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

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

Be A Learner

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

Be Respectful

Principal's Message

Dear Parents/Carers,

Be Safe

Principal's Message

Well Winter has finally sprung and we have been doing our best to stay dry and warm. The breeze today feels like it is off the snow, and we have had our fair share of rain. This is impacting the works on our football oval as it has continually been too wet to move heavy machinery on to top dress and plant the seed. Fingers crossed it will dry out enough soon so we can complete the last of the work. We need this done before Spring so that the grass grows well and thickens up before we can start using it again. With Athletics being the focus in P.E. for term 3, we really would prefer it was ready to go. We just can't beat Mother Nature.

Congratulations Kylie Whitsed

A huge CONGRATULATIONS is extended to Mrs Kylie Whitsed, our Kindergarten Teacher as she has been nominated in the Early Childhood Teacher of The Year 2023 Victorian Early Years Awards. These awards celebrate leadership, outstanding achievement, exceptional dedication and innovation in improving outcomes for young children and their families. This is a great honour to be nominated, and we believe that Kylie is an exceptional candidate to take out this highly prestigious award in recognition of her commitment to Early Years education for over 20 years. Kylie goes way beyond the expectations of her role to ensure that all families are connected with the correct services to support their child to develop to their full potential. We are very proud of the way Kylie operates our Kindergarten with the support of her other wonderful staff who make a terrific team. They provide extra activities/experiences such as speech, cooking, music and Play Therapy. We hope you are the worthy winner of this award which will be announced later this year.



Phil's Famous Roasts

We still have some spots left if you wish to bring in a roast meat to be cooked in the wood fired oven next Tuesday, Wednesday or Thursday. Please phone your booking through to the front office by next Monday. This is a wonderful service we are offering our families so please take up the offer. Roast veggies and gravy will also be supplied. Pick up by 4pm that same day! Thank you Phil, our grounds person, for doing the cooking – we look forward to enjoying a lovely roast dinner from the wood fired oven (it has a special flavour you can't beat).

Goodbye Mrs Fraser

It is with much sadness that we farewell Mrs Danielle Fraser, one of our fabulous Education Support staff who is re-locating to Melbourne. Danielle has had an extensive long term relationship with Wodonga West, firstly as a very engaged parent when her children attended the school, and then working here recently. Danielle has been a very positive and energetic worker whom has contributed tirelessly to build the capabilities of our students. She adores the students, has the patience of a saint, and builds very positive relationships with them and the wider school community. We would all like to say THANK YOU for all that you have achieved and we will miss you. We wish you all the best with the next adventure in your life and working in Melbourne. Stay in touch!



Reporting To Parents

Student Reports went out on Compass (Wednesday). Reporting to Parents will occur Thursday evening (4pm-6pm) or on Friday (Pupil Free Day). Please ensure you are on time for your appointments and that you do not go over the 15 minutes to ensure everyone stays on time across the school.

If for any reason you cannot make your interview time please inform the office and we will allocate another time. We expect ALL parents / Carers to engage in these interviews and to read student reports beforehand. Thank you to our teaching staff for all their hard work and countless hours that goes into such a big task.

End of Term 2

The last day of school is Friday 23rd June and we break up at 2.30 pm. School comes back on Monday 10th July. Have a wonderful break everyone and get plenty of rest ready for a busy term 3. Stay safe.

Regards Jocelyn Owen Principal

| | Important Dates |
|--------|---|
| 16 Jun | Student led conferences (Pupil Free Day) |
| 21 Jun | Kinder Closed - staff PPD day |
| 22 Jun | Kinder - Last day of Term 2 early finish 3pm |
| 23 Jun | Last day of Term 2, early finish 2.30pm |



PROTECT LEDUCATION STATE





Feeling Safe: For Primary School Students

Get the facts

This fact sheet is aboutmaking sure you know how to keep safe. It gives you the facts about what to do if someone is hurting you or your friends or making

What are your rights?

- Everyone has the right to feel safe and be protected.
- No one is allowed to threaten you, hurt you or touch you in a way that makes you feel uncomfortable.
- No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.



How do I know if something is wrong?

- Every relationship should be respectful.
- It is wrong for anyone to hurt you or make you feel unsafe, uncomfortable or afraid.
- Remember a person doesn't have to physically hurt or touch you to be doing the wrong thing.
- Even if you are not sure, if something doesn't feel right you should tell an adult who can help you.

What should I do if I feel unsafe?

- Tell an adult you trust telling someone won't get you in trouble.
- If you feel threatened, unsafe, or if you feel uncomfortable about how someone is touching you, talking to you, or treating you, you should tell a trusted adult.
- You can tell a teacher or any adult at your school. They will be able to help you.
- You can also tell your parent, carer, or any family member or adult you trust.
- Even if the person who is making you feel like this has asked you not to tell anyone, you should still talk to an adult. It is more important that you are safe and protected.

What should I do if I am worried that someone I know is unsafe?

- Tell an adult you trust.
- You can tell a teacher or any adult at your school.
- They will be able help your friend or the person you are worried about.
- You can also tell your parent, carer, or any family member or adult that you trust.
- Even if the person who you are worried about has asked you not to tell anyone, you should still talk to an adult. It is more important to make sure that your friend is safe and protected.



What will happen if I tell an adult at the school that I feel unsafe, or that I think my friend is unsafe?

- Adults at your school must listen to your concerns and help.
- In some cases the adult at school may need to tell another adult about your concerns so that you, or the person you know can be protected.
- Adults at your school can provide you with support and make sure you don't have to deal with this alone.

What if I don't feel like I can talk to anyone at my school

- If you don't feel like you can talk to an adult at your school, you can talk to your parent or carer.
- If you don't feel like you can talk to your parent or carer, you can talk to another adult within your family. This may be an aunt, uncle, a step-parent, or a grandparent.
- If you don't feel like you can talk to any of these adults, you should still try and find an adult that you can trust, and that you can to talk to.
- You don't need to deal with things on your own.

There are many people who can help you. Here are some other suggestions:

- visit eHeadspace (which provides an online and a 9am-1am telephone support service) www.eheadspace.org.au or 1800 650 850.
- ■call KidsHelp Line on 1800 55 1800 or visit www. kidshelpline.com.au for 24 hour support)
- call or visit your local police station or call 000.





SAKG NEWS



Students in 56T had a lot of fun making pasta from scratch in the kitchen today!









RECIPIES FROM SAKG

Quick and Easy Protein Balls

- 2 cups rolled oats
- 3/4 cup dried cranberries
- 3/4 cup choc chips
- 4 tablespoons of peanut butter
- 1 tablespoon of maple syrup or honey

Add all ingredients to a food processor and mix well. Add more peanut butter if required to bring all ingredients into balls. Roll into balls and store in an air tight container in the fridge.

Spinach and Ricotta Lasagne

- 1 packet of fresh lasagne sheets
- 1 large packet of baby spinach
- 350g of ricotta
- 1 jar of pasta sauce
- 1 tablespoon of garlic
- grated cheese of your choice
- salt and pepper

Combine spinach, ricotta, garlic and salt and pepper in a mixing bowl. In a large baking dish place a layer of pasta sauce, add a layer of the ricotta mix then a layer of lasagna sheets. Continue the layers until all ingredients are used and finish with a lasagne layer.

Add cheese to the top, cover with foil and bake in a moderate oven (180 degrees for 25 minutes). Remove the foil and then bake for a further 15 minutes or until the lasagne sheets are cooked through. Serve warm.



In the Kindergarten

The NAIDOC Week 2023 theme is 'For Our Elders'. The NAIDOC Week 2023 theme was chosen to reflect the important role that elders play in the lives of Indigenous Australians. NAIDOC week is observed in the second week of the school holidays between Sunday, July 2nd through to Sunday, July 9th, 2023. To help celebrate NAIDOC week the kindergarten children have participated in a colouring in competition with the winner being announced next week.

The children have been busy experimenting with scissors and learning how to cut on lines and we have been exploring colour in our craft and playing with coloured noodles. The child's building skills are continuing to improve and they are becoming more confident to build bigger creations. They are starting to express more of their ideas in what they are building and they are giving more detailed descriptions

















KINDER CLOSED – Wednesday 21st June – Educators will be attending a professional development training session on this day.

Last day of Term 2 - Thursday 22nd June 3:00pm Finish



If you require a FREE breakfast pack,





please see Mrs Potter

Plastic Bottle Caps

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



Get Active Kids Voucher Program

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

To be eligible your child must be:

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

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

SPORT

SPORT NEWS

District Cross Country

Well the weather was in our favour for Division Cross Country last Friday as we headed down to Willow Park with 24 students. All Wodonga schools were in attendance and local schools within certain distances, each year level saw between 150–200 competitors. The students are to be commended not just for their on field efforts, but their behaviours that represented our school with the BE Safe, Be Respectful attitude. Well done!





















Upcoming Events/Info

Upcoming public holidays/pupil free days:

Friday 16th June School holidays starting 26th June

Our opening hours are:

BSC- 6:30am - 8:50am ASC - 3:30pm - 6pm

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

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

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

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

Please Note: If your child is not attending care PLEASE inform Maddie by phone or email With the weather keeping us indoors for most days we had a sensory week in week 7, we got to feel all different things like playdough with coloured rocks and rice mixed into it which made it look like cookie dough. We had red, green, blue, purple, and black oil and water bags and bright blue slime.

Our new scaley fish friends in our service have been named by our children with 'Multi' & 'Remi J (Junior)' our fish have been a massive success for happiness in our service, the children love coming in and seeing what they are up to and creating their own sea life on felt boards.

We have been very busy in week 8 with making lots of different things like stress balls, dreamcatchers and bouncy balls.

We have been playing lots of different games in our service to build new friendships and challenge each other. We have played games like putting ourselves in order alphabetically by our first name without taking to each other which was a challenge but we got it!

Some of our children have recently discovered our fabric box in our service and have been cutting and creating different types of clothing like scarfs, jackets and even superhero caps!

For our last week we are celebrating insect week and we have some exciting activities planned and most of the children already cant wait for the things we have planned

PLEASE REMEMBER

Please remember to call or cancel your children when they aren't attending after school care or before school care.

We can not stress this enough as we only have a 20min window in which we deem that child missing and our procedure after 20 minutes is to call the police for a missing child.

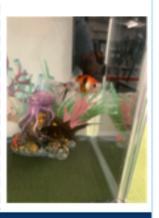
All we ask is that you call or even text our service to advise us of an absence. 0447007044

Thank you















The Victorian Premiers' Reading Challenge is now open.

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

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

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

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

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

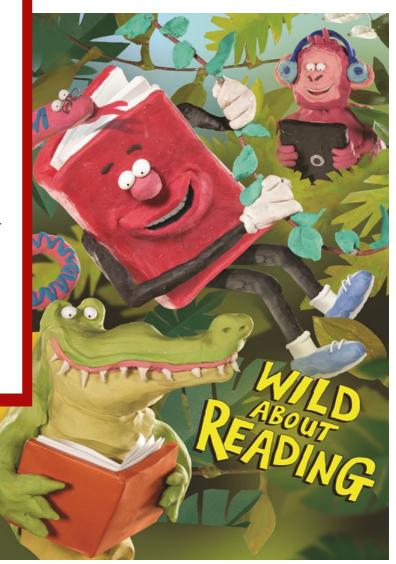
To log on to the Premier's reading challenge:

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

Click on the VRPC login.

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

If you have any further questions, please see Mrs Brear



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
- Medical Management Plan & Medication if applicable see below for detalls SunSmart hat for Spring and Summer holidays

 Medical Management Plan & Medication if appli





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. departure please contact your service directly. For an accurate estimated time of arrival and

Personal belongings

condition including allergies, food/chemical intolerances

anaphylaxis, asthma, epilepsy will need to provide:

a completed Medical Management Plan with

All children who have been diagnosed with a medical

Medical Management Plan

E Medication

Serious stuff!

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.



Please note it is a legal requirement under the Education

necessary medication

a colour photo

In the interests of child safety, care may be refused

medication or medication not be supplied.

on the day should the appropriate docum

Their Care provides

- Breakfast and afternoon tea snack Sunscreen
 - Water to refill bottles $\mathbf{\Sigma}$



Child Care Subsidy

Please note that subsidised hours are calculated and allocated by Centrelink on a fortnightly basis. Check Centrelink for eligibility.



Unexpected changes to activities

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

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



Changes to your booking Simply log into your account anytime to

make the relevant changes or call us between 6:30am - 9:00pm weekdays on 1300 072 410.

Fees for changes to your booking

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

"Less than 5 days from the start of the booking

(120 hours from the start of the session).



B















Charity

Super

Book now at theircare.com.au

Save up to 85% with the Child Care Subsidy



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



Test Your Powers

run the Kryptonite relay. Then, channel your inner Thor with rainbow lightning and create your very own superhero fridget spinner. Superheroes save the day! Use your superpowers to



Pull fee \$57.00. Suburb Avg \$9.12. recycled wind power cars, plus plenty of Kryptonite crystals, rainbow lightening. time to choose your own adventure. As low as \$8.55 with the Child Care Subsidy.



227 JUNE

Capes and Masks

Super costumes! Decorate your very own superhero costume, with masks and capes! Join forces to

create a league of heroes.

Master of Disguise

(

dodgeball, crayon etching, plus plenty of

time to choose your own adventure.

Full fee \$74.65. Suburb Avg \$11.94.

As low as \$11.20 with the Child Care Subsidy.

Word art drawing, oatmeal clay, skittle

Additional fun:

Jet

Elemental Movie (PG)

Meet Ember, a tough, quick-witted and fiery young woman from Element City, whose friendship with

Movie Magic

Pull fee \$57,00. Suburb Ang \$9.72.

As low as \$8.55 with the Child Care Subsidy.

choose your own adventure.

Optical illusions, super disguises, code hide and seek, plus plenty of time to

Sticky Ice

in plain sight with super disguises and hectic optical illusions. Are you ready for the sticky ice challenge

these winter holidays?

Every superhero needs a great secret identity! Hide

Hide in Plain Sight

SUPER Foods

bruschetta with pasta or rice salad. Plus, take home your very own ravioli-making kit! Buon appetitol Order up chef! On the menu today, we have



Pull fee \$107.47. Suburb Avg \$17.20.

As low as \$16.12 with the Child Care Subsidy.

Air races, DIY paper ember crafts, crossfire

Additional fun:

challenges her beliefs about the world they live in.

a fun, sappy, go-with-the-flow guy named Wade

Arrive at the service by 8:30 am. Pick-up after

2:30 pm. Wear runners & socks. Popcorn and water included:

game, plus plenty of time to choose your

own adventure.

à

P







dodgeball sessions will test and develop your skills. Then, take on your friends in a round to see who has

Let's bounce with Active Attitudes! Jam-packed

Bounce and Dodge

crafts, impressive prints, plus plenty of Folded bracelets, web toss, desk tidy time to choose your own adventure. Additional fun:



Pull fee \$85.26. Suburb Avg \$13.64. As low as \$12.79 with the Child Care Subsidy.

to Fly program! Includes a skill-based session and head to Bounce Inc for a unique TheirCare Learn Are you ready to fly? Get superhero ready as we Super-Fly

Trampoline Park Excursion







Additional fun:

soft pastel marbling, plus plenty of time to choose your own adventure.



Pull fee \$57.00. Suburb Avg \$9.12. As low as \$8.55 with the Child Care Subsidy.

your own adventure.

Super secret codes, puffy paint hulk, straw Rock Paper Scissors Epic shooters, plus plenty of time to choose

Additional fun:

Battle

Take it to the next level! Explore gravity and super secret codes. Take part in the most epic game of

rock, paper scissors you have ever experienced!





routines, multi-ball games, plus plenty of

time to choose your own adventure.

Pull fee \$107.47. Suburb Avg \$17.20.

As low as SIS.12 with the Child Care Subsidy.

Nature wonder crafts, stomp rhythm

Additional fun:

way with your friends at the LaserTAG arena. Find out who has the skills to emerge victorious!

Arrive at the service by 8:30 am. Pick-up after

2:30 pm. Wear runners & socks.

Avengers, get ready to defend your zone! Light the

Laser Force





HURSDAY

Laser Tag Excursion

(60)

Tessellation artwork, team building activities, soccer, skipping plus plenty of

Fitness Incursion

skills, and agility in the circuit-based game sessions. From jumping jacks to tunnel ball and egg and spoon

races, each station is a blast!

Let's bounce to PCYC Albury! Test your coordination,

Super Strength Squad

time to choose your own adventure.

Full fee \$85.26. Suburb Avg \$13.64.

As low as \$12.78 with the Child Care Subsidy.





As low as \$17.76 with the Child Care Subsidy.

Pull fee STR.41. Suburb Avg STR.95.

Mixed media winter art, continuous cricket,



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





Looking for some fun over the school holidays? Click the link above to sign your team up!

Each player needs to register. \$30 per player Wodonga Senior Secondary College, Woodland St Wodonga. Age groups: U12, U14, U16 & U19





ALBURY

DATE: Monday 3rd July 2023

TIME: 9am - 3pm

AGES: 7 - 14 years old

VENUE: Lauren Jackson Sports Centre,

229 North Street, East Albury

COST: \$85 per participant

Every participant receives a Netstars T-shirt



Bookings essential and only a <u>limited</u> number of spaces available - book now to avoid missing out



Book Online: www.netstarsnetball.com.au



Art skills are for life! Create a strong creative foundation at Art School.

ART SCHOOL

Build a strong set of artistic skills in this year-round term-based program, with weekly 90 minute art making classes.

Art School takes a long term approach to skill building, helping your child gain confidence expressing themselves in a variety of mediums.

Led by experienced art educators, every term is different, layering skill development from grades 1 to 9.

COST: \$260 per term

DATE: 8 weeks, begins week of 17 July

DAYS: Mon & Thur (Grades 1-3 & 4-6), Tue (Grade 7-9)

TIME: 3.45pm - 5.15pm

SENSORY ART SCHOOL

For younger artists that enjoy shorter, more open ended, creative sessions.

Our Sensory Sessions are held in a quieter enviornment with an emphasis on materials and play, in weekly 45 minute art making classes.

Recommended for Kindergarten to Year 2, as well as Primary students who prefer this learning style and classroom environment.

COST: \$180 per term

DATE: 8 weeks, begins 19 July

DAYS: Wednesdays

TIME: 3.45pm - 4:30pm

BOOK: Register online mamalbury.com.au or in person at the museum.

ENQUIRIES: mama@alburycity.nsw.gov.au (02) 6043 5800





Strengthening Children and Teens Against Anxiety FREE Parent/Carer Workshops

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

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

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

In this presentation, Karen will explore:

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

Workshop details

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

Monday 5 June from 6.30pm to 8pm Venue to be confirmed

Scan the QR code to register

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



Tuesday 18 July 6.30pm to 8pm Venue to be confirmed Scan the QR code to register

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

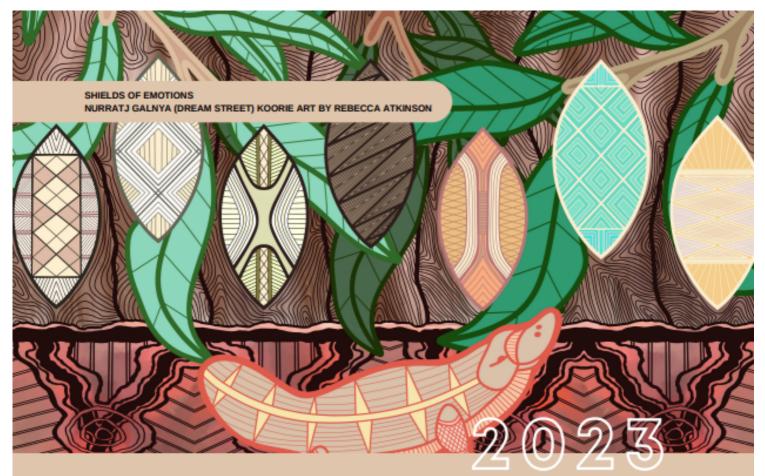


Contact

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

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





AWAHS SHIELDS OF EMOTIONS 厚医STIVAL

SAVE THE DATE

ENQUIRES CONTACT
BRITTA ON 0433 007 326

WELCOME · LIVE
ENTERTAINMENT ·
ELDERS AREA · STALLS ·
WORKSHOPSKIDS ·
ACTIVITIES · FOOD
VENDORS · COFFEE VANS
AND MANY MORE

JUNE 17 • 2023 APEX PARK WANGARATTA 10:30AM - 3:30PM



VACCA Ovens Murray NAIDOC 2023

Wangaratta Community Gathering



VICTORIAN ABORIGINAL CHILD CARE AGENCY

FOR OUR FLDERS

SUNDAY 9TH JULY

1.00pm - 4.00pm

Apex Park Wangaratta

Cultural Activities:

- · Free Community BBQ · Coffee Van
- · Fun stalls · Big Games
- · Indigenous Outreach Projects Hip Hop Crew
- · Boomerang Painting & Throwing
- · Weaving & Dilly bag making · Face Painting
- Madi Colville Yorta Yorta Musician

No alcohol & smoke free event

Come along and enjoy the Clothing the Gap walk along the Bullawah Cultural trail at Apex Park Wangaratta at 12.15pm. VACCA Wangaratta Community Gathering will begin after the walk.

Scan the QR code for more information or use

this link: https://www.canva.com/design/DAFj-pmsPys/oppolbgumj8i4XoldtOJWg/view?utm_content=DAFj-pmsPys&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink





COVID Safety: Please adhere to all COVID safe instructions throughout the day and during travel to the event venue.

Artwork by: Kaitlyn Boyer, Gunditjmara, VACCA Graphic Designer & Artist



Supported By:



































After Dark is back for the ultimate end-of-term party to kick off the school holidays!

From 7-10 pm, the lights go down, and the music starts pumping for 3 hours of uninterrupted freestyle fun.

The live DJ & BOUNCE Hosts will make it a great night for everyone with dance parties, games and prizes to be won.

This is the perfect event for school-aged kids and teens to celebrate the end of term,

book your friends in for a night of awesomeness and come party at BOUNCE. Grab your tickets today and join us at your local BOUNCE venue!

For more information about After Dark click here
Add a little bit of body text



AURORA

THE MAGIC OF AURORA RETURNS!

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

JUNE 23 - JULY 16, 2023

LIMITED TICKETS. BOOK NOW!

