



## 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 3 2020: Monday 13 July – Friday 18 September

<b>Week 4</b> Mon 3 – Fri 7 Aug	<b>Let's Get Moving cancelled</b>
<b>Week 5</b> Mon 10 – Fri 14 Aug	
<b>Week 6</b> Mon 17 – Wed 19 Aug	<b>Jets Gym cancelled</b>
<b>Week 7</b> Mon 24 – Wed 26 Aug	<b>Jets Gym cancelled</b>
<b>Week 8</b> Mon 31 Aug – Wed 2 Sept	<b>Jets Gym cancelled</b>
Friday 4 September	<b><u>G 3D, 3G &amp; 3J Camp balance due 4pm</u></b>
<b>Week 9</b> Monday 7 September	<b>P&amp;F Meeting 9.30am</b>
Friday 11 September	<b><u>G 3MB &amp; 3M Camp balance due 4pm</u></b>
<b>Week 10</b> Friday 18 September	<b>Last Day Term 3</b>

### Term 4 2020: Monday 5 October – Friday 18 December

<b>Week 1</b> Wed 7 – Fri 9 Oct	<b>G 3D, 3G &amp; 3J Camp</b>
<b>Week 2</b> Wed 14 – Fri 16 Oct	<b>G 3M &amp; 3MB Camp</b>
<b>Week 3</b> Mon 19 – Fri 23 Oct	<b>Book Week</b>
Friday 23 October	<b>Blurbs Book Week Performance</b>
Friday 6 November	<b><u>G 4CN &amp; 4E Camp Balance due 4.00pm</u></b>
Tuesday 10 November	<b><u>G 4R &amp; 4B Camp Balance due 4.00pm</u></b>
Tuesday 17 November	<b><u>G5 Camp Balance due 4.00pm</u></b>
Mon 23 – Wed 25 Nov	<b>G 4CN &amp; 4E Camp</b>

### Cancellation of EBT in Maryborough

It has been a week of cancellations and it is a shame for our EB team that the Maryborough event in November has been cancelled for 2020. Mr Byron is working out a plan for the team to continue to practise and have a virtual race so the students involved on the team this year do not miss out entirely.

### Fresh Eggs \$5.00

If anyone is interested in purchasing fresh eggs from our school chooks, you may collect from the school office.

## Principal's News

Hi everyone,

It is most unfortunate that we are back into remote and flexible learning, however health and safety must be our first priority.

Thanks to our school community for your understanding and support as we have moved into the second phase of remote and flexible learning. At least we have some experience this time around!

We all can acknowledge that this is challenging, but rest assured our staff are here to assist and support our students and their families.

### Communication and Attendance monitoring

We will use ClassDojo again to communicate with all families (via the school story) and with individual families and students and for attendance. To ensure everyone is clear on this expectation, every morning your child's teacher will post the following message that we want families to like:

***'Please like this post to indicate your child's attendance in remote learning today before 11am.'***

### Remote Learning

Our week will be structured like last time-Wednesday to Tuesday.

Families should access the online content where they can as this is more engaging and interactive. It will be uploaded on the school portal by 4pm on Tuesdays for students/families to access from Wednesday morning. The portal can be accessed at <https://sites.google.com/whitehillsps.com/remotelarning>. Click on the Grade Tab and there you will find the planner for the week.

For students in Grades 4-6, their learning tasks will be via Google Classrooms and the links are also in the school portal. Please note: the portal will have the weekly overview of tasks for Grades 4-6 so that parents can view the activities the students are doing.

If families are unable to access the online content, hard packs can be made available. **Students do one or the other, not both.** Hard pack content will be very similar to the online tasks. Packs will be available on the Wednesday morning for collection from the school office.

The school will again loan devices to students who do not have access to digital technologies at home, one per student if required. If you would like to organise this for your child, you will be required to email Mr. Sait directly at:

[deviceloan@whitehillsps.com](mailto:deviceloan@whitehillsps.com)

Please include the following information:

-Student Name -Student Grade

### On Site Learning

For families who are required to work and there is no one available to supervise home learning, students can attend on-site. Please complete the on-site form (posted on ClassDojo and on the school's website under the Parents tab-Remote learning)<https://www.whitehillsps.vic.edu.au/page/137/Remote-Learning-Resources---WHPS>

by Thursday at 3:00pm the week before to ensure adequate staff are allocated to supervise students at school. If the form is not completed and submitted on time, students will be sent home.

## **Camp Australia**

Will be operating throughout remote and flexible learning for families who are working. Please book online for access to the program. In line with Victorian Premier Daniel Andrews' announcements that schools will return to remote learning, they confirmed that they will be open and care for 'children whose parents are permitted workers and vulnerable children who can't learn from home.' Parents may need to update their priority of access status in their systems to ensure they care for families that need them the most.

Furthermore, I want to take this opportunity to reassure you that we are taking a careful and considered approach to our service delivery to ensure the safety of children and our staff. This includes strict cleanliness and hygiene policies, as well as social distancing measures and new face covering policies. In addition, and in line with the advice of Victoria's Chief Health Officer, from Monday 13th July our educators commenced taking the temperature of all children prior to them entering our care.

## **REPEAT MESSAGES**

### **School Crossing Reminder**

The City of Greater Bendigo has asked us to remind parents and students of social distancing requirements while using our school crossings.

Please maintain your 1.5 metre distancing from the school crossing supervisor while at the crossing. If we can keep the crossing supervisors safe, they will be able to continue assisting our students to get to and from school safely.

Ben Crichton

Acting Coordinator Parking Strategy

Curriculum through line Planners for Term 3 are now available on the school website at

<https://www.whitehillsps.vic.edu.au/page/58/Curriculum>

### **Uniform Shop**

Due to current restrictions, access to try on or buy items from the uniform shop is by appointment only. Please ring the school office to make a time to view the uniform items. Clothing items can be ordered and paid for via QkR. Once restrictions are lifted, the uniform shop will return to the previous model and be open a couple of times a week for parents to come in and try on and order items.

### **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.whitehillsps.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](http://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 31<sup>st</sup> 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*

## **PFG News**

**As we have returned to Remote Learning, PFG wish to extend our thoughts to the whole school community, for a safe and well time, at home. We look forward to returning in the near future, with our Donut Day and more, soon! Take care, stay positive, and we will see you on the other side.**

## 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, a 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.



## 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](https://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?"

