



Wonthaggi North Primary School - Northern Bulletin

Newsletter - 1st September 2020 week 8

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From the Principal

Staffing Update

Mrs Geyer will be on long service leave for the last 2 weeks of term 3. The remote learning sessions for 5/6B will be taken by Mrs Evans during that time. Due to work schedule arrangements, the webex sessions for the Wednesday will be pre-recorded and not live. The sessions for Monday, Tuesday and Thursday will continue to operate as normal.

Looking ahead to term 4 I can confirm the following arrangements. Ms Tait will continue to be working with Prep A for the rest of the 2020 school year. Mr Webb will be returning.

3/4 Camp

As a school we were unable to reschedule our camp that was supposed to take place this week to a date in term 4. Therefore the camp this year for our Grade 3/4 students has been cancelled. Over the coming weeks Mrs D will work through the process to refund in full any parent payments received for this year's camp. This is a big job so I ask for patience as Jodie works through this.

Any student that can work from home MUST work from home.

If supervision is available at home, then the child MUST work remotely. Onsite supervision is only available to:

- Children whose parents cannot work from home
- Vulnerable children
- Children with a disability

Please contact the school to speak to myself if you want to discuss this further. Anyone onsite will be engaging in the remote learning program and will be supervised but no extra tuition will be provided.

For those attending onsite the same access and exit points will be used and buses will be operating as normal. All onsite students will be dismissed at 3:25pm.

Term 4

At this point in time I have received no guidance around what term 4 or even the last week of term 3 will look like. I understand the frustration and anxiety this creates but this is not something I have control over. As soon as I have anything confirmed I will pass this on to our school community.

Regards,

Andrew Strickland

PRINCIPAL

2020 Calendar

SEPTEMBER

Thursday 3 Billy G's Gourmet Cookie Dough order deliveries. We will contact you to arrange a collection time.

Friday 18 Term 3 concludes

OCTOBER

Monday 5 Term 4 commences

2020 TERM DATES

Term 3: July 13 - September 18

Term 4: October 5 - December 18

2021 TERM DATES

Term 1: January 27 - April 1

Term 2: April 19 - June 25

Term 3: July 12 - September 17

Term 4: October 4 - December 17

2021 enrolments now open



Enrolment for 2021 is Now Open

- Do you, your family or friends plan on enrolling at Wonthaggi North PS in 2021?

Please contact the office for more information on how to enrol.

Everyday is an adventure in learning at Wonthaggi North Primary School.

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Assembly



Families, students and staff we are looking for jokes to add to our assemblies.

If you have a joke you'd like to share, please record it and email it to the assembly team via Ms Nicol.

(An mp4 recording works best.)

Wendy.Nicol@education.vic.gov.au

Student Awards - presented on Friday 4th September

Prep A - Oli Richards

1A - Hayley Keith

2A - Anna Mileto

34A - Alani Batten

56A - Jesse Lever

Torrie Whittingham

Music - Alex Coppa

Zones of Regulation

During remote learning it is important to continue checking in on your child (and yourself!). Encourage your child to practice the strategies they have learnt in class about how to regulate themselves to get back to the green zone. It might help to organise a space in your house, where kids can go when they need time to be by themselves. There are some regulation ideas attached that can be slightly modified for use at home.

Smiling Mind have a number of meditations available to help both kids and adults to regulate which may be useful at this time.

You can check these out at <https://www.smilingmind.com.au/>

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



When I feel upset, sad, or unfocused at school I can:

BREATHE. As I zoom my attention to my breathing, I will take extra long out-breaths.



Squeeze a stress ball or use another teacher-approved fidget.



Doodle, draw, or color.



Invent a secret hand signal with my teacher that communicates I need help.



Write down my thoughts or questions if my teacher can't address them right away.



Imagine a peaceful and calming place.



Ask permission to take a short walk down the hallway or up & down the stairs. And then return.



Stretch.



Think of or write a list of 3 positive things in your life.



Read in a quiet spot.



Visualize a person who supports me and cheers me on.



Use a 'break card' to let my teacher know I need a break and then use a timer to remind me when to return.



Ask my teacher to break down the assignment into smaller chunks so it's not so overwhelming.



Drink water.



Push against the wall as hard as I can and then relax my body.



Listen to calming music with headphones.



Move away from the distraction or person who is bothering me.



Ask to deliver books to the library or another class.



Volunteer to help clean or organize the classroom.



Remind myself it's ok to make a mistake.



Take a 3-5 minute break in the designated classroom peace corner.



Ask my teacher for help if I feel upset or overwhelmed.



Write a letter.



Zoom in on my senses: noticing 5 things I see, 4 things I feel, 3 things I hear, 2 things I smell & 1 thing I taste.



Tell myself a positive affirmation or mantra.



Slowly trace my hand with my finger, breathing in, as I trace my fingers going up...breathing out, as I trace my fingers going down.



Community events and notices



The YMCA has gone online with Virtual Y, offering free access to fitness videos, nutritious recipes, wellbeing advice, family activities and a Youth Hub.

[Virtual Y](#)



1 - R U OK? Day - Thursday 10th Sept.

A national day of action dedicated to reminding everyone that every day is the day to ask, "Are you OK?" and support those struggling with life's ups and downs.

[R U OK? Day](#)

Contact Us

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Please call the office on [03 5672 4697](tel:0356724697) for any other general enquiries.

Wonthaggi North Primary School

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Wonthaggi, 3995

Principal - Andrew Strickland

Assistant Principal - Wendy Nicol

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