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Issue 12

LINK LETTER



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Michael Kent - PRINCIPAL

Hello everyone and welcome to the first newsletter for term 3! What interesting times we find ourselves in! After an extended school holiday break, we return to remote learning 2.0. I hope you and your families have settled back into this learning experience with positivity and enthusiasm; as we have.

The staff have been working extremely hard over recent weeks to prepare for the next stage of learning remotely. I hope you all enjoyed receiving the semester 1 school reports and that you found these to be informative and useful in discussing your child's progress. I thank all of the parents whom recently participated in the parent teacher interviews. Whilst these were quite different to our usual experiences, I know the staff greatly appreciated your participation and the opportunity to connect with you all.

There are many challenges that present during these times. I hope you are all managing to maintain a focus on your wellbeing. As a school we continue to make this a focus for all of our students. Keeping a healthy lifestyle with considerations to exercise, diet, sleep and proactive mental health strategies; we hope to keep connecting with you all through this time. I have attached a document from Banyule health regarding the benefits of sleep. With the increase in screen time, an emphasis on exercise and sleep will help to balance students' focus. As I've said this many times over recent months, we will get through this together and your child's success in life will not be determined by the number of activities completed but more so by their attitude, resilience, flexibility and personal growth during this experience. Their learning progress will fluctuate (as always) but inevitably the praise of effort, the support provided, the opportunity to connect, listen and share in daily opportunities will be most significant.

As we launch back into remote learning, we have reflected and modified our learning programs slightly from last time around. In doing so, we are introducing some more live lessons and connections. This was a highlight from the previous experience and we hope to progressively build on these opportunities over coming weeks.

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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

Please note that this may look quite different for differing year levels. However, across the school we hope to use these live experiences to maintain our connections with everyone. It has been amazing to see all of the great work students have been producing this week. The attitude of the children has been so uplifting. Their positivity and enthusiasm towards the learning tasks and during the individual catch ups and live teaching sessions has been wonderful to see. Their effort and hard work, creativity and effort is to be congratulated. Well done!

Thank-you to all of our amazing parents who have embraced the changes and supported the children and the school so wonderfully. We are extremely grateful and appreciative of having such a fantastic school community. I am equally grateful to work with such a dedicated team of staff at WHPS.

In saying that, we are understanding that this is a very challenging time for everyone. The role you fulfill is hugely significant. We know the pressures that come with trying to manage your lives, your jobs, your roles, your family and also your home schooling! The program that we have provided is hoped to provide some engaging learning content for your children. We do understand that at times it can be difficult to motivate and engage your children each day at home. Therefore, if your child is having trouble with the home learning experience, please let us know but please also maintain a focus on the effort and just doing your best. Just do your best.

We will be doing the same, our best. As a school we are working through the fluctuations of trying to provide the best we can for all of the differing circumstances and situations that present for students across our great school.

We certainly miss having everyone here at WHPS! But, together, we will come through this, together.

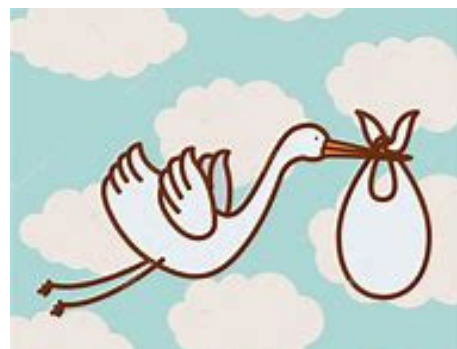
This week we have modified a few things in our learning content and this will continue to evolve and change. We appreciate your support, understanding and patience as we try and find the best for everyone. It won't be perfect, but please know we'll be aiming for it. As always, we welcome any feedback that you may have. So please feel free to direct this to myself or your child's teacher.

Based on some feedback we will be posting specialists lessons a little bit earlier each day and providing the classroom program a bit earlier as well. The classroom program will be available each day at 8am. This will allow for parents to see what's coming up for the day and perhaps get children started in a more flexible way. The specialist lessons will be posted at 11am on their given day. A reminder to all families that all primary school children are not required to wear face masks whilst at school. However, students are welcomed to wear a mask if they choose.

Congratulations

Congratulations to Mrs. Shanai Gaul (nee Bowden) on the exciting news of a January baby. We are so very happy and excited for her and husband James (aka Jimmy) as they commence their family life as parents.

Shanai will complete the year teaching 3/4G before embarking on the wonderful journey of motherhood and maternity leave.



Its A Girl!

We also congratulate Ms. Ally Clarke and her partner Ant on the healthy and safe arrival of their first child, Bonnie. on 29th June weighing 3.4 kgs.



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

Remote Learning:

Welcome back to Term 3 everyone and to remote learning Mk# 2. To borrow a quote from Yogi Berra "It's like de ja vu all over again". It's obviously a concern to see the daily numbers of new Covid 19 cases growing rapidly across recent weeks.

All we can do is listen to the health advice provided by the government, stay connected with each other digitally and follow the rules put in place to try to get the situation back under control.



The good news from an educational point of view is that our students and families have some idea of what to expect this time around and as a result our community seems to have had quite a settled start to the term this week considering the circumstances. Having said this, we do appreciate how difficult it is for parents to be managing home learning and work commitments. We all look forward to a time when we can have all our students back onsite at school but until that is a safe option we will continue to try and provide the best remote learning program possible.

Families will have noticed many similarities with the program this term to last term. As a staff we have tried to analyse the feedback that has been provided by our community and reflect on the strengths of our previous program. Whilst we see the benefit of students having a familiar learning routine to last time, it is also important that we look for opportunities to strengthen our offering. Probably the largest change that families will have noticed is teachers offering live teaching sessions through Zoom. This is starting slowly with small groups and limited sessions to allow us to assess the benefits and the logistics of managing learning in this manner.

Early indications have been positive and we will continue to seek feedback from the community about whether this is a learning avenue to continue expanding. One thing for parents to keep in mind is that with live sessions being delivered to small groups, there is a large impact on teacher time in comparison to instructional video lessons as effectively the one lesson may need to be delivered 4 times across 4 small groups as opposed to all students being able to access a video lesson at a time most convenient to them.



There is also a negative impact if students miss their live session. Conversely there are a number of benefits including a stronger connection with the teacher, greater feedback for teachers and students, increased teachable moments when teachers observe student misconceptions and can assist students in real time and increased connection between students. Sessions can also include greater differentiation and be more closely targeted to students current learning needs.

ACROSS THE AP'S DESK..CONTINUED

TONY RYAN - ASSISTANT PRINCIPAL



In addition to the structural changes mentioned on page 4 we are working through some logistical challenges also. As you know Seesaw has been our primary online learning platform and has been a positive choice for us in having flexibility around the delivery of a range of different media content.

Recently the company has changed its policy and reduced the file sizes that can be uploaded to the platform. This is presenting difficulty for teachers and the school when posting some of our longer videos. As a result you may see the use of embedded links within Seesaw pages to take you to other platforms such as YouTube which can only be viewed through use of the link to host some of these videos. We are very aware of privacy concerns that may arise from this and will not be posted any video of students in this manner. As always we promote parents in taking an active role in supervising the content children are consuming online.

Onsite Learning

As you will have seen from some of the information distributed last week we also have some children of essential works learning on site. Our entry and exit procedures to the school have worked well this week and we thank our parent community for staying off site and farewelling or collecting children at the gates.

A reminder that students attending on site are welcome to enter the school from 8.40am onwards. We ask parents not to send children before this time unless they are attending TheirCare's before school program.

In the event that children attending school arrive after 8.40am and the gate is unattended at that time, they are welcome to make their way to the DLC without parents to be temperature checked. Any students unsure of where to go can seek assistance from the school office staff.

Wellbeing:

This is a message that we promoted heavily last term during remote learning but my belief is that it can't be promoted enough. The physical and mental wellbeing of our students is our number 1 priority. Powerful learning is unable to take place unless we are taking care of ourselves. In light of this, we remind the community that the type and amount of learning tasks your child completes, needs to be contextualised to your house to get the best result for all families and children.

It is obviously harder in a remote learning environment, but our teachers are mindful of the need for students to be engaging in non-tech activities, getting fresh air and getting physical activity breaks across the day. As we did last time we also encourage families to embrace extra mindful activities such as cooking, gardening, lego, drawing, play doh, puzzles, dancing, board games, meditating, riding bikes, taking the dog for a walk, yoga, face paint, sand pits, telling jokes, chalk work, sharing a book or listening to music to name just some of the possibilities.

ACROSS THE AP'S DESK...CONTINUED

TONY RYAN - ASSISTANT PRINCIPAL

Our aim is to provide enough learning content to satisfy the remote learning needs for a range of student aptitudes, abilities and work rates. Parents / carer's are encouraged to adjust this mix according to the student's needs and communicating this with teachers.

Below you will see the information about our holiday competition that I posted at the end of last term. Given the break and all the changes, I've decided to extend the competition for an extra week or so. We have had some great entries to this point but I'd love to see more and it's another opportunity for our students to display their creativity. I hope to have many more entries posted through this week

Holiday Competition:

For those looking for an activity that might occupy students for some time and provide a creative outlet, I have an idea! We are running a competition where students get to create their own jingle / show introduction for a WHPS Podcast.

The school has plans to develop a student led podcast next term that can share information and entertain our community. We see this as a great vehicle to develop students digital literacy, ICT skills and public speaking confidence.

The winning entry for our competition will have their musical intro featured on the Podcast with a suitable acknowledgement to the creator! They will also receive prizes including a set of headphones and an iTunes voucher so that they can continue to explore their love of music!

The rules and guidelines of the competition are:

- The jingle – Intro is to be between 10 and 40 seconds in length.
- It can be created on Garage Band or other similar music creation platforms.
- The emphasis is on creativity. Students may blend and use open-source pre-recorded loops as part of their musical creation but cannot use music from existing songs or copyrighted material.
- No voiceovers are required, these will be added to the winning entry by our students when the podcast is created.
- Those entering the competition will need to be able to show their work in original form e.g. within GarageBand or the creation application and explain how it was created, not just enter an exported sound file.
- Students are also encouraged to send through their suggestions on a suitable name for our student podcast show e.g Heights Bytes
- Students are welcome to submit up to 3 different entries or jingles and is open to WHPS students of any age. Entries can be submitted to Mr Ryan via email.
- Competition closes at the end of the first week back of Term 3, **Friday 7th August.**

I look forward to seeing the creative options our students produce!

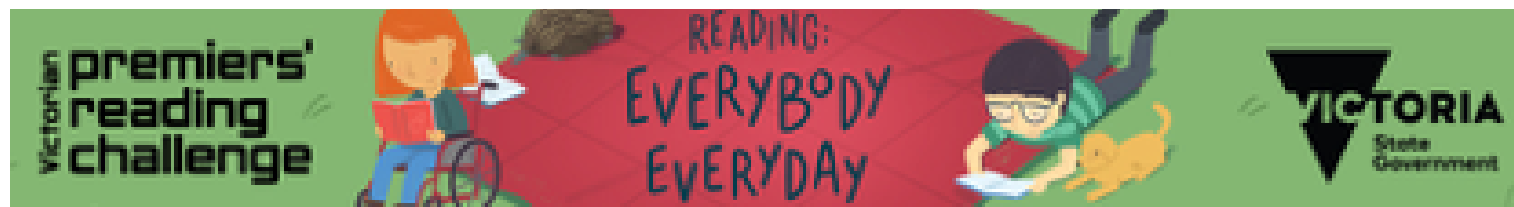
Tony.Ryan@education.vic.gov.au

Have a great weekend everyone!

Tony

News from your Library

Kathryne Campara - Librarian



The Victorian Premiers' Reading Challenge is here again and the students at Watsonia Heights Primary School are excited to be participating.

This year a new application is being used and it offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
- a modern user-friendly interface
- rewards for students with badges as challenge milestones are achieved
- the option for students to mark books as a favourite, give them a star rating or complete a book review

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development.

It is not a competition; but a personal challenge for children to read a set number of books by 4 September 2020.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

Please find Premier's letter to parents below and this week each student received a hard copy of their unique user name and password for the Challenge application.

To view the booklists and for more information about the Victorian Premiers' Reading Challenge, visit: www.education.vic.gov.au/prc

Happy Reading!!!!

Kind regards

Kathryne Campara

Librarian

Watsonia Heights Primary School

News from your Library

Message from the Premier



Dear Parent/Guardian

Welcome to the 2020 Victorian Premiers' Reading Challenge.

As you know, reading helps ensure children develop important foundational skills – setting them up for school and for life.

Just as importantly, reading also helps our kids imagine, explore and learn more about the world around them.

This year, everyone who completes the Challenge will receive a Certificate of Achievement – and with more than 12,000 titles on the Challenge's reading list, there really is a book for everyone.

For children not yet at school, the Challenge invites parents and carers to experience 40 books with their child. For students from Prep to Year 2, the Challenge is to read or experience 30 books and for students in Years 3 to 10, the Challenge is to read 15 books.

I also encourage you to visit the Challenge Facebook page: facebook.com.au/VicPRC

There you can join the community of avid readers to share stories, stay informed and recommend books.

Until then, good luck and have fun.

Yours sincerely

The Hon Daniel Andrews MP
Premier of Victoria

Students of the Week



Apologies...Wish we could get our superstars together for a photo!

WEEK 1



***Prep G - Oliver, *Prep N - Holly, *Prep R - Edwin, *Prep M - Kosta**

***1M - Carla, *1R - Ellie, *1D - Gus**

***2M - Tara, *2HT - Benny G, *2T- Mason**

***34A - Alexandra, *34D- Nissa, *34M - Sky *34K- Lilly-Lee *34G - Ania**

***56A - Madison M *56L - Miguel, *56J -Erica *56H - Kirsty-Lee**

Specialists: *Library - *Science - *ART - *Music - , *PE - Siena M 2T

Well done to all of our superstars!



Sleep Awareness Week

3rd - 9th August 2020

Why is sleep so important?

We know that sleep is important because every animal ever studied sleeps. We have an overwhelming need to sleep if we are prevented from sleeping for several nights and because certain behaviours that are vital to our ability to function become impaired when we are sleep deprived. While scientists don't yet know exactly why we sleep, we know it is vital for both our physical and mental restoration.

During Covid-19 many people are experiencing problems with their sleep, as these uncertain times can make us feel more anxious.



How much sleep do you need?

International guidelines suggest that young people aged 12-14 years should get between 9-11 hours, while those aged 14-17 need 8-10 hours. Young people aged 18 and over (including adults) generally need 7-9 hours. Children aged 3-6 need 10-12 and 7-11 need 10-11 hours.

It's important to keep in mind that this varies for each individual and some people do much better with less sleep than others.

Black Dog Institute - How to get a better night sleep

Information retrieved from Sleep Awareness Week website for more information. An excellent resource is Headspace - sleep well for a healthy headspace. Try a mindful exercise. Headspace provides information for young people and health professionals.

good sleep is like mental health superpowers
dream

What are some of the negative things that can happen when you don't get adequate sleep?

The first things that suffer are related to our brain function. We can't hold our attention, our memory becomes poorer, our reactions are slowed and our mood fluctuates more than normal. If inadequate sleep continues to occur regularly we find that our physical and mental health may be at risk. The likelihood of depression increases, it seems likely our immune system suffers and we are at higher risk for metabolic impairments, such as those leading to diabetes. Our performance at work is impaired and there is a higher chance of driving accidents.

Why is Sleep Awareness Week so important?

Sleep Awareness Week draws attention to the importance of sleep as a vital component to a healthy lifestyle. While we have all heard a lot over the years about the importance of a good diet and regular exercise, the importance of sleep has received less attention. The Sleep Health Foundation argues that sleep is the third pillar of health, alongside diet and exercise. Interestingly, the recent Parliamentary Report on Sleep Health Awareness (entitled Bedtime Reading) agrees with this assessment and also argues sleep should become a national health priority.

Tour bookings at
www.trybooking.com/BKFLV



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