



# Weetangera School

Successful Learning Through Caring and Sharing



**ACT**  
Government  
Education

Weetangera School is an  
**ANAPHYLAXIS AWARE SCHOOL**  
Avoiding eggs and all nuts

**Newsletter No. 38**  
**6 December 2018**  
Term 4 Week 8

Dear Parents and Carers,

### Volunteer Thank You Morning Tea

Yesterday our staff put on a beautiful morning tea to say a heartfelt 'thank you' to all those who have volunteered their time at our school this year. Our staff had a very long list of invitees; in fact, approximately 50 invitations were sent. I know not everyone could make the morning tea so please know we greatly appreciate everyone who helps in classrooms, in the garden, at sports days, during our special events like our Writer's Festival and musical and accompanying on excursions. The P&C committee, Board representatives, Fete committee and the army of volunteers who worked at the fete. There are just so many ways people add value to our school through volunteering. You are all greatly appreciated.

### End of Year Concert

Each of our classes have been busily preparing for the end of year concert. It is very exciting to see how all the performances are coming together. Staff and students are looking forward to seeing you all here on Thursday 13 December from 5:30pm.

### Social Emotional Learning

At Weetangera we are committed to teaching social and emotional skills to our students. As part of this, all classes spend time each week teaching these skills through the BounceBack program. Part of our daily practice at times can involve teaching the children mindfulness techniques.

#### What is mindfulness?

Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment and observing life as it unfolds without analysis and judgment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future. It involves setting aside time in a quiet space to focus on the present moment and what's happening internally and externally.

#### How can mindfulness benefit student wellbeing and learning?

Mindfulness has the two-fold effect of supporting academic pursuits and is demonstrated to aid learning, memory processing and emotion regulation.

Mindfulness Meditation has been shown to:

- reduce stress
- increase resilience
- increase positive emotions
- boost self-esteem
- improve attention and focus.
- Practising mindfulness at home is easy to do also, one of the many resources we like to refer to at school is the KidsMatter website: <https://www.kidsmatter.edu.au/mental-health-matters/mindfulness> - here they provide simple ways for families to incorporate mindfulness into daily life.
- **Mindful play:** Dedicate a window of time each week to mindfully play

**COMMUNITY DIARY**  
*Inclusions may be added in the diary at the front office.*

**December**

**13** End of Year Concert  
**19** Year 6 Graduation  
9:15am - 10:30am  
**21** Last day of term :)

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**ASSEMBLIES - 9:15am**

**Friday 7 December**  
Senior Assembly  
Hosted by Year 5

**Friday 14 December**  
No Assembly  
Concert

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 **Attachments**

Weetangera School  
Southwell Street  
Weetangera ACT 2614

Telephone: 6142 2600  
Canteen: 6142 2621

**Please read our web site:**  
[weetangeraps.act.edu.au](http://weetangeraps.act.edu.au)

**SCHOOL BOARD MEMBERS**

**Parent Reps.** Yvonne Gray 0414817680; Alex Nockels 0414914006; Janine O'Keefe 0411286853; **Community Rep.** Tomasi Wainigolo; **Principal** - James Barnett 61422600;  
**Teacher Reps.** - Virginia Hambly; Natarsha van den Boogaard

with your child or children. Turn off all other distractions such as TV and put your mobile away and on silent. Try to give them your full attention during this time and if your mind wanders off to all the things you should be doing, that's fine – that's just what minds do! Use your child as an anchor to come back to every time your mind wanders away.

- **Mindful cooking:** Cooking together can be a great way to spend quality time. Help your child notice the colours, smell and taste of the ingredients as you add them to the meal, and the touch of the different items as you cook.
- **Mindful dinnertime:** Create a time for your family to appreciate and savour their food at the start of a meal by spending the first few minutes of dinner in silence, just eating and enjoying the food. It's a surprisingly nice activity to do with the whole family, and done regularly, can become a lovely ritual.
- **Mindful teeth brushing:** Getting kids to brush their teeth can be a challenge, so why not make it a challenge, by inviting them to try to do it mindfully with you? Invite them to pay attention to the feel of the brush in their mouth and the sensation and taste of the toothpaste. Ask them three things they noticed that was different about their brushing tonight than from the previous night.

Kind regards

Bec Smith

### AWARDS CERTIFICATES

At last week's Junior School Assembly certificates were awarded for:

- Communication:** Tommy J, Carys H.
- Creativity:** Lyanna E (AOM), Aaron W, Ava M, Lilly S, Kiesha L, Jack B, Julius F, Xavier F, Oscar S.
- Collaboration:** Jo T, Harriet O'S, Jake L, Elise G, Bonnie A, Evie G, Arson G.
- Critical Thinking:** Travis P, Hannah N, Adan S, Ethan W.

### TEACHER STUDENT SWAP FUNDRAISER

When: Friday 7 December, Week 8  
 What: Dress up as your favourite (or fictional) teacher  
 Cost: Gold coin donation going to the RSPCA

### SALVATION ARMY CHRISTMAS FOOD APPEAL

We will be collecting donations of non-perishable foods to give to families in need this Christmas.

There will be boxes located under the Christmas tree in the foyer, please leave your items there. All items will be collected Wednesday, Week 10.

Food Ideas:

- Christmas Food: Pudding, lollies, biscuits, bonbons
- Tinned Goods: Fruits, vegies, soups
- Meal Bases: Pasta sauce, stirfry sauce
- Other: Cereal, spreads, long life milk
- Additional: Toiletries, cleaning products

ALL LIBRARY BOOKS ARE NOW DUE BACK BECAUSE IT'S .....



Library will be closed from Week 9 for stocktake this includes 8:30 morning reading

### CANTEEN NEWS

As another year draws to a close Kerrie and I would like to thank you for all your custom and support throughout the year. We really do enjoy making lunches for your children and seeing their smiling faces over the counter.

Stay safe and happy over the holidays and we will see you back in 2019

Belinda

**Thursday 13 December** - last day of regular menu

**Friday 14 December** - Hot Dog Day - hot dog and ice cream \$6. Vegetarian option available order via flexischools.

Please note as we wind down we will not be replacing stock. You might find that some of your favourites may not be available.

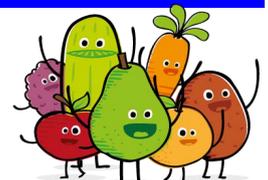
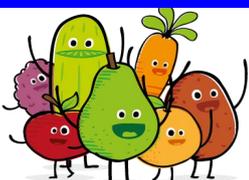
**Week 2 Term 1 2019 back in operation**



### NUDE FOOD TUESDAY

Thank you to all the families who worked hard to provide nude for their children on Tuesdays this year.

We will endeavour to get over 50% of the school involved next year!



# Spotlighting

## Weetangera

### Mythical Creatures Unit

Welcome to Spotlighting Weetangera with Year 1! In the Mythical Creatures Unit, we have the Hippogriffs with Mr Beltrame, the Dragons with Mrs Millar & Mrs R and the Trolls with Miss Eade.

#### Maths

In maths we have been working in pairs to create a math boardgame. We have been using our knowledge of addition, subtraction or multiplication to create our games.



Our game is called: Number Monopoly

It is based on the game: Monopoly

The operation we are using is: Addition

We like it because: **It's fun and** you can add numbers together. It also helps you learn different ways you can make 10.

- Grace & Zahia



Our game is called: Addition snap

It is based on the game: Snap

The operation we are using is: Addition

We like it because: **It's a really good math game**

- Sonita & Hannah

Our game is called: Addition Snakes and Ladders  
It is based on the game: Snakes and ladders

The operation we are using is: Addition

We like it because: We like snakes and ladders and maths. It is also fun.

- Travis & Tristan



## Poetry

We have been learning about different types of poems.  
We have had a go at writing acrostic, diamante and limerick poems.

**S**pring flowers  
**P**retty sunflowers  
**R**ising blossoms  
**I**ndigo sunsets  
**N**ice colours in the sky  
**G**entle breezes  
- Carla B

**C**at  
Soft, Fluffy  
Barking, Running,  
Scratching  
Cute, Fast  
**D**og  
- Indi

**C**at  
Furry, Cute  
Running, Sleeping, Eating  
Fluffy, Snuggly  
**D**og  
- Ella

**L**ions are a fast animal  
**I**ncredibly dangerous  
**O**n top of the food chain  
**N**aughty  
- Roman

**D**ay  
Hot, Bright  
Eating, Playing, Watching  
Cold, Dark  
**N**ight  
- Matthew

**J**unior  
**A**live  
**M**ale  
**E**nthusiastic  
**S**uper  
- James

Warm bowls of soup in Winter  
Ice freezes  
Nice cosy blankets for sleeping  
Tea to drink in Winter  
Elegant snowballs  
Radish, onion, carrot soup.  
- Sonita

**C**heetah  
Fast, Powerful  
Hunting, Running,  
Scratching  
Animal, Fur, Jungle,  
Rainforest  
Slowing, Going, Knowing  
Super, Slow Sloth  
- Vin

**S**pring is sunny  
**P**eople pick pretty poppies  
**R**ivers are flowing  
**I**nsects eat strawberries  
**N**oisy nights  
**G**ardens are growing  
- Izumi

**O**llie  
Fast, Fun  
Playing, Running, Kicking  
Angry, Fast  
**H**ailey  
- Ollie

**D**olphin  
Clever, Protective  
Hunting, Eating, Fighting  
Scary, Big  
**S**hark  
- Meg

**C**heetah  
Soft, Fast  
Eating, Running, Sleeping  
Orange, Black  
**T**iger  
- Dulen