

NEWSLETTER

National Reconciliation Week

As part of National Reconciliation Week, Elisabeth Murdoch College extended an invitation to Woodlands Primary School to be a part of their annual EMC Flag Raising Ceremony.

The ceremony included students sharing their reflections on what reconciliation means to them and the roles we can play in building relationships and communities that value Aboriginal and Torres Strait Islander peoples, histories, cultures, and futures.

This was a wonderful opportunity for our students and staff—a big thank you to everyone who was involved.











CALENDAR

<u>JUNE</u>

Thursday 1st—Friday 9th—Book Fair Thursday 8th June—F-4 ALPHA Show—Hercules Friday 9th—Student Free Day Monday 12th—Kings Birthday (Public Holiday) Friday 23rd—Last Day of School 2:30pm finish JULY Monday 17th—Tuesday 18th—

Joke of the week !

What kind of dog does a magician have?

A Labracadabrador!



IMPORTANT

UPCOMING DATES



Important School Dates for Term

2023 TERM DATES

Thursday 1st—Friday 9th—Book Fair

Thursday 8th June—F- 4 Alpha Show—Hercules

Friday 9th June—Student Free Day (NO SCHOOL)

Monday 12th June - Kings Birthday (NO SCHOOL)

Monday 17th & Tuesday 18th—Parent Teacher Interviews

Friday 23rd June— Last Day of School—<u>2:30pm Finish</u>

TERM 3—

Monday 10th July to Friday 15th September

TERM 4—Monday 2nd October to Wednesday 20th December





WILLUM WARRAIN'S MORNINGTON PENINSULA WILLUM WARRAIN Aberiginal Association Incorpor **RECONCILIATION WALK 2023** SUNDAY, JUNE 4, 2023 AT 11 AM - 1 PM



BE A VOICE FOR GENERATIONS

Join us, the Aboriginal community of the Mornington Peninsula, for a leisurely stroll in the spirit of Reconciliation.

Come with your family, school group or community group - everyone is welcome.

includes Welcome to Country by the Bunurong Land Council, Djario (Ganga Giri with dancers). Yeng Gali Mullum choir, cultural activities & free family. BBQ from 11,30pm onwards of Willum Warrain.

The walk begins of Pelican Park on the Hastings Foreshore at 11:00am & proceeds. to our Gathering Piece of 10c Pound Road, Hastings, Park at Willum Warrain at 10:00am for the shuttle bus lift to Pelican Park.

For more information please call (03) 5979 1391

Organisations-please register your interest on the FB event to help with catering: https://www.facebook.com/WillumWarrain

Stay well this winter

Symptoms of influenza (flu) can hit very quickly and may last several weeks. Vaccination is the best way to protect yourself and others from getting the flu.

<u>Annual influenza vaccination</u> is recommended from mid-April each year and is free under the <u>National Immunisation Program</u> for those at higher risk of complications from the flu.

Keeping our school community well

Parents, carers and students are encouraged to practice prevention measures, including:

- washing and sanitising hands regularly
- · avoiding touching eyes, nose and mouth with unwashed hands
- covering nose and mouth when coughing or sneezing
- staying home if unwell and consulting a general practitioner (GP) or <u>Nurse-on-call</u> as required
- staying up to date with flu and COVID-19 vaccinations.

Flu vaccinations

Flu vaccinations can be booked through GPs and pharmacies, many of which can also provide COVID-19 vaccinations. Flu vaccination is recommended for everyone aged 6 months and over.

Some people are more at risk of complications from flu and are eligible for free vaccination as part of the National Immunisation Program.

COVID-19 booster

The 2023 COVID-19 booster dose is available for everyone aged 18 and above.

Getting your booster dose remains the best way to prevent severe illness or hospitalisation, especially in people aged over 65 and those at higher risk of severe illness.

You can have your booster dose 6 months after your last dose or COVID infection.

Children aged between 5 and 17 years who are at risk of severe illness can also receive a 2023 booster dose.

You can get your next dose at your local pharmacy or GP. To find one near you, refer to the <u>vaccine</u> <u>clinic finder</u>.

Find out more

For more information about preventing flu, and immunisation, refer to:

- <u>Better Health Channel influenza flu immunisation fact sheet</u>
- <u>Getting vaccinated against influenza.</u>



SOCCER TOURNAMENT

The Year five robot soccer tournament was really intense, it was The Terminators versus The Robot Killers! The Terminators had a great goal to win the match.

The goalkeeper dove and fell over and the striker's goalkeeper and the ball went in the goal and the announcer said it was 1-1. Later, the Terminators got a hat trick to make them at four. While The Robot Killers are at one!

In the second half The Terminators came out strong and dominated 9 goals in the second half to make them on 10.

The winners are the Robot Killers 10-4.

Reporters Luca Cester and Caleb Gilchrist



Helping Your Child THRIVE

The following tips can be used at home to help your children THRIVE.

Try your best

- To develop self-control in your children, encourage them to make choices and accept the mistakes they make.
- Support them to learn and try new ways to fix their mistakes to achieve what they set out to do.
- Setbacks, such as not being picked for a team, or being left out of a group, can be painful experiences, but so long as you tell them these are normal parts of life, their selfcontrol, resilience and self-awareness will grow.

Be healthy

- Enable them to make the choice to follow a healthy balanced diet (especially breakfast), exercise, socialising and leisure.
- Every day encourage your children to play outside actively. Sport is a great way to keep them fit.
- Keep an eye on their sleeping patterns: they are active and growing rapidly and need 8 to 10 hours of deep uninterrupted sleep.
- Remove devices in bedrooms and avoid screens an hour before bed.

Relate well

- Let them know regularly that you love them and are proud of them.
- Avoid comparing them or what they do to other friends or siblings in their presence.
- Reach an agreement on screen time, in particular social media and gaming; these can become very difficult habits to break down the track.
- Schedule quality time with your children. Enjoy doing something together like going for a walk, playing a game or cooking.

Get involved

- Set aside regular time to talk with your children about all the things they do. These conversations are the backbone of your relationships with your children because they know you care and love them.
- Encourage your child to play to their strengths and try different activities and hobbies.
- Share your hobbies and passions with your children.

Uve your values

- Talk to your children about your family values, what is important to you and how you can all act in a way that is respectful of those values.
- Model using manners and teach your children to use "Please", "Thank you", "May I", "Excuse me", and "No thank you".
- Praise your child when they are being respectful.
- Give your child special jobs around the home and talk to them about how they can help others

Enjoy positive emotions

- Every evening ask them to share the good things that happened in their day that they were grateful for.
- Every morning ask them what they are most looking forward to for the upcoming day.
- Celebrate their achievements.
- Practice mindful moments together.



THRIVE AWARDS

Term 2 Week 5

'RELATE well'

Class	Recipient Name	Class	Recipient Name
FE	Stella R	4AW	Isla G
FG	Joshua A	4D	Chance C
FM	Sophie K	41	Zara H
FN	Hugo G	4MR	Aubrey C
FS	Steele F	4W	Caleb C
FT	Spencer A	5A	Brax A
1A	Arabella W	5B	Finn G
1E	Sienna S	5D	Lily H
1F	Isla E	55	Zoe B
1)	Jack B	5W	Bella C
15	Keira B	6BP	Gage M
1SR	Arthur S	6C	Lily M
2F	Lilah N	6H	Ethan Z
2H	Sienna F	6P	Jackson M
21	Chester S	65	Harrison R
2J	Desmond W	PE Mr Dowling PE Mr Birnie	Chloe M 6H Jake L 4D
2M	Harry S	STEM Mr Schaus	Beau R 4I
2MU	Tate H	VISUAL ARTS Mrs Block	Arielle L 1F
3E	Logan T	VISUAL ARTS Mrs Livera	Willow A FE
зн	Layla H	ICT Mr Hall	Declan M FG
3L	Imogen T	MEDIA	Ben M 4D
3P	Alyssa L	Mr Hall PE	Madalyn C 21
3W	Matilda L	Mr Hall AUSLAN Julie Morgan	Sophie A 1SR Jessica K 4AW
		Foundation PE Mrs Schroth	Indy C FG

RELATE WELL

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

RELATE Well encourages us to form healthy and respectful relationships. Humans are social creatures so nurturing relationships is important for our happiness and wellbeing. It can improve cohesion and maximise results when people are able to work well together.

Tips

- + Schedule time with friends
- + Join a club or committee
- Encourage & celebrate the achievements of others
- + Address conflict in a calm and respectful way
- Call out discrimination and derogatory comments

RELATE WELL

THRIVE AWARDS

Term 2 Week 6

'GET involved'

Class	Recipient Name	Class	Recipient Name
FE	Jackson M	4AW	camp n/a
FG	Penelope J	4D	camp n/a
FM	Eden T	41	camp n/a
FN	Rylee C	4MR	camp n/a
FS	Freddie C	4W	camp n/a
FT	Logan L	5A	Isabelle M
1A	Jackson B	5B	Madison W
1E	Sophia I	5D	Jacob O
1F	Layla S	5S	Jacob B
บ	Grayson S	5W	Zac T
15	Lily C	6BP	Blake Z
1SR	Tommy C	6C	Liam C
2F	Hudson L	6H	Jamisen N
2H	Callum D	6P	Austin M
21	Aari R	6S	Jack K
2J	Indie C	PERFORMING ARTS Mr Gough	Carter 1SR
2M	Leo K	PE Mr Dowling PE Mr Birnie	Chloe M 6H Liliana M 4MR
2MU	Lachie C	STEM Mr Schaus	Georgia C 6S
3E	Gemma M	VISUAL ARTS	Isla E 1F
зн	Nate G	Mrs Block VISUAL ARTS Mrs Clowes	Thirdy R 6S
3L	Ella B	ICT Mr Hall	Everlyn T 1SR
3P	Avi P	MEDIA Mr Hall	Cameron B 5D
3W	Kobe Daly	PE Mr Hall	Archer C 1F
		AUSLAN Julie Morgan	Josephine G-S 1E Gage M 6BP
		Foundation PE Mrs Schroth	Lincoln K FN

GET INVOLVED

- · Set goals and work towards them
- . Know and use your strengths
- · Get into flow

Getting INVOLVED refers to being able to find 'flow' which occurs when you become so focused on what you are doing that you lose track of time. Many people who play music or sport experience flow and feel like their body is just gliding through the motions with no real effort. When we play to our character strengths and participate in something we enjoy doing we are more likely to experience satisfaction and success. Our success can be enhanced by effective goal setting and can give us a sense of achievement and boost our self-confidence.

Tips

- Notice when you are so absorbed in what you are doing and try to do more of it
- Understand your character strengths, we have 24 character strengths and using them can help maximise our performance
- Next time you need to set a goal, try to follow the SMART formula (specific, measurable, achievable, relevant & time bound)
- Share your goal with someone, they can then offer you encouragement
- Create a vision board of why your goal is important to you. This can help keep us motivated.

GET INVOLVED



Book Fair is Coming!





Lamont Book Fair is coming!

This is a great way for students to add to their book collection at home as well as helping our school earn more books for the school's library.

During class time, students will be able to browse the Book Fair and make a wish list with a few of the titles that interest them.

Students will then bring their Wish List home and ask nicely if they could perhaps have a book/s from their list.

Parents are welcome to visit the Book Fair with their child/children to purchase a book or two during our opening times. Listed below. Entry is via the libraries back door. Please leave all bags outside if weather permits or in the designated area inside.

EFTPOS is our preferred method of payment. If necessary, cash payment will be accepted. Or... even easier books can be ordered and paid for online using the Lamont portal, details for this are on the back of your child's Wish List. Orders will be delivered to their classroom during the day. Please do not collect from the library.

Book Fair will be open in the Library/Resource room during the following times:

Monday 5th to Thursday 8th June 8.30 – 9.00 am 3.30 – 4.00 pm

Online orders will close at 10am Friday morning!





WOODLANDS PRIMARY







*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 cancellation policy

FIND A VENUE teamkids.com.au/venues CHOOSE YOUR ADVENTURE Book Today!

TEAMKIDS.COM.AU

1300 035 000

NOTICE BOARD



MyTime term plan

mytime.net.au

Frankston

Why MyTime?

MyTime is for parents and carers of a child with a disability, chronic medical condition or other additional needs including developmental delay.

FIND US AT:

BAM Arts Inc 1 Rosella Street, Frankston Monday 10:00am - 12:00pm

CONTACT:

mytime.net.au

Facilitator: Kate Rogers Phone: 0413 091 651 Email: katier@mytimevic.com.au



Unwind and share experiences with others who

understand



DATES	GROUP ACTIVITY	CHILDREN'S ACTIVITY
30/01/2023	 Come along and join us fo morning tea and a chat. 	r Dancing
06/02/2023	 Get to know other familie from the area while pre- 	
13/02/2023	school aged children are k engaged by our Play Lead	
20/02/2023	 Group activities to be confirmed based on mem interests but may include: 	
27/02/2023	Guest speakers	
06/03/2023	 Facilitator led discussions 	Toys and blocks
20/03/2023	Self-care activities and workshops BAM DETAILS	s 📕 🙀
27/03/2023	Bam Arts Inc are dedicated to providing arts programmes, eva and opportunities for people w	
03/04/2023	disabilities of all ages. MyTime at BAM Arts Inc will be creative and fun time for childr	
NO GROUP 13/03/2023 DUE TO PUBLIC HOLIDAY	and adults. We will host a 30 minute weekly music and movement session where we w sing and dance and make new friends.	
It's support	It's free to	Professional Pre-school aged
for you	join	support children are welcom



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NOTICE BOARD



Moonlit Sanctuary



ENVIRONMENTAL ACTIVITIES, ANIMAL ENCOUNTERS AND NATIVE ANIMAL CARE

Includes interactions with kangaroos, pythons, feeding animals, food prep and animal enrichment activities. Learn about our animals, their conservation and the environment. For ages 7-14 years.

Winter Holiday Program

Week 1: Monday 26th, Tuesday 27th, Wednesday 28th, Thursday 29th, Friday 30th June Week 2: Monday 3rd, Tuesday 4th, Wednesday 5th, Thursday 6th, Friday 7th July Cost: \$99.00 per day | Small groups of 16 | 10:00am start - 3:00pm finish



Moonlit Sanctuary Wildlife Park 550 Tyabb-Tooradin Rd, Pearcedale | Phone 5978 7935 www.moonlitsanctuary.com.au Open daily between 10am and 4pm. Keeper Club runs from 10:00am-3:00pm.

ERTIFIED C ecotourism

Please present this ticket when you arrive. Please note that Moonlit Sanctuary closes at 4:00pm.

Moonlit Sanctuary



Can be used once any day from June 2, 2023 until December 2, 2023

Local School Family Pass - Winter 2023 1 x Family Pass - Local School Donation

WE LOOK FORWARD TO SEENS YOU BUT FIRST THE IMPORTANT SMALL PRINT Carl' get to a printer? Display this on your smartphone upon arrival at Moonix Sanctuary. If you've booked an encounter or tour please arrive 15 minutes before the start time.



63348161-207358385

Call us on 03 5978 7935 or email bookings@imoonlit.sanctuary.cor Plan your visit at www.moonlitsanctuary.com.au



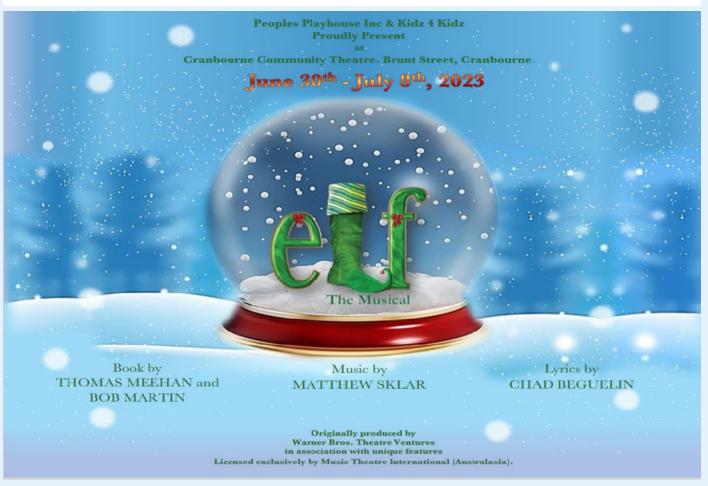
NOTICE BOARD



We have units in Langwarrin, Carrum Downs and Seaford catering for girls aged 5-15.

For more information, please contact

Frankston District Manager, Deb Abbs – 0438 787 570



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