



Term 1

Week 8

Thursday, 21 March 2019

Habit of the Week – Week 7 and 8: think Win, Win - Collaborate with others. Always say 'I will try'.

Principal's Message

This week we celebrate Harmony Day at Werris Creek Public School and we thank Mrs Jodie Bishop, Principal of Werris Creek for the invite. The students will watch a presentation about Deadly Australians – A reptile show and they will participate in Harmony Day activities. It is great to visit our neighbouring schools to build relationships with students in our area.

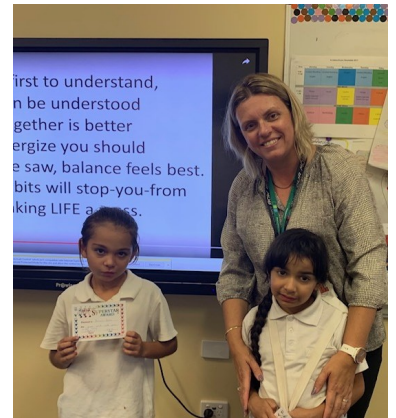
Our digital technologies project continues with ACARA – The Australian Curriculum, Assessment and Reporting Authority. Thank you to Mrs Roxanne Harris for overseeing this project at Walhallow and to Mr Martin Levins from ACARA who is the expert leading us in this area. The children are experimenting making programs and using technologies well beyond our imaginations. We look forward to watching this project develop throughout 2019.

What a wonderful day it was last Friday when Jodie and Paris from Gomeroi Gaaynggal Centre / Buggart came to spend the day at Walhallow presenting an art work shop. Thank you to the ladies in the community who supported this workshop and to Mrs Cronin for coordinating it as well as catering for the day. It was so lovely to see so many people in the school and the students enjoyed seeing their family members and listening to them share their work. We look forward to having the ladies back in June for some more workshops.

Our Personal Learning Plans for our students are complete for Semester One. Thank you to the parents who attended and supported these planning meetings. We have found them very valuable, an opportunity to share, plan and communicate with students, families and teachers.

We are a sun smart school so hats need to be worn for outdoor activities, they are part of our school uniform and are available at the office for \$10.

Have a great week everyone.



Amarni Nean and Miresha Wood



Monday, 18 March - Assembly,
Tuesday, 19 March - Music with Mr Garrett—Pantry
Wednesday, 20 March - Scripture and Library
Thursday, 21 March - Werris Creek Harmony Day Excursion
Friday, 22 March - Sport with Sam, Aboriginal Dance Class
Monday, 25 March - Assembly, CSIRO Workshop
Tuesday, 26 March - Pantry
Wednesday, 27 March - Scripture and Library
Thursday, 28 March -
Friday, 29 March - Sport with Sam, Assembly

Echidna Room

My Favourite Thing Last Week

Last week with Mrs Harris, we learnt about the First Fleet. We learnt about convicts that travelled on boats because of something little they stole, like onions! They travelled on boats because the gaols in London were filled with convicts. We also learnt about Captain James Cook. Some of the convicts didn't survive the trip to Australia. When Captain Cook arrived in Australia, he decided to call the country New Holland.

By Jahmeika

Last week I did some sport with Sam and writing with Mrs Davidson. On Friday some girls came and gave the school two paintings about their family after the community Art Class.

By Eileena

Last week in Maths I learnt my times tables and on Friday I enjoyed watching Junior Big Foot. It was great and in History I learnt about Captain Cook.

By Emily

With Mrs Hallman we learnt about the first fleet and what they called the ships. Hulks was the one with the prisoners inside.

By Nyree

Last week on Wednesday we learnt about health. We learnt about the four animals and we watched a little bit of Behind the News. On Thursday with Mrs Hallman we learnt about the first fleet and we drew a picture of a hulk prison ship.

By Charlotte

Last week we watched a movie and it was called Big Foot. It was sad and happy. Also with Mrs Hallman we did a voice in the park poster and it was very easy doing it. We also did sport with Sam and we played netball. This was lots of fun.

By Jalira

Last week on Thursday we did a poster on Voices in the Park with Mrs Hallman. Jahmeika, Briseis and I drew Charles. We drew words on the outside of him that says what he is like.

By Callum



Ashlyn and Amarni creating constructions out of paddlepop sticks in STEM.

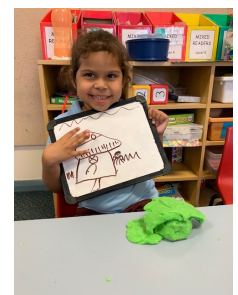
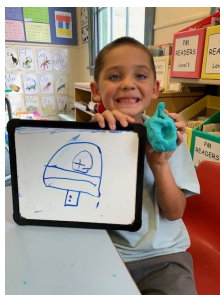
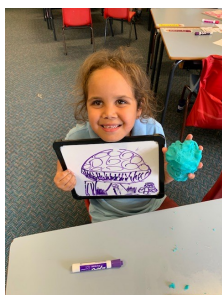
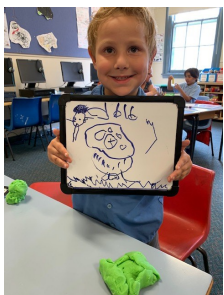


Rainbow Serpent Room

We have loved looking at the 'Olden Days' in the Rainbow Serpent Room. We have read the book Grandmother by Jeannie Baker and we were fascinated by the toadstools and the fairies in the garden. We drew toadstools and made toadstools with play dough. We then compared our 2D drawings and our 3D models. This was a tricky maths concept to comprehend and we will be doing more work around 2D and 3D objects.

Learning our coloured words and concentrating on spelling in word work (manipulating magnetic letters) in our guided reading sessions continues to be what we are focussing on in reading. The students are doing a great job at learning at their own pace. Keep it up kids!

The children are enjoying our Recognition Wall in class – we choose a behaviour to focus on eg sitting in the right place, keeping lips closed to listen. If the child is spotted displaying the correct behaviour, they receive a star on the wall. If everyone in the class receives a star in a given time frame, the class are rewarded with an activity of their choice.



Pantry is Tuesday!

\$4

Week – 9 - Chicken Wraps

Week – 10 - Spaghetti Bolognese



The simplest way

... to swap a packet of chips

Chips are high in saturated fat and salt, are not very filling and do not contain the nutrients needed to fuel your kid's for the school day.



SWAP chips FOR:

- Plain popcorn
- Plain rice crackers
- Dry roasted chickpeas
- Baked pita bread triangles
- Baked veggie chips

For more snack ideas, swaps and recipes visit our [website](http://healthylunchbox.com.au).

healthylunchbox.com.au



Students playing hockey for sport with Sam.



School Hours

Start - Finish

9am – 3pm

Breaks

Lunch	11am – 11.15am
Play	11.15am - 11.45
Break	1.30pm – 2pm



9am Start



3pm Finish

Art Workshop Class



To go up to the school – or not?

by Michael Hawton | Oct 29, 2018 | Parents

By Michael Hawton, Child Psychologist (MAPS) and Parents' shop founder.

If you've had a child at school for more than a few years, chances are that there have been times when you have considered whether to go up to the school about an issue that is affecting your child. Working out what requires your intervention can be tricky. Sometimes your child's passionate pleas for you to do something can be persuasive. It might be that your child has been moved from one class to another or that your son has been denied permission to go on a much-anticipated excursion or there has been an incident on the playground.

Parents can sometimes feel like they are not parenting properly unless they go to the school to address the problem.

In recent years, Australian schools have been dealing with an increasing number of parents coming to the school. I say this as a result of speaking with hundreds of school leaders across Australia and internationally.

So, what is causing this?

1/ Many parents are less trusting of institutions in charge of the care of their children, including schools. They are therefore less willing to give school staff the benefit of the doubt when it comes to making decisions that involve their children.

2/ There are an increasing number of parents who have become more anxious about their children and tend to intervene in smaller and smaller issues.

3/ Many of these parents have lost the ability to see that frequent interventions ultimately undermine a child's sense of competency and confidence.

So, how do you decide if an issue warrants your intervention?

First, if your child is in physical or psychological danger then you should intervene.

However, if the issue is not of this magnitude, ask yourself this; what would happen if I didn't go to the school about this issue?

An important part of being a parent is helping children learn to deal with disappointments and difficulties. We can help our children learn to cope emotionally with uncomfortable feelings by being there and listening to them. We can acknowledge that sometimes life is challenging or unfair but that we can learn to cope with this. Helping our children recognise emotions and deal with them, without being crushed by them, teaches our children emotional resilience.

We can help our children feel more competent by helping them think of some alternative ways to deal with a problem, which empowers them by giving a sense of agency and control.

With this in mind, some issues are worth recognising before you come to the school in search of a remedy on your child's behalf.

Firstly, the school must make 'system' decisions. While all schools try to follow principles of fairness and equity, it is not always possible to decide matters fairly. There will always be cases where some children will not get the teacher they wanted or be seated close to their friends.

Secondly, all school staff aspire towards providing an environment where the best interests of the child are held paramount. While teachers may not have the same attachment to a child that a parent does, the majority of school staff care personally for the children in the school.

Thirdly, each time a parent jumps in where a problem could be resolved by their child, they may be robbing them of an opportunity to develop resilience skills.

Making a decision about whether or not to go up to the school is about assessing the problem and seeing if it can be an opportunity to help your child to learn to manage their emotions, increase resilience and become an independent problem solver.

Who said parenting is easy?

To learn more about developing resilience and teaching kids to self-regulate, join our online parenting course



FREE ABORIGINAL BIKE SAFETY COURSE

Tuesday April 16th 2019

9am to 12pm

The Pavilion Longfield Park Quirindi and

2pm to 5pm

David Taylor Park Werris Creek

ALL CHILDREN WELCOME

FREE BIKE CHECKS

LEARN NEW CYCLING SKILLS

FREE MINOR BIKE REPAIRS

FREE HELMETS

REFRESHMENTS SUPPLIED

CALL 0418150217 OR 66225775

FOR MORE INFORMATION and BOOKINGS.

