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what's on in house

Issue 7 - May 2015

Term 2: Monday April 20th - Friday 3rd July



Congratulations

By attending playgroup you are taking advantage of one of the best opportunities available to address the most significant developmental effect on your children in the 0 - 3 years age group - the family relationship.

You are among the 15% of families who participate in playgroup in WA and by doing so, address the key outcomes of learning competence and social-emotional functioning within your child's development. You also experience a higher level of social support through your playgroup. Way to go!

Enjoy our warm hub of activity over the coming months and get into some self development at one of our fabulous workshops. Oh... and just a reminder that Playgroup Term Fees are now due. Details are at the bottom of the Newsletter.

Jen and Fran



Neighbourhood House Week 11th - 17th May

It will be all hands on deck next week as mums, babies and toddlers trace their hands and colour them in with brightly coloured paints to create our magnificent Community Artwork for 2015.

Our Artwork will be hung in the House as a reminder of this nationwide initiative to celebrate the role of community, neighbourhood and learning centres in the community. . There are over 1,000 centres across Australia, all contributing to the health and well-being of their local communities, so there is certainly plenty to celebrate!



Italian Cooking - Pasta Making

Take a couple of hours off from the kids and roll your sleeves up for an authentic lesson in pasta making. Our Italian chef Valentina, will teach you how to make the perfect pasta with traditional Bolognese Sauce as well as a vegetarian option using tomatoes and basil.

Tuesday May 26th, 9.30 - 11.30am

\$25 members, \$30 non-members. Enrolments 9446 2757

Creche available \$5 per child, \$8 for two



Jam and Citrus Yoghurt Making Class

Learn how to make a citrus marmalade and other preserves to enjoy all year long using local fruit in season. Also learn how to make your own yoghurt - dairy and dairy-free. Taste our yummy homemade granola (traditional and paleo options). Class includes afternoon tea, copies of the class recipes and a home preserving pack.

Saturday 20th June, 1.00 - 4.00pm

\$35 members, \$40 non-members. Enrolments 9446 2757



Card Making Class

Come and relax for a couple of hours while you explore your creativity and have fun with beautiful card, cutters and other embellishments under the expert guidance of Kate. You'll end up with some great cards for those special occasions and some new skills and social contacts.

Wednesday 3rd June 9.30 - 11.30am

\$10 members, \$15 non-members includes materials and morning tea!

Creche available. Enrolments 9446 2757





Positive Parenting Program *takes the guesswork out of parenting!*

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. **Book in NOW for next term.**

Phone 1300 550 879 or email at positiveparenting@health.wa.gov.au



Renew Fitness Workouts

Unwind with other playgroup parents - Feel great, Look great and have FUN! Our qualified, experienced trainers will have you boxing, circuit and resistance training and working out with partners. Bring a water bottle and towel.

Tuesdays 7.30 - 8.30pm outdoors at WSNH

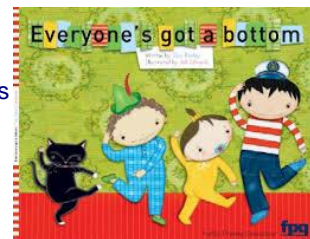
\$80 (10 week Term) \$15 Casual *First session is FREE!* Enrolments 9446 2757



Protective Behaviours

Everyone's got a bottom is a story about Ben and his brother and sister learning and talking together about bodies. It is a tool for parents and carers to gently start a conversation with children about self protection. It's about children keeping safe in a style that is fun, positive and protective.

A copy of this book is available for loan at the office at WSNH.



Management Committee Farewell

Elaine, our Vice-Chairperson is heading home to Ireland to boost their population with her husband, three beautiful children and one on the way! She has been an active and enthusiastic playgroup member and contributed much while she has been on the Management Committee over the past 3 years, especially with regard to setting up the Website. We will really miss Elaine and that beautiful Irish accent around the House, but wish her well and know that she will be a great asset to the community that she returns to. Bottle some of our sunshine to take back!



Aussie Farmers Direct

Australia's easiest fresh food home delivery service...join up and nominate our **Fundraiser Code - 1281** and you will be helping raise funds for our House!



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.

PAYMENT OF FEES to WSNH can be made in cash at the Office or by Direct Deposit to: Name: WSNH BSB: 036036 Account:106063 Ref: your name & payment details.

Fees due by May 8th.



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