



# Newsletter

## Westgarth Primary School

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Newsletter items required by 3.30pm Monday: bordin.nella.n@edumail.vic.gov.au

### **From the Principal**

We are approaching the pointy end of the year and teachers are working incredibly hard on completing the curriculum units for the year, placing students in classes for 2017 as well as completing written reports and transition programs. If you know that your child/ren are not returning in 2017 and are yet to notify the school please do so as soon as possible so this can be factored into our planning?

### **Transition to Clarke St**

Transition within the school is something we take seriously. Students need to feel supported and resilient as they move from year to year being placed with a new teacher and many new students. Unlike most other schools our year two students have to navigate their way to a new site as well. We have a number of processes which we implement to support this transition and we regularly review these to make the transition as smooth as possible. Currently the students have been spending Friday lunchtimes on the Clarke St site to play, they will also spend some Friday mornings working in the classrooms staying for recess play as well during November and the establishment of a year 5 and 2 buddy arrangement so their buddy will be in year 6 when they are in year 3 so they have a familiar friend to help them in the yard. One way we ask for parents to help with the transition is to consider their language when talking about the two school sites. If the sites are referred to as the 'Big side' and the 'Little side' we are giving the message to the students that there are certain expectations and experiences that relate to older students. Many students take this in their stride however we are aware that some find the move more difficult than at any other year level and we wish to lessen their anxiety. For the first time we will be running a Parent Information Night for Year 2 parents to talk about the transition process and how they can support their child/ren. This will be on Monday 5 December from 6 – 6.30pm in the WEB on Clarke St. A note will go home to the year 2 students with details.

### **Trading Cards**

Trading cards are becoming popular at school again. This might be the first experience that children have in trading and what that means. In particular young students don't understand that when they trade a card, they don't get their own card back. It is not uncommon for older students or students with a greater understanding of the process to take advantage of those less knowing. So while we do not ban trading cards, I wish to point out that children bring their cards to school at their own risk. We do not have the resources to monitor the interactions or to manage the fallout of a bad trade. If you allow your child to bring them to school, please take the time to explain the pitfalls of doing so. Please write their name on a card folder or container that they bring them in. Parents of older students are asked to talk to their child about respect and trust and remind them to live our school motto of "Be Safe, Be Fair, Be Friendly" in all their interactions. Students love to show their cards to their friends but it is okay for parents to say 'No' to bringing them to school. And while I hope this goes without saying, if your child brings home cards that you know do not belong to them, please return them to school as someone else will be very sad about that loss. We see this as a learning opportunity and are not into punitive measures for a student admitting to taking something that wasn't theirs. One child lost their set of Pokemon cards last week and we hope that they are returned soon.

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## Diversity Week

Last week we celebrated diversity in and beyond our school. It was a lovely way to build understanding of ourselves and others. To finish a week off in style on Friday afternoon following a week of multi-age activities, visiting indigenous artists (Boori Pryor and Kutcha Edwards) and flag making, we held an assembly on Brooke St where our choir performed some songs including the Kutcha Edwards and Judith Durham version of the Australian National Anthem and we all danced the Macarena and Mexican Hat dance.



## Whopping Great EFFORT

What an amazing outcome from this year's fete. At this stage we have made \$92,524 plus \$35,000 from the Jellis Craig Auction (which we will receive after the sale of the property in April next year).

I cannot thank everyone enough for their wonderful contribution to this result. As mentioned this money will help fund the first stage of the Master Plan implementation which is currently in the hands of the architect.

Any stall holders who haven't yet been reimbursed please see Susan in the office ASAP.

Jo Wheeler  
Principal



# Thank You!

## Museum of Me Cross-generational Program with Year 5 Students

The **Museum of Me** has been shortlisted for the Vic Health Awards, In the Building Health through Arts category.

We are thrilled for the project and the partnership with Darebin Council, to received this news.

All finalists are now on Vic Health website. <https://www.vichealth.vic.gov.au/about/awards>

Here's a link to the short documentary and some great photos if you would like to know more about this program and the community links that have been built <http://www.darebinarts.com.au/programs/museum/>

Kind regards,  
Carolyn Shiels Assistant Principal.

### Diary Dates 2016

Thurs 1 Dec	Art Show 5.30pm - 7.30pm
Tues 6 Dec	State Secondary School Orientation Day
Fri 9 Dec	End of Year Concert 9.30am Whole School
Thurs 15 Dec	Year 6 Graduation 7pm
Tues 20 Dec	Last Day Term 4 - Students dismissed at 1.30pm (OSHC available)



### Meetings 2016

P & F	Wed 16 November 8.30pm Farmhouse
Policy	Fri 18 November 8.30am Jo's office
Environment	Mon 21 November 5.00pm Jo's office
OSHC	Tues 22 November 1.50pm Carolyn's office
Education	Tues 22 November 7pm Staffroom
Finance	Wed 23 November 8.30am Jo's office
Re-development Plan Working Party	Wed 30 November 8.30am Jo's office
School Council	Wed 30 November 5.45pm Staffroom

### School Council Dates 2017

7pm Staffroom  
Wed 22 February

**Meeting Agendas** [Click here to view](#) agenda items

### Westgarth Robotics Club diary dates

Tuesday Nov 8	3.30pm-5pm
Thursday 10 Nov	3pm- Practice presentation to school in WEB
Sun Nov 13	9am-1 pm
Sun Nov 20	FFL Competition time TBC

### School Start Dates for 2017

**Gr 1 - 6 to commence Tuesday 31 January 2017**

**Preps to commence Thursday 2 February 2017**

### The Sewing Society Sews for Comfort

There were grins and cheers aplenty when 'The Sewing Society' concluded in term 3. While it's easy enough to go out and purchase clothing there is something very satisfying about being able to select your own fabric, read and cut out a pattern and construct a pair of super comfy pajamas. The student's ended up creating three items throughout the program a headband, tote bag and pair of flannelette pajama pants. While there was time spent with the unpicker at times the end product definitely made the process worth while.

Congratulations to all the 'Sewing Society' students as we were very impressed by what you produced throughout the program. A big thank you also to the lovely families who donated their machines for the duration of the course.

Happy sewing!  
Aimee and Anita





## **Fete 2016, the final wrap**

It's been 2 weeks since the Whopping Great Fete 2016 and we have been finalising the numbers, capturing feedback and reflecting on how the day went. If you haven't already seen them, stop by WG Fete's Facebook page <https://www.facebook.com/WGFete/> and check out some of fabulous photos from the day. A big thank you to Jodee Dawson and Andrew Middleton for your photographic efforts, they are just beautiful.

I've been reflecting (a lot) on the number of people who contributed towards the Whopping Great Fete. There are over 70 individuals who ran stalls, kids' activities, support services or contributed their skills in other ways such as design, rubbish removal, gazebos, photography, music, stage equipment, electrical set-up etc. Looking at the data from the online volunteer system we also had over 400 volunteers sign-up for the day and I know there were a lot more who just turned up and helped out.

I just don't know how to say thank you enough to everybody who gave so much to the Whopping Great Fete 2016. It really does take our whole community to make it work with all the different skills we have to offer. What an amazing community. Thank you, thank you, thank you.

I am signing off for 2016. If you or your kids have any thoughts or feelings about the day please don't hesitate to drop me an email [whoppinggreatfete@gmail.com](mailto:whoppinggreatfete@gmail.com). It's important we capture what worked and didn't work so we can look forward to next year. That's it from me. Julia

## **Waste Warrior Team**

A very BIG THANK YOU to all of the wonderful waste warrior volunteers for your help on Fete weekend - before, during and after the fete. It's a big job and not very glamorous but it does make a difference.

We separated 8 bins' worth of recycling from 8 bins of general waste, filled the school compost bin with good quality fruit and veg scraps, and sent many massive bags of plastic bags to Coles for recycling. Great job! Special thanks to: Cameron and Dylan Cook, Darry Vercoe, Mark Cooper, Clare Leuhmann, Kathy Brunning, Craig Stevens, Mark Daniels, Hitomi Nakajima and Sharon Kouryialas. Nicole Cook



## **Snow Cones**

A humungus thank you to all the Snow cone stall helpers who worked their hearts out to give us wonderful cold refreshments to match the beautiful day. They did such an amazing job and the queue just kept on coming. Thank you to Colleen for helping set up the stall in the morning, and then coming back later for her shift. A special thank you to Michael for helping so determinedly when recovering from pneumonia, and then jumping in to help later when he wasn't even on the list! Thank you to all the prep Ellie parents for giving us your best effort: Greg, Emily, Alison D, Seb, Carolyn, Dennis, Graham, Adrienne, Tony, Chintia and Allison W. Thank you to Alistair for coming all the way from Castlemaine to help. Thank you everyone! Grace, Claire and Fonda Gazis



## **Roller Arena**

Thanks to all the parents and teachers who helped make the Roller Rink a great new addition to the fete. I think (and hope) fun was had by all.

It looks like we ended up a few pairs of skates short when we packed up the rink so for those who had kids who loved them so much and wouldn't budge from them at fete's end, please return them to the school office for pick up. Many thanks! The Malt Shop Rollers





## Fete Thank You – Clean Up Operation for Leftover Stall Stock

In the aftermath of every successful Fete, there is always the question of what to do with the leftover stock from our market stalls.

Well this year we had it sorted from the outset with the assistance of the following fabulous organisations, all of whom we thank from the bottom of our hearts for ensuring our schoolyard was returned to full operation by lunchtime Monday!

### **Ricky's Rubbish Removals**

A WPS parent run company who provides hands on rubbish removal services. Their professional friendly staff spent a good few hours sorting and removing our leftovers on Monday morning, ensuring they could be recycled wherever possible. Sophy and Matt donated the cost of the labour, trucks and the tip fees, so all of this was done at no cost to the school!

Visit [www.rickysrubbishremoval.com.au](http://www.rickysrubbishremoval.com.au) to see the full range of rubbish removal services available.



### **SRC Group**

These guys took all the leftover clothing we could give them, and paid us for it as well! The clothing will be sorted and distributed to support a wide range of charities both in Australia and overseas.

Visit [www.srcg.com.au](http://www.srcg.com.au) to see more details of SRC Group recycling programs.

### **Geelong Mums**

Erika collected a selection of good quality clothing and shoes for young children from our Kids Clothes stall for donation to Geelong Mums.

Visit [www.geelongmums.org](http://www.geelongmums.org) to see more details of the excellent work this organisation does to support children and parents experiencing hardship in the Geelong area.

### **Save the Children Australia**

These guys took a variety of leftovers, including all our CDs, DVDs and vinyl!

Visit [www.savethechildren.org.au](http://www.savethechildren.org.au) to see the wide range of programs and services this charity operates and supports to create better lives for children.

### **Kids Clothes**

Kids Clothes rocked the fete with happy hours and specials throughout the day.

Thank you for all the donations and a big thank you to those that helped sort through bags of clothes on Saturday and get the stall ready (Allison, Dave, Sally, Vanessa, Simone and David). The stall was ready and with \$2 specials, bargains were flying out the door. Thanks to all the Sunday sellers (Allison, Dave x 3, Sally, Vanessa, Sara, Sharon and Angela sorry if I missed anyone) and the clean-up crew were amazing. Also thanks to Claire from vintage clothes and an extra special thanks Emma and Jessamy for all the support. It was great to be part of such a wonderful day.

I look forward to doing it again next year. Amy Smith



## PE NEWS

### State Athletics Championships

We had two Westgarth students compete in the State Championships on the 24<sup>th</sup> October. Emily P ran her heart out in the 800 metre final and finished a wonderful 15<sup>th</sup>! Matthew L ran in the 200 metre heat and came 2<sup>nd</sup> so qualified through to the final where he came an amazing 7<sup>th</sup>! Fantastic achievement Emily & Matthew!

### Grades 3-6 PE events

The closing date for orienteering, triathlon and the swimming trials have now closed. The final competitors/teams are up on the sports noticeboard. Once I have been given full details of events I will pass them on.

### District girl's soccer day

Nettie and I took all the grade 6 girls to McDonnell Park last Wednesday for a day of soccer. The event was round robin style and the emphasis was on fun and trying your best. Everyone did just that! Zoe W was crowned 'the queen of headers' and both Sophie H and Neve T scored fantastic goals.



### Sport Diary Dates Term 4

Friday 11 November – Gr3-6 District Triathlon (signed-up students only) at Northcote pool & McDonnell Park

Friday 18 November – Orienteering Championships (grade 3-6 signed up students only) at Hanging Rock

Friday 25 November – Westgarth Swimming Trials (grade 3-5 signed-up students only) at Northcote pool

Thanks,  
Rushe

# News from the Kitchen Garden

Mary – [kitchen.westgarth@gmail.com](mailto:kitchen.westgarth@gmail.com) Virginia [garden.westgarth@gmail.com](mailto:garden.westgarth@gmail.com)

Hola from the Kitchen.

The children expertly cooked and shared the following Spanish and Mexican inspired menu to celebrate Diversity Week:

- Tomato and Chorizo Fideua (Catalan version of a paella with noodles)
- Frijoles (refried beans)
- Tortillas
- Ensalada with Manchego cheese

The Fideua was in the last newsletter as the Monday and Tuesday groups started the term with it. This time we have included the refried beans. It is an regular on the table in Mexican homes and normally served with tortillas but can easily be added to a meal or served as a dip with carrot sticks. We ate it this way in some classes as we have just harvested a delicious crop of carrots. It goes very well with grated cheese and chorizo which you can get at the delicatessen, supermarket or Casa Iberica in Alphington. If you are really keen you can get the maize flour also from Casa Iberica for the tortillas. They taste quite authentic, are very easy and were very popular. The children will have a copy of this in their Kitchen Garden books which they will bring home at the end of the year. Look out for it. Hasta Luego!



## Refried Beans

Season: Autumn/Winter

Serves: 30 tastes in the classroom or 8 at home

Fresh from the garden: coriander, garlic, red onion

### Equipment:

measuring spoons and cup  
tea towel  
chopping board  
cook's knife  
saucepan  
heat-proof bowl  
potato masher  
serving bowls  
serving spoons

### Ingredients:

1 tbsp olive oil  
2 red onions, finely diced  
3 garlic cloves, finely chopped  
4 tsp ground cumin  
2 tsp ground coriander  
800 g cooked kidney beans  
 $\frac{3}{4}$  cup cold water (or reserved cooking water from beans)  
salt and pepper to taste  
1 bunch coriander, finely chopped

### What to do:

1. Heat the oil in the saucepan over medium heat.
2. Add the onions, stir for 3 minutes or until softened.
3. Add the garlic, cumin and ground coriander, stir for 30 seconds or until fragrant.
4. Add the beans and water.
5. Cook, uncovered, for 5 minutes or until heated through. Remove from the heat. Cool slightly.
6. Transfer the mixture to the heat-proof bowl. Coarsely mash it using the potato masher.
7. Season with salt and pepper.
8. Mix through chopped coriander.



## Coping with fears and worries

The following examples are for families to use at home. They are most suitable for early primary aged children, but can be modified for use with older ages. The methods described can also be adapted by school staff to help children cope with fears and worries at school.

Parents and carers are usually the first people children look to for support and reassurance when they are scared or worried. Providing reassurance such as hugs and encouragement helps to restore children's sense of safety and confidence. Giving children a sense of safety includes limiting their exposure to frightening situations, such as violence – whether real or on TV. Parents and carers can also play a leading role in helping children learn skills for managing their fears.

### Things to take into account

- It takes time and effort for children to learn new coping skills.
- Younger children usually learn best when you do it with them.
- Though older children may be able to use coping skills independently, they still need your support when scared.
- All children feel more secure and confident when they have regular quality time with parents and carers.
- Bedtime is often when children's fears surface. Try to ensure that children have calming time before bed to unwind. A regular bedtime routine or ritual helps children feel a sense of safety and security.







Encourage helpful thinking:  
 "Tell those scary thoughts  
 'I know I am safe and I won't let  
 you scare me!'"

The following example shows some possible ways a parent or carer might help Jessica, a six-year-old child who has difficulty going to sleep because of fears that something might happen to the house.

**Child's difficulty**

Feels scared and worried

Unsafe

Can't think through logically

Feels overwhelmed by scary thoughts

Lacks skills for coping

Has trouble relaxing

Doesn't feel confident about managing fears

May not believe in own ability

**Some suggestions on how to support**

Acknowledge feelings: "You're having trouble going to sleep because you're worried something might happen."

Reassure: "That storm was only on TV. It's not going to happen here."

Reality check: "The wind would have to be really, really strong to blow the roof off. We don't get those kinds of winds here."

Label: "That's just a scary thought. You don't have to keep it."

Demonstrate coping skill: "Let's blow the scary thoughts away. Take a deep breath and together we will blow them all away."

This example uses a simple idea and makes a game of blowing away all the scary thoughts. Using skills and images the child relates to, as well as making it fun, helps best.

Teach relaxation: Younger children often respond well to relaxation techniques that help them to visualise calming images (eg a waterfall or clouds floating gently across the sky).

Encourage helpful thinking: "Tell those scary thoughts 'I know I am safe and I won't let you scare me!'"

Praise and encouragement: "You did it. You're getting braver and braver!" or "You're trying really hard to be brave. Good on you!"

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)



**Australian Government**  
 Department of Health and Ageing



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# Community Advertisements

## HAVE YOU DISCOVERED SATURDAYS AT CERES?



CERES Environment Park is an oasis right on your doorstep. A lush 10-acre urban farm and sustainability centre on the Merri Creek, CERES is the perfect place to relax, recharge and catch up with family and friends at the end of a busy week. Unwind, shop, eat, wander, explore and learn. FREE ENTRY. Makers & Flea Market: 9am-2pm every Saturday. Locally handmade, vintage, up-cycled, eco-friendly and pre-loved goods. (STALLS JUST \$25!)

Organic Grocery, Live Music, Permaculture & Bush-food Nursery, Merri Table Café, Urban Orchard, Eco House, Bike Shed, Chooks, Nature play area, Energy park and more. Plenty of room for children to run freely, play, climb and explore. DOGS welcome (on leads). Cnr Roberts & Stewart Sts, East Brunswick. Your community. Your CERES.

**The Darebin Backyard Harvest Festival** (19 to 27 November) is back for another big spring showing, school parents Dora and Harry Kalathas (Anthea 5M) will have their garden open 27 November at 1:00pm and for the aficionado gardeners a separate workshop on aerial layering and grafting straight after the open garden, refer to the attached program link below for all garden openings.  
<http://www.eventbrite.com.au/o/darebin-city-council-environment-and-natural-resources-3941340601>

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## IVANHOE AQUA POWER

Ivanhoe Aqua Power (IAP), is a swim club suitable for anyone looking to improve their swimming skills, fitness and/or looking to compete at state and national level swimming competitions.

We offer morning and evening sessions in a 6 lane, 25 metre indoor heated pool at the Ivanhoe Girls' Grammar School (IGGS) (Upper Heidelberg Road, Ivanhoe).

*If you are interested in joining please email:*  
 Sue Dalton, Registrar, at [ivanhoeaquapower@gmail.com](mailto:ivanhoeaquapower@gmail.com)  
[www.ivanhoe.swimming.org.au](http://www.ivanhoe.swimming.org.au)

The Victorian Immigrant and Refugee Women's Coalition is seeking expressions of interest for:

## Stepping into Work

### A FREE Job Preparation Course

- Are you a woman from a diverse background living in the suburbs of Moreland, Yarra or Darebin?
- Are you currently looking for work or planning to search for a job in the near future?
- Are you 18 years old or above?

Tell us what you need...  
 We'll design the course based on your employment issues, experiences and availability!

For more information, please contact Katherine Soriano (Project Officer) on:  
 M: 0452 204 723 / E: [projects@virwc.org.au](mailto:projects@virwc.org.au)  
 T: (03) 9654 1243  
 www.virwc.org.au  
[www.facebook.com/virwc](https://www.facebook.com/virwc)

## Kids Up Front Holiday Camp

We Give Kids Confidence Sing-Act-Dance  
 Perform in 'The Labyrinth' Show. St Aloysius College, 31 Curran St, NORTH MELBOURNE Monday 9<sup>th</sup> to Friday 13<sup>th</sup> January 2017  
 The program runs between 9:00am & 3:00pm. **FREE** Extended Hours: 8:00am to 5:30pm. *Early Booking Rate Expires 1 December 2016*  
 Phone: 1300 821 828 or book online at [www.kidsupfront.com.au](http://www.kidsupfront.com.au)

## Piano, Flute, Music Theory Lessons

**Enrol for 2017.**  
 Individual classes for Beginner/Advanced students, designed to be both fun and educational. Preparation for AMEB examinations, Scholarships to selective/private schools, VCE also available  
 Teacher is fully qualified with over 20years experience.  
 (Discount Student teacher also available)  
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 PH: 0407 877 350 EMAIL: [heather.joanne76@gmail.com](mailto:heather.joanne76@gmail.com)

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