

Friday 17th March 2023
Issue 4

LINK LETTER



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Michael Kent - PRINCIPAL

Hello everyone and welcome to the latest edition of the newsletter. There has been lots of happenings in around the school. We were excited to enjoy the recent Backflips on Bullying incursion. This was a welcomed reminder to all of our students about being a positive impact on those around you and our approach to ensuring a zero tolerance to bullying. This is a constant message across the school as we have had a concentrated focus on establishing our school values and the importance of respecting others and enacting our value of teamwork!

Student Conferences

These are scheduled for Wednesday April 5th. The prep students will enjoy a 'normal' day at school 9-3.30pm whilst the years 1-6 students are not required to attend school on this day other than attending for their scheduled conference time. Conference bookings will be available from the 27th March. Further details will be coming home next week.

These conferences provide an invaluable teaching moment. The shared experience allows students to reflect on their achievements and accomplishments over the first term and more importantly allow students to collaborate with parents and staff in setting their learning goals for the semester ahead.

Research shows that this is a powerful and important step in building cognitive connection to the learning process. All parents are encouraged to book a time to share in your child's learning journey. These conferences set a wonderful platform for students to embed their goals and future learning strategies. Whilst students spend time developing learning goals, these are only a part of the individualised goals that students are focused on.

It would be great to see all parents/guardians make some time to share in these conferences.

Term 1 concludes at 2pm On Thursday 6th April.
We will conduct our final assembly at 1.30pm,
students will then return to their classrooms
prior to dismissal at 2pm.



2023 Term 1

- **Monday 20th March**
Grade 3&5 Language
conventions & Spelling

- **Tuesday 21st March**
Grade 5 Math's

- **Wednesday 22nd**
March 2024 Prep
Information Evening

- **Thursday 23rd March**
Grade 3 Math's
&

- **Thursday 23rd March**
District Swimming

- **Friday 24th March**
Ride To School Day
& ISS Bundoora

- **Wednesday 29th March**
2023 Prep Parents Get Together
5:30pm-7:30pm

- **Friday 31st March**
ISS FINALS

- **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

Term 2

Please be aware of 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.

Theircare is offering a program on the 24th April.

World Math's Day

Students enjoyed the recent world of math's day which allowed the whole school to focus on math's and problem solving. It was wonderful to see the school dressed accordingly in some representation of math's and numeracy!

International Women's Day

Last week we celebrated International Women's Day and relished the opportunity to celebrate all the amazing women in our lives. We are so grateful for the impact and leadership of our female community members. We are so grateful and thankful for our female staff members whom provide such a daily reminder of how amazing they are. Setting such an inspirational role model of strength, inspiration, leadership, and creativity for all of our community.

Policies

Please be reminded that our school website contains many of our school policies that impact on our school governance. Below are a few policies that are available for your review and feedback. We are also looking to receive feedback on these policies and any aspect of the school. If you have any ideas, suggestions, or feedback, please don't hesitate to email me directly.

michael.kent@education.vic.gov.au

9435 4617

- Anaphylaxis policy
- Complaints policy
- Child safe policy
- Attendance policy
- Child Safety and Wellbeing Policy
- Child Safety Code of Conduct policy
- Child Safety Responding and Reporting Obligations Policy and Procedures
- Volunteers Policy
- Visitors Policy
- Student Wellbeing and Engagement Policy
- Bullying Prevention Policy
- Digital Learning Policy

NAPLAN

We congratulate our year 3 & 5 students for their efforts in completing the annual NAPLAN tests. These commenced this week and will conclude next week.

Please note the following dates for the upcoming tests:

- Monday 20th Grade 3&5 Language conventions & Spelling
- Tuesday 21st Grade 5 Math's
- Thursday 23rd Grade 3 Math's

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.

welcome
baby

Congratulations to Mrs. Stephanie Giammarco (Tsakmakis) and her husband Daniel on the safe and healthy arrival of their first baby. Little Gia was born on Monday after quite an enduring labour. Steph and Gia are doing well and we congratulate Steph and Daniel on starting their family life together.



Active Schools Program

At WHPS we promote and educate students about the benefits of living a healthy and active lifestyle. School sport, PE classes, PMP, meditation, mindfulness, yoga, healthy eating, sleep, hydration, etc... we are always promoting a healthy lifestyle.

This continues next week as we participate in ride to school week. We are encouraging all students to ride, walk or scoot to school. We will be tallying the impact of this across the week and celebrating the winning class with an end of week prize!

Even if you need to drive from home, please try to park nearby the school and walk the rest of the way!

WHPS was recently successful in our application for a grant to re-energise our bike shed. This will provide new bike racks and a bike pump to support all our cyclists.

Please note that whilst we enjoy our skate club at school, students are encouraged to ride, scoot or walk to school; no skateboarding to school.

I also remind everyone that riding of any mode is not allowed within school grounds. Similarly, there are no dogs allowed on the school site. If you tend your dog outside the school whilst picking up your child, please do this well away from the school entrances.



Why Walk, Cycle or Scoot to School?

Being active every day is great for kids. Why? It helps:

- Mental wellbeing
- Mood and self-esteem
- Confidence and life skills
- Connection with family, friends, and neighbours

Moving commutes from the roads to the footpath also helps:

- Make school streets safer.
- Reduce traffic congestion.
- Contribute to a healthier environment.

Families.....

Part way is OK! Remember if the walk to school is too far, you can park a few blocks from the school and walk the rest of the way.

Take it in turns with other parents to walk/ride/scoot to school with the kids, but ensure you maintain physical distancing with walking buddies outside your household.

Great Links:

10 Reasons to Walk

<https://www.victoriawalks.org.au/10reasonstowalk/>

Kid friendly walks:

<https://www.victoriawalks.org.au/NaturePlayWalks/>

Victoria's best walking spots:

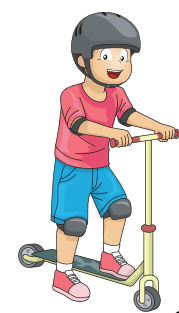
<https://www.victoriawalks.org.au/Localwalks/>

Pedestrian safety:

<https://raisingchildren.net.au/toddlers/safety/car-pedestrian-safety/pedestrian-safety>

Bicycle, scooter & skateboard safety:

<https://raisingchildren.net.au/school-age/safety/outdoor-safety/bikes-scooters-skateboards>



Tired?

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

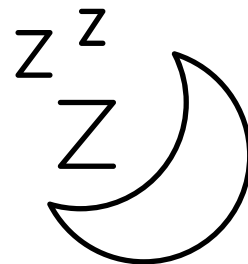
You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or waking unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health, you can refer to:

- Sleep tips for children and Facts about sleep for parents and school staff, from the Sleep Health Foundation
- Why sleep is so important, from the Kids Helpline's
- Sleep explained, from the Better Health Channel.



WHPS School Council

Thank-you for those who've expressed an interest in joining the 2023 School Council. I can confirm the following school members for this year:

Penny Stammers, Charlotte Bethune, Tracey Szymanski, Shelli Giosis, Honi Aitken, Tassia, Moniz, Xi Huang-Leaver, Clare Francis, Andrea Lally, Tony Ryan, Clint Mackie, Emma MacDonald, Angela Gray and Kathryne Campara,

Smart devices at school

Please be reminded that students are required to hand in their mobile phones at the start of the day and receive them back at the end of the day.

There are some students wearing smartwatches to school. Unfortunately, in line with our mobile phone policy, this type of device is not allowed to be worn or used during school hours.

We understand that some of these devices have a school mode which deactivates some features. Whilst we understand that in school mode the device does comply with this policy, the time it would take our teachers to ensure this is set up correctly is unmanageable. The school offers a secure place to store these devices in the office and classrooms. All students should turn off and hand in their devices when arriving in the morning. They can then collect these at the end of the day. The Department of Education are strictly enforcing this statewide policy. Thank you for your understanding and assistance.

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.

Canteen

We were lucky to run our canteen service this 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 participated in the district swimming carnival this week. We are so proud of your involvement and your enactment of the strive values!! Well done.

Enjoy the week ahead!

Warm regards,

Michael

Success Teamwork Respect Individuality Visionary Effort !!

STRIVE

ACROSS THE AP'S DESK.....

Tony Ryan - Assistant Principal



Hello WHPS Community,

I hope everyone has had a great week. Our students continue to build into the year with a range of co-curricular activities taking place recently and some exciting upcoming events.

Backflips Against Bullying:

Our students participated in the Backflips Against Bullying Program on Wednesday this week. This was a very engaging, entertaining and energetic way to explore important themes about bullying behaviour and the importance of treating others with kindness and respect.

Additional messages about protecting yourself and others should you encounter bullying behaviour were included in the program.

Super Fish:

Miss Massa and Kylie supported a number of our students that had won their way through to the Division Swimming Carnival at the Oak Park Swimming Pool on Tuesday. This is a very high level of competition and Miss Massa shared with me how proud she was of our students and the way they performed and tried their best. Congratulations to all our students that competed and represented WHPS.

NAPLAN:

Our year 3 and 5 students have begun completing the NAPLAN Assessments this week with the Writing, Language Conventions and Spelling and Reading assessments taking place. The Maths assessment will take place next week. These assessments provide valuable data to the school but are only one way that the progress of our students is measured. Our messaging to our students is a simple one, we apply ourselves and try our best, as we do with all school activities, however, we don't place undue weight or expectation on our students around the result of the tests.

Maths Day:

On Wednesday last week, we celebrated World Maths Day at the school. Many of our students took the opportunity to dress up in clothing that represented maths in some way. Lots of fun and engaging maths activities were participated in across the day in all classroom areas. This is a great way for us to lift the profile of numeracy across the school.

We as adults have a very important role to play in our messaging to children around numeracy. In your conversations with friends as adults, you might hear them reflect that "they were never any good at maths at school and are not maths-minded, so what chance does little Charlie have?" Children absorb these messages and internalise them. It shapes how they see themselves as a learner and their beliefs about their probability of success. We as adults have a powerful opportunity to consider our messaging to children about their learning and help build their learning confidence.

ACROSS THE AP'S DESK.....

Common myths

Being numerate involves using mathematics. Not everyone is confident with mathematics or believes that they can do mathematics.

Research provides clear and compelling evidence that attitudes and misconceptions about mathematics and mathematics learning begin at an early age. Therefore there is a clear need to consider and challenge both personal and community beliefs, attitudes and dispositions about mathematics learning.

Contemporary research about learning and the brain has dispelled many pervasive myths including, but not limited to the:

- gene myth – you either have a maths gene or you don't
- gender myth – one gender is better than another at maths
- speed myth – ability in mathematics can be measured by how quickly a problem is solved
- memory myth – maths is only about memorising facts, rules and procedures
- perfection myth – mathematicians never make mistakes
- creativity myth – maths is not a creative pursuit as there is usually one right way and one right answer.

One of the best ways we can help children and young people is to promote positive attitudes towards mathematics. As a school, we are trying to dispel these myths about numeracy learning. A key concept here is differentiating numeracy from mathematics. Mathematics relates specifically to the learning and demonstration of mathematical skills and knowledge. *“Being numerate involves more than mastering basic mathematics. Numeracy involves connecting the mathematics that students learn at school with the out-of-school situations that require the skills of problem-solving, critical judgement and sense-making related to applied contexts.”* 1.

A key part of this is to develop numeracy proficiencies and dispositions. Numeracy proficiencies and dispositions are not about content knowledge but focus more on how we learn and the learning traits we display.

- It's about our ability to think flexibly
- to persist in trying another way to solve problems when we don't at first succeed
- how we organise information to make sense of the problem
- being able to problem solve with others and drawing on the collective strengths of the group
- being able to act out, build or model a problem
- to think creatively to come up with a range of solutions rather than assuming there is one right answer or one correct way
- trusting the count, trusting numbers and developing confidence in proven and consistent methods of solving number equations
- Being able to learn from others and adapt when you discover they have an efficient way to work through certain types of problems
- It's about being able to recognise similarities in problems and apply prior learning to new contexts.
- It's about being willing to make mistakes, try something different, knowing that it may be wrong and that's ok. That will build your understanding further to try another method.

In building these skills, we see a dramatic increase in student confidence, performance and enjoyment of numeracy at school. These skills and dispositions are the toolbox that unlocks student potential to learn mathematics concepts and knowledge.

Playing a range of card, strategy and board games at home can be another fun way to develop many of the skills outlined above and discuss strategies. It's why you will regularly see us promote this as a great family time activity!

Building Works:

Our building works continue to progress, with the remaining parts of the concrete slab being poured across the past fortnight. It is exciting to get a sense of the size and orientation of the building to come.

Our community will be pleased to see the next stage take shape with the expectation that next week we will see a crane on the worksite starting to erect the steel frame for the building. Below you will see some progress photos.



Colour Run:

Just a reminder that our Colour Run Day is coming up on the 3rd of April. This day is a massive highlight on many of our students' calendars and presents a day with lots of fun and an opportunity to get drenched, messy and covered in bright chalk!

The Colour Run is a major fundraising event for the school and we appreciate the enthusiasm with which our students and community embrace the day. Two years ago, this event raised in excess of \$20,000. These funds go directly towards adding resources to improve the educational outcomes and environment of the school for our students. The funds raised this year will be directed towards creating additional outdoor learning spaces within the school. Parents/carers are asked to establish a fundraising profile page for their child/ren at schoolfunrun.com.au. This is a convenient platform to be able to share with family and friends in seeking sponsorship support for our students.

Miss Massa sent out information to the community about this recently. Any families not receiving this can make contact with the office to receive the relevant information. All students that raise a minimum of \$10 get the opportunity to receive a student gift/reward for their fundraising efforts. The more money raised the more substantial the student reward becomes. I'm looking forward to seeing all the multicoloured smiles on the student faces as they participate in this great school event. Have a great weekend everyone,

Tony



ZONES of Regulation at WHPS!

The Zones of Regulation was introduced at WHPS in week 6! The Zones is a curriculum geared toward helping students gain skills in consciously regulating their feelings, which in turn leads to increased control and problem-solving abilities. The learning activities are designed to help students recognise when they are in different states called “Zones” with each of the 4 zones are represented by a different colour. In the activities, students learn how to use strategies or tools to stay in a Zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between the Zones.



What are the Zones?!

The Red Zone is used to describe extremely heightened states of alertness and intense emotions. A person may be elated or experiencing anger, rage, devastation, or terror when in the Red Zone.

The Yellow Zone is also used to describe a heightened state of alertness and elevated emotions, however one has more control when they are in the Yellow Zone. A person may be experiencing stress, frustration, anxiety, excitement, silliness, the wiggles, or nervousness when in the Yellow Zone.

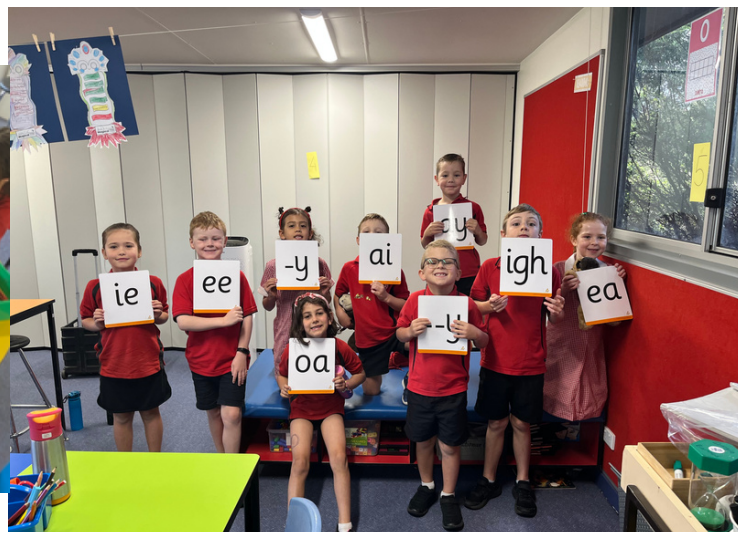
The Green Zone is used to describe a calm state of alertness. A person may be described as happy, focused, content, or ready to learn when in the Green Zone. This is the zone where optimal learning occurs.

The Blue Zone is used to describe low states of alertness and down feelings such as when one feels sad, tired, sick, or bored.



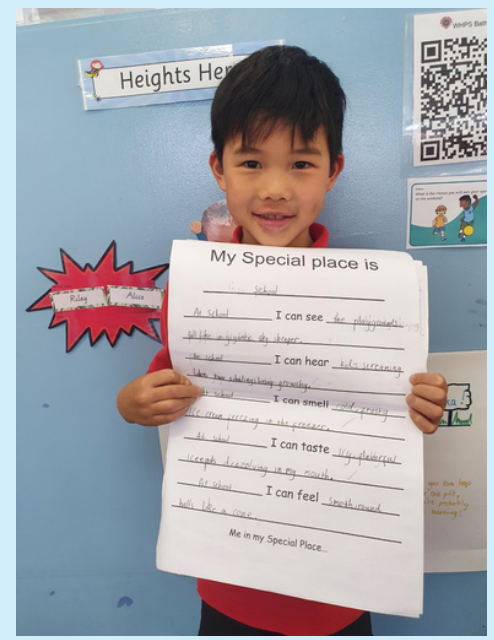
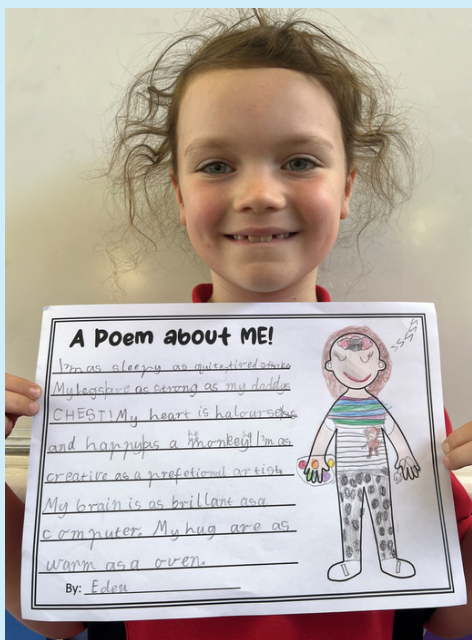
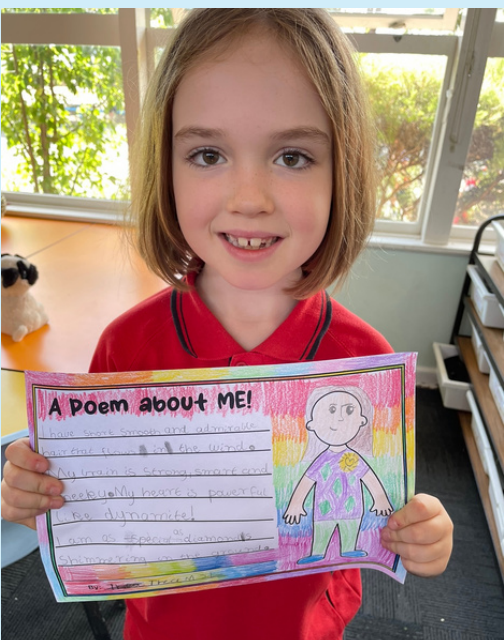
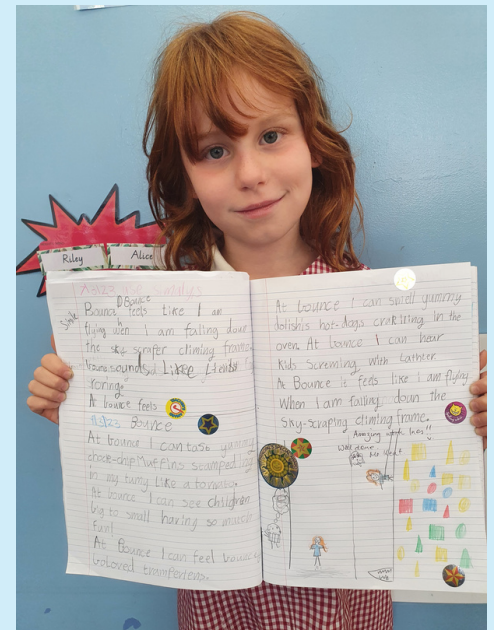
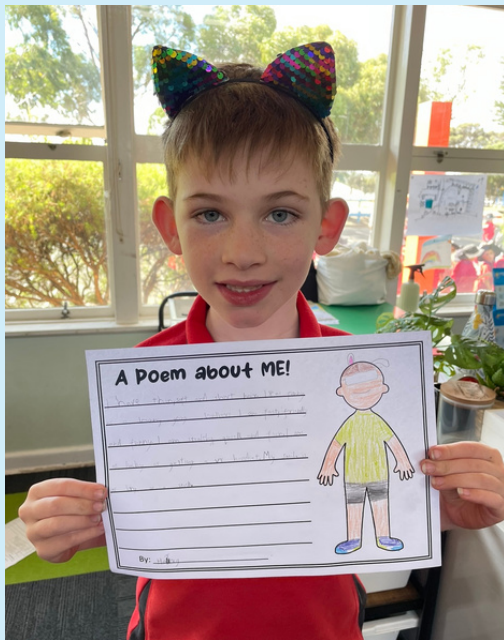
Literacy in 1/2A, 1B, 1C & 1K

We have been involved in lots of different learning experiences to develop our literacy skills. Yarning Circle has been a fantastic way to practice showing active listening skills and we have enjoyed sharing our ideas with our peers. We have been building on our understanding of letters and sounds through buddy reading, mini whiteboard practice, games and different texts. This term we have explored recount writing but our favourite writing so far has been poetry because we get to be creative.



GRADE 2 POETRY

The Grade 2's have had a wonderful start to the year, with so much incredible learning happening already. They have transformed into budding young poets in Writing, learning to express their ideas in different ways. It has been wonderful to see their enthusiasm and creativity shine. They have been focusing on including figurative language such as alliteration and similes to create a picture in the reader's mind. Take a look at some of their powerful, precious poems!



DIVISION SWIMMING

Oak Park welcomed it's first Division Swimming Carnival for our Banyule and Inner North Moreland competitors. Our Division Swim team took on some fierce competition and gave it their all. I was so proud of our swimmers taking on this day and also showing STRIVE and never giving up. Some stand out performances were from Freddy Robertson and Ellie Lawrence who received 3rd place ribbons on the day for their achievements. Well done to all of our swimming legends.



COLOUR RUN



\$5734.00

We will be holding the School Colour Run as a major fundraising event this year on 3rd of APRIL! We're doing it to raise money for our OUTDOOR LEARNING SPACES.

The School Colour Run BIG SHOW is all about Fun! Students get to take part in the ultimate Colour Run course by getting sprayed with water guns and smashed with colour powder by our teachers. The course will run all throughout our schoolgrounds at WHPS, students will be wearing a white t-shirt as they take on the course. If your child is not willing to be sprayed with the powder, please get them to wear bright colours so that our staff know not to get them with any colour powder. The powder that is used is safe, and is made of corn starch and vegetable food dye. If the students would also like to wear sunglasses, they are able to on the day for the run. There will be huge inflatables on our oval, and you will get to meet our special visitor Chase the Cheetah! This will be one of the most exciting days on our school's calendar, with everyone's participation the aim, so please make sure they attend the day! Let's get fundraising for this HUGE event at WHPS!

How Does My Child Fundraise?

Firstly, go to schoolfunrun.com.au and create a student profile page. Everything to do with your fundraising revolves around this page. Students who raise just \$10 will be able to choose a prize!

RIDE 2 SCHOOL DAY

Watsonia Heights Primary School is excited to be celebrating National Ride2School Day on Friday 24 March 2023.

National Ride2School Day is the perfect opportunity to establish new healthy habits and promote

the many benefits of active travel.

On Monday 20th March-Friday 24 March, we encourage all students and their families to leave the car at home and give

riding, walking, scooting or skating to school a go for the week.

Watsonia Heights Primary School is helping students and their families to ride to school by having a class competition. We want to see how many students can walk, ride, or scoot to school as possible in this week. The winning class will get a prize for all of their amazing efforts.

For more information about the day and its benefits, search National Ride2School Day.

READY to rock 'n' roll?

- ☐ Strap on your runners or pump up your tyres
- ☐ Make sure your helmet fits tight
- ☐ Pack your school bag

SET to travel to school?

- ☐ Find your best route
- ☐ Practice the road rules
- ☐ Recruit a friend

ROLL on out!

- ☐ Test your path to school
- ☐ Stay safe
- ☐ Have fun





RIDE2 SCHOOL

Ride2School Week Competition

Class: _____



Day	How many students walked or rode to school?		Total
	 Rode, scooted or skated	 Walked	
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Total for the week:			

FRIDAY 24TH MARCH

— Student — OF THE WEEK

Week 5



4L, Charlotte, Lucas, Rory, Lily, Mila, Praise, Sienna, Sadie, Eli, Madelyn,
Kai, Kaden, Alik, Edie, Mia, Dane

Week 6



Rafael, Chloe, April, Benji Tommy, Matthew, Riley, Flynn, Oscar, Layla, Natalia,
Quinn, Oliver, Josephine, Hannah, Jake, Zoe, Hendrix, Ines,
Dusk, Ernest, Lachlan, Zara, Shira

Junior School Council Term 1 & 2





School holiday camps on sale now!



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Animation • DJ • Minions • Jurassic World

Book now at codecamp.com.au/flyer

SAVE \$25

Use coupon code
EARLY25 at checkout

**SEASON
STARTS
29TH
APRIL**

WINTER REGO 2023 IS OPEN

**KEEN TO GET STARTED WITH
A GREAT COMMUNITY BASED
BASKETBALL CLUB?**



Winter Registrations are
now open for the Banyule Hawks

For more information including season dates and fees,
please visit: <http://www.banyulehawks.com.au/sign-up>

If you have any questions, please contact
info@banyulehawks.com.au

--- BOYS & GIRLS TEAMS ---

Under 9s - Under 11s - Under 13s - Under 15s - Under 17s - Under 19s - Under 21s