



WOORAGEE PRIMARY SCHOOL

Newsletter

TERM 3, WEEK 1
18th July 2019

WOORAGEE NEWS

Dear Families and Friends,

Welcome back to another wonderful term at Wooragee! We hope that you all had a nice opportunity to rest and recharge the batteries and are ready again for all of the exciting things we have ahead of us this term. It was lovely to see all the children back this term and to also welcome a new family to our school. Freddie is in Year 2 and his sister Bella will be starting in Prep in 2020. Amanda and Glen have recently moved to Wooragee and we warmly welcome them into our school community.

TERM THREE DATES: There are already many dates filling up our Term Three calendar. Along with our newsletter calendar, there is the Parent Calendar on google calendars. I invited all parents to this at the start of the year, but please let me know if you are experiencing any difficulty and I can re-send this invitation. It is a helpful way to stay up to date with dates coming up. A few important dates to flag **Tuesday 30th July- Wooragee PS Public Speaking Comp**, **Wednesday 14th August- Charlie & The Chocolate Factory**, **Friday 23rd August- Book Week Parade & Grandparents Day Lunch**, **Thursday 29th August- Fathers' Day Breakfast**. There will be more information to follow regarding these events, but just to bring them to your attention, so that you can ensure you can participate. Especially our Dad's for Fathers' Day and our Grandparents' for Grandparents' Day.

POSITIONS: Interviews were conducted at school on Wednesday 15th July for the Acting Principal position, whilst I am on Parental Leave. John Pryor, my boss and Network Senior Education Improvement Leader and Emma Hamill, our School Council President were the panel members carrying out this process. I will be in touch ASAP with the information regarding the successful applicant and appointment. We also conducted interviews today for our ES/Stephanie Alexander Kitchen Garden Program Staff member and I will also communicate this information when it has been finalised,

BOOK CLUB: The latest Book Club catalogue was handed out this week and is due to be ordered by **Monday 5th August 2019**.

WOORAGEE PS PUBLIC SPEAKING COMPETITION: Tuesday 30th July we invite all parents to come along and watch our 3-6 students participate in their oral speaking competition. This competition forms the basis

Have a lovely weekend, Alicia Odewahn- Principal

EVENTS CALENDAR

JULY

- 26th NATIONAL TREE PLANTING DAY
- 29th MIPS to WPS- Years 2-6 Government
- 29th School Council 3:30pm
- 30th Wooragee PS Public Speaking Competition 1:30-3:00pm

AUGUST

- 1st SEED Day Wodonga (Select Students Presenting Eco Bricks)
- 12th WPS to MIPS Years 2-6 Government
- 14th CHARLIE & THE CHOCOLATE FACTORY
- 22nd Jackie French Author Talk Wodonga
- 23rd Book Week Parade & Grandparents Day Lunch 12-3
- 26th MIPS to WPS- Years 2-6 Government
- 27th WODONGA ARTS FESTIVAL (All students)
- 29th Fathers' Day BBQ Breakfast & Activities 8-11am
- 30th Responsible Pet Ownership Incursion
- 30th ABC Gardening Australia Airing

SEPTEMBER

- 6th Alicia commences Parental Leave
- 9th WPS to MIPS Years 2-6 Government
- 13th SCHOOL WORKING BEE





George: Yesterday I made a rocket, I used a soft drink bottle, 3 empty toilet rolls and a bike pump. First I put a whole in the lid of the bottle to put the pumps pin in, I made a base with the toilet rolls so the bottle could sit straight. I put a little bit of water in the bottle then used to pump to fill it with air. Once it fills with air you pull the pin and the rocket launches



Freddie: This is my 4th day at Wooragee Primary, the last school I went to was Wodonga South Primary School. My best friend at that school was Hayley. I hope she sees this picture.



Anouk: It was my birthday when we were on holidays. I got an iPad. I got a surprise unicorn. My unicorn is very colourful. Her name is Rainbow star.



Frankie: On the holidays it was my birthday. I got a motorbike that goes over 40km per hour. I have crashed 4 times so far. I have to wear a helmet. I once crashed into the barbed wire, my head hit it but lucky I had my helmet on.

What to Do (and Not Do) When Children Are Anxious- *How to respect feelings without empowering fears* Clark Goldstein, PhD

When children are chronically anxious, even the most well-meaning parents can fall into a negative cycle and, not wanting a child to suffer, actually exacerbate the youngster's anxiety. It happens when parents, anticipating a child's fears, try to protect her from them. Here are pointers for helping children escape the cycle of anxiety.

1. The goal isn't to eliminate anxiety, but to help a child manage it.

None of us wants to see a child unhappy, but the best way to help kids overcome anxiety isn't to try to remove stressors that trigger it. It's to help them learn to tolerate their anxiety and function as well as they can, even when they're anxious. And as a byproduct of that, the anxiety will decrease or fall away over time.

2. Don't avoid things just because they make a child anxious.

Helping children avoid the things they are afraid of will make them feel better in the short term, but it reinforces the anxiety over the long run. If a child in an uncomfortable situation gets upset, starts to cry—not to be manipulative, but just because that's how she feels—and her parents whisk her out of there, or remove the thing she's afraid of, she's learned that coping mechanism, and that cycle has the potential to repeat itself.

3. Express positive—but realistic—expectations.

You can't promise a child that his fears are unrealistic—that he won't fail a test, that he'll have fun ice skating, or that another child won't laugh at him during show & tell. But you can express confidence that he's going to be okay, he will be able to manage it, and that, as he faces his fears, the anxiety level will drop over time. This gives him confidence that your expectations are realistic, and that you're not going to ask him to do something he can't handle.

4. Respect her feelings, but don't empower them.

It's important to understand that validation doesn't always mean agreement. So if a child is [terrified about going to the doctor](#) because she's due for a shot, you don't want to belittle her fears, but you also don't want to amplify them. You want to listen and be empathetic, help her understand what she's anxious about, and encourage her to feel that she can face her fears. The message you want to send is, "I know you're scared, and that's okay, and I'm here, and I'm going to help you get through this."

5. Don't ask leading questions.

Encourage your child to talk about his feelings, but try not to ask leading questions— "Are you anxious about the big test? Are you worried about the science fair?" To avoid feeding the cycle of anxiety, just ask open-ended questions: "How are you feeling about the science fair?"

6. Don't reinforce the child's fears.

What you don't want to do is be saying, with your tone of voice or body language: "Maybe this *is* something that you should be afraid of." Let's say a child has had a negative experience with a dog. Next time she's around a dog, you might be anxious about how she will respond, and you might [unintentionally send a message](#) that she *should*, indeed, be worried.

7. Encourage the child to tolerate her anxiety.

Let your child know that you appreciate the work it takes to tolerate anxiety in order to do what he wants or needs to do. It's really encouraging him to engage in life and to let the anxiety take its natural curve. We call it the "habituation curve"—it will drop over time as he continues to have contact with the stressor. It might not drop to zero, it might not drop as quickly as you would like, but that's how we get over our fears.

8. Try to keep the anticipatory period short.

When we're afraid of something, the hardest time is really *before* we do it. So another rule of thumb for parents is to really try to eliminate or reduce the anticipatory period. If a child is [nervous about going to a doctor's appointment](#), you don't want to launch into a discussion about it two hours before you go; that's likely to get your child more keyed up. So just try to shorten that period to a minimum.

9. Think things through with the child.

Sometimes it helps to talk through what would happen if a child's fear came true—how would she handle it? A child who's [anxious about separating from her parents](#) might worry about what would happen if they didn't come to pick her up. So we talk about that. If your mom doesn't come at the end of soccer practice, what would you do? "Well I would tell the coach my mom's not here." And what do you think the coach would do? "Well he would call my mom. Or he would wait with me." A child who's afraid that a stranger might be sent to pick her up can have a code word from her parents that anyone they sent would know. For some kids, [having a plan](#) can reduce the uncertainty in a healthy, effective way.

10. Try to model healthy ways of handling anxiety.

There are multiple ways you can help kids handle anxiety by letting them see [how you cope with anxiety yourself](#). Kids are perceptive, and they're going to take it in if you keep complaining on the phone to a friend that you can't handle the stress or the anxiety. I'm not saying to pretend that you don't have stress and anxiety, but let kids hear or see you managing it calmly, tolerating it, feeling good about getting through it.



Student Work

By Chloe Year 4

The day I met an Alien.

First I whacked it with a bat and it went unconscious. I get in my rocket. Then the alien stretched its arms and pulls my rocket down and my rocket blew up. "What do you want?" I said. Then the alien says "□□□□□□□□" and I said "what did you say?" of course I could not speak alien and the alien could not speak human either. The alien looked quite weird, very weird. It went home with its friend. I'm going to my rocket. So I build it again and go home.

THANK YOU

We would like to say a special thank you to:

Owen and Eric for taking our gardening program every week

Sadie, Cameron, Xaine and James for looking after the chickens in the holidays

Matilda, Kym, Charisse and Banjo for looking after the lambs

Joe for getting those extra jobs done for us over the holidays

Wendy Fisher for sticking all of our earn and learn stickers on (thank you to the kids and Grace for their help with this too!)

WOORAGEE PRIMARY SCHOOL

1011 Beechworth-Wodonga Rd
Wooragee VIC 3747
03 5728 7255
wooragee.ps@edumail.vic.gov.au
Find us on Facebook



WOORAGEE FAMILIES FACEBOOK PAGE

There has been a closed Facebook group set up for families of our school. Simply search "WPS Families" and request to join and you will be added. Parents are hoping to use the page to exchange uniforms with each other, arrange playdates, etc

CHARLIE & THE CHOCOLATE FACTORY ITINERARY

7.00am Coach departs Wooragee School
7:15am Coach departs Beechworth Courthouse
9:15am Arrive at morning tea spot
11.45-12:00pm Arrive into Melbourne for lunch - (Students dropped at Parliament Reserve in Spring Street/ elderly dropped at theatre door)
12.20 Students and staff walk to Her Majesty's Theatre
1:00pm Show starts
4:00ish pm Depart Melbourne
5:00pm Wallan McDonalds for Dinner
6.00ish pm Depart Wallan McDonalds
8.30-pm Arrive in Beechworth Courthouse Bus stop
8.45pm Arrive Wooragee School

"TUNING INTO KIDS"
emotionally intelligent
parenting (2-10 years)

Gateway Health Wodonga are running this program again on Fridays from 22nd August until 19th September

10:30am-12:30pm

Contact Gateway Health on
(02) 6022 8888 for more
information

CAN YOU HELP?

We have a prospective family looking to move to the area to attend our school. They have asked if we could share the following...

We are excited to have made the decision to enrol in the school and move to the area. We are looking for a cottage or house to rent, preferably out of town please.

Contact Kellie 0428655391

JULY BIRTHDAY

12th Anouk
Frankie
22nd Chloe
23rd Logan
26th Taylor



SAKG FRIDAY MENU

Spring Rolls
Chicken Stir-Fry
Stir-Fry Vegetables
Apple & Cinnamon
muffins
Fruit

