

'Around the Grounds' WPS Newsletter

Monday, 18th February 2019

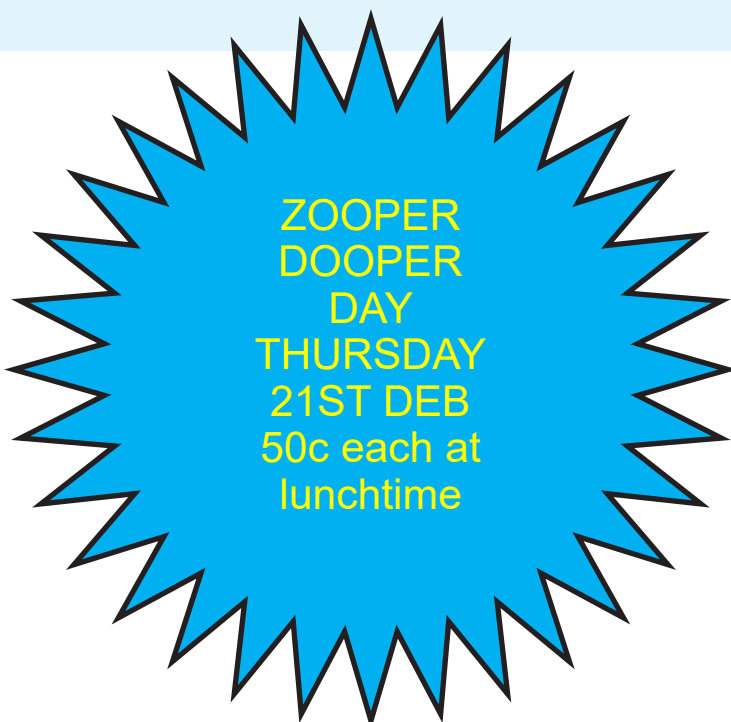
*RESPECT * RESPONSIBILITY * COOPERATION * HONESTY * CARE & COMPASSION*

NOTICES GONE HOME TODAY

**Please check your child's
bag!**

**Parent Teacher Interview Note for
students in Grades 1—6.**

**Payment for Term Planner and
Netbook Lease is due by this
Friday 22nd February 2019**



TUESDAY 19TH FEBRUARY
Student Banking
Foundation BBQ 5.30pm—7.00pm

WEDNESDAY 20TH FEBRUARY
Foundation testing

THURSDAY 21ST FEBRUARY
Zooper Dooper Day

FRIDAY 22ND FEBRUARY
Gr 5/6 I.S.S. versus Tullamarine
(AWAY Match)

MONDAY 25TH FEBRUARY
Grade 3/4 St. John's First Aid
Junior School Council Meeting
Assembly at 2.45pm

TUESDAY 26TH FEBRUARY
Student Banking
Gr 1—Gr 6 Parent Teacher Interviews

WEDNESDAY 27TH FEBRUARY
Foundation testing
Gr 1—Gr 6 Parent Teacher Interviews

THURSDAY 28TH FEBRUARY
Zooper Dooper Day

FRIDAY 1ST MARCH
Gr 5/6 I.S.S. Versus St. Dominics
(AWAY Match)

EMAIL

westmeadows.ps@edumail.vic.gov.au

WEBSITE

www.westmeadows.vic.edu.au

Ms. D's Diary

Welcome to Week 4!

We are nearly through the intensity of **"School Year Start Up"**. There are always so many forms to fill in and committees to establish. Following is a list of items that we are still chasing up with some families:

- Book list payments
- Medical forms
- Asthma Plans/Anaphylaxis plans
- Term Planner payments
- Interschool Sport payments
- Netbook payments

Within this newsletter you will also see information seeking volunteers to become School Council members or to sit on the Out of School Hours Committee. I hope that you carefully consider being part of either.

Our first Parent Teacher Interviews for the year will be held next week for children in Grades One- Six. **The online booking portal opens today** so please get in quick to make a time to see your child's classroom teacher. Please see the instructions contained in this newsletter detailing how to make your appointment. You may also contact the office if you require further assistance.

Tomorrow afternoon we are looking forward to the Foundation Family Fun evening. We are hoping to see all of our Foundation families who will enjoy time together to celebrate their start at Westmeadows Primary School. The school will be providing a Sausage Sizzle and the canteen will be available for ice creams, drinks and snack sales.

Today's assembly saw the announcement of our remaining formal student leadership positions. I wish to congratulate all of the students who applied for these positions which included: School Captains, House Captains, Class Captains and Junior School Councillors. You demonstrate commitment and dedication to our school and on behalf of the entire school community. Full list of our school leaders is included in the Newsletter.– Thank you!

Enjoy a marvellous week.

Take care.

Jane Donaldson



OUR WELLBEING

THE IMPORTANCE OF WELLBEING

It's time for parents to have a clear understanding of wellbeing and how we can support our kids to cultivate their own.

Wellbeing – it's a word we hear a lot these days. We understand that it's important for our kids; but it's not always clear exactly what it is, how we know if they've got it, and how we can help them to get more! Put simply, our children's wellbeing is a combination of their physical, mental, emotional and social health. And because a range of different elements contribute to their wellbeing, there are a bunch of activities we can do with them, role model for them and teach them, to improve it.

GET THEM OUTSIDE AND MOVING

Australian kids are some of the least active in the world, with as few as 1 in 5 meeting the recommended 60 minutes of daily exercise. There's so much we can do! Park further from school at drop off and pick up; stop at the park on the way home or head outside and have a bounce on the trampoline.

CONNECT WITH FRIENDS AND FAMILY

Positive social relationships not only enhance kids' wellbeing, but are key to their future wellbeing as adults as well. Time spent with friends helps our kids to develop social skills including sharing, compromise, listening and conflict resolution.

KEEP SCREEN TIME TO A MINIMUM

I know, easier said than done! Kids love screens, but we need to work with them to set clear and consistent limits. Kids aged 2-5 are recommended to have one hour of screen time per day and two hours a day max for 5-12 year olds. The risks of screen time largely relate to what kids are NOT doing, such as being active, chatting, reading, playing creatively and sleeping. Kids also need to get bored!

HELP YOUR KIDS DEVELOP MINDFULNESS SKILLS

Mindfulness is about paying attention in the present moment, and like any skill, it takes time and practice. It gives overstimulated minds a rest! A regular mindfulness practice will also help them to regulate their attention and their emotions. I highly recommend the *Smiling Mind* app for age appropriate mindfulness meditations.

ENSURE YOUR KIDS GET AMPLE SLEEP

Primary school kids need 10-12 hours per day. Often, what helps enormously is establishing clear and consistent routines including no screen time before bed, a 'wind-down' routine which may include a bath or shower, or quiet reading before lights out.

(Dr Jodi Richardson is a happiness and wellbeing speaker and writer, and mum to two primary school aged children. For more of her great ideas, see parentingideas.com.au or drjodirichardson.com.au)

QUICK FACTS

FACT

Primary and Secondary School boys are generally more active than girls

FACT

Research shows that children who practice mindfulness activities engage in more physical activity and choose a better diet than those who do not

FACT

Nearly half of children and young people aged between 5 and 15 have more than 2 hours of screen time each day

FACT

Compared to 2009, 16-17% more kids are now getting 7 hours or less sleep each night

CONGRATULATIONS TO OUR 2019 SCHOOL LEADERS

School Captains

Captains	Vice Captains
Scarlett C	Alicia K
Sasha H	Edward N

Class Captains

Class	Captains	Vice Captains
3/4J	Mitchell M & Ava C	Thiago S & Ivy A
3/4K	Max R & Hazel R	Onni P & Addison C
3/4L	William P & Sapphire-Rose V	Lawson J S & Hailey L
3/4M	Kaiden K & Rose B	Christian K & Isabel H
3/4N	Pax Z & Hayley A	Oliver G & Nikki P
5/6O	Jessica P & Alex Q	Emma B & Spencer E
5/6P	Cooper K & Abby P	Kingston N-T & Annalise C
5/6Q	Blake A & Ella-Rose J S	Toiroa W W
5/6S	Kosta L & Chiara K	Max N & Amelie McD
5/6T	Kurtis B & Jaimi H	Dimitri S & Leah W

Junior School Council Representatives

Class	Captains	Vice Captains
3/4J	Christo M & Alyssa C	Mitchell L & Ebonie C
3/4K	Luca D-A & Charlotte W	Tyler H & Ayla A
3/4L	Lucas R & Atalie M	Raymond S & Stephanie M
3/4M	Shuaib S & Jaida H	Nathan T & Claire P
3/4N	Tas A & Piper B	Kai L & Starlett M
5/6O	Alyssa P & Lachlan H	Yasmine S & Mitchell J
5/6P	Zara C & Lucy H	Alyson H & Costa M
5/6Q	Jordan Rm & Catherine B	Taylan T & Ella B
5/6S	Jackson R & Ava W	Kai A & Georgia B
5/6T	Levi N & Holly Z	

STUDENT BANKING

Tuesday 19th February

Tania Perdevski and Melissa Trueman

Tuesday 26th February

Lorraine James & Shirenne Grech & Sarah Carr (Training)

Tuesday 5th March

Angela Bouas and Stephanie Alexopoulos

Tuesday 12th March

Abbey Tudhope & Kaylene Carney

CANTEEN ROSTER

Monday 18th February

Tania Perdevski & Dora Loukas

Wednesday 20th February

Heather Bamfield & Jessica Franco

Friday 22th February

Stephanie Alexopoulos & Ami Smith

Monday 25th February

Tania Perdevski & Ane Iljovski

Wednesday 27th February

Melissa Trueman & Malissa Aldridge

Friday 15th February

Charina Holmes & Melinda Phillips

SICK BAY ROSTER

Friday 22nd February

Tania Perdevski

Friday 1st March

Angela Bouas

Friday 8th March

Abbey Tudehope

Friday 15th March

Melissa Trueman



THANK YOU TO OUR NEW PARENT VOLUNTEERS WHO COMPLETED THE PARENT VOLUNTEER WORKSHOP

Lana Tytler

Ami Smith

Vanessa Aquilina

Candice Ortisi

Beliz Hassan

John Stavrinidis

Danielle Wallace

Jamie Smith

Joanna Jarzyna

Sarah Stephens

Steve Caldwell

Kaylene Carney

SCHOOL COUNCIL ELECTIONS

We need you!

Nominations are now being called for parents to join our School Council for the 2019-2020 period.

We are looking for **five** people (including one community nomination) to join the team. School Councils play a key role in Victorian Government Schools, and being a member of school council is a rewarding and challenging experience. Acting as a team, council supports the principal to provide the best possible educational outcomes for students.

School Council meets at least eight times per year on a Monday evening, commencing with committee meetings at 6.30pm. We typically finish around 9pm.

If you are interested would you please collect a nomination form from the front office. Completed nomination forms need to be submitted by:

Monday, 25th February, 2019 at 4pm

Timeline

Process	Date
Calling for Nominations	Monday, 18 th February, 2019 via newsletter posters around school
Close of Nominations	Monday, 25 th February, 2019 @ 4pm
Preparing for Ballot	Monday, 4 th March, 2019
Return of Ballot papers	Tuesday, 12 th March, 2019
Counting of Ballot, Positions De- clared	Tuesday, 13 th March, 2019
Successful Candidates informed	Wednesday, 14 th March, 2019
Special and first School Council meeting.	Monday, 25 th March, 2019 6.30pm – Office Bearers elected

If you have any questions at all please contact Jane Donaldson (Principal) on 93094350

Canteen Corner – Term 1

Communication

This is a draft of an initial communication ideally to be sent out on the Tuesday before school starts from the Skoolbag app. The list of specials can be added to each subsequent newsletter for the term.

"Canteen Corner – Term1

In 2019 we will be continuing to provide new fresh made healthy snacks from the canteen as was successfully trialled at the end of last year. These will be available for purchase from the canteen at both snack and lunch times. Here's what's on offer for Term 1.

Week 1 – Slice of fresh watermelon 20c



Week 2 – Vegie Dip Cup 50c



Week 3 – Apple and Cinnamon Muffin 80c



Week 4 – Fruit Cupos 80c

Week 5 – Chocolate Bliss Balls 50c



Week 6 – Fruit Cups 80c



Week 7 – Carrot Cake 50c

Week 8 – Celery Boats 50c

Week 9 – Blueberry Muffins 80c



Week 10 – Jumble Sale all items 50c



Any feedback or suggestions are welcome."

Weekly Specials

Term Week	Item	Cost	To Prepare	Number Sold <i>(try and track how many sold to gauge popularity)</i>		
				MON	WED	FRI
1	Watermelon Slice	20c	Michelle			
2	Vegie Dip Cup	50c	Michelle			
3	Apple and Cinnamon Muffins	80c	Melissa			
4	Fruit Cups	80c	Michelle			
5	Chocolate Bliss Balls	50c tbc	Christy and Sheridan			
6	Fruit Cups	80c	Michelle			
7	Carrot Cake	50c	Christy			
8	Celery Boats	50c	Michelle			
9	Blueberry Muffins	80c tbc	Christy			
10	Jumble Week (all the items left)	all 50c	Michelle			



OSHC NEWS

Coordinator: Sheriden Tate
 Assistant Coordinator: Gail Jeffs
 Educators:
 Andrea Nugent
 Melissa Herron
 Amanda Kirk
 Kyle Henry
OSHC Mobile: 0404 883 974

OSHC Fees & Charges 2019

OSHC fees have increased for 2019. We will be introducing Ezy Debit as an additional option for paying fees alongside EFTPOS, cash payments have now been phased out.

BSC \$14.50 Permanent	\$17.50
Casual	
ASC \$17.00 Permanent	\$20.00
Casual	

Child Care Subsidy

You may be eligible for Child Care Subsidy. Applications for CCS are made via the MyGov app.

Bookings

Submission of a completed enrolment form and payment of enrolment fee is required before children can be booked into OSHC. Currently OSHC is at capacity on most days in both BSC & ASC. Enquiries may be made by dropping into OSHC or calling the OSHC mobile.

Activities

We have commenced our annual "All about Me" activity. This assists us in knowing our children and it is a great record to go into the children's portfolios for them to look back on in future years. OSHC children participate in a range of activities throughout the week with a focus on child-initiated activities (see the sample of our we



Welcome to 2019


A big welcome back to all our families old and new. The children have been happily catching up with staff and their friends and talking about their holidays. Our foundation and new students are settling in well and discovering what OSHC is all about. Our new taller tables and stools arrived during the holidays and have proved a success with all children.

Menus

Breakfast is provided in Before School Care until 8am and After School Care provides an afternoon snack.

BSC Menu -Children have a daily choice of the following:

Cereals	
Cornflakes	Wholemeal/Multi Grain Toast
Weet-Bix	Raisin Toast
Weet-Bites	Rice Crackers
Rice Bubbles	
Sultana Bran	
Spreads	Drinks
Vegemite	Water
Promite	Milk drinks
Jam	Fruit Juice
Honey	
Lemon Spread	
Cheese Spread	



On occasions toasted sandwiches, spaghetti, baked beans, eggs, tinned fruit, croissants, muffins, yogurt or pancakes may also be served.


ASC Menu changes weekly. A fruit platter is served each day alongside the daily snack. An example of a typical weekly menu:

Monday
Yoghurt & Custard

Tuesday
Salad Sandwiches

Wednesday
Chicken Fingers

Thursday
Garlic Bread



BEFORE SCHOOL CARE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ROOM ACTIVITIES	ALL ABOUT ME WORKSHEET - PORTFOLIO				
	CHINESE NEW YEAR ACTIVITY SPIRAL DRAGONS & ORAGAMI				
	STENCIL ART	LEGO	BIG BLOCKS	BOARD GAMES	JIGSAW PUZZLES
GYM ACTIVITY	DODGE BALL	OCTOPUS	BOB	LINE TIGGY	DODGE BALL

AFTER SCHOOL CARE PLANNED ACTIVITIES FROM 4PM					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ROOM ACTIVITIES	ALL ABOUT ME WORKSHEET - PORTFOLIO				
	CHINESE NEW YEAR ACTIVITIES SPIRAL DRAGONS & ORAGAMI				
	LEGO / CONSTRUCTION	BOARD GAMES	BIG BLOCKS	HOME CORNER SHOPS	DRESS UPS
GYM ACTIVITY	BASKETBALL	TABLOID SPORTS	DODGE BALL	COUNTRIES	CRICKET
OUTDOOR ACTIVITY Weather Permitting	OCTOPUS (OVAL)	DOWN	PLAYGROUND	BOB (OVAL)	FREE CHOICE

Seeking Expressions of Interest.....

Out of School Hours Committee

We would like to reintroduce the OSHC Committee. Ideally we are seeking six parents whose children use the service (2 of whom are School Council members)

The committee will meet twice a term on a Tuesday evening, commencing at 6.30pm.

If you are interested would you please complete the Expression of Interest form and return it to school by Friday, 22nd February, 2019.

I am interested in joining the OSHC Committee Meeting.

Parent's name: _____

Mobile: _____

Child(ren):

Signed: _____



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COMMUNITY CONNECTIONS



Westmeadows Primary School Riddell Street Westmeadows Victoria 3049
Telephone 9309 4350 Facsimile 9309 8016 Email westmeadows.ps@edumail.vic.gov.au



Book School Interviews Online

18/02/19

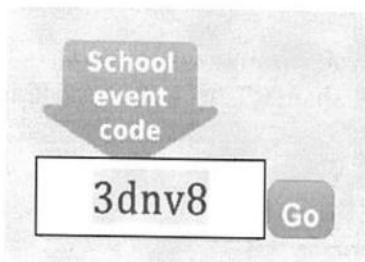
Dear Parents,

Parent / Teacher Interviews will be held between **3:50pm – 7pm** on
Tuesday 26th, Wednesday 27th and Thursday 28th February, 2019 for Grades 1-6.

This system allows you to book interview times that suit **YOUR FAMILY**.

Go to www.schoolinterviews.com.au and follow these simple instructions.

**BOOKINGS OPEN MONDAY 18TH February at 4:00 PM and CLOSE FRIDAY 22ND
February, 2019 at 9:00 AM**



Go to

www.schoolinterviews.com.au

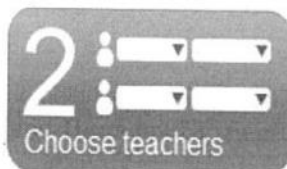
Enter **THIS** school event code.

Then follow the 3 simple steps.



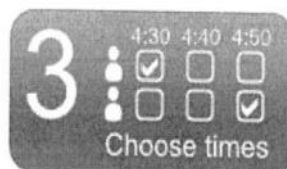
1

Enter your details



2

Choose teachers



3

Choose times



When you click **finish**, your interview timetable will be emailed to you automatically - check your junk mail folder if you do not receive your email immediately. You can return to www.schoolinterviews.com.au at any time, and change your interviews - until bookings close.

BOOKINGS ARE OPEN MONDAY 18th FEBRUARY 2019

at 4pm.

SO ENSURE YOU BOOK EARLY TO GET YOUR PREFERRED TIME.

If you don't have internet please contact the school on 9309 4350 and arrange an interview time. Interviews are strictly 10mins - if you require more time please contact your teacher directly and make alternative arrangements.

If there are no suitable times available on the schedule for a specific teacher, you will need to contact the classroom teacher directly to arrange an alternative interview time outside of the allocated schedule. You can change your interview times any time prior to the closing date, by re-visiting the www.schoolinterviews.com.au website, and using the code. If you wish to change your interview times after the closing date you should contact the school directly on: 9309 4350

FAMILY FUN

STARLIGHT

CIRCUS

STUDIO 



ACROBATICS

AERIAL GYMNASTICS (Trapeze, Lyra & Silks)

TUMBLING

JUGGLING & HULA-HOOPING



First Lesson is **FREE!!!**



BOOKING IS ESSENTIAL

Ph: 0479 154 033

Web: StarlightCircusStudio.com.au

Email: StarlightCircustudio@gmail.com

Address: 7 Rosto ct. Tullamarine VIC



FAMILY FUN

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