



THE WODEN SCHOOL

Independence & Responsibility



**School Contact: Ph: 6142 0200 Fax: 6205 6290 Email: tws@thewodens.act.edu.au
website: www.thewodens.act.edu.au**

Term 2, Issue 4

June 2019

Principal

- Ian Copland

Deputy Principal

- Tabatha Kellett

Business Manager

- Jenna Blake

Executive Teachers

- Gonzalo Donoso-Lopez
- Rowena Van Ballegooyen
- Peter Taylor

Pastoral Care

- Sasha Posthuma Grbic

School Psychologist

- Justine Rainey

Front Office

- Melinda Harrison
- Narelle Leonard
- Sandra Cusack

Principal's Report

Dear Parents/Carers

Term 2 is almost over. It has been a busy and productive term.

You will receive your young person's Semester 1 report before the holidays. Teachers have been working hard to put these together to provide you with a good description of progress over terms 1 and 2.

The Variety NSW Bash was a great event. The students were fascinated by the cars and it provided some great publicity for the school (see the WIN News segment on our Facebook page)

We are very excited that our upgraded café area will finally be opened in the coming week. We will also have upgraded accessible toilets. A big thank you to Canberra Lego Users Group and the school's P&C. Proceeds from the Bricks@TWS weekend are being used to install an amazing aquarium in the café.

The school has entered another film in the Focus on Ability film festival. See our Facebook page for full details on how you can vote for the film or visit: <https://www.focusonability.com.au/FOA/films/1835.html>. The film with the most public votes gets a major prize so be sure to vote and share with friends and family. Voting closes on July 3.

Finally there will be some staff changes for the first half of next term when I will be taking some long service leave. Tabatha will be acting Principal, Peter will be acting Deputy Principal, Gonz will move to the year 9/10 subschool Executive role and Alice will be the acting Executive Teacher in years 7/8.

Warmest regards
Ian

Dental Screening	Tuesday 25 June
Dental Screening	Tuesday 2 July
Assembly 10 am	Wednesday 3 July
Term 2 Finishes	Friday 5 July
Term 3 Starts	Monday 22 July



2017 - 2021

Our Priorities

- 1. Student Outcomes**
 - a. Relevant assessment
 - b. Data
- 2. School Climate**
 - a. Positive Behaviour for Learning (PBL)
- 3. Staff Wellbeing**

School Psychologist News

What is Self-Compassion?

To define self-compassion, we really need to start with what is compassion. The two are really one and the same. Compassion is an attitude that involves a certain set of feelings, thoughts, motives, desires, urges, and behaviours that can be directed towards any living thing (i.e., ourselves, another person, a group of people, a society, animals, the environment, etc.). Therefore, when we talk about self-compassion, we are specifying that this attitude is being directed internally towards ourselves.

Kristen Neff defines compassion as: “the recognition and clear seeing of suffering...feelings of kindness for people who are suffering, so that the desire to help – to ameliorate suffering – emerges... recognizing our shared human condition, flawed and fragile as it is” (Neff, 2011, p10)

Similarly, Paul Gilbert defines compassion as: “a basic kindness, with a deep awareness of the suffering of oneself and of other living things, coupled with the wish and effort to relieve it” (Gilbert, 2009, p. xiii)

You will notice that these definitions emphasise four key things:

1. Awareness. Being attentive or sensitive to the fact that some sort of ‘suffering’ is occurring. Now suffering could mean some distressing struggle with emotional pain, mental pain, physical pain, or all of the above.
2. Normalising. Recognising that experiencing this sort of pain is universal, we all experience pain at some point to varying degrees. The fact that we experience pain isn’t a fault or failing of ours, we are not to blame for our pain, and we are not alone in our pain.
3. Kindness. Not shying away from or ignoring the pain, but meeting this pain with feelings of kindness, care, warmth and concern.
4. Alleviation. Focusing our energy on ways to alleviate the pain, which may be via providing further comfort and caring actions, providing a helpful perspective regarding whatever the trouble is, or having the strength and courage to take other necessary actions to address the problem being faced.

Building Self-Compassion

So self-compassion is about doing all these four things for ourselves when we are struggling. That is, being aware of our own pain, whatever that may be. Understanding that whilst feeling this pain is hard, this is a normal human experience, not a failing on our part and we are not alone. It then involves directing feelings of kindness and care towards ourselves, just as we might to someone else we care about who is struggling. And finally, focusing our attention and energy on how we might improve our own pain and move through the struggle we are facing.



Wellbeing Wall

The Wellbeing Wall will showcase the incredible achievements, events and programs that students of The Woden School are engaging in. We would love to hear about other amazing things our young people are participating in outside the school. If you have something to share please email Sasha with a short description of the activity and we will feature it on multiple platforms including assembly, newsletter and social media.

sasha.posthuma@ed.act.edu.au



Every Tuesday, TWS Youth Group participates in a community engagement program. This is a shot from their visit to Woden Square where they met the mural's artist Bjarni. Stay tuned for more from TWS Youth Group this year.



VOTE NOW!

A mini-doco based on our viral hit song has been submitted into the Focus on Ability Film Festival! We need your support to help our students get the recognition they deserve!

Visit www.focusonability.com.au and find 'Labels Don't Define Us' in Films > School Entrant Documentaries...

Also be sure to **SHARE the link far and wide!** The voting period ends on WEDNESDAY, 3rd JULY so we need your help! Thank you so much!!

YEAR 7/8 HISTORY - ROOM 1

Students from Room 1 recently visited the National Museum of Australia and engaged in one of their "Unpack the Museum" explorations. As part of their History unit they used the "Dreaming Bag" to investigate displays and exhibits focussed on Indigenous History in Australia. Well done everyone!



Huge thanks to their teacher Bec for organising this!



Farewell Emily, Jordy and Saarthak!



This term marks the 'end of an era' at The Woden School as we farewell three incredible students. Jordy, Emily and Saarthak have brought an amazing positive energy to the school community and they will be dearly missed by all!

We wish each of you the very best in your future endeavours and hope you stay in touch with us!

Find us on Facebook

Check out The Woden School Facebook page for the chance to see all the awesome news and school activities like this one from Tess's Active Citizenship Elective!



The Woden School

Published by Sasha PG [?] · June 5 at 8:29 PM · 🌐

🌍 Today, on #WorldEnvironmentDay2019 we reflect on the ongoing incredible work our Year 9/10 #ActiveCitizenship class have been engaging in this semester.

Shout-out to their teacher Tess for facilitating learning opportunities such as:

- ♻️ Collecting plastic and glass bottles for recycling (electing that profits are donated to the RSPCA ACT).
- ♻️ Coordinating paper and cardboard recycling at school.
- 💧 WaterWatch Survey, collecting, sorting and classifying aquatic organisms to measure the health of Uriarra Crossing catchment.
- 🥬 Working in the kitchen and cleaning the shop at the #ANU Food Co-op.

Well done to everyone involved!!!



#WorldEnvironmentDay
#Recycling
#Education
UN Environment
ACT Public Schools



Work Experience News



Well done to Xavier Chavasse who has been working hard at *Ocean Fresh* at the Fyshwick Markets. He has been learning to descale, fillet, bone and gut lots of different varieties of fish.



If you have a business or work at a business that might be able to take a work experience student from our school, we would love to hear from you! We are always looking for placements at cafes, hairdressers, retail outlets and anything car related!!

Row.vanballegooyen@ed.act.edu.au

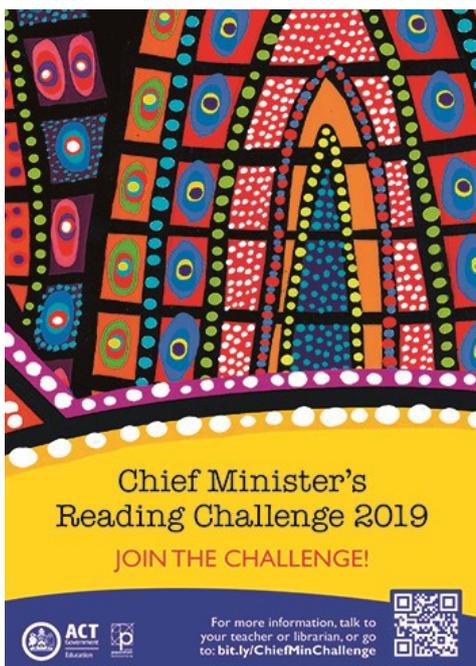


<https://www.oceanfreshseafoods.com.au/>

Open: **Thu – Sun 8:00am to 5:30pm**

Phone: **(02) 6295 8897**

Library News



This year The Woden School is again registered to participate in the Chief Minister's Reading Challenge!

The challenge requires each young person to read 15 books. This includes: audio books, books you read to your class, picture books, fiction, non-fiction, books read independently, books read in small groups, readers and the list goes on!

Happy reading.

Sarah and Linda

Outdoor Ed obstacle course



Limelight



This year's theme is **soaring** and encourages participants to explore one of the multiple meanings this work evokes - from the feelings of joy and exhilaration, to stories of human endeavor, to the world of nature, to the world of space.

Thursday August 29 and Friday August 30, 2019
AIS Arena, Bruce

The Woden School's performance

'Rise Up' will be on Thursday 29th August

Tickets are available through Ticketek <https://premier.ticketek.com.au/>

Year 9/10 Science



Microwave ovens, like cell phones, emit radiation in a specific band of EM frequencies. ... It would also be reasonable to assume that we shouldn't be able to ring the phone once inside. But our young people found astonishing results when conducting an experiment. They observed that both microwaves leaked and the phone ring could be heard. Then they repeated the same experiment by using Faraday cage and results were very different. It was concluded that the microwaves leaked radiation and Faraday cage actively blasted out the electromagnetic signal by stopping someone from receiving radio waves.



With winter upon us, it's important to remember that Canberra has lots of health options that don't involve a trip to a hospital emergency department. Many of these are free and available after hours.

Walk-in Centres provide free, one-off treatment of minor injury and illness, including colds and flu. They're a great choice for children over 2 years of age – children under 2 should see their GP.

Walk-in Centres are open from 7.30am to 10pm, every day of the year. They are staffed by highly skilled nurses who can provide you with a sick certificate and in some cases, medication, saving you time and money.

The service is free and no appointments are necessary.

Walk-in Centres are located in Tuggeranong, Belconnen and Gungahlin.

To find out more about getting the right health care for your symptoms, visit www.act.gov.au/yourhealthoptions

Social media content

Post 1:



Text: Canberra has lots of health options, many of which are free and available after hours.

Do you know where to find the right health care for your needs? Find out here: www.act.gov.au/yourhealthoptions

Post 2:



Text: Canberrans don't have to travel far for health care, even after hours or on the weekend.

Find out about the most convenient health care for your needs at www.act.gov.au/yourhealthoptions

Post 3:



Text: Do you know where to get the best care for your symptoms? There are alternatives to visiting the emergency department.

Download and print our guide to your health options so you know where to get help next time you need it: bit.ly/CanberraHealthGuide.

Embracing Ministries

An initiative of the Anglican Church of Canberra and Goulburn

June 2019



Volunteers Week



May 20 - 26 we celebrated volunteer week. We give thanks for all our volunteers, their wonderful service and selfless contributions to the people and programs in Embracing Ministries.

This past year, in my work with Embracing Ministries I have been a witness to the wonderful power of our volunteers. Without them many of our programs would not be possible.

They bring smiles and happiness to the lives of others. They are truly inspiring, not just to me but also to the families that we support.



Embracing Ministry supports and nurtures the spiritual life of all people, regardless of their abilities

Story from a volunteer

I volunteered at Little Treasures holiday program for the first time this year. It is an amazing program that promotes the inclusion of children with disabilities. As an allied health professional working with children, inclusion is something I highly value. The program provides such a wonderful opportunity for children, mentors and families to connect and develop relationships when they may not have otherwise had the chance.



The activities offered are amazing and allow participants to learn about their faith. It is also so affordable, meaning families that usually couldn't access specialised music, sports and holidays programs can attend.

Andrea and her team are truly inspirational. They have so much passion and energy that results in a program that is well organised, enjoyable and enriching. I think everyone involved takes something positive out of it.

Embracing Ministries
Email: info@embracingministries.org
mobile: 0404 256 714
Bank Details:
Anglican Investment Development Fund (AIDF) BSB 702 389
Acc: 0520 984

Important dates

15th and 22nd June
Minnows Movement Bend and Stretch free trials

21st-23rd June
Retreat to the Abbey

2nd August
Bubs and Tots Minnows Music 8-week term

10th August,
6-week term of Minnow Movement Bend and Stretch Commences

10th August
Minnows Music commences

26th-28 July
Retreat at Long Beach



Retreats

In the next couple of months, we have two retreats. The first is one the **21st-23rd June** at the Benedictine Abbey, this will be a time of prayer, meditation and Bible study or a space just to relax and be cared for.

On the **26th-28th of July** we are having another retreat at Long Beach for a time of relaxation.

MULTICULTURAL CLINIC

DIVERSE BASEBALL CANBERRA

July 17th 9am-12pm



Special guests Cal Bruton and the Canberra Cavalry

CONTENTS

FREE ADMISSION

WE PROVIDE ALL EQUIPMENT

RAIN OR SHINE

JERSEY PROVIDED

DRESS WARM

LOCATION MIT BALLPARK 9-12

LUNCH AND DRINK PROVIDED

HITTING AND THROWING ON THE CAVALRY FIELD

INSTRUCTION FROM STAR CANBERRA CAVALRY BASEBALL PLAYERS

MOTIVATIONAL SPEECH BY CAL BRUTON

ONLY 50 SPOTS AVAILABLE!

Message Diverse BaseBall Canberra on Facebook to reserve your spot

Please support our sponsors...



KAMBERRA
INDIGENOUS CLEANING

WHO MAKE THIS DAY POSSIBLE



BASEBALL DIVERSE CANBERRA

Embracing Ministries

An initiative of the Anglican Church of Canberra and Goulburn

June 2019



Minnows Movement Bend and Stretch

All children, including those with special needs, can benefit from the energy release and pure enjoyment of exercise.

Minnows Movement Bend and Stretch, is a group for primary school children with special needs and their families to experience movement and be encouraged to think, play, create, construct and solve problems with their own bodies and in turn build their coordination and confidence.

Come along and join us in crawling, walking, jumping & landing safely, hopping, running, skipping, balancing, coordination challenges, stretching, throwing and catching beanbags/ balls/ hula hoops, bouncing on a trampoline, dancing, singing along to music and parachute games.

If you have a child with special needs who would like to try Minnows Movement, please contact:

info@embracingministries.org

We have two trial sessions this term 15th & 22nd June 2019



Sibling Care

We start Sibling Care in August. A chance for upper primary school children to meet, have fun and share in experiences with others of a similar age.

If you are interested call Andrea on 0404 256 714.

Embracing Ministries would like to thank those who have supported us in so many ways over the past few years. Those who volunteer, pray and support us financially. Without this vital support our programs, training and retreats would not be possible. We are so blessed with the support we have received; we are now able to reach many more families through our outreach programs.

We thank God and give thanks for the generosity of so many who have donated to Embracing Ministries, towards our refugee program, retreats and camps. We especially would like to acknowledge The Canberra Chinese Christian Church, Anglicare and the Stening Charitable Trust for their generous donations. Thanks to their support, Embracing Ministries can now offer two new programs

In August we start our much-needed siblings' program, offering care to siblings of children with special needs. We are so excited later this term to begin Minnows Movement bend and stretch to support children who need a more specialised sports program.

Free Webinar: An Overview of Spiritual Needs in Disability

Our health system is often focused on the technical or medical aspects of treating a person living with a disability, but is often not as focused on how to approach the person holistically. In particular, spiritual needs are often completely missed.

This webinar is designed for Christian health professionals, academics and people living with a disability. Our goal is to offer a space to discuss this vital but often neglected area of spiritual needs in disability.

St Mark's National Theological Centre and the Christian Occupational Therapist Fellowship Australia (COTFA) are hosting this webinar: 17 July 2019, 6:30-8:30pm. For more information please contact mail.cotfa@gmail.com

Embracing Ministries presents:

AMBER NICHOLS & KATIE DE VEAU
2015 finalist The Voice International singer & song writer

An evening of Music, Coffee and Dessert

To raise funds for children with disabilities, who do not receive government funding for therapies and equipment, and for an accessible van to transport them.

Saturday 20 July 2019

6.30 for 7.00pm Mosaic Baptist Church Dallachy Street, Page ACT
Tickets available: www.trybooking.com/BDCYT

Embracing Ministry supports and nurtures the spiritual life of all people, regardless of their abilities

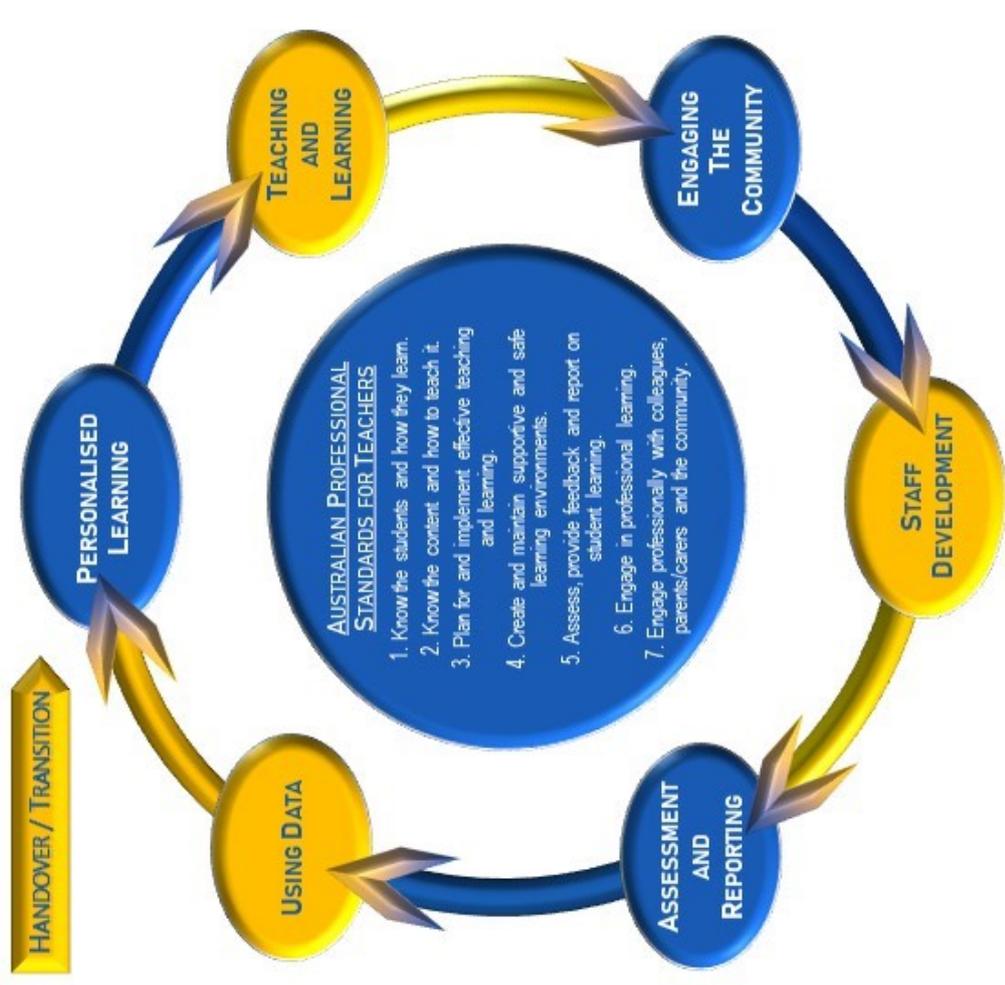
The Woden School

Teaching and Learning Continuum



HANDOVER / TRANSITION	Transition visits Meetings Parent / Carer / Staff / Student Student Profile Manual Handling Plan Toileting Plan Eating / Drinking Plan Positive Behaviour Support Plan Personal Medical Plan
ASSESSMENT AND REPORTING	USING DATA Formative and summative Work samples Observations Anecdotal ABLES Literacy: Waddington Reading Test Running Records, Reading Eggs Numeracy: SENA, Mathletics Semester Reports sent home Australian Curriculum outcomes
STAFF DEVELOPMENT	Staff wellbeing Professional Pathways Annual Professional Discussions Professional learning Teacher Quality Institute Professional Development Plan - (non-teaching staff)

PERSONALISED LEARNING	Individual Learning Plan ILP Identify strategies to ensure equitable access to education NDIS goals Reviewed when appropriate
TEACHING AND LEARNING	Australian Curriculum Board of Senior Secondary Studies ASDAN Positive Behaviour for Learning Quality Teaching Model - Pedagogy Work Experience Aust. School Based Apprenticeship Vocational Learning Options Pastoral Care Program SoSAFE Australian Professional Standards for Teachers
ENGAGING THE COMMUNITY	Parents/Carer Teacher Conference External providers NDIS funded support services Occupational Therapists Speech Therapists Physiotherapists Community access School based events Social media Mentoring programs Wider community events Pary Down Productions



EVIDENCE INFORMED DECISIONS

LEARNING CULTURE

Woden School Canteen Menu Term 3 2019

Food freshly prepared by the student canteen work team.

WEDNESDAYS

Recess

Muffins/ slices/cakes	\$1.50
Biscuits	.50c
Mini sausage roll / Spinach feta roll	\$2.00
Vegetable hot chips	\$2.00
Bliss Balls	50c
Mini quiche	\$1.50

Fruit salad	\$3.00
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Drinks - lunch and recess

Water 350mL	\$1.50
Juices - apple, orange	\$2.00
Flavoured milk – chocolate, strawberry	\$2.50
Dairy free fruit smoothies - made fresh	\$3.00

Lunch only

Sandwiches

Vegemite	\$3.00
Meat, Cheese, Salad	\$4.00

Wraps

Ham, Chicken, Cheese, Tomato, Salad (lettuce, Tomato, red onion, cucumber, Carrot) and mayonnaise	\$4.50
Toasted	\$0.50

Salad Box

Warm Roast pumpkin or beetroot Salad (lettuce, tomato, red onion, feta, dressing)	\$6.00
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Jumbo Spinach and Feta roll	\$4.00
Jumbo Sausage roll	\$4.00

Gluten free, lactose free and vegetarian alternatives provided.

It is important that you indicate food allergies when ordering.



How to Order

Orders must be placed in the bucket at the front office on Wednesday mornings. Clearly write on a paper bag: name, year, lunch order with amount included.

If purchasing a weekly special, please state your preference for meat or vegetarian option.

WEEKLY SPECIALS

\$6.00

Week 1 – Carbonara - Meat or mushroom

Week 2 – Curry – Chicken or Veg

Week 3 – Spaghetti Bolognese – Mince or veg

Week 4 – Burgers – Chicken or veg

Week 5 - Pizza – Supreme or veg

Week 6 – Burrito – Mince or tofu

Week 7 – Pie – Chicken or veg

Week 8 – Vegetable Lasagne

Week 9 - Casserole – Chicken or veg

Week 10 – Canteen Closed

