



NEWSLETTER

AFTER SCHOOL CARE: 5445 8300 (YMCA)

HOLY ROSARY WEB SITE: www3.hrwhitehills.catholic.edu.au

CALENDAR

OCTOBER 2015

Mon 12 – Fri 16	National Health & P.E Week
Tues 20	Sacrament Meeting
Wed 21	P&P Meeting 7.30pm
Fri 23	School Disco
Wed 28	Bendigo Cup Day – Pupil Free Day

NOVEMBER 2015

Wed 4 – Fri 6	P.S.G. Meetings
Fri 6	Staff P.D. Day – Pupil Free Day
Mon 9	Reconciliation
Mon 9	Cricket Clinic (Gr 3-6)
Thur 12 – Fri 13	P.S.G Meetings
Thur 19	Milo Cricket Carnival (Gr 5/6)
Fri 20	Report Writing Day – Pupil Free Day
Wed 25	P&P AGM

DECEMBER 2015

Tues 1	Kinder to Prep Transition Day
Tues 1	CCB Transition Day
Thur 10	End of Year Mass
Mon 14	Gr 6 Graduation Dinner
Wed 16	Last Day Term 4

JANUARY 2016

Thur 28	First Day Term 1 2016
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PRINCIPAL'S REPORT

In this week's Gospel Jesus is teaching us the importance of our relationship with God. Like many of us, the man in today's gospel lived a good life and was obedient to God. He probably felt pretty confident in what Jesus' answer would be when he asked what he had to do in order to be part of God's Kingdom. Jesus questioned him asking if the man lived according to God's laws. The man was a good man and said that he did. Jesus took interest in the man and even invited him to be a follower. But Jesus asked the man to do the hardest thing. Jesus asked the man to give away all his possessions and *then* come follow him. It was a sad moment for both Jesus and the man, because the man owned many material goods and could not part with them.

We live in a time when material possessions are easy to accumulate. Their quality and inventory may vary from family to family, but it's safe to say that most of us own more, wear more, drive more, and eat more than we need for survival. From time to time, it's good for us to take stock of the things surrounding us and notice what it is we hold on to. Why do we hold on and would it be better to let go of some things? Sometimes our possessions can make us slaves to them.

Last week we celebrated our special Feast Day on Wednesday with Mass and a special 'morning tea' at the Botanical Gardens. The special day was an opportunity to reflect on the special place Mary and the Rosary have in the life and history of the school. We also continued a great tradition by presenting all new children to Holy Rosary including our preps with a special set of rosary beads blessed by Fr. Harte during the Mass. Once again it was with great pride that parishioners spoke to me about the wonderful way in which our children continue to represent us at Mass. It was also great opportunity to plant a great variety of colourful flowers around the school which each class enjoyed wholeheartedly!

This week we are celebrating Health and Physical

Education week and the staff and students have a competition for laps around the grass area as well as having spot exercise moments! Mrs Taylor has planned some fun activities throughout the week and we look forward to continuing to build our participation and enjoyment of physical activity.

I mentioned last week that our staff had had some sporting success during the holidays. We are also very proud of Ms Monahan who competed in the Victorian Teachers Games in Shepparton in the cross country. Ms Monahan won the Gold medal to be the state champion! A fantastic achievement and something we are all very proud of!



MASS TIMES

Holy Rosary – Hamelin St

Saturday's 6pm Sunday's 10am

Weekday Masses – Mon- Sat 9am

St Francis Xavier – Strickland Rd

Sunday – 8.30am Tuesday – 5:45pm

The safety of all at Holy Rosary is a high priority, and as such it is important that drivers obey road rules and exercise patience when dropping off or collecting children from school. In the final week of term and last week, there were a number of people parking creatively and calling children to cross roads through traffic. A small amount of care and an extra 30 seconds of patience can be important. The Bendigo Council will be patrolling the parking around the school and we appreciate your support. Finally, this Friday we have the opportunity to attend a special Melbourne Symphony Orchestra performance at Ulumbarra Theatre. Mrs Heinrich has organised this excursion and the cost is a part of your school fees. We look forward to a great morning.

The school will be closed on Friday 6th November, as the staff will be engaging in a Pastoral wellbeing day, as well as Friday November 20th for report writing. The YMCA will provide the usual care for these days. Please put these dates in your calendar



Paul Wilkinson
Principal

SCHOOL NEWS

THOUGHTS AND PRAYERS



Our love and sympathy is extended to the McGrath family: Paul, Alicia and Jack (2HS) this week on the recent death of their loving grandfather on the 5th October. Please remember the family in your prayers.

SUMMER UNIFORM – TERM 4

Students are now required to wear their summer uniform. All students must be in **full, correct summer uniform by the end of this week** **REMEMBER – No Hat, No Play**

GIRLS: SUMMER UNIFORM

School Dress
Navy Skorts
School Polo Shirt
School Rugby Top/Polar Fleece/Jacket
Black School Shoes/Sandals
Navy Socks
Hat - Navy Legionnaire or Bucket

BOYS: SUMMER UNIFORM

School Polo Shirt
Grey shorts
School Rugby Top/Polar Fleece/Jacket
Black School Shoes / Sandals
Grey Socks
Hat - Navy Legionnaire or Bucket

RECONCILIATION SACRAMENT MEETING

Our Reconciliation Meeting for those students who have indicated that they will be receiving the Rite of Reconciliation this year will be held **on Tuesday the 20th of October** at 6.30pm in the school Rosarium. This meeting will take approximately an hour and a half and we will work through Units 1 and 2 of the “Our Times Together: Reconciliation” booklet and confirm future cluster meetings.

It is very important that students participating in the Sacrament of Reconciliation attend this evening with at least one guardian. We ask that your child brings along a photo or symbol representing a group they belong to. This could be a family photo, a sporting group, dancing group, etc.

Thanks - Mrs Carter, Mr Cairns, Mrs Holdaway and Mrs Schmidt

SALTWORKS COMMUNITY MEALS - STAFF SOCIAL JUSTICE ACTIVITY



This term, two Holy Rosary staff members will be volunteering most Friday nights at the Saltworks Community Meals in Eaglehawk. This busy, thought provoking and very rewarding social justice activity involves serving meals and promoting sustainable health and wellbeing to members of the community. Mrs Carter and Ms Monahan were the volunteers in Week 1.

COMMUNITY CARE



We ask families with their eldest child in Grade **1CG** to please donate a meal for the month of **October**. Please bring it into the office or directly into the freezer which is now located in the Gr 3/4 area. Thank you for your support. - *Community Care Coordinators*

CHILDREN'S CHATTER MATTERS



In each weekly newsletter this year, our school's Speech Pathologist will provide some "family friendly", fun oral language tasks aimed to enhance learning and literacy skills.

Ten activities will be provided over Term 4 to help develop your child's Phonological Awareness skills at home (you may need to adjust the activity to suit your child's level).

2. Find compound words in your child's book/reader and practice breaking the word into two separate parts. For example 'bookshelf' is made up of 'book' and 'shelf'. Can you think of other compound words you could make? For example: bookend, bookmark, bookstore, bookcase...

Here are some practice words: toothbrush, shoelace, bowtie, football.

STUDENT NEWS

HAPPY BIRTHDAY



Students who are celebrating their birthdays this week are Kai Pearce, Emma Scott, Livvy Petersen, Carol Hanna, Maddison Capuano, Henry Filippi & Toby Snowdon. Happy Birthday to you and we hope you have a wonderful day.

STUDENT OF THE WEEK



	Name
PBZ	Maya Harris & Jasper Sait
PMD	Ryder Mortimer & Heidi Bazeley
1CG	Kai Pearce & Blake Young
1ST	Montana Jean & Tait Gardiner
2HS & 2DC	Layla Bulger
3/4BS	Archer Billings
3/4JW	Emily Fisher
3/4KC	Maddison Capuano & Jamie Sutcliffe-Bullen
5/6TC	Jess Chisholm
5/6BK	David Mill
5/6LC	Flynn Barnes

ULUMBARRA THEATRE TRIP

This Friday, 16th October, our school will be travelling to Ulumbarra Theatre to watch a performance by the Melbourne Symphony Orchestra. We have had many enquiries as to whether parents helpers are needed, at this stage the answer is no. However, if you wish to see the Orchestra perform there will be a performance on Thursday night; tickets can be purchased via The Capital Theatre.

GRADE 3/4 EXCURSION TO THE BOTANICAL GARDENS

On Friday 9th October, all the 3/4 students went to the Botanical Gardens for Science experiments and a tour of the bird aviary. We did three different activities. They were a bird tour, a treasure hunt and a ball experiment. The activities were very fun. Thanks to Miss Mooney, our student teacher from LaTrobe and Brad, the Curator of the Botanical Gardens for teaching us. When we got back, we went to lunch. Then we went out to play. That is our day at the Botanical Gardens

- Kiara Field and Tessa Thompson

BMX CHAMPIONS

On Friday 9th October, Meleia and Rhian Hobbs competed at the Victorian School Cycling Championships in BMX. The event was held at the Bendigo BMX Track with many other young competitors attending. Both girls rode their best with Rhian placing 1st in the 10-11 year old girls, and Meleia finishing 4th in the 12-13 year old girls.



P&P NEWS

P&P MEETING: For your calendar, the next P&P meeting will be **Wednesday October 21st**. The AGM will be held on Wednesday the 25th of November.

SCHOOL DISCO

The P&P will be hosting their annual school disco on Friday 23rd October. The Junior (P-2) disco will run from 5.30pm – 6.45pm and the Senior (3-6) disco will run from 7pm – 8.45pm.



Children are encouraged to come dressed as their favourite character. Chips, lollies, cordial & water will be available on the night. Glow products will be on sale for \$1 to \$2.

Parents/carers must sign children in and out on the night, with no child leaving the building without a responsible adult.

Tickets are now on sale from the school office for \$5 per child. Please note a contact number for the evening must be given when purchasing tickets.

FATHER'S DAY BREAKFAST REFUNDS

As many of you now know, due to a lack of volunteers our annual Father's Day breakfast celebration was cancelled this year. Due to this, refund of money paid by families is available at the school office. Please ensure you collect your refund as soon as possible. You could even use the money to buy a couple of disco tickets while you're there!

TUCKSHOP NEWS

TUCKSHOP APP

New Cashless System is coming!

Holy Rosary is constantly on the lookout for new ways to make your interactions with school more convenient. That's why we've engaged with Flexischools, Australia's leading school payment system, to provide a new cashless way for you to pay for school services.



Order and pay for a range of school services online with Flexischools online ordering...

Flexischools is the fast, convenient and secure way to order and pay for Canteen Orders from home or on your mobile. Flexischools makes our school service available to you 24/7

- Parents set up a Flexischools account online and pre-load the account with funds.
- Parent can use the funds in their account to order and pay for a range of services online
- Parents can view their orders online and can set a daily spending limit.

Stay tuned for more details to come!

PARISH NEWS

ALTAR SERVER ROSTER

Saturday 17th October – Dan Byrne

Sunday 18th October – Xavier Morrissey

COMMUNITY NEWS

NAPIER STREET UPGRADE

VicRoads, in partnership with the City of Greater Bendigo, are holding community sessions on the future upgrade of Napier Street between Weeroona Avenue and Hall Street. VicRoads is inviting you and your family to its community sessions where you can share your ideas and experiences using Napier Street and how it can be improved.

Date: Wednesday 14th October 2015

Time: anytime between 3.30pm and 7.00pm

Location: Weeroona College Bendigo, 383 Napier Street Bendigo.

Date: Thursday 15th October 2015

Time: anytime between 3.30pm and 7.00pm

Location: White Hills Bowls Club, Bosquet Street White Hills.

FUNLOONG FUN DAY

To celebrate Children's Week the Bendigo Council will be holding a Free Family Fun Day on Saturday October 31st from 10.30am - 2pm.

The day will begin with an 'active travel adventure' at 10.30 with a walk, run or ride along bike tracks and the Bendigo Creek Trail. There are two starting points to choose from for either a 4.5km trip starting beside Kalianna Special School (Nolan Street) or a 1.5km trip starting at Lake Weeroona Car Park (Nolan Street). The 'adventure' will finish up at Hargreaves Mall for an exciting family celebration day (from 11am) with Face Painting, Balloons, Inflatable Slides, puppet shows and lots more!

For more information, visit www.bendigo.vic.gov.au/funloongday

BENDIGO FIT WEEKEND

"Bendigo Fit Weekend" that will be held on the 31st October and 1st November 2015, at the Tom Flood Arena!

Bendigo Fit Weekend is a direct result of the Active Living Census Report recently published claiming Bendigo as the most obese country town in Victoria. We are making the stance with the community to commit to reverse this report and work towards becoming the fittest country town in Victoria.

This will be a weekend of many sports and activities for all people of all ages and a major highlight will be the Australian Strongest Man competition who will pull a tram on the main street of Bendigo. We will also have the Highland games, the emergency services battling it out, a vast array of sports, sporting exhibitions, nutritional seminars and a real 'come and try all sports' attitude.

COURAGE OR CONFIDENCE - A CONVERSATION WITH FABIAN DATTNER

beStella presents 'Courage or Confidence – A Conversation with Fabian Dattner'.

Event keynote speaker, Fabian Dattner, is one of Australia's most recognised leadership experts and educators. It set to be an inspiring and thought provoking opportunity for rural and regional women at all levels, which will offer the opportunity to connect and engage with like-minded women.

Courage of Confidence is the inaugural event of beStella, an authentic blog founded by Bendigo local Kendyl Hopley, showcasing rural and regional women and sharing their passion, pathways and love of what they do.

When: Monday October 19, 2015

Registration 6pm for a 6.30pm start

Where: Ulumbarra Theatre, Bendigo

Student Ticket \$20 | Adult from \$50 | Adult VIP Ticket \$70

Tickets are on sale now. To book call 5434 6100 or visit www.capitalvenuesandevents.com.au. For more information visit www.beStella.com.au

beStella is supporting the Sophia Cadetship program and attendees are encouraged to bring a piece of corporate clothing on the night to help single mothers dress for success when pursuing education and workforce opportunities.

WHIPSTICK WARD MEETINGS

Ward Councillors – Mayor Peter Cox, Lisa Ruffell and James Williams

City of Greater Bendigo Whipstick Ward Meetings will be held from 7pm – 8.30pm on the following dates:

North Bendigo	Monday October 12 th	North Bendigo Pavilion/Recreation Reserve - Atkins St, Nth Bendigo
Eaglehawk	Monday October 26 th	Eaglehawk Town Hall, Cnr Sailors Gully & Peg Leg Rd, Eaglehawk

Meeting times and dates are subject to change, to confirm, please visit www.bendigo.vic.gov.au

SPORTS NEWS

EPSOM TENNIS CLUB

Epsom Tennis Club is offering two weeks FREE Junior coaching on Wednesday the 14th and 21st October 2015. There will be 3 x 40min sessions starting @ 4.00pm with Coach Sam Storer on each day.

Please register at www.tennisbendigo.com.au. Click on registration and tag Epsom tennis club. Get in quick before all the spots fill. Anyone interested in playing tennis can also contact Tracee Ilott on 041739649.

BENDIGO BASEBALL ASSOCIATION

Bendigo Baseball Association invites you to participate in the Twilight School Baseball Competition.

WHEN: - Monday Nights

Target Age Groups: - 8-12 years of age.

TIME: - 6pm – 8pm

Cost: - \$26 per player.

LOCATION: - Albert Roy Reserve, Eaglehawk
Strathfieldsaye Park, Strathfieldsaye

Match Duration: - 90 minutes

Competition to run:-

6 weeks before Xmas – 2nd November 2015 – 7th December 2015 6 weeks after Xmas – 1st February 2016 – 7th March 2016

For further information or to register your interests:

Pam Dawkins: – BBA Secretary: - 0407 308 392

BBA Secretary: - bendigobaseball.secretary@gmail.com

National Health & Physical Education Week (12th – 16th of October)

Celebrating the importance of Health and Physical Education is an essential area of the curriculum that provides real opportunities for children to learn how to lead active and healthy lives – now and in the future. It recognises and actively promotes the importance of health and physical education and physical activity for physical, social, emotional and spiritual wellbeing.

This year for National HPE Week, Holy Rosary will be holding a number of activities and events during school hours. Students will have an opportunity to play some traditional games, engage in meditation and health based activities, try a variety of different exercises and participate in a staff versus students race to Melbourne walk/run event. The marquee event will be the staff versus grade 6 student netball game at lunch time.

As part of this week, we are encouraging students to come to school in a form of active transport such as walking or riding a bike. Of course, this is not possible for all families but for those who are happy to incorporate this into their morning that would be fantastic! This week is also a great opportunity for parents to increase their physical activity. Please read below for some great ideas on how to be more active!

If you would like to know more, please see Mrs Taylor.

Walk yourself happy during HPE week!

As adults, we know we need 30 minutes of moderate intensity physical activity on most days. Our kids need even more! Don't think too much about it, just do it! Even a short, brisk walk of just 10 minutes can give you an energy and mood boost. If you park the car 7-8 minutes away from school and walk the rest of the way at both drop off and pick up time, you'll have accumulated your 30 minutes already.

Have a look at Australia's Physical Activity and Sedentary Behaviour Guidelines

www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-phys-act-guidelines



Eating more fruit & veg is easy

It's easy to get 2 fruit and 5 veg into your diet. Grab an extra piece of fruit or veg for a snack. It's a quick and easy way to increase your daily fruit and veg intake. For more tips go to www.gofor2and5.com.au or www.healthyactive.gov.au



Be active together

Quality time isn't time in front of the TV, or eating takeaway food in the car. Plan some trips as a family. Picnics are great at the park or the beach. Take some sports equipment with you and have a fun game of Frisbee, hop-scotch, downball or backyard cricket! Being active together will improve how you feel and get your family communicating better. Take every opportunity to be active!

Over 300 School communities are taking the challenge and being healthy and active this week as Health and Physical Education Week is put into practice by over 50,000 school students across Victoria. With current rates of obesity and inactivity increasing there has never been a more important time to promote the need for 'active and healthy living'.

Spend quality 'free' active time together

Find a local market to wander through or take a bicycle ride on the local track.

Have a look on the following website for things you can do outside www.visitvictoria.com/Things-to-do/Outdoor-activities.



Help your children to find FUN things to do besides watching television. Play schoolyard games at home like hopscotch and jump rope; make instruments out of kitchen items and dance to the music you make. Play a round of one-on-one basketball or netball. We all love a game of four square or down ball – so have a go with your kids!

Limit the amount of TV you watch and try having a TV free day once a week with your family.

Be a positive role model for your child

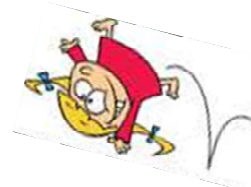
Show your children how active you are by taking the stairs instead of the elevator, or try getting off the bus one or two stops early and walking the rest of the way. Go for a walk after dinner with your family.

Teach your children skills

Teach your children skills to help them be physically active like skipping, riding a bike, skating, throwing, catching, hitting and kicking a ball.

Our school is celebrating Health and Physical Education Week by conducting...include what, when, where and who will be involved. Include a photo and highlight the exciting/unique activities being undertaken.

Develop a new family activity such as indoor rock climbing, bike riding, skiing or sailing. (Add links to local centres near your school which can assist in organising these activities).



Leave the car behind

Leave the car behind and introduce kids to the way we all once got around – walking or riding bikes with them. Explore different walking tracks in your local area.



Issue 28

Term 4 2015

Also in this issue:

Term 4 programs
and workshops
Kids Love Languages
30 years of being a mum
Spring Back to Nature
Chewy chocolate cookies
Cruising through term 4
Book review
Did you know...?



Parentline Victoria
13 22 89 - 8am to midnight
7 days a week

Contact info

176-178 McCrae St
PO Box 255
Bendigo 3552

Phone: 5438 1300

www.ccds.org.au

Our team

Narelle Williams
Team Leader

Ky Gregg
Intake and enquiries

Kate Kerlin

Linda Lynch

Anne-Maree Britt

Jo Rodriguez

Megan Simpson

Ev Holzer

Marlene McLoughlan

*This newsletter was edited
by Megan Simpson and Kate
Kerlin.*

For enquiries or submissions
contact Megan on 5438 1300
or email her at
megan.simpson@ccds.org.au

Family Newsletter

Family Education Service

Welcome to our 28th issue of the Family Newsletter. This edition, along with articles on parenting, includes our calendar of programs for parents, grandparents and professionals who work with families.

Say 'I love you' to your child in a way they understand

A few years ago I read Gary Chapman's book *The 5 Love Languages*. This book gave me permission to be a lover of gifts. I love giving gifts, I also love receiving gifts – I now know that this is the way I receive messages about being loved and show others how I love them.

I started to use this information to help me understand the ways my children received and showed love. I began to realise that each of my children speak a different 'love language'.

My daughter, like me, receives love best when given a personalised gift—it could be something as little as a favourite chocolate; she also loves to give gifts.

My eldest son would sit very close to me on the couch when after a busy day I just wanted some space – I now know his way of receiving love is through touch.

With my youngest son, taking him out for breakfast, watching him play footy, or going to the movies with him is what he responded to best. His love language is quality time.

Let's take a closer look at Chapman's 5 love languages

Words of Affirmation: In this love language, people need to hear compliments; 'wow thanks I really appreciate you'; 'It's great to see you' or 'I love you'.

Quality Time: with this as their love language, people experience love through spending time with others—listening, talking, and doing things together.

Physical Touch: people with this love language show and receive affection through touch and physical gestures; hugs, kisses, back rubs, and regular physical connection.

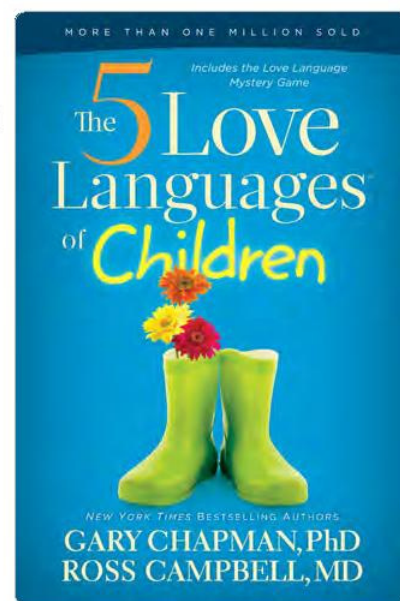
Receiving Gifts: people who have this love language experience love through giving and receiving thoughtful and personal gifts

Acts of Service: with this love language, people feel love through others doing things for them — cooking a meal, mowing the lawn. They show love by doing things for others.

To help identify your child's love language observe how they show love to others, because this is the way they receive love. For example, if your child is constantly doing little things for others, it is probable that he/she is high in 'acts of service'. If you have a child who wants to come jump in your lap and cuddle, physical touch is likely their principle love language.

Learning your child's love language will go a long way to helping them feel loved. So discover what makes your child feel loved, and then watch your relationship grow as you practice their language of love.

— Narelle Williams



If you would like to learn more on how to speak your child's love language
go to www.5lovelanguages.com

CatholicCare Sandhurst acknowledges the history, culture, diversity, and value of all Aboriginal and Torres Strait Islanders, and pays respect to their elders past and present, as well as acknowledging future generations.

Program and workshop information

Programs for parents

Tuning In to Kids

In this six session program you'll find out how to help your child understand and manage feelings such as worry, frustration and anger.

Bringing up Great Kids

This six week program is fun, relaxed and informative. The six week covers topics such as children's brain development, responding to kids emotions, mindfulness activities and putting yourself in your kids shoes. It is a great opportunity to get together with other parents, have some time out and talk about the ups and downs of parenting.

Tuning In To Teens

Tuning in to Teens is a 6 week program for parents and carers of teens. This program provides parents with a greater understanding of their teen's emotional experiences while teaching specific skills that can assist in being supportive and staying connected.

It provides insights into adolescent development as well as communication skills, conflict resolution strategies, and practical advice on how to provide encouraging parenting throughout this developmental stage.

Programs for children

Seasons for Growth for Young People

An 8 week program that assists children to manage and understand the changes they experience when a loss occurs in their life. This may be the death of a family member or friend, family separation, change of school or other life change.

Family separation

Recovering From Separation Program

An eight week program for people wanting to find ways to move on; it covers responding to emotions, managing difficult situations and letting go.

Keeping Kids in Mind

Keeping Kids in Mind is a 5 week course for separated parents who are experiencing on- going conflict. The course is designed to:

- assist parents to see through their children's eyes the experience of parental separation.
- develop greater understanding about how to support children following family separation.

Phone Ky Gregg on 5438 1300 if you are interested in finding out when any of these are running next.

Workshops

Toddler Workshop

A two hour workshop for parents and carers of toddlers that covers the developmental stages, connecting and communicating, and managing behaviour.

Starting School

This workshop identifies issues for new preps and their families and explores ways to assist your child at school.

Help Your Kids Worry Less

This two hour workshop will discuss strategies that may help your child worry less; provide information and practical tools to assist children manage their emotions.

Boys Brains

This workshop will give insight into the workings of a boy's brain and how their needs are different to girls. It provides practical strategies to help parents and carers understand and meet boy's needs.

Kids and Anger

Kids and Anger covers the reasons why children get angry, helps you to understand your own responses to your children's anger and ways to help children express their anger appropriately.

Connecting With Kids

Using emotional intelligence to understand and guide children's behaviour, this workshop covers beliefs around parenting; information on brain development and children's emotional development.

Knowing Your Teenager

This workshop looks at the latest research around teenage brain development, peer relationships, and tips for building and maintaining positive relationships with your teenager.

Relationship education

Life Partnership Programs

This half-day workshop is for couples getting married or committing to a long term relationship. The workshop explores key relationship themes such as family background, communication, dealing with differences and managing conflict.

Stepfamilies

Stepfamily Workshop

This three hour workshop will provide an introduction to the unique and often complex issues associated with step family relationships. It will cover children, the parenting role and couple dynamics.

Term 4 – Programs and workshops

For all registrations and enquiries for our Bendigo programs and workshops please contact our centralised intake service or name specified. Phone Ky on 5438 1300 or email fesintake@ccds.org.au. All Bendigo programs are held in CatholicCare Sandhurst's Noel Daly Room at 176-178 McCrae Street Bendigo.

Bendigo

Seasons For Growth for Children

When: Wednesdays 14th October to 9th Dec
Time: 3.45pm – 5pm
Cost: \$25 (\$15 concession card holders)
Contact: Linda on 5438 1300

Tuning in to Kids

When: Thursdays 15th Oct to 19th Nov
Time: 1pm - 3pm
Cost: \$40 (\$20 concession)

Tuning in to Kids

When: Fridays 16th Oct to 20th Nov
Time: 9am - 11am
Where: Quarry Hill Primary School
Contact: Anne Rochford on 5443 3537

Boys Brains

When: Monday 19th October
Time: 7pm - 9pm
Cost: \$10 (\$5 concession)

Knowing your Teenager

When: Tuesday 20th October
Time: 7pm - 9pm
Where: Marist College, Montague Centre
Maiden Gully

Life Partnerships

When: Sunday 8th November
Time: 9.30am - 1.30pm
Cost: \$200 per couple (negotiable)
Contact: Anne-Maree on 5438 1300

Keeping Kids In Mind

When: Thursdays 12th Nov -10th December
Time: 6.30pm - 9.00pm
Cost: \$40 (\$20 concession)
Contact: Kate on 5438 1300

Bringing Up Great Kids

When: Wednesdays 4th Nov to 9th Dec
Time: 9.30am - 11.30am
Where: Noah's Ark 10 Merino Court East
Bendigo
Contact: Holly Grainger on 5407 1520

Bringing Up Great Kids

When: Wednesdays 4th Nov to 9th Dec
Time: 6.30pm - 9pm
Cost: \$40 (\$20 concession)

Boys Brains - Professional Development for Early Childhood Educators

When: Monday 2nd November
Time: 7pm - 9pm
Cost: \$40

Seasons For Growth Companion Training

When: Thursday/Friday 3-4th December
Time: 10am - 4pm
Contact: Narelle on 5438 1300 for information, registration and payment details

Regional

Knowing Your Teenager

When: Tuesday 27th October
Time: 6.30pm - 8.30pm
Where: St Joseph's Primary School
Kerang
Contact: Debbie Garlick on 5452 1426

Connecting with Kids

When: Thursday 17th November
Time: 1.15pm - 3.15pm
Where: Dunolly Primary School
Contact: Katie Lovel on 5452 1426

Coming up in Term 1, 2016

Tuning in to Teens, Bringing Up Great Kids, Keeping Kids in Mind and much more!

More details in the next newsletter.

Register early! Groups are subject to maximum and minimum numbers.
Unfortunately child care facilities are not available unless specified.