



2016 Term 4 Program



2 Saarinen Avenue St Agnes

Street parking available

Director: Heather Fuss

CDC: John Buckell

For assistance & bookings call 82649828 or call/sms: 0409984495

Monday	Tuesday	Wednesday	Thursday	Friday
Sessional Preschool	Sessional Preschool	Sessional Preschool	Sessional Preschool	Coffee Mornings
During school term 8:15am -3:45pm	During school term 8:15am -3:45pm	During school term 8:15am -3:45pm	During school term 8:15am -3:45pm	All welcome catch up before school assembly weeks 3, 6, 9 - 8:45-10am in the Community Room no need to book Children welcome with supervision
Occasional Care	Occasional Care	Occasional Care	Occasional Care	
Over two years old during school term 8:30 to 11:30am	Over two years old during school term 8:30 to 11:30am	Under & over two years old during school term 8:30 to 11:30am	Under & over two years old during school term 8:30 to 11:30am	
GUS Dental Program	Mum's & Bubs Yoga	Diabetes Support Group	Summer is coming	Ardtornish Playgroup
Children with an adult can attend the dental program commencing 28 Nov Register now	Five week program from 18 & 25 Oct. and 1, 8, & 15 Nov, 11:30-12:30	Peer support for families of children with diabetes Wednesday 23 November 8:45-10am	Plants are growing, the chooks are laying, we're planting & you can too. Some free seed available	Wed & Friday school term Lutyens Avenue, St Agnes Children walking age & over 9:30 -11:30am
Baby Playgroup	Building Blocks	Making Music	Let's Read	Building Blocks
A chance for dads & mums of infants to meet & share stories, songs and play 10:30am-12pm	Can: Do4Kids OT support for children with special rights By referral only 1:30-3pm	Music Teacher Melissa Burrow's 5 week program from 24 Aug 9:30-10:15 (call 0422667261 to book)	Free resources to promote reading for children birth to five years. Speak with Heather or John	Can:Do 4Kids OT support for children with special rights. By referral only. Fortnightly 1:30-3pm
New Parent Group	Twilight Play	Ardtornish Playgroup	New Parent Group	Sleep Solutions
CaFHS Getting to Know Your Baby new parent's group. By referral only Call 1300 733 606 31 Oct – 5 Dec 1:30 - 3pm	Outdoor Play Join your child In the kindy Tuesday 15 Nov 5:30-7pm	Wed & Friday school term Lutyens Avenue, St Agnes Children walking age & over 9:30 -11:30am	CaFHS Getting to Know Your Baby new parent's group. Referral only Call 1300 733 606 3 Nov – 8 Dec 1:30 - 3pm	Brook Michell's infant's Sleep Session is planned in Nov – more details later. Any ideas for other parenting support session?
Health Support	Mindfulness	Baby Playgroup	Preschool Wheels Day	Counselling Program
Do you or your child need some extra help? Child speech, physical, dental or mental health issues? We provide advice, referrals or specialist to assist	Coping in a Busy World Philip Altmann's Five weeks Mindfulness course Nov 8, 15, 22, 29 & Dec 13 7-8:15pm. To register call Philip on 0408306100	A chance for dads & mums of infants to meet & share stories, songs and play 10:30am-12pm	Scooter or cycle about the carpark, parents welcome Safety gear essential - see notice later in term	Available during the week with referral – speak to John or Heather or one of the staff team
	Mindfulness	Australian Breastfeeding Association	Special Visitors Week	
	Support for practice First Tuesday in the month 7-8:15pm. Cost \$5	2nd Wednesday of month. Call Linda 0422 202 358 12:30-2:30pm	Preschool children's special friends and relatives are invited to visit our preschool and observe, join in and share some play. 31 October – 4 November Monday to Thursday 8:15am -3:45pm	
Saturday Play	Dr Justin Coulson	Cycle Saturday	Dad Time	Family First Aid
Super Chef A special Dad Time in the preschool - 29 October 10:30am-12pm For all young children and their siblings	Parenting expert, speaker, broadcaster, author, blogger will speak here on Tuesday 22 November https://www.happyfamilies.com.au/blog/	Develop cycling skills & confidence. Ride the circuit around the school 26 Nov 9:45 -12.00 BBQ snack It's free, Kindy & JP kids	Male carers, dads & their infants (to walking age). Sharing stories about their important role Saturday 21 Oct, 12 Nov & 17 Dec 10-12pm.	A course tailored to what you need to know with Leanne Sandery Free crèche if required. Sat 10 Dec, 10 -1pm

We do our best but sometimes there are changes to this program. Up-to-date information is available on our Facebook page. For further information, to share your thoughts about activities and to book, call 8264 9828 or call/sms 0409984495. Visitors welcome between 9:30-11:30am and 1:30-3pm. Preschool information sessions will be held in term 4 for those who have completed an expression of interest.



Programs

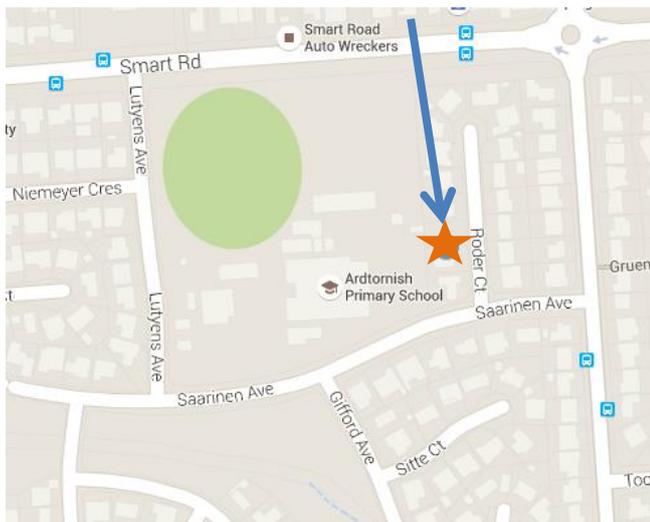
The Ardtornish Children's Centre for Early Childhood Development and Parenting opened in early 2014. We are an integrated early years' service working with early childhood and other professionals, families, and the local community to support children and families.

Together we design and provide programs and resources that support all 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.

Preschool

15 hours of sessional preschool is offered for children in their eligible preschool year. Two groups operate from 8:15am to 3:45pm, one on Mondays and Wednesdays, and a second on Tuesdays and Thursdays. Fees are \$150 a term.

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 preschool for families, preschool aged children, siblings and friends. Usually themed, with time for free play and food provided.

Making Music

Melissa Burrows is a qualified music teacher who works in schools, at libraries and provides a five week, fun and nurturing musical program for children under four years and their families. Parent supervision is essential. 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. It usually runs in the mornings and often leads to other sessions as requested by the families. It is a free session.

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

Mum's and Bub's Yoga

Shauna has been running successful yoga classes here since 2014 and has more than 4000 teaching hours experience.

Her Mum's and Bub's program is for children 8 weeks to 12 months. It costs \$90 (concession \$80) due prior to class. Booking and details contact Shauna on 0431 909 878 or info@waveyoga.com.

Bring a yoga mat and water for yourself, a soft blanket for bubs to lie on, comfort items, and bottle if not breastfeeding.

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.

Mindfulness Course

Philip's series of five workshops introduces Mindfulness practice that with regular use, 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. Regular monthly support groups are also provided. Cost: Parents \$60 Educators \$150. For more information see info@mindfulclassroom.com.au

Can: Do4Kids

Occupational Therapy support provided to children who have NDIS support. Speak to us, your NDIS planner or call Can:Do 4Kids on 8100 8200.

Counselling Services

Uniting Care Wesley provide free Child and Family Mental Health Care Program counselling support for children birth to 18 years and their families. For more information speak to your GP or one of our team.

Other services

The Grow Up Smiling Dental service operated in terms two and four, CaFHS comes each term for preschool children, podiatry health checks annually and Mindfulness support sessions are held once a month and courses are available as needed. Other ideas are always welcome?

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