Principal’s Report

THANK YOU FOR THE WARM WELCOME

I would like to start my first Newsletter at Williamstown North by expressing my sincere thanks to all students, staff and parents for the very warm welcome that has been extended to me this week. On Monday morning, I was chaperoned around the school by a group of enthusiastic students who were so eager and excited to tell me all about their school and where children were allowed to play in the yard and what they loved about the school etc. The warm greetings have continued to flow from the school community and I look forward to meeting lots of new faces over the coming weeks.

PARENT COMMUNITY FORUM - HAVE YOUR SAY!

It is somewhat timely that my appointment to Williamstown North PS aligns with the whole school review process that will unfold during this term. All government schools in Victoria must undergo a whole school review every four years as part of the Department of Education and Early Childhood Development (DEECD) school accountability guidelines.

There are a number of key components to this review whereby the school community is engaged to review its achievements over the last four years and document these as part of a Self Assessment Report. The next stage of the review process is validated by an external verifier appointed by DEECD to interpret the school’s Self Assessment Report and to make recommendations about future priority areas for the school. The final stage will then focus on the development of a new Strategic Plan for the school that will endeavour to crystallise the goals and priorities of the school for the next four years.

So here’s where I need your help!

On Tuesday 31st July, we will be holding a parent community forum in the Junior Learning Centre from 7:00pm – 8:30pm to ensure parents have a strong voice in the school review process. We would like to canvas you thoughts on the things that you believe the school is doing well, in addition to exploring the opportunities for continuing to strengthen the provision for all of our students. In short, when your children graduate from Williamstown North PS in Year 6, what are the hopes and aspirations you have for their primary schooling?

Please note this Community Forum date in the diary and further details will be available in next week’s Newsletter.

CURRICULUM DAY

The final Curriculum Day for 2012 will be on Monday 13th August. No classes will be operating on this day. The OSHClub will be available to families who require a care program; otherwise students are not to attend school on this day.

Teachers will be working through an intensive program on this day as part of our whole school review process.

I apologise for the relatively short notice on this school closure day as our school review process necessitated working around some tight timelines for this term.

STUDENT REPORTS

If all goes according to plan, we hope to distribute Mid-Year Student Reports this
Friday. Please look out for these in the school bag on Friday.

**PARENT/TEACHER/STUDENT CONFERENCES**

A note was distributed to all students last Monday regarding next week's Parent/Teacher/Student Conferences. All parents will need to log onto [www.sivau.com](http://www.sivau.com) and use the Event Code H7P4L and select their preferred interview time. Each subsection of the school will undertake these conferences on separate days to ensure optimal access to all teaching staff. We hope you find these conferences informative and provide you with further details to supplement the Mid-year Report.

Enjoy your week.
Jim Cahill
Principal

**THANK YOU TO MRS WENDY EMIN FROM ALL THE STAFF AT WILLIAMSTOWN NORTH PRIMARY SCHOOL**

The staff at Williamstown North Primary School would like to sincerely thank Mrs Wendy Emin for the strong commitment and passion that she has shown as Acting Principal over the past year.

During this time, Wendy has made an effective and rich contribution to the strategic directions of the school. She has maintained a clear focus on improving students' learning, enhancing students' social development, ensuring a productive staff and providing a safe and positive school environment.

Wendy was well supported by Mrs Giorgia Moss and Mrs Crissy Samaras as the Acting Assistant Principals.

More recently, Wendy has supported the school community through periods of sadness, as we regret the passing of staff member Loren Boyd, student Olivia Patsolaridis, past student Tom O'Hanlon and parent Jane Schulz.

The staff is deeply appreciative of having had the opportunity to work with Wendy as the Acting Principal.

We wish Wendy all the best for her future endeavours.

**EDUCATION MAINTENANCE ALLOWANCE**

The Education Maintenance Allowance (EMA) is provided to assist eligible families with the costs associated with the education of their children. To be eligible for receipt of the EMA you must be:

- Either a parent or guardian of a Primary or Secondary School student up to the age of sixteen, **and** be an eligible beneficiary of a Centrelink pension allowance, or benefit within the meaning of the State Concessions Act 2004, **or** a Veterans Affairs (TPI) pensioner, **or** a foster parent.

The eligibility criteria must be met as of the first day of Term 2 (16th July 2012). EMA applications must be submitted to the school by **3rd August 2012** to be eligible to receive the first instalment payment. EMA payments provide an annual amount of **$235** for Primary School students, and **$470** for Secondary School students and is paid in two instalments.

Application forms are available from the General Office.

**NEWSLETTER ONLINE**

Thank you to all who have gone green. I have over 160 email address that I have to enter onto the system. Unfortunately I have not completed these entries. If you have still received a hard copy this week, it's because you are one of the email address that I have not yet entered. I will ensure that your address is added by next week.

For all families that have not gone green, please complete and return the green sheet that was sent home at the end of last term or send me an email with your details to gill.belinda.a@edumail.vic.gov.au.

**ART ROOM REQUEST – GRANDPARENTS REQUIRED!**

Children in Prep to Year 2 are going to be involved in working on an Art Project in conjunction with the Hobson's Bay City Council and the Altona/Laverton Historical Society this term. The project is about the history of seniors in Hobson's Bay.

As part of the project our Prep to Year 2 students are going to be sketching and painting in the style of Matisse, portraits of senior citizens. We would really appreciated having grandparents available to volunteer to be real life models for our students to sketch during our junior art classes next week.

Please contact me on kelly.julie.m@edumail.vic.gov.au if you are able to assist either in your grandchild's class or another junior class.

Regards, Julie Kelly Visual Arts Teacher.
Danger: ‘screenager’ ahead...

Computer game addiction is on the rise among Australian children and teenagers, replete with a host of alarming consequences, writes Karen Fontaine.

As with most sedentary activities, at first blush it seems harmless enough. Playing computer games is, after all, much less dangerous – physically, at least – than rugby union, rock-climbing or rollerblading, right?

However, experts are seeing a rise in the incidence of what they term obsessive or addictive behaviour; that is, pervasive, long-term and heavy use of computer games.

A 2010 study by Sydney University’s Professor Vadim Starcevic and the department of Psychological Medicine at Sydney’s Nepean hospital revealed that up to ten per cent of gamers who took part showed signs of addicted behaviour. His findings were published in The Australian and New Zealand Journal of Psychiatry.

The findings mirror a recent two-year Singapore study, which found that one in ten schoolchildren were computer game addicts.

Victoria University researcher Daniel Loton, who is writing his PhD on the topic of computer game addiction, says although video gaming as a hobby is most prevalent in 25 to 30 year-olds, “it is still extremely popular among teens and children”.

Potent, too, are the knock-on effects of addiction, including a propensity to cyber-bully, reduced social skills and an inability to interact in a ‘live’ situation. Teenagers addicted to computer games can also become withdrawn, depressed, apathetic, have difficulty concentrating and poor attention spans.

"Many studies have found connections with declined mental, physical and social wellbeing, including increased psychopathology, depression, anxiety and stress," Loton says. “Other studies have found associations with poorer school performance and it is expected a common component of video game addiction, like other addictive conditions, is the difficulty in meeting expected responsibilities.”

Loton points out that studies suggest children and teens at risk of becoming addicted to computer games already show higher impulsivity, aggression, lower family closeness and social competence before they become addicted, and they demonstrate declined mental health and school performance as a direct consequence of their addiction.

In the UK, the situation is so critical that computer game addiction has given rise to the establishment of a special ‘technology addiction unit’ at a private hospital. And although Sydney’s Rivendell Adolescent Unit at Concord has treated computer-game-addicted teens, the Australian Medical Association, as yet, has no policy in place to address the problem.

One of Australia’s foremost experts on computer game addiction, child and adolescent psychiatrist Dr Philip Tan, wrote in a blog: “Since clients with more severe PIU (problematic internet use) are at risk of dropping out of school, affecting their physical health, or losing their job, it would be unethical not to address their problems in a professional manner. In my personal experience, the key to successful treatment is getting the client to fully recognise that they have a problem – what we term ‘gaining insight’.

How to recognise it

Daniel Loton signposts the warning signals of computer game addiction:

- Tolerance – the need to play increasing amounts to get the same level of enjoyment
- Withdrawal – negative emotions if play is reduced or stopped
- Salience – video gaming dominating the person’s thoughts;
- Mood modification – using video games to modify mood, either to relax or to become excited
- Conflict – conflict about gaming both within the person and with other people
- Relapse – repeated failures to cut back or stop gaming, despite the desire to.

What to do

Short of banning computer games, what can concerned parents do? In today’s digital world, keeping kids away from computers is as unrealistic as wrapping them in cotton wool. As such, Daniel Loton advises parents to:

- “Talk to your children about the role that video games have in their lives”
- “Try to develop a bit of an interest in the video games that your children play”
- “Share the activity with them, making it a family activity for at least some of the time”
- “Finally, if you believe there is a serious problem, seek help from your GP and/or a mental health professional.”

Loton notes these recommendations are subjective and it depends on how the activity fits in with other aspects of life. “In all addictions, overall time spent on the activity is only a small component,” he says. “Instead it is more important how that time is spent – that is, if a person chooses to play video games instead of going to work; as well as perceived dependence.”

Karen Fontaine is a Sydney-based freelance journalist.
Reminder…
Newsletter Online
Have you gone ‘Green’. From the start of Term 3 all Newsletter will be sent electronically, please provide your email address to the school by contacting Belinda Gill via email at gill.belinda.a@edumail.vic.gov.au

Rosters…
Fresh Fruit Friday
This week Friday 20th July the following parents are on duty: - Martin Ray, Kim Goddard, Emily Mohan, Helen Gibb, Patricia Greenwood, Sylvia Coulson, Jo Gumley, Dina Simpson, Leisha Campbell.
If you would like to be part of this lovely social group on a Friday morning, contact the school coordinator, Linda Taylor at, taylor.linda.l1@edumail.vic.gov.au. This is a very friendly and social group.

Canteen
Julieanne Weir manages our Canteen and is always very appreciative of the time parents/family member volunteer to help in the Canteen. Julieanne can be contacted via the General office. New parent/family member volunteers are always needed so, if you can spare any of your valuable time that would be greatly appreciated.
The Roster for the next two weeks are:
- Thursday 19th July—HELP NEEDED
- Friday 20th July—Lisa Robertson
- Wednesday 25th July—Meredith Metin
- Thursday 26th July—Fran Mitchell
- Friday 27th July—Kelly Walker

Please remember that Lunch Orders are available only on Wednesdays, Thursdays & Fridays and No Lunch Orders are available on the Last Day of Each Term.

Reminders…
School Banking
School Banking day is Wednesday. Don’t forget to send in your child’s bank book.

Student Safety
Please take the time to regularly remind your child/ren about safety, especially when going to and from school. Here are the important points to mention:
- Do not to talk to strangers and never accept a ride from a stranger, or accept lollies or gifts from a stranger.
- Immediately report any issue or problem you may have when going to or from school, to your mum and dad, or to your teacher, the Principal, Assistant Principals or office staff.
- Always get permission from mum or dad before going to play with a friend after school and always let mum and dad know where you will be and what time you will be home.
We advise that, wherever possible, children should travel to or from school with an adult or with their friends, rather than travel alone.

Early Release
All child/ren collected from school before 3.30pm must be signed out at the Office. Parents will be handed an ‘Early Release Pass’ to hand to the supervising teacher. If a child is signed out at Recess or Lunch time, the Office staff will call the child to the Office and then ensure the Early Release Pass is given to the supervising teacher.

Working With Children Card (WWCC)
If you wish to assist in the Canteen, or with Fresh Fruit Friday, Sport, Swimming, Excursions, or on Camps you must have a Working With Children Card. WWCC application forms are available from our office. If you have a WWCC provide it to the office staff. It will be photocopied and a copy place on file. A WWCC remains valid for five years.
Please note, this year, the first group of our parents who received their WWCC in 2007, will need to renew their WWCC in 2012. If you are in this situation, you will receive a ‘Renewal Letter’ from the Department of Justice. As soon as you receive this letter, please complete the process to renew your WWCC. If you don’t, you may be ‘caught out’ when it comes to volunteering to assist with school activities. Please don’t put it aside, act upon it immediately.

Bikes & Scooters
Many children ride bikes and scooters to school each day. All bikes and scooters must be locked up in either the Bike or Scooter Enclosure to prevent theft. Please ensure your child has a chain and a lock. All children who ride a bike or scooter must wear a helmet which is a requirement by the Government. The school regularly reminds all children about wearing helmets for their safety. All bikes, scooters, skateboards, ribtics and helmets must be labelled, with your child’s name and class. Children are reminded they must walk their bike, scooter, skateboard or ribstic to and from the school gates. No bikes are to be brought through the school buildings and we request, where possible, that Scooters are also not walked through the building.
WNPS SOCIAL SKILLS

Each week at Willy North, we are focusing on a particular ‘Social Skill’ and associated behaviours linked to our School Values and the You Can Do It! Keys. These are reinforced at Monday Assembly, in classrooms and Specialist classes. Exemplary students consistently demonstrating these skills will be nominated for the weekly ‘Thumbs Up Award’ which is presented at Monday Assembly.

We encourage all parents to discuss the weekly social skill and associated behaviours with your child/ren.

This week’s focus is: Helping Others

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<td>1 and 2</td>
<td>Thinking of others and what you can do to help them out</td>
<td>Respect</td>
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<td>Getting Along</td>
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<td>Opening the door for people when they are carrying something heavy.</td>
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<td>Asking a student who has fallen over in the yard if they are alright and helping them up.</td>
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<td>Asking a classmate who may find something difficult if they need help.</td>
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<td>Offering to carry something for someone who is struggling.</td>
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<td>Asking another child who is upset what you can do to help them.</td>
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<td>Volunteering to do a job in the classroom.</td>
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<td>Taking initiative and cleaning an area in the classroom.</td>
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<td><strong>Think of some things that you could do around your house to help out your family.</strong></td>
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Nexus Arts Incursion

All students will be attending an afternoon Incursion next week as part of our Performing Arts Program and in line with our P/T S Conferences.

The cost for this Incursion is part of the 2012 Excursion/Incursion payment. For those families who have not yet paid the Excursion/Incursion cost, payment is required prior to this activity. Please contact the office to make payment by this Friday 20th July.

Please note there will be no Assembly on Monday 23rd July due to the P/T/S Conferences.

The details of the performances are as follows;

**Monday 23rd July – Year 5/6 Classes**
“We Love Rock n’ Roll (Gilliam Eastoe and Terry Murray)

**Tuesday 24th July – Year 3/4 Classes**
“We Love Rock n’ Roll (Gilliam Eastoe and Terry Murray)

**Wednesday 25th July – Prep to Year 2 Classes**
“What Style” (Gillian Eastoe & Terry Murray)
Enrolment Policy

Please note that in line with the “School Ceiling” endorsed by the Western Metropolitan Regional Director, only families who reside within our defined school neighbourhood are able to seek enrolment.

For our School Zone go to [www.willynth.vic.edu.au](http://www.willynth.vic.edu.au) / Our School Top Tab / Side Tab—Enrolments / WNPS Zone Map

Please Provide

1. Proof of Age (Birth Certificate)
2. Certificate of Immunization
3. Proof of Residential Address (3 Documents)

(Drivers Licence, a Rates notice and a third document with your **full name & residential address**).

Additional School Tours will be conducted on. Another additional tour has been scheduled for Term 3—Tuesday 24th July at 11.30am. Please contact the office to confirm your attendance.

If you have any enrolment questions or concerns please contact Wendy Emin on 9397 5722.

**Confirmation of an offer of enrolment will be made in writing by the end of Term 3.**

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**Living Well with Asthma: Advice for Parents and Carers**

1 in 10 people in Australia have asthma, and people with asthma often rate their health a lot worse and report a poorer quality of life than the general population. Children and adolescents with current asthma are more likely to miss days of school/preschool due to asthma and a key aspect of improving quality of life is ensuring that your child or teenager is able to engage fully in physical activity and social aspects of life and learning.

**Good asthma control is:**

- Symptom free during the day and during physical exercise, reducing the need for reliever medication
- Symptom free at night, allowing for a good night’s rest
- Rarely experiencing asthma attacks or exacerbations
- Preventer medication and devices are being used correctly and as prescribed (eg. on a daily basis)
- Having an asthma action plan to follow, both for the school/preschool and at home, and promptly acting on the plan when asthma symptoms occur

Asthma symptoms are not a normal aspect of life and should be taken seriously. Children and teenagers with poor asthma control should be encouraged to seek assistance, and should visit their GP or respiratory physician for an asthma review as soon as possible.

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For further information, please contact the Asthma Foundation of Victoria on 1800 645 130 or email schools@asthma.org.au
ADVERTISEMENTS

THE GOOD GUYS
NEW Macbook Pro
now in Hoppers Crossing

THIS WEEKEND ONLY
Saturday 28th and Sunday 29th July
Come in to meet and speak with Apple experts for Demonstrations and Professional Advice.

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Piano ~ Theory ~ AMEB ~ Just for Fun
Students of all ages welcome
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paulinespiano@gmail.com

Paul Sadler Swimland
Braybrook Opening Soon

Learning to swim is a great feeling, but seeing them do it is even better.

- Providing quality through structured swimming tuition; with a focus on deep water survival skills.
- We cater for swimmers from Infants to Adults.
- Our programs celebrate the small successes each swimmer achieves during their aquatic journey.
Information Evening at the
Niddrie Campus

Wednesday 1st August, 2012

7:00pm – 8:00pm
Western Autistic School

Corner Teague & Garnet Street, Niddrie

“Paediatric Dietician who specialises in Children with ASD”

Presented by

Sally Girvan
Paediatric Dietician

Please Note:
This Information Evening is to be held at the Niddrie Campus. To enter the school at Niddrie, please come in through Vaynor Street car park at the rear of the school and proceed to the Multi Purpose Building, where the meeting will be held

Please return the slip below to school

X _______________________________

I / We will be attending the Information Evening on Wednesday 1st August, 2012 at the Niddrie Campus

Name _______________________________

Interpreter required Yes or No (please circle)

Language _______________________________

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