

## CALENDAR 2022

Wed - Mon	15-27 Mar	NAPLAN Testing Window
Wed	22 Mar	School Photos
Mon - Thur	3-6 Apr	Student Check ins (P/T Interviews)
Wed	5 Apr	Pyjama Day for Foundation (Prep) students
Thur	6 Apr	Early finish @ 2.30pm for last day of Term 1
Mon	24 Apr	Pupil Free Day
Tue	25 Apr	ANZAC Day
Wed	26 Apr	First day of school for Term 2

## **PUPIL FREE DAYS 2023**

Monday 24th April

## TERM DATES 2023

TERM ONE Friday 27th January to Thursday 6th April

**TERM TWO** Monday 24th April to Friday 23rd June (Monday 24th April is a pupil free day)

TERM THREE Monday 10th July to Friday 15th September

TERM FOUR Monday 2nd October to Wednesday 20th December

## Principal's Report

## Senior Athletic Sports

The autumn weather couldn't have been better for the Senior Athletics held last Friday 10th March. The Geoff Watt Track was a sea of yellow, red, green and blue as the children proudly wore their house colours as they competed in shot put, long jump, triple jump, discus, 100 metres, 200 metres and the 800 metres. The children certainly seemed to enjoy taking part in all the different events. It was great to see such excellent behaviour, participation and sportsmanship from our students.



2023 age group champions with the Correa House Captain, Andrew. Congratulations to Sapphire, Jack, Will, Alisha, Nate, Macy, Keira and Jaiden. After the points were tallied the winning house for 2023 was **CORREA**. The House Cup, together with the medals for the age group champions, were presented at a special assembly held this afternoon. Congratulations to all our champions!

A sincere thank you to our parent volunteers and Warragul Regional College volunteers that make the sports possible.

A big thank you and well done to Mr Commadeur, our Physical Education

Co-ordinator, for his preparation and planning for the sports. It was his first athletics at WNPS so a huge learning curve and he certainly did a fantastic job.





Pictured are the very happy Year Six students from Correa House, with the 2023 winning house cup.

O'Dowd's Rd. Warragul North. P.O. Box 354 Warragul 3820 Phone (03) 5623 4066 Fax (03) 5623 4345

www.warragulnorthps.vic.edu.au

## Principal's Report *cont*.





### Cultural Understanding Staff P.D.

Last Wednesday 8th March, Warragul North Primary School staff participated in professional learning on building cultural awareness and inclusion. Our presenters did an amazing job helping us to walk in the shoes of others to build a perspective on the challenges and understandings of others.



On the same day we had our new flagpoles installed. We can now fly the Australian, Aboriginal and Torres Strait Islander flags at the same time. Later in the term we will have a flag raising ceremony to celebrate our steps towards effective cultural inclusion. Once we have organised the event, details will be posted on Compass.



## Year Six Specialist Approach

We are very excited to launch our new Year Six specialist approach. Students will have the opportunity to build their own timetable and experience specialist subjects in the areas of Physical Education, Visual Arts, Performing Arts, LOTE (Japanese), I.T./Media and Sustainability. As we build student voice and agency, students will have greater opportunities to make decisions about their learning. Please ask your children about their choices, we look forward to planning forums for students to share the great work they are doing.

### **School Council Elections 2023**

Following the election process I declared the following parents elected to the Parent Category of School Council.

#### Parent Member Category

- Emma Cashen
- Jules Cole
- Chris Rodda
- Gines Satchithanandam
- Terri Wilks

Thank you to these parents for offering their valuable time and services to become members of the Warragul North Primary School Council. Farewell and thank you to retiring School Councillors, Catherine Black, Amanda Henderson and Kirstee Van Rysbergen.

At the close of nominations the following nomination was received for the DET Category and I therefore declared the following DET Employee elected to the DET Category of School Council.

#### **DET Category**

• Belinda Smythe

The School Council sets key directions for our school within centrally provided guidelines. In doing this School Council is able to directly influence the quality of education that our school provides for its students.

## A warm welcome to our new staff for 2023

It is my pleasure to introduce our new staff members for 2023 and also welcome back some returning staff members. I look forward to working with these teachers and wish them every success in their roles.



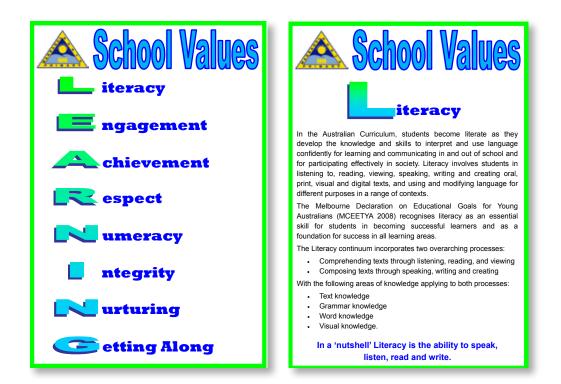
Jasmine Lissau Year Four

Jo Osler Principal



Dani Sharpe Physical Education

## Warragul North Primary School Rules & Values



School Values medals were presented at the Junior assembly held on Friday 24th February to the following students:
 GETTING ALONG – Foundation – Harvey (0A)
 ENGAGEMENT – Year Two – Ella (2A)
 INTEGRITY – Year One – Oliver (1A)



# Zones of Regulation' Teach Children?

Staff at Warragul North Primary School will use "Zones of Regulation" as a framework to teach a variety of socialemotional skills to children, starting with early emotional skills and advancing on to self-regulation and navigating social situations.

Here are some skills taught through Zones of Regulation:

- Identifying your emotions by categorising feelings into four zones: (more on this below)
- Self-regulation: Achieving the preferred state of alertness (zone) for a situation. This is all about regulating your body and emotional regulation.
- Identifying triggers: Learning what makes you "tick" and why
- Coping strategies: Various techniques and strategies that help achieve emotional regulation and manage strong emotions
- Size of the problem: Introduces the idea that the size of your reaction should match the size of your problem, how to identify the size of your problem, and strategies for problem-solving.
- Expected behaviour vs unexpected behaviour: This also covers perspective taking and how your behaviour affects the thoughts and feelings of the people around you

#### What Are the Zones Colours & Their Meanings?

'Zones of Regulation' uses four colours to help children self-identify how they're feeling and categorise it based on colour. It's important to remember that there are no "bad" zones or emotions.

The curriculum also helps children better understand their emotions, sensory needs, and thinking patterns. They learn different strategies to help them cope and manage their emotions based on which colour zone they're in.

Additionally, the Zones of Regulation helps kids recognise their own triggers, learn to read facial expressions, develop problem-solving skills, and become more attuned to how their actions affect other people (Kuypers, L.M, 2011).

#### The Green Zone

The green zone is used to describe when you're in a calm state of alertness.

Being in the green zone means you are calm, focused, happy, or ready to learn. This is predominantly the state you want your child to be in.

It's also the state most needed in the classroom in order to learn.

#### The Yellow Zone

The yellow zone describes when you have a heightened sense of alertness. This isn't always a bad thing, and you still have some control of your actions when you're in the yellow zone.

Being in the yellow means you may feel frustrated, anxious or nervous. But, it could also mean you're feeling excited, silly, or hyper – which is okay in the right situations.

#### The Red Zone

The red zone describes an extremely heightened state of intense emotions. When a person reaches the red zone, they're no longer able to control their emotions or reactions.

This is the zone kids are in during meltdowns.

Being in the red zone means you're feeling anger, rage, terror, or complete devastation and feel out of control.

#### The Blue Zone

The blue zone, on the other hand, is used when a person is feeling low states of alertness or arousal.

When you're in the blue zone you may be feeling down - sad, sick, tired, or bored. You're still in control, as you are in the yellow zone, but with low energy emotions.





"Believe in yourself. You are braver than you think, more talented than you know and capable of more than you imagine"

Roy T Bennett

Inside each person is a unique set of abilities, values and desires. You see glimpses of these underlying forces play out in people's behaviours and the choices they make; in the way they present themselves to the outside world. In my job I often get the privilege of listening just long enough to someone's heart to start to see a little of what drives them and it's beautiful. Inside each person I see the desire to love and to belong. I see the way people seek the reassurance that they are okay. That even though life doesn't go smoothly, we are all trying hard to do what we can. Each of us has the capacity to improve ourselves. No matter what our starting point is, with a little reflection and encouragement we can keep growing into a better version of ourselves.

I really believe Roy T Bennet's quote is true for most people. So be kind to yourself; you are probably doing a better job than you realise. And if you or your child needs a little encouragement, come have a chat with me. I'd love to help you recognise in yourself what an incredible human being you are.

#### Sheryn Cutler, WNPS Chaplain

Warragul North Primary School offers chaplaincy and pastoral care to students and families in the Acorn Room on Tuesdays and Thursdays.

Dr Seuss Day

## 2<sup>nd</sup> of March



The more that you read, The more things you will know. The more that you learn, The more places you II go. -Dr. Seuss

On the 2<sup>nd</sup> of March many students come to school wearing something red or white to celebrate Dr Seuss day. The focus was to celebrate and promote reading. Another big focus of the day was to use your *imagination*.

It was great to see the energy buzzing across the school. Some students wore full cat in the hat outfits. Others had different coloured hair or cat whispers drawn on their faces. Even a few teachers wore cat in the hat hats while doing their yard duty or sport lessons.

Activities in class ranged from reading Dr Seuss books, making hot air balloons, reader's theatre, tongue twisters, arts and crafts, and many more. The Dr Seuss energy ended up staying with us into Friday. The talk about reading and using your imagination sparked a lot of fun and excitement.

Throughout this year there will be other days that celebrate and promote Reading and Writing.

Happy Reading ...









Artist of the Week Awards were presented at the junior assembly on Friday 24th February Congratulations to these very talented students.

### TERM ONE STUDENT CHECK INS (PARENT/STUDENT/TEACHER INTERVIEWS)

Term One Student Check ins (Parent/Student/Teacher Interviews) will take place during the last week of this term. A Newsfeed will go out next week letting families know that the bookings are open via Compass.

#### **END OF TERM ARRANGEMENTS**

The last day of school for Term One is Thursday 6th April and school will finish at 2.30pm. Buses will depart just after 2.30pm. The first day of school for Term Two is Wednesday 26th April (Monday 24th April is a Pupil Free Day and Tuesday 25th April is ANZAC Day).

#### **SUNSMART**

Parents are reminded that Warragul North Primary School sunsmart hats are a compulsory part of our school uniform in terms one and four.

Children not wearing a Warragul North Primary School sunsmart hat will need to play in the designated undercover area.

The Sun Protection Policy was approved by School Council in June 2020. The policy aims to protect students from over-exposure to U.V. radiation as the U.V. rays can cause sunburn, skin and eye damage and skin cancer.

Parents and students please note that wearing WNPS sun protection hats is compulsory Terms One and Four each year and at other times of the year whenever U.V. levels are forecast to reach 3 or higher including all off-site activities such as camps, excursions and sports days. This means students will need their WNPS sunsmart hats at school all year round. Thank you!





## Being SunSmart in Victoria

## When UV is 3+



**JUNSH** 

Slip on covering clothing

Slop on SPF30 or higher, broad-spectrum, water resistant sunscreen

Slap on a broad-brimmed hat

Seek shade

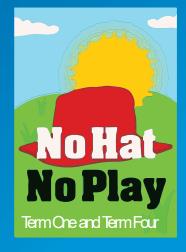
Slide on sunglasses (AS:1067)

Download the SunSmart app To find sun protection times for your location in Australia.

sunsmart.com.au/app



Think UV, not heat! UV rays can't be seen or felt and can damage your skin on cool or cloudy days.







## WNPS Environment and Sustainability News

## Nude Food and Clean Up Australia Day

Thanks to all who supported and participated in Nude Food and Clean Up Australia Day! It was fantastic to see such healthy, nude food lunchboxes. Great job everyone!

A great effort in collecting rubbish from the yard from all grades who participated in our Clean Up Day. Sadly, despite having a policy where students eat inside, we collected a large bin worth of rubbish from the yard. Thank you to all the students who respect our shared environment and don't take rubbish outside - litter has a way of travelling with the wind and ending up in our waterways. By keeping our local environment clean, we help keep global environments clean, too.



## Senior Athletics Day

So good to see how respectfully Warragul North PS students and staff treated the Geoff Watt Track facilities last Friday. The track was so clean it looked like we had never been there... I like to call it 'no trace camping'. Although we're not 'camping', the principle is the same; leave a place in better condition than you found it.

Students and staff also made good use of the recycling and food scrap bins we provided. It's fantastic to see that students are forming a habit of using the food scrap containers and are now asking where they are if they can't find one close by. Well done Warragul North!



Mr Brendan Cox & The Environment & Sustainability Group



W.N.P.S. PARENT WORKING PARTY

We would be grateful if all families could donate either eggs or chocolates or a soft toy for the Easter raffle

Please bring donations to the school office by Tuesday 28th March

Tickets will be for sale in the classrooms from Wednesday 29th March ONLY \$1.00 EACH



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Each classroom will have several great raffle prizes. All raffles will be drawn on the last day of Term One.

### PARKING | TRAFFIC FLOW DISABLED PARKING



To assist parents with parking rules around the school, a map explaining legal parking areas and traffic flow was sent home earlier this term.

Please be aware that the 'reserved' parking permit area

near the administration building is for staff use only and permits must be displayed on the windscreen.

If everyone adheres to the agreed parking areas and direction of traffic flow it creates a safer environment for children during drop off and pick up times.

Just a friendly reminder that the two disabled parking spaces provided outside the administration building are for people with a disabled parking permit only. It is also requested that you be mindful of other people who use this space and not double park across it. There has been reported instances of the spaces being regularly blocked not allowing access or allowing the vehicles parked to exit. Please do not park across these specially designated car spaces. Thank you.

To assist families to clearly understand the various parking signs displayed around our school, in our newsletters we will include detailed information from the VicRoads website.

You are not allowed to park in parking bays that have

**CAN YOU HELP?** 

I am running two lunch time clubs and am chasing some

no longer require, could you please send them to school?

Craft Club: Material, Cotton, Pins & needles, Wool,

Send to Jeanette Thomas in Room 13 or the office.

supplies. If you have any of the following materials that you

a disabled parking sign or road marking unless you

have a valid disabled parking permit.





Commencing this week, students in Years Three and Five across Australia will sit national tests in Literacy and Numeracy. The sitting window for NAPLAN is from Wednesday 15th March through to Monday 27th March. NAPLAN will take place at Warragul North Primary School on the following dates:

- Wednesday 15th March @ 9.15am Writing
- Thursday 16th March @ 9.15am Reading
- Thursday 16th March @ 11.45am Conventions of Language
- Tuesday 21st March @ 9.15am Numeracy

Any students who are absent on any of the sitting dates will have a catch-up session. If parents have any further questions please contact the school.

#### **TERM ONE UNIFORM REMINDER**

Children need to be in either summer or winter uniform, not a combination of both e.g. summer dress over pants or tights. A copy of the uniform dress code is available from the school office. Our uniform is available for purchase from Beleza in Williams Square, Warragul.

Plain black footwear is part of the Warragul North Primary School compulsory uniform. There is a wide range of footwear available in black such as runners, t-bars and velcro styles. Socks are to be plain white or navy.

Compulsory school uniform is a proud and distinctive part of the Warragul North Primary School identity. Our uniform is neat, attractive, practical and economical. Wearing the uniform adds to the feeling of belonging and builds school spirit for students.

Please note the following items are not part of the WNPS uniform:



Knitting needles, Craft kits

Disabled

Parking

Signs

Lego Club: Lego kits, Lego blocks



Telephone: 03 5622 2930

Email: beleza@beleza.com.au www.beleza.com.au store.beleza.com.au

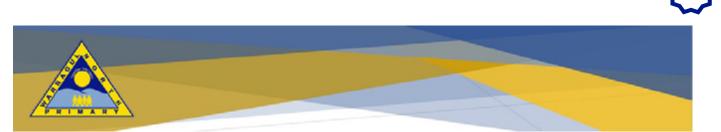




UNIFORM AND DRESS CODE: Compulsory school uniform is a proud and distinctive part of the Warragul North Primary School identity. Our uniform is neat, attractive, practical and economical. Wearing the W.N.P.S. uniform adds to the feeling of belonging and builds school spirit for students. Our uniform is available for purchase from Beleza, Williams Square, Warragul. The W.N.P.S. School Council approves the following uniform as the official compulsory uniform. Children need to be in either summer or winter uniform, not a combination of both, e.g. summer dress over pants.
<ul> <li>Burker control to the output of the</li></ul>
<ul> <li>BOY'S SUMMER UNIFORM:</li> <li>Sunsmart navy blue broad brimmed or legionnaires hat with WNPS logo.</li> <li>Navy blue &amp; gold polo shirt with WNPS logo (short or long sleeve).</li> <li>Navy blue crew neck windcheater or bomber jacket with WNPS logo.</li> <li>Navy blue shell spray jacket with WNPS logo.</li> <li>Navy blue shorts.</li> <li>Navy blue or white socks.</li> <li>Plain black footwear.</li> </ul>

#### **BOY'S WINTER UNIFORM:**

- Sunsmart navy blue broad brimmed or legionnaires hat with WNPS logo.
- Navy blue & gold polo shirt with WNPS logo (short or long sleeve).
- Navy blue crew neck windcheater or bomber jacket with WNPS logo.
- Navy blue shell spray jacket with WNPS logo.
- Navy blue pants.
- Navy blue or white socks.
- Navy blue beanie with WNPS logo.
- Plain black footwear.
- Footwear should be appropriate for school and the activities timetabled on that day.
- Only sandals with covered toes are suitable for school.
- Socks or tights (winter uniform) must be worn at all times.
- Shoulder length hair, or longer, needs to be tied back neatly.
- Hair scrunchies, hair ties, head bands and ribbons are to be either navy blue or gold.
- WNPS Sunsmart school hats with logo are compulsory.
- Hats or beanies are not to be worn at assembly or inside classrooms.
- Nail polish and make-up are not to be worn to school.
- Extremes of hair colour are unacceptable e.g. pink, blue and will exclude participation in events.
- Dangly earrings are not permitted, only studs or sleepers are to be worn.
- Jewellery is not to be worn except for wrist watches.



## **Shoes allowed at Warragul North Primary School**



## Enclosed, plain black shoes (lace up / Velcro / buckle)

X NO



## Slip on / coloured / black and white / open toed

Literacy | Engagement | Achievement | Respect | Numeracy | Integrity | Nurturing | Getting Along



## Let's come together to celebrate our cultural diversity

On **Tuesday 21st March**, Warragul North Primary School are participating in a Culture Dress Day.

Students are encouraged to **wear their traditional cultural dress** for Harmony Week. Students who do not have a cultural dress or want another option can wear **orange**. This is a great opportunity to share with the students/ your child(ren) about your culture and things they may not know. Students will share their knowledge throughout the week.

On Wednesday 22nd March, students can bring in 'show and tell' items of their culture to the classroom to talk about their cultures.

## School Costs 2023

The school costs for 2023 have been confirmed by the Warragul North Primary School Council.

The costs for 2023 will become active and appear on Compass prior to school commencing next year. Our preferred method of payment is via Compass. Please contact the WNPS Office if you would like to arrange a payment plan to suit your individual family circumstances or if you have credit in your WNPS account that you would like to use to pay the 2023 school costs. SCHOOL COSTS 2023:



The school costs for the 2023 year as set by School Council are as follows:

### STUDENT SUPPLIES FOUNDATION - YEAR SIX STUDENTS \$285.00 PER STUDENT

To ensure all Warragul North Primary School students have the essential stationery supplies needed for the academic year our School Council makes a bulk purchase from reputable suppliers on behalf of parents. This ensures the student's supplies are purchased effectively and easily. The bulk purchase also means all students have access to the same supplies (e.g. reading diary, pencils, pens, rulers, paper, paint, glue, etc).

Included also are materials and equipment for our specialist subjects, Visual Arts, Performing Arts and Physical Education. On commencement, Foundation students will receive a Warragul North Primary School satchel, a whiteboard and a set of headphones.



Students are provided with an exciting variety of online platforms dependant on their year level. These platforms include myOn, Wushka, MathsOnline, Mathletics, Phonics Hero, Literacy Planet and Ed Alive. These are educational websites that the children will use at school and also be able to access at home.

### GROUNDS MAINTENANCE DONATION FOUNDATION - YEAR SIX STUDENTS \$50.00 PER STUDENT

The School Community are pro-active in seeing the school's buildings and grounds properly maintained in order to provide the students and staff with a clean, tidy and safe learning environment. To assist in achieving this goal the School Council invites families to make a donation to the school, suggested amount of \$50.00 per student, but families are welcome to contribute any amount they choose. This will allow the school to maintain a high level of effective maintenance programs at the school.

The support from families through parent payment allows Warragul North Primary School to deliver a variety of subjects and educational experiences to all students.

We thank all families for their ongoing support, making a huge difference to our school and what we are able to offer our students.

## **PAYMENT OF SCHOOL COSTS:**

The school costs for 2023 will become active and appear on Compass prior to school commencing next year.

Our preferred method of payment is via Compass.

Please contact the WNPS Office if you would like to arrange a payment plan to suit your individual family circumstances.





Our school photo day is coming up. Here's all the information you will need to order your photos online.

- Constant Sector Constant Se
- © Click on order your school photos.
- © Select Victoria.
- © Enter the WNPS unique access key.

## **WNPS Access Key: BRYSNHZ5**

- © Photos can be ordered for individual students and also families.
- Family photos must be ordered by 4.30pm on Tuesday
   21st March. NO LATE FAMILY ORDERS.
- Individual photos can be ordered prior to photo day or anytime after photo day.
- © Orders placed after photo day will incur an \$8.00 postage and handling fee per order.
- **ORDERS CAN ONLY BE PLACED ONLINE.**
- © CASH ORDERS ARE NOT AVAILABLE.
- © For further information contact Leading Image via e-mail info@leadingimage.com.au or phone 1300 084 586.



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## FINANCIAL ASSISTANCE

## **INFORMATION FOR PARENTS**

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

## CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

#### HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments**; your child has started or changed schools this year.
- changed family circumstances; such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.





#### MORE INFORMATION

For more information about CSEF visit: <u>https://www.education.vic.gov.au/about/programs/Pages/csef.aspx</u>

## **Community News**



## **Community News**



West Gippsland Health Care Group



#### We need helpers for our

WEST GIPPSLAND

Concierge, Community/Palliative Care, Opp Shops, Aged Care & Consumer Representative Teams

Apply online: www.wghg.com.au, E: cherie.a.howe@wghg.com.au, P: 56256258 We pay our respects to the Gunaikurnai, the traditional owners of the land on which our services are located. We celebrate diversity and welcome applications from all

#### **KEEP YOUR CHILD'S LUNCH BOX COOL AND SAFE**



Lunch box safety is very important on hot summer days. If food is not packed properly in a lunch box, it could go bad and make your child sick! Follow these simple steps to make sure the lunch box is safe and keeps your food yummy:

- Wash the lunch box often
- Foods that are made the night before (such as sandwiches) are best kept in the fridge or can be frozen. Suitable foods to freeze include bread, cheese, vegemite and cooked meat
- Healthy drinks such as milk and water can also be frozen overnight and added to the lunch box in the morning to keep food cool
- Encourage your child to keep their lunch box in a cool place at school away from direct sunlight
- Leftover meals (such as meats, rice and pasta dishes) should be packed with a frozen ice block

For more information, go to http://www.kidspot.com.au/Backto-School-Lunch-box-nutrition-Lunch-boxsafety+3960+181+article.htm

Prepared by West Gippsland Healthcare Group – Health Promotion Team 56343500

WEST GIPPSLAND HEALTHCARE GROUP

eden here

PLAY & TRAIN

BELLBIRD PARK DROUIN

