

Issue 5: 26th April 2024

Calendar

April

29 Year 10 Immunisations

May

1-3 Year 11 Melbourne Camp

20 School Photos

22 National Simultaneous Storytime

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A few words from the Principal....Zlatko Pear

Welcome to Term Two

Hello all and welcome back to school for Term Two. I would also like to welcome the new families that started with us last week. It is great to see almost all students wearing full school uniform. With the onset of cold weather, it is important that parents ensure that students have warm uniform items to wear. All uniform items can be purchased locally at 'Billy and Me'. Please remember that students are permitted to wear any items of clothing under their uniform - **on the condition that it is not visible**. To help you identify our uniform all items (except the tartan skirt and summer dress) are logoed. This means, **if it is not logoed – it is not uniform**. If you are having problems purchasing uniform due to genuine financial difficulties, please contact me at the College to confidentially discuss your situation.

Mental Wellbeing Week

All our students were involved in Mental Wellbeing activities last week. This is a joint venture between the MFNC, Alpine Health, NESAY, Alpine Shire and local school. Our Year 5 to Year 12 students attended sessions with Chelsea Frawley. Chelsea lost her father (Danny) in 2019, she then made a career move to the St Kilda Football Club to help bring a focus on mental health. Our Primary school students were engaged in classroom activities focussed on positive mental wellbeing, with the week cumulating in a whole day activity on Friday. Feedback received indicates that it was a great week.



ANZAC Day

Our school was again involved in the ANZAC Day ceremony conducted by the local RSL branch. The respect and emotion shown by the very large crowd in attendance make you very proud to be a part of the Myrtleford Community. I would like to thank our school leaders for overcoming their nerves and representing our school. They looked fantastic in their uniform and school blazers.

Well done to Taniska Sharma, George Milligan, Summer Caponecchia and Mikala Hackett.



ANZAC DAY

LEST WE FORGET



ANZAC Service on Friday 26th at school



College Athletics Day



Snap shot of the Athletics Day. Full results and more photos to come in the next newsletter!

Around the College ...

PARENTS CLUB NEWS

Parents Club upcoming activities and fundraisers:

Mother's Day: students are making personalised gifts in art with Crafty. They will have brought home envelopes, please enclose \$5 and return to the school office by Friday this week. Gifts will go home next week.

Wood Raffle: tickets will be going home next week. Like last year, the trailer load of wood is being kindly donated by HVP. Tickets due back Wed 29th May and it will be drawn at Primary assembly on Friday 31st.

Sausage sizzle: planned for Wed 29th May. Envelopes will go home closer to the day for primary. We would also like to invite the Secondary students to purchase on the day. We will be outside the library deck.

Pie drive: forms will come home later in the term for this and collection day will be Thursday 27th June.

Be Respectful – Be Responsible – Be a Responsible Community Member – Be Safe

Green Card Winners

Term 2 Week 2



Ilesha Kroon
 Billie Mull
 Ishanya Sharma
 Alex Benci
 Winter Foreman
 Liliana Turner-Spessott
 Max Kleine
 (5/6 at Camp)

Congratulations!!

Prepared and ready to participate

Following teacher directions

Keeping my learning space tidy

Wearing my uniform proudly

Focussing on my own work

Using respectful language

Arriving and leaving quietly and safely

Trying my hardest

Showing kindness to others

Myrtleford P12 College
Inspirational

P-6 Friday Assembly

Term 2
 Friday Period 6
 Multi-Purpose Room

Format of P-6 Assemblies:
 (Year 6 Students to MC)

Welcome
 Acknowledgement of Country
 National Anthem
 Singing
 P-2 Class Awards
 Presentation of Special Work
 3-6 Class Awards
 Special Announcements
 End

Term 2 Roster

Week	Class Presenting Special Work
3	No Assembly – P-2 Art Excursion
4	No Assembly – GROW Performance
5	5S
6	6T
7	4S
8	PL
9	No Assembly – Report Writing Day
10	3/4SB
11	No Assembly – Last Day of Term

Be RESPECTFUL : Be RESPONSIBLE : Be a RESPONSIBLE COMMUNITY MEMBER : Be SAFE

CANTEEN NEWS

In Term 2 the Canteen will be open
Thursday and Friday

Students will need to bring food from home on the days the
Canteen is closed.

A new updated menu is coming soon!

Mental Health Week Activities

Prep/1 LS Tree of Gratitude



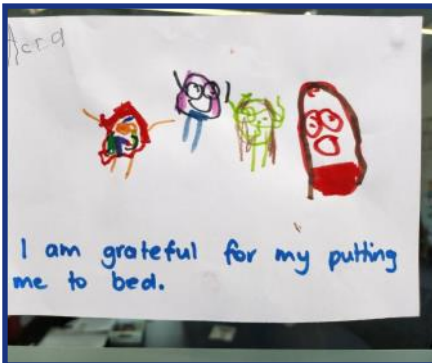
Year 1A Trees of Gratitude



Mental Health Week Activities



Prep L
I am grateful...



Mental Health Week Activities



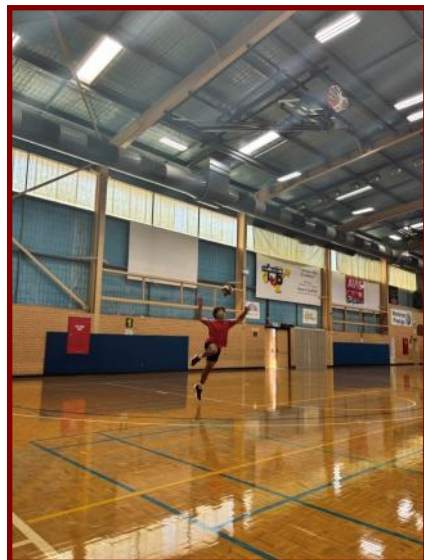
Year 2C
Gratitude Tree

Year 3O built a
character strength
chain as one of their
Mental Health Week
activities



O&M Volleyball

Late in Term 1, a number of students from Years 9-12 attended the Ovens and Mitta Volleyball Competition. Students competed in teams and although none of the teams made it to the finals, all students played well.
Miss Schaefer



Visit to Paddy's Poultry Produce

Paddy's Poultry Produce Visit!

Students from *Business Basics* embarked on a fascinating journey to Paddy's Poultry Produce, witnessing how Paddy and his family run the poultry farm. Paddy is a young, non-verbal adult with autism who, with help from his parents, has created a business selling pasture-raised eggs from his free-ranging chickens. Students joined in and watched Paddy and his Dad collect eggs, care for the chickens and use a unique machine to sort the eggs. Paddy and Damien spoke to the students about why they started the business and gave us a great insight into the hard work it takes to run a farm.

Thank you to the Beer family for having us. You can purchase Paddy's wonderful eggs locally at Dales Butcher in Myrtleford.

Ms Royse



Health and Human Development

Healthy eating: How hard is it?

Unit 1 Health and Human Development students have recently been learning about nutrition and the social, cultural and political factors that act as enablers or barriers to healthy eating. To contextualise their understanding of how hard it is for low-income families to eat healthily, the school gave each group \$10 to purchase ingredients and cook a healthy meal to feed a family of four.

Our four periods of class time in week one was spent walking to the supermarket, so that the students could locate and purchase their own ingredients, and preparing the meals in our school cooking room. Each group was able to create a meal that they enjoyed eating, although some struggled to afford a meal large enough for a family and others struggled to make healthy choices with the budget they had.

Overall, the students enjoyed the experience and it opened their eyes to the reality of attempting to eat nutritious foods on a budget.

Miss Schaefer



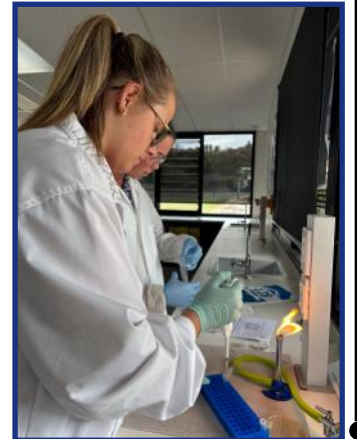
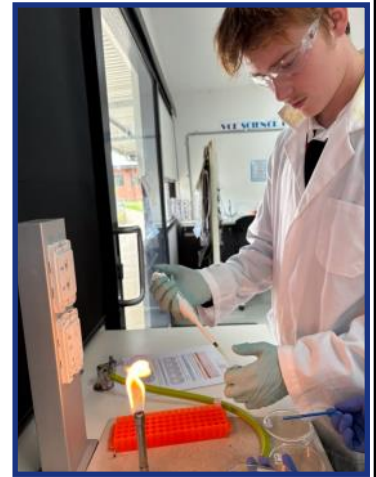
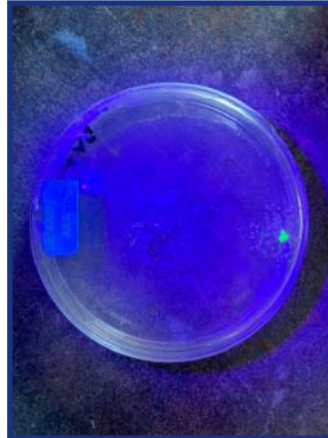
Glowing bacteria

Year 12 Biology – Glowing bacteria

Our Year 12 Biology have been busy studying DNA and in particular, the techniques that scientists can use to manipulate DNA.

The class investigated recombinant DNA technology as a way of producing a Hepatitis C vaccine. By inserting the gene needed to make a protein found on the hHepatitis virus into E. coli, we could “grow” this protein in large amounts in order to produce our vaccine.

The class very carefully worked through a complicated method to carry out the process. After incubating the plates for 3 days, we came back to great results! The bacteria that glows green under UV light is successfully producing the protein needed to make the vaccine!



Chicken Wing Dissection

Year 9/10 STEM

The STEM class has been building their knowledge of the muscular skeletal system in preparation for their next problem solving task. As part of this phase, students took part in a chicken wing dissection to better see the connection between muscles and bones. Chicken wings provide a great visual for the way in which tendons and ligaments connect muscles and bones.



UniSTEM Day for Year 10

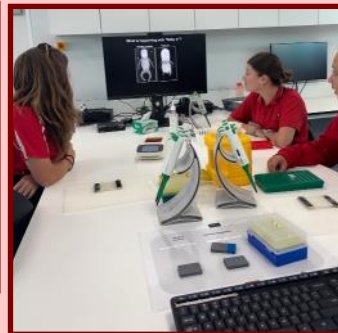


Year 10 visit to GTAC and the University of Melbourne

On Friday 22nd March, a group of biology-loving Year 10 students travelled to Melbourne after being invited to celebrate the annual "UniStem Day". This is celebrated all over the world and is a day to explore the possibilities of and ethics involved in stem cell research.

Our destination was the Gene Technology Access Centre (GTAC) in Parkville, conveniently located across the road from the University of Melbourne. We took advantage of this and wandered around the sprawling grounds of the university and grabbed some lunch from one of the cool cafes before our session at GTAC.

With full tummies, we headed across the road to learn all about stem cell research. First of all, we heard about some of the interesting research being carried out across research facilities in Melbourne by professors, research scientists and university students. We then split into smaller groups, ate more yummy food and had a one on one chat with a scientist. We learnt about the pathways they took, the challenges they have faced and the cool things about their jobs. Finally, we went upstairs to the lab and made our way through 5 different activities to learn about the ethics and applications of stem cell research.



A big thankyou for the invite from GTAC and Meg Broz for accompanying us to Melbourne on the day.



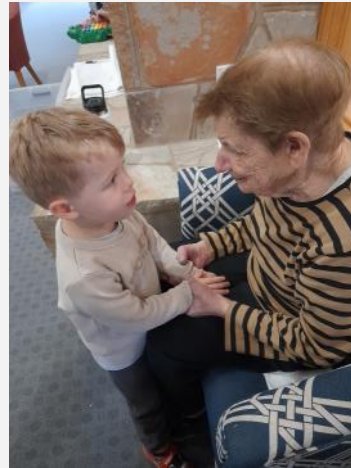
Mrs Vlahandreas
7-10 Science/STEM

Intergenerational Playgroup

Global Intergenerational Week



Together, let's celebrate the power of connection.



This week we got off to an early start for Global Intergenerational Practice Week. The Year 8s ran their regular Intergenerational Playgroup on Monday morning. We had three families and lots of residents join us. Before we got started the residents went for a walk with the physio and our students joined them.



Cooper and Blake put on a quick Aussie rules football demonstration, much to the delight of the seniors.



In the afternoon Year 7, who had undertaken a dance component in PE last term, headed down to the Lodge to demonstrate those skills. They performed to great enjoyment and cheering from the residents. Such a lot of fun and wonderful connections were had.



Intergenerational Playgroup



"Together we do better"



Congratulations A huge congratulations to the Bell family who are regular attenders at Intergenerational playgroup on a Monday. Luka (who is two) was very proud to share the fact he got married and his mummy and daddy too. Luka single handedly often runs playgroup he is a real character and we certainly missed him while he was away on mum and dad's honeymoon. I was pleased to be able to share some happy snaps of the big day. Well done Anna, Adrian, Luka and Ellouise.

Rosemary Dax
School Nurse, MP12 College

Quote of the week: Intergenerational Practice is not only nice, but essential !

HEALTH CORNER...with School Nurse Rosemary Dax

Breakfast is back on....

Find us in the canteen on a Monday morning before school and at recess on Tuesday in the SLA for cheese toasties. All you need is a smile!

Staff Blood Bank Donations and Lunch

So not only do our wonderful staff spend time preparing for term during their holiday break, some of them also rolled up their sleeve to donate blood. On Thursday April 11th a few staff headed to Wangaratta to donate blood and have a social catch up afterwards for lunch.

Thinking about donating blood? With three blood donations needed every minute, your blood really matters. Giving blood is such a rewarding thing to do and all it takes is a little of your time. Did you know that 1 in 3 people will need blood products in their lifetime but only 1 in 30 donate. Each donation can help up to three people.

Our closest blood donor centre is Wangaratta. If you would like to donate or find out more information please call 13 14 95 or visit <https://www.lifeblood.com.au/blood> .

Quote for the week: Be the reason behind someone's smile.
Donate blood and make a difference.

...Rosemary





<https://thefatheringproject.org/about-us/>

The Fathering Project is an evidence-based organisation that aims to promote positive fathering behaviours and fathers' engagement with their infants, preschool, primary school and adolescent-aged mental image

Your child's self-image or self-identity refers to their of themselves, of who they are as individuals, socially and more globally. A sense of image or identity can be shaped by experiences, interactions with others, the local environment, and their own unique personality. Self-image has a lot to do with self-esteem because how your child see themselves is a big contributing factor to how they feel about themselves.

Myrtleford P12 College is excited to be involved in the Fathering Project Watch this newsletter for handy tips and upcoming activities for all the Fathers out there.

For children and young people self-image is formed from internal questions such as – Who am I? Where do I fit in? What do others think of me? What influence do I have in my world? Who will I be as I grow up? Your children's self-identity is continually formed and shaped changing based on their experiences as they develop.

Supporting self-image: Young children

To build a strong sense of image and identity, your child first has to feel they belong. They learn this through safe and secure relationships – first with their family and later with other caring adults and children. Relationships are the foundations for your child's strong sense of self-image. It is shaped by the ways that you and others respond to them.

Tips for helping my child to develop a strong sense of identity

- **Tell your child they are loved and that you love them no matter what.**
- **Value what is unique about your child.** Let them know how special they are in their own way.
- **Pay attention to and listen to your child.** This tells children they are important and valued and that it is safe to express feelings and opinions.
- **Encourage your child to make choices and have-a-go at things themselves** (within appropriate limits). Support your child in their efforts to be more independent with you to back up when needed.
- **Encourage play with others and mix in different social settings.** Help them so develop social skills to fit in.

Dad joke of the week

Tips taken from the following website:

<https://thefatheringproject.org/fathering-channel/how-fathers-play-an-important-role-in-their-childs-education/>

"I don't trust stairs...they're always up to something."



Myrtleford P12 College is committed to the implementation of Child Safe Standards to promote the safety and wellbeing of all young people.

Myrtleford P12 College acknowledges the Traditional Custodians of the land on which we stand and pay our respect to the Elders both past, present and future.



Library News...

We have a busy time ahead in the library this term! Along with lots of new books, there are a few events coming up.

National Simultaneous Storytime is coming up on the 22nd May. This year on 22nd May at 12pm, students nationwide will be reading, listening and enjoying the book *Bowerbird Blues* by Aura Parker. Students will participate in a range of activities across the themes of the book. In anticipation of the event, I have constructed a replica bower for display in the library. Students can contribute to the display, by adding small blue items that a bowerbird would likely collect to decorate his bower. I look forward to learning and sharing information about bowerbirds in the coming weeks.



Victorian Premiers' Reading Challenge

The Victorian Premiers' Reading Challenge is now open and Myrtleford P12 College is excited to be participating. The PRC application offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
- a modern user-friendly interface
- rewarding students with badges as challenge milestones are achieved
- the option for students to mark books as a favourite, give them a star rating or complete a book review

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 6 September 2024. Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

Students in Years Prep-2 will aim to complete the Challenge during class time, but these students can choose to also add books read or shared at home to their personal challenge.

Students in Years 3-10 can choose to join the challenge individually, adding books they have read in 2024, along with books shared with their teachers. These students need to let me know of their intention to join the challenge so that I can activate them, after which they can log in and start recording their books.

Students in Prep-year 2 that wish to add books read at home will need to contact me by email to receive a log in.

kathleen.morgan@education.vic.gov.au

Pre school children from birth to five can also get involved and are encouraged to read 40 books with their parents and carers before 6 September 2024.

To read the Premier's letter to parents, view the booklist and for more information about the Victorian Premiers' Reading Challenge, visit: <https://www.vic.gov.au/premiers-reading-challenge>

BOOK FAIR

This year's Book Fair is tentatively booked for June 1st-3rd. The library will have a small pop up book shop for students, parents, families and friends to purchase books and stationary items. More details to come in future newsletters!

...Mrs Morgan

IN THE COMMUNITY

Myrtleford and District Volleyball Association

MDVA is at risk of folding in 2024 if we do not get volunteers to fill committee positions.

All committee positions (President, Vice President, Treasurer, Secretary) are up for nomination. The competition will not run this year if we do not get people who are willing to step up and help out.

Interested participants can email myrtlefordvolleyball@gmail.com

We also need more teams to register and encourage people to join our Facebook group "Myrtleford and District Volleyball Association" for updates.



Kind regards,
Keira Schaefer
MDVA Secretary

MARIAN COLLEGE PRESENTS
G.R.O.W UP!
7-10TH MAY 2024
EMPAC, PRINCE STREET, MYRTLEFORD
ALL TICKET AND BOOKING ENQUIRIES TO (03) 5752 1596

GRADE 6 SCHOOL SHOW
Information

WEDNESDAY
8TH MAY

Arrival time: 10am
Recess: BYO Snack and Drink
Games & G.R.O.W UP!
Performance
Lunch: Provided
Departure: 1.45pm / 2pm

Please confirm your booking by calling our Office on (03) 5752 1596 or emailing info@mcm.vic.edu.au



Check out Scouts!

At 1st Myrtleford Scout Group!

Scouting actively engages and supports young people aged 5-25 in their personal development, empowering them to make a positive contribution to society.

Our Section meeting nights are:

Joey Scout (ages 5-8) Monday 4:30-5:30pm

Cub Scouts (ages 8-11) Tuesday 6-7:30pm

Scouts (ages 11-15) Tuesday 6-7:30pm

Venturers (ages 15-18) Wednesday 6-8pm

We meet at 183 Buffalo River Rd, Myrtleford.

For more information or to join, contact gl.1stmyrtleford@scoutsvictoria.com.au or call 0438 403 068.



1800 SCOUTS
scoutsvictoria.com.au

Proudly Supported by
Bendigo Bank Community Bank
Mount Beauty & District

Mt Beauty
RUNNING FESTIVAL

COME AND CELEBRATE OUR 43RD EVENT!
18.05.2024
#MTBEAUTYRUNNINGFESTIVAL

REGISTER

3K, 10K, 21K AND 18K TRAIL RUN
ONE OF AUSTRALIA'S MOST SCENIC FOOT RACES
10 AM START AT MBSC OVAL, POOL RD, MT BEAUTY
BIB PICK UP FROM 8.30AM

In the Community...

GIRLS ON FIRE FIRE & RESILIENCE CAMPS

Supported by Victoria Fire & Emergency Services Agencies



REGISTER NOW



Corryong 1 Day Camps

FRIDAY 17th and SATURDAY 18th MAY 2024
For girls aged 14 - 19

What you'll gain			What you'll do	
Community Resilience	Leadership Skills		Live fire & extinguishers	Emergency Management
Teamwork	Career Pathways		First Aid	Response Operations



www.girlsonfire.com.au info@girlsonfire.com.au



TERM 2 RECREATIONAL GYMNASTICS & ADVANCED RECREATIONAL CLASSES

Registrations Now Open



www.indigogymnastics.com.au

Monday night and Sunday morning classes available

Toddler gymnastics

Term 2

Starts Sunday 21st April 2024

9am - 9.25am

Ages: 18months - 3yrs

Head over to our website to book now!




REGISTRATIONS NOW OPEN

www.indigogymnastics.com.au

4-5 YEAR OLD TERM 2 Gymnastics

Sunday
9.35am - 10.15am
10.20am - 11am

Limited spots head over to our website to book now



www.indigogymnastics.com.au



SMLkids

SENSE • MOVE • LEARN

**New Occupational Therapist-
Ashleigh- available for NDIS funded
participants 0-18 years.**

Can support gross & fine motor skills (e.g. coordination, balance, strength, dexterity and handwriting), with some support options for sensory processing and social-emotional development. Services can be provided at school.

**Contact Sally (Director) on
0422584776 or info@smlkids.com.au
for more information.**

TERM 2 REGISTRATIONS NOW OPEN

RECREATIONAL
ADVANCED REC
18MTHS - 3YEARS
4-5 YEAR OLD
ADULT CLASSES
COMPETITIVE



REGISTER TODAY!
[HTTPS://WWW.INDIGO6GYMNASTICS.COM.AU/](https://www.indigogymnastics.com.au/)



In the Community...



Sacramental Program Key Dates: 2024 Sacramental Program

Sacrament of Reconciliation (Year 3 and above)

Parent Information Evening

Wednesday April 24th at 6.30pm in the St Mary's Primary School Year 3 Room.

Reconciliation Liturgy

Tuesday May 21st at 6.30pm St Mary's Church, Myrtleford

Sacraments of Confirmation & Eucharist (Year 4 and above)

Parent Information Evening:

Tuesday 23rd of July at 6.30pm in the St Mary's Primary School Year 3 Room.

Confirmation and Eucharist Masses

Saturday September 14th at 6pm or Sunday September 15th at 9am,
St Mary's Church, Myrtleford

For any queries, please contact Jo Bennett at jbennett@smyrtleford.catholic.edu.au

**LET US HELP YOU
BECOME AN EXCELLENT DRIVER**

- Manual & Automatic Vehicles
- 0-120hrs Learners Driving Design
- Under Instruction Training (Overseas licence holders)
 - Older drivers skills review and rules update
 - Servicing Myrtleford & Surrounding District

CA CLASS ACT DRIVING SCHOOL Hugh Clasby
clasbyhugh@gmail.com
 0422 227 177

Positive Parenting Telephone Service

Our free 6 to 10 week program helps you to:

- have stronger, more positive relationships
- set rules and limits
- manage everyday behaviour problems.

Our program is for parents, grandparents and carers of children aged 2 to 12 years.

Participants complete a workbook and are supported by weekly 30 minute phone calls with a trained parenting educator.

All of this can be done from the comfort of your own home at a time that suits you.

1800 880 660

This is a **FREE** service, and enrolments are taken all year round. Call us for more information or to enrol.

gateway health | VICTORIA
 People living well

ALPINE YOUTH Future Proof

YOUTH CHAINSAW COURSE

IN PARTNERSHIP WITH YACVIC:FUTURE PROOF

- ✓ Aged between 16-25 years old
- ✓ Attend the 2 day course 23rd and 24th of May 2024
- ✓ An accredited course ran by Wodonga TAFE, RTO 3097
- ✓ Completely FREE
- ✓ 6 places only, get in quick! Head to the QR code below

MORE INFO HERE!!

DRIVING MENTORS NEEDED for the Myrtleford L2P Program?

The program matches learner drivers and volunteer mentors together so learners who are struggling to get their supervised hours, can be supported to successfully pass their driving test and gain their P plates.

Myrtleford and surrounds are in desperate need of mentors. So, if you would like to assist someone to get their licence, have some time to spare and enjoy giving to your community, contact us for more information.

Volunteer mentors receive training and support and have access to a dedicated vehicle. To find out more, speak to the L2P Coordinator on 03 5755 0555 or email l2p@alpineshire.vic.gov.au

In the Community...

Parenting Programs - Term 2 2024



People living well

*There is no cost to attend these programs

Location	Program	Duration	When	Where	Register
Wodonga	Mother Goose (0 - 2 years)	Full Term	Wednesdays 17th April - 26th June 10.30am - 11.30am	Gateway Health 155 High Street Wodonga	Scan the QR code to register
Wodonga	Parenting after Separation	5 weeks	Mondays 29th April - 27th May 6pm - 8pm	Gateway Health 155 High street Wodonga	Scan the QR code to register
Wodonga	Tuning into Kids Emotional intelligent parenting	5 weeks	Wednesdays 15th April - 12th June 12.30pm - 2.30pm	Gateway Health 155 High street Wodonga	Scan the QR code to register
Wodonga	Parenting Trans & Gender Diverse Kids & Teens	8 weeks	Fridays 3rd May - 21st June 10.30am - 12.30pm	Gateway Health 155 High street Wodonga	Scan the QR code to register
Chiltern	Tuning into Kids Emotional intelligent parenting	5 weeks	Mondays 6th May - 3rd June 5.30pm - 7.30pm	Chiltern Community Hub Crawford St Chiltern	Scan the QR code to register
Wangaratta	Tuning in to Teens Emotionally intelligent parenting (10 years and over)	6 weeks	Mondays 6th May - 10th June 5.30pm - 7.30pm	Gateway Health 45-47 Mackay St Wangaratta	Scan the QR code to register
Lavington	Mother Goose (0 - 2 years)	Full Term	Mondays 29th April - 1st July 10.30am - 11.30am	Orana Community Centre 40 Cardo Drive Springdale Heights	Scan the QR code to register

For more information on our programs phone 0457 279 796

gatewayhealth.org.au

Parenting information sessions - Term 2 2024



People living well

FREE 2 hour sessions - Bookings are essential

Please use the QR code to register

School Readiness Workshop	School Readiness Workshop	Connecting with your kids Emotion Coaching
Starting school is a big step for little kids and this workshop aims to help this transition	Starting school is a big step for little kids and this workshop aims to help this transition	For parents and carers of children aged between 2 and 10 years
Are you thinking of enrolling your child into primary school in the next couple of years? In this free 2 hour workshop we will talk about: <ul style="list-style-type: none"> Development of (the whole) child Your child's growing brain Developing social & emotional skills Becoming more independent Challenges for our kids How can parents help at home? 	Are you thinking of enrolling your child into primary school in the next couple of years? In this free 2 hour workshop we will talk about: <ul style="list-style-type: none"> Development of (the whole) child Your child's growing brain Developing social & emotional skills Becoming more independent Challenges for our kids How can parents help at home? 	This session will provide information on: <ul style="list-style-type: none"> Tuning into your child's emotions to help manage behaviour Learn about emotion coaching to help your child understand and regulate emotions Help manage meltdowns looking at child's brain development
Monday 13th May 6pm - 8pm Orana Community Centre Springdale Heights 	Monday 27th May 7pm - 9pm Via online (Link will be provided) 	Wednesday 1st May 7pm - 9pm Via Online (Link will be provided)

For more information on our programs phone 0457 279 796

gatewayhealth.org.au

In the Community...

Tuning in to Kids Emotionally intelligent parenting

For parents and carers of children aged between 2 and 10 years

This five-week program aims to help parents and carers understand their child's experience and connect with and support their child.

This program will look at:

- Tuning in to your children's emotions
- Learn about emotion coaching – helping children to understand and regulate their emotions
- Creating connection and calm
- Managing meltdowns
- Problem solving and self-care
- The different styles of parenting.



Location	Date and Time	Cost
Gateway Health 155 High Street Wodonga	Wednesdays 15th May - 12th June 12.30pm - 2.30pm	This is a free program

Contact us

Scan the QR Code or [click here](#).
Please register by Thursday 2nd May



For further information contact parenting team on 0457 279 796

Bookings are essential

gatewayhealth.org.au

Please note this information applies to Term 2 2024.



Tuning in to Teens Emotionally intelligent parenting

This free six-week program aims to help parents and carers of teenagers to understand their child's experience and connect with and support their child.

If you are a parent or carer of a teenager this program will help you to:

- understand what your child is going through at this stage in their life
- help your child manage their emotions
- communicate more effectively
- build a closer more connected relationship
- build on your skills as a parent.



Location	Date and Time	Cost
Gateway Health 45-47 Mackay St Wangaratta	Mondays 6th May - 10th June 5.30pm - 7.30pm	This is a free program

To Register

Scan the QR Code or [click here](#).
Please register by Friday 3rd May



For further information contact parenting team on 0457 279 796

Bookings are essential

gatewayhealth.org.au

Please note this information applies to Term 2 2024



Parenting After Separation

This five-week program will help you learn how separation and conflict can impact children and gain information and strategies to help your children adjust

This program will look at:

- How children often experience separation
- What you can do to support your children after separation (including practical skills to support children during challenging times)
- How to build a working relationship with the other parent of your children
- Effective communication and conflict resolution
- Explore ways to care for yourself after separation



Location

Gateway Health, 155 High St, Wodonga

Date and time

Mondays 29th April - 27th May 2024 from 6pm - 8pm

Cost

This is a free program

To Register

Scan the QR Code or [click here](#).
Please register by Friday 26th April



For further information contact parenting team on 0457 279 796

Bookings are essential

gatewayhealth.org.au

Please note this information applies to Term 2 2024



Parenting Trans and Gender Diverse Kids and Teens

This program supports parents of transgender and gender-diverse children and teenagers to be able to parent with confidence and understanding.

The program covers:

- exploring the unique challenges and opportunities that parents of transgender and gender-diverse children face
- understanding your child's experience
- supporting your child on their gender journey and nurturing resilience
- tackling tricky conversations
- understanding how stress and stigma impact your child
- learning how to support siblings and other family members.



Location	Date and Time	Cost
Gateway Health 155 High Street, Wodonga	Fridays 3rd May - 21st June 10.30am - 12.30pm	This is a free program

To Register

Scan the QR Code or [click here](#).
RSVP by Wednesday 1st May 2024



For further information contact parenting team on 0457 279 796

Bookings are essential

gatewayhealth.org.au

Please note this information applies to Term 2 2024.



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- **On Compass** (Where you can also enjoy notifications about school related information and parent forms)
- **On the College website** at <http://www.myrtlefordp12.vic.edu.au/>
- **Via email** (just let the office know and provide a valid email address)
- **By hard copy** on request



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