

## Dates To Remember

### TERM ONE 2020

Thursday 19th March

Twilight Sports **CANCELLED**

Friday 20th March

SDSSA Athletics **CANCELLED**

Monday 23rd March

Assembly 9am **CANCELLED**

Tuesday 24th March

Harmony Day

Friday 27th March

**SCHOOL FINISHES AT 2:30pm**

### TERM TWO 2020

Tuesday 14th April

First Day of Term Two

Monday 20th April

Assembly 2:45pm - TBC

Thursday 23rd April

School Photos - TBC

Friday 24th April

SDSSA Winter Sports R1 - TBC

Wednesday 29th April

School Council Subcommittee 6pm

School Council 7pm

Thursday 30th April

Mother's Day Stall

Thursday 19 March, 2020

## Principal's Report

### COVID19 - UPDATE

It is easy to become overwhelmed with all the media's attention on COVID 19, so I thought I would post some good news. We all need a dose of positivity when our community is facing such challenges:

- China has closed down its last COVID-19 hospital. not enough new cases to support them
- Air pollution plummets in cities with high rates of quarantine. Blue skies over Chinese cities as Covid-19 lockdown temporarily cuts air pollution
- Researchers from Erasmus Medical Centre claim to have found an antibody against coronavirus
- A 103 year old Chinese grandmother has made a full recovery from COVID-19 after being treated for 6 days in Wuhan, China
- Apple reopens all 42 China stores
- Cleveland clinic developed a COVID-19 test that gives results in hours not days
- Good news in South Korea where the number of new cases is declining
- Italy is hit hard, only because they have the oldest population in Europe
- Scientists in Israel likely to announce the development of a coronavirus vaccine
- A network of Canadian scientists are making excellent progress in COVID -19 research

- A San Diego biotech company is developing a vaccine in collaboration with Duke University and National University Singapore
- Tulsa county's first positive COVID-19 case has recovered. This individual has had two negative tests which is an indicator of recovery
- Plasma from newly recovered patients can treat others infected by COVID-19.

Just to let you know, that there is still no further information regarding school closures.



9807 8120



9888 1921



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Mountwaverleyheightsps.vic.edu.au

## **TIPS FOR COPING WITH CORONAVIRUS ANXIETY**

I was talking with Airlie our School Council President regarding our students ability to understand the messages around COVID-19. Given the media attention, empty supermarket shelves and discussions it is not surprising that children are feeling anxious about our current situation. So what can we do to reduce the level of anxiety for our students. Here is a great article Airlie shared with me that I thought was worthy of sharing with the broader community. The main points are copied below. However further reading can be gained by visiting the website: <https://www.movingmindsets.com.au/corona-virus-advice/>

Copied from Coronavirus Advice:

### **Learn the facts.**

Constant media coverage about the coronavirus can keep us in a heightened state of anxiety. Try to limit related media exposure and instead seek out factual information from reliable sources such as the Australian Government's health alert or other trusted organisations such as the World Health Organization.

### **Keep things in perspective**

When we are stressed, it is easy to see things as worse than they really are. Rather than imagining the worst-case scenario and worrying about it, ask yourself:

- Am I getting ahead of myself, assuming something bad will happen when I really don't know the outcome? Remind yourself that the actual number of confirmed cases of coronavirus in Australia is extremely low.
- Am I overestimating how bad the consequences will be? Remember, illness due to coronavirus infection is usually mild and most people recover without needing specialised treatment.
- Am I underestimating my ability to cope? Sometimes thinking about how you would cope, even if the worst were to happen, can help you put things into perspective.

### **Tips for talking with children about the coronavirus.**

Children will inevitably pick up on the concerns and anxiety of others, whether this be through listening and observing what is happening at home or at school. It is important that they can speak to you about their own concerns.

### **Answer their questions**

Do not be afraid to talk about the coronavirus with children. Given the extensive media coverage and the increasing number of people wearing face masks in public, it is not surprising that some children are already aware of the virus. Providing opportunities to answer their questions in an honest and age-appropriate way can help reduce any anxiety they may be experiencing. You can do this by:

- speaking to them about coronavirus in a calm manner
- asking them what they already know about the virus so you can clarify any misunderstandings they may have
- letting them know that it is normal to experience some anxiety when new and stressful situations arise
- giving them a sense of control by explaining what they can do to stay safe (e.g., wash their hands regularly, stay away from people who are coughing or sneezing)
- not overwhelming them with unnecessary information (e.g., death rates) as this can increase their anxiety
- reassure them that coronavirus is less common and severe in children compared to adults
- allowing regular contact (e.g., by phone) with people they may worry about, such as grandparents, to reassure them that they are okay.

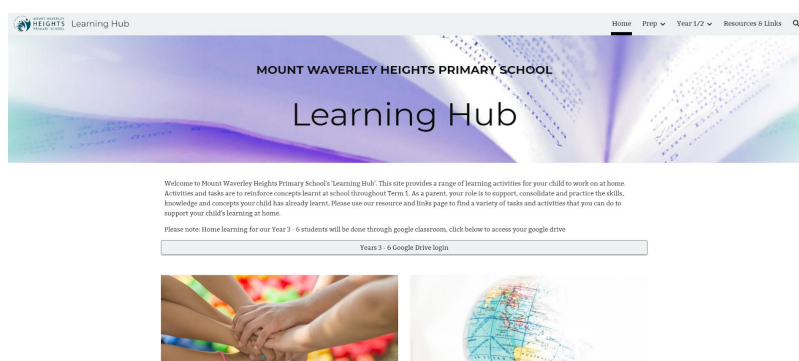
## Talk about how they are feeling

Explain to your child that it is normal to feel worried about getting sick. Listen to your child's concerns and reassure them that you are there to help them with whatever may arise in the future. It is important to model calmness when discussing the coronavirus with children and not alarm them with any concerns you may have about it. Children will look to you for cues on how to manage their own worries so it is important to stay calm and manage your own anxieties before bringing up the subject with them and answering their questions.

## Limit media exposure

It is important to monitor children's exposure to media reports about the coronavirus as frequent exposure can increase their level of fear and anxiety. Try to be with your child when they are watching, listening or reading the news so you are able to address any questions or concerns they may have.

## MWHPS LEARNING HUB: P-2



A huge thank you to Carolyn who constructed the site for staff to upload learning tasks for students to complete whilst at home. This went live yesterday afternoon. Please note that students will **not** have the same tasks as the students who are currently attending school. At the moment staff are working extra hard to upload learning tasks for those choosing to work from home and preparing lessons for students still attending school. The site is filled

with a range of online resources. In particular MyOn (Reading online) and Essential Assessment which provide tasks at your child's level of ability. Please see Carolyn's section of the newsletter for further information. [learn.mountwaverleyheightsps.vic.edu.au](http://learn.mountwaverleyheightsps.vic.edu.au)

## HARMONY DAY - NEXT TUESDAY

SRC would like to promote a special day next Tuesday - Harmony Day. Given that everything has been cancelled, we thought it would be nice for our students to look forward to something fun, whilst promoting a sense of community! Rather than our usual assembly to parade our chosen garments, students will share their cultural backgrounds and clothing with their class. Please bring along a gold coin donation and monies raised will be donated to the organisation 'Pencils of Promise'.

## Let's celebrate...

- An awesome learning hub for students to continue whilst at home
- Delicious zucchini pancakes picked from our garden and made by a senior school student whilst at school
- AFL season starts tonight - Go Tigers!
- 1 week till the school holidays!

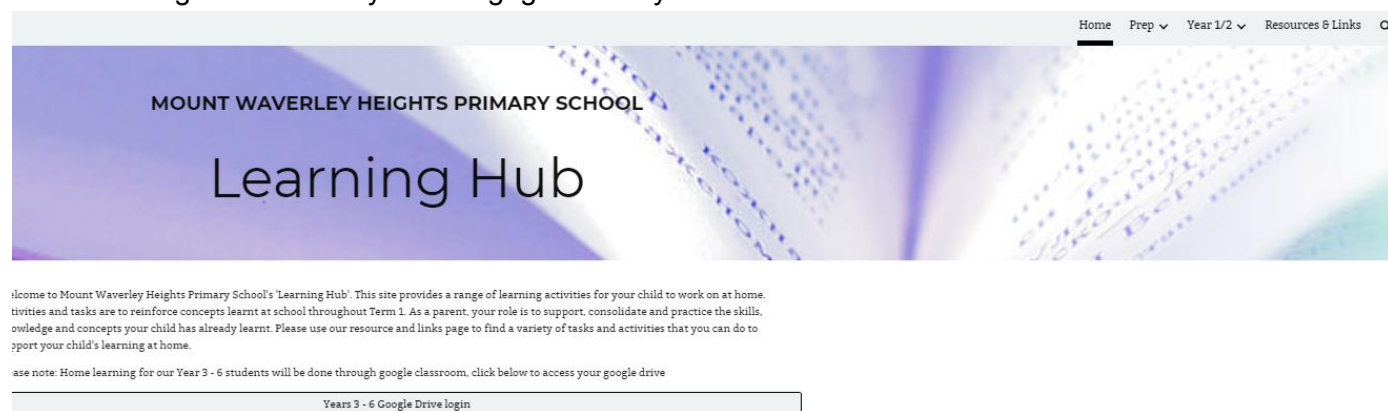


*Sharon Reiss-Stone*  
Principal

# Assistant Principal's Report

## Navigating our 'Learning Hub'

From yesterday, P - 2 students and families can access our 'Learning Hub'. The 'Learning Hub' provides a range of tasks students can complete from home. To access your child's learning tasks just click on their level, either on the home page or at the top right hand corner of the page. From there you will be able to access a range of tasks for you to engage in with your child.



Prep

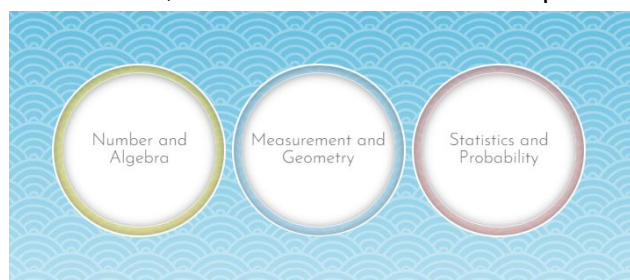


Year 1/2

[learn.mountwaverleyheightsps.vic.edu.au](http://learn.mountwaverleyheightsps.vic.edu.au)

In the numeracy section for each year level, students can complete My Numeracy. My Numeracy is through Essential Assessment. Essential Assessment is an online, whole school approach to assessment. Teachers pre-assess students and the results are compiled, advising the teacher of each student's current level of achievement and an analysis of the achievement standards that has been understood and misunderstood for each student.

My Numeracy is dependent on a student's pre-assessment results. Once a pre-assessment has been completed, Essential Assessment program creates a differentiated and personalised online curriculum for each student, based on the content descriptors misunderstood throughout an assessment.



Students can access MyOn via the 'Learning Hub'. MyOn is a student-centered, personalized literacy environment that gives students access to more than 6,000 enhanced digital books. Titles are matched to each individual student's interests, grade and reading level. Combined with a suite of close reading tools and embedded supports, myON Reader fosters student engagement and achievement.



Please use the message function through Sentral to contact teachers if you have any questions.

We are holding get to know you interviews for the parents of 3/4T to meet their new teacher, Lee-ean Teoh. These interviews will be on March 26 from 2.30 - 6pm. Bookings can be made via Sentral from 6pm tonight. If you have any questions please see the office.

*Carolyn Datson*  
Assistant Principal

## *SRC News - Harmony Day!*

On Tuesday 24th of March Mount Waverley Heights Primary School will be holding a cultural dress-up day for Harmony Day. Harmony Week is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set core of Australian Values.

Come dressed in an outfit representing your cultural background. This may be a traditional costume, colours from that country's flag or the national harmony colour, orange. Get creative! Please bring a gold coin donation if you are dressing up. All monetary proceeds will be donated to the organisation Pencils of Promise.

This organisation is dedicated to supporting Children and teachers in third-world countries with a quality education and making sure that schools around the world have enough resources and items to continue to provide learning opportunities and develop the education of young children.

Looking forward to seeing the students of Mount Waverley Heights in cultural dress, flag colours or in orange.

Thanks

SRC 2020



## Premiers Reading Challenge News!



We are excited to announce that Mount Waverley Heights Primary School will be participating in the 2020 Victorian Premier's Reading Challenge. The aim of the challenge is to promote a love of reading and inspire children to read and 'experience' new and exciting books and encourage families to be actively involved in supporting children to read. Reading from an early age is vital for success at school and has lifelong benefits.

The Challenge invites children from Prep to Year 6 to read a set number of books and record their efforts online. Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 6 are challenged to read 15 books.

It is a great way to get children talking about reading with friends and family, and to challenge themselves to read as many books as they can. There is no cost involved in participating in the challenge. Classroom teachers will provide all students with a username and password. Students are to read and record the books they are reading on the Victorian Premier's Reading Challenge Website.

Your child's classroom teacher will provide your child with their username and password. Please login at <https://www.education.vic.gov.au/prc>

The closing date is 3rd September 2020.

Please do not hesitate to speak to your classroom teacher or myself if you have any further questions.

Kind Regards,

Tracy Jom - Premier's Reading Challenge  
Coordinator



## Music News

# For Sale



Thurmer upright piano in very good condition.

Our Piano technician has checked it over and other than a couple of minor cosmetic repairs it is a very good instrument which will have at least another 30 years life.

We are asking \$400 for the piano and removal costs and re-tuning will be at the cost of the purchaser.

The school piano tuner is happy to be contacted for tuning services and we recommend Network Pianos as a removalist service.

Any questions please contact the school office.



## EXTEND UPDATE



Extend is the place for your children to thrive, learn and play, so what are you waiting for? Book and enrol at

[www.extend.com.au](http://www.extend.com.au)

### Hours of Operation

Before School Care: 7:00am – 9:00am  
After School Care: 3:30pm – 6:30pm  
Holiday Care: 8:00am – 6:00pm

### Contact Details

0456 641 882  
[mwh@extend.com.au](mailto:mwh@extend.com.au)

Monday 16/03	Tuesday 17/03	Wednesday 18/03	Thursday 19/03	Friday 20/03
<b>BSC:</b> Playdoh Pictionary & Curious Minds	<b>BSC:</b> Sudoku & Dodgeball	<b>BSC:</b> Fruit Smoothies & Student Choice	<b>BSC:</b> Lego Masters & Marco Polo	<b>BSC:</b> Yoga & Hide and Seek
<b>ASC:</b> Student Choice & Sport - Gymnastics	<b>ASC:</b> Science - Box Challenge & Ball Sports	<b>ASC:</b> Art - String Painting & Group Games	<b>ASC:</b> Wellbeing Project - Conflict Resolution & Student Choice	<b>ASC:</b> Cooking - Eggless Carrot Cupcakes & Playground

### DISCOVER



Anisha and her dog greeted the guinea pigs with smiling faces.

### LEARN



Harvey constructed an awesome sword and is ready for battle!

### PLAY



Jada and Dhruthi created their very own lego play house!

### SUPERSTAR OF THE WEEK!

## SAFFRON

For your incredible memory when it comes to knowing what's on for the week ahead. Your enthusiasm for each day is contagious! Thank you.

### What's Been Happening?

What a sunny week it's been down at Extend. We've been busy bee's as students develop their creative & cognitive skills through our recycled resource challenge. Harry and Lucas made a device to play downhill with, Emily made a hat which represents her bunny and Lila set off home with a funky pair of shoes!

From Jayde & the Children

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Enquiries 1300 366 437 [support@extend.com.au](mailto:support@extend.com.au)



## Computer Programming Club!

@ Mount Waverley Heights  
Primary School

In a world where technology touches every aspect of our lives, it is crucial that our children understand how it works. To accomplish this objective, there is an exciting Computer Programming club running at our school.

The aim of the club is to provide students with exposure to the fundamentals of computer science concepts. Run by external consultants from Digimaker, this program will see participants:

- Build games, animations, and stories utilizing the pupil's creative thinking
- Develop logical thinking and problem-solving skills
- Express ideas & boost confidence working in a collaborative environment
- Be enabled to grasp computational thinking which combines math and logic



For details on the course, visit <http://www.digimaker.com.au/courses/>

The club will run for 8 to 10 weeks each term (depending on the length of the term) and is charged on a per-term basis. Students will use school laptop during the sessions.

The program for Term 2 2020 is as follows:

Room: School Classroom

Years: 3 to 6

Fee: \$171 + GST

After School

BATCH

3:40pm -4:40pm

Tuesday's 21<sup>st</sup> Apr to 16<sup>th</sup> Jun (09 weeks)

If you are interested in your child being considered for the programming club, please:

Fill out the form online by  
Friday the 27th of  
March 2020



[www.digimaker.com.au/contactus/](http://www.digimaker.com.au/contactus/)  
Digimaker will confirm your child's spot via email\*\*.

\* Existing students need not fill out the form

\*\* All important emails from Digimaker will be sent from [info@digimaker.com.au](mailto:info@digimaker.com.au). Please ensure this address is whitelisted in your Junk Email filters or added as a Trusted contact.