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 REMEBER

<table>
<thead>
<tr>
<th>TERM 2</th>
<th>May</th>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>Mother’s Day Stall (for students who missed out Thursday)</td>
<td>Monday 3rd</td>
</tr>
<tr>
<td>Sunday</td>
<td>Mother’s Day</td>
<td>Tuesday 4th</td>
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<tr>
<td>Wednesday 22 – 24</td>
<td>Scholastic Book Fair – 3:15 – 4:00pm each day in the library</td>
<td>Thursday 6th</td>
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<tr>
<td>Monday 27th</td>
<td>Pupil Free Day – NO SCHOOL TODAY FOR STUDENTS</td>
<td>Monday 10th</td>
</tr>
<tr>
<td>Friday 31st</td>
<td>Last date for parents to return completed Application for Year 7 Placement forms to school</td>
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</tbody>
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CANTEEN ROSTER – TERM 2

| Wed 15th May | Deb Cowton, Fadia Othman, Mandy Courtnay, Nicola Saxon-Jones |
| Wed 22nd May | Deb Cowton, Jane Puli, Penny Hendricksen, Michelle Bailey, Leanne Gosling |
| Wed 29th May | Karyn McEachran, Joanne Richards, Faye Monks, Kym Dunn |
| Wed 5th June | Deb Cowton, Michelle Bailey, Fadia Othman, Mandy Courtney |

Please check our school website for up to date canteen prices for lunch orders and over the counter sales.

IMPORTANT NOTICE EDUCATION MAINTENANCE ALLOWANCE

If you have claimed EMA earlier this year at Werribee Primary School you do not have to apply again. However, if you missed the February cut-off date or your child has transferred to Werribee Primary School during the first half of the year, you are required to apply for the second instalment. If you were not eligible for EMA during the first semester, but are now on a Pension Concession or Health Benefit Card, you must also complete the application. These claims must be made at the school office by 2nd August 2013. NO LATE APPLICATIONS CAN BE ACCEPTED.

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
Email: werribee.ps@edumail.vic.gov.au
Dear Parents

CROSS COUNTRY WELL DONE

Congratulations to the children who participated so well in the Wyndham District Cross Country on Monday this week. I am happy to report once again, that our Werribee children represented the school so very well with the most enthusiastic cheering and positive attitudes. Mrs Staehr also reported once again that this event was also well supported by our parent community so a very BIG THANK YOU is extended to our wonderful parents who attended the day. Please see Mrs Staehr’s report elsewhere in the OWL.

KOORIE EDUCATION SUPPORT OFFICER - KESO

Werribee PS has recently been allocated an additional resource in the form of a Koorie Education Support Officer (KESO) for one day per week. Janelle Taylor will be joining us on Tuesdays as of next week and will be working with our children and families who are from a Koorie or Aboriginal or Torres Strait Islander background. Over the next few weeks Janelle will be getting to know these children and families and will be based in the second withdrawal room between rooms 12 and 13 on Tuesdays. We welcome Janelle and look forward to working with her. More information will be provided to families of children involved in this program when Janelle starts.

PARKING AROUND THE SCHOOL

Please be reminded to obey the parking rules and regulations set out by the Wyndham City Council in the streets surrounding the school. It has come to our attention that some community members have been blatantly ignoring some of these rules and double parking to collect their child or children, causing a great hazard on the roads surrounding our school. Please also ensure that you have a current disabled parking sticker displayed in your car if you intend to park in the disabled zone, as it has also been reported that this rule is being ignored regularly, causing a great inconvenience to members of our community who need this service the most. These breeches of the bylaws have been reported to the Wyndham City Council, who is well within its rights to issue fines to drivers found breaking the laws. To avoid fines, please park in the designated parking spaces or try parking the car a few blocks away and enjoy a healthy walk with your child when you collect them or drop them off at school. And, please don’t park in the disabled zones unless you have a current sticker and a genuine need to do so. These parking rules are in place to protect our children and support people in our community who need assistance. Please do the right thing for the sake of our children and their families. Thank you.

ATTITUDES TO SCHOOL SURVEY

Over the past two weeks, children in years 5 and 6 have participated in the annual ‘Student Attitudes to School Survey’. This is an annual student survey for Year 5 to Year 12 students offered by the Department of Education and Early Childhood Development to assist schools in gaining an understanding of students’ perceptions and experience of school. Our school will use the survey results to plan programs and activities to improve your child’s schooling experience in the following areas: wellbeing; teaching and learning and; student relationships.

ROLLATHON

It was lovely to be able to present prizes to children who helped raise money for the school by participating in the recent Rollathon. These children, who returned their Rollathon contributions were each issued with a raffle ticket and names were drawn out of special boxes at last Monday’s assembly; one for each year level who won a bicycle helmet, then the major prizes of a bike, scooter and skate board were drawn. Congratulations to Felix Scarlett (3/4 E) who won the bike, Jaimee Robertson (1/2C) who won the scooter and Jaiden Fraser (1 /2 C) who took home the skateboard. It certainly added some extra excitement to the Monday morning assembly. Thank you to Mrs Sherratt for organising the prizes and draw.
NAPLAN
As reported in last week’s OWL, NAPLAN will take place next week for years 3 and 5 students at the times outlined in the table below. If your child is taking part in NAPLAN, please ensure that they come to school well rested and nourished (having eaten breakfast) to set them up for a positive day. Our advice to children is to simply ‘do your best’. Typically, the results of these tests are made available to schools and parents later in term three. When this data is made available to the school, we examine overall results and compare this with results from the past five years. This analysis helps us to identify general areas of strength and concern for the school to focus on in the future. Individual results for students and parents are available as a ‘snap shot’ of how particular students performed on that particular day. We advise parents to consider the NAPLAN results in conjunction with other information that is provided by the classroom teacher and we encourage parents to communicate with teachers to seek clarification of the results when they arrive (if this is deemed necessary).

**NAPLAN 2013 tests timetable**

<table>
<thead>
<tr>
<th>Year 3</th>
<th>Tuesday 14 May</th>
<th>Wednesday 15 May</th>
<th>Thursday 16 May</th>
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<tbody>
<tr>
<td></td>
<td>Language Conventions 40 minutes</td>
<td>Reading 45 minutes</td>
<td>Numeracy 45 minutes</td>
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<tr>
<td></td>
<td>Writing 40 minutes</td>
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<table>
<thead>
<tr>
<th>Year 5</th>
<th>Tuesday 14 May</th>
<th>Wednesday 15 May</th>
<th>Thursday 16 May</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Language Conventions 40 minutes</td>
<td>Reading 50 minutes</td>
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</tr>
<tr>
<td></td>
<td>Writing 40 minutes</td>
<td></td>
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</tbody>
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- **Language Conventions** includes spelling, grammar and punctuation.
- **Numeracy** includes number; space; algebra, function and pattern; measurement, chance and data.
- **Calculators** are NOT permitted in the Numeracy test in Years 3 and 5.

QUICK REMINDERS:
MOTHERS DAY STALL – This Thursday 9th May and continuing Friday. Thank you to the Parents & Friends group (and numerous other volunteers) who have worked tirelessly to make and gather hundreds of items to ensure that our children have a beautiful array of offerings to choose from for their mums this week. Many hours have gone into this stall. And to all our mums, please have a Happy Mother’s Day this Sunday.

IT’S NOT OK TO BE AWAY – unless children are ill they really do need to be at school. If you are experiencing difficulties getting your child to school please contact the school to speak to a member of the leadership team.

ARRIVAL TIME - Children should not be at school prior to 8:35 am, when yard supervision begins.

*Sue Osborne, Acting Principal*

MOTHER’S DAY STALL
Just a reminder to everyone that the Mother’s Day stall was held today if any child missed the opportunity to purchase a gift, the stall will also run tomorrow morning to give these children another chance to do this.

WERRIBEE KIDS ARE WONDERFUL KIDS – “LIVING OUR VALUES” AWARDS
SPORTS REPORT

SSVWD CROSS-COUNTRY

Congratulations to the eighty students that represented Werribee Primary School at the SSVWD Cross Country at President’s Park on Monday. Nine schools from the Werribee district competed at the event. The weather was picture perfect; blue skies and no wind. Students found the 2km & 3km course challenging, but were well supported and cheered on by their peers and many parents in attendance. Thomas Chirnside P.S. ended up taking home the aggregate shield with 262 points, St. Andrews P.S. was in second place on 227 points and Werribee P.S. was in third place with 213 points. Thank you to Miss Taylor, Miss Lancaster and Miss Scarrott for their assistance on the day.

Well done to the following students who placed in the top ten in their respective age groups and have qualified to represent the Werribee District at the Division Cross Country Carnival to be held at Brimbank Park on Tuesday 28th May;

10 Girls  3rd Zahra Abela
11 Girls  1st Rachel Evans & 2nd Eliza Moodie
11 Boys  8th Lucas Rubeli & 9th Andrew Costa
12/13 Girls  1st Caitlin Hendricksen
12/13 Boys  6th Taite Doidge
**8/9 Girls  1st Jessica Evans, 6th Tara Vallance & 9th Jorja Caserta

**Unfortunately, the 8/9 age group do not progress through to the Division event. Jessica Evans did, however, record a time fast enough to place her 6th in the 10 Girls age group and she will be eligible to compete at the Division event.
5/6 INTERSCHOOL SPORT
The Winter Round Robin competition continues on Friday 10th May is an AWAY game against Westgrove. The matches will be played at the following venues;

Soccer and Netball – Westgrove Primary School  
Football – Galvin Park  
Hockey and Teeball – Presidents Park

Parents are welcome to come and watch. Games commence at 1.30pm.
REMINDER – ALL FOOTBALLERS AND HOCKEY PLAYERS MUST WEAR A MOUTHGUARD

ROUND 1 RESULTS

<table>
<thead>
<tr>
<th></th>
<th>WERRIBEE P.S.</th>
<th>MANORVALE P.S.</th>
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<tbody>
<tr>
<td>HOCKEY</td>
<td>8</td>
<td>0</td>
</tr>
<tr>
<td>NETBALL A</td>
<td>24</td>
<td>7</td>
</tr>
<tr>
<td>NETBALL B</td>
<td>7</td>
<td>4</td>
</tr>
<tr>
<td>TEEBALL A</td>
<td>25</td>
<td>5</td>
</tr>
<tr>
<td>TEEBALL B</td>
<td>16</td>
<td>9</td>
</tr>
<tr>
<td>SOCCER</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>FOOTBALL</td>
<td>34</td>
<td>52</td>
</tr>
</tbody>
</table>

NORTH MELBOURNE FOOTBALL CLUB – KANGA’S KIDS’ CLUB
If anyone is interested in attending the NORTH MELBOURNE v ADELAIDE match on Sunday 26th May at Etihad stadium, please collect a postcard with information from the office. Each family can receive a maximum of 5 tickets FREE OF CHARGE. To be eligible for the free tickets, the postcard needs to be filled out and posted back to the club by Friday 17th May. If you would like the school to return it for you, please return the completed postcard to the office by Wednesday 15th May.

Tanya Staehr – Sports Coordinator

NUDE FOOD NEWS
The Best Nude Food Grade Awards were presented by Kye Arbaci and Roberta Salvo at assembly this week. The winning grades were: Prep 5 – 3, 1/2 M – 7, 3/4 H – 11, 3/4 J – 11, 5/6 F – 8, 5/6 L – 8

Congratulations to 3/4 H and 3/4 J who were the joint winning nude food grades and will share the nude food trophy throughout the week. Let’s see which grade can beat the score of 11 next week! Don’t forget to pack your nude food lunch box!

They’re back...

Head lice are common in school-aged children and are the most adaptable of creatures. They have survived living solely on humans for 10 000 years.

Recently, there have been a number of cases of head lice reported at Werribee Primary School. Can all parents please regularly check and treat (if required) their family’s hair for head lice to attempt to control the spread.

Thank you

We’re looking for committed and enthusiastic people to volunteer as tutors in our Learning Support Program at Werribee Primary School. The program aims to assist newly arrived young people from refugee backgrounds with the school homework. The program runs on Wednesdays at Werribee Primary School from 3:15 – 5:00pm. So if you’re looking for a productive way to spend your spare time, enhance your resume, and gain extra skills whilst making a difference in our community, this is a great opportunity for you. Refreshment food is provided. We provide a very supportive environment. For more information about volunteering as a tutor with the New Hope foundation Learning Support Program, contact Saida on 9974 1700 or homework@newhope.asn.au

For more information about the New Hope Foundation, please visit www.newhope.asn.au
FROM THE LIBRARY

The Victorian Premiers’ Reading Challenge has begun for 2013. You will be receiving information and consent forms soon. In the meantime students can start reading and recording the titles and authors of the books they read. The challenge is on until the end of August and the goals are:

**Prep to Year 2** - Students are required to read or experience 30 books. Students can read by themselves or with someone else, for example, Mum, Dad, sibling, aunt/uncle, grandparent or teacher at school.

**Years 3 to 6** - Students are required to read 15 books.

To help you along in our library, books that are listed on the Reading Challenge booklist have green (Prep/1/2) orange (3/4) and yellow (5/6) stickers on to identify them. They are also listed on the Challenge website.


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Come along to Scholastic Book Fair in the library on Wednesday, Thursday and Friday the 22nd-24th May, straight after school until 4pm.

Lots of great books, posters and novelty pens, pencils, erasers etc.

Each day when you purchase a book you can also go in to the draw to win another book and a poster.

Please support our school. The more books you buy the more we earn in reward points to choose free books for our library.
What is Active Kids?

‘Active Kids’ is an 8 week program developed by Wyndham City Council to promote healthy eating and physical activity in children aged 8 - 10 years. As part of the program students will receive an ‘Active Kids Passport’. The passport will be used by children to keep a record of any physical activity undertaken and to record healthy eating habits (e.g. serves of fruit and vegetables). Students will also receive rewards as incentives to participate in the program.

Why Active Kids?

Health issues, such as increasing levels of childhood obesity and diabetes suggest that children today are not as healthy and active as previous generations.

The Alarming Statistics

The number of overweight children in Australia has doubled in recent years, with a quarter of children considered overweight or obese. Causes of obesity in children include unhealthy food consumption, lack of physical activity and family eating habits. Overweight and obesity in children is one of the biggest risks to the long and short-term health of children. Overweight children are very likely to become overweight adults.

Taken from:


Obesity in Australia

- In Australia, more than 14 million Australians are overweight or obese
- More than five million Australians are obese (BMI > 30.0 kg/m2)
- If weight gain continues at current levels, by 2025, 80% of all Australian adults and a third of all children will be overweight or obese
- Obesity is a leading cause of premature death and illness in Australia
- Obesity has become the single biggest threat to public health in Australia

On the basis of present trends we can predict that by the time they reach the age of 20 our kids will have a shorter life expectancy than earlier generations simply because of obesity

Taken from:


Impact of Obesity in Australia

- More than 900,000 Australians suffer from diabetes
- Health disorders in children like type 2 diabetes, high blood pressure, asthma, hypertension and sleep apnea can be directly attributed to childhood obesity
- Cardiovascular disease (CVD), diabetes and chronic kidney disease (CKD) account for approximately quarter of the burden of disease in Australia, and just under two-thirds of all deaths. These three diseases often occur together and share risk factors, such as physical inactivity, overweight and obesity and high blood pressure.

Taken from:


What the Research Indicates

Factors causing children to become overweight and obese include:

- Unhealthy food consumption – such as choosing high fat and sugary
- Lack of physical activity – Australian children are less active than they were in the past and most don’t do the 60 minutes a day minimum
- Spending a lot of time on sedentary pursuits – Australian children watch, on average, around 2¼ hours of television a day, as well as spending time using computers and other electronic games
- Overweight parents – a family’s eating patterns can have a major influence on whether a child maintains a healthy weight. Some parents may not recognise their child as overweight
- Genetics – some rare gene disorders cause severe childhood obesity. In some people, particular genes acting together probably make some children more susceptible to obesity. Parents need to be even more aware of making healthy food choices for the whole family.

Taken from:

MacKillop Family Services

Parenting Program

Tuning in to Kids: Emotionally Intelligent Parenting

Tuning in to Kids, is a parenting program that helps parents to build strong relationships with their children, and enables them to communicate even in difficult times. It helps parents to:

- Understand the relationship between children’s emotions and their behavior.
- Teach their children to manage strong emotions and deal with conflict.
- Help their children to manage transitions better.

Child minding is provided.

When: The program runs over six sessions beginning Wednesday 15 May and ending Wednesday 19 June, 2013.

Where: Manor Lakes College,
        2-50 Minindee Road, Wyndham Vale VIC 3024

Time: 10.00am to 12:15pm

Cost: FREE!

To register for this exciting program please contact Karen at the Regional Parenting Service - (ParentsLink) on (03) 9680 8432 or 0407 536 320.

MacKillop Family Services

REGIONAL PARENTING SERVICE — (ParentsLink)
COMMUNITY NOTICES

WERRIBEE CENTRAL TENNIS CLUB
Cuppa for Cancer Round Robin
A ladies round robin tennis morning has been organised for Thursday May 23. Players of all standards are most welcome for a fun morning of tennis - bring a friend, toddlers welcome. A cuppa and light lunch is provided. ALL proceeds go towards cancer research.

Date: Thursday, May 23
Venue: Werribee Central Tennis Club, Shaws Road, Werribee (next to Galvin Park Secondary College)
Time: 9.30am start
Cost: $5.00 to play or a gold coin donation if you just want a cuppa

Information evening Years 7-10 in 2014
Date: 9th May 2013
Time: 7:00pm
For any enquiries, please contact the College
Ph: 8742 9000
580 Tarneit Road, Tarneit
www.goodnews.vic.edu.au
Growing to Year 12 by 2016

Asthma and Complementary Therapies
Complementary or alternative therapies are becoming increasingly popular in Australia, and many people seek out complementary remedies to support their health. As with any health condition, if you or a family member have asthma and are considering using complementary therapies, we strongly advise that you communicate with your doctor about your asthma treatment. They may even be able to suggest safe therapies to try! It is equally important to communicate to any complementary therapists about your asthma so that they can avoid treatments that are known to potentially make ones asthma worse.

Complementary therapies considered safe for asthma are: exercise programs, vitamin D, low-salt diet, some Chinese herbal medicines, some Indian (ayurvedic) herbs, music therapy, tai chi, buteyko (breathing technique). Complementary therapies considered potentially unsafe for asthma are: inhaled salt (small risk of a fungal respiratory infection), echinacea, bee pollen or royal jelly (propolis), and products containing aspirin.

Remember, response to treatments and medications differs between people. Make sure you or your children continue taking any asthma medications prescribed unless otherwise instructed by your doctor. Stopping asthma medications suddenly can result in worsening asthma symptoms and even an asthma attack. For more information regarding complementary therapies and asthma please refer to The National Asthma Council (NAC) http://www.nationalasthma.org.au/ or contact The Asthma Foundation of Victoria for your free copy of the new NAC Asthma & Complementary Therapies brochure

For more information please contact The Asthma Foundation of Victoria on 1800 278 462 or www.asthma.org.au.

A new athletic club has been formed in Wyndham - Wyndham Track & Field Club. Membership is welcome for boys and girls aged 12 upwards, irrespective of ability. Cross country training is offered in winter and specialist track and field event coaching will be available in summer. A membership sign up day has been scheduled for Saturday 11 May 2013 at the Werribee Rose Gardens from 11am onwards. More details from Peter Gavaghan, 9395 2160 or e-mail: mgman@netspace.net.au or wyndhamtf@gmail.com.
BUSINESS ADVERTISEMENTS
The following section is paid advertising and is not necessarily endorsed by Werribee Primary School.

Barb Cakebread

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  • Improve fundamental learning skills
  • Form solid study habits and self-confidence

WERRIBEE EDUCATION CENTRE
Contact: Janette Biasi on 9742 4936

The Property Management team at PRD nationwide Werribee are focused on maximising your rental income, optimizing your capital growth and providing professional service and representation for the landlord.

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9742 7557 or jeanetteg@prdwerribee.com.au

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It’s called Mother’s Day, not Parent’s Day

Mothering is different to parenting. Being a mum is emotional, instinctive and a job for life!

There’s a massive difference between being a mum (or dad) and being a parent.

‘Parenting’ is a twentieth century term that suggests that raising kids is a gender neutral activity. It’s a managerial, almost scientific term that has given rise to a huge industry. In Western countries, millions of parenting books and magazines are sold each year, parenting columns appear in most newspapers, and new television series appear every year focused on the modern notion of parenting.

The problem is that when we refer to ‘parenting’ we tend to remove the heart and emotion from the task. We obscure the fact that it is mothers and fathers who are doing the child-rearing, rather than mere parents.

Parenting means different things to different people. For many people the term ‘parenting’ is code for behaviour management – particularly taming toddlers and their close cousins, teenagers.

A broader and more thoughtful definition includes teaching kids positive values and attitudes, developing a range of skills that equips them for adulthood, and ultimately preparing kids to be parents themselves one day.

I often point out to audiences in parenting presentations how being related to our kids can stop us from being great parents. We all know how our neighbour’s kids should be raised, but somehow it’s harder to raise our own. That’s because the hopes and dreams of motherhood (and fatherhood) can somehow get in the way of rational decision-making.

Mothering is emotional and instinctive

And that’s the thing. Being a mother is not always rational, as parenting is often made out to be. There is a great deal of emotion attached to the role of mother. This emotion drives you to fight hard to protect your children, work assiduously to right any wrongs on their behalf, and exhaust yourself looking after their physical and psychological well-being.

Being a mother is instinctive. In the information age we need to be careful we don’t deny the intuitive nature that mothers bring to their child-rearing. The nature of mothering infers nurturance, protectiveness and longevity. Mothering is relational rather than rational. You may grow out parenting by making yourself redundant but mothering is something you never grow out of. You are a mum for life.

Kids want their mothers, not their parents

Kids of all ages say, “That’s my mum!”

They don’t say, “That’s my parent!” (They may say that when they are annoyed or embarrassed by you, but that’s another story.)

Boys and girls of all ages generally love their mothers unconditionally, whereas they merely put up with their parents, particularly during adolescence. They can live without their parents, or so they think, but deep down they know they can’t live without the one person who has a blind spot for them, overlooking all their faults. That person, of course, is their mother.

When kids of all ages get into emotional difficulty or their life becomes too hard, they generally go looking for their mums. They only look for their ‘parent’ when they want some money, or want someone to get them out of a jam!

Raising kids is about mothering (and fathering) ... rather than parenting. That’s why we have Mother’s Day (and Father’s Day) rather than Parent’s Day.

I hope you have a good one!

For ideas to help you be a great mum subscribe to Happy Kids my weekly email guide at Parentingideas.com.au.