

From the Principal

Term 2 Week 2

WWPS' Reconciliation Action Plan (RAP)

We're very proud to say that the school's Reconciliation Action Plan (RAP) has been published by the 'Narragunnawali: Reconciliation in Education' program, making us one of only three Department of Education schools on our part of the Central Coast to have their own RAP! Mr Rosewarn, Mrs Williams and the entire RAP Team have worked tirelessly to make this happen and have now turned their attention to planning this week's formal assembly and community BBQ to launch our RAP on Thursday 26 May. The assembly will commence at 2:00pm, and will include a smoking ceremony, Acknowledgment of Country and performances by our students, accompanied by the Aunties from Mingaletta. The community BBQ will begin at 3 pm. There will be a sausage sizzle, bush tucker nibbles and refreshments available. Both Aboriginal and non-Aboriginal community members are welcome. We hope to see you all there.

Mothers' Day Muffin Drive

The 2022 Mothers' Day Muffin Drive was a huge success, with over 450 muffins baked and sold. Despite the gloomy weather, a large crowd gathered on the day to honour all of the mums, grandmothers, aunties and significant women in their lives. Huge thanks to Miss Emily Bartlett, Mrs Jessica Butler and Mr Andrew Brady, the brains behind the event (and the bakers as well) and the team of teachers who assisted them on the day. It was a wonderful community event.

Update on recent maintenance of the school site

The resurfacing of the teachers' carpark on the Park Road side of the school has been completed and the carpark is being used by teachers. Many more spaces have been created which should see more available parking for parents in the morning and in the afternoon on Park Road. Line markings will soon be completed, and this will be done on a weekend to avoid inconveniencing the community. We assume that the re-marking of the basketball/netball court will occur at the same time. The installation of the basketball and netball posts and hoops will follow at a later date. The fencing that has been replaced along the eastern edge of the oval is sturdy, functional (it's 2m in height) and aesthetically pleasing. We have added goalpost pads to the new multi-sport posts on the oval to ensure the safety of our students. This whole area – the oval and its surrounds – is both safer and more presentable than it has been in many a year.

Semester 1 students academic reports

Week 5 sees teachers busily marking assessment tasks, collating and sorting results and analysing data, so that they present parents with accurate and up-to-date information on how their children have performed in the first semester of the school year. It's a very busy time for teachers, and we as principals are very appreciate of all of the time, they put in outside of school hours.

Reports will go home in Week 10 of this term. Three-way conferences will be scheduled for the first two weeks of Term 3, so that parents can discuss the contents of the report with teachers, with input from the children themselves. More information about how to go about booking your three-way conference will be forthcoming later this term.

We are aware of the fact that some families may need an additional separate copy, or copies, of their child's report so that each parent has a copy of their own. Please contact your child's teacher to request the provision of additional copies of their report.

Changes to support class categories from 2023

We have recently been informed that, due to a decline in the demand for placements in classes for students with a mild intellectual disability (IM classes) across the Central Coast, our IM class will not operate in 2023 or in the years that follow. This has been communicated to the families of students currently enrolled in the class and they are being supported in deciding upon the best course of action for their child, whether that means taking up a position in an IM class at another school, returning to their local primary school or taking up a position in a mainstream class at Woy Woy PS. It's important to note that we will not be losing a class or a teacher from the support unit. An additional class for students with Autism Spectrum Disorder, will replace the IM class. Negotiations are currently underway with the members of the regional Learning and Wellbeing and Asset Management teams to organise the transition of the students who will be impacted by this change, and to plan for the establishment of the new AU class.

Sport

The Southern Central Coast Zone Cross Country Championships were held on Friday of last week. Imogen Graham and Leo Omura placed second and fourth respectively in their races and will be going on to represent the school and the zone at the upcoming Sydney North Regional Cross Country on 16 June. Congratulations to both of them on their efforts. We wish them the best of luck at Sydney North. We'd like to congratulate all of the WWPS students who attended the carnival on the day, and all those who experienced success at the school's Cross Country earlier in the term.

Our netball team played Woodport PS on Wednesday of last week. Unfortunately, they were beaten by a better side, but represented the school with pride and gave it their all on the day. The Boys' and Girls' Soccer teams play Woodport PS on Thursday 2 June, and our cricketers play (you guessed it) Woodport PS on Thursday 9 June. Good luck to all students involved in these teams and thank you to Mrs Mills, Mrs Barrett and Mr Wolski for their efforts in preparing our students for these games.

There is lots happening sports-wise here at the school. Our students will have little time to rest before the WWPS Athletics Championships are upon us. These are scheduled to be held on Friday 24 June, in Week 9 of this term.

Upcoming excursions

Kindergarten will be participating in an excursion to the encouragingly-named 'Amazement Farm and Fun Park' on Thursday 2 June, in the company of Mrs Bradbury, Mrs Sozomenou, Mrs Weston and Mrs Williams. Year 6 will visit Canberra later in the term with Mrs Hauraki, Mr Curran, Mrs Garnett, Mrs Ceaser and Mr Pumpa. We hope that all of the students, teachers and SLSO's attending these excursions enjoy themselves and bring back new knowledge and understandings to share with their peers.

As you can see, we are in the middle of a busy and productive term here at WWPS. It's immensely pleasing to see how many opportunities there are for our students to extend themselves in their chosen areas of interest, and it's wonderful to them achieving so much.

Ms Buckley and Mr Betts Principals

Positive Behaviour for Learning (PBL) Weeks 3 & 4

This fortnight our Positive Behaviour for Learning expectation has been 'Be Respectful' especially when using the bathrooms. Students have been practising respectful behaviours whilst using the bathrooms including waiting for their friends outside the toilet building and continuing to practise good hand hygiene. Next week our Positive Behaviour for Learning focus will be 'Be Engaged' especially during assemblies. Students will have an opportunity to practice their engaged assembly manners during our major Week 5 Reconciliation Week assembly and our smaller K-2 and 3-6 assemblies held in week 6. Teachers and students will be discussing the importance of demonstrating active listening skills throughout assembly times and will be rewarded with Win Bin tickets for their efforts.



Buddy Class Visits

In preparation for Reconciliation Week, some of our classes have been working on creating 'Hands of Reconciliation' with their 'Buddy Class'. Woy Woy Public School's buddy class partnerships allow students to experience a connection with a variety of children at different levels. All students are given the opportunity to experience being kind, considerate, caring and a valued member of our school. The benefits of a Buddy program are twofold; the older children learn to take on responsibility, while the younger children know that they have a fellow student they can confidently turn to for support.

The Buddy program helps to promote relationships and support between older and younger students through regular collaboration between their classes. This fosters a sense of whole-school community and creates friendships that enable both older and younger 'Buddies' to bond more closely with their school.



Mindfulness for Families

Smiling Mind is one of Australia's leading preventative mental health not for profit apps, with a focus on helping young people and those around them develop the skills they need to thrive in life.

Integrating mindfulness into everyday family life can have profound benefits, both for the individuals within families (parents and children alike) as well as for families as a whole. Throughout the year we will explain what mindfulness is; how mindfulness relates to parenting; the benefits of mindfulness for whole families; as well as tips for practising mindfulness as a family.



This fortnight I invite you to watch or listen to the 'Introduction into mindfulness' podcast from smiling minds: Introduction to mindfulness. Students across the school P-6 have been practising their skills and would love to share the experience with you at home.

Michelle Williams Assistant Principal Student Wellbeing

Aboriginal Education

The Staff and Students at Woy Woy Public School are committed to increasing knowledge and understanding of Aboriginal culture and ensuring every Aboriginal child is achieving at their maximum potential. We have worked closely with members of Mingaletta Aboriginal Corporation and our local AECG to ensure we are delivering culturally appropriate programs across the school.

All students from Preschool to Year 6 enjoy the in-class support delivered by our Aboriginal Education Worker. Mr Pumpa supports K-6 teachers and provides social support groups for Aboriginal students and targeted sports programs at recess and lunch times. Each Wednesday our beautiful Mingaletta Aunties teach culture and history across the school. They build relationships in the Preschool and teach a new class each week within the K-6 school. Our Aboriginal Dance Group – *Guliyali Dancers* – practice every lunch and will perform at the Reconciliation assembly. All classes have developed personalised Acknowledgment of Country. These formal statements will be displayed in our school foyer and in every classroom starting from next week. Artefacts and library books have been purchased and a new weekly post from our librarian has been bringing attention to resources to support classroom learning experiences. Planning is underway for NAIDOC Week celebrations in Week 10, Term 2. We look forward to seeing you at our assembly on Thursday 26th May to celebrate the launch of our Reconciliation Action Plan.







Guliyali Preschool News



Every Wednesday morning our preschoolers spend time in the WWPS school library, listening to stories, enjoying the interactive smart board and borrowing books. They enjoy it so much, we thought we would venture down to Woy Woy public library.



We evaded the rain and made our way down the foot path of a busy Blackwall Road. The children safely crossed the roads and cheerfully waved and said hello to passers-by. When we arrived at the library we enjoyed Storytime with the local librarian, Adam. After some arts and crafts, the children took a tour of the library and enjoyed a quick snack before heading back to preschool.

It was such a wonderful experience getting the children out into their community – we are so proud of them! A huge thank you to our family helpers who volunteered their time and joined us on the day.

Also, a big thank you to one of our preschool dads, Marc, who came to do a demonstration of a bottle rocket launch following on from our space project last term. The children really enjoyed watching the bottle shoot up into the sky out on the oval.

We would also like to wish our beautiful educator, Mrs Egan all the best as she awaits the arrival of her baby. Her last day with us will be Wednesday Week 5. We will all miss you dearly and look forward to you visiting us with your plus one in a couple of months' time.



Whitney Williams, Mrs Arnot and Mrs Egan



Cultural Continuum Excursion

Wednesday 11 May our Year 4 Aboriginal students visited Umina PS for their annual Cultural Continuum Excursion. Johnathon Wright from Dhinewan Mentoring came along to share his knowledge of Bush tucker. The students tried some finger limes, bush tomatoes, honey and kangaroo burgers with bush tomato chutney. Johnathon also taught the students a dance about the fish coming in with the tide and having a feast.

The students had an enjoyable day and loved the food they tried. Thank you to Umina Beach PS for organising the day's activities and to Mr Pumpa for sharing his morning with us.



Reconciliation Week

Have you got your shirt yet? If you have, could you please send them into school with your name labelled!



Reconciliation Week- Whole School Photo

Dear Parents/Carers,

On Thursday 26 May, your child will be encouraged to participate in a whole-school photograph to support Woy Woy Public School's commitment to Reconciliation. The students will be organised according to the colour of their shirt and will be arranged to create a visual representation of the Aboriginal flag. In order to support this initiative, we ask that the students bring in either a plain red, black or yellow shirt at your earliest convenience.

If you would like to purchase a new shirt for the event, they are available from Kmart for a fee of \$3.50. https://www.kmart.com.au/product/short-sleeve-plain-tee-s144325/?selectedSwatch=Salsa

Please label the shirt in a bag, with your child's name and class on the front. The student's shirt colours will determined by their sporting house. Please see below.

Sporting House	Coloured shirt to be brought in
Web	Black
Davis	Yellow
Scott	Red

To ensure that all students will be represented in the photograph, we are currently seeking donations of all shirt colours. If your child has a plain red, black or yellow shirt that you would be willing to donate to the school, please send this in a separate bag, labelled "donation". Your assistance is greatly appreciated.

Kind regards,

Reconciliation Action Plan Committee

Reconciliation Action Plan

Launch





You're Invited

Woy Woy Public School invites you to join us for our Reconciliation Action Plan Launch!

Date: Thursday May 26

Time: Formal assembly to be held at 2 pm. Community BBQ to follow at 3 pm.



Stage 1 Report

Stage 1 have well and truly settled into Term 2 and all students have been working well in the classroom. Our Year 2 students have been adjusting smoothly to the AVID program and are enjoying AVID-based strategies that are being incorporated within their lessons. Our focus for this term is centred around organisation and collaboration. Students begin their week by viewing their weekly timetable and review their learning goals. Next, they engage in a quick-write opportunity about their weekend and discuss the overarching learning intentions in both literacy and numeracy. Friday's AVID session involves the students reflecting on something new that has been learnt throughout the week.

In sport this term, Stage 1 have been practicing their athletics skills in preparation for the athletics carnival early next term. Students and teachers have enjoyed the opportunity to test out our new oval and engage in a variety of athletic rotations in the sunshine. A friendly reminder that your child needs a hat and a drink bottle labelled with their name.

We look forward to seeing what the rest of the term has on offer!



Stage 1 Teachers



Science Incursion Stage 3

A Case of Discovery - Education Interactive

Last week saw all of Stage 3 students participate in their annual Forensic Science Incursion.

Students were able to investigate the disappearance of valuables from a boat on Broken Bay. They took fingerprints, constructed DNA profiles and had to decode the secret message in the hunt for the missing valuables.

Hands on incursions involving the scientific skill of investigation is a valuable learning tool for all our students. Not only do they have a lot of fun solving the mystery, they are also able to engage in a realistic police investigation. Science is a hands-on activity in our school and this incursion is another example of how well we do science at Woy Woy Public School.

We are all looking forward to seeing what next year's forensic science investigation will be.



Swim School – Support Unit



Students in our Support Unit have just completed their two week swim program with the Department of Education. This included all aspects of swimming from; learn to swim, swim stroke skills development, and water safety.

Every student was given the opportunity to grow their swimming skills in a supportive format. The highly skilled swim instructors, all qualified Teachers and Swim Instructors, were able to work in small groups to bring out the best in each child.

This program is an important annual event that keeps our students safe in their future lives. And they all get to have fun!











Library News

Premier's Reading Challenge 2022

2022 Challenge dates

- Challenge opens: Monday 28 February 2022
- Challenge closes for student entries: Friday 19 August 2022
- Challenge closes for coordinator validations: Friday 2
 September 2022

Students can access the reading records to add books by going to <u>https://online.det.nsw.edu.au/prc/home.html#top</u> and logging on using their username and password that they use at school.

Booklists for each school year are also available here. K-2: Read 30 books including books that are read to them. 3-6: Read 20 books.





Book Club



Storybox Library



Don't forget Storybox Library is available to access anytime..

Site: https://storyboxlibrary.com.au/

Username: woywoypslibrary

Password: read





Aspire Home Reading

Congratulations to the following students who have reached their 25, 50 & 75 nights of home reading!

25 Nights Kayten Raj 3M, Travis Denne 1M, William Lucic 1E, Isla Serra 1E & Fenix Waters 1E

50 Nights Winnie Singleton 3M, Lily Rende 3M, Natalie Macey 3M, Jasmine Wols 1E, Max Sutton 1E & Charli Naughton 1E

75 Nights Thomas Bernie 3M, Alexander Bernie 1M, Lily Rende 3M & Lucas DeMartin 3M

Upcoming Events



Snack Shack News

Online ordering is available <u>www.flexischools.com.au</u> APP: Flexischools

Anyone that would like to volunteer in the canteen, from 9:00am -11:30am, can you please see Anne in the canteen.

Monday	23 rd May	
Tuesday	24 th May	Robyn
Wednesday	25 th May	Vicki
Thursday	26 th May	Kay
Friday	27 th May	Leanne / Sherry
Monday	30 th May	
Tuesday	31 st May	Robyn
Wednesday	1 st June	Janet
Thursday	2 nd June	
Friday	3 rd June	Sherry

Anne Wilson Canteen Supervisor

Parents and Community (P & C)



Uniforms Update!

FLEXISCHOOLS

The order cut off is 5pm Wednesday for a Thursday delivery.

Flexischools is the preferred order method.

For Term 2 you can still send a completed order form to our email address <u>woywoypublicschool-</u> <u>uniform@pandcaffiliate.org.au</u> and we will send you an invoice that you can pay online. Order forms are attached to the newsletter and available on the school website.

We will be moving to Flexischools only except for limited circumstances in the second half of the year.

2022/2023 Membership

Membership for the next year is now open. Membership runs from the first meeting after the AGM to the close of the Following AGM.

You can join the P&C at any time during the year by filling out a membership form and paying the \$2 membership fee. Forms available on school website or by request from woywoypublicschool@pandcaffiliate.org.au

NEXT MEETING – Our next meeting will be held Wednesday 8th June at 7pm. This meeting will be remote access via Zoom. a hybrid format may be offered with in-person attendance in the Staff room of WWPS. This will be confirmed on notice of meeting.

The P&C can be contacted by email at woywoypublicschool@pandcaffiliate.org.au

If you have any questions or suggestions, please feel free to reach out via email or come along to the next meeting. We are always happy to hear from the school community.

Billie-Jean WWPS P&C President.



IMPORTANT INFORMATION

**** Unless your enquiry is a matter of urgency, please restrict entry into our office area ****

Office Hours

School phones are manned from 8:30am until 3:15pm. The office window is opened at 8:30am and closed at 3:00pm however office staff are available until 3:15pm. There is a teacher on duty at the bus lines until 3:20pm.

Changes to Going Home Arrangements

Could you please ensure that your child is aware of how they will be going home in the afternoon. If these arrangements change during the day, it would be appreciated if you could contact the office prior to 2:00pm to ensure that the message is passed on to your child.

Skoolbag APP and Website

You can download the WWPS Skoolbag APP to both iPhone and Android devices. Event updates and important information will be sent out via our Skoolbag APP, and you can record your child's absence from school here as well. You will also find our School website at http://www.woywoy-p.schools.nsw.edu.au/ which is regularly updated with events happening in our school. The School email address for correspondence is woywoy-p.school@det.nsw.edu.au.

Student Mobile Phones

Students who bring their mobile phone to school are asked to leave them at the office on their arrival and collect it at the end of the school day. Students are not permitted to have their phone with them during the day. It is also helpful if their name is on their phone.

Late Arrival / Early Departure

If your child is late arriving to school or needs to leave early for an appointment, a partial absence slip is to be printed at the school office and given to the classroom teacher.

Payment of Money to the School

***** EFTPOS IS AVAILABLE IN OUR OFFICE ******

Understandably, our preferred method of payment for any school costs is contactless.

Payments for any school fees or activities can be made either by credit card via the Woy Woy Public School Website (<u>http://www.woy-</u>.<u>schools.nsw.edu.au</u>) using the 'Make a Payment' tab or for your convenience we have also installed an EFTPOS facility at the front office.



Should it be necessary for payment to be made using cash, monies should be placed in an envelope with your child's name, class and reason clearly noted. If payment is for multiple children, each must have their own envelope.

Thank you for your support in this matter.

Please support our sponsors:



YOGA CLASS 9:30am - 10:30am ON MONDAY MORNINGS

Anglican Church Hall 147-149 Blackwall Rd WOY WOY. Air-conditioning available and off-street parking. IYTA registered yoga instructor with teaching experience (Wendy Baylis) To book SMS: 0423 433 781 or email: <u>goodyoga1@westnet.com.au</u> Facebook: GOOD YOGA (Woy Woy) or to contact Wendy for further information. Please bring your own yoga mat.

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Woy Woy Public School Parents and Citizens Association Inc. ABN & ACNC: 15 364 243 614

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WOY WOY PUBLIC SCHOOL P&C UNIFORM ORDER FORM

Purchasing from the Woy Woy Public School Uniform Shop

Email the order direct (preferred method for faster delivery) Option 1

- Email woywoypublicschool-uniform@pandcaffiliate.org.au Request item, size and quantity plus child's name and class Invoice is emailed to you with payment options of Credit Card or Direct Deposit
 - Once money cleared delivery of stock to the classroom weekly

Fill in an order form and leave at the office Option 2

- Invoice is emailed to you with payment options of Credit card or Direct Deposit
 - If paying cash, it must be CORRECT cash (this method may take an extra week)
 - Once money cleared delivery of stock to the classroom weekly

Option 3

- Uniform Shop opening times advertised in the newsletter and digital platforms (during school term).
 EFTPOS and correct cash accented
- "Uniform shop opening times are dependent on available volunteers. If you are able to volunteer, please contact the P&C

exec team at woywoypublicschool@pandcaffiliate.org.au

FAO

What if I order the wrong size?

<u>-uniform@pandcaffiliate.org.au</u> within 14 days for the uniform shop coordinator to advise the appropriate steps. Return items must be WITH TAGS ON and NOT WORN. Email wov

I only have cash how can I order?

Please note this process may take an extra week to process. Correct money with the order in a sealed envelope can be left at the office

Will I be reminded about the shop opening times?

Yes, there will be reminders in the newsletter, on the SkoolBag App, School Official FB page and "Parents of Woy Woy Yool" Facebook page.

Why can't I order via a website?

Uniform online ordering via Flexischools will be available Term 1 2022

Refund, Exchange & Returns Policy

The Uniform Shop will accept returns and provide customers with an exchange, refund or repair where the customer can provide adequate proof of purchase by way of receipt and the following terms and conditions are followed:

- Exchanges can only be made within 14 days of purchase.
- No refund will be given for an incorrect size choice only an exchange and the item must have original tag and have not been washed and is in an "as new" condition. •
- All faulty items need to be reviewed by the manufacturer before a decision is made regarding refund, repair or exchange.
- The Uniform Shop will not hand out replacement items until the manufacturer has decided on repair, refund or exchange Any item to be reviewed by the manufacturer needs to be returned in a clean and freshly laundered condition.
 - This process may take several weeks.
 - All decisions will be notified to the customer.
- The Uniform Shop reserves the right not to offer an exchange, refund or repair on items where the item fault is the result of misuse, neglect or incorrect washing instructions of the item.
- The Uniform Shop reserves the right to assess the condition and age of returned goods prior to providing a repair, refund or exchange. This may result in repair, refund or exchange being refused.
 - If a refund is granted, the refund will be issued to a nominated bank account.

Second Hand Items

There will be NO exchanges or refunds on any items purchased second hand at the Woy Woy Public School P&C Uniform Shop.

Community News

	LNICE	31715	QTV	TOTAL
4/6/8/10/12/14/16	\$ 28.00			
S / M / L (Adult sizing)	\$ 29.00			
4/6/8/10/12/14/16	\$ 21.00			
4/6/8/10/12/14/16	\$ 21.00			
4 / 6 / 8 / 10 / 12 / 14 / 16	\$ 27.00			
4/6/8/10/12/14/16	\$ 25.00			
4/6/8/10/12/14/16	\$ 24.00			
SPORTS UNIFORM				
4/6/8/10/12/14/16	\$ 28.00			
S / M / L (Adult sizing)	\$ 29.00			
4/6/8/10/12/14/16	\$ 28.00			
S / M / L (Adult sizing)	\$ 29.00			
4/6/8/10/12/14/16	\$ 28.00			
S / M / L (Adult sizing)	\$ 29.00			
4/6/8/10/12/14/16	\$ 19.00			
S / M / L (Adult sizing)	\$ 21.00			
4/6/8/10/12/14/16	\$ 42.00			
S / M / L (Adult sizing)	\$ 45.00			
6 / 8 / 10 / 12 / 14 / 16	\$ 29.00			
ACCESSORIES				
2/W ¹ W/F	\$ 13.00			
LIMITED AVAILABILITY				
4 / 8 / 12 / 14	\$ 26.00			
4 / 8 / 10 / 12 / 14 / 16	\$ 26.00			
One Size	\$ 13.00			
Prices are subject to change without notice		TOT	AL	
			Class:	
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Version: November 2021

Invoice will be issued when ordered is confirmed. Payment is accepted via online payment or direct deposit

Please refer to the back of this form for ordering and payment options

EFTPOS or cash option available in uniform shop.



Central Coast Course on the Baby Massage 4 week

HEN

during school terms in 2022 uesdays and Wednesdays

WHERE:

<u> The Entrance, Umina, Woy</u> **Woy and Online**

AGE OF BABY :

2 weeks up to crawling

Funded by the Australian Government COST: Free!

https://www.trybooking.com/YYQC

https://www.trybooking.com/YYQQ Imina



https://www.trybooking.com/BWMTR

"Nurturing touch supports a Ioving and secure relationshi wellbeing. The Program provides health promotion & education

on how to manage health conditions.

EVERY MONDAY; MINGALETTA, 6

WHERE:

ABORIGINAL & TORRES STRAIT ISLANDER

WHO CAN JOIN:

FERRACE COMMUNITY CENTRE, EVERY WEDNESDAY; HAMLYN SYDNEY AVE, UMINA BEACH.

HAMLYN TERRACE

10AM TO 2PM

WHEN:

OTHER CHRONIC HEALTH CONDITIONS

CHRONIC OBSTRUCTIVE PULMONARY

HIGH BLOOD PRESSURE

KIDNEY DISEASE

DISEASE

 HEART PROBLEMS PEOPLE WHO HAVE:

DIABETES

The Aunty Jean's Program is a weekly meeting of Indigenous

GRAN

JEA

people who are interested in improving their health &



gentle, nurturing touch techniques to Our 4 week course will assist you to learn settle, soothe and connect with your baby. Our courses are facilitated by midwives and Infant massage Instructors certified In cue based Infant massage.

Follow us on Facebook at M: 0447447818 Parenting.



Mingaletta

PRIMARY

E: deb@yfer.org.au

Core of life Baby Massage and





ASK POR AUNTY DI CCPRIMARYCARE

- YARNING WITH FRIENDS & MAKING NEW FRIENDS
- EDUCATION ON CHRONIC HEALTH PROBLEMS

- **REGULAR HEALTH CHECKS**

- PHYSICAL HEALTH ASSESMENTS

- SUPPORT TO ACCESS OTHER SERVICES

EVERYONE GETS A PERSONAL HEALTH CHECK & PLAN EVERY WEEK THIS INCLUDES: • BLOOD PRESSURE



BLOOD SUGAR

WEIGHT











E PREVENTION PROGRAM MINGALETTA'S SUICID Mingaletta Aboriginal & Torres Strait Islander Corporation

6 Sydney Avenue, Umina Beach, 2257, NSW

THURSDAYS 12 PM - 3PM



Mingaletta would like to welcome anyone struggling, it is a safe place to sp<mark>eak freely &</mark> feel heard.

IT'S OK NOT TO BE OK

+ LOVEBITES - domestic violence and healthy relationships

Practical and independent living skills

+ Celebrating safely - drug and alcohol education

Activities (because having fun is important too!) + Traditional Aboriginal/Torres Strait Islander arts & craft

DISCUSSION & INSIGHT

- support those who feel the need to · It is an ongoing program to reach out & get help
- health & other services who will be There will be workers from Mental invited to share & support these

groups.







CONTACT US

Light refreshments will be provided.

(E) administration@ryss.com.au

www.ryss.com.au contact RYSS to register your interest.

Spaces are limited so if the program interests you or someone you know, please

Location: Mingaletta - 6 Sydney Ave, Umina Beach NSW 2257

+ Cooking of culturally inspired treats + Self-care and pampering activities

Aboriginal and/or Torres Strait Islander girls: 12 - 18yrs

8 weeks | Wednesdays @ 3:30pm - 5:30pm (2hrs) Term 2 Starting 4th of May to 22nd of June 2022



Nyugang-biyn Buridjga

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Regional Youth Support Services Inc. Practical Support for Children, Young People & Farelin new-gang-bin bu-n-jah)

"All women rise"

Mingaletta

Islander Corporation are proud to present Nyugang-biyn Buridiga - a program designed to engage and empower the young Aboriginal and Torres Strait Regional Youth Support Services and Mingaletta Aboriginal & Torres Strait

Islander women of the Central Coast.

Centre along with occasional off-site excursions (participants to be Nyugang-biyn Buridjga is a Darkinjung phrase meaning "all women rise." The program will be facilitated at the Mingaletta Community

advised of further details).

Topics to educate and motivate include:

+ Connecting to ourselves and to culture

+ Healthy living and mental health

+ Women's and sexual health



New Supported Playgroup coming to Mingaletta starting 1st February 2022

Supported Playgroups | A series of welcoming, friendly and relaxed playgroups for families with children aged 0 - 6 years



School term time only | Location: Mingaletta 6 Sydney Avenue, Umina

TIME: 9.30am - 11.00am

