



LINK LETTER

5 Oct 2023

Lawrence Street, Wodonga Victoria, 3690
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 2024

Be Safe

Be Respectful

Be A Learner

Principal's Message

Dear Parents/Carers,

A very warm welcome back for Term 4. The year has whizzed by and before we will know it Christmas will be upon us! Term 4 is traditionally the busiest term of all with many special things happening such as year 6 Headstart week at their chosen secondary school, our Foundation transition program, staff and classroom organisation for 2024, Year 6 Graduation, and reporting to parents, on top of our normal teaching programs that operate. It is also the longest term this year. Students last day of school will be Tuesday 19th December, as our staff will have Wednesday 20th December as their final Professional Practice day for the year.

Stephanie Alexander Kitchen Garden (SAKG)

As you would be aware, visitors to our school are blown away with the SAKG Kitchen and Garden program on offer at our school. This is a unique program that offers so much hands on learning that can be utilised in the real world. Our students enjoy this program so much and their skill levels are amazing to watch.

A reminder that the \$25 SAKG payments are now due for term 4, so please ensure your child does not miss out by making your payment by the end of next week (week 2). Term 4 always includes some special Christmas baking as well which is extremely popular.

World Teachers' Day

Today is World Teachers' Day, something that is celebrated around the globe. One of the things that sets Wodonga West apart from other schools is our amazing staff that we are most proud of. Our Teachers go way beyond what is normally expected of them to help all our students to become the best possible learners. Our staff is made up of very experienced teachers, right across to beginning teachers who are all very keen to make a positive difference. The hard work and hours they all put in are incredible. All our teachers plan and work together to continually improve their teaching practice and outcomes for children.



Term 4 - Hats to be worn outside

Spring Working Bee

Our School Council organises two working Bees per year, one in Autumn and one in Spring. Our Spring Working Bee will be held at the school next Friday 13th October from 3.30 – 5.30pm. We are asking for the support of our parents / carers to do a number of jobs around the school grounds including weeding, pruning, raking and sweeping gutters, raking the soft fall under our playgrounds, pressure washing paths and generally tidying up our grounds. Many hands make light work, the more people helping the better! We would appreciate you bringing along your own gardening tools to use. If anyone has a pressure washer they could bring along that would also be very useful. Buckets or large bags are also useful for placing weeds in and tipping them into the bins or compost. Participants will be provided with a sausage sizzle in appreciation of your support. In the past we have had very limited parent/ carer support so we have decided to trial a Friday straight after school hoping that parents will stay back with their children and help. Phil, our grounds person is hoping we will get a lot of tasks completed as Spring certainly brings a lot of growth – especially weeds.

Wodonga West Art Show

We are very excited to be holding our Wodonga West Art Show on Thursday 19th October from 4.30 – 6.30 pm. Every student from the School and Kindergarten will have some Art work displayed. We invite you all to come along and enjoy this fun evening celebrating the Arts at Wodonga West. There will also be a number of things available for purchase such as a Sausage Sizzle, Coffee Van, Lucky Dip, Face Painting and Ice Cream Spiders. Miss Simboras and our students have all been working very hard to prepare for the evening and I know everyone will have a lovely time enjoying the captivating artworks on display. Who doesn't thoroughly enjoy looking at young children's artwork? I have had a little sneak preview and it looks amazing! I am hoping we have a huge turnout to this event which we hold once every few years.

Jocelyn Owen
Principal



**Wodonga West
Art Show**

THURSDAY 19 OCTOBER, 2023 | 4:30PM-6:30PM
WODONGA WEST CHILDREN'S CENTRE

Kinder to Year 6 Student Art History Exhibition

Available for purchase:
Sausage Sizzle
Coffee Van
Lucky Dip
Face Painting
Icecream Spiders

**COME AND CELEBRATE
ART THROUGH THE AGES**

Important Dates

- | | |
|---------------|--|
| 12 Oct | School Colour Run -
2.30 to 3.30pm |
| 19 Oct | Wodonga West Arts Show
4.30pm to 6.30pm |
| 14 Nov | Foundation Transition Session 1
9.15am - 11am |
| 21 Nov | Foundation Transition Session 2
9.15am - 12pm |
| 28 Nov | Foundation Transition Session 3
9.15am - 12pm |
| 5 Dec | Foundation Transition Session 4
9.15am - 2pm |
| 14 Dec | Year 6 Graduation - 6pm |



If you require a FREE breakfast pack,



please see Mrs Potter

**CHILD
SAFE HOT
TOPIC**

Anaphylaxis

Here at WWCC we are very aware that many children have allergies including anaphylaxis which can be fatal. As an anaphylaxis aware school and with students in our care who suffer allergies including anaphylaxis we are committed to their safety. Please read the attached information sheet about anaphylaxis so you are aware of the signs & symptoms which can occur in people with these allergies.

The staff of WWCC participate in twice yearly briefings about the management of anaphylaxis and risk management is a high priority for the school. We ask that if you are sending in food packaging to the art room or sending in food products that may contain items such as whole nuts that you please refrain from doing so. This will assist us to make sure everyone here at school can participate in our environment in a safe manner.

Fast Facts

Anaphylaxis

- 1** Anaphylaxis is a potentially life threatening, severe allergic reaction, that should always be treated as a medical emergency. It occurs after exposure to an allergen (usually to foods, insects or medicines), to which a person is allergic. Not all people with allergies are at risk of anaphylaxis.
- 2** Anaphylaxis symptoms include one or more of the following:
 - Difficult/noisy breathing
 - Swelling of tongue
 - Swelling/tightness in throat
 - Difficulty talking and/or hoarse voice
 - Wheeze or persistent cough
 - Persistent dizziness and/or collapse
 - Pale and floppy (in young children)
 - Stomach (abdominal) pain, vomiting (insect allergy)
- 3** In some cases, anaphylaxis is preceded by a mild to moderate allergic reaction, with symptoms such as swelling of face, lips and/or eyes, hives or welts and stomach (abdominal) pain and vomiting.
- 4** Anaphylaxis requires immediate treatment with adrenaline (epinephrine), injected into the outer mid-thigh. It works rapidly to reverse the effects of anaphylaxis.
- 5** Adrenaline autoinjectors contain a single, fixed dose of adrenaline, and have been designed to be given by non-medical people, including the patient themselves (if they are well enough).
- 6** ASCIA Action Plans for Anaphylaxis include infographics to illustrate the first steps of action for anaphylaxis:
 - 1 Lay person flat - DO NOT allow them to stand or walk**
If unconscious, place in recovery position.
If breathing is difficult allow them to sit
 - 2 Give adrenaline autoinjector**
 - 3 Phone ambulance - 000 (AU) or 111 (NZ)**
 - 4 Phone family/emergency contact**
 - 5 Further adrenaline doses may be given if no response after 5 minutes**
 - 6 Transfer person to hospital for at least 4 hours of observation**

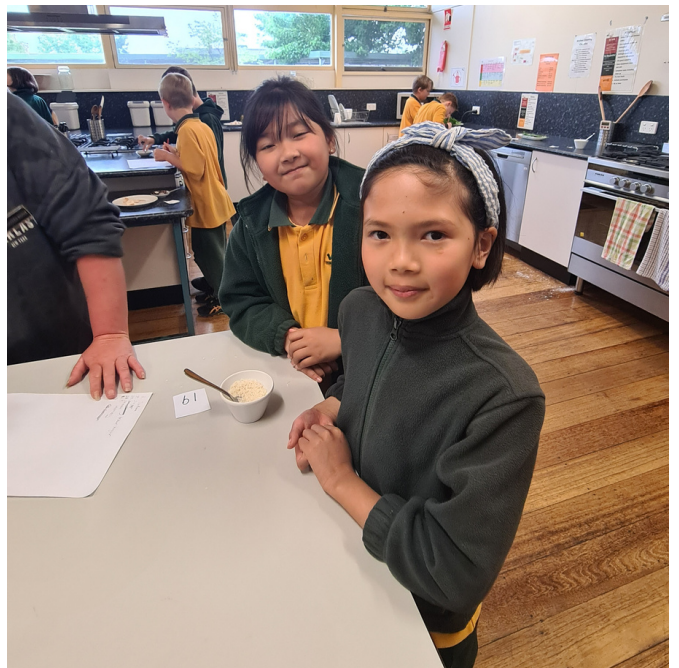


If in doubt give adrenaline autoinjector. Commence CPR at any time if person is unresponsive and not breathing normally.



SAKG NEWS

The weather was far too wet this week to get out into the SAKG garden so the children from 34L have had lots of fun tasting and smelling different ingredients to see if they could guess what they were.



Ingredients

- 1 can chickpeas rinsed and drained
- 160-180g banana
- 1/2 cup peanut butter 130 grams
- 2 tablespoon maple syrup
- 1/2 teaspoon baking powder
- 75g or approx 1/2 cup roughly chopped dark chocolate or chocolate chips

Equipment

- Food Processor or vented blender

Method

Preheat your oven to 180 degrees celsius

Place all ingredients excluding the chocolate into a food processor

Whizz until smooth

Add the chocolate and pulse a few times so that it is evenly dispersed

Pour into a lined loaf tin or small cake pan

Bake at 180 degrees celsius for 30-40min depending on tin size. When it is ready it will start to become golden particularly around the edges and the edges will begin to pull away from the tin

Leave to cool in the tin for at least 10min before turning out on a rack to finish cooling

Chickpea Blondies





STUDENT SPORTING ACHIEVEMENTS

Gabriel Golin in 34V attended lion bushido karate academy tournament Sunday 27th August. First time at this tournament in Melbourne. Gabriel got 2nd place in point sparring Kumite male 9 years and under competing against 25 other Karate students. Gabriel won his first 3 fights. His 1st fight being the hardest, Gab was a little nervous at first, with the fight being a draw. But with extended time Gab won his first fight. The 4th fight, Gabriel and Hunter, his friend from Border Karate competed for first place. Gabriel injured his foot during the fight which was a draw. The fight being extended to first point wins. Hunter getting the first point and winning first place and Gabriel second. Gabriel said afterwards he learnt not to give up, he was losing his first fight and came back to win. Gabriel said he became more confident in himself after the tournament. He said he worked out their moves, knowing their weak spots.



Alanah Kiffen in 34V competed recently in a Gymnastics competition and performed very well. Well done Alanah!

If you would like your child's sporting achievements to appear in the Link Letter and be celebrated by the school, please email wodonga.west.ps@education.vic.gov.au



THE BRIGHTEST DAY AT SCHOOL!



We have raised over \$3000!!! Let's keep going!

Get your colour on, Wodonga West Primary School is hosting a Colour Explosion School Fun Run fundraiser!

The Colour Explosion School Fun Run will be on Thursday 12th October from 2:30pm – 3:30pm (next week!)

Not only are we hosting an awesome explosion event, but students can also win up to 15 awesome automated incentive prizes by fundraising via online sponsorship donations.

Students have received a sponsorship book with instructions on setting up their cybersafe, online fundraising profile at www.australianfundraising.com.au. This is an entirely online fundraiser; all cash donations must be converted to online donations to redeem your prizes.

Extra Incentives to Fundraise!

- ★ Online Golden Coins – complete fun online tasks to redeem an extra \$75 towards your prize credit.
- ★ Monty the Monstar's Bonus Prizes – achieve milestones to unlock Monty's bonus prizes.
- ★ \$10,000 JB HI FI Spending Spree for one organisation's highest fundraising student – it could be you!
- ★ Our school will win an extra \$5,000 if we have the highest average fundraised amount per student in 2023.
- ★ A PlayStation 5 Gaming Bundle – see your child's sponsorship booklet for more!

Happy fundraising!



Wodonga West Art Show: Celebrating Art History

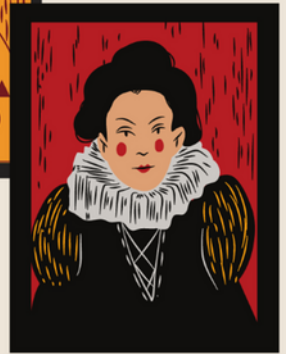
Get ready for a spectacular evening as the school's art department presents the "Wodonga West Art Show," a celebration of creativity by our Kinder to Year 6 students. This event promises to be a visual delight, featuring a diverse array of artwork from our youngest artists.

The exhibition will serve as a testament to the remarkable creativity and imagination of our students. From vibrant paintings to intricate paper and clay crafts, the "Wodonga West Art Show" is sure to captivate art enthusiasts of all ages.

But that's not all this event has to offer. Alongside the captivating artwork, there will be a variety of activities and treats available for all attendees to enjoy.

Available for Purchase:

- Sausage Sizzle
- Coffee Van
- Lucky Dip
- Face Painting
- Ice Cream Spiders



Wodonga West Art Show

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**COME AND CELEBRATE
ART THROUGH THE AGES**

The "Wodonga West Art Show" promises to be a fantastic event for the entire school community. It's an opportunity to support and celebrate the creative endeavors of our youngest artists. So mark your calendars for Thursday, 19th October 2023, and come join us for a day filled with art, fun, and delicious treats at the Wodonga West Children's Centre. We can't wait to see you there!

In the Kindergarten

We have started the term continuing to learn about Oral Health. Abby and Shanae from the Albury Wodonga Dental Health Service visited the kinder to deliver Oral Health Education sessions. The children listened to a story and had a turn at cleaning Brushy's Teeth. This is part of the Brush Well message in our Smiles for Miles Oral Health Promotion Program. The children were also given a dental pack to take home.



Parents & Carers

We

Need

You



Spring Working Bee

Wodonga West Children's Centre

Friday 13th October

3.30 - 5.30pm

Please bring along your gardening tools!

Jobs to do include:

- *Weeding
- *Sweeping
- *Cleaning gutters

Sausage Sizzle for
all who attend

Help keep your school beautiful!



REMINDERS

Wearing a helmet is compulsory when riding a bike or scooter. "NO HELMET NO RIDE"



Our school uses Compass School Manager for ALL communication. If you require login details, assistance or have any questions relating to Compass please see our office staff.

Please remember that the school carpark is for the vehicles of staff, authorised parents/visitors and Disable Permit holders only. This is not a drop off/pick up zone.



Medications are not to be kept in school bags. If your child requires medicine to be taken at school, please hand in the pharmacy labelled medication to the front office and sign a medical authority form.

Please like and follow our facebook page to receive our updates and reminders.



ENROLMENTS OPEN KINDERGARTEN

3 and 4 year old kinder
enrolments now open for 2024

2024

For tours and booking enquiries

☎ (02) 6024 1188

🌐 www.wodongawestps.vic.edu.au

18/09/2023 – 28/09/2023



TheirCare
where kids love to be!

**Wodonga West
Children's Centre**

Holiday Program!

We have had a fantastic 2 weeks at Wodonga West school holidays getting to be crazy scientist!

Week 1:

Monday – We had a challenge royale day where we all got to challenge each other in many different ways, first, we got our balloons and had to see who could blow it up the biggest without it popping and then we let the air out of the balloon slowly to see what type of noise it would make, we then all stood in a light and let our balloon go while blown up to see whose balloon would go the furthest. At the end of the day, we got into groups of 4 and got a bucket of ice and a container of salt and we had to stick the salt to the ice to

see who could create the biggest building.

Tuesday – We hopped on the bus and went to the cinemas to see Ruby Gillman, Teenage Kraken we all got our popcorn and bottle of water everyone was very well-behaved at the cinema. When we returned to service, we all got to do some fun activities.

Wednesday – Today at West we had a dance incursion, we went to the gym and had a lady come to teach us some new dance moves and we got to do superhero action training with our dance moves and afterwards we got to do some magical water blossom crafts.

Thursday – Today was our special activity day where we got our boxes, we had to mix water with a special powder and then pour different colours into the water and it created string slime.

Friday – We got to hop on our bus again today and this time we went to the Murray Art Museum in Albury. When we got to the museum we were told we would be doing 3 activities throughout our visit, the first activity we got to do was go into a big art room and we all got given paper with crayons, pencils, texters and gel pens and we had to create our dream house we got to see some cool designs like a house made of pancakes, a rocket ship house and a rainbow house. The next activity we got to do was recreate art that was on the wall in the lobby at the museum and the last activity we got to do was go into a room with an art sculpture and we all took turns to guess what the sculpture story was.

Week 2:

Monday – Today we had a fizzy art day at our service we got to make a few cool experiments, we started with our lava lamps where we filled a water bottle half with water and the other half with oil we then chose a colour to add before adding a special ingredient to create the lava lamp, we all loved this experiment and getting to see the oil float to the top and then sink back to the bottom. We then made a fizzy paint by painting bicarb with water on paper and then adding drops of vinegar to see the reaction.

Tuesday – What's that buzzing sound! We will soon find out with today's workshop getting to create our own bee hives. First, we decorated these with our own colours and patterns and then with the help from our teachers we built our bee hives.

Wednesday – On the bus we go again! We got to meet some very cute and kind fur friends today, we went to Wiluna Sanctuary where we got to feed the camels, cows, sheep, deer's and even a pig named Dallas, we then got to go into a guinea pig shed and we each got to hold a guinea pig which they were all female and each one we held was pregnant, we also got to pat a very big grey rabbit. We then got to feed 2 ostriches but as they were starting to get full only a few of our friends got to water the ostriches instead which was super cute as the ostriches loved the water! To end our very fun filled day at Wiluna we got to each hold a small fluffy yellow duckling.

Thursday – To end our busy school holidays we had a fun science workshop, we got to create rockets by having a lady come in and show us by applying bicarb to vinegar and watching the rockets take off and we had plenty of time playing outside.



eCanteen

Online canteen management software

eCanteen is an online order processing system for schools. It can be used on any device without the need for installation. It is mobile compatible as a free simple app installed from the website without any need of an app store.

The eCanteen online ordering system is designed with parents in mind. Many of its features are designed to make the process of ordering from the canteen convenient and simpler for parents of students. These features include:



Simple login

Login with a Facebook, Google or Microsoft Account to cut down on having to remember yet another login. Don't have one of these, don't worry it's easy to sign up to one of these providers for free.

Manage your own students

Your account allows you to create profiles for multiple students across multiple schools (should those schools be using the eCanteen online ordering system). This stores the details of your students and allows you to process orders for one or more children in a single transaction, rather than having to place individual orders for each student.

Order up to a week in advance

Not only does eCanteen allow you to order for multiple students, it also allows for you to place all your orders for the current week. Cut off times are set by your school's canteen, so please check to make sure you complete your order for a day before the cut off time.

Repeat Orders

Easily access previous orders to copy them into a new order, cutting down on time taken to complete your orders.

Easy, secure payment

All payments are processed by PayPal. PayPal is a trusted payment processing site which gives you security in knowing your details are securely stored, so you don't have to enter them every time. PayPal allows you to use either a credit card or bank account and keeps a record of all payments made.

www.ecanteen.com.au



eCanteen

Online canteen management software

Getting Started

Register Your Account

To use eCanteen you need to register an account and login. To do this you can use an existing Facebook, Google or Microsoft account. You will need to provide eCanteen with your First Name, Last Name, Email Address and Phone Number so that the school can contact you if there are any problems with your order.

Create Profiles

Once you have logged in you need to create a profile to be able to make order. A profile can be created for a Student or School Staff Member. When you create a profile, you must provide the First Name and Last Name of the student or staff member and select their school. Your school may also require you to provide student code, home group, teacher or room. You can have as many profiles linked to your account as you need, with each profile being able to be link to a different school as needed.

Placing an Order and Checking Out

Now you can place an order for each of your profile. Click the new order button and add items to your order by clicking the select button. You can add multiple items by clicking the plus button. After clicking the save button you will return to see all your selected items. You can order for multiple profiles across multiple days of the week in one transaction. Once you have completed all your selections click the checkout button to process all your orders via PayPal.

www.ecanteen.com.au

1 ADD STUDENTS
Register your account

2 PLACE ORDERS
Create student orders

3 CHECKOUT
Securely pay for your orders

Repair Café

Toss it? No way!



OUR NEXT SESSION IS: 7th October 2023

What do you do with broken household items?
You can fix them at the Repair Café!

Our experienced repairers will help you repair them –
for free!

**First Saturday of the month
10am to 1pm
Senior Citizens Centre
15 Havelock Street, Wodonga**

Proudly supported by
Halve Waste
reduce • reuse • recycle
www.halvewaste.com.au

For more information follow our Facebook page or visit ecoportal.net.au

join Us for a day of inspiration and connection at...

headspace day 2023!



☀ Celebrate Mindful Living! ☀

📅 Saturday 7th October 2023

🕒 11:00 AM - 2:00 PM

📍 Junction Square, Wodonga



what to expect:

- 🎨 **Young Creators Market:** Discover and support the talents of our young artists and creators.
- 🌱 **Mindful Workshops:** Learn practices to boost mental well-being and be more mindful.
- 👉 **Community Connections:** Connect with local organisations and resources for support.
- 🎵 **Live Performances:** Enjoy music, dance, and artistic expressions celebrating our community.

be part of the change!

Let's debunk unrealistic expectations and promote positive mental health together.

headspace Day 2023 is where our community comes alive with energy, creativity, and support.

proudly supported by:

The Border Mail



gateway
health
People living well



2023 ALBURY SHOW

ARTS & CRAFTS SCHEDULE

Friday 3rd, Saturday 4th and Sunday 5th November 2023



Showgrounds Mate St
North Albury NSW 2640
p- 02 6021 3031
email – alburyshowociety@bigpond.com
www.alburyshow.com.au



"Celebrating 166 years of the Albury Show"

Albury Show Contact Details:

Ph. 02 6021 3031 Email- alburyshowociety@bigpond.com Website-www.alburyshow.com.au

Tuning in to Kids - Emotion coaching

For parents and carers of children aged between 2 and 10 years

This six-week program aims to help parents and carers understand their child's experience and connect with and support their child.



This program will look at:

- managing meltdowns
- tuning in to your children's emotions to help manage behavior
- emotion coaching – helping children to understand and regulate their emotions
- problem solving and self-care
- the different styles of parenting.

Location Gateway Health, 155 High Street, Wodonga

Date Tuesdays from 24th October to 28th November

Time 10am to 12pm

Cost This is a free program

To Register

Scan the QR Code or click [here](#) to rsvp by Monday 23 October.



For further information contact parenting team on 0457 279 796



Bookings are essential

gatewayhealth.org.au

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People living well

Please note this information applies to Term 4 2023.

Raising Resilient Children (from the Triple P International)



For parents and carers of children aged between 2 and 10 year.

This session will provide information on:
Recognising and accepting feelings

- Expression of feelings
- Building a positive outlook
- Developing coping skills
- Dealing with negative feelings
- Stressful life events

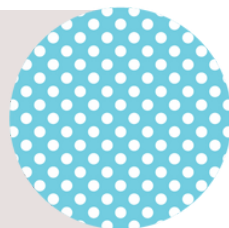
Location	Date and Time	Cost
Online (link will be provided)	Monday 6th November 7pm to 9pm	This is a free program

To Register

Scan the QR Code or click [here](#) to rsvp by Sunday 12th November.



For further information contact parenting team on 0457 279 796



Bookings are essential

gatewayhealth.org.au

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People living well

Please note this information applies to Term 4 2023.



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.



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Parenting Trans and Gender Diverse Kids and Teens



This program supports parents of transgender and gender-diverse children and teenagers to be able to parent with confidence and understanding.

The program covers:

- exploring the unique challenges and opportunities that parents of transgender and gender-diverse children face
- understanding your child's experience
- supporting your child on their gender journey and nurturing resilience tackling tricky conversations
- understanding how stress and stigma impact your child
- learning how to support siblings and other family members.

Location	Date and Time	Cost
Gateway Health 155 High Street, Wodonga	Mondays 9th October - 27th November 11am - 1pm	This is a free program

To Register

Scan the QR Code or click [here](#)
RSVP by Friday 6th October



For further information contact parenting team on 0457 279 796



Bookings are essential

gatewayhealth.org.au

Please note this information applies to Term 4 2023.

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People living well

Parenting Adolescents



This 2-hour session will provide information on:

- Adolescent development and its impacts
- Understanding emotions and helping to regulate
- Challenges facing adolescents and parents/carers
- Communicate and connect with your teen more effectively
- Problem-solving
- Family values
- Building resilience

Location	Date and Time	Cost
Felltimber Community Centre Corner Melrose Drive & Felltimber Creek Rd	Monday 13th November 4pm - 6pm	This is a free program

To Register

Scan the QR Code or [click here](#)
RSVP by Sunday 12th November.



For further information contact parenting team on 0457 279 796



Bookings are essential

gatewayhealth.org.au

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People living well

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- Family values
- Building resilience

Location	Date and Time	Cost
Barandudua Community Centre 3 Sage Court	Monday 30th October 6.30pm - 8.30pm	This is a free program

To Register

Scan the QR Code or click [here](#)
RSVP by Sunday 29th October.



For further information contact parenting team on 0457 279 796

Bookings are essential

gatewayhealth.org.au

Please note this information applies to Term 4 2023.

gateway
health

People living well

Mother Goose

Interacting with your baby

The Parent-Child Mother Goose program provides a group experience for parents and young children under the age of 2 years.



- The program promotes parent-child relationships through the fun of song, rhyme and story. You will learn ways to:
- help your child settle
- help their language development
- grow and support your relationship with your child
- connect with your child.

Location	Date and Time	Cost
Gateway Health 155 High Street Wodonga	Wednesdays In School Terms 10.30am - 11.30am	This is a free program

To Register

Scan the QR Code or [click here](#)
Register any time during the term



For further information contact parenting team on 0457 279 796



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gatewayhealth.org.au

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- help their language development
- grow and support your relationship with your child
- connect with your child.

Location	Date and Time	Cost
Orana Community Centre, 40 Cardo Drive Springdale Heights	Fridays In School Terms 10.30am - 11.30am	This is a free program

Contact us

Scan the QR Code or [click here](#)
Register any time during the term



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