Principal’s Report

WELCOME BACK

I would like to take this opportunity to warmly welcome everyone back for the start of Term 3. I hope everyone enjoyed a restful break and managed to shake all the coughs and colds that were prevalent near the end of Term 2. We have a very exciting term ahead with our senior students off on their five day camping adventure in a couple of weeks, as well as our Year 3 & 4 students participating in their three day program later this term. Planning is well underway for our Art Show in late August, and we will begin to see some major changes towards the end of the term with work beginning on all of the new playgrounds. How lucky we are to be part of such a wonderful school!

PARENT/TEACHER/STUDENT CONFERENCES

A flyer was distributed on Monday 15th July with all of the necessary details for booking P/T/S Conferences on either next Monday 22nd or Tuesday 23rd July. If by some chance the notice didn’t make it out of the schoolbag, please jump onto the following website: www.schoolinterviews.com.au and use the event code ETCW7 to book your preferred time.

The P/T/S conferences will provide our students with a chance to share their portfolios and demonstrate the progress made towards their learning goals in first semester. Future learning goals will also be considered as well as a chance to seek any further information about the mid-year written report. Through attending these P/T/S Conferences you tangibly demonstrate to your child/ren the importance and value you place on their learning, and you also help to further cement that home – school partnership. We hope that the late afternoon and early evening timeslots ensure these conferences are accessible for most families, but, if by chance you are unable to attend on either of these days, please don’t hesitate to contact your child’s teacher.

INTERVENTION & EXTENSION PROGRAMS FOR SEMESTER 2

During the first two terms this year, we trialled a new Intervention and Extension program across Years 3 – 6 to further target the individual learning needs of students. Both Giorgia Moss and Crissy Samaras facilitated this I & E Program and liaised very closely with classroom teachers across these levels to ensure small groups of identified students were engaged in very specific lessons each day.

The students involved in this program, during the first two terms, responded extremely positively to this additional support and progressed extremely well with the closer, ‘one-on-one,’ instruction provided. In fact, the initial trial has been so successful that we will be extending this structure for the remainder of this year. Two teachers will now be providing additional support to small groups of students each day in Prep – Year 2 and an additional teacher will remain in Years 3 – 6 to continue this very targeted support.
Through this practice, we are totally committed to tracking our students very closely and ensuring that their learning is strongly aligned to their point of need. Whilst the I & E program will target the small percentage of students requiring additional support to meet the expected benchmarks, there will also be a strong focus on the large cohorts of students who are achieving well beyond expected levels and need further stimulation to achieve to their high potential.

**Final Staff Training Day for 2013**

To assist with your forward planning, please note that the final staff training day for this year has been scheduled for Friday 16th August. No children are to attend school on this day.

**Safe Travels Robyn Law**

We wish Robyn Law (2L teacher) well as she begins three weeks of LSL at the end of this week. Robyn is jetting away to some exotic places so we look forward to hearing about her adventures when she returns. Robyn will return on Monday 12th August. We welcome Anna Zarkous, who will be teaching Year 2L during this leave period. Anna has undertaken extensive work at WNPS across many classrooms and will very capably continue to implement all aspects of the Year 2L classroom program.

Enjoy your Week!
Jim Cahill
Principal

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**School Photos—Last Chance**

House Captain, Junior School Council and Ambassadors photos for 2013 are on display at the office for parents wishing to place orders. The cost for purchasing these photos is $16.00 and payment will need to be received when placing your order. *(Orders need to be placed by this Friday 19th July).*

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**Family Life Evening—Year 3/4 Families**

Family life is an organisation of trained, experienced educators who conduct sexual health education to more than 40,000 students and their families every year. Their program aims to support parents to help their children learn about this. A trained educator from Family Life Victoria will be visiting the school on Thursday 25th July to present to the school.

Where: Williamstown North Primary School—Rooms 17 & 18
When: Thursday 25th July
Time: 7.00pm to 8.00pm
Cost: $25.00 (Please note payments by cheque should be made payable to Family Life)

A notice was given to all Year 3 & 4 children on Tuesday 16th July, with the details and a copy will be placed on the website under General Notices.

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**Prep Enrolments for 2014**

**Telephone** — 9397 5722  **Website** — www.willynthps.vic.edu.au  
**email** — williamstown.north.ps@edumail.vic.gov.au


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

The language of resilient families

Children and adults in resilient families tune into the needs of each other, choosing situation-specific language, rather than simply regurgitating generalised ‘feel-good’ or ‘get-on-with-it’ platitudes.

Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Following are 10 examples of the language of resilience, the coping skills each reflects and the types of situations where they are applicable.

1. “Come on, laugh it off.” Strategy: humour Good for: kids who experience disappointment, failure and even loss. Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

2. “Don’t let this spoil everything.” Strategy: containing thinking Good for: kids who feel overwhelmed; kids who experience rejection; perfectionists. The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.

3. “Let’s take a break.” Strategy: distraction Good for: kids experiencing stressful situations; kids who think too much; kids with busy lives. When kids are troubled by events or spend too much time brooding it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out — are all good distractors for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

4. “Who have you spoken to about this?” Strategy: seeking help Good for: kids who experience bullying and social problems; handling all types of personal worries. Resilient people seek solace in the company of others when they experience difficulty. That’s why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don’t overtly talk about what’s bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

5. “I know it looks bad now but you will get through this.” Strategy: offering hope Good for: kids experiencing loss, bullying, change or extreme disappointment. There are times when parents can do nothing else but keep their children’s...
chins up and encourage them when life doesn’t go their way. Being the ‘hope’ person can be hard work; that’s why parents need to be supported by resilient people and workplaces too. It helps to be mindful that a child or young person’s resilience is nurtured by the presence of at least one supportive adult. You may have to be that person!

6. “What can you learn from this so it doesn’t happen next time?” Strategy: positive reframing Good for: kids who make mistakes, let others down or experience personal disappointment

One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it’s better to reframe it as a challenge and a chance to shine. It also helps when parents model reframeing so kids see you changing how you view seemingly negative or worrying situations.

7. “Don’t worry – relax and see what happens!” Strategy: acceptance Good for: kids who worry about exams or performing poorly in any endeavour; pessimists.

If you’ve ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can’t control. The only way to cope is to accept what’s happening because worrying and fretting won’t get you anywhere. Similarly, parents with a resilience mindset can help kids understand what’s worth worrying about and what’s not, and that some things won’t change no matter how much kids fret or beat themselves up!

8. “This isn’t the end of the world!” Strategy: maintaining perspective Good for: kids who catastrophize or blow things out of proportion.

While most of us catastrophize at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. “Yes, you could end up not knowing anyone at camp but you won’t be the only one. Besides you’ll probably end up making new friends like you generally do.”

9. “You could be right. But have you thought about...” Strategy: flexible thinking Good for: kids who catastrophize; experience extreme feelings; who exaggerate.

Many children and young people talk in extremes – ‘awesome’, ‘the best’, ‘the worst’ and ‘gross’ roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace “I’m furious” with “I’m annoyed”. “It’s an absolute disaster” with “It’s a pain”.

“I can’t stand it” with “I don’t like it”. Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

10. ‘What can we do about this?’ Strategy: taking action Good for: kids who moan; who experience disappointment; who feel inadequate.

Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

Bring resilience into your everyday language

Resilient parents focus on building children’s and young people’s strengths for the future, while helping them cope with the present difficulties and challenges they experience.

The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family’s proprietary language. You’ll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dotage, to ‘hang in there’, ‘this too will pass’ and ‘find the funny side’. Granted they may be phrases you don’t want to hear, but at least you know that you’ve drummed into your kids some important core messages that have stayed for life.

Michael will talk more about Resilience and other vital parenting matters in the Very Important Parenting Saturday seminars conducted in 5 Australian capital cities in term 3 this year. Find out more about what’s been called the Parenting Event of the year at parentingideas.com.au
**Rosters…**

**Fresh Fruit Friday (FFF)**
The parents on the roster for Fresh Fruit Friday this week Friday 19th July are: - Martin Ray, Pamela Fernando, Helen Parker, Larissa Deeth, Mette Nielsen, Michelle Boyall, Gail Chew, Moyna McCann, Melinda Maskey and Andrew Savoia.

If you are able to help out weekly, fortnightly or monthly, please contact Linda Taylor at, taylor.linda.l1@edumail.vic.gov.au. This is a very happy and social group.

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**Canteen**

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

- Thursday 18th July—Anne Tobin
- Friday 19th July—Leanne Sutton
- Wednesday—24th July—Meredith Metin
- Thursday 25th July—Help Needed
- Friday 26th July—Kelly Walker & Fran Mitchell

Please remember that Lunch Orders are only available on Wednesdays, Thursdays and Fridays.

No Lunch Orders are available on the Last Day of Each Term.

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**Uniform Shop News**
The Uniform Shop hours are Mondays and Thursdays from 8.30am to 9.15am. Any enquiries please contact Kara on 0413 008 185. Still waiting on delivery of size 6 and 8 winter tunics. If you have placed an order on this item, I will ring you when they arrive. Please check at the office if you have ordered stock, as there may be at the office awaiting collection. Please note that the Uniform Shop will be closed on the last Thursday of this term for stocktaking.

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

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**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.

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**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.

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**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.
School Website—Did You Know!

Each week we will provide you with information about our school website that will give you some knowledge and where you can locate what you are looking for.

This week it’s all about the Events Calendar and the What’s Happening Next Calendar which are both located on the right hand side of the Website. These Calendars show you the Excursion/Incursion and other activities that the school has planned.

The Event Calendar and the What’s Happening Next Calendar, will show you the month and the activities planned for the month e.g. Month of July. This month shows the P/T/S Conferences and the Year 5/6 Camp to Howqua. If you click on the Year 6 Camp to Howqua it will show you information about the event e.g. dates and times, a blurb about what is/going to take place and a map of where the camp is located.

If there is something that you would like to find, but have difficulty in locating it, email Belinda and let her know what you are looking for (gill.belinda.a@edumail.vic.gov.au).

FOR ELIGIBLE FAMILIES THE SCHOOLKIDS BONUS—SECOND PAYMENT

The second payment of the Schoolkids Bonus is coming in July. If you are eligible you could receive up to $205 for each primary student and up to $410 for each secondary student.

You could receive the Schoolkids Bonus if you have a child in primary or secondary school and receive Family Tax Benefit Part A or you are a primary or secondary student receiving an income support payment.

If you think you are eligible and you haven’t already updated your child’s education details with Centrelink, then visit Online Services by 29th June 2013 to ensure you receive the correct amount and are paid on time.

The Schoolkids Bonus replaced the Education Tax Refund in January 2013 so eligible families cannot claim education expenses in their 2012-13 income tax return.

To ensure you receive the Schoolkids Bonus payment in July, check your eligibility by visiting australia.gov.au/schoolkidsbonus.

Thank you in advance for your support. If you have any questions or require any further information please feel free to contact us on schoolkidsbonus@fahcsia.gov.au.

Jump Rope for Heart

Jump Rope for Heart will be occurring next week and we have been skipping in PE lessons this week to ensure that we are practising some fantastic jumps for the week. As in the past few years we have supported the National Heart Foundation by conducting a gold coin donation. Each student is requested to bring a gold coin on Wednesday 24th July. We are looking to raise as much money as we can to support this worthwhile cause.

Sarah Nobbs
Sports Coordinator

For Sale—Year 6 T-Shirts

The school has the following Year 6 T-shirts available for purchase.

Two, Size 14 Short Sleeve Polo’s—$33.00 each

Contact Judy in the office on 9397 5722 if you are interested in purchasing any of the two items.
Working With Children Card (WWCC) - apply online only.
As from the 1st July 2013 the process for applying for a Working With Children Check has changed. Due to the continual changes to the forms they are no longer available at School or the Post Office. The only way to apply for a Working With Children Check is online.

These forms are available at [http://www.workingwithchildren.vic.gov.au](http://www.workingwithchildren.vic.gov.au) This is a simple 2 step process with instructions on how to apply in today’s newsletter.

Reminding Parents, if you wish to assist in the Canteen, Fresh Fruit Friday, Sport, Swimming, Excursions or Camps, you must have a current Working With Children Check. If you have a current WWCC and have not provided a copy to the office, please bring your WWCC to the school office, where a copy will be placed on file. Working With Children Checks remain valid for 5 years.

Please note, WWCC applied for in 2008 will need to renew their WWCC in 2013. A ‘Renewal Notice’ from the Department of Justice will be sent to those parents affected during 2013. We ask that you complete your ‘Renewal’ process online as soon as you receive this, so you are not affected with volunteering to assist with future school activities.

### Starting July 2013

#### STEP 1

From July 2013 submit your details online
- Go to the WWC Check website
- Fill out the form online
- Print out the application summary with all the details you entered

#### STEP 2

Go to a participating Australia Post outlet to lodge your application, taking with you:
- The application summary
- Relevant proof of identity documents
- A passport size photo
- The application fee, if you are applying for an Employee card

For more details:
Go to the WWC Check website closer to July for details of when applicants can start filling out the form online
http://www.workingwithchildren.vic.gov.au/?
STUDENT BANKING 2013

Does your child have a Commonwealth Bank Dollarmite account?
Did you know that for every NEW child that starts banking at school – we get $5.00 commission?
PLUS we get 5.00% commission on all deposits.
This is a great fundraiser for our school.

We have School Banking every Wednesday
Just bring your deposit book in with your $ and hand it to your Teacher.
Your deposit will be processed and your child will get their book back the same or next day.
The Student Banking program is aimed at helping students understand core financial values and money management skills. The emphasis on this program is on regular savings and not the value of each deposit so there is no minimum deposit amount, it is more of a fun and engaging activity for the students to enjoy!

DON’T HAVE A BOOK?
……..Call into your local Commonwealth Bank Branch and open a School Banking account – it’s simple; all you need is Parent photo I.D and child’s Birth certificate – you can start banking at school straight away!
If you have any questions, please feel free to contact the school office or call our School Banking Specialist Susan Brailsford M: 0422 116 040 / email susan.brailsford@cba.com.au
The School Banking Team

Win a share of the Dollarmites’ treasure by saving in Term 2 of School Banking.
The Dollarmites have found some amazing treasure on Savings Adventure Island and both your child and school could win a share of it in Term 2 just by saving.
First prize is a $5,000 family adventure holiday to anywhere in Australia, with $500 spending money. Plus, the winning student’s school will also receive $5,000 to spend as they wish. What’s more, there are 25 Runners-up Kid’s Adventure Packs, worth over $700 each, to be won. Each adventure pack includes a Wii U, night vision goggles, a waterproof camera, walkie talkies and a Razor eSpark electric scooter!
For you chance to win, students need to simply make three or more School Banking deposits during Term 2. To find out more, talk to your School Banking Coordinator or visit commbank.com.au/adventureisland

LUNCHBOX OF THE WEEK!
Congratulations to Saskia from Year 2M for her Nude Food Lunchbox!
Keep bringing a Nude Food lunchbox everyday for your chance to win Lunchbox of the Week!
**Community Notice Board**

**Cheeky Monkey Market**—Seaworks 82 Nelson Place Williamstown. Sunday 4th August from 9.00am till 4.00pm. Family fun indoor market full of new, handmade and pre-loved items. Jumping castle, fairy Floss and popcorn, animal farm and face painting. Adults—$3.00 entry and children are free. For more information contact 0400 081 483 or visit www.melbournecheekymonkeymarket.com

**Call for Volunteers:** Western Health is seeking community minded people who would like to offer some of their time to assist the Williamstown Hospital Opportunity Shop to raise funds for the Williamstown Hospital. We are calling for volunteers who like to be in a team environment, support their local health service and enjoy displaying goods for resale. If you are interested please contact Jo Spence on 8345 1201.

**Host families** need in June/July each year, students aged 14 – 19 years from over 20 countries will be arriving in Australia to study at local schools for 2-10 months. Opportunities are available to act as a host family in a volunteer/unpaid capacity. Host families help provide each student with the chance to study and experience life in Australia. Your whole family...and your relatives and friends...will grow and learn as you all get to know your new ‘son’ or ‘daughter’ from another land. If your family can offer a friendly, supportive and caring home environment, contact us today. To learn more about this opportunity call Student Exchange Australia New Zealand on 0800 440 079 or visit our website. [http://studentexchange.org.au/host-a-student](http://studentexchange.org.au/host-a-student)

**Want to Play Netball?** Willi Tigers Netball Club is seeking NEW Players (Boys and Girls) for the Summer Season, commencing Term 4 (Wednesday, October 9th, 2013). Come along and have a go, meet our Players and Coaches **Sign Up Days:** Wednesday 24th July and 31st July, 4pm to 7pm, Williamstown High School Gym Corner Pasco Street & Melbourne Road. Training is on Wednesday afternoons for an hour between 4pm and 7pm. Games are on Saturday between 12.15pm and 5pm at the Altona Netball Centre, Queens St, Altona Meadows. Please contact our Club for further information willi.tigers@gmail.com , or ruthv70@gmail.com

**Tutor**—My name is Bec and I am an experienced Year 1/2 teacher working in the Maribyrnong area looking for students to tutor. Cost: $30 for half an hour, or $45 for an hour. You can contact me on 0411 052 744.

**Bring on Term 3!** The weather is chilly so it’s a great time to get outdoors and blow away the winter blues with our Wild Winter Sports. Not only will you have a great time with your friends, our experienced coaches will help you learn some great new skills.

Term 3 will see children experience popular Winter sports and learn some new games that will improve their hand eye co ordination and ball skills with our multisport approach. Kelly Sport programs are specifically designed for children in Prep - Year 4.

Kelly sports is a wonderful opportunity for your child to develop key sporting skills and inspire them to give sport a go as they improve their catching, throwing, striking, running, jumping and learning to be part of a team.

You may also be lucky enough that your schools offers our specialist sport programs or our dance programs. So check out what is on offer for Term 3.

So what are you waiting for! Look out for our fliers and come out and join us.

Education Maintenance Allowance

Instalment Two

The Education Maintenance Allowance (EMA) is provided to assist eligible families with the costs associated with the education of their children.

Parents and guardians may be eligible for the EMA if they have a valid Centrelink Health Care Card or Pensioner Concession Card.

The second instalment of the Education Maintenance Allowance (EMA) payment is due to be paid from mid-August onwards for parents/guardians who chose the ‘direct deposit’ or ‘pay direct to school’ payment option on their application form.

Parents/guardians who chose the cheque payment option will receive their payment from late August / early September.

Parents and guardians who lodged an EMA application at the beginning of the year do not need to lodge another EMA application to receive the second instalment EMA payment.

Parents/guardians whose children have transferred to this school since 28 February 2013 will need to submit a new EMA application form. Applications close on 2 August 2013.

Eligibility information can be obtained from: www.education.vic.gov.au/aboutschool/lifeschool/ema/default.htm

Contact: School Office for an application form and further information.
Hairhouse Warehouse
Williamstown
18 Douglas Parade, Williamstown
Telephone 9397 1655
Hair & Beauty Product
Hair Salon, Nail Bar
Body Piercing, Waxing, Spray Tanning
Come in and say Hi to Julie and the Team.