

Woodville Primary School

WEEK ENDING Friday 28th August 2020

NEWSLETTER Number 10

33 – 57 Warringa Crescent, Hoppers Crossing

Phone: 9749 2770

Website: www.woodvilleps.vic.edu.au

School Council President: Amy Claughton

Before and After School Care: Camp Australia: 1300 105 343 www.campaustralia.com.au



CALENDAR OF EVENTS – IMPORTANT DATES

TERM THREE

At this stage, as of 27.08.202, remote learning at home will continue until the end of term three.

| | |
|-------------------------------------|---------------------------------------------------------------|
| Monday 7 th September | Prep Planning Day |
| Monday 7 th September | School Council Meeting – via WebEx |
| Tuesday 8 th September | 1/2 Planning Day |
| Wednesday 9 th September | Specialist Planning Day |
| Thursday 10 th September | 3/4 Planning Day |
| Friday 11 th September | 5/6 Planning Day |
| Thursday 17 th September | Footy Fun Day – wear your favourite football colours at home! |
| Friday 18 th September | Last day of term three |
| TERM FOUR | |
| Monday 5 th October | Term Four begins! |
| Tuesday 3 rd November | Melbourne Cup Day Public Holiday |
| Wednesday 11 th November | School Photos – Arthur Reed Photography |
| Monday 16 th November | Curriculum Day – students do not attend school on this day. |
| Friday 18 th December | Last day of term four – end of 2020 school year |

Student Absences



If your child will be absent from school please call the office on 9749 2770 and press 1 for absences. Parents of students with an unexplained absence will be sent a SMS message each day asking for the absence to be explained. We **no longer use the Skoolbag App** so please call the office to notify us of your child's absence.



A message from the Principal Class Team...

Dear Parents and Carers,

At this stage, as of today 27th August 2020, the Department of Education is unsure what learning will look like in term four. We may be back on-site learning at school; we may have a staggered transition/return to school; we may be learning remotely from home.

As soon as we are informed by the Government and the Department of Education, we will let the school community know.

Hang in there – it is challenging but we know you can do it.

2021 Prep Enrolments

If you have a child who is eligible to come to school in 2021 (turning 5 years of age by April 30th 2021), we are accepting enrolments now.

To enrol you will need:

- Child's birth certificate
- Immunisation certificate
- Visa (Passport) if child is not born in Australia
- Proof of residential address (Utility bill e.g. gas/electricity)

If you know someone who would like to enrol a child at the school, please have them call the office on 9749-2770 to organise an enrolment pack.

Lyn, Nadia and Jodi
Principal Class Team



WOODVILLE PRIMARY SCHOOL

2021 Prep enrolments are now taking place!

*Woodville is a small, community school which embraces the expectations of
Together we are Safe, Together we are Respectful & Together we Achieve.*

*Due to current COVID-19 restrictions we are unable to host school tours.
We invite you to visit our school website; call and chat with a member of our
Principal Class Team; or take the Virtual tour on the
school website.*

*For an enrolment pack come to the school reception window
to collect a 2021 Prep enrolment pack or call 9749-2770
to request an electronic copy.*

*We look forward to welcoming you and your
2021 Prep child to our school community.*



*Respect
Resilience
Responsibility
Inclusion*





Wellbeing

Looking after ourselves



Wellbeing is far more than the absence of illness or distress.

It is the ability to thrive and live for and to our absolute potential.

It means being at our best cognitively, emotionally, socially and physically.

Supporting Wellbeing

Supporting the wellbeing of children and young people is an important part of what students, families and schools do every day. It is especially important to ensure that children and young people's wellbeing is looked after in times of uncertainty and stress. Supporting wellbeing not only helps children and young people to feel happier and less anxious, it will also help them to have positive interactions with the rest of the family and to learn more effectively.

We hope that these additional classrooms on the google suite give students themselves, as well as parents/carers suggested ways of supporting your students' wellbeing.

Children and young people can do wellbeing activities at any time - on their own, with family members, or with a friend. Some parents or carers may choose to do wellbeing activities with their child or even with the whole family. Activities that support wellbeing are beneficial for people of all ages and can provide a great opportunity for family members to bond and experience positive emotions together.

Some of the activities in the *Woodville Wellbeing with Jodi Binion* classroom, for example 'The Lazy Eight' and "Body Scan" can be done every day by your children or young people and are good examples of activities the whole family does together each morning or evening.

I will add a suggested weekly wellbeing routine in the Woodville Wellbeing classroom– but this is just a guide to help children and young people or families about what routine might work best.

Mindfulness

Mindfulness is noticing what is happening right now in the present moment. When children and young people notice what is happening around them, it can help them to calm down, especially if they are feeling sad, angry or frustrated. Mindfulness can help them deal with difficult emotions, and can help them feel happy and feel good. A simple mindful breathing activity is a good place to start. Then try activities focussed on the senses e.g., mindful eating and mindful walking. Introduce mindfulness exercises when things are calm and participants in a good space. Mindfulness activities are a great way to connect as a family or as a class.

Gratitude

It is always important, especially in difficult times, to appreciate the things that we may take for granted – like having a place to live, food, clean water, friends, family, even access to technology. Gratitude is pausing to notice and appreciate these things, it's taking a moment to reflect on how fortunate we are when something good happens — whether it's a small thing or a big thing. Did you know that practising gratitude for 21 days in a row can re-train the brain to look for positives in the world instead of negatives? By simply being grateful, children and young people can experience a greater sense of optimism, happiness and calm.

Physical Activities

It is very important that children and young people engage in physical activity. Physical activity not only has physical benefits, but also benefits for mental health and wellbeing. Time away from the screen is important, and although we are currently living through a pandemic and stage 4 restrictions, a simple walk outside each day will bring benefits.

Young Person Self-Care Activities

It is important that children and young people have the opportunity to do activities that support their wellbeing and that they enjoy. A number of activities can be found in the google classrooms however there may be other activities that are not included that help to make children and young people feel happy. Even during difficult times, as much as possible, children should continue to do the things that bring them joy.

Supporting Wellbeing...

Here are the additional classroom banners you will find in the google classroom. To join a class, simply type in the code when prompted after clicking on 'Join a class'.

Why not join in all the fun at Quilty's Crafty Corner?

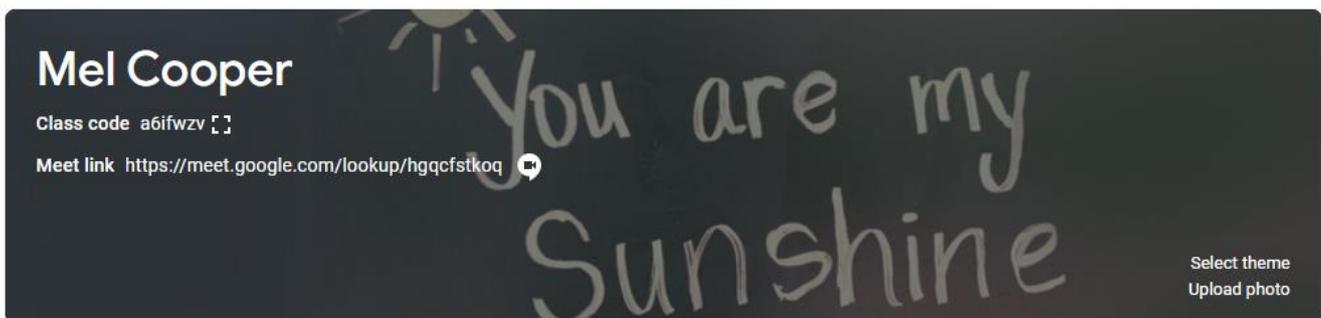
There are many different fun and crafty projects in this classroom for kids of all ages to try!
See you there!



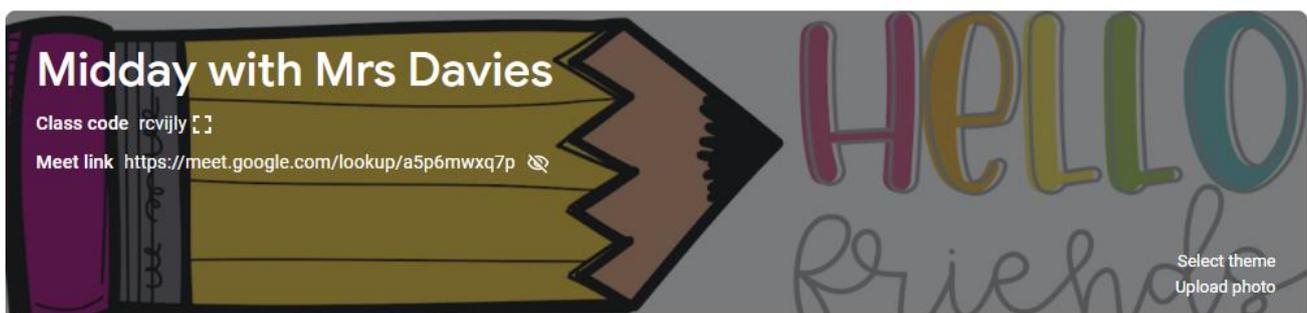
Reading with Ms Cooper

To give families alternative options and activities I have created a YouTube channel 'Mel Cooper' with picture book read alouds. Playlists so far include- numeracy picture books, wellbeing picture books, and reading strategy picture books. I'll add more regularly so if students have any favourites they would like (because they might not have access to them at home or access to a library etc.) then they can leave me a request via Google Classroom message or email.

https://www.youtube.com/channel/UCFjHFOAeoWxendl-8L_QiEA



Midday with Mrs Davies



Wellbeing with Jodi Binion

Come walk with me; chat and connect with others; be Mindful, be thankful, and look after ourselves!

