




# What's on Term 3 2018



2 Saarinen Avenue St Agnes

Street parking available

**Director:** Heather Fuss    **CDC:** John Buckell    **FSC:** Natalie Jager  
For assistance & bookings call **8264 9828** or call/sms: **0409 984 495**

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
| <b>Sessional Kindy</b><br>During school term<br>8:15am -3:45pm  | <b>Sessional Kindy</b><br>During school term<br>8:15am -3:45pm   | <b>Sessional Kindy</b><br>During school term<br>8:15am -3:45pm   | <b>Sessional Kindy</b><br>During school term<br>8:15am -3:45pm  | <b>Coffee Mornings</b><br>All welcome catch up before Primary School Fri assemblies 8:45-10am, in the Community Room. No need to book. Children welcome with supervision                              |
| <b>Occasional Care</b><br>Over two years old during school term<br>8:30 to 11:30am  | <b>Occasional Care</b><br>Over two years old during school term<br>8:30 to 11:30am   | <b>Occasional Care</b><br>Under & over two years old during school term<br>8:30 to 11:30am   | <b>Occasional Care</b><br>Under & over two years old during school term<br>8:30 to 11:30am  |   |
| <b>Making Music</b><br>Five week program (casuals OK). Mondays 9:30-10:15am from 6 Aug \$30 per child (sibling discount) NB no session on 13 August   | <b>Yoga</b><br>Yoga for Mums to Be With Shauna from Wave Yoga. Three Tuesdays 31 July- 7 & 14 August \$5 per session – possible regular session if interest  | <b>Mindfulness</b><br><i>Coping in a Busy World</i> A five-week Mindfulness course. Wednesdays 9am-10:15am & 7-8:15pm from 22 Aug-19 Sept \$30/\$100 for educators.  | <b>Book Week Speaker</b><br>Speech Pathologist Tamara Hall joins Baby Playgroup to speak about early language & the value of reading to young children Thurs 23 August                                    | <b>Midwifery Support</b><br>One to one midwifery care and birthing options during pregnancy. Contact group practice at 8182 9000 for more information.  |
| <b>Baby Playgroup</b><br>Carers, dads & mums of infants meet & share stories, songs and play Mondays 10:30am-12pm Sensory Play session with OT Sarah Harry 30 July  | <b>Free Resources</b><br><a href="http://www.startingblocks.gov.au/">http://www.startingblocks.gov.au/</a> or Google <i>Great Start</i> DECD - great activities, ideas and resources for your young children | <b>Ardtornish Playgroup</b><br>Wed & Friday during school term Lutyens Ave - Children walking age & over 9:30 -11:30am. Playgroup SA insurance & small fee   | <b>Baby Playgroup</b><br>A chance for carers, dads & mums of infants to meet & share stories, songs and play Thursdays 9:30am - 12pm  | <b>Ardtornish Playgroup</b><br>Wed & Friday during school term Lutyens Ave - Children walking age & over 9:30 -11:30am. Playgroup SA insurance & small fee  |
| <b>New Parent Group</b><br>CaFHS <i>Getting to Know Your Baby</i> – a five week new parent's group provided each term by CaFHS. Referral only Call on 1300 733 606 to book or find your local group           | <b>Twilight Play</b><br>Free themed evening play sessions for kindy, JP & siblings, Tues 14 August <i>Cardboard Construction</i> , 5:30-7pm. Child's meal provided.  | <b>Twilight Play</b><br>Free themed evening play sessions for kindy, JP & siblings, Wed 19 Sept <i>Painting &amp; Printing</i> , 5:30-7pm. (dress appropriately) Child's meal provided.                              | <b>Circle of Security</b><br>A FREE 8 week course Want to better understand your child, build their confidence? Thurs 2 Aug to 20 Sept 6-7:30pm, crèche from 5:30pm. Light meal provided for all.         | <b>Dad Time</b><br>Occasional out-of-hours sessions for dads and male carers, and their young children. See flyers, Facebook or call if you are interested  |
| <b>On-Line Parenting Course</b><br>Justin Coulson's <i>21 days to Happier Families</i> On-line course - Free for all families within the Modbury early childhood services Partnership – call to find out more | <br>For up to date information about our programs visit or like the Ardtornish Children's Centre on Facebook              | <b>Vacation Play Balmoral Reserve</b><br>Playgroup, occasional care & kindy kids, and friends, brothers, sisters, mums, dads, grandparents and carers are invited to join us for play & BBQ _ 10am -12pm Wed 18 July | <b>Mindfulness Practice for Men</b><br>Mindful Men – learn practices designed to benefit your parenting, state of mind and general health. Three Thursdays - 23, 30 Aug & 6 Sept 2018, 7-8:15pm. \$20 fee | <b>Family First Aid</b><br>Leanne will tailor her training to suit what your family needs to know. 22 Sept 9:30a -12:30p. \$20/person \$30/ couple. Free for concession card holders. Sorry no crèche |

**Local partners wanted – individuals or services interested in working with local families & their young children are encouraged to contact us to see if we can work together. Consult rooms and meeting rooms, play materials & presentation equipment available.**

## Can We Help?

Do you or your child need some extra help? Speech, physical, dental or mental health issues? Child care or early childhood education? We can provide advice and referrals to assist. We offer on site counselling support, groups, speakers & sessions tailored to match parent's issues & ideas. Suggestions always welcome

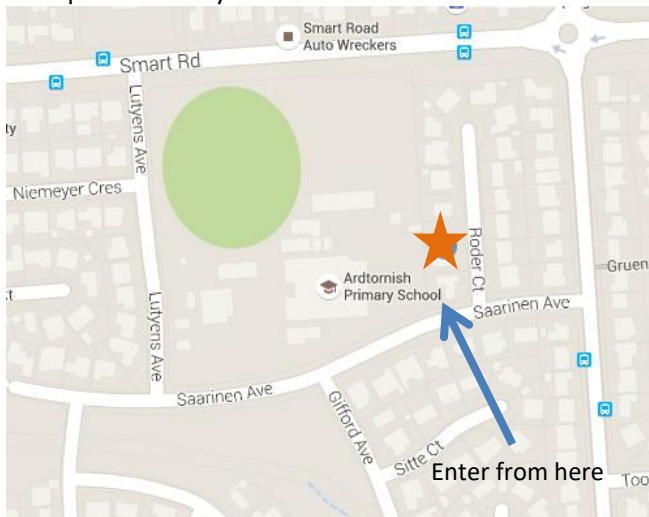
## Programs

The Ardtornish Children's Centre for Early Childhood Development and Parenting opened in early 2014. We are an integrated early years' service working with early childhood and other professionals, families, and the local community to support children and families.

Together we design and provide programs and resources that complement the work of busy dads and mums, families, and carers to improve young children's healthy development and wellbeing. Our program changes each term to reflect community identified needs.

## How to Get here

Busses to St Agnes: alight at stop 43E on Smart Road – route 541, 541G, 541X, 556, 559 & N514  
& stop 42 on Tolley Road – route 556



**Enter from Saarinen Avenue.** Please note that only street car parking is available during the day – watch the signage, parking fines are irritating.

## Kindy

15 hours of sessional kindy is offered over four terms to children in their eligible year. Two groups operate from 8:15am to 3:45pm, one on Mondays & Wednesdays, and a second on Tuesdays & Thursdays. Fees are 3 x \$200 paid in the first three terms.

## Occasional care

Sessions run from 8:30-11:30, for two years and over Mondays to Thursdays, and for under twos on Wednesdays and Thursdays during school term. Priority is given to children not using other care and education services and bookings are made on an occasional basis. Fees: \$5 a session or \$1.50 with Health Care Card.

## Twilight & Saturday Play

Free evening and weekend sessions usually held in the kindy or school grounds for families, kindy aged children, siblings and friends. Usually themed, with time for free play. Child's meal usually provided.

## Making Music

Melissa Burrows is a qualified music teacher who works in schools, at libraries. She provides a fun and nurturing, five-week musical program for children under four years and their families. Parent supervision is required. Cost - \$30 per child with a sibling discount. Bookings are essential call Melissa on 0422 667 261.

## Dad Time & Baby Playgroups

A fun time for younger children to explore with their senses, and for adults to share their ideas, knowledge and experiences with

support from our staff. Groups are run for dads & mums during the week with occasional weekend session just for male carers and fathers. These are free.

## Playgroup

We recommend the *Ardtornish Playgroup* for toddlers up to school age. This playgroup has been operated on this campus by parents for over 30 years. There is a cost for insurance and a small sessional fee for materials and the annual Christmas party.

## Parenting Courses & Workshops

Free, facilitated opportunities for parents & carers to reflect on & share ideas & their experiences. Book term three's 8 week, evening **Circle of Security** program explores our understanding of children's basic social and emotional needs and how to positively influence our relationship with our children & build their resilience. Crèche available.

## Mindfulness Course

Philip introduces practices that have been scientifically proven to: reduce daily stress and anxiety; help relax our bodies and calm our mind; increase our attention and focus, and through this improve relationships with others. Cost: Parents \$60 Educators \$100. Regular monthly support groups are also provided for \$5 and the **Mindful Men** short course is only \$20. To book call 0408 306 100. For more information see [info@mindfulclassroom.com.au](mailto:info@mindfulclassroom.com.au)



**Yoga for Mums to Be.** With Shauna from Wave Yoga

[www.waveyoga.com](http://www.waveyoga.com) Three Tuesdays 31 July- 7 & 14 August \$5 for each introductory session – possible regular sessions.

## Counselling Services

Natalie Jager our Family Service Coordinator provides counselling support for families with children birth to 8 years - call or speak to one of our team.

## First Aid

Leanne Sandery's popular program assumes no previous knowledge of First Aid, includes CPR, choking, head injuries, bleeding, burns, convulsions, poisons, & fractures plus those of specific interest to her audience. Call now to book for the three hour Saturday session with a free crèche. Cost \$20/person or \$30 for a couple.

## Other Health Services For Children & Families

The **Grow Up Smiling Dental** service operates in terms two and four for all families. CaFHS nurses visit kindy children each term and run a **Getting to Know your Baby** course each term. **Modbury Podiatry Care**



provides a free foot health check annually for kindy children.

Northern Area Midwifery Group Practice offers community based one to one **midwifery care and birthing options**. Contact group practice at 81829000 for more information.

## Other services

Coffee mornings, and presentations run each term as needed. Contact us if you have any other ideas or comments about how we can work with & for you.

**NB All session attract further concession if your family is experiencing financial hardship. Speak to John, Natalie or Heather.**