

# COMMUNITIES FOR CHILDREN

ONKAPARINGA INITIATIVE

Communities for Children is funded by the Australian Government Department of Social Services

AUGUST SEPTEMBER OCTOBER 2014

## Inside this Issue:

1. C4C Update
2. Aldinga, Sellicks Beach and Seaford Info Page
3. Aldinga, Sellicks Beach and Seaford Info Page
4. Aldinga, Sellicks Beach and Seaford Info Page
5. Sing and Grow for Families
6. Community Info Page
7. Children's Art Display
8. Child Friendly Awards
9. Child Friendly Awards
10. Child Protection Week
10. Children's Week/Awards
11. Surfing Activity
12. Community Info
13. Circus Workshops
14. Staff Profile
15. Our Big Backyard
16. Infant Massage
16. Cooking with Kids
17. Siblings in Focus
18. Recipes
19. Community Info Page
20. Tissue Box Monster Craft
21. Calendar of Events August 2014
22. Calendar of Events September 2014
23. Calendar of Events October 2014
24. Team contact details

## Contact Details:

Calling: 8392 3194  
or emailing:

[jcook@anglicaresa.com.au](mailto:jcook@anglicaresa.com.au)

1 William Street  
Morphett Vale SA  
5162

Welcome to the August edition of the Communities for Children Onkaparinga newsletter and a new financial year!

AnglicareSA has received a five year funding contract for Communities for Children (C4C) Onkaparinga. There are some exciting times ahead and we look forward to continuing to work alongside families, children, the community and other organisations on this great initiative.

C4C Onkaparinga has the following suburbs in its site: Hackham, Hackham West, Huntfield Heights, Onkaparinga Hills, Christie Downs, Morphett Vale, Morphett Vale East, Morphett Vale West, Christies Beach, Christies Beach North, O'Sullivan Beach, Noarlunga Downs, Noarlunga Centre, Port Noarlunga, Port Noarlunga South, Seaford, Seaford Meadows, Seaford Heights, Seaford Rise, Moana, Maslins Beach, Port Willunga, Aldinga, Aldinga Beach, Silver Sands and Sellicks Beach. This is very exciting and provides for some great opportunities in these communities.

During the last three months we held a surfing day at Moana, Ride Your Bike sessions at Aldinga Beach and Pimpala School, Circus Element sessions at Seaford, Sellicks Beach and Hackham East. We celebrated Families Week at Christies Beach and Aldinga and shared in Reconciliation events in the South and the West. We also celebrated 21 businesses who received Child Friendly Business Awards recognising innovative work practices.

We are currently working with the other Communities for Children sites here in South Australia on a Children's Voices calendar that will be launched in October. Keep an eye open for this as children from the South contributed to the artwork and shared with us their thoughts on what is important to them.

Over the next few months the Communities for Children team will be out and about talking to children, young people, parents, service providers etc. about their communities. This information will be used to develop the new strategic plan and activities for the site. We look forward to meeting with you.

Janine Carger (pictured)



## Did you know.....

Communities for Children has a community database  
Communities for Children has set up a database specifically for community members to receive flyers and information for Family Fun Days/Children's activities and local events directly to your email. We will not pass on your details and you will not be sent spam or junk mail. We look forward to seeing you at our next event.

Please send an email to register your interest to Jodie at :-

[jcook@anglicaresa.com.au](mailto:jcook@anglicaresa.com.au)

# ANGLICARES SA

## What's On in Aldinga, Sellicks Beach and Seaford

### **Aldinga Community Centre**

#### Parents on Monday (POMs)

A group of parents and caregivers come together with their children to relax and enjoy some great activities in a friendly environment.

Mondays 9 to 11am

\$2 per family (creche included)

#### Mosaics

Tuesdays 7 to 9pm

Fridays 1 to 3pm

#### PALS - FREE

Participate And Learn Skills

Mondays 3.30 to 5pm

#### Playgroups

Tuesdays 9.30 to 11.30am (crafts)

\$2 per family

Wednesdays 9.30 to 11.30am (active)

\$5 per family

#### Aldinga Community Garden

Wednesdays 9.30am - Grow it and Eat it

#### Zumba

Thursdays 6 to 7pm

#### Men's Shed

BBQ every second Thursday

Thursday 9am to 3.30pm

\$5 per session plus materials

#### Various Computer Classes

Contact the centre for more information

#### Aldinga Walkers

Fridays 8.30 to 9.30am

Join Sandra and Dave, Heart Foundation and trained walk organisers for a stroll and cake and coffee afterwards.

Children in pushers and dogs on leads welcome

Call Sandra or Dave on 8557 6460

#### Community Cafe Lunches

Fridays 12 noon

Cost \$4pp for a 2 course lunch

Please book by 10am on the day before by calling the centre on 8556 5940

Stewart Avenue Aldinga Beach

For more info please call

8556 5940

**COMMUNITIES  
FOR  
CHILDREN**  
ONKAPARINGA INITIATIVE

Communities for Children is funded by the Australian Government Department of Social Services

### **Family Fun and Feast**

Find out what is happening in your local area  
Children will be displaying their talents and skills  
Activities for babies, toddlers and children  
FREE FOOD AND GIVEAWAYS

The gathering is on the last Monday of every month from 3 to 4pm

Aldinga Beach R-7 School at the double gates on Quinliven Road Aldinga  
Everyone welcome.

Monday 25 August

Monday 27 October

Monday 24 November

For more info please call 8557 6208.

This event is in partnership with the Aldinga Beach Children's Centre, ANZ Bank Seaford, Communities for Children Onkaparinga, AnglicareSA, Uniting Communities, Centacare and many other local services

### **Onkaparinga Youth Services Aldinga VOLT**

#### Tune It Up—FREE

Mondays 4 to 6pm

#### Play with Clay—FREE

Mondays 4 to 5.30pm

#### Hangout Hive—\$2 per session

Wednesdays 3.30 to 5pm

#### Mosaic Magic—FREE

Fridays 4 to 5.30pm

#### Parkour—FREE

Every 2nd Saturday 10 to 11.30am

VOLT Aldinga Youth Centre  
Aldinga Central Shopping Centre  
Pridham Boulevard Aldinga Beach

For more info please call 8557 7555

### **Playgroups**

Galilee Community Room

#### Playgroup 0-5 year olds

Mondays 9 to 11am

For more info please call 8557 9000

#### Tempo for Tots

Wednesdays 9.15 to 10am

Quinliven Road Aldinga

For more info please call 0410 595 300

#### Granny Annie's Drop in Group

Activities for all ages

Thursdays 9 to 11.30am

St Ann's Hall

7 Stone House Road Aldinga

For more info please call 8556 5078

### **Sellicks Community Hall**

#### Mobile Family Connections

##### Playgroup

Communities for Children Activity  
Come along for a fun play and chat at a free playgroup for families with children aged 0-5. We offer family support, play ideas and resources to build family wellbeing. We also provide information about services and free events within your local community.  
Fridays 10 to 11.30am

##### Magic Harvest

Wednesdays 4 to 5.30pm

##### Spinners, Knitters and Weavers

Thursdays 10am to 2.30pm

##### Gotta Dance

Come along and enjoy tap, jazz and hip hop dancing  
Saturdays 9am

**William Eatts Reserve  
Riviera Road Sellicks Beach**

For more info please call 8556 3011

### **Our Big Backyard**

#### **Nature play in Aldinga and Sellicks Beach**

Communities for Children Activity

Come on an adventure with the Our Big Backyard team. On the second Sunday of each month we will be discovering, exploring and having fun with children and families around different natural locations around Aldinga and Sellicks

17 August—Stick Boat Making

Hart Road Wetlands

13 September venue TBC

Time: 10.30am to 12pm

Cost: FREE

Collect your own Our Big Backyard Kit which includes a map and '50 things to do before you are 12 in Aldinga and Sellicks' from the Aldinga Beach Children's Centre and the Aldinga Library.

**For more info or to register  
please call**

**Lauren or Leigh on 8557 6208**

This program is a partnership between the Aldinga Beach Children's Centre, City of Onkaparinga, Natural Resource Management Board and Communities for Children. Onkaparinga

# What's On in Aldinga, Sellicks Beach and Seaford

## Aldinga Children's Centre

Quinliven Road Aldinga

### Breakfast Club

**Mondays, Wednesdays and Fridays**

8.15 to 8.55am during school term

### WellDinga

Mondays 11.30am to 12.30pm

### MyTime

Mondays 1 to 3pm during school term

### Family Fun and Feast

Last Monday of the month

Aldinga Beach R7 School

Quinliven Road Aldinga Beach

### Mums and Bubs

Tuesdays 10 to 11.30am

### Young Parents Play and Connect

Thursdays 10 to 11.30am

### Learning Together Playgroup

Wednesdays 9.30 to 11am

### Drop In and Chat

Wednesdays 10 to 11am

**For more info please call**

**8556 5060**

**Lauren.jew@sa.gov.au**

On Tuesdays after 9.30am free bread will be available for you to take what you need for your family. Thank you to Homegrain Bakery for your generosity.

## Free Parent Workshops

### PACTS

Want to know how to help your teenager with career ideas?

What is SACE and where can it lead?

What is the difference between TAFE and University?

What sort of jobs are out there?

What is an apprenticeship?

Find out more—Wednesday 6 August

5.30 to 8pm

Light dinner provided

Seaford Secondary College/Staff Room

Lynton Terrace, Seaford

**For more info please call**

**Tammy on 8186 2093 or 0439 426 558**

## Aldinga Library

Come and listen to stories, songs and rhymes to excite and engage children in the fun of reading.

### StoryTime

for 3-5 year olds

Thursdays 10am

### ToddlerTime

18 months to 3 years

Tuesdays 10am

### BabyTime

Fridays 10am

Aldinga Beach Shopping Centre

Aldinga Beach Road Aldinga

**For more info please call**

**8384 0022**

## Mobile Family Connections (MFC)

### Aldinga and Sellicks Beach

Communities for Children Activity  
Come along for a fun play and chat at a free playgroup for families with children aged 0-5. We offer family support, play ideas and resources to build family wellbeing. We also provide information about services and free events within your local community.

Sellicks every Friday 10 to 11.30am

at Sellicks Community Hall

Riviera Road Sellicks Beach

Aldinga every Friday 10 to 11.30am

at John Nicholl Reserve

Storey Ave Aldinga Beach

**For more info please call**

**8159 1400**

## Aldinga What's On

### Facebook Page

This Facebook page is a message board full of free and low cost activities and events in the Aldinga and Sellicks Beach region  
Visit the link below and like the page

**[www.facebook.com/#!/pages/Aldinga-and-Sellicks-Whats-On](http://www.facebook.com/#!/pages/Aldinga-and-Sellicks-Whats-On)**

## Asperlutely Autsome

presents

### Lego Design Group South—Aldinga

Lego Design sessions—with the fantastic team from "LAYGO"

Children with Autism Spectrum Disorder (ASD) and their siblings welcome.

Numbers are limited so registration is required.

Fortnightly on Saturdays 10.30am to 12pm

Aldinga Beach R-7 School

Quinliven Road Aldinga

**For more info please call**

Meg on 0406 218 002

Or email:

[secretary@asperlutelyautsome.org](mailto:secretary@asperlutelyautsome.org)

## Siblings in Focus

### Social Group 5-12 year olds

### Junction Australia

Communities for Children Activity

After School Social Group for 5-12 year old

siblings of children with special needs, disabilities and/or chronic illness.

Wednesdays 3 to 4.30pm during term 3

Aldinga Children's Centre

Quinliven Road, Aldinga Beach

**To book or for more info please call**

**Tanya or Sam on 8186 6944**

**Or email**

**[tgalbraith@junctionaustralia.org.au](mailto:tgalbraith@junctionaustralia.org.au)**

## Our Big Backyard

### Let's Make Stick Boats

Come and discover some of the best outdoor places to have an adventure with Our Big Backyard Team  
Every month we feature a new fun way for families to explore and discover the local area together

**This month it's time to make stick boats.**

Join us and make your own boat out of natural stuff we can find at the Hart Road Wetlands

Collect the Big Backyard kit which includes outdoor activities and a fun play map to explore the Aldinga/Sellicks area

Sunday 10 August, 10.30am-12noon

**For full details and bookings phone 8557 6208 or email [lauren.jew@sa.gov.au](mailto:lauren.jew@sa.gov.au)**



## What's On in Aldinga, Sellicks Beach and Seaford

### Seaford Community Centre—Beechwood Grove Seaford

#### Mondays

**Group Circuit**—6.30 to 7.30pm  
**Craft and Sewing**—10am to 12pm

#### Tuesdays

**Baby Playgroup**—1 to 3pm  
 Cost: \$3.00 per family  
**Walking Group**—It's FREE! EVERY Tuesday  
 9:15 to 10:15am

**Crochet/Knitters Unite**  
 1 to 2.30pm \$4.00 per session

**Yoga for Health and Wellbeing**  
 6 to 8pm  
 Call Mary 8386 3989 or 0401 135 576

#### Wednesdays

**Playgroup is Fun!** 9 to 11am  
 Cost: \$3.50 per family  
**Justice of the Peace (JP)**  
 Services are available at the Centre  
 every Wednesday 12 to 3pm

#### TAX HELP

Need help preparing your tax declaration for 2013/2014?  
 call **8386 3319** to book

#### Thursdays

**Ready Set Play!** 9 to 10.45am  
 DECD Seaford Supported Playgroup  
**Senior Fitness**  
 Moderate Moves - 9.15 to 10.15am  
**Bookclub**—12.30 to 1.30pm Cost: \$5.00  
**Yoga Made Easy**—Gentle Class 1.30 to 2.30pm

#### Fridays

**Men's Breakfast at Hastings Street**  
 (Corner of Hastings St & Tongala St)  
**Third Friday** of every month at 9am  
 15 August and 19 September  
**One on One Computer Support**  
 10am - 2.30pm - Cost: \$5.00 per session

#### Coming Events

##### **Playground Tour**

Join us for a magical mystery bus tour of some fantastic playgrounds within the City of Onkaparinga.

##### **Roaring 20's Jazz Caberet**

Featuring Brighton Secondary School Big Band  
 Arts Centre, Port Noarlunga  
 Friday 22 August—7.30 to 11pm  
 Tickets: \$20pp. BYO Drinks and Supper  
 Contact 0449 766 667 to book Roaring 20's only

**For more info please call 8386 3319**  
[info@seafordcc.com.au](mailto:info@seafordcc.com.au)

#### **Community information—City of Onkaparinga**

Visit [www.onkaparingacity.com](http://www.onkaparingacity.com) for access to information about local community groups and services available in the City of Onkaparinga area.

[SACommunity.org](http://SACommunity.org) will connect you to the community services website which covers all of South Australia and yet can pinpoint local clubs, groups and services easily by limiting the search location to Onkaparinga.

For example, Yoga Onkaparinga will list all the options for enjoying yoga in the City of Onkaparinga. Click on the name of the ones near you to see their contact details.

View the [Community information publications](#) to access the electronic version of the Seniors Guide, Community Directory, the list of venues for hire and the useful brochures. In the Seniors Guide or Community Directory you can search for a word, service or name by using ctrl F and use the search box.

For help with more specific community information enquiries contact 8384 0666 or email [comminfo@onkaparinga.sa.gov.au](mailto:comminfo@onkaparinga.sa.gov.au)

There are nearly 1500 community groups and services located across the City of Onkaparinga. They provide community services ranging from sport and recreation activities to health, schools, playgroups, churches and much more. If you know of a group that is not included on the website please email [comminfo@onkaparinga.sa.gov.au](mailto:comminfo@onkaparinga.sa.gov.au) with the details

**For more info visit: [www.onkaparingacity.com.au](http://www.onkaparingacity.com.au)**

### Sing and Grow for Families

Why make music with your child? Music is a fantastic way for children and parents to experience fun and enjoyable times together. Dancing, singing, playing percussion instruments, and relaxing to music are great for stimulating your child's development. And the benefits are even greater when you share these activities together

- Music motivates children
- Music is fun and non-threatening
- Music can provide structure and predictability
- Music can be used to alter mood
- Music is great for child development



### Music Ideas For Home

#### **Make and Shake Your Bells!**

*What You'll Need:*

- bells (can be purchased from craft shops)
- Elastic
- needle and thread



*Method:*

1. Thread bells onto elastic
2. Curve elastic into a circle to fit around your child's wrist or ankle
3. Sew or tie ends of elastic together very securely
4. Your child can wear these on their wrists and ankles as they dance to their favourite songs

Please ensure adequate supervision during play if small bells have been used

#### **Make Clapsticks!**

- 2 sticks- perhaps twigs, dowel, or shortened broom sticks
- Crayons

1. Make sure your sticks are the same length and don't have any rough surfaces

2. Draw on and colour the sticks

Clap them together to your favourite song

#### **Make a Shaker!**

- An empty water bottle
- Uncooked rice, pasta, pebbles etc.
- Tape

1. Half-fill your water bottle with rice, pasta or pebbles

2. Screw the lid on tightly, then secure it with tape

3. Shake along to your favourite shaking song



### Music & Child Development:

Musical songs and activities can help children learn the skills they need as they grow. Music can promote the development of:

- Thinking skills: staying on task, increasing attention span, problem solving, following instructions, understanding and practicing new concepts
- Language, Literacy and Numeracy: learning new words and their meanings, counting, following patterns
- Physical Skills: Gross and fine motor skills, body awareness, coordination (e.g.: using both hands together)
- Communication skills: verbal and nonverbal self-expression eg: singing, making animal sounds, pointing, looking, waving
- Social Skills: sharing, turn-taking, sitting and waiting – this can help to prepare children for kindy and school

#### **Why do Children Need to Learn These Skills?**

- In preparation for school... to increase attention span & stay on task... to strengthen family relationships... to learn counting, words and other academic concepts... to develop body coordination... to develop self-expression.

**For more information on this topic  
and much more please visit:**

**[www.singandgrow.org](http://www.singandgrow.org)**



Communities for Children is funded by the  
Australian Government  
Department of Social Services

### Tips & Ideas:

- ◆ Face your child and smile when you sing together. Face to face time is important for developing imitation skills
- ◆ Children can learn concepts like counting, colours, go/stop, loud/soft, slow/fast, and up/down within songs and music making
- ◆ Repeat songs over and over to assist your child's learning – repetition helps their brain remember
- ◆ When singing your child's favourite song, leave the last word off each line for them to sing
- ◆ Change time can be a great opportunity to begin body awareness activities with young infants. Sing about arms/ legs/ fingers and toes etc.
- ◆ Grasping instruments (shakers/ beaters) is great for the development of fine motor skills
- ◆ Movement songs in which children do big actions like walking, running and jumping, can help them to develop coordination and balance
- ◆ Dancing is great for developing social skills though group work, turn taking and leading others



<p><b>Christie Downs Community House Breakfast Club</b> Fully supervised Breakfast Club during school term for children attending Christie Downs PS. Breakfast, lunch and recess provided Monday to Friday 7.30 to 9am <b>PALS</b> 3.30 to 5.30pm Tuesdays and Thursdays Art, craft, sport, games, cooking and computers The Australian Government provides financial support for this Budget Based Funded Child Care service under the Community Support Program. <b>For more info please call 8384 6894</b></p>	<p><b>Boyz Biz</b> <b>The Smith Family</b> Communities for Children Activity An after school program providing opportunities for boys aged 8-12 to experience recreation and leisure activities. A mentor support program where boys can participate in a range of experiences in a supportive environment. <b>Bookings are essential</b> <b>For more info please call Danielle 8382 7587</b></p>	<p><b>Mainly Music</b> This is a fun music group for parents or primary care givers to enjoy together with their young children aged 0-5. Fridays during term 3 9.30am—cost \$5 per family The Salvation Army Noarlunga 186 Elizabeth Road Morphett Vale <b>For more info please call Major Glenda Savage 8382 1600</b></p>
<p><b>Southern Futures Career Forum</b> Career Workshops and Exhibits Tuesday 12 August <b>Session 1</b> <b>Schools Only</b> 11.30am to 2.15pm <b>Session 2</b> <b>Schools, Parents and Community</b> 5.30 to 7.45pm South Adelaide Football Club 1 Lovelock Drive Noarlunga Downs <b>To book or for more info please call 8326 6540 or email ryanl@cpatw.com.au</b></p>	<p><b>Siblings in Focus</b> <b>Social Group for 8-12 year old Junction Australia</b> Communities for Children Activity <b>After School Social Group for 5-12 year old</b> siblings of children with special needs, disabilities and/or chronic illness. Fridays fortnightly 3.30 to 5pm, during term 3 Impact Church 104 Pimpala Road Morphett Vale <b>To book or for more info please call Tanya or Sam on 8186 6944</b> Or email <a href="mailto:tgalbraith@junctionaustralia.org.au">tgalbraith@junctionaustralia.org.au</a></p>	<p><b>Mobile Family Connections (MFC) Centacare—Morphett Vale</b> Communities for Children Activity MFC provide a free play &amp; chat session for families with children aged 0-5. We offer family support, play ideas, info and resources about services within your local community. <b>Every Wednesday</b> <b>9 to 10am</b> Morphett Vale East Primary School, Monarch Street Morphett Vale <b>1 to 2pm</b> Lonsdale Heights Primary School Shed (school oval) 25 Sunningdale Drv Christie Downs <b>For more info please call 8159 1400</b></p>
<p><b>O'Sullivan Beach Children's Centre</b> <b>Tuning into Kids Behaviour</b> 4,11 and 18 August 12.30 to 2.30pm <b>Playgroup</b> Tuesdays 9.30 to 11am <b>Fun N Friends</b> Tuesdays 4 to 5pm <b>Circle of Security</b> Wednesdays 1 to 3pm <b>Blokes N Kids</b> 9.30 to 11am Saturday 9 August <b>Saturday Fun Days</b> 25 July to 20 September 9.30am to 1.30pm <b>Saturday Massages</b> 2 August 9.30am to 1.30pm 51a Galloway Road O'Sullivan Beach <b>Bookings are essential</b> <b>For more info please call 8382 2850</b></p>	<p><b>Family Express</b> <b>Hackham West Community Centre</b> Looking for something to do after school? Join us for an afternoon of free family fun. Share a yummy snack and join in indoor and outdoor activities including art and crafts, games, science experiments and woodwork. Monday 11 August Monday 25 August Monday 8 September From 3.30pm Hackham West Community Centre Majorca Road Hackham West <b>For more info please call 8384 1065</b></p>	<p><b>After School Kids Club</b> <b>Family Connections Hackham</b> Tuesdays 3 to 4.30pm Art and craft activities Cooking and outside play Includes a healthy snack This program is for children 8-12 years and their families including mum, dad and younger siblings. Come and enjoy the activities with your children and meet their friends and parents. Cost: \$2 per child or a maximum of \$5 per family <b>For more info or to book please call Kathy or Sam on 8186 6944</b></p>



# Important to me... Children's Art Display

Last year children throughout the Onkaparinga area participated in the Communities for Children project 'What is important to Me.' Children drew their vision of 'What is important' with a small story attached to each picture to provide an insight into the children's thoughts.

The 'Important to Me' project was a collaboration between six South Australian Communities for Children sites with the intent to design a children's voice calendar.

Final art pieces have been chosen by the selection committee and the 2015 Communities for Children calendar will be launched in October.



**Laetitia - Age 4**

This is our house with the sun and the moon and lots of birds, me and Dad.



**Sara - Age 10**

My best friend Bella is important to me because she is always there for me and she makes me laugh.



**Kayley - Age 12**

I drew this because I like to draw, I draw what I think, I love drawing!!



**Jasmine-Lee- Age 9**

I like art because you get to be creative and express your feelings.



## Communities for Children Onkaparinga *2014 Child Friendly Business Awards*

The Communities for Children Onkaparinga Child Friendly Business Awards recognise innovative work practices that have been developed by businesses to deliver lasting and sustainable improvements in child and family friendly environments and practices along with work and family balance for themselves, their families and their employees.



Excited about receiving an Award!

Twenty-one businesses were recognised in a ceremony at the Annual Child and Family Friendly Business Awards Event held by Communities for Children Onkaparinga at AMF Bowling Noarlunga on the 22nd of June 2014.



Guest Speaker Di Bellamy from allBIZ Supplies

Representatives of each business were presented with an award by Peter Sandeman Chief Executive Officer of AnglicareSA.

Di Bellamy, allBIZ Supplies business owner from Lonsdale and Child Friendly Business Award inaugural winner spoke inspiringly of the challenges and rewards of being a child friendly business.



Peter Sandeman CEO AnglicareSA and Janine Carger Manager Communities for Children Onkaparinga

Following the award ceremony, staff of the winning businesses and their families enjoyed the event which included bowling, face painting, balloon twisting, games and afternoon tea.



Representatives of 5 winning businesses at the event with Peter Sandeman, CEO AnglicareSA





Representatives of 5 winning businesses at the event with Peter Sandeman, CEO AnglicareSA



Games Fun!



Representatives of 4 winning businesses at the event with Peter Sandeman, CEO AnglicareSA



Family Bowling!

## Winning Businesses of the Communities for Children Onkaparinga 2014 Child Friendly Business Awards

- Adelaide Family Chiropractic at Southside
- Adelaide Fresh Fruiterers Morphett Vale
- Albrighton Consulting and Training Services
- BB's Café - Seaford
- Bubble n Squeak Child Development Centre - Aldinga Beach
- Exodus Hair and Beauty
- Gas Works Morphett Vale
- Gemtree Wines
- Gloria Jean's Coffees - Colonnades
- Hackham IGA
- Morphett Vale Butcher
- Morphett Vale Discount Drug Store
- Noarlunga Officeworks
- Premium Pete Pty Ltd - Hackham
- RAMS Home Loans Southern Vales
- Ready Steady Go Kids - Seaford
- Surf Esteem
- The Cottage Bakery
- Timms Real Estate - Christies Beach
- Victoria Hotel - Graziers Steakhouse
- Wallis Cinemas - Noarlunga

## The Parenting Playground Inc.

The Parenting Playground Inc. is a not-for-profit Association.

The website at [www.parentingplayground.org.au](http://www.parentingplayground.org.au) is a 'one stop shop' for parents/carers seeking supportive services and supported parent/child based activities in their local community.

Please visit [www.parentingplayground.org.au](http://www.parentingplayground.org.au) for further information.

### Taikurendi Children and Family Centre

#### Mondays

#### Play and Move Playgroup

9.30 to 11.30am

#### Aboriginal MyTime

12.30 to 2.30pm

#### Southern Elders

11.30am to 2.30pm

#### Tuesdays

#### MAYFS - Young Women

10 am to 2.30pm

#### Coffee and Yarn

8.45 to 10.30am

#### Baby Massage with Deanna

12 to 2pm

#### Deadly Families Cooking Together

3.15 to 4.30pm

#### Wednesdays

#### Learning Together Playgroup - CBHS

#### Young Mum's

9.30 to 11.30am

#### MAYFS - Young Men

10 am to 2.30pm

#### SOLE Study Group

12.30 to 2.30pm

#### Thursdays

#### Bringing Up Great Kids

9.30 to 11.30am

#### Nunga Mi Mininis Playgroup

12.30 to 2.30pm

#### Fridays

#### Community Playgroup

9 to 10.30am

#### Rain, Hail or Shine - Exercise Group

11am to 12.30pm

#### 8 Price Street Christies Beach

For more info or to book please call

8186 1102

## Child Protection Week 7-13 September

For over 20 years NAPCAN has been running an annual National Child Protection Week campaign developing multimedia, visual and text resources to increase awareness and understanding of the importance of reducing child abuse and neglect in Australia.



The PLAY YOUR PART campaign builds on the strengths of previous years and has evolved to provide support to communities to act on the core message, "protecting children is everyone's business". Along with internationally acclaimed videos, such as the 'Children See, Children Do', NAPCAN has created practical tip sheets and resources for community members to develop campaigns and projects responding to local needs.

NAPCAN's campaigns aim to provide communities and individuals with practical information on how to 'Play Your Part' and provide a platform for communities to be empowered, resourced and mobilised to take action at a local level. **For more info visit: [www.napcan.org.au](http://www.napcan.org.au)**

## Children's Week 18-26 October

**The theme for this years Children's Week is "Children have the right to speak and be heard"**

Children's Week is an annual celebration held across Australia from 18-26 October. A diverse range of events and activities are organized at National, State and Local levels. These events focus the attention of the wider community on children, their needs and achievements.

Children's Week celebrates the right of children to enjoy childhood. It is also a time for children to demonstrate their talents, skills and abilities. Thousands of children and their families around the country are involved in activities and events during "The Week" through the participation of schools, playgroups, childcare, kindergartens, cultural groups, libraries, departments and community groups.



## Children's Week Awards

The Children's Week Association of South Australia is seeking to recognise children, young people and members of the community who make a difference for children. We are especially interested in discovering the quiet achievers and those who have not been previously recognised.

Nomination is also sought for young people who are a role model for others.

Nominations due by **MONDAY 25 AUGUST, 2014**

**Children's Week Awards for Service to Children** for outstanding and consistent contributions to the needs, interests and welfare of children either in a voluntary or paid capacity.

**There are two sections to the Awards:**

# Children and Youth (under the age of 18)

# Adults (18 years and over)

#### **Play Award**

Play Award recognizes a significant contribution to the development of children's play and may involve programs, events, equipment, promotion or management of children's play.

#### **Children's Week Special Award**

Special Award is given in recognition of a young person who displays courage and a cheerful attitude in the face of adversity.

**For more info visit: [www.sachildrensweek.org.au/awards](http://www.sachildrensweek.org.au/awards)**



Communities for Children is funded by the Australian Government Department of Social Services

## Moana Surf Day

On Saturday 22 June Surf Culture through Surfing Australia provided two free two-hour surfing lessons for children within the Communities for Children Onkaparinga region.

The activities were for children aged five to 12. In total, 15 children participated and most of them by the end of the session were able to stand on their boards!

It was a great day spent sharing together, the sun was shining, great waves for surfing and the sound of the children enjoying themselves.

Thank you to the families who attended, Cheryl and the instructors from Surf Culture, Surfing Australia for making the day such fun for everyone.

For more shots of the day have a look at the short video on YouTube.

[https://www.youtube.com/watch?v=s\\_\\_f2uFXOps](https://www.youtube.com/watch?v=s__f2uFXOps)



**Onkaparinga Youth Services  
Reynella**

**ONE50 Street Funk and Hip Hop Dance**  
Mondays 4.30pm

**Articulated**  
Tuesdays 3.30 to 5pm

**Break Dance**  
Wednesdays 3.30 to 5pm

**Drumbeat**  
Thursdays 4 to 5pm

**Parkour**  
Fridays 4 to 5pm

10 Main South Road Reynella

**For more info please call 8387 5577**

Onkaparinga Youth Services delivered in a partnering relationship between Junction Australia and the City of Onkaparinga

**Managing Children’s Behaviours**  
AnglicareSA  
Monday 15 September 6.30 to 9pm  
gold coin donation

**Be Kind and Unwind**  
**Personal Wellbeing**  
Friday 12 September 9.30am to 2.30pm  
Lunch provided—gold coin donation

Woodcroft Morphett Vale  
Neighborhood Centre  
175 Bains Road Morphett Vale

**For more info or to book please call 8186 8900**

This program is funded by Department of Human Services

**Hackham West Community Centre**

**Take Charge of Pain**  
Monday 18 and 25 August  
9.30am to 12pm

**Dad Factor** Mondays 6 to 8pm

**Zumba** Tuesdays 1 to 2pm

**Babysitting Course**  
5 August for 5 weeks, 4 to 6pm

**Yoga** Mondays 1 to 2pm

**Yoga** Wednesdays 1 to 2pm

Hackham West Community Centre  
Majorca Road Hackham West

**For more info please call 8384 1065**

**Aqua Movement Classes**  
For Adults with Disabilities  
Term 3  
23 July to 24 September  
Cost \$7 per session

Class 1 Wednesdays 2.15 to 3pm  
For those needing support in the water

Class 2 Wednesdays 3 to 3.45pm  
For those who are independent in the water

Noarlunga Leisure Centre  
David Witton Drive Noarlunga Centre

**For more info please call Marie on 8384 0661**

**Take Heart PlayLinks Playgroup**  
Are you looking for a playgroup for your child that just gets that he/she is different? Playgroup is aimed towards children who may be developmentally delayed, have sensory processing or other autism spectrum disorders. That being said we are also an inclusive playgroup and feel that the best way to share autism awareness is by opening our group to all.

Monday 11 August  
Mixing, Making and Baking

Monday 25 August - Exploring with Paint

Monday 8 September - Father’s Day Craft

Monday 22 September  
Zig Zag Dance in the House

**For more information or register please contact Katy on 0408 600 463 or email admin@takeheart.org.au**

**Lego Club Take Heart**  
Do you have a child/ren who just LOVES Lego? Take Heart, in conjunction with Prescott College present a family friendly Lego Club for children who would like the opportunity to create friendships and interact in their own unique way without pressure or judgement.

3.45 to 5pm  
Fridays 8 and 22 August  
Fridays 5 and 19 September  
Morphett Vale SDA Church Hall  
140 Pimpala Road Morphett Vale

**For more info or to book please call 0408 600 463 or email admin@takeheart.org.au**

**Bilby Bus Playgroup—Centacare**  
Come along for a play and chat at a free playgroup for families with children aged 0-5.

We provide play ideas, resources, craft activities, a healthy snack and tea and coffee.

Thursdays 1 to 2.30pm

If there is wet weather the playgroup will be in the Children’s area of the Noarlunga Library  
Ramsey Place Colonnades  
Noarlunga Centre

**Girls on Track  
Girl Guides SA**  
**In conjunction with The Smith Family**  
Communities for Children Activity  
A life skills program incorporating self esteem, healthy eating, friendship and confidence in oneself.

Mondays Pimpala Primary School  
Vanstone Street Morphett Vale  
Tuesdays at Hackham West Primary School  
Glynville Drive Hackham West

**For more info please call Trish on 8382 2245**

**Hackham West Children’s Centre**

**Coffee N Chat**—free  
Mondays 9 to 9.30am  
during school term

**Motivating Mummies**  
Mondays 9.30 to 10.30am  
Health, nutrition, wellness, fitness and self esteem

**For more info on please call 8382 6161**

**Autism Support Group**  
1st Monday of the month  
10am to 12pm  
Hackham West Primary School  
Yellow unit

**For more info please call 8159 1400**



**For more info contact Mel on 0407 791 875**

## School Holiday Activities

Communities for Children Onkaparinga run several school holiday activities free for the local community. These school holidays we ran Ride Your Bike Right at Aldinga and Morphett Vale as well as Circus Workshops at Hackham, Seaford and Sellicks Beach.

### **Circus Workshops at Seaford, Hackham and Sellicks Beach**



Communities for Children Onkaparinga held three Circus Workshops in the July school holidays. Over 100 children enjoyed the fun interactive workshop.

Scott Griffin from Circus Elements demonstrated step by step instructions for activities including juggling, flower sticks, plate spinning, balance sticks, hoola hoops and hand held stilts. Children had loads of fun practicing these new skills with siblings and friends.

**For more info on these fun workshops visit:**  
[www.circuselements.com.au](http://www.circuselements.com.au)



Communities for Children is funded by the Australian Government Department of Social Services

**Southern Youth Exchange**—13 McKinna Road, Christie Downs

Art with Leann—Mondays 3.30 to 5pm FREE

Drumbeat—Tuesdays 4 to 6pm FREE

Parkour—Wednesdays 3.30 to 5.30pm

Games Games Games—3.30 to 5.30pm FREE

Monthly Reference Group—4 to 6pm—dates to be advised

**For more info or to book please call 8186 5133**

Onkaparinga Youth Services delivered in a partnering relationship between Junction Australia and the City of Onkaparinga



Hello, I'm Bel.

I am happily married and we have 5 boys and one little princess in our life. With the oldest being a teenager our house is very busy and always noisy but we love it and wouldn't have it any other way. We love getting out and exploring nature and wildlife and will often visit different parks with our favourite being Belair National Park. I enjoy getting creative and try to do it as often as I can through my love of scrapbooking.

I have been working with Communities for Children Onkaparinga for the past four years. Prior to that I worked with the Department of Education in early childhood care. I am very passionate about working with children and their families and especially enjoy being out in the community meeting people and enjoying the large range of wonderful programs and activities that we are lucky to have here down south!

When I am not working at the activities I love to take my family to them. Next time you see me out and about please come and say 'Hi' or feel free to contact me on 8392 3183 or email me on [bpollard@anglicaresa.com.au](mailto:bpollard@anglicaresa.com.au)



Communities for Children is funded by the Australian Government Department of Social Services

### Multicultural Gatherings

Come along and join us to share a meal to celebrate our inclusive multicultural community. If you can please bring a plate of food to share.

Gatherings are held once a month on a Friday evening

from 6 to 9pm:

Friday 8 August

Friday 12 September

Friday 10 October

Christie Downs Community House

Corner Morton and Flaxmill Road Christie Downs

**For more information contact**

**Rosalind 8384 0739**

or email [roscla@onkaparinga.sa.gov.au](mailto:roscla@onkaparinga.sa.gov.au)



### Onkaparinga Libraries

#### **Noarlunga Library Hannah Road Noarlunga Centre Games Games Games**

Join us for a fun games hour at the library. Chess Master Spencer will still be hanging out with the chess boards ready to teach and challenge, but now there's more! We have Twister, Hedbanz, Connect 4, Uno, Jenga, Wii and lots of other games for you and your friends to play.

Suitable for primary school aged children

Parental supervision required. 4 to 5pm

6 & 20 August, 3 & 17 September and 1, 15 & 29 October

**For more info or to book please call 8384 0655**

#### **Woodcroft Library, Bains Road Morphett Vale Afternoon Storytime**

Join us for an afternoon storytime session at the library.

Suitable for junior primary aged children. All welcome

6 August, 3 September and 1 October at 4pm

**For more info or to book please call 8384 0050**



**Our Big Backyard Nature play in Aldinga and Sellicks Beach**  
Communities for Children Activity

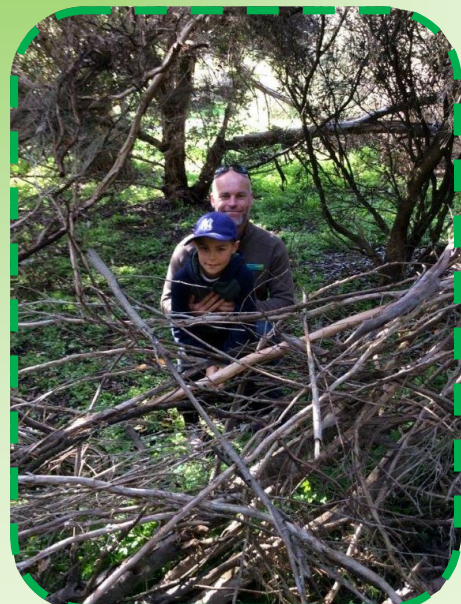
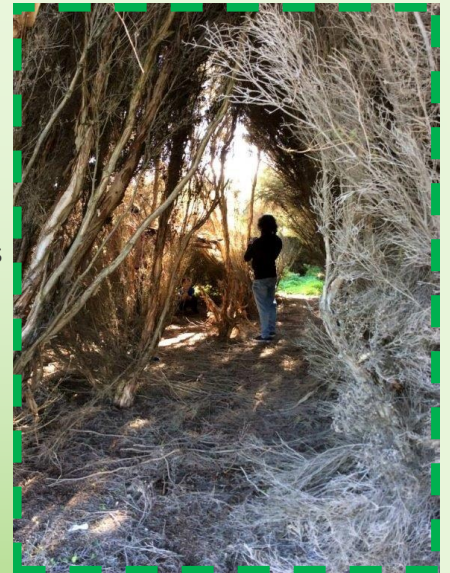
The families gathered at Port Willunga for cubby building using natural resources. After a short introduction from Jason (Natural Resource Management Board) and Matt (City of Onkaparinga) the families were ready to explore and build. It was a great sight to see the children and their families move throughout the Sheek Forest to find the best place for their cubby.

Big and little people together gathered fallen branches, leaves, sticks, logs and sour sobs, the families had all the resources they needed. Some cubbies leant against trees, others were hidden under trees. They all had their own qualities and could be turned into anything, you just needed an imagination and the children had plenty of that. Everyone was working together, sharing ideas, making discoveries and adding their own elements to their cubbies. The chatter and laughter inside the cubbies was a great reminder that nature is one of the best educators, mixed with parents support and encouragement we knew the children would be making cubby castles in no time.

After a hour of making our cubbies the families came back together and shared what they had created, they were all amazing. The Children were proud showing off what they had made and the adults were too. The Big Back Yard map and '50 things to do before you are 12 in Aldinga and Sellicks' was given out along with 3 activity sheets with information and ideas of other activities families can do between sessions. Families soon left but the cubbies remained, the footprint of children in our community was captured beautifully. Many families are already planning their next adventure back to the Sheek Forest.

For more info on this project please visit: our big backyards Facebook page [https://www.facebook.com/#!/pages/Our-Big-Backyard/254071761455869?sk=photos\\_stream](https://www.facebook.com/#!/pages/Our-Big-Backyard/254071761455869?sk=photos_stream)

The next session will be Stick Boat Making at Hart Road Wetlands Sunday 10 August at 10.30am Please register if you would like to come along by contacting our Facebook page or [lauren.jew@sa.gov.au](mailto:lauren.jew@sa.gov.au) or 8557 6208.



## Communities for Children Onkaparinga Activity Catch Up

### Cooking with Kids in the Kitchen

A Communities for Children Onkaparinga funded cooking and gardening program for students of Lonsdale Heights School giving students hands on experience on how to grow plants. The program included the children doing research on seasonal growth including which plants are appropriate to grow in which season and why and healthy plant requirements. This research was then put into action by the children as they grew plants from seeds and developed their gardens on the school grounds.

The cooking component used fresh produce with the aim that as the garden matured students were able to cook with school grown produce. The children were able to take home resources to share with their families, and family members and the community were invited to support staff and students in the cooking and gardening program. As part of the program the students provided a meal for the school mentors and families at the school AGM, and a recipe book was developed and made available to the school community.

This program provided children with skills and knowledge in the areas of gardening and cooking for a healthy lifestyle, numeracy and literacy skills through reading recipes and using measurements, knowledge of food products, their purpose, how they grow, how to use them, and the capacity to select, prepare and cook products from scratch to provide healthy meals.

### Infant Massage for Families

The Communities for Children Onkaparinga funded an Infant Massage program, facilitated by Relationships Australia SA. This program provided workers and community members the opportunity to participate in the First Touch Program, a four day nationally accredited infant massage course.

An Infant Massage Instructor Training Workshop was provided at Hackham West Community Centre and the 5 Week infant Massage parent workshop program was provided at Hackham West Children's Centre, Aldinga Beach Children's Centre, Taikurrendi Children and Family Centre and the Woodcroft Morphett Vale Neighbourhood Centre.

Participants who successfully completed the instructor training course were then supported to facilitate other Infant massage groups within the Communities for Children Onkaparinga site.

Infant massage supports early relationship development between parent/caregiver and infant. Massage can be taught at home, at 1-1 family/worker meetings, during playgroups and in 1-1 support or counselling situations.





## Communities for Children Onkaparinga Activity Catch Up

### Siblings in Focus

Communities for Children Onkaparinga funds Junction Australia to facilitate the Siblings in Focus activity.

This activity provides support and connects siblings in families with children aged 0-12 with disabilities, developmental learning delays or chronic illness to access appropriate services, groups and a range of activities and each other.

Siblings in Focus are currently running 2 after school social groups in Aldinga and Morphett Vale.  
(see page 3 and page 6 for dates and times)

For bookings or more information please contact Tanya on 8186 6944 or email  
[tgalbraith@junctionaustralia.org.au](mailto:tgalbraith@junctionaustralia.org.au)



**COMMUNITIES FOR CHILDREN**  
ONKAPARINGA INITIATIVE

Communities for Children is funded by the  
Australian Government  
Department of Social Services

### Southern Volunteering SA Inc.

#### Training Calendar

##### **Introduction to Volunteering**

12 & 26 August — 2 & 23 September - 7 & 21 October  
Learn more about what it means to be a volunteer including the rights and responsibilities of volunteers and volunteer organisations  
(Includes Workplace Health and Safety)

##### **Mental Health First Aid—21 & 22 August**

**This is a 2 day course – both days must be attended**

One in five Australian adults experiences a mental health problem. Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis.

##### **Assertive Communication—17 September**

This course provides volunteers with opportunity to practice communicating clearly and assertively.

##### **Disability Awareness—15 October**

Are you interested to learn more about disabilities; to better support those who live with a disability?  
This workshop includes:  
Values and attitudes towards people with a disability  
Dispelling myths about disabilities  
Communicating respectfully with a person with a

##### **Child Safe Environments— 30 October - \$44 per person**

This course is **for volunteers only** and provides an understanding of child abuse and neglect and the responsibility to report concerns about children's safety and wellbeing. **(Delivered by a Families SA certified trainer)**

##### **Course includes:**

Values and attitudes  
Ethics  
Appropriate responses to abuse & neglect  
Definitions and indicators  
Responding to children at risk of harm  
Child abuse report line – process & procedures

**Morning & afternoon tea provided – BYO lunch**

**For more info or to register please call 8326 0020 or email [admin@svsa.org.au](mailto:admin@svsa.org.au)**

## Delicious Muffin Pizzas

### Ingredients

2 English muffins  
1 1/2 tablespoons tomato paste  
75g shaved ham or salami, chopped  
1 tomato, finely chopped  
1 cup grated tasty cheese  
4 eggs



You can add any other pizza toppings of your choice

### Step 1

Preheat oven to 200°C. Line a baking tray with baking paper. Carefully cut each muffin in half through the centre so you have 4 rounds. Place muffins, cut-side up, onto baking tray.

### Step 2

Spread tomato paste over muffins. Combine ham, tomato and cheese in a bowl. Spoon mixture onto muffins. Use your fingertips to clear a space the size of a 50c coin in the middle of topping on each muffin.

### Step 4

Crack an egg into the space on each muffin (it doesn't matter if a bit of the egg white spills over). Bake for 20 to 25 minutes or until eggs are just firm. Serve immediately

For more delicious recipes visit:

<http://www.taste.com.au/recipes/7716/english+muffin+pizzas>

## Working Towards Your Future Free Program

Are you ready to discover your pathway to work?

'Working Towards Your Future' (WTF) is an activity-based program for women aimed at increasing your confidence and developing the skills you need to progress to employment or further training

Topics included are:

- Overcoming fears and barriers
- Building self-esteem
- Goal setting
- Stress management
- Job search, applications and resumes

### Are you Eligible?

If you are a woman in the Hackham West area and you are trying to work out how to find a job or start studying, then we'd love to see you in the program

### Why should you attend?

You will identify your work interests, set goals and make plans for the future. The program is run by a supportive facilitator who understands the issues that affect women's ability to gain employment.

Each day includes a fun activity in a social learning environment where you'll develop the resources, skills, motivation and ability to take the next step in finding work opportunities.

### Accredited Course

This course includes the unit: *CAADX Identify an Employment Pathway* from Certificate I in Education & Skills Development.

WTF is held one day a week over seven weeks.

Program starts: 31 July 2014

Thursdays, 9.30 am to 2.30pm Hackham West Community Centre

Majorca Rd, Hackham West

Meet'n'Greet 31 July 2014 9.30am to 11am

The first session is a short, informal get together to meet your facilitator and the other participants. You'll find out more about the program and fill out a couple of forms.

Find Out More and register by contacting  
YWCA on 8203 9400 or [office@ywca.com.au](mailto:office@ywca.com.au)

## Rice Paper Rolls

### Ingredients

200g lean pork mince  
8 round (22cm-diameter) rice-paper sheets  
1 Lebanese cucumber, cut into matchstick  
1 carrot, peeled, cut into matchsticks

### Dressing

1/4 cup (60ml) lime juice  
1 1/2 tablespoons fish sauce  
1 tablespoon brown sugar

### Step 1

Heat a medium non-stick frying pan over high heat. Add the pork and cook, stirring with a wooden spoon to break up any lumps, for 5 minutes or until mince changes colour and is cooked through.

### Step 2

Set aside for 15 minutes to cool completely.

### Step 3

To make the dressing, combine the lime juice, fish sauce and sugar in a screw-top jar and shake until well combined.

### Step 4

Soak 1 rice-paper sheet in warm water for 30 seconds or until soft (don't soak the sheet for too long or it will tear).

### Step 5

Drain on paper towel. Place on a clean work surface. Spoon one-eighth of the pork along the centre of the sheet. Add a little of the cucumber and carrot. Fold in ends and roll up firmly to enclose filling. Repeat to make 8 rice-paper rolls. Serve with the dipping sauce

For more delicious recipes visit:

<http://www.taste.com.au/recipes/28573/rice+paper+rolls>



**COMMUNITIES FOR CHILDREN**  
ONKAPARINGA INITIATIVE

Communities for Children is funded by the Australian Government  
Department of Social Services

### Child Safe Environments Training

Junction Australia

**Full Day**—Thursday 21 August 9.30am to 4.30pm  
\$80 paid staff and \$45 volunteers

**Refresher** Wednesday 17 September 9.30am to 1.30pm  
\$40 paid staff and \$25 volunteers

For more info or to book please call Joanne 8392 0833  
118 Main South Road Morphett Vale

## Woodcroft Morphett Vale Neighbourhood Centre

### Step Up SA

Free 13 week program for parents and young people to address violence and abuse in the home.

First session Thursday 4 September—5.30 to 8pm

### Mondays

#### Basic Cooking for Single People

10am to 12pm cost \$30 per term

Lavish Dance—from 4pm

### Tuesdays

Zumba Fitness Class—6.30 to 7.30pm—\$10 per class

Woodcroft Writers—12.30 to 2.45pm

Cost \$4 per week

Immunisations—10am to 4pm FREE

### Wednesdays

PALS Kids Club—3.30 to 5.15pm

Southern Men's Chat Group

10.30am to 12.30pm Cost \$5 per session

Playgroup—9.30 to 11.30am

Women and Wellbeing—cost \$4 per session

Alternate Wednesdays 10am to 1pm

### Thursdays

Heart Foundation Walking Group—FREE

Mondays and Thursdays 9 to 9.45am

Mighty Good Talent School

Learn to act, sing and dance

4.30 to 6.45pm—cost \$12.75 per class

### Fridays

Community Breakfast—2nd Friday of each month

9 to 10.30am—cost \$5

Tax Help—for people earning under \$40,000pa

Fridays from July to October

### Justice of the Peace available

Monday 9am to 1.30pm

Tuesdays 9am to 1.30pm

Wednesdays 9am to 4pm

Thursdays 9am to 1.30pm

Fridays 9am to 4pm

### Computer Training

Welcome to Windows 8

Beginners Computing

Intermediate Word Processing

Internet, Excel Introductory

Publisher and Powerpoint

For more info or to book please call 8384 0070



Communities for Children is funded by the Australian Government  
Department of Social Services

## New ROADS...

### Relapse Prevention Support Group



New ROADS Relapse Prevention Group is an information session and support group for people struggling with AOD/substance misuse issues.

Come along and get practical support, education and learn skills to help you make important changes in your life.

Every Friday at 10.30am

Uniting Communities

3/107 Dyson Road

Christies Beach 5165

For information & enquiries please  
contact on 8202 5690

*Or simply come along and join in!*

## Are you a parent/caregiver of an Aboriginal child/children age 3 1/2 – 4? THIS PROGRAM IS FOR YOU!!

HIPPY - Home Interaction Program for Parents and Youngster's

HIPPY - is a building step for your child's future

HIPPY - is an Aboriginal focused program

HIPPY - is working in your community with your community

HIPPY - is a fun way for you and your child /prepare them for a confident start for school

HIPPY - helps the parent understand more about their child's development and the way children learn

HIPPY - encourages a love for learning in children

HIPPY - helps build their self-esteem and confidence in learning

HIPPY - helps with employment, become a paid home HIPPY tutor

HIPPY - is everyday learning

HIPPY - is a meeting place to yarn about your child's learning

For more info please call

Jo - Hippy Coordinator

0429 219 206 or 81868925

ANGLICARESA Stratfield House

347 Main South Road Morphett Vale

## Tissue Box Monster Feet

Use materials from around your house to create fun "feet" for your children.

### Materials

- 2 empty rectangular tissue boxes with top openings
- Clear packing tape
- Paint or tissue paper
- A dry, new kitchen sponge
- Craft glue

### Directions

1. Begin with two empty rectangular tissue boxes of the same size. Cut away the plastic around the opening on top if there is any.
  2. Use several pieces of packing tape to make the size of the opening smaller in front (measure to your child's foot). Use additional pieces of tape to reinforce the ankle area and sides so that the box is less likely to rip while your monster is vigorously stomping! Cover any sticky sides of the exposed tape with additional tape so that it doesn't stick to socks.
  3. Decorate your monster feet as you wish. You can paint the boxes or use tissue/wrapping paper. If you use tissue or wrapping paper, wrap as you would a present. Then, carefully cut through the paper to expose the opening on top of the tissue box. Use additional pieces of tape to secure the edges of the tissue paper surrounding the opening.
1. Cut six triangular "claws" or "toes" from a regular kitchen sponge. Use craft glue or a hot glue gun to adhere the three sponge pieces to the front of each tissue box. Let the glue dry completely before letting the kids try out their new stomping feet.

For more fun craft ideas visit:

<http://abirdandabean.com/2011/03/tissue-box-dinosaur-feet.html>






**COMMUNITIES FOR CHILDREN**  
ONKAPARINGA INITIATIVE

Communities for Children is funded by the Australian Government  
Department of Social Services



# August 2014

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p><b>International Day of the World's Indigenous People Saturday 9 August</b>                      The United Nations' (UN) International Day of the World's Indigenous People is observed on 9 August each year to promote and protect the rights of the world's Indigenous population. This event also recognizes the achievements and contributions that Indigenous people make to improve world issues such as environmental protection                      What do people do?                      People from different nations are encouraged to participate in observing the day to spread the UN's message on Indigenous peoples. Activities may include educational forums and classroom activities to gain an appreciation and a better understanding of Indigenous peoples. Events may include messages from the UN secretary general and other key leaders, performances by Indigenous artists, and panel discussions on reconciliation.                      For more info please visit:  <a href="http://www.timeanddate.com/holidays/un/international-day-Indigenous-people">www.timeanddate.com/holidays/un/international-day-Indigenous-people</a></p>				<p>1                      Aldinga Lunch ref pg2                      Mobile Family Connections                      Aldinga &amp; Sellicks refer pg2 &amp; 3                      Siblings in Focus ref pg6                      Mainly Music ref pg6                      Mosaic Magic ref pg2                      Community Playgroup ref pg10                      Parkour ref pg12</p>	<p>2                      Saturday Fun Days ref pg6</p> 	<p>3                      5-11 Homeless Persons Week</p>
<p>4                      Parents on Mondays ref pg2                      Tune it Up ref pg2                      Aboriginal MyTime ref pg10                      Sing and Grow ref pg15                      Play with Clay ref pg2                      Group Circuit ref pg4</p>	<p>5                      PALS ref pg6                      Fun N Friends ref pg6                      After School Kids Club ref pg6                      Coffee and Yarn ref pg10                      Zumba ref pg12                      Nunga Playgroup ref pg15                      Baby Playgroup ref pg4                      Articulated ref pg12</p>	<p>6                      Hangout Hive ref pg2                      Mobile Family Connections Ref pg6                      Siblings in Focus ref pg6                      Aqua Movement ref pg12                      Magic Harvest ref pg2                      Breakdance ref pg12                      Yoga ref pg12</p>	<p>7                      PALS ref pg6                      Bilby Bus ref pg12                      Bringing Up Great Kids ref pg10                      Drumbeat ref pg12                      Playgroup Seaford ref pg15                      Ready Set Play ref pg4</p>	<p>8                      Aldinga Lunch ref pg2                      Mobile Family Connections                      Aldinga &amp; Sellicks refer pg2 &amp; 3                      Siblings in Focus ref pg6                      Mainly Music ref pg6                      Lego Club ref pg12                      Mosaic Magic ref pg2                      Community Playgroup ref pg10                      Parkour ref pg12</p>	<p>9                      Blokes N Kids ref pg6                      Saturday Fun Days ref pg6</p> <p>International Day of the Worlds Indigenous People</p>	<p>10</p>
<p>11                      Parents on Mondays ref pg2                      Tune it Up ref pg2                      Family Express ref pg6                      Aboriginal MyTime ref pg10                      Sing and Grow ref pg15                      Play with Clay ref pg2                      Group Circuit ref pg4</p>	<p>12                      PALS ref pg6                      Fun N Friends ref pg6                      After School Kids Club ref pg6                      Coffee and Yarn ref pg10                      Zumba ref pg12                      Nunga Playgroup ref pg15                      Baby Playgroup ref pg4                      Articulated ref pg12</p>	<p>13                      Hangout Hive ref pg2                      Mobile Family Connections Ref pg6                      Siblings in Focus ref pg6                      Aqua Movement ref pg12                      Magic Harvest ref pg2                      Breakdance ref pg12                      Yoga ref pg12</p>	<p>14                      PALS ref pg6                      Bilby Bus ref pg12                      Bringing Up Great Kids ref pg10                      Drumbeat ref pg12                      Playgroup Seaford ref pg15                      Ready Set Play ref pg4</p>	<p>15                      Aldinga Lunch ref pg2                      Mobile Family Connections                      Aldinga &amp; Sellicks refer pg2 &amp; 3                      Siblings in Focus ref pg6                      Mainly Music ref pg6                      Mosaic Magic ref pg2                      Community Playgroup ref pg10                      Parkour ref pg12</p>	<p>16                      Saturday Fun Days ref pg6</p>	<p>17                      Our Big Backyard Stick Boat Making                      Hart Road Wetlands Ref pg2                      10.30am to 12pm                      Cost: FREE</p> 
<p>18                      Parents on Mondays ref pg2                      Tune it Up ref pg2                      Aboriginal MyTime ref pg10                      Sing and Grow ref pg15                      Play with Clay ref pg2                      Group Circuit ref pg4</p>	<p>19                      PALS ref pg6                      Fun N Friends ref pg6                      After School Kids Club ref pg6                      Coffee and Yarn ref pg10                      Zumba ref pg12                      Nunga Playgroup ref pg15                      Baby Playgroup ref pg4                      Articulated ref pg12</p>	<p>20                      Hangout Hive ref pg2                      Mobile Family Connections Ref pg6                      Siblings in Focus ref pg6                      Aqua Movement ref pg12                      Magic Harvest ref pg2                      Breakdance ref pg12                      Yoga ref pg12</p>	<p>21                      PALS ref pg6                      Bilby Bus ref pg12                      Bringing Up Great Kids ref pg10                      Drumbeat ref pg12                      Playgroup Seaford ref pg15                      MHFA ref pg17                      CSE ref pg18                      Ready Set Play ref pg4</p>	<p>22                      Aldinga Lunch ref pg2                      Mobile Family Connections                      Aldinga &amp; Sellicks refer pg2 &amp; 3                      Siblings in Focus ref pg6                      Mainly Music ref pg6                      Lego Club ref pg12                      MHFA ref pg17                      Mosaic Magic ref pg2                      Community Playgroup ref pg10</p>	<p>23                      Saturday Fun Days ref pg6</p>	<p>24</p>
<p>25                      Parents on Mondays ref pg2                      Family Fun and Feast ref pg2                      Tune it Up ref pg2                      Family Express ref pg6                      Aboriginal MyTime ref pg10                      Sing and Grow ref pg15                      Play with Clay ref pg2                      Group Circuit ref pg4</p>	<p>26                      PALS ref pg6                      Fun N Friends ref pg6                      After School Kids Club ref pg6                      Coffee and Yarn ref pg10                      Zumba ref pg12                      Nunga Playgroup ref pg15                      Baby Playgroup ref pg4                      Articulated ref pg12</p>	<p>27                      Hangout Hive ref pg2                      Mobile Family Connections Ref pg6                      Siblings in Focus ref pg6                      Aqua Movement ref pg12                      Magic Harvest ref pg2                      Breakdance ref pg12                      Yoga ref pg12</p>	<p>28                      PALS ref pg6                      Bilby Bus ref pg12                      Bringing Up Great Kids ref pg10                      Drumbeat ref pg12                      Playgroup Seaford ref pg15                      Ready Set Play ref pg4</p>	<p>29                      Aldinga Lunch ref pg2                      Mobile Family Connections                      Aldinga &amp; Sellicks refer pg2 &amp; 3                      Siblings in Focus ref pg6                      Mainly Music ref pg6                      Mosaic Magic ref pg2                      Community Playgroup ref pg10                      Parkour ref pg12</p>	<p>30                      Saturday Fun Days ref pg6</p> 	<p>31</p>

# September 2014

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p>1</p> <p>Parents on Mondays ref pg2 Tune it Up ref pg2 Aboriginal MyTime ref pg10 Sing and Grow ref pg15 Play with Clay ref pg2 Group Circuit ref pg4</p>	<p>2</p> <p>PALS ref pg6 Fun N Friends ref pg6 After School Kids Club ref pg6 Coffee and Yarn ref pg10 Zumba ref pg12 Nunga Playgroup ref pg15 Baby Playgroup ref pg4 Articulated ref pg12</p>	<p>3</p> <p>Hangout Hive ref pg2 Mobile Family Connections Ref pg6 Siblings in Focus ref pg6 Aqua Movement ref pg12 Magic Harvest ref pg2 Breakdance ref pg12 Yoga ref pg12</p>	<p>4</p> <p>PALS ref pg6 Bilby Bus ref pg12 Bringing Up Great Kids ref pg10 Drumbeat ref pg12 Playgroup Seaford ref pg15 Ready Set Play ref pg4</p>	<p>5</p> <p>Aldinga Lunch ref pg2 Mobile Family Connections Aldinga &amp; Sellicks refer pg2 &amp; 3 Siblings in Focus ref pg6 Mainly Music ref pg6 Lego Club ref pg12 Mosaic Magic ref pg2 Community Playgroup ref pg10 Parkour ref pg12</p>	<p>6</p> <p>Saturday Fun Days ref pg6</p> <p>Royal Adelaide Show 5-14 www.theshow.com.au</p>	<p>7</p> <p>Fathers Day</p>  <p>7-13 Child Protection Week</p>
<p>8</p> <p>Parents on Mondays ref pg2 Tune it Up ref pg2 Family Express ref pg6 Aboriginal MyTime ref pg10 Sing and Grow ref pg15 Play with Clay ref pg2 Group Circuit ref pg4</p>	<p>9</p> <p>PALS ref pg6 Fun N Friends ref pg6 After School Kids Club ref pg6 Coffee and Yarn ref pg10 Zumba ref pg12 Nunga Playgroup ref pg15 Baby Playgroup ref pg4 Articulated ref pg12</p>	<p>10</p> <p>Hangout Hive ref pg2 Mobile Family Connections Ref pg6 Siblings in Focus ref pg6 Aqua Movement ref pg12 World Suicide Prevention Day Magic Harvest ref pg2 Breakdance ref pg12 Yoga ref pg12</p>	<p>11</p> <p>PALS ref pg6 Bilby Bus ref pg12 Bringing Up Great Kids ref pg10 Drumbeat ref pg12 Playgroup Seaford ref pg15 Ready Set Play ref pg4</p>	<p>12</p> <p>R U OK Day Aldinga Lunch ref pg2 Mobile Family Connections Aldinga &amp; Sellicks refer pg2 &amp; 3 Siblings in Focus ref pg6 Mainly Music ref pg6 Mosaic Magic ref pg2 Community Playgroup ref pg10 Parkour ref pg12</p>	<p>13</p> <p>Saturday Fun Days ref pg6</p> <p>Our Big Backyard venue TBC Ref pg2 10.30am to 12pm Cost: FREE</p>	<p>14</p>
<p>15</p> <p>Parents on Mondays ref pg2 Tune it Up ref pg2 Aboriginal MyTime ref pg10 Managing Children's Behaviours ref pg12 Sing and Grow ref pg15 Play with Clay ref pg2 Group Circuit ref pg4</p>	<p>16</p> <p>PALS ref pg6 Fun N Friends ref pg6 After School Kids Club ref pg6 Coffee and Yarn ref pg10 Zumba ref pg12 Nunga Playgroup ref pg15 Baby Playgroup ref pg4 Articulated ref pg12</p>	<p>17</p> <p>Hangout Hive ref pg2 Mobile Family Connections Ref pg6 Siblings in Focus ref pg6 Aqua Movement ref pg12 Magic Harvest ref pg2 Breakdance ref pg12 Yoga ref pg12</p>	<p>18</p> <p>PALS ref pg6 Bilby Bus ref pg12 Bringing Up Great Kids ref pg10 Drumbeat ref pg12 Playgroup Seaford ref pg15 Ready Set Play ref pg4</p>	<p>19</p> <p>Aldinga Lunch ref pg2 Mobile Family Connections Aldinga &amp; Sellicks refer pg2 &amp; 3 Siblings in Focus ref pg6 Mainly Music ref pg6 Lego Club ref pg12 Mosaic Magic ref pg2 Community Playgroup ref pg10 Parkour ref pg12</p>	<p>20</p> <p>Saturday Fun Days ref pg6</p>	<p>21</p> <p>International day of Peace</p> 
<p>22</p> <p>Parents on Mondays ref pg2 Tune it Up ref pg2 Aboriginal MyTime ref pg10 Sing and Grow ref pg15 Play with Clay ref pg2 Group Circuit ref pg4</p>	<p>23</p> <p>PALS ref pg6 Fun N Friends ref pg6 After School Kids Club ref pg6 Coffee and Yarn ref pg10 Zumba ref pg12 Nunga Playgroup ref pg15 Baby Playgroup ref pg4 Articulated ref pg12</p>	<p>24</p> <p>Hangout Hive ref pg2 Mobile Family Connections Ref pg6 Siblings in Focus ref pg6 Aqua Movement ref pg12 Magic Harvest ref pg2 Breakdance ref pg12 Yoga ref pg12</p>	<p>25</p> <p>PALS ref pg6 Bilby Bus ref pg12 Bringing Up Great Kids ref pg10 Drumbeat ref pg12 Playgroup Seaford ref pg15 Ready Set Play ref pg4</p>	<p>26</p> <p>Aldinga Lunch ref pg2 <b>Last Day of Term 3</b> Mobile Family Connections Aldinga &amp; Sellicks refer pg2 &amp; 3 Siblings in Focus ref pg6 Mainly Music ref pg6 Mosaic Magic ref pg2 Community Playgroup ref pg10</p>	<p>27</p>	<p>28</p> <p>World Heart Day</p> 
<p>29</p> <p>Parents on Mondays ref pg2</p>	<p>30</p>	<p><b>R U OK Day The inspiration behind this day:</b>  <b>Eighteen years ago, much-loved Barry Larkin was far from ok. His suicide left family and friends in deep grief and with endless questions.</b>  <b>Six years ago, Gavin Larkin chose to champion just one question to honor his father and to try and protect other families from the pain he endured.</b>  <b>R U OK? is testament to just how passionately Gavin believed this question has the power to start conversations that can change lives. And even save them.</b>  <b>How to ask 'R U OK?'</b>  <b>Asking someone 'are you ok?' is not about being an expert or knowing the answers when they say 'no'.</b>  <b>It's about listening and being non-judgmental; asking questions to help that person identify possible solutions; and keeping in touch with that person.</b>  <b>For more info please visit: <a href="http://www.ruokday.com">www.ruokday.com</a></b></p>				

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>School Holiday Fun</b> <ul style="list-style-type: none"> <li>• Make a nature treasure hunt</li> <li>• Play Frisbee with a friend</li> <li>• Go for a walk</li> <li>• Have a picnic at the park</li> <li>• Play at the beach</li> <li>• Play board games with your family</li> <li>• Do the Hokey Pokey</li> <li>• And then turn around</li> <li>• Smile all day</li> </ul>		1 Mobile Family Connections Ref pg6  Aqua Movement ref pg12	2 Bilby Bus ref pg12  International Day of Non Violence	3 Aldinga Lunch ref pg2  Mobile Family Connections Aldinga & Sellicks refer pg2 & 3	4 World Smile Day  	5 World Teachers Day
<b>School Holidays</b>						
6 Labour Day Public Holiday	7	8 Mobile Family Connections Ref pg6  Aqua Movement ref pg12	9 Bilby Bus ref pg12	10 Aldinga Lunch ref pg2  Mobile Family Connections Aldinga & Sellicks refer pg2 & 3  World Mental Health Day	11 Zombie Walk For more info visit- <a href="http://www.walkingsa.org.au/walk/walk-event/adelaide-zombie-walk-adelaide-2014/">www.walkingsa.org.au/walk/walk-event/adelaide-zombie-walk-adelaide-2014/</a>	12 11-19 Anti Poverty Week
<b>School Holidays</b>						
13 Parents on Mondays ref pg2  <b>First day of Term 4</b>  	14	15 Mobile Family Connections Ref pg6  Siblings in Focus ref pg6  Aqua Movement ref pg12	16 Bilby Bus ref pg12  World Food Day	17 Aldinga Lunch ref pg2  Mobile Family Connections Aldinga & Sellicks refer pg2 & 3  Siblings in Focus ref pg6	18 18 - 26 Children's Week  	19
20 Parents on Mondays ref pg2	21	22 Mobile Family Connections Ref pg6  Siblings in Focus ref pg6  Aqua Movement ref pg12	23 Bilby Bus ref pg12	24 Aldinga Lunch ref pg2  Mobile Family Connections Aldinga & Sellicks refer pg2 & 3  Siblings in Focus ref pg6  United Nations Day Community	25	26
27 Parents on Mondays ref pg2  Family Fun and Feast ref pg2	28	29 Mobile Family Connections Ref pg6  Siblings in Focus ref pg6  Aqua Movement ref pg12	30 Bilby Bus ref pg12  CSE ref pg17	31 Aldinga Lunch ref pg2  Mobile Family Connections Aldinga & Sellicks refer pg2 & 3		



Communities for Children is funded by the Australian Government  
Department of Social Services

### Communities for Children Onkaparinga Team

Janine

[jcarger@anglicaresa.com.au](mailto:jcarger@anglicaresa.com.au)

0478 325 811

Jodie

[jcook@anglicaresa.com.au](mailto:jcook@anglicaresa.com.au)

8392 3194

Tracey

[tmalliaros@anglicaresa.com.au](mailto:tmalliaros@anglicaresa.com.au)

8392 3176

Belinda

[bpollard@anglicaresa.com.au](mailto:bpollard@anglicaresa.com.au)

8392 3183

# ANGLICARESA