Edition 12 25th July 2025

IN THE LOOP





Celebrating NAIDOC Week @ LNPS

NAIDOC Week celebrates and recognises the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. This year's theme 'Keep the fire burning! Blak, loud and proud' celebrates the unyielding spirit of Indigenous communities and invites us to stand in solidarity, amplifying the voices that have long been silenced. The theme calls for a reclamation of narratives, an amplification of voices, and an unwavering commitment to justice and equality.

NAIDOC Week (7-14 July) provides an opportunity for non-Aboriginal people to listen and learn ways to engage respectfully and meaningfully, through the many events taking place throughout the week.

Acknowledgement to Country

We are learning on Wurundjeri Country and in the spirit of reconciliation, Lalor North Primary School acknowledges the Traditional Custodians of the land on which we are learning. We pay our respects to their Elders past, present and emerging and extend that respect to all Aboriginal and Torres Strait Islander peoples.



Important Dates

Week 2, Term 3

Monday 28th July – Dental Van Visit Tuesday 29th July – Macedonian Storytime 9.30am-10.30am Tuesday 29th July – School Council Wednesday 30th July – Friendship Day Wednesday 30th July – Playgroup 9am-10am Thursday 31st July – Breakfast Club 8.15am-8.45am Friday 1st August – 100 Days of School Celebrations, W2, B2, B3 Friday 1st August – Assembly Week 3, Term 3

Wednesday 6th August – Playgroup 9am-10am Thursday 7th August – Breakfast Club 8.15am-8.45am Friday 8th August – Chocolate Fundraising monies to be returned Friday 8th August – Newsletter Released

Week 4, Term 3

Science Week

Monday 11th August - Education & Policy Subcommittee @5pm

Tuesday 12th August – Macedonian Storytime 9.30am-10.30am

Wednesday 13th August – Playgroup 9am-10am

Wednesday 13th August – Finance & Fundraising Subcommittee @4.45pm

Thursday 14th August – Breakfast Club 8.15am-8.45am

Thursday 14th August – Facilities Subcommittee @10am

Friday 15th August – Prep Wild Action Incursion

Friday 15th August – Prep Coffee & Chat

Friday 15th August – Special Lunch Day

Friday 15th August – Parents & Friends Association

Our School Values



We communicate openly and work together to solve problems. By demonstrating honesty and acting with integrity we build trust, which enables us to collaborate, to take greater risks with our learning and to be more resilient when things go wrong.

We respect ourselves, our school and each other, and understand that our attitudes and behaviour have an impact on the people around us.

We have many languages, come from many backgrounds and are a school of many differences, but we speak with one voice, as one school. We develop a sense of connection and belonging within each part of our school, and across the whole school.

We help each other learn so that everyone experiences success every day. Success means doing new things, learning new skills, finding new ways of thinking and solving interesting, complex and challenging problems.

Resilience We know trying new things, experiencing challenges and bouncing back from adversity are central to life and to learning. Only by building our resilience can we experience strong levels of growth.

Principal's Message

Dear Families,

Welcome back to term three. We hope all our families had a safe, restful, and enjoyable school holiday. It's wonderful to see our students return with energy, smiles, and a readiness to learn. We also acknowledge that for some students, coming back to school can feel a little more difficult or overwhelming and take some time. As always, our staff are here to support every child and help them feel safe, settled, and confident as they ease back into routines. Please don't hesitate to reach out to your child's teacher if you feel they need some extra support. Together, we can ensure a smooth and positive start to the term for everyone.

As we begin this new term, we're excited about the many learning opportunities, events, excursions and activities planned. Let's make this term a great one... full of learning, connection, and achievement. Over the break, we made great progress on several important maintenance and improvement tasks across the school.



These included:

Asphalt replacement work Gas heater safety checks Ongoing garden maintenance... GUTTER CLEANING (arpet steam cleaning Window cleaning

NAIDOC WEEK

NAIDOC week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander people. It is celebrated by all Australians and is a great opportunity to recognise and learn more about the history and culture of Indigenous communities. Students learn about the culture ad the importance of NAIDOC week in class to better understand the country we live in and the histories attached.



NAIDOC stands for National Aborigines and Islanders Day Observance



Committee. Its origins

can be traced back to the Aboriginal rights movement, when on Australia Day 1938, protestors marched through the streets of Sydney to highlight the status and treatment of Aboriginal and Torres Strait Islander Australians. Today, it is a week-long celebration held in July that consists of range of traditional and contemporary activities.

NAIDOC Week is an important event that helps build positive relationships between Aboriginal and non-

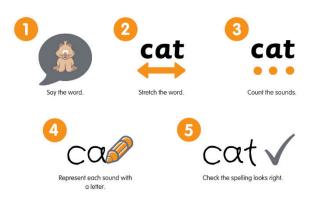
Aboriginal people. It enables a deeper understanding of our differences and similarities. NAIDOC week is an opportunity for all Australians to eliminate bias and discrimination by reflecting and reconciling the wrongs of the past to facilitate hope and build a fairer future. Families are encouraged to join in and support young people in learning the significance of NAIDOC Week.

Phonics in Prep – The Building Blocks of Reading and Writing

It's been a joy to watch our prep students take their first big steps into the world of reading and writing! Over the past weeks, they've been immersed in our structured phonics program, learning to recognise letters and sounds, blend them together, and begin reading simple words.

Phonics is a vital foundational skill in early literacy. Through daily lessons and hands-on activities, our preps are developing their ability to hear, identify, and use letter-sound relationships – the key skills that support both reading fluency and confident writing.

Already, we're seeing the excitement on their faces as they sound out words, write short sentences, and recognise letters in the world around them. These early milestones are so important and pave the way for future literacy success.



A big thank you to our prep teachers for creating such engaging and supportive learning spaces, and to our families for encouraging reading at home. We look forward to seeing our youngest learners continue to grow and thrive!

NAPLAN Individual Student Reports Now Available



We would like to inform families that the NAPLAN individual student reports have now arrived at the school and are ready for collection by a parent. These reports provide valuable insights into your child's progress in key areas of literacy and numeracy, including reading, writing, spelling, grammar, and mathematics.

We encourage you to take the time to read through the results and discuss them with your child. It's important to remember that NAPLAN is just one snapshot of your child's learning and should be considered alongside classroom assessments, teacher feedback, and other school reports.

If you have any questions or would like to discuss your child's results further, please feel free to contact your child's teacher or make a time to meet. We are here to support every child in their learning journey and to work in partnership with you to help them reach their full potential.



MOBILE PHONE POLICY

We would like to remind everyone of our school's mobile phone policy, which is designed to support a positive and focused learning environment for all students. As part of this policy, all student mobile phones must be handed in to the front office at the beginning of the school day. Phones will be securely stored and returned to students at the end of the day.

This policy is in place to minimise distractions during class time and help students stay focused on their learning. Mobile phones can easily disrupt lessons and reduce opportunities for meaningful engagement with teachers and peers. By keeping phones out of classrooms, we aim to foster better concentration, face-to-face interaction, and overall academic success. We appreciate the support of parents and carers in reinforcing this message at home and encouraging students to follow the guidelines each day. Thank you for your understanding and cooperation in helping us create an environment where learning comes first.



Elizabeth Bryan, Amanda Lee and Kim Rotondi



рујама дау

Our school is working together with our student representative council and the school council to raise funds for lots of exciting projects and improvements....

We have raised funds for the following:

- Gaga Pit
- Garden space
- A Shed for our tools and the Garden Club
- Developing some of the New Play Area

SO FAC HECE IS THE CUN DOWN ON OUC EFFORTSLAST YEAR FUNDS NOT SPENT CARRIED FORWARD\$5156CHOCOLATE DRIVE\$360COLOUR FUN RUN\$3982EASTER RAFFLE\$2583MOTHER'S DAY AND SPECIAL PERSON STALL\$1654PIZZA SPECIAL LUNCH\$1500CHOCOLATE DRIVE??????

Total Baised \$12,458 \$11,431

Cadbury Chocolate Fundraiser

Our Cadbury Chocolate Fundraiser is going really well. We have ordered more boxes and if you would like to grab an extra box please see the office. Each box contains 40 chocolates to sell at \$1.50 each. A whole box will cost \$60. Our New Balance \$3,997 GREAT JOB!

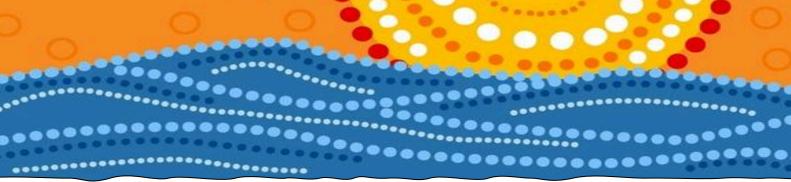
\$193

We have a couple of fundraising projects on the way and the SRC are planning... a school Disco and the Parents and Friends Association are planning a Bunnings Sausage Sizzle.

We are looking forward to creating an outdoor classroom that our students can use near our Derna Street Sustainability Garden. Our Shed will be up next term...probably week 2! Now finally our tools can go in!



There are also several other ideas that are being discussed by the SRC and School Leade



From the C

Year 7 Placement for 2026

Reminder for families of Grade 6 students to ensure their Year 7 **Placement Acceptance Slip** be completed and returned to the Lalor North Primary School office by **Tuesday 12th August**.

Dental Van Visit

The Dental Van will be visiting LNPS next week, Monday 28th – Wednesday 30th July to see students who returned their consent forms during Term 2.

Cadbury Chocolate Fundraiser

A huge thank you to all families who have already returned their fundraising efforts to the office! A reminder that all funds raised along with any unsold chocolates need to be returned to the office **no later than 1st August**. Please contact the office if you would like to collect another box!

Wild Action Incursion

Students in Wattle 2, Banksia 2 and Banksia 3 will take part in the Wild Action Australian Animals Incursion on Friday 15th August as part of their Science Inquiry Unit. Consent forms and payment for this event must be returned to the office by **Friday 8th August**.

LaTrobe Wildlife Sanctuary Excursion

Students in W7, W8, B8 and B9 will be going on an exciting educational excursion to Nangak Tamboree Wildlife Sanctuary at Latrobe University on Friday, 22nd August. Consent and payment is to be received by **Friday 8th August**.

IMAX Melbourne Museum Excursion

Students in B1, B2, B4, B5 & W5 will be going on an exciting educational excursion to IMAX at Melbourne Museum on Friday 22nd August. Consent forms and payment for this event must be returned to the office by **Friday 8th August**.

Macedonian Bilingual Concert

Save the date for our upcoming Macedonian Bilingual Concert set for

Wednesday 10th September.







SUSTAINABILITY AT LALOR NORTH PRIMARY SCHOOL

3/4 Sustainability Lessons

Starting in Week 2 of Term 3 the students in the 3-4 cohort will be taking part in fortnightly sustainabilitiy lessons. The purpose will be to teach students about the Circular Economy and how our school can minimise waste and maximise the use of resources.

Resource Smart Schools

Lalor North Primary School has partnered with Resource Smart Schools to assist in our goal to become a more eco-friendly school.

ResourceSmart Schools is a free program offered by Sustainability Victoria that supports Victorian schools to embed sustainability across the school facilities, community and curriculum, while saving resources and money for the school.

GOALS FROM OUR CAPTAINS:

Planting New Food

Spring is coming up and the ¾ students with the help of the Sustainability Captains will be looking at maintaining our kitchen garden.

Limit Litter Outside

We are committed to our school being free of litter. Please limit the amount of wrappers sent to school.

Protect our Gardens

We would like the plants at our school to remain happy and healthy.

grade 5/6 Interschool sports 2025

In Term 2, Lalor North Primary School had one of our most successful seasons of winter Interschool Sport. Our Grade 5/6 students competed every Friday morning throughout the Term in soccer, netball & volleyball against the 12 other schools in our Lalor District.

Students played home and away games each Friday morning, travelling by bus to other schools within our school district to compete.

During our Lalor District winter competition in Term 2, LNPS teams achieved the following results,





Our Girls Netball team were District Champions - They will be competing in the Whittlesea Divisional Finals on August 7th.

Our soccer team and mixed boys netball teams also won runners up flags, a great result

- Our Mixed soccer team were District Runners Up
- Our Mixed Boys Netball were District Runners Up

Congratulations to our young athletes and the fantastic results they achieved. All the Grade 5/6

students that represented our school and competed against other schools in our district last term did an amazing job and demonstrated all of the school values we have here at LNPS. Well done to all of our Grade 5/6 athletes!





Wattle 3 and Wattle 4 students have been researching Aboriginal artwork symbols and have designed their own boomerangs







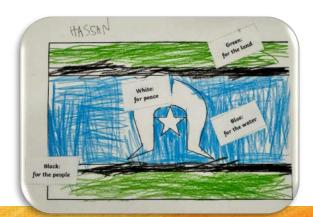






Wattle 2 read the book 'Somebody's Land' and discussed the indigenous people and their flags







Book Club Issue 5

*Book Club

How to order on **Book Club**





- Your child will bring home a Book Club catalogue from school
- Discuss with, and help your child pick the books they would like to read
- Order online via the Scholastic Australia LOOP website or app and the school will take
 care of the rest! (LOOP orders are electronically linked to your school in an easy, secure online process)
- The books are delivered to your child's classroom.



LOOP is the easy way for families to order and pay for Book Club.

Log in, or create a new account at scholastic.com.au/loop

- 1. If you are new to Book Club, follow the Wizard to set up your profile
- 2. Click the ORDER tab, and select your school and child's class
- 3. Add your child's first name and last initial (so the school knows who the book is for)
- 4. Enter the product item number shown on the Book Club catalogue
- Make payment via credit card.

SCHOLASTIC





Macedonian Storytime

Macedonian Teacher's Association of Victoria in collaboration with Lalor North Primary School is organising reading sessions for preschool children aged 1-5 year.



Lalor North

Primary School

These sessions are free and will take place at Lalor North Primary School, **Tuesdays 9:30 - 10:30am 2 Derna Cresent, Lalor 3075**





Understanding phonics: a helpful guide for families, parents and carers

Reading is a foundational life skill and a source of pleasure and wonder.

It is one of the most important skills children learn and the teaching of **phonics** plays an important role in helping them become confident, fluent readers.

This guide will help you understand what phonics is, why it is important in learning to read, and how children can be supported at home to develop their awareness of sounds, and of the relationships between sounds and letters.

What is phonics?

Phonics includes linking sounds (called 'phonemes') to their corresponding letters (called 'graphemes'). Students read words by recognising the relationships between written symbols and their corresponding sounds.

Phonics is one of 6 components that make up a comprehensive reading program.

The other components are:

Oral language	Knowing and using spoken words to express knowledge, ideas and emotions
Phonemic awareness	The knowledge of sounds (phonemes)
Vocabulary	Understanding words in isolation and in context
Fluency	Reading accurately and at an appropriate rate with expression
Comprehension	Making meaning from text which includes developing knowledge of grammar

These are the foundational skills that have a reciprocal relationship and are all necessary to enable students to independently read and respond to increasingly complex fiction and non-fiction texts.

Why is phonics instruction important?

Research and evidence show that phonics instruction is a highly effective way to teach children to read. It helps them develop **decoding skills** (translating printed words into speech), which assist in reading unfamiliar words. Phonics gives many children the tools to figure out new words and understand spelling patterns, building their reading fluency and comprehension.

How is phonics taught in schools?

The key elements of phonics are:

- Phonemes: the smallest units of sound in speech (e.g, the sound /k/ in 'cat').
- Graphemes: the letters, or groups of letters, that represent these sounds (e.g., the letter 'c' in 'cat').
- Blending: combining individual sounds together to read a word (e.g., /c/ /a/ /t/ = 'cat').
- Segmenting: breaking down words into their individual sounds to spell them (e.g., chat = /ch/a/t).

Phonics is taught through a structured, sequential approach where children learn the simplest sounds (such as /s/,/a/, and /t/ and gradually move to more complex sound-letter patterns (such as /ee/, as in the sound in the word 'bee' and /oa/ as in the sound in the word 'cloak'. This is known as teaching **using a systematic, synthetic phonics** approach. In simple terms, children learn different sounds, then practice blending sounds together to read words.

The Academy is grateful to Parents Victoria for their expert advice in producing this guide



This document has been prepared by the Victorian Academy of Teaching and Leadership (the Academy). The Academy reserves any moral rights of integrity in this text and publishes it on the basis that it may be used, provided it is not altered or adapted for use without the express permission of the Academy. Please note that the Further Reading (References) section is provided for attribution only and not subject to the terms of the Creative Commons Licence. No representations are made as to the accessibility or copyright ownership of the publications listed and they are solely provided as alternative sources of knowledge relevant to the topic. Content edited and up-to-date as at October 2024.





What might a phonics lesson at school look like?

Your child's teacher will use a range of ways to engage your child in a lesson on phonics. A typical lesson might include various combinations of the following and other methods:

Daily practice	This incorporates short, focused lessons on the key elements of phonics outlined above, that build on previous learning.
Reading	Students practice reading a variety of books that include words with sounds that the students have been taught.
Dictation	The teacher reads a sentence that includes taught sounds or spelling patterns aloud and students practice spelling and writing the sentence.
Multisensory methods	Phonics is often taught using visual (sight) auditory (hearing), and tactile (touching) methods (e.g., saying sounds, tracing letters).

How can families support phonics learning at home?

Learning to read takes time, encouragement and support, and each young person progresses at their own pace. It's important to celebrate small achievements in progress, and encourage children to keep trying, even when it's challenging for them.

When children enjoy learning, they are more likely to stay motivated, which helps them develop a strong foundation in reading.

Making phonics practice fun is key to keeping children engaged and motivated. Here are some suggested engaging activities to support phonics development.

Activities

At the end of this printout, there's a list of phonics activities to stick on the wall and practice with your kids.

What if my child is struggling with phonics?

If your child is having difficulty, speak with their teacher. Some children need extra practice or a more individualised approach.

How long does phonics instruction last?

Formal phonics instruction typically begins in Early Childhood education and continues until children can read fluently. It intensifies from Foundation to around Year 2 or 3, but some children may need more time. Families can help by engaging in any of the activities listed in this guide before or during formal instruction.

Further reading 🔗

Cairney, T. (2024). Literacy, families and Learning. Blogspot.com. https://trevorcairney.blogspot.com/search/label/phonics.

Castles, A., Parrila, R., &Kohnen, S. (2024). What is phonics and why is it used to teach reading? The Conversation.

https://theconversation.com/what-is-phonics-and-why-is-itused-to-teach-reading-232593

Independent Schools Victoria. (2024). Phonics: A guide for parents. The Parents Website. https://theparentswebsite.com.au/phonics-a-guide-for-pare_ nts/#msdynttrid=OyEUAL8MGYz82TdLD2Wj48F9MaE3gSOF ED2_Ka9wSSa_

Literacy Hub. (2023). The big six of literacy: A guide for families. https://www.literacyhub.edu.au/for-families/the-big-six-ofliteracy-a-guide-for-families/



www.academy.vic.gov.au

This document has been prepared by the Victorian Academy of Teaching and Leadership (the Academy). The Academy reserves any moral rights of integrity in this text and publishes it on the basis that it may be used, provided it is not altered or adapted for use without the express permission of the Academy. Please note that the Further Reading (References) section is provided for attribution only and not subject to the terms of the Creative Commons Licence. No representations are made as to the accessibility or copyright ownership of the publications listed and they are solely provided as alternative sources of knowledge relevant to the topic. Content edited and up-to-date as at October 2024.





Learning phonics at home

Print this list out and stick it on the wall or the fridge, so you can practice phonics with your kids at home.

Read together	Phonics bingo	Memory games	l spy
Choose books that interest your child and spend time reading aloud together.	<u>Create bingo cards</u> with letters, sounds, or words. As you call out the sound (phoneme) or word, children mark it off the corresponding card.	Use flashcards with letters and images that start with the corresponding sounds on them. Have children turn them over and try to find matching pairs of letters and images e.g. Cc and cat.	Play 'I spy' focusing on sounds and letters. For example, 'I spy with my little eye something that begins with the sound /b/.'
Sand or salt trays	Playdough letters	Hopscotch with sounds	Phonics songs
Encourage children to trace letters in sand or salt trays while saying the sound.	Encourage children to form letters with playdough and then say the corresponding sound as they make each letter. This can be extended by using the letters to form words and sound them out.	Draw a hopscatch grid outside, with each square containing a letter. Children hop on the squares and say the corresponding sound of that letter aloud, reinforcing learning with movement	Find <u>fun phonics songs</u> online that help children remember sounds through repetition and music.
Nursery rhymes and poems	Sound hunt	Word hunt	Letter collage
Rhyming helps children recognise sound patterns. Encourage them to point out rhyming words and identify the sounds and letters that the rhyming words share.	Ask children to find objects around the house or classroom that start with a certain sound or letter. For example, 'Can you find something that starts with /s/?'	Hide cards with letters or words around the room, and have children search for and read them out aloud as they find them.	Have children cut out pictures from magazines of items that start with a specific sound. They can create a collage for each letter sound.
Phonics jump	Sound labels	Sound of the day/week	Make your own
Write letters on pieces of paper, place them on the floor, and have children jump to the correct sound as you call it out.	Label objects around the house or classroom with their phonemes (sounds). For example, place a label on the door with the sound '/d/,' and encourage children to sound it out each time they pass by.	Make one sound (phoneme) the 'sound of the day' or 'sound of the week' and encourage children to listen for it in conversation, TV shows, or books over that time period.	Have fun inventing activities together using sounds and words.

www.academy.vic.gov.au



This document has been prepared by the Victorian Academy of Teaching and Leadership (the Academy). The Academy reserves any moral rights of integrity in this text and publishes it on the basis that it may be used, provided it is not altered or adapted for use without the express permission of the Academy. Please note that the Further Reading (References) section is provided for attribution only and not subject to the terms of the Creative Commons Licence. No representations are made as to the accessibility or copyright ownership of the publications listed and they are solely provided as alternative sources of knowledge relevant to the topic. Content edited and up-to-date as at October 2024.

Every day counts

0

6

Aa Bb Cc Dd

45678

Attending school every day means experiencing what counts - the learning, friendships, fun and opportunities that can shape their future.



₩.**



2025 Whole School Assembly Dates, held at 2.45pm

Term 3

Week 2: Friday 1st August

Week 8: Friday 5th September

LatorNorth

Term 4

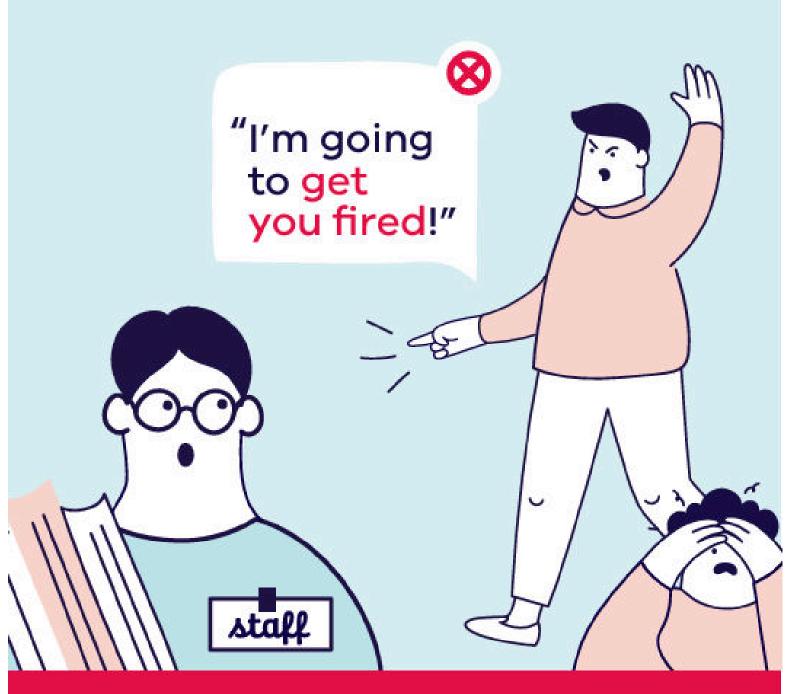
Week 1: Friday 10th October Week 5: Friday 7th November Week 9: Friday 5th December

2025 LEARNING SHOWCASE TIMETABLE (AT FRIDAY WHOLE SCHOOL ASSEMBLIES)

Our Learning Showcases are opportunities for all classes and Specialists to share the amazing learning and achievements that is happening in our classrooms with our school community. Showcases (presentations) can involve your whole class, a small group of students, or individual students –it's entirely up to you! Two showcases per assembly.

T e r	Week 7 Fri 14 th Mar	РЕ (КЕІТН)	B1, B2, B6 (MARIA K)	Natalia and Mateo & Sport Captains
m 1	Week 9 Fri 28 th Mar	B1, B6 (CONNIE/YIOTA)	ART (LORENA)	Amen and Orson Art Captains
r e	Week 5 Fri 23 rd May	WATTLE 4 (BRE)	: BANKSIA 7 (LIZ G)	Katina and Gabriella
r m 2	Week 10 Fri 27 th June	WATTLE 8 (LINDA)	ITALIAN (TERESA)	Natalia Mateo Italian Captains
T e	Week 2 Fri 1 st Aug	WATTLE 2 (DAPHNE)	BANKSIA 3 (JOVANKA)	Amen and Orson
r m 3	Week 7 Fri 5 th Sept	WATTLE 3 (JESS)	BANKSIA 8 (HELEN)	Katina and Gabriella
T e	Week 1 Fri 10 th Oct	BANKSIA 7 (SONJA/VESNA)	WATTLE 5 (ELAINE)	Natalia Mateo
r m 4	Week 5 Fri 7 th Nov	WATTLE 7 (OLIVIA)	BANKSIA 4 & 5 (LIZ K & MARIA V)	Amen and Orson
	Week 9 Fri 5 th Dec	BANKSIA 9 (HELEN/MIRJANA)	STEAM (JAE)	Katina and Gabriella Digi Tech Captains

RESPECT our school staff



Be the role model your child deserves.



Department of Education

New Uniform Provider as of 14th July



LALOR NORTH PRIMARY SCHOOL



UNIFORM AVAILABLE IN STORE 14TH OF JULY

1st July to 13th July – During this period, families will not be able to purchase school uniforms while we transition the school into its new store.

Any existing back orders will continue to be fulfilled and delivered to the school by Aplus Schoolwear.

LOWES PLENTY VALLEY WESTFIELD	
ALDS RD, MILL PARK, VIC 3082 ADING HOURS 09:00 - 17:30 10:00 - 17:00 09:00 - 17:30 09:00 - 21:00 09:00 - 21:00 09:00 - 17:00 10:00 - 17:00	

With your Lowes Zero Card you will receive 5% discount on every purchase. Receive 5% in reward points to redeem, plus great features and benefits. For more information please contact EZY-Way on 1300 156 937 or zero@lowes.com.au

BERRY STREET

Tuning into Teens

Emotionally Intelligent Parenting

A free six-session interactive online parenting group for parents and carers of children aged 11-17

Please note: To be eligible to participate in this group you must reside in Banyule, Nillumbik, Darebin, Yarra or Whittlesea

Would you like to learn how to:

- be better at talking with your teen?
- be better at understanding your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

Tuning into Teens shows you how to help your teen develop *emotional intelligence*. Adolescents with higher emotional intelligence:

- are more resilient this means change and stress are easier to deal with;
- are more aware, assertive and strong in situations of peer pressure;
- have greater success with making friends and are more able to manage conflict with peers;
- are more able to cope when upset or angry;
- have fewer mental health and substance abuse difficulties;
- have more stable and satisfying relationships as adults;

Feedback from previous participants:

- "It was really helpful in learning how to emotionally connect with my teen - being unjudgmental and reminding me that they are people with HUGE emotions that need support"
- "The program far exceeded my expectations. I liked that it was very interactive/practice-focused and not just a bunch of information being delivered"
- "I honestly think it's been a game changer. I learnt a lot about myself as a parent."
- "I found I have felt more confident in times of conflict, I haven't felt as stressed when my teen is upset"
- have greater career success Emotional intelligence may be a better predictor of academic and career success than IQ!

Where: Online via video call (Zoom)

When: Wednesdays 11am – 1pm, from 13th of Aug – 17th of Sep 2025 (6 consecutive weeks) Contact: To express interest, email Candice and Emma from Integrated Family Services via fsparentinggroups@berrystreet.org.au or call our Preston office on 9450 4700

National Aboriginal and Torres Strait Islander Children's Day

National Aboriginal and Torres Strait Islander Children's Day is celebrated each year on on 4 August. This is a time for Aboriginal and Torres Strait Islander communities to celebrate their children and for all people to learn about Aboriginal and Torres Strait Islander culture. This event will be filled with activities including traditional games, music, face painting, arts and crafts.

Facilitated by City of Whittlesea

Monday 4 August, 2025 10am – 1pm

Brookwood Community Centre 25 Hazel Glen Drive, Doreen



Bookings encouraged but not essential. Scan QR code or contact **9217 2170** or familytraining@whittlesea.vic.gov.au for more information.









Circle of Security Parenting – Arabic

Presented by City of Whittlesea Children and Families and Drummond Street Servicers

Circle of Security Parenting ™ is a free parenting program, designed to helps parents with children 0 - 5 to understand their child's behaviour and to build and strengthen a secure relationship with their child.

 - "^{MT}يرنامج "دائرة الأمان في التريية الأبوية باللغة العربية)برنامج لمدة 6 أسابيع(
الأريعاء، من 23 يوليو إلى 27 أغسطس
من الساعة 10 صباحًا حتى 12 ظهرًا

بر نامج "دائرة الأمان في التربية الأبوية "mxهو بر نامج مجاني مصمم لمساعدة الأباء و الأمهات الذين لديهم أطفال من عمر () إلى 5 سنوات على فهم سلوك أطفالهم، وبناء وتعزيز علاقة أمنة معهم.

يُقَدَّم هذا البرنامج من قبل خدمات دروموند ستريت وقسم الأماكن المجتمعية النشطة في بلدية وتلسي

When: Wednesday 23 July – 27 August, 10am - 12pm Where: Galada Community Centre, 10A Forum Way, Epping Cost: Free Bookings: events.humanitix.com/circle-of-security-parenting-tm-arabic-8-week-program For more information: Contact Council's Education and Engagement Facilitator on 9217

> Drummond Street Services

