



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. 22

2 August 2018

Term 3 Week 2

COMMUNITY DIARY

Inclusions may be added in the diary at the front office.

August

- 2 Fete Meeting 7pm - 8:30pm in staffroom**
- 7 P&C Meeting 7pm staffroom**
- 17-24 Book Week**
- 22 Book Week Parade**

September

- 6-7 Peter Pan the Musical**
- 10 Kenny Koala K,1,2**
- 13 Disco**
- 19-21 Writer's Festival**

Dear Parents and Carers,

Our student's health and wellbeing is always at the forefront of our minds. For this reason, we continue to work with the Kidsmatter Framework and utilise the Bounce Back resource weekly to assist us in developing our students' skills in this area. At the end of last term, concern was expressed to many of our teachers around students feeling anxious, with many parents asking us how to support their child around anxiety. Below are some tips which came from the *Student Wellbeing Hub*, which students, parents and teachers can access at <https://studentwellbeinghub.edu.au>

How can you help your child manage anxiety, so that it doesn't become a bigger issue?

Children who continually experience circumstances that they cannot manage will eventually begin to feel overwhelmed. You can help prevent this from occurring by:

- making sure your child has time to rest, relax and recharge their batteries – find out which activities your child finds relaxing and ensure that they have sufficient time to do them
- allowing your child to make choices and have a sense of control over things. However, it is important to also help your child accept that they will not have control over everything that happens in their life

If a child does become anxious, it is important that they learn to manage this appropriately so that it doesn't develop into clinical anxiety. You can do this by:

- listening to them talk about any negative feelings
- trying to identify the cause of these feelings and checking with your child to see if you have understood correctly
- helping your child to understand the importance of facing their fears and let them know you're proud of their ability to act in the face of considerable anxiety—never punish, tease or put down your child for feeling anxious or afraid
- rewarding or praising your child whenever they take steps to manage their anxiety, and encouraging them to do the same for themselves
- encouraging your child to not let anxiety stop them from doing things that they can do
- helping your child learn strategies that they can use to calm down when they begin to experience spiralling emotions (such as deep breathing, counting to 10 or visualising a soothing place)
- setting a good example by staying calm when your child becomes anxious. Be patient when helping your child overcome a fear – if you find yourself becoming impatient with your child's anxiety, remind yourself of how daunting it can be to face one's fears.

ASSEMBLIES - 9:15am

Friday 3 August
Whole School Assembly
Hosted by Year 3

Friday 10 August
Junior School Assembly
Hosted by Year 1

Attachments

Driving and Parking Management

Traffic Management Guidelines

Weetangera School
Southwell Street
Weetangera ACT 2614

Telephone: 6205 7488
Fax: 6205 7487
Canteen: 6207 7483

Please read our web site:
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 62057488; **Teacher Reps.** - Virginia Hambly; Natarsha van den Boogaard

When is it time to seek professional help?

If you notice a sudden, persistent change in your child's mood or behaviour, encourage them to talk about what is on their mind, and really listen to what they are saying. Try to ascertain whether your child's low mood is due to a specific, temporary situation, or a more serious, persistent problem. If your child's problems do persist, it is important to seek professional help as soon as possible.

School Administration System

Since the start of 2018, our school has been implementing the first two stages of the new School Administration System (SAS) which was announced by the Minister last year. An important part of our transition into the new system is to perform some routine checks on data that is migrated from our current system to the new system, as the new system will be what we use to contact you including SMS notifications and emails.

We are now at that stage where we will start using the data in the system to email necessary information to families, including the weekly newsletter and SMS important updates directly to parents. This system will replace the emails currently sent and the Weetangera School App.

This is an exciting project to be a part of, as we aim to gradually release system features that will enhance the way we engage with you and streamline our administrative processes to better support our students and wider community.

Congratulations

Congratulations to Rosie (5/6L) who has graduated from Kingswim Macgregor. Rosie has been swimming at Kingswim for 8 years! As a graduate, she can swim 1000m of continuous Freestyle, is competent at four strokes, has completed Kingswim Swim and Survive components and thus has graduated from the Kingswim's Swim like a Fish program. Well Done!

It is wonderful to be celebrating so many of our student's achievements!

Kind Regards

Danielle Hoogland

P&C MEETING

P&C meeting will be held at 7pm on Tuesday 7 August in the school staffroom and all are welcome.

COMMUNITY GARDEN


Thanks to our fabulous P&C and the support of our wonderful Weetangera Community, the construction

of our School Garden is now complete! Our next step is to establish some winter veggie plants.

If you would like to donate any seedlings or mulch there will be a spreadsheet left at the front office with a list of items, please add your name next to the item you would like to donate.

Many thanks for your ongoing support.


Garden Committee




LAP-A-THON REMINDER


All envelopes and money are due NOW. Thank you for your support with this wonderful P&C fundraiser.

CANTEEN NEWS AND SHENANIGANS

Thursday 8 August Sausage Hotpot day. 
Once only, \$5.50 limited to 50 serves

 Every Wednesday is Dairy Day \$2.50 will get you a hot chocolate or milkshake.

Support our farmers, send your spare change in to put in our official Buy a Bale money box.

Like our Facebook page to keep up to date with all things canteen. 

Volunteers always welcome.

OP SHOP AD

Another Chance Op shop will be hosting a 'Farewell winter sale' with half price on all clothing, shoes and bags from Monday 13 – Saturday 18 August 2018.

Find us at Scullin shops, Ross Smith Cres, between 10am and 4:30pm weekdays and 10am-1pm Saturday.

Like our Facebook page for more information.

Another Chance is a project of Mosaic Baptist Church.

READING AT THE TANG

8:30am to 8:55am

The library is open every morning for students with accompanying parents/carers to sit quietly and share a book.

ALL WELCOME

Science



This term we will be kicking things off with preparations for National Science Week which runs from August 11 – 19. The theme for this year is Game Changers and Change Makers. Students will have opportunities to discover game changers and change makers from the past who have solved seemingly unsolvable problems. Today's game changers and change makers use science to solve problems, design new solutions and predict our future paths. Years 1 – 6 will be guided by this theme to become innovative thinkers and creators. In Week 4, Science Week Exhibitions will run again this year. Keep an eye out for the timetable in the newsletter and on Seesaw.

After Science week, Years 1 – 6 will commence their new units for the semester. All units will be Physical science based.

Year 1: *Look! Listen* will explore how sound and light are produced through lots of hands on activities.

Year 2: *Push-Pull* will explore and interact with various activities to consider what push and pull forces are acting on different objects.

Year 3: *Heating Up* will focus on different types of heat sources, how heat moves and how it is transferred.

Year 4: *Magnetic Moves* will involve lots of hands on experiences investigating what materials and objects are attracted to magnets.

Year 5: *Light Shows* will explore scenarios about how light travels from primary and secondary sources.

Year 6: *Circuits and Switches* will involve creating a simple closed circuit as well as exploring different variables that can affect the brightness of a light bulb.

Physical Education

During Term 3 students from Years 1 to 6 will engage in circle activities to improve their running and jumping skills as well as their quick responses to instruction by numbered interpretation. Activities will also include ball skills and balance by following given lines of movement i.e. straight lines, circular lines and zig-zag movement. Teamwork and working in groups will be the foundation of all lessons. Lower primary classes will be introduced to hurdles and skipping while senior classes will also focus on a combination of dance and movement classes.

Year 1 / 2

Circle activity
Jumping / Skipping
Throwing / Catching / Passing

Year 3 / 4

Hand tennis
Rugby Skills
Circle activity
AFL
Game on

Year 5 / 6

Circle activity
Movement and balance
Dance
Netball and basketball skills



Music

In Term 3 students will continue to learn a range of songs to develop their vocal skills and expand their repertoire. Students in the Junior School will continue exploring tuned and untuned percussion instruments and will improve their feeling for the beat through a range of games, dances and drumming activities. They will revise instruments of the Symphony Orchestra and learn to identify them by sound. Kindergarten will listen to the musical story *Peter and the Wolf* and Years 1 and 2 will respond creatively to music through dance and drawing.

Years 3 and 4 will learn a range of songs from Australia and other lands which incorporate many different styles, including partner songs, medleys and ballads. They will listen to music from the very earliest times up to the Romantic era. They will also continue to develop their skills in musical literacy and notation, using French time names to enhance rhythmic skills and sol-fa to develop understanding of pitch.

Years 5 and 6 will be preparing the musical *Peter Pan*, which they will present in Week 7 this term. There will be a day performance at 11:30am on Thursday 6 September for the whole school and evening performances at 7pm on Thursday 6 and Friday 7 September. Year 5 will provide the chorus and Year 6 the character and backstage parts for the musical.

The Senior Choir will be singing *I am the Earth* and songs from *Moana* as part of the *Limelight* massed choir at the AIS Arena on the evening of Thursday 30 August. Years 5 and 6 brass bands will be performing at assemblies this term (Week 2 for Year 6 band and Week 8 for the Year 5). The Junior Choir will perform at the assembly in Week 6. The Percussion and Recorder Ensembles will continue to expand their repertoires and will be performing later in the term.



French

Welcome back to another term of learning!

To begin with, our Years 2 – 6 will be presenting their knowledge on different countries that are a part of the Francophone (or, the French speaking nations). We have worked hard over the last term to research and challenge ourselves when looking at these different countries that have had some sort of French influence in history. Some students have even challenged themselves to find out how Thailand became a part of the Organisation de la Francophonie, and then got themselves suspended!

This semester all year groups will be learning about colours, numbers, and body parts. Our Kinder and Year 1 students have already started learning different songs to help revise these concepts, while our Years 2 to 6 will be working on refreshing their French number skills before moving onto the other areas. This is in preparation for our Term 4 creations that will involve all of our concepts learnt so far this year.

Our continued aim this year is to get students involved, enthusiastic and engaged in learning the French language and about different countries around our world.

Merci et à bientôt!
(Thank you and see you soon!)
Mel Edwards

This year, Weetangera will be utilising the free app, Duolingo, to support our learning. This app is available on Android, iOS and via a website if your child would like to learn more at home (or perhaps you would like to have a go at learning another language!). The app is recommended for ages 8+

