

## Group 3 News

We had a glorious day walking around *The Rocks* with our guide, Hayden. It was a lovely contrast to our guided tour of West Head and served to further strengthen the children's understanding of historical Aboriginal customs and traditions. Hayden mentioned several times how impressed he was with the extent of our children's prior knowledge.

Progressive lunch...

*A lot of doing* – talking, voting, planning, communicating, negotiating, working collaboratively (with many people), making decisions, having input, reasoning, counting, measuring, shopping, borrowing, adding items and receipts, dividing, multiplying, rounding, counting, counting again, problem solving, following recipes, experimenting, taking risks, making, working, thinking, chopping, tasting, trying, cooking, wrapping, refrigerating, suggesting, collecting, decorating, greeting, seating, serving, entertaining, performing, acting, dancing, creating, improvising, violin playing, clearing, wiping, washing, washing, (not a typo!) drying, sweeping...

Thanking, Reflecting ...

... Summarising, recounting, writing, planning...

Some words from our children -

Mia – I really liked the idea of cooking before the day, because it made the cooking a lot less stressful.

We also did some trials for ease, fastest and tastiest recipes, which was good because we got to eat them!!!

Firstly, I worked with Damascian and we tried an exotic style Greek lasagne, which was delicious! But it took forever to make.

Secondly, I made regular lasagne with Hannah, which took half the time. I'd say the lunch was a success!!!

Sage - I was in charge of making the gluten free, dairy free, tomato free lasagne. Most people, when I tell them this, ask, "What's left then?!"

I must say, it was really, really difficult, but hey, I got there in the end and it tasted yummo! (If you ask me.)

Sky – The class took a vote to make lasagne for the progressive lunch. We had to make sure we had food that everybody could eat. Sage made a recipe that was gluten and dairy free. I found a recipe for vegetarian lasagne.

The next week we did a trial. I made lasagne and salad. We ate it; I thought it was very yummy. A week later on Tuesday, I made 5 lasagne's. Thursday was the day of the progressive lunch. I made one more lasagne. A few hours later the parents started to arrive in the hall. My job was to plate up the regular lasagne, it was very hard because there were so many to do. Overall, it was a very fun day!

Damascin – The progressive lunch took a lot of planning and cooking! We did lots of test cooking before. We tried out *Pastitsio* (Greek style lasagna) but it would've have taken too long to make for the day.

On the Tuesday, most of the lasagne's were made. I made two vegetarian ones. I also helped with the entertainment and decorated the tables. I mostly worked in the kitchen, prepping and fixing up the dishes making them ready to go out.

It was lots of work but it all came together and I think it worked very well on the day.











*Have a great week!*  
Love Katie, Michelle and Group 3 xxx



BECOME FITTER

EAT HEALTHIER

GAIN CONFIDENCE

IMPROVE  
SELF-ESTEEM

MAKE NEW  
FRIENDS



“With each passing week I could see my son gaining **confidence** and interest in **physical activity**.”

Go4Fun parent

A **FREE** 10 WEEK PROGRAM FOR KIDS AGED 7 TO 13 YEARS, AND THEIR FAMILIES  
COME PLAY UP-BEAT GAMES AND ACTIVITIES IN A SUPPORTIVE, ENCOURAGING ENVIRONMENT.

**NORTH  
NARRABEEN**

Tuesdays 4.30pm-6.30pm Starts 11th October  
Pittwater Sports Centre 1525 Pittwater Rd, North Narrabeen

**HORNSBY**

Tuesdays 4.30pm-6.30pm, Starts 11th October  
Hornsby PCYC 22 Waitara Ave, Waitara

REGISTER NOW **FREECALL 1800 780 900** OR **GO4FUN.COM.AU**



**Health**  
Northern Sydney  
Local Health District

## parenting Programs Child & Adolescent Parenting

### WHAT'S ON IN TERM 4 - COURSES/WORKSHOPS FOR PARENTS/CARERS

#### **Tuning in to Kids Course** (3-10yrs)

Help your child develop emotional intelligence, manage emotions & deal with conflict.  
Chatswood 5wks/2.5hrs (2/11 - 30/11, 7.00-9.30pm)

#### **Triple P (Positive Parenting Program) Seminars** (3-8yrs)

Series of 3 seminars on Positive Parenting & Raising Confident, Competent & Resilient Children  
Chatswood (21/11, 28/11 & 5/12, 7.00 - 9.00pm)

#### **Communicating with Kids Workshop** (based on PET) (4-12 yrs)

Communication skills for building effective long term relationships with your children & family.  
Chatswood (24/11, 7.00-9.30pm)

#### **Tuning in to Teens Course**

Emotional intelligence & communication skills to understand your adolescents' needs & behaviour.  
Chatswood 5 wks (1/11 - 29/11, 7.00-9.30pm), Brookvale 5 wks (2/11 - 30/11, 6.30-9.00pm)

#### **Toddlers Workshops** (1-3yrs)

Series of 3 workshops on Discipline, Tucker & Toilet Training, Speech & Sleep  
Chatswood (3/11, 10/11 & 17/11), 3 wks/2.5hrs each, 7.00-9.30pm)

#### **Helping Your 3-6 Year Old Child with Anxiety**

Series of 2 workshops for parents to assist with young children showing signs of anxiety  
Chatswood 24/10 & 7/11 (2.5hrs each, 7.00-9.30pm)

#### **Resilient Kids Workshop**

Strategies to accept & express feelings, develop optimistic thinking & coping skills  
Chatswood (26/10, 7.00-9.30pm)

#### **Dealing with Teen's Backchat Workshop**

Learn how to restore a respectful & positive relationship between you & your teenager  
Chatswood (25/10, 7.00-9.30pm)

#### **WORKSHOPS ON REQUEST - PHONE 8877 5152 (2-2.5 hours)**

- ★ Understanding Your Toddler/Discipline & Tantrums
- ★ Tucker without Tantrums/Toilet Training
- ★ Speech & Language Development/Sleep
- ★ Older Sibling - New Baby
- ★ Dealing with Teen's Back Chat
- ★ Resilient Kids
- ★ Transition to School
- ★ Transition to High School
- ★ Triple P Seminar Series 1-12 yrs & Teens
- ★ Communicating with Kids
- ★ Grand Parenting

**Enquiries: Child & Adolescent Parenting 8877 5152**  
[www.nslhd.health.nsw.gov.au/services/CAP](http://www.nslhd.health.nsw.gov.au/services/CAP)