# Wooranna Park's **Nonderings**

### Hi everyone,



Thank you for helping to ensure your children learn the importance of wearing the **correct school uniform** particularly during these colder days. A school uniform removes the sense of competition in dress, which can often cause stress amongst students and in addition, has the important safety factor of making Wooranna Park Primary children instantly recognisable.

If you require some assistance in accessing a uniform, please see us at the Office as we are more than happy to help you out so that your children have a strong sense of belonging to the Wooranna Park community.

It is very important that the school has your most **current emergency contact** telephone details, email and home address. If you change telephone details, email or home address at any point, we ask that you update the school with your accurate contact details as soon as possible.



This is a reminder that schools do not provide **personal accident insurance or ambulance cover** for students. Parents and carers of students, who do not have student accident insurance or ambulance cover, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance and any other transport costs.



#### School Gates

In support of ensuring a safe learning environment for our students, I did want to remind everyone that our two gates are locked at **9am**. Therefore, if you find yourself still within the school grounds at this time then you will need to exit via the front Office.

Please note that the gate up at the TOC is locked a bit later to ensure community access to the food pantry.

#### **School Polices**

As valuable partners in promoting and maintaining child safety and wellbeing at Wooranna Park Primary School, we welcome and encourage your feedback. If you have any suggestions, comments or questions in relation to our child safe policies and practices, please contact us.



#### **Animal Dress Up Day**

This Friday we have our Animal Dress Up Day, initiated and planned by our Junior School Council. Our J.S.C. would appreciate students bringing along a gold coin donation to go towards their fundraising efforts for <u>https://www.wecare.services/</u>.

We Care Community Services is a Not-For-Profit organisation that was founded to assist individuals and families in local communities who are suffering from hardship. They are located 307 Gladstone Rd, Dandenong North.

We are also looking for volunteers to donate some of their time to cook the Sausage Sizzle lunch. If you are free on **Friday 30 May** to help us cook and serve, but more importantly have some fun socialising with our local community, please fill in the following form: https://forms.gle/8qDUSeNTyTTjCr kN8

dress up day gold coin Friday 30th Do Vote for Puggles' friend! JWrite it down drop it in the and box at the office!

Please note there will be no hot chocolates on Friday due to the Sausage Sizzle.

#### **Success with Sleep!**

As part of our ongoing commitment to student wellbeing and academic success, we would like to remind families of the importance of ensuring children get adequate sleep each night.

For children aged **5 to 12 years**, it is recommended that they get **9 to 11 hours of sleep** per night. To support this, we encourage families to aim for the following bedtimes:

#### •5-8 year olds: between 7:00 pm and 8:00 pm

#### •9-12 year olds: between 8:00 pm and 9:00 pm

A consistent bedtime routine helps children feel secure, improves concentration and behaviour at school and supports their physical and emotional development.

We understand that every family has unique routines, but we kindly ask that you prioritise sleep as part of your child's daily schedule. If you need support establishing a bedtime routine, please do not hesitate to reach out to us.

On the following pages are some parenting tips on how to prepare children for sleep.



### Sleep relaxation for children



#### Deep breathing for sleep relaxation



Deep breathing in and out can help your child relax. Bubble-blowing can help your child practise deep breathing.



At bedtime, get your child to relax their shoulders. Ask your child to **breathe in for 4 counts** (count, '1 rabbit, 2 rabbits, 3 rabbits, 4 rabbits'). Ask your child to hold the breath in for 4 counts.



Ask your child to **breathe out for 4 counts**. Ask your child to hold the breath out for 4 counts. Repeat up to 4 times. Tell your child that deep breathing gets easier with daily practice.

#### Using pictures for sleep relaxation



Choose a book with pictures of a place your child can imagine. Avoid scary pictures. Talk about the pictures. Ask your child if they can see a picture in their mind.



When your child sees pictures in their mind, it can help them relax. Your child can use their imagination to change the picture if they want to.

#### Sleep relaxation after a busy day



A quiet, dimly lit bedroom is good for sleep. Too much light can make it harder for your child to fall asleep. Your child can use a warm-coloured night-light.



Try to keep devices like computers, TVs and phones out of the bedroom. Playing games and watching TV takes up sleep time.



Try a worry box. Before bedtime, your child can draw or write down their worries. At bedtime, worries go into the box. Talk about worries the next day.



### آرامش در خواب برای اطفال



#### تنفس عمیق برای آرامش خواب



نفس کشیدن عمیق به داخل و خارج می تواند به اطفال کمک کند تا آرام شوند. دمیدن در پوقانه می تواند به طفل شما در تمرین کردن تنفس عمیق کمک کند.



هنگام خواب، طفل را وادار کنید تا شانه های خود را شل کند. از طفل خود بخواهید تا **چهار شمار کرده و به داخل عمیق نفس بکشد** (شمار کند، "یک خرگوش، دو خرگوش، سه خرگوش، چهار خرگوش") از فرزند تان بخواهید نفس خود را نگهدارد و تا چهار شمار کند.



از فرزند تان بخواهید که **نفس بیرون بکشد و تا** چهار شمار کند. از فرزند تان بخواهید نفس خود را نگهدارد و تا چهار شمار کند. تا چهار بار تکرار کنید. به فرزند تان بگویید که نفس عمیق کشیدن با تمرین روزانه راحت تر می شود

#### استفاده از تصاویر برای آرامش خواب



کتابی را انتخاب کنید که حاوی تصاویراز جایی باشد که فرزند تان می تواند تصور کند از تصاویر ترسناک اجتناب کنید. در مورد تصاویر صحبت کنید. از فرزند تان بپرسید آیا می تواند تصویری را در ذهن خود ببیند.



وقتی طفل شما تصاویری را در ذهن خود می بیند، این می تواند به او کمک کند که آرام شود. اگر فرزند تان بخواهد می تواند از تخیل خود برای تغییر تصویر استفاده کند.

یک اتاق خواب آرام با نور کم برای خواب مفید است. نور زیاد می تواند به خواب رفتن طفل را برایش سخت کند. طفل شما می تواند از چراغ شب با رنگ گرم استفاده کند



سعی کنید وسایلی مانند کمپیوتر، تلویزیون و تلفون را از اتاق خواب دور نگه دارید. بازی کردن گیم و تماشای تلویزیون زمان خواب را می گیرد.



جعبه نگرانی را به کار ببرید. قبل از خواب، طفل می تواند نگرانی های خود را ترسیم کند یا بنویسد. هنگام خواب، نگرانی ها داخل جعبه می روند. روز بعد در مورد نگرانی ها صحبت کنید

Sleep relaxation for children and teenagers (Dari)  $\ensuremath{\mathbb{C}}$  Raising Children Network

#### خواب آرام بعد از یک روز مصروف

#### **Annual Reporting Meeting**

On Friday 27 June we will be hosting our Annual Reporting Meeting to share our 2024 Annual Report. While this document is available on our website, I will be talking through this report from 2:40pm in the staffroom.

Please come to the Office where you will then be directed to the staffroom. We would love to see you then!



**Executive Principal** 

event PAnimal dress up day gold coin Friday 30th May nation (1) Vote for Puggles' friend! DWrite it down drop it in the at the office! box

## **From our Children Advisory Leaders**



We, as the student advisory leaders, have been going to meetings every month with other student advisory leaders from other schools. We have been inputting ideas into upcoming events like the children's festivals and deckchair movies.

Here are some links for events that are coming up that you might like to enjoy as a family:

https://www.greaterdandenong.vic.gov.au/springvale-snow-fest https://www.greaterdandenong.vic.gov.au/childrens-festival https://www.greaterdandenong.vic.gov.au/deckchair-movies

Also sit back and enjoy one of our most recent Children's Advisory Meeting. This meeting was focussed on selecting the 2025 Children's Major.

https://www.youtube.com/watch?v=aiW\_SJwnnnQ

Isaac and Hamed

# **MATHEMATICS REPORTING**

Dear parents and carers,

I am writing to let you know about the changes to student reporting for mathematics in Victorian government schools.

The Victorian Curriculum and Assessment Authority (VCAA) recently published its revised mathematics curriculum (Mathematics curriculum 2.0).



#### **STUDENT REPORTS**

All Victorian government schools will start using the Mathematics curriculum 2.0 in 2025. At Wooranna Park Primary School we are using the revised mathematics curriculum for school reporting from Semester 1, 2025

On your child's previous report, the teacher reported against the 3 strands of the achievement standard for mathematics (Number and Algebra, Measurement and Geometry and Statistics and Probability). Under the Mathematics curriculum 2.0, your child's teacher will report against the achievement standard as a whole, providing a single, aggregated score.

As the achievement standards reported on have changed, the first time you receive a report under the Mathematics 2.0 curriculum, it will only show achievement and not progress. For all reports after this, progress will be shown against the single achievement standard.

The VCAA made these changes to help teachers plan their teaching and learning programs in mathematics, giving them more flexibility to support students to link ideas within mathematics and with other curriculum areas.

For further information, refer to the department's policy on <u>Reporting Student</u> <u>Achievement and Progress Foundation to 10</u>.

Your child's mid year report will be uploaded on to XUNO on **Wednesday 2 July**. Visit this link: <u>https://woorannaparkps.xuno.com.au/index.php</u> If you have any queries about your child's report, please feel free to contact us.

Warmest regards,

Emma Doyle Leading Teacher

## A message from our MHiPS Team

### Mental Health Matters at Our School

We believe mental health is just as important as physical health — for students, staff and families. When everyone feels supported and connected, learning and wellbeing thrive.

### Why Mental Health Is Important

Good mental health helps us stay confident, motivated and connected.

For children: it supports focus, learning and friendships. For adults: it helps us care for our kids and ourselves.

When schools and families prioritise wellbeing, kids thrive.

# Mental Health in Primary Schools

### Signs Your Child May Be Struggling

- Mood or behaviour changes
- Withdrawing from friends or activities
- Trouble eating or sleeping
- Feeling overwhelmed or anxious
- Difficulty focusing or managing emotions
- Frequent physical complaints

#### Tip: If these signs persist, check in or seek help.

### How Families Can Support Mental Health

- Spend time together and talk regularly
- Keep routines for a sense of safety
- Encourage open chats about feelings
- Model self-care
- Praise effort, not just outcomes
- Reach out to your child's teacher or wellbeing staff

### The second secon

o YoUr Mi

- The MHiPS (Mental Health in Primary Schools) program
- Emotional awareness lessons
- Staff mental health training
- Parent info sessions
- Awareness events (e.g. R U OK? Day)
- Wellbeing programs and calm spaces



•Kids Helpline – 1800 55 1800 •Lifeline – 13 11 14 •Beyond Blue – 1300 22 4636 •headspace – 1800 650 890 •Parentline – 1300 30 1300 •CAMHS – Local child mental health support

### 💗 Let's Work Together

Strong home–school partnerships support mental health. Speak with your child's teacher, Miss Becki, or Miss Rachael if you have any concerns.

Together, we're building a connected school community.

Rachael Rydguist, Becki Kinsella, Emma Doyle, Gill Thompson Cook<mark>, Tanja Supljeglav, Cassie Colpoys.</mark> MHiPS Team

## **GRADES OF THE WEEK**



Each week our classes earn points during their Specialists' class by:

- respecting others' right to learn (respect).
- keeping our body parts to ourselves and their personal space (safe).
- Looking after classroom and school equipment (responsible).

The class with the most points hosts Puggles for the week...and if a class wins Puggles three times then they will get a pizza party!

Congratulations to 1/2B, 1/2D, 3/4A, 3/4B, 5.6A and 5/6C for being our grades of the week in the last fortnight!





Please note there will be no hot chocolates this Friday 30 May due to the Sausage Sizzle lunch.

### **PREMIERS' READING CHALLENGE**



### Victorian Premiers' Reading Challenge

The Victorian Premiers' Reading Challenge is now open and **Wooranna Park Primary School** is excited to be taking part!

It is not a competition; it is a personal challenge for children to read a set number of books by the **5<sup>th</sup> of September 2025.** 

Children from **Prep to Year 2** are encouraged to read or '**experience' 30 books** with their parents and teachers. Children from **Year 3 to Year 10** are challenged to **read 15 books**.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

Your child should have received a challenge username and passcode. This should be kept in their school diary. Most books can be found in our school library or on our class bookshelves. The below link provides a long list of the challenge books.

#### https://vprc.eduweb.vic.gov.au/searchbooklist

To electronically record books read at home or school please follow the below steps.

- 1. Go to https://vprc.eduweb.vic.gov.au/home
- 2. Select the 'school coordinator or student sign in' button.
- 3. Click on the 'VPRC login'.
- 4. Enter your child's username and passcode. This will take you to their Premiers' Reading Challenge dashboard.
- 5. Select 'Search Books' in the side menu.
- 6. Enter the book's name, author, series name or ISBN number in the search field.
- 7. Select the 'Search' button.
- 8. Find the book you want from the search results and select the book title. This will open the book details.
- 9. Select the '+Add book' button.
- 10. Then return to the 'Dashboard' and click 'Finished'.

These instructions can also be found on our school website. We hope to see lots of students partake in this fun reading adventure!

# **FUTURE ENROLMENTS**

If you have a child who will be starting Prep in 2026, please visit or call the Office to organise an interview with one of our leadership members.

This process helps us to get to know your little one in support of their transition to school.

Prep

enrolments

for 2026!

If you know of a family who is wanting to join the Wooranna Park community in 2026, please encourage them to call the Office to organise a school tour.

Details about the 2026 Prep enrolment process can be found on our website at <u>https://www.woorannaparkps.vic.edu.au/page/12/Enrolment</u>

Wooranna Park Primary School Carlton Road, Dandenong North

DANDENONG NORTH

Meet our Principal at an information evening on **Monday 26 May** or **Wednesday 18 June** from 5pm till 6pm.

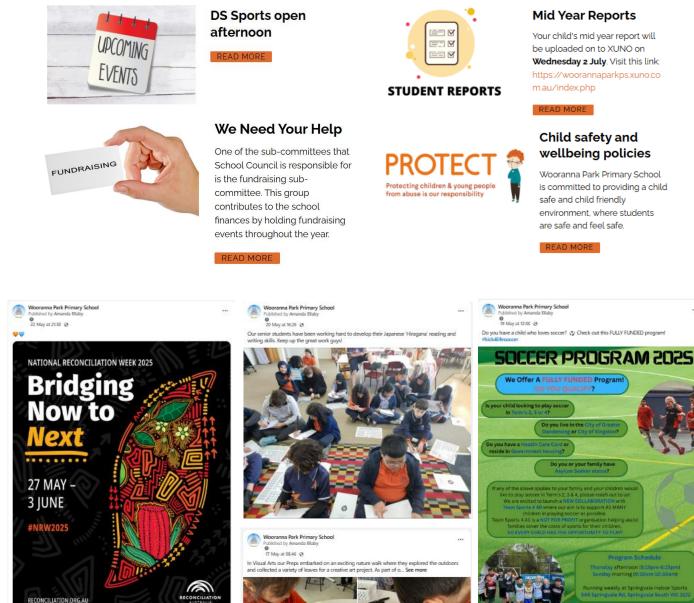
Call for a school tour 9795 2007

https://www.woorannaparkps.vic.edu.au/

# **FACEBOOK & WEBSITE**

A few posts have been put up on our website over the past week. Please make sure you visit the home page and scroll down to catch up.

#### https://www.woorannaparkps.vic.edu.au/



City of Greater Dandenong 22 May at 10:00 @

Next Tuesday 27 May marks the beginning of National Reconciliation Week. This year's theme, Bridging Now to Next, reflects the ongoing connection between past, present ... See more







TEAMSPORTS4AI

Contact Information

Ash Good Kick4life : 0409955165 ash@kick4lifesoccer.com.au

Cindy TS4A : 0435 860 516

# UNIFORM REMINDERS

The wearing of school uniform is compulsory at Wooranna Park Primary School. For our full uniform, please see the school website. All our uniform pieces can be purchased at PSW, Unit 1, 9-11 South Link, Dandenong South, 3157





**Orange Short Sleeve** Polo Shirts

Navy Blue Windcheater



Navy Blue Bomber Jacket



Summer Dress



pants/full length

leggings No Jeans

Navy Blue tracksuit Navy Blue Rugby or Gaberdine Shorts/Skort



Navy Blue Hat



**Orange Long Sleeve** Polo Shirt



Socks -White, Black, Navy





Sport Shoes or Black Shoes



**Gloves and Scarves** (White, Black, Navy)

#### The following items are not permitted as a part of our uniform:





Nail Polish





Please clearly label all clothing items including shoes.

# **IMPORTANT DETAILS**

### CURRICULUM DAYS

The following days have been endorsed by School Council:

Monday 25 August



Monday 27 October

Students do not attend school on these days. <u>DS Sports</u> will be providing childcare on these days.

On the last day of Terms One, Two and Three we have an early dismissal time of **2:30pm** and on the last day of Term Four we finish at **1:30pm.** 

### CONTACT DETAILS

It is very important the school has your most current emergency contact telephone details, home and e-mail address.

If you change telephone details or home and e-mail address at any point, we ask that you update the school with your accurate contact details as soon as possible.

> بسیار مهم است شماره تماس اضطراری و آادرس دقیق خانه شما را ما در مکتب داشته باشیم



اگر شما شماره تليفون يا ّادرس خود را تفير ميدهيد لطفن هر چه زودتر مكتب را اطالع دهيد

**STUDENT SUPERVISION** 

Please note that our school grounds are supervised by school staff at the following

Before school from 8:30am to 9am

• After school from 3:30pm to 3:45pm.

Our gates are locked each afternoon at

3:45pm. Students in the school grounds after this time will be cared for at DS Sports at the

The school grounds are not supervised outside

• Throughout recess and lunch

### COMMUNICATION

Wooranna Park Primary School recognises the importance of the partnership between schools and families to support student learning, engagement and wellbeing.

Your child's teacher will offer you a range of opportunities to communicate with them including:

- ✓ XUNO
- ✓ School diary
- ✓ Formal meetings
- ✓ Before/After school chats

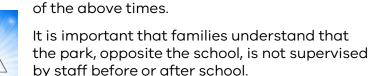
If you do not have access to XUNO please contact our school Office and find out how you can obtain it as XUNO will be used several

times each week so we want everyone to have access.









family's expense.

times:

While some families use this area as a meeting place, please know children must be supervised by an adult, as per the Greater Dandenong Council's direction.



### BREAKFAST CLUB



Breakfast is available for all students from 8:15am.

# Please like our Eacebook r

Please like our <u>Facebook page</u>. This page will be used by the school to inform families and the public of events and updates at the school. Feedback and discussion with parents/carers are welcome, but the school will not use Facebook for this purpose.

Please contact the school directly if you wish to discuss matters, as per our communication process. Only this <u>Facebook page</u> is endorsed

by the Principal. Any other Facebook pages are not officially authorised representatives of the school.



# **MORE IMPORTANT DETAILS**

#### **OUT OF HOURS SCHOOL CARE**



DS Sports will be providing Outside School Hours Care at Wooranna Park Primary School from 3.30pm to 6pm, every afternoon, Monday to Friday.

DS Sports provides an adventurous and stimulating After School Care program, in a safe and inclusive environment.

DS zones are a place for growth and nurture the building of life-time skills. Our zones incorporate Health, Play, Leisure, Language, Real Life Connections and promotes the building of positive relationships with peers and our staff.

All families are strongly encouraged to register their child/ren for DS Sports as it is free to enrol and while you are under no obligation to use this service it does provide support for you in the event of an emergency. For information about this program, please contact this service directly at: https://www.dssports.org/wooranna-park-

<u>primary</u>

### **MOBILE DEVICES**

In line with the Department of Education's <u>Mobile Phone policy</u>, all phones brought to school must be switched off and stored securely in the front Office, during the school day.

A **mobile phone** is a telephone with access to a cellular (telecommunication) system, with or without a physical connection to a network. For the purpose of this policy, "mobile phone" refers to **mobile phones and any device** that may connect to or have a similar functionality to a mobile phone such as a smartwatch.

When a student is not complying with this mobile phone policy, we will be required to follow a process in accordance with our existing student engagement polices.

### **LUNCH ORDERS**

Subway lunch orders are available each Friday. There is a pre-ordering system and orders must be placed via XUNO **by 4pm each Tuesday** for the Friday's lunch.



View

Subway \$6

Late orders cannot be accepted.

#### SAFETY

### All bike and scooter riders are required to wear a bike helmet in Victoria.

Approved helmets have the Australian Standards Mark TM (AS/NZS 2063) and will be marked as suitable for cycling.

Children under the age of 12 may ride on footpaths, as can a supervising adult. They are required to give way to pedestrians and to wheel their bicycles over pedestrian and children's crossings.

Also, by law everyone must wear a seat belt when travelling in a car in Australia

### SUNSMART

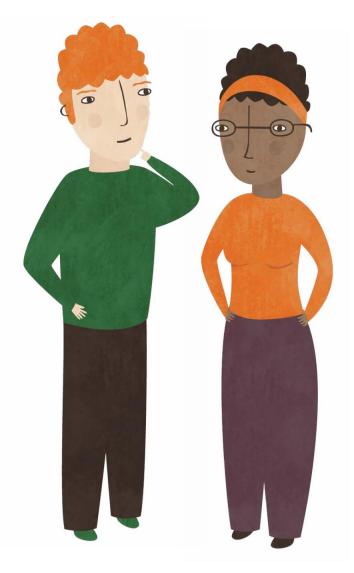
For Term One and Four, we wear our named, broad brimmed, navy blue hat at all times when outside.

# PROTECT

#### Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.





#### It's everyone's responsibility.

Adults at school must listen and respond to concerns about child abuse.

If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources www.education.vic.gov.au/protect











# Shalimar Park Pre School Dandenong North

Looking for 3 and 4 year old Kinder program for 2026, our sessional Kindergarten offers 15 hours for 3 and 4 year olds at no cost to families.

Call and book a tour today 9795-5226







Our Location 1 Milan court, Dandenong Nth



Visit Our Website https://shalimarparkpreschool.godaddysites.com

# Join JUMP! Swim Schools and we'll waive your membership fee

Offer ends , enquire today!

Email noblepark@jumpswimschools.com.au or call 0472 735 872 and enrol today! 3/450 Princes Hwy, Noble Park North, VIC 3174 jumpswimschools.com.au



Enrol

now

# **Term 2 202**

Keep this handy calendar on your fridge for upcoming events at school. Check XUNO, visit our website, or follow our Facebook page as this calendar is subject to changes.

	Monday	Tuesday	Wednesday	Thursday	Friday
April	21 Easter Monday No School	22 Term Two begins See you from 8:50am, to be ready to learn at 9am!	23 Prep (2026) enrolment packs are available!	24 ANZAC commemoration @ 2:40pm	25 ANZAC Day No School
		<b>29</b> Have you enrolled your hild/ren in after school care? ou never know when you may need <u>DS Sports</u> !		01 Sovereign Hill Excursion (3/4s)	<b>02</b> Gala Day (5/6s)
May	05 Japanese Children's Day	<b>06</b> Have you presented yo Health Care card to the off to qualify for <u>CSEF</u> ? You ha June 28 to access these f	ice yet ve until	08 Mother's Day Stall Bring money along to buy a special gift.	09 Mother's Day morning tea (a) 10:15am (Preps) Whole School Assembly (a) 2:40pm
	12	13 School photos day	14	15	16 District Cross County (Selected students ES Personnel Day
	19	20 School Council @ 6pm	21	22 Simultaneous Storytime Last day to order a sausage sizzle lunch!	23 DS Sports will be open all day if you need childcare! Curriculum Day No students at school
	26 2026 Prep Information Evening (5-6pm)	27	28	29	JSC's Dress as an Animal Day (Gold Coin)
		Dental Van onsite			
June	official	<b>03</b> ou Liked our school's Facebook page? We formation regularly!	04	05	06 Hot Chocolate today for \$1! Whole School Assembly @ 2:40pm
	<b>09</b> King's Birthday No School	10	11 Student Advisory Meeting (Elected Leaders)	12	13 Emotional Regulation incursion (5/6s)
	16	17	<b>18</b> 2026 Prep Information Evening (5-6pm)	19	20 Team Time @ 2:40pm
	23	24	25	26	27 Annual Reporting Meeting @ 2:40pm (All welcome) Hot Chocolate
July	30	School Council @ 6pm 01	02 Athletics Trials (3-6s) Student reports available on XUNO	03	today for \$1! 04 Golden Assembly Last Day of Term 2:30pm finish
XU	iOS app store	e <b>XUNO Family app</b> fro e to receive notification ents, and notices!	ns to your phone of	9795 2 woorannaparkps.	