

## From the **Principal**

Dear Parents & Carers,

Welcome to Term Three – hopefully during the school holidays there was some quality time spent with extended family and friends. I am pleased to say the new term has commenced well with children back into routines very quickly.

This term is traditionally a busy one with a significant focus on our athletics events, although as you will note from the Term 3 Planner, there are a number of other events which include our P&C events. This Term we welcome several new faces to our school team. Mrs Amanda Wilson as our School Officer and Mr Esham Mustapah as our fulltime School Gardener. Please make them feel welcome.

It would be appreciated if you could continue to send through notification of any students who have contracted COVID-19 so we can make plans at a school level. As we approach some normality living with COVID-19 it has been pleasing to see so many parents express a desire to meet with teachers at Parent/ Teacher Interview over the next few weeks, something that COVID-19 has hindered since the start of the year.

With gratitude, stay well!

Stephen  
Principal

## From the **School**

### **FACTION CARNIVAL**

Our annual Faction Carnival is fast approaching with Jumps & Throws to be held on Tuesday, the 16th August and finishing on Friday 19th August. The children have been practising madly with Mr Kelly in the charge. It will be a fantastic few days. We look forward to seeing all of the support (and friendly rivalry) from our Orange Grove families.

### **BOOK WEEK PARADE**

Book Week is set to begin in Week 6. Our Book Week Parade will be held on Thursday, the 25th August. Children are asked to dress up as a particular book character and both students and staff will then parade around the Cave. Book Week allows the children to celebrate a love of reading and promotes the ongoing benefits of early reading for future success.

### **FINANCE NEWS**

Thank you to those parents/carers who have paid their 2022 School fees. Fees can be paid directly to :

Orange Grove Primary School  
BSB 066 040  
Account: 1990 0524

## Event Calendar

Date	Event
Friday 5th August	Assembly hosted by Year 2/3a
Friday 5th August	P&C Fundraiser—Crazy Hair/J Jeans for Genes Day
Tuesday 9th August	School Board Meeting 6.00pm
Tuesday 16th August	Faction Carnival—Jumps & Throws
Friday 19th August	Faction Carnival
Monday 22nd August	Book Week begins







## Aussie of the Month



### Term 2 Week 9

#### Honour Certificates

Lucas P.	Tai B.
Imogen G.	Levi P.
Aliza S.	Eve U.
Daan K.	Lexie S.
Diana N.	Leon M.
Charlotte F.	Zachary B.
Elvin T.	Asmaul A.

### Our Mathletes Winners





## Calendar of Events Term 3, 2022



### Winter Stretch and Meditate Series

During this series of three deeply restful and cosy workshops, you will be guided through gentle stretches in seated or lying down positions. These workshops are designed to restore and soothe the nervous system, helping to reduce stress, and increase calm and wellbeing. A nourishing, guided meditation will follow. The meditation will culminate in a sweet sound bath using sounds to promote restful brain waves and feelings of peace and relaxation.

**WHEN:** Mondays 10am - 11.30am  
**DATE:** 8th, 15th and 22nd of August  
**COST:** \$15 each or \$40 for all 3  
**WHERE:** Meeting Room 1, Ground floor, Gosnells Community Lotteries House  
2232c Albany Hwy GOSNELLS  
If genuine financial hardship please contact the office



### Circle of Security Parenting

"I have no idea what I'm doing, who thought it was a good idea for me to be left in charge of this child?" Every parent on the planet has thought this to themselves. So what is the answer? We are here to help. The Circle of Security Parenting program is a practical, solution based course that teaches parents, caregivers, teachers, really just anyone involved with children, how to help kids figure out their emotions and create a calmer environment. If you are looking for your household to be happier, kids to be more content and for your sanity levels to increase, this course could be a good one for you.

**WHEN:** Wednesdays 9.30am - 11.30am  
**DATES:** 3rd August - 21st September  
**COST:** Individual \$55 Concession/\$85 non concession  
Couples \$90 Concession \$150 non concession  
**WHERE:** WHWS Group Room  
If genuine financial hardship please contact the office



### Preparing for Parenthood

You are growing a new little human and soon you will be bringing them home. It is an exciting and nerve-wracking time. Whether this is your first sweet babe or your third, we'd love to help you learn some of the practical skills that will help you navigate the early days after your baby is born. Individuals & couples welcome

**WHEN:** Tuesdays 6pm - 8pm (9 sessions, 5 ante and 4 post natal)  
**DATES:** 26th July - 20th September  
or full day antenatal Saturday 20th August  
**WHERE:** Gosnells Lotteries House, Downstairs meeting room  
**COST:**  
INDIVIDUALS - \$55 Concession/\$85 non concession  
COUPLES - \$90 Concession/\$150 non concession  
Option available to do only 4 post natal sessions if preferred. Call us for more info  
If genuine financial hardship please contact the office



### ACT on Anxiety

Learn how to free yourself from the constant struggle with anxiety; so you can live your life the way you would like to. 'ACT on Anxiety' is an 8-week therapeutic group that will provide you with skills to understand anxiety, and learn skills for responding to unhelpful thoughts and uncomfortable emotions. You will learn how to connect with the present moment, and how to take action to live a more meaningful life.

**WHEN:** Thursdays 9.30am - 11.30am  
**DATES:** 11th August - 15th September  
**COST:** \$35 concession / \$55 non concession  
**WHERE:** WHWS Group Room  
If genuine financial hardship please contact the office

### CONTACT US

T: 08 9490 2258  
F: 08 9490 1365  
E: [info@whws.org.au](mailto:info@whws.org.au)  
W: [www.whws.org.au](http://www.whws.org.au)

Suite 7, Level 1 Gosnells  
Community Lotteries House  
2232c Albany Highway  
GOSNELLS 6110



# Calendar of Events Term 3, 2022



## Dad's Chats

Join Evyn and Mike as we talk about the many parts of being a dad.

Through these sessions, we will look at being a dad in the now, and focus on putting some new tools in the toolbox of being a dad and a partner. Topics will include creating a shared idea of fatherhood and tuning the 'dad engine'; and we'll talk about negotiating boundaries, keeping relationships strong, and being able to talk about it. Come along and think (and talk) about being the dad you want to be, the dad your kids want you to be, the dad your kids deserve.

Free info session Tuesday 2nd of August at 6.45pm until 8.45pm. Get a taster for what the course will cover

WHEN: Tuesdays 6.45pm - 8.45pm  
DATES: 9th August - 20th September  
WHERE: Rossiter Pavilion 16 Tuberose Road, Piara Waters  
COST: \$55 Concession/\$85 non concession  
If genuine financial hardship please contact the office



## Supporting Children with Anxiety

Anxiety can be a difficult thing for parents and children to navigate. If your child has anxiety, separation issues or school refusal.... If bed time or getting ready in the morning can be a nightmare come along to learn some practical skills to support your children and yourself.

WHEN: Tuesday 6pm - 8pm  
DATES: 20th September  
COST: \$35 concession / \$55 non concession  
WHERE: WHWS Group Room  
If genuine financial hardship please contact the office



## Kickstart Healthy Living Course

Looking after our health and wellbeing is always a balancing act and sometimes life just gets in the way of achieving our goals. It is only human to 'fall off the wagon,' but it is important not to stay off for too long! This course is here to help you get back on the wagon and more importantly, enjoy the ride!

This is not a weight loss course (although you may attain a healthy weight as a byproduct of making healthy choices). There will be no harsh regimes or calorie counting. Instead, we will build good habits, identify our strengths and weaknesses, and learn how to bring joy and fun into the pursuit of our health goals

We will also be incorporating 15-20 minutes of gentle exercise (walking and gentle stretches) into each class. Every week you will receive

WHEN: Wednesdays 10am - 12.00pm  
DATE: 31st August, 7th, 14th and 21st of September  
COST: \$55 concession / \$75 non concession  
WHERE: WHWS Group Room  
If genuine financial hardship please contact the office



## Helping our Children Manage Big Feelings

Children develop self-regulation through warm and responsive relationships. They also develop it by watching the adults around them. Emotional regulation is not a skill we are born with. When our children display big feelings, it can feel overwhelming for the adults in their lives. Helping our children learn to self-regulate is an important but at times tricky task. This workshop will examine how emotional self-regulation develops and how we can help our children acquire this crucial skill.

WHEN: Tuesday 6pm - 8pm  
DATES: 6th September  
COST: \$35 concession/\$55 non concession  
WHERE: WHWS Group Room  
If genuine financial hardship please contact the office

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CITY OF GOSNELLS

# COMMUNITY CITIZEN OF THE YEAR AWARDS

Do you know a **local person** or **organisation** that is making a difference in our **community**?

Nominations are now open for the Community Citizen of the Year Awards, which will be presented at the City's Australia Day Big Breakfast on Thursday 26 January 2023.

Nominations close on Monday 31 October 2022.

The Awards are supported by Auspire – Australia Day Council of WA, and presented in the following categories:

- Community Citizen of the Year
- Community Citizen of the Year – Youth (under 25 years)
- Community Citizen of the Year – Senior (65 years or over)
- Active Citizenship – Group or Event

For more information, call the City on 9397 3000 or visit [citizenshipawards.com.au](http://citizenshipawards.com.au)