

Term 4, Week 6

14 November, 2016

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# Weethalle Public School News

Empowering learners for their future

## REMEMBRANCE DAY

Weethalle Public School held a very moving Remembrance Day Service on Friday. Lily McCarten, Hayley Jolly and Monte McIntyre did a fantastic job leading the service, with all students making and laying individual poppies in remembrance. It is so important that our younger generation acknowledge the enormous contribution made by our service men and women in the many wars in which Australia has been involved. The significance of such traditions was felt by all, with students in Year 3-6 making connections with their current learning in History, around significant events in which Australia has been involved.





## **SENIORS MORNING TEA**

On Tuesday at 11.00 am Weethalle Public School will be hosting a special Senior's morning tea. The whole school community are invited to join us in celebrating all the great things our seniors do and have done in the community.

Everything is being supplied and catered for by the Weethalle Hall Committee.

They did a fantastic job catering for our Education Week luncheon.

Please come and enjoy a cuppa, something to eat and a catch up chat with others in our community.

## **OVERLAND MINISTRIES**

Also on Tuesday, we will be receiving a visit from members of the Overland Ministries who have been to our school on numerous occasions. From 2.00 pm they will be talking to and entertaining students using Christian values and religious education. Please let the school know if you do not want your child involved in these activities.

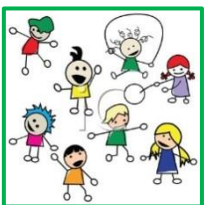
## **PLAYGROUP**

Playgroup will join us on Wednesday. We always look forward to seeing their smiling faces and enjoy the many positive interactions between our current students and those of the future.



## **PROFESSIONAL LEARNING**

On Thursday, Mrs Castle will be travelling to Griffith to attend an Occupational Therapists visit with Cruz and her family. She will be gaining skills and knowledge to support physical therapy for Cruz whilst here at school.



## **WHOLE SCHOOL ASSEMBLY**

We have a whole school assembly on Friday starting at 2.30 pm. We look forward to sharing some of the many achievements of students at Weethalle Public School. Please join us on Friday.





## LMBR TRAINING

Lynne Helyar attended introductory Learning Management and Business Reform (LMBR) training in Griffith. She has been busily preparing the school system for the introduction of LMBR next year. LMBR is a modern, integrated IT system to better support the many aspects of teaching and learning in NSW Public Schools. It is not just about technology, but about changing the way we work as a school and as a school community as a whole. Our school is part of Group 6 which will be deployed in 2017. Extensive training will be required by both the SAM and Principal in preparation for the school involvement. We will no longer be a part of the Small Schools Finance Centre. The implementation involves SAP finance and SALM (Student Administration and Student Management). 2017 will see major changes in office administration.



## Class News - Year 3-6

**English** - Use comprehension strategies to interpret and analyse information and ideas comparing content from a variety of textual sources and including media and digital texts.

**Maths - Angles** - identify and describe angle size in degrees for each of the classifications, acute, obtuse and reflex. Identify that a right angle is 90 degrees, a straight angle is 180 degrees and a revolution is 360 degrees. Construct angles of up to 360 degrees using a protractor.

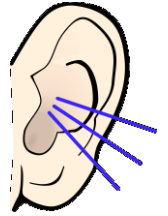
Stage 3 will use the equality of vertically opposite angles to find the size of unknown angles in diagrams.

**Science** - completing Lego robots, participating in coding activities online and experimenting with programming robots.

**History** - complete multimodal presentations and preparing individual oral reports on new learning relating to Australia's involvement in a variety of wars.

**K/1/2**

**Science:** students will be describing the difference between sound travelling through air and solids through a series of small experiments.



**Maths:** K/1/2 will be looking at 3D shapes as well as revision on 2D shapes.

**Our news topic for this week is:** free choice/ show and tell



## **CANTEEN NEWS**

The Canteen will be selling bags of lollies for \$2.00 on Friday.

**Reminder: Library Day is Friday for all Students.**

**To borrow Books they need to bring their library bag and already borrowed books back to school.**



## TERM 4 DATES

Tuesday 15 November -	School Counsellor/Seniors High Tea
Friday 18 November -	Assembly
Tuesday 29 November -	School Counsellor
Thursday 1 December -	School Captain's Speeches
Wednesday 7 December -	Presentation Night
Monday 12- Friday 16 December -	Swimming Program
Tuesday 13 December -	School Counsellor

## 10 WAYS TO PROMOTE GOOD MENTAL HEALTH & WELL-BEING IN KIDS

- 1 MODEL GOOD **MENTAL HEALTH HABITS**
- 2 MAKE SURE THEY GET **ENOUGH SLEEP**
- 3 **ENCOURAGE** KIDS TO EXERCISE
- 4 GIVE THEM **CREATIVE** OUTLETS
- 5 PROVIDE A **SPACE** OF THEIR OWN
- 6 **TALK** ABOUT THEIR TROUBLES
- 7 HELP THEM TO **RELAX**
- 8 HAVE TWO **ROUTINES** -  
WEEKDAY AND WEEKEND
- 9 FOSTER **VOLUNTEERING** AND  
**HELPLESSNESS**
- 10 BRING **FUN AND PLAYFULNESS**  
INTO THEIR LIVES

Parenting Ideas

For information from Michael Grose about raising exceptional kids...



1. Subscribe to Happy Kids newsletter  
an email newsletter with  
inspiring parenting tips,  
resources and information.



2. Visit parentingideas.com.au  
to find out more about  
resources and books.



3. For the best parenting tips and  
resources join the Michael Grose  
Parenting community on  
Facebook.com/michaelgroseparenting

phone. 1800 004 484

parentingideas.com.au

## CANTEEN ROSTER TERM 4, 2016

14th October—Rankin Springs Round Robin

21st October—Natalie McCarten

28th October—Meegan McCarten

4th November—Simone Hall

11th November—Narelle Cattle

18th November—Sarah Anderson

25th November—Candice Davey

2nd December—Vicki Jolly

9th December—Bre Mayall

16th December—Mel Hugg



<http://www.parentingideasclub.com.au>



GROWING THE SPORT OF  
**SWIMMING**  
& PROMOTING A HEALTHY LIFESTYLE



## WATER SLIDE

Make a **Splash** this weekend!

AT HOLLAND PARK POOL  
**Saturday and Sunday**

1pm - 6pm

Times subject to change

**\$3.00 per rider, unlimited use\*\***



YOU AGREE TO FOLLOW ALL SLIDE RULES & FOLLOW STAFF INSTRUCTIONS. FAILURE TO DO SO WILL RESULT IN BEING REMOVED FROM SLIDE AREA AND/OR BEING ASKED TO LEAVE THE FACILITY.

Learning to swim at an early age not only increases physical development, but also dramatically improves concentration & coordination.

Contact Reception to make your Childs booking or for more information on our programs, squads and fitness classes.

**CONTACT**  
Holland Park Pool  
Kurrajong Street, West Wyalong  
P: 6972 2135  
hollandpark@lrgroup.com.au  
Like us on Facebook

GROWING THE SPORT OF  
**SWIMMING**  
& PROMOTING A HEALTHY LIFESTYLE



## BENEFITS OF LEARNING TO SWIM WELL

### SAVES LIVES

Water can be dangerous. It should be treated with respect and understanding. Children who know how to swim well not only can save themselves when in water, but are far more equipped to recognise the inherent dangers of water.

### CHILDHOOD DEVELOPMENT

Swimming exercises and strengthens a child's muscular and cardiovascular systems. The unique environment allows the body to move in ways it cannot on land, leading to better co-ordination and fine motor skills.

### BUILDS SELF ESTEEM

There is no doubt that a child's confidence improves when they learn how to swim. In the right environment, parents and teachers can create the sense of achievement that comes with performing skills that were once impossible to them. As children enter school, swimming is one of the ways kids begin to compare themselves to others.

### GREAT BONDING EXPERIENCE

There is strong evidence that physical touching, hugging and playing is critical in a child's cognitive development. Swimming is a great way for mums and dad's to spend quality time in a unique learning environment. Many of our swimming parents comment that swimming is one way they got to know, understand and grow with their child.

### LONG TERM HEALTH AND FITNESS

Fitness and health trainers agree that swimming is a wonderful activity for all ages. The controlled breathing needed to swim is good for the respiratory system. Swimming uses different muscles because of the reduced gravity acting on the body. Exercising in water is also low impact, meaning that people with injuries or the elderly can exercise without the pain that comes with running or going to the gym.

### A SOCIAL ACTIVITY

Being able to swim allows everyone to participate in activities with each other. It starts early with simply being able to go to the pool, or family BBQ as a baby or toddler. In the schooling years, swimming is necessary to compete in the school carnival, go to pool parties and waterski. Later on in life, many people join clubs or groups where swimming is helpful. And of course you want your kids to be able to swim with their children, your grandchildren!

Contact the pool on 6972 2135 or [hollandpark@lrgroup.com.au](mailto:hollandpark@lrgroup.com.au) if you are interested in being part of one of our programs.

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Holland Park Pool  
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melissa@lrgroup.com.au  
Like us on Facebook



Looking for the perfect place to hold a birthday party? Well... ..

**We do birthday parties!**

@

**Holland Park Pool**

**\$14.00 per child**

Minimum of 10 children



### Package Includes:

**1 hour exclusive use of the slide for your party guests \***

**Personal staff member to host your party**

**Lollies, chips, lunch and drinks**

**Kids pool entry**

**+ Any spectating adults in the party get FREE admission \*\***

For more information enquire at reception or call

**6972 2135**

\*Normal charges for slide applies after your exclusive use and must be used before the waterslide becomes open for the public

\*\*A spectator is a person that doesn't enter a body of water, and this free admission for spectators only applies to birthdays that we cater for.

GROWING THE SPORT OF  
**SWIMMING**  
& PROMOTING A HEALTHY LIFESTYLE



## Learn To Swim

ONE ON ONE LESSONS

5 Week Block

**STARTING MONDAY 21<sup>st</sup> NOVEMBER**

### What's one the most important life skill your child can learn? To swim!

Learning to swim is not only fun, but also provides many health benefits and could save a child's life.

Swimming keeps your child's heart and lungs healthy, improves strength and flexibility, increases stamina and even improves balance and posture.

Your child will also have plenty of opportunities to make friends and grow in confidence, while swimming, and it's a skill that once learnt is rarely forgotten.

**It's never too early or late to invest in your child's swimming. Plus, with all the benefits swimming provides, you would be crazy not to get involved.**

### 1 on 1 LTS

20 minute, one on one private lesson with a qualified instructor.

Book your child in for the same time, same day, every week for 5 weeks duration.

You can book in more than this for your child too. The more exposure to water, the better they will get.

Mornings: Monday and Tuesday 11:20am to 3:00pm

Afternoons: Monday, Tuesday, Wednesday, Thursday and Friday 3pm to 6pm

5 lessons for \$90, which works out to be \$18 a lesson



*Life is better when you are swimming*

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# Invitation

The  
Staff and Students  
Of  
Weethalle Public School  
invite you to  
Seniors High Tea

**When: Tuesday 15 November**

**Time: 11am**

**Where: Weethalle P.S. Library**

