

Edition 14 4th September 2026

IN THE LOOP



Greek Storytime
EVERY MONDAYS 10AM TO 11AM

Lalor North Primary School has reading sessions in Greek for preschool children aged 1 to 5 years.
These sessions are free and will take place at Lalor North Primary School at 2 Derna Crescent Lalor 3075
Come along and join us!



MACEDONIAN STORYTIME
Macedonian Teachers Association of Victoria in collaboration with Lalor North Primary School has reading sessions for preschool children aged 1 to 5 years.
Every Tuesdays 10am to 11am

THESE SESSIONS ARE FREE AND WILL TAKE PLACE AT LALOR NORTH PRIMARY SCHOOL AT 2 DERNA CRESCENT LALOR 3075
Come along and join us!

Celebrating Language and Culture Through Storytime!

At Lalor North Primary School, we are proud to celebrate the rich languages and cultures of our school community through our Greek Storytime and Macedonian Storytime sessions. These special sessions provide children and families with a wonderful opportunity to come together, enjoy engaging stories in Greek and Macedonian, and share the joy of language, culture and connection. Our Storytime sessions are a beautiful reflection of what makes our school community so special... celebrating our languages, embracing our cultures and bringing families together through the joy of stories.

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.



Our School Values

IMPORTANT DATES



Week 9, Term 3

Monday 7th September - Greek Storytime 9am – 10am

Monday 7th September – Science Prep Incursion

Tuesday 8th September – Macedonian Storytime 10am – 11am

Tuesday 8th September – Macedonian Independence Day

Tuesday 8th September – District Athletics

Wednesday 9th September – Playgroup 9am – 10am

Thursday 10th September - Breakfast Club 8.15am – 8.45am

Thursday 10th September – LDSSA AFL Gala Day

Friday 11th September - Breakfast Club 8.15am – 8.45am

Week 10, Term 3

Monday 14th September - Greek Storytime 9am – 10am

Monday 14th September – Whole School Concert Rehearsals at PRACC

Monday 14th September - Whole School Concert PRACC

5.30pm – 7.30pm

Tuesday 15th September – Macedonian Storytime 10am – 11am

Wednesday 16th September – Parent/Student/Teacher Conferences

Students attend school for conference only

Wednesday 16th September – Scholastics Book Fair

Wednesday 16th September – Playgroup

Thursday 17th September - Breakfast Club 8.15am – 8.45am

Friday 18th September - Breakfast Club 8.15am – 8.45am

Friday 18th September – Footy Day

Friday 18th September – Footy Day Lunch

Friday 18th September – Newsletter Released

Friday 18th September – End of Term, 2pm Finish

Week 1, Term 4

TBA

Honesty

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.

Respect

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

Unity

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.

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.

Success

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.

Principals' Message...

What a wonderful celebration of books, imagination and creativity we shared at our Book Week Character Parade last week.

Our school was filled with excitement as our students arrived dressed as their favourite book characters, bringing much-loved stories to life right before our eyes.

From classic characters to creative and wonderfully imaginative costumes, it was fantastic to see the thought, effort and enthusiasm that went into every dress up.



A very special thank you to all of our families who joined us for the parade. Having so many parents and family members there to share the morning made the celebration even more special even though a little squashy. It was lovely to see our community come together to celebrate something so important – the joy and magic of books and reading.

We were incredibly impressed by the cleverness, creativity and imagination shown in the costumes. Our students looked fantastic and were so proud to share their characters and stories with everyone.

Days like this remind us that books open doors to new worlds, spark our imaginations and create wonderful memories. Thank you to our families for helping bring the magic of Book Week to life and for making our Character Parade such a joyful and memorable celebration of books.

What a fabulous day it was at Lalor North Primary School!

Play Safe, Play Kind, Speak Up!

Our playgrounds are busy, happy places where children can have fun, make friends and enjoy being active. As a school community, we can help our children learn what safe and respectful play looks like. Please remind your child to take turns, give others space, use equipment safely, keep hands and feet to themselves, and listen when someone says "Stop" or "I don't like that." If play becomes too rough or something doesn't feel right, encourage your child to use a firm voice to say "STOP", walk away and talk to a teacher or trusted adult.

These are great messages to practise at home too! Whether playing at school, at the park or with friends, children can learn that safe play is kind play. A quick chat with your child can make a big difference – ask them, "What could you do if you didn't like what was happening?" or "Who could you talk to if you needed help?" Together, we can help every child feel confident to speak up, look out for others and enjoy safe, happy, and inclusive play.



Celebrating the Progress at Lalor North Primary School

This Wednesday 26th August, we are delighted to welcome special visitors from the Department of Education; Louise McDonald, Executive Director School Performance, and Jo Marshall, Area Executive Director and our Senior Education Improvement Leader to Lalor North Primary School.

Their visit provided a wonderful opportunity to showcase the great work happening across our school and the significant progress we are continuing to make. Louise and Jo saw firsthand the learning, wellbeing and improvement work taking place across Lalor North, including the strong upward trends we are seeing across our school data and the positive learning environment we have created for our students.

Our progress reflects the collective commitment of our staff, students and families. Every day, our teachers and Education Support staff work together to support learning, wellbeing, inclusion and engagement across our school. Our bilingual programs, Professional Learning Communities, student wellbeing initiatives and strong partnerships with families all contribute to creating a school where every child is supported to achieve their personal best.



This visit is an opportunity to celebrate our school community and share our Lalor North story – a story of continuous improvement, collaboration, high expectations and a genuine commitment to achieving improved outcomes for every student. There is much to be proud of at Lalor North Primary School, and we enjoyed sharing that with our visitors.

School Concert – Important Information for Families

We are very excited to be celebrating our 2026 School Concert as part of Lalor North Primary School's 55th Birthday celebrations.

To help families capture these special memories, a professional videographer will be present at the concert to film the event. The concert will be professionally recorded, and copies of the recording will be made available for families to pre-order and purchase following the event. The recording will be a **copyrighted professional production** and will be made available for our school community.

As the concert is a school community event, filming will include performances and event footage. In accordance with Department of Education guidance, please let us if you do not want your child to be filmed. Notify the school in writing as soon as possible and before the concert. This will allow us to make the appropriate arrangements with the videographer.

Families attending the concert are also reminded to be respectful when taking photographs or videos. Please consider the privacy of other children and families when capturing or sharing images or recordings, particularly on social media, and ensure that any sharing is consistent with school expectations and policies. We look forward to sharing a very special evening with our students, families and community as we celebrate [55 years of Lalor North Primary School](#). We can't wait to see our students shine on stage!





Parent Teacher Student Conferences are a valuable part of our assessment and reporting cycle and provide an important opportunity for students, families and teachers to connect, celebrate learning and work together to support each child's progress.

Our Term 3 Parent Teacher Student Conferences will be held on Wednesday 16 September (Week 10). This is an opportunity for families to receive detailed feedback about their child's progress in learning, celebrate their achievements and discuss areas for continued growth.

- 3/4 Wattle 4: Conferences will be held on Wednesday 9 September (Week 9)
- Prep Banksia 8: Conferences will be held on Thursday 10 September (Week 9)

Please note: Wednesday 16 September is not a regular school day.

Students do not attend school but come with their parent or carer for their Conference only. Students are to wear their school uniform for their conference. Including students in these conferences provides a wonderful opportunity for students, teachers and families to check in together, celebrate what is going well and collaborate on how we can best support each child's learning and growth. We look forward to seeing our students and families at the conferences and continuing to work together as a team to support every child's learning journey.

Celebrating Our Bilingual Schools Network

It was wonderful to recently connect with colleagues from across our Bilingual Schools Network and to share in the collective expertise, passion and commitment.

The Bilingual Schools Network provides a valuable opportunity for teachers and leaders to collaborate, share effective practice, resources, ideas and strategies, and learn from one another. This collaborative approach strengthens the quality and consistency of bilingual education across our schools and supports the continued growth and development of our programs.

An exciting focus of this work is the development and implementation of the Bilingual Curriculum Framework. The framework supports a consistent approach to curriculum planning, language development and pedagogy while recognising and celebrating the unique linguistic and cultural contexts of each bilingual school.

Working alongside our Bilingual Schools Network colleagues ensures that we continue to learn, innovate and strengthen bilingual education for our students, while celebrating the languages and cultures that are such an important part of who we are at Lalor North Primary School.



Volunteers Needed

Bunnings Sausage Sizzle

Our **Bunnings Sausage Sizzle** is coming up, and we are looking for volunteers from our wonderful school community to help make the day a success.

These fundraising events are always a fantastic way for families to come together, have some fun and support our school. If you can volunteer, please **add your name to the roster at the school office** or contact the office to let us know your availability. There are several shifts to choose from.

We would love to see lots of our Lalor North families getting involved!



BUNNINGS
warehouse

SAUSAGE SIZZLE

Our Bunnings Fundraiser is on Saturday!

Come along and join in!
Come along and buy a sausage sizzle!

Come along and help us fundraise for our school

Saturday 5th September 2026

Epping Bunnings

8am to 4pm

 Lalor North Primary School

LALOR NORTH PRIMARY SCHOOL RAISING A CONCERN STEPS

At Lalor North Primary School, we value open and respectful communication. If you have a concern, we encourage you to share it so we can work together to find a positive solution. This process outlines the steps for raising a concern. Working together is key to resolving concerns quickly.

Step 1

PLAN - WHAT IS YOUR CONCERN ABOUT?

the classroom or playground...
your child's learning and/or progress...
safety...
an incident...
inclusion and wellbeing...

Step 2

SEE THE CLASSROOM TEACHER FIRST

Your child's teacher may solve the problem quickly.
Ring the office to make a time to meet with the teacher.
It's important to work together to resolve the concern.

Most concerns raised are resolved with the classroom teacher.
If the concern is not resolved or requires a higher level of leadership it may be necessary to see a School Leader or an Assistant Principal.

Step 3

SEE THE SCHOOL LEADER OR ASSISTANT PRINCIPAL

Book a time at the office to meet with a School Leader (Learnings Specialist, Leading Teacher or Wellbeing Leader) or make a time to see the Area Assistant Principal.

Step 4

SEE THE PRINCIPAL

Book a time at the office to see the Principal.
Very few concerns require a meeting with the principal.
Working together is the key to resolving all concerns raised.



Mobile Phone Policy – Must Be Followed

Mobile phones can create significant distractions during the school day and can also present concerns relating to student wellbeing, privacy, cyber safety, inappropriate communication and social interactions. Our policy is designed to minimise these risks and ensure that students can focus on their learning, play and positive relationships without unnecessary disruption.

Students who bring a mobile phone to school are required to follow our school procedures for the safe storage of their device during the school day. Mobile phones must not be used during school day. We ask all families to support us about the importance of following the policy and ensuring that mobile phones are not used during the school day. Where the policy is not followed, the school will respond firmly, consistently and in accordance with our school procedures.



Education
and Training

MOBILE PHONES AT SCHOOL

A reminder that the Department of Education has in place a mobile phone ban that requires students who bring mobiles phones to school to have them switched off and securely put away during school hours. At Lalor North Primary School the expectation is that students hand their phone into the office upon arrival to school and collect their phones as they are leaving school to go home.



The department is requiring all schools to ensure this ban is in place and enforced from the start of the 2024 school year. The ban applies equally to all government schools right across the state. This helps ensure that school is a learning environment free from unnecessary distractions and disruptions.

By ensuring mobile phones are kept away, students can interact with each other face-to-face, without the distractions and social pressures that mobile phones can cause.



We ask for the support of all our families and students in continuing to support the implementation of this policy in our school.

Exceptions: For a small number of students with particular health needs, an exception to the policy may be granted. Please contact the school office if you would like to discuss this.

Emergencies: In the event of an emergency or if you need to immediately contact your child, I ask that families contact the school office who will pass on a message as required.

School mobile phone policy: A copy of our school's local mobile phone policy, which implements the government's mobile policy in line with our local context, is available on our school website.

Parent support: The [Mobile phones in schools webpage](#) provides links to resources for families to help them balance their children's time using mobile phones.

If you have further questions, please contact the administration office.

BE RESPONSIBLE

BE RESPECTFUL

Respectful Behaviours within the School Community

When families and school staff work together as one team, our students do better. Everyone at school, particularly staff and parents/carers, play a role in making school a better place for learning and work.

Parents, carers and school staff have a relationship that can last many years. This is an opportunity to work together to create a positive relationship in the best interests of your child. When this relationship is built on respect and trust, students learn better and feel like they belong in the school.

Every member of our school community has a right to feel safe and be protected.

The Department's [Respectful Behaviours within the School Community Policy](#) describes the positive behaviour expected from parents, carers, and other adults in Victorian school communities. The policy sets clear standards of behaviour to create a safe, respectful, and inclusive learning environment for students, staff and adults.

There are also resources to support safe and respectful relationships in our school community, including information about getting involved in the school, advice on how to raise a concern or complaint, and parenting support resources. You can find the policy and these resources [here](#).

Lalor North Primary School acknowledges that the behaviour of staff, parents, carers and students has an impact on our school community and culture. We acknowledge a shared responsibility to create a positive learning environment for the children and young people at our school.

Shared expectations of staff, parents, carers and students to support positive student behaviour are set out in the [Respectful, safe, engaged: shared expectations to support student behaviour statement](#). It is worth a look at the resources available and I encourage you all to read them.

You may also see the new posters up around our school, promoting positive behaviour.

For more information on how to engage positively with our school, please contact us through our school email at Lalor.nporth.ps@education.vic.gov.au

School staff have a right to be safe at work

Safe and respectful school communities create a healthy and safe workplace for school staff and a better environment for students to thrive.

Professional, collaborative relationships are based on:



Open and honest communication



Trust and respect



Working together



Fair and reasonable expectations by all

The following behaviours are **not** acceptable in our school:

- Threats
- Violence
- Rudeness
- Harassment
- Discriminatory and derogatory comments
- Aggression
- Intimidation
- Threatening gestures

This includes in-person, over-the-phone, email, text message, social media and online platforms.

If you experience any of these behaviours, or are concerned about the risk of this occurring, please report in eduSafe Plus and inform your elected Health and Safety Representative:



We thank our school community for the positive thoughts, energy, support, and engagement they bring to our school. We want our school to be the positive place our students, staff and families deserve. Working collaboratively makes our school a great place to be learning together.

Elizabeth Bryan, Amanda Lee and Kim Rotondi

2027 Prep Students Orientation Program

We are excited to welcome our newest Lalor North Primary School students and families as part of our **2027 Prep Orientation Program**.

Orientation sessions provide children with the opportunity to become familiar with our school environment, meet teachers, build confidence and begin forming connections before they officially start school. We look forward to welcoming our future Preps and sharing what makes Lalor North Primary School such a wonderful place to learn.

Our Orientation Program Dates are now confirmed and will be communicated to new families soon.

ENROL NOW FOR 2027



LALOR NORTH PRIMARY SCHOOL

PREP ORIENTATION
STEPPING INTO PREP

Session 1 – Wednesday 4th November

Session 2 – Wednesday 11th November

Session 3 – Wednesday 18th November

Session 4 – Wednesday 25th November

See You Soon!

2 Derna Crescent Lalor 3075 PH: 9465 4922

International Student Enrolment

Lalor North Primary School accepts international enrolments



With high quality learning in a caring environment, Lalor North Primary School is a destination of choice for international students. We are a multicultural community who have a love of languages.

Our school offer a high-quality learning in a caring environment, a warm welcome to international students, a mix of academic programs with extra-curricular activities such as sports, music, STEAM, The ARTS and many other rich learning opportunities.

Lalor North Primary School is also geographically close to

- RMIT University
- Latrobe University
- Melbourne Polytechnics (Epping Campus)
- Several secondary schools.

Visit the Victorian Government School's International Student Program for information about the application process for international students at: www.lalornorthps.vic.edu.au/international-student-enrolment



Lalor North Primary School



WE OFFER 3 PROGRAMS:
Standard Curriculum Program
Greek Bilingual Program
Macedonian Bilingual Program

2027 PREP – ENROL NOW!

A High Performing School That Inspires Success

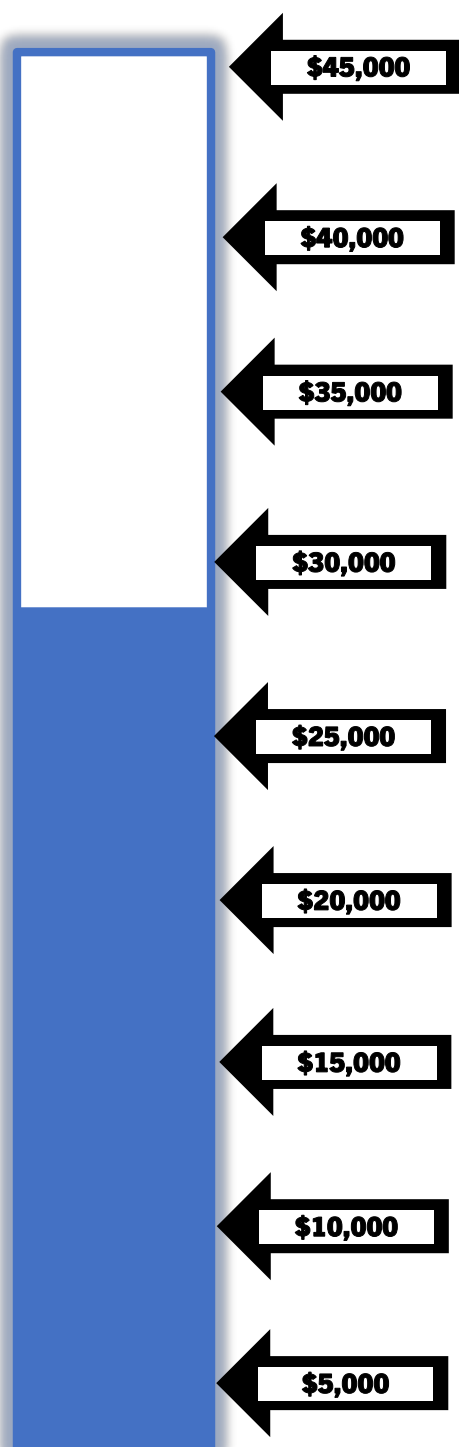
- Safe, Inclusive and Welcoming School ✓
- 10 hours of Language Learning Every Week ✓
- Builds Confidence and Cultural Pride ✓
- Before and After School Care Available ✓

Lalor North Primary School

03 9465 4922

2 Derna Crescent, Lalor 3075
Lalor.north.ps@education.civ.gov.au

FUNDRAISING



SO FAR HERE IS THE RUN DOWN ON OUR EFFORTS

LAST YEAR FUNDS NOT SPENT CARRIED FORWARD	\$8226
SAUSAGE SIZZLE	\$844
COLOUR FUN RUN	\$5927
EASTER RAFFLE	\$3061
MOTHER'S DAY AND SPECIAL PERSON STALL	\$1211
MOTHER'S DAY RAFFLE	\$815
SPECIAL PIZZA LUNCH DAY	\$1512
CHOCOLATE FUNDRAISER <i>(still counting)</i>	\$6133
SCHOOL SAUSAGE SIZZLE	\$816
FATHER'S DAY STALL	TBA
BUNNINGS SAUSAGE SIZZLE	TBA

Our New Updated Total \$28,545



Upcoming Fundraising Events

We have several exciting fundraising events planned over the coming weeks and encourage families to get involved where possible.

Upcoming events include **Father's Day Stall, Footy Day stall, Special Lunch, Bunnings Community Sausage Sizzle**

Funds raised through these events directly support programs, resources and opportunities for our students. Just as importantly, these events help bring our school community together and create wonderful experiences for our children.

We sincerely thank our volunteers and families for their continued generosity and support.



From the Office

Footy Day Special Lunch Orders

We are excited to offer our students a special lunch order for Footy Day on Friday 18th September which consists of a hotdog, juice box and popcorn. Each order will cost \$10, orders and payment must be submitted to the office **no later than Friday 11th September**.

Bundoora Farm Excursion

Students from Wattle 5, Banksia 2, Banksia 3 and Banksia 8 will be attending an excursion to Bundoora Park on Tuesday 20th October. Consent and payment must be **returned to the office by Tuesday 13th October** in order to secure your child's attendance.

Hands on Science Prep Incursion

As part of the prep Inquiry unit, Make It Move!, students in Banksia 2, Banksia 3, Banksia 8 and Wattle 5 will participate in the Hands On Science incursion "How Objects Move" which is taking place this Monday 7th September.

STOMP Incursion Grades 5 & 6

In Term 4, the 5 & 6 students in **Banksia 1, Banksia 4, Wattle 9 and Wattle 10** are exploring the elements of dance, skills, techniques and processes through the practices of choreography, performance and appreciation with Stomp Dance Company. This incursion will be held over a period of 5 Weeks on: Thursday 15th October, Thursday 22nd October, Thursday 29th October, Thursday 5th November, Thursday 12th November. **It is essential that all Grade 6 students participate in this incursion, as this is how they will be learning their Graduation dance.** Payment and consent are to be received by **Wednesday 2nd October** to secure your child's attendance at this activity.

Diana, Liz and Barbara



Save the Date
Grade 6 Graduation
Wednesday 9th December



Lalor North
Primary School



Kitchen Garden Update

Planting Complete

During our Sustainability lessons on Wednesday and during Garden Club at lunchtime on Monday, Wednesday and Friday, students have been working hard to plant a wide range of herbs, vegetables and flowers into our kitchen garden. We have learned about the importance of mulch to retain moisture and the different conditions different plants need to thrive.



New Signs

Students in Acacia 1 and Acacia 2 have created signs for our garden using timber, paint and stakes. We have begun labelling our garden using these signs and will include the languages of our school: Macedonian, Greek and Italian.





NATIONAL SCIENCE WEEK SPECIAL



Wattle 3 and Banksia 6 Explore the Water Cycle

Students participated in a hands-on science experiment.

During National Science Week, our students became scientists as they explored the amazing water cycle.

They used cups of water, shaving-cream clouds and blue food colouring to model what happens in nature. The shaving cream represented clouds, and the blue water showed how water moves and changes.

First, we talked about evaporation—how water from rivers, lakes and oceans turns into vapour and rises up into the air. This vapour cools down and forms tiny droplets, which we know as condensation.

Before adding the drops, students made a **prediction** about how many drops the "cloud" could hold before it became too heavy and caused precipitation.

Then came the exciting moment—when the droplets became heavy and the blue water fell through the cloud like rain!

We loved this activity because it helped us see the water cycle in action and understand how precious water is. 💧

By Ms Vlahos, Ms Reine & Mr Brown



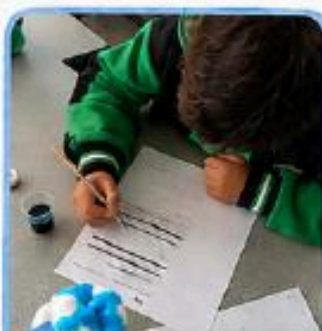
Creating our model rain clouds.

“it was so cool watching the blue rain fall through the cloud”

”



Watching the blue rain fall like rain.



Recording our prediction and observations.



Adding drops to see what happens next.



From heavy cloud... to precipitation!

WATER CYCLE WORDS



EVAPORATION

Water changes from a liquid into a gas (vapour) when it gets warm.



CONDENSATION

Water vapour cools down and changes back into tiny droplets to form clouds.



PRECIPITATION

When droplets in clouds get too heavy, they fall to Earth as rain, hail or snow.



COLLECTION

Water collects in rivers, lakes and oceans before the cycle begins again.



Foundation Bug Hotels

In STEAM, our fabulous Foundation students have been using recycled and natural materials to construct some incredible shelters for our bug friends.

This term, we have been learning about various aspects of our gardens and creatures that inhabit them.

Keep an eye out for our Bug Hotels in our Kitchen Garden over the coming weeks.



What's on in your community

Upcoming events and activities.



Grandparents Playgroup

Meet other grandparents caring for children by joining a playgroup experience. Grandparents are also welcome and encouraged to attend the Library Storytime at 10:30am.



Thursdays | 11am to 12pm

Lalor Library

2A May Road, Lalor

Cost: Free

For more information contact Lidija on 0401 987 615.

Are you and your community familiar with E-scooter rules?

The main things to remember are:

- ✓ E-scooters can be ridden to a max speed of 20km/h.
- ✓ E-scooters can be ridden on shared paths and bike paths.
- ✗ E-scooters cannot be ridden on roads with >60 km/h speed limit.
- ✗ E-scooters are illegal if they go over 25km/h.
- ✗ E-scooters can't be ridden on footpaths.



Nepalese
PLAYGROUP

Nepalese Playgroup

VICSEG New Futures is pleased to announce a new Nepalese playgroup in Epping.

Mondays | 10am to 12pm

VICSEG New Futures

Epping Hub, T1, U15, Block J

560-650 High Street, Epping

For bookings contact: Jeanette 9093 5188 or email

npg@vicsegnewfutures.org.au

Transport Victoria

Know the rules.

Riders must be **16+ years** and **wear a helmet** to ride an e-scooter.



VICTORIA

Department of Transport and Planning

TAC

SAFETY

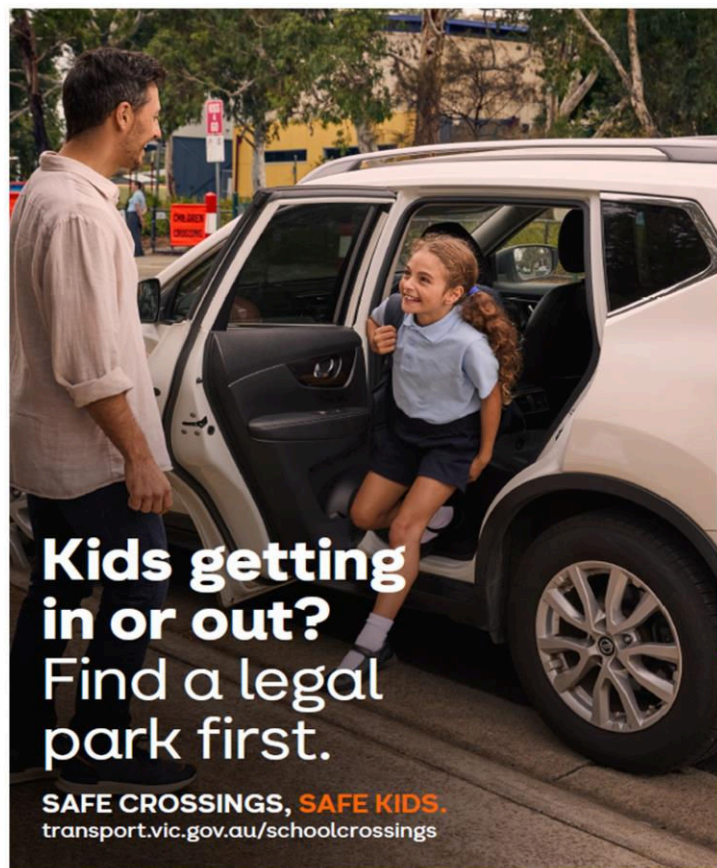
RESPECT our school staff

"You need to hear this right now."



**Be the role model
your child deserves.**

VICTORIA
Department of Education



**Kids getting
in or out?
Find a legal
park first.**

SAFE CROSSINGS, SAFE KIDS.
transport.vic.gov.au/schoolcrossings

VICTORIA
Department of Transport and Planning

transport.vic.gov.au

Transport Victoria



SunSmart

Slap! on
your **hat**
and Slop! on
sunscreen,
when the UV
is 3 or above.



Even
on cool
and cloudy
days.

In Victoria, UV is 3 and above
generally from mid-August
to the end of April.

sunsmart.com.au

Use all five
forms of sun
protection



Slip

Slop

Slap

Seek

Slide

A partnership between:



VicHealth



Cancer
Council
Victoria

Switch off & Store

If you bring your mobile phone to school, it must be switched off and securely stored in the office during school hours.



POWER OFF

Exceptions can be granted by the Principal, or by the teacher for that class, in accordance with our school's Mobile Phones policy. This may include health and wellbeing-related exceptions; and exceptions related to managing risk when students are offsite.

[vic.gov.au/
mobile-phones-schools](http://vic.gov.au/mobile-phones-schools)

THE
EDUCATION
STATE

VICTORIA
State Government

Department
of Education

Ask RU OK? TM ANY DAY

Have a conversation using these 4 steps



How are you
travelling?

You don't
seem yourself
lately - want to
talk about it?

Ask R U OK?



I'm here to listen
if you want to
talk more.

Have you been
feeling this way
for a while?

Listen



What do you think
is a first step that
might help you?

Have you spoken
to your doctor
about this?

Encourage action



Just wanted to
check in and see
how you're doing?

Have things
improved for you since
our last chat?

Check in

Learn more at ruok.org.au



Raising children and young people SEPTEMBER PROGRAMS 2026

Helping Kids 'Roar' Education
program for family and friends

Tuesday 8 September, 8pm-9pm

Online

trybooking.com/DIBZV

Read, Play and Connect

Friday 11 September, 10.30am-12pm

Whittlesea Library,
57-61 Laurel Street, Whittlesea

trybooking.com/DIBZZ

Westfield 'Village' Play and Engage

Wednesday 9 September, 10am-12pm

Kids Zone, Westfield Plenty Valley,
415 McDonalds Road, Mill Park

Bringing Up Kids

Tuesday 29 September, 10am-1pm

Plenty Ranges Arts & Convention Centre,
Eucalypt Room, 35 Ferres Boulevard,
South Morang

trybooking.com/DICAB



Scan the QR code for more
information or to register for
one of these programs
[whittlesea.vic.gov.au/
familytraining](http://whittlesea.vic.gov.au/familytraining)

Free telephone
interpretation service
131 450



City of
Whittlesea

Whittlesea
2040
A place for all