

## Cook's Log

### Principal News

Calling all Preps for 2027! Families who have children turning 5 years old by April 30, 2027, applications for enrolment are now open. Please come see us in the office for more information, and to ask any questions. We also ask everyone to share James Cook Primary School number – 9700 2601- to friends who have school-age children for 2027 to make contact with us.

The building is coming along. The F-2 students revel in the variety of heavy machinery that comes in to support the building phases. I love watching how quickly it grows. The finish date has moved out until the middle of December this year, but I have been assured that it will be finished and ready to move into for the start of the 2027 school year.





The Years 3–6 Malmsbury Camp is fast approaching. Mr Colville is currently liaising with the staff at Malmsbury to finalise the activities that students will participate in during their stay. The camp is now fully booked, with no vacancies remaining. Students on the waiting list will no doubt be keeping their fingers crossed for a place to become available.

You may have already noticed that Bob has returned to the crossing. It is reassuring to know that our students are in safe hands and can safely navigate their way across a busy road.

Musical rehearsals are now underway. They are held in Module 4 just outside my office space and I often find myself drawn to the music and joining in with the dancing. The title of this year's musical is, 'Such is the Life of Gordon Mallard'. It was written by a parent of one of our ex-students and we are very excited to bring her creativity to life. Staff are brainstorming and preparing costumes right now. Many children will require of flannelette shirt. If your child already has one, ask your child to let their teacher know. Requests for some other costume items will be communicated soon via Compass.



*"The Winter solstice reminds us that endings are just beginnings in disguise."*

*~ Anne*



Anne Burgess  
Principal



## **Child safety and wellbeing at James Cook Primary School Information for families and our school community**

*James Cook Primary School is committed to providing an environment where students are safe and feel safe. We have a zero tolerance for child abuse and are committed to protecting children from harm. Our comprehensive child safety framework outlines our school's strategies to support student safety and wellbeing. The framework includes the following policies, codes and procedures:*

- Child Safety and Wellbeing Policy*
- Child Safety Code of Conduct*
- Child abuse (including grooming) – identification and response*
- Complaints Policy*
- Student Wellbeing and Engagement Policy*
- Bullying Prevention Policy*
- Volunteers Policy*
- Visitors Policy*
- Digital Learning Acceptable Use Agreement*
- Yard Duty and Supervision Policy*

*Our students and their families are important partners in keeping our students safe. We value feedback and ideas on how we can continuously strengthen our child safety framework. If you have any suggestions or comments, please contact us on 9700 2601 or at [james.cook.ps@education.vic.gov.au](mailto:james.cook.ps@education.vic.gov.au)*

*All of current policies and enrolment information can be found on our website:  
<https://www.jamescookps.vic.edu.au/page/20/Forms-and-Policies>*

# Upcoming Events



## JUNE

- Fri 19th** Year 5/6 Health Education
- Tue 23rd** Year 5/6 Health Education  
School Council Meeting
- Wed 24th** Year 6-7 2027 Placement offers sent home
- Thu 25th** Year 5/6 Health Education
- Fri 26th** Last Day of Term 2:30pm Finish



## JULY



- Mon 13th** First Day of Term 3
- Thu 16th** Foundation 100 Days of School
- Fri 17th** NAIDOC Week Dress Up Day
- Mon 27th - Wed 29th** Year 3-6 Malmsbury Camp
- Tue 28th** School Council Meeting



# Students of the Week

Weeks 8 & 9: 2026



## 00T

Dolcie

For approaching every learning activity with a positive attitude

Ermiya

For his growing confidence and excellent effort in dictation



## 12W

Jason

For pushing himself in his learning and completing all assigned tasks with a positive attitude.

Ali R

For showing bravery by sharing his ideas and participating more often during class discussions.

## 12E

Donia

For showing persistence when learning new sounds and applying them to read and spell words. Keep it up, Donia!

Malak

For being a caring and supportive student, showing kindness and support to others both in the classroom and in the yard.

## 34S

Winter

For settling into our class and building positive relationships with her peers. Well done!

Sita

For her fantastic improvement in using full stops and capital letters in her writing. Keep it up!

## 34H

Nikola

For showing kindness, inclusiveness, and leadership by helping a new student feel welcome and settled at our school. Your support has helped them feel like a valued member of our community.

Al Ayaan

Congratulations to Al Ayaan for making a fantastic start at James Cook Primary School. You have shown courage, positivity, and a willingness to learn as you settled into your new school community.

## 56L

Zubid

For his enthusiastic participation during our musical rehearsal and striving to improve

Milad

For his focus and concentration on our lessons on adding and subtracting integers.



# Students of the Week

Weeks 8 & 9: 2026

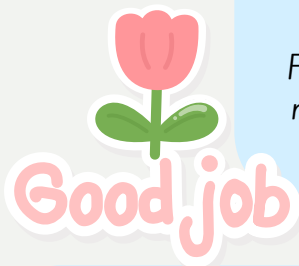
## AUSLAN

*Dolcie 00T*

For being an active learner in class and recalling many colours and food signs to help her friends.

*Dunja 34H*

For signing well during the roleplay and working with her team.



## ART

*Dylan 5/6R*

For his creativity and originality in his Reconciliation Art work.

*Matey 3/4H*

For his excellent understanding and application of skills taught in Art sessions.



## 56R

*Nouman*

For his insightful contribution to our class discussion on the War Horse

*Uzi*

For his energy and enthusiasm during our musical rehearsals

*Letty*

For her consistent effort during our Maths tasks on plotting Cartesian Planes and calculating integers

## P.E

*Bahar 00T*

For displaying respect and care for your classmates and the sports equipment during games and activities in Physical Education.

*Luka 34S*

For being a role model during Physical Education activities and games, always willing to help and encourage your classmates with their learning.

## MANDARIN

*Jessi 34H*

for always being focused during Mandarin lessons, and being a calm and respectful member of the class

*Milad 56L*

for an excellent effort in the Mandarin session, showing great improvement and positive attitude towards learning

*Al Ayaan 34H*

for making a fantastic start in Mandarin, completing his work quickly and producing excellent work





# Module 2

Foundation



## WHAT WE ARE WORKING ON

### Literacy

- Learned to read and write **w, v, and j** and **writing the letters neatly.**
- Practised blending these sounds to read short words like *wet, win, and jog.*
- Read and spell the everyday words: *we, with, all, says, and your.*

### Numeracy

- Learned to count using a tens frame.
- Worked on naming the number that comes right after a given number.
- We practiced figuring out the number that is "one more" and "one less" than our starting number.

11

13

12

14

## FUTURE LEARNING

### Literacy

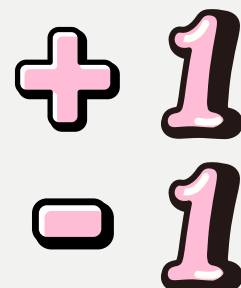
- Continue to read and write **w, v, and j** **neatly**
- We will practice blending sounds to read short words like *jug, wed, and win.*
- We will learn to read and spell the words *says* and *your.*
- We will practice reading and writing the word said again

### Numeracy

- **We will learn** about the numbers from 11 to 19.
- We will learn how to make teen numbers using "1 ten" and extra "ones"
- We will learn how to make teen numbers using "1 ten" and extra "ones"

## UPCOMING EVENTS/NEWS

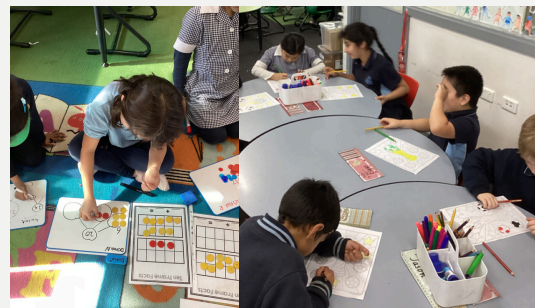
- End of Term 2 - Friday 27th June - 2:30 Finish
- Start of Term 3 - Monday 13th July





# Module 2

Year 1 & Year 2



## WHAT WE ARE WORKING ON

### Literacy

- Learned to read and spell words with the oa and ow spelling patterns.
- Explored words ending in the suffix -er.
- Practised reading with increasing fluency and understanding.
- Learned about pronouns and how they replace nouns in sentences.
- Wrote simple sentences using pronouns.
- Shared reading of *Ask Aunty: Seasons* and discussed new vocabulary and ideas from the text.

### Mathematics

- Identified missing numbers on a hundreds chart using number patterns.
- Located and placed numbers to 1000 on a number line.
- Compared and ordered three-digit numbers using hundreds, tens and ones.
- Estimated and measured the length of objects using informal units such as Unifix blocks.

## FUTURE LEARNING

### Literacy

- Learn to read and spell words with the o\_e spelling pattern.
- Learn about the suffix -est and what it means.
- Continue practising fluency and reading comprehension.
- Continue learning how to use pronouns correctly in writing.
- Make inferences and think deeply about texts during shared reading.
- Write complete sentences using time connectives, capital letters, commas and full stops.

### Mathematics

- Partition three-digit numbers into hundreds, tens and ones and write them in expanded form.
- Identify and represent four-digit numbers.
- Read and write four-digit numbers using numerals and words.
- Add one-digit numbers to two-digit numbers using number lines and base-ten blocks.
- Learn strategies for addition that involve bridging ten.

## UPCOMING EVENTS/NEWS

- End of Term 2 - Friday 27th June - 2:30 Finish
- Start of Term 3 - Monday 13th July



# Module 3

Year 3 & Year 4



## WHAT WE ARE WORKING ON

- Developing our understanding of length and area through practical measurement investigations and mathematical problem-solving tasks.
- Building skills in collecting, interpreting and analysing data to draw conclusions and make informed decisions.
- Continuing our class novel, *Yirra and Her Deadly Dog, Demon*, while exploring themes of Aboriginal perspectives, connection to Country and the importance of storytelling.
- Expanding sentences in our writing with a subject and a verb.
- Strengthening reading comprehension and fluency through guided reading sessions and whole-class literacy activities.
- Enhancing spelling, grammar and sentence construction skills to improve confidence and accuracy in writing.
- Beginning dance rehearsals for our school musical, which students will proudly perform in Term 3.
- Engaging in discussions about the FIFA World Cup and expressing creativity by designing our own football jerseys.
- Bunning Warehouse very kindly volunteered to assist the Outdoor Action Tribe to improve the garden bed between Modules 3 and 4.



## FUTURE LEARNING

- Continuing to read and respond to *Yirra and Her Deadly Dog, Demon* through class discussions, comprehension activities and vocabulary development.
- Further developing explanation writing skills, with a focus on using paragraphs, detailed information and clear text structures.
- Extending mathematical thinking through ongoing problem-solving and reasoning activities.



# Module 3

Year 5 & Year 6



## WHAT WE ARE WORKING ON

- In Maths, students have been exploring Cartesian planes by plotting coordinates and locating points.
- We have also been practising adding and subtracting positive and negative integers.
- We have watched the film War Horse and are now working on our essay topics, comparing the novel and film.



## FUTURE LEARNING

- Next term, we will be working on a new class text, Matilda.
- We will be practising with intensity for the musical as we get closer to our performance.



## UPCOMING EVENTS/NEWS

- Health Education Incursion
- District Athletics
- 3-6 Camp





# Auslan



In the past few weeks, students have been learning signs for different types of food including fruit, vegetables, pizza ingredients, breakfast, and drinks. Foundation and Year 1/2 have made and presented paper pizzas to the class by signing the ingredients they have chosen to put on them.

Year 3/4 are filming a pizza shop roleplay with conversational signing.

Year 5/6 are filming a cafe shop roleplay incorporating their breakfast and drink knowledge with conversational signing.



Next term we will be looking at storytelling. The different grades will translate nursery rhymes, books, and fairytales by using depicting signs and constructed action. They will grow in confidence using expression, non manual features, and body language.



Everyone will



when we all follow our "Matrix of Expectations."

<p>Let's just</p> 	 <p>Protecting yourself and others</p>	 <p>Looking after yourself and making good choices</p>	 <p>Looking after people and property</p>
<p>ALL SETTINGS</p>	<p>We keep our hands and feet to ourselves. We use property and furniture for its correct purpose. We transition in two lines. We tell a staff member if something is wrong. We stay in designated areas.</p>	<p>We return equipment to its rightful place. We put rubbish in the correct bins. We keep all our belongings in their correct place. We follow instructions from staff. We wait quietly when lining up. We ask for help when needed. We admit our mistakes.</p>	<p>We share school property. We wear the correct school uniform. We take turns. We use please, thank you and excuse me. We ask before touching others' belongings. We transition quietly during learning times. We let other out the door before entering.</p>
<p>TOILETS</p>	<p>We give others privacy. We wash our hands with soap. We report problems to a staff member.</p>	<p>We close the door when in use. We flush the toilet. We leave when finished.</p>	<p>We use toilets for their correct purpose. We are quiet. We wait our turn.</p>
<p>LEARNING AREAS</p>	<p>We get permission before leaving. We walk inside. We remain properly seated during learning times.</p>	<p>We have our tools and equipment ready. We are on time. We complete our work on time. We stay on task to reach our goals.</p>	<p>We are quiet during independent learning times. We allow others to stay on task. We wait our turn to speak.</p>
<p>OFFICE</p>	<p>We use the correct doors. We listen to office staff. We sign in and out, when we are late or leaving early. We return to class straight away.</p>	<p>We bring one person only with us to first aid. We sign our mobile phone in and out. We place all payments and forms in the post box.</p>	<p>We wait until the first aid adult invites us in. We enter the office quietly. We wait our turn.</p>
<p>PLAY AREAS / OUTDOORS</p>	<p>We walk on ramps. We stay in the correct play areas. We leave sticks, rocks and stones on the ground.</p>	<p>We move to the Module as soon as the music starts. We ask the yard duty teacher for help if needed. We bring our equipment and belongings in after play.</p>	<p>We discuss, agree to and follow the rules of the game. We accept or decline politely others' playing choices.</p>
<p>ICT</p>	<p>We only use sites on Bookmarks. We use our own log in details. We keep our passwords private. We walk with our Chromebook.</p>	<p>We adhere to the ICT user agreement. We carry our Chromebook as instructed. We return our Chromebook to the charging area. We plug in the charger.</p>	<p>We remove our earbuds when the teacher is giving instructions. We half-close the lid when the teacher is speaking. We keep our hands off the keyboard when the teacher is giving instructions.</p>



# JAMES COOK PRIMARY SCHOOL

## MATRIX OF EXPECTATIONS

Our goal is to build successful and responsible learners, in a safe and respectful environment.



# LOST PROPERTY ANNOUNCEMENT

There are a number of clothing items currently in lost property.

If your child is missing any clothing, you may visit your child's module in between 3:00 - 3:15pm.



To assist with the return of misplaced items, we kindly ask that all children's uniforms and belongings are clearly labelled.

Labelling can be done using a black permanent marker or iron-on labels. This simple step greatly reduces the likelihood of items being lost or unclaimed.



# FOOD PANTRY

Every Wednesday

8:30am - 9:00am

Module 4

# Community News

**iROCK**  
MUSIC SCHOOL



James Cook  
Primary School

## IROCK@SCHOOL

**WANNA ROCK AT JAMES COOK?**

**COME LEARN AN INSTRUMENT WITH THE IROCK TEAM TODAY!**

**PRICES START FROM \$25\* PER LESSON**

**OR CALL US ON 1-3000-IROCK**

**WANT TO FIND OUR MORE ABOUT WHAT WE DO?**

**WWW.IROCKMUSICSCHOOL.COM.AU**

VOCALS, GUITAR, DRUMS, BASS, UKULELE AND KEYBOARD

Unleash your inner  
**ROCKSTAR**

**OR HEAD TO FACEBOOK AND SEND US A MESSAGE!**



\*\$25 EXCLUDES GST



# Tuning in to Toddlers™ Officer

**This fun, practical, and evidence-based 6-week program is designed for parents and carers of children aged 1 to 4 years.**

Discover how to navigate your toddler's big emotions while building a calm, confident, and strong connection.

**Come along and learn how to:**

- Understand, accept, and respond to your toddler's emotional needs.
- Build practical skills to stay calm during tough moments.
- Deepen your daily connection and attachment.
- Create a safe environment for your toddler to grow, learn, and thrive.



*Please note: This program is for caregivers residing in the City of Casey, Cardinia Shire, and Greater Dandenong who have at least 50% custody. Please be aware that children cannot attend the sessions, and childcare services are not provided.*

## **COST**

Free

## **DATES**

**Wednesdays**

July: 29th

August: 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>

September: 2<sup>nd</sup>

## **TIME**

10am until 12:30pm

## **VENUE**

**Kurmboon Child and Family Centre**

297 Pink Hill Blvd, Officer

*Light refreshments will be served*

**Bookings Essential**

**REGISTER HERE:**

<https://forms.officer.com/ea11PkZdvG>



**ENQUIRIES**

P: 9704 8377

[groupwork\\_south@vt.uniting.org](mailto:groupwork_south@vt.uniting.org)

# **Uniting**



# Tuning in to Kids™ Dandenong



**This engaging six session parenting program is designed for parents and carers of children aged 3-12 years.**

Based on an easy-to-follow five-step emotional coaching approach, Tuning in to Kids™ empowers families to build stronger relationships and support children's emotional wellbeing.

Join us and make a lasting impact on your family's wellbeing!

By participating, you'll learn how to:

- Understand and nurture your child's emotional intelligence.
- Confidently coach your child through big feelings by tuning in to their emotions.
- Equip your child with tools to manage emotions, solve problems, and navigate challenges.
- Teach your child healthy ways to handle conflict and build resilience.

*Please note: This program is for caregivers residing in the City of Casey, Cardinia Shire, and Greater Dandenong who have at least 50% custody. Please be aware that children cannot attend the sessions, and childcare services are not provided.*

## BOOKINGS ESSENTIAL

Scan the QR code to register

<https://forms.office.com/r/12ub4HWWZv>



### COST

Free

### DATES

**Thursdays (6 weeks)**  
Starts 30<sup>th</sup> July  
6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> August  
3<sup>rd</sup> September

### TIME

10:00am until 12:30pm

### VENUE

Uniting, Dandenong  
51 Princes Hwy  
Dandenong 3175

*Light refreshments will be served*

### ENQUIRIES

P: 9704 8377

E: [groupwork.south@vt.uniting.org](mailto:groupwork.south@vt.uniting.org)



# Parenting Adolescents

## Narre Warren

**This 6-week program offers an opportunity to reflect on parenting and adolescents, and how you can support your child in having the experiences you hope for as they grow. It is suitable for parents and carers of children aged 10 to 17 years.**

**The Bringing Up Great Kids Parenting Adolescents program supports you as a parent or carer to:**

- explore your parenting style.
- learn more about brain development during the adolescent period and its influence on the adolescents thoughts, feelings and behaviour.
- explore new ways of communicating with your adolescents.
- discover ways to take care of yourself, practice self-compassion and how to find support when needed.

*Please note: This program is for caregivers residing in the City of Casey, Cardinia Shire, and Greater Dandenong who have at least 50% custody. Please be aware that children cannot attend the sessions, and childcare services are not provided.*

### BOOKINGS ESSENTIAL

Scan the QR code to register  
<https://forms.office.com/r/11uNRO7P15>



#### COST

Free

#### DATES

Mondays [6 weeks]  
27<sup>th</sup> July and 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>,  
31<sup>st</sup> August 2026

#### TIME

10:00am until 12:30pm

#### LOCATION

Uniting Narre Warren;  
55 Webb Street, Narre Warren  
VIC 3805

#### ENQUIRIES

P: 9704 8377

E: [groupwork\\_south@vt.uniting.org](mailto:groupwork_south@vt.uniting.org)



# Uniting

Stage School Australia

# BOOK YOUR AUDITION FOR 2026 TODAY!

Singing, Dancing & Acting Classes  
For ages 4 - 18.



**25+ Locations  
across Melbourne!**

[stageschool.com.au](https://stageschool.com.au)

# City of Casey

# Teenage School Holiday Program

## Winter 2026

### Week One

Bookings close **Thursday 25 June 2026**

#### MONDAY 29 JUNE

##### BOUNCE

Venue: 32 Overland Drive, Narre Warren

Time: 10:15 am – 12:00 pm

Cost: \$28 (inc grip socks)

Transport included (see back of flyer)

BYO: lunch/snacks & water bottle.

#### THURSDAY 2 JULY

##### RUSH HQ

Venue: 39 S Corporate Avenue, Rowville

Time: 11:45 am – 1:00 pm

Cost: \$23

Transport included (see back of flyer)

BYO: lunch and/or money, water bottle & socks.

#### FRIDAY 3 JULY

##### FLICKS & CHILL FRIDAY

Venue: Narre Warren Youth Information Centre

Time: 2:00 pm – 4:00 pm

Cost: FREE (snacks included)

Transport not included.

### Week Two

Bookings close **Thursday 2 July 2026**

#### MONDAY 6 JULY

##### FLIPOUT

Venue: 5/42 Overland Drive, Narre Warren

Time: 10:30 am – 12:30 pm

Cost: \$25 (inc grip socks)

Transport included (see back of flyer)

BYO: lunch and/or money & water bottle.

#### THURSDAY 9 JULY

##### THURSDAY FLIX

Venue: Cameo Cinema, Belgrave

Time: 10:30 am – 12:00 pm

Cost: \$20

Transport included (see back of flyer)

BYO: lunch and/or money & water bottle.

#### FRIDAY 10 JULY

##### GAME ON

Venue: Narre Warren Youth Information Centre

Time: 2:00 pm – 4:00 pm

Cost: FREE (snacks included)

Transport not included.

Bookings are essential visit [casey.vic.gov.au/holidays](https://casey.vic.gov.au/holidays)

Contact the City of Casey

Web: [casey.vic.gov.au/youth](https://casey.vic.gov.au/youth)

Phone: 9705 5200

NRS: 133 677 (National Relay Service)

TIS: 131 450 (Translating and Interpreter Services)

Contact event organiser

Veronica Stanley

Email: [vstanley@casey.vic.gov.au](mailto:vstanley@casey.vic.gov.au)

Phone: 9709 9682

Mobile: 0417 395 316



YOUTH  
SERVICES



@caseyyouthservices



caseyyouth



City of Casey Youth Services

# City of Casey

## Teenage School Holiday Program

### Bus Timetable

#### Week One

##### Transport

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#### Monday 29 June

	PICK UP	DROP OFF
<b>BOUNCE</b>		
Cranbourne	9:20 am	12:55 pm
Endeavour Hills	9:40 am	12:35 pm
Narre Warren	10:00 am	12:15 pm

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#### Thursday 2 July

	PICK UP	DROP OFF
<b>RUSH HQ</b>		
Cranbourne	10:45 am	2:00 pm
Narre Warren	11:05 am	1:40 pm
Endeavour Hills	11:25 am	1:20 pm

#### Week Two

##### Transport

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#### Monday 6 July

	PICK UP	DROP OFF
<b>FLIP OUT</b>		
Cranbourne	9:35 am	1:25 pm
Endeavour Hills	9:55 am	1:05 pm
Narre Warren	10:15 am	12:45 pm

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#### Thursday 9 July

	PICK UP	DROP OFF
<b>THURSDAY FLIX</b>		
Cranbourne	9:20 am	1:10 pm
Narre Warren	9:40 am	12:50 pm
Endeavour Hills	10:00 am	12:30 pm

#### ● Pick up and drop off points

##### Narre Warren Youth Information Centre

52 Webb Street, Narre Warren

##### Cranbourne

Lyall Street Bus Stop, Cranbourne

##### Endeavour Hills

Endeavour Hills Shopping Centre Bus Stop, Endeavour Hills

**Bookings are essential** visit [casey.vic.gov.au/holidays](http://casey.vic.gov.au/holidays)

Contact the City of Casey

Web: [casey.vic.gov.au/youth](http://casey.vic.gov.au/youth)

Phone: 9705 5200

NRS: 133 677 (National Relay Service)

TIS: 131 450 (Translating and Interpreter Services)

Contact event organiser

Veronica Stanley

Email: [vstanley@casey.vic.gov.au](mailto:vstanley@casey.vic.gov.au)

Phone: 9709 9682

Mobile: 0417 395 316



**YOUTH  
SERVICES**



@caseyyouthservices



caseyyouth



City of Casey Youth Services

# Conversational English

**Doveton Library**  
Learn English at

## Dates

Wednesdays  
5.45pm – 7.45pm  
During school  
terms

## Details:

Gain English skills to help you communicate and participate in the Australian community, in a friendly, welcoming environment.

## Expression of Interest for Term 2

- Book online at:  
**[events.connectedlibraries.org.au/event?id=207734](https://events.connectedlibraries.org.au/event?id=207734)** or scan the **QR Code**
- Phone **(03) 9792 9497**







## Food and Emergency Assistance

### Do you need food or emergency support?




We provide **material aid** for people and families experiencing crisis or emergency situations.

### ✓ What support can we provide?

-  Food hampers / pantry items when available
-  Food vouchers
-  Help with some medical prescriptions
-  Shower passes

### What to expect when you visit


Our staff and volunteers will:

-  listen to your situation (listen to you about your situation)
-  complete a short assessment
-  work with you to find the right best support available

### Ongoing support

Our funding is limited, so we will not be able to provide ongoing support. We can help you to **connect with other food relief agencies** if you need continued assistance.

### We can also help with

-  referrals to other community services & organisations
-  referrals to financial counselling for budgeting and money management
-  finding better utility providers (electricity and gas)
-  organising setting up payment plans

**Please note:** we cannot pay utility bills, but we will help you explore your options.

### Language support

Telephone Interpreter Services are available.

***You don't have to go through this alone - We're here to help.***

