



# The “Champion” Dads’ Program

## “Champion” Dads’ Group *Start Up Guide*

***as at 29/6/16***

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# 1. How to Start a “Champion” Dads’ Group (CDG)?

## Introduction

When someone asks, “What is the most important thing in your life?”  
The answer 99% of the time is, **“My family”**.

The benefits of effective fathers are profound. The presence of an effective father, or father figure, is an important influence on a child’s life. Mums generally do a great job as do some dads. However some dads need to get more involved to be really effective.

**\*The great benefits of effective fathers or father figures are;**

- Father engagement positively affects social, behavioural, psychological and cognitive outcomes.
- A Father’s love is linked to psychological well-being and good health.
- Father support is associated with protective sexual behaviour.
- Positive fathering contributes to fewer school adjustment problems & better academic progress.
- A Father’s influence on issues of weight and physical activity is very strong.
- Fathers play a critical role in fostering social skills and capacity for positive relationships.

\* Research - Wood, Lisa and Lambin, Estée (2013). *How fathers and father figures can shape child health and wellbeing. The University of Western Australia.*

Whilst appreciating the role of the father as a provider, why then don’t some fathers work at being a father like they work in their job? Men work at up-skilling, learning, performance managing, working in a team, creating the right conversations and focusing on quality. In essence being a better performer at work. Many dads do a great job of both but too many dads don’t work at it with their families!

But don’t be daunted, it is not rocket science, it just takes a bit of awareness, thought and effort. The “Champion” Dads’ Group will help to deliver this and the results will be stunning.

***“It’s completely changed my life, my outlook. I’m happier in my life. I can’t thank The Fathering Project enough. It has completely changed my life for the better and I will be forever grateful to The Fathering Project.” Luke – electrician and father of 3 boys.***

***“Our Champion Dads’ group, under the umbrella of The Fathering Project, has been an outstanding feature of our school community for a several years. The group is very supportive of the school and of each other. These Dads play a significant role in the lives of their children, participating in many “Dad and the kids” activities throughout the year.***

***It’s impossible to quantify the value of the Champion Dads to our school. As fathers, they are fantastic role models to their children and to the wider community. Our society as a whole is strengthened by the presence of such a group.” Barbara Horan – Principal, Booragoon Primary School***

If you are interested in forming a “Champion” Dads’ Group we have put the following guidelines together to assist your journey. The Fathering Project staff and volunteers are also on hand to provide support and guidance.

### **What is a “Champion” Dads’ Group?**

Fathering is not an issue that is talked a lot about amongst fathers, yet there are enormous benefits for both dads and kids when dads feel supported and informed to enable them to be better fathers.

A “Champion” Dads’ Group is a group of dads from a school that is created to be an enjoyable, social group that builds interaction, knowledge and skills of fathers and father figures but most importantly is an opportunity for dads to get together in a relaxed, informal environment.

This core group of dads, “Champion Dads” or Father figures, will run activities in the school community. They are not “Champion Dads” because they are perfect dads but because they are committed to championing the need for being better dads for the sake of their kids, their partners and the community.

The activities undertaken by the “Champion” Dads’ Group include;

- Father and father or father figure (uncles, grandfathers, coaches, teachers, etc.) activities.
- Father and child activities.
- Father and The Fathering Project activities.
- Father and School activities.

The intent is to have one or two activities each term. However these activities are not prescriptive, it is what the group believes is appropriate and are suitable at the time.

## **This is Not Just for Men!**

Whilst the aim is to engage the men, the role of the women cannot be underestimated. After all, improved performances by men will be of great support to the women. Teamwork is essential in any program. The women can assist by motivating (in some cases “pushing”) men to become involved and providing help in promoting and organising activities.

The initial presentation at the school by the Fathering Project should be for men and women. It will provide the background information about the project and the motivation for dads to join up and start their own Dads’ Group.

## **Getting Started!**

**The following information is a summary of the phases and suggested steps for organising a “Champion” Dads’ Group.** The process can be likened to *“Lighting a Campfire!”*

### **A. Get permission to “light a campfire” in the School community.**

- |        |                                |
|--------|--------------------------------|
| Step 1 | Get the school on board        |
| Step 2 | Identify the Champion dads     |
| Step 3 | Develop a planner              |
| Step 4 | Conduct an information session |

### **B. “Light the campfire” - Motivate & inspire!**

- |        |                             |
|--------|-----------------------------|
| Step 5 | Build your database of Dads |
| Step 6 | Complete basic admin tasks  |

### **C. “Keep the campfire alight”**

- |        |  |
|--------|--|
| Step 7 | Conduct your activities – Dads & dads and Dads & Kids. |
|--------|--|

### **D. “Keep the campfire stoked”**

- |        |   |
|--------|---|
| Step 8 | The Fathering Project support role – provide resources, ideas, etc. |
|--------|---|

## A. Get permission to “light a campfire.”

### Step 1 Identify the Champion dads (or mums)

1. Any group needs leadership. The “Champion” Dads’ Group requires a core of fathers to drive the program. There is some work, but the rewards are immense. The more fathers involved, the easier will be the distribution of tasks.

Champion dads can be identified by the P & C, school administration or from parents who have come to know The Fathering Project. It is appropriate to create an arrangement with the class reps (usually the mums) to assist with the identification of the champion dads and to promote activities.

2. The group should have some order, identify a leader and secretary as a minimum. The others need to commit to being available to do some work, attend planning meetings and sharing the load.
3. Hold an initial meeting of interested parents, mainly dads.
4. Identify a preferred meeting time for future meetings, share contact details, identify others who may help?

### Step 2 Get the school on board

- On some occasions the school may initiate the program, on others you will need to talk to the Principal. They may already know about The Fathering Project from our contacts with them. The Director General of Education and the President of the WA Primary Schools Principals’ Association are both strongly supportive of The Fathering Project.
- Impress upon the Principal the benefits of the program but also the need for little work by the school. The collaborative fathering group is there for the benefit of the school.

### Step 3 Develop a planner

- It is a good idea to take to the first presentation a draft of a yearly planner, detailing some activities to be undertaken during the year. The focus must be on fun and rewarding activities.
  - Review the options available from a range of activities available from the Fathering Project and conducted successfully by other school groups.
  - Select activities that best suit
  - Commit to activities and dates
  - Identify who is responsible and lock in a time
- This stage is not always possible as the first presentation is often a vehicle to identifying a group of interested fathers.

### Step 4 Administration

- As with any group there is a need to undertake some admin issues. These include formalising the relationship with the school/Parents’ Association, finance management and insurance issues.
- This is best managed through the P & C/P & F, or School Board. The P & C should be contacted with a request for the “Champion” Dads’ Group to become an authorised activity of the P & C. A Terms of Reference document is included in this guide. Request a letter from the P & C formally recognising and endorsing the group’s role and activities before commencing any activities. This will enable insurance coverage and a method of managing funds.
- It is also important to create the relationship with The Fathering Project. There is no financial outlay, simply a need to commit to The Fathering Project resource and engagement guidelines. We should be

good friends by now, it is simply a matter of ensuring the relationship and communication is maintained. We need to play an active role in this process.

- The Fathering Project will issue a “Certificate of Recognition” to each “Champion” Dads’ Group to formally acknowledge their participation in our program.
- This will be issued when the CDG registers on our website and submits the following information to the TFP Schools Manager;
  - The CDG membership list including leadership group details.
  - A copy of the P&C or School Board’s endorsement letter or email.
  - The CDG’s plan, including a list of planned activities.

#### AN EXAMPLE OF THE CERTIFICATE



### Light the campfire

#### Step 5 \*Conduct an information session

*\*The information session often will precede steps 4 and 5 as the session may be used to create interest in forming the fathering group in the first instance.*

- An information session should be arranged with a guest presenter from The Fathering Project. The aim of the session is to **inspire all the other dads to be involved** in the activities organised by the group.
  - Set a date
  - Find a venue
  - Determine a format
  - Contact the parents - (\*Promote, cajole, call or strongly encourage parents to attend)
  - Create a sense of excitement by detailing the first activity.

*\*It is important to note that an email/message from the school is **not enough** to gain interest. You need to ‘work’ the drop off and pick up time. Mothers have a key role here as they enlist the support of other mums to get their husband/partner/father figure to attend. The use of the class reps, direct email and social media are other effective measures. **The most effective strategy is to ask the class teachers to get the children to write a “personal invite” to their dad to attend!***

#### Step 6 Build your database

- It is important that the “Champion” Dads’ Group builds its database. You need to keep in contact with the families at your school. The names and contact details of parents should be collected in addition to their approval for the group to contact them.
- In order to keep the parents engaged and informed, a key requirement is to sign up the Dads to The Fathering Project’s weekly email. These emails provide daily “Tips for Dads” that inspire and remind dads

of the great things they can do each day with their children. This can easily be done by asking Dads to go to our website and fill in their name & email address and they will receive daily tips and news.

## Keep the campfire alight

### Step 7 Conduct your activities

- It is important to show there is some momentum after the initial “get-togethers”. Conduct the first activity soon after the first get together. This could be a father and child activity such as a kids’ camp out or social event e.g. lawn bowls.
- Once the program has been developed, circulate it to fathers to put in their diaries and ask them to commit to the program. Promote your successful activities widely through all media, school newsletter, emails, etc as it will generate interest and motivate others to join in.

## Keep the “campfire stoked”.

### Step 8 The Fathering Project’s support role

- The Fathering Project will work in partnership with your School Group. Our role is to undertake the following;
  - Mentor the group
  - Support the group
  - Reward & recognise the group
  - Conduct an Annual Group workshop
  - Stimulate information exchange - Best practice, activities, etc.
  - Provide special session on topic of interest.

### The Fathering Project Support Team.

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## **2. Key Elements of the “Champion” Dads’ Group (CDG)**

### **➤ Key Role**

- The CDG’s key role is to provide leadership and direction to the group of “Champion Dads”, school fathers, father figures and support people, including Mums.
- The FPGS should actively & positively promote the important role of fathers & father figures to the entire school community.

### **➤ Membership/Leadership**

- The FPGS should have committee comprising a minimum 6 “Champion Dads” or volunteers.
- The FPGS should select a Leader and an Administration Officer from the committee.
- The Leader will be the main contact person with The Fathering Project.

### **➤ Administration**

- The CDG should seek formal approval and support, in writing, from the school community through the P & C or School Board. This will provide the necessary insurance coverage required for any activities conducted by the group.
- The CDG should seek formal recognition from The Fathering Project by submitting their Action Plan to the Schools Manager before they commence their first activity.

### **➤ Action Plan**

- The CDG should produce an Action Plan stating their purpose, objectives, membership, formal approval by school community and calendar of key activities.
- It is important the CDG becomes self-supporting and self-sustaining in order to ensure it continues to grow and remain vibrant, rewarding and effective.
- The plan should include ways of “sharing the load” by effective delegation to other dads, father figures and volunteers.



### **3. Letter of Support from School Board or P & C - Template**

*The following template is a suggested format for a supporting letter from the school;*

Mr (insert name of "Champion" Dads' Group Leader)  
President/Leader?  
"Champion" Dads' Group  
(Insert name) Primary School  
(insert name of Street)  
(insert suburb) (insert postcode) WA

Dear (insert name of CDG Leader)

The School Board (or P & C) of the (Insert school name) School formally recognises the (insert school name) Primary School "Champion" Dads' Group as of the (insert date).

This formal recognition gives the (insert school name) "Champion" Dads' Group approval to conduct activities involving parents and students from the (insert school name). The (insert school name) CDG's activities will be covered by the Board's (or P & C's) Public Liability Insurance Policy from the date of this letter.

This approval and recognition is given under the clear understanding the (insert school name) "Champion" Dads' Group acts in accordance with the standard policies and guidelines adopted by the Board (or P & C) and applies all the standard OHS regulations to the agreed activities.

The Board (or P & C) wishes the (insert school name) "Champion" Dads' Group well in its efforts to assist dads, and father figures, to have a positive impact on the lives of the children through its activities.

Yours sincerely

Insert name  
Chairman (or P & C President)

(insert date)

#### 4. THE FATHERING PROJECT'S PRESENTATION - KEY DETAILS & THINGS TO CONSIDER

##### FOR THE SCHOOL, COMMUNITY OR CORPORATE GROUP HOSTING A SESSION.

	Item	Key Details	Notes
1.	Select the Venue	<ul style="list-style-type: none"> <li>• Match size with numbers</li> <li>• Warm, friendly</li> <li>• Seat men around tables</li> <li>• Golf Clubs, Bowling Clubs, etc are good</li> </ul>	
2.	Advertising	<ul style="list-style-type: none"> <li>• TFP will provide a flyer &amp;/or invitation template</li> <li>• Allow 3 weeks intensive promotion</li> <li>• Use mums to "<i>motivate/sign up/push</i>" men</li> <li>• <b>Minimum of 20 men recommended</b></li> </ul>	
3.	Times	<ul style="list-style-type: none"> <li>• Wednesdays preferred but Tues &amp; Thurs ok.</li> <li>• 7pm Fellowship -Nibbles &amp; drinks</li> <li>• 7.30 Presentation starts</li> <li>• 8.00 – Break – 5 mins</li> <li>• 8.30 - The next steps</li> </ul>	
4.	Registration	<ul style="list-style-type: none"> <li>• Ask your school office staff to assist</li> <li>• Men should register.</li> <li>• Harvest men's email &amp; Mobile contacts</li> </ul>	
5.	Cost	<ul style="list-style-type: none"> <li>• TFP strongly recommend a small charge</li> <li>• \$5 - 15 is our recommendation</li> <li>• TFP cost of \$10 will cover the Resource Folder.</li> </ul>	
6.	Arrival of men	<ul style="list-style-type: none"> <li>• Must have "welcomers" who have excellent greeting skills</li> <li>• Issue name tags (optional) with children's class rooms.</li> <li>• Watch out for "loners" - try to engage them.</li> </ul>	
7.	Music	<ul style="list-style-type: none"> <li>• Begin playing music at 7pm</li> <li>• Select background style</li> <li>• Stop at 7.25pm</li> </ul>	
8.	Food	<ul style="list-style-type: none"> <li>• Strongly recommend supplying some food &amp; drinks.</li> <li>• Platters &amp; nibbles are best.</li> </ul>	
9.	Champion Dads' Group Leader	<ul style="list-style-type: none"> <li>• Leader welcomes TFP speaker at 7.30pm.</li> <li>• Leader outlines progress so far &amp; 1<sup>st</sup> Dads &amp; Kids activity at 8.30pm</li> <li>• Invites men to sign up for Dad's group and Dads &amp; Kids activity (gives details on sheet)</li> <li>• Thank TFP speaker 8.45 - 9pm - Close</li> </ul>	

#### **4. (continued) INFORMATION NIGHT Presentation Function Invite - Template**

School groups may like to use the following invite template when conducting their first INFORMATION NIGHT Presentation.



**(Insert name) School Dad's Evening**

**Date: Time: Venue:**

**RSVP: (date by & to whom?)**

Come along and socialise with the other Dads from (insert name) School. This will be an interactive, informative evening for all the fathers and father figures to meet, talk, share and support each other in trying to be the best dads they can be!

When someone asks, ***“What is the most important thing in your life?”***

The answer 99% of the time is, ***“My family”***.

The benefits of effective fathers, or father figures, are profound and have a very important influence on a child's life. Mums generally do a great job as do some dads. However some dads need to get more involved to be really effective so come along and get some great tips. **Everyone “wins”, dads, wives, partners, kids, school & the community.**

***“It's completely changed my life, my outlook. I'm happier in my life. I can't thank The Fathering Project enough. It has completely changed my life for the better and I will be forever grateful to The Fathering Project.” Luke – electrician and father of 3 boys.***



**Q. How do I get Dads to attend the Information night? A. We suggest the organiser(s);**

1. Meets with, or talks to, the Mums/Partners who are most “socially” active in the school. Convince them that their partners should go and ask them to really encourage them to attend. Show them the Georgina Ballantine Video - <https://www.youtube.com/watch?v=lqyia8fh7sU>.
2. Calls the session a ***“Dads' Get Together or Meet the Dads' Night”*** not *“A lecture on parenting”*.
3. Asks any Dads who register to try to ***“Bring a mate”*** and why not provide a prize for whoever brings more than one mate!
4. Organise for children to write a personal invite to their father.
5. Uses all forms of promotion to advertise the event e.g. Facebook, Email, posters, invites, newsletters, word of mouth, twitter, etc.
6. Strongly promotes that the session will definitely ***help their kids!***
7. Makes sure the venue is one where the Dads will feel comfortable.
8. Provides some drinks and nibbles (alcohol optional).

## Presentation Booking Form

School, community or corporate groups seeking a presentation by **The Fathering Project** are requested to please complete the following form & email it to; [admin@thefatheringproject.org](mailto:admin@thefatheringproject.org) at **least 4 weeks** before the function. Your Presentation is **NOT CONFIRMED** until this form has been received and acknowledged by The Fathering Project contact person - Colin West on 0412 133375. Thank you.

Item	Details
<b>Group/School/Company</b>	
<b>Date</b>	
<b>Time</b>	
<b>Venue</b>	
<b>Room details</b>	<b>Capacity -</b>
	<b>Location</b>
	<b>Style of room</b>
<b>Address of venue</b>	
<b>Presenter requested</b>	
<b>Topic requested</b>	
<b>Fees/Donation</b>	The Fathering Project is a not for profit organization and we seek donations to cover our expenses. We don't charge for our school presentations but recommend the following if the group would like the participants to receive resources. The 2 options are; <ol style="list-style-type: none"> <li>1. \$5 for a "Blue Book of Tips" per participant</li> <li>2. \$10 for our Resource Folder, includes the Blue Book.</li> </ol> <p style="text-align: center;"><b><i>Please circle the number of your choice.</i></b> *An additional donation of the groups choosing would also be much appreciated.</p>
<b>Payment</b>	Please indicate how you will pay? Invoice, Cash, or another method?
<b>Program Timetable</b> e.g. start time, breaks, end time, etc.	Suggest 7.00pm Start - Fellowship 7.30pm Commence Presentation 8.00pm Break – 15 mins 9.00pm Conclusion
<b>Group/School contact</b>	<b>Name</b>
	<b>Email</b>
	<b>Phone</b> <b>Mob</b>
<b>Champion dads' names &amp; contact details (if formed)</b> <b>School presentations only</b>	
<b>Please indicate if group /school can provide AV equipment.</b>	Projector    Yes/no Speakers Screen Microphone
<b>Anticipated attendance</b> <b><i>Please note: a minimum of 20 is required.</i></b>	
<b>Method of promotion i.e. how did you promote the event?</b>	
<b>Details of first activity after initial presentation.</b> <b>(for school presentations only)</b>	
<b>Other comments prior to presentation.</b>	

### **A PROVEN PLAN FOR A SUCCESSFUL DADS' EVENT TO LAUNCH A "CHAMPION" DADS' GROUP!**

For schools planning their first Dads' Night, the most successful inaugural events have followed this proven formula;

- Promote the event as a social, enjoyable "Meet the Dads of XX PS" event **not a "Fathering project presentation or lecture"**. Strongly promote the "social, enjoyable night" aspect through "Face to Face" approaches to dads e.g. Dads (or mums) actively talking to dads & mums at drop off/pick up time, at assemblies, carnivals, etc. Effectively use the "Mums' Network" and get them to "strongly" encourage their partners to go. Use social media. A very successful strategy is to ask the teachers to get the children to write an "Invitation to Dad".
- We require a minimum of 20 to conduct the event so please ask people to register (e.g. RSVP in writing) and commit to the event.

- Always start the event with 20-30 minutes of “social time” where 2 or 3 “leader” dads “welcome” the Dads as they arrive & issue them with name tags with the fathers’ children’s room numbers on them. Men then are encouraged to stand around, meet, talk, drink (alcohol optional), eat, laugh, etc.
- The Dads then move to tables in small groups of 3 or 4. The school contact dad, or initial group leader, introduces the TFP Presenter who will provide information & practical tips on fathering and after a “half time” break, tell them about the brilliant activities and fun times of “Champion” Dads’ Groups at other schools e.g. Booragoon PS, Currambine PS, St Peters CPS, etc.
- TFP presenter will then spend approx. 30 minutes getting the dads talking about issues, informing them about TFP & giving practical tips.
- Then have a break for 10 minutes – dads can talk about the tips, coffee/tea, eat, etc.
- The last 30 minutes are crucial! TFP Presenter talks about the great things happening at other schools & how easy and fun it is for the dads & kids.
- Then TFP asks initial “Leader(s)” to come up and then tells the group we already have a few dads who are happy to get things going, that is if the group thinks forming a group is a good idea?
- If they say yes, then;
  1. Talk about & agree on a small team of leaders (4-6),
  2. Discuss & agree on what activities they would like to do in the year ahead (max 4),
  3. Agree on a date for the first Dads’ & kids’ Activity in approx. 4 weeks time
  4. & get them to commit to the group by providing contact details and commit to attending the first activity.
- If all goes well we would have inspired them, informed them, formed the group, have leaders, have a plan, set up the first activity and be **“UP & RUNNING!”**

## **5. Risk Management**

The Fathering Project is committed to providing a safe and healthy environment for all participants.

It is critically important that all “Champion” Dads’ Groups (CDG), and CDG Members, be aware of their obligations under the Occupational Health and Safety Standards /Provisions.

1. CDG members should seek guidance from their school’s principal with regards to Risk Management and Child Protection issues before conducting any activity.
2. All members who require a Working With Children Check must receive it before being involved in any CDG activities involving children under the age of 18. See policy below.
3. All members owe a duty of care to all the participants involved in the CDG activities.
4. All activities conducted by the CDG require a Parent, or legal guardian, to be present with their child or children.
5. CDG leaders should seek guidance from their school’s principal, and or insurance agent, with regards to participation by children **who do not attend, or adults who are not directly attached to**, the CDG’s school.

### **WORKING WITH CHILDREN CHECK PROCESS**

#### **Recommendations and Information for Leaders of Fathering Project School Groups and Authorised TFP Presenters.**

The Fathering Project is committed to providing a safe and healthy environment for all participants. It is critically important that all Fathering Project School Groups (FPSG) and FPSG Members, be aware of their obligations under Child Protection and Occupational Health and Safety Legislation.

The Fathering Project strongly encourages Dads’ Groups to regularly consult with their Principal about Working with Children (WWC) Checks and any other child protection and risk management issues.

#### **The Working with Children Check**

- The Working with Children Check (WWC Check) is a comprehensive criminal record check for certain people in child-related work in Western Australia.
- We recommend you visit the WWC Check website <https://www.workingwithchildren.wa.gov.au> for comprehensive information and resources on the WWC Check.
- As **parent volunteers in many situations where their own child is involved** are exempt from requiring a WWC Check, we recommend that you develop a Code of Conduct for your FPSG. Your school Principal should be able to provide advice and guidance around acceptable behaviour and child safe practices.
- FPSG Leaders and Authorised Presenters will be engaging in child-related work and require a WWC Check.
- There is no exemption from a WWC Check for any adult who will be running activities or have other formal roles on a camp. They will require a WWC Check.

- There is no exemption from a WWC Check for any adult who is **NOT a parent or Legal Guardian** of a child involved in FPSG activities. These include father figures like grandfathers, uncles, brothers, family friends, etc. If these adults will be running activities or have other formal roles at events or camps, they will require a WWC Check.
- All members who require a WWC Check **must** apply for a check **before** being involved in any FPSG activities involving children under the age of 18. In most cases the law allows for a person to engage in child-related work while their WWC Check application is assessed. Members should provide their WWC Check application receipt to their FPSG Leader as proof they have applied for a check.
- It is ultimately the responsibility of the Education Provider or Community Group to ensure that they comply with the legislation.

## 6. DAD & KIDS' ACTIVITIES FOR THE CALENDAR!

**"Champion" Dads' Groups are encouraged to take part in the following exciting community events!**

\* This list does not include of all the fantastic community events in WA – *HOW MANY MORE CAN YOU THINK OF?*

MONTH	*MAJOR EVENT	The Fathering Project's Suggested Activities
January	HOPMAN CUP/CRICKET/SKYSHOW	Dads have a hit of tennis in the driveway or local courts with your their kids! Take them to the tennis. Bowl a ball to your child or go to the cricket. Go to the Skyshow.
February	SCHOOL STARTS/OUTDOOR CINEMAS/PERTH FRINGE OR ARTS FESTIVAL	Dads take your kids to school and meet the teacher. See a movie at an outdoor cinema or attend a Music Festival.
March	MANDURAH CRAB FESTIVAL/FREEWAY BIKE RIDE	Catch a crab with your children. Go to the beach or river. Ride a bike with your child. Ride the Munda Biddi Trail. Take Kids to a Farmers' Market.
April	EASTER/CAMP OUT	Go camping in the bush or backyard! Walk the Bibbulmun Track
May	MILLION PAWS WALK	Take your dog for a walk.
June	SLEEP OUT	Sleep out overnight and support homeless people!
July	VISIT or SEE A SHOW	Go and see a movie or show at the cinema or theatre. Visit the Mint, Museum, Art Gallery, Maritime Museum or Scitech.
August	CITY TO SURF/DAFFODIL /AVON DESCENT	Run or walk in the City to Surf. Cook a YELLOW cupcake for Daffodil Day. Paddle a canoe on the river.
September	FATHERS' DAY/FOOTY FINALS	Plan a special activity for Fathers' Day. Go to the local footy finals or kick a footy at the local park.
October	BATHURST MOTOR RACE	Build and race a Hill Trolley!
November	MELBOURNE CUP/STREET FESTIVALS/PICNIC RACE DAY	Go to a local market. Visit the Local Street Festival. Take the kids to a picnic race day in the country.
December	CHRISTMAS HOLIDAYS	Decorate the Christmas tree. Put up some Christmas lights. Plan an active summer holiday break to a new WA location to swim, dive, surf, ski, fish or just relax with your kids.

## **7. A List of Potential Activities for “Champion” Dads’ Groups**

**Effective First Events!** - The following events have proven to be effective, enjoyable, motivating and easy to organise activities to start your “Champion” Dads’ Group program.

### ***Dads & Kids – Title & Key details***

➤ ***“Sundowner”***

- BBQ or Picnic – BYO option
- Friday or Sunday evening
- School oval or local park
- Activities – play fun games

➤ ***“Athletics Carnival”***

- Dads & kids dress in faction colours!
- Dads walk kids to school
- Morning of Athletics/Faction Carnival
- Activities – special “dads event(s) or father & child event(s)”

- ***“BBQ Breaky”***

- BBQ &/or healthy options
- School morning or weekend
- School’s undercover area
- Activities – mini quiz, guest speaker, competitions, prizes, magician?

- ***“Disco Dance”***

- Food & drinks
- Weekday or weekend evening
- School undercover area
- Activities – dancing, singing, competitions, prizes, fancy dress?

- ***“Movie Night”***

- ***proudly supported by Aussie Outdoor Cinemas – for bookings go to [aussieoutdoorcinemas.com.au](http://aussieoutdoorcinemas.com.au) or call 0417 394 419.***
- Food & drinks
- Weekday or weekend evening
- School undercover area or oval – bring rugs, low chairs, bean bags
- Activities – competitions, prizes,

- ***“Cooking Comp”***

- Dads & child/children – make a pizza or create a dish, bring own ingredients & utensils, etc.
- Weekday or weekend morning or evening
- School undercover area
- Activities – Competitions – “Master Chef/My Kitchen Dad Rules”, judges, prizes, fancy dress e.g. dress as a chef/favourite chef? Food from many cultures.

**Fathers & Fathers – Title & Key Details** - *Groups could include an incentive to attend e.g. chase the ace, prize draws, etc.*

➤ **Lawn Bowls Night**

- Food & drinks
- Weekday evening or weekend
- Local bowling club
- Activities – fun, social competitions groups of 4, prizes, fancy dress?
- Information – provide an opportunity to discuss a “Dad Issue” during the evening e.g. between rounds of a competition.
- Topics – resilience, social media/cyber bullying, being there, etc.

➤ **Tavern/“Bookclub” night**

- Have a meal together in small groups
- Weekday evening or weekend
- Local hotel/tavern/sporting - bowling club
- Activities – mini quiz, bring a book/magazine to swap, tell of “dad joke”.
- Information – provide an opportunity to discuss a “Dad Issue” during the evening e.g. between main & dessert courses.
- Topics – resilience, social media/cyber bullying, being there, etc.

➤ **Darts/Pool night**

- Cash bar - Food optional
- Weekday evening or weekend
- Local hotel/tavern/sporting - bowling club
- Activities – fun, social comps in pairs, prizes, fancy dress – TV Darts?
- Information – provide an opportunity to discuss a “Dad Issue” during the evening e.g. between rounds of a competition.
- Topics – resilience, social media/cyber bullying, being there, etc.

➤ **Cards/Poker night**

- BYO Food & drinks
- Weekday evening or weekend
- School library, undercover area (bring a card table), Local sporting/bowling club
- Activities – fun, social competitions, fancy dress?
- Information – provide an opportunity to discuss a “Dad Issue” during the evening e.g. between rounds of a competition.
- Topics – resilience, social media/cyber bullying, being there, etc.

➤ **Wine/Beer tasting**

- Provide cheese & biscuits, bring a bottle to taste or get a Local liquor store to supply wines?
- Weekday evening or weekend
- School library. Staffroom, undercover area, Local /sporting bowling club
- Activities – wine judging, describe the flavours, prizes for guessing label flavours, etc, fancy dress?
- Information – provide an opportunity to discuss a “Dad Issue” during the evening e.g. between rounds of a competition.
- Topics – resilience, social media/cyber bullying, being there, etc.

➤ **Sports Quiz night**

- BYO Food & drinks if at school venue or home
- Weekday evening or weekend
- School undercover area, library, Local sporting/bowling club, tavern.
- Activities – fun, social competitions groups of 4, prizes, fancy dress?
- Information – provide an opportunity to discuss a “Dad Issue” during the evening e.g. between rounds of a competition.
- Topics – resilience, social media/cyber bullying, being there, etc.



❖ **The following is a list of other potential activities for fathers (or father figures) only to be involved in.**

- ✦ Golf day
- ✦ Pizza night
- ✦ Pub night – meal and discussion.
- ✦ Busy bee at the school
- ✦ A Day at the Races

❖ **The following is a list of potential activities for fathers and/or father figures and their kids. To be selected for age specific groups. *Activities – “A to G”***

- ✦ AFL or WAFL game – watch a game or kick a footy on the WAFL ground
- ✦ Adopt an animal – visit the RSPCA
- ✦ Adventure World – have fun on the slides & rides
- ✦ Archery – try something new
- ✦ Bibbulmun Track – hiking in the bush
- ✦ Bike repair/building – learn a new skill
- ✦ Bike riding – find a new bike path
- ✦ Build a ??? workshop – tent, cubby, etc
- ✦ Build a Hill Trolley (billy cart)
- ✦ Bush knowledge – go on a Kings Park or forest tour
- ✦ Bush walk – see [Trails WA](#)
- ✦ Camping see [Nature Play WA camping](#)
- ✦ Canning Vale markets – get up early
- ✦ Car maintenance – teach teenager to change a tyre!
- ✦ Circus performing – try the Sunset Trapeze at Scarborough Beach
- ✦ City to Surf fun run
- ✦ Computer activities – Skills, Build a website, Gaming
- ✦ Cricket at the WACA
- ✦ Dads and kids breakfast e.g. Fathers Day
- ✦ Day on the river canoeing
- ✦ Excursions for a list of places see [Nature Play WA excursions](#)
- ✦ Family fun day
- ✦ Father daughter dance
- ✦ Fishing in the river or sea
- ✦ Garden (vegie & ornamental) – help build at your school
- ✦ Gardening – plant and grow some vegetables or flowers
- ✦ Geocaching see [Nature Play WA geocaching-a world wide treasure hunt for everyone](#)
- ✦ Gym/health club program – get fit together, try yoga!
- ✦ Hiking see [Nature Play WA hiking](#)
- ✦ Horse riding
- ✦ Ice skating
- ✦ Kayaking see [Nature Play WA kayaking](#)
- ✦ Kids teaching parents English
- ✦ Lawn bowls
- ✦ Market Day – these are springing up everywhere & are great fun for all the family.
- ✦ Mountain Biking see [Trails WA](#)

- ✦ Movies – a fun way to spend a very hot or very cold day!
- ✦ Munda Biddi mountain bike track
- ✦ Mundijong stock yards
- ✦ Museum visit – Perth, Maritime, Mint, etc - they have new exhibitions
- ✦ Music concert – many councils now have free family concerts in the local park.
- ✦ Outdoor programs – canoeing, bush walk, see [Parks WA](#)
- ✦ Rail Trail ride
- ✦ Rottnest Island Visit
- ✦ Scitech visit
- ✦ School camp out
- ✦ Serpentine Dam, Mundaring, Wellington Mills, Leschenault national park.
- ✦ Soccer sports day
- ✦ Sports Day – go to a “Have a Go” day & try a new sport
- ✦ St Vinnies sleep out – support our Homeless People
- ✦ Support a charity – volunteer to assist with their many fundraising activities
- ✦ Swap Meet/Day – clothes, furniture, etc – there are many “treasures” to be found!
- ✦ Take your child to work with you, or for a visit at least
- ✦ Ten Pin Bowling – who can get the first STRIKE!
- ✦ The Great Board Game extravaganza – play Monopoly, Scrabble, Pictionary.
- ✦ Theatre Sports
- ✦ Trace your ancestry – who will you find? A hero, a famous person or maybe a convict!
- ✦ Train ride to ... Fremantle, Midland, Northam, Bunbury or even Adelaide!
- ✦ Treasure hunt
- ✦ Whiteman Park visit – see the Eagles fly!
- ✦ Zoo visit, night stalk – if you haven’t been lately it will really surprise you!

Links to sites offering ideas for activities for families:

- Buggy Buddys - Things to do in Perth

[http://www.buggybuddys.com.au/kids\\_activities\\_perth\\_days\\_out.html](http://www.buggybuddys.com.au/kids_activities_perth_days_out.html)

- Free things to do in Perth

<http://www.kids-around-perth.com/free-things-to-do-in-perth-with-kids.html>

## **8. “Champion” Dads’ Group Registration.**

“Champion” Dads’ Groups seeking to be formally recognised by **The Fathering Project** are requested to please complete the online Registration by visiting our website and clicking on “Register my Group” in the Schools Program section. On completion of the online form, and verification by the Schools Manager, the “**Certificate of Recognition**” will be sent to, or presented to, the group.

## **9. CDG ACTION PLAN - Template or Example - “Champion Dads’ Dads’ Group Action Plan (example) MODS (Men of Devon School)**

### **Vision:**

For the fathers and father figures to build stronger, long lasting bonds with our children.

### **Mission:**

Demonstrate the importance of fathers & father figures in the lives of children and encourage a friendly, social atmosphere between fathers & father figures at the school.

### **Specific Goals:**

- Encourage more fathers and father figures to get involved in our group
  - Get fathers & father figures more involved:
    - In their childrens’ lives
    - In the school and wider community
    - In each other’s lives
- 

### Scheduled Activities:

- Social cricket game – late Nov / early Dec
- Dads’ lawn bowls evening – Late November
- Movie night – March 2016
- Fathers’ quiz night – February 2016
- Father figures and children AFL footy tipping comp

## **10. A Suggested “Champion” Dads’ Group Calendar of Events**

- **CDG Annual Launch** - Term 1 –Annual event to welcome new members and inform members of what is planned for the upcoming year.
- **CDG Social Event** - Friday, 2<sup>nd</sup> June: Bowling Club. Share Fathering experiences and meet other Fathering Figures from the school Community. Bookings on school website. \$20/head
- **Vinnie's Sleep out** - Friday, 1<sup>st</sup> August: Proposal to sleep out on school grounds, raising awareness and funds for St Vincent De Paul’s support of the homeless.
- **City to Surf Fun Run** – 31<sup>st</sup> August: Register under CDG Team with your children at whatever distance is suitable. Plan to meet at a park in (suburb) before the start and within the enclosed zone at the end of the run.
- **Father’s Day BBQ Breakfast** - 5<sup>th</sup> September: 8am for Fathers & their children followed by coffee and a muffin for those that have time.
- **CDG Social Event** - Term 3/4 November – Fathers & Kids Sports Day - Alternate sports! – Lacrosse, Frisbee Golf, etc.
- **Leadership ‘Sundowner’** – October/November –
  - Event for Fathers and their Yr 11 child with leadership presentation by former Student.

**11. Topics for Special Presentations by The Fathering Project or discussion by CDGs. These are the suggested topics for either presentation by a speaker from TFP or discussion by individual CDGs, fathers when they meet to socialize and discuss topics of interest.**

- Bullying
- BUST – Being there, Unconditional Love, Specialness, Teamwork
- Depression and suicide
- Drugs & alcohol
- Handling success, failure & mistakes
- Internet & pornography
- Kids & parties
- Raising adolescent girls – “REGARD” - Reach out, Eye Contact, Gab/Gossip, Available, Ride Wave of Emotion, Discover her world
- Sex & sexuality
- Talking with your kids
- Work life balance
- “12 Summers” – the 12 summers before a child becomes a teenager, make the most of each one to build your relationship, share experiences and instill values to help them deal with the many challenges and issues they will face between 13 and 19!
- Fathering in the Fast Lane.
- FI FO or Travelling Dads.
- Fathers & Daughters/Fathers & Sons
- The Thin Red Line! - Between **Fun and Catastrophe!**
- Indigenous Dads, Multicultural Dads

The Fathering Project has produced a number of “Dads’ Discussion” templates for group leaders to use when conducting discussions at their social dads’ events. Please visit our website to view these documents or email – [colin@thefatheringproject.org](mailto:colin@thefatheringproject.org) - for copies.

**12. ADDITIONAL RESOURCES & LINKS (as at 13<sup>th</sup> April 2015.)**

- **Dads & Kids Camp Outs**
  - If your CDG is considering running a Dads & Kids Camp out we have a ***Dads & Kids Camp Out Guide*** to assist you when planning and conducting this event. You can access this document by emailing Colin at – [Colin@thefatheringproject.org](mailto:Colin@thefatheringproject.org)
- **Keep an eye out for new resources on our website! [www.thefatheringproject.org](http://www.thefatheringproject.org)**

**APPENDIX 1. Terms of Reference for CDG as a sub-committee of the schools Parents' Association.**

.....**SCHOOL PARENTS & CITIZENS' ASSOCIATION INC**  
**FATHERING PROJECT COMMITTEE - TERMS OF REFERENCE**

**1.0 NAME:**

1.1 The Committee shall be called the ..... School Parents & Citizens' Association Inc. (Fathering Project Committee)

**2.0 COMPOSITION:**

- 2.1 (a) Not more than ..... financial members one of whom shall be a member of the P&C Executive Committee.
- 2.1 (b) The President of the P&C shall be ex officio a member.
- 2.2 The members shall be elected each year at the Annual General Meeting of the P&C Association by and from the financial and ex officio members of the P&C. In the event of a position becoming vacant on the committee an election may be held at a general meeting of the P&C to fill the vacancy.
- 2.3 The Committee when formed shall elect from its members a Convener, a Secretary and a Treasurer.

**3.0 RESPONSIBILITIES:**

Subject to direction of the P&C Association the responsibilities of the Committee shall be:

3.1 *The Fathering Project committee shall be responsible for:*

- *the organising and carrying out of Fathering Project events approved by the P&C;*
  - *ensuring a calendar of Fathering Project events for the following year is tabled and adopted at the last meeting for the year of the P&C;*
  - *providing a "time-line" for each event, (This could include such things as order forms sent home, return date, money to accompany order, expected date of goods being received and sent home, etc – each time-line would be relevant to the particular event.);*
  - *ensure that the process for collection of monies related to any fundraising event is approved by the P&C;*
  - *stay current with communications from The Fathering Project team.*
  - *ensure any activities are consistent with the principles of the Fathering Project.*
- (Any others which would be relevant to the particular school)*

**4.0 DUTIES OF CONVENER:**

- 4.1 The Convener when present, shall preside at all meetings of the Committee. In the event the Convener is absent the meeting shall elect a chairperson for the occasion.
- 4.2 The Convener shall ensure that a report of the activities of the committee is presented to all general meetings of the P&C Association (or executive committee) and at such times as directed by the general meetings of the P&C Association. All activities must be approved by a general meeting (or executive committee meeting) before being implemented.

**5.0 DUTIES OF THE SECRETARY:**

5.1 The Secretary shall have custody of the documents of the Committee and shall keep a full and correct record of its meetings. These documents and records shall be made available to the P&C Association as required.

**6.0 MEETINGS:**

6.1 Meetings of the Committee shall be at such times and places as determined by itself provided that not less than forty-eight (48) hours notice is given. (Suggest seven (7) days notice. It is desirable to meet at least once a month preferably just prior to a general meeting of the P&C to enable a report to be prepared.)

**7.0 QUORUM:**

7.1 A quorum shall comprise 50% + 1 (one) of the current membership of the Committee.

**8.0 VOTING:**

- 8.1 All members and ex officio members shall be entitled to one vote on any resolution or election at a meeting at which they are entitled to be present.
- 8.2 Voting shall be by show of hands.

**9.0 ALTERATIONS TO RULES:**

9.1 All proposed amendments to these rules must be approved by the general meeting of the P&C Association.

**NOTES:**

- 1. *It is not a requirement that the principal be a member of the Committee. However if the P&C Association wishes the principal to be a member the principal can be either elected or ex officio.*
- 2. *Where the committee is established during the year the members are elected at a general meeting of the P&C. All members of a committee of the P&C must be financial members of the P&C.*

**THE COMMITTEE IS AT ALL TIMES RESPONSIBLE TOTHE GENERAL MEETING OF THE P&C ASSOCIATION**

## **Appendix 2 – “SUCCESS STORY” - “LADDs” - Loving and Devoted Dads of Currambine Primary School**

The Fathering Project was introduced into Currambine Primary School in March 2015. The early momentum was maintained and built on through the creation of a free website using the WordPress site hosting. This became the basis for our communication to, and also from, the parent community of the Currambine Primary School.

Since then we have organised a subcommittee with 7 members under the school's board and as an open, collaborative unit have identified our strengths and weaknesses. A broad range of activities has been conducted to cover all ages and the feedback has been very positive.

**Lake bike ride** - "What a great way to spend a Sunday with the kids"— Jacob.

**Billy Cart Workshop** - "I loved the workshop it was great to do things with my dad" – Isabella.

**Kite making/Archery** - "Great fun activity for young and old."— John.

**Movie night** - "Was a great night. Thanks to the dads who organised it, we really appreciate your hard work."- Karen-Dale Anderson.

**A school mothers' day competition** - "What a wonderful opportunity for Dads to get involved more closely with their child's school and have fun." - Lesley

We have met, through Colin and the Fathering Project, some other fathering mentors and fully intend to use their strong foundations to continue to provide quality-parenting opportunities for our fathers in our school and return the favour to others too. Find us at [www.fatheringcps.wordpress.com](http://www.fatheringcps.wordpress.com).

