



WODONGA WEST CHILDREN'S CENTRE

LINK LETTER



12 November 2020

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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 and Carers,

New arrivals in SAKG

This week we excitedly welcomed 5 new baby chickens into the chook house. The new additions are settling in well and mother hen is keeping them very close. Thank you to our 5/6 students who have been taking such good care of our chickens. We look forward to everyone having the opportunity to meet the new chicks shortly, once they are a little stronger.



AVID growth mindset award

Congratulations to the following students for having a fantastic positive attitude towards their learning. They are demonstrating life-long learning skills.



Asish Basnet, Michael Tymensen and Lilly Paige Carr. Not pictured: Chloe Constable

Naidoc Week

Our school community acknowledged NAIDOC week this week. The NAIDOC 2020 theme - Always Was, Always Will Be. - recognises and celebrates that **First Nations** people have occupied and cared for this continent for over 65,000 years. NAIDOC 2020 invites all Australians to embrace the **ancient history** of this country – a **history** which dates back thousands of generations .

Foundation transition

This year, due to COVID restrictions our foundation transition program looks a lot different. Due to current restrictions we are unable to have offsite students attend the school. However our onsite Kinder students have been lucky enough to have a visit to the foundation classroom where they have been fortunate to familiarise themselves with the school environment and meet some of their teachers.

Remembrance Day

On Wednesday 11th we commemorated Remembrance Day, where students and teachers observed a minute silence and spent time in our classrooms discussing the importance of Remembrance Day. Thank you to our students who brought and proudly wore poppies to commemorate this day.

Class Placements 2021

If you would like to make a request about your child's placement for 2021, we would like you to put this in writing and hand in to the front office - no later than 2nd December. We do not allow a parents to nominate particular teachers (as all our staff are high quality educators, and some may also be taking different year levels in 2021), but you might wish to have your child placed with a particular student, or alternatively, not with a certain student/s. Our teachers always make sure that students have a friendship group. Students are notified of their 2021 placement on the last day of the school year, when they also have an opportunity to meet their teacher in their 2021 classroom.

Regards

Jocelyn Owen

Principal



Important Dates

27th November Public Holiday

Remembrance Day

• NOVEMBER 11 •
Lest we forget



During the past 10 days the SLC have been visiting the classrooms selling poppies for Remembrance Day. Due to the Covid situation the RSL have been unable to sell their merchandise in the street stalls. The students have been organising their own roster and have been very diligent in running this program. I would like to thank these students on behalf of the RSL for their community service.

Liz Haynes

DSTA



Wellbeing Report

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 . Please follow the Link provided on compass to join us for Assembly next week.

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.

Year 6 woodworking

The final year 6 woodworking students have completed their keys. Below is some of the finished products. Students are very proud of their work.



CHILD SAFE HOT TOPIC

Child Safe Hot Topic 2 – Emotional Coaching

Emotion coaching is the practice of talking with children about their feelings, and offering

kids strategies for coping with emotionally difficult situations. The goal is to empathize, reassure, and teach. Young children encounter lots of frustrations and reasons for negativity. They frequently experience emotions like anger, sadness, anxiety, and fear. The parts of the brain that specialize in self-regulation are still developing, so we shouldn't expect a 3-year-old child to handle disappointment in the same way that a 30-year-old does. Moreover, young children lack our life experiences. They are just beginning to learn how emotions work. They aren't as competent at reading other people's feelings and intentions. They need opportunities to learn and practice.

What's the evidence that emotion coaching works?

Observational studies show consistent links between emotion coaching and better child outcomes.

Children who are coached have fewer emotional and behavioural problems, including problems with anger, anxiety, and acting out (Hurrell et al 2017; Dumcombe et al 2014; Short et al 2010; Gottman et al 1996).

They also tend to develop better social skills and peer relationships (Denham et)

Here are the five steps of emotion coaching:

STEP 1

Be aware of emotions

Tune in to your child's feelings and your own.

Pay attention to your own emotions, from happiness to sadness to anger.

Understand that emotions are a natural and valuable part of life.

Observe, listen, and learn how your child expresses different emotions.

Watch for changes in facial expressions, body language, posture, and tone of voice.

STEP 2

Connect with your child

Use emotional moments as opportunities to connect.

Pay close attention to a child's emotions.

Try not to dismiss or avoid them.

See emotional moments as opportunities for teaching.

Recognize feelings and encourage your child to talk about his or her emotions.

Provide guidance before emotions escalate into misbehaviour.

STEP 3

Listen to your child

Respect your child's feelings by taking time to listen carefully.

Take your child's emotions seriously.

Show your child that you understand what he or she is feeling.

Avoid judging or criticizing your child's emotions.

STEP 4

Name emotions

Help your child identify and name emotions.

Identify the emotions your child is experiencing instead of telling your child how he or she should feel.

Naming emotions helps soothe a child.

Set a good example by naming your own emotions and talking about them.

Help your child build a vocabulary for different feelings.

STEP 5

Find good solutions

Explore solutions to problems together.

Redirect misbehaving children for what they do, not what they feel.

When children misbehave, help them to identify their feelings and explain why their behaviour was inappropriate.

Encourage emotional expression, but set clear limits on behaviour.

Help children think through possible solutions.

Don't expect too much too soon.

Be aware of tempting settings and be prepared to help your child through them.

Create situations where your child can explore without hearing lots of "don'ts."

Catch your child doing lots of things right and praise her.

Do chores, like picking up toys, together.

Make tasks as fun as possible

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. 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.



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