

Wirrabirra School

An Independent Public School

Moral Purpose

Wirrabirra is a connected and future focused community, dedicated to achieving student excellence

IMPORTANT DATES

Friday 7 August
Interschool Cross Country

Monday 10 August
Sports Colours fundraiser

Monday 17 August - Friday 21 August
Year 6 Camp



Wirrabirra School is an ALLERGY FRIENDLY SCHOOL. What does this mean? It means that we will respect the individual needs of students who have identified allergies (with care plans) to such products as nuts, milk and eggs to name a few. In particular, food products that have nuts or are made from nuts should NOT come to school - ie: peanut paste, Nutella and nut bars. Our canteen is "nut free" to accommodate individual students with special needs.

FROM THE PRINCIPAL'S DESK

Dear Parents, Carers and School Community



★ WELCOME TO TERM 3

This is the first of three newsletters this term with the following being in weeks 6 and 9. In addition we will provide regular updates through Connect. The term started well and is progressing with all children returned and attendance at 92% to date, which is just a little down on expected levels but given the situation and it being cold and flu season this is understandable. Please don't forget to let us know when your child is away and the reason for our mandatory reporting.

Thank you to all parents and carers for your support and adhering to the social distancing guidelines. We are maintaining the cleaning and sanitising practise to keep your children safe. Hopefully if we work together we will avoid an escalation in COVID-19 cases.

★ CONNECT AND REPORTING TO PARENTS

Recently student reports were uploaded to Connect for you to access and download. If you haven't been able to find these, please talk with the class teacher or front office administration staff. I did send home a Connect Booklet which can be downloaded from Connect notices last week or by ringing the front office and we will email it to you. As Connect will be our prime form of communication I encourage you to spend some time exploring what it offers.

★ SCHOOL BOARD - PARENT REPRESENTATIVE NOMINATIONS

Our School Board year is at an end and we are now calling for nominations for Parent Representatives. The School Board has the following purpose;

PURPOSE OF THE SCHOOL BOARD

The School Board is formed with the fundamental purpose of enabling parents and members of the community to engage in activities that are in the best interest of students and that will enhance the education provided by the school.

The functions of every School Board in a government school are to: -

- (a) Take part in:
 - i. establishing and reviewing the school's objectives, priorities and general policy directions;
 - ii. financial planning to support the above;
 - iii. evaluating the school's performance in achieving these;
 - iv. formulating codes of conduct for students.
- (b) promote the school in the community;
- (c) provide advice on policy;
- (d) determine, in consultation, a dress code for students;
- (e) approve:
 - i. charges, contributions and fees;
 - ii. extra cost optional components of the school's educational program;
 - iii. items for personal use on the educational program;
 - iv. advertising and sponsorship arrangements.

Please have a look at the Nomination Form sent home yesterday, which outlines the 6 positions and terms of office we are seeking. I encourage you to consider this role in our school to become better informed in how we operate and plan for student improvements. If you would like to discuss the role and what is required,

please give myself or Mrs Dawson a call or drop in to see us and we will be delighted to meet with you.

★ ADDITIONAL SCHOOL DEVELOPMENT DAY

As a response to COVID-19 the Minister for Education has provided an additional School Development Day to all schools in lieu of time spent on the Term 2 SDD planning for learning from home. At the Board Meeting on Monday evening, Monday 7 September was agreed to as the day Wirrabirra and Wirrabirra ESC would hold our additional day. On this day students **will not attend school** and staff will engage in planning towards 2021.

★ STUDENT AWARDS AND CERTIFICATES

This week myself, Mrs Melvin and Mrs Sparks have presented three awards in each class in lieu of Assembly presentations. The awards reflect our motto Learn – Grow – Care and promote Excellence, Citizenship and Student Improvement. The recipients have all had their photos taken and appear in this newsletter and on our webpage. Congratulations to all those students who received awards. I was really impressed with the level of work shown and personal qualities acknowledged. I was also delighted to see their peers celebrate individual success and thank teachers for setting these practices in place in their classes.

In addition to these awards we are maintaining our PBS certificates as well as the prize draws at our internal PBS assemblies and buddy room meetings.

★ INTERSCHOOL CROSS COUNTRY

Tomorrow all the hard work from Mr Trenberth to organise and train our distance runners comes together at the Interschool Cross Country which is held at Lumen Christi College against our neighbouring schools. Thanks also to Miss Cranley who has assisted in training and will look after the team tomorrow, Mr De La Motte our Gardener who will set up the course and Mr Lucich who will assist at the finish. I wish all our runners the best in their races and look forward to seeing them cross the finish line.

Parents and families are welcome to attend as long as social distancing is observed by all.

Well done and thanks Mr Trenberth for your commitment to the students.

★ YEAR SIX CAMP

As our next newsletter will come out after the Year 6 students get back from camp I will take this opportunity to wish them and their teachers the best for an exciting, challenging and fun camp at Point Peron. Thanks to all the staff attending for the commitment in time to be away from families and the extra effort needed to make the camp a success. Camp is always a highlight for our students and I am sure they will create some great memories. Only 10 days to go.

★ STUDENT SAFETY ON JENKINSON STREET

On Wednesday we had a near miss with one of our students crossing Jenkinson Street to an illegally parked car. There are a number of vehicles either double parking, letting children alight on the traffic side of cars, using the kerb as a kiss and drive and parking in the disable bays without an ACROD permit. These are all parking offences that have fines attached if observed by the Ranger. The fines are a small penalty compared to the loss and grief if yours or another child was injured or worse because of not being prepared to follow the safety guidelines around the school. Please work with us to keep your children safe at the start of the day and at home time. Thanks for your cooperation.

Regards, Steve Richards, Principal

P&C REPORT

Hi everyone

Executive Committee

It is with great pleasure I can announce we now have a full Executive Committee with the election of our new Treasurer, Rebecca Fordham, at our meeting on Monday night. This means we now have a full committee and we can forge ahead with our plans and fundraising for the rest of the year. Welcome Rebecca and the rest of our new members. We are really happy to have you on board.

Fathers' Day Raffle

Fathers' Day is not far away and we have \$500 worth of Bunnings gift cards to raffle off as Fathers' Day presents. Some Wirrabirra dads, grandads, uncles or carers are going to have an awesome day if they are the lucky winners. First prize is a \$250 voucher, we also have 2 x \$100 vouchers to raffle off, and one \$50 gift card. These were generously donated by Maddington Bunnings when we had to cancel our planned sausage sizzle because of coronavirus. All proceeds from the raffle will go towards purchasing new uniforms for the school choir and ensemble so they look the part when they perform. Our target is \$1300 so please help us to sell as many tickets as we can so we can reach this. Sheets of raffle tickets will be sent home for you to fill out. You will need to return the completed forms and the money by Monday 31 August in time for the raffle draw on Wednesday 2 September. If you lose your sheet or need more, you can get one from the office or download one from the school website. Good luck everyone. The more tickets you buy, the better chance you have to win!!! Tickets are \$1 for three tickets or \$10 a sheet.

Online Ordering

Did you know the canteen now offers online ordering? Save yourself the hassle of searching for cash in the morning and log on to www.quickcliq.com.au to place a recess or canteen order. It's super convenient and the same menu is available online.

Book Club and Book Fair

Book Club orders are due tomorrow, Friday 7 August. You can order online at www.scholastic.com.au/book-club/book-club-parents/ or take your order form and cash to the office. We are also excited to announce we will be holding a Book Fair again in the library on Learning Journey evening, Wednesday 16 September. You will be able to purchase from a wide selection of books and other items, with all proceeds assisting our school to purchase new books and resources. Last year's Book Fair was a great success and a lot of fun so we look forward to seeing you all there.

Facebook

Don't forget to follow Wirrabirra School P&C Association on Facebook to keep up with the latest P&C news.

© Sonya Kimbar, Wirrabirra School P&C President

wirrabirrapandc@gmail.com

ESC NEWS

Dear Parents/Carers

We have had a great start to term 3 with all students coming back to school eager and ready to continue working towards achieving their goals. Teachers enjoyed the break knowing with certainty what term 3 would look like, unlike the uncertainty that surrounded us back in April.

Teachers are busy writing IEP's and meeting with all families to set up Semester Two IEP's. We encourage all families to use this time to discuss anything in regard to your child's learning. We ask if you schedule a meeting, you honour the time as lots of planning and organisation goes into coordinating the meetings.

Earlier this week the school board approved the date for the extra Staff Development Day that has been allocated to all schools by the Minister. Monday the 7th September, students will not be required to attend school. The ESC staff will use this time towards preparing for our up and coming departmental school review that will happen in term 4.

School assemblies will not recommence for the remainder of the year. As a school we have put other procedures into place to award our students with certificates and recognise excellence, citizenship and learning. In weeks 3, 6 and 9 of each term students who have been recognised will be presented with a certificate in their classroom and then acknowledged in the newsletter that comes out that week with their name and photo.

In the first week of this term all our students (and many staff) completed the cross country run. Congratulations to all our students for the way in which they ran/walked and participated in this event.

Monday 10th August, for a gold coin donation, students can come dressed sport themed. There will also be a snack stall operating at recess and lunch time with items for sale for 50c and \$1.

All of our Year 6's will be going on Camp for the week on the 17th of August. There is much excitement happening in TLC about this as we prepare for a fun filled week. Mrs McKellar, Miss De Mol, Mrs Millson and myself will be accompanying the camp team for the week.

Dates to remember

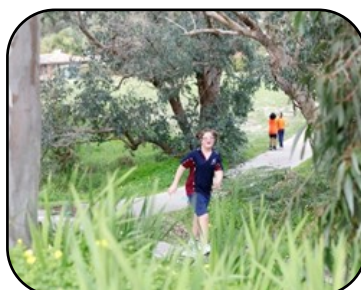
- IEP meeting at various times over the next week
- 17th-21st August - Year 6 camp
- 7th September - School Development Day – students do not attend
- 16th September – Learning Journey (details still to come)

Kind regards

Julie Dawson

Principal

Wirrabirra Education Support Centre



Chaplain's Chat



Dear Parents/Carers,

Welcome all to term 3 and to our new students and families, a special welcome. I hope you are settling in well, getting to know us and feeling comfortable in your new school environment. Wirrabirra is a warm, friendly and very supportive place to learn and grow (we especially need the 'warm' at the moment with these chilly mornings).

I am available on Tuesday and Thursday from 8.30am – 4pm in the Parent Information Centre next to the uniform shop. Feel free to visit for a chat, a cuppa or to find out more about chaplaincy.

As I was looking over some articles on parenting recently I came across this one from Michael Grose and thought it may be helpful for parents when it comes to managing challenging behaviour with your children.

Pick Your Battles Wisely

Three-year-old Sam was tired and cranky. He refused his mother's request to put his plate in the sink after a snack.

Elsa, Sam's mother, who was usually quite firm didn't insist that her son comply. She knew that when her son got into 'one of those moods' it was best to leave him alone.

"You've got to pick your battles," said an exasperated Elsa to the other parents in the room.

She also added, "You've got to pick the timing of your battles." Tired and emotional kids are incapable of processing what a parent is saying. Reason goes out the window.

This was a smart piece of parenting by Elsa. She could have easily locked herself into a battle of wills with her son, but it would have been a fairly pointless exercise. She may have won the battle, but at the cost of an agitated son and ongoing resentment.

Is winning your aim?

Often the battles we have with kids are about bigger issues such as power ("You should do as I say!") and control ("This is the way things should be.") rather than immediate issues such as cleanliness and tidiness. Good sense goes out the window when we get locked into disputes with children.

Do you choose the right time?

Like all parents, Elsa wants to develop good habits in her child, but wisely she picks the time and place to do so. The best time for productive teaching and habit-forming is when parents and kids are fresh and on good terms. Spending enjoyable one-on-one time with kids is such a wonderful opportunity for relationship-building and teaching.

What battles do you pick?

The battles you have with your children reveal a great deal about your parenting values. If you find that you stand your ground over a child's disrespectful behaviour toward a sibling or friend then respect is a strong value you hold. If you always insist that your child uses good manners even when they are tired, then fair treatment and good manners are strongly held values. If you insist that your child is kind and generous to others, and you find yourself bristling at their selfishness, then generosity is more than likely a trait you value highly. We tend to fight hard for the values that we hold dearly, and become upset when our kids don't follow suit.

Do you sweat the small stuff?

Sometimes children and young people can display a multitude of annoying behaviours and attitudes when going through difficult times. For instance, a young person may leave their bedroom messy, repeatedly sleep in, pick fights with siblings, continually argue with their parents and always come home late from school. If a parent fights with their child over everything then they are in for an emotionally draining time and a deterioration in their relationship. It would be better to ignore most of the minor misbehaviours and focus on the more significant behaviours such as how a young person treats others.

If, for instance, a young person continually swears at and is critical of a younger sibling, would you pick up on the swearing or the put down? I'd suggest that the put down is far more harmful than swearing and should be the focus of your attention. Often, we focus on the minor stuff at the expense of the more significant issues because it's easier and less stressful that way.

Do you avoid all battles?

As much as we'd like always to maintain good relationships with our children, this doesn't have to come at the expense of good child-rearing. The parent who never goes into battle with their children is generally not doing them any favours. This is known as the Laissez-faire or permissive approach where parents are high on relationship-building and low on firmness and boundaries. It's far better for kids if you adopt a collaborative or authoritative approach where there's a healthy mix of relationship-building and firmness. Parents who use this approach are generally adept at picking their battles, specifically those that should be ignored and those that are worth spending time and energy on. They also have spent a great deal of time building up enough goodwill with their kids that enables them to survive disagreements that they may have.

So, pick your battles wisely. Avoid using up energy and goodwill by fighting with kids over minor stuff, or when they are obviously tired and cranky. On the other hand, make sure you pick them up on the really important stuff regardless of their moods, which is where your parenting values come in.

Michael Grose (Founder of Parenting Ideas, is one of Australia's leading parenting educators).

Have a great term and all the best with your parenting!

God bless

Helen Ivatts

YouthCARE School Chaplain

Faction Cross Country

On Thursday 23rd July students from Years 1-6 competed in the Faction Cross Country event. The sportsmanship and endeavour shown by the student body as a whole was a true picture of sportsmanship. Many students cheered on others whilst making sure they put in their best efforts when it was their turn. Congratulations to the listed students below who have been awarded with specialised cross country ribbons for their efforts.

| | |
|---|---|
| Year 1 Girls 1 st : Eshaal Gold 2 nd : Ivy Red 3 rd : Marley Red 4 th : Malika Red | Year 1 Boys 1 st : Henry Blue 2 nd : Lennox Blue 3 rd : Hayden Blue 4 th : Jax Blue |
| Year 2 Girls 1 st : Verity Red 2 nd : Mushtaq Gold 3 rd : Mackenzie Green 4 th : Maheen Blue | Year 2 Boys 1 st : Lahairoi Red 2 nd : Declan Gold 3 rd : Christopher Green 4 th : Joel Gold |
| Year 3 Girls 1 st : Sophie Gold 2 nd : Charlee Green 3 rd : Addison Blue 4 th : Jaleah Red | Year 3 Boys 1 st : Tyson Blue 2 nd : Korday Gold 3 rd : Kaidyn Gold 4 th : Mitun Red |
| Year 4 Girls 1 st : Charlotte Green 2 nd : Abigail Green 3 rd : Bay-Leigh Red 4 th : Aya Green | Year 4 Boys 1 st : Elijah Red 2 nd : Samuel Blue 3 rd : Dylan Green 4 th : Jaxon Red |
| Year 5 Girls 1 st : Sanday Gold 2 nd : Leilah Blue 3 rd : Mary-Jane Gold 4 th : Grace Green | Year 5 Boys 1 st : Travers Green 2 nd : Ryan Red 3 rd : Malakai Red 4 th : Connor Green |
| Year 6 Girls 1 st : Kira Gold 2 nd : Taylah Red 3 rd : Madison Green 4 th : Bella Red | Year 6 Boys 1 st : Adrian Gold 2 nd : Vaughn Green 3 rd : Haashir Green 4 th : Brodie Red |



After tallying the overall points, the winning faction came out as Red, this is their first time winning the carnival since it became its own separate carnival 5 years ago, congratulations Red it was a true team effort.

Since this carnival, a group of eager and talented students have been training for the Interschool Cross Country event. This event takes place tomorrow at Lumen Christi College, good luck to our interschool students on this day and do the school proud with both your sportsmanship and efforts on the day.

ASSEMBLY AWARDS

Excellence Awards



Ivy, Jeremiah, Mitun, Laon, Kamran, Takiah, Mehran, Hafsa

Citizenship Awards



Barath, Leilana-Maree, Rome, Maheen, Charlotte, Sarah, Caleb, Haniya, Samuel, Harjaap, Vanessa, Ellyse, Mohammad, Marley, Ishaan, Jonas

Honour Certificates



Basim, Taylah, Larkapru, Raveena, Xavier, Rihanna, Amir, Taylan



Tyler, Cassius, Charnz, Inayat, Avanthika, Sappharie, Zara, Jasmin



Shayla, Ford



Layla



Raine, Savannah, Kyle, Riley, Max, Agnes, Arya, Makenzie, Abdullah, Irfan



SPORTS TEAM COLOURS

MONDAY 10 AUGUST

WEAR YOUR FAVOURITE SPORTS TEAM COLOURS OR SPORTS UNIFORM TO SCHOOL

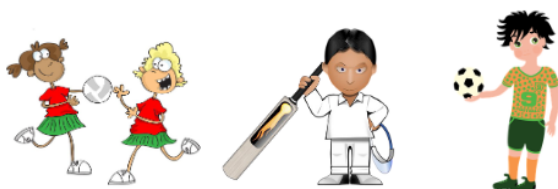
Snacks will be available to purchase at recess and lunch time.



Please bring a gold coin donation

All funds raised go towards Year 6 Camp

Suitable shoes must be worn (no football boots)



DON'T FORGET!



SCHOLASTIC
Book Club
orders are due:

Tomorrow, Friday 7 August

**Online ordering
now available at
the canteen**



Contact-free, simple and convenient.
Visit www.quickcliq.com.au to set up
your account and place an order.



PBS FOCUS **Following instructions**

NOTICE FROM SOUTHERN RIVER COLLEGE

5.30PM WEDNESDAY
26TH AUGUST 2020

This event covers:

- What parents and students need to know about the *new* 2021 high school transition &
- A college tour.

With prizes to be won!

Registration is compulsory to comply with COVID-19 requirements.

- Register online via our website OR
- Phone Rachel Blundell (Enrolments Officer) on 9495 3200.

Registration closes Friday 21st August 2020.

IS YOUR CHILD ENROLLED IN HIGH SCHOOL YET?

2021 First round acceptance letters are now being posted with Subject Selection forms.

ENROLMENT IS NOT AUTOMATIC FOR LOCAL PRIMARY SCHOOLS

If you haven't enrolled, ACT NOW, collect an Enrolment Pack from:

1. Your primary school OR
2. Southern River College OR
3. Enrol online via our website.

www.southernrivercollege.wa.edu.au

YEAR 7 2021 INFORMATION EVENING

IS YOUR CHILD TURNING FOUR OR FIVE BEFORE 1 JULY 2021?

Registrations are now being accepted for:

Kindergarten - children who were born 1 July 2016 - 30 June 2017

Pre-Primary - children who were born 1 July 2015 - 30 June 2016

Wirrabirra is a local intake school and priority will be given to children within boundaries.

Please contact us for a form by
calling 9234 6800 or emailing
wirrabirra.ps@education.wa.edu.au



P&C Association Father's Day Raffle

Win a \$250 Bunnings Voucher

Proceeds will go towards purchasing new uniforms for the school's choir and ensemble.



1st prize \$250 Bunnings voucher
2nd prize \$100 Bunnings voucher
3rd prize \$100 Bunnings voucher
4th prize \$50 Bunnings voucher

Ticket sheets have been sent home, or are available from the office or school website. 3 for \$1. Please return them with the money by Monday 31 August.

Drawn Wednesday 2 September 2020, just in time for Fathers' Day.




Department of Education
GOVERNMENT OF WESTERN AUSTRALIA

VACSWIM 2020

Get ready for summer

Help your child stay safe and be confident in the water.

Enrol now for October holiday swimming lessons. Perfect for beginner, intermediate and advanced swimmers.

5 days - child \$16, family \$41*
9 days - child \$30, family \$81*
*Concessions available.

Enrolments close 23 August 2020
Visit education.wa.edu.au/vacswim

COMMUNITY NOTICES

CITY OF GOSNELLS

MONDAY

DROP-IN
The Shack Youth Centre
2.30pm - 5.30pm
Ages 10 - 18
Free

SKATE JAM
Gosnells SP
2.30pm - 5.30pm
All ages
Free

SKATE JAM
Thornlie SP
3pm - 5pm
All ages
Free

YOUNG CHANGE MAKERS YOUTH ADVISORY GROUP
The Castle Youth Centre
3.30pm - 4.30pm
Weekly
Ages 12 - 22
Free

CATCH MUSIC
The SoundLab Youth Centre
4.30pm - 6pm
All ages
Free
For pricing visit www.catchmusic.org.au

TUESDAY

DROP-IN
The Shack Youth Centre
2.30pm - 5.30pm
Ages 10 - 18
Free

SKATE JAM
Gosnells SP
2.30pm - 5.30pm
All ages
Free

SKATE JAM
Maddington SP
3pm - 5pm
All ages
Free

WEDNESDAY

SKATE JAM
Gosnells SP
2.30pm - 5.30pm
All ages
Free

SKATE JAM
Mills Park SP
3pm - 5pm
All ages
Free

ART STUDIO
The Castle Youth Centre
3.30pm - 5.30pm
Ages 10 - 18
\$25 for 8 sessions

SOUNDLAB MUSIC CREW
The SoundLab Youth Centre
3.30pm - 7pm
Ages 12 - 20
\$25 for 8 sessions

GOSFIELDS
Richard Rushton Community Centre
3.30pm - 5.30pm
Ages 8 - 16
Free

THURSDAY

DROP-IN
The Shack Youth Centre
2.30pm - 5.30pm
Ages 10 - 18
Free

SKATE JAM
Gosnells SP
2.30pm - 5.30pm
All ages
Free

SKATE JAM
Maddington SP
3pm - 5pm
All ages
Free

DROP-IN
The SoundLab Youth Centre
3.30pm - 5.30pm
Ages 10 - 14
5.30pm - 8pm
Ages 15 - 25
Free

SOCIAL SISTERS DROP-IN
The Castle Youth Centre
3.30pm - 5.30pm
Ages 12 - 18
Free

FRIDAY

SKATE JAM
Thornlie SP
3pm - 5pm
All ages
Free

CHILLZONE DROP-IN
The Castle Youth Centre
3pm - 6pm
Ages 10 - 18
Free


SATURDAY

SKATE JAM
Mills Park SP
10am - 2pm
All ages
Free

SCHOOL TERM THREE PROGRAMS

BECOME A MEMBER
To book into some of our programs you need to be a member. Membership is free. Visit the Hive to fill out the on-line membership form.

HOW TO BOOK
Book online at www.thehive.net.au on each program page or call 9397 3000.



Bookings required
 Membership required

thehive.net.au | 9397 3000 | [/cityofgosnellsyouth](https://www.facebook.com/cityofgosnellsyouth)

Mindful Parenting



Join us in learning how to bring mindfulness to your parenting.

This workshop will explore:

- what mindfulness is
- how and when to practice mindfulness
- strategies to calm and stay calm

Date: Monday 17 August 2020

Time: 12.00pm to 2.00pm

Venue: Child and Parent Centre – Gosnells,
173 Hicks Street, Gosnells (access via Clara Street)

To register: Call 9398 8720 or email: CPCGosnells@centrecare.com.au

Crèche Available.
Bookings Essential

Supported by:



In partnership with



Setting Boundaries Q & A



Are you finding it challenging to set boundaries with your children?
Join us for a conversation to get some tips, hear other parents' experiences
and ask questions.

Brought to you as a result of your
response to our Facebook Poll

Date: Monday 31 August 2020

Time: 10.00am to 11.00am

Venue: Online through Zoom

To Register: Call 9398 8720 or Email: CPCGosnells@centrecare.com.au

Please note that you will need to access the internet and will need both audio and video connection. Please be aware that this will use your data allowance.

Supported by:



In partnership with



Meal Times



Do you feel like mealtimes have become a battle, due to your child not eating or behaving?

This workshop will give you some ideas to help make family mealtimes manageable and help you encourage your child to develop good eating habits.

Date: Monday 10 August

Time: 1.00pm to 2.00pm

Venue: Child and Parent Centre – Gosnells,
173 Hicks Street, Gosnells (access via Clara Street)

To Register: Call 9398 8720 or Email: CPCGosnells@centrecare.com.au

Crèche available
Bookings Essential

Supported by:



In partnership with



SOUTHERN RIVER
COLLEGE

CODER DOJO @ SRC



A COMMUNITY CODING CLUB
FOR STUDENTS AND PARENTS
FROM SOUTHERN RIVER
COLLEGE AND SURROUNDING
SCHOOLS

WORKSHOPS RUN EVERY
SECOND MONDAY FROM 17TH
AUGUST 3:30-4:30PM IN R27A

For more info and to book visit
www.coderdojo.com

Online Parenting Workshops & Courses

Term 3 2020

Supporting Your Anxious Child

Monday 10 August 9.30am-12noon

Are you concerned that your child seems overly anxious? Do they often complain of stomach pains or feeling sick? Do they often seem irritable, regularly having emotional outbursts? They may be experiencing anxiety. This workshop explores anxiety in an easy to understand format and gives you strategies to support your anxious child.

Fathering after Separation

Thursday 13 August 6.30pm-9pm

It's important for fathers to distinguish between their parenting role and the relationship break-up. This workshop, held in a male-friendly environment, will help you develop parenting skills that are responsive to your children's needs as they find their way through the family separation.

Mums Raising Teen Girls

Tuesday 18 August 6.30pm-9pm

The passage from girl to young woman can be challenging, not only for her, but also for you as her mother. The aim of this interactive session is to help you stay connected with your teenage daughter while recognising the reality of her world.

Bringing up Great Kids

Thurs 20 Aug-17 Sept 9.30am-12noon

A loving, safe relationship with a parent is the best relationship a child can have. This course is for parents and carers who want to understand their child's behaviour and through self-reflection, gain helpful insights into their own parenting. We will also help you identify the important messages you want to pass onto your child and how to do this. This is an inter-active 5 week course which will support you to:

- Reflect on the origins of your parenting style and how it can be more effective
- Learn about your children's developing brain and understand how to meet their growing needs
- Examine the messages you pass on to your children through your behaviour and reactions
- Understand the underlying messages in children's behaviour and how to respond helpfully
- Overcome some of the obstacles getting in the way of being the kind of parent you would like to be.

Workshop Cost: \$30 per person
Please phone 6164 0200 to enrol.

Bookings, registrations and payment prior to the session are required

Online sessions are interactive and the minimum requirement to attend will be a Computer/Laptop/Tablet with webcam and microphone (smart phones are not suitable).
Times are Western Standard Time WST

For more information about our courses and workshops, please click [here](http://www.relationshipswa.org.au) or visit www.relationshipswa.org.au

Relationships Australia



Gosnell's Hawks Baseball Club Inc.

REGISTRATION DAY INFORMATION

Dates: 16th & 23rd August 2020

Times: 16 Aug: 10-12pm & 23rd Aug: 2-4pm

Venue: Perth Harley Davidson BallPark,
Cnr of Nicholson & Wilfred Roads, Thornlie.
We will be up on the Terrace.

COME ON DOWN AND MEET THE TEAM!

For more details, please go to
www.gosnellshawks.weebly.com

Contact: Caroline Adamson

(gosnellshawks@gmail.com)

Kim Houston

(houstonkim@rocketmail.com)

Tee Ball – Ages 4 to 6
Machine Pitch – Ages 7 to 10
Little League – Ages 9 to 12
Junior League Under 15s
Senior League Under 17s
Big League Under 19s

KidSport Information:

<https://www.dsr.wa.gov.au/funding/individuals/kidsport>



Mathematics and science primers for primary and secondary school students

For age 10 years and above



Chemistry Primer

Thursdays, 4.30pm - 6.30pm

Students are introduced to problem solving and when older are able to study the Open University Australia subject Introduction to Chemistry. Students also have the opportunity to train for the Australian Science Olympiads Examination for Chemistry.

media.murdoch.edu.au/chemistry-pupils-make-top-21-in-australia
media.murdoch.edu.au/bright-minds-bound-for-russia
media.murdoch.edu.au/chemistry-success-an-olympic-feat

Cost: \$199/student/term

Mathematics Primer

Fridays, 4.30pm - 6.30pm

Students consolidate their Arithmetic and are introduced to Algebra, Geometry and Trigonometry.

Cost: \$199/student/term

Physics Primer

Mondays, 4.30pm - 6.30pm

Students wishing to study Physics must have sufficient Mathematics.

Cost: \$199/student/term

All classes are at Room ES2.059A Environmental Sciences Building, Murdoch University, South Street Campus.

Classes commence second week each school term. All subjects require a scientific calculator. Students may start any time. Bottled water is permitted in classrooms.



ONLINE FROM MARCH 2020*

To enrol and obtain registration forms please contact:

Adjunct Professor Jennifer Seacey
Email: jseacey@murdoch.edu.au
Phone: 0427 864 740

Early payment to Murdoch University cashier is essential

Postal address for payments

The Cashier, Murdoch University, South Street, Murdoch WA 6150

Payment may also be made online:

payments.murdoch.edu.au/PrepCourses

*Each student must email AfterSchoolprogram@murdoch.edu.au at the start of each session.



Free your think



BASKETBALL FOR JUNIORS



We Get Kids Active!



Only \$78 for 6 classes in Term 3 2020

- Boys & Girls aged 3 - 9 Years
- Skills based intro to Basketball
- Indoor sessions
- Modified equipment
- Ideal for beginners
- Age appropriate programs
- Parent help for 3+4 year olds
- BASKETBALL TO KEEP!

Location:

Canning Vale College, Dumbarton Rd (Enter off Fraser Rd North)

Starts

Saturday 15th August

3 + 4 year olds - 9.45am to 10.30am
5 + 6 year olds - 10.30am to 11.15am
7 - 9 year olds - 11.15am to 12.00pm

\$78

\$78

ENROL + PAY ONLINE AT

WWW.GETACTIVESPORTSWA.COM.AU

To receive the Earlybird price of \$78 you need to Enrol+Pay before 1st August.

After 1st August cost will be \$90 FOR 6 SESSIONS INCLUDING A BASKETBALL FOR YOU TO KEEP!

Programs Focus on Improving Co-ordination and Motor Skills

For more info call us on 1300513793 or email us at info@getactivesportswa.com.au

PLAY NOW PAY LATER – PAY BY INSTALMENT OPTION AVAILABLE

Bookings essential for all activities except playgroups.

Little Learners

A transition to Kindergarten program for children who will be starting Kindergarten at Primary School in 2021. (Must be attending our associated schools: Gosnells, Ashburton, Seaford, St Mundans, Warabana or Hurlingdale Primary School).

Rhyme Time

Songs, stories and rhymes for families with children aged 18 months – 4 years.

Baby Rhyme Time

Songs, stories and rhymes for families with babies under 12 months.

Playtime Playgroup

Playgroup for children aged 0-4yrs. Please bring a water bottle and pre-cut piece of fruit in a container for your child to have. There will be no shared fruit. Bookings not required.

Multicultural Playgroup

Playgroup for children aged 0-4yrs. Please bring a water bottle and pre-cut piece of fruit in a container for your child to have. There will be no shared fruit. Bookings not required.

Settle-In Playgroup

For newly arrived families with children aged 0-5 years on a Humanitarian visa. Offered in partnership with Communicare & Save the Children. Phone: 9251 5777.

Autism Association Pre-Therapy Support Program

Autism Association of WA are offering individual support sessions for families with a child under 5yrs who may have concerns about the child's communication, social and play skills or behaviour. Register your interest by contacting Stacey Cole via email Stacey.Cole@autism.org.au

toilet Training Q&A (V - virtual workshop)

Join us for a conversation to get some toilet training tips, hear other parents' experiences and ask questions. Join us if you are thinking about starting or have already started and need some extra strategies. Facilitated by Communicare.

Meal Times (r&hca available)

This workshop will provide ideas to help make family mealtimes manageable and help you support your child to develop good eating habits. Facilitated by Department of Education.

Mindful Parenting (r&hca available)

Bring mindfulness to your parenting. Explore mindfulness, how to practice it and strategies to calm. Facilitated by Department of Education.

Setting Boundaries Q&A (V - virtual workshop)

Are you finding it difficult to set boundaries? Join us for a conversation to get some tips, hear other parents' experiences and ask questions. Facilitated by Communicare.

Community Connect & Dine

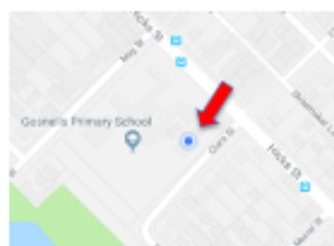
Join us in the Centre to have some time out, dinner and connect with your community.

Immunisation Clinics

Immunisation Clinics are offered Wednesday fortnight. Call 0151 1308 to book your appointment.

Park Play

The CPC team join the City of Gosnells for a fun afternoon of games in the Park.



Child and Parent Centre – Gosnells

173 Hicks Street (enter via Clara Street)

GOSNELLS WA 6109

T 08 9398 8720

E CPCGosnells@centrecare.com.au

Child and Parent Centres are a State Government initiative.

Your Child and Parent Centre – Gosnells is run by Centrecare in partnership with Gosnells Primary School.



Child and Parent Centre
Gosnells



Child and Parent Centre – Gosnells

For parents, carers and young children from birth to 8 years old.

In partnership with



TERM 3 2020 CALENDAR

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 |
|-----------|--|--|--|--|--|---|--|--|--|--|
| | 20 July | 27 July | 3 August | 10 August | 17 August | 24 August | 31 August | 7 September | 14 September | 21 September |
| Monday | | 9.30am – 11.00am Little Learners | 9.30am – 11.00am Little Learners | 9.30am – 11.00am Little Learners 1.00pm – 2.00pm Meal Times | 9.30am – 11.00am Little Learners 12.00pm – 2.00pm Mindful Parenting | 9.30am – 11.00am Little Learners | 9.30am – 11.00am Little Learners 10.00am – 11.00am Setting Boundaries Q&A (V) | 9.30am – 11.00am Little Learners | 9.30am – 11.00am Little Learners | 9.30am – 11.00am Little Learners |
| Tuesday | | 9.30am – 10.15am Rhyme Time | 9.30am – 10.15am Rhyme Time | 9.30am – 10.15am Rhyme Time | 9.30am – 10.15am Rhyme Time | 9.30am – 10.15am Rhyme Time 6.00pm – 8.00pm Community Connect & Dine | 1 September | 8 September | 15 September | 22 September |
| Wednesday | 9.00am – 10.30am Settle-In Playgroup | 9.00am – 10.30am Settle-In Playgroup | 9.00am – 10.30am Settle-In Playgroup | 9.00am – 10.30am Settle-In Playgroup | 9.00am – 10.30am Settle-In Playgroup | 9.00am – 10.30am Settle-In Playgroup | 2 September | 9 September | 16 September | 23 September |
| | | 12.30pm – 2.00pm Playtime Playgroup | 12.30pm – 2.00pm Playtime Playgroup | 12.30pm – 2.00pm Playtime Playgroup | 12.30pm – 2.00pm Playtime Playgroup | 12.30pm – 2.00pm Playtime Playgroup | 12.30pm – 2.00pm Playtime Playgroup | 12.30pm – 2.00pm Playtime Playgroup | 12.30pm – 2.00pm Playtime Playgroup | 12.30pm – 2.00pm Playtime Playgroup |
| Thursday | 9.00am – 10.30am Multicultural Playgroup | 9.00am – 10.30am Multicultural Playgroup | 9.00am – 10.30am Multicultural Playgroup 10am – 11.30am (V) Toilet Training Q&A | 9.00am – 10.30am Multicultural Playgroup | 9.00am – 10.30am Multicultural Playgroup | 9.00am – 10.30am Multicultural Playgroup | 3 September | 10 September | 17 September | 24 September |
| | | 2.00pm – 2.30pm Baby Rhyme Time | 2.00pm – 2.30pm Baby Rhyme Time | 2.00pm – 2.30pm Baby Rhyme Time | 2.00pm – 2.30pm Baby Rhyme Time | 2.00pm – 2.30pm Baby Rhyme Time | 2.00pm – 2.30pm Baby Rhyme Time | 2.00pm – 2.30pm Baby Rhyme Time | 2.00pm – 2.30pm Baby Rhyme Time | 2.00pm – 2.30pm Baby Rhyme Time |
| Friday | 9.00am – 11.00am Autism Association Pre-therapy Support Program | 9.00am – 11.00am Autism Association Pre-therapy Support Program | 9.00am – 11.00am Autism Association Pre-therapy Support Program | 9.00am – 11.00am Autism Association Pre-therapy Support Program | 9.00am – 11.00am Autism Association Pre-therapy Support Program | 9.00am – 11.00am Autism Association Pre-therapy Support Program | 4 September | 11 September | 18 September | 25 September |