



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

Week 8

Friday 4 September

Specialist Family Learning Day

Week 9

Monday 7 September

P&F Meeting 9.30am

Week 10

Friday 18 September

Last Day Term 3

Term 4 2020: Monday 5 October – Friday 18 December

Week 1

Wed 7 – Fri 9 Oct

G 3D, 3G & 3J Camp - Cancelled

Week 2

Wed 14 – Fri 16 Oct

G 3M & 3MB Camp - Cancelled

Week 3

Mon 19 – Fri 23 Oct

Book Week

Friday 23 October

Blurbs Book Week Performance

Mon 23 – Wed 25 Nov

G 4CN & 4E Camp - Cancelled

Wed 25 – Fri 27 Nov

G 4R & 4B Camp - Cancelled

Wed 2 – Fri 4 Dec

G6 Camp - Cancelled

G5 Camp - Cancelled

Friday 18 December

Last Day Term 4

Remote Learning Message of Hope

Our student leaders have been working on a video message to keep student spirits up at this time. You can view the video on the school website under the parents tab, then remote learning.

Alternatively use the link below.

<https://www.whitehillps.vic.edu.au/page/137/Remote-Learning-Resources---WHPS>

Special Family Learning Days

On Tuesday, the activities across the school were Wellbeing based and we have had some positive feedback from families about the tasks and the level of engagement.

Day 2 is on **FRIDAY 4th SEPTEMBER**. This day will be dedicated to our core specialist subjects (Art, Music, Chinese and Physical Education).

Principal's News

Hi everyone,

Camps Cancelled for 2020

Unfortunately, we have decided to cancel all our school camps for 2020. This includes the Grade Prep picnic, Grade 1 tea and Grade 2 sleepover. We have contacted many schools in Bendigo and most schools have done the same thing.

Teams may look at organising an alternative activity in Term 4 to replace camps. The school will refund money back to families, including deposits unless there is outstanding money owed. The school is offering the opportunity to keep the money in credit for future activities and/or next year. The only money that cannot be returned to families is CSEF money that has been allocated towards the camp. This will be credited back into your child's account. If CSEF money is not completely used by the end of the year, it is transferred to next year (including Grade 6 students).

Please email or phone Trudy in the office and let her know what you would like her to do with any funds that have been paid towards camps. Trudy.bawden@education.vic.gov.au

WebEx Protocols

It has been so pleasing to hear that the majority of students in our school are accessing regular WebEx meetings with staff and each other to support their learning during this remote and flexible learning phase. We are also receiving such positive feedback from students and parents about the use of WebEx as a tool to support student learning and maintain connection with staff. I would like to sincerely thank the parents for your assistance at home in ensuring this occurs. We have had some really positive feedback about the meetings to support student learning, to clarify learning tasks and ask questions of the teacher and as a social platform to see each other and chat.

We have provided some guidelines to ensure the sessions are successful for everyone and I want to remind families that it is important for everyone's success that these are being followed. A few guidelines that will help these sessions to run more smoothly are as follows:

- Demonstrate our school values and be respectful to others
- Your child needs to be somewhere quiet, e.g. no TV on, and away from others talking in the background. Sounds are picked up through the microphones (even when students are wearing headphones), and if your child is in a noisy setting, no one else on the conference can hear each other read or speak.
- No eating during the session
- Your child needs to be sitting up with their device in a stable position, e.g. a table or desk
- Video Conferencing should take place in a space your family shares. Parents do not need to sit with their child but should be close by in case they need technical assistance and to supervise.
- Dress Smartly - We recommend wearing a WHPS School Uniform top.
- Be mindful of the background view of your camera. A blank wall is suggested.

If you have not read the school's video conferencing guidelines please familiarise yourself with these by clicking on the link below.

https://drive.google.com/file/d/1z7VvdzHCuB6nEh6IgAZ-Wh_8v6BqdEQC/view

Thanks in advance to our families for supporting us and ensuring your child is following these guidelines.



Wellbeing Family Fun Day Tuesday

We had many students submit photos and work from the Wellbeing Family Fun Day on Tuesday. On behalf of our Wellbeing team, I would like to thank all the families who tried some of the tasks from the rubric. Above, we have included a couple of photos from families who did participate.

Camp Australia

We would like to take this opportunity to thank you and everyone at White Hills Primary School for the incredible support you have shown to Camp Australia throughout the challenging times that COVID-19 has brought. The resilience that you've shown in leadership is inspiring and we look forward to furthering our partnership with you.

As 2021 approaches, we look forward to collaborating with your school again to welcome new families. Starting school is a major milestone for them and this transition process can be both exciting and challenging for children.

Our Parent Information Leaflet has been designed to help new families make this experience comfortable and positive for their children. It includes information about OSHC, tailored programming, and how to register. We have attached a digital copy so you can include them in your digital enrolment packs. You may also request for printed copies by replying with how many you would like.

Families can prepare for the new school year by registering with Camp Australia so they can book in their care needs when OSHC bookings open for 2021. Registration is free for families interested in attending our care.

REPEAT MESSAGES

Submitting Digital Work for Correction

Students are now expected to submit identified learning tasks.

For students in P-3, classroom tasks are to be submitted via ClassDojo portfolios.

For students in Grades 4-6, tasks are submitted via Google Classrooms.

Submitting Work for Specialist Subjects

It has been really pleasing to see that many students are submitting specialist learning tasks during remote and flexible learning.

Please remember that these need to be emailed directly to the teachers NOT submitted on ClassDojo:

ART:

Mrs Cadi Watchman- cadi.watchman@education.vic.gov.au

Ms Monique White- monique.white@education.vic.gov.au

MUSIC:

Mr Kaine Marsh- marsh-music@whitehillps.com (please note: email your work to Marsh Music email)

CHINESE:

Miss Zoe Zhang- weike.zhang@education.vic.gov.au

PHYSICAL EDUCATION:

Mrs Jaclyn Tanner- jaclyn.tanner@education.vic.gov.au

Mr Stewart Scoble- scoble-stewart.scoble@education.vic.gov.au

Submitting Work for Correction- Hard Packs

Families collecting hard packs should return the required learning tasks when collecting their new work for the next week.

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*'.

Getting Ready For School Night-Prep Information Evening

This information session for 2021 enrolled prep parents to assist in supporting your child with Maths, Literacy and Social skills was planned to be held on 12th August here at school. Due to the current situation, this session will be replaced with a PowerPoint presentation. This will be uploaded to the school website by the end of August when all families will be informed about enrolment at the school next year.

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.whitehillsp.vic.edu.au/page/137/Remote-Learning-Resources---WHPS> by Thursday at 4:00pm the week before to ensure adequate staff are allocated to supervise students at school. As there is only a limited number of students on-site during this period, the school will return to a 3:30pm pick-up for all students.

Subway Lunch Orders

Lunch orders will continue on a Thursday during this period for students and staff who are on-site. Please order directly via subway. Instructions are on the school website under the Parent tab-useful parent links.

https://www.whitehillsp.vic.edu.au/uploaded_files/media/subsforyou_parentsheet_whps2018.pdf

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

*Andrew Schaeche,
Principal*

Tips and Scripts for Managing Screen Time When School Is Online



Call your kids' activities what they are - playtime, work time, friend time, family time, downtime -- and help kids take responsibility for what they can do and when.

For years we've been stressing about screen time and our kids, and then -- poof! -- the pandemic hits, and screens are a lifeline to their friends and extended family. For many, it's also how they'll be learning for the foreseeable future. So even though we might not cherish the idea of our kids sitting in front of a computer for hours on end for school and play, we may need to adjust the way we think -- and talk -- about screens if we want our kids to thrive during this time.

Here's a trick: Call their activities what they are. When you have a common vocabulary for their daily activities, such as "playtime," "work time," "friend time," "family time," and "downtime," you can communicate a lot more clearly -- and honestly -- about what your kid is doing, what they should be doing, and what they want to be doing. This reframes the "screen time" conversation into which elements make up a healthy life -- one that balances learning with play, exercise with relaxation, and responsibilities with social time. Here are some ideas for getting on the right track -- whatever it looks like.

To keep them accountable - Create a digital learning agreement. Sort of like a mobilephone contract or media agreement, a digital learning agreement is a document you create with your kid to establish guidelines you both agree to. Ask your kid to consider what they have to do (hit their daily reading targets, i.e., "work time") and what they want to do (meet friends on Fortnite, i.e., "friend time"). Record these goals on your digital learning agreement so your kid knows how much time to allot for each thing.

To rest - Set up device-free times and zones. If you're not careful, devices can spill over into all aspects of your family's life, especially if you're basically doing everything online. Lean into downtime by making some spots in your home off-limits to tech. This gives everyone a needed break -- and a moment to think more deeply about what devices are good for and what they're not so good for. Your kids may appreciate the structure, and you can spin tech-free time as family time.

To care for their emotional well-being - Plan for check-ins and device spot checks. Last year, you may have worried about your kid socializing online. This year, it's a relief they can use *Video Conferencing*, and even games to socialize with friends they can't see in person. But relationships -- especially in the tender tween years -- can be tough to navigate when they're happening solely through text and video chat. Check in on their social lives, learn what tools they're using, and discuss the environments in which they're interacting. Help them think through any trouble spots and what they might do -- say, mute a problematic friend for a while - to avoid drama. By showing interest, you give them openings to share any challenges.

To stay healthy - Get some physical activity -- away from screens. It doesn't have to be every day, but make sure you're achieving a balance of online and offline activities throughout the week. You can incorporate physical activity into your family time or let your kid be in charge of their own exercise.



Get creative in the kitchen with a recipe straight out of the OSHC cookbook!

At Camp Australia's OSHC, our programs are all tailored to the children in our service and one of the activities that children love is cooking. In Outside School Hours Care (OSHC) we make sure that the children who attend our programs eat healthy and delicious snacks that are in line with the Australian Dietary Guidelines. We've developed our own recipe book filled with fun and healthy recipes that children can make in OSHC.

Continue the love of cooking and healthy eating at home by making one of our delicious recipes:

Singapore Style Noodles: *Quick and easy!*

Ingredients:

- 6x cakes of rice vermicelli noodles
- 2x cups diced vegetables
- 1x tin of corn
- 1x tin of beans (kidney beans or chickpeas)
- 75g honey
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon ground cinnamon
- 1 tin of tomatoes (optional)



Method:

1. Cook vermicelli noodles following the directions on the packet.
2. Cook diced vegetables, beans and corn in a small amount of vegetable oil until soft.
3. Drain water from noodles and add to the vegetables.
4. Add spices and honey, mix it up and eat! Yum!

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

Register at pp.campaaustralia.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.

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

Staying the course in COVID times



COVID-19 continues to test us in ways that were unimaginable at the start of 2020. It's becoming the defining event of this generation and a reference point for decades to come. We've had depression kids, war kids and now we have COVID-19 kids.

The impact of COVID-19 is felt differently across the country. Currently, Victoria is in Stage 4 lockdown while other states are on high alert. Not every student is working from home, but most students are COVID conscious, knowing that they're only a corona cough or virus-filled hug away from remote learning.

Encouraging kids to stay the course when they've been denied access to the classroom, peers and community activities is now a common parenting challenge. Denial is generally tolerable in the short term, but the novelty of changed circumstances soon wears off. The following strategies will assist both parents and kids to stay the COVID long course:

Accept difficult emotions

'There's nothing so bad that we can't talk about, but there are behaviours that we won't accept' is a mantra that serves families well. It's okay for children to feel frustrated, annoyed, angry or upset about their change of circumstances due to the pandemic but that doesn't give them permission to behave disrespectfully, miss school requirements or fail to assist at home. It helps if parents validate how their children feel, then encourage them to focus on fulfilling school and family expectations.

Encourage acceptance

Some children and young people will protest the COVID induced changes that have been imposed upon them. In some respects, it may be admirable for children to push for a better deal, but the severity of the COVID-19 pandemic means that the individual needs to bend toward the greater community good. This is simply a case of accepting and making the best of the situation at hand.

Take it one day and week at a time

On family bush walks my young children would rarely complain when the tracks were windy. The complaint levels rose when paths were long and straight as the finish line seemed such a long way off. In a similar vein during our current times it's smart to keep kids focused on getting through each day and week rather than look too far ahead. Six weeks of Stage 4 may seem intolerable, so it's better to focus on getting through each day and week.

Be the hope person

Help children and young people understand that they will get through difficult times. "This too shall pass" is perhaps the most apt meme for our times. If your hope bucket is emptying out, seek out positive friends and relatives who can top it up. Our own resilience needs nurturing if we are to last the distance.

The internal parenting manual that guides us probably doesn't include chapters dealing with remote learning, lack of peer interaction and kids' disappointment. Most of us are treading new parenting ground so it's best to be open to change, accepting of difficulties and forgiving of inevitable parenting stumbles.



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.