

NEWSLETTER



As we look forward to a return to onsite learning tomorrow I'd like to thank all members of our school community for the way in which you have tackled this round of remote learning.

To our teachers, who again put together a remote learning program at very short notice, thank you for your hard work, positivity and energy over the last couple of weeks. It is extremely difficult running lessons online and, for many of you, caring for your own children at home. A special shout out to our Specialist and ES staff who attended school each day to supervise students on site.

Thank you to our parents for your ongoing support throughout the lockdown period. I understand how difficult it is supporting your children at home whilst trying to work and care for younger children, but your efforts and dedication to your children's education is much appreciated. We certainly wouldn't be able to provide learning continuity for our students without your support.

Finally to our students, we are proud of you every day but especially at times like this. The way in which you approached your learning over the last couple of weeks has been fantastic. All of your teachers have told me about the way you have engaged on Webex and tried your best every day. We can't wait to see you back here at Woodlands in the coming days.

Matthew Gallagher

School Review

Due to the recent COVID lockdown in Melbourne, our School Review has been pushed back to next term. It will be completed during the week beginning the 19th of July. Information regarding our Parent Forum will be posted on Compass ASAP.

CALENDAR

2021 TERM DATES

TERM 1 - Thurs 28th Jan to Thurs 1st Apr

TERM 2 - Mon 19th Apr to Fri 25th Jun

TERM 3 - Mon 12th Jul to Fri 17th Sep TERM 4 - Mon 4th Oct to Fri 17th Dec

JUNE 2021

14th - Queen's Birthday

25th - Last day Term 2

JULY 2021

17TH - First day of Term 3

12th - 16th Dental Bus

14th - 15th Foundation Incursion

30th - Curriculum Day

FUN FACT

Did you know that real buttermilk, does not contain any butter?

ONLINE LEARNING



WELCOME BACK TO THE CLASSROOM

WE ARE HAPPY TO HAVE EVERYONE BACK!



DISTRICT CROSS COUNTRY



CONGRATULATIONS EVERYONE FOR SUCH A GREAT EFFORT WELL DONE!

FOUNDATION S

Making the most out of remote learning and enjoying one of their Webex meetings last week.

So good to see so many smiling faces







LETS ALL GET BEHIND MR BIRNIE FOR A GREAT CAUSE!



Hi everyone,

I've decided to give the Run Melbourne half marathon a crack on July 25. Seeing the hard work that all the students had put into their cross country training this term has given me the motivation to get out and start running again!

I've been training for a few weeks now and when I finally decided to take the plunge and officially signed up earlier today, I saw that there were many fantastic charities who are supporting this event to help raise funds for people in need.

I have been extremely inspired by the work that Neale Daniher has done in creating awareness for Motor Neuron Disease through FightMND over the years, and with 'Big Freeze 7' coming up on Monday I thought it would be a great opportunity to pledge my support.

My goal is to raise \$1000 to help support Motor Neuron Disease, and any donation to help me reach this target would be greatly appreciated!

Please click the link below if you wish to donate!

Fundraising is something I hold close to my heart, alongside FightMND. Could you please help by making a donation through this page:, just copy and paste this link into your web browser:

https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Frunmelbourne21.grassrootz.com%2Ffightmnd%2Frob-birnie%2F%3Ffbclid%3DIwAR2QaCqxzbr0Tew2kvzJOFi6urzY6U-

isDnRkru6WEbCUHI9fMvJoL14gf8&data=04%7C01%7Cwoodlands.ps%40education.vic.gov.au%7C79da878a76544399534908d92c76ec24%7Cd96cb3371a8744cfb69b3cec334a4c1f%7C0%7C0%7C637589712302097582%7CUnknown%

7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D% 7C1000&sdata=7ohNlpvhXG18u5LaAt9Iiget%2FgZsisQCFst7xbrPXcU%3D&reserved=0

It only takes a minute and any money you can give (no matter how large or small) will go a long way to helping them reach the target.

Thank you, I really appreciate your support.

Mr. Birnie

THRIVE Launches into Sport and Recreation

On May 22nd we celebrated the official launch of THRIVE into community sport and recreation. With funding from the South East Melbourne Primary Health Network and the Victorian State Government under the Suicide Prevention Place based Trials there are now 13 clubs that are adapting THRIVE to their setting. This work has been facilitated by a cross sectoral governance group made up of Langwarrin Positive Education Network, St Kilda Football Club, Frankston City Council, Peninsula Health, Primary Care Partnership and offers an innovative community approach to help all residents live happy and healthy lives.



Schools and sports clubs come together to celebrate this community partnership.



St Kilda Couch Brett Ratten speaking about the importance of mental health.



Get INVOLVED

- Set goals & work towards them
- Know and use your strengths
- Move out of your comfort zone & into flow

"Your strengths represent the way your brain is wired to perform at its best"

Buckingham & clifton 2001

Character Strengths

Research in 2004 uncovered that we posses 24 character strengths. When practiced and developed these can lead to six universal virtues (wisdom, courage, humanity, justice, temperance, & transcendence). Whilst we have all 24, we are a unique combination of these strengths. Some of them will come more naturally to us than others. Our top strengths are often referred to as 'signature strengths'. When we use our strengths in work, play and love we are more likely to achieve success and satisfaction. Character strengths can also play a critical role in relationships. When we appreciate character strengths in others this can help foster connection.

VIA Classification of Character Strengths



Copyright of VIA Classification of 24 VIA Character Strongths

Tips

- Pick one strength you can develop. It might be one you want to use more consistently or one
 you really value.
- Think about how you can build a daily habit to develop this strength by creating a cue, a
 routine and a reward.
- Nominate a buddy. Tell someone about your goal and ask them for feedback and support to stick with this habit.

Resources

Book - Character strengths and Virtues: A handbook and classification. By Peterson and Seligman Website- https://www.viacharacter.org/



Service	Focus	Phone number	Operating hours
Emergency	Emergency assistance – Fire, Ambulance, Police	000	24 hours/7 days
COVID helpline	DHS Vic information	1800 675 398	24 hours/ 7 days
Mental Health Triage	Urgent mental health support Frankston Mornington Peninsula	1300 792 977	24 hours/7 days
NURSE-ON-CALL	Expert health advice from a nurse	1300 60 60 24	24 hours/7 days
Parentline	Parents and carers with children from birth to 18 years	13 22 89	8 am-midnight/7 days
Kids HelpLine	Telephone counselling service for people aged between 5-25	1800 55 1800	24 hours/7days
Mind Health Connect	Directory of mental health support and resources	Web	24 hours/7 days
SANE	People affected by complex mental health issues	1800 187 263	10am – 10pm weekdays
Beyondblue	Depression, anxiety and related disorders	1300 22 4636	24 hours/7 days
neadspace	Offer free counselling for young people aged 12–25.	1800 650 890	Telephone: 9am to 1am
ARAFEMI Carer Helpline	People affected by mental illness	1300 550 265	9am – 5pm weekdays
OCD and Anxiety helpline	Anxiety disorders and depression	1300 269 438	10am-4pm weekdays
Orange Door	Social Services programs and supports to help families in Frankston	1800 319 353	9am-5pm
1800RESPECT	National Sexual Assault Domestic Violence Counselling Service	1800 737 7328	24 hours/ 7 days
Safe Steps	Family Violence Response Centre	1800 015 188	24 hours/7 days
Mensline	Men dealing with relationship problems	1300 78 99 78	24 hours/7 days
Griefline.	Support for experiencing loss and grief	1300 845 745	12 noon-3 am/7 days
Sexual Assault Crisis Line Victoria	Victims/survivors of past and recent sexual assault	1800 806 292	5 pm-9 am/7 days
Gay and Lesbian Switchboard	Gay, lesbian, bisexual, transgender and intersex communities.	1800 184 527	Mon–Thurs 6 pm–10 pm Fri–Sun 6pm–9pm
DirectLine	People impacted by drug use	1800 888 236	24 hours/7 days
Family Drug Help	People impacted by drug use	1300 660 068	9am–9pm weekdays
Living Works Training	Suicide risk assessment training – Contact Josh Connell	0424 038 133	
EaMRAS	Central intake point for Alcohol and Other Drug (AOD) services across Frankston and the Mornington Peninsula.	1300 665 781	
Lifeline	Crisis support, suicide prevention and mental health support services	13 11 14	24 hours/7 days
SuicideLine VIC	People affected by suicide	1300 651 251	24 hours/7 days
PANDA	Post or ante natal depression	1300 726 306	9 am-7 pm weekdays
Gambling helpline	Gambling	1800 858 858	24 hours/7 days
Smiling Minds	Online meditations https://www.smilingmind.com.au/	Web	
SAFEMINDS.	Notice and respond to mental health difficulties https://deecd.tech- savvy.com.au/pluginfile.php/374/mod_resource/content/15/20140527/index.html	Web	
Reach Out	Online mental health resources, tip sheets and info for young people https://au.reachout.com/	Web	
Reclink Australia	Support services for community sport and recreation clubs https://www.reclink.org/	Web	
HALT	Mental Health Awareness for tradies and sports clubs https://thehaltbrekky.com/what-is-halt/	Web	
Chasing Change	Suicide prevention network	Weh	

There are many FREE apps that can help support our wellbeing.

Apps	Name	Description
	Smiling Mind	Smiling Mind is Australian not-for-profit organisation and provides meditations and mindfulness exercise for every age group. It allows you to rate your mood and track your progress.
	Music eScape	Developed by Young and Well Cooperative Research Centre. This app allows you to create a mood map of your existing music library and select music to express and enhance your mood.
	ReachOut Breathe	Developed by ReachOut, a leading online youth mental health service. This app can measure heart rate and helps guide deep breathing by touching the screen.
	Uplifted	Uplifted is a game that allows you to record acts of kindness, gratitude, positive events and strengths.
good	Good Blocks	Good blocks helps children learn to identify unhelpful thinking patterns so they can learn to restructure their thoughts to boost mood.
8	Happy Waves	Happy Waves is a guided meditation app for everybody and every mind. It can help children focus, deal with stress, energize and be happy.
	MindShift	MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

Book Fair is Coming!



Lamont Book Fair is back again this year from the 21st^t – 25th June. Students will be given time to browse available books during their library time and have the chance to make a wish list with a few of the titles they are interested in.

On the back of the wish list is a visa form that, which if you wanted to, can be filled in to buy any of the books you may wish to purchase for your child instead of visiting the book fair yourself.

Cash payments will be accepted, however EFTPOS is our preferable method at this time.

Feel free to come to the Library/Resource room at the following times:

Monday to Friday 8.30 – 9.00 am 3.30 – 4.00 pm. This excludes Friday afternoon.

Note: Due to Covid-19 you will need to scan the schools QR Code as you enter.

2022 FOUNDATION ENROLMENTS

If you have a little one ready to start foundation next year, please come into the office and collect an enrolment form. If you are unable to make it to the office please call and we can send one home with your current child.

We ask that you fill the form out thoroughly and return to the office as soon as possible with all required documents. Due to zoning and capping of our numbers, it is very important we have the sibling enrolment forms as soon as possible.

If you know of any friends who are <u>not</u> currently at Woodlands and also have a little one ready for Foundation next year, please ask them to take a look at the tour dates on our website. They can then call the office to book in for a tour to receive an enrolment form.

Enrolment forms cannot be collected for friends.



New Uniform

We are excited to add two new pieces to the uniform, a beanie and scarf.

Both we be available from the Bounty Shop in the next couple of weeks.

The Beanie will be \$19.95 and the Scarf \$27.95





Just a reminder to pack a change of clothes in your child/s bag. During the winter months there is more chance of accidents occurring and it is always good to be prepared



WOODLANDS PRIMARY SCHOOL NEWSLETTER



WHAT'S BEEN HAPPENING

With our clubs a hit, students are enjoying a wide variety of activities designed by them for them! Their most favorites of the fortnight have been making burgers, Arts Hub For Kids, and maintaining our garden.

Students this week have enjoyed our new menu especially the Minestrone & our Mini Pizzas

The last few weeks the children have been planning for our Team Kids 10th Birthday Party which will be a rainbow themed party. Which will have lots of yummy party food and fun party games to celebrate the end of term, and also Team Kids turning 10! Can you believe it?!

TEAMKIDS CLUBS ASC WEEK: 9-10



MONDAY

Week 9 - Art Attack Club Week 10 - Club Planning

TUESDAY

Week 9 - Club Sign Ups

Week 10 - Musical Theatre Club

WEDNESDAY

Week 9 - Lego Masters

Week 10 - Term 3 Club Planning

THURSDAY

Week 9 - Club Sign Ups Week 10 - Cooking Club

FRIDAY

Week 9 - Gardening Club Week 10 - Team Kids 10th B'day

IMPORTANT DATES





Friday 25th June

Team Kids 10th Birthday Party



Wednesday 28th June

Vacation Program Begins. Don't forget to









Service Mobile: 0427 890 744

Office Phone: 1300 035 000

Service Email: woodlandsps@teamkids.com.au

Office Email:

info@teamkids.com.au



WOODLANDS PRIMARY - LANGWARRIN















"Child Care Subsidies may apply- \$5 Admin Fee per family- \$5 Late Fees apply within 7 days per child- Payment plans available-

**Experience/Activity Fee- Programs may be subject to change. Third Party Payment Fees apply- See Terms and Conditions for concellation policy-

FIND A VENUE teamkids.com.au/venues



CHOOSE YOUR ADVENTURE Book Today!



TEAMKIDS.COM.AU

1300 035 000



GETTING READY TO ATTEND...









Please ensure children are signed in no later than 9am.



What to wear

During Winter, the mornings can be chilly, so please make sure you bring a warm top (clearly labelled) and keep an eye on the weather so your child is dressed appropriately. Some of our venues are particularly large and take time to warm up on the chillier mornings, so make sure the kids are rugged up. At TeamKids we love to get outside, so please remember to wear suitable footwear for running around.



Double Check Teamkids Room Location

It is very important to double check our website prior to attending, in case of a room change. We are sometimes required to temporarily change rooms due to school building maintenance over the school holidays. Last minute changes will be announced via SMS to attending families.



Medical Information? Have a Plan

If your child has Asthma, Anaphylaxis, an Allergy or any other medical condition, upload plans to your TeamKids account and bring along a completed Risk Minimisation. Form, found on our website. Please provide required medications to your venue coordinator on the first day of attendance - In their original packaging, clearly labelled with your child's name and a use-by date.

**Please note children are unable to attend our venues without their medication and action plans.



Receiving child care Subsidy

After your TeamKids booking is placed, you must log into your MyGov account to check you have a confirmed enrolment.



Extended Hours of operation

During the school holidays, our customer service team are available from 7:00 am till 6:30 pm.



Booking and Cancellations

Bookings are subject to availability and may be placed/ amended until Ti:59 pm the night prior to attendance via your TeamKids online account. An additional fee of \$5 per child applies to bookings made inside 7 days of attending. Cancellations must be received before 8am the day prior to attendance & are unable to be refunded to bank accounts, however, a non-expiring credit will be applied to your TeamKids account for use toward future bookings. Please refer to our website for full cancellation T&C's



Electronic Sign-In/out

All TeamKids venues require electronic sign in/out. Any person signing your child in or out from TeamKids care MUST be listed on your TeamKids account and know your TeamKids account pin number, if this has been activated. These details can be updated via your TeamKids account at any time.



Pack a Healthy Lunch

A delicious, nutritious, morning and afternoon tea are provided in all programs. Children are required to bring a packed lunch and refillable water bottle.

When packing your child's lunch, please consider that some children in attendance have been diagnosed with food allergies or the risk of anaphylaxis.



Additional Needs

For new families, our TeamKids Inclusion Manager will discuss attendance options for children with additional needs before they attend. Please contact Customer Service on 1300 035 000.

Please note: We require a minimum of four weeks' notice for funding applications for children requiring an extra staff member to help support their time with us. Places cannot be guaranteed if less notice is given.

Please call with any questions: 1300 035 000

TEAMKIDS.COM.AU 1300 035 000

COMMUNITY NOTICE BOARD



At EMC we want to create an environment where students are healthy, capable and confident – and feel empowered and supported in their future aspirations. To achieve this, we are developing a 10 year Strategic Plan - Shape EMC 2030.

This Plan will go beyond what is 'required' of a government education provider. It will set out what can be done to inspire and support our students to prepare and transition to fulfilling educational and employment pathways. It will be ambitious – and require a whole school community commitment – because that's what our current and future students deserve.

To develop the Plan we are inviting input from everyone in our school community - current and future. We want to explore ways to connect our students within the local community and are seeking input from education and service providers, community organisations and local businesses. Our aim is to hear a variety of voices to identify the goals and actions that we can all contribute to, to support our students to thrive in their personal lives and our local community.

This survey asks for:

- * a bit of information about you
- * your thoughts about EMC at present and
- * your ideas for EMC looking towards 2030

Please take around 5-10 minutes and complete this survey by 5pm on Friday, 11 June, 2021.

Copy and paste the following link into your browser

https://www.surveymonkey.com/r/SHAPE-EMC2030

This survey is being administered by Cochrane Research Solutions, a consultancy engaged to support EMC with this project. We take your privacy seriously. All responses will remain anonymous and confidential. Responses will be reported and aggregated and you will not be personally identified unless you choose for your details to be disclosed. <u>View the EMC Privacy Policy</u>.

Thank you for sharing your views and assisting to shape the future of EMC.

NOTICE BOARD CONT...



Do you know any girls that would like to join Girl Guides? We have units in Langwarrin, Carrum Downs and Seaford catering for girls aged 5-15.

We also welcome adult women to volunteer with us to help empower the women of the future. You will make new friends, learn new skills, and contribute to the Frankston community.

Frankston District Manager, Deb Abbs – 0438 787 570

Email: frankston@guidesvic.org.au





"At Meraki, we offer a variety of Pilates & Yoga classes, as well as a kids yoga session. Please come and check out our beautiful new studio in the Gateway plaza. We are extremely passionate about supporting our Langwarrin community and developing a studio to incorporate every ability level."

NOTICE BOARD CONT...





PARENTS BUILDING SOLUTIONS ONLINE

FREE for parents, step-parents, grandparents and carers of children aged 3-17 years residing in City of Casey
Join us ONLINE in an interactive program to share experiences, ideas, and learn strategies to support your child

ARE YOU TIRED OF YELLING? How to get kids to listen, without having to yell

DEALING WITH ANGER Helping parents, and kids, deal with anger and frustration

RESPONDING TO BEHAVIOUR

Better understand why children behave the way they do STRATEGIES THAT WORK

How can parenting be easier and more fun!

TERM 2, 2021 PROGRAMS AVAILABLE Tuesday mornings 10.00am - 11.30am 11th May to 15th June (6-weeks)

Thursday afternoons 1.00pm - 230pm 6th May to 10th June (6-weeks)

WHERE: Online via ZOOM

BOOKINGS AND ENQUIRIES: Sandra Phillips at ParentZone Call / text 0447 500 355 or email sandra phillips@anglicarevic.org.au

PARENTZONE

anglicarevic.org.au





Year 7 2023

Discover our community of vibrant learning, where each student is supported and challenged to achieve excellence. Book a College Tour to learn more about John Paul College and to explore our expansive grounds and state-of-the-art facilities.

Bus service available to Carrum, Bonbeach, Carrum Downs, Skye, Chelsea, Seaford, Patterson Lakes and Sandhurst.

IOHN PAUL COLLEGE

McMahons Road, Frankston VIC 3199 | 03 9784 0200 | johnpaul@jpc.vic.edu.au

NOTICE BOARD CONT...



Wednesday 21 July 2021

Register at jpc.vic.edu.au

Enrolments for Year 7 2023 close on Friday 20 August 2021

Discover John Paul College via our Open Day, where you will get to meet the College Principal, engage with our wonderful students, chat to our experienced teachers and explore our expansive College grounds and facilities.



McMahons Road, Frankston VIC 3199 | 03 9784 0200 | johnpaul@jpc.vic.edu.au

jpc.vic.edu.au