

Issue 5- 3rd March 2023

PRINCIPAL REPORT

Hello everyone,

In the past two weeks I've attended two significant meetings. The first was the Whittlesea School's Network and the other the North Eastern Metropolitan Area meeting. These meetings bring together Principals from a number of schools to address system topics. Many important subjects were covered such as learning growth and wellbeing.

Of significant note was the emphasis on attendance. For students to progress through the curriculum and fulfill their potential they need to have regular patterns of attendance. Coming out of COVID restrictions I acknowledge the messages from our school and the government broadly have been to stay home when students have even the mildest of symptoms. This has now shifted back, and students must be at school every day they possibly can. So far this year 135 students, or 31% of the student population have maintained a perfect attendance record. Well done to these students and families. If our pattern of absence from the first full month of school continues for the rest of the year, we will average 17 days at home for every student in the school. That represents over 3 weeks of missed school. I encourage all our families to prioritise attendance and ensure students are at school every day. If you require support our wellbeing team can help. Betty Tzelepis is our Leading Teacher and Katalin Jaross coordinates our mental health program. Both can provide the support which may be required to break a pattern of absence or lateness and help get families on track.

Our School Council met on Tuesday night and addressed many priority topics. Thank you to those who submitted feedback regarding the topics I shared earlier. We have actions that relate to uniform, canteen, OHSC and more. The uniform policy is due for renewal this month and shortly you'll receive a consultation survey.

This gives our community the opportunity to contribute to possible amendments or additions to the existing policy. Please take the time to complete this data collection as your input matters and will inform council's decisions when we meet on March 21st.

School council elections were not required due to the exact number of nominations received. Thank you to Rae Gittos, Betty Tzelepis, Lyle Winter, Shelby Toulson and Susan Leeson who have been reappointed. We welcome the return of Anna Larkan to the council and welcome for the first time Julie Hodges.

Have a great weekend,

Ty Hoggins
Principal



CALENDAR

March 6	Whole School Photos
March 13	Public Holiday Labour Day

HAPPY BIRTHDAY

Wishing the following children a very Happy Birthday!

5th March
Tristan 05T
Noah 05V

7th March
Jett 02K
Ethan 05V

11th March
Michael 06C



ASSISTANT PRINCIPAL REPORT

Hello everyone,

Congratulations to our swimming squad who attended WaterMarc at Greensborough on Tuesday. This talented group of students did their absolute best to secure the Whittlesea District Runners-Up pennant, a fabulous achievement! Many of these swimmers will attend the division swimming carnival next Thursday at Broadmeadows Aquatic and Leisure Centre. Good luck everyone!

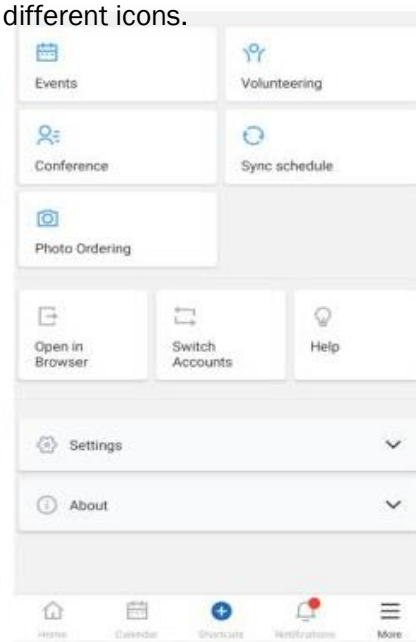


Finding information in Compass

In the Compass app, you will notice across the base of the screen are a few different icons. These include **Home** where you can view student profiles, **Calendar** where you can see an outline of your child's day, **Shortcuts**, which takes you straight to either 'pay for an event' or 'submit absence note' and **Notifications**, which contains a list of all of the information published through Compass. You can also read and download attachments like the Primary Post.

Next to notifications is **More** or what we often refer to as the hamburger menu (3 horizontal lines). If you tap on this icon, it will take you to the screen on the right. Here you can view upcoming events, PST conferences, ordering school photos and switch between accounts e.g., if you have a child at primary school and secondary school, using Compass.

The other important function on this screen is '**Open in Browser**'. Here you can view Compass like you would on a laptop or desktop. Across the top of the screen, you will notice the following icons.



 **Compass**



Home view in Compass shows student dashboard/s and links for emailing teachers and adding students absences.

Calendar view allows you to select day/s and month/s and filter for different school events.

Cube view allows you to view upcoming school events for your child, including consent and payments.

Community view (people icon) allows you to book and view conferences, pay for school photos, and view school documentation including, the Primary Post, sub-school newsletters and the term one Year 56 Interschool Sports Fixture.

Star view has the link to our school Facebook page.

We will continue to keep you informed about Compass updates and making connections to important school information on Compass through the Primary Post.

If you are a parent/carer of a student in years 5 or 6, please check their school bag for some important information about the upcoming Relationships and Sexuality Education sessions. More information about this series of incursions is available on Compass in the **Cube view** in the Browser or the Events section on the app.

Remember, Monday 6th March is School Photo Day. Please ensure your child attends school in FULL SCHOOL UNIFORM which includes black runners/school shoes, navy/black or white socks (without logos) and yellow/white or navy hair accessories.

Best wishes for a wonderful weekend with your family.

Rae Gittos
Assistant Principal

STUDENT ACHIEVEMENT

★ Star of the Week ★

Foundation F Fasone/Betty	Awarded to: Austin Cullen For: Congratulations Austin on being super brave and entering the classroom with our class.
Foundation G Gordan	Awarded to: Addalyn Perry For: always trying her best when writing and practicing her codes. Keep it up!
Year 1F Fontana	Awarded to: Harper Willmot For: looking at her goal book every session and reflecting on her growth. Well done, Harper!
Year 1M Merritt	Awarded to: Chelsea Hobbs For: using her letter sound knowledge to write an interesting tighten tension scene for 'Little Red Riding Hood'.
Year 1P Powell	Awarded to: Adelyn Cleaver For: reading sentences with fluency and drawing detailed pictures to match
Year 2M Maxfield	Awarded to: Lucas Hutchinson For: successfully learning and explaining factors and multiples and achieving classroom goals.
Year 2A Avolino/Mondon	Awarded to: Phoebe Sidebottom For: using capital letters for proper nouns, in her writing!
Year 2K Kaur	Awarded to: Andre Tanoai-McMaster For: doing his best during writing, well done Andre!
Year 3/4B Barker	Awarded to: Noah Leeson For: his exceptional attitude towards writing his persuasive text this week and including a sizzling opening opinion.
Year 3/4D Di Mauro	Awarded to: Jackson Ring For: his amazing work ethic and always trying his best!
Year 3/4S Daniels	Awarded to: Tanah Davis For: Taking pride in her workbook.
Year 3/4W Wright	Awarded to: Chaz Mackenzie For: working hard to generate ideas in writing
Year 3/4C Cowdery	Awarded to: Verity Cain For: consistently trying her best and always having a positive attitude towards learning tasks 😊
Year 5B Burgess	Awarded to: Stevie McKechnie For: continuing to aim for her goals and working hard to achieve them Awarded to: Angus Argote For: showing exceptional knowledge and understanding of our Inquiry topic.

Year 5V Vitale	Awarded to: Mackenzie Dow For: creating a very engaging story and taking on her teacher's feedback with pride. Well done! 😊
Year 5T Tuppen	Awarded to: Nate Charles For: showing confidence in his abilities to complete the set reading task. Well done, Nate!
Year 6L Leslie/McAlley	Awarded to: Zalia Sandow For: our outstanding effort and persistence in working with division this week
Year 6C Cummins	Awarded to: Heidi Gallenti For: consistently displaying our school expectations and being an outstanding role model to others.
Year 6P Panahinejad	Awarded to: Marley Clifton For: for consistently revising and editing to improve his writing. Great job! 😊
PE Freeman	Awarded to: Paige Frappa For: Being a fantastic and caring teammate during PE lessons.
PE BOOST Smith	Awarded to: Natasha Loidl For: excellent self-umpiring when playing games, terrific job!
The Arts Capobus-Thorpe	Awarded to: Harlen Thomas For: Always trying his best in art. Thank you for always being a wonderful helper.
STEM Reid	Awarded to: Maya Smith For: applying herself and supporting others in STEM.
Chinese Liu	Awarded to: Sebastian Gouskos For: knowing all his Chinese words and showing respect to people around him! Well done!



Mental Health at Whittlesea Primary School

“Your breathing is your greatest friend. Return to it in all your troubles and you will find comfort and guidance.”
~Unknown

As we come to the end of week 6, I think it may be a valuable time to consider asking the question ‘what have I done to look after myself?’ Parenthood is rewarding but is always busy. Between taking children to school and managing other to-dos, some days it may feel like you don’t get a minute to yourself. Which is why I want you to take the opportunity to engage in a little self-care.

Self-care has little to do with self-absorption and everything to do with health and wellness. In fact, self-care can be one of the best ways for parents to not only meet their own needs, but also their family responsibilities. Once you view self-care through the correct lens, it’s easy to see that it’s anything but selfish. I like to think of it as ‘you cannot pour from an empty cup’ so take some time to fill it up!

What Is Self-Care?

The definition of self-care is very broad- however think of it in a way that improves your mental health and physical health. The National Institute of Mental Illness suggests that all self-care habits fall under the following six categories including physical, psychological, emotional, spiritual, social, professional. A few examples of self-care that you might not have considered are brushing your teeth, eating balanced meals, getting regular exercise, or taking medication for a physical or mental illness. These practices fall under one of the above categories and help you maintain a healthy lifestyle. These and other self-care activities can help you feel your best so you can accomplish everything you need to do.

Why Self-Care is important for everyone, including parents

Any type of illness—physical or psychological—inhibits not only our well-being, but also the ability to take care of our responsibilities. That’s why practicing self-care techniques is as important for everyone to participate in. By eating well, sleeping enough, and find ways to meet your personal needs, you’ll be better able to care for your children and fulfill other personal duties.

Because self-care and mental health are connected, neglecting one can have a negative impact on the other. Sometimes, parental stress or burnout may become severe enough that you can’t overcome it on your own. In this case, one of the best self-care steps you can take is seek counseling. A counsellor can support you in figuring out how to practice self-care in manageable ways.

Here are a few signs that you may be feeling overwhelmed and stressed and in need of self-care:

- Change in sleeping or eating habits
- Headaches, dizziness or stomach upset
- Difficulty concentrating

- Withdrawn, crying, outbursts

What are some self-care strategies?

- Meditation- there are guided meditations on Spotify and YouTube
- Go to the gym or go for a walk
- Mindful colouring books
- Talk to a friend
- Keep a gratitude journal – celebrate three things that went well throughout the day
- Listen to music

Where to go for additional support?

- Visit the GP and ask for a Mental Health Plan
- [Find the Best Psychologists and Therapists in Victoria - Psychology Today](#)
- Come into school or call for a chat – I am here to help!

Have a great weekend and stay safe!

Katalin



Going for a walk to look after my
mental and physical health!

Whittlesea PS

FAMILY PHOTO Information

**PHOTO DAY
MONDAY 6th MARCH 2023**

Please place your order by
Midnight this Sunday

Online Ordering for families
will be cut off the night before
photo day.



We're here to help.

9466 7331 | admin.nem@msp.com.au

WHITTLSEA PRIMARY SCHOOL PHOTO DAY



MONDAY 6TH MARCH 2023

Orders can now be made through your Compass Portal via your email link or under the **COMMUNITY** tab

PLACE YOUR ORDER NOW TO ENSURE OUR BEST PRICES!

FAMILY PHOTOS



Family/Sibling photos are available for students attending school. Orders must be placed by **11:59PM** the day before photo day.

Parents with 3 or more children can receive a concession with our **Premium** or **Classic** packs. To take up this offer, please contact us prior to photo day.

GROUP STYLE



We're here to help.

9466 7331 | admin.nem@msp.com.au


msp
photography

Wominjeka, Our service philosophy at Whittlesea Primary School is to make the students the centre of everything we do. We facilitate lifelong development and growth of the children so that they achieve their full potential as individuals. We strive to develop and support the emotional, social and physical wellbeing of the child. We create positive environments for their learning and curiosity and we also encourage the children to be important members of the local and wider communities. Parents, students and staff are strongly encouraged to work together in partnership recognising our shared values of community, confidence, honesty, excellence and respect. We also include our key values which are Safety, Education, Nurturing, Stimulating and Empathy within the service

Week 5- Whats been happening

This weeks theme was based on Friendship week. The children were engaged in writing notes of kindness to eachother, making friendship bracelets, having discussions around what makes a good friend and other activities.

Preps have started to settle in and get use to the routine at before and after school care and have developed positive relationships with the educators and other children from different grades.

On Friday the children got a visit from the ambulance and had a little tour on what it looks like inside. Children got to sit at the front and beep the horn, have a look at the back of the ambulance van and also sit on the stretcher. We also got to here the sirens which the children loved.



Family Tree

We are kindly asking parents if they could please help us into bringing in a family picture so we can start displaying this in our room on our family tree



Lost Property

We still have few water bottles, hats and jumpers to be collected. If your child has lost any items please feel free to come in and collect or check. We also have items from last holiday program to be collected



TIMES

Before School: 6:45AM - 8:45AM

After School: 2:30PM - 6:30PM

CONTACT HEAD OFFICE

1300 072 410

info@theircare.com.au

CONTACT SERVICE

0447542696

whittlesea@theircare.com.au

SPORTS REPORT

Term 1 Fixture 2023

Week 4	SPORT	GOLD	BLUE
Friday 17 th February	Basketball	St. Mary's	WPS
	T-Ball	St. Mary's	WPS intra-school practice
	Cricket	Walker's Reserve	

Week 5	SPORT	GOLD	BLUE
Friday 24 th February	Basketball	WPS	Mernda Central
	T-Ball	WPS	Mernda Central
	Cricket	Walker's Reserve	Mernda Central

Week 6	SPORT	GOLD	BLUE
Friday 3 rd March	Basketball	St. Pauls	WPS
	T-Ball	Painted Hills Reserve	WPS
	Cricket	Painted Hills Reserve	Walker's Reserve

Week 7	SPORT	GOLD	BLUE
Friday 10 th March	Basketball	WPS	Ashley Park Primary
	T-Ball	WPS	Ashley Park Primary
	Cricket	Walker's Reserve	Doreen Recreation Reserve

Week 8	SPORT	GOLD	BLUE
Friday 17 th March	Basketball	Mernda Central	WPS-BYE Intra school practice
	T-Ball	Mernda Central	
	Cricket	Mernda Central	

Week 9	SPORT	GOLD	BLUE
Friday 24 th March	Basketball	WPS	Mernda Park Primary
	T-Ball	WPS	Mernda Park Primary
	Cricket	Walker's Reserve	Waterview Reserve

Week 10	SPORT	GOLD	BLUE
Friday 31 st March	Basketball	St. Josephs	WPS
	T-Ball	St. Josephs	WPS
	Cricket	Waterview Reserve	Walker's Reserve

COMMUNITY NEWS



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FOR MORE INFORMATION

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- SAVE THE DATE -

Resilient Communities

Workshop Series

Build your skills in the art of sustainable, climate-resilient living and community connection with the Resilient Communities Workshop Series.

The workshops run throughout the year and will look at a variety of subjects, including keeping backyard chooks, seed saving, mending fabrics and mindfulness. Participants will have opportunities to create items and take them home, and those who attend every session will be entered into a prize draw at the series end.

Community Climate Conversations

Wednesday 8 February, 6pm-7.30pm
Online

Keeping Backyard Chooks

Saturday 11 February, 10am-12pm
Ganbu Gulinj Community Centre,
55 Macedon Parade, Wollert

Home Food Preservation

Saturday 4 March, 10am-12.30pm
Kirrip Community Centre,
135 De Rossi Blvd, Wollert

Seed Saving

Saturday 29 April, 10am-11.30am
Fountain View Room,
25 Ferres Blvd, South Morang

Coming Back to Life: Connection in Times of Crisis

Saturday 6 May
10am-2pm (includes lunch)
Fountain View Room,
25 Ferres Blvd, South Morang

Thrifty Gardening

Wednesday 21 June, 6pm-7.30pm
Online

Energy Matters: Beat the Heat and Kill the Chill

Thursday 13 July, 6pm-7.30pm
Online

Basic Mending and Textile Repairs

Saturday 19 August, 10am-11.30am
Location TBD

Discovering Biophilia: Mindfulness and Observation in Nature

Saturday 30 September
10am-12pm
Fountain View Room,
25 Ferres Blvd, South Morang

Urban Foraging 101

Saturday 7 October
10am-12pm
Fountain View Room,
25 Ferres Blvd,
South Morang

Series Wrap up Celebration and Showcase

Saturday 25 November
10am-12pm
Fountain View Room,
25 Ferres Blvd, South Morang



free



Scan the QR code to register

We recognise the rich Aboriginal heritage of this country and acknowledge the Wurundjeri Willum Clan and Taungurung People as the Traditional Owners of lands within the City of Whittlesea.



City of Whittlesea



*Dance like
nobody is
watching...*



Ballet

Tap

Contemporary

Hip-Hop

Jazz

Cheerleading

Boys Hip Hop & Breakin'

Musical Theatre

Drama & Singing



**ANNUAL PERFORMANCE
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email: info@dancepower.net.au