

Keeping In Touch

21 November 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.

Parents and Friends Association

We recently held our Term 4 P and F meeting in our school hall. Thank you to all who were able to attend. Your voice and advice is greatly appreciated by the school.

At the end of each year we hold our P and F Annual General Meeting where our existing executive members 'stand down' from their positions and a new executive is elected. It is important that we acknowledge and thank our 2024 P and F executive as they have done amazing things for our community this year. In particular thank you for their service to Michelle Darwen and Catherine Watson who are stepping down from their roles. Both Michelle and Catherine have been fixtures within our P and F for the entire time that I have been principal of the school and have been integral in building the quality partnership that exists between our parents and school. I cannot thank them enough for their support and service. We also farewell Michelle Bachtis who has been a General Member of our P and F for all the years that I have been here. They will be greatly missed but never forgotten.

In 2025 we welcome and congratulate a new P and F executive team. The team is, Chanelle Vella (President), Samantha Snow (Vice President), Sonya Lee (Treasurer), Tamara Haddow (Secretary), and Kirrily Murphy and Sam Gauci (Major Events) and Jodie Neal and Kathy Rolton (Minor Events). Thank you to our new team and I look forward to working with you in the new year.

Staffing News

As the end of the school year draws closer, we prepare to farewell Ms Izzard who will commence maternity leave during the summer holidays. We wish Lauren and Grant every blessing and look forward to welcoming the new member of their family into the world.

In preparation for next year we have been recruiting some new members to our team.

We welcome Miss Hatzis onto our staff for 2025. Miss Hatzis is currently teaching Year 1 whilst Ms Wotherspoon is on leave.

Mr Mullen will also be with us next year. At the moment Mr Mullen is teaching Year 5 as Mrs Tredinnick is on leave.

Congratulations and welcome to them both.

At the end of Week 9 (Friday 13th December), student End Of Year Reports will be uploaded to Compass. These are an important document as they help to communicate between the school and home about the learning progress for your child this year. Of course nothing will be as informative as a conversation with your child's teacher but these reports act as a valuable summary of your child's academic achievement. I have included below, the relevant section from our Parent's Handbook for your consideration.

ASSESSMENT POLICY

Parents/Carers with children in Kindergarten to Year 6 will be provided with a report that indicates their child's overall level of achievement in each Key Learning Area and will be provided with statistics that indicate their child's achievement relative to the rest of the year group.

Student's Achievement in Key Learning Areas

Your child's achievement for the strands for each of the Key Learning Areas is reported using a five point scale.

A - Working deeply

B - Working beyond

C - Working at

D - Working towards

E - Working with assistance

A	Working deeply	The student has an extensive knowledge and understanding of the content and can readily apply this knowledge. In addition, the student has achieved a very high level of competence in the processes and skills and can apply these skills to new situations.
B	Working beyond	The student has a thorough knowledge and understanding of the content and has a high level of competence in the processes and skills. In addition, the student is able to apply this knowledge and these skills to most situations.
C	Working at	The student has a sound knowledge and understanding of the main areas of content and has achieved an adequate level of competence in the processes and skills.
D	Working towards	The student has basic knowledge and understanding of the content and has achieved a limited level of achievement.
E	Working with assistance	The student has an elementary knowledge and understanding in a few areas of the content and has achieved very limited competence in some of the processes and skills.

Your child's effort for the strands for each of the Key Learning Areas is reported using a four point scale.

Outstanding

Very Good

Satisfactory

Improvement Needed

Together We Grow

Scott Buchan

Religious Education News

Faith In Action Initiative - Hope in a Suitcase

Thank you to our wonderful St Mary MacKillop Community for your generous donations to support the FIAT Initiative 'Hope in a Suitcase'. The Faith In Action Team have been sorting the bags of donations and grouping them. The donations will then be sent to the Hope in a Suitcase Organisation so that they can be packed into suitcases for children in Foster or Out-of-Home Care. There is a big range of items that have been brought in from a baby to 12+ years. Thank you again for your generosity and to "never see a need without doing something about it".



St Vincent de Paul Christmas Hampers - Final Social Justice Activity for 2024

Many within our local community need our help and as we approach the Season of Advent, we are asked to think of those less fortunate than ourselves.



As a Catholic community based on following the example of Jesus and St Mary MacKillop, a simple but powerful way to care for others in our local community is to help St Vincent de Paul assemble hampers for those in need, as a way of preparing for Christ's birth at Christmas.

We appreciate that it may be a difficult financial time for some of our families, so for this reason, we are asking that families donate what they feel they can from the list below. This list will also be promoted in classrooms as we work together to help make Christmas a special time for all in our community. ***We ask that all hamper donations are well within their best before/use by date and returned to school by Thursday 5th December.***

- tin of leg ham
- Christmas cake
- Christmas pudding
- long life vanilla custard, cream, milk, Kraft Cheddar Cheese
- tins of: fruit salad, vegetables (carrots, peas, corn), tuna, salmon
- packets of chips
- salsa dip
- bottles of soft drink, fruit juice, cordial
- packets of mixed nuts
- jelly crystals
- salad dressing and gravy mix
- packets of biscuits: sweet or savoury
- reusable shopping bags
- coffee, tea, hot chocolate, Milo, sugar
- packets of rice
- instant mash potato
- shortbread
- packet of lollies
- Christmas bon-bons, plates, napkins



Let's work together to help other families celebrate Christmas, make wishes come true and restore hope.

Religious Education News

Season of Advent

The Season of Advent, which begins on Sunday 1st December is a time of expectant waiting and preparation for the celebration of the birth of Jesus. Advent marks the beginning of the Church year and the liturgical readings change at the start of Advent from Year B to Year C as part of the church's three-year cycle.



The Season of Advent begins on the fourth Sunday before Christmas Day and ends on Christmas Eve. The colour of this season is purple. This is the colour of royalty to welcome the Advent of the King. The word 'Advent' comes from Latin and means "coming." Its purpose is to look forward to the coming of Christ to Earth; it is a season that focuses on waiting and preparing.

Here are some ways to wait and prepare during Advent:

Get or make an Advent wreath - Lighting the candles, one each week, is a way of counting down the time until Christmas. It is also a good way to signal that we are entering a very special time.

Set up a nativity scene - Displaying a nativity scene (or manger set) in your home during Advent is a great way to remind everyone about the true meaning of Christmas.

Keep an Advent calendar - Marking off the days of Advent is a good way to count down to the birth of Jesus.

Pray - Through prayer, we can enter into God's world and ask Him to prepare our hearts the way He prepared all of history to receive the gift of His Son. During Advent we can try to cut away the distractions to make sure there's "room at the inn" of your heart this year.

2024 Christmas Celebration – Carols on the Hill

This year to celebrate the Season of Christmas, we invite you to come to the St Mary MacKillop 'Carols on the Hill' evening on Wednesday 4th December. The students from Kindergarten to Year 6 will perform Christmas Carols in preparation for celebrating the Birth of Jesus.

Date: Wednesday 4th December

Time: 5pm - Gates Open

5:15pm – 6:15pm

Time to socialise and enjoy a BBQ sausage sandwich (provided by our wonderful P and F!) or enjoy a BYO picnic dinner.

6:30pm – 7:45pm

Carols on the Hill

Dress: Students are to wear smart casual clothes in Christmas colours. Accessories such as tinsel, bells, Santa hats etc may be worn.

What to bring: Picnic blanket or chairs and BYO picnic dinner if you do not want a sausage sandwich. *Please note, this is an alcohol-free event.*

If your child/ren cannot attend, please let their classroom teacher know ASAP so that they can plan accordingly.

Please RSVP for our BBQ. The link is here:

https://docs.google.com/forms/d/e/1FAIpQLSfK05GB6HnPLY5OyX_nv9SAJOSX8HsfCYjaLi5quY-WjsKuiA/viewform

We look forward to you joining us as we gather together to celebrate this season of joy, hope and love.

Mrs Gillard *Religious Education Coordinator*

P & F News

Hello St Mary Mackillop community!

Another 2 weeks has passed which is crazy and the P&F have been enjoying some down time after the Fete.

On behalf of the Year 6 Students and Parents we would like to thank everyone that supported them by purchasing cakes at their Cake Stall last Friday. They raised a wonderful \$655 to go towards their school gift which is currently in production and should be installed in the next couple of weeks, so what this space for more information and pictures.

Thank you so much to everyone for coming along to our P&F meeting and 2024 AGM last night, we had a huge turnout which is so nice to see. I would like to congratulate and introduce you to the P&F Team for 2025.

President	Chanelle Vella
Vice President	Sam Snow
Treasurer	Sonya Lee
Secretary	Tamara Haddow
Major Fundraising Coordinator	Kirrily Murphy & Sam Gauci
Minor Fundraising Coordinator	Kathy Rolton & Jodie Neal
General Members	Michelle Lenihan, Michelle Parkin, Kate Bentham, Larissa Oudkerkpool, Jenna McVicar, Melissa Peters, Katrina Dimitrios, Ann Greener, Melissa Jones, Elisabeth Russell, Melanie Mangion, Rebecca Donahue, Dee Hyslop.

If you have any suggestions on what type of fundraisers you'd like to see implemented at the school for 2025 please send your suggestions to smmppandf@gmail.com.

Remember to like our Facebook page (St Mary Mackillop P&F, South Penrith) and keep up to date with all events happening at the school run by the wonderful P&F.

Have a great weekend everyone!!

Michelle Darwen
2024 P&F President

STEPPING INTO HISTORY WITH YEAR 6

It all began on the 30th of October; I had finally remembered to bring my permission note to go to Canberra. Good thing I had packed my note in my bag last night because my brain doesn't function at 5.45 in the morning. The bus driver Mick and the teachers helped load the bus and got everyone seated. Then we left sharp at 6.00. I slept as soon as we got on the bus because as you can tell I am NOT a morning person.



After a impatient 4 hour trip, we finally arrived at Canberra. We travelled around the Anzac Parade learning that it wasn't all about the architecture. If you looked a bit deeper you would understand the true meaning and purpose of its structure. Soon after we unlocked the doors to a golden, wait, a glass room at the reception of the National Art gallery, home to one of the most significant and important artworks all around Australia. We went through a couple admirable artworks before heading our way to the Mantra.

This was probably the most nerve racking part of the trip because I wanted to go with my friends and I actually ended up with them so I was covered. Now, to the high court! We were welcomed by our tour guide who took us through the history of Australia aand what it was like before federation.

After watching that, we went to Court 1 and learned about the Chip case. It was about a woman who sued Woolies because of their poor maintenance. There was a bit of an argument and the feud was disputed through many of the courts.

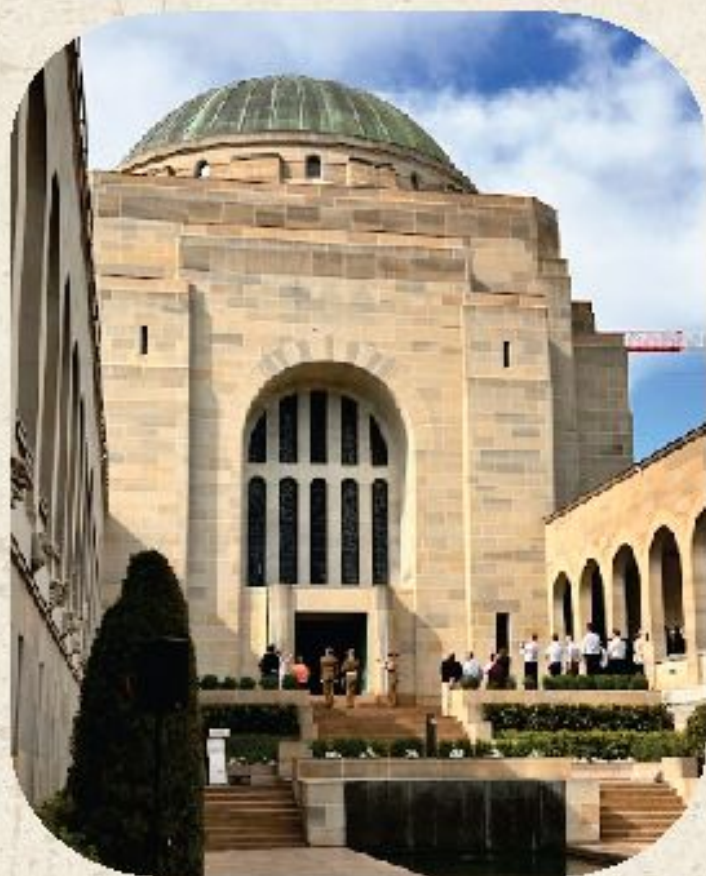


STEPPING INTO HISTORY WITH YEAR 6

Soon, Woolies was found guilty for poor maintenance and owed the lady \$630,000 to cover for the hospital fees and cover any damage. High court was one of my favourite places but it was nothing compared to the next place. QUESTACON!

We went through science experiments, admire life sized lego buildings, make our own lego, see lightning in real life, visit the gift shop and most importantly THE GIANT SLIDE!!! But, like someone said, "Fun always comes to an end...". We headed back to the Mantra and got a good night sleep. Well, not really.

Someone on my breakfast table said "I was so tired but I didn't get any sleep at all.". We then left to Parliament house where we saw the red court and the pink court; the colors were made from eucalyptus leaves.



We stopped at the war memorial and learned about Roy, a veteran who was on his 40th mission (his last mission before his mini holiday) who went to France to drop bombs because there was a car brand that was not only making cars but also making tanks. The mission was successful for his teammates and they started to head home, where Roy finally got his well deserved holiday. Suddenly the plane started get attacked by missiles and tanks and the plane slowly started coming down.

The yearly telegraph

Roy and his crew mates threw stuff they thought was heavy so that it could fly a bit longer. They safely returned to their country but there was really low fuel. He told all his crew mates to jump off into the ocean and get to headquarters.



Out of the ten crewmates only seven left. The other the crewmates were his best friends who said they wouldn't leave him. Reluctantly they jumped off the plane. Roy had 2 choices, to crash into the city and kill some people to save himself or to drop into some very deep waters and get killed. Roy did exactly the 2nd option and was awarded for his bravery and kindness.

The Australian Government recognises the importance of all young Australians being able to visit the National Capital as part of their Civics and Citizenship Education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$30 per student, altogether we received \$1650 under the Parliament and Civics Education Rebate Program. The rebate is paid directly to the school upon completion of the excursion.

And that was the end of our trip. We left the memorial at 5.30pm and made our way back home, for a good night's sleep.

That's all from us. Stay tuned for more.



YEAR 1 SCIENCE INCURSION

ON WEDNESDAY 13TH NOVEMBER YEAR 1 HAD A VISIT FROM FIZZICS EDUCATION FOR OUR SCIENCE INCURSION ABOUT LIGHT AND SOUND. WE WATCHED THE PRESENTER INVESTIGATE THE VISIBLE LIGHT SPECTRUM, INCLUDING COLOUR ADDITION AND SUBTRACTION, EXPLORE LUMINESCENT MINERALS AND OTHER OBJECTS USING ULTRAVIOLET LIGHT AND MAKE COLOURED SHADOWS AND CREATE HOVERING IMAGES.

WE LEARNT ABOUT: TRANSLUCENT, TRANSPARENT AND OPAQUE MATERIALS, WHAT DO SOUND WAVES LOOK LIKE? HOW DOES THIS RELATE TO LIGHT WAVES? HOW DOES A SOUND WAVE CHANGE WITH PITCH AND INCREASING VOLUME?



YEAR 1 SCIENCE INCURSION

MY FAVOURITE PART WAS
WHEN HE PUT TWO COKE
CANS TOGETHER AND THEY
MAKE A SOUND. ARBI T



MY FAVOURITE PART WAS HE GOT A STRAW
AND HE BLEW THROUGH THE STRAW AND
WHEN HE CUT IT REALLY SMALL THE SOUND
STOPPED WORKING. OLIVIA B

MY FAVOURITE PART WAS
THE SCIENTIST
EXPERIMENTS. HOLLY S

MY FAVOURITE PART WAS
EVERYTHING. OLIVIA D

MY FAVOURITE PART WAS
WHEN HE PUT THREE
LIGHTS TOGETHER AND IT
MADE WHITE. LEAH T



MY FAVOURITE PART WAS
WHEN THE MAN USED THE
SLINKY TO MAKE
SOUNDS. CHRISTIAN R

Leaving Students

A term's notice (10 school weeks) in writing must be given to the Principal before the removal of a student or a full term's fees will be payable. The notice can be given any time during term for the next term. Where appropriate notice has been received a pro-rata credit can be calculated based on a pro-rata 40 week year. **One exception is that notice in writing will be accepted at any time during Term 4 in relation to the following years' enrolment i.e. the notice period of 10 school weeks will be waived in this circumstance. If you know your child will be leaving at the end of the year, please advise the school as soon as possible.**

Planning a Holiday?

There are new Government guidelines for schools to follow when marking the school rolls. These guidelines require parents who are taking their children on holidays, during the school year, to complete a request of 'Exemption from School Attendance' form. This is required if you are taking your child on leave for **more than 5 school days**. A copy of your travel itinerary. The application form is available from the school office and are to be completed **prior** to your holiday.

Longer periods require the approval of the Director of Schools and the Catholic Education Commission.

Mobile Phones

If a child needs to bring a mobile phone to school they must be clearly labelled with the child's name, switched off and checked into the office on arrival and collected after the 3:00pm bell.

Medication

If your child takes long term medication, you must fill out the relevant form from the office. Medication will not be administered to any child unless authorised by a parent/guardian. All medication prescribed by a medical practitioner must be authorised by the doctor and all paperwork needs to be updated every year or when medication is changed. All relevant forms are available from the school office.

For short term medication, forms are also available from the school office. No child will be given medication unless it is recorded, prescribed by a doctor and in its original packaging. Many doctors will agree that medication to be given three times a day can be administered: morning, after school and before bed at night. Please check with your doctor.

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. **Ambrose Before & After School care is available if you require care after school. Ambrose phone number is 0492 367 298.**

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.

Walkers 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.

Waiters 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.

Dates for your Diary

TERM 4 2024 DATES FOR YOUR DIARY

Friday 22 November	2:20pm	P & F Zooper Dooper Day Whole School Assembly	School Hall
Monday 25 November	9:00am-10:30am	Kindergarten 2025 Orientation & Parent Information Session	School Hall
Thursday 28 November	9:15am	Year 5 Leadership Liturgy	School Hall
Friday 29 November	2:20pm	Whole School Assembly	School Hall
Thursday 5 December		Year 6 Big Day In	School Oval
Friday 6 December	2:20pm	Whole School Assembly	School Hall
Thursday 12 December	6:30pm	Year 6 Graduation Mass	St Nicholas of Myra Parish
Friday 13 December	9:15am 2:20pm 6:00pm	Year 6 Graduation and Awards Ceremony Whole School Assembly Year 6 Farewell	School Hall School Hall School Hall
Tuesday 17 December	2:00pm	Class Promotions	
Wednesday 18 December		Last Day of School for Students	

TERM 1 2025 DATES FOR YOUR DIARY

Tuesday 4 February		Years 1-6 Return to School	
Wednesday 5 February	6:30pm	Kindergarten Commence School Twilight Swimming Carnival	Glenbrook Pools
Friday 7 February	2:20pm	Whole School Assembly	School Hall
Friday 14 February	2:20pm	Whole School Assembly	School Hall
Friday 21 February	2:20pm	Whole School Assembly	School Hall

St Mary MacKillop, South Penrith

150 Fragar Road, South Penrith NSW 2750

Ambrose School Age Care provides fun, engaging programs before and after school. Our programs include games, sport, art, craft, and free-time facilitated by Ambrose educators experienced in the nationally approved learning framework, My Time Our Place. Children love Ambrose as the programs are developed around their interests and ideas

They're also a great way to make friends, develop social skills, and most importantly – have fun!



Our Opening Hours

Before School Care: 6.30am – 8.45am

After School Care: 2.30pm – 6.00pm

Pupil Free Day: 6.30am – 6.00pm

Our fees Government subsidy (CCS) available depending on each family's eligibility.

Session	Time	After 85% Child Care Subsidy*	After 50% Child Care Subsidy*	Advertised Fee No Child Care Subsidy
Morning	6.30am – 8.45am	\$4.23	\$11.55	\$22 per session
Afternoon	2.30pm – 6.00pm	\$6.06	\$16.54	\$31.50 per session
Pupil Free Day - Standard Fee - Early 'Bee' Special	6.30am – 6.00pm	\$14.43 \$ 12.51	\$39.37 \$34.12	\$75 \$65

*Child Care Subsidy (CCS) can provide up to 85% of the cost of your childcare fees. External party charges for in-service workshops and excursions may apply.

All educators working directly with the children hold a valid working with children check and there is always an educator rostered who is qualified in first aid, asthma, anaphylaxis and CPR.

To enrol now – please complete the enrolment form [here](#)

Or contact the service on

Email: stmarymackillop@ambrose.org.au Phone: 0492 367 298



Learning for life



Tuning in to Kids

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



Term 1
2025

ONLINE

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

REGISTRATIONS CLOSE: 20th February 2025

Register now via our
secure online portal



SCAN HERE



Program details

Where: Online via ZOOM

When: Wednesdays
26th Feb - 3rd April
6:30pm - 8:00pm

Cost: FREE for residents of
Penrith & Blue Mtns LGA

**For more information or to
register via our website:**

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au

Web: www.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.





Courses provided FREE to residents of Penrith & Blue Mtns LGAs.
Phone 4720 6500 or email groups@gatewayfamilyservices.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 Wednesday 19th Feb – 9th April 10:00am – 11:30am ** Childcare available ** Must register	Blaxland Uniting Church Hall 72 Old Bathurst Rd BLAXLAND	
Tuning in to Kids Six week program that teaches parents to help children understand and regulate their emotions.	Every Wednesday 26th Feb – 3rd April 6:30pm – 8:00pm	Online via ZOOM	
123 Magic & Emotion Coaching 4 week parenting program that equips you with the skills to manage children's challenging behaviours.	Every Monday 24th Feb – 17th Mar 6:30pm – 8:00pm	Online via ZOOM	
Anxiety Coach 4 week parenting program that helps reduce anxiety and build resilience in your children.	Every Tuesday 4th Mar – 25th Mar 6:00pm – 7:30pm	Nepean Christian School (Puggles Preschool) 836 Mulgoa Road MULGOA	

Register online at www.gatewayfamilyservices.org.au



Circle of Security Parenting

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



Term 1
2025

BLAXLAND

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 with children aged 0-12 years.

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

REGISTRATIONS CLOSE: 13th February 2025

Register now via our
secure online portal



SCAN HERE



Limited childcare
* must register *



BELONG
BLUE MOUNTAINS
COMMUNITY AND NEIGHBOURHOOD SERVICES

Program details

Where: Blaxland Uniting Church
72 Old Bathurst Road,
East Blaxland

When: Wednesdays
19th Feb - 9th April
10:00am - 11:30am

Cost: FREE for residents of
Penrith & Blue Mtns LGA

For more information or to register via our website:

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au

Web: www.gatewayfamilyservices.org.au



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Anxiety Coach™ for Parents

4 week parenting program that helps reduce anxiety and build resilience in your children.



Term 1
2025

MULGOA

While some feelings of anxiety can be a normal part of a child's development, an increasing number of children experience higher levels of anxiety that can impact their day-to-day life.

This 4 week program teaches parents why children experience heightened anxiety and discusses a range of practical steps that parents can take to help build resilience in their children (4-12 years).

The program will cover:

- How the brain works and how anxiety develops
- How loved ones can influence anxiety
- Building resilience and reducing anxious symptoms
- Practical strategies to use in moments of anxiety
- Lifestyle influences that can help improve anxiety

REGISTRATIONS CLOSE: 27th February 2025

Register now via our
secure online portal



SCAN HERE



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: Nepean Christian School
Puggles Preschool
836 Mulgoa Road Mulgoa

When: Tuesdays
4th March - 25th March
6:00pm - 7:30pm

Cost: FREE for residents of
Penrith & Blue Mtns LGA

**For more information or to
register via our website:**

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au

Web: www.gatewayfamilyservices.org.au



123 Magic & Emotion Coaching

4 week parenting program that equips you with the skills to manage children's challenging behaviours.



Term 1
2025

ONLINE

123 Magic & Emotion Coaching is a FREE 4 week parenting program that teaches carers positive parenting skills that produce quick results.

Discover practical tools and learn strategies that help your children aged 2-12 identify and manage the emotions that are driving their behaviour.

You'll learn emotion coaching and cognitive strategies that you can teach to your children.

The program will cover:

- How to manage challenging behaviours
- How to use positive parenting skills
- Helping children manage emotional responses
- Using emotion coaching to encourage good behaviour

REGISTRATIONS CLOSE: 20th February 2025

Register now via our
secure online portal

SCAN HERE



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: Online via ZOOM

When: Mondays
24th Feb - 17th March
6:30pm - 8:00pm

Cost: FREE for residents of
Penrith & Blue Mtns LGA

**For more information or to
register via our website:**

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au

Web: www.gatewayfamilyservices.org.au