

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.

A FORTNIGHT IN 2/3G

In 2/3 we have been exploring, **'What can I do to lead a healthy lifestyle as I grow and how is this influenced by the world around me?'** during inquiry. We have taken this opportunity to explore how fruit is an essential part of a healthy lifestyle and how they have numerous important benefits to humans.

MATHS

Our classroom has been filled with fruit and we decided to use the fruit during our maths lessons. The fruit has helped us with our understanding of grams and kilograms, by comparing and ordering the different weights. The watermelon was 13kg or 13,000 grams and the strawberry was only 17 grams.

WRITING

In writing, our focus this week was on the 6+1 trait of 'Organisation, Ideas and Sentence Fluency' so we decided to look at how recipes are organised and use the fruit as an idea to create our very own recipe for 'Fruit Kebabs'. We explored different sentences used in recipes and challenged ourselves to use simple and complex sentences. Follow the recipe below and try to make yourself a delicious, healthy treat.



Fruit kebabs

Ingredients:

- different types of fruit (orange, apple, watermelon, strawberry, pear)
- yoghurt

Equipment:

- knife
- chopping board
- plate
- small bowl
- kebab sticks
- spoon

Method:

1. Cut your different types of fruit into bite size pieces. It's a good idea to ask an adult so you don't cut your fingers because the knife is sharp!
2. Place your fruit into a kebab stick and make a pattern like a rainbow.
3. Put some yoghurt into a small bowl.
4. Dip your fruit kebabs into a bowl of yoghurt enjoy.



TIP!
Fruit kebabs are really good with ice cream chocolate or cream.

Recipe by Allira Brown

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From the Principal

Mrs Clare Monk

Dear Families,

It is lovely to see the weather improving, there is a real feel of Spring in the air – predictably unpredictable weather. We have had a great start to term! Our students are displaying much enthusiasm and are focused on their learning. Staff are encouraging our students to recognise that they are learners and part of this is to approach challenges with confidence and the determination to achieve their best. We hope you can have a discussion at home about attempting hard work with a never-give-up attitude!

Excursions and Big Night In

Next Monday, our school will be extremely quite as our year 5/6 students head down the highway for an experience at BIOLAB Geelong. The students will participate in workshops to engage students in science and mathematics activities using innovative technologies and techniques. The program is themed using Sport and Human Performance and are linked to the Victorian Curriculum.

Our year F-2 students also head to Geelong for a day out at Inflatable World. The children will experience multiple challenges while having fun at the same time. On return to school the students will enjoy a special dinner together.



Our year 2 students will stay on for the evening, sleeping over at school. This is the first overnight experience for many students and is part of our camping program. I predict there will be some 'blurry eyed' students and teachers on Tuesday morning as I doubt there will be a lot of sleeping! Parents are asked to collect students at 11am on Tuesday morning to avoid them becoming overtired.

Thanks must be given to Sinead Grey for her organisation of this event and the entire F-2 term for

supporting such a wonderful experience. Our students are excited about these experiences, and I look forward to hearing about their day and what they learn.

Foundation 2024

If you know someone who will be starting Foundation next year, please encourage them to enrol as soon as possible as our transition sessions will be taking place soon. The first 3 sessions will run for 60 minutes, with the final session running for half a day. These sessions provide an opportunity for the teachers to get to know the students and for the students to begin to connect with the school and their peers. Details have been shared on our Facebook page and I ask that you share this with prospective families.



New arrival

Congratulations to Leo Harding on the recent arrival of his newborn sister Violet! Leo was very excited to share the news with everyone. We wish proud parents, Brice and Caitlin all the best as they navigate life with their baby daughter.

Organising Classes 2024

Within the next month the process of organising students into classes for next year will begin. Our school's enrolments for 2024 we anticipate will be approximately 137 students and it is anticipated that we will be operational with 6 classes, with at least 18 Foundation students.

Teachers will begin allocating students to their 2024 classes later next month. Many factors are considered when allocating classes including how students work with other students. We have a quality teaching team and parents can be confident the needs of their child will be met by any member of our team.

With the exception of Year 6 students, please notify the school office if your family is moving on for any reason, please let us know as soon as possible by contacting the front office. This will help us in our planning for classrooms and teachers for 2023.

School Uniform

Our school uniform is compulsory and School Council,

with consultation with the school community, developed a uniform policy which is reviewed every three years. The policy was reviewed at the beginning of the year. We appreciate your support in ensuring your child is wearing the correct school uniform and appropriately dressed for the weather conditions. If you are having any concerns or need assistance with uniform, please see myself, Karen or Chelsea at the office and we may be able to assist you.

Walk to School Day

Friday 27th October is Walk to School Day and all students are encouraged to walk, ride or scoot to and from school. All students and parents are invited to meet staff at various intersections in the Warrnambool neighbourhood and walk to school together. Walk to School Day encourages primary school students to walk to and from school every school day, to highlight the ways walking improves health and wellbeing. By getting involved in Walk to School, Warrnambool West can help students learn healthy habits, and achieve the 60 minutes of physical activity recommended for children each day. It would be fantastic to see as many students as possible getting involved.

Geelong Cats

Last week our year 3/4 students participated in a Healthy Heroes session with the Geelong Cats sponsored by GMHBA. The workshop focused on positive behaviour change across the key areas of physical activity, healthy eating, hydration, screen time, sleep and mental health and wellbeing. The workshop was integrated with a skills clinic which was enjoyed by all.

Enjoy the rest of your week,

Regards,
Clare Monk

Thought of the week...





*From the
Assistant Principal*

Big Life Resilience

I would like to start by thanking all our families and carers for supporting and donating in our A Big Life walk-a-thon which unfortunately could not go ahead due to poor weather conditions at the time of the event. Our staff members moved quickly in adjusting the time to take part in alternate activities and exercise.

Our term 4 theme is resilience, and I was extremely proud to see our students reset and adjust to the changing plans of the day. Taking on board the teaching and learning attributes that our A Big Life lessons involve each week.

Resilience is a multi-layered concept that is not simply bouncing back from setbacks. A well-rounded definition that captures my interpretation is as follows (I have underlined key take-aways that sit with me the most):

“Resilience isn’t about never falling down. It’s about getting back up again, and there’s no hurry for this to happen. All of us experience emotional pain, setback, grief and sadness sometimes. Feelings always have a good reason for being there, even if they can feel pushy at times. The key for kids is to learn to respect those feelings (even the bad ones) but not let them take charge and steer towards trouble.’ (Karen Young)

Our students have the privilege of learning these capabilities so that they put their best foot forward when faced with setbacks. They learn ways to recover in a short time when something bad happens/ goes wrong. They explore and recognise that problems or challenges are a normal part of life and that there are actions that can be undertaken to manage problems AND that the adults at Warrnambool West PS are here to help, guide and get them through these problems. Students are not alone in this space.

We have worked hard in teaching our students that making mistakes is a part of learning and growing their brain. Having the confidence, adaptability, and persistence and why these attributes are important in dealing with new or challenging situations are valuable tools when making decisions and identifying what strategies work when getting through these challenges.

Change happens and the resilient mindset and attitude becomes crucial in being prepared to try new things. When students understand and implement strategies that are taught, these tools can assist how they approach unfamiliar or challenging situations. Our students have a voice in their daily lives and when we equip them with resources that ensures that in difficult situations they can apply respectful challenge, make informed decisions, and know how to ask right questions with a resilient approach to setbacks.

Ms. Karen Holdsworth

Girls as Leaders in STEM

With the conclusion of Term 3 came and end of our highly successful GALS program (Girls as Leaders in STEM). 11 of our year 5/6 girls worked throughout the term to solve a problem that faces our school or local community. A massive congratulations for their commitment and effort in this project which saw them present their ideas and prototypes at the Lighthouse Theatre in the last week of term. We are also very proud to celebrate the outstanding work of the 'A Tyre Comfy' group who worked together to design and create arm and head rests for one of their peers at WWPS. Their kindness and consideration did not go unnoticed. It was fantastic to see the girls present the final prototype to Seth and his family at our first assembly for this term.



Girls encouraged to be 'solution creators' in science

Education

Lillian Altman
Region

PRIMARY school students have used a science-based approach to explore inclusivity. The research project was part of a Deakin University program encouraging female students to be interested in careers in traditionally male-dominated sectors.

Students from across the district were tasked with solving a local industry or school-based issue.

Warrnambool West Primary School grade six student Summreen Adila said her group used science, technology, engineering and mathematics (STEM) to design a product for their classmate who has muscular dystrophy. The group initially wanted to make a pencil case, but "it didn't really fit with the inclusivity", the 12-year-old said.

Summreen said the group went "deeper", deciding to

make a pillow to suit the student's wheelchair.

"We did lots of research to help us find the best materials and the fillings," she said.

"We even interviewed the student in our school to make sure he agrees with our idea." Summreen's group

was among 48 grade five to eight students to launch the Girls as Leaders in STEM (GALS) projects at the Lighthouse Theatre on Wednesday, September 13.

Project leader and Deakin University Associate Professor Linda Hobbs said

research showed solutions to the world's problems needed to be created by people from all genders and backgrounds.

"GALS gives these girls a voice and a moment in time to shine, and permission to think outside of the square and be solution creators."



Warrnambool West Primary School students Summreen Adila, 12, and Karla Recinos, 11, took part in a Deakin University STEM program. Picture by Anthony Brady

The Standard Article
21/09/2023



We would like to acknowledge the traditional owners of the land and pay our respects to their elders past and present. Before and After School Care is a great time to wake up 7am-9am or 3.20 -6pm.



The Birds are building nests for their young. We too have been building forts and tasting Springtime fruit and vegetables.



Elsie and Ella tasting sprouts and mint after taking a rest from an afternoon of storytelling, dance, song and reading and rest.

X

Hanna Jenkin
Co-ordinator



Phone : 0458100401 to book

Important Dates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 4 23rd - 27th October	23rd F-2 Inflatable World Yr 2 Sleepover 5/6 Biolab Geelong	24th Toddle on Hoddle	25th	26th	27th Walk/Ride to School Day Assembly
Week 5 30th - 3rd November	30th	31st Toddle on Hoddle	1st 5/6 Cricket	2nd	3rd Assembly
Week 6 6th - 10th November	6th	7th Toddle on Hoddle	8th	9th	10th Assembly
Week 7 13th - 17th November	13th	14th Toddle on Hoddle	15th	16th	17th Assembly

Lunch Orders

Warrnambool West Primary School

LUNCH ORDER LIST

Meat Pie	\$3.40	Salad Roll	\$6.00
Pastie	\$3.40	Ham and Salad Roll	\$6.50
Sausage Roll	\$2.70	Chicken and Salad Roll	\$6.50
Small Sausage Roll	\$1.80	Hedgehog	\$3.00
Nibble Pie	\$1.80	Iced Donut (Pink or Choc)	\$2.30
Salad Sandwich	\$5.90	Cinnamon Donut	\$2.10

PLEASE NOTE:

***LUNCH ORDERS MUST BE PLACED AT SCHOOL BY 9AM ON WEDNESDAYS**

*Lunch orders are **ONLY** available on Wednesday

*Lunch orders must be written on a clean paper bag that is big enough to fit the student's order in it

*The correct money must be included. No change will be given.

*Please do not send lunch orders in an envelope.



Students of the Week - Week 1



Name	Class	Reason
Dulcie	F/1 - Mrs Roberts and Mrs Blake	For being such an outstanding learner! Dulcie practices her Reading and her Magic Words every night and she works very hard in class to achieve her learning goals. She sets an excellent example to the other students in the class and we are so, so proud of her.
Nate Cutts	1/2 - Mrs Mitchell	For showing respect and being respectful towards others. He has taken turns during partner work, listened to others during whole class discussions, put his hand up to answer and ask questions, used his inside voice (most of the time) and calmly moved around the classroom using all of his learning minutes.
Jay Cowan	2/3 - Miss Grey	For a fantastic start to Term 4. Jay has shown that when he puts his mind to something, he can be successful. Well done on showing the school values, keep it up.
Declan Cousins	3/4 - Miss Evans	For a fantastic start to Term 4. Declan has been making great choices with his behaviour this week, trying his best with all learning tasks and listening well to instructions.
Lucas H	4/5 - Mr Cooper	For settling back into term 4 with a positive attitude towards his learning and developing his resilience in the classroom and the yard.
Tealy Lynn	5/6 - Ms McElgunn	Tealy has settled into an excellent learning routine where she settles quickly to work but still enjoys time with her friends. Tealy is respectful and caring and always demonstrates our school values.
Madison King	Visual Arts - Mrs Blake	For her positive nature and creative flair in the art room. Madison can be relied upon to watch and listen to instructions carefully. I can't wait to see your nest of chicks completed for the Warrnambool Show!



Students of the Week - Week 2



Name	Class	Reason
Calais Bowler	F/1 - Mrs Roberts, Mrs Blake and Miss Mac	For being such a wonderful learner, always sitting at the front and trying his very best; especially with writing and learning his letter sounds. Calais has beautiful manners and consistently demonstrates our school values.
Natalie Brown	1/2 - Mrs Mitchell	She has shown kindness and consideration toward others this week inside the classroom and outside playing in the yard. She is focused on her learning and using classroom tools to improve her writing. Thank you for taking on jobs without being asked.
Harmony Dempsey	2/3 - Miss Grey	For actively listening to yours peers and teachers. You understand that everyone's voice deserves to be heard and valued. You set a positive example to all students.
Tyler Crawford	3/4 - Miss Evans	For always displaying resilience and perseverance with his learning. Tyler has made very good improvement recently with his learning.
Sienna Cowland	4/5 - Mr Cooper and Mrs Woolman	For following our school values 100% of the time. Her kindness and thoughtfulness is a pleasure to teach and she always tries her best to understand the learning and complete the task.
Babu Songe-Mohamed	5/6 - Ms McElgunn	Babu's work ethic is outstanding as he always strives to do his best and produces work of a very high standard. He has impeccable manners and always demonstrates our School Values. In the classroom, he works on all tasks with enthusiasm and contributes to a positive and productive working environment.
Chayce Cesta-Incani	Visual Arts - Mrs Blake	For showing respect to the art room equipment, his work, peers and myself. Chayce can be relied upon to listen attentively and complete his artwork to a high standard. Your Kandinsky piece for the Warrnambool Show looks amazing!

JOIN US FOR OUR HALLOWEEN EVENT





Toddle on Hoddle

Each Tuesday in WWPS's Multi-Purpose Room 9.30-11am

Term 4's planner of fun!

Dates	Themes	Special WWPS visitors and small excursions
10 th October	Welcome Back 😊	
17 th October	National Water Week	Heath Hackett - Music Room
24 th October (Jill abs)	Children's Week	Bottom Oval
31 st October (Jill abs)	Halloween	
7 th November	Melbourne Cup	F/1 teacher Meagan Roberts and her pony Miracle!
14 th November	Teddy Bear's Picnic	Karen Holdsworth (AP) Library for a story
21 st November	It's always fun at ToH	Geraldine Mitchell Auslan - Multi
28 th November	Christmas Fun	
5 th December	Christmas Party	Clare Monk (Prin) Nurture Playground

Every week enjoy...

Art and craft, shared play, fine and gross motor play, tactile fun, playdough, puzzles, blocks, toys.

Mat time for a story and sing a long!

Hot drinks for parents and carers

Morning tea - fruit platters

Thank you for your support, Renae, Jill and volunteers 😊

Walk to School

Walk, ride or scoot and build healthy habits for life.



Walk to School

FRIDAY OCTOBER 27.

Great Prizes to be won. Proudly Supported Buy

Beyond Bank
AUSTRALIA

Merrivale and West Warrnambool Sustainable Scarecrow Trail 2023



Merrivale and West Warrnambool residents and schools are invited to create and display **scarecrows** made with repurposed materials found around the home and/or **marine litter** removed from our local beaches.

Save the date: Sustainable Scarecrow Trail
4-6pm, Tuesday 31st October 2023

To be part of the Scarecrow Trail fill out an **Entry Form** by **23 October**
<https://forms.gle/UNC1Djk5hYn2WS2d8>
or scan this QR code >>>>



FREE Weekly scarecrow making workshops 1-3pm every Thursday at Lane Pavilion, Hyland Street. Collect some **Marine Litter** for your scarecrow during workshop times.

For more information contact: merrivaleca@gmail.com or jbourke@warrnambool.vic.gov.au or phone 0418 944 276



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Develop creativity, life skills & confidence through play

Qualified, caring & engaged staff

Exciting & thoughtfully developed programs

Healthy & Yummy food provided each day

👉 Bookings now open! 👈

	Monday - Friday Hours of Operation	Fees before Child Care Subsidy*	Out-of-pocket fees after Child Care Subsidy**
Before School Care (BSC)	7:00 AM to 9:00 AM	\$20.81	\$2.08
After School Care (ASC)	3:20 PM to 6:00 PM	\$28.47	\$2.85
Pupil Free Day	7:00 AM to 6:00 PM	\$65.70	\$6.57
Holiday Program***	N/A	N/A	N/A

*Standard fee costs before Child Care Subsidy / **Standard fee costs after maximum Child Care Subsidy / ***Standard fee costs excluding incurable/recurring costs

Cancellation Fees
(No Child Care Subsidy is applied to Cancellation Fees)
BSC/ASC within 48 hours of session start time: **\$5.00**
Holiday Program within 5 days of session start time: **\$10.00**
Same day cancellation fee is out-of-pocket session fee.

Late Booking Fees
(Child Care Subsidy is applied to Late Booking Fees)
BSC/ASC within 48 hours of session start time: **\$5.00**
Holiday Program: book less than 5 days from the session start time fee is **\$10.00**

Late Pick-up Fees
(Child Care Subsidy does not apply to Late Pick-up Fees)
\$1 per minute after service close time.

To register visit theircare.com.au

Service Phone number:
0438 100 405
Your service Coordinator will be available during session times.

Save up to 90% with the Child Care Subsidy!

TheirCare support team is available between 6.30am - 9pm weekdays (Eastern Standard Time)
on 1300 072 410 or info@theircare.com.au

SAILING TOWARDS SUCCESS