

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

MAY 9TH, 2023

NEWSLETTER NO.7

Term 2 Dates

MAY

9th Prep Information Night
6pm

10th Muffins with Mum, 8am
4pm Finance meeting

11th Colour Explosion

12th Mother's Day Stall
Inter School Sport HOME
Wattle Playgroup 10-11
Year 7 Transition forms due
back

15th School Council meeting

17th&18th Life Education
Gr5 &6

19th Wattle Playgroup 10-11
Inter School Sport at KGPS

23rd Come and Play Session
2- Performing Arts

26th Inter School Sport at
St Andrews PS
Wattle Playgroup 10-11

31st Return to School Day

JUNE

12th Public Holiday

Principal's Report

Hello everyone,

We have a special day coming up at school next week, Education Support Day, on May 16th. This is a day when we say an extra thank you for the hard work, care and dedication that is shown everyday by all of our ES staff. We value all of our ES staff and we wouldn't have the wonderful school we have, if we didn't have them. **THANK YOU!** Our Visible Well-being is really taking shape. We have started our display in the admin area, and our classroom displays are slowly popping up around the school. Most students should be able to tell you their top character strength. There is also an article, further along in the newsletter, from Professor Lea Waters about strengths.

Our undercover area is now back in use. This is great news because we really missed playing out there when the weather was a bit drizzly. We have a new design (using Mr Cameron's suggestions) and we have extended the turf to cover the front area right through to the staff car park.

On Thursday, Ms de Haan and I will be attending an award ceremony so we can receive our School Wide Positive Behaviour Support (SWPBS) Bronze award. This is an incredible achievement because we have only been an SWPBS for 12 months.

Grade six parents! Don't forget to email or hand in transition forms to me by May 12.

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



Stars of the Week

Week 1
P/1 Nic
1/2/3 Scarlett
3/4/5 Hunter
and Amelia
5/6 Riley



Week 2
No assembly

Learning in Action

Miss Allen and the Sustainability Club had an amazing time resetting our worm farms and our veggis patch. Making space for our new worms and room for some new vegetables to grow.



Curriculum News

Your May update about our classrooms!

Upcoming Assessments

- Phonograms
- Post and Pre mathematics Assessments - Grade 1/2/3
Post Time, 1/2/3 Pre-Test on Chance,
- P/1 pre-test Addition
- 3/4/5 and 5/6 Pre- test Addition

May Lunch time clubs

Minecraft - Monday,
Wednesday and Friday
Mindful Colouring- Tuesday
Lego - Thursday

What's happening

This term we are learning about our climate, and how we can look after it. Our Senior School are looking at sustainable practices. So, our classrooms have been set up with different bins to sort our rubbish- green- food scraps, blue- paper, yellow- recycle and red- landfill. We have a netball expert in for PE (Mel from Netball Victoria) and she is sharing her expertise with all of our grades.



Reminders

Please take the weather into consideration. Students will be going outside and may need another layer (coat, spray jacket, beanie) and all of these items require a name. Now is a good time to take stock of your school uniform and check that labels can be read easily, so they can be returned to your child. Also, please come and have a look in lost property. We still have two sleeping bags that were left behind after camp.





RETURN TO SCHOOL DAY 2023

FOR PARENTS,
GRANDPARENTS
& SPECIAL PEOPLE

We invite you all to WGPS to
celebrate the wonderful bond we
share with the special people in our
lives.

At school, there will be a range of
activities to complete with the
students and a Morning Tea to
finish the morning.

Wednesday 31st May

Time: 9:05(undercover
area)-11:45am

Morning Tea: 11:00-11:45am





9/5/2023

Your
OSHC.



ROCKETEERS

A message from your Coordinator

Dear Parents, teachers, and students,

Mother's day is coming soon. We will be commencing some mother's days crafts during the week and getting the children to come up with some of their own designs for this special day.

Later in June we are bringing back the big art week but this year it is over two weeks where children are going to be very busy more information to come over the coming weeks. I am so looking forward to seeing what they are going to create.

It has been amazing welcoming some new families to the service and looking forward to even more.

Thank you from your OSHC Coordinator Elizabeth Brook

Activities coming up

- Zombie Apocalypse tiggly
- Jewellery making
- Nature drawing.
- Lego challenge

Make a booking

Join in the fun of Outside School Hours Care activities and experiences with Your OSHC and Rocketeers.

[**BOOK NOW**](#)

It's free to register

To attend our program, you must register your child. You can register an account with us at pp.campastralia.com.au or by downloading our Camp Australia smartphone app from the Apple App Store or on Google Play. Once registered, it's easy to make bookings and manage your account.





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.

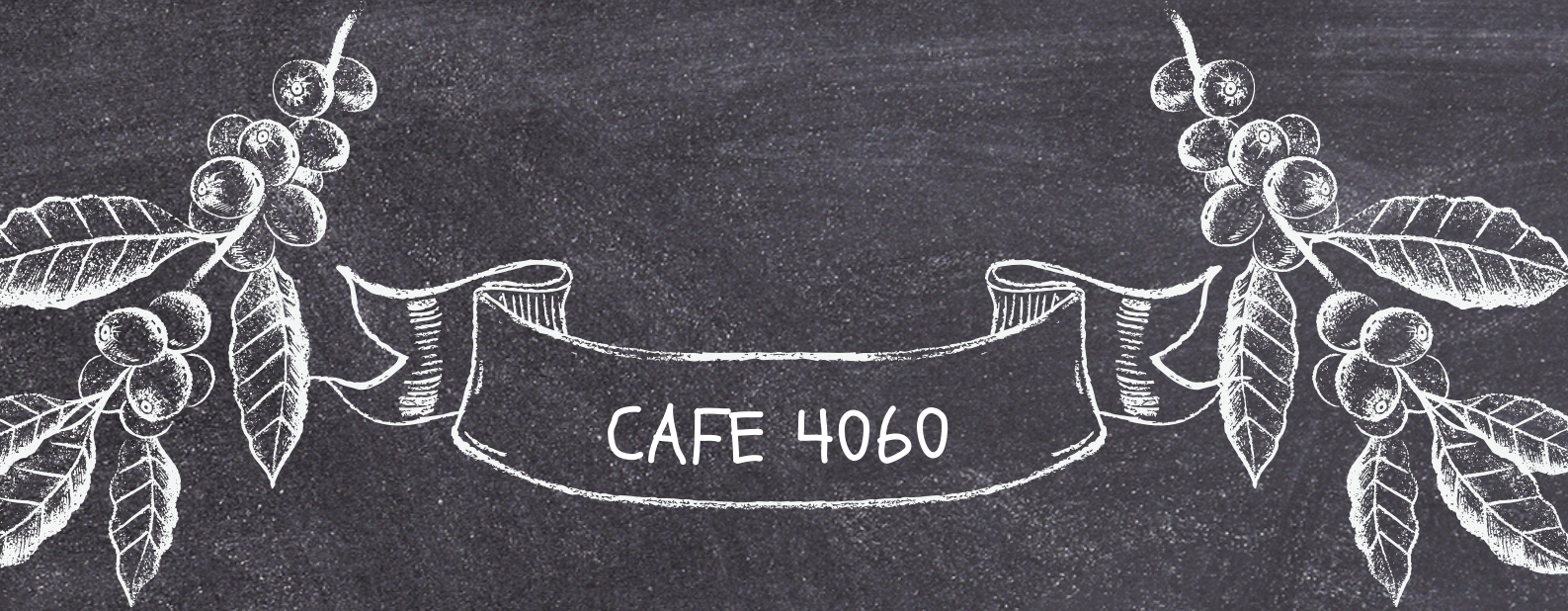
\$10,000 JB HI FI Spending Spree for one organisation's highest fundraising student - it could be you!

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!





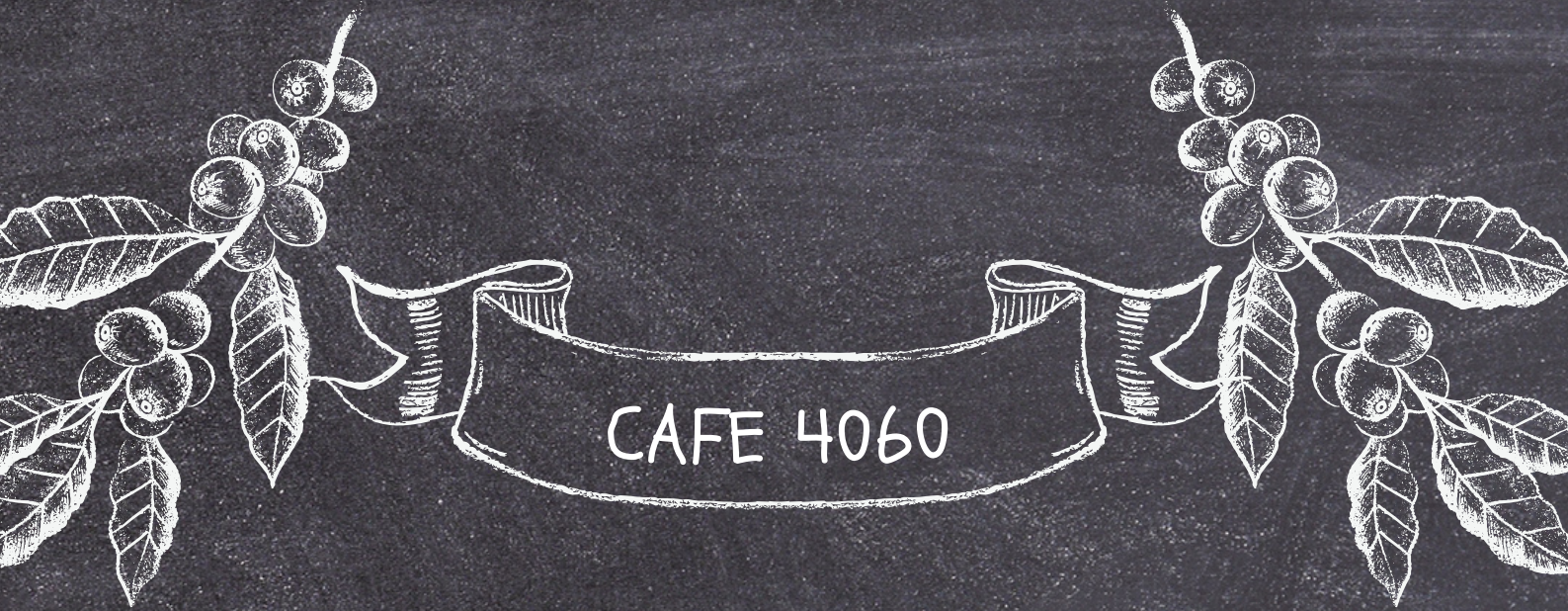
Café 4060

Our first day of business went really well, with just over 20% of our students ordering lunch.

Café 4060 will be operating again on
Monday 15th
Monday 29th.

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-	\$6.00 for 2
tuna and avo, tuna and cucumber, chicken teriyaki, vegetarian, salmon	

DRINKS

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

SNACKS

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



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!



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



How to Help Kids on the Spectrum Identify and Connect With Their Strengths

Like everybody else, kids on the spectrum have strengths and weaknesses. But society tends to focus on their weaknesses. As a parent, you could combat this through strength-based parenting.

I've experienced many rewarding moments as a trained psychologist who conducts Visible Wellbeing (VWB) training for teachers and parents.

And in one of these trainings, a teacher came up to me at lunchtime to tell me about her students and also one of her own children. You see she's the parent of a child who is on the spectrum. That means she's had doctors, psychologists, and even fellow teachers constantly pointing out what was wrong with her child. She told me this has gravely affected her son's self-image.

After hearing me talk about strength-based education, she told me she'd apply the training not just as a teacher, but as a parent. She wants nothing more than to help her son change the way he thinks about himself.

It was a refreshing moment for her, and a rewarding one for me. It's because I spent more than 25 years as a university researcher in psychology and education to come up with the SEARCH Framework as the centrepiece of my Visible Wellbeing program.

For context, the SEARCH Framework helps young people reach their full potential through six pathways:

- **Strengths**
- **Emotional Management**
- **Attention and Awareness**
- **Relationships**
- **Coping**
- **Habits and Goals**

So, it was a moment of joy for me to realize that the first pathway—strengths—resonated strongly with a teacher who also parents a child who's on the spectrum.

And she's right on the money, too. Because strength-based parenting can be an important way to build a child's identity well.

Strength-Based Parenting

If you're a parent to a kid who is neurodiverse or on the spectrum, I don't need to tell you how demoralising it can be to have society solely focus on what seems to be missing or lacking in your child.

Strength-based parenting flips the script. It starts with the question "*What is right with my child?*" before it looks at what might be wrong.

Notice how I used the word 'before'.

That's because strength-based parenting is not meant to turn a blind eye to the downsides. Instead, it's about placing your attention on strengths **first** before shortcomings. This helps your children own what they're good at so they may use those strengths to overcome what they're not so good at.

One thing I learned as a trained psychologist and a University Professor is that "diagnosing" what's wrong with a person may be helpful in certain instances. It could help doctors plan effective treatment and it could help teachers extend help to their struggling students.

Still, this "diagnose and deficit" orientation can erode a child's identity. So, as a parent, you could help counter this message through strength-based parenting.

Some of the strengths that go with being in the spectrum include creativity, hyper-focus, and pattern detection.

As a parent, you can boost their sense of self and let them know that they are much more than what they "lack."

Now, the question is:

How can you determine the strengths of your child?

3 Ways to Spot The Strengths of Kids on the Spectrum

Anything that energizes your child, boosts their effectiveness, and gives them an advantage is a strength. You could also zero in on specific talents, like the ability to memorize facts, play an instrument, or run fast. Don't forget to consider character strengths, too, like humour, courage, and even kindness.

All that to say—strengths come in all shapes and sizes.

However, there are typically three elements that constitute strength formation. So, in order to practice strength-based parenting, try to keep an eye on all three elements:

#1: Performance

Look for things your kid is good at. Observe instances when they show quick learning, a repeated pattern of success, or good performance that exceeds expectations for their age.

#2: Energy

The thing with strengths is that they are self-reinforcing. When we do something we're strong at, we are filled with vigour and we feel good.

So, when your child shows abundant energy when doing something they're good at, it's a cue that they're using a strength.

#3: High Use

We all tend to choose to do things that we're strong at. So, look for how your child chooses to spend their spare time, what they like to do frequently, and what things they love talking about.

One of the best things about strength-based parenting is the joy of looking for signs that these three elements are present in an activity your child engages in. And once you do identify the presence of these elements, the next step is to connect your child with their strengths.

Connecting Kids on The Spectrum With Their Strengths For Positive Outcomes

As a parent to a kid on the spectrum, you can put in the effort to connect them with their strengths once you identify what their strengths are.

There are three ways you can help your child play to their strengths. You could:

- Talk to your child about your observations so they can be made aware of their strengths
- Be hands-on and make time for activities that employ your child's strengths
- Enable opportunities, relationships, and even equipment for your child to practice their strengths

To illustrate, my daughter Emily loves to draw. She'll watch cartoons while drawing the characters in real-time. And she also draws pictures on every single birthday card she gives her friends.

So, I talk to her and encourage her to enter art competitions. I also make sure the house is always stocked with art supplies.

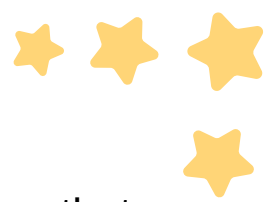
It's simple ways like this that you can help foster your child's strengths

You Can Start Practicing Strength-Based Parenting Today

Strength-based parenting could help make your child see the upsides of their identity and the uniquely positive aspects of being on the spectrum. By empowering them to explore and play to their strengths, you could help them make strides in seeing themselves beyond the deficits of their diagnosis.

And because exploring a child's strengths is a journey the whole family can take, strength-based parenting can likewise strengthen your familial bonds for a happier, more uplifting life.

Now, if you want to learn more about how you can start practising strength-based parenting, you could join my Strength Switch - Online Positivity Family Program. Try out some of the [family wellbeing activities](#) I've designed to foster strength-based parenting. [Link is here](#)



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.





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



Campfire Conversations



Campfire Conversations is a gathering of First Nations' students and parents in the Banyule/Nillumbik Schools Network. It is an opportunity to come together to celebrate culture and consider

When:

Wednesday 24th May 2023

Where:

Barrbunin Beek Gathering Place
Catalina Street, Heidelberg West.

Time:

2:00pm - 2:30pm Arrival

2:30pm Cultural activities

4:00pm Light BBQ Dinner

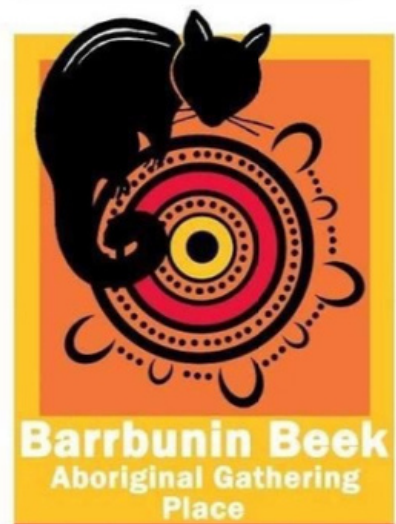
Parents are invited to pick their child up from their school and join us at the Barrbunin Beek Gathering Space or come directly after school. While some schools may be able to offer resources to support the transport of students, some schools may also be faced with staffing constraints that make this difficult.

More Information

Jeff Jackson, Rosanna Primary School
9457 2592



Artworks Completed by Cooper Munro Rosanna Primary School



tuning into teens

information session

Want to know how to build your teens resilience to cope with stress or difficult times?

Join us on a one hour webinar to find out more about the Tuning Into Teens program.

We will be introducing the key themes including adolescent development, what to expect from the program, and the benefits of emotion coaching.

If you have a child who is showing signs of mental distress, or you are interested in strengthening your connection to your teen, sign up below



bit.ly/3nqipdZ



Date & Time

Tuesday, 13 June 2023
5:30pm to 6:30pm

Cost

Free!

Location

Online (Zoom)

Enquiries

Call us on (03) 9433 7200 or email
headspacegreensborough@mindaustralia.org.au



MINI HURRICANES

**FRIDAYS
19TH &
26TH
MAY**

@Hurstbridge Stadium

Give basketball a try
at our mini hurricanes
program suitable for
ages up to 9.

**\$20
ONLY**

**4PM -
5PM**

Registration link



www.hurstbridgehurricanes.com/programs

**19TH
MAY**

WWW.BLUELIGHT.ORG.AU



PROUDLY RUN BY LOCAL
POLICE AND VOLUNTEERS



DIAMOND CREEK BLUE LIGHT DISCO

19TH MAY

7-9.30PM | 8 TO 13 YEAR OLDS | \$8 ENTRY

**DIAMOND CREEK COMMUNITY CENTRE
28 MAIN HURSTBRIDGE RD, DIAMOND CREEK**

CONTACT SNR SERGEANT WAYNE SPENCE 9438 8300

ATTENTION PARENTS! PLEASE ENSURE CHILDREN HAVE AN EMERGENCY NUMBER ON THEM



DIAMOND CREEK BLUE LIGHT DISCO
PLEASE ASK YOUR PARENTS TO LIKE THE PAGE IF YOU ARE UNDER 13



DIAMOND CREEK BLUE LIGHT

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



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)



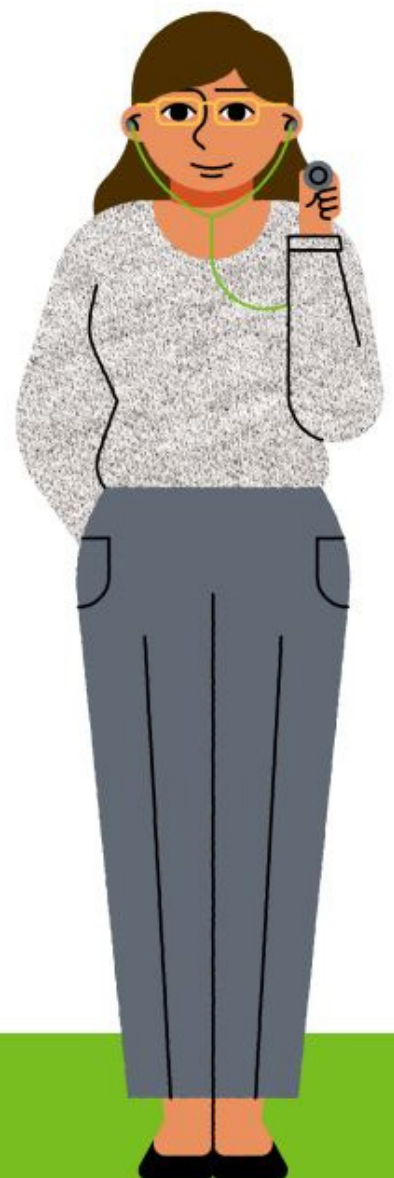
General Physical Health

- 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