

**WALHALLOW
PUBLIC
SCHOOL**

NEWSLETTER

Term 2

Week 6

Thursday, 6 June 2019

Habit of the Week – Weeks 5 & 6: Be Proactive - Show Initiative. Show Self Control - Not Reactive

Principal's Message

Reconciliation Week

Last week's Reconciliation activities were very successful. The students enjoyed walking the new village path and reading the information that is sign-posted along the way. It is very interesting reading the information about the people who have made a difference in our community and the activity was very well received by students and staff.

In culture class with Miss Allan, the students completed a joint art work on the Reconciliation theme - Grounded in Truth, Walk Together with Courage. Thank you to Miss Allan for the time she puts into planning culture lessons and to Mrs Harris for her support of Miss Allan.

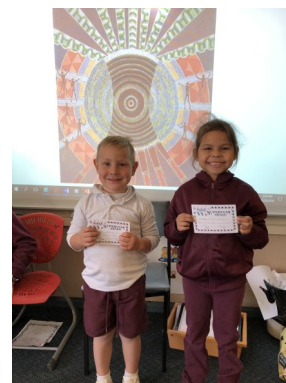
To end the week of Reconciliation activities we supported the Liverpool Plains Reconciliation and Retaining Local Youth Ride by providing lunch to the riders who participated. It was great to see so many community members enjoying the sunshine and welcoming our visitors.

Gunnedah Eisteddfod

Congratulations to our Echidna Room students who participated in the Gunnedah Eisteddfod this week in the Choral Speech Section, receiving a Highly Commended for their efforts. Thank you for your passion behind this project Mrs Harris.

Walking Bus

You may have noticed our walking bus each afternoon as we walk the children home. The children and staff have enjoyed this new part of their day. If you see us, be sure to say hi and if you will not be home, be sure to ring the school to notify us of the arrangements put in place for your child in the afternoon.



**Jahkoby Sampson
Lara Sharpley**



Monday, 27 May - National Reconciliation Week

Tuesday, 28 May - Pantry, Yr 4 Transition QHS

Friday, 31 May - Sport with Sam, Assembly

Saturday 1 June - IGA BBQ for Jahmeika's Basketball, Reconciliation Ride visits WPS

Monday 3 June—Gunnedah Eisteddfod

Tuesday, 4 June - Pantry, Craft, Scripture

Thursday, 6 June - QUASAFT (Echidna class music in Quirindi)

Friday, 6 June - Worm World, Sport with Sam, Dancing - 12.30pm, Assembly

Monday 10 June - Long Weekend Public Holiday

Echidna Room

The Echidna class travelled to Gunnedah to participate in the Choral Speech section of the Eisteddfod. The students recited two poems, 'Mafia Cats' and 'Gran, Can You Rap?' The students had a wonderful experience and received positive feedback from the adjudicator. The students were able to learn about the elements of public speaking as a group and it was evident the students had a lot of fun performing. Memorising the poems off-by-heart, learning to use vocal devices such as volume, pitch, rhythm, emphasis, articulation and conquering nerves are all part of the learning process. The students were awarded a Highly Commended placing. Well done students on a fantastic achievement!



**Gunnedah
Eisteddfod**



Mafia Cats
*Gran, Can You
Rap?*

DON'T FORGET

This Weekend is a

L  **ng
weekend!**

Saturday 8th June 2019

to

Monday 10th June 2019

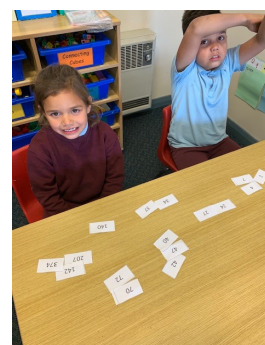


Music with Mr Garrett

Rainbow Serpent Room

I am very proud of the student's improvements in their reading. All students are reading and improving every day, increasing their reading levels and working hard to work through the coloured levels of our sight word program - Magic Words.

Mrs McInnes and Mr Saunders have been working in our room while Mrs Payne is on leave and Miss Allan has been attending Professional Learning in Tamworth. A big thank you to them for their support and hard work. Our students are so lucky to have dedicated and professional staff supporting them in their learning each day. Our brains have been getting 'sweaty' this week working on some challenging mathematical activities, sorting numbers and looking at connections between numbers. I have been proud of their efforts.



Pantry is Tuesday!

\$4

Week – 7– Chicken & Gravy Rolls

Week – 8 - Curry Sausages



Jahmeika's Fundraiser IGA BBQ

Congratulations to the crew who helped organise Jahmeika's fundraiser on Saturday, 1st June, 2019. Proceeds are going towards her participation in State PSSA Basketball in Albury later this month. Thank you to the local community for supporting and to Quirindi Carlo's IGA. It was a very successful day.



School Hours

Start - Finish

9am – 3pm

Breaks

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



9am Start



3pm Finish

Quirindi High School Transition Day



Liverpool Plains Reconciliation and Retaining Local Youth Ride



The simplest way

... to make vegies easy to eat.

Eating 5 serves of vegetables and 2 serves of fruit each day doesn't need to be a chore. It's easy to reach these targets if you **spread your fruit and veg out** throughout the day.



Breakfast: Start your vegie intake in the morning with avocado or baked beans or tomato on toast

Morning tea: try some [zucchini slice](#) or wholegrain crackers and hummus.

Lunch: Include some salad with lunch. Try our tasty [salad recipes](#).

Afternoon tea: have your favorite piece of fruit.

Dinner: Try our delicious vegie filled [recipes](#).

Dessert: Berries and yoghurt or [healthy apple crumble](#).

healthylunchbox.com.au

Good for Kids good for life

24 HOUR MOVEMENT GUIDELINES

Australian Government
Department of Health

Have you **moved** enough today?

SLEEP
• 5-13 year olds need 9-11 hours per night.
• 14-17 year olds need 8-10 hours per night.

PHYSICAL ACTIVITY
Aim for 60 minutes or more per day – the more you huff & puff the better!

INACTIVITY
Move more & sit less in your spare time.

Find out more at www.health.gov.au

Children and young people (aged 5-17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

Australian 24 Hour Movement Guidelines for Children and Young People (5 to 17 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep

Source: Australian 24 hour Movement Guidelines



Health
Hunter New England
Local Health District

HNELHD-GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

SPRING RIDGE FIRECRACKER AND BONFIRE NIGHT

❖ WHERE: SPRING RIDGE COUNTRY CLUB

❖ DATE: 6TH JULY, 2019

❖ TIME: 5PM

❖ FEE: \$10 PER CAR/FAMILY

❖ BBQ

❖ MUSIC

❖ FIREWORKS AND BONFIRE



Free Camping at the Recreation Ground

NO BYO – ALCOHOL AVAILABLE FOR SALE AT THE COUNTRY CLUB

Wyangala Bonfire & Fireworks Spectacular

**Sunday of this
June Long Weekend**

Matt Morrison Oval, Sixth Avenue, Wyangala



Wyangala Bonfire & Fireworks Spectacular

***Sunday of this
June Long Weekend***

Matt Morrison Oval,
Sixth Avenue, Wyangala

Gold coin donations most welcome

9:30 Mufti Bowls - \$5 to play
Lunch available
Licenced venue

for

10am 9-hole 3person Ambrose
golf tournament
\$5 greens fees

1pm Morgan Insurance
Nearest the Pin Shootout
4th hole Gold coin / ball

12pm Wyangala Bistro
opens - eat in or take
away

4pm Live and loud
Josh Maynard &
Josie Laver
on the *Jumping Castle*
Coffee Fix by Larz
oval *Sausage sizzle*
Hot dogs Popcorn
Soft drinks
Hot soup, toasties
& beef rolls

4:30pm Bonfire lit

6:30pm Fireworks Display

Live entertainment to follow at Wyangala Country Club

Courtesy bus drop-offs from 8pm

