



Alert

**Warrandyte
Primary School**

**Issue 37
29 November 2018**

Website: www.warrandyteps.vic.edu.au

Email: warrandyte.ps@edumail.vic.gov.au

Principal's Report

Health and Wellbeing

Research shows that 1 in 4 primary school students suffer from anxiety. In the last 10 years, anxiety is one of the biggest changes that I have experienced working in schools with young people.

Anxiety is a common feeling. Our goal is to not limit anxiety completely but to provide students with the skills to manage anxiety so it doesn't impact on their way of life and their enjoyment of life. When children have anxious feelings, a common approach from adults is to step in and solve the problem. But we know that this does not always help the child's anxiety. By helping children avoid scary situations we are reinforcing the anxiety. We are also missing out on a learning opportunity to develop coping skills. If children can develop coping strategies they can prove to themselves that they can deal with anxiety next time it arises. The Beyond Blue website provides the following strategies to support anxious children.

- ♦ **Start by slowing down** - Encourage your child to take some slow, deep breaths to calm the physical effects of anxiety. Practise together by breathing in for three seconds, holding for three seconds, then out for three. Once they're feeling a bit calmer, you can talk through what's worrying them.
- ♦ **Promote positive thinking** - Kids with anxiety often get stuck on the worst-case scenario or 'what ifs' in any situation. You can help them shift these thinking patterns by:
 - * reminding them of times they've dealt with similar issues in the past and how things worked out OK
 - * helping them to challenge the scary thought with facts and evidence. For example, we know that crocodiles can't survive under our bed
 - * make a plan for how they'll respond if things don't go as they'd like
- ♦ **Have a go** - Anxious kids often worry about making mistakes or not having things perfect. This can lead to them avoiding situations or activities – they'd rather sit out than get it wrong. Emphasise giving new things a try and having fun over whether something's a success or failure.

School Calendar

*Uniform Shop Open 9.00
& 3.15-Every Tuesday*

Friday 30 November

*Prep Transition-Session 3
9.15-11.15am*

Thursday 6 December

Year 1 Movie Night-3.30

Friday 7 December

*Prep Transition-Session 4
9.15-12.15pm*

Tuesday 11 December

*Parent Helpers Morning
Tea*

Wednesday 12 December

Carols 7.30pm

Friday 14 December

Year 5/6 Market Day

Tuesday 18 December

Reports sent home

Thursday 20 December

Year 6 Graduation

Friday 21 December

Last Day of Term

1.30pm Finish

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- ♦ **Make time to worry** - Setting aside some designated time to deal with worries can stop anxious thoughts from taking over. Try creating a daily ritual called 'worry time', and encourage children to draw or write down what-ever is bothering them.
- ♦ **Model helpful coping** - Don't just tell your child how to overcome emotions – show them. When you get anxious or stressed, verbalise how you're coping with the situation: "This looks a bit scary, but I'll give it a go." And hey, you might even knock off one of your own fears.
- ♦ **Help your child take charge** - Think about what you can do to make your child feel like they have some control over the scary situation. For example, if your child gets anxious about intruders, make shutting and locking their bedroom window part of their night-time responsibilities.
- ♦ **Check your own behaviour** - Kids pick up all sorts of signals from the adults in their lives, so have a think about the messages you're sending. Over-protective family members can inadvertently reinforce children's fears that the world is a dangerous place where everything can hurt you. Similarly, parents who 'over-help' are subconsciously telling their kids that they can't do anything without adult support.

During the week, Cathie (Wellbeing Coordinator) and myself, met with the Department to discuss the possibility of introducing a new framework for the school next year. The SWPBS (School Wide Positive Behaviour Support) framework aims to achieve important social and learning outcomes in schools while preventing any problem behaviour. It will provide us with the opportunity to reflect on our current practices and ensure that we have a consistent whole school approach going forward.

With the introduction of wellbeing journals for all students in Year 3-6, our whole school Respectful Relationship program and School Wide Positive Behaviour Support our aim is to reduce anxiety in our students and ensure that their health and wellbeing is at the forefront of our school goals.

Emergency Management

BUSHFIRE SEASON - CODE RED DAYS.

We are getting closer to the Bushfire season and the safety of all our school community is paramount. **Please note that nothing has changed for Code Red days. The school will be closed**, with prior notification by 1pm the day before, and parents are expected to make safe alternate arrangements for their children. It is important for all families to be prepared and enact their individual Bushfire action plan when they feel appropriate.

When there is an extreme rating, the school will be also be closed and students and staff will relocate to Templestowe Heights Primary School. Parents are expected to transport their child/ren both to and from Templestowe Heights Primary School. **There will be no bus or before or after care on these days.**

During a severe fire rating, the school will be open. A severe rating means it will be hot, dry and possibly windy conditions. If a fire starts in these conditions, it may become uncontrollable. In the event of a fire, the school will enact their emergency management plan and students will be relocated to our Shelter in Place (Bampi building). Please be aware that in such a situation it may not be possible to collect your children from the school. Your bushfire plan should determine what actions you take with the forecast of a severe fire-rating day.

Traffic

Please help us improve the safety of our students by travelling safely in the vicinity of our school and teaching your children how to be a safe pedestrian, cyclist and passenger.

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Children need assistance from adults to develop skills needed to be safe in traffic. It may be hard for them to judge the speed of vehicles and their peripheral vision is still developing. Their height often makes it difficult for them to see cars and it is difficult for a motorist to see them. Parents, please help your children to “Stop, Look, Listen, Think.” Encourage children to only cross roads at lights, pedestrian crossings or school crossings when a supervisor is present.

The streets surrounding our school are extremely busy before and after school times. Walking or cycling to school is a great way to reduce the traffic congestion, keep fit and decrease the impact of cars on the environment.

Parent parking is available in Brackenbury Street. **Please ensure that you reverse into these car parks and obey all road signs during the times indicated on the signs. Forbes Street parking is for staff only (and school bus) and should not be used as a student drop off zone.**

Congratulations to:

- Year 5/6 students for the work they have done in preparing for their Market Day
- Asher L, Raphy H, Sam C, Sebastian HR, Gabe HR, Josh W, James D, George D and Hayden L who will be representing the school at the NSC Primary School Chess Championships on Thursday
- Liz Heaton and her team for the wonderful job they did of organising the BBQ on Saturday.

Craig Crouch

Principal

Thought of the Week

My life has been filled with terrible misfortune; most of which never happened

Michel de Montaigne

(Note: research shows that 85% of what we worry about never eventuates)

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Performing Arts News

Don't miss watching our Spec dancers on TV!

Get the popcorn ready! Tune in to Channel 7 on Saturday 8 December at 7pm for a two-hour broadcast of the 2018 Victorian State Schools Spectacular. The show will be simulcast nationally via live streaming on the 7plus app and website. An extended version of the Spectacular will be available to watch nationally on 7plus following the December 8 broadcast. www.7plus.com.au



Bush Christmas Carols

Remember to mark in your diaries the date for this year's Family Christmas Carols which will be performed by the whole school on our beautiful outdoor stage – **Wednesday, December 12 at 7.30pm** (students need to be at school by 7pm). This year, the school would like to invite not only our current students to perform, but also any past students or families who specialise in Music Performance. Please contact me if you are keen to be involved!



Kirsty Wolters

Warrandyte Community Carols—Saturday December 15th

Any children who would like to sing with Kevin O'Mara on stage at the Community Carols at Stiggants Reserve, on Saturday December 15th, are welcome to do so. Kevin is performing two songs with some of the School Bushband instrumental players accompanying him. He would like children from the school to join him on stage to sing the second song, *Warrandyte Christmas*. The performance will begin around 7.30 – 7.40pm. Kevin will have a couple of practices at school with the children who will be participating. It is a wonderful community family night, so come along and join in the Christmas cheer.



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Sport News



3/4 Orienteering

Last Friday all our Year 3/4 students participated in the Western Zone Orienteering championships. This year this was held at Hawkestone Park in South Morang. A picturesque setting with plenty of rabbits and kangaroos out on the course! Eleven schools competed with nearly 500 students in total.

Our students are to be congratulated on their performances and effort and to finish 3rd overall is a fantastic achievement.

Our students in the top 3 placings are :

Year 3 girls-pairs

1st—Freya and Marley

2nd—Paige and Maddie A

3rd—Gemma and Evie

Year 4 girls-pairs

2nd—Scarlett and Mia

Year 4 girls-solo

2nd—Zara

Year 3 boys—pairs

1st—Joe and George

Year 4 boys-pairs

1st—Jacob H and Henry

Well done everybody!.

House Swimming Sports

Forms are coming home for students to choose their events for our swimming sports to be held on Monday 4 February, 2019 at Aquarena in Doncaster. Please ensure the form is signed as this is the authority for your child to attend. As this event is very soon after the start of the new school year, I require all forms to be returned before the end of this year. I will not be able to place students in their choice of events if I receive forms next year. Please note I need your child's age as of the 31 December 2019 so they are placed in the correct age group for the year. Thank you.

School Uniforms

There are several uniforms that students borrowed for Basketball, can these please be returned asap.

Lost Property

As the end of the year is quickly approaching can parents please take a moment to check through the piles of clothing, lunch boxes, drink bottles and personal items. Lost property can be found in the old multi purpose building.

Creativity

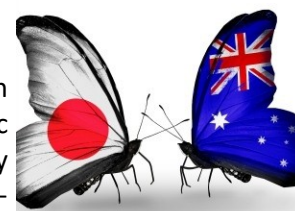
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Australia-Japan Skype Success

Congratulations to Holly B., Sophie M., Max M., Zara and Maddie for the awesome way in which they represented our school this week in the Skype session to Japan. It was fantastic to see the Japanese students (at Aso East Elementary School in Ibaraki Prefecture) only speaking in English to our students, with the WPS students then replying only in Japanese. Even though our students were ready with their own self introduction in Japanese, they also had to be prepared to answer questions about their pets as well as sports, games and animals that they like, only in Japanese. Despite initial nerves, it was a big success on both sides, and this trial run will hopefully lead to Skype sessions on a bigger scale with more students involved next year.



Apart from technical difficulties on the Japan side on Tuesday causing the Skype session to be delayed by 24 hours, the only other 'fail' was our attempt to play Rock Paper Scissors – known as Jan Ken Pon in Japanese. The teachers failed to consider the 1 to 2 second video and audio delay on Skype. Which made for hilarious attempts by the students to play the game between countries. We called it an international draw in the end.

Sensei (Tracey)

Kirsty Pring GoFundMe Campaign

<https://www.gofundme.com/kirsty-pring-lets-help-her>

Many in the WPS community will know Kirsty Pring, whose 3 children attended the school a few years ago. Kirsty was School Council President for a number of years, as well as being a lynchpin in so many school events while her children were students here, and afterwards. She was also famous within the school community for sewing hundreds of costumes for WPS school concerts over many years. As recently as March this year, Kirsty was sewing bunting to decorate the school float for the Warrandyte Festival parade.

Kirsty is now very unwell and a GoFundMe campaign has been recently established by the Victorian Men's Netball League to support her and the family, since both of Kirsty's sons play in the VMNL Under 18 Championship teams.

On 1st of January 2015 Kirsty discovered she had Leukemia. She had an extremely tough time but eventually recovered in late 2016 thanks to a stem cell transplant. This year, Kirsty was diagnosed with bile duct cancer. The two are unrelated – it's just incredibly bad luck. She is currently having chemotherapy but is facing a tough prognosis, as her bone marrow is not recovering well due to the previous stem cell transplant. The current treatment affects all aspects of her life.

Kirsty and her husband Brian, with children Megan, Ronan & Lewis arrived from the UK 19 years ago, and have no family support here in Melbourne. Like most of us, Kirsty has a bucket list and the GoFundMe campaign has been established to help her tick some of these things off. Kirsty would love to see the sights of Tasmania or New Zealand whilst she is well enough to enjoy them, and perhaps even travel back to England to see her family again.

If any WPS families wanted to support this GoFundMe campaign, it would be very much appreciated.

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OSHC News



It's been a very busy week at O.S.H.C with the Christmas Pottery incursion taking place each evening. Our Warrandyte pottery guru Jane Annois has been in the Gazebo teaching students how to create all kinds of pinch pots and even use ceramic paint to highlight the features.

We have also been loving the leftover voting cardboard boxes, thank you V.E.C and Cherise!

The developmental opportunities that the open ended boxes provide have led to amazing designs, imaginative play, team work and collaborative problem solving.

Tara, Hayley and Sarah



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Uniform Shop News

In line with the new uniform policy regarding skorts, we are now stocking a new design skort in a nicer quality fabric (see image), great value at \$18. Sports tops are now in stock for Grade 3-6s. Come in and look at our second hand uniform range, all items \$2. We also have our clearance stock, limited new items now at \$5.

Donations of second hand uniforms are always welcome, please leave at the office at any time. All profits go back to our school.

Reminder that the uniform shop is open every Tuesday at 9am and 3.15pm, or use an order form at the office at other times.

Robyn & Na



JOB VACANCY – GARDENER

Local garden maintenance business looking for casual worker for 2-3 days per week during school hours.

Someone with horticultural experience preferred but not essential. Looking for someone: with a reasonable level of fitness as the work can be strenuous; who is prepared to work in all weather; have a good eye for detail; good interpersonal skills; reliable



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Warrandyte Bridge Bus Stop Information

We're upgrading the bus stop on Yarra Street at the Warrandyte Roundabout on to make it longer, safer and more accessible to passengers.

This means longer (bendy) buses on route 906 can safely operate from the stop every 5 minutes during the morning peak hour and every 15 minutes during the day on weekdays.

Permanent changes to bus routes

From 19th of November buses on routes 364, 578 and 579 will bypass this stop permanently.

Temporary changes to the 906 during construction

While the bus stop is being built the Yarra Street bus stop will be temporarily closed to the 906, for four weeks, commencing 19 November.

A summary of the changes is below for you to share with your students, parents and local community.

Bus Route	Change
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364	From 19 th of November buses will no longer stop at the stop on the Warrandyte bridge roundabout. Nearest stop is at Webb Street.
578	From 19 th of November buses will no longer stop at the stop on the Warrandyte bridge roundabout. Nearest stop is at Webb Street.
579	From 19 th of November buses will no longer stop at the stop on the Warrandyte bridge roundabout. Nearest stop is at Webb Street.
906	From 19 th November for four-weeks, buses will not use the stop at the Warrandyte bridge roundabout while it's being upgraded. Temporary stop is located at Webb Street.



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**WARRANDYTE
NETBALL CLUB**

www.warrandytenetball.org



**term 1
netsetgo for
5-7 year olds**

**starts:
monday
4th feb 2019
(8 weeks)**

To register email us at: registrar@warrandytenetball.org

Sick Bay Laundry Roster

Fiona Spring 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



FIRST AID KIT FUNDRAISER

Our very own Harrison & Henry will be representing Australia in the U11 Futsal Cup in Spain in December. To help all families that will be travelling to Spain a fundraiser has been organised, with fabulous first aid kits available for purchase which are well under recommended retail price. There is a sample first aid kit and order forms at the office, or order online at

<http://mymedikit.com.au/mbfa>

Your kit will be available for pick up from the office early December.

Thanks for your support .



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WFC SPAIN 2018 FUNDRAISER



All proceeds will go directly to help the MBFA
Spain junior teams travelling to Spain for the
World Futsal Cup in December
in the U11, U13 & U15 Age groups

Order your First Aid kit today online!
Special prices for fundraiser, kits priced below RRP
<http://mymedikit.com.au/mbfa>



**PERSONAL
FIRST AID KIT**

\$20



**FAMILY PLUS
FIRST AID KIT**

\$65



**SPORTS TEAM
FIRST AID KIT**

~~\$85~~ **\$65**



**LARGE WORKPLACE
FIRST AID KIT**

\$110



**SPORTS CLUB
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