FROM THE PRINCIPAL

Hello Everyone,

I am awestruck with how the Indigenous garden is progressing. A huge thank you to all who are working on the project – our sensational art teacher, Ms Danielle McDowell, our student design crew, our artist – Ian Hunter and his granddaughter Ruby, and of course those who do the manual labouring and put it all together. It should be completed by the beginning of term 3 - with a little bit of luck. It is a fantastic recognition of our ‘first Australians’.

If you were not at last Monday’s assembly then you missed a treat. Our marvellous music teacher, Ms Laura Parkes conducted our superb choir for two songs. A ‘goosebump’ moment! I am looking forward to our choir participating in the State School’s Spectacular mass choir, later in term 3, at Etihad Stadium.

We welcomed back Ty Hoggins on Monday from his well-deserved long service leave. Ty shared some news about his leave at the ‘coffee and chat’. (Every third Wednesday of each month straight after assembly). A couple of parents also spoke about infectious diseases’ and that maybe some families were unsure about when a child could return to school after an illness.

Attached to this newsletter is the school exclusion table. We encourage parents and guardians to support the good health of all children to be mindful of the medical condition and exclusion rules.
Another first for Whittlesea Primary School
At our assembly all the children were introduced to our new W.P.S Declaration which was written by the Student Representative Council members, the Prefects and the School Captains with input from all the children in the school. This will be repeated at assembly every week.

I will always be respectful.
I will come to school with a positive attitude.
I will work hard to be the best that I can be.
I will be encouraging and care for others.
I will listen to my teachers.
I will ask for help if I need it.
I will obey the school rules.
I will look after my school.

This declaration reinforces some of the social and emotional values that we desire in our children and support our Interim Report and School Values of: Community, Confidence, Honesty, Excellence and Respect. Hopefully it will become a self-fulfilling prophesy.

For your information

Ty will lead the school, in the capacity of Acting Principal, whilst I am on long service leave next term.

In the real world, you don't always get what you want!
The research says:

- we are better able to deal with not getting what we want as an adult if we have experienced it as a child

If a parent/child relationship is based on material goods, a child will not have the chance to experience unconditional love.

- we need to be good role models

We are not the only influence in our children’s lives, so we better be the best influence.

- we should redefine what taking care of your children means

Are you providing for your children emotionally and mentally? We don't need to buy children material goods in order to create a connection. Instead of real gifts, we should spend some time together. We need to be careful that we are not teaching our children that emotions can be healed with a trip to Westfield or to McDonalds.

- Don't let your guilt get in the way of your parenting

Our job as a parent is not to make ourselves feel good by giving our children everything that makes us feel good when we give it.

Our job as a parent is to prepare our children to succeed in school and when they get out into the world.

Children have to be socialised in a way that they understand you work hard for what you get. We shouldn’t teach our children that they will get everything through manipulation, pouting, crying, door slamming and guilt induction.

The research continues………………..

Understand ‘intrinsic’ versus ‘extrinsic’ motivation. Intrinsic motivation is when people do things because they feel proud of themselves when they do it. They feel a sense of accomplishment and achievement.
Extrinsic motivation is when someone does something because of external motivation. For example, they will receive money, a toy or privilege if they do the task.

If we are always rewarding children with material things, they will never learn how to motivate themselves with internal rewards like pride. They also will never learn to value things because there are so many things and nothing is special.

Make sure your children also understand the value of hard work and effort.

Children do not have to love you every minute of every day. They will get over the disappointment of having been told ‘no’. But they won't get over the effects of being spoiled.

It is challenging work to build socially competent children and to grow them to be the best that they can be.

A quote by Fyodor Dostoyevsky ‘The soul is healed by being with children.’

Take care,
Kindest regards,
Bente Stock 😊

Hello Everyone,

It is wonderful to be back from my period of leave and working with our amazing children once more. Their warm welcome on Monday morning was just what I needed to adjust to the chilly Melbourne weather!

It has come to our attention that some children are exchanging food while at school. Please reinforce with your child that it is important that they eat the food prepared for them at home.

On the topic of lunches, it is a timely to once again stress the importance of a nutritious lunch and snack for every child. The research clearly demonstrates the huge importance diet plays for academic performance. For a child to concentrate throughout the day and be at their best academically, socially and behaviourally it is imperative they begin the day with a substantial breakfast and healthy lunch. Hydration is also of equal importance and the addition of new drink bottles for all students will encourage them to drink throughout the day. These bottles will be regularly cleaned here at school.

You have an important role to play in helping to ensure your child eats well and stays active. Healthy school lunch ideas include:

- sandwiches or pita bread with cheese, lean meat or salad
- cheese slices, crackers with spread and fresh fruit
- washed and cut-up raw vegetables or fresh fruits
- frozen water or milk, particularly in hot weather
Highly processed, sugary, fatty and salty foods should only make up a very small part of your child’s diet. Foods to limit in school lunches include:

- processed meats such as salami and pressed chicken
- chips, sweet biscuits, muesli and breakfast bars
- fruit bars and fruit straps

Until next week,

Ty Hoggins
Assistant Principal

NORTH STAR DENTAL – mobile dental van
Extended time........
Please return completed forms (in last week’s newsletter) if you are interested by Monday 22nd of June, so that the service can be organised for some time during term 3.

BREAKFAST CLUB – A reminder

The breakfast club is open from 8.15 am to 8.40 am every Wednesday. Children attending breakfast club must remain in the gymnasium until 8.40 am.

SCHOOL BANKING EVERY TUESDAY
CROSS COUNTRY
Congratulations to all children who competed in the Bridge Inn Cross Country at Bundoora Park. Ten boys and ten girls from each age group ran on a wet and slippery track and gave their best effort during the race.

Our 10 year old boys performed well, achieving the most points for their age group. There were eight schools competing and our school came second for each age group and second overall. This was a wonderful achievement. Eleven children, who finished in the top 10, represented the District at the Whittlesea Division final.

**District Results**
10 year old boys: Blake Robertson - 3rd, Jay Allen - 6th, Jack Morley - 7th, Archer Fenton - 10th.
10 year old girls: Tara Watson - 1st, Emilee Sorensen - 5th.  
11 year old boys: Seth Jackson - 3rd, Kane Johnson - 4th.
12 year old boys: Leo Morrell - 5th, Kayden Doherty - 6th.
12 year old girls: Jessica Evans - 9th.

The Whittlesea Division competition was stronger, however these children performed exceptionally well, with five of them finishing in the top 10. They then competed at the Northern Metropolitan final.

**Division Results**
10 year old boys: Blake Robertson - 3rd
10 year old girls: Tara Watson – 1st
11 year old boys: Kane Johnson – 4th, Seth Jackson – 6th
12 year old boys: Leo Morrell – 8th

Cheryl Abbott
WHITTLESEA PRIMARY SCHOOL CHOIR

The WPS Choir was delighted to perform "My Front Teeth" and "Rockin’ Robin" at assembly on Monday.

They have been rehearsing on Friday afternoons with Miss Parkes. During this time the choir have also been practicing and memorising repertoire for the 2015 State School Spectacular in Term 3. They will combine with other singers from across Victoria to create a 1,300 voice mass choir performing in the Spectacular at Hisense Arena. Tickets for the Spectacular will soon be available through Ticketek. We applaud them for their polished performance on Monday!

Hi everyone,

Another FANTASTIC holiday program is on the way!!!!. If you did not receive an enrolment form you can come to the World 4 Kids room and get one or go our website at www.world4kids.net. We are going to Kids Space and to the movies to see Inside Out. We have Superstar for a day, survivor, W4K live game show, Funky Wacky Crafts, Wacky science, Dance Party, Australian Heritage Day and W4K Cook Off. Get your enrolments in as soon as you can to avoid disappointment. We have already 3 days that are full. I don’t want anyone to miss out on these amazing activities.

If you have any queries or questions about the program please don’t hesitate to call me on 0426768971 or email me on whittlesea@world4kids.net.

Thank you
Jamey Peterson
Manager of Whittlesea World 4 Kids
The Saturday Market, a History

With the next market coming up this Saturday, I thought I might reflect on how it is going and how it has helped the Chaplaincy Program in Whittlesea over the past twelve plus years. It is timely to write about the market because it is in need of more customers to encourage the stall holders and maintain the level of money raised by the market.

The Whittlesea Saturday Market, always the third Saturday of the month, became too big for its original venue and moved from the Whittlesea College to the Showgrounds. When a market in Mernda moved into the Showgrounds for each Monday, the Saturday Market moved back to the Secondary College to preserve its identity. Despite making little money, many of the stall holders continue to come partly because they also share the vision offered by the Chaplaincy Program.

In its heyday the Saturday Market was earning enough to provide full time employment for Ian Findley, chaplain at the Secondary College. When the Government chaplaincy grants were launched by the Howard Government, the Market Committee found it had adequate funds to contribute for chaplaincy at the Primary School as well. I am the second chaplain at the Primary School to benefit from this provision.

Now that the Saturday Market has lost so much of its fund raising capacity, things have had to change. For my part, my work at Whittlesea Primary School reduced from three days to two each week. I have subsequently found one and a half days at another school (Tallarook Primary) and so work for student wellbeing at two schools each week.

I have learnt not to stress about any of this. The Hand of provision seems to work in mysterious ways and I do what I can to provide pastoral care with the time and resources that I have. I continue to volunteer at each Saturday Market and meet a number of our school’s families in a different context which is always good. I hope that by sharing this history, more of our school’s families will think to come to each Saturday Market to ultimately support the chaplaincy programs still happening at both Primary School and Secondary College.

I look forward to seeing you there and may the day be perfect.

Peter Ackland - school chaplain
Computers for Seniors – Term 3 2015
Not confident in using a computer? This supportive beginners’ course will teach you all the basics so that you can start using computers to meet your everyday needs. The course will cover:· Using computer hardware· Understanding software types· Introduction to word processing· Introduction to internet and email
Entry Requirements: Age 55+
Location: Merrilands Community Centre, Reservoir
Dates: Wednesdays 15 July—16 September, 2015, 12.30—3.00pm 10 sessions
Cost: Concession & Full: $27, Fee for Service: $207+ Service & Amenities Fee

Introduction to Computers and Basic Word Processing – Term 3 2015
This introductory course will give you the confidence to perform basic word processing tasks on a computer. The course will cover:· Using computer hardware· Understanding software types· Using basic Windows 7 commands· Using MS Word 2013 (entering data, formatting, saving & filing)
Location: Thomastown Neighbourhood House
Dates: Thursday, 16 July—17 September, 2015, 9.30 – 12.00 pm 10 sessions
Cost: Concession & Full: $27, Fee for Service: $207+ Service & Amenities Fee

For more details ring PRACE on 9462 6077 or visit our website: www.prace.vic.edu.au