



WILLUNGA PRIMARY SCHOOL

CONNECT | ASPIRE | RESPECT | EMPOWER

NEWSLETTER | TERM 1 WEEK 3

FEBRUARY 14, 2024



"Together we thrive"

Key Dates

STUDENT FREE DAY

Fri 23 February

Governing Council AGM

Tue 27 February 6.30pm

Followed by General Meeting 7pm

Year 5/6 Aquatics

Wed 28 February

Clean up Australia Day

Fri 1 March

Calendar

<https://willungaps.sa.edu.au/calendar/>

Hello 2024!

By Melanie Jones
Principal

The 2024 school year is off to a fantastic start and we are excited for the new school year and all that we can achieve together. We have welcomed 363 students in 15 classes to begin the year and it is predicted that approximately 18 children will join our reception classes in the mid-year intake, taking us to an enrolment of close to 400 students.

It was lovely to see everyone joining in the Scavenger Hunt on the Acquaintance Night and visiting places and spaces around the school. Students were seen proudly introducing their teachers and support staff and showing their efforts to date, which includes individual and class wellbeing plans.

There was some fabulous artwork on display and the classroom spaces certainly showcased the efforts of students and teachers in setting up for a great year of learning.

Thank you to our volunteer, Trevor Garrard who attended on the night to showcase orchids and promote both school orchid club, which runs every Monday for Year 3-6 students, and the local radio station TRIBE FM.

Thanks to Jackie in the canteen and her band of volunteers including David, Jodie, Wendy and Kelly who assisted, and to Rachel who opened up our uniform shop for sales.

We are looking forward to a great term to start the school year which is shaping up to be our best yet.

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Government of South Australia
Department for Education

From the Principal's Desk – CONT.

We have lots of events on the school calendar this term including **2 STUDENT FREE DAYS**. Please be sure to book your child into OSHC if you require care.

- **Student Free Day – Fri 23rd February**
- AGM and the first Governing Council Meeting for 2024 – Tue 27th February at 6.30pm followed by the General Meeting at 7pm in the staff room. All welcome
- 5/6 Aquatics – Wed 28th February
- Clean Up Australia Day – Fri 1st March
- NAPLAN test window – 13th – 25th March
- Harmony Day – 21st March
- Parent/Teacher Interviews – 2nd to 10th March
- Easter Raffle drawn – Wed 27th March
- House Colour Day & School disco after lunch – Wed 27th March
- **Student Free Day – Thur 28th March**
- Jump Rope for Heart (fundraising for Heart Foundation)



Pastoral Care Worker News

–BY SUE CAMAC

For those new to Willunga Primary, I'm Sue, the Pastoral Care Worker (Mondays & Wednesdays). I have a CERT IV in Youth Work, a requirement of my role and I am also a Chaplain with Disaster & Recovery Ministries of SA. I work alongside Kate Schipper in the Wellbeing of students through individual catch-ups, assisting in classrooms, running small groups, lunchtime programs, Parent Morning Teas, and being a link between local churches and the wider community. Through this link, I have organised meals for people who are unwell, Foodbank vouchers and worked with the Anglican Church who now kindly supplement our Breakfast Club supplies. I have three adult children of my own so whilst I don't understand everyone's personal story, I know that parenting isn't easy and has it's ups and downs! If you ever need a coffee and a chat, feel free to leave a message for me in the front office or email me on sue.camac616@schools.sa.edu

Principal's Quote

Reading is like breathing in, and writing is like breathing out.

~ Pam Allyn

SEEKING DONATIONS

We are seeking donations of good quality board games, Lego, toy cars and similar for our Nurture space. The Nurture space will be open to students who require support during recess time and we would like to encourage sustainability and enquire within our school community if you have any unwanted quality items that we could repurpose for students requiring some extra stimulation. Thank you in advance.



An Apple Smart Watch has been passed in to the front office. If you think it may be yours, please see Deb in Student Services. Please bring your phone so we can confirm via 'find my phone' that you are the owner of the watch.

This term our focus is on SUSTAINABILITY. Last year I ran a soft plastics competition, this year I thought we could have a **First-Class, Freaky, Funky, Futuristic, Fun & Downright Fabulous Fashion Competition!** You can use those recyclables and turn them into a new piece of clothing or accessory! Not just plastics and cardboard, maybe you have some old shade cloth or garden hose lying around at home? The only rule is You CAN'T use anything new. It MUST be made from something that would have gone in the rubbish! **Entries need to be in by Thursday 4th April, Week 10.** A winner will be chosen from Reception, Yr 1/2, Yr 3/4 & Yr 5/6. Adelaide Fashion Designer Kalila from Kalila & NaMOI designs will be judging the event!

Don't forget – Parent Morning Tea every Wednesday – OSHC room 8.50am – ALL WELCOME



Welcome to our new staff



Kirby Morris – Inclusion Leader

Hi! I am so pleased to be joining this wonderful community after working as Special Educator in the Noarlunga Education Office for the past two years. My background has predominantly focused on supporting learners with additional needs in both face to face and advisory roles, and I am excited to bring some of these experiences to Willunga Primary. When I am not in school mode I am in mum mode! I have two boys, aged 11 and 13 who of course keep me busy. I am looking forward to getting to know everyone so please don't hesitate to say "hi" if you see me around.

Tuula Ropolla – Year 1 Teacher in 25E

Hello! For the last 13 years I have been a Junior Primary teacher in schools in the eastern suburbs of Adelaide. A few years ago, my family and I built a house by the beach down south. I love to walk on the beach with my kelpie Meka, work in the garden and go to yoga class. Before I trained as a teacher, I was a professional dancer and choreographer for many years. It is very rewarding guiding young children's learning and development, and I'm excited to be part of the teaching team at beautiful WPS. I'm looking forward to a wonderful year of building partnerships with students, staff and families.



Karlia Vinnal – Reception Teacher in 25B

Hello! My name is Karlia and I've moved from Port Augusta after teaching there for five years. I am very happy to be back where I grew up, closer to my family and friends. When I'm not teaching, I enjoy walking my dog Ginny, baking desserts, reading and going to the beach. I'm looking forward to getting to know everyone in the school community.

Aliza Webb – Performing Arts Teacher (Mondays)

Hello! As a classroom music/drama teacher, woodwind specialist and passionate choral instructor, I've had the joy of sharing my love for music and performing arts across diverse settings and age groups. For me, music isn't just about notes and rhythms—it's a journey that enriches every aspect of life. Beyond the classroom, you'll find me spending time with my family, actively involved in various community sport and music activities, and embracing the beauty of the Southern Fleurieu where I live. I'm excited to bring my passion for Performing Arts to Willunga Primary School.



Samantha Jeffery – PE & Health Teacher

Hi! I have taught a variety of year levels in classroom and PE roles at a range of schools over the past 8 years and am very excited to join the WPS community this year. I love playing netball and volleyball and am an avid AFL supporter. I also enjoy talking my dog Alfie for walks, baking and travelling.

Student Wellbeing

BY KATE SCHIPPER, DEPUTY PRINCIPAL/WELLBEING LEADER

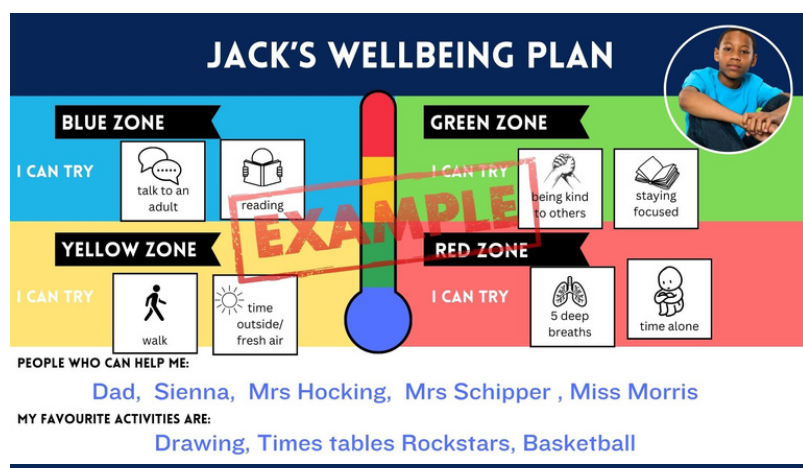
As we embark on a new year filled with learning and growth, we are excited to introduce some new changes in our Wellbeing spaces. Our 'Nurture' room will be continuing to offer RESET support for students who need help with regulation and check-ins in the mornings.

Targeted interoception, sensory, fine and gross body awareness and Social Skills groups are just some of the learning that will be scheduled in throughout the rest of the days. This means this space will offer more targeted support for students who need it; making it a space that more students can access throughout the year.

Students will be invited to come to this space to learn specific skills and whole classes will use this space for community circles and social skills groups with me or with our Pastoral Care Worker, Sue.

This 'Nurture' space will also be used for our Nunga group (First Nations students) and our fortnightly SRC meetings where we discuss what's working well, and how we can make school the best it can be.

Introducing Student Wellbeing Plans



To empower students in managing their emotions effectively, we are introducing Personal Wellbeing Plans. These plans have strategies and tools tailored to each student's preferences and needs. They are designed to help students navigate through different zones and regulate their emotions in the classroom and beyond. Each student regulates differently, and students will learn, through practise, coaching and co-regulation what best works for them. Examples of Strategies for Each Zone:

- Green Zone:** Encourage student to engage in activities that bring joy & relaxation ie, drawing, reading, or time outdoors.
- Blue Zone:** Sip water, distractions, use stress balls, or mindful breathing exercises to help student re-energize and refocus.
- Yellow Zone:** deep breathing, take a break in a quiet space, big movements, or practice positive self-talk.
- Red Zone:** Calming strategies like counting to ten, quiet space, using a sensory bottle, or support from a trusted adult.



What are the Zones of Regulation?

We continue to implement The Zones of Regulation Framework at Willunga Primary School. This framework is designed to help students recognise and manage their emotions and categorises into four color-coded zones:

The Green Zone: This is the zone of calmness, where students feel focused, happy, and ready to learn.

The Blue Zone: In this zone, students may feel sad, tired, or bored. It's a low-energy state where they may need some strategies to feel more alert and engaged.

The Yellow Zone: This zone represents a heightened state of emotions like excitement, frustration, or anxiety. Students may feel slightly out of control and need strategies to calm down and refocus.

The Red Zone: This is the zone of intense emotions like anger, fear, or panic. Students may feel overwhelmed and need strategies to calm down and regain control.

How parents can support

- >> **Help your child identify** their emotions and the zone they are in
- >> **Help your child create** their own Personal Wellbeing Toolbox with strategies that work for them at home
- >> **Verbalise your own emotions**, eg. "I'm in the blue zone because I'm tired. I might rest on the couch". Or "I was in the red zone when I yelled last night. I was mad when the kitchen was left a mess. I needed alone time."
- >> **Practice the strategies together** at home to reinforce their effectiveness.

We have learnt that wellbeing, emotion, behaviour, and learning cannot be separated because emotion rules reasoning. We believe in nurturing not only academic growth but also the emotional wellbeing of students. The Wellbeing Plans aim to equip our students with essential skills to understand and manage their emotions effectively. Together, let's support our children in developing a strong foundation for lifelong emotional resilience. Thank you for your continued support.



Finance News

By LISA PINDER, Business Manager

2024 Material and Services Charges

The Materials & Services charges for 2024 have been approved and set by Governing Council at \$380. This includes an incursion cost of \$40. A Tax Invoice (and statement) relating to Material and Services Charges for this school year, has been posted to your home address. Please advise if you have not received the invoice/s. A \$100 rebate has been applied. Thank you to the many parents/caregivers who have made contact, applied for school card and/or made payment. It is appreciated. Payment or arrangements for payment or school card application to be received by the Friday 12th April 2024. Payment can be made via QKR, Direct Credit, EFTPOS, Centrepay or Cash. Any queries please contact Lisa Pinder for more information.

School Card

The School Card Scheme is available for families needing financial assistance. Eligibility is not dependent on any member of the family receiving Centrelink benefits. Applications can be completed online using this link >>

<https://online.forms.sa.edu.au/content/forms/af/public/application-for-school-card.html>

The eligibility criteria for the 2024 School Card Scheme is based on the applicant's combined family gross income for the 2022/2023 financial year, being within the School Card limits which are listed below. *FAMILIES NEED TO APPLY EACH YEAR*

Number of Your Dependent Children	2022/2023 Annual School Card Income Limit	2022/2023 Average Weekly School Card Income Limit
1	\$70994	\$1365
2	\$72262	\$1390
3	\$73530	\$1414
4	\$74798	\$1439
5	\$76066	\$1463
Each additional dependent child	\$1268	\$25



LIBRARY BAGS

Please ensure your child has a library bag for borrowing books. Our school library bags are available from the uniform shop for \$16. Alternatively, students may use a waterproof plastic sleeve or a cloth bag from home. No bag, no borrowing policy applies.

Welcome Back



Students received a surprise on their first day from one of our lovely community members who left a giant teddy bear at the western end of the school, dressed with a Willunga Primary hat and a kind message welcoming the students to the year ahead and wishing them a great day. Thank you to the person who shared this kindness, it was well received by our students.



Open Night Wednesday 13 March 2024

5.30pm - 7.30pm

Join us to experience our extensive curriculum opportunities, meet our Leadership team and view student displays & demonstrations

Bookings essential via our website

Advice for Parents, from Professor Jo Boaler

Do you remember how excited your children were about maths* when they were young? How they were excited by patterns in nature? How they rearranged a set of objects and found, with delight, that they had the same number? Before children start school they often talk about maths with curiosity and wonder, but soon after they start school many children decide that maths is confusing and scary and they are not a “math person”.

This is because maths in many schools is all about procedures, memorisation and deciding which children can and which cannot. **Maths has become a performance subject and students of all ages are more likely to tell you that maths is all about answering questions correctly than tell you about the beauty of the subject or the way it piques their interest.**

Given the performance and test-driven culture of our schools, with over-packed curriculum and stressed out students, what can parents do to transform maths for their children? Here are some steps to take:

- 1** **Encourage children to play maths puzzles and games.** Award winning mathematician, Sarah Flannery reported that her maths achievement and enthusiasm came not from school but from the puzzles she was given to solve at home. Puzzles and games – anything with a dice really – will help kids enjoy maths, and develop number sense, which is critically important.
- 2** **Always be encouraging and never tell kids they are wrong** when they are working on maths problems. Instead find the logic in their thinking – there is always some logic to what they say. For example if your child multiplies 3 by 4 and gets 7, say – Oh I see what you are thinking, you are using what you know about addition to add 3 and 4, when we multiply we have 4 groups of 3...
- 3** **Never associate maths with speed.** It is not important to work quickly, and we now know that forcing kids to work quickly on maths is the best way to start maths anxiety for children, especially girls. Don't use flashcards or other speed drills. Instead use visual activities such as <https://bhi61nm2cr3mkgk1dtaov18-wpengine.netdna-ssl.com/wp-content/uploads/2015/03/FluencyWithoutFear-2015.pdf>
- 4** **Never share with your children the idea that you were bad at maths** at school or you dislike it – especially if you are a mother. Researchers found that as soon as mothers shared that idea with their daughters, their daughter's achievement went down.
- 5** **Encourage number sense.** What separates high and low achievers is number sense – having an idea of the size of numbers and being able to separate and combine numbers flexibly. For example, when working out $29 + 56$, if you take one from the 56 and make it $30 + 55$, it is much easier to work out. The flexibility to work with numbers in this way is what is called number sense and it is very important.
- 6** **Perhaps most important of all** – encourage a “growth mindset” let students know that they have unlimited maths potential and that being good at maths is all about working hard. When children have a growth mindset, they do well with challenges and do better in school overall. When children have a fixed mindset and they encounter difficult work, they often conclude that they are not “a math person”. One way in which parents encourage a fixed mindset is by telling their children they are “smart” when they do something well. That seems like a nice thing to do, but it sets children up for difficulties later, as when kids fail at something they will inevitably conclude that they aren't smart after all. Instead use growth praise such as “it is great that you have learned that”, “I really like your thinking about that”. When they tell you something is hard for them, or they have made a mistake, tell them: “That's wonderful, your brain is growing!”



** I use maths, rather than math, partly because I am from the UK and we say maths there and partly because maths is short for mathematicS, it is a plural noun. Mathematics was chosen to be plural to reflect all the many parts of mathematics - drawing, modeling, asking questions, communicating, etc. Math sounds more singular and narrow (Do the math, usually means do a calculation!), and I prefer to keep the idea that maths is a multidimensional and varied set of mathematical forms and ideas.*



ANNUAL GENERAL MEETING

Governing Council

Would you like to represent our school community in advising the Principal on the views and needs of our educational community, including curriculum, finances, OSHC, Canteen and grounds and facilities?

6:30pm followed by the
first Governing Council
Meeting of 2024 at
7:00pm



Please get in touch with Belinda Aldenhoven in the Front Office to register your interest in nominating for the 2024 Governing Council.



Meetings are held twice per term on Tuesdays at 6:30pm



TUESDAY
27TH
FEBRUARY



Resources for Parents
www.youcubed.org

**Online Courses for
Students Teachers and Parents**
<https://www.youcubed.org/category/mooc/>

Student Page
<https://www.youcubed.org/students/>

Parent Page
<https://www.youcubed.org/parents/>

Recommended Apps and Games
<https://www.youcubed.org/category/teaching-ideas/math-apps/>

**More Information about
Brain Science**
<https://www.youcubed.org/think-it-up/>

Jo's Mindset Book
<http://tinyurl.com/qxhnqsh>

Maths Tasks to Do At Home
<https://www.youcubed.org/tasks/>

Summer Camp Video
<https://www.youcubed.org/youcubed-summer-math-camp-2015/>

**Week of Inspirational
Maths Curriculum**
<https://www.youcubed.org/week-of-inspirational-math/>

NEW PLAYERS WANTED



**WOMENS
PRESEASON**

U17S (born 2007-2009)
MON & WED 6PM

U14S (born 2010-2013)
WED 5PM

CONTACT : HEATH DEBOO 0419 176 972