

# Weethalle Public School



## NEWSLETTER

*Empowering Learners for their future*

Phone: (02) 69 756154

Email: Weethalle-  
p.school@det.nsw.edu.au

Principal: Jason Hurley

30th October, 2023

Term 4: Week 4

### FROM THE PRINCIPAL

#### CONGRATULATIONS IZZY!!!

Izzy placed 29<sup>th</sup> in the 12/13 years Girls Discus in the State of NSW, with a throw of 17.55m. A fantastic effort! We are all very proud of you.

A massive thank you to West Wyalong Aboriginal Land Council for inviting our students to attend the celebrity talks and signing, and NRL and AFL development clinics. It was great for our small school to be part of such a large event with the schools from West Wyalong and surrounding areas.

Our primary class left for camp this morning, Thank you to Mrs Cavanagh for attending the camp along side the children this week, and to parents who transported students to Barellan this morning to meet the pickup. A message on class dojo will go out when students leave camp on Wednesday with an approximate time of return.

We held our final P&C meeting for the year last week. In the meeting we locked in Thursday 7<sup>th</sup> December for our end of year performance night, and the 15<sup>th</sup> of December for our end of year break up party at the West Wyalong pool. In addition please note that the mid term Whole School Assembly and captain nomination speeches has been moved to Friday 24<sup>th</sup> November, instead of the previously listed Thursday date. A big thank you to all who attended the meeting and for the contributions that the committee have made to the school throughout the year.

Jason Hurley



**PUT THIS  
on YOUR  
CALENDAR!**

**Monday 30th Oct -1st Nov**  
Primary Excursion to  
Borambala

**Wednesday 1st November**  
Kinder Orientation  
9-11am

### WANTED

Photos for the school  
magazine

Have you taken some photos  
from school events this year?

We don't always get to take  
photos at different events or of  
every student and we would  
appreciate any that you have.

Please email them to  
weethalle-  
p.school@det.nsw.edu.au



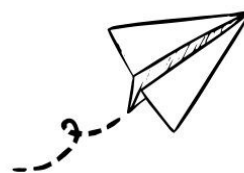
# WEETHALLE PUBLIC SCHOOL

## Kindergarten Orientation 2023

FOR CHILDREN COMMENCING IN 2024



### P R O G R A M



**25TH OCTOBER**

**9AM- 11AM**

1ST NOVEMBER

9AM- 11AM

**8TH NOVEMBER**

**9AM- 1PM**

15TH NOVEMBER

9AM-1PM

**22ND NOVEMBER**

**9AM-3PM**

29TH NOVEMBER

9AM-3PM



**Enquires: 6975 6154**

**[weethalle-p.school@det.nsw.edu.au](mailto:weethalle-p.school@det.nsw.edu.au)**



## Veg-tastic lunchboxes

Your child doesn't need to wait until dinner to eat their vegetables.

Swapping out sometimes foods for vegetables can help your child reach their daily vegetable needs.

Try:



Zucchini fritters



Green beans



Roasted sweet potato



Capsicum sticks



Corn



Pumpkin scone

## Key things your child gets from attending school



### They learn...

and strive to achieve success.



### Make friends...

and build a sense of belonging at school.



### Build skills through fun...

that will serve them through their learning journey and beyond.

## Did you know?

### 95% attendance

Students are expected to have above a 95% school attendance rate, because days missed are years lost. That's why making sure your child comes to school every single day (unless genuinely sick) is so important.

### Holiday time

Please remember, holidays should only be booked during school breaks. Students should be at school every day during school term, right from the first day until the last.

### Safe learning environment

We know that the last couple of years have been tough, and we will continue to prioritise student's health and wellbeing by listening to health advice, providing support and maintaining a safe learning environment.



# Move More ...



**Encourage** your children to play  
**Set an example** by being active yourself  
**Create opportunities** for your children to be active



## 60min

of moderate to vigorous intensity activity each day for 5-12 year olds [so that you huff and puff]

### 10 minutes

Active playtime before school @ home or school



### 20 minutes

Walk or ride to and from school



### 30 minutes

Active play after school



### 60 minutes



## Fundamental Movement Skills

The building blocks for playing games, sports and fun activities. Examples include overarm throw, jump, catch and balance.

## Ideas for Active Play

Running, skipping, trampoline, riding a bike, scooter or skateboard, swimming, frisbee, climbing, gymnastics, hopscotch, dancing, martial arts and organised sports.

# Sit less ...

## 2 hours

Use of electronic media for entertainment should be limited to **less than 2 hours** per day

Some activities, like reading and school work, may need to be done while sitting. The key is to find a healthy balance and limit time spent in front of a screen for fun. Screens include TV, computer games, iPad, LeapPad, surfing the internet and smart phones.



**Sources:** Australian Physical Activity Guidelines for 5-12 year olds; Andrew May, Sydney Morning Herald; [www.freedigitalphotos.net](http://www.freedigitalphotos.net); Munch & Move Resource Manual, NSW Health.

Produced by MLHD Health Promotion

