



Greensborough Primary School - 2062

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Borough Bulletin ~ 21 October 2021

Friday 22 October 2021	Grades 1 & 2 Students attending school onsite Grades 5 & 6 Students attending school onsite 2022 Camp Expression of Interest Deposit Due – See your Compass App
Monday 25 October 2021	Prep Students attending school onsite School Council Meeting – 7:00pm
Tuesday 26 October 2021	Prep Students attending school onsite Grades 3 & 4 Students attending school onsite
Wednesday 27 October 2021	Prep Students attending school onsite Grades 3 & 4 Students attending school onsite
Thursday 28 October 2021	Grades 1 & 2 Students attending school onsite Grades 5 & 6 Students attending school onsite
Friday 29 October 2021	Grades 1 & 2 Students attending school onsite Grades 5 & 6 Students attending school onsite
Monday 01 November 2021	School Curriculum Day – No On-Site Attendance OSHClub available
Tuesday 02 November 2021	Melbourne Cup Day – Public Holiday
Wednesday 03 November 2021	Prep Students attending school onsite Grades 3 & 4 Students attending school onsite
Thursday 04 November 2021	Grades 1 & 2 Students attending school onsite Grades 5 & 6 Students attending school onsite
Friday 05 November 2021	All Students attending school onsite 2022 Prep Orientation Session 1 – 9:30am to 11:30am – TBC
Friday 12 November 2021	2022 Prep Orientation Session 2 – 9:30am to 11:30am – TBC
Friday 19 November 2021	2022 Prep Orientation Session 3 – 9:30am to 11:30am – TBC
Tuesday 23 November 2021	Book Fair – TBC
Wednesday 24 November 2021	Book Fair – TBC Multi-Age Day
Thursday 25 November 2021	Book Fair – TBC Book Parade
Friday 26 November 2021	2022 Prep Orientation Session 4 – 9:30am to 11:30am – TBC
Monday 29 November 2021	School Council Meeting – 6:30pm
Thursday 09 December 2021	Grade 6 Graduation
Tuesday 14 December 2021	Grade 6 Big Day Out – TBC
Friday 17 December 2021	Last Day of Term 4 – Early Dismissal – 1:30pm

Principal's Report

What a joy it was to see our Preps and Grade One/Two students return this week, albeit for a few days. The sights and sounds of children playing with their friends in the playground and working with their teachers face to face brought great pleasure to us all. Even with masks on, we could see the smiles on the faces of parents as they dropped their children at the gate! Thank you to the teachers for decorating their rooms and making it a special first day back. We're looking forward to our Grade 5/6 students returning tomorrow and our Grade 3/4s next Tuesday.



Teachers are building regular breaks into their class programs at present, to allow students time to acclimatise to wearing masks and get back into school routines. Jasper in Grade One said it perfectly, when he explained he was 'going back in time in his head' to remember to put his hand up in class and listen to his teacher. We know that students will very quickly settle in and resume their class programs in earnest.

We are very fortunate at GPS that each classroom has windows and doors that face outdoors, and teachers are maximising the ventilation in their rooms by having these open and working outdoors where possible. We remind parents to ensure that children wear clothing to suit the weather, as we are unable to use our heaters or air conditioners at this stage. We have several areas of the school suitable for outdoor learning and we are increasing these. Wayne and Geoff are building additional seating outside the Grade 5/6 classrooms, and we have applied for a shade sail grant to cover the assembly area.

Thank you to all the parents in Grades 3 - 6 who are sending children with named masks and it's great to see many Prep – 2 students following DET's recommendation to wear masks at school. Our COVID safe plan includes teaching our students protocols for the safe handling and storage of masks.

The Victorian Chief Health Officer has issued directions that require COVID-19 vaccinations for people who work and volunteer in schools. Our current Operational Guidelines require schools to collect and record vaccination information for all visitors, volunteers, external allied health staff and contractors working on the school site or in close proximity to students or staff. Visiting parents and carers (when visitors are permitted) are not required to show proof of vaccination unless they are visiting the school to perform volunteer work. If this advice changes, we'll advise parents and carers.

Home Learning Packs Drop Off and Collection

Only the Grade 3/4 students will need to make a trip to school tomorrow to return this week's Home Learning Pack and collect next week's tasks. Our Grade 1/2 and 5/6 students will be onsite and will take them home when they leave at the end of the day. Prep students will be onsite Monday and can return their work then.

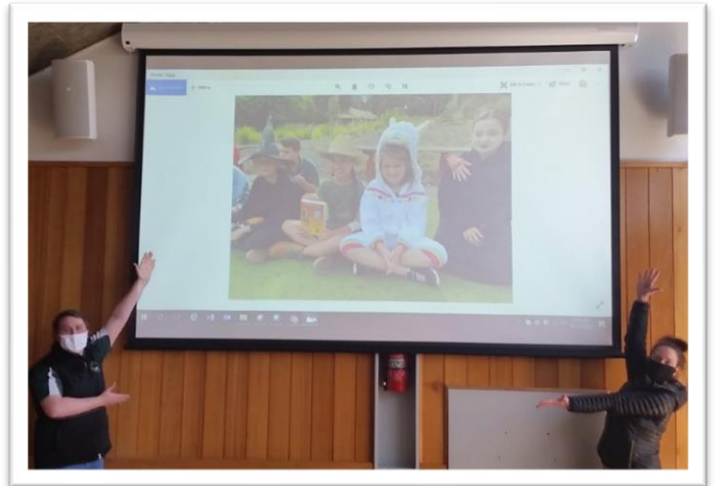
Collection for Grade 3/4 students will be at the usual time between 2.30 – 3.30pm and we'll have all gates open for ease of entry and exit for family members.

Cooperation **A**chievement **R**espect **E**mpathy

Thank you, Parents and Friends

A huge thankyou to our Parents and Friends Committee who work so hard to raise funds for our school and to all families who support them. The latest resource they have purchased for us is a magnificent screen in the hall. Our Preps enjoyed the inaugural use of the screen at last Monday's assembly as they viewed the students participating in our online assembly at home.

We're looking forward to using the screen for multiple purposes, most notably for our Graduation slideshow! (If Guidelines allow).



Celebrating Student Excellence

Throughout the year, Maria Grima's Magic Maths group has taken part in the Maths Games competition. This consisted of 5 contests focusing on challenging mathematical equations which tested out their problem-solving skills. Well done to all students who participated and strived to perform to the best of their ability and received a Certificate of Achievement: Bella, Alysha, Aiden, Sienna W, Zoe, Taegan, Milly, Sienna N, Daniel and Adrian.

A special mention to the following students who were also awarded a keyring as an acknowledgement of increased enthusiasm for maths, demonstration of overall improvement or providing help to others. We are very proud of your achievements.

- ★ Bella E – Top 10% of all results.
- ★ Alysha J – Top 20% of all results.
- ★ Zoe McK – increased enthusiasm for Maths.
- ★ Milly S – overall improvement in Maths.
- ★ Taegan McN – for her dedication to improving her mathematic abilities.

Congratulations also to Aiden L. who has been accepted into Viewbank College's Year 7 Acceleration and Enhancement Program. This program is designed to offer gifted and talented learners, who have been identified as very capable, committed and enthusiastic, the opportunity to work in a challenging and stimulating environment with students of similar ability. Aiden clearly deserves his place in this program, and we wish him all the best!

Earlier this year students in my Spelling Extension class demonstrated their spelling prowess and extended vocabulary by participating in the Whitlam Institute's National Writing Competition. The topic was "What Matters," and students' submissions were between 400-600 words. The students each chose an issue of significance to them and expressed their views with conviction. Congratulations to Grade 6 students: Willow, Aiden, Sienna W, Taegan, Adrian and Grade 5 students: Holly S, Sienna N and Daniel for receiving a Certificate of Achievement for their well written stories.

Changes to Semester 2 Student Reports

The Department of Education and Training has recently adjusted the expectations around student reporting for Semester 2 in recognition of the disruption caused by COVID-19.

Greensborough Primary School will therefore provide a modified written report for each student, focusing on what progress has been made and what has been achieved.

Reports will include:

- A description of the areas of the Victorian Curriculum Foundation to Level 10, including Towards Foundation Levels A to D, taught:
 - For English and Mathematics:

- Student achievement information represented on a continuum of learning.
- Progress made since the last time these curriculum areas were reported on.
- A five-point scale.
- For all other curriculum areas taught:
 - A short comment on progress and achievement across the semester.

During Remote Learning our Home Learning Programs were adjusted to respond to parent feedback and our priorities were Literacy, Numeracy and Student Wellbeing, with specialist tasks optional. Our reports will reflect these changes and also comment on students' engagement with Remote Learning.

Allied Health Workers Supporting Students Onsite

I have had several queries from parents and carers asking if therapists will be allowed onsite to work with students when they return to school.

Our Operational Guidelines allow allied health workers to come onsite if it's essential (see text below). If any parents/carers feel that it's essential that your child sees their therapist at school, please discuss this with your child's class teacher.

Allied health professionals can provide urgent or essential services onsite at all schools where telehealth services are not clinically appropriate, within the context of current advice available at [HWIW service provision in Victorian government schools](#).

Our guidelines require us to minimise areas used by visitors and contact with students or staff, therefore therapists are unable to be in classrooms or playgrounds. We will provide a space in the hall which will be well ventilated with doors open and surfaces wiped down after use. All allied health workers working onsite must provide vaccination information when attending. If they are unable to provide evidence of vaccination, they will not be able to enter the school. Visitors must also check in with the QR code and also check in and out using the office kiosk.

2022 Grade Planning

Tomorrow, Friday 22nd October, is the last day parents can email specific requests for your child next year, so we can factor these requests into our planning. We are not always able to meet all requests, however we always have a further discussion with parents if this was the case. Students list five friends they'd like to be with next year and this information will be included in our decision-making, along with teacher input.

We will be finalising grades by the end of October, so we can begin handover of student information from this year's teacher to next. Notification of 2022 grades will be sent home with reports on Friday December 10th and students will meet their 2022 teachers and spend the morning with them on Tuesday 14th December.

Based on current information, next year's classroom teachers will be the same as 2021 and I have republished the staffing for grades below. Thank you to the parents and carers who have already emailed me with their request.

PROGRAM	STAFFING
Prep	Darhian Jones
Grade 1/2 A	Claire Storey 0.5 + Alison Gibson 0.5
Grade 1/2 B	Laura Tillotson
Grade 3/4 A	Rebecca Gauci
Grade 3/4 B	Jesse Stephens
Grade 5/6 A	Maria Grima
Grade 5/6 B	Erin Donaldson

Curriculum Day: Monday 1st November

A reminder to families that Monday 1st November is a Curriculum Day and students will not attend on this day. Teachers will work together to moderate students' work samples, analyse students' assessment tasks and begin to write Semester Two student reports.

Kinder-Prep, Year 6-7 Transitions

We are making every effort to ensure successful transitions for children moving from kindergarten into Prep and the Grade 6s moving into Year 7. Current guidelines do not allow onsite visits; however, we are hoping this may be eased in coming weeks.

In the meantime, Darhian will be contacting kinders next week to discuss our 2022 Prep students and our Grade 6 teachers are having discussions with high school coordinators to support successful transitions.

We're planning for Graduation and when we receive updated advice from DET, we'll forward this to families.

Uniforms and Hats

Many students have returned without their hats this week. Hats are required for all outdoor activities, this includes recess, lunch and Physical Education lessons. We ask families to help your children to locate their hat at home and bring it to school, as we want all children to be able to play with their friends during the breaks, rather than be restricted to shaded areas. (School hats are available at the office for \$12.)



When students returned this week, we've seen how much they've grown during Remote Learning. To reduce the numbers of visitors onsite, if families need to purchase new uniforms, we ask you to pay online and if you know the size of items, please just send Mehgan an email or ring and she'll send the item home with your child. If parents need to see the sizes or would like to purchase pre-loved uniforms, we ask that you ring the office to arrange this.

Monday Morning Assembly

Assembly will be at 9.10am on Monday morning, to allow our Preps time to arrive and settle in. This also allows grades who have class meetings at 9.30am to begin on time. An invitation will be sent on COMPASS tomorrow.

DET COVID Safe Fact Sheet

The Department of Health has developed a fact sheet for parents and carers, focusing on young people and COVID-19.

The fact sheet includes information about:

- Symptoms and treatment
- Getting a COVID-19 test
- COVID-19 vaccines, including how to book an appointment
- Wearing face masks
- Resources to support conversations about COVID-19 with children
- Resources to support mental health and wellbeing.

The fact sheet is available in word or PDF formats:

- Children, young people and COVID-19 – Word
- Children, young people and COVID-19 – PDF

I encourage you to access the fact sheet and share the information with your children.

If you have any questions or concerns about COVID-19, you can contact the Department of Education and Training's COVID-19 phone line on 1800 338 663 (available 8:30am to 5pm, Monday to Friday, and 10am-3pm Saturday to Sunday, excluding public holidays).

Thank you for your continued support during remote and flexible learning and the transition back to full time onsite learning, beginning November 5th.

Angela Morrìt

Principal

2022 Prep Enrolments

We are finalising enrolments for our Prep 2022 class so if you know anyone who is coming to Greensborough Primary next year, please advise them to register their details as soon as possible, (this includes siblings of current students).



Children's Week is a national celebration that recognises the talents, skills, achievements and rights of children. It will run from Saturday 23 October to Sunday 31 October 2021, with thousands of Victorian children taking part in the festivities.

The theme for Children's Week 2020-21 is **Children have the right to choose their friends and safely connect with others**, drawn from Article 15 of the United Nations Convention on the Rights of the Child.

During Children's Week, local councils, not-for-profit organisations, schools and early childhood services organise open days, displays, special events, virtual spaces and online-based activities. These celebrate childhood and showcase children's achievements.

All Children's Week events are free to families with children aged from birth to 12 years. This is a great opportunity for Victorian families to enjoy fun, engaging and educational experiences.

Calendar of free activities:

A [calendar of activities](#) is available to view.

2022 Camp Weekaway

Dear Parents/Carers,

Just a reminder that to secure your child a place for **Camp Weekaway 2022** please complete the **Expression of Interest** form as well as pay a **\$50 deposit** on Compass by **Friday 22 October 2021**.

Kind Regards,

Mr Jesse Stephens

Camp Coordinator



Library News

Book Week

At present Book Week is still scheduled for the week beginning Tuesday 23rd November. I will let you know if that changes.

Book Week Competition

A reminder to enter our Book Week competition. I've had some excellent entries submitted by the children in the middle and upper grades.



Competition Competition Competition

Capture a wacky, weird or wonderful reading position

What do I do?

Take a photo of your own unique way of reading. In a pool, with a pet, upside down... the only limit is your imagination, your **safety** and **Covid restrictions**. Upload a photo of your Reading Spot to Library Seesaw. Deadline for all entries by Monday November 15th.

Winners will be announced on Wednesday 24th November.



Overdue Books

As children return to school it would be great if we can have all overdue library books returned to the library. I have sent notes home last week to Grade 1/2 children and this week I will be sending notes home to the rest of the school. Please feel free to contact me if there are any problems.

Happy reading

Jen Farley

Teacher Librarian

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STUDENT WELL-BEING

Hi Everyone,



VERY INTERESTING!!



I often read the news on the internet (contributing to the lack of newspaper in the art room!). This week I read about a man who was researching family history and came across a bundle of old postcards. On one of the postcards, it mentioned quarantine restraints on travel and vaccinations due to a smallpox pandemic in Australia in 1913! Lockdown lasted 145 days. You can read about it at

<https://www.abc.net.au/news/2021-10-17/family-nostalgia-in-the-age-of-covid-history/100488348>



What joy, what excitement to see some of our younger students return to onsite learning! I am sure that there must be some very tired 'little' people getting used to full days at school again!

As our students return, one thing many of them will be navigating is the use of Masks! *Remember when you anticipated wearing your first mask, especially in public?* As an introvert, I found it daunting but soon realised that every other adult was 'in the same boat'. Fogging up of glasses is my main gripe, but you get used to it.

So how can we as parents help our children navigate the use of Masks?

- ✚ Tune into your child's feelings about face masks. 'When we talk, breathe, cough and sneeze, tiny drops of snot and saliva can come out of our nose and mouth. Face masks can stop the drops getting on other people. It's best to keep those drops to ourselves!'
- ✚ 'Healthy people wear face masks. Lots of people, like doctors, nurses and teachers, wear face masks to do their jobs. Wearing masks is one way we can help to keep everyone safe from COVID-19.'
- ✚ People only need to wear them when they leave the house.

Children learn through **play** which can be a great way to help children feel more comfortable about face masks. Play can also help children express and explore feelings about face masks.

Here are ideas for play with masks, which you can adapt for your child's age or developmental stage:

- ✚ Make up silly songs or rhymes about face masks. Use plenty of actions.
- ✚ Make up stories about masked characters who are superheroes.
- ✚ Play a game of peekaboo with your mask. Make funny faces each time you take your mask off.
- ✚ Give your child a face mask to touch and play with during everyday activities like bath time. For example, your child might like pretending to wash a mask during water play.

- ✚ Dress up your child's favourite soft toys in a face mask.
 - ✚ Play a game of 'schools' where the 'teacher' has to wear a mask. Repeat with students wearing masks.
- These ideas can help your child get used to wearing a face mask and feel comfortable with the idea:
- ✚ Encourage your child to practise wearing a face mask for short periods at home first.
 - ✚ Give your child some choice in their face masks if you can. For example, let your child choose colours, patterns or materials.
 - ✚ Let your child decorate their masks.
 - ✚ Consider features like tie-on masks, mask extenders or ear savers to make masks more comfortable for your child.
 - ✚ If your child is younger, make a game out of it. For example, put your mask on at the same time as your child and make up silly songs or rhymes about wearing them, or pretend you're masked superheroes.
 - ✚ Help your child with breathing exercises or muscle relaxation activities if they feel a bit anxious when they're wearing their mask.
 - ✚ Practise putting on and taking off their mask.

IT IS *IMPORTANT* THAT CHILDREN KNOW THAT WE DO NOT SHARE MASKS.

For more details click on these links:

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/face-masks-coronavirus-children>

<https://raisingchildren.net.au/guides/coronavirus-covid-19-guide/wearing-face-masks-tips-to-help-children-teenagers>

Follow these links for some fun You Tube clips to share with your children:

[Masked Heroes | Cincinnati Children's - YouTube](#)

[Why Do People Wear Masks | Little Ones Version | Jack Hartmann - YouTube](#)

[The Superhero Mask Song | Helping Kids Wear Masks during Covid | Miss Jessica's World - YouTube](#)

Finally, for a bit of cheeky fun, I found this idea on the web:



So, whether your child is required to wear a mask in class, or you would like your child to wear a mask, I hope this helps to ease them into the idea! I am looking forward to welcoming ALL our students back over the next couple of weeks.

So, take care and continue to reach out.

Robyn Mulholland

Student Wellbeing – Mondays 10:00am to 3:00pm & Wednesdays 8:30am to 1:30pm
robyn.mulholland@education.vic.gov.au





Pupil of the Week



Term 4 ~ Week 1

Prep	<i>Kashvika</i>	For an excellent start to her Home Learning at Greensborough Primary School and her wonderful effort in Reading.
Grade 1/2A	<i>Tomas</i>	For wonderful reading and understanding in this week's reading session.
Grade 1/2 B	<i>Charlie J</i>	For consistently working hard to produce Narrative Writing with great vocabulary, correct punctuation and beautiful handwriting.
Grade 3/4 A	<i>Talia B</i>	For her fantastic video explaining the magic trick 'Disappearing Pen Lid'. Well done.
Grade 3/4 B	<i>Billie M</i>	For going above and beyond during the Ninja Warrior incursion.
Grade 5/6 A	<i>Barbara</i>	For her excellent work during reading, making deep connections to the text.
Grade 5/6 B	<i>Alysha</i>	For always being on time and contributing.
PE	<i>Milly S 56A</i>	For an excellent summary of her heart rate during exercise, well done!

Term 4 ~ Week 2

Prep	<i>Gino</i>	For a wonderful start to his time at Greensborough Primary School and participation in our morning class meetings.
Grade 1/2A	<i>Jay</i>	For being a Remote Learning Superstar! Your effort and enthusiasm towards your learning is amazing Jay. Keep it up!
Grade 1/2 B	<i>Scarlett</i>	For her outstanding effort learning about Money this week. You have tried so hard and implemented feedback well!
Grade 3/4 A	<i>Hunter P</i>	For his outstanding contributions to our online Guided Reading session!
Grade 3/4 B	<i>Liam S</i>	For your contributions during our virtual Guided Reading session!!
Grade 5/6 A	<i>Evelyn</i>	For your outstanding commitment to all areas of your learning. Keep up the fabulous work!
Grade 5/6 B	<i>Harmony</i>	For working hard towards her personal learning goals, keep it up!
PE	<i>Kashvika Prep</i>	For doing a great job with her Exercise poster and attending her first live PE class. Well done!

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JSC & ICY-POLES

We are looking forward to all the students returning to school on Friday 5 November! Upon our return, and provided we are allowed to, the JSC will recommence the selling of icy-poles every Friday lunchtime to continue our fundraising efforts to achieve our goal for this year! 😊

Hope you are all staying safe.

From the *Junior School Councillors & Mrs Grima*



Community Pantry Project

The Food Collective Project is proud to announce nine Community Food Pantries are opening throughout Nillumbik and Banyule to be accessed by our local residents. The Pantries are regularly checked to see how residents not only use the pantry when in need, but when donating to them also. These pantries are already providing a level of food security into our local area through community involvement.



Covid19 has affected so many people within our community. If you, or someone you know is struggling the Pantries are here to provide. Don't go hungry, you can visit one of our open pantries or visit us at the Diamond Valley Community Support Inc Office located at Greensborough Plaza Level 3. Below are the addresses of the pantries:

Hurstbridge Hub -Vines Baptist Church

50 Graysharps Rd, Hurstbridge

Open 24/7

Rosanna Fire Station NH

232 Lower Plenty Rd, Rosanna

Open 24/7

Strathewen Primary School

School Ridge Rd, Strathewen

Open 24/7

Warrandyte Mobile Pantry NH

168 Yarra St, Warrandyte

every Wednesday from 10 till 12

Panton Hill NH - Living & Learning Nillumbik

18 Bishops Rd, Panton Hill

Open 24/7

Watsonia Neighbourhood House

47 Lambourn Road, Watsonia

Open 24/7

Eltham Lions Club

2 Youth Road, Eltham

Open 24/7

St Johns Uniting Church

Diamond Creek, 61 Main Street

Open 24/7

Greenhills NH

Community Drive, Greensborough

Mobile Panty open Monday to Friday from 9am till 3pm and a smaller panty with 24/7 access

Greensborough Primary

Newsletter

October 2021 Edition

OSHClub 



What's been happening...

Term 4 news!

We are back and active! We have been setting up a variety of activities around the room and the children have been having lots and lots of fun.

The highlight up till now is the cat miaowing group that Isaac, Maisie, and Billie created to entertain us! The effort was great, and we even have a fun video of them!

The children have been very much into playing a paddock game which is really fun, and the children have to put their thinking hats on to be able to win! We actually have some really fast thinkers and great players.

Uno and monopoly are our highlights too. The children have certainly mastered Uno and always manage to win the educators!

As it is our favourite science experiment, we have been making some more elephant toothpaste in our attempt to master science! Our Lava lamps also turned out great giving the children a lot of excitement.

We celebrated Superhero week by making our superhero bookmarks and challenged ourselves with a hard superhero wordsearch!

We have also been having lots of fun outside playing on the playground and on the basketball and netball courts.



All the children will be returning to school on Friday 5th of November or as per announcements from the Department of Education.

Mon-Fri 06:45 am-08:45 am and 03:30 pm-06:00 pm
0447868204
greensborough@oshclub.com.au

oshclub.com.au
1300 395 735



Coming Up

Oct
19-25

National Water Week

We will be exploring the importance of water for our lives!

Oct
21

Headspace Day

This years theme: Small steps start big things!

Oct
31

Halloween

Trick or treat!

Special Announcements

OSHClub running Pupil Free Day!

We are excited to announce that on the 1st of November we will be running a pupil free day. Communications have already come out to all the families. We will be keeping you updated regarding eligibility to attend according to announcements!

Quality Area Reflection

Focusing on.....

In our attempt to build up our collaborative relationships with the children (QA5) we have been working alongside with the children seeking for their feedback via the new feedback templates, the children's mini meetings and also their suggestions and ideas in our day to day practices, in order to use this in our programming circle for our activities!

Club News

Mini Bake-off CLUB and Fit Kidz Club!

New term new clubs! On Tuesday we ran the mini bake-off club, and we made some chocolate truffles. The children loved the experience and also enjoyed eating them as they were super yummy!



On Thursday we ran the Fit Kidz club with the AFL skills and drills. It was a lot of fun as the children enjoyed practicing their gross motor skills.



Coordinator's Corner

Exciting moments!

I am so happy that soon everything will be back to normal and that all our children will be able to attend the service. Our goal is to provide the best quality learning via a variety of experiences based on the children's ideas and requests! The children have requested for us to celebrate Halloween and we decided to carve a pumpkin! This is going to be my first time carving a pumpkin, so I am super excited as the children have managed to challenge me this time! Look out for our photos!

Photos talk for themselves!



Recipe

Pumpkin Soup!

Ingredients

- 2tbs olive oil
- 1 onion finely chopped
- 1kg pumpkin chopped in pieces
- 1 sweet potato in pieces
- 1 potato in pieces
- 700ml vegetable or chicken stock
- 150gr heavy cream

-Heat olive oil in a large saucepan and cook onion until soft.

-Add pumpkin pieces, sweet potato pieces, potato pieces and stock.

-Cook until soft.

-Blend until nice and smooth

-Add cream and cook until lightly heated.

-Serve with croutons

-Enjoy!





connecting & communicating with your young person: parent / carer webinar

headspace National, are presenting a webinar for parents and carers of young people.

Information presented will cover:

- Understanding your young person, and recognising mental health difficulties
- Managing the challenges of parenting young people today
- Having better conversations with your young person
- Connecting your young person with the right help and support

The webinar will consist of a presentation on mental health, with a focus on noticing mental health difficulties in young people and supporting them to open up and communicate with you about their challenges, in order to seek help if needed.

When: Wednesday 24th November
7pm AEDT

Where: online via zoom

How do I register?

[Click here](https://www.eventbrite.com.au/e/green-sborough-parent-carer-webinar-communicating-with-youth-registration-189413339397) to register via Eventbrite, or copy the following URL into your web browser: <https://www.eventbrite.com.au/e/green-sborough-parent-carer-webinar-communicating-with-youth-registration-189413339397>

After you have registered, you will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar. *Please note this webinar will not be recorded.*

All those who register will receive a digital information pack, after the webinar, that includes key messages as well as links to resources & support services.

Contact

For more information email:
programsupport@headspace.org.au



Join Us!

Come and Try Baseball (ages 8-16)

Wednesday 27 October, 5:30-7pm

Glenauburn Park, Lower Plenty

Register at join.juniorbaseball.com.au



Banyule Council is offering free **Online** Yoga/mindfulness sessions.

Yoga Session are on 21st, 26th, & 28th October 2021.

Join one or all of three sessions designed for school age to gain more insight into body awareness. Feel confident as we challenge balance and strength.

Perfect stress relief exercises to reduce anxiety.

Here is the link below:

To book one or all 3 sessions go to:

<https://www.trybooking.com/BUTUM>