

**WALHALLOW
PUBLIC
SCHOOL**

NEWSLETTER

Term 1

Week 4

Thursday, 21 February 2019

Habit of the Week – Week 4: Begin with the End in Mind - Work towards learning goals

Principal's Message

Thank you to the parents and family members who attended our Welcome Back Afternoon Tea last Thursday. We had a lovely show of people and we appreciate your support.

Congratulations to Jahmeika Nean and Charlotte Steibert who have made it through to the Regional Basketball Trials in Tamworth. We wish you all the best for the next round of try outs. Well done girls!

Take Home Reading has started this week and we would appreciate your support with this each evening. Remember as Dr Seuss says 'The more that you read, the more you will know. The more that you learn, the more places you'll go'.

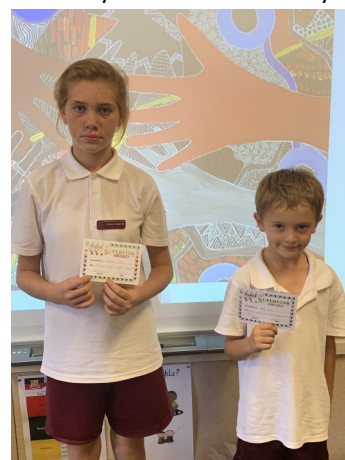
Attached is the Community Charter distributed by the Department of Education. You may have seen this on our Facebook page or heard about it in the media over the holidays. Please take a moment to look over it and understand that we are all here to work together for the benefit of our students.

The teachers at Walhallow Public School are always happy to meet with you to answer questions, listen to your ideas and field your concerns, however, please remember to ring the office to organise an appropriate time. We will make ourselves available within a suitable timeframe.

Thank you for your understanding with this matter.

We are looking forward to working with students and families to develop Personal Learning Pathways for each child during Week 5. All families have been notified of meeting times. Please contact the school on 67474717 if you have any questions.

Our King of the Ranges excursion is tomorrow in Murrurundi. We can't wait to experience the stock man's challenge and perform in the arena after the Welcome to Country.



Jahmeika Nean & Brody Ezzy



Monday, 25 February – Assembly 9am, Regional Basketball Try Outs Tamworth, Big Sister, Little Sister

Tuesday, 26 February – Music with Mr Garrett—Pantry

Wednesday, 27 February – Scripture and Library

Thursday, 28 February - Excursion to Starr's Planetarium Tamworth

Friday, 1 March - Clean Up Australia Day, Sport with Sam

Monday, 4 March - Assembly

Tuesday, 5 March - Music with Mr Garrett—Pantry

Wednesday, 6 March - Scripture and Library

Thursday, 7 -

Friday, 8 March - Sport with Sam, Aboriginal Dance Class

Echidna Room

This week in our classroom we have been settling in to our guided reading program. Students have been very organised and are displaying independent work habits through the process.

In English we are looking at the picture book 'Tuesday'. Students have examined the facial expressions of the characters in the book and imagined what they are thinking or saying to one another. We used post-it notes to display our thought-bubbles.

In Maths we have been looking at larger numbers and place value. Our King of the Ranges excursion is fast approaching and so we have been rehearsing our new up-beat dance to perform in the large arena at Murrurundi.

After posing the question in our previous newsletter, students have been listening to loads of podcasts and are ready to create their own podcasts with their chosen topics! Watch this space!

Jahmeika Nean and Charlotte Steibert represented Quirindi Zone PSSA in basketball last Thursday and have now advanced to the Regional trials at the Tamworth Sports Dome on Monday 25th February.

Congratulations girls on your wonderful achievement and we wish you the very best.



Rainbow Serpent Room

This week we have continued to look at concepts of print in nursery rhymes and books. We have been focussing on letters, words, sounds, full stops, spaces between words, capital letters, holding books the correct way. Kindergarten have been using their reading finger to point to the words and 'the return sweep' which is reading to the end of the line and sweeping back to start the new line.

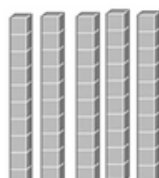
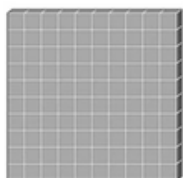
We have been discussing how things were in the 'old days' reading some quality literature from Mem Fox to enhance this.

As well as numbers we have been looking at length in mathematics. The older students in the class have been looking at place value and two and three digit numbers. They can make these numbers using Dienes Blocks.

Our morning routine of songs and snack time is a favourite part of the day. We have tried sweet potato, cous cous, vegetables, eggs, raisin toast and fruit. Students are reminded to bring in a piece of fruit each day to share with the class.

Kindergarten students have been undergoing their Best Start Assessments this week in Literacy and Numeracy. Feedback sheets to parents will be provided next week.

What number is this?



= 150

Pantry is Tuesday!

\$4

Week – 4 - Fried Rice

Week – 5 - Chicken Bake



The simplest way

... to ensure your child gets the nutrients they need at school

Simply pack something from each of the 5 food groups plus water. Try this great example lunch box:



Wholegrain Breads & Cereals: [Bread Sushi](#)

Vegetables and salads: Corn cob

Meat & Alternatives: [Baked bean muffin](#)

Dairy: Yoghurt tub

Fruit: Strawberries

Water: Always pack a bottle of water

For these recipes and more examples of healthy lunch boxes visit our [website](#).

healthylunchbox.com.au



The simplest way

... to pack a healthy lunch box

The average school child will eat more than 2,500 lunches during their 13 years at school.



A one-stop-shop for everything you need to know about packing a lunch box, Cancer Council's [website](#) is now even easier to use and share with friends and family.

- **Search** – you can now search for recipes by name or ingredients and quickly find the information and tips you are looking for.
- **Print recipes** – it's now easier to print recipes for safe keeping.
- **Share recipes** – on Facebook, Twitter and Pinterest.
- **Videos** – some recipes now feature short videos showing the simple steps to making the meal.
- **Lunch Box Builder** – plan a healthy lunch box with your kids using the new builder items.
- **New Content** – check out our new recipes, sandwich filling ideas and packed healthy lunch box examples.

healthylunchbox.com.au

School Hours

Start - Finish

9am – 3pm

Breaks

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



9am Start



3pm Finish

Echidna Room this week!



Beautiful Artwork



**Maths in
action
- BIG
Numbers!**



**Thought
Bubbles**



Paper, rock, scissors for fitness

Beat the back to school blues

by Michael Hawton | Jan 30, 2019 | School

By ParentsShop.

It's that time again, you've made it through the hot, long summer holidays and it's time for packed lunches, book covers, new uniforms and a routine to start again. The start of every school year could potential mean a spike in your child's (*and your*) anxiety. There are, however, some ways to alleviate some of the stress around starting school again. Your attitude as a parent going forward to start the new year is just as important as your child's! Take some time to point out some positive aspects of starting school each new day to create positive anticipation about those nervous first days of school.

Below are 4 simple strategies for you and tips to make the transition back to school easier:

1. Create a routine

It is easy to fall out of routine over the holiday period and develop some bad habits. Over the holidays, you may have found it difficult to maintain good eating habits without the structure of school. Reintroducing a balanced diet of vegetables, fruit, whole grains and lots of water will help them improve energy levels, concentration and emotional well-being. Maintaining adequate sleep patterns is vital for children of all ages. Proper patterns may have been disrupted over the holidays. To promote good sleep habits in your children, re-establish routines around bedtimes, have a regular time for bed and make sure computers, mobile phones and other electronic devices are switched off (and preferably out of the bedroom) at least an hour before bedtime.

Some useful sites listing the effects of lack of sleep are:

<http://sleepeducation.net.au/>

<http://www.news-medical.net/news/2008/07/07/39779.aspx>

You can also find out how many hours is ideal for each age here:

<http://www.sleephealthfoundation.org.au/>

2. Take time to talk about the feelings that could come up

If you have a child that is prone to anxiety the more discussion you have on how they are feeling and strategies to control those feelings the easier the transition back to school will be. Parents can help ease the transition by talking to kids about how they feel about going back to school. They can support them by listening to how they're feeling, responding with empathy, and working with them to come to a solution. If your child communicates a worry or concern they have, try to tune in by saying words like, 'You seem really worried about that' or 'I can see that must have been pretty upsetting for

you' and try not to problem solve too early, particularly if they are wound up. If, after really listening, you believe there is a problem that needs addressing, try to help them figure out a solution that they think they could try. Remember that not all problems need to be fixed, and just knowing they've been heard can make a big difference.

Tip: Talk with children about positive experiences they may have had in the past at school. Remind them they will see old friends and meet new ones.

3. Check your own anxiety

It is natural for the start of the school year to be stressful period for parent as well. Parents sometimes need to recognise that their own fears might be preventing their children from engaging in age appropriate activities or tasks. If we want our kids to be willing to try new things and to persist when they experience difficulties, we need to encourage effort, build confidence and convince our kids that 'if at first they don't succeed to try and try again'.

Tip: Plan one thing to try in the first school term that puts you both outside your comfort zone, such as catch the bus for the first time, walk to the shops or try a new extra-curricular activity.

Plan, plan, plan

Start the school year out as you plan to proceed! It is good to start the year with some realistic, achievable goals for children to achieve on the first day, the first week and going forward. Ticking off these goals will start your child off with confidence. Students can create an action plan for their first week.

Tip: Have your child call a friend they trust to meet them in the playground on the first day. Make contact with their favourite familiar teacher or support staff member who can support them in the first week.

Many children easily become nervous and unsettled about the new year, even if they are not starting at a new school. Changing schools, new classrooms and a new teacher are all anxiety provoking situations. Even reconnecting with friends after the holidays can trigger anxiety. Take a few simple steps to ensure the transition into the new year is smooth.

School Community Charter

 **Collaborative. Respectful. Communication.**

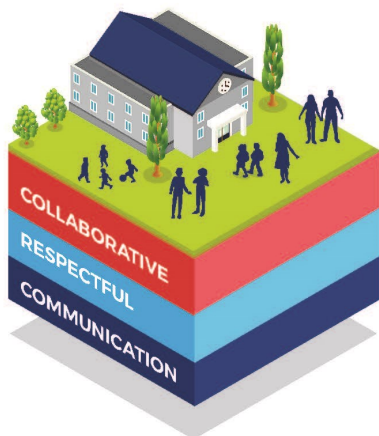
The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 – 2022.



Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- to be welcomed into our schools to work in partnership to promote student learning.
- communication from school staff will be timely, polite and informative.
- professional relationships with school staff are based on transparency, honesty and mutual respect.
- to be treated fairly. Tolerance and understanding are promoted as we respect diversity.

Ensuring respectful learning environments for all members of NSW Public Schools communities.

We treat each other with respect

We prioritise the wellbeing of all students and staff

Unsafe behaviour is not acceptable in our schools

We work together with the school



We create
collaborative
learning
environments

We
all play
a part

We work
in partnership
to promote
student
learning

Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

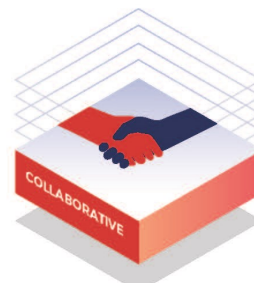
Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process: education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students

Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.



Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



Collaborative.
Respectful.
Communication.

School Community Charter

education.nsw.gov.au