



# LINK LETTER

18 Apr 2024

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

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

**Enrolments are welcome for all year levels for 2024**

**Be Safe**

**Be Respectful**

**Be A Learner**

## Principal's Message

Dear Parents / Carers,

Welcome back to Term 2! I am hoping you had a terrific holiday break and got to enjoy the perfect weather we have been able to enjoy with cooler nights, crisp mornings and beautiful sunny days. It has been a pleasure to visit all our classrooms today and see them getting back eagerly into their school routines and learning. Everyone was extremely excited to hear that the school's footy oval is back in use after almost 12 months of drainage and re-sowing works to give it a new lease of life and make it more suitable for the wetter months, just in time for the football season as well. Special thanks to our groundsman, Phil Manns, for all his organisation and work to maintain it during this time. It looks amazing.

A warm welcome to the new families who have moved to our school, and we hope that you will all enjoy the school, students, staff and the community. We look forward to a long and strong partnership in education with your children.

I would also like to welcome two new staff joining us this term; Miss Bridget Hurley, who is our 'Mental Health in Primary Schools' teacher. Bridget will take all classes for a one hour Wellbeing lesson every week in this new role, delivering a program called URStrong. The other new staff member is Ms Emma Hawkins who will be working for us in front reception from Monday to Thursday replacing Kellie Wright once she leaves in 2 weeks time. Both Bridget and Emma will be positive assets to our school and Kinder.

### **No school on 25th and 26th April**

A reminder that next Thursday 25th April is ANZAC day therefore a public holiday, followed by a PUPIL FREE DAY on Friday 26th April. All our staff will be working at school on that day and doing professional learning.

### **Engagement Congratulations**

We would all like to extend our congratulations to Miss Kaitlyn Platt and her partner who announced their engagement last weekend. We wish them a very long and happy life together for the future. Congratulations to you both.



**Pupil Free Day Friday 26th April**

## Stephanie Alexander Kitchen Garden program

A reminder to pay this term's SAKG \$25 per student within the next 2 weeks if you have not already done so. This is a user pays system and we don't want anyone to be disappointed and miss out on going to this great program which they thoroughly enjoy.

## School Car Park

The school car park is NOT for picking up or dropping off students before or after school, as it is a serious safety concern particularly to young students and families. It is also not a drive through! Parents and Carers are also reminded NOT to walk through the car park area, but to use the red brick pathway. We have had some close encounters recently. I am constantly monitoring people who wrongly drive through or park in there, many who keep on doing so after a reminder! It is for school / kindergarten staff and contractors engaged by the school only, or valid Disability parking but only if a current and valid Disability sticker is displayed the entire time of parking or driving in our car park. The speed limit is clearly displayed as 5 km per hour. I refuse to encounter any further abuse from anyone who is disrespectful or fails to follow our carpark expectations. It appears that the same people (even after repeated warnings) think it is O.K. to put their own convenience ahead of or at the expense of our students' safety. It is my job to enforce the Car park Policy set by our School Council and I really want to say that I am really impressed with the vast majority of our parents/carers who always do the right thing. But this needs to be 100% of our community all the time.

Regards,

Jocelyn Owen  
Principal



**Breakfast Club  
each Mon & Wed  
of Term 2**

**8.30am-8.50am in the  
SAKG Kitchen**

## Important Dates

|                 |  |
|-----------------|--|
| <b>19 Apr</b>   | Cross Country  |
| <b>22 Apr</b>   | School Assembly 9.15am                                 |
| <b>25 Apr</b>   | Anzac Day Public Holiday<br>- No school                |
| <b>26 Apr</b>   | Pupil Free Day - No school                             |
| <b>1 May</b>    | Year 6 Science Excursion                               |
| <b>9-10 May</b> | Mother's Day Stall<br>Prices from \$1 to \$5 cash only |

# Mother's Day Stall



Mother's  
Day

The PFF will be holding a Mother's Day Stall on the 9th & 10th May.

Students will be able to purchase a small gift for their special person. Prices will range from \$1.00 to \$5.00 (cash only).



## CAMPS, SPORTS AND EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum. CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a health care card or pension card, you may be eligible for CSEF. If you have had a change in family circumstances or a new family to the school please visit the school office to obtain a CSEF application form.

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### MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>







## Wellbeing Report

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



**please see Mrs Potter**

## Winter Gloves

A community member is busy knitting gloves. I have a limited supply of gloves to give away to students. Please see Mrs Potter if you would like a pair. She will be taking names and giving them out as they are made.



## Foundation Clothing Package

If you have a health care card your child may be eligible for the foundation clothing package. Please see Mrs Potter at the office to find out.





# RESPONDING TO CHILD SAFETY CONCERNS

The new 11 Child Safe Principals help guide schools to ensure they provide safe environments for all members of the school community. Responding to concerns and addressing risks of child safety is the legal obligation of all educators and staff within our school. The following flow chart outlines the 4 critical steps schools must take when responding to issues of harm and child safety.

## FOUR CRITICAL ACTIONS FOR SCHOOLS

### Responding to Incidents, Disclosures and Suspicions of Child Abuse

#### YOU MUST TAKE ACTION

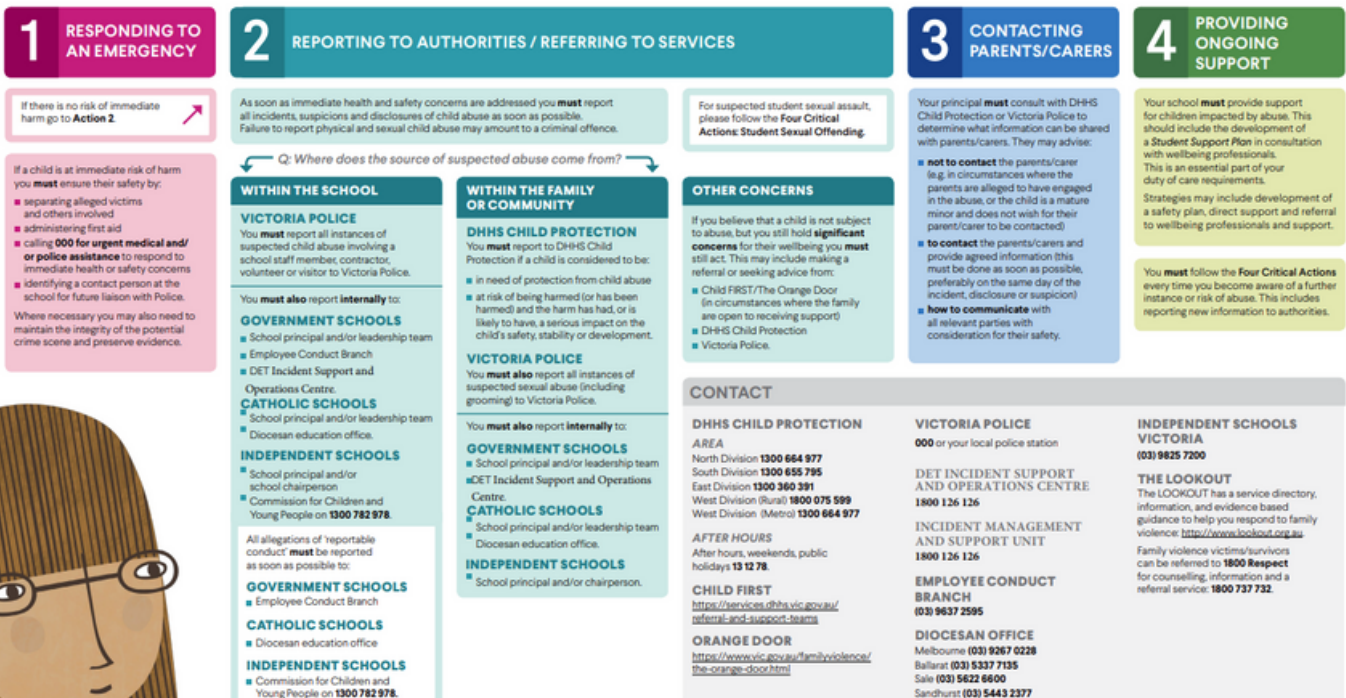
You **must** act, by following the Four Critical Actions, as soon as you witness an incident, receive a disclosure or form a reasonable belief\* that a child has, or is at risk of being abused.

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 (e.g. if the victim or another person tells you about the abuse).

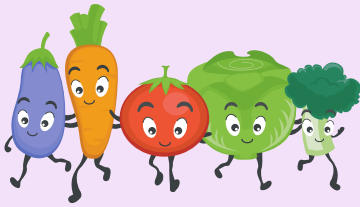
It is strongly recommended that you use the **Responding to Suspected Child Abuse template** to keep clear and comprehensive notes, even if you make a decision not to report.

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



If you have concerns for the welfare of a child in our school community please reach out as our staff are here to meet with you to discuss your concerns or support you in knowing what steps to take next in the event of a disclosure.

Through our respectful relationships program the school will also support children in our school to identify people they feel safe with and can talk to should the need arise where they feel unsafe or at risk.



# SAKG NEWS

This week, and next, we are cooking Potato and Rosemary Pizza and Nasturtium and Honey Cupcakes. We are making the connection between rosemary, honey and poppies with Anzac Day. We are having lots of great conversations around food and smells, and their connection with memories.

In the garden we have continued to harvest summer vegetables like zucchini and basil. We have planted cauliflowers, broccoli's, cabbage as well as lots of flowers to encourage our pollinators. We have also planted two Australian bush tucker plants - Mountain Pepperberry and a Davidson Plum. Mrs Hillas has also started working on transforming the area down near the chook house commonly referred to as the "Badlands", to a flower field, yet to be renamed! Some suggestions have included "The Flower strip" and "The Bee Lands". We might need a competition!



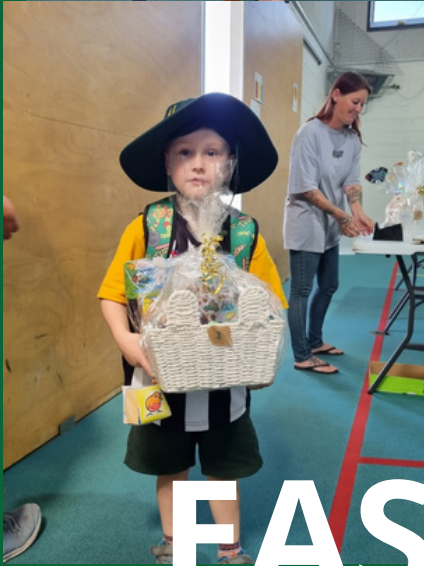
*"I have never had potato pizza in my life! I think we might have tomato sauce. I liked the honey cupcakes because it was soft." Lyanna*

*"I have tried pizza but I have not tried rosemary and potato with pizza. I wonder what it tastes like? I have tried cupcakes with honey but not with nasturtium. On the menu is potato and rosemary pizza and nasturtium and honey cupcakes." - Gabriel*



*"I think rosemary put on pizza is good and I think red nasturtium is beautiful and I see red and yellow nasturtium in the garden and I think the honey cupcakes will be yummy." - Alex*





# EASTER RAFFLE WINNERS





## In the Kindergarten

Parent engagement is an important component of developing our kindergarten program. Within each program cycle parents have the opportunity to contribute ideas and suggestions about what they would like their child to be learning while at kinder. Last term the main idea that kept arising from parent input was gardening. With some behind the scenes planning with Mrs Hillas from the SAKG and with the support of PFF who are kindly purchasing the garden beds for us, this idea is now able to be implemented.



This term Mrs Hillas will start implementing a modified SAKG cooking and gardening program with the kinder students. Mrs Hillas visited the kinder today to meet the children and talk to them about gardening. Mrs Hillas brought along some seedlings that the children will be planting in the new garden beds when they arrive in the coming weeks.





# Volunteers Wanted for Kitchen Garden Classes

The success of food education relies  
on the support of volunteers.

There is nothing more satisfying than sharing a delicious meal created with fresh produce that you have grown from seed to harvest. Every week over 200 school children share in this experience at the

**Wodonga West Children's Centre.**

You don't have to be a green thumb or a naked chef, you just have to love growing food, eating food and being with children.

If you would like to volunteer in the kitchen or garden, whether you have one hour to spare or a whole afternoon, we would love to hear from you.

The classes run on *Monday, Tuesday & Wednesday*

Contact: **Jo Henderson or Jacqui Hillas**

On: **02 60 241188**







# PE NEWS

## CROSS COUNTRY

Just a reminder that our School Cross Country will be held this Friday 19th April at Willow Park. All students in years 3 to 6 have been training over the past five weeks and will participate in a 2km(9/10 years) or 3km(11/12 years) distance. I would encourage all students to attend what should be a fun day and earn points for your House. Which house will be the winner in 2024??. Please refer to the compass & paper note given out, detailing arrangements for the day.

A big thank you to the many parents who have volunteered to help on the day. We now have enough people to safely supervise the course!





WODONGA WEST CHILDREN'S CENTRE

# BREAKFAST CLUB

Toasted Sandwiches  
Fruit Cups  
Primas

**EVERY MON & WED**

**8.30-8.50AM**



- Running for Term 2!
- All kids welcome
- Held in the SAKG Kitchen



**TheirCare**  
where kids love to be!

## Upcoming Events/Info

### Upcoming public holidays/pupil free days:

Public holiday—  
25th April

Pupil free day—  
26th April

### Our opening hours are:

BSC— 6:30am - 8:50am

ASC— 3:30pm - 6pm

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

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

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

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

Please Note: If your  
child is not attending  
care PLEASE inform  
Maddie by phone or  
email

We would like to welcome all our friends and families  
to the beginning of term 2!

And say a huge thank you to all our friends that at-  
tended our April school holidays.

Art attack was the theme for TheirCare's Autumn Holi-  
day Program! From vibrant and colourful in-house art  
activities to inspiring excursions, such as Lazer tag,  
Bounce, and the movies to see kung fu panda 4. we're  
diving into a world of art and creative exploration!  
We had an amazing experience and can't wait for  
you guys to find out what we are doing next school  
holidays.

Over the next few weeks, we are settling back into our  
service and enforcing our services rules and expecta-  
tions.

We would like to remind families about the public holi-  
day for Anzac Day on the 25<sup>th</sup> of April we will be closed.  
We will however be open for a pupil free day on the  
26<sup>th</sup> of April from 6:30am – 6pm. Please make sure you  
book in advance to secure your spot.



**Service Number – 0447007044**

**Service Email – [wodongawest@theircare.com.au](mailto:wodongawest@theircare.com.au)**

**TheirCare HQ - 1300 072 410**

**TheirCare Email - [info@theircare.com.au](mailto:info@theircare.com.au)**





The Victorian Premiers' Reading Challenge is now open and we are excited to be participating.

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by **6 September 2024**.

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

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

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

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

***To log on to the Premier's reading challenge:***

- Click on this URL: <https://vprc.eduweb.vic.gov.au/home>
- Click Sign In under School coordinator or student
  - Click on the VRPC login.
  - Fill out your child's log in details
  - Log any books that your child reads.

If you have any further questions, please see Mrs Brear





Thursday 11<sup>th</sup> of April 2024

Dear School Community,

**Store Closure for ANZAC Day Public Holiday**

Please be advised that due to the ANZAC Day public holiday, **your local Beleza store will be closed on Thursday 25<sup>th</sup> of April**. We'll reopen to our usual trading hours from Friday 26<sup>th</sup> of April.

To confirm your local store's trading hours, please refer to our Google Business listing for your local store.

We'd like to apologise for any inconvenience that this closure may cause, and wish you all the best for the public holiday. We look forward to seeing you in-store again when we return!

All the best,

Beleza School Uniforms



Albury



Wodonga



## Our next session is: 4th May 2024

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**  
**Wodonga Senior Citizens Centre**  
**15 Havelock Street**

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)

# TERM 2 INSIGHT-FULL KIDS



## ABOUT THE GROUP

Insight-Full Kids is a dynamic mindfulness & resilience building group designed for children aged 7-10. Through engaging activities & supported social & emotional learning, we empower children to overcome overthinking, anxiety, and emotional challenges, equipping them with essential life skills for a brighter future.



## WHAT TO EXPECT

Using a mix of relaxation, mindfulness, creative activities and games, your child will learn about their emotions and practice skills to help them better manage their thoughts, feelings, and behaviours. This will enable them to feel more confident and better able to self-regulate.



## HOW TO JOIN

If you would like further information, or to register a child, please email [info@insighttherapiesvic.com.au](mailto:info@insighttherapiesvic.com.au)

**Dates:** April 18th - 27th June (11 weeks)  
Thursdays 4-5pm

**Cost:** \$49 per session (Full term commitment required, NDIS available)





## Champs: A Peer Support Program for Children aged 8-12

A 6 week program for children who have a parent/family member that experiences mental health challenges.

- CONNECTION
- LEARNING THROUGH FUN
- BUILDING RESILIENCE
- UNDERSTANDING MENTAL HEALTH AND WELLBEING

During the session there is a separate space for parents/careers to stay and chat

"I liked everything... I learned I am not alone and there's other kids that go through the same stuff"  
-Participant, 11 years



This is a FREE program.

### DATE & TIME

Tuesday 16th April DROP IN MEET AND GREET  
April 23rd- 28th May from 4pm - 5pm (Doors open from 3.45pm)

### WHERE

Gateway Health, 155 High Street, Wodonga

The group will be co-facilitated by staff from Albury Wodonga Health and Gateway Health.

### Find out more

For more information about our program, please contact:  
Sam Kite, FaPMI Coordinator - 0400497382 [samantha.kite@awh.org.au](mailto:samantha.kite@awh.org.au)

Belinda McManus, CHIPS Child & Family Support Practitioner  
Carla Benci, Centre Coordinator Mental Health and Wellbeing Connect



mental health & wellbeing connect  
Free for family, carers and supporters




gateway health

The Victorian FaPMI Program  
Families where a Parent has a Mental Illness

# Parenting information sessions - Term 2 2024

FREE 2 hour sessions - Bookings are essential

Please use the [QR code to register](#)

| School Readiness Workshop  | School Readiness Workshop  | Connecting with your kids<br>Emotion Coaching  |
|--|--|--|
| <p>Starting school is a big step for little kids and this workshop aims to help this transition</p> <p>Are you thinking of enrolling your child into primary school in the next couple of years?</p> <p>In this free 2 hour workshop we will talk about:</p> <ul style="list-style-type: none"> <li>• Development of (the whole) child</li> <li>• Your child's growing brain</li> <li>• Developing social &amp; emotional skills</li> <li>• Becoming more independent</li> <li>• Challenges for our kids</li> <li>• How can parents help at home?</li> </ul> | <p>Starting school is a big step for little kids and this workshop aims to help this transition</p> <p>Are you thinking of enrolling your child into primary school in the next couple of years?</p> <p>In this free 2 hour workshop we will talk about:</p> <ul style="list-style-type: none"> <li>• Development of (the whole) child</li> <li>• Your child's growing brain</li> <li>• Developing social &amp; emotional skills</li> <li>• Becoming more independent</li> <li>• Challenges for our kids</li> <li>• How can parents help at home?</li> </ul> | <p>For parents and carers of children aged between 2 and 10 years</p> <p>This session will provide information on:</p> <ul style="list-style-type: none"> <li>• Tuning into your child's emotions to help manage behaviour</li> <li>• Learn about emotion coaching to help your child understand and regulate emotions</li> <li>• Help manage meltdowns</li> <li>• Looking at child's brain development</li> </ul> |
| <p>Monday 13th May<br/>6pm - 8pm<br/>Orana Community Centre<br/>Springdale Heights</p>    | <p>Monday 27th May<br/>7pm - 9pm<br/>Via online<br/>(Link will be provided)</p>    | <p>Wednesday 1st May<br/>7pm - 9pm<br/>Via Online<br/>(Link will be provided)</p>   |

# Parenting Programs - Term 2 2024

\*There is no cost to attend these programs

People living well

| Location   | Program  | Duration  | When  | Where   | Register                            |
|------------|--|-----------|---|---|-------------------------------------|
| Wodonga    | Mother Goose<br>(0 - 2 years)  | Full Term | Wednesdays<br>17th April - 26th June<br>10.30am - 11.30am | Gateway Health<br>155 High Street<br>Wodonga                    | Scan the QR<br>code to register<br> |
| Wodonga    | Parenting after Separation   | 5 weeks   | Mondays<br>29th April - 27th May<br>6pm -8pm              | Gateway Health<br>155 High street<br>Wodonga                    | Scan the QR<br>code to register<br> |
| Wodonga    | Tuning into Kids<br>Emotional intelligent parenting                            | 5 weeks   | Wednesdays<br>15th May - 12th June<br>12.30pm - 2.30pm    | Gateway Health<br>155 High street<br>Wodonga                    | Scan the QR<br>code to register<br> |
| Wodonga    | Parenting Trans & Gender<br>Diverse Kids & Teens                               | 8 weeks   | Fridays<br>3rd May - 21st June<br>10.30am - 12.30pm       | Gateway Health<br>155 High street<br>Wodonga                    | Scan the QR<br>code to register<br> |
| Chiltern   | Tuning into Kids<br>Emotional intelligent parenting                            | 5 weeks   | Mondays<br>6th May - 3rd June<br>5.30pm - 7.30pm          | Chiltern Community Hub<br>Crawford St<br>Chiltern               | Scan the QR<br>code to register<br> |
| Wangaratta | Tuning in to Teens<br>Emotionally intelligent parenting<br>(10 years and over) | 6 weeks   | Mondays<br>6th May - 10th June<br>5.30pm - 7.30pm         | Gateway Health<br>45-47 Mackay St<br>Wangaratta                 | Scan the QR<br>code to register<br> |
| Lavington  | Mother Goose<br>(0 - 2 years)  | Full Term | Mondays<br>29th April - 1st July<br>10.30am - 11.30am     | Orana Community Centre<br>40 Carndo Drive<br>Springdale Heights | Scan the QR<br>code to register<br> |



# Parenting After Separation

This five- week program will help you learn how separation and conflict can impact children and gain information and strategies to help your children adjust



This program will look at:

- How children often experience separation
- What you can do to support your children after separation (including practical skills to support children during challenging times)
- How to build a working relationship with the other parent of your children
- Effective communication and conflict resolution
- Explore ways to care for yourself after separation

## Location

Gateway Health, 155 High St, Wodonga

## Date and time

Mondays 29th April - 27th May 2024 from 6pm - 8pm

## Cost

This is a free program

## To Register

Scan the QR Code or [click here](#)  
Please register by Friday 26th April



For further information contact parenting team on 0457 279 796

Bookings are essential

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

gateway  
health  
People living well

Please note this information applies to Term 2 2024

# Tuning in to Kids

## Emotionally intelligent parenting

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

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

This program will look at:

- Tuning in to your children's emotions
- Learn about emotion coaching – helping children to understand and regulate their emotions
- Creating connection and calm
- Managing meltdowns
- Problem solving and self-care
- The different styles of parenting.



| Location                                     | Date and Time  | Cost                   |
|--|--|------------------------|
| Gateway Health<br>155 High Street<br>Wodonga | Wednesdays<br>15th May - 12th June<br>12.30pm - 2.30pm | This is a free program |

### Contact us

Scan the QR Code or [click here](#)  
Please register by Thursday 2nd May



For further information contact parenting team on 0457 279 796

Bookings are essential

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

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# 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<br>155 High Street<br>Wodonga | Wednesdays<br>In School Terms<br>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



Bookings are essential

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

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Please note this information applies to Term 2 2024.





# 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.



# Building Connections: A LEGO®- Based Therapy Group

Join us to grow your social and communication skills, your independence and confidence, and build awesome creations in a group with your peers.

**Where:** Felltimber Community Centre, 189 Melrose Drive, Wodonga VIC 3690

**When:** Mondays, 29 April to 17 June 2024 from 3:45-5:15pm

**Group size:** Maximum of 8

## Outcomes of the program:

- Improved social skills, communication skills and technical skills & knowledge
- Improved participation and inclusion in peer, family and/or community activities
- Expanding on cognitive skills including problem solving.

## The eight week program includes:

- ✓ 1hr individual pre-program session
- ✓ 8 group sessions of 1.5hrs each\*
- ✓ 5 preparation/reporting hours (non face-to-face)

Price:

**\$1749** \*Participant pack of LEGO included.

If you're interested in joining this group, visit the Group Programs page of our website or scan the [QR code](#)



LEGO®, SERIOUS PLAY®, IMAGINOPEDIA™, the Minifigure and the Brick and Knob configurations are trademarks of the LEGO® Group, which does not sponsor, authorise or endorse this group.





**ALBURY  
WODONGA  
TABLE  
TENNIS**



471 North Street, Albury

***Grading Night***

*Wednesday 24<sup>th</sup> April 2024*

*6.00pm to 8.30pm*

*We cater for all levels of players.*

*New players most welcome.*

*Season commences the following week.*

*Divisions 1 & 3 Tuesday, Divisions 2 & 4 Thursday nights.*

*For more information*

*[www.awtta.org.au](http://www.awtta.org.au)*

*e) [pennant@awtta.org.au](mailto:pennant@awtta.org.au)*

*p) Ian Radley 0408 154 381*