

# Newsletter

## Volume 5 - Term 2 - 2026



### Principal's address

#### Dear Parents and Caregivers,

Welcome to Term 2. We hope all families had a lovely, chocolate filled, Easter.

#### ANZAC day Service

Our school community came together on Thursday, 24th April to commemorate ANZAC Day with a respectful and reflective service. Students demonstrated excellent respect and understanding of the significance of the occasion, honouring the service and sacrifice of those who have served our country.

We were privileged to welcome a special guest, Maisara Muzzaffar, who attended on behalf of Terry Healy MLA and laid a wreath during the ceremony. This was a meaningful moment for our students and staff, reinforcing the importance of remembrance within our wider community.

Thank you to all involved in the organisation of the service and to our students for the reverence they showed throughout.

#### First Aid

On Monday 20 April, all staff successfully completed their First Aid certification. This training ensures that staff are equipped with the knowledge and skills to respond effectively to medical situations, supporting the safety and wellbeing of all students.

We thank staff for their commitment to maintaining a safe school environment and for their ongoing dedication to student care.

#### Avenues for Information

Please stay up to date with the latest information by ensuring you are connected to Connect. Both the Primary School and P&C are on Facebook, please find us there for updates and notices. The school website can be found at <https://www.ashburtondriveps.wa.edu.au/>

Kind Regards

Heather Fallo

Principal

### Dates to Remember

#### Monday 27 April

ANZAC DAY – Public Holiday

#### Friday 8 May

Newsletter – Room 14

#### Friday 22 May

Newsletter – Room 17

#### Wednesday 27 May

National Simultaneous Storytime – Luna Roo

#### 27 May – 3 June

National Reconciliation Week

#### Monday 1 June

WA Day – Public Holiday

#### Friday 5 June

Assembly – Room 6 & 7

### Ashburton Drive Primary School

6 Nullagine Way  
Gosnells WA 6110  
9234 6300

[AshburtonDrive.PS@education.wa.edu.au](mailto:AshburtonDrive.PS@education.wa.edu.au)

### School hours

**Start:** 8:45am

**Recess:** 10:55am – 11:15am

**Lunch:** 1:15pm – 1:45pm

**Final bell:** 2:45pm

# Discover the magic of reading

Register your child for the Premier's Reading Challenge! From 23 March to 12 June 2026, students from Kindergarten to Year 12 can discover the joy of reading and log their progress for a chance to win weekly prizes.

Visit [premiersreadingchallenge.wa.edu.au](http://premiersreadingchallenge.wa.edu.au) for more information.



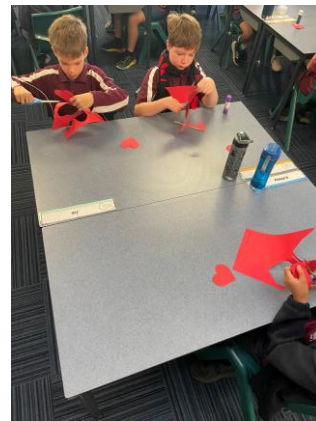
## Term 2 Parent Planner

Our Term 2 2026 parent planner is available from our website if you would like to download a copy.

Ashburton Drive PRIMARY SCHOOLS		Ashburton Drive Primary School Term Planner: Parent Term 2 2026 - 28/4/26				Ashburton Drive PRIMARY SCHOOLS	
Week	Monday	Tuesday	Wednesday	Thursday	Friday		
1	20 April PD Day	21 April Students Resume *Dance Till You Drop *Kindy - Unit 1A *Kindy - Unit 2A	22 April *Kindy - Unit 1A *Kindy - Unit 2A	23 April *Dance Till You Drop *Kindy - Unit 1B	24 April *ANZAC Assembly - 9am *Kindy - Unit 1B *Newsletter - Room 16		
2	27 April ANZAC DAY	28 April *Dance Till You Drop *Kindy - Unit 1A *Kindy - Unit 2A *Footy Clinic - PP-Yr 6	29 April *Kindy - Unit 1B	30 April *Dance Till You Drop *Kindy - Unit 1B	1 May *Kindy - Unit 1B		
3	4 May *Kindy - Unit 1A *Kindy - Unit 2A	5 May *Mother's Day - ECE *Kindy - Unit 1A *Kindy - Unit 2A	6 May *Kindy - Unit 1A *Kindy - Unit 2A	7 May *Dance Till You Drop *Kindy - Unit 1B	8 May *Newsletter - Room 14		
4	11 May *Kindy - Unit 1A *Kindy - Unit 2A	12 May *Dance Till You Drop *Kindy - Unit 1A *Kindy - Unit 2A	13 May *Kindy - Unit 1B	14 May *Dance Till You Drop *Kindy - Unit 1B	15 May *Kindy - Unit 1B		
5	18 May *Kindy - Unit 1A *Kindy - Unit 2A	19 May *Dance Till You Drop *Kindy - Unit 1A *Kindy - Unit 2A	20 May *Kindy - Unit 1A *Kindy - Unit 2A	21 May *Dance Till You Drop *Kindy - Unit 1B	22 May *Kindy - Unit 1B *Newsletter - Room 17		
6	25 May *Kindy - Unit 1A *Kindy - Unit 2A	26 May *Dance Till You Drop *Kindy - Unit 1A *Kindy - Unit 2A	27 May *National Simultaneous Storytime 2026 - Luna Roo *National Reconciliation Week 27 May - 3 June *Kindy - Unit 1B	28 May *Dance Till You Drop *Kindy - Unit 1B	29 May *Kindy - Unit 1B		
7	1 June WA DAY	2 June *Dance Till You Drop *Kindy - Unit 1A *Kindy - Unit 2A	3 June *Kindy - Unit 1A *Kindy - Unit 2A	4 June *Dance Till You Drop *Kindy - Unit 1B	5 June *Kindy - Unit 1B *Newsletter - Room 11 *Assembly - Room 6 & 7		
8	8 June *Kindy - Unit 1A *Kindy - Unit 2A	9 June *Dance Till You Drop *Kindy - Unit 1A *Kindy - Unit 2A	10 June *Kindy - Unit 1B	11 June *Dance Till You Drop *Kindy - Unit 1B	12 June *Kindy - Unit 1B		
9	15 June *Kindy - Unit 1A *Kindy - Unit 2A	16 June *Dance Till You Drop *Kindy - Unit 1A *Kindy - Unit 2A	17 June *Kindy - Unit 1A *Kindy - Unit 2A	18 June *Dance Till You Drop *Kindy - Unit 1B	19 June *Kindy - Unit 1B *Newsletter - Room 13 *Faction Cross Country		
10	22 June *Kindy - Unit 1A *Kindy - Unit 2A *School Photos Day 1	23 June *Dance Till You Drop Concert 4:30pm TBC *Kindy - Unit 1A *Kindy - Unit 2A	24 June *Kindy - Unit 1B	25 June *Dance Till You Drop Concert 4:30pm TBC *Kindy - Unit 1B	26 June *Kindy - Unit 1B *School Photos Day 2 *Interschool Winter Carnival Yr 5/6		
11	29 June *NAIDOC Week - 5-12 July *Kindy - Unit 1A *Kindy - Unit 2A	30 June *Kindy - Unit 1A *Kindy - Unit 2A	1 July *Kindy - Unit 1A *Kindy - Unit 2A	2 July *Kindy - Unit 1B	3 July *Last day of term 2 *NAIDOC Assembly *Kindy - Unit 1B *Newsletter - Room 2 *Assembly - NAIDOC		

# Room 16

In Room 16, students have been learning to write persuasive letters. In pairs, they brainstormed an animal that they would like to keep at school. They then planned and wrote a persuasive letter to Ms Fallo to convince her why they should be allowed to keep that animal at school.



For ANZAC Day, Room 16 students used the iPads to conduct research about ANZAC Day and its significance, as well as associated symbols and traditions. Students also created paper poppies to be displayed as a symbol of remembrance. In addition, students learnt about the contribution of Aboriginal and Torres Strait Islander peoples to Australia's military history, from World War 1 to the present day.

## P&C News

The P & C need you, our numbers are extremely low, and this makes planning, organising and running events for the school extremely difficult.

Not sure what the P & C is about? Come along and help at the Mother's day stall or come along to our next meeting (this is still TBC)

Have questions? message me Yvonne 0431396079 or send an email [adpspc@gmail.com](mailto:adpspc@gmail.com) or find us on Facebook 🍌

It's almost Mother's Day and the P&C will be running its annual Mothers day stall next week: on Tuesday & Friday. This is a cash only event. 🌸 🌸 🌸

We are still planning our Cookie Dough Fundraiser - more information to come soon 🍪 🍪 🍪

Yvonne

Vice President

## Uniform shop news

Open every Wednesday 8:30 am to 9:15 am. All sizes are back in stock. Lost property is located outside the library. Please ensure everything is labelled - if it has a name, we can get it returned to you.

Thank you



## Community News



Government of Western Australia  
Child and Adolescent Health Service



### FREE influenza vaccine

Influenza (FLU) is a common disease that can affect your lungs and breathing.

- It is very easy to catch and spread.
- It can sometimes feel like a mild cold.
- But it can make some people, including healthy babies and children, very unwell.

**The Flu vaccine is safe and effective.  
Everyone over 6 months old  
should get it every year.**

Children aged between  
2 and 11 years can now have  
a **NEEDLE-FREE** Flu vaccine  
in their nose!



You can get free vaccines at:

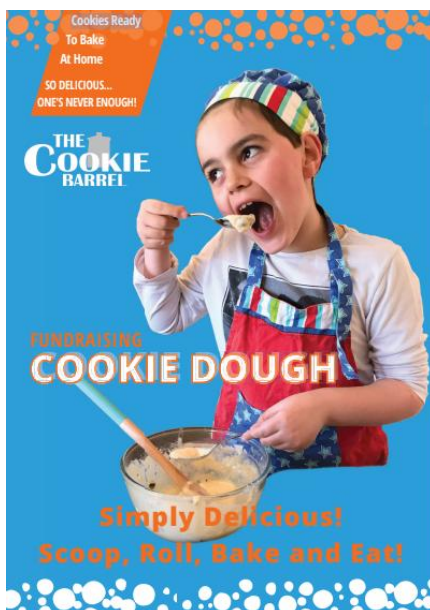
**CHILD & PARENT CENTRE - GOSNELLS**  
After school **WEDNESDAY 29/4/26 & 13/5/26**

- Register for an appointment:  
[cahs.health.wa.gov.au/immunise](https://cahs.health.wa.gov.au/immunise)
- Book: 1300 749 869

- Find out more:  
[healthywa.wa.gov.au/influenza](https://healthywa.wa.gov.au/influenza)



Produced by Child and Adolescent Health Service - Community Health 2026 CAH-001843\_site




**THE COOKIE BARREL**

**About The Cookie Barrel**

The Cookie Barrel has been providing scrumptious cookies to the Western Australian cafe scene for more than 20 years. They are well known for providing best quality products and have a proven history. Quality ingredients ensure an exceptionally delicious taste that everybody enjoys. Signature recipes to give a great taste once baked (or even eaten raw!) these cookies deliver a delicious mouthful of natural goodness. When selecting The Cookie Barrel's signature Cookie Dough, you can select one or all of the flavours. We haven't forgotten your beloved dog either. There is a healthy treat option for all dog lovers. You can choose from 7 flavours, including their best sellers.

**Thank you for supporting your local fundraiser.**



# Community News

## Tripple P Parent Term 2 Workshops

The online term 2 workshops are now available for families to book in, Please click on the QR code below to register.

- Triple P: Stepping Stones: Positive Parenting for Children with a Disability 11 May, 8-10 pm.
- Triple P: Fear-Less: 12 May, 7-9.30pm.
- Triple P: Developing Mealtime Routines - "Power Hour": 22 May, 12 - 1pm.
- Triple P: Helping Children develop Healthy Screentime Habits: 25 May, 8-10pm.
- Triple P: Developing Bedtime Routines for Toddlers "Power Hour": 5 June, 12 - 1pm.
- Triple P: Raising Confident Capable Children: 8 June, 8-10pm.



CITY OF GOSNELLS

## FAMILY ACTIVITIES

TERM 2 2026

FREE

TERM 2 PROGRAMS RUN FROM TUESDAY 28 APRIL 2026

Category	Program Details	Days	Locations
<b>BABY PLAY</b>	Meet other new parents and enjoy playtime with your little one in a fun and relaxed setting. Baby Play sessions learn new songs with Rhyme Time at the end of the session.		
<b>AT THE SHOPS: PLAY AND LEARN</b>	A fun, play-based weekly program for children aged 3 - 5 years that focuses on the skills children need for kindergarten heading to school.		
<b>AT THE SHOPS: STORY TIME</b>	Join us at Maddington Central for Story Time and fun activities for children.		
<b>PARK PLAY</b>	Bring the kids and come along to a Park Play session and meet other local families. Join in the fun with sensory play, big games, sports equipment and more. Be sure to check for the weather and bring a drink and snacks. Sessions vary, see list below.		
<b>TERM 2 PARK PLAY DATES AND LOCATIONS</b>			
		<b>Tuesdays</b>	<b>Fridays</b>
		20 May - 10:30am	12 June
		27 May - 10:30am	8 May
		3 May - 10:30am	1 May
		8 May - 10:30am	29 May
		15 May - 10:30am	22 May
		22 May - 10:30am	15 May
		29 May - 10:30am	8 June
		5 June - 10:30am	1 June
		12 June - 10:30am	29 May
		19 June - 10:30am	22 May
		26 June - 10:30am	15 May
		3 June - 10:30am	8 June
		10 June - 10:30am	1 June

Please be aware that details may change at short notice. To stay in the loop, head to the City's website and follow us on Facebook.

gosnells.wa.gov.au | 9397 3000 | cityofgosnellschildrenandfamilies

CITY OF GOSNELLS

## FAMILY ACTIVITIES

TERM 2 2026

PAID

TERM 2 PROGRAMS RUN FROM TUESDAY 28 APRIL 2026

Category	Program Details	Days	Locations
<b>ACKNOWLEDGEMENT TO COUNTRY</b>	Nails become heroes in the world. Nails help people from all over the world. Moons provide us with light at night. We are an Aboriginal community.		
<b>TUMBLE TOTS</b>	Tumble Tots classes are held on Tuesdays and Thursdays. The program is designed to support the growth and development of young minds and bodies.		
<b>CREATIVE KIDS</b>	Creative Kids is a fun program for parents and their children to be creative with unstructured activities each week.		
<b>CREATIVE OLDER KIDS</b>	Creative Older Kids is a fun program for parents and their children to be creative with unstructured activities each week.		
<b>1 - 2 years</b>	<b>Monday</b> 9:15am - 10:15am <b>Tuesday</b> 9:15am - 10:15am		
<b>2 - 4 years</b>	<b>Monday</b> 10:30am - 11:30am <b>Tuesday</b> 10:30am - 11:30am		
<b>4 - 6 years</b>	<b>Monday</b> 10:30am - 11:30am <b>Tuesday</b> 10:30am - 11:30am		
<b>7 - 10 years</b>	<b>Monday</b> 10:30am - 11:30am <b>Tuesday</b> 10:30am - 11:30am		

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gosnells.wa.gov.au | 9397 3000 | cityofgosnellschildrenandfamilies

**ADHD WITH ME**

## ADHD WITH ME: WORKSHOP FOR PARENTS WITH ELIZA DADSON

**DETAILS**

- Tuesday 19th May
- 6:30pm - 8:00pm
- Boulevard Centre (North Room) The Boulevard, Floreat, WA

**Tickets \$35 per person**

How to better understand and support your child with ADHD - a workshop for parents with ADHD coach and Educator Eliza Dadson

<https://events.humanitix.com/adhd-with-me-parent-workshop>

**REGISTER NOW**

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

# 2026

## What's On

### South East Metro Parenting Support Service

Programs for Parents and Carers of children 0-18 years living in the South-East Metro area

#### Term 2 Parenting Program

<b>April</b>	<b>Young Active Parents Program</b> <b>Tuesdays</b> <b>7 April - 30 June 2026</b> <b>9.30am - 11.30am</b> Communicare 28 Cecil Avenue Cannington ☎ parenting@communicare.org.au 🌐 www.trybooking.com/CNIEE	<b>Circle of Security® Parenting</b> <b>Thursdays</b> <b>30 April - 18 June 2026</b> <b>6.30pm - 8.30pm</b> Online (Zoom) ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKQLG
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<b>May</b>	<b>Circle of Security® Parenting</b> <b>Fridays</b> <b>1 May - 19 June 2026</b> <b>9.30am - 11.30am</b> Woodlupine Family Centre 88 Hale Road Forrestfield ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKQLP	<b>Let's Talk Toddlers</b> <b>Tuesday</b> <b>5 May 2026</b> <b>12.30pm - 2.30pm</b> Meerlinga Children and Community Services 104 Edney Road High Wycombe ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKQMK
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<b>Tuning in to Kids®</b> <b>Wednesdays</b> <b>13 May - 17 June 2026</b> <b>12.30pm - 2.30pm</b> East Maddington Child and Parent Centre 79 Fitzford Avenue (opp 171 Westfield St) Maddington ☎ cpceastmaddington@centrecare.com.au	<b>Raising Children in a Digital World</b> <b>Wednesday</b> <b>13 May 2026</b> <b>6.30pm - 8.30pm</b> Southbank Montessori 265 Berwick Street East Victoria Park ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPCB
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# Community News

May	
<b>Setting Boundaries</b> <b>Thursday</b> <b>14 May 2026</b> <b>12.30pm - 2.00pm</b> Westfield Park Child and Parent Centre 11 Hemingway Drive Cannington ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPGO	 <b>All About Sleep</b> <b>Friday</b> <b>15 May 2026</b> <b>10.00am - 11.30am</b> Armadale Community Family Centre 101 Challis Road Seville Grove ☎ bookings@armadalecfc.com
<b>Raising Babies &amp; Toddlers in a Digital World</b> <b>Monday</b> <b>18 May 2026</b> <b>9.30am - 11.30am</b> Communicare 28 Cecil Avenue Cannington ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPSC	 <b>Circle of Security® Parenting</b> <b>Wednesdays</b> <b>20 May - 1 July 2026</b> <b>9.30am - 11.30am</b> Victoria Park Community Centre 248 Gloucester Street East Victoria Park ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPHR
<b>Raising Children in a Digital World</b> <b>Monday</b> <b>25 May 2026</b> <b>9.30am - 11.30am</b> Communicare 28 Cecil Avenue Cannington ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPIK	 <b>Kids and Anxiety</b> <b>Tuesday</b> <b>26 May 2026</b> <b>12.00pm - 2.00pm</b> Minnawarra House 24 Numulgi Street Armadale ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPIR
<b>Let's Talk Toddlers</b> <b>Tuesday</b> <b>26 May 2026</b> <b>12.30pm - 2.00pm</b> Online (Microsoft Teams) ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPJA	 <b>Grow them Up</b> <b>Thursdays</b> <b>28 May - 4 June 2026</b> <b>12.00pm - 2.00pm</b> Brookman Child and Parent Centre 26 Brookman Avenue Langford ☎ cpcbrooman@parkerville.org.au

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May	June
<b>Mealtimes and Fussy Eating</b> <b>Friday</b> <b>29 May 2026</b> <b>10.00am - 11.30am</b> Armadale Community Family Centre 101 Challis Road Seville Grove ☎ bookings@armadalecfc.com	 <b>'Together Again' Series</b> <b>Tuesdays</b> <b>2, 9 and 16 June 2026</b> <b>9.30am - 11.30am</b> Communicare 28 Cecil Avenue Cannington ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPIY
<b>Parenting Challenges in a Digital World</b> <b>Monday</b> <b>8 June 2026</b> <b>9.30am - 11.30am</b> Communicare 28 Cecil Avenue Cannington ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPKN	 <b>Parenting Across Cultures</b> <b>Friday</b> <b>12 June 2026</b> <b>10.00am - 11.30am</b> Armadale Community Family Centre 101 Challis Road Seville Grove ☎ bookings@armadalecfc.com
<b>Protective Behaviours</b> <b>Monday</b> <b>15 June 2026</b> <b>9.30am - 11.30am</b> Communicare 28 Cecil Avenue Cannington ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPRL	 <b>Raising Babies &amp; Toddlers in a Digital World</b> <b>Saturday</b> <b>20 June 2026</b> <b>9.30am - 11.00am</b> Canning Bridge Early Learning Centre 113 Roberts Road Como ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKYEX
<b>Parenting after Stressful Events</b> <b>Monday</b> <b>22 June 2026</b> <b>9.30am - 11.30am</b> Communicare 28 Cecil Avenue Cannington ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPS5	 <b>Parenting after Stressful Events</b> <b>Tuesday</b> <b>23 June 2026</b> <b>12.00pm - 2.00pm</b> Minnawarra House 24 Numulgi Street Armadale ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKPS5

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June	
<b>Mindfulness and Self Compassion</b> <b>Friday</b> <b>26 June 2026</b> <b>9.30am - 11.30am</b> Woodlupine Family Centre 88 Hale Road Forrestfield ☎ parenting@communicare.org.au 🌐 www.trybooking.com/DKQMT	 <b>The Power of Play</b> <b>Friday</b> <b>26 June 2026</b> <b>10.00am - 11.30am</b> Armadale Community Family Centre 101 Challis Road Seville Grove ☎ bookings@armadalecfc.com

The South East Metro Parenting Service (SEMPSS) is a free service for parents and carers of children aged 0 to 18. We're here to support you in your role as a parent, no judgment, no pressure. Just real conversations, practical tools and a team that genuinely cares.

You might like to come along to a parenting workshop, have a one-to-one chat with one of our friendly team, or join a small group to connect with other parents. Whether you're feeling overwhelmed, looking for ideas, or just need someone to talk to, we're here to help.

We cover all kinds of parenting topics including parent-child relationships, attachment, behaviour, communication, emotional regulation, sleep, feeding, toileting, play and development.

We don't claim to have all the answers, but we'll walk alongside you and share strategies you can try in your own way, in your own time.

It's free, local, and designed to support you, because parenting doesn't come with a rulebook. Join Communicare's online Parenting Community - A safe, supportive online community for local families or if you'd like to find out more or have a chat, we'd love to hear from you.

☎ 08 9251 5777  
 ☎ parenting@communicare.org.au




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Program Overviews
<b>All About Sleep (1-session program)</b> <b>For parents and carers of children 0-2 years</b> This workshop helps parents understand how their babies sleep, what patterns are common in the first few months and what a healthy, safe sleep environment looks like. We will discuss what circumstances make it hard for babies to achieve a restful sleep and realistic expectations of baby's development in this ever-changing period of growth.
<b>Circle of Security® Parenting (8-session program)</b> <b>For parents and carers of children 0-5 years</b> Parenting can sometimes feel like a complex puzzle, leaving you wondering what your child truly needs from you. You're not alone in this journey. Every parent experiences moments of uncertainty, and that's where the Circle of Security Parenting Program can make a difference. The Circle of Security Parenting program looks beneath behaviour to make sense of what your child is really asking from you. It provides a 'map' to help better read your child's needs, understand your child's emotional world, support your child's ability to successfully manage emotions, build their self-esteem, support their need to build new skills, and strengthen the relationship you have with your child.
<b>Grow them Up (2-session program)</b> <b>For parents and carers of children 3-12 years</b> Parenting children can be the most rewarding and satisfying role many of us will have in our life time. This interactive workshop will help you discover new ways to build your knowledge and skills to motivate your children to achieve their goals, build strong relationships with family and friends and make good decisions in different areas of their life. Come and explore with other parents, topics such as how to improve your child's confidence and social skills, strengthen their values and identity, and create a vision that will help them achieve their dreams.
<b>Kids and Anxiety (1-session program)</b> <b>For parents and carers of children 4-12 years</b> Whilst some feelings of anxiety can be a normal part of a child's development, an increasing number of children are experiencing higher levels of anxiety that are impacting on their everyday life. This workshop aims to assist parents and carers to understand anxiety and will provide simple strategies to use at home.
<b>Let's Talk Toddlers (1-session program)</b> <b>For parents and carers of children 18 months - 4 years</b> This introductory parenting workshop assists parents and carers to better understand their toddler's world. It provides practical ideas on how you can meet your child's needs and manage challenging behaviours, whilst building a secure relationship with them.



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# Community News

## Mealtimes and Fussy Eating (1-session program)

**For parents and carers of children 6 months - 2 years**  
Is your child a fussy eater? Finding it hard to establish a mealtime routine that works?

Join our Mealtimes with Fussy Eaters workshop – a practical, supportive, and educational approach designed to help your child build better eating habits and allow you to rediscover the joy of mealtime!

## Mindfulness & Self Compassion (1-session program)

**For anyone parenting children 0-18 years**  
Dads, mums, step parents, foster carers, grandcarers all welcome.  
Most of us are hard on ourselves when it comes to parenting.

Would you like to learn some mindfulness skills and practices to help you be kinder to yourself?

This workshop will look at mindfulness practice and self-compassion, and why they are vital for our well-being and can enrich our parenting.

## Parenting Across Cultures (1-session program)

**For parents and carers of children 0-18 years**  
Did you grow up outside of Australia and are now raising children inside Australia?

Meet with other parents in similar situations and share ideas and strategies that will help navigate this change whilst still preserving your family's culture and values.

## Parenting after Stressful Events (1-session program)

**For parents of children who have experienced stressful or traumatic life events**

Have you and your family experienced a stressful event such as loss, separation, divorce, illness, family domestic violence, an accident or natural disaster, relocation or homelessness?

These experiences can be traumatic for children and result in them finding it difficult to cope, withdraw, become aggressive or behave in confusing or unusual ways.

This workshop will help inform and guide parents to better understand the effects that a stressful event/s may have on a child and provide helpful ways to start the healing process.

## Parenting Challenges in a Digital World (1-session program)

**For parents and carers experiencing complex challenges managing digital technology in the home.**  
Do you sometimes feel that technology controls every part of your child's life?

We live in a world of screens and devices, which tend to take over our lives and replace other activities. With children this can mean refusing to attend school, family conflict, tantrums and other daily challenges. This program explores the addictive nature of technology, the impact it has on children and how to reclaim the balance of technology and other activities. There will also be time to explore individual family experiences.

## Power of Play (1-session program)

**For parents and carers of children 0-12 years**

Play is an essential activity for all children. It gives them the opportunity to develop imagination, problem solving skills and interpersonal skills. But, what does play look like in everyday life and how as parents can we set the scene for a healthy and age appropriate play environment?

This workshop will highlight the benefit and the value of play and provide parents with creative ways to interact with their child to support their development.

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## Protective Behaviours (1-session program)

**For parents and carers of children 3-12 years**

Equip your child with the language and principles of protective behaviours to develop their personal safety, knowledge and skills.

By sharing protective behaviours with your child, you will be helping to develop life long skills of assertiveness, self-confidence, problem solving, communication, resilience and reaching out for help when needed.

## Raising Babies & Toddlers in a Digital World (1-session program)

**For parents and carers of children 0-3 years**

In today's digital age, technology is an integral part of our lives—and it's increasingly influencing the lives of our children from a very young age.

Our workshop, "Raising Babies and Toddlers in a Digital World," is designed to equip parents with essential tools and strategies to ensure that technology supports, rather than hinders, their child's development.

Additionally, we'll provide guidance on preventing future problems by addressing potential pitfalls early on and offering proactive solutions to support a healthy and balanced relationship between your child and technology.

## Raising Children in a Digital World (1-session program)

**For parents and carers of children 4-12 years**

Join our free program to learn strategies for managing technology in your home and supporting your child's growth in the digital age.

In this program, you'll discover how to:

- Understand the impact of technology on your child's social, emotional, and cognitive development.
- Set healthy screen time boundaries and create a safe digital environment.
- Support your child's digital literacy and online safety.
- Use technology to enhance learning and development, rather than detract from it.

Our facilitators will guide you with practical tips for raising confident, responsible kids in today's tech-driven world.

## Setting Boundaries (1-session program)

**For parents and carers of children 2-12 years**

Setting limits whilst still being a loving parent is an important part of raising responsible children.

This introductory program addresses what boundaries are, why they are important and how parents and caregivers can help children develop boundaries for themselves.

## Tuning in to Kids® (6-session program)

**For parents and carers of children 3-12 years**

This interactive workshop will help parents and carers teach their children to understand and regulate their emotions. Children with good emotional intelligence often have better emotional, social and physical functioning, as well as fewer behavioural difficulties.

Tuning in to Kids® is a parenting program that aims to provide helpful ways of teaching children the skills of emotional intelligence.

**NICK CORRIGAN SOCCER**

## EXPRESSIONS OF INTEREST SOCCER SCHOOLS

AT Bletchley Park Primary School, Southern River  
Saturday 25th April - Saturday 27th June

A 10 week program will also take place here, beginning Saturday 25th April and ending Saturday 27th June

**term 2**

**10 week program**

Littlies 3 & 4 years 9.00 am 30 mins  
Middles 5, 6 & 7 years 9.45 am 45 mins  
Biggies 8, 9 & 10 years 11.00 am 60 mins  
Teenies 11, 12 & 13 years 11.00 am 60 mins

Bsb No: 036231 Acc No: 228584

**Contact Nick today & reserve your place!**

Bletchley Park Primary School take no responsibility for any sporting activity being held on school grounds after school hours. Under no circumstances should contact be made directly to Bletchley Park Primary School. All correspondences must go directly through to the soccer school.

**Office: 9304 8111 Mobile: 0409 118 228**  
Email: nick1965@bigpond.com www.ncsoccerschools.com.au

**SOUTHERN DISTRICTS NETBALL ASSOCIATION**

Woolworths **NET SET GO!**

**NetSetGo Term 2 & 3 - 10 sessions**

Woolworths NetSetGo introduces children to the basics of netball in a fun, safe, and supportive environment. It helps build confidence, teamwork, and a love of being active.

**SESSION DATES**  
Saturday mornings 9:30am-10:30am

Saturday 2<sup>nd</sup> May  
Saturday 9<sup>th</sup> May  
Saturday 16<sup>th</sup> May  
Saturday 23<sup>rd</sup> May

**WA DAY LONG WEEKEND BREAK**  
Saturday 6<sup>th</sup> June  
Saturday 13<sup>th</sup> June  
Saturday 20<sup>th</sup> June  
Saturday 27<sup>th</sup> June

**JULY SCHOOL HOLIDAY BREAK**  
Saturday 25<sup>th</sup> July  
Saturday 1<sup>st</sup> August

**Southern Districts Netball Association**  
Cnr of Langford Ave and Wingrove Road  
Langford

**\$160**  
Includes Netball WA membership & Participation pack

**REGISTER NOW!** For more information, please visit our website: [www.southerndistrictsnetball.com.au](http://www.southerndistrictsnetball.com.au)

# Community News



## Games Night!

**Where:** Piara Waters Library  
**When:** Thursday 14 May  
**Time:** 4:30pm - 6:30pm  
**For ages:** 12 - 17 years



**Come and join us for:**

Please RSVP to: [ce@headspacearmadale.com.au](mailto:ce@headspacearmadale.com.au)

Free pizza & snacks  
 Nintendo Switch  
 Board games  
 Card games  
 Friendly chats





Better Gardens • Greener Suburbs  
 Healthier Rivers • Happier Wildlife

# 2026 River Guardians Family Festival

Saturday 2nd May

9am until midday  
 Sir James Mitchell Park Playground  
 Douglas Avenue, South Perth

FREE KIDS ACTIVITIES

Join us for a FREE family friendly day out with kids' activities, sustainability workshops and traditional knowledge.







Immune Deficiencies Foundation Australia proudly presents

## 2026 CIRCUS QUIRKUS

Circus Quirkus is an animal-free, contemporary take on your favourite, traditional circuses of ages past, with an eclectic and entertaining mix of Circus acts from all over the world.

Enjoy a relaxed theatre experience with a casual attitude toward audience noise and movement in an accessible, inclusive environment where everyone is welcome and free to be themselves without restriction or judgement.

One hour shows. Suitable for all ages and accessible for people...

- with diverse abilities and backgrounds (wheelchair accessible)
- who might require a more flexible and inclusive environment when attending the theatre (sensory and neurodiverse friendly).
- who are facing hardship.
- who are without access or opportunity to attend live theatre.
- who are deaf / hearing impaired (Auslan interpreted performances).

\*Featuring moving and flashing lights, and upbeat, sometimes dramatic music.

ALL TICKETS ARE COMPLIMENTARY, including parent, sibling and carer tickets. Thanks to sponsorship from local businesses.

\*Bookings from schools, organisations, carers and families are all welcome.



ASTOR THEATRE PERTH			
659 Beaufort Street, Mount Lawley, WA			
SHOW DATES	#1 SHOWTIME	#2 SHOWTIME	#3 SHOWTIME
SUNDAY, 24 MAY 2026	11.30 AM	1.30 PM	3.30 PM
MONDAY, 25 MAY 2026	10.00 AM	12.00 PM	

**To book complimentary tickets, please email your name, preferred showtimes and ticket numbers to...**  
[meredithnewman@showintent.com.au](mailto:meredithnewman@showintent.com.au)  
 or call / text 0404-367-782

CITY OF GOSNELLS

## COMMUNITY WASTE DROP-OFF DAY

Proof of residency is required [a Rates Notice, or driver's licence is acceptable]  
 Conditions apply and we have the right to refuse acceptance of items not on our list

The City of Gosnells is hosting a community waste drop-off day for residents as part of its commitment to reducing waste to landfill, combat illegal dumping and provide a safe and sustainable way to dispose of hazardous goods.

ONLY THE FOLLOWING ITEMS WILL BE ACCEPTED

HOUSEHOLD HAZARDOUS WASTE

- ▶ USED ENGINE OIL (max 10L per household)
- ▶ AEROSOLS
- ▶ PAINTS AND SOLVENTS (maximum of 5 x 5 litre tins)
- ▶ X-RAYS
- ▶ GAS BOTTLES (household size)
- ▶ FLARES
- ▶ SMOKE DETECTORS
- ▶ HOUSEHOLD CHEMICALS (including pesticides, cleaning products, pool chemicals)
- ▶ ENGINE COOLANTS
- ▶ LEAD GEL AND LEAD ACID BATTERIES (car batteries)
- ▶ FLUORESCENT GLOBES AND TUBES (not LED / 10 per household)

TYRES

Maximum 4 tyres per household 4x4, motorcycle and passenger vehicle tyres only – no rims

CLOTHING

WA charities will be on site to accept clothing and accessories

E-WASTE

The following electronic items will be accepted for recycling

- ▶ DESKTOP COMPUTERS AND LAPTOPS
- ▶ IPODS & MOBILE PHONES
- ▶ SCANNERS AND COPIERS
- ▶ HARD CD AND FLOPPY DRIVES (computer only)
- ▶ COMPUTER SERVER UNITS AND UPS SYSTEMS
- ▶ PLOTTERS
- ▶ INKJET AND LASERJET PRINTERS
- ▶ LCD, PLASMA AND CRT MONITORS
- ▶ CIRCUIT BOARDS
- ▶ LCD AND PLASMA TELEVISIONS
- ▶ ELECTRONIC CABLES
- ▶ MODEMS AND NETWORK DEVICES
- ▶ FAX MACHINES
- ▶ KEYBOARDS, MICE AND JOYSTICKS

CARDBOARD AND BULK POLYSTYRENE

Cardboard or polystyrene packaging will be accepted for recycling (no meat trays, cups or other expanded plastics)

WHAT WILL NOT BE ACCEPTED?

- ▶ WHITEGOODS (such as air conditioners, fridges and washing machines)
- ▶ MATTRESSES
- ▶ FURNITURE (of any kind)
- ▶ ELECTRICAL ITEMS (not included on the accepted e-waste list)

gosnells.wa.gov.au | 9397 3000