



Supporting the Community

## Welcome to Sudbury Community House Newsletter

**Vision** - A place of community; a place of belonging, being, and becoming where people feel accepted, safe, and free to develop and grow.

**Mission** - We exist to strengthen and enhance individual, family and community life.

We acknowledge the Traditional Custodians of the land on which we work and live, the Wadjuk (Perth region) people and recognise their continuing connection to land, water and community. We wish to acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region.

Hello and welcome back everyone!!!



As this is our first newsletter for 2019, we would like to wish you all A Happy, Peaceful and Safe New Year. We look forward to working with you in 2019.

Sudbury House is very excited to announce that we were one among the 50 Neighbourhood Centres in WA to be chosen to deliver the Empowering Communities Program in the Perth Northwest 2 Region.

It is a bitter sweet moment as we are thrilled to have tendered successfully, however, we did apply for reduced funding because the funding offered to our region had been reduced, and we also felt compelled as it was a competitive tender. This spells the end of a 2 year period of anxiety and uncertainty for Sudbury House and all those who are involved and invested in the organisation.

It is a beginning of a new Era and a new Vision for the future. We would like to take this opportunity to thank Minister Simone McGurk and the WA State Government for the awarding of the tender and look forward to a continued respectful and collaborative relationship to improve outcomes for Mirrabooka and the surrounding communities.

Until next time. Virginia Aden Executive Manager

Sudbury Connect ✨

## Message from the Chair Sudbury House

Firstly, can we say that Sudbury Community House is about people, place and purpose with a long and respected reputation within the local community is very pleased to have been chosen to continue our compelling work in new and innovating directions to enhance our community to better future outcomes for all.

May, we also note while we understand the funding and budgetary constraints of Government's, it will make the way forward difficult given the fact that there will be less funding than in the past; however, Sudbury Community House looking to the future will nevertheless strive to do the very best for our community as always

We would like to sincerely thank those of you who have spent many hours within and in support of the processes of this tender. We would like to thank you the Dept of Communities and the State 'Labor' Government in listening to the sector in what has been a difficult time of change and would hope that we continue to work together for better outcomes and futures for our communities.

Thankyou. Chairperson Stuart Mackenzie...

People  
Place  
Purpose

### Inside this issue

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**Sudbury House Board of Management.** The Board consists of representatives from community groups, not-profit-agencies, parents that use the Centre, local and state government agencies that provide services and support for families with children in the early years and community members who express interest in the wellbeing of children in the early years. Our Constitution can be located on the web address below:

# Community News

## Changes @ Sudbury

Movers and Shakers

## Highlights

It is with great sadness that we had to say a 'Goodbye' to our Finance Officer Vicki Paolo. Vicki resigned her position at Sudbury House as she relocated with her family to Brisbane. Vicki was an asset to the organisation, and will be greatly missed by all the staff, board and families. We wish her well in her future endeavours and hope that she will visit us when she is in Perth.

We also sadly said 'goodbye' to Kim Wedge and Jacqui Hunt-Smith. Kim served on our Board from 2013 -2018 in various roles, as a Board Member and Chairperson and Jacqui Hunt-Smith our Vice-Chair served on our Board from 2014-2018. Both have stepped down due to family commitments and personal reasons. We would like to acknowledge their outstanding work and contribution to Sudbury House and to the communities in Mirrabooka and the surrounding areas. We wish them well as they begin another chapter in their lives.

Stuart Mackenzie has been elected as Chairperson and we welcome him to the Sudbury Family. Recognised and acknowledged within the community, Stuart has a passion for Community and believes in encouraging people to reach out by helping others thereby empowering themselves. Stuart believes that he has found a niche where he can fulfil this passion by participating in the philosophy and being active within Sudbury House, sharing his abilities, thoughts and ideas that enhance a better lifestyle for all.

Yoga,  
Yoga,  
Yoga



Do something good for yourself, there are plenty of options for some relaxation and self-care.

**Friday**

5.00pm - 6.00pm  
provided by  
MercyCare

## Happenings @ Christmas



**On Saturday  
8th December 2018**

we witnessed the beauty and innocence of Humanity at Sudbury House. The Sudbury Family from all around consisting of Community, Staff, Parents and Children engaging in the simplicity of sharing in pure enjoyment and the happiness of being in and a part of a caring place.

**'A feeling of home.'**

Proud parents encouraging children to participate, in the Spirit of Christmas in a tradition of hope and love by being in a safe and nurturing environment.

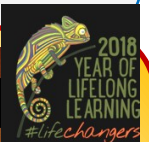
This message of simplicity is so strong that at this time of the year we feel compelled to share the miracle of uncomplicated innocence.

When we allow  
People Place Purpose  
to be the driving force behind  
bringing families together to experience  
and express the joy of life.



**English Conversation  
Classes (with Creche)  
for Women Only**

**Mondays (school term)  
9.00 am –12.00 Noon**  
The English Conversation Group is a place where women of all cultures come together in friendship to experience English in Australia. They have been working on building their vocabulary and practicing their speaking skills using themes such as shopping, music, movies, family, interests etc .



**PEEDAC the Story**

Peedac is an Indigenous owned and operated, not for profit organisation that welcomes people of all nationality and backgrounds. It provides a range of services to make training, work experience and employment accessible to its clients



# Community News

Sudbury House  
Opening Hours  
8.30 am to 3.30 pm  
Monday to Friday

## Aboriginal Health

**Aboriginal Child Health Team,  
Child and Adolescent  
Community Health Service**

Drop-In Clinic  
Child Health Checks  
Tuesdays  
9.30 am to 3.00 pm  
@

Sudbury Community House  
30 Chesterfield Road,  
Mirrabooka

If you would like to know more,  
contact Child & Adolescent  
Community Health  
Aboriginal Health Team  
Mirrabooka,  
4/14 Chesterfield Rd,  
Mirrabooka  
Tel: 9345 7105

## Friendship Group

FRIENDSHIP GROUP  
Tuesdays  
10.00 am - 12.00 pm  
30 Chesterfield Rd  
Mirrabooka WA

This group focuses on a positive  
lifestyle for men & women.

We emphasise relaxation,  
socialisation, support and fun in a  
friendly relaxed atmosphere,  
striving to gain enjoyment,  
promoting wellness, self-esteem  
and a positive future.

Weekly activities include: Craft,  
Guest Speakers, Motivational  
Workshops and Games.

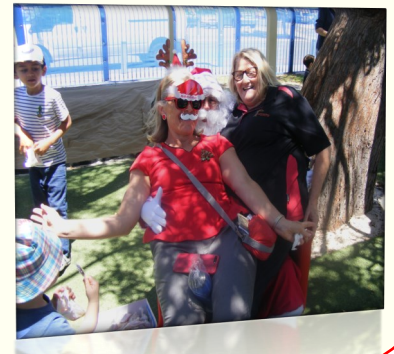
## Sharing @ Christmas Time...



A fantastic shared gathering  
in the Spirit of Christmas...

Happenings @ Sudbury House  
Open Day Christmas occurred on  
Saturday 8th December 2018 -

A big thankyou to Janine Freeman  
MLA Mirrabooka for sharing the  
Cakes Cookies and Coffee event  
with us which included wonderful  
Carol singers and a free coffee van  
for all.



## Sayings @ Sudbury

'Be brave enough to live life creatively The creative place where no one  
else has ever been. Alan Alda

Live your life remembering good experience, the bad ones were just  
lessons. Michello Borgo

Do not go where the path may lead, go instead where there is no path and  
leave a trail. Ralph Waldo Emerson

Keep Smiling, because life is a beautiful thing and there's so much to  
smile about. Marilyn Monroe



womens health  
& family services

Improving the health & wellbeing  
of women, their children,

have been working with women, families & communities for over 40 years and for the past 8  
years have been helping women and parents to gain employment and training opportunities  
through our counselling and support programs.

We are excited to be working out of Sudbury House with the Parents Next Program and Ca-  
reer Transition Assistance Course, both of which are new to the Perth North region.

For further information contact us at

Women's Health & Family Services via email: [employment@whfs.org.au](mailto:employment@whfs.org.au)  
or call [6330 5400](tel:63305400) and ask for someone in Education and Training.

# Early Learning News

## SUDBURY HOUSE

EARLY LEARNING

Care and Development Centre

Sudbury House  
Care and Development Centre  
Long Day Care Hours

Opening 7.00 am Closing at 6.00 pm  
Monday to Friday

### !!! Out Door Playgrounds Lottery Grant News! !!!

There has been an identified need to repair and upgrade the outdoor areas of Sudbury House Care and Development Centre. Due to a lot of use over 10 years and exposure to the elements, this has contributed to deterioration of the outdoor playgrounds.

We did apply for a Lotterywest Grant to repair and upgrade the playgrounds.

So, we are also excited to announce that we have also been successful in obtaining a Lotterywest Grant for the upgrade and refurbishment of the outdoor playgrounds at the Care and Development Centre.

Play complements the 'formal' curriculum in an Early Childhood Education and Care environment and quality play opportunities are an integral part of a stimulating learning environment. Through play, children interact and make friends, engage in role-play and extend their creativity; they test themselves physically and master skills, improve their fitness and health, and engage in self-directed activities that aid individual development towards independent adulthood.

Where there is a satisfying range of play settings for children of different ages and interests, children's behaviour is likely to be easier to manage, conflicts and vandalism may also be reduced, and staff may be able to transfer some physical activities out of doors. There may also be benefits to children's self-image and to the image of the Centre in general.

So, we would like to take this opportunity to thank Lotterywest for the funding received and for the ongoing support and partnership in providing development assistance to grass roots community organisations to build their capacity to meet the needs of local families.

Sudbury House will be hosting an event for the presentation of the cheque from Lotterywest. Local MP for the Mirrabooka area Janine Freeman and a Lotterywest representative will be present on the day. Further details will be sent out with an invitation to the event.

### New to CDC Movers and Shakers

We welcome Yolando Wegman our Early Childhood Teacher and wish her all the very best as she begins her new position at Sudbury House Care and Development Centre. Yolando holds a Bachelor of Social Science (Children and Family Studies), a Graduate Diploma of Education (Primary) and is in her final semester of a Graduate Diploma of Education (Early Childhood Education and Care).

She has worked as a qualified educator for 9 years and has spent the past 8 years working in the Reggio Emilia inspired, Marjorie Mann Mount Lawley Day Care Centre Inc.

Yolanda has found the principals of the Reggio Emilia Approach have greatly influenced her teaching philosophy. She has worked with all age groups, babies' 6 weeks to 2 years; toddlers 2 years to 3 years; Pre-Kindy 2.5 years to 3.5 years and kindy 3 years to 6 years. She finds working with each age group uniquely challenging and exciting and is eager to work in a teaching position.

### Information

Should any families have any queries please contact Lynda - Administration Officer to enable follow up and response to any outstanding matters.

### A few tips on helping our Environment Use less water

Have showers rather than baths. Short showers use less water and also there is less use of the energy to heat the water.

### Parent Advisory Committee

We are inviting parents to join our Advisory Committee. Meetings will be held bi-monthly at the Centre.

The purpose of the group will be to monitor, evaluate and feedback regarding your child's Care and Education at Sudbury Community House Care and Development Centre.

This feedback will help us improve our services and work to achieving better outcomes for families and children.



# Early Learning News

## Its looking a lot like Christmas



Before Christmas the Discoverers room read the book "Rudolph the red nose reindeer" and enjoyed singing the song along with the CD. Then it was time to be creative with the cinnamon smelling playdough and make our own reindeers.



Please feel free to make an appointment to talk with our Educators regarding your child's learning and development

### Placements

We currently have some Placements for all rooms, so if you would like to come for a visit and see what wonderful learning is occurring, please contact Lynda on **9344 1118**

The children had an assortment of twigs, pom poms, eyes, bells and pipe cleaners. This activity was very popular so we decided to set up another table with green peppermint scented playdough, pom poms, bells and pipe cleaners.

Violet began to sort out her pom poms by colour before she added them to



her Christmas tree. Eli was very particular how he put his pipe cleaner (tinsel) around his tree and then asked for some help to make a star for the top. Mateo carefully turned his tree around as he placed each pom pom on. Eliana and Abbie sat at the table for quiet some time



adding sticks, eyes and pom poms to their reindeers. Eli sat down and said "its smelly playdough" and lifted it up so that Jody could have a smell.

Reflection : When children play with playdough they use their imagination and creativity to experiment and come up with their own ideas and test out their theories. The children have used mathematical concepts, matching colours, counting and adding

Using play dough strengthens the small muscles in the fingers and hands and supports children's social skills such as sharing, taking turns and enjoying being with other children.



## SUDBURY

## EARLY LEARNING

A feeling like home...

[www.sudburyearlylearning.wa.edu.au](http://www.sudburyearlylearning.wa.edu.au)

Sudbury House  
Care and Development Centre.  
**Well worth a LOOK!**  
**Take the Time...**

## Facebook @

**SudburyCommunityHouse  
CareDevelopment**

[https://](https://www.facebook.com/SudburyCommunityHouseCareDevelopment/)


[www.facebook.com/  
SudburyCommunity  
HouseCareDevelopment/](https://www.facebook.com/SudburyCommunityHouseCareDevelopment/)

Get connected take a look at  
a Sudbury Early Learning @  
Sudbury Early Childhood

# Early Learning News


## Exploring Christmas

## Inventors




The children in the Inventor's room had noticed that it was a special time of year. They explained that "Santa comes at night, to give presents... he comes down the chimney!" it is Christmas. As all the children were talking about Christmas and decorating a tree at home we used large sticks and wool to create a Christmas tree. It was very interesting to see the different strategies the children used to wrap the string around the stick. The first step was to estimate the length of wool they would need to decorate the tree. Once this was decided it was time to wrap the wool around the branches of the tree.

Weaving the Christmas tree led the inventors to create a special weaving that we decorated with bells and baubles. The Inventors used the problem solving skills to discover the best way to wrap the wool around the sticks so that it stayed on the sticks without falling off. When weaving the wool the inventors said "it looks like a spider web" noticing the pattern their weaving created. The finished weaving was stunning and everyone was very proud of their efforts.




Using loose parts to decorate our triangle shaped tree was great fun.

The Inventors created patterns with beads, bells and stones. As the week went on we swapped the paper triangles for playdough scented with nutmeg and the Inventors explored their imagination creating cakes, trees and patterns in the dough.



## Dancing the day away...

### Before Christmas Happenings@ Sudbury House Care and Development Centre.



Keeping in the Christmas spirit, we put on some fabulous tunes for the children to enjoy. We started the session using musical instruments. The children listened to the beat of the music and they kept in time with their instruments. As the music got faster the instruments were put away and out came the scarves. As you can see it was a lot of fun dancing and swirling the scarves around to the beat of the music. Playing musical instruments has many important benefits, it enhances fine motor and gross motor skills, it increases pattern recognition and spatial awareness. It enhances social and emotional development. It gives children another way to communicate moods, emotions and ideas.



# Early Learning News

## Caution Road Works Ahead!



Today we added some small river stones to our construction area to let the children explore. Mateo and Eli quickly began to fill up the back of the tip trucks. Eli sat next to the stones and picked one up and felt the smooth texture in his hand, he then lifted it up against his face and I asked "does the stone feel hot or cold on your face"? He replied "its very cold Tilly" and made a shiver with his body indicating that it was very cold. Mateo continued to fill up the back of his truck and then drove it over to the car tyre, "Tilly its too heavy" he said as he tried to lift the truck up into the tyre." Maybe you could use the plank of wood to make a ramp and then drive your truck up". Mateo then set to work to make his plank balance on the tyre, after two attempts he was ready for action. He slowly pushed his truck to the top of the plank and then balanced it as he lifted up the truck and watched the stones tumble down into the tyre. A huge smile of satisfaction came over his face as he looked up at me and then he said "again" and raced back to collect some more stones. Abbie moved away to a quieter spot and moved the rocks along with the grader until she reached the truck and then tipped the rocks into the back of the truck. She did this several times and then manoeuvred the truck around the playground until she came back to the stones and then tipped them out. Outdoor learning spaces offer a vast array of possibilities not available indoors. These play spaces invite open ended interactions, spontaneity, risk-taking exploration and discovery. Children are experimenting with cause and effect, weight, maths, texture, problem solving and science.

### Recycled Materials

If you have any boxes, ribbon, wool, material, cardboard or plastic containers especially milk cartons, we would appreciate if you could drop off at the Centre.....Thank you in advance

Your feedback is very important to us and we understand that you are all very busy, so we have set up a very quick and easy survey near the 'sign in' sheets. Please respond to the question of the month by dropping a white stone in the jar labelled 'YES' or 'No'. Your input is greatly appreciated.

*Sudbury House Care and Development Centre 28 Chesterfield Road, Mirrabooka WA 6061*  
Ph.: 9344 1118 E: [reception@sudburyearlylearning.wa.edu.au](mailto:reception@sudburyearlylearning.wa.edu.au) W: [www.sudburyearlylearning.wa.edu.au](http://www.sudburyearlylearning.wa.edu.au)

# Term Calendar

## Regular Groups and Service Providers

Monday

### English Conversation Classes for Women Only

9.00 am - 12.00 pm (School Term)  
Includes crèche for children aged 8 weeks to 5 yrs

### PEEDAC

Disability Employment Services  
8.30 am - 4.30 pm

### Women's Health & Family Services

ParentsNext  
8.30 pm - 4.30 pm

Tuesday

### FINWA

Bringing Up Great Kids Workshops  
Contact Michelle 0401 839 766

### Friendship Group

10.00 am - 12.00 pm

### Aboriginal Health Team

9.30 am onwards  
Please contact them  
directly on 9345 7105

### PEEDAC

Disability Employment Services  
8.30 am - 4.30 pm

Wednesday

### PEEDAC

Disability Employment Services  
8.30 am - 4.30 pm

### Senior's Craft Group

10.00 am - 12.00 pm

### FINWA Bringing Up Great Kids Playgroup (School Term)

Contact Michelle 0401 839 766

Thursday

### Women's Health & Family Services

ParentsNext  
8.30 pm - 4.30 pm

### Womens Health & Family Services

Career Transition Assistance  
9am — 1.30pm

### PEEDAC

Disability Employment Ser-  
vices

Friday

### MercyCare Community Services

FREE Yoga 5.00 pm - 6.00 pm  
Please contact them  
to register on 6298 9888

### Womens Health & Family Services

Career Transition Assistance  
1.30 pm — 3.30pm

### PEEDAC

Disability Employment Services  
8.30 am - 4.30 pm

**Come Join In be apart of the Sudbury Family -- Get Connected**

### Sudbury House Office Hours

8.30 am to 3.30 pm  
Monday to Friday

### *Sudbury Community House Association Inc.*

28-30 Chesterfield Road, Mirrabooka WA 6061 Ph.: 9344 8011  
E: [admin@sudburyhouse.org.au](mailto:admin@sudburyhouse.org.au) W: [www.sudburyhouse.org.au](http://www.sudburyhouse.org.au)

