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for children

Nguldi Arndu -
Welcome

January Newsletter 2022

Delivered by Community Partner -
Tailem Bend Community Centre



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Acknowledgment of Country



Here is the land
Here is the sky
Here are my friends
And here am I
We stand together
Hand in hand
To respect and thank
The people of Ngarrindjeri land



Meet the C4C Team

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8572 3513



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Facilitator
Diploma in Children's Services

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What's been happening In the C4C Virtual World



Online Gingerbread House Making

We had 14 children join us over zoom to build a Gingerbread House together. The icing was very runny and many had to call city council to re-submit plans to the building department so we could re-construct the houses that had collapsed, but all children showed determination and approached their problems with flexibility and persistence. It was a lot of fun sticking the lollies on to the icing and everyone demonstrated control and coordination. Not to mention the very tasty treat at the end. It was nice to see so many children communicating with each other over the platform as some of the children are classmates.



Zoom Cooking

10 Families on the books for our Pizza and Milo balls cooking over zoom. With 19 Children all up participating in the experience. We did a bit of a joint colouring experience while we waited for everybody to join by colouring a pic of a pizza and decorating an Apron. There is a blank apron on the next page if you would like to create a design. We sang also sang lot's of our PCMG songs during our session keeping everyone entertained.

What was the best part?

How involved the kids were and seeing everyone smiling - Ashlee

Getting my hands all messy with pizza dough - Olivia

Licking the mixture off my fingers - Ruby

Having the kids involved - Amanda

Eating it! - Jaxon

Eating it - Rocco

Seeing my kids smile and engaging with the facilitator. Holding up their colouring to show everyone - Lana

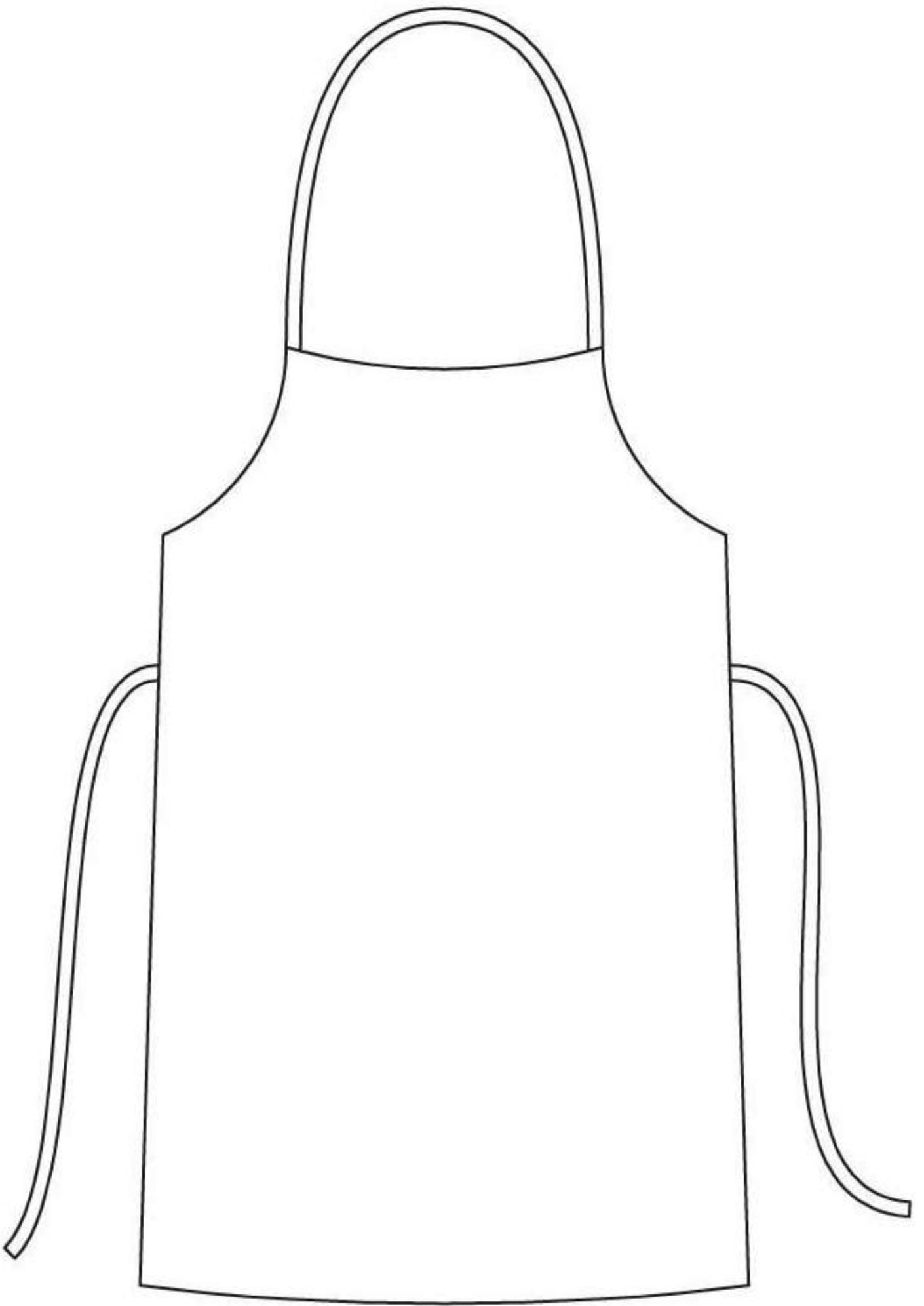
Crushing the biscuits and putting the ham on the pizza - Max

Having a great time and learning to cook new things - Jessie



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Upcoming C4C Events

by Tailem Bend Community Centre



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GAME ON!

JOIN US ON **zoom**
FOR A FUN FILLED AFTERNOON
OF ZOOM GAMES!

Tuesday 18th January @ 1pm

REGISTER NOW
CALL: 8572 3513
EMAIL: C4CADMIN@TBCC.ORG.AU
C4C@TBCC.ORG.AU

Tailem Bend Community Centre
141 Railway Terrace Tailem Bend
P: 08 8572 3513 E: c4c@tbcc.org.au W: www.tbcc.org.au

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'We're going on a Scavenger Hunt'
with Tailem Bend Community Centre
~Communities for Children~

Wednesday 19th January 2pm

Join us on Zoom to put your best detective skills to the test

Get some friends over to create a team or do the Discovering by yourself!

Don't forget the more you attend, the more you can mark off your Activity Card

Forward all bookings to Tailem Bend Community Centre
P 08 8572 3513 E c4cadmin@tbcc.org.au

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ZOOM DANCE PARTY

Let's have a "DANCE" off!

Thursday 20th January 10:30am

BOOKINGS
Call: 8572 3513
Email: c4c@tbcc.org.au
c4cadmin@tbcc.org.au

Show us your BEST DANCE OUTFIT OR COSTUME!

Tailem Bend Community Centre
141 Railway Terrace Tailem Bend
P: 08 8572 3513 E: c4c@tbcc.org.au W: www.tbcc.org.au

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Next Week

Tuesday 18th January - 1pm: Games via Zoom

Wednesday 19th January - 2pm: Online Scavenger Hunt

Thursday 20th January - 10.30am: Zoom Dance Party

Email: c4cadmin@tbcc.org.au Call: 8572 3513 to book

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Upcoming C4C Events

by Taillem Bend Community Centre



The Week After

Monday 24th January - 2pm: Learn to Draw via Zoom

Thursday 27th January - 10am: Online Kids Yoga

Email: c4cadmin@tbcc.org.au Call: 8572 3513 to book

Communities for Children Murraylands
Virtual KIDS YOGA
Namaste
with Taillem Bend Community Centre
~Communities for Children~
Thursday 27th January 10am
Let's wind our bodies down, put the school holidays behind us and prepare for the new school year!
Forward Bookings to:
Taillem Bend Community Centre
08 8572 3513
c4cadmin@tbcc.org.au
ac.care

Communities for Children Murraylands
2022
Learn to draw
Monday 24th January
Online via ZOOM
2pm
To register for Zoom sessions!
Call: 8572 3513
Email: c4c@tbcc.org.au
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What's happening in The Murraylands



Who's turning 50?

That's right, Bertha the bunyip is turning 50. A celebration will be held on Saturday, January 29th at Sturt's Reserve kicking off at 5:45pm.



What's On?

Escape from Spy School

Monday 17th January

11am, 12pm or 12.30pm (20 minute sessions)

Ages 6-12 yrs

Can you Escape from Spy School? Get ready for some puzzle solving

LIMITED SPACES for each activity.

BOOKINGS REQUIRED for all activities

Contact 8539 1175 for more info or to book!



JUMP INTO JANUARY

Murray River Splash will run 10.00am - 3.00pm daily on the following dates:

Thurs 20th - Sun 23rd January

Activities include: Arts, circus school. Clown workshop, kayaking, jumping castles, eco maze, kite display, rock climbing and so much more!

PLEASE NOTE: some activities are still being confirmed and will be updated as soon as possible.

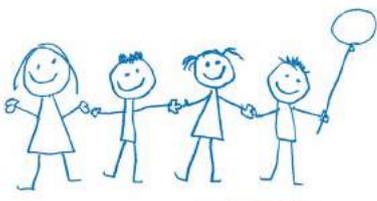
For more information and for all activities being offered visit the Splash Calendar on the Rural City Murray Bridge website:

www.murraybridge.sa.gov.au



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C4C Funded

Evidence Based Programs

Delivered by Tailem Bend Community Centre



0-5
YEARS
+ Parents or
Carers

Parent Child Mother Goose

Parent-Child Mother Goose is an evidence-based program that strengthens attachment and interaction between parents or carers and their young children by introducing them to the pleasure and power of using rhymes, songs and stories together. Through the program, parents gain skills and confidence that help them create positive family patterns during their children's crucial early years. At the same time, children benefit from enjoyable, healthy early experiences with language and communication. Parent-Child Mother Goose is particularly suitable for parents and carers who need extra support because of their own personal or social circumstances, or because their children have special needs or are otherwise at risk.

Sessions in MURRAY BRIDGE, TAILEM BEND & MENINGIE weekly during school term

Enquire: c4c@tbcc.org.au 8572 3513



DRUMBEAT

10-12
YEARS

8
40 min
sessions



DRUMBEAT® is an acronym for Discovering Relationships Using Music, Beliefs, Emotions, Attitudes, and Thoughts. The DRUMBEAT Program is a structured, but flexible course delivered during the school term for eight, 45-50-minute sessions concluding with a performance, if the group chooses too. DRUMBEAT is delivered to a group of eight to ten students from year levels 5, 6 or 7. Each session focuses on different relationship themes such as identity and social responsibility, values, dealing with emotions, peer pressure, harmony, communication, and teamwork.



Season's for Growth

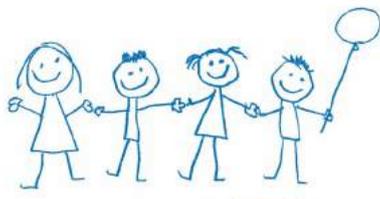
5-12
YEARS

8
40 min
sessions

'Seasons for Growth' is a program run in schools across Australia and in a range of other institutions. Seasons for Growth is an evidence based program that has been very successful in contributing to the social and emotional wellbeing of thousands of children. Seasons for Growth is a program which looks at change and loss that affects all of us at some stage in our lives. The program aims to provide skills to cope effectively with change and loss and focuses on issues such as self-esteem, managing feelings, problem solving, decision-making, effective communication and support networks.

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Evidence Based Programs



**PARENTS or
CARERS of
children 5-12
years**

**4
3hr
sessions**

Tuning into Kids

Emotionally Intelligent Parenting

Tuning in to
Kids

Tuning into Kids is an evidence-based parenting program that focuses on the emotional connection between parents and children. In particular the program teaches parents skills in emotion coaching, which is to recognise, understand and respond to children's emotions in an accepting, supportive way. This approach helps the child to understand and manage their emotions.

A FREE parenting program for parents of children aged 0-12 years.

Taking *Expressions of interest* now for 2022



Coorong Families
Karoonda Families

Would you like to learn how to:

- be better at talking with your child?
- be better at understanding your child?
- help your child learn to manage their emotions?
- help to prevent behaviour problems in your child?
- teach your child to deal with conflict?

Children and Adolescents with higher emotional intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success

To express your interest:

Email: c4c@tbcc.org.au

Phone: 8572 3513

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