

Wewak Street School

Term 3 | Week 10

Monday 21st September 2020

DATES TO REMEMBER

**No Lunch Orders
Friday 25th September**

**Last Day of Term 3
Friday 25th September**

**First Day of Term 4
Monday 12th October**

**School Assembly's
Under Strict
NSW Health Guidelines
Limited to 15 minutes
Students and Staff only**

Please don't forget printed newsletters on request only.

Visit school website:

www.wewakst-s.school.nsw.edu.au

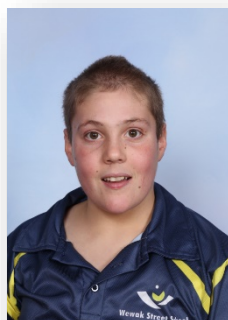
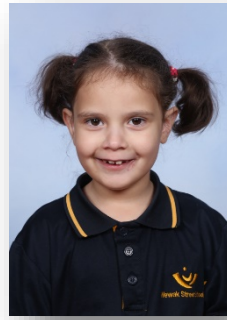


Class 1	Violet Glaw
Class 2	Lex Kibble
Class 3	Savannah Mujuru
Class 4	Nathaniel Robinson
Class 5	Declan Clark
Class 6	Mackelle Lake
Class 7	Byron Williams
Class 8	Beau Howell
Class 9	Abbey Morton
Class 10	Matthew Condon



★ Stars of the Week ★

Sport	Mackelle Lake & Matthew Condron
Library	
Maths	Zoey Bowie
Reading	Josephine Binti
Writing	Jakobi Zimmer
Key Word Signing	Connor Emerson
Friendship	Dalryn Zantuck





Key Word Sign



Stop



How to sign it: Hold flat hand in front of you, fingers upwards, palm out

Look



How to sign it: With pointer and middle fingers extended from fist in a 'V', pointing forward; start with pointer finger resting near eye and move hand forward.

Listen



How to sign it: Flat hand is slightly cupped behind ear, palm facing forward.



Tell Them From Me

Dear Parents and carers, we are conducting the Tell Them From Me Survey. We would love it if we can get all parents/carers to complete the survey to allow us to better meet the needs of every student at Wewak Street School. To access the survey please go online and follow this link.

<http://nsw.tellthemfromme.com/wewakstreetparent2020>

The Tell Them From Me Parent Survey is anonymous, voluntary, and easy-to-use. It is based on a comprehensive questionnaire covering parents' perceptions of their child's experiences at home and at school.

Insights into parent and staff communication, activities and practices at home, and parent voice on the school's support of learning and behaviour all build an accurate and timely picture that schools can use for practical improvements.

Thank you for taking the time to complete the survey.

Doug McGhee



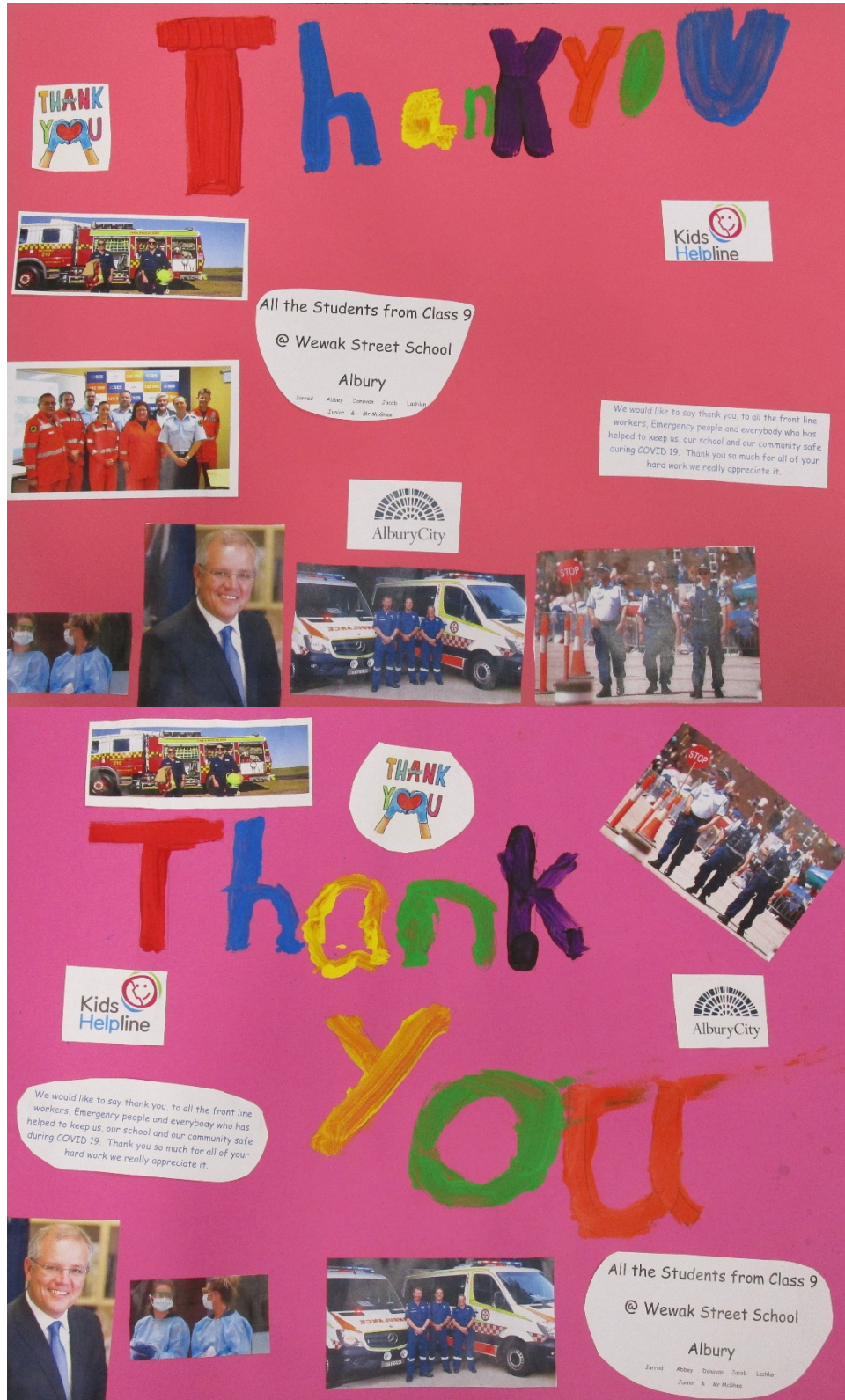
Last day of Term 3 Friday 25th September
First day of Term 4 Monday 12th October




No lunch orders on
Friday 25th September
JFHS Canteen is closed

Class 9

Class 9 made posters to thank our Essential Services for keeping us safe during COVID-19.



Community News

MISSION AUSTRALIA <small>together we stand</small>		Parenting Riverina Programs October to December 2020		
ALBURY				
Engaging Adolescents—M.A. Albury		123 Magic & Emotion Coaching—M.A. Albury		
Session 1: Thursday 15 October 2020		Session 1: Tuesday 20 October 2020		
Session 2: Thursday 22 October 2020		Session 2: Tuesday 27 October 2020		
Keeping Children Safe—M.A. Albury				
Session 1: Thursday 29 October 2020				
Session 2: Thursday 5 November 2020				
WAGGA				
Parenting your child with ADHD—M.A. Wagga		Keeping Children Safe – M.A. Wagga		
Session 1: Thursday 5 November 2020		Session 1: Wednesday 9 December 2020		
Session 2: Thursday 12 November 2020		Session 2: Wednesday 16 December 2020		
COOTAMUNDRA				
Parenting your child with ADHD—M.A. Cootamundra		Incredible Years—M.A. Cootamundra		
Session 1: Wednesday 14 October 2020		Session 1: Wednesday 18 November 2020		
Session 2: Wednesday 21 October 2020		Session 2: Wednesday 25 November 2020		
		Session 3: Wednesday 2 December 2020		
TUMUT				
Mental Health First Aid—Coeee Cottage		Engaging Adolescents—(to be advised)		
Session 1: Friday 23 October 2020		Session 1— TBA		
Session 2: Friday 30 October 2020		Session 2— TBA		
NARRANDERA				
123 Magic & Emotion Coaching—TBA				
Session 1: TBA				
Session 2: TBA				

At Centacare we are passionate about supporting all people in our community. We are part of the **Wagga Wagga, Albury, Griffith and surrounding communities**. We believe in the wellbeing for all.



TERM 4 TIMETABLE 2020

<p>ANGER MANAGEMENT</p> <p>This course helps support people to understand and cope with their feelings of anger. It gives people a chance to understand the underlying causes of their anger and new skills to use when they are angry.</p>	<p>FAMILY AND PARENTING EDUCATION PROGRAMS</p> <p>We offer a wide range of parenting and education groups that focus on building skills, strategies and knowledge so you can enjoy positive relationships within your family.</p>	<p>NO SCAREDY CATS</p> <p>This course teaches parents and carers (of 2-12 year olds) how they can help to reduce their child's anxiety and build resilience skills.</p>
<p>123 MAGIC AND EMOTION COACHING</p> <p>Teaches parents and carers (of 2- 12 year olds) how to manage their children's difficult behaviour.</p>	<p>WHAT'S BEHIND THE BEHAVIOUR?</p> <p>This 2-hour seminar focuses on why children behave the way they do and how to create your own toolkit of helpful ideas to promote positive behaviour.</p>	<p>THE POWER OF CONNECTION – SOCIAL AND EMOTIONAL DEVELOPMENT</p> <p>This 2-hour seminar focuses on the importance of connection when developing positive relationships with your child.</p>
<p>ENGAGING ADOLESCENTS</p> <p>This course teaches parents and carers strategies to have challenging conversations with their teenagers about their behaviour.</p>	<p>KEEPING KIDS CALM</p> <p>This program helps parents to understand their children's behaviour and provides practical strategies in supporting behavioural change and emotion coaching.</p>	<p>THE A-Z OF SEPARATION</p> <p>These two-hour seminars focus on what to expect and what options you have when you separate. Based on your circumstances, there are three seminars on offer.</p>



Call 1300 619 379

Email info@centacaresnsw.org.au
Web centacaresnsw.org.au



School Holiday Activities with
Art Starts Here
at Mirambeena Community Centre



Tuesday 29th Sept at 10am
Come and build your very own monster sculptures during our kids creative workshop. Ages 10 - 15 years. Cost is \$49 and includes all the tools and materials to bring your monster family to life.



Tuesday 29th Sept at 1pm
We will show you how to create this gorgeous fairy night light sculpture during our kids creative workshop. Ages 10 - 15 years. Cost is \$49 and includes all the tools and materials to bring your magical house to life.



Wednesday 30th Sept at 10am
With some wood working skills and paint we will guide you to make this owl family keyholder during our kids creative workshop. Ages 10 - 15 years. Cost is \$49 and includes all the tools and materials to bring your little bird family to life.



Wednesday 30th Sept at 1pm
Come and paint the moon and the stars on your very own galaxy tshirt during our kids creative workshop. Ages 10 - 15 years. Cost is \$49 and includes your tshirt all the tools and materials to make some out of this world wearable art.

To book visit
www.artstartshere.com.au
or call Kylie on 0419 317 342

headspace Albury Wodonga spring newsletter 2020

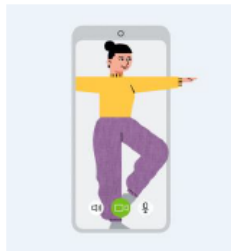
Get some movement

Movement is a great way to help improve your mood and reduce stress, and you don't need to run a marathon to get some movement into your day! We have developed some great digital video resources that we hope will be useful for individual and school use. Check them out on our socials.

Create Your Movement

Follow along with our amazing instructor Robbie and create your movement by moving the way you like to; learn a new way to slow down, take a breather or increase your mood with mindfulness, dance, juggling, balance and yoga.

Find these clips on our [website](#) and click the link of your preferred options.



Stretch, Breathe, Energise

Our stretch, breathe, energiser clips can help promote some healthy coping strategies to manage stressors and help improve mood.

Developed with MVE Studios Albury these clips go for 5-6 minutes each and you can do them anywhere, anytime that suits YOU! And they are great to use during big study and exam times!

1. stretching break - release your muscle tension and move your body.
2. breathing for relaxation - soothe your mind and centre your thoughts.
3. energiser movement - put some movement into your day, a few small moves can help to energise your mind and body

Get started by checking out the clips on our [facebook page](#)

The five outs of being in a pandemic

Supporting young people during a pandemic can feel challenging, and that's OK. Remembering to look after yourself is also important, we have 5 tips that could help families and friend during this time. Our Youth Counsellor Georgia shares the tips on our [facebook page](#)

1. Get it out
2. Get outside
3. Outsource the load
4. Get out of breath
5. Change the outlook

For more helpful tips head to [headspace.org.au](https://www.headspace.org.au)

Reducing exam and study stress

Feeling overwhelmed or stressed because of exams? Learn more about looking after yourself in order to be as ready for the exam as you can be. We have some tips that could help reduce the stress and help your overall wellbeing.

- Look after yourself
- Take the time to plan
- Rest when you need it
- Ask for help
- Be Prepared

You can find out how to do those things [here](#)

You've got this!!



Move Your Mind with headspace YRG @ MVE Studios

Join the Youth Reference Group at MVE Studios, take some time to, try something new or to do what you love!

The YRG have selected three FREE yoga, relaxation, barre sessions for young people. Find all the info on our [event facebook page](#)

Spaces are limited, to secure your spot book here:

[eventbrite.com.au/e/move-your-mind-with-headspace-mve-studios-tickets](https://www.eventbrite.com.au/e/move-your-mind-with-headspace-mve-studios-tickets)

Stretch & Relaxation

Wednesday 30 September 11am -12pm

Ages 15-18

Treat yourself while you build strength, balance and focus. Finish with a beautiful guided meditation to see you floating out the door.

Barre

Friday 2 October 7- 8pm

Ages 18 - 25

This class will be pumping, Barre is a combination of Yoga, Pilates and Ballet, with the MVE team adding some 80's style and a lot of laughs!

Yoga & Meditation

Tuesday 6 October 2.30 - 3.30pm

Ages 12-15

This is a great place to start. Improve flexibility, strength, and mindfulness while working up a sweat to get a deep stretch and relaxation.

Please be aware that all participants will be required to follow CovidSafe procedure.

If you are feeling unwell - fever, cough, sore throat please do not attend

Please bring your own water bottle.

1/579 Dean Street Albury



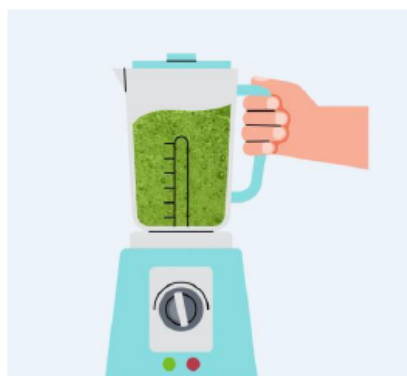
MVE Studios.

Banana-choc smoothie

Did you know that what we eat can affect how we feel! Eating well gives you more energy, helps you sleep better, improves your concentration and, you guessed it, keep a healthy headspace. Here is a quick and easy smoothie that has all the good things!

- One blender (or similar blender like tool)
- One banana
- One tablespoon of cacao super spread (or any kind of chocolate spread/powder)
- Around 300mls of milk

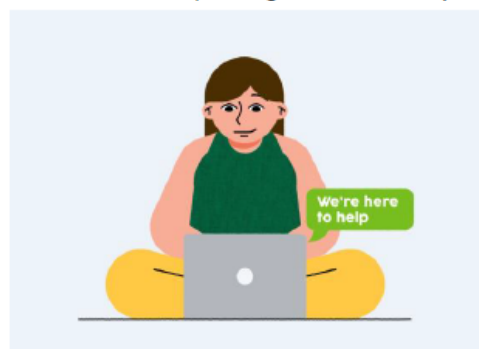
Blend, pour and enjoy!



Work & Study Support

Access free work and study support when and where you need it. Talk with an experienced headspace Work & Study Specialist today on 1800 810 794. Together, we've got this.

Learn more at [headspace.org.au/workandstudy](https://www.headspace.org.au/workandstudy)

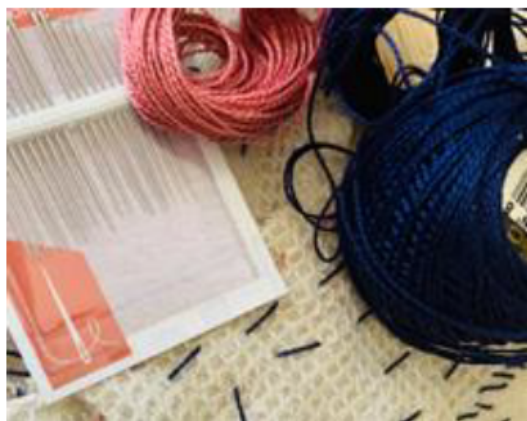


Stitch Out of Time

Stitch Out of Time is a mindfulness project using slow stitching with a variety of materials. You can join us and see some great stitching example on the [facebook group page](#).

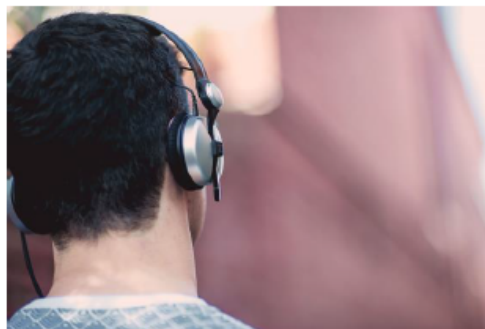
The slow stitch movement links 'mindfulness' and 'being in the present moment' through encouraging slow stitching on a piece of fabric. The object is to do this in a slow, mindful way to create a sense of relaxation and calm. Hunt and gather old pieces of fabric, textiles to recycle them into a piece of Iso Art to help us reflect in a mindful way of the experience of 2020.

When you have created your piece of art, you can send it to headspace Albury Wodonga. We can then join all the pieces together to create a community artwork on the wall within the centre.



Have you seen the world change?

Hope can come from strange places. Have you seen the way the global pandemic has affected our environment? From our air clearing to animals reclaiming the world, check out some wonderful stories from [National Geographic](#) and [ABC News](#)



Podcast for parenting

When things get stressful and challenging, what do you do? How do you relate to yourself? How do you care for yourself?

As parents, we are often our own worst critics, and can add to the stress by being judgemental about how we've handled things.

In this podcast series, founder of the internationally acclaimed Triple P – Positive Parenting Program, Professor Matthew Sanders provides practical and actionable advice to help you steer your household through these uncharted waters.

<https://pfsc.psychology.uq.edu.au/parentinginapanademic>



The Youth Employment Study (YES) survey is up and running! And The University of Melbourne want to hear from young jobseekers across Australia about what it is like looking for work during COVID-19.

- ✓ aged 15-25?
- ✓ been looking for work?

Participate in the short survey today!

Your opinions matter and will make a difference. Participate to be entered into a prize draw to WIN an iPad! Bose headphones! HEAPS of cash vouchers!

Follow the link to complete the survey or contact the research team – yes-study.org.au

What's On

IN THE VALLEYS
ONLINE MUSIC FESTIVAL
FRIDAY 25 SEPTEMBER, 2020
2PM-6PM LIVE ON INSTAGRAM

JAMES EGGLESTON
HUGH F
MOLLY JANE
GEORGIE CURRIE
ASHA
GEORGIA DIANE
BENNY WILLIAMS
TALLON SMITH
THE SHADYCREST FAMILY BAND
GODSPEED, BROTHERMAN
LIV CARTLEDGE
THE NORTHERN FOLK

freesza VICTORIA
ALPINE
INDIGO

GRATITUDE IN FOCUS
ONLINE PHOTO COMPETITION FOR YOUNG PEOPLE

OPENS 14.9.20
CLOSING 14.11.20

1. SNAP A PHOTO OF SOMETHING YOU ARE GRATEFUL FOR
2. POST IT ON INSTA OR FACEBOOK OR EMAIL IT TO US
3. ADD THE #5 #GRATITUDE #45DEGREESYOUTH
4. TAG YOUR LOCAL COUNCIL'S YOUTH SERVICE

\$1,000 IN PRIZES

Full terms and conditions available at <https://linktr.ee/45degreesyouth>

Renalla Rural City, ALPINE, INDIGO, MANSFIELD SHIRE, MITCHELL SHIRE COUNCIL, Strathbogie

School holidays at Retro

Art in the Square

Tuesday 6 October 2:00 - 4:00 pm

Enjoy a beautiful spring day by creating your own artwork around the theme 'Friendship'.

Yogathon

Tuesday 29 September 10:30 am - 12:00 pm

Come and join us on our mission to complete a Yogathon in QEII Square!

Retro's Amazing Race

Thursday 8 October 10:00 am - 12:00 pm

Buddy up with a friend and join Retro's Amazing Race!

Retro Live in the Square

Friday 9 October 12:00 - 3:00 pm

Spend the day in the sun listening to live performances at QEII Square from local artists.

Check out more info and any booking requirements on the Council sites

<https://www.alburycity.nsw.gov.au/whats-on>

<https://www.facebook.com/thisistheretro>

Youth Chairperson headspace Albury Wodonga headspace Wangaratta

headspace Albury Wodonga and headspace Wangaratta are looking for a passionate, community-minded young person, who has an interest and willingness to developing their leadership skills in our volunteer role, Youth Chairperson headspace Albury Wodonga and headspace Wangaratta Consortium.

This role will provide youth voice and representation at a strategic consortium level, to assist us in delivering a high-quality responsive service based on local priorities. Find the position description and application form [here](#), contact headspaceAW@gatewayhealth.org.au for more info.

Roasted vegetable salad

2 serves of vegetables in each serve



Ingredients

- 1 carrot, cut into rounds
- ½ butternut pumpkin peeled, deseeded & cut into 2cm cubes
- 1 medium sweet potato, peeled & cut into 2cm cubes
- 1 parsnip, peeled & cut into rounds
- 1 large beetroot, peeled & cut into 12 wedges
- 2 sprigs rosemary, leaves removed & chopped
- 4 tbsp olive oil
- 100g rocket
- 3 tbsp pepitas (pumpkin seeds)
- Freshly cracked pepper to taste

Method

Pre-heat oven to 180°C. Line 2 oven trays with baking paper.

Lay the orange vegetables and the parsnip on one of the trays, spray with olive oil spray and toss with half of the rosemary. Repeat with the beetroot on a separate tray.

Place the beetroot in the oven first as they will take up to an hour to cook. After 15 minutes, add the other tray to the oven and continue to cook both trays for 45 minutes or until the vegetables are golden and cooked through.

Cool slightly then combine on a serving platter, scattered with rocket and pepitas. Add cracked pepper to taste.