Werribee Primary School is …
A supportive and diverse learning community pursuing excellence in the development of skills, behaviours and attitudes in education, so that students are empowered to interact positively throughout their lifetime, with confidence, creativity and enjoyment.

Our shared values are ♦ Courtesy ♦ Cooperation ♦ Respect ♦ Responsibility
Our education priorities are ♦ Literacy ♦ Numeracy ♦ Social Competency

*** Dates to remember: ***

<table>
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<th>Date</th>
<th>Event</th>
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<tr>
<td>March 1st</td>
<td>Round 1 of Year 5/6 Interschool Sport</td>
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<td>March 4th-15th</td>
<td>School Nurse visits for Prep Students</td>
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<td>March 4th</td>
<td>SSVWD Swimming Carnival – Werribee Outdoor Pool</td>
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<td>March 11th</td>
<td>Labour Day Public Holiday – <strong>NO SCHOOL TODAY</strong></td>
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<td>March 13th</td>
<td>Whole school Rollathon</td>
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<td>March 17th</td>
<td>Whole school Working Bee – 9am – 11am</td>
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<td>March 25th-28th</td>
<td>Year 5/6 Camp - Camp Kangaroobie</td>
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<td>March 28th</td>
<td>Last Day of Term 1 – <strong>FINISH AT 2:10PM</strong></td>
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<tr>
<td>May 27th</td>
<td>Pupil Free Day – <strong>NO SCHOOL TODAY FOR STUDENTS</strong></td>
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**CANTEEN ROSTER – TERM 1**

- **Wed 27th February**: Tammy Brennan, Penny Hendricksen, Fadia Othman, Mandy Courtney, Pam Bradford
- **Wed 6th March**: Deb Cowton, Effie Coates, Jane Puli, Michelle Bailey
- **Wed 13th March**: Karyn McEachran, Joanne Richards, Faye Monks, Kym Dunn
- **Wed 20th March**: Tammy Brennan, Penny Hendricksen, Fadia Othman, Mandy Courtney, Pam Bradford
- **Wed 27th March**: Deb Cowton, Effie Coates, Jane Puli, Leanne Gosling,

Werribee Secondary College will be holding a 2014 Enrolment Information Night on **Wednesday, 6th March, 2013** commencing at 7.00pm in the College Auditorium. Come along and find out what our College can offer your child. Information regarding the Select Entry Learning Program will also be available. Contact us on 9741 1822 for further information or to book a tour of the College.

**WERRIBEE DISTRICTS FOOTBALL CLUB REGISTRATION DAY**

Sunday 24th February from 11am – 2pm at Soldiers Reserve. Sausage Sizzle. New players most welcome.

Contact the school

Need to contact your child’s teacher or pass on feedback or suggestions to the school?

**Address:** 2 Deutgam Street, Werribee 3030  
**Phone:** 9742 6659

**Web:** [www.werribeeps.vic.edu.au](http://www.werribeeps.vic.edu.au)  
**Email:** werribee.ps@edumail.vic.gov.au
Dear Parents

SCHOOL COUNCIL NOMINATIONS
On Monday the first round of nominations closed for School Council 2013. We received the following nominations:
Parent Members: Leanne Robertson
Staff Members: Jo-Anne Wembridge and Kylie Champion.
We are three members short in the parent category and families received a further call for nominations early this week that close tomorrow. I thank Leanne, Jo and Kylie for their willingness to support our school through involvement in Council. They have all been members previously and have made positive contributions to the School Council.

A BUSY TERM PLANNED
Term one is shaping up to be a busy and exciting time for all at Werribee PS. Here is just a sample of what to expect:

YEAR 5/6 INTER-SCHOOL SUMMER SPORT – This is a big week for year 5/6 children with summer sports training starting. It is particularly exciting for the year 5’s, as it will be a new experience for them. The children have already selected their sport or activity out of the following choices: cricket; softball; bat tennis; basketball; volleyball; tennis; sport skills and; lawn bowls. The children are indeed fortunate to have such a wide selection to choose from that appeals to most interests, ability and skill levels. There is a $37.00 cost to participate, which is due before the first game on 1st March – a home game verses Thomas Chirnside PS. Parents and friends are welcome to attend the sports; however could you please sign in at the office if your child’s sport is held on site here at Werribee PS. The summer competition actually takes place over two terms (1 & 3). Two games will be played this term and these will take place in the mornings from 9:30-10:30am, in an attempt to avoid the summer afternoon heat. Best of luck to all competitors.

SWIMMING – Congratulations to the group of very eager children who participated in the recent swimming trials. Mrs Staehr reports that the children did an outstanding job on the day in terms of their behaviour and participation. The Werribee District swimming carnival will take place on 4th March. The swim squad list has been displayed on the gym glass door entry to the foyer.

ROLLATHON – this is somewhat of a tradition at Werribee PS that encourages children to partake in active pursuits in a safe manner, whilst helping to raise funds for the school. We just hope the beautiful weather continues into March to help make this event a great success; unlike last year when our first attempt at the Rollathon needed to be rescheduled due to stormy (and dangerous) weather. Please be aware we do have the provision to send text messages to the school community in these instances, so please update your number at the office if this has changed in recent times. Not only is this important so we can contact you in emergencies, but it will also help to keep you informed and prepared for last minute changes.

YEAR 5/6 CAMP KANGAROOBIE – thank you to the families who have returned their expression of interest slips; these will assist greatly with the planning of the camp. The Kangarooobie Camp has also become somewhat of a tradition for our year 5/6 students which is held every 2 years and, as reported in last week’s Owlette, we are very pleased to be able to offer this camp. The decision for the camp to actually go ahead was only recently made and we do apologise for the delay in getting this information to the year 5/6 parents and guardians. This delay in decision making was due to the current industrial action. With this in mind, please be aware that payment plans will be made available to assist families in meeting these costs. More information regarding these plans and other details about the camp will be distributed in the coming days and weeks.

WPS VOLUNTEERS – Thank you to the parents and family members who attended our volunteers training session during the week, which was run by Mrs Shelley Laird and Ms Cathy Millar. Shelley and Cathy will be co-ordinating the work of our volunteers this year, which sees a shift in our thinking and description of this group to reflect the wide scope of ‘helpers’ and their abilities (we have grandparents as well as parents – friends are welcome too). Traditionally we
called it ‘Parent Helpers’. We are particularly seeking volunteers to ‘mentor’ individual children on a regular basis to assist them with their basic literacy and numeracy skills. We anticipate this could occur around 9:00am on as many days of the week as volunteers are available. It is the regular contact and interest that the volunteer makes with their individual child that we anticipate will make a huge difference in their lives and learning capacity of these children. Please contact the school if you could be of assistance in any way. Cathy and Shelley are more than willing to repeat the training sessions if there is enough interest.

AROUND THE SCHOOL

- **Year Preps** – Our prep children have settled in nicely to their school routines. It was great to see our ‘littlest’ children join us at our last assembly; they did an outstanding job of listening attentively in their new environment. This week it will be time for some of our new preps to receive Werribee Kids Awards and we look forward to meeting them at the front of the assembly on Friday.

- **Year 1/2** - Our Year 1/2 children have been eagerly learning about healthy lifestyles via their unit topic of ‘Munch & Move’. They are settling into their school routines that reinforce the fundamental skills of reading, writing and numeracy and have established their classroom rules and routines based on our four school values of ‘courtesy, co-operation, respect and responsibility’.

- **Year 3/4** – The year 3/4’s are back into their routine of starting the day in an active way by implementing the “FIT” program, which stands for *Fitness Is Terrific!* Their unit topic this term is ‘This is Australia’ and the children are looking forward to a visit from CERES (Centre for Education & Research in Environmental Strategies) next Wednesday and Thursday, where the children will learn strategies to care for and appreciate our great country, Australia. The $10 charge for this activity covers the cost of the Guest Speaker and hands-on activities. This cost is considerably less than costs involved in attending CERES in Northcote as it cuts out the transport fees.

- **Year 5/6** – The year 5/6 students are hard at work learning about Sustainability amongst a range of other features that makes 5/6 such an exciting time in children’s lives. As mentioned above, the children are looking forward to interschool sport staring soon as well as ‘Camp Kangaroobie’ in the final week of term 1. The house captains have also been establishing ‘house’ type of activities to help engage the year 5/6 children even more at school. We look forward to hearing more of these plans in the future.

- **Art** - Have you dropped by the Art room lately? Do yourself a favour and peep through the window. It actually looks a bit like a gallery. Ms Giesler and Ms Giuliani have done an outstanding job of transforming the room into a wonderfully inviting space for children to explore their artistic talents. The P-2 children have been practising the basic elements of art (line, colour, shape and tone) and familiarising themselves with the art room routines.

- **Library/Science** – Mrs Laurence and Mrs Littler have also been hard at work ensuring that our library is in ‘ship shape’ condition for the children to visit and borrow books. Mrs Laurence is venturing into new (but familiar) territory, adding Year 3- 6 Science Teacher to her list of talents. Early reports indicate that the older children are enjoying this change in focus. It may come as a surprise to learn that Mrs Laurence was once a secondary science teacher (many moons ago)!

ASSEMBLY

It has been lovely to see so many parents and friends of Werribee PS join us at our two assemblies we have held this year to date. We will endeavour to set our more chairs this week for the high numbers who have been attending. It really is a nice way for our community to come together at the end of a week to acknowledge the achievements of the children and to share information. This week we will be paying special tribute to Mrs Giacomelli. Some of our older children, who knew Mrs Giacomelli well, will be sharing some of their written reflections and tributes to Maria. With this in mind, we will endeavour to start slightly earlier than usual to enable us to get through the regular assembly agenda as well. Please contact the school if you anticipate your child might need assistance with this particular assembly.

*Sue Osborne*
*Acting Principal*
**WEDNESDAY ONLY** Canteen Order Form

Name ___________________________ Date ___________ Class _____________  

Please insert quantity / number in box

- Chicken Wedges @ .70
- Dim Sims @ .70
- Light Party Pies @ $1.00
- Sauce (pies only) @ .20c
- Noodles **Beef** @ $2.20
- Noodles **Chicken** @ $2.20

*This supports our 'Nude Food' approach that teaches kids to reduce litter and care for the environment.*

**TOTAL** $________"

Please send this order form to the office before 9:30am on **WEDNESDAYS ONLY**  
Children need to collect the order at 1:15pm from the canteen

Please note: Correct money only as no change will be given.

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**REFUGEE HOMEWORK CLUB**

If you are interested in volunteering to help refugee children with their English skills and homework, after school on a Wednesday from 3:30 – 5:00pm please contact Karen Trofin at school. Current WWCC needed. No prior experience necessary, just a desire to assist these children.
Welcome back to School Banking for 2013

Tuesday is our Banking Day. Please ensure all yellow wallets are handed into your child’s teacher FIRST THING IN THE MORNING to ensure their deposit is processed. All $ should be securely enclosed in the Velcro pocket and deposit slips MUST be completed. Save from as little as 5c per week.

Your child’s book will be send home the same / next day (amend as applicable) Each deposit earns a SILVER TOKEN this should be kept safe at home…..when they collect 10 they can redeem for exciting rewards!

If your child would like to join the program please visit your local Commonwealth Bank with photo ID for yourself and your child’s birth certificate – too easy!

Any questions please call Susan Brailsford, School Banking Specialist @ the Commonwealth Bank 0422 116 040 susan.brailsford@cba.com.au

COMMUNITY NOTICES

WERRIBEE BEARS RUGBY LEAGUE CLUB
REGISTRATION DAY - 24th February From 12noon Venue: TBA on website
Includes training drill demonstration by our Senior Squad
DO YOU WANT TO PLAY RUGBY LEAGUE in 2013?
Junior Grades Ages 5 – 18 years Includes Junior Girls Tag Senior Men and Senior Women OzTag
For more info please contact Roz Grady on 0409 941 979 or Email: roslyngrady@bigpond.com
Website: www.werribeebears.com
**Student Accident Insurance information**

- Please be aware that parents/guardians are responsible for paying the cost of medical treatment for injured students, including any transport costs;
- reasonably low cost accident insurance policies are available from commercial insurers.
- It is recommended parents seek assistance in this matter with their insurance broker or find a suitable accident insurer in the Yellow Pages or online.

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**Autism Walk Geelong**

*Wrist Bands for Sale*

Autism Walk Geelong are selling wrist bands for $2 each to support their awareness walk on Sunday, 14th April 2013 down by the Geelong Waterfront. More details to follow.

Wrist Bands are available at Werribee Primary School Office.

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**BUSINESS ADVERTISEMENTS**

The following section is paid advertising and is not necessarily endorsed by Werribee Primary School.

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**Barb Cakebread**

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CORPORATE & PRIVATE FUNCTIONS

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**KUMON**

**MATHEMATICS - ENGLISH**

* Assist your child to:
  - Advance beyond the level of their school curriculum
  - Improve fundamental learning skills
  - Form solid study habits and self-confidence

**WERRIBEE EDUCATION CENTRE**

Contact: Janette Biasi on 9742 4936

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**David Rice INTERIORS**

**FACTORY DIRECT**

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- Plantation Shutters
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**Phone:** 1300 134 586

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It seems strange to talk about promoting good mental health in children.

Shouldn’t all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn’t seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn’t mean kids don’t experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life’s curve balls that come their way. They also don’t let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it’s useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing in kids.

1. **Model good mental health habits:** If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It’s worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. **Make sure they get enough sleep:** Sleep is the one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours’ sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids’ abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. **Encourage your kids to exercise:** When my mum would tell me all those years ago to turn the television off and go outside and play, she didn’t know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour’s movement per day seems the minimum for kids. How much exercise does your child receive?

4. **Encourage creative outlets:** Kids should practise creativity if for no other reason than it helps them experience the state of ‘flow’. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creative understand the concept of flow. It’s energising and helps take stress and worried kids out of themselves.

5. **Provide a space of their own:** Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answers.

6. **Talk about their troubles:** A problem shared is a problem halved. Talking about what’s worrying you is a great way to remove the burden of worry and reduce anxiety. Some kids bottle up what’s inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem let him know that his
concerns are important to you. Kids often can’t tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. Help them relax: Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8. Have two routines – weekday and weekend: Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we’re busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It’s important to have this release valve if families are flat out busy during the week.

9. Foster volunteering and helpfulness: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for personal recognition.

10. Bring fun and playfulness into their lives: Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don’t have time for. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids’ lives get busier these essentials get squeezed out. Here’s my recommendation to ensure that mental health habits aren’t overlooked or neglected.

First, see these habits as the building blocks of mental health. Don’t ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child’s mental health.

FREE Michael Grose parenting resources to help you promote good mental health in your kids.

- Coping ebook: 12 essential coping strategies every child can use when life gets hard
- Poster: 10 ways to promote good mental health & well-being in kids
- Poster: 25 Great Parenting Ideas (to stick to your fridge)

These great resources are waiting for you at parentingideas.com.au/ParentingIdeas-Newsletter. They’re available for a short time only, so be quick!