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6th May 2022

From the Principal

A new term starts and the children are happily using any rake they can find to get ready for seeding in our sand.

Mrs Hancock is a patient person who laughs and says it saves her doing it!

Kudos to Mrs Jagers for pulling off a lovely parent event on the second day of term. I know she has plans for more fun for the children this term.

Soccer starts soon and we will also welcome back our visiting dog from Beaufort Hounds.

ANZAC DAY

It was a privilege to share the remembrance service with the community and later at school. Our children featured in both services and did us proud. As the daughter of a career air force officer who grew up on bases, I am well aware of the price paid by our service people and their families.



Staff Changes

I am taking Long Service Leave this term, it is very overdue, there never seems to be a convenient time in a Level 3 school.

I am very pleased to welcome on Miss Kelly Hogg who is coming in from Narrogin to keep the wheels rolling. She is delighted to come to our lovely school.

It's a pleasure to see Mrs Kippin's smiling face every day. She won't be in the office on Thursday's, however Miss Hogg and other staff will be available to assist you as required.

I hear Mrs Flugge is very busy at Katanning SHS.

I look forward to hearing about the school activities this term.

Fiona Farren
Principal

Hello everyone, my name is Miss Hogg and I am so excited to be joining your school community for the next eight weeks!

I grew up on a farm between Williams and Darkan, and I have been a teacher at Narrogin Primary School for the last four years.

I am a huge fan of all sports, with my favourites being netball and AFL.

I also enjoy reading and spending time with my puppy, Kewpie.

I especially love to teach and learn, so I am very grateful for the opportunity to spend some time at Woodanilling Primary School, and get to know you all!



Kelly Hogg
Term 2 Principal

Important Dates

School Holidays

2nd – 17th July

NAPLAN

10th May – 13th May

Scitech Visit

20th May

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.

Actually, those words are lies and not helpful or healthy.

Maybe we can start looking in the mirror and look deeper than the reflection and focus on the beauty within, the strength, courage and love that is there and becomes more beautiful as we share that with each other.

On that note (to all women, not just mothers), have a wonderful Mother's Day. Celebrate your beauty, strength and love with your families.

Till next time,
Julie-Ann Evans
School Chaplain



Chaplain's Chat

Strong relationships – Self-Esteem

Dear Parents/Caregivers,
"Mirror, Mirror on the wall....." Are we like the evil queen in Snow White relying on a mirror image to determine how we see ourselves?

Most people struggle with low self-esteem. We look in a mirror and focus on what we would like to change. If only.....! That is a lot of power given to the mirror image.

We are all so much more than that. We can do very little to change the mirror image, but the deeper issue is that we don't view ourselves as being worthy, significant, and valuable. There are lots of causes for this (which gets covered more fully in the Strong Relationships course).

What words do you say to yourself when you drop the eggs, spill the coffee etc. "You idiot", "You're hopeless", "useless".

We don't speak to our friends like that and would protest if someone else spoke to us like that. So, why is it OK to speak to ourselves in that way?

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

There will be a free flu clinic for all primary school children ages 5 years and older at the Katanning Immunisation clinic tomorrow Tuesday May 3 and next week Tuesday May 10 between 3pm to 4:30pm.

No appointment necessary.

Sharon Muir
School Nurse

P & C News

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 30th May at 4pm.

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

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: Bantam 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.



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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.



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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

Roll up
for WA
COVID-19 Vaccination

Protect your child



Professor Chris Blyth, Director of the Wesfarmers Centre for Vaccines and Infectious Diseases at Telethon Kids Institute, answers your COVID-19 questions.

Are the COVID-19 vaccines safe for my child?

"The COVID-19 vaccines are safe and effective for children. They've been demonstrated in clinical trials, and actually in real world experience now, that they are important tools to try and prevent against COVID-19 in children.

These vaccines are incredibly well tolerated. In fact, young children tolerate them even better than adolescents and adults and that's why we recommend COVID-19 vaccination for children 5 to 11 in Western Australia and Australia at the moment."

What if my child is too young to get vaccinated against COVID-19?

"...for parents of younger children, it's going back to the simple things to try and provide protection. Good hand hygiene, mask use in public spaces, particularly for adults, and importantly, reminding your children to cover coughs and colds and stay home if they're unwell.

Many younger children will get COVID from older children and adults, so importantly, to protect your young child, making sure older children and adults are vaccinated and are complying with masks and other interventions such as that, will offer some degree of protection."

What should I do if my child gets COVID, and what if it's before their second dose?

"With lots of COVID in the community there's a real chance your child will be exposed to COVID over the next couple of months.

Children will get infected with COVID, but for most children, thankfully that's a mild illness. But, for a small group of children it can be severe and that's why we are recommending vaccination to try and protect against those harms.

If you are one of these unlucky families whose child gets COVID prior to their second dose of vaccine, don't worry. Importantly, we would still recommend they receive their second dose of vaccine and would recommend they wait about eight weeks after their infection, before their second dose. This will enhance their immune protection against further infection."



For answers to more COVID-19 questions

Roll up for WA

Pop-Up COVID-19 vaccination clinic

Roll up
for WA
COVID-19 Vaccination

Wheatbelt Bus Tour Wagin

Carpark Area - Cnr Trent & Tudhoe St, Wagin, 6315

Mon 9 May, 2022
10:00am - 5:00pm

Ages 5+ eligible

Get your Booster (16 years +) and for those eligible, your 'Winter Booster' to ensure you have the best protection against COVID-19, including the current Omicron strain.

Child and Adult COVID-19 vaccines are available. Everyone aged 5+ years can receive a COVID-19 vaccine.

Walk-in clinic.

We acknowledge the traditional owners of the land and pay our respects to their Elders, past, present and emerging.



Government of Western Australia
WA Country Health Service

BETTY TERRY THEATRE

6 TRENT STREET, WAGIN

JENNIFER LOPEZ OWEN WILSON MALUMA



PG

Friday – 6 May @ 6.30pm

Saturday – 7 May @ 2.00 pm Matinee & 6.30pm

Monday – 9 May @ 6.30pm

KIDS - \$8 ADULTS - \$13 CONCESSION - \$11

KIOSK AVAILABLE NO EFTPOS DOORS OPEN 30 MINUTES EARLIER

BETTY TERRY THEATRE

6 TRENT STREET, WAGIN



PG

Friday – 20 May @ 6.30pm

Saturday – 21 May @ 2.00 pm Matinee & 6.30pm

Monday – 23 May @ 2.00pm Matinee & 6.30pm

KIDS - \$8 ADULTS - \$13 CONCESSION - \$11

KIOSK AVAILABLE NO EFTPOS DOORS OPEN 30 MINUTES EARLIER

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	6 May Newsletter	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 Book Club Due	17 May	18 May	19 May	20 May Scitech Visit 10:15-11:55am Newsletter	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 Spare Parts Puppet Theatre, Broomehill	3 June Newsletter	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	17 June Newsletter	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	1 July Newsletter	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