



# LINK LETTER

4 Feb 2022

Lawrence Street, Wodonga Victoria, 3690  
Email: [wodonga.west.ps@education.vic.gov.au](mailto:wodonga.west.ps@education.vic.gov.au)

Phone: (02) 6024 1188  
[www.wodongawest.vic.gov.au](http://www.wodongawest.vic.gov.au)

**Enrolments are welcome for all year levels, including Kinder for 2022**

**Be Safe**

**Be Respectful**

**Be A Learner**

## Principal's Message

Dear Parents / Carers,

A big welcome back for the start of 2022. We hope that you enjoyed the holiday break. We would also like to especially welcome all our new families who have started with us from near and far, as well as our gorgeous little Foundation students who are just starting their school experience. They have all settled in well and have had a positive transition which I am very proud of. Congratulations to all our families for having your child/ren so well dressed in our lovely uniform and with their hats. It shows so much pride in our school, so great work!

Our Linkletter goes out to families via Compass each fortnight, but this week's will be much shorter than usual and only contain the essential information you need to know.

### **Book Packs**

Many thanks to all those families who visited last Friday and organised their child's Book Packs. These contain the essential stationary items your child will use across the year and cost \$50. You may still organise these packs by visiting or phoning us.

### **COVID Update**

#### **Rapid Antigen Tests ( RATs)**

Our school has not yet received their allocation of RATs. As soon as they arrive, we will notify parents via Compass and we will be sending one pack home with each student. These are for student use only, with the recommendation that students do a RAT Test twice per week, of if they are unwell (showing symptoms). Positive Covid results are to be reported to the school immediately and the child must isolate for 7 days (inclusive of weekends) and not attend school during that period. Where a student is a household contact of a positive case (that is, they have spent more than four hours with someone who has Covid inside a house) they must inform the school and isolate for 7 days and not attend school during that time.

### **Whole School Assemblies**

Our fortnightly school assemblies will be held over Webex until further notice. The first one will be held on Monday 14th February at 9.10am. We will send out the link if you wish to join us in Webex.

## Getting It Right From The Start

All parents/carers of year one and two students will be receiving a parent information and consent form regarding the 'Getting It Right From The Start' project. We are excited to be one of 18 schools selected as part of this research conducted by the Murdoch Children's Research Institute. The purpose of this is to work with schools to support approaches to improve children's talking and listening skills as well as Reading and Writing in the first 2 years of school. As this is about improving student oral language and literacy outcomes, we would strongly encourage you to please complete the consent form attached at the back and return it to your child's teacher as soon as possible. The more consent forms we get back, the more accurate our data will be so please allow your child to participate.

## COVID Vaccinations for students on school site

For your convenience, our school will be hosting a COVID vaccination clinic on site next Tuesday 8th February. This will be for students who attend our school only and are aged from 5 years old age to 11 years of age. A parent or carer must be in attendance with their child/ren and present their Medicare Card. The Vaccination Hub will be set up next to our school office area next to the Kindergarten. The following times will be offered:

Tuesday 8th February from 8am – 9.30am

Tuesday 8th February from 2.30pm – 5.30pm

Please see compass letter for further information.

## School Council Meeting

The Next School Council Meeting will be held at 5pm on Wednesday 16th February. If any School Council Member is unable to attend, please inform us in advance.

## Childcare

If you require your foundation student to attend Theircare on the Wednesday they don't attend school please contact the office ASAP. This service will run if enough numbers.

Regards,  
Jocelyn Owen  
Principal



## Important Dates

<b>8 February</b>	Vaccination Clinic students aged 5-11 only.
<b>7-11 February</b>	Swimming for years 3-6
<b>14 February</b>	9.10am Whole school assembly webex link to be provided
<b>16 February</b>	School Council Meeting



## **Volunteers Needed!**

Please join us Tuesday 15th February  
9.10am

in the Kitchen or Garden

Volunteers are needed for both the Kitchen & the Garden. It is easy & fun and the kids love having you there. Helpers make this program run smoothly.

No previous skills required. See Judy Kenny for further information.



## CAMPS, SPORTS AND EXCURSIONS FUND (CSEF)

**If you are a new family joining us at Wodonga West Primary School or have recently qualified for a Pension or Health Care Card, you may be eligible for the Camps, Sports and Excursions fund (CSEF).**

The CSEF provides payments for eligible students to attend activities like school camps or trips, swimming and school-organised sport programs, excursions and incursions.

If you would like more information please contact the school office on  6024 1188

**We warmly welcome teachers, support staff, parents and carers to attend our disability networking event Ready-Set-Connect being held on Wednesday 23 February 2022 at the Commercial Club Albury from 10:00am to 12:30pm.**

Ready-Set-Connect is an informative (and fun!) event based on a speed dating format. It connects teachers, parents and carers, people living with disability and support coordinators with NDIS disability service providers.

National and local service providers will be sharing information about their services and products. The event will help you keep in touch and up to date with services in your local community. In the space of two hours, you will build your connections and get to meet and know a variety of providers servicing your region.

It's FREE for Attendees! Come and join us – let us know you are coming by registering as an Attendee using the link below.

EVENT	DATE	TIME	VENUE
Albury Ready-Set-Connect	Wednesday 23rd Feb 2022	10-12:30pm	Commercial Club Albury 618 Dean Street, Albury

<https://www.onecommunity.net.au/Ready-Set-Connect/Event/346-albury>



Proudly partnering with





02/02/2022

Dear School Community,

### Temporary Changes to Opening Hours

We'd like to advise you that due to some staff availability concerns, we will be temporarily reducing our opening hours. While we've done our best to reduce the impact as much as we can, there will be changes to our Wednesday trading hours. We'll be working to resolve the staffing issues as soon as possible, so that we can reopen to our full trading hours as soon as we can.

Until these shortages are resolved, our Wodonga store will be open during the following hours:

<i>Monday</i>	9:30am to 4:30pm
<i>Tuesday</i>	9:30am to 4:30pm
<i>Wednesday</i>	<b>1:30pm</b> to 4:30pm
<i>Thursday</i>	9:30am to 4:30pm
<i>Friday</i>	9:30am to 4:30pm

If there are any further changes, we'll notify you as soon as we've identified them. We'd like to apologise for any inconveniences, and thank you for your understanding.

Kind regards,

Beleza School Uniforms



## *Insight~Full Kids*

Helping children thrive through mindfulness, emotional awareness and social connection.

*"Mindfulness is the area behind the waterfall, which allows you to step out of the cascade and view your urges, impulses and desires without getting caught up in it all" - Dan Harris*

*Insight-Full Kids* is a mindfulness and resilience building group for children aged 6-11 years (details for group designed for children aged 10-13 to be announced at a later date) ideal for children who are *over thinkers, experience anxiety, have difficulty regulating their emotions, or struggle to manage the stress in their lives.*

*Insight-Full Kids* is based on a multi-award nominated children's group program developed by a Mental Health Social Worker which combines Mindfulness Practices and Cognitive Behavioural Therapy.

Over the course of the program, your child will learn about their emotions and practice skills to help them better manage their thoughts, feelings, and behaviours to promote self-confidence, build resilience and improve self-regulation.

Based on the principles of kindness, compassion, gratitude, acceptance and non-judgment, this program engages a mix of hands-on relaxation strategies, breath work, yoga based mindful movement, creative activities, games, storytelling and age-appropriate mindfulness education to support children's growth. The program incorporates shared activities to stimulate interaction and allow for opportunities for children to share and learn from each other and experience a sense of inclusion.

If you would like further information or to register your child, please get in touch via email at [info@insighttherapiesvic.com.au](mailto:info@insighttherapiesvic.com.au)

**Location:** Insight Therapies: Child & Adult Counselling, Wodonga  
**Dates:** Tuesdays 4-5pm, March 1<sup>st</sup> – April 5<sup>th</sup>, 2022  
**Ages:** 6-11 years  
**Cost:** \$250



[www.insighttherapiesvic.com.au](http://www.insighttherapiesvic.com.au)

[info@insighttherapiesvic.com.au](mailto:info@insighttherapiesvic.com.au)  
0492 881 360

**LOCATION:**  
134 Watson Street,  
Wodonga

ABN: 82 203 015 493



# Positive Parenting Telephone Service

Our free 6 to 10 week program helps you to:

- Have stronger, more positive relationships
- Set rules and limits
- Manage everyday behaviour problems

Our program is for parents, grandparents and carers of children aged 2 to 12 years.

Participants complete a workbook and are supported by weekly 30 minute phone calls with a trained parenting educator.

All of this can be done from the comfort of your own home at a time that suits you.

 **1800 880 660**

This is a **FREE** service, and enrolments are taken all year round. Call us for more information or to enrol.



## Term 1

### 2 Hour Parenting Information Sessions

<p><b>The Power of Positive Parenting</b> (From the Triple P International)</p> <p><i>For parents/carers of children aged between 2-12 years</i></p> <p>This 2-hour information session aims to provide information on</p> <ul style="list-style-type: none"> <li>• Building strong relationships with children</li> <li>• Good communication</li> <li>• Teaching children new skills</li> <li>• Predictable routines</li> <li>• Focusing on the positive's</li> <li>• Positive environment</li> <li>• Expectations of children</li> <li>• Balancing family life</li> </ul>	<p><b>Adolescent Parenting</b></p> <p><i>For parents and carers of children aged between 12—18 years</i></p> <p>This 2-hour information session aims to provide information on</p> <ul style="list-style-type: none"> <li>• Development of teenager's and it's impacts and challenges</li> <li>• How we can support your teenager's emotions and build resilience,</li> <li>• Connecting with your teenager</li> <li>• Helping to problem solve</li> <li>• Family values.</li> </ul>	<p><b>Raising Resilient Children</b> (From the Triple P International)</p> <p><i>For parents/carers of children aged between 2-12 years</i></p> <p>This 2-hour information session aims to provide information on</p> <ul style="list-style-type: none"> <li>• Recognising and accepting feelings</li> <li>• Expression of feelings</li> <li>• Building a positive outlook</li> <li>• Developing coping skills</li> <li>• Dealing with negative feelings</li> <li>• Stressful life events</li> </ul>	<p><b>'Hanging in there' Supporting our Children through Covid 19</b></p> <p><i>For parents/carers of primary school aged children</i></p> <p>This 2-hour information session aims to provide information on</p> <ul style="list-style-type: none"> <li>• How my child is feeling</li> <li>• Impacts on parents/carers</li> <li>• Challenges facing parents</li> <li>• What we can do to help and support your children</li> <li>• Building Resilience</li> <li>• Problem solving</li> <li>• How we can be emotionally available</li> </ul>	<p><b>'Hanging in there' Supporting our Children through Covid 19</b></p> <p><i>For parents/carers of secondary school aged children</i></p> <p>This 2-hour information session aims to provide information on</p> <ul style="list-style-type: none"> <li>• How my teen is feeling</li> <li>• Impacts on parents/carers</li> <li>• Challenges facing parents</li> <li>• What we can do to help and support your teen</li> <li>• Building Resilience</li> <li>• Problem solving</li> <li>• How we can be emotionally available</li> </ul>
<p><b>Wednesday 9<sup>th</sup> February</b> 1pm - 3 pm Gateway Health Wodonga G10 Training Room</p>	<p><b>Tuesday 15<sup>th</sup> February</b> 6.30pm - 8.30pm Gateway Health Wodonga G10 Training Room</p>	<p><b>Friday 18<sup>th</sup> February</b> 9.30am to 11.30am Gateway Health Wodonga G10 Training Room</p>	<p><b>Tuesday 8<sup>th</sup> March</b> 12.30pm - 2.30pm Gateway Health Wodonga G10 Training Room</p>	<p><b>Tuesday 22<sup>nd</sup> March</b> 7pm - 9pm Via Zoom</p>

#### **Bookings are essential**

Contact Andrea at Gateway Health on 0457 279 769 to book your place.

# Parenting Programs Term 1 2022

Program	Location / Venue	Day	Date	Time	Registrations
<b>WODONGA</b>					
Tuning in to Kids emotionally intelligent parenting (2-10 years)	Gateway Health 155 High Street Training Room (G10)	Fridays	4 <sup>th</sup> March to 1 <sup>st</sup> April	9.30am – 11.30am	
Tuning in to Teens Emotionally intelligent parenting (10+ years)	Gateway Health 155 High Street Training Room (G10)	Mondays	21 <sup>st</sup> February to 4 <sup>th</sup> April	6pm - 8pm	
Mother Goose (0-2 years)	Hyphen—Wodonga Library 124 Hovell St	Wednesdays	9 <sup>th</sup> February to 6 <sup>th</sup> April	10:30am -11:30am	Intake Team Wodonga (02) 6022 8888
Triple P – Positive Parenting Program (2-12 years)	Gateway Health 155 High Street Training Room (G10)	Wednesdays	16 <sup>th</sup> February to 16 <sup>th</sup> March	6.30pm – 8.30pm	
Parenting Trans and Gender Diverse Kids and Teens	Gateway Health 155 High Street Training Room (G10)	Tuesdays	8 <sup>th</sup> February to 29 <sup>th</sup> March	10am – 12pm	
<b>WANGARATTA</b>					
Tuning in to Kids emotionally intelligent parenting (2-10 years)	Gateway Health 45-47 Mackay St Multipurpose Room	Wednesdays	2 <sup>nd</sup> March to 30 <sup>th</sup> March	9.30am—11.30am	Jane 0429 984 203
<b>TALLANGATTA</b>					
Mother Goose (0-2 years)	Tallangatta	Thursdays	2 <sup>nd</sup> February to 7 <sup>th</sup> April	10.30am – 11.30am	Paula 0447 310 679