



WOORAGEE PRIMARY SCHOOL

Newsletter

TERM 1, WEEK 2
8th February 2019

WOORAGEE NEWS

Dear Families and Friends,

Parent Information Session: Just a reminder that our parent information night is this coming Monday 11th February 2018. We would really like to see all families there if possible, it will help to ensure that one message is being communicated, which keep everything clear.

Working Bee & Social BBQ: The Working Bee and BBQ will be held on Friday 22nd February. We will commence the Working Bee at 3:00pm with the students. There will be a list on the Parent Table at the entrance way, where parents can write their names next to their preferred job. There will also be a list of equipment that we will need, if people can let us know if they can bring any of these things along to make the jobs easier. The BBQ will start at 5:30pm and we will provide bread, sausages (plus vegan option), onions and coleslaw.

15 Mile Creek Leadership Camp: This week four of our Year 6 students have been attending the 15 Mile Creek Leadership Camp. This will be a wonderful opportunity for the children to meet new people, learn new skills and stretch themselves out of their comfort zones. It also means they will learn new skills which they can bring back to school and share with others.

Student Leadership Team: This year we are going to introduce the Student Leadership Team. Students from Grades P-6 will be invited to be on the Student Leadership Team, which will discuss student issues and be an avenue to facilitate student voice. Students will just have to put themselves forward to be included and we will meet fortnightly on during lunchtime break. I will share more with the children next week.

Wooragee Farmers Market: This term, Wooragee Landcare are running the Wooragee Farmers Market for the last 5 weeks of term. We have covered the 5 weeks with staff, but it would be great to have some parent/family helpers as well, if people are available. I have attached a form to this week's newsletter for anyone who is interested. It will only involve selling BBQ items and a small range of plants and produce.

Swimming: Please return Swimming notes and money ASAP, as we head to the pool next Wednesday (13th Feb). For students attending, the NERSSA swimming carnival will be held Monday 18th February at WAVES in Wodonga.

School Council Nominations: I will be calling for school council nominations from Monday 18th February until C.O.B Friday 22nd February. We will have 5 vacancies available for School Council. If we happen to receive more nominations than positions, we will hold a ballot in the 2 weeks following.

Have a lovely weekend, Alicia Odewahn- Principal

EVENTS CALENDAR

FEBRUARY

11 th	Music with Billy & Charity
11 th	Parent Information Session 3:30pm
13 th	Swimming Pool Day (All Students)
13 th	PREP REST DAY
18 th	NERSSA Swimming (Select Students)
18 th	School Council 3:30pm
20 th	PREP REST DAY
22 nd	3:00pm Working Bee & Welcome BBQ 5:30pm
28 th	PREP REST DAY

MARCH

6 th	PREP REST DAY
7 th	Wooragee Farmers Market
13 th	PREPS START ATTENDING WEDNESDAY
14 th	Wooragee Farmers Market
18 th	School Council 3:30pm
21 st	Wooragee Farmers Market
22 nd	Yack Folk Festival Parade
28 th	Wooragee Farmers Market

APRIL

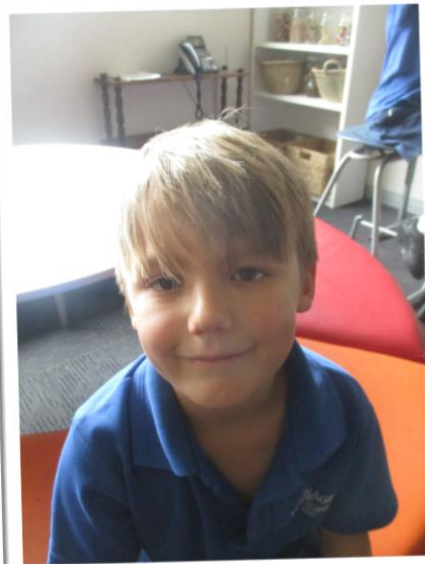
4 th	Wooragee Farmers Market
22 nd	EASTER MARKET



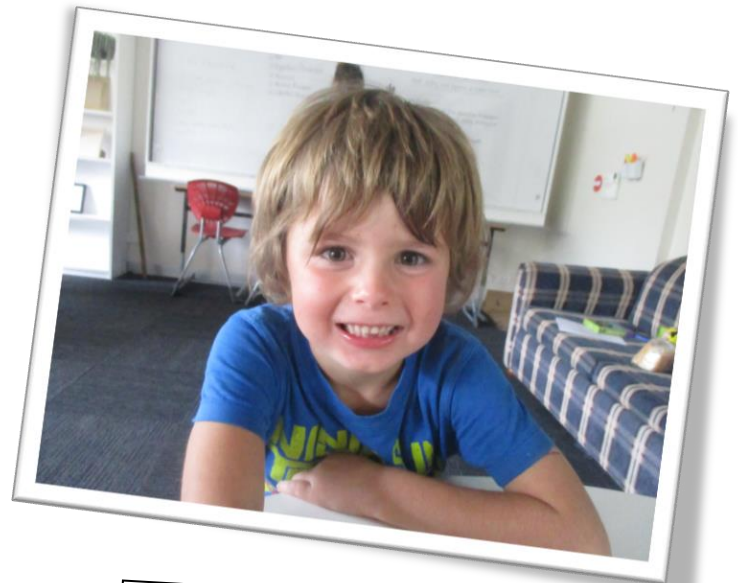
Anton: At the start of the day today, Lachlan and I made a double layer wall out of straws. In cooking I made cannelloni, with spinach and sage.



Lachlan: I built a straw wall for fun. It is taller than me.



Cooper: In cooking, I made the chocolate muffins. I ate the chocolate off the spatula. It was sweet and yummy.



Hudson: Today I have been doing STEM and I have been cooking lunch. My brother Bailey helped in the kitchen.

ARTICLE FOR THE WEEK: 5 WAYS TO AVOID THE AFTER SCHOOL MELTDOWN

<https://www.kinderling.com.au/news/5-ways-to-avoid-the-after-school-meltdown>

School is hard work. Whether your child enjoys school or is somewhat less enthusiastic, for every child, it is hard work.

What is a school day like for a child – big or small?

It goes like this ...

You are in “appearance management” mode all day. You have to mind your p’s and q’s. Do what is asked. Behave even though you might not know what exactly that means.

You are away from your special big people – like your mum or dad or grandparent – who have the just-for-you power of being able to restore you. And you miss them. You have to manage disappointments and setbacks. Like your tomato soaked through your sandwich bread. Or having a teacher speak sternly to you. Or feeling like you didn’t make the grade. And if you haven’t really settled in with a big person at school yet – like your teacher or a classroom helper – you are having to manage those on your own.

And on the list goes

So with all of this in mind, you might think that when you pick your child up from school, the fact that they missed you and needed you and are now done with school and free to run and play and burp and do whatever they need to do should have them ecstatic. Right?!

Ummm ... no.

A lot of children have very different reactions. And for very good reasons that are easily explained by the science of child development.

Think of it this way. Your child’s resources have been completely used up by all of that sitting, managing, and missing. And they just plain-old have nothing left.

Then you – their chosen comforter, the one they take all of their hurts and needs to – arrive to whisk them away. But instead of melting into your arms, they angrily exclaim that you packed them the WORST lunch ever. And they HATE assembly. And spelling is LAME. And their brother is STUPID. And the cat is in their way. And why can’t they go to play at Sarah’s house. And YOU’RE THE WORST MUM/DAD EVER!!!

Wow. What happened?

Attachment happened. That’s what. And attachment happened at a time with their level of need was SUPER high. So the end result is an after school melt-down-palooza. How? Two forces are at work. The first is that the child had great need of you and you weren’t there for them. Through no fault of your own, really. It is just how it goes. But the attachment brain is wired to scan and search for you – their chosen comforter, their one and only – in a time of need.

And after 6 or 7 hours of searching for you and not finding you, rather than melting into you, it will defensively rear and attack. It does that from a place of wanting to protect itself from more hurt. This is sometimes called 'defensive detachment'.

he second force at work is that your child is having defensive detachment crash around them at a time when they are already on EMPTY. They have nothing left in the tank with which to regulate around this calamity and so what was already a challenging circumstance is made even more so.

BOOM! The after school meltdown. And the stronger and longer it is, the more you can intuit the “cost” of that day at school for your child.

So what can you do? How can these be tamed and/or resolved?

Here are 5 key ideas to get you back to some after school happy time:

1. Fill them up!

Give your child MORE of you in the mornings before school. Do this by setting your alarm 15 minutes earlier and using that extra time to spend with your child. Maybe you snuggle in a rocking chair by the fire. Maybe you read a story. Maybe you sip on something warm and cozy while snuggled on the couch. Just do something together and full of the spirit of connection and care.

2. Send yourself to school

Even though you won’t really be there. Write notes for their lunch box. Fill their hands full of kisses. Tell them you visited the playground the night before to leave stashes of kisses for them under the swingset so they can collect them the next day at recess. Keep a picture of you and them together in their backpack. Or on a lanyard around their neck and tucked under their shirt.

I had one mum whose boy was in Grade 10. He was going through some tough times but he didn’t want any stashes of kisses to be sure! So instead when she made his sandwich in the morning, she took a bite out of it. Then packed it up and popped it into his lunch. And he LOVED sitting down to lunch everyday and seeing her right there in his missing sandwich bite.

3. Turn goodbyes into hellos

Instead of focusing on saying goodbye to your child and telling them all of the fun things they will do that day, redirect their attention at your goodbye to your next hello. So instead of “Have a great day today – have fun in gym class and doing your art project”, you might try “Have a great day today – when I pick you up after school, why don’t we go to the playground/out for coffee/on a bike ride?” All of a sudden, the attachment brain is now thinking about hello instead of the *loooooong day* without you.

4. Use rituals

We humans love our routines. We love expectations and the safety of having a script for exactly how things are going to go. So get your routines in place. Have a morning routine (full of connection!), a goodbye routine, a hello routine, and a we-just-got-home-from-school routine. These kinds of scripts provide a boat-load of safety during an emotional storm. It can help the situation be righted a lot more quickly. It is like you know you have a mark that you can aim for landing on. And then you feel safe again.

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5. Make lots room for the blow-out

And if the meltdown happens anyway, that’s ok. You know exactly why. It isn’t that your child is impossible. It is just that they need to be replenished and comforted and reassured and filled up.

So do that. As they shout and throw and generally lose it, just come alongside.

“It was a long day wasn’t it?”, “You are totally done aren’t you?”, “You need some special snuggle time don’t you?”, “I’ve got you ... we’re ok ... it’s ok to let your shout out ... we will get this all sorted ...” And it may have to run its course for a little bit but sure enough, your child will come around. Right into your waiting arms. Gently held in the softness of your heart.

THANK YOU

We would like to say a special thank you to:

Owen and Eric for taking our gardening program every week

Trevor for driving the students to the leadership camp

Alison for donating the laminator and pouches

Time, Alison and Anita for their help in the garden on Thursday

SCOOTERS

If students would like to leave their scooters here overnight, it is really important that they are brought into the classroom at the end of the day, or secured to the fence with a bike lock. This is to ensure that they are safe out of hours and that staff do not have to be responsible for storing them.

Camps, Sports and Excursions Funds

If you are holder of a healthcare card you may be able to apply for Camps, Sports and Excursions Funds. Please get a copy of the application form from the office. Complete and return. If you were in receipt of the funds last year you don't need to redo form.

FEBRUARY BIRTHDAY

7th Nadia
14th Meg
16th Doug
17 Arden



WOORAGEE PRIMARY SCHOOL

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NETBALL TRAINING

Every Thursday
Juniors 5-6
Seniors 6-7

TRIALS

Thursday 7th Feb
Juniors 5-6
Seniors 6-7

ALL WELCOME

SAKG FRIDAY MENU

Friday 8th February

Bruschetta
Vegetarian lasagne
Grace's Salad
Apple Crumble
Tomato Relish

Lunch was absolutely
positively delicious.

WOORAGEE FARMERS MARKET

EXPRESSIONS OF INTEREST

DATE	STAFF	AVAILABLE YES	AVAILABLE NO
Thursday 7 th March	Alicia		
Thursday 14 th March	Jess		
Thursday 21 st March	Alicia		
Thursday 28 th March	Karen		
Thursday 4 th April	Grace		