



Newsletter



From the Principal....

Dear Parents and Carers

I am enjoying my time as Acting Principal while Mr Ian Hagen is away on his well-deserved long service leave.

GRADUATION

It's nice to see the Year 12s finish the term strongly and trying to meet the graduation requirements.

We celebrated their efforts on Wednesday 21st September, having the Graduating Class of 2022 at the Annual Graduation Dinner at The Last Local in Canning Vale. The students all looked amazing and a great night was had by all.



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R U OK? DAY

Our annual **R U Ok?** Day focuses on mental wellbeing of both ourselves and those around us. We encourage staff and students to stop and ask someone **R U Ok?** and to check in with family and friends.



STFS OLYMPICS

We had wonderful weather for our annual STFS Olympics. The students' participation and sportsmanship was commendable.



SERVICE DAY

A large part of attending St Francis' School is in giving back to the school and community and our Service Days are a big part of that.

We had our second Service Day for the year on 26th August where staff and students completed various service activities around the school including meal preparation for our community partners (ShopFront and Ruah), mulching and tending to the garden, repairs/ maintenance to the chicken pen, and completion of a community art project.

Thank you to the students who participated in the Service Day.



If your son or daughter is absent, please contact the school on 9262 4421 before 9:30am.

A medical certificate is required for absences of 2 or more consecutive days, or when requested by the school.

If you are picking up your son/daughter during school hours, please notify the school prior to your arrival.

You must come to Reception to sign them out. We will not allow them to leave school grounds without written or verbal permission.

Our Address:

10 Alloa Road
Maddington WA 6109

Phone: 08 9262 4421

Fax: 08 9262 4411

Email:

admin@stfs.wa.edu.au

Website:

www.stfs.wa.edu.au

From the Principal....continued

ST FRANCIS CREATES

St Francis Creates is a bi-annual event which showcases the amazing talents of our students from the creative and practical arts including Visual Art and Workshop/Engineering.

This year, the 4 week exhibition was opened on Monday 19th September. We had a wonderful turn out and our students proudly showed off their incredible work to their parents and our invited guests.

The exhibition is open on **school days** from 8:30am to 4:00pm between 19th September to 14th October and during the **school holidays** 9:00am to 12:00pm 5th October to 7th October. Everyone is welcome to attend. Please sign in at Reception where you will then be escorted to the exhibition in the Hospitality Centre.

Congratulations to the following award winners:

Year 10	Cassandra Twigger	<i>City of Gosnells Festival</i>
Year 11	Grace Beal	<i>Midnight Possums: Djilba</i>
Year 12	Lara Delilkan	<i>Flowers in Spring</i>
Principal's Award	Matilda Atkin	<i>Saviour</i>

The People's Choice Award will be announced at the start of Week 2 of Term 4. Voting slips are available at the exhibition.

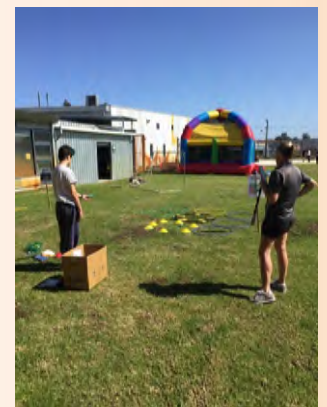
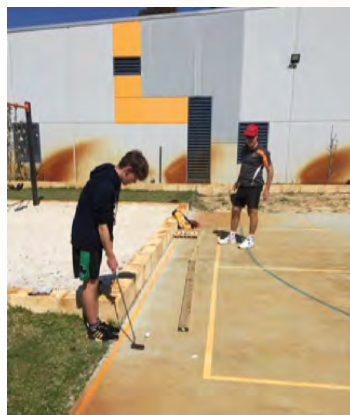


ST FRANCIS DAY 4th OCTOBER

Our school was named after St Francis of Assisi and each year we celebrate our patron on the last day of Term Three. As usual, we started the day with a beautiful liturgy of thanks and gratitude prepared by our wonderful RE Coordinator Mrs Belinda Fabling. The staff and students then have a morning of fun activities, a communal lunch and the day finishes with the Staff v Students soccer match, which I am pleased to say the staff won 4-2.

I hope everyone enjoys their school holiday break and I look forward to seeing you all in Term 4.

God Bless,
Mr David Willock
Acting Principal



*Lord, make me an instrument
of your peace. Where there is
hatred, let me sow love.*

St Francis of Assisi

IMPORTANT DATES

St Francis Creates

Exhibition.....Sept 19 to Oct 14

Last Day Term 3.....Sept 23

(Staff and Students)

Queens Birthday Holiday.....Sept 26

Feast Day of St Francis.....Oct 4

First Day Term 4.....Oct 10

(Staff and Students)

Year 12 Graduation.....Oct 14

All Saints Day.....Nov 1

All Souls Day.....Nov 2

Mental Health Week.....Oct 4-15

Remembrance Day.....Nov 11

School Advisory Council

AGM.....Nov 15

Last Day for Year 11s.....Nov 18

White Ribbon Day.....Nov 25

2023 Student Orientation

.....Nov 29-30

FINAL PAYMENT DATE FOR

SCHOOL FEES.....Nov 30

Last Day Term 4.....Dec 8

(Students)

Last Day Term 3.....Dec 16

(Staff)



Hello, my name is Melissa and I am a 3rd year social work student from Edith Cowan University. I feel so lucky to have joined the pastoral care team at St Francis School in term 3. I have jumped straight into a wonderful learning journey which has been highlighted by the welcoming support from the staff and students.

I have quickly warmed to the ethos of St Francis, and the staff and students who make this school what it is. I would like to say a huge thank you to all of the students I have had the privilege to spend time with so far. Your uniqueness, kindness, and trust, are appreciated. I wish I could stick around to see more of our students become young adults and eventually graduate, but unfortunately, my time here will come to an end in term 4. Until then, I look forward to many more amazing adventures here at St Francis School!

I would like to give special thanks to Deb our social worker for her attentive supervision and for sharing her wealth of knowledge with me.

All the best,
Melissa Paterson
ECU Social work student



Respect Responsibility Belief Belonging

- The principles of St Francis' School -

Our School Prayer

St Francis,

Help me to jump into this day, full of joy and hope.

Help me to see every problem as a learning opportunity.

To myself and others, let me show respect, act responsibly, believe in myself and learn to belong to our school community.

Amen

Pastoral Care Team Staff Hours

To avoid disappointment please be advised the school Pastoral Care Team are unavailable after 4.30 pm each school day and on weekends.

Please also note that the Pastoral Care Team will not be available during the school holidays

If assistance is required please contact the relevant 24 hour support numbers below.:

Emergency 000 or go to any Hospital Emergency Department

Crisis Care: 9223 1111

Suicide Call Back Service: 1300 659 467

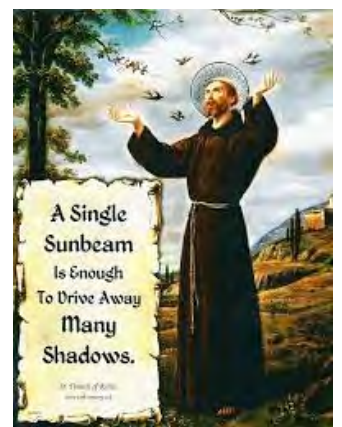
Mental Health Emergency Response Line: 1300 555 788

Lifeline: 13 11 14

Youth Beyond Blue: 1300 224 636

Kids Help Line: 1800 551 800

Health Direct (information/advice): 1800 022 222



W.
S. O. C. I. A. L.
R.
K.
E.
R.

8th - 15th of October is Mental Health Week!

I have sourced a couple of free activities (see below) that may be of interest.

Please visit <https://mentalhealthweek.org.au/events?Region=Perth+Metro#search-events> to view more of the free events available.

Yin Yoga, East Vic Park - Date & Time: Tue 04 Oct, 10:15 AM to 11:30 AM
<https://mentalhealthweek.org.au/events/details?eventId=181>

Nutrition information session, East Vic Park - Date & Time: Tue 04 Oct, 06:00 PM to 07:00 PM
<https://mentalhealthweek.org.au/events/details?eventId=194>

Community Well-being Fair, Gosnells - Date & Time: Fri 07 Oct, 02:00 PM to 05:00 PM
<https://mentalhealthweek.org.au/events/details?eventId=186>

Walk for mental health, Mills Park, Beckenham - Date & Time: Sat 08 Oct, 08:00 AM to 12:00 PM
<https://mentalhealthweek.org.au/events/details?eventId=177>

“Mental Health Week is a national week celebrated each year in October scheduled around World Mental Health Day on 10 October.

Coordinated by the Western Australian Association for Mental Health, with support from the WA Mental Health Commission, Mental Health Week (MHW) provides a prime opportunity to address and highlight the important connection between social determinants and mental health; and promote effective prevention strategies to keep people mentally healthy.



In 2022, Mental Health Week in WA will be held over 8-15 October with the theme: 'Where we live. How we live. What we've lived.'

Understanding how the body, mind and environment intersect is essential to overall well-being. Physical health – both inside of us and in the world around us – has a major impact on mental health. The nutrition we consume, movement of our bodies, the health of the planet and quality of our housing and neighbourhoods all play a part in building health communities and individuals.

Our bodies keep physical score of what we experience – it's important to encourage a trauma-informed lens in trying to understand challenging behaviours, intrusive thoughts and reactions. Learning how to process, heal and grow from negative experiences shapes our resilience, access to new opportunities, coping skills, strong connections and relationships, and quality of life.”

(Taken from mentalhealthweek.org.au)



Vocational Education & Training

with Miss Sarah Ware

2023 TAFE applications NOW OPEN

Applications for TAFE courses starting February 2023 are now open!



Visit www.southmetrotafe.wa.edu.au or www.northmetrotafe.wa.edu.au for course information or to apply

Year 10 Certificate II Work Skills

This term our Year 10 students have been making great progress through the Certificate II Skills for Work & Vocational Pathways qualification.

This term they have worked on units including work health & safety and using routine strategies for career planning.

Try-A-Trade

These school holidays, check out the Try-A-Trade being run by Construction Futures in Belmont.

Check out their website for more information

<https://ctf.wa.gov.au/construction-futures/try-a-trade>

CONSTRUCTION FUTURES
CTF

Try-A-Trade this School Holidays
Find out which construction trade is for you....

- Carpentry & Bricklaying // 28-30 September at Skill Hire Forrestfield
- Civil Construction // 28-30 September at Carey Training Casuarina
- Carpentry & Bricklaying // 3-5 October at Skill Hire Forrestfield
- Plumbing & Painting // 3-5 October at MPA Skills Maylands/Bayswater
- Civil Construction // 3-5 October at Carey Training Casuarina
- Painting & Interior Design // 4-6 October at South Metro TAFE Thornlie
- Civil Construction // 5-7 October at South Metro TAFE Thornlie

Use the QR Code to Apply Now

ctf.wa.gov.au
ita@ctf.wa.gov.au





Christmas Casual Employment Workshop

Are you looking for a summer holiday job?

The Thornlie Jobs and Skills Centre are hosting a workshop to help you put your best foot forward in getting a job!

Retail employers are advertising opportunities for Christmas Casual positions and we want to help you secure your first job.

Attend our workshop to speak with the experts!

Come along and meet employers from retail and hospitality businesses and find out what opportunities they have to offer. The professional staff from the Thornlie Jobs and Skills Centre will also provide information on how to do your first resume and help you submit competitive job applications on the day!

Event details

9.00am – 11.00am

Tuesday 4 October 2022

Lecture Theatre (please see map)
South Metropolitan TAFE, Thornlie Campus
Burslem Drive Thornlie

Contact Thornlie Jobs and Skills to register your attendance:

thornliejsc@smtafe.wa.edu.au or call 9267 7600





Adult Migrant English Program (AMEP)

Reception/Administration Block 8

Automobile Heavy Duty Training Centre

Reception/Administration Block 1
Classroom Block 11
Heavy Duty Automotive Workshop Block 3A
Heavy Duty Plant Workshop Block 3D
Automotive Heavy Duty Seminar Rooms Block 12
Vehicle Body Building Workshop Block 6A

Building and Construction

Reception/Administration Block 1
Bricklaying Workshop Block 6C
Carpentry and Joinery Workshop Block 6E
Electrical Workshop Block 3A
Furniture/Cabinet Making Workshop Block 6D
Painting and Decorating Workshop Block 6F
Workplace Health & Safety Block 1

Business and Technology

Reception/Administration Block 1
Business Studies Block 8/10
Centre of IT Excellence (CITE) Block 6
Community Services Block 10
Information, Technology & Media Block 8
Electronic Engineering Block 8

Access, Health and Fitness

Reception/Administration Block 1
Children's Services Block 10
Fitness Block 10

Metals and Engineering Solutions

Reception/Administration Block 1
Fitting and Machining Workshop Block 3C
Metal Fabrication Workshop Block 3E
Fabrication 2 Workshop Block 6B
Welding Technology Centre Block 3E

Student Support Services

Aboriginal Services Office Block 8
Apprenticeship and Traineeship Support Unit Block 8
Disability Services Block 1
Education Services Office Block 8

Cafeteria and Common Room

Campus Management Block 7
Cafeteria Block 1
Creche Block 10 Grid 10
Customer Service Centre Block 1
First Aid Room Block 2 & 8
Learning Development Unit Block 8 / RG13

Library and Lecture Theatre Block 9

- Parking for people with disabilities
- Reception/Administration Offices
- Wheelchair accessible toilet
- Toilet
- Bus stop
- Bicycle Rack
- Lift
- First Aid Room



Around the School in Term 3...



Let us always meet each other with a smile, for a smile is the beginning of love.



Mother Teresa



SPORT & RECREATION

with Mr Simon Emmerson

As part of recreation in Term 3, students participate in the St. Francis' Mini Olympics. This year the Olympics were split over 2 Fridays. Luckily for us, the weather provided good conditions on both days.

The team activities took place first with the year 10s dominating the 8 team activities and finishing off strongly in Volleyball.

The individual events ran the following week, where the sportsmanship of our students were recognised as they engaged with every event.

The results for each year:

Year 10 Champion

Girl: Charlie Kroon

Boy: Leo Lacy

Year 11 Champion

Girl: Ordacia Glindemann

Boy: Jeremy Raats & Callum

Fitzpatrick

Year 12 Champion

Girl: Lara Delilikan

Boy: Christian Etchell-Ellerby

Congratulations to all students who participated and big thank you to all staff for their ongoing support with our St. Francis Mini Olympics.



As part of the celebration for **R U OK?** Day students contributed by baking some simple vanilla cupcakes and showing off their creative flare by decorating in bright yellow icing.

The students had fun experimenting with different piping nozzles and learning many new techniques.

The recipe is super quick and easy to follow, worth checking out the website Bake Play Smile

<https://bakeplaysmile.com/>



In The Workshop

by Mr David Willock

As part of the Certificate II Engineering Pathways programme, students design and build a project of their own choice.

A lot of planning goes into the final work piece, researching ideas, selecting materials, drawing plans and writing production processes. This activity also showcases their welding skills.

A couple of projects were completed this term and the quality of work was excellent.

Well done Jeremy and Archer.



ABILITY
is what you're capable of doing

MOTIVATION
determines what you do

ATTITUDE
determines how well you do it

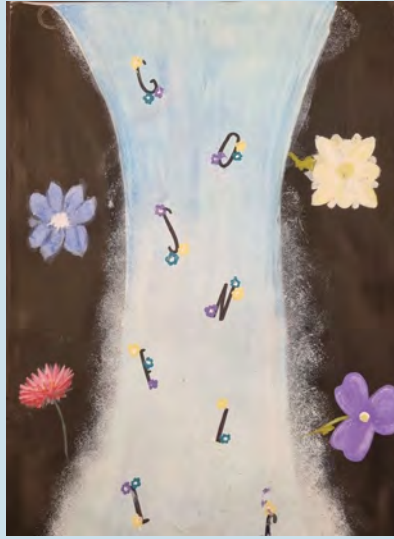


Art at St Francis

by Mrs Helen Capsalis

The students have continued to produce some outstanding artwork this term. The Year 10s worked with a frenzy to provide the City of Gosnells with images celebrating Gosnells for WALGA'S Showcase in Pixels. Deb from the City of Gosnells relayed how impressed they were with student's work.

The highlight of the term was the Year 11 & 12 Art excursion to Perth where the students got to see their own work on display at the annual Catholic Education WA Angelico Exhibition.





Youth Worker News

with Courtney Marie Gratteri

Welcome back to Term 3 after what I hope was a good holiday with a chance to reset. I was talking with a staff member, and she was telling me how her sporting club had a speaker brought in to talk about mental wellness. I think that this is a fantastic conversation point for all avenues of life.

So, how do we have mental wellness?

TASK - Make a list after a discussion and put it on the fridge at home.

It could include such things as going for a walk, singing, whistling, colouring in, kicking a ball, going for a swim or doing a DIY project, some gardening or maybe listening to some encouraging music. These are some of the things our students do in their days to look after their wellness.

CHALLENGE - Try to limit our online and phone usage.

On the weekend, if possible, set a one hour or two-hour maximum time slot and then lock your device away. Just like eating too much cake, long term it's better for us to know when to stop and to go and do something else that may be healthier and more sustainable for our overall wellness, this will help us stay in touch with our feelings or moods and to be the boss of them and not let them control us. Remember - many of the games and other activities online are deliberately designed to be highly addictive.

REWARD - We all need rewards, so make a list of all the free and low-cost healthy ways you can reward yourself. You can, and should, stop and celebrate the school task that you have completed, a job at home done or when you have made a good choice or resisted too much cake, too much online time or something more personal to you. These could be things like making a card for someone and posting it, doing some craft, some cooking, calling a friend, painting your nails, getting a haircut, going for a picnic, walking along the beach, writing a gratitude journal, eating something slowly and mindfully.

Look after yourself and take care,

Courtney

	What it feels like	What it looks like	What can I do about it?
5	<p>Feels like Bomb. I can't seem to control my angry feelings. I need help.</p>	<ul style="list-style-type: none"> * Shouting * Crying * Throwing Things * Banging Things 	<ol style="list-style-type: none"> 1. I can leave the room to an agreed safe space to calm down. 2. I can go for a walk.
4	<p>Feels like Red. Everything seems to be going wrong.</p>	<ul style="list-style-type: none"> * Head feels like it's overheating * Start to say mean or hurtful things * Some crying * Take things away from people * Banging on things 	<ol style="list-style-type: none"> 1. I can go for a walk. 2. I can hold my angry bear or squeeze my stress ball 3. I can bring out my calm box and do some fine motor activities
3	<p>Feels like Chuck. I might accidentally say or do something I didn't mean to.</p>	<ul style="list-style-type: none"> * Anxious/Worried * Don't want to talk about it * A little scared * Tummy starts to hurt * Repeating Words 	<ol style="list-style-type: none"> 1. Take a movement break 2. Deep breathing 3. I can have a drink of water 3. Playing with a favourite toy/reading a book
2	<p>Feels like Matilda. You are finding things a little hard.</p>	<ul style="list-style-type: none"> * Might be hard for me but * I will try to do it * I will let my teachers help me * I will listen 	<p>Self talk. Reassure myself that I can do it!</p> <p>Remind myself about my tokens and the rewards I will get</p>
1	<p>Feels like Stella. Optimistic and Bright. I'm good at this!</p>	<ul style="list-style-type: none"> * Happy * Calm * Peaceful * Interested in something 	<p>Stay happy!</p>

Looking after yourself **PART 2**

Eat a well-balanced diet!

Healthy eating tips!

Not eating well can lead to...

- Unhealthy changes in your weight
- Mood swings
- Reduced mental health
- Physical illness

Drink plenty of water

Eat regular meals

Avoid eating when bored

Limit junk food

Eat more vegetables, fruit and protein

Don't skip meals

Pay attention to how much you eat

It'll make you feel healthier, stronger and ready to take on any stress that comes your way!

@kidshelpline

Looking after yourself **PART 3**

Get your body moving!

Physical activity can help you to:

- Build a strong body and mind
- Feel good
- Reduce stress
- Manage moods
- Sleep better
- Gain more energy

Exercising regularly is part of having a healthy lifestyle!

@kidshelpline



Youth Worker News

Teen Health CHECKLIST

General health and wellness



- Routine exam:** A physical exam and measurement of height, weight, body mass index, blood pressure, and other screenings are generally conducted.
- Vision and hearing:** The doctor can conduct screenings for eye and ear health during an annual wellness visit.
- For teen boys:** The doctor can discuss changes to his body (e.g., growth spurts, genitals, facial hair, lowering of voice).
- For teen girls:** The doctor can discuss changes to her body (e.g., shape, breasts, menstrual cycle).

Immunizations



Vaccines are not just for infants and toddlers. In fact, there are important immunizations and boosters for teens that may be recommended to help reduce the risk of disease. These may include immunizations for influenza, meningococcal meningitis, chicken pox, hepatitis A, hepatitis B, human papillomavirus (HPV), and tetanus.

Emotional check



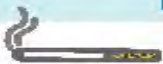
Your teen's visit should include discussion about physical, behavioral, and social-emotional issues. Topics that may be discussed include puberty, weight gain, normal sexual development, body image, eating disorders, bullying, and depression. The doctor can even offer advice on bullying and resolving conflict without violence.

Alcohol and drug use



Discussions about the dangers of under-age drinking and drug use can be started at home and reinforced during a doctor's visit. Other topics to address include not driving while under the influence, as well as not getting into a car with friends who may be under the influence of alcohol or drugs.

Smoking



Counseling about tobacco use is recommended for teens. Health care providers may recognize if your teen is smoking. Annual visits should cover the dangers of the use of tobacco and smokeless tobacco products as well.

Sexual health



The doctor can discuss normal sexual development with your teen. Screenings for sexually transmitted infections (such as HIV, herpes, chlamydia) may be conducted depending on certain risk factors. The doctor can also advise about using protection when sexually active to prevent pregnancy and sexually transmitted diseases (STDs), as well as setting limits: saying "no" and respecting "no" for both male and female teens.

Healthy habits



Teaching your teen healthy behaviors at a young age can help him or her practice them in adulthood. Be sure that you, your teen, and his or her doctor discuss general health topics, such as:

- Getting regular exercise and eating healthy
- Establishing healthy sleep habits
- Visiting the dentist twice yearly to check for signs of tooth decay, abnormal tooth development, and dental injuries
- Using protective gear, such as seatbelts, helmets, and sports pads
- Encouraging your teen to ask questions and to speak up about his or her health concerns



Youth Worker News

Resources for Parents & Carers



Helplines

Lifeline 13 11 14

A free 24 hour crisis support and suicide prevention service

Kids Helpline 1800 551 800

Free and confidential 24/7 phone counselling service for young people aged 5-25 years old

Crisis Care 1800 199 008

Contact Crisis Care if you are concerned about the wellbeing of a child, are escaping domestic violence or experiencing homelessness

Ngala Parenting Line 9368 9368 or 1800 111 546

A free support service for WA parents and caregivers of children from conception to 18 years

13 Yarn 13 92 76

24/7 crisis support line for Aboriginal and Torres Strait Islander people. This service is run by Aboriginal and Torres Strait Islanders.

Thirili 1800 805 801

is a 24/7 postvention phone service for Aboriginal and Torres Strait Islander people who are bereaving after losing someone from suicide.

Contact

Meerilinga Parenting Service

08 9331 2211 meerilinga.org.au

Cockburn Parenting Service

08 9411 3855 cockburn.wa.gov.au

KEYS Parenting Service

08 9439 1838 keyswa.org

Translating and Interpreting Service (TIS) 13 14 50

This is a free interpreting service provided by the Australian Government for people who do not speak English. They can connect you with the service of your choice and interpret for you.

Resources

Raising Children

raisingchildren.net.au

Hand in Hand Parenting

handinhandparenting.org

Zero to Three

zerotothree.org

Better Beginnings

better-beginnings.com.au

Beyond Blue's Healthy Families

healthyfamilies.beyondblue.org.au

The Fathering Project

thefatheringproject.org

Australian Childhood Foundation COVID-19 Resources

childhood.org.au/covid-19

Scan this QR code to visit the South West Metropolitan Parenting Service website hosted by Meerilinga.



supported by:



South West Metropolitan Parenting Service Term 3 2022 Program



Courses, workshops, and community network for parents and carers of children aged pre-birth to 18 years old.

July

Circle of Security Parenting (8 weeks)

Tuesdays 9.30 - 11.30am

Starting: Tuesday 19 July

Location: Darius Wells Library and Resource

Centre, Robbos Way, Kwinana Town Centre

Host: KEYS Parenting Service

Booking: (08) 9439 1838

Crèche available

This course is fully booked



Circle of Security Parenting (8 weeks)

Wednesdays 12.30 - 2.30pm

Starting Wednesday 20 July - concluding 14th

September - no session on 7th September

Location: Online via zoom

Host: Meerilinga Parenting Service

Bookings: belynda.smith@meerilinga.org.au

This course is fully booked



PlayTime (8 weeks)

Parent & child attend together

Fridays 10.00-11.30am

Starting: Friday 22 July

Location: Meerilinga Cockburn, 219 Winterfold

Road, Coolbellup

Host: Meerilinga Parenting Service

Booking: belynda.smith@meerilinga.org.au

Sing and Play (10 weeks) registrations essential

Fridays 10.00 - 11.30

Starting: 22 July

Location: Coolbellup Hub, 90 Cordelia Ave,

Coolbellup

Host: Cockburn Parenting Service

Booking: parenting@cockburn.wa.gov.au

My Time Aboriginal Parents Group (8 weeks)

Tuesdays 12 noon - 2.00pm

Starting Tuesday 26 July

Location: Coolbellup Hub, 90 Cordelia Ave,

Coolbellup

Host: Cockburn Parenting Service

Booking: parenting@cockburn.wa.gov.au

Circle of Security Parenting (8 weeks)

Wednesdays 6.30 - 8pm

Starting: Wednesday 27 July

Location: online via zoom

Host: Cockburn Parenting Service

Booking: parenting@cockburn.wa.gov.au

This course is fully booked



Dads Tuning Into Kids (7 weeks)

Thursdays 7.00 - 9.00pm

Starting: Thursday 28 July

Location: Online via Zoom

Host: Meerilinga Parenting Service

Booking: belynda.smith@meerilinga.org.au



Circle of Security Parenting (8 weeks)

Thursdays 10.00 - 12 noon

Starting: Thursday 28 July

Location: Coolbellup Hub, 90 Cordelia Ave,

Coolbellup

Host: Cockburn Parenting Service

Booking: parenting@cockburn.wa.gov.au

Parent Circle

Friday 29 July 1.00 - 2.30pm

Location: The Parlour Room, Meeting Place

Community Centre, 245 South Terrace, Fremantle

Host: Meerilinga Parenting Service

Booking: belynda.smith@meerilinga.org.au

August

Talking with Your Teen

Monday 1 August 7.00 - 8.30pm

Location: Online via zoom

Host: Cockburn Parenting Service

Booking: parenting@cockburn.wa.gov.au



Understanding Tears and Tantrums (3 weeks)

Wednesdays 10.00 - 12noon

Starting Wednesday 3 August

Location: Online via zoom

Host: Cockburn Parenting Service

Booking: parenting@cockburn.wa.gov.au



Parenting Tweens (3 weeks)

Wednesdays 6.30 - 8.00pm

Starting 3 August

Location: Online via zoom

Host: Meerilinga Parenting Service

Booking: belynda.smith@meerilinga.org.au



Children's Emotional Wellbeing

Thursday 11 August 9.00 - 12 noon

Location: Makybe Rise Primary School

Maykbe Drive, Baldivis

Host: KEYS Parenting Service

Booking: trybooking.com/CAQWS

Circle of Security Parenting Reconnect

Thursday 11 August 10.00 - 12 noon

Location: Online via zoom

Host: Meerilinga Parenting Service

Booking: <https://bit.ly/COSPREconnect>



Children and Anxiety

Thursday 18 August 10am - 12 noon

Location: Online via zoom

Host: Meerilinga Parenting Service

Booking: belynda.smith@meerilinga.org.au



Sensory Kids

Friday 19 August 9.30am-11.30am

Location: Darius Wells Library and Resource Centre,

Robbos Way, Kwinana Town Centre

Host: KEYS Parenting Service

Booking: trybooking.com/CAQXN

Creche available



Parent Circle

Friday 19 August 1.00 - 2.30pm

Location: The Parlour Room, Meeting Place

Community Centre, 245 South Terrace, Fremantle

Host: Meerilinga Parenting Service

Booking: belynda.smith@meerilinga.org.au

Setting Limits

Wednesday 24 August 7.00 - 8.30pm

Location: Online via zoom

Host: Cockburn Parenting Service

Booking: parenting@cockburn.wa.gov.au



Safe Play

Tuesday 24 August 12.30 - 2.00pm

Location: East Waikiki Child and Parent Centre,

Cnr Carnegie loop and Murchison Road,

East Waikiki

Host: KEYS Parenting Service

Booking: trybooking.com/CAQYX

Creche available



August

Toddlers and Tantrums

Thursday 25 August 10.00 - 12 noon

Location: Online via zoom

Host: Meerilinga Parenting Service

Booking: <https://bit.ly/toddlerstantrums>



September

123 Magic and Emotion Coaching (4 weeks)

Fridays 9.30 - 11.30am

Starting: Friday 2 September

Location: Darius Wells Library and Resource

Centre, Robbos Way, Kwinana Town Centre

Host: KEYS Parenting Service

Booking: (08) 9439 1838

Crèche available



Parent Circle

Friday 9 September 1.00 - 2.30pm

Location: The Parlour Room, Meeting Place

Community Centre, 245 South Terrace,

Fremantle

Host: Meerilinga Parenting Service

Booking: belynda.smith@meerilinga.org.au

Tuning Into Kids Booster (2 weeks)

Thursdays 7.00 - 9.00pm

Starting Thursday 15 September

Location: online via zoom

Host: Meerilinga Parenting Service

Booking: susie.perkins@meerilinga.org.au



Protective Behaviours Parenting

Thursday 15 September 9.00 - 12 noon

Location: Darius Wells Library and Resource

Centre, Robbos Way, Kwinana Town Centre

Host: KEYS Parenting Service

Booking: trybooking.com/CARBP

Crèche available



Dads Make A Difference

Wednesday 14 September 8.00 - 9.30pm

Location: Online via zoom

Host: Meerilinga Parenting Service

Booking: <https://bit.ly/dadsmakedifference>



Protective Behaviours Early Years

Wednesday 21 September 12.30 - 2.00pm

Location: Calista Child & Parent Centre

Harlow Rd Calista

Host: KEYS Parenting Service

Booking: trybooking.com/CARCU

Creche Available



Parent Morning Tea

Thursday 22 September 10.00 - 12 noon

Location: to be advised

Host: Cockburn Parenting Service

Booking: parenting@cockburn.wa.gov.au



Online event



Creche

Please note: Due to COVID-19, events are subject to change or cancellation based on WA Public Health advice. If you have registered for an event that is rescheduled, cancelled, or changed into an online event, we will notify you as soon as possible.

All public health and social measures remain in place for events held at locations. To ensure the safety of our children, families, community, and staff, our teams continue to monitor the situation and update our respective COVID-19 policies accordingly.

Workshop Overviews

One-off workshops

Ready for School

For: parents of children from 3 to 6 years

Duration: 2 hour session

This session will help families to support their children during the transition to school, with a focus on communication, social/emotional and independence skills.

Thriving Together

For: parents of children from birth to 18 years

Duration: 2 hour session

This session will inform parents about child development and support children's resilience and confidence by giving strategies for building strong connections.

Tweens, Teens and Screens

For: parents of children from 8 to 18 years

Duration: 2 hour session

This session will help parents with practical tips for how to set limits with their tweens/teens around screen use.

Wellbeing for Mums and Dads

For: parents of children from birth to 18 years

Duration: 2 hour session

This workshop provides key strategies for parents to prioritise their own wellbeing so they can provide the caring and connection their children need to thrive.

Safe Play: Understanding sexual development and responding to behaviours

For: parents of children from 5-17 years

Duration: 2 hour session

This workshop will help parents and carers with how to respond to sexual behaviours in children, provide an overview of what is considered normal and age appropriate, which behaviours need to be monitored closely and which behaviours are a cause for concern.

Take a Stand on Bullying

For: parents of children from 5-17 years

Duration: 2 hour session

This workshop identifies bullying behaviours and offers a range of strategies for parents to emotionally support and advocate for their child, whether their child is experiencing or exhibiting bullying behaviours.

Sensory Kids

For: parents of children from birth to 18 years

Duration: 2 hour session

This workshop will inform parents on how they can best support their children to organise their sensory input. Learn basic strategies, when to seek help and the correct referral pathways for support and therapy if required.

Understanding Children's Behaviour

For: parents of children from birth to 12 years

Duration: 1.5 hours

This webinar covers how to help children when they are sad or angry and how to encourage a strong bond. Children are very much attuned to our emotional states and so it is important that we take care of ourselves and then we are in a better place to manage behaviour that is challenging.

Workshop series

Engaging Adolescents

For: parents of children from 11 to 18 years

Duration: 2 hour sessions, 4 weeks

This workshop will give you a better understanding into the mind of your teen/pre-teen, with strategies to help you support and guide them into adulthood in a positive way, resolve conflict and how to navigate difficult conversations.

Protective Behaviours

For: parents of children from birth to 18 years

Duration: 3 hour session or 2 x 90 min sessions

This workshop will help parents learn about positive life skills like assertiveness, emotional literacy and problem solving. Help children to better cope with anxiety and know when to take risks, where to go for help and how to speak up against peer pressure, bullying and abuse.

Protective Behaviours in the Early Years

For: parents of children from birth to 5 years

Duration: 3 hour session or 2 x 90 min sessions

This workshop covers the topics in the Protective Behaviours program with a focus on the Early Years. Learn skills to teach your children about body ownership, feeling safe, and asking for help. Gain valuable strategies for parents to help their children develop resilience, confidence, assertiveness, emotional regulation, and emotional literacy.

Children's Emotional Wellbeing

For: parents of children birth to 18 years

Duration: 2 hour sessions, 2 weeks

This 2-part workshop covers the below topics:

Part 1: Raising Resilient Kids - learn the strategies to equip children with the skills which enable them to adapt, cope, and grow through change, stress, uncertainty and adversity.

Part 2: Understanding & Managing Anxiety - learn to understand the difference between anxiety and feeling anxious, how to support children through anxious times, how to know and where to go when further help is needed.

1-2-3 Magic & Emotion Coaching

For: parents of children from 3-10 years

Duration: 2 hour sessions, 4 weeks

This 4-weeks series teaches a simple and effective approach to guiding and teaching behaviour and life skills in children from 3-10 years. Gain the knowledge and practical skills to set limits confidently and calmly when required and the ability to follow through with reasonable consequences.

Parenting with Mindfulness

For: parents of children from birth to 18 years

Duration: 1.5 hour sessions, 3 weeks

This workshop is about finding the space for presence in your life and learning that you are important. Learn how to practice and bring mindfulness to parenting so that you are more present, calm and connected.

Parent Circle

For: parents of children from birth to 18 years

Duration: 2 hours

This workshop is for parents and carers who have completed a Parenting by Connection Starter Class

Workshop series

Circle of Security

For: parents of children from birth to 18 years

This workshop series focuses on supporting and strengthening parent-child relationships, and teaches new ways to understand and respond to your children's behaviour.

Workshops in this series include:

- **Circle of Security Parenting (8 weeks)**
- **Circle of Security Introductory Session (2 hours)**
- **Circle of Security Parenting Reconnect (2 hours)**

Bringing Up Great Kids

For: pregnant parents and parents with children up to age 12

This workshop series encourages parents to become more reflective and mindful in their parenting approach such as understanding parenting styles, brain development in children, communication skills and how to find support.

Workshops in this series include:

- **Bringing Up Great Kids (6 weeks)**
- **Bringing Up Great Kids in the First 1000 Days (5 weeks)**

Hand in Hand Parenting

For: parents of children from birth to 18 years

This workshop series helps families build a stronger parent-child connection. It provides tools that allow children to flourish and supports parents to become confident leaders in their families and communities.

Workshops in this series include:

- **Parenting by Connection Starter Class (6 weeks)**
- **Understanding Tears and Tantrums (3 weeks)**
- **Build Your Bond (3 weeks)**
- **New Mums and Dads (3 weeks)**
- **Setting Limits (3 weeks)**
- **Building Sibling Bonds (4 weeks)**
- **Parent Refresh (4 Weeks)**

Tuning into Kids

For: parents of children from 2 to 12 years

This workshop series is an evidence-based emotion coaching program that supports parent and child to build emotional intelligence.

Workshops in this series include:

- **Tuning into Kids (6 weeks)**
- **Dads Tuning into Kids (6 weeks)**

Tuning into Teens (6 weeks)

This course will help you understand your teen and the developmental changes they are experiencing. Learn communication skills and help your teen with their emotions. Through this course you will help them manage their feelings and support them in feeling understood.

Support groups

My Time: Aboriginal Parent Support Group

For: Aboriginal parents and grandparents.

Duration: Weekly during school term

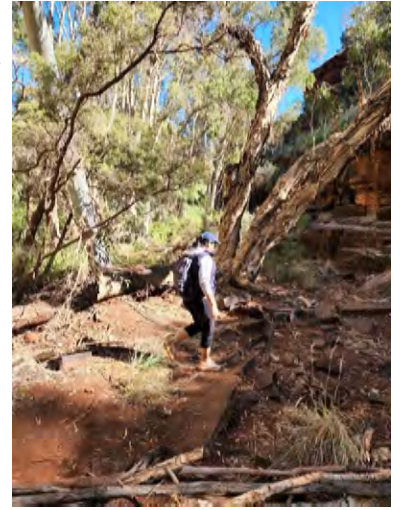
This group combines yarning, art, culture and self-care. Members meet weekly during school term at the Coolbellup Hub. Lunch and childcare are provided.

From the STFS Admin Team...

STFS Administration will be closed from 4pm Friday 23rd September reopening on Monday 10th October 2022. Should you have any queries during this time, please call and leave a message or alternatively, please email admin@stfs.wa.edu.au

We hope you enjoy the school holidays. Take some time for yourself and do something that makes you happy. Although the weather might still be a bit wet and cold, there are still lots of (free) things to do that will help you relax and unwind.

Take care,
Kate & Jodi
STFS Admin



School
F E E S

IMPORTANT NOTICE ABOUT SCHOOL FEES

Final payments for school fees are due unless you have an Approved Payment Arrangement.

If you are unable to pay your fees by the end of November, please contact Jodi at Admin to arrange a payment plan as soon as possible.

A huge **Thank you** to those parents who have paid their 2022 fees or have organised a payment plan. Your cooperation is greatly appreciated.

Students Leaving Early

At STFS, we encourage our students to take responsibility for themselves and their actions. At times, we have students calling or messaging parents during classes or break times asking to be picked up or to leave the school and go home.

Should students feel the need to go home (for whatever reason), we ask that they speak to their Advocate Teacher or a member of the Pastoral Care Team who will try and provide support and encourage them to stay at school.

If a student needs to go home or be picked up, parents will be contacted by a member of staff who will advise of the situation and seek approval for the student to be dismissed from school.

Please do not hesitate to contact the school when you receive a call or message from your son/daughter. We are happy to work with them so they can remain at school for as long as possible.

I need to leave school before 2:40pm - What do I do?

