



Delivering Educational Excellence - *every child, every opportunity*

Kindergarten

2022



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Introduction

Starting kindergarten is a major milestone for you and your child and the start of a new phase of life for you both.

Your child's first years of school will be exciting and engaging and this booklet will help make the kindergarten experience at West Leederville Primary School as smooth and enjoyable as possible.

The Early Years Learning Framework and the kindergarten Guidelines underpin our WLPS kindergarten program. The teaching and learning environment has a balance between intentional play-based learning and explicit teaching of literacy and numeracy skills.

Each group will be taught by an experienced early childhood teacher and an education assistant who both have a wealth of knowledge about how children learn, grow and develop.

The learning environment is a happy, safe and stimulating place, where individual needs and differences are catered for. Our aim is to form a trusting, respectful and caring relationship with each child and each family.

Your child will be introduced to a range of age-appropriate and motivating topics in the learning areas of English, mathematics, the Arts, science, history and geography. These sessions are child centred and hands-on learning experiences designed to build on current knowledge and skill level.

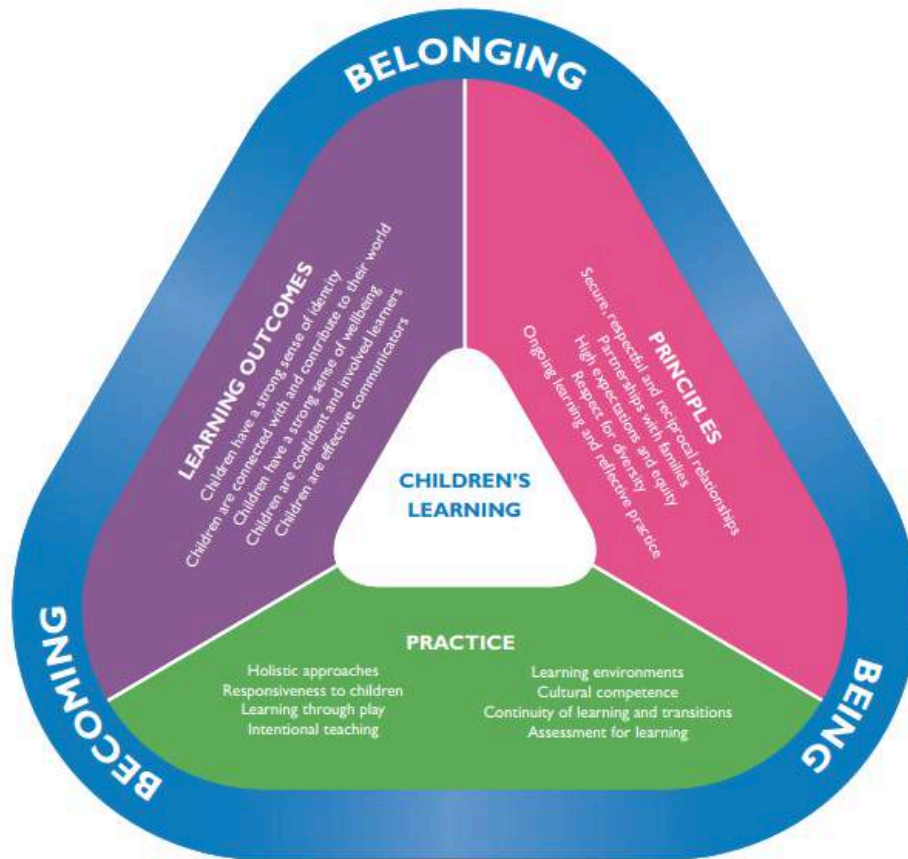
It is widely recognised that a powerful way young children learn is through play. Play is both active and interactive and it fosters children learning together. Children use play to develop their relationships, to experiment, imagine, create, practise, problem solve and role play. Play is a balance of directed and free play as per National Quality Standard (NQS) and Early Years Learning Framework (EYLF) guidelines.

Your child and family are very important new members of the school community- welcome to West Leederville Primary School!

National Quality Standard

The Australian Government has recognised the importance of increasing the focus on the early years to ensure the well-being of children throughout their lives and to lift the productivity of our nation. The drive for change is based on clear evidence that the early years are very important for present and future health, development and well-being. A National Quality Framework for Early Childhood Education and Care has been developed. This sets the National Quality Standard (NQS) that all early childhood programs, including schools from Years K to 2, must meet. There are 7 quality areas: educational program and practice, physical environment, children's health & safety, relationships, collaborative partnerships with families and communities, staffing and leadership.

Our Curriculum



This figure is a diagram showing the relationship between outcomes, principles and practice which centres on children's learning. The three themes of Belonging, Being and Becoming are included, thereby overlapping all of these elements.

Classrooms are designed to welcome your child, spark their imagination and arouse their thinking. They feature colourful displays of children's learning materials, artwork, books and construction materials.

All children enter kindergarten with different skills and experiences. Teachers develop appropriate teaching programs catering for the student's individual needs and following the National Curriculum and Early Learning Years Framework.

The Early Years Learning Framework and the Australian Curriculum are complementary and articulate a pathway of learning. These both recognise that personal and social competence, health and well-being and literacy and numeracy should be core focused areas for young children's learning.

Fundamental to the Framework is a view of children's lives as characterised by belonging, being and becoming.

Belonging

Belonging acknowledges children's interdependence with others and the basis of relationships in defining identities. In early childhood, and throughout life, relationships are crucial to a sense of belonging.

Being

Being recognises the significance of the here and now in children's lives. It is about the present and them knowing themselves, building and maintaining relationships with others, engaging with life's joys and complexities, and meeting challenges in everyday life.

Becoming

Children's identities, knowledge, understandings, capacities, skills and relationships change during childhood. Becoming reflects the process of rapid and significant change that occurs in the early years as young children learn and grow.



GETTING READY FOR KINDERGARTEN

There's a lot you can do to prepare your child, and yourself, for kindergarten. The first day of school can be an emotional time for parents and children. The more you can help your child to become familiar with the layout of the school and what they need to do before day one, the less overwhelmed they are likely to feel.

Before school starts

The summer holidays before the start of the school year are a great time to:

- show your child where the school is and talk about how you will get there;
- arrange playtimes with other families whose children will be going to WLPS- it helps if your child knows another child at school;
- practise the things your child will need to do to get ready for school (putting things in their bag, remembering to take a hat);
- confirm your before-school, after-school and vacation care arrangements; and
- be positive about starting school and enjoy your child's excitement.



The night before kindergarten starts

Lay out your child's clothes, shoes and socks.

Establish a sleep routine. You may find your child needs more sleep when they start kindergarten. Try to establish a nightly routine with a set bedtime to ensure your child is well rested.

The first days of kindergarten

Help your child to pack their school bag with a piece of fruit, drink, lunch and a hat. Place a change of clothes with a spare pair of underpants in a plastic bag. Let your child know these clothes are in the bag in case of any accidents. Put sunscreen on your child in the morning if it is needed. At the end of the day talk to your child about what happened at kindergarten.

Dressing for school

WLPS have our own kindergarten uniform which can be ordered online (wlps.wa.edu.au), or on the first Thursday morning of each term, between 8.30am and 9.15am in the school hall (main school campus).

A named broad brimmed hat is to be supplied. We encourage kindergarten children to wear the school uniform hat as it complies with our sun-safe policy. Look for easy fasteners when choosing belts, shoes and bags.

Encourage your child to dress themselves so they will be able to manage their jumpers and shoes at kindergarten.

Looking after belongings

Label all your child's belongings and show your child where these labels have been placed.

In the event of lost property, check with the class teacher.



BEGINNING KINDERGARTEN

All WLPS kindergarten sessions commence at 8.30am.

Children are to arrive with an adult just prior to the start of the sessions. Try to leave home with plenty of time to get settled before the school day starts. Doors open at 8.25am.

Make sure you allow time to say goodbye and for your child to join others at play inside.

Saying goodbye

At first you might like to stay for a while until your child feels secure at school. Once your child has settled into class, a short and reassuring goodbye encourages independence. Always tell your child that you are leaving and who will be picking them up at the end of the day.

Picking up children at the end of the day

The kindergarten session concludes at 2.40pm.

Students sit inside on the mat until staff sight their parent and call the child's name. Parents need to wait outside the door for their child to be called and allow the children to exit a few at a time. This is important for staff to ensure that all students are accounted for and are safely collected by their nominated person.

Students will only be allowed to go home with their parents or a nominated adult. If someone else is to collect your child, notify staff and write the details on the specified collection sheet.

Please ring the centre if you know you are going to be late or if arrangements change, so that we can let your child know and prevent them from becoming distressed.

Session Times

8.30am- Start of kindergarten session

2.40pm- End of kindergarten session

TERM DATES

TERM 1 : Mon 31 Jan - Fri 8 April

TERM 2 : Tue 26 April - Fri 1 July

TERM 3 : Mon 18 July - Fri 23 Sept

TERM 4 : Mon 10 Oct - Thu 15 Dec

SCHOOL DEVELOPMENT DAYS

Thursday, 27 January 2022

Friday, 28 January 2022

Friday, 27 May 2022

Friday, 19 August 2022

Monday, 10 October 2022

Friday, 16 December 2022



PRACTICAL MATTERS

We encourage you to keep in regular contact with your child's teacher to discuss activities your child is involved in, find out how they are adjusting to school and assist the teacher to find out more about what your child's interests are. Keep the teacher informed of any changes in your child's life that may impact on their work or enjoyment of school. Kindergarten teachers are sensitive to the needs of young children and are there to help and guide them.

Keep talking to your child about kindergarten, ask them about their new experiences, what they like and what they find difficult. Organising time for your child and their new friends to play together outside of school will help to cement relationships.

Attendance

We are pleased to offer you a 'staggered' start time on your first day of kindergarten. This strategy enables us to give you and your child some individual attention on arrival. You will be notified via email of the time you are to arrive on the first day. Thereafter, the starting time will revert back to 8.30am.

What to bring to Kindergarten each session

- Large backpack (40cm x 30cm)
- Piece of fruit, vegetable, cheese or crackers to share for morning tea
- Lunch
- Hat
- Drink bottle filled with water only
- Spare set of clothes (for occasional accidents)





Once enrolled in kindergarten, it is important that children develop regular attendance habits. Going to kindergarten, pre-primary and year 1 each day gives children the best start to school. If your child attends school regularly in the early years, they are more likely to continue this in the future.

Teachers plan programs sequentially, so when children don't attend school regularly, they miss out on important information, learning and skills. Children who are regularly absent risk missing out on the basic building blocks in core learning areas.

If your child is absent from school, please notify the school via the School Stream app, our website <https://wlps.wa.edu.au> or by phone or email.

If your child is absent from school without parental notification, we will email or ring you to ascertain the reason.

If possible, please make medical/dental appointments outside of school hours.

Contact details

The safety of all students and staff is paramount. In case of an emergency, it is important that the school has your current contact details. Details can be updated via the weblink on our website, or via the School Stream app.

Birthdays

We are very happy to celebrate your child's birthday at kindergarten and you are welcome to bring individual cup cakes, ice cream cones or icy poles (depending on the weather) to share on your child's birthday.

When catering for the class remember there will be at least two serves required and check with staff beforehand if there are any allergies or cultural needs to be catered for. Please keep portions small.





Voluntary Contributions

The West Leederville Primary School Board endorses the schedule of Contributions and Charges each year. The schedule is broken into five sections and will allow you to calculate all costs that may be incurred throughout the year. The costs outlined are maximums that the school will not exceed and actual costs for most parents will be well below these figures. The schedule is supplied to all students and is available on the school website. The P&C also ask that you support the school by paying their voluntary contribution annually. The West Leederville Primary School community are involved in a number of fundraising activities which require your ongoing support.

Support for students

Government schools are for all children. Diversity among students and their families is recognised and welcomed. All school staff and teachers are committed to working with you to provide every possible assistance and support for the wellbeing of your child.

WLPS engages the expertise of the 'School Health Services' each year for all kindergarten students and any new students/families to WLPS who require the school nurse services.

School Health Service's role is to work with children, families/guardians and classroom teachers for the early detection of physical and psychosocial health and development issues which may impede health, wellbeing and school achievement. Care provided to individual children and their families may entail assessment, brief intervention, health information, referral, monitoring and support.

The School Health Service (school nurse) will implement the School Entry Health Assessment program for all kindergarten students which includes vision, hearing and developmental screening and BMI assessment.

Information and Communication Technology

West Leederville Primary School is leading the way in digital learning. Children are engaged by new technology and many are confident users of it. Knowing how to use technology helps children with the fundamental skills of reading, writing and mathematics, and also forms part of the skill set children need for life in the 21st century.

West Leederville Primary School is a technology-rich environment, with students using computers, iPads, iPods and a range of online resources and software in the learning areas. During the year, kindergarten students are introduced to the various applications.

Services are available to support students who have additional needs including psychologists, speech pathologists, occupational therapists and other related professionals. These professionals are involved in a range of activities, including student and family support, assessment, crisis response, consultation with school staff, group work and the facilitation of early intervention programs in schools.

If you would like any further information regarding support services, ask your kindergarten teacher for advice.

What food to bring

The students have a shared mid-morning fruit break every day. This is a routine which provides for social learning where the children are encouraged to use acceptable table manners, to wait, take turns and to talk and chat to their peers. Students are asked to provide a piece of fruit each day and we love to try new and unusual fruits. You may also send healthy alternatives such as dried fruits, cheese, bread sticks or rice crackers, vegetables and dips. Staff use tongs to serve the fruit and students practise good hand-washing prior to fruit time.

Each day the students will need to bring a packed lunch in a named container. Ensure your child can manage to undo any food wrappings, containers, lunch boxes and drink bottles. Each student is to be supplied with a named drink bottle which they can open and close independently.

For the protection of children with allergies, please support our 'Nut Aware' policy by not bringing products containing nuts or traces of nuts to school.

Notes between home and school

Notices will be placed on the notice boards outside the classrooms, but please also check your email and the School Stream app as the primary form of communicating with parents is via digital means.

Instructions on how to download the School Stream app are at the following link: <https://www.schoolstream.com.au/download>

Parents of separated families are encouraged to agree on methods of communication between home and school so that everyone is included.

Travelling to and from school

Parking at both schools is at a premium. Car pooling or walking is a great option. Council rangers patrol areas around schools and it is advisable to take note of any parking restrictions. Younger siblings should not be left unattended in cars during drop off and pick up times.

If possible, please make medical/dental appointments outside of school hours.

School Development Days

Schools have School Development days each year for staff professional development and school planning. Students do not attend school on these days. The term dates for students in 2021 are as outlined in the table on page 7.

Outside school hours care

Operating out of WLPS, Camp Australia Childcare provides before and after school care. Children at the Lake Monger Kindergarten site are catered for by Mulberry Tree Lake Monger OSHC.

Further details of the services offered by these childcare providers are available on our website and are as follows:

West Leederville Primary School OSHC on info@campaustralia.com.au or 1300 105 343 or 0429 057 773.

Mulberry Tree Lake Monger OSHC on Wembley.kidsclub@mulberrytree.com.au or 0429513537

Uniforms

The kindergarten students are encouraged to wear the bright coloured T-shirts in summer and windcheaters in winter, which are part of their uniform.

Uniforms can be purchased online via our website <https://wlps.wa.edu.au> or directly from the School Uniform shop. The shop is operated by a sub-committee of the P&C and staffed by parent volunteers. Orders placed online will be filled on Thursdays and can be collected from the school office.



HEALTH AND MEDICAL INFORMATION

If your child is sick at school

If your child gets sick or is injured at school, we will contact you and seek the necessary medical attention. You will be called to come and collect your child if they are too sick to remain in class. For this reason, it is important to keep your current contact details with the school. Contact details can be updated via the school's webpage or School Stream app.

If your child is sick at home

If your child is obviously unwell or you think they are becoming unwell, please err on the side of caution and keep them at home, as we have a lot of children that can be affected.

Please keep your child away from school and see your doctor if your child has:

- a fever of 38°C or above
- vomiting or diarrhoea
- severe cold or flu symptoms
- rashes of unknown origin
- a persistent cough

Immunisation

Children enrolling in kindergarten must be up to date with all the scheduled immunisations for their age to be able to attend school. You are required to show your child's Australian Immunisation Register (AIR) Immunisation History Statement as proof of immunisation. From pre-primary onwards, if an outbreak of an infectious disease occurs at the school, parents of children who do not have an up to date immunisation status will be asked to keep them at home, until the danger has passed. You can check your child's immunisation status online: www.medicareaustralia.gov.au/public/online-services/

If your child has contracted a communicable disease such as chicken pox or measles, the school should be notified as soon as possible after the diagnosis has been confirmed.

Medication

Sometimes children need to have prescribed medications during the day and, whilst it is preferable for parents to administer them, we are able to do so when given adequate information and a completed and signed [Administration of Medication Form](#) beforehand. The medication must be clearly labelled with the child's name and provided in packaging from the pharmacy or the manufacturer.





Allergies

If your child has an allergy you must alert administration upon enrolment and advise the class teacher. An allergy action plan which has been developed by your doctor, along with your child's medication, including a labelled EpiPen if prescribed, must be provided to the school.

Head lice

It is common for school children to get head lice at some time and it has nothing to do with being clean or dirty. Head lice can spread when children are in close contact, but head lice do not cause any harm to your child's health.

To prevent your child getting lice:

- check your child's hair regularly
- keep long hair tied back

If your child has head lice:

- remove tangles with a large comb, then comb hair with a thick, white hair conditioner using a fine-tooth comb to get rid of head lice and their eggs (nits) daily until there are no more eggs.
- continue to send your child to school
- inform the school so they can ask others to check their children's hair; your child does not have to be identified.

For more information:

https://healthywa.wa.gov.au/Articles/F_1/Head-lice

Allergies

Anaphylaxis is a severe, rapidly progressive allergic reaction that is life threatening.

If your child suffers from any food allergies it is important that you inform the school administration and classroom teachers.

An individualised anaphylaxis care plan (risk minimisation plan) developed in consultation with parents, will be put in place for each student at risk. ASCIA Action Plans (medical management plan) completed by the child's treating doctor or nurse practitioner should be included in the individualised anaphylaxis care plan. The purpose of this care plan is to document the child's allergies, treatment to be administered in the event of an allergic reaction including anaphylaxis, and the risk minimisation strategies that will be put into place to prevent exposure to known allergens. Individualised anaphylaxis care plans must be updated at the start of each calendar year.

We ask parents not to send foods containing nuts, sesame seeds or shellfish to school to prevent other children being put at serious health risk.





BEING INVOLVED

Children love to see their parents and carers at their school, whether helping out in the classroom, canteen or being involved in other ways. Research shows that students perform better at school when their parents or carers take an active interest in their school work. Your contribution to the school is needed and valued.

In order to provide a wide range of experiences and to give the children the attention they need, help is required to prepare for the activities we provide. If you have special skills or hobbies you would like to share, let us know so you can help to enrich our program.

Rosters are displayed on the notice board and we encourage you, your partner, or grandparents and relatives to be involved. Hopefully, each child will have someone come along at least once a term.

The children get a great deal of pleasure and pride when you come to a kindergarten session and it is a valuable opportunity for you to see how your child is developing and growing in a school setting. All family members who would like to participate in school activities will be required to sign a confidentiality declaration available from the classroom teacher or school office.

We have a roster to take home a bag of laundry (tea towels, aprons, dress ups) at the end of the week. We really do appreciate your help.

Ways you might like to get involved:

Volunteers

- help in the classroom
- participate in the laundry roster
- listen to children read
- help with school excursions
- volunteer to be the Class Parent Representative
- join the Dad's Army
- Join FOWLS (fathers of West Leederville Primary School).





P&C

The Parents and Citizens' Association (P&C) at our school is involved in making decisions about the school and how it spends the funds it raises. If you can't get involved in the P&C meetings you can get involved in other things for the school, such as fundraising and social events. P&C meetings are held in week 3 and week 8 of each term in the school library, commencing at 7.30pm.

School Board

WLPS is an Independent Public School. Independent Public Schools set their own strategic directions, have authority for day-to-day decision making and are in an ideal position to make decisions that best cater for their students. Parents and community members have an important and enhanced role in this initiative through the School Board.

The School Board meets week 3 and week 8 of each term. Details of our current Board members are available on the school website. Notice of the upcoming elections to the School Board will be indicated in the school newsletter and on the school website.

Tips for getting involved

- use the internet to keep up-to-date with your child's learning and to communicate with teachers
- subscribe to our School Stream app and Facebook page
- read the school newsletter and other school notices
- attend the school Open Night, family events and other special activities at school
- help out with fundraising activities, sports days, excursions and other events
- be involved with the School Board or parent social occasions.





COMMUNICATION

The following communication channels are available so you can be kept informed of your child's experience at school. You can also arrange meetings with class teachers or the Principal throughout the year.

School App

The primary means of communication used by WLPS is the School Stream app, which provides an easy and effective way to disseminate information quickly. The School Stream app is a mobile phone app that communicates directly with iPhone and Android devices. The app provides parents with a convenient way to receive school notifications, newsletters, consent and authorise payment for excursions and events, school notices and alerts.

Instructions on how to download the School Stream app are at the following link: <https://www.schoolstream.com.au/download>

School newsletters

The school newsletter is produced three times a term and published on the app and website. The newsletter contains important dates and promotes student achievements. In order to receive the newsletter, parents are requested to subscribe via the WLPS website <https://wlps.wa.edu.au/newsletters/>. The newsletters are also available on the app.

A community newsletter is published in conjunction with the school newsletter and a P&C newsletter once a term.

Facebook page

Our school's Facebook page allows our community to keep up to date with activities through a medium preferred by many. For anyone wishing to use our Facebook page, the best way to receive the updates is to visit www.facebook.com/WestLeedervillePS and press the thumbs up 'Like' button. This way when we post updates, you'll receive them in your page. Please also read our Facebook Code of Conduct on our website; it is important you understand how we believe the facility can be used best.





Going to school everyday really matters

You can help by:

- talking positively about school so your child is happy to go each day
- showing interest in what your child is doing at school and talking with the teacher about what you can do at home
- setting play dates to help your child make friends
- teaching your child how to share and take turns
- arriving at school and collecting your child from school on time
- making sure your child gets nutritious meals each day and enough sleep each night
- making appointments with doctors, dentists and specialists after school or during the school holidays
- taking family holidays during the school holidays and not during term time.

Annual Report

Our school provides a concise annual summary of its achievements and progress towards improving student learning, engagement and wellbeing, as well as information on students pathways and transitions on to further education.

Reports are placed online on the WLPS website and on the Schools Online website.

Parent - Teacher interviews

Parent - teacher interviews offer a formal opportunity to speak with your child's teacher about your child's progress.

If you have questions about your child's performance at school at any time, please speak to your child's teacher as soon as possible. You can contact the school or teacher for an appointment.

Parent concerns

If you have any concerns about your child's education, you should raise them in the first instance with your child's teacher. If you still feel you need further assistance, contact the school office and request an appointment to speak with a member of the school administration.



HANDWRITING STYLE

Correct Pencil Grip

While technology has impacted on the different ways we communicate, the ability to handwrite legibly remains a vital skill in many aspects of everyday life. It is important to establish and reinforce a proper pencil grip as early as possible. The tripod grip is the preferred grip as it allows for proper control of the pencil. In the tripod grip the thumb, index finger and middle finger form a triangle to hold the pencil with the ring finger and the little finger supporting the middle finger. The pencil should be positioned between the three fingers so there is equal pressure. The index finger should rest on the top of the pencil. All fingers are slightly bent.

- Hold pencil with a light grip.
1. Thumb holds pencil.
 2. First finger rests on top of the pencil.
 3. Pencil rests against third finger.

Left hand




Right hand



South Australian font

a	b	c	d	e	f	g	
h	i	j	k	l	m	n	o
p	q	r	s	t	u	v	
w	x	y	z				



WEST LEEDERVILLE PRIMARY SCHOOL



Department of
Education

Public education
A world of opportunities

HEALTHY FOOD AND DRINK CHOICES

FACTSHEET

Tips for making healthy food and drink choices – Parents and carers

Children's energy needs for a busy day at school require them to eat a variety of foods. Children will have the best chance of getting all the nutrition they need if they are offered a variety of tasty and healthy foods every day.

Over their schooling life children can consume up to 2500 meals. Therefore it is crucial that these meals are nutritious, whether brought from home or purchased from the school canteen. All meals should reflect healthy food choices.

Healthy foods allow children to:

- ✓ grow and develop
- ✓ concentrate.

Lunches from home reflect:

- ✓ personal choice
- ✓ parental knowledge about health and nutrition.

Parents and carers can support healthy food and drink choices. When making lunches at home:

- ✓ include bread, wholegrains, rice, pasta or noodles (try wholegrain for extra goodness)
- ✓ include reduced fat milk, cheese or yoghurt
- ✓ include some meat, fish, chicken, eggs
- ✓ go for 2 (fruit) and 5 (vegetables).

Some lunch ideas:

- ✓ sandwiches, rolls or wraps
- ✓ quiche
- ✓ mini pizza with cheese and vegetable toppings.

These foods and drinks are not good choices for school lunches:

- ✗ chips, crisps and similar snacks
- ✗ high fat savoury biscuits and snacks
- ✗ sweet biscuits and cereal bars
- ✗ lollies and chocolates.



✓
GREEN
FILL THE
MENU



⊖
AMBER
SELECT
CAREFULLY



⊗
RED
OFF THE MENU



How To Read With Your Child

A PARENTS' QUICK GUIDE

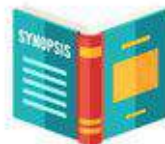


Development
Frustration

Choose the right book! Your child should be able to read **95** out of every **100** words. Higher than this and they could be missing out on further development. Lower, and they could be reading at 'frustration level'.
(Test this by reading 100 words with them!)



Avoid the temptation to compete through the **school scheme levels** with your child's peers.



Discuss the story so far, or the book's **synopsis** (blurb) from the back cover. Make predictions on what will happen next.



When reading, **track** the words - use either their finger, a ruler, a pen...



Make a **list** of the words that couldn't be read, and **review** them at the end, then again at the start of the next session.



Spend part of the session **reading** to your child. This models good practice. Show them how you'd blend an unfamiliar word (pretend you don't know one!).

Try **substituting** the author's words with new ones. Do they have the same effect? Why / why not? Can they tell the characters' feelings by their words or actions?



Read regularly! Several times per week is best. Doesn't have to be a long time each session. Go with the flow and make it fun. Consistency is vital.



Use a variety of strategies to read the unfamiliar words - i.e. use **context clues**, **picture clues** (sparingly), **build the word up** (blend) using known **phonic sounds** (s-n-a-p = snap). It's handy to have a pencil and paper at the ready to show words with similar patterns.



Make a **grid** and in each box write a phonic pattern the child is struggling to remember, along with a corresponding **picture** e.g. for 'ph' write the pattern (grapheme) along with a small picture of a phone, or a dolphin... Review these graphemes each reading session. Try spelling words containing them. Put them on your fridge!



Vary the reading material. Use a **library**. Include factual as well as fictional.



Try **digital reading** material too. There are many interactive reading apps available.

INSIGHTS

Talking to kids makes them smart

The links between school achievement and parents' ability to talk with kids from a young age are now well established.

The language stimulation children receive when they talk with parents is one factor. But engagement in conversation with parents benefits kids in a far broader sense. In many ways it is through conversations that kids get a real sense of us as parents. It is through talking with kids that we impart some of our knowledge, ideas, wisdom and thoughts while also gaining access to a window into their worlds and the way they think. In the current age of digital distraction, talking with children and young people can be a challenge. Busy schedules, homes designed for individual enjoyment rather than group living, a plethora of screens competing for attention and kids that clam up at the first sign of a chat are some of the conversation blockers parents must overcome.

You need to be cunning, proactive and inventive to get some chat going at home. These are some ideas that will help.

- 1. Turn screens off.** Are you competing with televisions, computers and electronic games for your kids' attention? If so, take control of the screens to create some conversational space. Start with a screen-free day each week or screen-free hour each day if you have a home full of young hard-core screen junkies.
 - 2. Turn screens on.** If you can't beat them, join them. Some television programs provide great conversational fodder, particularly for older children and teens. Topics can range from "Who's going to win *My Kitchen Rules*?" or "What happens to the winners of *My Kitchen Rules*?" to "What is the point of *My Kitchen Rules*?"
 - 3. Have regular mealtimes.** The family that eats together talks together. Meals are great social occasions – more than just refueling stops. They provide terrific opportunities for families to get together and talk. It's no coincidence that families who enjoy and appreciate food generally enjoy close relationships as well. However, for this to work it's important that meals are screen free, so turn off the television and ban phones at the table.
 - 4. Move more.** If sitting and chatting is not your child's thing then try to get some action happening. Boys, in particular, tend to talk more when they are playing, walking or involved in activity with an adult.
 - 5. Talk with kids on their own turf.** Many children will open up in the privacy of their own bedroom where they tend to feel more relaxed and secure. If you have something important to discuss then choose a comfortable place and a time that promotes good conversation.
 - 6. Try shoulder-to-shoulder parenting.** Travelling together in a car with the radio off, washing the dishes together or playing a game can all provide opportunities for talk. Paradoxically, many teenagers will talk more when they don't have to concentrate or make eye contact with the other person. That's why cars can be great conversation catalysts for parents.
- Every family has their own way of getting the talk happening. Figure out what works for you and make sure it happens. The best communication in families happens when no one is working at it, however busy modern families need to work on their communication rather than leave it to chance.

by Michael Grose

USEFUL WEBSITES



West Leederville Primary School

Phone: (08) 9381 1655

<https://wlps.wa.edu.au>

www.facebook.com/WestLeedervillePS

School Stream App

<https://www.schoolstream.com.au/>

WA Department of Education and Training

Phone: (08) 9264 4111

www.education.wa.edu.au/

Schools Online

www.det.wa.edu.au/schoolsonline/

Australian Curriculum

www.australiancurriculum.edu.au

Starting Kindergarten & Pre-Primary

<http://det.wa.edu.au/schoolsandyou>

Healthy body, healthy mind

<http://nutritionaustralia.org/>

www.waschoolcanteens.org.au/

<http://heartfoundation.com.au/>

<http://beactive.wa.gov.au/>

<http://www.natureplaywa.org.au/>

Communicable Diseases

[http://www.public.health.wa.gov.au/3/281/2/
notification_of_communicable_diseases.pm](http://www.public.health.wa.gov.au/3/281/2/notification_of_communicable_diseases.pm)

Anti-bullying and safety online

www.bullyingnoway.com.au

www.cybersmart.gov.au

Gifted and talented education

[http://www.det.wa.edu.au/curriculumsupport/
giftedandtalented/detcms/portal/](http://www.det.wa.edu.au/curriculumsupport/giftedandtalented/detcms/portal/)

Allergies

www.allergyfacts.org.au

Lifesaving WA

<http://lifesavingwa.com.au/>

Camp Australia

West Leederville OSHC

info@campaustralia.com.au or 1300 105 343.

Mulberry Tree OSHC

Wembley.kidsclub@mulberrytrees.com.au or 0429513537

Child Care Benefit

<http://www.humanservices.gov.au/>

Best Beginnings

<http://www.dcp.wa.gov.au/>

[SupportingIndividualsAndFamilies/Pages/
BestBeginnings.aspx](http://www.dcp.wa.gov.au/SupportingIndividualsAndFamilies/Pages/BestBeginnings.aspx)

Child and Adolescent Health Services

<http://www.pmh.health.wa.gov.au/>

Raising Children Network

<http://raisingchildren.net.au/>

State Library of Western Australia

<http://www.slwa.wa.gov.au/>

Playgroup WA

<http://playgroupwa.com.au/>

Storyline Online

<http://www.storylineonline.net/>



TERM DATES

TERM 1 : Mon 31 January - Fri 8 April

TERM 2 : Tue 26 April - Fri 1 July

TERM 3 : Mon 18 July - Fri 23 September

TERM 4 : Mon 10 October - Thu 15 December

SCHOOL DEVELOPMENT DAYS

Thursday, 27 January 2022

Friday, 28 January 2022

Friday, 27 May 2022

Friday, 19 August 2022

Monday, 10 October 2022

Friday, 16 December 2022

PUBLIC HOLIDAYS

New Year's Day	Mon, 3 Jan 2022
Australia Day	Wed, 26 Jan 2022
Labour Day	Mon, 7 Mar 2022
Good Friday	Fri, 15 Apr 2022
Easter Monday	Mon, 18 Apr 2022
Anzac Day	Mon, 25 Apr 2022
Western Australia Day	Mon, 6 June 2022
Queen's Birthday	Mon, 26 Sept 2022
Christmas Day	Sun, 25 Dec 2022
Boxing Day	Mon, 26 Dec 2022
Christmas Day	Tue, 27 Dec 2022

March

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30	31					



every child, every opportunity



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