

Sir Eric Woodward School Newsletter

Term 4 2020

Week 4

6th November 2020



Principal's message

It is hard to believe that we are nearly half way through Term 4 in what can only be described as a year of firsts. I think our school community has adapted, developed new skills, worked hard, became more resilient, supported each other and enjoyed learning in lots of new ways during 2020. I could not be prouder of the efforts of every one of our SEWS students this year.

A few highlights from the last few weeks include:

- watching the talents of classes 1, 3 and 4 as they participate in their challenging gymnastics program and build their gross motor skills each week
- seeing Daniella, Brooke, Yash and Sophie develop their independence as they move around the school using the RaceRunner
- listening to a preview of our *Beat Treats* band perform prior to the big release of the track
- spending some time in hydrotherapy lessons and seeing the great joy and progress of all our students
- getting out onto the playground to play a bit of handball (I need to do that more often my skills are slipping)
- hearing updates from our DESU classes and the achievements of students from across the state
- recognising student achievement with a Principal's Award



Daniella receiving a Principal's award



Music with Class 1

Presentation Day

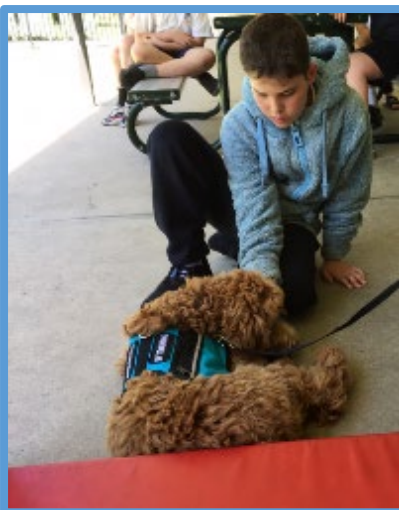
As I'm sure you appreciate we will not be able to hold our usual Presentation Day this year. We like nothing more than inviting our school community to SEWS to celebrate our student achievements, thank our community and catch up over lunch. This year our Presentation Day will be celebrated with students and teachers only, to ensure we stay COVID safe. We will record our class presentations and make them available to each family. We do hope we will be able to welcome you all back to SEWS next year.

SEWS Registered Nursing Service

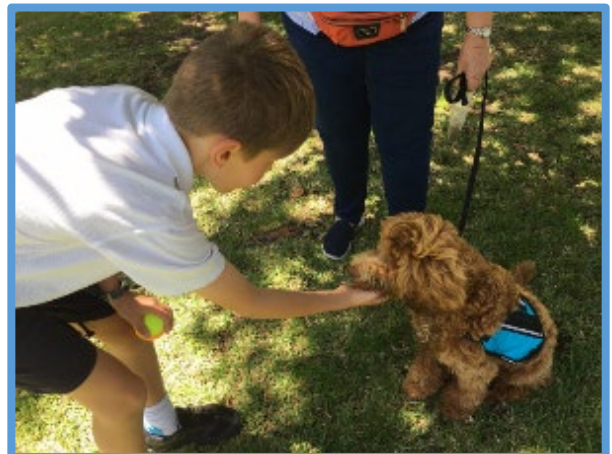
Andrew Stevenson (Director Educational Leadership) has just confirmed that the Registered Nursing Service at SEWS will continue in 2021. Andrew will provide further updates once they are available about the ongoing provision of this service beyond next year. Andrew has been in regular communication with me to ensure that the needs of our school community are met.

Ziggy our Therapy Dog

Ziggy is really part of the furniture now. He is settling in beautifully and is bringing so much joy to our school. His special skills include enthusiastically joining each class, listening to everyone, chasing his ball, letting everyone pat him and getting his ear wet when he drinks from his bowl.



Cameron & Ziggy



Tom showing us how to pat Ziggy



Yash & Ziggy



Ariel watching Ziggy

RaceRunner

We would like to thank Amy Tobin for her wonderful fundraising efforts that made it possible for her to donate a RaceRunner in memory of Oliver who we lost tragically earlier this year. A big thank you to Daryl and Lisa (Oliver's parents) for coordinating this wonderful gift. We love the Oliver number plates as we zip around the school with increased mobility.



Lisa & Daryl delivering the RaceRunner



Daniella showing us how it is done

Sian

Deputy Principal's message

Soft-fall playground completion

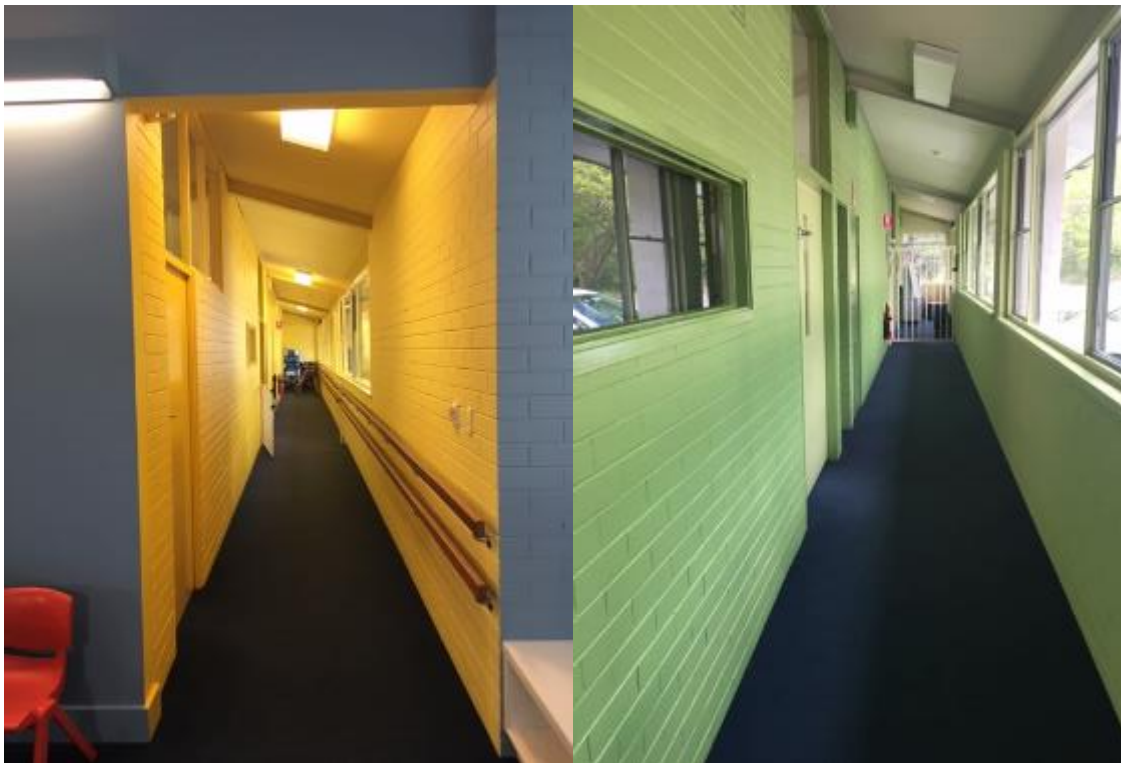
Welcome families and all to our Week 4 Term 4 edition of the SEWS newsletter. Since our last newsletter in Term 3 we have seen the completion of soft-fall surfacing in the Ngalawa playground.

This space looks amazing, with the addition of the new synthetic grass and the *Garden Based Learning* team beginning to undertake creation of one of two of the gardens scoped for this area at SEWS. It has been fantastic to see students and teachers alike playing and learning in this area since the start of this term.



Painting and facilities upgrades

We are currently undertaking some really exciting facility upgrades across the school, starting with the hallways leading to classes 1 and 2 and 5 and 6. Really looking forward to seeing the next phase take place over the coming weeks at SEWS.



Patrick Price



Birthdays

Happy birthday to Usman, Raymond, Thomas, Iya-Rose, Braydon

Important dates

Term 4

Friday 20 November – Year 12 Graduation Day

Friday 4 December – SEWS Presentation Day, for students only

Thursday 10 December – Year 6 Graduation Day

Wednesday 16 December – last school day for 2020

Seesaw



It's a thumbs up for Seesaw for DESU families and teachers!

Since Seesaw was rolled out to some of our DESU families it has been making a real impact. The learning journal app is great for all student abilities and ages. A simple to use app, it is like Facebook for your child's work.

Don't just take our word for it....

From Sharon's class, a parent said, *'It is so easy to use, all I have to do is upload a photo from my phone straight to the app.'*

DESU teacher Dawn said, *'I complete Seesaw activities with my student during Zoom lessons, my student is so engaged and loves to see my comments appear in real time.'*

A happy parent commented, *'Seesaw has improved my relationship with my son as he is independently checking Seesaw for his next learning activity. I don't have to persuade him, he just gets on with it.'*

Summer's tutor says, *'Seesaw is a big time saver for me as I can input relevant and timely comments in real time on the videos and photos that I have posted rather than hand writing them in the tutor feedback at a later date.'*

New DESU teacher Min commented, *'It gives me the ability to share something that my student might be having trouble with and provide suggestions or feedback more quickly than waiting until the next Set.'*

The main benefits are:

- Students can independently complete learning activities online
- Parents can share completed class work of student progress with the teacher
- The teacher can make quick changes to student activities
- Teachers can give meaningful feedback to students using voice recordings and comments
- Teachers can ask further questions about posts
- Students can voice record their answers or make presentations on Seesaw
- Students can let the teacher know if the work is too easy, too hard or just right

Ask your DESU teacher about getting a Seesaw account today!

Screen time - use and misuse

Due to their many uses, it is often difficult to control the amount of time children spend using screens, instead of taking part in other important childhood activities. Small amounts of screen time can be useful and enjoyable for families, allowing children to connect with others, be creative and learn. Screen time can keep children entertained, or distracted, and may be used in educational settings by teachers.



Screen time should be supervised and monitored by parents. Find ways to be involved with your child's screen time so that your supervision becomes another way of spending time with your child.

Remember:

- ✓ 8-12 hours of sleep and 1 hour of exercise should always take priority over screen time.
- ✓ Set screen time guidelines for your family and involve older children in the decision making.
- ✓ Screen time is not recommended for children under 2 years old.
- ✓ Monitor the use of screens, keeping in mind the recommended maximum per day is 2 hours.
- ✓ Consider turning off the TV and other devices during meals.
- ✓ Keep TVs and screens out of bedrooms.
- ✓ Be a role model for your kids, by being active and limiting your own use of screens.

https://www.schn.health.nsw.gov.au/files/factsheets/screen_time_and_children-en.pdf

Class 6 news

Class 6 turned their backs for a moment and suddenly we are in Term 4! Time flies when you are learning...

For the majority of Class 6, this term represents their last at SEWS, and it seems only fitting that we take the opportunity to integrate our learning under the banner of *Celebrations from Around the World*

Every two weeks Class 6 fly to another country to explore a cultural celebration of significance. To date we have travelled to Japan to learn about the Sakura Cherry Blossom Festival, and then headed to the sunny climes of Brazil to participate in Carnival. At time of publication we will be entering India to investigate the Holi Festival of Colour! There is never a dull moment as we sing, listen, cook, science and art our way through these celebrations.

Hydrotherapy, regular physiotherapy and the racerunner continue to keep our bodies as active as our minds. As teachers it is a joyful experience to observe the independence and delight that these moments bring our students.

If we could create a remote control for Class 6 I think we would have parents and teachers jostling for the pause button. The end of the school year is significant for any learner, but the finality that comes with the last year is to be recognised with a mix of sadness and excitement. We will squeeze the very last drops from this delightful class and the learning we are lucky enough to share each day.

Nellie, Sandy & Kelly

Class 6 news continued



Lucy creating a Cherry Blossom artwork



Brooke giving her teacher clear artistic guidelines



Tele enjoying some Carnival inspired sensory play



Scientist Sophie with our plant dye experiment

Class 3 news

Class 3 have been very busy working on their reading, spelling and writing every morning. In maths they have shown their understanding of fractions. In science, Kindy and Year 1-2 students have been looking at the way things move. They've learnt lots of new vocabulary and moved lots of moving toys as well as themselves. Year 3-4 students are exploring heat: what it is and its effect on all sorts of things. This has involved setting up experiments, observing, taking and recording data. The whole class have also found time to discover how to program Cubetto to move around the grid using step by step code chips. It was a challenge to arrive at the destination whilst avoiding certain hazards!

Our weekly visits from Ziggy and Mrs Norrish have been a highlight. Everyone is gaining confidence and remembering to ask permission to approach Ziggy and if it is okay to pat him.

Ms Lee & Ms Jennie



Ziggy's visits are very popular



Class 3 discovered how to program Cubetto

Charlotte's class news

Moustafa has made me super proud by demonstrating his counting skills. Moustafa started school this year being able to count up to 20 but he didn't know what 3 or 7 of something was. Then BAM!!! Through lots of hard studying and through learning in different contexts he has had success. His family sent a Seesaw video of Moustafa counting 3 buses on a page in his *book of FUN!* Well done Moustafa.

Nikolina has been out and about with the family. They took a trip to Newcastle as Nikolina loves the beach, and then a trip to a restaurant. There she got to try everyone's dinner while looking like a movie star.

Chris has been catching up on his set work so he can graduate school! Chris already has work lined up for the next year.

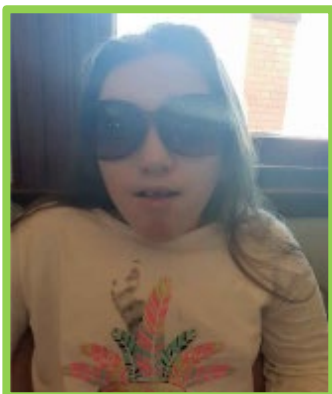
Taylah is settling into her new home and is still doing some excellent cooking and visiting the nearby lake.

Ethan impressed me with making a Ben 10 Potis Altiare, a device that Ben 10 uses to switch into different aliens. Ethan took a lot of time and effort to make a very realistic replica. Well done Ethan for explaining to me, in depth, what the device does.

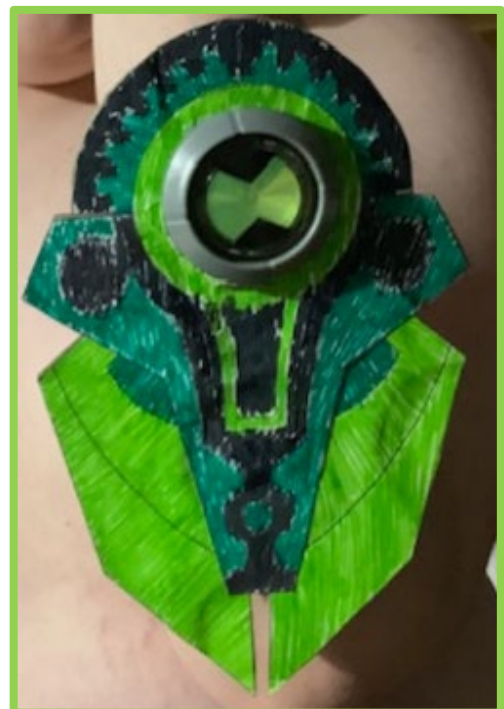
Charlotte



Moustafa counts the buses in his book of FUN



Nikolina or is it Jackie Onassis on a community access trip



Ethan's Potis Altiare

Deborah's class news

Welcome to new student Tilly who is in Year 8. Tilly lives on the far north coast of NSW, and has many interests including music, animals, and mermaids.

Georgia has been enjoying sensory activities in science, such as exploring the textures of leaves and flowers in her garden.

Jeremiah was very engaged in creating rhythms on a saucepan for the *Beat Treats* school band, and enjoys making sounds in his regular Zoom music lessons.

Ramona is making progress in her communication skills by making short verbal requests.

Happy birthday to Tommy, who celebrated his 18th birthday during the school holidays. Tommy recently participated in his first Zoom Technology 4 Learning session, where he wrote simple code for a micro:bit.

Enjoy the spring weather over the next four weeks of term!

Deborah



Tilly



Georgia pressing leaf & flower shapes



Jeremiah rehearsing for the school band



Tommy on his 18th birthday

Jo's class news

Over the last few weeks Harry has been planning and preparing for one of his favourite times of the year – Halloween! He planned for, purchased and helped with preparation of the decorations, food and games for his afternoon Halloween party. Harry was very creative and explored the process of tie-dyeing to make his costume, and he also selected a range of 'haunted' songs to play during his party. I can't wait to see some photos of the day!

Suzanna enjoys accessing her local community to go for walks and searching for objects she can recycle. Recently she collected a geranium cutting which she took home and cared for and she was rewarded with its beautiful flower. Geraniums are one of Suzanna's favourite flowers!

Andrew was successful in gaining a placement at his local TAFE's taster course, Hospitality (cookery), which he will undertake for two days a week over four weeks this term. This is an excellent opportunity for Andrew to upskill and engage in social interactions with a wider group of people. Feedback from his first week has been that Andrew had a very positive experience.

Jayden has taken advantage of the spring weather to commence growing seedlings for his vegetable garden. He is growing carrots, silverbeet and cherry tomatoes and he is taking great care of his plants. Jayden has also been engaging in regular number bingo games with his family members to develop his number skills. This has also provided him a terrific opportunity to regulate his emotions when losing the game to someone else where he congratulated them and requested to play again.

Jo



Jayden's carrot seedlings



Suzu's geranium cutting



Jayden's silverbeets and cherry tomatoes



Jayden proudly displaying the winning bingo numbers

Karen's class news

We are almost halfway through Term 4 already and my students are all working hard to complete their Set work and achieve their goals.

Nate continues to complete his Seesaw activities in record time. No sooner have I posted one then I receive a notification that it has been done! Using Seesaw's recording function, Nate has been able to show me how he can sequence and count numbers from 1 to 20.

Summer and the beach are Katana's theme for this term. She has had the opportunity to go outside and enjoy the feel of the sun on her skin (whilst staying sun safe of course!) and has been creating some colourful sea creatures.

During her weekly Zoom lessons Jules has been learning different art techniques. This term the focus has been on tinting/shading with paint. Last week Jules completed a piece that she has been working on, *Underwater Sea Creatures*. Jules has become skilled at creating tints and shades and has mastered the blending between layers.

Karen



Nate's counting activity



Katana's summer/beach craft



Jules' underwater sea creatures masterpiece

Melissa's class news

Welcome back for Term 4, 2020! I cannot believe that it is already the last term of the year.

Toby is extremely busy with his family setting up their new slot car business. Toby has been an active participant in all aspects of decision making from logo and website design to the internet provider. This week they will be cleaning and renovating the space so that they can hold a soft opening. I can't wait to see the business all set up and ready to have a go on the racetracks!

Alicia has also been very busy the last few weeks. As always Alicia is very engaged with her Set work but what stands out is her amazing art work. It is going to be extremely hard for me to choose just one piece for the Richard Kidziak art competition. Just before the holidays Alicia had a haircut. I must say that she looks beautiful with both short and long hair!

Ethan is a self-directed learner, he is always researching one topic or another. It is fascinating to hear about all his general knowledge. Since being back at school this term he has been reading *Weirdo*, watching special episodes of *Horrible Histories* and being part of the *Beat Treats* school band! Ethan has also been helping his mum with the shopping. He is finding items on the shelf as well as packing the car and unpacking the bags at home.

Happy 17th birthday to Braydon! It is with great happiness and sadness that we announce that this week is to be Braydon's last week at Sir Eric Woodward School. Braydon is graduating Year 11 after 8 years at our school, to pursue an apprenticeship in painting. I have loved being Braydon's teacher and I wish him every success with his future goals.

Melissa



Alicia's new haircut



Braydon growing up over his years at SEWS

Sharon's class news

The past few weeks have seen Leah, Cruz, Chris and Tyson enjoy walks, visits to the beach, the pool and their own backyards.

Leah has enjoyed having one of her support workers back on program with her. After a long break Leah was most excited to see her and she greeted her with smiles and vocalisations. Leah has not only been listening to the story *The Very Hungry Caterpillar*, she has also explored the outdoors looking for caterpillars and tracking butterflies flying in her garden.

Cruz has been a very happy young lady, enjoying being with her family, participating in activities on their property and engaging in her school work. Cruz has also joined in learning activities based around the theme *The Very Hungry Caterpillar*.

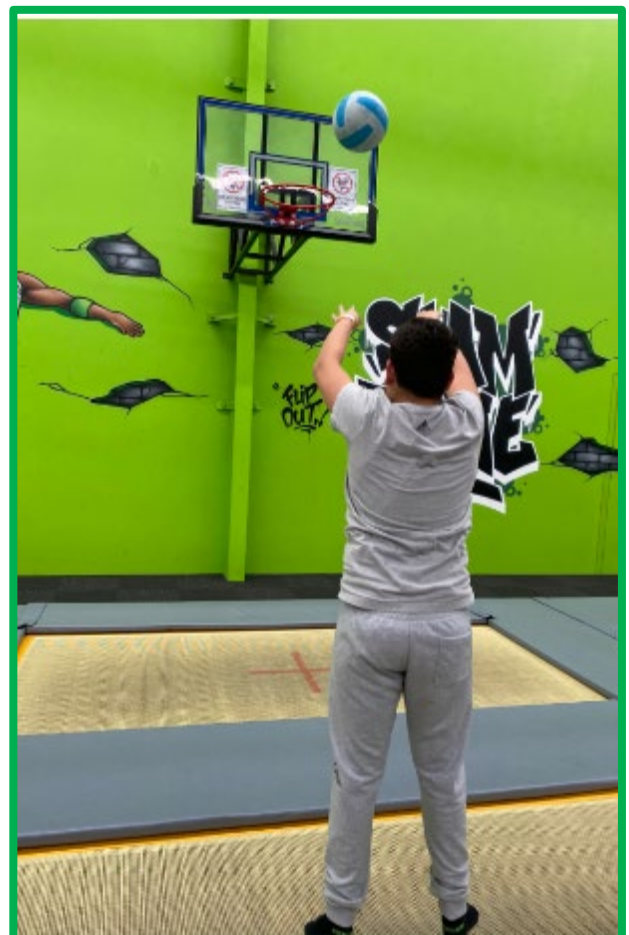
As the weather warms up, Chris is not visiting the nearby wetlands and instead is now looking forward to community access at the local pool.

It has been wonderful to have Zoom sessions with Tyson, listening to him tell me about his favourite TV shows, what he wants to prepare for dinner and air fryers. An air fryer is something he is eagerly wanting for either a Christmas or birthday present. Tyson has visited the shops to look at the different size air fryers, comparing the price and brand. Excellent shopping and research skills Tyson.

Sharon



Cruz being assisted to count butterflies



WOOHOO Tyson!

Dawn's class news

Nadine continues to work hard in all aspects of her program and is completing Seesaw activities more independently. She is actively participating with enthusiasm during Zoom sessions and we are now engaging in two zoom sessions some weeks. In these sessions Nadine will complete a Seesaw activity after a demonstration and send it through to me and I can leave her a comment to listen to in real time. She takes such pride in her achievements which is a pleasure to see.

Ben has been increasing his wellbeing by developing hobbies and interests and accessing his community with a support worker. He has built fantastic relationships with his support workers and is starting to communicate his choices using written words presented to him or simple verbal responses. As a result, Ben is much happier and is improving his ability to regulate his behaviours. He even faced his fears and overcame his anxieties to access a shopping centre recently with his support worker.

Bethany has a new stroller and has enjoyed getting out and about once again in more comfort!

Dawn

In response to: Community Signs Reader & Interactive Activity



When you get to the toilet you see two doors. When the photo of you is in front of the door that you need go through to go to the toilet.

View Original

Created 201-10-06, 11:05:44

👍 Dawn Brown

🗨️ Dawn Brown You did great with reading and understanding community signs. You could see what to do when you see a slippery sign. Remember that a red circle with the word DANGER you need to keep away from and find guards behind the wheel!

Nadine's work on community signs completed on Seesaw during a Zoom lesson



Ben actively taking part in activities

Barbara's class news

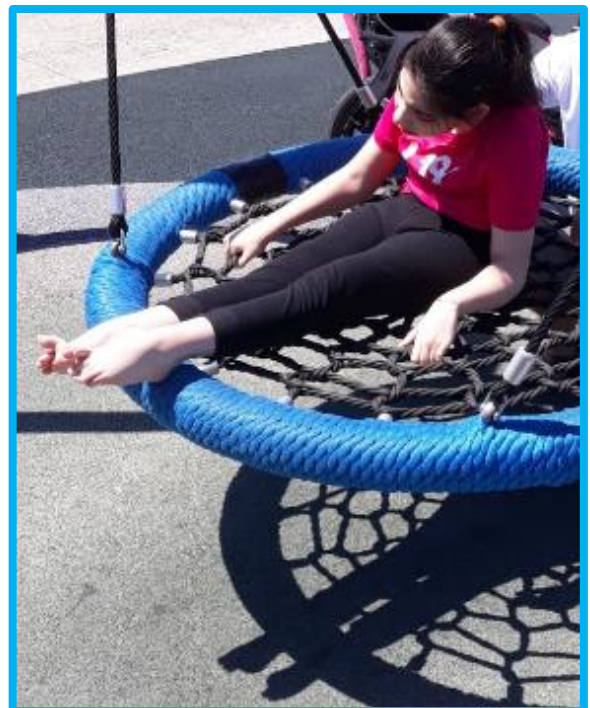
As Alex continues to feel more relaxed and her communication skills improve, so do her relationships. Recently, Alex came out of her room, walked up to her little brother and bent over to give him a kiss! Alex is also continuing to grow steadier and stronger physically. Her family have recently bought a new 7-seater car and for the first time, Alex is able to climb in to her seat by herself, with just a little bit of support.

With the improved weather, Azra has finally been able to take her new all-terrain wheelchair out for a spin at the beach. The special wheels for rough ground worked well on the grass and wet sand but were heavy going on the dry sand. It was a bit tiring for all concerned, so Azra and her family stopped for a well-earned rest at a nearby park. Azra enjoyed her first time on a swing since last summer. On her next visit to the beach, Azra will try out the special inflatable wheels for sand.

Barbara



Azra trying out all-terrain wheelchair



Azra relaxing on swing in park

Nicole's class news

Term 4 is always a busy term and my students have been actively participating and engaging with a range of activities.

Usman celebrated his 12th birthday last month. He had a small party, where he enjoyed spending time with his family and friends, listening to music and dancing. He wore a traditional outfit made by his grandma for the special occasion. I hear there were lots of big smiles from Usman who loves spending time with his family.

Eve has been visiting and using her senses to explore some new places in her local area. She recently visited a local farm and met a range of animals including many, many chickens.

Jacob enjoys extending his knowledge on a variety of subjects. When learning about ancient Egypt, he used his phone to scan QR codes on a range of question cards to find out the answers. Jacob is a whiz with technology and is also a pro at using Siri to get answers for the questions he asks.

Jayden has been doing marvellous maths lately! He has asked to do extra maths work to develop his skills. One of the activities he particularly enjoyed was counting how many Smarties were in a box. He used this information to put the results into a graph. He enjoyed the activity (and the Smarties) so much, he did the activity again.

Nicole



Usman had a fabulous time at his 12th birthday party



Eve hanging out with a LOT of chickens

Class 5 news

Class 5 have had a busy start to Term 4. This term we are focussed on all things under the sea. Yash, Ariel, Emily, Quinn and Raymond have enjoyed listening to documentaries and stories about fish, sharks and coral reefs. We have learnt that there are over 30,000 different kinds of fish, all of which have their own colours and sizes.

Class 5 have also loved meeting and getting familiar with Ziggy on Thursday mornings. We enjoying spending time outside with him and we have even been throwing the ball to play catch with him. Class 5 is so impressed with Ziggy sitting and waiting for the ball when we throw it.

Georgina & Tanya



Quinn watching an underwater scene



Emily listening and learning fish facts



Class 5 Under the Sea artwork



Ariel watching Ziggy sitting in front of her

Amanda's class news

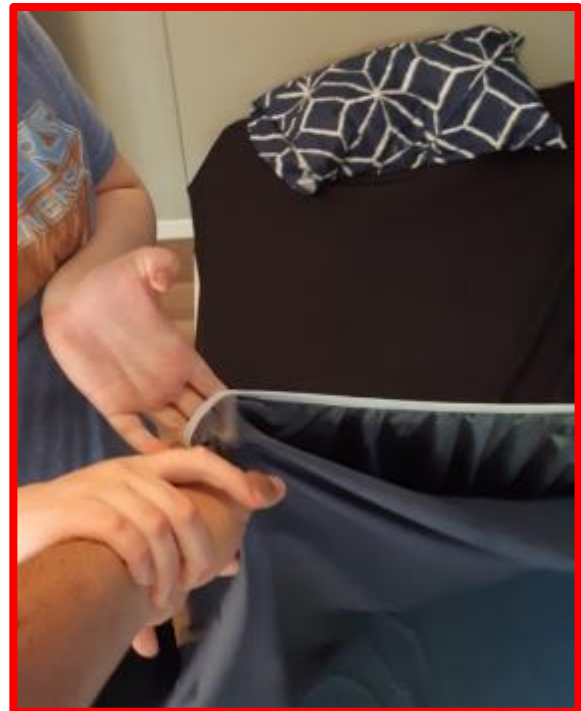
Ray is using cards to understand the activities that need to happen before and during outings. When shown the cards for 'toilet', 'van', 'Woollies', 'park', Ray responds by getting excited. He knows he needs to go to the toilet before getting in the van. He also knows he needs to change out of his comfortable pyjamas, so when given his clothes, moves quickly to his bedroom to change. This shows a really good understanding of routines. Well done, Ray. Each week Ray chooses a takeaway meal from a choice of two pictures. His favourite is popcorn chicken and chips from KFC.

Jacob has been learning household skills such as making his bed. He needs a bit of help but knows how to put the corners of the fitted sheet onto the mattress. Jacob is mastering sandwich making including the difficult task of spreading butter without making holes in the bread. Good job, Jacob. He is very good at sorting mixed groups of items. Jacob likes order so is able to sort according to size, colour, width and type of object. Jacob likes to select a song on his iPad, and listens to it in the garden while he swings. That's a lovely calming activity. Well done!

Amanda



Ray's favourite takeaway



Jacob helping make his bed

Class 4 news

Week 4 already! Class 4 has started the final term with a lot of enthusiasm, particularly for our science topic, 'It's Electrifying'. All students have been engaged in making different electrical circuits to demonstrate open and closed circuits. Students then were asked to draw their circuit using the appropriate symbols for each component, for example battery or switch. Poetry writing features strongly this term and while not meeting with the same level of enthusiasm as shown in science, a number of key concepts are being studied, for example rhythm, rhyme and alliteration. In creative arts this term, drama takes centre-stage so to speak, with students taking part in a variety of plays including *Cinderella*, a favourite, and *Abu's Slipper*. The focus so far has been on using the voice to portray various emotions. Developing character and mood will also feature later in the term. In PE, all students have thoroughly engaged with a weekly movement skills program aimed at developing the fundamentals of gymnastics. The program started in Week 6 last term and has continued to build on developing skills of spatial awareness, balance and coordination.

Ziggy, the wonder puppy who is still in-training to become a therapy dog, has been a welcome visitor to class each week. The boys have been very respectful and listened carefully about how to approach and pat Ziggy to assist with his training. It has been amazing to listen to the class ask very interesting questions about his age, training, diet and the treats used to help train him! We can't wait until he is a fully-fledged therapy dog so he can spend more time with us at school and in class.

The next newsletter will see us closer to the end of a year with its challenges but also rewards in terms of student learning.

Sue, Hilary & Merle



Class 4 – gym class



Ziggy the wonder dog with Class 4

Class 2 news

Welcome Term 4, and welcome to the two new students joining Class 2. Class 2 are extremely excited to gain the energy that Lyndon offers, and the infectious smile of Ashley.

This term, Class 2 are looking at the weather, and how it impacts our daily lives. We started off with lots of sunny days resulting in everyone having lots of fun painting their suns. The recent rain has allowed us to use umbrellas and jump in muddy puddles. Hopefully, we'll see more sun!

Each student has been working very hard on their mobility and communication skills. Alfie and Ryan are smashing it with assisted technology. Daniella is learning new signs, and using her book to communicate her wants and needs. Lyndon and Alfie are smashing their goals when it comes to their mobility. Lyndon loves to dance to new songs. Alfie is working very hard, walking greater distances with less and less support.

Class 2 are all superstars!

Clare, Doug & Trish



We welcome Ashley's infectious smile



- *Alfie will walk 10,000 miles*



You're my sunshine



Lyndon dancing to a new song in PDHPE

Rama's class news

We are already in Term 4 and the weeks are flying by.

Kayla is very engaged with her personal books, choosing the book that she wants to read and the colours she would like to paint with. She is learning the concept of 'in and out' and correctly placed different Shrek characters in and out of the swamp in her *book of fun*. Kayla is effectively using her new PODD book to communicate and tries to vocalise if she is happy or sad. Superb effort Kayla.

Mohamed is very interested in world affairs and listens to the news every day. He has a new exercise bike and builds his muscle tone by exercising on the bike daily. Mohamed helps at home by stacking dirty dishes, putting the rubbish in the bin and cleaning the table. His regular music lessons have seen an improvement in his lung capacity and he sings a few lines of a song. Well done Mohamed.

Isabella is a quintessential lifelong learner. Developing an interest in the works of Henri Rousseau, she researched his subject choice and painting style. Out of her own interest, she learnt to count from 1-10 in Spanish and logged on to YouTube to teach herself to use the shape tools in Microsoft Word to create images. Isabella made cupcakes for Halloween and helps make salads by peeling and grating vegetables. Isabella found a picture of fruit art and proceeded to create it by cutting the fruits into different shapes and attaching them with toothpicks. Excellent effort Isabella!

Rama



Isabella's drawing using the shapes tool



Isabella's fruit art



Isabella made cupcakes



Kayla chooses colours to paint

Melinda's class news

I have been enjoying getting to know all my students over the last few weeks and hearing all about what they did during their holidays.

Summer went on an amazing trip out to Far West NSW, visiting places like Lightning Ridge and Bourke. I loved hearing about and reading the fantastic recounts of all the things she experienced while away, including the Muda Aboriginal Corporation Cultural Centre. This holiday gave Summer a chance to practise communicating with unfamiliar people with great results. Summer even learnt some German from a man they met in one of the caravan parks they stayed in.

Ned had an excellent day in Grafton during the holidays where he had a very successful shopping trip. He independently worked out the difference between pasta and pizza sauce, and when he could not find another product that was on his shopping list, he went and asked for assistance, unprompted.

Isabel participated in a delicious science investigation - making ice cream in a bag. She explored how salt changes the freezing point of water. Isabel tasted the results of the experiment and deemed it as 'quite nice'. During the holidays she also participated in various art and cooking projects with her Nanna.

Keep up the wonderful work and I can't wait to see all your amazing achievements in Term 4!

Melinda



Isabel comparing the results of the ice cream in a bag experiment during her science investigation



Ned completing his weekly shop and working out the difference between pasta and pizza sauce independently



Summer exploring some different artefacts at the Muda Aboriginal Corporation Cultural Centre in Bourke

Class 1 news

It's strange to think that we are already in the last quarter of 2020! Since we got back we have enjoyed playing on and exploring our newly resurfaced Ngalawa playground, which was still very much under construction during Term 3. Ziggy (our therapy dog in-training), is also on a weekly schedule now, so he is spending time with us every Tuesday morning.

In math we have been experimenting with capacity, which roughly translated to us playing with water outside. What could be more fun? Our science unit is focused on forces (push and pull) and we have been exploring how things move using robots, playground equipment, toys and everyday objects around school.

We have eventually finished our recycling (art) project and the boys were able to craft some awesome objects out of old Pringles tubes. We had an *Infinity Gauntlet*, a pair of *Minions*, race cars, a chip lifter (it can be very tricky to get those last chips out of the tube) and even a ball launcher! A long project...but definitely worthwhile.

We are looking into narrative writing this term and can't wait to get creative with all the stories we have locked in our mind. With the end of 2020 and summer awaiting us, let's make the best of the rest of Term 4!

Ms Nina & Mrs B



How many cups will it take to fill each container?



Which container will be best to fill a fish tank with?



Gymnastics on the new Ngalawa playground



Reused and repurposed Pringles tubes

Live Life Well @ School

STAY SAFE ONLINE

Help your children safely navigate their digital world and educate them to avoid harmful online experiences.

Stay safe online

For online safety:

- Use an internet filter
- Activate the parental control function on devices
- Supervise internet use
- Let children know that they should tell you if they have any problems online, see something that they know is wrong, or anything that upsets them.



Cyber safety is everyone's business!

For more information:
esafety.gov.au/iparent



Live Life Well @ School

MINDFULNESS MEDITATION

Mindfulness Meditation

is a helpful tool to help children manage the heightened emotions they may be experiencing.

It gives them time to breathe and imagine, be quiet and still and know that it is ok to have feelings.



Check out **Smiling Mind** for:

- Free meditations to use with your child & the family
- Digital care packs to support children through the current times and beyond

www.smilingmind.com.au



Live Life Well @ School

MEAL TIME CONVERSATIONS MATTER

Meal time conversations can be a time to develop healthy eating behaviours and encourage food exploration.

Child centred nutrition phrases and repeated exposure to foods can develop kids willingness to try healthy foods.



Try some of these:

- Eating your greens will help you run faster
- Whole grains help you jump higher
- Broccoli trees help you be stronger

Search 'Making mealtimes positive' at:
health.gov.au

