



# LINK LETTER

13 July 2023

Lawrence Street, Wodonga Victoria, 3690  
Email: [wodonga.west.ps@education.vic.gov.au](mailto:wodonga.west.ps@education.vic.gov.au)

Phone: (02) 6024 1188  
[www.wodongawest.vic.gov.au](http://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,

### Welcome Back

Firstly, I hope you all had a great mid-year holiday regardless of the weather being pretty miserable for much of it. It did make it hard for our families to get out and about in the cold and slushy conditions. It is pleasing to see that the sun is trying very hard to peek its way out this afternoon and the weather for the next several days looks like it should be fine.

Here at school we have had to close the oval areas as they are just too boggy to play on, and the re-surfacing of our football field has been significantly delayed as well as machinery can't get onto it. Well maybe it could, but it would stay there bogged!!!

Students have been offered a new space whilst the ovals dry out (in front of the Kindergarten area there is asphalt to play on). Fingers and toes crossed that it all dries up quickly. Mrs MacDonald, our Physical Education teacher, has had to modify her plans to run Athletics training this term, so I thank her for being so adaptable and creative under the circumstances. We are looking forward to finishing our football field upgrade as soon as practical.

### Federation of Government Schools Conference

A reminder that Friday 28th July is a Pupil Free Day. Our entire staff will be attending the Federation Conference at Wodonga Senior Secondary School. The school will be closed on this day, however, Theircare will be offering their services if you book in. This Conference offers a large suite of professional learning sessions for staff to choose from on a wide range of topics. We always return with new learnings from the Conference that we can adopt to improve our school and the student's learning and wellbeing.

### School Car Park

I need to remind some people once again that the school car park is NOT a pick up or drop off area and no cars should be driving through to do so. This is a serious safety issue, and the signage clearly indicates that it is not permitted under any circumstance. The excuses that we receive are not acceptable, and we get tired of telling the same people over and over who are clearly not respectful of the school's policy.

The only people permitted to do so are those with a current and valid Disability sticker which must be properly displayed on their vehicle. Please adhere to our school policy which is in place to protect the safety of everyone.

Regards  
Jocelyn Owen  
Principal



### Important Dates

- 14 Jul** Winter MYOS sports carnival
- 15 Jul** Last Day for Cookie Fundraiser orders
- 17 Jul** School Assembly 9.15am
- 28 Jul** Pupil Free Day - Federation Wodonga School Conference



**If you require a FREE breakfast pack,**



**please see Mrs Potter**

## Free Shoes

There are shoes both new and second hand that are looking for a new home. We have 4 pairs of runners, 4 pairs of white canvas shoes and 1 pair of grey shoes. If you could use a pair of shoes please see Mrs Potter on Monday.



Screen time can be part of a healthy lifestyle for children when it's balanced with other activities that are good for your child's development, like physical play, reading and socialising. Getting the right balance also includes making sure screen time doesn't interfere with sleep.

The following tips can help you encourage your child to use screens in a balanced and healthy way.

### 1. Make rules about screen use

You can help your child find the balance between screen use and other activities by working with your child on some creating family rules.

Your family's rules might cover:

- where your child can use screens – for example, only in family rooms or not in the car
- when your child can use screens – for example, mealtimes are free of TV, computers and phones, or no screen time before school or until chores are finished
- how your child can use screens – for example, for making animations or checking a netball shooting technique, but not for playing Candy Crush
- how you handle screen time for children of different ages – for example, there might be some games that your older child can play only when her younger sibling is out or has gone to bed.

It's OK if your rules include time limits to help your child balance screen time with other things like physical activity.

### 2. Aim for short screen time sessions

Getting up and moving around is important for your child's energy levels, development, sleep, and overall health and wellbeing. If your child is having screen time, it's a good idea to encourage him to take a break every 30 minutes and use screens in short bursts.

You can do this by encouraging your child to:

- use a timer to set breaks
- do something active when the timer ends, like play outside
- make use of natural breaks in screen time – for example, encourage your child to do a victory dance when she finishes a level in a game.

### 3. Get your child moving, especially outside

It's a good idea to encourage your child to play outside several times a day. For example, at this age, children enjoy:

- building and creating with equipment, furniture or other things they find outside
- playing tiggy, chasey or tag
- climbing trees.

Physical activity can happen indoors as well as outdoors. It can be simple things like dancing, doing star jumps, or throwing and catching balls.

### 4. Imagine and create

Creative play like telling stories, playing word games, dressing up or drawing is good for your child's creative thinking and development. It helps him learn how to experiment, think, learn and solve problems. Allowing them time to engage in make believe play through activities like craft and construction activities, dressing up, role play, even creative Lego play all support your child's imagination.

### 5. Encourage play and friendship with others

When children play face to face with others rather than by themselves on a screen, they develop important life skills. These include getting along with other people, being independent and learning how to sort out conflicts and problems. You can support your school-age child's friendships by arranging playdates and sleepovers.

### 6. Avoid screen time before bed

School-age children need 10-11 hours sleep a night.

Using screens before bed can affect how quickly your child falls asleep. If your child avoids mobile phones, tablets, computer screens or TV in the hour before bed, she's likely to get to sleep more quickly.

### 7. Keep screens out of bedrooms at night

If you keep mobile phones and other devices out of your child's bedroom at night, he won't be able to stay up late playing games or messaging friends. This can also stop your child being disturbed in the night by messages or notification.

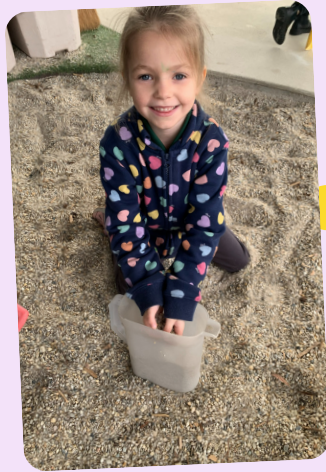
If you are concerned about the amount of screen time your child is experiencing in the week and feel you need support please contact the school child safe officer; Acting Principal Britt Hartley so we may assist you with this.

Sourced from: [www.childnet.com](http://www.childnet.com)



## In the Kindergarten

The children have all settled back into kinder well after the break and are fresh and ready for another busy term of learning. The children have really enjoyed connecting with their friends again and they are showing increased maturity in their social interactions with their peers. We all had a great first week back.



# REMINDERS

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



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

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



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

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







**TheiCare**  
Where Kids love to be!

## Upcoming Events /Info

### Upcoming public holidays/pupil free days:

Pupil free day  
Friday 28th July

### 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

### **Welcome to term 3!**

We had such a jammed pack school holidays and would like to thank everybody that joined us, we hope that you all had as much fun as what we did.

For the past two weeks we all got to put our capes on masks and see what it was like to be a true superheroes

Some of the excitement filled excursions we got to go on this school holidays were laser tag, Bounce and the movies to see Elementals.

Our incursions consisted of a member of staff attending from PCYC teaching us some new ball skills and active attitudes joined us to teach us some team bonding games. This was very competitive.

Our in house days included capes and mask design, ravioli making kits with a recipe book and chef hat, kryptonite crystal making, lighting shows, code cracking games and so much more.

We cant wait to see what we have planned for next school holidays! Over the next few weeks we will be focusing on our services and strengthening the friendships and bonds that we have within with multiple games and communicating about ourselves.

We will also be working together on a service project to help be maintain and improve our service sustainability .

We will be doing this buy adding a worm farm to the garden and working together to set up and create a home for our worms and also learning about how to best provide care for them with learning about what they like to eat and also what not to feed them.

### **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



**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)**

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





# eCanteen

Online canteen management software

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

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



## Simple login

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

## Manage your own students

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

## Order up to a week in advance

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

## Repeat Orders

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

## Easy, secure payment

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

[www.ecanteen.com.au](http://www.ecanteen.com.au)



# eCanteen

Online canteen management software

## Getting Started

### Register Your Account

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

### Create Profiles

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

### Placing an Order and Checking Out

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

[www.ecanteen.com.au](http://www.ecanteen.com.au)

**1** ADD STUDENTS  
Register your account

**2** PLACE ORDERS  
Create student orders

**3** CHECKOUT  
Securely pay for your orders



# Repair Café

*Toss it? No way!*



## OUR NEXT SESSION IS: 5th August 2023

What do you do with broken household items?

**You can fix them at the Repair Café!**

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

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

Proudly supported by

**HalveWaste**  
reduce • reuse • recycle  
[www.halvewaste.com.au](http://www.halvewaste.com.au)

For more information follow our Facebook page or visit [ecoportal.net.au](http://ecoportal.net.au)

umfc  
Upper Murray Family Care



Who cares?

**Could you?**

Become a foster carer today

Call (02) 6055 8000 or scan



# Raising Resilient Children (from the Triple P International)

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



This session will provide information on:

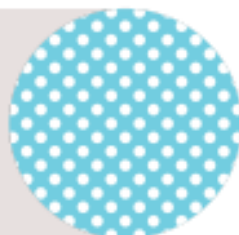
- Recognising and accepting feelings
- Expression of feelings
- Building a positive outlook
- Developing coping skills
- Dealing with negative feelings
- Stressful life events

Location	Date and Time	Cost
Online (link will be provided)	Monday 21st August 7pm to 9pm	This is a free program

## Book your place

To book your place contact Gateway Health on 0457 279 796 or email [parenting@gatewayhealth.org.au](mailto:parenting@gatewayhealth.org.au)

Bookings are essential



[gatewayhealth.org.au](http://gatewayhealth.org.au)

Please note this information applies to Term 3 2023.

# Tuning in to Kids

## Emotionally intelligent parenting

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

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



This program will look at:

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

Location	Date and Time	Cost
Gateway Health 155 High Street Wodonga	Wednesdays 2nd - 30th August 10am - 12noon	This is a free program

## Contact us

For enquires and to register your attendance please call 0457 279 796 or email [parenting@gatewayhealth.org.au](mailto:parenting@gatewayhealth.org.au).

**Bookings are essential**

[gatewayhealth.org.au](http://gatewayhealth.org.au)

Please note this information applies to Term 3 2023.

gateway  
health

People living well

# Connecting with your kids - Emotion coaching

*For parents and carers of children aged  
between 2 and 12 years*



This two-hour session will provide information  
on the following:

- Emotional intelligence and why it's important
- Children's brain development
- Tuning in to your children's emotions to help manage behaviour
- Emotion coaching – Helping children to understand and regulate their emotions
- Different styles of parenting

## Location

Via online link

## Date and time

Monday 24th July 2023 from 7 -9pm

## Cost

This is a free information session.

## Contact us

For enquires and to register your attendance please call 0457 279 796 or email [parenting@gatewayhealth.org.au](mailto:parenting@gatewayhealth.org.au).

[gatewayhealth.org.au](https://gatewayhealth.org.au)

Please note this information applies to Term 3 2023.

**gateway  
health**  
People living well



# Dads Tuning in to Kids Group Program

*For parents and carers of children aged between 3 and 12 years.*

**This seven-week program is aimed at male parents and carers.**

This program will support you to help your child understand and manage feelings ('emotional intelligence').

Children with good emotional intelligence:

- have better concentration at school
- have better success making and keeping friends
- are more able to manage conflict with peers
- are more able to calm down when upset or angry.



Location	Date and Time	Cost
Felltimber Community Centre - 189 Melrose Drive Wodonga	Wednesdays 26 July - 6 September 2023 7pm to 9pm	This is a free program

Light supper will be provided.

## Contact us

For enquires and to register your attendance please call Andrea on 0457 279 796 or email [parenting@gatewayhealth.org.au](mailto:parenting@gatewayhealth.org.au).

**Bookings are essential**



[gatewayhealth.org.au](http://gatewayhealth.org.au)

Dads Tuning in to Kids



gateway health  
People living well





# LEARN TO RIDE PROGRAM

## AGES 5 - 12



A new national program, designed by Australia's peak cycling body, AusCycling, is launching at Albury Wodonga Cycling Club soon.

AusBike gives kids the essential skills to experience the freedom, fun and adventure of life on a bike.

**AusBikers are safe & active kids!**

Our accredited coaches will help build your child's competence and confidence on two wheels.... and who knows where their love of riding will take them?!



**REGISTER NOW**

The AusBike program has been developed with the support of the Australian Government through the Australian Sports Commission.



Australian Government

# Art School

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

**MAMA**

## **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 environment 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](http://mamalbury.com.au) or in person at the museum.

**ENQUIRIES:** [mama@alburycity.nsw.gov.au](mailto: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-against-anxiety-tickets-624911887277](https://eventbrite.com.au/e/strengthening-children-and-teens-against-anxiety-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-against-anxiety-tickets-629621473777](https://eventbrite.com.au/e/strengthening-children-and-teens-against-anxiety-tickets-629621473777)

### Contact

If you have any questions please contact Sarah McQualter at [sarah.mcqualter@gatewayhealth.org.au](mailto: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.