

# Park Orchards Community House & Learning Centre

## Term 4, 2025 Courses & Activities

## **New Courses & Workshops**

# CARER

#### Book for you and a friend and get \$10 off!

It's the perfect time of year to get together with loved ones, and what better way than to book one of our fun workshops and get creative together! Even better - book for 2 people in any of our term 4 workshops and get \$10 off the total price! Applies to select courses.

#### Candle Making Workshop

#### **POPULAR**

Create something special in this beginner-friendly workshop! Using soy wax, fragrances or essential oils, and dried flowers, you'll make two beautiful candles to take home, along with simple instructions to keep creating at home. All materials are provided, making it a relaxing way to craft handmade gifts. Eligible for bring a friend special. Saturday 25th October, 10:30am - 12:30pm \$75

#### Christmas Card Making Workshop

#### I E I A

Celebrate the festive season with a creative Christmas workshop! In this session, you'll design and make three beautiful handmade cards to take home. Using a variety of materials, you'll learn new techniques to create unique designs. Perfect for beginners or experienced crafters, a fun and relaxing way to get into the Christmas spirit while adding a personal touch to your holiday greetings. All materials provided. *Eligible for bring a friend special*.

Saturday 29th November, 12:30pm - 3:30pm



#### Terrarium Workshop





Discover the art of creating your own mini living garden! In this beginner-friendly workshop, you will learn how to layer soil, pebbles, moss, and plants to build a thriving terrarium. With guidance on plant care and design, you will take home your own small glass terrarium—a unique piece of greenery to brighten any space. All materials provided. *Eligible for bring a friend special*.

Saturday 15th November, 10:00am - 11:00am

\$85

## **School Holiday Activities**

#### Tie Dye and Clay Creations

#### **NEW**

Join us for a hands-on morning where kids can design FOUR of their very own tie dye pieces (t-shirt, tote bag, socks and pencil case) and then get messy with clay to create unique masterpieces. With plenty of time to explore their creativity, every child will take home their finished creations to keep and enjoy. Workshops include a short morning tea break for the children between activities (BYO food and drink). It's the perfect way for kids to learn new skills, make friends and have a great time during the holidays! All materials provided. Bring along morning tea and a smock on the day.

Tuesday 23 September, 9:00am - 12:30 pm

\$60

## Boost your skills!

Introduction to Canva (Online)

#### POPULAR

#### Training Essentials

#### **NEW**

Unlock your creativity with our beginner-friendly Canva course. Learn the basics of this easy-to-use design tool and gain confidence creating polished graphics for social media, posters, flyers and more. Explore design principles, make the most of templates and tools, and discover how to source images and apply simple editing techniques to bring your ideas to life. Best of all, this course is delivered online via Zoom, perfect to fit in with your busy schedule!

Thursday 23 October - 27 November, 7:00pm - 8:30pm, 6 weeks \$65 (Concession \$35)

Want to share your skills and inspire others? This course is a starting point for anyone interested in teaching in community or pre-accredited education. This hands-on course covers the basics of planning, delivering, and evaluating lessons, while helping you understand the needs of different learners. Build your confidence in presenting, discover how to create inclusive and engaging learning experiences, and gain valuable insight into adult learning principles. Thursdays 23 October - 11 December, 12:00pm - 3:00pm, 8 weeks \$120 (Concession \$60)

## 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.

#### **Floristry**

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 very own toolkit to keep.

#### **Introduction to Floristry**

Tuesday 14 October - 9 December, 10:00am - 12:00pm, 8 weeks \$245 (Concession \$195\*)

#### **Level 1 Floristry**

Monday 13 October - 8 December, 12:30pm - 2:30pm, 8 weeks Tuesday 14 October - 9 December, 12:30pm - 2:30pm, 8 weeks \$245 (Concession \$195\*)

#### Plan, Capture and Share Your Travels

Get travel-ready with this new course and gain confidence using your phone, tablet, or laptop to plan, book and share your trip! Learn to book flights and accommodation safely, protect your personal information, organise important documents, and stay connected with family and friends. You'll also discover how to spot common travel scams, identify trusted websites, and pick up simple tips for taking and sharing photos on the go.

Monday 20 October - 1 December, 12:30pm - 2:30pm, 6 weeks \$65 (Concession \$35\*)



#### Introduction to Canva (Online)

**POPULAR** 

#### See front page or website for further details.

Thursday 23 October - 27 November, 7:00pm - 8:30pm, 6 weeks \$65 (Concession \$35\*)

#### Introduction to Video Editing

Bring your ideas to life by learning practical video editing skills with CapCut. Perfect for anyone wanting to create engaging videos for social media, personal use, or business, you'll learn the basicscutting clips, adding transitions, music, text, and effects—while exploring sequencing, continuity, and key shot types. Practise importing media, creating short videos, and exporting your finished projects to share online or with family and friends. You'll also gain tips on storytelling and arranging your clips to make your videos more engaging and polished.

Wednesday 22 October - 26 November, 10:00am - 12:00pm 6 weeks \$65 (Concession \$35\*)

#### Training Essentials

#### See front page or website for further details.

Thursdays 23 October - 11 December, 12:00pm - 3:00pm, 8 weeks \$120 (Concession \$60)

#### Journaling for Wellbeing **NOW IN-PERSON**

Learn floral design skills from wrapping and tying, to arranging, as you Journaling 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.

> Friday 17 October - 5 December, 2:00pm - 3:30pm 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 and receive personalised feedback on your written work. Our flexible online format allows you to learn at your own pace, making it easy to fit into your schedule!

Commences Wednesday 8 October Flexible online format, self-paced exercises FREE\*

#### 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 23 October - 27 November, 9:30am - 11:30am, 6 weeks \$65 (Concession \$35\*)

#### Foundations of Mental Health

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 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 23 October - 27 November, 12:30pm - 2:30pm, 6 weeks \$65 (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 14 October - 9 December, 7:00pm - 9:00pm, 8 weeks \$65 (Concession \$35\*)

#### Everyday Tech Skills

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 15 October - 3 December, 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.

## **Technology**

Book the Tech Workshop Bundle on our website to attend both How to Use AI and Scam Awareness workshops to save 20%!

#### Scam Awareness Workshop NEW

Join us for this two-hour workshop and learn how to stay safe from online scams. Discover how to identify common scams, understand the tactics scammers use, and protect your personal information. Gain practical tips to spot warning signs and respond confidently if you encounter a scam. Protect yourself and your family!

Thursday 9 October, 1:00pm - 2:30pm



How to Use Al Workshop

NEW

This short workshop will open you up to the world of Artificial Intelligence (AI)! AI is being used in every day tasks, and can be used to make life easier - from planning a holiday itinerary, to finding recipes or creating your weekly shopping list - this new technology is here to stay. Don't be left behind, learn how it works, and how to safely and ethically use this helpful tool.

Thursday 16 October, 1:00pm - 2:30pm



Be Connected - Tech & Tea 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.

## Nature in Art



Natural History painting combines artistic creativity with scientific accuracy, often using live subjects or photos for reference. Techniques range from detailed work with microscopes to expressive weton-wet styles. Students explore various methods and techniques, guided by Nature in Art tutors to achieve accuracy while nurturing their unique style.

#### **Terry Napier**

Join Terry, 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. Suitable for beginners and experienced students.

Monday 13 October - 8 December, 8 weeks 7:00pm - 9:30pm \$270

Tuesday 14 October - 9 December, 8 weeks

9:30am - 12:00pm \$270 1:00pm - 3:30pm \$270



David Reynolds

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 15 October - 10 December, 8 weeks 12:30pm - 3:00pm \$250



#### Peta Harrington



Peta will guide you through the techniques needed to create realistic Natural History paintings using pencil and watercolour, focusing on flora and fauna as your subjects. Emphasising careful observation and technique, you will learn to capture the details and beauty of your subjects. Peta tailors her teaching to meet each student's individual skill level—from beginners to experienced—providing support and encouragement to help you refine your skills.

Wednesday 15 October - 3 December, 8 weeks 9:30am - 12:00pm \$230

Friday 17 October - 5 December, 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 10 October - 28 November, 8 weeks 1:30pm - 4:00pm \$230

## 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 16 October - 4 December, 8 weeks 4:00pm - 5:30pm \$19



See Front page for school holiday Tie Dye and Clay Creations Workshop.

#### 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! Email enrol@parkorchards.org.au or call us on 9876 4381 to arrange your trial

#### October - Seniors Month Offer

October is Seniors Month, and we are encouraging all Seniors to 'Connect, Create and Celebrate' by getting out and trying something new! Throughout October, Seniors are welcome to enjoy a free trial session in any of our health and fitness courses. If you discover a class you love, you can continue for the rest of the term—and we'll even give you a \$10 discount when you quote the code SENIORS25 in your enquiry.

Email enrol@parkorchards.org.au or call us on 9876 4381 to arrange your trial

#### 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 6 October - 8 December, 9 weeks

\$154

#### Tuesday

#### Yoga

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

Tuesday 9:30am - 10:30am

7 October - 9 December, 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 7 October - 9 December, 9 weeks \$100



#### 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

8 October - 10 December, 10 weeks \$170

#### Meditation

NEW

\$170

\$160

NEW

Take a midweek pause to recharge with guided meditation. This calming session will help you reset, refocus, and find balance for the rest of your week!

Wednesday 11:00am - 12:00pm 8 October - 10 December, 10 weeks



#### 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

9 October - 11 December, 10 weeks

#### Rhythm & Movement

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

9 October - 11 December, 10 weeks \$160



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.

## Clubs and Groups FREE

#### Beekeeping Club

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

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

#### Social Walking Group

Explore new and interesting places, enjoy a leisurely walk as you meet new people and enjoy lunch together! Great way to stay connected and fit while you connect with like-minded locals.

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

#### Weekly Walkers

Join our local weekly walks for relaxation, fitness, or simply to connect with others.
Tuesday 9:00am - 10:00am (weekly)

#### 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)

#### 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)

#### Scones Together

Seniors, join us for this social event with free scones, jam, cream, and coffee & tea! Enjoy themed events some months, guest speakers, and fun activities.

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

## **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: You may be eligible for a government-subsidised place, even if you already have a higher qualification. Funding criteria (citizenship/visa and residency requirements) can change, so please check with us for the latest details and availability.

#### 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 9 February 2026 (Monday and Wednesday), 9:15am - 3:15pm Commencing 10 March 2026 (Tuesday and Thursday), 9:15am - 3:15pm **Classes in Upper Ferntree Gully** 

Commencing 17 February 2026 (Tuesday and Thursday) 9:15am - 3:15pm Blended delivery

\$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 10 February 2026 (Tuesday and Thursday), 9:15am - 3:15pm Flexible delivery, face-to-face or real-time via Zoom

\$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)

#### 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 24th November 2025 (Monday), 9:15am - 3:15pm Commencing 13th February 2026 (Friday), 9:15am - 3:15pm

\$537.00 or \$294.00 (concession)\*



#### 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 11th February 2026 (Wednesday), 9:00am - 4:30pm \$895.50 or \$368.25 (concession)\*



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.

## Early Learning Centre

#### **Longer Session Times!**

We are pleased to share that the extended session times introduced in Term 3 received a great response and will now be a permanent part of our schedule.

Sessions now begin at 8:00 am, with families able to choose pickup at either 1:00 pm or 5:00 pm for greater flexibility. These changes are designed to offer 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 4, 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.

# One room, one team—present, engaged, and connected

Our not-for-profit Early Learning Centre operates as a multi-age group service, allowing children to learn from and with each other in a natural, community-focused environment. Our centre is one large, open floor space that encourages freedom of movement and collaboration, creating a safe and connected space for children to interact and connect.

The team offer our children flexible learning opportunities to enjoy the choice of both indoor and outdoor play spaces, encouraging active and meaningful exploration and supporting a healthy body and mind through play in a safe setting. We have been offering childcare within the local community for over 30 years, building strong connections with our families, and offering inclusive, flexible, and future-focused early education that prepares children for lifelong learning.

Our Educators offering stability, experience and engagement supporting children in our care. Our team of educators have been with us for many years which builds strong, trusting relationships with each child, supporting their individual development through our play-based program that fosters curiosity, creativity and exploration. Our educators' long-term commitment to our service helps create a consistent, nurturing environment where every child is known and valued. To maintain and ensure a high standard of care during staff absences, we have our own dedicated relief bank of casual Educators that are familiar faces who understand our routines, children, and our values.



The Early Learning Centre operates Monday to Friday during school terms. We welcome children aged 0-6 years. We offer both permanent and casual booking options (dependant on availability), and 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).





## School Holiday Childcare Sessions

We offer school holiday care during each of the term breaks throughout the year, on Tuesdays, Wednesdays and Thursdays. Our January School holiday opening dates will be from the 13th January - 15th January, 2026.

Please contact office@parkorchards.org.au or call us for more information on (03) 9876 4381.

Children's Week - October 18 - 26



Children's Week is a nationwide celebration that recognises and values the talents, skills, achievements and rights of all children. Each October, thousands of Victorian children take part in fun and meaningful activities to mark the occasion.

This year, Children's Week will run from 18 – 26 October 2025, with the inspiring theme: Everyone should know about Children's Rights.

For more information about the free activities in your area, or to learn more about this year's theme, you can visit: <a href="https://www.vic.gov.au/childrens-week">www.vic.gov.au/childrens-week</a>

#### Grandparent's Day - October 26

Grandparents Day is a time to recognise the incredible contributions they make to families, the community and the economy. It's our chance to say thank you for the love, care and support they provide, and for the knowledge, traditions and stories they share with younger generations.

For many children, time spent with a grandparent is their first connection with an older person. These relationships nurture love and belonging, encourage positive attitudes towards ageing, and help combat ageism by celebrating the richness of life across generations.

At our service, we proudly celebrate Grandparents Day with the children by inviting relatives to attend an open house and enjoy some fun activities together.

## SunSmart Play in Summer months!



Good quality shade is one of the most effective ways to reduce children's exposure to harmful UV radiation. Shady outdoor play environments support health and safety while still encouraging active exploration. SunSmart encourages outdoor play all year, but reminds us that when UV levels reach three or more, it's important to follow the five SunSmart steps: slip on clothing, slop on sunscreen, slap on a hat, seek shade and, where practical, slide on sunglasses. See more: <a href="https://www.sunsmart.com.au">www.sunsmart.com.au</a>

572 Park Road Park Orchards 3114