



# Newsletter

Term 1 Week 4 Thursday, 16 February 2023

## Principal's Message [principal@olmcsunbury.catholic.edu.au](mailto:principal@olmcsunbury.catholic.edu.au)

Dear Parents,

We have now finalised our student leaders for 2023:



### School Captains:

Samuel Plummer, Caden Newitt, Elena Zographos and Isabella Cammarano

### House Captains:

**Loreto** – Alana Dixon and Xander Martin

**Padua** – Zac Chiodo and Emily Vasey

**Penola** – Evie Lavelle and Emma Cortese

**Fatima** – Madilyn Grech and Flynn Payton

### SRC:

**Prep** - Xiad Siwan

**1H** – Mille Nannery

**1K** – William Graham

**2R** – Owen Scown

**2C** – Lucas Blume

**3/4J** – Elana Qoranyasi

**3/4C** – Indiana Sellwood

**3/4H** – Olivia Cortese

**5D** - Mason Cahill

**5S** – Olivia Tranter

**6T** - Zac Hills

**6C** – Sara Farah

### School Address

53 Macedon St

Sunbury 3429

9740 7344

Term 1

Student  
free day

April 3rd

I look forward to working with the students and empowering them to make a difference across the school this year.



We have had a few issues with Pokemon cards lately in some parts of the school. I have reminded the children that they can only play with them during the recess and lunch breaks and never in class time., If any trading is to occur, it must only be within the same year level.

The other issue we have at the moment is the mess being made in our toilets. I have spoken to the children about taking care with the soap and toilet paper. We have also had the plumber out twice this week. Can you please reinforce with your child the importance of being sensible in the bathrooms.



Thank you to the families who made time to meet with their child's teacher this week. It was great to see so many of the students come along to these chats. The children will be more involved in the mid year meetings and will be able to share their learning goals and achievements. The home/school relationship is very important to us as we work together for the best of all our students.

I would like to remind everyone that my staff have the right to feel self in their workplace. Parents have signed a code of conduct that highlights the importance of being respectful. Last year the Victorian Government introduced the School Community Safety Order to address the small but significant minority of parents and other adult members of the school community who engage in behaviour that creates a risk of harm to the school community. The Scheme empowers authorised persons, such as school principals, to issue immediate and ongoing school community safety orders to parents, carers and other people who engage in harmful, threatening or abusive behaviour. This is not something I hope to ever have to do but I will have to if staff are verbally attacked.

You may be aware of the work that has been going on behind the scenes to reach a new Enterprise Bargaining Agreement for teachers. This has now been finalised and in the coming weeks we will share with you some of the outcomes.

 This Sunday we will celebrate the seventh Sunday in Ordinary Time. The Gospel comes from Matthew 5:38-48. God calls us to love our enemies. With Valentines' Day this week our focus on prayer has been centred around the power of love and the difference it can make in our lives and in the world. 'An eye for an eye' comes from the Old Testament but in the New Testament, Jesus has set the bar much higher for us. It is easy to love those who love us in return, but a challenge to love those who have hurt us or disagree with us.

**Happy birthday to everyone celebrating this week. I hope you have a wonderful day:**



Cara Nevin  
Luci Coomber  
Leo Plummer  
Audrey White

Please look out for an invitation to discuss fundraising and building activities for 2023. The more parents involved, the more we can achieve! The new adventure playgrounds are being installed in May and these are a result of the wonderful fundraising by families over the past few years. The Bunnings BBQ will be held on Easter Saturday. If you are not going away, please spare us an hour to help out on the day. Courtney Graham is our new PTFA President so look out for her correspondence. Don't forget to also follow the school on Instagram @olmc\_sunbury.



This is my last newsletter for about 5 weeks. I will be leaving you in the capable hands of Nelson and Mark. Please contact them during this time. I will have very limited access to the emails and they will set to be forwarded to Nelson during my absence.

God bless,  
Julie

# SPLASH PUPIL OF THE WEEK AWARD- Week 4



Class	Pupil of the week	Has demonstrated the 3 R's
Prep R	Nate Duhau	For being a conscientious student. He always tries his best, listens attentively and makes great contributions to class discussions.
1H	Kaius Cacioli	For always being a responsible learner by keeping safe, looking after his belongings & other people in our class. Keep up the wonderful work you do Kaius.
1K	Noah Brincat	For showing his love of learning by completing his maths tasks to a high standard. Well done Noah!
2C	Cody Najda	For showing responsibility by working incredibly hard to stay focused and for making great choices to support his learning.
2R	Vincent Xerri	For working hard to be the best learner he can be by using the 3R's. Keep up the amazing effort Vincent!
3/4C	Chad McMahon	For being a great role of the 3 R's and going out of his way to show kindness in a humble manner.
3/4H	Samuel Evans	For Seeing the need of others around him and doing something about it. Samuel is a fantastic team player! Keep up the great work, Samuel.
3/4J	Jaden Johny	For his diligent approach towards learning tasks and helpful demeanour in the classroom- awesome efforts Jaden!
5D	Lucas Flinn	For showing excellent work habits and for always trying his hardest.
5S	Mariam Abou-Eid	For using the disposition of collaboration to work well with others by actively listening to each person.
6C	Evie Lavelle	For demonstrating the learning disposition of 'Risk Taking'. She is always prepared to try new things and work outside her comfort zone in order to improve.
6T	Lachlan Kiss	For displaying the learning disposition of determination and always being ready to challenge himself when working on tasks

**PUPILS OF THE WEEK**

## 2024 Prep Enrolment Details

**Enrolments open** : March 14 ( please collect forms from school office or OLMC website)

**Enrolments close** : May 5th

# Prep 2024

**ENROLMENTS NOW OPEN**

## Information & Tour Dates

**Thursday 16 March**

9.30am / 6.30pm

••• **Tuesday 21 March**

••• 9.30am / 6.30pm

••• **Wednesday 29 March**

9.30am / 6.30pm



**SECURE YOUR SPOT**  
TryBooking Link



 [www.olmcsunbury.catholic.edu.au](http://www.olmcsunbury.catholic.edu.au)

 [principal@olmcsunbury.catholic.edu.au](mailto:principal@olmcsunbury.catholic.edu.au)

 @olmc\_sunbury

 OLMC PS Sunbury

 9740 7344

### OLMC SACRAMENTAL DATES 2023

## Save the Dates

#### Sacrament of Confirmation-

Sunday May 21st 2pm @ St Patrick's  
Cathedral

#### Sacrament of First Eucharist-

Saturday 5th August 5.30pm @ St Anne's  
Church **OR**

Sunday 6th August 10.30am @ St Anne's  
Church

#### Sacrament of First Reconciliation

Wednesday 13th September 5pm **OR** 7pm  
@ OLMC Church



## PTFA NEWS

Hello OLMC families,

My name is Courtney and I am very excited to be selected as the President of the Parents, Teachers & Friends Association (PTFA) for 2023. I will be working alongside Mr Graham and our new treasurer, Jodi. My role is to oversee our school-based community and fundraising events that will occur across the year to bring our school community together. Of course these events cannot happen without the help and support of all of you. More importantly, we want these events to be memorable for our children, which alongside their learning are the things they talk about and remember for years to come!



The Colour Explosion School Run 4 Fun is first up for the year (March 31st) and I have to say this is a super fun day all around. Keep an eye out for the volunteer form as we will need plenty of helpers to help colour our kids!

I look forward to working with you all and if you can help in any way throughout the year please put your name down on the upcoming submission form OR reach out to me at any time if you have any questions at [ptfa@olmcsunbury.edu.au](mailto:ptfa@olmcsunbury.edu.au).

*YOUR SUPPORT & GENEROSITY IS GREATLY APPRECIATED*

A vibrant promotional poster for the 'Colour Explosion School Run 4 Fun' event. The background is green with white and yellow abstract shapes. At the top right is the school crest: 'OUR LADY OF MOUNT CARMEL SUNBURY FOREVER FAITHFUL'. The central image shows a group of children with colorful paint on their faces and bodies. Text on the poster reads: 'Colour Explosion School Run 4 Fun IS COMING TO OUR SCHOOL!' and 'Friday March 31st Helpers needed!'. The Australian Fundraising Specialists logo is also present.

OUR LADY OF MOUNT CARMEL  
SUNBURY  
FOREVER FAITHFUL

Colour Explosion School Run 4 Fun  
IS COMING TO OUR SCHOOL!

Friday March 31st  
Helpers needed!

Australian Fundraising Specialists

# School Refusal – A parent's guide.

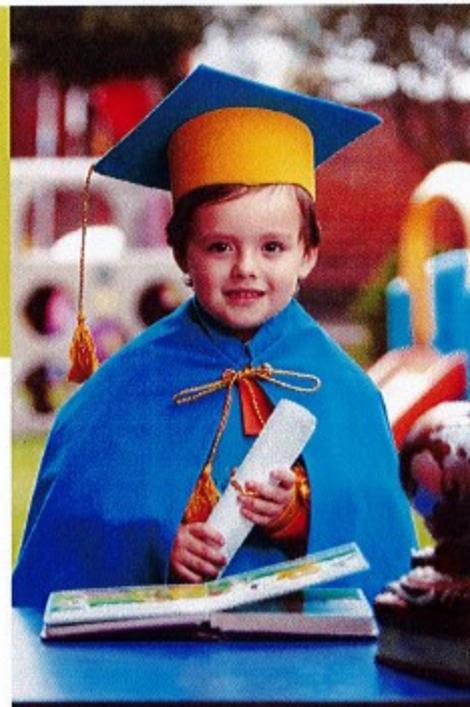
February 2023

Help, my child doesn't want to go to school.

For students attending a new school, adjusting to a new teacher, a new class or their first year at school, it is quite common for them to feel nervous and anxious. As they grapple with this anxiety, they may express their emotions by switching off at school or even refusing to attend. Here's what the experts say about supporting your children through their anxiety and getting them back into the learning game.

**Dr Emily Berger (Monash University) – “Seven parenting tips to help your child struggling with a new school or teacher”**

*Dr Emily Berger is a senior lecturer in the School of Educational psychology and counselling at Monash University whose research interests include child mental health and academic outcomes, teacher education and trauma informed practices. Dr Berger is also a registered and endorsed Educational and Developmental Psychologist and board-approved supervisor with the Psychology Board of Australia, and a member of the Australian Psychological Society (MAPS) and College of Educational and Developmental Psychologists (MCEDP).*



MCERA, an independent, not-for-profit organisation, provides a conduit through which education research and researchers are made more accessible to the media to help improve public understanding of key education-related issues. We provide journalists with expert, independent and accessible insights from education researchers and practitioners. Any views expressed by the experts we consult are not necessarily those of MCERA or its staff.

**MCERA**  
Media Centre for Education Research  
A U S T R A L I A

# Scholastic Book Club

Dear Parents and caregivers

Scholastic has hit the ground running with its catalogues and new offers and there are already orders in the LOOP. For our Prep Parents, Scholastic offers books that can be purchased through the school. Your students would have received the catalogue.

**Our school no longer accepts cash and paper orders. Parents are required to go on line to the Loop to order.**

To find out all the information you need or may be interested in please use this link: <https://scholastic.com.au/book-club/toolkit>

For every book purchased, the school receives points which can be used to purchase books for the library.

**CLOSING DATE 20/2/23**

Happy reading to your children.

Evelyn Pickering

Literacy Leader OLMC



Contact details for big childcare :- email : [olmc@bigchildcare.com](mailto:olmc@bigchildcare.com) and the contact number is 0474 525 977. (between 6.30-8.30 & 2.30-6.30) but also will be contactable during admin hours.

## OLMC Bell Times

8.50am :	First bell / move to classroom
8.55 am :	Classes commence
11.00 –11.30am	Recess time
1.30pm:	Eating time
1.40pm- 2.20pm	Lunch time
3.15pm	End of school day



## 2023 Term Dates

<b>Term 1</b>	27 January—6 April (Easter April 7—10)
<b>Term 2</b>	24 April—23 June
<b>Term 3</b>	10 July—15 September
<b>Term 4</b>	2 October— To be advised

Report School Absences :  
[absent@olmcsunbury.catholic.edu.au](mailto:absent@olmcsunbury.catholic.edu.au)

# Our Lady of Mount Carmel Canteen Roster

## Term 1 2023

17 <sup>th</sup> Feb	Caroline Dillon Cathy Carter Louise Vasey	10 <sup>th</sup> Mar	Erin Thompson Michele Shalders Irene Wishart
24 <sup>th</sup> Feb	Christina Croxford Belinda Falzon-Pout Jazz Stevens	17 <sup>th</sup> Mar	Fran Mckay Nikki Munslow Emma Clements
3 <sup>rd</sup> Mar	Danni Spiteri Laurelle Cacioli Renee Ridington	24 <sup>th</sup> Mar	Emma Clements Natalie Xerri Jess Pedder
		31 <sup>st</sup> Mar	Dannielle Bekker Simone Fawcus Tracey Kilkenny

Thank you for volunteering to help in the canteen, it would be impossible without you. Please arrive at the canteen at 10.00am your assistance will be required until around 2.00pm. If you have long hair please tie it up and remember to sign in at the office with your current WWC.

If you are unable to attend your rostered day please **SMS Sylvania on 0412429600** as soon as possible so a replacement can be arranged.

Email contact : [sdoricic@olmcsunbury.catholic.edu.au](mailto:sdoricic@olmcsunbury.catholic.edu.au)

I look forward to seeing you all.

**Sylvana Doricic**

### Upcoming Dates

#### February

22 Ash Wednesday Mass 9.30am

#### March

13 Labour Day Holiday  
15 NAPLAN begins  
21 Teeth on Wheels Dental Van  
31 Fun Run

#### April

5 School Photos  
6 End of Term 1 at 1.30pm  
7- 10 Easter  
24 Term 2 begins  
25 ANZAC Day Holiday



**OFFICIAL UNIFORM SUPPLIER TO**  
**OUR LADY OF MOUNT CARMEL PRIMARY SCHOOL**  
**PRICE LIST VALID TO 30<sup>TH</sup> JUNE 2023**

Uniform	Sizing	Price
Pullover - Bottle	70-75	\$80.50
	80+	\$83.95
White short sleeve shirt – classic	29-42	\$32.50
White short sleeve shirt - tailored	4-20	\$32.50
White long sleeve shirt – classic	29-42	\$35.50
White long sleeve shirt - tailored	4-20	\$35.50
Academic Trouser – Grey Full Elastic Waist	4-18	\$39.95
Academic Trouser – Grey ½ Elastic Waist	4-18	\$44.95
Straight leg pant - Bottle	4-16	\$31.95
Tailored slacks – Bottle	4-16	\$59.95
Gaberdine shorts - Bottle	4-16	\$23.50
Dress – Green/white check	4-18	\$49.50
Tunic – Green check	4-18	\$65.00
Short sleeve polo top – Bottle/Gold	4-14 & XS-2XL	\$29.00
Long sleeve polo top – Bottle/Gold	4-14 & XS-2XL	\$32.00
Sport Shorts – Bottle	4-18	\$25.00
Skort – Bottle	4-16	\$24.50
Track pant with cuff – Bottle	4-16	\$29.95
Softshell Jacket – Bottle	4-14 & XS-M	\$65.00
Polar fleece vest – Bottle	4-16	\$30.00
Rugby top – Bottle/Gold	4-14 & XS-2XL	\$70.00
Bucket Hat – Bottle/Gold	XS, S, M, L	\$15.50
Legionnaires Hat – Bottle	OSFA	\$15.50
Slouch Hat – Bottle	XS, S, M, L	\$15.50
Scarf – Bottle	OSFA	\$10.00
Backpack with logo		\$56.50
Library Folio - Bottle		\$13.50
Library Bag – Bottle		\$9.00
Art Smock – Bottle or Navy		\$21.00
Ankle Socks – 2Pk	5-8, 9-12, 13-3, 2-8, 7-11, 11-14	\$10.00
Knee Hi socks - Bottle	5-8, 9-12, 13-3, 2-8, 7-11, 11-14	\$9.95
Cotton Tights - Bottle	3-4, 5-6, 7-8, 9-10, 11-14	\$14.95

Uniform is available from the Salesian College Sunbury campus Uniform Shop

**Salesian College Uniform Shop Trading Hours:**

Monday 8.00am – 12.00pm  
 Wednesday 8.00am – 12.00pm  
 Friday 9.00am – 12.00pm and 1.00pm – 5.00pm  
 Ph: 9740 4831

All prices are subject to change without notice

1 Macedon Street Sunbury

salesian@noone.com.au

# HAVE YOU SEEN THE OLMC RECYCLING CENTRE?



IT'S LOCATED IN THE SCHOOL OFFICE FOYER.  
WE ARE CURRENTLY COLLECTING BREAD TAGS (PLASTIC ONLY), OLD PENS AND TEXTAS, USED BATTERIES, ANY ORAL WASTE PACKAGING AND NOW .....

**WE ARE HAPPY TO ANNOUNCE WE ARE ABLE TO  
RECYCLE MEDICINE BLISTER PACKS.**

**Lets do our bit and help save the planet—it's easy, just  
collect these items and drop them in at our Recycling bins**





09 February 2023

Dear Resident/Business Owner,

## Sunbury Road Upgrade - Sunbury Road closed overnight

We're upgrading Sunbury Road between Powlett Street and Bulla-Diggers Rest/Loemans Road to improve connections and make your journey safer and more reliable.

We'll be placing the beams for the new bridge over Jacksons Creek from **Friday 17 February to Sunday 19 February**, subject to weather.

We'll deliver large machinery and equipment, including 14 bridge beams to the work area at Jacksons Creek and erect two cranes, subject to weather. To lift and place the beams safely, we'll close Sunbury Road between Francis Boulevard and Powlett Street each night:

- Closed **8pm to 7am - Friday 17 February and Saturday 18 February**
- Closed **8pm to 6am - Sunday 19 February**

Sunbury Road will remain open during the day.

### What this means for you

During these works, you may experience the following:

- lengthy disruptions, reduced speeds when travelling through the area
- expect delays of up to 20 minutes, please plan your journey
- Traffic controllers will be on site to assist all road users, please follow their directions to keep you and our workers safe.

### Bus 486 disruptions after 8pm

Route 486 buses will not service the bus stops on Francis Boulevard between The Hermitage/The Skyline and Goonawarra Golf Course/Francis Boulevard on **Friday 17, Saturday 18 and Sunday 19 January, after 8pm** each night.

Please contact the project team on 1800 105 105 if you plan to use this service on Friday, Saturday and Sunday.

We'll maintain access to businesses and residences at all times.

Major Road Projects Victoria,  
GPO Box 4509 Melbourne VIC 3001  
T: 1800 105 105  
E: [contact@roadprojects.vic.gov.au](mailto:contact@roadprojects.vic.gov.au)  
W: [roadprojects.vic.gov.au](http://roadprojects.vic.gov.au)



Authorised by the Victorian Government, 1 Treasury Place, Melbourne

### Contact us

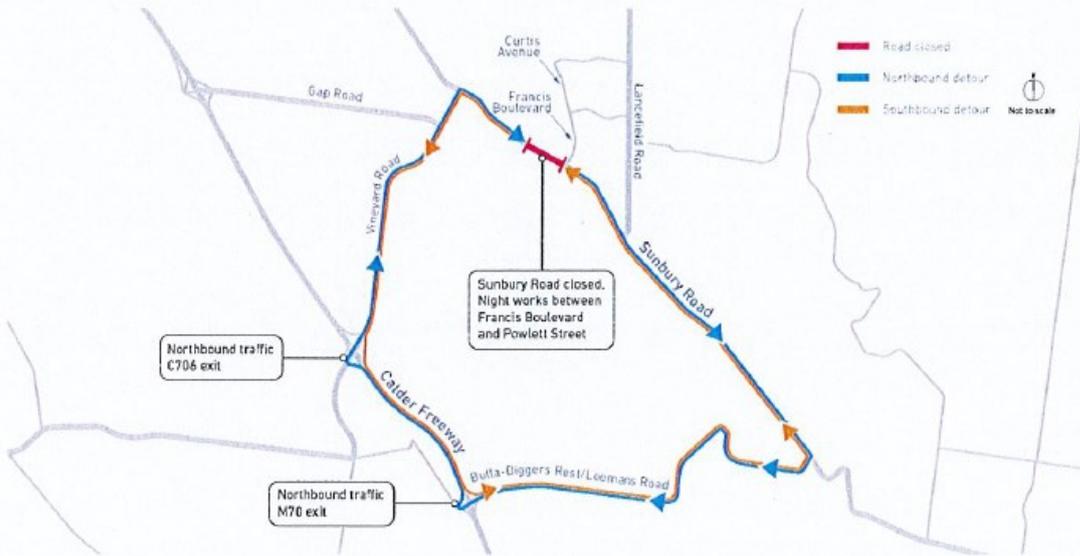
Our team is available 24 hours a day, 7 days a week. For further information or to subscribe to email and SMS updates, please visit [roadprojects.vic.gov.au](http://roadprojects.vic.gov.au) or contact us on 1800 105 105.

Kind regards,

Sunbury Road Upgrade project team

### Detour map

Sunbury Road closed between Francis Boulevard and Powlett Street each night from 8pm.





14 February 2023

Dear Resident/Business Owner,

## Sunbury Road Upgrade - Powlett Street closure

We're upgrading Sunbury Road between Powlett Street and Bulla-Diggers Rest/Loemans Road to improve connections and make your journey safer and more reliable.

We're starting works in late February to build new lanes that will connect with the new bridge being built over Jacksons Creek. To deliver these works safely, we'll need to close Powlett Street, reduce traffic on Macedon Street to single lanes in each direction and temporarily restrict where cars are able to turn in and out of some local streets.

### Upcoming works

To prepare for these works we'll install temporary traffic barriers and mark new lines on Macedon Street on **Sunday 26 February**, from **7pm to 5am**. We'll close a lane and reduce the speed limit to 40km while we implement these works. Traffic controllers will be in place to help guide motorists while the traffic changes are undertaken.

Once the barriers are in place, we'll commence works to build the new lanes including:

- major excavation
- installing new drainage
- upgrading and relocating water mains and
- building new pavement between Powlett Street and the bridge for the new Melbourne bound lanes.

The traffic safety barriers will remain in place until mid-2023, at which time we'll switch traffic on to the new bridge and lanes, and then start works to build the new Sunbury bound lanes and rehabilitate the existing bridge. Major works are expected to take approximately four months to complete in this section.

### Changed traffic conditions

From late February until mid-2023:

- Traffic will be temporarily switched to a single lane in each direction on Macedon Street between Jacksons Creek and Aitken Street as shown overleaf
- Powlett Street, north of Macedon Street will be closed with detours in place
- Access to Aitken Street will be restricted to left turn in and out only
- The speed limit will be reduced through the work area. Please observe signs.

These temporary traffic changes mean drivers will need to either make a U-turn at dedicated locations or turn right at an alternate local street to access Powlett and Aitken streets. Please refer to the following maps and allow up to 2 minutes additional travel time.

Major Road Projects Victoria,  
GPO Box 4509 Melbourne VIC 3001  
T: 1800 105 105  
E: [contact@roadprojects.vic.gov.au](mailto:contact@roadprojects.vic.gov.au)  
W: [roadprojects.vic.gov.au](http://roadprojects.vic.gov.au)



Authorised by the Victorian Government, 1 Treasury Place, Melbourne

## **Temporary changes to the way you access Powlett and Aitken streets**

### **Powlett Street north of Macedon Street**

Access to and from Powlett Street north of Macedon Street will be closed. This will mean you'll need to detour through Eadie and Aitken streets to access Macedon Street.

### **Aitken Street – no right turn from Macedon Street**

To access Aitken Street north of Macedon Street:

- drive towards Sunbury town centre
- complete a U-turn at Vaughan Street
- turn left into Aitken Street

Access to Aitken Street south of Macedon Street will be temporarily changed to left turn in and out only.

Refer to detour maps overleaf or visit our website for more detour information.

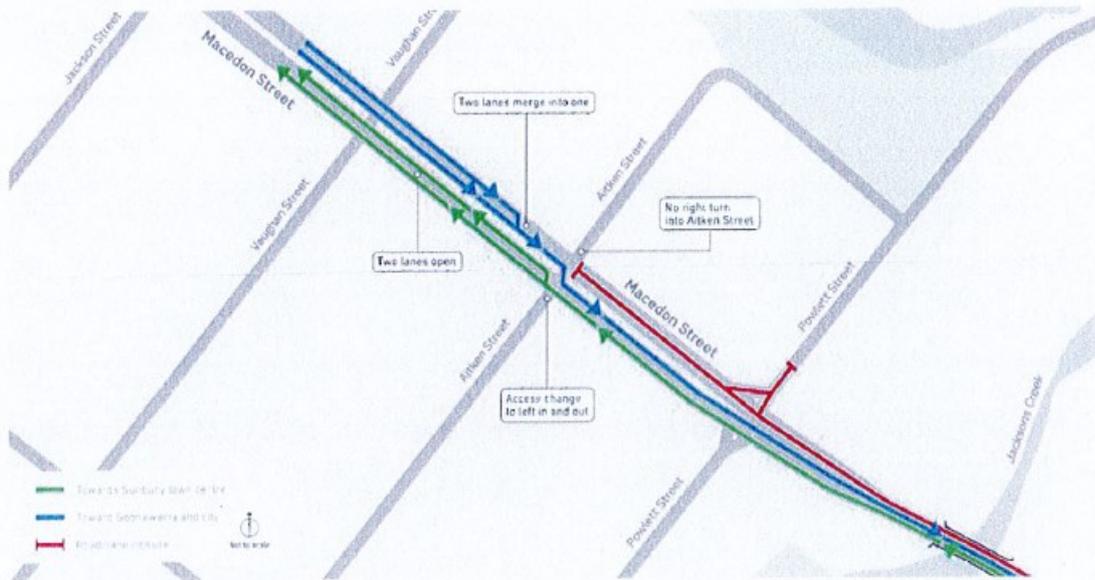
### **Contact us**

To discuss these changes or for more information, contact us 24 hours a day, 7 days a week on 1800 105 105 (select option 5) or email [contact@roadprojects.vic.gov.au](mailto:contact@roadprojects.vic.gov.au) We also encourage you to visit our website [roadprojects.vic.gov.au/Sunbury](http://roadprojects.vic.gov.au/Sunbury) to subscribe to email and SMS updates.

**Kind regards,**  
Sunbury Road Upgrade project team  
**Major Road Projects Victoria**

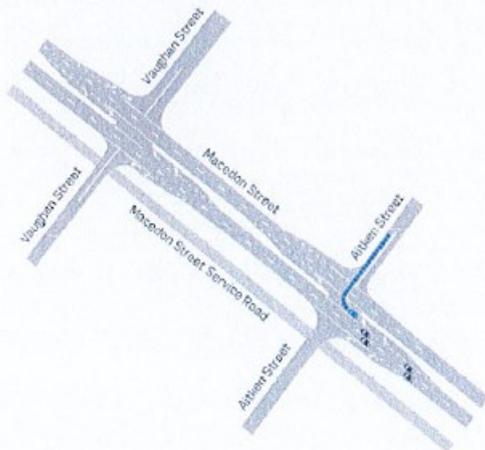
## Detour Maps

Temporary changes to the way you access Powlett and Aitken streets

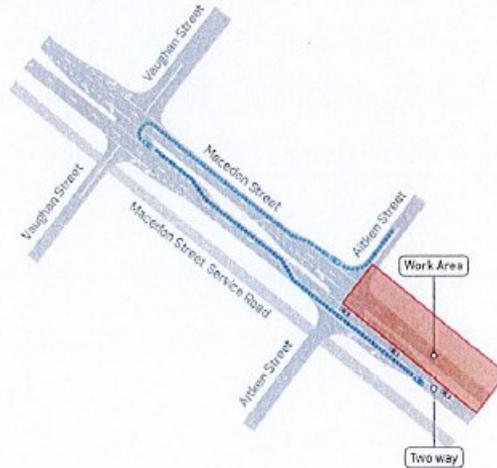


To access Aitken Street from Macedon Street

BEFORE



AFTER



For illustrative purposes only, not to scale

For more information or to view the detour maps online please visit [bigbuild.vic.gov.au/projects/mrpv/sunbury-road-upgrade](http://bigbuild.vic.gov.au/projects/mrpv/sunbury-road-upgrade)

# PARENT & GUARDIAN WEBINAR SERIES 2023



## Plan, Prevent, Protect

**THURSDAY 16TH FEBRUARY**

Learning, connecting and playing online can be positive and safe. Learn how to create a safe online environment at home with practical advice for raising young people in a technology-rich world.



## Safety on the Socials

**TUESDAY 9TH MAY**

Uncover the world of social networking through the lens of a child and teenager. Understand the risks and discover techniques to prepare kids to be safe and responsible on the socials.



## Gaming and Your Family

**WEDNESDAY 26TH JULY**

You can learn a lot through gameplay. Help the young people in your home get the most out of gaming experiences and learn strategies to build healthy gaming habits.



## Digital Balance and Wellbeing

**TUESDAY 17TH OCTOBER**

Technology plays a vital role in our world but it's easy to lose control. Finding a balance is a crucial 21st century skill. Discover simple tools and settings to manage screen time and thrive in a digital world.

**FREE REGISTRATION**  
[cybersafetyproject.com.au/webinars](https://cybersafetyproject.com.au/webinars)





HUME CITY COUNCIL  
**Youth**  
services

## Raising resilient, healthy children and young people in Hume | Term 1 | 2023

Programs and short courses for parents, carers and professionals

FREE  
EVENTS



### Supporting your child's transition to secondary school

Support your child to experience a successful transition to secondary school in this engaging, informative and practical webinar.

 **Online Webinar**

 Thursday 9 February

 7pm – 8.30pm



### Risk Taking and Your Teen

Gain a deeper understanding of why teenagers take risks and develop strategies to support them to stay safe.

 **Online Webinar**

 Thursday 16 February

 7pm – 8.30pm



### Vaping and Your Child

Discuss current risk-taking trends, including vaping, and explore strategies to support communication with your child and increase their safety.

 **Online Webinar**

 Thursday 2 March

 7pm – 8.30pm



To register or for more information, visit our website via the QR code or type the url provided

Have a question? Let's talk!  
email [youth@hume.vic.gov.au](mailto:youth@hume.vic.gov.au)  
or phone 9205 2556.



[www.hume.vic.gov.au/parent-carer-workshops](http://www.hume.vic.gov.au/parent-carer-workshops)



# Raising resilient, healthy children and young people in Hume | Term 1 | 2023

Programs and short courses for parents, carers and professionals



## Creating and Maintaining Routines

Having reliable routines in place can support a family's sense of harmony.

Join Parent Zone Northern and develop strategies to create routines, while building your confidence about maintaining them.

 **Online Webinar Interactive session**

 Tuesday 21 March

 10am – 12pm



## Parents Building Solutions

Are you tired of yelling? Want to understand why children behave the way they do? Do you want to discuss and share ideas that work? This 6-week parenting program helps you come up with solutions to common parenting challenges

Bookings and enquiries to Parentzone Northern:  
03 86418900 or parentzone.northern@anglicarevic.org.au

 **Newbury Child and Community Centre**

 Tuesday February 14 –  
Tuesday March 28  
[excluding March 14]

 10am – 12pm

HUME CITY COUNCIL  
**Youth**  
services

**FREE  
EVENTS**



To register or for more information, visit our website via the QR code or type the url provided

Have a question? Let's talk!  
email [youth@hume.vic.gov.au](mailto:youth@hume.vic.gov.au)  
or phone 9205 2556.



[www.hume.vic.gov.au/parent-carer-workshops](http://www.hume.vic.gov.au/parent-carer-workshops)





Want to prepare  
your kids for a  
healthier future?

# BETTER HEALTH PROGRAM

Is your child...

-  Aged 7-13 years old?
-  Above a healthy weight?
-  In need of support to improve eating and activity habits?

*Better Health Program* is a **free**, 10-week, online program for children and families.

There are weekly online sessions, **free** resources, including a fitness tracker, and weekly coaching calls. These are with a qualified health coach who gives you professional advice and helps keep you on track!

 MONASH University

**Sign up today!**

 [www.betterhealthprogram.org](http://www.betterhealthprogram.org)

 1300 822 953

  [@betterhealthprogram](https://www.instagram.com/betterhealthprogram)





Participants receive  
great freebies and  
a reward at the end!

# BETTER HEALTH PROGRAM

*Better Health Program* is an online healthy lifestyle program for families with children aged 7-13 years who are above a healthy weight. In 2022, the program is **free for eligible Victorian families** as part of a large research project with Monash University.

To join the program, families must agree to participate in the research project, which involves completing at-home surveys and measurements at four time-points over an 18 month period (30-60 minute duration at each time point).

**Sign up today!**

 [www.betterhealthprogram.org](http://www.betterhealthprogram.org)

 1300 822 953

**BETTER HEALTH CO.**



Scan to find  
out more!





**COULD YOU FOSTER A CHILD?**

We **URGENTLY** need **Foster Carers in your area.** Enquire now on how you can help change a child's life.

**Canifoster.com.au | 1800 932 273**

**INFORMATION SESSION FOR PARENTS**

Saver Plus pairs you with a savings coach so you can learn tips, tricks and information to grow your budgeting and saving skills. You save for 10 months, then ANZ matches your savings dollar-for-dollar up to \$500. We'll talk about how it all works, plus who is eligible and how to join.

**MEETING DETAILS**

- Thurs February 16th 2023, 10 - 11am (Vic Time)
- Wed February 22nd 2023, 10 - 11am (Vic Time)

**Zoom Meeting Link:**  
<https://bsl.zoom.us/j/68016074995?pwd=K2d4dWl4WjRMbGRlRng0NGhoVVVlZz09>

**Passcode:** 027166

**KEY ELIGIBILITY CRITERIA TO JOIN SAVER PLUS**

- ✓ Have a current health care card OR pensioner concession card
- ✓ Have a child in school OR be studying yourself
- ✓ Have regular income from work (yourself OR your partner)

**RSVP**

Scan the QR code or click the link below to register  
<https://forms.office.com/r/zPTAvyaP5e>

**SAVERPLUS.ORG.AU | 1300 610 355 | SAVERPLUS@BSL.ORG.AU**

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.