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Park Orchards Community House & Learning Centre



Term 4, 2024 Courses & Activities

New Courses & Workshops



Book Arts Workshop

NEW

Discover the art of Tunnel Books in our engaging workshop where the structure of the book adds depth to storytelling. In this hands-on session, you'll learn a range of techniques to create your own three-dimensional, thematic Tunnel Book. From simple to advanced methods, you'll gain the skills to design and decorate a Tunnel Book that reflects your chosen theme. Feel free to bring along any decorative elements and images to personalise your creation. By the end, you'll have the expertise to continue making Tunnel Books independently at home.

Saturday 12th October, 10:00am - 3:30pm

\$85

Peta McDonald - Nature Illustration

NEW

The integration of Science and Art can be quite alluring. This course is designed to equip you with the skills needed to accurately depict natural subjects through drawing. Whether you are a complete beginner or have some drawing experience, these structured classes will guide you through the processes of sketching, shaping with shading, recognising colours and adding texture and detail to your drawings. Starting with graphite and progressing to coloured pencils, you'll be amazed at what you can accomplish with a willingness to explore and experiment!

Friday 1:30pm - 4:00pm

11 October - 29 November, 8 weeks

\$230



Nature Journaling Workshop: From your Photo Reel to the Page - Pen and Wash with Peta McDonald

NEW

Do you have a camera roll brimming with photos of plants and insects? Searching for an artform that allows for quick results while accurately representing your subjects? Nature journaling might be the perfect drawing style for you! The workshop will include practical demonstrations and step-by-step activities to create beautiful, accurate drawings. Ideal for beginners to intermediate-level artists. Join us to enhance your nature journaling skills and create beautiful, accurate drawings!

Saturday 9th November, 1 day 9:30am - 3:30pm

\$120

Book Binding Workshop

POPULAR

Delve into the intricate art of bookbinding as you create your very own small book and master the techniques to scale up your creations to any size. Craft personalised bookbinding stitch templates for efficient and precise bookmaking, and discover various methods for crafting unique book covers. This class will focus on completing a small book using the decorative bookbinding single section chain stitch. Suitable for anyone new to bookbinding as well as those with prior experience. By the workshop's end, you'll be equipped with the knowledge and experience to continue your bookbinding while gaining insights into the designs that shape every beautiful book.

Sunday 24 November, 10:00am - 3:30pm

\$85

School Holidays - Polymer Clay Creations

NEW

In this fun and engaging half-day workshop, children aged 5-12 will explore the vibrant world of polymer clay to create their own colourful art pieces and keychains. They will learn basic techniques for shaping and decorating polymer clay, allowing their creativity to shine as they craft unique designs. This workshop offers a hands-on experience that encourages imagination and skill development. It's perfect for kids who love to express themselves through art! All materials supplied.

Wednesday 2 October, 9:00am - 12:30pm

\$55



School Holidays - Acrylic Painting & Dry Felting

NEW

Unleash your creativity in this fun-filled workshop inspired by contemporary Australian artists! Join us as we explore vibrant colours and unique techniques to create your very own budgie painting on canvas. Using acrylic paints and paint pens, create a feathered friend that's perfect for adding a pop of colour to your wall.

Next, draw inspiration from the beauty of spring and explore the art of dry needle felting. This technique involves carefully using a needle to bind wool fibres together. You'll create a vibrant 2-dimensional springtime landscape by felting wool roving onto a square felt background. For an added challenge, we'll also experiment with crafting some 3-dimensional shapes. Ages 7-12. All materials supplied.

Wednesday 25 September, 9:00am - 12:30pm

\$55

See inside for a watercolour art workshop for older children.

Learn Local - Pre-accredited Training



Learn Local courses can help you get the skills you need for study, work and life. Learn Local courses are government subsidised and are offered at low or no cost to eligible Victorian adults. Class sizes are small, with training delivered by highly experienced professionals in a relaxed environment. **Check our website for more details or contact us.**



Journaling for Wellbeing **NEW**



Journaling serves as a powerful tool for stress reduction by helping to organise thoughts and foster problem-solving. This course will guide you through the methods and benefits of journaling, offering a safe space to explore your emotions and track progress toward personal goals. By engaging in this practice, participants may experience a boost in mood, a sense of accomplishment, and greater positivity. Importantly, there is no pressure to share your writing, allowing you to fully embrace the personal and private nature of this powerful tool for mental wellbeing.

Thursday 17 October - 5 December, 1:00pm - 3:00pm, 8 weeks
\$85 (Concession \$50*)

Introduction to XERO (Online)



Acquire practical skills and knowledge to effectively navigate Xero's features, covering basic bookkeeping tasks to advanced financial management. Master the essentials, equip yourself with tools to streamline your accounting processes, and empower yourself to make informed financial decisions. This course is excellent for those who wish to begin using the program, or those already using the program who need further assistance to navigate features.

Tuesday 15 October - 10 December, 7:00pm - 9:00pm, 8 weeks
\$65 (Concession \$35*)

Introduction to Floristry



Learn floral design skills, from wrapping and tying to arranging, as you create a variety of beautiful floral arrangements, including charming hand-tied posies, elegant gift boxes, and exquisite corsages. Our hands-on approach ensures you receive practical experience, working directly with a diverse selection of flowers and foliage. This method helps you build both confidence and creativity as you learn to handle and arrange materials with precision and flair. As you progress through the course, you'll refine your techniques and discover new ways to express your creativity through floral design. Please note there is an additional cost for purchasing your own flowers each week.

Wednesday 16 October - 4 December, 9:00am - 11:00am, 8 weeks
\$125 (Concession \$65*)

Floristry Level 1



Under the expert guidance of our skilled tutor, you'll delve into the intricate art of floral design. Learn to master the essentials of flower selection, color harmony, and various arrangement styles, along with the techniques needed to care for your creations. Whether you're building on skills from our introductory course or have previous experience, this program is designed to challenge and inspire you. Unleash your creativity as you craft stunning bouquets and elegant centerpieces and arrangements. Please note there is an additional cost for purchasing your own flowers each week.

Wednesday 16 October - 4 December, 11:30am - 1:30pm, 8 weeks
\$125 (Concession \$65*)

All Abilities Courses

These courses are specially designed for individuals with additional learning needs. Our activities are tailored to enhance communication, literacy, and numeracy skills, while also fostering resilience, confidence, and friendships for people with disabilities.

- All activities are customised to meet the specific needs and goals of our participants.
- Carers, support workers, and assistance animals are welcome.
- A complimentary trial class is available. Please give us a call to discuss your individual needs!

Let's Cook!

Unlock your culinary potential with our cooking course designed for adults with disabilities. Work with our wonderful trainer to make delicious dishes you can recreate at home such as tacos, pancakes with topping, salads, and more! From kitchen essentials to meal preparation, gain skills in food safety, and food hygiene. Then, at the end of each lesson stay and share a meal with the class! All ingredients included.

Friday 11 Oct - 13 Dec, 9:30am - 12:00pm, 10 weeks \$160 per term*



Creative Art

Are you ready to set off on a path of self-expression, creativity, and skill development? Art often conveys emotions and ideas that words alone cannot fully express. This class caters to individuals who are eager to use art as a medium for self-expression. Experiment with a range of mediums and styles, such as watercolour, acrylic painting, clay, mosaic, and more, to create imaginative artworks. All materials provided.

Friday 11 Oct - 13 Dec, 12:45pm - 2:45pm, 10 weeks \$100 per term*

Life Skills **NEW**

Designed to support individuals with intellectual disabilities by focusing on a range of practical and social skills, centered around the theme of health and wellbeing. Through a variety of engaging and hands-on activities, participants will build literacy and numeracy skills that are applicable to everyday life. The course aims to foster personal growth, promote healthy choices, and enhance both practical and social capabilities.

Monday 14 Oct - 8 Dec, 10:00am - 12:00pm, 8 weeks \$80 per term*

Creative Writing **NEW**

Whether you're a complete beginner or an experienced writer looking to refine your craft, you'll find valuable insights and practical techniques tailored to your needs. Over the duration of the course, you'll engage in a variety of writing exercises, participate in interactive workshops, and receive personalised feedback. Our flexible online format allows you to learn at your own pace, making it easy to fit into your schedule.

Commences October
Flexible online format

\$80 per term*

*Concession prices for ACFE courses are capped at \$50 tuition per calendar year. Course fees may incur additional costs such as administration, materials, amenities, etc. For more information about the fee structure for pre-accredited courses please speak to one of our friendly staff.

Nature in Art



Terry Napier

Terry has been teaching and sharing his talent for over 25 years. Natural History watercolour painting is a realistic, scientifically correct style. Produce realistic plants, native animals and birds in your watercolour paintings.

Monday 14 October - 9 December, 8 weeks
7:00pm - 9:30pm \$270
Tuesday 15 October - 10 December, 8 weeks
9:30am - 12:00pm \$270
1:00pm - 3:30pm \$270
Saturday 19 October - 30 November, 4 weeks
9:30am - 3:30pm (alternate Saturdays) \$270

David Reynolds

David is an award-winning Australian watercolour artist and specialises in Australian flora and fauna, exotic plants and wildlife. His style is described as 'Accurate Realism' and is always looking to portray his botanical and wildlife subjects with the most accurate detail possible yet doing it in a 'painterly' way honouring the watercolour medium.

Wednesday 12:30pm - 3:00pm
16 October - 11 December, 8 weeks \$250



Peta Harrington

Peta will guide you through the techniques to produce realistic Natural History watercolour paintings using flora and fauna as your subject. Suitable for beginners and seasoned artists alike. Peta will work with students at their level to achieve their artistic goals.

Wednesday 9:30am - 12:00pm
16 October - 4 December, 8 weeks \$230
Friday 9:30am - 12:00pm
18 October - 6 December, 8 weeks \$230



Guitar & Ukulele

Always wanted to learn guitar or ukulele? Bring out your inner musician - play songs from the very first class! No prior experience is needed—just bring your enthusiasm, and you'll be strumming in no time!

Individual and group lessons are available.
Monday or Tuesday, between 3:30pm - 6:30pm
See website for full details

Children's Art & Craft



Children's Art and Craft Classes

Join us for this course for children aged 7 - 12 years. Come after school for weekly activities in arts and crafts! Each week children will work on projects like macramé, painting, papier mache, and more. Enhance their learning and let them explore new art forms and spark new interests, all the while having fun and making friends! All materials provided.

Tuesday 4:00pm - 5:30pm
15 October - 10 December, 8 weeks \$220

Watercolour Art Workshop

Join us for this one-day workshop, in the school holidays, where you'll dive into the vibrant world of watercolors and create your very own sunset sky with a Ferris wheel silhouette.

You'll explore various techniques, including wet-on-wet and wet-on-dry, that will help bring your artwork to life. This workshop is perfect for beginners. Come prepared to learn, and have fun. All materials will be provided, so just bring your creativity and enthusiasm!

Suitable for ages 12-16
Tuesday 1:00pm - 4:00pm
1 October \$60
We are also offering a variety of school holiday art programs for younger children - see front page.

Tutoring

Gain confidence and reach your potential in our supportive small group tutoring environment with our fantastic tutor.

Our tutor specialises in making VCE mathematics, physics and chemistry approachable and exciting with a focus on the practical applications of the subjects. Learn study skills and exam strategies.

Tuesday 4:00pm - 4:50pm
Tuesday 5:00pm - 5:50pm
Tuesday 6:00pm - 6:50pm
8th October - 3rd December, 8 weeks \$320
VCE - 4 weeks 8th Oct - 29th Oct \$160

Candle Making

Ignite your creativity in our candle-making workshop! Perfect for beginners, you'll work with soy wax, essential oils or fragrances, and dried flowers to craft your own unique candles. Each participant will create two beautiful candles to take home, along with step-by-step instructions so you can continue your candle-making at home. This workshop is also a wonderful opportunity to create thoughtful, handmade gifts for family and friends. All materials are provided.

Saturday 23 Nov, 10:30am - 12:30pm \$70

Senior's Month

FREE

The Victorian Seniors Festival is a major statewide festival for Victorians over 60, providing fun and good times with opportunities to participate in events and activities for free or low cost throughout October each year. We will be offering;

Hearing Australia

Convenient and comprehensive hearing testing. Booking required.

1 October, 10:00am-3:00pm

Osteopath & Exercise Physiologist

Free information session to improve mobility and balance for everyday wellbeing.

15 October, 10:00am - 11:00am

Dance it up!

Dance, socialise and enjoy light refreshments
28th October 1:00pm - 3:00pm

Live up!

With healthy ageing or active ageing, you can focus on thriving at any age by making choices that help you maintain your independence for longer. Information session, light refreshments provided.

29 October 10:30am - 11:30am

Continuing on from Seniors Month, we are offering the Wiser Driver program Friendly, informal 4-week refresher course for responsible, older drivers to keep driving safely and upgrade your knowledge.

7 November - 28 November 10:00am - 12:00pm

Broughton Hall Outing

Join us in early December for a bus outing to The Garden at Broughton Hall in Jindivick, nestled in the picturesque Gippsland region. Bring your own picnic and enjoy a delightful day in these enchanting grounds while meeting new friends. The property overlooks the Tarago River, with a stunning backdrop of mint-green hills, making it an ideal destination for a relaxing day outdoors with great company.

See our website for more details \$12.50



Dance it Up!

FREE

Join us for this free monthly event where you can try new dance styles! Hosted on the fourth Monday of every month at Warrandyte South Hall, this event is open to all. Each month you will have the opportunity to dance along to some different tunes, enjoy socialising and meet new people, enjoy light refreshments, or even just enjoy the atmosphere.

Fourth Friday of each month, 1:00pm - 3:00pm
23rd September
28th October
25th November

enrol@parkorchards.org.au

Health and Fitness



Regular group exercise boosts both physical health and mental well-being. Join us at Warrandyte South Hall for classes suitable for all levels, led by experienced instructors. Try your first class for free—call or email to learn more! [Carers receive a 5% discount.](#)

Monday



Yoga and Mindfulness Mondays

Yoga and mindfulness helps to improve focus and self-awareness. In these classes you will practice Hatha Yoga which involves exploration of breath, postures and meditation to reduce stress and anxiety. This wonderful, inclusive class is suitable for all levels and abilities.

Monday 6:30pm - 7:30pm
7 October - 9 December, 10 weeks \$160

Tuesday

Yoga Tuesdays

Enjoy this practice which is shown to reduce stress, improve flexibility and mobility. Start your day and week right with this safe, inclusive and encouraging class for all levels of ability.

Tuesday 9:30am - 10:30am
8 October - 10 December, 9 weeks \$145

Stay Fit/ Live Fit

A fitness class for our 50+ community. Combine strength, fitness and balance training while making friends and having fun. The class will involve resistance exercises, and weight training to help develop self-confidence, flexibility and cardio health.

Tuesday 12:30pm - 1:30pm
8 October - 10 December, 9 weeks \$100

Belly Dance

This is a low impact class, suitable for all ages. You will learn basic Belly Dance moves to hypnotic and invigorating beats from the Middle East. Increase your energy, improve your metabolism, tone your body, increase fitness and stamina levels, plus so much more. Most of all, it will leave you smiling!

Tuesday 7:00pm - 8:00pm
8 October - 10 December, 9 weeks \$145

Wednesday

Yoga Wednesdays

Increase your health and wellbeing with this gentle, relaxing yoga practice suitable for all ages and levels of fitness. Leave feeling uplifted and ready to start your day!

Wednesday 9:15am - 10:15am
9 October - 11 December, 10 weeks \$160

Thursday

Tai Chi

Tai Chi is a gentle exercise that combines slow, smooth movements to relax both the body and mind, effectively reducing stress and anxiety. This continuous, flowing practice enhances physical balance and flexibility and also promotes mental clarity.

Thursday 9:30am - 10:30am
17 October - 12 December, 9 weeks \$145

Friday



Yoga Fridays

Enjoy a practice that reduces stress, improves flexibility, and enhances mobility. Wrap up your week on a positive note with this safe, inclusive class, designed for all levels of ability. You'll find a welcoming environment that supports your growth and well-being.

Friday 9:30am - 10:30am
11 October - 13 December, 10 weeks \$160

Saturday

Nia Dance Fitness

Nia dance is a unique blend of nine different movement forms and is inspired by elements from the dance arts, martial arts and healing arts. Nia is always about the joy of movement and feeling good, allowing the body to move in fun and free ways that increase well-being and vitality. The class is suitable for any age, no experience necessary.

Saturday 10:30am - 11:30am
12 October - 14 December, 10 weeks \$160

Clubs and Groups *FREE

Choose from our range of FREE clubs, facilitated by our dedicated volunteers.

Genealogy

Research and share knowledge about tracing your family tree.

First Saturday 2:00pm - 4:00pm (monthly)

Garden Lovers

Help keep our garden beautiful in the company of other passionate gardeners.

Tuesday 10:30am - 12:00pm (weekly)

Social Walking Group

Explore new and interesting places, enjoy a leisurely walk as you meet new people and enjoy lunch together.

Third Thursday 9:30am - 1:30pm (monthly)

Weekly Walkers

Whether you're seeking relaxation, fitness, or simply the joy of connecting with others, our weekly walks offer a perfect opportunity to enjoy the company of fellow walkers.

Tuesday 9:00am - 10:00am (weekly)

Photography

Engage with fellow photography enthusiasts in inspiring conversations, exchange ideas, and embark on exciting photography adventures together.

First Thursday 7:00pm-8:30pm (monthly)

Book Club

Connect with fellow book enthusiasts and engage in lively discussions about your beloved reads within a welcoming and laid-back atmosphere. Join us to meet new people and delve into the world of your favourite books!

First Monday 7:30pm - 9:00pm (monthly)

Scones Together

Seniors, connect with others over a plate of delicious scones with jam and cream, tea and coffee at this social event every month! Guest speakers, door prizes, music and more.

First Monday 1:30pm - 3:30pm (monthly)
Next meetings: 1 July, 5 August, 2 September

Acknowledgements

Park Orchards Community House & Learning Centre Inc. (ABN: 18 790 057 404, INC: A0011092D) is a Registered Training Organisation (4008) and gratefully acknowledges funding support from:

Neighbourhood
Houses Victoria



Manningham
City Council



Adult Community
& Further Education (ACFE)



Accredited Training is delivered
with Victorian and Commonwealth
Government Funding



Government Funded places will be offered to eligible applicants as indicated by the Department of Education and Training

School Holiday Childrens Fitness - Tiger Paw

Tiger PAW (Physical Activity and Wellbeing) is a fun and educational program, with a football theme run by Aligned Leisure and Richmond Football Club. The Program aims to provide elements of creating a healthy body, healthy mind, and healthy team through physical activity games, as well as focusing on developing basic movement skills and knowledge.

Thursday 26 September
9:00am-10:30am for ages 3-5, 10:30am-12:00pm for ages 6-12
Thursday 3 October
9:00am-10:30am for ages 3-5, 10:30am-12:00pm for ages 6-12
Location: Park Orchards Community Centre Indoor Sports
activity (Basketball Centre)
Bookings essential, \$5 per session



www.parkorchards.org.au

Vocational Education & Training



Our courses are led by highly experienced trainers with extensive training and industry experience. They possess an in-depth understanding of adult learners, especially those who are returning to study. Our classes are conducted in person, with small class sizes to provide personalised attention. **UPDATE: Government subsidised places are available regardless of whether you already have a higher qualification.*** To be eligible for Skills First funding, you must be an Australian citizen, or an Australian permanent resident, or a New Zealand citizen and physically present in Victoria while participating in training and assessment.

Certificate III in School Based Education Support CHC30221

Are you interested in assisting children in schools? As a qualified Education Support Worker, you can pursue a fulfilling career in education, playing a vital role in supporting students with diverse learning needs and contributing to their educational journey. You will provide support to both teachers and students within the school environment. This Nationally Recognised Training is ideal for employment as an Education Support Assistant, Support Worker for children with disabilities, or a Teacher's Aide. Additionally, this certificate can serve as a stepping stone for further study in the field of education.

Classes in Ferntree Gully

Commencing 12 November 2024 (Tuesday and Thursday), 9:15am - 3:15pm

Commencing 4 February 2025 (Tuesday and Thursday), 9:15am - 3:15pm

Classes in Park Orchards

Commencing 3 December (Monday and Wednesday), 9:15am - 3:15pm

Commencing 10 February (Monday and Wednesday), 9:15am - 3:15pm

Commencing 11 March 2025 (Tuesday and Thursday), 9:15am - 3:15pm

\$438.99 or \$276.85 (concession)*

Certificate III in Early Childhood Education and Care CHC30121

Are you passionate about making a difference in children's early years? Discover a rewarding career that allows you to inspire and shape the future generation. Our nationally recognised and accredited Certificate III in Early Childhood Education and Care is your gateway to becoming an Early Childhood Educator, Kindergarten Assistant, Nanny, or working in Out of School Hours Care. This comprehensive course harnesses your creative and communication skills while providing essential knowledge for nurturing and supporting young children's development. Embark on a fulfilling journey in the early childhood industry and gain the vital skills needed to make a positive impact on young minds.

Commencing 3 December 2024 (Monday and Wednesday), 9:15am - 3:15pm

Commencing 11 February 2025 (Monday and Wednesday), 9:15am - 3:15pm

\$483.76 or \$284.32 (concession)*

Certificate III in Early Childhood Education and Care CHC30121 via Recognition of Prior Learning

Are you interested in attaining CHC30121 Certificate III in Early Childhood Education and Care without attending training? If you are currently working in Early Childhood and hold an earlier Certificate III in Children's Services (CHC30402, CHC30708, or CHC30712) you may be eligible for Recognition of Prior Learning (RPL). Upgrading to this qualification not only recognises your existing skills but also meets the prerequisite for enrolling in a Diploma of Early Childhood Education and Care, paving the way for further career advancement.

Contact us to find out more.

Diploma of Early Childhood Education and Care CHC50121

Early childhood education offers a fulfilling path where you can make a significant impact on a child's development and character formation. Exceptional Early Childhood Educators have the power to shape a child's future, fostering success, well-being, and a lifelong love for learning. This course covers essential topics such as learning frameworks, child health and well-being, leading educational teams, and much more. Completing the Diploma of Early Childhood Education and Care provides you with the opportunity to advance your career, deepen your knowledge, gain professional recognition, increase your earning potential and make a lasting impact as a leader in the field.

Commencing 13 September 2024 (Friday), 9:15am - 3:15pm

Commencing 3 December 2024 (Friday), 9:15am - 3:15pm

Commencing 7 February 2025 (Friday), 9:15am - 3:15pm

\$537.00*

*See our website or contact us for more information on fees.



NEW Certificate IV in Training and Assessment TAE40122

This nationally recognised and accredited course qualifies you to deliver nationally accredited vocational training in registered training organisations (RTOs), TAFEs, enterprises, community organisations, and schools. You will develop skills in the design, delivery, and assessment of vocation-based training. After completing the course, you will have gained knowledge on how to perform competency-based assessments, develop learning programs based on national training packages, deliver presentations, train groups and individuals, and address learners' language, literacy, and numeracy skills.

Commencing 30 April 2025

(Wednesday), 9:00am - 4:30pm

\$895.50 or \$368.25 (concession)*

NEW Certificate IV in Training and Assessment TAE40122 - Upgrade

If you hold the TAE40116 Certificate IV in Training and Assessment, now is the perfect time to upgrade to the latest TAE40122 qualification. We've designed a recognition pathway specifically for experienced (min. 2 years) and currently qualified trainers and assessors, making it easy to compile the necessary evidence and streamline your upgrade process. This is an individual RPL process with no set intake dates, allowing you to enrol anytime and complete the process online, with no class attendance required.

\$400 - \$500* (variation based on units eligible for credit transfer)

Would you like to work in Aged Care?

North Ringwood Community House offer Certificate III in Individual Support (Ageing) CHC33021 - For more information call 9876 3421. RTO 6434.

Early Learning Centre

At our wonderful centre, your child will be encouraged to explore their imagination, creativity and social skills in a warm, caring, multi-age, friendly environment that offers children a choice of indoor or outdoor play.

Operating Monday to Friday during school terms, our Early Learning Centre welcomes children aged 0-6. We also provide school holiday care to accommodate busy schedules. With both permanent and casual booking options available, you have the flexibility to tailor care to your needs. At our service, we believe in fair and transparent fees - you only pay for the care you use. We do not charge for public holidays or absences (with a minimum of 48 hours notice given).



Benefits of Multi-age Group in Early Learning

We have been offering childcare in a multi-age group setting for over 30 years and have found there are many benefits for the children and their families.

- Children develop friendships and engage in learning with peers of various ages and abilities.
- Older children act as mentors, supporting younger ones and fostering responsibility, leadership, and knowledge through teaching.
- Having a sibling at childcare can be comforting and beneficial during arrival and transitioning into childcare.
- Multi-age settings foster a strong sense of belonging and cohesion among children and families.
- Children in multi-age groups build positive relationships that enhance their self-esteem and confidence.
- Our educators focus on children's interests, tailoring programs to their needs and providing ample opportunities for active participation and skill development.

Overall, multi-age group settings reflect the diversity of real-life social interactions, preparing children for future experiences in school, work, and community settings.

Sessions and Fees - 2024

Monday to Friday

8:30 am - 1:00 pm	\$81
8:30 am - 4:00 pm	\$135

An enrolment fee of \$20 is charged upon confirmation of enrolment. This fee includes an approved SunSmart hat.

*Fees listed are before Child Care Subsidy (CCS) has been applied.

School Holiday Childcare Sessions

We offer school holiday care during each of the term breaks throughout the year, on Tuesdays, Wednesdays and Thursdays. Please contact office@parkorchards.org.au or call us for more information on (03) 9876 4381.

School Holiday Classes & Activities

These school holidays, we are excited to offer art workshops, including polymer clay, dry felting, and painting, as well as Tiger PAW, a physical activity and well-being program for young children. For more details, please refer to the front page and inside of this brochure or visit our website at www.parkorchards.org.au.

Parenting Together Workshops **FREE**

We are excited to offer a series of free parenting workshops designed to support and empower parents at various stages of their journey. Each session is tailored to provide practical advice, expert insights, and a supportive community where parents can share experiences and learn together.

Workshop 1: Perinatal Anxiety & Depression (PANDA) -online

September 19 (Thursday), 7:00pm - 8:00pm

Suitable for expectant parents or those planning to have a baby

Workshop 2: Baby & Toddler's Sleep Development

October 10 (Thursday), 7:00pm - 9:00pm

Suitable for parents with newborns and toddlers

Workshop 3: Speech & Language Development (TalkiPlay)

October 24 (Thursday), 7:00pm - 9:00pm

Suitable for parents with toddlers

Workshop 4: Let's Talk About Emotions

November 6 (Wednesday), 7:00pm - 9:00pm

Suitable for parents with children under 6

Workshop 5: Tips for Navigating Transitions

November 21 (Thursday), 7:00pm - 9:00pm

Suitable for parents with children under 12

See our website www.parkorchards.org.au for more details.

Children's Week 19 October - 27 October

Children's Week is a national celebration. It recognises the talents, skills, achievements and rights of children. The event takes place in October every year, with thousands of Victorian children taking part in the festivities.

Children's Week 2024 will be held between Saturday 19 October to Sunday 27 October 2024. The theme for Children's Week 2024 is: "Children have the right to a clean and safe environment".

Local councils, not-for-profit organisations, schools and early childhood services organise a variety of events during Children's Week. These include open days, displays, special events, virtual spaces and online-based activities. The events celebrate childhood and showcase children's achievements.

All Children's Week events in Victoria are free to families with children aged from birth to 12 years. The events are a great opportunity for families to enjoy fun, engaging and educational experiences. To learn more please visit: childrens-week.org.au

Slip, Slop, Slap, Seek, Slide

Think UV, not heat. With the warmer weather approaching, it is important to remember that sun exposure can be damaging to our children's health even when it is overcast.

A baby's skin is thin, extremely sensitive and can burn easily. The more sun exposure during childhood, the greater the risk of skin cancer in later life. Cancer Council Victoria recommends that babies under 12 months are not exposed to direct sun during sun protection times.

The sun's ultraviolet (UV) radiation is the main cause of skin cancer. Sun protection is recommended whenever the UV level reaches 3 or above. Download the free SunSmart app or visit sunsmart.com.au to check what times you need to use sun protection each day.

And remember: Slip, Slop, Slap, Seek, Slide!



BE SUNSMART FROM THE START

9876 4381

**572 Park Road
Park Orchards 3114**