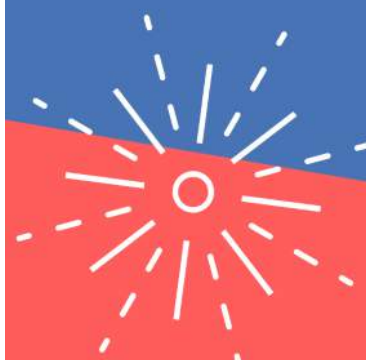


# Community News

FRIDAY, 21 AUGUST FROM 3:05 - 5:30PM

WLPS P&C

INVITES YOU TO



# NEW PLAYGROUND OPENING

FREE ENTRY



Come join in the celebration of the new playground!

Bring a picnic blanket and settle in for the afternoon with friends and family

There'll be a sausage sizzle, some sweet tunes playing, and a bar set up

# BACK-TO-SCHOOL WITH HEALTHY SMILES



## FUN FACTS



Tooth enamel is harder than steel

3rd molars are called wisdom teeth because they appear when we become older and wiser.

Tooth decay is one of the most common childhood disease and it can negatively affect a child's performance at school.

Kissing a donkey was a Middle Ages remedy for tooth ache. Don't do it now, just visit us at Cambridge City Dental and we'll sort it out!

## TIPS FOR PARENTS

BY DR PETER TERZI

- **Make dental visits a habit.**  
Bi-annual dental visit is a must for health, happy smiles for growing kids. It is recommended to visit your local dentist every 6 months for a check-up and clean to maintain good oral health.
- **Dental routine**  
Teaching your kids to brush and floss every morning and night
- **Reward good dental habits**  
Give incentives whenever kids do something that contributes to good dental health.
- **Healthy snacks**  
Sodas, sports drinks, and juices may taste yum but are not usually healthy for kids. Most have lots of sugar which sits on their teeth and cause decay.
- **Use of mouthguards**  
Sports classes are fun and essential part of school. It is important to wear a mouthguard to protect their teeth from injuries.

[FREE customised mouthguards for every kid's checkup at Cambridge City Dental so call us now at 93828266](#)





Just like *Reading* and *Writing*  
kids need to learn to *MOVE*.

KID DO helps your child develop the important movement skills in a fun, encouraging environment.

Enrol now: [www.KIDDO.edu.au/enrolment](http://www.KIDDO.edu.au/enrolment)

**PRE-PRIMARY - YEAR 2**

8:00AM - 8:45AM

WEDNESDAY BEFORE SCHOOL ON THE SCHOOL FRONT GRASS AREA

\$125 FOR 8 SESSIONS

STARTS WEDNESDAY 5<sup>th</sup> AUGUST

TERM 3 SKILLS: JUMPING AND CATCHING

*Our coaches can drop off your child to their classroom if required*

Learn more about the KIDDO program at [www.KIDDO.edu.au](http://www.KIDDO.edu.au)

Follow us on



/KIDDO.EDU.AU



@kiddo\_australia



@kiddo\_australia



THE UNIVERSITY OF  
**WESTERN  
AUSTRALIA**



Department of  
Education

GOVERNMENT OF  
WESTERN AUSTRALIA



# VACSWIM 2020

**Get ready  
for summer**

**Help your child stay  
safe and be confident  
in the water.**

Enrol now for October holiday swimming lessons. Perfect for beginner, intermediate and advanced swimmers.

5 days – child \$16, family \$41\*

9 days – child \$30, family \$81\*

\*Concessions available.

**Enrolments close 23 August 2020**

Visit [education.wa.edu.au/vacswim](http://education.wa.edu.au/vacswim)





# SCHOOL OF



# FREESTYLE MARTIAL ARTS



## NOT SURE IF MARTIAL ARTS IS RIGHT FOR YOUR CHILD?

We teach our students to  
fight... **off strangers.**

We teach our students to  
talk back... **to bullies.**

We teach **Respect,**  
**Confidence, and Courage.**



Start your term off right by  
learning focus and  
self-defence!

## CALL NOW

For your two week **FREE** trial!

Phone 0429 123 202

[www.schooloffreestylemartialarts.com](http://www.schooloffreestylemartialarts.com)

We also have adult classes available.

[admin@sofma.com.au](mailto:admin@sofma.com.au)

### Little Dragons (4-6yrs)

Days: Tuesday Thursday Saturday

Times: 3:40pm 3:40pm 8:00am

### Beginners (6-12yrs)

Days: Wednesday Thursday Friday Saturday

Times: 3:40pm 4:30pm 3:40pm 8:45am



## Relationship Education

Register now

1300 11 44 46 or [info@anglicarewa.org.au](mailto:info@anglicarewa.org.au)



## Anglicare WA Relationship Education Online

### July – December 2020

#### Bringing Up Great Kids

Join us for an interactive four week program to take some time out to reflect on the very important job of parenting. This fun, relaxed approach is a great opportunity to spend time with other parents and discover practical ways to:

- ♥ build strong, positive relationships within your family
- ♥ support your child's brain development and social emotional well being
- ♥ listen and respond to messages from your child
- ♥ encourage resilience

Parents, step-parents, adoptive parents, foster carers and grandparents – in fact anyone involved in raising children – can all benefit from this strengths based approach developed by The Australian Childhood Foundation.

**When: 10.00 am Friday 24 July 2020 (Meet and Greet session – course starts following week so this can just be a short check-in with the facilitator to see if the technology is working for everyone!)**

**10 am - 12 noon Friday 31 July/7 August/14 August/21 August 2020**

**Where: Online**

**Cost: \$40 per person**

#### Languages of Love Series

This simple but effective tool has been helping to improve connection in families, friendship groups and even the workplace. It all comes down to speaking - and hearing - each other's love language. These presentations will explore how to use 'love languages' in different relationships. So pick where you would like to start (each workshop starts with an introduction to the concept and then explores how it works in each relationship in more depth)

**Where: Each session will be delivered online via Zoom**

**Cost: \$20 per person per session or \$60 per person for all 4 sessions**

#### Languages of Love – Couples (based on the book by Gary Chapman)

**When: Wednesday 26<sup>th</sup> August 2020 6.30 pm – 8.30 pm**

#### Languages of Love – Teens (based on the book by Gary Chapman)

**When: Wednesday 2<sup>nd</sup> September 2020 6.30 pm – 8.30 pm**

#### Languages of Love – Children (based on the book by Gary Chapman and Ross Campbell)

**When: Wednesday 9<sup>th</sup> September 2020 6.30 pm – 8.30 pm**

#### Languages of Appreciation (based on the book by Gary Chapman and Paul White - workplace and social application)

**When: Wednesday 16<sup>th</sup> September 2020 6.30 pm – 8.30 pm**

## Rotary Cambridge Programme for Parents, Teachers & Carers Wednesday 12 August 2020 @ 9.00 for 9.15 a.m.

### DR MICHELE TONER – ADHD WA

Undoubtedly everyone agrees that 2020 has been a most challenging year - especially for working parents and their children during the Staying At Home weeks that we all had to endure.

Unable to get outside to participate in sporting or playground activities, there would have been many extremely energetic children trapped indoors for weeks on end, frustrated with their circumstances and switching off when requested by their parents to do their school work – how many parents may have wondered if their children are excessively active and seriously lacking concentration skills?

Inattention, hyperactivity and being impulsive are key behaviors of ADHD. There of course is a dividing line between being acutely frustrated with Staying At Home and with having ADHD.

The Rotary Club of Cambridge is delighted to welcome ADHD WA's Dr Michele Toner as the guest speaker at their Schools' Programme meeting on Wednesday August the 12<sup>th</sup>.

Michele has been a senior counsellor at ADHD WA since 1995. Her coaching creates an ongoing collaborative partnership employing her extensive ADHD knowledge, best coaching practices, and ADHD-friendly skills. She will highlight the differences between boisterous children and those with ADHD and she will be offering advice for parents and for their children on how to cope with their differing levels of self discipline and self understanding.

Details of this informative Rotary Club of Cambridge Schools' Programme talk are:

Date & Time: Wednesday 12 August 2020 at 9.00 a.m. for 9.15 a.m.

The meeting will close ±10.15 a.m.

Venue: Cambridge Bowling Club, Chandler Ave West, Floreat

**Please do not park in the Bowling Club's parking bays**

Contact Jeanette Wood to book your place: 0413 190 412 or [jp2wood@bigpond.com](mailto:jp2wood@bigpond.com)

Cost: \$5, except for teachers – includes tea or coffee