



Woodbridge PS Welcome to Term 3

A message from the Principal



Welcome back everyone, and to what looks like a very busy term!

It was great to see so many smiling faces Monday morning, ready to start the new term. This is a mini edition of our newsletter, just to highlight a few important messages for the start of Term 3. Our first official newsletter for Term 3 will be in Week 3.

A number of classes have arranged excursions and/or incursions to support classroom programs this term. Some of these do incur a cost, some are free. We also have interschool sport happening for selected senior students throughout the term. Notes and/or permission forms will be sent home as each event approaches. An updated term planner is attached to today's newsletter.

NAPLAN 2024

Students in Years 3 and 5 will bring home their individual NAPLAN reports next Wednesday. Please take the time to read the brochure that accompanies your child's report. Please also note that each NAPLAN test is part of an assessment regime that occurs on one day, within the testing period. For more detailed information regarding your child's progress, refer to their Semester 1 report and if needed, discuss at a mutually convenient time with their teacher.

PEAC Testing

Year 4 students brought a note home Monday this week regarding PEAC testing. Testing is scheduled to occur for all Year 4 students on Tuesday 30th July. Please keep an eye out for this note and contact Mrs Weller for any further information, or if you wish for your child to be excluded from this testing.

P & C Update

Our next P & C Meeting is scheduled to be held on Wednesday 21st August at 6:30pm. At this meeting we will also be calling for nominations to fill the position of President. If you would like more

information regarding the position and related responsibilities, please refer to the WASSCO website. Nominations will be called for at the meeting. If more than one nomination exists, an election will be held.

Again, I would like to acknowledge Louise Pekan, who has stepped into the position, from her role as Vice President, until the position is filled.

Choir and Aboriginal Dance Groups

Our NAIDOC Assembly will be held on Wednesday 18th September, to align our celebrations with those of the City of Swan. Mrs Galley and Mrs Williams will be preparing 2 student groups to perform at the assembly. There will be a Year 4-6 Choir group and a PP-Yr6 Aboriginal Dance Group. The groups will meet with Mrs Galley and Mrs Williams on Wednesday mornings from 8:00am in Koolbardi Corner, starting next Wednesday 25th July at 8:00am. Thank you to students who have already returned their permission slips, additional slips are available in the front office.

Traffic around our school

We currently have a lot of development projects happening in the Midland area, including Metronet, which are impacting road and traffic congestion around our school. We all need to be patient whilst this occurs and ensure we continue to follow the rules of the road, as drivers and pedestrians. We have also had recent reports from community members whereby drivers on streets near the school are reacting to the congestion and overtaking moving vehicles. I ask that we all remain patient as we drop children to and from school, ensuring everyone's safety and wellbeing. Please also be reminded, that children should not be making their way to school independently (ie. walking or riding) until they are at least 10 years of age and can follow the road and railway crossing rules.

If you have concerns regarding traffic, road/rail congestion and the level crossing, these can be directed to the Public Transport Authority through the feedback form available on their website.

[Feedback and complaints \(pta.wa.gov.au\)](https://pta.wa.gov.au)

Community Events

**Midvale Hub
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Registration for all programs is essential
For further information and to express interest to attend, or if you are interested in future programs:
Phone: 08 9290 6827 Email: parentingservice@mundaring.wa.gov.au
<https://www.midvalehub.org.au/copy-of-parenting-and-family-support>
OR
Scan the QR code to express your interest via Humanitix

Bringing Up Great Kids in the Early Years

Fridays: 12noon - 2pm
19, 26 July, 2, 8, & 16 August



Venue:
Dayton Family HUB

Crèche:
Not available for this program.

IN PARTNERSHIP WITH NGALANG MOORT NGALANG KURLANGAH

Bringing Up Great Kids in the Early Years

Tuesdays: 12.30pm - 2.30pm
23, 30 July, 6, 13, & 20 August



Venue:
Brockman Community House

Crèche:
Not available for this program.

Please note: this planner may be subject to change



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IN PARTNERSHIP WITH NGALANG MOORT NGALANG KURLANGAH

Circle of Security Parenting

Mondays: 9.30am - 11.30am
22, 29 July, 5, 12, 19, 26 August,
2 & 9 September



Venue:
Child & Parent Centre - Arbor Grove

Crèche:
Available - Bookings are essential.
Please enquire on registration.

IN PARTNERSHIP WITH MIDLAND WOMEN'S HEALTH CARE PLACE

Circle of Security Parenting

Tuesdays: 9.30am - 11.30am
23, 30 July, 6, 13, 20, 27 August,
3 & 10 September



Venue:
Midland Women's Health Care Place

Crèche:
Available at \$2 per child per session.
Please enquire on registration.

IN PARTNERSHIP WITH MEERILINGA

Circle of Security Parenting

Wednesdays: 10.00am - 12 noon
24, 31 July, 7, 14, 21, 28 August, 4
& 11 September



Venue:
Bullsbrook College - Demountable

Crèche:
Available. Bookings are
essential.
Please enquire on registration.

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Parenting Toddlers

Thursdays: 9.30am - 11.30am
1, 8 & 15 August



Venue:
Parkerville Baptist Church

Crèche:
Available. Bookings are essential.
Please enquire on registration.

Parenting Toddlers

Thursdays: 9.30am - 11.30am
22, 29 August & 5 September



Venue:
Child and Parent Centre Swan

Crèche:
Available. Bookings are essential.
Please enquire on registration.

Tuning in to Kids

Wednesdays: 9.30am - 11.30am
7, 14, 21, 28 August,
4 & 11 September



Venue:
Maylands Public Library

Crèche:
Bookings essential. Limited places available at 'The RISE' for a minimal fee. Please enrol at www.bayswaterrecreation.com.au/the-rise-creche and follow the booking instructions. Online bookings can be made up to 7 days in advance. Phone: 9208 2414 during Crèche hours.

Please note: this planner may be subject to change



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Tuning in to Kids

Wednesdays: 7pm - 9pm
21, 28 August, 4, 11, 18 & 25
September



Venue:

Via online platform

Crèche:

Not available for this program



ADHD & Your Child

Thursdays: 7pm - 9pm
8, 15, 22 & 29 August



Venue:

Via online platform

Crèche:

Not available for this program

Keeping Kids In Mind

Fridays: 10am - 12.30pm
23, 30 August, 6, 13 & 20 September



Venue:

Midvale Hub Parenting Service Perth NE

Crèche:

Not available for this program



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Promoting Positive Behaviours

Tuesday: 9.30am - 11.30am
16 July



Venue:

Brockman Community House

Crèche:

Not available for this program.

Emotion Coaching Your Child

Thursday: 10am - 12noon
25 July

Venue:

Boya Library
Bookings through - Shire of Mundaring
Libraries Eventbrite
<https://250724b.eventbrite.com.au>

Crèche:

Not available for this program.



Let's Talk Toilet Learning

Monday: 7pm - 8.30pm
29 July



Venue:

Via online platform

Crèche:

Not available for this program



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Anxiety & Your Child

Wednesday: 9.30am - 11.30am
31 July



Venue:
Maylands Public Library

Crèche:
Bookings essential. Limited places available at 'The RISE' for a minimal fee. Please enrol at www.bayswaterrecreation.com.au/the-rise-creche and follow the booking instructions. Online bookings can be made up to 7 days in advance. Phone: 9208 2414 during Crèche hours.

Anxiety & Your Child

Tuesday: 9.30am - 11.30am
20 August



Venue:
Brockman Community House

Crèche:
Not available for this workshop

Raising Children in a Digital World

Thursday: 10am - 12noon
22 August

Venue:
Boya Library
Bookings through - Shire of Mundaring Libraries Eventbrite
<https://220824b.eventbrite.com.au>

Crèche:
Not available for this program.



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Protective Behaviours Parent Workshop

Thursday: 7pm - 9pm
5 September



Venue:

Via online platform

Crèche:

Not available for this program

Protective Behaviours Parent Workshop

Thursday: 10am - 12noon
12 September

Venue:

Boya Library
Bookings through - Shire of Mundaring Libraries Eventbrite
<https://120924b.eventbrite.com.au>

Crèche:

Not available for this program.

Emotion Coaching Your Child

Tuesday: 9.30am - 11.30am
17 September



Venue:

Brockman Community House

Crèche:

Not available for this program.



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Program/Workshop Overview



Bringing Up Great Kids - In the Early Years 5 x 2 hour sessions Face to Face

Bringing Up Great Kids in the Early Years a 5 session program for parents and carers of Children 0 - 8 months. Parents and Babies attend this program together.

This program supports building positive relationships and interactions between parents and their babies.

We will explore:

- understanding our babies needs in early life and how to meet these needs
- understanding origins of parenting styles and the importance of a positive start
- ways of giving nurturing messages to our babies ways to take care of ourselves during our parenting journey

Circle of Security Parenting 8 x 2 hour sessions Face to Face

Circle of Security Parenting is an 8 session program for parents and carers of children 4 months to 6 years. The program is designed to enhance the bond and sense of security for both parents and their children. Learn more about:

- understanding children and their emotional development
- understanding parenting influences
- helping children to feel safe in their world
- identifying and enhancing parenting strengths

Parenting Toddlers 3 x 2 hour session Face to Face

For parents and caregivers of children aged 18 months to 3 years.

Let's learn together some practical ways that can support you to feel more confident as you guide your Toddler's behaviour.

Learn more about:

- Early brain development
- Promoting cooperation and supporting tantrums
- Ways to handle transitions
- Understanding social and emotional development

Tuning into Kids 6 x 2 hour sessions Face to Face and Online

Tuning in to Kids is a 6 session program for parents and carers with children aged 3 to 10 years. The program explores ways that parents can help their children develop emotional intelligence and increase the emotional connection between parents and children.

Learn more about:

- developing emotion coaching skills to help children understand and regulate their own feelings and emotions
- promoting co-operative behaviour in young children
- developing parents' own emotional awareness
- managing emotions such as anger and anxiety

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Program/Workshop Overview



ADHD & Your Child

4 x 2 hour sessions

Online

For parents and caregivers of children aged 6 to 12 years who has been diagnosed or in the process of diagnosis for ADHD?

We will explore and learn more about:

- understanding ADHD and the brain
- ways of nurturing positive relationships
- working together with your child to handle difficulties by offering practical strategies
- building self-esteem, resilience & confidence in your child

Keeping Kids in Mind

5 x 2.5 hour sessions

Face to Face

The main focus of Keeping Kids in Mind (KKIM) is to help each parent build a more secure world for their children post separation.

We explore more about:

- loss and grief after separation
- the hidden world of children
- rebuilding resilience
- bridging the gap
- looking back and moving forward

Promoting Positive Behaviours

1 x 2 hour session

Face to Face

For parents and carers of children 3 to 10 years

This workshop is designed to explore ways that parents can guide and support children's positive behaviours.

We learn more about understanding and how emotions affect behaviour.

We will discuss strategies to guide and encourage positive behaviour in our children.

Emotion Coaching Your Child

1 x 2 hour session

Face to Face

This workshop is for parents of children aged 3 - 10 years and aims to support parents to gain an understanding of the types of emotions present in ourselves and our children, and how this can be supported within the home environment to develop emotional intelligence.

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Tuesday 6 th August 7pm – 9pm	Making and keeping friends (10-16 years) Peer relationships become increasingly important during the teenage years, and parents may find it difficult to navigate and adjust to these changes in relationships. This session will provide suggestions on how to support your child to make friends, encourage positive relationships with peers, set appropriate boundaries and deal with challenges that may arise.
Tuesday 13 th August 7pm – 9pm	Raising competent teenagers (10-16 years) A challenge for parents is knowing how to encourage your teen to make the most of their time at school. This session will provide some ideas on how to help teens develop the skills they need to become competent young adults. We will cover six key ingredients: developing self-discipline, being a good problem solver, establishing routines, getting involved in school activities, following school rules and having supportive friends.
Tuesday 20 th August 8pm – 10pm	The power of positive parenting (under 12 years) Children of all ages need a safe, secure and loving environment to do well. This seminar will discuss children's behaviour, how to create a safe, interesting and positive learning environment, how to use assertive discipline, and taking care of yourself as a parent.
Tuesday 27 th August 8pm – 10pm	Promoting self-esteem (pre-schoolers, primary schoolers and teens) As children grow up they form views of themselves as a person, their value as an individual and how good they are at doing things. This view of their self-worth is called self-esteem. This session will help you encourage your child to be confident and develop healthy self-esteem.
Tuesday 3 rd September 8pm – 10pm	Learning to separate (toddlers and pre-schoolers) All children have to learn to cope with temporary separations from their parents. Shyness around new people and anxiety about separation from parents is common in toddlers and pre-schoolers. This session will help you teach your child to be comfortable around others and calmly separate from you, into the care of another trusted adult/caregiver.
Tuesday 10 th September 7pm – 9.30pm	Fear-Less: Supporting children with anxiety (6-14 years) Everyone feels anxious at times, even children and teenagers. But anxiety may cause distress and get in the way of life. This seminar will help parents to understand how anxiety works, how to manage your child's anxiety effectively and teach your child new coping skills.
Tuesday 17 th September 8pm – 10pm	Learning to use the toilet (toddlers and pre-schoolers) Teaching children to use the toilet independently can be challenging for parents. This workshop will provide tips on when your child may be ready, the skills needed to use the toilet, and some common behavioural issues related to using the toilet. This workshop is suitable for parents of children with neurotypical development and does not address any medical problems related to using the toilet.



Child and Parent Centres

Free online parent workshops Term 3, 2024 Calendar

Facilitated by school psychologist consultants with the Triple P and Child and Parent Centre [teams](#)

The Triple P and Child and Parent Centre teams are excited to offer a series of free online workshops for families. The Triple P - Positive Parenting Program gives parents and carers ideas and strategies to help their child develop the skills and behaviours they need for a healthy childhood. To learn more about Triple P, visit the [Education in WA](#) website.

How to register

Scan the QR code or click/type the link below into your browser:
<https://forms.office.com/r/qUzPu8xhvt>



Registration is essential to attend online workshops and will close 24 hours before the scheduled workshop. You will be sent an email with information and a link to join on the morning of the workshop. We would recommend downloading the [Webex app](#) ahead of the workshop.

If you would like to register for other Triple P workshops, please visit the [Triple P in WA](#) website and search for upcoming sessions by location. Parents can also access a range of [Triple P Online](#) programs for free. Please note that these webinars are unable to be recorded.

Date and time	Workshop
Tuesday 23 rd July 8pm – 10pm	Healthy screentime habits (pre-schoolers and primary schoolers) Raising children in a digital age brings both benefits and risks for children and parents. The challenge is to manage the amount of time children spend on screens and keep them safe, as well as ensuring they take part in a range of other activities that are vital for their development. This presentation gives some suggestions to help you establish healthy screen time habits and routines, and deal with any conflict over screen time.
Tuesday 30 th July 8pm – 10pm	Expressing feelings without aggression (pre-schoolers) All children get upset and fight sometimes. This can happen because they are still learning how to manage their emotions, get along with others, and solve problems calmly. In this session, we will talk about responding to your child's frustration and anger and suggest ideas that will help them express themselves in non-hurtful ways.

Program/Workshop Overview



Let's Talk Toilet Learning

1 x 1.5 hour session

Online

For parents and caregivers of children 18 months to 4 years
The best time to begin toilet learning is when your child is ready to learn.

Learn more about:

- What are the signs your child is ready?
- How parents can support the process
- Everyday strategies to start, maintain and manage the process
- Resources available to support toilet learning

Anxiety and Your Child

1 x 2 hour session

Face to Face

This workshop is for parents of children aged 4 - 12 years and aims to explore and give an understanding of what anxiety is.

We will discuss:

- signs and symptoms of anxiety
- how we can support our child
- understanding our own reactions

Protective Behaviours Parent Workshop 1 x 2 hour session Face to Face & online

The Protective Behaviours Parent Workshop is an internationally recognised personal safety program aimed to empower children, young people and adults with strategies to promote safety, problem solving and resilience including for parents and carers of children aged birth to 13 years.

- assert their right to feel safe
- identify a trusted adult to talk to
- recognise 'signs' their bodies give them when they may be unsafe
- learn body safety rules and safety strategies
- learn the difference between safe and unsafe secrets

Raising Children In A Digital World

1 x 2 hour session

Face to Face

For parents and caregivers of children aged 3 to 12 years

This workshop provides valuable insight and tools to protect our children online and find the balance within the family about the digital world we now live in.

Topics include:

- explore the bigger picture about the digital world
- social media safety
- cyberbullying prevention and managing screen time



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Diary of Events

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY EVENTS	Ext V Arts: 2.45-3.45pm (Weeks 1 - 10)	Soccer: 7.45 - 8.30am (Weeks 1 - 10)	Woodbridge Walkers: 8.00-8.30am (Weeks 2 - 10) Choir: 8.00-8.30am (Weeks 2-10) Elizabeth (School Psych)	Story Time in the Library: 9.00-9.30am (Weeks 1 - 10) Elizabeth (School Psych) in - odd weeks	
NAIDOC WEEK 7 th - 14 th JULY Week 1	15 JULY Students Commence Rugby clinic Senior sport	16 Rugby clinic	17 ★	18	19
Week 2	22 Senior sport	23	24	25	26 Schools Tree Day State Soccer
Week 3	29 PEAC Commences Senior sport	30 Kindy Health Checks Rm 7	31 ★ Assembly-Yr6 Leaders Kindy Health Checks Rm 10 6.30pm Board Mtg	1 AUGUST Djilba commences PEAC Catch Up	2 Primary Principals' Day Newsletter Issue 7 National Torres Strait Islanders Children's Day 4th Interschool Sport

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