Primary Post

Whittlesea Primary School

Telephone: 9716 2140 Fax: 9716 2516 Email: whittlesea.ps@edumail.vic.gov.au Respect Your School Do Your Best Help Others Succeed



Issue 21- 23rd July 2022

PRINCIPAL REPORT

Hello everyone,

Today, our school held two significant events to celebrate the indigenous heritage of our students and their connection to country. In a first for our school, we held a Campfire Conversation, bringing together our indigenous students, and their families. A campfire is a place where everyone has a spot to sit; to listen, share and connect with each other. It is a place for storytelling and deep listening.



The purpose of the campfires, storytelling and deep listening is to:

- Provide Koorie communities opportunities to define selfdetermination in education
- Explore possibilities for how self-determination could and should look in education
- Build and strengthen partnerships between Koorie communities and schools
- Highlight the benefits of self-determination for whole school communities
- Improve attendance, engagement, and achievement for Koorie learners
- Develop a range of changes to improve agency and success for Koorie people in schools.

We would like to thank Karen Burgess for organising such a successful event.

Following the campfire conversation, our school came together to watch the unfurling of the Aboriginal and Torres Strait Islander flags. Our existing flagpole was gifted to the school by the Commonwealth Government in 2004. Through our fundraising efforts, the two new flag poles were installed towards the end of last term and the parent gardening group have finished off the garden in readiness for today. Earlier this week, flood lights were installed at the base of each of the flagpoles. Did you know that the flags can only be flown at night when illuminated? Now, our three flags can be flown during the day or at night, fully lit, with the Heritage Building, illuminated in the background. Thank you to Cooper and Matthew in year 6 for raising up the Aboriginal and Torres Strait Islander flags.

CALENDAR

July 29	VSSS Dance Rehearsal
	Foundation 100
	Days of School
	Celebration
August 12	Red Nose Day
	Foundation
	Bundoora Farm
	Excursion

HAPPY BIRTHDAY

Wishing the following children a very Happy Birthday!

19th July Ben 3/4MW Indiana 3/4DM

20th July Harrison 3/4DM

21st July Willow 3/4MW Indie 5/6G

22nd July Bella 00G Willow 00G Dakota 3/4DM Hunter 5/6P

23rd July Lena 00G Jamison 3/4L Lincoln 3/4W Annie 3/4C









Until next week,

Ty Hoggins/Rae Gittos **Principal Team**

CAMP PAYMENT PLAN INSALMENTS

2022 Camp Instalment Dates

Year 3/4 Camp

Payment 1: \$73.60 25th March Payment 2: \$78.20 29th April Payment 3: \$73.60 27th May Payment 4: \$78.20 24th June Payment 5: \$78.20 22nd July

Payment 6: \$78.20 19th August

Year 5/6 Camp

Payment 1: \$71.88 25th March Payment 2: \$77.87 15th April Payment 3: \$71.88 13th May Payment 4: \$77.87 10th June Payment 5: \$71.88 8th July Payment 6: \$77.87 5th August

Payment 7: \$71.88 2nd Sep Payment 8: \$77.87 30th Sept

'Rock the Red' on Friday the 12th of August for RED NOSE DAY!

Wear red to school this **Red Nose Day** and come with a **donation** to help support families, fund research and save lives of little ones.

You can also **donate online** by scanning the **QR code below!** ©



Scan the QR code above to visit my fundraising page where you can make a secure donation, or learn more about my fundraiser.

Red Nose Day Merchandise

On Sale from Monday 8th of August to Friday 12th of August, or until items run out! SRC Captains will be selling these fantastic items at break time throughout the week for students to purchase!





Red Nose- \$3.00



STUDENT ACHIEVEMENT



Awarded to: Harper Willmott
For: supporting our newest Foundation P class mate by showing her around our school.
Awarded to: Harper Jordan
For: trying her best when reading and answering questions about the text. Excellent!
Awarded to: Eoin Lord
For: doing your best exploring and ordering the weight of classroom objects. Well done!
Awarded to: Nicolas West
For: doing his best during interactive writing sessions. Well done, Nicolas!
Awarded to: Tai Vuillermin
For: amazing growth in his reading. Well done Tai!!!
Awarded to: Ryder Burton
For: working hard on all of his work and helping others succeed.
Awarded to: Finn Larmer
For: persevering in his writing and creating excellent persuasive reasons to convince his
reader of his opinion.
Awarded to: Beka Briggs
For: fantastic persuasive writing and use of adjectives to make her writing more
entertaining. Superb effort.
Awarded to: Wade Soldini
For: superb reading and answering comprehension questions. Fantastic effort.
Awarded to: Mackenzie Dow
For: demonstrating our school expectations during her learning.
Awarded to: Keira Augustus
For: Her hard work and creativity when working on her inquiry action.
Awarded to: Sarah Hallam
For: identifying personification and other language features in poetic texts!
Awarded to: Deegan Perry
For: showing kindness to others
Awarded to: Nate Griffin
For: outstanding effort and growth in reading. Amazing work, Nate!
Awarded to: Nate Jennings
For: attempting all new mathematics learning with a positive mindset and a huge smile!
Awarded to: Jonah Hazeldine
For: showing the school expectations in everything he does. Amazing effort, Jonah! ©
For: showing the school expectations in everything he does. Amazing effort, Jonah! (a) Awarded to: Xavier Leeson
Awarded to: Xavier Leeson
Awarded to: Xavier Leeson For: Challenging himself in maths and completing all set work. Well done, Xavier!
Awarded to: Xavier Leeson



On Tuesday 19th July, our Girl's Footy team travelled to Redleap Reserve in Mill Park to play in the Division Girl's Footy Final.

Whittlesea PS played against Marymede College in a very competitive game but unfortunately were defeated. The girls played with great spirit, with many having little experience playing footy still having a go. Ruby Barker and Isabelle Carey-Szwaj played for the very first time and found a lot of success.

A special shout out to our tackling machine Zoe Hawking, as well as School Captains Alannah Purcell and Lily McDonald whose repetitive efforts on the day stopped many scoring efforts from Marymede. An extra congratulations to Year 4 girls Aaliyah Bruning and Asha Abeling who helped fill the last 2 places on the team.

Good luck to our Mixed Netball and Girls Teeball teams who will be playing in the Division Final tournaments next week!









GRATITUDE

Practising gratitude every day is a simple yet powerful tool that has proven benefits on mental health and wellbeing for people of all ages. In a nutshell, it is simply taking time to notice and reflect upon the things we're thankful for every day.

It can take many forms, one simple technique is to take each day to think about three things that went well, along with an explanation of why each good thing happened or discussing these things with another at the end of the day.

Things such as writing in a journal or delivering a letter of gratitude to someone special in your life can also have massive benefits on our mental health and wellbeing.

Benefits

Over the past few decades, more and more research has been done into the benefits of practising gratitude daily. Studies have indicated a strong link between practising gratitude and improvements in emotional wellbeing, fewer symptoms of stress, anxiety and depression as well as higher levels of self-esteem, enhanced life satisfaction and greater optimism.

Martin Selgiman, a world-renowned psychologist who focuses on 'positive psychology' found in a 2005 study that a group of people who practised daily gratitude in partnership with showing gratitude to others in their life, showed improved mood and fewer symptoms of depression immediately, as well as greater personal accomplishment and even improved job satisfaction at work! Further, after one month, these people started scanning the world for positives rather than negatives as a part of their daily behaviour.

As adults, we can model this behaviour by speaking to children about why we are grateful to have them in our lives, things we are grateful for etc. Modelling good behaviour is the most powerful way to encourage gratitude in others.

The **Resilience Project** is a great place to start if you are interested in learning more about gratitude and the positive effects it can have on our wellbeing.

We all have something to be thankful for.

As a staff, we are thankful for the relationships we build with our students and families every day. (3)

Wellbeing Team

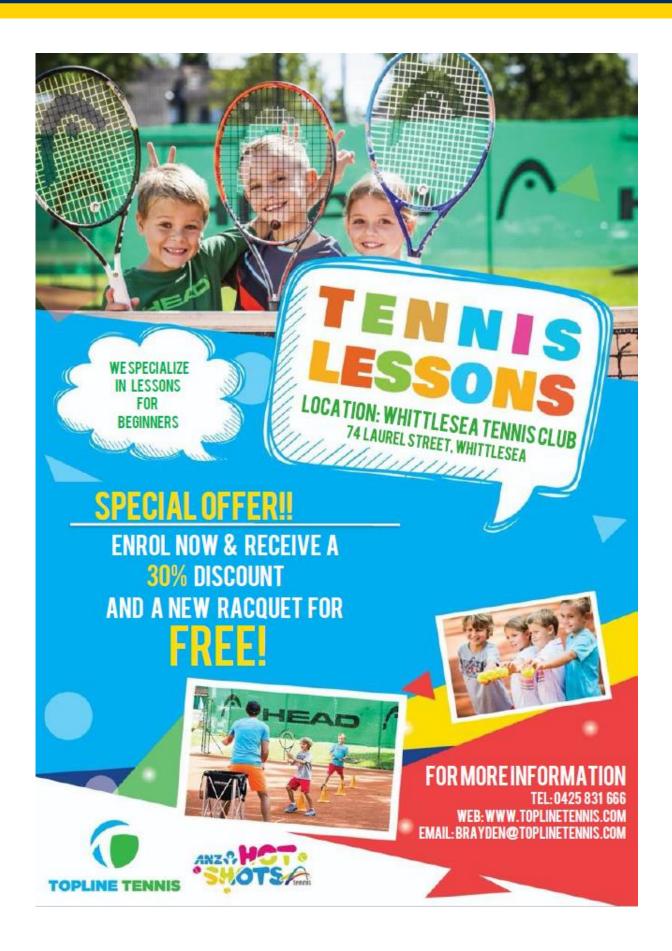
What is Gratitude?

- 1. Gratitude allows us to recognize good in our lives. Focusing on and appreciating the good in our lives constantly reminds us about great things all around us.
- 2. Gratitude allows us to see that the sources of that good are usually close by. Practicing gratitude allows us to recognize those who bring goodness into our lives and humbles us in order to give credit to those we are grateful for.



COMMUNITY NEWS





EMOTION COACHING - HELPING KIDS WITH BEHAVIOUR & EMOTIONS

Need some ideas on how to help your kids with their emotions? Want to promote better behaviour in your kids?

Upcoming webinars are scheduled for:

Wednesday 17th August 7.30-8.30pm Friday 26th August 12.30-1.30pm

Bookings via https://www.trybooking.com/CAGMO



An introduction to a style of parenting called Emotion Coaching. This can help your child to become better equipped to manage their emotions and engage in behaviour that reflects this regulation.

This webinar will describe the 5 steps of Emotion Coaching and provide some real-life examples of how to help your child with their emotions and behaviour. It is a sample of the content that is delivered in a longer course titled Tuning In To Kids $^{\text{TM}}$.

These webinars are hosted by Ms Jessica Patti, who is a Mother and Clinical Neuropsychologist with experience working in public, private and educational settings in NSW and Victoria. She specialises in working with children and young people and has experience supporting individuals with brain injury, neurological disorders, developmental disorders, autism, ADHD, medical conditions, mood disorders, learning and behavioural difficulties. Jessica is registered with the Australian Health Practitioners Regulation Agency (AHPRA) with endorsement in Clinical Neuropsychology and is a member of the Australian Psychological Society (APS).



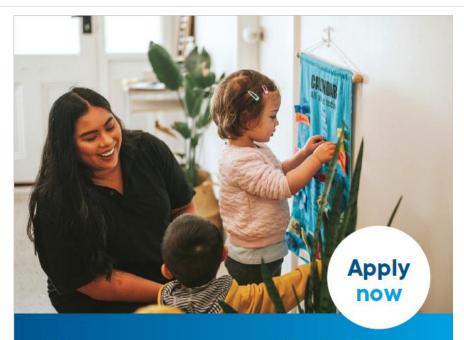
Child Psychology: Information and Tips https://www.facebook.com/profile.php?id=100071928164074



@childpsychology_info.and.tips



pattipsychology@gmail.com



Have you applied for Kindergarten in 2023?

Apply by 30 June to be considered in the first round of offers.

3 & 4 year old kindergarten placement offers are going out to families during July/August. You can access kindergarten for free or low cost, if you or your child,

- Holds an eligible Health Care/ Concession card
- · Holds a Refugee/Asylum seeker visa
- Identifies as Aboriginal and/or Torres Strait Islander

For further information and to Apply visit www.whittlesea.vic.gov.au/kinder or email keo@whittlesea.vic.gov.au if you have any other questions.

