

Wattle Glen Primary School provides a learning for life environment where engagement, achievement, resilience and wellbeing are prioritised.

APRIL 26TH, 2023

NEWSLETTER NO.6

Principal's Report

Hello everyone,

Welcome back. I hope you all had a lovely Easter and your children feel well rested. Our whole school Integrated Studies topic this term is "Caring for our Climate". It is going to be a term full of valuable and engaging learning. This is also the term when you receive a written progress report for your child. This report will be available in the last week of term. You can always reach out to your child's teacher to discuss your child's progress.

On April 24, inline with our commitment to improving staff and student wellbeing across the school, our teachers attended professional learning for our continued Visible Well Being training where we learnt about strengths. A strength is defined as a positive quality/talent that is energising, we choose to use, and we perform well at. Strengths help us match ourselves and other people to our environments, and allows us to better meet challenges by utilising those qualities where we can be our best selves. Strengths are a great tool to use in families and parenting also – Professor Waters' book *The Strength Switch* is a wonderful place to start if you are wanting more information on how to use strength-based parenting in your homes. This term our students will be learning more about their own character strengths and we will be making them visible.

Our grade six parents received information about year seven placements (via Compass) on April 24th, please ensure the paperwork is emailed or returned to me by May 12.

School Attendance will be major focus for the remainder of the school year. Regular attendance is essential to support every child's learning and wellbeing. Absences from school may pose a potential risk to a child's safety. Regular attendees miss less than 10 days a year (less than 5% absence), students at risk of chronic absence miss between 10 and 19 days a year (5-10% absence) and students considered chronically absent miss 20+ days (10%+ absence; average 1 day per fortnight), and sadly chronically absent students are not only missing out on school days and opportunities to learn, but they are at the greatest risk of falling behind. Chronic absenteeism has been linked to reduced student achievement, social disengagement, and feelings of alienation (Gottfried, 2014; Gottfried, 2015; Johnson, 2005). We want all of our students to have the best opportunity to succeed in life, so please make every effort to attend school.

Have a wonderful week,

Mel



School Council 2023: President: BJ McNeilly Vice President: Andrew Spence

Treasurer: Jayde Sheffield Secretary: Alison Wylie PTFa: Sarah Suban

General Members: Simon Braham, Rebecca Beasley, Megan Staley, Kylie D'Amico DET: Meredith Fell, Michelle de Haan Executive Officer: Mel McLennan

Term 2 Dates

APRIL

28th Inter School Sport at Panton Hill
Wattle Playgroup 10-II

MAY

1st Cafe 4060 Opens

2nd Come and Play Session- ART

3rd Water Watchers Incursion

5th School Photos
Wattle Playgroup 10-II
Working Bee after school
Inter School Sport-BYE

9th Prep Information Night 6pm

10th Muffins with Mum, 8am

11th Colour Explosion

12th Mother's Day Stall
Inter School Sport HOME
Wattle Playgroup 10-II
Year 7 Transition forms due back

15th School Council meeting

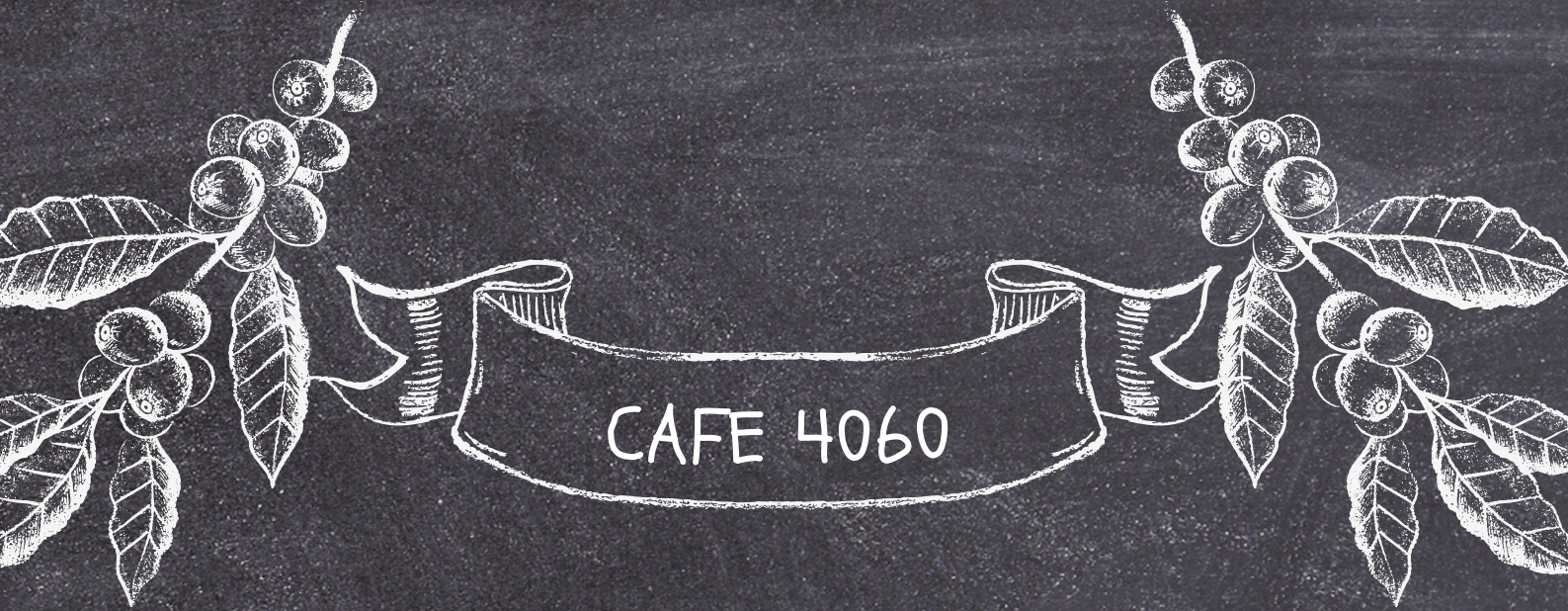
17th&18th Life Education Gr5 &6

19th Wattle Playgroup 10-II
Inter School Sport at KGPS

23rd Come and Play Session- Performing Arts

26th Inter School Sport at St Andrews PS
Wattle Playgroup 10-II

31st Return to School Day



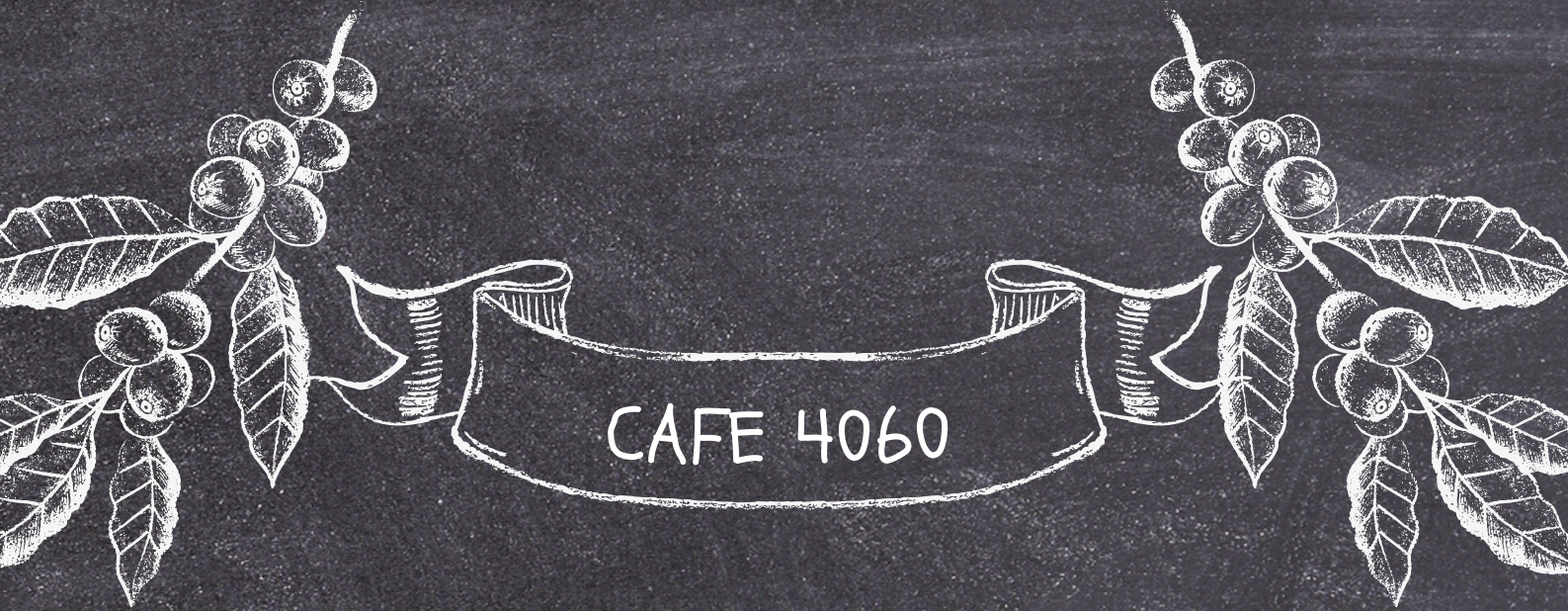
Introducing.....Café 4060

Thank you to our wonderful parents for helping to create an affordable lunch option treat, we can now announce our menu. (Next page)

This means Café 4060 will be operating every Monday, starting May 1st.

If you would like to place an order please write your name, grade and menu items on the front of an envelope, and enclose the correct money.

Orders will be collected Monday morning from the classrooms.



HOT FOOD

Patties Party Pie	\$0.50 each
Patties Sausage Roll	\$0.50 each
Cheese Toastie	\$3.00
Hot Dog	\$4.00
McCain Lil' Pizza	\$3.00 each
• Ham and pineapple	
• Margherita	

*tomato sauce available

COLD FOOD

Sushi- from	\$4.80 each
Sushi Sushi	
tuna and avo, tuna and cucumber, chicken teriyaki, vegetarian, salmon	

DRINKS

Juice Boxes- all flavours	\$1.00
Water 600ml	\$1.00
Milk 200ml	

SNACKS

Apple, Orange, Pear	Free
Messy Monkeys-BBQ flavour only	Free



THE BRIGHTEST DAY AT SCHOOL!

GET YOUR COLOUR ON, WATTLE GLEN PS IS HOSTING A COLOUR EXPLOSION FUN RUN!

Colour Explosion Fun Run Fun will be on Thursday 11th May.
Bigger and better with Monsta Mania Inflatables!!

Not only are we hosting an awesome Colour Explosion Fun Run, students can order prizes based on their donations received.

Students will receive a sponsorship book with instructions on setting up their cybersafe, online fundraising profile at www.australianfundraising.com.au.



Extra Incentives to Fundraise!

Online Golden Coins - complete fun online tasks to redeem an extra \$75 towards your prize credit.

Monty the Monstar's Bonus Prizes - achieve milestones to unlock Monty's bonus prizes.

\$10,000 JB HI FI Spending Spree for one organisation's highest fundraising student - it could be you!

A Play Station 5 Gaming Bundle - see your child's sponsorship booklet for more!

For more information, please contact Meredith Fell via email: meredith.fell@education.vic.gov.au or phone 9438 1259

Happy fundraising!





You're invited!

MUFFINS WITH MUM

When: Wednesday 10th of May, 2025
8 a.m. - 8.45 a.m.

Come and spend some time with Mum and share
a special morning muffin!

Where: Wattle Glen PS, in the shared space.

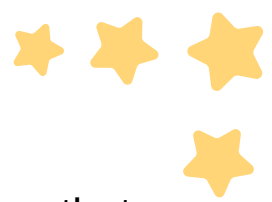
Price: \$5

This year we thought we'd try something new and celebrate
Mother's day with a special morning with our Mum's.
So, Mum's and Grandma's are invited to eat a morning
muffin with your child before they start learning.
Bookings are essential, for catering purposes.

<https://www.trybooking.com/CHWDQ> or



See you there!



Dear families,

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

You can help your child to improve their sleep by:

- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or waking unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health, you can refer to:

[Sleep tips](#) for children and [Facts about sleep for parents and school staff](#), from the Sleep Health Foundation

- [Why sleep is so important](#), from the Kids Helpline's
- [Sleep explained](#), from the Better Health Channel.





Wattle Glen
PRIMARY SCHOOL

Experience our specialists

Wattle Glen Primary School invites all preschool children to attend our 'experience the specialist' sessions.

Session one: Art
May 2nd
3:45pm- 4:30pm

Session two: Performing Arts
May 23rd
3:45pm- 4:30pm

Session three: Sport
June 13th
3:45pm- 4:30pm



In these sessions, children will have the opportunity to participate in specialist related activities.



All sessions will be supervised by current staff members.

Call or email the office to enrol your child in these amazing transition experiences.



 www.wattlegps.vic.edu.au

 wattle.glen.ps@education.vic.gov.au

 Wattle Glen Primary School  03 9438 1259

Wattle Glen
PRIMARY SCHOOL



WATTLE GLEN
PRIMARY SCHOOL
PRESENTS

STEP INTO PREP

2024 Prep Information Night

Tuesday the 9th of May, 6pm at our school



Come and discover what makes us different!

Register via calling the office on 03 9438 1259
or
email wattle.glen.ps@education.vic.gov.au

📍 16 Reynolds Road, Wattle Glen VIC 3096

📘 Wattle Glen Primary School 🌐 www.wattlegps.vic.edu.au 📞 03 9438 1259



COMMUNITY



Community

Announcements

Nillumbik Leisure Facilities

ONE FOR YOU – ONE FOR ME!

BONUS ONE – Enrol now and the student receives their first TWO lessons free at Eltham Leisure Centre.

BONUS TWO – This one is for the guardian! Choose one of the following deals

- 10 free days Aquatic membership pass at Eltham Leisure Centre
- 10 free days Group Fitness pass to Diamond Valley Sports and Fitness Centre
- 10 free days Gym membership pass to Diamond Creek Community Centre

At the time of the booking please note that your child attends Wattle Glen PS. The offer expires May 31st.

Lisa Wilson
Head of Aquatics

Nillumbik Leisure Facilities
40 Brougham Street, Eltham VIC 3095
P: 03 9439 2266
www.elthamleisurecentre.com.au

FREE
EVENT


think
ELTHAM 2023
Saturday 20 May
10.00am – 3.00pm

Think ELTHAM offers Grade 4 – Grade 6 students the opportunity to learn a new skill for free in a fun and relaxed environment. Workshop sessions are taught by ELTHAM College students who are keen to share their passion for a subject.

ART

- Art and Craft
- Crocheting
- Fashion or Photography

COOKING

- Cupcakes decorating
- Honey joy making

CREATIVE

- Drama
- Song writing
- Dance
- Laser cutting
- Creative writing

SPORT

- Boxing
- Basketball
- OE Skills (Tents/ camp cooking)

SCIENCE

- Chemistry
- Elephant toothpaste
- Coding

GAMES

- D&D – Dungeon and Dragons
- Games



For bookings visit
<https://www.trybooking.com/CGWXS>

think ELTHAM – An Amplify initiative



autistic art group

Explore a range of art materials in a relaxing and fun environment.
**No art experience necessary
& all materials are provided!**

This group is facilitated by Different Journeys and headspace Greensborough staff wanting to create a safe and supported space.

You are welcome to bring your own sensory toys, headphones and iPad/tablet device to this group.

who's invited

Young people aged 12 to 18

where

headspace Greensborough
L1/78 Main Street, Greensborough
VIC 3088

when

Monday 1 May—4pm to 6pm
Monday 8 May—4pm to 6pm
Monday 15 May—4pm to 6pm
Monday 22 May—4pm to 6pm

cost

Free!

register here:



**for further enquiries,
please contact Mel:**

mel@differentjourneysautism.com
0412 698 807



different
journeys
Empowering Autism

headspace
Greensborough

meet our facilitators



Taylor (they/them)

Hi, my name is Taylor. I use they/them pronouns, and I am queer, autistic, and ADHD. Some of my interests include tabletop role-playing games (like Dungeons and Dragons), videogames, and trying every kind of craft I come across (eg. felting, crochet, origami, sculpting, to name a few!). I have previously studied both music and social work and currently work with Different Journeys as a queer mentor/event coordinator, and privately as a support worker to other autistic people - mostly within the LGBTQIA+ community. I do this work because I love surrounding myself with other neurodivergent people, and facilitating spaces where people can explore their identities and make connections.



Penny (she/her)

Hi, my name is Penny and I use she/her pronouns. I really like dogs, especially cuddling with my greyhound named 'Mosie', sipping tea all day, board games, camping, and relaxing to music. I dislike waiting long times for public transport and replacement buses, but I recently got some new headphones which helps pass the time. I studied Social Work and Psychology, and I love working at headspace supporting and connecting with young people.



Mel (she/her)

Hi, my name is Melissa. I am the Community Engagement Team Leader at headspace Greensborough and Plenty Valley.

I have a big passion for holistic health and I love to look after myself by going for walks, listening to music, yoga, being around nature and hanging out with family and friends.

When I was a young I used to love drawing or doing anything that was utilizing my imagine to create art. It was a way of me expressing how I was feeling which helped me connect to myself as a kid and what passion I had for the future. It was fun, creative and helped me feel more confident with myself because I was able to connect with others through art.



different
journeys
Empowering Autism



headspace
Greensborough



headspace
Greensborough

chat with a registered nurse

at headspace Greensborough Mondays & Wednesdays

Nurse Hayley provides free and confidential health advice including:



Sleep Hygiene

- Sleep routine management
- Advice & plans



Family Planning

- Pregnancy testing
- Options, advice & referrals
- Contraceptive options & information



Sexual Health

- STI Information
- Referrals for STI screening
- Safe-sex education
- Respectful relationship education
- Cervical screening (pap smear)



General Physical Health

- Anatomy & Physiology education
- Measure vital signs
- Chronic disease management
- Health promotion
- Skincare routine
- Vaccination information & advice



Diabetes

- Education & management
- Blood glucose testing



headspace Greensborough

Level 1/78 Main Street, Greensborough VIC 3088



(03) 9433 7200

headspacegreensborough@mindaustralia.org.au