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WYPS NEWS

1st August 2019

Dear Parents,

OUR NEW BEANIES

Our new beanies have been a big hit with staff and students. They look terrific and trust me from someone with no hair they are very warm. If you are interested in getting one they can be purchased at the office for \$20.





FIRST PREP TRANSITION

Doesn't the year go by fast? Last week we had our first prep transition for the year. It was very well attended with our 2020 prep students making a very beautiful giraffe as their main activity. Our staff did an amazing job as always with our first time pre-schoolers all leaving happy.

Just a reminder that we have stopped talking <u>any</u> enrolments for outside our local school zone for 2020 at all year levels.

NEW PLAYGROUND

In around two to three weeks' time, students and parents will start noticing most of our tired and old playground equipment nearest to the chook shed is going to start being dismantled. School Council has approved for new equipment to be installed. The new equipment should be ready for term 4 depending on the weather and access to the site.

LIONS CLUB OF HEALESVILLE

The new playground equipment mentioned above is a very expensive to purchase and have installed. A month ago I applied for a grant to the Lions club to help contribute to the cost.





IMPORTANT DATES

2019 **Thursday 1st August** Grades 5/6 Group 2 **Holocaust Museum Visit** 100th Day of School! Wednesday 7th August Ski Trip 3/4's & 5/6's Friday 9th August 5/6 Sports vs Healesville Tuesday 13th August — Thursday 15th August Inspiro Health Thursday 15th August **Prep Transition 2.10pm** Friday 16th August Special Lunch Order Day Friday 16th August PA Movie Night after school Wednesday 21st August Life Ed Van visits Wednesday 28th August Harold's Breakfast **Thursday 29th August**



Preps to Chesterfield Farm

Father's Day Stall

Friday 30th August

Continued

Last night our two school captains, Carol Gerrard and I went to a special Lions Club dinner where our school captains accepted a cheque for \$1000 to go towards the play equipment. I would like to thank all the Lions club volunteers for everything they do in helping community partners like us. Your fundraising work is much appreciated.

LETTERS OF GRATITUDE

It is true in life that when people are upset or unhappy you tend to hear about it straight away, however we don't receive letters of gratitude very often. I would like to thank the parents that did recently write glowing letters of gratitude to Mrs Eckhardt, one of our grade 3/4 teachers and Miss Greig one of our Prep teachers.

Even though we will always have things to work on, we do know as a school we are traveling very well, but it is always nice for individuals to be recognised for the great work they do.

PARENT SURVEY

Some of our parents were randomly selected last week to fill out an online survey by the department of education. In recent years a lot of parents have not filled out the survey which has left the school with data that was hard to use because of the small sample size. If you did receive a survey could I please ask you to complete the survey? Results will help us to recognise priority areas for improvement in the future.

Have a great week!

And remember when life gets a little difficult, escape to the wonderful world of a book!

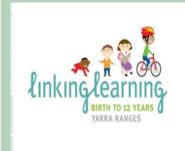
Oliver Thockloth, Principal

1 Opened a Book

"I opened a book and in I strode. Now nobody can find me. I've left my chair, my house, my road, My town and my world behind me. I'm wearing the cloak, I've slipped on the ring, I've swallowed the magic potion. I've fought with a dragon, dined with a king And dived in a bottomless ocean. I opened a book and made some friends. I shared their tears and laughter And followed their road with its bumps and bends To the happily ever after. I finished my book and out I came. The cloak can no longer hide me. My chair and my house are just the same, But I have a book inside me."

Julia Donaldson





Supporting School Success - Wellbeing Report

Term 3 Dates-

Woori Wallabies Playgroup –started back 23rdJuly Tuesdays 1:30-3:00pm

Breakfast program Tuesday & Thursday—cooking room 8:15am onwards

Every Thursday 9-10am-parent morning coffee in the multipurpose room

Interchange sibling club- Thursday 3:10-5:15pm 'Boys to Men' event on Monday August 26th



Our numbers are growing and so is the volume of traffic. Before and after school are busy times and getting people in an out of the school needs to be done safely. Please park in the dedicated parking areas and in particular, **please do not double park on the nature strip.** The Presbyterian church across from the school are happy for families to park and wait, and under Dawn's supervision families can cross the road safely using the school crossing. A reminder to everyone that the speed limit in the school speed zone during specified times from 8.00 - 9.30 am and 2.30 - 4.00 pm is 40 km/h. Each year we consistently have marked and unmarked police patrolling the stretch of road outside the school.

Lunches

We have some children complaining that they are starving at break times. If children are hungry this really impacts on their concentration, moods and their learning. When the weather is cold our bodies burn more energy to stay warm so please talk to your kids and adjust their lunchboxes accordingly. My advice is to always send extra food and then parents can monitor hunger levels and have conversations about nutrition.

Inspiro Dental Program-Week 5

The Inspiro dental team will be returning to the school on Tuesday the 13th of August. It's not too late for students to be seen and this service is open to all children including pre-schoolers. Please see the ladies at the office or myself for notices.

Attendance

Fantastic news that parents are using COMPASS and I am pleased that parents are calling to explain absences. This really helps us as we are able to communicate effectively with all relevant staff early in the school day. Thanks everyone!

School Notices & Parent Consent forms

We have offered a number of outside events including sports days and our time is absorbed with chasing consent. Please return notices including all consent forms as soon as possible.

Medication

For children who need medication, our office ladies, Nat, Ellen and Libby or the teacher administer treatment. Parents need to bring medication before school to the office and complete a medication form.





Social & Emotional Wellbeing Programs

We want all students to develop positive ways to interact with each other and to form healthy relationships. We are offering social skills groups to a number of students across the school and we are continuing to do our Play is the Way program in our classrooms. The more we talk about and discuss these skills, the more they become an automatic response and behaviour.

Across the week we have a number of opportunities for students to feel supported with their friendships whether it's during break times out in the vard/electives, seeing our welfare team or being a part of our social skill groups. This week are starting our grade 3/4 Circle of Girls program with Uniting from the Safe Futures Foundation and we have Moya Matthews from Strong Minds Psychology working with some of our grade 5/6 girl friendship groups.

In the senior school will have our 'Boys to Men' event on Monday August 26th and we will be offering our Sexuality Program to the Grade 5 and Grade 6 students starting on Wednesday the 21st August. Please speak to staff if you would like to learn more about the programs and the strategies we use to help get the best out of our students.

Tips for Parents!

- Staying calm and using a calm voice.
- Letting everyone share their opinions.
- Listening to everyone before making a decision.
- Telling others your ideas and how they are feeling.
- Trying to find a way to solve the problem by saying things like-
- 1. Let's trv...
- 2. How about...
- 3. We could...
- What if we...

Play is the Way Prep-Grade 6

'Play is the Way' is a practical program for teaching social and emotional learning using guided play, classroom activities and an empowering language - behaviour education using wisdom, not force. In classrooms across the school the teachers are running Play is the Way sessions to address difficulties and to help support children to manage their emotions and reactions.

The program emphasises that more is learnt through failure than success. It is important to challenge children to the point of failure for them to learn persistence, resilience and courage. When children play the games in groups they learn collaboration, cooperation and group problem solving. They learn that they have a responsibility to the group and that their behaviour and actions impact either positively or negatively on every member of the group. A teacher (and parent) shows respect to a child by having realistically high expectations and expecting success without rescuing.



Reflective Language-

- "Right thing or wrong thing to do?"
- "Strong decision or weak moment decision?"
- "Feelings or thinking in charge?"
- Am I trying to hurt you or help you?"
- "Are you running away from the problem or dealing with it?"
- "Being your own boss or asking me to be the boss?"

The session often involves a lot of talking, movement and laughter. Each new game requires students to face new challenges as an individual and together as part of a team. Each challenge incorporates our golden rules:

- Be brave participate to progress.
- Pursue your personal best no matter who you work with.
- It takes great strength to be sensible.
- Treat others as you would like them to treat you.
- Have reasons for the things you say and do.

Supports

We promote many opportunities for families and students to be an active part of our local community and encourage parents to be a part of our extra-curricular activities. Our welfare team are available to support families in times of need as we have established partnerships with a number of services.

- Students can be referred to DET psychologist or speech therapist.
- DET school nurse for general health checks including vision and hearing.
- Student counselling-students can access counselling via a mental health care plan referral from a GP. Shine Bright Psychologycounselling service for students with psychologist Simone Turner.
- Eastern Health-Nutrition and Health support.
- School Chaplain-Veronica Tirchett (Tues & Thurs).
- School uniform & State School Relief-Veronica and I can help with uniform assistance.
- Veronica and I accept and appreciate all second hand uniform donations. All funds raised support our school breakfast program. Your generosity allows all our children to have a healthy start to the day. Keep it coming!
- Shire of Yarra Ranges Head Lice Program-whole school screening once per term screened by the Shire nurse.

Urgent-Clothing needed

Thank you to those parents for the donations of spare clothing. We regularly assist children with toileting accidents and we are desperate for girl's leggings in all sizes. We try hard to avoid asking parents to come down to change their child so any donations will help out enormously. Also, provide your child with a change of underwear in their bag.

Lost Property

This is a shout out for parents to collect lost property. We have a large stock pile of lost jumpers in the alcove (in the corridor near the staff room). Please drop by and go through them, if clothing is found around the school it eventually makes it way here. Thanks!

Head lice Update

All families need to continue to be vigilant and screen their children's hair. Please notify the office or tell your child's teacher when you treat your child so lice alert notes can be sent home. I will book the Shire of Yarra Ranges School Nurse to screen all our students shortly. Reminder-any child found with live lice will be excluded from school until they are treated.

Playgroup Dates & Themes

23rd July- Winter 30th July- Mini beasts 6th August- Books (Eastern Library Story Time visit)

13th August-Pets

20th August-Circus

27th August-Father's Day

3rd September-Superheros (last session for the term)

10thSeptember School Production Matinee performance-The Wizard of Oz-special time at 11am, parents need to register with Playgroup.

Playgroup is on every Tuesday at 1:30pm in the Multi-purpose room. Please spread the word that Woori Wallabies Playgroup is open to anyone in the community. Don't forget to bring a piece of fruit! We welcome all parents and carers to be a part of our group and we appreciate parents helping us run the program.

Primary Welfare Officer

Andre Campbell



Resilience can be described as the capacity to withstand stress and catastrophe and bounce back. Psychologists have long recognized the capabilities of humans to adapt and overcome risk and adversity. Individuals and communities are able to rebuild their lives even after devastating events.

Being resilient doesn't mean going through life without experiencing stress and pain. The road to resilience lies in working through the range of emotions and effects of stress and painful life events. Usually resilience develops as people grow up and learn better thinking and self-management skills and gain more knowledge. Resilience also comes from supportive relationships with parents, peers and others, as well as cultural beliefs and traditions that help people cope with the inevitable bumps in life.

Factors that contribute to resilience include:

- Close relationships with family and friends.
- A positive view of yourself and confidence in your strengths and abilities.
- The ability to manage strong feelings and impulses.
- · Good problem solving and communication skills.
- Feeling in control.
- Seeking help and resources.
- Seeing yourself as resilient (rather than as a victim).
- Coping with stress in healthy ways and avoiding harmful coping strategies.
- Helping others.
- Finding positive meaning in your life despite difficult or traumatic events.

Fuel for resilience

Psychologist Barbara Fredrickson and her colleagues have found that positive emotions are the "fuel" for resilience. They help people find some meaning in ordinary and difficult events. Finding meaning in life events leads to more positive emotions, which in turn leads to a greater ability to find meaning and purpose. Fredrickson calls this an "upward spiral" of greater wellbeing. These positive emotions account for "their better ability to rebound from adversity and stress, ward off depression and continue to grow." Their increase in happiness came from feeling good; not from avoiding feeling bad. The reason positive emotions predicted resilience and greater happiness is that positive emotions help us build skills and internal resources. Positive emotions like kindness, amusement, creativity, and gratitude provide us with character strengths that we can draw on in stressful times. In other words, "Happy people become more satisfied not simply because they feel better, but because they develop personal resources for living well."

Blessings,

Veronica

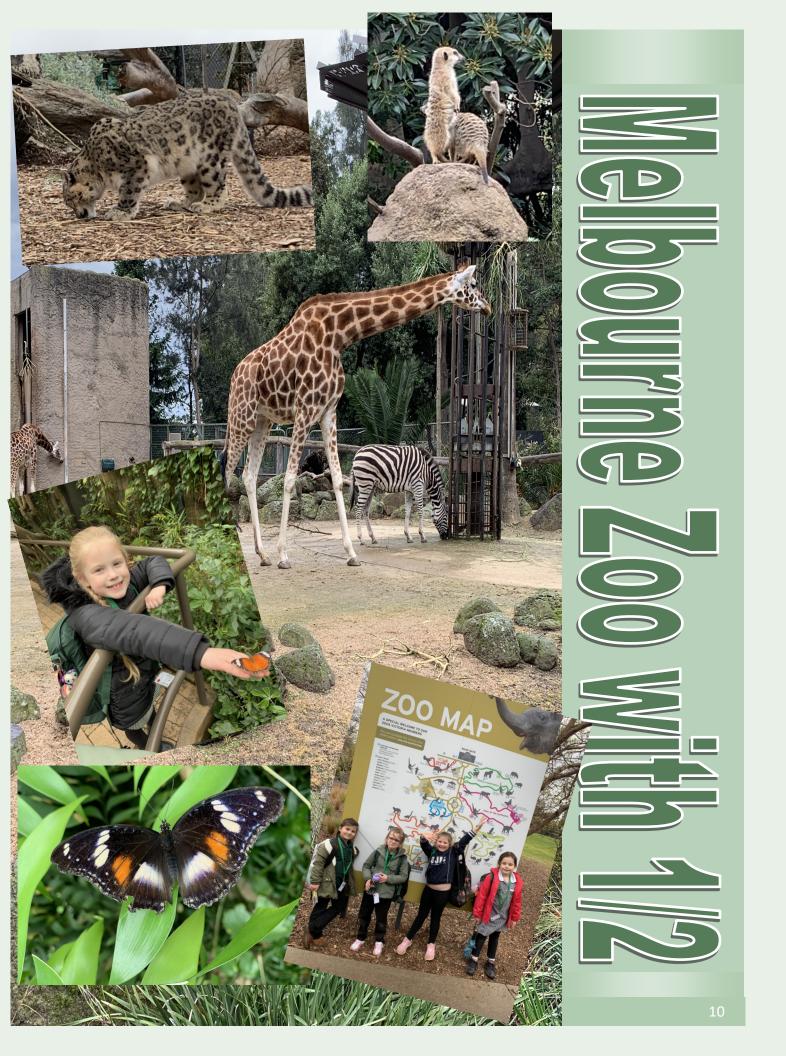




Speaking Competition









WICKED the Musical is coming to MLMC



For the 2019 College Musical MLMC is proud to present Stephen Schwartz's *Wicked* — the untold true story of the Witches of Oz. Long before Dorothy dropped in, there is another girl, born with emerald-green skin — smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikeliest of friendships... Until the world decides to call one "good" and the other one "wicked".

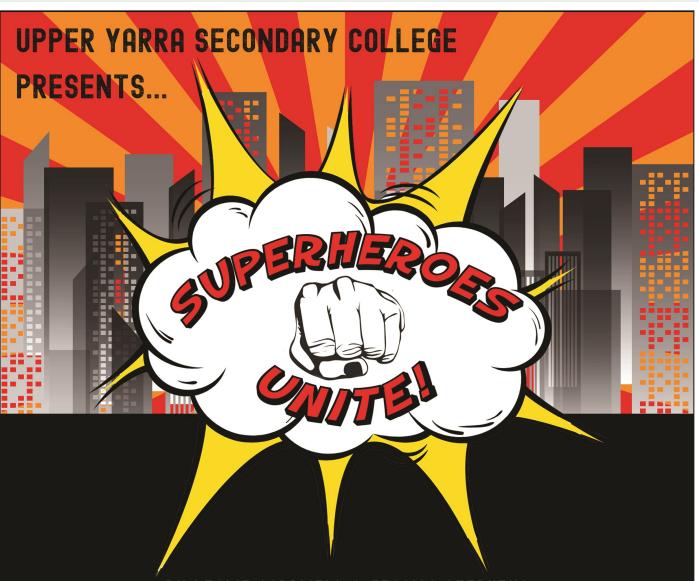
Our production involves a cast and crew of over 70 students from across all year levels. This talented group (pictured below) has been rehearsing since March (including during the first week of their July school holidays) and they are responsible for all aspects of the musical including vocals, acting, dance, as well as technical lighting and sound design. No doubt all their dedication and hard work will pay off on opening night.

Performances will be in Centennial Hall over four nights:

- Wednesday 7 August at 7.30pm
- Thursday 8 August at 7.30pm
- Friday 9 August at 7.30pm
- Saturday 10 August at 7.30pm

Ticket prices are only \$12 and you can book here: MLMC Musical 2019 WICKED

Don't miss out — you're in for a treat.







WEDNESDAY 14TH AUGUST
THURSDAY 15TH AUGUST
FRIDAY 16TH AUGUST
7:30PM



Enquiries: Tessa Kinsella & Lisa Vanderkolk 59671877 Bookings: www.trybooking.com/BCRWW

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INSTORE & ONLINE THURSDAY 8TH AUGUST.

* Excludes gift cards, all suit packages & Schoolwear layby's. Cannot be combined with other offers or discounts. Floor stock only

Styles and colours may vary from store to store.

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HEALESVILLE

20TH AUGUST





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The Yarra Centre

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Every Wednesday

Please bring your Bendigo Bank passbooks to school on Wednesdays

Thank you, Nat, Libby & Ellen



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Welcome to our WYPS business Directory that will appear at the end of each newsletter. It's a fantastic way to advertise your business and an opportunity for the school community to support each other. All you need to do is email an electronic copy of your business card or business advertisement (could be a special offer for WYPS families) to woori.vallock.ps@edumail.vic.gov.au.





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