



# ROSSMOYNE REFLECTIONS

NEWSLETTER NO. 2

Friday 13 March 2020

Virtue of the Month for March—Respect

Next Newsletter—9 April 2020

Together we empower global citizens.

## PRINCIPAL'S MESSAGE

The school year is now well underway. We have already enjoyed lots of special events including excursions, assemblies, the Faction Swimming Carnival, two assemblies and Clean Up Australia Day. It's been wonderful to have so many parents, carers and family members attending and sharing in these events. Next week we will be celebrating Harmony Day and everyone is very welcome to join us.

### Evacuation Drill

We held a very successful evacuation drill last week. Everyone responded quickly, calmly and appropriately. After the drill, staff have reviewed our procedures and have since made some minor adjustments to them. We will hold a drill and review of our lockdown procedures early next term. While we hope we don't ever have the cause to evacuate or lockdown, it's important that we are all familiar with the procedures just in case a situation does arise.

### Coronavirus

The WA Health Department is closely monitoring the Coronavirus situation. The WA Department of Education is acting on their advice as it relates to staff and students and is issuing regular information to schools. All staff are aware of the latest information, and our school is implementing all precautions suggested by the WA Health Department. More information can be found later in the newsletter and at <https://www.education.wa.edu.au/coronavirus-school-update>



Our school has ensured that:

- hand wash is available in all toilets;
- hand sanitiser is available in all classrooms and in prominent positions throughout the school;
- students have all received instruction about effective hand washing;

- we are promoting regular and thorough hand-washing—particularly before and after eating, prior to food preparation, and after going to the toilet, sneezing, and coughing;
- we are promoting effective hygiene practices such as coughing and sneezing etiquette;
- students have been informed about not sharing eating and drinking utensils;
- posters about effective hand washing and hygiene practices are displayed in classrooms and throughout the school;
- rubbish bins are easily accessible throughout the school;
- staff have access to cleaning and disinfecting agents; and
- surfaces are regularly cleaned.

I will ensure our school and staff continue to remain alert and immediately respond to any recommended actions and precautions. You can support us by keeping your child/ren home when they are unwell.



Thanks

Thanks to our P&C for organising the sundowner for parents and carers who have joined our school community this year. It was a very successful event that was enjoyed by everyone who attended.

### School Board

The next School Board meeting is being held on Monday 30 March. The agenda for this meeting will include our school's 2019 Annual Report, our Attendance Policy and a school budget update.

### Playgrounds - Before and After School

As staff are not on duty before 8.30 am or after school, students are not permitted to play on the playgrounds. Your support in ensuring your

children do not go on the playgrounds would be appreciated. It would also be greatly appreciated if parents and carers ensure they collect their child/ren on time at the end of the school day and leave the school grounds promptly. This allows our staff to attend meetings and get organised and prepared for the day ahead. Thank you in anticipation of your cooperation.



### Student Update Forms

Student Update Forms will be sent home shortly. Please check and return them promptly. It's very important for us to have correct contact details for you as it can be very upsetting for your child/ren if we can't contact you when needed.

*Rochelle Williamson*

Principal

### Upcoming Events

- 19 March—Rm 9 and Languages Assembly
- 19 March—Harmony Day
- 20 March—National Day of Action Against Bullying and Violence
- 23 March—P&C AGM and meeting, 7 pm
- 14 March—Paint Storm In-school Activity
- 30 March—School Board Meeting, 7 pm
- 1 April—Edudance Concert 1, 2.15 pm
- 2 April—Rm 21 Assembly
- 3 April—Edudance Concert 2, 2.15 pm
- 7 April—Interschool Swimming Carnival

## Our 2018 to 2020 Priority Areas

1. Excellence in Teaching
2. Successful Students
3. Health and Well-being
4. A Connected Community

## Our Code of Conduct

School community members will display behaviours that uphold our four school values—integrity, respect, courage and belonging.



### Merit Certificates

Congratulations to the following students who were awarded with Merit Certificates at our recent assembly. Keep up the great work!

ROOM 8 Ellise Dexter	ROOM 9 Laura Jaelyn Aagam Victoria Chantelle	ROOM 10 Mateo Ayana Ethan Lale
ROOM 13 Tina Jasper Juliet Ashton	ROOM 14 Archer Kobe Celeste Rylan	ROOM 15 Casey Rosemary Yashas
ROOM 16 Yardley Harrison Lisa Arav	ROOM 17 Annabel Alex Callum Lucy	ROOM 18
ROOM 19 Jordan Ellie Shri	ROOM 20 Minzac Amy Avahli Joshua	ROOM 21 Aidan Thomas Emma Techo
ROOM 22 Tyler Anusuya Samantha Warrick	ROOM 23 Azia Kang Sophia Sasha	ROOM 24 Amadi Charlotte Rayyan Lydia Ruth
ROOM 25 Autumn Kristen	Room 26 Shelby Keelie Willis John	Languages Room 10 Room 15



## Harmony Day—Everyone Belongs

We will be celebrating Harmony Day on Thursday 19 March this year. Students are invited to dress up in their national costume.

**All community members are welcome to.....**

- attend our Harmony Day assembly at 8.45 am;
- join in our Harmony Day picnic lunch at 12.50 pm; and
- visit the library to see the amazing Harmony Day display.



## National Day of Action against Bullying and Violence

**Friday 20 March 2020**

Our school has again registered to participate in next Friday's National Day of Action Against Bullying and Violence. The theme for this year is 'Take Action Together'. Bullying prevention is everyone's responsibility. Our school aims to create a safe and supportive school community, but parents and carers are also an important part of our work to prevent bullying and to respond effectively if it does happen. Stopping bullying involves everyone.

Parents know their children best and know the best way to tailor communication to their needs. Below are some tips that you may like to adapt to what works for you and your child.

If your child talks to you about bullying:

1. Listen calmly and get the full story.
2. Reassure your child they are not to blame.
3. Ask your child what they want to do and what they want you to do.
4. Visit [www.bullyingnoway.gov.au](http://www.bullyingnoway.gov.au) to find some strategies.
5. Contact the school.



## NAPLAN Online

Students in Years 3 and 5 will complete Naplan Online testing again this year. The Naplan testing will occur between **12th to 22nd May**. **ACARA's NAPLAN online public demonstration site is now available for access by students and parents.** The landing page for the website is <https://www.nap.edu.au/online-assessment/public-demonstration-site> **Your children can access this site to practise answering questions in the Naplan Online format.** Our school's planned test schedule will be included in our next newsletter.



### Protective Behaviours

Our school, in line with Department of Education Policy, implements a Protective Behaviours Education program for all year levels from Kindergarten to Year 6. The protective behaviours program is based on two themes:

- \* We all have the right to feel safe at all times.*
- \* We can talk with someone about anything, no matter what it is.*

The Protective Behaviours Parent Resource Book has been added to the Connect Library for all parents to access. You will find that the activities and discussions in this handbook are simple and presented in a fun, child-friendly way, designed not to frighten children but inform them of some of the vital skills of personal safety. By sharing protective behaviours with your child, you will help them to develop the lifelong skills of assertiveness, self-confidence, problem solving, communication, resilience and seeking help. If you have any queries or about the Protective Behaviours program you are welcome to speak to your child's teacher.

### Dangers of Small Magnets

Parents and carers are reminded of the dangers of children choking or suffering internal injuries if they ingest magnets. Unfortunately many children present to hospital emergency departments every year with magnet related injuries. Young children are at particular risk of injuries involving magnets due to their natural curiosity and lack of awareness of the dangers. Dr Pacilli, consultant paediatric surgeon at Monash Children's Hospital, said that "Children often explore their environments



Child Accident Prevention Foundation of Australia

by placing things in their mouths. Small magnets can be accessed from a range of common household items including children's toys, fridge magnets, jewellery and objects like keyrings. Common injuries from the ingestion of magnets include choking, perforation of the bowel, infection and even death". Kidsafe encourages all parents and carers to check their homes for items that contain magnets and take action to help keep children safe.

### Magnet Safety Tips

When buying objects with magnets:

- look for fridge magnets that are too big to fit in a young child's mouth;
- check that magnets are securely attached to or in the toy, and can't come off easily; and
- check the size of the magnets in and on toys to make sure that if they come loose, they wouldn't fit in a child's mouth.

When using products with magnets:

- keep toys with strong magnets, or magnetic parts that are small enough to be swallowed, away from young children;
- supervise children closely when they are playing with toys containing magnets, to ensure none go in their mouth;
- dispose of toys immediately if their magnets come loose; and
- avoid the use of magnetic jewellery as fake body piercings.

If you suspect a child has swallowed a magnet, it is important that you seek urgent medical assistance.



## What's Been Happening In Sport?

Morning Running Club: Morning Running Club is continuing on Monday, Wednesday and Friday mornings between 8:15 to 8:30 am. Lots of people have been attending and it's been great to see some new children participating. Everyone who comes along receives a raffle ticket to go in the draw to win brand new sports equipment. Keep up the good work!

Inter-school Cricket Carnival: On Friday 6<sup>th</sup> March, a girls' and boys' team from our school competed in the SCISA T20 Blast Carnival at Murdoch University Sports Grounds. Both teams did very well and competed with great sportsmanship. The boys finished in 5<sup>th</sup> place and the girls finished in 4<sup>th</sup> place. Well done to both teams.

Faction Swimming Carnival: Our carnival was held on Friday 28<sup>th</sup> February. It was a great event and all of the students who attended gave their absolute best when competing. The results were as follows:

- 1<sup>st</sup> place - Green - 291 points
- 2<sup>nd</sup> place - Red - 201 points
- 3<sup>rd</sup> place - Gold - 200 points
- 4<sup>th</sup> place - Blue - 135 points

Congratulations to everyone who attended the carnival, and special congratulations to the following Champions and Runner Ups.

- Junior Boys: Champion - Ian S, Runner Up - Michael L
- Junior Girls: Champion - Bethany J, Runner Up - Ellie M
- Year 5 Boys: Champion - Isaac L, Runner Up - Mikhail I
- Year 5 Girls: Champion - Penny S, Runner Up - Maya D
- Year 6 Boys: Champion - Leo W, Runner Up - Jayden C
- Year 6 Girls: Champion - Amy J, Runner Up - Chloe J

Inter-school Swimming Carnival: Selected students will compete in the Interschool Swimming Carnival at the Fremantle Aquatic Centre on Tuesday 7<sup>th</sup> April, 9.00 -11.30am.



## Information about Coronavirus

While the situation regarding the COVID-19 continues to evolve, the Department of Education sector has established plans and a team to support principals and schools. It is important that as a school community we apply common sense, factual information and a practical approach to COVID-19.

**If a WA school has to close due to a confirmed case, it will be on advice from the WA Health Department's Chief Health Officer.** The Chief Health Officer may, if there has been a positive COVID-19 test result in our school community, close our school temporarily while assessment and tracing of exposure is conducted. A thorough school clean will then be carried out to make the school safe for the return of students and staff.

In this situation the principal will receive direct advice and support regarding the closure process and communication materials from the **Department of Education's Coronavirus support team.**

Upon the school being notified, all families will be immediately contacted and provided with the relevant information. This contact may be during the school day, or before or after school. It is therefore important that we have up-to-date contact details for your children, please notify the front office if these have changed.

Parents will also be advised of the extent to which class work can be completed at home during this temporary closure and provided with the details of how this will work.

While it is acknowledged that this may be a stressful time for the community, parents are reminded that schools open and close all of the time and that the reason for any school closure will be to ensure the safety of all students and staff.

How to minimise the spread of COVID-19

- Frequently washing your hands for at least 20 seconds with soap and water, or using an alcohol based hand gel.
- Refraining from touching mouth and nose.
- If coughing or sneezing, covering your nose and mouth with a paper tissue or flexed elbow. Dispose of the tissue immediately after use and perform hand hygiene.
- Avoiding close contact with anyone if you, or they, have a cold or flu-like symptoms (maintain a distance of at least 1 metre).

Who cannot attend school – advice as at 11 March 2020

Students or staff cannot attend school and need to self-quarantine if they have:

- left or transited through mainland China in the last 14 days, they must isolate themselves for 14 days from the date of leaving mainland China;
- left or transited through Iran on or after 1 March, they must isolate themselves for 14 days after leaving Iran;
- left or transited through the Republic of Korea, on or after 5 March, they must isolate themselves for 14 days after leaving the Republic of Korea;
- left or transited through Italy, on or after 11 March, they must isolate themselves for 14 days after leaving Italy. People who left or transited through Italy prior to 11 March, should monitor symptoms and seek medical attention should they feel unwell; and
- been informed by public health authorities that they have been in close contact with a confirmed case of coronavirus, they must isolate themselves for 14 days after the date of last contact with the confirmed case.

Students or staff who have been tested for COVID-19 should follow the advice of the Department of Health and stay away from school whilst awaiting results.

COVID-19 symptoms

People with COVID-19 may experience fever; flu-like symptoms such as coughing, sore throat and fatigue; or shortness of breath. For the latest health information and health related enquiries please visit [WA Department of Health](#) or access the helpline 1800 020 080.

COVID-19 testing

The WA Chief Health Officer, Dr Andrew Robertson, has advised people should not go to be tested for COVID-19 to either COVID Clinics or GPs unless they are currently experiencing symptoms and meet the testing criteria.

To be eligible for testing people must:

- be currently experiencing symptoms such as fever, cough or sore throat AND have
- returned from overseas travel in the last 14 days
- OR be currently experiencing symptoms, and be a contact of a confirmed case
- OR be currently experiencing symptoms and believe they have been in close contact with a person infected with COVID-19.

# Applications now open

## Approved Specialist Programs Classical Music, Mathematics and Volleyball

Applications for selective entry into our Approved Specialist Programs for Year 7s in 2021; and Year 8s in 2021 (Volleyball Program only) are now open.

Limited mid-year entry into the Specialist Volleyball Program for Year 8s and Year 9s in 2020 is also available.

Online application forms and further details:  
[www.rossmoyne.wa.edu.au](http://www.rossmoyne.wa.edu.au)

Applications close 4pm, Wednesday 8 April 2020.

Enquiries:  
Tracy Bruinsma, Enrolment Officer T: 9259 2215  
E: [tracy.bruinsma@education.wa.edu.au](mailto:tracy.bruinsma@education.wa.edu.au)



## Messages from the Community Health Nurses

### Colour Blindness

Colour blindness means that a person cannot distinguish some colours or see colours differently to other people. **Very few people who are colour blind are 'blind' to all colours. Commonly, the colours seen differently are greens, yellows, oranges and reds.** An information leaflet on colour blindness will be distributed to all year Pre-primary students this year. For more information and to see information about the Colour Blind Awareness and Support Group, you can visit <http://www.members.optusnet.com.au/~doverton/> If you have any concerns, colour vision testing can be performed by some general practitioners, eye specialists or optometrists. You can also contact your local Community Health Nurse on 9258 8053.

### How can we help prevent the spread of coronavirus?

Practising good hand and sneeze/cough hygiene is the best defence against most viruses (including colds, influenza, and gastroenteritis). You should:

- wash your hands frequently with soap and water, before and after eating, and after going to the toilet;
- cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser; and
- if unwell, avoid contact with others (touching, kissing, hugging, and other intimate contact).

### When teaching your child to wash their hands:

- Use clean water and soap, making sure they cover their hands and wrists.
- **Use a brush to clean under nails if they're dirty too.**
- Dry their hands with something clean (like a paper towel).
- Alcohol based sanitisers are useful when soap and water is not available. Use half a teaspoon of the product and **encourage your child to rub their hands together until they're dry.** If you can see dirt on their hands, it is better to use soap and water.

For more information on the importance of hand hygiene and for up to date information on the Coronavirus please go to [www.healthywa.wa.gov.au](http://www.healthywa.wa.gov.au)

# How to Wash hands

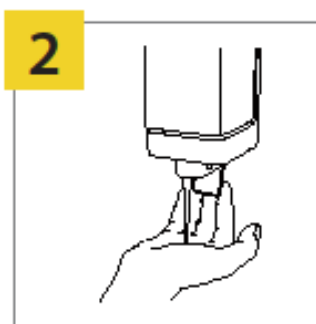
STAYING HEALTHY | 5TH EDITION | 2013



A hand wash should take around 30 seconds.



1  
Wet hands with running water (preferably warm, for comfort).



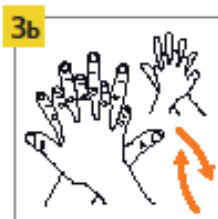
2  
Apply soap to hands.



3  
Lather soap and rub hands for at least 15 seconds, including:



3a  
palm to palm,



3b  
back of hands,



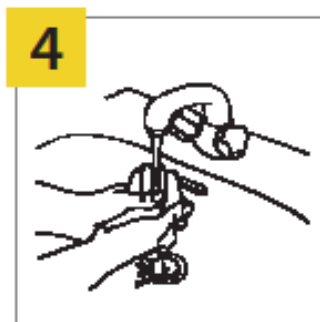
3c  
in between fingers and back of fingers,



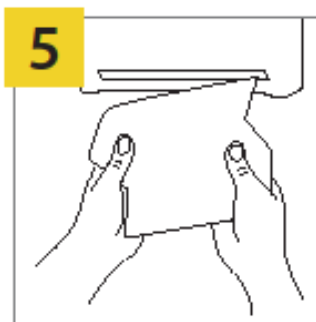
3d  
around thumbs and



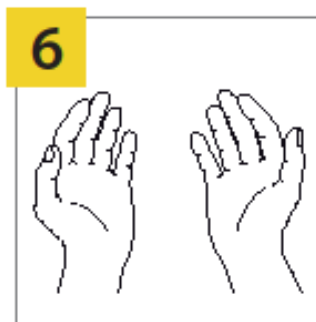
3e  
tips of fingers.



4  
Rinse hands with water.



5  
Dry hands thoroughly.



6  
Your hands are clean.

THIS POSTER REFERENCES THE WORLD HEALTH ORGANIZATION'S 'HOW TO HANDWASH?' POSTER NHMRC Ref. CH55g Printed June 2013



Australian Government  
National Health and Medical Research Council

NH|M|R|C

WORKING TO BUILD A HEALTHY AUSTRALIA



## Parents and Citizens' Association

All parents are welcome and encouraged to attend the Parents and Citizens' AGM and general meeting being held on Monday 23 March, commencing at 7.00 pm in our library.



Bendigo Bank School Banking

Bendigo Bank School is held on Wednesday mornings at 8.15 am in the School Board room.

Second Hand Uniforms

The second hand uniform shop is also open on Wednesday mornings at 8.15 am in the School Board room.

Scholastic Book Club

Orders close on Friday 20th March. No late orders can be accepted.

## Community Announcements

### Out of School Opportunities

Do you like playing sport with your mates? Do you like being active? Do you like having fun? Well, AFL could be the sport for you. Rossmoyne Junior Football Club are looking for more players for the upcoming Winter season.

It consists of one training a week and a game on the weekends. Rossmoyne JFC will potentially be running an after school Fun Open Day with prizes later in the term. Watch this space for more information. If you are interested in signing up or having a go to see what it's like, see Mr Bycroft for some information.





**WINNING EDGE™**  
ACADEMY

**BASKETBALL PROGRAMS**  
TRAINING FOR DOMESTIC CLUB PLAYERS  
(NON WABL)





WINNING EDGE BASKETBALL FACILITY  
50 NORMAN ROAD WYARLE  
\$17.00 PER SESSION

CATERS FOR ALL ABILITIES

Like us on Facebook!



WEEKLY IN-TERM SESSIONS  
SIGN UP ANYTIME  
MAX 12 KIDS PER CLASS

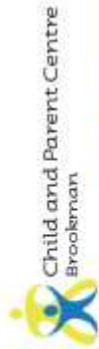
Instagram

ONLINE REGISTRATION  
[WINNINGEDGEACADEMY.COM.AU](http://WINNINGEDGEACADEMY.COM.AU)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7-11 YEARS	3.30PM - 4.30PM	3.30PM - 4.30PM	3.30PM - 4.30PM	3.30PM - 4.30PM
12-15 YEARS	5.30PM - 6.30PM	5.30PM - 6.30PM	5.30PM - 6.30PM	4.30PM - 5.30PM

Rossmoyne Primary School provides these Community Announcements as a service to the community, students and families. Inclusion in our school newsletter or any other means of delivery does not imply any endorsement of these events.





## Lifeline WA Parenting During and After Separation



### A FREE WORKSHOP WHERE YOU

- Learn about grief of parents and children during and after separation, due to changes in the family.
- Learn about the Free Counselling Support services - with a focus on Parenting After Separation and Bereavement Counselling - soon to be offered at Brookman CPC.
- Question and Answer session.

**Date:** Tuesday 17<sup>th</sup> March 2020

**Time:** 12.30 – 2.30

**Venue:** Child and Parent Centre, 34 Brookman Avenue, Langford

**Bookings essential:** Contact the Centre on 9235 7032  
or email [CPCBrookman@parkerville.org.au](mailto:CPCBrookman@parkerville.org.au)

111 parkerville.gov.au



betterhealthprogram  
healthy active happy kids!



## FREE FUN PROGRAM FOR KIDS!

The Better Health Program is a 10 week healthy lifestyle program for kids aged 7-13 who are above a healthy weight.

- Learn simple ways to eat healthier foods everyday
- Build confidence and boost self esteem
- Get fit playing fun games and activities
- Meet new friends and have fun!

### PLACES ARE LIMITED REGISTER NOW FOR TERM 1 2020:

Cannington – BOUNCEInc, Wednesday or Thursday 4-6pm

Mirrabooba – Herb Graham Recreation Centre, Tuesday 4-6pm

Joondalup – Latitude, Thursday 4-6pm

Port Kennedy – Rebound Arena, Wednesday 4-6pm

Call: 1300 822 953 - SMS: 0409 745 645

Online: [betterhealthprogram.org](http://betterhealthprogram.org)

Government of Western Australia  
Department of Health





PLAYGROUP WA

# PLAYCONNECT PLAYGROUP WILLETTON



**WHEN:** Wednesdays (during school term)  
**TIME:** 11.30am to 1.30pm  
**WHERE:** Willetton Playgroup,  
6 Kingfisher Loop, Willetton

Our free weekly facilitated playgroup is for families with children aged 0-6 years with Autism Spectrum Disorder (ASD) or communication and similar needs. Children do not need a diagnosis to participate and siblings are also welcome. An experienced playgroup facilitator leads the group with relevant play activities and current information. It's a great way for families to connect with others, share knowledge and ideas, and have fun!

For more information or to register to attend this playgroup contact Hotline on 1800 171 882 or email: [playconnect@playgroupwa.com.au](mailto:playconnect@playgroupwa.com.au)




PlayConnect Playgroups - part of the Australian Government's "Helping Children with Autism" package



**Triple P - Positive Parenting Program®**

Government of Western Australia  
Child and Adolescent Health Service

**A FREE program that teaches practical and effective ways to enhance family relationships and manage common child behaviour issues.**

**Who is this program for?**  
Parents, carers and/or grandparents of a child aged between 3 and 8 years.

**What is involved?**

- **Seminar Series** – 90-minute talks on:
  - children's behaviour
  - the tough part of parenting
  - raising confident children
  - raising emotionally resilient children.
- **Discussion Group** – small, 2-hour groups:
  - misbehaving
  - fighting and aggression
  - hassle-free shopping with children.
- **Group Triple P** – 8-week parenting course.



**Program details:**

Type: Seminar Series

Place: corner of Wharf & Sevenoaks St - Cannington Leisureplex

Date/s: Wednesdays 18th March and 25th March and 1st April 2020

Time: 9:30am - 11:30am Cost: FREE

**How do I book?**  
 Visit [www.healthywa.wa.gov.au/parentgroups](http://www.healthywa.wa.gov.au/parentgroups).  
 If unable to book online, contact the Child Health Booking System on 1300 749 869.

**Childcare:** Please do not bring babies and children over the age of 6 months to the group. You will need to make your own childcare arrangements for them. Crèche may be available at some venues. (Please check and organise through the venue).  
 You can bring babies into groups for feeding.

Visit [www.healthywa.wa.gov.au/parentgroups](http://www.healthywa.wa.gov.au/parentgroups) for more information.

December 2016 CAH-001020\_TripP

This document can be made available in alternative formats on request for a person with a disability.



Music On The Terrace  
presents


# The Little Mermaid

An opera for children

Adapted from Dvořák's Rusalka by Freeze Frame Opera

Proudly supported by the Government House Foundation  
and the Stan Perron Charitable Trust

*Government House Ballroom 28th and 29th of March 2020*  
Tickets - Children \$20, Adults \$35, Members \$30, Families of 4 \$90.  
Tickets at [perthconcerthall.com.au/music-on-the-terrace-2020](http://perthconcerthall.com.au/music-on-the-terrace-2020)



**Save the Children**

Save the Children is looking for donations of quality 2<sup>nd</sup> hand children's toys for younger children to sell in our Op Shops.

No Soft Toys please.

We are looking in particular for:

- Puzzles
- Games
- Barbies
- Action figures
- Fisher Price type play activity centres and suchlike

Funds raised assist vulnerable children in Western Australia, Australia and overseas.

Email Sonia at [sonia.holmes@savethechildren.org.au](mailto:sonia.holmes@savethechildren.org.au) with any queries.

We can pick up if it is a large donation.



## ActiveAte Group Program FREE TO ATTEND

ActiveAte is a group designed for children who would benefit from fun movement activities and learning how to explore food in a positive way.

Parents are taught how to promote wellbeing by supporting their child to explore food and increase physical activity. Parents come together to learn and share strategies to progress their child's engagement in meals.

**Children have the opportunity to:**

- Take part in fun movement games
- Explore foods based on sensory properties
- Socialize with other kids

**Topics covered with parents include:**

- Exploring ongoing opportunities for physical activity
- Mealtime myths
- Creating a positive mealtime routine
- How to support your child to explore food choices
- Troubles shooting barriers to eating a range of foods and participating in physical activity
- The role of technology

This group will be hosted by two of our therapists. The content of the group has been developed by Occupational Therapists, Physiotherapists, Speech Pathologists, Clinical Psychologists and a Dietitian.

**When:** The group occurs each term throughout the year over 8 sessions.

**Where:** Kids Are Kids!, 26 Parry Avenue, Bateman

**Cost:** FREE for the 8 session program and a 45 minute pre-group consult

**Register your interest:**

Please call 9413 0556 or email [info@kidsarekids.org.au](mailto:info@kidsarekids.org.au)

The program is made possible and has been subsidized for families by funding from the Helen Leach Endowment through Perpetual's IMPACT Philanthropy Program.

Speech Pathology | Occupational Therapy  
Physiotherapy | Clinical Psychology  
Parent Workshops & Support

[www.kidsarekids.org.au](http://www.kidsarekids.org.au)

Kids Are Kids! is registered to provide supports for National Disability Insurance Scheme participants



## About ActiveAte

ActiveAte is an 8 session program that you attend with your child.

Before starting, you will also attend a 45 minute pre-group meeting to discuss your child's current mealtime and physical activity routines. This helps us to better understand you and your child in order to track progress over the duration of the group. It is also an opportunity for you to ask any questions about the group before it begins.

**Outline for Parents**

- Session 1: Goal setting and guidelines for child wellbeing
- Session 2: Breaking down mealtime myths
- Session 3: Getting ready for change at mealtimes
- Session 4: Understanding the sensory properties of food
- Session 5: Understanding the sensory properties of food and expanding food choices
- Session 6: Parents and children exploring food together
- Session 7: The role of technology on wellbeing
- Session 8: Pulling it all together

**Outline for Children**

- Sessions 1-3: Taking part in fun movement activities and learning about food groups
- Sessions 4-8: Taking part in fun movement activities and learning how to explore food

We hope that families continue to maintain positive changes after ActiveAte and encourage a meeting 12 weeks post-completion to discuss your family's progress.

Feedback from parents who have attended has been overwhelmingly positive, reporting changes in their child's mealtimes and feeling supported and connected with other parents.



Speech Pathology | Occupational Therapy  
Physiotherapy | Clinical Psychology  
Parent Workshops & Support

[www.kidsarekids.org.au](http://www.kidsarekids.org.au)

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