

## Term One 2024

The SAS program is designed to teach children the skills to be able to:

- Recognise emotions in themselves and others
- Express emotions in appropriate ways
- Cope with anxiety and anger
- Talk and play with others
- Cope with change
- Build and maintain friendships
- Solve friendship problems
- Cope with mistakes and losing
- Recognise and deal with bullying and teasing.

**Total program cost \$3400**



**Register NOW:**

**[hello@thesocialskillshub.com.au](mailto:hello@thesocialskillshub.com.au)**

**ph Anne-Marie 0403 788 136**

### **Child Meetings Mondays 4:30pm - 6:00pm**

Jan 29

Feb 5, 12, 19, 26

Mar 4, 11\*, 18, 25

\*Note there will be a session on Labour Day Monday 11th March

### **Parent Meetings Mondays 5:15pm - 6:00pm**

Jan 29

Feb 5, 12, 19, 26

Mar 4, 11\*, 18, 25

\*Note there will be a session on Labour Day Monday 11th March

### **Follow up Meetings**

24th June 2024

Follow up 3rd Feb 2024, 13th Apr 2024

### **Child Meetings**

Feb 3, 10, 17, 24

Mar 2, 9, 16, 23

Apr 13

### **Parent Meetings Parent Meetings**

**Introductory Online Parent Information Session (all groups)**

Saturday 16th Dec 2023 @ 2pm - 4pm

## What does the SAS Training involve?

### Parent Group Meetings

- Parent group meetings are held throughout the program to advise and support parents on the content of child group meetings. Our facilitators will guide you on how to help your children apply their SAS skills in real life.
- Parents group meetings provide the opportunity for networking and facilitated discussion on the successes and challenges you have faced in supporting your children to use their newly learnt social skills.
- Parent meetings are conducted without children present to allow all parents to speak freely.



### School Support

Classroom teachers are updated on the skills and content children are learning through SAS and how they can support the application of skills in the classroom and playground. This occurs through a combination of providing a series of SAS Teacher Tip Sheets, the Skill Tracker, and teacher consultation.

- SAS is often written into children's individual learning plans to assist teachers to meet the social-emotional goals of their students.
- The SAS Small Group Program is mapped to the Australian National Curriculum.

### Mission and Mission Journal

Between each child group meeting, children participate in weekly tasks, including playing 4 levels of online gamified learning, skills practice activities in day-to-day life and completion of a reflection journal.

### **Skill Tracker System**

This is a short-term daily motivation tool used to encourage children to practice specific skills at home and school, aligned with progression through each module of the program.

### **Assessment Measures**

A combination of questionnaire booklets, an observational assessment tool, computer game performance and Skill Tracker progress, provide valuable information to guide areas of focus for each individual child as well as providing easy and comprehensive outcome reporting.

### **SAS Digital Headquarters**

The online gateway for children to access their club meeting activities, four levels of gamified learning, digital gadget pack, a Mission Journal for self-reflection on real life practice tasks, a multi-user Skill Tracker system, and other tools.

### **Costs**

The total program cost is \$3400. This includes all meetings, follow up sessions, access to online portal. Please note there may be an additional fee for sessions that are missed and make up sessions are required. NDIS funding may be used regardless of whether you are self-managed or plan-managed. Please note that for participants with plan-managed NDIS there may be an out of pocket expense for the family. Contact your NDIS plan manager for further information.



# Term One Dates 2024

## **Mondays 4:30pm - 6:00pm**

Jan 29  
Feb 5, 12, 19, 26  
Mar 4, 11\*, 18, 25

\*Note there will be a session on Labour Day Monday 11th March

Parent meetings are held while your child is in their meeting and begin at 5:15pm and finish at 6:00pm. Please note that siblings should not attend this meeting, you may wish to arrange other childcare arrangements if necessary.

### **Follow up Meetings- Child and parent meetings**

June 24  
Sep 16

## **Wednesdays 4:30pm - 6:00pm**

Jan 31  
Feb 7, 14, 21, 28  
Mar 6, 13, 20, 27

Parent meetings are held while your child is in their meeting and begin at 5:15pm and finish at 6:00pm. Please note that siblings should not attend this meeting, you may wish to arrange other childcare arrangements if necessary.

### **Follow up Meetings- Child and parent meetings**

June 26  
Sep 18

## **Saturdays 2:00pm - 3:30pm**

Feb 3, 10, 17, 24  
Mar 2, 9\*, 16, 23  
Apr 13\*\* - this is the last Saturday of the school holidays.

\*This is the Saturday of the Labour Day long weekend.

\*\*Note the break for Easter

Parent meetings are held while your child is in their meeting and begin at 2:45pm - 3:30pm. Please note that siblings should not attend this meeting, you may wish to arrange other childcare arrangements if necessary.

### **Follow up Meetings - Child and parent meetings**

Jun 29  
Sep 21