communities for children onkaparinga

ANGLICARESA

Summer Newsletter 2020/2021

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- Children's Voices
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- December to February Activities Calendar
- And More!

PLEASE BE AWARE

Some programs /organisations may not be currently open or operating programs as advertised. Please contact Centres directly for most recent updates as information may have changed since printing.

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

Summer 2020-21 Newsletter

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Welcome to the Summer 2020 - 2021 Communities for Children Newsletter.

Communities for Children Onkaparinga and AnglicareSA would like to wish you all a very happy and safe Christmas and New Year with your family and friends. We do hope that you have the opportunity to have a well deserved break and enjoy this time together.

Janine

Children's Week Southern Award Recipients

Given for outstanding contributions to children and families during the Covid 19 pandemic

Christie Downs Primary School hosted the Launch of the 2020 Children's Week celebrations, with students singing and signing (sign language) the Children's week song and the National Anthem.

Communities for Children (CfC) Onkaparinga would like to congratulate the following Southern Award recipients:

Reception Children at Galilee Catholic School in recognition of their generous donation to Vinnie's Project Compassion, from the proceeds of the jam made and sold from the fruit in the Secret Garden and their understanding that during the Covid 19 pandemic, there is a greater need in the community than their own need for new sand toys.

Playgroup SA in recognition of the dedicated effort made to assist families in staying connected during the Covid 19 pandemic, through presenting playgroup live on Facebook 5 days per week for 14 weeks.

Puddle Jumpers Incorporated - Melanie Tate CEO and founder in recognition of a service completely funded by donation, which provides food and other essentials to children and families in need, particularly in the north, but also the south and in the center of Adelaide. The service has been significant during the Covid 19 pandemic when beanies and blankets were distributed at the start of winter, while workshops, family nights and children's get-togethers provide further family support.

Are you connected.....

Communities for Children has 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.
To register your interest, please send us an email at :
cfc@anglicaresa.com.au

CfC in the Community

Slime, Sherbet, Bubbles & Digging Dinosaurs

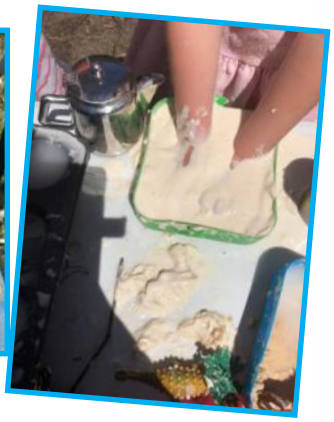
Children enjoyed two virtual CfC activity sessions run by Fizzics Education for CfC in the October School Holidays. The first session had us all learning about and making gigantic bubbles, gross slime and tasty sherbet. *"Thank you so much for the slime, sherbet and bubbles workshop. Boys loved it".* Digging Dinosaurs, the second session, took us back to millions of years ago when the weather was warmer and these giant creatures roamed the earth. We learnt all about different dinosaurs and even got to practice making some fossil moulds with playdough!

Ready Steady Go Kids

A fun physical sports skills class for 2 to 6 year olds. Children met the challenge of ball throwing, kicking and batting. They found themselves climbing, balancing, jumping and crawling their way through an activity circuit in this fun session run by Ready Steady Go Kids for CfC.

Nature Play Day

CfC and HIPPY South had a great day at the Free Nature Play Day community event organised by Junction Australia and the Seaford Meadows Scouts. Celebrating the launch of the Seaford Meadows Nature Playgroup... There was so much fun and loads of sunshine... Families were welcomed to the space with a Kaurna smoking ceremony by Karl Winda Telfer, Mulla Wirra Meyu (Dry Forest People) and then enjoyed the many nature play activities provided.



Teddy Bears Picnic

CfC & HIPPY South got our nature on, at the Teddy Bears Picnic at Hackham Community Centre with Junction Australia in October. So many cute nature crowns and teddy bears. Lovely to meet new families and see familiar faces too.

CfC Onkaparinga - Community Partner Activities

Communities for Children (CfC) Onkaparinga fund many agencies to run programs for children 0-12 and their families. We call these agencies our 'Community Partners' and the activities they run are free to attend.

Mobile Family Connections
Centacare

Playgroup for children 0 - 5 offering play opportunities and ideas, family support, information about services and free events within your local community.

Join MFC on Facebook:
Mobile Family Connections playgroup - Onkaparinga

Sellicks Beach
Wednesdays, 10 to 11.30am
Sellicks Community Hall,
William Eatts Reserve,
Riviera Rd

Seaford Meadows
Thursdays, 10 to 11.30am
Nautical Circuit Reserve,
Seaford Rd

Noarlunga
Thursdays, 1 to 2.30pm
Ramsay Place, Colonnades

Aldinga
Fridays, 10 to 11.30am
Symonds Reserve, Stewart Ave

*Playgroups are at alternative locations in inclement weather

For more information call Centacare on 8215 6310

The Garden Program
Relationships Australia SA

An infant/toddler group for children 0 - 4 years and their parent/s.

An opportunity to share positive experiences and sensory exploration activities through play, music and movement to support the relationship between you and your child.

Early 2021
8 weekly sessions, location, dates and time to be advised

For more information and to book, contact Kerryn Roberts on 8245 8100

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The Garden Train the Facilitator
Relationships Australia SA

A training session for professionals working with fathers and male carers of children up to 4 years old. Pre reading required.

Wednesday 20 January,
9.15am to 5pm
O'Sullivan Beach Children's Centre

For more information and to book, contact Kerryn Roberts on 8245 8100

Siblings in Focus
Junction Australia

After school social group for 5 - 12 year old siblings of children with special needs, disabilities and / or chronic illness.
See article on page 7.

***Term 1 dates to be confirmed**

Aldinga
Wednesdays - fortnightly
3.30 to 5pm
Aldinga Community Centre

Seaford
Thursdays, 3.30 to 5pm
Seaford Community Centre

Hackham
Fridays, 3.30 to 5pm
Hackham Community Centre

School Holiday Programs
Aldinga, Hackham & Seaford
Dates and time to be confirmed

For more information contact Tanya on 8392 3085 or 0439 800 785

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CfC Onkaparinga - Community Partner Activities

kids & dads*
Uniting Communities

A group for children of all abilities and cultures aged 0 - 12 and their fathers / father-figures to engage in fun social activities supporting positive parenting and family relationships.

Aldinga Beach
Aldinga Beach Children's Centre
Sundays - fortnightly
9.30 to 12pm

Hackham
Hackham Community Centre
Wednesdays - weekly
3.30 to 5pm (school term)

O'Sullivan Beach
O'Sullivan Beach Children's Centre
Tuesdays - weekly
9.30 to 11am (school term)

For more information contact Malcolm on 0437 232 124

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kids & dads*
Circle of Security Program
Uniting Communities

8 week parenting program for male caregivers.

Term 1 dates to be confirmed

For more information contact Malcolm on 0437 232 124

KidStuff for Young Parents
Metropolitan Youth Health

A program for young pregnant or parenting people under 25 years.

Gain information on health and wellbeing, have fun and learn while discovering creative ways to care for your child and yourself, plus lots of other cool stuff!

Term 1
MYH, Christies Beach
6 Week Program
Thursdays, 4 Feb to 11 March
10 to 12.30pm
Free lunch provided!

For information or to book call Anna on 8326 6053

==========

Stage Sparks
Carclew

Free performance workshops in theatre, dance, singing or circus suitable for curious beginners and aspiring artists.
8 week programs in Terms 1 & 2, 2021.

Please check www.carclew.com.au/Program/stage-sparks for workshop information and to join the mailing list.

Contact Tess Syme
tsyme@carclew.org.au

The MIX
Asperlutely Autsome

Participants will share their areas of interest, take on the new and explore the old.

Encouraging kids aged 10 - 14 to share what matters to them and why; with their peers, parents and ASD specific mentors.

Wardli Youth Centre
Thursday 10 December
Fortnightly from 4 February
5 to 6.30pm

Register by calling Meg on 0422 407 855

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Lego Design Group South
Asperlutely Autsome

Lego Design sessions for children with Autism Spectrum Disorder (ASD) and their siblings.

Come along and show your creativity and meet others who enjoy Lego building.

Aldinga Beach
Saturday 5 December 2020
Fortnightly from 30 January
10.30am to 12pm

Register by calling Meg on 0422 407 855

* keep an eye out for school holiday activities sent through the database and CfC Facebook group

CfC - Community Partner School Activities

These CfC Community Partner Activities are delivered in local schools. If you would like to see these programs delivered in your school, please contact the numbers listed below.

Every Girl

YWCA Australia

Every Girl provides girls with the opportunity to develop their own leadership identity to achieve societal transformation in a way that is relevant to their lives.

For more information contact
Lisa on 8203 9400

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Respect, Communicate, Choose

YWCA Australia

Respect, Communicate, Choose is designed to support children to develop safe and respectful relationships.

For more information contact
Lisa on 8203 9400

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Young Doctors

Malpa

Young Doctors is a health leadership program, which trains Aboriginal and non-Aboriginal children to be health ambassadors in their communities.

For more information contact
Deborah on 0414 329 015

Boyz Biz

The Smith Family

Boyz Biz is an after school mentor support program providing opportunities for boys aged 8 - 12 to participate in a range of recreation and leisure experiences in a supportive environment.

For more information contact
The Smith Family on 0466 947 113

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The Still Minds Program

Healing Psychology

The Still Minds program increases resilience and emotional empowerment of children who participate in it.

Increases the students abilities to relax, make friends, meditate, manage their feelings, think positively, be happier and be more grateful.

For more information contact
Allie on 0402 158 108

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Find us on

Communities for Children Onkaparinga

Siblings in Focus (Junction Australia)

Siblings in Focus is a program for 5 to 12 year old siblings of children with special needs, disability, and / or chronic illness. It runs throughout the term at three locations – Aldinga, Seaford and Hackham, plus a school holiday program.

what we know!

Having a child with a disability isn't easy, we all appreciate that! However what can be just as hard is ensuring their sibling/s are able to feel just as supported.

Often children who have a sibling with a disability can be affected both psychologically and physiologically which can lead to anxiety, depression, low self-esteem and feelings of isolation, with lifelong effects. There are also positives such as maturity, helping behaviours, care and empathy, being non-judgmental and inclusive.

So how can we support our children?

These children need to be acknowledged and connected to sources of support, so they are able to become more resilient.

Many of the children who come to group, are from different schools, so it has become a welcoming space for them to engage with others experiencing similar circumstances at home.

The weekly sessions are designed around **six modules** each one targeted to build the child's individual capacity in acquiring life skills, understanding difference, managing emotions and building individual capacity for problem solving. The modules include: **Getting to know each other –** games, craft, hama beads, scavenger hunts; **Exploring differences** - things in common, talking about siblings and various disabilities**; Friendly and not-so-friendly feelings** - identifying feelings through play**; Problem squashing** - challenging games and activities; **Wiping out worries** - sensory play, hama beads, games that make us laugh**; and Leaving stronger and supported** - feedback cards or canvases, social play.

Participating in the program will benefit the families through increasing their knowledge and of services and supports available, with the confidence in the knowledge that their child is cared for and supported.

To enquire about a place for your child, contact Tanya Galbraith, Siblings in Focus Co-ordinator on 8392 3085 or 0409 800 785.

AnglicareSA Programs

Did you know that Communities for Children Onkaparinga is only one of the many programs that AnglicareSA runs from the Christies Beach Office?

See below for more information about some other AnglicareSA programs:

Emergency Assistance can assist with short term emergency food and financial assistance to those experiencing crisis, hardship and/or emergency. Appointments are essential. Please call 1800 748 149 between 9am and 12noon on weekdays. This is a free call (not available from mobiles)

Financial Counselling works with community members towards a financially stable future, advocating on their behalf to creditors to establish payment plans. Empowering clients with knowledge and confidence in dealing within their finances. Appointments are essential. Please call 1800 759 707

Families in Focus provides a range of programs and services for families, individuals and communities. The program specialises in relationship and couple counselling, counselling for victims of domestic and family violence, and children's counselling. They offer a variety of groups such as relationship workshops, education and support groups, parenting groups and personal wellbeing groups. In addition, the program offers counselling and support for people who use violence in their intimate partner and family relationships as well as delivering a men's change behavior group that runs throughout the year. For more information please call Helen on 8186 8900 or 8186 8911

Transition to Work provides support for young people aged 15 – 24yrs on their journey to employment, to create better opportunities and outcomes and create solutions that meet your workforce and recruitment needs. For more information please call Tristan on 8186 8959

Spring Early Intervention Family Support Program provides preventative and early intervention support to families with children 0 - 18 years seeking support to improve their parenting abilities and achieve a nurturing family environment for the healthy development, safety and well-being of their children. For more information please call 8305 9200

Suicide Prevention Service provided specialised support to individuals who have had a recent suicide attempt. The program helps people to develop strategies to prevent further attempts, by working with individuals and their families to identify and connect with community and social groups that can provide specialised support to assist with the unique needs of each individual and family.
For more information please call 1300 077 798 or email sps@anglicaresa.com.au

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OBBY Hackham Project Event

Do you live in Hackham, Hackham West or Huntfield Heights? If so, we welcome you to join us for our very first community consultation with a nature play session:

Where: Brentwood Drive Playground

When: Tuesday 5th January 2021 at 10am

Those of you familiar with Our Big Backyard (OBBY), know that this is a project for the community, and the OBBY Team is seeking your ideas to help families to explore the best local outdoor places to play in their 'back yard'.

The project aims to connect families with their local area and each other, giving us all a sense of belonging in our community. Your ideas will be fed into the development of a map of the local area with specific things for children to do with their family, which are fun, free and outdoors.

Do you have a favourite spot that you explored, made a cubby or hide out from in your childhood? Do your children have a favourite spot for all the seasons - puddle jumping, blossom spotting, crunchy leaf stomping?

Look out for more information to come via our email distribution or by joining us on Facebook - **Our Big Backyard Hackham** or **Communities for Children Onkaparinga**

Upcoming Cfc School Holiday Activities

Please note: Children must be accompanied by an adult at all times during these activities.

Christmas Sewing Activity

Wednesday 16 December

Join us to learn how to sew together a stocking or tree decoration these holidays. More information to come. Bookings Essential.

Slime, Sherbet & Bubbles

Online, Wednesday 13 January

Join us to create gigantic bubbles, make tasty sherbet, launch a rocket and make some gross slime! Bookings Essential.

Pop Up & Play Playgroups

Wednesday 7 (Morphett Vale) & Wednesday 21 January (Reynella)

Join us at one of the Pop-up playgroups in your area. Participate in fun activities with your child and meet other families.

OBBY Christies - Beach Walk

Tuesday 19 January

Join Our Big Backyard (OBBY) for a beach walk at Christies Beach. Pick up your 'Our Big Back Yard' kit at the session or from AnglicareSA Christies Beach.

Look out for the flyers to hit your inbox with more information.

What's On... Central Onkaparinga

O'Sullivan Beach Children's Centre
Tel: 8382 2850

Mondays

Circle of Security Parenting
9.30 to 11am, Ages 0-4
Call 8382 2850 to book

Tuesdays

kids & dads*
9.30 to 11am
Ages 0 - 5 and the significant man in their life (See pg.5)
Call Malcolm 0437 232 124

MyTime
12.15 to 2.15pm
Crèche provided
Call Sally Louise 0466 488 308

Wednesdays

Learning Together Playgroup
9.30 to 11am, Ages 0-4
Call Elise 0423 024 089

CaFHS Clinic
9am to 12pm
Call 1300 733 606

Fridays monthly

Australian Breast-feeding Support Group
Call Michelle 0403 451 259

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Kid n Kind
Email: kidnkind@gmail.com

O'Sullivan Beach

Kid n Kind was formed to spread kindness and love now and in the future. We are a not for profit organisation whose aim is to train, empower and support young volunteers to give back to the community.

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Taikurrendi Children and Family Centre
Tel: 8186 1102

Mondays

Play and Move Playgroup
9.30 to 11am

Tuesdays

CaFHS
Clinic, Appointments Only
9 to 12pm
Call 1300 733 606

Wednesdays

Baby Playgroup
1 to 2pm

Speech Pathologist Tara &/or Occupational Therapist Bec
To book, call 8186 1102

Thursdays (monthly)

Grandparents Village
10 to 12pm
18th Feb, 18th Mar

Fridays

Sacred Little Ones
9.30 to 11.30am , starting 12 Feb

Tauondi Aboriginal College - Career Development and Mentoring with Kath Bullock 12 to 4pm
Call 0423 918 092

Tuesday 12 January

Keyword Sign Workshop
Bookings Essential

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Wardli Youth Centre Christie Downs
Tel: 8186 5133

Tuesdays

The Arvo Club
3.30 to 5pm, Ages 8 - 14yrs

Wednesdays

Boys Zone
4 to 5.30pm, Ages 10 - 16yrs

Tuesday 12 January

Sandalas with Sue
10 to 11am, Ages 8 - 25yrs ($5)
Join local artist Sue Norman as she guides you through the art of the mandala at Christies Beach.
Bookings Essential

Thursday 19 January

Skate Park Tour
9am to 5pm, Ages 8 - 17yrs ($10)
Grab your skateboard and scooter for a bus crawl of Adelaide's favourite skate parks.
Bookings Essential

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Woodcroft Library
Tel: 3834 0050

Thursday 7 January

Master Maker's Mystery Boxes
11am to 12pm, Ages 5 - 8yrs
Bookings Essential

Tuesday 12 January

Build your Own Brush Bot
10am to 11.30pm, Ages 8+yrs
Make your own robotic brush bot and add your own accessories to take home.
Bookings Essential

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Q. Why don't ants ever get sick?

A. Because they have anti-bodies

What's On... Central Onkaparinga

Hackham Community Centre (Junction Aust)

Tel: 8392 3080

Mondays

Japanese Playgroup
9.30 to 11.30am

Playgroup Plus
12.30 to 2.30pm

Tuesdays

Playgroup
9.30 to 11am

Free Crèche
12 to 2pm

Oz Harvest Free Groceries
Tuesday after 2pm

Wednesdays

Free Crèche
9.30 to 2.30pm

Mental Health Support Group (Neami)
12.30pm to 2.30pm

kids & dads* (See pg.5)
3.30 to 5pm

Thursdays

Supported Playgroup
9.30 to 11am

Free Crèche
12 to 2pm

Fridays

Auslan Supported Playgroup
9.30 to 11am, Ages 0 - 5

Siblings in Focus
3.30 to 5pm, (See pg.4)

Queer Gamers
2nd Friday every month
6 to 9pm

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Hackham West Community Centre

Tel: 8384 1065

Mondays

Move 'n' Play Monday
9.45 to 11.15am
Fruit is available to take home
Gold coin donations (If possible)

Families Together
after school program for Aboriginal & Torres Strait Islander families
3.30 to 5.30pm (fortnightly)
Call Ross

Tuesdays

Tots Tuesday (Baby Playgroup)
10 to 11.15am

Thursdays

Multi-cultural Playgroup
9.30 to 11.15am
All Welcome
Fruit is available to take home in the Heart's Crèche Space

Expression of Interest

The Lullaby Project Australia
Write your own personal song for your baby in collaboration with a professional Lullaby Project artist

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Noarlunga Library

Tel: 8384 0655

Wednesday 16 December

Mayor's Summer Reading Club launch
1pm to 3pm, Bookings Essential

Tuesday 22 December

Christmas Movie
starting 10am, Bookings Essential

January Holidays

We will be hosting a range of activities over the summer break. Details and booking information can be found on the Onkaparinga Libraries website.

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Hackham West Children's Centre

Tel: 8382 6161

Mondays

Coffee and Chat
9.15 to 11am

Learning Together Sing & Move
10 to 10.45am

Tuesdays

MyTime
10.15 to 12pm
Free crèche, bookings required

Saturdays

Saturday Family Playgroup
10 to 11.30am

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Woodcroft Morphett Vale Neighbourhood Centre

Tel: 8384 0070

Mondays

Community Playgroup
10 to 11am or 12.30 to 2.30pm
$3 per child

Wednesdays

Community Playgroup
10 to 11am
$3 per child

PALS Kids Club
3.30 to 5.30pm
Gold coin donation

Saturdays fortnightly

Dungeons, Dragons and Dice
1 to 6pm, $5 all welcome

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HIPPY Onkaparinga

Term 4 has been very busy at HIPPY Onkaparinga.

It started with our Aged 5 Graduation in the holiday break. Families were excited to be able to come together, celebrate and say goodbye at Lollipops Play Café for a closed session. It was a loud and joyous celebration with lots of food and climbing.

HIPPY Week and Children's Week were celebrated 23rd October – 1st November. The HIPPY Onkaparinga community celebrated with a HIPPY Nature Play party at Christie Downs Community House. Glitter tattoos, Nature Play Crowns and crafting were all part of the fun. The HIPPY Week 2020 theme was 'My Voice is Important' and every HIPPY child received a special pack to help them share their ideas with their special people.

NAIDOC Week has seen us sharing stories, artwork and information about Aboriginal and Torres Strait Islander cultures. Some of our Tutors and their children chose to record themselves reading stories to share with our HIPPY community.

This year Onkaparinga was chosen as a HIPPY Aged 3 trial site. We have been excited to work with 10 families over the year and finally, we have managed to have a face to face Parent Gathering. Play dough, crafting, sand play and songs it was so good to be back connecting with our families in community.

Beyond all of this activity our families have continued to meet with their HIPPY tutor weekly and enjoying doing all their HIPPY activities at home.

HIPPY engages you and your child in fun, play-based. 'everywhere learning' activities that support a successful transition to school.

'Everywhere learning' brings learning to everyday routines giving opportunity for children to develop skills in different contexts. Counting and number recognition can be done while getting ready for dinner as easily as at the supermarket, folding washing or looking at road signs.

With HIPPY learning is happening all the time.

The **Home Interaction Program for Parents and Youngsters (HIPPY)** is a **free,** two-year, home-based early learning and parenting program for families with young children starting Kindergarten.

Do you have a child turning 4 in 2021? Enrol now for some 2021 learning fun!

For more information please contact 8186 8942 or 0429 219 20
Steph Ashby, HIPPY Onkaparinga Coordinator

The Home Interaction Program for Parents and Youngsters is funded by the Australian Government through the Department of Social Services. The Brotherhood of St Laurence holds the license to operate HIPPY in Australia. "The views expressed here are those of the author and do not necessarily represent the views of the Australian Government or officers of the Department of Social Services.

What's On... Southern Onkaparinga

Aldinga Beach Children's Centre
Tel: 8557 6208

Saturdays (fortnightly)
Asperlutely Autsome Lego Club
10.30 to 12pm (See pg.5)

Sundays (fortnightly)
kids & dads*
9.30 to 12pm (See pg.5)

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Seaford Meadows Junction Australia
Tel: 8392 3080

Mondays
Nature Playgroup
9.30 to 11am
Seaford Meadows Scout Hall
Bookings Essential

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Seaford Community Centre
Tel: 8386 3319

Wednesdays
Playgroup
9.30 to 11.30am
or 12.30 to 2.00pm
$4 per family during school term
Bookings Essential

Thursdays
Siblings in Focus
3.30 to 5pm (See pg.4)

Fridays
Playgroup
9.30 to 11.30am
$4 per family during school term
Bookings Essential

Seaford Library
Tel: 8384 0044

Bookings Essential via Eventbrite

Starting Thursday 10 December
Get Festive! Kid's Christmas Program

Starting Monday 14 December
Mayor's Summer Reading Club
Summer reading for children of all ages. Registration and participation via https://onkaparingacity.beanstack.org

Starting Thursday 7 January
Summer School Holiday Program

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Studio 20 Aldinga Shopping Centre
Tel: 8557 7555

Tuesdays
Boyz Space
4.30 to 6pm, Ages 10 - 16yrs

Thursdays
Girls Hangout
4.30 to 6pm, Ages 10 - 16yrs

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Aldinga Library
Tel: 8384 0022

Mondays
Chess Club
3 to 5pm, All Ages

Wednesdays
Storytime for Toddlers and Preschoolers
10 to 10.45am

Fridays
Baby Time
10 to 10.45am, Ages 0 - 18mths

Aldinga Community Centre
Tel: 8556 5940

Bookings Essential via Eventbrite

Monday 14 December
Jewellery Making
Ages 6 - 12yrs ($5)
Creating unique jewellery using beads and polymer clay

Thursday 17 December
Santa's Little Workshop
Free Family Event
Gingerbread House Making, Letter to Santa, Christmas Entertainment

Monday 11 January
Tennis Clinics
Clinic 1: Ages 5 - 7yrs
Clinic 2: Ages 8—12yrs
Learn tennis skills and have fun in a clinic run by Willunga Tennis Club

Thursday 14 January
Teddy Bear Picnic
Ages 3 - 6yrs ($5)
Join us in the garden for a fun filled teddy bears picnic and crafting.

Wednesday 20January
MoveIt Program
Incudes Pokemon themed workshop or Boot camp fun
Ages 5 - 12yrs ($5)

Friday 22 January
Kids in the Kitchen
Ages 8 - 12yrs ($5)
Learn to cook yummy snacks that would be perfect for school lunch boxes

CfC Creative Kids Family Calendar 2021

A few restrictions in 2020 didn't deter the creative children in, not only our community, but all across the state, in taking part in the “Important to Me” art exhibition.

Thanks to the community who cast their votes at the online art exhibition earlier this year. Ten pieces of art from Onkaparinga, along with ten from each of the other five sites across the state, made it into the 2021 Communities for Children Creative Kids State-wide calendar!

Congratulations to the ten successful artists from Onkaparinga:

Arthur, Bailey, Eden, Emily, Gypsy, Hudson, Isabella, Maddison, Mya & Quinn

Look out for deliveries to the schools, kindergartens and children centres who participated plus a few other lucky recipients in the coming weeks.

If you would like to take part in the 2021 art activity to potentially feature in the 2022 calendar, please contact Tammi on 0439 807 019 or email tammi.lancaster@anglicaresa.com.au.

U.N Convention on the rights of the child

You may notice we showcase the regions wonderful young artists each Newsletter on the following page as part of the “Important to me” art project and exhibition. You may also notice that we often reference an Article from the UN Convention on the Rights of the Child, but have you heard about those rights?

There are 54 Articles which have been agreed to by almost every country in the world.

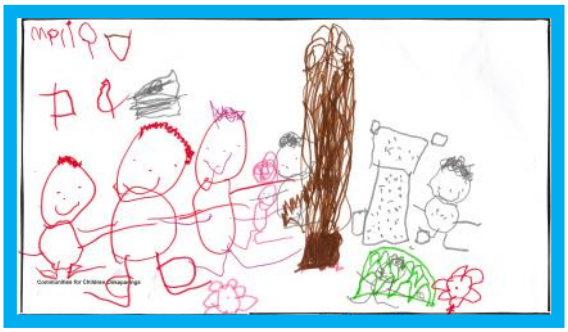
They essentially relate to what is best for children in terms of safety and to keep them protected from harm. Every child has these rights.

This document can be downloaded from napcan.org.au, along with many other great resources that relate to the UN Rights of the child, plus events and activities happening throughout the year.

Children's Voices - "Important To Me" Art

U.N Convention on the Rights of the Child
Article 28 in child friendly language

You have the right to a good quality education. You should be encouraged to go to school to the highest level you can.



My kindy friends and teachers are important to me because we play together.
Malia - Age 4

Mummy and Daddy are important to me because going to the kindy and going to the gym and having a good day on a cold day.
Poppy - Age 4

Painting and rock painting is important to me because it calms me and it's beautiful (and not everything has to be perfect to be beautiful)
Lottie - Age 9

Going to high school is important to me because I'm four.
Holly - Age 4

You can still view these pieces of art and more at the CfC Virtual Art Exhibition
www.surveylegend.com/s/2apc

Child-friendly Chocolate Rum Balls

Recipe adapted from and Image source: https://bakeplaysmile.com/super-easy-super-delicious-rum-balls/

Ingredients:

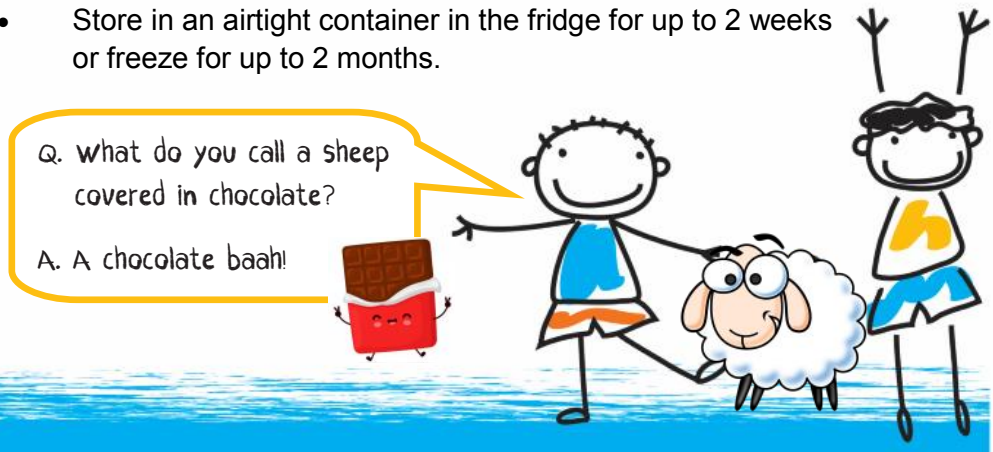
- 250g plain sweet biscuits
- 395g sweetened condensed milk
- 1 cup desiccated coconut
- 1/4 cup cocoa powder
- 1 1/2 cups desiccated coconut (extra for rolling)

What to do:

- Place biscuits into a zip-lock bag and crush the biscuits until they resemble fine crumbs using a rolling pin. Place the crumbs into a large mixing bowl.
- Stir through the cocoa powder, desiccated coconut and sweetened condensed milk until well mixed.
- Using your hands, roll heaped teaspoons of the mixture into balls and then roll through the extra coconut to coat. Refrigerate until firm.
- Enjoy!

Tips:

- Store in an airtight container in the fridge for up to 2 weeks or freeze for up to 2 months.



Paper Plate Fans

Adapted from: https://thekindergartenconnection.com/paper-fan-watermelon-craft-kids/

Safety first: Please supervise young children with paints, sticks and staplers.

What you'll need:

- Paper plates
- Paddle-pop sticks
- Masking tape
- Paint or textas
- Stapler

What to do:

- Begin by flipping your plate over so the bottom is facing up.
- Paint or colour in the bottom-side of your plate. Keep in mind your design will be folded in half.
- Once your paint has dried or you are done colouring in, fold your plate in half with your design facing outwards.
- Open your plate and using masking tape attach your paddle-pop stick to make a handle for your fan.
- Using a stapler, staple the edges of your plate together. If you need to, ask an adult for help to staple the edges together.

December 2020

MON	TUE	WED	THU	FRI	SAT	SUN
	1 kids & dads* pg 5 The Arvo Club pg10 My Time pg10, 11 Playgroups pg11 Boyz Space pg13	2 MFC Playgroup pg4 kids & dads* pg 5 PALS pg11 Playgroups pg10, 13 Community P'Grp p11 Boys Zone pg10 Storytime pg13	3 International Day of Person with Disability MFC Playgroup pg4 Siblings in Focus pg4 Playgroups pg11 Multicultural P'Grp pg11 Girls Hangout pg13	4 MFC Playgroup pg4 Siblings in Focus pg4 Auslan Playgroup pg11 Playgroup pg13 Babytime pg13	5 International Volunteers Day Lego Design pg5 Saturday Family Playgroup pg11	6
7 Move 'n' Play p10, 11 Coffee & Chat pg11 Playgroups pg11 Nature Playgroup pg13 Sing & Move pg11 Chess Club pg13	8 kids & dads* pg 5 The Arvo Club pg10 My Time pg10, 11 Playgroups pg11 Boyz Space pg13	9 Safer Internet Day Siblings in Focus pg4 MFC Playgroup pg4 kids & dads* pg 5 PALS pg11 Playgroups pg10, 13 Community P'Grp p11 Boys Zone pg10 Storytime pg13	10 Human Rights Day The Mix pg5 MFC Playgroup pg4 Siblings in Focus pg4 Playgroups pg11 Multicultural P'Grp pg11 Girls Hangout pg13 Get Festive pg13	11 Term 4 Ends MFC Playgroup pg4 Siblings in Focus pg4 Auslan Playgroup pg11 Playgroup pg13 Babytime pg13 Queer Gamers pg11	12 Saturday Family Playgroup pg11 Dungeons, Dragons & Dice pg11	13 kids & dads* pg 5
14 Mayor's Reading Club pg13 Jewellery Making pg13	15	16 Mayor's Reading Club pg11 CFC School Holiday Activity Christmas Sewing See page 9	17 Santa's Little Workshop pg13	18 International Migrants Day 	19	20
School Holidays						
21	22 Christmas Movie pg11	23	24 	25 Christmas Day 	26 Proclamation Day	27
School Holidays						
28 Proclamation Day Holiday	29	30	31 New Years Eve 			
School Holidays						

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January 2021

MON	TUE	WED	THU	FRI	SAT	SUN
communities for children onkaparinga ANGLICARE SA				1 New Year's Day 	2	3
4 World Braille Day 	5 OBBY Hackham Event See page 9	6	7 CfC School Holiday Activity Pop Up Playgroup See page 9 Master Maker's pg10	8	9	10
11 Tennis Clinic pg13	12 Keyword Sign Workshop pg10 Sandalas pg10 Build your own Brush Bot pg10	13 CfC School Holiday Activity Slime, Sherbet & Bubbles See page 9	14 National Dress up your Pet Day Teddy Bear Picnic pg13	15	16	17 World Religion Day
18	19 CfC School Holiday Activity OBBY - Nature Walk See page 9 Skate Park Tour pg10	20 Move It pg13 The Garden Train the Facilitator, pg4	21 CfC School Holiday Activity Pop Up Playgroup See page 9	22 Kids in the Kitchen pg13	23 Measure Your Feet Day Dungeons, Dragons & Dice pg11	24
25	26 Australia Day / Survival Day 	27 Term 1 Start Siblings in Focus pg4 MFC Playgroup pg4 kids & dads* pg 5 PALS pg11 Playgroups pg10, 13 Community P'Grp p11 Boys Zone pg10 Storytime pg13	28 MFC Playgroup pg4 Siblings in Focus pg4 Playgroups pg11 Multicultural P'Grp pg11 Girls Hangout pg13	29 MFC Playgroup pg4 Siblings in Focus pg4 Auslan Playgroup pg11 Playgroup pg13 Babytime pg13	30 Lego Design pg5 Saturday Family Playgroup pg11	31

School Holidays

February 2021

MON	TUE	WED	THU	FRI	SAT	SUN
1 Move 'n' Play p10, 11 Coffee & Chat pg11 Playgroups pg11 Nature Playgroup pg13 Sing & Move pg11 Chess Club pg13	2 World Wetlands Day kids & dads* pg 5 The Arvo Club pg10 My Time pg10, 11 Playgroups pg11 Boyz Space pg13	3 MFC Playgroup pg4 kids & dads* pg 5 PALS pg11 Playgroups pg10, 13 Community P'Grp p11 Boys Zone pg10 Storytime pg13	4 World Cancer Day Kidstuff pg5 The Mix pg5 MFC Playgroup pg4 Siblings in Focus pg4 Playgroups pg11 Multicultural P'Grp pg11 Girls Hangout pg13	5 MFC Playgroup pg4 Siblings in Focus pg4 Auslan Playgroup pg11 Playgroup pg13 Babytime pg13	6 Saturday Family Playgroup pg11 Dungeons, Dragons & Dice pg11	7 Send a Card to a Friend Day kids & dads* pg 5
8 International Epilepsy Day Move 'n' Play p10, 11 Coffee & Chat pg11 Playgroups pg11 Nature Playgroup pg13 Sing & Move pg11 Chess Club pg13	9 kids & dads* pg 5 The Arvo Club pg10 My Time pg10, 11 Playgroups pg11 Boyz Space pg13	10 Siblings in Focus pg4 MFC Playgroup pg4 kids & dads* pg 5 PALS pg11 Playgroups pg10, 13 Community P'Grp p11 Boys Zone pg10 Storytime pg13	11 Kidstuff pg5 MFC Playgroup pg4 Siblings in Focus pg4 Playgroups pg11 Multicultural P'Grp pg11 Girls Hangout pg13	12 Chinese New Year MFC Playgroup pg4 Siblings in Focus pg4 Auslan Playgroup pg11 Playgroup pg13 Babytime pg13 Sacred Little Ones pg10 Queer Gamers pg11 	13 National Apology Day Lego Design pg5 Saturday Family Playgroup pg11 	14 Valentines Day
15 Move 'n' Play p10, 11 Coffee & Chat pg11 Playgroups pg11 Nature Playgroup pg13 Sing & Move pg11 Chess Club pg13	16 kids & dads* pg 5 The Arvo Club pg10 My Time pg10, 11 Playgroups pg11 Boyz Space pg13	17 Random Act of Kindness Day MFC Playgroup pg4 kids & dads* pg 5 PALS pg11 Playgroups pg10, 13 Community P'Grp p11 Boys Zone pg10 Storytime pg13	18 Kidstuff pg5 The Mix pg5 MFC Playgroup pg4 Siblings in Focus pg4 Playgroups pg11 Multicultural P'Grp pg11 Girls Hangout pg13 G'Parent Village pg10	19 MFC Playgroup pg4 Siblings in Focus pg4 Auslan Playgroup pg11 Playgroup pg13 Babytime pg13 Sacred Little Ones pg10	20 Saturday Family Playgroup pg11 Dungeons, Dragons & Dice pg11	21 International Mother Language Day kids & dads* pg 5
22 Move 'n' Play p10, 11 Coffee & Chat pg11 Playgroups pg11 Nature Playgroup pg13 Sing & Move pg11 Chess Club pg13	23 kids & dads* pg 5 The Arvo Club pg10 My Time pg10, 11 Playgroups pg11 Boyz Space pg13	24 Siblings in Focus pg4 MFC Playgroup pg4 kids & dads* pg 5 PALS pg11 Playgroups pg10, 13 Community P'Grp p11 Boys Zone pg10 Storytime pg13	25 Kidstuff pg5 MFC Playgroup pg4 Siblings in Focus pg4 Playgroups pg11 Multicultural P'Grp pg11 Girls Hangout pg13	26 MFC Playgroup pg4 Siblings in Focus pg4 Auslan Playgroup pg11 Playgroup pg13 Babytime pg13 Sacred Little Ones pg10	27 Lego Design pg5 Saturday Family Playgroup pg11	28 Public Sleeping Day

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