

Looking to apply for bursary scheme? Please see page 17 for more information and how to apply.

Principal's Report



What a year it has been! As I look back at the last 12 months, so much has happened it is hard to know where to start. I am sure that many of you feel the same way about 2021 - it has been a long and winding road. This said, I am proud to say that we have all faced the challenges that we faced with distinction.

The Woden School Community is a remarkable place. The support and connection I felt throughout the year has been exceptional. I would like to extend my deepest gratitude for accepting me into this community and trusting me to lead the school and provide for your students. It has been a privilege and an honour to your Principal this year. After a very short time I can safely say - The Woden School feels like home.

It is an exciting time of year for our students, and the countdown is on to a well deserved break. Congratulations to our graduates in years 10 and 12, this is a particularly exciting time in your lives. Those who are transitioning to life beyond school, this is possibly the most significant change you have experienced. I hope that you are proud of what you have achieved in your schooling, continue learning and strive to do the best you can in all aspects of your lives. Congratulations and good luck!

For those that we welcome back next year, there will be some small changes that you are all already used to. We cannot be sure what restrictions will look like in the future, however we will be continuing with many of the adaptations for the foreseeable future. Split time tables, break times and learning communities will all continue. Most have noted the positive aspects and students have responded well to the structural adjustments, so we will endeavour to learn from this experience.

Like all of you, I am excited to celebrate the end of the year, and cannot wait for the formal and graduation celebrations. It is fantastic news that our students will be able to attend these important events in person, and we are very grateful that this has been allowed.

As always I welcome any feedback or queries, so please do hesitate to contact me.

I hope you have a wonderful holiday season with your family.

Many Thanks,

James Malone

MORE IMPORTANT NOTICES

Two parent vacancies available on school board - stay tuned. | Uniform shop if your student has outgrown their uniform! We accept any good quality old uniforms. | Please ensure your child's water bottle and lunchbox are labelled!



Principal
James Malone

Deputy Principal
Laura Simsen

Business Manager
Jenna Blake

Executive Teachers
Janelle Munson
Moira Beverley
Haydn Dobson

Pastoral Care
Luke Ferguson
Peta Milne
Natasha Sparke
Nat Burke
Lionel Saddler

School Psychologist
Justine Rainey

Speech Pathologist
Leanne Shrapnel

Occupational Therapist
Alicia Rose

Front Office
Narelle Leonard
Sandra Cusack



IMPORTANT NOTICES

All students are asked to please bring their own labelled pencil case for next year. May include colouring pencils, lead pencils, sharpener, eraser, and pens if they wish. Please no scissors, textas or glue.

After school parent/carer pick up from 3:10pm will continue into 2022. This is to ensure the safety of our staff and students and we ask that you please not leave your vehicle during pick up. We appreciate your support and patience with this as we continue adjusting to living with COVID-19 within our community.



SAVE THE DATE

2022 dates

New Year 7s	31st Jan (1/2 day, no buses)
Rest of cohort	1st Feb
Meet & Greet	16th Feb 3:30 - 5:30
School photos*	24th Feb <small>*School photos are needed for ID cards!</small>
BRICKS	21/22 May

Immunisations

Year 8	8th Mar
Year 7	7th Mar 2nd Nov
Year 10	7th Mar

Please see next page for more information.

UPCOMING EVENTS

Important Contacts

Vaccination Dates 2022

The Woden School

Year 8 (catch up)	Tuesday 8 th March 2022 Week 6 Term 1	Human Papillomavirus (HPV) vaccine Dose 2 Diphtheria Tetanus Pertussis (dTpa) vaccine (1 dose)
Year 7	Monday 7 th March 2022 Week 6 Term 1	Human Papillomavirus (HPV) vaccine Dose 1
	Wednesday 2 nd November 2022 Week 4 Term 4	Human Papillomavirus (HPV) vaccine Dose 2 Diphtheria Tetanus Pertussis (dTpa) vaccine (1 dose)
Year 10	Monday 7 th March 2022 Week 6 Term 1	Meningococcal ACWY vaccine (1 dose)

Are you feeling stressed, worried, sad, lonely or anxious?

You are not alone. This pandemic has been a very troubling and worrying time for everyone. We'd like to show you some online resources you can access if you are feeling any of these emotions. These resources have kindly been provided by our school psychologist, Justine Rainey.

Please access these, with the support of a parent or carer if needed, if you need some information, tips, and tricks to help you ease some of the discomfort caused by experiencing these (very normal) difficult emotions.

Reach Out resources for young people 14 - 25 (via Beyond Blue website portal)

<https://coronavirus.beyondblue.org.au/managing-my-daily-life/young-people-aged-14-25.html>

Head to Health

<https://www.headtohealth.gov.au/>



Our Priorities 2017 - 2021

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

Front Office

6142 0200

thewodens.act.edu.au

Special Needs Transport

6205 3555

transit.act.gov.au

Q City

6128 9313

qcitytransit.com.au

Communities @ Work After School Contact

0417 043 761

commsatwork.org

Nutrition Australia

6162 2583

nutritionaustralia.org

The Woden School social media

The Woden School

[Facebook](#)

The Woden School

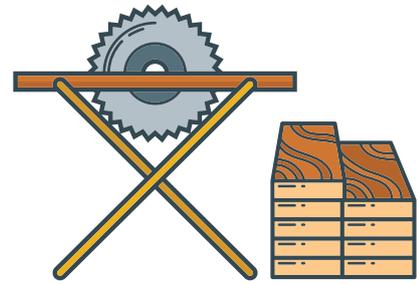
[YouTube](#)

Party Down Productions

[Facebook](#)



FROM THE WORKSHOP



Even though things are slowing a little in the Workshop we are still busy little bees. Oh well no rest for the!

John B.

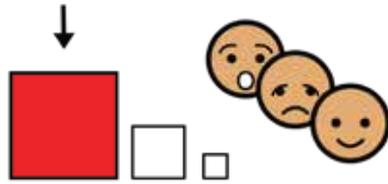
Also a big shout out and thank you to John for creating these beautiful wooden tags for our graduating students' USBs.



WELL-BEING CORNER

ANYONE ELSE FEELING BIG EMOTIONS AT THE MOMENT?

Having BIG feelings



Have you ever gotten **stuck** in a feeling? Something happens and makes you feel **really angry** or **really sad** and you get **stuck** in the story of it all...

"The bus driver was rude to me this morning - why is everyone so rude to me? The other day my friend was kind of rude to me too... I don't feel like I did anything wrong. What's wrong with me?"

This can then colour the rest of your day. Every conversation with someone can feel bad. Our brains get **stuck** in this big emotion. Our brains are **very powerful**.

So what do we do when our brains get stuck? Having big emotions is okay and normal. But what do we do when it makes our whole day feel bad?

Let me introduce - **how to feel our emotions properly**.

Feeling our big emotions helps us release them and go through them! Let's step through this together.

Some videos to watch in class or at home:



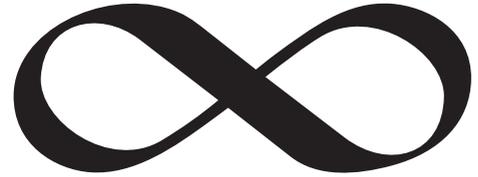
How to feel our BIG feelings

1. Accept you are feeling a big emotion!

Label it to yourself if you know: "I am feeling ____"

2. Take 3 deep breathes. You can use this figure 8 drawing to help you:

Breathe in as you trace your finger around the figure 8



Breathe out as you trace around the figure again

3. Where in your body do you feel your BIG feeling? In your heart? Head? Toes? Check the visual list below for examples.

4. Pay attention to the feeling in your body - focus on the feeling and breathe into it

5. Everytime a story kicks in (e.g. No one likes me) tune back into the feeling in your body

6. In time this feeling in your body should start to release and not feel as big!

7. Congratulations! You have just felt a big feeling!

How do I know what I'm feeling?



SHAME

Temperature rising
Can't look people in the eyes

ANGER

Headache
Heart thumping
Fists clenched

SADNESS

Feel like crying
Heart feels empty

FEAR

Pain in stomach / butterflies in tummy
Short, shallow breaths

Take care of yourselves!
- TASH



DRUMMING WITH CHERIE





COURTYARD CREW

Look at all the great work and happy vibes from the Courtyard Crew!

BIG RAIN COMING

Room 12 spent a few weeks reading a book called *Big Rain Coming* by Katrina Germein and we did artwork relating to the book.

The students made a storm using ink and a straw to blow through it. We used paint to make a rainy day with puddles. Then we watched a PowerPoint on "Where does rain come from?" and made 'Rain in a Jar' - Tariq helped me do this.

And while we were making it was raining heavily outside at the same time. All the students loved it!

- Rozelle





ROOM 18'S BEANSTALKS

Room 18's final experiment, the Bean Life Cycle and watching how they grow.. All the students had the opportunity to watch the entire germination process.

They were able to have fun engaging with each other and one on one with teachers and LSA.

To end off our Bean Life Cycle unit we read the story of Jack and the Beanstalk followed by watching the Film.

Thank you Room 18 for an amazing year full of fun, laughter and adventures.



- Charlene



Galaxy artwork



Making Christmas boxes

ROOM 1

Pictured: Tad, Kara M, Bethany, Miri, and Tayler



Making edible slime in science





GRADUATING CLASS

OF 2021



Joshua Carnovale



Taylor Clark



Braythan Core



Samuel Eades



Tariq Elkakli



Kara Hayes



Ania Kolodziejska



Jai Lane



Andrew Mackey



Matthias Makella



George McEwan



Isaac McKinnon



Haylee Minto



Sophie Princehorn



Dean Pymont





Sean Scott



Paige Tulloch



Tahlia Watson-Horne



Hannah Williams



Magnus Wilson



Denzel Woodland



Hayden Woodward



Michael Wright

Also graduating but not pictured:

- Charlie Beaton
- Martin Eesma
- Aleisha Herbert
- Athalia Ross

Congratulations to our graduating class of 2021 for a successful 4 - 6 years at The Woden School!
 What an exciting and challenging time it has been, especially these past two years. It's shown us
 what a strong community we have. Best of luck to you all in your future endeavours - for those who
 are staying with us for college, we're excited to see you all again soon!

Enjoy your well deserved break!

-T WS team





*Middle School
Formal 2021*





Senior School Formal





We had a great time celebrating our graduating students on December 9th at The Canberra College Theatre. Here are our award recipients for 2021:

- Year 7 Transition Award - Dylan Arora
- Year 7 Award - Sam Aniyang & Kara Manderson
- Year 8 Award - Mercedes Holz & Bethany Newman
- Year 9 Award - Lachlan Elliot & Brock Pout
- Year 10 Award - Ania Kolodziejska & C.B.
- Year 10 Excellence Award - Denzel Woodland, Martin Eesma & Taylor Clark
- Year 11 Award - Charlotte Browne & Jessica McIntosh
- Year 12 Award - George McEwan, Kara Hayes & C.F.
- Senior Transition Award - Braythan Core
- Work Experience Award - Tahlia Watson-Horne, Martin Eesma & Isaac McKinnon
- Clive Monty Award - Ryton Farmer
- Sportsperson Award - Sophie Alder

- Canteen Award - David Park & Martin Eesma
- Principal's Award - Matthias Makella
- Kath Jones Award - Hayden Woodward
- ASDAN Award - Samuel Eades
- Caltex Best All Rounder Award - Paige Tulloch
- BSSS Excellence Award - Samuel Eades
- BSSS Community Services Award - Braythan Core
- BSSS Vocational Studies - Isaac McKinnon
- BSSS Indigenous Award - Kara Hayes
- Mura Indigenous Award - Lauchlan Herbert
- Reconciliation Award - Miri
- Capital Chemist Academic Excellence Scholarship - Cooper Burton
- Capital Chemist Citizenship Scholarship - Jaz Costuna
- Capital Chemist Scholarship - Dimas (Muhammad) Triwibowo

ActSmart Leaps and Bounds Award



The Woden School has been working with ActSmart on The Woden Schools' environmental footprint. On Thursday the 9th Dec John Bowyer received the Leaps and Bounds Award.

Huge congratulations to our very own John Bowyer!

What is the Leaps and Bounds Award?:

Schools do not nominate for this award - the ActSmart Schools team, together with the judges, made this selection. It aims to recognise a school that has significantly increased their focus on climate action and sustainability in 2021 and made improvements to their sustainability practices in literally 'leaps and bounds'. It's a school that has engaged with the ActSmart Schools program, has focused on student led action, developed innovative practices, and increased student commitment to the school's sustainability.



BRICKS 2022 - 21/22 MAY

BRICKS is on for 2022! We are looking for donations for raffles and volunteers to help us set up and organise for this event. If you're interested please contact Ross Burton or the school front office.

Social Sundays

Hi everyone!

Thank you for being a huge part of our Mix Communities Dance event. Thanks to your support the event was a huge success, and now we would like to invite you to join us in our new weekly event "Social Sundays".

All Communities Welcome, especially individuals with a disability!

Here is a 20 seconds video advertisement about the event you can share with your family and friends.

<https://fb.watch/9hM2-II-QO/>

And a link to Eventbrite where you can get your tickets to the event in advance.

<https://jb-social-sundays.eventbrite.com.au>

Pre-booked tickets: \$10

Tickets at the door: \$15

Thanks again and see you soon!

- JB Care



ROOM 3 ART & EXPERIMENTS



Future of Education Equity Fund (formerly the ACT Secondary Bursary Scheme) 2022 Applications

The ACT Government's Future of Education Equity Fund provides financial assistance to low-income families with student(s) in years 7 to 10 to assist with the costs of schooling. To be eligible, applicants must have a current means tested Centrelink card or Healthcare card.

The Future of Education Equity Fund is an annual payment of \$750 per eligible student. To ensure eligible applicants **receive payment in February or March 2022**, applications **must be lodged by 30 November 2021**. Applications received after this date will be processed as soon as possible after receipt.

Applications received from 1 July 2022 to 31 October 2022 will be eligible for a half-year payment of \$375. **No payments will be made for applications received after 31 October 2022.**

If you would like to apply for The Future of Education Equity Fund please contact the front office on 6142 0200 for forms and any questions about applying.



SCHOOL LEAVER EMPLOYMENT SUPPORT

OUR PROGRAM

Our program is designed for school leavers who are keen to upskill and become work ready.



OUR APPROACH

We use a strengths based, solution focused approach that enables young people to build their resilience and take ownership over their progress and outcomes.

WHAT YOU WILL BE DOING

Each school leaver chooses activities that will support their learning and development and include:

- Workplace visits, work experience and one to one support as required
- Health & fitness activities
- Life skills training including: mindfulness, adaptability, communication, social skills, self-motivation, travel training and study skills
- Work skills including: time management, conflict resolution, decision making, team work and job readiness

EXPRESSIONS OF INTEREST

The Disability Trust is seeking your expression of interest to help us set up SLES programs in the both the ACT & Queanbeyan. The programs are set to start in Term 1 2022 (Monday 1/2/22) but require minimum numbers to operate.

If you would like to be contacted about these programs, please email: queanbeyanreception@disabilitytrust.org.au or alternatively, please contact Rogan Kilbey, Manager - Community Programs on 6147 6750.



DAILY OPERATIONS & TRANSPORT

Our days of operation are still being determined based on interest. However, in both the ACT & Queanbeyan they are likely to be Wednesday - Friday from 9am - 3pm. Flexibility is built into the program to cater for activities that run on Monday or Tuesday such as work experience placements.

Transport to & from the programs is available but will need to be assessed on a case-by-case basis.



The Australian Therapy Sensory shop is now open in Forde, Canberra.

We have a wide range of products for people with special needs.

We supply tools for School, Occupational Therapy, Speech Therapy, and of course for families.

We are filling our shop with special items for Christmas, so check us out.

Be quick for our Christmas Fidget Stocking, and Christmas presents are selling fast.

www.therapysensory.com.au
5 Grannal St, Forde ACT 2914
Open Saturdays 10am to 4pm or by appointment.
Sharon@therapysensory.com.au
PH: 0466 914 540



HOLIDAY WELL BEING IDEAS

Kicking a ball at the park or in your backyard

Fitness goals for summer

Riding your bike/scootering/walking

Listen to music

Read comics or books

Walking your dog

Look up something interesting

Build something

Online exercise groups: Yoga, Pilates, Zumba or anything

Drawing/Colouring, YouTube Drawing/Drawing Groups/Cartooning

Cooking

Keep Connect: zoom/facetime etc. board games with friends/paint nails together/plan gaming techniques together.

Online picnic

Do something completely different



WHEN THINGS DON'T GO WELL...



Tell your parents or friends that you are not okay or having a hard time.

<https://kidshelpline.com.au/teens/issues/coping-strategies>

Beyond Blue provide some useful information about coping skills during the Coronavirus Pandemic

<https://www.beyondblue.org.au/who-does-it-affect/young-people>

<https://www.beyondblue.org.au/who-does-it-affect/lesbian-gay-bi-trans-and-intersex-lgbti-people>

They also have a 24 hour/7 day a week Coronavirus Mental Wellbeing Support Service which can be accessed via phone, online forums and online chat. Click on the link for contact details.

Call Lifeline: 13 11 14

ANU Wellbeing Support Line: 1300 050 327

Kids helpline: 1800 551 800

Crisis Assessment and Treatment team: 1800 629 354

The following Link can give you or your parents access to many supports

<https://www.cnct.directory/explore/?category=mental-health&sort=latest>