

Canteen News

Remember: Macaroni cheese (single serve) tastes just like home-made, is available for \$3.00 at the canteen. Also Fried rice \$2.80, a nice way to warm up at lunch time. Both are available Monday – Thursday using the normal ordering process.

Roster –July/August:

Wed 30 Kerrie Hocking
Thu 31 Vanessa Dalliston
Fri 1 Sam Boatwood



Grade 6 Assistants:

28 July – 1 August: Shaun Ellis and Kirby Matthews.

Susan Edwards,
Canteen Manager

Community News

Wodonga District

**CELEBRATING 70 YEARS
OF GIRL GUIDES IN
WODONGA**

Saturday 2nd August 2014

Attention—PAST GIRL GUIDES and LEADERS

Please register your interest at :-
aweppner@guidesvic.org.au

Any photos or memorabilia would be greatly appreciated.

Border Relay For Life Team -



FOR THE PAST, PRESENT & FUTURE are holding a garage sale with **100% of money raised** going to the border relay for life Cancer Council. There's sure to be something for everyone, clothes, books, bakeware, toys, shoes, DVD's, bags and lots more, most things both new and old will be under \$10, so please come along and help us reach our team target of \$10,000.

WHEN :- Saturday 16th August 9am-3pm and Sunday 17th 9am - 12noon.

WHERE: - 15 Fletcher Crt Wodonga (off Silva Dr) hope to see you there.

Thanks Nicole and all the team from THE PAST , PRESENT & FUTURE.

Albury Wodonga Health Dental Service

All children 12 years and under - there is currently no charge for this age group (this may change in line with Government policy).



Any child 13-18 that is on a current Health care card/Pensioner concession card.

All children eligible for the Child Dental Benefit Schedule.

All adults that hold a current Pensioner concession card/Health care card can also access our service.

For all Appointments and enquiries please call Albury Wodonga Health Dental Service on:-

Phone: 0260 517 925

Located: 155 High Street Wodonga

Thursday 24th July 2014

Term 3

Issue No. 9

ASSEMBLY Monday 28th July 2014 5/6 Vapor (Rm 27) Held in The Gym 9am

IMPORTANT DATES TO REMEMBER

Monday 28th July P.F.F. Meeting - After Assembly All Welcome

Friday 1st August Winter Sports Carnival - MYOS (Yr 5&6) All Day - [Back up date 4th August]

Friday 1st August Parent Surveys - To Be Returned



Be Safe

Be Respectful

Be A Learner

Principal's Report.

Dear Parents/Caregivers,

Welcome

A huge welcome back to term 3, and a special welcome to all our new families and students who began with us this term. It has been a smooth transition for them all and it is pleasing to see their positive attitudes towards being lifelong learners. We look forward to working with you all , in partnership, as your child's first teacher, and welcome your involvement in all aspects of the school's diverse programs and activities. I encourage any parent / carer to contact me or your child's teacher at any stage if you wish to discuss any matters regarding learning progress or if you have an issue that might need follow up.

Architects' Visit

As you are aware, our school has been awarded significant funds from the State Budget to re-build the older sections of the school. This is an extremely exciting time for our school community. We anticipate this occurring during 2015, and with very little disruption, with our plan to utilise the existing front building where the Office is located whilst the new facilities are constructed behind this building, and then demolishing the front building and landscaping. I will keep you informed as the program develops further. Our students will then enjoy contemporary, comfortable and flexible learning spaces to learn within, and our staff will be able to enjoy facilities that have been built to accommodate modern teaching practices. This will also include a very welcoming school administration area.



As a part of this process, tomorrow we are hosting a large group of Architects from the Council of Education Facilities Planners International, who are visiting to tour our school and to gain a better understanding of how teachers and students best utilise spaces for modern teaching practices. They are seeking to learn what works best and how to work that into their planning in a time of change. The group will be especially interested in seeing our Learning Centre 3 (LC3) building and hearing about how the flexible spaces are being utilised. We are proud of the fact that our facility was chosen for this important group of professionals to visit and look forward to the opportunity for informed discussion.

Parent Opinion Surveys

On Monday of next week, ALL families will receive a Parent Opinion Survey to complete and return to the school by 1st August. I ask that you take up this opportunity and provide us with this feedback and data that will assist us in our future planning. We value your opinions and continuously seek to improve on programs, practices and procedures that will positively impact on your child's learning and experiences at school. Our PFF group, School Councillors, staff (teaching and non-teaching) and Leadership team all work tirelessly towards achieving the best outcomes for all students, and this is an opportunity for us all to seek your feedback on our endeavours that will inform future decisions made across the school.

Regards,

Regards,
Jocelyn Owen



Proud to be a Stephanie Alexander Kitchen Garden school

Learning for Living



Early Years Report

Have you enrolled your Foundation student for 2015 yet? Enrolments are now due for students who are 5 by April 30th 2015. Please come into the office and collect an enrolment form if you require one.

Crisis of Confidence

The most common emotional disorder that children experience is anxiety. Currently around 11% of children in Australia have problems with anxiety. However, anxiousness is part of life. The following is some information provided by Michael Grose a parenting expert.

"It's important to understand that anxiety is not something to be afraid of. It's a normal emotion and an important part of how we engage with the world.

Experiencing some **anxiousness** in new social situations or some specific situations such as around water is quite normal and, in some regards, healthy.

It's not healthy when anxiousness stops kids doing things they want, are normally able to do or interferes excessively with their school or pre school experiences.

Research shows that children from a young age who display high levels of anxiety, and who have a parent who is excessively anxious or depressed, are seven to 11 times more likely to develop anxiety.

Some children are simply more prone to experiencing excessive anxiousness than others.

These kids are typically classified as *worriers, shy types and more sensitive souls* who wear their hearts on their sleeves. (*I've parented one of these types and I learned first hand that some situations they experience need to be handled with more parental care and attention than you'd normally give!*)

These children are not necessarily going to experience debilitating anxiety, however they do benefit from a parenting style that is **empathetic** but at the same time **empowers** them to tackle their fears. That is, be BRAVE.

Here are some ideas to help:

1. **Skill kids towards bravery:** Help kids face their fears by skilling them (*"Look around for a friendly face when you go to scouts."*) You need to put your coaching hat on to build skills and self-confidence, which defeats anxiety.

2. **Scaffold towards bravery:** Rather than avoidance allow kids to face their fears in stages (*"Let's go to the party for an hour, then I'll pick you up."*) By breaking things down into smaller stages kids feel that they are more in control. Lack of control is behind a great deal of anxiousness in adults, as well as kids.

3. **Be empathetic, not sympathetic:** Empathy shows you understand how they feel; however sympathy can be maudlin, leading you to pay excessive attention to the fear as well as and letting them off the hook. Kids need a supportive adult who says (but not necessarily in these words), *'I know how you feel but I also know you can do this.'*

4. **Create opportunities for independence:** Competency is the enemy of anxiety. Building children's self-help skills and their independence outside of the home has a snowball effect on how they feel about situations that they usually fear.

5. **Model bravery:** Your calmness, patience and willingness to methodically work your way through new situations has a calming effect on kids (*good leadership is basically about staying calm in stressful situations*), as well as showing them how fear of unknown, new social situations, and even specific fears such as going to the dentist, can be handled positively.

Most kids grow out of their anxiety given **attentive, brave parenting**.

As a general parenting strategy I recommend that you take a strength-based approach and focus on building children's strengths and assets to help them overcome fears at the same time recognise that some children may need some extra assistance from time to time as a result of their anxiety.

Bravery, like confidence, is catching".....

Starting a new school year or beginning school or a new term can contribute to healthy anxiousness which should not overly impact on a child's daily activities. Some children may need a little more coaching and support to get through these periods.

Sharon Mawby, Assistant Principal

Student Medical Ambulance Cover :

This is a reminder that The Department **does not provide** personal accident insurance or ambulance cover for students. Parents / Guardians of students who do not have student



accident insurance/ambulance cover, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs.

Les Miserables and The Aztecs Musical

This event for MYOS students is fast approaching!

Victor Hugo (1802–1885) was the son of a high-ranking officer in Napoleon Bonaparte's Grand Army. A man of literature and politics, he participated in vast changes as France careened back and forth between empire and more democratic forms of government. As a young man in Paris, he became well-known and sometimes notorious for his poetry, fiction, and plays. In 1845, the year that he began writing his masterpiece, *Les Misérables*, the king made him a peer of France, with a seat in the upper legislative body. There he advocated universal free education, general suffrage, and the abolition of capital punishment. When an uprising in 1848 ushered in a republic, he stopped writing *Les Misérables* and concentrated on politics. But in 1851, when the president proclaimed himself emperor, Hugo's opposition forced him into a long exile on the British Channel Islands. There, in 1860, he resumed work on *Les Misérables*, finishing it the next year. With the downfall of the emperor in 1870, Hugo returned to France, where he received a hero's welcome as a champion of democracy. At his death in 1885, two million people lined the streets of Paris as his coffin was borne to the Pantheon. There he was laid to rest with every honor the French nation could bestow.

Please Note:

Nail polish **is not permitted to be worn to school.**

Please ensure that you and your child adheres to this school policy, as valuable learning is lost when students are requested to remove it at school.



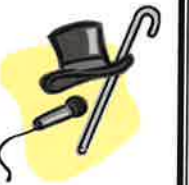
Jocelyn Owen
Principal

Student WellBeing Report**Training 4 Trades**

Training 4 trades program is starting up this week with 8 year 6 students being chosen to participate. While what they will be making is yet to be revealed I will make sure to put some photos in Link at the conclusion of the program. The students are excited for the program to begin.

West's got TALENT

One of this term's lunchtime activities is West's got Talent. The behind the scenes jobs have been assigned and signups will start on Monday. So if you have some sort of entertaining talent from singing to magic tricks to anything in between make sure to sign up on Monday.

**KEAPS Program**

KEAPS is an early intervention program for children in Prep to Grade 3, their parents and their teachers. The program aims to help children understand their emotions and what to do when they experience strong emotions. Information will be going home to every student from Prep-3 today and it is hoped that you will fill in and return the consent forms and if you have time the questionnaire as well. This is a fantastic program that has had great reviews from other schools.

Melissa Potter

Private Property Brought to School

Private Property brought to school by students, staff, visitors is not insured and The Department does not accept any responsibility for any loss or damage. Personal property is often brought to school by staff students, and visitors. This can include mobile phones, calculators, toys, sporting equipment and cars parked on school premises. As the Department does not hold insurance for personal property brought to school and Wodonga West Primary School does not have the capacity to pay for any loss or damage to such property students, staff should be discouraged from bringing any unnecessary or particularly valuable items to school.