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>
<thead>
<tr>
<th>TERM 2</th>
<th>Week 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 28th</td>
<td>Last Day of Term 1 – FINISH AT 2:10PM</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>TERM 3 WEEK 1</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 15th July</td>
<td>1st DAY TERM 3</td>
</tr>
<tr>
<td>Tuesday 16th</td>
<td>1st Day-DANCE FEVER</td>
</tr>
<tr>
<td>Thursday 18th</td>
<td>Prep – 2 Cross Country</td>
</tr>
<tr>
<td>Saturday 20th</td>
<td>WPS Bunnings Sausage Sizzle</td>
</tr>
<tr>
<td>Friday 23rd August</td>
<td>Year 5/6 Hooptime</td>
</tr>
</tbody>
</table>

CANTEEN ROSTER – TERM 3, 2013

Wed 17th July | Karyn McEachran, Joanne Richards, Kym Dunn, Anna Richards
Wed 24th July | Tammy Brennan, Penny Hendricksen, Mandy Courtney, Judy Puli, Pauline Oakes
Wed 31st July | Deb Cowton, Michelle Bailey, Leanne Gosling, Effie Coates, Jane Puli
Wed 7th August | Karyn McEachran, Joanne Richards, Kym Dunn, Anna Richards

Please find elsewhere in this week’s edition of the newsletter, a current price list for over the counter sales for the canteen.

PARENTS: PLEASE REMEMBER TOMORROW IS THE LAST DAY OF TERM 2 AND SCHOOL FINISHES AT 2:10PM. PLEASE ENSURE YOU MAKE ARRANGEMENTS TO HAVE YOUR CHILD/CHILDREN COLLECTED AT THIS TIME. ENJOY YOUR HOLIDAYS!

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

STUDENT REPORTS AND PARENT TEACHER INTERVIEWS
Where did the time fly; we’ve reached the end of term 2 already. Term two is traditionally a very busy term for teachers who put a great deal of effort in to assessing and reporting student progress. Student achievement has been assessed (using many different types of assessment tools and sources of information), results have been moderated in teaching teams (known as Professional Learning Teams - or PLTs) and student reports have been written, proof read and edited throughout the latter part of the term. These should have been delivered to parents by the end of the term. Please contact the school if you did not receive your child’s report and this will be rectified. We will be arranging formal opportunities for parents to meet with teachers around week 6 of term 3. This is in keeping with our practice of offering two formal ‘Parent Teacher Interviews’ spaced out over the year; the first occurred towards the end of term 1 this year. However, as always, we encourage open lines of communication between families and the school throughout the whole school year; we prefer a ‘no surprises’ approach to reporting children’s progress. Therefore, if you would like to request a meeting with your child’s teacher, please contact the school and this can be arranged. Teachers will also be arranging meetings with some parents and children early in term 3 to continue their open lines of communication approach to assisting children to achieve their goals. Some more formal Student Support Group meetings have already taken place in term 2; these are known as SSGs.

LEARNING EXPOS – Celebration of Learning
We hope you managed to come along to your child’s celebration of learning during the week. Each year level arranged an opportunity for parents/guardians and family members to visit the school (either in classrooms or the gym) to experience the learning that has taken place throughout term 2. This was a great way to end what has been a very productive and successful term. Please visit our school blog over the coming days where I’m sure you will be treated to more samples of the learning that has taken place at Werribee Primary School throughout the term. School Blog: http://werribeeps.global2.vic.edu.au/

VALUABLES & BIKES
Please be aware of the school’s position in relation to children bringing valuable items to school. We ask that children do not bring items of great value to school to avoid the distress and disappointment experienced if these items become lost or stolen. We do understand that more and more children have access to mobile phones to assist them in contacting family members before and after school. Our policy regarding these and other electronic devices states that a permission form needs to be signed by parents/guardians and the Principal for children to bring these items to school. These forms are available at the office or on the website. Children are also required to hand mobile phones in at the office before school and to collect them again after school. Bikes and scooters are able to be locked up in the bike shed during school hours. There is also provision for children to secure their own bikes to stands using their own bicycle locks, if they choose to do so. We ask that children take helmets with them and store these with/in their bags during the day. We also encourage that helmets of great value are not brought to school, as per our position above in relation to children bringing valuable items to school. Bicycle helmets can be purchased from $15.00 to $100 - $200. It is our strong preference that helmets in the more expensive range are not brought to school by children. We thank you for your support and understanding on this matter.

SECURITY OVER THE HOLIDAY PERIOD
Please remember that it is an offence for individuals to trespass on school property. If you observe or hear people acting suspiciously inside the fenced areas of the school during times when the school is closed (particularly over the holiday period), who you suspect are not staff members, cleaners or maintenance staff, please report this immediately to the police or the security company.
Police: dial: ‘000’
Wyndham Police: 9742 9444
Shield Security: 9974 1488

WHAT’S HAPPENING NEXT TERM?
Here is a reminder about the special activities and events planned for the beginning of term 3:
TERM 3 – Week 1
• Monday 15th July – 1st day term 3
• Tuesday 16th July - DANCEFEVER BEGINS and continues each Tuesday throughout the term. Each class will be assigned a 30-40 minute session with dance instructors in the gym.
• Saturday 20th July – Bunnings Sausage Sizzle (Hoppers Crossing) – all day. Please register your availability to support this fund raiser for the school by dropping in to the office or phone: 9742 6659. And don’t forget to drop into Bunnings to purchase a sausage on the day.

QUICK REMINDERS:

EARLY FINISH TIME TOMORROW- Friday June 28th is the final day of term 2. Children will be dismissed at 2:10pm. Lunch time will also be an hour earlier. Please arrange for your children to be collected from school at this earlier than usual time. Thank you.

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.

THANK YOU & HAPPY HOLIDAYS

Wishing you all a safe and happy holiday period. Thank you once again for your continued support of the children and staff of Werribee Primary School. A particularly big thank you goes out to our volunteers who have continued their commitment to the children or programs that they assist across the school. We have noticed that this makes an enormous difference to the children of Werribee PS and for this we say:

Sue Osborne, Acting Principal

Cross Country Run

Dear Parents,

Werribee Primary School is conducting its House Cross Country Championships on Thursday, 18 July. The Prep, 1 & 2 year levels will compete at Werribee Primary School. Students will run the following distance in their year levels and gender groups:

- **Preps**: 2 Laps around the oval
- **Year 1**: 3 Laps around the oval
- **Year 2**: 4 Laps around the oval

The Prep, 1 & 2 students will compete in the morning session starting at 9.15am and will conclude their events by 11.00am.

All children are to participate even if they walk the event. Every competitor who completes the course will score points for their House. **This is a Whole School Event.** There is **NO** cost for this event.

Parents and friends are most welcome to attend and support their children.

We look forward to seeing you on the day.

Helen Johnson
PE Teacher
Dear Parents,

**Nude Food News**

The Best Nude Food Grade Awards were presented by Kye Arbaci and Alannah Inglis at assembly this week. The winning grades were:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep P - 10</td>
<td>10</td>
</tr>
<tr>
<td>1/2 M – 8</td>
<td>8</td>
</tr>
<tr>
<td>3/4E - 17</td>
<td>17</td>
</tr>
<tr>
<td>5/6A - 9</td>
<td>9</td>
</tr>
</tbody>
</table>

Wow! What another fantastic effort by 3/4E with a score of 17. They are the winners of the new nude food trophy this week.

Due to the varying numbers of students in each grade, next term we will be working out the winning nude food grades based on a percentage, rather than the number of students per grade that had nude food.

You can contribute to our Zero Waste days by packing a nude food lunch box!

Remember to **reduce, reuse, recycle** and **rethink**!

Jack Orchard, Larni Vallance, Keilan Lloyd, Joanne Williams, Mussie Hailu.

Starting Term 3, **every day will be Zero Waste** day. It is 5 step easy!!

**5 EASY STEPS**

**Step 1 Reduce Packaging**
Make conscious choices when you shop to reduce packaging and limit your litter

**Step 2 Get the Inside word**
Get advice about how to pack a school lunchbox. Use websites such as, [http://www.nutritionaustralia.org](http://www.nutritionaustralia.org) or [http://www.greatgrubclub.com/home](http://www.greatgrubclub.com/home)

**Step 3 Rethink**
Rethink what you put in your lunch box so you don't make any rubbish at the end of your lunch

**Step 4 Pack a Nude food Lunch**
Don’t choose "fast" and the "convenient". Think of the long term environmental impact. Take a look at your lunch boxes. Can you spot any bits of plastic or other rubbish?

**Step 5 Take Your Rubbish Home**
If you decide to bring rubbish to school, then it is your responsibility to take your rubbish home with you. You are in charge of your litter!

**PLEASE TAKE YOUR RUBBISH HOME**
PLEASE HELP

BUNNINGS SAUSAGE SIZZLE SATURDAY 20TH JULY

Last year we raised over $3,000 at the Bunnings Sausage sizzle, those funds went towards computers and playground equipment for our school. This year we have been offered the opportunity to do it again on Saturday 20th of July.

Please come and help us. No experience or food handling certificates are required. Come along and have some fun while meeting some other parents and help raise money for our school.

If you are able to assist, please complete the tear off slip below and return to the office A.S.A.P.

BUNNINGS SAUSAGE SIZZLE – HOPPERS CROSSING
SATURDAY 20TH JULY

Name_________________________________________

Child’s Name _______________________________   Child’s Class ___________

Contact Details ______________________

Time available to help (please circle)

8-10am  10-12pm  12pm-2pm  2-4pm  4-6pm
# Canteen Price List - Effective 26/04/13

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steamed Dim Sims</td>
<td>0.70</td>
</tr>
<tr>
<td>Chicken Wedges</td>
<td>0.70</td>
</tr>
<tr>
<td>Light Party Pies (20c extra for sauce)</td>
<td>1.00</td>
</tr>
<tr>
<td>Fantastic Noodles (Beef or Chicken)</td>
<td>2.20</td>
</tr>
<tr>
<td>Mini Muffins</td>
<td>0.25</td>
</tr>
<tr>
<td>All Chips</td>
<td>1.20</td>
</tr>
<tr>
<td>Pop Corn</td>
<td>0.60</td>
</tr>
<tr>
<td>Gingerbread Person</td>
<td>1.30</td>
</tr>
<tr>
<td>Strawberry/Apple Snaps</td>
<td>0.40</td>
</tr>
<tr>
<td>Small Big M 250ml (Chocolate &amp; Strawberry)</td>
<td>1.30</td>
</tr>
<tr>
<td>Berri Juice 250ml (Apple &amp; Orange)</td>
<td>1.30</td>
</tr>
<tr>
<td>Summit 350ml Springwater</td>
<td>1.00</td>
</tr>
<tr>
<td>Thorpedo Water – Berry Blast/Luscious Lemonade</td>
<td>1.70</td>
</tr>
<tr>
<td>Half Zooper Dooper Stick</td>
<td>0.25</td>
</tr>
<tr>
<td>Zooper Doopers</td>
<td>0.50</td>
</tr>
<tr>
<td>Frozen Apple/Orange/Cups</td>
<td>0.70</td>
</tr>
<tr>
<td>Cruncha Orange Ice Treat Lencia</td>
<td>0.65</td>
</tr>
<tr>
<td>Moosies Frozen Milk Drink - Chocolate/Blue Heaven/ Banana/Strawberry</td>
<td>1.30</td>
</tr>
<tr>
<td>Calippo</td>
<td>0.80</td>
</tr>
<tr>
<td>Paddle Pop – Chocolate/Banana/Rainbow</td>
<td>1.30</td>
</tr>
<tr>
<td>Paddle Pop – Bubblegum</td>
<td>1.80</td>
</tr>
<tr>
<td>Paddle Pop – Frozen Thickshake</td>
<td>1.80</td>
</tr>
<tr>
<td>Golden North Vanilla Icecream</td>
<td>1.50</td>
</tr>
<tr>
<td>Frozen Yoghurt Cup</td>
<td>1.70</td>
</tr>
<tr>
<td>Mini Fruits</td>
<td>0.50</td>
</tr>
<tr>
<td>Paddle Pop Icy Twist</td>
<td>0.90</td>
</tr>
</tbody>
</table>

*Our school canteen is only open on Wednesdays at lunch time for over the counter sales. Students need to fill out a canteen order form available from their classroom teacher if purchasing hot food on this day.*
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

THERE’S STILL TIME FOR YOUR CHANCE TO WIN A $5,000 FAMILY ADVENTURE HOLIDAY!

So far we have 35 student bankers who have qualified for the School Banking competition in Term 2. There are still weeks left for you to be part of this amazing competition. All you need to do is bank at least 3 times during Term 2 here at school and you will automatically be entered into the draw.

First prize: $5,000 family holiday to anywhere in Australia with $500 spending money and $5,000 cash for your school.

25 Runner Up prizes are also up for grabs. These kid’s adventure packs valued at over $700 include a Wii U, Razor eSpark electric scooter, walkie talkies, night vision goggles and an underwater digital camera. More details are available at www.commbank.com.au/adventureisland

BANKING DAY AT Werribee Primary School IS EVERY Tuesday

Need a boost to your mid-year school budget?

The second payment of the Schoolkids Bonus is coming in July. If you are eligible you could receive up to $205 for each primary student and up to $410 for each secondary student.

You could receive the Schoolkids Bonus if you have a child in primary or secondary school and receive Family Tax Benefit Part A or you are a primary or secondary student receiving an income support payment.

If you think you are eligible and you haven’t already updated your child’s education details with Centrelink, then visit Online Services by 29 June 2013 to ensure you receive the correct amount and are paid on time.

The Schoolkids Bonus replaced the Education Tax Refund in January 2013 so eligible families cannot claim education expenses in their 2012-13 income tax return.

To ensure you receive the Schoolkids Bonus payment in July, check your eligibility by visiting australia.gov.au/schoolkidsbonus.

COMMUNITY NOTICES

Wyndham Netball Association will be presenting Melbourne Vixen players to an introduction session for Net Set Go. This will be held on 27th July at the Rec Centre. Our Net Set Go program is aimed at children aged between 6-9 years old wanting to learn to play netball. This 15 week program is held Saturday morning at the Rec Centre YMCA, Ballan Road, Werribee. Enquires: Contact Sandra 0408 308 742

POSITIVE PARENTING WORKSHOP for parents of primary school-aged children

Discover: how to connect with your child in positive ways, how to feel more confident as a parent, how to help your child unlock their learning potential

Date: Thursday 25 July
Choose your session: Morning 10am - 12pm OR Evening 7pm - 9pm
Location: 235 Derrimut Road, Hoppers Crossing
Limited to 12 persons per session to allow effective participation and interaction.
Register at 0403 413 056.
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

Barb Cakebread

CATERING
Ph/Fax: 9742 6905
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Getting a grip on worry-warts

As parents we often grapple with our own worries but one of the most common questions I get asked by mums and dads is ‘what do I do when my child seems overly worried or anxious?’ By Maggie Dent

Early anxiety is developmentally normal – in fact, being fearful or anxious is an essential human survival response. However, as parents we need to know how to soothe our children to help them get a handle on their anxiety. Otherwise it may interfere with their wellbeing.

In fact, anxiety is the most significant mental health issue in childhood and yet it frequently goes undetected, untreated and is frequently misdiagnosed as one of the attention disorders.

Anxiety can begin as early as age two but we see a significant rise when children enter the school system. Unless it’s addressed many will go on to suffer their whole lives.

Why kids worry

We must remember that children under 6 or 7 see the world through children’s eyes. This often means they find plenty to fear as the parts of their brain that rule rational thinking are not fully developed.

Research shows that the number one thing that children fear is feeling separated or unloved by their parents.

This means going to childcare or school, going to sleep, seeing mum or dad walk out the door, sharing mum or dad with a new baby, or not feeling connected to their parents can be huge triggers for anxiety.

While separation anxiety is normal, it’s important for parents of sensitive children to really be on the lookout for when it becomes excessive.
Assess the environment

If a child is experiencing anxiety, or even to prevent anxiety, try to look at their environment through their eyes and ears.

For example, a huge trigger for children is listening to or watching the news. We must be very mindful of not leaving TVs or radios on around children, exposing them to reports and/or images of disaster, death or trauma. Even online, be mindful if your home page is a news page that may sometimes feature horrific images.

To help prevent anxiety becoming an issue we can make childcare choices that suit our children, particularly being mindful of our sensitive children or children under two who are often developmentally unable to manage environments that cause them stress.

These children really need a ‘mothering’ influence. This can come from mum, dad or someone else. I encourage parents to co-parent around work schedules as much as possible and seek care with trusted relatives, friends or family day care.

Top tips for reducing anxiety:

- Slow things down, leaving plenty of time for transition between activities.
- Have good routines particularly around eating and sleeping.
- Soothe your child with safe, loving touch and warmth – lots of cuddles, and rubbing the ‘tickie point’ at the base of their neck.
- Don’t overschedule your children’s lives or put too much pressure on them to perform/achieve.
- Make time for silence and relaxation every day. Research shows 10 minutes has proven benefits for the whole family.
- For separation anxiety, make an effort to build ‘love bridges’ with kids: take a small bite out of their sandwich before placing it in the lunchbox; place kisses in their hands to hold onto all day; lay with them at night. Little things are big things to kids.

Maggie Dent is an author, educator and speaker dedicated to quietly changing lives through commonsense wisdom. She is the author of five books. Learn more about Maggie at www.maggiedent.com

What does anxiety look like?

Symptoms of general anxiety can include: stomach aches, headaches, difficulty sleeping, avoiding school, nail biting and physical reactions such as increased heart rate or breathing.

Canadian researcher Dr Lynn Miller has also found that there are many frequently overlooked symptoms of anxiety:

- Angry outbursts
- Oppositional and refusal behaviours
- Temper tantrums
- Aggression
- Attention seeking behaviours
- Hyperactivity and difficulty sitting still
- Attention and concentration problems
- Scholastic underachievement or excessive resistance to doing work
- Frequent visits to school nurse
- High number of missed school days
- Difficulties with social or peer group (i.e. worrying obsessively about what others think of you).

How to help an anxious child

Many parents I speak to wonder if they should try to ‘toughen up’ their sensitive worriers, but I would caution against this approach. Sometimes pushing a fearful child who’s not ready can just make the fear even more real.

Rather, I think parents can build their child’s capacity by gently walking them through some of the things they need to face with lots of love, lots of reassurance and lots of soothing.