



COMMUNICATIONS UPDATE

WWW.PCAFAMILIES.ORG.AU

QUICK LINKS

**Journal Club -
3/2/22**

**Click & Connect -
9/2/22**



Welcome Back

Welcome back and we truly hope you had a well deserved break full of fun, laughter and quality downtime with loved ones. It is lovely to know the kids are back at school and doing what they should be doing - spending time with friends and teachers! Enjoy!

News - Back to School

You will find our tips for how to assist your child getting back to school, covering everything from school readiness and transitions, to detailed suggestions for school transitions through a trauma informed lens, in our Click and Connect topics. Some of our tips include:

- Frequent visits to the school grounds to see places and spaces and a chance to meet a new friend. Make sure to find the drink taps and identify a meeting spot!
- Children undertake practical tasks like organising uniforms and bags
- Items clearly marked and easy to access eg lunch box that opens easily, pull on's
- Be enthusiastic about school but don't overtalk it
- Read books like Starting School by Jane Godwin and Anna Walker
- Arrive early and meet a friend before school
- Information about the children is well understood, shared and valued with teachers
- Children have the opportunity to have their say about what is important to them, so include them
- Processes are adapted in response to the child's needs
- Support is planned and delivered through a collaborative approach

For more information and tips on getting back to school and setting up routines see our Click and Connect October 2021 link titled School Readiness and Transitions [here](#).

News - Vaccinations and Coronavirus

Vaccinations for those with a disability or special needs:

For families with children with a disability or special requirements, there are additional supports available to support you with vaccinations. You can get help from a Disability Liaison Officer to assist with things like severe fear of needles or access to a testing site or support if you are unable to attend a vaccination centre. See the links [here](#)

Bookings and Walk-ins for 5 to 11 year olds at these schools this weekend:

Bookings and walk-in vaccinations are available for 5 to 11 year olds this weekend. To book call 1800 675 398 or login to the Coronavirus Booking system [here](#).

Schools that will be offering these services include:

- Craigieburn PS
- Hume Valley PS &SS
- Keilor Views PS
- Melton PS
- Mildura PS
- Bairnsdale PS
- Wodonga South PS
- Roslyn PS
- Mossgiel PS
- Narre Warren South PS & SS
- Moomba Park PS
- Springs Park PS
- Tarneit PS & SS
- William Ruthven SS

Why children and teens should get vaccinated:

The Victorian Government recommends that all children 5 to 11 get vaccinated as vaccinating your children can reduce the spread of Covid 19, protect them from getting sick and keep schools open for more face to face learning and socialisation with friends. See [here](#).

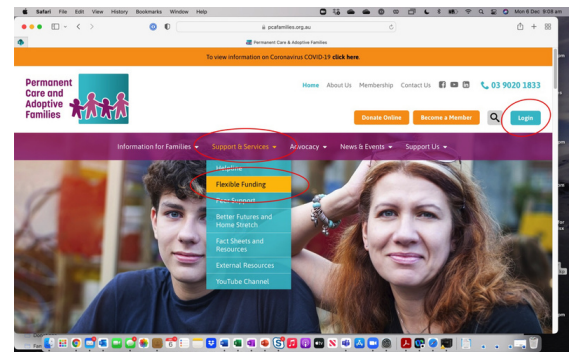
While there have been no deaths of children under 10 in Australia (as of September 2021), young children are very social and can still transmit the virus to others. Supporting young people to get vaccinated can slow the spread of the virus to others and prevent future outbreaks. See more information [here](#).

Interestingly in the USA, the Centre for Disease Control and Prevention identifies there have been 2 million cases of Covid 19 within the 28 million children between the ages of 5 and 11. As of mid October, children in the USA experienced more than 8,300 hospitalisations and nearly 100 deaths. In the USA Covid-19 now ranks as one of the top 10 causes of death for children aged 5 to 11. To learn more about the impacts see [here](#).

"Improving the lived experience of young people"

News - New Flexible Funding Forms

You may have noticed that PCA Families has established a new section for members and parents/carers on our website (the "Portal") where you update your details and complete flexible funding applications (you would have received an email about this). Your profile details will automatically be entered in each new application, reducing your time to apply and our time to process.



To complete a flexi funding application you must be logged in to complete the flexi funding form online. You can add your children's details as you complete your first application or you can add them through My Flexible Funding Children. In either case the details are stored for all future applications.

Note there are warnings if it appears your child may not be eligible and prompts to contact us. If you need assistance:

- using the Portal please contact info@pcafamilies.org.au
- completing the form please contact flexifunding@pcafamilies.org.au
- contact us on 03 90201833 (option 1) Monday – Friday 9am – 5pm.

News - Adolescent Violence

Dr Georgina Sutherland, a senior researcher at Melbourne University is seeking input from young people and their families to better understand the consequences and decisions about young people who use violence at home. Developing an explicit, integrated and comprehensive framework to guide prevention and response requires input from families who have this experience and knowledge. To learn more about this project please attend this webinar on Tuesday 8th February at 1pm by registering [here](#)

News - Survey

PCA Families will be undertaking a survey to understand the vaccination status of our families in February. Please look out for the survey in your email inbox over the coming weeks.

"Delivering trauma-informed services that empower"

News - Better Futures

Better futures is available to children that are 15 years 9 months or older who are or have been on a permanent care order. Better Futures can support children with:

Developmental Coaching

- Support to access employment
- Support to explore independent living
- Support to apply for TAFE/university courses
- Assistance to apply for Centrelink

Information and Advice

- Housing
- Health and wellbeing
- Community and cultural connections
- Employment
- Education

Flexible Funding for Goals

- Support with driving lessons and getting your licence
- School related items such as books, laptop, uniform
- Learn new skills (eg managing money, cooking)

Better Futures also offers Home Stretch which supports young people to remain living with their carer after 18 or to move to other housing, like private rental. This support is available until 21 years of age via payment of an allowance.

Please visit the PCA website for further information [here](#) or contact us at betterfutures@pcafamilies.org.au or on 03 9020 1833 (option 3)

Click and Connect - Kinder and School



Please join us at midday on **Wednesday 9 February to discuss Kinder and School transitions by registering [here](#)**

We will review advice we have received in our podcasts from various caregivers with lived experience and from professionals, as well as other external resources that help best support your child in returning to school and enjoying their day at school.

Click and Connect will have a focus on advantaged thinking in 2022. While we will continue to have a trauma informed lens, we want to think about the advantages each child has, in addition to considering the trauma lens and how to best support your child. Each Wednesday fortnight various parents and carers come together on Zoom to learn from each other and share their challenges and lived experience in our Click and Connect meetings. We share the joys and the struggles and find new ways to tackle situations. All welcome!



Journal Club - Thursday 3 February 8pm

Journal Club resumes this week to discuss **Play Therapy**.

Kids don't have the words for most of their feelings yet.

Play Therapy uses the natural childhood language of PLAY to help little people communicate and work through inner troubles.



With the insight and support of a trained and qualified play therapist, children are able to:

- Access their troubling feelings, express them, and work through them
- Heal and recover from the impacts of trauma
- Conquer behavioural challenges and improving cognitive development
- Encourage empathy
- Deepen connections and enhance communication
- Foster healthy coping mechanisms transferable to adulthood.

Helen Barrett from Play Therapy Hub joins us on Thursday 3 February to discuss.

Helen is incredibly passionate about raising consciousness in parenting and childhood trauma recovery, including building emotional resilience and attachment security in children. She has extensive experience treating childhood issues that stem from family life adjustments and transitions, to neurological concerns, and single trauma or cumulative complex trauma events with children aged 2 -10years. She has a special interest in working with early years children and adoption. She provides a reflective and supportive space to help families through stressful periods and resources them to better understand and sensitively respond to their child from the lens of child and brain development, attachment and trauma. To register please click [here](#).

Flexi-Funds

A reminder that PCA Families has Flexible Funding available to meet the extraordinary needs of children and young people subject to a Permanent Care Order, or where you are receiving DFFH care allowance and have a Family Court Order or Adoption Order.

Flexi funds can be used for therapeutic, educational and medical services, to build skills, interests or attachment, to elevate family contact and cultural identity, to offer respite, home medication or other services like whitegoods, one off clothing, estate planning or vehicle needs eg car seats.

[For details about what the funds can be used for - see here](#)

PCA Families cannot guarantee we are able to fund every application and request received.

Subscribe to Facebook, LinkedIn or Youtube by clicking these links



Permanent Care and Adoptive Families, PO BOX 201, FITZROY VIC 3065
info@pcafamilies.org.au www.pcafamilies.org.au 03 9020 1833

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.