

playford  
communities for  
children

ANGLICARE SA

# NEWSLETTER

WINTER 2019



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

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who is  
in your  
family?

two mums



MUM  
and dad



one parent



two dads



grandma, grandpa, aunty or uncle

our families come in all different  
shapes and sizes.

Australian children are being raised by mum and dad, by two mums or two dads, by single parents, step-parents, co-parents and grandparents, by aunts and uncles, brothers and sisters, and in blended, extended, adoptive and foster families. Australian and international research\* shows that it is the quality of parenting relationships that determines children's wellbeing, not their family structure. It's love that makes a family.

\*Australian Psychological Society, 'Larkin, Ben, Stewart and Transgender Parental Families Literature Review', 2017

# Meet The Team



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# Welcome

Our team has been busy with April School holiday activities starting with our Easter Fun Day on 15<sup>th</sup> April that was attended by 250 people at Dauntsey Reserve, see page 4 for photos from the day – the Easter Egg Hunt was massive! Our team were also at the BPSC Services Expo on Wednesday 17<sup>th</sup> April and the Stronger Aboriginal Children’s Expo on Thursday 18<sup>th</sup> April providing children’s activities and information to families.

On 24<sup>th</sup> April, to celebrate World Book Day, we had Ava Keyes, the Author of Scapegoat come and read her book to families. Families received a copy of the book and had the chance to write their own stories and a book review, check out page 5 for some of the fun had on the day.

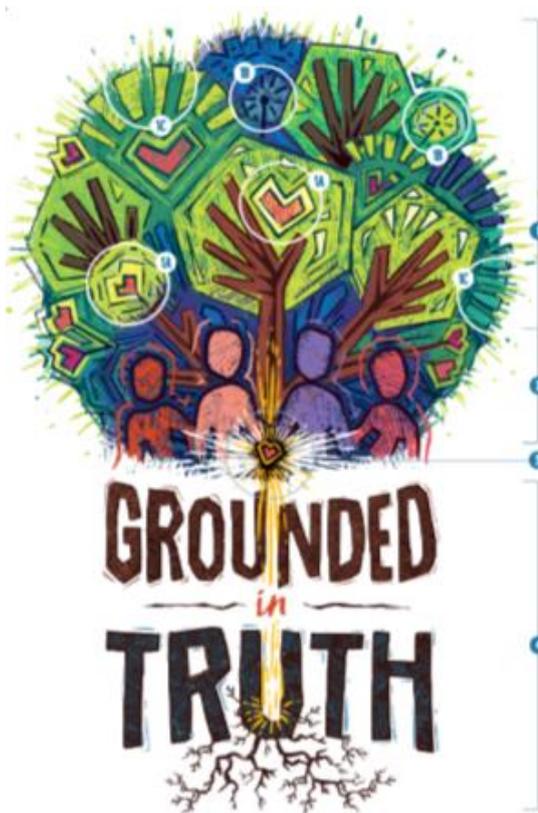
Our Street Meets so far in 2019 have been a wonderful success, we have had two Street Meets so far this year at Eyre Playground and Mayfair Ride Safe Park. We have met so many new families and let them know about all of the great activities and programs that Playford Communities for Children has to offer. Have a look on page 9 to check out our Street Meets and when they are coming to a suburb near you!

Our team attended Reconciliation in the West on Thursday 30<sup>th</sup> May at Tauondi College, an amazing day was had by all.

## Rec in the West—30th May at Tauondi College

### EXPLAINING THE TREE OF TRUTH

The Tree of Truth is what happens when the seeds of empathy, solidarity and love are sown. This is a representation of the community that we can grow into if we are able to acknowledge our history, learn from it and move forward together courageously. (Explaining each section of the graphic)



#### ❶ THE TREE

The tree stems from what happens when people come together. It illustrates positive growth and is an aspirational view of what the future could be.

- A. The HEARTS represent empathy, solidarity, goodwill and love. They are the feeling, emotional elements.
- B. The THOUGHT POINTS represent education, growth and understanding. They are the cognitive elements of the tree.
- C. The GROWTH BANDS radiate outwards from some of the branches. They represent that we are always learning and growing—pushing outwards and upwards into the future

#### ❷ THE PEOPLE

Members of our diverse community coming together in harmony.

#### ❸ THE HEART

This is the connection point of the people in the graphic. When the people’s hands join, it creates an energy force which is represented by the love heart. The energy runs upwards and downwards—linking past, present and future.

#### ❹ TYPE LOCKUP

The word ‘Truth’ is the bedrock for all of our positive growth. When we understand and accept our truth we have a solid foundation to grow from. The roots represent our history and links to the past. The word ‘Grounded’ quite literally is on the surface of the ground. ‘Grounded in Truth’ is designed to be the base of the tree that all of the positive growth stems from.

**Sorry Day** was on Friday 24<sup>th</sup> May 2019 at the Stolen Generations Memorial and Healing Garden, followed by the Honour walk through John Hartley School and lunch at the John McVeity Centre for Stolen Generations Members and their families. The Families and Children’s Programs in the North team joined many other organisations in an important day that brings people together and to share the steps towards healing for the Stolen Generations, their families and communities.

# CFC School Holidays

## Easter Fun Day



There were many happy faces on the first day of the school holidays, children and their parents searched for the hiding Easter Bunnies, made their own Easter baskets and raced to grab as many eggs as they could when the Communities for Children Team tossed them all over the oval.



## BPSC Services Expo



Matthew and Aiden were very excited to meet Australian Ninja Warrior 2019 Finalist Luke Williams. Luke helped children tackle the SA Base Camp Obstacle Course.

Children were able to challenge themselves as many times as they liked, climbing, balancing and swinging.

Did you know that SA Base Camp runs Ninja Kids Sessions and also do Birthday parties at their site in Royal Park? Check their website out [www.sabasecamp.com.au](http://www.sabasecamp.com.au) for more info.

## Playford Children's Centre Birthday



# CFC School Holidays

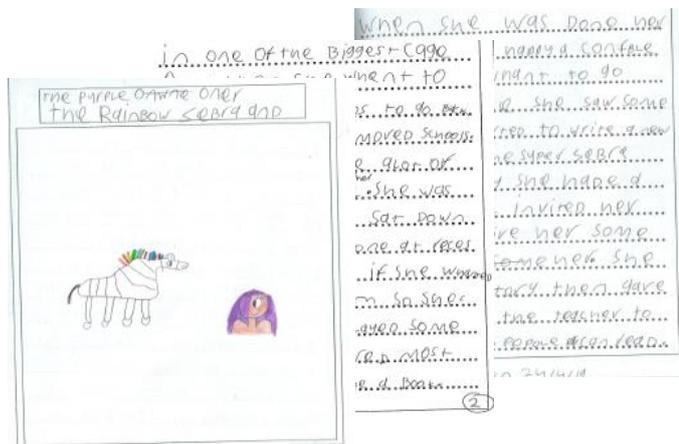
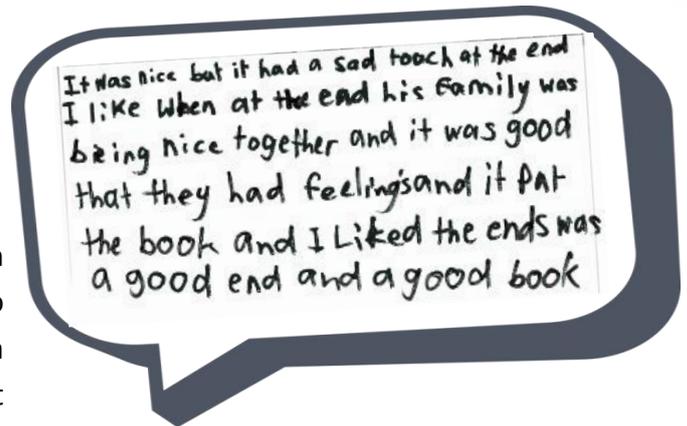
## World Book Day

#WorldBookDay



Playford Communities for Children had a wonderful opportunity to have South Australian Author Ava Keyes read her book *Scapegoat* at our World Book Day Fun event in the School Holidays. Each family took home their own copy of the book that highlights that bullying can happen at

home and that its okay to speak to a trusted adult about your feelings. Everyone wrote or drew a book review about the book, providing great insight about the learnings they took from the story. The children got creative writing their own stories and drawing illustration's too! As well as decorating their own *Scapegoat* character, they were all very colorful.



## Strong Aboriginal

## Children's Health Expo



The Strong Aboriginal Children's Health Expo is a fun annual event for Aboriginal children and their families to celebrate Aboriginal culture. In addition to the rides and activities, health, education and social service providers can talk one on one with families in a friendly environment. The **8th Strong Aboriginal Children's Health Expo 2019** is brought to you by #DeadlyKidsSA (Department for Health & Wellbeing), Watto Purrunga Aboriginal Primary Health Care Service (Northern Adelaide Local Health Network), Nunkuwarrin Yunti and Aboriginal Family Support Services.

## Boyz Biz



The Smith Family provides a in school program for boys, funded by Playford Communities for Children. Back for the new year at Munno Para Primary School and Playford Primary School and Boyz Biz have hit the ground running! We have had a wonderful warm welcome from our hosting schools and participants. Our first guest presenter for the year was National Karate Academies' Domenic Spano, who stopped by to our Munno Para group to teach them some self-defense. A regular to Boyz Biz, Domenic and his assistant Mark, worked with the boys sharing valuable tips on self-discipline and how to defend themselves, if necessary.

The boys had a great time, and requested another visit before the end of the program! We will have to see what happens, we still have a lot more to come.

*Boyz Biz* is an exciting program with a great mix of special guests including; local sporting groups; wildlife experts, along with their furry, feathered and scaly friends; Magicians not only performing amazing tricks, but sharing skills to our future magicians; South Australian Police; Metropolitan Fire Services, our local council... to name but a few!



As well as our guest presenters, The Smith Family's *Boyz Biz* Coordinator keeps the group busy with great STEM sessions, team-building activities, even water activities (weather permitting).

We are always looking for members of our community to help support our children with these programs, as well as many other volunteering opportunities. If you think you can help, please contact:

**Amy Green on 0466 577 862 or Natalie Kilner on 0429 044 829.**

For more information call **1800 024 069**  
or visit **[thesmithfamily.com.au](http://thesmithfamily.com.au)**



# ANGLICARES SA

## Harmony Day



23 March 2019 at Northern Sound System, Three AnglicareSA programs, Playford Communities for Children, Reconnect and Connecting Families came together with Uniting Communities, City of Playford, Starrs, Headspace and Sonder to celebrate Harmony Day.

Bringing all cultural communities together to for a day packed with family fun activities such as spray tattoos, glitter tattoos, balloon shapes artists, bouncing castle, barbeque and games. There was a great turnout of approximately 300 people. There were service stalls relating to health, family services, children services and community services, giving information and giveaways. Speeches given by Playford mayor - Glenn Docherty and Minister for Multicultural Affairs : assistant to the premier HON. Jing Lee Mlc. There was a raffle ticket draw for the chance to win a ticket to the Zoo and Aquadome. There were many amazing performances ranging from different artists, local children's choirs, multi-cultural choirs, Bhutanese dance group and much more. There was even an opportunity for any local persons present to showcase their talent in the end. A great atmosphere throughout the day with all cultures enjoying the event together with great excitement, fun and laughter. Look out for next years event and come and join us!



## Tuning into Kids

Metropolitan Youth Health Talking Realities program is currently running its second round of Tuning in to Kids, a program funded through Playford Communities for Children, Anglicare SA at their Northern site in Elizabeth. Talking Realities focuses on working together with young parents and pregnant women under the age of 25 years old. Tuning into Kids, is a 6 week parenting program that aims at building children's emotion intelligence through participants learning the skills of emotion coaching. Emotional intelligence is about using knowledge of emotions to make decisions, calm you down, and manage anger and conflict. It overall helps relationships not only with children but adults as well. Children with greater emotional intelligence have been shown to manage conflict with peers, have the ability to self soothe when angry or upset and have more stable and satisfying relationships as adults. Free lunch and a crèche is provided at the site and participants have stated the following about their experience in the program:



*"My child stated talking more about how she is feeling by learning and using new words"*

*"Our family is having more conversations about emotions"*

*"This group has helped me to understand my child as he can express some of his emotions"*



If you have any questions regarding the program, would like to be placed on our mailing list or would like to register, please call My Health on 8255 3477.

# Roving Reporters

I went to the movies to see wonder park the movie was very good. I + was the Best movie I have ever seen. Avalyn

Thanks Avalyn.

in the holidays I went to Alladins Play cafe and it was really FUN! I hope we can go again next h of days!

me →  → hall Pit

My Family is important to me + some of the things they spend time with me

Child Name: Anastasia  
Age: 10  
School: Elizabeth School

Thanks Anastasia.

On the Holidays I went to my nanna's and poppa's house and we went to the park to ride our electric scooters. We also went bowling and glow in the dark mini golf. Nanna and poppa took us to a park with Anglicare and there was an obstacle course and egg hunt at the end. and I saw my cousin Louana. Nanna and poppa took us to another Anglicare thing and there was a big jumpy castle with an obstacle course and it was nice to see who was the fastest. I was the fastest of my sister and another boy and I was looking forward to next school holidays!!!!

Thanks Amber

If you want to be part of the Roving Reporters and share with us what you did on the school holidays, please feel free to contact John Goodger at 0478 494 862 or email at [igoodger@anglicaresa.com.au](mailto:igoodger@anglicaresa.com.au)

## Child Friendly Businesses in Playford

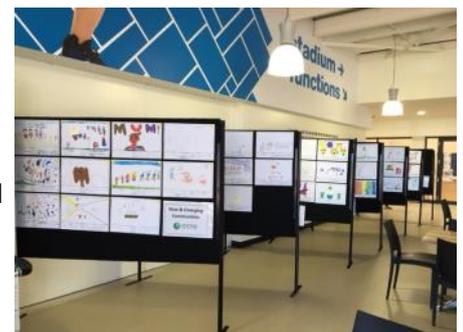
Do you know a business that deserves to be recognised for the great service and attention it gives to children and their families? Here are just four that have been nominated.

Pasta Roo—Farahs Fast Food—Davoren Park Deli— Timber Art Trophies and Awards

If you know a business that values children please pass the details to the Playford Communities for Children team by contacting John on 8209 5759 or emailing [cfplayford@anglicaresa.com.au](mailto:cfplayford@anglicaresa.com.au)

## Calendar Art Exhibition

May 15th the 'What's Important to Me' Art Exhibition was held at the John McVeity Centre. 100 children artists their families and friends attended the twilight event where they were serenaded by 11 year old local musician Declan who playing the violin, as children and their families perused and voted on the art and enjoyed a hot chocolate and a snack. Ryan and Kelsey were the lucky winners of the door prizes.



# CFC Street Meets

## Street Meets

On the last Tuesday of every month Playford Communities for Children have been visiting local parks in Playford to meet the local community share a BBQ and games. In March we visited Eyre Sports Park and met some lovely families, we were joined by Shenay with the AnglicareSA Thread Together Clothing Van. The children played some sports games and had a wonderful time!

In April we headed to Mayfair Drive Ride Safe Park in Andrews Farm. Children were encouraged to bring along their scooter or bike to ride which most of them did. We were joined by the Community Policing Team who handed out bike passports and provided bike safety information to families.

We had glitter tattoos, egg and spoon races, giant games and a bbq - it was a wonderful afternoon filled with lots of fun and games! Children who came along received free books donated form United Way SA and local community members. Parents left with lots of information about activities happening in their community.

Please see below for locations for Street Meets in the coming months, we would love to see you all there! If you have any questions about Street Meets, please contact our Community Development Team on 8209 5753 or [cfcplayford@anglicaresa.com.au](mailto:cfcplayford@anglicaresa.com.au)



## Upcoming Street



**3.30pm to 4.30pm**



**25th June 2019**

**30th July 2019**

**27th August 2019**



**Lomalinda Drive, Craigmore**

**Karinga Crescent, Munno Para**

**Secombe St Reserve, Elizabeth Grove**

# CFC Funded Programs

## BOYS BIZ

An 18 week after school program for boys between the ages of 8-12 years running out of local primary schools and focusing on life skills and positive

influence from Male Mentors  
Munno Para Primary School Tuesday  
Playford Primary School Thursday  
3:10pm-4:10 pm

For further information contact  
Amy on 0466 577 862

## SOCIAL OPPORTUNITIES

Lego Club and The Mix are a social activity for children on the Autism Spectrum. Children will interact with others in a fun and safe environment.

Lego Club, fortnightly Saturdays  
10am to 12pm from 11th May 2019.

The Mix fortnightly Fridays 4:00pm-  
5:30pm from 10th May 2019.

Both Programs at The Platform  
73 Elizabeth Way Elizabeth  
For more information  
Dana 0417 081 051



## POM POM ARTS SPACE

An art program that focuses on creative skills development across all art forms for children aged 0-12 years and their families or carers. The workshops are led by professional artists in a positive and welcoming environment.

Saturdays from 11:00am-3:00pm.  
Davoren Park Shopping Centre  
Peachey Road, Davoren Park  
For further information contact

Carly Snoswell 8267 5111

## SING AND GROW

Sing & Grow provides music therapy services in the community for Mums, Dads and carers with your children aged 0-4 years. On offer is a range of services based on what works best for your family and community.

Using instruments, drums, ribbons, balls, parachutes and singing songs to increase positive interactions and helps parents confidence to use music as play.

For more information contact Natalie  
0439 870 561

## UNITED WE READ

The United We Read program delivers monthly book packs to local residents of Elizabeth Grove and Elizabeth Vale with children under 3 years.

To register your interest, please contact United Way on the details below.

For further information call  
0411 164 530



## CIRCUS GIG—TUMBLERS

Give Circus a Go!  
Circus GIG is a FREE fun weekly activity for kids (8-12 years) and their families. Roll up and learn some deadly new tricks!  
Cirkidz tutors are fully qualified, accredited and trained.

Tuesdays  
3:30pm-4:45pm

During School Term  
Blakeview Primary School  
For further information contact  
Melissa on 8255 3323

## TUNING INTO KIDS

Tuning in to Kids is a program that helps children and parents understand their emotions and develop good emotional intelligence.

Children and Parents will have an awareness and understanding of their children's emotions and regulations.

For further information contact  
Michel on 8243 5694

## YOUNG DOCTORS

Our Young Doctors – Indigenous and non-Indigenous 9,10,11 and 12 y/o young people are trained by local Indigenous and non-Indigenous leaders working with Elders, traditional healers, doctors, nurses and community health workers to become health leaders.

For more information contact  
Don Palmer CEO  
Don.palmer@malpa.org.au

## KID'S STUFF

A fun, safe environment for young parents to spend quality time with their children while focusing on child development and play.

6 week Session  
Tuesday 11:30am-1:30pm  
Commencing 7th May 2019

Youth Health Services North  
6 Gillingham Road  
Elizabeth  
For further information contact  
Sarah on 8255 3477



### TRUE NORTH YOUTH THEATRE ENSEMBLE

Weekly workshops to create a piece of theatre in a space where children can learn new skills, find their voice and be empowered through the creation of a joint piece of work.

For children aged 8-12 years  
The Platform, 73 Elizabeth Way, Elizabeth. Saturdays 2:30pm-4:00pm

During School Terms  
For further information contact Juliette on 0406 991 491

### DADS BUSINESS HQ

At Elizabeth Rise Shopping Centre  
Access to dedicated men's worker, information about programs  
Specifically designed for dads and men in the local community.

Shop 7A 26 Hamblynn Rd, Elizabeth Downs

For further information contact Darren on 8252 2311

### ELY PROGRAM

Early learning years program for children aged 3-6 years  
Wednesdays 9:30am-11:30am  
St Thomas More Primary School Elizabeth Park during school terms.  
Tuesdays and Wednesdays 9:30-11:30am  
Catherine McAuley School Craigmore during school terms  
For further information contact Either eccp.hello@gmail.com or Jo on 0427 996 352

### PLAY 2 LEARN

Come to play and learn in a supported environment with your child aged 0-5 years.

Wednesdays 9:30am - 11:30am at Elizabeth Grove OSHE Centre 20 Haynes Street, Also Thursdays During School Terms 9:30am to 11:30am at NACYS Oldford Road, Davoren Park

For further information contact Save the Children on 8426 8509 Save The Children

### WHAT'S THE BUZZ

A structured, role-play and social skills program designed to teach children how to think socially.

The program is open to children with Autism.

For more information contact Dana 0417 081 051 or email info@asperlutelyautsome.org Asperlutely Autsome

### NEW AND EMERGING COMMUNITIES

Focuses on creating opportunities for parents by achieving access to quality education and improving health and wellbeing to empower the people of New and Emerging backgrounds to build a sustainable life in Australia

For more information contact Muhama on 8202 5980 Uniting Communities

### PLAYFORD 10 PROJECT

The project is centered, delivering a range of activities that are outside school and home and include but not limited to volunteering, after school organised sport, music activities and creative arts activities.

For further information contact Amy Matthews 8256 0333 City of Playford

### DRUMBEAT

The name DRUMBEAT is an acronym for Discovering Relationships Using Music, Beliefs, Emotions, Attitudes, and Thoughts. Uniting Communities delivers in school Drumbeat workshops in Playford.

Term 2 2019 Schools:

Mark Oliphant College  
Munno Para Primary School  
Craigmore South Primary School

For more information contact Muhama on 8202 5980

### EVERY GIRL

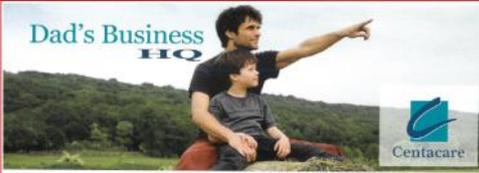
Every Girl is a fabulous opportunity for girls 10-13 years of age to participate in 8 weekly 90 minute school based workshops.

For further information contact Lisa on 8203 9400 YWCA Adelaide



# Dads in The North

**Dad's Business** funded by Communities for Children Playford has had 2 programs start at the new Dad's Business Head Quarters site at the Elizabeth Rise Shopping, Elizabeth Downs. Darren the Social Worker within Dad's business stated "Dad's Business has seen one new dad a day accessing services through the hub since it opened in January. They can drop in and get information, anything from legal services, mental health support, job networking and a lot of the time they just want to come in and talk to someone about stress." The hub is open for drop ins Monday to Wednesday and every second Thursday and provides regular support groups. Dad's Business also works with Centacare drug and alcohol counsellor Paul Best to provide ongoing support." - *Quotes Sourced from the Messenger media website*



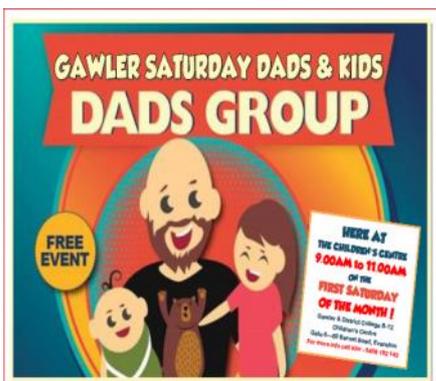
<b>Mondays</b> 9am - 3pm <b>Dads all Day</b>	Come and learn and talk about a range of fatherhood & men's topics. <b>Drop in anytime</b>
<b>Tuesdays</b> 9.30am - 11.30am <b>Seahorse Program</b>	6 week Prenatal & Postnatal skills for young dads with children aged from 0-9 months.
<b>Tuesdays</b> 12.30pm - 2.30pm <b>Dads Plus</b>	6 week parent skills for dads with children aged 0-12 years.
<b>Wednesdays</b> 9am - 4.30pm <b>Wellbeing Wednesday</b>	For dads to connect with other dads. Groups at 20am and 3pm. <b>Drop in anytime</b>
<b>Every 2nd Thursday</b> 9am - 1pm <b>Talk Time Thursday</b>	Come in for a coffee and a talk. <b>Drop in anytime</b>

Shop 7A  
Elizabeth Rise Shopping Centre  
205 Hamblyton Rd  
Elizabeth Downs

For more information, contact Darren at Centacare on 8252 2311.

Centacare | Catholic Family Services | Playford communities for children | ANGLICARE SA

**Welcome Dan Schmidt's DaDeLaide** to the northern area. Dan has extensive experience working with dads and families and it is great to see him branching out. I for one I cant wait to see him more in the north. Dan will be working with Ingle Farms Children's Centres Coordinator Kendal Crabtree to offer a great program for dads. Word has it that this course has been specifically designed to meet the needs of the local dads. Please contact Dan for more information on 0438 786 808.



**Dads & Blokes Coffee** every third Sunday of the Month – During School Term at Gawler and District College Children's Centre 69 Barnet Rd, Evanston. Kim Wright is dedicated to providing a really welcoming environment for the dads that visit the centre. Recently Kim worked with half a dozen dads to support them to attend the "Tuning Into Kids" program, specifically set at the time of 7pm till 9pm to ensure that dad's with day time commitments could attend.

**Dad's Blokes and Kids Jokes** events are run at 2 locations – Lake Windemere Children's Centre 17 Uraidla Avenue, Salisbury North and the Parafield Gardens Children's Centre 9 Casuarina Drive, Parafield Gardens. Andrew does a great job making sure that the gathering of dads who attend are feed and free to speak about their concerns. Each week has a theme and activities to support the learnings, but it is ok if you just want to pop in and say hello. Andrew has said "its great to see friendships form from dads who might never otherwise had met".

**MOC's** Tristian and Tracey run a fortnightly Saturday playgroup. Attending this space is a real treat. The dads and grandpas that attend are really nice and you never feel out of place. Its great to watch the kids make new friends and play in the grounds of Children Centre located right next door to Mark Oliphant College.

**NORTHERN MENS WELLBEING NETWORK**



**June 10th - 16th is National Men's Health week**

In Australia, Men's Health Week provides a platform for challenging and debating key issues in men's health and to raise the profile of men, their health outcomes and health needs around the country each June. For events this June in the North Contact John Goodger [jgoodger@anglicaresa.com.au](mailto:jgoodger@anglicaresa.com.au)

# Kids Club & HIPPY

## Kids Club & Breakfast Club



### Start your day with the AnglicareSA's "Kids Club" crew at Breakfast Club!

Doors open at 7.30am. During this time children access breakfast, brush their teeth and complete homework. Children have free time to play and engage with other children. At 8.30am the "Kids Club" Crew have a walking school bus to John Hartley School (Children from alternative school's will need to make their own way). In the afternoon we have our Kids Club program where we strive to create an environment that inspires creative play, freedom with craft, loads of science projects and fun cooking experiences. Come and say HI and join the fun with your family and make new friends. Programs at the Annexe are for school age children 5-12yrs that live in the Playford area. Parents and siblings are welcome too.

Open on Monday, Wednesday and Friday. Fields Shops 130 Peachy Rd, Davoren Park.



Morning Club from 7.30am to 8.30am with a Walking School Bus to John Hartley School at 8.30am

Afternoon Club 3pm to 5.30pm including a homework session 5pm to 5:30pm

Community Programs run at the Annexe from 9.30am till 11.30am, we hold Master-Class Monday, Coffee Links on Wednesday and Health Kick Fridays. Come along find out about your community and have coffee, children are welcome. For more information about Term 2 and other programs held at the Annexe, please contact Wendy 0409 755 973.



Hi I'm Steven and I'm Jack and we are talking about kids club you can come to and do craft and cooking. On Monday the first of April we made stain glass windows, it is cool to come to kids club. We have made a lot of friendships.

Jack and Steven



Hi, my name is Riley and 8 years old. I went to kids club and made waster baskets, it was really fun doing papier-mache and decorating the basket for Easter. It was really good making and colouring in Harmony Hands. I coloured my hands in blue, green and orange.

Hi, my name is Amanda, I'm Riley's mum. I've been coming to kids club with Riley and noticed a major improvement in Riley's confidence and social skills. Kids Club is a great place to make friends.

Riley and Amanda



# AnglicareSA Programs

Did you know that Playford **Communities for Children** is only one of the many programs that **AnglicareSA** runs? See below for more information about some other AnglicareSA programs:

The **HIPPY** program is an Early Childhood Education Program for 4 & 5 year olds, contact Lorelle Bennett for more information 0437 354 178.

**Financial Counselling** works with community members towards a financial stable future, advocating on their behalf to contact creditors to establish payment plans. Empowering clients with knowledge and confidence in dealing with their Finances.

**Emergency Assistance** can assist with housing advice, mental health support, financial counselling and emergency relief. Appointments are essential. Please call 1800 061 551 between 9am and 9.30am on weekdays. This is a free call (not available from mobiles)

**Loss and Greif Supports** children and their families who are bereaved following the death of a parent, sibling or significant person in their life. Supporting Children and young people 6- 17 Years with grief counselling. They can provide a six week support program for children 6-12 and Loss and Greif Camps to help them with understanding sadness and pain and working through those feelings to find a new normal from children and young people. Contact the service by calling 8131 3400, or email [starbear@anglicaresa.com.au](mailto:starbear@anglicaresa.com.au)

**Suicide Prevention service** provides specialized support to individuals who have attempted suicide, or have a strong ideation. Please call **1300 077 798** or email [sps@anglicaresa.com.au](mailto:sps@anglicaresa.com.au) to find out more.

**Living Beyond Suicide** provides practical and emotional support to families and individuals bereaved though suicide. They also host an annual walk of remembrance "Walk Through the Darkness" in November. Please call **1300 761 193** or email [lbs@anglicaresa.com.au](mailto:lbs@anglicaresa.com.au) to find out more.

**Staying Attached** Is a home-visiting parenting service with a focus on promoting secure attachment between Mother and Baby. The program supports wellbeing, increase understanding of what babies need and how they learn, provide emotional support at times of stress or trauma. Women in late pregnancy with diagnosed mental health issues. Or women with diagnosed mental health issues with an infant under 36 months of age can access this program and it's supports. For more information please call **8305 9200**

New Arrivals are welcomed and supported to settle into their new lives in the South Australian community. **Settlement Engagement Transition Supports (SETS)** works with humanitarian entrants or family stream migrants with low English proficiency who have lived in Australia for less than 5 years. 18 -30 year olds can access this service. Please call on **1800 778 008** or email us at [sets@anglicaresa.com.au](mailto:sets@anglicaresa.com.au) to find out more.

**Housing Settlement Services** provides On-Arrival Welcome and Accommodation services to new arrivals who have recently arrived in South Australia. Individuals and families are referred by the Department of Social Services.

**Homelessness & Tenancy Support Services:** AnglicareSA's Northern Generic Homelessness Services provide support and assistance to individuals and families who are homeless or at risk of becoming homeless in Northern Areas. AnglicareSA does not have emergency accommodation or on-the-spot housing, but staff within the service may be able to advocate on the client's behalf to Housing SA for emergency accommodation. If you live in the Tea Tree Gully and Salisbury council areas, please contact the Inner North and North East Generic Homelessness Service Gateway on (08) 8118 2660. If you live in the Playford, Gawler, Barossa Valley, Light and Mallala council areas, please contact the Outer North Generic Homelessness Service Gateway on (08) 8209 5460



Hello my name is Jorja and I'm 11 years old. This term in Kids Club my favourite activity was doing Claymation because we got to make a little video and I love making videos. Kids Club means I get to learn new skills, make friends, confidence and cook. I also love cooking pancakes and stir fry. I go to Breakfast Club and I get to eat breakfast with my friends and family, brush my teeth and walk to school in the walking school bus.



# HIPPY



We have had an outstanding start to 2019 with over 30 families enrolling to be a part of our HIPPY Elizabeth Age 4 program. HIPPY is a great way for parents to teach their child literacy, numeracy and language skills as well as physical skills so they are school ready and develop a love of learning in their home environment. Here is some of our age 4 and 5 HIPPY children doing some of their HIPPY activities and having lots of HIPPY fun!! For more information, contact Lorelle on 0437 354 178 or 8209 5413.



**ANGLICARE SA**

# Mark The Date

## School Term Dates:

Term 2 Begins Monday 29<sup>th</sup> April 2019 and ends Friday 5<sup>th</sup> July 2019

June 2019						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
27	28	29	30	31	1 	2
3 	4	5 	6	7 	8 	9
10 Public Holiday Queen's Birthday	11	12	13	14	15	16 
International Men's Health Week						
17 	18	19	20	21	22	23 
Refugee Week						
24	25	26	27	28	29	30

July 2019						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	2	3	4	5 Last Day of Term 2	6	7 
8 	9	10	11	12	13	14 
Naidoc Week 7th to 14th July 2019						
15 	16	17 	18 	19	20	21
22 Term 3 Begins	23	24	25	26	27	28
29	30 	31	1	2	3	4

**School Term Dates:**

Term 3 Begins Monday 22<sup>nd</sup> July 2019 and ends Friday 27<sup>th</sup> September 2019

August 2019						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun
29	30	31	1	2	3	4 
5	6	7	8 	9 	10-11 Science Week 10th to 18th August 2019	
12 	13-15 Science Week 10th to 18th August 2019			16 	17-18 	
19 	20	21	22	23 	24	25
26 	27	28	29	30	31	1

Book Week 17<sup>th</sup> to 23<sup>rd</sup> August

**NOTES**



**POM POM**

ART SPACE FOR CHILDREN AND THEIR FAMILIES.

**TERM 2 | 4 May – 29 June**  
11am – 3pm every Saturday

**Winter School Holiday Dates:**  
8 – 12 & 15 – 19 July 2019

**FREE. ALL WELCOME.**

Davoren Park Shopping Centre | 45 Peachey Road, Davoren Park



# Nature Play SA



- 1 Find a bed of nasturtiums or other different leaves and watch the way rain drops rest on them - they look like precious jewels.
- 2 Explore a small creek after a downpour or rain shower.
- 3 Sail bark/leaf boats down the creek or gutter and race them to the end.
- 4 Grab a friend and make a rope swing on a tree.
- 5 Dig for clay and make a clay sculpture.
- 6 Visit the beach after a storm and hunt for treasures.
- 7 Fill egg cartons with potting mix, plant with vegetable seeds and watch them grow.
- 8 Take your family outside to jump in puddles and see who can make the biggest splash.
- 9 Repurpose your old clothes, grab a straw hat and make a scarecrow for the garden.
- 10 Make some crazy rain art by putting paper in a tray with bits of dried up paint, drops of food colouring, crushed leaves or flowers and leave it in the rain to see what melts, stains and runs.
- 11 Set up a nature display at home with all of your interesting outdoor winter finds.
- 12 Have a picnic in a forest and observe the moss, fungi and lichen you find growing. [NRM's Fungi ID chart](#) will help you name what you find.
- 13 Make a living green tepee in your garden by planting beans, peas or a native climber on a bamboo tepee.
- 14 Make a mud volcano, mud bricks or mud pie using your own secret ingredients.
- 15 Bury some treasure outside and make a map for your friends to follow.
- 16 Make damper, wrap strips around a stick and bake it on a backyard fire, experiment with different ingredients added to the dough.
- 17 Ride your bike through the biggest, muddiest puddle and check out the mud spray on your back.
- 18 Put an old sock over your shoe and go on a bush nature walk. When you get home bury your sock in the garden and watch what grows.
- 19 Make a backyard winter shelter for small bugs and critters from twigs and leaves.
- 20 Take a family walk in a Park of the Month (Flinders Ranges, Cleland, Onkaparinga River), take turns being the leader and see where you end up.
- 21 Hold a party in a forest and include a scavenger hunt, clued nature trail, orienteering and marshmallows over a campfire as your party activities.
- 22 Now that many trees have no leaves, go on a nest hunt and see how many bird nests you can spot.
- 23 Book your family into Cubby Town in Belair National Park and be part of making one of the biggest towns of stick cubbies ever seen!
- 24 Head out in the rain for a snail or caterpillar hunt.
- 25 Celebrate International Mud day on 29 June with mud! Make a mud puddle, build a mud pit from an old wading pool, throw a mud party or join us at Bonython Park!

Remember to get permission if you go out on your own, and take a drink bottle, sunscreen, and a hat!

NATUREPLAYSA.ORG.AU  

PROUDLY SUPPORTED BY



Government of  
South Australia

# Kids Corner

Find the body parts written below in the crossword grid. Colour them.

P	E	Y	E	A	C	F	O	G	R
M	S	T	V	K	B	L	I	P	S
A	C	H	I	N	S	U	M	T	N
F	J	E	S	O	Q	Z	A	K	E
H	A	N	D	S	W	N	I	D	C
E	J	K	A	E	P	T	S	C	K
D	G	O	I	R	E	A	R	S	U
A	R	M	F	X	A	I	M	D	K
B	Y	H	E	J	L	F	E	E	T
S	T	O	M	A	C	H	Z	C	G

- |       |         |
|-------|---------|
| FEET  | EARS    |
| EYE   | ARM     |
| LIPS  | NECK    |
| HANDS | STOMACH |
| NOSE  | CHIN    |



## SPOT THE DIFFERENCE

(Can you find all 9?)



If you're looking for a healthy recipe that's ideal for the whole family (including the toddler), look no further than the quiche cup.

While your standard quiche is made in a larger sized dish, quiche cups are baked in a muffin tray. This means they're perfect for both portion control and for children's appetites.

### Ingredients:

- 6 eggs
- 1.5 cups skim milk
- 1 cup low fat tasty cheese grated
- 1 cup baby spinach leaves
- 1 cup zucchini grated
- 1/2 cup mushrooms roughly chopped
- 1 cup cooked sweet potato cubed
- 2 table spoon olive oil
- Olive oil spray to grease the tins
- Salt and pepper to taste



### Instructions:

1. Preheat oven to 180C
2. Spray 2x6 muffin capacity tins with olive oil spray to grease or use regular olive oil and kitchen paper
3. Heat remaining olive oil over medium heat in a large saucepan.
4. Add mushrooms and spinach and stir till spinach begins to wilt
5. Remove from heat and add zucchini while pan is still hot. Add the cooked sweet potato.
6. Transfer veggies into a large bowl
7. Whisk eggs, milk, 3/4 of the cheese, salt and pepper together in a separate bowl
8. Add veggies to the egg mix and stir well
9. Divide mixture across the trays
10. Top with remaining cheese
11. Place in the oven to bake for 15 minutes or until firm and starting to turn golden on top.