



Beaumaris Primary School
79-99 Dalgetty Road
Beaumaris VIC 3193
Tel: 9589 2619
Fax: 9589 1957
www.beaups.ps@edumail.vic.gov.au

TASTY HEALTHY RECIPES THAT REHEAT WELL

The recipient family will let the Care & Share program know if there are any special dietary requirements and what foods they like/dislike so we can offer them/avoid them.

Spaghetti Bolognese, Lasagna and Sheppard's Pie are all great family meals, but for more variety try something different ;

- Soups
- Casseroles
- One-pot dishes

To make the meal extra special, you can also send along fresh bread, a nice salad and complimenting condiments.



Care and Share PROGRAM

BEAUMARIS PRIMARY SCHOOL CARING & SHARING



The Care & Share Program

BEAUMARIS PRIMARY SCHOOL CARING & SHARING

Please keep this information handy somewhere at home, as you never know if you will need to call upon a helping hand some day

WHAT IS IT?

This program is designed to help out families within the school community who have been touched by severe illness or hardship.

The program involves parents within our school community who have volunteered to help provide a roster for cooking or baking, child minding, dog walking, shopping, school lunches, cleaning, ironing, school drop offs and pickups, driving to doctor's appointments etc.

All these tasks help the family in need, but such a little job for the person helping out.

WHAT IS INVOLVED? HOW LONG THE PROGRAM LAST?

If you feel you may need some support while a family member is suffering a severe illness or recovering from surgery, all you need to do is complete a Care & Share Program request form at the office.

The coordinator will then be in touch with you to fill out some paper work and find out what sort of help is required.

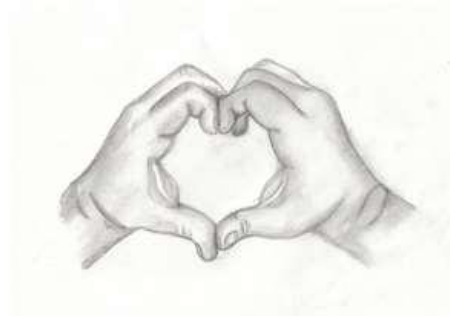
The coordinator will be allocated to you and a volunteer roster will be made up according to your needs.

Sometimes a family may only need the program for a short time eg. After a difficult birth, or it may be a longer term eg. Cancer treatment. Each family's needs will be individualized and changes required can be communicated to the coordinator during the course of the program.

It eases your stress and allows the school community to assist in your time of need.

WHY DO WE NEED THE CARE & SHARE PROGRAM?

This program has many benefits for many people. Not only does it help out a family who may not have a support system in place in their time of need, it also shows our children the importance of looking after others – the importance of giving.



VOLUNTEERS WELCOME

We are constantly adding volunteers to our roster system and would welcome anyone interested in helping put a family in need. Please feel free to add your name on the roster by

TELEPHONE

9589 2619

ONLINE

www.beaups.ps@edumail.vic.gov.au

E-MAIL

beaumaris.ps@edumail.vic.gov.au

IN PERSON

pop into the office

INTERESTED IN VOLUNTEERING? OR REQUIRE HELP?

Sign up to the Beaumaris Primary School Care & Share program!