

Issue 22- 29<sup>th</sup> July 2022

## PRINCIPAL REPORT

Hello everyone,

This week there are two important topics to address with the school community. Firstly, designs have been confirmed for our new uniform and production is underway. Thank you to those who completed the survey recently. The most popular theme was the need for hard wearing, easily washable fabrics and I'm pleased to confirm this will be a feature of the new items. The soft-shell jackets and new cotton back polos should offer superior wearing and washability. A plan is in place to transition between uniform suppliers and the infographic included in this week's newsletter explains this transition. The three basic steps are: -



1. Sales continue from Northern Regional Uniforms for a short time
2. Discounted sales of remaining stock will take place at school for the remainder of Term 3
3. New uniform sales from Academy commence at the beginning of the school holidays.

Rest assured, any existing uniform items and those bought throughout Term 3 will be welcome at school as official uniform throughout the remainder of this year and all of 2023.

On Wednesday next week we ask that all parents / carers of Year 3-6 students who will attend camp make themselves available for a vital COVIDsafe meeting. Our school has been monitoring the ever-changing requirements for camp operations. We must now ensure we are compliant with all current restrictions and guidelines. As a result, a detailed briefing of parents will be held next week to explain all of the requirements and the additional consent required from all families. This meeting is a requirement of the Department of Education and Training. Both onsite and online attendance options are available. Please call 9716 2140 if you are unable to attend and alternate arrangements can be made.

Our intention has always been to offer our students every opportunity possible. It is our desire for both camps to proceed, but the reality is a number of restrictions and adjustments are mandated and must be carefully considered. In particular, the interstate camp requires pending approval from the regional director before it can happen. The details will be summarised and parents will be given the opportunity to consider the additional permissions being sought.

## CALENDAR

August 3	Camp Covid Safe Meetings 3/4- 6.30pm 5/6- 7.15pm
August 12	Red Nose Day  Foundation Bundoora Farm Excursion

## HAPPY BIRTHDAY

Wishing the following  
children a very  
Happy Birthday!

**24<sup>th</sup> July**

Kruz 1/2JA

Xander 1/2P

**27<sup>th</sup> July**

River 3/4L

Billie-Rose 3/4DM

**28<sup>th</sup> July**

Chloe 1/2E

Alexander 5/6V

**29<sup>th</sup> July**

Hunter-Rose 1/2P

**30<sup>th</sup> July**

Harry 3/4D

Mia 3/4W

Asha 3/4MW

**31<sup>st</sup> July**

Nate 3/4C

**1<sup>st</sup> August**

Indiana 3/W

Branson 5/6G





### Attendance Required by all Families

Whittlesea Primary School respectfully requests that a representative from each campers' family attends this important meeting. Parents will be fully briefed on the latest requirements for camp operations and the school's planned measures.

**Parental consent for specific COVID measures is required for all students to participate in upcoming camps.**

This meeting will explain all the required permissions and mandated actions from the Department of Education and Training for the camp to proceed.

Attend in person (gymnasium) or online - Please call 9716 2140 for online registrations



**Wednesday, August 3rd; 6:30pm**



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**Wednesday, August 3rd; 7:15pm**



Please note that we will host a community assembly on Monday, August 1<sup>st</sup>. A limited area at the back of the gym is available for those who wish to attend.

Have a great weekend,

Ty Hoggins  
Principal

### CAMP PAYMENT PLAN INSTALMENTS

#### 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

## ASSISTANT PRINCIPAL REPORT

Hello everyone

Today, our Victorian State Schools Spectacular dance students attended their Keilor hub rehearsal, in preparation for the main event at John Cain arena on Saturday 10th September. It was also a little bit special because they got their first glimpse at their costumes and got a sense of what it will feel like to be part of the mass dance, with over 100 students practicing together.



Last Wednesday, the choir attended their first intensive rehearsal at the Melbourne Town Hall. It was a great experience, and the students performed a variety of songs that we will continue to practice at school over the coming weeks. The next choir rehearsal at the Melbourne Town Hall is on Wednesday 17th August. Stay tuned for more information, including details about an information session for parents prior to the first rehearsal at John Cain arena.



Tickets are still available via Ticketek. You can purchase tickets here [www.ticketek.com/spectacular](http://www.ticketek.com/spectacular).

The best seating options to view our school's performances are:

DANCE: Sections 19, 20, 21, 22, 23, 47, 48, 49, 50 CHOIR: Section 9, 10, 31, 32, 33, 56, 57, 58

The big thank you to Amy Walsh for her ongoing organisation and rehearsal of these events, and Kelly Wooster and Josh Watts for giving their time to rehearse with the students.

Best wishes for a wonderful weekend with your family

Rae Gittos  
Assistant Principal



# SCHOOL UNIFORM TRANSITION PLAN

OVER THE COMING WEEKS WHITTLESEA PRIMARY SCHOOL WILL TRANSITION TO A NEW SCHOOL UNIFORM SUPPLIER. ACADEMY UNIFORMS WILL OFFER AN UPDATED RANGE OF QUALITY UNIFORM ITEMS. THE GRAPHIC BELOW EXPLAINS THE PLANNED TRANSITION AND WHEN AND WHERE UNIFORM ITEMS CAN BE PURCHASED.

## CURRENT UNIFORM SALES

PARENTS CAN CONTINUE TO PURCHASE THE CURRENT RANGE FROM NORTHERN REGIONAL UNIFORMS AT NORMAL PRICES

FROM  
**NOW**



COMMENCING  
**15.08.22**

## END OF LINE CLEARANCE

REMAINING STOCK OF CURRENT UNIFORM WILL BE SOLD AT DISCOUNTED PRICES FROM THE SCHOOL OFFICE.

DAILY 9:00AM – 9:30AM  
2:30PM – 4:00PM

**LIMITED STOCK**

## NEW UNIFORM SALES

COMMENCING  
**17.09.22**



THE NEW UNIFORM WILL BE AVAILABLE FROM ACADEMY UNIFORMS AT NORMAL RETAIL PRICES. THE END OF LINE CLEARANCE SALE ENDS AND ALL UNIFORM MUST BE PURCHASED FROM ACADEMY UNIFORMS

[HTTPS://ACADEMYUNIFORMS.COM.AU/](https://academyuniforms.com.au/)  
238 WOLSELEY PLACE,  
THOMASTOWN VIC 3074

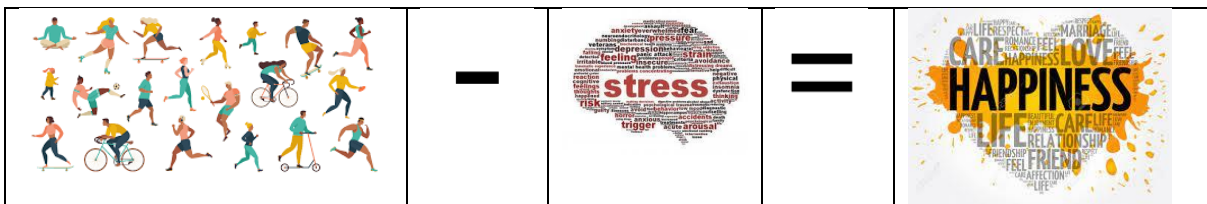




## Exercise and Well Being

The positive effects of outdoor or 'green' exercise on our wellbeing are well documented. Exercise increases oxygen to our brain and releases a chemical called endorphins; nick named the happiness hormone. Endorphins interact with the receptors in our brain and actually reduce your perception of pain. This affect can last for several hours after strenuous exercise.

Did you realise that virtually any form of exercise, from aerobics to yoga, can act as a stress reliever? If you're not an athlete or even if you're out of shape, you can still make a little exercise go a long way toward stress management. Why not investigate the connection between exercise and stress relief that many people discovered today?



So, what have we learnt so far about exercise and stress relief:

- **It pumps up your endorphins.** This function is often referred to as a runner's high, but any aerobic activity, such as a game of tennis, a nature hike or even a walk around the block can contribute to this same feeling.
- **It reduces negative effects of stress.** Exercise can provide stress relief for your body while imitating the effects of stress, such as the flight or fight response, and helping your body and its systems practice working together through those effects. This can also lead to positive effects in your body—including your cardiovascular, digestive and immune systems—by helping protect your body from harmful effects of stress.
- **It's meditation in motion.** As you begin to regularly shed your daily tensions through movement and physical activity, you may find that this focus on a single task can help you stay calm, clear and focused in everything you do.
- **It improves your mood.** Regular exercise can increase self-confidence, improve your mood, help you relax, and lower symptoms of mild depression and anxiety. Exercise can also improve your sleep, which is often disrupted by stress, depression and anxiety. All of these exercise benefits can ease your stress levels and give you a sense of command over your body and your life.

Set a goal for your family and see the changes in mood as well as productivity.

Have a fabulous week!  
Wellbeing Team



# 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)



# National Tree Day

**Sunday 31 July**  
**12pm-4pm**

**Norris Bank Reserve,  
McLeans Rd Bundoora**

**FREE  
EVENT**



**Tree planting**



**Wild Action Zoo**



**Art and craft activities**



**BBQ, coffee and  
so much more!**

[whittlesea.vic.gov.au/events](http://whittlesea.vic.gov.au/events)



**City of  
Whittlesea**

**national  
tree day**  
PLANET A.I.T. (A.I.T. TOYOTA)