

From the Principal

Thanks again to everyone for bouncing back into and out of remote learning. We're all so pleased that this was a short lockdown and that our students are back onsite.

Thanks to our School Council who also showed great flexibility in the changes of dates. Last night our School Council met for the first time this term with a number of key items discussed. The School Council is an incredibly important part of the school governance, providing all parents and carers the opportunity to have input into the running of the school. I would like to thank all the parents/carers who are on the School Council and especially recognise James Blake who has been on the council for some time, as he steps down from his role as a school council member. Thanks for your input into the school and your time as the treasurer of the council. We do welcome Kate Lineker onto the school council in James' place. Our School Council President is Tamara Lake. You can chat with her, or any of the other council members if you have any questions regarding the council and can alternatively discuss any items with me as well.

Thanks to everyone who completed the recent survey around the potential for an 'Outside School Hours Care' service at Wangala Primary School commencing in 2022. The results were outstandingly in favour of the service, indicating a need for there to be care arrangements to assist our families to access further education or work opportunities. We will know in October if we are successful in our application for an establishment grant.

One other item to come out of School Council was a change to our school logo to embrace the new school's name and identity. The council were in favour of a change to this, and so we begin consultation around this. In the coming weeks I will share the designs with you to gauge your thoughts which are very much valued as a part of our fantastic school community.

Steven King

Dates to Remember

Thursday 26th August

Curriculum Day – No students

1st – 3rd September

3-6 School Camp at Coastal Forest Lodge

Tuesday 7th September

School Council Meeting (TBC)

Friday 17th September

Last day of term (early finish!)

Monday 4th October

First day of term four

Monday 11th – 22nd October

Whole School Swimming Program (information to come out very soon!)

Tuesday 26th October

School Council Meeting

Friday 29th October

'Glasses For Kids' assessment onsite for Prep – Year Three

100 Days Of School

Our Prep students celebrated 100 days of school last week. They made gorgeous hats and celebrated with their peers from the junior class with cupcakes and a dance off! Congratulations to our five Prep's for a wonderful start to their school life, despite a few lockdowns here and there!



Curriculum Day

A reminder that we have a Curriculum Day coming up on Thursday, 26th August. This is the second day that all our staff will undertake training in the 'Berry Street Education Model', to build staff capacity around trauma informed, strength-based approaches to teaching and learning. Our first session saw us looking at strategies to help students meet unmet regulatory needs of the body, helping students to become present, centred and ready to learn, and the importance of co-regulation and self-regulation for students' wellbeing and academic learning.

Growing Minds

Mindfulness and Grounding Techniques

Whether someone is having a panic attack, experiencing a high level of anxiety or is struggling to fall asleep, finding a way to ease the mind and return to a place of calmness and clarity can be extremely difficult to achieve. That's why mindfulness/grounding techniques are so important, they can help someone achieve just that - no matter their current mental state.

Start by, identifying five things that you see. This does not have to be large objects. The smaller and more specific you can be the better. Found them? Now identify four things that you can touch. Once again, be as detailed as you can. Identify the texture of this object, the temperature, whether it's wet or dry. Starting to feel slightly more grounded? Let's keep going! Now, we would like you to identify three things that you can hear. This can be external sounds like birds chirping or cars driving by. Or, this can be internal sounds, like your stomach rumbling or the sound of your breath. Almost there! Time to identify two things that you can smell. Alright, last one. Identify one thing you can taste. What was the last thing you ate or drank? Can you taste it? Is it sour/ sweet, bitter/tart? Be as specific as possible.

This exercise does take practice and can be adjusted as needed. For example, if a child is struggling to sleep and you don't want to turn on the lights, they can simply identify more things from the other senses and skip over vision. Same applies if a child is finding the activity difficult and can't hear, feel or smell enough things? You can simply ask them to name their favourite things (e.g. "name 2 smells you like" instead of "name 2 things you can smell") or provide the sensory input e.g softly blow a bit of air on their face, open a window to hear outside noise or provide them with a smell such as some hand cream or an essential oil.



Reminder

On Friday, 29th October, 'Glasses for Kids' will be onsite at Wangala Primary School conducting free vision screening and testing for Prep - year 3 students. Hard copy consent forms, an optometrist questionnaire and information for families have been sent home. Please complete and return by no later than Friday the 6th of August. If you require an additional hard copy, they can be printed from Compass or let us know.

Hands on Learning Update

Our very first Cafe Lunch was a huge success with our junior chefs showing some amazing talents in their preparation for the lunch. The overall verdict was that the sausage rolls were 'delicious'. Unfortunately, this week's menu of 'Tacos and Pancakes' was impacted on with the remote learning period, not leaving us enough time to prepare for the day. This will be served next week.

This week our HoL teams came together to prepare our new playground for student (and staff!) use. We also cleared out one of the shipping containers to access some of the tools and equipment in our future HoL projects. All in all, a very productive day for all our students.

