



KARINGAL HEIGHTS PRIMARY SCHOOL

Recent News

Hello Everyone,

I hope you are keeping warm on this very cold and wintery day.

Welcome to this week's Recent News.



Facebook, Website and Photo permission

I hope you have all looked at our new Facebook page. Some of you have been wondering about photograph permission. The forms signed previously cover all photographs used BUT an updated permission form will be going home tomorrow. This is an opt out form. If you have any questions please let us

know.



Playgroup News

Don't forget that Playgroup runs every Wednesday morning from 9:00am. Take a look to see what has been happening.



PLAYGROUP NEWS



EXPLORING OUR SENSES

We've been exploring our senses through a range of fun & engaging activities at playgroup lately...

Touch: goop, playdough, stress balls, cloud dough

Sight: painting, drawing, puzzles, books

Taste: a variety of different fruits, vegetables & other foods

Sound: instruments, shaker making, stories, songs

Smell: our delicious morning fruit platters

Give some of these activities a go at home... or better yet, join us at playgroup, every Wednesday morning at Karingal Heights Primary School, 9:00am-10:30am. All local families are welcome to come & join in the fun!



1300 889 335 | anglicarevic.org.au

BETTER
TOMORROWS



Book Week Parade

We all love dressing up and our children have the opportunity again for our Book Week Parade. The theme this year is 'Reading Is My Super Power'. Our parade is August 21st at 9:15am. We hope to see you there.



Parent Opinion Survey

The closing date for the Parent Opinion Survey has been extended to 18th August. This survey is very important for the school to see how you think we are going. Out of 55 families, only 3 have responded. Please take some time to complete it for us.



Gaming Workshop

Do you know what video games your child is playing? Do you know how to set boundaries without tears? We encourage all parents and carers to attend one of these three free workshops next Wednesday at Karingal Heights.



Managing Gaming and Safe Technology Use with Children & Young People

PARENTS BUILDING SOLUTIONS

FREE workshop!

What games are kids playing

Setting boundaries, positive rules and consequences for safe gaming

Explore how to deal with their anxiety and or anger especially when it is time to stop playing

When: Wednesday 14th August
10am – 11.30am OR
Tuesday 20th August
5.30 – 7pm OR
Wednesday 28th August
3.30 – 5pm

State your date and time preference upon booking, including whether children will be attending. Supervised activities for children.

Where: Karingal Heights Primary
Havana Cres, Karingal

To **book** please contact Michelle Brown, Parent Resource Coordinator on 0429 174 150 or michelle.brown@anglicarevic.org.au



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BELIEVE
TOMORROWS

Do you know what video games your child is playing? There are a lot out there but we know many of our children are playing adult games full of adult concepts and bringing this into the classroom. Anglicare are presenting a Gaming and Technology workshop at Karingal Heights at three different times next Wednesday. We encourage all parents and carers to attend.



Anglicare News

Our friends from Anglicare run a lot of fantastic and free workshops. If you are involved in junior sport then this workshop is for you.

Autism Spectrum 101

Building Community Capacity - Recognition, Response and Referral

This aim of this training is to help community members to understand the core characteristics of Autism Spectrum Disorder (ASD) and how these characteristics affect children.

It is ideal for those working or volunteering with children in local sporting and community organisations.

When: Tuesday 13th August 2019

Time: 6.30pm – 9pm

Where: Functions by the Bay, Cnr Young St & Plowman Pl,
Frankston

Light refreshments provided

Visit - <https://www.eventbrite.com.au/e/autism-spectrum-101-registration-65015836116> to register as places are limited; must register prior to attendance.

Enquiries to Erin.SkveDerkley@anglicarevic.org.au



Parent workshops presented by Anglicare

Anglicare are conducting free workshops at Karingal Heights. Please take a look and come along!



Creating Positive Bedtime & Sleep Routines

PARENTS BUILDING SOLUTIONS

FREE workshop!

Positive bedtime strategies and routines for children of ALL ages

Help your child get into a healthy sleep routine

Explore how to deal with common bedtime behaviours and challenges!

When: Wednesday 28th August from 10am – 11am

Where: Karingal Heights Primary Havana Cres, Karingal

Bring the kids along! Supervised activities for preschool children!

To book please contact Michelle Brown, Parent Resource Co-ordinator on 0429 174 150 or michelle.brown@anglicarevic.org.au





Managing Stress as Parents

PARENTS BUILDING SOLUTIONS

FREE workshop!

Understand how to navigate the challenges of parenting more effectively

Explore how to balance your own needs with the family needs

Learn strategies for positive self-care & managing anxiety

When: Wednesday 11th September from 10am – 11am

Where: Karingal Heights Primary Havana Cres, Karingal

Bring the kids along! Supervised activities for preschool children

To book please contact Michelle Brown, Parent Resource Co-ordinator on 0429 174 150 or michelle.brown@anglicarevic.org.au



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BETTER
TOMORROWS



For Men's Eyes Only!

Men's Forums at Frankston North

FOOD >> HEALTH >> COMMUNITY

FRANKSTON NORTH MEN'S FORUM

FIRST TUESDAY OF EVERY MONTH. MEAL PROVIDED.
6TH AUGUST, 6-8PM @ FRANKSTON NORTH COMMUNITY CENTRE
26 MAHOGANY AVENUE, FRANKSTON NORTH
CONTACT: 8773 9545 >> DEAN@PROJECTC.CO



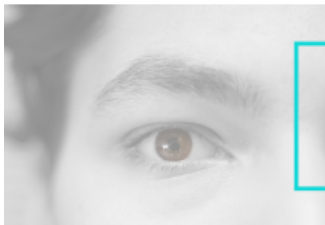
CARPET BOWLS

OUR MAIN EVENT THIS MONTH INVOLVES FRIENDLY COMPETITION ON THE GREEN!



EYE HEALTH

A VISITING EYE SPECIALIST DISCUSSING EYE HEALTH



DENTAL CHECK

COME DOWN EARLY FROM 4-5PM FOR A FREE DENTAL CHECK!



Have a great week.

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