



LINK LETTER

7 Sep 2023

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

Phone: (02) 6024 1188
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 to all families that the 2023 Parent Opinion Survey has been sent out to everyone via Compass approximately 4 week ago. Currently we do not have a very high response rate. We invite you to please complete this short survey as it closes after Friday 8th September. We value your feedback and use this in ways to improve our school through our decision making processes. A big thank you to those who have already responded.

Parent Survey - School Review

We have also sent out a different Survey for Parents / Carers to complete which is a google form. There are 8 questions regarding our achievements and challenges during the past 4 years. This survey is a school based survey designed to help inform our School Self Appraisal we need to complete leading up to our School Review very early in Term 1, 2024. I would also encourage everyone to complete this separate survey for us. It is valuable feedback for us to use. Thanks if you have been quick to do so!

Boys To The Bush

Ten lucky boys from Year 5 have been chosen to attend 'Boys To The Bush' for one day per week across 6 weeks. They have been taken to some really interesting places which they have all thoroughly enjoyed. Some of these have been a Cattle sale at the livestock exchange in Barnawartha, a dairy farm, the Whisky and Chocolate Factory, a cattle feedlot, a performance car factory, Als' Skateco, a wine barrel making factory and hiking up a mountain. Each day the boys have been provided with hot lunches, and even a trip to Henri's Bakery for hot chocolates.

They have been supplied with T-Shirts and caps to proudly wear on their visits. Some of the skills they have learnt are; castration of male cattle, how to safely move cows into the yards and crush, making friendships and much more.



15 Sep Dress Up Day

The three main principles are community, respect and engagement. The boys have visited many places they have never seen before and have learnt to be grateful for what they have. We are pleased to offer this program each year to those we think will appreciate and learn from these amazing experiences.

Dim Sim Day Orders

Don't forget to send in your Dim Sim and Prima orders to the front Office. This will be on the last day of term 3 (Friday 15th September). There will be no canteen orders that day. School also finishes at 2.30 pm on the last day of term 3.

Fathers' Day Stall

Well done to our small group of PFF mums who planned and held the Fathers' Day Stall last Thursday and Friday. The students in the school and Kinder really enjoy these stalls. Thanks to everyone for supporting them and their work. Theircare also donated a beautiful Meat Tray from the Tangam Butcher. We put every students' name into a hat and drew out a winner. The lucky winner was Sophia Nguyen in 3 / 4 Leonard. Hope you enjoyed this treat (especially your Father).

Regards
Jocelyn Owen
Principal

Meat donated by Theircare & The Tangam Butcher



Lucky Winner - Sophia Nguyen



Important Dates	
14 Sep	PFF Fundraiser Day Dim Sims: Kinder only
14 Sep	Kinder last day Term 3 3.00pm finish
15 Sep	PFF Fundraiser Dim Sims Jersey Day/Pyjama Day dress up Last day of Term 3 2.30pm finish
2 Oct	First day of Term 4 - Hats to be worn
12 Oct	School Colour Run - 2.30 to 3.30pm
19 Oct	Wodonga West Arts Show 4.30pm to 6.30pm



**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



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



**Thursday 19 October
4.30pm to 6.30pm**

more information to come

FOUR CRITICAL ACTIONS FOR SCHOOLS

Responding to Incidents, Disclosures and Suspicions of Child Abuse

1 RESPONDING TO AN EMERGENCY

If there is no risk of immediate harm go to **Action 2**

If a child is at immediate risk of harm you **must** ensure their safety by:

- separating alleged victims and others involved
- administering first aid
- calling **000** for urgent medical and/or police assistance to respond to immediate health or safety concerns
- identifying a contact person at the school for future liaison with Police.

Where necessary you may also need to maintain the integrity of the potential crime scene and preserve evidence.

2 REPORTING TO AUTHORITIES / REFERRING TO SERVICES

As soon as immediate health and safety concerns are addressed you **must** report all incidents, suspicions and disclosures of child abuse as soon as possible. Failure to report physical and sexual child abuse may amount to a criminal offence.

Q: Where does the source of suspected abuse come from?

WITHIN THE SCHOOL

VICTORIA POLICE
You **must** report all instances of suspected child abuse involving a school staff member, contractor, volunteer or visitor to Victoria Police.

You **must also** report internally to:

- GOVERNMENT SCHOOLS**
 - School principal and/or leadership team
 - Employee Conduct Branch
- CATHOLIC SCHOOLS**
 - School principal and/or leadership team
 - Diocesan education office.
- INDEPENDENT SCHOOLS**
 - School principal and/or school chairperson
 - Commission for Children and Young People on **1300 782 978**.

All allegations of 'reportable conduct' **must** be reported as soon as possible to:

- GOVERNMENT SCHOOLS**
 - Employee Conduct Branch
- CATHOLIC SCHOOLS**
 - Diocesan education office
- INDEPENDENT SCHOOLS**
 - Commission for Children and Young People on **1300 782 978**.

OTHER CONCERNS

If you believe that a child is not subject to abuse, but you still hold **significant concerns** for their wellbeing you **must** still act. This may include making a referral or seeking advice from:

- Child FIRST/The Orange Door (in circumstances where the family are open to receiving support)
- DHHS Child Protection
- Victoria Police.

For suspected student sexual assault, please follow the **Four Critical Actions: Student Sexual Offending**.

YOU MUST TAKE ACTION

As a school staff member, you play a **critical role** in protecting children in your care.

- You **must** act, if you form a suspicion/ reasonable belief, even if you are unsure and have not directly observed child abuse (eg. if the victim or another person tells you about the abuse).

- It is strongly recommended that you use the **Responding to Suspected Child Abuse template** to keep clear and comprehensive notes, even if you make a decision not to report.

*A reasonable belief is a deliberately low threshold. This enables authorities to investigate and take action.

3 CONTACTING PARENTS/CARERS

Your principal **must** consult with DHHS Child Protection or Victoria Police to determine what information can be shared with parents/carers. They may advise:

- not to contact** the parents/carer (eg. in circumstances where the parents are alleged to have engaged in the abuse, or the child is a mature minor and does not wish for their parent/carer to be contacted)
- to contact** the parents/carers and provide agreed information (this must be done as soon as possible, preferably on the same day of the incident, disclosure or suspicion)
- how to communicate** with all relevant parties with consideration for their safety.

4 PROVIDING ONGOING SUPPORT

Your school **must** provide support for children impacted by abuse. This should include the development of a **Student Support Plan** in consultation with wellbeing professionals. This is an essential part of your duty of care requirements.

Strategies may include development of a safety plan, direct support and referral to wellbeing professionals and support.

You **must** follow the **Four Critical Actions** every time you become aware of a further instance or risk of abuse. This includes reporting new information to authorities.

CONTACT

DHHS CHILD PROTECTION

- AREA**
 - North Division **1300 664 977**
 - South Division **1300 655 795**
 - East Division **1300 360 391**
 - West Division (Rural) **1800 075 599**
 - West Division (Metro) **1300 664 977**

AFTER HOURS

After hours, weekends, public holidays **13 12 78**.

CHILD FIRST

<https://www.vic.gov.au/familyviolence/orange-door>

ORANGE DOOR

<https://www.vic.gov.au/familyviolence/orange-door>

VICTORIA POLICE

000 or your local police station

DET INCIDENT SUPPORT AND OPERATIONS CENTRE

1800 126 126

INCIDENT MANAGEMENT AND SUPPORT UNIT

1800 126 126

EMPLOYEE CONDUCT BRANCH

(03) 9637 2595

DIOCESAN OFFICE

Melbourne **(03) 9267 0228**

Ballarat **(03) 5337 7135**

Sale **(03) 5622 6600**

Sandhurst **(03) 5443 2377**

INDEPENDENT SCHOOLS

VICTORIA

(03) 9625 7200

THE LOOKOUT

The LOOKOUT has a service directory, information, and evidence based guidance to help you respond to family violence: <http://www.lookout.org.au>

Family violence victims/survivors can be referred to **1800 Respect** for counselling, information and a referral service: **1800 737 732**



BOOK WEEK 23





Get your colour on, Wodonga West is hosting a Colour Explosion School Fun Run fundraiser!

The Colour Explosion School Fun Run will be on Thursday 12 October from 2.30 to 3.30pm.

Not only are we hosting an awesome explosion event, students can win up to 15 awesome automated incentive prizes by fundraising via online sponsorship donations.

Students have received a sponsorship book with instructions on setting up their cybersafe, online fundraising profile at www.australianfundraising.com.au. This is an entirely online fundraiser; all cash donations must be converted to online donations to redeem your prizes.

Extra Incentives to Fundraise!

- ★ Online Golden Coins – complete fun online tasks to redeem an extra \$75 towards your prize credit.
- ★ Monty the Monster's Bonus Prizes – achieve milestones to unlock Monty's bonus prizes.
- ★ \$10,000 JB HI FI Spending Spree for one organisation's highest fundraising student – it could be you!
- ★ Our school will win an extra \$5,000 if we have the highest average fundraised amount per student in 2023.
- ★ A Play Station 5 Gaming Bundle – see your child's sponsorship booklet for more!

Happy fundraising!





Senior Secondary Visits

During the past few weeks Grade 5/6T have attended Wodonga Senior Secondary where the students from the High School have been engaging our students in health and wellbeing sessions, as part of the Senior students practicum requirements. This has linked in well for students to achieve Health and Wellbeing outcomes and gives them an opportunity to experience High School life. We love that they have continually asked when they are going back, what a positive mindset for their future High School years.





DRESS UP DAY

SLC NEWS

This Term the SLC will be running a combined awareness/fundraiser. We will be raising awareness for Organ Donation (Jersey Day) and also fundraising for the Albury Children's Ward.

WHEN: Friday 15th Sept

COME: Dressed in your favourite Jersey OR your Pyjamas

DONATIONS: \$2.00 or more

WHAT'S HAPPENING: SLC will be in the library at lunch time helping children decorate their own paper jerseys.

One organ and tissue donor can transform the lives of many people. Please talk to your family about becoming an organ donor today!





DISTRICT ATHLETICS CARNIVAL

Congratulations to all our students who participated in our District Athletics Carnivals at the Albury Athletics Complex last week.

It is a great effort to advance to such a high standard of competition and I'm sure everybody gained from the experience. All students tried their best and should be proud of how well they represented our school. Congratulations to our 10 competitors who will now progress to compete in the Upper Hume Division Athletics at Albury on Friday 6th October.

Well done to Harmony Lavea, Rhiannan Jenkins, Charlotte Bailey, Beatrice Nguyen, Alisha Earles, Rhiana Evangelista, Aubrey Cooper, Jarrah Valentine, Jordan Constable and Wyatt Grimshaw, who will represent us next term.



In the Kindergarten

The children have been learning how we can become more sustainable within our Kinder environment. The children noticed one of our story books was broken which led to a class discussion about how we could fix the book instead of throwing it in the bin and contributing to landfill. The group decided to create a "Toy and Book Hospital Emergency Box for our broken items. This box is a place where children can place broken books and items that they find throughout the day into the Hospital Emergency Box. These items will be fixed if possible and placed back into the kinder for use. This concept will promote respect for our kinder belongings, as well as reinforce the need to think about being more sustainable in our actions in our everyday life.

Sustainability has also been incorporated into the activities in the playground. The children have been interested in riding bikes and pretending to fill them up with petrol. A group of children then made a petrol bowser using a cardboard box and spray bottle. The children then decided that they needed cars and used cardboard boxes to create pretend cars to stand in and drive. The children took it in turn to drive the cars and fill them up at the petrol bowser. Some children even made a solar panel to charge their car.

We have also been experimenting with water colour painting. The children enjoyed this experience and were very surprised when the colour came out on their paper.



DONATIONS

Please bring in any donations of spare casual clothes for kinder please (for when children have accidents). Sizes 3,4,5,6 Summer & Winter clothes are needed!

REMINDERS

Fundraising dress up: Wear a sports Jersey or your Pyjamas! - KINDER will run the dress ups all week - families can decide to dress up on both of the days or just one.

Last day of Kinder - Thursday 14th September - EARLY FINISH 3PM



TheirCare
where kids love to be!

Upcoming Events/Info

Upcoming public holidays/pupil free days:

Last day of term
15th September
2023

Our opening hours are:

B3C - 6:30am - 8:50am

A3C - 2:30pm - 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

Only 1 more week left!

We have had a such a great time these last couple of weeks at TheirCare, we started off last week with a busy week of creating father's day gifts within our service we understand the importance of every role that parent, and guardians play within their families so these gifts have also been extended to all loved ones within our family unit.

On our last day of winter we did a snow making experiment with Chloe, we mixed bicarb soda and corn flour together with some red glitter and we got to play with the snow to see if we could make snow men after we finished playing with our hands we then poured vinegar into the snow to watch it bubble up.

We also had a fun activity on the first day of spring with flower activities like colour ins, creating our own flowers and spring activities This week we had superhero week which was a massive hit for all of us, we got to do fun activities like superhero bingo, superhero cape competition, superhero action training, superhero races and superhero masks and cuffs.

Friday the 8th we had a glowtopia dance party at after school care where we had dancing, party food and of course glowsticks this was a great afternoon to help raise money for WeCare charity chose which was 'R U OK?'

With only 1 more week left of school next week we are doing kids choice where the children get to choose the activities we are doing

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



Service Number - 0447007044

TheirCare HQ - 1300 072 410

Service Email - wodongawest@theircare.com.au

TheirCare Email - info@theircare.com.au



TheirCare
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?

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

From as low as \$6.06 with the maximum Child Care Subsidy. Full fee \$80.52 without the Child Care Subsidy.

MONDAY
18
SEPTEMBER



Dety Gravity with Magnets

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

From as low as \$6.06 with the maximum Child Care Subsidy. Full fee \$80.52 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!

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

From as low as \$6.06 with the maximum Child Care Subsidy. Full fee \$80.52 without the Child Care Subsidy.

MONDAY
25
SEPTEMBER



Ruby Gillman, Teenage Kraken

A shy adolescent learns that she comes from a fabled royal family of legendary sea krakens 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.

From as low as \$11.77 with the maximum Child Care Subsidy. Full fee \$17.68 without the Child Care Subsidy.

TUESDAY
19
SEPTEMBER



Movie Excursion

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

From as low as \$11.77 with the maximum Child Care Subsidy. Full fee \$17.68 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!

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

From as low as \$8.18 with the maximum Child Care Subsidy. Full fee \$8.74 without the Child Care Subsidy.

TUESDAY
26
SEPTEMBER



Bee Hive



Bust a Move

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

From as low as \$9.34 with the maximum Child Care Subsidy. Full fee \$93.36 without the Child Care Subsidy.

WEDNESDAY
20
SEPTEMBER



Dance Incursion

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

From as low as \$9.34 with the maximum Child Care Subsidy. Full fee \$93.36 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 Tuffy, Heather and cuddly friends.

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

From as low as \$11.77 with the maximum Child Care Subsidy. Full fee \$17.68 without the Child Care Subsidy.

WEDNESDAY
27
SEPTEMBER



Farmyard Excursion

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

From as low as \$9.34 with the maximum Child Care Subsidy. Full fee \$93.36 without the Child Care Subsidy.



Silly Science

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

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

THURSDAY
21
SEPTEMBER



String Slime

Additional fun:
Marked planets, asteroid dodgeball, rainbow tambourines plus plenty of time to choose your own adventure.

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



Fantastic Forces

3.2.1 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!

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

From as low as \$9.34 with the maximum Child Care Subsidy. Full fee \$93.36 without the Child Care Subsidy.

THURSDAY
28
SEPTEMBER



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.

From as low as \$11.77 with the maximum Child Care Subsidy. Full fee \$17.68 without the Child Care Subsidy.

FRIDAY
22
SEPTEMBER



Art Museum

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

From as low as \$11.77 with the maximum Child Care Subsidy. Full fee \$17.68 without the Child Care Subsidy.

FRIDAY
29
SEPTEMBER



Public Holiday!
NO SERVICE

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
No Charge	\$10.00	Full Fee

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

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



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



TheirCare
Where Kids Love to be!

The place to be these holidays!



TheirCare
Where Kids love to be!



Spring Holiday Program



Silly Slime



Movie Magic



Build a Bot



Footy Fun

Book now at 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 **excluding** incursions/reursions

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





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



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



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

1 ADD STUDENTS
Register your account

2 PLACE ORDERS
Create student orders

3 CHECKOUT
Securely pay for your orders

Each year we gather at the sunrise of World Suicide Prevention Day on the banks of the Murray River in Albury to honour those lost to suicide and to bring their memory into the light, removing the stigma around suicide.

Lifeline's 'Out of the Shadows' walks enable those whose lives have been touched by suicide to connect with others and feel comfortable to have a conversation about it.

Thousands of people across Australia join Lifeline's 'Out of the Shadows' walks which coincide with World Suicide Prevention Week.

Lifeline encourages all Australians to join a walk and start talking about suicide. The Albury Wodonga walk takes place on Sunday 10th September meeting at Kremur Street boat ramp and at 6am and taking a short walk along the Wagirra walking trail to Hovell Tree Park. Together, we watch the sun rise as we walk and hold a short memorial service.

We invite you to be involved this year. Register at the link below today.

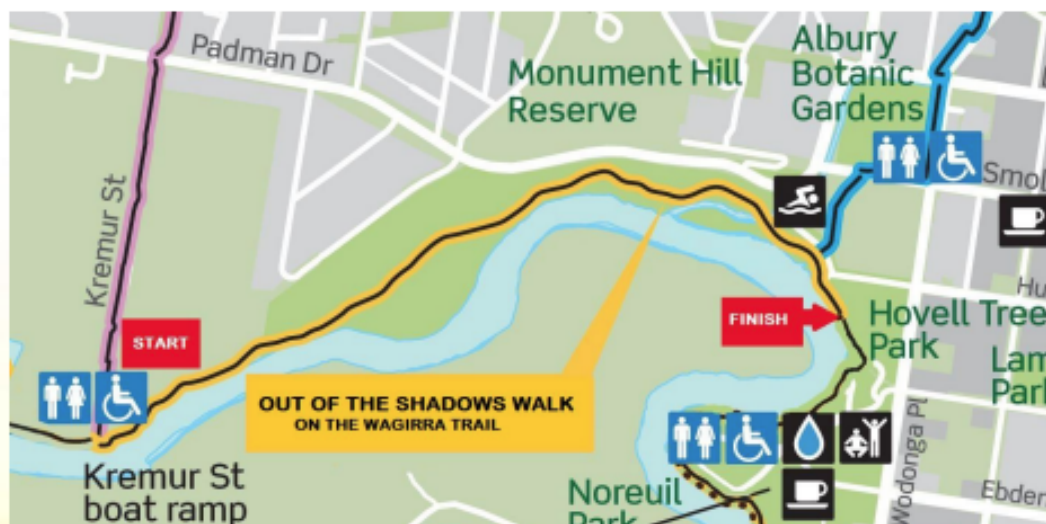
<https://www.lifelinealburywodonga.org.au/out-of-the-shadows-event/>



Lifeline Albury Wodonga - Out of the Shadows Program

Program – Sunday 10 th September 2023	Time
Meet at Kremur St Boat Ramp, West Albury	5.45am
Commence walk to Hovell Tree Park	6.00am
Arrive at Hovell Tree park and gather for the ceremony	6.25am
Memorial Service: including an opportunity to light a candle of remembrance	6.30am
Free BBQ Breakfast will be provided	6.30am – 8.00am

Lifeline Albury Wodonga Out of the Shadows 2023 Walk Map





Lifeline Albury Wodonga 2023 Program

Notes for Participants:

The walking track is sealed and well maintained. The estimated walking time is approximately 20 minutes with a few short inclines that require a low to moderate fitness level.

Walkers are encouraged to wear suitable clothing and footwear appropriate for weather conditions on the day and bring along a torch. Participants will need to make their own way back to their vehicles.

Any queries or media enquiries can be directed to Lifeline Albury Wodonga at:

Phone: 02 60211 077

Email: admin.aw@lifeline.org.au

Wodonga



Athletic Club

Dear Staff, Parents, Guardians, Students and the wider school community,

Want to get fit for the summer? Or to get active in a friendly welcoming community? Maybe you want to stay fit during the AFL & Netball off season?

Wodonga Athletics Club can offer you overall fitness, friendly competition, and weekly meets that you can bring the whole family to. With age groups ranging from 12 years old to 80 years of age, we have something for everyone, no matter your athletic ability.

You can trial a membership and bring a friend, or 2, for just \$10 each.

Or join us now for our upcoming season by visiting the link below.

www.wodongaaths.org.au/registration/



AusBike

AGES 5 - 12



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

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



“
We have one life,
and it's yours –
dream it, live it,
love it – just like
I'm doing.

– Bronwen,
ParentsNext participant

ParentsNext will support you to build your skills with confidence to achieve your goals

How can ParentsNext help you?

You will be assigned a dedicated ParentsNext coach to support you, to:

- Identify your education and employment goals
- Create a plan to achieve your goals
- Balance your family responsibilities with work or study
- Access activities and services in your local community
- Increase your educational qualifications
- Explore new career opportunities
- Access financial assistance for education, training, employment related expenses*

* Based on individual circumstances and in line with eligibility criteria.

CVGT Employment is committed to providing and promoting a safe environment for children.

MCPND6-0623

How it works

1. Get in touch

Contact us and we'll be in contact shortly to set up a meeting.

2. Get support

We'll work together to identify your goals and create a plan.

3. Success!

We meet regularly to make sure you are getting the support and balance you need.

Scan to find out more



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