

**WALHALLOW
PUBLIC
SCHOOL**

NEWSLETTER

Term 4

Week 5

Thursday, 14 November 2019

Habit of the Week – Week 5 : Synergise. Teamwork is the key.

Habit of the Week – Week 6: Sharpen the Saw. Look after yourself.

Principal's Message

CAPERS

Congratulations to all the students who performed in the Regional CAPERS Concert last week. We were very proud of the way the students performed in all of their sections—The Indigenous Section, The Small Schools Section, The Grand Parade and The Finale. Thank you to the parents/carers who transported the students and to our audience members who supported our performers. I would like to thank the staff who attended to support the students back stage both nights and at all the rehearsals, supervising them, assisting with costumes, make up etc. The effort that Mrs Cronin and the Community Craft Group put into costumes is deeply appreciated. These sorts of opportunities are very valuable for students and are often some of the highlights and favourite memories of a child's time at school.



FAREWELL MS LIZZIE NEAN

We would like to take this opportunity to thank Ms Lizzie Nean for her many years of service to Walhallow PS as a valued member of our cleaning staff. Ms Nean resigned last week and will be missed by the students and staff. We welcome Ms Bronwyn Swan who is replacing Lizzie.

WORKING AT WALHALLOW PS

If you are interested in working casually at Walhallow PS, supporting students in the classroom and playground, we would love to have you on board. Please contact the office on 6747 4717 and speak to Mrs Beaton about what is required by the Department of Education to apply for casual work.



Friday, 15 Nov - Sport with Sam, Assembly, Community Craft

Tuesday, 19 Nov - Pantry— Hot Dogs

Wednesday, 20 Nov - Scripture; Library

Thursday, 21 Nov - PCYC

Tuesday, 26 Nov - Pantry— Tortellini

Wednesday, 27 Nov - Scripture; Library

Thursday, 28 Nov - Indigenous Students Transition QHS Year 6

Friday, 29 Nov - Sport with Sam; Assembly; Community Craft

Save the date—Presentation Afternoon Thursday, 5 December 2019

Swimming Scheme Week 9, Quirindi Pool

The Rainbow Serpent Room

This week in The Rainbow Serpent Room we have been expanding on the ideas discussed at our excursion about The Resilience Project. Hugh from TRP spoke about three tricks to help us be happy; gratitude, being kind and mindfulness.

We wrote about things we are grateful for. Some of the things we discussed were clothes, food, presents, water and our families who care for us. We have also been roleplaying being kind to others. Practising some mindfulness activities like pretending to be at the beach and listening to the waves and some yoga stretches have also been lots of fun.



P&C Meeting

Monday 25th November 2019

1pm

Walhallow PS Staffroom

Everybody Welcome

FREE entry for students
at Walhallow PS into
both Quirindi and Werris
Creek pools up until
31st December 2019

The Echidna Room



In the Echidna Room we have been completing information reports on Spiders. We have been working on improving our research skills and learning how to skim and scan to find relevant information in a text. In Mathematics we have been looking at different strategies to solve division problems and solve more complex sums using an algorithm.

In Geography, we have been looking at Australia's Neighbours and learning about the different climate zones around the world. We were also lucky to have a Digital Technology workshop this week, where we took the next steps in our project in managing water use in our school garden. Students were able to put a sensor in the soil, which is connected to a micro:bit coded by the students to read that if the soil is dry, our sprinklers will be switched on automatically. Powered by a solar panel, the micro:bit is to be attached to our irrigation system to be fully functional. Saving water is our goal and we don't want to over-water the plants if the soil already has enough moisture in it!

Jack –Diamond at Chess

On the 31th of October Mrs Lewis took me to a chess tournament in Tamworth. I went with friends from Blackville called Willson, Angel, Ashton and Charlie. We made up a team!

I played seven chess matches against other students. I had a mix of winning, half points and getting beaten. It was fun to play and challenging deciding what moves to do. I felt very special Mrs Lewis invited me to go with her.

Jack also visited 92.9 local radio station and told a spooky story on air!



Do you know about this service?

Open in Quirindi
Tues—11am-1pm
Thurs—9am-12

Pantry items with significant discounts.

**Term Four Excursion Fees
Are Now Due**

**Fees must be paid to
attend our end of year fun
excursion.**

Pantry is Tuesday!

\$4

Week 6 - Hot Dogs

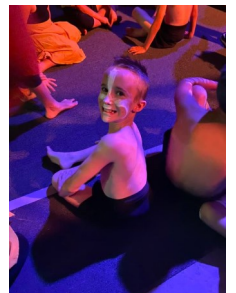
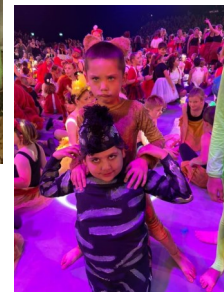
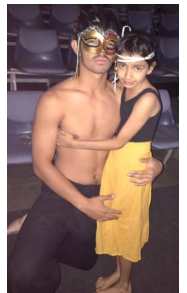
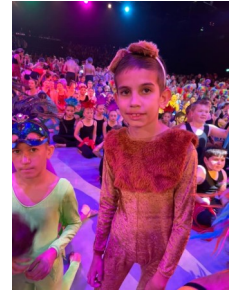
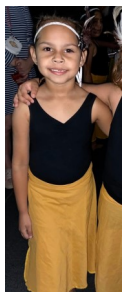
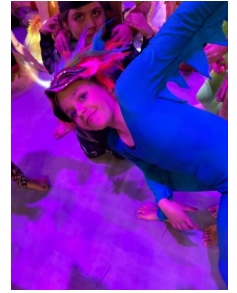
Week 7— Tortellini



GRANDPARENTS DAY



CAPERS



FAREWELL MISS ALLAN



Miss Zoe Allan will be taking maternity leave to have her baby.

Walhallow PS farewelled Miss Allan with an afternoon tea to wish her all the best and we look forward to her visits with bub to our school.

Miss Dayna Porter will be relieving for Miss Allan while she is on leave. Miss Porter starts on Monday, 25 November 2019.

LEAVING TO
HAVE A BABY!



REMEMBRANCE DAY



Rap 4 Change



10

Fun Ways to Boost a Child's emotional health

Board games

(social skills are modeled and practiced)

Dancing

(physical movement reduces depression)

Art

(healthy outlet for emotions)

Reading

(increases empathy and self-awareness)

Knit/Crochet/Stitch

(promotes mindfulness)

Cooking

(boosts focus)

Writing stories/jokes

(improves executive functioning skills)

Sing/play an instrument

(releases 'feel good' endorphins)

Outdoor nature walks

(reduces stress levels)

Puzzles

(exercise's problem-solving skills)



1-2-3 MAGIC® & EMOTION COACHING PARENT COURSE

Learn to manage difficult behavior in children 2-12 years old

A ONE DAY program for parents and carers
at The Beehive (Pavilion), Henry St Quirindi
on 28th November, 2019
starting at 9am – 3.30pm

Learn:

- ✓ How to discipline without arguing, yelling or smacking
- ✓ How to sort behaviour
- ✓ How to handle challenging and testing behaviours
- ✓ Choosing your strategy, the three choices
- ✓ Using emotion coaching to encourage good behaviour
- ✓ 7 tactics for encouraging good behaviour

Parents will receive:

- A 1-2-3 Magic & Emotion Coaching Parent Workbook

Registration Fee?

The course is free

What people are saying...

What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go!

I realized quickly that the 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child, who later down the line, needs excessive discipline or grows out of control

Who is running it?

The presenter for this course is Natasha Allan & Karlee Attenborough who completed Parents' 1-2-3 Magic & Emotion Coaching practitioner training in June 2015.

For more information contact:

Tamworth Family Support Service 0417 459 476

- An end to the arguing and yelling! • It saved our lives • Simple, sane, effective

This course is being run by a Parents' 1-2-3 Magic licensed practitioner. www.parentshop.com.au



YEAR 7 2020

Orientation Day

Tuesday 3rd December

Year 7 2020 Students and their parents/carers are invited to attend *Orientation Day* at Quirindi High School.

Tuesday December 3, 2019 from 9am-3.15pm

If you require more information please contact Quirindi High School on 02 6746 1177

Please note: Orientation Day for parents concludes at 10.30am. All students are required to wear their school uniform.

educational excellence in a country atmosphere

Are you coming across people in your community who are distressed?

Would you like to deal more effectively with stressed members of your community?

Would you like to know how to have a difficult conversation?

Want to know more about how, when and where to find help for those in your community with mental health concerns?



COMMUNITY SUPPORT SKILLS

Please join us for a presentation to help you help the people in your community gain the support they may need

NOVEMBER 20

SPRING RIDGE COMMUNITY HALL

11AM - 3PM. FREE EVENT



HUNTER NEW ENGLAND AND CENTRAL COAST
An Australian Government Initiative

Please contact HealthWISE to RSVP by Nov 18 or for more information on 6792 5514



RURAL ADVISORY MENTAL HEALTH PROGRAM

Creating Healthier Communities

www.healthwise.org.au



HealthWISE
Mental Health • Allied Health • Aboriginal Health