

Term 4, Week 7

21 November, 2016

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Weethalle Public School News

Empowering learners for their future

SENIORS MORNING TEA

What an awesome Seniors Morning Tea we had last week. Over 20 of our community seniors enjoyed the hospitality of Weethalle Public School, catching up with old friends, sharing stories about how they went to school here, then all their children and now their grandchildren. It was such a positive experience for all in attendance.

Thank you to the Hall committee - Stephanie Healy, Betty Fenning and Shirley for the fantastic catering and friendly service.

Year 3 - 6 students played a number of recorder items for entertainment. Thank you to Mrs McIntyre for organising this. Students, staff, parents and the whole school community can be extremely proud of our strong partnerships. So many positive comments were flowing throughout the day and still continue in our community.



WHOLE SCHOOL ASSEMBLY

Congratulations to all those students who received awards at last weeks whole school assembly. They were thoroughly well deserved. The entertainment was very enjoyable.

Special congratulations to Thomas Sinca who is the first student to receive his Gold Award and badge for reaching 150 Dojo Points. He will receive a special morning tea with teachers at the end of the term. Well done Thomas.

Congratulations to Ellie Voltz and Monte McIntyre who received their Silver Award and badge for 100 Class Dojo points.



ASSESSMENT TASKS

Students have been busy completing assessment tasks to assist teachers to accurately report achievement of outcomes. Data will be used to plan for ongoing individual instruction in English and Maths to address those areas identified as in need of improvement.

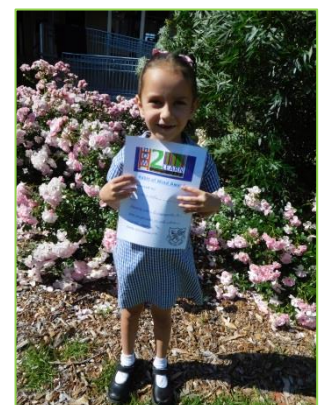
L3 Training

On Thursday, Miss Clark has her final L3 training in Griffith. Mrs McIntyre will have K-2 and continue to work with their regular program. Our weekly transition program is allowing Macey and Isabelle to quickly adjust to our school routines.

How 2 Learn

Habit of Mind Awards

Leah Caldow and Ellie Voltz for interdependence knowing when it's appropriate to learn on your own or with others.



RELAY FOR LIFE

I have registered to participate in Griffiths 2017 Relay for Life on Saturday 4 and Sunday 5 March. I have entered a Weethalle Public School team and invite anyone interested to join me for this worthwhile cause. Let me know if you would like more details, would like to join the team or have ideas for fundraisers.



Class News - Year 3-6

English - Punctuation, grammar, writing and reading comprehension activities to revise previously taught content.

Maths - Revision groups for place value, subtraction with trading, multiplication, division and percentage discounts.



Science - STEM (Science, Technology, Engineering and Mathematics) activities learning to computer code and increase skills and knowledge in robotics and designing appropriate packaging.

History - Oral presentations to the class followed by visual display of researched topic "Australia's involvement in war".

Creative Arts - play practice for end of year Presentation Night concert.

K/1/2 News

Maths: K/1/2 will continue exploring three-dimensional shapes. We will also be looking at division and multiplication. During division ladybugs will begin to recognise that there are equal numbers of items in groups. Butterflies will be modelling division by experimenting sharing collections of objects into equal groups.



Literacy: students will be producing information reports on reptiles/amphibians of their choice. They will then publish these in a word document and create a poster for display.



Health: We will be looking at some fundamental movement skills as well as researching chemical safety in the home and on the farm.

Our news topic for this week is: a book report (a favourite book or one recently read)



If any member of the school or community would like to receive our newsletter by email, please contact the school or email Weethalle-p.school@det.nsw.edu.au.

P & C NEWS

- * There will be a **WORKING BEE** at the Hall on Tuesday 6 December at 10.00am, to prepare for Presentation Night.
Could all parents please bring a plate to share for Supper on Presentation Night.

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 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



Bland Shire Library Official SRC Launch & Registration Party

**Wednesday
30th November 2016**

**4 pm – 5 pm
It's FREE!**

Great prizes to be won!

For school children aged 5 – 16 yrs

Runs 1st December 2016 – 31st January 2017

For further information, contact library staff

on 6979 0272



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



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



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

- 1 Subscribe to **Happy Kids newsletter** on parentingideas.com.au and receive latest parenting tips and information
- 2 Visit **parentingideas.com.au** to find ready to go resources and books
- 3 For the best parenting ideas and great advice join the **Michael Grose Parenting Community** on Facebook.com/michaelgroseparenting

phone. 1800 004 484

parentingideas.com.au

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



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 waterside 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



LEISURE & RECREATION GROUP
A fresh approach to management

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 if you are interested in being part of one of our programs.

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
melissa@lrgroup.com.au
Like us on Facebook

GROWING THE SPORT OF

SWIMMING

& PROMOTING A HEALTHY LIFESTYLE



LEISURE & RECREATION GROUP
A fresh approach to management

Learn To Swim

ONE ON ONE LESSONS

5 Week Block

STARTING MONDAY 21st 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 3:0pm

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

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

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

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