

Friday 1st March 2024  
Issue 3

# LINK LETTER



61 Henry Street,  
Greensborough 3088  
(03) 94354617

[WWW.WATSONIAHEIGHTSPS.VIC.EDU.AU](http://WWW.WATSONIAHEIGHTSPS.VIC.EDU.AU)

[EMAIL-WATSONIA.HEIGHTS.PS@EDUCATION.VIC.GOV.AU](mailto:EMAIL-WATSONIA.HEIGHTS.PS@EDUCATION.VIC.GOV.AU)

## **Michael Kent - PRINCIPAL**

Hello everyone, I hope you've had a great week.

As summer draws to a close we are mindful of the impacts of the extreme weather on those affected areas around the state and hope for more benign weather conditions to ensure the safety of everyone.

I remind you of the upcoming Labour Day public holiday on Monday 11th March.

We look ahead with excitement to International Women's Day which will be celebrated on Friday March 8th. This is a great opportunity to celebrate all the amazing women in our lives whom continue to impact so positively on all of us. I hope you take this opportunity to acknowledge and thank the important women in your lives. We are very fortunate to have such a wonderful team of women at WHPS whom impact so positively on our whole community. Their leadership and model of strength, positivity and skillful abilities are an inspiration to our students, staff and community each and every day. We are very grateful to you all.

### **NAPLAN**

Please be reminded of the upcoming NAPLAN tests for year 3 & 5 students and we wish these students all the very best for these dates:

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



### **Swimming**



Congratulations to all of our amazing District swimmers who performed so well, taking out 2nd PLACE OVERALL after their efforts at the recent carnival. We are so proud of the sportsmanship that was shown as well as the STRIVE values that were on display throughout the day. It was a huge collective effort from the team! We would also like to extend our thanks to our parents and supporters that came along to cheer our swimmers on.

### **Library Games/Puzzle afternoon**

We hope to see as many families as possible attending the library games and puzzle afternoon on Tuesday 12th March from 3.30-5pm.

## **2024 Term 1**

Friday 8th March  
ISS WHPS vs NORRIS BANK AWAY  
&  
International Womens Day

Monday 11th March  
Labour Day Public Holiday-  
Students are not required to  
attend school

Tuesday 12th March  
Division Swimming  
Library Open Afternoon  
Games & Puzzle Fun  
Everyone is welcome!  
3.30 - 5pm

Thursday 14th March  
CANTEEN SPECIAL FOOD DAY  
&  
2024 Prep Parents Welcome  
Evening 6:30pm - 8pm

Friday 15th March  
ISS WHPS vs BUNDOORA  
HOME

Monday 18th March  
Division Tennis

Wednesday 20th March  
2025 Prep Information Evening  
7pm

Thursday 21st March  
Regional Swimming

Friday 22nd March  
ISS

### **NAPLAN DATES**

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

## **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



## Kids ROAR



We have enjoyed the Kids ROAR sessions this week and also the parent session for those who were able to join online.

ROAR Australia is committed to providing abuse prevention education to children and adults based on the two Protective Behaviour's themes,

- 'we all have the right to feel safe at all time' and
- 'we can talk to someone we trust about anything, no matter what it is'.

The current Australian statistics of abuse on children and older people clearly indicate that we need to take immediate action to reduce the incidence of abuse in our society. It is crucial that we, as a nation, ensure that all children and adults have the skills required to protect their own personal safety.

The program provides tools and strategies that empower children to help reduce their vulnerability to abuse, neglect and unsafe situations. This is an important element of our school wide approach to help prevent abuse, reduce violence in the community and promote positive health and wellbeing.



## Maddy Henskens

Congratulations to Maddy and her husband Tom on the news that they are expecting their first child. Mrs. Henskens will remain at the school until the end of term 2. Early in term 2 we will be undergoing a rigorous selection process to find a suitable replacement for Maddy, allowing for an appropriate and adequate handover and transition timeline.



## Canteen

A friendly reminder that all Canteen Lunch Orders on Monday/Wednesday/Friday's are to be placed via our online portal Qkr only.

We are only accepting lunch orders via the QKR website and please note that the cut off time is 9am on canteen days.

Unfortunately we can not accept any late orders as it causes delays in processing times and food availability for all lunch orders.

If you have an Android phone, we kindly ask you to go onto the Qkr Website to set-up your child's profile, to place your lunch order. Qkr! by MasterCard (qkrschool.com) We would recommend that you use a laptop/desktop when accessing the Qkr website.



## Junior School Council

Congratulations to the students whom have been elected to the 2024 Junior School Council. We look forward to a productive semester full of initiatives.

Have a great weekend.

Kind regards,

Michael



# Across the AP's Desk



Hi everyone,

I hope it has been a positive week for you. The school continues to be a hive of activity with many great experiences and activities going on around the school.

Our Prep students have transitioned into primary school life like a bunch of champions! It's a very settled environment in the prep area and students are developing positive learning routines. This is testament to the work of our parents/carers and prep staff team in preparing and supporting our students to this adjustment. Our prep students have had Wednesdays across February designated as assessment or rest days, which is a great method of supporting their transition and gaining insights into their strengths and challenges. Now as we enter March our prep students will transition to a full week of school.

We are always looking to strengthen our wellbeing and child safety programs at the school. Our Year 1-6 classes have been participating in Kids ROAR incursions this week delivered by ROAR Australia. These sessions cover a range of topics that teach our students about how to protect their personal safety and develop help seeking behaviours with trusted adults. These sessions follow the parent/carer online information session last week detailing the focus of the program and how we as adults can promote child safety.



Our thanks go to Ally Clarke for coordinating this important work with our community. Child safety is a collective responsibility of all of us.

## **IEP's and SSG's:**

Our teachers have been developing their Individual Education Plans (IEP's) for students that may require additional supports in the classroom. If your child has an IEP created for them, this will be shared with you via Compass in the coming weeks. The celebration of learning meeting at the end of term will provide an additional opportunity to unpack the goals established in IEP's. Teachers may also reach out to parents/carers to establish a Student Support Group Meeting (SSG) for students who have more complex needs to discuss learning plans.

## **NAPLAN:**

As mentioned in Michael's section above, NAPLAN assessments are fast approaching in weeks 7 and 8 of this term for our year 3 and year 5 students. The deadline for our school to provide details of students being withdrawn or requiring additional supports is next week. We encourage any parents/carers that request adjustments for their child to make contact with their classroom teacher as soon as possible.

# Across the AP's Desk

Feeling like donning some older clothes and unleashing your inner Picasso? Our school is looking for some volunteers that can give up an hour of their time on **Friday March 22nd from 3:45-4:45pm** to perform some painting work around the school. We have a number of colourful timber structures around the school that could do with a lick of paint to make our school environment a vibrant and inviting place. Participating in working bees can be a great way to make new connections with other members of the school community. To ensure that we have enough painting supplies on hand, I ask that you contact me via email to register your interest in volunteering with the working bee. [tony.ryan@education.vic.gov.au](mailto:tony.ryan@education.vic.gov.au)



Time around the dinner table can be a great time to unpack the school day and discuss important topics with the kids. Our Table Talk suggestion for this week is linked to our kids ROAR sessions at school currently.

**“If you ever feel uncomfortable about something someone says or does to you, who are some trusted adults that you could approach to get some assistance?”**

Have a great weekend everyone,

Tony



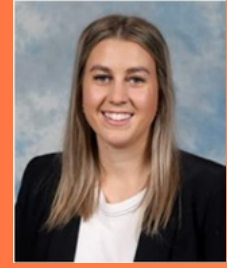
**It's Coming! 25th March**

# JUNIOR SCHOOL COUNCIL



with Miss Clay and Miss Close

We are excited to announce  
the JSC representatives for  
Semester 1 2024!



## Grade 1



**Name:** Sophie Ly

**Class:** 1B

**Favourite thing about WHPS:** playing in the playground

**What I want to be when I grow up:** a mum

**Some of my hobbies include:** Swimming

**My biggest role model is:** Matisse

**As apart of JSC, I am most excited about:** Getting my badge



**Name:** Charlie Lampard

**Class:** 1B

**Favourite thing about WHPS:** playing on the oval

**What I want to be when I grow up:** Policeman

**Some of my hobbies include:** Swimming

**My biggest role model is:** My Dog

**As apart of JSC, I am most excited about:** Talking at assembly



**Name:** Sienna Goldsworth

**Class:** 1H

**Favourite thing about WHPS:** playing babies outside the library

**What I want to be when I grow up:** Nurse

**Some of my hobbies include:** Swimming

**My biggest role model is:** My Mum

**As apart of JSC, I am most excited about:** Badges



**Name:** Aubrey Mullenger

**Class:** 1H

**Favourite thing about WHPS:** playing with babies at the library

**What I want to be when I grow up:** Nurse

**Some of my hobbies include:** Swimming

**My biggest role model is:** My Mum

**As apart of JSC, I am most excited about:** badges



**Name:** William Barker

**Class:** 1T

**Favourite thing about WHPS:**

**What I want to be when I grow up:**

**Some of my hobbies include:**

**My biggest role model is:**

**As apart of JSC, I am most excited about:**

# JUNIOR SCHOOL COUNCIL

## Grade 1



**Name:** Matilda Cowan  
**Class:** 1T  
**Favourite thing about WHPS:**  
**What I want to be when I grow up:**  
**Some of my hobbies include:**  
**My biggest role model is:**  
**As apart of JSC, I am most excited about:**



**Name:** Harvey Hennesy  
**Class:** 1L  
**Favourite thing about WHPS:** Playground  
**What I want to be when I grow up:** Vet  
**Some of my hobbies include:** Tennis  
**My biggest role model is:** Mum  
**As apart of JSC, I am most excited about:** Helping the school



**Name:** Maddison Johnson  
**Class:** 1L  
**Favourite thing about WHPS:** See my friends  
**What I want to be when I grow up:** Teacher  
**Some of my hobbies include:** Basketball  
**My biggest role model is:** My friend, Zoe  
**As apart of JSC, I am most excited about:** Getting my badge

## Grade 2



**Name:** Blake Clough  
**Class:** 2N  
**Favourite thing about WHPS:** The school  
**What I want to be when I grow up:** Famous diver  
**Some of my hobbies include:** Swimming  
**My biggest role model is:** Miss Close  
**As apart of JSC, I am most excited about:** Getting a badge



**Name:** Emma Hannon  
**Class:** 2N  
**Favourite thing about WHPS:** Assembly  
**What I want to be when I grow up:** Artist  
**Some of my hobbies include:** Art, going on holidays  
**My biggest role model is:** My Mum & Dad  
**As apart of JSC, I am most excited about:** Getting my badge

# JUNIOR SCHOOL COUNCIL

## Grade 2



**Name:** Ava Daly

**Class:** 2M

**Favourite thing about WHPS:** going to Junior School Council

**What I want to be when I grow up:** Teacher

**Some of my hobbies include:** Swimming

**My biggest role model is:** Holly

**As apart of JSC, I am most excited about:** Badges



**Name:** Georgia Scully

**Class:** 2M

**Favourite thing about WHPS:** To see my friends

**What I want to be when I grow up:** Teacher and Artist

**Some of my hobbies include:** Gymnasatics

**My biggest role model is:** Charlotte

**As apart of JSC, I am most excited about:** Getting my badge



**Name:** Mila Eckhardt

**Class:** 2L

**Favourite thing about WHPS:** Art

**What I want to be when I grow up:** In a band

**Some of my hobbies include:** Art and Gameing

**My biggest role model is:** Mum & Emilia

**As apart of JSC, I am most excited about:** Getting a badge



**Name:** Josh Cocks

**Class:** 2L

**Favourite thing about WHPS:** the playground

**What I want to be when I grow up:** Taekwondo Teacher

**Some of my hobbies include:** Swimming

**My biggest role model is:** My Sister, Sienna

**As apart of JSC, I am most excited about:** Getting my badge



**Name:** Lana Eckhardt

**Class:** 2L

**Favourite thing about WHPS:** sharing announcements

**What I want to be when I grow up:** puppy, dog sitter and anything

**Some of my hobbies include:** running

**My biggest role model is:** family

**As apart of JSC, I am most excited about:** making a differnce in the school.

# JUNIOR SCHOOL COUNCIL

## Grade 2



**Name:** Max Wheeler

**Class:** 2H

**Favourite thing about WHPS:** We do science

**What I want to be when I grow up:** Scientist

**Some of my hobbies include:** Playing and learning

**My biggest role model is:** My Mum

**As apart of JSC, I am most excited about:** The school fun run

## Grade 3



**Name:** Sadie Burke

**Class:** 3W

**Favourite thing about WHPS:** The equipment

**What I want to be when I grow up:** Wood Marker

**Some of my hobbies include:** Basketball

**My biggest role model is:** Uncle Bear

**As apart of JSC, I am most excited about:** Getting my badge



**Name:** Sidney Mar-Marriott

**Class:** 3W

**Favourite thing about WHPS:** Teachers

**What I want to be when I grow up:** Basketballer

**Some of my hobbies include:** Basketball

**My biggest role model is:** Stef Curry

**As apart of JSC, I am most excited about:** Badge



**Name:** Zac Smyth

**Class:** 3D

**Favourite thing about WHPS:** Reading

**What I want to be when I grow up:** Video Game Maker

**Some of my hobbies include:** Basketball

**My biggest role model is:** Dad

**As apart of JSC, I am most excited about:** Fundraising money



**Name:** Olivia Collins

**Class:** 3D

**Favourite thing about WHPS:** playing with friends

**What I want to be when I grow up:** Art teacher

**Some of my hobbies include:** Drawing and craft

**My biggest role model is:** My Mum

**As apart of JSC, I am most excited about:** talking at assembly and getting my badge



# JUNIOR SCHOOL COUNCIL

## Grade 3



**Name:** Ines Lind

**Class:**

**Favourite thing about WHPS:**

**What I want to be when I grow up:**

**Some of my hobbies include:**

**My biggest role model is:**

**As apart of JSC, I am most excited about:**



**Name:** Hannah Hunter

**Class:** 3HG

**Favourite thing about WHPS:** Friends

**What I want to be when I grow up:** Cheerleader

**Some of my hobbies include:** Cheerleading and Taekwondo

**My biggest role model is:** Anna Micnolly

**As apart of JSC, I am most excited about:** Assembly

## Grade 4



**Name:** Isaac Barnes

**Class:** 4B

**Favourite thing about WHPS:** Friends

**What I want to be when I grow up:** Fireman

**Some of my hobbies include:** Basketball

**My biggest role model is:** Dad

**As apart of JSC, I am most excited about:** Speaking in front of everyone



**Name:** Lachlan Williams

**Class:** 4D

**Favourite thing about WHPS:** Everything

**What I want to be when I grow up:** NBA Player

**Some of my hobbies include:** Playing basketball and footy

**My biggest role model is:** Stef Curry

**As apart of JSC, I am most excited about:** Getting my badge



**Name:** Amelia Ly

**Class:** 4D

**Favourite thing about WHPS:** Science and PE

**What I want to be when I grow up:** Teacher

**Some of my hobbies include:** Ballet and Craft

**My biggest role model is:** Mum and Dad

**As apart of JSC, I am most excited about:** Changing the landscape

# JUNIOR SCHOOL COUNCIL

## Grade 4



**Name:** April Orton

**Class:** 4F

**Favourite thing about WHPS:** Recess, Lunch and art

**What I want to be when I grow up:** Teacher

**Some of my hobbies include:** Netball

**My biggest role model is:** Taylor Swift

**As apart of JSC, I am most excited about:** Helping the school and speaking at assembly



**Name:** Patrick Maxwell

**Class:** 4F

**Favourite thing about WHPS:** Friends

**What I want to be when I grow up:** Fireman or YouTuber

**Some of my hobbies include:** Basketball

**My biggest role model is:** Dad

**As apart of JSC, I am most excited about:** Improving the school



**Name:** Felicity Ridsdale

**Class:** 4B

**Favourite thing about WHPS:** Recess & Art

**What I want to be when I grow up:** Teacher

**Some of my hobbies include:** Basketball

**My biggest role model is:** Taylor Swift

**As apart of JSC, I am most excited about:** Speaking at assembly

## Grade 5



**Name:** Nahara Erulkar-Loo

**Class:** 5C

**Favourite thing about WHPS:** Friends, teachers, the library

**What I want to be when I grow up:** Artist, writer or coder

**Some of my hobbies include:** Drawing and playing computer games

**My biggest role model is:** Greta Thunberg

**As apart of JSC, I am most excited about:** making a change to the school, actually having ideas people will listen to



**Name:** Adele Barnard

**Class:** 5C

**Favourite thing about WHPS:** Learning and being with friends

**What I want to be when I grow up:** Teacher

**Some of my hobbies include:** Dancing

**My biggest role model is:** Miss Clay

**As apart of JSC, I am most excited about:** Talking at assembly



**Name:** Marc Jindal

**Class:** 5E

**Favourite thing about WHPS:** Art & PE

**What I want to be when I grow up:** NBA Player or Pilot

**Some of my hobbies include:** Basketball & drawing

**My biggest role model is:** Parents

**As apart of JSC, I am most excited about:** Changing the school and talking at assembly.

# JUNIOR SCHOOL COUNCIL

## Grade 5



**Name:** Ethan Donnis

**Class:** 5GT

**Favourite thing about WHPS:** Sport

**What I want to be when I grow up:** Carpenter

**Some of my hobbies include:** Basketball, video games and adventuring

**My biggest role model is:** Steve Irwin

**As apart of JSC, I am most excited about:** Changing the school



**Name:** Summer Jonas

**Class:** 5GT

**Favourite thing about WHPS:** The teachers

**What I want to be when I grow up:** Vet

**Some of my hobbies include:** Netball & drawing

**My biggest role model is:** My Mum

**As apart of JSC, I am most excited about:** Getting my badge and helping the school



**Name:** Mccaela Tan

**Class:** 5E

**Favourite thing about WHPS:** The teachers and my friends

**What I want to be when I grow up:** Teacher

**Some of my hobbies include:** Soccer and drawing

**My biggest role model is:** My mum

**As apart of JSC, I am most excited about:** Getting my badge and doing announcements at assembly

## Grade 6



**Name:** Dimitri Tzavellas

**Class:** 6M

**Favourite thing about WHPS:** Lunch and sport

**What I want to be when I grow up:** Athlete

**Some of my hobbies include:** Gaming

**My biggest role model is:** Giannis and Ed.S

**As apart of JSC, I am most excited about:** To help the school and community



**Name:** Alexi Psaropoulos

**Class:** 6M

**Favourite thing about WHPS:** SEPEP & Interschool Sport

**What I want to be when I grow up:** Vet on the beach or WNBA

**Some of my hobbies include:** Basketball & Taekwondo

**My biggest role model is:** My dad, Sabrina & Giannis

**As apart of JSC, I am most excited about:** going up at assembly



**Name:** Minnie Scholz

**Class:** 6A

**Favourite thing about WHPS:** Recess, lunch & specialists

**What I want to be when I grow up:** Singer or Actress

**Some of my hobbies include:** Singing and acting

**My biggest role model is:** Sarah, my sister

**As apart of JSC, I am most excited about:** Fundraising and fun run

# JUNIOR SCHOOL COUNCIL

## Grade 6



**Name:** Benji Mackie

**Class:** 6A

**Favourite thing about WHPS:** Sport

**What I want to be when I grow up:** Soccer Player

**Some of my hobbies include:** Basketball

**My biggest role model is:** Cristiano Ronaldo

**As apart of JSC, I am most excited about:** Making people

**We will work hard to  
improve our school for  
everyone!**



# HOUSE CUP

Another epic showdown took place on the WHPS school oval at lunchtime! A fierce house cup soccer match seeing yet **ANOTHER DRAW** between these two houses. We will play 10 minutes in over time next week for Waratah and Boronia and for Banksia and Wattle. To see who our **GRAND FINALISTS** will be! Stay tunes **WHPS!**



**Miss Massa**

# DISTRICT SWIMMING

What an effort it was by our District Swimmers today!

## 2nd PLACE WOOOHOOO!

We could not be prouder of what they achieved today! Lots of smiles and lots of teamwork and STRIVE. Thankyou so much to all of our parents that came along to support our super swimmers we appreciate you all! I will be in touch with our swimmers that are going onto Division Swimming on the 12th of March.



Miss Massa

# DISTRICT SWIMMING



Miss Massa

# DISTRICT SWIMMING



**We are so proud of you!**  
**2nd Place!**

**Miss Massa & WHPS**



# COLOUR RUN

Students have received their sponsorship booklet and can now create their online profile at [www.australianfundraising.com.au](http://www.australianfundraising.com.au).

Big prizes are up for grabs! Unlock your first incentive prize simply by raising \$10 online. The more your child raises, the more prizes they will receive.

You can also share in \$200k of extra prize credit, win a PlayStation 5 Gaming Bundle and become a Fundraising MonSTAR! ★



Online

**\$2,510**

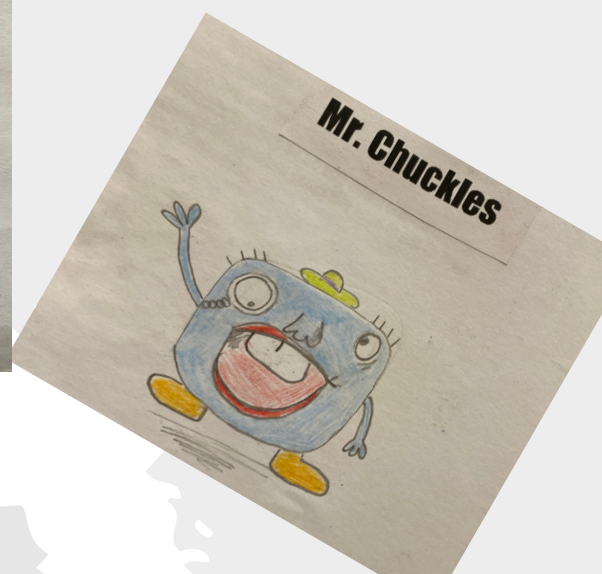
Miss Massa

# YEAR 3/4



In a celebration of creativity and self-discovery, our students recently embarked on a delightful journey of identifying their personal strengths. Drawing inspiration from the beloved Mr Men and Little Miss books, they have not only delved into the charming tales but have also become authors themselves! Our young authors eagerly drafted and published their very own books, each centred around a Mr Men or Little Miss character that beautifully exemplifies their unique personal character strength. It has been heartwarming to witness the imagination and self-awareness of our students flourishing throughout this project.

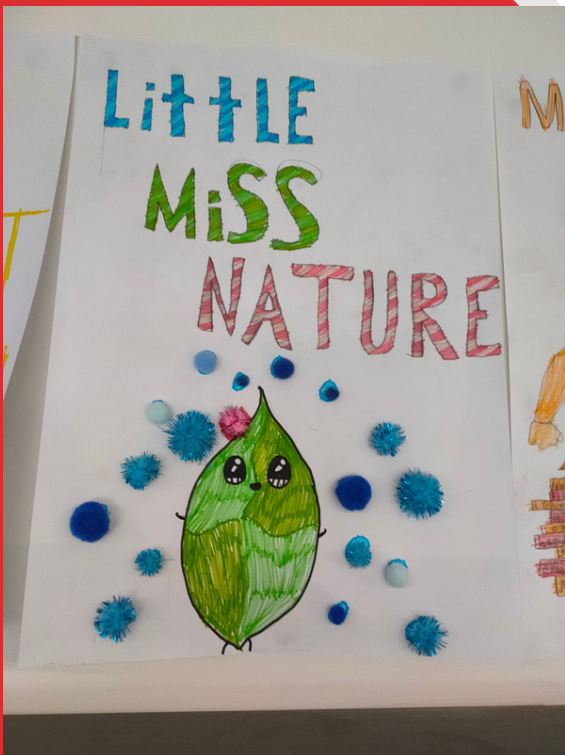
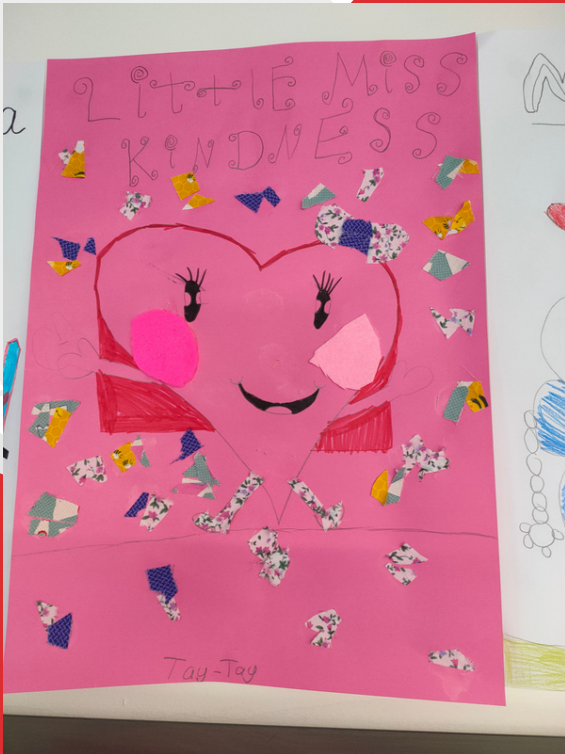
To spread the joy of their literary creations, our students generously shared their books with their younger peers in Grade 1 and Grade 2. The exchange of stories provided an opportunity for our budding authors to showcase their creativity and leadership. We extend our heartfelt congratulations to each student who participated in this inspiring project. The enthusiasm and dedication demonstrated are a testament to the vibrant and collaborative spirit that defines our WHPS community.



# YEAR 3/4



# YEAR 3/4



# YEAR 3/4



As the sun rose up over Party-ville Little Miss Honest was riding her horse into town for breakfast. She had beautiful golden hair and cowgirl boots. She rode past a ravishing river and luscious green grass.

As dawn rose over Mess-ville, Tidy-Court cottage already had it's lights on. Little Miss Perfection *perfectly* got out of bed, *perfectly* made her bed and there was not a single spill after cooking bacon and eggs.



# 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!**





# 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.**





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**Kellie Ringberg**

**Lead Regional Dental Assistant Smile Squad Metro Hub  
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**The Smile Squad team look forward to visiting soon.**





# 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.

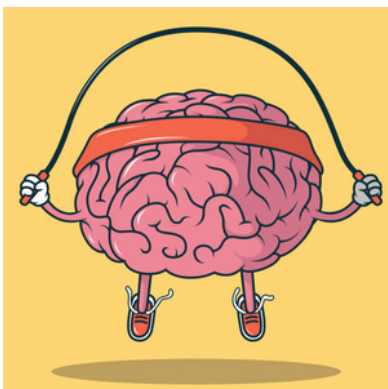
The aim of the strategy is to 'flip' a negative thought into a positive or constructive one. Below are some recommended ways to encourage positive self-talk.

**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"

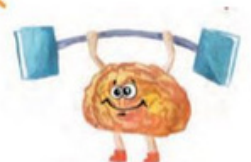
## MY GROWTH MINDSET STATEMENTS

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 4



**Oliver, Rory, Harry, Mila, Joshua, Jordan, Jax, Lenny, Hannah, Riya, Harrison, Archer, Izaak, Erin, Eleanor, Zara, Audrey, Tyler.**

Week 5



**Ethan, Hanna, Addie, Gus, Mack, Dhruv, Nakshatra, Lachie, Jude, Kade, Bijan, Corbin, Abigail, Alexander, Maddie, Matilda, Matisse, Mohammed, Tommy, Albie, Oscar, Eddie.**

*Congratulations*

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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

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