



# Swallowcliffe P-6

Be Safe, Be Kind, Work Hard

Welcome to our  
Newsletter

Term 3, Week 1 2024



## Diary Dates

### TERM 3

#### Week 3

Monday  
5/8/24 to Friday 9/8/24  
Dental Visit

#### Week 5

Monday  
19/8/24 to Friday 23/8/24  
Book Week

#### Week 6

Tuesday 27/8/24  
Wednesday 28/8/24  
Thursday 29/8/24  
Father's Day Stall  
Magic Show Performance  
School Photos

#### Week 7

Tuesday 3/9/24  
Friday 6/9/24  
Mop up School Photo Day  
School Closure Day

#### Week 9

Friday 20/9/24  
Whole School Concert

## Principal's Message

Welcome back to Term 3 everyone. We all hope you have enjoyed your holiday break!

We have some exciting events happening this term that we hope to see you at....

- School Concert - Friday 20th September
- Book Week - Monday 19th to Friday 23rd August (Week 5)
- Father's Day Stall - Tuesday 27th August
- School Photo Day - Thursday 29th August

A reminder our school closure is on Friday 6th September.

Over the holidays we have had some work throughout the school;

- New carpets in block 1 and 4

- Gravel in staff car park
- New cupboards in the staff kitchen
- New bin cupboards in block 1 as a trial to keeping our bins tidy
- Fixing up and cleaning paving areas

We will continue to keep our literacy a focus this term, in particular, reading, phonological awareness skills and phonics.

Real Schools partner Kirsty will be out to coach and mentor staff in classes and in the re-engagement room.

We look forward to another exciting term!

**Penny Sweeney**  
Principal

## Transition to EMS

All schools and preschools are required to transition to the Education Management System (EMS) by the end of 2025. EMS will replace what we currently use.

Swallowcliffe School P-6 will be transitioning to EMS on the 29th of July 2024 - 9th of August 2024 (Term 3, Weeks 2 and 3).

We are asking for your patience at this time as staff learn how to navigate the new system.

A number of staff are required to attend training which will have an impact on Front Reception and to the receipting of money.

On the 30th and 31st of July there will be no staff available to receive payments and on the 8th of August we will only be able to receive cash payments.

**Swallowcliffe P-6 is committed to providing Quality Education.**

**Our Mission: To empower students to recognise and optimise their full learning potential through explicit teaching of;**

- ✓ High Expectations ✓ Positive & Growth Mindset ✓ Relationships with Others

Principal: Penny Sweeney • Swallowcliffe Road, Davoren Park SA 5113

Ph: 8255 2908 • Fax: 8287 0559 • E: dl.1062.info@schools.sa.edu.au



Government of South Australia  
Department for Education



[www.swallowc7.sa.edu.au](http://www.swallowc7.sa.edu.au)

## Key Contacts

Penny Sweeney – Principal

Eleanor Rawson – Deputy Principal

Elly Currin – Senior Leader

Dominic Stevens – Senior Leader

Erica Goodfellow – Co-ordinator

Kylie Holmes – Co-ordinator

Lisa Watkins – Co-ordinator

Tatum Finlay – Lead Teacher, Preschool



## Finance

### 2024 School Card

Eligibility for School Card Assistance is dependent upon the combined family gross income for the 2022/2023 financial year being within the following School Card limits:

Number of Dependant Children	Gross Annual School Card Income Limit	Gross Weekly School Card Income Limit
1 child	\$70,994	\$1,365
2 children	\$72,262	\$1,390
3 children	\$73,530	\$1,414
4 children	\$74,798	\$1,439
5 children	\$76,066	\$1,463
more than 5 children	Add \$1,268 for each dependent child	Add \$25 for each dependent child

School Card does not roll over year after year; you are required to apply each school year. If eligible for School Card the entire 2024 M&S charge of \$262.00 will be paid and a further \$25.00 can be accessed to purchase uniforms or pay for excursions in 2024.

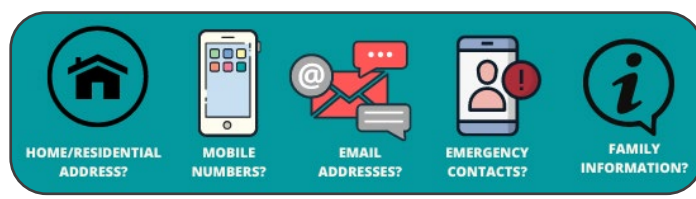
Forms are available from the front office or you can apply online at [www.sa.gov.au/education/schoolcard](http://www.sa.gov.au/education/schoolcard)

**Charlene Warrington, Business Manager**

## Did you move or change phone number?

Parents are asked to keep the school up to date with contact details, changes of address and telephone numbers, any changes in a student's medical condition, and any change to the student's family situation.

In order for staff to care for your child, it is important we have current details of all contact numbers for parents/caregivers and an emergency contact if parents are unable to be contacted. We also require current information on any medical conditions.



## PE News

In a thrilling display of athleticism and teamwork, the recent SAPSASA Metro Netball Carnival held at Mile End brought together passionate players and enthusiastic supporters from Playford. The event was organised by School Sport SA. It was held over 3 days, showcasing intense matches and highlighting the growing popularity of netball in our community.

*"I liked getting rebounds and made loads of new friends." - Abbiygale*

*"I learnt to play in front and made new friends." - Mia*

Yours in sports,

**Deb Paget and Paul McKeown**



## APPLYING FOR A SCHOOL CARD



### All types of School Card applications are now online.

You can access the online forms from any device that gets internet, including mobile devices, such as tablets and smart phones, as well as laptops and computers.

Applying online is easy! Simply follow the steps below.

**STEP 1** Visit [sa.gov.au/education/schoolcard](http://sa.gov.au/education/schoolcard)

**STEP 2** Select the type of School Card you would like to apply for (for example 'Type A') and follow the prompts.

**STEP 3** Complete all mandatory fields.

*Please note: you cannot submit your application unless all mandatory fields are complete.*

**STEP 4** Once you have completed a page click on the 'NEXT' button.

**STEP 5** Once you have filled out all pages click the 'SUBMIT' button.

*Please note: if you exit the form without clicking 'SUBMIT' your details will be lost.*

You can save the form, and return to complete it at another time, by clicking on the 'SAVE' button.



[sa.gov.au/education/schoolcard](http://sa.gov.au/education/schoolcard)



# START SCHOOL IN JULY!



# START SCHOOL IN JULY!

## THE NEW MID-YEAR INTAKE TO RECEPTION STARTS IN 2024.



### STARTING PRIMARY SCHOOL

In South Australia, the first year of primary school is called reception.

From 2024, children who turn 5 years old:

- before 1 May can start school in term 1
- between 1 May and 31 October can start school in term 3 (mid-year intake)
- after 31 October can start the next year.

Children who start school at the beginning of the year will complete 4 terms of reception.

Children who start school in a mid-year intake will complete 6 terms of reception.



### REGISTER YOUR INTEREST FOR 2024

Registrations of interest are now open to start school in the 2024 mid-year intake.



For more information visit [www.education.sa.gov.au/primary-school-enrolment](http://www.education.sa.gov.au/primary-school-enrolment)



Government of South Australia  
Department for Education



5TH BIRTHDAY



STARTING SCHOOL



TIME IN RECEPTION



FUTURE YEARS



### MY CHILD TURNS 5



Before 1 May

Between 1 May and 31 October

After 31 October

Starts school in term 1 (that year)

Starts school in term 3 (that year)

Starts school in term 1 (next year)

Completes 4 terms of reception (terms 1-4 the year they start)

Completes 6 terms of reception (terms 3 and 4 the year they start, then all 4 terms the next year)

Completes 4 terms of reception (terms 1-4 the year they start)

Starts year 1 (and each year after) in term 1

## Register now for reception in 2025!



In South Australia, the first year of primary school is called reception. Children who turn 5 years old:

- **before 1 May** can start school in term 1
- **between 1 May and 31 October** can start school in term 3 (mid-year intake)
- **after 31 October** can start the next year.

Children who start school at the beginning of the year will complete 4 terms of reception.

Children who start school in a mid-year intake will complete 6 terms of reception.



### Register your interest for 2025

Registrations of interest are now open to start school in 2025. If your child is starting school in term 1 or term 3, you are encouraged to submit your registration of interest by the end of term 2, 2024.



Scan or click [here](#) for more information

## When can my child start school?



### My child turns 5



5th birthday



Starting school



Time in reception



Before 1 May

Between 1 May and 31 October

After 31 October

Starts school in term 1 (that year)

Starts school in term 3 (that year)

Starts school in term 1 (next year)

Completes 4 terms of reception (terms 1-4 the year they start)

Completes 6 terms of reception (terms 3 and 4 the year they start, then all 4 terms the next year)

Completes 4 terms of reception (terms 1-4 the year they start)

Starts year 1 (and each year after) in term 1





Supporting Kids in the Precinct

# Children's Nurse at Swallowcliffe School

## What can we help children and families with?

- Skin problems like eczema
- Learning at school
- Development
- Big behaviors
- Sleeping and bedtime routine.
- Asthma, diabetes, and other illness
- Toileting
- A disability
- Needing more support
- Siblings' health and wellbeing
- Diet and nutrition

## How do I book an appointment?

- Call Swallowcliffe School office staff on **(08) 8255 2908**
- Chat to the office staff to book an appointment
- We will be at school on Tuesday and Thursday 8:30am-5pm
- Drop in on Tuesday or Thursday between 2-4pm



**Rado**

**Chari**

**Tanya**

## Community Notices



Government  
of South Australia

Hon Blair Boyer MP  
Member for Wright

6 June 2024

Dear parent/caregiver

At a time when the cost of living pressures are being felt by many families, the South Australian Government is acting to deliver financial relief towards the cost of public education.

We want to reduce financial stress for families as much as we can.

That is why, as part of the 2024-25 State Budget, families with school-aged children will receive a \$200 discount per child on their public school's Materials and Services Charge for 2025 – double the discount amount provided for 2022, 2023 and 2024.

You don't need to do anything to claim the discount – it will automatically be applied by your school.

The discount does not apply to families approved for the School Card scheme as these families are not required to pay a Materials and Services Charge.

Information on School Card eligibility, income limits and the application process can be found at: [SA.GOV.AU - School Card scheme \(www.sa.gov.au\)](http://SA.GOV.AU - School Card scheme (www.sa.gov.au))

We hope this increased discount will provide some relief.

Yours sincerely

Hon Blair Boyer MP  
Minister for Education,  
Training and Skills

Professor Martin Westwell  
Chief Executive  
Department for Education

Minister for Education, Training and Skills  
Level 9, 31 Flinders Street, Adelaide SA 5000 | GPO Box 1563, Adelaide SA 5001 | DX 128 Adelaide  
Tel 08 6226 1265 | Fax 08 6226 1556 | ABN 60 168 401 578



Embark on an Adventure:

## Dads' Business Nature walks

Are you wanting to get out in nature and  
adventure? Join our nature walk group!

Dates

Every second  
Wednesday morning  
10:00am until 11:00am  
during term 3

Contact Dads Business  
on: [8412 9500](tel:84129500)



Funded by the South Australian Government Department of Social Services  
<http://www.dss.gov.au/for-people-information>



## Community Notices

### THE PRECINCT

The Precinct is a community hub that provides a range of programs and workshops for all, community garden, volunteering opportunities and meeting space hire. Also located onsite is the Healthy Food Co, Playford Men's Shed, a café and op shop.

#### MONDAY

**Anglicare Kids Club**  
3pm - 4:30pm  
A space for children to engage in fun and educational activities.  
For ages 5-12 yrs.  
Kidsclub@anglicare.com.au



#### WEDNESDAY



#### FRIDAY



#### TUESDAY

**SA Rock Painting Group**  
10am - 11:30am  
Do you love to paint & spread joy? Our group is all about creativity, connection and spreading smiles one rock at a time!  
Fees apply  
trainacdayton@gmail.com

**Clay Origami Cranes**  
1pm - 2:30pm  
10 & 24 SEPTEMBER  
Join us for a hands-on workshop where you will create beautiful, marbled clay pottery origami cranes.  
Cost: \$15  
Book via Eventbrite

#### THURSDAY

**Tree Tots**  
10:30am - 11:30am  
Storytime in the garden! Reading & nature based play & crafts.  
For ages 2-5yrs.  
Book via Playford Library Eventbrite

**Auto skills**  
12pm - 2pm  
31 JULY or 28 AUGUST  
Learn basic car maintenance skills & tips and tricks for purchasing a car.  
For ages 15+ yrs.  
Cost: \$5  
Book via Eventbrite

**Silk Scarves**  
1pm - 2:30pm  
3 SEPTEMBER  
Explore artistic techniques and create your own wearable masterpiece!  
Cost: \$15  
Book via Eventbrite

**After School Craft**  
4pm - 5pm  
3, 10, 17, 24 SEPTEMBER  
Make your own unique piece of art each week with Clay's Craft.  
For ages 5-13yrs.  
Cost: \$5 per session  
Book via Eventbrite

**Bush Rub**  
12pm - 2pm  
1 AUGUST  
Embrace yourself in nature as you learn how to make your very own bush rub from native ingredients.  
Cost: \$10  
Book via Eventbrite

**Community Garden**  
9:30am - 11:30am  
28 JULY  
Do you like working with your hands & don't mind getting dirty? Join us! All community welcome.  
Contact Nat 8256 0372

**Create a Mushroom Garden @ Home**  
10am - 12pm  
22 AUGUST  
Learn how to set up your own mushroom patch at home.  
Cost: \$5  
Book via Eventbrite

For all programs requiring bookings head to our Eventbrite page to register.  
playfordwellbeinghub.eventbrite.com.au

For more information contact The Precinct  
8480 0181  
theprecinct@playford.sa.gov.au

Follow us on Facebook to keep up to date with the most recent information!  
The Precinct

**HEALTHY FOOD CO.**  
112 Coventry Road  
Smithfield Plains

The Healthy Food Co. provides low-cost nutritional food products and grocery items to the whole community at reasonable prices. We are a volunteer run service and have been serving our community since 1995.

We offer Easy Meal kits that feed a family of 4 for under \$15.00 per kit. We are open to everyone and have no requirement for entry.

**Healthy Food Co at Playford**

The Smithfield Healthy Food Co. Shop is also home to The Precinct Café where our volunteers serve up delicious coffee, cake and lunches!

**Healthy Food Co. - The Precinct**  
112 Coventry Road,  
Smithfield Plains, SA 5114  
Ph: 8254 3641

**Opening Hours:**  
Mon 9.30am - 3pm  
Tues - Fri 9.30am to 4.30pm  
After hours collection of Easy Meal orders available from John McVeity Centre.



## CHILD & FAMILY WELLBEING COMMUNITY PROGRAMS

TERM 3 2024  
22 July to 27 September



**JOHN MCVEITY CENTRE**  
182 Peachey Road, Smithfield Plains

**THE PRECINCT**  
112 Coventry Road, Smithfield Plains

### TERM 3 2024

The John McVeity Centre provides opportunities for people to come together and connect. On offer for all the community are a range of workshops and programs, fitness classes, social sports, facility hire and a café.

For more information contact the John McVeity Centre  
8480 0100  
jmc@playford.sa.gov.au



#### MONDAY

**Munro Para Seniors Club**  
9:00am - 1pm  
Social club for retirement citizens aged 55 yrs.  
Fees apply  
Contact Don 8255 1336

**Up & Go Boot Camp**  
9:15am - 10am  
Learn the links of your fitness through core activation, toning, balance building and full strength exercises.  
For ages 15yrs.  
Cost: \$5  
No booking required

#### TUESDAY

**Smithfield Seniors Club**  
9:00am - 1pm  
Social club for retirement citizens aged 55 yrs.  
Fees apply  
Sue 0427 472 239

**Maggie Moo Playgroup**  
9:15am - 10am  
(9-18 months)  
10:15am - 11am  
(18 months - 4yrs)  
An interactive music & movement session to support child development whilst having fun!  
No booking required



**Lego Club**  
3:30pm - 5pm  
23 JULY - 27 AUGUST  
Our afterschool Lego Club is continuing for another term. Junior robots build Lego construction.  
For ages 7-12yrs.  
Cost: \$5 per session  
Book via Eventbrite

**Volunteers Wanted for Play Gym**  
FOR PLAY GYM  
We are seeking volunteers to help with the Play Gym program. If interested, please contact the Play Gym coordinator at 8256 0305.

**Pickleball SA**  
10am - 12pm  
A new sport that combines tennis, table tennis and badminton.  
For all ages.  
Fees apply  
www.pickleballsa.com.au

**ACBA Aussie Hoops**  
4pm - 6pm  
Junior basketball clinics.  
For ages 5-10yrs.  
Fees apply  
Register online at aebasketball.com.au

**SA Church Basketball**  
4pm - 8:30pm  
Junior & senior basketball competition.  
For ages 8yrs.  
Fees apply  
sachurchbasketball.com.au

**X-Fit Training for Teens**  
4:30pm - 5:15pm  
Circuit training combining both strength & cardio.  
For ages 12-17yrs.  
Cost: \$5  
No booking required

**Yara Nunga Basketball**  
4pm - 5pm  
Hang on with your mentors, have a yarn & shoot hoops.  
For ages 7-12yrs.  
Fees apply  
yaranungaconnections.com.au

**Just Kicks Taekwondo**  
5:15 - 5:55pm (4-7yrs)  
6:05 - 7:05pm (8-14yrs)  
7:15 - 8:15pm (15yrs+)  
MONDAY & WEDNESDAY  
Taekwondo coaching for kids & adults.  
Fees apply  
justkicks1@hotmail.com.au

**Active Boxing**  
5:30pm - 6:15pm  
Including both shadow & pad boxing, it is the perfect cardio workout to tone up your muscles and relieve built-up stress.  
For ages 15yrs.  
Cost: \$5  
No booking required

**Fair Dinkum Yoga**  
7pm - 8pm  
Yoga session for both those new to yoga or experienced. Mats, straps & blocks provided.  
Fees apply  
yogadinkum@gmail.com

**X-Fit Training**  
5:30pm - 6:15pm  
Circuit training combining both strength & cardio.  
For ages 15yrs.  
Cost: \$5  
No booking required

**Womens Social Netball**  
6:30pm - 8:30pm  
Weekly games on 1st August.  
Fees apply  
womenssocialnetball.com.au

**Saber Academy**  
6pm - 7pm (7yrs)  
7pm - 8:30pm (15yrs)  
TUESDAY & FRIDAY  
A beginner-friendly martial art blending Aikido, Karate, & Judo. Learn martial skills, create light sequences & master Saber kata.  
Fees apply  
kyushin-yuji@proton.me

**Aikido**  
7pm - 8:30pm  
TUESDAY & FRIDAY  
A combination of stretching, relaxation techniques, dynamic movements, cardio, weapons training & self defence techniques.  
For ages 15yrs.  
Fees apply  
kyushin-yuji@proton.me

#### THURSDAY

**Fit & Fab**  
9:30am - 10:30am  
TUESDAY & THURSDAY  
Low impact group fitness session to help improve strength, core and balance.  
For ages 15yrs.  
Cost: \$5  
No booking required

**Corka Kids**  
11am - 11:45am  
A unique fun dance program combining Aboriginal culture & language, early childhood development & health messages.  
All welcome.  
For ages 2-5yrs.  
Cost: \$5  
Book via Eventbrite

**Immunisation Clinic**  
3pm - 7pm  
Bookings via WhatsApp  
playfordbookings.com.au  
Contact 0421 639 948

**Come n Try Olympics**  
3:45pm - 4:45pm  
A 4 week program celebrating the Paris Olympics. Try new sports and compete to win JMC cups.  
For ages 5-12yrs.  
Cost: \$10  
Book via Eventbrite

**Cirkidz Satellite**  
4:5pm - 5:45pm  
Circus Skills (5-12yrs) & Plankout (8-12yrs).  
Two sessions available.  
Fees apply  
cirkidz.org.au

**Oh! Baby**  
10:30am - 12pm  
Little baby, big life changes. Let's talk about it. A safe space for discussing the unspoken thoughts and feelings every parent experiences during the new parenting journey.  
For ages 5-11yrs.  
Cost: \$5  
Book via Eventbrite

**Parent Pumper Evening**  
7pm - 9pm  
Mums, Thriving 1st August & Mums 28 August  
Thursdays 28 August & Mums 28 August  
28pm - 30pm (Mums 28 August)  
28pm - 30pm (Mums 28 August)  
Cost: \$5  
Book via Eventbrite

**Kids Zumba**  
3:45pm - 4:30pm  
Perfect for young Zumba! First Jam out to your favourite music and kick-start your fitness.  
For ages 5-11yrs.  
Cost: \$5  
No booking required

**Special Olympics Basketball**  
5:45pm - 6:45pm  
A sport & health program for children & adults with intellectual disabilities & autism.  
Fees apply  
Book here: 847 962 8236

**Queenstown Trampoline Gymnastics**  
MONDAY, TUESDAY, FRIDAY & SATURDAY  
Weekly training sessions. Contact the club for further information & times.  
Fees apply  
queenstowntrampolinedance@gmail.com

#### SATURDAY

**Saber Academy**  
1pm - 3pm  
A beginner-friendly martial art blending Aikido, Karate, & Judo. Learn martial skills, create light sequences & master Saber kata.  
For ages 12yrs.  
Fees apply  
kyushin-yuji@proton.me

**AA Davoren Park Meetings**  
12pm - 1:30pm  
Contact Marion or Fin 0427 686 555

**Anime & Manga Character Drawing**  
11am - 12pm  
21 AUGUST  
Learn how to create your own character, including how to capture different features & emotions. For teens 12+.  
Cost: \$5  
Book via Eventbrite

**Family Movie Night**  
4:30pm & 7pm  
14 SEPTEMBER  
Bring along a bean bag / pillow / Oodie / snacks & enjoy a movie in the comfort of your very own movie theatre at JMC.  
Book via Eventbrite

**Mums N Bubs Fitness**  
1:30pm - 2:15pm  
Sweet and snazzy with your little one! A fitness session for both parents & their babies (birth to crawling).  
Cost: \$5  
No booking required

**Active Boxing**  
5:30pm - 6:15pm  
Including both shadow & pad boxing, it is the perfect cardio workout to tone up your muscles and relieve built-up stress.  
For ages 15yrs.  
Cost: \$5  
No booking required

**Yara Nunga Basketball**  
4pm - 5pm  
Hang on with your mentors, have a yarn & shoot hoops.  
For ages 7-12yrs.  
Fees apply  
yaranungaconnections.com.au

**Just Kicks Taekwondo**  
5:15 - 5:55pm (4-7yrs)  
6:05 - 7:05pm (8-14yrs)  
7:15 - 8:15pm (15yrs+)  
MONDAY & WEDNESDAY  
Taekwondo coaching for kids & adults.  
Fees apply  
justkicks1@hotmail.com.au

**Faith Alive Dream Centre Church**  
1:30pm - 4pm  
Pentecostal church service  
Contact 0483 623 207 or faithalivechurch@gmail.com

**Words Grow Hands**  
10am - 11:30am  
Do you love to paint & spread joy? Our group is all about creativity, connection and spreading smiles one rock at a time!  
Fees apply  
trainacdayton@gmail.com

BOOK VIA  
eventbrite

For all programs requiring bookings head to our Eventbrite page to register.  
Follow our Eventbrite page to be notified of new events!  
playfordwellbeinghub.eventbrite.com.au



Follow us on Facebook to keep up to date with the most recent information!  
John McVeity Centre

John McVeity Centre

# Community Notices



Dad's Business delivers a range of inclusive activities for fathers in the Playford area. The program provides relaxed and non-judgmental group environments where dads can be themselves and share their experience of parenting.

The focus is on engaging dads in the lives and wellbeing of their children, and building parenting skills, confidence, cultural belonging, and a positive sense of self.

## Program aim

There is no one right way to be a father. Dad's Business will support you to find your way.

Dad's Business gives you the tools to:

- Recognise the value of fathers in family and children's lives
- Enhance wellbeing in fatherhood
- Connect with your children, be an involved parent, and have a positive influence on child development
- Strengthen the parent/child relationship
- Build a strong parenting team
- Develop positive family relationships to support children to reach their full potential
- Connect to community services and supports as required

## Target group

Dad's Business works with fathers of children aged from 0 to 12 years, who live in the Playford region. Support is inclusive of all people who identify as a father including expectant and new fathers, stepfathers, and fathers whose children don't live with them.

## Working with other services

Dad's Business activities provide the opportunity to link fathers and their family to their community and promote social connectedness. We will support you to connect with other services based on your individual needs.

## Referrals

Fathers can be referred to Dad's Business by services, or they can self-refer by calling and speaking to the Dads and Fatherhood Worker. All fathers start out with an appointment to discuss their expectations, hopes and worries, and to find a support that is right for them.

Shop 7A Elizabeth Rise Shopping Centre | 26 Hamblynn Road, Elizabeth Downs SA 5113  
08 8228 8958 | [www.centacare.org.au](http://www.centacare.org.au)



## Dad's Business

Supporting Dads - Building Futures

## What we do

Our courses run during the school term and offer a range of supports and parent education including:

**Dads Time** - One on One Support from the Dad's and Fatherhood worker for a range of fatherhood and men's topics. Need support and not sure where to turn, book an appointment now! (Bookings essential)

**Circle of Security Parenting** - provides tools to help you understand your child's behaviour and enjoy a more fulfilling relationship with your child.

**Seahorse** - provides expecting or new dads/fathers with skills to navigate the early stages of family life (best suited to those expecting or with children aged 0-12 months).

**Bringing up great kids** - promotes respectful and caring relationships between fathers and their children. Learn parenting techniques which ensure your child/ren grow up happy and healthy.

**Dads Plus** - provides all dads/fathers with children aged 0-12 years with the skills for the optimal growth for children and the entire family unit.

**Dads and Fathers' Social Group** - A weekly drop-in group held during school terms for dads to meet other dads in a relaxed non-judgmental environment. Discuss anything relating to family or personal wellbeing.

SCAN THE QR CODE FOR COURSES DETAILS



Due to the nature of our services, we are unable to accommodate children at the DBHQ site.



## Dad's Business

Supporting Dads - Building Futures

Dad's Business provides relaxed and non-judgmental group environments where dads can be themselves and share their experience of parenting. Our courses run during the school term.

## MONDAYS

1:00pm - 2:30pm

### Circle of Security Program

Do you want to have more understanding about your child's behaviour?  
Come along to this FREE 8-week course.

## TUESDAYS

11:00am - 12:00pm

### Seahorse Program

4-week prenatal and postnatal skills for dads with children from 0-12 months.

1:00pm - 2:30pm

### Bringing up great kids

6-week parenting program designed to support and strengthen your parenting skills.

## WEDNESDAYS

1:00pm - 3:00pm

### Dads and Fathers' social group

Drop in and catch up with other dads to chat about life.

6:00pm - 7:30pm

### Circle of Security Program

Do you want to have more understanding about your child's behaviour?  
Come along to this FREE 6-week course.

All programs are delivered in Elizabeth Downs. Scan the QR code below for the exact location.

For more information, please contact Alex on 08 8228 8958.

Bookings are essential for all courses.

Please note that childcare facilities are not available, and children cannot be present at this course.

V2.10 June 2024

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Centacare has an ongoing commitment to building and maintaining a Child Safe Organisation.

### Statement regarding the traditional owners of the land

For thousands of years Aboriginal people have walked on this land, in their country. Their relationship with the land is at the centre of their lives. We acknowledge the Aboriginal people and their stewardship and spiritual connection with their lands.



Centacare welcomes people who are intersex, gender diverse and of all sexualities.



Centacare is nationally accredited against the Quality Improvement Council (QIC) Australian Health and Community Services Standards.

10 June 2024



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## Circle of Security Parenting

A course for dads and parents



## Dad's Business

Supporting Dads - Building Futures

Are you a father wanting to understand your child's behaviour?

Come along and attend this free 8-week course to learn how to:

- Help your child organise their feelings
- Enjoy a more fulfilling relationship with your child
- Help your child to feel secure, now and into the future

**When:** Week 1 commences on Monday 29 July 2024  
1pm to 2.30pm  
8 sessions in total

**Where:** Dad's Business HQ  
Elizabeth Rise Shopping Centre  
26 Hamblynn Rd, Elizabeth Downs

**Bookings:** Please contact Centacare on 8228 8958  
or email [avlahos@centacare.org.au](mailto:avlahos@centacare.org.au)

Please note that childcare facilities are not available, and children cannot be present at this course.



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## Seahorse Program

A program for new and expecting dads.



## Dad's Business

Supporting Dads - Building Futures

Are you a new father? or are you about to have your first child?

Come along and attend this free 4-week course and learn how to:

- Understand your child's brain development and key milestones in their first year.
- Understand attachment and how to strengthen your bond with your child.
- Develop healthy and successful self-care strategies to prevent parent burnout.

**When:** Commences on Tuesday 6 August 2024  
11am to 12pm and continues for 4 weeks.

**Where:** Dad's Business HQ  
Elizabeth Rise Shopping Centre  
26 Hamblynn Rd, Elizabeth Downs

**Bookings:** Please contact Centacare on 8228 8958  
or email [avlahos@centacare.org.au](mailto:avlahos@centacare.org.au)

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## Community Notices

### Bringing up great kids

This is a six-week course is for fathers who want to understand their child's behaviour and through self-reflection, gain helpful insights into their own parenting.

- Reflect on the origins of your parenting style and how it can be more effective.
- Learn about your children's developing brain and understand how to meet their growing needs.
- Examine the messages you pass on to your children through your behaviour and reactions.
- Understand the underlying messages in children's behaviour and how to respond helpfully.
- Overcome some of the obstacles getting in the way of being the kind of parent you would like to be.

**When:** Week 1 commences on **Tuesday 6 August 2024**  
1pm to 2.30pm  
6 sessions in total

**Where:** Dad's Business HQ  
Elizabeth Rise Shopping Centre  
26 Hamblynn Rd, Elizabeth Downs

**Bookings:** Please contact Centacare on 8228 8958  
or email [avlahos@centacare.org.au](mailto:avlahos@centacare.org.au)



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### Circle of Security Parenting

A course for dads and parents



Are you a father wanting to understand your child's behaviour?

Come along and attend this free 6-week course to learn how to:

- Help your child organise their feelings
- Enjoy a more fulfilling relationship with your child
- Help your child to feel secure, now and into the future

**When:** Week 1 commences on **Wednesday 7 August 2024**  
6pm to 7.30pm  
6 sessions in total

**Where:** Elizabeth Grove Children's Centre  
20 Haynes St, Elizabeth Grove SA 5112

**Bookings:** Please contact Centacare on 8228 8958  
or email [avlahos@centacare.org.au](mailto:avlahos@centacare.org.au)

Please note that childcare facilities are not available, and children cannot be present at this course.



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### Dads and Fathers' Social Club

A weekly catch up between dads

Are you a father wanting to catch up with other dads to chat about life? **Come along to Dad's Business!**

We offer a supportive and judgement-free space to connect and socialise with other dads who may have similar experiences.

**Wednesdays**  
1pm to 3pm  
from July 31, 2024

**Elizabeth Rise Community Centre**  
26 Hamblynn Road  
Elizabeth Downs

**Contact us:**  
08 8228 8958



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### Circle of Security Workshops for Dad's



The Circle of Security program can help you:

- ✓ Understand your child's emotional needs
- ✓ Help your child to manage their feelings
- ✓ Build your child's self confidence

At times **ALL** parents feel lost or without a clue about what their child needs from them. Would you like to feel more confident as a parent? How good would it be if you were able to understand what your child is really needing you to do or say?



**When:** Wednesday evenings over 6 weeks.

Light dinner provided.

**Where:** Elizabeth Grove Children's Centre, 20 Haynes St Elizabeth Grove.

**Time:** 6.00pm to 7.30pm

**Dates:** 31/07/24 to 04/09/24

**Phone:** Alex on 8228 8958 or Tracey on 0456 991 606

Facilitated by Alex Vlahos Dad's Business Worker Centacare



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