



Aspire - Respect - Resilience - Responsibility

White Hills Primary School 1916

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Term 3 Week 2 25th July 2024 Newsletter

Dear parents and carers,

Following speculation of the return of Mr Schaeche to White Hills Primary School next week, I can confirm that this will not be occurring. This week I received notification that my time as Acting Principal has been extended until mid-August. This has been common practice since I commenced the role in August of last year for an expected period of four and a half weeks. I will endeavour to keep the staff and community across further developments on this front as they are shared with me by the Department of Education.

Parent Teacher Conferences

It has been great to hear positive feedback on our Parent Teacher Conferences, by both staff and parents. Taking the time to have conversations centred around academic, social and emotional learning was valued highly by our teachers and helped prepare some key learning goals for this semester.

Specialist Showcase - Parent Teacher Conferences

This year as part of our parent teacher conferences, our specialist teachers held a showcase displaying student work and providing parents with information on what we offer here at White Hills. The showcase was well attended with more than 90 families coming through the doors. The atmosphere in the room was positive and our specialist teachers did an amazing job sharing the learning that happens for our students outside the classroom. Thanks to all the families who came through and chatted with our specialist team.

Parent Feedback from Conferences

We would love to share some positive feedback from one of our families:

We felt that by being teacher led, it allowed more time to discuss, in detail, how our boys are progressing across all areas of the curriculum.

The specialist showcases also provided a fantastic opportunity to meet with the specialist teachers and see what our Children are learning in each area and discuss ways in which to further support their interests, both in and outside of the school environment.

We're grateful for the efforts of all teaching staff in supporting our children and making school such an enjoyable experience for them.

We appreciate and welcome any feedback from our community on the shift to Parent Teacher Conferences.

Regards Craig, Bec, Kim and Kylie

Acknowledgment of Country

We at White Hills Primary School, acknowledge the Dja Dja Wurrung people as the traditional owners of the land where we live, learn and grow. We recognise their continued connection to land, water and community. We pay our respect to Elders of the past, present and emerging. We extend our respect to all First Nations People visiting our school community.



Visit from Lisa Chesters

Yesterday the Grade 6 classes were lucky to spend time with Lisa Chesters, who is an Australian politician. She is a member of the Australian Labor Party and has been a member of the House of Representatives since 2013. The students were invited to ask questions to get a greater insight into the work that Lisa does and her journey into political life. Lisa also shared her knowledge about woman in leadership.

Lisa presented the school with 3 new flags to fly proudly at the school entrance including: the Australian National Flag, the Australian Aboriginal Flag and the Torres Strait Islander Flag. We look forward to raising our new flags when the weather improves.



Netball Tournament

Yesterday students from Grades 5 and 6 participated in the District Netball Tournament. 20 students participated in this event and although we didn't have any wins, students showed resilience and excellent sportsmanship. Our students certainly showcased great determination and true grit during the day, and we are extremely proud of their efforts.



Anaphylaxis and CPR Training

All staff are currently undertaking an update of their anaphylactic training. Staff need to successfully complete both an online ASCIA module and then pass a practical field test. All of our staff complete this training to ensure that we are fully trained in the event of an emergency.

In the coming weeks, all staff will be updating their CPR training through both online and practical assessments. This medical emergency training is part of our annual processes to maintain optimal staff skills and knowledge in this area.

Ride to School

This Friday will be our first ride to school day for the term. We invite students and their families to join us for a crisp morning ride.

Sabina will be starting at the bridge near Epsom Primary School at 8:15am riding slowly along the bike track. She will make another stop at the Scott Street bridge at 8:25am before finishing at school.

Ms Davies will be coming from the opposite direction, starting at Weeroona Avenue at 8:15am. She will then make her way along the bike track, stopping at the Bridge on Knight Street (behind Weeroona College) at 8:20am and then again near the playground just off The Boulevard in the Peppercorns Estate at 8:25am. Ms Davies will then follow the bike track to school. We look forward to riding to school with many students on Friday.

Curriculum Day

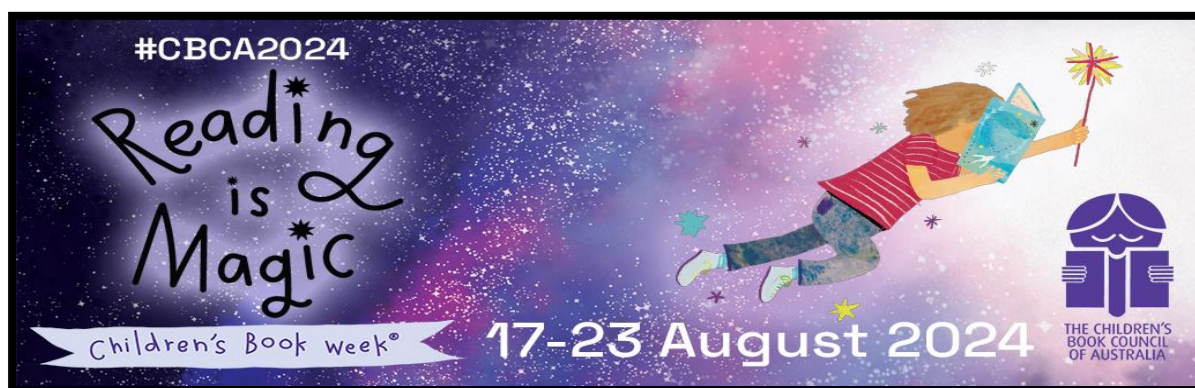
Monday 29th is a Curriculum Day and students will not be required to attend school on this day. Teachers will be working hard to further develop their knowledge and skills about the teaching and learning of Writing. We will be working with consultant Nerissa Leung. OSH Club will run as normal on this day.

Maths and English Competitions

We have a range of exciting extra-curricular competitions and opportunities for our students in Term 3.

The ICAS Competition is specifically designed to challenge student thinking and provide opportunities to recognise and encourage academic success

Don't forget to check your child's events to see if they have been invited to participate in these enrichment opportunities, and to give consent if you wish for your child to participate.



Book Week is sneaking up! We are all looking forward to a fun and engaging week of reading, activities and celebrating fabulous books.

We will hold our popular 'Book Week Parade' on Friday the 23rd so start thinking about a costume based on a favourite book character. We will also have a performance from rock band, 'The Blurbs' on this day.

National Day Against Bullying



Whether you're a parent, teacher, student or member of the broader community we all have a role to play in Bullying Prevention.

WHPS will be participating in activities that support this year's theme: "Everyone Belongs". Students are encouraged to wear the colour purple on Friday the 16th of August.

School Beanies for sale at the office

\$13:00 each



Calendar of Events

Term 3 2024

Monday 15th July – Friday 20th September

Week 2

26th July – Ride to School

27th July – Sandown HPV Event 10.00am – 6.00pm

Week 3

29th July - Literacy Curriculum Day – NO SCHOOL

30th July - Girls Division Footy 9.30am – 2.30pm

31st July - Boys Division Footy 9.00am – 2.30pm

31st July - Stem Incursion – Grade 5 and Selected Grade 4 Students Grade 4 9.30am - 11am - Grade 5 12pm - 1.30pm

Week 4

6th Aug – Getting Ready for School

Week 5

16th Aug – National Day of Acting against Bullying and violence

Week 6

19th-23rd Aug – Book Week

19th 21st Aug – Jets Gym \$45

23rd Aug – Blurbs 1.00pm – 2.00pm

23rd Aug – Book Character Dress Up Day & Parade

Week 7

26th – 28th Aug – Jets Gym \$45

26th Aug – Pie Drive Forms and Money Due Back

27th Aug – Grade 6K & 6B Quantum Excursion No Charge
7.00am -4.15pm

28th Aug - Grade 5 Sovereign Hills Excursion \$65 7.30 –5.30

29th Aug – Grade 6MW & 6F Quantum Excursion No Charge
7.15am -4.30pm

30th Aug – Ride to School

Week 8

2nd – 4th Sep – Jets Gym

2nd Sep – Grade 5 Quantum Excursion No Charge
7.15am -4.30pm

6th Sep – Division Basketball

Week 9

9th – 11th Sep – Jets Gym \$45

11th – 13th Sep – Grade 4 Camp to Campaspe Downs \$383

12th Sep – Pie Drive Collection 2-4pm

12th Sep – Year 3 Bendigo Walk – 9.00am – 3.00pm

Week 10

16th Sep – District Athletics

18th Sep – Whole School Colour Run – Energy Break through
Fundraiser

**20th Sep – End of Term 3 – Last Day of School
Finish at 2.30pm**

HAPPY HOLIDAYS

Students of the week - **ASPIRE**

Term 3 2024 (26th JULY) - Week 2- ASSEMBLY

Congratulations to all the following students.

Please come along to our assembly this Friday to celebrate the achievements of these amazing students!

Prep D	Manan	For aspiring to make good choices when playing in the playground.
Prep F	Kasey	For aspiring to make better choices when playing in the yard
Prep E	Grace Neal	For being a responsible student by inquiring into spelling patterns when recount writing
Prep B	Elijah	For aspiring to do his best in writing while describing Minibeasts.
Prep H	Parker	For aspiring to do his best writing.
1AK	Lizzy C	What an amazing start at WHPS Lizzy. You have settled in super quickly and already are aspiring to do your best in the classroom. Welcome to 1AK!
1G	Kai K	For always being an attentive listener and aspiring to complete his work to a high standard.
1F	Vincent M	For aspiring to do his best handwriting and story telling.
1B	Kyson	For aspiring to do his best when writing an information report on astronauts.
2W	Ellie M	For a great start at WHPS and already aspiring to do her best! We are so glad to have you in 2W!
2P	Scarlett TR	For aspiring to be a wonderful learner both in the classroom and at home. Keep up the great work!
2TD	Jett A	For aspiring to be his best by making good choices and listening carefully.
2K	Zelda	For aspiring to do her best when writing a narrative story.
3M	Isla	For always aspiring to complete all tasks to the best of her ability. Well done Isla!
3V	Jasper D	For taking on feedback to improve his learning this week, well done!
3C	Jade	For aspiring to do her best in all learning areas and leading by example. Well done, Jade!
3L	Livvy	For fitting in beautifully to 3L and aspiring to do her best in all areas of learning.
4O	Ruby W	For always aspiring to do her best in all areas of learning!
4HW	Evan	For aspiring to do his best in all his learning and challenge himself to solve difficult problems in math's.
4BL	James	For listening on the floor and trying his best in all tasks!
4G	Htoo Gay	For being a selfless friend and working hard in the classroom.
5D	Violet W	For improving her ability to stay on task, helping her achieve her best.
5R	Dexter	For aspiring to do his best in Mathematics. Awesome work Dexter!
5W	Lahni	For applying herself to achieve her personal best whilst representing her school in the netball team.
6K	Seb I	For the amount of extra effort he is putting in to have a go at every activity.
6B	Xavier J	For bringing his great geographical knowledge to classroom discussions.
6MW	Lily	For taking on feedback well and adjusting her strategies in both learning and personal behavior's
6F	Ted N	For aspiring to do his best both in the classroom and out in the yard.
STEM - Mrs Treloar	Koa R P/F	For demonstrating great problem-solving skills when coding the robotic mice.
Music Mr Marsh	Sam S 4HW	Sam has made a smashing start to the band this year and is one of the best drummers that's auditioned for the school rock band. He is not only drumming to several band songs, but he's also playing guitar and bass for some songs. Well done Sam.
Art - Mrs. Watchman	Lewis P/D	For always being a fabulous helper in the art room.
Art - Miss Hivon	Molly 3C	For always aspiring to put in her best efforts in her creative and unique art pieces.
Sports Award - Mr Scoble	Connor H 1G	For always aspiring to do his best. Showing great resilience after being injured in PE

**Week 1 Students of the Week
Look at these achievers from last week!**



**Congratulations to Arlia & Levi on receiving
last weeks Principal's Award**



Reporting (when something goes wrong online)

If your child experiences something harmful online such as [cyberbullying](#), [image-based abuse](#) or [illegal and restricted content](#), you can report it directly to the social media service, game, app or website where the incident occurred.

Often young people will need the support of an adult to report. The eSafety Commissioner (eSafety.gov.au) advises taking the following steps:

- 1. Collect evidence** before reporting to the platform or taking other action. If the issue is ongoing, make sure you collect screenshots showing what has been happening and for how long.
- 2. Report to the platform** where it happened. Use [The eSafety Guide](#) to help you. After you report, the service may remove the content straight away. They may also block those responsible or delete their account. If the post involves something illegal like [grooming](#), they may refer it to law enforcement or another agency to take further action.
- 3. If the platform does not take action, you or your child can report it to eSafety.** eSafety will ask you to complete an online reporting form and include evidence.

Drum Lessons

"I believe in making music an enjoyable and engaging experience, and that's exactly how I approach teaching. My focus isn't on creating rockstars; instead, I emphasize fostering creativity, coordination, and instilling the belief that effort yields results.

Even when tackling challenging pieces, my priority is to create a fun and lighthearted learning environment, often with lots of laughter. To facilitate learning, I've authored my own music books, with one copy provided annually as part of the lesson fee (for new enrolments) Additional copies can be obtained for \$50 each.

Here's a bit about my background: I bring 30 years of playing experience and almost 20 years of teaching experience to the table. I regularly perform live concerts with my own bands and collaborate with the Bendigo Symphony Orchestra. My involvement extends to musicals, theatre productions, touring bands, and music festivals. I am also Tour Manager for a prominent Australian band. Certified with a CERT IV Training & Assessment from Bendigo TAFE, I'm an active member of the Victorian Music Teachers Association (VMTA). I hold numerous Music Exam accolades, including First-Class Honors, and I'm an Associate Member of the Australia & New Zealand Cultural Arts (ANZCA). Furthermore, I have comprehensive insurance coverage, public liability protection, and a valid Working with Children (WWC) Check.

For payment, lessons are priced at \$250 per term, and guarantees a minimum of 8 lessons per term. While I strive for 10 lessons, this structure allows flexibility for camps, public holidays, and student absences.

Feel free to reach out if you have any questions. I'm excited about the fantastic year ahead and looking forward to making music enjoyable for everyone."

Thank you, Adam Bourke 0409530880 Check my Facebook page:
www.facebook.com/adambourkedrumlessons



Emotional Intelligence

The skills of communicating well and getting along with others are very important, and can be improved with practice.

What is 'emotional intelligence'?

The set of skills involved in communication and relating to others can be called Emotional Intelligence (EQ). These skills include:

- Knowing your own emotions
- Recognising and being sensitive to other people's emotions
- Knowing how to calm down when you are upset or angry
- Developing the skills of restraint—knowing when it is wise not to say or do something.

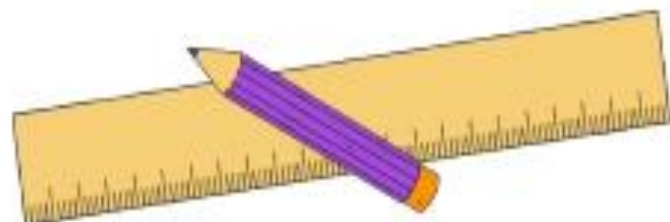
Developing emotional intelligence skills helps young people succeed. Study after study has found associations between high levels of EQ and success, for example:

- A major Asian bank found that EQ was a better predictor of workplace success of its employees than IQ.
- In a study of USA Air Force recruits, EQ was the best predictor of success.

- In a study of 286 organisations where job competencies of star performers at every level were analysed. The most powerful predictors were the EQ skills of awareness, self-regulation, self-motivation, empathy and social skills.
- Friendship skills also predict successful romantic relationships.

How schools can help children develop EQ

There are a number of programs that develop emotional intelligence in young people. These include Friends, The Heart Masters, You Can do It, Mind Matters, Kids Matter, and Bounce Back. Given the importance of these skills to long term success, it is important that schools make space in busy curriculums for these types of activities.



Emotional Intelligence

How parents can help children develop EQ

Identifying feelings

Parents are powerful teachers of EQ. You can help children to identify their own feelings by saying:

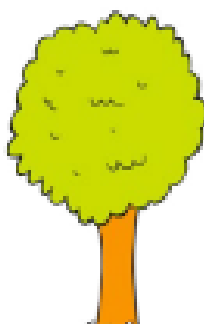
“You look a bit upset. Is that how you are feeling?” or “I wonder if you are feeling angry about that. What do you think?”.

Young children can point to a series of faces drawn to show a continuum from happy to sad. Families sometimes use a variant of the ‘fire danger’ sign replacing the terms with feelings such as ‘happy’, ‘irritated’, ‘annoyed’, ‘angry’, ‘ballistic’.

Calming down

Helping children to learn how to calm down when they are upset is also a critical EQ skill.

Parents can help children to do this by learning to rate their level of upset from 0 (nothing) to 10 (out of control) and to then start to talk (at a time when they are NOT angry) about ways to help them to calm down. This often differs for each child. Some need space and time alone whereas others if left alone become dangerous. Some need quiet time and others need to move and let off steam.



Reading other people's emotions

The third skill parents can help children to learn is to tune into and read other people's emotions.

This can involve playing guessing games with children such as:

“What do you think that person is feeling?”, ‘What sort of day do you think that person has had?’, or “What mood do you think that person is in?”

This can be good fun for children as it combines the ideas of guessing and spying with noticing the feelings of others. It is also helpful to have children learn how to read facial expressions so asking similar questions using photos of faces in magazines, newspapers and on television shows. As children become more skilled you can play the same sorts of games using only the eyes.

Being able to read the emotions conveyed by eyes gives young people a high level of skill in this area. The easiest way to do this is to take pictures of people's faces from magazines and use other pieces of paper to mask everything but the eyes (so it looks a bit like Ned Kelly's helmet) and ask children similar questions. Then show them a bit more of the face and ask again. It is amazing how quickly children get skilled at this.

Predicting other people's actions

Predicting the next actions of people is also useful. Parents can help children develop this by pausing or freeze framing DVDs and asking children to try to guess what the characters will do next.

How to report serious cyberbullying

1

Collect evidence

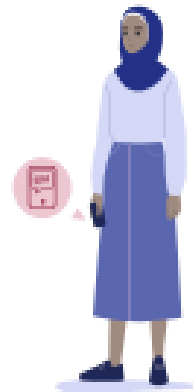
Screenshot the harmful content, webpage address (URL), account username.



2

Report

Report to the online service - if they don't respond, report to **eSafety.gov.au**.



3

Prevent further contact

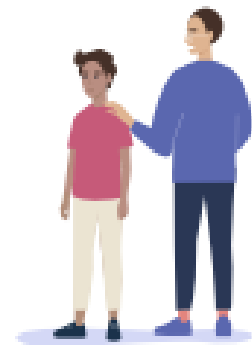
Use settings to ignore, mute or block the other person and check your privacy settings.



4

Get more help

Talk to a trusted adult or a counsellor about the impact.



If you are in immediate danger or at risk of harm call **Triple Zero (000)**.

If you need to talk to someone, visit kidshelpline.com.au or call them on 1800 55 1800, 24 hours a day 7 days a week.

Serious cyberbullying means sending or sharing harmful online content that badly upsets someone under 18. It may make them feel harassed (hassled), humiliated (embarrassed), threatened (unsafe) or intimidated (scared to do or say something).

CHOOSE YOUR

FOOTY ADVENTURE

AFL

PLAY

BENDIGO THUNDER ALL GIRLS AUSKICK AND SUPERKICK



Women's Football
Club Inc

STARTING TUESDAY 6TH AUGUST FOR 5 WEEKS



4-8 year olds

Come find your awesome at NAB AFL Auskick. An introductory program to Australian rules football, teaching skills through fun activities and mini games.



8-12 year olds

Level up your footy with skills and modified match play in weekly sessions. NAB AFL Superkick is tackle-free and great for Auskick grads and newbies alike.



VISIT PLAY.AFL