12th February 2015

We URGENTLY need some helpers for the Grade 4 Kitchen Garden Program on Tuesday 24th. If you can help out, please contact Suzi at the front office. Have a look at the Roster on Page 5 of the newsletter.

Thank you.

IMPORTANT DATES TO REMEMBER

FEBRUARY

Tuesday 17th  KITCHEN GARDEN PROGRAM, Grade 5/6
Monday 23rd  School Council Meeting
Tuesday 24th  KITCHEN GARDEN PROGRAM, Grade 4
Friday 27th  Student Leaders Congress - Deakin

MARCH

Tuesday 3rd  School Sports
Thursday 5th  Playgroup
Monday 9th  Labour Day Holiday
Tuesday 10th  KITCHEN GARDEN PROGRAM, Grade 2/3
Tuesday 17th  KITCHEN GARDEN PROGRAM, Grade 1/2
Wed 18th  Moyne Sports
Monday 23rd  Parent Conference Week
Tuesday 24th  KITCHEN GARDEN PROGRAM, Prep/1
Thursday 26th  School Photos
Friday 27th  Last Day Of Term 1

FREE KITTENS

Have got 4 kittens to give away.

Contact: Giselle 042869231

KITCHEN GARDEN PROGRAM

We URGENTLY need some helpers for the Grade 4 Kitchen Garden Program on Tuesday 24th. If you can help out, please contact Suzi at the front office. Have a look at the Roster on Page 5 of the newsletter.

Thank you to Denise Negre who has volunteered for the first 2 weeks! We need the next

HEAT UPS TERM 1

On Thursdays students can bring along something for lunch that can be warmed up at school - perhaps a pie, sausage roll, some noodles or even leftovers from dinner. Please name their lunch clearly, with any instructions if necessary. A fork or spoon would be great too!

We need a parent helper each week to assist the senior students. If you can spare half an hour on a

Thursday (12:30 pm), please add your name to our roster.

FEBRUARY

19TH  VACANT
26TH  VACANT

MARCH

5TH  VACANT
12TH  VACANT
19TH  VACANT
26TH  VACANT

HAPPY BIRTHDAY

Josh Keen  6th February
Knox Kavanagh  16th February
Tadhg O'Keefe  17th February
Marli McRae  19th February

12 MANIFOLD STREET
WOOLSTHORPE VIC 3276
DEEPEST SYMPATHY
We have had some sad news this week about one of our parents of the school. Our deepest sympathy to the Weis family, you are all in our thoughts and we will endeavour to support you during this tragic time.

HOUSE SPORTS
Our House Sports this year are at Brauerander Park on Tuesday March 3rd. As in past years this is a great family event and we encourage everyone to come along on the day and join in on the fun. Our family welcome BBQ will be on this day also. The BBQ, along with salads will be provided by the Parent & Friends Association (PFA). No buses will run on the House Sports Day, parents will need to make arrangements for students to be at Brauerander Park by 8.45am. Events will start at 9.00am and finish by 3.00pm. Any parents who can help on the day with events and activities please contact Mr Miller.

SCHOOL PICK UPS & DROP OFF
It is important during school pick up/drop off times to be mindful of students and SLOW DOWN. Please drive carefully when entering and leaving the school parking area.

PLEASE NOTE - During school pick-ups parents MUST park in the parking bays and walk their children across the road. This is for safety reasons.

PLEASE BE ON TIME
Our morning bell goes at 8.55am each day which allows time for students to get ready for our Literacy session at 9.00am sharp. Please ensure students are at school on time. Teachers are very busy in the mornings preparing for the day. If you need to meet with teachers please make an appointment.

In Term 1, Thursday afternoons the whole school will come together working in their House Groups to “Dig Deeper” with our Learning Process. Our Learning Process book created in term 4 last year has now been published online and can be download by parents for free from the iBook’s store. iTunes Book store link https://itun.es/au/6R8e5.l

TIQBIZ
Tiqbiz is used as a messaging system for all sorts of communications. Parents must have Tiqbiz access on their phones. Please make sure Tiqbiz notifications are turned on in your phone to get all messages and updates. Contact Suzi if you need help.

*If your contact details or email have changed lately please ensure these are changed at school. We must have up to date information and phone numbers in case of an emergency.

HEALTHY LUNCHBOXES
Healthy lunches and snacks are important for active children. It is important to offer healthy lunch box choices. Tips include fresh fruit, crunchy vegetables and a combination of protein, dairy and carbohydrate foods.

Eating healthy food helps children concentrate and learn. However, healthy eating changes are not always easy to make. Try to set a good example with your own lunches. Encourage children to help choose and prepare their own lunch. They might like to make a list of the foods they enjoy. Praise your child when they choose healthy foods for their lunch box.

There are limited times for children to eat during the day, especially at school. Children may prefer to play with friends instead of eating. Encourage your child to eat before heading out to play,
STUDENT LEADERS 2015
Our Sports Captains play an important leadership role in training students and organising teams for the house sports day. This year’s house captains and vice captains are-

<table>
<thead>
<tr>
<th>Blue- Quamby</th>
<th>Iszac Davidson (C), Emily Dandridge (C), Riley McKenzie, Peta Mahoney</th>
</tr>
</thead>
<tbody>
<tr>
<td>Green- Union</td>
<td>Macie Taylor (C), Reuben Bruce (C), William Robinson</td>
</tr>
<tr>
<td>Gold- Bowra</td>
<td>Tessa Britnell (C), Bradley James (C), Jasmine Davidson, Tegan Ashworth</td>
</tr>
<tr>
<td>Red- Kilmore</td>
<td>Shakaya McCrae-Wilson (C), Josh Keen (C), Shona Chesshire, Ashley Keen</td>
</tr>
</tbody>
</table>

Our Student Leadership Group for 2015 has been voted on by staff and students. This year’s Student Leadership Group is: Tessa Britnell (C), Josh Keen (C), Macie Taylor, Iszac Davidson, Peta Mahoney, Aisha Gladman.

As the Student Leadership Team we are very excited about 2015. We want it to be the best year yet. Our role is to organise special events and fundraisers for our school community. We will support and represent all Woolthorpe Primary School Students with our Trademark values of Respect, Excellence, Care and Teamwork. We love our school and community and it’s a pleasure to be on the student leadership team. We look forward to setting a great example for the younger students as we aim to make our school a spectacular place to learn and grow.

Written by the Students Leadership Team.

Follow Us
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Facebook
Website- http://woolsthorpeps.global2.vic.edu.au

Simon Perry | Principal | Woolthorpe Primary School
Respect Excellence Care Teamwork

PARENTS AND FRIENDS ASSOCIATION

On Monday evening the Parents and Friends Association held our Annual General Meeting. Thank you to all of those who attended, lovely to see some new faces! Thank you Mr Perry for delivering the Principal’s Report in person.

We would like to take this opportunity to thank our 2014 PFA Committee, your time and commitment is very much appreciated.

This is also a great chance to introduce our new committee for 2015:

- Emma Mcrae: President
- Kazz Mahoney: Vice President
- Lisa Turner: Secretary
- Melissa Toki: Assistant Secretary
- Bek Hirst: Roster Clerk
- Sam O’Keefe: Purchasing Officer

Emma and Sam are also our School Council Reps. Thank you ladies for taking on the roles, we hope you enjoy your year and look forward to a great 2015.

Keep your eye on the Newsletter for our upcoming events. The Welcome BBQ will be held at the school Sports and we would love to see some helpers to set up and clean up.

The Port Fairy Folk Festival is also just around the corner. Bec is looking to fill the two days in March so please check your calendar and hopefully we can fill the shifts easily. The new trailer has made the setting and packing up a much simpler process - we will be adding storage and making improvements as the year progresses.

We will keep you up to date with the PFA events and would love to see more families attend our meetings - we only hold 1 meeting at the beginning of each Term.

Come along, it’s a great bunch of people all working for the same purpose - our kids, your kids, our school.
Net Set Go for everyone

Do you want your child to have fun, be active, meet new friends and learn to play a fantastic sport? Give the Junior Stingers a go.

South West Sport in partnership with Warrnambool City Netball Association and Netball Victoria invite children with a disability to help us trial the Junior Stingers Netball program.

The Junior Stingers will follow the Net Set Go model to provide a fun introduction to netball for kids with a disability and a pathway to ongoing participation with the Warrnambool Stingers Netball Club. Net Set Go uses games, dance and other activities to help children develop coordination, concentration and motor skills while learning the fundamentals of netball. Free come and try sessions will be held in 2015.

Open to boys and girls between 8 and 14 of all abilities.

To register your interest in the Junior Stingers program, or for more information call Judi at South West Sport on 55611689.

UNIFORM LIST - 2015

Available in the School Office

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Polo Shirt, Embroidered Logo</td>
<td>$18.00</td>
</tr>
<tr>
<td>(Sizes 4 - 14)</td>
<td></td>
</tr>
<tr>
<td>Jumpers</td>
<td>$25.00</td>
</tr>
<tr>
<td>(Sizes 4 - 14)</td>
<td></td>
</tr>
<tr>
<td>Hats with School Logo</td>
<td>$15.00</td>
</tr>
<tr>
<td>(Sizes S, M, L, XL)</td>
<td></td>
</tr>
<tr>
<td>School Bag with School Logo</td>
<td>$32.00</td>
</tr>
<tr>
<td>(Not Compulsory but recommended)</td>
<td></td>
</tr>
<tr>
<td>School Dress (Navy/White Check)</td>
<td>$22.00</td>
</tr>
<tr>
<td>(Limited Sizes in stock)</td>
<td></td>
</tr>
<tr>
<td>Sunglasses, (Optional)</td>
<td>$ 7.00</td>
</tr>
<tr>
<td>(Small/Medium)</td>
<td></td>
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</tbody>
</table>

Any Questions?

Just ask Suzi in the front office.
BULB FUNDRAISER

The order forms and payments for the School Bulb Fundraiser are due back in 3 weeks!!

Due Date:

Friday 6th March 2015

Both cash and cheques (made to the school) are accepted.

Remember the school can earn 50% of the profits if we order over $200!!
HAWKESDALE AND PURNIM DISTRICTS
TENNIS ASSOCIATION
Woolsthorpe 5-41 d Wangoom Owls 4-37
Minhamite Red 9-54 d Willatook 0-8
Hawkesdale 8-53 d Minhamite Yellow 1-18
Illowa/Mailors Flat 8-53 d Wangoom Hawks 1-14

LADDER
Illowa/Mailors Flat 113
Hawkesdale 99
Minhamite Red 98
Wangoom Owls 84.5
Woolsthorpe 59.5
Broadwater White 53
Minhamite Yellow 45
Willatook 36
Wangoom Hawks 28

KOROIT &
DISTRICT
BASKETBALL
ASSOCIATION
AUSSIE HOOPS (Kinder to Grade 1)
Begins 10th of February 2015
Tuesday Nights from 4.30pm to 5.15pm
$5 PER a session, pay as you go.

FUN BALL (Grade 2 – Grade 4)
Begins 10th of February 2015
Tuesday Nights from 5.15pm to 6pm
$6 PER session, pay as you go.

Under 12’s BASKETBALL
Begins 13th of February 2015
Friday Nights starting from 4.30pm
$6 per game and $55 for registration.

Under 15’s BASKETBALL
Begins 9th February, Monday nights starting from 4.45pm
If you haven’t registered for any of the above programs, please come along on the night. Everyone most welcome.

R e s p e c t  E x c e l l e n c e  T e a m w o r k  C a r e
A key focus for Woolsthorpe Primary School is ensuring we have great communication between the school and families. Tiqbiz is the messaging system we have been successfully using - it is a great tool for being able to deliver short notifications and reminders as well as our newsletters and other notes from teachers and Mr Perry.

It is very important that when you set up your Tiqbiz that you have the notifications turned ON - to ensure you get the little ding - telling you that there is a new message.

You need to select the Whole school as well as your child/s class.

If you have any issues please contact Suzi at the front office - she will be happy to help out. The system works extremely well and is simply to use - nothing scary or complicated and once it’s set up - it’s as easy as reading the messages!

Other ways to keep up to date with what is happening here at school is to log onto the School’s Facebook page. Here you will find photos and details about current and upcoming events. The Parents and Friends Association use Facebook as a reminder for events and meetings. Items on the calendar like the Mother’s & Father’s Day Stalls, the Welcome BBQ, Term Meetings, Pancake Shifts will be included, along with request for volunteers and helpers.

We are also on Twitter - another great way to check out what your children are up to. Photos of the students working, learning and playing - quiet often taken by students - tweeted with a little information about what’s going on!

If you have any questions we are only to happy to help - please contact the school if you are having any issues with Tiqbiz or would like more information on our Facebook and Twitter.

Follow Us
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Facebook
Website- http://woolsthorpeps.global2.vic.edu.au
Children can experience grief and loss from a very young age. Like adults, children have their own ways of grieving. It is important to recognise that your child has feelings of grief and to help them express those feelings.

Telling a child about loss and grief

While it can be difficult to talk to a child about death, it is important to be honest with them and help them to understand what has happened.

Some suggestions include:

- Tell the truth in a simple, direct way.
- Use concrete words that children know – for example, say ‘died’ rather than ‘passed away’.
- If the child is quite young, it may help to use pictures, storybooks, toys and play to explain what has happened and how they feel.
- Explore with children the meaning they may make out of the situation. This can include spiritual and cultural beliefs and practices.
- Children are curious, so be prepared for regular and repeated questions, and give the child details simply and honestly.
- Don’t pretend that you are not sad – express your feelings to your child. This can help your child feel able to express their own feelings.

Children’s reactions to loss and grief

Like adults, children can be deeply affected by loss and grief experiences. While everyone has different ways of grieving, common grief reactions in children may include:

- grieving in doses, for example, crying one minute, then playing the next
- acting out feelings rather than talking
- changes in eating, sleeping and behaviour patterns
- wanting to sleep in bed with an adult
- displaying younger behaviours such as wetting the bed or sucking their thumb
- being angry, frustrated and restless
- lacking concentration and energy at school
- feeling responsible for their parents.

Sharing grief with children

Even at a very young age, children can sense and experience grief. They will be aware if their parents or other adults are sad or having difficulties with a particular situation. Sharing your feelings of sadness and loss with a child can help them understand why you are sad, see that it is alright to be sad and to express their sadness.

Death can also cause children to worry about their parents or themselves dying. Reassure them that everyone is safe and make sure that they are cared for during times of grief.

It is important to remain open and willing to talk about the various experiences of loss and grief. As children grow and develop, they will have different reactions to grief. A child who doesn’t react to, or talk about, a death or significant loss in the early stages may want to talk about it later, or may show their interest and feelings in play rather than discussion.

Where to get help

- Your doctor
- Local community health centre, hospital or palliative care service
- Trained bereavement counsellor
- Australian Centre for Grief and Bereavement – bereavement counselling and support services Tel. (03) 9265 2100 or 1300 664 786 (toll free VIC)
- NURSE-ON-CALL for expert health information and advice 24 hours, 7 days, Tel. 1300 606 024
- Kids Help Line – telephone counselling, 24 hours a day, seven days a week Tel. 1800 551 800
- Parentline Victoria – 8.00am to 12.00 midnight, 7 days a week, Tel. 13 22 89
- Lifeline – crisis support and suicide prevention services, 24 hours, 7 days, Tel. 13 11 14
- SuicideLine Victoria – for counselling, crisis intervention, information and referral (24 hours, 7 days) Tel. 1300 651 251
- GriefLine Community and Family Services Inc. – loss and grief telephone counselling service, 12 noon to 3 am, seven days a week Tel. (03) 9935 7400 or 1300 845 745

Things to remember

- If you are old enough to love, you are old enough to grieve. Even very young children experience grief and loss.
- It is important to recognise children’s feelings and speak with them honestly and directly about death and grief.
- Be open and willing to talk with your child about grief and loss.