

Issue 21- 23<sup>rd</sup> 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 self-determination 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!

**19<sup>th</sup> July**  
Ben 3/4MW  
Indiana 3/4DM

**20<sup>th</sup> July**  
Harrison 3/4DM

**21<sup>st</sup> July**  
Willow 3/4MW  
Indie 5/6G

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

**23<sup>rd</sup> 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 12<sup>th</sup> 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 8<sup>th</sup> of August to Friday 12<sup>th</sup> 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!



# ★ Star of the Week ★

|                               |  |
|-------------------------------|--|
| Foundation P<br>Perry         | Awarded to: <b>Harper Willmott</b><br>For: supporting our newest Foundation P class mate by showing her around our school.   |
| Foundation M<br>Merritt       | Awarded to: <b>Harper Jordan</b><br>For: trying her best when reading and answering questions about the text. Excellent!   |
| Foundation G<br>Gordan        | Awarded to: <b>Eoin Lord</b><br>For: doing your best exploring and ordering the weight of classroom objects. Well done!  |
| Year 1/2A<br>Fontana/Kaur     | Awarded to: <b>Nicolas West</b><br>For: doing his best during interactive writing sessions. Well done, Nicolas!  |
| Year 1/2P<br>Powell           | Awarded to: <b>Tai Vuillermin</b><br>For: amazing growth in his reading. Well done Tai!!!  |
| Year 1/2M<br>Maxfield         | Awarded to: <b>Ryder Burton</b><br>For: working hard on all of his work and helping others succeed.  |
| Year 1/2E<br>Barker           | Awarded to: <b>Finn Larmer</b><br>For: persevering in his writing and creating excellent persuasive reasons to convince his reader of his opinion.   |
| Year 1/2B<br>Burgess          | Awarded to: <b>Beka Briggs</b><br>For: fantastic persuasive writing and use of adjectives to make her writing more entertaining. Superb effort.<br><br>Awarded to: <b>Wade Soldini</b><br>For: superb reading and answering comprehension questions. Fantastic effort. |
| Year 3/4WM<br>Walsh/McCormick | Awarded to: <b>Mackenzie Dow</b><br>For: demonstrating our school expectations during her learning.  |
| Year 3/4D<br>Di Mauro         | Awarded to: <b>Keira Augustus</b><br>For: Her hard work and creativity when working on her inquiry action.   |
| Year 3/4L<br>De Luca          | Awarded to: <b>Sarah Hallam</b><br>For: identifying personification and other language features in poetic texts!   |
| Year 3/4W<br>Wright           | Awarded to: <b>Deegan Perry</b><br>For: showing kindness to others   |
| Year 3/4C<br>Cummins          | Awarded to: <b>Nate Griffin</b><br>For: outstanding effort and growth in reading. Amazing work, Nate!  |
| Year 5/6G<br>Gorski           | Awarded to: <b>Nate Jennings</b><br>For: attempting all new mathematics learning with a positive mindset and a huge smile!   |
| Year 5/6V<br>Vitale           | Awarded to: <b>Jonah Hazeldine</b><br>For: showing the school expectations in everything he does. Amazing effort, Jonah! 😊   |
| Year 5/6T<br>Tuppen           | Awarded to: <b>Xavier Leeson</b><br>For: Challenging himself in maths and completing all set work. Well done, Xavier!  |
| PE<br>Mr Leslie               | Awarded to: <b>Imogen Hoppe-Salter</b><br>For: Consistently doing her best and striving to improve her skills in PE!   |



# SPORTS REPORT

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. ☺**

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



WE SPECIALIZE  
IN LESSONS  
FOR  
BEGINNERS

## TENNIS LESSONS

LOCATION: WHITTLESEA TENNIS CLUB  
74 LAUREL STREET, WHITTLESEA

### SPECIAL OFFER!!

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



### FOR MORE INFORMATION

TEL: 0425 831 666

WEB: [WWW.TOPLINETENNIS.COM](http://WWW.TOPLINETENNIS.COM)

EMAIL: [BRAYDEN@TOPLINETENNIS.COM](mailto:BRAYDEN@TOPLINETENNIS.COM)





## 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 17<sup>th</sup> August 7.30-8.30pm

Friday 26<sup>th</sup> 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™.

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](mailto: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](http://www.whittlesea.vic.gov.au/kinder) or email [keo@whittlesea.vic.gov.au](mailto:keo@whittlesea.vic.gov.au) if you have any other questions.

