



# LINK LETTER

24 Aug 2023

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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 2024**

**Be Safe**

**Be Respectful**

**Be A Learner**

## Principal's Message

Dear Parents/Carers,

### Parent Opinion Survey

A friendly reminder that our 2023 Parent Opinion Survey is still open until 8th September. Many thanks to parents who have completed this online survey and we appreciate your feedback. Traditionally we have a small percentage of people who complete this survey, but I would encourage more people to complete it, as it helps us to know what we are doing really well and any areas that we might be able to focus on for improvement. The link was sent out via Compass for parents and Carers to complete. Thank you for taking the time to do so.

### Term 3 Holiday Break

Term three will finish on Friday 15th September at 2.30pm (one hour earlier than usual). This will also be our PFF Dim Sim day which in the past has been extremely popular with our students. After a two week break, everyone will return to school on Monday 2nd October. It is difficult to believe that Term 4 will be upon us soon – where has the year gone! Term 4 is always a very busy term with lots happening, including Transition Days for 2024 Foundation students. Letters will be sent in Term 4 with all the information necessary.

### Book Week Parade

This Friday we will be conducting our Book Week Parade at school first thing in the morning in the Gym. We invite you all to come along and watch. Hopefully we will have lots of students and staff dressing up as a favourite book character. Hopefully you can also bring along the book your character is from! There will be a prize for each unit's 'best costume'. Miss Leonard and Mr Celi will be organising this event for the school. Our Kindergarten students and staff have got into the spirit this week as these photos demonstrate. Thank you to all our wonderful parents and carers for taking the time to support this event with your amazing imaginations and costumes. Please also remember to read every day to your children as it has a huge impact on their learning and development. We all need the love of books developed!



25 August Book Week Dress Up



### Enrolments for 2024

If you have a Foundation student or a 3 or 4 Year Old Kindergarten student beginning in 2024, we need to have your enrolment forms into the office now. We also need a copy of the child's birth certificate and immunisation details (available from MyGov). We will shortly be starting to do a lot of the planning for 2024 and need to know our numbers for both School and Kinder. Once our Kindergarten is full there will be no other enrolments accepted and you might need to go onto a waiting list.

### Somers Camp

We had a number of year 5 & 6 students who were randomly drawn out of a hat to attend Somers Camp, which is a Victorian Department of Education camp near the ocean. This Camp has been running for many years and our school gets allocated a certain number of places every second year. The students will be mixing with other students and staff from our region and participate in a wide range of beach and water activities during the week experience. We look forward to hearing from them all when they return from this exciting experience.

Regards  
Jocelyn Owen  
Principal

### Important Dates

<b>22-30 Aug</b>	Somers Camp
<b>25 Aug</b>	Book Week Dress Up Day
<b>28 Aug</b>	School Assembly - 9.10am
<b>31 Aug</b>	District Athletics Carnival
<b>5-6 Sep</b>	Kinder photos
<b>14 Sep</b>	PFF Fundraiser Day Dim Sims: Kinder only
<b>15 Sep</b>	PFF Fundraiser Day Dim Sims Last day of Term 3 2.30pm finish
<b>2 Oct</b>	First day of Term 4 - Hats

## Father's Day Stall

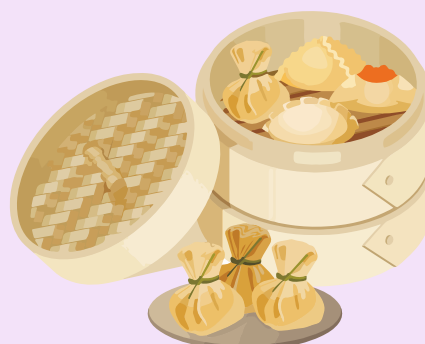
The PFF Father's Day Stall will be held on 31st August and 1st September. Children will be able to buy a gift for their loved ones with prices ranging from \$1 to \$5.

Please send your child with the correct money and a plastic bag to put their gift in.



## Term 3 PFF Fundraiser

Will be held on Friday 15th September. (Thursday 14th for Kinder). All money raised will go towards the school. Orders and money due 1st Sept.



Don't miss out!

**Dim Sims**     **\$1 each**  
**Primas**       **\$2 each**

\*no refunds available as food is preordered and paid for in advance.





# Book Week Dress Up Day



Friday 25 August

To celebrate Book Week we will be having a dress up day on **Friday the 25th of August**. This is your chance to come to school dressed as your favourite book character and share your favourite book with others. We will be having a parade in the gym in the morning with prizes for the best dressed.



## Coming in Term 4..... Wodonga West Art Show



Thursday 19 October  
4.30pm to 6.30pm

more information to come



**Wellbeing  
Report**

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



**please see Mrs Potter**

## **School Canteen News**

Due to rising costs Icy twists and Mini Calippo's will now be \$1.50 each.

We will now be serving Slushies for \$2 instead of Hot Chocolates



## **KINDER PHOTOS REMINDER**

Kinder photos are happening 5th and 6th September. Please chat to Kinder staff if you are unsure of which day you have been allocated.



# Sheet

## *Talking personal safety*



It is the responsibility of adults to keep children safe, this includes helping them develop personal safety skills. It is not about scaring or frightening children but increasing communication and learning new skills. Our job as safe adults is to listen, believe and support.

### ***Keep communication open***

- Remind your child that it is always ok to talk to you, no matter what the issue, you care about them and want to help them to stay safe
- Discuss safe grownups to talk with if they felt unsafe
- Reinforce basic safety messages and ensure children know the phone numbers of people they can call on for help or to talk to
- Practice using stories and scenarios to problem solve. Do not always make these about strangers
- Explain that it is ok to say no to an adult or child if they are doing something that is not ok or makes the child feel unsafe. Let the child know they will not get into trouble if they tell you about an unsafe secret someone has asked them to keep

### ***Listen and learn***

- Have an awareness of the day to day life of your child
  - Who are their friends?
  - Where are they spending most time?
  - What are they doing online and who are they communicating with?
  - How can they contact you if there is a problem?
- Listen when a child tells you they don't want to see a particular person or go to a particular place. Most perpetrators are already known to a child and may include a family member or known adult or adolescent. Try and discuss in an open way
- Don't force children to kiss or hug people

### ***Talk often, talk early and keep talking***

- Regularly practice describing feelings and identifying body clues that might mean a person is scared, worried or unsafe. Develop a simple, clear and easy to follow action plan for these times
- Explain body boundaries and that it is not ok for anyone to look at or touch the private parts of another child or adult. It is also not ok to ask other children or adults to touch their private parts (you can talk about exceptions like if someone was hurt and the Doctor needed to help or if a child needs support with personal care)
- Early in a child's life teach them the anatomical names for their private parts – nipples, penis, vagina, vulva, anus
- Explain the difference between safe and unsafe secrets (ie a surprise birthday party for a family member is a safe secret. An unsafe secret might be if someone showed you rude pictures at school and told you not to tell because you would get into trouble)
- Teach children to Recognise, React and Report when they don't feel safe and use developmentally appropriate resources and games to reinforce safety messages



## What should I be talking about and when?

As children and young people get older they go through a variety of developmental stages. Conversations about personal safety should match their age and experiences. This includes children and young people with a disability or learning need. As a child gets older the information they learn can be built upon. It is the responsibility of caring adults to teach relevant personal safety skills as children grow up and progress through the stages.

0-4 years	5-9 years	10-13 years	14-17 years
<p>Recognising basic emotions (happy, sad, angry)</p> <p>My body belongs to me</p> <p>Anatomical names for private body parts</p> <p>Public and private body parts</p> <p>Safe and unsafe secrets</p> <p>Identifying grown up safety helpers</p>	<p>Understanding feelings</p> <p>Body clues (if I'm not feeling safe what does my body do?)</p> <p>Public and private places and behaviours</p> <p>Rules for touch (it is not ok for anyone to touch your private parts or for you to touch theirs)</p> <p>Recognise, React and Report</p> <p>Keep talking to all your safety helpers till you get help to feel safe</p>	<p>Understanding puberty including physical and emotional changes</p> <p>Healthy relationships</p> <p>Sexual feelings</p> <p>Online competence (rules and responsibilities about safe gaming, sharing of images, talking to people online, bullying or pornography)</p> <p>What to do if you someone you know tells you they are unsafe</p> <p>How to get in touch with safety helpers via phone, online message</p>	<p>Respectful relationships (identifying healthy and abusive relationships)</p> <p>Making healthy and safe decisions about sexual activity (ie consent)</p> <p>Pornography ≠ Reality</p> <p>Online competence (dating, sexting, socialising)</p> <p>Peer to peer safety helpers and expanding the safety helper concept to support services such as KidsHelpline, or ReachOut</p>
<i>Expert tip:</i>	<i>Expert tip:</i>	<i>Expert tip:</i>	<i>Expert tip:</i>
<p>Promote body ownership and teach the proper names for private body parts all while changing a nappy</p> <p>"I'm going to wipe your bottom because I need to make sure it's clean before I put your nappy back on. One day when you are old enough you will be able to look after your own private parts."</p>	<p>It is normal for young children to be curious about bodies and occasionally play games like 'I'll show you mine, if you show me yours'. This is ok if it is mutual, easily distracted and between children of the same age and developmental ability</p> <p>It provides a good opportunity for you to talk about the rules for touch.</p> <p>"What would you do if a child at school asked to see or touch your private parts? It's not ok for grownups or other kids to look at or touch your private parts or for you to see or touch theirs."</p>	<p>Develop safety rules for being online in partnership with your child. Do this before they are regularly using social media or viewing online content. Keep reminding and reinforcing as required</p> <p>"I know being online is such an important part of the way you will be learning and connecting with others. Let's work out together how we can make it fun and safe at the same time."</p>	<p>Talking about sex does not make young people go out and do it. Not talking about healthy relationships and sex can lead to harm</p> <p>"I want to make sure you are surrounding yourself with people who respect you. I'd like to talk to you about healthy relationships and what they look and feel like. If you don't want to talk to me who could you chat with?"</p>

## Where to get help

- In an emergency call triple zero 000
- If you suspect that a child has experienced abuse or is at risk of harm you should contact the relevant state or territory child protection agency. The Australian Institute of Family Studies has an up to date contact list <https://aifs.gov.au/cfca/publications/reporting-abuse-and-neglect>
- Parentline 1800 30 1300 provide free telephone counselling and advice to parents and carers. Resources are available to support parents and carers to understand a wide range of issues related to raising children and young people
- Kids Helpline 1800 55 1800 provide free, confidential 24/7 phone and online counselling service for young people aged 5 to 25
- Find the right service for you <https://aifs.gov.au/cfca/publications/cfca-resource-sheet/helplines-and-telephone-counselling-services-children-young-people>, the Australian Institute of Family Studies, helplines and telephone counselling services for children, young people, parents and carers
- Information for parents and carers to support conversations with your child about respectful relationships is available from ReachOut <https://parents.au.reachout.com/skills-to-build/wellbeing/things-to-try-romantic-relationships/help-teenagers-have-respectful-relationships>
- To learn more about healthy, concerning or problematic sexual behaviours in children and young people refer to True Relationships and Reproductive Health's Traffic Light framework <https://www.true.org.au/ArticleDocuments/337/Traffic%20LightsBrochure.pdf.aspx?Embed=Y>
- Bravehearts Information and Support Line is available to anyone wanting information, advice, referrals and support regarding child sexual assault. 1800 272 831
- Resources to teach child safety skills to children and young people are available from the Daniel Morcombe Foundation





Dear parents and carers

The National Assessment Program – Literacy and Numeracy (NAPLAN) assessments held earlier this year had a very high participation rate from Victorian students, with participation levels returning to pre-COVID levels.

Last month, families with children in grades 3 or 5 or years 7 or 9 who participated in the assessments received their results through an individual NAPLAN report.

Today, the statewide results have been released, and I am pleased to have this opportunity to provide some information about Victoria's performance.

There are a total of 20 tests each year across grades 3 and 5 and years 7 and 9 that assess student achievement in reading, writing, numeracy, spelling, grammar and punctuation. Of the 20 tests, Victorian was ranked first or second in 16, more than any other state or territory, and an improvement on the 2022 results when the equivalent figure was 12.

NAPLAN results for Grade 3 are of particular importance because the first 3 years of schooling establish the foundation for further success. Victorian Grade 3 students achieved the highest results in the country for both reading and numeracy.

In secondary schools, Victoria had the lowest proportion of students needing additional support in both years 7 and 9 in both reading and numeracy compared to all other states and territories.

The results have also highlighted the fact that we need to continue our efforts to close the gap between advantaged and disadvantaged students. While Aboriginal students in Victoria achieved higher results on average than in other states and territories, the gap between the performance of Aboriginal and non-Aboriginal students is still too large, as is the gap between the average performance of metropolitan students and that of regional students.

Overall, however, while we are clearly focused on the areas where further improvement is needed, these are excellent results. They are a tribute to the outstanding work of teachers, principals and staff in the schools across our state.

No one would suggest our schools are perfect. Education is always an unfinished business. But on the evidence of today's release of the statewide NAPLAN results, Victorian teachers and school principals are doing a great job.

Dr David Howes  
Deputy Secretary, Schools and Regional Services





# MYOS ARMY



# MUSEUM VISIT







# SPORTS NEWS

## ATHLETICS CARNIVAL

We recently held our Wodonga West Athletics Carnival at the fantastic Albury Athletics track for students in Years 3-6. The participation and behaviour of all students is to be highly commended. It was great to see so many students dressed in House colours and trying their best at every event. Please check out the photos of the day, soon to go up on the Gym noticeboard. A special thank you goes to the W.S.S.C students for their invaluable assistance on the day. Also, to our parent helpers, Amanda and Chandra for their assistance with running events.

Congratulations to the 37 students who qualified for the District Athletics. This Carnival is being held on Thursday 31st August in Albury and parents are welcome to attend and support our students. If you haven't returned your permission note, please do ASAP.







# ATHLETICS CARNIVAL 2023









## In the Kindergarten

Oral health has been high on our agenda in the kindergarten as we celebrate Oral health Month and Dental Health week. We have been reading the book "Who is the Tooth Fairy's best friend?" and discussing the importance of brushing our teeth twice a day. The Carevan Foundation Sun Smiles Program have provided all the children with a free dental pack to take home containing a copy of the book "Who is the tooth fairy's best friend?", tooth brush and tooth paste as well as information on brushing teeth.

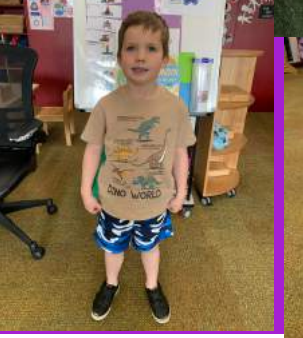
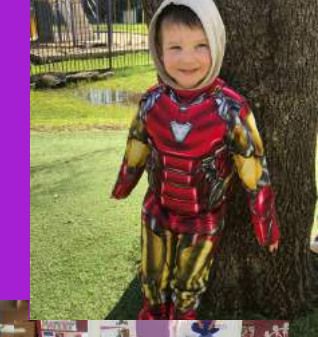


Science week was also observed with the children making a volcano with sand and watching it erupt. This promoted a great deal of discussion about volcanos which resulted in looking at pictures of real volcanos erupting. The children were excited to share their knowledge of volcanos and were enthusiastic to ask questions and extend their learning.





# KINDER BOOK WEEK







**TheiCare**  
Where Kids love to be!

**Wodonga West Primary School**

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



**Excursion**



**Super Excursion**



**Special Activities**



**In-house Fun**



**Public Holiday**



**Challenge Royale**

Are you up for the challenge? Test your science skills using magnets, ice, and balloons. Who will be victorious?



**Defy Gravity with Magnets**

**Additional fun:**  
Space mural astronauts, your name in stars, astronaut costumes plus plenty of time to choose your own space adventure.

**MONDAY**  
**18**  
**SEPTEMBER**



From as low as \$8.08 with the maximum Child Care Subsidy. Full fee \$80.52 without the Child Care Subsidy.



**Ruby Gillman, Teenage Kraken**

A city adolescent learns that she comes from a fabled royal family of legendary sea kydakens and that her destiny lies in the depths of the waters, which is bigger than she could have ever imagined.

Arrive at the service by 8:30 am. Pick Up After 2:30 pm. Wear runners & socks.



**Movie Excursion**

**Additional fun:**  
LEGO ziplines, epic trivia tigg, hoop gliders, plus plenty of time to choose your own adventure.

**TUESDAY**  
**19**  
**SEPTEMBER**



From as low as \$11.77 with the maximum Child Care Subsidy. Full fee \$37.88 without the Child Care Subsidy.



**Bust a Move**

Pop your sneakers on and get into formation. Today's Hip-Hop workshop will get your heart pumping with a combination of choreography and dance games to some funky fresh beats.



**Dance Incursion**

**Additional fun:**  
Dancing marionettes, musical water blossom craft, pass the dance move, plus time to choose your own adventure.

**WEDNESDAY**  
**20**  
**SEPTEMBER**



From as low as \$9.34 with the maximum Child Care Subsidy. Full fee \$83.38 without the Child Care Subsidy.



**Silly Science**

Time to get silly in the name of science! Have a ball making silly string slime, rainbow tumborlines and then play asteroid dodgeball!



**String Slime**

**Additional fun:**  
Marbled planets, asteroid dodgeball, rainbow tumborlines plus plenty of time to choose your own adventure.

**THURSDAY**  
**21**  
**SEPTEMBER**



From as low as \$8.38 with the maximum Child Care Subsidy. Full fee \$81.74 without the Child Care Subsidy.



**Art Connection**

Connect with your inner artist. Join us at Murray Art Museum for an interactive tour and hands-on creative experience.

Arrive at the service by 8:30 am. Pick-up after 2:30 pm. Wear runners & socks.



**Art Museum**

**Additional fun:**  
Drip painting, mindful movements, once world story building, plus plenty of time to choose your own adventure.

**FRIDAY**  
**22**  
**SEPTEMBER**



From as low as \$11.77 with the maximum Child Care Subsidy. Full fee \$37.88 without the Child Care Subsidy.



**Chain Reaction**

Bee-fizz! You'll mix ingredients to create chemical reactions to make your own homemade fizzy paints! Then explore the magic of electricity by sending your hover plate into orbit!



**Fizzy Art**

**Additional fun:**  
Hover plates, lava lamps, chain tigg plus plenty of time to choose your own adventure.

**MONDAY**  
**25**  
**SEPTEMBER**



From as low as \$8.08 with the maximum Child Care Subsidy. Full fee \$80.52 without the Child Care Subsidy.



**What the Buzz?**

Bee ready! Construct the ultimate bee mansion, make your own bee finger puppet, and join in a game of ultimate Fris-BEE!



**Bee Hive**

**Additional fun:**  
ultimate Fris-bee, Bees and Butterfly tag, kaleidoscope plus plenty of time to choose your own adventure.

**TUESDAY**  
**26**  
**SEPTEMBER**



From as low as \$8.18 with the maximum Child Care Subsidy. Full fee \$81.24 without the Child Care Subsidy.



**Farmyard Friends**

Today's adventure is an interactive and fun experience, to explore what life is like on the farm. We will see all of our favourite animals including fovy, feathery and cuddly friends.



**Farmyard Excursion**

**Additional fun:**  
butterfly sun catcher, fizzy ice cream, save the ant group game, plus plenty of time to choose your own adventure.

**WEDNESDAY**  
**27**  
**SEPTEMBER**



From as low as \$11.77 with the maximum Child Care Subsidy. Full fee \$17.88 without the Child Care Subsidy.



**Fantastic Forces**

3.21 BLAST OFF! Join forces with your friends and get ready for an electric science experience. It's going to be intergalactic, interactive and interesting fun for mad scientists of all ages!



**Science Workshop**

**Additional fun:**  
Bee and butterfly tigg, DIY robotic hand, frog and lilypond craft, plus plenty of time to choose your own adventure.

**THURSDAY**  
**28**  
**SEPTEMBER**



From as low as \$9.34 with the maximum Child Care Subsidy. Full fee \$93.38 without the Child Care Subsidy.

**NO SERVICE**  
**Public Holiday!**

**FRIDAY**  
**29**  
**SEPTEMBER**





# 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

- Breakfast and afternoon tea snack
- 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.



## 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 on the day should the appropriate documentation or medication or medication not be 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	Full Fee
No Charge	\$10.00		

\*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.



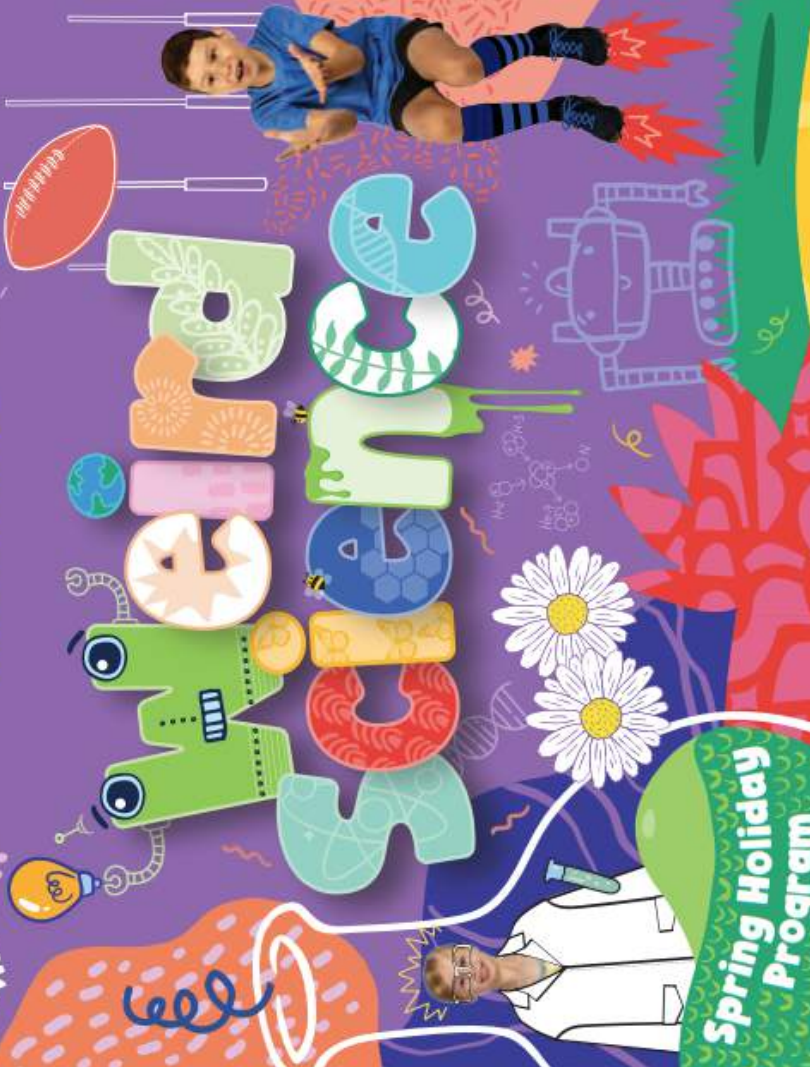
TheirCare  
Where Kids Love To Be!

The place to be these holidays!



TheirCare  
Where Kids love to be!

# Science



Silly Slime



Movie Magic



Build a Bot



Footy Fun

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

Save up to 90% with the Child Care Subsidy





**TheirCare**  
Where Kids love to be!

**Wodonga West Primary School**

Social, enjoyable & fun experiences for children

Develop creativity, life skills & confidence through play

Qualified, caring & engaged staff

Exciting & thoughtfully developed programs

Healthy & Yummy food provided each day

Bookings now open!

	Monday - Friday Hours of Operation	Fees before Child Care Subsidy*	Out-of-pocket fees after Child Care Subsidy**
Before School Care (BSC)	6:30 AM to 9:00 AM	\$17.55	\$1.76
After School Care (ASC)	3:30 PM to 6:00 PM	\$21.19	\$2.12
Pupil Free Day	6:30 AM to 6:00 PM	\$60.52	\$6.05
Holiday Program***	6:30 AM to 6:00 PM	\$60.52	\$6.05

\*Standard fee costs *before* Child Care Subsidy / \*\* Standard fee costs *after* maximum Child Care Subsidy / \*\*\* Standard fee costs *including* incursions/excursions

### Cancellation Fees

(No Child Care Subsidy applied to Cancellation Fees)

**BSC/ASC** within **48 hours** of session start time: **\$5.00**

**Holiday Program** within **5 days** of session start time: **\$10.00**

**Same day cancellation fee is out-of-pocket session fee.**

### Late Booking Fees

(Child Care Subsidy is applied to Late Booking Fees)

**BSC/ASC** within **48 hours** of session start time: **\$5.00**

**Holiday Program:** book less than **5 days** from the session start time fee is **\$10.00**

### Late Pick-up Fees

(Child Care subsidy does not apply to Late Pick-up Fees)

**\$1 per minute** after service close time.



Service Phone number:  
0447 007 044

Your service Coordinator will be available during session times.

Save up to 90% with the Child Care Subsidy!

To register visit [theircare.com.au](http://theircare.com.au)







## EMPATHY & KINDNESS

Working on empathy helps us to identify, understand and feel what another person is feeling. When we show empathy or we do something kind for someone else, our brain releases oxytocin. This leads to us increasing our self-esteem/confidence, energy levels, positivity and overall happiness.



*Empathy has no script. There is no right way or wrong way to do it. It's simply listening, holding space, withholding judgment, emotionally connecting, and communicating that incredibly healing message of 'You're not alone'. - Brené Brown*

You can practise empathy in a variety of ways. Below are some ideas you could have a go at doing with the family.



### Kindness Walk

Head out for a walk and challenge the people you are walking with to see how many acts of kindness you can accumulate together while on your walk. Afterwards, discuss how it made you feel.

### Support A Charity Or Organisation

Together as a family choose a charity or organisation you would like to support. This may be something you are passionate about or a cause you feel is in need.

- Research the best way you can support this cause.
- As a family, make a plan of what you are going to do.
- Work together to support your charity or organisation.

### Neighbourhood Kindness Challenge

This is a great way to show kindness and build connection with your neighbours:

- Offer to walk your neighbour's dog or go for a walk with them.
- Take your neighbour's bins out or bring the bins in for them.
- Offer to do some gardening for them.
- Cook or make a neighbour a meal or some treats.
- Write a little kindness note and place it in their letterbox.
- Make a gift and deliver it.
- Stop and have a chat with your neighbour and ask how their day is going.



### Listen Empathetically

Listening is a big part of being empathetic. If you haven't already listened to Lael Stone on the imperfects podcast talking about listening and responding to children with empathy and compassion, check it out!



Proudly supported by

**coles**

The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.



# 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





Friday 11<sup>th</sup> of July 2022

Dear School Community,

**Winter Trading Hours for our Wodonga Store**

Please be advised that our Wodonga store will be operating to reduced 'Winter Trading Hours' from Monday 14<sup>th</sup> of August. Trading will remain to these hours for the rest of term 3.

Please see our Winter Trading Hours below:

*Monday:* **CLOSED**  
*Tuesday:* 9:30AM TO 5:00PM  
*Wednesday:* 9:30AM TO 5:00PM  
*Thursday:* 9:30AM TO 5:00PM  
*Friday:* 9:30AM TO 4:30PM  
*Saturday\*:* 10:00AM TO 1:00PM  
*Sunday:* **CLOSED**

\*Closed fortnightly please refer to google listing.

We'll return to standard trading hours as of Monday 25<sup>th</sup> September.

We'd like to apologise for any inconvenience this change may cause and thank you for your understanding.

Kind regards,

Beleza School Uniforms





**Catholic College** Wodonga

# **BRING IT ON**

**THE MUSICAL™**

**25 & 26 AUGUST**

**ALBURY ENTERTAINMENT CENTRE**



Tickets on sale





# Repair Café

*Toss it? No way!*



## OUR NEXT SESSION IS: 2nd September 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

**Halve Waste**  
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



ARE YOU A PARENT WITH A CHILD  
AGED 0-5 YEARS?

DO YOU STRUGGLE WITH  
OVERWHELM OR LOW  
MOOD?  
YOU ARE NOT  
ALONE.....  
THRIVE



A 4 WEEK PROGRAM USING THERAPEUTIC  
TECHNIQUES

AND SUPPORT TO PROMOTE MENTAL HEALTH AND  
WELLBEING IN PARENTS AND CHILDREN

Where: The Cube, Wodonga

When: TBA

4 weeks @ 10:30 -12:00pm

Completely free!

TO REGISTER NOW

call/email Sophie Clarke- 0473460683

[earlyhelp@junction.org.au](mailto:earlyhelp@junction.org.au)



Ovens & Murray Early Help





it's easier to care than to turn away

## Weekly Carevan Meals

### **Monday Lunch 12pm – 1pm**

St Marks Anglican Church, North Albury (Car park area)  
Corner Corella & Gulpha Streets, North Albury

### **Tuesday Night 6pm – 7pm**

Nagle Centre (Quamby House)  
Dempsey Place, South Albury

### **Wednesday Night 5.00pm – 6.00pm**

Westside Community Centre (*Not operating during School Holidays*)  
16 Mulga Place, West Albury

### **Thursday Night 5.30pm – 6.30pm**

Xavier College, Currawong Street, Albury

### **Thursday Night 6:15pm – 7:15pm**

Felltimber Community Centre Wodonga

**Come along and enjoy nutritional meals, good company and great service**

Carevan Foundation is helping to feed, house and educate the homeless, disadvantaged and young people in need in rural, remote and regional Australia

Web: [www.carevan.com.au](http://www.carevan.com.au)

Email: [info@carevan.com.au](mailto:info@carevan.com.au)

Phone: 0492 808 181

