

**WALHALLOW
PUBLIC
SCHOOL**

NEWSLETTER

Term 1

Week 4

Thursday, 20 February 2020

Habit of the Week – Week 5 & 6: Put First Things First - Plan your day. Practise and prepare.

Principal's Message

Isn't it lovely to see so much rain? The grass is looking gorgeous and green and the plants look fresh and wonderful. Our tanks are full and we are feeling positive about 2020.

School Leaders Induction

Congratulations to Charlotte Steibert and Curtis Nean who are our 2020 School Leaders. We know they will do a great job this year, being wonderful role models of behaviour, uniform and attendance, just to name a few.

P&C Meeting

It was so nice to see so many parents, family and community members at our Parent Meeting last Monday. We were able to re-establish the P&C, which was fantastic. Our executive members are as follows;

Ms Robyn Mills—President

Ms Alison Sampson—Secretary

Mrs Kaye Beaton—Treasurer

A Committee was also established.

There are lots of plans in place, including an Easter Raffle and Mother's Day IGA BBQ. Stay tuned.

Excursion Fees

Excursion fees for 2020 are \$50 per student. These are broken down into two affordable payments of \$25 per semester. Semester One fees are due Friday, 3 April 2020. This payment includes all minor excursions for 2020. Our major excursion is an additional cost. Thank you for your co-operation with this.

Have a great week everyone.



Curtis, Amarni,
Jacoebi, Bradley



Friday, 21 Feb - Sport with Sam, Zone Swimming

Tuesday, 25 Feb - Music, Library

Wednesday, 26 Feb - Scripture, Art

Friday, 28 Feb - Sport with Sam

Tuesday, 3 Mar - Taster Day Yr 6 QHS, Music, Library

Wednesday, 4 Mar - Scripture, Art

Friday, 6 Mar - Sport with Sam

The Rainbow Serpent Room

In the Rainbow Serpent Room this fortnight we have been researching facts about Wombats and writing an information report. We have used 'Word' to produce our reports.

During art classes with Mrs Ballard, we have used charcoal and oil pastels to create beautiful landscapes.



NO WHAT Play Under the COLA

Back to School Road Safety Reminders



The NSW Road Toll for 2020 already stands at 33 people killed on our roads since 1 January.

Safety around schools continues to be an area of focus – improving driver behaviour & awareness is important in an environment where young children are vulnerable to danger.

Just a reminder, school zones are in operation around schools. Double demerits apply for speeding and mobile phone offences in active school zones.

Lights flash on the back of buses to warn motorists they're picking up or dropping off kids. Slow down to 40km/h and look out for children crossing.

The Echidna Room

PLAY DOUGH



This week we have re-commenced our Digital Technologies in Focus Project. Students were excited to launch back into Studio Code, where we create dance animations with code. Students have proven to be very creative with their code!

In Maths we have been practising our 3 and 4 times tables. We have been using concrete materials to make visual representations of our tricky times tables. We have also been working together to identify prisms and cylinders. Year 6 have been busy learning to use protractors to measure angles.

In English we have been reading a book called 'Welcome Home' which explores the impacts of whaling and we have been saddened to learn that some countries still carry out whaling today.

We have been discussing 'what makes a good story?' and decided that one of the important features is a great plot line. So our writing task this week focused on writing an imaginative sequence of events leading to a resolution.

We are definitely hard workers in the Echidna Room!



DTiF
Digital Technologies in focus








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Lunch Club

Ongoing each week for Term 1

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Wraps	Sandwiches with assorted fillings	Quiche	Sandwiches with assorted fillings	Mini Pizzas
				

Small School's Swimming Carnival

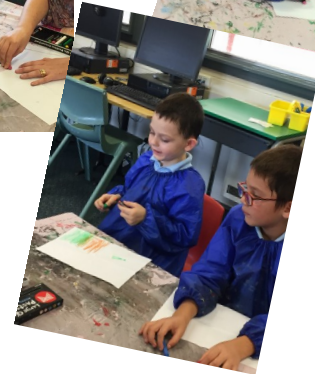
Whilst we aren't complaining about the rain, it made our small school's carnival interesting. Congratulations to the students who came and conquered personal goals, showed great sportsmanship and school pride. Well done Charlotte, Jalii, Klallin, Jalira, Eileena, Amarni, Jacobie, Ashlyn and Koen! Thank you staff, Blackville PS and Spring Ridge PS for organising.



Welcome Back Afternoon Tea



Art Class with Mrs Ballard



Leader's Induction Assembly



Pinning the Badges
On



Leader's Pledge



Congratulations
Curtis and Charlotte!



Head Lice

Head lice has been detected at Walhallow Public School. NSW Health does not recommend excluding children with head lice from school due to the following reasons:

- ◆ Headlice are not known to transmit diseases;
- ◆ Exclusion from school or childcare is not an effective way of breaking the cycle of head lice infestations;
- ◆ Head lice eradication is most effective if the whole school community works together to treat the infestation.

Head lice are strictly host specific and live their entire life (about a month) on the head of their host, and are often concentrated towards the back of the head and above/behind the ears. Most head lice eggs hatch within 7-10 days but some can remain unhatched for up to 3-4 weeks.

Head lice are contagious and infect a large number of school age children annually. When a case of head lice is detected the person should be treated immediately with a preparation obtained from a pharmacy. A wide range of liquid products (and fine toothed combs) are available and a prescription is not necessary. Products with permethrin or malathion are usually recommended. One or perhaps two applications are advised and all family members, and other close contacts, should be treated at the same time. The presence of unhatched nits or eggs after the preparation has been applied is not necessarily a sign of treatment failure - the treatment will not separate eggs from hairs, they must be physically removed - but the presence of living lice indicates either a treatment failure or a reinfestation.

A combined effort by school authorities requesting parents to treat all children in affected classes over a weekend will decrease the incidence of re-infestation. The control measures should be widespread to be effective and limit the risk of re-infestation. If re-infestation occurs it may indicate that not all infestations have been found and treated. Repeated finding of lice in some individuals following treatment could be a sign of resistance of head lice towards the chemical preparation, but there is little evidence for the presence of resistance in Australia, and inadequate treatment and opportunities for reinfestation should first be considered as an explanation.

Good for Kids good for life

MASTERING THE SPRINT

Sprinting is one of 12 Fundamental Movement Skills which requires practice. Fundamental Movement Skills are taught at school but you can help teach your child these important skills at home.

To master the sprint:

1. Lift knees high
2. Bring heels close to the bottom
3. Focus eyes forward
4. Don't let heels touch the ground
5. Land on balls of feet
6. Bend elbows at 90 degrees
7. Drive arms forward and back in opposition to legs



For a demonstration search: 'Get Skilled: Get Active - Sprint' on Youtube

Good for Kids good for life

RECIPE: TASTY SAVOURY MUFFINS

Ingredients:

- 1½ cups wholemeal self-raising flour
- 1½ cups white self-raising flour
- ¼ bunch English spinach, chopped
- ½ cup red capsicum, diced
- 1 medium zucchini, grated
- ¼ cup reduced-fat cheese
- ¼ cup parsley, chopped
- 1 cup reduced-fat milk
- 1 egg
- ½ cup canola oil
- 100g reduced-fat feta cheese, crumbled



Method:

1. Preheat oven to 220C.
2. Sieve both flours into a large mixing bowl then add spinach, capsicum, zucchini, reduced-fat cheese, parsley and mix together.
3. In a separate bowl, whisk the milk, egg and oil together.
4. Fold the egg mixture into the flour mixture until combined then add the crumbled feta. Do not over-mix.
5. Place an even amount into muffin tins and bake for 20 minutes.
6. Serve warm or at room temperature.

*Makes 19 muffins

Variations: Use any vegetables you think will taste good, especially leftovers.

Bush Tucker Tip: Replace spinach with Warrigal greens, blanching in boiling water for 2-3 minutes to cook.

Source: NSW Healthy School Canteens