

LINK LETTER



19 March 2020

Lawrence Street, Wodonga, Victoria, 3690

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

Phone: (02) 6024 1188

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 where you should be



Dear Parents / Carers,

School Update on COVID – 19 virus

I realise everyone is tired of hearing about the COVID-19 virus everywhere we turn. However, I know parents are concerned about the uncertain times ahead, and the fear of the unknown. People are feeling a little more fragile so it is my job to keep you informed with any new information I have. Please know that we have followed the Department of Education and

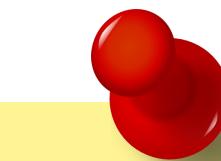
the Department of Health's guidelines for schools to the tee. This has included things like additional hand washing and sanitising, cancelling any trips we had planned or special events and ensuring any person with minor illness stays at home or goes home. I really want to thank our community for being so accommodating and helpful! Just as an extra precaution we will suspend having our fortnightly assemblies until further notice (even though schools are not required to do so). We have no confirmed or suspected cases of this virus at our school, but we continue to be vigilant.

At this stage, Victorian schools remain open in line with the latest advice from Australia's Chief Medical Officer and Victoria's Chief Health Officer. The decision for schools to remain open is based on the best medical and health advice.

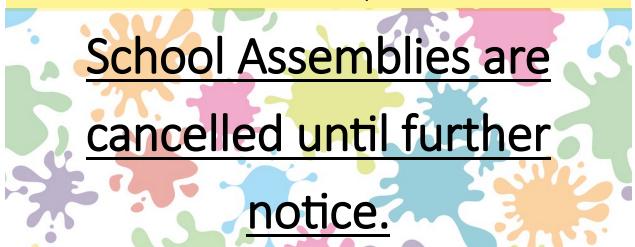
'Shrek The Musical' has been cancelled, so we are preparing for an alternative activity later in the year for those children affected in Years 5 and 6.

In the event that schools are required to close (as enforced by the Department of Health and Education), then we will be required to provide suitable home learning activities. This may be a mixture of work booklets and on-line learning of which there are multiple sources. We would provide information to all our parents if this becomes necessary. Our main form of communication to parents/carers is via our COMPASS phone app. Could you all ensure you have access to Compass so that we can communicate any changes as necessary. Please see Tabitha at the front office if you need any help.

Continued on next page

**Important Dates**

20th March	Liquid Nitrogen Show (still going ahead)
27th March	Last day of Term 1 2.30pm finish
14th April	Pupil Free Day
15th April	Students return to school Wednesday



Principal's Message

School Council

Thank you to all our families who voted for our 3 nominated Parent Representatives recently. I wish to announce that Suzanna Matthias and Jessica Thompson were declared elected onto Council for a two year period after our vote count., Jenna Pulgarin-Pierce is the Community Member Representative. Thank you to all our nominees for being a part of this process.

Last night we held our Annual General Meeting, followed by our regular March meeting of School Council. Lauren Barber was elected as School Council President,

Suzanna Matthias was elected as Vice President, Britt Hartley as Treasurer and Jo Henderson as Secretary. Congratulations to all our Office Bearers. We also nominated for sub-committees. Everyone on School Council must also sign a 'Code of Conduct' which must be kept on file. I am very privileged to have such a great group of positive School Councillors who are always thinking and working to make our school the best it can be for both students and families, and prepared to give up their time to do so.

The Annual Report was presented to School Council as well as our 4 year Strategic Plan and our Annual Implementation Plan. Several School Policies were passed (CCT Cameras, Parent Payments and Cash Handling). It was also decided to hold an Autumn Working Bee on Saturday 9th May from 9 to 12 midday so we are asking for our school community to come along on that morning to help out with numerous jobs in our gardens and grounds. We hope you might be able to spare an hour or two.

Regards,

Jocelyn Owen



Bushfire Relief Dress-up Fundraiser

Hello families and friends of Wodonga West Children's Centre. The recent bushfires ran rampant through the country, people lost their properties, memories and lives to the devastating disaster. To help those in need we will be having a dress-up day on Friday 27th March to raise money.

If you would like to dress up as either a farmer, firefighter or animal that has been affected by the bushfires (e.g. Koala, Kangaroo etc.) you will need to bring along a donation of two dollars. Please remember if you do not bring the donation you will need to be in school uniform.

The money from this event will go to people who have been affected and are in need of support.

We are looking forward to seeing the unique variety of farmers, firefighters and animals on the day of the event.

Please donate so we can help people who need it most.

Dress-up Day Friday 27th March \$2 donation





Wellbeing Report

Canteen

The onsite Canteen will only run on Tuesday and Wednesday next week, it will not be open on Thursday next week.

Lunch Orders will still be available each day.



Win a free Slushy – anyone who has purchased a slushy have been going in a draw to win a free slushy. Good luck J Elliott Grant won a slushy at the last assembly.



Breakfast Packs

Anyone requiring a breakfast pack there are still a couple available. Please come and speak with Mrs Potter.

RAISING HAPPY & RESILIENT YOUNG PEOPLE PRESENTED BY DR MICHAEL CARR-GREGG

Wednesday March 18 | Felltimber Campus
6.00pm - 7.30pm | Wodonga Middle Years College

Hear from one of Australia's leading psychologists, authors, broadcasters and specialists in parenting, children, adolescents and mental health.

- Explore how to support children to become resilient young people.
- Gain knowledge and understanding of resilience building strategies to use at home.
- Take away 10 key messages that can be shared with children and young people to increase their wellbeing.

CANCELLED

This is a free community event and is open to the public.





Our Trip to Albury

01B, 01D, 12C & 12T went on an excursion to Albury!



Looking into the Past.

By 1/2 Chick.

Friday the 28th of February, 2020.

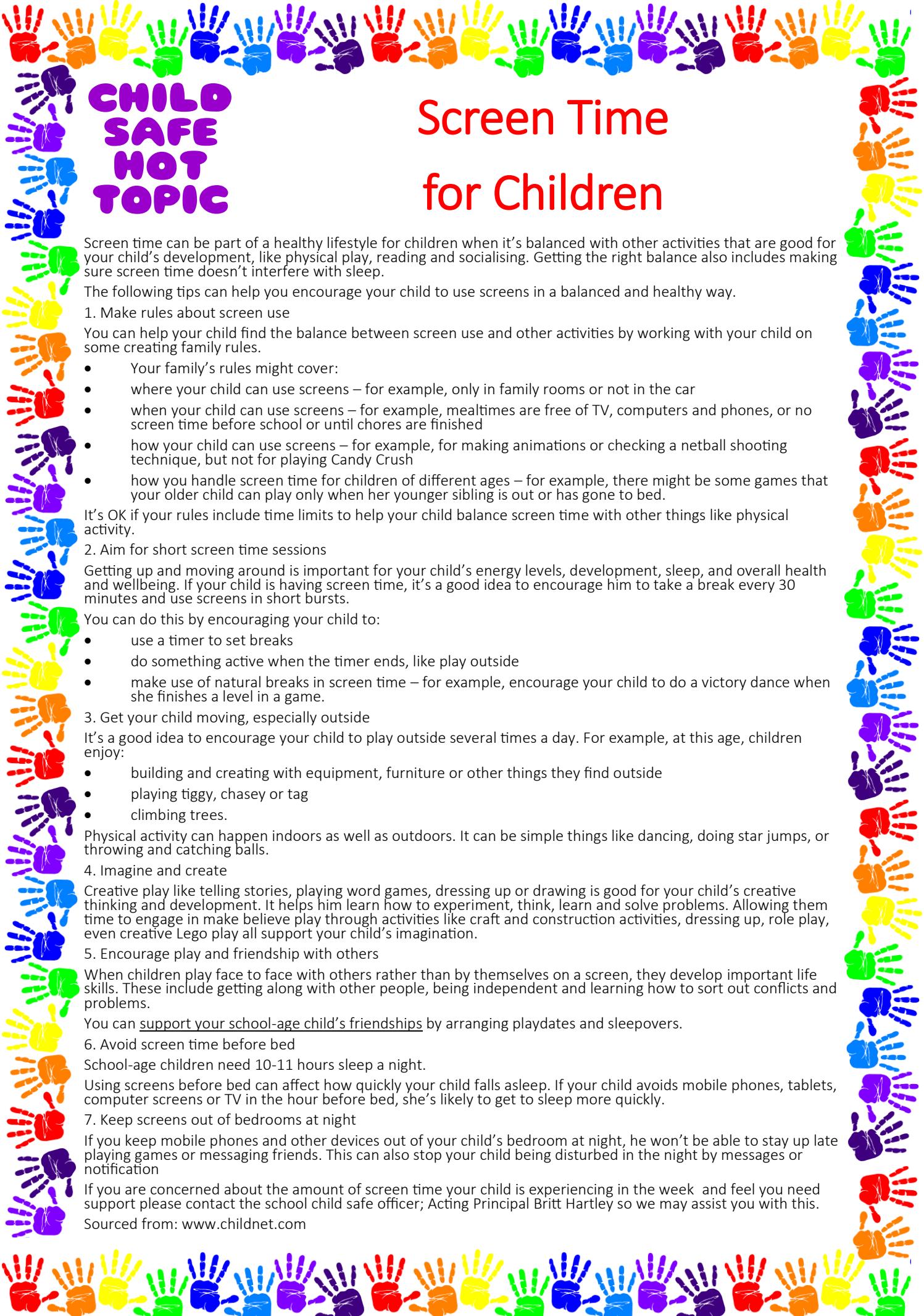
On Friday we invited our family and friends to school. They came in and shared with us their stories. We learned about what it was like when they were growing up.

We got to play with cool toys from when our family grew up. And learn about what it was like to grow up without technology. We had fun playing with Voltron, and learning about dolls that had been hand made by great grandparents when they were at school.

We found it interesting to learn about what school was like, and how it is different to today. We got to learn about schools in different countries. One of our families came from a school in Melbourne that was much bigger than ours. One of our families went to a school with only one building. And one of our families was the first person to ever go to their school.

We would like to thank all of our parents, grandparents and friends who could come along and share their stories with us.





CHILD SAFE HOT TOPIC

Screen Time for Children

Screen time can be part of a healthy lifestyle for children when it's balanced with other activities that are good for your child's development, like physical play, reading and socialising. Getting the right balance also includes making sure screen time doesn't interfere with sleep.

The following tips can help you encourage your child to use screens in a balanced and healthy way.

1. Make rules about screen use

You can help your child find the balance between screen use and other activities by working with your child on some creating family rules.

- Your family's rules might cover:
- where your child can use screens – for example, only in family rooms or not in the car
- when your child can use screens – for example, mealtimes are free of TV, computers and phones, or no screen time before school or until chores are finished
- how your child can use screens – for example, for making animations or checking a netball shooting technique, but not for playing Candy Crush
- how you handle screen time for children of different ages – for example, there might be some games that your older child can play only when her younger sibling is out or has gone to bed.

It's OK if your rules include time limits to help your child balance screen time with other things like physical activity.

2. Aim for short screen time sessions

Getting up and moving around is important for your child's energy levels, development, sleep, and overall health and wellbeing. If your child is having screen time, it's a good idea to encourage him to take a break every 30 minutes and use screens in short bursts.

You can do this by encouraging your child to:

- use a timer to set breaks
- do something active when the timer ends, like play outside
- make use of natural breaks in screen time – for example, encourage your child to do a victory dance when she finishes a level in a game.

3. Get your child moving, especially outside

It's a good idea to encourage your child to play outside several times a day. For example, at this age, children enjoy:

- building and creating with equipment, furniture or other things they find outside
- playing tiggy, chasey or tag
- climbing trees.

Physical activity can happen indoors as well as outdoors. It can be simple things like dancing, doing star jumps, or throwing and catching balls.

4. Imagine and create

Creative play like telling stories, playing word games, dressing up or drawing is good for your child's creative thinking and development. It helps him learn how to experiment, think, learn and solve problems. Allowing them time to engage in make believe play through activities like craft and construction activities, dressing up, role play, even creative Lego play all support your child's imagination.

5. Encourage play and friendship with others

When children play face to face with others rather than by themselves on a screen, they develop important life skills. These include getting along with other people, being independent and learning how to sort out conflicts and problems.

You can support your school-age child's friendships by arranging playdates and sleepovers.

6. Avoid screen time before bed

School-age children need 10-11 hours sleep a night.

Using screens before bed can affect how quickly your child falls asleep. If your child avoids mobile phones, tablets, computer screens or TV in the hour before bed, she's likely to get to sleep more quickly.

7. Keep screens out of bedrooms at night

If you keep mobile phones and other devices out of your child's bedroom at night, he won't be able to stay up late playing games or messaging friends. This can also stop your child being disturbed in the night by messages or notification

If you are concerned about the amount of screen time your child is experiencing in the week and feel you need support please contact the school child safe officer; Acting Principal Britt Hartley so we may assist you with this.

Sourced from: www.childnet.com

Our Trip to BOGONG



In February eight of our year 5 students attended Bogong Leadership Camp together with other future leaders from our region and enjoyed a weekend of team building activities and problem solving tasks to build their leadership skills.



Great Student Achievements Outside of School

Recently one of our students, Blake Boon, was presented with the Coaches Award for Softball. Blake plays for the Wodonga Warriors Softball Team in the under 12 competition . This is Blake's first season of playing Softball and this is a great achievement for Blake. Blake's team is playing off in the finals.



One of our families has been adopting our Stephanie Alexander Kitchen Garden Program at home! They have been enjoying preparing recipes such as sausage rolls, muffins and quiches and are enjoying eating their creations even more! It is wonderful to see this great program having a positive impact at home as well.

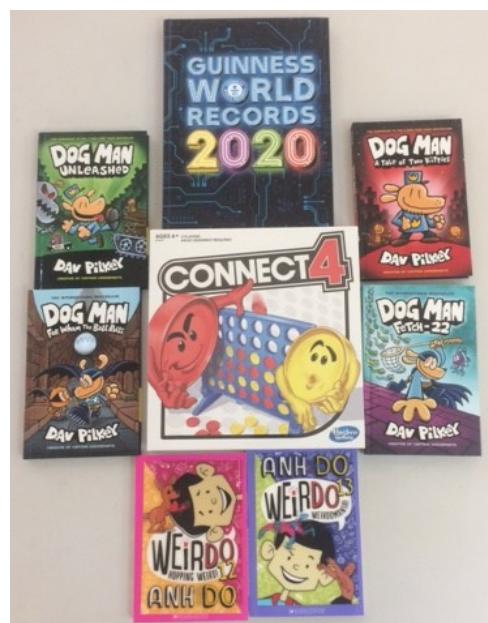
They all look delicious!



A Big Thank You

to our P.F.F.

(Parents, Family and Friends) Committee



for providing the Library with funds to purchase a replacement game and some new book titles to add to the Library's collection.

Denise Donehue
Library Technician
And all the Students at WWCC
Thank you.



In the kinder the children have been exploring different play items in individual containers of water. The purpose of this activity is to allow the children to explore their own ideas and increase their imagination through individual play. The children enjoyed having their own space when they were playing, however they were still close enough to the other children that they could share their ideas and talk to the other children about what was in their container.



Smiles 4 Miles

We have started to implement the Smiles for Miles program with the children. This program is about promoting dental health.

Smiles 4 Miles is an oral health promotion initiative of Dental Health Services Victoria (DHSV), and works to improve the oral health of preschool aged children in the community.

The first message the children are learning about is "Drink Well".

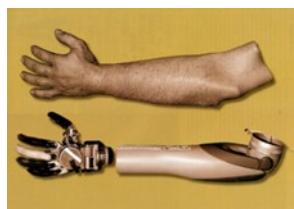


Key messages for families

- Encourage children to drink plenty of tap water.
- Plain milk is preferable to flavoured milk. Milk is an important source of calcium. Soy based enriched drinks can be a substitute for dairy. Milk is an important source of calcium, casein and other essential nutrients.
- Avoid acidic and sugary drinks such as soft drink, sport drinks, cordials and fruit juices. If consumed, consume with meals rather than between meals. These are 'sometimes' foods and should be enjoyed only occasionally.
- Infant feeding bottles should only contain expressed breast milk, infant formula or plain milk.



Don't forget to put Water Only in your child's Drink Bottle



Plastic lid collection

The kinder children are collecting plastic milk and juice container lids as part of their attempt to reduce waste. The plastic lids will be delivered to the Royal Melbourne Hospital and then given to another organisation that makes prosthetic limbs. Soft drink lids will not be collected.

Please help us collect as many as we can.

St Patricks Day Tuesday 17th March – The kinder children came dressed in Green and participated in many fun and exciting activities to help celebrate the day.





FAST BLAST!

WOOLWORTHS CRICKET BLAST POP UP CLINICS
ARE COMING TO YOUR LOCAL CENTRE. FAST TRACK YOUR CRICKET SKILLS THROUGH A
FUN, ACCELERATED PROGRAM – FOR KIDS WHO CAN'T WAIT TO GET OUT ON THE FIELD!

Cricket Blast School Holiday Program

Major League Indoor Sports - 119 North St, East Albury

Tuesday 31st March & Wednesday 1st April

\$60 for two days of cricket, 10:00am-1:00pm each day

mlis@bigpond.com or (02) 6021 6855 for more info



JOIN A CREW NEAR YOU TODAY



PLAY CRICKET

OFFICIAL KIDS
PROGRAM





BE PART OF THE CREW AND HAVE A BLAST... FAST!

Accelerate your cricket skills at a Woolworths Cricket Blast Pop Up Clinic. In no time at all, you'll have the skills and confidence to get out on the field and give it your best shot!

- ✓ Easy to join and make new friends.
- ✓ The best of Woolworths Cricket Blast including basic skill development through to short games of cricket.
- ✓ Play cricket for longer with programs running all year-round.



POP-UP BLAST CLINIC

AGES 5-10 | 60-90 MINS

Everyone gets a chance to bat, bowl and field in short, modified games of cricket. Kids will develop their skills and teamwork through fun game based activities.

Sign up now to score your Blast Pack!



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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.



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