

Friday 3rd March 2023
Issue 3

LINK LETTER



61 HENRY STREET,
GREENSBOROUGH 3088
(03) 94354617

WWW.WATSONIAHEIGHTSPS.VIC.EDU.AU

EMAIL-WATSONIA.HEIGHTS.PS@EDUCATION.VIC.GOV.AU

Michael Kent - PRINCIPAL

Hello everyone! I hope you have had a great week and your children have been enjoying their time at school. Congratulations to the Prep students whom have now completed their first full time week at school. They have made a great start to school life.

Student Conferences

Please be aware of this pending date: **Student Led Conferences Wednesday 5th April**. Further information regarding bookings will be coming home shortly.

Students are not required to attend school on this day, other than for their conference.

Therefore we expect all students to attend (along with their parents) across the day for this important conference. During the conference you will receive up to date progress reports, an opportunity to share in the goal setting process and celebrate the learning that has occurred this year (via sharing examples of work and progress).

I ask that you please come along to these to support your child during this important stage of their learning journey.

A reminder of the upcoming public holiday on Monday 13th March. Students will not be required at school on this day and we will welcome everyone back on Tuesday 14th March.

Term 2

Please be aware of the our scheduled curriculum day in term 2 which is the first day of the term. Students will not be required to attend on Monday 24th April and Tuesday 25th of April is ANZAC day holiday so students will resume for term 2 on Wednesday 26th April.

These will support the staff and school to continue our commitment to school improvement.

World Maths Day

Next Wednesday March 8th is World Maths Day, where students will be partaking in a range of fun activities. To celebrate, we would love students to come dressed as anything that represents a number, shape, fraction, graph, array or anything related to being numerate. At WHPS, we foster an encouraging and supportive disposition to all learning areas so please chat with your child about Maths in the lead up. This will help them build the excitement for what will be a fun and engaging day for everyone



2023 Term 1

- **Wednesday 8th March**
World Math's Day
Free Dress Day - Dress up with Number
- **Monday 13th March**
Public Holiday-Students not required at school
- **Thursday 23rd March**
District Swimming
- **Wednesday 29th March**
2023 Prep Parents Get Together
5:30pm-7:30pm
- **Wednesday 5th April**
Student Led Conferences
- **Monday 24th April**
Curriculum Day-Students not required at school
- **Tuesday 25th April**
ANZAC DAY-Students not required at school

2023 Term Dates

Term 1: January 31 – April 6

Term 2: April 24 – June 23

Term 3: July 10 – September 15

Term 4: October 2 – December 20

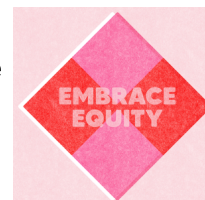
2023 Prep Parents Get Together

Our 2023 Prep parents are invited to join with other Prep parents for a night of wine and cheese on Wednesday 29th March from 5.30-7.30pm. Further details to be coming home soon.



A wonderful day on the calendar as we celebrate and acknowledge all the amazing women (and girls) in our lives and wider community. It has been great to see the prominence of leading women increasing across different sectors. We still have a long way to go in this space. At WHPS we celebrate and acknowledge the wonderful women who work in our school to lead the learning experiences and provide such great role models for our community. Similarly, the young women and girls in our school whom represent themselves, their families and the school so admirably each and every day. I'd also like to acknowledge the women in our community whom support our school (and the students) but also provide a model for aspiration and inspiration to our students.

This year's focus of International Women's Day is: #EmbraceEquity



WHPS School Council

We need members of 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?

This is a great way to get involved in the school and leading the way in our policy development and school management.

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 2023 to and inclusive of the date of the declaration of the 2025 election.	5
DET employee member	From the date after the declaration of the poll in 2023 to and inclusive of the date of the declaration of the 2025 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 received by 4pm on Friday 10th March, 2023.

Canteen-We Need You!

We were lucky to run our canteen service last week with the wonderful help of our volunteers. Please note that without your help we may not be able to continue with this program. To make this successful and viable we are calling for helpers to assist out on these days.

Thanks to our new canteen manger, Cara, for all her amazing work in setting up the canteen for 2023.

Our canteen days for 2023 are Monday, Wednesday and Friday.

Please contact Cara if you can help. Mobile: 0402 451 211 email:

cara.osborne@education.vic.gov.au



District Swimming

Congratulations to the students whom have made it through to the district swimming carnival to be held on Thursday 23rd March at Watermarc swimming centre in Greensborough.



NAPLAN

Over the period from March 15-22 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 2023 all students will be completing these tests online.

- **Wednesday 15th WRITING**
- **Thursday 16th READING**
- **Monday 20th LANGUAGE CONVENTIONS**
- **Tuesday 21st MATHS NAPLAN**

Enjoy the week ahead!

Warm regards,

Michael



STRIVE

Success Teamwork Respect Individuality Visionary Effort !!

ACROSS THE AP'S DESK.....

Tony Ryan - Assistant Principal



Hello WHPS community!

I hope everyone has had an awesome week and that your children have continued to settle into the school year positively. Teachers have invested significant time in establishing positive classroom environments and building a sense of teamwork amongst students. The first few weeks are also important opportunities for teachers to gain deeper insights into their student's learning and well-being needs. Gaining this knowledge allows teachers to work with students to formulate their individual learning goals. As Michael mentioned, our upcoming student-led conferences are an important opportunity to share these learning goals with parents/careers.

Building Works:

Many students and families will have noticed a recent milestone for our building works with the first portion of the building slab being poured yesterday. It is an exciting time as our new learning community begins to take shape. There is a significant amount of work that goes into the preparation stage prior to the slab going in. I feel the pouring of the slab seems like an important milestone and a more tangible element that demonstrates the progress of the project. We are excited to see this develop in the coming weeks.



Traffic Safety:

An unfortunate outcome of the current capital works is that it adds further to traffic congestion around the school. School-based parking is currently very limited. **We ask for your support in parking a little further away where possible in the surrounding streets and completing the last part of the school journey on foot.**

It has been noted that a number of parents have taken to dropping off children on the left-hand side of the visitor carpark in the non-parking area and completing 3-point turns to get out again. This is a space where many children and families are accessing the front gates on foot and cars backing into this space is not a safe option. A near miss was reported recently and the safety of students and pedestrians needs to be our highest priority. **Please do not complete 3-point turns in this space.**

Walking the last few hundred metres is a healthy option for students and we have crossing supervisors on both Henry and Elder streets to support the safe crossing of roads. This can also be a prime time to unpack the school day with your child. It's amazing how much the action of walking can also activate their mouths!

Camps, Sports and Excursions Fund:



Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that students don't miss out on the opportunity to join their classmates for important, educational and fun activities.

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum. CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at our school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- new student enrolments; your child has started or changed schools this year.
- changed family circumstances; such as a change of custody, change of name, concession card number, or new siblings commencing this year.



MORE INFORMATION

For more information about CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>



Teaching Kids to Be Smart About Social Media:

Student use of technology and social media has increased substantially over the past 5 years across our society. It can be easy for adults to feel disconnected from new technology and not always know how to engage with their children about what they are consuming in digital environments, but this is an important step to ensure they develop positive online habits and remain safe.

There are good things about social media – but also many risks and things kids and teens should avoid. Many of the most popular social media apps have 13+ year age restrictions. These are regularly ignored, but those age limits are set for a reason and that is that some of the features of these apps aren't healthy choices for younger children. I would make the argument that some are not healthy for older children/teenagers also. Children don't always make good choices when they post to a site/app, and this can lead to problems. Our school like most others has seen an increase in social difficulties for our students that are originating online outside of school and negatively impacting student well-being within school.

To help children find balance, it's important to talk with your kids about how to use social media wisely. Below are suggestions taken from the Kids Health website <https://kidshealth.org/en/parents/social-media-smarts.html>

What's Good About Social Media?

Social media can help kids:

- *stay connected with friends and family*
- *volunteer or get involved with a campaign, non-profit, or charity*
- *enhance their creativity by sharing ideas, music, and art*
- *meet and interact with others who share similar interests*
- *communicate with educators and fellow students*
- *access health information*
- *learn about current events*

What's Bad About Social Media?

The flipside is that social media can be a hub for potentially harmful or questionable activities.

Cyberbullying

Through cyberbullying, kids can be teased or harassed online. In fact, cyberbullying is considered the most common online risk for teens, and is linked to depression, loneliness, and even suicide in both the victims and the bullies.

Privacy & Safety

Kids also should know about privacy and safety. Without meaning to, they can share more online than they should. Many kids post photos of themselves online or use their real names on their profiles. They also might reveal their birthdates and interests, or post their school name and the town where they live.

Revealing this type of information can make them easy targets for online predators and others who might mean them harm. In fact, many kids say they have been contacted online by someone they didn't know in a way that made them feel scared or uncomfortable.

Kids also can face the possibility of a physical encounter with the wrong person. Many newer apps automatically reveal the poster's location when they're used. This can tell anyone exactly where to find the person using the app.

Risks to Their Reputation

Photos, videos, and comments made online usually can't be taken back after they're sent or posted. Even when a kid thinks something has been deleted, it can be impossible to completely erase it from the Internet. Posting an inappropriate photo can damage a reputation and cause problems years later — such as when a potential employer or college admissions officer does a background check.

Mental Health Effects

Spending too much time on social media can have negative mental health effects. Sometimes it's not just how much time kids spend on social media, but how it's used that can affect their mood. For example, seeing how many "friends" others have and the pictures of them having fun can make kids feel bad about themselves or feel like they don't measure up to their peers. Also, kids who lurk passively in the background of a chat are often unhappier than those who actively post and send messages to friends.

Inappropriate Content

Kids may see online ads or content that are inappropriate for their age. This is especially true for kids who lie about their age to get access to certain social media sites.

Time Drain

Kids sometimes spend so much time on social media that they don't have enough hours in the day for doing homework, reading, exercising, sleeping, spending time with loved ones, or enjoying the outdoors.

What Can Parents Do?

It's important to be aware of what your kids do online. But snooping can alienate them and damage the trust you've built together. The key is to stay involved in a way that makes your kids understand that you respect their privacy but want to make sure they're safe.

Tell your kids that it's important to:

- **Be nice. Mean behaviour is not OK.** Make it clear that you expect your kids to treat others with respect, and to never post hurtful or embarrassing messages. And ask them to always tell you about any harassing or bullying messages that others post.
- **Think twice before hitting "enter."** Remind kids that what they post can be used against them. For example, letting the world know that you're off on vacation or posting your home address gives would-be robbers a chance to strike. Kids also should avoid posting specific locations of parties or events, as well as phone numbers.

- **Follow the "WWGS?" (What Would Grandma Say?) rule.** Teach kids not to share anything on social media that they wouldn't want their teachers, college admissions officers, future bosses — and yes, grandma — to see.
- **Use privacy settings.** Privacy settings are important. Go through them together to make sure your kids understand each one. Also, explain that passwords are there to protect them against things like identity theft. They should never share them with anyone, even a boyfriend, girlfriend, or best friend.
- **Don't "friend" strangers.** "If you don't know them, don't friend them." This is a plain, simple — and safe — rule of thumb. Let them know that kids who follow friends are generally happier than those who follow strangers.

Make a Contract

Consider making a "social media agreement" with your kids — a real contract they can sign. In it, they agree to protect their own privacy, consider their reputation, and not give out personal information. They also promise not to use technology to hurt anyone else through bullying or gossip.

In turn, parents agree to respect their kids' privacy while making an effort to be part of the social media world. This means you can "friend" or "follow" them, but don't post embarrassing comments or rants about messy rooms.

Parents also can help keep kids grounded in the real world by putting limits on media use. Keep computers in public areas in the house, avoid laptops and smartphones in bedrooms, and set some rules on the use of technology (such as no devices at the dinner table). The AAP's family media plan tool lets parents create a media plan for their family. Make it something you all can agree on. Then post it in a visible area (like on the refrigerator) so that everyone knows the rules.

And don't forget: Setting a good example through your own virtual behaviour can go a long way toward helping your kids use social media safely.

I thought there were some good tips there worth sharing to assist parents/carers navigate a tricky space with their children. A clear message to add is the importance of children getting some help from a trusted adult whenever they are feeling uncomfortable as a result of online interaction. The aim is to build trust with the young person to develop positive digital habits and to do that parents/carers need to be actively involved in supervising their use of the internet and social media.

Have a great weekend everyone,

Tony



News from your Library

Term 1 Library Clubs



Knitting Club



Green Team



Comedy Club



Chess Club

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Recess	Zen Den	Cosmic Kids Yoga	Zen Den	Comedy Club	Zen Den
Lunchtime	Craft Club	Lego & Puzzle Club	Knitting Club	Chess Club	Green Team

Our Library Clubs are lots of fun and a great place to come during recess and lunchtime.

From Cosmic Kids Yoga to Comedy Club and Knitting Club to Green Team, we have something for

Our Library is also open for reading and relaxing every recess and lunchtime too!

Please email me at kathryne.radcliffe@education.vic.gov.au

if you would like to know more about our great clubs.



Term 4 2022 Chess Club Legends



Congratulations to all our Chess Club members and you all do a fantastic job each week!

A huge congratulations to our Term 4 mini tournament winners 1st - Kristan, 2nd Joshua, 3rd Arlo and our sensational Most Improved for Term 4 - Alex!!

DISTRICT SWIMMING

What an amazing effort by our 23 magnificent swimmers who represented WHPS with a positive attitude and took the day on head on at Watermarc. Race after race our little swimming legends kept trying their best and putting in effort!

I was absolutely blown away by our little legends coming equal 2nd on the day with Watsonia North Primary School.

Well done superstars.

Students going onto Division will be notified by myself and given details very soon.



— Student — OF THE WEEK

Week 4



Emily, Vivaan, Toby, Samuel, Will, Arlo, Jadon, Michael, Zac, Mackenzie, Hazel, Benson, Chloe, Mohammed, Isla, Tara, Adelaide, Bradley, Thomas.

Teacher of The

WEEK

Congratulations!

Mr Kent

What's happening in Grade 3 & 4???

This term, WHPS' Inquiry focus is 'Learning to Learn'. The Grade 3s and 4s have been looking closely at the brain and how it functions. We have learnt about the parts of the brain, neuroplasticity and our working memory. We learnt that repeating information and doing things more than once helps bring information from short term memory to long term memory. During our sessions for parts of the brain, we labelled the different parts then we put our brains together to create brain hats. The brain is such a POWERFUL part of your body. It is so important to look after it as best we can!





COLLEGE OPEN MORNING

Join us for a fun-filled and educational experience at the Secondary Open Morning this year.

Meet our dedicated teachers, explore our state-of-the-art facilities, and get a glimpse of the exciting curriculum we offer.

DATE & TIME



Tuesday, 28 March
2023



At 9 AM - 11 AM



235 Kingsbury Drive,
Macleod West



**Charles La Trobe
College**

In partnership with  **LA TROBE
UNIVERSITY**

More Information



(03) 9223 1400



www.charleslatrobecollege.vic.edu.au



Year 7 Information Evening for
Prospective Parents at 5.30pm

FREE
EVENT

Malahang LANTERN FESTIVAL 2023

17-19 March,
5pm-10pm

Discover a magical display of illuminated
large scale lanterns, mesmerising
roving neon performers, interactive
workshops, food trucks and neon
photo booth.

Malahang Reserve,
Southern Road,
Heidelberg West

banyule.vic.gov.au/LanternFestival

This event is suitable for all ages and abilities,
where everyone gets to explore and have fun!



Sponsored by:

Nelson
Alexander



Bank of
Melbourne

In the spirit of reconciliation TheirCare acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.



Sun Safety

As it is Summer, please remember to pack a hat for outdoor play and Slip, Slop, Slap!



SPECIAL MEAL SUGGESTIONS

We are looking for new and exciting menu ideas for Breakfast and Afternoon Tea, please contact us with all your favourite snack ideas.

Tuesday is now Cooking Club!



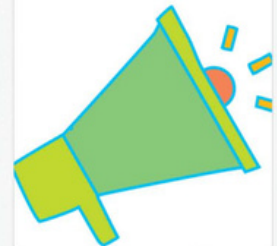
OUTDOOR PLAY

We are looking for all sorts of new games to play and are happy to take any suggestions on board.

Get Ready for our Super Sporty Club on Thursdays!

COMING UP

- ▶ This week in Before and After school care, we dived straight into our magician mindsets and showed everyone our cool tricks we had on offer at our talent show.
- ▶ Investigating things is so much fun and we cannot wait to work together and use clues to solve mysteries with a prize for the most successful group! Join us for Detective Week (06/03/23).
- ▶ Over the next few weeks we will be looking for exceptional behavior to start awarding We Care stickers in order to raise money for the Good Friday appeal.



WHAT HAVE we BEEN UP TO?

This term we have been teaching the children about Charities and why they are important, on this note we have stated the fundraising program called We Care. This encourages positive behaviour in children. Guided by outlined behavioural goals at the start of term, all children at the service will have the opportunity to earn stickers to go on a chart. Once a service reaches the goal of 100 stickers a \$50 donation will be made to the charity on behalf of the children at the service.


TIMES

Before School: 7:00AM - 8:45AM
After School: 3:30PM - 6:00PM
Holidays: 7:00AM-6:00PM

CONTACT HEAD OFFICE

 1300 072 410
 info@theircare.com.au

CONTACT SERVICE

 0438 522 874
 watsoniaheights@theircare.com.au