



ROSEWORTH

EDUCATION SUPPORT CENTRE

**TOGETHER WE
CAN DO IT**

30 Stebbing Way GIRRAWHEEN

9338 2580

roseworth.esc@education.wa.edu.au

www.roseworthesc.wa.edu.au

IMPORTANT Term Dates

FEB

Mon 23rd	Silver Coin Challenge begins
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MAR

Mon 2nd	Labour Day PUBLIC HOLIDAY
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Thu 5th	P&C Meeting
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Wed 6th	Time To Talk— Pupil Free Day
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Mon 9th	Swimming Lessons Begin
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Fri 13th	Silver Coin Challenge ends
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Fri 20th	Swimming Lessons End
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Tue 24th	Harmony Day Activities and
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Fri 27th	Loud Shirt Day (Yr 6 Fundraiser) School Clean Up Day
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Tue 31st	Waste Free Lunch Market Day 3-4pm
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APR

Wed 1st	Aboriginal Parents Afternoon Tea
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Thu 2nd	LAST DAY OF TERM 1
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Fri 3rd	Good Friday PUBLIC HOLIDAY
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Issue 1

26th February 2026

Principal's Message – Term 1, 2026

Dear Families,

Thank you to all the parents and carers who attended our class orientation afternoons over the past few weeks. It was wonderful to see so many families engaging with classroom teachers and sharing in the excitement of the year ahead.

This term we also celebrated **Lunar New Year** across the school. Students enjoyed learning about the traditions and significance of the festival, and our classrooms were filled with vibrant colours, crafts, and joyful activities.

You may have noticed that a small number of students have moved classrooms following a recent shuffle in our senior years. These changes were made to best support learning needs, class balance, and student wellbeing. Thank you for your understanding as we ensure every student is set up for success.

Following the census, we are pleased to share that **our wonderful school now has 74 students enrolled.**

A reminder that **Time to Talk Day** will be held on **6th March 2026**. Further information will be shared closer to the date, but please mark it in your calendar.

Thank you for your continued support, positivity, and partnership.

Warm regards,
Natalie Carrara
School Principal



FROM THE FRONT OFFICE

School Contributions for 2026 : Thanks to everyone who have already paid their School Contributions. We do appreciate your payment, this benefits your child in many ways during the year. **Please contact Anne or Kristi, Manager Corporate Services, in the ESC front office to arrange payment if you have not already done so.**

Student Update forms :- Please look through the form and make any changes as required. Phone numbers and email address need to be accurate, so we can contact you in the case of an emergency. Check the details carefully and pay particular attention to any highlighted areas. Once signed, return to the classroom teacher, or direct to the front office.

Chaplain Corner

Welcome to Term 1! I'm Tammy, Chaplain at Roseworth ESC. I am in my 4th year as a Chaplain on the Roseworth Campus. For those who don't know me. I am a Wife, a Mum and Step Mum to 4 Neurodiverse teenage boys who keep me and my hubby busy.

My passions are to help families to access the services that will support them, in particular Carergivers and Young Carers. I also have a passion for community and bringing people and their stories together in a shared way. We are better together is a belief I hold strongly.

If you need any type of carer or community support or even a link to disability or carer resources, please feel free to reach out to me through your classroom teacher or through the RESC Administration. I look forward to supporting students, families, and staff this year.



Tammy Furey
Chaplain

FOOD BANK nom! Tasty learning for life

nom! Children

Put the fun back into mealtimes

Are you a parent or carer of a child (0-5 years)?

The first five years of our children's lives are vital for developing healthy eating habits and building strong, healthy bodies and minds.

Gain the confidence to cook healthy meals on a budget the family will love.

We've been delivering this program for years now and one thing we've come to learn is that every family is different - but we can help you to support your children to become confident, healthy eaters.

When
9:00am - 11:45am

Week 1: Monday 9th March
Week 2: Monday 16th March
Week 3: Monday 23rd March
Week 4: Monday 30th March

Where
CPC Roseworth
1 Stoke Court
Girrawheen

Register
Book your spot by contacting the centre on 9342 6363
cpcroseworth@thesmithfamily.com.au

Creche available
Bookings essential

Why nom!

- Healthy eating for infants and children
- Tips for making mealtimes less stressful
- Lunchboxes, label reading and food safety tips
- Enjoy getting to know other parents
- Take home free recipe books, shopping bag
- Let's Feed the Family parent guide and a kids healthy eating plate.
- Facilitated by university qualified nutritionists

HANCOCK IRON ORE **telethon** **nom.org.au**

You with Me

Do you have a child aged 2-4 years and want to learn how you can support their development through everyday activities?

Join us for this FREE, 5 session play-based program to:

- Learn easy activities that you can replicate at home that support your child's learning and development.
- Learn tips from Occupational Therapists, Speech Pathologists, and Early Childhood Teachers that will enrich how you move, connect, and play with your child.
- Discover different ideas and activities using everyday items of home that encourage connection, curiosity, and play with your child.
- Sessions are hands-on with opportunities to practice new skills with your child.
- Take home a You with Me flip book at every session to support your learning.

Who can attend?

- Families with children aged 2 - 4 years.
- Families living in Alexander Heights, Bidge, Girrawheen, Koondoola, Marangaroo, Mirrabooka, Nollamara and Westminister.
- Families must be able to attend all 5 sessions.

Every session covers a different topic including:

- 27 FEB** **'Move with Me'**
Fun music and movement activities to help the bodies to grow strong.
- 06 MAR** **'Be with Me'**
Learn games and activities that help encourage communication skills and understanding emotions.
- 13 MAR** **'Play with Me'**
Fun ideas to encourage play skills, using everyday objects around the house.
- 20 MAR** **'Feel with Me'**
Get hands messy to experiment with different textures and sensations.
- 27 MAR** **'Taste with Me'**
Explore and play with healthy foods, make a fun snack, and try new flavours and textures together.

TIME: 10AM - 11AM
LOCATION: CHILD & PARENT CENTRE ROSEWORTH - 1 STROKE CT, GIRRAWHEEN WA 6064
MORE INFORMATION: 9245 2441
youwithme@wanslea.org.au

Register here or via the QR code. RSVP by Monday, 2nd February 2026

Communities for Children Facilitating Partner Initiative
Memberships funded by the Australian Government and facilitated by The Smith Family.

Wanslea **The Smith Family**
Learn today, change tomorrow.

We're here to support you

Kind is co-locating with Child and Parent Centres to provide free community outreach to parents and carers raising children with disability and developmental delay.

We provide information and navigation to help families support their child during key points of their journey, including:

- Securing a diagnosis and early supports
- Navigating the NDIS and understanding your child's plan
- Supporting and advocating for your child at school
- Accessing carer and financial supports
- And much more!

Drop in and speak to our Peer Navigators on the following dates:

North locations
Alternating Thursdays, 9am - 4pm

- Child and Parent Centre Westminster (Westminster): 5 Feb, 19 Feb, 5 Mar
- Child and Parent Centre Roseworth (Girrawheen): 12 Feb, 26 Feb, 12 Mar

South locations
Alternating Fridays, 9am - 4pm

- Child and Parent Centre Brookman (Langford): 6 Feb, 20 Feb, 6 Mar
- Child and Parent Centre Westfield (Camillo): 13 Feb, 27 Feb, 13 Mar

STAN PERRON CHARITABLE FOUNDATION

Wanslea **The Smith Family**

08 6164 9806
hello@kind.com.au
kind.com.au



Child and Parent Centre
Roseworth

Hello Families,
Thanks for welcoming me into the school community. It has been a pleasure getting to know some of you and I look forward to meeting many more of you in the New Year.

Don't forget to check our Facebook page in the coming weeks to see what school holiday activities will be on offer in January.

Congratulations to all the Year 6 graduates. Wishing you well as you prepare to start high school next year. How exciting!!!

Wishing you all a happy and safe holidays.

From Cailey and the rest of the Child and Parent Centre Team



Stay up to date with everything happening at the Centre. Join playgroups, women's support groups, parenting programs, FREE school holiday activities plus much more. JOIN US TODAY

CHILD AND PARENT CENTRE ROSEWORTH

Our purpose is to give children the best start in life.

We support parents and carers with children birth to 8 years and offer a range of free services on site and at primary schools in Girrawheen and Koondoola.



Workshops

We offer a variety of community workshops with a free creche. Including:

- Parenting
- Healthy Eating
- Parent First Aid
- Toileting independence
- School readiness

Consults

Staff are available to meet with parents and carers to discuss individual needs and assist with parenting strategies and referrals.

Phone: 9342 6363
Address: 1 Stoke Court, Girrawheen
Facebook: Child and Parent Centre Roseworth (find us using the QR)
Email: cpcroseworth@thesmithfamily.com.au

Early Learning

Early learning opportunities are available for you to attend with your child such as:

- Playgroups
- Rhyme and Story sessions
- Craft activities
- Sensory Play
- School holiday activities

Health Services

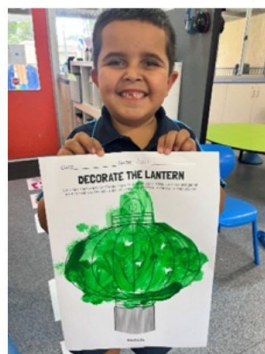
A Child Health Nurse is located at the Child and Parent Centre. Appointments can be made by calling 1300 749 869.

To speak with our Speech Pathologist please call the centre or come to one of our speech drop in sessions.



BK1

In BK1, we have had a great start to the year. We have been doing story time every day and the students love it! This week, we have been reading all about the Pigeon adventures in Mo Willem's books. We have also been learning about cultural celebrations such as Lunar New year and Ramadan.



Aboriginal & Islander Education Officer (AIEO)

Kaya everyone!

My name is Lynise Goldsworthy, and I am thrilled to be back for 2026 as your Aboriginal Islander Education Officer.

I am here every Tuesday and my door is wide open - whether you want to yarn about concerns, brainstorm fresh ideas, share a story or simply connect over a cuppa.

No question is too small ,and no conversation is unimportant.

I am genuinely excited to meet our wonderful parents and students ,and to contribute to what I know will be another outstanding year at RESC.

Lets make 2026 a year of connection, growth and meaningful change - together,

Looking forward to meeting you all,
Lynise Goldsworthy
AIEO



10c CONTAINER DEPOSIT SCHEME : Roseworth Scheme ID is [C10289016](#).

Ten top tips for a great start to school

Going to school for the first time is a big event for you and your child! There are lots of things you can do to help your child prepare for school.



1. Talk about feelings

Starting school is exciting but can also be a bit scary. Some children are shy and anxious in new situations, and find it hard to be apart from you.

- Talk positively about going to school, making new friends and doing exciting new things like learning new songs, painting and playing outside.
- Encourage your child to talk about how they're feeling before, on, and after the first few days.
- Try a practice run. Visit the school so your child knows where she's going and what to expect.
- When you arrive at school, stay for a short time with your child.
 - When it's time to go, tell them that you're going and when you will be back.
 - Always be back when you said you would.

2. Enough sleep

Your child needs a good night's sleep for their brain to be ready to learn (about 10 to 12 hours).

- Set up a nice, relaxing bedtime routine – a drink, bath, brush teeth, cuddle, story, kiss and 'goodnight'.
- Just before bed is not a good time for tickles, TV or other excitement.
- Set a regular time for bed.

3. Enjoy books together

Read lots and lots of books!

- Have a special time each day to read stories together – sit comfortably so your child can see the book and your face, and you can see theirs.
- Show them how to open the book, point to the title, the letters, words and pictures so they know what they mean.
- Read nursery rhymes and favourite stories again and again.
- Get your child involved by asking questions. 'What do you think will happen next?'

4. Making friends and pretend play

At school, children learn to make friends, share and take turns.

- Find ways for your child to meet children outside your family.
- Have other children over to play, particularly those who will be in your child's class.
- Pretend play, such as tea parties, going to the shops and superheroes, are a big part of school. Let your child use their imagination. A shoe box can be a toy car or a doll's bed!

Ten top tips for a great start to school



5. Playgrounds and parks

Having fun at the park provides lots of chances to enjoy the swings, slide and other equipment.

Physical activity like this:

- makes your child's muscles stronger and prepares them for outdoor play at school. Always supervise children when they're playing.
- uses a part of the brain that helps children concentrate, so physical activity is great before a sit down activity like reading a book.

6. Speaking and listening

Listening and understanding

This includes following instructions, and being aware of what other people are saying.

If your child finds this tricky, try:

- waiting – give them time to answer or do the task
- repeating what was said or breaking it down into smaller parts
- using fewer or simpler words, and explaining what new words mean
- giving clues like, 'You cut with the...'
- giving choices like, 'Do we use a cup for drinking or eating?'

Sharing thoughts and ideas

Commenting, negotiating, asking for things and greeting people are all important skills at school.

If your child finds this tricky, try:

- encouraging them to make comments like 'Dad's swimming'
- repeating a word correctly if they made a mistake
- asking them to show you what they need if they can't say it in words
- giving lots of praise for trying.

7. Classroom crafts

Make sure your child gets lots of practice using things like scissors, pencils and paint so they'll feel confident using them at school.

Scissors

Practise cutting on a line – show your child how to hold scissors properly.

- Thumb in top hole of scissors and other thumb on top of the paper they're cutting.
- Turn the paper and move hands when cutting around a corner.

Drawing

At school, children do lots of drawing, so practise by drawing simple shapes like lines and circles. This is the first step before learning how to write.

- Try drawing in sand or with chalk.
- Show your child how to do it, then get them to copy you.

Pencil grasp

Holding a pencil or crayon properly means:

- holding it near the tip – use a sticker or dot to show them where to put their fingers
- using 3 or 4 fingers. If they're holding with a fist, gently correct their hold.



Ten top tips for a great start to school

Ten top tips for a great start to school

8. Getting dressed

It's easier at school if your child can dress and undress themselves.

- Help your child to choose clothes they can manage on their own.
- Practise dressing. Help them start off, then let them complete the rest, gradually letting them do more until they can do it all by themselves.
- Practise with dress-up and dolls.
- Choose suitable clothes for school – they might play outside or do painting.

9. Healthy eating

Healthy lunches and snacks help with concentration and learning.

- Try a practice picnic. Check your child can open containers and manage their food.
- Involve your child in choosing and packing their own lunch.
- Include lots of vegetables, fresh fruit, cheese, yoghurt, lean meat, wholemeal bread, and a bottle of water. Pack just the right amount – not too much.
- Start the day with a healthy breakfast!

10. Going to the toilet

To help your child manage going to the toilet at school, give them lots of practice to undo, pull down and do up their clothes, flush the toilet and wash their hands, all by themselves.



If you are worried about your child going to school talk to your:

- child health nurse
- school health nurse
- child's school teacher

Need more information or help?

- cahs.health.wa.gov.au/CommunityHealth
- Ngala Parenting Helpline (ngala.com.au)
- Raising Children Network (raisingchildren.net.au)

This publication is provided for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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Ten top tips for a great start to school

A Note from The School Health Nurse

Welcome to the new school year. My name is **Caroline Turich**, and I am the School Health Nurse who visits your school.

School Health Nurses work in schools to promote healthy development and wellbeing so students may reach their full potential.

A major part of my work is focused on early intervention and the School Entry Health Assessment program. Additionally, I can be contacted at any time throughout primary school if you have concerns about your child's health, development or wellbeing. The services provided are free and confidential.

My role includes:

- serving as a health contact point for children and their families
- providing information, assessment, health counselling and referral.
- Working in partnership with schools to support teachers in health-related curriculum and can assist in the development of health care plans for students with complex and chronic health needs.

My contact details are listed below:

Caroline Turich

Child & Adolescent Health Service - Community Health

Clinical Nurse | School Health | Wanneroo South Team

Unit 4/14 Chesterfield Road, Mirrabooka, WA 6061.

t 0429069576 | e caroline.turich@health.wa.gov.au

w cahs.health.wa.gov.au

Work Days: Tues, Wed, Thurs

Ten top tips for a great start to school

Ten top tips for a great start to school

FREE EVENT!

CAHOOTS FESTIVAL OF FUN



**SATURDAY 2 MAY 2026
10AM - 2PM**

Ropes course • Face painting • Sensory play
Live performances • Chill out zone • Food trucks
and so much more!

**FREE family festival for all
ages and all abilities!**

**Cahoots
Adventure Camp**

100 Kirby Road,
Bullsbrook



**SCAN FOR
YOUR FREE
TICKET!**

or contact us at info@cahoots.org.au or 1300 103 880



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