

Term 4, Week 8

28 November, 2016

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# Weethalle Public School News

Empowering learners for their future

Where has 2016 gone? I can't believe it is Week 8 already.



## GRIFFITH DENTAL CLINIC

Last week, K-6 had a visit from "Dr Rabbit" from the Griffith Dental Clinic. The children learned about the many aspects of oral hygiene and what foods are best for teeth health. Packaged, and highly processed foods, full of sugar, were recognised as bad for our teeth. Everyone received a bag of goodies, including a toothbrush and toothpaste, which have been used by students after recess and lunch to clean teeth properly.

## SCHOOL COUNSELLOR

Our School Counsellor, Nicola Johnston will be visiting on Tuesday to continue working with individual students. If there is anything you think she can do to help your child, please contact the school to discuss.

## PLAYGROUP

Our regular fortnightly playgroup will be at school again on Wednesday. We always love to see the children, their parents and the teachers having fun together. Our school becomes a very positive environment for all.

## PERSONAL LEAVE

Miss Clark has taken a personal leave day on Wednesday. Mrs McIntyre will be teaching K-2.



## SCHOOL CAPTAIN'S SPEECHES

On Thursday, at 9.30 am our current year five students:

*Chelsea Hugg, Leah Caldow and Phoebe Skillin,* will be making their School Captain's speeches. Voting will be held straight after the speeches. All welcome to attend.

## PRIMARY PRINCIPAL'S MEETING

On Friday, I will be attending the Primary Principal's Association meeting in West Wyalong. Miss Clark will continue with the regular Friday routine.

## PRESENTATION NIGHT AND CONCERT

Our annual Weethalle PS Presentation Night and Concert will be held next Wednesday 7 December at 6.30 pm. See attachment. Uniforms are to be worn to the hall and costumes can be brought to school. Students need to be at the hall by 6.15 pm.

Students and staff will be walking down to the hall for practise each morning. If you have any concerns, please don't hesitate to contact the school.

## SCHOOL TRIP SUBSIDY CHANGES

Attached to the newsletter is a leaflet explaining the changes to the Private Vehicle Conveyance Subsidy.



## Class News - Year 3-6

**English** - Publishing and illustrating a children's book for use in classroom reading activities. Guided reading groups and activities to revise comprehension, punctuation and spelling.

**Maths** - Time activities and revision of fractions, decimals and percentages. Real life money activities.



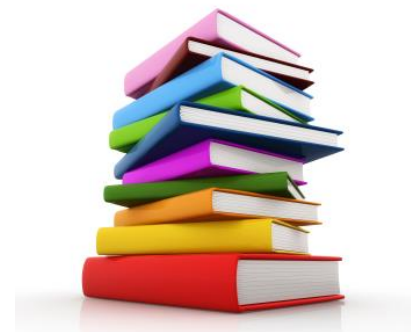
**Science** - Design brief to safely package Lego robots built by pairs of students. Online computer coding activities to improve skills required to program robots.



## WEETHALLE PUBLIC SCHOOL PRESENTATION NIGHT

**Where:** Weethalle Memorial Hall

**Time:** 6.30 pm Presentation of Awards  
followed by  
2017 student performance of  
**BOXING DAY**



## 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.



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](mailto: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

### End of Year specials

Bags of mixed lollies	\$1.00
Hot dog	\$1.50
Lemonade icy pole	.50



As we are coming to the end of the year, we are slowly running out of stock. Please note we are out of the following:

Frozen yoghurts

Choc muffins

Diced chicken meat (for salad boxes, rolls & chicken & gravy rolls)



## 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

<http://www.parentingideasclub.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



## 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 for parenting inspiration and receive latest parenting ideas & free information

2. Visit [parentingideas.com.au](http://parentingideas.com.au) to stay ready to go resources and books

3. For the best parenting ideas and expert advice join the Michael Grose Parenting community on Facebook [www.facebook.com/michaelgroseparenting](https://www.facebook.com/michaelgroseparenting)

phone. 1800 004 484

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



## 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 1<sup>st</sup> December 2016 - 31<sup>st</sup> January 2017

For further information, contact library staff on 6979 0272





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



**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.

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](mailto:melissa@lrgroup.com.au)  
Like us on Facebook

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**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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Like us on Facebook



**Australia Day  
2017 AWARD NOMINATIONS NOW OPEN**

Nominate someone from the Bland Shire community who you know, respect or admire to acknowledge and celebrate those individuals and groups who make Bland Shire a better place.

To nominate online visit: [www.blandshire.nsw.gov.au](http://www.blandshire.nsw.gov.au) or pick up a nomination form from Council's office, or phone 6972 2266 to arrange to have a form posted.

★ **CATEGORIES** ★

Citizen of the Year  
Young Citizen of the Year  
Community Group of the Year  
Community Event of the Year  
Achievement in Sport  
Contribution to Sport

BLAND SHIRE COUNCIL  
West Wyalong

Nominations Close Monday 21 November 2016



**Road Kill Grillz**  
**Harvest**  
**Trading Hours**  
**Monday to Sunday**  
**6.30 am to 9.30 pm**  
**Phone Orders Welcome**  
**02 6975 6016**  
**Dine in or Take away**