

Issue 26–27th August, 2020

PRINCIPAL REPORT

Hello everyone,

COVID numbers are dropping consistently across the state and we remain hopeful of a return to onsite school in the near future. Nothing has been decided for Term 4 and as soon as any information comes to hand we will endeavour to share this with our community as soon as possible. In the meantime, we remain extremely proud and appreciative for the effort being made in each and every household to continue the learning journey for Whittlesea Primary School students. Our teachers are working incredibly hard to provide the best learning program possible in the circumstances and there are great things being achieved across our community.

Thank you to those parents who attended our BYOD information session during the week. Devices are already being purchased using the Edunet Portal. The program flyer is attached once again for parents of students in Years 3, 4 and 5. While the program is highly encouraged, any children not involved will still have access to shared devices here at school. The benefits are many though, and we encourage all families to consider the various options.

It is hard to believe that 2021 is just around the corner and planning is well underway. To those families with children commencing school in 2021 I encourage you to complete your child's enrolment as soon as possible by calling our office on 9716 2140 or emailing whittlesea.ps@education.vic.gov.au. Belinda or Libby will happily support our families through the process. If you are aware of other families in the community looking to enrol their child please share with them our details and advise them that we will be offering two 'Meet the Principal' online sessions each week for the rest of the term. These will be on Mondays at 9:30am and Tuesdays at 4:00pm. We're also offering virtual live tours of the school utilising Cisco Webex. Again, appointments can be made by contacting the office.

Last week we submitted an application for a significant grant with the Victorian School Building Authority for funds to revitalise our outdated toilet facilities at Whittlesea Primary School. The scope of the proposal included renovations to the Block A complex which is the nearest facility for the upper play areas, 6M, 6S and Arts. It also included the removal of the relocatable building near the gym and replacing it with a new, modern facility. We're hopeful that our application will be viewed favourably, and I will keep you updated on this project's progress.

Until next week,

Ty Hoggins
Principal



OFFICE HOURS

Office opening hours
8.30am – 4.00pm

HAPPY BIRTHDAY

Wishing the following
children a very
Happy Birthday!

29th August

Peyton 00V
Ariah 00V

30th August

Nancy 05L

31st August

Ajay 03C
Katherine 040

2nd September

Charlie 02F
Ryder 05P

3rd September

Brody 04P



ASSITANT PRINCIPAL REPORT

Hello everyone



With three weeks of term remaining, it has been nice to see a shift in the weather this week. The warmth from the sun and cherry blossoms blooming across the school reminds me that spring is almost here and brighter days are upon us. We would like to take this opportunity to remind our families that all students are invited to participate in a Student Led Conference in Week 9, commencing Monday 7th September. Students, along with a parent/carer will participate in a scheduled 10-minute celebration of learning. Prior to the Student Led Conference, students will have an opportunity to prepare for their conference by identifying 2-3 pieces of learning they would like to share and discuss with their teacher. There will also be an opportunity to discuss future goals for learning in Term 4.

To enable offsite Student Led Conferences, parents/carers can opt for a video call through Microsoft TEAMS or a phone conference. There will be no onsite conferences. You will receive a Compass email from your child's teacher confirming your conference day and time and it will appear in your child's calendar on TEAMS if you opt to use this platform for your conference. If you would like to opt in to a conference this term please follow this [link](#), access to this Microsoft form will close 10am Friday 28th August. Further information regarding the Student Led Conferences will be published in next week's newsletter and posted on Compass.

It's great to see so many of you using the GetEpic! to complete this year's Premiers Reading Challenge. Did you know the challenge has been extended until FRIDAY 18th SEPTEMBER!! That's right, you now have until the end of term to complete the challenge.

To record the books you have read, go to <https://vprc.eduweb.vic.gov.au/home> and login (using your eduPass account) by following these instructions:

1. Select the School/Student button.
2. Select the eduPass login option. This will redirect you to the eduPass authentication page.
3. Enter your username and password. This is the same username and password you use for TEAMS

You can access [GetEpic!](#) using the class codes below;

Class	Code	Class	Code
FC	ike9521	4M	rcz2247
FV	cql6021	4O	sls4354
FS	zrl6191	4P	vkj0185
1P	rih8596	5RM	Ktt8891
1D	wnc4730	5P	pmh9462
1FD	asp2323	5L	wja1473
2S	utj5338	6S	swx3235
2M	lvb8702	6G	wla7679
2F	kzb2083	6M	tcw7501
3W	krw3474		
3M	bvv9170		
3CP	xrd6541		

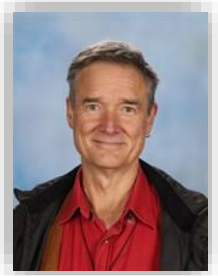
Best wishes for a wonderful weekend with your family. Enjoy the sunshine ☺

Rae Gittos
Assistant Principal

Peter Ackland - school chaplain

School History 1974-1977 Growing Pains

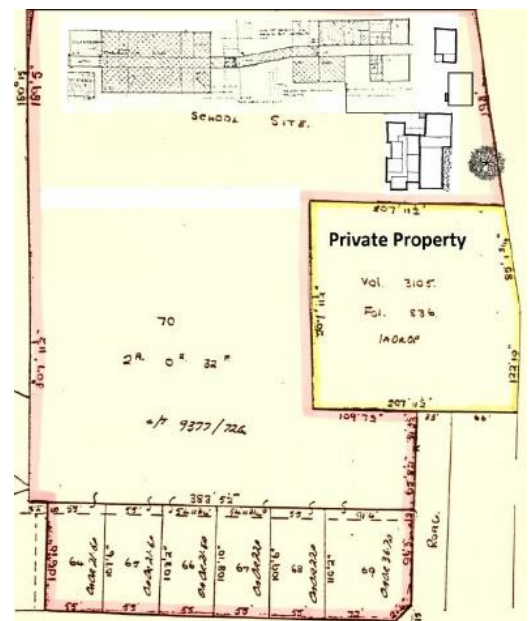
In 1974, the Principal was **Leo B. Morison** (1974-1977) and he served the school for almost four years. The enrolment this year fell short of the anticipated 260 and was only two above the school's classification set at 224. Morison had been approached about Religious Instruction in the school and had inquired whether there was a teacher to provide it. The Natural Resources Conservation League offered trees for students to plant at 10¢ each. The carpark opposite the school was in a state of disrepair. Morrison hoped to raise money by showing films during the winter with the school's 16mm projector. Any film not currently showing commercially could be hired.



The site extension of 1.2 hectares of land was finalised by March 1974 and considerable cut and fill work commenced. General access to the property was restricted unless the sub-divided properties adjoining this could also be purchased. The six house blocks we purchased sometime later.

A single room portable was placed in the lower playing area beside the Plenty Road Fence. This greatly restricted the playing area. Another single room portable would be squeezed in later beside it in 1978, completely blocking the view of the old building.

The Mothers' Club was nearing its last days and finally changed its name to Parents Club in 1977 with their minutes ceasing. The Club's unique position had been causing the School Committee financial embarrassment. Morrison reminded the mothers that "they were a service club working for the school and should only hold \$60 in a working account and all other money to be held in special purpose accounts, and that the School Committee would like to use some of the library fund to purchase books since (we) will now be getting a library building when the extensions are carried out." (July '74 minutes). There was a fancy dress ball in November and an Annual fete raising \$520.



By 1975, the massive school extension was ready on the western half of the original property, comprising five classrooms, library, art and outdoor art extension, administration and toilets by Van Dreel Construction. Mrs Roberts, a retired librarian, faithfully processed all the books in preparation for the new library facilities. In the same year the Whittlesea Technical High School was opened. Also in that year, teachers' aids on a voluntary basis were introduced for special needs children.



The highlight of Leo Morrison's term was the bus tour to Canberra and the Snowy Mountains. He departed in August of 1977 and **Peter G. Cotlam** acted as temporary Principal from September 1977 to February 1978 (the start of the hundredth year of the school).

To be continued...

We hear the word resilience a lot these days. Resilience is the ability to bounce back when we experience challenges or things don't go the way we planned. Resilient people find ways to cope when life gets tricky and uncertain. This happens to us all from time to time. At the moment, we are all feeling the effects of the global pandemic. Young people need help to develop resilience, especially in the midst of so much uncertainty and stress. As teachers, parents and carers, we already know that life is full of ups and downs and the importance of having tools to manage this. Mindfulness is one such valuable tool that we can use to build resilience, lower stress and support our wellbeing.

Having things go in unexpected or undesirable ways can be a learning opportunity. It is in these moments that we can let go of old ways of doing things and find new ways to overcome challenges. Mindful awareness of the present moment helps us do this by enabling us to assess challenges calmly and with a clear head. When young people see adults doing this, it can be a powerful learning experience.

Positive self-talk at these times can also help and, as parents, carers and teachers, we can model this behaviour to young people. When we tell ourselves that we'll be okay, that we are strong enough to deal with a situation and that there are better times ahead, we begin to build positive patterns of thinking that strengthen with practice. This positive process allows our minds to think more flexibly and creatively providing access to a broader range of possible strategies and solutions.

You've got this letter.

This letter writing activity encourages young people to write a supportive letter to themselves for a time in the future when they might need a boost. This letter is not for anyone else and can be stored away until needed. Have your child write a letter to themselves that states things that they are grateful for, things they know help them feel better and people who they can go to for support. Next time your child has a 'not so good day' get this letter out and have them read it. Here is an example...



Dear Me,

I know things are tough right now and you might be feeling a little down, but I wrote this letter to help you feel better. It is important to remember that tomorrow is a new day and we always have a chance for a fresh start. First things first, I want to remind you that you are smart, kind, compassionate, funny and very loved by your family and friends. I also want you to think of 3 things you are grateful for. Gratitude helps us feel better. Now, I want you to do a 10 minutes meditation. Maybe with Smiling Minds, or even if you just want to sit in a quiet and calm space with some relaxing music and practice your deep breathing for 10 minutes. I know that always makes you feel better. Lastly, I want you to go to your parents or siblings and give them a really really really big hug for a minute or so. This ALWAYS makes everything better. Hopefully once you do all those things, this bad day will be in the past and you can start tomorrow fresh with a positive and happy mindset!

From your good friend, Me

★ Star of the Week ★

Foundation V Vitale	Awarded to: Niran Wild For: his enthusiasm during our online class meetings and for asking questions. Well done, Niran! 😊
Foundation S Scoberg	Awarded to: Nate Williams For: doing his best to complete all of his online learning. Well done Nate!
Foundation C Capito	Awarded to: Eva Reilly For: writing an imaginative story and stretching out all her sounds. Well done Eva!
Year 1P Perry	Awarded to: Baylee Walker For: doing an amazing job finding letter T and making her teddy bear.
Year 1D De Luca	Awarded to: Nathaniel Bundy For: keeping up to date with all of his literacy learning!
Year 1FD Fontana/Dunstone	Awarded to: Eva Parker For: writing and editing a fantastic letter back to the blue crayon in her literacy lesson. Amazing effort!
Year 2F Fawcett	Awarded to: Kenzie Sutherland For: demonstrating excellence in all of her learning tasks this week and helping others succeed by asking helpful questions during class meetings. Fabulous efforts Kenzie!
Year 2S McCormick	Awarded to: Jagger Hayward-Murphy For: writing a clever rhyming poem about a hopping kangaroo. Well done Jagger!
Year 2M Merritt	Awarded to: Jesse Osborne For: continually completing his learning and trying his personal best. Well done Jesse!
Year 3CPCook/Pearce	Awarded to: Chase Wright For: using descriptive vocabulary in his narrative about a shark attacking a boat. Well done Chase!
Year 3M Mason	Awarded to: Savanah Georgiou For: her outstanding narrative. Her interesting story line and attention to detail were great!
Year 3W Wright	Awarded to: Cadil Tohow For: his enthusiasm, engagement and sense of humour during remote learning. Well done Cadil!
Year 4P Powell	Awarded to: Harper Pitts For: attending all class meetings and taking his time to complete various parts of his learning.
Year 4O Overton	Awarded to: Annabella Parore For: doing her very best to create a well-structured and exciting narrative. Amazing work Annabella!
Year 4M Mondon	Awarded to: Sarah Mavric For: consistently doing her best when completing money worded problems. Great effort Sarah!

Year 5P Panahinejad	Awarded to: Fox Forden For: 'consistently verbalising his thinking strategies during our class discussions'.
Year 5L Leslie	Awarded to: Brianna Aponso For: completing all learning tasks, including extension tasks, to a high standard.
Year 5RM Reid/McAlley	Awarded to: Ashton Milner For: applying a great effort towards your learning, asking questions and using feedback.
Year 6G Gorski	Awarded to: Max Webster For: resolving digital technology issues and showing his leadership skills on Wonderful Wednesday.
Year 6M Maxfield	Awarded to: Avril Caddy For: her fantastic yearbook page and writing piece about her teacher. Great job, Avril.
Year 6S Smith	Awarded to: Orlando Andersen-Wells For: terrific job creating an entertaining and interesting yearbook page using a unique author's voice.
PE Mr Hough	Awarded to: Indiana Ward For: always bringing a positive attitude to the weekly PE meetings.
The Arts Ms Walsh	Awarded to: Emma Lord For: her consistent attendance in our Arts meetings and doing her best learning every week!
Chinese Ms Liu	Awarded to: William Wise For: completing his Chinese learning with a great effort for the last 5 weeks.

BYOD INFORMATION

1:1 Bring your Own Device Program - Launching 2021 for year 4 to 6 students

More information: <https://youtu.be/KxjbKohzeQQ> or scan the QR code below

How will BYOD and digital learning be integrated into the school's learning program? There will be an expectation that all learning opportunities for students in Years 4-6 will embrace the rich use of technology and commit to support the best utilisation of the technology and development of student skills for greater outcomes in literacy and numeracy. We are keen to support our learning with new opportunities wherever possible, but fully intend to also support learning with reading from books and writing with pens as well. We are aware that the world is changing, and we want to support our students to embrace change with support and guidance.



Exploring Women's Health 2020

[YPRL](#) in partnership with [DVPHealth](#) and [Whittlesea Council](#) have created four informative empowering sessions supporting women's health with a "Health at every size" focus.

Health At Every Size (HAES) is a weight-neutral approach to health. [HAES](#) practitioners advocate that a focus on healthy behaviours, rather than a focus on reducing body size, is the most useful way to support people of all sizes to take care of their health.

Dietitians from DVP Health will share information and lead discussion in 3 sessions:

- Myth busting
- Breaking all the food rules
- Making peace with food

The fourth session is presented by the [Butterfly Foundation](#) : focusing on support for eating disorders and body image issues.

Understanding body image: this session provides information and practical tips to help parents/carers better understand and promote positive body image in the home.



Join us for a FREE 'Let's Talk Body Confident Children and Teens' session, 2.00 – 3.00pm on Thursday 10th September 2020.

[Register Here](#)

Every day we are faced with confusing messages around weight, health and body image. This can be a struggle for adults and even more so for young people as they move through their childhood and adolescence. It is therefore not surprising that it can be extremely difficult for parents and carers to know how to support their child's health and body confidence.



Our body image is formed by the thoughts, feelings, attitudes and beliefs we have about our bodies and how we look. This includes our shape, size, weight, gender identity, and the way our body functions for us. We may feel many different things about our body and appearance: sometimes satisfied/positive, sometimes dissatisfied/negative, sometimes a bit of both, or even neutral. Either way, our body image can influence how we engage with the world.

The journey to understand this can be very difficult for young people but help is at hand locally. [Baseline](#) for Young People is City of Whittlesea's Youth Services Team, providing programs, events and projects that young people (aged 10-25) can get involved in. Focusing on supporting and affirming young people through the transition from childhood to adulthood.

With more and 75% of mental health issues developing before a person turns 25 it is comforting to know that there is support specifically for young people. [Headspace](#) acts as a one-stop shop for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or work and study support.

The [Butterfly Foundation](#) supports all Australians impacted by eating disorders and body image issues, and for the families, friends and communities who support them. Butterfly offers a wealth of [resources](#) in [multiple languages](#) and a National Helpline on (1800 33 4673).

In this Women's Health Week (7 – 11 September 2020) we are proud to have Butterfly present a Positive Body Image program. With a focus on prevention, this session provides information and practical tips to help parents/carer better understand and promote body image in the home throughout childhood and adolescence. The session explores why positive body esteem, non-dieting approaches and healthy behaviours in relation to food and exercise are strong protective factors in the development of eating disorders. It looks at the power of positive role modelling, reducing appearance based talk and importantly how to respond when a child expresses negativity towards themselves or others.

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Let's **Bring on Spring** and brighten our streets with artwork created from home. Colour your front windows and yards and bring a smile to your neighbours as they move around our local area!

We'd love to see what you've come up with!

Share a photo or video of your Bring on Spring art, or a fabulous piece you see at [f Whittlesea Unites](#) or use [#BringonSpringCoW](#)

HERE'S SOME IDEAS



DRAW A FANTASY GARDEN

Imagine a place you want to be, draw it and put it in your front window for others to enjoy, or laminate it and hang it on your front fence! Can't draw? Tear up and paste pieces of coloured tissue and old wrapping paper or cut pictures from magazines to create a collage. Your garden might include trees, flowers, your pet, yourself, or others... it is your dream!



CREATE A STENCIL

Using cardboard or an empty cereal box, draw a flower or bird or something you enjoy in Springtime. Cut out the shape. Keep the outside in one piece and place it on your driveway then colour in the shape using chalk or water-based paint so the concrete bursts into bloom for passers-by to enjoy.



YARN BOMB YOUR FRONT GARDEN

Crochet or knit covers for trees and other objects. If you have a wire fence, weave flowers into the wire or cut coloured plastic bags into strips and use those to weave and create a fast, sustainable, front garden.



MAKE A SCARECROW

Make a scarecrow and put it in your front garden. Use old clothes and stuffing of any sort to create a colourful friend for passers-by.



MAKE A BIRD FEEDER

Make a bird feeder from recycled materials and invite birds into your yard!

Full instructions are below



PLANT SHARE AT THE FRONT OF YOUR HOUSE

Order seeds online and plant them to bring colour to your garden or pot plants then write a note and share your spare seedlings!



MAKE A POM POM

Tie them onto a branch of a tree in your garden or on one on your walks, to let others enjoy early blossoms in many colours.

Full instructions are below



FLOWER SHOW

Place bunches of flowers from your garden on your letterbox for show, or to share with people passing by.



CHALK WALK

Tie a piece of chalk to a stick and draw as you walk, to map your journey and leave a coloured trail for someone else to follow.



SIGNS OF SPRING

Find a quote that lifts your spirits. Make it into a sign and put it in your front yard where passers-by can see it, to remind us that things will improve.



MAKING A BIRD FEEDER USING A BOTTLE

MATERIALS

An empty plastic bottle
Two twigs or popsicle sticks
Spray paint
A box cutter or a knife
A garden wire
Bird seeds

1. To minimize mold, mildew and other unhealthy conditions, you will need to clean your plastic bottle and make sure it is completely dry.
2. Paint the plastic bottle. Use a spray paint that will resist to cold and rainy conditions. This is optional.
3. Make windows in the plastic bottle. Be sure to perform this step yourself, as it can be dangerous for

kids to try and cut out windows out of the plastic bottle. Watch out for cuts as the plastic might be sharp enough. The side of the windows will depend on the type of birds you want to feed.

4. Fix the sticks for the birds to step on. You will want the sticks to be under the windows but not far away, so the birds can easily reach the seeds inside. Start by making two holes facing each other on the bottle and insert your first stick through both holes. Then add two other holes and insert your second stick, forming a 90 degree angle with the first stick.

5. Filling the bird feeder with bird seeds. For this step, you can take off the lid of the plastic bottle and add the bird seeds from their, or use the windows.



MAKE A POM POM INSTRUCTIONS

Credit: parade.com/156083/parade/how-to-make-a-pom-pom-in-5-easy-steps

MATERIALS

For the template:

Parchment paper
Pencil
Cardboard
Scissors

For the pom:

At least 8 meters of wrappable material
One 60 cm piece of tying material, folded in half

Trace the template below to create the pom size you need. Teeny or ginormous poms can be made by enlarging or reducing the template on a copier. Just remember that the bigger the C, the more wrapping material you'll need.

1. Create a pattern using the template above. Transfer the pattern onto two pieces of cardboard and cut out two cardboard Cs. Stack them one atop the other.

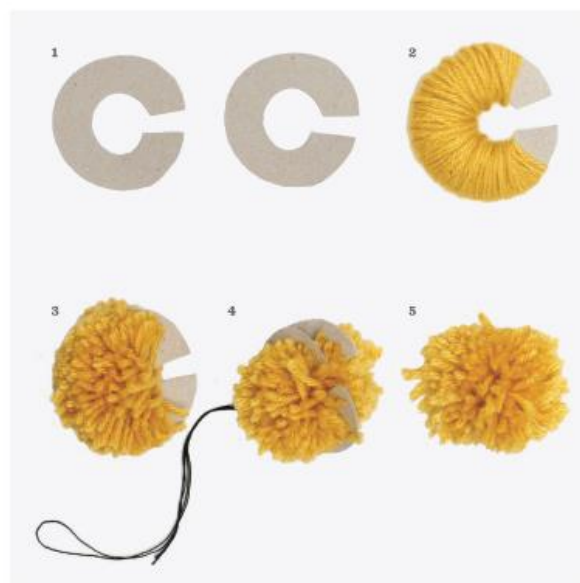
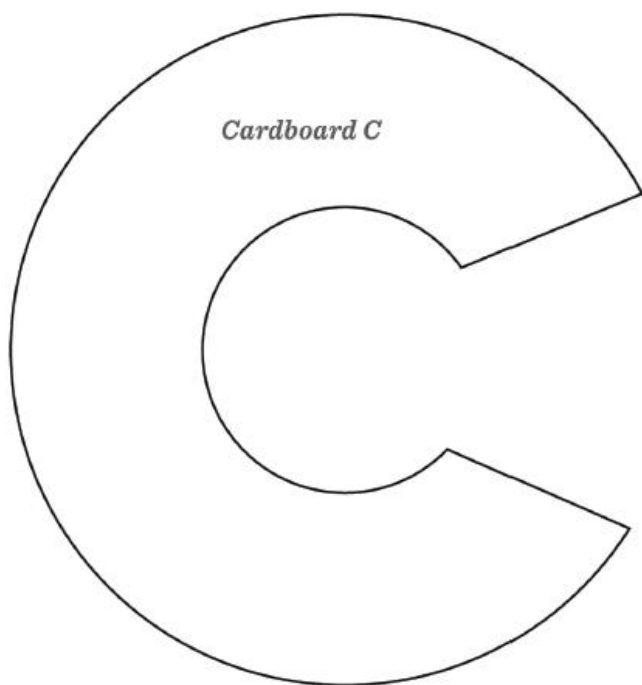
2. Starting at one end of the C, pinch yarn against cardboard to keep it in place. Then wrap yarn snugly around both templates, continuing until you are 0.5 inch from the other end. Repeat at least four times to create a full fluffy pom.

3. Holding the yarn-wrapped templates with one hand, insert a scissor blade between the two pieces of cardboard at one end. Slice through the wrapped yarn along the entire outside edge. Pinch together

the still-wrapped but uncut section as you snip along the template. Rest the template on the table for the next step.

4. Holding the folded tying thread taut, slide it between the two pieces of cardboard, starting at the middle gap in the C. Pull each end of tying thread around the template until they meet across from the gap. Pull tightly around the center of the pom and tie a knot. Flip the pom over and tie a double knot, binding the two halves together.

5. Pull off the cardboard templates. Fluff your pom-pom and give it a haircut.



FOR A RAINY DAY! COLOUR ME IN!





Whittlesea Community House

92A Church St, Whittlesea ph 97163361



Fix it Friday Phone in

Get out of trouble, speak
to an expert and sleep
better at night

TALK TO THE EXPERTS FROM THE COMFORT OF YOUR OWN HOME

Whittlesea Community Connections Social Worker,

Whittlesea Community Legal Service

Lift program for Mental Health, Centrelink,

Financial Counselling, Merri Health Victims Assistance

NDIS with Brotherhood of St Laurence, My AgedCare &

Danielle Green MP Yan Yean

10am—1.00pm

****Interpreters Available****

Fridays

September 18th, October 16th, November 20th and December 11th

Call 9716 3361 to get connected!

