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**

**CADBURY CHOCOLATE FUNDRAISER**

CHOCOLATE MONEY IS NOW OVERDUE; PLEASE RETURN MONEY & ANY UNSOLD CHOCOLATES TO THE OFFICE AS SOON AS POSSIBLE. IF ANY FAMILIES WISH TO SELL ANOTHER BOX, PLEASE CALL INTO THE OFFICE TO ARRANGE.

Parents, please continue to check our website on a regular basis for updated articles. The Sports Report is now posted directly on our website, so no need to wait for the fortnightly Owl Newsletter. This report can be found under “School in Action” “Physical Education and Sport.” Please familiarise yourself with our very user friendly website. Also, a copy of the current school Parent/Guardian Payment Policy can be viewed on our website. It can be found under “About Us” “School Policies.”

<table>
<thead>
<tr>
<th>Date</th>
<th>Canteen Roster</th>
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<tbody>
<tr>
<td>Wednesday 13th August</td>
<td>Sarah Rigo, Michelle Bailey, Rachael Connolly, Jane Puli, Rose Leitch</td>
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<tr>
<td>Wednesday 20th August</td>
<td>Deb Cowton, Fadia Othman, Judy Puli, Pauline Oakes</td>
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<tr>
<td>Wednesday 27th August</td>
<td>Gail Penaluna, Susan Warbrick, Michelle Buysen, Sloane Rotondi</td>
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<tr>
<td>Wednesday 3rd September</td>
<td>Sarah Rigo, Michelle Bailey, Rachael Connolly, Rose Leitch</td>
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<tr>
<td>Wednesday 10th September</td>
<td>Deb Cowton, Fadia Othman, Judy Puli, Pauline Oakes, Leanne Gosling</td>
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<tr>
<td>Wednesday 17th September</td>
<td>CANTEEN CLOSED – FOOTY DAY LUNCH ORGANISED BY WERRIBEE FRIENDS</td>
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PRINCIPAL’S REPORT

Congratulations to the following students who have received a Principal’s Award:

Jack P. (FP) for being a model student who always follows our school values and encourages others to do the same.

Larraine L. (1/2E) for consistently supporting her classmates both inside and outside of the classroom.

Anthea D. (1/2H) for her effort and persistence to improve her reading, moving 5 reading levels. Well Done.

All of Year 1/2H for their amazing work questioning and researching, how stars are formed? Such clever, thinking readers. Well done.

Kaylan R. (1/2S) for showing the value of Courtesy by sharing his paper plans to solve a problem and cheer a friend up

Jacob D. (3/4E) for taking on feedback to improve his ability to speak confidently during a presentation.

A Snapshot of Werribee Primary School

Current Enrolment = 486 students
- Boys = 278
- Girls = 208
  - Prep = 67
  - Year 1/2 = 129
  - Year 3/4 = 144
  - Year 5 = 68
  - Year 6 = 78

Students Born Overseas = 122
Nationalities = 28 different nationalities with 15 languages other than English
Students with Language Background other than English = 164
Aboriginal/Torres Strait Islander = 16 students
Number of Families = 348 individual families make up our community

School Arrival Times

Please ensure you child arrives at school after 8.30am each day when the yard is supervised by our staff. The yard is also supervised after school until 3.30pm so please ensure your child is collected or alternative arrangements for their supervision made after this time.

Camp Australia runs a before and after school care facility at our school which you are able to take advantage of for the supervision of your child prior to 8.30am and after 3.30pm. Camp Australia operates from the Multipurpose Room. More information about the Camp Australia Before and After School Care facility can be found at http://www.campaustalia.com.au/

Have a fantastic fortnight.

David Quinn
Principal
WRITER’S NOTEBOOK – WRITING ABOUT BUBBLES – BY 1/2S

I was nervous. I got a straw, closed my eyes and blew. The bubbles rose and went higher and higher. A mountain of bubbles was forming and rising. How many bubbles were there? Bubble Mountain (that’s what I decided to call it) was huge! It was ginormous, monstrously big! But I kept blowing. I blew and blew and blew some more. The bubbles popped and rose at the same time. 

Ashley Schellhorn

“Pop!!” The big bursting bubbles burst! I was blowing as hard as a pump.

Kaylan Reynolds

“Ouch!” I screamed. The bubbles scattered all around the table, I was nervous. I got a straw and put the straw in the box.

Molly Preston

NUDE FOOD/RIDE TO SCHOOL

Well done to all of you who are thinking about our environment by arriving at school in an active way and bringing nude food. We have 30% of our students making a difference. This is an increase of 5% since last month. Thank you

5P Ride2 School class of the month

12P Nude Food class of the month

WERRIBEE ZOO VISIT – 31/7/14

The BEST team visited the Werribee Zoo on Wed 30 July to learn about the Eastern Barred Bandicoot and what we can do to look after our environment

Tahlia: buy recycled paper like toilet paper because this is better for the environment

Akshita: dishwashing liquid contains chemicals which go into our water. It is best to buy products that are biodegradable and phosphate free

Tyler: Don’t use plastic. If you have to, make sure you put in it in the rubbish or animals may eat it thinking it is food.

Tara: If you have a cat make sure it has a bell so it can’t hunt. The bell warns the animals that there is danger.

Alanah: create new habitat gardens at your home to replace the ones cut down to make the roads, shops and houses.
NATIONAL TREE DAY – 25TH JULY 2014

It was National Tree Day on Friday 25 July. A perfect day was booked. The weather was fine, the kids were great and lots of planting was achieved.

We received sponsorship for plants/trees from the Wyndham City Council and the 2 Million Trees project and were able to plant near the library, around the fence line and create a new garden bed in the Yr 5/6 playground area.

THE COMMONWEALTH BANK SCHOOL BANKING PROGRAM

SCHOOL BANKING DAY IS: TUESDAY (bank books to the office by 9:15am)

STUDENT REWARDS : With each weekly deposit you child will receive a TOKEN, when they get 10 tokens they redeem for cool rewards

SCHOOL REWARDS : The school receives $5 for every account our students open PLUS 5% commission on all deposits – A GREAT FUNDRAISING OPPORTUNITY
Parenting ideas insights
Building parent-school partnerships

WORDS Jenny Brockis

Raising calm kids

With childhood and adolescent anxiety on the rise there’s a simple but powerful technique that all kids should practice. Parenting ideas contributor Dr. Jenny Brockis explains the link between quiet time and the development of calm in kids.

Let me share the stories of two very different kids who shared a common challenge.

The first is Isobel. From her first day of child care, Isobel would cry incessantly when her mum tried to leave. In primary school she made a number of friends but lacked self-confidence. By the time she was in secondary school, she was known as a bit of a loner. In Year 10, Isobel started missing school.

The second child is Jamie, who was always a bundle of energy. He had continuous ‘ants in his pants’. His hyperactivity led him to be assessed for attention deficit disorder, though this was ruled out. His teachers found his classroom antics difficult; he would constantly distract the other kids and much about Jamie ended up being suspended from school.

As you can see, Isobel and Jamie were two very different kids. But the challenge they faced was eventually recognised as being the same: anxiety.

While not always as severe as that suffered by Isobel and Jamie, anxiety – especially in those under 25 – is increasing at an alarming rate. It’s thought that the constant busyness of modern life, with little or no down time, is part of this problem. New technology allows our kids to connect with each other constantly, but paradoxically this has led in some instances to a huge sense of disconnect – and to anxiety.

Our brains were not designed to be constantly stimulated. All brains need some time out. In a constantly connected world what we need is more balance.

So what can we do to help our kids restore this balance?

One of the most effective ways is to help children to know how they can proactively quieten down their mind, especially if it’s making them feel mad or sad.

You can teach your kids how to enjoy quiet time. Here’s a technique that works well.

TIPS FOR QUIET TIME

1. Choose a time that suits you and your child. Morning or evening, just what ever works best for you as a family.

2. Schedule in ten to fifteen minutes for the practices. You may need to start with just two to four minutes at first.

3. Find a place that allows your child to stay quiet. This could be their bedroom or any other room in the house where they like being in and in which they can feel relaxed.

4. They can choose to sit or to lie down on a blanket or rug on the floor. Try to avoid their bed as they may fall asleep, which isn’t the purpose of the exercise. Get them to gently close their eyes or look down towards the ground. Now it’s time for them to take a slow deep breath in through the nose, hold it for one to two seconds and then breathe out. Let them to do this two more times.

5. After the third breath, ask them to continue breathing in the same way, now noticing the air as it passes in and out through their nostrils. After the next ten breaths, direct their focus to the rising and falling of their chest or tummy.

6. The next sequence requires them to notice any tension or muscle tightness in their shoulders, tummy or elsewhere and then, on each breath out, to let all that tension just float away, enjoying the sensation as they allow their muscles to become more relaxed.

7. Continue with the breathing exercise until you reach the end of your allotted time. When it’s time to stop, your child can just open their eyes, wriggle their toes and fingers and after a moment or two get up to resume the rest of their day.

Practicing regular quiet time should start to produce some positive differences quite quickly. Once they have mastered the technique, it will always be available to them any time they feel over anxious or stressed. Just three deep breaths may be all they need.


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