



Principal's Report

Dear Families,

Welcome back to school for Term 4! This term is a long one, with a delightful 11.5 weeks to look forward to. No, this is not sarcasm. Our teachers have worked hard to plan engaging learning activities throughout the term and it is set to be full of fun and learning!

Things to look forward to in Term 4:

Halloween Disco—27/10/23

After a Covid pause the Halloween Disco is back! Further details will be sent home soon.

Grade 3/4 Camp Rumbug—22/11/23-24/11/23

Camp is a great way to experience learning in a different setting and to create memories that last a lifetime.

Whole school swimming lessons—27/11/23-1/12/23

“Back in my day” swimming lessons were spread out across the term and for a long time I believed this was how it should be. Current belief about the learn to swim program is that a block of lessons allows children to consolidate their skills and remember them more automatically, should there be a survival situation.

Prep & Year 6 to Year 7 Transition

We have a number of transition sessions planned during Term 4 for our incoming 2024 Prep students. Please see further details later in this newsletter. Our Grade 6 students will also attend their respective secondary schools on various dates later in Term 4.

Presentation Night—7/12/23

A night to celebrate our students success across all year levels in 2023 and farewell our Grade 6 students.

Grade 6 Graduation Excursion—8/12/23

To celebrate the completion of 7 years of primary school our Grade 6 students will enjoy a day of fun activities off-site with their class mates.

Student reports

Reports will be sent home in Week 11 of term.

Class and teacher allocations for 2024

This information will be released in Week 11, when the Statewide Transition Day occurs. The reason we make this information public late in the term is to minimise the chance of changes due to unforeseen circumstances.

Have a great fortnight,

Tamara Halket

<mailto:tamara.halket@education.vic.gov.au>

2023	OCTOBER
5	Lunch Order Day
11	MARC Van Lunch Order Forms Due—12pm
12	Lunch Order Day
13	Assembly—2:45pm—Anthony Wilson Memorial Presentation Ceremony
17	Buildings & Grounds Meeting—7pm School Council Meeting—7:30pm
18	MARC Van Lunch Order Forms Due—12pm
19	Lunch Order Day
27	Prep Transition Session—9am to 11:30am World Teacher's Day Halloween Disco—6pm to 8pm
2023	NOVEMBER
7	Melbourne Cup Public Holiday
22-24	Grade 3/4 Camp Rumbug

Reminders & Notices

- **Grade 3/4 Camp Rumbug EOI Form.** This form was sent home with Grade 3/4 students on Wednesday, 13th September, and is due back at school this Friday, 6th October. We are also seeking a male parent helper for this camp. If you are available, please indicate this on the form.
- **OSHC Fee Increase.** On Wednesday, 13th September an Outside School Hours Care fee increase letter was emailed to families via Compass. The fee increase took effect on Monday, 2nd October. If you have not already done so, please read this letter carefully to determine the impact on your family.
- At our school assembly on Friday, 13th October we will be presenting a **Memorial for our former Principal, Anthony Wilson.** Families and community members are welcome to attend. Assembly commences at 2:45pm.



TERM DATES 2023/2024

Term 4	2nd Oct to 20th Dec
Term 1	29th Jan (teachers start to 28th Mar)
Term 2	15th Apr to 28th Jun
Term 3	15th Jul to 20th Sep

School Production—Ali Baba & The Bongo Bandits

Congratulations to all of our students for an excellent performance of Ali Baba & The Bongo Bandits at the end of last term. Thank you to our staff and volunteer families who's work behind the scenes ensured the night was a great success. We hope everyone enjoyed the performance and we have included some photos below of students as they prepared to go out on stage. Copies of the performance on USB are still available to purchase. Please see Cindy at the office if you have not already placed an order.

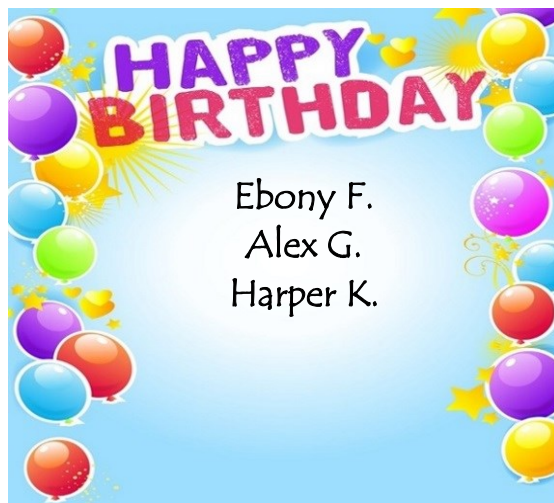


Grade 5/6 News

Today we had the pleasure of Mr John Duck popping into school so that we could celebrate his retirement. He loved the cards that the staff and the Year 5/6 students had given him. Mr Duck very kindly donated his cricket gear to the grade which is an extremely generous act. We couldn't let him go without taking a photo. Had the weather been more forgiving, we would have loved a game of cricket too. However, Mr Duck said that he will come back towards the end of term to host a game for us. Best wishes Mr Duck for a long and happy retirement.



- Thank you to our students, staff and volunteers for all their work leading up to and on the night of the school production.



Feeling Tired?

Tired children and adults who have reached their limits!



It is normal for children to be tired at this time of the year, especially with longer daylight hours. Children may be staying up later, or waking up earlier – or both! Children may start niggling at their siblings and friends. They may also decide that they no longer like school and become difficult to motivate in the mornings. There may also be fewer positive comments about school coming home. There may even be behaviours at home that are not usual for your child. I came across an interesting article about “After – school restraint collapse” that you may find useful. I have included this below.



We also welcome families to share difficulties they are having at home, as we may be able to provide school-based support to help home behaviours. We are fortunate in our Willow Grove Primary School community, to be a true community who want to see each other succeed at home and at school.

After-school restraint collapse is a real thing—here’s how to deal with it

There’s a reason your kid is an angel at school or daycare but a hot mess at home. It’s called after-school restraint collapse. Here’s how to deal with it.

BY [COLLEEN SETO](#)

UPDATED SEP 07, 2023

When Parker Kraychy started [grade one](#), his mom, Kristi Kraychy, heard nothing but positive reviews about his behaviour. He was a total angel, said his teacher; he worked hard and listened well. Naturally, Kraychy was pleased—but she could hardly believe it. That’s because Parker was routinely a hot mess at home after school. Angry, yelling meltdowns were an almost daily occurrence for months.

If this sounds familiar, it’s because it’s a real phenomenon. After a long day at school or daycare, many kids totally lose it when their parent picks them up or when they get home. There’s even a name for it: after-school restraint collapse.

After-school restraint collapse is real

It happens, says Andrea Loewen Nair, the London, Ont.-based counsellor and parenting educator who coined the term, because kids hold it together all day and only release their [true emotions](#) when they get to a safe place. Some kids become weepy, while others scream, throw things and become generally unreasonable. Older kids might act rude and disrespectful, hurling insults at you and their siblings.

Some children are more susceptible to after-school restraint collapse than others. “More sensitive and intense kids, and kids struggling with learning and social skills, will be more likely to be affected,” says Vanessa Lapointe, a parenting educator and registered psychologist in Surrey, BC.

“More chill kids can have their days too if it was a particularly challenging day, or they are extra tired or getting sick.”

It can last all school year but is more common in the first few months, and Lapointe says it tends to subside as kids fully adjust to the change in environment and schedule, and feel less physically and emotionally spent at the end of the day.

Why after-school restraint collapse happens

At school, “Kids do what they need to in order to ‘be good’ or keep the peace,” says Nair, who is also head of London, Ont.-based Infinity School. “After they’ve done that all day, they get to the point where they just don’t have the energy to keep this restraint, and it feels like a big bubble that needs to burst.”

Managing the challenges that happen at school wipes kids out, says Lapointe. “Kids have to hold it together all day long at school. There are all sorts of expectations, disappointments and challenges to manage, and all of this without your loving presence nearby. It can be exhausting.”

Lapointe adds that some kids melt down simply because they are tired or overstimulated, particularly if they’re making the transition to [full school days](#). That was the case with Kraychy’s daughter, Rylie, who started kindergarten when Parker started grade one. She’d come home super tired, and would cry and hide in her room if she was asked to do something.

“Her meltdowns were clearly linked to fatigue and less of an emotional breakdown,” says Kraychy. “If I didn’t ask her to do too much, didn’t tease her and stuck to a simple routine with a healthy snack and kindness, she was okay.”

But the after-school restraint collapse meltdown is often about more than just fatigue, thanks to something psychologists call defensive detachment. “Your child really needed you, and you weren’t there,” explains Lapointe.

“Now you’re there, but the initial flood of relief is quickly subsumed by a tidal wave of defensive detaching—they’re angry and push you away. It’s like when a parent and child reunite after the child has gone missing in a grocery store. The parent will have a few seconds of clutching relief as they hug their child and then bam! Defensive detachment kicks in with anger as they admonish their now-found child.”

As a teacher herself, Kraychy wasn’t surprised by her children’s behaviour—but she wasn’t prepared for Parker’s daily tornado of emotion, either. “I understood what was happening,” she says. “The ‘good kids’ at school use a lot of energy being well-behaved and navigating the complexities of social behaviour. They wait until they’re safe at home to unleash all the pent-up emotions with someone they trust and love. Even knowing this, it was hard to deal with every day.”

It’s important to note that these outbursts are not [tantrums](#) where your child is testing boundaries or trying to get their way. The after-school restraint collapse is exactly that—a collapse, or meltdown, because your child is so emotionally overwhelmed that they can no longer keep it together.

How to handle it in the moment

You’re home and your kid is freaking out. What next? Make lots of room for the blow-out and validate your kid’s emotions, says Lapointe. “As they shout, throw and generally lose it, just go alongside and say, ‘It was a long day, wasn’t it?’ or ‘I’ve got you,’” she says. That’s obviously not easy when you’re managing more than one kid, and if you’re also trying to get a snack or dinner prepared, but try to find a way.

Kraychy would let Parker release his energy and emotions however he needed so long as he wasn’t hurting himself or others. Still, letting the meltdown happen can feel like a Herculean task. “Try not to get triggered by it or take it personally,” says Kraychy (who acknowledges how hard that is to do when insults are being flung at your face).

Nair recommends trying to find a way for your kid to decompress at the end of the day, whether it’s [riding a bike](#), a tickle fight, telling jokes, listening to music with their favorite [headphones](#) or simply doing nothing. This daily decompression activity can become a ritual, and help both you and your child make your way through the intense emotions.

“We humans love our routines,” says Lapointe. “We love the safety of having a script for exactly how things are going to go. These kinds of scripts provide a boatload of safety during an emotional storm.”

What about screen time as a decompression method? Lapointe says it’s OK as a last resort if it seems to work for your kids—as long as you fill them up with some human connection first.

Can after-school restraint collapse be prevented?

Thankfully, there are ways to mitigate this after-school agony. Nair recommends getting in the habit of reconnecting positively when you see your kids after school. “Greet your child with a smile and a hug instead of questions about homework.” She also suggests giving your child some time and space after pick-up. “If you’re driving, put on the radio and stay quiet. If you are walking, say little or just comment on the nice little things you notice,” she says.

“This isn’t the time for big conversations.” She learned through her personal experience with her son’s restraint collapse to steer away from play dates or scheduled activities right after school so that he could have time to regroup.

Like any of us, kids are often more irritable when they’re hungry and tired. So it’s a good idea to just go ahead and feed your kids rather than asking if they are hungry.

It’s a safe bet they need [replenishment after school](#), so set out water and healthy snacks like veggies, fruit and cheese. If your kid is in daycare or after-school care where snacks are served, don’t assume they can’t possibly be hungry. Some families find leaving a snack-filled bento box on the counter or fridge (within arm’s reach) is an easy way to get kids to focus on a healthy task—refueling with a mixture of fruits, veggies and protein.

Above all, both Lapointe and Nair emphasize staying connected during the day. “Send yourself to school with them,” says Lapointe. “Write notes for their lunch box. Fill their hands full of kisses. Keep a picture of you and them together in their backpack.”

If your kids feel like you’re with them, supporting them through the day, they’re less likely to feel vulnerable, and later, angry with you for not physically being there.

Try to fill them up with your attention before school, too. “Give your child more of you in the mornings before school,” says Lapointe. “Set your alarm 15 minutes earlier and use that extra time to snuggle in a rocking chair or read a story. Just do something together full of the spirit of connection and care.”

The meltdown aftermath

You could easily substitute school for work in after-work restraint collapse when you think about how many of us have come home from an exhausting day of work and freaked out at our partners or children for no apparent reason. In fact, some adults don’t seem to ever shake the after-work jerk syndrome.

So don’t be disappointed, if, despite all your efforts, after-school meltdowns still sometimes occur. “In most cases, if the meltdown still happens, it needed to happen,” says Lapointe. Talking about it afterward may not make much of a preventative difference, but kids can often feel badly about their outbursts so it’s important to reassure them that it’s okay.

Wait for your kid to completely [calm down](#), says Lapointe. “You want to close the loop so they know you love them no matter what, and plant the seed of ability for next time. You can say, ‘I love all the parts of you—even the meltdown part! The next time you feel like you’re going to blow up, take a deep breath. Tell me with your words what’s up.’” Let them know they are loved and move on. Don’t dwell on the meltdown behaviour.

If you want to know if anything precipitated a meltdown, Nair advises waiting for your child to come to you. “Give your child the lead to start talking when he or she is ready. When that happens, you can inquire about any emotionally intense moments that may have happened during that day.”

“Let your kids know that home is their safe zone, and help them learn how to communicate their frustrations,” adds Kraychy. After the heat of the moment passes, she helps Parker identify his feelings so they can talk about what made him feel so upset. Then they come up with ways to cope and help him from feeling so overwhelmed.

After some investigation, she discovered that Parker has such high expectations of himself at school that if he thought anything was less than perfect during the day, it was almost traumatic for him—but he’d hold in that devastation until he got home. To manage this, they came up with an interesting strategy.

“We actually encouraged Parker to see if he could make a mistake at school to show him the world didn’t end if he wasn’t perfect at school—that it’s okay not to be perfect.”

It all comes down to your kids feeling safe and supported, particularly when they’re vulnerable and you can’t be with them. Lapointe says to stay connected, and keep them brimming with “messages of enduring, no-matter-what, love and acceptance.”

[How to deal with after-school restraint collapse - Today's Parent \(todayparent.com\)](https://www.todayparent.com)

Sports news

In the last week of Term 3, a select group of 3-6's participated in the Division Athletics at Joe Carmody Track in Newborough. It was a very warm, but enjoyable day and all our students competed with enthusiasm and a huge amount of effort. Willow Grove students were praised for their respectful and supportive attitude towards each other and their competitors.

Congratulations to Dakota who came second in her high jump event and will now compete next week in the Regional Championships. We wish her all the best and are looking forward to hearing about her experience.



During Term 3, our Grade Preps- 6's took part in 4 weeks of softball coached by Josh and Lachie from DS Sports. This was made possible through our Sporting Schools funding. We thoroughly enjoyed the activities and games each week, learning some great softball skills of catching, throwing, striking, and fielding!



2024 Prep Transition Program—Commences 27th October 2023

The formal transition process for students starting school at Willow Grove in 2024 begins on Friday the 27th of October 2023. All families, new and old who have returned an enrolment form will receive a letter via email in the coming days detailing our transition program. We are also running parent information sessions alongside our Prep Transition Session, as detailed below.

DATE	PARENT INFO SESSION – 9.00-9.20am @ Willow Grove Primary School
Fri 27 th October	Literacy Information
Fri 10th November	Numeracy Information
Fri 24th November	General Information Session
Fri 8th December	Uniforms, routines, questions answered

The following information outlines the Prep Transition Program, including what your child will need to bring. Please note that a school hat will be supplied to your child at their first transition session, and the hat will remain at school for your child's use.

Friday Oct 27th (9.00-11:30pm) – For pre-school children who are enrolling at Willow Grove Primary School.

Parents will need to bring their child into school on this day. Please make your way to the Prep Room and sign in your child. School staff will be out the front of our school to show you where to go. Children will be involved in school-based activities for the morning. **Students will need their play lunch (including a piece of fruit), drink and a bag.**

Friday Nov 10th (9.00 - 12.00pm)

Parents will need to bring their child into school on this day. Please make your way to the Prep Room. Children will be involved in school-based activities for the morning. **They will need their play lunch (including a piece of fruit), drink and a bag.**

Friday Nov 24th (9.00 - 12.00pm)

Parents will need to bring their child into school on this day. Please make your way to the Prep Room. Children will be involved in school-based activities for the morning. **They will need their play lunch (including a piece of fruit), drink and a bag.**

Friday Dec 8th (9.00 - 1.30pm)

Parents will need to bring their child into school on this day. Please make your way to the Prep Room. Children will be involved in school-based activities for the day. **They will need their play lunch (including a piece of fruit), lunch, drink and a bag.**

Tuesday Dec 12th – (9.00 - 2.15pm)

Parents will need to bring their child into school on this day. Please make your way to the Prep Room. Children will be involved in school-based activities for the day with their grade for 2023. **They will need their play lunch (including a piece of fruit), lunch, drink and a bag.**



Willow Grove Primary School
2520
(Formerly Latrobe River State School &
Willow Grove State School)
1883-2023



1960-1970

The 1960s began an era with new buildings (built in 1959). There were two classes, one for the junior school (prep-grade 2) and one for the senior class (Grade 3-6). Usually, the head teacher took the older class. Students undertook art and craft classes, sport classes and religious education. Students brought their own lunches to school; however they were supplied with a small bottle of milk each.

Some of the games they played were British Bulldog, Humpo Bumpo, shoulder fights and brandy. Students also spent time building huts as there was many patches of bush in the school grounds.

School was very strict and there was an expectation that students would behave, or they would receive punishment. This punishment was handed out by the head teacher. "The expectation was to be firm and fair with the emphasis on firm; a no-nonsense approach was always taken which allied with the social norm of the time. A long piece of leather, [was] kept on the chalk ledge of the blackboard..." Chalk sticks to memory sticks, 125 years of school at Willow Grove Primary School, No 2520, 2008, pg.14)

For the teachers, particularly the head teacher, their job was not just teaching the students. The teachers did not receive breaks to plan and prepare, they ate when the students ate, there was no business manager and no cleaner. The head teacher was the business manager and had to keep accurate records of all expenses. Arthur Methers kept meticulous records, showing every cent that was spent. He balanced his books every time. This was something he found very important as when he first arrived the books did not balance, something he had to rectify.

The head teacher was responsible for cleaning the school, which generally wasn't done on a daily basis. As noted in the School Council minutes the cleaning budget from the Department of Education was insufficient and further funds was found by the School Council or the school received donated items.

The 1960s were a period of stability for the school, with only 3 head teachers being in charge during that time. They were Bruce Baud 1958-1961, John Fitzgerald 1961-1964 and Arthur Methers 1964-1972.

In December of 1966 there were 51 students, 9 Preps, 5 Grade 1, 7 Grade 2, 9 Grade 3, 10 Grade 4, 6 Grade 5 and 5 Grade 6 students. The teachers were Mr Arthur Methers (Head Teacher) and Miss Kay Haniball. Various issues plagued attendance, share farmers children (coming and going) and measles, mumps and the flu went through the school. In May, 14 junior students had measles and in September, 10 junior students had mumps. The average attendance in the junior school was 140 days, yet in the senior school it was 175 days. Of the Grade 6 students, three went to Trafalgar High School and two to Yallourn Technical School.

School fees included the following: SRA Book 35c, Target Speller 40c, Art 70c, Maths Levy 45c, school paper 11c- a total of \$2.11 or \$1.61 (not all students had Target Spellers).
Junior school: reader 20c, paper 50c, Art fee 50c, Let's Join In 15c, spelling list 5c – a total of \$1.40

The majority of students came from Willow Grove, and others came from Shady Creek, Trafalgar and Morwell. The parents' occupations included: garage proprietor, share farmer, farmer, store keeper, carpenter, school teacher, SEC employee, welfare worker, car salesman, painter, salesman, mechanic, welder, farm hand, bread carter and home duties.

In his end of year report, Arthur Methel wrote the following about the school:

The text now in its second year has been a useful aid to the other BB work.

Generally the new maths work I have used in the old course have proved successful. English work has improved. Spelling is at a good level...Social Study activities have proved worth while. On a whole I am pleased with the progress.

The new Maths work has proved more enjoyable to the children because of the variety ... Children were very keen on the work and provided much information from home. Art good. Altogether it was a very successful year with all children doing better and more eager to be educated.

I along with Miss Haniball have strived for more variety in reading rather than over working the group reader. The interest, the number of books read and enjoyed are evidenced of the success of the change.

The work in this section of the school had been very pleasing to me. Miss Haniball has been very co-operative, and the work of the whole school has benefited.

All subjects have been well taught, the children have been happy in their activities and in my testing; work has been well known.

The new maths equipment has been well used and children are gaining a good basis for number work.

Maths- the new course has been taught throughout this section. Work has been well taught and children have gained excellent grounding.

Reading: a great variety of material was used and this fact certainly kept the children eager to read. This eagerness was built upon and channelled so that children read many books, home-made books, cards etc. Additional activities and reading programming is planned for 1967.

General – I am more than pleased with the work of this section and am glad that Miss Haniball will be with me next year. The children have been well taught and are happy to work and are getting the grounding needed for their scholastic careers.

In 1969 when man was going to the moon, the whole school and some extra members of the community, gathered around the school's black and white television. Television was not in every home so everyone gathered where they could. It was a time of great joy, yet was soured, when the school was broken into not long after and the television was stolen.