

# The West Express

Warrnambool West Primary School

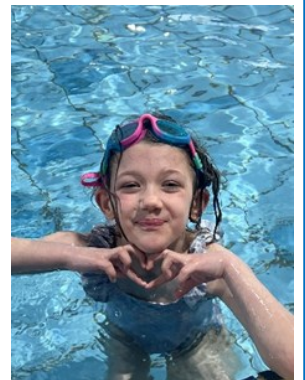
‘WWPS is a Child Safe school’



*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.*

## Splashing Fun with F/1!

With thanks to Mr Fitz, the F/1 class have been enjoying their time at AquaZone for the past 2 weeks. We have been very proud of their respectful listening and enthusiasm towards learning important, lifelong survival skills. The students have participated in lessons designed for their individual needs and a fun play in the adjoining pool.



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SAILING TOWARDS SUCCESS



*From the Principal*

*Ms Karen Holdsworth*

Dear Families,

Welcome back to Term 3! I hope the holiday break provided your family with some well-earned rest, time to reconnect, and opportunities to recharge. These wintery weeks were a good reason to be still and take time for ourselves. I welcome back all our staff and students for the new term. We are already armed with exciting opportunities for the term, being a 9-week term this means a productive and steady paced focus will be required by all!

We are looking forward to another busy and productive term of learning, growth and experiences. There is much to look forward to this term, including Junior and Senior swimming programs, Year 5/6 camp to Camp Wilkin Anglesea in Week 3, and Year 3/4 camp to Camp Kangarooie in Week 6. We also include the important student-led conferences on Friday 8<sup>th</sup> August as well as a continued focus on student wellbeing and achievement.

I look forward to your ongoing partnership in supporting your child's learning as the term progresses. Please remember that our staff are always here to work with you and your child to ensure they feel safe, supported and engaged at school.

To start the term as a united front for our students, it is important to remember that when parents/carers and school staff work together as one team, our students do better. All Victorian Government schools want to work with parents and carers to achieve this. School staff in Victorian Government schools have to follow the [Respectful Workplaces Policy](#) to build and maintain a respectful workplace, including:

- treating each other with respect and consideration
- being inclusive, valuing others and accepting their differences
- recognising the efforts and achievements of

others

- considering our impact on others
- calling out and addressing behaviour that can lead to bullying, harassment and discrimination.

Parents/carers can create a positive environment for learning and work by:

- modelling positive behaviour to their child/children and to the school community
- communicating politely and respectfully with all members of the school community
- working with the school to achieve the best outcomes for their child/children
- communicating constructively with the school
- making use of the expected processes and protocols when raising concerns
- following the school's processes for communication with staff and making complaints
- treating all school staff, students, and other members of the school community with respect.

As a wonderful WWPS community treating everyone with respect, parents/carers and schools can make sure students feel supported and cared for.

### **School Review Progress**

Last Wednesday, we commenced our school review with our panel, initiating a positive and productive process. School reviewer, Jenny Cowburn, Senior Education Improvement Leader Cherie Kilpatrick, two Principal challenge partners: Tanya McPherson (Koroit and District PS) and Ann Hawker (Heywood Consolidated PS). Along with Nicole McCorkindale (School President) and Meagan Roberts and Jodie Abbott. The first day consisted of classroom observations, capturing the key features of our high-quality literacy lessons, observing student participation and engagement and elements of our instructional models. The panel reviewed highlights of our previous 4 years, also viewing student and staff data. This week, the panel returned yesterday to view more classrooms and meet with students, staff and families. This is an imperative component of the review process as it shapes the next 4-year direction our school will undertake.



**Student Led Conferences**

Our conferences will be held on Friday, August 8th from 9am-4.30pm. The online booking system through the parent portal on Compass is now open, so I urge you to book a time slot for a Parent/Student/Teacher conference with your child/ren's teacher. There will be no formal classes on this day however students are expected to attend the interview with their parent/carers. Interview time slots of 15 minutes will be allocated for each student to allow time for the students to share their semester one learning and looking ahead for semester two. Our Wellbeing Mentor, Dave Yates is currently phoning families of students requiring Student Support Group meetings that will also be held on this day and has scheduled some families already for this week. We sincerely hope these interviews provide a clear picture of how each student has started the school year, as well as some insights into important learning goals emerging for each student. If you need support, please contact staff in the office or classroom teachers and they can add the time in for you.

**Camps and Swimming Programs**

We are well under way for our Year F-2 swimming program. The lessons held daily over the two weeks are fundamental for our little people to learn the skills of water safety and learn the initial strokes to swim with proficiency. Our Years 3-6 students will also commence their swimming program in Week 4 and 5. Please check your consent and swimming level ability forms have been returned to school.

We also welcome our 5/6 camp this term. Our Year 5/6 students will head to Anglesea, Camp Wilkin in

Week 3 for a two-night adventure camp. School camps are a valuable part of every child's education. They provide students with opportunities to develop independence, build resilience, and strengthen friendships outside the classroom. Through shared experiences and challenges, students learn teamwork, problem-solving and confidence in a supportive environment.

Camps also help students connect with nature, try new activities, and step out of their comfort zones—all important for their personal growth and wellbeing. For many children, school camps create lasting memories and a sense of achievement that stays with them for years to come.

We greatly appreciate the support of families in encouraging participation and helping students prepare for these important experiences. Department documentation: consent and medical information forms need to be returned this week, thank you to all families who have already sent these important documents back to school. Sinead Grey, Ryan Fitzgibbon, David Yates, Michelle Nicholas and myself look forward to spending this camp with this wonderful group of Year 5/6 students.

We are excited about what lies ahead and can't wait to see our students continue to thrive.

Warm regards,  
Karen Holdsworth



Principal

*From the Office***Father's Day Stall**

Our School Council will once again hold our annual Father's Day stall on Friday 5th September. Stay tuned for more details regarding prices and other Father's Day information.

**Curriculum Contributions**

We would like to thank all families who have financially contributed towards Curriculum Contributions this year. This financial support ensures that we can continue to provide the excellent range of facilities and resources for your child / children. If you have yet to contribute, we encourage you to do so. Please contact the General Office if you have any questions.



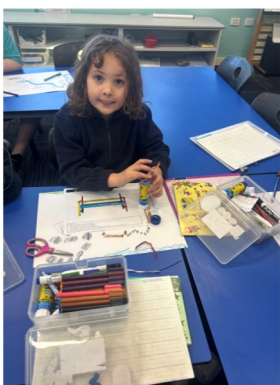
# a big life in 1/2H



This term, 1/2H have been learning about the *science of kindness* through the Big Life program. Students have been focusing on the simple but powerful act of smiling at others and discovering how small actions can make a big difference. We've been talking about ways to show kindness both in the classroom and out in the yard, helping to create a positive and welcoming environment for everyone.



Students drew their school playground on an A3 sheet, including features they might see at recess or lunch, left space for a buddy bench, decorated and assembled the bench from a template, then added drawings or words around it showing ways to be kind in the playground. It's wonderful to see the students putting these ideas into practice every day!



# Big Life

Term 3  
Weeks 1 & 2



## Big Life Boost Focus: Kindness

This fortnight students explore **the science of kindness**—learning how acts of kindness positively affect our brains, bodies, and relationships. Through real-world case studies and interactive activities, students will discover how kindness releases feel-good chemicals like **oxytocin** and **dopamine**, which help reduce stress, build connection, and boost wellbeing. Students also learn that the **prefrontal cortex** (our thinking brain) helps us make kind choices, solve problems, and stay in control. But when we feel angry or overwhelmed, the **amygdala** (our reacting brain) can take over, leading to unkind words or behaviour. That's why it's important to continue practicing how to recognise when we're in the yellow or red zone, and use calming strategies to help the thinking brain take charge again.

Students will also learn about everyday behaviours that demonstrate kindness, such as:

- ✓ *Actively listening when someone is speaking*
- ✓ *Including others who may feel left out*
- ✓ *Giving genuine compliments or encouragement*
- ✓ *Using respectful words and tone - even in disagreement*
- ✓ *Standing up for others who are being treated unfairly*
- ✓ *Sharing time and resources to support the group*
- ✓ *Checking in on classmates who seem upset or quiet*
- ✓ *Managing our own emotions using positive coping strategies*



### Here are a few ways to support kindness at home:

- Talk about emotions – help your child name feelings and discuss ways to calm down when things feel tricky
- Notice kind behaviour – point out & praise small acts of kindness at home or in the community
- Model calm responses – show how to handle frustration with kindness and self control
- Use calming strategies together – like deep breathing, counting, moving our body, or taking a break when things feel heated
- Check in with reflective questions – “What’s one kind thing you did today?” or “How did you help your brain calm down?”



## Important Dates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 3 4th - 8th August	04 5/6 Camp	05 5/6 Camp 9:30am Toddle on Hoddle	06 5/6 Camp	07 5/6 Rest Day	08 Student Led Conference <b>NO CLASSES</b>
Week 4 11th - 15th August	11 3-6 Swimming	12 3-6 Swimming 9:30am Toddle on Hoddle	13 3-6 Swimming	14 3-6 Swimming	15 3-6 Swimming Bake Off Fundraiser 2:50pm Assembly
Week 5 18th - 22nd August	18 3-6 Swimming Book Week!	19 3-6 Swimming 9:30am Toddle on Hoddle	20 3-6 Swimming	21 3-6 Swimming	22 3-6 Swimming 2:50pm Assembly
Week 6 25th - 29th August	25 3/4 Camp	26 3/4 Camp 9:30am Toddle on Hoddle	27 3/4 Camp	28 3/4 Rest Day	29 2:50pm Assembly

## Lunch Orders

### Warrnambool West Primary School

#### LUNCH ORDER LIST 2025

##### Hot Food

Nibble Pie (GF available)	\$2.50
Half Sausage Roll (GF av)	\$2.50
Sausage Roll	\$4.20
Plain Pie	\$5.60
Steamed Dim Sim	\$1.50
GF Steamed Dim Sim	\$2.50
Chicken Nuggets	\$1.00
GF Chicken Nuggets	\$1.50

##### Sandwiches, Rolls & Toasties

Ham & Cheese Sandwich	\$5.50
Roll	\$6.50
Ham, Cheese & Tomato Sandwich	\$5.70
Roll	\$6.70
Chicken, Cheese & Mayo Sandwich	\$5.50
Roll	\$6.50
Chicken & Cheese Sandwich	\$5.50
Roll	\$6.50
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**

# SOTW - Week 1

Name	Class	Name	Class
Niana Escobia	F/1 - Mrs Roberts and Mrs Blake	Madi King	4/5 - Ms Kavanagh
Jerami Dodson	1/2 - Miss Hoy	Chase McFarlane	5/6 - Miss Grey
Mason Curtis	2/3 - Mrs Mitchell	Jay Cowan	Art - Mrs Bissett
Mariam Mohamed	3/4 - Mr Symonds	Jerami Dodson	PE - Mr Fitzgibbon
Khiza Silver	4/5 - Ms Kavanagh	Ally Clays	STEM - Mr Fitzgibbon













# Warrnambool West Primary School

## Toddle on Hoddle Term 3

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!

Date	Theme	Date	Theme
29 <sup>th</sup> July	Welcome Back  National Tree Day	26 <sup>th</sup> August	Turtles 
5 <sup>th</sup> August	Winter Fun 	2 <sup>nd</sup> Sept	Father's and Father Figures Day 
12 <sup>th</sup> August	Science Week 	9 <sup>th</sup> Sept	Wattle Day 
19 <sup>th</sup> August	Book Week Dress Up 	16 <sup>th</sup> Sept	End of Term Wear Your Favourite Colour! 

When: Tuesday mornings 9.30-11am Provided: Fruit platters for morning tea

Where: WWPS Multi Purpose Room Cost: \$0

Bring: Water bottles and a smile

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



# Book an Adventure



2025 BOOK WEEK  
TUESDAY 12<sup>TH</sup> AUGUST  
DRESS UP

Come dressed as a character from a book. If you have the book, bring it along to share.

Get creative! Don't spend money on costumes, use something you've already got or make it!

We will celebrate with a parade in the Library at 9.15am. Families welcome!



## Sewing Adventures

*Learn to sew your very own plushie!*

4 Week Course - Starting Tuesday 5<sup>th</sup> August

\$10pp


3.30pm - 4.30pm

Afternoon Tea + All Materials

Suitable for Boys + Girls - Age 7+

Supplied






# JEANS FOR GENES

Wear Your Favourite Jeans to Support Kids Born with Birth Defects or Genetic Conditions!

**Wednesday 20<sup>th</sup> August 2025**

**GOLD COLD DONATION**



Warrnambool West Primary School

## WARRNAMBOOL WEST PRIMARY SCHOOL



Warrnambool West Primary School

# Bake Off

**WHEN: AUGUST 15TH**  
**TIME: 12:00PM**  
**LOCATION: MULTIPURPOSE**

Gold coin donation to enter. See the office for entry form.

**our amazing sponsors**



Baked goods will be sold after the competition and all proceeds raised will go to the Let's Talk Foundation, supporting mental health awareness and services in our community.



LETSTALK  
BREAKING MENTAL HEALTH STIGMA

# Bake Off Entry Form

**Baker's name:** \_\_\_\_\_

**Contact number:** \_\_\_\_\_

**Category:**

cake ☐ slice ☐ biscuit ☐ savoury ☐

gluten free ☐ dairy free ☐ other: \_\_\_\_\_ ☐

**Brief description of recipe:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Ingredients:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Return form by Monday 11<sup>th</sup> August**

**Gold coin donation to enter**

Baked goods will be sold after the competition and all proceeds raised will go to the Let's Talk Foundation, supporting mental health awareness and services in our community.

