

Woori Yallock Primary School  
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# WYPS NEWS

16th August 2018

## Across Oliver's desk

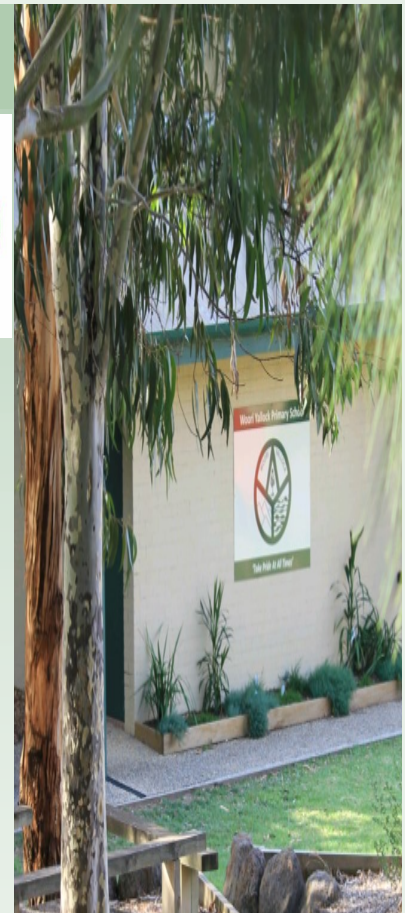
Dear Parents,

I would like to thank all the parents that have given me such positive feedback about the school lately. The past two weeks have been very exciting with lots of terrific announcements and achievements which I've tried to list below.

### Yarra Valley Public Speaking Competition

Congratulations to Jena Schaak and Serena Walker who represented our school at the Yarra Valley interschool speech competition last week. Six schools entered the competition, Jena and Serena competed against 11 other students. Jena was judged first place and Serena was officially judged third. Their speeches were brilliant as was the content, which I thought was far superior to the other contestants. The support from our teachers was also brilliant, 13 staff members attended, easily more than any other school which again demonstrates the commitment of our teachers and the importance we place on the skill of teaching public speaking.

Our school has entered the competition for the past five years and won each time. I feel it demonstrates how well our teachers prepare and teach our students the important art of public speaking. Each year I am always asked by the toastmaster judges how we are achieving such a high standard with our finalists. My answer is always the same, we do the speech competition like we do everything else, whole school with every teacher knowing exactly what each other is doing and what the next level of expectation is. Having said that, I couldn't have been more proud of Jena and Serena which I think you can see on my face in the photo.



### IMPORTANT DATES 2018

**Tuesday 14th - Tuesday 21st  
August**

**Life Ed Van**

**Friday 17th August**

**Breakfast with Harold**

**Wednesday 22nd August**

**Poetry Celebration**

**Thursday 30th August**

**Father's Day Stall**

**Friday 31st August**

**Preps to Chesterfield Farm**

**Monday 3rd September**

**Grade 5/6 Boys to Men**

**Tuesday 4th September**

**Prep Transition 2.15—  
3.00pm**

**Tuesday 11th—Thursday 13th  
September—The Jungle Book  
Production**

**Friday 21st September**

**Last Day Term 3**

**IT'S NOT OK  
TO BE AWAY**

Continued .....

## Hoop Time

Last week our 3/4 students and our 5/6 students all competed in the Yarra Valley Hoop Time basketball competition. The best thing about Hoop Time is that students that have never played basketball before get to play against other students who are rookies to the sport. Our more experienced basketballers play against the top teams from other schools. Our students represented the school really well and made us very proud.

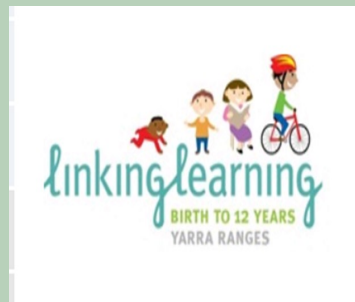
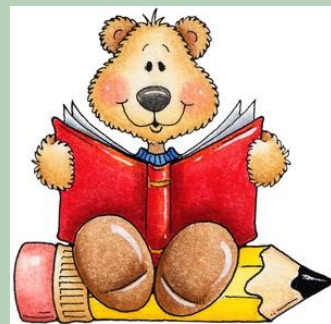
Our grade 5/6 all-star girls won their grand final and will go through to the state competition as will our 3/4 all-star boys who also won their grand final. Future stars team also won their grand final, however they do not progress to the next level but we are still very proud of their



efforts.

## Life Education and Harold's Breakfast

This week our students have taken part in Life Education program. Across the school they have learnt about food and nutrition, personal safety, physical activity, cyber safety, medicines, tobacco, alcohol and caffeine. The lessons are tailored to appropriate year levels and is delivered in terms of decision making. We celebrate life education every year by holding Harold's Breakfast where the teachers cook and have breakfast with the children. Students are encouraged to wear pyjamas on this day. Below are some photos from last year.





Continued.....

### **More Schools visiting us**

Last week another two schools visited our school to look and learn from our teachers. At Woori Yallock P.S. we are very happy to share our practice with other schools as we know educators learn very effectively from each other. We have had more than a dozen schools visit us this year, visiting schools always comment on how amazing our students are at sharing their goals and learning expectations.

### **Poetry Celebration**

Our poetry celebration open afternoon is next Wednesday the 22<sup>nd</sup>. Stay tuned for a Compass update. I look forward to hearing lots of fantastic poets sharing their masterpieces.

### **Pick up from classrooms at the end of the day**

Please remember we would like all parents to wait outside classrooms until the bell goes at 3:10pm. Please do not wait in the corridors or look and wave through classroom windows. The end of the day is never the easiest time for teachers. Having parents distract the students is really the last thing the teacher needs as they try to hand out notices and give instructions for the requirements for the next day. I hope our whole parent community will be understanding about this.

Have a great week!

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

Oliver Thockloth  
Principal



## Supporting School Success!-Wellbeing Report

### Term 3 Dates-

Woori Wallabies Playgroup –Tuesdays 1:30-3:00pm

Kinder transition dates-Tuesday 16<sup>th</sup> August &

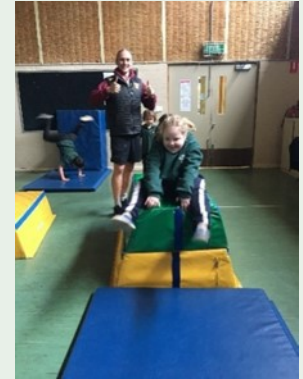
Tuesday 4<sup>th</sup> September

Breakfast program Tuesday & Thursday-cooking room

8:15am onwards

Every Thursday 9-10am-parent morning coffee in the staffroom

Interchange sibling club- Thursday 3:10-5:15pm



### Life Ed Van & Harold

This week across the whole school Harold the Giraffe and Jan will be here giving healthy choice lessons in the Life Education Van. Life Education Australia is the nation's largest not-for-profit provider of drug prevention and it visits our school every year delivering important information and experiences relating to healthy life style choices and awareness of the effects of drugs on the body. It teaches positive awareness of self and supports the development of assertive behaviour. The children love the learning experience in the van and adore working with Healthy Harold who visits assembly to spread his good influence.



### Sexuality Education

Growing up and puberty are experiences we all go through. Children at this age have questions, curiosity and sometimes worries that relate to their bodies, babies, friends and other relationships. The process of puberty can start as young as eight among some children. The different ages at which children start puberty can make it difficult for them as they observe themselves or their peers changing. All children need to know about puberty before it happens.

Our Sexuality Education program promotes students' social skills, health and wellbeing and runs in close parallel to other programs such as the Life Ed Van program. This week we will be starting our program with our Grade 5 and Grade 6 students and we see the value in tailoring our program across all the grade levels. Our teaching methods are interactive which allow students to consider their beliefs, thoughts and feelings, enabling them to ask questions and engage their families. Our key messages are about relationships and how physical changes are common to all people, the biological facts and the chance to discuss concerns with understanding peers and adults. The feedback I've had from students has been fantastic. This program gives them all the same information so they all have shared common knowledge and understanding.



I have brochures available for parents and students to help you have conversations about puberty. Please see me if you have any concerns.

### School Drop Off & Pick Up Safety Message

Our numbers are growing and so is the volume of traffic! Before and after school are busy times getting people safely in and out of the school. When travelling through the kiss and drop we need parents to make sure kids get out of cars on the left side only. Also 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. We consistently have marked and unmarked police patrolling the stretch of road outside the school. Please see Flick's Compass message for the Kiss & Drop guidelines.

### Emotional Intelligence - Play is the Way Program

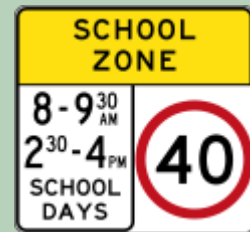
#### The five skills of emotional intelligence

- Self-awareness
- Self-control
- Self-motivation
- Empathy (awareness of others)
- Managing relationships

Making social skills a key focus at home and school helps develop every other area of a child's development. Developing the skills of critical thinking will help children to analyse and understand their own behaviour and that of their peers. Verbal reasoning is a must if children are to be able to explain their actions and feelings and developing literacy skills allows children to write down and reflect upon their own experiences. All of this takes time and we must give it the time it needs both at school and at home. These understandings will keep our children safe in times of crisis, trouble, misunderstandings and pain. They will help guide our children's reactions, words and thoughts in a way that is considerate of themselves and others. Ask your child how they have managed challenges this week and discuss the decisions they made, did it help them or hurt them?

### 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.







### **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**

Notices will be printed on green paper and sent home on Wednesday. Please return notices including all consent forms as soon as possible, to reduce the time teachers spend chasing consent.

### **Medication**

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

### **Second Hand Uniform**

Veronica and I accept and appreciate all second hand uniform donations. All funds raised through their sale, supports our school breakfast program. Your generosity allows all our children to have a healthy start to the day. Keep it coming!

### **Urgent-Clothing needed**

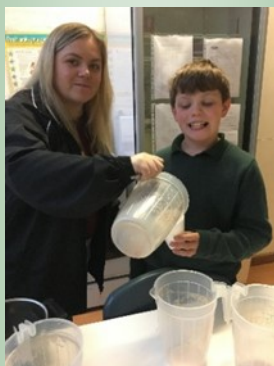
Thank you to those parents for the donations of spare clothing, everyday we have at least 2 students who fall over and need changing. We also regularly assist children with toileting accidents and we are still need size 8/10 pants and/or leggings and polo shirts. We try hard to avoid asking parents to 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 and items from 3/4 camp 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!

### **Grade 6 Graduation Fundraising**

The Grade 5/6's will tempting everyone in the school with a number of special treats throughout the rest of the year. Every Monday at recess hot milos are for sale for \$1.00 and we would like to thank all the parents for supporting it. To reduce waste please send in a reusable plastic cup, if possible.



## 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.**

## Intervention Programs & Fast 4Word at Home

Students are thriving in their support programs. Many classrooms are using the Fast for Word program and many families have expressed an interest in their child accessing the program at home. Last year the feedback I had from many families was extremely positive, that parents were pleased to see their children's enthusiasm and they were motivated to do the activities. If you would like to know more about our intervention programs please talk to Michele / teachers and myself about your child's progress in-

- LLI
- Quick Smart Literacy
- Quick Smart Numeracy

## Playgroup Dates & Themes

**7<sup>th</sup> August- Books (Eastern Library Story Time visit)**

**14<sup>th</sup> August-Pets**

**21<sup>st</sup> August-Circus**

**28<sup>th</sup> August-Father's Day**

**5<sup>th</sup> September-Superheros & Prep transition (last session for the term)**

**11<sup>th</sup> September School Production Matinee performance-**

**The Jungle Book (all playgroup families welcome, please register your interest at 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.

## Blood Bank in the area-advertisement

**WE'RE  
IN TOWN**

Roll up your sleeves  
and give blood



**Lilydale Mobile Donor Centre**  
Baptist Church Complex, Cnr Hull & Swansea Rds, Lilydale 3140

Appointments available:

Monday 3 September	12.00 pm – 7.30 pm
Tuesday 4 September	12.00 pm – 7.30 pm
Wednesday 5 September	1.00 pm – 7.30 pm
Thursday 6 September	12.00 pm – 7.30 pm
Friday 7 September	8.00 am – 3.30 pm

Make an appointment today.

Call 13 14 95 or visit  
[donateblood.com.au](http://donateblood.com.au)

 Australian Red Cross  
**BLOOD SERVICE**

### Before giving blood:

Drink up - in the 24hrs before donation, especially in warm weather, and have at least 3 good sized glasses of water/juice in the 3 hours prior to your visit.

Eat up - make sure you eat something in the 3 hours before donating.

Bring ID - please bring at least form of photo identification.

Primary Welfare Officer  
Andre Campbell



# Chaplain's Chat

Are you aware that the way we breathe can help lessen our levels of stress? We are now more stressed than ever and the feeling can be crippling, with almost 5 million Aussies suffering from stress at least once a week. So, can taking a deep breath really reduce your stress levels? And if so, how? Generally, when a person is stressed they take quick shallow breaths, sending a message to their nervous system to release a flood of stress hormones (like adrenaline, noradrenaline and cortisol). On the other hand, taking slow and steady breaths, signals to the brain that everything is ok, helping to calm the mind and reduce the physical symptoms of stress.

The power of breathing has long been recognised as a helpful tool to promote calmness, with recent research highlighting the strong neurological connection between stress and breath. So, why not give it a try? Following are a few easy breathing techniques that will help you relieve stress today. Thankfully, these are techniques you can try at your desk or workplace, in the car or in the comfort of your home to help you unwind from a stressful day. Happy Breathing!

## **Pursed Lip Breathing**

Breathe out for double the amount of time you breathe in.

Take a normal breath in through your nose for 2 counts.

Pucker your lips and breathe out for 4 counts.

Repeat for 10 rounds.

## **Diaphragmatic Breathing**

Place one hand on your chest and the other on your stomach while sitting or standing.

Breathe in deeply and slowly through your nose, feeling air filling your stomach not your chest).

Breathe out slowly through your lips.

Keep breathing for 5 – 10 minutes.

## **Teddy Bear Breathing**

Get your child to lie down with one hand on their chest and their favourite stuffed animal on their belly button.

Ask them to close their eyes and relax.

Encourage them to make the stuffed animal on their tummy rise - not their chest.

After a full breath, hold it, count to 3, and then ask them to breathe out.

Repeat until they feel relaxed.

Hope you find these breathing techniques helpful.

Blessings,

*Veronica*



WOORI YALLOCK PRIMARY SCHOOL  
PROUDLY PRESENTS

# THE JUNGLE BOOK

Where: Woori Yallock Primary School Hall

Tuesday 11th September at 11.30am

Wednesday 12th September

Junior School at 6:30pm Senior School at 7.30pm

Thursday 13th September

Junior School at 6:30pm Senior School at 7.30pm

Tickets can be purchased through Try Booking from August 20th 2018.

Due to very limited seating, you can only attend one session that your child is appearing in. Tickets are limited to 5 seats per family for the entire production & 10 seats per family for the matinee.

Matinee tickets \$4.00

Evening performances are in two sessions:

Junior School Performance only: \$4.00 Adult & \$2.50 Child

Senior School Performance only: \$4.00 Adult & \$2.50 Child

Whole Performance: Adults \$8.00 & Children 2-16years \$5.00

# THE JUNGLE BOOK

A WILD MUSICAL FOR ALL THE FAMILY!



These links will take you straight to the  
Woori Yallock 'The Jungle Book' event to book your tickets.

<https://www.trybooking.com/405387>

<https://www.trybooking.com/XBRV>

Any queries please contact the school office





# Launching Place Cricket Club Junior Registration Day & Sausage sizzle

Wednesday 29th August  
2018

4-5:30pm at Wickhams Rd Launching Place  
Cost \$55 per child include club cap

Age groups

Under 10 (Friday Night)

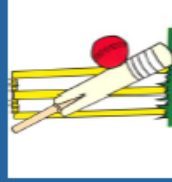
Under 12 (Saturday Morning)

Under 14 (Saturday Morning)

Under 16 (Friday Night)

All Boys and Girls welcome

Any enquiries contact Leah Parker 0411417253



SEVILLE NETBALL CLUB ARE CURRENTLY RECRUITING  
PLAYERS OF ALL AGES – UNDER 9s THRU TO OPENS –  
FOR THEIR SPRING SEASON

## NEW PLAYERS MOST WELCOME

SEASON COMMENCES ON SATURDAY 13<sup>TH</sup> OCTOBER  
WITH ALL GAMES TO BE PLAYED AT  
PINKS RESERVE NETBALL COMPLEX, KILSYTH

TRAINING TUESDAY OR WEDNESDAY NIGHTS  
AT THE SEVILLE NETBALL COURTS

REGISTRATIONS CLOSE 22<sup>ND</sup> AUGUST 2018

PLEASE CONTACT SUE LENNIE TO REGISTER  
PH. 0438 709 772 OR 5964 3514  
OR EMAIL [sevillenc@outlook.com](mailto:sevillenc@outlook.com)



HEALESVILLE HIGH SCHOOL  
PRESENTS

# ROCK AGES

*HIGH SCHOOL EDITION* <sup>TM</sup>

AUGUST 23RD, 24TH, 25TH

## EARLY BIRD SPECIAL

ADULT \$15.00

CONCESSION + \$10.00

FAMILY\* \$40.00

+ MUST HAVE VALID CONCESSION OR STUDENT CARD  
\* 2X ADULT TICKETS AND 2X CONCESSION TICKETS

### TICKETS ON SALE NOW!

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

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IMAGINE. CREATE. BEHOLD 

OR  
(03) 5962 4088



**HEALESVILLE**  
HIGH SCHOOL

BOOK BY CHRIS D'ARLENZA  
ARRANGEMENTS AND ORCHESTRATIONS BY ETHAN POPP  
ARTWORK DESIGNED BY AKASH  
BY ARRANGEMENT WITH ORIGIN THEATRICAL ON BEHALF OF SAMUEL FRENCH, INC



# ALL STARS MARTIAL ARTS ACADEMY

## 2 Weeks FREE Trial

- Join our family orientated martial arts community to have fun!

Seville Primary School 639 Warburton Hwy Seville 3139

Email [Montrose@allstarsdefence.com.au](mailto:Montrose@allstarsdefence.com.au)

**Ph. 0402 414 877**



**Children's Karate Tuesdays@4.30**

**Teens Kickboxing Tuesdays@5.30**

**[www.allstarsdefence.com.au](http://www.allstarsdefence.com.au)**



## Beechy's Daycare

**Open From 8am to 6pm  
Monday to Friday.  
Ages 6 weeks to 12  
years. Offering long day  
care and Before and  
After School Care. As  
well as local School and  
Kinder Drop off and pick  
ups.**

**Please call Suzzie  
for bookings.  
0447171992**





# Nikaboka Art Room

**When:** Tuesdays 1pm - 2:30  
4pm - 5:30

**What:** non-technique based art play

**Where:** Old Don Road, Don Valley (in old kinder  
next to Primary School)

**What:** an opportunity to play and create with a  
range of art materials.

**Who:** all ages

**Cost:** \$30 per session (\$25 concession)

All materials and tea/coffee provided.

For more information call Michelle 0402 841 966  
(VIT registered teacher and WW/C)  
Experienced Primary Art teacher and practising artist

# Wicked Lengths

Ladies cut \$25

Mens cut \$18

Kids cut 0-5 \$8 6-11 \$10 12-17 \$14

\* \$5 pensioner discount applies during school hours.

**Hair Studio**

Woori Yallock

**0412 640 130**

Check us out on facebook



# Finding Me Being Free

An 8-week group for women who have experienced past or current issues of family violence/abuse in their relationships.

Date: Wednesdays 25 July – 12 Sept 2018

Time: 9:30am – 12:30pm

Location: Montrose area, Yarra Ranges.  
To be confirmed.

Cost: Free. Assistance with low cost child care is available.

Bookings essential.

Limited to 10 participants.

## Learn about:

- Finding your strengths
- Managing power and control issues
- Finding equality in relationships
- Options to increase safety
- Effects of abuse on children and how supportive parenting helps
- Looking after yourself!



FMIF is supported by the Victorian Government.

For more information or to register your interest please call Inspiro on 9738 8801.  
[www.inspiro.org.au](http://www.inspiro.org.au)



## Parenting Anxious Children Yarra Junction Primary School Monday 13<sup>th</sup> August, 6.00 - 7.30pm

Does your child worry, feel anxious and seem stressed at times?  
**Would you like to gain a greater understanding of anxiety and learn some helpful strategies to support your child?**

Learning to cope with anxiety, stress and fear, whilst a normal part of your child's development, can be deeply challenging not only for children but also for parents and the family unit as a whole.

This information session will cover:

- Understanding the role of anxiety and normal childhood development
- The signs and symptoms in your children
- Types of anxiety disorders
- What's helpful and not helpful
- Methods and strategies to support your children
- Relaxation techniques and tools, mindfulness, breathing etc.
- Where to go for more information/help

**This is a free community event for all sponsored by BELL Real Estate**

Fact sheets, practical exercises and brochures are also included.

Register your interest at Yarra Junction Primary School  
59671544 or

[yarra.junction.ps@edumail.vic.gov.au](mailto:yarra.junction.ps@edumail.vic.gov.au)

by Monday 6th August 2018





# We rate our home loans.

And so do our customers.\*



Don't settle  
for anything less.

 **Bendigo Bank**  
Bigger than a bank.

Woori Yallock & District  
Community Bank<sup>®</sup> Branch  **Bendigo Bank**  
PH: 5961 5644

\* Rated above the four major banks among home loan customers in Roy Morgan's Home Loan Customer Satisfaction Survey, December 2015. Terms, conditions, fees, charges and lending criteria apply. Full details available on application. Bendigo and Adelaide Bank Limited ABN 11 058 049 178 AFSL/Australian Credit Licence 237879. BENSOMPT25 (503933-A4) (02/15)

[bendigobank.com.au/homeloans](http://bendigobank.com.au/homeloans)



Woori Yallock  
& District  
**Community Bank<sup>®</sup>**  
Branch

 **Bendigo Bank**

# Student Banking Every Wednesday

Please bring your Bendigo Bank passbooks to school on  
Wednesdays

Thank you, Lani & Ellen

# FOODWORKS LICENSED GROCERS

**WORKING FOR YOU SEVEN DAYS A WEEK**

DRIVE THROUGH BOTTLE SHOP

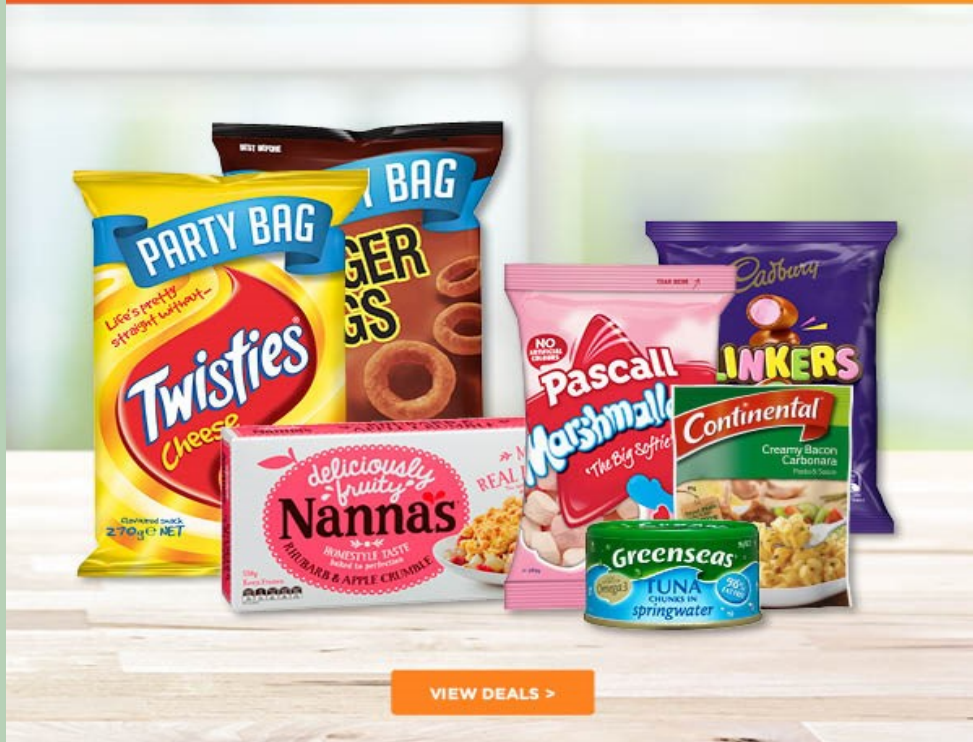
MONDAY TO FRIDAY	7AM-7PM	MONDAY TO THURSDAY	9AM-7PM
SATURDAY	8AM-5PM	FRIDAY & SATURDAY	9AM-9PM
SUNDAY	9AM-5PM	SUNDAY	10AM-5PM

Catalogue on Sale Wednesday 15th August 2018 — Tuesday 21st August 2018

PHONE: 5964 7202

**Fresh Fruit and Vegetables**

## THIS WEEKS DEALS!



[VIEW DEALS >](#)

**FREE DELIVERY MONDAY - FRIDAY**

Orders must be in before 11.00 am to be delivered before 12 noon.

**Min purchase \$40**