



# WILLUNGA PRIMARY SCHOOL

CONNECT | ASPIRE | RESPECT | EMPOWER

NEWSLETTER | TERM 3 WEEK 3

AUGUST 7, 2024



*"Together we thrive"*

## Key Dates

Whole School Assembly  
9 & 30 Aug

No Bullying Week  
12-16 Aug

Magic Millions Choir Rehearsal  
& Bake a Book Competition  
19 Aug

Book Week  
19-23 Aug

Book Week Parade  
21 Aug

Mylor Camp 19, 2C, 2D  
26-28 Aug

Father's Day Stall  
29 Aug

## Wellbeing CARE Group

By Melanie Jones, Principal  
and Julie Dunn, Deputy Principal

We have had a positive start to Term 3 and everyone is adjusting well to our new morning routine with the introduction of our new Wellbeing CARE Group that was emailed home about last term. The earlier bell at 8:38am has seen students in their classes ready to start the day with our new morning wellbeing focus from 8:45am.

The Wellbeing CARE Group aims to establish a consistent and predictable morning routine for all students to ensure a strong start to their day.

Our focus is on equipping students with wellbeing literacy and strategies to support emotional regulation and enhance their emotional intelligence (EQ).

Research shows that integrating wellbeing education into daily routines can significantly improve students' emotional and academic outcomes (Durlak et al., 2011).

**Each day, students will participate in a Morning Circle, which includes the following components:**

- **The Roll:** Taking attendance.
- **Daily Timetable:** Informing students of the day's schedule to provide structure.
- **Positive Primer:** A 2-3 minute activity designed to foster positive emotions. Studies indicate that brief, positive activities can enhance mood and set a constructive tone for the day (Lyubomirsky & Layous, 2013).

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Government of South Australia  
Department for Education

# From the Principal's Desk (cont.)

- **Values Focus:** Students select a value such as kindness, honesty, or respect to concentrate on throughout the day. Focusing on values has been linked to improved moral development and social behaviour (Berkowitz & Bier, 2005).
- **Announcements:** Sharing birthdays, historical events, and other important information to build a sense of community.
- **Interoception Activity:** Interoception, known as the "hidden sense," helps students understand and manage internal bodily sensations. This awareness can improve self-regulation and emotional control (Craig, 2002).

**From 8:55am to 9:05am, students will engage in a variety of activities aimed at supporting their wellbeing and providing them with tools to handle challenges. The activities will vary across year levels but will cover a range of essential topics, including:**

- **Growth Mindset:** Encouraging resilience and a positive approach to learning (Dweck, 2006).
- **E-Safety:** Teaching students how to navigate the digital world safely.
- **Kimochis (Feelings):** Using tools to help children identify and express their emotions.
- **Identifying Emotions:** Helping students recognise and understand their feelings.
- **Empathy:** Cultivating the ability to understand and share the feelings of others.
- **Valuing Differences:** Promoting acceptance and appreciation of diversity.
- **Understanding Stress:** Educating students on stress management techniques.
- **Acceptance:** Encouraging a mindset of self-acceptance and tolerance towards others.
- **Calm Kid Central:** An online resource and support platform designed to help children manage their emotions, build resilience, and develop social skills.

## School Calendar

<https://willungaps.sa.edu.au/calendar/>

## Principal's Quote of The Week

**If everyone is moving forward together, then success takes care of itself.**

– Henry Ford

**Integrating these components into our morning routine aims to provide a holistic approach to student development, ensuring students are emotionally and mentally prepared for the day ahead.**

If you would like further information the following may be helpful:

- Berkowitz, M. W., & Bier, M. C. (2005). What works in character education: A research-driven guide for educators.
- Craig, A. D. (2002). How do you feel? Interoception: the sense of the physiological condition of the body. *Nature Reviews Neuroscience*, 3(8), 655-666.
- Durlak, J. A., Weissberg, R. P., Dymnicki, A. B., Taylor, R. D., & Schellinger, K. B. (2011). The impact of enhancing students' social and emotional learning: A meta-analysis of school-based universal interventions. *Child Development*, 82(1), 405-432.
- Dweck, C. S. (2006). *Mindset: The new psychology of success*. Random House.
- Lyubomirsky, S., & Layous, K. (2013). How do simple positive activities increase well-being? *Current Directions in Psychological Science*, 22(1), 57-62.

## BENEFITS OF GOING TO SCHOOL



Learning positive life skills



Safe in the care of school staff with access to support and services when needed



Will reach their full potential and have a range of opportunities in life



More likely to stay on track and progress academically



Opportunities to take part in social and learning activities organised by the school



More likely to have stronger social and peer connections

## Colour Fun Run



Our fundraising efforts have commenced for our upcoming Colour Fun Run, which is a bi-annual and much loved whole school event. We continue to raise funds to upgrade our playground facilities. We are looking to add elements to our nature play including nest swings. All donations will be put towards improving the play options we have for our students to access and we are hoping that we can make our plans a reality very soon. **See page 4 for details >>**

# Pastoral Care Worker News -By Sue Camac



## Lego Masters!

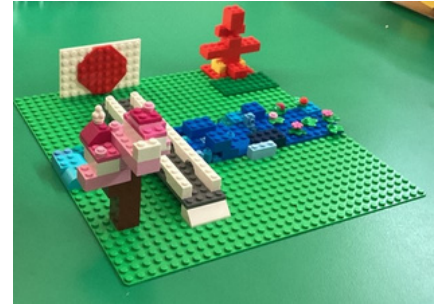
Championships have finished and the winners will be announced at Week 3 Assembly. Given only 10 minutes to then produce something creative, Year 4 students Erin, Bella, Aisha and Eloise from Mrs Broadhead's class came

up with this amazing Japanese scene complete with flag, cherry blossom, kimono, bridge and river.

Now that Lego Masters has finished, this term **Masterchef for the senior students** begins! The Country Show will also be held for the Junior Primary students Friday the 7th of September. More details to come later.

## From THE BIG LIFE JOURNAL - the next 6 of the 50 Powerful Ways to WISH A GOOD DAY to your child:

13. Make it a great day!
14. Your choices matter
15. Ask good questions
16. Enjoy the struggle of the day
17. Make a difference
18. Fill someone's bucket!



## Book Week 2024



Book Week will be held 19-23 August. This year's theme is Reading is Magic! Students will participate in a variety of activities throughout the week, including the Book Week Parade on Wednesday 21 August. Come to school dressed as your favourite story book character!



## Principal's Tour

Friday 9 August 2024  
9.30am to 10.30am



Bookings are essential. Visit our website or

[click here](#)



# Colour Fun Run

## Get your colour on, Willinga Primary is hosting a Colour Explosion run 4 fun!

Our Colour Explosion Run 4 Fun will be held on Friday 13th September from 1:30pm to 3:00pm. Not only are we hosting an awesome Colour Explosion Run 4 Fun, students can order up to 5 prizes based on their donations received. They can even mix and match! Don't want the prizes, donate to one of the causes – Carbon Neutral (tree planting), Great Barrier Reef Foundation (coral planting or turtle protection), The Smith Family (reading support) or OzHarvest (providing meals).



Students have received a sponsorship book with instructions on setting up their cybersafe, online fundraising profile at [www.australianfundraising.com.au](http://www.australianfundraising.com.au) This is an entirely online fundraiser; all cash donations must be converted to online donations to redeem your prizes.

### Extra Incentives to Fundraise!

- Online Golden Coins – complete fun online tasks to redeem an extra \$75 towards your prize credit.
- Monty the Monstar's Bonus Prizes – achieve milestones to unlock Monty's bonus prizes.
- \$10,000 Budget Booster Bonanza Spending Spree for one organisation's highest fundraising student
- Our school will win an extra \$5,000 if we have the highest average fundraised amount per student in 2024.
- A Play Station 5 Gaming Bundle – see your child's sponsorship booklet for more!

### Incentive Prizes

Fundraising for our Colour Explosion School Run 4 Fun is entirely online. At the end of the fundraiser either order prizes to receive or donate to a cause – Carbon Neutral (tree planting), Great Barrier Reef Foundation (coral planting or turtle protection), The Smith Family (reading support) or OzHarvest (providing meals). You only need to raise a minimum of \$10 to receive an incentive prize and \$20 to donate to a cause!

### Monty the Monstar Prizes!

Monty the MonSTAR is giving away lots of extra prizes to help you reach for the fundraising STARS! Will you collect them all? Check your sponsorship booklet to see what Monty has up for grabs.

### \$10,000 Budget Booster Shopping Spree!

What would your family buy with \$10,000?! The highest fundraising student in our school will go into the draw to win: \$2,500 Coles Card, \$2,500 Woolworths Fuel Card, \$2,500 Harvey Norman Card and a \$2,500 Visa Card.

### Win a PlayStation 5 Gaming Bundle!

Do you have a need for speed? The highest fundraising student in Australia will take home an awesome PlayStation 5 gaming bundle, complete with a NEW PlayStation 5 Console, VR2 Headset and Sense Controllers! You have to be in it to win it! If you haven't already, make sure you start fundraising online at [www.australianfundraising.com.au](http://www.australianfundraising.com.au). Happy fundraising!

For more information, please contact the front office via email [dl.0744.info@schools.sa.edu.au](mailto:dl.0744.info@schools.sa.edu.au) or 8556 2234.



# Term 3 Health & PE

## R-2 classes:

In PE this term, we will be focusing on cricket and learning the fundamental skills including throwing, catching, batting and bowling. Students will learn these skills through a range of activities and mini game scenarios and participate in a clinic session run by SACA.

In health lessons, the classes will be learning about emotions and the catastrophe scale. We will look into identifying body responses, visual cues, calming strategies, as well as sizes of problems.

## 3-6 classes:

In PE this term we will be focusing on hockey and learning the fundamental skills of ball/stick control, passing, shooting and defence through a range of activities/stations and mini games.

In health classes, we will be focusing on healthy living and hygiene. The students will be learning about social, mental and physical activities and how/why to include them into our daily routine as well as what we need to do to live a healthy life, including hygiene practices.



In Term 3, we will be participating in the Premier's Be Active Challenge, where students need to do 60 minutes of physical activity for at least 5 out of 7 days in the week. This can be broken up into smaller sections across each day and can be a range of different activities including competitive sport and PE lessons to just running around and having fun at recess and lunch.



We are aiming for all students to have a go at the challenge and complete the 4 weeks. Awards will be given out in Term 4, for those students who do manage to complete it and the house captains will be running lunchtime activity across the next few weeks to encourage and promote being active.

## SAPSASA Netball -By Amira, Adele and Lola

We arrived at Littlehampton Primary School and we were all so excited to play our first game. We warmed up before the game against Littlehampton PS. We were all playing amazingly and having so much fun, but we lost by 6. We had some recess then got ready for our next game against Fulham North Primary School. We were all tired from our first game but were still so excited for our second game. They were quite tough, but we were all having so much fun working together and trying new positions, but unfortunately, we lost this game as well. It was finally time for lunch, as we were all so hungry. We were so happy about how we worked together, and we are proud of ourselves and each other.



## ONKAPARINGA BOY'S NETBALL

Nox was selected in the Onkaparinga Boys Netball Team which represented as Southern Metro at the inaugural Boys Netball State Carnival. They came first and won a gold medal and won eight out of their nine games. Well done Nox!

# Term 3 Music & Choir

## Receptions & Year 1

- Practise singing songs and chants.
- Identify instruments and a steady beat in music we listen to including music from around the world.
- Practice singing and signing the solfege notes 'me, so and la'.
- Play rhythms of songs on instruments and with chopsticks.
- Create movements in response to music, stories and images.

## Year 2

- Identify instruments, dynamics, and expression and observe performance skills in music they listen to and watch.
- Aurally identify and notate rhythms using Ta, Titi and rest.
- Play simple melodies on Boomwhackers.
- Practice singing and signing solfege notes 'do, re, mi, so, la.

## Year 3

- Identify instruments of the Orchestra visually and aurally.
- Describe the instrument families and how they produce sound.
- Play simple melodies on xylophone.
- Play their own part against two other parts on xylophone.

## Year 3 (Aldridge)

- Create movement pathways and formations.
- Create a dance inspired by Chinese Lion and Lantern dances.
- Perform dances in small groups for peers.

## Year 4/5

- Aurally identify music in  $\frac{3}{4}$  and  $\frac{4}{4}$  time signatures.
- Practise conducting patterns in  $\frac{3}{4}$  and  $\frac{4}{4}$  time signatures.
- Practice rhythmic ostinatos and perform in 2 and 3 part cannon.
- Create a bucket drum arrangement.

## Year 5/6 & Year 6

- Aurally identify music in  $\frac{3}{4}$  and  $\frac{4}{4}$  time signatures.
- Describe and notate rhythm features in music using traditional terminology (minim, crotchet, quaver, semiquavers),
- Record musical ideas such as a bass riff using traditional music notation.
- Use movement, voice and facial expressions to communicate ideas to an audience.

## Choir

Choir students are looking forward to the Festival of Music Concert on Thursday, Week 8. They have been working hard on their songs and choreography in preparation for the big performance. We are excited to have one of our students, Bodey J performing a solo on the night and performing in the Rhythmic Rumlbers ensemble.

## 2024 Class Olympics

In PE this term, all classes have been participating in our own mini class Olympics. Students have been put into teams, created a team name and posters and are competing in different mini sporting events including running races, throwing events, basketball, hockey and more. We are focusing on teamwork, sportsmanship, participation and Fun!



## Nitro Nat Incursion

### Planting seeds for the scientists of our future

We were lucky to have Nitro Nat visit our school on Wednesday 31 July. Students from Yr 2 to Year 6 went in 100 minute blocks throughout the day to learn interesting facts about science. Nitro Nat brought a lot of colour and fun to science!

