale | Wednesdays<br>18 Mar 2026 – 06 May 2026 | 7.00pm – 8.30pm | |
| **Program** | **Location / Venue** | **Days / Dates** | **Time** | **Bookings** |
| Online parenting programs | Drummond St Services offer a range of online programs, please see their website for further details. | Various dates and times | | Drummond Street Services<br>ds.org.au/events/ |


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|---|---|---|---|---|
| Circle of Security | TBA | Tuesdays<br>14 Oct – 18 Nov | 6.30pm – 8.30pm | Family Relationship Centre<br>www.catholiccarevic.org.au<br>Ph: 5246 5600 |
| Circle of Security Grandparents | TBA | Thursdays<br>16 Oct – 20 Nov | 6.30pm – 8.30pm | |
| Stepfamilies - through your children's eyes | Various locations, dates and times – for more information or to register, scan the QR code or visit www.catholiccarevic.org.au/workshops | | | |
| Circle of Security | Meli Poa Banyul<br>110 Unity Drive, Mount Duneed | Thursdays<br>23 Oct – 11 Dec | 10.00am – 12.00pm | Meli, the new name for BCYF and Bethany<br>www.meli.org.au<br>Ph: 5226 8900 |
| Dads Tuning In to Kids | Meli<br>222 Malop Street, Geelong | Tuesdays<br>21 Oct – 25 Nov | 5.30pm – 7.30pm | |
| Tuning In to Kids | Meli<br>16 Ballarat Road, Hamlyn Heights | Tuesdays<br>21 Oct – 25 Nov | 10.00am – 12.00pm | |
| Tuning In to Teens | Kurrambee Myaring Community Centre<br>12 Merrijig Drive, Torquay | Thursdays<br>23 Oct – 27 Nov | 12.00pm – 2.00pm | |
| To express your interest for the following programs please contact MELI | | | | |
| Bumps to Bubs Strengthening Family Connections Bubs to Tots Navigating Separation | | | | |