

Monday 19th February 2024
Issue 2

LINK LETTER



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Michael Kent - PRINCIPAL

Hello and welcome to this edition of the newsletter. I hope you have all had a great week and your children are enjoying all that school life has to offer. It has been great to see our Prep students commence full days at school, and we look forward to them commencing full time schooling from Monday 4th March February.

Thank-you to all the parents and families whom attended the Information and Open Night. This provided a great opportunity to share the plans for each classroom and to spend some social time together throughout the night. As a follow up to this, this week you will have received the 2024 information booklet via Compass. This will outline the teaching and learning program for your child. It will include a specialist booklet and a classroom booklet. Please have a close read of this so you are aware of the programs and processes for supporting your child throughout the year. This information will be beneficial in providing some understanding of your child's school experience and getting to know your child.

It was great to see so many families here and enjoying the school and surrounds.

A special thank-you to all of the volunteers who helped out on the night, this was much appreciated, and we couldn't have done it without your support. Thanks to :

Zowi M, Shayne H, Bernadette S, Clare F, Mel E, Amanda M, Tony, Andrea L, Katrina F, Aathira A, Tracey S, Lucas (BBQ), Steve (BBQ)

*Thank
you*

 **Watsonia Heights Primary School**

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. Shelli Giosis is the current President of our council. Below is a message from Shelli.

Can I also thank Shelli for all her amazing work on School Council over the past 7 years and most recently as School Council President.

If you are interested in nominating for School Council, please contact me to obtain a nomination form.



2024 Term 1

Thursday 22nd February
District Swimming
Carnival @ Watermarc
&
Kids Roar Parent
Zoom @ 7:30pm

Friday 23rd February
ISS WHPS vs St Mary's


Monday 26th February
Grades 1-6 Kids Roar
Incursion in DLC

Friday 1st March
ISS AWAY-WHPS vs
Greensborough

Tuesday 12th March
Library Open Afternoon
Games & Puzzle Fun
3.30 - 5pm

Term Dates 2024

Term 1: January 31 – March 28
Term 2: April 15 – June 28
Term 3: July 15 – September 20
Term 4: October 7 – December 20



2024 School Council-WE NEED YOU!

A quick note to the wonderful WHPS community.

As my time on School Council draws to a close, I would like to reach out to the current community and encourage you to take on the wonderful opportunity of being a part of the 2024 School Council.

During my time on School Council, I have been part of decisions around social events, the distribution of funds raised, discussions around the camps and curriculum days, overseeing the review of school wide policies, overseeing the school financials, and hearing firsthand from the teachers about the education that occurs throughout the school. I was even fortunate enough to be part of the Whole School Review that occurred last year.

The School Council is a wonderful way to meet other families, share ideas and build community relationships.

The School Council meetings are held in the evenings, at the school, twice a term. The School Council has 12-15 members. The Members are parents/guardians and members of the WHPS teaching team.

There are many options in the roles you can take on, depending on your interests and experience; everyone has something of value to contribute. When you join the School Council it is a 2-year agreement to attend the meetings and contribute to at least one Sub Committee. The Sub Committees are; Building and Grounds, Finance, Education and Community Links. The School Council engages in supporting the teaching team to make decisions about your child/ren's school experience.

I have thoroughly enjoyed my 7 years with the WHPS School Council, relishing in the connection I have felt to the school, the teaching team, and the overall vibe of the school. I strongly recommend joining the WHPS School Council and be a part of your child's education journey.

Regards

Shelli Giosis (outgoing School Council President)

Please reach out to Michael Kent if you are interested in more information.

We need members for our school council!!

WHPS can not operate without the governance of our school council.

If you are interested in joining the council, we would be greatly appreciative. Please contact me at michael.kent@education.vic.gov.au or on 9435 4617 to discuss your interest. Thank you so much for your consideration!!

Are you interested in joining our School Council?

An election is to be conducted for members of the School Council of Watsonia Heights Primary School.

Nomination forms can be obtained from the Principal/Office.

Following the closing of nominations a list of the nominations received will be posted at the school. The terms of office, membership categories and number of positions in each membership category open for election are as follows:

Membership Category	Term of Office	Number of Positions
Parent member	From the date after the declaration of the poll in 2024 to and inclusive of the date of the declaration of the 2026 election.	5
DET employee member	From the date after the declaration of the poll in 2024 to and inclusive of the date of the declaration of the 2026 election	2

If the number of nominations is less than the number of vacancies, a notice to that effect and calling for further nominations will be posted. Should the number of nominations exceed the number of vacancies a ballot will be conducted.

If you are interested or require further information (including nomination forms) please contact the me directly.

Nominations must be received by 4pm on Friday 8th March, 2023.

Thank-you for your consideration.



Growth Mindset

At WHPS we are focused on developing positive psychology within our students and this involves fostering a positive mindset. Incorporated within this is the development of our learning culture around using the 'Learning Pit' to promote a positive attitude to learning.

The Learning Pit fosters positive psychology around learning something new. As is the case with all new learning, there is a resultant cognitive struggle to grapple with new concepts and the mindsets that lead/contribute to a positive outlook and the best mindset for learning.

IF there isn't a struggle, then we can presume that new learning isn't evident but rather students are operating within their comfort zone of knowledge. We encourage children to embrace the learning struggle and find new ways, options, strategies, and avenues to form new knowledge and understanding. This also promotes a culture of learning and exploration that is challenging but enjoyable for students as they find their way with ongoing opportunities to learn. This process culminates in students celebrating and sharing their new found insights in a positive and collaborative way that fosters an increased level of self-esteem and a celebration of self and accomplishment.

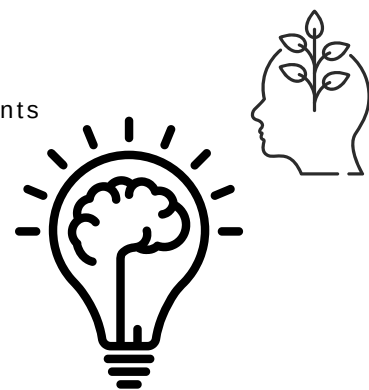
The focus on the learning process and 'Learning Pit' promotes a growth mindset where we are focused on the effort (which is one of our school values!) rather than the performance or achievement level. This promotes an attitude to learning that students need to work to achieve their individual goals and by putting in the effort, all students can succeed!

In 2024, we continue our work in ensuring that we are building a Growth Mindset in all our students.

Fixed Mindset

Students with a Fixed Mindset:

- believe they need to look smart at all times - particularly high achieving students
- believe intelligence is fixed; "You've either got it or you haven't"
- don't take as many risks in their learning
- may hide/conceal deficiencies



Growth Mindset

Students with a Growth Mindset:

- believe that they can learn at all costs
- are engaged in a problem solving approach
- believe it's "Not about who I am, it's about how I do it"
- they believe in effort and push beyond their comfort zone

As a result they work harder, increase effort and view failure as an opportunity to increase learning.

The difference between the Fixed and Growth Mindsets

	Fixed Mindset	Growth Mindset
Challenges	Avoid	Embrace
Obstacles	Give up easily	Persist in the face of set backs
Effort	See effort as fruitless	See effort as the path to mastery
Criticism	Include negative feedback	Learns from criticism
Success of others	Feel threatened by	Learns from others

We must place importance on praising our students for their efforts, not their intelligence.

For example, "I'm really proud of how hard you've been working on your times tables," instead of "I'm really proud of you for getting all of your times tables correct."

We must also recognise the power of the word 'yet'. When our students want to give up easily we can use the word 'yet'. Look at the following two sentences:

"I can't do it," verses, "I can't do it 'yet'." The word 'yet' instills hope and helps to build an attitude of positivity.



Volunteers

The school is welcoming back visitors and volunteers for the new school year. Please note that all volunteers must complete our volunteer documentation before attending the school events/activities. We ask volunteers to provide the office with a copy of their valid working with children card and to complete the WHPS volunteers permission via your child's compass page. Please note these processes need to be followed annually prior to volunteering at the school.

Please also note that on all occasions all volunteers must sign in and out of the office.





Happy Chinese Lunar New Year



Welcome to Mandarin Program at WHPS! It has been fantastic to see our amazing language learners settle back into the routines in the Mandarin Room over the past two weeks.

Xīn nián kuài lè" (新年快乐) Happy Chinese Lunar New Year! This year, Lunar New Year falls on Saturday February 10, and brings in the Year of the Dragon. It is the most important holiday in China, and it is also widely celebrated in South Korea, Vietnam and countries with a significant overseas Chinese population. We've rounded up some Lunar New Year festivities on offer across Melbourne. Please check out the following information on Lunar New Year 2024.

12 Lovely Lunar New Year Celebrations To Discover Around Melbourne <https://secretmelbourne.com/lunar-new-year-melbourne/>



Leaders

Congratulations again to our 2024 Student leaders. It was great to be able to present them with their badges last week. We also some of the student leadership team attend a Student Leaders Conference last week. This was an engaging way for students to consider their roles as leaders and how they can maximise their impact in representing the students at WHPS at school and also in the broader community.

I have met with the Willow, Adelaide, Tara and Seb on numerous occasions this year and am excited about the year ahead with many ideas and possibilities being discussed and planned.

This Friday we will acknowledge, celebrate and present our Junior School Council with their badges.



NAPLAN

Over the period from March 13-25 students in years 3 & 5 will participate in the annual NAPLAN tests. These tests are nationwide and provide an insight into student performance under strict testing conditions on one particular day. These tests can sometimes come with some level of anxiety and trepidation. Whilst we analyse the results of these tests to help build a picture of students in differing testing scenarios, we are very much aware that student learning evolves and presents in varied ways for all students. These tests are not the only reflection of learning or performance. At WHPS we maintain a focus on holistic learning that represents the progress of the whole child over time. We offer a breadth and depth of curriculum that is not represented in the NAPLAN tests and we are constantly assessing student performance in a range of settings and curriculum areas. If you or your child is experiencing any concerns regarding NAPLAN, please contact your child's teacher. In 2024 all students will be completing these tests online.

- **Wednesday March 13th WRITING**
- **Thursday March 14th NUMERACY**
- **Monday March 18th LANGUAGE CONVENTIONS / SPELLING**
- **Tuesday March 20th READING**

Please refer to the Compass post outlining the process for downloading the appropriate APP to support the 2024 NAPLAN tests. Please reach out with any questions.



eSafety

As we know cyber safety is a hugely important element for our students as they navigate the digital world and online connections.

How cyber safe are you? Does your child have access to the internet at home? Do they have access via their phone? Are they allowed to search the internet freely without your supervision?

The staff continue to model and teach our students about the impacts of being cyber safe! This is a very real and current issue with so many young and vulnerable people having access to devices and internet access. This involves social media as well. There are many age restrictions on certain Apps and social media sites. Parents need to be aware of these. They exist for a reason. Many of these software packages are trackable and without appropriate settings being applied, locations are easily visible. Additionally to this is the fact that a young person chatting to another unknown person may seem and feel innocent to the user...how do they (or you, or me) know who is actually on the other end of the chat site???

Cyber safety is a real issue. Apart from perpetrators there are also so many examples of cyber bullying that students need to be aware of. There are potential dangers of using such software and communications. We often talk to children about stranger danger...what about cyber stranger danger?

As a school we are committed to educating and promoting safe online practices. We continue to do this via our participation and accreditation as an e-smart school. This involves teaching the students and modelling targeted and explicit cyber safe practices. We also promote a positive and supportive learning culture through our whole school wellbeing programs. This permeates across the school and helps to ensure students conduct themselves in a positive and respectful manner at all times (online or in person). As parent you have a significant role to play in educating, modelling and policing online behaviour and activity. Be aware not alarmed! And most importantly be proactive and educated on the ever evolving cyber world.

Please be aware of our commitment to the Child Safe Standards.

CHILD SAFE STANDARD - STATEMENT OF COMMITMENT TO CHILD SAFETY

Watsonia Heights Primary School is committed to safety and wellbeing of all children and young people. This will be the primary focus of our care and decision-making.

Watsonia Heights Primary School has zero tolerance for child abuse.

WHPS is committed to providing a child safe environment where children and young people are safe and feel safe, and their voices are heard about decisions that affect their lives. Particular attention will be paid to the cultural safety of Aboriginal children and children from culturally and/or linguistically diverse backgrounds, as well as the safety of children with a disability.

Every person involved in Watsonia Heights Primary School has a responsibility to understand the important and specific role he/she plays individually and collectively to ensure that the wellbeing and safety of all children and young people is at the forefront of all they do and every decision they make.

In its planning, decision-making and operations Watsonia Heights Primary School will:

1. Take a preventative, proactive and participatory approach to child safety
2. Value and empower children to participate in decisions which affect their lives
3. Foster a culture of openness that supports all persons to safely disclose risks of harm to children
4. Respect diversity in cultures and child rearing practices while keeping child safety paramount
5. Provide written guidance on appropriate conduct and behaviour towards children
6. Engage only the most suitable people to work with children and have high quality staff and volunteer supervision and professional development
7. Ensure children know who to talk with if they are worried or are feeling unsafe, and that they are comfortable and encouraged to raise such issues
8. Report suspected abuse, neglect or mistreatment promptly to the appropriate authorities
9. Share information appropriately and lawfully with other organisations where the safety and wellbeing of children is at risk
10. Value the input of and communicate regularly with families and carers

COVID

We have had a few reported cases of COVID recently and ask families to be vigilant in helping to maintain the health and wellbeing of everyone in the community.

If your child tests positive, please keep them home for 5 days and until they are free of any symptoms.



Support Programs

We are excited to be commencing many of our additional programs across the school. This includes some of our lunchtime clubs, 2024 Junior School Council, support and extension programs.

Some of these groups provide additional programs for our students to enhance their social, emotional and academic capacity. We have groups that focus on many areas including:

- Literacy support via tiered intervention in reading and writing
- Support and extension groups for writing and numeracy
- Social and emotional support groups
- Enjoyment based lunchtime clubs and groups
- Student leadership meetings
- Wellbeing support programs

We are proud to be able to offer a diverse and differentiated approach to catering for the individual needs of our amazing students.

Our classroom teachers do a wonderful job at providing an engaging, challenging, enjoyable and targeted learning program each and every day.

We also offer a breadth of tutoring supports across the school.

Updating contact details/Medical details

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 are required to be updated annually.** All medications also need to be signed in at the office and a Medical Authority Form filled in by parent/guardian should any student require medication whilst at school. Any questions please do not hesitate to call the office to discuss.

Permissions

To start the year, we have a number of parental permissions that are available via your child's compass page. These include:

- Annual Local Excursion Consent
- 2024 Photography/ Filming/ Recording Permissions
- Digital Technologies Code of Practice
- WHPS Volunteers



Please note that without the appropriate permission being signed students are unable to access technology at school and are unable to participate in local walks for excursions, swimming, cross country, athletics etc.. If parents are happy to sign these permissions, please do so as soon as practicable.

Staffing

This week we welcomed Ella Thomas to the staff team at WHPS. Ella will strengthen our Educational Support team and work across differing classrooms supporting a range of students and learning programs.

Breakfast Club

On Friday 23rd February we are kicking off our **WHPS Breakfast Club**.

All children are welcome to attend the Breakfast Club from 8:15 - 8:50 am (prior to school starting) each Friday in the GP Room commencing this Friday 23rd February.

There are a variety of breakfast options available throughout the program:

Cereal, Toast, Toasted Sandwiches, Juice, Milk, Fruit

This free program brings students, families, teachers and volunteers together whilst promoting a whole school approach to health and well-being.

We would also like to call out to our W.H.P.S community for Volunteers to help assist in providing the Breakfast Club, if you have a Working With Children Card and would like to help with the Breakfast Club in any way, please ensure you have filled in the Volunteer & Child Safety Induction portal on Compass and provide a copy of your Working With Children card to the office, this requirement for volunteers is a yearly requirement.

Should you have any queries please don't hesitate to contact Mel Edmonds on 9435 4617 or via watsonia.heights.ps@education.vic.gov.au

All help will be greatly appreciated!

Looking forward to seeing all of our WHPS smiling little faces at Fruity Friday Breakfast Club.

Swimming

Good luck to all our swimmers who will be representing WHPS at the District Swimming carnival to be held this week at Watermarc! A great achievement to make the team and showcase your talents! We wish you all the best in demonstrating the school values.

Sunsmart

Please note the school's sunsmart policy that requires all students to wear their school approved, sunsmart hats until April 30th. Additionally, I remind all families that all uniform can be purchased through PSW (Primary Schoolwear) from the online or attended shop front in South Morang.

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. We have a LOT of hats appearing without names and therefore unable to be returned to the students.



Have a great week.

Kind regards,

Michael

Success Teamwork Respect Individuality Visionary Effort !!

Kids Roar

Next week, our Grades 1-6 students will be participating in their Kids ROAR sessions.

As part of this program, ROAR Australia will be delivering a one hour parent education session via zoom THIS Thursday 22nd February at 7.30pm. The session takes place before your child participates in the program to give you a better understanding of what the program will cover and why it is so important. Even though our Prep students won't be participating until April, we encourage all Prep families to attend, as it was very well received last year by our junior school parents. The session will cover a variety of topics, including how to equip your children with skills to keep themselves safe, so we encourage you to take advantage of this invaluable information session. That being said, the content covered is not suitable for children so we ask that you please only attend if you can do so without children present.

The zoom link and meeting ID will be posted on Thursday when I do a reminder post. We had the highest zoom attendance out of all Victorian schools for our parent information session last year – let's see if we can get even more families online this time!

Ally Clarke

Allison.Clarke@education.vic.gov.au

Across the AP's Desk



Hello WHPS Community,

It's been a great start to the school year. It was fantastic last night for the school community to have the opportunity to come together for our Family Fun Night and to hear our teachers talk about our learning programs. It was great to see so many people in attendance and having fun connecting on a night with beautiful weather and sunset! A big thank you to all those parents/carers/staff that donated their time to support in the canteen and BBQ areas.



Introducing Fiona:

WHPS has been active in strengthening our wellbeing programs and resources to support the needs of our students. This has included bolstering our human resources and counselling options across the school. As part of this process, I'd like to introduce Fiona McLean who has joined the team at Watsonia Heights this year. Fiona's role is Leading Teacher – Disability Inclusion, Engagement and Wellbeing and she will be working in a full-time capacity. Her role will involve working with students, staff and parents using a targeted approach to support the learning and wellbeing needs of our students.

Fiona has been teaching for over 16 years. She has taught students with varying abilities and caters to all different learning styles. Student, teacher and community wellbeing is Fiona's interest, and she is keen to support student wellbeing and engagement throughout the school. Fiona will also be coordinating our Program for Students with Disabilities and Disability Inclusion programs. We welcome Fiona and look forward to continuing to build on our strong student-centred support programs.



Across the AP's Desk



Illness:

We continue to see spikes in infectious illness such as Chicken Pox and Covid across both our school and the broader community.

The state government has reported that community transmission of Covid-19 is increasing across Victoria. They have provided the following advice on how to best decrease potential exposure to the virus.

Key messages

- *These six steps can help you stay ahead of COVID-19:*
 - a. *Wear a mask: a high-quality and well-fitted mask can protect you and others from the virus.*
 - b. *Get vaccinated: stay up to date with your COVID-19 vaccine. There are new monovalent vaccines available that are highly effective at preventing severe disease. You should get a booster if you are over 75 and haven't had one for 6 months. Other groups are also recommended to get a booster. Vaccines are available at your GP or local pharmacy.*
 - c. *Let fresh air in: open windows and doors when you can – it reduces the spread of the virus. Meet outside when possible.*
 - d. *Get tested: if you have symptoms, take a rapid antigen test. If you test positive and are eligible for antivirals, take them as soon as possible.*
 - e. *Stay at home: if you have COVID-19, you should stay at home for at least five days and until you have no symptoms. Speak to your GP if symptoms worsen.*
 - f. *Take antivirals if eligible: if you are at risk of falling very sick, you may be eligible for COVID-19 antiviral medicines. You must take these within 5 days of developing symptoms - the sooner the better. See your GP for more information.*

In addition to using air purifiers in classrooms and providing ventilation of school spaces, our staff are also promoting strong hygiene practices such as regular hand-washing and hand sanitiser use at school. Students and staff are also welcome to wear face masks as a further protective measure.

As with all infectious illness we ask parent/carers to keep children at home until all symptoms pass. As stated above in the government advice, 5 days is the recommended exclusion period for those testing positive to Covid.

Across the AP's Desk



NAPLAN Testing

As in other years, our year 3 and 5 students will be participating in NAPLAN assessments this year. These are fast approaching as the assessments are occurring between the 13th and 20th of March. The NAPLAN assessments provide a snapshot of student performance across several learning areas and give a measure of student performance relative to their peer group expected performance. Some parents/carers may believe that their child will require some additional supports to meet their needs to complete the assessment or may believe that completing the assessment is not in their best interests. Further information will be released by the school regarding the process of parent requests for modifications or exclusion, but these need to be submitted by the school well in advance of the testing period. We encourage you to start a conversation with your classroom teacher to flag any concerns next week so that appropriate measures can be put in place.

School Safety:

As a school we actively promote students utilising healthy and active methods for travelling to school. We see the physical and mental health benefits of walking or riding to school for our students each day. We do also need to ensure that this travel is happening in a safe manner.

We have many pedestrians navigating our school site of all shapes, sizes and ages. **It's vitally important that all students dismount their bikes/scooters well outside the school boundaries and walk them onsite at all times.** I've had to remind several students of this expectation already this year. Can I please ask parents/carers that have children travelling to school via bike/scooter to reinforce this message at home. The safety of our community is at stake.

This conversation is also a good opportunity to discuss the importance of using supervised school crossings for students that need to cross roads and general safety discussions regarding traffic safety and stranger danger.

District Swimming:

Congratulations to all those students that participated in our WHPS school swimming trials in week 2. Miss Massa has used the times gathered on this day to compile our WHPS District Swim Team. The District Swimming carnival is held next Thursday and those representing the school will have permission requests come their way via Compass. We wish all these students the best of luck for the carnival and thanks goes to Miss Massa for her work in organising our swimming trials and to all those parents/carers who volunteered on the day.

I hope everyone has a great weekend!

Tony



HOUSE CUP

This week we had our House Cup competition starting. Our competition is fully run and organised by our House Captains.

This week we had Boronia playing Waratah. The sport chosen for term 1 was a soccer match out on our 3-6 Oval.

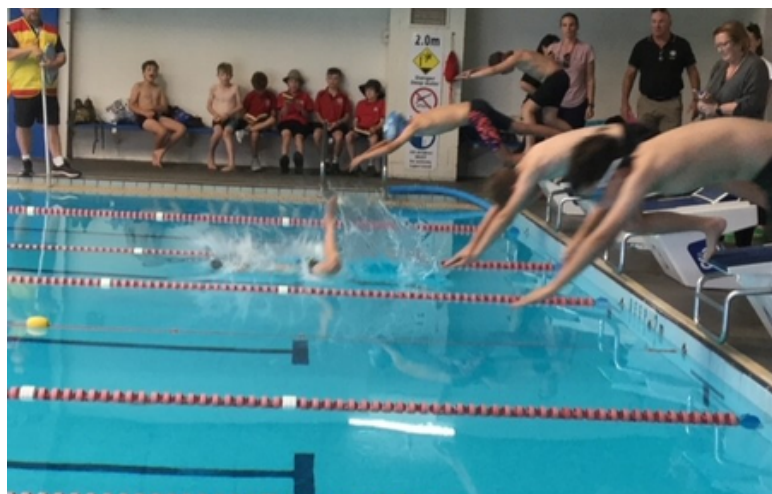
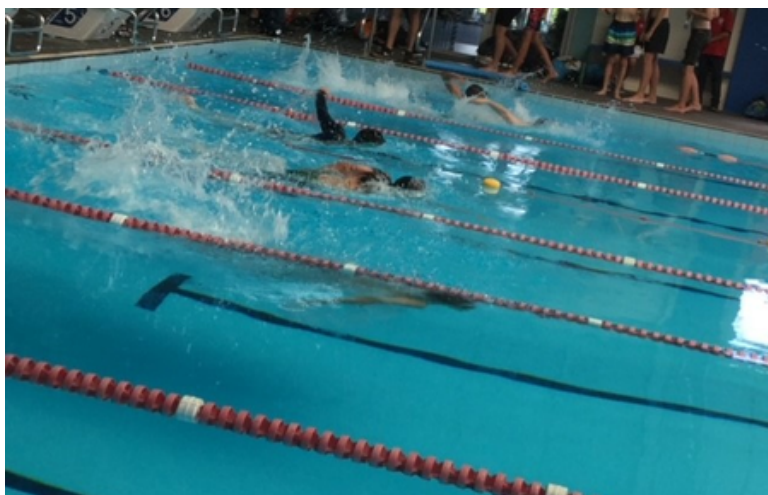
The competition was so fierce between these two sides it ended in a tie breaker and was down to the last 2 minutes! We look forward to Wattle playing Banksia next week and the penalty shootout in 2 weeks time to see who will make it into the Grand Final.



Miss Massa

SWIMMING TRIALS

Last week we had our Swimming trials @ Yarra Swim School. The pool was filled with eager swimmers ready to jump into the water and give it everything they had. We were so proud to see so many students give it a go and jump out of the water with smiles on their faces. I would like to thank our wonderful WHPS parents for giving up their time to help us time our lanes! The day would not be able to run without you. I would also like to reach out and thank our staff that motivated our little legends to STRIVE for their best!



Miss Massa

DISTRICT TENNIS

Congratulations to the 3 students who represented WHPS at the District Tennis on Thursday 15th of Feb.

We are so proud of your efforts

Dhyan Patel, Joshua Layton and special mention to Logan Robinson who placed 3rd.

We wish Ava Prendergast and Audrey Apelgren all the best at Division Tennis taking place on Monday 18th March @ Eaglemont Tennis Club



COLOUR RUN

Did you hear the exciting news? We are hosting a Colour Explosion School Run 4 Fun with @Australian Fundraising! 🏃🎉

Our fundraising will open on MONDAY. Make sure you keep an eye out for your child's sponsorship booklet to get started.

Here's to a colourful 2024 🌈! There are many wonderful prizes students can earn through their individual fundraising.

We can't wait to fundraise with you 🙌. Stay tuned!

#schoolrun4fun #funrun #australianfundraising #fundraising #colourexpllosion

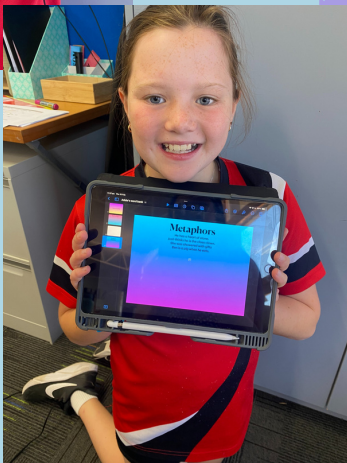
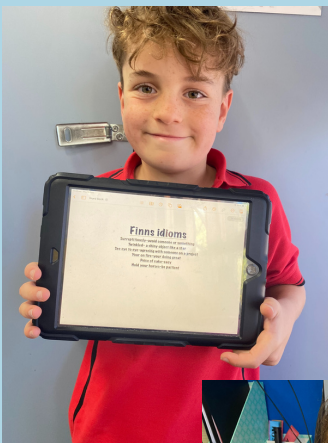


WHAT'S BEEN HAPPENING IN GRADE 5/6

Reading

We are LOVING reading in grade 5/6! This year, students have started to practice paired fluency reading. Each week, students work with a partner and practice reading a small passage.

This is repeated 3 days of the week, with an opportunity to receive peer feedback after each read. The aim is to increase students fluency and therefore, their comprehension. This week's read was 'My Teacher ate my Homework' which we all thought was hilarious!



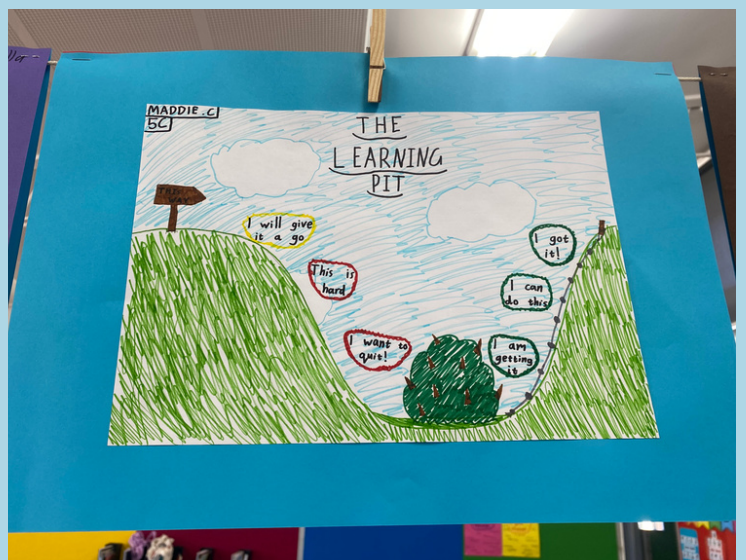
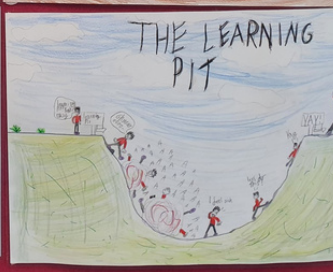
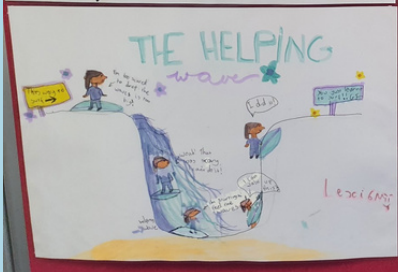
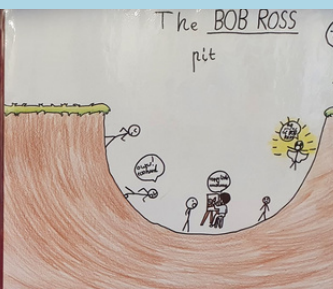
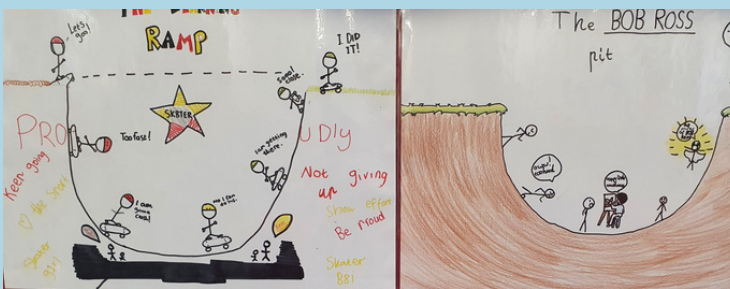
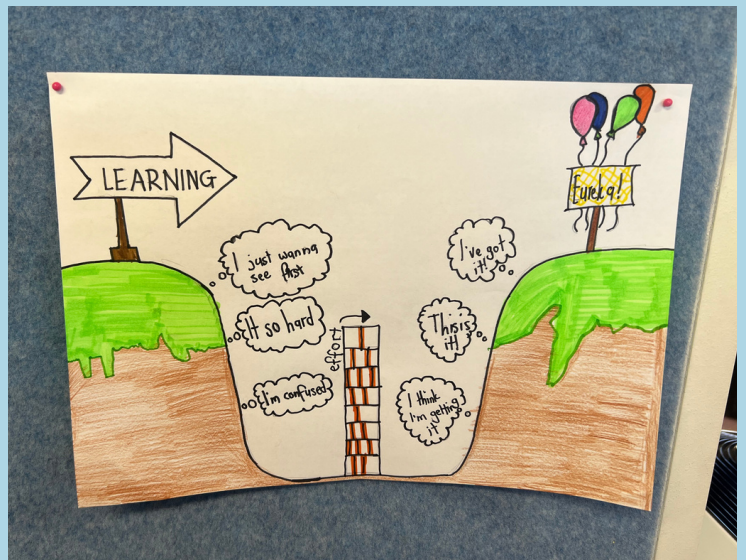
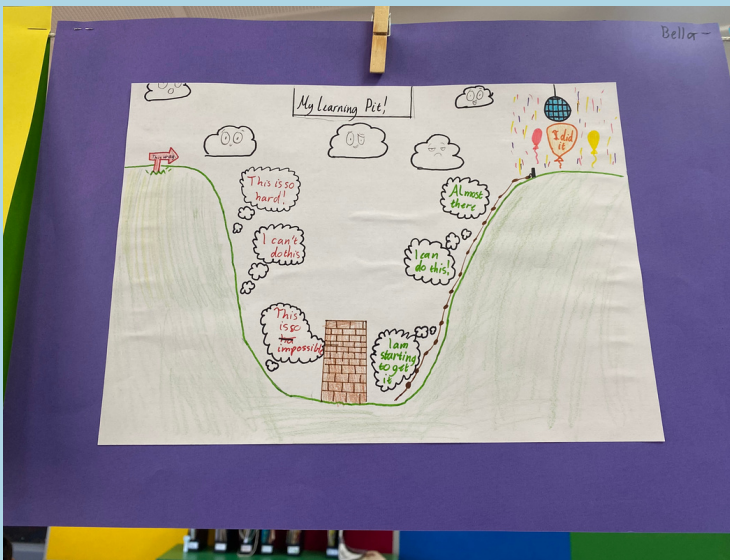
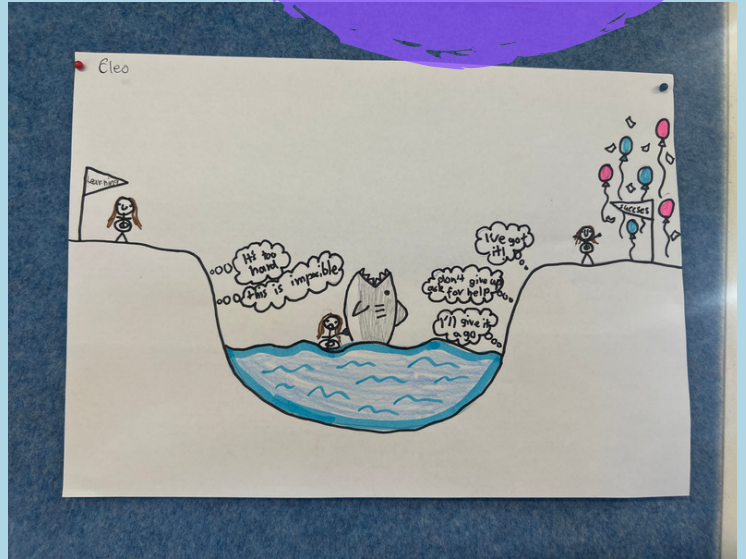
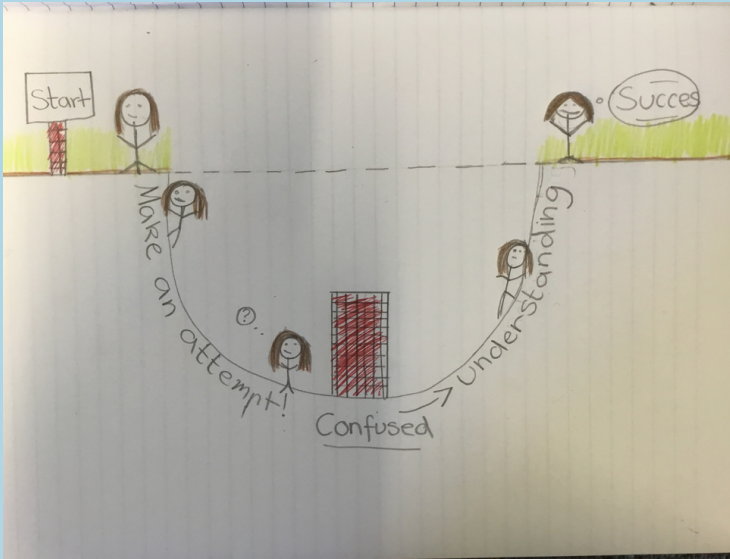
Writing

In Writing, we have been looking at what good writers use to engage our readers.

We learnt about metaphors, idioms, similes, alliteration and personification recently. We are hoping that adding these different language features to our word banks will help us become better writers in the future!

WHAT'S BEEN HAPPENING IN GRADE 5/6

Learning PIT



WHAT'S BEEN HAPPENING IN GRADE 5/6

GRIP Leadership Conference

On Monday the 12th of February our School Captains, Vice Captains, Wellbeing Captains and Community Captains were selected to attend a GRIP Student Leadership Conference at the Melbourne Convention Center.

Throughout the day, our leaders learnt how to step up and take action, how leadership requires sacrifices, how to form new ideas and the key steps to becoming a great leader. As a result, they now have some well thought out ideas and ways to improve our school and community. It was a fantastic conference and we can't wait to see how our leaders will use these new found leadership skills throughout the year.



RIDE2SCHOOL

NATIONAL RIDE2SCHOOL DAY

Friday 22 March 2024

IT'S SO FUN!



WHPS will be running a ride2school class competition in March!! Stay tuned!!

Miss Massa

SCHOOL SPORT VICTORIA

SCHOOL SPORT VICTORIA STATE TEAMS 2024

The School Sport Victoria state team registration has opened for 2024. Individual students who demonstrate highly developed skills and are considered gifted and talented in their chosen sport may wish to trial for Victorian State team selection.

Please check the School Sport Victoria website for all information required on sports, the registration online process and closing dates. (Trial pathway- Division, Region, State.) It's important that as a school, we acknowledge the capacity and ability of these nominated students to be able to participate well in these trials. It needs to be emphasised that these trials form part of the School Sport Victoria's Gifted and Talented program and are not "come and try" opportunities. Please note a fee is payable online when registering your child. The School Sport Victoria website has all the information that you need.

[http:// www.ssv.vic.edu.au](http://www.ssv.vic.edu.au)

Or come and speak to Michael Kent or Amanda Macellari (PE and Sport Coordinator) regarding this process.





Is returning to WHPS

Smile Squad six month fluoride varnish visit

The Regional Smile Squad team are heading back to our school to complete six-monthly fluoride varnish applications for those students who have provided consent. Fluoride varnish applications help make sure students have the best chance of preventing tooth decay, so we're excited Smile Squad are coming back.

Consent for this fluoride varnish application was provided when students' initial consent forms were returned. However, if anyone has changed their mind and do not wish to receive a fluoride varnish application, they can contact Regional Smile Squad Team directly to let them know. Please contact the Smile Squad team via:

Kellie Ringberg

**Lead Regional Dental Assistant Smile Squad Metro Hub
kellie.ringberg@dhsv.org.au**

The Smile Squad team look forward to visiting soon.



SAVE THE DATE!



Library Open Afternoon

Tuesday 12th March

3.30 - 5pm

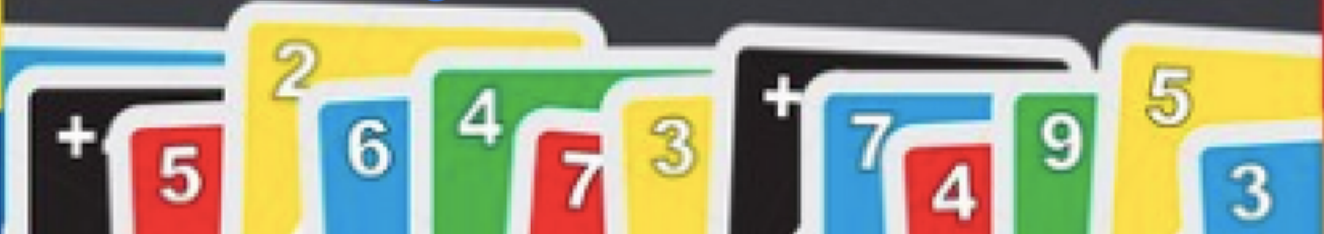
Join us in your wonderful Library space for an afternoon of **Puzzles & Games** with a few challenges and prizes thrown in for added excitement.

Are you unbelievable at **UNO** or a superstar **Scrabble?** You might like to try your luck in the **500-piece Jigsaw Puzzle Race** or the **Mini Beast Bingo Bonanza**.

Guaranteed to be fun for grandparents, younger siblings, and everyone in between.

- Complimentary piece of **fruit** for everyone on arrival
- **Scholastic Book Club** vouchers for the competition winners
- Complimentary **Book Hamper Door Prize** drawn at 4.45pm

Everyone is welcome!



WELLBEING AT WHPS

Flip it – The power of positive thinking!



The 'flip it' strategy is based around the power of positive thinking. We are our own worst critic! This strategy lends itself perfectly to having a growth mindset, which is something we value at WHPS and spend time talking about in the classroom.

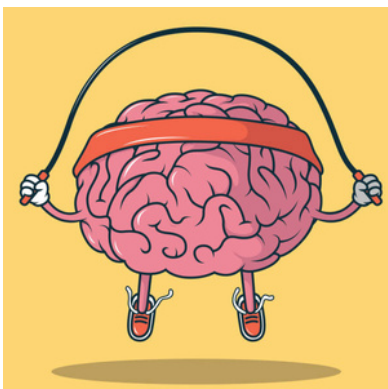
The aim of the strategy is to 'flip' a negative thought into a positive or constructive one. Below are some recommended ways to encourage positive self-talk.

Breathing: Another strategy that we practise at WHPS is mindful belly breathing. Remind your child that taking a big, deep breath is like hitting the reset button in the brain. It not only helps to slow down any panic induced breathing, but also helps to slow down your heart rate. This then allows for a sense of calm before trying some positive self-talk.

Flow time: Encourage your child to use a favourite activity as a go-to happy place to reverse negative thinking. It could be drawing, Lego, a board game, reading a book. Anything that requires being present and in the moment.

Gratitude: Science has proven that expressing gratitude can be one of the most powerful ways to combat anxiety and bring about a more positive way of thinking.

Positive affirmations: Our self-talk creates our reality and governs how we feel about ourselves. Using mantras and positive affirmations are powerful tools to change the negative thoughts around. Some positive affirmations you can teach your child to repeat include:



- o I am strong.
- o I am capable.
- o I am powerful.
- o I am lovable.
- o I am in charge of how I feel.
- o I am enough.



WELLBEING AT WHPS

I encourage students to put these thoughts down on paper and have them stuck inside their locker, on their mirror at home, anywhere that they look at often! Students need to be encouraged to notice negative thoughts when they appear, and then 'flip' to a positive thought to put the brain back on track. The more they practise, the more it will become second nature to them. Some of these could be:

*Instead of: "I'm never good enough"
try: "I can always improve so I'll keep trying"

*Instead of: "I failed again"
try: "Mistakes help me learn"

*Instead of: "I can't do it"
try: "I can't do it yet"

MY GROWTH MINDSET STATEMENTS

I can CHANGE my MINDSET with my WORDS!



INSTEAD OF:

I CAN SAY:



- | | | |
|------------------------------------|---|---|
| I am not good at this. | ● | I am not good at this YET, but I will learn. |
| I am great at this. | ● | I practiced and learned how to do this. |
| This is too hard. | ● | This will require effort and finding the right strategy. |
| This is too easy. | ● | How can I make this more challenging? |
| I am afraid I will make a mistake. | ● | When I make a mistake, I will learn from it and get better. |
| I give up. | ● | I will succeed if I put forth effort and find a better strategy. |
| I can't do this. | ● | I need some feedback and help from others. |
| This is good enough. | ● | Is it my best work? Can I improve it? |
| I won't try because I might fail. | ● | If I fail I can try again until I succeed! |
| I am not as smart as my friend. | ● | I am in charge of how smart I am because I can grow my brain by learning hard things! |

Student Of

the

WEEK

Week 2



Edie, Liam, Benji, Lili, Miles, Evie, Eden, Eddie, Bodhi, Briar, Jadon, Mia, Yu-Le, Toby, April, Susie, Maddie, Ivy, Minnie, Emily, Dhyan .

Week 3



William, Ruby, Elodie, Margot, Emmett, Leila, Autumn, Izzy, Luca, Amelia, Michael, Olivia, Llywelyn, Cyrus, Theo, Lily, Bailey, Cadence, Mabel, Alexia.

Congratulations

Student Leaders 2024

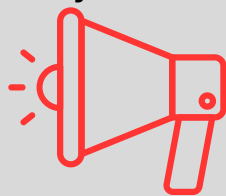


Audrey, Adelaide, Willow, Tara, Seb, Siena, Ava, Tommy, Edie, Monica, Brody, Aidan, Ryder, Mabel, Lucas, Phoebe, Ben, Dhyan, Logan, Heather, Anthony, April, Jasmine, Ben, Lucinda, Lucy, Audrey, Isabel.

COMMUNITY NEWS!

Hello our names are Audrey and Isabel and we are your community captains for 2024. In each news letter we will be posting something called community news. This is where we post a short paragraph about an important event coming up. We will also be posting about things we are doing to improve our school community as well as what you can do to help our ideas happen. This week on the 24 of February is the Lantern Festival, which is celebrating the first full moon of the Lunar New year which is also the end of the Chinese New Year the Spring Festival period. And make sure to look out for our next community news.

By Audrey Apelgren and Isabel Johnson



Free coding trial with a live Code Camp host



Wondering if your child will enjoy coding?

Code Camp invites your child to attend a **free coding lesson** hosted by an experienced Code Camp Facilitator via Zoom. In this one-hour lesson, students will experience the fun and creativity of coding an arcade-style game within our bespoke learning platform, Code Camp World.



Available sessions:

Monday 12 Feb
5:30 - 6:30 pmAEDT

Wednesday 14
Feb 5:30 - 6:30
pmAEDT

Friday 16 Feb
5:30 - 6:30 pmAEDT

Saturday 17 Feb
3:00 - 4:00 pmAEDT

BOOK NOW HERE! codeca.mp/coding-trial

Parenting Neurodivergent Children



Join a supportive and judgement free zone, shared by fellow parents of neurodivergent children as we provide information around neurodiversity and how to best support your children, your families and yourselves. We aim to build on your knowledge of affirming strategies in a collaborative way with informal discussions, interactive demonstrations and informational presentations

This group is for parents of neurodivergent children 12 years and under (children who are autistic or ADHD, or both)

This group will consist of 8 x 50 minute sessions based out of our Yarrambat office on Thursday mornings

This group will run fortnightly and will begin on the

29th of February 2024 at 10.30am.



**\$175 per
session.**

Medicare rebate
applicable
NDIS applicable

Parenting Neurodivergent Children

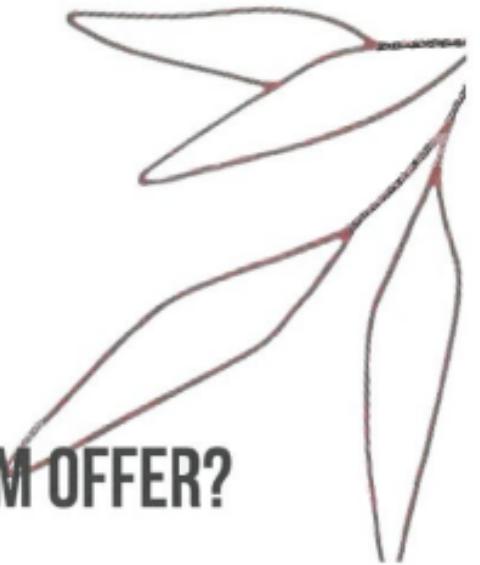


Would you like a supportive and non-judgemental space to learn more about your neurodivergent children? How about a space to meet fellow parents in your community who have had similar experiences to you?

Join our community parent support group today!



Parenting Neurodivergent Children



WHAT WILL THIS PROGRAM OFFER?

We will cover topics such as:

- What is neurodiversity and neuroaffirming support?
- Your child has been diagnosed? What do you do next.
- Meltdowns and difficult behaviour
- Neurodivergent profiles such as PDA, RSD and Alexithymia.
- Sensory needs and interests
- Support when parenting as a neurodivergent parent
- Social differences and communication

We will provide:

- Opportunities to watch sessions on demand
- Take home resources
- Space for questions specific to your needs
- Opportunity to role play and develop key skills



JOIN THE MAGPIE ARMY!

**GIRLS U12 & U10
PRESEASON
TRAINING**

**STARTING
TUE 6 FEB 2024**

**U10 4PM - 5PM
U12 4.30 - 6PM**

**PETRIE PARK
MONTMORENCY**

FURTHER INFO:

GIRLSFOOTY@MJFNC.ORG.AU

**CALLING ALL FUTURE AFLW STARS
BORN 2012 - 13 & 2014 - 15**





VACCA
Connected by culture

START YOUR FOSTER CARE JOURNEY TODAY

Have you been thinking about becoming a Foster Carer?
Are you able to provide Aboriginal children with a positive and nurturing family life?
Are you excited to support a child's cultural and emotional needs?

VACCA is seeking carers who are open to a journey that is both challenging and rewarding. If you've ever considered becoming a foster carer, now is the time to start your foster care journey.



Visit our website to find out more: www.vacca.org

LIMITED VACANCIES AVAILABLE

FREE kindergarten

come and see us at our **OPEN DAY**
SATURDAY 24TH FEBRUARY
9AM - 12PM

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31 PLENTY RIVER DRIVE, GREENSBOROUGH 3088

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EXCEEDING
NATIONAL QUALITY STANDARD

KINDERGARTEN
Victorian Government Approved



Active Banyule – Survey – Sport and Recreation Plan
Sport and Recreation play a key role in the health and wellbeing of our community!

Whether it's playing competitive sport, walking in the park or being part of a dance group, research shows that being active, connecting with others and spending time in nature positively impacts our physical, mental and emotional health. To support Banyule community members to participate more often in sport and recreation activities, we are developing Active Banyule, a new Sports and Recreation Plan.

So that we can get this right, we're keen to understand what's important via an online survey. Please share, and have your say up until April 5, via the survey on this link <https://shaping.banyule.vic.gov.au/ActiveBanyule>

Thanks so much for your assistance!
Kind regards
Niki Efstratiou
Community Infrastructure Planner

Banyule City Council
T 03 9457 9811

DIAMOND VALLEY SINGERS
production of

Disney FROZEN JR.

Music and Lyrics by
KRISTEN ANDERSON-LOPEZ & ROBERT LOPEZ

Book by
JENNIFER LEE

Based on the Disney Film written by
JENNIFER LEE
and Directed by
CHRIS BUCK AND JENNIFER LEE

Licensed exclusively by
Music Theatre International
(Australasia).

All performance materials supplied by
Hal Leonard Australia.

EIGHT PERFORMANCES
MARCH 15-24

PERFORMANCES		TICKETS	
Friday 15 March 2024	7.00pm	Adult	\$36
Saturday 16 March 2024	2.00pm	Concession / student	\$31
	6.00pm	Under 18 years	\$19
Sunday 17 March 2024	2.00pm	Groups of 10+	\$31
	6.00pm		
Friday 22 March 2024	7.00pm		
Saturday 23 March 2024	2.00pm		
	6.00pm		

TICKETS ON SALE NOW

www.dvsingers.org

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