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eNews Issue 1

Term 4 Monday 13 October - Friday 12 December 2014

Welcome back all, to the last term of 2014 and our first eNews! This year has been an exciting and dynamic one, as WSNH continues to grow and evolve.

2014 saw the rebranding of the House. Our new logo was launched along with our website www.wsnh.org.au and updated pamphlets.

Take some time out for YOU this term and join in one of our fun and inspiring Adult Learning Workshops. We are looking forward to the teamwork and sense of community evident at our major fundraiser of the year - the Bunnings Sausage Sizzle.

Enjoy some nature play this term in our beautiful spring garden.

Jenni and Fran



Management Committee Update

Thank you to everyone who attended the recent AGM and congratulations and welcome to our new committee members.

Chairperson: Kate Langdon

Vice-Chair: Elaine Conway

Secretary: Annika Ralston

Treasurer: Chenoa Walsh

General Members: Jasmin Buller, Jean Williams, Alison Rear, Rika Nishimura, Helen Hogan & Holly Norton.

We would like to express our appreciation to Elaine and Caroline for their valuable input in developing the website and also to Holly who updated the WSNH Business Cards and Information Pamphlet. Terrific job girls. The result is a vital and informative link to the House.



Cheers at the AGM!

We also extend our thanks to the 2013/14 Committee who have worked so hard over the 12 months. See the Committee Meeting Minutes on the Committee Noticeboard at the entrance to the playroom.

[The Annual Report 2013/2014](#)



Save-A-Child

Mondays: 3rd & 10th November

7.00pm - 10.00pm

\$55.00

CPR and Basic First Aid Course for parents of babies and toddlers.

Would you know what to do?

- Choking
- CPR
- Allergic Reactions
- Burns
- Poisoning
- Convulsions



Wednesday 12th November

7.15pm - 9.30pm

\$50 WSNH members \$65 non-members

(includes membership)

Max: 12. Book in quick!

[Bookings at](#)

www.cabernetandcanvas.com.au/

[TicketShop/Artikel.html#wktab](#)

Enter your Voucher Code: **wsnh12xco**

An artist guides participants step-by-step through a painting of Cottesloe beach. Enjoy tasty beverages and nibbles (BYO) while painting. No previous drawing or painting experience necessary. Materials are provided. Come PAINT, SIP & SMILE with us!

Bookings: 0402 043 181
www.FamilyFirstAid.com.au



Bunnings Sausage Sizzle

Sunday 2nd November
8.00am - 4.00pm

WSNH needs YOU to join our team to fundraise for the House. This is an opportunity to network and contribute to the community.

Please consider getting a small team together from your playgroup or maybe you could tempt your partner to a trip to Bunnings and a free sausage!

Mark it in your diary now and get in quick to add your name to the roster at a time that suits you.



Christmas Wreaths

Wednesday 26th November
9.30am - 11.30am
\$20.00

Go 'Green' this Christmas and design a fresh, 'on trend' wreath for your front door. Mince pies and refreshments served, will inspire your festive creativity!

Bookings at the Office essential! Crèche available.



Positive Parenting Program (Triple P)

Is your 3-5 year old experiencing tantrums, whingeing, disobedience and other challenging behaviour? Then this course is for you! This 5 week **free** course and crèche is offered by the Department of Health.

There is no right way to be a parent. Triple P suggests simple routines and small changes that can make a big difference to your

family.

Wednesday mornings at WSNH from 9.30am - 11.30am, 22nd & 29th October, 5th & 12th November & 10th December. Info & bookings: 1300 550 879 or email at positiveparenting@health.wa.gov.au.



Renew Fitness Workouts

Tuesdays 7.30pm-8.30pm

\$80 (10 week Term)

\$15 Casual

Bring a water bottle and towel.

Enrolments at the Office.



Inside the brain of a tantruming toddler

Question: My almost-two-year-old is having some heavy-duty tantrums. Screaming and screeching, throwing things and more. What's the best way to respond? I'd prefer not to ignore her, which seems cruel as she is so upset. She is not speaking at all yet, and I wonder whether that is part of her frustration.

Answer: Well, congratulations! It sounds as though you have a healthy and growing child on your hands.

I know, I know. You don't feel like a winner, but being two is an intense ride, and you are definitely along for this one. Many parents report two-year-olds as sunny and cooperative and loving and sweet. And then when it goes south, the parents report that it really goes south.

To read the full article on Essential Baby, [click here](#).

Playgroup News

Operation Christmas Child

Congratulations and thank you to the Monday am playgroup who donated all of these shoeboxes filled with small gifts to the Samaritan's Purse who will distribute them to needy children in over 100 countries. Well done!



Playgroup Activities

Try 'Golf Ball Painting' by placing paper in our new trays, putting spoonfuls of paint on the paper and then picking up and angling the trays to allow the balls to roll over the paint. Great for children's coordination and lots of fun!



Post Natal Depression Playgroup

We have a wonderful PND playgroup meeting here at the House on Wednesdays from 12.00 - 2.00pm. The group has been supported by Emma from Playgroup WA. New members are very welcome, so if you know someone who would benefit by sharing time with the mums that have done it hard, let them know! Contact the Office for more details.





Playgroup term fees

\$30.00 - families of children up to 18 months.

\$35.00 - families of children 18+ months or two or more children.

A discount of 20% applies to Centrelink concession card holders.

Fees due by Oct 31st.

PAYMENT OF FEES to WSNH can be made at the Office of by

Direct Deposit to:

Name: WSNH BSB: 036036 Account:106063

Ref: your name & payment details



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