

Keeping In Touch

23 May 2024



Click on the image above to see our St Mary MacKillop Facebook Page for the latest photos and updates. Like and Follow!

News from Scott

Dear Parents and Carers

Our school constantly strives to be:

A Christ centered community which challenges students to develop their unique gifts and talents through a supportive partnership of school, parents and parish.

We would love to hear from you.

In the coming weeks we will be inviting students in Years 4-6 and parents to provide feedback on their experience of our school using an online survey. The surveys are an important part of our whole school evaluation and planning process.

We would like to invite you to complete the *Tell Them From Me (TTFM)* Partners in Learning survey. As we value the role of parents and carers within our school community we would greatly appreciate your feedback. The information you provide will be used to maintain our commitment to working together in partnership to further improve student learning and wellbeing at *St Mary MacKillop, Penrith South*.

The survey is anonymous and will take approximately 20 minutes to complete. You are able to access the parent survey on your computer or mobile device by using the URL below:

www.tellthemfromme.com/n2yd3

Help with our new Sports Uniform

It is time for us to review our school sports uniform and explore some possible innovations and changes. The current uniform for sport at our school has not been discussed during my time at our school and in my opinion is due for an upgrade.

If you are able to spare half an hour following our Grandparents Day celebrations on Thursday 6 June, we will meet up in the hall at approximately 10:45am. We will have some samples for discussion but all ideas are welcome. I look forward to meeting with you.

Together We Grow
Scott

School Photos - Tuesday!!

School Code: SM4417

School photos will be taken on Tuesday 28th May 2024. Please ensure that your child is **wearing full school winter uniform** including ties -no sports uniform is to be worn Tuesday.

In preparing for this event and to ensure we are all consistent in what we expect of students at St Mary MacKillop. I have included below the sections from our parent handbook regarding uniform, located on our school website:

<https://www.mackilloppenrith.catholic.edu.au/Enrol/Handbook> under the heading 'Enrol'.

Package details are available to be viewed when ordering online by visiting www.donwoodphotography.com.au

To purchase school photographs please follow the steps below:
Family photographs

<u>ONLINE</u>	<p>1. Order online, using a PC or laptop, through the Don Wood Photography website www.donwoodphotography.com.au using your unique 6 DIGIT school code</p> <p>There is a cut-off time for family online orders Family/Sibling photo orders ONLY must be done <u>BEFORE:</u></p> <p><u>11:59pm MONDAY 27TH MAY 2024.</u></p> <p><u>"This is for Family/Sibling photos only".</u> <u>All individual packages can be ordered at any time.</u></p> <p><i>*If you have missed this cut off, please call DWP office on 9542 5370 to make a credit card payment on day of photos, we can not accept payment after this day unless the sibling photo has been taken.</i></p>
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Religious Education News

Sacramental Program – Holy Communion

The word 'communion' means to **be united with** and Catholics believe that in Holy Communion we are united in a special way with Jesus Christ.



In this sacrament, we remember what Jesus did for us in his life, death and resurrection. We remember particularly the Last Supper, that final meal Jesus shared with his disciples. At that meal, Jesus gave us the Eucharist so that we could remember him in a special way. When we receive Communion, we believe that we receive the person of Jesus into our very beings. We become one with him, and we become one with each other. As a community, we become 'the body of Christ'.

We currently have 38 children in our school involved in the Sacramental Program. I invite all in our community to pray for the following children who are preparing to receive their First Eucharist (second Sacrament of Initiation) on the weekends of the 1st/2nd June and 8th/9th June:

Thomas B, Holly B, Jack B, Isadora B, Alexandra B, Declan C, Chelsea D, Poppie E, Macks E, Winston E, Michael F, Jerome F, Ella-Rose Gomm, Sophie G, Haven H, Giddy H, Olivia J, Roman L, Connor M, Aubrey M, Chloe M, Ethan Mc, Giselle M, Melanie M, Khloe M, Ella O, Jensen O, Mackenzie P, Charlize P, Khloe R, Everleigh R, Alara S, Lucia S, Layla S, Olive S, Zach S and Charlie V.

May – the Month of the Mary

During May, the Month of Mary, the Catholic Church celebrates the following feasts in her honour:

- **Monday 20th May - Mary, Mother of the Church**

Initiated by Pope Francis since 2018, on Monday following Pentecost Sunday, Mary is celebrated under the title of Mother of the Church. This feast emphasises that Mary is both the Mother of Christ and the Mother of the Church.

- **Friday 24th May - Mary Help of Christians, Patron Saint of Australia**

Mary Help of Christians was adopted as patron of the infant Church of Australia in 1844 at a significant time in our history. British settlement was just over fifty years old, the transportation of convicts was coming to an end, and the first elections in Australian history had been held in 1843. Issues of land, immigration and education had begun to surface and the Church was involved in these social problems. No priests were sent to the colony in its early days and Mass was not allowed, except for one brief year, until 1820. It was largely the Rosary in those early days that kept the faith alive. Catholic Australia remained faithful to Mary and was the first nation to choose her under the title Help of Christians, as principal Patroness.



- **Friday 31st May – The Visitation of the Blessed Virgin Mary**

The Visitation of the Blessed Virgin Mary commemorates Mary's visit to her cousin, Elizabeth, while she was pregnant with Jesus. During this visit, Elizabeth shares that she is pregnant with a child, the future John the Baptist.



Devotion to Mary in the month of May is an important part of the Catholic identity. As our mother she is an example of a committed 'Yes' to the will of God. During the month of May, we are invited to give Mary a special place in our prayers.

Religious Education News

FIA Team at LIFTED Jnr – Tuesday 14th May

On Tuesday 14th May, the Year 5 and 6 Faith In Action Team, Miss Neilsen and Mrs Gillard attended the CSDP Lifted Jnr event at West HQ with many other primary schools from our diocese. The day was facilitated by Catholic Youth Parramatta (CYP) and the students learnt about the Fruits of the of the Holy Spirit, followed by different workshops about leadership. They experienced this faith building experience through song, prayer and discussion. It was a great day seeing so many students witnessing and sharing their faith!



Year 6 Formation Day – Friday 17th May

On Friday, 17th May St Mary MacKillop's Year 6 students came together with 2 other schools, St Joseph's Kingswood and Our Lady of the Rosary, St Mary's for a Year 6 Formation and Outreach Day at Mt Schoenstatt, Mulgoa. The day started in the presence of God with a Eucharist celebration led by Fr Andrew Fornal. The formation day, was a day that challenged our students to explore Pope Francis' call to accompany. We were blessed to have faith filled people share their stories with our students including Eleanor from Catholic Youth Parramatta, Keiran who is an ex-student from Xavier College who shared his story as a group leader on World Youth Day and our outreach partner, Jesuit Refugee Service (JRS) who organised Magdalene to speak about her experience as a refugee. We are excited to see our Year 6 students model discipleship and the importance of listening and dialogue as they take their learning back to their school communities to raise awareness about the challenges faced by refugees and organise food drives to support the important work of JRS.



Grandparents Liturgy and Book Fair: Thursday 6th June

Please join us for our Grandparents Liturgy on Thursday 6th June as we honour St Joachim and St Anne the grandparents of Jesus; and give thanks for the gift of our grandparents.

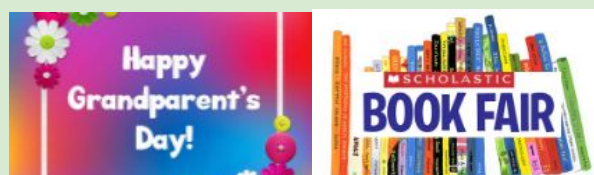
This Liturgy will be prepared and led by Kindergarten and we will pray for all grandparents and ask God to keep them in his loving care.

The Book Fair will also be open on this day.

More specific details to follow shortly.

Mrs Gillard

Religious Education Coordinator



Faith In Action Team News

Laudato Si Week:

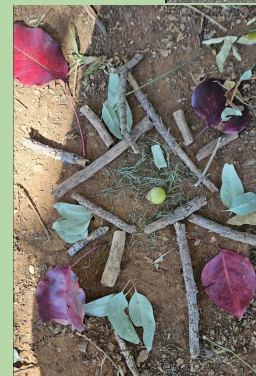
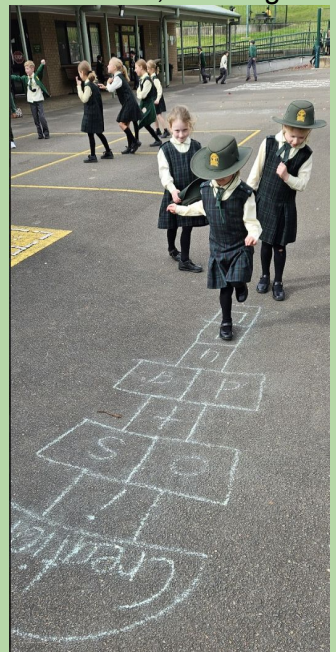
Laudato Si Week is a celebration held annually in May to mark the anniversary of Pope Francis' encyclical on caring for creation. This global celebration unites Catholics to listen and respond together. Laudato Si means "Care for our common home". Pope Francis is calling people to understand the effects that we have on our common home.



This week the FIAT students have led the school in some different activities at Lunch times about creation to celebrate the anniversary.

The students were able to participate in Laudato Si Hopscotch, making Nature Mandalas, creating Bird Feeders, and writing prayers for the prayer tree.

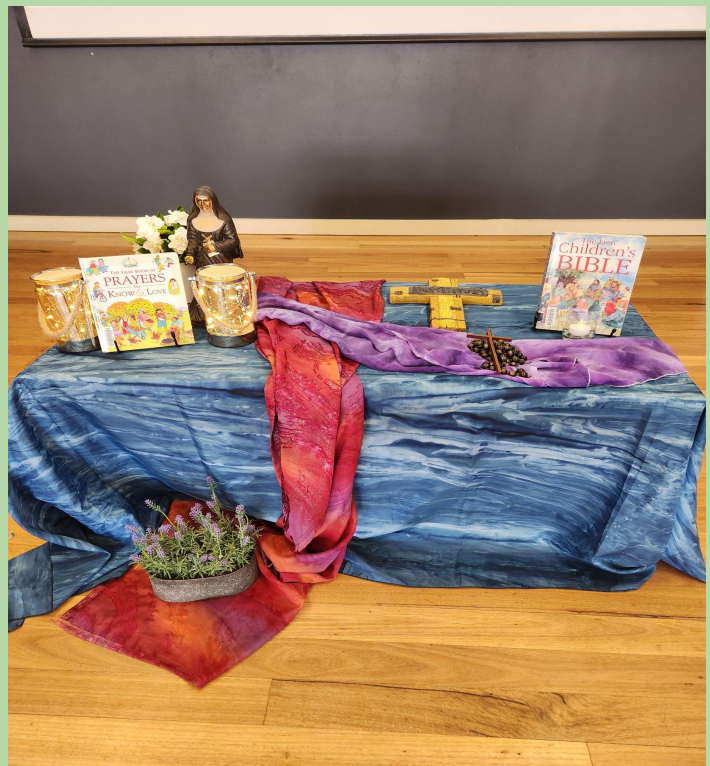
Together we grow to make a difference in our world and care for all creation.



Year 1 News

On Thursday 16th May Year 1 participated in leading their first liturgy of the year. The liturgy focus was Prayer. Students had the opportunity to share with their families what they have been learning in the classroom about prayer. Each reader spoke beautifully, all the symbols carries completed their job respectfully and all the action students did this job well. It was a very successful first liturgy for Year 1.

Thank you,
Ms Wotherspoon & Mrs Ward



Office News

A reminder that the Bus Bay out the front of the school is only for **Buses/Before and After School Care Buses** to pick up and drop off students. **No cars** should be stopping to drop or pick up their students during Bus Zone operating hours. **We also ask Parents not to walk their children through the Bus Zone areas as the Bus drivers may have trouble seeing you.** Please see picture below.



Penalties for parking in a Bus Zone is from \$352 + 2 DEMERIT POINTS as well as parking in the Bus Zone during operating hours.

We do have a School Drop Off & Pick Up Zone available further up the road on the same side of the school.

Safety tips for drivers using a Drop-off and Pick-up zones

- Always drop off or pick up your child from the designated zone and follow the school's procedures.
- Drivers should remain in their vehicles at all times in the Drop-off and Pick-up zone.
 - Make sure children use the Safety Door (the rear footpath side door) to get in and out of the car.
 - Make sure the handbrake is applied when the vehicle is stationary.
 - Always park legally.
 - Avoid dangerous manoeuvres such as U-turns and three-point turns.

Please see next page with a list of fines from the Penrith City Council

SCHOOL ZONE OFFENCES

WHAT ARE YOU RISKING?*

FACT

Children are small, harder to see, behave unpredictably and are extremely vulnerable. They need **you** to take extra care when driving and parking around school zones

NO PARKING

No waiting. You have **two minutes** to drop-off or pick-up. You must stay within **three metres** of your vehicle



NO STOPPING

You must not stop on a length of road with a no **stopping** sign. The first **10 metres** from an **intersection** is a no stopping zone. **Yellow kerb** lines are also a no stopping zone.



BUS ZONE

Only a public bus can stop in a bus zone



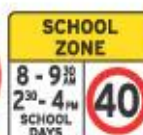
MOBILE PHONES

Extra fines apply for using a mobile phone in a school zone. *May be subject to Double Demerits.*



SPEEDING OFFENCES

40km/h is the limit. Children are vulnerable, so slow down in school zones. *May be subject to Double Demerits.*



DRIVEWAYS & FOOTPATHS

Do not park on or across a driveway or footpath.



PEDESTRIAN CROSSING

1. In a queue of traffic, **no part of your vehicle can stop** on a pedestrian crossing.
2. Do not let **your children in or out of a vehicle** at a pedestrian crossing as this is a no stopping zone.



U TURNS

U turns are illegal on or near a pedestrian crossing and across a double white line



DOUBLE PARKING

Double parking is illegal and is very dangerous in a school zone.



*Fines current as of 1 July 2021. Fines and demerit points are subject to change. For more information check out the NSW Centre for Road Safety website.

Information about the Nationally Consistent Collection of Data on Students with Disability (NCCD)



Dear parents, guardians and carers

Re: Nationally Consistent Collection of Data on School Students with Disability (NCCD)

Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the *Disability Discrimination Act 1992* and the *Disability Standards for Education 2005*, in line with the *NCCD guidelines (2019)*.

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the [Australian Government's Privacy Policy](https://www.education.gov.au/privacy-policy) (<https://www.education.gov.au/privacy-policy>).

Further information about the NCCD can be found on the [NCCD Portal](https://www.nccd.edu.au) (<https://www.nccd.edu.au>).

If you have any questions about the NCCD, please contact the school.

Office News

School Fees

Instalment 2 School Fees have now been sent to your home address and are due by **Wednesday, 5th June 2024**. If you are under an arrangement, please disregard this notice.

The statement will come with options on how and when to pay your fees. If you are having difficulties in paying your school fees by the requested date please do not hesitate in contacting Mrs Monique Kearins, Senior Finance Officer on 4724 3200.

School Office hours are 8:15am – 3:30pm. All payments and enquiries can be made during that time. We advise that we are unable to process EFTPOS payments after 3:30pm

Payments may be made by EFTPOS, Bpoint, BPay, Post BillPay or by Credit Card. Details are located on the bottom of the statement. When paying by BPay please use the current statement.

School Website Under Construction

Our School website Calendar dates are under construction at the moment. Please use our Compass app for up to date calendar dates and information.

Lost Property

We are finding that a large amount of lost property is not labelled with your child's name. Therefore we cannot return it to your child.

Please label all items of clothing including ties or alternatively write child's name in permanent marker on all items of clothing.

We also ask parents if they find an item of clothing come home that is not your child's if you could kindly return to the office so we can get the item back to the child.

COLLECTING CHILDREN FROM SCHOOL

If parents wish their children to be collected from school early, please send a note to the teacher. If there is a doctor's/dentist appointment or some other very important reason why your child needs to leave the school at lunch (10:45 am - 11:30 am) or break time (1:30pm-2:00 pm), we would ask you to take your child either before or after lunch or break, not during the break, as bags are kept inside the classrooms and classrooms are locked during break times.

****From our parent handbook**** Read our Parent Handbook here:

<https://www.mackilloppenrith.catholic.edu.au/Enrol/Handbook>

COLLECTING CHILDREN AFTER SCHOOL

Children are dismissed at 3:00pm and supervision is provided only until 3:30pm.

A classroom teacher will escort students to 'walkers' and supervise students crossing the street, riding bikes and going to cars as part of afternoon dismissal.


After school, staff will supervise children waiting for school buses or on 'waiters.' (***Waiters are to be collected after 3:10pm***) up on our playground.

If, due to extraordinary circumstances, eg: when a parent is detained, please notify the school and your child will be informed that you are delayed. Parents are reminded that all care will be given to the children but there is no formal supervision after 3:30pm when the last bus leaves the school.

Sporting News

As we begin this busy time of year with Gala Days taking off, I just wanted to take the time to send a reminder that the purpose of Gala Days is for fun, enjoyment and overall, fairness and sportsmanship. Here at St Mary MacKillop we pride ourselves on a culture of these mentioned qualities. If your child is attending or hoping to attend a Gala Day over the next few terms, I would ask that you take some time to speak with your child about the below code of conduct. This code of conduct is to ensure that all children, parents and staff attending Gala Days have an enjoyable day. Thank you for your support on this matter. If for any reason, during a Gala Day, this code of conduct is not upheld by anyone attending, please speak to the nominated teacher attending for our school.

Thank you to all the parents who have offered to coach or manage a team for a Gala Day so far. It is greatly appreciated and without your willingness to support the kids on the day, we would not be able to send teams to enjoy these events.

PARRAMATTA DIOCESAN		Catholic Schools Parramatta Diocese
CODE OF CONDUCT		
<p>The Parramatta Diocesan Primary Schools Sports Council acknowledges the place sport plays in our daily lives. We value respect for ourselves and respect for others. It is important how the game is played and the manner in which our players, officials, parents and spectators conduct themselves.</p> <p>We require all involved in our sporting activities to abide by the following Codes of Conduct which are based on principles of 'Sport Australia Codes of Behaviour.'</p>		
Players	Parents	
<ul style="list-style-type: none">❖ Play by the rules at all times❖ Never argue with an official.❖ Control my temper. Will not abuse officials or sledge other players.❖ Work hard for themselves and their team.❖ Be a good sport. Applaud all good plays whether they are made by my team or the opposition.❖ Treat all participants in the sport as I would like to be treated.❖ Cooperate with the coach, my team-mates and opponents.❖ Show quality sportsmanship by thanking officials and opposing team members at the end of games.❖ Respect the rights, dignity and worth of all participants regardless of their gender, abilities, cultural background or religion.❖ Inform school officials prior to departure❖ I understand that failure to adopt and practise the above-mentioned Codes of Behaviour will result in the forfeiture of future representative opportunities.	<ul style="list-style-type: none">❖ Remember that children participate in sport for their enjoyment, not yours.❖ Respect officials' decisions and teach children to do likewise.❖ Focus on your child's efforts and performance rather than the final score.❖ Encourage children to play according to the rules and to settle agreements without resorting to hostility and violence❖ Never ridicule or yell at a child for making a mistake or losing a competition❖ Show appreciation for volunteer and employed coaches, officials and administrators.❖ Support all efforts to remove verbal and physical abuse from sporting activities.❖ Remember that children learn best by example. Appreciate good performance and skillful play by ALL participants❖ Respect the rights, dignity and worth of all participants regardless of their gender, abilities, cultural background or religion.❖ Support all competitions by ensuring your child's attendance until the completion of their events.❖ I will adopt and practise the above-mentioned Codes of Behaviour	
<p><i>As a representative of my school, I agree to abide by the above CSPD Code of Conduct:</i></p>		
<p><i>Player's Signature:</i> _____</p>		
<p><i>Parent/Guardian's Signature:</i> _____</p>		
<p><i>Date:</i> ____ / ____ / 2024</p>		

Sporting News

The 2024 Athletics Carnival is on Thursday 13th June (Week 7). We are still in desperate need of some parent helpers. If you are able to help out on the day, please fill out the Google form below or alternatively, please email the school and let them you are available assist.

https://docs.google.com/forms/d/e/1FAIpQLSdySH7_sCF-MsAMFx4pwLBqr5k7mYPeNSNtlKegr8AYQzryFA/viewform?usp=sf_link

Any student wanting to compete in the 800m and is turning 8, 9, 10, 11 or 12 this year, please fill out the Google form below:

https://docs.google.com/forms/d/e/1FAIpQLSc5G-gCmiYfsB9sbkXCE8gMRdS8zzemKwkziRIELmPFnOTqBA/viewform?usp=sf_link

Entries for 800m will close on Friday 1st June. No entries will be accepted after this date.

Please find the following sporting dates for Term 2.

Term 2			
Week	Event	Where	When
2	Diocesan Cross Country	Eastern Creek	Tuesday 7th May
5	Girls Soccer Stage 3 BLUE	Jamison Park – Soccer Fields, Penrith	Wednesday 29th May
6	Boys Soccer Stage 3 GOLD	Jamison Park – Soccer Fields, Penrith	Tuesday 4th June
6	NSWCCC Cross Country	Sydney Equestrian Centre	Wednesday 5th June
7	Athletics Carnival	Harold Corr Oval	Thursday 13th June
9	Stage 2 Boys and Girls Soccer	Jamison Park – Soccer Fields, Penrith	Wednesday 26th June

Dates for your Diary

TERM 2 2024 DATES FOR YOUR DIARY

Thursday 23 May	6:15pm	Primary (Years 3-6) Disco	School Hall
Friday 24 May	2:20pm	Whole School Assembly	School Hall
Tuesday 28 May		Whole School Photos	
Wednesday 29 May		Girls Stage 3 Soccer Gala Day	Jamison Park
Thursday 30 May	7:00pm	Reconciliation for students making First Holy Communion	St Nicholas of Myra
Friday 31 May	2:20pm 6:00pm	Whole School Assembly First Holy Communion Ceremony	School Hall St Nicholas of Myra
Tuesday 4 June		Boys Stage 3 Soccer Gala Day	Jamison Park
Wednesday 5 June		NSWCCC Cross Country	
Thursday 6 June	9:15am	Grandparents Liturgy, Morning Tea and Open Classrooms Annual Book Fair	School Hall
Friday 7 June		Staff Development Day NO SCHOOL FOR STUDENTS	
Monday 10 June		King's Birthday Public Holiday NO SCHOOL FOR STUDENTS	

Dates for your Diary

TERM 2 2024 DATES FOR YOUR DIARY

Thursday 13 June		Year 2-6 Primary Athletics Carnival	Harold Corr Oval
Friday 14 June	2:20pm	Whole School Assembly	School Hall
Thursday 20 June	9:15am	Year 6 Mass	School Hall
Friday 21 June	2:20pm	Whole School Assembly	School Hall
Wednesday 26 June	8:30am	Stage 2 Boys and Girls Soccer	Jamison Park
Thursday 27 June	9:15am	Year 4 Mass	School Hall
Friday 28 June	2:20pm	Whole School Assembly	School Hall
Friday 5 July	2:20pm	Whole School Assembly	School Hall
Friday 5 July		LAST DAY OF TERM 2	
Monday 22 July		STAFF DEVELOPMENT DAY- NO SCHOOL FOR STUDENTS	
Tuesday 23 July		SCHOOL RETURNS FOR TERM 3 FOR STUDENTS	

A photograph of three children in a natural bush setting. A girl in the background holds a white flower, a boy in the foreground holds a small plant, and another girl sits to the right. The scene is outdoors with mossy rocks and trees.

Bush Playgroup

6 week interactive outdoor workshop for parents/carers and their children aged 3-5 years.



**Term 3
2024**

LAPSTONE

Connect, explore and play in a natural learning environment outdoors

Parents/carers and children aged 3-5 years are invited to join us for Bush Playgroup. The unique outdoor setting provides opportunities for children to explore nature, socialise with other children, develop fine and gross motor skills and learn about the world around them. Bush Playgroup is a 6-week interactive playgroup that engages families through exploration.

Bush Playgroup sessions run for 2 hours. Children must be accompanied by a parent or caregiver.

More about this program:

- Connect with nature and each other through imaginative, sensory, and messy play
- Socialise and strengthen family relationships
- Learn about local bushland and using natural materials in craft making
- Activities include bushwalks, mud kitchen and campfire cooking



We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people.



Program details

Where: Lapstone Public School
1/3 Achievement Ave
Lapstone

When: Fridays (6 weeks)
9th Aug - 13th Sept
9:30am - 11:30am

Cost: FREE

For registrations and more information contact:

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au

Circle of Security Parenting

8 week parenting program to develop secure relationships and stronger bonds with children.



Term 3
2024

BLAXLAND

Learn how to support and strengthen the parent-child relationship.

This 8 week program will teach you how to be a bigger, stronger, wiser, and kinder parent. *Circle of Security Parenting* is based on decades of research about how secure relationships can be supported and strengthened.

The program will cover:

- Understanding your child's behaviour
- Help your child feel secure in relationships
- Navigating your role as parent in tough times
- Supporting your child in managing difficult behaviours, tantrums and meltdowns

"This was a great program and eye-opening response to parent different to understand my child's needs. I will certainly take this learning on board. Thank you!"



BELONG
BLUE MOUNTAINS
COMMUNITY AND NEIGHBOURHOOD SERVICES

Program details



Where: Uniting Church Hall, 72
Old Bathurst Rd Blaxland

When: Thursdays
8th Aug - 26th Sept
10:00am - 11:30am

Cost: FREE

Childcare available - must register

For registrations and more information contact:

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au



We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people.





Cool Little Kids

6 week parenting program to help your child overcome anxiety.



Term 3
2024

BLAXLAND

Discover strategies to help your child manage and overcome their anxiety.

If you have a 3-6 year old child with excessive shyness, anxiety or fears, this program will equip you with skills to help support them. Learn simple Cognitive Behaviour Therapy (CBT) strategies to help your child manage and overcome their anxiety, shyness and fears.

NOTE: This course is for parents only, children are not required to attend.

The program will cover:

- Understanding anxiety and shyness
- Causes and risk factors for anxiety
- How to respond to your child's anxiety
- Skills and strategies to deal with fear
- Dealing with setbacks and difficulties
- Maintaining resilience long term

"Thank you! Very clear information and this course has given me new skills and knowledge to put into my parenting toolbox"



We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people.



Program details

Where: Blaxland Public School
5 Baden Place, Blaxland

When: Fridays
16th Aug - 20th Sept
10:30am - 12:00noon

Cost: FREE

Childcare available - must register

For registrations and more information contact:

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au





Managing Stress

A four week program offering practical, evidence-based methods for lowering stress.

Gateway
FAMILY SERVICES
Relationships Australia
NEW SOUTH WALES

Discover tools to help you manage and reduce stress.

Too much stress can have a big impact on your physical and mental health. This course encourages you to use mindfulness techniques, including paying close attention to the present moment and gratitude practices. Get practical tools to improve your life and relationships.

During this group program you will:

- Gain clarity on the sources of stress and anxiety in your life
- Begin to notice things in life for which to be grateful
- Practice mindfulness and get strategies to create new routines
- Learn to use a mindfulness journal
- Understand how to work through change
- Build on your strengths and set realistic, achievable goals.

"I've been given the skills to enhance self-awareness and use mindfulness to help when the stress gets overwhelming."

Managing Stress participant

Program Details

Where: Gateway Family Services
Old Council Chambers,
131 Henry Street, Penrith
(Cnr of Station Street)

When: Monday 19/8/24 until 9/9/24

Time: 10am to 12pm

Cost: Free

Contact us for more information or to register.

Phone: 1300 364 277

Email: groups@ransw.org.au

Website: relationshipsnsw.org.au





Program	Date/Time	Location	Register
Circle of Security Eight week program that helps parents form secure relationships and stronger bonds with their children.	Every Thursday 8th Aug – 26th Sept 10:00am – 11:30am	Uniting Church Hall 72 Old Bathurst Rd BLAXLAND	Phone 4720 6500 groups@gatewayfamilyservices.org.au
Tuning in to Kids Six week program that teaches parents to help children understand and regulate their emotions.	Every Wednesday 14th Aug – 18th Sept 6:30pm – 8:00pm	Online via ZOOM	Phone 4720 6500 groups@gatewayfamilyservices.org.au
Managing Stress Four week program offering practical, evidence-based methods for lowering stress.	Every Monday 19th Aug – 9th Sept 10:00am – 12:00pm	Gateway FS Office cnr Station & Henry St PENRITH	Phone 4720 6500 groups@gatewayfamilyservices.org.au
Cool Little Kids Six week program that gives parents skills to help their 0–6 year old children manage their anxiety.	Every Friday 16th Aug – 20th Sept 10:30am – 12:00pm	Blaxland Public School 5 Baden Place BLAXLAND	Phone 4720 6500 groups@gatewayfamilyservices.org.au
Bush Playgroup Six week interactive outdoor workshop for parents & carers and their children aged 3–5 years.	Every Friday 9th Aug – 13th Sept 9:30am – 11:30am	Lapstone Public School 1/3 Achievement Ave LAPSTONE	Phone 4720 6500 groups@gatewayfamilyservices.org.au

Tuning in to Kids

6 week parenting program that helps you support your child to understand and regulate their emotions.



Term 3
2024

ONLINE

Emotionally intelligent parenting for kids' wellbeing and connection

This program helps parents and carers of children 12 and under to "tune in" and improve communication and connection with their kids.

Discover practical tools that help you build emotional intelligence in your child and support you to manage challenging behaviour.

The program will cover:

- Foundations of emotion coaching
- Regulating and working through emotions
- Identifying and validating emotions
- How to develop emotional intelligence
- Developing resilience and facing challenges

"I really enjoyed the program and felt I gained a lot. I have gained some tools that I hope will assist me in future with my children"



Program details



Where: Online via ZOOM

When: Wednesdays
14th Aug - 18th Sept
6:30pm - 8:00pm

Cost: FREE

For registrations and more information contact:

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au



We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people.

