

LINK LETTER



11Aug 2022

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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,

This Friday all of our Years 3-6 students will be competing at our School Athletics Carnival at the Athletics track, Alexandra Park in Albury (Weather Permitting). Mrs MacDonald has planned an exciting day of activities for all age groups to participate in including, Hurdles, Long Jump, High Jump, Discuss, Track Running events and Shot Put. We would like to acknowledge all the efforts of the teachers that go into organising a sports carnival and thank them for their time and efforts, In particular Mrs MacDonald. We would also like to thank Wodonga Senior Secondary College for the helpers who will be supporting teachers run events on the day. This event is open to parents and carers so if you would like to attend as a spectator the sessions will begin at 10am and conclude at 2.30pm. If rain interrupts this event, the decision to postpone will be made on Friday morning by 8.00am and we will communicate this to families on Compass and Class dojo. The backup day for the event will then be held next Thursday.

Houses Cultural Events

Next week all house groups will be participating in cultural events to celebrate and explore our First Nations Culture. On Friday all house groups will have opportunities to explore one of the following activities artworks, games or story telling practices of our First Nations Culture. We welcome any families who wish to join in and share their culture with the children as part of these events. If you are able to help please make contact with Melissa Potter to discuss times and how you can be of assistance to the house groups.

Sausage Sizzle

Next Thursday 18th August the PFF will be hosting a sausage sizzle fundraiser for the school. Order forms have been sent home and the last day for orders to come in are on Tuesday morning (16th August). If the Athletics Carnival is postponed until next week the sausage sizzle for the school will be adjusted to the next day. Thankyou to all our volunteers for this event however the more hands we have the easier this event is to run. If you are able to help with preparing or serving on the day please leave your name at the office so we can pass this on to the PFF committee.

2023 enrolments

The school is busy preparing and gathering enrolments for 2023 for both the Foundation grades and for our 3 & 4yr old Kinder Program. Next year both 3 & 4 yr old's will have access to the free Kindergarten program funded by the government. It is important that enrolment forms for both the 3 & 4 yr old kinder program are returned to the school as soon as possible as places are filling up fast. The staffing and days for your child's program will be confirmed directly with families in term 4.

If your child will be beginning in Foundation in 2023 please make sure you return your enrolment forms to the school **ASAP**. These will be coming home via kinder this week and next, or can be collected from the office. If you know of any friends or family who have not enrolled their child in school please encourage them to contact the school to book a tour and collect an enrolment form. Foundation children who have confirmed enrolments with the school will have access to 4 days of transition starting in November. The details of this will be sent out to families by post in the first week of October.

Regards,

Britt Hartley
Acting Principal



Sausage Sizzle notes
due Tuesday 16th Aug!



Important Dates

- 12 Aug** Athletics Carnival
 No lunch orders available
- 18 Aug** Sausage Sizzle PFF Fundraiser
- 23 Aug** Book Week dress up day
- 5 - 7 Sep** High Country Camp Years 5-6
- 8 - 9 Sep** High Country Camp Years 3-4

WELCOME LOTTIE!



Meet Lottie, our new special friend at school.

Lottie is a 5 month old Labradoodle. Lottie has been visiting the school over the past month and has been trying out if she would like to be a wellbeing dog for our school. At this stage Lottie has been getting to know how school works and to feel comfortable in the environment. She has been spending lots of time in the office with the adults, library and visiting classrooms for a sniff to work out if she feels comfortable here at our school. Lottie loves to play ball and loves to chase it when thrown for her. She is very clever and has learned lots of new skills very quickly – including shaking hands. Romy Casey is Lottie's owner and will be bringing her on a Wednesday and a Friday for the rest of the year to visit with us.

Please remember when you see Lottie out in the playground to follow our 3 school expectations

1. We say hello to the person, not the dog
2. We give lots of space when we pass the dog
3. We keep moving, we don't stand around and stare.

It will be Lottie's decision at the end of the year if she wants to become our Wellbeing dog and if she feels comfortable and happy here at school.

If you have a dog that comes with you to school drop off or pick up we ask that you please make sure you wait outside of school grounds now Lottie is working in our school.





Wellbeing Report

If you require a FREE breakfast pack,



please see Mrs Potter



A letter from the Plastics Police

Dear Parents and Carers

We have a program so what you have to do is bring used tooth brushes and tooth pastes tubes as well. If it is an electric tooth brush take out the bottom electric bit. This program will go on for a long time and all of this is going to be recycled into new playground equipment and outside and inside furniture. This program is from Terracycle. Please try to bring these items. It will help out the world community. And you will be part of the solution not the pollution.

Plastics Police.

CHILD SAFE HOT TOPIC

Parents, carers, schools, and community all play an important role in protecting children and young people from, and educating them about, the harmful effects of smoking and vaping. ***Research** from the Royal Children's Hospital shows many parents and carers are not aware of the harmful effects or how their views about smoking and vaping can impact the likelihood of a young person taking up smoking or vaping.

The Department of Education and Training has collated ***resources** to help you learn more about the health risks of smoking and vaping, and some suggestions about how to talk to your child about vaping, and where to get support.

This includes a ***video** from experts at the Royal Children's Hospital Melbourne with tips for parents for starting a conversation with teenagers about vaping.

- <https://www.rchpoll.org.au/polls/e-cigarettes-vaping-and-teens-do-parents-know-the-dangers/>
- <https://www.vic.gov.au/smoking-and-vaping-advice-parents>
- https://www.rch.org.au/kidsinfo/fact_sheets/E-cigarettes_and_teens/

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Help and resources

Kids Helpline

Kids Helpline provides free and confidential online and phone counselling to young people aged 5 to 25. It is available 24 hours a day, 7 days a week.

kidshelpline.com.au or 1800 55 1800.

eHeadspace

eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends. It is available 9am to 1am (Melbourne time), 7 days a week.

eheadspace.org.au or 1800 650 890

Support for parents

Each state or territory has a dedicated Parentline that offers counselling, information and a referral service. Opening hours vary by state.

[Parentline](#) (QLD and NT) — 1300 30 1300

[Parentline](#) (VIC) — 13 22 89

[Parentline](#) (NSW) — 1300 1300 52

[Parent Helpline](#) (SA) — 1300 364 100

[Parentline](#) (ACT) — 02 6287 3833

[Parent Line](#) (TAS) — 1300 808 178

[Parenting WA Line](#) (WA) — (08) 9368 9368 or 1800 111 546



Unwanted contact and grooming

Socialising online can be a great way for children to build friendships, but it can also put them at risk.

How to deal with unwanted contact

Unwanted contact is any type of online communication that your child finds unpleasant or confronting, or that leads them into a situation where they might do something they regret. This can happen even if they initially welcomed the contact. It can come from strangers, online 'friends' your child has not met face-to-face, or from someone they actually know.

- **Make their accounts private** — suggest that your child makes their social media accounts private or revises their privacy settings regularly.
- **Delete contacts they don't talk to** — ask them to go through all the people who follow them or are friends with them on social media and check that they actually know them.

- **Report and block** — if they receive any unwanted contact from someone they know or a stranger, encourage them to report and block this person.
- **Delete requests from strangers** — encourage your child to delete friend or follow requests from people they don't know.

How does online grooming work?

Grooming involves building a relationship with a child in order to sexually abuse them. This abuse can happen in a physical meeting, but it increasingly occurs online when young people are tricked or persuaded into sexual activity on webcams or into sending sexual images.



Unwanted contact and grooming

How can I protect my child?

- **Stay involved in your child's digital world** — keep up-to-date with the sites, apps and online chat services they are using, and explore them together.
- **Build an open trusting relationship** — keep communication open and calm so they know they can come to you when someone is asking them to do something that does not feel right.
- **Help your child to protect their privacy** — encourage your child to use their privacy settings on social media sites to restrict their online information to known friends only.
- **Teach your child to be alert to signs of inappropriate contact** — help your child recognise signs that an online 'friend' may be trying to develop an inappropriate relationship, such as asking lots of questions about personal information soon after meeting online, asking which room their computer is in, asking them for favours and doing things in return (abusers often use promises and gifts to gain trust).

- **Establish safety guidelines for meeting online 'friends' face-to-face** — explain that it is safest to keep online 'friends' online, but that if they do want to meet someone face-to-face they should let you know first. Let them know they should be accompanied by you or another trusted adult.
- **What to do if something goes wrong** — talk to them without being judgemental or angry and make them feel like they can come to you with anything, without fear of being punished or criticised. Find out what happened and act to protect your child. Call the police immediately on Triple Zero (000) if their physical safety is at risk. Report abuse or online grooming to your local police or Crimestoppers. Get help and support for your child from a professional counselling service.

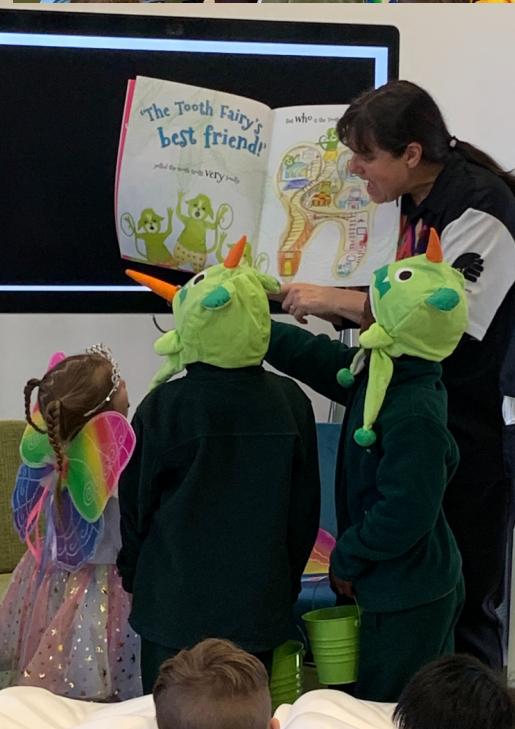
Kinder News

The kindergarten children have been learning about oral health and ways which we can look after our teeth. We joined the foundation class in the Library for our special Carevan Foundation Sun Smiles Oral Health presentation by Cathryn Carboon. Cathryn presented a reading of her book "Who is the Tooth Fairy's best friend?" and invited some of the children up to help her dramatise the story. To follow up with this we received a visit from oral health therapists from Albury Wodonga Dental Health service. The therapist read a book to the children and as a class discussed everyday foods which we can eat and sometimes foods to limit which will help keep our teeth healthy. The therapists also demonstrated the correct way to clean our teeth. The children then had turns cleaning Brushy's (puppet) teeth. After the presentation the children had an individual dental check-up with the therapists. The children were all very brave with their checks and they enjoyed hearing how many teeth they all had.



We also celebrated Aboriginal Torres Strait Islanders Children's Day with a visit from Malia who works for The Victorian Aboriginal Child Care Agency (VACCA). VACCA is a state-wide Aboriginal Community Controlled Organisation servicing children, young people, families and community members. Malia read us an Aboriginal Story and answered all of our questions. All children also received a special Aboriginal and Torres Strait Islander Children's Day Tote bag containing a copy of the book as well as some animal cut out cards, colouring sheets and pencils.

Oral Health Dress Up Day!



Science News



Each year Australia celebrates national Science Week with a huge variety of events and activities and this year is no exception. Online activities for this year's Science week can be accessed by visiting the National Science week website at <https://www.scienceweek.net.au/>

Here at Wodonga West Children's Centre we will be holding hands on lunchtime activities.



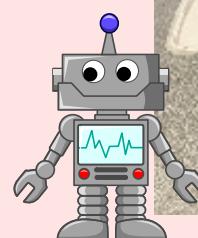
Lunchtime Science

Year 3-6 Thursday 18th August

Year F-2 Friday 19th August

All Students Welcome!

Activities will include: Bee Bot Robots, Spero Robots, chemical reactions and dinosaur play.





Dreaming with Eyes Open

Children's Book Council of Australia's Book Week

Week 7, 20th – 26th August, is Book Week!

This year, on Tuesday 23rd August, we will be celebrating Book Week. You can share your favourite book, dress-up as either your favourite book character or as a curious creature you have created yourself from your imagination!

There will be book prizes for the best dressed from each class, as well as for our lovely Kinder students, and a special 'guess what book staff are dressed up as' sheet with a book prize for the closest junior and senior student guesses!

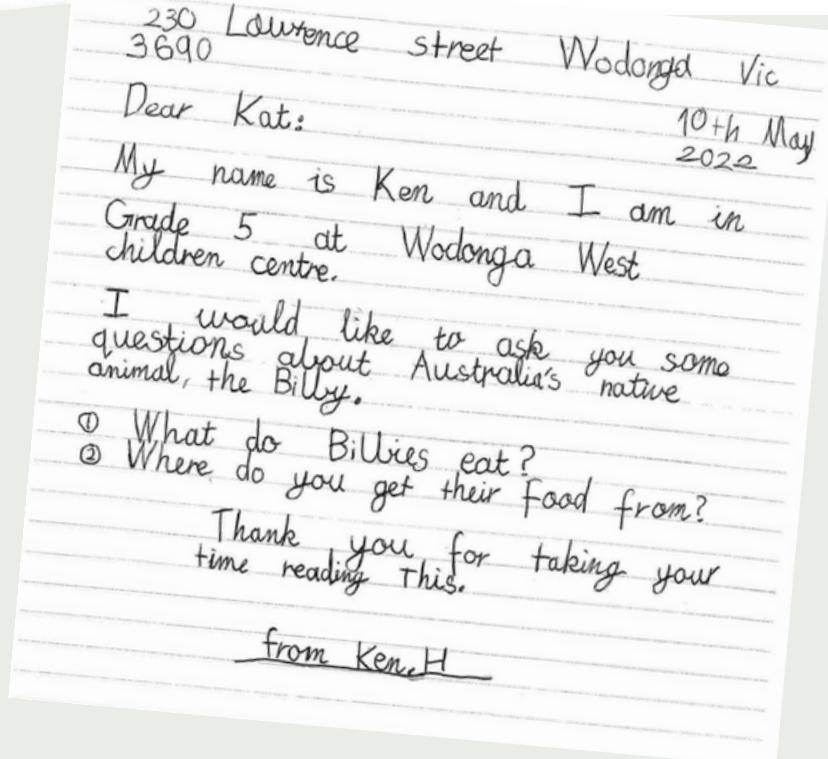
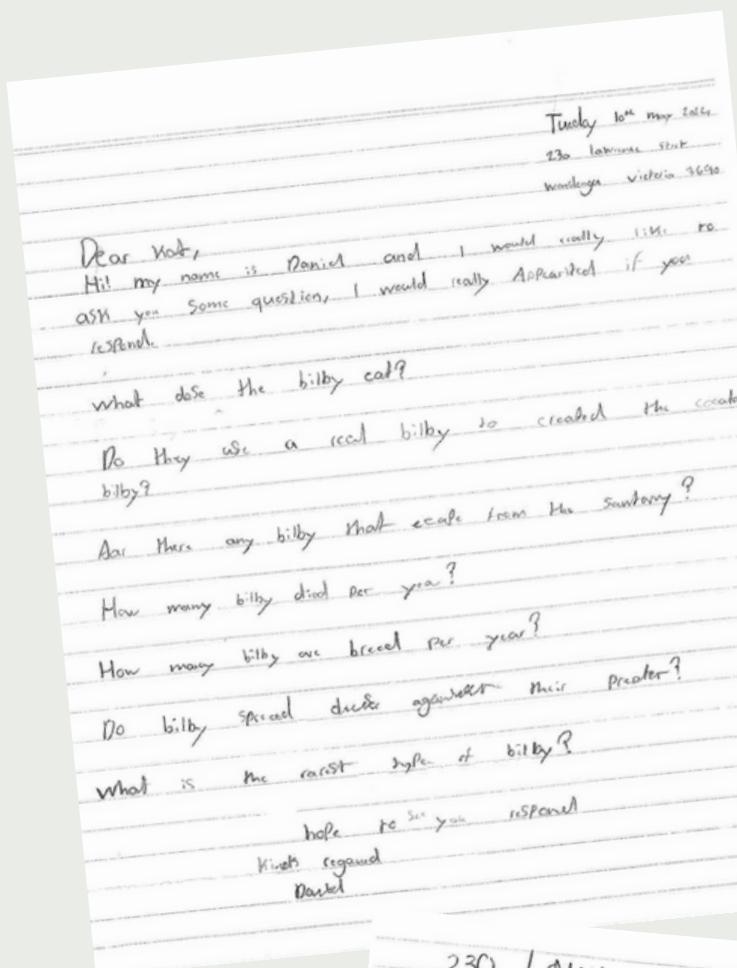
Our parade will be in the morning after roll call at 9:15am in the gym.

Book prizes will be presented at the next assembly.



EAL NEWS

Last fortnight we shared a reply letter that we received from the Save the Bilby Fund in response to our many questions we had about Bilbys! Please have a read below of our letters that we sent.



Tuesday 10th of May

230 Lawrence Street
Wodonga Victoria 3690

Good morning, Good afternoon Kat

My name is Helen and I'm an grade 4.

I would love to ask you some question ^{About} (for) Australia
about little bilby.

Do bilby get sick easily?

How much bilby are there In the world?

How many bilby born a year?

Please respond If you can thank you

Kind regards

Helen Huu

Victoria
Wodonga
230 Lawrence
3690

Tuesday 10th, 2022.

Morning Kat,

My name is Beatrice Nguyen. I am EAL student
in 3/4C. My grade 4 and my school is
Wodonga West Primary Children Centre.

I would love to ask you some question

Do bilbies (the) get sick easily?

Could you visit us maybe sometimes?

Do bilbies bite? If so, is their bite poisonous?
What is the life span of (the) a bilby?

Do you give bilbies a name?

Do you celebrate their birthday at sanctuary.
I would love to! answer my question.

Kind regards, Beatrice.

Book Bags

Available for purchase in the front office \$10 each.



A great addition for students from Kinder all the way through to the end of Primary School.

Book bags are perfect for keeping books and documents safe in backpacks and is recommended for borrowing library books from the school library.





TheirCare
where Kids love to be!

Unleash their imagination
these Spring holidays



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for your
chance
to win!

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Science



Movie Time



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yes

- Any brand of:**
- ✓ Toothpaste tubes and caps
 - ✓ Floss containers
 - ✓ Toothbrushes and interdental brushes
 - ✓ Electric toothbrush heads
 - ✓ Colgate RecyClean Toothbrushes

no

- ✗ Bamboo toothbrushes
- ✗ Electric toothbrush handles and bases
- ✗ Cardboard can be recycled with your local council

When in doubt, leave it out.

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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.

Parenting information sessions - Term 3 2022

2 hour sessions - Bookings are essential

The Power of Positive Parenting (From the Triple P International)	Adolescent Parenting	Raising Resilient Children (From the Triple P International)
For parents and carers of children aged between 2 and 12 years	For parents and carers of children aged between 12 and 17 years	For parents and carers of children aged between 2 and 12 years
This session will provide information on: <ul style="list-style-type: none"> • Building strong relationships with children • Good communication • Teaching children new skills • Predictable routines • Focussing on the positives • Positive environments • Expectations of children • Balancing family life 	This session will provide information on: <ul style="list-style-type: none"> • Development of teenagers - impacts and challenges • How you can support your teenager's emotions and help them build resilience • Connecting with your teenager • Helping to problem solve • Family values 	This session will provide information on: <ul style="list-style-type: none"> • Recognising and accepting feelings • Expression of feelings • Building a positive outlook • Developing coping skills • Dealing with negative feelings • Stressful life events
Tuesday 2 August 10am to 12pm Gateway Health 155 High Street Wodonga Rooms F11A & B	Tuesday 26 July 6pm to 8pm Online via Zoom (Link will be provided)	Thursday 28 July 7pm to 9pm Online via Zoom (Link will be provided)

To book your place contact Andrea on 0457 279 796
or email parenting@gatewayhealth.org.au

Parenting Programs - Term 3 2022

*There is no cost to attend these programs

Location	Program	Duration	When	Where	Register
Wodonga	Tuning in to Kids Emotionally intelligent parenting (2 - 10 years)	5 weeks	Fridays 12 August - 9 September 10am to 12pm	Gateway Health 155 High Street Training Room (G10)	Phone 02 6022 8888
Wodonga	Tuning in to Teens Emotionally intelligent parenting (10 years and over)	6 weeks	Tuesdays 9 August - 13 September 6pm to 8pm	Online via Zoom (Link will be provided)	Phone 02 6022 8888
Wodonga	Mother Goose (0 - 2 years)	Full term	Wednesdays 13 July - 14 September 10.30am to 11.30am	Gateway Health 155 High Street F11A & B	Phone 0457 279 796
Wangaratta	Tuning in to Kids Emotionally intelligent parenting (2 - 10 years)	5 weeks	Wednesdays 17 August - 14 September 9.30am to 11.30am	Gateway Health 45-47 Mackay St Nissen Hut - Multi Purpose Room	Phone 02 6022 8888
Lavington	Mother Goose (0 - 2 years)	Full term	Fridays 22 July - 23 September 10.30am to 11.30am	Orana Community Centre 40 Cardo Drive Springdale Heights	Phone 02 6025 3988

For more information call 02 6022 8888 or email parenting@gatewayhealth.org.au