



SCHOOL NEWSLETTER

1st March 2024



Email: cranbourne.east.ps@education.vic.gov.au

Website: www.cranbourneeastps.vic.edu.au

Coming Events - Also posted on Compass

March	March
Monday 4 th – Whole School Cross Country	Tuesday 12 th – Year 3 & Year 5 Athletics Carnival CANCELLED
Tuesday 5 th – Student Curriculum Free Day	Wednesday 13 th to Monday 25 th – Year 3 & Year 5 NAPLAN
NO STUDENTS AT SCHOOL	Thursday 14 th – Year 4 & 6 Athletics Carnival CANCELLED
Monday 11 th Labour Day Public Holiday	Thursday 28 th – End of Term 1

**SWPBS Goal. We line up with instructed.
This goal relates to our value of Respect.**

COVIDSafe Plan

The school adheres to the stringent COVIDSafe Plan and COVIDSafe principles: Infection prevention and control - practice good hand hygiene (hygiene stations set up throughout the school), social distancing and staying home if unwell, air purifiers are used in all areas and maximising ventilation.

We are super excited about our upcoming **Whole School Cross Country Run at Cranbourne East Primary School on Monday 4th March.**

We would love to see parents come along and support their children and encourage parents to dress in your child's house colours. If you are not sure which house your child is in, please click on your students' profile picture on compass to check.

Our house colours are:

- Hudson ~ Teal
- Donnelly ~ Navy
- Lyall ~ White
- Ruffy ~ Orange

A few reminders:

- Students to come dressed in your house colour.
- Wear comfortable running shoes.
- Clothing needs to be sun smart and comfortable to run in (e.g. T-shirt, shorts, trackpants, including a hat and sunscreen).



Please see the schedule below:

- Students who are 9 and 10 years old will race from 9:15am.
- Student who are 11 or turn 11 this year will race from 9:45am.
- Student who are 12 or turning 12 this year will race from 10:15am.
- Students from Prep to Year 2 will be running with students in their year level after recess:
 - Year 2 – from 11:30am
 - Year1 – from 11:45am.
 - Foundation – from 12:00pm.

School Council Elections Update:

Congratulations go out to the following parents who were successful with their nomination to the Parent Electorate of the School Council: Rahul Raghavan, Erica Collins, John Van Den Berg and Rasia Shariff. The following members of staff are to be congratulated on their successful nomination to the School Employee Electorate; Dorothy Thomas and Brooke Pirie.

School Council Meeting Report Wednesday 21st February 2024

The President, Roz Coles opened and chaired the beginning of a Regular meeting of the School Council. Conflict of Interest: The school has been purchasing science consumables and equipment from a supplier 'Mad About Science' for many years. At the start of the year the school employed a Science Specialist teacher. The teacher was previously the director of the company "Mad About Science'. The staff member informed the Principal she had passed on the business and no longer has any interest in the company. The school was unaware this staff member was connected to the company until her employment. The school prefers to continue purchasing from this company.

Advice received from the Department of Education regarding a potential Conflict of Interest (COI) with the school purchasing science consumables and equipment from 'Mad about Science' indicates there is a perceived COI rather than an actual COI. The way forward was to brief the school council on this matter and inform the school community. The school is able to continue to use this supplier.

There were no matters of workplace health and safety concerns raised or matters to discuss affecting the Child Safe Standards.

The Finance Reports for the months of November, December and January were presented with payments and transfers ratified including expenditure on school purchasing cards.

The Principal's Report was presented and approved followed by the Fundraising Sub-Committee Report.

General Business included:

- Approving the School Council Parent Helper's List and School Council Parent Helper's Register.
- The principal gave an update on the School Council Elections.
- The annual subscription to the Victorian Principals Association was approved for the school Leadership Team.
- The School Council approved the Student Free Day on Tuesday 5th March 2024.
- The principal gave a detailed presentation on the School Review process which is to occur in Term 2.
- David Muzyk gave the Child Safe Standards presentation to the School Council.
- The following policies were accepted as tabled: Class Placement Policy, Equal Opportunity, and Anti-Discrimination Policy, (Equal Opportunity Guidelines for Victorian Government Schools), Yard Duty and Supervision and Statement of Values and School Philosophy.
- The condition of the Sustainable Garden was raised following the school holiday break. Once the weather cools, parents will be invited to work in the garden and replant the garden beds.

As there were no further items for General Business the meeting was closed at 8:57pm.

Schools Camps and Year 6 Graduation Ceremony

A recent conversation with one of the parents focused on the Year 6 Graduation Ceremony and school camps for the school year.

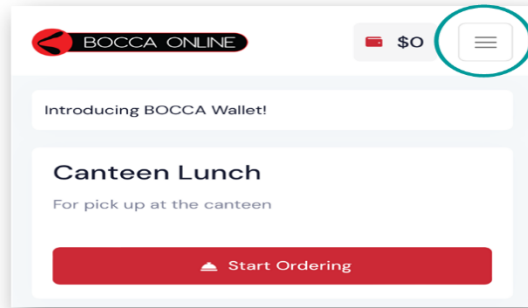
The Year 6 Graduation Ceremony is an exciting milestone that recognises the many years of learning, celebrations, friendships formed and memorable experiences before taking the next step in the learning journey to secondary college. The formal ceremony recognises every student including achievement and special mentions and a wonderful opportunity for parents to come together with the students and staff on this occasion. Several years ago, a meal was provided before the official ceremony. The students and staff decided to focus on the ceremony and do away with the meal in order to keep the cost of the event minimal for parents considering the financial pressures experienced in our lives. When the meal was offered there were many logistical challenges encountered including sourcing a meal that all students could enjoy. The students and staff at the

school are looking forward to acknowledging our students journey at primary school during our Graduation Ceremony in December.

This year our camps program will look a little different to previous years. The Year 3 students will have the opportunity to attend a 3 day camp at CYC The Island at Phillip Island while Year 6 students will have the opportunity to participate in a 3 day camp at Woorabinda Camp, Yallourn North. At the end of 2023 (like all years) a wide range of data was collected to determine the viability of offering the camps program in 2024. Data sets included the cost to parents (which has increased dramatically for 2024), student attendance at camps, availability of staff (and parents) to ensure correct staff/student ratios at a camp, availability of casual replacement teachers to replace teachers on camp, cost incurred to the school to fund time in lieu for staff who attend camps and most importantly loss of face to face teacher to student teaching time. The school is investigating 1 day adventure camp experiences for students who do not attend a year level camp in 2024.

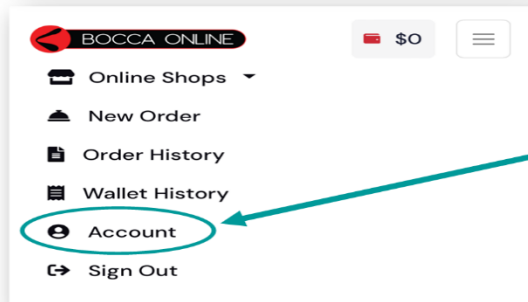
How to Change Your Child's Year Level & Class on Bocca Foods

Cranbourne East Primary School



Step 1:

Log into your Bocca Foods account and from the home page, click on the three lines to access the menu.



Step 2:

Click on Account.

My Children
Please enter the details for each student

[+ Add Student](#)

Ryan Reynolds [Remove](#)

Name *
Ryan Reynolds

School *
Cranbourne East Primary School

Dietary Options
 Vegetarian Halal Vegan
 Gluten Free Nut Allergy

Dietary Special Requirements
Dietary Special Requirements

Year Level *
5

Classroom *
5F

Delete my account [Delete](#)

[Save Account](#)

Step 3:

Scroll past the parent details down to the section called **My Children**. Under your child's name, update the following TWO fields:

Year Level
Classroom*

*(please put your child's Home Group in this field, rather than their room number).

Be sure to hit **Save Account**.

Repeat this process for all children listed on your account.



BOCCA FOODS

Online Lunch Orders Have Arrived

Register and order Online at

www.boccaonline.com.au

Its Easy

Its Stress Free

It has online payments!
order until 9am on the same day!

>> Follow these simple steps to register <<

1. Go to: www.boccaonline.com.au
2. Select 'REGISTER NOW' on our home page.
3. Add your name, email & create a password.
4. Complete your details including your child's school,
5. To order school lunches select 'Canteen Orders' then 'I am a Parent'.
6. click 'ADD STUDENT' and complete details for each additional student
7. Press 'SAVE' to continue.

Now you can 'START ORDERING'

>> Select a DATE for the order & start creating a healthy and



interesting lunch from our extensive menu!

>>> Click 'GO TO CHECKOUT'.

>>> Enter payment details & click 'PAY'.
Repeat steps 5-7 for each child in your family.

>> Relax knowing we have an amazing lunch for your child on its way!



CRANBOURNE EAST PRIMARY SCHOOL

FROM THE DELI BAR FRIDGE

	\$
Seasonal Fresh Fruit	from 1.50
Fruit Salad (Made Fresh Daily) GF VE	from 3.00
Yoghurt	4.00
Sushi Rolls: Californian/Vege/Chicken/Tuna GF	3.80
Jelly Cup	1.50

GOURMET PANINI

	\$
Ham, Cheese & Tomato	6.00
Chicken Schnitzel H	7.00
Tandoori/BBQ Chicken H	7.00

FRESHLY-MADE SANDWICHES (extra \$1 for roll)

	\$
Cheese & Tomato V	3.50
Ham & Cheese	4.50
Ham, Cheese & Tomato	4.50
Salad: Lettuce, Tomato, Carrot, Cucumber & Mayo VR V	4.00
Egg & Lettuce V	4.00
Cheese & Salad V	5.00
Roast Chicken & Salad H	6.00
Ham & Salad	6.00
Gourmet Wraps	from 7.00

DRINKS

	\$
Apple or Orange Juice	3.60
Pop Top	2.50
Oak 300ml	3.10
Bottled Water 500ml	3.60
Soft Drink Can (Sugar Free)	2.60
Iced Tea 500ml Bottle	4.50

SNACKS

	\$
Cake Slices	3.00
Slices	2.50
Rock Deli Chips	2.50
Muffins	3.50

FROM THE HOT FOOD BAR (extra 20c for sauce)

	\$
Egg and Bacon Muffin (cheese extra 50c)	4.00
Breakky Wrap: bacon, egg, hashbrown & BBQ	from 5.50
Oven Baked Hash Browns GF H VE	2.00
Steamed Dim Sim H	1.50
Snack size Sausage Roll	4.00
Homemade Sausage Roll	5.00
Pies	from 5.00
Chicken/Beef Burger with lettuce H	from 5.00
Oven Baked Wedges H VE	4.00
Sweet Chili Chicken Tender H	each 2.50
Sweet Chili Chicken Tender Wrap H	5.00
Vegetarian Spring Rolls H VE	3.00
Devil Wings (2 per cup) H	5.50
Bakery Pizza Round	4.50
Beef or Vegetarian Nachos GF H VR	from 5.50
Chicken Souvlaki H	7.00
Chicken Parma Wrap H	6.00
Pasta: Penne/Spirals with Bolognese H	4.50
Pasta: Penne/Spirals with Napoli sauce VE	4.50
Pasta: Lasagne H	6.50
Pasta: Ravioli/Tortellini with Carbonara	6.50
Fried Rice GF	5.00
Curry	6.50
Pide: Spinach or Lamb	7.50

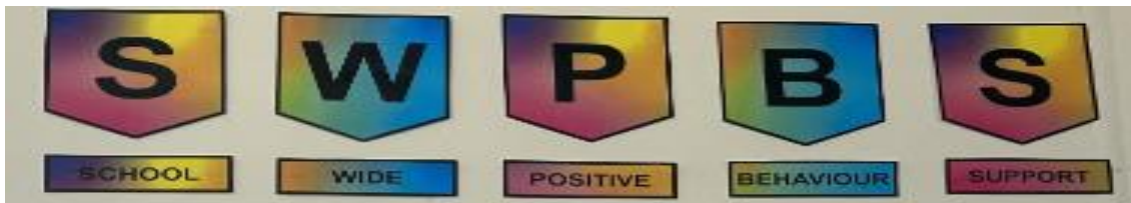
HOW TO COMPLETE LUNCH ORDERS:

1. Go to www.boccafoods.com.au to register account
 2. Ensure correct YEAR LEVEL/CLASSROOM details
 3. Add items to your basket and pay via credit card
 4. Collect orders from priority queue at the canteen
- NOTE:** Any dietary requirements to be pre-ordered, & out of stock items to be replaced by similar items



DIETARY GUIDE:

GF GLUTEN FREE UPON REQUEST **H** HALAL **S** SEASONAL **VE** VEGAN **VR** VEGAN UPON REQUEST **V** VEGETARIAN



Year Level	Student	Award
Foundation	Azaad W (Prep C)	Respect
	Japleen K (Prep C)	Respect
	Prisha V (Prep C)	Respect
	Zuha Z (Prep K)	Respect
	Adam Basil S (Prep K)	Respect
	Giannis I (Prep C)	Respect
	Aadin K (Prep C)	Responsibility
	Mikaal A (Prep C)	Responsibility
	Avleen Kaur A (Prep C)	Responsibility
Year 3	Anoop K (3K)	Responsibility
	Divijaa S (3K)	Responsibility
	Benson C (3L)	Responsibility
	Chase A (3K)	Respect
Year 4	Lina W (4B)	Respect
	Riya S (4B)	Respect Responsibility
	James C (4B)	Respect
	Kadence B (4B)	Respect
	Jacob W (4B)	Respect
	Yousra W (4P)	Respect Responsibility
	Amelia D P (4P)	Responsibility
	Chloe K (4P)	Responsibility
	Kingston T (4B)	Responsibility
	Jiakor J (4B)	Responsibility
	Sehaj Kaur B (4P)	Responsibility
	Ashwika R S (4B)	Responsibility Respect
	Shriyansh S (4A)	Respect
	Yosuf I (4A)	Respect
	Sukhreet B (4W)	Responsibility
	Joseph N (4W)	Respect Responsibility
Suhan V (4A)	Respect	
Year 5	Kanishk B (5B)	Respect
	Bhavani K (5K)	Respect
	Kira P (5K)	Respect
	Saira S (5B)	Respect
	Quinn L (5M)	Respect
	Macey G (5K)	Respect Responsibility
	Elira R (5K)	Respect
	Mourtaza Z (5K)	Respect
	Bahram M (5K)	Respect
	Zavier A-M (5W)	Resilience
	Jaden R (5B)	Respect
	Mustafa S (5B)	Respect
	Mackenzie B-S (5B)	Respect
	Roncy S (5B)	Respect


Year 6	<i>Pearl M (6K)</i>	Resilience
	<i>Amira Z (6K)</i>	Resilience
	<i>Taymour M (6K)</i>	Resilience
	<i>Garang G (6K)</i>	Resilience
	<i>Amy K (6K)</i>	Resilience Respect
	<i>Amira Z (6K)</i>	Respect
	<i>Ayda H (6V)</i>	Responsibility
	<i>Amy K (6K)</i>	Responsibility
	<i>Angad S (6V)</i>	Responsibility
	<i>Leon L (6K)</i>	Responsibility



Staff and Student BIRTHDAYS this Week



Mrs Thiel



Sukhtaj Singh R	Prep G
Dina H	1B
Mal G	1A
Navtej Singh A	1L
Subhan A	1A
Diyani P	2S
Mosiah B	2S
Oska R	2S
Toa B	2H
Aditi S P	4W
Cami J	4A
Jacob W	4B
Kareena K	4P
Zara K	5W
Palk K	5W
Addison J	6H



Cranbourne East Primary School
is proud to present
a FREE community event.

Supporting Resilience in Children

A presentation from two of Australia's most highly regarded Children's Psychologists.

+ an opportunity for Q+A.



Dr Michael Carr-Gregg

As seen on the top-rated Morning Show on 3AW with Neil Mitchell



Dr Justin Coulson

As seen on Channel Nine's Parental Guidance



Scan QR code or click
the link [HERE](#) for tickets

Thursday 7th March 2024
6:00pm-8:30pm

Location: Cranbourne Community Theatre
Brunt Street, Cranbourne 3977

Join us from 5:00pm for coffee and an opportunity to meet our local wellbeing supports.

*Please note this is an **adult only** event.*

**For more information
please contact:
David Muzyk or Jenni Kelly
PH: 5990 0400**

This event cannot be live streamed



Communities for Children is an initiative supported by the Australian Government



Tuning in to Kids™

A FREE, 6-week group for parents/carers in the Cranbourne area to develop and enhance your parenting skills, focusing on building your relationship with your child.

Do you:

- have a **connection to the Cranbourne area** (place of residence, work, school or relatives), and
- have a child aged 3 to 10 years?
- have difficulty managing your child's behaviour?
- want to strengthen your parenting skills?
- want to learn ways to better connect with your child?
- feel concerned about the level of conflict in your home?

This course teaches parents/caregivers:

- emotional intelligence and why it's important
- the five steps of emotion coaching
- different parenting styles
- anger and conflict management
- problem solving
- emotional self-care.

Please note: Only parents and carers can attend programs. Children cannot be present during groups.

Tuning in to Kids™ is provided by Relationships Australia Victoria as part of Windermere's Communities for Children initiative, with funding from the Australian Government Department of Social Services.

When

Six sessions from 10am - 12pm on Wednesdays in term 2, 2024:

- 1 May
- 8 May
- 15 May
- 22 May
- 29 May
- 5 June.

Where

St John's Anglican Church Hall
Childers Street, Cranbourne

Cost

Free of charge. Bookings are essential as places are limited.

Express your interest

- Call (03) 5990 1900
- Email cranbourne@rav.org.au
- Complete our online form at rav.org.au/child-parenting-courses/tink-cranbourne

A brief telephone assessment will be held prior to the group, to confirm that this group is suitable for your circumstances.

Please note: This program is not suitable for people who use, or have used, violence in their relationships. If this applies to you, please contact us to find out how we can support you.

24025

We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia. We support Aboriginal people's right to self-determination and culturally safe services.





Tuning in to Kids™ for Dads

A FREE, 6-week group for dads in the Cranbourne area to develop and enhance your parenting skills, focusing on building your relationship with your child.

Do you:

- have a **connection to the Cranbourne area** (place of residence, work, school or relatives), and
- have a child aged 3-10 years?
- have difficulty managing your child's behaviour?
- want to strengthen your parenting skills?
- want to learn ways to better connect with your child?
- feel concerned about the level of conflict in your home?

This course teaches dads:

- to be aware and to regulate your own emotions
- to be aware of your child's emotions
- to use your child's emotional experiences as an opportunity for closeness and teaching
- skills to help your child verbally name their emotions
- skills to help your child to problem-solve
- to guide your child's behaviour with appropriate limits.

Please note: Only parents and carers can attend programs. Children cannot be present during groups.

Tuning in to Kids™ is provided by Relationships Australia Victoria as part of Windermere's Communities for Children initiative, with funding from the Australian Government Department of Social Services.

When

Six sessions from 6 - 8pm on Tuesdays in term 2, 2024:

- 30 April
- 7 May
- 14 May
- 21 May
- 28 May
- 4 June.

Where

Relationships Australia Victoria
405 Narre Warren Road
Cranbourne North

Cost

Free of charge. Bookings are essential as places are limited.

Express your interest

- Call (03) 5990 1900
- Email cranbourne@rav.org.au
- Complete our online form at rav.org.au/child-parenting-courses/tink-dads-cranbourne

Please note: This program is not suitable for men who use, or have used, violence in their relationships. If this applies to you, please phone (03) 5911 5400 to find out how we can support you or visit rav.org.au/courses-men-using-family-violence

24026

We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia. We support Aboriginal people's right to self-determination and culturally safe services.





چه کسی می تواند شرکت کند؟

زنان افغان در منطقه کرانبورن با کودکان ۱۲ ساله و کمتر. این گروه توسط زنان افغان که به چندین لهجه افغانی مسلط هستند پیش برده می شود.

چه زمانی

۶ جلسه ۴ ساعته به روز سه شنبه تاریخ ۱۶ اپریل وقت: ۹:۳۰ قبل از ظهر

کجا

آدرس: مرکز خانواده و اجتماع آربرلی
75 Wheelers Park Dr, Cranbourne North

هزینه کورس

کاملاً بدون هزینه (رزرو کردن به دلیل محدودیت جا ضروری است).

اطلاعات بیشتر

برای ابراز علاقه خود به گروه های آینده یا کسب اطلاعات بیشتر، با مرکز کرانبورن ما تماس بگیرید:

• تلفن 1900 5990 (03)

• ایمیل cranbourne@rav.org.au

برنامه آموزشی نظم دادن به اطفال توسط روابط استرالیابوکتوریا ارائه شده و توسط ابتکار جوامع برای کودکان، وندمیر و دولت استرالیا حمایت و تأمین مالی می شود.

ما مردم بومی و جزیره نشین تنگی تروس را به عنوان مالکان سنتی سرزمین ها و آبراه های استرالیا می دانیم. ما از حق مردم بومی برای تعیین سرنوشت و خدمات امن فرهنگی حمایت می کنیم.



نظم دادن به اطفال، برای مادران افغان

یک جلسه ۶ هفته ای رایگان برای زنان افغان در منطقه کرانبورن برای توسعه و تقویت مهارت های تربیه اطفال، با تمرکز بر رابطه شما با فرزندانتان.

یا شما:

- در مدیریت رفتار فرزندتان مشکل دارید؟
- می خواهید مهارت های تربیه اطفال خود را تقویت کنید؟
- آیا می خواهید راه های بهتر برای ایجاد ارتباط با فرزندتان را بیاموزید؟
- در مورد درگیری و مخالفت ها در خانه خود احساس نگرانی می کنید؟
- آیا می خواهید با زنان افغان دیگر ملاقات و ارتباط برقرار کنید؟

در این برنامه در مورد این موضوعات بحث

خواهیم نمود:

- احساسات و اهمیت آن
- چگونه می توان ارزش های فرهنگی مهم را حفظ کرد و در عین حال ایده ها و تحقیقات جدید تربیه اولاد را اضافه کرد
- ۵ مرحله یادگیری احساسات
- تجربیات خانوادگی ما و اینکه چگونه ممکن است بر نحوه تربیت فرزندانمان تأثیر بگذارند
- سبک های مختلف تربیه اولاد
- مدیریت خشم و مخالفت نظر
- حل مشکلات
- مراقبت از احساسات عاطفی خود

لطفاً توجه داشته باشید: والدین می توانند با اطفال خوردسال خود در این گروه شرکت کنند. از اطفال شان مراقبت خواهد شد.



چه کسی می تواند شرکت کند؟

زنان افغان در منطقه کرانبورن با کودکان ۱۲ ساله و کمتر. این گروه توسط زنان افغان که به چندین لهجه افغانی مسلط هستند پیش برده می شود.

چه زمانی

۸ جلسه ۳ ساعته به روز چهارشنبه تاریخ ۲۴ اپریل وقت: ۱۲ بعد از ظهر.

کجا

آدرس: مرکز خانواده و اجتماع رملی
80 Thornborough Dr, Clyde North

هزینه کورس

کاملاً بدون هزینه (رزرو کردن به دلیل محدودیت جا ضروری است).

اطلاعات بیشتر

برای ابراز علاقه خود به گروه های آینده یا کسب اطلاعات بیشتر، با مرکز کرانبورن ما تماس بگیرید:

- تلفن 03) 5990 1900
- ایمیل cranbourne@rav.org.au

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ما مردم بومی و جزیره نشین تنگی تورس را به عنوان مالکان سنتی سرزمین ها و آبراه های استرالیا می دانیم. ما از حق مردم بومی برای تعیین سرنوشت و خدمات امن فرهنگی حمایت می کنیم.



نظم دادن به اطفال، برای مادران افغان

یک جلسه ۸ هفته ای رایگان برای زنان افغان در منطقه کرانبورن برای توسعه و تقویت مهارت های تربیه اطفال، با تمرکز بر رابطه شما با فرزندانتان.

یا شما:

- در مدیریت رفتار فرزندتان مشکل دارید؟
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- آیا می خواهید راه های بهتر برای ایجاد ارتباط با فرزندتان را بیاموزید؟
- در مورد درگیری و مخالفت ها در خانه خود احساس نگرانی می کنید؟
- آیا می خواهید با زنان افغان دیگر ملاقات و ارتباط برقرار کنید؟

در این برنامه در مورد این موضوعات بحث

خواهیم نمود:

- احساسات و اهمیت آن
- چگونه می توان ارزش های فرهنگی مهم را حفظ کرد و در عین حال ایده ها و تحقیقات جدید تربیه اولاد را اضافه کرد
- ۵ مرحله یادگیری احساسات
- تجربیات خانوادگی ما و اینکه چگونه ممکن است بر نحوه تربیت فرزندمان تأثیر بگذارند
- سبک های مختلف تربیه اولاد
- مدیریت خشم و مخالفت نظر
- حل مشکلات
- مراقبت از احساسات عاطفی خود

لطفاً توجه داشته باشید: والدین می توانند با اطفال خوردسال خود در این گروه شرکت کنند. از اطفال شان مراقبت خواهد شد.



Tuning in to Kids™ for Afghan Women

A FREE, 6-week group for Afghan women in the Cranbourne area to develop and enhance your parenting skills, focusing on building your relationship with your children.

Do you:

- have trouble managing your child's behaviour?
- want to strengthen your parenting skills?
- want to connect better with your child?
- feel concerned about conflict in your home?
- want to meet and connect with other Afghan women?

In this program, we'll talk about:

- emotional intelligence and why it's important
- how to maintain important cultural values whilst also incorporating new parenting ideas and research
- the 5 steps of emotion coaching
- our family experiences and how they might influence how we parent our children
- different parenting styles
- anger and conflict management
- problem solving
- emotional self-care.

Please note: Parents can attend this group with babies and pre-school children. Childcare will be provided for face-to-face groups.

24010 | rav.org.au

Who can attend?

Afghan women in the Cranbourne area with children aged 12 years and under. This group is facilitated by Afghan women who are fluent in several Afghan dialects.

When

6 x weekly, 4-hour sessions, starting on Tuesday 16 April 2024 at 9:30am.

Where

Arbourlea Family and Community Centre
75 Wheelers Park Dr, Cranbourne North

Cost

Free of charge. Bookings are essential.

More information

To express your interest in upcoming groups or to find out more, contact our Cranbourne Centre:

- Phone (03) 5990 1900
- Email cranbourne@rav.org.au

Tuning in to Kids™ is provided by Relationships Australia Victoria as part of Windermere's Communities for Children initiative, with funding from the Australian Government Department of Social Services.

We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia.

We support Aboriginal people's right to self-determination and culturally safe services.





Tuning in to Kids™ for Afghan Women

A FREE, 8-week group for Afghan women in the Cranbourne area to develop and enhance your parenting skills, focusing on building your relationship with your children.

Do you:

- have trouble managing your child's behaviour?
- want to strengthen your parenting skills?
- want to connect better with your child?
- feel concerned about conflict in your home?
- want to meet and connect with other Afghan women?

In this program, we'll talk about:

- emotional intelligence and why it's important
- how to maintain important cultural values whilst also incorporating new parenting ideas and research
- the 5 steps of emotion coaching
- our family experiences and how they might influence how we parent our children
- different parenting styles
- anger and conflict management
- problem solving
- emotional self-care.

Please note: Parents can attend this group with babies and pre-school children. Childcare will be provided for face-to-face groups.

24010a | rav.org.au

Who can attend?

Afghan women in the Cranbourne area with children aged 12 years and under. This group is facilitated by Afghan women who are fluent in several Afghan dialects.

When

8 x weekly, 3-hour sessions, starting on Wednesday 24 April 2024 at 12pm.

Where

Ramleigh Family and Community Centre
80 Thoroughbred Dr, Clyde North

Cost

Free of charge. Bookings are essential.

More information

To express your interest in upcoming groups or to find out more, contact our Cranbourne Centre:

- Phone (03) 5990 1900
- Email cranbourne@rav.org.au

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