



Gerringong Public School Term 2 Week 2



Fortnightly Newsletter Term 2 Week 2

1st May 2023

PRINCIPAL'S MESSAGE

Dear Families

Gerringong Public School would like to congratulate Ellie M who came an incredible 10th place at the NSW Inter-School State Equestrian Championships in the holidays.

Ellie looked amazing in her school colours in the show jumping and dressage. We are very proud of you Ellie. Great work!



Anzac Day

On Tuesday 25 April, our Year 6 leaders represented our school very well at the dawn service. Bonnie and Tessa both did a fabulous job in reading a Prayer for Our Nation and a Prayer for Peace. Risto, Josie, Abi, Harper and Meg supported them and laid the wreath. A big thank you to Mrs Liz Payne for making and donating the wreath for the dawn service and also our school service. They were amazing!



On Wednesday 26 April, we held our school ANZAC service just before lunch. Thank you to Mr Mike O'Leary, President of Gerringong RSL sub-Branch.



Easter Hat Parade

On the last day of Term 1, students had a great time at the Easter Hat Parade. They particularly loved making their hats with their buddies.













Harmony Day

KS celebrated Harmony Day by learning about diversity and harmony. We created a poster of all of our hands and glued them on to represent that everyone belongs in KS every day.



Tongarra Netball

Last term Naomi P, Harper B & Sienna W made it through to the Tongarra Netball team and Naomi was selected for the Nowra Zone team too. Congratulations girls- great work! We wish you luck.



Boys Cricket vs Mt Terry

Towards the end of last term the boys cricket team travelled to Shellharbour to play Mt Terry in a PSSA knockout round.

It was a close game and the score was Gerringong 10/46 and Mt Terry 10/59. Unfortunately Gerringong lost but the boys tried hard and showed great team spirit.

A stand-out bowler and fielder on the day was Benji D whose phenomenal bowling score was 4/6 . He also caught 2 magnificent catches.

Thank you to all the parents who transported the boys. I would especially like to thank Bruce Uren for helping to umpire.

Jenny Dougall

Cricket Organiser

Intention to apply for Year 5 placement in an opportunity class in 2024

Applications for Year 5 entry to opportunity classes in 2024 opened on **Thursday 30 March 2023** and close on **Monday 15 May 2023**.

Opportunity classes are for primary school students who have high academic potential or who are intellectually gifted.

They provide an environment where students can learn and make friends with classmates of similar ability. This can benefit a student's academic progress and also their wellbeing.

• All candidates are required to sit the Opportunity Class Placement Test on **Thursday 27 July 2023**.

- Please read the Information for applicants link: Information for applicants¹
- To apply go to the online form at : <https://education.nsw.gov.au/oc>

School Refusal Resource

Our Well being Nurse Wade has shared this resource for understanding school refusal, Please take the time to follow the link and have a look.

<https://reachoutaustralia.cmail19.com/t/r-e-ttejly-bkuddujhhj-f/>

Mother's Day Stall

Our wonderful P&C will be organising beautiful gifts for all our mums, Aunties, Grandmas and carers. All gifts will be priced at \$5.00.

¹<https://chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://education.nsw.gov.au/content/dam/main-education/public-schools/selective-high-schools-and-opportunity-classes/media/oc-applicpack.pdf>

Mothers' Day STALL

Yes, it's that time of year,
the annual Mothers' Day Stall is finally here!

So come along everyone, there's something here for every mum!

Please support our stall by purchasing a gift (or two or three) and raise some funds towards the Gerringong Public School P&C

When: Tuesday 9th May

Where: School Hall - Each class will be brought to the stall to purchase their gift/s.

Price: All gifts will be priced at **\$5 each**. *What a bargain!*

Children are welcome to buy additional gifts for Grandma, Nana or Aunty.

A pop up stall will be held on Friday 12th May at lunchtime for any students who are unable to come to the stall on Tuesday.

Get excited mums, there are some beautiful gifts coming your way!



Drama Club

Drama Club lessons started last Friday. The students had a great time and I look forward to seeing their performance!

Save the Date

Next P&C Meeting 15 May 2023- Everyone welcome!

There has also been a clash of community events and a new date for our big Trivia Night Fundraiser will be rescheduled soon. Watch this space!

Term Dates

Term 2 Ends Friday 30th June.

Term 3 starts Tuesday 18th July and ends Friday 22nd Sep

Term 4 starts Monday 9th October and ends Friday 15th December (Staff Development Day Mon 18th and Tues 19th Dec)

Kind regards

Mrs Kristie Goldthorp OAM JP

Principal

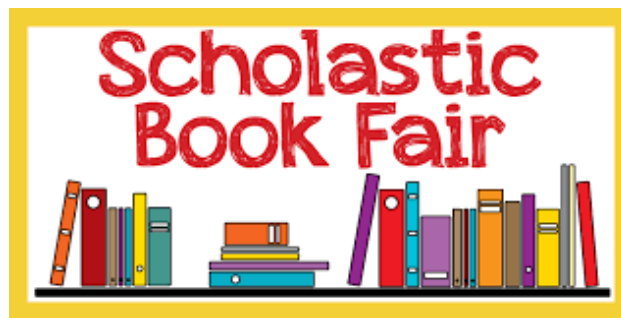


Library News

Book Fair

The Book fair will be here next week. Its time to do some extra jobs so you can earn some spending money!

Book Fair will be open from Tuesday May 9th to Wednesday May 17th (But closed on Friday) from 8:45am- 3:15pm



Premier's Reading Challenge

Gerringong Public School is home to some keen readers. Already 60 students have completed the Premier's Reading Challenge!

If you are having any trouble logging on to the PRC NSW website come and see me in the Library for some assistance.

Calendar Term 2 2023



Gerringong Public School – Term 2 Calendar 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
1	24/04 Staff Development Day	25/04 Anzac Day	26/04 Students First Day of Term 2 Scripture	27/04	28/04 South Coast Rugby League Trials
2	01/05 Band	02/05	03/05 Scripture	04/05 Selective High School Placement test	05/05
3	08/05 Band	09/05 Book Fair	10/05 Scripture Book Fair	11/05 Book Fair	12/05 South Coast Netball Trials
4	15/05 Band P & C Meeting Book Fair	16/05 Book Fair	17/05 Scripture Book Fair	18/05	19/05 National Walk safely to School Day NSW PSSA South Coast Netball Gala Day
5	22/05 Band Girls Soccer PSSA School Knockout Gala Day	23/05	24/05 Scripture	25/05	26/05 Boys Soccer PSSA School Knockout Gala Day Sorry Day
6	29/05 Band	30/05	31/05 Scripture	01/06	02/06 Reconciliation Week Assembly
7	05/06 Band	06/06	07/06 Scripture	08/06 The Southern Illawarra Classic Shield	09/06 Touch PSSA School Knockout Gala Day
8	12/06 Band	13/06	14/06 Scripture	15/06 Stage 2 Camp-Berry K-2 Responsible Pet Education Program	16/06 Stage 2 Camp-Berry
9	19/06 Band Stage 3 Camp-Canberra	20/06 Stage 3 Camp-Canberra	21/06 Scripture Stage 3 Camp-Canberra	22/06	23/06
10	26/06 Band	27/06	28/06 Scripture	29/06	30/06 Last Day of Term 2

OFFICE NEWS

School Bytes

If you have not already, please be sure to register for the School Bytes Parent portal.

Please note absence reasons can be added through the parent portal after 9.30 am on the day of absence.

As we have been transitioning to the School Bytes system for attendance, we apologise for incorrect SMS notifications being sent when students are on school business, the office and teachers are working together to avoid this from happening. We appreciate your understanding.

If you have any questions please contact the school office.

School News



K - 2 Assembly Awards Term 1, Week 10

(NO AWARDS IN WEEK 11 - GOOD FRIDAY)

Congratulations to:

KG	Poppy H - For achieving great progress when blending and segmenting words. Alfie C - For excellent effort learning his SATPIN sounds.	1G	Louis C - For being kind and supportive towards his peers. Roman N - For trying hard during literacy activities.
KS	Daphne N - For identifying the core and attributes of patterns. Liam J - For consistently being a kind and respectful class member.	2LD	Lewie P - For displaying our school values of respect and responsibility. Billie C - For wonderful contributions to class discussions.
K/1L	Henry S - For showing GRIT in the Learning Pit Auralyha D - For working hard to independently approach her friends in the playground.	2BJ	
1K	Ava R - For writing an interesting story about 'The Box.' Hazel C - for writing an interesting story about 'The Box.'		

GERRINGONG PUBLIC SCHOOL



CANTEEN

SANDWICHES

Vegemite, Honey, Jam	\$2.50
Cheese	\$2.50
Cheese & Tomato	\$3.00
Baked Beans	\$3.00
Spaghetti	\$3.00
Lean Ham	\$3.00
Lean Ham & Cheese	\$3.50
Lean Ham, Cheese & Tomato	\$4.00
Lean Ham & Salad	\$4.50
Egg, lettuce & mayo	\$4.00
Salad	\$4.00

Toasted	add \$0.50
Wrap	add \$0.50
Gluten Free Bread	add \$1.00

SALADS

Seasonal salad	\$3.50
Seasonal salad & egg	\$4.50
Seasonal salad & chicken strip	\$5.00
Seasonal salad & lean ham	\$4.50

HOT FOOD

Crumbed chicken strip	\$2.00
Hot chicken wrap	\$4.00
Flame grilled chicken burger	\$4.50
Mac 'n' Cheese	\$4.50
Beef lasagne	\$4.50
Penne bolognese	\$4.50
GF Penne bolognese	\$4.50
Spinach & ricotta roll (Mon/Fri only)	\$4.00
Sausage roll (Mon/Fri only)	\$4.00
Traveller pie (Mon/Fri only)	\$4.50
Albion park pie (Mon/Fri only)	\$4.50
Chicken nuggets (Tues only)	\$4.00

THURSDAY SPECIAL

4th May Munch & Crunch Box	\$5.00
11th May English muffin pizza pocket	\$4.50
18th May Crunchy noodle salad	\$5.00
25th May Noodles	\$4.00
Spring roll	\$0.50
1st June Pulled pork roll	\$5.00
8th June Turkish toasties	\$4.50
15th June Sushi	\$4.50
22nd June Mini quiches & salad	\$5.00
29th June Chicken pasta soup	\$5.00

SNACKS

Seasonal fruit	\$1.00
Veggie sticks	\$1.00
Pikelet	\$0.50
Banana bread	\$0.50
Crackers, cheese & veggie sticks	\$2.00
Popcorn	\$1.00
Sea salt red rock deli chips	\$2.00
Mixed cereal bag	\$0.50

FROZEN SNACKS

Half quelch stick	\$0.50
Quelch stick	\$1.00
Frozen fruit & yoghurt	\$1.00
Frozen milk	\$0.50
Frozen juice	\$0.50
Frozen Bevco black current juice	\$1.00
Twisted frozen yoghurt	\$3.00

DRINKS

Water	\$1.00
Plain milk	\$1.50
Strawberry milk	\$2.50
Chocolate milk	\$2.50
Orange juice	\$2.00
Apple juice	\$2.00
Hot Chocolate	\$2.50

Disclaimer: Gerringong Public School advertises in this column as a service to parents. Gerringong Public School does not endorse or accept responsibility for the management or organisation of the advertised events or services. Please note: The community deadline is 12 noon on Friday. Items received after this time will not be published until the following week.

WE ACCEPT
CREATIVE KIDS
VOUCHERS

REGISTER NOW!

AFTER SCHOOL ART CLASS

EVERY WEDNESDAY 3PM - 5PM
GERRINGONG PUBLIC SCHOOL
(students come directly from classroom)
INCLUDES AFTERNOON SNACK

DRAWING
PAINTING
SCULPTURE
PRINTMAKING

www.youngartsunfree.com.au



**FREE 2 Day Autism Workshop
for Parents and Carers**
Location: Wollongong, NSW

Join other local families to learn more
about autism and ways to strengthen the
partnership between home and school



**During the workshop
you will learn about:**

- The diversity of autism
- Understanding sensory processing
- Understanding behaviour
- Working together with your child's school

Morning tea and a light lunch will be provided



3rd & 4th May 2023
9.30am - 2.30pm



City Beach Function Centre
1 Marine Drive
Wollongong NSW 2500

SCAN TO REGISTER



Interpreters available upon request

For more information or to register visit
www.positivepartnerships.com.au or contact
Trish Nicoll tnicoll@positivepartnerships.com.au



For help, call:
1300 881 971

This initiative is funded by the Australian Government Department of Education through the Helping Children with Autism package. The views expressed within this program do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.



Parenting Seminar



Join us for a 3 hour thought-provoking and insightful workshop on parenting, mental health and well-being. Parenting can be challenging, and the stress and demands of raising a child can take a toll on our mental health.

This workshop is designed to help parents develop strategies for managing their mental health and wellbeing while also providing valuable insights into the emotional and behavioural needs of our children. We'll also learn ways of effective communication and provide tips for promoting positive mental health and well being in your family through the use of a shared family language.

Whether you are a new parent or a seasoned pro, this 3 hour workshop is for you. Join us to gain valuable insights, learn new skills and connect with other parents who are navigating the complex world of parenting and mental health.

With :

Bec Lane

Consultant, Educator, Life Coach



May 15 Monday	9:30am - 12:30pm	
May 16 Tuesday	11:00am - 2:00pm	\$75 each
May 17 Wednesday	5:00pm - 8:00pm	

The Hill Bar Private Dining Room

Scan/Register At:

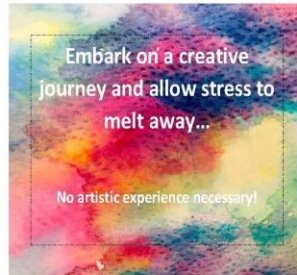
www.thespiraleffect.one

ph: 0433 874 442



Carers 'STRESS BUSTER' Workshop

Facilitated by Shoalhaven Professional Artist, **Jenny McIntosh**.



Carers are guided by a professional artist, to explore effective ways to reduce stress through artistic experimentation, gentle movement, music, and guided meditation.

This self-care workshop will provide simple, affordable, and effective strategies to help regulate and relieve stress in the daily lives of carers.

Date: Tuesday 6th June 2023

Time: 10am – 1pm (arrive by 9:45am for a prompt start)

Venue: Joyce Wheatley Community Centre

107 Terralong Street, Kiama

Light refreshments and morning tea will be provided.

Registration is essential!

Please contact the Nowra Office to register:

Phone: (02) 4422 1547

Email: familyandcarer@stride.com.au

Why is My Child Anxious?

Helping Children with an Intellectual Disability and Autism Manage their Anxiety

WHAT IS ANXIETY?

It is normal for a child to feel anxious sometimes. Autistic children and those with an intellectual disability tend to be more anxious.

Anxiety is our body's natural response to stress. Anxiety can protect us from harm or threat (real or imagined) by preparing our body to respond to danger - fight, flight or freeze.

Anxiety can trigger feelings such as fear, nervousness, anger and hopelessness. When a child is anxious, they often worry about what might happen.

Mostly, reassurance and support from family and school is enough to help a child cope with a new or stressful situation. However, when worry is excessive or lasts for a long time, it can be a problem. Excessive worry makes it difficult for a child to be involved in daily tasks, enjoy their usual activities and try new experiences. Anxiety can reduce a child's confidence in their ability to cope.

Learning to manage new and stressful situations, and influence fear and worry, are important life skills.

Physical Indications of Fight, Flight or Freeze



WHAT DOES ANXIETY LOOK LIKE?

Anxiety for most children is experienced as changes in the body, as well as changes in thinking and feelings.

Physical signs of anxiety include:

- heart beating faster
- breathing more quickly
- feeling dizzy
- a tight or sick stomach
- headaches
- sweating
- going to the toilet a lot
- having trouble getting to sleep and staying asleep
- feeling tired or shaky
- sore or tight muscles
- feeling restless.

Some children might experience one or two of these symptoms, while others will experience several. Some children will also find it difficult to identify and tell others about what they are feeling.

Parents and teachers are also likely to notice that when a child is anxious, their mood and behaviour changes.

These changes can include:

- insistence on routine and sameness
- hypervigilance and checking
- avoidance / withdrawal from social situations
- irritability and being easily upset by small things
- tantrums in younger children
- being angry, aggressive or disruptive
- increased preoccupation with their special interests
- increased repetitive or obsessive behaviours
- avoidance of school, or school work
- self-injury, such as scratching their skin or hitting their head.

WHY IS MY CHILD ANXIOUS?

Considering why your child might be anxious will help you choose the best way to respond.

Common causes of anxiety and stress include:

- unexpected changes, e.g. to routine, to staff, to rules, an anticipated event being cancelled
- misinterpretation of social communication with peers, teachers or family friends
- feeling overwhelmed by sensory input
- unstructured time such as lunchtime at school, where the task of socialising with peers is unclear
- a task being too hard, unfamiliar, or unclear

Lots of small worries and stress can accumulate and make a child anxious. Stress is like water dripping into a bucket. Everyone has a stress bucket, including your child.

There are many challenges in a child's day. They all add water to the child's stress bucket. We need to help the child empty water from the bucket regularly. If we don't, the water overflows, often as emotional and behavioural difficulties.

What fills up your stress bucket?



What helps you let it out?

HOW CAN I HELP?

Letting water out of the stress bucket

Your support is very important in helping your child through new or stressful situations. Children generally respond best to consistent support across environments. This means everyone supports the child in the same way, and responds to difficulties in the same way. Parents, teachers and other support staff need to talk together regularly so that they have an agreed understanding of the child. This will create opportunities to test strategies for letting water out of their stress bucket, and see how they work.

Strategies to test:

Deep breathing: taking slow, deep breaths will connect a child to their body and draw their focus away from the worries in their mind. Breathing calms the mind and settles the body.

Provides routine, certainty and predictability: predictability provides comfort. Assist your child to organise their day and encourage them to ask questions when they are confused or unsure.

Share news about any changes coming up: provide information about what will happen instead. Allow your child time to process the information and adjust to the change.

Use fewer words: it's harder to process verbal language when you are worried.

Use pictures and gestures, together with your words: body language and facial expressions will also help your child understand what you are saying.

Offer choices where possible: choices provide the child with control. This offers reassurance, develops independence, and fosters confidence.


Encourage healthy eating and exercise habits: promote good sleep with an evening routine that includes restful activities and a regular bedtime.

Encourage your child to be physically active: e.g. movement breaks, tasks and activities involving pushing, pulling or lifting. Activities that involve rhythmic, patterned and repetitive movement will be most soothing.

Anticipate sensory challenges and help your child manage them, e.g. taking noise-cancelling headphones if going somewhere loud.

Identify strategies that sooth and comfort your child; this might include creating a 'happy bag' or 'calm kit' that the child can carry with them, or offering more access to their special interest.

Create opportunities to connect with your child: spend time together regularly to further develop your parent-child relationship.



Manage your own worry and stress – think about how much is in your stress bucket. Knowing you are coping will help reduce your child's anxiety.



Go slow; be patient

Be supportive and understanding. Prepare your child for new situations and unfamiliar people. Use pictures to help with this. Allow them time to warm up to new situations, or to start an unfamiliar activity. Don't rush things.

Encourage, support and praise

Encourage your child to attempt things that need to be done. Sometimes, the longer a child avoids a situation or task, the bigger the fear becomes and the harder it will be to overcome that fear. Praise even small steps to have a go.

Accept

Let your child know you understand how real the fear is for them, and that together you can reduce the feeling of anxiety. Telling them to "stop-worrying" won't help. Reassure them that it's ok to be worried, and make some useful suggestions about what they could try to make themselves feel better.

CAN MEDICATION BE HELPFUL?

Every child is different. For some, medication can assist in relieving the severe symptoms of anxiety. Some medications can reduce the feeling of fear and nervousness in a child's body. Reducing a child's physical response to fear can create space to teach them useful ways of managing their anxiety. Tolerance and coping skills are critical life skills.

Speak to your GP, Paediatrician or Paediatric Psychiatrist about whether medication might help your child.

WHEN & WHERE TO GET MORE HELP:

Feeling worried, irritable or angry are normal emotions for children and young people. When there are changes to a child's mood or behaviour that are new or out of character, or last for several weeks, more help might be needed.

Be alert to the signs above, and if you are concerned, seek help and advice. In an emergency, call 000.

If you have any feedback on this tip sheet please fill in our [feedback form](#). You can find readings, resources and links related to this topic on our [website](#).

If you are still concerned, contact your GP or Paediatrician about services that might be helpful.



Stride Family & Carer Program

Illawarra/Shoalhaven

Hello Illawarra/Shoalhaven Families and Carers,

During the quarter of April – June 2023, we will be bringing a range of groups, events and educational workshops for families and carers to attend, connect with one another and feel supported in the caring journey.

Stride looks forward to providing you with more opportunities over the next quarter to gather, learn and connect.

We continue to encourage carers to reach out for support as needed. Please ensure you RSVP and secure your attendance, for any of the opportunities detailed throughout the newsletter that interest you.

Wollongong: (02) 4229 7254

Nowra: (02) 4422 1547

Illawarra and Shoalhaven Support Groups

Wollongong

1st Wednesday of every month

Wednesday 5th April 2023

Wednesday 3rd May 2023

Wednesday 7th June 2023

TIME: 10am-12pm

VENUE: Wollongong Stride Office

U2, 36-42 Auburn Street Wollongong

NOTE: This support group will contain a Relaxation component.

Nowra

2nd Wednesday of every month

Wednesday 12th April 2023

Wednesday 10th May 2023

Wednesday 14th June 2023

TIME: 10am-12pm

VENUE: Nowra Stride Office

52a Worrige Street Nowra

Warilla

4th Thursday of every month

Thursday 27th April 2023

Thursday 25th May 2023

Thursday 22nd June 2023

TIME: 1pm-3pm

VENUE: Warilla Neighbourhood Centre

69 Benaud Cres, Warilla

Ulladulla

3rd Thursday of every month

Thursday 20th April 2023

Thursday 18th May 2023

Thursday 15th June 2023

TIME: 10:30am-12:30pm

VENUE: Ulladulla Civic Centre

Princes Hwy Ulladulla (lounge area)

Kiama

4th Tuesday of every month

April – PUBLIC HOLIDAY

Tuesday 23rd May 2023

Tuesday 27th June 2023

TIME: 10am-12pm

VENUE: Joyce Wheatley Community Centre

(Lloyd Lee's Room) – Terralong St Kiama



Illawarra/Shoalhaven Carers Walk and Talk

Join us for a relaxing walk and tea/coffee at Huskisson, Kiama or Wollongong's beautiful harbour, whilst enjoying the company of other carers.

WOLLONGONG

2nd Tuesday of every month

Tuesday 11th April 2023

Tuesday 9th May 2023

Tuesday 13th June 2023

TIME: 9:30am-11:30am

VENUE: Levendi Café (beachfront)

HUSKISSON

1st Thursday of every month

Thursday 6th April 2023

Thursday 5th May 2023

Thursday 1st June 2023

TIME: 9:30am-11:30am

VENUE: Huskisson Wharf

KIAMA

3rd Tuesday of every month

Tuesday 18th April 2023

Tuesday 16th May 2023

Tuesday 20th June 2023

TIME: 10am-12pm

VENUE: Kiama Lighthouse

Carers Coffee @ Corrimal

Please join Stride staff and fellow carers at our Coffee @ Corrimal.

A great way to get together with other carers informally, have a chat and some time out!

Held on the 2nd Thursday of every month

Thursday 13th April 2023

Thursday 11th May 2023

Thursday 8th June 2023

TIME: 10am-12pm

VENUE: Corrimal RSL Memorial Club, 168 Princes Highway, Corrimal

Please ensure you contact the Wollongong office to register your attendance to this group:

Please call (02) 4229 7254 or email: familyandcarer@stride.com.au



Shoalhaven Region Carers Coffee Clubs

Please join Stride Staff and fellow carer at our coffee clubs, along the Shoalhaven South Coast.

A great way to get together with other carers informally, have a chat and some time out!

Kiama

2nd Tuesday of every month

Tuesday 11th April 2023

Tuesday 9th May 2023

Tuesday 13th June 2023

TIME: 10am-12pm

VENUE: Kiama Leagues Club (coffee lounge)
Terralong Street, Kiama

Huskisson

4th Thursday of every month

Thursday 27th April 2023

Thursday 25th May 2023

Thursday 22nd June 2023

TIME: 9:30am-11:30am

VENUE: Saly Joe's Cafe
Owen Street, Huskisson



Carers Connect @ Café Emporium

Please join local carer Karen and other local carers at a Monday coffee catch up, at the Emporium on Swan Street.

This is a peer led group, with no Stride staff present – providing you the opportunity to connect with other carers, unwind and have some time to yourself.

Held monthly on a Monday

Monday 17th April 2023

Monday 15th May 2023

Monday 12th June 2023

TIME: 12pm-2pm

VENUE: Emporium on Swan, 40 Swan Street Wollongong

For more info, contact – kleask@ozemail.com.au



Black Box Parenting Program

Please join the Stride Family and Carer Program for the Black Box Parenting Programme.

Presented by Toni Garretty, Family & Carer Mental Health Team, Illawarra Shoalhaven Local Health District.



What does the Black Box Parenting Programme Cover?

This is not a general parenting programme, but one specially designed for the challenges of parenting after family disruption of trauma. It is designed for parents who have their own experiences of trauma. It does cover the usual things like setting rules and how to manage behaviour, and it also covers topics such as how things like guilt make it hard to parent. This programme uses group discussion to help make sense of relating to and parenting your child. The Black Box format allows us to talk about how things from the past might be affecting our parenting without having to go into detail about what happened.

About the Program:

Black Box Parenting has one 90 minute face-to-face introductory session, plus 5x 2-hour sessions (with light refreshments provided). Sessions 1 - 4 are every 2 weeks and the week in between with include facilitators touching base with participants individually via telephone.

When:	Timing:	Where:
Pre-Session: Wednesday 26 th April 2023 Session 1: Monday 1 st May 2023 Session 2: Monday 15 th May 2023 Session 3: Monday 29 th May 2023 Session 4: Tuesday 13 th June 2023 (Monday is a PH) Session 5: Monday 26 th June 2023	The Pre-Session will commence at 12pm, concluding at 1:30pm All other sessions will commence at 12pm and conclude at 2:30pm You will be advised regarding the individual check in telephone calls.	Wollongong Stride Office Unit 2, 56-62 Auburn Street Wollongong, NSW 2500 Registration: Please contact the Stride Office to register Phone: (02) 4229 7254 or email: familyandcarer@stride.com.au



Mental Health First Aid (MHFA) Training for Carers and Families

Become a Mental Health First Aider to support friends, family members, colleagues, and others with a 12-hour educational course split over 2 days.

Standard MHFA Training benefits are:

- Knowledge – improved knowledge of mental illnesses, treatments and first aid actions
 - Confidence – increases confidence in providing first aid
 - De-Stigmatising – Decreases stigmatising attitudes
 - Support – Increases the support provided by others

Presented and facilitated by Toni Garretty and Layla Weiss, from the Illawarra Shoalhaven Health District.

This is FREE training for Mental health Families and Carers

WHEN: Wednesday 3rd May and 10th May 2023 (it is essential to attend **both** sessions for full accreditation)

VENUE: West's Illawarra, 1 Hargreaves Street, Unanderra

TIME: 10am-5pm (morning tea, lunch and afternoon tea will be provided)

It is essential to book, please contact the Wollongong office to book: (02) 4229 7254

Eating Disorder Carer Support Group
ONLINE

A safe online space to discuss the specific challenges you face in your caring role. We will focus on your health, wellbeing and resilience through supported discussion and psychoeducation on disordered eating and related carer issues.

4th Thursday of every month (ONLINE)

Thursday 25th May 2023

Thursday 22nd June 2023

TIME: 10am – 11:30am

VENUE: Online – zoom link sent prior to online event commencing
Please register by emailing:
familyandcarer@stride.com.au

Wollongong Carers Expressive Art
Space

Join fellow carers in a re-vamped creative space.

Over the next 3 months we have award winning local artist, Rebecca Brennan facilitating each expressive art session. No experience required and all supplied are provided!

1st Tuesday of every month

Tuesday 4th April 2023

Tuesday 2nd May 2023

Tuesday 6th June 2023

TIME: 10am-1pm

VENUE: Wollongong Stride Office
U2, 36-42 Auburn Street Wollongong

Bookings are essential – sessions have capacity limits

Call (02) 4229 7254 or email:
familyandcarer@stride.com.au

Sculpture in the Garden
Wollongong Botanic Gardens



Join Stride Staff and fellow carers for a morning at the Wollongong Botanic Gardens, immersing ourselves in the biggest Sculpture in the Garden exhibition. Experiencing thought provoking sculptures for local, national, and international artists.

WHEN: Wednesday 19th April 2023

WHERE: Meeting at the Coffee cart of the botanic gardens (near the Murphy's Ave Car Park)

TIME: 10:30am-12pm (coffee and morning tea provided)

To register your attendance, please call:
(02) 4229 7254 or email:
familyandcarer@stride.com.au

Carer Education Workshop Nowra

Grief & Loss

Join Wollongong Stride Education and Support Worker, Raewyn Proctor in a Grief and Loss Workshop.

Covering psychosocial education, emotional support and group discussion on grief and loss. How carers are affected and how we navigate our feelings of loss and grief, for ourselves and our loved ones.

WHEN: Wednesday 21st June 2023

TIME: 9:30am-3pm (9am arrival for a prompt 9:30am start)

WHERE: Nowra Stride Office, 52a Worrigee Street Nowra
(Lunch and light refreshments included)

Registration is essential!

Please call: (02) 4422 1547 or email:
familyandcarer@stride.com.au

Carer Meditation and Mindfulness Workshop Nowra



Facilitated by Stride and BeHereNowra, the workshop will provide carers with an opportunity to learn about the many benefits of meditation, participate in a guided meditation, complete mindfulness activities, and engage in a brief Q&A session with Barron from BeHereNowra.

WHEN: Wednesday 31st May 2023

WHERE: Stride Office Nowra, 52a Worrigee Street Nowra

TIME: 10am-1pm

(Morning tea provided)

Registration is essential, spaces are limited.

Please call Nowra Stride Office, (02) 4422 1547 or email: familyandcarer@stride.com.au

Carer Stress Buster Workshop - Kiama

Facilitated by Shoalhaven Local Professional Artist

Jenny McIntosh

Stress Buster Workshop exploring effective ways to reduce stress through artistic experimentation, gentle movement, music, and guided meditation.

There is no experience necessary... lets have some creative fun together and leave the stress behind!



WHEN: Tuesday 6th June 2023

WHERE: Joyce Wheatley Community Centre, Terralong Street Kiama

TIME: 10am-1pm

Morning tea and refreshments provided!

Registrations are essential, spaces are limited. Please call or email Nowra Stride Office to register: (02) 4422 1547 or familyandcarer@stride.com.au

For registrations of any of the above groups, events, or workshops or if you wish to organise an individual appointment please contact your local Stride Office:

Wollongong: (02) 4229 7254

Nowra: (02) 4422 1547

Email: familyandcarer@stride.com.au



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Gerringong Public School

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