

Thursday 13 August, 2020

Dates To Remember

TERM THREE 2020

Monday 10th-Friday 14th August
100 Days of PREP week!

Monday 17th August
Whole school assembly online
2.30pm

Wednesday 2nd September
School Council Meeting 6pm

Sunday 6th September
Fathers Day

Friday 18th September
Last Day of Term 3

TERM FOUR 2020

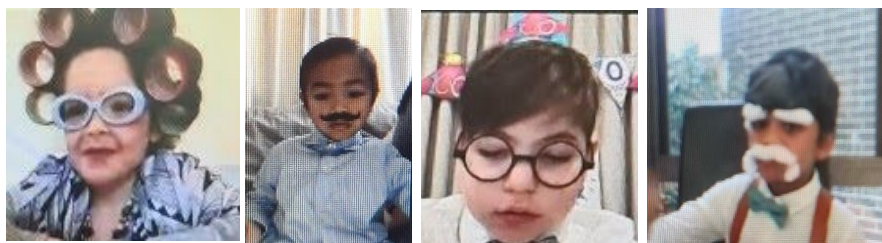
Monday 5th October
First Day of Term Four

Thursday 8th October
School Photos (TBC)

Principal's Report

100 DAYS OF PREP!

Online on Monday, it was lovely to see our prep students dressed up as little old men and women in celebration of 100 days of school. It was also great to have a celebration that wasn't later cancelled!



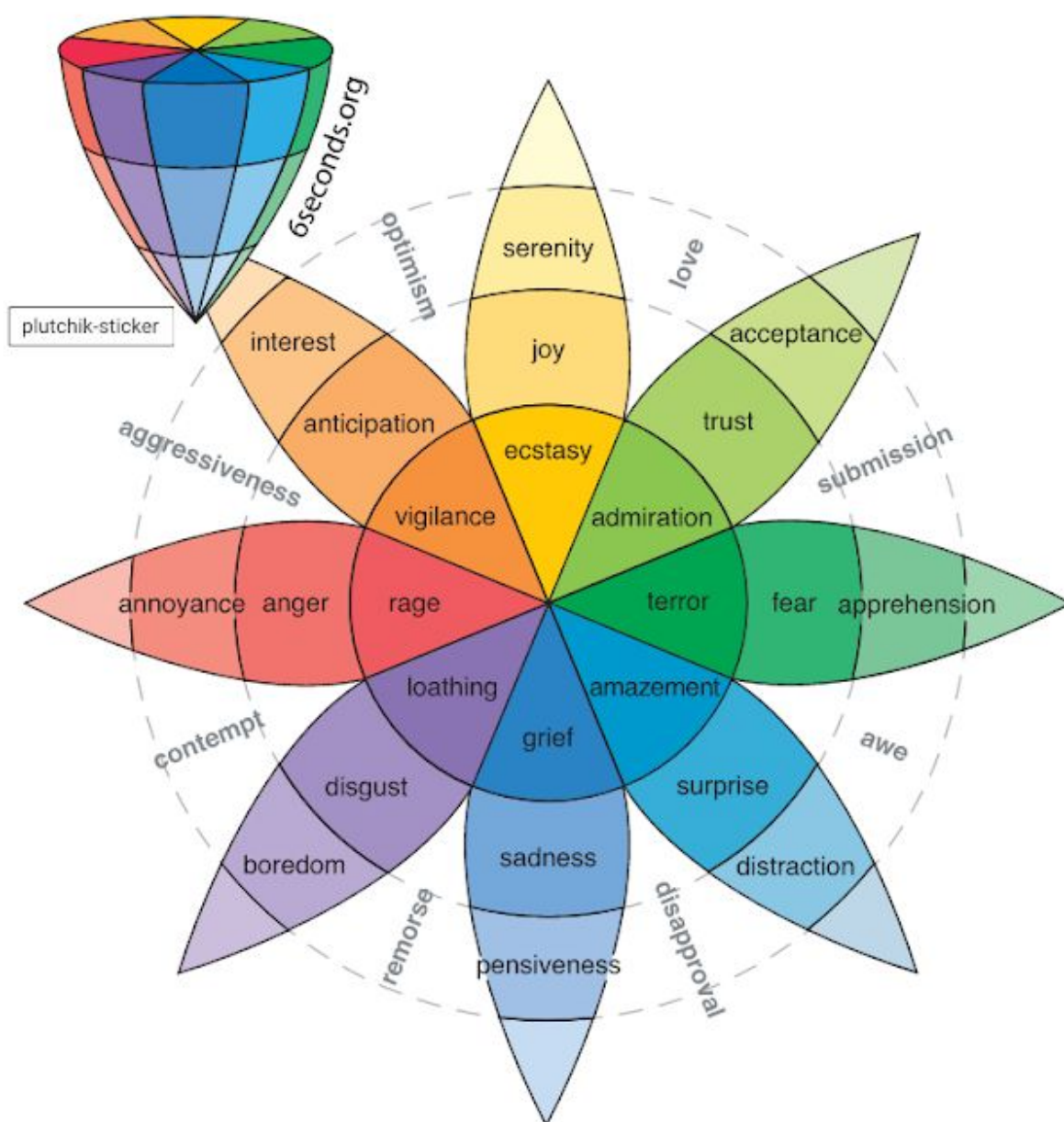
Our prep teachers also entertained us with a '100 Days of Prep' number 2 video. Thanks to all the staff who joined in. Here is the link.. [100 Days Part 2.mp4](#)

JOINING CLASSES

Throughout the week Mrs Datson and myself try to join all of the classes to say hello and to see the learning in action across the school. Whilst in the Year 1-2 meet, it was wonderful to see a focus on their emotional wellbeing.

Students identified how they were currently feeling and what they were grateful for or enjoyed during remote learning. Many students acknowledged that they were feeling sad because they were unable to see their friends. They were also able to identify a range of things that they enjoyed about working from home, including spending time with family, sleeping in, playing with toys, etc.

Being able to identify your feelings by enhancing your emotional vocabulary can help inform the actions you take. It also helps you to develop an understanding of self and others. The Plutchik Model of Emotions provides a simply logical way to make sense of feelings.



This model and information was taken from the following website:
<https://www.6seconds.org/2017/04/27/plutchiks-model-of-emotions/>

It shows there are 8 basic emotions: joy, trust, fear, surprise, sadness, anticipation, anger, and disgust. Plutchik's wheel of emotions organizes these 8 basic emotions based on the physiological purpose of each. The model is actually the little "ice cream cone" which unfolds to the emotions wheel.

Opposites: Each primary emotion has a polar opposite. These are based on the physiological reaction each emotion creates in animals (including humans... Plutchik studied animals!):

- Joy is the opposite of sadness. Physiology: Connect vs withdraw
- Fear is the opposite of anger. Physiology: Get small and hide vs get big and loud
- Anticipation is the opposite of surprise. Physiology: Examine closely vs jump back
- Disgust is the opposite of trust. Physiology: Reject vs embrace

Combinations: The emotions with no color represent an emotion that is a mix of the 2 primary emotions. For example, anticipation and joy combine to be optimism. Joy and trust combine to be love. Emotions are often complex, and being able to recognize when a feeling is actually a combination of two or more distinct feelings is a helpful skill. The darker the colour the more intense the feeling.

It is also important to build our children's ability to label emotions. Words matter. If they're experiencing a strong emotion, take a moment to consider what to call it. But don't stop there: once they've identified it, try to come up with two more words that describe how they are feeling. So if your child says that they are 'sad' help them to describe it further. This can help reduce the stress and anxiety they are feeling. Here is a list to get you started.

A List of Emotions

Go beyond the obvious to identify exactly what you're feeling.

Angry	Sad	Anxious	Hurt	Embarrassed	Happy
Grumpy	Disappointed	Afraid	Jealous	Isolated	Thankful
Frustrated	Mournful	Stressed	Betrayed	Self-conscious	Trusting
Annoyed	Regretful	Vulnerable	Isolated	Lonely	Comfortable
Defensive	Depressed	Confused	Shocked	Inferior	Content
Spiteful	Paralyzed	Bewildered	Deprived	Guilty	Excited
Impatient	Pessimistic	Skeptical	Victimized	Ashamed	Relaxed
Disgusted	Tearful	Worried	Aggrieved	Repugnant	Relieved
Offended	Dismayed	Cautious	Tormented	Pathetic	Elated
Irritated	Disillusioned	Nervous	Abandoned	Confused	Confident

During this lockdown period we need to support our children's mental health and wellbeing. Some children will fly through this period of time with few issues, whilst others will be struggling. Please let your child's classroom teacher know if your child is struggling to cope.

SCHOOL ASSEMBLY

On Monday August 17th at 2.30pm, we are having our first Term 3 Assembly online. Students at school will watch via the IWB and we ask that families all join the meeting from one device at home. As with all online classes, we ask that you **turn your microphones off** so that we can clearly hear the person speaking. We hope you can all join us online - <https://meet.google.com/xgy-hicf-qkr?hs=122&authuser=0>

REQUESTS FOR ONSITE ATTENDANCE

Each Monday a form will be sent out via email for any new families requiring their child to attend school onsite. Please remember that both parents must leave the house for work and be classified as 'Permitted Workers' to be eligible.

Please note that you only need to fill in this form once. This needs to be submitted by 12pm every Wednesday. **THIS IS FOR NEW FAMILY APPLICATIONS ONLY.** If your roster changes, please email through the details. The school will email you by Wednesday afternoon confirming your child's attendance for the following week. It is crucial that you follow these timelines as we use this data to ensure that we have enough staff in attendance.

Your child must not attend school if they show any signs of illness.

SCHOOL FEES

The Department of Education has informed us that school fees and levies will not be reimbursed to parents from schools. At our last meeting, School Council discussed school fees at length. As some parents had paid the total cost of school fees, it didn't seem fair to discontinue collection. However, any family under financial strain just needs to contact myself or Louise to discuss alternate arrangements or to suspend payments. We completely understand that many families will be going through hardship at the moment and we do not wish to create further financial difficulties. Please get in touch should you need to discuss your situation.

SCHOOL PHOTOS

We have once again been lucky enough to reschedule our school photos to Thursday October 8th, in Term 4. Updated information about how to order photos will be provided closer to the date.

SHARING OF SOME LOVELY WORK ACROSS THE SCHOOL

<p>Poetry - 3/4P - Nicholas'</p> <p>There was a nice ginger cat Who said "I really hate rats One shaved my fur off, And left with a scoff. I'm gonna get him for that!"</p>	<p>Poetry - 3/4P - Lila</p> <p>There once was a cute little kitten Who lived in beautiful Britain Although she was silly She was a little chilly So decided to eat a whole mitten.</p>
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Poetry - 3/4K - Sam

A dark silent cave
Bats swarm a silent traveller
Whoosh! he leaves the cave.

Poetry - 3/4K - Jenny

There was a dog that was dressed
And he was one of the best
But when he saw himself
He looked like an elf
So the dog was a huge mess

Designing their own non-fiction page - 3/4T - Savva

Design Page: Move these text boxes around to help you organise and start your page. You can resize or delete the boxes depending on the information and pictures you use.

Solar system facts: a guide to things orbiting our sun

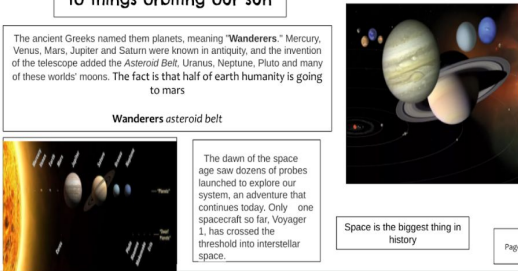
The ancient Greeks named the planets, meaning "Wanderers." Mercury, Venus, Mars, Jupiter and Saturn were known in antiquity, and the invention of the telescope added the Asteroid Belt, Uranus, Neptune, Pluto and many of these worlds' moons. The fact is that half of earth humanity is going to mars

Wanderers asteroid belt

The dawn of the space age saw dozens of probes launched to explore our system, an adventure that continues today. Only one spacecraft so far, Voyager 1, has crossed the threshold into interstellar space.

Space is the biggest thing in history

Page 3



Designing their own non-fiction page - 3/4T - Syna

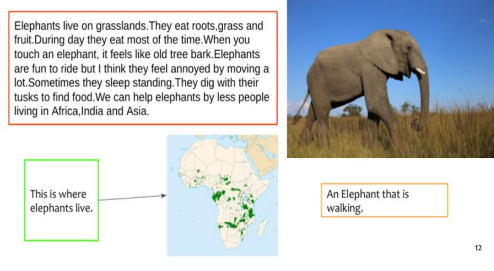
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Elephants

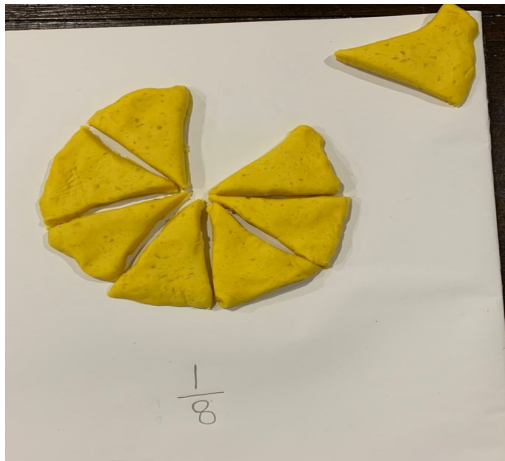
Elephants live on grasslands. They eat roots, grass and fruit. During day they eat most of the time. When you touch an elephant, it feels like old tree bark. Elephants are fun to ride but I think they feel annoyed by moving a lot. Sometimes they sleep standing. They dig with their tusks to find food. We can help elephants by less people living in Africa, India and Asia.

This is where elephants live.

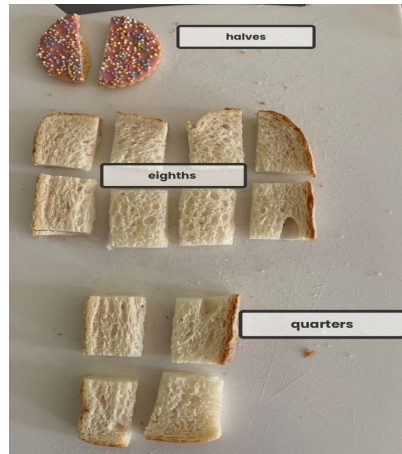
An Elephant that is walking.



Making fractions at home - 1/2J- Nicholas



Making Fractions at home - 1/2J - Mateja



Let's celebrate...

- The creative ways our families are exploring learning
- 100 Days of Prep!

Sharon Reiss-Stone
Principal

Assistant Principal's Report

WHO AM I?

This week I have surveyed some teachers and it is your job to guess who they are! Answers will be revealed at assembly on Monday. Have a look at the questions below... can you guess which teacher loves Disney songs or which teacher loves trampolining????

Who am I?

What is your favourite song?

Nights In White Satin - The Moody Blues

What is your favourite food?

Potatoes

What is your favourite colour?

Red

If you could be any animal, which one would it be?

Orca

What is your favourite hobby/ sport?

Trampolining

Who am I?

What is your favourite song?

All the Frozen 2 songs.

What is your favourite food?

Choc chip cookies

What is your favourite colour?

Pink

If you could be any animal, which one would it be?

A sloth so I could lounge around all day

What is your favourite hobby/ sport?

Yoga, dancing, playing ukulele

Who am I?

What is your favourite song?

Disney Songs

What is your favourite food?

Any type of cake

What is your favourite colour?

Blue

If you could be any animal, which one would it be?

Satin Bowerbird

What is your favourite hobby/ sport?

Baking

Working for home

With remote learning in full swing many families have set up a place for their children to work from. It usually involves children working out in a public space like the dining room or kitchen bench, with a comfortable chair to ensure children can focus on their learning. Whilst focusing on your child's learning, it is also important to ensure they take regular breaks and stretch. This is not only good for their mental health and wellbeing but also their growth and development. More time on devices means more times for students to be possibly slouching or straining. You may need to find a chair, or position for your child to work in, that supports good posture. They may be standing up to watch videos or doing some stretches while seated. You may also have to raise the screen of the device so that your child looks ahead rather than down, maybe try popping a few books under their laptop.

I found a couple of sites that have ideas for both parents and students.

The Beyond Blue has stretches that you can do while sitting at a desk:

<https://www.beyondblue.org.au/personal-best/pillar/wellbeing/five-desk-yoga-poses-to-incorporate-into-your-work-day>

ABC news featured an article about setting up an office from home:

<https://www.abc.net.au/news/health/2020-03-31/working-from-home-how-to-set-up-your-office/12098540>

Carolyn Datson

Assistant Principal

100 Days of Prep Celebrations!

This week the Foundation students celebrated a very special milestone – 100 days of Prep! During the week they participated in many different and fun learning activities that related to the number 100 on the Learning Hub.

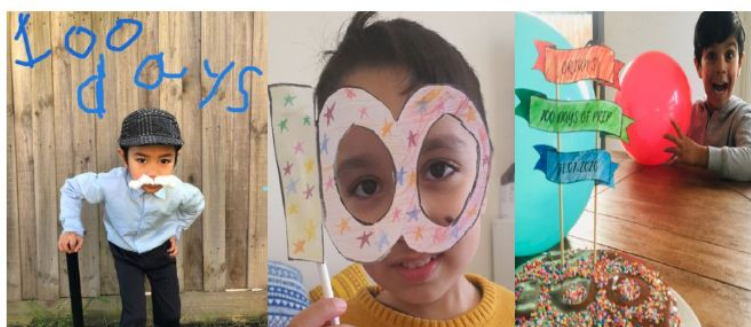
Students were encouraged to dress up as if they were 100 years old, make a pair of 100 glasses or decorate a crown. The Prep students did not disappoint with so many amazing costumes, coming to their Google Meets dressed up. They all looked absolutely fantastic! Although the students couldn't celebrate this special day at school, the Prep teachers created a fun video to show the students how excited they were to celebrate this day even though they couldn't do it in person.

Congratulations and well done Preps!!



Pippa - PS

River - PT



Francis - PJ

Muhammad - PS

Orian - PJ

SRC News

International Day of the World's Indigenous People

The SRC would just like to say " Happy International Day of the World's Indigenous Peoples."



MWHPS Community Challenge #3

Thank you to everyone who has submitted their entries for the 'Teddy Window' challenge.

