



Woady Yaloak Primary School

Website: www.woadyyaloak.vic.edu.au
 Email: woady.yaloak.ps@edumail.vic.gov.au

Principal: Corey Pohlner
 Phone: 53 42 8565

2017 Term Dates

- 31st Jan - 31st Mar
- 18th Apr - 30th Jun
- 17th Jul - 22nd Sep
- 9th Oct - 22nd Dec

Smythesdale Campus 5342 8565
Scarsdale Campus 5342 8514

Snake Valley Campus 5344 9274
Ross Creek Campus 5342 0478

For Your Diary
 OCTOBER

Tuesday 24th

- iPad Information Evening 6pm
- Cybersafety Session 6.30pm

Wednesday 25th

- Mrs Hines, Ms Wood, Mrs Dwyer / Fitzpatrick & Mrs Weickhardt Ecolinc Excursion

Thursday 26th

- Ms Mayman, Mrs Major / Ford & Mrs Wheeler Ecolinc Excursion

Friday 27th

- Junior and Middle Swimming Ms Mayman, Mrs Wheeler, Mrs Hughes, Mrs Major/Ford, Mr Snibson, Mrs Dwyer, Ms Wood, Mrs Weickhardt and Mrs Hines Classes

- Senior Presentation Ball

Monday 30th

- Senior Swimming Mrs Beeson-Canty, Mr Whitcher, Mr Harris and Mr Cox's Classes

NOVEMBER

Wednesday 1st

- Gr 3/4 Camp
- Thursday 2nd
- Gr 3/4 Camp
- Gr 5/6 Technology Fair

Permission Note and Money Due

WEDNESDAY 25TH:

- Gr 5/6 Technology Fair
- Gr 6 Country bus forms

FRIDAY 27TH OCT:

- Gr 3/4 camp to be paid in full

Principal Message

THE RESILIENCE PROJECT

Last Thursday night my wife and I had the pleasure of attending an evening talk with Hugh Van Cuylenburg. This year I am trying to learn as much as I can around building a 'Stress Free Culture', so that I can include my findings in my presentation after completing my study tour in 2018.

It is alarming to see the statistics around mental health problems in society and in primary schools:

- 1 in 7 primary school kids experience mental ill-health
- 1 in 5 adults experience mental health problems this year
- 1-3 girls experience anxiety disorders in primary school
- 1-5 boys experience anxiety disorders in primary school
- 65% of adolescents will not seek help for mental illness

On the night Hugh referred to 3 main messages:

- Gratitude
- Empathy
- Mindfulness

He started the night talking about a recent trip to India, where he visited a classroom in a school. The classroom was made out of old tin and was no bigger than half the size of a classroom in Australia. When he entered the room, he was taken a back. He counted 1 teacher, no chairs/tables, no books and 155 students, all sitting on each-others knees, all not making a sound and listening to every word the teacher spoke. Within this class was a range of students from Prep-6. The teacher verbally gave each of the grade levels problems to work out together.

Hugh thought to himself, why are these children so happy? After asking a boy on the street why these children were so happy, going to school in these conditions, the boy told Hugh that they were the lucky ones, as only 1 in 10 children get the privilege of attending a school.

Gratitude

The above story highlights the first message and that is pay attention to what we have in life, not what we don't have.

If anyone is interested I have a booklet that I'm happy to share of a 'gratitude journal'. This year I have been involved in a Principal Wellbeing Program, where I had to use a gratitude journal and the results were amazing.

Why does a Gratitude Journal Works

Sometimes we think too much about what has gone wrong and not enough about what is good in our lives. A gratitude journal forces us to pay attention to the good things in life we might otherwise take for granted, in doing so we become attuned to the everyday sources of pleasure around us- the emotional tone of our life can shift in profound ways.

Actually writing about these events is key. Research confirms that translating thoughts into concrete language makes us more aware of them and deepens the emotional impact.

Principal Message continued

It was found that when someone keeps a gratitude journal weekly for 10 weeks they experienced more:

- Gratitude
- Positive moods
- Optimism about the future
- Better sleep

Ideas how to do it

1. Write down 3 things for which you feel grateful
2. The goal of the exercise is to remember a good event, experience, person or thing in your life- then enjoy the good emotions that go with it.

I have 9 detailed tips to also help with the journal for those interested in having a go, there would be too much writing to include everything in the newsletter.

In the next Woody newsletter I will discuss the second main message, being Empathy.

SCHOOL IMPROVEMENT

SCHOOL WIDE POSITIVE BEHAVIOURS

On Monday we had a guest presenter at our combined P&F meeting. Troy Johns is an expert on School Wide Positive Behaviour. This year we have been working with him to help guide us in the next steps of building our framework.

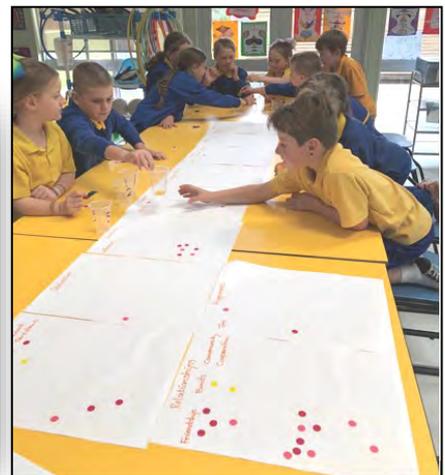
A hugely important part of our School Wide Positive Behaviour journey is seeking input from our school community. It is important for this framework to be successful to seek input from teachers, students and parents so that our framework fits our needs and suits our school. During the day, Troy worked with students from all campuses to gain their opinions on various behavioural topics.

For the remainder of 2017 our School Wide Positive Behaviour team will be using the data gathered from meetings with our parents and students, along with the work already completed with our staff at our term 2 curriculum day and during meetings, to develop the following:

- Our new school values
- A new school mascot
- A behaviour matrix
- A token system for acknowledging expected behaviours
- A program for teachers to use to explicitly teach the expected behaviours in our matrix

Over the next 2 years we will be using the work already completed and planned work for 2018, to modify our schools code of conduct, so that it reflects the understanding and processes around developing a positive school wide culture.

Part of this journey will be updating our school community about the different levels of student needs and what we have in place to help develop every child.



SCHOOL IMPROVEMENT CONTINUED

PARENT FEEDBACK

Part of the process around aligning our school values with the current needs of our school community, is to gain an insight to the thoughts of our parents. We have asked our students to come up with some concepts around a new Woody Mascot. Below is the link to a survey, where parents can vote on their preferred mascot for our school. These pictures are not the final designs for the mascot, but concepts for further work. The mascot will be used to promote our new values in 2018.

Woody Mascot survey link: <https://www.surveylegend.com/s/dth>

This link will also be sent out via FlexiBuzz on Tuesday night at 8.00pm.

CAMPUS UPDATES

WOODY YALOEK PRIMARY SCHOOL 2018 IPAD / CYBERSAFETY INFORMATION NIGHT

Tonight at 6.00pm is the information session at our Smythesdale Campus, for 1:1 iPad use in the senior classroom in 2018. Following this at 6.30pm, Leading Senior Constable Des Hudson will be presenting a cybersafety session for parents of students in any grades across our school.

The session will run for approximately an hour and focus on strategies that parents can implement to best support their children to remain cybersafe. This will be the 5th session that Des has run across Woody this year so if you were unable to make it to the previous talks, I would highly recommend your attendance.

FOUNDATION / GRADE 1 / GRADE 2 ECOLINC EXCURSION

Just a reminder that all of our F-2 classes will be attending an excursion to the Ecolink centre in Bacchus Marsh on Wednesday, 25th October or Thursday, 26th October. These grades will be taking part in their education program about minibeasts; which is very interactive and lots of fun. Each child will need to bring a packed lunch and drink for the day. Bus details were communicated in campus newsletters.

2017 WALK THE SHIRE CHALLENGE

Walk to School month is a fun and easy way for Victorian primary school kids to build healthy habits for life. It has been great to see campuses getting involved in this challenge. We thank the Golden Plains Shire and Pyrenees Shire for their ongoing support with Walk to School.

HATS (NO HAT NO PLAY)

With the UV rays now increasing, just a reminder that as an accredited Sun Smart School, students are required to wear their hats at recess, lunchtime and when outside for class activities throughout the day. If your child does not have an approved school hat, they are available to purchase them from any campus office.

GRADE 3/4 CAMP

On Wednesday, 1st November (week 4 of term 4) 90 Grade 3 & 4 students from all campuses are off to Cave Hill Creek camp.

Parents are to drop their child at our central Smythesdale campus on Wednesday, 1st November at 9:00am. All medications must be clearly labelled and handed to Mr. Witcher before departure. Parents are to pick up their child from the Smythesdale campus on Friday, 3rd November when the bus returns at approximately 2:30pm.

What to bring: Students will need to bring morning tea, lunch and a drink for the first day in separate, clearly named, disposable packages. These will need to be packed separate to clothing, perhaps in a day pack.

Please remember that Medical/Asthma forms were due back Wednesday, 18th October and final payment for this camp is due FRIDAY, 27TH OCTOBER. **If you have any questions regarding camp please contact your child's teacher.**

SPORTING SCHOOLS

During term 4, students have the opportunity to participate in cycling and netball for the Sporting Schools Program. We are extremely lucky to **have Let's Ride running the cycling sessions and Netball Australia running the netball sessions. The Sporting Schools Program** is a great opportunity to get children involved in sports and active in their local communities. If you are involved in either activity we ask that you see it through and attend every session. Please find further information in the permission form attached. If you have any queries, please **don't** hesitate to ask Molly Hughes from the Scarsdale campus.

Corey Pehlner
Principal

Whole School Walkathon - Thursday November 9th

Back Up Day- Thursday November 16th



The major whole school activity this term will be a Walkathon held at Ross Creek Campus. This will be held on Thursday, November 9th with the back up day being Thursday, November 16th. Each child has been given a fundraising form to obtain donations. On the day students will need to wear suitable shoes for walking and a wide brimmed hat. **This year we are also encouraging students to come dressed up as a sports person.** PFA will be providing fruit, cordial and a barbeque lunch. Children will not need to bring play lunch or lunch on this day.

It would be appreciated if the fundraising form and money could be returned during the week before the event, so prizes for fundraising can be awarded on the day of the walkathon.

Parents are most welcome to come and join in.

Deborah Mayman

Woody Yaloak Primary School
DISCO
Strictly Primary School Age Children

Friday 24th November
6.30pm-8.00pm
Woody Yaloak Recreation Facility
Smythesdale
\$5 Entry
NO PASS OUTS
Canteen, Novelties & Raffle Prizes

Further Info
Contact Kaylene Trigg
53 42 8565

Woody Yaloak P.S
Scarsdale Campus

Presents **LEIGH VALLEY**
Hawk and Owl Sanctuary

Birds of Prey Show

When: November 17 th

Where: Smythesdale Hall

Cost: Tickets \$5 per person
Family tickets \$20 (2 Adults 2 Kids)
(extra kids \$2.50 each)

Get In early
Limited seating
Tickets Purchased at
Scarsdale Campus Office
Mon -Wed

BBQ Dinner at 5 pm Snags \$2
Burgers \$3

Show starts at 6 pm

WOODY YALOOK
PRIMARY SCHOOL
ROSS CREEK CAMPUS
FACTORY OUTLET
SHOPPING TRIP

SATURDAY 18TH NOVEMBER, 2017

\$30 PER PERSON

PICK UP LOCATION
WYPS - Ross Creek Campus
651 Sebastopol - Smythesdale Road
Ross Creek

Please feel free to BYO Nibbles / Lunch / Drinks
(opportunity to buy lunch along the way to eat on the bus).

Soft Drinks will be available for purchase throughout the entire day &
tea / coffee is complimentary.

Seats are limited, therefore please complete the registration form and
payment below and return to the Ross Creek Campus Office by
Thursday 2nd November, 2017.

OUTLET	ARRIVE	DEPART
Five Star Direct	8.30am	9.15am
Beaches Fashion	9.25am	10.05am
Bonds	10.35am	11.15am
Converse	11.30am	12noon
Breville / Kambrook	12noon	12.30pm
Smith Street	12.30pm	1.00pm
Natio	1.30pm	2.00pm
Social Club Books	2.05pm	2.35pm
Candy Stripes	2.45pm	3.30pm
Raglan Fashion House	3.30pm	4.10pm
DFO Essendon	4.30pm	5.30pm

Registration & Payment Form

Name: _____

Mobile Number: _____

Email address: _____

Number of People Attending: _____

Fee: (\$30.00 per person) _____

