

# THE NORTHERN BULLETIN

14th July 2020  
Term 3



WONTHAGGI NORTH PRIMARY SCHOOL  
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**PRINCIPAL**  
Andrew Strickland

**ASSISTANT PRINCIPAL**  
Wendy Nicol

*We value:*

~ Positive Relationships ~  
~ High Expectations ~  
~ Excellent Behaviour ~

## From the Principal ...

Dear Parents and Guardians,

### WELCOME TO TERM 3

We continue to navigate our way through a challenging and evolving situation with COVID-19 across Victoria. At this point in time we have been advised that we are to continue to operate as we were at the end of term 2. The staggered departure times will continue along with hand sanitising and social distancing. Extra cleaning will continue to take place throughout term 3. Parents are encouraged to email or phone staff to touch base with teachers.

Currently, the rules are different for us as a rural/regional school than for those in Melbourne and the Mitchell Shire. There has **not** been any mention of our school returning to remote or flexible learning at this stage. The support and understanding of our school community has been amazing in making this work. Thank you all for that and together we'll work our way through this.

### CAMPS AND EXCURSIONS

School camps for rural/regional schools can take place if they are located outside of the Melbourne metropolitan area and Mitchell Shire. Therefore our Grade 3/4 camp is proceeding as planned. It will also mean that the Grade 2 sleepover can be organised.

### SCHOOL ASSEMBLY

We currently have a team of teachers working on revamping our assembly. Stay tuned for more information and advice as to when face to face assemblies can resume.

Regards,

**Andrew Strickland**  
PRINCIPAL

## 2020 CALENDAR

### JULY

Wed 15 School Banking resumes

Sushi orders available

Breakfast Club 8.15 – 8.50am  
Garden Rotunda

### SEPTEMBER

Wed 2 -

Fri 4

Fri 18

Grade 3/4 Rumberg  
Term 3 concludes

### SCHOOL ASSEMBLY

We have a team of teachers working on revamping our assembly. Stay tuned for more information.

### TUESDAY IS NUDE FOOD DAY

Please bring a rubbish free lunch

### BREAKFAST CLUB

Wednesday 8.15 – 8.50am  
Garden Rotunda  
(wet weather days location to be confirmed)

### SCHOOL BANKING

Wednesday

### SUSHI 2020 - \$3.00 each

Wednesday - orders to office by 9.00am

### CANTEEN

N/A - until further notice

### 2020 TERM DATES

Term 3 13 July - 18 September  
Term 4 5 October - 18 December

Office Hours: 8.30am - 4.00pm

We are an  
**eSmart**  
School

## BREAKFAST CLUB IS BACK

Due to restrictions Breakfast Club will be a little different this term. The **Wonthaggi Salvation Army** is very generously supporting us in providing Breakfast Packs. Each pack contains cereal, milk and juice.

**Wednesday 8.15 – 8.50am**  
**Garden Rotunda (wet weather days location to be confirmed)**

Starting tomorrow 15 July 2020.

Due to restrictions - no parent or community helpers. Thank you.

## SCHOOL BANKING IS BACK!



School Banking at our school will recommence from Wednesday 15th July 2020.

For every deposit made at school, students will receive a silver Dollarmite token. Once students have individually collected 10 tokens they can redeem them for an exclusive School Banking reward item in recognition of their regular savings habits.

School Banking is also a great fundraiser for our school. Our school receives a Regular Savers Contribution of \$5 for every 10 deposits processed per student as well as an Annual Contribution which is based on the number of students who made at least one School Banking deposit in the prior year.

If your child has lost their book, please contact your School Banking Co-ordinator for a replacement or visit any Commbank Branch.

If you would like to know more about School Banking, please ask for a 2020 School Banking program information pack from the school office or visit [www.commbank.com.au/schoolbanking](http://www.commbank.com.au/schoolbanking)

## Grade 3/4 Camp Rumbug

Camp Rumbug is a fun adventure camp based at Foster. The camp is booked for Wednesday the 2<sup>nd</sup> of September for two nights. New camp notices have been sent home today with new payment options. It would be a fantastic opportunity for children to socialise in a safe setting and experience some fun outdoor activities with their friends. Please return the attendance note by Friday 17<sup>th</sup> of July and a deposit by Friday July 24<sup>th</sup>. Thank you to the families who have already been able to make a commitment to this camp earlier this year. If you have any queries about the camp please contact your child's teacher or our friendly office staff.

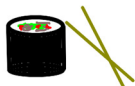
Becky Parsons, Caroline Blakely and Kylie Strickland.

### SUSHI ORDERS RESUME ON WEDNESDAY 15TH JULY

Sushi is \$3.00 per roll available **Wednesdays only** and **orders are to be sent to the school office by 9.00am.**

Tuna Mayo and Corn  
 Salmon California  
 Chicken Teriyaki  
 Crab Stick California  
 Chicken Schnitzel  
 Vegetarian Salad  
 Spicy Tuna Mayonnaise  
 Avocado Mayo

Late orders  
**cannot be**  
**accepted**



*Join our Kindergarten Community*  
**2021 ENROLMENTS**  
 Open 1 July 2020

**ENROL FOR:**

- Inverloch and District Preschool
- Wonthaggi Drysdale Street Kindergarten
- Wonthaggi White Road Kindergarten

**ONLINE AT:**  
[www.earlyyears.ymca.org.au](http://www.earlyyears.ymca.org.au)

**KEY DATES:**  
 1 July 2020 Enrolments open  
 31 August 2020 Closing date for first round offers  
 1 September 2020 Enrolments after this date go into second round offers  
 3 October 2020 Enrolments still open

NEED HELP or HAVE QUESTIONS?  
 Visit the website: [www.earlyyears.ymca.org.au](http://www.earlyyears.ymca.org.au)  
 Call our friendly team: YMCA Early Years Management 03 4311 1500  
 Email: [yeym.enrolments@ymca.org.au](mailto:yeym.enrolments@ymca.org.au)





## ZONES OF REGULATION

Wonthaggi North Primary School will be implementing the Zones of Regulation program from Term 3 2020. The Zones of Regulation is a school wide program, aimed to teach children to recognise and self-regulate their emotions. The Zones uses 4 colours to help students identify how they are functioning in the moment given their emotions and state of alertness. They will learn a variety of strategies to help them regulate their feeling and help them back into the "Green Zone."

### The Zones are:

**The Blue Zone** is used to describe low states of alertness, such as when we feel sad, tired, sick or bored.

**The Green Zone** is used to describe a regulated state of alertness. This is our ready to learn zone, when we feel calm, happy, focused or content.

**The Yellow Zone** is used to describe a heightened state of alertness, however, we still have some control. Yellow zone emotions include stress, frustration, anxiety, excitement, silliness, nervousness and confusion.

**The Red Zone** is used to describe extremely heightened states of alertness or very intense feelings. Including rage, anger, panic, terror or elation.

Over the coming weeks, your child may come home and talk to you about their feelings and using colours to describe how they are feeling. Please encourage them to talk to you about this and to share with you their "toolbox" of strategies to help them regulate.

## What Zone are You In?

### Red Zone

Anger, Terror, Aggression,  
Elation



### Yellow Zone

Frustrated, Worried,  
Overwhelmed, Silly,  
Excited, Anxious



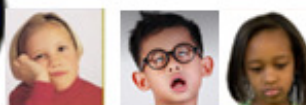
### Green Zone

Happy, Calm, Focused,  
"Ready to Learn"



### Blue Zone

Tired, Sick, Sad, Depressed,  
Bored



# Protect yourself and your family

Cover your cough and sneeze



1

**COVER** your mouth and nose with a tissue when you cough or sneeze.

Put your used tissue in the rubbish **BIN**.

2



3

If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, **NOT YOUR HANDS**.

**WASH** your hands with soap and running water. Dry your hands thoroughly with a disposable paper towel or hand dryer.

4



Stay germ free and healthy