



NEWSLETTER

14TH FEBRUARY 2025 #1

WHAT'S COMING UP IN FEBRUARY

14TH YUCK INCURSION

17TH-21ST
SWIMMING LESSONS

24TH P&C WELCOME
BREAKFAST 8AM

WHAT'S COMING UP IN MARCH

3RD PUBLIC HOLIDAY

4TH-7TH YR 6
LEADERSHIP CAMP

8TH STATE ELECTION

12TH-24TH NAPLAN

28TH NCVISSA
SWIMMING CARNIVAL

Welcome to

KINDERGARTEN

Kindy Days for Term One
Monday & Tuesday

— WELCOME — BACK TO SCHOOL

As another fantastic school year at Walkaway Primary School begins, a special welcome to our new families and welcome back to our existing and returning families.

The new school year brings some challenges as students get back into the routines of school and adjust after the extended break over Christmas and New Year. New teachers, support staff and new classmates for some, can add to the demands and challenges that our children may face. We are fortunate that we have experienced and stable staff which enables a certain level of familiarity for all of our students, with this experience translating into a gentle approach to transitioning our kids back to school.

Our children will face challenges as they explore and move through friendship groups and deal with the ups and downs of relationships, as well as classroom demands in a school environment. At times there will be difficulty and this will sometimes come with negative emotions and feelings. As part of our formal and informal curriculum we look at how we regulate our emotions and feelings and try to frame these challenges with a positive mindset. At home, checking in gives your child a safe space to reflect on their experiences and can help them unwind and share their day. Simple, positively framed questions: - best part of your day? - what made you smile or laugh? What was tricky or challenging?. Validate their feelings and provide outlets or encourage downtime, all these can support their engagement and feelings for school.

Many issues can be overcome with communication and may require contact with your child's teacher and the school. Please contact your child's teacher if there is something we need to know or if there is something we can support you with.

As the hot weather and wind continues, we are assessing conditions on a daily basis and making adjustments to school operations, such as; eating in fully shaded areas or inside eg, library, limited outdoor play time or play in the shade, regular drink breaks, modified PE lessons or not having them outside. Please ensure your child has a water bottle each day.



walkaway.ps@education.wa.edu.au



www.walkawayps.wa.edu.au

The term ahead is a busy one with various learning opportunities for students both in and out of class. Please see the attached term planner that will highlight some of these events as well as the key dates to remember throughout the year. Some important dates highlights include:

- Swimming Lessons during Wk3 of term over 5 days: Monday 17/2 to Friday 21/2. Thank you to all who have promptly returned notes and consent.
- PEAC and Instrumental Music commencing in the coming weeks for selected Year 5/6 students.
- Year 6 Leadership Camp Week 5. As our new student ambassadors take their place, this camp is planned to support our student's development in leadership with personal and team challenges.
- NAPLAN Testing for Year 3 & 5 students commencing 12 March.
- NCVISSA Swimming Carnival (Years 3-6) is in Week 8 – 28 March. Team selections will again be conducted during swimming lessons, based on their swimming ability and swim offs as required to establish the team.

I look forward to being reacquainted with new and old parents and community members and having a successful and rewarding year at Walkaway Primary School.

Kind regards,

Phil Epps Principal

We are excited to announce that Walkaway Primary School P&C are continuing to work with The Central Greenough Café to provide students an opportunity to order lunch once a week on Tuesdays. Canteen will commence in **Week 4** after swimming lessons.

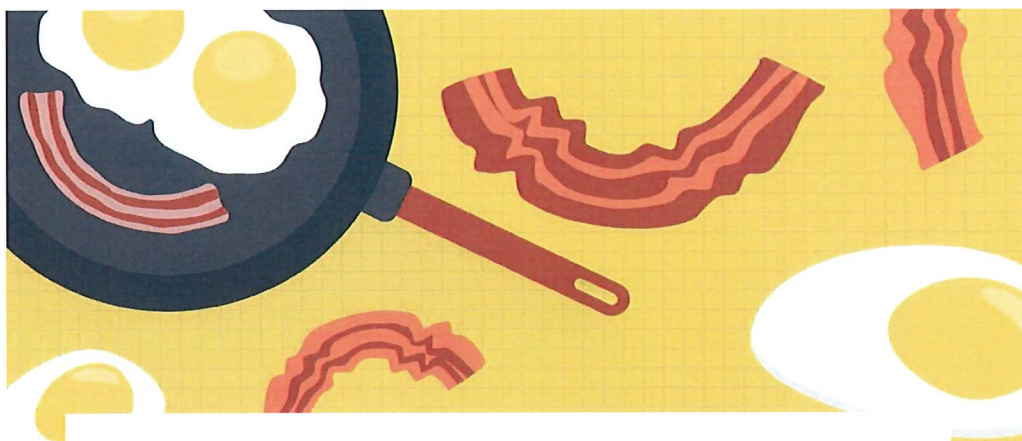
Please hand in orders and payment to the school office on **MONDAY**, please use correct amount if possible.

Menu attached, additional copies are available from the office.

If you have any questions, please contact Michelle on 0417 084 060.

Thank you for your support!

Walkaway P&C



P&C WELCOME BREAKFAST

Breakfast is served!

Join us for a Bacon Egg roll

24th February | 8am | Undercover Area

Coffee & Tea available

No Cost

Students can make their way to class at 8.30am



Mothers Day Morning Tea
Planning Meeting

24th February @ 6pm

At School

Helpers Welcome



Next P&C Meeting
27th March 2025
Time & Location TBC

MENU

- Thai pumkin soup with dipping bread \$8
- Chicken nuggets (serve of 6 with tomato sauce) \$6.50
- Fish fingers (serve of 6 with tomato sauce) \$6.50
- Hot dog with tomato sauce \$5.50
- Mini Hawaiian Pizza \$6
- Corn on the cob (full size cob seved with butter) \$4
- Ham and cheese toastie \$6.50
- Chicken cheese mayo toastie \$6.50

- Sandwich with your choice of filling (Chicken/ham with salad) \$6.50
- Sandwich plain \$5
- Salad bowl (plain/ham/chicken) \$6.50
- Picking platter with Dips \$6.50
- Fruit salad \$6

- Juice box (orange/ apple/ mixed) \$2.50

- Melting moment \$4
- Scottish shortbread \$4
- Muffin (choc/ blueberry) \$3

******* If you have any dietary requirements or would like something not on here, please message Michelle 0417084060 as we may be able to customise! 😊**



Hello all and welcome back for 2025,

You may or may not know of an annual competition run by Latitude Jewellers in Geraldton called "Flotsam and Jetsam".

It celebrates creativity, community and environmental protection by using materials washed up on the beach, to make artworks.

In term 1, the students from Room 1 will be creating entries for the Flotsam and Jetsam competition on the theme of The Circus.

If you have found or find materials washed up on the beach and are happy to donate them for this project, I would be most grateful.

Items may include: rope, floats, wood and plastics such as bottles

Please drop your donations into the container outside the Art Room.

Thank you so much and I look forward to sharing our circus creations with you all.

Kristen Hogue Art Teacher

For more information, check out Latitude Jewellers website. www.latitudejewellers.com.au

We have some students who have moderate to severe anaphylactic nut allergies. To keep these students safe and well at our school, we ask if you could not send any food containing nuts for recess and lunch.

Thank you in advance for your support.

Allergy Aware School



Fear-Less Triple P Seminar

Who is this for? Parents of children/teenagers (approximately 6-14 years old) who are overly anxious or fearful

Fear-Less Triple P can support you to:

- Encourage your child's coping skills
- Help your child manage their anxiety
- Teach your child problem solving skills
- Become confident as a parent
- Take care of yourself

Please contact the office with expressions of interest:

- Face to Face
- Online webinar
- During school hours
- After school hours

These conducted or supported by our school psychologist - Lexie

Or Online webinar coming up on Thursday 3rd April 7 - 9pm



2025 Voluntary Contributions \$60 per child

Thank you to all the families who have already paid their Voluntary Contributions.

These funds contribute to: Photocopying for class work, Classroom resources, eg computer equipment, paper, files, reading books, Physical education and art equipment

You can pay by cash to Shannon or Sharon in the office or direct deposit into our bank account.



Walkaway Primary School
BSB: 016-650 Acc #: 3409-43005
Ref: Surname School Fees

Thank You
for your support



Fear-Less Triple P

The Triple P – Positive Parenting Program® has different ways to meet families' different needs. Some may just want a parenting tip or two to make life smoother. But others could be in complete crisis and need special, one-on-one help to get them through. That's why Triple P has many different ways to get your parenting help. You choose what suits you and your family best.

Who is this for?

Parents of children / teenagers (approximately 6-14 years old) who are overly anxious or fearful

Triple P can help you

- encourage your child's coping skills
- help your child manage their anxiety
- teach your child problem solving skills
- become confident as a parent
- take care of yourself

Is this your family?

Your child (aged 6 to 14 years) has anxiety that is affecting their everyday life. It may stop them, or your whole family, from doing certain activities. Your child may be worried a lot of the time. You may swing between reassuring them and telling them to face their fears. Neither of these seems to work, and their anxiety seems to increase. You may feel like you've tried everything, and possibly may be anxious yourself.

If parenting a child with anxiety is affecting your life and you'd like to help your child worry less and be more confident, Fear-Less Triple P can help.

What is Fear-Less Triple P?

Fear-Less Triple P helps you set a good example of coping with anxiety, coach children to become more emotionally resilient, and develop your own toolbox of strategies. You can choose how to best support your child as they learn to manage their anxiety more effectively.

Fear-Less Triple P encourages you to use practical strategies with all family members, not just the child who seems especially anxious. In this way, the Fear-Less Triple P program helps the whole family to reduce unnecessary fear and anxiety.

What can I expect from this program?

There are different ways to do Fear-Less Triple P and you may wish to do more than one, to meet your needs. The time taken to do each will vary.

• *Seminar*

The seminar takes 2 hours, and you'll get an overview of what anxiety is and what causes it, and a tip sheet with practical strategies you can try at home.

• *Group*

This comprehensive program is delivered over a number of weeks, or as an intensive 1-day workshop. Over six sessions, you can cover a range of strategies and exercises that will help you put your plans into action.






• *Individual*

As for the group program, but sessions are just for you (and your partner, if preferred).

Fear-Less Triple P Online is also available

This 6-module, online, self-paced, interactive positive parenting program will help you support your child to manage their anxiety. You may wish to do this to supplement other types of Fear-Less, or, for example, if your partner cannot attend sessions.

Term 1 2025 Planner

WK	MON	TUE	WED	THU	FRI	SAT	SUN
			Jan 29 Office Open 8-4pm	30 Office Open 8-4pm	31 Office Open 8-4pm	Feb 1	2
1	3 School Development Day Office Open 8-4pm	4 School Development Day Office Open 8-4pm	5 	6	7	8	9
2	10	11	12	13 P&C AGM 6pm	14 YUCK Circus Incursion	15	16
3	17 	18	19	20	21	22	23
4	24 P&C Welcome Breakfast 8am MDMT Meeting 6pm	25	26	27	28	Mar 1	2
5	3 PUBLIC HOLIDAY	4 Year 6 Leadership Camp	5	6	7	8 STATE ELECTION	9
6	10	11	12 NAPLAN	13	14	15	16
7	17 NAPLAN	18	19	20	21	22	23
8	24 ← NAPLAN	25	26	27  Time & location TBC	28 	29	30
9	31	Apr 1	2	3 Rm 1 Assembly 9am 	4	5	6
10	7	8 Rm 6 & 4 QPT Excursion	9	10	11 END OF TERM 1	12	13