



playford communities for children +

Communities for Children is funded by the Australian Government Department of Social Services

JUNE, JULY AND AUGUST 2016

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From the Playford Communities for Children Team.....

Communities for Children offer free activities for the Community, including weekly activities that run during the school term and school holiday one-off events. See pages 6 and 7 for a list of all of the activities we are offering this term. If you are interested in attending or would like more information about an activity, please contact the person listed at the bottom of each activity.

We also offer one off training opportunities for the Community and our Community Partners, including local schools. We offered a free Provide First Aid Course in May and are planning another one for October 2016 in response to community feedback of what training opportunities they would like to have. Make sure you add your details to our email database so you can find out about future training opportunities and school holiday events (see pg 16).

On 19th May, we held a "What's the Buzz?" Training Day with Mark Le Messurier which was attended by 25 School and Community Partners at The Stretton Centre. Want to find out more about What's the Buzz? Visit <http://www.whatsthebuzz.net.au>

Families Week ran from 16th to 22nd May 2016 and we held our annual Calendar Art Launch event on Tuesday 17th May at Blakes Crossing Shopping Centre. On display were over 110 art pieces designed by children in Playford showing "What's Important to Me" and why. The display was left up for a week and the public had an opportunity to vote for their two favourite pieces. The top ten artworks as voted by the community will be submitted for inclusion in the 2017 Communities for Children South Australia Calendar. See page 2 for some photos from the launch event on 17th May!



In this issue; meet our new trainees on page 2, find out about Children's University as Communities for Children are now a new learning destination! Also, see our calendar updates for what's on in June, July and August 2016. We have some great stories from some of our Community Partners about programs and events that have been recently held. Also in this issue are some great Winter activities and recipes that we hope you will try at home.

We love your feedback!! Is there something you would like to see added the Playford Cfc Newsletter or have a suggestion? Please send an email to cfcplayford@anglicaresa.com.au and we will try our best to include your suggestions in the next issue.

Kids Club

Over Term One children and families looked at the wonderful world of colour, the children explored colour through craft, cooking and science experiments. Throughout the term, the children and their families enjoyed activities like Sugar Crystal Sticks, experiments are always fun, but even more so when it involves cooking! The activity involved the children using water, food colouring and sugar. The children all took turns counting the food colouring drops into their container, then staff poured sugar water into the children's container and the children mixed the colour into the sugar water. The children pegged the skewers and placed them in the container balancing them on a pop stick. The children were very enthusiastic to see what happened over the next few days when the sugar sticks grew.

Kids Club celebrated Harmony Day with a splash of colour. Staff talked with the children about what they know and what they think Harmony Day means. The children talked about everybody being nice to one another no matter how they look or where they are from, understanding that everybody has their own story and background. To celebrate in Kids Club, we talked about are differences and how we all belong, we also continued our art work for reconciliation week with the children placing coloured hand prints on the poster.

The children that attended over the term were invited to come to the School Holiday program. Over the two weeks the children made amazing Tie Dye with T-shirts, pillow cases and hats. On another day we explored St Kilda adventure playground. Term three Kids Club will be exploring 'The World'.



Hippy Elizabeth - Eva's Zoo

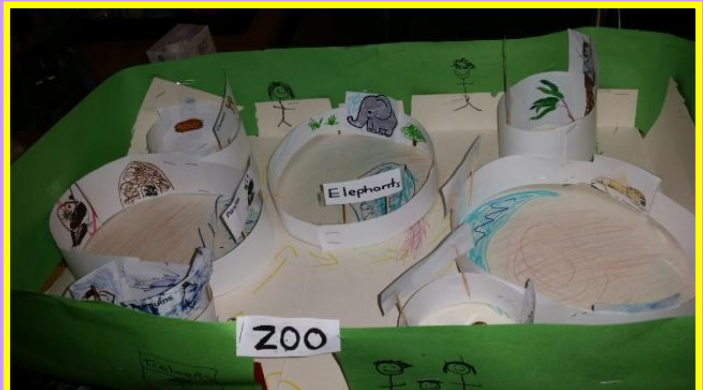


HIPPY Elizabeth has had an amazing term with children who have started the age 4 program being exposed to lots of new learning while having a lot of fun along the way. One of the more popular activities has been "The Zoo" where children are able to create their own zoo environment by constructing enclosures and animals out of paper and cardboard. While building the zoo children are practicing skills like cutting, pasting and drawing while also chatting to their parents about what they are creating builds their vocabulary and they are able to learn new naming words (nouns).

Eva is one of our HIPPY Elizabeth children that really enjoyed creating her own zoo for her many animals. It was a whole family effort with Mum, Dad and even Eva's younger sister Layla working together to produce this masterpiece.

While they were all working together they talked about what each animal would eat and what colour they would be. They also had a conversation about what animals they saw when they visited Gorge Wildlife Park earlier in the year. Mum said "I was surprised when we did this activity how much Eva knew about animals and the zoo. Eva talked about her zoo needing dirt and rocks and even a stream of water to stop tigers getting too close to the fence".

HIPPY is a great way for the whole family to spend time together learning new things and having fun. Great work Eva!!!



For more information or to make bookings please contact:
 Wendy – 0409 755 973
 or call in to The Annexe, Corner of Peachy Road and
 Whittington Road, Fields Shops



For further information about
 HIPPY programs Elizabeth
 please contact Laura on:
 0407 977 351



WHAT'S BEEN HAPPENING?

Singing and Growing during School Holidays

Our community partner Sing&Grow ran some interactive and fun school holiday workshops in April at Blake's Crossing. More than 35 families attended the music sessions, which focussed on child development and skilling-up parents to use music with their children at home. After refreshments, the groups also did a fun craft activity and made a tambourine!



Feedback from families was that it was informative and fun. It was so popular that Natalie (the Sing&Grow music therapist) plans to run some more school holiday workshops in October – so watch this space for more information!



We'd like to say a big thanks to Leonie, Anna, Jordan and Shaye from Playford CfC, as well as Tracey Alexander from Mark Oliphant Children's Centre for helping to facilitate the workshops. And a huge thanks to LendLease and the wonderful staff there for being so kind and hosting us in their playroom.

Sing&Grow have a number of programs and workshops running in Playford over this term. They are available by registration only, so if you have any enquiries, please email Natalie on: natalieoliveri@singandgrow.org



Funded by the Australian Government Department of Social Services

Make Your Own Tambourine!

What You'll Need:

- 2 Paper plates
- Uncooked pasta
- Stapler
- Crayons, stickers, feathers etc. to decorate

Method:

Place a handful of pasta in the centre of one paper plate. Put the other paper plate on top of the first and staple around the outside, making sure no pasta is able to be shaken out. Decorate your tambourine with your child. Shake along to your child's favourite songs on the Sing & Grow Together CD!



IMPORTANT NOTES & TIPS ON SAFETY

- Ensure the contents inside instruments are securely contained and no small items can break away from the instrument.
- Experiment with different sizes, shapes and surfaces of materials.
- Stickers, scrap material (glued on), contact and paint are all great for decorating.
- Always supervise when children are using instruments.



For more fun and musical ways to play with your kids, go to www.singandgrow.org

building stronger families through music



© Sing&Grow Australia 2016



Children's University Adelaide provides high quality, voluntary educational experiences for children aged between 7 and 14 years, and volunteering opportunities for students aged between 15 and 18 years. Children choose which activities they would like to participate in and collect stamps in their Passport to Learning / Passport to Volunteering as they go. They are rewarded for their participation with certificates presented at formal ceremonies held in high profile locations, such as Bonython Hall at the University of Adelaide. Children graduate in caps and gowns just like the adults do and celebrate their achievements with friends, family and teachers.

Children's University Adelaide ensures that all activities are high quality, extra curricula learning, address the needs of the whole child and, most importantly, are fun. Children's University Adelaide encourages children to step outside their comfort zone, immersing themselves in new and exciting experiences designed to open their eyes to the amazing opportunities their futures can hold. It is about developing a hunger for, and love of learning, building confidence and fostering aspirations in all children.

Children's University Adelaide provides a great opportunity to support your child to succeed and achieve in their education and to celebrate with them at graduations.



CfC School Holiday Activities



<p><u>North Youth Theatre Ensemble</u> <u>AnglicareSA Scholarship Program</u> A Communities for Children Activity</p> <p><i>Weekly workshops to create a piece of theatre in a space where children can learn new skills, find their voice and be empowered through the creation of a joint piece of work</i></p> <p>For children aged 8-12 years The Platform (next to NSS) 73 Elizabeth Way, Elizabeth Saturdays 2.30pm-4.00pm</p> <p>For further information contact Juliette on 0406 991 491 AJZ Productions</p>	<p><u>Dad's Business</u> A Communities for Children Activity</p> <p><i>Build your knowledge around birth, your child's early years and positive parenting</i></p> <p>"Becoming a Dad" - prenatal class LMHS Mondays and Tuesdays 7.00pm the second week of each month</p> <p>Dad's Plus Parenting Course Elizabeth Community Corrections Fridays</p> <p>Out of school activities for Dad's and Children 0-12 years starting soon in various locations</p> <p>For further information contact Darren on 8252 2311 Centacare</p>	<p><u>ELY Program</u> A Communities for Children Activity</p> <p><i>Early learning years Program For children aged 3-6 years</i></p> <p>Tuesdays 12.45pm-2.45pm St Thomas More Primary School 50 Yorktown Road, Elizabeth Park</p> <p>Wednesdays 9.00am-11.00am morning session 12.45pm-2.45pm afternoon session Catherine McAuley School 210 Adams Road, Craigmore</p> <p>For further information contact Either eccp.cheri@gmail.com or Jo on 0427 996 352 Elizabeth Community Connections</p>
<p><u>Making Moments</u> A Communities for Children Activity</p> <p><i>Making Moments provide home visits, support and information with you / you and your partner on your baby's development, nutrition, your self care, and how to gain extra support during this special and challenging time in your life.</i></p> <p><i>Pre and post natal support is available.</i></p> <p>For further information contact Breda on 8252 2311 Centacare</p>	<p><u>Elizabeth Rise Community Centre</u></p> <p>Joey's Book Club Reading & activities for children U/5 (during school terms) Thursdays 9.30am Elizabeth Rise Community Centre</p> <p>Families on the Rise Mondays and Thursdays 3.00pm-5.00pm (during school terms) Elizabeth Rise Community Centre</p> <p>For further information contact Silvana on 8256 0155 City of Playford</p>	<p><u>New and Emerging Communities</u> A Communities for Children Activity</p> <p><i>Focuses on creating opportunities for parents by achieving access to quality education and improving health and wellbeing in order to empower the people of New and Emerging backgrounds to build a sustainable life for themselves and their children in Australia</i></p> <p>One to one informal appointments Parents Informal Sessions Formal Sessions Uniting Communities Unit 2/ 2b Morialta Drive, Smithfield</p> <p>For further information contact Muhama on 8202 5980 Uniting Communities</p>
<p><u>Play 2 Learn</u> A Communities for Children Activity</p> <p><i>Come to play and learn in a supported environment with your child aged 0-5 years with story times, singing, dancing, art activities, games and toys.</i></p> <p>Fortnightly Thursdays Starting 9th June 2016 10.00am-12.00pm John Hartley Children's Centre</p> <p>Mums and Bubs Playgroup For Mums with Bumps and Bubs up to 2 years of age Alternate Thurs (from 2nd June 2016) 10.00am-12.00pm UniHealth Playford GP Superclinic 250 - 252 Curtis Rd, Munno Para West</p> <p>For further information contact Save the Children on 8338 1777 Save The Children</p>	<p><u>Paitya Young Doctors Project</u> A Communities for Children Activity</p> <p><i>This unique program comes to South Australia from the Malpas organisation which is based in Sydney. Young Doctors program uses the traditional Aboriginal way of teaching good health to children in the school setting. Elders and respected community leaders are invited to participate and to decide what their young people need to know to lead healthy and long lives.</i></p> <p>For further information contact Sarah on 8250 6600 Relationships Australia</p>	<p><u>Families Out and About</u> A Communities for Children Activity</p> <p><i>Families Out and About will provide weekend and after hours activities aimed at fathers and families with children aged 0-12 years.</i></p> <p><i>These activities will be varied both in type and location in order to cater to a wide range of men fathers and families and their children.</i></p> <p>For Further information contact Darren on 8252 2311 Centacare</p>


<p>Boys Biz A Communities for Children Activity</p> <p><i>A 18 week after school program for boys between the ages of 8-12 years running out of local primary schools and focusing on life skills and positive influence from Male Mentors</i></p> <p>Wednesdays 3.00pm-4.15pm</p> <p>Swallowcliffe Primary School (for students attending Swallowcliffe)</p> <p>For further information contact Caitlin on 8252 8908 The Smith Family</p>	<p>Lego Club A Communities for Children Activity</p> <p><i>A social activity for children on the Autism Spectrum. Children will develop their Lego Building Skills and interact with others in a fun and safe environment</i></p> <p>Wednesdays 4.00pm-5.30pm</p> <p>Communities of Hope Church Lot 2 Pritchard Street Davoren Park</p> <p>For further information contact Andrew on 0427 965 083 Asperlutely Autsome</p>	<p>Pom Pom Arts Space A Communities for Children Activity</p> <p><i>An art program that focuses on creative skills development across all art forms for children aged 0-12 years and their families or carers. The workshops are led by professional artists in a positive and welcoming environment</i></p> <p>Saturdays from 11.00am-3.00pm and school holidays</p> <p>Davoren Park Shopping Centre Peachy Road, Davoren Park</p> <p>For further information contact 8267 5111 carclew.com.au Carclew</p>
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<p>Girls on Track A Communities for Children Activity</p> <p><i>A 6 week after school program for girls between the ages of 8-12 years. Running out of local primary schools and focusing on life skills, self-respect and self-confidence</i></p> <p>Term 1 Playford Primary School-Mondays Mark Oliphant College-Tuesdays South Downs Primary School- Wednesdays Virginia Primary School-Thursdays <i>(for students of these schools only)</i></p> <p>For further information contact Margie on 8418 0905 Girl Guides</p>

<p>Kid's Stuff A Communities for Children Activity</p> <p><i>A fun, safe environment for young parents to spend quality time with their children while focusing on child development and play</i></p> <p>Next 6 week Session beginning June 2016 Tuesdays 11.30am-1.30pm</p> <p>Youth Health Services North 6 Gillingham Road Elizabeth - Nita 8255 3477</p> <p>For further information contact Michel on 8243 5637 MY Health</p>

<p>Circus Gig- Tumblers A Communities for Children Activity</p> <p><i>Give Circus a Go! Circus GIG is a FREE fun weekly activity for kids (8-12 years) and their families. Roll up and learn some deadly new tricks! Cirkidz tutors (www.cirkidz.org.au) are fully qualified, accredited and trained</i></p> <p>Starting February 9th 2016 Tuesdays 3.50pm-5.15pm</p> <p>The Platform, Elizabeth Way Elizabeth</p> <p>For further information contact Chris on 8255 3323 Relationships Australia (SA)</p>

<p>Sing and Grow A Communities for Children Activity</p> <p><i>Sing&Grow provides music therapy services in the community for Mums, Dads, and carers with your children aged 0-4years. On offer is a range of services based on what works best for your family and community. Using percussion instruments, drums, ribbons, balls and parachutes, and singing well known and new songs to increase positive interactions between parent and their children, enhance child development, build social support networks and increase parents' confidence to use music as play at home</i></p> <p>For further information contact Natalie at natalieoliveri@singandgrow.org Sing&Grow</p>
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School Holiday Activities 8-12 years
Visual Arts Workshop – Making tree houses
 19th July 2016 1.00pm-3.00pm
 The Platform, Elizabeth Way, Elizabeth

Excursion to the Adelaide Festival Theatre
 To see *The 52 Story Tree House*
 20th July 2016 drop off 12.00pm The Platform
 Pick up 3.30pm
 Children must bring a packed lunch and water bottle.

No split booking accepted please contact Juliette
 on 0406 991 491
AJZ Productions

Art Therapy at Centacare

Centacare's Making Moments Attachment Program and Kids In Focus had an Art Therapist facilitate Art Therapy sessions for our clients.

Clients attended 5 Art Therapy sessions at Midway Community Centre.

Volunteers were on board to care for their children. Sessions were well attended and clients reported to enjoy many aspects of this, including exploration of their lives and emotions through art with no artistic skills needed. Having time out from caring for their children and making new friends.




Centacare

**DADS & KIDS
FREE BUNNINGS
DIY WORKSHOPS**





BUNNINGS WAREHOUSE 5-6pm

**Main North Rd
Munno Para**

playford communities for **children + ANGLICARESA**
Communities for Children is funded by the Australian Government
Department of Social Services

For more information contact **Darren**
at Centacare's "Dad's Business"
on **8252 2311**

www.centacare.org.au



**Early Learning Years
ELY
Pre Kindy/School
Program**

FREE
Pre-School program for
3-5 year olds.

Through a combination of discovery learning and structured activities, our ELY program provides opportunities for children to develop some of the key developmental skills, prior to starting Kindy and School.



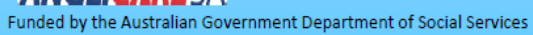

We focus on skills such as sharing, turn taking, listening, social skills, pre writing, letter, number, shape and colour recognition and motor skills.


Limited places available.

St Thomas More Primary School
Elizabeth Park
Tuesday 12.45 - 2.45 pm
Held in the Community/Playgroup room.

Catherine McAuley School
Craigmore
2 Sessions available on
Wednesday
9.15 - 11.15 am
Or 12.45 - 2.45 pm

To book your place or make an enquiry contact **Elizabeth Community Connections** Via
Email: eccp.cheri@gmail.com
Phone: 0427 996 352
visit our website:
www.elizabethcommunityconnections.com



**GIRL GUIDES
AUSTRALIA
SOUTH AUSTRALIA**

**COME AND TRY GIRL
GUIDES**

Do you want to make new friends? Develop new skills? Try exciting new activities? Have FUN?

We are opening a new Girl Guide Unit in the Munno Para area for Girls aged 5 – 15 yrs. and we would love you to come down and have a try!

Venue:
Northern Communities of Hope,
Cnr Heytesbury Rd. & Pritchard St. Davoren Pk.

Time:
Tuesdays 5pm – 6:30 pm.

Contact:
Mon and Tuesday 10am- 3pm
(08) 8418 0900
www.girlguidessa.org.au

We look forward to seeing you there!

New & Emerging Communities Program

Reaching Migrant Families through Drumbeat within Playford....

From the of 3rd February to the 6th April this year Uniting Communities Smithfield and the Playford Communities for Children ran a weekly Drumbeat Program on Wednesday's. The program focussed on young children from our local schools between the ages of 10 to 12 years. During the training participating children used drumbeats and rhythms to discuss how to promote unity and team-building through communicating, listening to one another and working together as a team to create music. Participants felt a sense of togetherness and belonging to a larger cohesive group. They learnt through the musical experience just how



important it is to collaborate and listen to one another. They also learnt the value of their own individual contribution within the context of the team. Participants learnt how to stop thinking and start feeling the rhythm!

All of the participants reported that they had enjoyed the experience, particularly doing different exercises that helped them to develop creative or 'out-the-box' thinking. More importantly perhaps, the young people reported that they had achieved great learning and insight that they will be able to take back into their lives and family experiences.

Overall, the Drumbeat Program was great fun. As participants beat their own drums and heard the rhythms of the group change and develop, they realised that they were playing a specific, important role within the group. They directly experienced the power of group energy and understood that, as in life, we are all united by a common goal. The significance of communication and listening was highlighted by the Drumbeat Program through the experience of creating music together.

The New & Emerging Communities Program (NEC) works collaboratively and builds partnerships with other organisations to better equip New & Emerging Communities Families. More than 400 children and adults from different cultures around the Playford region participated. The NEC Program achieves this with education for families and young people to help them to achieve their educational, health, economic and social settlement aspirations through attending formal and informal sessions to further enhance their knowledge.

If you would like more information about similar upcoming training in Playford please contact Muhama, New & Emerging Communities Program worker with Uniting Communities on 8202 5980 or 0404 19840720



Paitya Young Doctors Project

Is a project funded by Playford Communities for Children and facilitated by Relationships Australia SA in partnership with Malpas.



Elizabeth Park Primary School is getting ready to host Relationships Australia SA deliver a **Young Doctors**

program. This unique program comes to South Australia from the Malpas organisation which is based in Sydney. Young Doctors program uses the traditional Aboriginal way of teaching good health to children in the school setting. Elders and respected community leaders are invited to participate and to decide what their young people need to know to lead healthy and long lives. The leaders select Nunga children and non-Aboriginal *malpas* (meaning friends on the journey) aged nine and ten years old to participate in the weekly 'lessons'. Each week the Young Doctors are taught health leadership, hygiene, health literacy, nutrition and environmental health. Equipped with this knowledge the Young Doctors' then become health ambassadors within the school and to their families and communities.

Two parents from within the school community will be engaged as Support Workers to guide the RASA team. They will receive training in project work and how the Young Doctors program works from Malpas. Those community members will work along side RASA workers making the program unique to the local context. As well, the program at Elizabeth Park Primary School, will draw on the wealth of knowledge and experience from within the local Aboriginal community with guest speakers sharing stories and hosting activities with the Young Doctors.

We have named this Young Doctors program Paitya! Young Doctors. This is the Kurna word meaning *deadly!* However we will wait to see what the Young Doctors and Malpas would like their program named once we all meet for the first time towards the end of this term. Stay tuned!

By Sarah and Karina RASA



Want to know more about the Paitya Young Doctors Program?

Contact Sarah on 8250 6600

Child Friendly Spaces

Playford Communities for Children Plus have partnered with OPAL on a number of projects to create child friendly spaces for local children and families.

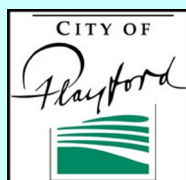
Pipkin Reserve

OPAL consulted with over 80 children and parents, collecting ideas about what they would like to see in a nature-inspired play space. Pipkin Reserve in Elizabeth East was identified as a pilot site for nature play upgrades, which came about following staff and educator workshops by international expert on nature play, Adam Bienenstock. The upgrade designs were informed by community feedback and included elements for children to climb, hide, slide and balance. Parents also suggested additional places to sit and a variety of activities for their children to engage in. Construction will be completed in June 2016, with the nature play space the first of its kind for the City of Playford.

Secombe Street Reserve

Community consultation for the redevelopment of Secombe Street Reserve was held in September last year. The project is a partnership between the City of Playford, Roger Rasheed Sports Foundation (RRSF) and Anglicare SA and will provide opportunities and for local children to participate in sporting activities. Construction is underway and will include multipurpose courts for tennis, basketball and netball; a running track; tennis hit-up walls; grassed oval for football/soccer; playground equipment and picnic and barbecue areas. Following completion, the City of Playford will work with the RRSF and Anglicare to deliver ongoing sport training programs to children in the area.

OPAL is currently working with a group of students from Elizabeth Grove Primary School and local artist Scott Rathman to design and paint artwork to be placed on the 'hit up' wall at the park. The artwork is about creating an inviting and friendly space and gives local children an opportunity to be involved in the redevelopment, thereby increasing the community's ownership and usage of the reserve and facilities. It is estimated the project should be completed by late May in line with expected construction completion date.



Elizabeth Rise Footpath Art Project

The Footpath Art Project involved over 120 local children and parents to create a welcoming, child-friendly space through art in the forecourt area at the Elizabeth Rise Shopping Centre. Three workshops were held during the April school holidays and local children were guided by artist Sally Heinrich to design and paint the footpath artwork. The idea of the project was to encourage active play and the design features hopscotch, checkers, tic-tac-toe and stepping stones. The space has been transformed into a vibrant, colourful and fun environment for those visiting the Elizabeth Rise Community Centre and surrounding shops. See the project come to life in the photos below or check out the real thing at 26 Hamblynn Road, Elizabeth Downs.



Designing the artwork



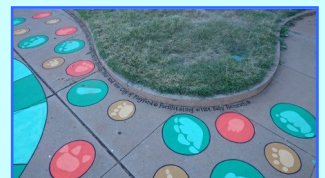
Basecoat done – now for some colour!



Workshop One - now it's starting to come together.



Workshop Two—artists hard at work

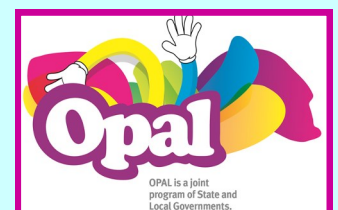


Artwork complete!!

For more information on OPAL visit

www.playford.sa.gov.au/opal

or www.opal.sa.gov.au.





Welcome to ParentsNext Plus

Our team truly cares about the unique circumstances of parents and the individual supports and activities required to help you reach your education and employment goals.

We tailor ParentsNext Plus to your strengths, motivations, skills, experiences and obstacles so you achieve your goals.

ParentsNext Plus provides the following support services:

- Face to face meetings in our family friendly office space where you have access to free Wi-Fi, computers and telephone facilities
- Group work and training sessions in something your good at and want to pursue, from social parenting groups to accredited training up to Diploma qualifications
- We use flexible methods to communicate with you including outreach and online chat as we understand that being a parent comes first
- Telephone helpline and online chat from 8am to 8pm Monday to Friday

- Access to MyWork Search an online job search platform
- Experienced Allied Health and Case Management professionals who can support you to overcome barriers to participation in education, training and work and can guide your progress
- Our ParentsNext Plus team can connect you with other support services if you are struggling with personal issues
- Assistance in finding child care and other supports for you and your children.

Contact us

Find us

We are co-located with ARA Jobs close to central amenities and Elizabeth Exchange 440, 441, 442 & 443.

Call us

08 7480 5000

Email us

Parentsnext-elizabeth@peopleplusaustralia.com.au

Find us on facebook by searching 'PeoplePlus - ParentsNext Plus'

For more information, contact Vincent on 08 7480 5000.

ParentsNext Plus



Vincent: Manager and Kerri: Case Manager

“We are proud to be working with parents and helping them realise their own ambitions, goals and dreams in a supportive and nurturing environment. We get to support and guide parents who have the most important job in the world and help them prepare for their life and career when their children head to school.”

Vincent (ParentsNext Program Manager – Playford)

What is ParentsNext?

ParentsNext Project providers work with parents to help them to identify their education and employment goals, develop a pathway to achieve their goals and link them to activities and services in the local community.

Who is eligible ?

Parents who have a youngest child aged under six, have had no paid employment in the last six months and live in the Playford Local Government Area may be eligible for ParentsNext.

If you think you may benefit from the support that ParentsNext provides, give Vincent or Kerri a call at PeoplePlus on 7480 5000.



Men's Health Week

Men's Health Week and Northern Men's Wellbeing Network

Men's Health Week encourages communities across Australia to reach out to men, boys and their families to promote health and wellbeing through engaging activities, events and promotions.



These locally tailored events create the right setting for conversations about the elements that make us healthy - that's why our 2016 theme **HEALTH ELEMENTS** is about encouraging communities to start those conversations about the elements of life that build health and life's purpose. To find out more use visit the Men's Health Week website <http://menshealthweek.org.au/En/Default.aspx>

The Northern Men's Wellbeing Network (NMWN) in celebration of Men's Health Week are having a **Lunch Meeting** on June 19th at the Elizabeth Mission from **2.00pm-4.00pm** for new and existing. Please visit the website to find out more information: <http://menshealthweek.org.au/En/Pages/97f3aa/Northern-Mens-Wellbeing-Network-Lunch-Adelaide-South-Australia.aspx>

The NMWN is a network of professionals who work with men and fathers in the northern suburbs of Adelaide. Through professional collaboration, the Network aims to engage men with services and support and in doing so promote the wellbeing of men and fathers, family and community. The network meets monthly if you would like more information regarding either the lunch or registering please contact John Goodger on 0478 494 862.

Learning through Play

Kids learn lots of skills just by playing. If parents can play too, the learning will be even better and so will the relationships.

Pretend play is vital for developing language, thinking, and social skills. As children grow and develop their play changes too. Providing the right kinds of play opportunities for your child's age and ability can help their learning and skill development. Pretend play begins in most children between the ages of one and two years but may develop later in some children with special needs.

Pretend play is also called symbolic or fantasy play. Children pretend that an object or action is something else, such as a doll being a baby, or climbing a tree is exploring a jungle. As children develop they begin to use **socio-dramatic play** which is pretend play with others. This play is particularly important for developing social skills, higher level language and thinking skills. It might include playing "families" or "schools" or acting out roles such as pirates or princesses.

Why is pretending important for development?

Pretend play involves many skills including emotions, thinking, language, the senses and movement and so it is thought that it helps to build links between the different parts of the brain.

Pretend play involves understanding other people. Pretending to be another person whether it is mum or dad, a ballerina or a pirate involves thinking about another person's role, how they feel and act and how they see the world. This develops a child's theory of mind; a higher level thinking skill important for learning and social development.

Pretend play helps to develop story telling skills which are important in the development of literacy. In acting out scenes children become a character who performs a series of actions to achieve a goal or solve a problem. This is just what happens when we tell a story.



Pretend play allows opportunities to develop language, thinking and social skills. When children play together they learn to negotiate, explain, share, take turns, problem solve and respond to the comments, actions and emotions of others.

Pretend play allows children to work through their emotions and deal with any stresses they may feel. A child who finds the school day challenging can feel powerful pretending to be a superhero. A child who feels lonely and isolated at school can feel a sense of belonging when playing families or schools.

The development of pretend play skills:

Toddlers of 10 to 18 months begin to show an understanding of how objects are used and copy the actions they see others do. They may use a brush to try to brush their hair or try to put a key into a door. They may begin to combine two objects together such as stirring with a spoon in a cup. Most pretending involves the child's own body, such as pretending to drink from a toy cup, or putting a doll's hat on their own head. They like to copy what they see adults do. They are also beginning to do actions with a doll or teddy such as giving them a drink or a hug.



Older toddlers of 18 months to 2 years begin to show simple pretending. They may pretend to drink from a toy cup even though it is empty. They begin with actions directed at themselves, such as eating from a spoon and later begin to direct actions to others such as feeding mum with a spoon or putting teddy to bed.

Two year olds begin to do true pretending where they imagine that things are "real" such as eating pretend food. They also begin to pretend that an object is something else such as pushing a block along, making car noises and pretending that the block is a car. They can "imagine" objects that are not there such as putting a pretend hat on a doll. They can also pretend that they are something else, such as "being" a character.



Themes in play at this age tend to be things that your child sees every day, such as routines of meals, bathing and bedtime. They begin to string a number of actions together and to use objects to stand in for other things, such as feeding a doll a block as an "apple". They will play alongside other children and may copy what they see others do as they play.

Three to four year olds begin to combine actions and objects to act out scenes. They use a mixture of people, real objects and imaginary objects to act out sequences of actions and whole scenes such as a tea party, caring for babies or going to the petrol station. They are able to string a series of actions together in a logical sequence. They may have a plan or story line to their play such as sailing to an island and digging up a treasure. Children learn to take on a role and play a character.

To help your child develop pretend play skills:

Allow time for pretend play. As parents and educators we are concerned children learn the things that are important for school so it is tempting for playtime to become "teaching time". Allowing children to play freely is also important. Screen time takes up more and more of a child's day so make a regular time to turn off the TV, iPad and computer and allow your child to play.



Allow space for pretend play. Play can be messy. Try to find a place where your child can play for a longer period without being in the way of adults or needing to pack up too soon. If you have the space for your child to set up a pretend world and return to it later more complex play can develop.

Provide partners for play. Pretending with others allows lots more opportunities and challenges for language, thinking and socialising. By finding other children to join in the play your child can learn valuable social skills and build friendships.

Provide materials for pretend play. Pretend play toys can be inexpensive. You don't need the world's best cubby house or a motorised sports car. A cardboard box can be both a cubby and a sports car for free and tomorrow it can be something else.

Some simple things worth collecting for your child include:

Toys for role playing such as cooking sets, tea sets, shopping sets, pretend tools. Cheap plastic sets work fine as do real items from the kitchen or opp shop.

Props for dressing up. These can include old adult clothes, hats, shoes, handbags. Cheap shops have pretend costumes, hats, masks and jewellery at good prices.

Characters such as dolls, teddies, stuffed toys, puppets to play roles when your child needs someone extra to play.

Toys to create mini worlds, such as plastic animals, toy cars, train sets, dinosaurs, dolls houses.

Items to extend play. Adding play dough to a tea set, blocks to farm animals, sand or gravel to trucks or dinosaurs can allow many more possibilities.

Favourite themes. Have a box to collect items around your child's favourite theme. If your child loves pirates collect things such as an eye patch, sword, stuffed parrot, pirate hat, flag (old pillowcase), boxes for treasure, maps, a telescope (cardboard tube covered with foil), jewellery and coins for treasure.

Collect items that can be many things. An old pillowcase can be a rug for a picnic, a cape for a superhero, a blanket for a doll, a curtain for a puppet show, a flag for a pirate ship, a rabbit holder for a magic show and many other things your child will dream up.

Need support for your child? Talking Matters provides support for children with a wide range of needs including developmental delays, learning and literacy challenges, speech and language delays, motor skill and sensory issues. We provide speech pathology, occupational therapy, psychology, social skills groups and services in some local schools. **To find out more** visit our website at www.talkingmatters.com.au or find us on Facebook.



United Way holds the 10th Annual Children’s Zoo Day

On the 3rd of April, a glorious Sunday afternoon, over 1000 people - children and their families - enjoyed a family fun day out at the Adelaide Zoo.

This wonderful opportunity was provided by **United Way SA** and its sponsors, for local families who have been dealing with significant life challenges.

MC Peter Goers welcomed the crowd with Hon. Susan Close, Minister for Education, alongside International author and **United We Read** Ambassador Mem Fox launching the **Read Aloud Australia** initiative by reading to the children and their families.



Throughout the afternoon other guest readers took to the big reading chair with the highlight being when the children took a seat and read to the assembled crowd.

Families enjoyed viewing the animals, the new adventure playground, craft activities, glitter tattoos provided by Communities for Children and received give-aways.



“Just want to say thank you very much for the zoo tickets. My wife and children said, God bless you millions times. They had wonderful day and enjoyed every moment at the zoo. The boys enjoyed seeing the animals and listening to the stories.” **Jackson**

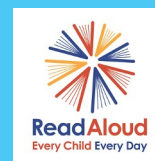
“The highlight for me was to see the fully engaged faces of the children sat around on the mats listening to each reader.” **Mark**

Phone: [7002 0140](tel:70020140)

Email: uwr@unitedwaysa.com.au



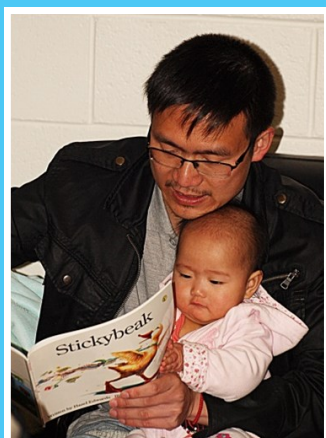
Read Aloud Australia



United Way SA has launched a new initiative to encourage **Reading Aloud to Every Child, Every Day** to help prepare children to start school ready to Read, Learn and Succeed.

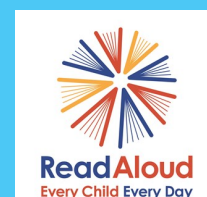
Passionate Read Aloud advocate Mem Fox said reading to children is *“absolutely enchanting. When people do it they realise it’s so much fun, you have children in the palm of your hand. You’re exposing children to the absolute joy of books and language and reading.”*

Reading aloud to children is vital and starts at home when the **child** is just a **baby**.



Visit our Facebook page **@ReadAloudAustralia** for inspiration, monthly competitions and upcoming events!

For your chance to **WIN** June’s competition’s prize simply share with us your favourite animal book (please check with an adult before using Facebook) and you could win a **family pass to Adelaide Zoo!**



JUNE 2016

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 <p>OUR HISTORY, OUR STORY, OUR FUTURE</p>		<p>1</p> <p>Breakfast Club at The Annexe 7.30am pg 3</p> <p>Kids Club at The Annexe 3.15pm pg 3</p> <p>ELY 9.30am-11.30am and 12.45pm-2.45pm pg 6</p> <p>Lego Club 4.00pm-5.15pm pg 7</p>	<p>2</p> <p>Play 2 Learn Mums & Bubs Playgroup Munno Para GP Super Clinic 10.00am-11.30am pg 6</p> <p>Joey's Book Club at Eliz Rise Community Centre 9.30am pg 6</p> <p>Kids Club at Elizabeth Rise Community Centre 3.00pm-5.00pm pg 6</p>	 <p>Mabo Day</p> <p>Mabo Day marks the anniversary of the High Court of Australia's judgement in 1992 in the Mabo case. This is a day of particular significance for Torres Strait Islander Australians.</p>	<p>4</p> <p>POM POM 11.00am-3.00pm pg 7</p> <p>True North Youth Ensemble 2.30pm-4.00pm pg 6</p>	<p>5</p>
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<p>13</p> <p>Queen's Birthday Public Holiday</p> <p>Volunteers Day</p> <p>National Men's Health Week starts 13th June- 19th June</p>	<p>14</p> <p>Breakfast Club at The Annexe 7.30am pg 3</p> <p>Joey's Book Club at Eliz Rise Community Centre 9.30am pg 6</p> <p>Kids Club at Elizabeth Rise Community Centre 3.00pm-5.00pm pg 6</p> <p>Kids Club at The Annexe 3.15pm pg 3</p>	<p>15</p> <p>Breakfast Club at The Annexe 7.30am</p> <p>Kids Club at The Annexe 3.15pm</p> <p>ELY 9.30am-11.30am and 12.45pm-2.45pm pg 6</p> <p>Lego Club 4.00pm-5.15pm pg 7</p>	<p>16</p> <p>Play 2 Learn Mums & Bubs Playgroup Munno Para GP Super Clinic 10.00am-11.30am pg 6</p> <p>Joey's Book Club at Eliz Rise Community Centre 9.30am pg 6</p> <p>Kids Club at Elizabeth Rise Community Centre 3.00pm-5.00pm pg 6</p>	<p>17</p> 	<p>18</p> <p>POM POM 11.00am-3.00pm pg 7</p> <p>True North Youth Ensemble 2.30pm-4.00pm pg 6</p>	<p>19</p>
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<p>Communities for Children Mailing List ...</p> <p>Did you know that we have a Community mailing list? Playford Communities for Children has set up a database specifically for community members to receive flyers and information for Family Fun Days / Children's Activities and local events directly to your email or via Australia post. We will not pass on your details and you will not be sent spam or junk mail. We look forward to seeing you at our next event. Please send an email to cfcplayford@anglicaresa.com.au if you wish to be added to the mailing list!</p>				1	2 POM POM 11.00am-3.00pm pg 7 True North Youth Ensemble 2.30pm-4.00pm pg 6	3 NAIDOC Week Starts 
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11 POM POM 11.00am-3.00pm pg 7	12 POM POM 11.00am-3.00pm pg 7	13 POM POM 11.00am-3.00pm pg 7	14 POM POM 11.00am-3.00pm pg 7	15 POM POM 11.00am-3.00pm pg 7	16	17
<p>Exciting Playford Cfc School Holiday Activities are coming! Make sure you are on our email database to receive updates!</p>						
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<p>15</p> <p>Breakfast Club at The Annexe 7.30am pg 3</p> <p>Kids Club at Elizabeth Rise Community Centre 3.00pm-5.00pm pg 6</p> <p>Kids Club at The Annexe 3.15pm pg 3</p>	<p>16</p> <p>Breakfast Club at The Annexe 7.30am pg 3</p> <p>Joey's Book Club at Eliz Rise Community Centre 9.30am pg 6</p> <p>Kids Club at Elizabeth Rise Community Centre 3.00pm-5.00pm pg 6</p> <p>Kids Club at The Annexe 3.15pm pg 3</p>	<p>17</p> <p>Breakfast Club at The Annexe 7.30am pg 3</p> <p>Kids Club at The Annexe 3.15pm pg 3</p> <p>ELY 9.30am-11.30am and 12.45pm-2.45pm pg 6</p> <p>Lego Club 4.00pm-5.15pm pg 7</p>	<p>18</p> <p>Play 2 Learn Mums & Bubs Playgroup John Hartley Children's Centre 10.00am-11.30am pg 6</p> <p>Joey's Book Club at Elizabeth Rise Community Centre 9.30am pg 6</p> <p>Kids Club at Elizabeth Rise Community Centre 3.00pm-5.00pm pg 6</p>	<p>19</p>	<p>20</p> <p>POM POM 11.00am-3.00pm pg 7</p> <p>True North Youth Ensemble 2.30pm-4.00pm pg 6</p>	<p>21</p>
<p>22</p> <p>Breakfast Club at The Annexe 7.30am pg 3</p> <p>Kids Club at Elizabeth Rise Community Centre 3.00pm-5.00pm pg 6</p> <p>Kids Club at The Annexe 3.15pm pg 3</p>  <p>CHILDREN'S BOOK WEEK</p>	<p>23</p> <p>Breakfast Club at The Annexe 7.30am pg 3</p> <p>Joey's Book Club at Eliz Rise Community Centre 9.30am pg 6</p> <p>Kids Club at Elizabeth Rise Community Centre 3.00pm-5.00pm pg 6</p> <p>Kids Club at The Annexe 3.15pm pg 3</p>	<p>24</p> <p>Breakfast Club at The Annexe 7.30am pg 3</p> <p>Kids Club at The Annexe 3.15pm pg 3</p> <p>ELY 9.30am-11.30am and 12.45pm-2.45pm pg 6</p> <p>Lego Club 4.00pm-5.15pm pg 7</p>	<p>25</p> <p>Play 2 Learn Mums & Bubs Playgroup Munno Para GP Super Clinic 10.00am-11.30am pg 6</p> <p>Joey's Book Club at Eliz Rise Community Centre 9.30am pg 6</p> <p>Kids Club at Elizabeth Rise Community Centre 3.00pm-5.00pm pg 6</p>	<p>26</p>  <p>Friday 26th August 2016</p>	<p>27</p> <p>POM POM 11.00am-3.00pm pg 7</p> <p>True North Youth Ensemble 2.30pm-4.00pm pg 6</p>	<p>28</p>
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13-21 August 2016
national science week



EGG CARTON TURTLES

ReCycled Craft does not get any cuter!

Egg Carton Turtle - such a cute recycled craft activity for kids. Easy to make and perfect with any Sea - or under the sea theme!

Kids Jokes

Q: What do you call a fake noodle?

A: An Impasta

Q: Why did the emu cross the road?

A: To prove he wasn't a chicken!

Q: Why did the dingo cross the road twice?

A: Because he was a double-crosser

Q: What do crocodiles call children?

A: Appetisers!

Q: What animal can jump higher than the Sydney Harbour Bridge?

A: All animals, because bridges can't jump!

www.kidspot.com.au

Ideas for Winter Fun Outdoors

- ◇ Look for rainbows in the rain
- ◇ Make mud pies
- ◇ Go for a walk in the rain
- ◇ Jump in puddles
- ◇ Collect fallen leaves and making a rainbow out of all of the different coloured leaves
- ◇ Visit your local park or playground
- ◇ Start a veggie patch – grow some winter vegetables such as asparagus, broad beans, peas and spring onions and herbs such as chives, mint, parsley and rosemary
- ◇ Bird watching
- ◇ Catch raindrops on your tongue
- ◇ Go outside and close your eyes for 30 seconds and listen to all of the sounds of nature, talk about them with your family and friends
- ◇ Have fun!



Oven Baked BBQ Chicken



Ingredients:

- 2.5 cups barbecue sauce
- 3 tbsp grill seasoning
- 2 tbsp spicy mustard
- 1/4 cup apple cider vinegar
- 1.3 kg of chicken legs or thighs

Method:

1. Whisk together 2 cups of the [barbecue sauce](#), the grill seasoning, mustard and apple cider vinegar.
2. Place chicken in a large, heavy plastic or glass bowl. Pour barbecue sauce mixture over chicken, turning to coat. Cover and refrigerate 6-8 hours.
3. Preheat oven to 120°C.
4. Place chicken pieces in a large pan. Cover with foil, and bake 2 hours.
5. Uncover. Brush with reserved barbecue sauce. Bake for an additional 30-60 minutes until cooked through.

Healthy Bacon and Vegetable Frittata

Ingredients:

- Cooking spray
- 125g bacon, chopped
- 1 medium leek, roughly chopped
- 2 large tomatoes, roughly chopped
- 50g spinach, chopped
- 6 eggs, lightly beaten
- 2 egg whites, lightly beaten
- 1 small avocado, chopped
- Fresh parsley to serve

Method:

1. Heat a medium non-stick frying pan over a medium heat, spray with oil and add bacon and leeks.
2. Cook for 5 minutes, stirring, until leeks have softened.
3. Add tomatoes and chopped spinach and cook a further 2-3 minutes, or until everything is soft and well mixed.
4. Lightly spray around the top of the frying pan with oil to ensure eggs don't stick. Gently whisk the eggs and egg whites together, season with salt and pepper and add to the pan.
5. Top with chopped avocado and cook for 5 minutes or until almost set.
6. Cover with a lid and cook for a further 2-3 minutes or until the frittata is set in the middle.



What is your family favourite?

Share your favourite recipe with the Playford Communities for Children team and we may publish it in the next edition of the CFC Newsletter.



Send your recipe to Leonie at lfuchs@anglicaresa.com.au

For more recipe ideas checkout www.taste.com.au and www.kidspot.com.au

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