



# 605 SQUADRON

## AUSTRALIAN AIR FORCE CADETS

**SEMESTER 1 – 2019 – NEW CADET INTAKE**



**LEADERSHIP | FIELD CRAFT | AVIATION  
SERVICE KNOWLEDGE | DRILL & CEREMONIAL  
AIR POWER | ADVENTURE TRAINING | SURVIVAL  
GLIDING | POWERED FLIGHT | NAVIGATION  
ENGINEERING | AIR FORCE EXPERIENCE**

Email: [admino.605sqn@airforcecadets.gov.au](mailto:admino.605sqn@airforcecadets.gov.au)

Phone: 0423 493 634

Web: [www.aafc.org.au](http://www.aafc.org.au)

Location: Noarlunga Multi-user Depot – Cnr  
O'Sullivan Beach and Dyson Rd, Lonsdale.

Normal Training Nights: Friday 6:30 - 10:00 pm

**INFORMATION SESSIONS:**

**Friday: 7.00-7.45pm**

**Term 4, 2018: 30<sup>th</sup> NOV and 7<sup>th</sup> DEC**

**Term 1, 2019: 1<sup>st</sup> FEB and 8<sup>th</sup> FEB**

**Requirements**

**Age 13-16 (to enrol) | Australian Resident**

**First night of Training for New Recruits**

**15<sup>th</sup> February 2019**



**BOOK NOW!**

WEEKLY PROGRAM FOR MAINSTREAM & NDIS PARTICIPANTS KINDY TO TEENS WELCOME

# 1 HOUR SATURDAY MOVEMENT & INCLUSIVE PLAY SESSIONS

with AEROkids & TRISKILLS

- Learn new skills in gym, dance and daily living
- Make new friends with co-operative play and enjoy new sensory experiences
- GAP FREE with NDIS funding
- Siblings welcome!

## WEEKLY SATURDAY SESSIONS

### Time:

9:30am - 10:30am 4 - 7yrs

11am - 12pm 8yrs+

### Location:

Errington Special Education Centre,  
218 Errington Street, Plympton, SA

Contact Emma: 0414 929 673 or  
[emma@triskills.com.au](mailto:emma@triskills.com.au)

- Fine and Gross Motor Skills
- Social Skills
- Spatial and Body Awareness
- Visual Motor Skills
- Attentive Listening
- Following Instructions
- Social Interaction
- Independence Skills
- Movement Skills
- Personal Responsibility Skills
- Co-Operative Play Skills
- Sensory Experiences
- New Experiences
- Self Regulation
- Communication Skills
- Locomotor Skills





## Jodie Benveniste

Jodie Benveniste is a registered psychologist, a member of the Australian Psychological Society and holds a First Class Honours degree in Psychology. Jodie runs a private practice and is the author of four parenting books. Jodie is a TEDx speaker and has led inspirational speaking events and workshops at major conferences, child care centres, early learning centres, schools, in major organisations and in government departments. Jodie was the lead consultant on a national early childhood project, *Engaging Families in the Early Childhood Development Story* with the Australian Federal Government. Jodie is editorial advisor for *Pregnancy & Birth* and *Mother & Baby* magazines, a columnist for *Essential Baby, SA Kids*, and *Woolworths Baby & Toddler Club*, and a regular commentator in the media about parenting issues. She is also mum to two children who inspire her every day.

### Raising Brilliantly Behaved Kids!

Tuesday, 13<sup>th</sup> November 2018

An event for parents/carers of children of all ages.

An event for adults, sorry no creche.

*How can you encourage your children to behave better and bring their best selves to more situations?*

*In this presentation, Jodie will share:*

- *How to stop the yelling and nagging and frustration and enjoy a stronger and more loving relationship with your child*
- *What leads to better behaviour and what prevents kids from bringing their best*
- *Tools and strategies that actually work to help your children to bring more brilliant behaviour to more moments*
- *Parents will walk away with some inspired big picture thinking and some practical strategies they can use in the day to day.*

Please note minimum numbers are required for this event to proceed.

### SEMINAR DETAILS:

#### Location

Seeds Uniting Church  
42 Sunnymeade Drive  
Aberfoyle Park SA 5159

#### Registration

from 6.40pm

#### Presentation

7.00pm – 8.30pm

**Cost \$25pp or bring a friend - \$45 for two**

#### Bookings and Payment Online

<https://llajodie.eventbrite.com.au>

Bookings due to close on 29/10/18

Questions? Please contact Little Lessons Australia

Tel. 0438 752 877

[admin@littlelessonsaustralia.com.au](mailto:admin@littlelessonsaustralia.com.au)



## **Kelly Kroeger,**

### **Director Learn Sense Grow / Paediatric Occupational Therapist**

Kelly completed her Occupational Therapy degree receiving high honours and the chancellor's award for her achievements. Kelly's passion to assist and teach children strategies to reach their full potential and interact within their environment has led her to work in Paediatrics and the establishment of her business, 'Learn Sense Grow.' Kelly strongly believes that working with children in their most common environments, school and/or home, are where we can make the biggest differences, using affordable and simple tools. Kelly has presented at many schools and consulted with national childcare centres on Sensory Processing Disorders and Sensory Integration, as well as, setting up specialised sensory rooms in some of these environments. It is her passion to spread awareness of sensory processing and the simplicity of giving sensory input to the child within their environments to assist them to concentrate, focus and attend.



## **'Sensory Processing In Everyday Life'**

**MONDAY, 19<sup>th</sup> NOVEMBER 2018**

This seminar is for parents, carers, teachers and professionals of a child with Sensory Processing issues.

*An event for adults - sorry no creche.*

Join Kelly to learn the fundamentals of sensory processing theory and take away strategies to improve attention, calmness, co-operation and behaviour.

*Please note, minimum numbers are required for this event to proceed.*

### **SEMINAR DETAILS:**

#### **Location**

Woodcroft College  
'Mark Porter Primary Hall'  
Bains Road, Morphett Vale SA 5162

#### **Registration**

**from 6.40pm**

#### **Presentation**

**7.00pm – 8.30pm**

**Cost \$20 Early Bird (limited time, limited number) then \$25pp or bring a friend/partner, two for \$45 (incl. booking fee)**

#### **Bookings and Payment Online**

**<https://kellyot.eventbrite.com.au>**

**Bookings due to close on 12<sup>th</sup> November 2018 but may be extended.**

# The Cutting Edge of Prevention and Wellbeing in Schools: Revealing the 3 Golden Keys

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Join us for a seminar with Dr Tom Nehmy

An event for Middle Years and Secondary Educators

Date: Thursday 22<sup>nd</sup> November 2018 from 9am – 3.15pm

Venue: West Lakes Golf Club, 26 Lochside Drive,  
West Lakes, SA 5201

Cost & Bookings: \$185pp (includes registration fee)  
<https://www.trybooking.com/XWEM>

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Schools are striving to meet the emotional needs of the students in their care. The challenge is knowing precisely which approaches will be most effective in preventing psychological problems, building resilience, and maintaining wellbeing.



Drawing on his award-winning research and having worked directly with thousands of students around Australia, Tom's workshop offers participants an overview of what the very latest theory and research says about how schools can do wellbeing well.

Participants will leave this interactive session with a clear understanding of the 3 Golden Keys to school-based wellbeing and ideas for applying these in their own school context, including:

- What the latest theory and research says about preventing psychological disorders in adolescents, including anxiety, depression and eating disorders.
- An overview of the crucial psychological skills adolescents need to learn including balanced thinking, challenging perfectionism, emotion regulation, understanding stress, self-compassion, media literacy and gratitude.
- The role of parents in healthy psychological development including the #1 parenting mistake that gets in the way of healthy development & how to work with parents most effectively.
- How to build 'School Connectedness' – an under-emphasised and powerful protective factor.

## About the Presenter - Tom Nehmy, PhD



Dr Tom Nehmy is a clinical psychologist with over 10 years' experience. His passion is preventing psychological problems in people of all ages while also enhancing resilience and wellbeing. His doctoral research in developing the Healthy Minds Program produced the world's first prevention program to prevent the onset of symptoms of depression and anxiety while also reducing risk for eating disorders.

He was subsequently awarded the 2015 Flinders University Vice-Chancellor's Prize for Doctoral Thesis Excellence.

Tom currently works with schools, companies and professional organisations to help them build psychological skills for mental health, wellbeing and resilience. He is a prolific public speaker and corporate trainer - more than 18,000 people have attended his workshops, training programs, invited keynote addresses, and conference presentations across Australia and overseas.

Tom maintains an active interest in psychological research - especially preventing the onset of psychological problems - and has co-authored ten scholarly articles in peer-reviewed scientific publications. He is the author of the upcoming book *Apples for the Mind: Creating emotional balance and lifelong wellbeing*. Tom is also an accredited training supervisor with the Psychology Board of Australia.

His work has been featured on Triple J, ABC Radio, 7 News, Power FM, Radio Adelaide, in the *Sydney Morning Herald*, *The Age*, *The Advertiser*, and beyond.

**Bookings: <https://www.trybooking.com/XWEM>**

*Certificates of attendance will be available at the conclusion of the event.*

Minimum numbers are required for this event to proceed. If you prefer an invoice for payment via EFT, please contact us. Please refer to our terms and conditions via the booking site.

**Questions?**

**Little Lessons Australia:**

[admin@littlelessonsaustralia.com.au](mailto:admin@littlelessonsaustralia.com.au)

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