



# LINK LETTER

5 May 2022

Lawrence Street, Wodonga Victoria, 3690  
Email: [wodonga.west.ps@education.vic.gov.au](mailto:wodonga.west.ps@education.vic.gov.au)

Phone: (02) 6024 1188  
[www.wodongawest.vic.gov.au](http://www.wodongawest.vic.gov.au)

**Enrolments are welcome for all year levels, including Kinder for 2022**

**Be Safe**

**Be Respectful**

**Be A Learner**

## Principal's Message

Dear Parents/Carers,

Firstly, I would like to wish all our Mums out there a very happy Mothers' Day on Sunday. I hope you all get just a little bit spoilt, as you totally deserve it with all that mothers have to do! I would also like to thank our wonderful PFF group for organising the Mothers' Day Stall at school. It is always a huge success and the children love being able to shop for something for their Mums to take home for Mothers' Day. The PFF put in a lot of their own time so we need to appreciate the work they do in fundraising for the school.

### Glasses For Kids

Those students who returned their permission forms in Years F – 3 will have a free eye check and any students requiring glasses will be provided free of charge. These eye checks will be conducted during 18th – 20th May. This is a terrific service to our school community and is sponsored by State Schools Relief.

### NAPLAN Testing

Students in years 3 and 5 will sit the National Assessment Program for Language and Numeracy (NAPLAN) during the week beginning 9th May. This year these tests will be completed across 3 days online. Parents will receive a report showing their child's results. All students in years 3, 5, 7 & 9 complete these tests across Australia at the same time (unless the child has an exemption from their parent). I would like to wish all our students all the very best when completing these assessments.

### School Council Autumn Working Bee

We will be holding a school working Bee on Saturday 21st May from 9am – 12 midday. There will be lots of jobs to be done within our grounds such as weeding, sweeping / blowing drains and gutters, pruning, raking leaves, and generally making the grounds neat and tidy ready for Education Week following.





We would love to see as many parents / carers from the school and Kindergarten as possible come along to help. Please bring your own garden tools / gear to assist. There will be two lucky entry draws of \$50 each to be won on the day (drawn out of the hat). Many hands make light work, and it is very satisfying to see what we can all achieve in our school to make it neat and attractive. Please come along and help, even if it is only for an hour or two.

### **Education Week**

Education Week begins Monday 23rd May. We are expecting to have tours of our school from prospective families. If you know of anyone with a little person starting school or Kindergarten in 2023, please let their parents know to contact us and make a time for a school tour. We have already had quite a number of tours, so people are getting in early. We only have a set number of places in our Kindergarten, so don't leave it too long or you might miss out on a placement.

### **School Car Park**

A reminder that the school car park is not to be accessed to drop off or pick up students. The only exception to this is for drivers with a valid and displayed disability sticker who utilise the disabled car park spaces. The safety of our students and school community is paramount, and we cannot have families driving through just because it is convenient. There are signs displayed on the fences and the asphalt. All students are very capable of walking into the school via Murphy Street on the red brick path, or using the crossing in front of the school in Lawrence Street. I am hearing reports of several families dropping off students before school by driving through, and this is to stop. I wish to convey my thanks to most of our school community who always do the correct thing, as you are excellent role models for your children to learn from about obeying the rules.

### **Free Dinosaur Incursion**

We have been very lucky to secure a free incursion at our school for all students in F-2 from Museums Victoria called 'Dinosaurs'. This will be in July. They will be bringing large exhibits to the school so I think the students will love this and be in awe of the size of some pieces. Hopefully this will inspire some great pieces of student writing, as dinosaurs are very popular with many of the students. Other students in years 3-6 will be offered a free camp at Tallangatta Valley late in term 3 ( more details to come closer to the time).



# We will miss you!



*Mrs Donehue*

## **Mrs Donehue Retiring**

I wish to inform our school community that Mrs Denise Donehue will be retiring from the Department of Education on Friday 20th May. Denise has worked at Wodonga West for many years, mainly as Education Support (ES) and has run our Library/ Resource Centre with a huge degree of passion.

Denise has worked with hundreds (actually thousands) of children who have gone through our school over the years and will be dearly missed. Her energy, vibrancy, passion and commitment will be missed, that's for sure. We all wish Denise a very long and happy retirement and thank her sincerely for all the work she has put in at Wodonga West for so many years. The students, staff and parents will surely miss you.

Regards,  
Jocelyn Owen  
Principal

## **FUNDRAISING NEWS**

**The crazy hair day fundraiser held last term raised \$301.90**

**Well done everybody!**

## **Important Dates**

- 9 May** School Assembly
- 9 May** School Council Meeting  
5.30pm Wodonga Golf Club
- 9 May** Naplan starts (week)
- 18-20 May** Glasses for Kids F-3
- 20 May** Winter Sports MYOS
- 21 May** School Autumn working bee  
9-12pm
- 23 May** Education week starts
- 27 May** Reconciliation week
- 27 May** Winter Sports MYOS
- 31 May** Reconciliation Day dress up  
wear red, yellow, black



# Wellbeing Report

## Girlfriends Group

During Term 1 the girlfriends group were working on doing something for others. They created pom pom monsters and gave them away to the Kinder students. The monsters were well received by the children and the girls felt really happy and proud doing something for someone else, teaching them the joy you receive when giving to others.



**If you require a FREE breakfast pack,**



**please see Mrs Potter**

## CHILD SAFE HOT TOPIC

Many children can experience anxiety at different stages of their lives. Even now in our Post Covid times, the changes to our lives mean that many children may be experiencing higher levels of anxiety than they normally do. Below are some helpful tips to help parent's manage these emotions and assist children to learn to cope with these feelings.

1. The goal isn't to eliminate anxiety, but to help a child manage it.

None of us wants to see a child unhappy, but the best way to help kids overcome anxiety isn't to try to remove stressors that trigger it. It's to help them learn to tolerate their anxiety and function as well as they can, even when they're anxious. And as a byproduct of that, the anxiety will decrease or fall away over time. Talk with them that everyone feels anxious feelings at different times and that it is normal. This is our body's way of telling us that we feel uncomfortable. Share times with them when you have felt nervous or worried and how after doing the activity/getting past the experience etc these feelings went away. Our aim is to build their resilience to handle change and uncomfortable situations.

2. Don't avoid things just because they make a child anxious.

Helping children avoid the things they are afraid of will make them feel better in the short term, but it reinforces the anxiety over the long run. If a child in an uncomfortable situation gets upset, starts to cry—not to be manipulative, but just because that's how he/she feels—and the parents whisk them out of there, or remove the thing they are afraid of, he/she's learned that coping mechanism, and that cycle has the potential to repeat itself.

3. Express positive—but realistic—expectations.

You can't promise a child that their fears are unrealistic—that they won't fail a test, that they'll have fun ice skating, or that another child won't laugh at them during show & tell. But you can express confidence that they are going to be okay, they will be able to manage it, and that, as they face their fears, the anxiety level will drop over time. This gives them confidence that your expectations are realistic, and that you're not going to ask them to do something they can't handle.

4. Respect their feelings, but don't empower them.

It's important to understand that validation doesn't always mean agreement. So if a child is terrified about going to the doctor because they are due for a shot, you don't want to belittle their fears, but you also don't want to amplify them. You want to listen and be empathetic. The message you want to send is, "I know you're scared, and that's okay, and I'm here, and I'm going to help you get through this."

5. Don't ask leading questions.

Encourage your child to talk about his feelings, but try not to ask leading questions—

"Are you anxious about the big test? Are you worried about the science fair?" To avoid feeding the cycle of anxiety, just ask open-ended questions: "How are you feeling about the science fair?"

6. Don't reinforce the child's fears.

What you don't want to do is be saying, with your tone of voice or body language: "Maybe this is something that you should be afraid of." Let's say a child has had a negative experience with a dog. Next time she's around a dog, you might be anxious about how she will respond, and you might unintentionally send a message that she should, indeed, be worried.

7. Encourage the child to tolerate their anxiety.

Let your child know that you appreciate the work it takes to tolerate anxiety in order to do what he/she wants or needs to do. It's really encouraging them to engage in life and to let the anxiety take its natural curve. We call it the "habituation curve"—it will drop over time as they continue to have contact with the stressor.

8. Try to keep the anticipatory period short.

When we're afraid of something, the hardest time is really before we do it. So another rule of thumb for parents is to really try to eliminate or reduce the anticipatory period. If a child is nervous about going to a doctor's appointment, you don't want to launch into a discussion about it two hours before you go; that's likely to get your child more keyed up. So just try to shorten that period to a minimum.

9. Think things through with the child.

Sometimes it helps to talk through what would happen if a child's fear came true—how would they handle it? A child who's anxious about separating from their parents might worry about what would happen if they didn't come to pick them up. So we talk about that. If your mom doesn't come at the end of soccer practice, what would you do? "Well I would tell the coach my mom's not here." And what do you think the coach would do? "Well he would call my mom. Or he would wait with me." A child who's afraid that a stranger might be sent to pick them up can have a code word from their parents that anyone they sent would know. F

10. Try to model healthy ways of handling anxiety.

There are multiple ways you can help kids handle anxiety by letting them see how you cope with anxiety yourself. Kids are perceptive, and they're going to take it in if you keep complaining on the phone to a friend that you can't handle the stress or the anxiety. I'm not saying to pretend that you don't have stress and anxiety, but let kids hear or see you managing it calmly, tolerating it, feeling good about getting through it.

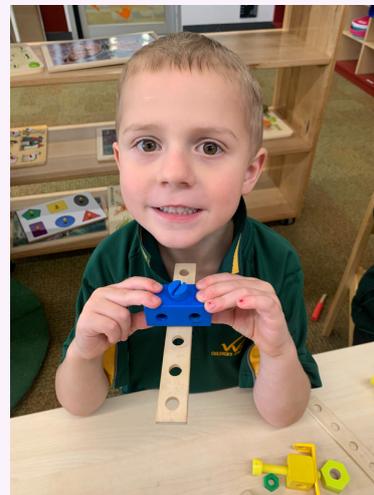
Adapted from <https://childmind.org/article/what-to-do-and-not-do-when-children-are-anxious/>

The kinder children have had a positive start to the term and are really enjoying the social interaction and connection to their peers.

The children have been using different construction sets to create a variety of objects extending from their own ideas and imagination. The level of detail and the descriptions of the objects they are creating are demonstrating a greater thought process and purpose.



The children have been enjoying the challenge when using the coloured building block cards. This activity requires children to use visual discrimination skills as they look at the card and create the same pattern with the blocks.



Visual discrimination helps a child to see differences between objects or pictures and to see if something matches up. This visual perceptual skill can be described as "paying attention to detail" and is vital for reading, writing and other school skills.





# NATIONAL RECONCILIATION WEEK 2021 27 May - 3 June

National Reconciliation Week celebrates and builds on the respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians.



This year the National Reconciliation Week theme is "Be Brave. Make Change".

This is a challenge to all Australians— individuals, families, communities, organisations and government—to Be Brave and tackle the unfinished business of reconciliation so we can Make Change for the benefit of all Australians. Wodonga West Primary is committed to actively seek the inclusion of Aboriginal and Torres Strait Islander culture and perspectives, so that the First Nation's people history can be acknowledged, recognised and reflected upon. Through education and respect we want our school community to continue with the reconciliation path so that we can all understand and embrace each other as one.



## To celebrate Reconciliation Week at our school, we will:

The Junior School we will:

Read, discuss and respond to text on the book: The Stolen Girl by Tina Saffioti

Here is a link to a video of the book should you want to watch and discuss further with your child: <https://www.youtube.com/watch?v=WBMwxhanUeg>

The whole school will:

Have a Reconciliation Dress-up day on the 31st May.

We ask our community to dress only in the colours:

Red, Yellow and Black

The Middle and Senior School we will:

Work on understanding the message of reconciliation through reading biographies of people



Poster made in collaboration by: 5/6 S and Kinder students

"For more information and activities you can do to celebrate Reconciliation week you can go to the official National Reconciliation home page <https://nrw.reconciliation.org.au/>



**TheirCare**  
where kids love to be!

## Upcoming Events/Info

We operate from a fully equipped building next to the kinder.

### Our opening hours are:

BSC- 7am - 9am

ASC – 3:30pm -  
6pm

We provide breakfast for your children between 7:00am and 8:15am.

Our delicious afternoon tea is served at 4pm, once all the children are signed in and settled into our service.

We currently have vacancies available for both before and after school care.

Why not pop in for a visit and check out the service or you are welcome to call us on 0447007044

## Welcome Back to Term 2!

It has been an a busy two weeks since the children have returned back to school after the Easter Holidays. We have had a program packed with new and exciting activities for the children to delve into.

Last week we created volcanos in the sandpit and watched with excitement as they erupted green lava! The children involved in this activity were willing to recreate the experiment several times over.

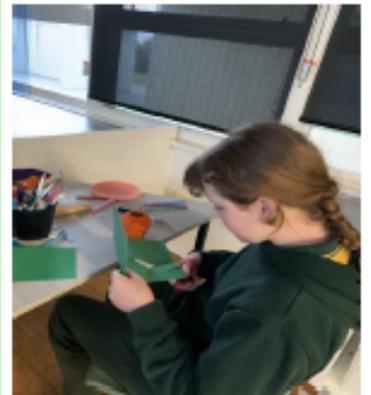
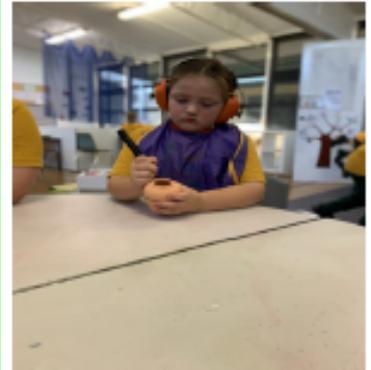
We have also had an abundance of art and craft readily available for the children to extend on their creative and imaginative skills.

The children have also been working on something special for their Mum's/special person for Mother's Day.

We also have another exciting next two week coming up, so if your child is not currently enrolled and you are looking for information about the service we welcome you to pop in for a visit or give us a ring with any questions you may have!

Kind regards,

The team at TheirCare Wodonga West



**Service Number – 0447007044**

**Service Email – [wodongawest@theircare.com.au](mailto:wodongawest@theircare.com.au)**

**TheirCare HQ - 1300 072 410**

**TheirCare Email - [info@theircare.com.au](mailto:info@theircare.com.au)**

Wodonga West Children's Centre

# Autumn Working Bee



2 x lucky door prizes!

Saturday 21st May  
9am - midday

Please bring along your  
gardening tools!

*Help keep our school beautiful!*



# ACTIVE KIDS ARE SMARTER KIDS



**FRIDAY 20 MAY 2022**

**Until they're ten, children must always hold  
an adult's hand when crossing the road**

**WALK.COM.AU**



@nationalwalksafelytoschoolday



@natwalktoschool



@natwalktoschool

#WSTSD

# Fresh Flowers



for

# Mothers' Day

St. Stephen's Uniting Church, Wodonga

**Saturday 7<sup>th</sup> May, 2022**

**9 am till 12noon**

Bunches of flowers

Freshly picked from our gardens



Proceeds to the mission of Stephen's Church.

Enquiries contact Pat: 0400352412



# eCanteen

Online canteen management software

eCanteen is an online order processing system for schools. It can be used on any device without the need for installation. It is mobile compatible as a free simple app installed from the website without any need of an app store.

The eCanteen online ordering system is designed with parents in mind. Many of its features are designed to make the process of ordering from the canteen convenient and simpler for parents of students. These features include:



## Simple login

Login with a Facebook, Google or Microsoft Account to cut down on having to remember yet another login. Don't have one of these, don't worry it's easy to sign up to one of these providers for free.

## Manage your own students

Your account allows you to create profiles for multiple students across multiple schools (should those schools be using the eCanteen online ordering system). This stores the details of your students and allows you to process orders for one or more children in a single transaction, rather than having to place individual orders for each student.

## Order up to a week in advance

Not only does eCanteen allow you to order for multiple students, it also allows for you to place all your orders for the current week. Cut off times are set by your school's canteen, so please check to make sure you complete your order for a day before the cut off time.

## Repeat Orders

Easily access previous orders to copy them into a new order, cutting down on time taken to complete your orders.

## Easy, secure payment

All payments are processed by PayPal. PayPal is a trusted payment processing site which gives you security in knowing your details are securely stored, so you don't have to enter them every time. PayPal allows you to use either a credit card or bank account and keeps a record of all payments made.

[www.ecanteen.com.au](http://www.ecanteen.com.au)



# eCanteen

Online canteen management software

## Getting Started

### Register Your Account

To use eCanteen you need to register an account and login. To do this you can use an existing Facebook, Google or Microsoft account. You will need to provide eCanteen with your First Name, Last Name, Email Address and Phone Number so that the school can contact you if there are any problems with your order.

### Create Profiles

Once you have logged in you need to create a profile to be able to make order. A profile can be created for a Student or School Staff Member. When you create a profile, you must provide the First Name and Last Name of the student or staff member and select their school. Your school may also require you to provide student code, home group, teacher or room. You can have as many profiles linked to your account as you need, with each profile being able to be link to a different school as needed.

### Placing an Order and Checking Out

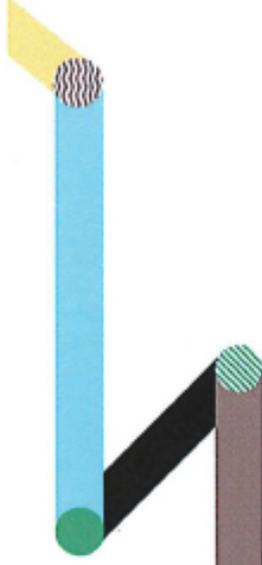
Now you can place an order for each of your profile. Click the new order button and add items to your order by clicking the select button. You can add multiple items by clicking the plus button. After clicking the save button you will return to see all your selected items. You can order for multiple profiles across multiple days of the week in one transaction. Once you have completed all your selections click the checkout button to process all your orders via PayPal.

[www.ecanteen.com.au](http://www.ecanteen.com.au)

**1** ADD STUDENTS  
Register your account

**2** PLACE ORDERS  
Create student orders

**3** CHECKOUT  
Securely pay for your orders



# Parenting Programs Term 2 2022

| Program  | Location / Venue  | Day        | Date  | Time              | Registrations                            |
|--|---|------------|---|-------------------|--|
| <b>WODONGA</b>   |   |            |   |                   |  |
| Tuning in to Kids<br>emotionally intelligent parenting<br>(2-10 years) | Gateway Health<br>155 High Street<br>Training Room (G10)            | Thursdays  | 5-week Program<br>19 <sup>th</sup> May – 16 <sup>th</sup> June      | 6.30pm – 8.30pm   | Intake Team<br>Wodonga<br>(02) 6022 8888 |
| Tuning in to Teens<br>Emotionally intelligent parenting<br>(10+ years) | Gateway Health<br>155 High Street<br>Training Room (G10)            | Fridays    | 5-week Program<br>27 <sup>th</sup> May – 24 <sup>th</sup> June      | 10am – 12pm       |  |
| Parenting Trans and Gender Diverse<br>Kids and Teens                   | Gateway Health<br>155 High Street<br>Room - F11B                    | Thursdays  | 6-week Program<br>28 <sup>th</sup> April – 2 <sup>nd</sup> June     | 6pm – 8pm         | Lisa<br>02 6055 3053                     |
| Mother Goose (0-2 years)   | Hyphen—Wodonga Library<br>124 Howell St                             | Wednesdays | Full Term Program<br>27 <sup>th</sup> April – 22 <sup>nd</sup> June | 10:30am -11:30am  | Andrea<br>0457 279 796                   |
| <b>TALLANGATTA</b>   |   |            |   |                   |  |
| Mother Goose (0-2 years)   | Tallangatta Community Centre<br>33 Towong Street<br>(Library Space) | Thursdays  | Full Term Program<br>28 <sup>th</sup> April – 23 <sup>rd</sup> June | 10.30am – 11.30am | Paula<br>0447 310 679                    |
| <b>LAVINGTON</b>   |   |            |   |                   |  |
| Mother Goose (0-2 years)   | Orana Community Centre<br>40 Cardo Drive<br>Springdale Heights      | Fridays    | Full Term Program<br>29 <sup>th</sup> April – 1 <sup>st</sup> July  | 10.30am – 11.30am | Orana Community Centre<br>(02) 6025 3988 |

\*There is no cost to attend these programs





## *Insight~Full Kids*

Helping Children thrive through mindfulness, emotional awareness and social connection.

*"Mindfulness is the area behind the waterfall, which allows you to step out of the cascade and view your urges, impulses and desires without getting caught up in it all" - Dan Harris*

*Insight-Full Kids* is a mindfulness and resilience building group for children aged 6-11 years ideal for children who are *over thinkers, experience anxiety, have difficulty regulating their emotions, or struggle to manage the stress in their lives.*

*Insight-Full Kids* is based on a multi-award nominated children's group program developed by a Mental Health Social Worker which combines Mindfulness Practices and Cognitive Behavioural Therapy.

Over the course of the program, your child will learn about their emotions and practice skills to help them better manage their thoughts, feelings, and behaviours to promote self-confidence, build resilience and improve self-regulation.

Based on the principles of kindness, compassion, gratitude, acceptance and non-judgment, this program engages a mix of hands-on relaxation strategies, breath work, yoga based mindful movement, creative activities, games, storytelling and age-appropriate mindfulness education to support children's growth. The program incorporates shared activities to stimulate interaction and allow for opportunities for children to share and learn from each other and experience a sense of inclusion.

If you would like further information or to register your child, please get in touch via email at [info@insighttherapiesvic.com.au](mailto:info@insighttherapiesvic.com.au)

|               |  |
|---------------|--|
|               | <b>GROUP 1:</b>  |
| <b>Ages:</b>  | 6-8 years  |
| <b>Dates:</b> | Tuesdays 4-5pm<br>April 26 <sup>th</sup> –June 28 <sup>th</sup> 2022 |

|               |  |
|---------------|--|
|               | <b>GROUP 2:</b>  |
| <b>Ages:</b>  | 9-11 years   |
| <b>Dates:</b> | Wednesdays 4-5pm<br>April 27 <sup>th</sup> –June 29 <sup>th</sup> 2022 |

**Cost:** \$44 per session (NDIS also available) Commitment of term attendance is required.

**Location:** Insight Therapies: Child & Adult Counselling, Wodonga



[www.insighttherapiesvic.com.au](http://www.insighttherapiesvic.com.au)

[info@insighttherapiesvic.com.au](mailto:info@insighttherapiesvic.com.au)  
0492 881 360

**LOCATION**  
1/34 Wilson Street,  
Wodonga

ABN: 82 203 015 493