



LINK LETTER



29 June 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



World Teachers' Day

Tomorrow (Friday 30th October) is World Teachers' Day. School communities across Victoria will celebrate the significant contribution that teachers make in shaping the lives of children and young people, their families and communities. It has never been a more important time to recognise the incredible dedication that Victorian teachers have shown during 2020 – a year of unprecedented challenges.

We say thank you to all our school leaders, teachers, early childhood teachers for their outstanding work during the year – particularly during the periods of Remote Learning. This required all staff to totally re-design how they planned, structured and delivered the curriculum and the learning for the wide range of ability groups they cater for – both on site and remotely. Teaching is a very demanding and exhausting job at the best of times. I think that families saw first-hand how

difficult the job can be to teach just your own child/ren, even with the assistance of the classroom teacher planning and delivering the tasks for you. Teachers gained a whole new lot of respect from the community which we really appreciate. So, tomorrow, if you would like to recognise your child's teacher for World Teachers' Day please go ahead! Some simple ideas might be a home-made card with a lovely message, a flower from your garden, or maybe a chocolate to say a big THANKS and show your appreciation. Happy World Teachers' Day to all our wonderful Teachers for all that you do every day of the school year – you deserve to be a bit spoilt.

Plastics Police

We have a group of students at Wodonga West whose mission is to try and encourage students and the wider community to reduce the amount of single use plastic and try to reduce land fill and plastic contamination that enters the waterways, and eventually our oceans. Often this results in the cruel and painful deaths of many sea and land creatures, as well as terrible pollution floating around our oceans. This group of students is called the 'Plastics Police'. They will often meet in their break times and they also speak at our

assemblies to promote any activities they have planned. Their next activity will be a Nude Food Week later in November, Our goal is to have as little rubbish in our bins as possible, therefore we will be encouraging everyone to bring no packets and plastic wrap. It would be great if this was our practice every week, so you can start practising leading up to the Nude Food Week (23rd – 26th November).

We are also collecting plastic bottle tops from milk cartons and juice, as well as the little plastic bread tags. These are re-cycled and used to make prosthetic body parts for people who are born without, or lose limbs in accidents. This is a great cause, so please assist us by sending these along to school and the Kinder for re-cycling.

Student Support Group Meetings (SSG's)

Thank you to Miss Hartley, our Assistant Principal, for organising meetings (over the phone) for students requiring a Student Support Group meeting. These will be held this week and next week with class teachers and the families. Thank you for families who have engaged so enthusiastically so that together we can achieve the very best with your child and have them working towards achieving their mutually agreed goals.

Parent Opinion Surveys

A reminder that if your family has not yet completed this year's Parent Opinion Survey, that you have until 13th November to go on line and do so. A link was sent out via Compass for this survey to all parents / carers. Your feedback is important to us and informs us of areas we are doing great in, as well as any area we could improve or do differently. Thank you to those who have already attended to this, it is greatly appreciated.

Wodonga Cup Public Holiday

In lieu of Melbourne Cup holiday, we have the Wodonga Cup Public holiday

instead. This is held on Friday 27th November so there will be no school on this day.

Reading at Home

Please remember that Reading is our school priority, and we actively encourage all students to read for enjoyment at home every night – or have an adult read to them. This is really important and supports students to learn in all the other curriculum areas. I have been impressed with the numbers of students receiving awards at assembly for 75, 100, 150, 200 nights reading. Great job everyone who has reached these milestones in their reading at home this

year.

Webex Assembly

Please join us for our Webex Assembly on Monday starting at 9.15. A link to join will be sent out to all parents/ carers shortly. Looking forward to having many of our parents join in and watch. We have lots of awards to present and things to celebrate and announce.

Regards,
Jocelyn Owen
Principal



100 Nights Reading and More!

At our first assembly for Term 4, there were so many certificates to announce, including students who have reached beyond 225 nights! What an amazing achievement!

The following students have achieved amazing milestones in reading to date:

Reading 100 nights

Lewis Buckley
Angel Tylor
Rhon Evangelista
Tina Nguyen
Antony Tran
Hayley Waite

Reading 125 nights

Charli Revel
Tina Nguyen

Reading 150 nights

William Liao
Casey Ferguson

Reading 150 nights

William Liao
Casey Ferguson

Reading 200 nights

Angel Taylor
Jood Hard
Aiden Stern

Reading 225 nights

Zoe Barber
Jessica O'Brien
Elliot Grant
Wil Gavrilovic
Justin Matthias
Levi Constable
Juliette Matthias



Reading Awards Continued



Child safe hot topic 7 Developing Friendship skills

CHILD SAFE HOT TOPIC

Children have many opportunities during the school day to explore how to make friends and of course how to deal with the challenges that come with having a relationship with others. Not all children find it easy to cope with the minor conflict that frequently occurs between groups of children whilst developing friendships. It is our role as adults to help support them to deal with these issues. Read the attached fact sheet for some tips in helping your child be a friend and also how to cope with being left out or the emotions that come with being rejected by a peer.



Being Left Out

Being rejected and ostracised can hurt. Developing friendship skills at school may help young people to navigate relationships throughout their lives.

Developing friendship skills

The shift from home, where they are valued and loved, to school, where not everyone gets along, is a challenge all children face.

Learning friendship skills is the basis of emotional intelligence. Emotional intelligence is highly predictive of success in work and relationships in adult life.

Ideally children use school as a way to broaden their relationships, and this sets them up for being able to work with and relate to a variety of people during their adult years.

It is a strong human desire to belong. Belonging protects us and lessens anxiety. Understandably some children think that ‘if I can just replicate that close caring relationship I have with Mum or Dad with one or two close special friends at school, all will be fine’.

However, becoming reliant on only a few friends has its dangers. Most people connect and reconnect with friends as they move through their lives.

Learning to cope with the ebb and flow of human relationships while remaining true to yourself gives people confidence and courage. At times, we all need to have the confidence to endure setbacks in friendships and the courage to be ourselves.

How parents can help children develop friendship skills

Parents can:

- Encourage friendships outside school.
- Model having a range of friends and how to meet new people.
- Increase social activities for the family with a range of people.
- Keep in touch with extended family members.
- Encourage the idea of being friends with an array of people rather than just being close to a few people.

Consider going through a list of your child’s classmates with them and identifying the different types of friends. If someone is rejecting or ostracising them, you can explain that there is no point trying to push friendship upon people who are rejecting it. Tell your child that sometimes you need to take a break—when you back off from people, they can move towards you. Try to help identify a few more people to play with and become better friends with.



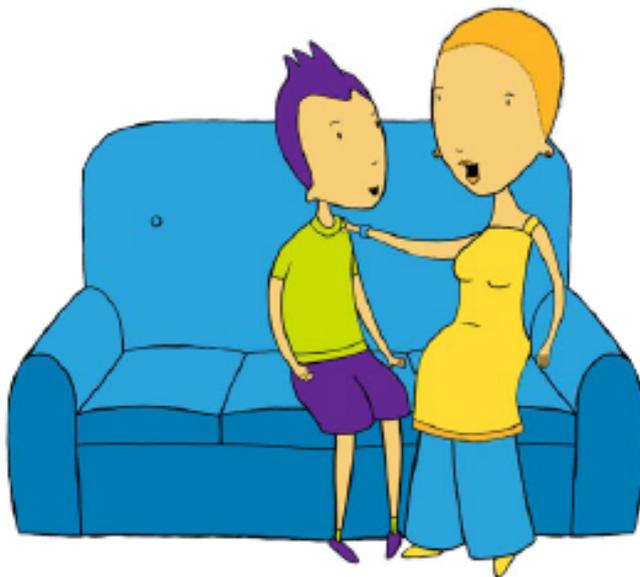
Being Left Out

Sometimes children are traumatised and find it hard to link up with new friends. They feel so emotional their thinking gets stuck. To change their actions, they need help from parents and teachers. This may include identifying who is good to play what with, how to diversify friendships, and help to depersonalise rejections.

Some children want to cling to the idea of having a 'special' or 'best' friend and while this can seem a lovely outcome, it can be a problem too. By narrowing friendships down to a select group of special people they often won't develop a range of friends or learn how to relate with different types of people. If their 'special friend' leaves that area, they will be devastated.

How parents can help children deal with rejection

- Help your child realise that it's a fact of life that not everyone will want to be friends.
- Talk about times when you wanted to be friends with someone but they didn't want to be your friend.
- Repeat the importance of having a range of friends in different settings.
- Sometimes it is helpful to say, 'there are 8 billion people on this planet, don't let one of them ruin your day'.



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

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**.

Book Week

Last week, on Tuesday 20th October, we held our annual Book Week Parade! Even though it was a virtual parade, it was great to see each class share their costumes and books. The staff also had a great time with their costumes as well, so that students could guess what they can as.

A big thank you to all the parents, caregivers and students for all the effort that was put into the costumes. Here are the dress-up winners, as chosen by our lovely ES Staff, who each received a new book to take home:

- | | |
|-------------------------|---------------------|
| F1B Nathaniel Pierce | 23G Daphne Hoving |
| F1D Sophia Nguyen | 4L Jayden Waite |
| 12 Kayley Rapsey-Aitken | 56S Charlotte Doyle |
| 12C Isobel Owen | 56C Eliza Murray |
| 23C Luca Pinder | 56N Jayliah Travers |

Guess the Costume Winners

- Junior – Livv Finemore
Senior – Hayley Waite



BOOK WEEK 2020





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 starting Monday 2nd November. 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.

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.



Parent & Relationship Education Programs –Term 4, 2020

(bookings essential for all programs)

Program	Venue	Date	Time	Phone:
Positive Parenting Telephone Service (PPTS)	Free call telephone service	Ongoing	day & evening appointments	1800 880 660
WODONGA				
Parenting Trans and Gender diverse Kids	Gateway Health F11B 155 High St, Wodonga	Fridays 23rd October to 27th November 2020	10am-12pm	Intake Team (02) 6022 8888
ONLINE via ZOOM				
Emotion Coaching Connecting With Our Kids (2-10 years) (2 hour workshop)	Online via Zoom (invite via email)	Thursday 29th October 2020	6pm-8pm	Intake Team (02) 6022 8888
Bringing up Great Kids	Online via Zoom (invite via email)	Tuesdays 3rd November to 8th December 2020	10am - 12pm	
Tuning in to Kids emotionally intelligent parenting (2-10 years)	Online via Zoom (invite via email)	Thursdays 5th November to 3rd December 2020	10am - 12pm	



Transition for Foundation 2021 students

The school has been working hard on preparing for the transition of our new foundation students into our school community for 2021. This has included contact with staff from kindergartens and childcare centres. Letters are being sent home to all families who have enrolled their children to outline the program we will be implementing over the next 7 weeks. If you have a younger child who will be school age in 2021 and you have not yet enrolled them into school please contact the school asap to get this process underway. We would hate for you and your child to miss out on the opportunities being planned over this time as part of their transition. We are also currently working on selecting our grade 4 & 5 buddies for next year and applications have been sent home for students to return. These applications must be signed by a parent and are due back to Miss Hartley on Friday 6th November.

The school has also developed a virtual website for all new families to help start preparing for the move to school and details about this and the link can be found in the letter sent home. If you have not received yours by next week please contact the school.

Kinder News

The kinder children all looked absolutely wonderful in their book week outfits. I'd like to thank all the kinder parents for all their effort in getting their children dressed up for the day. The children were excited to be dressed in their chosen character for the day and enjoyed participating in the virtual book parade alongside the primary school students. We celebrated in the afternoon by listening to books being read on the "Big Screen" by a variety of different presenters.



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