



LINK LETTER



5 MARCH 2020

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Phone: (02) 6024 1188

Email: wodonga.west.ps@edumail.vic.gov.au

www.wodongawestps.vic.gov.au

Enrolments are welcome for all year levels, including Kinder for 2021

Be Safe

Be Respectful

Be A Learner

Yard focus this fortnight: being respectful of our environment

Principal's Message

Dear Parents / Carers,

School Photos

Thank you for having your child/ren looking so lovely, and in full school uniform, for our school photos yesterday. I was extremely proud of everyone. Photos generally take about a month to come back to the school from the photographer (MSP Photography). Next week the Kindergarten will have their photos taken on Tuesday 10th March. If you experience any issues with

school photos, please contact the photographers directly as this is not something the school deals with, other than to collect the orders and hand them over to the photographer. We have found them to be very good to deal with in the past.

Cooler Weather

As the mornings are starting to get cooler, it is a good time to start organising some warmer clothing leading into Winter. We have two uniform shops in Wodonga that stock our uniforms; J & M Clothing (91 High Street) and Beleza (94 High Street). Please ensure that all uniforms are labelled clearly with names.

Public Holiday

A reminder that there is no school this Monday due to the Labour Day public holiday in Victoria.

Pupil Free dates for 2020

The following dates are Pupil Free so you might like to mark them on your calendars:

Tuesday 14th April

Friday 19th June (Reporting to Parents)

Friday 31st July (Federation of Govt. Schools Conference)

Helmets

A reminder to parents that it is a requirement that students wear a bicycle helmet when riding either a bike or a scooter. As a school we must monitor this. Students without helmets are not permitted to ride to or from school.

Regards,

Jocelyn Owen

Important Dates

9th March	Labour Day Public Day No School
10th March	Kinder Photos
13th March	Cricket Trials
13th March	F-2 Library Museum Excursion 9am to 3pm
18th March	Division Tennis
20th March	Cultural Activity—all classes
26th March	Regional Tennis
27th March	Last day of Term 1—2.30 finish

Our next school assembly is on

Monday 23rd March

and will be hosted by

5/6 C—Mrs Connors



Meet the fabulous students of F 1 D!

We are already halfway through the term and these students began with some grand plans for their education!



Chloe Constable :
 I am 5 years Old. I am always excited to see Mum.
 I love Mum hugs
 When I grow up I want to have a different job everyday!



CHILD SAFE HOT TOPIC

Gaming

There are so many ways for users to play games online. This includes free games found online, apps on smart phones, handheld consoles, as well as downloadable and boxed games on consoles such as the PlayStation, Nintendo Wii or Xbox. Gaming and gaming addiction is an increasing problem for families in our current society due to the free access and wide range of platforms kids are able to have access to every day. How can you help your child have a safe and sensible approach to gaming? See the tips below and discuss these as a family.

1. **Play fair:** treat other gamers the way you would like to be treated.
2. **Keep personal information safe:** don't share your personal information when gaming online; this includes your full name, mobile phone number and address. Sharing this type of information could make you vulnerable.
3. **Meeting:** meeting someone you have only been in touch with online can be dangerous. Only do so



with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.

4. **Look for age classifications:** look out for the PEGI icon on games, to see what age classification it has been given, visit www.pegi.info for more information on age ratings.
5. **Use the tools:** make sure you know what tools are available if someone is being aggressive or inappropriate in a game. Learn how to block, mute, delete and report on the games and consoles you use.
6. **Regular breaks:** some games can be especially intense, so regular breaks are vital for healthy gameplay. It's important to take regular breaks, at least five minutes every 45-60 minutes.
7. **Protect accounts with strong passwords:** ensure that you have secured your accounts with a strong password. To do this include a combination of letters using upper and lower case, characters and numbers.
8. **In-app purchasing:** we hear stories of how young people have got themselves into difficulty by inadvertently running up bills when playing games online. Some online games, advergames, are designed to promote particular products and may encourage you to purchase items within the game/



PFF would like to thank everyone that has donated to the Easter Raffle so far. If you have not yet donated and have something to donate (no matter how big or small) could you please drop it off to the office reception.

The PFF Icy Pole Day was held today and was a great success! Thank you to everyone that participated and helped make the day wonderful! All proceeds from the PFF Icy Pole Day will go towards funding classroom requirements.



At one of our recent assemblies our Captains and SLC were awarded their badges!

Congratulations



This photo to the right is our Summer Produce Harvest Table. Despite the challenging weather conditions it is amazing the number of crops

we have been able to include on this table for the months of Summer. All of these have or will be utilized in the kitchen program either being used in recipes or made into preserves for later.

Can you spot the following produce?

Rockmelon, Watermelon, Tomatoes, Zucchini, Peaches, Nectarines, Apples, Cucumber, Beans, Lettuce, Pumpkin, Sweet Corn, Chillies, Eggplant, Eggs, Pears, Potatoes, Mixed Herbs, Olives, Remains of Grapes, Kaffir Limes, Lemons, Gourd & Jars of Preserves.

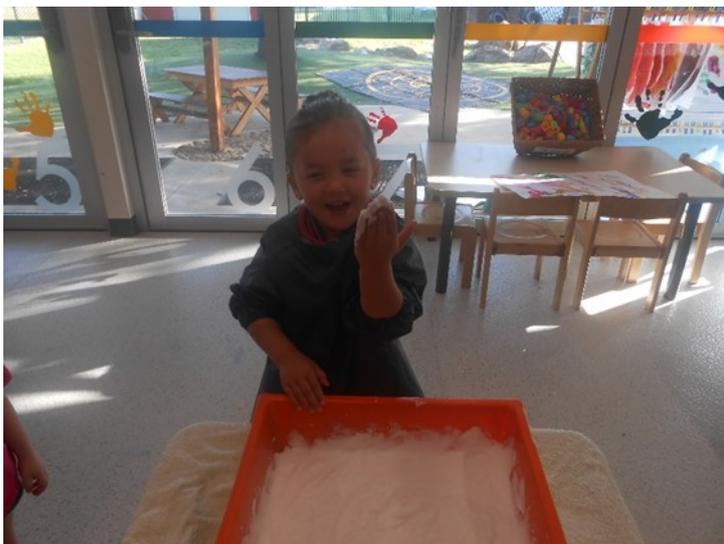


Kinder News

Tuesday 25th February was Pancake Day so the kinder children had the opportunity to make some pancakes. The children enjoyed this experience in small groups. All children took turns in shaking the mixture in the container making sure all the lumps were removed. The children chatted about the pancakes as they watched them being cooked. This was followed by the best part.... eating them!!! As well as cooking pancakes the children were able to practise their numeracy skills by participating in a pancake counting activity. This activity required the children to count the pancake items in the row and write the number in the space provided.



The kinder children have been exploring the feel of Lux Flakes. As the children feel the substance they are encouraged to use language to describe what they can feel. Sensory play helps support language development, cognitive growth and fine motor skills. Yes it does get a little messy, but it is so much fun!!!!



Children need the *freedom* to appreciate the infinite resources of the *hands*, their *eyes* and their *ears*, the resources of *Forms*, *materials*, *sounds* and *COLOURS*.



HOCKEY ROADSHOW

Students in Years 1/2 & 2/3 were fortunate to participate in the 'Hockey Victoria Roadshow' this week with guest presenters, Mrs Brown & Mrs Mitchell. Students learnt the different parts of the stick and how to dribble, push and stop the ball. If any students are interested in continuing in this exciting sport, there are free sessions on Thursdays from 5.15-6.15pm for the next few weeks or register on wodongahockey@gmail.com if you want to play for the whole season.

DIVISION SWIMMING

Congratulations to Ella Buckley who represented Wodonga West in the Division Swimming Carnival last Friday. Ella competed in the 11 year old Girls Freestyle. Well Done!

PHYSICAL EDUCATION LESSONS

During the start of the year, all classes have been learning the importance of working cooperatively with each other. Our F/1 class played a game called 'Freeze Dance', Year 1/2 played a game called Balloon Tap and MYOS students worked cooperatively to play 'Caterpillar Riot'. I hope you enjoy the photos taken during the sessions.

Susan Macdonald

P.E. Coordinator



If you have received a note home regarding booking an SSG meeting please ensure this is returned as soon as possible.



Thank you to those of you who have volunteered to assist students with their Reading before school. We greatly value your contribution to improving reading outcomes for our students. We started the program in Week 4 and hope it will be able to continue for the rest of the year. It was also lovely to have parents reply that they would like their children to be involved too! We would love to see more students participating in the morning to help with their development in reading, particularly if reading after school is difficult. I have been given quite a few awards for 25 Nights of Reading from the teachers and look forward to handing them out at assembly. We will also have our 100 Nights of Reading Board soon, which will be on display in the Office area.

Thank you to all of our parent volunteers who attended our parents as helpers course recently, it was great to see so many people here to support our school.

Thank you for all of your support with home reading!

thank you



Coming up in week 9 the MYOS building will be 'erupting' with excitement as students present their learning from the Term 1 Rich Task natural disasters unit. Throughout this term students have been learning about different types of natural disasters in the world we live in.

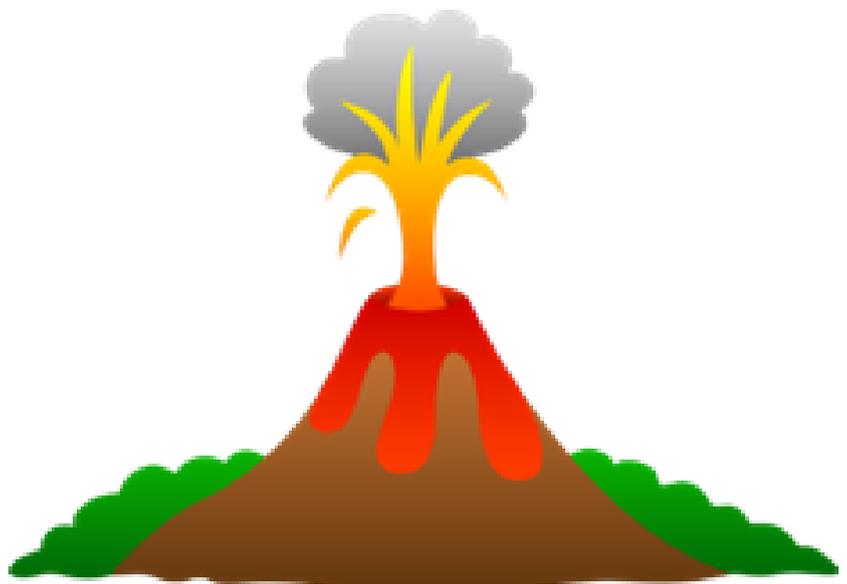
Heading home this week is a project for students to complete with the assistance of their parents. Students will be creating a model volcano! There are multiple ways in which this can be achieved but **remember that chemical reactions of any kind need adult supervision.**

Students have 2 weeks to complete their builds

before the eruptions in Week 9. Students may bring in their project to demonstrate its volcanic capabilities OR students may film the eruption at home and we will view the eruption in class time.

An example has been provided on the handout sent home with your students, if you have any questions please feel free to contact us at the school.

Thanks,
MYOS teachers.



Coming soon!

Whole School cultural Activity

Friday 20th March

Liquid Nitrogen Show

\$8:00

(covered by CSEF if you have available funds)



Students have the opportunity to assist in the many cool liquid nitrogen demonstrations during this interactive science show. Find out how solids, liquids and gases change when rapidly heated and cooled. Smash a squash ball! Shrink a balloon instantly! What happens to living things if they are frozen? How can Newton's 3rd Law of Motion explain a liquid nitrogen sprinkler? Explore Charles' Law using popping cans and expanding balloons.

Get excited for fun, real explosions and chemistry!

**SAKG are asking for donations of small jars.
Please bring any donations to the front office.**

Thank you in advance.



TheirCare
Where Kids love to be!

TheirCare offers a service for ALL children and you can rest assured that TheirCare is the place where kids love to be!

Activities include Lego, Beads, Dress Up's, Colouring In, Craft and Outdoor Play.

Hours of Operation

7 am to 9 am & 3.30pm to 6pm

We also offer curriculum day programs & Term Finish Early Sessions.

If you would like to register please visit

www.theircare.com.au



WODONGA JUNIOR FOOTBALL CLUB INC.

Girls football comes to the Bulldogs!

Registrations are open!



Under 17 (Girls): Born 2003 - 2005

Under 14 (Girls): Born 2006 - 2009

Under 16 (Boys): Born 2004 or 2005

Under 14 (Boys): Born 2006 or 2007

Under 12 (Boys): Born 2008 or 2009

Lewis Homes



Training Wednesday @ St Monica's and Friday @ Willow Park.

For more information or to register go to our website:

www.wodongajfc.sportingpulse.net

or call Kath on 0418 699 853



Like us on Facebook to stay up to date

<https://www.facebook.com/wodongajunior/>

COME AND TRY HOCKEY

The Albury Magpies Hockey Club is having a FREE "Come and Try Hockey" session. Girls and boys aged 8 to 16 are welcome.

Sticks are available for loan.

The session will be on Tuesday, 10th March at the Albury Hockey Centre, Short Street, Albury. Magpies train on Field 1(synthetic surface) at the Centre.



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

-  laptops & tablets
-  lessons & activities
-  uniforms & shoes
-  books & supplies
-  sports fees & gear
-  camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*

Contact your local Saver Plus Coordinator

Phone or SMS your name and postcode to 1300 610 355

Email saverplus@bsl.org.au

Online saverplus.org.au

Find us on Facebook 



* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

ALL THINGS COUNTRY

75th Wodonga Show

Saturday 14th March

Games
Food Trucks
Petting Zoo
Rides
Entertainment
Competitions
Circus Acts
Prizes
Chris Humfrey
Horse Events
Pet Parade
Young Farmers
Rural Ambassador
Challenge
RFDS Simulator
AND MUCH MORE

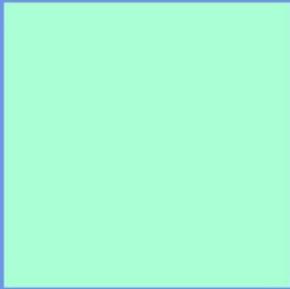
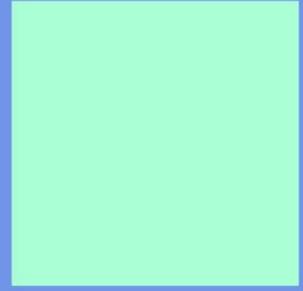
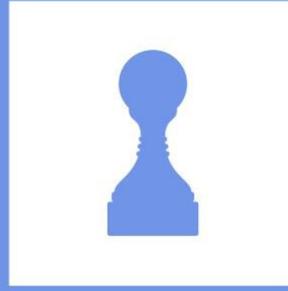
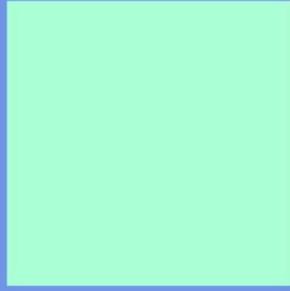
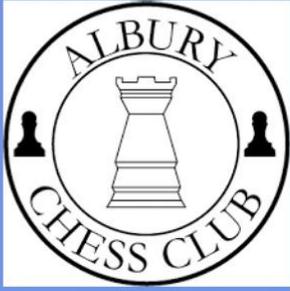


FULL EVENT
INFORMATION AT
WWW.WODONGASHOW.ORG.AU
OR CHECK OUT OUR
FACEBOOK PAGE
GATES OPEN 9.00 A.M.



PROUDLY SPONSORED BY **nextofficetech**





ALBURY JUNIOR CHESS CLUB

Come and play chess, make new friends, and gain new skills! Learn tips and tricks from the Albury Club Champion! Ages 8-18, all skill levels (including beginners) are welcome!

\$5 a week (+ \$10 yearly membership)

FIRST 2 WEEKS ARE FREE!

PRIZES TO BE WON!

Every Thursday starting from 27/2

From 6:00-7:30pm

Albury High School

625 Kiewa St, Albury

For more information, contact:

davidjmarsh68@gmail.com or phone

0412 668 933



STEAMERS
— RUGBY CLUB —

**Come and play
Rugby Union
with the Steamers
Junior Rugby
Union Club**

Tackle Rugby Teams
from U6 through to U16 –
mixed teams for younger
age groups

New in 2020 - girls only
U13, U15 & U17
tackle

Girls Touch '7 a side'
from U10's to U16's

Fantastic values based
family environment

**Training starts
Friday March 6th**

Interested? Contact us for more info...

E: juniors@alburywodongarugby.com M: 0409 258 675 (Matt Wells)
W: alburywodongarugby.com/juniors F: facebook.com/steamersjuniors



WODONGA
MIDDLE YEARS COLLEGE

ON SHOW

WEDNESDAY MARCH 18

3.30PM - 7.30PM

Felltimber Campus

Wodonga Middle Years College invites future and existing families to our On Show event.

Campus Tours

3.30pm - 5.00pm

Subject & College Information Displays

4.30pm - 6.00pm

Year 7 Transition Session

5.30pm - 6.00pm

Career Conversations Session

4.30pm - 5.00pm & 5.30pm - 6.00pm

Raising Happy & Resilient Young People with Dr. Michael Carr-Gregg

6.00pm - 7.30pm

Huon Campus Tours

available at Huon Campus
from 3.30pm - 4.30pm

Visit our website for
further information

bit.ly/onshow20



Shift Ur Shape

My name is Jordan and I am the owner and operator of Shift Ur Shape.

I have been on the Gold Coast for the past 11 years, operating my own business offering outdoor group fitness. We got out and explored the amazing Gold Coast, utilising 64 of the beautiful cities parks, beachside and waterside locations.

Having relocated home to Wodonga to be closer to family and my Sisters as they have kids, I am bringing my same diverse and ever-changing outdoor group fitness program, to the twin cities!

Essentially Shift Ur Shape is the most varied, diverse and ever changing exercise program you can become involved in.

The intent behind the program is to take the monotony out of training and exercise, bringing a more interesting and stimulating element to exercise than ALWAYS training out of a gym with the same 4 walls. Daily, I change up the session plan, style of workout (i.e. strength, cardiovascular - [HIIT or HIRT based training], plyometrics, boxing, core training, speed and agility or a combination of the lot), I change the training location, music, equipment used, and the revolving faces of group training also brings the diversity of revolving personalities.

Of course the program is outdoors, so in times of bad weather and undercover space must be utilised. Wodonga West Primary School has been kind enough to offer the use of their undercover area in these times, so line with the kind gesture, I insist on offering all Teachers, Parents and Friends 2 x weeks FREE TRAINING and discounted ongoing rates, should you be interested in attending my program.

If you are interested in coming along to trial me/us out, please don't be too shy to reach out. Everyone is super friendly and it is go at 'ur' own pace, so all fitness levels are accommodated.

The link below will take you to the 'Shift Ur Shape - Wodonga' Facebook group. There is no commitment to attend, but feel free to add yourself or any others to the group so you can have a further look into what I'm all about!

If you are excited by the idea of a cooler way to train, and in need of continuing or adopting a healthier lifestyle, please reach out to me either through the group, via facebook messenger or on my details below!

I also offer come-to-you personal training if that is more 'ur' jam!

I hope to see/meet you all through Shift Ur Shape.

Kind Regards

Jordan Luty

0400 492 322

jordan@shifturshape.com

REMINDERS



Wearing a helmet is compulsory when riding a bike or scooter.

"NO HELMET NO RIDE"



Payments for the Stephanie Alexander Kitchen Garden Program in Term 1 are now overdue. Your child cannot participate until payment is made.



Students must wear a broad brimmed hat at school in Term 1. If you do not have a broad brimmed hat please see the office to purchase one for \$15.00.



Please remember that the school carpark is for the vehicles of staff, authorised parents/visitors and Disabled Permit holders only. This is not a drop off/pick up zone.



Our school uses Compass School Manager for ALL communication. If you require log in details, assistance or have any questions relating to Compass please see office staff.



School banking occurs each Friday. Please ensure you return your banking by Friday morning.



Year 6 T-Shirt orders and money are due on Friday 20th March



If you use Facebook please like and follow our page to receive our updates and reminders