



LINK LETTER

18 May 2023

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Email: wodonga.west.ps@education.vic.gov.au

Phone: (02) 6024 1188
www.wodongawest.vic.gov.au

Enrolments are welcome for all year levels, including Kinder for 2023

Be Safe

Be Respectful

Be A Learner

Principal's Message

Dear Parents/Carers,

Mothers' Day Stall

Firstly I would like to wish all the Mums out there a belated Happy Mothers' Day. I hope you had a lovely day and got a little bit spoilt! I would like to thank the wonderful PFF for organising the Mothers' Day Stall and for having such a wide range of gifts to choose from. Our students loved going over to the stall and making their choices. Our PFF really enjoyed seeing the excitement on their faces. We hope you liked your presents. We all acknowledge the time commitment of our PFF helpers and thank you for all that you do to make our school a great school.

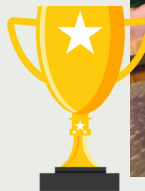
Education Support (ES) Day

This week we celebrated Education Week with a special morning tea to thank this diverse group of people that do so much around the school to make it function smoothly. This includes our people who support teachers in the classroom and the students with their learning, our Business Manager and front reception staff, our Wellbeing Officer, groundsman, and Stephanie Alexander staff. The flexibility and support these talented people provide is appreciated by us all and we would not be able to operate without all that you do on a daily basis. Our students are also very lucky to have so many people that build positive and trusting relationships with them as well, so have a very happy Education Support Day!

Education Week

Victorian schools will celebrate Education Week during this week. For us, we traditionally hold our Junior Masterchef competition where our three year 6 classes compete with a team of 4 students that have been chosen by their peers to represent their class in the highly competitive competition organised by Mrs Kenny. Our two judges had a difficult job in deciding the 2023 winners of Junior Masterchef, which is judged on a variety of things such as teamwork, communication, hygiene and cleanliness of work stations, cooking skills, presentation as well as taste of the food they prepare within a given timeframe.

The judges were extremely impressed with all the students and the winning team for Junior Masterchef 2023 where 56T students: Hayden Travers, Brian Do, Lela Duke-Wighton and Aubrey Cooper!



We are also taking bookings for tours to look through the school, especially for families who will be new or have Foundation or Kindergarten students beginning in 2024. We prefer to make individual family time slots on ordinary school days so that people get a more individualised tour with the focus on their child. Please contact us to make a suitable time, especially for the Kindergarten as there are limited spaces only. Once we are full, we are FULL!

Federation Joint School Council Meeting

Earlier this month, our School Councillors met with other School Councillors from the Federation of Government Schools (which are the Government primary and secondary schools in Wodonga). This meeting was held at Wodonga Senior Secondary College and included a meal and a presentation on the Child Safe Standards, of which there are 11 standards which school councils are obliged to uphold. It was a great chance to meet other parents and school staff from a range of schools and to share some of the challenges we all commonly have as well as our successes. Federation School Council Meetings are held once per year immediately after our normal School Council Meeting. Thank you to all our Councillors who attended the evening

Regards
Jocelyn Owen
Principal



Reconciliation Day School Dress Up Day

Thursday 1st June
Dress in black, red or yellow
colours - represent the
Aboriginal Flag.

(No money donation)



Important Dates

- | | |
|---------------|---|
| 22 May | School Assembly 9.15am |
| 1 Jun | Reconciliation Day dress up
black/red/yellow clothes |
| 16 Jun | Student led conferences
(no school today) |
| 23 Jun | Last day of Term 2 |



Junior Masterchef 2023!





Bilby chocolates are still for sale at the school canteen.

**NOW ONLY
\$1 EACH
for next week only!**

SAKG Garden Fun!

1/2C enjoyed the sunny weather and the autumn leaves in the garden.



Talking to your child about Consent

When you talk to your kids about strangers, it is important to get the right balance. We need to equip our children with the right words and responses to help themselves stay safe and get out of tricky situations with people who may not be safe. Here are 3 top tips to support conversations at home about staying safe around unknown people.

1. Choose your words with care.

Experts say that it's best not to use the word "stranger" at all. Instead, try using the term "tricky people". "Tricky people" are grown-ups—both familiar and unknown—who try to trick children into breaking the rules of safety. The term is especially important because young children implicitly trust kind grown-ups. The people our children need to be safe from are going to be friendly and charming; they're going to have a toy or a lost puppy and this will be confusing for them.

To make sure your kid knows the right thing to do, go over specific scenarios. Pose questions like: "What if a grown-up offered you candy? What if a grown-up asked you to help him find a lost puppy?" See how they answers, then explain, "Just like you don't pet a dog you don't know, you don't talk to people you don't know when you're not with us or another adult you trust."

If your child wonders why she can't take the candy or search for the puppy, stay away from comments like, "Somebody might try to take you." Instead, you could say: "While most people are good, there are some people who are not and do not keep kids safe." Instill a blanket rule that your children should never go anywhere, with anyone, without asking for permission.

2. Plan ahead & practice

For young children safety rules are best learned through muscle memory. Physically act out different scenarios with your child to help them stick, When you do this role-playing, do your best to keep it low-key and fun.

Practice using a code word. Pick something that is easy and specific to your family. Help children to understand how and when the code word will be used and how it keeps them safe. Sometimes, of course, kids will need to turn to strangers for help. So it's useful to go over rules for those kinds of situations too. Tell your kid that if he ever gets separated from you in public, he should look first for an employee (a cashier in a store, for example). If that's not possible, they should then look for another mom with children.

3. Teach them to trust their instincts.

You should also teach your child to trust her gut or what we can call listening to the "uh-oh" feeling. And that's not only with strangers but also with familiar people since most sexual abuse of children is done by an adult whom a child already knows.

Discuss with your child how that if they start feeling weird in their stomach, they should listen to it. At the first opportunity they should get away from whoever is making you feel that way and tell an adult you trust right away.

In the Kindergarten

The kinder playground has been raining leaves over the past few weeks. The children have been having a great time playing in them. They have also been creating pictures using the leaves as we discuss the changes to the environment we see during Autumn.



The children have been working on increasing their problem-solving skills as they learn to connect the pieces of the construction sets. The creations the children are making are starting to show increased imagination, and the children are able to explain what they have built using more descriptive language.

The children have been looking at different objects at the drawing area to help them extend their ideas when deciding what to draw. This also assists children to add more detail to their drawings.

The children have been using a variety of implements with the Play-Dough as they work on strengthening their fine motor coordination. These skills are needed to assist children to hold a pencil correctly.



VISUAL PUZZLES & PROBLEMS!

Hi Everyone,

I was happy to see some people had a go at solving the previous problems. Here are the new Greg Tang visual problem. The problems will also be up in the library. This is something you can do as a family or a student can have a go by themselves. The last line of the poem is a clue so if you want to have a go without the clue stop before reading it. Bring in the record of your thinking and post it on the board in the library, put your name on the back if you want to. This will allow discussion of different ways people solved the problem . Happy puzzling!

SHOW US YOUR THINKING

F-2 problem



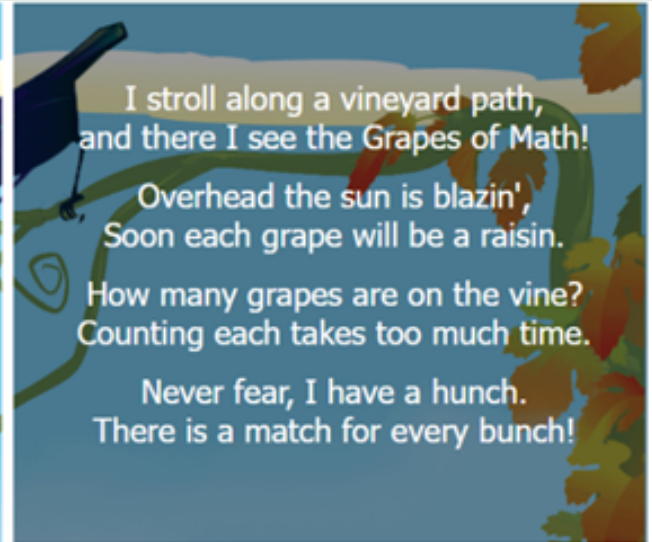
For Paul Cezanne, still lifes would do,
a cloth, a vase, and peaches too.

His planes of color, pure and bright,
so smartly capture form and light.

Can you make 10 with bowls of FRUIT?
Find all FIVE ways if you're astute!



3-6 problem



I stroll along a vineyard path,
and there I see the Grapes of Math!

Overhead the sun is blazin',
Soon each grape will be a raisin.

How many grapes are on the vine?
Counting each takes too much time.

Never fear, I have a hunch.
There is a match for every bunch!





If you require a FREE breakfast pack,



please see Mrs Potter

Plastic Bottle Caps

This year at Wodonga West we would like to run some fun lunch time activities. Please help us raise some funds for these activities by collecting plastic bottle caps. There will be a box set up in Mrs Potter's office where all bottle cap donations can be dropped off.



Get Active Kids Voucher Program

In Victoria eligible families are able to apply for a voucher of up to \$200 to go towards the costs of their children playing a sport.

To be eligible your child must be:

- Aged 0 to 18 years
- a resident in Victoria
- named on a valid Health Care Card or Pensioner Concession Card and Medicare Card.



Visit the website www.getactive.vic.gov.au for more information.

NATIONAL RECONCILIATION WEEK 2021 27 May - 3 June



National Reconciliation Week celebrates and builds on the respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians.

This year the National Reconciliation Week theme is "Be a Voice For Generations" and encourages all Australians to be a voice for reconciliation in tangible ways in our everyday lives – where we live, work and socialise. For the work of generations past, and the benefit of generations future, let's choose to create a more just, equitable and reconciled country for all.

Wodonga West Primary is committed to actively seek the inclusion of Aboriginal and Torres Strait Islander culture and perspectives, so that the First Nation's people history can be acknowledged, recognised and reflected upon. Through education and respect we want our school community to continue with the reconciliation path so that we can all understand and embrace each other as one.

To celebrate **Reconciliation Week at our school, we will:**

Have a Reconciliation Dress-up day on Thursday 1st June

We ask our community to dress only in the colours:

Red, Yellow and Black

The PFF will also be holding a free sausage in bread and a kangaroo sausage tasting!

"For more information and activities you can do to celebrate Reconciliation week you can go to the official National Reconciliation home page <https://nrw.reconciliation.org.au/>



The Victorian Premier's Reading Challenge is now open.

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 8 September 2023.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers.

Children from Year 3 to Year 6 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

All students will be given a unique username and passcode next week.

To log on to the Premier's reading challenge:

- Click on this URL:
<https://vprc.eduweb.vic.gov.au/home>
- Click Sign In under School coordinator or student

Click on the VRPC login.

- Fill out your child's log in details
- Log any books that your child reads.

If you have any further questions,
please see Mrs Brear





SPORTING ACHIEVEMENTS

Well done to Kaisey Bryant who participated in Victorian Martial Arts Championships in Melbourne and came 3rd Place in point sparring which is based around scoring points when fighting with no contact. This result has enabled Kaisey to participate in the next level in Sydney at the National level. We wish her all the best.





TheiCare
Where Kids love to be!

Upcoming Events/Info

Upcoming public holidays/pupil free days:

Friday 16th June

Our opening hours are:

BSC- 6:30am - 8:50am

ASC- 3:30pm - 6pm

We provide breakfast
for your children
between 6:30am and
8:15am.

Our delicious
afternoon tea is
served at 3:45, once
all the children are
signed in and settled
into our service.

We currently have
vacancies available
for both before and
after school care.

Why not pop in for a
visit and check out
the service or you are
welcome to call us on
0447 007 044

Please Note: if your
child is not attending
care PLEASE inform
Maddie by phone or
email

We are well into the start of term 2!
We are excited to announce a new
change of opening hours, we will be
opening our service at 6:30am instead of
7:00am. We have seen a huge increase in
friends arriving earlier which has been fan-
tastic.

This week we have made a company
change to our groceries shopping. We
are now partnered with Woolworths and
are excited about some of the flexibility it
offers. Please let us know if there is any-
thing you would like us to add to our
shopping to implement into our service.
This past week we have been focusing on
road safety week. We have been looking
at different ways to make sure we are
safe around any roads, vehicles and bicy-
cle's.

Last week we participated in compost
week.

We all joined together as a group to com-
plete a rubbish sorting activity which de-
termined what rubbish had to go in what
bin.

And one of our most favourite activities is
always sensory play so we created our
own compost bin using coco powder,
plain flour, gummy worms and plastic fruit.
The children loved mixing the worms in
and creating their own sloppy bin mixing
it with water.

Thank you for another great week.



Service Number - 0447007044

Service Email - wodongawest@theircare.com.au

TheiCare HQ - 1300 072 410

TheiCare Email - info@theircare.com.au



Strengthening Children and Teens Against Anxiety

FREE Parent/Carer Workshops

Join renowned author and speaker Karen Young for a free workshop on anxiety in children and teens.

Anxiety is a very normal part of being human. But for as many as one in five children, it can reach intrusive levels - interfering with family life, friendships and school performance.

These transformational sessions will provide parents and carers with essential information and powerful practical strategies to help their children and teens thrive through anxiety - whether they are experiencing everyday levels of anxiety or more intrusive anxiety.

In this presentation, Karen will explore:

- a new empowering way to understand anxiety
- common ways parents might unintentionally fuel anxiety
- what to do when anxiety hits
- proven ways to calm and strengthen an anxious brain
- how to build courage and resilience
- why anxiety might look like anger or tantrums
- anxiety during adolescence - How social media, friendships, and the changes in the adolescent brain might contribute to anxiety and what parents can do.

Workshop details

There are two workshops with availability initially limited to specific schools - Eligible schools are listed on Eventbrite.

Monday 5 June from 6.30pm to 8pm

Venue to be confirmed

Scan the QR code to register



eventbrite.com.au/e/strengthening-children-and-teens-against-anxiety-tickets-624911887277

Tuesday 18 July 6.30pm to 8pm

Venue to be confirmed

Scan the QR code to register



eventbrite.com.au/e/strengthening-children-and-teens-against-anxiety-tickets-629621473777

Contact

If you have any questions please contact Sarah McQualter at sarah.mcqualter@gatewayhealth.org.au or phone 02 6022 8888.

This workshop is proudly brought to you by the School-Focused Youth Service at Gateway Health.



Basic Computer Skills and Beyond*

Your future is here



wodongatafe.edu.au

Wodonga TAFE and Albury Wodonga Volunteer Bureau have partnered to run a 3-day basic computer skills course.

If you're someone who isn't confident using a computer and wants to learn how to get online this is the program for you!

Some of the skills you'll learn include:

- Using a computer, keyboard and mouse
- Accessing the internet, using the search function to find information and accessing services such as Centrelink
- Being safe with internet use, safety with passwords and understanding scams
- Setting up an email account, usernames and password, send and receive emails, attach documents and save emails
- Using Word to adjust basic documents e.g. resume, cover letter, as well as saving and storing documents
- Managing personal information, developing a profile in Seek.com and searching for jobs
- How to use online information for study purposes
- How to access and participate in online formats such as Zoom

On the 3rd day of the course, students will have the opportunity to tour of the Wodonga TAFE campus.

The Wodonga Skills & Jobs Centre will also be available to meet with participants to discuss what services are available.

Details

**Albury Wodonga Volunteer Bureau
Basic computer skills and beyond**

Dates: 22, 29 June and 6 July (Thursdays)

Fees: Nil

Location: Wodonga TAFE main campus, Building A
87 McKoy St, West Wodonga

Room: A116 Computer lab

Hours: 9.30 AM to 2.30 PM

Registration/Enrolment Process

Complete the **Wodonga TAFE – short course form^A**

- for assistance to complete this, please call 1300 698 233

^A Participants will need an email address for our short course form. Assistance to complete the enrolment forms and to create an email address can be done via:

Reconnect team

Robyn: 0409 637 613 or Trish: 0418 965 725

Customer Experience

1300 698 233 | info@wodongatafe.edu.au



RTD: 3097. All courses run subject to minimum enrolments.

Information is correct at time of publication and subject to change. Participants will be enrolled in NA22BASCMP Basic Computer Skills and Beyond. This course does not lead to an Australian Qualification Framework (AQF) qualification or statement of attainment.



It's time we talked! Pornography, young people and sexuality - Free parent session

Pornography has become an issue we can't afford to ignore.

For young people growing up online, pornography is almost impossible to avoid. Consumption - particularly for young men - has become normalised. Pornography has become the default sex educator, with serious implications for young people's capacity to navigate a sexuality that is respectful, safe, mutual and consenting.

This presentation will explore:

- what parents need to understand about pornography and its influence on young people's sexual understanding and expectations
- how parents can support their children's healthy social and sexual development in an age of pornography.

Save the date and register to attend

Monday 29 May from 6.30pm to 8pm
Venue to be confirmed.

Visit [eventbrite.com.au/e/pornography-young-people-and-sexuality-parent-session-tickets-621512248867](https://www.eventbrite.com.au/e/pornography-young-people-and-sexuality-parent-session-tickets-621512248867) or scan the QR code to reserve your spot.



This session is free and was booked out last time it was in Albury Wodonga.

Maree Crabbe is the Director of the Australian violence prevention initiative - It's time we talked.

Maree is an educator, author, researcher and filmmaker who is passionate about gender-based violence prevention and supporting parents, schools, communities and government to address pornography's influence on young people.

Further information will be distributed in early Term 2.

Contact

Contact Sarah McQualter at Gateway Health if you have any questions:

- Phone 02 6022 8888
- Email info@gatewayhealth.org.au

IT'S TIME
WE TALKED



gateway
health

People living well

Information to share with the school community

The Line: Pornography is an issue for young people

Pornography is incredibly accessible and it can be hard for young people to avoid. Young people can see it without seeking it out. If your child has any kind of digital device, or access to one through friends or family, they are likely to see it. Our Watch found that 48% of young males have seen pornography by the age of 13 and 48% of young females by the age of 15. Parents and carers can play a role.

Read more: <https://www.theline.org.au/parents-and-carers/pornography/>;
<https://www.esafety.gov.au/parents/issues-and-advice/online-porn>;
<https://itstimewetalked.com/parents/what-can-you-do/>

You can also find out more by attending a FREE session for parents and carers with expert Maree Crabbe on Monday 29th May 2023, 6:30 pm to 8 pm at Wodonga Senior Secondary College.

Register at Eventbrite: <https://www.eventbrite.com.au/e/pornography-young-people-and-sexuality-parent-session-tickets-621512248867>

The Line: Talking about pornography is part of parenting in a technology-filled world

The eSafety Commissioner has a range of materials aimed to support parents and carers understand parental controls, including an express learning video and information sheets. Check out their resources here: <https://www.esafety.gov.au/parents/issues-and-advice/parental-controls>. They also have an Online Safety Book:

<https://www.esafety.gov.au/parents/resources/online-safety-book> in a number of languages.

They have a range of resources for Aboriginal and Torres Strait Islander communities and translated into other languages here: <https://www.esafety.gov.au/communities/cultural-linguistic/translations>.

You can also find out more by attending a FREE session for parents and carers with expert Maree Crabbe on Monday 29th May 2023, 6:30 pm to 8 pm at Wodonga Senior Secondary College.

Register at Eventbrite: <https://www.eventbrite.com.au/e/pornography-young-people-and-sexuality-parent-session-tickets-621512248867>

The Line: Talking about pornography is part of equipping your child for respectful, fulfilling relationships

It can be hard to talk to children and young people about what they might see online, respectful relationships and other personal topics. Some great resources to help with these conversations for parents and carers are on the eSafety Commissioner website:

<https://www.esafety.gov.au/parents/issues-and-advice/hard-to-have-conversations> and on The Line website: <https://www.theline.org.au/parents-and-carers/>.

You can also find out more at the session for parents and carers on Pornography, Young People and Sexuality on Monday 29th May, 6:30 pm to 8 pm at Wodonga Senior Secondary College.

More information and registrations can be found:

<https://www.eventbrite.com.au/e/pornography-young-people-and-sexuality-parent-session-tickets-621512248867>

TERM 2

Singing Lessons!

ALL AGES WELCOME

**Via online video
sessions**

Half hour \$30 Hourly \$50



Claire: 0481387127



AURORA

THE MAGIC OF AURORA RETURNS!

Journey through a spectacle of light and sound
in the heart of the **Albury Botanic Gardens**.

JUNE 23 - JULY 16, 2023

**LIMITED TICKETS.
BOOK NOW!**



[AURORAALBURY.COM.AU](https://auroraalbury.com.au)

