

Wewak Street School

Term 3 | Week 10

Friday 27th September 2024

DATES TO REMEMBER

Friday 27th September
Last Day of Term 3

Monday 14th October
First Day of Term 4

P&C
Monday
21st October
7PM Staffroom



Newsletters can be viewed via school website:
www.wewakst-s.school.nsw.edu.au
or the school Facebook page.



Class 6 Lex Kibble
Class 7 Noah George
Class 8 Whole Class
Class 9 Jake Butler
Class 10 Jakobi Zimmer

★ *Stars of the Week* ★

Sport Courtney John-Tonks
Library Seth Visser
Literacy Myvanwy Lewis
Friendship Hayden Jerrerd
Reuben Hantsche
Noah George

MiniLit

Ruby Altoff
Emily Cunningham
Tilly Witt



Wewak Street School
Wewak Street School
Learning & Achieving

Principal: Charmaine Borchert
P.O Box 896, Lavington NSW 2641
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Key Word Sign



Stop



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

Go



How to sign it: Move both hands forward and outwards so that hands end near sides with fingers straight and pointing forward.





What a busy and full term this has been. This term we have seen many celebration days and events in the school. The term started off with NAIDOC celebrations and students enjoyed classroom activities and the JFHS Dance troop performance.

In Week three we celebrated Public Education week and parents were served morning tea as they mingled and met the Albury Director of Educational Leadership before they joined in the sport activities and games. In Week five Wewak Street students and staff had a magical time celebrating Book week.

Last week we were privileged to have Questacon visit and treat students to some very good science experiments.

In all that we also celebrated Father's Day- thank you to the P&C for organising the gift stall.

Last week we all dressed up in Footy colours.

Sadly, the Duke of Edinburgh camp to Melbourne did not go ahead due to cost but several smaller camps were able to be undertaken. The smaller camps meant that a greater number of students were able to participate and different activities for different students were able to be catered for.

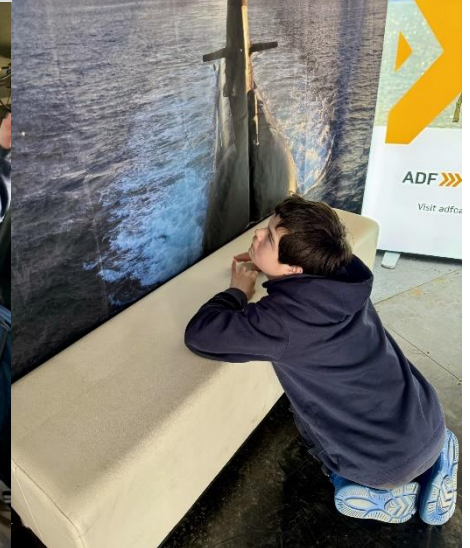
This year it was fabulous to see a record number of parents/carers and students attend the planning meetings for Personal Learning and Support Goals, review and reappraisal meetings. It is amazing how quickly these meetings come around but it is so good for our student's growth and education to share the success and goals for learning. Next year it would be fantastic to increase the number of students participating and for them to set their own personal goals, whether that is academic or personal.

This term has been one of a variety of illnesses, both for students and staff. All are looking forward to better weather and being able to rest and recover from a busy term.

Charmaine Borchert

Principal

Henty Field Days







Learning and Achieving

WEWAK STREET SCHOOL

At Wewak Street School we are committed to the wellbeing of all students. As part of our wellbeing focus, we are continuing to look at each student's current attendance rate so that we can offer support to keep students wellbeing on track.

We understand that issues can occur occasionally and that it can affect the ability of our students to make it to school on time every day, but we feel that attendance is an important aspect of their wellbeing and learning.

If you have any concerns around your child's attendance, please let me know so the school can support your child in gaining greater attendance rates thus improving learning, social and communication outcomes.

The NSW Department of Education policy on attendance states that parents and carers of children from Kindergarten to Year 12 must ensure their children attend school every day unless they have a justified reason.

NSW Department of Education defines a justified absence as:

- **Being sick or having an infectious disease**
- **Having an unavoidable medical appointment**
- **Attending a recognised religious holiday**
- **Exceptional or urgent family circumstances e.g. Attending a funeral**

Valid reasons for ALL absences need to be given to the school:

- Phone
- Email
- Sentral parent portal

If you have any questions or need to discuss any issues, please contact the school, thank you:

Ms Astridge and the Attendance Team at Wewak Street School wewakst-s.school@det.nsw.edu.au

Ph: (02) 6040 6284



Education

I acknowledge the homelands of all Aboriginal people and pay my respect to Country.

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WODONGA WARRIORS WANTS YOU!

**Wodonga Warriors Softball Club
are recruiting Senior & Junior players for its
2024\25 Summer Season.**

We offer.

**U12's, U14's & U16's Boys & Girls Mixed Comp
Senior Women and Senior Men Comps
If you've ever wanted to play, or are looking
for a club, Contact us today for more info.**

Training starts

Thursday, 19th of September

Juniors 4:45pm

Seniors 6pm

Gayview Park, Wodonga.

Contact Tracey 0407592722



Can you support Bandana Day?

Every dollar raised helps Canteen to support children with cancer. Please help the SRC raise awareness and funds. 3 ways you can do this are:

- 1: Buy a bandana for **\$7** (available at Wewak Street School)
- 2: Wear your bandana on **October 24th**
- 3: Donate using the web address-

<https://www.bandannaday.org.au/s/19921/23199/e>



Dress up your pet.



Wear a head band.



Dress like a pirate.



Road safety



Keeping your children safe when dropping off and picking up at school

Here are a few things you can do to help keep your children and others safer during drop-off and pick-up times during the school week:

- Make sure your children are fastened in the correct child car seat for their age and size and that it is fitted correctly.
- Stick to the 40km/h speed limit in a school zone and look out for children who may be about.
- Watch for flashing lights on buses. They let you know that there may be children crossing or about to cross the road. A 40km/h limit applies when school bus lights flash.
- Always give way to pedestrians particularly when entering and leaving driveways.
- Always park and turn legally around schools. Manoeuvres such as U-turns and three-point turns are dangerous during busy school drop-off and pick-up times.
- Drop your children off and pick them up on the school side of the road in your school's designated drop-off and pick-up area. Never call out to them from across the road – they may run to you without checking for traffic.
- It's safest for children to get out of the car through the Safety Door, away from passing traffic. This is the rear footpath side door of the car.

For more information on keeping our kids safe around schools visit the families section on safetytown.com.au



Too many lives lost on NSW roads.
Our goal is zero.

Eat fewer snacks and select healthier alternatives

Did you know?

- ★ Around 1 in 5 young people in NSW report eating potato crisps or other salty snacks at least 4 times per week.
- ★ Over a quarter of young people in NSW eat confectionary at least 4 times per week.
- ★ Most young children eat enough fruit every day, but only about half of children aged 9-15 years have the recommended daily amount.

Healthy snacks help kids and teens refuel

Healthy snacks in between main meals help kids and teens meet their daily nutritional needs.

Young children have smaller stomachs than adults, so they need to eat every few hours to keep up their energy levels and get the right amount of nutrients. Teens get particularly hungry during periods of fast development and snacks are important.

Snacks based on fruit and vegies, reduced fat dairy products and whole grains are the healthiest choices.

It is important to limit snacks that are high in sugar, salt or saturated fats – such as chips, cakes and chocolate – which can cause children to put on excess weight. These 'extra foods' should only be offered occasionally.

“Stock the pantry, fruit bowl and fridge with healthy snacks”



Ideas to help kids and teens 'snack smart'

The simplest way to limit unhealthy snacks is not to buy them. Instead, stock the pantry, fruit bowl and fridge with healthy snacks, and include them in lunchboxes.

Commercial snack foods available in the supermarket have varying nutritional value. When choosing grain-based snacks, look for the healthier options which are high in fibre and whole grains – and look for products with the Heart Foundation Tick.

Put a clear limit on the number of less healthy snack foods eaten each week, such as lollies; chocolate; donuts; some fruit, cereal and muesli bars; potato and corn chips; hot chips; and savoury and sweet biscuits.

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What makes a healthy snack?

Here are some simple ideas for healthy snacks that you can make at home or add to lunchboxes:

- Fruit muffins or slices, baked using monounsaturated or polyunsaturated oils and margarine instead of butter
- Fresh, frozen, canned (in natural or unsweetened juice) or dried fruit
- Raisin or fruit toast*
- Toasted English muffins, preferably wholemeal or wholegrain*
- Reduced fat custard with fruit
- Rice crackers or corn cakes
- Plain popcorn (unbuttered and without sugar or salt coating)
- Muesli and fruit bars – look for the healthier choices or those with the Heart Foundation Tick
- Scones or pikelets (plain, fruit or savoury)*

- Plain breakfast cereals, such as wheat breakfast biscuits with reduced fat milk, topped with sliced banana and a drizzle of honey
- Snack-sized tub of reduced fat yoghurt (plain or fruit flavoured)
- Cubes, slices, shapes or wedges of reduced fat cheese with wholegrain crackers or crispbread
- Potatoes, topped with reduced fat cheese and baked in the microwave or oven
- Corn on the cob*
- A boiled egg.

** Skip the spread or use in small amounts, preferably monounsaturated or polyunsaturated.*

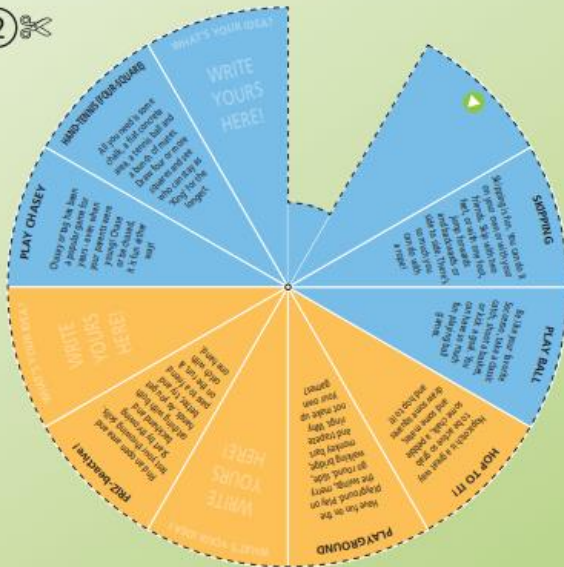
For more information and ideas on healthy eating and physical activity, go to www.healthykids.nsw.gov.au



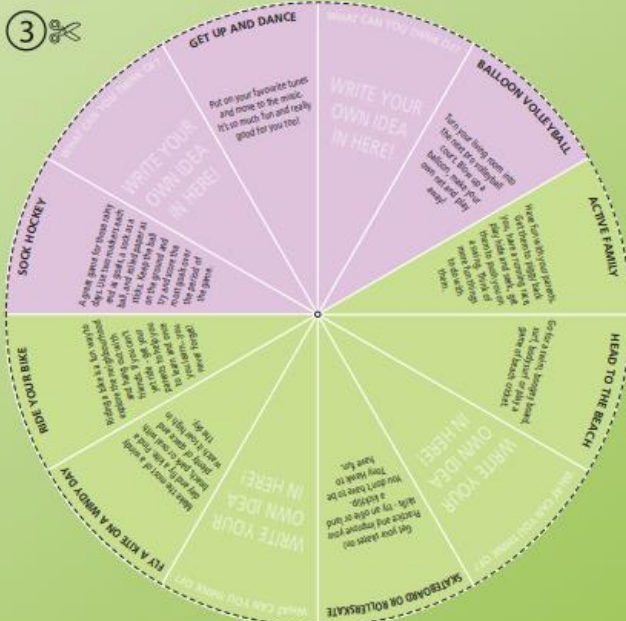
1 ✂



2 ✂



3 ✂



Be an active family!

CUT IT OUT!

Children's Activator

Children love to **be active**. Making physical activity a part of their daily routine is not only fun, but also healthy.

Physical activity is important for healthy growth and development. Encouraging children to **be active** when they are young also sets up a routine that could stay with them throughout their life.

Did you know?

Children should be physically active for at least 60 minutes a day and spend no more than two hours a day surfing the net, watching TV or playing video games.

There are loads of fun ways that they can **be active**, whether it's at school during lunch, recess or class time, or outside of school with family and friends.

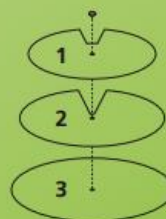
Want to see some of the many fun ways that young people can **be active**? Well, sit down with your child or children (remember not to sit for too long!!), follow the instructions below and make your own special **be active** Activator. It shows heaps of great ideas to get you started!

Instructions

What you need:

A sheet of cardboard, some scissors, glue and a split pin.

- 1) Stick this page to some cardboard with glue.
- 2) Use some scissors and carefully cut out around each circle.
- 3) Lay the three layers of your pinboard in the order indicated below, with a split pin through the centre.
- 4) Turn the dial and **be active**!



be active.

SPARC NZ have kindly permitted the use of the Push Play Activator concept



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