

05 September 2024

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**Be Safe**

**Be Respectful**

**Be A Learner**

## PRINCIPAL'S MESSAGE

Dear Parents / Carers,

### School Working Bee

We would love to see a big turn out of parents / carers at our Spring Working Bee which is tomorrow, Friday 6th September from 3.30 – 5.30 pm. We have a wide range of jobs that need completing in the Stephanie Alexander Garden and we can't manage it all without your help! Theircare will provide a sausage sizzle for helpers and there will be a 'Lucky Door Prize' to draw from the hat as well. The weather is looking perfect for this. Please bring along your own garden tools and gloves, as many hands make light work. Even if you can only spare an hour of your time, your help is very much appreciated. The Stephanie Alexander Kitchen Garden program is a huge part of our school, and our students learn so many like long skills in both the Kitchen and the Garden. We would love to see you there!

### Science Space Dome

It was lovely to have so many families come along to the Science Star Dome evening last night. We hope you all enjoyed the different activities as well as the sausage sizzle. All our students had a visit to the Star Dome during the day, and they found this experience to be very informative and learnt so much about our solar system and space in general. Well done to Mrs Watson for initiating this event and for including our families to visit during the evening. It was a great success as well as being educational and fun.

### Fathers' Day Stall

Once again our wonderful PFF organised some lovely gifts for our Fathers' Day Stall this year. We hope all our Fathers had a lovely day and enjoyed receiving the item/s chosen for them. There were so many items to choose from. Thank you to the PFF members who gave their time to hold the stall over 3 days to accommodate both the Kindergarten and school students. Great work, ladies!



## Early Childhood Educators' Day

Yesterday we celebrated Early Childhood Educators' Day in our Kindergarten. We are very lucky to have such a passionate, caring and hard working team on our staff. All five of them do an amazing job and contribute to providing wonderful play based experiences within the Kinder program. Our Kindergarten students are indeed very lucky to have you all as their educators providing a solid foundation to their future learning and social development.

Regards,

Jocelyn Owen  
Principal

### Important Dates

6th September School Working Bee  
10th September Emu Farm Excursion (F-2)  
12th September Emu Farm Excursion (F-2)  
13th September Colour Splatcular Run4Fun  
20th September SLC Wear Orange Day  
20th September Last day of Term 3

## School Saving Bonus

In Term 4, 2024, families with a child enrolled in a government school from Prep to Year 12 in 2025 will receive the one-off \$400 School Saving Bonus.

The \$400 School Saving Bonus provides families with support for education-related costs, such as school activities and/or school uniforms and textbooks.

The School Saving Bonus is not available for full-fee international students, home schooled students, TAFE students and students attending kindergarten in 2025.

## Actions for parents and carers

Before 18 October 2024, the Department of Education is asking parents and carers to:

- **Complete enrolment:** If your child, or children are changing government school for Term 1 2025, or starting Prep or Year 7 in 2025. For more information, read about Enrolling in School [www.vic.gov.au/how-choose-school-and-enrol](http://www.vic.gov.au/how-choose-school-and-enrol).
- **Check your contact information:** Ensure your email address and phone number is up to date with us. Please log into Compass and check that your email address is correct. If your details are incorrect, please contact the school office to update your details.

We need to ensure your contact information is up to date as the Department of Education will email you twice:

- In October, to verify your email address
- In November, with your \$400 School Saving Bonus and access to an online system.

Please check your junk mail regularly to make sure you do not miss an important email.

To learn more about the School Saving Bonus, see further information on the next 2 pages or visit [vic.gov.au/school-saving-bonus](http://vic.gov.au/school-saving-bonus).

# School Saving Bonus

Information for government school parents and carers

## About the School Saving Bonus

The Victorian Government is making life that little bit easier for families by providing a one-off \$400 School Saving Bonus.

This support will help cover the cost of school uniforms, textbooks, and school activities like camps, excursions and sports.

The School Saving Bonus is in addition to existing and continuing means-tested supports for Camps, Sports and Excursions Fund (CSEF) and the Affordable School Uniforms Program.

The School Saving Bonus will be provided to schools and families in Term 4, 2024.

## Who receives the School Saving Bonus

The School Saving Bonus is available for parents and carers of all Victorian government school students from Prep to Year 12 in 2025, except for full-fee international students, home schooled students, TAFE students and students attending kindergarten in 2025.

## Actions for parents and carers

Parents and carers of children who meet the School Saving Bonus eligibility above are required to do the following by Friday 18 October 2024:

- Complete enrolment

If your child, or children are changing government school for Term 1 2025, or starting Prep or Year 7 in 2025, please complete enrolment. For more information, read about [Enrolling in School](#).

- Check your contact information

Ensure your contact information is up to date with your school. You can check this information by contacting your school directly.

## Accessing the \$400 School Saving Bonus

You do not need to apply for the School Saving Bonus.

The Department of Education will email you in November 2024 with your \$400 School Saving Bonus. You will be able to access it via an online system.

You can decide how to best use the School Saving Bonus for your family's needs. You can choose how to allocate the \$400 in the online system.

The bonus can be used towards 2025 school costs, which may include:

- camps, trips, excursions and incursions
- swimming and sporting programs
- outdoor education programs
- graduations
- school uniforms
- textbooks.

The bonus can be used at your school's approved textbook or uniform suppliers either in-store or online, or through State Schools' Relief. The list of suppliers may include a school uniform or bookshop. Any amount that you choose to allocate to textbooks and uniforms will be valid until 30 June 2025. It will then transfer to your child's school account for future activities.

Funds will roll over for use in future years if it is not all spent in 2025.

## Families with more than one eligible child

Families who have more than one child at the same school can combine their School Saving Bonus payments to use on one child, or for a specific activity. So, for example, a family with 3 children who are all government school students would receive support to the value of \$1,200 and choose how they spend those funds. The School Saving Bonus cannot be combined across different schools.

## More information

To learn more about the School Saving Bonus visit [vic.gov.au/school-saving-bonus](https://vic.gov.au/school-saving-bonus). Translated information will also be available on the [School Saving Bonus website](#) in the next few weeks.

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## 2024 Parent / Caregiver / Guardian Opinion Survey:

### WE WANT OUR PARENTS / CAREGIVERS / GUARDIANS TO TELL US WHAT THEY THINK!

Our school is conducting the annual Parent / Caregiver / Guardian Opinion Survey offered by the Department of Education and is seeking your feedback. The survey is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behavior, and student engagement. The survey is optional, but we encourage and appreciate your participation. Our school will use the survey results to assist in identifying areas for improvement and professional development needs in the school, to target school planning and improvement strategies.

The Parent / Caregiver / Guardian Opinion Survey will be open online from **Monday 29 July to Friday 20 September 2024**. All families are invited to participate in the survey.

The survey will be conducted online, only takes 20 minutes to complete, and can be accessed at any convenient time on desktop computers, laptops, tablets or smartphones.

The online survey will be available in English and 10 other languages including Arabic, Greek, Hakha Chin, Hindi, Japanese, Punjabi, Simplified Chinese, Somali, Turkish, and Vietnamese. Resources are also available in additional languages to assist parents / caregivers / guardians who speak a language other than English at home. Please reach out to your child's teacher, or the school directly for survey guides in your language.

The survey results will be communicated to parents / caregivers / guardians through annual reporting and the Link Letter. Results are used for future planning.

Please speak to your child's teacher if you would like more information.

# Parents & Carers

We

Need

You



# Spring Working Bee

**Wodonga West Children's Centre**

Friday 6th September

3.30 - 5.30pm

Our focus is the Stephanie Alexander Garden, please bring along your gardening gloves and tools.

Jobs to do include:

- \*Weeding
- \*Pruning
- \*Sweeping

Sausage Sizzle and  
Lucky Door Prize draw!

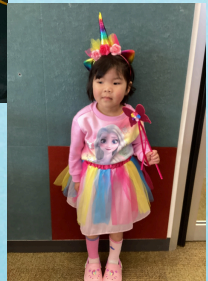
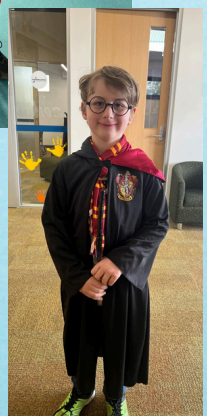
*Help keep your school beautiful!*



# BOOK WEEK CELEBRATIONS



# BOOK WEEK CELEBRATIONS





## Online pornography

Your child may discover online pornography unintentionally, or they may go looking for it. Either way, you can play a role.

### How do kids find pornography online?

- Your child may actively search for explicit content online, out of curiosity or perhaps because their friends are talking about it.
- A friend or sibling (or an adult) may share inappropriate content.
- Your child may accidentally type the wrong word or phrase into an internet search or click on a link to something that looks interesting but turns out to be pornographic.
- They might click on links in phishing or spam emails, and pop-ups (even on harmless websites).

### How can I protect my child?

- **Set some 'house rules'** — discuss the issue with all siblings and talk about where and when it is OK to use computers and devices.
- **Stay engaged** — talking regularly and openly with your child about what they are doing online will help build trust.
- **Use the available technology** — take advantage of the parental controls available on devices, and ensure the 'safe search' mode is enabled on browsers.
- **Build resilience** — talking about sexualised content can help young people process what they come across online and reinforce the importance of consent and respectful relationships.
- **Consider raising the subject of pornography yourself** — parenting experts recommend starting the conversation early (by the time they are around 9 years old) to help protect them from the potential impacts of coming across it accidentally. Every child is different, so decide when you think it is right to raise the subject with your child



## Online pornography

- **Take a long-term view** — reinforce that if they do see something they do not understand, they can come and ask you about it.

**For teenagers, the most important message is that pornography is not real life.**

### What can I do if my child has found pornography online?

- **Stay calm** — thank them for being brave enough to let you know and reassure them that you will sort it out together.
- **Listen, assess, pause** — ask them how they found it, where it happened, who (if anyone) showed it to them and how they felt when they saw it. Resist the urge to give them a lecture.
- **Reassure your child they are not in trouble** — try not to remove your child's device or online access completely, as they will see it as punishment.

- **Be sensitive to how they feel** — it is important to talk with your child about how the content made them feel. Encourage your child to talk to you about any questions they have.
- **Talk about the importance of consent and respect in relationships** — talk about the importance of always having permission to touch, hug, or kiss another person.

Further tips and advice about how to talk to your child about online pornography, depending on their age, are available on our website.





# EXCURSION REMINDER

Foundation - Year 2 Emu Farm excursion!

Group 1 - Tuesday 10th September

Group 2 - Thursday 12th September

**Please arrive at school on time, the bus will not wait for late students**



**ARE YOU KEEN TO SEE ONE OF OUR TEACHERS WITH SLIME ALL OVER THEM!**

**The class who has the most students signed up to our fundraiser gets to choose a teacher to slime!**

To sign up, visit [www.australianfundraising.com.au](http://www.australianfundraising.com.au) to create your profile page and share with family and friends to spread the word!

## SLC Term 3 Fundraiser - Wear Orange Day

This term we will be raising funds to support our local SES.

Each year many people from our local community are supported by a team of highly trained SES volunteers. These volunteers help people in crisis due to fires, floods, storm damage and even car accidents. We would like to take time to acknowledge and show our appreciation for our SES volunteers.

**When: Friday 20th September (last day of term)**

**Wear: Orange**

**Cost: \$2:00 donation**



**\$2:00 Orange spider drinks will also be on sale at the canteen**



# WELLBEING NEWS

## Crochet/Knitting Club!

All students are welcome to join in for some fun knitting and crocheting!

Resource Centre, every Monday at 11.25am

Bring your own wool or use some of ours 😊



If you require a FREE breakfast pack please see Mrs Potter ☀️



# SunSmart



SunSmart

Slap! on your hat and Slop! on sunscreen, when the UV is 3 or above.



Even on cool and cloudy days.

In Victoria, UV is 3 and above generally from mid-August to the end of April.

[sunsmart.com.au](http://sunsmart.com.au)

Use all five forms of sun protection



Cancer Council Victoria



WHEN THE INDEX HITS **3** COVER UP FROM **UV**



SunSmart

It's that time of year again – time for sun protection.

Being outdoors where students can be active and have fun is great. But being outdoors means students can also be exposed to UV radiation. With UV levels in Victoria now reaching 3 and above, it's time for everyone to start using sun protection again.

It's time to remind students, staff and families at your school to wear sun protective hats, clothing and apply sunscreen before heading outdoors.

When the UV is 3 or above, use all five forms of sun protection:

- Slip on sun protective clothing
- Slop on SPF50 or SPF50+, broad-spectrum, water-resistant sunscreen
- Slap on a broad-brimmed hat
- Seek shade
- Slide on sunglasses

Last Monday, 15 Year 6 students represented their classes in our annual Masterchef Competition. This year's competition was a little different with Mrs Hillas setting a lunchbox challenge. Each group had four different recipes to cook and that was then arranged in a lunchbox.

On the menu was:

- Chicken, sweet potato and cous cous nuggets
- Blueberry muesli bars
- Choc bliss balls
- Tomato pesto and parmesan scrolls



After these four items were cooked the students then replicated one of the recipes (randomly drawn out) and they cooked enough to share that food with the three Year 3 / 4 classes - it's safe to say those classes enjoyed that little treat cooked for them.

The groups worked well together and ultimately produced food, and a lunchbox, that was very impressive. Our judges, Phil and Ms Whitsed had a tough time determining the winner but the standout team was Mr Celi's class team of Daniel, Xanthe B, Savannah, Annaliese and Alisha.

## Congratulations to everyone involved!





## GET YOUR COLOUR ON

**Wodonga West Children's Centre is hosting a Colour Splatacular Run 4 Fun!**

**Friday 13 September 2.30pm to 3.30pm**

**This YEAR the first class to register all students receives a free HOT CHIP lunch for their class!**

Not only are we hosting an awesome Colour Splatacular Run 4 Fun, but student's can also win up to 15 unique 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](http://www.australianfundraising.com.au). Just select Wodonga West Children's Centre, set up your safe profile and start raising money for your school. 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 Budget Booster Bonanza Spending Spree for one organisation's highest fundraising student
- ★ Our school will win an extra \$5,000 if we have the highest average fundraised amount per student in 2024.
- ★ A Play Station 5 Gaming Bundle – see your child's sponsorship booklet for more!

For more information, please contact the school or your classroom teacher.

*Happy Fundraising!*





# KINDERGARTEN NEWS

The children have been learning about emotions. We have been looking at facial expressions to help identify what emotion someone is feeling. The children have been making faces at the craft table to reflect different emotions.



Wednesday 4th September was Early Childhood Educators Day. I'd like to take this opportunity to thank the wonderful team of Educators we have in our kindergarten at Wodonga West Children Centre. This team are always very nurturing towards the children and they pride themselves on providing the children with many fun learning experiences. They have also developed great relationships with our kinder families. This fabulous team go above and beyond every single day to offer the best education and care for all kinder children.

Casey Parker, Suzanna Jacob, Amritha Shah and Sharon Spargo, thank you for the amazing work you do!!!

## Happy Early Childhood Educators Day!



2024

You'RE AMAZING

Thank You



### 2025 Primary School Enrolment Information

All students enrolled in a Government Primary School in 2025 will receive a \$400 School Saving Bonus (paid directly to school).

To ensure your child does not miss out on this payment, all 2025 foundation enrolment forms need to be submitted to Wodonga West Primary by end of Term 3 -

**Friday 20th September 2024.**

Please see the school office if you require an enrolment form or more information about school enrolment.

# 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](http://www.wodongawestps.vic.edu.au)





**TheiCare**  
where kids love to be!

## Upcoming Events/Info

Upcoming public  
holidays/pupil free  
days:

**6th September -**  
School Working Bee

**13th September -**  
Colour Splatcular  
Run4Fun

Our opening hours  
are:

BSC - 6:30am - 8:50am

ASC - 3:30pm - 6pm

We provide breakfast  
for your children  
between 6:30am and  
8:00am.

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

WOW week 8 already.

Over the past 2 weeks we have been busy focusing on our bubbles. Each child had a personal bubble, and this is represented on our whiteboard. When a child pops another child's bubbles, they will enter the popped bubble section at the bottom of the board where they will work on their behaviour to try and move back to the un-popped bubble section. This is a great visual representation for children to see how they affect others around them.

We have enjoyed sensory exploration for the last week of winter. We used our fine motor skills and completed a cut and stick snowman and paper snowflakes.

But our favourite experiences we explored were, making fake snow, frozen sensory tub with frozen animal creatures, frozen paint on popsicle sticks, salt dye snowflakes, winter playdough and snowstorm in a jar.

And for week 8 we participated in superhero week. Some of our favourite activities was a superhero running race, superhero's and robbers (cops and robbers game) superhero sensory slime, make your own superhero cape and superhero celebrity head. It was an engaging week learning about everyone's favourite superhero's and the powers they hold.

Our arts We are also very excited to announce that our bookings for the spring holiday program has opened our theme is SPRING CARNIVAL. Some amazing excursions, incursions, experiences and activities have been planned.

Please remember to book as bookings are filling fast.



**Service Number - 0447007044**

**Service Email - [wodongawest@theircare.com.au](mailto:wodongawest@theircare.com.au)**

**TheiCare HQ - 1300 072 410**

**TheiCare Email - [info@theircare.com.au](mailto:info@theircare.com.au)**

The place to be these holidays!

# SPRING CARNIVAL!

## SPRING HOLIDAY PROGRAM



Book now at [theircare.com.au](http://theircare.com.au)

Save up to 90% with the Child Care Subsidy

## Holiday Program Important Information!

### What to bring

- A healthy morning tea and lunch
- A labelled drink bottle for water
- Suitable clothing for an active day – closed toe shoes and jacket if wet/cold
- SunSmart hat for Spring and Summer holidays
- Medical Management Plan & Medication if applicable – see below for details

### Don't forget!

- Keep your lunchbox nut-free to keep everyone safe
- Do not include food items that need to be reheated
- Label all items with child's name!
- Bus departure and arrival times are indicative only. For an accurate estimated time of arrival and departure please contact your service directly.

### Personal belongings

Electronic devices, money and other valuables should be left at home.  
If brought to the service, these items remain the responsibility of the family. TheirCare does not accept responsibility for loss or damage.

### TheirCare provides

- Water to refill bottles
- Sunscreen
- Water to refill bottles

### Child Care Subsidy

Please note that subsidised hours are calculated and allocated by Centrelink on a fortnightly basis. Check Centrelink for eligibility. Each session is calculated using the full service operational hours, not the hours attended by the child.

### Unexpected changes to activities

In the unlikely event that an activity is unable to run, an alternative activity will be provided.

Activities and times are subject to change due to unforeseen circumstances such as severe weather or provider availability. If an alternative cannot be sourced we will update your invoice to reflect this.

### Serious stuff!

#### Medical Management Plan & Medication

All children who have been diagnosed with a medical condition including allergies, food/chemical intolerances, anaphylaxis, asthma, epilepsy will need to provide:

- a completed Medical Management Plan with a colour photo
- necessary medication

Please note it is a legal requirement under the Education & Care National Regulations and the Terms and Conditions for booking that these are provided.

In the interests of child safety, care may be refused if medication or medical equipment is not supplied.

### Changes to your booking

Simply log into your account anytime to make the relevant changes or call us between 8:30am – 9:00pm weekdays on 1300 072 410.

### Fees for changes to your booking

More than 5 days	Less than 5 days*	On the day
No Charge	\$10.00	Full Fee

\*Less than 5 days from the start of the booking (120 hours from the start of the session).

When making additional bookings, the \$10.00 fee is eligible for the Child Care Subsidy, which means you may only need to pay the gap, depending on your families' circumstances.

If you have any questions, please speak with one of our friendly Educators or call Customer Support on 1300 072 410.

Wodonga West PS TheirCare

Times 7:00am - 6:00pm  
Location 230 Lawrence St, WODONGA VIC 3690  
Call 0447 007 044



\*With the maximum CHILD CARE SUBSIDY. \*\*Without the CHILD CARE SUBSIDY.

## There are 2 types of Child Care Payments.

### 1. Child Care Subsidy

The amount you can get depends on:

- 1 your family's income
- 2 the type of childcare you use
- 3 the age of your child
- 4 the hours of recognised activities you and your partner do

Up to **90%** of Child Care costs can be covered by Child Care Subsidy!



### 2. Additional Child Care Subsidy

This is extra support for some families including:

- 1 grandparents / great grandparents
- 2 families moving from an income support payment to work
- 3 those experiencing temporary hardship

Claim these subsidies via **myGov**

For more information, call Theircare on 1300 072 410

Excursion & Super Excursions days: Arrive at the service by 9:00 am. Pick-up after 2:30 pm. Wear runners & socks.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>23 SEP</b>  <b>Bee's Knees</b> Celebrate the season as Spring Has Sprung! Dive into creative crafts like Spinner Paper Trees and Paper Bee Spring Crafts. Get into groups as we join in on a tactical game of Save the Ants and enjoy making yummy 'Bee My Honey' Fruit Cups! Wrap up the day with DIY Garden Wish Flags! <p>From as low as \$6.50 Full Fee \$64.98**</p>	<b>24 SEP</b>  <b>AFL Team Slime</b> Calling all Slime enthusiasts! Select the colours needed for your team and lets get messy as today you will make your very own AFL licensed, coloured slime. The fun continues with outdoor numbers AFL, recycled paper mache sports balls, then we will investigate workings of the lungs and our heart rates with some Sports Science activities. <p>From as low as \$6.57 Full Fee \$65.60**</p>	<b>25 SEP</b>  <b>Sideshow Showdown</b> Step right up for some carnival themed fun! Enjoy a day packed with thrilling games like DIY Ring Toss, Bulseye Bean Bag Toss, and creating your own DIY Circus Tent Hats. Cap off the day with wonderful bubbles creating your very own Bubble Wand Station. <p>From as low as \$6.50 Full Fee \$64.98**</p>	<b>26 SEP</b>  <b>Arcade Rush!</b> Get hyped up next level for an arcade excursion at Intensity! Immerse yourself in the joy of arcade game experiences and more! Continue the fun back at service creating LEGO Mazes, colourful Fingerprint Flower Art and a fun and whacky game of Pac-Man Taggy! <p>From as low as \$12.33 Full Fee \$123.33**</p>	<b>27 SEP</b> Service closed!
<b>30 SEP</b>  <b>Weird Science</b> Step into a world of wacky experiments with our Wild Science Day! Don't miss out on making your very own DIY Bounce Balls! Make your own take home Chia Seed Heart Planter, challenge your friends to a caterpillar race and enjoy the BZZT Group Game. <p>From as low as \$6.50 Full Fee \$64.98**</p>	<b>1 OCT</b>  <b>Footy Fever</b> Let's kick off Grand Final week with 2.5 hrs of Footy Fun exclusive to TheirCare! Get ready and jump into your footy gear. Kicking, handballing and crafts will put our skills to the test. Back at service the footy fever continues with designing an AFL Jersey and playing the Angry Sign group game. <p>From as low as \$12.59 Full Fee \$125.98**</p>	<b>2 OCT</b>  <b>Pass the Popcorn!</b> From DreamWorks Animation comes an adaptation of Peter Brown's beloved The Wild Robot. The adventure follows robot Roz, shipwrecked on an uninhabited island and must learn to adapt to the harsh surroundings, gradually building relationships with the animals on the island and becoming adoptive parent of an orphaned gosling. <p>From as low as \$12.33 Full Fee \$123.33**</p>	<b>3 OCT</b>  <b>Beat Busters</b> Step into a world of groove with our Hip-Hop Silent Disco! Move to the groove of the Hip-Hop beats and show off your amazing dance moves! Afterwards, we'll be diving into other exciting activities like crafting a Putty Paint Fairy Floss Masterpieces, building a Paper Bag Piñata, and enjoying the Musical Islands group game! <p>From as low as \$9.79 Full Fee \$97.94**</p>	<b>4 OCT</b>  <b>Spring Fiesta</b> Get ready for a fun Spring Fiesta! Create dazzling Brazilian Carnival Masks and join the fun with Recycled Fashion on the Field. Play exciting group games like Butterfly and Race to the Finish Line. Plus, we even get to make our very own Carnival Shakers for extra festive fun. It's a day of vibrant creativity! <p>From as low as \$6.50 Full Fee \$64.98**</p>



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**



# 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**



# COMMUNITY NEWS



NORTH EAST VIC DIGITAL INTENSIVE

## Digital skills for parents: Kids, teens and online safety

### Join our free family eSafety workshops

#### PRESENTERS

**THURSDAY**

**Rebecca Martin**, Director, Evolve



**FRIDAY AND SATURDAY**

**Lisa Ryan**, General Manager Digital & Business Innovation, North East Water

**Angus Beath**, Cyber Security Architect, North East Water

#### THURS 12 SEPT

3:45PM-5:15PM [Kid's safety]  
5:30PM-7:00PM [Teen's safety]

#### FRI 13 SEPT

1PM-2PM [Kid's safety]  
3:30PM-4:30PM [Teen's safety]

#### SAT 14 SEPT

12:30PM-1:30PM [Kid's safety]

Learn how to manage screen time; combat tech misinformation; set up devices safely; understand tech's impact on sleep; set a positive example; and ensure your child's security and privacy.

100% free, all welcome.  
Call Leanne **0404 248 765**



**11-15 SEPT 2024**

Yackandandah Public Hall  
and Community Centre



**Explore the full digital learning program:**

30+ free digital skills workshops, plus one-on-one tech support  
Book [www.ruralwomenonline.org.au](http://www.ruralwomenonline.org.au)





# Lifeline

Albury Wodonga



# OUT OF THE SHADOWS WALK

10th of September, 2024 at 6am

Place: Kremur Street Boat Ramp West Albury to Hovell Tree Park

**Join us on World Suicide Prevention Day as we walk Out of the Shadows and into the light to honour those lost to suicide and bring their memory to light.**

Free Egg & Bacon Rolls.

Coffee, Tea and Hot Chocolates available at your own expense

Register Now:



Event Proudly  
Supported By:



Visit our website for more information [www.lifelinealburywodonga.com.au](http://www.lifelinealburywodonga.com.au)



# ALBURY

# BRICK MUSTER™ 2024



## LEGO® Fan Exhibition

### Local & Interstate Builders - Merchandise Stalls And More!

#### WHEN

Saturday 5 October

9am – 4pm

Sunday 6 October

9am – 3pm

(First Weekend in October)  
(NSW Long Weekend)

#### WHERE

St. Patrick's School Hall  
444 Kiewa Street, Albury NSW  
(Vehicle Parking Opposite)

#### TICKETS

\$8 Online or \$10 at the Door  
(Under 3 Years Free)

Get your Tickets at:

[trybooking.com/CTAHP](https://trybooking.com/CTAHP)

or Scan the QR Code.



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## ALL BELEZA RETAIL STORES

### Will be closed for first week of School Holidays

- All Retail Stores will close at **2pm on Friday 20th of September**
- Stores will be closed from **Saturday 21st of September to Sunday 29th of September**
- All Stores will resume regular trading days & hours from **Monday 30th of September**

Shop online at [beleza.com.au/online-store](http://beleza.com.au/online-store)



### 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.



132 848  
[cvgt.com.au](http://cvgt.com.au)



DO YOU HAVE CHILDREN AGED 0-12?

JUNCTION SUPPORT SERVICES PRESENT:

## EARLY HELP PROGRAM

### WE CAN PROVIDE SUPPORT WITH:

- Developing & Maintaining Routines
- Understanding and learning how to respond to children's big behaviours.
- Building and strengthening attachment and connection between parent, child and siblings.
- Supporting School Attendance
- Regulating Screen Time
- Promoting Participation in the Community
- New Parent Adjustments
- Supporting children to meet developmental milestones



THIS PROGRAM IS COMPLETELY **FREE** & WE CAN TRAVEL TO YOU!

#### HOW TO FIND OUT MORE...

155 Melbourne Rd  
Wodonga VIC

0260 437 400

<https://junction.org.au>

- You can access the Early Help Program by self-referral with the team at Junction Support Services
- Speak with your local school, kinder, childcare or maternal health team.



## 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.



## COULD YOU FOSTER A CHILD?







We **URGENTLY** need **Foster Carers** in your area. Enquire now on how you can help change a child's life.

**CanFoster.com.au | 1800 932 273**

## 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](mailto:parenting@gatewayhealth.org.au)