

Friday 31st January 2020,
Issue 1

LINK LETTER



61 HENRY STREET,
GREENSBOROUGH 3088
(03) 94354617

WWW.WATSONIAHEIGHTSPS.VIC.EDU.AU
EMAIL-WATSONIA.HEIGHTS.PS@EDUMAIL.VIC.GOV.AU

Michael Kent - PRINCIPAL

Welcome back!

Hello and a very warm welcome back to everyone to the 2020 school year. I hope you all enjoyed a fantastic holiday break as I have. A warm welcome to our new Prep families and those families that are new to WHPS. The Prep students have started school in brilliant style today! Our Prep parents are to be congratulated on the way they have prepared their children for school, your efforts have helped to make this transition to school as smooth as possible.

Our Preps have enjoyed their first half day at school today. This will continue on Monday and Tuesday next week (9-1pm), prior to commencing full time days on Thursday 6th February. The Preps will not be attending school on Wednesdays during February.

Thanks to the Prep parents who came along to share in some scones and refreshments after the "Day 1 Drop Off". It was great to see so many in attendance and wonderful way to start life at WHPS by sharing the experience and meeting some old and new friends!

As shared this week, we will conduct our first school assembly (without Preps at this stage) next Friday 7th February. We cancelled today's assembly due to the extreme heat. Similarly, we have run with a hot day timetable over the past two days, keeping students out of the heat.

IMPORTANT DATES

FEBRUARY

MON 3RD FEB
PREP 9-1PM

TUES 4TH FEB
PREP 9-1PM

WED 5TH FEB
NO PREPS TODAY

THURS 6TH FEB
PREP FULL DAY COMMENCE

THURS 6TH FEB
3 - 6 SWIMMING TRIALS

FRI 7TH FEB
ISS - VS WATSONIA (AWAY)

WED 12TH FEB
NO PREPS TODAY

WED 12TH FEB
PREP PARENTS WELCOME EVENING
7-8.30PM IN THE WHPS LIBRARY
THIS IS A PARENTS ONLY EVENT

FRI 14TH FEB
ISS - VS NORRIS BANK (AWAY)

WED 19TH FEB
NO PREPS TODAY

FRI 21ST FEB
ISS - VS ST MARY'S (AWAY)

FRI 21ST FEB
FAMILY FUN NIGHT
5.30 - 6PM -
PARENT INFORMATION SESSION
PREP - 2 STUDENTS
6 - 6.30 PM -
PARENT INFORMATION SESSION
3 - 6 STUDENTS

FRI 21ST FEB
ISS - VS GREENSBOROUGH (HOME)

MARCH

**THE GREAT WHPS
TWILIGHT FETE
SAT 14TH MARCH
2 - 8PM**

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

We look ahead to an exciting year as the staff have been working hard to prepare a dynamic and engaging curriculum. All staff were involved in meetings and planning sessions prior to the students commencing school. We are excited to have all students back to school and eager to learn.

The students have settled back into school amazingly well and it has been wonderful to see them all, chat with them and to hear of the fun times had over the holidays but also to hear the children talking so positively about 2020. Even in the first two days the grades have settled back into school life extremely well and students have been actively re-establishing friendships and of course, are making lots of new ones! I look forward to the wonderful opportunities that lay ahead for our school this year.

A special date on the calendar is the approaching school Fete. This will be held on Saturday March 14th from 2-8pm. There will be some correspondence coming home in coming weeks about all the pending fun! In order to make this event as successful as possible, we rely on the contribution of all of our fantastic families. Each class have been allocated the responsibility of supporting and co-ordinating one of our Fete stalls. Please see the Community Links page below for your child's allocated stall and for other ways you may be able to get involved to support this wonderful whole school event.

As you know, we work extremely hard to provide the highest quality learning for all students at our school. In order for us to maximise on student capabilities we require your help. As parents and guardians you have a crucial role to play within the learning framework. Your assistance at home in discussing school is an invaluable aspect of student learning. This provides opportunities for students to reflect and consolidate their understandings. As a minimum it would be fantastic to set aside some time each night to share a love of literacy. Reading to your child, reading with them, listening to them read to you and discussing the book (pictures, themes, characters, plot, setting, what might happen next etc..) are all helpful ways of engaging with your child around literacy. Reading each night forms a part of the homework for all students at WHPS.

Within this newsletter you will see a number of important dates to note on your home calendar. One of these is the 2020 School Information evening and Family Fun Night. This is scheduled for **Friday 21st February**. The school will be open from 5.30-6.30pm for each class and teacher to share with you some crucial information for the year ahead. Following this from 6.30-8pm we will be running our Family Fun Night where parents and students can spend some social time with friends; old and new!

Information evening – all classes open for visitation. At 5.30pm all Prep-2 classes will be sharing information about the year. At 6pm all year 3-6 classes will be sharing information about the year. An information booklet will also be provided on the night. Please make the time to come along to this night as it will lay the foundation for a transparent and positive year ahead for your child. From 6.30pm-8pm families are invited to share in some social time with music, jumping castles and a BBQ. Feel free to bring some food and drinks to enjoy the social side of school. Don't forget to visit the specialist classrooms as well!!

Bushfires

We are mindful of the impact of the recent state and national bushfire crisis and send our condolences and thoughts to anyone affected. In coming weeks we will be conducting some fundraising efforts to support those affected. If you require any support or assistance, please don't hesitate in contacting the school.

Coronavirus

As shared this week, please be aware of the notifications from the Department of Education regarding the Coronavirus. Any students returning from the Hubei province are excluded from school for 14 days. If you have any questions regarding this information, please don't hesitate in contacting me directly.

Year 1-6 Student Information

Next week students in years 1-6 received a 'Getting to know your child' notice that allows parents to share some important information about your child. Please complete this and return to your child's teacher by Friday 14th February. This form helps staff to build a picture of your child. Prep parents will have this opportunity during the assessment days that are held on Wednesdays during February.

Prep Parents Welcome Evening

Prep Parents are all invited to our 'Prep Parents Welcome Evening' to be held at 7pm – 8.30pm on Wednesday 12th February in the Library. It would be great to see you all there to share in some social time.

Student Leaders

Congratulations again to our 2020 Student leaders. At WHPS we promote every student to be a leader and take control of their learning journey and also to lead the way in every opportunity that presents itself. We do have some more formal roles within the framework of promoting leadership development for everyone.

School Captains	Ava McCallum	Kara <u>Lascaris</u>
School Vice Captains	Charlie Phelan	Lachie <u>Trumper</u>

	Banksia Blue	Wattle Yellow	Boronia Green	Waratah Red
House Captains	Lachie <u>Galletly</u> Charlie Illingworth	David Mann Erin Smith	Molly Strickland Kayla <u>Corless</u>	Thyme <u>Scotney</u> Lily Wilde

Library Captains	Kirsty-Lee Dansey Isabel Greenhelgh
Sustainability Captains	Maggie Potuguntla Zach Bradley Lylah Mulroy
ICT Captains	Isaac Bland Oscar Eccelston
Wellbeing Captains	Elisha Kinnear Heidi Alford

Term Dates

Term 1: 30 January to 27 March
 Term 2: 14 April to 26 June.
 Term 3: 13 July to 18 September.
 Term 4: 5 October to 18 December.

Office Hours

A reminder that the school office hours are from 8.30-4.30pm. Outside of these times please leave a phone message or email the school.

Uniform Shop

A reminder that the uniform shop is open each week on a Thursday morning. Please be aware that we also have a range of second hand uniforms available. We are also keen to accept any donations of uniform to bolster the stocks.

Staffing

2020 will be an exciting and enjoyable year for WHPS. As the school continues to grow, we will be running with 19 classrooms this year. We congratulate Miss. Bowden on her recent wedding to James and wish them every happiness as husband and wife. Miss. Bowden will now share her married name of Mrs. Shanai Gaul. We also congratulate and wish well Mrs. Lainie Nestor, Mrs. Serina Lee and Miss Ally Clarke, all of whom are expecting their first child this year. Very exciting times ahead for them and their partners as they look to start families of their very own!

Our staff team for this year:

Grade/Program	Confirmed Grades
Prep	Hannah Rich
Prep	Rebecca Mead
Prep	Angela Gray
Prep	Tara Newton
	Lainie Nestor (until Maternity Leave)
Grade 1	Cherrie McIntosh
Grade 1	Lacey-Rose Demanuele
Grade 1	Jess Rancie
Grade 2	Catherine Trethowan
	Amy Esposito
Grade 2	Clint Mackie
Grade 2	Stephanie Tsakmakis
Grade 3/4	Jamie-Lee Kucewicz
Grade 3/4	Shanai Gaul
Grade 3/4	Amy Davidson
Grade 3/4	Anila Agnew
Grade 3/4	Mikayla Millane
Grade 5/6	Amy Murray
Grade 5/6	Louise Middleton
Grade 5/6	Phil Hannon
Grade 5/6	Juliana Munforte
Support / Extension / Wellbeing	Ally Clarke (until Maternity Leave)
Assistant Principal	Tony Ryan
Health and Physical Education	Amanda Macellari
Languages	Winnie Wang
Art / Music	Shayley Holland
Science	Emma MacDonald
Art	Lana Cordwell
Support	Serina Lee (until Maternity Leave)
Aide Support	Kylie Emmenegger
Aide Support	Armerleigh Ward
Aide Support	Kay Rowland
Aide Support	Jacqui Heczey
Library	Kathryne Campara
First Aid / Office Administration	Leah Amos
Office Administration	Mel Edmonds
Bus Manager	Bronwyn Pinnin

Welcome to our newest staff members:

Winnie Wang, Juliana Munforte, Louise Middleton, Amy Murray, Mikayla Millane, Jamie-Lee Kucewicz, Tara Newton and Hannah Rich. So very exciting to be gathering such a great team for 2020.

We welcome back Leah Amos into the office. In recent times and we have farewelled Sally Wagner (Beran) who has accepted a full time art position at Milgate PS. Shayley Holland will be replacing Sally for 2020.

We are excited to continue our specialist program this year. Additionally, all students will enjoy our Discovery Learning program and our enhanced Library program. Our Prep -2 students will again this year enjoy a dual Arts program that will include visual arts and music. The year 3-6 students will maintain a focus on art throughout the year. Their music tuition and exposure will be in the form of our Year 3-6 Instrumental Music Program.

Communication

As part of our communications this year we will be enhancing our processes and opportunities to keep you all well informed. Newsletter – will be published through Compass each fortnight commencing today.

Facebook – this will continue to provide you with up to date and pertinent information regarding school events and happenings. Simply search for Watsonia Heights PS and be sure to follow and like our page and turn your notifications on.

COMPASS – this will continue to be our main form of communication for information, online permissions, live attendance data, school reports etc..

We will also be using Compass as our online booking system for interviews throughout the year. This will include parent teacher interviews, student led conferences, etc...

Website – please access our website for extensive information around all things WHPS!

<http://www.watsoniaheightsps.vic.edu.au>

JSC

We will soon be establishing our 2020 Junior School Council team as we look to extend the profile of our student leadership and representation across the school.

Canteen

Our canteen days for 2020 are Wednesday and Friday. To make this successful and viable we are calling for helpers to assist out on these days. If you are able to help out please contact Kate Fisher. **Mobile: 0417 565 853**

email: katefisher76@gmail.com

As well as our lunch order provision, our canteen also has counter sales during recess and lunchtime on both days.

Instrumental Music

The instrumental music program for students in Year 3-6 will commence in coming weeks. There will be further notices being sent home shortly to our year 3 students regarding purchasing instruments (and to any new students).

Please return these asap so that orders can be filled.

Assembly

School assembly will be held each Friday at 3pm on the asphalt outside the main office. Please note that the Prep cohort won't join this assembly until they have settled into school life (usually a few weeks into the term).

Swimming Trail Day

On Thursday 6th February, the students in grades 3 to 6 have the opportunity to try out for the swimming team to represent WHPS at the 2020 District Swimming Carnival.

Trials will be held at the Yarra Swim School Pool from 9:15am-1:45pm.

Permission notes for this have been sent out on Compass, please get these filled out as soon as possible.

Can you HELP!?!

In 2020 all classroom helpers and volunteers are required to register via the school office. This involves completing an annual Code of Conduct document and providing your working with children check card.

Whilst this may be seen as an imposition, I encourage you all to follow this process which ensures the safety and wellbeing of our students. We highly value and appreciate any form of support from home. If you have previously registered your details, these need to be updated as WWC cards expire and must be renewed prior to continued work in schools. All volunteers are asked to complete the annual Code of Conduct agreement and provide their Working With Children Check cards.

Parent Payments

Thanks to those parents who have made payments towards their school fees. If you are yet to submit your payment plans please do so asap and this supports the school in budget provision and also to plan appropriately for your child's participatory program.

We have a wonderful learning environment at WHPS and for us to continue to provide the highest quality learning experience we rely upon parent contribution and fundraising. Much of the operational costs including provision of computers (including laptops), high quality school resources, extra sports equipment, library/ICT support and equipment, quality art and science supplies and maintenance, along with the provision of new curriculum initiatives are supported solely from local fundraising, including parent payments.

OHSC – Out of Hours School Care – THEIR CARE!

Any parents requiring OHSC in 2020 are asked to log on to the Their Care website via: <https://theircare.com.au>
Thanks to the Their Care team for providing a dynamic and engaging holiday program and supporting students in the early stages of the 2020 school year.

Camps Sports and Excursions Fund - CSEF

Eligible families who hold a current government concession card are welcomed to apply for funding support supplied from the government. A payment of \$125 per primary school child is available to those eligible parents/guardians. Please drop by the Office for more information and an application form.

Every Day Counts!!

In the Victorian education system it is compulsory for all students to attend school each day of the school year. At times an absence may be unavoidable, however every effort must be made to ensure students attend school on time each day. Evidence tells us that students who regularly miss days of school are at risk of missing out on learning the basic building block in subjects, and may experience long term difficulties with their learning. School attendance helps children develop social skills, such as friendship building, teamwork, communications skills and develops a healthy self-esteem. Please try to ensure that any appointments and holidays are made outside of school hours. To maximize on learning opportunities we need all students here all day. If this presents a problem for you and your child please make a time to see me.

Late arrivals and early departures

All late arrivals and early departures need to be signed in/out at the school office by a parent/guardian. It is not acceptable for a student to sign themselves in or out of the school. Late passes and early leave passes are provided through the office. This is a strong focus of the Department of Education & Training. Further information can be found on the website:

Are you being Susmart??

As in line with the schools policy, term 1 is a Sunsmart term. This requires all students to have the appropriate black wide brimmed hat. These Susmart hats are to be worn during all outside activities during term 1 and 4.

Hot Days and Extreme Weather Days

On days when it is extremely hot the children will remain in classrooms and be supervised as they are on wet days.

Personal Property at School

Personal property is often brought to school by students, staff and visitors. This can include mobile phones, calculators, toys, sporting equipment and cars parked on school premises. Please note that the Department of Education and Training does not hold insurance for personal property brought to schools and it has no capacity to pay for any loss or damage to such property. Further details regarding insurance options will be shared in next weeks newsletter. Please note that Department has a state wide policy on mobile phone use in Victorian schools. Students are required to turn their phones off during school times and hand their phone to class teachers for safe keeping prior to the end of the day, when they will be returned.

Uniform/Belongings

Please be vigilant in clearly naming all uniform items and personal belongings (lunch boxes, sports equipment etc..) This allows us to return any found items to the rightful owner.

Anaphylaxis

As you know this is a life threatening condition for all whom suffer from it. As a school we have an obligation to provide a safe and healthy learning environment for all students. Therefore I remind you of our school's Anaphylaxis policy that relates to all students.

Watsonia Heights Primary is a NUT FREE school. Nuts are known as a severe allergen.

To minimise risks, as far as is practicable Watsonia Heights does not permit nuts to be brought onto school grounds, or on school excursions or camps. This policy extends to all students and adults in the school community.

The following are discouraged:

Nuts – including peanuts, almonds, cashews, pine nuts, hazelnuts, walnuts, brazil nuts, pecans or any other type of nut
Spreads – such as peanut butter, Nutella, other choc/nut spreads, pesto, nut butters and peanut oil
Dried fruit - and nut boxes and muesli bars containing nuts
Biscuits or cakes containing nuts, including flourless cakes with almond meal

- There should be no trading and sharing of food, food utensils and food containers.
- Drink bottles and lunch boxes should be clearly named.
- Children with severe foodallergies should only eat lunches and snacks provided by the parent/guardian.
- Food products containing nuts as an ingredient will not be available through the school's lunch ordering service, or sold at the school as part of special activities.
- Boxes and packages which have contained nuts (including tree nuts) are not to be used in classroom activities.
- The use of food in crafts, cooking and science experiments will be restricted to NUT FREE and NUT TRACE FREE as far as is practicable, depending on the allergies of particular children.

Please also note that in support of this policy parents are discouraged from sending along any food or confectionary for student birthdays. If you require further information please contact myself or your child's teacher.

Updating contact details / medical

I ask all families to please ensure that you have up to date contact details at the office. This includes current address, phone numbers, emergency contact details etc..

Also any students who have a medical condition must have to date medical records at the office. Of most importance is to ensure Asthma, Diabetes, and Anaphylaxis management plans are up to date. **These need to be signed off by your local doctor and a required to be updated annually.** Of course these documents are so important to ensure the safety and wellbeing of all students, especially yours!

Asthma

As part of our commitment to meeting our legislative requirements and the Schools Policy Advisory Guide, we require you to provide us with an updated Asthma Action Plan for your child. Asthma Action Plans should be reviewed annually. Please follow the link below to the new Asthma Action Plan for Victorians Schools, which has been specifically designed for schools to identify asthma signs and symptoms, and respond accordingly using the asthma medication device your child currently has at school.

Once completed please return it to us as soon as possible with the appropriate medication and an other device aid i.e. spacer device. Please make sure the medication is in date and any items are labelled with your child's name.

<https://www.asthmaaustralia.org.au/vic/about-asthma/resources/victorian-action-plans>

If your medical practitioner has informed you that your child has grown out of their asthma, they will need to provide a letter, on the practice letterhead to the school stating such.

Watsonia Heights School Council

Watsonia Heights Primary School is governed by our School Council. The Council is made of volunteers from our parent community and also from our teaching staff, including myself.

Pierre Scotney is the current President of our council. Below is some further general information as we will be running nominations and elections for the 2020 School Council over the next few weeks. You may be interested in joining our Council and inputting into our school's development over the next 2 years.

What is a school council and what does it do?

All government schools in Victoria have a school council. They are legally formed bodies that are given powers to set the key directions of a school within centrally provided guidelines. In doing this, a school council is able to directly influence the quality of education that the school provides for its students.

Who is on the school council?

For Watsonia Heights there are two possible categories of membership:

A mandated elected Parent category and a mandated elected DET (Department of Education and Training employee category (teachers).

Why is Parent membership so important?

Parents on school councils provide important viewpoints and have valuable skills that can help shape the direction of the school.

Further information about the nomination and election process are available at any time. If you are interested or have any questions please contact me. Elections for the 2019/2020 School Council will take place during term 1. Further details about nomination forms will be availed with the next newsletter.

School Zones

Children are our most vulnerable road users and to address this road safety issue school speed zones with lower speed limits were introduced many years ago.

Motorists should be aware that children in traffic are not like adults. They can be unpredictable and because they are small, they can be hard to see. So take extra care and slow down when you drive past any school.

Research shows that slowing down helps to both avoid crashes and reduce their severity. According to the Monash University Accident Research Centre, an 11 per cent reduction in speed reduces road deaths by 40 per cent. Even a small reduction in travelling speed dramatically increases the chance of a child surviving a collision. Read more about safety on our roads via the Vicroads website.

Parking Restrictions

Please observe the parking restrictions and speed limits around the school. Local council and Victoria Police often patrol these areas. We have two pedestrian crossings that are supervised each day before and after school. Please use this service and ensure all children use these crossings. Also please note that the staff carpark is not for parental use. This presents a danger to students and if parents use this space our staff will have nowhere to park!

Parents are asked NOT to use the staff carpark space.

PRIVACY INFORMATION for parents and carers

During the ordinary course of your child's attendance at our school, school staff will collect your child's personal and health information when necessary to educate your child, or to support your child's social and emotional wellbeing or health in the school context. Such information will also be collected when required to fulfil a legal obligation, including duty of care, anti-discrimination law and occupational health and safety law. If that information is not collected, the school may be unable to provide optimal education or support to your child, or fulfil those legal obligations.

For example, health information may be collected through the school nurse, primary welfare officer or wellbeing staff member. If your child is referred to a specific health service at school, such as a Student Support Services officer, the required consent will be obtained. Our school also collects information provided by parents and carers through the School Entrance Health Questionnaire (SEHQ) and the Early Childhood Intervention Service (ECIS) Transition Form.

Our school may use online tools, such as apps and other software, to effectively collect and manage information about your child for teaching and learning purposes, parent communication and engagement; student administration; and school management purposes. When our school uses these online tools, we take steps to ensure that your child's information is secure. If you have any concerns about the use of these online tools, please contact us.

School staff will only share your child's personal or health information with other staff who need to know to enable the school to educate or support your child, or fulfil a legal obligation.

When our students transfer to another Victorian government school, personal and health information about that student will be transferred to that next school. Transferring this information is in the best interests of our students and assists that next school to provide optimal education and support to students.

In some limited circumstances, information may be disclosed outside of the school (and outside of the Department of Education and Training). The school will seek your consent for such disclosures unless the disclosure is allowed or mandated by law.

Our school values the privacy of every person. When collecting and managing personal and health information, all school staff must comply with Victorian privacy law. For more information about privacy including about how to access personal and health information held by the school about you or your child, see our school's privacy policy:

<https://www.education.vic.gov.au/Pages/schoolsprivacypolicy.aspx>

Throughout this notice, 'staff' includes principals, teachers, Student Support Service officers, youth workers, social workers, nurses and any other allied health practitioners and all other staff at our school. This includes employees, agents and service providers (contractors) of the Department, whether paid or unpaid.



Novel coronavirus (2019-nCoV)

Factsheet for school students and children

Last updated 29 January 2020

An outbreak of novel coronavirus (2019-nCoV) was detected in Wuhan, China in late December 2019. Cases have been reported predominantly in the city of Wuhan, in the Hubei province of China, as well as some other Chinese cities and countries, including two confirmed cases in Victoria, Australia.

What is this virus?

Coronaviruses can make humans and animals sick. Some coronaviruses can cause illness similar to the common cold and others can cause more serious diseases, including Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

The virus seen in Hubei Province, China is called 'novel' because it is new. It has not been detected before this outbreak. Most people infected live in, or travelled to, Hubei Province, China. There have been cases of 2019-nCoV reported in other Chinese provinces and other countries. It is likely that the virus originally came from an animal, and there is now evidence that it can spread from person-to-person.

What are the symptoms?

Symptoms can include fever, cough, sore throat, or shortness of breath. Symptoms can take up to 14 days to develop.

What if my child is well, and returning to school after being in Hubei province, China or other countries with cases in the last 14 days?

All students and staff members who have travelled to Hubei Province, China, are advised to stay at home and avoid public settings, including attendance at schools and early learning centres, until 14 days after last being in Hubei province, China.

Children and staff who are well and have travelled to other provinces in China, or any other areas where there have been reported cases, are NOT recommended to be excluded from schools and child care services unless the following applies:

- The person is a confirmed case of novel coronavirus
- The person is a close contact with a confirmed case of novel coronavirus in the past 14 days

What if my child feels sick now or within 14 days of being in Hubei Province, China or another part of China?

- If your child has a cough, sore throat or shortness of breath, they must be excluded from school and be reviewed by a doctor.
- Seek medical attention but first place a mask on the student if you have one and call the doctor or hospital before you attend. Tell them your child has been in Hubei province, China, or the location of travel within China.
- When you get to the hospital or doctor's clinic, tell them where your child has travelled in China and whether this included Hubei Province. Ensure a mask is placed on your child before or as soon as you arrive at the medical facility.

If your child has severe symptoms, such as shortness of breath:

- Call 000 and request an ambulance, and
- Inform the paramedics where your child has been in China.



Health
and Human
Services

From the Wellbeing Team

Welcome back everyone! We have so much in store to foster and develop your child's wellbeing at WHPS this year! The start of a new year is a time of transition and change which can be a stressful time for your child. If your child is experiencing stress and you are looking for ways to help calm their body and mind, try some of these strategies:

Relaxing the mind

- Enjoy some mindfulness relaxation time
- Listen to your favourite music
- Do mindful colouring
- Practise deep breathing exercises
- Do a guided meditation
- Read a good book
- Enjoy some painting or drawing
- Play a board game as a family



Getting active

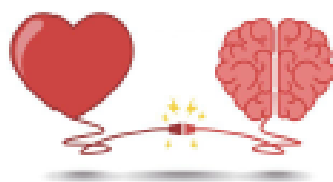
- Play a game outdoors
- Go for a nice walk with your family
- Squeeze a stress ball
- Dance!

5 Minute Mindfulness Activities

Not sure where to start? Try some of these quick and easy mindfulness activities:

<https://www.teachstarter.com/au/blog/classroom-mindfulness-activities-for-children/>

Want to listen to some simple, guided meditations? Have a go at some yoga poses or stretching? Or maybe even get your sillies out with a guided dance? Check out www.gonoodle.com for a range of activities for children (and it's free!)





Only **43** Days until our GREAT Fete!!!

With only 85 days to go until our 2020 Twilight Fete, it will be here before we know it!

Planning is really stepping up and our Fete Committee are working overtime to make sure it is a great event for both our school and the wider community. But to make it the best it can be we please need your help to bring it all together!

We have now allocated our 2020 grades to their fete stall and we are seeking parent representatives to help us coordinate the final months of preparations. We have had parents come forward and put their hand up to coordinate their grades stall however; we still have some vacancies which we would love to fill. Closer to the date we will put the call out for volunteers to assist on the day and sign up for time slots via our Try Booking page. Please save the date and it would be wonderful if you can spare an hour or 2 on **Saturday 14th March, from 2 - 8pm** to help make our Fete AMAZING!

Please find the class stalls listed below and please email us on communitylinks.whps@gmail.com if you would like to assist with your child's class stall.

Trash & Treasure - **Prep M & Prep G** - Stall Coordinators = **Jess M and Kathryne C**
Fairy Floss & Popcorn - **Prep N & Prep R** - Stall Coordinators = **Alexis J**
Indian Cuisine - **1R** - Stall Coordinator = **Miti J**
Side Show Alley - **1D & 1M** - Stall Coordinator = **Sarah E**
Plants Stall - **2M** - Stall Coordinator = **Position available**
Veggie Bar & Salad - **2T & 2ET** - Stall Coordinators = **Kate B and Emily A**
Face Paint - **3/4D** - Stall Coordinator = **Position available**
Cake Stall & High Tea Room – **5/6J & 3/4M** - Stall Coordinators = **Donna L & Michelle M**
Canteen - **5/6L 3/4G** - Stall Coordinator = **Kate F**
BBQ - **3/4A & 3/4K** - Stall Coordinator = **Louise A**
Bar – **5/6A & Mixed WHPS Community Members with RSA** - Stall Coordinator = **Lisa C**
Silent Disco - **5/6H** - Stall Coordinator = **Phil H**
Beauty & Boss Stall - **WHPS Past Students** - Stall Coordinator = **Cassidy P & Elisha W**
Craft Stall – **Their Care** - Stall Coordinator = **Lauren**

Next Fete Committee Meeting - Sun 9th February 2020 from 3pm

Would you like to be part our **Fete Committee** and help us make the day amazing!

Please join us on **Sunday 9th of February 2020 in the WHPS Library from 3pm** and we appreciate (in advance) anything you can do to help.