

# Primary Post

Whittlesea Primary School

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*Respect Your School  
Do Your Best  
Help Others Succeed*



Issue 9 Thursday 28<sup>th</sup> March 2024

## Upcoming Events :

- Thursday 28<sup>th</sup> March- School finishes at 2:30pm
- Friday 29<sup>th</sup> March- Good Friday
- Wednesday 17<sup>th</sup> April- Parent Teacher Interviews
- Friday 19<sup>th</sup> April- Inter School Sports
- Thursday 25<sup>th</sup> April- Anzac Day- Public Holiday



## Key Dates



## Principal's Report

What a Term 1 it has been! For me personally, it has been a term that has just flown by. When I reflect, I cannot believe all that we have achieved, especially in relation to the welcoming of several new staff members into the Whittlesea Primary School community. Whilst we have met many new faces, it has been very sad to say goodbye to some staff as well. As communicated in a recent post on Compass I would like to acknowledge Betty Tzelepis, Samantha McCormick, and Bree McIntyre who have all decided to move on to other settings and adventures. I know that this was a decision that was filled with mixed emotions. I would like to personally thank these staff members for the work that they did at the school, even though it was only with me for such a short time.

Later in the newsletter, it will be shared that this week, Whittlesea Primary School achieved a GOLD, School Wide Positive Behaviour Support Award. This is an outstanding award and acknowledgment of the hard work and dedication to the universal approach of School-wide Positive Behaviour Support, which is an internationally recognised approach that is shown to improve behavioural, wellbeing, and academic outcomes for students. I would like to recognise the work of Betty Tzelepis who has led this work at the school for many years. Betty along with the support of the past leadership team and Principal class has been able to create a program that has been recognised in the local network as being one of excellent implementation.

This week I was visited by the Victorian School Building Authority (VSBA) who was able to come and view the school site and assess the logistics in terms of being able to 'place' the new toilet block on our unique school site. The modular unit will come to the school in a unit that will be lifted in via a large crane. At this time the crane will be in the staff car park as this is the most accessible point. In addition to this, the unit will have full ramp access as well as concrete paths which will connect to our existing paths. We are still in discussions about when the module will be lifted in, however, once the date has been finalised we will communicate this with all families, as during this time, a part of the school car park and the site will not be able to be accessed by staff and families. At all times, the safety of everyone will be our highest priority. Now with this site assessment mostly complete, it appears that we will need to look at the relocation of our Indigenous Garden as at this stage, this appears to be the most suitable site. If this is the case, we will carefully and purposefully relocate as much as we can, in terms of the artwork and the plants however, I am very mindful that whilst we will do the best that we can, it will mean that the garden will not look the same.

#### Proposed Site Below – To be confirmed (option only)






We know many families head away during the school holidays to locations near water, including lakes, rivers, and beaches. In light of this, the Department of Education has asked for all schools to share the following information:

To help families stay safe around water during these school holidays, please share the following water safety resources with parents and carers:

- Surf Life-Saving Australia's [Beachsafe website](#) where you can view a location and the closest patrolled beaches (available in 132 languages – click on the 'Select language' tab). This information is also available in an app that you can download from the Beachsafe website.
- Vic Emergency's [Get to know our warning signs](#) website, including posters translated into Arabic, Dari, Vietnamese, Simplified Chinese, and Traditional Chinese.
- Life-Saving Victoria's [Water safety tips](#).

It was lovely to see all the students participate in the school Cross Country today. There were lots of house colours on display as well as many families and friends cheering everyone on to do their own personal best. I would like to thank Vanessa Montalti who organised this whole school event which I am sure you'll agree was a huge success. We were also very lucky with the weather today as it was not too cold or too hot – just right.

Lastly, I would like to wish all the students, staff, and families a very happy, safe, and restful holiday break. I am sure that over the weekend there will be many students who will have a visit from the Easter bunny who will be leaving plenty of chocolate that will be either saved or eaten straight away.



**REMINDER:**

Students who bring mobile phones to school must have them switched off and securely stored during school hours.

Student mobile phones must be handed to the Classroom teacher at the start of the day

Note that this is a Ministerial policy formally issued by the Minister for Education under section 5.2.1(2)(b) of the Education and Training Reform Act 2006 (Vic).

Kaylene Kubeil  
Principal



# New Toilet Block



This is what we are looking forward to, with completion by the end of Term 2!





# Assistant Principal's Report



Hello everyone

Today we celebrated the end of term one with our annual cross country. Students across year's 3-6 ran the cross country track at A.F. Walker Reserve. The year 8/9/10 year old boys and girls ran 2km while the year 11 & 12 boys and girls ran 3km. The students did a brilliant job supporting each other and it was great to see so many students wearing their house colours.



Well done to the following students who will represent at the District Cross Country next term.

**8,9,10 Girls**



**11 Girls**



**8,9,10 Boys**



**11 Boys**





## 12 Girls



## 12 Boys



The F-2 students participated in year level relays on the soccer pitch in the afternoon. It was action packed and great to see the older students chanting for their house and cheering for the younger students. Well done to Korangorangeet for winning the Cross Country House Cup.





## Parent Student Teacher Interviews

Just a reminder that interview bookings are now open in Compass. In the first week back next term, Wednesday 17th April will be an adjusted school day and students are only required to attend for their interview with their teacher. If there are no suitable times available, please contact the office or email your child's classroom teacher via Compass to make an alternate time.

## ANZAC Day

This year the ANZAC Day March, on Thursday 25<sup>th</sup> April, will assemble at the Whittlesea Bowling club at 1:45PM. Students from Whittlesea Primary School are invited to represent the school in full school uniform. Participants will march to the Arch Memorial at the end of Walnut Street and then to the Soldier Memorial at the head of Church Street. Students will be dismissed from the Soldier Memorial. More information will be shared in the first week next term regarding the arrangements for the day.

## Farewell Julie

At our final assembly on Monday, we farewelled Breakfast Club volunteer Julie Burgess. Julie has been a much loved volunteer for many years at our school and affectionately known as 'Grandma' by many children, including our student volunteers. We would like to acknowledge and recognise Julie for her contribution to our school community and wish her all the best for her future endeavours. We hope Julie will come back and visit from time to time. If you would like to volunteer at our Monday morning Breakfast Club and support Casey, Jenny and our student volunteers, please contact the office.



## Parent Volunteers for Term 2

Each year we invite parent volunteers to come into the school and work with staff and small groups of children during reading, writing and maths learning. We also invite families to attend excursions and incursions as parent helpers. If you would like to volunteer in your child's class or at an event, please read through the training PPT attached to this week's Compass post and complete the short quiz at the end to register your interest. You will also need to complete the WPS Confidentiality agreement at the office. All volunteers must have a current WWCC. This should be presented at the office, to be photocopied and held on file. If you completed this training in 2023, you do not need to complete the training again. If you have recently renewed your WWCC, please present your card at the office.

I would like to wish our school community a safe and restful term break. I look forward to seeing everyone back on Monday 15<sup>th</sup> April.

Best wishes for a wonderful Easter with your family 😊

Rae Gittos  
Assistant Principal





# Community Leaders 2024

*Welcome to the 2024 Community Leaders. Students who will be participating, on their assigned day will not have to wear uniform and can come in casual clothes.*

*Below is the list of students for week 1 Term 2 😊*

Ethan	ROWE	<u>15<sup>th</sup> April</u>
Gabby	CONLEY	15 <sup>th</sup> April
Harry	BOWEN	16 <sup>th</sup> April
Jada	SMITH	16 <sup>th</sup> April



**PLEASE NOTE:**  
**17<sup>TH</sup> APRIL IS PARENT STUDENT  
TEACHER INTERVIEWS  
- NO SCHOOL**

# Mental Health & Wellbeing at Whittlesea Primary School

## For parents and carers Wellbeing support for students during the school holidays

This guide provides tips and resources for parents, carers and families to support the mental health and wellbeing of children and young people in their care during the school holidays. This includes services to reach out to if more support is needed.

### Actions that support positive mental health

Encourage your young person to:

- Exercise and eat healthily to boost their mood
- Prioritise sleep to support mental and emotional wellbeing
- Explore relaxation techniques and coping strategies
- Stay in touch and catch up with friends and loved ones
- Make time to do things they enjoy
- Practice positive self-talk, and remind them they are not alone
- Seek professional help if needed.<sup>1</sup>

The Department have developed wellbeing activities and conversation starters for parents and carers of [primary school-aged children](#) and [secondary school-aged children](#).

**Feeling it:** [mindfulness resources and activities for senior secondary students](#). Smiling Mind gives tips on self-care, understanding and managing emotions, being mindful, being kind to yourself, navigating uncertainty and preparing for change.

### Signs a child or young person may need mental health support

In some cases, these actions will not be enough to support positive mental health.

Keep an eye out and seek professional help for changes that last two or more weeks such as:

- Loss of interest or involvement in activities normally enjoyed
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Difficulties with concentration and motivation
- Having a lot of negative thoughts
- Changing in sleeping and eating.<sup>2,3</sup>



1 headspace – a parents guide to school issues and stress <https://headspace.org.au/friends-and-family/parents-guide-tips-for-managing-stress-and-problems-at-school/>

2 headspace 'mental health and you' poster <https://headspace.org.au/assets/Uploads/Mental-Health-Posters-mgpdf.pdf>

3 headspace – how to talk to your children about mental health <https://headspace.org.au/dads/>



## Young people supporting each other

Young people are **most likely to turn to each other for support** before seeking out an adult or service provider.

Young people can support each other by:

- contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- reaching out to a friend, offering support and letting them know you care
- letting their friend know they may need to tell a trusted adult about their concerns.

Having these types of conversations can be difficult for young people. Information for young people on how to support a friend is available on the headspace website: [How to help a friend going through a tough time](#)

## Mental health support

- **Your local GP**
- **headspace Counselling:** Victorian Government secondary school students, including those who have just finished schooling, can access counselling services from headspace. During the holidays, students can self-refer by calling their [local headspace centre](#).
- **eheadspace:** 1800 650 890 [www.headspace.org.au/eheadspace](http://www.headspace.org.au/eheadspace)
- **Kids Helpline:** 1800 551 800 [www.kidshelpline.com.au](http://www.kidshelpline.com.au)
- **Parentline:** counselling and support for parents and carers, 13 22 89 [services.dffh.vic.gov.au/parentline](http://services.dffh.vic.gov.au/parentline)
- **Lifeline:** 13 11 14 [www.lifeline.org.au](http://www.lifeline.org.au)
- **Beyond Blue:** 1300 224 636 [www.beyondblue.org.au](http://www.beyondblue.org.au)
- **Head to Help:** 1800 595 212 [www.headtohelp.org.au](http://www.headtohelp.org.au)
- **Suicide Call Back Service:** 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)
- [Family violence information and support services](#)
- **Contacting 000** for urgent assistance

## Family violence support and resources

- **Safe Steps:** 1800 015 188 [www.safesteps.org.au](http://www.safesteps.org.au)
- **1800RESPECT:** 1800 737 732 [www.1800respect.org.au](http://www.1800respect.org.au)
- **What's okay at home:** [www.wogh.org.au](http://www.wogh.org.au)
- [Family violence support](#)

## Self-harm and suicide prevention resources

- [Getting a mental health care plan](#) (ReachOut)
- [What you need to know about self-harm](#) (headspace)
- [How to help when someone is suicidal](#) (SANE Australia)

## Mental health resources

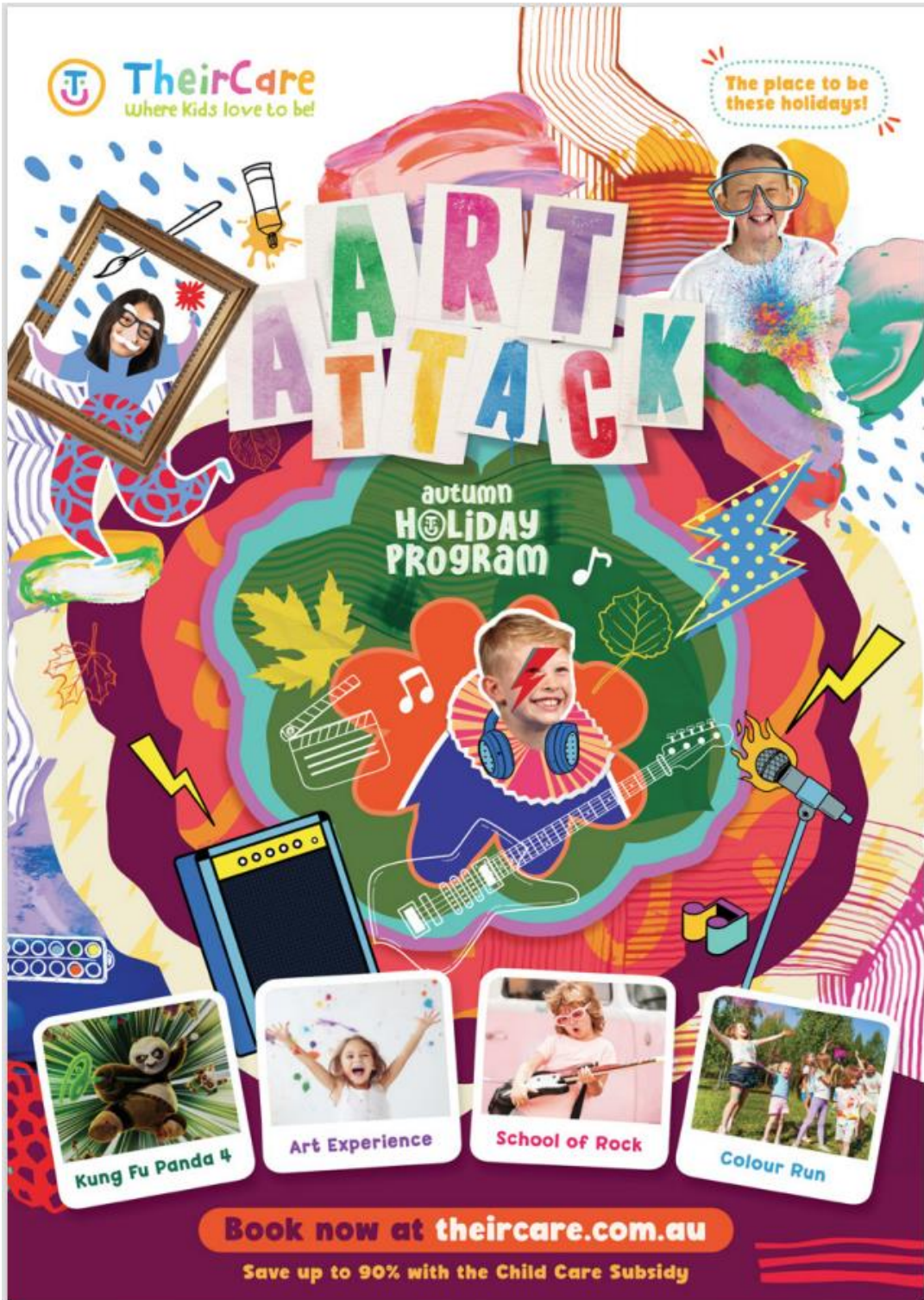
- **Mental Health Toolkit:** contains resources for students, parents and carers to support the mental health and wellbeing of children and young people in their care including:
  - [Raising Learners Podcast Series:](#) providing expert advice/information to parents/carers on topics including how to keep your child safe online
  - [Understanding mental health – fact sheet](#) (Orygen)
  - [Learn how to handle tough times](#) (headspace)
  - [Get into life \(to keep your headspace healthy\)](#) (headspace)
- [Supporting your young person during the holidays](#) (headspace)

# COMMUNITY NEWS



 **TheirCare**  
Where Kids love to be!

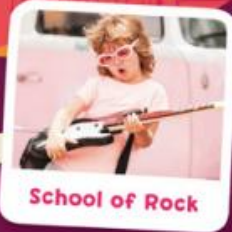
The place to be  
these holidays!

A vibrant, colorful graphic for an "ART ATTACK" event. The central text "ART ATTACK" is written in large, multi-colored letters. Below it, "autumn HOLIDAY PROGRAM" is written in a smaller font. The graphic is filled with various art and music-related icons: a girl in a framed picture, a girl with paint on her face, a boy with headphones, a guitar, a microphone, a clapperboard, a lightning bolt, a smartphone, a paint palette, and a girl with her arms raised. At the bottom, four Polaroid-style photos show children participating in different activities: "Kung Fu Panda 4" (a panda), "Art Experience" (a girl with paint), "School of Rock" (a girl with a guitar), and "Colour Run" (a group of children running).

Kung Fu Panda 4



Art Experience



School of Rock



Colour Run

**Book now at [theircare.com.au](http://theircare.com.au)**

Save up to 90% with the Child Care Subsidy



# Holiday Program Important Information!

## What to bring

- A healthy morning tea and lunch
- A labelled drink bottle for water
- Suitable clothing for an active day – closed toe shoes and jacket if wet/cold
- SunSmart hat for Spring and Summer holidays
- Medical Management Plan & Medication if applicable – see below for details



## Don't forget!

- Keep your lunchbox nut-free to keep everyone safe
- Do not include food items that need to be reheated
- Label all items with child's name!
- Bus departure and arrival times are indicative only. For an accurate estimated time of arrival and departure please contact your service directly.



## Personal belongings

Electronic devices, money and other valuables should be left at home.

If brought to the service, these items remain the responsibility of the family. TheirCare does not accept responsibility for loss or damage.



## TheirCare provides

- Breakfast and afternoon tea snack
- Sunscreen
- Water to refill bottles



## Child Care Subsidy

Please note that subsidised hours are calculated and allocated by Centrelink on a fortnightly basis. Check Centrelink for eligibility. Each session is calculated using the full service operational hours, not the hours attended by the child.



## Unexpected changes to activities

In the unlikely event that an activity is unable to run, an alternative activity will be provided.

Activities and times are subject to change due to unforeseen circumstances such as severe weather or provider availability. If an alternative cannot be sourced we will update your invoice to reflect this.



## Serious stuff!

### Medical Management Plan & Medication

All children who have been diagnosed with a medical condition including allergies, food/chemical intolerances, anaphylaxis, asthma, epilepsy will need to provide:

- a completed Medical Management Plan with a colour photo
- necessary medication

Please note it is a legal requirement under the Education & Care National Regulations and the Terms and Conditions for booking that these are provided.

In the interests of child safety, care may be refused on the day should the appropriate documentation or medication or medication not be supplied.



## Changes to your booking

Simply log into your account anytime to make the relevant changes or call us between 6:30am – 9:00pm weekdays on 1300 072 410.



## Fees for changes to your booking

More than 5 days	Less than 5 days *	On the day
No Charge	\$10.00	Full Fee

\*Less than 5 days from the start of the booking (120 hours from the start of the session).

When making additional bookings, the \$10.00 fee is eligible for the Child Care Subsidy, which means you may only need to pay the gap, depending on your families' circumstances.





# autumn holidays

## Funfields Excursion

Embark on an unforgettable adventure at FunFields. Get ready for a day of non-stop thrills and laughter with your squad. From gravity-defying rides to splash-tastic water adventures, this excursion is sure to impress.

**Thursday 4 April**  
**9am-4.30pm**  
**Funfields Whittlesea**  
**2365 Plenty Rd, Whittlesea**

MEET

EDGE Youth Services,  
Westfield Plenty Valley  
9am for a 9.30am  
departure by bus  
(arrive at Funfields at approx. 10am)

COST \$15

BYO Lunch or money for Café  
Light snacks provided.

AGES  
15-25

## Mini Golf Excursion

Ready for a hole-in-one adventure? Swing into action, navigate tricky obstacles, and putt yourself to an epic win.

**Wednesday 10 April**  
**10.20am-3pm**  
**Yarrambat Golf Course**  
**649 Yan Yean Road, Yarrambat**

MEET

EDGE Youth Services,  
Westfield Plenty Valley  
10.20am for a 10.50am  
departure by bus  
(arrive at Yarrambat at approx. 11.20am)

Mini Golf session will run 1hr to 1.5hrs.  
Followed by lunch at the Golf Course  
or nearby Yarrambat Park  
(arrive back at EDGE at 3pm)

COST \$8 (lunch provided)

AGES  
10-14

## Self-Care Kits

Dive into the world of self-care crafting – mix and match your favourite scents, textures, and colours to create a kit that reflects YOU!

Elevate your space and nourish your mind, body, and soul with this hands-on journey to well-being.

**Friday 12 April**  
**11am-3pm**  
**Mernda Village Community Activity Centre**

MEET

Mernda Village  
Community Activity Centre

COST FREE (lunch provided)

AGES  
14-18



To book or for more information  
scan the QR code or visit

[whittlesea.vic.gov.au/youthevents](http://whittlesea.vic.gov.au/youthevents)



# youth!

For more info call ☎ 9217 2170  
and ask for the youth team or email  
✉ [Youth@whittlesea.vic.gov.au](mailto:Youth@whittlesea.vic.gov.au)





goodFridayappeal  
THE ROYAL CHILDREN'S HOSPITAL

I'M RAISING FUNDS

FOR THE GOOD FRIDAY APPEAL  
PLEASE SUPPORT ME AND  
GIVE FOR THE KIDS

Scan to donate directly to my fundraising page





HAPPY  
Easter

