



Dear Parents and Carers,

Students Return to School

Last week we welcomed back Year 12 on Monday and Year 11 on Friday as per our transition plan. The staff and students have been very happy to be back at school. I am sure that some of your children haven't been so keen since they were smaller. You will be aware that we are accelerating this plan and that all students are expected to be at school for face to face learning from 25th May. Students who are vulnerable are an exception to this.

If your child is unwell, please do not send them to school. This is not the time to soldier on.

Fee Relief for JobSeeker Recipients

Any parents who are receiving the JobSeeker allowance and would like fee relief please contact the College. Any other families who are experiencing financial difficulty due to the COVID-19 and are seeking fee relief and have not contacted the College, you are encouraged to do so. Families who have already contacted the College do not need to make further contact at present.

Year 12 Formal Date Decided

We are planning for our Year 12 Formal to occur on Friday 20th of November. At this stage, we do not know what rules/restrictions will be in place at that time, but with the opening up of our communities it is important to begin to plan the function. We are keen to give Year 12, and their families, a memorable experience.

A final thought - gratitude

"Gratitude turns what we have into enough."— Aesop

Living a life where we are grateful for what we have, stops us being envious of others. It is easy, especially with access to the entire world via social media, to see others with things we would like. Mostly these are material things: bigger houses; fancy cars; the latest clothes; technology; etc. but if we stop and look at what we have: living in this beautiful area; being part of a positive, supportive, resilient community, we will see that we are doing very well. I encourage you to reflect on the positive things in your life and you will see you have enough. Our community, parents, students, staff have faced the current crisis in such a positive manner. We have been open to necessary change and I am very grateful to you all.

Be the Good and God Bless.

Paul Reidy
Principal

FROM THE ASSISTANT PRINCIPAL

RETURN TO FACE-TO-FACE LEARNING AND TEACHING

How quickly things change! As you have been informed by the Premier of NSW, Dr Sally Towns (Director of Lismore CSO) and Mr Reidy (MSPC Principal) all of our students have been directed to return to school from next Monday 25th May (Day 11 of the timetable). It has been great, and also fortuitous, that since Friday last week, we have been able to welcome each year level back on a different day and provide some special activities.

UNIFORM AND EQUIPMENT REQUIREMENTS

Prior to Monday's return to classes, some students need to attend uniform issues such as having an appropriate haircut for school; lengthening their skirts; shaving off moustaches and goatees; having a College hat and, because it is nearly Winter, purchasing a College jumper or tracksuit (optional). Expectations regarding jewellery, procedures for the use of the school diary, charging computers at home and mobile 'phones will be in force as students return.

YEAR 7 SCHOOL IMMUNIZATION PROGRAM

The date for Year 7 students to receive the first dose of HPV and/or Boostrix has moved to 9.30am Monday 15th June in the Gilbey Hall. Any parent who didn't previously return a signed Consent Form for their child has until Friday 12th June to do so. Extra Information Kits are available from the Front Office. Consent Forms can be given to the student's homeroom teacher to be sent to the Front Office

YEAR 10 SCHOOL MENINGOCOCCAL IMMUNIZATION PROGRAM

All Year 10 in attendance on Wednesday 20th May were given an Information Kit regarding a free injection against Meningococcal ACWY strains to take home to their parents. If you wish your child to take advantage of this program please return the Signed Consent Form via your student, to be handed to their homeroom teacher, by Friday 12th June. The injections will be given by trained nurses from 9.30am on Wednesday 17th June in the Gilbey Hall.

Mary-Anne McShane
Assistant Principal

FROM THE CURRICULUM CO-ORDINATOR

It has been great to welcome back Year 7 - 10 students to classes as this week we transition back to face-to-face learning at the College. I know that for some students online-learning has been difficult so there will be a period of adjustment and filling in gaps. I am confident that our teachers will be able to guide and support students during this process.

Assessments

Please note that there have been some modifications to assessments to accommodate the change in learning. These changes are recorded on the Assessment Calendars. Please check these calendars with your student/s and make plans around the assessments.

Half Yearly Examinations Years 8-10

These Examinations have been cancelled and replaced with assessment tasks spread out over the remainder of Term 2.

Year 12

Year 12 and accelerated Year 11 students have been issued with their HSC Timetable through NESA. Please note that the exams are starting one week later than originally advertised.

The CSSA Catholic Trial Timetable has been advertised as being changed to Weeks 5 and 6 of Term 3. The College has made the decision not to change our scheduled dates for Trials and these will remain in Weeks 3 and 4. We will not be using the Catholic Trial Papers.

As we transition back into face-to-face learning please do not hesitate to contact me with any curriculum concerns.

Narelle Sherrah
Leader of Curriculum

FACULTY NEWS

FROM THE SPORTS DESK

COLLEGE CROSS COUNTRY

Our Cross Country was held on Tuesday 12th May using the mobile app 'Bolt for Gold'. Students embraced the chance to be active with the use of technology and completed events from all over the Tweed Valley, and beyond. Having downloaded the app, students could have completed their run or walk any time before 6pm that evening. Congratulations to the winning house – LISIEUX. The results are as follows:

Virtual Cross Country using "Bolt for Gold" app

Age champions

Age	Male Champion	Male runner Up	Female Champion	Female runner up
12	Lachlan May	Isiah Doevendans	Ella McCluskey	Payten Nash
13	Harrison Bugg	Flynn Jones	Chloe Martin	Amali Moore
14	Kai Kingston	Daniel Jones	Lara Brown	Madeliene Holliday
15	Jack Telling	Charlie Elliott	Asha Pearson	Ruby Van Den Driest
16	Levi Van Rosi	Bede Curnow	Edie Thurtell	Miranda Quantrill
Open	Finn Whitney	Thomas Gresham	Hayley Smith	Alyssa Carney

CHAMPION HOUSE

AGE	LORETO	LUCAN	LISIEUX	NAGLE
12	25	40	36	28
13	37	24	48	14
14	28	28	51	22
15	36	10	31	55
16	26	25	41	23
Open	15	49	11	35
TOTAL	167	176	218	177

CHAMPION HOUSE

1st : LISIEUX 218 pts
2nd : NAGLE 177 pts
3rd : LUCAN 176 pts
4th : LORETO 167 pts

HOUSE PARTICIPATION

AGE	LORETO	LUCAN	LISIEUX	NAGLE
12	3	2	3	2
13	14	17	16	17
14	8	10	11	10
15	10	14	8	5
16	6	5	7	7
Open	4	6	3	8
Total competitors	45	54	48	49

Participation Winners:

1st: LUCAN (54 competitors)
2nd: NAGLE (49 Competitors)
3rd: LISIEUX (48 Competitors)
4th: LORETO (45 competitors)

INTER HOUSE CHAMPIONSHIP

Using the Bolt for Gold app, each week a new distance will be set. Each time a student completes the distance they will be accumulating points for their House. There will be new distances set each week. Students can attempt these distances multiple times. Each time they do this they will be awarded point/s for their particular House which will be tallied and added to the points for the Champion House Trophy.

Some events on the Bolt for Gold app may be easy (100m) each time a student completes a 100m run/walk, they earn 1 point.

If the distance is 200m, 2 points will be awarded for each completed run.

400m, 4 points each run, 800m 8 points, 1000m earns 10 points, 2000m earns 20 points, 3000m earns 30 points every time it is completed. A new event will be posted weekly so keep your 'phone handy!

RETURN TO SPORT

In our last College newsletter, I posted a timetable for Sport that students would follow as they transition back to school. Our NSW Premier has now asked that all students be back at school earlier than originally scheduled and so this will force a change to that schedule and make it obsolete. A new plan for returning to sport is being drafted this week but was not completed in time for this newsletter. Students will be made aware of the plans for safely returning to Sport which will follow safe practice and, where possible, minimal contact.

Tim Whitney
Sports Coordinator

PDHPE

MENTAL HEALTH AND CORONAVIRUS

While exercise can be a compelling way of improving mood and reducing mental health symptoms, the very nature of mental health conditions, unfortunately, means that those most likely to benefit from even a little bit of exercise are often the least likely to be able to find the motivation they need to get started.

If you are finding that your child is feeling down, anxious or depressed, since our lives were turned upside down earlier this year, it is a very common reaction. A decline in your son or daughter's mental health is, in many cases, a normal reaction to an extraordinary event. Many of us may be feeling grief, loss or even sadness during this unpredictable time.

I'd like to encourage your children to take the time to focus on Mental Health and try to improve their wellbeing in the ever changing environment either through exercise, meditation, gratitude or mindfulness. Check in with your son or daughter and make sure they are doing OK.



A great practical tool that you can use to get started is the BlackDog institute's BITE BACK Mental Fitness Challenge which can be found here: <https://www.biteback.org.au/>, as well as many other resources.



The Challenge takes 6 weeks to complete and contains six, ten minute activities. Currently MSPC students in Year 8 are completing the challenge in PDHPE classes but it is free, easy to use and I would encourage everyone to improve their Mental Fitness.

Simone Kendrick
Leader of Learning: PDHPE

HSIE

At this time students might like to undertake some [virtual treks](#) using Google maps, while they are keeping social distance. The UN "[Earth School](#)" is great resource to help students stay in touch with nature whereby students can undertake simulations that explore various environments.

Sociologists are suggesting that this could be a time to change some of our living habits, for the better. Planet Ark has some top tips for living [sustainably](#) in a new world. The Planet Ark site includes some really good information on [recycling](#).

The Cool Australia site has a [digital library](#) of resources for students arranged by Stage as well as by topic, which is excellent for research in a number of areas. Virtual [museum tours](#) can take students around twelve of the world's great museums so that they can further their historical knowledge from the comfort of their lounge chairs.

Social scientists encourage people to keep spatial distance, that is, keep to their own space. However, they encourage the keeping up of good social habits like catching up with friends. Why not contact friends and undertake a virtual tour together- at a distance?

Chris Core
Leader of Learning: HSIE

COLLEGE NEWS

HOMework CLUB

The Homework Club will be up and running as of today Thursday 21st May from 3:30 to 4:30 and will be in Room N36. Homework Club is open to all students and is a great opportunity to get some additional time and/or help with homework in a safe and quiet place. If you have any questions, please contact Mr Hodges.

AWARDS

CO-ORDINATOR'S, PRINCIPAL'S AND COLLEGE AWARDS

LISIEUX

CO-ORDINATOR'S AWARDS

Year 7

Ella Cracknell

Year 8

Brendon Brock, Anja Griffin (2), Madeleine Holliday, Olive Jacobs, Filippos Mackney.

Year 10

Rose Hampson, Tenika Twomey, Grace Wolfe.

PRINCIPAL'S AWARDS

Year 8

Brendon Brock, Madeleine Holliday, Olive Jacobs, Filippos Mackney.

Year 10

Tenika Twomey, Grace Wolfe.

COLLEGE AWARDS

Year 10

Grace Wolfe

LORETO

CO-ORDINATOR'S AWARDS

Year 7

Joshua Hawkins, Trisha Sharma.

Year 8

Lily Cronly

Year 10

Halle McClymont

PRINCIPAL'S AWARDS

Year 10

Halle McClymont

COLLEGE AWARDS

Year 10

Halle McClymont

LUCAN

CO-ORDINATOR'S AWARDS

Year 7

Lily Jones

Year 8

Keira Leslighter, Chloe Zambelli, Bella Johnson, Ava Price.

PRINCIPAL'S AWARDS

Year 8

Chloe Zambelli

COLLEGE AWARDS

Year 8

Chloe Zambelli

NAGLE

CO-ORDINATOR'S AWARDS

Year 8

Ethan Elsegood, Kiah McCarthy, Alyssa Templeton, Zara Martin, Maya Rogers, Lily Yates.

Year 11

Sam Anderson, Ysabella Purser, Maya Shaw, Ty Banbury.

PRINCIPAL'S AWARDS

Year 8

Kiah McCarthy

Year 11

Ty Banbury

COLLEGE AWARDS

Year 11

Ty Banbury

CALENDARS & ROSTERS

Term 2

Week 5

Mon	25/5	Day 11	Mon	1/6	Day 16
Tues	26/5	Day 12	Tues	2/6	Day 17
Wed	27/5	Day 13	Wed	3/6	Day 18
Thurs	28/5	Day 14	Thurs	4/6	Day 19
Fri	29/5	Day 15	Fri	5/6	Day 20

Week 6

2019 CALENDAR

May	25 th	All students return to the College - normal lessons
June	4 th	Newsletter home
	15 th	HPV + Injections, GC
	16 th	Day 10
	17 th	Yr 10 M Injections, GC
	18 th	Newsletter home
	19 th	Day 7
		Virtual Athletics Carnival during Sport time

CANTEEN ROSTER

TERM 2

Week 5

25/5	Billy Battese
26/5	Jenny Gatt
27/5	Chris Reynolds
28/5	Anneliese Simke
29/5	Gene Molloy

Week 6

1/6	Lisa Blackwell-Barnes
2/6	Jacque Harris
3/6	Chris Reynolds
4/6	Jenny Curnow
5/6	Lesley Bridges



Mt St Patrick College, Murwillumbah

Applications are invited from suitably qualified persons for the position of:

PRESIDING OFFICER HIGHER SCHOOL CERTIFICATE *for Term 4 2020*

Some training and preparation during Term 3

Selection Criteria:

- *Applicants need to be willing and able to participate in some training.*
- *Supervision of other HSC Supervisors.*
- *Be confident in addressing students and treat all areas of the role with confidentiality.*
- *The successful applicant must provide a current NSW Working with Children Check number.*
- *Must have a full driver's license.*
- *Must not have volunteered in the College for any other role ie Canteen etc.*

Applications together with complete resume and contact details of at least three referees to be sent to:

Principal - Paul Reidy, Mt St Patrick College
PO Box 105
Murwillumbah NSW 2484

Enquires please Ph: (02) 6672 2340

Email applications to: mshpcmbah@lism.catholic.edu.au

Applications must be received by 9.00am Friday 28th May 2020

*Child protection legislation requires preferred applicants
to be subject to employment screening.*

An Equal Opportunity Employer

#8

STUDENT & PARENT NOTICE

Date of Notice: 19 May 2020

Duty N1212 & N1240

**SCHOOL RUN AM_1212 & AM_1236 Kingscliff - Tumbulgum
Notice for all Students**

Please be advised of the proposed following changes from: Monday 1st June 2020.To assist overcrowding **Bus 1212** will no longer service Casuarina - this will be replaced by a new direct service **Bus 1240** running express from Casuarina to Mt St Pats.**Bus 1236** from Kingscliff - Tumbulgum will be replaced by **Bus 1212**

<u>1240</u>		<u>1212</u>	
Casuarina Way – Elliston St	7:49	Pacific Hwy – Sexton Hill	7:20
Casuarina Way – Longboard Ct	7:50	Chinderah Bay – Homestead	7:25
Casuarina Way – Banzai St	7:50	Wommin Bay Rd	7:27
Casuarina Way – Ocean Ave	7:51	Beach St cnr Kingscliff St	7:32
Casuarina Way – Cudgerie Ct	7:52	Monarch Dr – Lorien Way	7:36
Casuarina Way – Ebony Ct	7:53	Pearl St – opp St Anthony's	7:39
Casuarina Village Shops South	7:54	Sutherland St near Orient St	7:41
Casuarina Way – Barclay Dr	7:55	Viking St near Olga St	7:43
Casuarina Way – Acolus Ct	7:56	Cudgen Rd – Kingscliff TAFE	7:45
Casuarina Way – Sterculia Crt	7:57	Cudgen Rd – Plantation	7:51
Direct No stops:		Cudgen Rd – Duranbah Rd	7:53
Mt St Patricks	8:37	Cudgen Rd – Tweed Valley Hy	7:56
		Tumbulgum Public School	8:04
		Mount St Patricks	8:19
		Murwillumbah East PS	8:23
		St Joseph's	8:28

We welcome feedback on the proposed changes. Please email schools@tagroup.net.auFor any further information please go to www.transportnsw.info or www.surfside.com.au

The Surfside website school journey planner will be updated from 01/06/20

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Direct No stops:		Cudgen Rd – Duranbah Rd	7:53
Mt St Patricks	8:37	Cudgen Rd – Tweed Valley Hy	7:56
		Tumbulgum Public School	8:04
		Mount St Patricks	8:19
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#23

STUDENT & PARENT NOTICE



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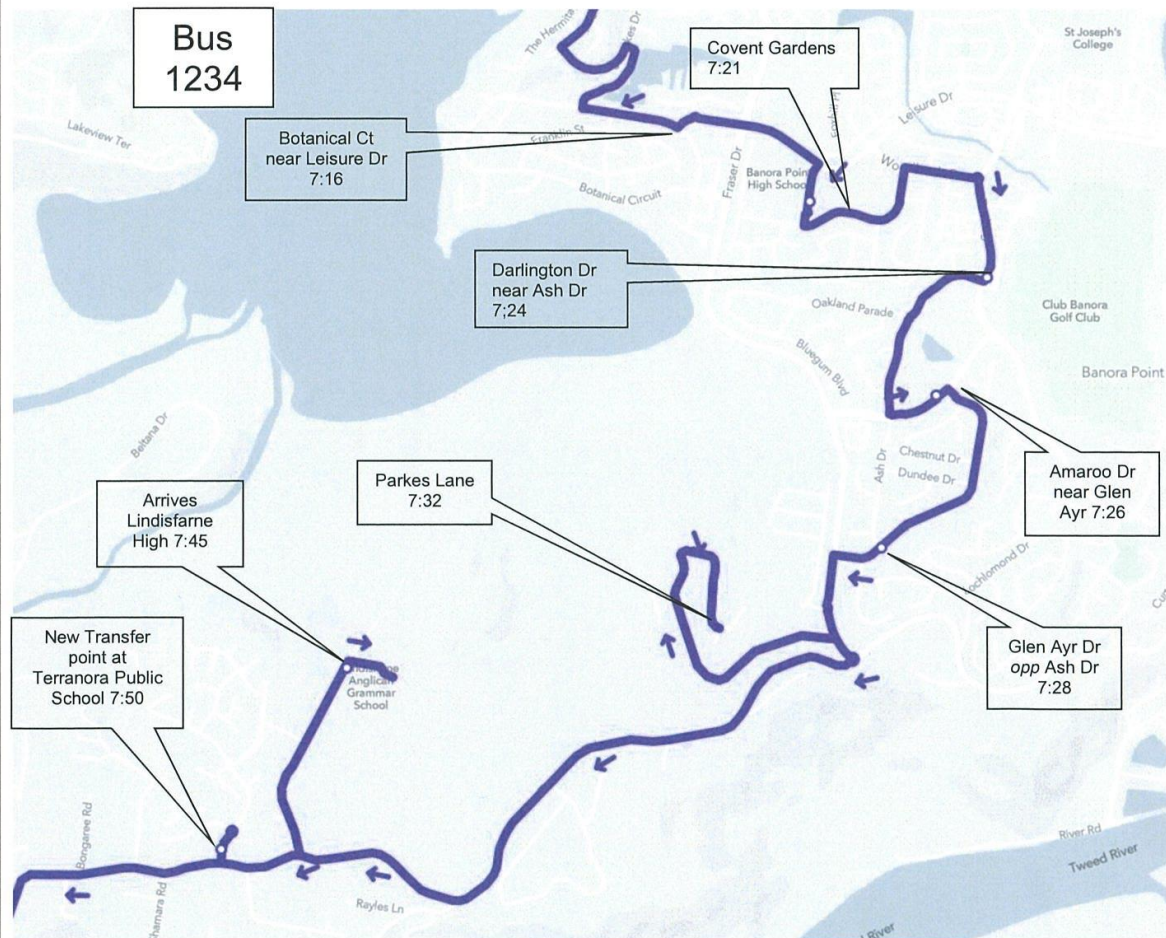
Duty N1234

AM SCHOOL RUN 1234.

Please be advised of the proposed following changes from: Monday 1st June 2020.

To assist with network safety & improvement - **Bus 1234** is being realigned retimed. All Transfers will now take place at Terranora Public School at 7:50. No transfers will take place at Terranora shops. All buses have been relocated to the new transfer point.

Please note the full circuit of Botanical Cir will not be serviced. Only the northern edge as shown.



We welcome your feedback for the proposed changes. Please email schools@tagroup.net.au
For any further information please go to www.translink.com.au or www.surfside.com.au
The Surfside website school journey planner will be updated from 01/06/20

#4

STUDENT & PARENT NOTICE



Date of Notice: 19 May 2020

Duty N1204 & N1014s/FN1008s

PM SCHOOL RUN 1204 & 1220

Please be advised of the proposed following changes from: Monday 1st June 2020.

To assist with overcrowding on Bus 1220 - **Bus 1204** will also now depart Mt St Patricks to Kingscliff High at an earlier time.

Bus 1204

Mt St Patricks	3:19
Cudgen Rd – opp Duranbah Rd	3:31
Cudgen Rd – opp Plantation Rd	3:37
Cudgen & John Robb Way	3:41
Kingscliff High	3:44 – connects with 1218 due 3:45 & 1239 due 3:50
Kingscliff Shops Pearl St	
Beach St – Kingscliff St	3:53
Continues to Oyster Point	3:56

This service will connect with **Bus 1218** for transfers at Kingscliff HS to Casuarina South & Round Mountain, also connecting with **Bus 1239** to Sassafras St & Lomandra Ave

We welcome feedback on the proposed changes. Please email schools@tagroup.com.au

For any further information please go to www.transportnsw.info or www.surfside.com.au

The Surfside website school journey planner will be updated from 01/06/20

STUDENT & PARENT NOTICE



Date of Notice: 19 May 2020

Duty N1014s/FN1008s

PM SCHOOL RUN 1220

Please be advised of the proposed following changes from: Monday 1st June 2020.

To assist with overcrowding on Bus 1220 - **Bus 1204** will also now depart Mt St Patricks to Kingscliff High at an earlier time.

Bus 1204

Mt St Patricks	3:19
Cudgen Rd – opp Duranbah Rd	3:31
Cudgen Rd – opp Plantation Rd	3:37
Cudgen & John Robb Way	3:41
Kingscliff High	3:44 – connects with 1218 due 3:45 & 1239 due 3:50
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#5

STUDENT & PARENT NOTICE



Date of Notice: 19 May 2020

Duty N1014s/FN1008s

PM SCHOOL RUN 1220

Please be advised of the proposed following changes from: Monday 1st June 2020.

Students for Cudgera Ave, Sassafras St, Lomandra Ave must now catch Bus **1239** departing:

1239

Kingscliff High 3:50

Direct no stops to

Cudgera Ave cnr Flintwood St 4:10

Sassafras St cnr Endiandra Cl 4:11

Lomandra Ave 4:12

Cudgera Ave opp Flintwood St 4:13

We welcome feedback on the proposed changes. Please email schools@tagroup.net.au

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#6

STUDENT & PARENT NOTICE



Date of Notice: 19 May 2020

Duty N1014s/FN1008s

PM SCHOOL RUN 1220 Notice for all Mt St Patricks Students

Please be advised of the proposed following changes from: Monday 1st June 2020.

To assist overcrowding, this bus will be re-routed and re-named Bus **1014** to run **Express** from Mt St Pats to Kingscliff, then onto Casuarina North and Casuarina Central.

Students for Casuarina North & Casuarina Central **stay** on board this bus after Kingscliff High.

1014

Mt St Patricks	3:19
Direct No stops:	
Kingscliff High	3:45
Casuarina Way – Elliston St	3:50
Casuarina Way – Longboard Ct	3:51
Casuarina Way – Banzai St	3:53
Casuarina Way – Ocean Ave	3:55
Casuarina Way – Cudgerie Ct	3:56
Casuarina Way – Ebony Ct	3:58

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GAMEAWARE

webinar

Parenting Info Evening

Empowering parents
with insight into the
culture and psychology
surrounding video
games

Learn about:

- The culture and psychology of gaming
- Why gamers love to play
- Is the gaming a hobby or habit
- Does gaming affect academic performance
- Get tips on being a 'screen-smart' family



www.gameaware.com.au

WHO

Lismore Diocese Catholic School Parents and Carers

WHEN

Wednesday June 3, 7:00pm

WHERE

The presentation will be hosted as a webinar
so watch it from your home

HOW

Register [HERE](#) and you will be emailed a link to join the webinar



DIOCESE OF LISMORE

**Catholic Schools
Parent Assembly**

Parents in Partnership

This course program replaces the previously published Term 2 program, as we will be delivering courses online only.

About our online courses:

- we will be using Zoom to deliver courses in an interactive way, so you will need access to a computer or other device
- if you don't have access to a device we can discuss ways The Family Centre can support you
- you will be sent instructions on downloading Zoom and guidelines for participation once your place in the course has been confirmed
- course facilitators will be available to assist you to get online prior to each session

There will be no cost for courses in Term 2.

PARENTING COURSES

123 Magic & Emotion Coaching

Wednesdays May 20 – June 3, 10am–12pm

An evidence-based parenting program for parents/carers with children aged from 2–12 years. The program is facilitated over 3 sessions & supports parents/carers to feel more confident to respond to their children's behaviours. Parents/carers are provided practical strategies to engage with their child in the process of identifying & managing their own emotions, encouraging positive behaviours & building emotional resilience. 3 x 2 hour sessions.

Triple P

Tuesdays June 9–30, 10am–12pm

4 week parenting course for parents of children 2–12 years. Assists parents to build positive relationships with their children and create a stable, supportive and harmonious family. The course introduces proven methods to encourage behaviour you would like more of from your children and deal positively and consistently with problem behaviour. 4 x 2 hour sessions.

Parenting Seminar

Thursday May 14, 10am–12pm

A 2hr seminar providing an introduction to the parenting programs we offer. Based on decades of research for children aged 0–12 years. Parents will explore how to identify their children's emotional needs, respond to their behaviours & strengthen parent/child relationships.

Sing and Grow

Wednesdays May 20–June 24, 10am–11.30am

6-week music therapy program coordinated through our Early Years Network Services. The program provides families with a safe space to interact to increase their confidence to use music and play at home and to learn new ways to support their child's development. Families will explore traditional and non-traditional children's songs, percussion instruments, drums, ribbons, balls and parachutes in a developmentally stimulating, fun and musical environment. Six 1.5 hr sessions.

For Residents in 2484 only.

Tuning in To Teens

Wednesdays May 27–July 1, 5.30pm–7.30pm

Help your teen to manage their emotions, handle conflict, open up and connect. This six week course shows you how to help your teen develop emotional intelligence. Teens who understand their emotions: have greater success with making and keeping friends; are able to concentrate more easily; are more able to calm down when; angry or upset. Six 2 hour sessions.

COURSES FOR WOMEN

Self Esteem for Women

Fridays May 22–29, 9.30am–11.30am

2 week course covering personal development, self-awareness, relationships and power, setting and maintaining boundaries, communication and conflict. 2 x 2 hour sessions

BOOKINGS ARE ESSENTIAL

For further information on any of our courses or workshops please call 9am–12.30pm Monday–Friday

(07) 5524 8711 or go to www.thefamilycentre.org.au

ONLINE HERE