

# The West Express

Warrnambool West Primary School

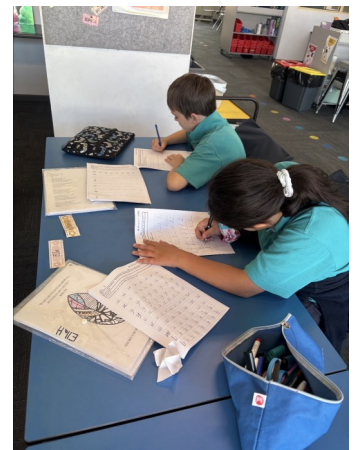
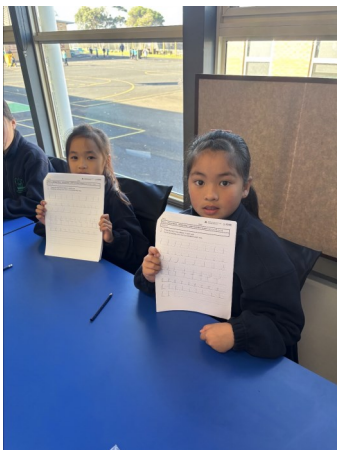
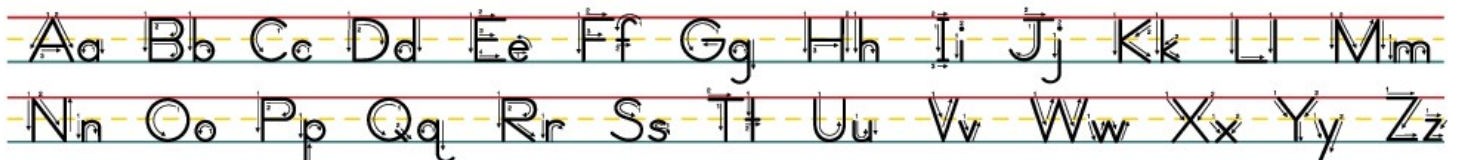
'WWPS is a Child Safe school'



*On behalf of Warrnambool West Primary School, we would like to acknowledge the traditional custodians of the land on which this school is built, and we recognise their connection to the land and community. We respect the stories, traditions, and living cultures of Aboriginal and Torres Strait Islander people. We respect the Elders past, present and emerging on this land, as we continue our learning journey together.*

## Handwriting in 3/4H

This week in 3/4H, we have been busy sharpening up our handwriting skills and practising correct letter formation! Even though we have learned handwriting before, sometimes our brains and hands need a little refresh to help us do our very best work. We have been focusing on neat sizing, spacing, and forming our letters correctly so our writing is easier to read and looks fantastic. Strong handwriting skills also help us become more fluent writers, meaning we can get our amazing ideas onto paper more quickly and confidently during writing tasks. We are very proud of the effort everyone has been putting into improving their handwriting this week!



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SAILING TOWARDS SUCCESS



*From the Principal*

*Ms Karen Holdsworth*

Happy week 4 everyone!

It is with great pride that I continue to lead a school where trust, connection and student-centred decision making are at the heart of all we do. Every day, we see the strength of our community through the relationships we build, the care we show one another, and the opportunities we create for our students to thrive.

#### **High Tea Success**

A sincere thank you to everyone who attended our Mother's Day High Tea on Monday. With over 50 attendees, the morning was filled with connection, laughter and appreciation as families enjoyed sweet treats, coffee and cups of tea together.

Our Junior School Council students were exceptional hosts, greeting guests, waiting tables, assisting with set up and pack up, and representing our school with pride and maturity. Thank you also to our wonderful staff for generously contributing food and treats for parents, grandparents, aunts and special family members to enjoy. Events such as these remind us of the strong sense of community we share at Warrnambool West Primary School.

#### **LC1 Swimming Program**

Over the past two weeks, our Foundation to Year 2 students have participated in their important swimming program. Programs such as these provide students with essential life skills and confidence in the water.

The daily organisation, preparation and adjustments to learning programs required for swimming weeks are significant, and I would like to sincerely thank our staff for their efforts and flexibility throughout the program. Their commitment ensures students continue to experience valuable learning opportunities both inside and outside the classroom.

#### **Enrolment Time!**

School tours have now commenced, and we are excited to welcome prospective families into our school. We are offering both daytime and evening tours to cater for families' varying schedules and commitments.

Choosing a school is one of the biggest decisions families make for their child, and we love having the opportunity to showcase the outstanding learning environment, caring culture and opportunities available at Warrnambool West

Primary School.

Please continue to spread the word and encourage any prospective families you may know to book a tour over the coming weeks.

#### **Exciting Partnership with South West Healthcare**

We are thrilled to be forming a new community partnership with South West Healthcare as we continue developing a stronger community hub here at Warrnambool West Primary School.

Our new initiative, Bridging Our Community Hub – Connecting Cultures, Removing Barriers and Building Belonging, aims to bring together and support our multicultural community through connection, conversation and shared experiences.

To launch the group, we will be holding a morning tea on:  
Tuesday 3 June 10:00am – 11:00am  
Warrnambool West Primary School

This group will provide opportunities for families to meet, discuss important topics, strengthen connections and gain access to services and opportunities available throughout our city. We look forward to seeing this partnership grow and flourish.

#### **Education Week – Showcase Our School**

Education Week begins on 18 May, with this year's theme focusing on showcasing our school community and celebrating the many strengths of our students and programs.

As part of Education Week, families are invited to attend our:  
Showcase Performance  
Thursday 21 May at 2:30pm  
Multipurpose Room

Classes will proudly perform their Eisteddfod items for families and community members. Students have been rehearsing their prose and choral speaking pieces with great excitement, and we are looking forward to sharing their talents with our community.

We encourage all families to come along and enjoy an afternoon of entertainment and celebration as we showcase the wonderful students' performances.

#### **Year 5/6 Melbourne Camp – Term 3**

Earlier this week, an Expression of Interest letter was sent home regarding the upcoming Year 5/6 Melbourne Camp in Term 3. This early notice is designed to give families ample time to prepare and organise the required payments.

School camps provide enormous benefits for students, including opportunities to build independence, resilience, teamwork, confidence and social connections. For our Year 6 students especially, camp experiences create lasting memories and are an important part of their final year of

primary school.

Melbourne Camp is always an exciting experience for students and staff alike, with a wide range of engaging activities and experiences on offer throughout the week.

We encourage families to please return the deposit and your child's name to the school office as soon as possible to assist us with planning and bookings.

#### **Attendance is everyone's responsibility**

At Department of Education Victoria, regular school attendance is recognised as one of the most important factors in supporting student learning, wellbeing and long-term success. Every day at school provides opportunities for children to build their academic skills, strengthen friendships, develop routines and confidence, and stay connected to their learning community. Missing school can make it harder for students to keep up with classroom learning and social development, even when absences are occasional.

At Warrnambool West PS, we work in partnership with families to support strong attendance habits and ensure every child feels connected, supported and ready to learn. If your family is experiencing challenges that may impact attendance,

we encourage you to reach out so we can work together to provide support and maintain positive learning outcomes for your child.

#### **Head Lice Reminder**

In line with Department of Education advice, we ask all families to regularly check their child's hair for head lice and eggs, particularly throughout the school term when close contact between children is common.

Early detection and treatment are important in helping reduce the spread within schools. If live lice are detected, treatment should begin promptly and long hair should be tied back where possible.

We appreciate families working together to support the health and wellbeing of all students.

Take care over the next fortnight. Leading into colder evenings and brisk mornings, we need to take care of our health, each other and be ready for school so we can bring our best each day.

Kind regards,  
Karen Holdsworth

## *From The Office*

### **CSEF Applications**

The Camps, Sports and Excursions Fund (CSEF) helps eligible families to cover the costs of school trips, camps, and sporting activities. If you have a valid, means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card, or Pensioner Concession Card, or are a temporary foster parent, you may be eligible. There is also a special consideration category for asylum seeker and refugee families.

Payment amounts this year are \$400 for eligible school students. Payments are made direct to the school to use towards expenses relating to camps, excursions, and sporting activities for the benefit of your child. If you applied for CSEF through our school last year, you do not need to complete an application form this year, unless there has been a change in your family circumstances. If you would like to apply for the first time, forms are available from the front office.

### **Parent Payment Contributions**

Parent Payment Contributions for 2026 will be \$290.00 per student. The ongoing financial support of our families ensures that we can provide the excellent range of resources and facilities for your child/children.

We are now receiving payments by bPay, Direct Deposit, CentrePay, Cash or Eftpos. Please call into the office to organise payment arrangements.

### **Asthma and Allergy Action Plans**

If your child/children have asthma or allergies, we require an Action Plan to be completed annually. Copies of these forms are available at the office, these should be completed by doctors. This is important information to keep up to date in the case of an emergency.

Please also provide medication to the school with a completed Medication Authority Form for any allergies or Ventolin if your child has asthma.

### **Uniform Donations**

If you have any pre-loved uniform that your child has grown out of, please feel free to bring it into the office. We always appreciate any uniform items donated to school.



## *From the Assistant Principal*

### **Reading at Home: Small Daily Habits, Big Long-Term Impact**

At school, we see every day how strong reading skills open doors for students across all learning areas. Reading is not just part of English — it supports success in Mathematics, Science, Inquiry learning and students' confidence in everyday life. One of the most powerful ways families can support learning is through regular reading at home.

Research consistently shows that students who read frequently outside of school develop stronger vocabulary, comprehension, spelling, writing skills and general knowledge. Even short, consistent reading sessions can make a significant difference over time.

#### **What the Research Tells Us**

Evidence shows that:

- Students benefit most from reading regularly, rather than occasionally for long periods.
- Reading aloud to children — even older primary students — improves vocabulary and comprehension.
- Talking about books helps students think more deeply and strengthens understanding.
- Access to books and positive reading experiences builds motivation and engagement.

Importantly, reading at home should feel encouraging and enjoyable, not like a test or extra homework.

#### **Evidence-Based Tips for Families**

##### **1. Read Every Day**

Aim for 10–20 minutes of reading each day. Consistency matters more than length. A short daily routine before bed, after dinner or during quiet time can build strong habits.

##### **2. Listen to Your Child Read**

When children read aloud, they practise fluency and confidence. If they get stuck on a word:

- give them time to try,
- encourage them to sound it out,
- ask what parts of the words they know,
- or read the word and continue so the flow of reading is maintained.

##### **3. Keep Reading Aloud**

Reading to children should not stop once they can read independently. Listening to more complex books exposes students to richer vocabulary, stronger sentence structures and new ideas.

##### **4. Talk About the Book**

Simple conversations build comprehension. You might ask:

- What was your favourite part?
- Why do you think the character made that choice?
- What do you think will happen next?
- Did this remind you of anything you know?

##### **5. Let Children Choose Books**

Choice increases motivation. Comics, novels, magazines, information books, recipes, sports articles and audiobooks all support reading development.

##### **6. Make Reading Visible**

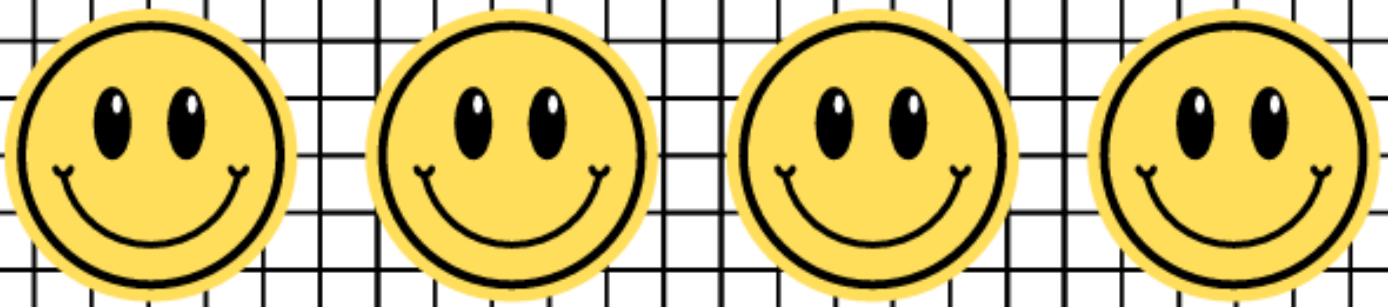
Children are more likely to value reading when they see adults reading too. Sharing books, reading recipes together, following instructions or reading signs while out and about all show that reading is part of everyday life.

#### **Building Lifelong Readers**

Our goal is not only to teach students how to read, but to help them become confident, curious and capable readers for life. The partnership between school and home plays an important role in this journey.

Thank you for the many ways you continue to support your child's learning at home. Those small daily reading moments truly add up over time.

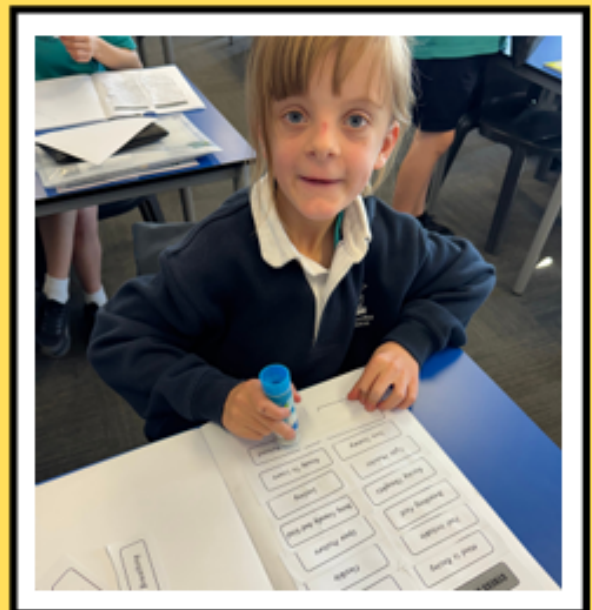
*Ms. Jodie Abbott*



# BIG LIFE IN 5/6G

This fortnight in 5/6G, we have been learning about what happens to our bodies and brains when we feel stressed or scared. We discovered that our brain cannot always tell the difference between a scary danger, such as a bear chasing us, and scary safe, like completing a maths test. Because of this, our bodies can react in similar ways in both situations.

We explored a range of positive strategies to help manage stress and strong emotions. Some of the strategies we practised included taking deep breaths, counting to 10, using a fidget tool, and asking a trusted person for help. It has been wonderful to see students building their understanding of emotions and learning healthy ways to cope with challenges.



# BIG LIFE

## Term 2 Weeks 3 & 4

This fortnight, students have been learning about stress and how it shows up in the body.

We all experience stress, especially when routines change or something unexpected happens. Stress can trigger the fight-flight-freeze response, which is the brain's way of protecting us from danger.

Sometimes, everyday situations like reading in front of someone, walking into school, or being in a noisy room can feel overwhelming. This response is our body's way of trying to help keep us stay safe and motivates us to act—but it can feel uncomfortable.

Students might notice a racing heart, tummy aches, feeling unwell, sweaty hands, or the urge to avoid something or hide. As students learn to notice these body signs, they become better able to do something helpful to care for their feelings.

### To continue this conversation at home...

Talk with your child about times they've felt stress and what it felt like in their body. Share with your child ways you like to calm your brain and body. Practice calming strategies that work for you, together, like deep breathing, going outside, moving your body or finding a quiet calm space to rest—helping your child to learn ways to manage their emotions, and feel more in control when big feelings show up.

## Big Life with Mel



On Wednesday of week 3, Mel worked with the F-2 small groups revising the Zones of Regulation and character strengths. Mel also worked with the grade 3/4 drumming group, using rhythm and group activities to practice focus, teamwork and listening skills.



## Important Dates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 5 18th - 22nd May	18	19	20 10am - 2027 Foundation Tour 3:30-4:30pm Auskick	21 9:30-11am Toddle on Hoddle	22 2:45pm Assembly
Week 6 25th - 29th May	25 Eisteddfod Week BioCats - Koorie Leaders	26	27 12pm National Simultaneous Storytime 3:30-4:30pm Auskick	28 9:30-11am Toddle on Hoddle	29 2:45pm Assembly
Week 7 1st - 5th June	01	02	03 3:30-4:30pm Auskick	04 9:30-11am Toddle on Hoddle Winter Sports	05 2:45pm Assembly
Week 8 8th - 12th June	08 King's Birthday Public Holiday	09	10 5/6 First Nations Leadership Day 3:30-4:30pm Auskick	11 9:30-11am Toddle on Hoddle	12 2:45pm Assembly

# Lunch Orders

## Warrnambool West Primary School

### LUNCH ORDER LIST 2026

#### Hot Food

Nibble Pie (GF available)	\$2.70
Half Sausage Roll (GF av)	\$2.70
Sausage Roll	\$4.50
Plain Pie	\$6.00
Steamed Dim Sim	\$1.60
GF Steamed Dim Sim	\$2.80
Chicken Nuggets	\$1.00
GF Chicken Nuggets	\$1.50

#### Sandwiches, Rolls & Toasties

Ham & Cheese Sandwich	\$5.90
Roll	\$6.80
Ham, Cheese & Tomato Sandwich	\$5.90
Roll	\$6.80
Chicken, Cheese & Mayo Sandwich	\$5.90
Roll	\$6.80
Chicken & Cheese Sandwich	\$5.90
Roll	\$6.80
Extra salads 50c each (Tomato, beetroot, carrot, cucumber, onion, avocado, cheese, lettuce)	

#### Snacks

Finger Bun	\$3.50
Mini Slice (hedgehog, jelly, caramel, lemon)	\$2.50
Gluten Free Slice (lemon, hedgehog, caramel, strawberry cheesecake)	\$3.50

GF sandwiches & wraps available for the same price as roll. Please note this on your order.

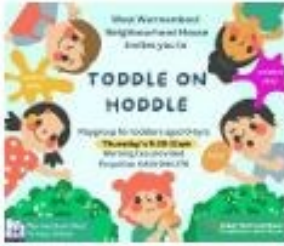
Please write child's full name, room number and order on paper bag. **Do not write orders on envelopes.**

Correct money must be included. **No change will be given.**

If you are placing your order at school, orders are due at 9am

If you are placing your order directly through Morriss Road Takeaway, orders must be placed by 9:15am

**Late orders will not be accepted**



# Warrnambool West Primary School

Warrnambool West Primary School and West Warrnambool Neighbourhood House have a fabulous term of activities planned!

Join us for lots of fun with friends! Tactile activities, art and craft, story time, sing-a-longs, play areas, special themes, dress ups and much more!

## Term 2

Date	Theme	Date	Theme
30 <sup>th</sup> April  7 <sup>th</sup> May is a Public Holiday. No ToH.		4 <sup>th</sup> June	
14 <sup>th</sup> May		11 <sup>th</sup> June	Transport 
21 <sup>st</sup> May		18 <sup>th</sup> June	
28 <sup>th</sup> May	Transport 	25 <sup>th</sup> June	 End of Term Party!

When: Thursday mornings 9.30-11am

Cost: \$0

Where: WWPS Multi Purpose Room

Provided: Fruit platters for morning tea

Bring: Water bottles

We can't wait to see you! Renae and Jill 😊

# Cultivating Carers



A carer support group with a kitchen-garden-wellbeing theme.

**1 - 2pm, Monday 4th May**

**Meditation**

Aneeta Snow will guide us through a gentle meditation.

**10 - 11am, Thursday 14th May**

**Chair Yoga**

Michelle Brooks will guide us through a gentle chair yoga session.

**10am - noon, Thursday 21st May**

**Cooking up a Storm**

Chop, chat, cook and take home some home made goodness.

**10am - noon, Thursday 28th May**

**Jewellery Making: A coastal crafting experience**

A jewellery making workshop using items from our coastline.

**10am - noon, Thursday 4 June**

**Garden Chat Relax Reset**

**noon - 2pm, Thursday 25 June**

**Pamper Party - SAVE THE DATE**

Celebrations, give aways and more.

All workshops are free for unpaid carers and held at West Warrnambool Neighbourhood House, Pecten Avenue Park. To book or ask questions call Brenda on 0418 392 948 or breezyblenda@gmail.com



# BACK BY POPULAR DEMAND WARRNAVISON 2026

EUROVISION STYLE FUNDRAISING CONTEST

LOCAL MUSICIANS REPRESENTING A COUNTRY OF THEIR CHOICE WILL GO HEAD-TO-HEAD IN THIS FUN COMPETITION

ALL FUNDS RAISED WILL GO TO SUPPORT MUSIC PROGRAMS AT BRAUER AND WARRNAMBOOL COLLEGES

**SAT 23 MAY**  
DOORS OPEN AT 6PM  
7PM START

Drinks at bar prices  
Under 18 must be accompanied by an adult

Dinner from 6pm to 7.30pm  
Book with venue on 03 5561 2766

## WANNON FUNCTION CENTRE

Greyhound Racing Club  
331 Koroit Street  
Warrnambool

Prizes for the best Eurovision style outfit in the audience!  
Voting for your favourite "country" through cash and online donations on the night.

Get dressed up, bring your friends, bring your grandma and

### Let's Have Fun!

TICKETS



FACEBOOK



Contact: warrnavision@gmail.com or follow us on Facebook



# ANTI-HEADLICE SCRUNCHIES

HELP PREVENT PESKY HEAD LICE!

**HELPS PREVENT PESKY HEAD LICE**

**INFUSED WITH CITRONELLA**

**HANDMADE WITH SOFT COTTON**

**ONLY \$8 each**

MADE WITH CARE TO HELP KEEP little heads LICE-FREE!

**PREVENTION ONLY - WILL NOT TREAT EXISTING INFESTATIONS.**

**Find us on Facebook!**

ORDER THROUGH THE **CORKZ CREATIONS** FACEBOOK PAGE

The grass stains you get playing as a kid stay with you your whole life. So for fun, friendship, and getting your hands dirty, it's gotta be NAB AFL Auskick.

**PLAY.AFL/AUSKICK**

## WARRNAMBOOL WEST PS AUSKICK CENTRE

STARTING WEDNESDAY 20 MAY | 3:30PM  
FUN & FOOTY STRAIGHT AFTER SCHOOL!

Warrnambool West PS Oval  
Contact Tristan Gibbs | PH: 0476 980 108

**ALL GIRLS GROUPS AVAILABLE**

FIND YOUR CLUB



# Bridging our Community Hub

**Connecting cultures, removing barriers, building belonging.**



**WARRNAMBOOL** | **South West**  
WEST PRIMARY SCHOOL | **Healthcare**

*Partnering for Stronger Communities*

**Warrnambool West Primary School and South West Healthcare invite you to a community group launch.**

**Launch Date: Wednesday 3rd June**

**When: 10am – 11am**

**Where: Warrnambool West Primary School**

**Morning Tea provided**

Register your interest by scanning the QR code.



or call 55613161