Principal’s Report

TOURNAMENT OF THE MINDS

We are very proud of our students who so capably represented the school last Sunday at Deakin University as part of the ‘Tournament of the Mind’ competition. These students were wonderful ambassadors for the school and they did a terrific job with their planned and impromptu presentations throughout the program. I would like to take this opportunity to commend the efforts of this year’s T.O.M students:

Language/Literature Challenge:
Ella D, Lily T, Bridie L, Madalyn M, Erin M, Olivia B-B and Mikaela R.

Social Science Challenge:

Thank you again to Tess Holland (Year 6 teacher) for coordinating this wonderful opportunity for our students, Robyn Law (teacher) for assisting on the day, and the parents who kindly supported this event with their time and transportation last Sunday. We are so very fortunate to be able to facilitate such enriching extracurricular opportunities for our students at Willy North!

YEAR 3 AND 4 ANGLESEA CAMP

Year 3 students have been very lucky to experience some lovely spring weather for their time at Anglesea Camp over the last three days. We hope the weather holds for the Year 4 students who begin their camping experience today. The photo captures one of the Year 3 groups eagerly awaiting their turn on the giant swing—which is always a test of the nerves (I can speak from experience on this one!).

Watch out for a few more camp highlights from Anglesea in next week’s newsletter!
**2016 Planning**

Intensive planning continues to unfold to ensure we have everything in place for the 2016 academic year. I met with Department of Education & Training (DET) officials earlier in the week to discuss further resourcing of our facilities master plan. We hope to have confirmation of the profile of our new buildings in the next few weeks.

Discussions continue with the whole staff regarding the grade structure that will work best for all of students next year. We are currently operating 28 classes from Prep to Year 6 this year and to accommodate our expected enrolments increases, we are planning for 31 classes in 2016. Whilst a final grade structure hasn’t been determined yet, it’s looking very likely that a sixth prep class will be needed as we have received 130 prep enrolments to date. Letters of confirmation/acceptance were sent out for all prospective prep enrolments last week, so we should have a closer indication to the exact number before the end of term.

State wide selection processes for additional staff will unfold during October/November. We will be recruiting a higher number of teachers next year as a result of our enrolment growth and existing members of staff who will be on family leave.

As always, I will keep everyone informed as outcomes are finalised in all of these important areas.

**Father’s Day Stall**

A final reminder that our annual Father’s Day Stall we be held tomorrow for all students across the school. Any children who would like to purchase a gift are asked to bring along $5.00.

A huge thank you to our parent coordinators, Helen Parker/Pamela Fernando, for tracking down so many ‘goodies’ to purchase at this year’s stall and for sourcing so many wonderful parents as helpers.

**SunSmart**

It’s time to start searching for those Sunsmart hats!

In line with our Sunsmart Policy, all students will be expected to transition to wearing their school hats from next week. Please check that your child/ren has a hat, with their name clearly marked on the inside. Thank you in anticipation of your support on this important matter.

Enjoy the week
Jim Cahill, Principal

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**SWAP SHOP SALE—Term Three**

Swap shop will open on Monday 7th September from 3.15pm - 4.00pm in the old Uniform Shop.

All second hand clothing has been reduced. Limited numbers of brand new, unworn and old stock is available at reduced prices.

**Prices are as follows:**

$5.00 items—Rugby tops, Baseball jackets, Long sleeve polos, Girls long pants, Track pants, Stussy pants, Short sleeve polos, Stussy shorts & Skorts

Winter tunics: $15.00, Summer dresses: $10.00, Bike Shorts: $2.00, Bottle green socks: $1.00 (Size 5-8 only)

CASH ONLY SALES (NO EFTPOS AVAILABLE) Please bring small change and BYO bag

If you have any school clothing you no longer need or want, the Swap Shop would greatly appreciate your donation. Clothing should be clean and in reasonably good condition. Please only donate Polo and Rugby tops with the school logo. Any donations of clothing can be dropped off at the office.

Thank you, Yogada Rafferty – Swap Shop Coordinator

**Term 4—12th October & 7th December**

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**Williamstown Magic Basketball Club**

If you have missed the Winter season and would like to play basketball in Summer 2015/16, please let us know by emailing the registrars, so we can organise the teams. New players welcome. Online Registration will be available in soon. For more information please contact Dale on 0400208428 or at girlsregistrar@williamstownmagic.asn.au or boysregistrar@williamstownmagic.asn.au
Rosters… Fresh Fruit Friday (FFF)
This is a very social and interactive group who volunteer an hour of their time each Friday morning. Thank you to the many dedicated parents that assist with Fresh Fruit Friday. Fresh Fruit Friday continue to need parent volunteers. If you are available on Friday, please email Linda Taylor directly, so she can add you to the roster—taylor.linda.11@edumail.vic.gov.au. The parents on duty this week, Friday 4th September are: - Julia Hacket, Mel Maskey, Camilla Thompson, Zohreh Basiri, Kim Pannone, Larissa Deeth, Andrea Crabtree and Kate Groombridge.

Canteen
Julianne Weir manages our Canteen and is always very appreciative of the time parents or family members can volunteer to help in the Canteen. Julianne can be contacted via the General Office. New parents or family members are always needed and most welcome. So, if you can spare any of your valuable time, it would be greatly appreciated.

Thursday 3rd September—Anne Tobin
Friday 4th September—Melanie Kern
Wednesday—9th September—HELP NEEDED
Thursday 10th September—FOOTY DAY LUNCHES ONLY
Friday 11th September—Maha Sidaoui
WEDNESDAY 16th September—HELP NEEDED
Thursday 17th September—Anne Tobin
Friday 18th September—CANTEEN CLOSED

Uniform Shop News Primary School Wear (PSW) is our official Uniform supplier. Uniforms can be purchased at the new store located at Unit 1, 128 Bertie Street Port Melbourne. Items can also be purchased online. Email portmelbourne@psw.com.au. Trading hours are Tuesday to Friday 8.30am to 5.00pm, Saturday 9.00am to 1.00pm and closed on Sunday and Monday.

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 Principal 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 children 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.

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 ribtic 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.

Working With Children Checks From early April 2014, cardholders who are required to renew their WWC Check will no longer need to go to Australia Post to lodge a paper form and present their current card. From this time, cardholders will go to the WWC Check website to complete their renewal application online and, if applying for an Employee Check, pay the fee using a credit card. The online renewal process Cardholders will be notified by SMS, letter or email 28 days before their WWC Check is due to expire. It is important for cardholders to keep their contact details up to date so that they receive this important reminder.

After receiving a notification, individuals continuing to do child-related work should go to MyCheck on the WWC Check website and apply to renew their Check. Cardholders will be asked to register with MyCheck if they have not already done so. Once logged in to MyCheck, cardholders will be prompted to confirm or update their personal contact and work details, complete the online form and, if applying for an Employee Check, pay the non-refundable $102.70 fee. More information, an FAQ guide to online renewals will be available in ‘Publications’ under ‘Resources’ on the WWC Check website. Or contact the Customer Support Line on 1300 652 879 8.30am – 5.00pm weekdays except public holidays.
ICT Newsletter Items

Week 4

The Internet’s Underbelly

Episode 4 - The Internet’s Underbelly

The digital world has made pornography accessible, anonymous and affordable, but for young people it can be damaging and disturbing. This episode focuses on accessing age-inappropriate content and unwanted contact.

Click HERE to watch Episode 4

Young people in online spaces need to be guided toward safe places and practices. Small actions can make a big difference in safeguarding against unwanted contact. And practical steps can help keep young people away from content not appropriate for them.

There’s no denying that the digital world has make certain content, like pornography, accessible, anonymous, and affordable. For adults, this isn't an issue. But for young, accidental tourists to the internet’s underbelly, it can be damaging and disturbing.

After School Care

Dear Parents,

Please remember to log onto the oshclub site or call/text the program on 0422 236 845 to cancel your child/children booking if they are not attending aftercare.

There have been a lot of bookings not cancelled of an afternoon. This takes up a substantial amount of staff time, looking for children and telephoning parents. This is time that could be well spent with the children in the program.

The Holiday Program is fast approaching, please remember to make your child/ren's booking through the oshclub website as places do fill quickly.

Children at aftercare are also collecting pet food, old towels and blankets for Pet Haven Animal Shelter. Donations would be greatly appreciated.

Please check the lost property ‘blue basket’ which is located next to the sign in/sign out table.

Also, as part of our ‘Sunsmart Policy (1st September through to 30th April), children will be required to have and wear their Sunsmart hats for the remainder of term 3. Oshclub do have a ‘no hat, no play’ policy.

Thank you—OSHclub Staff

Op Til You Drop!

To highlight the huge range of items stocked in The Williamstown Hospital Opportunity Shop, we’ve recently started an email database called ‘Product of the Month.’ Simply provide us with your email address by writing to opshopwtn@wh.org.au, or by clicking on the link through our website www.westernhealth.org.au/opshopwtn and when we have something we want to shout about we’ll let you know. From our half price days and book sales, the arrival of Australian and International designer fashions, children’s clothing, toys and antique treasures, we’ll keep you in the loop!

Nicky Cooper Volunteer Coordinator – The Williamstown Hospital Opportunity Shop
Provisional Prep enrolments for 2016 has commenced. ‘Enrolment Form’ and the ‘Preliminary Information Sheet’ are available from the General Office. A copy can also be downloaded from the school website located under the Enrolment slider tab.

If you have any enrolment questions, or concerns regarding enrolments, please contact the school office on 9397 5722.

Please Provide the following information when lodging your enrolment
1. Enrolment Form and Preliminary Information Sheet
2. Proof of Age - (Child's Birth Certificate)
3. Certificate of Immunization (School Entry Form)
4. Three documents for “Proof of Residential Address”. (Drivers Licence, a Rates notice and a third document with your full name & residential address).

Confiramion of Enrolment will be made in writing by the end of Term 3, 2015

The ‘2016 Prep Parent Information Night’ is only for Parents of confirmed Prep enrolments. Tuesday 24th November 2015, 7.00pm to 8.30pm. Kay Margetts from Melbourne University will speak on “School Readiness” and “School Expectations”.

Transition Program
Our Kinder to School Transition program for our 2016 Prep children will take place on Thursday 22nd & 29th October and Thursday 5th & 12th November.

All transition details will be included with the ‘Confirmation of enrolment,’ letter sent to families.

Dear parents,

This year we will be participating in the Woolworths Earn and Learn program. Through this program we will be able to get new educational resources for our school.

From Wednesday 15th July to Tuesday 8th September, we are collecting Woolworths Earn and Learn Stickers.

Place the stickers onto a Woolworths Earn & Learn Sticker Sheet and when it’s complete, the sticker sheet can be dropped into the collection box here at school.

We’ll be able to get some great new equipment.
FOOTY WEEK!!!!!
7th to 11th September

Dear Parents,

It is that time of the year again. Our annual Footy week is approaching very fast. As part of Footy week, we're looking for parents who possibly may be able to help assist in the festivities of the week. The main days where help is required are, Monday 7th and Wednesday 11th September. The main role for the helpers will be assisting with running Footy and Soccer clinics. Any help would be much appreciated as we're looking to make this years Footy Week the biggest one yet! For more details and officers of assistance please contact either:

John Diegan: john.diegan@live.vu.edu.au  
Simon Radford: radford.simon.b@edumail.vic.gov.au  
Lauren Smillie: Lauren.smillie@live.vu.edu.au

We're looking forward to Footy Week and hope to get as many people involved as possible. So, if you're interested or want more details, please do not hesitate to make contact. We look forward to hearing from you!

Thanks in anticipation,

Kind Regards

John Diegan—Victoria University Pre Service Teacher

SUSTAINABILITY NEWS

The school is looking at increasing our levels of Nude Food throughout the remainder of the year. We have started collecting data on the number of Nude Food Lunch Boxes coming to school. Congratulations to Year 3S who had the most Sustainable lunchboxes at WNPS this week.

Remember, Nude Food lunch boxes contain no wrappers or packaging. All packaging that comes to school ends up at landfill, so we must teach our kids to be more thoughtful in their eating choices. This will also encourage them to be more healthy!

Week 3 of Term 4 will be Nude Food Week, a chance to focus in our efforts, and have some fun, while promoting sustainable, healthy eating. During that week, all rubbish that children bring to school, will be sent back home.

Sustainability Tip of the Week: Rather than purchasing small squirty yoghurt packets, purchase a large container and send yoghurt to school in a container with a spoon. This means the container can come home to be re-used, and the large container at home can be recycled.

2015 Father’s Day Stall

The Father’s Day Stall this year will be held between 9.00am – 1.00pm on Thursday 3rd September. We have fabulous gift ideas ranging in price from $1.00 - $5.00. All of Dads favourite things are covered from sport, music, cars, fashion and technology.

Don’t forget to send along a bag for your child to carry their gift, that way it will stay a surprise a little longer.

We are also looking for volunteers to help run the stall on the day. We need people from 9.00am until 1.30pm (or 9.00am—11.00am, then 11.30am—1.30pm, if you are unable to stay the whole time).

Please email the office at Williamstown.north.ps@edumail.vic.gov.au if you can assist.

Thank You
ALTONA YACHT CLUB

Kids + Boats = FUN

TACKERS
An affordable Saturday morning activity for kids
7-12 year olds
$205 for 10wks
Starts Oct 12th
Enrol now online
Limited places
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Enrol in the Adult Learn to Sail Course at the same time.
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P: 9369 4676

W.G Cressey Reserve, 10 Beach St Seabrook
E: commodore@altonayachtclub.org
W: www.altonayachtclub.org.au

THE WILLIAMSTOWN HIGH SCHOOL

CENTENARY MASQUERADE BALL
SATURDAY 12 SEPTEMBER AT 7.30PM
WILLIAMSTOWN TOWN HALL

"A grand gala for members of the school community past and present to come together and celebrate the conclusion of our centenary year."

FEATUREING
Live music & entertainment

TICKETS $130 EACH
Includes three course meal & drinks
Table of 10: $1300
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DETAILS williamstown.100@edumall.vic.gov.au

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SMFC.COM.AU/CLINICS

AGES 5 TO 12
WILLIAMSTOWN BASEBALL

IS NOW RECRUITING NEW JUNIOR PLAYERS AND THEIR FAMILIES TO JOIN THE WOLF PACK

FREE COME & TRY CLINIC
Sunday 6th September
10 AM until 12 Noon
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AUSSIE T-BALL AGES 5-8
JUNIOR BASEBALL AGES 6-17

GREENWICH RESERVE
THE STRAND, NEWPORT

FOR MORE INFORMATION AND TO FIND OUT HOW TO GET INVOLVED, CONTACT THE CLUB VIA:
W: www.williamstownbaseball.com.au
D: juniors.teambaseball@gmail.com
M: 0413 760 416 (Team)

Season opening games commence in October.

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Exploring the New Frontier in Parenting

So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. Here are five ideas to help you explore the alien landscape of kids’ emotions.

It’s official!

Emotions are now part of the parenting and educational mainstream!

For some time they’ve been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie Inside Out gives life to emotions in a fun, accessible way. It’s a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

This is not a new idea. Over 2000 years ago Socrates reminded his Greek compatriots, “Educating the mind without educating the heart is no education at all.”

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, “Emotions matter as they drive learning, decision-making, creativity, relationships, and health.”

This is not to say that we ignore children’s poor behaviour, neglect to set limits or not ask anything of them when they’ve experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. “What do you mean you’re sad? We’re off to watch a movie. It’s a happy time!” Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it’s hard to figure out just what they are doing.

It’s a wonder parents haven’t smartened up to emotions earlier because ‘good parenting’ is hard emotional labour. When your three-year-old throws a tantrum in a supermarket and all you can do is grin and bear it (rather than throwing your own tantrum or doing what you really feel like which is disowning your own child) you’re doing hard emotional labour.

When you console and contain the hurt of a primary school aged child who throws himself at your feet howling that everyone hates him, you are doing emotional labour.

Staring down a teenager who looks you straight in the eye while spitting out “I hate you” because you’ve denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That’s one of the reasons it’s so draining.

Accepting kids’ emotions mean we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We’ve built a broad vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the perennial ‘To smack or not to smack’ question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between.
The limits of many parents’ emotional vocabularies are matched by the limitations in method as well. Most parents when asked can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children’s emotional smarts. This is not a criticism but an acknowledgement of lack of training in the area.

Ask yourself, “Who taught you how to recognise, manage and regulate your emotions?” If you answered your parents then lucky you. They’ve given you the tools you need to have successful relationships, to maximise your earning potential (I kid you not) and to behave like a champ, not a chump, when playing sport and participating in other competitive or high performance activities. If you were able to identify any adult who taught you emotional intelligence then I suspect you are in rare company. My guess is you probably couldn’t identify anyone, so your emotional intelligence (if you’ve read this far you have the emotional smarts needed for focus, self-control and concentration) is unconscious, rather than conscious, making it hard to teach or pass on emotional intelligence skills to kids. So where do we start?

Here are five ideas to help you explore the alien landscape of kids’ emotions, the new frontier of parenting:

1. **Listen first**
   When your child fusses and fumes about some wrong-doing or hurt they’ve experienced clear your mind and listen.

Avoid trying to fix the situation just show understanding and compassion. There is no better feeling than being understood.

2. **Contain rather than manage (let your kids do the managing)**
   Children’s behaviour can become tangled up in upsets and disappointments. It’s hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don’t have to do that for them.

3. **Know that emotions can be pleasant and unpleasant**
   We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

4. **Build a vocabulary around emotions**
   Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.

5. **Help your kids recognise, then regulate emotions**
   Ever told a child to calm down only to see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that’s not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don’t always get it right. Learning to recognise your feelings is a continuous process that’s best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family’s culture, or way of doing things. When it becomes part of your family’s DNA then emotional intelligence will be passed down from generation to generation. You’ll know it’s had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that?

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did! When you subscribe you’ll also get my fantastic Kid’s Chores & Responsibilities Guide with plenty of ideas to get your kids to help at home without being paid.

Michael Grose

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