Woori Yallock Primary School
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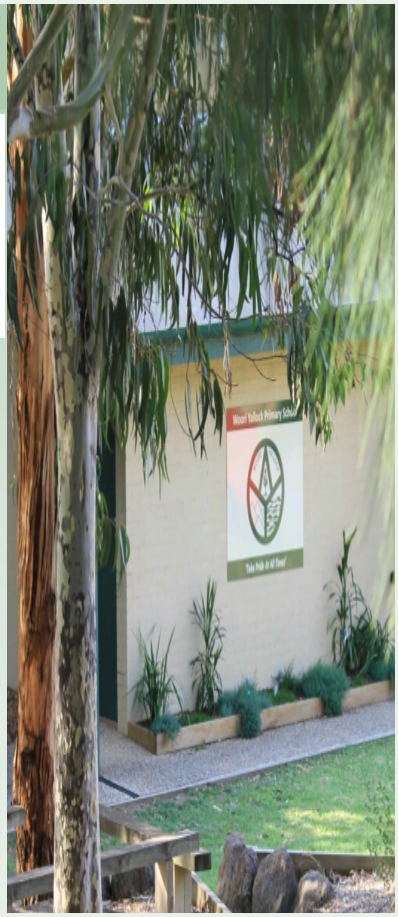
WYPS NEWS

23rd April 2020



ACROSS OLIVER'S DESK

A very warm but different welcome back to term 2.

I always like to see the positives in things and last week there were plenty. One I would like to share with you is; the Department have asked our school to send examples of how we have set up our remote learning as well as example lesson plans for other schools. We have been told that we had been identified as having exemplary practice for remote learning in a primary school.

The video we released last week has had over 8000 views and I received an email from the Area Executive Director of the Department of Education saying, 'He loved it'. I will never be able to stop singing the praises of our magnificent staff at Woori Yallock P.S. loudly enough! Staff right across the school including classroom teachers, specialist teachers, education support staff, office staff, wellbeing officers, and of course our wonderful assistant principal Flick, have given their absolute all in preparing for remote learning. I am just so incredibly proud of the skilled, dedicated, and student centred staff that we have at Woori. We as a staff collective are also so grateful to our Woori Yallock community, for the many positive messages you have sent to us during this time. I would also like to say a big thank you for making me so grateful to be the principal of such a wonderful community.

We will get through these difficult times together and with an increased sense of pride and appreciation of our community, as well as increased skills and knowledge! After our first day of remote learning last week, I sent Amy Cleary (grade 1/2 teacher and team leader) an email asking her how her day went. I loved her response:
"I am actually really loving the way that my communication and relationships with families is already becoming stronger. There is a greater understanding of both sides now I feel, and that can only make me a better teacher".

A fantastic example of how we can learn from adversity and this was after day 1.

During the week I looked back over the newsletter piece that I wrote at this time last year, and what a huge difference twelve months makes! I wrote about an exciting term two with a lot happening including ANZAC Day march, 3/4 camp, NAPLAN, cross country, school photos and the prep information evening; of course all of those have now been cancelled or postponed.

IMPORTANT DATES
2020

TERM 2
May
School Photo's Postponed Until Thursday 15th October (maybe)

Continued:….

We are embarking on a new style of education that is very different to anything that most of us have experienced. This is a difficult time for children as they adjust to a new way of learning (and living!). Thank you for your support of your child's learning at home. As a school, we certainly acknowledge the effort and commitment required by mums, dads and carers to engage with remote learning whilst often attempting to work from home and also running a household!

I want to also say a huge thank you to all of our school community and our school council, for supporting the State Government's position on remote learning. Students on site have been at a minimum, helping control the spread of the virus, allowing us to get back to normal as soon as possible.

We miss you all incredibly and a school simply never seems quite right unless it's filled with kids! Please pass on our best wishes to the children.

I will continue to do my best to keep you informed of any announcements as soon as they arise.

Thank you again for your support. This week I ask you all to make sure you do something for you, something that makes you feel good!

We will see you all soon!

Oliver Thockloth
Principal

Scholastic Book Club Issue 3

Book club is taking orders for issue 3, however the books will be delivered to your home, which will incur a delivery charge of $5.99.

http://scholastic.e-newsletter.com.au/pub/pubType/EO/pubID/zzzz5e95317b77d9b555/interface.html

2020 Term 2 Week 2 Wellbeing Report

Welcome back everyone,

While we all appear to be riding on the crazy aka COVID-19 and on-learn learning train, this experience has force us all to question and reassess our own personal circumstances. We know we are all in this together and our wellbeing is critical to supporting and leading our children and families through this challenging time. Our children are going to remember this period forever and by teaching them how to manage a crisis may be one of the most important lessons they will ever learn.

Emotional skills are at the core of all meaningful learning and children are watching how you model and respond. It is an anxious time and it is really important to take care of our own mental health, whether it's taking the time to talk through concerns with friends and family, accessing a psychologist by telemedicine through the family doctor, enjoying our favourite treats or going for a walk. Whatever works for us, respecting social distancing or even performing self-isolation activities make sure you make the time to check in with yourself.

It is helpful to think about the language we use and to name our actions for our children. For example, "I really love having a bath, so I am going to go and relax in the tub because it's been a really tough day."

Try focusing on four key "H words" to help your child-

- HEARD-listen to and acknowledge your child's concerns
- HUMOUR-find ways to keep the fun at home
- HELP-look for ways to help people around you
- HOPE-let children know there are plenty of reasons to be hopeful

This period in our history gives us the chance to help our children name and process lots of difficult challenges and by acknowledging their worries, finding the lightness in situations, being joyful and grateful and just be with them, we are all in this together! We don't need to fix anything, and by practicing these skills we are showing them the power of feeling heard and valued.

Here are some helpful websites and links to help you find resources and tips during the COVID-19.

https://raisingchildren.net.au/
https://www.childhood.org.au/covid-19/
https://emergingminds.com.au/
https://www.education.vic.gov.au/Documents/about/department/covid-19/talking-to-your-child-during-coronavirus.pdf
https://d2p3kdr0nr4o3z.cloudfront.net/content/uploads/2020/03/24112425/How-to-communicate-with-your-child-about-COVID_19_FINAL.pdf

Andre Campbell
Primary Wellbeing Officer

Chaplain's Chat

Psychologist, Collett Smart shares some great ideas about maintaining good mental health during difficult and uncertain times. I'd like to share this with you and hope you find it helpful.

It is normal to have days when you feel overwhelmed or anxious about what has changed. We are collectively grieving what was familiar and what we had planned — weddings, jobs, school events, sharing the joy of a new baby with grandparent.

Perhaps you are someone with, or have a loved one with, an existing mental health challenges? Or you have recently lost your job and this has brought about anxiety that you haven't experienced before?

"Concern for the unknown or some new disease is a perfectly normal reaction."

Not all anxiety is bad. It is our brain's brilliant way of keeping us safe from and alert to danger. Anxiety works like an alarm system, which prompts us to think of ways to look after ourselves. It's just that an oversensitive alarm system can lead us to irrational thoughts and fears, which affect our healthy daily functioning. So, how do we keep this alarm system in check, during this time?

It is always helpful to start with the basic foundations. That is, it's important to eat well, drink water, exercise, and stay connected. Looking after your physical health definitely contributes to good for mental health. Exercise is a scientifically proven mood booster, decreasing symptoms of both depression and anxiety.

A study about empowering families during a healthcare crisis recommends the C.A.R.E. approach:

- Choices
- *Offer power in a powerless environment*

This might look like:

- Channeling their anxiety into useful action. i.e. everyone can do something to help slow the spread of disease, using hand sanitiser, by coughing into your elbow, washing your hands regularly.
- Distraction — because when we fixate on negative information our anxiety grows. Yet, if we turn our attention to healthy activities, it shrinks.
- Take a break from, or at least limit exposure to, news and social media reports on the virus

Agenda:
Let children and families know what to expect and what is expected of them

Set your own routine. If you have children, try explaining the school's plan for learning. Final year students might be especially anxious about this. Think about and plan daily academic and relaxing activities they could do during this time. If disappointed that a scheduled event has been cancelled, just listen. Let them vent. Explain to children what 'physical distancing' (social distancing) means, and why 'flattening the curve' is an important part of the Government's decisions.

Continued:….

Resilience:

Highlight strengths and reframe negatives

Research suggests that people feel better when they turn their attention to supporting others during difficulty. There is great power in volunteering. Talk about what 'love in action' looks like in a time like this. Think about what you could do to support grandparents, family members or neighbours, who are vulnerable or have a disability such as collect and drop off food parcels, toiletries and medicines.

For many, their faith brings them great comfort, and spirituality is, in fact, recognised as a factor which develops resilience.

Emotional Support:

Recognise and normalise common fears and responses

Keep providing daily emotional first aid. Check in on how others are feeling. Remind them you are there to listen to any questions or concerns. You might like to help your child begin a daily, short-term journal or worry box, where they can write down their fears. Then be sure to balance these with something from the other three principles.

Access to Telehealth or online counselling (and other medical services) is now available. Get hold of your GP and mental health professional and they will let you know the best way forward this week.

Engaging the CARE principles helps young people and families feel empowered. It reduces, and may even improve, the risk of anxiety and trauma responses.

If you are experiencing things you can't handle, please make sure you come and see one of us from the Wellbeing Team. We would love to be able to help you in any way we can.

Remember, 'We are all in this together.'

Blessings,

Veronica

Local Community Support Services

Mustard Tree located opposite Bunnings hardware in Lilydale.
The Mustard Tree is an Op Shop and Cafe in Lilydale and they operate under the auspices of the Lilydale Baptist Church. The Mustard Tree Op Shop has grown into one of the most unique op shops and café in our area. Donations ranging from furniture, clothing and bric or brac are priced accordingly and then these items are resold. The Op Shop and Café are currently closed due to the COVID-19 pandemic however the Food Bank service is operating from the office.

Address

3/28 JOHN STREET
LILYDALE Victoria 3140

Phone

03 9735 3500

Mon-Thursday 9am-2pm
Please visit the Mustard Tree Face Book page for up to date information and bargains!
https://www.facebook.com/mustardtree.opshop/

Food Bank (office beside the OP shop)
The Mustard Tree and Food Bank are offering food hampers to families in need. They will accept walk-ins however it is better that people ring ahead in order to support personal privacy. Staff will then organise a food hamper to meet the family needs.

LinC Yarra Valley community volunteers work to support welfare programs in community. The programs are supported by Second Bite, Aldi (Seville), Sanders Apples, Village Greens, Three Sugars Cafe (Warburton) and many other local businesses. They assist people in crisis of many types by referring them within our network and to other local agencies.

LinC Yarra Valley will help anyone that needs some extra support. You might know someone who is experiencing a health crisis, loss of a job, injury at work, low income, challenges as a single parent, grief and loss, the death of a loved one, family stresses, financial stresses, mental health concerns, addictions, a disability, or an unexpected expense while living on the pension.

COVID-19 UP DATE: LinC Yarra Valley continues to provide service support during the Coronavirus pandemic. Increased hygiene and social distancing measures are in place for all our programs.

Call 0472 644 476 for assistance between 10am -1pm each Monday and Tuesday. Please leave a message or text outside these hours.

LinC accept enquiries for **TRANSPORT** that include medical, pharmaceutical and grocery trips. For bookings please leave a message by calling 5967 2119 including your contact details and your transport request and staff will return your call.

For **EMERGENCY RELIEF & material aid support** staff are available for calling the following mobile number every Monday and Tuesday between 10am and 1pm - 0472 644 476. Please call and leave a message outside opening hours.

LinC Yarra Valley/Second Bite fresh food programs have home deliveries are available for people in need over 70 years of age and those with underlying health issues. Please call Julie on 0455 268 457 by Thursday for this week's delivery.

Go to the website for more details_ https://www.lincyarravalley.org.au/
or email-linc.yarravalley@gmail.com

Second Bite
Ending Waste. Ending Hunger.

Local church's in partnership with LinC, help to deliver free food program called Second Bite. Every Friday and Sunday fresh food is available to those in need to help everyone have the opportunity to access fresh ingredients to prepare healthy meals. Please bring your own bags.

Millgrove Baptist Church, 4 Cavanagh Road, Millgrove Fridays 11:00am (Tickets from 10:00)
Contact – Liz Love on 0422 270 178

River Valley Church – At the back of the Millwarra Community Centre Sundays 10:00am
Contact – Judy 0428 148 833
Yarra Junction Program – Community Room, Upper Yarra Family

Centre, 2442 Warburton Highway, Yarra Junction
Fridays 1:30pm, tickets from 12:30.
Contact – LinC on 5967 2119

Woori Yallock Program – Woori Yallock Presbyterian Church 1363 Healesville – Koo Wee Rup Road, Woori Yallock; Fridays 10:00am.
Contact – David 0410 529 657

Everyone has the right to feel **safe** and be **respected** in their own home.

EDVOS operate their service at the Upper Yarra Family Centre, at Yarra Junction, on Monday, Wednesday, Thursday and Friday 9am-5pm for all enquiries please call the Ringwood Service on **9259 4200.**

During this difficult time of social distancing and self-isolation, some people may be experiencing abuse, control and violent behaviours from a loved one or family member. This behaviour is not okay.

If you or someone you know needs support, we are ALL here for you!

- If you are in danger **call 000.**
- For confidential crisis support, information and accommodation: **Safe Steps 24/7 family violence response line on 1800 015 188.** If it is unsafe to call, email safesteps@safesteps.org.au**.**
- For confidential phone help and referral: **1800 RESPECT on 1800 737 732**.
- For a specialist LGBTIQ family violence service: **W|Respect on 1800 542 847** or visit www.withrespect.org.au.
- For support for women who live in the Eastern suburbs: **Eastern Domestic Violence Service 9259 4200 or email** edvos@edvos.org.au. Open Mon-Fri 9am – 8pm, Sat 9am-5pm.
- For support for men: **Men's Referral Service on 1300 766 491**.

Find family violence & COVID-19 information and support at https://bit.ly/2UutLwt

Welcome back to Term 2, I hope you are all enjoying the latest series of LEGO Masters on television. I am really inspired to continue building our Elective VIP LEGO club and we are now open to all students and families on-line.

Each week I will post 3 challenges and I would like parents/carers to take a photo of your children's master piece and send it to the school email at- woori.vallock.ps@edumail.vic.gov.au. Could parents add a brief description about the creation as well as the name of your child and their age? You can enter all 3 categories if you wish and Family teams made up of older brothers and sisters are also welcome to enter. In the email please tell me your name, and category eg: Smith Family.

We will run a competition where I will put all the photos into a video for everyone to see at home. Then, I would like people to vote on their favourite design. I will send you a COMPASS notification when we are ready. Let's start building!

Primary Wellbeing Officer,

Andre Campbell

Woori Yallock
& District
Community Bank®
Branch

Bendigo Bank

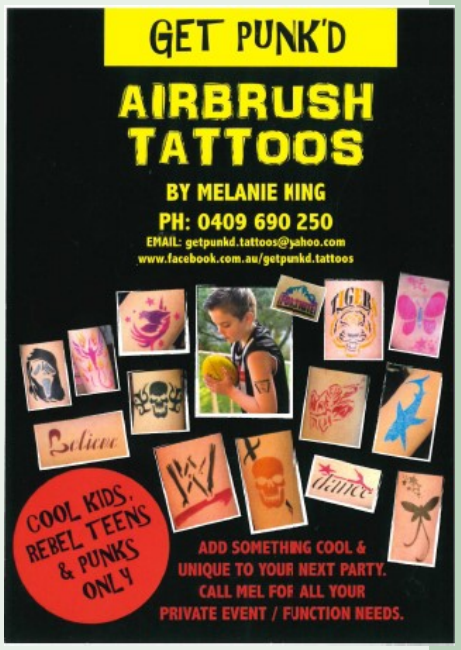
Student Banking

Every Wednesday

Please bring your Bendigo Bank passbooks to school on Wednesdays

Thank you, Nat, Libby & Ellen

WYPS Business Directory



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.yallock.ps@edumail.vic.gov.au.

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

PHONE: 5964 7202

https://foodworks.com.au/stores/woori-

Fresh Fruit and Vegetables

FREE DELIVERY MONDAY - FRIDAY

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

Min purchase $40

SPONSORS OF WOORI YALLOCK PRIMARY SCHOOL