

3

Park Orchards Community House & Learning Centre



Term 3, 2025 Courses & Activities

New Courses & Workshops



Coloured Pencil Daffodils Workshop

NEW!

Miffy Gilbert will guide you in producing detailed sketches of daffodils, with a focus on botanical angles, composition, and colour theory. You'll learn different ways to observe and draw daffodils from life, develop coloured pencil techniques, and refine your composition skills. Through guided exercises and practice, you'll build confidence and expand your knowledge of applying coloured pencil, blending, and finishing techniques, while drawing inspiration from leading artists. Includes optional follow-up session for feedback.

Saturday 2 August, 9:30-3:30pm

Follow up feedback session (optional) 30 August 9:30am -11:30am \$125

Candle Making Workshop

POPULAR!

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 August 10:30am - 12:30pm

\$70



Spring Bulbs - with Miffy Gilbert

NEW!



Four-week botanical drawing course focusing on the delicate beauty of spring bulbs. Choose from English Snowdrops (*Galanthus*), Spanish Bluebells (*Hyacinthoides hispanica*), or Grape Hyacinths (*Muscari*). Explore how to create detailed sketches from life, capturing botanically interesting angles of leaves and flowers. With guidance in composition and colour theory, for a visually engaging result. Ideal for students with beginner to intermediate drawing experience, this course provides structured weekly sessions designed to deepen your skills and learn techniques for observing and drawing directly from specimens, and build confidence in creating more complex botanical compositions.

Wednesday 27 August - 17 September, 12:30pm - 3:00pm 4 weeks \$130

Early Learning Centre - **NEW Longer Sessions**

In response to demand from families we are excited to announce new session times starting in Term 3. Sessions will begin at 8:00am, with families able to choose pickup at either 1:00pm or 5:00pm for greater flexibility. These changes are designed to provide more convenience and options for families. See back page for more details.

Design and Content Creation



Introduction to CANVA (Online)

NEW!

Unlock your creativity with our Introduction to Canva course. Perfect for beginners who want to create professional-looking designs. Learn the basics of using Canva, a free and user-friendly online design tool. From social media graphics to posters and flyers, you'll discover how to bring your ideas to life with ease. Explore design principles, learn how to use templates and tools effectively, and gain confidence in creating polished, visually appealing content. You'll also learn how to source and incorporate stock images, and apply basic image editing techniques such as cropping, filters, and layering to enhance your designs.

Thursday 14 August - 18 September, 7:00pm - 9:00pm 6 weeks

\$65 (Concession \$35*)

Introduction to Video Editing

NEW!

Bring your ideas to life by learning practical video editing skills. Ideal for anyone looking to create engaging videos for social media, personal use, or business. Learn basic techniques such as cutting clips, adding transitions, music, text, and effects, as well as how to create different types of videos, including instructional content, personal stories, and montages. Explore sequencing, continuity, and fundamental shots—wide, medium, and close-up. Practise importing clips and images, creating short videos, and exporting your finished projects to share on social media and other platforms—for work, marketing, or with family and friends.

Wednesday 13 August - 17 September, 9:30am - 11:30am 6 weeks

\$65 (Concession \$35*)

www.parkorchards.org.au



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.**

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. The fees include all materials and flowers. There is an optional fee of \$30 to receive your own toolkit to keep.

Introduction to Floristry

Monday 28 July - 15 September, 12:30pm - 2:30pm, 8 weeks
\$245 (Concession \$195*)

Level 1 Floristry

Tuesday 29 July - 16 September, 10:00am - 12:00pm, 8 weeks
Tuesday 29 July - 16 September, 12:30pm - 2:30pm, 8 weeks
\$245 (Concession \$195*)



Write Your Memoir

This course will help you capture your memories in a way that feels real and meaningful, whether you're new to writing or have some experience. With helpful prompts and guidance, you'll work on creating a personal memoir that reflects your unique story. Importantly, there's no pressure to share your writing with others, so you can fully embrace the personal nature of this journey.

Friday 1 August - 19th September, 1:00pm - 3:00pm, 8 weeks
\$85 (Concession \$50*)

Preserve Your Memories

Rediscover your cherished memories and bring them to life in new and meaningful ways! This course will guide you through organising, preserving, scanning and copying your photos, negatives, and slides so they can be enjoyed for years to come and safeguarded against losing precious photos from potential disasters like fire or flood. You'll learn straightforward photo editing techniques and explore how to take better pictures with your smartphone or camera. Get inspired with creative ideas like designing photo books, personalised calendars, and heartfelt gifts that showcase your treasured moments.

Monday 28 July - 22 September, 9:30am - 11:30am, 8 weeks
\$85 (Concession \$50*)

Introduction to CANVA (Online)

NEW!

See front page or website for further details.

Thursday 14 August - 18 September, 7:00pm - 8:00pm 6 weeks
\$65 (Concession \$35*)

Introduction to Video editing

NEW!

See front page or website for further details.

Wednesday 13 August - 17 September, 9:30am - 11:30am 6 weeks
\$65 (Concession \$35*)

Journalling for Wellbeing (Online)

NEW!

Journalling can be a powerful tool for self-reflection, emotional clarity, and personal growth. Whether you're new to writing or have years of experience, this course offers practical techniques and gentle guidance to support your wellbeing. Through engaging classes and discussions, you will discover how writing can help you better understand yourself and navigate life with more ease. Learn at your own pace, in a way that fits comfortably into your routine.

Wednesday 30 July - 17 September, 7:00pm - 8:00pm 8 weeks
\$65 (Concession \$35*)

Introduction to Creative Writing (Online)

FREE!

Whether you are a complete beginner or already have some experience and are 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 Wednesday 23 July **FREE***

Flexible online format, self-paced exercises

Introduction to Mental Health & Peer Support

Embark on your journey into the mental health industry. Develop foundation skills that can help you connect with others, understand individuals' needs and build collaborative relationships with those facing mental health challenges, and provide peer support. Take the first step towards making a positive impact and pursuing a fulfilling career in this rewarding field.

This course is a pathway into CHC43315 - Certificate IV in Mental Health and CHC43515 - Certificate IV in Mental Health Peer Work

Thursday 14th August - 18th September, 12:30pm - 2:30pm, 6 weeks
\$60 (Concession \$35*)

Foundations of Mental Health

NEW!

Explore a rewarding pathway into the mental health sector by building skills that support effective, compassionate practice. This course is designed to equip you with the foundational knowledge and capabilities needed to engage meaningfully with individuals experiencing mental health challenges. You'll learn how to communicate with empathy, recognise diverse needs, and develop collaborative, person-centred approaches to support and care.

This course is a pathway into CHC43315 - Certificate IV in Mental Health and CHC43515 - Certificate IV in Mental Health Peer Work

Thursday 14th August - 18th September, 9:30am - 11:30am, 6 weeks
\$60 (Concession \$35*)

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 29 July - 16 September, 7:00pm - 9:00pm, 8 weeks
\$65 (Concession \$35*)

Get the Most from Your Devices

Perfect for beginners or those wanting to improve their tech skills, this course will help you use your laptop, smartphone, iPad, or tablet for everyday tasks and online communication. Learn to send emails, use Zoom, browse safely, explore social media, download apps, and protect your privacy online. We'll also cover how to spot and avoid common scams. Please bring your own device to get the most out of the course.

Wednesday 30 July - 17 September, 12:30pm - 2:30pm, 8 weeks
\$15 (Concession \$5*)

*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.

Art & Craft



Children's Art & Craft

Bring your imagination and join our fun, creative after-school course designed for children aged 7–12! This is a wonderful opportunity for kids to explore a variety of art forms, learn new skills, and express their creativity in a relaxed and supportive environment. Children will enjoy making friends, discovering new interests, and taking home their own unique creations. All materials are provided.

Thursday 31 July - 18 September, 8 weeks
4:00pm - 5:30pm **\$190**

Creative Card Art

NEW!



Whether you're a beginner or simply enjoy crafting, this class offers a great chance to learn new techniques and design your own beautiful, handmade cards. Using a variety of materials—stamps, embossing, papers, embellishments, and more—you will create unique cards for birthdays, celebrations, or just to brighten someone's day. Join us for a fun experience and leave with a collection of custom cards and plenty of creative ideas! All materials are provided.

Friday 1st August - 19 September 8 weeks
10:00am - 12:00pm **\$220**

Tutoring



Gain confidence and reach your potential in our supportive small group tutoring environment. Our tutor specialises in making mathematics approachable and exciting for all levels, from primary school through to VCE, including exam preparation, with a focus on the practical applications of the subject.

Tuesday 4:00pm - 4:50pm
Tuesday 5:00pm - 5:50pm
Tuesday 6:00pm - 6:50pm
22 July - 16 September, 9 weeks **\$360**

Nature in Art

Natural History painting focuses on accurately portraying the natural world, blending artistic creativity with scientific precision. Artists may use tools like microscopes for detailed accuracy or explore freer wet-on-wet techniques. Subjects are often painted from life, though photographs may assist when necessary. Students are encouraged to experiment with different techniques and mediums, guided by Nature in Art tutors to achieve accuracy while nurturing their unique style.

Visit our website to learn more about our trainers and their unique styles!

Learn more at: www.parkorchards.org.au

Terry Napier

Join Terry Napier, an accomplished botanical artist and founder of the Nature in Art program, as he shares his expertise in Natural History watercolour painting. Terry has been teaching and sharing his talent for over 25 years. With his gentle and patient teaching style, Terry will guide you in the art of creating realistic depictions of plants, native animals, and birds, while helping you develop skills in painting techniques and colour mixing. Whether you're a complete beginner or an experienced artist, this course is suitable for you.

Monday 28 July - 15 September, 8 weeks
7:00pm - 9:30pm **\$270**
Tuesday 29 July - 16 September, 8 weeks
9:30am - 12:00pm **\$270**
1:00pm - 3:30pm **\$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. Join him in his structured term classes where he will guide students to hone their craft and explore new mediums all while developing their own unique sense of style in their work.

Wednesday 23 July - 20 August, 5 weeks
12:30pm - 3:00pm **\$170**



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 experienced artists alike. Peta will work with students at their level to achieve their artistic goals.

Wednesday 30 July - 17 September, 8 weeks
9:30am - 12:00pm **\$230**
Friday 1 August - 19 September, 8 weeks
9:30am - 12:00pm **\$230**



Peta McDonald

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 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 25 July - 19 September, 9 weeks
1:30pm - 4:00pm **\$257.50**



Be Connected

Tech & Tea

NEW& FREE!

The primary goal of Be Connected is to empower older Australians by improving their digital literacy and online safety. Enjoy a cuppa while our friendly staff provide support with your phone, iPad, laptop, or other devices. Whether you are new to technology or just need a little guidance, we are here to assist and guide you through common challenges. While we may not be able to fix every issue, we will do our best to point you in the right direction. Please note: we are not able to offer full technical support or repairs. This free service requires a booking - call us on 9876 4381 or book online.

Be Connected

Every Australian online.

enrol@parkorchards.org.au

Health and Fitness



Regular group exercise is a great way to improve both physical health and mental well-being. Join us at Warrandyte South Hall for classes that are suitable for all fitness levels, led by our experienced and supportive instructors. **Enquire about a FREE trial session anytime!**

Monday

Yoga and Mindfulness

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

21 July - 15 September, 9 weeks

\$154

Tuesday



Yoga

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

22 July - 16 September, 9 weeks

\$154



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

22 July - 16 September, 9 weeks

\$100

Belly Dance

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

Tuesday 7:00pm - 8:00pm

22 July - 16 September, 9 weeks

\$163

Wednesday

Yoga

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 9:30am - 10:30am

23 July - 17 September, 9 weeks

\$154

Stay Fit/Live Fit

NEW!

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

23 July - 17 September, 9 weeks

\$100

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

24 July - 18 September, 9 weeks

\$145

Rhythm & Movement

NEW!

Movement not only stimulates our muscles and circulation but also supports mental health, boosts mood, and helps us express ourselves. This class combines structured and freestyle dance (including ballroom and global styles) with a focus on strength, control, and coordination. Join us for a fun, energising way to move your body, clear your head, and enjoy the rhythm.

Thursday 11:00am - 12:00pm

31 July - 18 September, 8 weeks

\$130



Saturday

Dance Fit

NEW!

Get fit and feel good! Based on the Nia dance technique, this holistic movement class blends structured choreography with playful, free-form segments to energise your body and uplift your spirit. Designed to engage your whole self, Dance Fit encourages you to move with joy, build strength and flexibility while having fun.

Saturday 10:30am - 11:30am

31 July - 20 September, 9 weeks

\$145

Clubs and Groups **FREE**

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

Join our weekly walks for relaxation, fitness, or simply to connect with others.

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

Photography

Connect with fellow photography enthusiasts, share ideas, and embark on exciting photography adventures.

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

Book Club

Connect with fellow book lovers and enjoy discussions about your favourite reads in a relaxed, welcoming setting. Join us to meet new people and explore the world of books!

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

Beekeeping Club

Connect with local beekeepers and take part in activities, discussions, and projects and gain confidence as a beekeeper.

First Tuesday 6:00pm - 7:00pm (monthly)

Dance it Up!

Enjoy dancing to diverse tunes, meeting new people, light refreshments. All are welcome!

Last Monday of each month, 12:30pm - 2:30pm

Scones Together

Seniors, join us for this social event with free scones, jam, cream, and coffee & tea!

First Monday of each month, 1:30pm - 3:30pm

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

Are you a carer? A carer provides unpaid support to a family member or friend with a disability, illness, or age-related care needs. **Carers receive 5% off any course with the Carer Friendly symbol.**

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 small class sizes provide personalised attention for each student. **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, or an asylum seeker on a bridging visa (check eligible visa type with us) 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 Park Orchards

Commencing 25 August (Monday and Wednesday), 9:15am - 3:15pm
Commencing February 2026 (Monday and Wednesday), 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 February 2026 (Tuesday and Thursday), 9:15am - 3:15pm
\$493.66 or \$286.12 (concession)*



Certificate IV in Training and Assessment TAE40122 - Upgrade



Now is the perfect time to upgrade to the latest TAE40122 qualification. Our upgrade program is designed specifically for experienced VET Trainers and Assessors who hold TAE40116 Certificate IV in Training and Assessment and have accrued at least two years of training experience delivering nationally recognised qualifications or units of competency within the past four years. 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.

Enrol anytime - study in your own time

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

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 February 2026
(Wednesday), 9:00am - 4:30pm
\$895.50 or \$368.25 (concession)*

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 11 August 2025 (Monday), 9:15am - 3:15pm
Commencing 24th November 2025 (Monday), 9:15am - 3:15pm
Commencing February 2026 (Friday), 9:15am - 3:15pm
\$537.00 or \$294.00 (concession)*

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

Would you like to work in Aged Care or Health and Leisure? North Ringwood Community House offer CHC33021 Certificate III in Individual Support (Ageing) and CHC43415 Certificate IV in Leisure & Health - For more information call 9876 3421. RTO 6434.

Park Orchards Community House & Learning Centre Inc.
Registered Training Organisation (RTO) No. 4008
ABN :18 790 057 404

www.parkorchards.org.au
training@parkorchards.org.au
9876 4381

Early Learning Centre

NEW Longer Sessions Starting in Term 3!

We are excited to announce new session times starting in Term 3. Sessions will begin at 8:00am, with families able to choose pickup at either 1:00pm or 5:00pm for greater flexibility. These changes are designed to provide more convenience and options for families, while giving children extra time to learn, play, and grow in a supportive and engaging environment.

Sessions and Fees - Term 3, 2025

Monday to Friday

8:00 am - 1:00 pm \$93.75*

8:00 am - 5:00 pm \$168.75*

Annual Enrolment fee \$20

A SunSmart hat will be provided to each child.

*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.



At our nurturing 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. 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 and community settings.

Red Nose Day - August 8



**Help me support families,
fund research and save little lives.**

Each year 3,000 babies and young children die suddenly and unexpectedly in Australia, and 1 in 4 pregnancies ends in miscarriage. Through world-class research, lifesaving education programs, and vital bereavement support services, your generous gift can make a BIG difference for thousands of Australian families.

Safe Sleep tips

- Always place babies on their back to sleep
- Keep baby's face and head uncovered
- Keep baby smoke free before and after birth
- Safe sleeping environment night and day
- Sleep baby in their own safe sleep space in the same room as their parent or caregiver for at least the first 6 months

For further information or donate - <https://www.rednoseday.org.au>



Children's Book Week turns 80 in 2025

This year's celebration will run from Saturday 16 August to Saturday 23 August and the Children's Book Week theme for 2025 is Book an Adventure!

To celebrate the importance of early literacy and the joy of books, our 3-5-year-old children will have the special opportunity to attend Story Time at Park Orchards Primary School. This excursion is part of our ongoing educational program supporting literacy development and fostering a lifelong love of reading.

You can support children's learning simply by sharing a book at home. Reading together not only boosts language development but also strengthens your bond and helps your child enjoy and engage with stories. Let's make reading an adventure for every child!

Dental Health Week - August 4-10

We are excited to highlight the importance of dental care by welcoming a Dental Hygienist to our Early Learning Centre as part of our incursion program. Children will explore the basics of dental hygiene and oral health through fun, hands-on experiences.

Dental Health Week is a great reminder of how important it is to build strong oral hygiene habits from an early age. It's a time to focus on the simple daily routines that support healthy teeth and gums for life. Good dental health starts with brushing twice a day using fluoride toothpaste, cleaning between teeth, eating a nutritious, low-sugar diet, and visiting the dentist regularly for check-ups. <https://teeth.org.au/dental-health-week>

9876 4381

**572 Park Road
Park Orchards 3114**