

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

MAY 24TH, 2023

## NEWSLETTER NO.8

### Term 2 Dates

#### MAY

**24th Division Cross Country at Yarrambat Park**

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

**29th Cafe 4060 operating**

**31st Return to School Day**

#### JUNE

**1st Regional Cross Country**

**12th Public Holiday**

**13th Come and Play Session 3- PE**

**19th Prep Breakfast**

**21st Reports Available on COMPASS**

#### **TERM 2 JSC FUNDARISER**

This year the JSC have continued the work from 2022 and decided to raise money to create a more sustainable Wattle Glen Primary School.

The JSC have discussed the importance of being sustainable so that we can look after our planet for our future selves and future generations. With this in mind this term we will be having a 'Future Me' dress up day. Dress up as what you dream to be in the future; a farmer, a basketball player, a doctor ..... the possibilities are endless. Bring a gold coin donation and come dressed as your future self.

**23rd Last Day of Term 2, school finishes at 2:20**

# Principal's Report

Hello everyone,

I am really looking forward to an event taking place on May 31st. It is 'Return to School Day'. On this day students are encouraged to invite their grandparents, Aunts, Uncles, Mum, Dad, older sibling (you get the idea!) to join them at school for four different activities, one with each classroom teacher. The students are grouped in their houses, so siblings are in the same group. Then, the special people stay at school for morning tea. It is a lovely way to spend a morning with loved ones, as well as a lovely way to interact with all of the staff at WGPS. I hope your child has a special person they can spend the morning with.

Our prep enrolments for 2024 are currently sitting at 17. Please let anyone you know who is considering enrolling to complete their enrolment form, to confirm a place at WGPS for next year.

As positive Covid cases in our wider community are becoming more common I'd like to remind you to keep your children at home if they are showing any symptoms, such as; *congested or runny nose, sneezing, scratchy or sore throat, cough with no difficulty breathing, new aches and pains, or lethargy or weakness without shortness of breath, mild headache, mild fever that responds to treatment, loss of smell or taste, loss of appetite, nausea, occasional vomiting or diarrhoea, or not drinking as much fluid as usual.* We would like to keep everyone at WGPS as safe as possible, and covid free. If you need RA Tests please let us know and we will get some to you.

I'd like to remind everyone of a compass alert that was sent out at the start of the year- the [2023 Curriculum Contributions](#). If you have not paid this contribution, please make the payment via Compass, or go the office and pay via EFT.

At our school council meeting on May 15 we passed several new policies. They can be found on our website. Here are the links;

[Anaphylaxis Policy](#)

[Asthma Policy](#)

[Child and Family Violence Information Sharing](#)

[Family Violence Support Policy](#)

[Statement of Values and School Philosophy](#)

Finally, well done to our cross country runners who competed in the division race today, congratulations to Harriet for making to the next round on June 1st! Good Luck!

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 3

P/1 Benjamin

1/2/3 Alec

3/4/5 Justin

5/6 Ethan



Week 4

P/1 Eliza

1/2/3 Isaac

3/4/5 Ella, April

5/6 Marlo

# Inter School Sport Awards

Each week, when we compete against the other schools for Inter School Sport (ISS), the opposing school selects students to receive recognition. Here are the recipients for weeks three and four. Congratulations everyone!



# Curriculum News

Your May update about our classrooms!

## Upcoming Assessments

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







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

Unfortunately, we need to take Sushi off  
the menu, due an increase in price and  
availability. It was very popular, so  
instead we are going to have specific  
Sushi days instead. They will commence  
in Term 3.

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.





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### HOT FOOD

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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

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### DRINKS

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

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### SNACKS

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





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](http://www.wattlegps.vic.edu.au)

 [wattle.glen.ps@education.vic.gov.au](mailto:wattle.glen.ps@education.vic.gov.au)

 Wattle Glen Primary School  03 9438 1259





# WATTLE PLAYGROUP



COME AND JOIN US AT WATTLE GLEN PRIMARY SCHOOL  
FOR A FUN AND EDUCATIONAL PLAYGROUP.  
PLAYGROUP IS DESIGNED TO HELP CHILDREN  
SOCIALISE AND LEARN SOME FUNDAMENTAL SKILLS  
BEFORE ENTERING PRIMARY SCHOOL.

## WHO CAN JOIN US?

We invite all children under the age of 6!

Our playgroup is catered to all ages as we have created a space that encourages free play, while also providing the children with opportunities to learn new skills and concepts. (We do kindly ask that children under the age of 2 to be supervised by a carer at all times.)

## WHAT TO BRING?

Please bring along your child's drink bottle and their hat for outside play.

We encourage personal toys to stay at home as we have a large variety of activities and toys for children to play with.

## WHEN?

Every Friday  
during the school  
term.  
10-11am  
Fruit will be  
provided.

## WHERE?

Wattle Glen Primary School  
16-24 Reynolds Road, Wattle Glen.  
Enter the school via gate 1 on  
Sunnyside Crescent

## CONTACT US...

16-24 Reynolds Road, Wattle Glen Vic 3096

Phone: 9438 1259

Email: [wattle.glen.ps@education.vic.gov.au](mailto:wattle.glen.ps@education.vic.gov.au)

Website: [wattlegps.vic.edu.au](http://wattlegps.vic.edu.au)





## 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](#)





# 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

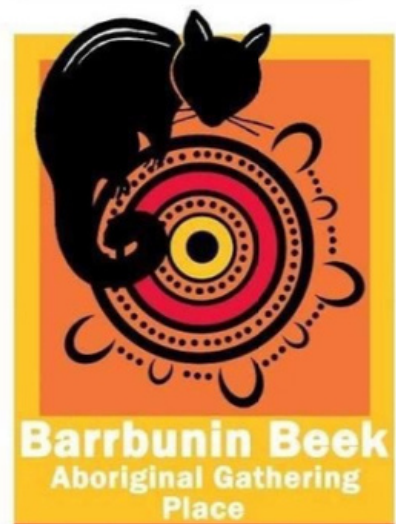
Parents are invited to pick their child up from their school and join us at the Barrbunin Beek Gathering Space or come directly after school. While some schools may be able to offer resources to support the transport of students, some schools may also be faced with staffing constraints that make this 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](https://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](mailto:headspacegreensborough@mindaustralia.org.au)

## HELLO FUTURE AFLW OR AFL PLAYERS

Our awesome Under 9s team is seeking 3 or 4 players (girls or boys are most welcome) to come and join their team for the 2023 season.

Coach Cal runs a fun training session every Friday for the team kicking off at 5.00pm. Bring a friend and come give it a go - your AFLW or AFL journey starts now!

