

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

AUGUST 2021

To be Advised

It can be challenging to process and manage changes to routines and the uncertainty that comes with COVID-19 and related restrictions – including moving to remote learning.

To support our school community during this time, resources and support are available for parents, carers and families.

These resources will help to support the mental health and wellbeing of our students and the young people in our care during this time.

I encourage everyone in our community to access these resources and take care of themselves during this time.

Services and support for students and their families

A [Quick Guide to Student Mental Health and Wellbeing resources](#) is available for students, parents and carers looking to access expert guidance and resources to support wellbeing.

Supporting the mental health and wellbeing of our students remains our priority this year, especially during the continued COVID-19 pandemic and while students are learning from home during the current circuit breaker restrictions.

For students, the guide includes resources to support their own mental health and wellbeing.

[Advice and resources for students](#) about ways to adapt their learning during COVID-19, to look after themselves and where to get help.

[Wellbeing activities featuring AFL and AFLW players](#) with tips on managing stress, staying active and gratitude.

[Smiling Mind mindfulness activities](#) for senior secondary school students, including short videos, online tip sheets and meditations.

FUN FACT

An ostrich's eye is bigger than its brain

QUOTE OF THE DAY

A kind friend is the right kind of friend



The guide also includes resources and supports for parents and carers to help them build their child's physical and mental health and wellbeing. This includes:

[resources to support children's physical, mental health and wellbeing](#)

wellbeing activities and conversation starters for parents of [parents of primary school-aged children](#) and [parents of secondary school-aged children](#)

[Raising Learners podcast](#) series

how to [talk to your child](#) about COVID-19

headspace is running [webinars](#) for parents and carers about offering support when they are concerned about a young person's mental health.

Wellbeing guidance for parents and carers is also available:

[on the Department's website](#)

headspace has created a video providing [tips to support parents and carers during lock-down](#)

through the confidential parent support hotline, Parentline, available 8am to midnight, seven days a week, Phone: 13 22 89.

** Please note all these links are posted and can be accessed through Compass*





●●● HUGO'S DONUTS FUNDRAISER IS HERE!!! ●●●

Get your orders in ASAP! ORDERS CLOSE SUNDAY 29th AUGUST!

Delivery for Wednesday 1st to Saturday 4th ONLY

6 donuts delivered for \$28 or 12 for \$45!

Woodlands will receive \$5 from each order

Please TEXT "WOODLANDS FUNDRAISER"

*your name *address *flavours *day of delivery and personal message if it's a gift, to 0409575853.

You'll get a text back with confirmation and payment details.

Delivery applies to the following areas:

3169, 3172, 3189, 3190, 3192, 3194, 3195, 3196, 3197, 3199, 3198, 3200, 3201, 3910, 3911, 3912, 3913, 3915, 3930, 3931, 3933, 3977.

Available flavours for delivery:

● Classic Nutella ● Nutella M&M's ● Nutella Kit Kat ● Ferrero ● Original Glaze
● Lemon Meringue ● Choc Jam ● Lotus Biscoff ● Golden Gaytime ● Caramilk
● Vanilla Slice ● Raspberry Cheesecake ● Classic Jam ● Cookies & Cream
● White Choc Raspberry ● Peanut Butter Choc Brownie ● Lemon Cheesecake
● Apple Cinnamon Custard ● Boston Cream

VEGAN

● Jam ● Peach & Passionfruit ● Blueberry
● Apple Pie ● Oreos ● Original Glaze



2021 Foundation Bags - Feedback

At the beginning of the school year, the Department of Education and Training provided every Prep student attending a Victorian government school with a red Prep bag.

The Prep bags contained 14 items, including children's storybooks, flyers, stickers, and stationery items, all designed to help Prep students and their parents and carers thrive from the start of Term 1.

The Department is now inviting families of current Prep students to participate in a short survey, closing Sunday 29 August.

Feedback will help inform what Prep students and their parents and carers like about the Prep bags and what can be improved in 2022.

To have your say, complete the survey through survey monkey

<https://www.surveymonkey.com/r/2021prepbags>

The survey takes about five to ten minutes to complete.

For more information on this year's Prep bags, refer to the [Prep Bags 2021 web page](#) on the Department's website. Copy and paste the following link into your browser

<https://www.education.vic.gov.au/about/news/Pages/stories/2021/Prep-Bags-2021-Free-books-delivered-to-thousands-of-students.aspx>





RELATE Well

- Show respect
- Include everyone
- Be kind to others & yourself

"Forgiveness is a virtue of the strong."
Gandhi

Forgiveness

Forgiveness is a conscious and voluntary decision to release feelings of resentment or vengeance toward a person or group who has harmed you. Forgiveness does not mean forgetting, nor does it mean condoning their behaviour. In positive psychology, forgiveness is viewed as a character strength and a virtue worth pursuing as it helps improve our happiness and wellbeing.

Research in positive psychology shows that forgiveness has several benefits to our wellbeing:

1. reduction in anxiety and depressive symptoms
2. restoration of positive thinking
3. restoration of relationships
4. reduction in anxiety
5. raised self-esteem
6. a greater sense of hope
7. greater capacity for conflict management and
8. greater ability to cope with stress and find relief.

<https://positivepsychology.com/forgiveness-benefits/>

Given the mental and physical health benefits, practicing forgiveness is an important gift to ourselves. It is also a gradual process so if you are going to exercise this strength more give yourself time and space to practice it.

Tips

1. Reflect on the situation that has upset you. It can help to acknowledge what has occurred and how it affected you. Some people find writing about it can help.
2. Acknowledge the personal growth you achieved as a result of that experience. What did you learn about yourself, or about your needs and boundaries?
3. Find compassion for the other person. It is possible they were trying to have a need met when they hurt you. What do you think this need was and why did the person go about it in such a hurtful way? Remember that all humans are flawed and act on their beliefs, knowledge and skills at the time.
4. Finally, decide whether or not you want to *tell* the other person that you have forgiven them. If you decide not to express forgiveness directly, then do it on your own. Say the words, "I forgive you," aloud and then add as much explanation as you feel is merited.
5. Talk to your children about forgiveness
 - What is forgiveness?
 - Why do we forgive?
 - Why is it difficult to forgive?
 - If we forgive someone do you think that means what they did was ok?
 - What are the benefits of forgiving?
 - How does it feel after we forgive someone?

Resources

- Forgiveness motivational video https://www.youtube.com/watch?v=YTuJl_fykjk
- Award winning speech on forgiveness Ashwini John <https://www.youtube.com/watch?v=XHHmgWRaA-0>

Books

- Forgiveness and Reconciliation: Theory and Application by Everett Worthington
- Handbook of the Psychology of Self-Forgiveness by Lydia Woodyatt, Everett Worthington, Michael Wenzel, and Brandon J. Griffin

Children's books

- The grizzly bear who lost his Grrr by Rob Biddulph
- Martha doesn't say sorry by Samantha Berger

WOODLANDS PRIMARY SCHOOL NEWSLETTER



WHAT'S BEEN HAPPENING

The last few weeks we have been enjoying doing a tidy up of our service along with a range of fun exciting activities. Last week was science week at Team Kids so we made some rockets and had some exploding lava activities throughout the week. We made some Brownies and Veggie Pasties for cooking club and had some fun with our new dress ups and lego table.

We are continuing to work on our Marble Run which is Team Kids Epic Challenge for this term which is coming along very nicely. Bookings for our upcoming holiday program are now open for all parents to book into. We look forward to welcoming all students back after lockdown.



TEAMKIDS CLUBS ASC WEEK: 8-9



MONDAY

Week 8 – Gardening Club
Week 9 – Lego Masters Club

TUESDAY

Week 8 – Cooking Club
Week 9 – Gardening Club

WEDNESDAY

Week 8 – Epic Games Club
Week 9 – Cooking Club

THURSDAY

Week 8 – Coding Club
Week 9 – Epic Games Club

FRIDAY

Week 8 – Lego Masters Club
Week 9 – Coding Club



Service Mobile: 0427 890 744

Office Phone: 1300 035 000

Service Email: woodlandsps@teamkids.com.au

Office Email: info@teamkids.com.au

6:30AM START
6:30PM END

PLEASE
ARRIVE BY 9AM
ON EXCURSION DAYS



IN-HOUSE



IN-CURSION



EXCURSION

20 th SEPT - MON	21 st SEPT - TUE	22 nd SEPT - WED	23 rd SEPT - THU	24 th SEPT - FRI
DRAMA TIME: WHO DID IT?	FINALS FEVER	MOVIE - THE BOSS BABY: FAMILY BUSINESS	MAORI WELCOME CEREMONY	PUBLIC HOLIDAY
+ CUBE CHALLENGE	+ SHOOT SOME HOOPS	+ SKELETON HANDS	+ SILLY BANANAS GAME	
We're keeping our eyes peeled at TeamKids as we become secret detectives for a day in Drama Time: Who Did It? Will we be able to put all the clues together to solve the mystery in this drama-based workshop?	With Finals Fever in the air, we're celebrating all things SPORTS! So, come dressed in your favourite guernsey or team colours as we jump into a day of sporting madness with games galore & more!	TeamKids is getting the show on the road & we're bringing the popcorn too! We're off to the movies to see The Boss Baby: Family Business. What will Ted get up to this time? *Mummy alert - packet popcorn provided.	Did you know that the Maori culture of New Zealand is over 1000 years old? We'll learn all about a traditional New Zealand Maori welcome through song and the Haka. In this fun, high-energy interactive showcase.	
Base Fee \$85.00 Exp Fee** \$12.00 Daily Total \$97.00	Base Fee \$85.00 Exp Fee** \$7.00 Daily Total \$92.00	Base Fee \$85.00 Exp Fee** \$30.00 Daily Total \$115.00	Base Fee \$85.00 Exp Fee** \$14.00 Daily Total \$99.00	
After Max CCS* \$11.93	After Max CCS* \$10.80	After Max CCS* \$14.25	After Max CCS* \$11.85	

27 th SEPT - MON	28 th SEPT - TUE	29 th SEPT - WED	30 th SEPT - THU	1 st OCT - FRI
NERF GAMES	LIFE'S A PUZZLE	INFLATABLE LAND	SWING INTO SPRING	ROBO BLOCKS
+ CLIP HOLDER STEM CHALLENGE	+ MAZE RUNNER	+ ICEBERG GAME	+ GLASSHOUSE	+ SURVIVOR TAG
TeamKids is ready for a dynamic day of fun & adventure! We won't know where to start with hundreds of blasters to choose from in Nerf Games. Are you set to play a safe & fun game with all your friends?	What goes up & down, but never moves? Stairs! Today, we'll work together to solve brain teasers & riddles in Life's a Puzzle. We'll make Binary Code Bracelets, create Popsicle Puzzle Craft & decode Spy Cipher Kits.	We're jumping for joy because TeamKids is going to Inflatable Land, the home of some of the biggest indoor inflatables in Oz! We'll climb, leap & crawl through all the thrilling obstacles. *Socks required.	The weather is getting warmer & we're ready to Swing Into Spring! So, plant yourself at TeamKids for some unbe-LEAF-able fun. We'll play the Duck Waddle & Fresher team games. Then, we'll make 3D Paper Flowers.	What's a robot's favourite type of music? Heavy metal! We're stretching our imaginations as we construct & play with mechanical LEGO robot figures. We'll use smart bricks, motors & sensors to get the job done.
Base Fee \$85.00 Exp Fee** \$18.00 Daily Total \$103.00	Base Fee \$85.00 Exp Fee** \$7.00 Daily Total \$92.00	Base Fee \$85.00 Exp Fee** \$32.00 Daily Total \$117.00	Base Fee \$85.00 Exp Fee** \$7.00 Daily Total \$92.00	Base Fee \$85.00 Exp Fee** \$18.00 Daily Total \$103.00
After Max CCS* \$12.15	After Max CCS* \$10.80	After Max CCS* \$14.55	After Max CCS* \$10.80	After Max CCS* \$12.48



*Child Care Subsidies may apply. \$3 Admin Fee per family. \$3 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 cancellation policy.

FIND A VENUE
teamkids.com.au/venues

CHOOSE YOUR ADVENTURE
Book Today!

TEAMKIDS.COM.AU

1300 035 000



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



What to wear

During Spring, 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 7am the day of 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. If inside this time frame, full fee will be charged. 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



New Uniform

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

Both will be available from the Bounty Shop
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



ENTERTAINMENT BOOK

Its that time again to renew your existing membership or start a new one to help raise funds for Woodlands Primary School and save on great offers

Copy and paste the link below into your browser for purchase

<https://au.entdigital.net/orderbooks/181656q?referrer=NA&exc=False>

We are fundraising with

 **Entertainment**



**HURRY!
LIMITED
TIME**

**BUY
SINGLE CITY
MEMBERSHIP**

\$69⁹⁹

**GET
UPGRADED TO
MULTI CITY***

~~\$119⁹⁹~~

**SAVE
\$50**

**Enjoy the rush
of giving again**

Get back to giving back with a **free** Multi City Membership when you buy a Single City!


SUPPORT US & BUY NOW

**The savvy
way to give!**



Buy today and **20% of the purchase** goes directly to our fundraising cause.

SUPPORT US & BUY NOW



COMMUNITY NOTICE BOARD




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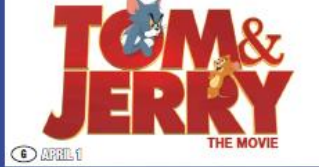

Scan me!









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NEW CAFE & TOILET FACILITIES

Movies correct at time of printing and subject to change
WWW.LUNARDRIVEIN.COM.AU



Our Lady of Christian Chapel

Discover John Paul College

Enrolments now open for 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.

Book a College Tour via jpc.vic.edu.au



JOHN PAUL COLLEGE
 with Him is the fullness of life

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

NOTICE BOARD CONT...



I'M A GIRL GUIDE



Join NOW for 2021.
Your Girl Guide friends are waiting.
guidesvic.org.au

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.

For more information, please contact
Frankston District Manager,
Deb Abbs – 0438 787 570

Email: frankston@guidesvic.org.au



Support and training for school councils

Virtual (live) training

Synergistiq delivers virtual (live) school council training via Zoom using trained facilitators, discussion and learning activities, in four Improving School Governance (ISG) modules: governance, strategic planning, finance, school council president.

Book an event for your school or sign up to an existing event here:
<https://www.synergistiq.com/sct-home/>

Online training

Highly engaging online training modules with story-telling, scenarios and quick checks. Acquire knowledge, understanding and skills in key council responsibilities in councillors' own time and pace.

Online training offers the five ISG modules, an Outside School Hours Care module, additional mini-modules and an induction video.

Register and begin your training now!
<https://lms.learnvivo.com/DETSC/>



All training is offered by the Department free of cost.
Support for school councils is available by phone: 7022 1343 or 7022 1345
via email school.council@education.vic.gov.au
or at <https://www2.education.vic.gov.au/pal/school-council-training/policy>



meraki
PILATES | YOGA | BARRE



www.merakilangwarrin.com.au

[meraki_langwarrin](https://www.instagram.com/meraki_langwarrin) [merakilangwarrin](https://www.facebook.com/merakilangwarrin)

"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...

Anglicare Victoria



Advocating for your child - parents/carer's workshop
CFC Frankston Community Workshop Series is designed for local sport and recreational groups, parents, carers and volunteers who are seeking information and practical strategies

Presented by the Association for Children with a Disability

This workshop will cover information for parents/carers:

- Rights of children with disability;
- Student support groups;
- Reasonable adjustments;
- Learning and behaviour support plans;
- Partnership with your school;
- What is advocacy?

DATE: Thursday 2nd September

TIME: 10am - 12.30pm

WHERE: Online via Zoom meeting (details provided after registration)

REGISTER - SCAN OR VIA LINK: <https://cfcfrankstonadvocatingonline.eventbrite.com.au>



Association for Children with a Disability




BETTER TOMORROWS

anglicarevic.org.au

Community Kinders Plus

KINDERGARTEN
Victorian Government Approved


REGISTER NOW FOR THREE-YEAR-OLD KINDERGARTEN

www.vic.gov.au/kinder

In 2022, five hours of funded three-year-old kindergarten will be available at Community Kinders Plus (CKP) Kinders



Visit our website to find out more about our Kinders



SCAN ME

3-YEAR-OLD KINDER
Best Start
Best Life

Register now with your local council to secure your child's place at your chosen kinder.

https://www.frankston.vic.gov.au/Our_Community/Family_Services/Kindergartens/Registration_for_3-year-old_kindergarten

Anglicare Victoria



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- Reasonable adjustments;
- Learning and behaviour support plans;
- Partnership with your school;
- What is advocacy?

DATE: Thursday 9th September

TIME: 6.30 - 9pm

WHERE: Connect Christian Church - Kids Hall, 135 Golf Links Road, Frankston

REGISTER - SCAN OR VIA LINK: <https://cfcfrankstonadvocatingface.eventbrite.com.au>



Association for Children with a Disability




BETTER TOMORROWS

anglicarevic.org.au