



WILLOUGHBY GIRLS HIGH SCHOOL

A Leader in Girls Education

NEWSLETTER

Phone : 9958 4141

<https://willoughbg-h.schools.nsw.gov.au/>

12 MARCH 2021

PRINCIPAL'S MESSAGE

Ms Elizabeth Diprose, Principal

Girls and consent

There has been much in the media recently about the issue of consent in relation to sexual assault, particularly of women. I spoke briefly with Year 12 earlier this week about this matter and advised them that their reference point regarding the law, their rights and some very useful advice about what to do when confronted with difficult situations, is their Year 11 'Life Ready' workshop with Brent Sanders. I also reminded them of the people they could talk to, including parents, friends, school or external counsellors, other trusted adults or police and that it is their choice whether or not to disclose.

I had a follow-up discussion with some Year 12 students who said, 'The best thing we can all do is to arm ourselves with knowledge so we know our rights'. This is excellent advice indeed.

The coincidental alignment of Brittany Higgins' disclosure about her experience at Parliament House, Grace Tame's speech to the Press Club last week, International Women's Day celebrations and the many women who have come forward to tell their stories of sexual assault is an opportunity for our whole society to rethink attitudes to women and young people. It is time for many changes to be made to ensure all members of our society are safe and respected.

Our school vision includes empowering young women by educating them about their value and their worth as important members of our society. We are very conscious of the important role we have as educators, to ensure students are well informed. The school provides education and support around consent and related matters starting in Year 7. These programs are mainly run through the PDHPE curriculum as well as Student Wellbeing days and the Year 11 Life Ready Course. Further information about these programs is included later in this newsletter. I believe that families also have an important role in ensuring their sons and daughters are fully cognizant of their rights and responsibilities regarding this very complex issue of consent in sexual relations.

Last Monday night on the ABC *The Drum* discussed these issues. Here is the link to iView catch-up: <https://iview.abc.net.au/video/NC2107H026S00>.

I also recommend an excellent short You Tube video (Tea and Consent) that explains consent very clearly and can be viewed at <https://www.youtube.com/watch?v=607HC5OYdU> (the Australian version).

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WGHS P&C



Facebook.com/wghspandc
secretary@wghspandc.org.au



Next P&C Meeting will be held:
Tuesday 16 March 2021

- ✓ Please follow our Facebook page to stay informed of interesting things happening in the parent community. You don't have to be a Facebook member to access the page
- ✓ All parents are welcome at P&C meetings, held twice per term at 7.00pm in the staff common room (Access via front door)
- ✓ Any queries or matters to be raised can be raised via the Secretary at the above email address at any time.

PRINCIPAL'S MESSAGE

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Year 12, 2020 Gold Awards

Each year at Willoughby Girls we celebrate the previous year's HSC class with a Gold Assembly at which we present Gold Awards to all students who achieved an ATAR of 90 or higher. In addition we present the same award to students who might not have achieved a 90 + ATAR but who demonstrated exceptional learning growth and / or overcame significant difficulties in their senior years and still achieved well in their HSC. Unfortunately, we were unable to hold the assembly this year. Instead students were sent their awards with a letter from me congratulating them on their outstanding achievements. The list of awardees is in this newsletter and here is an extract from the letter I sent these students:

At Willoughby Girls, we are all very proud of you and your achievements. You were a fabulous Year group and the way you supported each other throughout 2020 is more than admirable. I think you will all agree that your leadership team, including the prefects and SRC, and your overall leader Ruby, were a significant part of the glue that held you all together. However, you all contributed to your cohesiveness and your outstanding results.

I am sorry we have been unable to hold our usual Gold Assembly where we could publicly celebrate your achievements but hopefully, having your Gold Award will at least be a memento to acknowledge your brilliance. Included in the awards are 15 girls who have received awards because of their capacity to overcome adversity and / or who demonstrated outstanding learning commitment and growth in your senior school years. I am sure you will all agree that this kind of achievement is as admirable, and as deserving of recognition, as the higher ATAR scores.

School Planning

Teachers, led by the school's executive team, have been working on developing our Strategic Improvement Plan 2021-2024. This is a long and complex process which involves the whole school community. At the end of last year parents and students responded to a survey, the results of which are included in the plan. I will be sharing our draft plan with parents and carers at the P&C meeting next Tuesday 16 March. I will also be seeking people's feedback on our four year plan. The meeting will be held in the school hall starting at 7.00pm.

Ms Elizabeth Diprose – Principal



TERM 1 2021 CALENDAR

15-19 March

Year 12 Feedback Week

Tuesday 16 March

School Photographs
P&C Meeting

19-21 March

Duke of Edinburgh Silver Hike

Tuesday 23 March

Yr 8 Music Incursion

Wednesday 24 - 26 March

Yr 12 Geography Camp

Friday 26 March

Yr 7 Vaccinations

Monday & Tuesday 29/30 March

Bronze Duke of Edinburgh Hike

Wednesday 31 March

Easter Services

Thursday 1 April

Last day of term
Cross Country (Yrs 7&8, Yrs9-12 invited runners)

Tuesday 20 April

Term 2 begins

GOLD AWARDS FOR 2020 STUDENTS



Jemina Barwick

Anna Bezzina

Bianca Buggy

Navinda Buransingha

Ella Carnegie

Anika Carnegie

Anika Chan

Janelle Chan

Tsz Ting - Vincy Chan

Lisa Choi

Chelsea Cunneen

Zixin- Angela Dai

Clara De Asis

Grace Donaldson

Madeline Fenning

Heidi Finlayson

Emma Francis

Haoyi Han

Hannah Harrison

Jaz Helm

Kiera Hicks

Maia- Marianne Johns

Indiana Judd

Seockyoung – Mandy Jung

Annabelle King

Ruby Kopsiaftis

Imogen Le Couteur

Julia Lin

Breanna Lo

Holly Lu

Kelly Mare

Claire Martin

Lucy Matthews

Aela Morrison

Shari Oh

Grace O'Hearn

Madeleine Page

Aria Pape

Naritsara – Jasmine Rahman

Avril Richardson

Joanna Richmond-Capone

Sophie Ridley

Elly Robertson

Peiyi – Penny Rong

Crystal Shi

Namika Shigekane Keogh

Roja Sinaeimhehrabani

Kayla Tay

Philippa – Pippy Taylor

Angelica Tran

Nikki Tsiamis

Katrea Tuck

Yiyang – Violet Wang

Maya Webb

Chloe Wilson

Madi Wilson

Sehyun – Ellie Won

Zhiyin – Grace Yan

Rachel Zhao

FROM THE DEPUTY PRINCIPAL

Mrs Watts, Deputy Principal



CONSENT

In our role of educating your daughters, preparing them for life ahead, we have always seen consent as an important aspect of their education. The topic of consent is addressed in all Stages across the school through PDHPE and Wellbeing programs.

An outline of the PDHPE program is below:

Stage 4 – Years 7 and 8	Stage 5 – Years 9 and 10	Stage 6 – Years 11 and 12
<ul style="list-style-type: none">* Clear definitions behind consent (Asking for permission/ receiving an enthusiastic yes)* Age of consent laws* Building an understanding of how to develop a culture of consent. Whole class activity to share understanding and promote discussion* Building an understanding of the importance of Non Consent in building respectful relationships. (Empowerment) What does this look like?	<ul style="list-style-type: none">* Unpacking the complexities of consent using video stimulus (The tea cup consent)* Revisiting the laws of consent* Recognising the role of alcohol on decision making around relationships and & creating an environment of non-consent* Reviewing what consent looks like in a range of scenarios to support safe sexual decision making	<p>Life Ready Guest speaker Brett Saunders <i>Creating Power through Knowledge seminar:</i> - Legal aspects of consent and what constitutes assault/ sexual assault.</p> <p>The seminar supports the following principles relating to sexual behaviours</p> <ul style="list-style-type: none">* Taking responsibility for yourself and your actions* Life is all about choice* The importance of respect and self-discipline

Wellbeing programs are designed to target specific identified needs of each Year group. Our programs are regularly reviewed, evaluated and updated to ensure we are best addressing and adapting to current issues.

Parents and carers also play a very important role in education around these issues. Please see our link to Dr Michael Carr - Gregg's special report on School TV.

SPECIAL REPORT: A Conversation on Consent

A recent petition, instigated by a former school girl from Sydney, calls for young women to come forward if they have been subjected to sexual assault whilst still at school. It has since gone viral with thousands of young women signing the petition or sharing their stories which are often graphic, disturbing and upsetting. The petition calls for sex education, in particular consent, to be taught at a younger age in schools. The observation being that consent is being taught too late, with many young people not understanding the boundaries of consent resulting in sexual assault or rape. This call for change has made many schools reassess their curriculum around sex and life education to help protect young people across the nation.

Parents also need to start having conversations around consent sooner rather than later, as some teens experience their first sexual encounter well before the subject matter is delivered. It is important for teenagers to know and understand what consent means and the implications surrounding it.

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This Special Report offers parents guidance around normalising the topic of consent to ensure your teenager experiences healthy and respectful relationships. We hope you take time to reflect on the information offered in this report, and as always, we welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

https://willoughbg.schools.nsw.schooltv.me/wellbeing_news/special-report-conversation-consent

COVID UPDATE

COVID restrictions have eased slightly, and parents and carers are once again able to enter the school.

Restrictions are still in place regarding the number of people permitted to be in a venue at any one time - the one person per two square metre rule applies.

Parents are required to maintain a distance of 1.5 meters from other adults, and must sign in using the Service NSW QR Code app as well as sign in through the Front Office.

The school requires that that all notes requesting early leave or explaining absences are emailed to the school office at willoughbg-h.school@det.nsw.edu.au

All payments for excursions, school fees, sport, etc will continue to be paid online.

TELL THEM FROM ME SURVEY (TTFM)

Ms Atchison, Deputy Principal

Our school, like many other public schools in NSW, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available [here](#).

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Capturing the voices of our students will help improve how we do things at our school.

I want to assure you that the survey is confidential. The survey is conducted online and will take less than 30 minutes to complete. It will take place during school hours between 15 March and 30 April. Participating in the survey is entirely voluntary.

Copies of the consent form and FAQs (in 23 languages) are available from:

<https://surveys.cese.nsw.gov.au/information-for-parents/translated-resources>. If you **do not** want your child or children to participate, please return the form to school as soon as possible.

If you have any questions regarding this survey, please contact Ms Atchison.

YEAR 10 WELLBEING DAY

Ms Lemaic, Year 10 Advisor

After a fun-filled day with an array of activities students came back strong with perfect upper cuts and round house kicks after enjoying their self- defense session.

The sun was shining - a perfect day to have a picnic with their friends and sit back and take a moment to discover what they value most.

The morning session began with a reflective activity that asked students to take charge of their own wellbeing and identify areas that they need to tackle for their own self-care.

Rather than adopting a one size fits all approach, students were encouraged to look at a wide variety of wellbeing practices and develop a routine that would be most useful for them.

The middle session saw the heart rate rise with an increase in blood flow as students were put through their paces from the Wyllie Martial Arts organisation.

After everyone had kicked, punched and kneed their way to exhaustion, the most vital lesson students took away was to be who you are by walking tall and tackling life with confidence.

To close the day, students had the opportunity to road test some wellbeing activities which included: colouring in, gratitude, and meditation by reviewing, adopting and applying through a mature approach towards their learning.





SOME STORIES FROM YEAR 9 GEOGRAPHY

Ms Imer, Geography Teacher

In Year 9 Geography, students are learning about the significance of our natural environment. After watching the Dr Seuss classic 'the lorax', students were asked to imagine they were speaking on behalf of an aspect of the natural environment and write an empathy piece. Here is what some of the students came up with!

I speak for the leaves. The leaves with no voice get turned into things and they do not have a choice. The wind blows them to be free, but we catch them and destroy them. The leaves are peaceful but die too soon. The leaves are calm in their tree giving us wind, but they stop because of this cruel world we live in.

Sophia A, 9B

The ice is melting. It's melting and it's almost gone. Animals are killed, their home destroyed, their food source is gone. But you don't care because you are cruel people. Cruel, heartless, monsters. This doesn't bother you because it isn't your home, isn't your life at risk. Yet it should bother you. These beautiful places and wonderful animals you will never get to see, the future generation won't ever get to see, because you are selfish. You will never see these places because you use and use and use, yet you don't even think about the consequences. You don't think about the lives and homes you are destroying. You don't think that this is your earth, your planet, that you are killing. You don't think, you just don't think.

Lauren D, 9B

I speak for the bushes. I see the bushes so fragile and delight. Beautiful little bushes shining so bright. Get chopped at so effortlessly and obliterated from life. Swishing in the wind praying in my eyes, praying not to get wiped from this world but do they have a choice? Oh no, they do not! They cannot speak, so I speak for them; Stop this cruelty and if not now, when?

Ava J, 9B

YEAR 11 STUDY SKILLS DAY

Madison H, Gemma F, Abbey T and Maria K

In periods 1 and 2, on Study Day, we focused on how we can transition from a fixed mindset to a growth mindset.

An activity that we completed involved stacking 12 nails on top of another nail.

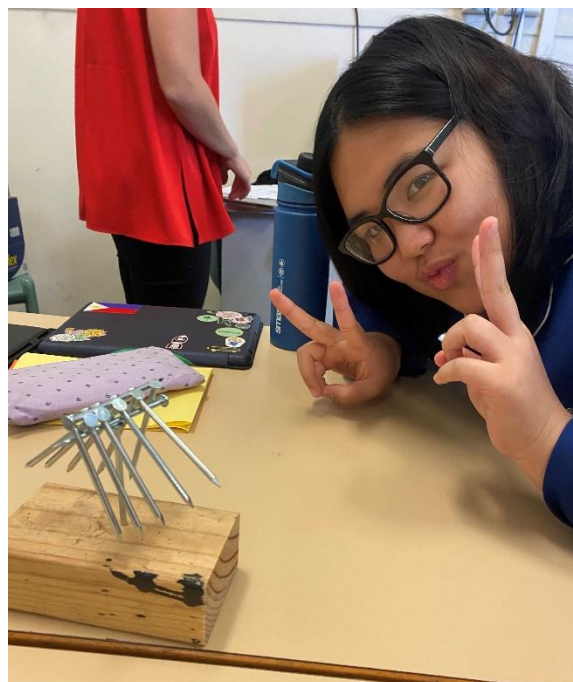


The first time, we only got one chance, and our group did not attempt it, for fear of failing.

The second time we tried, we got unlimited chances and lots of groups ended up stacking the nails successfully. This was a good model for how important it is for us to have a growth mindset, to give us more potential for success.

Dr Prue Salter is a study coach for Enhanced Learning Educational Services, who visited us during periods 3 and 4.

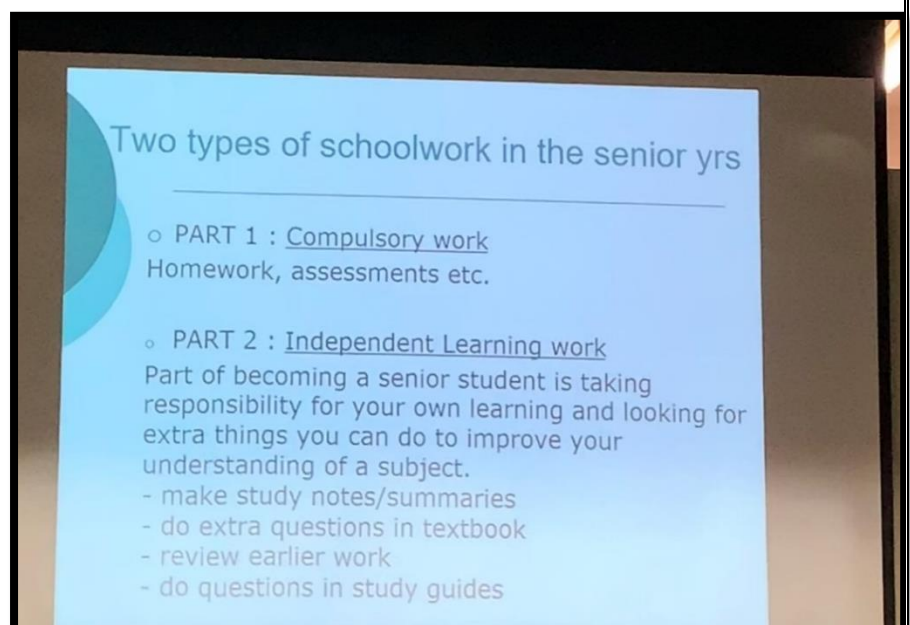
She gave us lots of helpful skills on how to be organised for senior school. She gave good advice and hints for how to seamlessly transfer our lifestyles to suit our new responsibilities.



Dr Salter talked about how we can change from 'junior mode' to 'senior mode' to achieve success in the next two years.

Overall, we think that the whole grade found her talk super useful and motivating; one of the best talks that we've had!

We recommend that Dr Prue Salter comes back for future year groups so that they may also be encouraged by her wisdom and advice.



SWIMMING CARNIVAL

Jess Talbot, Breah Gunaratanum, Sheridan Lynch and Kinjal Kumari, House Captains

The swimming carnival was a blast! On 22 February the whole school gathered at Lane Cove Aquatic Centre. It was a beautiful day, the sun was shining, reflecting on the surface of the pool and everyone was keen for a swim. There was such a sense of occasion and excitement with plenty of noise (no chanting though), colour and fantastic feats in the pool showing an abundance of Willoughby Girls High school spirit.

Students decked out in bright red, green, yellow and blue, representing their respective houses with pride and a sense of anticipation for a fabulous fun-filled day. Instead of our annual war cries, houses this year participated in a fun and creative alternative, a step dance routine. The grandstand was filled with a variety of energetic dancing and displays of outstanding sportsmanship by each house. In the end, Fry was triumphant in the competition!

Year 12 came into the pool with weird and wacky costumes. The most entertaining moment was when they dragged their Year Advisor, Mr Chen, into the pool after he refused to jump in with Ms Tyerman (Assistant Year Advisor) and the Year 12's photo.

There were fabulous levels of participation from all age groups in the pool and we witnessed standout performances by age champions:

12 years - Mila L

13 years - Haylee H

14 years - Marcella L

15 years - Stela L

16 years - Ansley X

17+ years - Olivia T

Our relays were a success with the 12-13s winners and the 14-15s winners from Nightingale, and the 16-17+ winners from Fry.



Each house is to be congratulated on their high level of participation and team-spirit. Thank you to the house captains, who did a fantastic job coordinating their houses in 'war-cries' and relays. Thank you to all of the WGHS staff and student helpers for their cooperation and assistance with what was an amazing day!

Good luck to all the girls who are competing in the Zone Swimming Carnival on Friday 12 March. We wish you all the best and make WGHS proud!



. SWIMMING CHAMPIONS

Ms Wilson, Teacher PDHPE

Congratulations to the following students who have made the Zone Swimming team representing WGHS:

12 YEARS AND UNDER: Mila L Maris Y Chloe C Sian C Jessica H	13 YEARS AND UNDER: Hayley H Jemma M Ariel S Claire R	14 YEARS AND UNDER: Marcella L Isabelle S Sacha J Hannah M
15 YEARS AND UNDER: Stela L-K Lucy F Scarlett J Annabelle A Imogen M	16 YEARS AND UNDER: Ansley X Gracie M Orabella C Maddie M	17 YEARS +: Olivia T Ellen M Chloe W Kaia R Emily C

FUN AT THE MUSIC ENSEMBLE WORKSHOPS

Chloe C and Trinity S, Year7

Reflections on our first month in...[Chamber Ensemble](#)

Being on your own when playing an instrument isn't nearly as fun as being with friends and playing as a group. You get to meet new people, play new songs and learn how to be a team as well. This year we decided to join the Chamber Ensemble for a new experience. We were immediately put into a world of new friends and people who can support us, not only through our music, but in everything we do. We are always delighted to go every Friday morning and it's only the start of our journey here at the WGHS Chamber Ensemble. We are so excited!



OPEN NIGHT FILMING

Mr Yeung, Year 8 Year Advisor and Ms Tilson, Year 8 Assistant Year Advisor

Traditionally in March the school holds an Open Night for the Year 6 students who will be enrolling in the following year.

This year due to COVID restrictions, the open night will be filmed.

Two Year 8 girls have been given the opportunity to be involved:

Sophie G will be presenting a speech about her experiences of being a Year 7 student in 2020.

Emma B will act as a guide and helper for the film crew who will be filming important elements of the school for Open Night.

Thank you for your hard work, Sophie and Emma!



SCHOOL PHOTOS

Ms Konishi, EALD Teacher / Photo Coordinator

School photos will be taken on Tuesday 16 March.

Photos to be taken:

Years 7-12	Individual Photos
Yr 12, Prefects , SRC Members	Group Photos
Siblings	Must be ordered prior to photography day

Every student will have a photo taken regardless of whether or not photos are being purchased.

To order go to www.advancedlife.com.au and enter the code XP3 QTE KYR or bring the envelope on the day (if possible, our preference that ordering is completed online to reduce administration and potential security issues related to the return of cash and envelopes on photo day.)

Should you have any queries concerning school photographs or online ordering, please contact www.advancedlife.com.au/contact

YEAR 12 VISIT TO IKEA

Chloe C

On the 18 February 46 Business Studies students and two teachers, Mrs Imer and Ms Elias, were given the opportunity to attend an excursion to IKEA Tempe.

We all boarded the bus at 9:00am.

Arriving promptly, at IKEA we entered the store and were greeted by Hattie Lulham, the goods flow manager. Hattie gave us a private tour of the store and provided us

with a presentation about the operations of the IKEA Tempe store. We were excited and impressed by the sheer structure and organisation that went into managing just ONE IKEA store.

During our visit we were given various tasks to complete. For example, we were asked to take certain people through the store to see what their spending habits were and to observe if we could gather any incites about culture, socioeconomic status and other demographic characteristics.

We also saw some very interesting displays (or as IKEA would call them; Inspiration booths!), new innovations and true to IKEA form, "Billy" bookcases!

This excursion was undertaken to help us gather a better understanding of operations, our case study IKEA and to observe customers firsthand. We all really enjoyed the excursion and some girls; more than others got very excited about the IKEA meatballs and the free-for-all we were given in store to buy IKEA products. Fortunately, no one tried to bring an IKEA mattress home on the bus or any other large items and we all got home safely!

We would like to thank Mrs Imer and Ms Elias for their support and dedication to put this fabulous excursion together for us and we look forward to many more.



FROM THE OFFICE

Ms Sharon O'Connell, Student Administration Manager

Statements of Account have been/will be emailed – please check your spam folder if you have not received your account by Wednesday 17 March.

Check to see if you have an unallocated credit for the family – please email the school to advise what you would like the credit applied to.

Please disregard any payments you have made that still appear on your account. This could be a timing issue. Any queries please call the school.

Thank you.

WORK EDUCATION EXCURSION

Maddi, Shayla, Diana and Olivia



On Friday 19 February, our Work Education class visited Studio 84, a local business, for the purpose of gathering information about different industries.

We met Sam the Director, owner, and Personal Trainer who answered all our questions about the fitness industry and how to become a Personal Trainer and /or run our own business.

Sam told us that he runs fitness sessions from very early in the morning until late evening. He offers small group sessions and one on one personal training sessions. The hardest part of the job is the early starts but the community and social interaction is the best part of his job.

We were then lucky enough to be put through our paces with a fitness session of our own.

Sam's main advice to us was to work hard at something we love to do and to achieve our goals.

A big thanks you to Sam for allowing us to visit and for taking us through a fitness session.



COME AND PLAY VOLLEYBALL

Aiko S and Kurumi M, Year 7

This week we recently joined the volleyball club!

Beginning volleyball was exciting and pretty nerve wracking. The people there were really friendly. The teacher and the older students instructed us clearly and we had lots of fun for our first time being there. We also got to see some familiar faces and see other Year 7s there too.

Currently there are seven Year 7s in the Volleyball club, including Aiko and me. It would be great to see more people joining in! It is a great opportunity to do teamwork and make new friends.

Every week we have practice on Tuesdays at 7:45am in the hall. The teacher holding the practices is Ms Morgan and she is really nice and supportive. We recommend everyone join the Volleyball Club because everyone deserves to have as much fun as we did on our first time, so why not give it a try?

This year, I wanted to join the volleyball club here at Willoughby Girls because last year in primary school I really enjoyed playing a small game of volleyball with my friends at break times. Another reason why is because doing volleyball can add up to my physical activity during the week. I find this a sport that is really fun and is a great exercise and experience for me.

-Aiko



This year in my first year of high school, I wanted to join the volleyball club because I also had an enjoyable time playing volleyball on breaks at school with my friends. This sport has really inspired me to work as a team since in volleyball teamwork is one of key and of course it is fun. Volleyball is a really fun, interesting but sometimes hard sport that I think that joining this club is a great experience and sport to play. - Kurumi



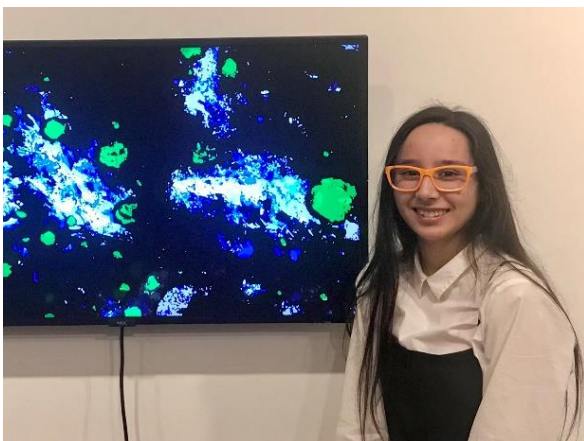
EIGHT HSC ARTWORKS ON EXHIBITION

Mr Maltese, Head Teacher, Art

As an acknowledgment of the exceptional year 2020 was for students, Willoughby Council has put together *Generation R*, a series of exhibitions celebrating youth resilience across the North Shore in recognition of the challenging times they had.

As part of *Generation R* the exhibition *Smart Expressions*, showing artworks produced by Year 12 2020 Visual Arts students from the local area opened on 4 March. Eight students from Willoughby Girls High School were selected for the exhibition. Below are some images from opening night.

The exhibition continues until 28 March at *Artspace at the Concourse* (409 Victoria Avenue, Chatswood Wed to Fri, 11am - 5pm, Sat & Sun, 11am - 4pm) and the **Foyer Exhibition Space** (Willoughby City Council, Ground Floor, 31 Victor Street, Chatswood Mon to Fri, 8.30am - 5pm).





Telehealth Testing for Kids



Who Are We?

Chology is an online child assessment service, providing psychological and educational testing for school-aged children.

We provide young Australians with timely access to clinical testing as a first step towards greater life functioning and well-being.

Our Services

Our qualified psychologists offer testing for a range of difficulties across these 5 key areas:

- School learning
- Cognition and intelligence
- Behaviour
- Social skills
- Emotions and mood

How We Help Students



EXPERT ASSESSMENTS

Children are connected with highly skilled paediatric psychologists across Australia.



TELEHEALTH & CONVENIENCE

Our testing takes place via videoconference in the comfort of the family home.



COMPREHENSIVE REPORTS

Clear, visual reports written in natural language that are easy to understand. + Evidence-based support strategies for teachers to implement in the classroom!



DIAGNOSIS

We assist children to access support funding by providing evidence of disorders such as **Autism, Intellectual Disability, ADHD, Dyslexia and more...**

How the Assessment Process Works



1. Child meets his/her psychologist



2. Child testing via video-link



3. Caregiver feedback/education



4. Follow-up support & guidance

The team at Chology are here to support your students. If you have any questions, or would like to know more, please contact us!



contact@chology.co



1800 10 80 80



www.chology.co

COMMUNITY NOTICE BOARD



CatholicCare
Diocese of Broken Bay

PARENTING PROGRAMS




Please note you do not need to be Catholic to access our programs. CatholicCare welcomes staff and clients from all different backgrounds and beliefs.

TERM 2 - 2021

Please see full flyer attached

To Register follow the below link to fill out an online registration form:

<https://bit.ly/2NGteqM>

FREE	CIRCLE OF SECURITY For parents of children 0 – 5 years. Helps you understand your child's behaviour and how to manage their emotions.	Monday's 19, 26 April & 3, 10, 17, 24 May 2021 10.00am - 12.00pm	 via Zoom
\$20	TUNING INTO TEENS Discover emotionally intelligent parenting. Learn how to communicate more effectively with your teenager, understand them better and how to help them manage their emotions	Tuesday's 27 April & 4, 11, 18, 25 May & 1 June 2021 6.00pm - 8.00pm	 via Zoom
\$20	TUNING INTO KIDS For parents of primary school children on how to develop your child's emotional intelligence.	Wednesday's 28 April & 5, 12, 19, 26 May 2021 10.00am - 12.00pm	 via Zoom
FREE	TRIPLE P GROUP For parents of 2 - 9 year olds. Provides practical solutions such as simple routines and small changes to assist with common behavioural and emotional issues in children.	Tuesday's 4, 11, 18, 25 May & 1, 8 June 2021 10.30am - 12.30pm	Waitara Family Centre 29 Yardley Place
FREE	1-2-3 MAGIC For parents of 2 - 12 year olds. Learn how to manage behaviour without arguing or shouting. Discover effective methods to stop unwanted behaviours, increase co-operation and enhance your relationship with your children.	Thursday's 13, 20 & 27 May 2021 10.00am - 12.00pm	Naremburn Family Centre 40 Merrenburn Avenue
FREE	GROWING BIG LIVES Provides information to parents about why family relationships are important, ways to positively communicate with their children, why teamwork and showing appreciation for each family member is important.	Tuesday 15 June 2021 12.00pm - 1.00pm	 via Zoom WEBINAR IN SPANISH

