



Term 4 2018

Monday 8th October - Friday 7th December 2018

OCTOBER

- 8 Playgroups Commence
- 10 Pyjama Drama commences (9 weeks)
- 7-13 Mental Health Week
- 13 Repair Cafe
- 14 - 20 Anti-Poverty Week
- 23 Managing Challenging Behaviour (Triple P)
- 26 Playgroup Term Fees Due
- 29 Early Literacy Workshop
- 30 Managing Fighting & Aggression (Triple P)
- 31 Pyjama Drama - SPECIAL for Halloween!

NOVEMBER

- 14 Macramé
- 14 Committee Meeting
- 20 Managing Fighting and Aggression
- 24 Succulents

DECEMBER

- 7 Playgroups Finish
- 7 Santa's Sizzling Sundowner



Mental Health Week

This week is Mental Health Week, and this year the theme **Mental health starts where we live, learn, work and play**, aims to encourage Western Australians to think about the everyday settings where we can support the wellbeing of others.

WSNH is 'our Place to call home' and we encourage you all to enjoy the support network and connections made daily during the activities and events on offer. There's something for everyone this term so get out your diary now, and lock in your choices. Ahh, being organized relieves the stress!

Re-duce, Re-use, Re-cycle, Re-purpose and Recreate - See the Repair Cafe, workshops and events below.

A warm welcome to our new Baby Playgroup and other new members.

Looking forward to seeing you all with a **SPRING** in your step.

Jen and Fran



Committee News

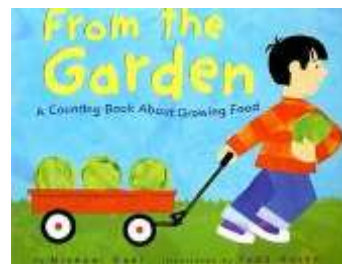
The new Committee have been busy already and in line with our 'Re -' theme have set up the following for members:

- Christmas Appeal



Please bring in a clean, pre-loved book or toy (one per person) in good condition to donate to the Smith Family Christmas Appeal. These can be left in the Office.

- **Children's Book Swap:** a box in the Kitchen is for you to bring and take pre-loved children's books
- **Excess Home-grown Produce Swap** - Please leave and take from the basket in the kitchen
- **Santa's Sizzling Sundowner** - Friday December 7th Mark our End of year Celebration in your Diary now!



We are still **seeking a Treasurer** for the Committee - Can someone please help Jen walk the money talk? It's fun....really!!

Next Committee Meeting Wednesday 14th November 7.15pm



Repair Cafe at WSNH
Saturday October 13th
10.00am - 12.00pm.

We will be putting WSNH on the map by joining a world wide web of Repair Cafes!

Do you have a broken toaster, bike that needs some attention, clothing with a few holes or any other item that has seen better days? If you can carry it with two hands, bring it along to our very first Repair Cafe. Volunteer service - Free of charge!

* THERE'S ALWAYS ROOM FOR MORE VOLUNTEERS - so if you know a Ms or Mr Fixit please get them to contact the Office and we'll be happy to help them out with some feel good projects!



Wednesday, 31st October
10.30 am – 11.30am
at WSNH

This spellbinding session is packed with original songs, lively games, dancing and of course.....LOTS of pretending!

Grab your broomstick, put on your spookiest costume and come and join in the fun!

There's Room on the Broom!

Tickets cost \$15 per child (2 – 7 years) and \$10 for additional siblings (2-7), non-members \$20.00 includes WSNH membership!

Book online at cheryl@pyjamadrama.com.au or call Cheryl on 0421 060 504.



Pre and Early Literacy Skills with Wendy For parents and carers of children aged 3 - 5 years.

Monday 29th October
7.30pm -8.30pm
\$10.00

This brilliant short workshop is presented by Wendy Stentiford,
Qualified Teacher and 'Reading for Sure' tutor.

You'll come away with ideas for fun activities to help develop your
child's phonological awareness and 'Reading Readiness'.

Bookings at the Office or call 0447 486 652



Save-a-Child Family First Aid For parents and carers of babies and toddlers

Tuesday 13th November
6.30pm - 9.30pm
\$65.00

This fabulous short Course will equip you with the basic skills of
CPR, choking, burns, bleeding and poisoning.

Please book on the [link](#)



Macramé Produce Bag with Nicole

Wednesday 14th November
9.30am -11.30am
\$10.00 members, \$15.00 non-members

Learn the basics of Macramé while making a functional Produce
Bag or Plant Hanger or tie yourself up in knots!

Enrolments at the Office or phone 9446 2757

Crèche available: \$5.00 per child Bookings Essential



Succulents & Tea cups with Nicole & Chenoa

Saturday 24th November
9.30am -11.30am
\$15.00 members, \$20.00 non-members

Who doesn't love succulents? Come along and make some
gorgeous planters in tea cups or glass jars. Get your Chrissie
presents sorted or keep them for yourself!

Enrolments at the Office or phone 94462757



Pyjama Drama - Free!

Presented by Ngala

Wednesdays

9.30 - 10.15am (Fabulous but full!)

Imaginative play, drama, songs & games for 2 - 4 years.
Drama and imaginative play helps young children to learn about their world and develop key skills by igniting their imagination.



To go on the **Waitlist** for this term and Term 1 2019 - Contact Jen & Fran @ WSNH

Also at the Centre and open for members to join in:

- **Child Health Nurses**
- **Yoga** - Mondays and Thursdays: 5.30 - 7.00pm \$10.00 / class
Contact Simon on 0417 237 050



- **Potters House - Christian Fellowship Church** Sundays
10.30am & 6.30pm Enquiries welcome: 0467 084 429



WSNH Membership & Playgroup Term Fees

\$10.00 pro rata Membership Fee

\$30.00 children up to 18months

\$35.00 children over 18months or two or more children

On-line payments can be made to WSNH, BSB: 036 036, Acct: 106 063

Ref: Name & payment details



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