



St John's School

Kindergarten to Year 6

12 Tamar Street, Rangeway, Geraldton WA 6530

✉ PO Box 7156, Geraldton, WA 6531

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🌐 sjr.wa.edu.au



TERM 1 WEEK 1

3rd February 2023

Principal's Notes

Welcome to 2023

Welcome back to St John's School for 2023. It was absolutely delightful to see the smiling faces of the students as they arrived at school on Wednesday. The students have brought life, love and laughter back to our community and it has been wonderful to have them return to the school environment. I look forward to the journey we are all about to take together this year.

New Students

In addition to the students starting their schooling in Kindy, we have a huge influx of new students across other year levels, with more students being enrolled each day. As our numbers need time to settle, new students will be officially welcomed in the next newsletter to ensure I do not miss any individual.

Over the past two days, our new students have settled in well, beautifully supported by their new friends, and we look forward to getting to know the students better as time goes on. It is wonderful to have so many new members in our school family, the family of St John's School.

2022 Annual Community Meeting (ACM)

The 2022 ACM will be held on Wednesday 8 February, combined with a welcome to the 2023 school year. Usually, the ACM is held in Term Four but had to be rescheduled due to a number of reasons. At the ACM, the School Advisory Council and P&F will hold their annual meetings, including the election of new office bearers. Some nominations were received last year but we still have some positions to fill. If you are interested, please complete the respective form on pages six and seven of the newsletter. All families are invited to attend and light refreshments will be available.

COVID-19 in 2023

Please find a reminder of the COVID-19 School Operating Guidelines for 2023 on page eight of the school newsletter.

School Newsletter

As of 2023, the decision has been made to move the St John's School Newsletter from weekly to fortnightly. Interim notices and updates will be provided via Seesaw and the St John's School Facebook page. Please note that the newsletter will be published on odd weeks of the term, that is Weeks One, Three, Five, Seven and Nine.

Staffing 2023

Mrs Helen Carrier has joined St John's School as an Assistant Principal for Term One. Mrs Carrier comes with a wealth of experience, knowledge and skills in teaching and leadership, including teaching at St John's School in the past. It has been wonderful to work with Mrs Carrier to date and I look forward to the value adding she is able to provide to the students, staff, parent community and school as a whole.

A warm re-welcome is extended to Mrs Kay Brown in her role as the Year Two Classroom Teacher. Mrs Brown will be well known by the majority of students as she has previously held the role of Library Technician. We are very excited to have Mrs Brown on staff after completing a short term contract at Beachlands Primary School in 2022.

I would like to welcome Mrs Courtney Collett to the St John's School Community as the Year Four Teacher on Fridays. Mrs Collett is very familiar with St John's School as she worked as a relief teacher in 2022. Welcome, Courtney, and we look forward to having you as a regular part time staff member.

Dates to Remember

Dates can also be found on the School Website

Monday 6 February
P&F Meeting 6:00pm

Wednesday 8 February
ACM 5:00pm - School Hall

Friday 10 February
Whole School Mass
9:00am - Church

Wednesday 15 February
Nagle Principal Visit
9:00am - Year 6

Thursday 16 February
Student Leadership Day

Parent/child meeting-
First Reconciliation
3:20pm-4:30pm
School Hall

Friday 17 February
Prayer Assembly - Yr 5
8:45am
Student Leadership Day



Mrs Raechel Crocetta is wearing a number of hats this term. In addition to one day in Year One and Year Five, Mrs C is covering the role of Health and Physical Education for Term One. Mrs C has a great passion for promoting a healthy, active lifestyle and I know the students will thrive under her guidance.

Mrs Nikki Barndon has resigned from St John's School as she has been offered her dream job. Mrs Barndon is extremely sad to be leaving St John's School and had the job offer been anywhere else, the answer would have been a no. We have advertised the position and will progress through the employment process in a timely manner. Mrs Barndon's final day as Canteen Manager is flexible as she is able to stay on in the position until a suitable replacement can be found, and hand over conducted. This offer is extremely generous and beneficial to our school, ensuring a smooth transition. I will farewell Mrs Barndon once a final date has been finalised.

The Staff of St John's School, old and new, are all committed to working in partnership in the best interests of the students...Every Story Every Opportunity.

Seesaw

In 2023, St John's School will continue its use of Seesaw across the school. Seesaw has a three pronged approach:

- **Students show learning** - Students use built-in multimodal tools to capture what they know in Seesaw's digital portfolio
- **Teachers gain insights** - Teachers see all stages of student thinking and progress, enabling them to teach better
- **Families connect** - Families gain a window into their child's learning and engage in home-to-school connections

It is vitally important that all parents/carers connect to Seesaw as soon as possible to ensure you are kept up to date with all the necessary information. Please liaise with your child's classroom teacher for assistance.

Census

Friday 17 February is Census Day for St John's School and reporting to various bodies. It is vitally important that all students from Pre Primary to Year Six are at school on this Friday. If your son/daughter is absent, a written note of explanation must be provided to meet guidelines. This Census has many purposes, one of which relates to funding so please ensure your child is at school on Friday 17 February.

Good News Story

The first good news story of 2023 must be the way that all students, and staff, have settled back into the 2023 school year. The students have adjusted to life back at school and are following the routines of the school very well, ready for a year of learning and opportunity.

Mrs Melissa Marquis

PRINCIPAL

Library News

Library books are kept for one week and then returned to school. A Library Bag is required to borrow books.

Library Days

Wednesdays - PP, Year 4, Year 5
Thursdays - Year 1, Year 2, Year 3, Year 6

Library News Week 1

Welcome back everyone. I'm very excited to share with you some photos of our staff who have spent some of their holidays reading to their pets. How relaxing for the pet! It would be great to see some photos of our students reading to their pets.

A book buddy could be another option for those families who don't have pets. A favourite soft toy, teddy or a sibling would make a great book buddy to read to.

Please email your photos to susan.connolly@cewa.edu.au



Borrowing for students commences in Week 2.

Kindy students will have visits to the Library at various times over the course of the year. They won't be borrowing books.

Religious Education

Welcome

Happy New Year and welcome back to the start of another wonderful year at St John's School. We hope you and your families had a wonderful break over the Christmas and New Year period and are ready for an exciting year ahead.

A very warm welcome to any new families, staff, and particularly, our new students. To all families and students returning, welcome back!

Prayer Assemblies

Today the St John's School Staff lead our School Prayer Assembly, with a theme of blessings on our new school year.

There will be no Prayer Assembly in Week Two due to our Whole School Mass.

Whole School Mass

Next Friday 10 February at 9.00am, in the St John's Church, the school community will gather to celebrate the beginning of the school year with a whole school eucharistic celebration. All are welcome to attend.

Fruit of the Spirit

St John's School use the Fruit of the Spirit to guide our students to become faith-filled individuals, representing Catholic virtues in all that they do.

To begin the year, I would like to focus on the scripture where the Fruit of the Holy Spirit is identified. Please take a moment to read **Galatians 5: 22-23**:

*'But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.
Against such things there is no law.'*

In class, under guidance from their teachers, the students will be encouraged to use the Ideas and language of the Fruit of the Spirit in their daily lives. The first Fruit of the Spirit to focus on will be the **Fruit of Love**. How will you show the Fruit of Love?

Sacrament of Reconciliation

This term, our First Reconciliation candidates and their parent/carers will prepare for and celebrate the Sacrament of First Reconciliation. A note has gone home to all Year Three students today with further information. Please take note of the following information and key dates:

The Commitment Mass for the Sacrament of Confirmation for St John's School will be **Sunday 19 February at 8.30am in the St John's Church**. Alternatively, the Reconciliation candidates can also attend the Commitment Masses in the St Francis Xavier Cathedral on the following dates:

- **18 February Saturday Vigil at 6.00pm**
- **19 February Sunday 7.30am, 9.30am or 6.30pm**
- **25 February Saturday Vigil at 6.00pm**

It is preferred students attend the St John's Church Commitment Mass. A St John's School representative will be present at all Commitment Masses.

A Parent/Child First Reconciliation Meeting will be held in the St John's School Hall on **Wednesday 16 February from 3.20pm-4.30pm** and will be facilitated by Father Gerard.

The Sacrament of First Reconciliation for St John's School will be held on **Thursday 23 March at 5.30pm** in the **St John's Church**.

Mrs Helen Carrier

ASSISTANT PRINCIPAL - RELIGIOUS EDUCATION

P&F News

pandf@sjr.wa.edu.au

P&F Committee

Meeting Dates

Monday 6th February
Monday 27th February
Monday 20th March

All meetings are held at 6:00pm in the School Staffroom.

All are welcome to attend.



Administration News

Medical Updates and Health Considerations

It is extremely important that the school is aware of any medical conditions or other health considerations that your child/ren may have. If you are new to the school or aware of any new medical conditions or other health considerations that may have developed over the holidays, then **please come and collect the appropriate forms from the Office as soon as possible.**

For students with existing medical plans, new medical forms will be sent home in the coming weeks for your child's medical plans to be updated. These forms need to be completed on a yearly basis and, where necessary, signed by your doctor. Thank you for your assistance in this matter.

Allergy Aware School

St John's School is an allergy aware school. The foods that are particularly life-threatening for some of our students are **nuts (peanuts and tree nuts) and eggs**. We ask that students do not bring these foods to school in their lunch boxes.

Students are learning about ways they can help their classmates who have allergies stay safe. There are several posters around the school reminding the school community of the steps they can take to do this. Most of the steps are common practise in our school but it is useful for everyone to be reminded of these important steps.

The steps include:

1. Don't share your food, especially with friends who have allergies.
2. Wash your hands before and after eating.
3. Know what your friends are allergic to.
4. If a schoolmate who has allergies becomes sick, get help straight away.

Your assistance to help keep everyone safe at our school is much appreciated.

School Communication

If you need to communicate with your child's classroom teacher, there are several options available:

1. Message through our school communication platform, Seesaw
2. Email using firstname.surname@cewa.edu.au
3. Phone the school and leave a message for the teacher to return your call
4. Arrange a face to face meeting at a mutually convenient time

A reminder that absences from school can be communicated through the school's website page, via a phone call to the School Office or a note sent in with your child upon their return.

NAPLAN 2023 Testing Timetable

NAPLAN testing is due to commence in Week 7 on **Wednesday 15 March** and concludes in Week 9 on **Monday 27 March**. The proposed timetable for each of the assessments is below. If students are absent for their scheduled assessment, the school will provide them with an opportunity to complete the missed assessment during Week 8 and 9. Teachers will continue to prepare students and familiarise them with the online site in the lead up to NAPLAN. If parents wish to, they are also able to access this practice site at <https://www.nap.edu.au/online-assessment/public-demonstration-site>. A note with further information has been sent home with further information with Year Three and Five students today.

Wednesday 15 March	Thursday 16 March	Friday 17 March	Monday 20 March
Writing Year 3	Reading Year 3	Language Conventions Year 3	Numeracy Year 3
Writing Year 5	Reading Year 5	Language Conventions Year 5	Numeracy Year 5

Student Leadership Days

During Week Three, on **Thursday 16 and Friday 17 February**, our Year Five and Six students will be attending their Student Leadership Days. We hope our students find new opportunities to develop and grow their leadership skills and enjoy the days. More information will follow in a letter home to parents next week.

Nagle Catholic College Principal Visit - Year Six

Nagle Catholic College Principal, Michael Williams, will be visiting with the Year Six students on **Wednesday 15 February**. The purpose of this visit is to provide students with information about Nagle Catholic College and give them an opportunity to ask any questions.

Administration News

Standardised Testing

Standardised testing will soon commence in our Pre Primary to Year Six Classrooms. St John's School uses a variety of assessment tools to help identify each student's literacy and numeracy skills, providing valuable information to assist in the development of intentional and informed programming and teaching.

Keeping Safe Curriculum 2023

Throughout the year, students will be engaging with the Keeping Safe: Child Protection Curriculum. The teachers delivering the program have received explicit training in the Curriculum. Although parent permission is not required under the Education Act (1972), we encourage parents/carers to seek further clarification if required and to provide the school with any relevant information about their child that could alleviate any concerns.

Mrs Emma Pollard

ASSISTANT PRINCIPAL - ADMINISTRATION

2023 - DATES

Term One

Wednesday 1 February	Students commence Term One
Wednesday 8 February	2023 ACM - 5:00pm
Monday 6 March	Public Holiday
Thursday 23 March	Sacrament of First Reconciliation - 5:30pm
Friday 7 April	Good Friday

Term Two

Monday 24 April	Pupil Free Day – Staff Professional Development
Tuesday 25	ANZAC Day
Wednesday 26 April	Students commence Term Two
Sunday 28 May	Sacrament of First Eucharist - 8:30am
Monday 5 June	Public Holiday
Friday 30 June	Students and Staff conclude Term Two

Term Three

Monday 17 July	Pupil Free Day – Staff Professional Development
Tuesday 18 July	Students commence Term Three
Monday 21 August	Pupil Free Day – Catholic Day
Tuesday 5 September	Sacrament of Confirmation - 6:00pm
Thursday 21 September	Students conclude Term Three
Friday 22 September	Pupil Free Day – Staff Professional Development

Term Four

Monday 9 October	Pupil Free Day – Staff Professional Development
Tuesday 10 October	Students commence Term Four
Friday 1 December	End of Year Concert & Presentation Night
Wednesday 6 December	Year 6 Graduation Mass
Friday 8 December	Students conclude Term Four
Friday 15 December	Staff conclude Term Four





St John's School

Rangeway, Geraldton

Kindergarten to Year 6

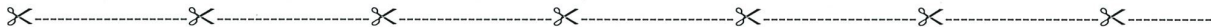
ST JOHN'S SCHOOL P&F NOMINATION

There will be opportunities for members of the school community to serve on the P&F this year. Interested persons are requested to nominate themselves, seek nomination or nominate others to these important positions in our school community.

The St John's School P&F endeavours to foster community and positive relationships by organising activities for the students and families. Secondly, the St John's School P&F enables families to support the students and school through fundraising initiatives so that resources and equipment, which may otherwise be unavailable, can be purchased.

WHY VOLUNTEER FOR THE P&F

- **It is for the children.** Once we have children our lives (and time) are never the same again. We are changed for the better and they are a driving force behind a lot of things we do. We might only get paid in hugs, kisses, and fridge artwork (less if you have a teen) but it is worth it in the end.
- **Fosters a sense of community.** It takes a village to raise a child and, in a world where we don't always live with our family close by, our village becomes more diverse and often school centred.
- **It is a great way to learn skills.** Getting involved with the P&F is a great way to start building skills if you have been out of the workforce for a while.
- **Friendraising, friendraising, friendraising.** It is a great way to get to know people outside of your child's classroom group and helps to build a school with a strong sense of community. A school with a strong sense of community is one that is caring and supportive and great to be a part of, a win-win!
- **Sharing the load.** If doesn't matter what time you can give to the P&F, it is still valuable and helps to share the load amongst the community – many hands make light work.
- **Give something back.** We never know what is around the corner and helping out when you can, contributes to the pool of helpers. This way, when someone needs help, there is plenty on offer, and you don't have to rely on the same people all the time.
- **Learn new skills and confidence.** There is usually help available if you are undertaking a position that is new to you. CSPWA can provide lots of help including online resources, access to the online induction or by organising a school visit from our very friendly Liaison Officer. Past members of the executive can also be a great source of information.



ST JOHN'S SCHOOL 2023 P&F NOMINATION

I,, nominate for a position on the P&F.

Signature

Date

📍 12 Tamar Street, Rangeway, Geraldton WA 6530
✉ PO Box 7156, Geraldton WA 6531
☎ 08 9920 0100 📧 admin@sjr.wa.edu.au
🌐 sjr.wa.edu.au

Let the Little Children

Sinite Parvulos



St John's School

Rangeway, Geraldton

Kindergarten to Year 6

ST JOHN'S SCHOOL ADVISORY COUNCIL NOMINATION

There will be an opportunity for a member of the school community to serve on the School Advisory Council this year. Interested persons are requested to nominate themselves, seek nomination or nominate others to this important position in our school community.

FUNCTIONS OF THE SCHOOL ADVISORY COUNCIL

The functions of the Advisory Council include working with the Principal on:

- a) support planning for the present and future operation of the Catholic school;
- b) provide membership, at the principal's request, on selection panels for the employment of staff to the Catholic school in accordance with the relevant CECWA Policies and Executive Directives;
- c) provide membership on the panel that recommends the appointment of a Principal in accordance with the relevant CECWA Policy and Executive Directives;
- d) in consultation with the Principal, communicate about the Catholic school and about Catholic education to persons and organisations in the School Community;
- e) endorse the Catholic school's annual budget before submission to CECWA for approval; and
- f) advise the Principal on school financial matters such as performance against budget, sustainability, and capital and recurrent planning.

MEMBERSHIP OF THE SCHOOL ADVISORY COUNCIL

Membership of the School Advisory Council is based on:

- a) a commitment and desire to promote Catholic education and give service to the Catholic School Community;
- b) a commitment to the safety, wellbeing and pastoral care of all students and staff;
- c) an ability to work cooperatively and constructively with the Principal, school leadership team and all other members of the Advisory Council;
- d) the possession of skills, competencies and experience that are reflective of, relevant and beneficial to the Catholic School Community; and
- e) a sufficiency of time to devote to Advisory Council duties.



ST JOHN'S SCHOOL 2023 SCHOOL ADVISORY COUNCIL NOMINATION

I,, nominate for a position on the School Advisory Council.

.....
Signature

.....
Date

COVID-19 School Operating Guidelines

COVID-19 Student Positive Result

- Students remain at home until symptoms resolve.
- Register RAT results via WA Health and the CEWA COVID-19 Self-Reporting Portal on the St John's School Website.
- Wear a mask if required to leave the home and when accessing public transport (including school transport).
- Avoid large gatherings and crowded, indoor locations. COVID-19 positive persons cannot visit public hospitals and other high risk settings for 7 days.

Close Contacts

A close contact is defined as a person from within the same household or a person who has had household-like contact with a COVID-19 positive person, during that person's infectious period.

- Isolation of close contacts is no longer mandated but close contacts are encouraged to test daily for 5 days and only attend school following a negative RAT result.
- Close contacts may choose to wear a mask.
- Close contacts should register their status as a close contact via the CEWA COVID-19 Self Reporting Portal on the St John's School Website.
- Close contact persons should not attend public hospitals and other high risk settings for 7 days.

Masks

Staff, students and visitors to a school may choose to wear a mask.

Staff, students and visitors are expected to adhere to any mask wearing requirements of third-party organisations/workplaces.

Attendance

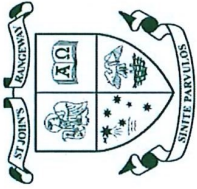
Consistent with the direction from the Minister of Education, schools are open for learning and students must attend in accordance with the Education Act.

Ventilation

Schools are required to maintain strong ventilation practices, meaning the use of natural and mechanical modes of air flow through classrooms and indoor spaces.

Cleaning

Schools should ensure that cleaning providers utilise detergent and disinfectant agents for high contact surfaces. Consistent and thorough schedules should be maintained throughout the school.



Please note that any amendments will be notified in the School Newsletter. Thank You.

St John's School

Term 1 2023 Planner - Parents

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	30 STAFF COMMENCE Pupil Free Day FOS: Love	31 Pupil Free Day	1st February STUDENTS COMMENCE	2 Presentation of the Lord	3 Prayer Assembly Staff 8:45am	4	5
WEEK 2	6 Yearly Parent Letter sent home RE Parent Letters Sent P&F Meeting 6:00pm	7	8 ACM 5:00pm	9	10 Whole School Mass - Led by Staff 9:00am	11	12
WEEK 3	13	14	15 Nagle Principal Visit 9:00am - Year 6	16 Student Leadership Day Parent/Child Meeting First Reconciliation 3:20pm-4:30pm School Hall Catholic School Advisory Council Information Session #1 6:00pm - 7:15pm (online)	17 Prayer Assembly Yr 5 8:45am Student Leadership Day	18 Reconciliation Commitment Mass 6pm Cathedral	19 Reconciliation Commitment Mass 8.30am St John's Church (7:30am, 9:30am & 6:00pm SEFX Cathedral)
WEEK 4	20 Scitech Incursion and Workshops	21 Ministry Meetings Shrove Tuesday	22 Ash Wednesday Mass 9:00am	23 Student Council Meeting Assembly Yr 5 2:20pm	24 Prayer Assembly Yr 4 8:45am	25 Reconciliation Commitment Mass 6pm Cathedral	26 First Sunday of Lent
WEEK 5	27 P&F Meeting 6:00pm	28 SAC Meeting 6:00pm TBC	1st March	2	3 Prayer Assembly Yr 3 8:45am	4	5 Second Sunday of Lent
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY



Please note that any amendments will be notified in the School Newsletter. Thank you.

St John's School

Term 1 2023 Planner - Parents

WEEK 6	12 Third Sunday of Lent	11	10 Prayer Assembly Yr 2 8:45am Yr 3 Reconciliation Retreat Day	9 Assembly Yr 1 2:20pm	8 Catholic School Advisory Council Information Session #2 6:00 – 7:15 (online) PLP Meetings	7 PLP Meetings	6 LABOR DAY PUBLIC HOLIDAY FOS: Joy RE Parent letters sent home	5 Easter Sunday
WEEK 7	19 Fourth Sunday of Lent	18	17 Prayer Assembly Yr 1 8:45am Reconciliation 9:00am Yr 6	16	15 NAPLAN Yr 3 & 5 Commences	14	13	12 Easter Sunday
WEEK 8	26 Fifth Sunday of Lent	25	24 Prayer Assembly Spiritual Ministry 8:45am Reconciliation 9:00am Yr 5	23 Student Council Meeting Sacrament of First Reconciliation 5:30pm	22	21 Harmony Day Ministry Meetings	20 P&F Meeting 6:00pm	19 Fourth Sunday of Lent
WEEK 9	2 Palm Sunday	1 st April	31 Prayer Assembly Year 6 8:45am Reconciliation 9:00am Yr 4 Freo Dockers Shield Yr 5/6 Girls TBC	30 Evacuation Drill Assembly Choir 2:20pm	29 Oil of Chrism Mass	28	27 NAPLAN Yr 3 & 5 Concludes IEP Meeting Week	2 Palm Sunday
WEEK 10	9 Easter Sunday	8	7 GOOD FRIDAY PUBLIC HOLIDAY	6 Holy Thursday Stations of the Cross Yr 6 9:00am LAST DAY STUDENTS	5	4 Harmony Day Inursion 2:00pm	3	9 Easter Sunday

SunCity Tennis Academy

Leaders in Regional Coaching Service!

Term 1 2023 Coaching Schedule

8 week Program Monday February 6th - Friday March 31st

Tarcoola Park Tennis Club & Spalding Park Tennis Club

	3-5yrs Red Ball 45mins \$14.30 per session	5-7yrs Orange Ball 60mins \$17.60 per session	8-12yrs Green Ball 60mins \$17.60 per session	Teens Yellow Ball 60mins \$17.60 per session	Adult Sessions	Midwest Regional Development Academy
Monday Tarcoola	3:45-4:30pm	3:45-4:45pm	4:45-5:45pm	4:45-5:45pm	6:00-7:00pm CardioTennis	
Tuesday Tarcoola	3:45-4:30pm	3:45-4:45pm	4:45-5:45pm	4:45-5:45pm	9:00-10:30am Ladies	5:30-7:00pm
Wednesday Tarcoola	Private sessions are available any day & are scheduled around this timetable. Bookings are essential. 30mins = \$44.00 60mins = \$77.00				5:30-7:00pm Beginners to Advanced (Multiple courts & coaches)	6:45-7:45am Strength & Conditioning (optional)
Spalding	3:45-4:30pm	4:30-5:30pm	5:30-6:30pm	6:30-7:30pm		
Thursday Tarcoola	3:45-4:30pm	3:45-4:45pm	4:45-5:45pm	4:45-5:45pm	6:30-7:30am CardioTennis	5:30-7:00pm
Friday Tarcoola	9:00-9:45am	7:45-8:30am <i>Before School</i>	7:45-8:30am <i>Before School</i>	7:45-8:30am <i>Before School</i>	9:00-10:00am Mothers Group	Junior League Match-Play

*All Junior Bookings are Invoiced for the Term Block *All Adult & Private Bookings are PAYG

For all bookings & enquiries:

Email Subject: Tarcoola **OR** Spalding Tennis Coaching

tennis@suncitytennisacademy.com.au **OR** midwest@suncitytennisacademy.com.au

SMS: 0409 485 117 - Jarron **OR** 0412 686 540 - Reza

When Booking in Please Provide:

- Participants Name & Age
- Preferred Day/s & Session type (can do multiple days)
- Guardians Name, email & mobile number
- Any Medical information we may need
- YES or NO Photo/Video Consent

Contact Details:

- Reza (Head Coach) : 0412 686 540
- Jarron (Director): 0409 485 117
- Maranda (Accounts): 0448 772 464

FILA X väiki



Parenting Support

One on One Parenting Chats with Ngala (0 – 18 years)

Let's talk all things parenting. Free, private one-on-one sessions are booked for up to an hour to discuss any parenting topics you like from sleep, behaviour support, anxiety, transition to school and more.

Call 9921 4477 to book.

Geraldton Family Counselling Service

Friendly, confidential counselling available for free. Discuss any topic you need from depression and anxiety, to grief and loss, anger management, separation and relationships, managing stress and more.

Wednesdays: appointments from 9.00am onwards call 99216 814



Child and Parent Centre
Rangeway



Ngala

Parenting Line 9368 9368

Talk about your parenting concerns with a friendly expert. Available 8am to 8pm, 7 days a week.

Ngala Website

www.ngala.com.au find out more about Ngala services and how we can support you and your child.



Child and Parent Centre – Rangeway

Address: Hovea Street, Rangeway, GERALDTON WA 6530

Phone: 9921 6814

Mobile: 0438 860 669

Email: rangeway@ngala.com.au

CPC Website:

<https://childandparentcentres.wa.edu.au/rangeway>



Term 1 2023 Program

In partnership with **ngala**
Raising happiness

Babies

Early Parent Group

(0 – 3 months)
Sleep patterns, settling techniques, growth development, feeding, and guest speakers. Come enjoy time with other new parents. **Thursdays: 9:30am to 11:30am** 12 Jan, 2 March, 13 April

Starting Solids (3 – 6 months)

Introduction of solids, healthy balanced diet, your baby's development, enjoying time with other new parents. **Thursdays: 9.30am to 11.30am (one-off session)** 23 Feb, 6 April

Please call CPC to register 9921 6814

Specialised Services BY APPOINTMENT ONLY

Child Health Nurse
Call 9956 1985 to book

Playgroup 2023 (0 – 5 years)

A free, casual catch-up for dads, mums and carers of babies from birth to 5 years. Bring your own hats, drinks and snacks.

Fridays: 9:00am to 11:00am
(runs for 10 weeks, starting 3 February)

Free Workshops – Bookings essential

Date	Day	Time	Program
1 Feb	Wed	9:30am to 11:30am	PCWA TLC Lactation Education pre-birth - 3 months A free information session presented by Guidance Speech and Feeding's, Lactation Consultant for mums with bubs aged 0-12 weeks to learn about breastfeeding in the period often referred to as the 'fourth trimester'. Call 9921 4477 for bookings.
7 Feb – 7 March	Tues	9.00am to 11.00am	Yoga with Parenting in Mind (5 weeks) This yoga-based parenting workshop allows a space to connect with other parents using breath, mindfulness and movement. Each week provides information that supports you to: Understand your young child's emotional needs and how your childhood experiences may impact your responses. Help your young child navigate their big emotions and discover the power of breathing. Crèche available Call 9921 4477 for bookings.
8 Feb	Wed	9.30am to 11.30am	Grief and Loss Parenting through Grief - A workshop that aims to provide parents with a greater awareness of grief and loss; in particular children's grief. The workshop will provide support and strategies for parents to navigate their way through challenging times amongst their own grief. Crèche available Call 9921 4477 for bookings

Date	Day	Time	Program
16 Feb - 23 March	Thurs	3.15pm to 4.30pm	Speech After School Drop In Sessions *Details to be confirmed *
20 Feb	Mon	9:30am to 11:30 am	WACHS Happy Mealtimes 1 - 8 years What 'normal' feeding, mealtimes and eating behaviours might look like? Covering diet and nutritional requirements for your child, troubleshooting difficult mealtimes and where you can seek help if things start to go wrong. Crèche available Call 9921 6814 for bookings
22 Feb, 22 March	Wed	12.30pm to 2:30pm	Wanslea Grandcarers Support Group If you are a grandparent with fulltime care of your grandchild/ren, you are welcome to attend this monthly support group where grandcarers meet together at the CPC Rangeway and Wanslea video in to the session. Call 1800 794 909 for bookings.
14 March	Tues	9.30am to 11.30am	WACHS Triple P Toileting 1.5 - 4 years This workshop aims to give some strategies to help encourage your toddler to toilet independently. It will also explore different problems commonly faced during toilet training and an Occupational Therapist will join us to discuss ongoing toileting challenges that may already be happening. Crèche available Call 9921 6814 for bookings.
21 March	Tues	9:00am to 12:00pm	Desert Blue Connect Protective Behaviours Delivered in schools, Protective Behaviours gives children the tools to understand the ownership of their body, the difference between surprises and secrets and knowing whether they feel safe or unsafe. It empowers them to get help and to talk to someone if they feel unsafe. This free adult workshop will provide you with the information you need to provide further support. Crèche available Call 9921 6814 for bookings
28 March	Tues	9.30am to 11.30pm	WACHS Sensory Processing Workshop for Parents 0-8yrs At this workshop, parents will develop an understanding of what sensory processing is, what it means and what it looks like to have sensory processing. Crèche available Call 9921 6814 for bookings.

All programs, services and workshops are free. Registration for all programs, workshops, crèche and services is essential. To register or for more information contact the Child and Parent Centre – Rangeway on 9921 6814 or rangeway@ngala.com.au



DESERT BLUE CONNECT

Mum's Group

Have you just had a baby and are looking to connect with other mums to share your parenting journey's? Our Mum's Group is free and focuses on supporting mothers health mentally, physically and emotionally after birth

Facilitated by our Women's Health Program Community Initiatives Officer and Women's Health Nurse, this group meets weekly in a relaxed environment with parenting education, activities and morning tea provided. There is no age limit on babies to attend this group.

Term 1 Dates: Wednesday mornings during school terms

Venue: Desert Blue Connect Studio, 28 Durlacher St

Time: 9am -11am

Cost: FREE

To register for the group please scan the QR code or call us on 9964 2742 or email us at ci@desertblueconnect.org.au

