

25 July 2024

Lawrence Street, Wodonga Victoria, 3690
Email: wodonga.west.ps@education.vic.gov.au

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

Be Safe

Be Respectful

Be A Learner

PRINCIPAL'S MESSAGE

Dear Parents / Carers,

Welcome back to the start of Term 3 and Semester 2. We hope you all had a lovely break during the holidays. Our students have been keen to get back into the swing of things and to be back with their friends and teachers. I am always impressed with the tone of the school and how engaged students are in their learning across the day.

It's a Boy!

We would like to congratulate Brendan Celi (5 / 6 C) and his partner Zoe on the birth of their first child, Noah Peter Celi. Noah arrived a little bit earlier than planned last Sunday. We would like to wish them every happiness for the future and we can't wait to meet little Noah when he gets to venture out into the world. Very exciting news indeed. Mr Celi will be having some Parental Leave during this term from time to time.

Welcome Back

Two of our staff have returned from Family Leave this term, Mrs Henwood and Mrs De Koeyer. Mrs Henwood will be tutoring students requiring additional support in years 1 / 2 in Reading and Mathematics. Mrs De Koeyer will be teaching the Wellbeing program to all classes for one hour per week

Pupil Free Day

A reminder that next Friday 2nd August is a Pupil Free Day as all our staff will be attending the Federation Conference at Wodonga Senior Secondary School. Theircare will be offering their service if child minding is required on the day, but you must make a booking with them. On this day our staff have chosen to attend particular Conference sessions that are of interest to them and their roles within the school.

School Council Meeting

A reminder to those on School Council that our next meeting is Wednesday 31st July at 5pm. Hoping to see you all there.

Long Service Leave

I will be taking two days of Long Service Leave this week on 25th and 26th July. During this time, Britt Hartley will be Acting Principal in my absence.

Mrs Gonzalez Placement

For the next three weeks, Mrs Gonzalez will be on placement at Myrtleford P-12 school as part of her course she is completing on Masters of Learning Intervention with the University of Melbourne. I am sure she will find this an interesting experience and return to our school with lots of great ideas to implement or consider.

Regards,

Jocelyn Owen
Principal

Important Dates

2nd August	Pupil free day - Wodonga Federation of Government Schools Conference Day
16th August	Year 3-6 Athletics Carnival
22nd August	Book Week Dress Up Day



Congratulations Robin!

Well done to our wonderful Crossing Supervisor, Mr Robin Stanley, on being awarded the **Region 7 School Crossing Supervisor Of The Year Award!**

Robin received this award for his professional demeanour, welcoming caring and supportive encouragement to all users of the school crossing. Please pass on your congratulations when you next see Robin.

PE NEWS



WODONGA WEST ATHLETICS CARNIVAL

It's not long until our Athletics Carnival, which will be held at Alexander Park, Albury Athletics complex for all students in Years 3-6.

Students participate in their age groups, rotating between nine different events during the day. The Carnival is planned for Friday 16th August, with our back-up day being Monday 19th August.

I encourage everyone to come in their house colours for a fun day. Permission notes are due to be sent out this week, so please return ASAP. If any parents can assist during the day with recording, etc please let me know.

Susan Macdonald
P.E. Coordinator

WELLBEING NEWS

Winter Gloves

A community member is busy knitting gloves. I have a limited supply of gloves to give away to students.

Please see Mrs Potter if you would like a pair. She will be taking names and giving them out as they are made.



If you require a FREE
breakfast pack
please see Mrs Potter



Children's Book week®

#CBCA 2024
August 17-23

Reading
is
Magic



BOOK WEEK

DRESS UP DAY

THURSDAY 22 AUGUST

PARADE WITH PRIZES

9.10AM IN THE GYM

GET CREATIVE!



PROTECTING CHILDREN - MANDATORY REPORTING IN SCHOOLS

All teachers and principals in primary school settings are designated mandatory reporters. This means teachers must act as soon as they witness an incident or form a reasonable belief that a child has been or is at risk of being abused, including exposure to family violence.

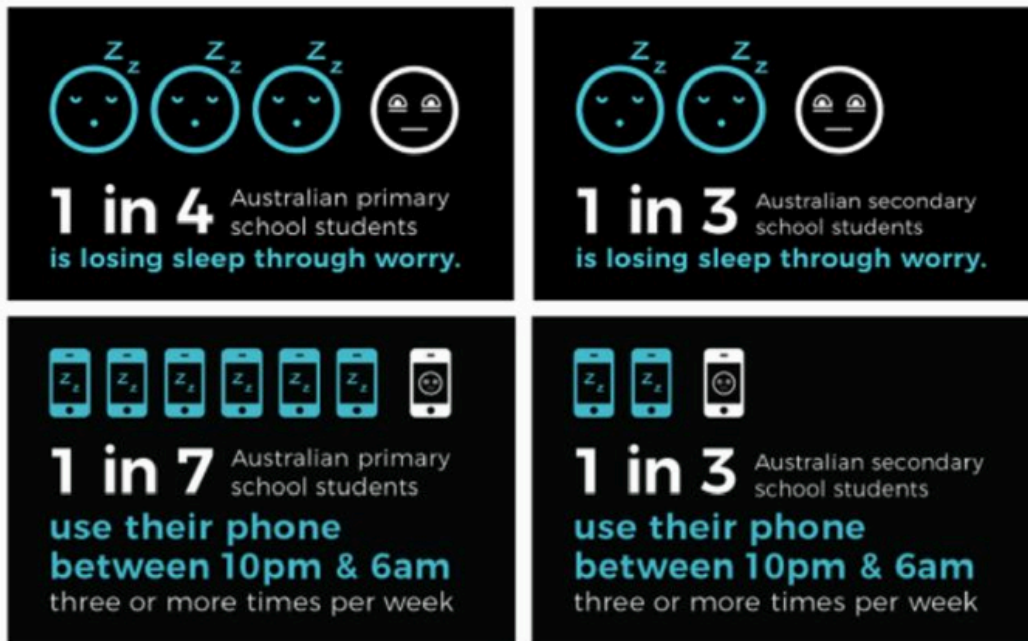
Teachers must act if they form a suspicion/reasonable belief that abuse has occurred or is at risk of occurring, even if they are unsure and have not directly observed the child abuse.

The following image outlines the 4 steps all staff in our school will take to report a concern of child abuse to the authorities. If you hold a concern for a child and that they may be at risk of harm reports can be made on **131 278** to the Department of Housing and Human Services.



Sleep & Devices


THE NUMBERS



WHAT CAN WE DO?



Kids should have
ALL notifications turned OFF



Rearrange the home screen
to remove social media apps from view



Schedule time for phone use
instead of scheduling time off your phone

OTHER TOOLS FOR PARENTS

1. **Limit technology**, and reconnect with your kids emotionally through play and other activities they are interested in.
2. **Role model** the behaviour you would like to see
3. Limit your own time on your device to enable you to **have special time with your kids** that is not interrupted by a work email!
4. **Don't be afraid to set limits!** Turning off the Wifi and leaving your devices on the kitchen bench are great ways to help your child get quality sleep

WODONGA WEST CHILDREN'S CENTRE

BREAKFAST CLUB

Toasted Sandwiches
Fruit Cups
Primas

EVERY MON & WED

8.30AM - 8.50AM



ALL KIDS WELCOME

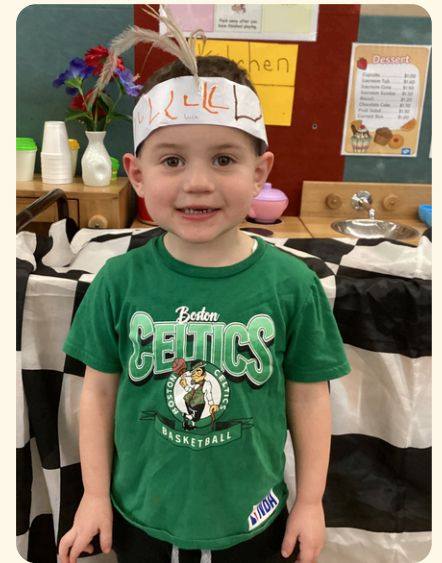
HELD IN THE SAKG KITCHEN



KINDERGARTEN NEWS

NAIDOC week was observed between 7-14 July, with the 2024 theme **Keep the Fire Burning! Blak, Loud and Proud**. NAIDOC Week celebrates and recognises the history, culture and achievements of the Aboriginal and Torres Strait Islander people.

To acknowledge NAIDOC week with the children we made headbands by drawing aboriginal symbols along the headband and pasting emu feathers on the front. We also glued red, yellow and black pieces of paper inside a picture of a kangaroo. We also learnt a new Aboriginal song and dance called Taba Nara.



The children have also been investigating and exploring Garlic with Mrs Hillas and Ms Burns. Children had a try of peeling Garlic bulbs then conducted a little experiment to see if they can get the garlic to grow.

They placed individual cloves in Zip lock bags with some water, sealed them and hung them out in the sun. The children have continued to check on the garlic and have just noticed that some are starting to sprout.



KINDERGARTEN ENROLMENTS

2025

- ✓ Fully funded (no cost)
- ✓ 3 and 4 year old
- ✓ Enrol now for 2025

Enrolment packs are
available from the office

*To secure your place
enrolments need to
be received by
16th August 2024*

For tours and enquiries

 (02) 6024 1188

www.wodongawestps.vic.edu.au





TheirCare
Where Kids love to be!

Upcoming Events/Info

Upcoming public holidays/pupil free days:

Pupil free day - 2nd August.

Please make sure you are booking in if you require care.

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

Term 3 already! This year is going so fast!

After a very busy 2 weeks of Holiday Program, it is great to get back into our normal routine. This week we had a mixture of Christmas in July and Emotions in our program.

On Monday we got a bit crafty making some paper plate Christmas trees and colouring in some baubles. We also played Christmas bingo which the children are loving and continued to play throughout the week.

Tuesday was another crafty day creating gingerbread men and elf ear headbands and making some chatterboxes. The children joined together to fold a create their chatterboxes and then played together. Wednesday, with the help of Steph we made new playdough that was Christmas themed using green and red food colouring. We also crafted paper chain Christmas decorations and hung them in our hallway for all to see.

Thursday, we did an 'I spy' emoji worksheet where we got to use our colouring skills to colour and find the many different emojis and then some spin and pin emoji faces where children had the chance to mix and max emojis.

Friday, we got to design our own pj's and sleeping masks and is also our Friday Funday where we get to watch in the afternoon and relax after our first week back to term 3.

The Children have had a wonderful start to term 3!



Service Number - 0447007044

Service Email - wodongawest@theircare.com.au

TheirCare HQ - 1300 072 410

TheirCare Email - info@theircare.com.au



Volunteers Wanted for Kitchen Garden Classes

The success of food education relies
on the support of volunteers.

There is nothing more satisfying than sharing a delicious meal created with fresh produce that you have grown from seed to harvest. Every week over 200 school children share in this experience at the

Wodonga West Children's Centre.

You don't have to be a green thumb or a naked chef, you just have to love growing food, eating food and being with children.

If you would like to volunteer in the kitchen or garden, whether you have one hour to spare or a whole afternoon, we would love to hear from you.

The classes run on *Monday, Tuesday & Wednesday*

Contact: **Jo Henderson or Jacqui Hillas**

On: **02 60 241188**





headspace
National Youth Mental Health Foundation



Supporting young people with transition from primary to secondary school A free online webinar for Parents and Carers

headspace Schools & Communities would like to invite you to attend a Mental Health Education session for Parents and Carers.

This session will cover:

- Mental health and wellbeing in adolescence
- How to have conversations with young people about their mental health and wellbeing
- Noticing signs that a young person might be going through a tough time and struggling with their transition out of school
- Identifying strategies to connect and communicate with young people
- Increasing knowledge about how to support them during this transition period and where to access professional support.

Where: Online via Zoom

When:

- Session 1: Tues 3 Sept, 6 - 7PM AEST
- Session 2: Thur 5 Sept, 8 - 9PM AEST

How to register:

[Click here](#) or scan the QR Code below to register by selecting your preferred date and time through Eventbrite.



After registering, you'll receive a confirmation email from Eventbrite which will include the Zoom meeting link to access the webinar.

Need more information?

Email us: MHEP@headspace.org.au



Frequently Asked Questions (FAQs)

What time will the webinar be held?

Sessions are offered to families across the country, so please check the timezone for your State/Territory before registering for either webinar:

Session 1:

VIC, TAS, NSW, ACT, QLD: 6 - 7PM AEST

SA/NT: 5.30 - 6.30PM AEST

WA: 4 - 5PM AEST

Session 2:

VIC, TAS, NSW, ACT, QLD: 8 - 9PM AEST

SA/NT: 7.30 - 8.30PM AEST

WA: 6 - 7PM AEST

How will the webinar be delivered?

The webinar is being delivered online via Zoom and will be streamed live. Please ensure you have access to Zoom before the session commences.

What technology do we need?

To participate, you will need access to Zoom to live stream the webinar.

How long is the webinar?

The webinar will run for 60 minutes.

Will this webinar be recorded?

No. This is a live webinar and it won't be recorded.

Do we have to have our cameras on?

Cameras will remain off to ensure safety and privacy for all participants. There will be a private Q&A option for participants to submit questions during the webinar.



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.



Junction
Support Services

The Play Therapy Space and Early Help Program are joining together to present you:

THE NEST



COME JOIN IN OUR FREE 5-WEEK PROGRAM!

To strengthen parent-child attachment, develop child play, build co-regulation, learn mindfulness & create harmony.

TIME: Wednesdays 10am - 11am
DATES: 31st July - 28th August
WHERE: Felltimber Community Centre

To register interest, please contact:
earlyhelp@junction.org.au or
 Phone 02 60437400







WE LOOK FORWARD TO SEEING YOU!



Interplay
Nest
Healing through reconnection

Parenting Programs - Term 3 2024

*There is no cost to attend these programs

Location	Program	Duration	When	Where	Register
Wodonga	Mother Goose (0 - 2 years)	Full Term	Wednesdays In School terms 10:30 am - 11:30 am	Gateway Health 155 High St Wodonga	Scan the QR code to register 
Wodonga	Tuning in to Kids Emotional intelligent parenting	5 weeks	Wednesdays August 7 - 28 9.30am - 11.30am	Gateway Health 155 High St Wodonga	Scan the QR code to register 
Online	Tuning in to Teens Emotionally intelligent parenting (10 years and over)	6 weeks	Mondays August 5 - September 2 7pm - 9pm	Online	Scan the QR code to register 
Online	Raising Resilient Children	2 hours	Monday August 19, 2024 7pm - 9pm	Online	Scan the QR code to register 
Lavington	Mother Goose (0 - 2 years)	Full Term	Mondays In School Terms 10.30am - 11.30am	Orana Community Centre 40 Cardo Dr Springdale Heights	Scan the QR code to register 
Benalla	Dads Tuning In to Kids	5 weeks	Tuesdays July 30 - September 3 2024 5.30pm - 7.30pm	Tomorrow Today Shop 1, 66 Nunn St Benalla	Scan the QR code to register 

Contact Information

If you have any questions, please reach out to the Gateway Health parenting team at 0457 279 796 or email parenting@gatewayhealth.org.au

BELEZA ONLINE SALE



15% OFF

BELEZA BRANDED PRODUCTS ONLY

3RD - 10TH OF AUGUST
beleza.com.au/online-store

ONLINE ONLY EXCLUSIVE FROM 03/08/2024 TO 10/08/2024 11:59PM AEST
 DISCOUNT OFF RRP | NO FURTHER DISCOUNTS APPLY | IN STOCK ITEMS ONLY




OUR NEXT SESSION IS: 3rd August 2024

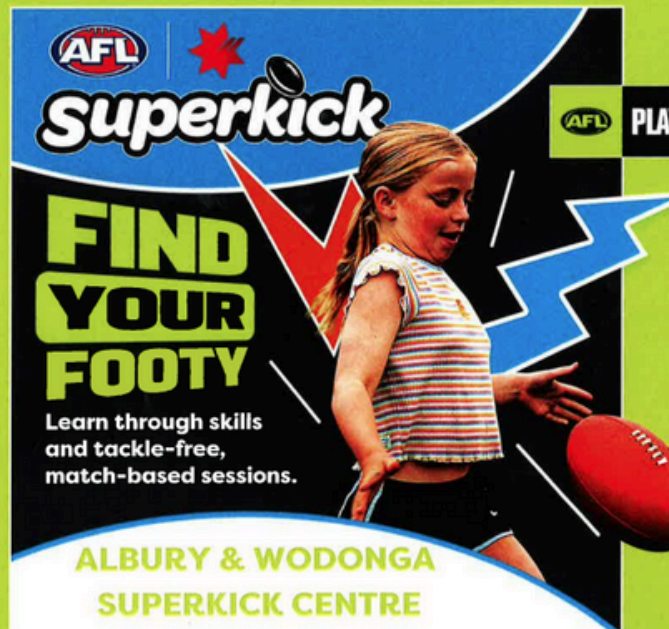
What do you do with broken household items?
 You can fix them at the Repair Café!

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

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

Proudly supported by
HalveWaste
 reduce • reuse • recycle
www.halvestaste.com.au

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




superkick

FIND YOUR FOOTY

Learn through skills and tackle-free, match-based sessions.

ALBURY & WODONGA SUPERKICK CENTRE

- Noreuil Oval - Albury
- Mondays 4:00pm - 5:00pm
- Commencing 12th August 2024
- 5 Week Program
- For ages 8yrs-12yrs



Scan the QR code to register today!
 FOR FURTHER INFORMATION: KADE.BROWN@AFL.COM.AU

play.afl/superkick




Engagement Support vouchers are available to you

When you engage with the ParentsNext program CVGT Employment can offer Engagement Support vouchers following attendance at face-to-face appointments.

During your appointment, we will discuss your personal preferences and the type of vouchers that will offer the greatest benefit to you.

- The vouchers are designed to assist with the rising cost of living
- Up to \$250 in vouchers are available per eligible participant



Initial Engagement Support - \$100 voucher

Offered to new participants who commence in the program after attending an initial face-to-face appointment

Ongoing Engagement Support - \$50 voucher

Offered to existing participants in the program who attend ongoing face-to-face appointments

Scan the code for more information or to request a callback from one of our Transition Support Coaches.



[Facebook](https://www.facebook.com/cvgtemployment)
[Instagram](https://www.instagram.com/cvgtemployment)
[LinkedIn](https://www.linkedin.com/company/cvgtemployment)
 132 848
cvgt.com.au