



Backpacks
4SA Kids

.....WHAT CAN
I DONATE?.....

We are always in need of generous donations to help fill our backpacks!

From newborn babies through to young adults...
The following items are what we need to fill our Backpacks.
Remember, they need to be 'backpack' size, so we can fit everything in!



GOODS...

Here's a list of the goods we need for our backpacks. Please contact a drop-off point to pass your donations on to us.



MONEY...

To donate money, visit the donate section of our website. Alternatively, contact Rachael on 0414 490 003.



YOUR TIME...

To donate your time to help us pack these wonderful backpacks, please register your interest on our Facebook page, or drop us a line!



a BACKPACK...

Use this list as a guide to pack a full backpack! Or, visit the donate section on our website to donate the value of a backpack.



For a list of drop-off points, please visit our website: backpacks4sakids.org



backpacks4sakids.org



facebook.com/Backpacks4SAKids



hello@
[backpacks4sakids.org](mailto:hello@backpacks4sakids.org)



Rachael Zaltron
0414 490 003

BABIES / TODDLERS

- CLOTHES
- NAPPIES/ DRY NIGHTS
- DUMMY
- BOTTLE/CUP
- FORMULA STICKS
- WRAP/BLANKET
- TEDDY/SOFTY
- TOY
- BIBS
- TRAVEL SIZE: WIPES, BABY WASH & SHAMPOO
- GOMB
- PYJAMAS
- TORCH
- ACTIVITY PACK
- BOOK

KIDS

- CLOTHES X2 (new/good used cond.)
- UNDERWEAR X3 (new only please)
- PYJAMAS
- TEDDY
- TOOTHBRUSH/ TOOTHPASTE
- GOMB/HAIRBRUSH (travel size)
- SOAP
- HAIRWASH (travel size)
- TORCH
- ACTIVITY PACK
- TOY/DVD
- BOOK

OLDER KIDS

- CLOTHES X2 (new/good used cond.)
- UNDERWEAR X3 (new only please)
- PYJAMAS
- SANITARY PADS
- TOOTHBRUSH/ TOOTHPASTE
- GOMB/HAIRBRUSH (travel size)
- SOAP
- HAIRWASH (travel size)
- ROLL-ON DEODORANT
- TORCH
- ACTIVITY PACK
- BOOK

● Boys & Girls, Aged 0 – 17
 ● Sizes 0000 (newborn) through to Size 18

♥♥♥...packed with LOVE...

backpacks4sakids.org





Morphett Vale Fitness Park

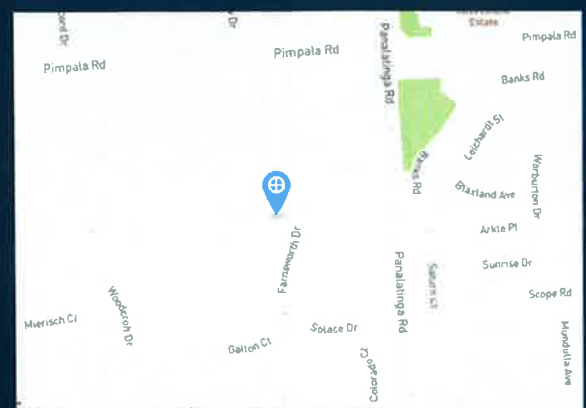
The South Australian Government have an awesome initiative to fund local projects and we need your help!

Please take the time to create an account on Fund my neighbourhood and vote for the 'Morphett Vale Fitness Park' that will be located next to Prescott College Southern on Farnsworth Drive.

This park is going to become an influential fitness hub with great KOMPAN facilities to improve the lifestyles of our community.

Website:

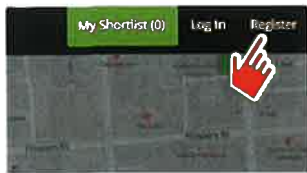
goo.gl/3ZreEP





A step-by-step guide to voting in Fund My Neighbourhood

STEP 1 Register (if you're already a YourSAy member, just sign in)



Click Register in the top right corner of the home page.



You can sign up through Facebook, Twitter or email.

You are required to verify your form will to complete your YourSAy registration. Please select your preferred method of verification.

Email
 SMS
 Mobile phone number

Fill in your details. Choose SMS verification. Complete your registration.



Check your phone. Enter your code and log-in.

STEP 2 Search, review and select



Click VOTE NOW.



Click choose your location.



Type in your suburb or address. Click 'Save Your Location'.



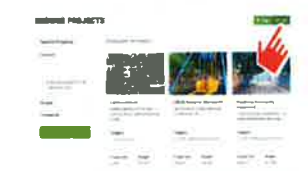
Vote on any project within 5km of your location. If there are less than 30 ideas within your radius, the area will be expanded so you see the nearest 30 projects to you.



In the sidebar, search for ideas, or view ideas in your local area.



Or click a pin and the project will appear. Click view to see more info or shortlist the project.

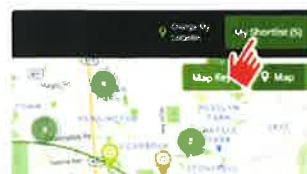


You can also see projects through a list view. Select in top right of map.



Repeat these steps to add more projects. You'll need between 3 and 5 projects in your shortlist to vote.

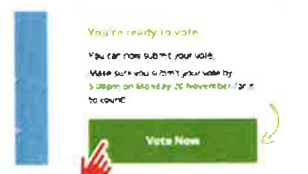
STEP 3 Vote



Click the MY SHORTLIST button top right of window.



You must vote for between 3 and 5 projects.



When you're ready, click Vote Now.

Thank you for being involved. Together your votes will help decide how to improve your neighbourhood.



St John's "Caring for Kids" First Aid Course Expression of Interest

Do you ever worry that if your child, or a child you were looking after, needed emergency first aid that you wouldn't know what to do? Or maybe you've done first aid training in the past, but lately you've been thinking about doing a refresher? **Well ... we can help!**

The Woodcroft Heights Children's Centre is seeking Expressions of Interest from parents, grandparents, and caregivers who'd like to complete the St John's three-hour "Caring for Kids" first aid course, and would like to do so at the Centre. Topics covered in the course include managing unconsciousness, choking, bleeding, burns, respiratory distress, and anaphylaxis. There will also be specific time set aside for other child-specific first aid topics or queries, not already covered earlier in the course.

The course will be held on **Thursday November 30, 2017, from 9:30 a.m. – 12:30 p.m.**

Please note, Woodcroft Heights Children's Centre will subsidise the cost of the course, reducing it to just \$35 per person (including a take home first aid book).

There is a minimum participant number required before we can go ahead with the course. *Places are strictly limited.* Once we have an idea about parent, grandparent, and caregiver interest in the "Caring for Kids" first aid course, we will contact those who expressed interest to confirm registration. *Please note, payment will only be required once we have confirmed your registration.*

Limited crèche spaces available for this course. Bookings essential.

Please advise of your crèche needs when registering your interest.

If you would like to express interest in completing the St John's "Caring for Kids" first aid course, please phone Community Development Coordinator Sara Burgess on 8381 8005, or email sara.burgess2@sa.gov.au, by **Wednesday 15th November, 2017.**

Free parenting seminar



Toddlers and big feelings

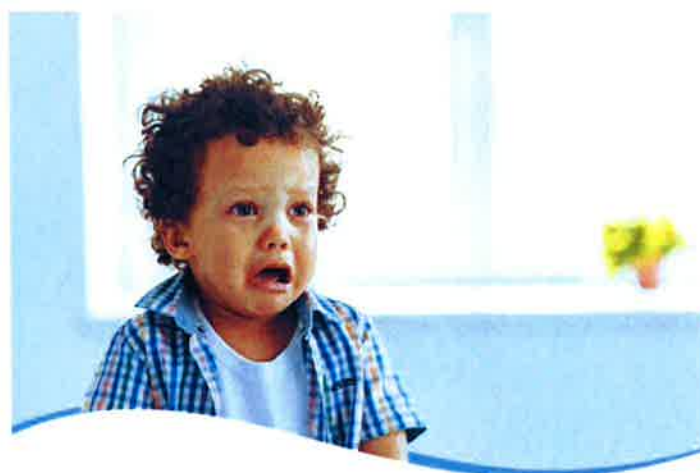


Are you the parent of a 1 – 3 year old?

Want to understand their feelings and behaviour?

Come and view the webcast of this Parenting SA seminar, and hear how to help your toddler thrive by:

- building a strong connection
- seeing things through their eyes
- helping them manage strong feelings
- guiding their behaviour.



Woodcroft Heights Children's Centre will screen the webcast of this parent seminar, filmed during the live event held in mid-November.

Staff from the Children's Centre will be available on the night to chat with and answer any questions you may have.

Wednesday 22nd November 2017

When: 6.00 - 8.00pm

Where: Woodcroft Heights Children's Centre
25 Investigator Drive, Woodcroft.

Bookings essential. Light supper provided.

Sorry, no crèche available.

To attend the seminar screening, contact Sara Burgess, Community Development Coordinator, on 8381 8005, or email sara.burgess2@sa.gov.au, by Friday 17th November 2017.

Live seminar hosted by Parenting SA. For more information about raising toddlers visit www.parenting.sa.gov.au or www.cyh.com

Helping parents be their best



Government of
South Australia