

## Term 3 Parent Education Program, 2018



### PARENT EDUCATION PROGRAM – TERM 3, 2018

We encourage you to take advantage of as many of the parent education sessions as possible. All sessions this term are offered free thanks to the generous support of the Parent Association.

Bookings can be made via the trybooking links below. Please feel free to share this program with the wider community – friends, neighbours and grandparents always welcome!

**Resources:** In the library there is a parent section full of great resources on parenting, child development, and Steiner philosophy and education. Please drop by and borrow one this term!

#### TERM 3 PROGRAM AT A GLANCE:

<b>Week 3:</b> <b>Monday 6<sup>th</sup> August</b> 7:30pm – 9:00pm	<i>Lisa Devine: Boundaries without battles</i> <a href="https://www.trybooking.com/XHUD">https://www.trybooking.com/XHUD</a>
<b>Week 4:</b> <b>Wednesday 15<sup>th</sup> August</b> 7:00pm	<b>ThinkUKnow – Cyber Safety</b> <a href="https://www.trybooking.com/XJXT">https://www.trybooking.com/XJXT</a>
<b>Week 6:</b> <b>Thursday 30<sup>th</sup> August</b> 7:00pm	<b>Social Understanding, Gender &amp; Sexuality from Birth to Puberty &amp; Beyond</b> <a href="https://www.trybooking.com/XJYD">https://www.trybooking.com/XJYD</a>
<b>Week 9:</b> <b>Thursday 20<sup>th</sup> September</b>	<i>Dr Lakshmi Prasanna: Meet me who I am</i> <a href="https://www.trybooking.com/XJXW">https://www.trybooking.com/XJXW</a>
<b>Weeks 2, 3, 4</b> <b>August 2, 9, 16</b>  <b>Thursdays 7pm – 9pm</b>	<i>Godelieve Hofman-Verkuy: Tuning Into Kids 6 Part Series</i>  This series is already underway, but if you have enquiries about future sessions please contact Godelieve - 0425 256 989 or <a href="mailto:info@goodfamilylife.com.au">info@goodfamilylife.com.au</a>

## Term 3 Parent Education Program, 2018



### Boundaries without Battles Presented by Lisa Devine

Monday 6<sup>th</sup> August, 7:30pm - 9pm

<https://www.trybooking.com/XHUD>

This session will explore the importance of setting boundaries and managing difficult behaviour at school and at home, while maintaining a warm, loving connection with your children. Bring your questions and challenges.



*Lisa Devine is the pastoral care worker at Kamaroi. She trained as a youth worker in the early 1980s and worked in a range of youth at risk programs before moving into working in the disability field. She has a Masters in Psychology and has counselled young people and their families over many years. Lisa takes young people to Africa every two years in a leadership development program. Her connection to the work of Rudolf Steiner began in the 1990s when she trained as a Eurythmist and has deepened ever since. She has worked as a Chaplain/Counsellor in three Steiner schools in Melbourne and now is the Chaplain for Glenaeon and Central Coast Rudolf Steiner School. She is also now working closely with the Kamaroi staff and students. Currently she is developing and implementing social programs targeted at preventing and treating young people suffering from eating and self-harm issues. Lisa teaches Introduction to Anthroposophy, Cosmology and Human Communication courses at the Sydney Rudolf Steiner College.*

## Term 3 Parent Education Program, 2018



### ThinkUKnow – Cyber Safety

Wednesday 15th AUGUST, 7:00pm

in Nanga Mai (Kamaroi hall)

Free to attend - bookings greatly appreciated for room set up.

<https://www.trybooking.com/XJXT>

ThinkUKnow Australia is a cyber safety education program that educates parents, carers and teachers about how people are using technology, the challenges they may face online, and how to help them overcome these in a safe and ethical way.

ThinkUKnow Australia is a partnership between the Australian Federal Police, Microsoft Australia, Datacom and the Commonwealth Bank. The program is delivered in collaboration with policing partners New South Wales Police Force, Northern Territory Police, Queensland Police, South Australia Police, Tasmania Police, Western Australia Police, as well as Neighbourhood Watch Australasia.

The presentation will be delivered by a local law enforcement member and an industry volunteer. The presentation covers issues relating to children and young peoples' privacy and security online, their relationships with other users and their online reputation. It provides insight into the devices young people are using, as well as the popular websites, apps and social networking sites they're accessing. This is a fantastic opportunity for you to learn more about young people and the online environment, and how you can help them to be safe and responsible users of technology.

For more information, you can visit [www.thinkuknow.org.au](http://www.thinkuknow.org.au)

**THINK UP KNOW**  
original experiences

**Comfortable talking to your kids about technology and the internet?**

A ThinkUKnow cyber safety and security presentation will take place on

**DATE:** Thursday 3rd August 7:00pm

**LOCATION:** Nanga Mai Hall  
Kamaroi Rudolf Steiner School

**The session will cover:**

- What young people SEE, SAY and DO online
- The challenges they may face
- How to report and get help if things go wrong

Visit [www.thinkuknow.org.au](http://www.thinkuknow.org.au) for more information about online safety and security.

OUR PARTNERS: AFP, Datacom, Microsoft

Enquiries: [parented@kamaroi.nsw.edu.au](mailto:parented@kamaroi.nsw.edu.au), or Katie Orton on 0405 329 006. The program is also on our website [www.kamaroi.nsw.edu.au](http://www.kamaroi.nsw.edu.au)

## Term 3 Parent Education Program, 2018



### Social Understanding, Gender & Sexuality from Birth to Puberty & Beyond

Thursday 30th AUGUST, 7:00pm

<https://www.trybooking.com/XJYD>

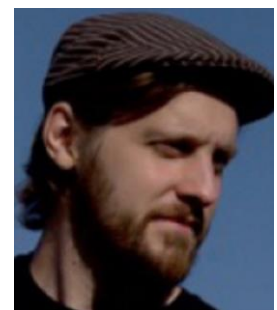
This session is particularly useful for parents of children in classes 5 and 6 and is open to the wider school community as well. The talk helps to recognise the relevant depth and progression anthroposophy brings to this important aspect of life and the responsibility of community in raising children and working together to promote individual wellbeing.

It will cover how and when we work with children and adolescents to bring the understanding of sexuality and gender in relation to where they are in their consciousness. This brings harmony between the evolving body and inner experiences that sets the ground for healthy adult experience. The talk will cover the themes of the content brought to the students and some of the main issues confronting child health and wellbeing in current times, with examples of how we can counter the unbalancing effects. We also address how to understand gender differences and similarities that both limit or free us and the contribution and struggles of the changing social structures around gender and sexuality affecting us all.

***Meaghan Witri** has worked with parents and families in a variety of capacities for over fifteen years, including as an early childhood and parent educator in New York City. Meaghan works directly with parents in the home-setting offering practical support and understanding of child development from birth through adolescence, in the light of anthroposophy. Meaghan offers workshops as part of the Care and Development of the Senses program and co-facilitates Gender and Sexuality in-school curriculum for 5-12th grades. is a singer, actor and teaching artist with a degree in theater, performance and english studies, Meaghan's work explores how music and story support inner and outer striving in the human being. Meaghan has lead singing, drama, and acting workshops in various contexts for children, teenagers and adults.*



***Séamus Maynard** supports workshops as part of the Care and Development of the Senses program and co-facilitates Gender and Sexuality in-school curriculum for 5-12th grades. He completed his degree in acting at The Guildhall School of Music and Drama in London. While there, he studied speech, classical acting and Shakespeare. Prior to that he trained intensively in the Michael Chekhov Technique for several years. Before beginning his acting training at The Guildhall School he also attended the Artemis School of Speech and Drama in West Sussex England where he studied speech formation. He has taught acting, speech and movement at California State University's Summer Arts program, The New School in NYC, and at The Michael Chekhov School in Hudson, NY. He has taught speech with the Inner Path Work and at Saint John's College in Istanbul, Turkey.*



Enquiries: [parented@kamaroi.nsw.edu.au](mailto:parented@kamaroi.nsw.edu.au), or Katie Orton on 0405 329 006. The program is also on our website [www.kamaroi.nsw.edu.au](http://www.kamaroi.nsw.edu.au)

## Term 3 Parent Education Program, 2018

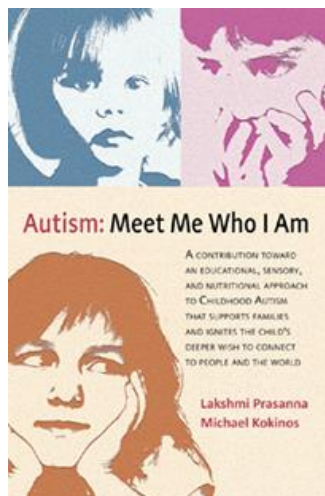


### Meet me who I am

Presented by **Doctor Lakshmi Prasanna**

**Thursday 20<sup>th</sup> September, 7:00pm**

<https://www.trybooking.com/XJXW>



Lakshmi offers deeply enriching wisdom filled pictures for parents of children with learning difficulties and social/emotional challenges. Lakshmi will offer insights into Understanding and treating Autism, Anxiety, Trauma, ADHD and ADD

*Lakshmi Prasanna, (MBBS, DCH), was the founding president of the Anthroposophical Medical Society in India and has 25 years of experience as a Paediatrician and School Doctor.*

*Lakshmi and Michael Kokinos have recently completed a book: Autism: Meet me who I am: A Contribution Toward an Educational, Sensory and Nutritional Approach to Childhood Autism That Supports Families and Ignites the Child's Deeper Wish to Connect to People and the World.*

*Lakshmi now works as a lecturer and consults internationally.*