



## NEWSLETTER

Term 3

Week 4

Thursday, 5 August 2021

### Principal's Message

#### Education Week 2021 - Lifelong Learners

What a wonderful Education Week we celebrated last week at Walhallow PS. Thank you to Mrs Harris for organising such a terrific program highlighting career options for our students whilst displaying the mind set of lifelong learning. See our article over page.

#### Personalised Learning Pathways

Thank you to the parents who participated in our phone meetings with Miss Porter and students last week to assist in setting student learning dreams in literacy, numeracy as well as personal dreams. The students love having you involved in this process. It is interesting to note students' abilities in setting their goals. They are able to determine their strengths and opportunities to improve which is great to observe. Teachers and support staff now take time to plan individual learning programs for students to assist in achieving these dreams. Many students have selected a spelling dream this year as we have been working on improving our teaching of spelling as well as assessment of spelling in class programs to improve student outcomes, which is interesting to note.

#### Zone Carnival

A number of our students are representing Walhallow PS at the Quirindi Zone PSSA Athletics tomorrow at Golland Fields. We wish them every success and know they will represent themselves and our school with pride.

#### Clean Up

You may have noticed that we have been doing a clean out at school. We have been cleaning out Mr Saunders' shed as it was overflowing with outdated and/or damaged furniture. Over the years, we had collected quite a lot. Thank you to the staff who assisted with this clean out.

#### Contacting School

Just a reminder that our two school phone lines are;

Landline - 67474717

Mobile - 0439 525457

Staff have been directed by the Department of Education to avoid using their personal phones for school use.

Thank you for your support in this matter.

#### Covid 19 Restrictions

Thank you to our community for your ongoing support of our Covid restrictions;

- We appreciate you ringing, rather than entering school grounds as we are restricting adults on site.
  - We appreciate you keeping your children at home if they are displaying flu like symptoms and,
- We know you understand that we have strong hygiene practices in place with sanitising and extra cleaning services.

#### Thank you

Thank you to Mr Saunders and his team of helpers who have been working on cleaning and refilling our sandpit and attaching our new sandpit cover. The students are enjoying their time playing in the sandpit with the new equipment.

Have a wonderful week

Skye Davis



*Friday, 6 August - NO Sport with Sam, Zone Carnival Qdi PS*

*Monday, 9 August - Yuluwirri 9.15am,*

*Tuesday, 10 August - Scripture K-2, Library Open Second Break, Community Craft,*

*Wednesday, 11 August - Scripture 3-6, Library Open Second Break*

*Friday, 13 August - Sport with Sam*

*Monday, 16 - Fri 20 August - NAPLAN*

*Monday, 16 August - Yuluwirri 9.15am*

*Tuesday, 17 August - Scripture K-2, Library Open Second Break, Community Craft*

*Wednesday, 18 August - Scripture 3-6, Library Open Second Break*

*Friday, 20 August - Sport with Sam*

## **The Yurrandaali (Goanna) Room**

Throughout Education Week, students in the Yurrandaali room participated in many hands-on Digital Technology workshops. Students immersed themselves in the digital environment of Mine-craft and they were able to learn about using a green screen to create video projects. Our Infants students used the Scratch Junior program to create animations and our Primary students used Makey Makeys to create a piano. Makey Makeys are circuit boards that connect to a computer so that students can use them as creative tools.



## **The Bandaarr (Grey Kangaroo) Room**

The Bandaarr Room has been learning about the Tokyo Olympics. We have made the Olympic rings and completed some art work. We have been cheering the Aussies on and researching some Australian Olympians. The students were fascinated by the colours of the medals and were interested in the colours and the markings.

We look forward to taking part in our Walhallow Olympics soon.

The students were very excited to set their Personalised Learning Pathway dreams this week and are already working to achieve them. Below is a picture of Jahkoby helping Miss Allan cook spaghetti bolognese as his dream is to cook his mum dinner. Well done Jahkoby.





News from our P&C and Community



## Next P&C Meeting

Monday, 23 August 2021

2pm in the staffroom



Guest Speaker—Michelle Clare

Aboriginal Education and Wellbeing Advisor

All welcome

Tamworth Family Support Service

# ART EXHIBITION

Celebrating NAIDOC week through a Art Exhibition by our Women's group

When: 4th, 5th and 6th August  
Where: 172 George Street, Quirindi  
Time: 11am - 1pm

Light meals and drinks provided

## AECG (Aboriginal education consultive group) invites you to the community meeting

When: 10th August 4.30pm  
Where: Nungaroo Lands Council  
143 Loder Street, Quirindi

Zoom will be available for those who want to call in. Covid rules apply and must QR in on arrival

# Walhallow Public School

## School Uniform

Students at Walhallow Public School take pride in their school by wearing full school uniform. Uniforms should be neat, tidy and complete.

Below is a reminder of winter school uniform for students at Walhallow.

**Boys** - Walhallow School Hat—\$10 from front office, black leather school shoes and grey socks, grey trousers and maroon jumper/jacket with no logos or maroon tracksuit, blue school shirt.

**Sports Uniform** (Fridays)—Walhallow Sports shirt, maroon shorts/tracksuit pants, joggers

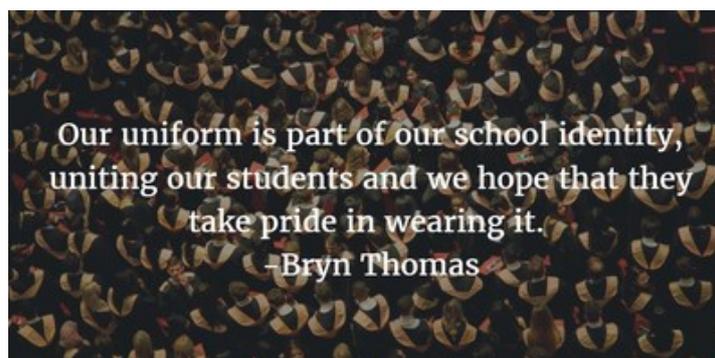
**Girls**—Walhallow School Hat—\$10 from front office, black leather school shoes and white socks, maroon trousers and maroon jumper/jacket with no logos or maroon tracksuit, blue school shirt.

**Sports Uniform** (Fridays)—Walhallow Sports shirt, maroon shorts/skorts/tracksuit pants, joggers.

Year 6—Year 6 are welcome to wear their Year 6 shirt Mon-Thurs.

Most of our uniform is available at affordable prices from Kmart, Target, Big W.

Clothing Pool is available, see office.



If you need assistance in purchasing school uniforms, please contact the office.

Please, NO hoodies, NO coloured jumpers/jackets, NO coloured long sleeve shirts under school shirts. Thank you for your support in this matter.



## Education Week 2021

Last week was a chance to celebrate the achievements of our school and our students with a range of Education Week activities. This year's theme was 'Life-Long Learners' and recognises education as a life-long journey. At Walhallow we interviewed an Artist, a Veterinarian, and Chef via zoom to explore a range of career paths virtually.

First we zoomed Letitia Barty, a past student of Walhallow Public School who inspired us with her story about her make-up artistry business, her current midwifery studies, and her beautiful Aboriginal Art creations, which have recently been on display as part of the Saltwater Freshwater Aboriginal Art Exhibition at The Entrance Gallery.

Next, we zoomed in with Charmiane Frith from Quirindi Veterinary Clinic. Charmiane took us on a virtual tour of the surgery and students were able to ask many questions about being a Vet. We also zoomed in with past Quirindi High School student, Dayna Moyses. Dayna shared with us her experiences as a chef. She talked to us about the Big Brother Movement Scholarship that she was awarded. The hospitality scholarship allowed Dayna to travel and work in kitchens all over the world to chase her professional goals. Students enjoyed watching Dayna make some delicious desserts.

To conclude Education Week, students worked on recording a song in celebration of Public Education. The students are learning to develop the confidence to work with microphones and produce a polished performance.

Thank you to Letitia, Charmiane and Dayna for dedicating their time to Walhallow PS students. It was very much appreciated.



Letitia Barty



Charmiane Frith



Dayna Moyses



Recording a song

# Come along and join us!

## Monday mornings: 9.15am – 11 am

Mum's and Bubs playgroup.

Play group is a great opportunity for children to participate in fine motor and gross motor activities whilst working on their social development.

**Everyone is welcome!**

Masks must be worn and QR Code Check In on arrival.



### Yuluwirri Week 4 Term 3:

This fortnight at Yuluwirri we have been focusing on our cognitive development. Cognitive development is how children think, explore and figure things out. The development of knowledge, skills, problem solving and dispositions. We had so much fun using the hammer and nails to construct our dinosaurs, learning how we can create a strong sandcastle, sorting coloured blocks and playing with playdough.



## Greater Bank's Greater New England Community Funding Program

Walhallow PS have been nominated for the Greater Bank Greater New England competition and by voting at <https://www.greater.com.au/greaternewengland> you could help us win \$5,000 in funding, which will be split between us and two other organisations, the winner being determined by a public vote.

**The competition and voting starts on Monday, 2 August 2021 and will run for the month of August.**

How the voting process works:

Voting is limited to one vote per hour per voter.

Our online voting system is secure and cannot be affected by hackers, bots or attempts to interfere with the legitimacy of the voting process. This is done via a number of online tracking measures, including but not limited to IP address. These measures are in place to ensure that regardless of what device type or connection you are on, voting is limited to one per hour. We also monitor voting throughout the month and manually check voting data if there are any unusual spikes in the number of votes received for a particular organisation. If Greater Bank has reason to believe the voting element of the competition is being misappropriated, we reserve the right to disqualify entrants at any time.



# WE'VE BEEN NOMINATED!

in Greater Bank's  
**#GreaterNewEngland**  
community funding program

VOTE BY THE END OF THIS MONTH  
at [greater.com.au/GreaterNewEngland](https://greater.com.au/GreaterNewEngland)  
HELP US WIN A SHARE OF \$5,000



## IN AUGUST

**One vote per hour  
per voter.**

**The more votes,  
the more money  
we can win!!**

**Get voting NOW!**

# VOTE FOR US!

# Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

education.nsw.gov.au



## School Attendance 'Every minute counts'



### The effect of absence and lateness on progress

A whole year has 365 days; a school year has 190 days. That leaves 175 days to spend on family time, visits, holidays, shopping and other appointments.

#### WHOLE DAY ABSENCES

Missing school 1 or 2 days a week doesn't seem that much but ...

If your child misses ...	That equals ...	Which is ...	Over 13 years of school that's ...
1 day a fortnight	20 days per year	4 weeks per year	Nearly 1.5 years
1 day a week	40 days per year	8 weeks per year	Over 2.5 years
2 days a week	80 days per year	16 weeks per year	Over 5 years
3 days a week	120 days per year	24 weeks per year	Nearly 8 years

#### PART DAY ABSENCES

Just a little bit late doesn't seem much but ...

If your child misses	That equals ...	Which is ...	Over 13 years of school that's ...
10 minutes per day	50 minutes per week	Nearly 1.5 weeks per year	Nearly half a year
20 minutes per day	1hr 40 minutes per week	Over 2.5 weeks per year	Nearly 1 year
1/2 hr per day	Half a day per week	4 weeks per year	Nearly 1.5 years
1 hour per day	1 day per week	8 weeks per year	Over 2.5 years

#### ABSENCES IN A SCHOOL YEAR

No Absence	10 days absence	12 days absence	19 days absence	29 days absence	38 days absence
190 days of education	180 days of education	178 days of education	171 days of education	161 days of education	152 days of education
100%	95%	94%	90%	85%	80%
VERY GOOD		WORRYING		SERIOUS CONCERN	

## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just... they miss weeks per year and years over their school life

1 day per fortnight = 4 weeks = Over 1 year missed

1 day per week = 8 weeks = Over 2.5 years missed

education.nsw.gov.au

## Good for Kids good for life

### RECIPE FOR A GOOD NIGHT'S SLEEP

Did you know that primary school-aged children need between 9 - 11 hours of sleep every night?!

Poor sleep quality and insufficient sleep has been associated with a range of physical and mental health problems that can impact on a child's health and development.<sup>1</sup>

Here's some sleep tips to help make sure your kids are getting their zzz's...

- Have a consistent sleep schedule and bedtime routine to help your child relax and wind down each night.
- Switch off all screens (TV, tablets, computers, phones) an hour before bed, and no screens in the bedroom!
- Daily exercise and time outdoors promote good sleep. Make sure your child is getting plenty of physical activity throughout the day.



Check out more sleep tips at [www.healthdirect.gov.au/sleep-tips-for-children](http://www.healthdirect.gov.au/sleep-tips-for-children)

## Good for Kids good for life

### HEALTHY WINTER WARMERS

Here's a few ideas for healthy meals that are cheap, delicious, full of everyday foods and will keep you warm in winter!

- Soups – try pumpkin, vegetable, lentil, tomato or minestrone
- Toasted sandwiches – fill them with your favourite everyday fillings like baked beans & cheese or ham, cheese and tomato.
- Mini Pizzas – make them with English muffins or wholegrain wraps
- Slow cooker casseroles – pack them full of vegetables like potato, carrot, celery or pumpkin



## Nutrition Snippet

### BEAUTIFUL BROCCOLI STALKS



Did you know you can use the stalks as well as the florets?

High in fibre and vitamins broccoli stalks are a nutrient powerhouse!

Chop them up and use in a stir fry, add to a soup or toss them in a salad rather than throwing them out!

## Nutrition Snippet

### ENJOY WINTER VEG & FRUIT.



Try this winter warming meal!

- Chicken & veg lasagne - 2.5 serves of veg per portion
- Stewed apples and sultanas - 1 serve of fruit per portion

For these recipes and more visit:

[healthylunchbox.com.au](http://healthylunchbox.com.au)