



Carlton Street, Woodanilling WA 6316 | PHONE 08 9823 2600  
EMAIL Woodanilling.PS@education.wa.edu.au

10<sup>th</sup> March 2022

## From the Principal

It is pleasant to move into the cooler breezes and times here. The children enjoy playing outside without it being so hot.

### Car Boot and Cake Sale

Thank you to the P & C and those who brought down contributions. You are the best fundraisers I have come across! Beth and I are thinking of the best way to spend the money for maximum benefit for your children.

### Worm Farm

We have taken delivery of a flashy worm farm container. I like worms, I know others don't! But, I think they are a fantastic example of how helpful our minibeasts in the garden are! We will post photos when we are set up.

### Variety Club

We are the delighted recipient of a grant from the Variety Club for magnetic construction materials and other valuable resources to the value of \$2690. All the children will thoroughly enjoy using the equipment.



Sadly because of the current restrictions, the rally cars will not be able to visit us at school. They were due later this month.

### COVID

Due to the volume of information to be communicated and student absences, we will be sending all COVID correspondence via email only. If you have any queries, please call the school. The Health Department recognises PCR tests only if a person thinks they are infected. However, we appreciate a heads up if that is likely. We are doing our very best

to keep staff and students safe and appreciate your co-operation very much.

### Arrival Times

Please ensure your children do not arrive before 8.30am, as staff are unavailable to supervise. Before this time, the staff are preparing the classroom and may not be in the room to know that your child has arrived! It is very important that we know when we take over Duty Of Care from you.

### Harmony Week

Next week is Harmony Week. We will be doing some activities at school. Sadly I cannot invite you in to make your specialty with the children. If you are able, we thought we would make some food from other cultures on Wednesday. If you could send in a small plate to expand our horizons for lunch, it would be fantastic.



Fiona Farren  
Principal

**Important Dates**

- Clean Up Australia Day**  
11<sup>th</sup> March
- Hockey Clinics**  
Friday's Week 6-10
- Tennis Coaching**  
Wednesdays Week 7-10
- School Holidays**  
9<sup>th</sup> April – 25<sup>th</sup> April

## 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.

households and with teachers, which carries risks of virus transmission. Doing all we can to minimise transmission, including vaccinating and wearing masks, all adds up to keeping kids learning healthily, happily and safely at school. Masks are one of the ways that we can make kids' lives as safe as possible while still playing, learning and socialising.



### How to help your kids wear a mask properly

First, it's important to talk with your kids about why you're asking them to wear a mask. There are some good resources available at the Telethon Kids Institute website to help you discuss COVID with your kids in an age-appropriate way.

If possible, your child might like to try different styles of mask and choose the one they like best. It's important that whatever mask they choose is comfortable enough to be worn all day at school.

Some ways to get a mask to fit better:

- There are some specially made child-size masks available (cloth, surgical and PFR masks) from different retailers
- An adult surgical mask may fit a child better if the ear loops are tied close to the mask, and the extra mask material tucked into the mask
- Double-masking with surgical mask underneath and a cloth mask on top (let your child choose a fabric they like) can be a lot of fabric to wear, but might increase effectiveness, and lets your child choose a design that they like best.

Make sure you kids know how to safely take a break from wearing a mask if it gets uncomfortable, and to change if it gets wet/dirty (they'll need replacement supplies in their school bag or from their teacher).

For more information about providing supporting for your kids during the covid-19 pandemic go to <https://www.telethonkids.org.au>

Sharon Muir  
**School Nurse**

## Health and Wellbeing

### Crunch on vegetables!

This term our school is encouraging families to get excited about eating veggies by packing them as often as possible for Crunch&Sip®.

#### Why vegetables?

Vegetables and fruit are both important food groups packed with a range of nutrients that promote good health. However, while most primary school children are doing a great job of eating enough fruit, **only 1 in 16 are eating enough vegetables**. That's why it's important for children to get an extra serve of vegetables during Crunch&Sip® breaks.

#### Benefits of eating veggies for Crunch&Sip®

- Vegetables contain lots of vitamins, minerals and dietary fibre which help promote healthy growth and development.
- Vegetables can be a very cost-effective option - a serve of carrots or celery costs less than 30c!
- Do you have a fussy eater? When kids see their peers eating different foods, they are more likely to join in and try something new.

We encourage you to support us in this initiative by providing a healthy snack of whole or cut up veggies as the preferred option for Crunch&Sip®.



Learn more at [crunchandsip.com.au](http://crunchandsip.com.au)

Crunch&Sip®




## School Nurse

### MASKS FOR KIDS

*Mask wearing has been shown to help reduce virus transmission both **from** contagious wearers and **to** vulnerable wearers.*


We know that going to school safely is important for child development, education and mental health. Going to school involves mixing with kids from other

 **COVID-19**

## Information for parents

**Q. My child is a close contact. Do I need to quarantine with my child?**

A. No. Only close contacts of a positive case need to quarantine. However parents or guardians of close contacts need to take extra precautions and limit interaction with the person who is a close contact where possible. It is important to monitor for symptoms. If you experience symptoms consistent with COVID-19, you should get tested immediately.



**Q. My child has tested positive for COVID-19. What must I do?**

A. If your child tests positive, do not send them to school or day care. Other members of the household become close contacts and must self-isolate.

If you or someone in the household tests positive for COVID-19, then your child becomes a close contact and must not go to school or day care.

Note, the Omicron strain can present with less typical symptoms such as diarrhoea, particularly in children.

**WA.gov.au**

## Chaplain's Chat

Dear Parents/Caregivers,

I well remember the “crazy” of school routine with young children. Not to mention the ever-hanging rules surrounding Covid.

The constant demand for our time, energy and attention often means our own needs are squashed or denied. I have put together a short course that focuses on some simple measures that can make a big difference in our families and relationships. Some topics include:

- self-care
- communication styles
- stress management
- mindfulness.



I will give a summary of each topic in following newsletters. If anything comes up that you would like to chat about please leave a message at the front office and I will call you when I am next in.

Till next time,  
Take care

Julie-Ann Evans (Chappy)  
**Woodanilling Primary School Chaplain**

**MENTAL HEALTH SUPPORT LINE - To help Western Australians in their time of need**

 **Here for you**  
Confidential alcohol, drug and mental health support line

**1800here4u**  
(1800 437 348)

- New State-wide confidential support line goes live to help Western Australians
- Provides support for people experiencing mental health and/or alcohol and other drug use issues, and their loved ones
- Offers one-to-one contact with qualified counsellors from 7:00 am to 10:00 pm every day
- Western Australians encouraged to call 1800 here4u (1800 437 348) for assistance

The McGowan Government has launched a new telephone support line providing a single point of contact for Western Australians who are concerned about their own or another person's mental health issues and/or alcohol and other drug use.

The 'Here For You' phone helpline will provide accessible and immediate mental health and alcohol and other drug use support for the people in the community who may be struggling and will focus on individual needs.

The helpline is being staffed by qualified counsellors who can:

- listen to what is going on for you and/or the person you care about;
- provide emotional support;
- provide information about alcohol and other drug use, mental health and wellbeing;
- explore coping and relapse prevention strategies; and
- discuss options and offer information about local services.

People can call 'Here For You' on 1800 here4u (1800 437 348) from 7:00 am to 10:00 pm every day.

For more information about the phone helpline head to <https://www.mhc.wa.gov.au/hereforyou>, or email [Hereforyou@mhc.wa.gov.au](mailto:Hereforyou@mhc.wa.gov.au)

## Classroom Update

Hello,

The class is looking engaging, and admin will continue posting some photos on Facebook so you can have a peep in at the children's activities. We are told that this challenging time is expected to be of short duration. The children are confident and engaged and we are keeping things as normal as possible. Thank you for your support.

After the students have spent time working with the Teacher or Education Assistant, the students can choose to engage with the independent learning stations. We have several set up at the moment:

- Collage/ Box construction – where the students can use recycled materials to express their creativity.
- First Australians table – activities to engage with include- puzzles, bush tucker, puzzles, memory game.
- Tuff tray – set up as a hairdressing beauty salon where the students can design hairstyles.
- Literacy corner – at the moment, we are looking at matching capital letters to lowercase letters, and the students match the lowercase rocks to the capital letter cake tray.
- Mathematics – drive in dominoes game- students select a domino and find where to drive and park it, then find different ways to make that number.
- Sensory calm down corner – always available for calming down or needing a quiet space to recharge.
- Writing table – students can use love hearts and assorted paper to write notes to each other to help fill people's buckets.
- Blocks station – books are added to inspire elaborate constructions, mini clipboards and pencils to allow students to draw their design before construction, wooden vehicles, road signs enhance play

Beth Jagers  
Classroom Teacher





### 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



### TERM 1 FRIDAY NIGHT ROLLERBLADING



Katanning Leisure Centre

6pm - 8pm

4 February

18 February

4 March

25 March

1 April

PRICES:

Juniors \$4.50  
Seniors \$5.60  
Skate Hire \$2.50

For more  
information contact  
the Katanning  
Leisure Centre on  
9821 4399



## 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



If you would like any more information, or if you or your child are interested in playing in any of these teams, then please feel free to contact Penny Shackley on 0428 228 065

# Mindful March 2022

## MONDAY



## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY

1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 Have a 'no plans' day and notice how that feels
7 Take three calm breaths at regular intervals during your day	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying
13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down
19 Appreciate nature around you, wherever you are	20 Focus on what makes you and others happy today <a href="http://dayofhappiness.net">dayofhappiness.net</a>	21 Listen to a piece of music without doing anything else	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do
25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Cultivate a feeling of loving-kindness towards others today	28 Notice when you're tired and take a break as soon as possible	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling
31 Discover the joy in the simple things of life					

**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**



## Great Southern Mental Health Service Providers

**APS**  
Australian Psychological Society

Providing the public and professionals with an online search, telephone, and email referral service to help locate qualified APS psychologists in private practice in their area.

To find a private psychology service:  
[www.psychology.org.au/find-a-psychologist](http://www.psychology.org.au/find-a-psychologist)

**AnglicareWA**

Supporting people, families and communities to cope with the challenges of life, assisting people with relationship issues, financial problems and housing difficulties.

Address: 44 Collie St, Albany  
Phone: (08) 9845 6666 or 1300 11 44 46  
Email: [albany.reception1@anglicarewa.org.au](mailto:albany.reception1@anglicarewa.org.au)  
Web: [www.anglicarewa.org.au/get-help/mental-health](http://www.anglicarewa.org.au/get-help/mental-health)

**Amity**

Amity Health offers primary mental health care as part of their wide range of services in the Great Southern.

Address: 136 Lockyer Avenue, Albany  
Phone: (08) 9842 2797  
Email: [query@amityhealth.com.au](mailto:query@amityhealth.com.au)  
Web: [www.amityhealth.com.au](http://www.amityhealth.com.au)

GP or Health Professional referral for some services

**PIVOT**  
support services

Assistance for current and former prisoners, including peer support. NDIS specialist and therapeutic support. Assistance for disadvantaged or at-risk community members for crisis support and emergency relief, including referral to services.

Address: 121 Aberdeen Street, Albany  
Phone: (08) 9842 9699  
Email: [community@pivotsupport.com.au](mailto:community@pivotsupport.com.au)  
Web: [www.pivotsupport.com.au](http://www.pivotsupport.com.au)

**Relationships Australia**  
WESTRALIA

**Relationships Australia Services at Albany branch:**

- Counselling
- Child and family therapy
- Mediation and family dispute resolution
- Redress support services (assists clients to access the National Redress Scheme)
- Peel Senior Relationship Service
- Relationship courses and seminars

Our services are offered in a confidential and safe environment - a referral is not required. Telephone, video and face to face appointments are available. To find out more or book an appointment, please call or email the details below.

Phone: (08) 6164 0530  
Email: [albany@relationships.wa.org.au](mailto:albany@relationships.wa.org.au)  
Web: [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

**Richmond Wellbeing**

A community resource centre for people impacted by mental distress: individuals, their families, carers and key supports.

Address: 23 Stead Rd, Centennial Park, Albany  
Phone: 1800 742 466  
Albany Fellowship House: (08) 9842 9221  
Email: [admin@rwa.org.au](mailto:admin@rwa.org.au)  
Web: [www.rw.org.au](http://www.rw.org.au)

**Palmerston**

Supporting individuals, families and communities affected by drug and alcohol issues, with services including counselling, group support and residential rehabilitation.

Address: 63 Serpentine Road, Albany  
Phone: (08) 9892 2100  
Email: [albany@palmerston.org.au](mailto:albany@palmerston.org.au)  
Web: [www.palmerston.org.au](http://www.palmerston.org.au)

**SouthernAGCARE**  
Counselling and Support for Rural People

**Southern Ag Care**

Professional counselling and support services for rural people provided by rural people in the Great Southern.

Eligible areas are West Arthur, Wagin, Dumbleyung, Lake Grace, Woodanilling, Katanning, Kent, Kendenup, Kojonup, Broomehill-Tambellup, Cranbrook, Gnowangerup, Jerramungup, Plantagenet, Denmark and Albany shires.

Phone: (08) 9827 1552  
Email: [admin@southernagcare.org.au](mailto:admin@southernagcare.org.au)  
Web: [www.southernagcare.org.au](http://www.southernagcare.org.au)

**DEPRESSION SUPPORT**  
NETWORK ALBANY INC.

**Depression Support Network**

Provides one-to-one peer support to people living with depression, their carers and families. Teaching recovery and safety planning, recovery techniques and ideas, information sessions. Share meals, enjoy walking groups, social activities, art and craft groups and more.

Address: 39 Mokare Rd, Spencer Park, Albany  
Phone: (08) 9842 1439 | Jo: 0428 289 578  
Email: [manager@dsnalbany.com.au](mailto:manager@dsnalbany.com.au)  
Web: [www.dsnalbany.com.au](http://www.dsnalbany.com.au)

**neami national**

**Step up/Step Down Service**

Short term residential support to prevent hospital admission, support early discharge and promote recovery in the community. Most services require no referral.

Address: 17 Diprose Crescent, Spencer Park, Albany  
Phone: (08) 6323 8900  
Email: [albany@neaminational.org.au](mailto:albany@neaminational.org.au)  
Web: [www.neaminational.org.au](http://www.neaminational.org.au)

**ALBANY HALFWAY HOUSE ASSOCIATION INC.**

GP or Health Professional referral

**Albany Halfway House**

A community based and managed support service for adults diagnosed with severe and persistent mental health issues, working cooperatively with service users and other agencies towards recovery (18-65 years). Albany Halfway House Association is a registered NDIS provider.

Phone: (08) 9842 2612  
Email: [admin@albanyhalfwayhouse.org.au](mailto:admin@albanyhalfwayhouse.org.au)  
Web: [www.albanyhalfwayhouse.org.au](http://www.albanyhalfwayhouse.org.au)

**Neurological Council of WA**

**NEUROCARE** - Community Neurological nurses supporting all people living with the impact of a neurological condition such as functional neurology disorders, epilepsy, neuropathies, Motor Neuron Disease, and rare conditions.

Phone: 9841 5233  
Email: [nn1gs@ncwa.com.au](mailto:nn1gs@ncwa.com.au)  
Web: [www.ncwa.com.au](http://www.ncwa.com.au)

**chorus**

Enabling people to live the life they choose, in their home, in their own community. Services include aged care, disability services, mental health services and volunteering.

Address: 1/129 Aberdeen Street, Albany  
Phone: 1800 264 268 | Mental Health (08) 9892 6666 (In Home Care) (08) 9892 6650  
Email: [hello@chorus.org.au](mailto:hello@chorus.org.au)  
Web: [www.chorus.org.au](http://www.chorus.org.au)

**RUAH**

Family services, homelessness and housing, mental health (referral needed) and wellbeing and specialist legal services.

Address: Unit 2, 63 Serpentine Road, Albany  
Phone: 13 78 24  
Email: [connecting@ruah.org.au](mailto:connecting@ruah.org.au)  
Web: [www.ruah.org.au](http://www.ruah.org.au)

GP or Health Professional referral for some services