

Term 2, 2021 Planner

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Drop in Sessions for Parents 26th April - 10th May 9.15 – 11.30am Parents, feel free to drop in for more information on our programs and register for our courses and workshops in the centre.</p> <p>Eat Move Healthy eating and Zumba 17th May – 21st June In Term 1, parents learnt about the importance of Eating healthy, how much and how many servings per day and what is good and not so good for the body. This term, parents will attend Zumba and exercise with a trained instructor to teach them tips on how to keep fit and lose weight.</p> <p>Partnership with Metro Assist funded by the Sydney Local Health Area</p>	<p>Tuesday Playtime (newborn to 2 year old) 9.30 – 11.30am</p> <p>Provides play experiences for newborns to 2 year-old children to develop gross and fine motor skills, language and social skills. It also provides parents with an opportunity to socialise and share ideas with each other.</p> <p>Visits from the Child Family Health Nurse from Punchbowl Clinic</p>	<p>Hand in Hand Parenting Consultant: Madeleine 28th April – 26th May 9.30 – 11.30am</p> <p>Come and learn about useful, practical ways to: -Get closer to your children and have more fun with them -Set limits without power struggles -Get co-operation without yelling or hitting -Meet other parents and build support for yourself.</p> <p>Childminding provided</p> <p>Limited spots so register your interest by phoning 0439487865</p> <p>Partnership with Parenting NSW funded by Resourcing Parent</p>	<p>English Course TAFE Term 1 & Term 2 Start: Thursday 22nd April – 24th June 9.30am – 12.30pm</p> <p>(Continuation from Term 1 program). The training will provide you with beginner level English language skills for anyone wishing to build their skills in English speaking. The course will also help you to understand vocational training options and provide you with a pathway into further study.</p> <p>No Childminding</p> <p>Partnership with TAFE NSW SWSI</p>	<p>Play-to-Learn Playgroup (2yo and older) 9.30am – 11.30am</p> <p>Provides play experiences for children aged 2 years and older to develop gross and fine motor skills, language and social skills. It also provides parents with an opportunity to socialise and share ideas with each other</p> <p>Visits from the Child Family Health Nurse from Punchbowl Clinic</p>

Each participant must comply with the Department's COVID-19 Safe requirements and practise physical distance rule.

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