



Purpose

At White Hills Primary School we provide students with skills to be lifelong learners. We are a community which caters for academic, physical, social and emotional needs, preparing our students to contribute productively to an increasingly globalised world.

Calendar of Events

Term 2 2020: Wednesday 15 April – Friday 26 June

Week 6

Mon 18 – Fri 22 May

Education Week Online

Week 7

Monday 25 May

Tuesday 26 May

Friday 29 May

Pupil Free day – No students on this day

Prep, G1 & G2 start today onsite

G3 Camp Deposit Due 4.00pm

Yr 6-7 Transition Forms Due

Week 8

Monday 1 June

Tuesday 2 June

Prep, G1 & G2 onsite

G4 Science Works Excursion cancelled

Week 9

Monday 8 June

Tuesday 9 June

Wednesday 10 June

Thursday 11 June

Friday 12 June

Queen's Birthday Holiday

G3 - G6 start today onsite

Peppergreen Lunch orders via QkR

Subway Lunch orders begin today

Peppergreen Lunch orders via QkR

Friday 26 June

Last Day Term 2, 2.30pm dismissal

Semester 1 School Reports

Due to remote learning, there will be a modified written report for all students for Semester 1. It will include the following:

- a brief description of the areas of the curriculum taught (literacy, maths, specialist subjects)
- a comment on how your child has adjusted to the remote and flexible learning environment
- a succinct descriptive assessment of student learning achievement based on the Victorian Curriculum standards
- Dot point scale of Behaviour and Effort

Please note the report will NOT INCLUDE the five-point scale, as staff will not have accumulated sufficient assessment evidence.

School Lunches

Peppergreen Farm Catering will begin lunch orders on Wednesday 10th June. Lunch order days are every Wednesday and Friday. All lunch orders are made via QkR. If you wish to order some hot food items (clearly marked on the menu) place your order by 4pm the day before. All other items can be ordered by 8.30am the day of delivery. I have included a copy of the menu in today's newsletter.

Subway orders can be made on a Thursday and will begin on Thursday 11th June.

Student Sickness

Once school resumes, if your child is ill or is feeling unwell, they must not attend school. They must remain home and seek medical advice. If students are demonstrating signs of sickness or cold symptoms at school, we will be contacting parents to pick them up. There will be a minimum risk approach taken for students who are unwell.

Principal's News

Hi everyone,

As we get closer to a return to school (about half the school on Tuesday), on behalf of staff I would like to acknowledge and thank you all for supporting the remote and flexible learning to ensure its success. We know that this has been difficult and challenging for everyone at times but staff have appreciated the persistence and resilience of the students and their families. This would not have been as effective as it has been without your backing and help.

A reminder: **MONDAY 25th MAY** is a **pupil free day**, no students are required at school. This is a state-wide curriculum day to enable staff to be ready for the students returning to school. Camp Australia are offering day-care on this day at Kennington PS, Golden Square PS and Eaglehawk PS.

School Arrival and Departure Changes

The main risk of introducing COVID-19 to the school, is from adults. Close proximity between adult members of the school community should be avoided, particularly during school drop-off and pick-up.

When school returns next week, we request that parents enter the school grounds only when ESSENTIAL and observe physical distancing measures by not congregating at the school gates. Physical distancing signage and dots at the front and the back of the school have been established to support this requirement.

Visitors to the school grounds are to be limited to those delivering or supporting essential school services and operations.

For students who may require assistance before school, there will be staff members positioned near the front and back entrances from 8.30am. **It is expected that parents send their child to the staff member from the gate.** A member of staff will be waiting at the turtle enclosure (back gate) and library (front gate) to assist students to their classrooms.

To reduce the number of adults gathering outside the school grounds at any one time, a **staggered finish time will be introduced from Tuesday, 26th May.** As students arrive at different times in the morning, there will not be a staggered start to the school day.

At 3.15pm, P-2 students and their siblings will leave together at the same time. Prep students with a sibling (and others that might require assistance), will be collected by their brother/sister at 3.15pm to safely supervise them to their parent/carer. A staff member will escort students without a sibling who require assistance to the front and back gates. **From Tuesday 9th June**, Grade 3-6 students **without a sibling** in P-2 will be dismissed at 3.30pm.

After School Care & Dismissal

Students attending After School Care will be dismissed at **3.30pm.**

Drink Bottles

It is essential that your child bring their own drink bottle to school every day. **Bubble taps will not be in use.** Children will be able to refill bottles from taps.

Parking in the School carpark

For student safety we expect that parents will continue to NOT USE the staff carpark on Plumridge Street to drop off and pick up their child/ren. This will be even more important now that we expect that parents will avoid or minimise time in and around school grounds.

The Chief Health Officer has advised that students will not be required to maintain physical distancing at school. We understand that some families may feel anxious about this move back to classroom teaching and learning. I can assure you that this decision has been taken on the basis of the best health advice available to our state.

More information about the return to school and coronavirus (COVID-19) can be found on the Department's website, which will continue to be updated: <https://www.education.vic.gov.au/about/department/Pages/coronavirus.aspx>

In summary

- Monday 25th May is a pupil free day in all Victorian schools
- The return to school will take place in two stages.
- P-2 students return on Tuesday 26th May
- Grades 3-6 students return on Tuesday 9th June
- Adults must avoid being on school grounds
- Parents not to use staff carpark to drop off and pick up students
- If students are sick they should stay at home
- P-2 students and their siblings will be dismissed at 3.15pm
- Grades 3-6 will be dismissed at 3.30pm.
- Students to bring their own drink bottle

Enrolment update for 2021 Foundation (Preps)

At this stage, the school has 21 sibling enrolments, 4 enrolments from children who reside inside the neighbourhood and 5 interim enrolments (families who reside outside the neighbourhood catchment). Information about possible school tours will be communicated via the school website once we can confirm that these can begin.

REPEAT MESSAGES

Year 6-7 Transition Forms

Year 6 families should have received a pre-populated application form. We ask that **families please complete sections 4B to 6 within the form and return to White Hills PS by Friday, 29 May.**

Prep 2021 Enrolment

This year we will be unable to conduct information sessions for prospective 2021 prep parents here at school during Education Week as we had planned. However, we have uploaded videos on the school's website. Visit the Enrolment tab on the landing page at <https://www.whitehillps.vic.edu.au/page/70>
The videos discuss enrolment, wellbeing and the reasons why families should select WHPS for their child.

As our school has an enrolment ceiling, the school has to manage enrolments. To do this, we follow the state-wide guidelines and a copy of the school's enrolment policy can be found on the website outlining these. The school enrolls approximately 85 Foundation (prep) students each year and they are divided into four classrooms.

In summary places are allocated in the following order:

1. **Any family who resides within the school neighbourhood can enrol their child in the school (this applies to all schools)**
2. **Students with a sibling currently in the school**
3. **Students who reside outside the school neighbourhood in order of closeness from their home to the school (as the crow flies or in a straight line)**

So if you fit into one of the first two categories above please complete a full enrolment form and return to the office with copies of your child's immunisation records and birth certificate. Knowing how many students in the neighbourhood and sibling enrolments the school will have next year will assist us to know how many places will then be available for families who reside outside the school's neighbourhood.

If you are not sure if you live within or outside the school's catchment please visit www.findmyschool.vic.gov.au and enter your home address.

If you reside outside the neighbourhood, please complete an interim enrolment form and drop this at the office.

Enrolment has been extended to Friday 31st July and school tours can be conducted once restrictions have been lifted.

Please let us know if there's anything we can do to support you here at WHPS.

*Andrew Schaeche,
Principal*



Charting a new course for kids post COVID-19



While we've been denied access during the COVID-19 pandemic to activities such as playing group sport, spending time in a café or meeting with friends, there's been plenty of upside too.

Discussions with friends reveal that family life has been a big beneficiary from the physical distancing measures. Comments such as "It's so good to slow down," "I cherish the time I'm spending with my children," and "I'm discovering the joy of having real conversations with my teenager" point to the positive side of getting off the family roundabout many of us have been on.

Though the restrictions placed on society are of course challenging, the imposed period of social isolation has provided an opportunity for parents to forge new habits that have potential to bring more joy and less stress to their children's lives once the threat has subsided. Here are some ideas to consider while charting a new course for kids post COVID-19.

Significant personal hobbies

Our previous reliance on organised, adult-initiated activity to keep kids busy came at the expense of child-initiated hobbies and interests. The rise of personal digital entertainment and communication technology in recent years has also contributed to the demise of hands-on hobbies such as collecting, crafts and music.

The Scandinavians have long valued the positive impact of hobbies on a person's wellbeing and quality of life. In turn they encourage (and in Sweden's case heavily subsidise) the uptake of hobbies and personal interests from a very young age.

Personal learning centres

Experts agree that the future of work will be characterised by constant change, requiring workers to continually learn and upskill if they are to adapt. Our children will need to see themselves as continuous learners if they are to succeed in this uncertain future.

The home is a great place to plant this concept in young minds and there's no better way to do this than establishing their own personal learning centre. Start small with a bean bag, a small book shelf and build from there. It's the idea rather than the physical setting where the learning significance lays.

Mental health practices

This period in isolation has offered an opportunity to embed good mental health practices in children and young people. Three key health practices to continue include healthy eating, plenty of exercise and good sleep patterns. Add regular mindfulness practice, deep breathing and the opportunity to spend plenty of time in nature and you'll be establishing a strong mental health and wellbeing framework for life.

Mix of alone and group activities

Life in social isolation has meant family members have had to compromise. Extroverts who love to be surrounded by people have had to give parents and siblings the space they need. Introverts who prefer their own company have been sharing their time, space and company with other family members. Post COVID-19, consider encouraging kids to experience a mixture of alone time, allowing for personal reflection and family time, which promotes family connection. Both are essential for healthy wellbeing.

Deep eldership connection

Increased one-on-one time between parents and kids has been a positive side effect of life in social isolation. The opportunity for parents to connect with children and young people with greater depth and meaning is a return to eldership, practised by past generations. Eldership, where parents shared their wisdom and their vulnerabilities with young people, when combined with healthy rites of passage is a time-honoured way of preparing young people for adulthood.

This period of social isolation has provided a rare opportunity for parents to renew and refresh their children's lifestyles, and in some circumstances, reboot family lives as well. It would be a waste to climb back on the busy roundabout of life once the COVID-19 pandemic has subsided, without making some positive changes to the way we live.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



With Winter fast approaching, here's some ways to have fun indoors.

Needing some help coming up with ideas on what to do with the children this winter?

At Camp Australia, we're experts at having fun, regardless of what's happening with the weather. Rain, hail or shine we always have fun, engaging and enriching activities on offer for all ages of children to participate in!

Here are a few wet weather activities to keep out of the rain:

1. **Cook up a storm!** Have everyone pick a different ingredient and get creative in the kitchen with funky stir-fries, bakes and treats.
2. **Make a jigsaw puzzle** out of magazine pictures, postcards or photos. Glue the pictures onto cardboard and when the glue is dry, cut it into puzzle shapes. Then piece it back together!
3. **Create a board game** – let the children come up with the rules and teach their friends how to play.
4. **Turn on the music, turn off the lights** and have a disco or you could even have a dancing competition.
5. **Dress ups!** Who doesn't love dressing up as their favourite superhero, or TV character? Your children could even write their very own scripts and put on a dramatic performance for the family.

Our OSHC service is open and operating for those that need our care. For families who require care, childcare will be provided free of charge until 30th June as per the Federal Government's announcement on the 2nd April. Whilst care is free, we still need to know if you are coming. We ask that you get your bookings in as soon as you can.

It's FREE to Register. (and if you want to use OSHC, you first need to register).

Register at pp.campaustralia.com.au/account/login. Once registered, it's easy to make and manage your bookings online via our Parent Portal.

Visit our blog for helpful information and fun activities.

New articles are added each week for parents and cover various topics to help families. This month we are focusing on all things COVID-19. We talk about how to adjust to the changes you've made in your household, including fun activity ideas to entertain your child at home.

Visit the blog here: <https://campaustralia.com.au/blog>

STRATEGY 5

THIS IS NORMAL

Help your child understand that he or she is not the only person to experience this.

It's human nature to think that we are the only ones to experience bad things. But the human condition dictates that this is rarely the case. Everyone has experienced loss, rejection, disappointment and conflict in their lives. Rarely is there a situation so unique that you are the **ONLY** person to have experienced it. Normalising a situation is an aspect of optimism. When you realise that others also experience similar difficulties and survive you feel more hopeful.

Help kids to normalise a situation rather than personalise it. "You are not the only one to experience this" is a powerful concept for kids to grasp. It helps them understand that 'this too will pass'.

THIS STRATEGY REQUIRES KIDS TO RATIONALIZE THEIR THOUGHTS AND NOT TAKE MATTERS PERSONALLY.

WHAT TO
SAY

"Everyone feels bad sometimes."
"It's not just you. You are not the first
person that this has happened to."



STRATEGY 6

SEE THE SILVER LINING

Help your child to look on the bright side of any situation.

Optimistic people are able to find positive aspects in negative situations, no matter how small. This encourages people to feel like they have some control over situations and is the beginning of experiencing hope.

Help your kids see some of life's minor hardships as learning experiences. I am not suggesting you want bad things to happen. You wish they didn't happen but make the best of things when they do. **Here are a few positive spins that you can find in most HFD's:**

- ✓ **LEARNING SOMETHING TO PREVENT IT HAPPENING NEXT TIME**
"You may have been unsuccessful this time but you know what to do next time."
- ✓ **POSITIVE SPIN-OFF**
"It may have been a boring party but you did meet a new friend, which is great."
- ✓ **LEARNING ABOUT YOURSELF**
"Maybe football, rather than cricket, is more your bag."
- ✓ **IT'S JUST THIS! AVOIDANCE OF SOMETHING MORE UNPLEASANT**
"You may have wrecked your skateboard but at least you didn't get hurt and end up in hospital."

THIS STRATEGY REQUIRES KIDS TO CHANGE THEIR WAY OF THINKING AND CONSCIOUSLY LOOK FOR A POSITIVE ASPECT.

WHAT TO
SAY

"Look on the bright side."
"What can you learn from this?"





White Hills Primary School 1916

LUNCH ORDER PRICE LIST



All lunch orders need to be placed via the school's Qkr! smartphone app

See the school website for details on how to download Qkr! onto your phone.

Lunch order days are WEDNESDAY and FRIDAY only.

All GF (Gluten Free) requests need to be ordered the day before delivery.

<u>Lunch Menu</u>	<u>Price</u>
LASAGNE- BEEF or VEGETARIAN (GF on request)	\$5.00
PENNE BOLOGNAISE with cheese (GF on request)	\$5.00
PENNE CARBONARA (GF on request)	\$5.00
BEEF PIE (HOME MADE)	\$4.00
CHICKEN PIE (HOME MADE)	\$4.00
SAUSAGE ROLLS (HOME MADE)	\$4.00
BEEF FOCACCIA TOASTED	\$5.50
(roast beef, cheese, tomato relish, onion, spinach)	
CHICKEN FOCACCIA TOASTED	\$5.50
(chicken, avocado, semi-dried tomato, spinach, garlic aioli)	
BLT FOCACCIA TOASTED	\$5.50
(bacon, spinach, cheese, tomato, aioli)	
<i><u>If you wish to order any of the above items, please place your order by 4pm the day before.</u></i>	
<i><u>All other items below by 8.30am the day of delivery.</u></i>	
CHICKEN SCHNITZEL ROLL (chicken schnitzel, lettuce, cheese, mayo)	\$4.50
PIZZA SLICE (vegetarian or ham, cheese & pineapple)	\$4.50
ZUCCHINI SLICE (GF)	\$4.50
PARTY PIE	\$1.50
EGG & BACON TART	\$1.50
SANDWICHES (GF on request)	\$3.50
ROLLS	\$4.50
(margarine included, unless selected not to)	
-HAM & CHEESE	
-HAM, CHEESE & TOMATO	
-EGG & LETTUCE	
-CHICKEN & CHEESE	
-HAM & SALAD (ham, cheese, tomato, carrot, cucumber, lettuce, pickles)	
-BEEF & SALAD (roast beef, cheese, tomato, carrot, cucumber, lettuce, relish)	
-CHICKEN & SALAD (chicken, cheese, tomato, carrot, cucumber, lettuce, mayo)	
LUNCH PACK (roll, muffin or cookie, & juice)	\$7.50
SALAD (GF)	\$5.00
(ham/chicken/beef with lettuce, tomato, cucumber, red onion, carrot, cheese & Italian dressing)	
<u>Sweet</u>	
BANANA BREAD (GF on request)	\$2.00
BISCUIT (choc chip or double choc chip)	\$2.00
MUFFIN (blueberry or choc chip)	\$2.00
YO-YO	\$1.00
RUM BALL	\$1.00
<u>Drinks</u>	
MILK (chocolate/ strawberry/ honeycomb) 375ml	\$3.00
JUICE (apple / orange) 200ml	\$1.50

