**Dates to remember**

**Wednesday 13th April** -  
Governing Council

**Friday 15th April** - End of term

**Monday 18th April** - Holiday
Learning Together Playgroup
10:30-12noon

**Wednesday 28th April** -  
Holiday Garden Day 10:30-12

**Monday 2nd May** -  
First Day of Term 2

To families and community,

We have had a wonderful term of learning and connecting and the children have settled into routines of playgroups and preschool. We value your support and input to the centre if you have any suggestions or feedback please see a staff member or pop in and see Susie anytime. There is a comments book in the front area that you can jot comments in anytime.

I have attached a snap shot of our Quality Improvement Plan for 2016. These are goals we will focus on this year, certainly not our only goals but priorities we have set. This is a working document so please scribble any comments on it and hand back to front office. The Governing council has met twice this term and Tama Daviess is leading a very motivated group as Chairperson.

We have welcomed Andrea Richards to our front office 3 days a week. Vanessa will continue to work her 2 days a week while enjoying time with her beautiful girls before they go to school. If your phone number has changed can you please notify Andrea or Vanessa so we can have correct contacts in case of an emergency. We hope to have our Aboriginal Trainee start next term. The process has been finished and we are waiting on final pieces to fall into place.

The Wednesday morning Occassional Care session has changed to Wednesday afternoon 12-3.

We have new hat racks at the Centre to minimise hat contact with others. Please check your child’s hair for head lice and if you need any support at all please ask a staff member and we will help out.

There is a Garden morning in the holidays and all families are welcome to come and be involved in our sustainable garden area. The children love when their families join them in their learning environment.

I hope you are enjoying the weekly Curious about Curriculum newsletter. If you have any comments or suggestions please let us know.

We hope you have a great holiday, Ngura Yadurirrn team.
Circle of Security Parenting
A Relationship Based Parenting Program

6 week course
Dates: Thursday 19th May – Thursday 23rd June
Time: 12.30pm – 2.30pm
Cost: Free!

This program supports parents as they learn to be “hugger, stronger, wiser and kind” with their children.

Come and get some easy to understand information about the importance and benefits of secure attachment for children.

Facilitated by Annie Loneran and Sam Tonkin
Ngura Yadurinn Children and Family Centre
To register your interest please contact Sam Ph: 8625 2294

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Bringing Up Great Kids

6 week parenting programme

Dates: Monday 16th May – Monday 27th June
Time: 9.30am – 11.00am
Where: Ngura Yadurinn
Cost: Free!

Developed by the Australian Childhood Foundation, this programme uses mindfulness and reflection to promote positive, respectful parent/child relationship. Participants will learn:

- About the origins of their own parenting style and how it can be more effective
- To identify important messages they want to convey to children and the messages their children convey to them
- About the importance of building self esteem in children
- Ways to overcome obstacles preventing you becoming the kind of parent you’d like to be, how to take care of yourself and where to find support

Facilitated by Sam Tonkin and Susie Bowden
Ngura Yadurinn Children and Family Centre
To register, please call Sam on 8625 2294

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Baby Massage

A special time for you and your baby!

Massage is more than just relaxation. Learning the right massage techniques is vital to ensure that both you and your baby experience the many benefits that massage can provide.

5 sessions
When: Monday Mornings
Time: 10am-11am
Cost: Free

Baby massage is beneficial for:
- Sleep and settling
- Relaxation – baby and parent
- Enhances attachment and bonding
- Pain relief (e.g. for common problems like wind, colic, constipation, reflux and eczema)
- Strengthens the immune system
- And much more ..................

For bookings, and what to bring contact Alysha Parsons at the centre! On 8625 2294 or Alysha.Parsons@sa.gov.au

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JUMP N JIVE
BIG MOVEMENT PLAYGROUP

THURSDAYS 10AM-11AM

Suitable for children aged 2-4 years
Facilitated by Occupational Therapist Alysha
Any questions? Call Alysha 8625 2294
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<tr>
<td><strong>OCCASIONAL CARE</strong> 9am - 12noon</td>
<td><strong>LEARNING TOGETHER</strong> PLAYGROUP 9am - 10:30am</td>
<td><strong>NUNGA PLAYGROUP</strong> 9:30am - 11:30am</td>
<td><strong>JUMP 'N JIVE</strong> PLAYGROUP 10am - 11:30am</td>
<td><strong>CREEPER'S N CRAWLERS</strong> PLAYGROUP 9am - 10:30am</td>
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<td>Occasional care for children whose parents need to attend appointments, meetings, or just to have a break! Bookings essential. $5 per session or $15.50 for Health Care Card holders.</td>
<td>A playgroup for mums, dads and carers of Aboriginal children up to 5 years of age. Call Save the Children for a ride. Facilitated by Save the Children.</td>
<td>A playgroup and sing along for children born to 5 years of age and their parents/carers. Learning Together Playgroup provides an interactive and fun opportunity for children and parents to play and learn together. Every Tuesday (during School Term) Light snack provided.</td>
<td>Our Thursday playgroup offers something different to families. This playgroup is a very active group with children encouraged to jump, jump, crawl, balance, rock, hop, slide and go over, under and through. Come along and have some FUN and assist in your child's confidence and skill development. Facilitated by OT Alysha Suitable for ages 2-4 years.</td>
<td>A playgroup for pre-walkers and their parents or caregivers. A great opportunity for little ones to learn, explore and socialise in a calm, safe space. Croche provided for big brothers and sisters.</td>
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| **BRINGING UP GREAT KIDS** 9:30am - 11am | | **MINYA BUBS TIME** 12:30pm - 2:30pm | | **FRIDAY 3rd June**
RAN-EC TRAINING 9am - 4pm
Facilitated by Susie Bowden
Bookings essential 8625 2294 |
| **BABY MASSAGE** 10am - 11am | **NUNGA YARN TIME** 12:30pm - 2:30pm | **CHILLIN TOGETHER** 12:30pm - 2:30pm | **CIRCLE OF SECURITY PARENTING** 12:30pm - 2:30pm | |
| A special time for you and your baby. Call Occupational Therapist Alysha with any questions, or to find out when the next group is starting. Bookings essential. | Come for a yarn, crafts, relaxation, cooking and have a chat about what happens at the centre. Parents, grandparents, aunts and uncles welcome. CRÈCHE PROVIDED Call 8625 2294 if you need a ride and for crèche bookings. | A safe, welcoming space to chat with other mums about parenting, and about looking after yourself. Free crèche (Please call to book children in to crèche). | A Relationship-Based Parenting Program 6 weeks 19th May - 23rd June. | |
| **MY TIME** 12:30pm - 2pm | **WEDNESDAY 6th JULY**
FAMILY NIGHT
Mums, dads, aunts, uncles, nannas and poppas all welcome! Join us for a play and songs. | | **THE WRANGUS TRANSLATION OF NGURA YADURIN:**
**NGURA**
Meaning: place/house/Country
**YADURIN**
Meaning: becoming good, better, bigger, stronger | |
| MyTime provides support for mothers, fathers, grandparents and anyone caring for a child with a disability or chronic medical condition. It’s a place for you to unwind and talk about your experiences. It’s a world away from appointments and therapy. It’s support for you. Call Jarrad if you need a ride 8625 2294 | | | | |
| **COOKING TOGETHER** 3pm - 5pm | **WEDNESDAY 1ST AND THURSDAY 2ND JUNE**
PRE-SCHOOL CULTURE DAYS |
| Referral only cooking group. Contact Sam: 8625 2294 | | | | |
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Aboriginal Children and Family Centres have a strong focus on supporting Aboriginal families with young children to provide the best possible start in life.