



# Alert

**Warrandyte  
Primary School**

**Issue 28  
13 September 2018**

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

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## Principal's Report

Each term, the principal class of Monash and Manningham schools meet and discuss school issues. This morning, we were fortunate to have a guest presenter, Hugh Van Cuylenburg from the Resilience Project. Hugh is doing some wonderful work not only in schools but also with the community, including many successful sports people and teams.

His work stems from his travels abroad, where he has worked in a number of schools with disadvantaged students. Even though these students have little clothes, food and many live on the streets, they all had one thing in common. They were happy and content with their lives. Hugh set about finding out, given their circumstances why they were so happy. He returned to Australia and completed some study and research and developed his Resilience Project. He found three main factors that make us happy and can improve our mental state: Gratitude, Empathy and Mindfulness.

The data around mental illness in Australia is alarming. Some of the research includes:

- We are 7 times more likely to think a negative thought than a positive one
- The World Health Organisation says that by 2030 the most common illness will be depression
- In Australia we spend 15% of the day living in the present (49% in the future and 34% in the past)
- 1 in 3 girls and 1 in 5 boys have an anxiety disorder
- 25% of primary school students have a mental illness
- 40% of secondary school students have a mental illness

In Australia, we live in a society where we are always looking for things to make us happy. We rarely take the time to live in the moment and pay attention to what we have instead of what we don't have. There were some great tips for improving our mental state that I will be sharing with our staff and students. Some of these that you can build into your daily lives include:

- Live more in the present
- Turn off devices, they kill creativity and shrink our attention spans
- Children of today are rarely bored anymore. Nothing wrong with boredom, it creates creativity

## School Calendar

*Uniform Shop Open 9.00  
& 3.15-Every Tuesday*

### **Saturday 15 September**

*SSS Performance-  
Melbourne Arena*

### **Wednesday 19 September**

*Finance 7pm/School Council 7.30pm*

### **Friday 21 September**

*Footy Parade & Hot Dog  
Lunch*

### **End of Term-2.30 Finish**

### **Monday 8 October**

*Term 4 Commences*

### **Wednesday 10 October**

*Being A Good Sport-Yr 5*

### **Monday 15-19 October**

*Yrs 3/4 Swimming Program*

### **Tuesday 16 October**

*Yrs 5/6 Basketball RR*

### **Wednesday 17 October**

*Yr 6 visit Rats of Tobruk*

**Creativity**

**Achievement**

**Respect**

**Encouragement**

- Turn off your notifications on your devices. They are on your device to make you addicted
- Do something kind for someone
- Encourage positive risk taking, allow students to solve their own problems
- Practise mindfulness for 30 minutes each day
- Practise gratitude daily
- Show empathy towards others.

So tonight at the dinner table, take some time to talk about what you are grateful for and what were the positives of your day. It's no surprise that Hugh has worked with the Richmond Football Club, just look at how well they are going.

### **Mathematics Challenge for Young Australians**

The Australian Mathematical Olympiad Committee (AMOC) provides programs for mathematically interested, talented and committed primary and secondary school students. They provide engaging opportunities for challenge and problem solving and encouragement for students to strive towards achieving their potential. A sincere thank you to Jenny for organising this opportunity for our students and congratulations to all students who participated.



### **Working Bee**

What a wonderful attendance we had for our working bee last Sunday. The weather was kind and a 'mountain' of work was achieved throughout the morning. A sincere thank you to the Buildings and Grounds Committee and for the families who attended.

### **Assembly**

Our final assembly for the term will be held next Monday morning. The assembly will be attended by Sensei and the Japanese captains who will be handing out a number of Japanese awards.

**Creativity**

**Achievement**

**Respect**

**Encouragement**

## Congratulations

- And good luck to the students who will be representing Warrandyte Primary School at Saturday's State School Spectacular-Thank you Kirsty and Sarah for the work you have done in preparing the students
- Year 5/6 students who attended the annual hoop-time competition during the week-well done
- Students who will be representing the school at the Division Athletics Sports next term-good luck

## Thought for the Week

*Pay attention to what you have and not what you don't have!*

**Craig Crouch**

**Principal**

## Sport News



### 5/6 Hooptime

A great day was had by all yesterday at Maroondah Stadium where we had 70 year 5/6 students competing in the Hooptime competition. These days are not possible without the assistance of a number of parents to coach and score. So a very big thank you to Leanne Whitmore, Talei Marriott, Rachael Legoussouart, Nat Dunkley, Annette Lee, Craig Haslam, Katrina Bennett and Yvette Harbinson.

Congratulations to our Future Star Wolverines who made it to the semi finals in a thrilling match. Also to our Rookie Predators team who were undefeated on the day. Thank you also to the 5/6 staff and Lou and Emile who came along to score for the day.

### Lost Property

Please pop in to the Multi and check if any of the jumpers, lunch boxes or drink bottles belong to your child.

**Sally Freemantle**

Warrandyte **Community Bank**® Branch

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**COMMUNITY CONTRIBUTIONS**  
**\$2.8 million**



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**Respect**

**Encouragement**

# Japanese Room News



## Hiragana Black Belt Awards

This year's Hiragana Black Belt and Masters Awards will be presented at Assembly on Monday 17<sup>th</sup> September (the last week of term) for Years 1 to 6, along with Hiragana Orange Belts for Prep students who have mastered the first 3 Hiragana levels. We hope to see as many parents and grandparents there as possible, as this is really a major achievement for students. Clearly many have been putting in a lot of practice at home, and it's great to see such persistence and determination. The Year 1/2s will also be performing 2 Japanese songs.

## Coles Minis Going to Japan

Now that the Coles Minis promotion is over, Sensei is collecting any spares that people may have and be willing to give away. Towards the end of the year we will be sending Christmas cards to our Japanese Penpals, and as a little bonus, we thought it might be a good idea to include a box of the Coles Minis at the same time, as they are light to post. English classes in Japan often focus on learning English to use when going shopping and it might be cute if the students get to 'shop' from an assortment of Australian products in the mini version. If you have spares of the Minis or once your child is over the phase of collecting and if you want to get rid of them, please drop them off at the office. They will be gratefully received any time. Arigatou!

*Sensei*

# Sick Bay Laundry Roster



Emma Freitas is the lucky mum on duty this week. Thanks for coming up to change the linen, make the beds up and return it next week all fresh and clean, much appreciated.

*Cherise*

# OSHC News



Spring is in the air here at O.S.H.C, where we really appreciate the seasonal changes! The extra sunlight has meant that we could enjoy more active time outdoors. This week we used our new mats to set up activities on the green court and in the rotunda. Please ensure your child brings a hat and if you would like sunscreen to be applied please discuss or email the O.S.H.C team.

**Creativity**

**Achievement**

**Respect**

**Encouragement**





*Tara, Sarah, Hannah and Indah*




**Warrandyte Tennis Club**  
State & National Award Winning Coaching Program

**Holiday Tennis Program**  
Monday September 24  
and/or Tuesday September 25

10am to 2pm (lunch included)  
Ages 5 to 15  
**\$35**

All new participants get FREE T-Shirt

For information or bookings:  
The Tennis Guru  
0488 722 538  
info@thetennismaster.com.au





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**Respect**

**Encouragement**

Get prepared for tennis this summer with South Warrandyte Tennis Club

# OPEN DAY

## 2 DAYS OF FREE COACHING SESSIONS

**South Warrandyte Tennis Club**  
*Coleman Road, Warrandyte South*

**WEDNESDAY OCT 17<sup>TH</sup>**

**4pm** – Kids aged 5 to 7  
**4.45pm** – Kids aged 7 to 10  
**5.30pm** – Kids aged 10 to 15  
**7.30pm** – Cardio Tennis ages 16+  
(and Adults)

**SUNDAY OCT 21<sup>ST</sup>**

**9am** – Kids aged 5 to 7  
**9.45am** – Kids aged 7 to 10  
**10.30am** – Kids aged 10 to 15  
**10.30am** – Cardio Tennis ages 16+  
(and Adults)

**FREE sausage sizzle!**

**Book in early to secure your place**  
*and make sure your friends do to...*

**FREE Hot Shots Racquet and T-Shirt**  
*for any kids who sign up for lessons or membership on the day*

Please call or email to book in  
**0488 722 538 - [info@thetennisguru.com.au](mailto:info@thetennisguru.com.au)**



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# 2018-19 VENOM TRYOUTS BOYS TRYOUTS



U12 Boys (players born 2008,2009,2010)			U16 Boys (Players born 2004,2005)		
Date	Time	Venue	Date	Time	Venue
Saturday 06/10	9.30 AM – 10.30 AM	WSC	Saturday 06/10	12.15 PM – 1.45 PM	DSEC
Monday 08/10 <i>Intra-Club Games</i>	6.30 PM – 7.15 PM	WSC	Friday 12/10 <i>Intra-Club Games</i>	7.00 PM – 8.15 PM	WSC
Sunday 14/10	11.15 AM – 12.15 PM	CHPS	Sunday 14/10	12.15 PM – 1.45 PM	DSEC
			Monday 15/10 <i>Intra Club Games</i>	6.30 PM – 7.30 PM	WSC

U14 Boys (Players born 2006, 2007)			U18 Boys (players born 2002,2003)		
Date	Time	Venue	Date	Time	Venue
Saturday 06/10	9.30 AM – 10.45 AM	DSEC	Saturday 06/10	10.45 AM – 12.15 PM	DSEC
Friday 12/10 <i>Intra-Club Games</i>	6.00 PM – 7.00 PM	WSC	Friday 12/10 <i>Intra-Club Games</i>	8.15 PM – 9.30 PM	WSC
Sunday 14/10	9.30 AM – 10.45 AM	DSEC	Sunday 14/10	10.45 AM – 12.15 PM	DSEC
			Monday 15/10 <i>Intra-Club Games</i>	7.30 PM – 8.30 PM	WSC

Tryout Venues:			U21 Boys (Players born 1999, 2000, 2001)		
WSC – Warrandyte Sports Complex – Drysdale Rd, Warrandyte			Date	Time	Venue
DSEC - Doncaster Secondary College – 123 Church Rd, Doncaster			Monday 08/10	7.30 PM – 9.00 PM	WSC
CHPS Croydon Hills Primary School – Campaspe Dv, Croydon Hills			Tuesday 16/10 <i>Intra-Club Games</i>	7.30 PM – 8.45 PM	WSC

## KEY INFORMATION FOR PLAYERS:

- ❖ Please arrive at each session approximately 15 minutes before the allocated start time. **SIGN-IN WILL BE OPEN FIFTEEN (15) MINUTES PRIOR TO ALLOCATED START TIME.** At this time players will receive a tryout number (this will be the number for ALL tryouts / intra-club games).
- ❖ Please wear a Black/White (or Navy/White) reversible singlet (or alternatively bring a light and dark t-shirt) and bring a NAMED basketball and a NAMED drink bottle with you.
- ❖ Please note if you are attending Venom tryouts having been a rep player at another basketball association you MUST have a signed permission to train form or clearance form from your current/previous club to be allowed to tryout.

THIS MUST BE EMAILED TO [admin@warrandytebasketball.net.au](mailto:admin@warrandytebasketball.net.au) PRIOR TO THE FIRST TRYOUT SESSION

**REGISTER ONLINE: <https://www.trybooking.com/XIUG>**

**Registration Closes THURSDAY 4 OCTOBER @ 4.00 PM**



# 2018-19 VENOM TRYOUTS GIRLS TRYOUTS



U12 Girls (players born 2008,2009,2010)			U16 Girls (Players born 2004,2005)		
Date	Time	Venue	Date	Time	Venue
Saturday 06/10	10.30 AM – 11.30 AM	WSC	Saturday 06/10	3.15 PM – 4.30 PM	WSC
Thursday 11/10 <i>Intra-Club Games</i>	7.00 PM – 7.45 PM	WSC	Tuesday 09/10 <i>Intra-Club Games</i>	8.15 PM – 9.15 PM	WSC
Sunday 14/10	12.15 PM – 1.15 PM	CHPS	Sunday 14/10	2.30 PM – 4.00 PM	CHPS

U14 Girls (Players born 2006, 2007)			U18 Girls (players born 2002,2003)		
Date	Time	Venue	Date	Time	Venue
Saturday 06/10	2.00 PM – 3.15 PM	WSC	Saturday 06/10	11.30 AM – 12.45 PM	WSC
Tuesday 09/10 <i>Intra-Club Games</i>	7.30 PM – 8.15 PM	WSC	Wednesday 10/10 <i>Intra-Club Games</i>	7.30 PM – 9.30 PM	WSC
Sunday 14/10	1.15 PM – 2.30 PM	CHPS	Sunday 14/10	4.00 PM – 5.30PM	CHPS

Tryout Venues:			U21 Girls (Players born 1999, 2000, 2001)		
WSC – Warrandyte Sports Complex – Drysdale Rd, Warrandyte			Date	Time	Venue
DSEC - Doncaster Secondary College – 123 Church Rd, Doncaster			Saturday 06/10	12.45 PM – 2.00 PM	WSC
CHPS Croydon Hills Primary School – Campaspe Dv, Croydon Hills			Thursday 16/10 <i>Intra-Club Games</i>	7.45 PM – 8.45 PM	WSC

## KEY INFORMATION FOR PLAYERS:

- ❖ Please arrive at each session approximately 15 minutes before the allocated start time. **SIGN-IN WILL BE OPEN FIFTEEN (15) MINUTES PRIOR TO ALLOCATED START TIME.** At this time players will receive a tryout number (this will be the number for ALL tryouts / intra-club games).
- ❖ Please wear a Black/White (or Navy/White) reversible singlet (or alternatively bring a light and dark t-shirt) and bring a NAMED basketball and a NAMED drink bottle with you.
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Creativity

Achievement

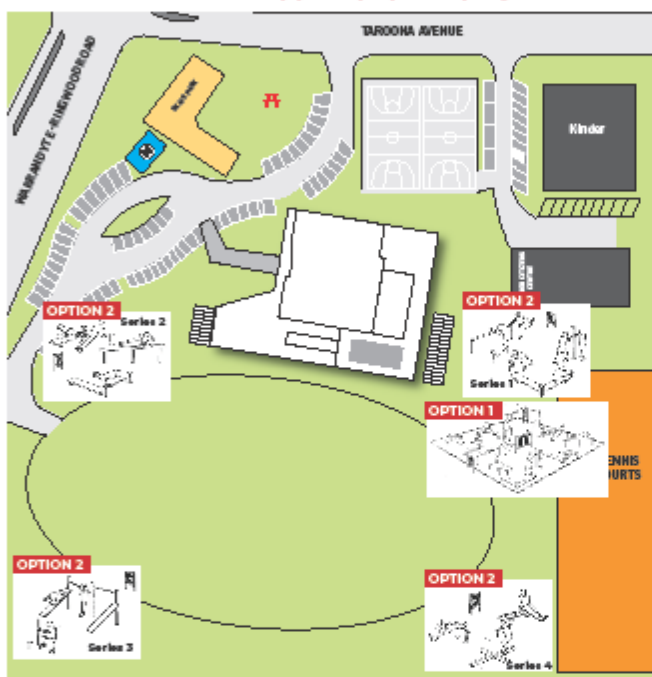
Respect

Encouragement

# Warrandyte Recreation Reserve Exercise Trail



Warrandyte Sporting Group has applied for a grant from the "Pick My Project" initiative which will support popular projects in communities throughout Victoria.



The Exercise Trail proposal is for the Warrandyte Recreation Reserve

## What is proposed:

**OPTION 1:** Single cluster of 15 Exercises. Location near Tennis Courts and Main Oval

**OPTION 2:** Separated Exersite - Between 2 and 4 areas. Beginning at Cricket Nets and following a trail around the oval.

**OPTION 3:** Custom Kit - A selection of equipment

## Features:

- No maintenance
- Environment friendly
- Safe self-guided exercise
- Static exercise trail
- Site may be used with or without supervision
- Clear graphic signs to illustrate and describe each exercise.
- Utilises Recycled Plastics
- Compliments current sporting activities

## Equipment Provides:

- Strengthening
- Core Strength
- Aerobic Fitness
- Agility
- Plyometric function
- Personal challenge at three levels - from beginner to the more dedicated athlete.

# We Need Your VOTE!

## To vote you'll need to:

- Be a Victorian resident;
- Living within 5km of the community for which the project is proposed;
- Be aged 16 and over; and
- Register for an account on the Pick My Project website.

**VOTE NOW**

Voting closes 15th September 2018

## STEP 1

Register on the Pick My Project Site  
[pickmyproject.vic.gov.au](http://pickmyproject.vic.gov.au)



## STEP 2

Pick Warrandyte Recreation Reserve Exercise Trail and 2 other Warrandyte Projects  
**PRESS VOTE**



## STEP 3

Share with friends and family on social media - **the most voted project wins**



**Voting must be completed online by 15th September 2018**

Make sure you place "Warrandyte Recreation Reserve Exercise Trail" as your primary vote.

Please support us with your vote and encourage eligible family, friends and acquaintances to do the same.

Images displayed are just examples of the fitness trails proposed.

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Respect

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# Footy Day Celebrations

On our footy day we will kick off celebrations at 12.00 with a Footy parade.

When: Friday 21st September

Time: After the parade

Where: Canteen

Cost: \$3 each

Includes Hot Dog, Bread and Sauce

Orders to be returned by

**Tuesday 18<sup>th</sup> September**



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Name: \_\_\_\_\_

Class: \_\_\_\_\_

Orders:    1        2        3 (please circle)

Payment: \_\_\_\_\_

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**Achievement**

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