

Friday 7th August 2020
Issue 13

LINK LETTER



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Michael Kent - PRINCIPAL

Hi everyone and welcome to the latest edition of the newsletter. I hope you are all coping OK with the recent stage 4 restrictions being enforced. In such a challenging time it is so important to find ways of maintaining your connections with family and friends. Our school and staff are committed to keeping this as a focus of our learning program over coming weeks. Providing live teaching sessions and opportunities to connect with students in a range of live teaching experiences. Whilst we endeavour to keep these close connections with students, it can be quite tricky to stay aware of the individual needs of each student. As parents, you can support us by keeping us informed of any concerns or questions that you may have. We will always do our best to support wherever and however possible.

As we have shared with you previously, we encourage all students to maintain a focus on their wellbeing as the most important priority over coming weeks. Keeping a healthy balance with exercise, school work, reading, mindful practice, diet and sleep are core elements for students to be at their best through difficult times. It has been fantastic to see the students engaging and participating with the online content and also the live teaching opportunities. Please know that as parents you are best placed to support your children at home BUT you don't have to be the teacher. If your child has questions or needs support, please let us know. Depending on how your child is coping with the tasks and how things are going in your home, please don't feel under added pressure to complete tasks if these prove to be too challenging. Additionally, these tasks do not need to be perfectly completed. We just want the students to do their best. If work is unfinished or has mistakes within the content, that's perfect for us as teachers. We want to see how the learning progress is going. This provides feedback to us about the appropriateness of the task, the challenge required and the outcomes for each student.

Please support your child to do their best, the effort is what we are hoping for. But again, the most important thing is for children to be engaged, to have fun with the learning and to have a balance.

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IMPORTANT INFO

Key ingredients for surviving remote learning:



HEALTHY DIET

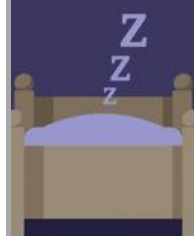


Mindfulness



& Exercise

will give you....



Better Sleep

2020 TERM DATES

TERM 1
30TH JANUARY - FRIDAY 27TH MARCH

TERM 2
14TH APRIL - 26TH JUNE

TERM 3
13TH JULY - 18TH SEPTEMBER

TERM 4
5TH OCTOBER - 18TH DECEMBER

There are still many learning opportunities to be shared away from Seesaw or Zoom. All the activities that we've discussed previously are just as important to share in at the moment. Puzzles, reading, games, cooking, gardening, sending someone a post card, mindful colouring, chalk drawing, painting a picture, building a bird bath, build an indoor tent or fort etc..Boredom is the birth of creativity. Children will find their fun given the time and space to just be. Without distraction, without device, without TV.I hope over coming weeks there is opportunity for some balance, whatever that may look like in your home.



Last week the staff were treated to the arrival of a mobile barrister at the school and a load of yummy treats delivered to the staffroom. This was a lovely gesture of thanks and kindness from a team of Prep parents.

We truly appreciate the sentiment and the appreciation of thanks from you all. The staff had a great time sharing in some beverages and laugh to break up their morning.

This was certainly not required, but greatly appreciated.



Can I say a **HUGE thank-you** to everyone who has sent messages of thanks and support to myself and Mr.Ryan over the course of Friday as we celebrated the system wide Principal's Day. I certainly don't expect any thanks for praise for doing what I love! To work in such a wonderful school community is an honour and privilege that I respect highly. Our community of parents, students and staff are an absolute joy to work alongside. As one of our school values; Teamwork is a huge part of what we do at the school. At the moment this is presenting in a virtual sense, but it is still a huge priority for our school and myself. Having a team approach to getting the best results we can is something at the very centre of WHPS. Building effective relationships and connections with the people is pivotal to our school culture. Your messages of support are testament to this. Acknowledging myself and Tony and building our team identity through your positive messages of support has made us both feel very honoured and appreciated, with utmost humility. Like everything, especially at this time, things won't be perfect and we are always reflecting on ways to improve. Our great school is very much student centred and the whole staff team are dedicated to ensuring the best possible results for every student. To have the opportunity to come to WHPS and teach, learn, grow, evolve, support, listen, nurture, inspire, create, share, connect, reflect, improve, laugh (my list could go on) - it's an absolute pleasure and something that I am very grateful for! Thank-you all once again for making my day, but even more; for supporting our culture in making our school what it is!



Specialist program

It has been wonderful to see some of the creativity from students in their class work but also through the specialist program. Engaging with the class content and specialist program does provide a great depth and breadth of learning opportunities each week. I must say a huge thank-you to all the staff whom have been working so hard to produce engaging and fun activities (videos, recorded lessons, tasks and live lessons) for the students. The staff have really embraced the manner in which they have showed their acting skills (or lack of) over recent weeks and months. I'm sure your children appreciate their efforts and it does show just how dedicated and committed the staff are in making a difference for your children.



Science program

Wow! What amazing scientists we have here at WHPS!

Our Prep students built their own wind meters and used compasses to work out what direction the wind was blowing from.

The Grade 1 & 2 students constructed light spectrum spinners and had a lot of fun whirling and twirling them to combine the different colours to replicate the colours in light.

From tables, trampolines and even some roof tops, our intrepid Grade 3 & 4 students conducted Galileo's famous gravity experiment and the Grade 5 & 6's enjoyed a delicious chocolate experiment to investigate cooking methods and reversible change.



Nǐ hǎo!**Welcome back to Mandarin for Term 3**

Nǐ hǎo! Welcome back to Mandarin for Term 3! We will be focusing on Chinese Pinyin syllables, Chinese characters strokes and traditional Chinese games this term. A great range of listening and speaking activities such as songs, tong twisters and rhymes will keep our learners engaged during the language learning process.

Our students will also develop their understanding and appreciation of the Chinese culture through a series of hands-on activities. They will have the opportunity to broaden their Chinese characters understanding through exploring 'Chinese Characters of the Week'. A variety of traditional Chinese games will be introduced to boost their physical and mental energy as well. It has been fantastic to see amazing parental engagement and support involved in our Mandarin Program in the last few weeks:

Our 5/6 households have entertained themselves with playing the traditional Chinese game the Hawk Catching Young Chicks in their backyards. Students in grades 3 and 4 have worked with their parents to explore the Chinese Cat's Cradle game and challenged themselves to create parachutes and stars with strings. Grade 1 and 2 families have had a lot of fun playing the Mouse and the Tiger game after learning the Two Tigers song in Chinese. Our prep parents have enjoyed singing the Little Mouse Climbing up to the Lampstand song in Mandarin with their children. Fantastic teamwork! We really appreciate your ongoing support and involvement with Mandarin remote learning 2.0.

Thank you so much and happy Mandarin learning! Xiè xiè!

Onsite Program (including OHSC)

A reminder to any parents whom require their children to attend the onsite program, please complete the 'Permit to Work' form that was sent home earlier in the week. Without this we are unable to provide for children at school or in the OHSC program. Thank you for your understanding, I do appreciate your patience, flexibility and support.

2021 Prep Enrolment - Please enrol now!

Places are filling fast and soon will be ceasing our enrolment processes.

Demand for enrolments is high and we don't want anyone connected with the school to miss out. Lodging your enrolment asap will allow the school to adequately plan for 2021.

Wishing everyone a wonderful weekend.

Regards,
Michael



ACROSS THE AP'S DESK...

TONY RYAN - ASSISTANT PRINCIPAL

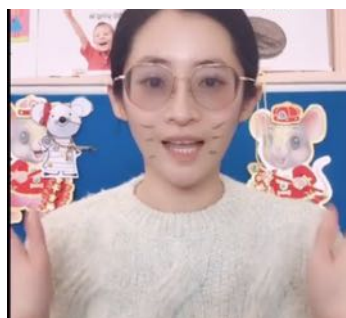
Many Thanks:

Michael and I have been humbled by the messages of thanks and appreciation we have received across today as part of Principal's Day. Many thanks to the students and families that have sent messages via Seesaw videos and emails. It is unnecessary, but still truly appreciated. As we said in our assembly video this week, we feel very grateful for being a part of such a great positive and cohesive community. It actually made me pause and reflect on how awesome Australian's are and our ability to focus on positively affecting others during positive times.

We are going through one of the most challenging times in recent memory and we know that some members of our community are doing it tough both financially and emotionally. I think it's during these times that Aussie's show their greatest qualities. It's part of our national identity to put our shoulders to the wheel and to help out others that need it. We also seem to have a great ability to smile and find humour during tough times and have a positive "she'll be right mate" attitude. This is a challenging time, but if we stick together, do the right things and look out for one another then we will be the better for it.



What brightens my day the most is to log on to SeeSaw and see our students reactions to our teachers and staff going above and beyond to produce fun and interesting videos and lessons for our kids. To see them dress up and clown around in very public displays of foolery to put a smile on the face of our kids and to engage them in their learning. Whilst at first glance it may seem the antithesis of professionalism, nothing in my mind could be more professional than going to these lengths to put a smile on the face of our children during these times. I thank them for their commitment, work ethic, expertise and professionalism.



ACROSS THE AP'S DESK..CONTINUED

TONY RYAN - ASSISTANT PRINCIPAL

I know this doesn't go unnoticed by our community and the appreciation that has been extended towards the school and our staff has been overwhelming. Whilst public displays of this kind are not required, I can't let the opportunity pass to thank the group of parents that arranged a mobile coffee truck to visit the school early last week to treat our hard working staff. I know the gesture was very much appreciated by our staff and the caffeine energy hit probably resulted in even crazier videos!



To our parent and carer community, thanks so much for all you are doing to support our students at home. We know how difficult it is to maintain the enthusiasm, energy and resources required to support students during remote learning, particularly whilst trying to fulfil your own work commitments from home. We consider it very much a partnership between home and school in supporting our learners and we appreciate your efforts. It's great seeing how our students are being supported at home to send their own creative videos and work samples back to teachers.



Thanks to those students that have sent in entries for our Podcast Intro competition. This required them to create their own piece of music in GarageBand or similar. I have received some fantastic entries. Over the next week or so, I will seek the advice of a judging panel of school staff and hope to announce the winner at the end of next week. In addition to some great prizes our winner will have the distinction of having their music featured in the school's new Podcast that we are hoping to get up and going in the coming weeks. Stay tuned!

Have a great weekend everyone and stay safe.

Tony

Students of the Week



WEEK 2

*Prep G - Rory, *Prep N - Theo, *Prep R - Lola, *Prep M - Cyrus

*1M - Jackson , *1R - Nick, *1D - Brennan

*2M - Fynn, *2TE - Ben, *2T- Emily

*34A - Manni, *34D- Thomas, *34M - Maurice, *34K - Neve,
*34G - Mackenzie

*56A - Isaac, *56L - Alannah, *56J - Alice, *56H - Cian

Specialists:

*Library - Lucy 1D & Laily 34D *Science - Luca PN *Music - Toby PM,

*PE - Ryan 56H & Alexia 2TE *Mandarin- Lucy 1D

WEEK 3

*Prep G - April, *Prep N - Kayla, *Prep R - Raelyn, *Prep M - Zan

*1M - Maddie, *1R - Oliver, *1D - April

*2M - Logan, *2TE - Violet, *2T- Siena

*34A - Seth, *34D - Ella, *34M - Imogen, *34K - Tania, *34G - Flynn

*56A - Ramona, *56L - Amelia, *56J - Heidi, *56H - Charlotte

Specialists:

*Library - James 56J, *Science - Derin 1M, *Music - Amelia PM , *PE - Fleur 1M & Thomas 34D, *Mandarin- Beau 34A, *Art - Blake 2M

Well done to all of our superstars!

Meet the 2020 Junior School Council Team

Name: Gordon

Nickname: Gordy/Gords

Favourite thing about WHPS: The community

When I grow up I want to be: Game designer

Some of my hobbies include: Gaming

Someone I look up to is: My sister Freya

As part of JSC I am most excited about:

Being a part of JSC



Name: Archie

Nickname: Arch

Favourite thing about

WHPS: PE/Interschool Sport

When I grow up I want to be: WWE Superstar

Some of my hobbies include: Gaming, skateboarding and wrestling

Someone I look up to is: My Uncle Adam

As part of JSC I am most excited about: Changing the school

Name: Cohen

Nickname: Coco

Favourite thing about WHPS: PE

When I grow up I want to be: Lifeguard

Some of my hobbies include: Paleontologist

Someone I look up to is: Mrs McIntosh

As part of JSC I am most excited about:

Talking to the school



Name: Max

Nickname: Maxi

Favourite thing about WHPS: All of the excursions

When I grow up I want to be: Basketball player

Some of my hobbies include: Basketball, footy, swimming

Someone I look up to is: Stephen Curry

As part of JSC I am most excited about: Being in JSC with my best bud



Name: Lucy

Nickname: Aalders

Favourite thing about WHPS: Friends

When I grow up I want to be: A teacher

Some of my hobbies include: Play dates and jumping on the trampoline

Someone I look up to is: My family

As part of JSC I am most excited about: Helping the school

Name: Mary

Nickname: Mares

Favourite thing about WHPS: Seeing friends

When I grow up I want to be: A teacher

Some of my hobbies include: Eating and playing basketball

Someone I look up to is: Family and friends

As part of JSC I am most excited about: Getting a badge



Name: Sean

Nickname: Heardy

Favourite thing about

WHPS: The basketball court

When I grow up I want to be: NBL or NBA player

Some of my hobbies include: AFL, basketball, cricket and other sports

Someone I look up to is: Kobe Bryant and Anthony Davis

As part of JSC I am most excited about: Raising money for charities



Name: Noah

Nickname: Noosa

Favourite thing about WHPS: Maths

When I grow up I want to be: Football player

Some of my hobbies include: Football and basketball

Someone I look up to is: My grandfather

As part of JSC I am most excited about: Being a leader of the school

Name: Kyal

Nickname: Mr Daniel

Favourite thing about

WHPS: Everything

When I grow up I want to be: A doctor

Some of my hobbies include: Soccer, gaming and watching movies

Someone I look up to is: My brother

As part of JSC I am most excited about: Everything to do with JSC



Name: Aerynn

Nickname: Aerynn

Favourite thing about

WHPS: EVERYTHING!

When I grow up I want to be: Paramedic

Some of my hobbies include: Having fun

Someone I look up to is: My family

As part of JSC I am most excited about:

Taking care of the environment



Name: Mitchel

Nickname: Mitch

Favourite thing about WHPS: PE

When I grow up I want to be: A basketball player

Some of my hobbies include: Playing basketball and soccer

Someone I look up to is: Cohen, dad, mum and my sister

As part of JSC I am most excited about: Getting my badge

Name: Nahara

Nickname: Nah

Favourite thing about WHPS: Writing

When I grow up I want to be: A cat rescuer

Some of my hobbies include: Wellbeing

Someone I look up to is: Maria

As part of JSC I am most excited about: Being a leader



Name: Mitchell
Nickname: Mitch
Favourite thing about WHPS: Canteen
When I grow up I want to be: A basketball player
Some of my hobbies include: Basketball, tennis, footy, golf and cricket
Someone I look up to is: Michael Jordan
As part of JSC I am most excited about: Improving the school



Name: Lucinda
Nickname: Cinda/Lewi
Favourite thing about WHPS: PE and Art
When I grow up I want to be: Footy player
Some of my hobbies include: Dogs, dogs, dogs
Someone I look up to is: Anyone that plays for Brisbane Lions
As part of JSC I am most excited about: Talking at assembly

Name: Matthew
Nickname: Matty
Favourite thing about WHPS: The oval
When I grow up I want to be: A film director
Some of my hobbies include: Football, tennis and playing digital games
Someone I look up to is: George Lucas
As part of JSC I am most excited about: Planning and preparing



Name: Zach

Nickname: Zachy Boy

Favourite thing about WHPS: Excursions and Maths

When I grow up I want to be: Professional Wrestler

Some of my hobbies include: Tennis, singing and drawing

Someone I look up to is: Roman Reigns

As part of JSC I am most excited about: Raising money for charities



Name: Lucas

Nickname: Prendy

Favourite thing about WHPS: The canteen and PE

When I grow up I want to be: An accountant

Some of my hobbies include: Basketball

Someone I look up to is: Lebron James

As part of JSC I am most excited about: Making a change in our school



Name: Willow

Nickname: Willsy

Favourite thing about WHPS: Sport

When I grow up I want to be: Skateboarder

Some of my hobbies include: Skateboarding

Someone I look up to is: My dog

As part of JSC I am most excited about: Speaking at assembly



Name: Sienna

Nickname: Sie

Favourite thing about WHPS: Spelling

When I grow up I want to be: Teacher

Some of my hobbies include: Swimming

Someone I look up to is: Adelaide

As part of JSC I am most excited

about: Talking at assembly



Name: Sabrina

Nickname: Frina

Favourite thing about WHPS: Seeing all of my friends

When I grow up I want to be: Actress

Some of my hobbies include: Gymnastics, swimming and drawing

Someone I look up to is: Daniel Radcliffe

As part of JSC I am most excited

about: Improving the school!

Name: Edie

Nickname: Hurricane

Favourite thing about WHPS: P.E

When I grow up I want to be: Hairdresser

Some of my hobbies

include: Wakeboarding, footy, hip-hop and skateboarding

Someone I look up to is: Harley Clifford (second best wakeboarder in the world).

As part of JSC I am most excited

about: Helping the school.



Name: Darcie

Nickname: Shakky

Favourite thing about WHPS: The canteen/our stick insects

When I grow up I want to be: Detective

Some of my hobbies include: Walking to my local oval with Eliza

Someone I look up to is: Myself/no one

As part of JSC I am most excited

about: Making a change to our school!



Name: Charlotte

Nickname: Charli

Favourite thing about WHPS: My Friends

When I grow up I want to be: A teacher and a gym coach

Some of my hobbies include: Gymnastics, Football and Netball.

Someone I look up to is: Asha and Eliza

As part of JSC I am most excited

about: Brainstorming ideas and speaking at assembly.

Name: Ellen

Nickname: Elliebellie

Favourite thing about WHPS: Teachers

When I grow up I want to be: Singer, actress or a teacher

.Some of my hobbies include: Singing and dancing

.Someone I look up to is: My mum.

As part of JSC I am most excited

about: Raising money and making the school a better place!.



Name: Jordan

Nickname: Jordy

Favourite thing about WHPS: P.E

When I grow up I want to be: Electrician

Some of my hobbies include: P.E and gaming.

Someone I look up to is: My family

As part of JSC I am most excited about: Organising events.



Name: Matthias

Favourite thing about

WHPS: Interschool sports

When I grow up I want to be: Tennis player

Some of my hobbies

include: Gaming and tennis

Someone I look up to is: Ash Barty

As part of JSC I am most excited about: Changing the school.

Name: Miguel

Nickname: Nebrida

Favourite thing about WHPS: Cold Writes

When I grow up I want to be: Designer

Some of my hobbies include: Playing and drawing

Someone I look up to is: My Dad

As part of JSC I am most excited

about: Asking for ideas and fundraising.



Name: Rybek

Favourite thing about WHPS: Everyone is kind

When I grow up I want to be: Swimmer

Some of my hobbies include: Cubs, swimming and gaming

Someone I look up to is: Felix Zemdegis

As part of JSC I am most excited

about: Changing the school for the better.



Name: Sienna

Nickname: It's Sienna

Favourite thing about WHPS: The strong friendships

When I grow up I want to be: Nurse

Some of my hobbies include: Netball

Someone I look up to is: My Dad

As part of JSC I am most excited about: Making a difference

Name: Tara

Nickname: Tars

Favourite thing about WHPS: P.E

When I grow up I want to be: Vet

Some of my hobbies include: Painting and learning

Someone I look up to is: Bailey (my brother)

As part of JSC I am most excited about: Making announcements!



Name: Chayse

Favourite thing about WHPS: Friday's

When I grow up I want to be: Cricketer

Some of my hobbies include: Sport and gaming.

Someone I look up to is: Glenn Maxwell

As part of JSC I am most excited about: Fixing the school

Name: Eliza

Nickname: Liza

Favourite thing about WHPS: Learning

When I grow up I want to be: Interior Designer

Some of my hobbies

include: Gymnastics, Art and Sport

Someone I look up to is: Dakota

As part of JSC I am most excited about: Making the school better



Name: Rory

Favourite thing about WHPS: New playground

When I grow up I want to be: Artist and a pickle!

Some of my hobbies

include: Drawing

Someone I look up to is: Pick/Rick

As part of JSC I am most excited about: Helping people

Name: Ethan

Nickname: E

Favourite thing about WHPS: Sport

When I grow up I want to be: Army soldier

Some of my hobbies include: Being a savage and climbing

Someone I look up to is: Grandpa

As part of JSC I am most excited about: Improving the school





Mind Full, or Mindful?

What is Mindfulness?

Have you heard the word mindfulness thrown around recently? It's the next best thing since sliced bread! Well, for a healthy body and brain that is.

Mindfulness is the practice of being fully present in the moment, free from distraction or judgement, and acknowledging our thoughts and feelings without getting caught up in them. It can come in many shapes and sizes like mindful meditation, mindful walking, mindful activities (like colouring) and even mindful eating.

So, why is practicing mindfulness so important?

In today's society we are busy little bees. From work/school to after school activities, to homework, to social events (Zoom chats?), we have a lot of our plate, but we need to take a moment out of our action packed days to take care of ourselves and look after one of the most important parts of our body, our brains!

Did you know, research has shown that it only takes 10-15 minutes of mindful practice each day for structural changes to start occurring in your brain! Research shows that the grey matter in your brain's amygdala – a region known for its role in stress – can become smaller, while the grey matter in the pre-frontal cortex – responsible for problem solving, creativity, and emotional regulation – can become thicker, showing increased activity in this area. Likewise, your memory and learning area – the hippocampus – also increases.

Benefits of mindfulness

There are many proven benefits of practicing mindfulness, backed by scientific research. From decreased stress, anxiety, and sadness to increased concentration levels, regulating emotions, self-esteem and overall happiness. It is a win-win!

How do you actually practice mindfulness?

Practicing mindfulness is quite simple but it may take a few tries until you feel comfortable with it, and that is perfectly ok! Start small by sitting or lying somewhere quiet, place your hands on your stomach and take deep breaths, in through your nose for 3 seconds, pause, then out through your mouth for 5 seconds. Focus your attention on your breathing, and your hands going up and down on your stomach. If your thoughts begin to wander, acknowledge them, then bring them back to your breathing. Continue doing this for 2-5 minutes, then build up from there.

Want more information?

Head over to [headspace.com/mindfulness](https://www.headspace.com/mindfulness) to get some tips and tricks to make practicing mindfulness easy for you and your family.

DPV Health Audiology Service



Full range of diagnostic hearing services
for infants, children and adults.



For more information

 1300 234 263

 dpvhealth.org.au

Broadmeadows

DPV Health Audiology (Broadmeadows Hospital)
35 Johnstone Street, Broadmeadows VIC 3047

Mill Park

DPV Health Audiology (Mill Park Medical Centre)
20 Civic Drive, Mill Park VIC 3082