



WAUBRA
PRIMARY SCHOOL



Respect: *Be Thoughtful*

Excellence: *Do your very best*

Integrity: *Do the Right Thing*

Responsibility: *Be in charge of
yourself*

Newsletter

Term 1 Week 8 19th March 2024

Important Dates and INFORMATION

March

21st—4/5/6 Melbourne Grand Prix Excursion
22nd—Foodbank Fun Run Food Fight
27th—WPS Athletics Carnival
27th—School Council AGM (6pm Springs Hotel)
28th—Last Day Term 1 2.15pm Finish

April

15th—Term 2 commences
25th—Anzac Day Holiday
30th—Llanberris Sports Day

Waubra Primary School's Vision

To develop academically and socially confident students in an engaging learning environment, where they are inspired to reach their full potential.



SUN PROTECTION and the UV INDEX

Low		Moderate			High		Very High			Extreme
UV INDEX 1	UV INDEX 2	UV INDEX 3	UV INDEX 4	UV INDEX 5	UV INDEX 6	UV INDEX 7	UV INDEX 8	UV INDEX 9	UV INDEX 10	UV INDEX 11+
SUN PROTECTION NOT REQUIRED		SUN PROTECTION REQUIRED								
Unless outdoors for extended periods, or near reflective surfaces such as snow or water.		Wear sun-protective clothing, a broad-brimmed hat and sunglasses. Apply SPF30+ sunscreen to any unprotected skin. Seek shade.								

SUN SMART

Daisy Mason

*For demonstrating all of our school value of **Integrity** by:*

being a respectful, curious and dedicated learner during independent and group learning. Daisy you are always an amazing leader in our classroom, and during athletics training you have shown that you are a role model that others can look to within our whole school!

Thank you for being you!

Awarded by Ms Mester



Rylan Vella

*For demonstrating all of our school value of **Integrity** by:*

Having a great attitude towards school and your learning over the past couple of weeks. You are responding positively when challenged and using your knowledge to help other students in the class when needed. Well done Rylan, keep it up!

Awarded by Tim



Hope Herbertson

*For demonstrating all of our school value of **Integrity** by:*

Working really hard at school (and at home) to improve your understanding around some tricky mathematics concepts. With your attitude to learning, and by asking lots of questions for clarity, you will go far Hope! Well done and keep up the hard work! Hope Week 7

Awarded by Ms Hurse



Respectful Relationships

Award

Term 1 Week 7 2024

Congratulations



Daisy Arvidson

Aurora Noonan & William Martin

Thank you for helping to promote and
model respect, positive attitudes and
behaviours in our school

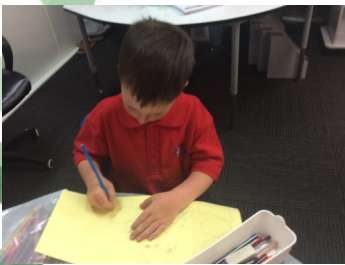


Foundation & Grade One News!

Week 8

It has been a busy term with lots of new routines and learning. During Literacy we have been focusing on our letter sounds and blending them together to read words.

In Maths we have been building on our number knowledge and sharing our strategies for counting groups of numbers, as well as looking at days of the weeks and seasons!



Things to Note:

Wraps & Rolls start on Wednesday, \$4 inside an named envelope by Tuesday please.

Icy poles are a gold coin on Fridays.

PE with Mr T is on Wednesday!

Food Fight is Friday!

Japanese is every second Wednesday! (even weeks)

MARC Van is every second Tuesday (odd weeks)



Grade 2/3/4 news

Term 1: Week 7 & 8

Learning Focus:

Reading: During reading time, students are beginning to learn about some important strategies and skills that will help them become more improved readers, such as summarising and using evidence to answer questions about a text.

Writing: For Writing, students will continue learning about and writing narrative stories. They will consolidate their understanding of the structure and language features and will begin to develop their own characters and settings to use when writing their fictional stories.

Maths: In Maths, students will continue working with numbers and will also be learning to measure length using informal and formal units of measurement.

Respectful Relationships: Our topic for Term 1 is Emotional Literacy.

Inquiry: Our topic for Term 1 is Belonging!



Athletics Practise is underway, with students practising different events in their House Groups.

What's Happening?

We have a very busy finish to Term 1 over the next two weeks, and I can't believe that I am even saying that it is the end of the term!! This week on Monday the classroom teachers attended PLC training in Ballarat. This gave us a great insight to how the PLC process can work in our setting so that we are getting the most out of our students and giving them the best chance to succeed. On Thursday, the Grade 4/5/6 students are heading to Albert Park in Melbourne for an F1 excursion! In week 9 we have our House Sports on Wednesday and then finish up school on Thursday, with Good Friday being a public holiday. I hope everyone has a wonderful Easter break and look forward to seeing you all back in Term 2!

Term 1 Events:

- Formula 1 excursion to Melbourne (Grades 4-6) — Thursday 21st March
 - WPS House Sports — Wednesday 27th March
 - Last Day of Term 1 — Thursday 28th March
 - Good Friday Public Holiday — Friday 29th March

Grade 4/5/6 NEWS! Week 8

Hello everyone! We have such a busy end of term approaching with lots happening... overwhelmed!! This week we will be continuing to practise our athletics skills. On Thursday we are attending the Formula 1 Science excursion. Next week we have the House Athletics which will be fun. We may need a couple of parent helpers, so if you are free on Wednesday, please let us know if you are willing to help out for a bit.

READING

Reading continues to be a mix of Read to Self, Guided Reading Groups, and Comprehension lessons. The kids are really settled in their routines which is nice to see!

WRITING

We are continuing our unit on writing Exposition (persuasive) texts. The language and structure are very specific for these texts. We have almost finished publishing these texts, I will endeavour to include some in our next newsletter publication!.

MATHS

We are continuing on the two units up and running at the moment, about to finish up our DATA unit. We are really delving into whole numbers, focusing on any wild misconceptions we may have. We have also been looking at Data; collecting it, representing it in graphs, and interpreting it by answering question, both literal and inferred.

INQUIRY

We are focusing on Civics & Citizenship, looking at the immigration of European people in the 1800s. Who came, and why??

Things to keep you informed:

- ⇒ **MARC Van Tuesday ODD WEEKS**
- ⇒ **Japanese Wednesday EVEN WEEKS**
- ⇒ **PE Wednesday EVERY WEEK**
- ⇒ **ART Friday EVERY WEEK** (Please give your child an old T-Shirt to wear as an art smock)
- ⇒ **RESPECTFUL RELATIONSHIPS Monday afternoon every week**
- ⇒ **Wraps and Rolls Wednesday** (Please send in money before Tuesday)
- ⇒ **Icy poles Friday 2nd play**

Icy Poles

Fridays \$1.00



Wraps & Rolls

Wednesdays

\$4.00



WPS BEANIES



Warm up for Winter

Get your WPS Beanie!

They are available to purchase from the office for \$15.00. Or alternatively send money in an envelope marked "Beanie" and your child's name.

JSC FUNDRAISER

Sports Tops



Sports Tops are

Available from the Office

\$30.00



Friday 22nd March

Thanks to those students that are actively fundraising for this great cause. If you haven't registered your child its not too late to do so.

Some great prizes to be won for your fundraising efforts. Raise as little as \$10 to win yourself a prize...

Food relief in the Pyrenees

Times are tough, and with the ever-increasing costs of groceries, rent and mortgages, a lot of people are struggling to put food on the table and pay the bills.

You are not alone, and there is help available.

Breakfast Club, provided by Foodbank is available at school



Beaufort Food Pantry

The Beaufort Food Pantry is located at the rear of the Beaufort Community Resource Centre.

Access is from the front and the rear of the building. The Beaufort Food Pantry is open every second Friday 11am-1pm, emergency food parcels can be accessed by calling 0457 469 097

The Beaufort Food Pantry offers frozen food, pantry items, bread, seasonal fresh fruit and vegetables.

March – 15th and 29th

April – 12th and 26th

All welcome

Avoca Community Food Pantry

Location

The Avoca Community Food Pantry is open fortnightly, on Fridays between 1:00 – 3:00pm, and is located in the community health building at 13 Liebig Street, Avoca (next to the Avoca Medical Clinic).

At the Food Pantry, registered participants can obtain a food hamper, usually consisting of non-perishable foods, free of charge. These foods are generally a mixture of general use foods, pasta, tinned fruit, tinned fish, sauces, long life milk and any additional stock items available that fortnight. Sometimes fresh and frozen products are available as well.

March – 15th and 29th

April – 12th and 26th

All welcome





PLAY

FOR
the
KICKS

come
find your
awesome

WAUBRA AUSKICK CENTRE

Waubra Football Oval

Thursday 2nd
of May/4.30pm



play.afl/auskick



Chicken Pizza Recipe

Ingredients

1 tsp dried mixed herbs
140g no-added salt tomato paste
4 small wholemeal Lebanese bread rounds
1 red onion, cut into thin wedges
1 red capsicum, halved, deseeded, thinly sliced
200g poached chicken, shredded
320g cherry tomatoes, roughly chopped
1 1/2 cups light tasty cheese

Directions

1. Preheat oven to 220°C/200°C fan forced and line baking trays with baking paper.
2. Combine herbs and paste in a small bowl and season with pepper.
3. Place bread on trays. Spread paste mixture on bread.
4. Top the bread with onion, capsicum, chicken, tomato and cheese.
5. Bake for 20 minutes or until golden and cheese has melted.

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Looking after your Teeth and Gums



Brush

It is important to brush twice a day. Once in the morning and once at night. Make sure to floss at night time too after eating during the day.



Snacks

Choose snacks that have limited sugar to avoid damaging teeth. Fruit, vegetable sticks, yoghurt, plain popcorn are easy snacks to pack in lunchboxes.



Drink Well

Choose water to look after your teeth. Most tap water across Victoria contains fluoride which helps to repair damage and reduces the risk of tooth decay.



Flossing

It is important to clean between teeth where a toothbrush can't reach. This removes food that is hard to remove otherwise.



Dentist

It is important to get regular check ups. Book your 6 month check ups in advance.



Gums

Remember to clean your gums. Gently brush along the gum line in small circles, making sure to brush each tooth on the front, back and chewing surfaces.

Why?

March 20 is World Oral Health Day, a day to empower people with the knowledge, tools and confidence to look after their teeth and gums. Looking after your teeth is important for the overall health of your mouth & body.

Looking after your Mental Wellbeing



Check In

It is always important to check in with yourself and those around you, but now is more important than usual. Before checking in with others, make sure to check in with yourself.



Signs

Understand and recognise the signs when things might be getting too much for you or your child. Sadness, anger, shock, headaches or feeling anxious may be signs that you need support.



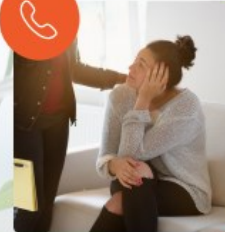
Connect

Connect and catch up with others. Many community members are going through the same experience currently and it can be beneficial to talk this through together.



Rest

Working on natural events can be not only physically exhausting, but also mentally. Take the time to rest and do things that you enjoy.



Seek Help

Professional help is available. To speak with Beaufort & Skipton Health Services Social Worker please call 5349 1610.



Routine

While it may be difficult to stick to a routine at the moment, trying to can assist you in supporting your mental health.

Why?

The recent bushfire may have brought up a range of emotions that may negatively impact your mental wellbeing. This is completely normal and it is okay to not be okay. Looking after yourself is more important than ever right now.



Choose Water Every Day



Stay Hydrated

Water is the best choice of drink to keep your body hydrated compared to soft drinks or other drinks that you may choose.



Look after your Teeth

Soft drinks have acid in them that can cause tooth decay. Water does not have acid in it and helps to look after your teeth.



Dehydration

Dehydration can lead to feelings of tiredness, thirst and weakness. Your senses can also become weak and your reactions become impaired.



Add Fruit

If you don't like the taste of water try adding fruit such as strawberries or lemon.



Increase Slowly

If you don't drink much water, try to slowly increase the amount you drink each day instead of trying to drink a lot at once.

Why?

For some people it can be difficult to drink enough water every day. Keeping your body hydrated is essential for good health. Be mindful with the amount of water that you or child are drinking to make sure that you are drinking enough.





SUNSMART

We are SunSmart - a note for families

Too much of the sun's ultraviolet (UV) radiation can cause sunburn, skin and eye damage and skin cancer.

UV damage accumulated during childhood and adolescence is associated with an increased risk of skin cancer later in life. Skin cancer is the most common cancer in Australia. It is also one of the most preventable cancers.

You can't see or feel the sun's UV. Whatever the weather, if the UV levels are three or more, it's important to *Slip, Slop, Slap, Seek and Slide*!

Sun protection times

Don't just wait for hot and sunny days to use sun protection. Check the sun protection times each day so your family can be protected when they need to be.

Daily local sun protection times and weather details are available from the SunSmart widget on our school website, in the weather section of the newspaper, on the SunSmart website at sunsmart.com.au and as a free SunSmart app. Sun protection times can also be found at the Bureau of Meteorology website and live UV levels are available from ARPAUSA.



SunSmart membership

Our school is a registered member of Cancer Council Victoria's SunSmart Schools Program. We aim to protect children and staff from too much UV.

Sun protection and skin cancer prevention is a shared responsibility. Please help support our SunSmart membership and sun protection efforts by ensuring your child follows the SunSmart measures included in our policy at school and at home.

During the daily local sun protection times (usually from mid-August to the end of April), **use these 5 SunSmart steps – even if it's cool and cloudy.**

1. **SLIP** on covering clothing

For free dress days, ensure your child wears clothing that covers as much skin as possible (e.g. elbow length tops with a higher neckline or collar and longer style shorts or skirts). Densely woven fabrics are best.



2. **SLOP** on SPF30 (or higher) broad-spectrum, water-resistant sunscreen

Apply a generous amount of sunscreen at the start of the day and make sure children have sunscreen in their bag ready to reapply throughout the day. Sunscreen should be reapplied every two hours. Please ensure children get plenty of sunscreen application practice at home so they'll be all set when they are at school. Under supervision, ask children to put a dot of sunscreen on each cheek, nose and chin and rub it in (avoiding the eye area) and sunscreen squiggles or dots on the back of the neck, arms and legs to cover these areas.

3. **SLAP** on a hat that protects the face, neck and ears

Choose a wide-brimmed, legionnaire or bucket hat. Peak caps and visors do not offer enough UV protection so please leave them at home. Please help your child remember to bring and wear their approved **school hat**. Please keep this at school so they will always be ready for outdoor activities, outdoor learning and play during school days. For the walk to and from school and weekends, please have an extra **home hat** to help keep children protected at home.

4. **SEEK** shade

Choose shady spots for learning and play whenever possible.

5. **SLIDE** on wrap-around AS1067 sunglasses

When appropriate and practical, help protect the eyes with sunglasses.

Need information in another language? Call 13 14 50 and ask to be connected to Cancer Council Victoria in your language