



Formerly known as Fit Kidz Foundation Ltd.

October 2024 Newsletter



Can you believe we're halfway through October already?

Our term groups are **back into the swing of things** after some great school holiday programs, and it's always nice to hear the kids having such a good time. We do have some **very limited vacancies** in our [Sensory Kidz](#) supported playgroup and our after-school [Kidz Club](#) - [contact us](#) if you're interested in jumping on either of these.

It was so wonderful seeing so many families at **Inflatable World** last week for our **Community Access Event**. We hope everyone had as much fun as we did! We had the whole place to ourselves again, with thanks to a Castle Hill RSL ClubGRANT.

Speaking of grants, we were **so grateful** to receive another Castle Hill RSL ClubGRANT that will enable us to **continue hosting** these great events for families in the Hills District and surrounding areas. In addition, it means we can also **attend more events**, like the recent Orange Blossom Festival night markets, with our **sensory breakout tent**. Families were able to visit us to **take a break** from the hustle and bustle of the main event throughout the afternoon and evening.

The team also got together for the **R U OK?Day** National Day of Action earlier in September. While it is important to ask R U OK? *any day*, we used the National Day of Action as a reminder that a **conversation can change a life**. We exchanged affirmations and Emotional Support Buddies - some of you may remember these from the **fantastic stall** at our recent Conference! But if you missed out on getting yourself an adorable sloth, unicorn, or even axolotl, don't worry! Emotional Support Buddies are hosting the first ever '**Colourful Minds**' artist market at the Castle Hill RSL on 26th October to support out-of-the-box creators. [You can book your ticket here](#).

Another upcoming event is our '**Transition to School**' parent workshop on Thursday 24th October from 10am-11.30am. This workshop is **perfect for parents** whose children are starting school next year. [Click here to book](#).

And finally, I was so happy to chat with **Tara from Kindship** recently on their Facebook Live. We chatted early support strategies, managing anxiety in kids, smooth school transitions, and navigating support

systems. [You can watch the replay here](#), or check out our [latest blog post](#).

We hope you have a great start to Term 4 and we look forward to seeing many of you around, both at the Foundation and at upcoming events.

Ellen Witzlsperger

CEO, Stronger Together Foundation

Educational & Developmental Psychologist

P.S. Are you following our new Facebook page? [Click here to check it out!](#)

Announcements

Thank you for your Golf Day donations!

Shout out to BCF Castle Hill for their generous prize donations for our upcoming Annual Charity Golf Day!



We'd also like to thank Custom Design Furniture Castle Hill for these beautiful paintings that will be part of the amazing raffle!

Announcements



2024 Hills Shire ClubGRANTS

Operations Manager, Anwyn Yap, and Events & Fundraising Coordinator, Hui Kuan, were honoured to accept a Castle Hill RSL ClubGRANT alongside so many worthy organisations.

Inflatable World Community Access Event



Orange Blossom Festival Night Markets



R U OK? Day National Day of Action



Transition to School Parent Workshop

This workshop for parents is all about the Transition to School, which is a big milestone for our little people (and parents!).

We discuss things you should know such as key people at school, school environment and routines, liaising with your school, preparing your child, and how you can be supporting them now for this transition.

Thursday 24th October
10am-11.30am
on site at the Foundation

[Click here to book your ticket](#)

Sensory Kidz

Sensory Kidz is an exciting opportunity for children to engage in a supported group with similar-aged peers. Experiences include music and movement, sensory exploration and messy play.

The child-led program offers opportunities for families to understand more about their child's sensory preferences and needs.

- **Wednesdays:**
9:30am - 11:00am
16/7 Anella Ave, Castle Hill

[ENQUIRE NOW](#)

 **1300 111 783**

 info@stf.org.au



Kidz Club School-Aged Group

Kidz Club is an exciting opportunity for children to engage in a supported group with similar-aged peers. They are supported to engage and participate in activities such as music and movement, crafts, games and cooking. Groups are semi-structured, with many child-led opportunities to incorporate their preferences and creative expression.

- **Thursdays**

3:30pm - 5:00pm

16/7 Anella Ave, Castle Hill

ENQUIRE NOW

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 **LIVE**

Ellen 

**Stronger Together
Foundation**



SPEECH THERAPY SERVICES

We have immediate availability for our speech therapy services!

Contact us today to learn more about how we can support your family

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