



WODONGA WEST CHILDREN'S CENTRE

LINK LETTER

15th October 2020

Lawrence Street, Wodonga, Victoria, 3690

Email: wodonga.west.ps@education.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: playing by the rules

Principal's Message

Dear Parents / Carers,

Welcome Back!

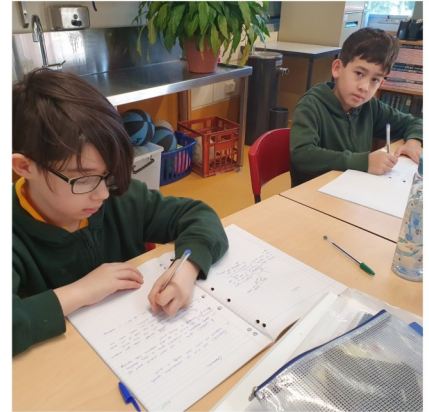
I hope you enjoy the first Linkletter for this term after Remote Learning has finished, Therefore, I wish to focus on our return to on-site learning (something I thought I would never have to write about, but this is the reality!)

I would like to begin by once again thanking everyone for their patience and commitment to helping their child or children learn from home with our support. You really need to feel very proud of your efforts and I am certain you found it to be rewarding although challenging to juggle everything. Hopefully, you will have a renewed understanding of some of the activities expected of the students, as well as the breadth of the curriculum. Well done and we hope we do not need to repeat the process, as everyone really felt the pressure including our staff who had to immediately adapt to a new way of approaching their work which was very taxing on them. They also need a huge pat on the back for their work during this time and for touching base with everyone along the way to keep students engaged in their learning. I am very proud of you all!

I am also really happy with the way all our students have returned to school ready to be learners. I think they are all relieved to be back in their familiar classroom with their teacher and classmates. This term is so very important for all students to focus on being the best learners possible after all the interruptions they have had during terms 2 and 3. Our first morning back last week was spent providing everyone with a lovely cooked breakfast consisting of bacon, egg and hash brown rolls. This was really a lovely way to welcome all students back, and it gave them all a chance to catch up with their friends and teachers in a relaxed atmosphere. A huge thanks to all our staff who came to work extra early to help with all the preparation, cooking and cleaning up – especially Mrs Kenny. I am hoping you will enjoy some of the photos taken at the breakfast – it was really enjoyed by everyone (as you can see)



As I mentioned, students have settled back into learning and have brought their 'Growth Mindset' back to school with them. Yesterday I visited classrooms and captured some of the students working hard, but also showing their delight in being back! Pictures say a thousand words – enjoy!



A few reminders for parents/carers;

1. Please do not send your child to school if they are sick or have any cold or flu like symptoms. Any child with these symptoms and / or a temperature will be immediately isolated and sent home from school. Thank you to our community for being so vigilant with this.
2. Please ensure your child has a broad brimmed green school hat for term 4. Our Sunsmart. No hat, no play policy is in place. Students must stay in the shaded areas if they do not have their hat.
3. Students must bring their own water bottles to school at the moment until further notice.
4. Our Book Week dress up day is next Tuesday and parents/carers may join us via Webex. A link for parents will go out on Dojo and Compass shortly.
5. Please remember that our focus this year is on Reading and help us by listening to or reading to your children every day.
6. On Monday we will be holding a whole school Webex Assembly. Once again, parents/carers will be invited to join us.

Regards

Jocelyn Owen



Important Dates

20th October	Book Week dress up day
	Access link for virtual parade via compass.
23th October	Public Holiday
28th October	School council meeting 5pm

Children's Book Council of Australia's Book Week

This year, on Tuesday 20th October, We will be celebrating Book Week by sharing our favourite book (you might like to borrow it from the library!) and you can dress-up as either your favourite book character or as a curious creature you have created yourself!

There will be book prizes for the best dressed from each class, as well as for our lovely Kinder students, and a special 'guess what book staff are dressed up as' sheet with a book prize for the closest junior and senior student guesses!

As this year is a little different, we will send a Webex link so our families can join in the fun!





Welcome back to Just Brass

This week we welcomed back Jeremy our Just Brass teacher. Students were eager to get back to music lesson and are looking forward to a whole class band lesson next week.

Jeremy was very impressed with students progress and encouraged them to keep practicing.



2020 Parent Opinion Survey

WE WANT OUR PARENTS TO TELL US WHAT THEY THINK!

Our school is conducting a survey to find out what parents think of our school. The Parent Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted amongst all parents. It is designed to assist schools in gaining an understanding of parents' perceptions of school climate, student behaviour, student engagement and experiences of remote and flexible learning. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

All parents will be invited to participate in this year's survey. All responses to the survey are anonymous. This year, the Parent Opinion Survey will be conducted from **Monday 12th October** to **Friday 13th November**.

The survey will be conducted **online**, only takes **20 minutes** to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones. The online survey will be available in a range of languages other than English. These include: Arabic, Vietnamese, Mandarin, Chin (Hakha), Hindi, Japanese, Somali, Turkish, Punjabi and Greek.

Please speak to your child's teacher if you would like more information.



Wellbeing Report

Breakfast Packs

Anyone requiring a breakfast pack there are still a couple available. Please phone and speak with Mrs Potter who will be able to arrange one for you.

If anyone requires further support please speak with Melissa Potter the Primary Wellbeing Officer. Other organisations who you may like to access include

West's got Talent Showcase

Due to Covid 19 we won't be running our traditional 'West's got Talent' this year. Instead we will be having a showcase where students can perform their talent and it will be recorded and shown at assembly. This means that students who have a talent to showcase will be asked to sign up on Monday and will be featured in assembly over the rest of the term.

Year 6 woodworking project

Year 6 students have been taking part in a woodworking project where they make a 'key' to hang keys on. So far about half of all year 6 students have completed their project and they have made some very creative finished products.





Year 7 Transition recount from Mia Bond Barton

Today Nhi, Justin and I went to Felld timber for an extra hour of transition at first we were very nervous but when we entered the building we all weren't as scared when the vice Principal introduced herself. Then the house leaders did a speech too. We then went in a group and completed a scavenger hunt around the school and answered some questions about our new school. Once we answered the questions we raced back to the finish and realised we had actually won!! We think we won because our school is the best in town.

Once we got back we headed back inside and met the wellbeing officers Rachel and Sarge. Sarge is the wellbeing dog. Then our hour finished up and it was time to head back to school. We can't wait to go back next time.



Pictured—Justin Matthias, Deb Bauerle Mia Bon Barton, Nhi Ngo



Science News

Next week is not only Book Week but it is also Australian Water Week.

There are a host of interactive and fantastic events, competitions and online activities planned and can be accessed at the Australian Water Week Website.

https://www.awa.asn.au/AWA_MBRR/About_AWA/National_Water_Week.aspx#Competitions

Remember water is precious and we need to look after it.

Mrs Watson



Don't Swim Solo Play Water Polo

1 CHOOSE DIVISION JUNIOR

U14's Boys + U14's Girls

Born 2007, 2008, 2009, 2010

U16's Boys + U16's Girls

Born 2005 & 2006

SENIOR

Born in or before 2004

A & B Grade

Experienced Senior Competition

C Grade

Beginner Senior Competition

2 COME & TRY

Try water polo first by attending **Albury Water Polo Club Come & Try Sessions**

Wednesday, 14th October

Wednesday, 21st October

ALBURY POOL

Juniors 4.30–5.30pm

Seniors 5.30–6.45pm

Experienced coaches will take you through skills and the basics of a game.

3 TRAIN & PLAY JUNIOR

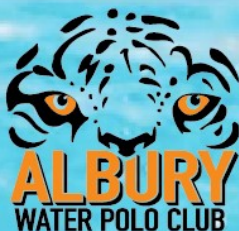
TRAINING Wednesday 4.30–5.30pm
ALBURY POOL

GAMES Saturday afternoons
ALBURY POOL & WODONGA WAVES

SENIOR

TRAINING Wednesday 5.30–6.45pm
ALBURY POOL

GAMES Sunday mornings
(plus a couple of Friday night games)
ALBURY, NTH ALBURY & WODONGA WAVES



FOR MORE INFORMATION

Zoe Singer 0448 421 299

awpctigers@gmail.com

[/awpctigers](https://www.facebook.com/awpctigers)

[/alburytigerswaterpolo](https://www.instagram.com/alburytigerswaterpolo)

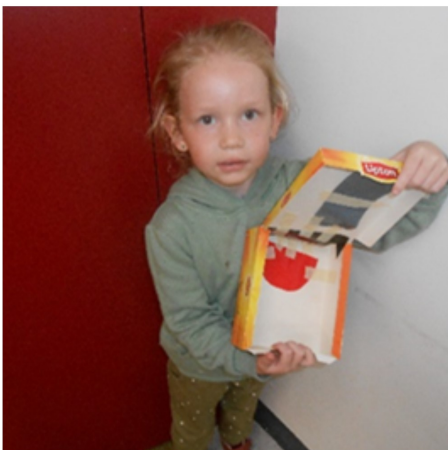
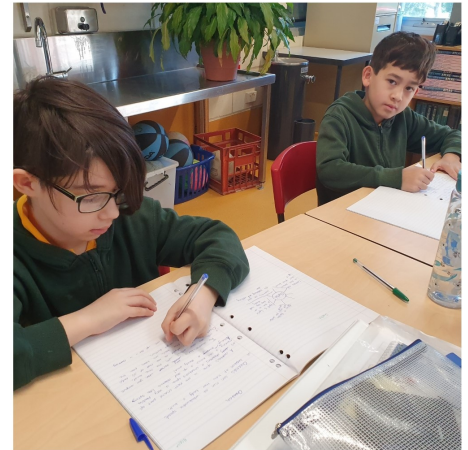
www.alburytigerswaterpoloclub.com





We would like to welcome you all back to kindergarten and extend that welcome to our new families who are starting kinder with us this term. It has been lovely to have so many smiling faces and busy little bodies learning in our kindergarten once again. A rainy week has resulted in the children having more time to socially connect together and become involved in many learning opportunities within the kinder room.

The children have explored many different activities as they adjust to learning together as a large group once again. We were also very lucky to get a TV installed in Kinder for educational purposes. The children have enjoyed learning in a new way and participating in yoga, dancing, online reading sessions and educational games.



Support from headspace Albury Wodonga

COVID-19 is creating feelings of uncertainty within the community and headspace Albury Wodonga is reminding young people we are here to support their mental health. Supporting young people in challenging times is crucial and headspace Albury Wodonga is dedicated to ensuring that those who need it can access help.

In an effort to prevent the spread of COVID-19, headspace Albury Wodonga is currently delivering services to young people via phone and online rather than in-person. We will continue to offer individual services to young people with delivery through phone and online options.

You can contact us on (02) 6055 9555 or headsapaceAW@gatewayhealth.org.au

Additional youth support services

ehheadspace visit headspace.org.au

Talk with a trusted adult, such as a parent, teacher, school counsellor or headspace Albury Wodonga.

Urgent Support

If you ever feel unable to cope because of overwhelming or intense emotions, or if you have any thoughts of harming yourself, then ask for help immediately.

National 24/7 crisis services

Lifeline: 13 11 14 or lifeline.org.au

Suicide Call Back Service: 1300 659 467 or suicidecallbackservice.org.au

beyondblue: 1300 224 636 or beyondblue.org.au

Speak to your local doctor or [General Practitioner \(GP\)](#) and help make a plan for your recovery. Or you can search for a health service and GP on [healthdirect](https://healthdirect.gov.au).

Kids Helpline: 1800 55 1800 or kidshelpline.com.au

ReachOut: reachout.com.au

SANE Australia: 1800 187 263 or sane.org

CHILD SAFE HOT TOPIC

Child Safe Hot Topic 6: Problematic Internet use.

Young people are more and more engaged with the internet and online apps from an increasingly young age. But when does internet use change from engaging and normal to problematic? There are many signs and symptoms that you can watch out for to tell if members of your family are addicted to devices.

The Network for Internet Investigation and Research Australia have developed a tool which can be used to assess an individual's Internet usage. The I.M.P.R.O.V.E tool can be found at <https://www.niira.org.au/the-improve-tool>

I have also attached to this week's newsletter a fact sheet with hints on what to look out for when dealing with excessive internet usage. For more information about educating students and online forums see

<https://www.education.vic.gov.au/about/programs/bullystoppers/Pages/adviceprobleminternetuse.aspx>



Problematic Internet Use

Young people and the online world are synonymous, but when does it become excessive?

What is problematic internet use?

'The Internet appears to be capable of altering the mood, motivation, concentration, and producing a dissociating and disinhibiting experience for users. For some individuals, patterns of use can transform to abuse, taking on a compulsive quality ... Many of the daily spheres of behaviour, including work, appear to be affected by this powerful technology.'

Dr David Greenfield, Centre for Internet Behaviour, USA

Problematic internet use is addictive behaviour—and may include excessive or poorly controlled preoccupations, urges, or behaviours regarding computer use and internet access that lead to impairment or distress.

The problem is more common in adolescent males than females and is very often linked to playing online games. In severe cases, online activity takes over the person's life to the exclusion of all else.

Internet addiction has been documented and studied around the world. There are many young people around the world for whom the ability to self-regulate and manage their time online is problematic.

Online games

Computer games today may be very different to what parents remember. Games are online and interactive with players interacting with other gamers all around the world.

Online games can be very involved and immersive, mimicking real life achievements and interactions, demanding huge investments of time from large networks of players.

Online gaming can also be a concern when young children connect with people that they do not know. See the 'Online Grooming' fact sheet for further information on this.



Problematic Internet Use

Risk factors

Some young people have been identified as particularly 'at risk' of developing problems with excessive internet use. A young person could be at risk if they:

- Suffer from depression and/or anxiety
- Have been diagnosed with Attention Deficit Hyperactivity Disorder (ADHD)
- Have been diagnosed with Autism Spectrum Disorder
- Lack social support and have few friends in the 'real' world
- Are bored or stressed (using games as an escape from problems)
- Are at higher risk of social isolation due to a physical disability
- Face a breakdown in family or social bonds.

Signs of problematic internet use

There is no definitive list of signs that indicate problematic internet use but here are some things to look for:

- Losing track of time online
- Having trouble completing homework or household chores on time
- Racing through tasks such as homework to be able to get online and game.
- Isolation from family and friends—replacing real friends with exclusively online friends or other gamers
- Feeling guilty or defensive about the time they spend online—"I don't have a problem; you are the one with the problem"
- Only feeling happy when in the gaming environment

- Withdrawal from daily activities, poor school attendance, withdrawing from sport teams
- Physical symptoms such as carpal tunnel syndrome, dry eyes or strained vision, back and neck aches, headaches, sleep disturbances, pronounced weight gain or loss.

What can I do?

Establishing that your child has a problem around their use of the internet or online games can be difficult. Their behaviour may quickly move from manageable to being difficult to manage.

Make sure you are with them online, check out the games they are playing for suitability and set clearly defined time limits.

Make sure the digital content is age and developmentally suitable for your child. The fact that others your child's age play the game is not a good guide as to its suitability for your child. Check not only the rating of the game, view the content as well.

Set very clear rules about your child's online gaming and have strict time limits. If you see your child continually trying to push the boundaries, staying online for longer than allowed or logging on when you are out or asleep, then do not ignore this.

Seek assistance sooner rather than later. Enlist the help of your child's school, wellbeing staff, your GP and/or a psychologist. The longer you leave this issue the harder it will be to deal with.

REMINDERS



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

"NO HELMET NO RIDE"



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.



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