



Woodanilling
PRIMARY

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

17th June 2022

From the Principal

Hello everyone,

It has been lovely to be back at school these past two weeks. The students have been busy writing procedures, programming digital characters, making slime, learning about the Woodanilling community, and building push and pull toys, amongst so many other things! Mrs Jagers is on leave for the rest of the term, but we welcome back Mrs Ronael Humphris, who is excited to catch up with the students and ensure the continuity of their learning. We have also had Mrs Jacquet Bradford spend a day with us, and the children thoroughly enjoyed playing Maths games on the floor with her. Also, a big thank you to Miss Fidler for being with us each day, while Ms Hannan has been away.

A special thank you must go to the Woodanilling Men's Shed, who were kind enough to deliver two displays to the school, showing the evolution of the Men's Shed building, over the past 142 years. It has helped immensely in developing the student's understanding of past life in Woody, and how places are used in different ways as times change.

It has been wonderful to see so much creativity in how students spend their break times, as well as the engagement between staff and students. Recently, Chappy has been planting tulips with the students, Mrs Kippin has been conducting some football lessons, and I have enjoyed practicing throwing and catching. Some students have been helping Kaye rake leaves, a frog has been discovered under a log, and a lovely fairy house can be found under one of the beautiful established trees we have onsite. It is so pleasing to see the children making the most of the wonderful grounds we have at Woody Primary.

COVID & RAT Kits

The COVID virus, and other bugs, are currently making their way through our region. If you or your child have flu-like symptoms, please administer a RAT kit.

The school still has RAT kits available for students if you require a top up of your supply.

We are unable to send them home with the children, so please pop in when you get the chance, to collect your free RAT kits and say hello.

ENROLMENTS FOR 2023

Will your child be four years old by 30th June 2023? If yes, we welcome you to enrol your child in Kindergarten at Woody for 2023!

This is only an application, and forms can be obtained from the office. If you know anybody who this applies to, please let them know.

Please come into the school office and complete the Student Enrolment Form. We encourage all enrolments to be submitted by Friday 22nd July 2022. A current birth certificate, immunisation record and proof of address need to be sighted upon enrolment. Please also note that students currently enrolled in Kindergarten in 2022 are required to complete an enrolment form for Pre-Primary in 2023.

If you would prefer to email the application with supporting documents you can send it to woodanilling.ps@education.edu.au

Should you require any further information, please contact the school on 9823 2600.

Kelly Hogg
Principal

Important Dates

School Holidays
2nd – 17th July

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 Tracey will be able to assist you.

Thank you for your support.

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 Nurse

RAISING CHILDREN NETWORK

Children are as individual and as different as their parents and making decisions about what's best for raising children is very personal.

The Raising Children website offers up-to-date, research-based material on more than 800 topics spanning child development, behaviour, health, nutrition and fitness, play and learning, connecting and communicating, school and education, entertainment and technology, sleep and safety.

It covers grown-ups, newborns (0-3 months), babies (3-12 months), toddlers (1-3 years), preschoolers (3-5 years), school-age children (5-9 years), pre-teens (9-11 years), and early teens (12-15 years).

There are tips, videos and other useful resources.

The Raising Children Network provides information that can help parents with the day-to-day decisions of raising children. It also provides information to help parents and carers look after their own needs. The information is based on the best science in parenting, child health and development, presented in language we can all understand.

This is a website for Australian mothers, fathers, grandparents and anyone else who has responsibility for the care of children. www.raisingchildren.com.au

Contact your Community Health Nurse **Sharon Muir** on **9821 6278** for more information

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.

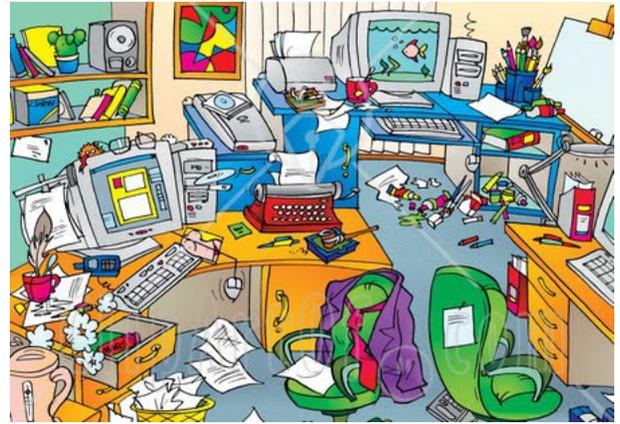
Our next meeting is scheduled for Tuesday 21st June, at 4:00pm.

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

Communication styles

Communication and relationships are tricky. It not only depends on what we say, but how we say it and how the other person interprets and receives the messages we send. There are basically 3 ways we communicate (Passive/Aggressive/Assertive) and the outcome of each is very different. Rather than me trying to explain it, I will attach an info sheet. Practice makes perfect so start in every day light conversations which will build up your confidence for the more complex and serious conversations. Take care and please leave a message at the office if you would like me to contact you.



assertive communication

Assertiveness means expressing your point of view in a way that is clear and direct, while still respecting others. Communicating in an assertive manner can help you to minimise conflict, to control anger, to have your needs better met, and to have more positive relationships with friends, family and others.

Assertiveness is a style of communication which many people struggle to put into practice, often because of confusion around exactly what it means. Sometimes it helps to start by explaining what assertiveness is not:

Aggressive Communication

People often confuse assertiveness with aggression, because it involves sticking up for yourself. But the two are actually quite different



Aggression

Force your needs or opinions onto others.
Often involves bullying or pushing others around.
Only your needs matter.

No compromise.
Damages relationships.
May lead to shouting or physical aggression.
Damages self-esteem

Assertiveness

Express your needs clearly but respectfully.
Others are treated with respect.
Considers the needs of others as well as yours.
Often compromise.
Stronger relationships.
Using clear language to get point across.
Builds self-esteem

For example, imagine you are standing in line at the bank and someone else pushes in front of you. An aggressive response could be to grab them by the shoulder and say loudly:

Hey! What makes you so important that you don't have to wait in line like the rest of us?

This might make you feel better in the short term, but you will probably also spend the rest of the hour feeling annoyed about the interaction. Or perhaps the other person will shout back at you and the situation will get even worse, really leaving you in a bad mood.

A more assertive response could be to gently tap the person on the shoulder and say in a clear but respectful voice:

Excuse me, there is actually a line here. It would be better if you could wait your turn like the rest of us.

Chances are you will get a more positive response to this - perhaps the other person will apologise and move to the back of the line, or they may explain their reason for wanting to push in and you may feel happy to do them this favour. They may still respond badly - your assertiveness does not guarantee others will not be aggressive - but at least you will feel good knowing that you did your best and used assertive communication.

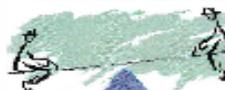
Passive Communication

Another thing that assertiveness is not is passive communication. Passive communication is:

- Not speaking up for yourself, either because you think your views don't matter or for reasons like trying to please everyone or 'keep the peace'
- Putting your needs last to the needs of others
- Allowing yourself to be bullied or ignored
- Often involves speaking quietly or with a hesitating voice, or with body-language like looking at the floor or shrugging the shoulders
- You may undermine your opinions with passive phrases such as: *only if you don't mind*, or: *but it really doesn't matter that much to me*

Passive communication can be damaging to your self-esteem, and also to relationships. If you use a passive communication style, others are more likely to ignore your needs, which may leave you feeling hurt or even angry with them for not treating you better.

So Assertiveness is....



Think of assertiveness as the halfway point between passive and aggressive - just the right balance!

Here are some tips for practicing being assertive

- State your point of view or request clearly.
- Tell the other person how you feel as honestly as you can, and remember to listen to what they say as well.
- Tone and volume of voice: *how* you say it is as important as *what* you say. Speak at a normal conversation volume, rather than a shout or whisper, and make sure that you sound firm but not aggressive
- Make sure your body language matches - your listeners will get mixed messages if you are speaking firmly while looking at the floor. Try to look the other person in the eye, stand tall, and relax your face.
- Try to avoid exaggerating with words like *always* and *never*. For example: *You are 20 minutes late and it is the third time this week*, rather than: *You are always late!*
- Try to speak with facts rather than judgements. For example: *This report has important information missing*, rather than *you have done a bad job again*.
- Use "I Statements" as much as possible, to tell the other person how you feel rather than be accusing. For example: *When you leave your dishes on the table, I feel frustrated because I don't like the mess but don't want to clean it up for you*, rather than: *You're such a pig!*
- Practice often - assertiveness is a skill which requires you to practice in many different situations. And don't forget to praise yourself for your good efforts!

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Classroom Update



Thank you to the Woodanilling Men's Shed for delivering their pictorial records of the restoration of the Richardson's Store building. This is very helpful for our study of the history of the Woodanilling Community.



This Monday we had Mrs Bradford in as Relief Teacher while Mrs Jagers was away. Mrs Bradford and Miss Fidler provided a great hands on Maths lesson, which the students enjoyed.



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



STEPPING STONES TRIPLE P

FOR PARENTS OF A CHILD WITH A DISABILITY. IS THIS YOU?



You have a child with disability, and life seems incredibly tough. Your child may seem unwilling or unable to follow instructions or master new skills. Perhaps they have terrible tantrums or emotional meltdowns. Maybe they can't make friends or play with their siblings.

As for you, stress is a constant. Holding down a job may be too difficult. You may feel isolated from your friends, your community – perhaps even from your partner or your other children. You possibly feel guilty and don't know how to tackle your child's problem behaviour. If the pressure of raising a child with a special need is straining your family life, Stepping Stones Triple P may help.

WHAT IS STEPPING STONES TRIPLE P?

Stepping Stones is based on Triple P's positive parenting strategies. It helps you manage problem behaviour and developmental issues common in children with disability. It also helps to encourage behaviour you like, cope with stress, develop a close relationship with your child and teach your child new skills.

There are three seminars in the series (The seminars are standalone sessions, so you don't need to attend all three)

1. Positive Parenting for Children with a Disability
2. Helping your Child Reach their Potential
3. Changing Problem Behaviour into Positive Behaviour.

Seminar 1 Positive Parenting for Children with a Disability

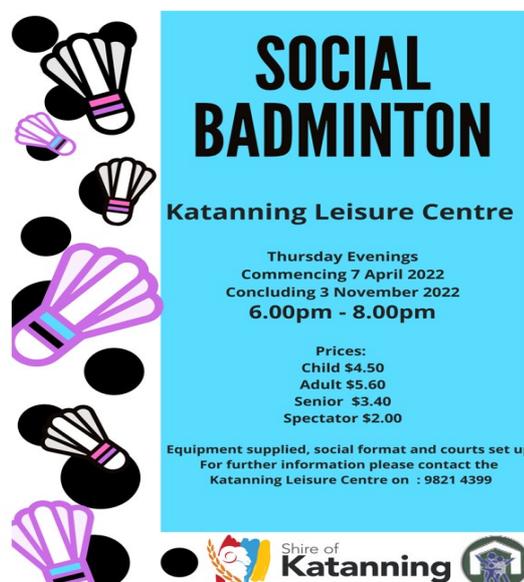
Date: Friday 22 July, Friday 29th July and Friday 5th August

Venue: Braeside Primary School

Time: 9.00am to 11.00am

Creche can be provided if you let us know at the time of booking.

If you would like to attend, please contact Nerida Campbell at Braeside Primary School on 9821 3500



**SOCIAL
BADMINTON**

Katanning Leisure Centre

Thursday Evenings
Commencing 7 April 2022
Concluding 3 November 2022
6.00pm - 8.00pm

Prices:
Child \$4.50
Adult \$5.60
Senior \$3.40
Spectator \$2.00

Equipment supplied, social format and courts set up
For further information please contact the
Katanning Leisure Centre on : 9821 4399



**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 is 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

Narrogin COVID-19 and Influenza vaccination clinic

Free
Flu Jab
June!

Narrogin Reception Centre

Cnr Federal & Fortune St, Narrogin 6312

Mon 20 - Tues 21 June, 2022

Mon 1:00pm - 6:00pm

Tues 8:30am - 2:00pm

Keep up to date with your COVID-19 vaccinations and get your Flu vaccine at the same time!
All WA state-run clinics are offering FREE Influenza vaccines throughout the month of June for people aged 5+ years.

Had COVID-19?

ATAGI recommends that you wait THREE MONTHS after a confirmed COVID-19 infection, then receive your next COVID-19 vaccine dose as soon as possible.

Get your FREE COVID-19 vaccine to ensure you have the best protection against COVID-19. Child and adult COVID-19 vaccines are available. Medicare cards are not needed to get vaccinated.

Walk-in clinic.

**Roll up
for WA**
COVID-19 Vaccination

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

KATANNING LEISURE CENTRE
Term 2 —2022

Group Fitness Timetable

CLASSES TO COMMENCE THE WEEK OF 2 MAY 2022

TIME	MON	TUES	WED	THURS	FRI
9.30 am		LADIES CIRCUIT 60 Mins <small>Creche Available</small>			
1.30pm		Seniors Gym <small>Commence 03/05</small>		Seniors Gym <small>Commencing 28/04</small>	
6.00pm	HIIT STEP 30 mins	Cardio Box 45 Mins		SHAPE UP <small>(weight training)</small> 45 Mins	

HIITSTEP - An innovative 30 minute HIIT exercise class using only bodyweight and a STEP Improve your power, speed, coordination, agility and endurance.

Ladies Circuit—Based in the gym utilizing weight machines, body weight exercises, free weights, cardio machines. This class is a great way to become familiar with machines in a group setting with a motivating instructor.

Senior's Gym Over 55's: A gym-based workout with a fitness leader to help you build strength and stamina. Personalized programs and group activities to keep you motivated and fit!

Cardio Box—Combination of Boxing and cardio stations to smash your exercise goals, release built up tension all while building self confidence and lowering overall stress levels. This workout is low impact on joints but high intensity.

Shape Up- A fun and fast 60 minute body pump inspired weight training Workout set to Tabata Style music, great for strength and toning.

Gold Members – FREE
Non Members - \$11.50/hr class OR \$6.00/half hour class
Health & Fitness Class Tickets & Express Fitness Class Tickets Available
Seniors Gym Fully Funded—FREE
Creche—Members \$ 3.40 Non Member \$5.60

**BLUE LIGHT
ROLLER DISCO**

Prizes to be won

Entry Fee \$4.50

Katanning Police & Katanning Leisure Centre invite you for a fun filled night of Rollerblading & Dancing Away with DJ Kim

FRIDAY 1 JULY 2022 Katanning Leisure Centre
5:30PM-8:00PM

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

JULY SCHOOL HOLIDAYS



<p>MONDAY 4</p> <p>Rollerblading</p> <p>Kick off the start of school holidays with a fun filled morning of rollerblading.</p> <p>9am-11am</p> <p>\$ 7.00</p>	<p>TUESDAY 5</p> <p>Apple Cooking</p> <p>COME ALONG AND LEARN TO COOK WITH APPLES FOR APPLE TURNOVER DAY</p> <p>9am-11am</p> <p>\$10.00</p>	<p>WEDNESDAY 6</p> <p>Music Morning</p> <p>Bring along your creativity and make a musical instrument to create at KLC Show</p> <p>9am-11am</p> <p>\$7.00</p>	<p>THURSDAY 7</p> <p>Craft & Science</p> <p>Get your racing shoes on and come along and build some cars or create a iron bead frame masterpiece.</p> <p>9am-11am</p> <p>\$ 10.00</p>	<p>FRIDAY 8</p> <p>Rollerblading</p> <p>A fun filled morning of skating away with your friends.</p> <p>9am-11am</p> <p>\$ 7.00</p>
<p>MONDAY 11</p> <p>Rollerblading</p> <p>Come along to the last Rollerblading session of the school holidays</p> <p>9am-11am</p> <p>\$ 7.00</p>	<p>TUESDAY 12</p> <p>Indoor Multi Sports</p> <p>Come along for a fun filled morning a have a go at our indoor multi sports morning.</p> <p>9am-11am</p> <p>\$ 5.00</p>	<p>WEDNESDAY 13</p> <p>Lego Buliding</p> <p>Come Along a build masterpiece to be displayed at the KLC.</p> <p>9am-11am</p> <p>\$ 7.00</p>	<p>THURSDAY 14</p> <p>Savoury Cooking</p> <p>Come Along and cook all things Mac & Cheese based</p> <p>9am-11am</p> <p>\$ 7.00</p>	<p>FRIDAY 15</p> <p>Laserscapes</p> <p>Join Katanning Police for a fun filled morning of Laserscapes Children 8 and above.</p> <p>GOLD COIN DONATION Children 6-8 will have craft activities & Lego in the Creche</p> <p>9am-11am</p>

BOOKINGS ARE ESSENTIAL! FORMS AVAILABLE AT THE KATANNING LEISURE CENTRE EMAIL STEPH FOR ONLINE FORMS.

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 Staff meeting	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 Staff meeting	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 Staff meeting 2:40pm	31 May	1 June Makuru	2 June Spare Parts Puppet Theatre, Broomehill Leave 8:55am	3 June Newsletter	4 June	5 June
7	6 June Labour Day PH	7 June	8 June	9 June	10 June Sporting Schools Soccer, 1:30-3:00pm	11 June	12 June
8	13 June	14 June	15 June Staff meeting 3:30-5:00pm	16 June	17 June Sporting Schools Soccer, 1:30-3:00pm Newsletter	18 June	19 June
9	20 June Staff meeting 2:45-4:15pm	21 June School Council Meeting @ 4pm	22 June P&C Meeting??	23 June	24 June Sporting Schools Soccer, 1:30-3:00pm	25 June	26 June
10	27 June	28 June	29 June	30 June Newsletter	1 July Sporting Schools Soccer, 1:30-3:00pm 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