



LINK LETTER



19 Oct 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,

ART SHOW

We are all very excited about our Art Show after school today from 4.30 – 6.30 pm. Not only will you see artwork from every student on display, you will be able to visit the Artroom to see an amazing display that Miss Simboras and students have been quietly making. I will keep it a secret, and I won't reveal any more information, you will need to see for yourselves! We will also have lots of food and fun activities to enjoy. A reminder that all students must be in attendance with their family. The weather is perfect so we have been very lucky indeed. Hope to see most of our families there having fun.

SCHOOL WORKING BEE

Last Friday after school we held a School Working Bee to achieve lots of jobs in our school and Kinder grounds. Despite a little bit of light rain, we had a great turn out of families and students who helped. It was terrific to see just how much we all achieved in 2 hours with many hands making light work. Our School Council would like to extend a big THANK YOU to all the following people for their support. It means a lot and it demonstrates to your children the benefits of being community minded and the value you place in schooling. Great work each and every one of you!



Working Bee Participants: Letitia Musgrave, Hannah & Marley Pearce, Savannah Charubin, Suzanna Jacob, Trish, Rohan & Jessica O'Brien, Nicole, Sam & William Johnson, Jess Thompson and Family, Jane Frauenfelder, Myles & Ruben, Penny Bates & Jasmine Joynes, Phil Manns, Jocelyn Owen, Britt Hartley, Chandra Burns and Ana Gonzalez.



REMEMBRANCE DAY 11.11.23

The local RSL has delivered a lovely range of items that students and staff can purchase before Remembrance Day on 11th November. Prices range from \$2 to \$5. Please see the items below that are available. 'We shall remember them'.

CLASSROOM PLACEMENTS 2024

We will shortly be organising classroom placements for 2024. Therefore, if you will be moving away or your child/ren will not be attending Wodonga West P.S. in 2024, please notify the office as soon as possible. Also, if you have a specific request for your child in 2024, please put it in writing to myself. This cannot request specific teachers, but you might like to request a particular friend to be placed with. These requests will be considered, but we cannot always accommodate all requests. Our teachers will always make sure students are placed with at least one of their friends. All requests MUST be received prior to Friday November 24th.

WODONGA CUP PUBLIC HOLIDAY

A reminder that Friday 24th November is the Wodonga Cup public holiday so there will be no school on that day.

Jocelyn Owen
Principal



Important Dates

- 19 Oct** Wodonga West Arts Show
4.30pm to 6.30pm
- 23-27 Oct** Swimming Years F, 1 & 2
- 2 Nov** MYOS - Kanga Cricket Carnvial
Willow Park
- 14 Nov** Foundation Transition Session 1
9.15am - 11am
- 21 Nov** Foundation Transition Session 2
9.15am - 12pm
- 24 Nov** Wodonga Gold Cup
Public Holiday - No School

CAR PARK REMINDER

Just a reminder to 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. We have been noticing lately an increasing number of students walking through the carpark in the morning and this can be very dangerous. Please encourage your children to walk on the walking path next to the carpark.



2023 POPPY APPEAL



On Monday students will be going around to all the classrooms to sell the following items to raise money for the Poppy Appeal.

For more than 100 years, the annual Poppy Appeal has supported Australian veterans and their families. Your donation can help the RSL continue to deliver life-changing support to our veterans when they need it the most.

- **Red Poppy \$2**
- **Wrist band \$3**
- **Poppy Key rings \$4**
- **Pens \$5**





If you require a FREE breakfast pack,



please see Mrs Potter



UKULELE CLUB NEWS

Adrian Baker has been running a Ukulele Club with a group of students, now in its second year. The students get to participate in this small music group every week where they are getting to learn how to play the Ukulele. This is a fantastic opportunity to have a small music program running at the school where students can learn more about the Arts and gain confidence in a small group environment.

Adrian has been very lucky to receive an offer of sponsorship of 15 ukulele's that were kindly donated to assist with the operation of the Ukulele Club's future program sessions. The local businessmen responsible for this donation were Allan Arthur and James Hermiston. The total cost of ukulele's donated was \$600. 5 Ukulele's will be awarded to the most outstanding participants at the end of each year. Adrian is hopeful this may lead to future performances at Arts evenings and assemblies.



Sun Smart Awareness

Now it is October the weather is warming up and we need to be more mindful of protecting ourselves and our children from the sun. In Term 1 and Term 4 our school implements a no hat no play policy to ensure all children are protected from sun exposure. Please make sure your child has their green broad brimmed hat every day in their bag so they can enjoy their breaks!



We are SunSmart - a note for families

Too much of the sun's ultraviolet (UV) radiation can cause sunburn, skin and eye damage and skin cancer.

UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life. Skin cancer is the most common cancer in Australia. It is also one of the most preventable cancers.

You can't see or feel the sun's UV. Whatever the weather, if the UV levels are three or more, it's important to *Slip, Slop, Slap, Seek and Slide!*

Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.



Daily local sun protection times and weather details are available from the SunSmart widget on our school website, in the weather section of the newspaper, on the SunSmart website at sunsmart.com.au and as a free SunSmart app. Sun protection times can also be found at the Bureau of Meteorology website and live UV levels are available from ARPANSA.

SunSmart membership

Our school is a registered member of Cancer Council Victoria's SunSmart Schools Program. We aim to protect children and staff from too much UV.

Sun protection and skin cancer prevention is a shared responsibility. Please help support our SunSmart membership and sun protection efforts by ensuring your child follows the SunSmart measures included in our policy at school and at home.

During the daily local sun protection times (usually from mid-August to the end of April), **use these 5 SunSmart steps – even if it's cool and cloudy.**

1. **SLIP** on covering clothing

For free dress days, ensure your child wears clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.



2. **SLOP** on SPF30 (or higher) broad-spectrum, water-resistant sunscreen

Apply a generous amount of sunscreen at the start of the day and make sure children have sunscreen in their bag ready to reapply throughout the day. Sunscreen should be reapplied every two hours. Please ensure children get plenty of sunscreen application practice at home so they'll be all set when they are at school. Under supervision, ask children to put a dot of sunscreen on each cheek, nose and chin and rub it in (avoiding the eye area) and sunscreen squiggles or dots on the back of the neck, arms and legs to cover these areas.

3. **SLAP** on a hat that protects the face, neck and ears

Choose a wide-brimmed, legionnaire or bucket hat. Peak caps and visors do not offer enough UV protection so please leave them at home. Please help your child remember to bring and wear their approved **school hat**. Please keep this at school so they will always be ready for outdoor activities, outdoor learning and play during school days. For the walk to and from school and weekends, please have an extra **home hat** to help keep children protected at home.

4. **SEEK** shade

Choose shady spots for learning and play whenever possible.

5. **SLIDE** on wrap-around AS1067 sunglasses

When appropriate and practical, help protect the eyes with sunglasses.

Need information in another language? Call 13 14 50 and ask to be connected to Cancer Council Victoria in your language



SAKG NEWS

The children had a wonderful time this week making Basic Egg Noodles and Chinese Greens stir-fried with Soy Sauce & Ginger. They loved it so much, that when I went to get photos of all their hard work, I was too slow and all the plates were practically licked clean!



Chinese Greens stir-fried with Soy Sauce & Ginger

Ingredients

- 3 heads pak choy
- 3 heads choy sum
- 1 large broccoli
- 4cm knob ginger
- 2 garlic cloves
- 1 tablespoon vegetable oil
- 2 tablespoons soy sauce
- 1 tablespoon water
- 1 tablespoon sesame oil

Equipment

- tea towel
- chopping board
- kitchen knife
- metric measuring spoon
- wok
- spatular

- If you don't have all the leafy greens, just substitute 4 cups of any Asian greens from the supermarket

Method

- Wash all the greens and dry well
- Tear the greens into smaller pieces
- Chop broccoli into small florets. Peel the broccoli stalk and slice it finely.
- Finely chop the ginger and garlic
- Heat the vegetable oil in the wok
- Add the ginger and garlic and gently fry until soft
- Add all the broccoli along with the sesame oil, cook for 2 min
- Add the greens and soy sauce, plus a little water, keep turning the greens with a spatula until they are wilted
- Serve



Wodonga West Art Show: Celebrating Art History

Get ready for a spectacular evening as the school's art department presents the "Wodonga West Art Show," a celebration of creativity by our Kinder to Year 6 students. This event promises to be a visual delight, featuring a diverse array of artwork from our youngest artists.

The exhibition will serve as a testament to the remarkable creativity and imagination of our students. From vibrant paintings to intricate paper and clay crafts, the "Wodonga West Art Show" is sure to captivate art enthusiasts of all ages.

But that's not all this event has to offer. Alongside the captivating artwork, there will be a variety of activities and treats available for all attendees to enjoy.

Available for Purchase:

- Sausage Sizzle
- Coffee Van
- Lucky Dip
- Face Painting
- Ice Cream Spiders



Wodonga West Art Show

THURSDAY 19 OCTOBER, 2023 | 4:30PM-6:30PM

WODONGA WEST CHILDREN'S CENTRE

Kinder to Year 6 Student Art History Exhibition

Available for purchase:

- Sausage Sizzle
- Coffee Van
- Lucky Dip
- Face Painting
- Icecream Spiders

**COME AND CELEBRATE
ART THROUGH THE AGES**

The "Wodonga West Art Show" promises to be a fantastic event for the entire school community. It's an opportunity to support and celebrate the creative endeavors of our youngest artists. So mark your calendars for Thursday, 19th October 2023, and come join us for a day filled with art, fun, and delicious treats at the Wodonga West Children's Centre. We can't wait to see you there!



PE NEWS

REGIONAL ATHLETICS CARNIVAL

What a busy few weeks we have had in Athletics, with a Carnival every Friday this Term! Congratulations to our 10 students who competed in the Upper Hume Division Athletics. We had some great results and many third and fourth placings. As only the first & second placegetters qualify for Regional, Harmony Lavea was fortunate to qualify in 200m. A great effort, especially considering she is a year younger than her age group. Many thanks to Aamon Cooper for helping transport students to the Division Carnival! Your help is much appreciated.

DOWNBALL AUSTRALIA VISIT

Next Tuesday, we welcome a visit from 'Down ball Australia' for students in Years 3-6. Through a successful application, Down ball Australia will run a workshop and skills session, free of charge. I encourage all students to brush up on their skills as I'm sure, the instructors will be asked to show some of their best tricks.

SPORTING SCHOOLS HOT SHOTS

Students in Years 1-2 are currently participating in a 4 week 'Hot Shots program', run by Wodonga Tennis instructors. Please encourage any interest in the sport as students are making great progress learning a new sport.

JUNIOR SWIMMING TERM 4

All students in Years Foundation, 1 & 2 will participate in a daily swimming session for one week beginning 23rd October at the Indoor Leisure Centre. Information notes have been given to students involved and permission slips need to be returned ASAP.

KANGA CARNIVAL

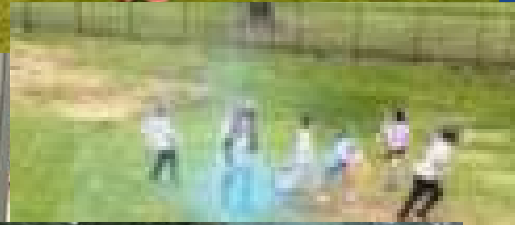
All MYOS students will participate in the Kanga Cricket Carnival to be held on Thursday 2nd November, at Willow Park. As the weather is warming up, make sure you bring plenty of water, your school hat and any asthma medication needed. Although the Lions Club will operate a BBQ, it is a good idea to bring a packed lunch.

Parents are welcome to attend to cheer on our teams.





COLOUR RUN 2023



In the Kindergarten

The Kinder children have been learning about recycling and how we can be more sustainable. To help increase their understanding of this topic they have been involved in a Bin Smart session, implemented by Halve Waste. This educational session looked at waste management and demonstrated how the children can manage their waste by using the coloured bin system that is already in place in our region. The children were taught how to identify which items goes in which bin. The session concluded by the children picking up a piece of rubbish that was supplied and working out which bin it needs to go in. Some items can be tricky and the children worked together to work out the correct bin to put the rubbish in.



The Colour Run was so much fun and a big hit in the kindergarten. The children ran around the designated course waiting for their turn to be sprayed with colour. Some children were a little unsure at the start however by the end all children were enthusiastically involved in the experience. We were also lucky enough to be able to watch the Primary school students do their colour run in the afternoon.





Kinder Colour Run 2023



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

School Student Travel

Term 4 2023

2024 school travel applications are now open

Students who need a new or replacement School Opal card or travel pass for 2024 can [apply](#) now. A new application will need to be submitted if they are applying for the first time, or if they are requesting an additional travel entitlement because of a new shared parental arrangement (e.g. joint custody).

Students who change address, school, campus location, have repeated a year or received an expiry notification for their school travel entitlement should [renew or update](#) their details **before the end of term 4**. This will ensure that schools can endorse applications, and travel passes remain valid for the start of the 2024 school year. School Opal card holders will have the changes applied to their existing card.

If a student's distance eligibility has changed based on their grade (i.e. grade two to grade three), the system will automatically update their entitlement if they meet the new criteria. If they do not meet the new [eligibility criteria](#), we will send an expiry notification via email.

Students who have an entitlement approved under a medical condition that is due to expire will receive a notification advising them to re-apply.

[Term Bus Pass](#) holders will receive a notification to re-apply.

Students in the Opal network applying for an Opal card (including a Term Bus Pass) for the first time will receive their Student Opal card at their nominated postal address. Cards will be mailed out from January 2024.

Students living in rural and regional (R&R) areas should receive their travel pass at the start of the new school year from their nominated transport operator. It may come via the school or be sent directly to them at home. **Note:** some R&R operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

Changes to your bus service provider

Within Greater Sydney, a number of bus service providers have changed their names.

Parents intending to lodge an application for a School Opal card will need to visit [transportnsw.info trip planner](#) to obtain the correct bus operator name servicing your area prior to lodging an application.

Travel from Term 1 2024

We ask that parents plan ahead and make sure their child knows which service/s to use and has a valid ticket to travel; either a School Opal card or Child/Youth Opal card (within Greater Sydney) or a School Travel Pass (outside Greater Sydney), from the start of the school year.

Applications for 2024 School Student Transport Scheme (SSTS) travel open at the start of Term 4 2023, so parents/students can [apply](#) or [update](#) details early and be ready for the start of the new school year.

Most students using the Opal network will not need a new Opal card and can continue travelling on their existing card each year.

The start of the year is a busy period for local transport operators, and students travelling without a valid ticket make service planning and operations difficult.

We recognise that for some families last minute changes to school enrolments mean they may not have a School Opal card or Travel Pass for the start of term. In the Opal network, we strongly encourage these families to have their children travel with a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their [local bus operator](#) to discuss their travel needs.

Bus operators are flexible and understanding, particularly at the start of the school year, and will ensure students can travel safely to and from school. But to best support our operators we encourage all students to have a valid ticket, as early as possible, from the start of the school year.

Students using School Opal cards are also reminded that they must tap on and tap off in line with the [Student code of conduct](#) and [Opal terms of use](#).



Further information can be found at [Plan your trip to school | transportnsw.info](#)

Enquiries can be submitted at [Fares, concessions, tickets & top-up feedback | transportnsw.info](#)



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

Participate in the exciting sport of Softball

Ages 8 & Up

No equipment needed

Every Thursday

Starting September 7th

4:30pm-5:30pm

Gayview Park, Serpentine Ave,
Wodonga.

*Become
a
Junior
WARRIOR*

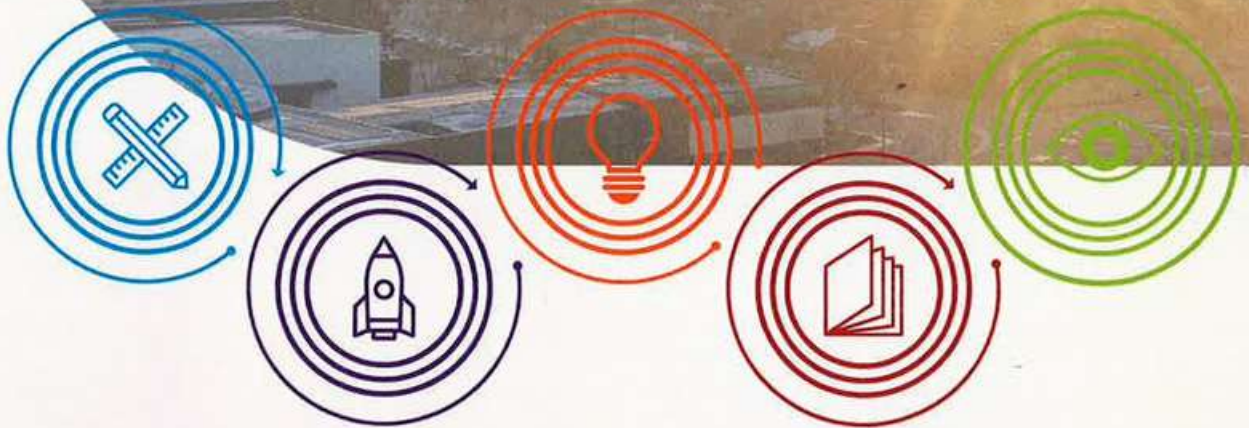
Contact: Tracey Chadwick - 0407592722



<https://www.facebook.com/wodongasoftball>

WODONGA 2050

COMMUNITY VISION



Wodonga Council is developing a new vision for our city.

This is a unique opportunity for you to become an active participant in crafting the future of our city.

We're embarking on a journey to:

- Identify our community's strengths and assets;
- Address our challenges and concerns;
- Envision the future we want for ourselves and future generations; and,
- Set clear goals and priorities for our community's growth and development.

Why participate?

Your involvement in the development of the community vision is a chance to:

- Shape the future of our community;
- Strengthen community bonds and collaboration;
- Ensure your voice is heard and valued;
- Contribute to a more vibrant, inclusive, and resilient community; and,
- Leave a legacy for generations to come.



Scan the QR code to learn more about the process and how you can be involved.

Have your say online, attend a community pop-up or host your own event using the Community Conversations Toolkit.

Tuning in to Kids - Emotion coaching

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

This six-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 Gateway Health, 155 High Street, Wodonga

Date Tuesdays from 24th October to 28th November

Time 10am to 12pm

Cost This is a free program

To Register

Scan the QR Code or click [here](#) to rsvp by Monday 23 October.



For further information contact parenting team on 0457 279 796



Bookings are essential

gatewayhealth.org.au

**gateway
health**
People living well

Please note this information applies to Term 4 2023.

Raising Resilient Children (from the Triple P International)



For parents and carers of children aged between 2 and 10 year.

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

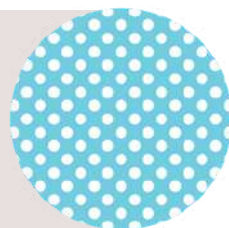
Location	Date and Time	Cost
Online (link will be provided)	Monday 6th November 7pm to 9pm	This is a free program

To Register

Scan the QR Code or click [here](#)
to rsvp by Sunday 12th November.



For further information contact parenting team on 0457 279 796



Bookings are essential

gatewayhealth.org.au

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People living well

Please note this information applies to Term 4 2023.



Positive Parenting Telephone Service

Our free 6 to 10 week program helps you to:

- have stronger, more positive relationships
- set rules and limits
- manage everyday behaviour problems.

Our program is for parents, grandparents and carers of children aged 2 to 12 years.

Participants complete a workbook and are supported by weekly 30 minute phone calls with a trained parenting educator.

All of this can be done from the comfort of your own home at a time that suits you.

 1800 880 660

This is a **FREE** service, and enrolments are taken all year round. Call us for more information or to enrol.



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Parenting Trans and Gender Diverse Kids and Teens



This program supports parents of transgender and gender-diverse children and teenagers to be able to parent with confidence and understanding.

The program covers:

- exploring the unique challenges and opportunities that parents of transgender and gender-diverse children face
- understanding your child's experience
- supporting your child on their gender journey and nurturing resilience tackling tricky conversations
- understanding how stress and stigma impact your child
- learning how to support siblings and other family members.

Location	Date and Time	Cost
Gateway Health 155 High Street, Wodonga	Mondays 9th October - 27th November 11am - 1pm	This is a free program

To Register

Scan the QR Code or click [here](#)
RSVP by Friday 6th October



For further information contact parenting team on 0457 279 796



Bookings are essential

gatewayhealth.org.au

Please note this information applies to Term 4 2023.

Parenting Adolescents



This 2-hour session will provide information on:

- Adolescent development and its impacts
- Understanding emotions and helping to regulate
- Challenges facing adolescents and parents/carers
- Communicate and connect with your teen more effectively
- Problem-solving
- Family values
- Building resilience

Location	Date and Time	Cost
Felltimber Community Centre Corner Melrose Drive & Felltimber Creek Rd	Monday 13th November 4pm - 6pm	This is a free program

To Register

Scan the QR Code or [click here](#)
RSVP by Sunday 12th November.



For further information contact parenting team on 0457 279 796



Bookings are essential

gatewayhealth.org.au

Please note this information applies to Term 4 2023.

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Parenting Adolescents



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- Challenges facing adolescents and parents/carers
- Communicate and connect with your teen more effectively
- Problem-solving
- Family values
- Building resilience

Location	Date and Time	Cost
Barandudua Community Centre 3 Sage Court	Monday 30th October 6.30pm - 8.30pm	This is a free program

To Register

Scan the QR Code or click [here](#)
RSVP by Sunday 29th October.



For further information contact parenting team on 0457 279 796

Bookings are essential

gatewayhealth.org.au

Please note this information applies to Term 4 2023.

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People living well

Mother Goose

Interacting with your baby

The Parent-Child Mother Goose program provides a group experience for parents and young children under the age of 2 years.



- The program promotes parent-child relationships through the fun of song, rhyme and story. You will learn ways to:
- help your child settle
- help their language development
- grow and support your relationship with your child
- connect with your child.

Location	Date and Time	Cost
Gateway Health 155 High Street Wodonga	Wednesdays In School Terms 10.30am - 11.30am	This is a free program

To Register

Scan the QR Code or [click here](#)
Register any time during the term



For further information contact parenting team on 0457 279 796



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- grow and support your relationship with your child
- connect with your child.

Location	Date and Time	Cost
Orana Community Centre, 40 Cardo Drive Springdale Heights	Fridays In School Terms 10.30am - 11.30am	This is a free program

Contact us

Scan the QR Code or [click here](#)
Register any time during the term



For further information contact parenting team on 0457 279 796



Bookings are essential

gatewayhealth.org.au



Please note this information applies to Term 4 2023.