

# BRIGHTON BEACH

Location  
Postal Address  
Web  
Email  
Phone  
Fax

Windermere Crescent BRIGHTON  
PO Box 9064 BRIGHTON 3186  
<http://www.brightonbeachps.vic.edu.au>  
[brighton.beach.ps@edumail.vic.gov.au](mailto:brighton.beach.ps@edumail.vic.gov.au)  
(03) 9591 0888  
(03) 9592 9772

# PRIMARY SCHOOL NEWS



## Calendar of Events

Check out the calendar on  
compass for more dates.

### FEBRUARY

#### Friday 14<sup>th</sup>

8.15am M&P Meeting  
8.30am Year 3-6 Swimming  
Carnival



#### Sunday 16<sup>th</sup>

9.30-11.30am Mulch Working  
Bee  
(Help wanted to spread the  
mulch)

#### Monday 17<sup>th</sup>

2.45pm Assembly 6C

#### Tuesday 18<sup>th</sup>

8.15am Running Club  
Triathlon Classes  
3.30pm Meet and Greet

#### Wednesday 19<sup>th</sup>

9.00am Hockey Victoria  
9.15am Years 3 and 4 Yoga  
7.00pm School Council



### MARCH

#### Tuesday 3<sup>rd</sup>

8.00am Buildings and Grounds

### MAY

#### Tuesday 5<sup>th</sup>

School Photos

## Building Better Pathways to Success to create a community learning globally Student Initiatives

This week we were treated to 6B's class share at assembly, where grade 6 students introduced their different leadership roles. Grade 6 students will be actively participating in a whole school leadership program, focused this term on exploring the question: What capabilities define a leader?

Already a number of our Captains are actively engaging with their roles and responsibilities.

Library Captains Ayane, Abby and Lauren have initiated a whole school book drive: "We've asked everyone to donate a book to help rebuild Sandringham Primary School's library. So far we already have 74 books, and we will be collecting all term! Please send donations to the library"

Media Captains Maureen, Keira, Axl, Tom and Nico had their first radio session this morning. Tune into Southern FM from 7am to hear our team. Maureen reflected "Our first session went really well. I really liked doing the jokes and am looking forward to having people call into the station"



Will, ICT Captain "Our first assembly went really well – we have to make sure that everything works and if something goes wrong, we have to remember to stay calm and act like its meant to happen"

Lauren, Performing Arts "I'm really excited about painting production sets this year as part of my role"

Henry, SRC Representative "I'm looking forward to helping people to make friends"

Hello we are Ella, Hugh, Jai, Lawson, Polly and Hannah the new Performing Arts captains. This year we are very excited to be helping with all of the musical activities at BBPS, especially the production. If you have any questions about Performing Arts we would be happy to chat with you. We would like to let everyone know that choir will be starting up next Wednesday, looking forward to seeing everyone there! Wednesday mornings 8.30am in the music room. Everyone from Prep to Grade 6 is invited to join.



### **Meet and Greet**

Tuesday night is a great opportunity for parents and teachers alike to meet each other and share goals and aspirations for each child for 2020. Thank you to all families who have reserved a timeslot via Compass Conferences.

### **Assembly**

Assembly takes place on Monday afternoons 2:45-3:30pm. All family members welcome.

### **Working Bee**– Sunday 16<sup>th</sup> of February 9.30-11.30am.

If you can make it this Sunday please bring your children, a wheelbarrow, spreading rake and spade. We are adding to the soft fall under the playground equipment.

If you can just bring yourself, we can share school barrows etc.

Any help is appreciated even if you can spare one hour during that time.

Please notify the school at [brighton.beach.ps@edumail.vic.gov.au](mailto:brighton.beach.ps@edumail.vic.gov.au) if you can make it.

## Swimming

Years 3-6 have now completed their intensive swim safety program for the year. We wish all students, especially first-timers Year 3, who are competing in tomorrow's carnival the very best. The carnival begins at 9:30am at SwimRight on Tulip Street, Sandringham.

Ben, 3RH "I'm really excited about my first carnival, and I've got good friends and swimmers in my house so that's good"

Michael, 3RH "I'm less worried about going in races now I know that I only race against grade 3s"

Natasha, 3RH "I like doing freestyle and backstroke"

Phoebe, 3RH "I might go in the freestyle race"



## School Council Positions

Each year in February/March, an election is conducted for members of the school council for Brighton Beach Primary School. All government schools in Victoria have a school council; a legally formed body that sets the key directions of the school within centrally provided guidelines. There are three possible categories of membership:

- A mandated elected parent category. Potential and retiring councillors can be nominated.
- A mandated elected Department of Education and Training employee category.
- An optional community member category.

The term of office for councillors is 2 years. Some members retire each year and this creates vacancies for the annual School Council elections. If you have a desire to work in partnership with others to help shape the school's future, and contribute in ways that reflect the best interests of all students, please consider nominating. There are 3 vacant parent positions open, please consider nominating yourself

Nomination forms for the vacancies on school council are now available from the office. If you are interested in nominating but cannot come to school to collect a nomination form, please telephone the office to request that we send one home with your child.

Nominations are staying open until Friday, 21<sup>st</sup> February, closing at 4pm.

For more information, see attachment.

The 2019 School Council will meet for their final meeting next Wednesday, \*\*\* at 7pm.

**Term 1 Community Events:** Put these dates in the diary to be involved in our community

Meet and Greets	Tuesday, 18 <sup>th</sup> Feb. Grade 1 -6 in your child's classroom Sign up via Compass Conference – link will be provided next week	An opportunity for you to meet your child's teacher in a one on one 10 minute meeting.  Prep parents will have this Meet and Greet on the first 4 Wednesdays while Prep do not attend school.
Welcome BBQ	Friday, 28 <sup>th</sup> Feb All welcome Windermere Oval, 5-7pm	A wonderful event to reconnect with members of our community – keep an eye out in the newsletter for details.  Grade 5 families have been allocated this event by the PA as key facilitators– please keep an eye out on Compass for the opportunity to be further involved.  Also, if you have a contact to a bread provider or bakery, please contact Jenny.
Parent Expo	Wednesday, 4 <sup>th</sup> March Classrooms, 5:30-7.00pm Prep – 6 Schedule to be communicated via Compass	An opportunity for parents to participate in a series of workshops to further inform understanding of learning at BBPS and build the home/school connection.  This is in lieu of our traditional curriculum nights - please note that Prep will still have a curriculum information session as part of the night. All details will be featured in our newsletter.
Julie Shepherd	Thursday, 13 <sup>th</sup> Feb In the Staffroom, 2:30-3:15 Prep parents (or junior school families who might be interested)	What do we do with the Home Books that come home each day? What are these WOW words all about? What do I do about letters and sounds? And writing? Julie Shepherd, Literacy Consultant and ALEA president, will be running an afternoon session to answer all of your literacy questions.
David Anderson	Thursday, 12 <sup>th</sup> March In the CLC P-6 – all welcome  *Supervision provided for your child, please email the Office should you require this service.	As promised last year, in follow up to his Term 4 session, David Anderson – Leadership Consultant, will be focusing on providing you with practical language stems and processes to build strong relationships with your child that focus on inquiring and building self-regulation and independence.  Keep an eye out for the Compass Event.
Grade 6 and SRC Leadership Badge presentation	Monday, 16 <sup>th</sup> March Hall 2:45-3:30pm Grades 2-6	Join us for our annual badge presentation ceremony, led by the Grade 5/6 teaching team, where we celebrate our Grade 6 leaders and 2020 Student Representative Council.

## School Policies

Please find attached to this week's newsletter our revised Mobile Phone Policy, in line with the guidelines recently released by the Minister of Education, Victoria.

At BBPS we are fully committed to the Child Safe Standards, as mandated by the Department of Education. Please find attached our current Commitment Statement and Code of Conduct. It is always timely at the start of the year to re-share these with our community – parents, teachers and students. Our policies can be found on our school website <https://www.brightonbeachps.vic.edu.au/school-accountability-policies>

## School's Privacy Policy

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the [Schools' Privacy Policy](#). Please take time to remind yourself of the school's collection statement, found on our website <https://www.brightonbeachps.vic.edu.au/enrolment>

For more information about privacy, see: [Schools' Privacy Policy – information for parents](#)

## Parent Association 2020

The PA have their first meeting on Friday, 7<sup>th</sup> Feb in the Glasshouse Meeting Room at 9:10am. If you are interested in being part of this invaluable group of community members in any way, please come along. If you are unable to come to the meeting, but are interested in having a role, please contact Jenny Ermogenis our 2020 PA Events Coordinator via email [brighton.beach.ps@edumail.vic.gov.au](mailto:brighton.beach.ps@edumail.vic.gov.au).

In particular, the PA are looking for Class Representatives, a Treasurer and Secretary. Please register your interest via email [brighton.beach.ps@edumail.vic.gov.au](mailto:brighton.beach.ps@edumail.vic.gov.au)

## School Council 2020 Nominations

Each year in February/March, an election is conducted for members of the school council for Brighton Beach Primary School. All government schools in Victoria have a school council; a legally formed body that sets the key directions of the school within centrally provided guidelines. There are three possible categories of membership:

A mandated elected parent category. Potential and retiring councillors can be nominated.

A mandated elected Department of Education and Training employee category.

An optional community member category.

The term of office for councillors is 2 years. Some members retire each year and this creates vacancies for the annual School Council elections. If you have a desire to work in partnership with others to help shape the school's future, and contribute in ways that reflect the best interests of all students, please consider nominating. Sue Klein, our business manager would really like a parent with finance/accounting expertise to consider joining our finance committee!

Nomination forms for the vacancies on school council are now available from the office. If you are interested in nominating but cannot come to school to collect a nomination form, please telephone the office to request that we send one home with your child.

For further information see attached

The 2019 School Council will meet for their final meeting Wednesday, 19<sup>th</sup> February at 7pm.

## School start and finish times

School commences at 9.00am and finishes at 3.30pm



Bev May  
Principal



Kim Ancrum  
Assistant Principal

# **BRIGHTON BEACH PS 2020 HOUSE SWIM CARNIVAL**

Dendy (Red):	LANES 1 & 2 –
Wilson (Blue):	LANES 3 & 4 –
Grainger (Yellow):	LANES 5 & 6 –
Gordon (Green):	LANES 7 & 8 –

## **ORDER OF EVENTS: 9.30am Start**

1. 50m Freestyle – 9/10 Yr Girls
2. 50m Freestyle – 9/10 Yr OPEN
3. 50m Freestyle – 11 Yr Girls
4. 50m Freestyle – 11 Yr OPEN
5. 50m Freestyle – 12/13 Yr Girls
6. 50m Freestyle – 12/13 Yr OPEN
7. 50m Freestyle – Year 3 Girls
8. 50m Freestyle – Year 3 OPEN
9. 50m Backstroke – 9/10 Yr Girls
10. 50m Backstroke – 9/10 Yr OPEN
11. 50m Backstroke – 11 Yr Girls
12. 50m Backstroke – 11 Yr OPEN
13. 50m Backstroke – 12/13 Yr Girls
14. 50m Backstroke – 12/13 Yr OPEN
15. 50m Breaststroke – 9/10 Yr Girls
16. 50m Breaststroke – 9/10 Yr OPEN
17. 50m Breaststroke – 11 Yr Girls
18. 50m Breaststroke – 11 Yr OPEN
19. 50m Breaststroke – 12/13 Yr Girls
20. 50m Breaststroke – 12/13 Yr OPEN
21. 50m NOODLE RACE – Year 3 Girls
22. 50m NOODLE RACE – Year 3 OPEN
23. 50m Butterfly – 9/10 Yr Girls
24. 50m Butterfly – 9/10 Yr OPEN
25. 50m Butterfly – 11 Yr Girls
26. 50m Butterfly – 11 Yr OPEN
27. 50m Butterfly – 12/13 Yr Girls
28. 50m Butterfly – 12/13 Yr OPEN

**STANDS:** Are for students, teachers (stand marshalls).

**PARENT SPECTATORS:** Please give the officials and judges plenty of room to do their jobs. An area around the judges will be cordoned off. Seating for all spectators is at the far end of the pool. Please refrain from walking along the pool deck cheering for your child. Encourage and cheer from the seated area. Unless you are a listed parent helper please stay clear of the recording table.

Kind regards, Josh Ancrum (Swimming Coordinator)

## **2020 Brighton Beach Primary School Parents Association and Class Representatives – Current Vacancies**

We have some exciting opportunities to join the Brighton Beach Primary School Parents Association or become a Class Representative.

Joining the Brighton Beach Primary School Parent Association or becoming a Class Representative is a wonderful opportunity for parents to make a difference to your child's school environment and it's a great way to meet other parents. The Class Reps and the Brighton Beach Primary School Parent Association have achieved many fantastic projects over the years and provides a vital link between the school and families.

Parent's Association meetings take place once a month on a Friday morning. It's an informal meeting and either the School Principal, Bev May or the Vice Principal, Kim Ancrum will attend to represent the school. The Class Reps do not need to attend the PA meetings.

There are current vacancies for a Treasurer, Secretary, Class Rep Convenor and Class Representatives.

Role descriptions:

### **Treasurer:**

- Maintain financials of the Parents Association
- Budgeting for each event
- Ensure correct allocation of expenses

### **Secretary:**

- Prepare agendas for the monthly meetings
- Take meeting minutes
- Administration of the BBPS Facebook group

### **Class Rep Convenor**

- Coordinating communications to parents
- Maintenance and set up of class distributions lists

### **Class Representative for class (two per class)**

- Circulate the class list to all parents/guardians
  - Send out weekly updates (updates from Compass, the teacher, the newsletter and class blog)
  - Make regular contact with the teacher
  - Organise opportunities for parents to socialise within a class and year level
- Organise one fundraising event throughout the year

Prep E – Two vacancies  
Prep W - Two vacancies  
Prep OP - Two vacancies  
Events: Easter Raffle and Christmas party

Grade 1W — One vacancy  
Grade 1A - Two vacancies  
Grade 2/1C - Two vacancies  
Events: Mother's Day Stall and Christmas party

Grade 2G - Two vacancies  
Grade 2V - Two vacancies  
Events: Mid-year event (with grade 5), Halloween Junior Disco

Grade 3B - Two vacancies  
Grade 3RH - Two vacancies  
Events: Father's Day Breakfast (with grade 4)

Grade 4B - Two vacancies  
Grade 4D - Two vacancies  
Events: Father's Day Breakfast (with grade 3)

Grade 5C — No vacancies  
Grade 5S - Two vacancies  
Grade 5T - Two vacancies  
Event: Halloween Senior Disco and Mid-year Event (with grade 2)

Grade 6B - Two vacancies  
Grade 6C - Two vacancies  
Event: Mother's Day Lunch

## BBPS Parent Association 2020 Diary Dates

Thank you to all the parents and community for your support throughout 2019, we hope you and your kids have enjoyed the events and activities we've brought to you this year!

We have some great events planned for BBPS next year, and we don't want you to miss out on any of them!

Further details will be provided during 2020.

Term 1	February 28 <sup>th</sup>	Welcome Event
	March 27 <sup>th</sup>	Easter Raffle
Term 2	May 6 <sup>th</sup>	Mothers Day Stall
	May 8 <sup>th</sup>	Mothers Day Lunch
	May 29 <sup>th</sup>	Mid Year Social Event
Term 3	August TBC	Dad's Footy Social Event Dad's Footy Jumper Presentation with BPS Dad's Footy Match
	September 4 <sup>th</sup>	Father's Day breakfast and stall
Term 4	October 9 <sup>th</sup>	World Teachers Day
	October 30 <sup>th</sup>	Halloween Disco (Jnr & Snr)
	November 27 <sup>th</sup>	Christmas Party

Parent Association Meetings are held monthly during the year and all are welcome. They are held in the Conference Room (glass room next to library), at 9:15am on the following dates for 2020:

7<sup>th</sup> Feb, 6<sup>th</sup> Mar, 1<sup>st</sup> May, 5<sup>th</sup> Jun, 7<sup>th</sup> Aug, 4<sup>th</sup> Sept, 9<sup>th</sup> Oct, 6<sup>th</sup> Nov, 4<sup>th</sup> Dec (AGM).

# Dreamers Social Club New Members Wanted!



Are you a new dad to the school? Or are you an existing dad interested in meeting other dads to enjoy an array of social gatherings? Or are you a mum that would love your partner to become more involved in the school? If you answered yes to any of these questions then the "Dreamers" are for you!!

The Dreamers Social Club is a way for dads at the school to connect with other dads and have a bit of fun along the way. The club was formed 9 years ago and there are a variety of activities that dads can get involved in: the Dreamers ALF footy team (who play against the Brighton Primary dads each August – no AFL experience required, in fact the lesser the experience the better!); basketball team; and casual golf, tennis and squash groups. There's even a Dreamers glam rock band!

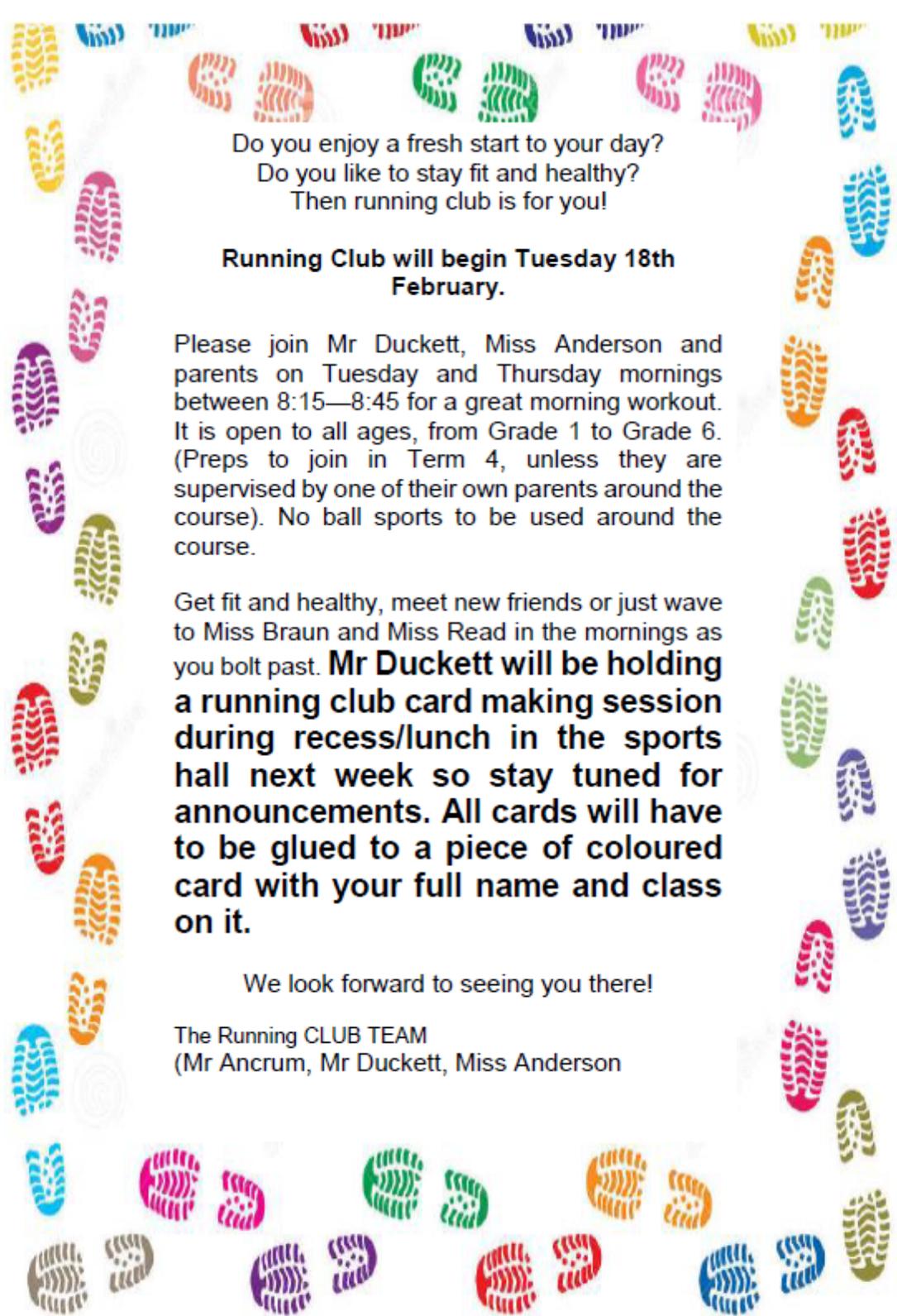


It's fair to say there's a lot of man love out there in Bayside due to the Dreamers franchise!

One of the highlights on the Dreamers calendar is the annual "Health & Wellness Retreat". This year "HW20" will be held in Torquay on the weekend of Friday March 20th to Sunday March 22nd. These weekends are a fantastic way to get to know other dads in the Bayside area. Last year we had 25 current, 11 new and 7 past dads from the school enjoy an awesome weekend of events – golf, bowls, beach/surf activities, tennis, and of course lots and lots of Health and Wellness! If you can make the whole weekend, that would be great, but you can just come down for Friday or Saturday night if that suits better.



If you would like to know more please contact Lucas Welsh ([lucas.welsh@hotmail.com](mailto:lucas.welsh@hotmail.com) or 0401 831 747).



Do you enjoy a fresh start to your day?  
Do you like to stay fit and healthy?  
Then running club is for you!

**Running Club will begin Tuesday 18th  
February.**

Please join Mr Duckett, Miss Anderson and parents on Tuesday and Thursday mornings between 8:15—8:45 for a great morning workout. It is open to all ages, from Grade 1 to Grade 6. (Preps to join in Term 4, unless they are supervised by one of their own parents around the course). No ball sports to be used around the course.

Get fit and healthy, meet new friends or just wave to Miss Braun and Miss Read in the mornings as you bolt past. **Mr Duckett will be holding a running club card making session during recess/lunch in the sports hall next week so stay tuned for announcements. All cards will have to be glued to a piece of coloured card with your full name and class on it.**

We look forward to seeing you there!

The Running CLUB TEAM  
(Mr Ancrum, Mr Duckett, Miss Anderson)



“Purchasing any new sports gear or clothing for the summer months ahead?  
Well, if you’re heading down to Rebel in the near future you’ll also be  
supporting Brighton Beach PS.

Our school continues to participate in the Rebel Community Kickbacks program. Under this program, Brighton Beach PS can earn 5% of your purchases at Rebel as in store credit to spend on sporting gear for all our students to use whilst at school or throughout the years PE Program.

All you need to do is join rebel active, select Brighton Beach PS from the list of participating groups and swipe (or quote) your loyalty card every time you make a purchase at Rebel. You’ll receive access to great member prices and other benefits and the school will receive a 5% credit from everything you spend.

Thanks to all families that currently support this program and we would love as many new families to join and list the schools name moving forward for more benefits.

Much appreciated, the Brighton Beach Team.

Activities Free Entry Sausages  
Drinks Pizza

**WELCOME**

**BBQ  
PARTY**

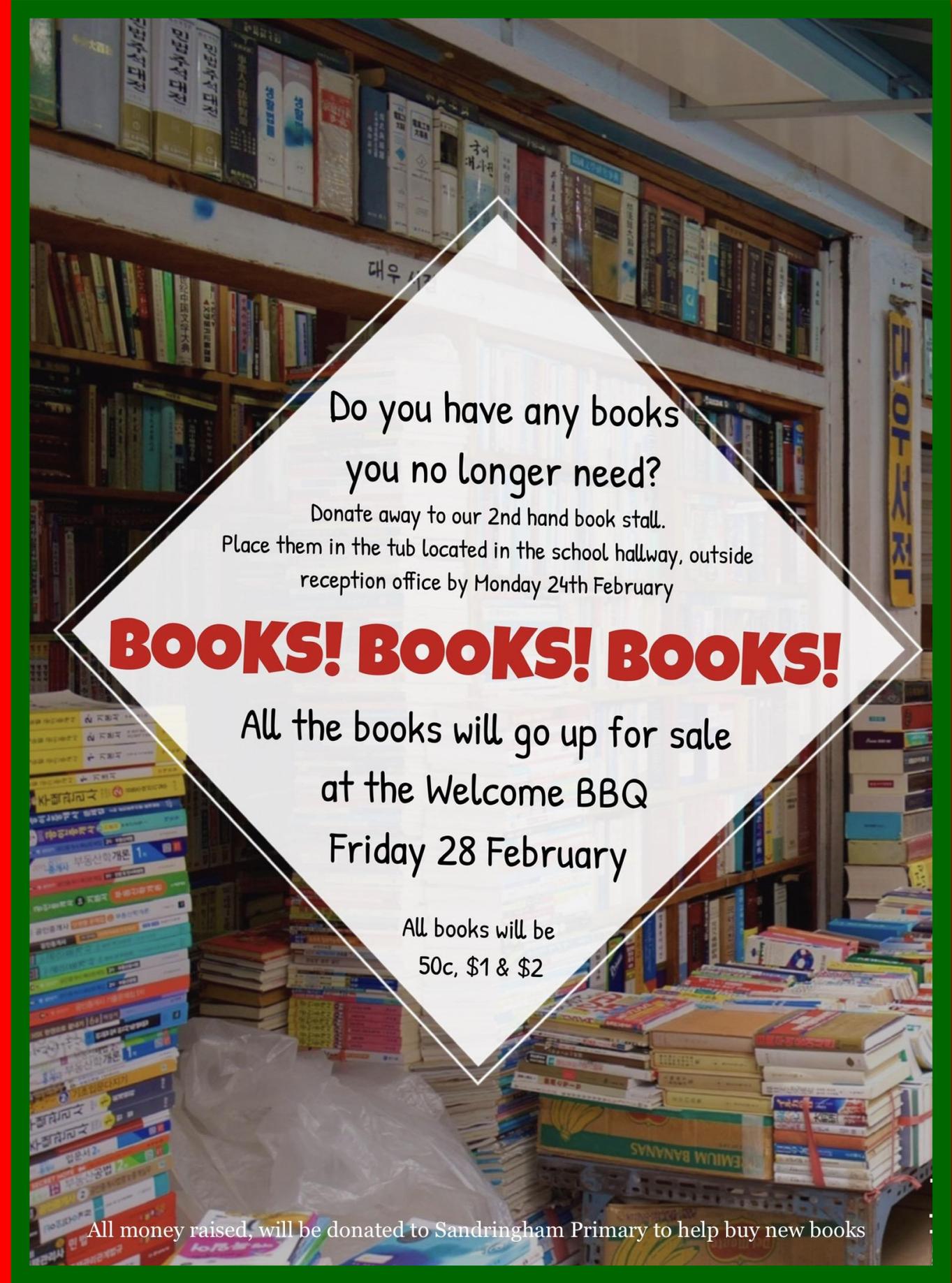
**Friday 28 February**

**5 - 7 pm**

Come along with your picnic rug,  
for a relaxed social evening on  
the school oval, to welcome in  
**The 2020 school year!**

All proceeds from food sales, will go towards improving our school.  
Cash and card payment facilities available on the night.

All queries contact  
Jenny 0408134220 Polixeni79@gmail.com



Do you have any books  
you no longer need?

Donate away to our 2nd hand book stall.  
Place them in the tub located in the school hallway, outside  
reception office by Monday 24th February

**BOOKS! BOOKS! BOOKS!**

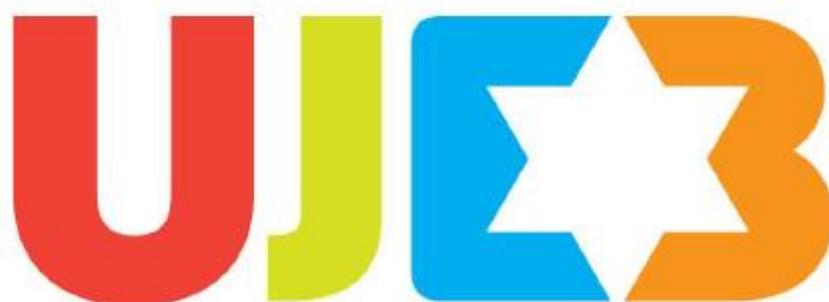
All the books will go up for sale  
at the Welcome BBQ  
Friday 28 February

All books will be  
50c, \$1 & \$2

All money raised, will be donated to Sandringham Primary to help buy new books

**JEWISH LIFE 2020**  
**BRIGHTON BEACH PRIMARY**

**Wednesdays 8 – 8.50 am**



**ENGAGING OUR FUTURE**

**Learn about and experience:**

**Shabbat**  
**Festivals**  
**Culture**  
**Music and craft**  
**Basic Hebrew**



**For information and to register:**  
**[www.ujeb.org.au](http://www.ujeb.org.au), [ujeb@ujeb.org.au](mailto:ujeb@ujeb.org.au), 95236844**

Dendy Village



D E N T A L



Don't risk playing sport without a professional custom-fit mouthguard.

At Dendy Village Dental we have 45 years of dental experience and expertise.

Open 6 days.

Dental EMERGENCIES welcome.

NEW patients welcome.

HICAPS onsite for dental quotes and claims.

You can rest assured that you will be taken care of.



**10% OFF**  
MOUTHGUARDS  
during your  
general check-up  
and clean  
appointment \*

Dendy Village



D E N T A L

754 Hampton St, Brighton.

Ph: 9592 0583

[dendyvillagedental.com.au](http://dendyvillagedental.com.au)

\*T&C's: Discount is off the regular price of a mouthguard. Discount does not apply to general dental check-up and clean appointment. Not able to be used in conjunction with any other offer. Offer not transferable or redeemable for cash.





★★★ ADMIT ONE ★★★

**DRAMA TIME AT BRIGHTON BEACH -  
WEDNESDAYS LUNCH TIMES  
1:45-2:30PM**



**ENROL NOW TO AVOID MISSING  
OUT:**

**Call Lara on 0438 610 310**

**Or enrol on the website:  
[www.dramatime.com.au/  
classes/all](http://www.dramatime.com.au/classes/all)**

★★★ ADMIT ONE ★★★

GOLD CLASS

**Email: [contact@dramatime.com.au](mailto:contact@dramatime.com.au)  
or [lara@dramatime.com.au](mailto:lara@dramatime.com.au)**

GOLD CLASS

 @dramatime\_au  Drama Time





Melbourne South

AFTER SCHOOL ROBOTICS & STEM CLASS

# Learn science and coding with Lego!

Every Wednesday @Brighton Beach Primary  
from 3:30-5pm. Children come to us straight after  
the school bell, you just pick them up at 5!

---

**Junior level (Prep-Grade 2) - Build Lego  
machines that move and work. Learn  
mechanics and high school physics!**  
**Senior level (Grade 3- Grade 6) - Build Lego  
robots, code them on an iPad and see your  
robot come to life!**

Book your spot Online!  
<https://melbsouth.young-engineers.com.au/enroll/>

Call - 0478534693  
Email - [melbsouth@young-engineers.com.au](mailto:melbsouth@young-engineers.com.au)



# CAP AND SHIRT EMBROIDERY

From personalised garments, to creating uniforms with your company logo.  
We have you covered with our quality embroidery service.

Present this flyer for a 10% discount every time you visit us

Address: *Westfield Southland* | Phone: *(03) 9583 0898* | Mobile: *0411 146 682*  
Instagram: *@capandshirt\_embroidery* | <https://capandshirtembroidery.com.au/>



**Australia's # 1  
non-nompetitive  
soccer program.**

Teaching children  
aged 2-12  
soccer basics  
in a fun & social  
environment.



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

**Suitable for  
Ages 4 to 12**



**Immerse  
for children** is a  
fun drama program  
that ignites creativity  
& promotes adventure  
collaboration, confidence,  
communication & friendship.

Role Play  
Improvisation  
Traditional Narratives  
Music & Movement  
**FUN!!**

Elwood  
Brighton  
Highett  
Ripponlea  
**Contact Us:**



**0456 090 716**  
[info@immersedrama.com](mailto:info@immersedrama.com)  
[www.immersedrama.com](http://www.immersedrama.com)

**Held at the Elwood St Kilda Neighbourhood Learning Centre**

**TEENS & ADULTS**  
**10 WEEK INTENSIVE COURSE**  
**Mondays - Commencing 17 February 2020**  
**Teens 6:00pm - 7:30pm --- Adults 7:30pm - 9:30pm**

**Be Creative.**  
**Be Confident.**  
**Be Whatever You Want.**

**Immerse**  
**Acting & Devising**  
**Intensive**

**Immerse** brings stage and  
production to life through an  
engaging course that explores  
improvisation, narratives, characters,  
creativity and theatrical collaborations.





**THE REDS!**  
FREE events. All Welcome!

**Fun Games Skills Matches – give it a go!**

**Sunday 16 February, Hampton Primary oval**



8.30am **mums' fitness soccer**

10am 7–12 years **girls' soccer clinic**

11am 'A' team **trials under 10 & 11**

12pm 'A' team **trials under 12 & 13**

HEBFC has mixed gender and all-girl teams from 4 years old to adult

**Hampton East Brighton Football Club**

**THE REDS!**

Hampton Junior Soccer Club and East Brighton (seniors)  
have merged to form THE REDS!

REGISTER NOW!

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

[info@hamptonsoccer.com.au](mailto:info@hamptonsoccer.com.au)

[www.facebook.com/HamptonJSC/](https://www.facebook.com/HamptonJSC/)





## Parenting Anxious and Sensitive Children

### A workshop supporting you to effectively support your child

Do you have a child who worries about the simplest of things? Do they get upset easily? Do they seem to have empathy beyond their young years? Are they constantly asking questions, exposing their exquisite attention to detail? Perhaps they want all the tags cut off from their t-shirts. Or to sit quietly in the corner rather than engage with the group. Chances are you have a sensitive little soul on your hands. And you are not alone.

Parenting an anxious or sensitive child is an immense responsibility. The Parenting Anxious and Sensitive Children workshop aims to increase your capacity to support your child affected by anxiety, worry or stress. Over three weekly sessions, you will be guided through this solutions-based program and supported to address individual concerns effectively.

#### Topics include:

- Anxiety versus Worry
- Sensory sensitivity and its relationship with anxiety
- Signs and symptoms of anxiety and vulnerable mental health
- Coping skills and building resilience

- Strategies to make everyday situations more calm and less emotional for everyone involved.
- The role of communication, compassion and 'sensitive parenting skills'
- Helping children to move from Comfort Zone to Courage Zone

#### Best suited to:

Parents and carers of children aged 4 to 11 years.

#### When:

The workshop runs across three Wednesday evenings.

Wednesday 11th March 2020 7pm to 9pm

Wednesday 18th March 2020 7pm to 9pm

Wednesday 25th March 2020 7pm to 9pm

Light refreshments provided.

#### Where:

Family Life meeting room, 197 Bluff Rd, Sandringham

#### Cost:

\$240 per person (\$215 concession)

### Bookings and more information:

To book or for more info, visit us at [heartlinks.com.au](http://heartlinks.com.au)

Email [heartlinks@familylife.com.au](mailto:heartlinks@familylife.com.au) or call (03) 8599 5488



Social Enterprise