



Carlton Street, Woodanilling WA 6316 | PHONE 08 9823 2600

EMAIL Woodanilling.PS@education.wa.edu.au

7th April 2022

From the Principal

As we conclude our first term, I would like to thank both parents and staff for your co-operation during this somewhat trying time for everyone.

The COVID restrictions are easing in Term 2, and parents are allowed on site, masked, to do things outside of the classroom. This means our P & C and School Council meetings will be held on campus again. I hope restrictions to the classroom will follow on.

Variety Club



We had an enthusiastic drive-by from the Variety Club, and the children's laughter during the Magician Show was rewarding to watch. The Variety Club also handed out a small bag of goodies to the children. The equipment from the grant has arrived, and the children are enjoying the magnetic construction sets. There are puppets and a puppet theatre to unpack for next term's fun.

Scitech Visit

Thank you to the P & C for funding our visit next term from Scitech on May 20th. This year we will have the **Mix and Make Show**. Science can happen in all sorts of places. From the kitchen to the bathroom, students explore what happens when we combine different things – both following a recipe and making up some of their own.

These shows are always of high interest, and we look forward to participating.

Sport

We have had hockey coaching this term on Friday afternoon. Rocket and Penny have been endlessly patient and skilled coaches and I have seen the children develop confidence in their ball handling and enthusiasm for sport.

We also caught up with tennis as we had a couple of lessons to do.

Healthy Schools Program

I am currently looking at a Healthy Schools program grant application to revamp our veggie patch, which has dwindled. The main issue is for it to be effectively irrigated as hand watering and hand moved sprinklers are not efficient. We would also like to put in some more bush tucker planting. I am hoping for some community input and participation. If you have any other ideas, please call or email the school, and I can contact you. The application has to be in by the end of April.

Important Dates

Hockey Clinics
Friday's Week 6-10

School Holidays
9th April – 25th April

Term Two Commences
26th April

ANZAC Ceremony
27th April @ 10am

NAPLAN
10th May – 13th May

Scitech Visit
20th May

Djeran Season

Djeran (which runs roughly from April - May). Djeran is a time of cooling, heralded by a shift in wind direction and intensity - gentle southerly winds and light breezes bring a welcome relief from the hot weather, and flying ants take to the skies



Also known as the Season of Adulthood, many animal offspring have now reached maturity and have either left their parents or are getting ready to. Pelicans begin to migrate north, and some people will happily note that spider numbers begin to decrease!

HAPPY EASTER

I hope you all enjoy the holiday, I know the children are looking forward to Easter.



Fiona Farren
Principal

School News

VOLUNTARY CONTRIBUTIONS

As you would be aware, government schools do not have school fees. What we have instead is a system called Voluntary School Contributions. At Woodanilling PS, this is set to \$45.00 a year for each student.

We use these funds to supplement a range of resources and consumables for students such as: cooking and science ingredients, art and craft materials and teaching aids to support learning across the curriculum.

To pay your contribution, you can either pay online via direct debit to:

Account Name: Woodanilling Primary School
BSB: 066 040
Account Number: 1990 0217

If paying via direct debit, please include the child's family name in the description. If you would like to pay via cash or cheque, please come to the front office where Kara will be able to assist you.

Thank you for your support.

Chaplain's Chat

Strong relationships Week 2 - Stress management

Dear Parents/Caregivers,
What a busy first term we have had. Most of us are tired and ready for a break. How have you gone with the self-care? If you are like me, often "tomorrow" or "later" are my automatic responses when I think about doing something for me. If we keep pushing ourselves with all the "Should do" and "Ought to" it can lead to us being stressed and unable to relax. Not only do we miss out but those around us miss out as we are often not able to enjoy the little things in life with our loved ones.

Most days, after recess and lunch, the teachers have a time of rest and mindfulness. It helps the children refocus after the excitement of outdoor play. I have attached some simple mindfulness exercises for you to try over the holidays (pages 6 & 7 of the newsletter). Maybe try them as a family (then again, that might add to the stress level !!!). Whatever works best for you. I don't think you will be disappointed with the results. Have a safe and restful break.

Julie-Ann Evans
School Chaplain



School Nurse

Anxiety – how to help your child

All children experience anxious feelings as part of their normal childhood development. Some anxious feelings include fear, agitation, nervousness, worry and apprehension. Some children find it harder to get these feelings under control and may experience anxiety more intensely and more often than others. Anxiety is when the level of fear or worry about something is out of proportion to the level of risk or danger. Thinking about the situation makes them more worried and tense.

If your child is experiencing anxiety, try to:

- Acknowledge your child's fear – don't dismiss or ignore it.
- Gently encourage them to do things they're anxious about, but don't push them to face situations they're not yet ready to face.
- Wait until they actually get anxious before you step in to help
- Praise him for doing something they're anxious about, rather than criticizing them for being afraid.
- Avoid labelling your child as 'shy' or 'anxious'.

Your child might need some extra support if their anxiety stops them from doing the things they want to do or interferes with their friendships, school work or family life.

If you are worried about your child, contact your local Community Health Nurse, School Psychologist or General Practitioner. For more information about anxiety in children go to www.raisingchildren.net.au or www.healthyfamilies.beyondblue.org.au

Sharon Muir
School Nurse

P & C News

Hi All, the P & C recently met and carried out their annual AGM, followed by a general meeting. We haven't been able to meet since October last year due to covid restrictions but have still been very active in the meanwhile so it has been not so easy to report of our comings and goings!

We are humbled by the communities support for all of our events and although clouded by restrictions have had one of the most successful fundraising years to date with over \$6000 raised.

We are always on the lookout for fundraising ideas but are acutely aware of the strain on time and monetary donations on our families and community. So this year, being in a strong financial position have decided to decrease requests for donations and place a higher value on time and efforts from our active members!

As part of our AGM, we welcomed two new families to the P & C community. We are happy to see Teacher Beth Jagers installed as a permanent position, and despite restricted access to the classroom that the staff and parents are navigating their way through a pretty tough time.

It is hard to believe that the Woodanilling Primary School have been active since 1902! 120 years is a

lot, and we are hoping to expand on the centenary celebrations and will be calling for all manner of memorabilia, so look out for calls for anything historical.

We have a mothers day raffle coming up with some excellent prizes so be sure to enter! Our executive committee now includes myself.

President: Danielle Perrie - 0476 601 399

Vice President: Debra Johnston

Secretary: Bindi Murray

Treasurer: Kahlia Stephens

Uniform Coordinator: Brooke Moulden

CBH REGISTERED CHARITY



Woodanilling PS P&C is now a CBH registered charity. This means, when farmers are processing their grain on LoadNet, they are now able to

nominate the P&C via our Grower Number: **40550436** to receive a grain donation. If you are unsure or require any assistance, please call the Grower Service Centre on 1800 199 083.

Please spread the word!

CONTAINERS FOR CHANGE

The P&C is now registered for the Containers for Change program. Containers for Change is a recycling program which rewards the collection of eligible containers with a refund of 10c per item. Items can be collected and delivered to a refund point in Katanning or Wagin, at which you can nominate the P&C as your donation recipient using our Scheme ID: **C10326397**

School Council

Your Woodanilling Primary School Council currently consists of 8 members who represent the Parents, Staff and P&C. All members are available should you have any concerns, questions or ideas about Woodanilling PS.

Our next meeting will be held on Monday 4th April at 4pm via Zoom.

Feel free to contact me at any time on bindimurray@gmail.com. We are here for you, your children and our community.

Bindi Murray

School Council Chair

Classroom Update

Hello,

What a busy term! We have had tennis and hockey clinics, The Variety Club do a drive-by and a magic show. We have enjoyed playing hairdressers and going to the beach in our role-play time. We really love the box construction area, and most days, we are taking home our creations.

The end of the term is here and we are busily making easter baskets and hats. We have been looking forward to our Easter celebrations that lead up to the school holidays, and we are sharing what we might like to do on the holidays. Wishing everyone a safe and happy Easter break.

Beth Jagers
Classroom Teacher





Mindfulness in Everyday Life

"If you let cloudy water settle, it will become clear. If you let your upset mind settle, your course will also become clear."

- Buddha's Little Instruction Book (Kornfield: Bantum Books, 1994)

Mindfulness is a of self-awareness training adapted from Buddhist mindfulness meditation. It has been adapted for use in treatment of depression, especially preventing relapse and for assisting with mood regulation (references available on a separate page).

It has been described as a state of being in the present, accepting things for what they are, i.e. nonjudgementally. It was originally developed to assist with mood regulation and relapse prevention in depression and has been found to have considerable health benefits.

These exercises are designed to introduce the principles*.

Some Mindfulness Techniques to Practice

One Minute Exercise

Sit in front of a clock or watch that you can use to time the passing of one minute. Your task is to focus your entire attention on your breathing, and nothing else, for the minute. Have a go - do it now.

De-stressing Exercise

- Bring yourself into the present by deliberately adopting an erect and dignified posture.
- Then ask yourself: "What is going on with me at the moment?"
- You simply allow yourself to observe whatever happens. Label any thoughts that you have and then leave them alone....just be prepared to let them float away. Attend to your breathing or simply take in your surroundings instead.
- Besides thoughts, there may be sounds you hear, bodily sensations that you are aware of. If you find yourself constantly elaborating on thoughts, rather than labelling them and returning to the neutral, remember to observe your breathing.
- When emotions or memories of painful events occur, don't allow yourself to become caught up by them.
- Give them short labels such as "that's a sad feeling", "that's an angry feeling" and then just allow them to drift or float away. These memories and feelings will gradually decrease in intensity and frequency.
- More importantly, you will begin to identify yourself as an objective observer or witness rather than a person who is disturbed by these thoughts and feelings. This requires practise but can then be used when ever you are stressed.

*Adapted from those in Elliston, P. Mindfulness in medicine and everyday life. British Medical Journal, Career Focus, 17th November 2001.



This document may be freely downloaded and distributed on condition no change is made to the content. The information in this document is not intended as a substitute for professional medical advice, diagnosis or treatment. Not to be used for commercial purposes and not to be hosted electronically outside of the Black Dog Institute website. www.blackdoginstitute.org.au

Mindfulness in Everyday Life

Mindful Eating

- This involves sitting down at a table and eating a meal without engaging in any other activities - no newspaper, book, TV, radio, music, or talking.
- Now eat your meal paying full attention to which piece of food you select to eat, how it looks, how it smells, how you cut the food, the muscles you use to raise it to your mouth, the texture and taste of the food as you chew it slowly.
- You may be amazed at how different food tastes when eaten in this way and how filling a meal can be. It is also very good for the digestion.

Mindful Walking

Here the same principle, while walking you concentrate on the feel of the ground under your feet, your breathing while walking. Just observe what is around you as you walk, staying IN THE PRESENT. Let your other thoughts go, just look at the sky, the view, the other walkers; feel the wind, the temperature on your skin; enjoy the moment.

Associated Breathing Exercise

- Stay with any distressing thoughts for a few moments, then as you let them float away, you gently redirect your full attention to your breathing.
- Pay attention to each breath in and out as they follow rhythmically one after the other. This will ground you in the present and help you to move into a state of awareness and stillness.





Term 1 Friday Night Street Football

Katanning Leisure Centre

Ram Pavilion

6:30pm - 8:00pm

11 February

25 February

11 March

18 March

8 April

FREE

For more information contact the Katanning Leisure Centre on 9821 4399



"Every parent should know about this!"



PRESENTED BY:

Tammy-Anne Caldwell BA, Cdip
- Teacher, International Presenter, Social Emotional Trainer, Educational Neuroscience Specialist & 2005 Dux of ASHS.

Todd Budden
- International Presenter, First Aid Education Officer, Audio Engineer, Sound & Mindfulness Specialist.

"Completely brilliant!"
"Excellent. It opens the mind, challenges the way you may have thought about things."
"I wish I could put in words how good Tammy-Anne is!"
"Ground-breaking and the future!"
"So valuable, relatable, relevant."
"Amazing, really useful, easy changes which will have big effects!"

FREE BRAIN-BASED PARENT WEBINAR VIA ZOOM

A BRAIN-BASED HOLISTIC APPROACH TO WELL-BEING & LEARNING STARTS IN THE HOME!

Learn how to help your child realise & reach their incredible true potential – to be happy, healthy, successful and satisfied!

PARENT WORKSHOP:

This workshop is perfect for parents of children aged 5 to 18, as well as carers & grandparents.

All based on cutting edge Neuroscience and Psychology, this workshop gives you the practical skills, knowledge & confidence to nurture the well-being & development of your children.

We take a complex topic & make it easy to understand, in an entertaining fashion, with inspiring, memorable true stories.

This highly engaging, practical workshop will be presented via Zoom and parents will be sent a Zoom link so they can log in from home.

IN THIS WORKSHOP, PARENTS WILL LEARN:

- How your child's Mind & Brain works, learns and grows best
- The brain link between Well-Being & Learning
- Practical tools & techniques to boost Well-Being & Learning
- How to help your child Manage Emotions, Anxiety & Stress
- How to boost your child's Good Behaviour
- How to improve your child's Emotional Self-Regulation
- How to improve their Perseverance & Growth Mindset
- Strategies to help your child build Resilience & Confidence
- How to boost your child's Self-Acceptance & Compassion
- Why a Brain-Based Holistic Approach is essential
- How to help your child improve their Focus, Effort, Memory, Attention & Academic Achievements

Limited spaces! 29th April, 3rd May. To secure your spot go to: www.abovebeyondeducation.com/wheatbeltparents



Woodanilling Rangers Hockey Club

We cater for all different age groups and abilities with four different Junior teams as well as Womens B grade and Mens B grade.

Junior Competitions include;

J7 – School years 2 and 3

J11 – School years 4,5,6

Middle School – Years 7,8,9

Upper School – Years 10,11,12



We also offer trainings for Minkey Kids – school years PP and Yr1.

This is purely for experience and no game time is undertaken.

Training;

J7 and J11 - commences Monday 28th March, at 3:30 in Woody
Middle and Upper School - commences Tue 29th March, at 4:30 in Woody
Minkey – commences in Term 2.

If you would like any more information, or if you or your child are interested in playing in any of these teams, then feel free to contact us.

Juniors - Penny Shackley on 0428 228 065

Seniors – Rick Wise 0458 231 534

LOCATIONS
Dumbleyung
Katanning



*Diamonds
In The
Wheatbelt*
dance

**ENROLMENTS
CLOSE**
24 April 2022

2022 TERM 2 & 3 DANCE PROGRAM
offering an amazing range of dance styles
for anyone from 2 years of age to adults

Jazz & Tap Combo **Acro & Dance Combo**
Singing & Dance Combo **Ballet & Contemporary**

A 16-week structured program (8 weeks per term) filled with fun, music & movement including routines, insurance, Dumbleyung Theatre Club membership and participation in the end of program Showcase.

Plus, opportunity to participate at other community events as they arise.

(Dance styles are subject to enrolments)

To express your interest and for more information email: diamondsinthewheatbelt@gmail.com

Katanning Leisure
Centre's School
Holiday program
is for kids aged
6 -13

APRIL SCHOOL HOLIDAYS



<p>MONDAY 11 Rollerblading Kick off the start of school holidays with a fun filled morning of rollerblading. 9am-11am \$ 7.00</p> 	<p>TUESDAY 12 Easter Cooking Come along and enjoy some easter themed baking. 9am-11am \$10.00</p> 	<p>WEDNESDAY 13 Dodgeball Come and enjoy a morning filled with games of dodgeball. 9am-11am \$7.00</p> 	<p>THURSDAY 14 Mother's Day Craft Join us to create some treasures for mum in our mother's day craft morning. 9am-11am \$ 7.00</p> 	<p>FRIDAY 15 PUBLIC HOLIDAY NO PROGRAM</p>
<p>MONDAY 18 PUBLIC HOLIDAY NO PROGRAM</p>	<p>TUESDAY 19 Crafty Cooking Come along and learn to cook some delicious party food. 9am-11am \$ 10.00</p> 	<p>WEDNESDAY 20 Craft Come along to create some Paper wreaths for Anzac Day. 9am-11am \$ 5.00</p> 	<p>THURSDAY 21 Badminton Enjoy a morning playing badminton with our friends from the Katanning Badminton Association. 9am-11am \$ 5.00</p> 	<p>FRIDAY 22 Rollerblading Kick off the end of school holidays with a fun filled morning of rollerblading. 9am-11am \$ 7.00</p> 



**BOOKINGS ARE ESSENTIAL! FORMS AVAILABLE AT THE
KATANNING LEISURE CENTRE, OR CALL 9821 4399**



TERM 2 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	25 April ANZAC Day	26 April	27 April	28 April	29 April	30 April	1 May
2	2 May	3 May	4 May	5 May Newsletter	6 May	7 May	8 May
3	9 May	10 May NAPLAN	11 May NAPLAN	12 May NAPLAN	13 May NAPLAN Walk Safely to School Day	14 May	15 May
4	16 May	17 May	18 May	19 May Newsletter	20 May Scitech Visit 10:15-11:55am	21 May	22 May
5	23 May	24 May	25 May National Simultaneous Storytime Day	26 May National Sorry Day	27 May	28 May	29 May
6	30 May School Council Meeting @ 4pm	31 May	1 June Makuru	2 June Newsletter	3 June	4 June	5 June
7	6 June Labour Day PH	7 June	8 June	9 June	10 June	11 June	12 June
8	13 June	14 June	15 June	16 June Newsletter	17 June	18 June	19 June
9	20 June	21 June	22 June	23 June	24 June	25 June	26 June
10	27 June	28 June	29 June	30 June Newsletter	1 July	2 July	3 July
Hol.	4 July	5 July	6 July	7 July	8 July	9 July	10 July
Hol.	11 July	12 July	13 July	14 July	15 July	16 July	17 July