

Issue 29- 16th September 2021

PRINCIPAL REPORT

Hello everyone,

Wishing all our families a great term break. Term 3 has certainly been challenging with students spending the vast majority of time in lockdown. We appreciate that this lockdown has been as hard, if not harder than any previously and our school congratulates our students and their families for remaining positive and demonstrating remarkable resilience.



Despite the challenges, the term has still been a great success. Book Week was celebrated through the use of technology, house challenges helped maintain student engagement and learning was continually refined to strike the fine balance between challenge and expectation. I hope you all find ways to unwind and enjoy a well-deserved break. We have concluded our term this week with a special celebration focus, encompassing the important messages of RUOK? Day. A special thank you to our amazing wellbeing leader – Betty Tzelepis for all her work and initiative in developing our Sunflower Project. Tomorrow we finish Term 3 as always with Footy Day. Students will enjoy football related learning tasks and we hope to see them all logged into teams wearing their team's favourite colours.

Camps for Years 3/4 and 5/6 have not been cancelled as yet. This said, as time passes it becomes increasingly unlikely that either camp will proceed as planned. We are awaiting announcements in the coming days which will give us a much better understanding of what (if any) chance exists to go ahead with camps to ADANAC and Phillip Island. As announcements will come over the weekend, official notification of a camp cancellation will come on Monday, September 20th via Compass. To all Year 3/4 families – please remain aware of any communication throughout the term holidays. Year 5/6 students are due to attend their camp in Week 3. As we have for the ADANAC camp, we are waiting as long as possible before officially cancelling the camp. We would simply hate for our students to miss the opportunity if there is any chance decisions may go in our favour.

I have prepared a video summarising this information regarding camps. Please feel free to view it by clicking [here](#).

Until next term, stay safe and we remain hopeful to have all students back onsite as soon as possible.

Ty Hoggins
Principal

CALENDAR

October 22	Swimming Program Payment Due
------------	------------------------------------

HAPPY BIRTHDAY

Wishing the following
children a very
Happy Birthday!

18th September

Ethan 02CR

Harry 3/40

20th September

Tayze 02CR

22nd September

Alex 00M

Mercedes 3/4T

23rd September

Ikshu 5/6G

Reece 5/6LE

24th September

Ava 00M

Zane 01JA

Sophie 3/4W

28th September

Phoebe 00V

Ellie-Mae 3/4W

Amelia 3/4M

Hayden 5/6LE

29th September

Emily 00M

Andre 00V

Makayla 5/6S

30th September

William 02C

Benji 5/6S



ASSISTANT PRINCIPAL REPORT

Hello everyone,

Well done to everyone in our school community for making it to the end of another term of remote learning. Thank you for your continued support of one another, our students and staff as we wait to hear more on the weekend about how Term 4 will look here at Whittlesea Primary School.



Tomorrow is the final day for the Premiers Reading Challenge. It's not too late to add any books that you have read, and don't forget, reading on GetEpic! counts too! To add your PRC book, follow this link <https://vprc.eduweb.vic.gov.au/home> and use the login details provided by your child's teacher earlier this year.

Hopefully you read the update about the colour run in last week's Primary Post. Scheduled for Friday 19th November, we are ploughing ahead with the organisation as we know this is a much-loved and highly anticipated event in Term 4. In the past week, 53 students have registered and it's not too late. Follow this link to **register** https://app.schoolfundraising.com.au/users/sign_up and select "Whittlesea Primary School" as your school. You can browse the school fun run prizes in the PDF attached in the Compass post. Remember, *every student that registers will receive one house token for their house and for the first class to have every student registered, each student in that class will receive a bonus house token!* Here are the house points tallies so far...

HOUSE POINTS			
			
Do Your Best	Respect Your School	Help Others Succeed	
70	80	150	200

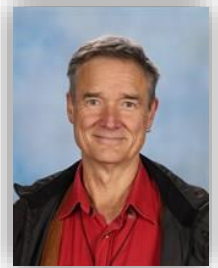


I'm looking forward to seeing all of those footy outfits and photos tomorrow. I hope you all enjoy a well-deserved term break, don't forget to water your sunflowers and I look forward to seeing everyone, either virtually or in person, next term. Fingers crossed it's the latter 😊

Best wishes for a safe and relaxing break. Take care.

Rae Gittos
Assistant Principal

Peter Ackland - school chaplain



School History 2012 Term 2

Fish Philosophy was introduced. This was based on a fish market in Seattle USA. The values: "Play", "Be There", "Choose Your Attitude" and "Make Their Day" were designed to create a positive culture in the school supporting children to be the best they can be.



Bente Stock received a study award grant and travelled to Finland for two weeks (from 21 April) to visit many Finnish schools (My apologies for thinking this happened in 2011 and am correcting that now).

Ty Hoggins and leading teacher **Kate O'Halloran** looked after the running of the school in Bente's absence. Later, Bente sent a video showing reasons for Finnish Educational success:

<https://www.edutopia.org/video/finlands-formula-school-success-education-everywhere-series-0>

One of **Ty Hoggins'** first duties was to lead Whittlesea Primary School in the Annual ANZAC Day march through the town. He also officiated at the Parent Forum, Monday 30 April, part of the school's review process for a direction into the next 5 years.

Bente Stock returned with a glowing report on Finnish Education (which really should be an article in itself, but the video link above helps give us a glimpse). Interestingly, all schools in Finland have woodwork and sewing machine rooms.

Cross country first place runners for 2012 were: Cody Talbot and Mikayla Pimperl (8/9/10th year); Joshua Merritt and Marnie Wills (11th year); Nathan Murray and Nikki Barden (12/13th year). Nathan and Marnie went on to take first place at Bundoora.



In May, Bente Stock and Ty Hoggins attended a Northern Metropolitan Region Conference at Lorne. The speakers were Geoff Masters, John Hattie, Ruben Meerman, David Clarke and David Hopkins (from Wales). They returned with fresh ideas to inspire the school. One of these was their Principal Team 'Curiosity Session' at the weekly school assembly. In the first of these, Ty successfully speared a zip lock bag filled with water with many sharp pencils without spilling a drop over Bente sitting trustingly (anxiously?) under the 'experiment'. Another Curiosity Session was piercing an inflated balloon without popping it. The children were transfixed.

For a number of weeks this term, Teacher **Deanne Close** was able to obtain the loan of a trailer with a dozen quality 'Vic Roads' bicycles. With help from ES staff and Peter, Deanne supervised students with special learning and behaviour needs with safe bike riding experiences on the basketball court. Some students had never ridden successfully on two wheels before.

On the last day of term, the **SRC** organised a **Casual Clothes Day** so that students out of uniform could bring a gold coin donation for 'State School Relief' (SSR) which purchases uniforms and school footwear where there is need.



Have a great spring term break. To be continued...

★ Star of the Week ★

Foundation V Vitale	Awarded to: Mia Mellford For: showing confidence during class meetings and during her reading group. Fantastic, Mia! 😊
Foundation P Perry	Awarded to: Kodi Linton For: showing his personal best when creating a bar graph and answering questions about it. Well done :)
Foundation M Merritt	Awarded to: Alex McLaren For: for showing confidence when participating in reading groups. Excellent reading Alex!
Year 1JA Fontana/Kaur	Awarded to: Zane Studwick For: doing his best on all learning tasks and always having a positive attitude.
Year 1F Burgess	Awarded to: Wade Soldini For: completing all learning tasks well, participating in meetings, and remaining focused.
Year 1M Maxfield	Awarded to: Jackson Ring For: completing a wonderful and engaging ending to a supplied story and using very neat handwriting.
Year 2CR Cook/Redmond	Awarded to: Eva Parker For: doing her best with her inquiry presentation. Your video on looking after a pet was very informative!
Year 2S Gordon	Awarded to: Keira Augustus For: doing her best work and succeeding during remote learning. Keep it up Keira!
Year 3/4W Wright	Awarded to: Izzy Carey-Szwaj For: putting in a great effort in writing to produce an effective published text about her family.
Year 3/4M McCormick	Awarded to: Zane Caddy For: consistently producing outstanding learning and having a positive attitude! Well done, Zane 😊
Year 3/4T Tuppen	Awarded to: Branson Aponso For: always reading feedback that is given and responding to it by editing his work.
Year 3/4C Cummins	Awarded to: Max Blundell For: always producing work of such a high quality during remote learning. Outstanding effort!
Year 3/4F Fawcett	Awarded to: Damon Gibson For: demonstrating doing his best and persistence when completing learning tasks this week. Great work Damon!
Year 5/6S Powell	Awarded to: Makayla Martino For: participating in our online mini lessons and striving to do her best when completing learning tasks.
Year 5/6G Gorski	Awarded to: Harrison Leeson For: volunteering to assist his peers to solve digital technology issues.



WPS CELEBRATION DAY

This week our students have been involved in a series of activities centred around wellbeing, kindness, and gratitude. They have also been talking about the R U OK? initiative and how they can check in on their friends. Classes completed a variety of wellbeing themed activities in place of their regular learning on Wednesday.

Our junior students discussed which five people they could talk to if they needed some support. They created handprints with their network to help them remember who they could go to.

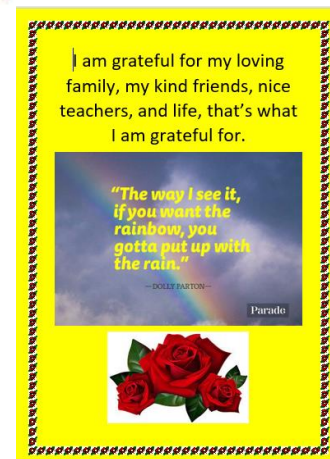
Our Year 3/4 students looked at what makes them smart and recorded themselves explaining all the things that they are most proud of about themselves. They created 'Smart Sunflowers' outlining all their attributes.



Our senior students looked at inspirational quotes and created posters that can be used as part of a gratitude wall. We're hoping to share these on our school fence next term.

All classes looked at the importance of giving compliments and doing acts of kindness. Look out, you might just be the lucky recipient of an act of kindness soon.

It's been great to see all the planting going on at home. It's been a family event! Sunflower seeds will continue to be available between 2- 2:30pm in the Church car park for the rest of the week. Don't worry if you don't have yours yet, families will still be able to collect their seeds next term. Miss Walsh shared her video on how to create paper sunflowers and we have already received beautiful sunflowers in our school mail box to put up on our display!



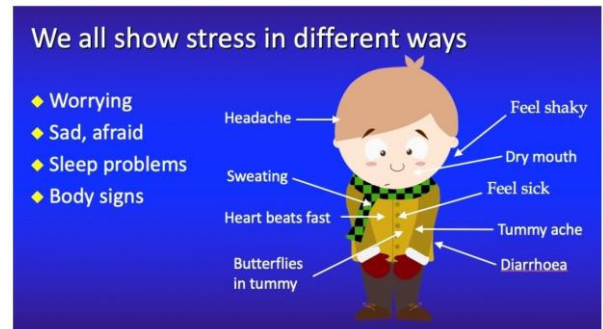
It's normal for children to feel worried or anxious from time to time, such as when they're starting school or when facing new situations. But for some children, anxiety affects their behaviour and thoughts every day, interfering with their school, home and social life. They perceive the fear or danger they're worried about to be much greater than it actually is. Thinking about the situation makes them more worried and tense.

Children experiencing anxiety may come up with their own strategies to try and manage distressing situations. This often involves trying to avoid the situation or having a parent or other adult deal with it for them. While this works in the short term, avoiding the fearful situation makes it more likely that they'll feel anxious and be unable to manage it next time.

Actions that support positive mental health

Encourage your child to:

- Exercise and eat healthily to boost their mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things they enjoy
- Practice positive self-talk, and remind them they are not alone
- Encourage and support positive and helpful thoughts

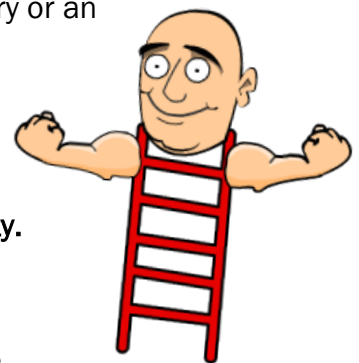


In preparing for returning to school next term there are a few strategies that you might like to implement at home to support your child for when we all return onsite.

Laddering – You could try a technique called 'laddering' – breaking down a worry or an event into manageable chunks and gradually working towards a goal.

One way children can gain victory over their fears and learn that they can cope with their anxiety is to practise facing fearful situations. This means gradually exposing children to the situation that they are fearful of, step-by-step, until they are able to cope with the situation on their own. **Using step by step exposure to help children cope with their fears can help break the cycle of anxiety.**

There are several steps in developing a personalized BRAVE ladder.



1. Work out a goal.
2. Break down the fear into small steps that can be practiced one at a time.
3. Make sure the steps have small incremental steps.
4. Once the ladder is complete, start practicing for the first step. Do not move onto the next step until the current step has been mastered and the child no longer fears that step.
5. **PRAISE! PRAISE! PRAISE**, all brave attempts, helpful thoughts and actions.

Steps that could be included on your child's BRAVE ladder include:

- Getting school uniform ready – does it still fit?
- Locating school hat, lunch box, school shoes
- Buying new laces for the shoes, learning to thread the laces
- Investigating some new lunchbox ideas
- Making a school snack box ready for easy access packing school lunches
- Practice school days, uniform on, "school" activity and packed lunch box
- Creating a poster about all the great things about being at school.
- Making a plan for the first day back.
- Setting a special first day back reward, for after school on the first day back.

Preparation is key!

Involve your child
Praise positive thinking & behaviour
Plan Ahead
Avoidance is only a short-term solution.

SCHOOL HOLIDAY MATRIX

Do you need some creative ideas about what you can do over the school holidays? You might like to try some of the activities in our school holiday matrix. Do a few, do them all. Have fun and get the whole family involved.

<p>Have a backyard picnic. Get out your picnic rug and favourite picnic foods. Maybe theme the event.</p>	<p>Build an obstacle course in the backyard or house. Time your family members to see who can finish it the quickest.</p>	<p>Make a cubby using blankets and pegs and hang over your clothesline or over your dining table.</p>	<p>Build a new planet out of Lego. Create and alien or animal to live there.</p>
<p>Challenge yourself with an Hour of Code challenge on Code.org.</p>		<p>Hide something in your backyard and create a treasure map for a family member to follow.</p>	<p>Learn to cook something. Read a recipe and then make a delectable delight to share with your family.</p>
<p>Share a phone call or video chat with a friend. Talk about why you like each other's company so much.</p>	<p>Design and make shadow puppets. Put on a twilight puppet show. Create a poster, write a story and pick some snacks for your event.</p>	<p>Research and plant some native flowers to bring mini beasts, butterflies and bees to your garden.</p>	<p>Google Little Penguins TV and watch the penguin parade at Phillip Island with your family at sunset.</p>
<p>Create your own scavenger hunt and go for a walk. Look for animals, cars, colours, flowers or something else of your choice.</p>	<p>Paint draw or photograph, a garden or landscape. Think about colours and composition.</p>	<p>Mystery box Challenge Use recycled materials to create a futuristic animal, vehicle or home.</p>	



**Spring
Holiday Program**

Monster Mayhem!



Adventure Time



Aliens from Space



Monster Mash



At the Movies

Book Now at www.theircare.com.au

Save up to 85% with the Child Care Subsidy

COMMUNITY NEWS



WE SPECIALIZE
IN LESSONS
FOR
BEGINNERS

TENNIS LESSONS

LOCATION: WHITTLESEA TENNIS CLUB
74 LAUREL STREET, WHITTLESEA

SPECIAL 2021 OFFER!!

ENROL NOW & RECEIVE A
30% DISCOUNT
AND A NEW RACQUET FOR
FREE!



FOR MORE INFORMATION

TEL: 0425 831 666

WEB: WWW.TOPLINETENNIS.COM

EMAIL: BRAYDEN@TOPLINETENNIS.COM



THE FATHERING PROJECT

We understand the challenging times that both schools and families have been experiencing recently and we'd like to support you by offering free access to one of our highly regarded resources.

The dads and kids' activity ideas booklet can be downloaded now. There are 20 low or no cost activities for families to do at home together. A great resource just in time for the school holidays.



[Click here to access FREE resources](#)

The Fathering Project is a secular, research-based, not-for-profit organisation that provides programs, resources, and events specific to the engagement style of fathers and father figures. Funded by the Commonwealth Government, we're currently working with hundreds of Australian schools to build a community of positively engaged dads and families.

We hope you like this resource and your school's families enjoys making memories together.

Be well and stay safe!

WHITTLESEA CFA TREASURE HUNT

The Whittlesea Fire Brigade are running a treasure hunt for 5-15 year olds. They want you to find all 10 safety messages around the Whittlesea Township. Booklets can be downloaded from their facebook page and limited booklets are also located at the Fire station. Completed booklets can be placed in the mail shoot at the front door of the Fire Station to go into the draw to win one of five "Fire-fighter for the morning" prizes.

Open to all children aged 5- 15 years of age.

Winners will be announced 15 October 2021. Competition is open between 6th September 2021 – 30 September 2021.

Please remember to maintain COVID safe practices at all times.

Good Luck!